

SMTFA List of Record Holders

correct as at Nov 2023

M Category	Name	Result	Meet	Country	Date
100m					
M35					
M40	Luke Tang	12.18	SMTFA	Singapore	Jun 2022
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	13.63	SMTFA	Singapore	Sep 2021
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
M80	Chia Hearn Kok	17.92	SMTFA	Singapore	Jun 2022
M85	Chan Meng Hui	25.93	AMA	Singapore	May 2016
200m					
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	Wong Foong Wee	25.04	AMA	Malaysia	Dec 2019
M55	Tan Kim ⁱ Seng	25.60	Sabah Masters	Malaysia	May 2015
M60	Tan Kim Seng	27.93	AMA	Philippines	Nov 2023
M65	Ang Wee Teck	29.64	SMA40	Singapore	May 2019
M70	Anthony Kwek	33.62	FOA	Singapore	Nov 2019
M75	Anthony Kwek	33.69	SMTFA	Singapore	Jun 2022
M80	Chia Hearn Kok	38.08	SMTFA	Singapore	Jun 2022
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	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	Anthony Kwek	1;20.85	FOA	Singapore	Nov 2019
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
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	Ansgar Cheng	2.18.84	Sg National	Singapore	Jan 2022
M85	Kor Hong Fatt	5:20:211	Sg Open	Singapore	May 2017
1500m					
M35	Henry HeYong	4:37.11	Pesta Sukan	Singapore	Sep 2021

M40	Henry He	4.40.61	Pesta Sukan	Singapore	Aug 2023
M45	Dominic Watkins	4.54.16	GetActive SG	Singapore	Aug 2017
M50	Michael Hua	5.10.14	SMTFA	Singapore	Jun 2022
M55	James Tanga	5.02.53	SMTFA	Singapore	Jun 2023
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	17.11.08	SMTFA	Singapore	Sep 2021
M40	Henry He	16.53.02	SA All Comers	Singapore	Feb 2023
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
M80	Kor Hong Fatt	37.29.93	AMA	Taiwan	Nov 2012
M85	Kor Hong Fatt	43.31.12	AMA	China	Sep 2017
10000m					
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
Marathon Men					
M35	Henry He	2:45:09	Nike Melbourne	Australia	Oct 2021
M40	Henry He	2.38.18	Berlin Marathon	Germany	Sep 2023
M50	Ansgar Cheng	2:54.16	Gold Coast	Australia	Jul 2019
M55	Ansgar Cheng	2:53.07	Zurich	Switzerland	Apr 2022
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
5000W					
M55	Calvin Chong	34.00.53	AMA	Philippines	Nov 2023
3000W					
M70	Freddie Low	22.03.84	SMTFA	Singapore	Jun 2023
M75	Joh Kutty	24.01.54	SMTFA	Singapore	Jun 2023
80H					
M70	Lim Jun Han	17.97	AMA	Singapore	May 2016
M75	Anthony Kwek	18.24	AMA	Philippines	Nov 2023
100H					
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
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	52.17	WMA	Tampere	Jul 2022
M70	Lim Jun Han	1.18.01	AMA	Singapore	May 2016
M75	Anthony Kwek	1:05.76	SMTFA	Singapore	Jun 2023
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	Jason Wong	1.07.07	AMA	Philippines	Nov 2023
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
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
Triple Jump					
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	Ismail Wajeeh	8.36m	SMTFA	Singapore	Jun 2023
M65	Ang Wee Teck	9.10m	Thai Masters	Thailand	Mar 2023
Long Jump					
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	Abdul Salam Hai Hamid	3.15m	Passion	Singapore	Dec 2020
M75	John Chua	3.18m	SMTFA	Singapore	Jul 2019
Shot Put					
M35	Andrew Wheble	9.34m	SA AC1	Singapore	Jan 2021
M40	Arvind Lalwani	8.00m	P Masters Int'l	Philippines	Nov 2022
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	Patrick Walker	10.38m	SMTFA	Singapore	Jun 2022
M65	Ang Wee Teck	7.41m	SMTFA	Singapore	Sep 2021
Discus					
M35	Andrew Wheble	38.90	SMTFA	Singapore	Jun 2022
M40	Arvind Lalwani	21.58m	P Masters Int'l	Philippines	Nov 2022
M45	Reza Fotohi	18.24m	AMA	Singapore	May 2016
M50	Reza Fotohi	29.95m	Thai Masters	Thailand	Mar 2019
M55	Reza Fotohi	29.13m	SMTFA	Singapore	Jun 2023
M60	Tim Newenham	32.17m	SMTFA	Singapore	Jun 2022

M65	Bock Han	24.47	SMTFA	Singapore	Jun 2022
M70	Bock Han	21.41	SMTFA	Singapore	Jun 2023
Javelin					
M35	Johan Wong	39.89m	Flash	Singapore	Jun 2022
M40	Arvind Lalwani	16.24m	SMTFA	Singapore	Jun 2022
M45	Takayuki	33.99m	SMA40	Singapore	May 2019
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	28.34m	SMTFA	Singapore	Jun 2022
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	Andrew Wheble	35.29m	SA AC1	Singapore	Jan 2021
M40	Arvind Lalwani	26.47m	AC3	Singapore	Mar 2021
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	18.12	SMTFA	Singapore	Jun 2023
M70	Lum Chee Meng	12.04	AMA	Philippines	Nov 2023
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	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
200m					
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
400m					
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
800m					
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
1500m					
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					
5000m					
W35					
W40	Angela Hu	17:58	SA PT2	Singapore	Jun 2021
W45	Karen Tan	26.56.7	AMA	Taiwan	Nov 2012
W50	Karen Tan	28:06.43	SMA40	Singapore	May 2019
Marathon Women					
W35	Angela Hu	3.35.58	Sundown	Singapore	May 2018
5000W					
80H					
W40	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
100H					
W35	Abitha	21.10	SMTFA	Singapore	Jul 2019
300H					
W50	Anne Tan Kendrick	59.61	AMA	Singapore	May 2016
400H					
W35	Christina Tay	1:25.36	AMA	China	Sep 2002
W40	Christina Tay	1:29.44	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	4.28m	AMA	Philippines	Nov 2023
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	Poon Pui Fun	9.34	AMA	Philippines	Nov 2023
W60	Linda Oh	5.67m	SMTFA	Singapore	Jun 2023
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	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
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
W55	Poon Pui Fun	24.92	AMA	Philippines	Nov 2023
Hammer					
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
High Jump					
W35					
W40	Jiang Zilin	1.40m	APMG	South Korea	May 2023
W50	Anne Tan Kendrick	1.23m	AMA	Singapore	May 2016
W55	Belinda Foo	1.25m	SMTFA	Singapore	Jun 2022