

SMTFA List of Record Holders

correct as at 8 Jun 2020

M Category	Name	Result	Meet	Country	Date
100m					
M35	UK Shyam	11.48	AMA	Singapore	May 2016
M40	Chin Khen Theen	12.36	SM Open	Singapore	Sep 2015
M45	Tan Yew Yong	11.96	SA S1	Singapore	Jan 2016
M50	Osman Nazim	11.7	MIOMAC	Malaysia	Nov 2016
M55	Osman Nazim	12.36	AMA	Malaysia	Dec 2019
M60	Tan Kim Seng	13.95	SMTFA	Singapore	Jul 2019
M65	Ang Wee Teck	13.82	AMA	Malaysia	Dec 2019
M70	Chua Chin Leng	14.68	AMA	Malaysia	Dec 2019
M75	John Chua	15.77	AMA	Malaysia	Dec 2019
M85	Chan Meng Hui	25.93	AMA	Singapore	May 2016
200m					
M35	Augustino	24.36	AMA	Singapore	May 2016
M40	Steven Tay	25.62	SM Open	Singapore	Sep 2015
M45	Tan Yew Yong	24.27	Sabah Masters	Malaysia	May 2015
M50	Wong Foong Wee	25.04	AMA	Malaysia	Dec 2019
M55	Tan Kim Seng	25.60	Sabah Masters	Malaysia	May 2015
M60	Tan Kim Seng	29.95	SM Open	Singapore	May 2018
M65	Ang Wee Teck	29.64	SMA40	Singapore	May 2019
M70	Anthony Kwek	33.62	FOA	Singapore	Nov 2019
M75	John Chua	34.11	AMA	Malaysia	Dec 2019
M85	Chan Meng Hui	1.05.86	AMA	Singapore	May 2016
400m					
M35	Augustino	54.48	AMA	Singapore	May 2016
M40	Augustino	56.62	FOA	Singapore	Nov 2019
M45	Tan Kim Seng Gerald	55.79	AMA	Thailand	Jan 2009
M50	Wong Foong Wee	56.09	AMA	Malaysia	Dec 2019
M55	Tan Kim Seng Gerald	58.86	Sabah Masters	Malaysia	May 2015
M60	Appu Moghan	1.14.19	SM Open	Singapore	May 2018
M65	Ang Wee Teck	1:13.90	Pesta Sukan	Singapore	Aug 2019
M70	Anthony Kwek	1;20.85	FOA	Singapore	Nov 2019
M75	Chia Hearn Kok	1.25.38	SMTFA	Singapore	Jul 2019
M85	Kor Hong Fatt	2.22.99	SM Open	Singapore	May 2017
800m					
M35	Lien Choong Luen	2.06.99	AMA	Singapore	May 2016
M40	Steven Lim	2.08.82	AMA	Singapore	May 2016
M45	Jason Wong	2.14.42	Thai Masters	Thailand	Mar 2014
M50	Ansgar Cheng	2.17.28	AMA	Singapore	May 2016
M55	Chew Piak Leng	3.10.25	Sg Open	Singapore	May 2017
M85	Kor Hong Fatt	5:20:211	Sg Open	Singapore	May 2017
1500m					
M40	Steven Lim	4.41.03	AMA	Singapore	May 2016
M45	Chris Robbins	4.38.81	SA AC3	Singapore	Apr 2021
M50	Dominic Watkins	4.59.00	SA AC1	Singapore	Jan 2021
M70	Lim Kuan Yong	7.10.84	AMA	Taiwan	Nov 2012
M75	Lim Kuan Yong	8.17.41	GetActive SG	Singapore	Aug 2017

M85	Kor Hong Fatt	11.09.90	AMA	China	Sep 2017
5000m					
M35	Henry He	17.19.68	SA PT 2	Singapore	Jun 2021
M40	Stephen Culligan	18.05.22	SMTFA	Singapore	Jul 2019
M45	Stephen Culligan	16.56.25	SA AC2	Singapore	Mar 2021
M50	Watkins Dominic	17.13.94	SA AC2	Singapore	Mar 2021
M80	Kor Hong Fatt	37.29.93	AMA	Taiwan	Nov 2012
M85	Kor Hong Fatt	43.31.12	AMA	China	Sep 2017
10000m					
M45	Watkins Dominic	39.23.85	AMA	Singapore	May 2016
M80	Kor Hong Fatt	1.07.29.63	AMA	Taiwan	Nov 2012
M85	Kor Hong Fatt	1.25:16	AMA	China	Sep 2017
Marathon					
M35	Henry Heyong	3:16.36	SC	Singapore	2019
M45	Dominic Watkins	2:42.47	Berlin	Germany	2019
M50	Ansgar Cheng	2:54.16	Gold Coast	Australia	2019
M70	Kor Hong Fatt	4.49.25	SC	Singapore	2005
M75	Kor Hong Fatt	4.39.59	SC	Singapore	2009
M80	Kor Hong Fatt	5.28.28	SC	Singapore	2012
5000W					
M70	Lim Kuan Yong	36.07.6	AMA	Taiwan	Nov 2012
80H					
M70	Lim Jun Han	17.97	AMA	Singapore	May 2016
M75	Lim Jun Han	19.21	SMTFA	Singapore	Jul 2019
100H					
M50	Jason Wong	15.29	SMA40	Singapore	May 2019
M55	Charles Ang	21.36	SMA 40	Singapore	May 2019
M60	Tang Weng Fei	20.32	SM Open	Singapore	Sep 2015
M65	Ang Wee Teck	16:97	AMA	Malaysia	Dec 2021
110m					
M35	Wang XiKun	18.68	SM Open	Singapore	Sep 2015
M40	Wang Xikun	19.47	FOA	Singapore	Nov 2019
M45	Jason Wong	17.44	WMA	France	Aug 2015
300H					
M60	Appu Moghan	57.13	SMTFA	Singapore	Jul 2019
M65	Ang Wee Teck	54.35	FOA	Singapore	Nov 2019
M70	Lim Jun Han	1.18.01	AMA	Singapore	May 2016
400H					
M35	Augustino	1.01.24	AMA	Singapore	May 2016
M40	Augustino	1.02.32	AMA	Malaysia	Dec 2019
M45	Jason Wong	1:05.55	AMA	Japan	Sep 2014
M50	Jason Wong	1:04:88	AMA	Malaysia	Dec 2019
M55	Charles Ang	1.29.89	SMTFA	Singapore	Jul 2019
High Jump					
M45	Jason Wong	1.50m	WMA indoor	Korea	Mar 2017
M50	Jason Wong	1.45m	SMA40	Singapore	May 2019
M55	Mustafa	1.45m	SM Open	Singapore	May 2016
M60	Michael Lee	1.15m	SMTFA	Singapore	Jul 2019

M60	Jeffrey Boh	1.15m	SM Open	Singapore	Sep 2015
M65	Ang Wee Teck	1.25m	SMTFA	Singapore	Jul 2019
Triple Jump					
M45	Wong Mun Kong	10.55m	Sabah	Malaysia	May 2017
M50	Wong Mun Kong	11.05m	FOA	Singapore	Nov 2019
M55	Charles Ang	10.15m	FOA	Singapore	Nov 2019
M65	Abdul Salam	8.48m	28 MIOMAC	Malaysia	2014
Long Jump					
M35	Shane Malone	5.46m	Passion	Singapore	Dec 2020
M40	Ranjit	5.21	Sg Open	Singapore	May 2017
M45	Jason Wong	5.33m	Sabah Masters	Malaysia	May 2015
M50	Jason Wong	5.39m	WMA	Spain	Sep 2018
M55	Charles Ang	4.77m	SMTFA	Singapore	Jul 2019
M60	Appu Mogan	4.11m	SMA40	Singapore	May 2019
M65	Ang Wee Teck	4.45	AMA	Malaysia	Dec 2019
M70	Abdul Salam	3.15m	Passion	Singapore	Dec 2020
M75	John Chua	3.18m	SMTFA	Singapore	Jul 2019
Shot Put					
M35	Arvind Lalwani	8.23m	GetActive SG	Singapore	Aug 2017
M40	Arvind Lalwani	7.88m	SA AC1	Singapore	Jan 2021
M45	Ernest Wong	6.79m	GetActiveSG	Singapore	Aug 2017
M50	Reza Fotohi	9.73m	Sg Open	Singapore	May 2017
M55	Patrick Walker	11.9m	SMA	Singapore	Nov 2020
M60	Stanley Wee	8.50m	SMA40	Singapore	May 2019
M65	Lum Chee Meng	5.08m	FOA	Singapore	Nov 2019
Discus					
M35	Arvind Lalwani	22.90m	AMA	Malaysia	Dec 2019
M40	Arvind Lalwani	21.89	SA AC1	Singapore	Jan 2021
M45	Reza, Fotohi	18.24m	AMA	Singapore	May 2016
M50	Reza Fotohi	29.95m	Thai Masters	Thailand	Mar 2019
M55	Patrick Walker	28.55M	SMA	Singapore	Dec 2020
M65	Lum Chee Meng	9.99	AC3	Singapore	Mar 2021
Javelin					
M45	Takayuki	33.99m	SMA40	Singapore	May 2019
M50	Reza Fotohi	32.97m	SM Open	Singapore	May 2017
M55	Patrick Walker	36.60m	SMA40	Singapore	May 2019
M60	Leonard Koh	24.21m	Passion	Singapore	Dec 2020
M65	Ang Wee Teck	25.67	Passion	Singapore	Dec 2020
M75	John Chua	14.24M	Passion	SMTFA	Dec 2020
Pole Vault					
M50	Chan Chin Wah	3.70m	AMA	Singapore	May 2016
M55	Chan Chin Wah	3.20m	AMA	Malaysia	Dec 2019
Hammer					
M35	Arvind Lalwani	20.49	FOA	Singapore	Nov 2019
M40	Arvind Lalwani	26.47m	AC3	Singapore	Mar 2021
M55	Michael Harrison	20.33	FOA	Singapore	Nov 2019
M55	Parick Walker	21.48m	SMA40	Singapore	May 2019

M65	Lum Chee Meng	11.25m	AC3	Singapore	Mar 2021
W Category	Name	Result	Meet	Country	Date
100m					
W35	Ho New Fei	13.88	SM Open	Singapore	May 2017
W40	Poh Ee Lyn	14.10	AMA	Singapore	May 2016
W45	Tong Shu Lan	14.55	SMA40	Singapore	May 2019
W50	Belinda Foo	14.67	FOA	Singapore	Nov 2019
W55	Chan Wai Lin	15.91	AMA	Singapore	May 2016
200m					
W35	Ho New Fei	29.23	GetActive SG	Singapore	Aug 2017
W40	Cassandra Chew	30.26	AMA	Malaysia	Dec 2019
W45	Tong Shu Lan	30.64	SMA40	Singapore	May 2019
W50	Angela Moghe	32.28	SMA40	Singapore	May 2019
W55	Margaret Oh	33.50	SM Open	Singapore	Sep 2015
400m					
W40	Goh Teng Yin	71.76	AMA	Malaysia	Dec 2019
W45	Tong Shu Lan	77.62	SMA40	Singapore	May 2019
W50	Christina Tay	77.70	SM Open	Singapore	Sep 2016
W55	Joanna Foo	93.65	SMA40	Singapore	May 2019
800m					
W35	Delia Toledo	3:09.80	SMTFA	Singapore	Jul 2019
W40	Goh Teng Yin	2:54.15	AMA	Malaysia	Dec 2019
W45	Mar Ann Kuo	2:46:03	AMA	Singapore	May 2016
W50	Christina Tay	3:28.96	AMA	Malaysia	Dec 2019
W55	Jenny Lim	3:10.44	AMA	Singapore	May 2016
1500m					
W40					
W45	Mary Ann Kuo	5.47.33	AMA	Singapore	May 2016
W50	Karen Tan	7.06.65	GetActive SG	Singapore	Aug 2017
W55	Jenny Lim	6.46.01	AMA	Singapore	May 2016
W60					
5000m					
W35					
W40	Angela Hu	17:58	SA PT2	Singapore	Jun 2021
W45	Karen Tan	26.56.7	AMA	Taiwan	2012
W50	Karen Tan	28:06.43	SMA40	Singapore	May 2019
Marathon					
W35	Angela Hu	3.35.58	Sundown	Singapore	2018
5000W					
80H					
W40					
W45	Christina Tay	16.17	AMA	Japan	Sep 2014
W50	Belinda Foo	14.85	FOA	Singapore	Nov 2019
W55					
100H					
W35	Abitha	21.10	SMTFA	Singapore	Jul 2019
300H					
W50	Anne Tan Kendrick	59.61	AMA	Singapore	May 2016

400H					
W35	Christina Tay	82.57	AMA	Thailand	Dec 2004
W45	Christina Tay	89.44	AMA	Japan	Sep 2014
Triple Jump					
W35	Abitha	8.32	FOA	Singapore	Nov 2019
W40	Yenn Wong	8.64m	AMA	Malaysia	Dec 2019
W45					
W50	Karen Tan	7.35m	AMA	Malaysia	Dec 2019
Long Jump					
W35	Yenn wong	4.11	SM Open	Singapore	May 2017
W40	Yenn Wong	4.25m	AMA	Malaysia	Dec 2019
W45	Karen Tan	3.74m	AMA	Taiwan	Nov 2012
W50	Belinda Foo	4.27m	AMA	Singapore	May 2016
W55					
Shot Put					
W35	Poon Pui Fun	10.53m	AMA	Thailand	2004
W40	Poon Pui Fun	10.38m	Thai Masters	Thailand	Mar 2008
W45	Poon Pui Fun	8.97m	AMA	Singapore	May 2016
W50	Poon Pui Fun	9.62m	SM Open	Singapore	May 2018
W55	Lynda Vasanta	5.06m	SMTFA	Singapore	Jul 2019
W60					
Javelin					
W35	Poon Pui Fun	36.67m	AMA	Thailand	2004
W40	Poon Pui Fun	33.60m	Thai Masters	Thailand	Mar 2008
W45	Poon Pui Fun	31.97m	AMA	Singapore	May 2016
W50	Poon Pui Fun	30.69m	SM Open	Singapore	May 2018
W55	Belinda Foo	18.90m	Passion	Singapore	Dec 2020
W60					
Discus					
W35	Poon Pui Fun	32.36m	AMA	Thailand	2004
W40	Poon Pui Fun	29.32m	Thai Masters	Thailand	Mar 2008
W45	Poon Pui Fun	27.65m	SM Open	Singapore	Sep 2015
W50	Poon Pui Fun	26.62m	AMA	Malaysia	Dec 2019
Hammer					
W35	Poon Pui Fun	27.62m	Inter Club	Singapore	2002
W45	Poon Pui Fun	17.69m	AMA	Singapore	May 2016
High Jump					
W35					
W40	Cassandra Chew	1.10	FOA	Singapore	Nov 2019
W50	Anne Tan Kendrick	1.23m	AMA	Singapore	May 2016