

**SMTFA List of Record Holders***correct as at 1 May 2025*

<b>M Category</b>	<b>Name</b>	<b>Result</b>	<b>Meet</b>	<b>Country</b>	<b>Date</b>
<b>100m</b>					
M35	Curtis Liau	11.91	SMTFA	Singapore	Jun 2024
M40	Danny Lum	11.90	ACM3	Singapore	Mar 2024
M45	Tan Yew Yong	11.96	SA S1	Singapore	Jan 2016
M50	Takayuki Akahodani	12.01	AC1	Singapore	Jan 2023
M55	Osman Nazim	12.36	AMA	Malaysia	Dec 2019
M60	Mark Lee	13.35	SMTFA	Singapore	Jun 2024
M65	Gerald Tan	13.72	SMTFA	Singapore	Jun 2024
M70	Ang Wee Teck	14.32	Pesta Sukan	Singapore	Jul 2024
M75	John Chua	15.77	AMA	Malaysia	Dec 2019
M80	John Chua	17.26	Thai Masters	Thailand	Feb 2025
M85	Chan Meng Hui	25.93	AMA	Singapore	May 2016
<b>200m</b>					
M35	Augustino	24.36	AMA	Singapore	May 2016
M40	Luke Tang	24.75	Hong Kong Masters	Hong Kong	Oct 2023
M45	Tan Yew Yong	24.27	Sabah Masters	Malaysia	May 2015
M50	Takayuki Akahodani	25.03	Inter Clubs	Singapore	Nov 2024
M55	Tan Kim Seng	25.60	Sabah Masters	Malaysia	May 2015
M60	Mark Lee	27.34	Taiwan Masters	Taipei	Apr 2024
M65	Tan Kim Seng	28.11	SMTFA	Singapore	Jun 2024
M70	Anthony Kwek	33.62	FOA	Singapore	Nov 2019
M75	Anthony Kwek	33.69	SMTFA	Singapore	Jun 2022
M80	John Chua	37.63	Thai Masters	Thailand	Feb 2025
M85	Chan Meng Hui	1.05.86	AMA	Singapore	May 2016
<b>400m</b>					
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	Tony Tan	58.65	NZ Masters	New Zealand	Jan 2021
M60	Tan Kim Seng Gerald	1.04.19	AMA	Philippines	Nov 2023
M65	Ang Wee Teck	1:13.39	Pesta Sukan	Singapore	Jul 2022
M70	Ang Wee Teck	1:17.92	Pesta Sukan	Singapore	Jul 2024
M75	Anthony Kwek	1:18.97	SMTFA	Singapore	Jun 2022
M80	Chia Hearn Kok	1:32.47	Pesta Sukan	Singapore	Jul 2022
M85	Kor Hong Fatt	2.22.99	SM Open	Singapore	May 2017
M90	Kor Hong Fatt	3:46.02	SMTFA	Singapore	Jun 2022
<b>800m</b>					
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	Wong Foong Wee	2.15.64	SMTFA	Singapore	Jun 2024
M55	Ansgar Cheng	2.18.84	Sg National	Singapore	Jan 2022
M60	Vic Ng	2.46.83	Hong Kong Masters	Hong Kong	Nov 2024
M85	Kor Hong Fatt	5:20:211	Sg Open	Singapore	May 2017
<b>1500m</b>					

M35	Henry HeYong	4:37.11	Pesta Sukan	Singapore	Sep 2021
M40	Henry He	4.31.40	Pesta Sukan	Singapore	Jul 2024
M45	Dominic Watkins	4.54.16	GetActive SG	Singapore	Aug 2017
M50	Wong Foong Wee	5.00.64	SMTFA	Singapore	Jun 2024
M55	James Tanga	5.02.53	SMTFA	Singapore	Jun 2023
M60	Kumar Muthu	6.17.56	SMTFA	Singapore	Jun 2024
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
<b>5000m</b>					
M35	Henry He	17.11.08	SMTFA	Singapore	Sep 2021
M40	Henry He	16.30.68	ACM 3	Singapore	Mar 2024
M45	Dominic Watkins	17.04.10	SMTFA	Singapore	Jul 2019
M50	Ansgar Cheng	17.39.30	WMA	Australia	Dec 2016
M55	Ansgar Cheng	17.51.66	Sg National	Singapore	Jan 2022
M60	Vic Ng	24.26.88	Hong Kong Masters	Hong Kong	Nov 2024
M80	Kor Hong Fatt	37.29.93	AMA	Taiwan	Nov 2012
M85	Kor Hong Fatt	43.31.12	AMA	China	Sep 2017
<b>10000m</b>					
M40	Henry He	37.15.70	Sg National	Singapore	Jan 2022
M45	Watkins Dominic	39.23.85	AMA	Singapore	May 2016
M55	Ansgar Cheng	39:32.22	Inter Clubs	Singapore	Oct 2022
M80	Kor Hong Fatt	1.07.29.63	AMA	Taiwan	Nov 2012
M85	Kor Hong Fatt	1.25:16	AMA	China	Sep 2017
<b>Marathon Men</b>					
M35	Henry He	2:45:09	Nike Melbourne	Australia	Oct 2021
M40	Henry He	2.33.16	London Marathon	UK	Apr 2025
M50	Ansgar Cheng	2:54.16	Gold Coast	Australia	Jul 2019
M55	Ansgar Cheng	2:51.01	Berlin Marathon	Germany	Sep 2024
M70	Kor Hong Fatt	4.49.25	Standard Chartered	Singapore	Dec 2005
M75	Kor Hong Fatt	4.39.59	Standard Chartered	Singapore	Dec 2009
M80	Kor Hong Fatt	5.28.28	Standard Chartered	Singapore	Dec 2012
<b>5000W</b>					
M55	Calvin Chong	34.00.53	AMA	Philippines	Nov 2023
<b>3000W</b>					
M70	Freddie Low	21.42.72	SMTFA	Singapore	Jun 2024
M75	John Kutty	24.01.54	SMTFA	Singapore	Jun 2023
<b>80H</b>					
M70	Ang Wee Teck	13.95	Taiwan Masters	Taiwan	Apr 2024
M75	Anthony Kwek	18.24	AMA	Philippines	Nov 2023
M80	John Chua	19.59	WMA	Sweden	Aug 2024
<b>100H</b>					
M50	Jason Wong	15.29	SMA40	Singapore	May 2019
M55	Jason Wong	16:07	AMA	Philippines	Nov 2023
M60	Tang Weng Fei	20.32	SM Open	Singapore	Sep 2015
M65	Ang Wee Teck	16:97	AMA	Malaysia	Dec 2019
<b>110m</b>					

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
<b>200H</b>					
M80	John Chua	45.79	WMA	Sweden	Aug 2024
<b>300H</b>					
M60	Appu Moghan	57.13	SMTFA	Singapore	Jul 2019
M65	Ang Wee Teck	52.17	WMA	Tampere	Jul 2022
M70	Ang Wee Teck	54.80	WMA	Sweden	Aug 2024
M75	Anthony Kwek	1:05.76	SMTFA	Singapore	Jun 2023
<b>400H</b>					
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	Jason Wong	1.07.07	AMA	Philippines	Nov 2023
<b>High Jump</b>					
M45	Jason Wong	1.50m	WMA indoor	South Korea	Mar 2017
M50	Jason Wong	1.45m	SMA40	Singapore	May 2019
M55	Mustafa	1.45m	SM Open	Singapore	May 2016
M55	Jason Wong	1.45m	WMAi	Poland	Mar 2023
M60	Patrick Walker	1.35m	SMTFA	Singapore	Jun 2022
M65	Ang Wee Teck	1.25m	SMTFA	Singapore	Jul 2019
<b>Triple Jump</b>					
M45	Jason Wong	10.55m	Sabah	Malaysia	May 2017
M50	Jason Wong	11.05m	FOA	Singapore	Nov 2019
M55	Jason Wong	11.32m	APMG	South Korea	May 2023
M60	Charles Ang	9.46m	Thailand Masters	Chiang Rai	Feb 2025
M65	Ang Wee Teck	9.10m	Thai Masters	Thailand	Mar 2023
<b>Long Jump</b>					
M35					
M40	Ranjit	5.21m	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	Jason Wong	5.19	MIOMAC	Malaysia	Sep 2023
M60	Charles Ang	4.36	SMTFA	Singapore	Jun 2023
M65	Ang Wee Teck	4.45m	AMA	Malaysia	Dec 2019
M70	Ang Wee Teck	4.20m	WMA	Sweden	Aug 2024
M75	Anthony Kwek	3.48m	Pesta Sukan	Singapore	Jul 2024
<b>Shot Put</b>					
M35	Andrew Wheble	9.34m	SA AC1	Singapore	Jan 2021
M40	Arvind Lalwani	8.00m	P Masters Int'l	Philippines	Nov 2022
M45	Ian McMullan	11.21m	SMTFA	Singapore	Jun 2024
M50	Reza Fotohi	9.73m	Sg Open	Singapore	May 2017
M55	Patrick Walker	11.9m	SMA	Singapore	Nov 2020
M60	Patrick Walker	10.38m	SMTFA	Singapore	Jun 2022
M65	Stanley Wee	8.36m	AMA	Philippines	Nov 2023
M70	Hans Bock	8.06m	SMTFA	Singapore	Jun 2024

<b>Discus</b>					
M35	Andrew Wheble	38.90	SMTFA	Singapore	Jun 2022
M40	Arvind Lalwani	21.58m	P Masters Int'l	Philippines	Nov 2022
M45	Ashley Yeo	21.61m	Hong Kong Masters	Hong Kong	Nov 2024
M50	James Rischardson	30.02m	SMTFA	Singapore	Jun 2024
M55	Reza Fotohi	30.48m	AC2	Singapore	Mar 2024
M60	Tim Newenham	32.17m	SMTFA	Singapore	Jun 2022
M65	Hans Bock	24.47	SMTFA	Singapore	Jun 2022
M70	Hans Bock	23.46	SMTFA	Singapore	Jun 2024
<b>Javelin</b>					
M35	Johan Wong	39.89m	Flash	Singapore	Jun 2022
M40	John Gregorio	37.96m	AC1	Singapore	Jan 2024
M45	Takayuki	35.59m	AC4	Singapore	Sep 2021
M50	Thomas Lee	43.57	Thai Masters	Thailand	Mar 2014
M55	Patrick Walker	36.60m	SMA40	Singapore	May 2019
M60	Tim Newenham	45.58m	SMTFA	Singapore	Jun 2022
M65	Hans Bock	29m	APMG	Malaysia	Sep 2018
M70	Gan Thiam Hock	28.78m	SMTFA	Singapore	Jun 2024
M75	John Chua	14.24M	Passion	Singapore	Dec 2020
<b>Pole Vault</b>					
M50	Chan Chin Wah	3.70m	AMA	Singapore	May 2016
M55	Chan Chin Wah	3.20m	AMA	Malaysia	Dec 2019
<b>Hammer</b>					
M35	Andrew Wheble	35.29m	SA AC1	Singapore	Jan 2021
M40	Arvind Lalwani	26.47m	AC3	Singapore	Mar 2021
M45	Arvind Lalwani	21.03	SA Age Groups	Singapore	Mar 2025
M50	Michael Harrison	20.33	FOA	Singapore	Nov 2019
M55	Patrick Walker	21.48m	SMA40	Singapore	May 2019
M60	Patrick Walker	23.42m	SMTFA	Singapore	Jun 2022
M65	Lum Chee Meng	18.12m	SMTFA	Singapore	Jun 2023
M70	Lum Chee Meng	18.56m	AMA	Philippines	Nov 2023
<b>W Category</b>	<b>Name</b>	<b>Result</b>	<b>Meet</b>	<b>Country</b>	<b>Date</b>
<b>100m</b>					
W35	Ho New Fei	13.88	SM Open	Singapore	May 2017
W40	Poh Ee Lyn	14.10	AMA	Malaysia`	Dec 2019
W45	Cassandra Chew	14.05	AMA	Philippines	Nov 2023
W50	Belinda Foo	14.67	FOA	Singapore	Nov 2019
W55	Belinda Foo	14.43	Pesta Sukan	Singapore	Sep 2021
W60	Wee Sher Yen	19.53	SMTFA	Singapore	Jun 2022
W65	Linda Oh	16.86	Thai Masters	Thailand	Feb 2025
<b>200m</b>					
W35	Ho New Fei	29.23	GetActive SG	Singapore	Aug 2017
W40	Cassandra Chew	30.26	AMA	Malaysia	Dec 2019
W45	Cassandra Chew	29.81	AMA	Philippines	Nov 2023
W50	Angela Moghe	32.28	SMA40	Singapore	May 2019
W55	Belinda Foo	31.20	SMTFA	Singapore	Jun 2022
W65	Linda Oh	37.05	SMTFA	Singapore	Jun 2022
<b>400m</b>					

W40	Goh Teng Yin	71.76	AMA	Malaysia	Dec 2019
W45	Goh Teng Yin	72.08	Australian Masters	Australia	Mar 2023
W50	Christina Tay	77.70	SM Open	Singapore	Sep 2016
W55	Christina Tay	82.55	Pesta Sukan	Singapore	Aug 2023
W65	Linda Oh	91.60	SMTFA	Singapore	Jun 2022
<b>800m</b>					
W35	Christina Tay	2:48.38	AMA	China	Sep 2002
W40	Goh Teng Yin	2:52.85	ACT Masters	Australia	Oct 2022
W45	Mary 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
W60	Joanne Foo	4:19.61	SMTFA	Singapore	Jun 2024
<b>1500m</b>					
W40	Goh Teng Yin	6.03.03	ACT Masters	Australia	Oct 2022
W45	Goh Teng Yin	5:35.3	Australian Masters	Australia	Mar 2023
W50	Karen Tan	7.06.65	GetActive SG	Singapore	Aug 2017
W55	Jenny Lim	6.46.01	AMA	Singapore	May 2016
W60					
<b>5000m</b>					
W35					
W40	Angela Hu	17:58	SA PT2	Singapore	Jun 2021
W45	Karen Tan	19.09	AMA	Taiwan	Nov 2012
W50	Karen Tan	28:06.43	SMA40	Singapore	May 2019
<b>Marathon Women</b>					
W35	Angela Hu	3.35.58	Sundown	Singapore	May 2018
<b>3000W</b>					
W65	Lissa Chang	25.40.43	SMTFA	Singapore	Jun 2024
<b>5000W</b>					
W70	Lissa Chang	40.26.6	Thai Masters	Thailand	Feb 2025
<b>80H</b>					
W40	Venkataraman Abitha	16.56	AMA	Philippines	Nov 2023
W45	Christina Tay	16.17	AMA	Japan	Sep 2014
W50	Belinda Foo	14.85	FOA	Singapore	Nov 2019
W55	Belinda Foo	13.72	WMA	Tampere	1 Jul 2022
<b>100H</b>					
W35	Venkataraman Abitha	21.10	SMTFA	Singapore	Jul 2019
<b>300H</b>					
W50	Anne Tan Kendrick	59.61	AMA	Singapore	May 2016
<b>400H</b>					
W35	Christina Tay	1:25.36	AMA	China	Sep 2002
W40	Christina Tay	1:29.44	AMA	Japan	Sep 2014
<b>Triple Jump</b>					
W35	Venkataraman 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
<b>Long Jump</b>					

W35	Yenn Wong	4.11	SM Open	Singapore	May 2017
W40	Yenn Wong	4.28m	AMA	Philippines	Nov 2023
W45	Karen Tan	3.74m	AMA	Taiwan	Nov 2012
W50	Belinda Foo	4.27m	AMA	Singapore	May 2016
W55					
<b>Shot Put</b>					
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	Poon Pui Fun	9.34	AMA	Philippines	Nov 2023
W60	Linda Oh	5.67m	SMTFA	Singapore	Jun 2023
<b>Javelin</b>					
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	Poon Pui Fun	28.95m	SMTFA	Singapore	Jun 2023
W60	Tarnia Newenham	20.23m	SMTFA	Singapore	Jun 2023
W65	Linda Oh	12.05m	SMTFA	Singapore	Jun 2023
<b>Discus</b>					
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
W55	Poon Pui Fun	24.92	AMA	Philippines	Nov 2023
<b>Hammer</b>					
W35	Poon Pui Fun	27.62m	Inter Club	Singapore	2002
W40	Patrisia Ng	20.61	Sg National	Singapore	Jan 2022
W45	Poon Pui Fun	17.69m	AMA	Singapore	May 2016
W50	Poon Pui Fun	21.78	SMTFA	Singapore	Jun 2022
W55	Poon Pui Fun	26.81	AMA	Philippines	Nov 2023
<b>High Jump</b>					
W35					
W40	Jiang Zilin	1.45m	WMA	Sweden	Aug 2024
W50	Anne Tan Kendrick	1.23m	AMA	Singapore	May 2016
W55	Belinda Foo	1.25m	SMTFA	Singapore	Jun 2022