

**MAF National Athletics Championships 2021 , MSN Stadium Bukit Jalil Kuala Lumpur  
Official Results**

Time	Event No	Event	Category	Level	Record
7.30am	101	10000m Walk	Women	Final	00:00.00
Ord/Lane	Bib No	Name	Team	Time	Position
7	744	NURUL ALYHAZIQA BINTI KAMARUZAMAN	KELANTAN	56:41.88	1
6	753	NURUL ASHIKIN HUSSIN	K.LUMPUR	57:07.69	2
2	832	HENG JIA WEN	SELANGOR	58:00.04	3
8	766	KOONG JIA LIN	PAHANG	58:12.08	4
5	742	NURSHA AINABALQIS BINTI MOHD SHAFIE	KELANTAN	1:00:58.39	5
1	708	MORLIANA BINTI MOHD RUSNI	ATM	1:01:13.07	6
3	754	KOK HUI YING	K.LUMPUR	1:01:47.17	7
4	790	NUR ZAFIRAH BALQIS BINTI MOHD ZAIN	PERLIS	1:05:00.14	8
9	780	UMMU FATIN NAJIHAH	PERAK	1:05:20.40	9

Time	Event No	Event	Category	Level	Record
7.30am	102	10000m Walk	Men	Final	43:03.24
Ord/Lane	Bib No	Name	Team	Time	Position
4	219	SIVANESH AL MOHAN MURALI	N.SEMBILAN	52:58.78	1
6	186	MUHAMMAD ALIFF MUBARAK AHMAD	K.LUMPUR	53:39.90	2
1	188	CHAU TAI KEE	K.LUMPUR	55:31.15	3
5	333	TEBAN RAJ A/L CHANDER	SELANGOR	57:58.34	4
2	157	MOHD HAIKAL FAREEZ B. AZMAN	KEDAH	DNS	DNS
3	335	LOW YONG PENG	SELANGOR	DQ	DQ

Time	#REF!	Event	Category	Level	Record
8.15am	103	Javelin Throw	Women	Final	49.34
Ord/Lane	Bib No	Name	Team	Time	Position
10	787	NUR AYNA NUHA BINTI MATON	PERLIS	39.73m	1
6	818	FARISHA ATHIRAH BINTI WAI	SARAWAK	37.13m	2
7	852	PAVITHRA DEVI A/P JUYAINDRAAN	P.PINANG	36.95m	3
5	789	NUR FATIHAH BINTI MOHD HANIF	PERLIS	36.47m	4
8	761	NORLIYANA KAMARUDDIN	N.SEMBILAN	33.64m	5
11	833	NURUL EMILIA BINTI MOHD RAZI	SELANGOR	32.90m	6
4	749	ENG MAY XIN WINNIE	K.LUMPUR	30.76m	7
3	816	MAZWEEN UBONG LAH	SARAWAK	28.42m	8

Time	Event No	Event	Category	Level	Record
8.50am	104/1	100m	Women	Heat	11.5
Ord/Lane	Bib No	Name	Team	Time	Position
4	710	ZAIDATUL HUSNIAH BINTI ZULKIFLI	ATM	12.33 Q	1
5	799	FEOVA LIM YI FEI	SABAH	12.58 Q	2
3	807	ERISSCA PETER	SARAWAK	12.59 Q	3
8	862	NUR AINI BT MOHD RIFFIN	TERENGGANU	13.60	4
6	740	NURUL SYAR AINYAH BINTI GHAZALI	KELANTAN	14.19	5
7	849	SYAZWINA BT MOHD SUHAIMY	MELAKA	14.26	6
1	#REF!	#REF!	#REF!		
2	#REF!	#REF!	#REF!		

**MAF National Athletics Championships 2021 , MSN Stadium Bukit Jalil Kuala Lumpur  
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Time	Event No	Event	Category	Level	Record
9.00am	104/2	100m	Women	Heat	11.5
Ord/Lane	Bib No	Name	Team	Time	Position
5	702	KOMALAM SHALLY A/P SELVARETNAM	ATM	12.42 Q	1
8	767	NOR SARAH BINTI ADI	PAHANG	12.46 Q	2
6	765	DARSHINI A/P K. MURUGAN	PAHANG	12.82 Q	3
4	793	IKMA SYAFFIERA DURIS	SABAH	12.92 q	4
3	845	NURUL ISMA BINTI OSMAN RANI	MELAKA	13.34 q	5
7	760	SHASHINI A/P GANESAN	K.LUMPUR	14.82	6
1	#REF!	#REF!	#REF!		
2	#REF!	#REF!	#REF!		

Time	Event No	Event	Category	Level	Record
9.00am	104/3	100m	Women	Heat	11.5
Ord/Lane	Bib No	Name	Team	Time	Position
4	733	FATIN ILYANA BT. MAT NAYAN	KEDAH	12.50 Q	1
8	794	NUR AISHAH ROFINA ALING	SABAH	12.60 Q	2
3	730	SITI ZUBAIDAH BT. ADABI	JOHOR	12.63 Q	3
7	859	NURUL WARDATUL HUWAIDA BINTI MOHD HAMKA	TERENGGANU	12.81 q	4
5	808	EMMA HILL YU WEI LING	SARAWAK	12.90 q	5
2	776	SIVA SANKARI A/P ASOKAN	PERAK	13.78	6
6	751	THARANISHVARI A/P APPLANAIDU	K.LUMPUR	14.19	7

Time	Event No	Event	Category	Level	Record
9.00am	104/4	100m	Women	Heat	11.5
Ord/Lane	Bib No	Name	Team	Time	Position
4	709	SITI FATIMAH BINTI MOHAMAD	ATM	12.34 Q	1
6	802	ESTHER JOANNE	SABAH	13.06 Q	2
3	728	MARIE ADORABELLE PEI YUAN HOW	K.LUMPUR	13.34 Q	3
7	736	RABIATUL YUSRA BT. ADENAN	KEDAH	13.78	4
5	772	NATASHA SOFEA BINTI MOHD SYAHNAS	PAHANG	14.25	5
6	827	NUR AFRINA BATRISYA BINTI MOHD RIZAL	SELANGOR	DNS	DNS
7					

**MAF National Athletics Championships 2021 , MSN Stadium Bukit Jalil Kuala Lumpur  
Official Results**

Time	Event No	Event	Category	Level	Record
9.10am	105	Hammer Throw	Men	Final	68.22
Ord/Lane	Bib No	Name	Team	Time	Position
3	107	JACKIE WONG SIEW CHEER	ATM	63.76m	1
5	208	SADAT MARZUQI BIN AJISAN	N.SEMBILAN	56.44m	2
1	260	RIZAD AZRI BIN CHE RADZI	PERLIS	44.84m	3
6	264	MOHD HARRIS IZZUDDIN BIN AZALAN	PERLIS	43.42m	4
2	359	WAN SHAMEL SHAZMEN BIN WAN AHMAD KAMAL	MELAKA	36.07m	5
4	356	MUHAMMAD AMIR ASYRAFF BIN AZIZ	MELAKA	29.79m	6
7	#REF!	#REF!	#REF!		
8	#REF!	#REF!	#REF!		

Time	Event No	Event	Category	Level	Record
9.15am	106	Pole Vault	Men	Final	5.31
Ord/Lane	Bib No	Name	Team	Time	Position
7	113	ISKANDAR BIN ALWI	ATM	4.60m	1
13	138	MUHAMMAD NAUFAL BIN SHAHRUL AFZAM	JOHOR	4.60m	2
12	363	MUHAMMAD AKMAL HARITH BIN ZULKIPLI	MELAKA	4.00m	3
15	169	MOHD IZZAT BIN NORDIN	KELANTAN	4.00m	4
5	388	WILSON QUAIK ZHEN HAN	P.PINANG	4.00m	5
14	387	CHIN SIAN YUAN	P.PINANG	3.90m	6
9	177	MUHAMMAD AMIRUL FARHAN BIN NOOR AZMI	KELANTAN	3.60m	7
1	192	NIK MUHAMMAD IRFAN	K.LUMPUR	3.30m	8
4	366	MUHAMMAD HAFIDZUL AIN BIN AIN	MELAKA	3.30m	

Time	Event No	Event	Category	Level	Record
9.20am	107/1	100m	Men	Heat	10.18
Ord/Lane	Bib No	Name	Team	Time	Position
4	102	JONATHAN NYEPA	ATM	10.87 Q	1
3	360	AHMAD AZIZI BIN ROZAINI	MELAKA	11.31 Q	2
8	405	MUHAMMAD HASRUL NAJMI BIN BADRUL	TERENGGANU	11.31	3
5	229	MOHAMMAD EFRAIN FEERZAN QHAN BIN MOHD YAZID	PAHANG	11.43	4
1	336	AMMAR AFFANDI BIN AB SAHIR	SELANGOR	11.46	5
6	181	REEVE KUA MAN HONG	K.LUMPUR	11.75	6
7	251	SYAFIZUL AZWAN B SYARMIZI ARIZAL	PERAK	12.07	7
2	206	MUHAMMAD HAZIQ AIMAAN BIN HASSAN	N.SEMBILAN	12.28	8

**MAF National Athletics Championships 2021 , MSN Stadium Bukit Jalil Kuala Lumpur  
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Time	Event No	Event	Category	Level	Record
9.20am	107/2	100m	Men	Heat	10.18
Ord/Lane	Bib No	Name	Team	Time	Position
4	130	MUHAMMAD ARSYAD B. MD. SAAT	JOHOR	10.74 Q	1
3	244	AHMAD AMIR AIMAAN B MOHD KAMARUDDIN	PERAK	11.04 Q	2

5	172	ALIFF IMAN BIN MOHD FAHIMI	KELANTAN	11.13 q	3
8	291	MUHAMMAD ISYHAN THOMAS	SABAH	11.34	4
7	361	RAJA MUHAMMAD DANIAL BIN RAJA SHAHRUL AZLAN	MELAKA	11.64	5
6	182	ADAM ARASY	K.LUMPUR	11.92	6
2	209	MUHAMMAD ASYRAF BIN KASMAN	N.SEMBILAN	12.75	7
1	#REF!	#REF!	#REF!		

Time	Event No	Event	Category	Level	Record
9.20am	107/3	100m	Men	Heat	10.18
Ord/Lane	Bib No	Name	Team	Time	Position
7	212	MUHAMMAD HAIQAL BIN HANAFI	N.SEMBILAN	10.97 Q	1
5	274	MOHAMMAD FARID IQWAN ENDJON		11.26 Q	2
6	450	TAN ZHI HANG	P.PINANG	11.44	3
8	340	SATHYAMURTHEE A/L NAVAMANI	SELANGOR	11.95	4
4	394	WAN MUHAMMAD NAZREEN HAZIQ BIN WAN MOHD NAZAF	TERENGGANU	12.03	5
2	187	MIU YEW SENG	K.LUMPUR	12.04	6
3	368	KHAIRUL HAFIZ BIN JANTAN	MELAKA	DNF	
1	#REF!	#REF!	#REF!		

Time	Event No	Event	Category	Level	Record
9.20am	107/4	100m	Men	Heat	10.18
Ord/Lane	Bib No	Name	Team	Time	Position
5	180	KWONG KAR JUN	K.LUMPUR	10.97 Q	1
4	101	ARAVINN THEVARR A/L GUNASEGARAN	ATM	11.39 Q	2
3	197	AMIRUL DANIAL BIN MOHD HASNI	K.LUMPUR	11.44	3
6	266	MUHAMMAD AIMAN SYAZWAN BIN NORIZAN	PERLIS	11.58	4
2	293	AUDRAY MACSHAQUILLE ANAK HILLARY JUGAH	SARAWAK	11.78	5
7	402	MUHAMMAD KHUZAIRI BIN MAZLAN	TERENGGANU	11.83	6
8	344	MOHAMAD ALIF RUSYDAI BIN MOHD ROSTAN	SELANGOR	12.14	7
1	#REF!	#REF!	#REF!		

Time	Event No	Event	Category	Level	Record
9.20am	107/5	100m	Men	Heat	10.18
Ord/Lane	Bib No	Name	Team	Time	Position
4	226	LUQMANUL HAKIM	PAHANG	11.014 Q	1
7	184	MUHAMMAD SOLIHIN JAMALI	K.LUMPUR	11.037 Q	2
6	153	MUHAMMAD AFTAR B. ROSLI	KEDAH	11.232 q	3
5	338	MUHAMMAD NABIL ALWANI BIN RIZAL ALWANI	SELANGOR	11.257	4
3	105	NIXSON ANAK KENNEDY	ATM	11.464	5
2	384	MUHAMMAD FARISH BIN YUSFARIZAL	P.PINANG	11.735	6
8	315	HAARISSH A/L VINIRAJAN	SELANGOR	11.926	7

**MAF National Athletics Championships 2021 , MSN Stadium Bukit Jalil Kuala Lumpur  
Official Results**

Time	Event No	Event	Category	Level	Record
9.20am	107/6	100m	Men	Heat	10.18
Ord/Lane	Bib No	Name	Team	Time	Position
2	390	MUHAMMAD ZULFIQAR BIN ISMAIL	TERENGGANU	10.68 Q	1

5	118	MUHAMMAD AQIL BIN YASMIN	ATM	11.24 Q	2
7	314	ADAM HAKIM BIN SAMSUDDIN	SELANGOR	11.52	3
4	369	MUHAMMAD HAZIQ BIN DELI	MELAKA	11.58	4
3	347	MUHD HASIF HILMI BIN SUHAIMI	SELANGOR	12.23	5
6	210	HAYAT AMIRUL BIN MOHD ROFI	N.SEMBILAN	12.51	6
8	179	SYED ALIFF SYED NOH	K.LUMPUR	DQ	
1	#REF!	#REF!	#REF!		

Time	Event No	Event	Category	Level	Record
9.20am	107/7	100m	Men	Heat	10.18
Ord/Lane	Bib No	Name	Team	Time	Position
7	204	MOHAMAD RAIMI BIN MUSTAFFA KAMAL	N.SEMBILAN	10.890 Q	1
6	292	ALVINE JOSTINE	SARAWAK	10.974 Q	2
5	337	MUHAMMAD HAZIQ BIN MOHAMMAD AKHIR	SELANGOR	11.235	3
4	262	MUHAMMAD HAZIQ BIN ABDUL HALIM	PERLIS	11.430	4
3	183	NURISMAT HASSAN OMAR	K.LUMPUR	11.847	5
2	224	DEVATHARSHAN A /L SELLATHURAI	#N/A	DNS	
8	316	MUHAMMAD AKMAL BIN MAZELAN	SELANGOR	DNS	
1	#REF!	#REF!	#REF!		

Time	Event No	Event	Category	Level	Record
10.00am	108	800m	Women	Final	02:07.44
Ord/Lane	Bib No	Name	Team	Time	Position
3	704	SAVINDER KAUR A/P JOGINDR SINGH	ATM	2:15.88	1
1	727	GEETHA A/P SIVARAJA	JOHOR	2:19.55	2
4	801	HILZILLAWATY JAMAIN	SABAH	2:19.90	3
8	811	JESSYCA SAYU ANAK SAWING	SARAWAK	2:48.34	4
5	759	THAERISHA A/P THANASEKARAN	K.LUMPUR	2:49.35	5
2	866	SIBRAH JABBARIAH BINTI MOHD SAIMI	TERENGGANU	3:10.24	6
6	851	TEH REN QI	MELAKA	DNF	
7	844	SITI AISAH BINTI ABD RASHID	SELANGOR	DNF	

Time	Event No	Event	Category	Level	Record
10.05am	109	Long Jump	Women	Final	6.29
Ord/Lane	Bib No	Name	Team	Time	Position
7	806	MASSELEMIA BIOUS	SABAH	5.41m	1
4	730	SITI ZUBAIDAH BT. ADABI	JOHOR	5.25m	2

18	816	MAZWEEN UBONG LAH	SARAWAK	4.86m	3
12	719	NURKHALEESA YASMIN BT AWANG	JOHOR	4.86m	4
2	856	NUR IRDHYANI NADIA BINTI ZAINUDIN	TERENGGANU	4.84m	5
6	714	MAHIRA HANIS BT. ISHAK	JOHOR	4.78m	6
3	798	VIANNEY BANU JUNIN	SABAH	4.74m	7
5	819	RUBY LEE JIA LU	SARAWAK	4.61m	8
9	775	NURUL ASHIKIN BINTI ABAS	PERAK	4.48m	
14	749	ENG MAY XIN WINNIE	K.LUMPUR	4.46m	
13	778	BEH JIA PING	PERAK	4.35m	
8	845	NURUL ISMA BINTI OSMAN RANI	MELAKA	4.30m	
11	812	VANESSA PAYAK UBAU	SARAWAK	4.28m	
10	764	THANESWARY AP NAGARAJAN	N.SEMBILAN	4.26m	
16	724	NOR FATIN NAJIHA BT. MOHD. AZIZ	JOHOR	3.76m	
17	745	NURUL ANIS AUNIE BINTI HUSIN	KELANTAN	3.75m	
15	771	NG YU JIE	PAHANG	3.42m	
1	706	KIRTHANA A/P RAMASAMY	ATM	NMR	

Time	Event No	Event	Category	Level	Record
10.15am	110	800m	Men	Final	01:47.37
Ord/Lane	Bib No	Name	Team	Time	Position
11	167	WAN MUHAMMAD FAZRI BIN WAN ZAHARI	KELANTAN	1:56.77	1
6	327	AVINESH AUSTIN A/L MURUGAN	SELANGOR	1:57.51	2
20	326	JEFF LIM ZHE YU	SELANGOR	1:59.31	3
3	104	ROYSON A/L VINCENT	ATM	1:59.42	4
8	122	MAHESWARAN A/L SHANMUGAM	ATM	1:59.75	5
4	198	RISHERAAM PARAMESWARAN	K.LUMPUR	1:59.84	6
19	373	MUHAMMAD FAAIZ BIN MUHAMMAD RAFEE	MELAKA	2:06.22	7
1	343	ABISHEK DATTA A/L ALAGESAN	SELANGOR	2:06.73	8
17	224	DEVATHARSHAN A /L SELLATHURAI	N.SEMBILAN	2:07.25	9
14	297	JETRIS FOO	SARAWAK	2:07.76	10
2	411	MUHAMMAD THAQIF LUTFI BIN AZMAN	TERENGGANU	2:10.64	11
10	200	PRASANAKUMARAN A/L MURUGAN	K.LUMPUR	2:11.54	12
5	250	SHARVIN A/L MURUGAN	PERAK	2:11.58	13
16	379	AHMAD IMRAN BIN AHMAD ZAHIR	MELAKA	2:15.13	14
7	221	RUTHARAKALIAN AL T. RAMAYA	N.SEMBILAN	2:15.49	15
13	234	MUHAMMAD ADIB IZUDIN BIN FAMIE IZUDIN	PAHANG	2:25.19	16
18	253	FARISH NAZMI B ISHAK	PERAK	2:41.87	17
9	377	SYED FAZEEL SHAH B.SYED ANWAR SHAH	MELAKA	DNF	
12	154	MOHD ALIF AIMAN B. YUSLIZAN	KEDAH	DNS	
15	156	MOHD HAFFIZ B. MANGSOR	KEDAH	DNS	

Time	Event No	Event	Category	Level	Record
10.40am	111/1	400m Hurdles	Women	S/Final	56.02
Ord/Lane	Bib No	Name	Team	Time	Position
1					
2					
3					
4					
5					

ACARA TERUS KE AKHIR

6
7
8

Time	Event No	Event	Category	Level	Record
10.40am	111/2	400m Hurdles	Women	S/Final	56.02
Ord/Lane	Bib No	Name	Team	Time	Position
1					
2					
3					
4					
5					
6					
7					
8					

ACARA TERUS KE AKHIR

Time	Event No	Event	Category	Level	Record
10.55am	112/1	400m Hurdles	Men	S/Final	51.28
Ord/Lane	Bib No	Name	Team	Time	Position
4	139	MUHAMMAD AMMAR AIMAN B. NOR AZMI	JOHOR	55.74 Q	1
5	280	MD IRFFAN B. FITRI	SABAH	56.75 Q	2
8	246	MUHD HILMI ZAKUWAN B YUSRI AZHAR	PERAK	56.99 Q	3
2	205	MUHAMMAD MUZAKKIR	N.SEMBILAN	57.67 q	4
3	159	MOHD SYAKIMMIE B. SYAMSUDDIN	KEDAH	59.63 q	5
7	406	MUHAMMAD ADHA AJWAD BIN AHMAD RIZAL	TERENGGANU	60.40	6
6	265	MUHAMMAD ADDIB BIN FARRID	PERLIS	DNF	

Time	Event No	Event	Category	Level	Record
10.55am	112/2	400m Hurdles	Men	S/Final	51.28
Ord/Lane	Bib No	Name	Team	Time	Position
4	391	RUSLEM ZIKRY PUTRA BIN ROSELI	TERENGGANU	57.40 Q	1
8	279	DEAIGO EMANUELLB. WAYRING	SABAH	59.02 Q	2
7	218	MUHAMMAD SHARIL AMRI BIN AZMI	N.SEMBILAN	61.58 Q	3
6	116	MUHAMMAD FIRDAUS BIN MAZALAN	ATM	62.45	4
3	342	MUHAMMAD AZRI BIN AMRAN	SELANGOR	62.78	5
5	263	AZZIM ZAMRIZAL BIN AHMAD ZAMRI	PERLIS	64.46	6
7					
8					

Time	Event No	Event	Category	Level	Record
11.20am	113/1	100m	Women	Final 1	11.5
Ord/Lane	Bib No	Name	Team	Time	Position
5	733	FATIN ILYANA BT. MAT NAYAN	KEDAH	12.327	1
3	767	NOR SARAH BINTI ADI	PAHANG	12.450	2
6	799	FEOVA LIM YI FEI	SABAH	12.483	3

4	710	ZAIDATUL HUSNIAH BINTI ZULKIFLI	ATM	12.509	4
7	807	ERISSCA PETER	SARAWAK	12.844	5
1	845	NURUL ISMA BINTI OSMAN RANI	MELAKA	13.408	6
8	728	MARIE ADORABELLE PEI YUAN HOW	K.LUMPUR	13.496	7
2	859	NURUL WARDATUL HUWAIDA BINTI MOHD HAMKA	TERENGGANU	DNF	

Time	Event No	Event	Category	Level	Record
11.20am	113/2	100m	Women	Final 2	11.5
Ord/Lane	Bib No	Name	Team	Time	Position
3	709	SITI FATIMAH BINTI MOHAMAD	ATM	12.27	1
6	702	KOMALAM SHALLY A/P SELVARETNAM	ATM	12.34	2
5	730	SITI ZUBAIDAH BT. ADABI	JOHOR	12.70	3
4	794	NUR AISHAH ROFINA ALING	SABAH	12.74	4
2	793	IKMA SYAFFIERA DURIS	SABAH	12.90	5
7	802	ESTHER JOANNE	SABAH	12.96	6
1	808	EMMA HILL YU WEI LING	SARAWAK	13.00	7
8	765	DARSHINI A/P K. MURUGAN	PAHANG	13.45	8

Time	Event No	Event	Category	Level	Record
11.40am	114/1	100m	Men	Final 1	10.18
Ord/Lane	Bib No	Name	Team	Time	Position
5	390	MUHAMMAD ZULFIQAR BIN ISMAIL	TERENGGANU	10.52	1
6	212	MUHAMMAD HAIQAL BIN HANAFI	N.SEMBILAN	10.80	2
3	204	MOHAMAD RAIMI BIN MUSTAFFA KAMAL	N.SEMBILAN	10.84	3
4	226	LUQMANUL HAKIM BIN KHAIRUL AKMAL	PAHANG	10.94	4
7	184	MUHAMMAD SOLIHIN JAMALI	K.LUMPUR	11.14	5
1	118	MUHAMMAD AQIL BIN YASMIN	ATM	11.16	6
2	274	MOHAMMAD FARID IQWAN ENDJON	SABAH	11.27	7
8	153	MUHAMMAD AFTAR B. ROSLI	KEDAH	11.34	8

Time	Event No	Event	Category	Level	Record
11.40am	114/2	100m	Men	Final 2	10.18
Ord/Lane	Bib No	Name	Team	Time	Position
6	130	MUHAMMAD ARSYAD B. MD. SAAT	JOHOR	10.69	1
4	102	JONATHAN NYEPA	ATM	10.72	2
5	292	ALVINE JOSTINE	SARAWAK	10.77	3
8	172	ALIFF IMAN BIN MOHD FAHIMI	KELANTAN	10.97	4
3	180	KWONG KAR JUN	K.LUMPUR	11.05	5
7	244	AHMAD AMIR AIMAN B MOHD KAMARUDDIN	PERAK	11.08	6
1	360	AHMAD AZIZI BIN ROZAINI	MELAKA	11.35	7
2	101	ARAVINN THEVARR A/L GUNASEGARAN	ATM	11.89	8

Time	Event No	Event	Category	Level	Record
2.45pm	115	Pole Vault	Women	Final	4.40
Ord/Lane	Bib No	Name	Team	Time	Position



1	767	NOR SARAH BINTI ADI	PAHANG	<b>ACARA DIJALANKAN PADA HARI KEDUA</b>
2	815	EVELYNE TAN XIE YIE	SARAWAK	
3	836	HELENA LOW WENG YAN	SELANGOR	
4	#REF!	#REF!	#REF!	
5	#REF!	#REF!	#REF!	

Time	Event No	Event	Category	Level	Record
2.50pm	116	400m Hurdles	Men	Final	51.28
Ord/Lane	Bib No	Name	Team	Time	Position
5	391	RUSLEM ZIKRY PUTRA BIN ROSELI	TERENGGANU	53.67	1
4	139	MUHAMMAD AMMAR AIMAN B. NOR AZMI	JOHOR	54.70	2
2	205	MUHAMMAD MUZAKKIR	N.SEMBILAN	55.62	3
7	246	MUHD HILMI ZAKUWAN B YUSRI AZHAR	PERAK	56.13	4
3	280	MD IRFFAN B. FITRI	SABAH	56.53	5
6	279	DEAIGO EMANUELLB. WAYRING	SABAH	56.94	6
1	159	MOHD SYAKIMMIE B. SYAMSUDDIN	KEDAH	60.13	7
8	218	MUHAMMAD SHARIL AMRI BIN AZMI	N.SEMBILAN	60.50	8

Time	Event No	Event	Category	Level	Record
3.00pm	117	400m Hurdles	Women	Final	56.02
Ord/Lane	Bib No	Name	Team	Time	Position
7	810	MANDY GOH LI	SARAWAK	65.18	1
1	796	AVEYENDA ARON	SABAH	66.36	2
5	804	FRENYNILA SHERLY LUCIUS	SABAH	67.62	3
4	726	NUR SHAQIRAH BT. CIK MAT KILAU	JOHOR	69.00	4
8	735	NUR NA SYATUL NADIA BT. MD NASRI	KEDAH	69.57	5
2	738	SITI ROKIAH BT. HASHIM	KEDAH	71.83	6
6	762	AINUR SHAFIQAH BINTI AZMI	N.SEMBILAN	72.41	7
3	841	NUR SYAZANA BINTI MOHD WAZLI	SELANGOR	81.49	8

Time	Event No	Event	Category	Level	Record
3.00pm	118	Javelin Throw	Men	Final	73.34
Ord/Lane	Bib No	Name	Team	Time	Position
11	358	CHUA YI XIAN	MELAKA	53.79m	1
12	261	SYED ABRAR BIN SYED AHMAD ZAWAWI	PERLIS	52.33m	2
8	272	MOHD ALIF BIN MOHD RAZI	SABAH	51.59m	3
14	123	NG YONG JIE	JOHOR	49.93m	4
13	306	DESMOND JONG WEI XIONG	SARAWAK	47.32m	5
10	304	PETHIUS ANAK JADAM	SARAWAK	47.22m	6
6	367	ELRICK A/K ROSLEE	MELAKA	46.40m	7
15	357	MUHAMMAD SHAZWAN BIN HASNOL	MELAKA	46.00m	8
4	189	CHEAH WEI JUN	K.LUMPUR	44.73m	
5	305	MOHD IKHWAN BIN SAFARUDDIN	SARAWAK	43.52m	
2	285	JUSTWIN DAEMIN JONAS	SABAH	40.44m	
1	370	MUHAMMAD IRFAN IQBAL BIN ZAINUDDIN	MELAKA	36.11m	
3	141	MOHAMAD KHAIRUL REZEKI B. KAMAL	JOHOR	35.39m	
7	196	MOHAMMAD ZAKARIYA MINSURI	K.LUMPUR	34.74m	
9	161	AMIR AFIQ B. AHMAD ZUKI	KEDAH	DNS	

Time	Event No	Event	Category	Level	Record
3.20pm	119	Hammer Throw	Women	Final	62.48
Ord/Lane	Bib No	Name	Team	Time	Position
7	824	GRACE WONG XIU MEI	SARAWAK	59.79m	1
1	831	NURUL HIDAYAH BINTI LUKMAN	SELANGOR	46.24m	2
4	822	AILENNA THIPONG ANAK LAGA	SARAWAK	36.70m	3
3	860	NURUL AQIDAH BINTI JAAFAR	TERENGGANU	35.83m	4
2	846	SUMITHA AP VASANTHAKUMAR	MELAKA	34.09m	5
6	835	ADRIENA ZAIRUL ANUAR	SELANGOR	33.30m	6
5	850	NABILA NATASYA BT AZMAN	MELAKA	21.42m	7

Time	Event No	Event	Category	Level	Record
3.25pm	120	100m	Women	Final	11.5
Ord/Lane	Bib No	Name	Team	Time	Position
3	709	SITI FATIMAH BINTI MOHAMAD	ATM	12.27	1
5	733	FATIN ILYANA BT. MAT NAYAN	KEDAH	12.327	2
6	702	KOMALAM SHALLY A/P SELVARETNAM	ATM	12.34	3
3	767	NOR SARAH BINTI ADI	PAHANG	12.450	4
6	799	FEOVA LIM YI FEI	SABAH	12.483	5
4	710	Z Aidatul Husniah Binti Zulkifli	ATM	12.509	6
5	730	SITI ZUBAIDAH BT. ADABI	JOHOR	12.70	7
4	794	NUR AISHAH ROFINA ALING	SABAH	12.74	8

Time	Event No	Event	Category	Level	Record
3.30pm	121	Long Jump	Men	Final	8.02
Ord/Lane	Bib No	Name	Team	Time	Position
1	115	LUQMAN HAKIM BIN RAMLAN	ATM	7.23m	1
14	148	MUHAMAD NAZRI B. MUSTAFA	KEDAH	7.19m	2
8	334	SHAREEM ALEIMRAN BIN ABDUL	SELANGOR	6.92m	3
6	269	ANDRE ANURA@ ANUAR	SABAH	6.89m	4
3	301	JEREMIAH UDAU DARIYUS	SARAWAK	6.56m	5
10	247	ABDUL MUHAIMIN B AZLI	PERAK	6.44m	6
21	393	MUHAMMAD SHAHRIZAL NASHARUDDIN BIN ISHAM	TERENGGANU	6.44m	7
7	147	MUHAMMAD AZIM BIN ABDUL KEFLI	JOHOR	6.36m	8
11	396	MUHAMMAD HAFIZUDDIN FARHAN BIN ZAM ZAM	TERENGGANU	6.36m	
23	389	LAU JING CHONG	P.PINANG	6.35m	
25	174	MOHAMMAD NOR AMIRUL ASHRAF BIN MOHAMAD NORIZ	KELANTAN	6.34m	
13	307	LARRY ANAK JANGUN	SARAWAK	6.17m	
12	232	RAY SHAM BIN RAYA	PAHANG	6.15m	
15	386	AMMAR IKHWAN NAJMIE BIN AHMAD AZAHAM	P.PINANG	6.14m	
19	163	Zaidi Bin Mat Saad	KEDAH	5.74m	
9	302	HARRY FERNANDO ANAK STANLEY	SARAWAK	5.65m	
22	369	MUHAMMAD HAZIQ BIN DELI	MELAKA	5.41m	
18	141	MOHAMAD KHAIRUL REZEKI B. KAMAL	JOHOR	5.05m	
26	209	MUHAMMAD ASYRAF BIN KASMAN	N.SEMBILAN	4.88m	
5	210	HAYAT AMIRUL BIN MOHD ROFI	N.SEMBILAN	4.85m	

Time	Event No	Event	Category	Level	Record
3.35pm	122	100m	Men	Final	10.18
Ord/Lane	Bib No	Name	Team	Time	Position
5	390	MUHAMMAD ZULFIQAR BIN ISMAIL	TERENGGANU	10.52	1
6	130	MUHAMMAD ARSYAD B. MD. SAAT	JOHOR	10.69	2
4	102	JONATHAN NYEPA	ATM	10.72	3
5	292	ALVINE JOSTINE	SARAWAK	10.77	4
6	212	MUHAMMAD HAIQAL BIN HANAFI	N.SEMBILAN	10.80	5
3	204	MOHAMAD RAIMI BIN MUSTAFFA KAMAL	N.SEMBILAN	10.84	6
4	226	LUQMANUL HAKIM BIN KHAIRUL AKMAL	PAHANG	10.94	7
8	172	ALIFF IMAN BIN MOHD FAHIMI	KELANTAN	10.97	8

Time	Event No	Event	Category	Level	Record
3.40pm	123	Shot Put	Men	Final	17.53
Ord/Lane	Bib No	Name	Team	Time	Position
2	131	FARM LOONG DENG	JOHOR	15.80m	1
9	311	JONAH CHANG ANAK RIGAN	SARAWAK	15.80m	2
6	310	KONG CHIN POH	SARAWAK	15.28m	3
3	355	FARIS HAZIM BIN JAMALUDDIN	SELANGOR	12.72m	4
5	170	MOHAMMAD FAQRIEZ BIN MOHD FAUZURI	KELANTAN	12.49m	5
4	233	MUHAMMAD ILHAM BIN ZULKAFI	PAHANG	12.35m	6
1	171	MUHAMMAD LUQMAN HAKIM BIN BAHARUDIN	KELANTAN	11.68m	7
8	191	MUHAMMAD AIDIL TAUFEK	K.LUMPUR	11.36m	8
10	324	MUHAMMAD HADZMIER BIN ABDUL MUHAIMIN	SELANGOR	9.34m	
7	285	JUSTWIN DAEMIN JONAS	SABAH		

Time	Event No	Event	Category	Level	Record
3.50pm	124	1500m	Women	Final	04:23.49
Ord/Lane	Bib No	Name	Team	Time	Position
2	704	SAVINDER KAUR A/P JOGINDR SINGH	ATM	5:00.35	1
4	715	PADHMALOSHINI A/P JAYASEELAN	JOHOR	5:03.15	2
3	801	HILZILLAWATY JAMAIN	SABAH	5:09.75	3
5	759	THAERISHA A/P THANASEKARAN	K.LUMPUR	6:01.03	4
1	811	JESSYCA SAYU ANAK SAWING	SARAWAK	DNF	

Time	Event No	Event	Category	Level	Record
4.00pm	125	1500m	Men	Final	03:45.70
Ord/Lane	Bib No	Name	Team	Time	Position
1	132	MOHAMAD AMIRUL ARIF B. MOHD. AZRI	JOHOR	3:58.74	1
11	215	AHMAD LUTH BIN HAMIZAN	N.SEMBILAN	4:05.03	2
7	345	AHMAD IZZAT IRFAN BIN SHAHRUL AZNAN	SELANGOR	4:10.59	3
8	382	ZAIYUSRI BIN ZAINON	P.PINANG	4:16.77	4
21	399	MUHAMMAD FAHRIN AIMAN BIN YUSMIZAN	TERENGGANU	4:17.56	5
13	256	VIMAL A/L GOVENDARAJOO	PERAK	4:17.65	6
10	198	RISHERAAM PARAMESWARAN	K.LUMPUR	4:20.77	7
3	111	MOHD NOR AFIFI BIN HARUN	ATM	4:25.42	8
20	165	MUHAMMAD FAKRUL AFIZUL BIN NASIR	KELANTAN	4:25.57	9
6	168	ANAS BIN ARIFFIN	KELANTAN	4:25.83	10
18	297	JETRIS FOO	SARAWAK	4:27.25	11

19	343	ABISHEK DATTA A/L ALAGESAN	SELANGOR	4:35.53	12
14	164	SYHIR NAWAS KHAN B. ZARAISH KHAN	KEDAH	4:40.35	13
17	267	OSAMA ALIF BIN ZAINOL ABIDIN	PERLIS	5:41.56	14
4	411	MUHAMMAD THAQIF LUTFI BIN AZMAN	TERENGGANU	4:48.78	15
16	200	PRASANAKUMARAN A/L MURUGAN	K.LUMPUR	4:49.16	16
2	379	AHMAD IMRAN BIN AHMAD ZAHIR	MELAKA	4:54.94	17
5	378	MICHEL A/L THOMAS	MELAKA	5:00.33	18
12	201	MARVIN RAJ A/L VELUSWAMI	K.LUMPUR	5:02.27	19
9	206	MUHAMMAD HAZIQ AIMAN BIN HASSAN	N.SEMBILAN	5:05.74	20
15	207	MUHAMMAD AIMAN BIN BALKHIS	N.SEMBILAN	5:37.84	21

Time	Event No	Event	Category	Level	Record
4.25pm	126	10000m	Women	Final	33:50.80
Ord/Lane	Bib No	Name	Team	Time	Position
1	797	MARLIN HING WILLIAM	SABAH	40:48.31	1
2	757	LOH CHOOI FERN	K.LUMPUR	43:42.65	2
3					

Event No	Event	Category	Level	Record	
4.25pm	127	10000m	Men	Final	29:30.19
Ord/Lane	Bib No	Name	Team	Time	Position
1	217	THEVAN A/L RAJOO	N.SEMBILAN	33:11.43	1
2	136	SANJAY A/L MANIMARAN	JOHOR	33:17.19	2
3	231	MUHAMMAD IKBOLESEN BIN MD KAMAL HUSSAIN	PAHANG	33:31.03	3
4	109	MUHAIZAR BIN MUHAMMAD	ATM	33:46.35	4
5	332	MOVIN A/L RAJANDARAN	SELANGOR	34:28.57	5
6	103	CHRISTOPHER A/L SOOSAI	ATM	34:31.18	6
7	381	MOHAMED SYAZWAN SHAH JAHAN	P.PINANG	37:01.37	7
8	350	GAUTHAM A/L VADIVELU	SELANGOR	37:55.33	8
9	202	OOI WEI LIANG	K.LUMPUR	38:04.65	9
10	400	MUHAMMAD AFIQ BIN MOHD ALI	TERENGGANU	38:46.34	10
11	351	YUVANESH A/L JEVA	SELANGOR	DNF	
12	380	CHIN HONG ZHANG	MELAKA	DNS	

Time	Event No	Event	Category	Level	Record
5.50pm	128	4 x400m Relay	Women	Final	03:35.83
Ord/Lane	Bib No	Name	Team	Time	Position
3	Z	PASUKAN ATM	ATM	4:01.92	1
4	S	PASUKAN SABAH	SABAH	4:06.84	2
5	M	PASUKAN TERENGGANU	TERENGGANU	4:18.60	3
6	K	PASUKAN KEDAH	KEDAH	4:22.93	4

Time	Event No	Event	Category	Level	Record
6.00pm	129	4 x400m Relay	Men	Final	03:06.64
Ord/Lane	Bib No	Name	Team	Time	Position
2	S	PASUKAN SABAH	SABAH	3:26.04	1
7	A	PASUKAN PERAK	PERAK	3:26.32	2

5	Z	PASUKAN ATM	ATM	3:27.32	3
6	K	PASUKAN KEDAH	KEDAH	3:31.91	4
4	D	PASUKAN KELANTAN	KELANTAN	3:35.23	5
3	M	PASUKAN TERENGGANU	TERENGGANU	3:36.58	6
8	P	PASUKAN PERLIS	PERLIS	3:37.17	7

















