

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

Time	Event No	Event	Category	Level	Record
7.30 am	201	20000m walk	Men	Final	01:30:43
Ord/Lane	Bib No	Name	Team	Time	Position
5	374	MUHAMMAD FAKHRUL RAZI BIN JAILANI	MELAKA	1:43.45	1
1	137	DENESH KUMAR A/L PARANTHAMAN	JOHOR	1:50.48	2
7	157	MOHD HAIKAL FAREEZ B. AZMAN	KEDAH	1:53.13	3
4	173	MOHAMAD FAHMI BIN MOHAMED	KELANTAN	1:59.29	4
6	331	MUHAMMAD HANIF HUMAIDI BIN MD RAMLEEY	SELANGOR	2:04.22	5
2	186	MUHAMMAD ALIFF MUBARAK AHMAD	K.LUMPUR	DNF	
3	219	SIVANESH AL MOHAN MURALI	N.SEMBILAN	DNF	

Time	Event No	Event	Category	Level	Record
8.00am	202	Discus Throw	Men	Final	62.55
Ord/Lane	Bib No	Name	Team	Time	Position
3	108	MUHAMMAD IRFAN BIN SHAMSUDDIN	ATM	52.38m	1
2	312	ABDUL RAHMAN LEE	SARAWAK	46.45m	2
7	259	KAMAL FARHAN BIN A. RAHMAN	PERLIS	44.86m	3
5	311	JONAH CHANG ANAK RIGAN	SARAWAK	43.04m	4
10	355	FARIS HAZIM BIN JAMALUDDIN	SELANGOR	40.34m	5
8	407	MUHAMMAD HAFIZIN ZUFAYRI BIN MAHADI	TERENGGANU	38.55m	6
1	408	AHMAD ZAKWAN IDDIN BIN ALIAS	TERENGGANU	36.41m	7
4	388	WILSON QUAIK ZHEN HAN	P.PINANG	30.05m	8
6	141	MOHAMAD KHAIRUL REZEKI B. KAMAL	JOHOR	19.85	
9	310	KONG CHIN POH	SARAWAK		
11	285	JUSTWIN DAEMIN JONAS	SABAH		
12	190	MUHAMMAD FIRYAL ASYQIL	K.LUMPUR		

Time	Event No	Event	Category	Level	Record
8.30am	203	Triple Jump	Women	Final	13.9
Ord/Lane	Bib No	Name	Team	Time	Position
1	706	KIRTHANA A/P RAMASAMY	ATM	13.14m	1
5	775	NURUL ASHIKIN BINTI ABAS	PERAK	13.04m	2
4	724	NOR FATIN NAJIHA BT. MOHD. AZIZ	JOHOR	11.59m	3
2	771	NG YU JIE	PAHANG	DNS	
3	856	NUR IRDHYANI NADIA BINTI ZAINUDIN	TERENGGANU		
6	812	VANESSA PAYAK UBAU	SARAWAK		
7	741	NUR ANIS ATHIRAH BINTI ASMADI	KELANTAN		

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Time	Event No	Event	Category	Level	Record
8.50am	204	High Jump	Men	Final	2.30
Ord/Lane	Bib No	Name	Team	Time	Position
10	271	MOHAMAD EIZLAN DAHALAN	SABAH	2.14m	1
17	277	FARELL GLENN FELIX JURUS	SABAH	2.14m	2
2	106	LEE HUP WEI	ATM	2.10m	3
8	145	NORSHAFIEE BT. MOHD. SHAH	JOHOR	2.02m	4
12	450	TAN ZHI HANG	P.PINANG	1.90m	5
6	278	MOHD SHAHRUL SHAHRIN B.SABTURANI	SABAH	1.85m	6
14	248	KUAN JYH YUNN	PERAK	1.85m	7
11	158	MOHD NAJMI BIN HASMEZ1	KEDAH	1.80m	8
13	160	AMIR HAIQAL B. ISMAIL	KEDAH	1.80m	8
1	133	MOHAMAD FARHAN AZMAN	JOHOR	1.80m	
3	397	AMMAR QUTBUDDIIN BIN MAULUD	TERENGGANU	1.70m	
4	303	MOHD AIMAN FITRI BIN MOHD OSMAN	SARAWAK		
5	369	MUHAMMAD HAZIQ BIN DELI	MELAKA		
7	249	MUHAMAD FAIZ ZIKRI B MOHD ASRI	PERAK		
9	207	MUHAMMAD AIMAN BIN BALKHIS	N.SEMBILAN		
15	236	MUHAMMAD AQIL BIN JAIDI	PAHANG		
16	196	MOHAMMAD ZAKARIYA MINSURI	K.LUMPUR		

Time	Event No	Event	Category	Level	Record
9.30am	205	3,000m S/Chase	Women	Final	01:30:43
Ord/Lane	Bib No	Name	Team	Time	Position
5	838	RAMIYAH A/P BALASINGAM	SELANGOR	12:20.04	1
1	748	NUR ADRIENNA ZAMZAIHIRI	K.LUMPUR	14:04.92	2
4	829	SUVITRA A/P GANASAN	SELANGOR	14:37.54	3
2	840	KIRTIKAA A/P PRABAKHARAN	SELANGOR	18:01.20	4
3	756	NIETHYATHAARANI A/P PARAMASIVAM	K.LUMPUR	20:24.82	5

Time	Event No	Event	Category	Level	Record
9.50am	206	3,000m S/Chase	Men	Final	10:55.31
Ord/Lane	Bib No	Name	Team	Time	Position
10	215	AHMAD LUTH BIN HAMIZAN	N.SEMBILAN	9:35.22	1
6	329	DAREN JAMES NAIR A/L RODNEY JAMES	SELANGOR	9:49.12	2
11	231	MUHAMMAD IKBOLESEN BIN MD KAMAL HUSSAIN	PAHANG	10:24.21	3
3	235	POVASANTHAN SUBRAMANIAM	PAHANG	10:35.50	4
14	121	GOKUL RAJ A/L BALAKRISHNAN	ATM	10:38.29	5
2	398	MUHAMMAD SHAHRIL AIMAN BIN MOHD NOOR	TERENGGANU	10:45.72	6
9	399	MUHAMMAD FAHRIN AIMAN BIN YUSMIZAN	TERENGGANU	10.48.11	7
8	127	MUHAMMAD AMIR AMINUDDIN B. MOHD. AZRI	JOHOR	11:13.69	8
1	222	MOHD NOOR EZZATI BIN MOHD KHEZAM	N.SEMBILAN		
4	162	MOHD HAMIDI B. A. RAHEEM	KEDAH		
5	216	AHMAD MUHAMMAD BIN HAMIZAN	N.SEMBILAN		
7	203	ARUN NADARAJAH	K.LUMPUR		
12	365	SYED ALI ZAINAL ABIDIN BIN SYED TAHA	MELAKA		
13	223	MUHAMMAD ZAQQWAN BIN MOHD YUSOF	N.SEMBILAN		

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Time	Event No	Event	Category	Level	Record
9.50am	207	Discus Throw	Women	Final	50.67
Ord/Lane	Bib No	Name	Team	Time	Position
7	823	QUEENIE TING KUNG NI	SARAWAK	49.11m	1
6	716	NUR ATIQAH SUFIAH BT. MD. HANIZAM	JOHOR	39.79m	2
1	813	CLARENCE SYREE ANAK JEFFREY	SARAWAK	34.71m	3
3	814	VANESSA NEIGA ANAK FRANKY	SARAWAK	31.79m	4
5	739	NURUL AQMA BT. MOHD NIZAM	KEDAH	23.56m	5
2	834	WAN PUTRI RIDINA BT ZULKARNAIN	SELANGOR		
4	705	CHOO KANG NI	ATM		

Time	Event No	Event	Category	Level	Record
10.10am	208/1	400m	Men	Heat	46.41
Ord/Lane	Bib No	Name	Team	Time	Position
4	125	MUHAMMAD SAIFUL SAFWAN B. SAIFUDDIN	JOHOR	49.48 Q	1
8	362	MUHAMMAD AIDIL AZHAR BIN AZRUL HISYAM	MELAKA	49.80 Q	2
3	320	MOHAMMAD THAQIF BIN MOHAMMAD HISHAM	SELANGOR	50.05 q	3
6	287	EDRICK FEVEL FLORENTIUS	SABAH	51.12 q	4
2	393	MUHAMMAD SHAHRIZAL NASHARUDDIN BIN ISHAM	TERENGGANU	51.62	5
1	220	KINESWARAN AL ASOKAN	N.SEMBILAN	53.92	6
5	257	KANNATHASAN A/L KUMARAGURU	PERAK	53.96	7
7	336	AMMAR AFFANDI BIN AB SAHIR	SELANGOR	56.06	8

Time	Event No	Event	Category	Level	Record
10.10am	208/2	400m	Men	Heat	46.41
Ord/Lane	Bib No	Name	Team	Time	Position
3	167	WAN MUHAMMAD FAZRI BIN WAN ZAHARI	KELANTAN	49.08 Q	1
6	230	MOHAMMAD HAZUWAN BIN MUKELIS	PAHANG	50.70 Q	2
7	337	MUHAMMAD HAZIQ BIN MOHAMMAD AKHIR	SELANGOR	51.14	3
2	207	MUHAMMAD AIMAN BIN BALKHIS	N.SEMBILAN	54.92	4
8	392	MUHAMMAD ZULHILMI BIN CHEK AZMAN	TERENGGANU	55.22	5
4	258	MOHD FITRI BIN ZAINOL ABIDIN	PERLIS	55.61	6
5	253	FARISH NAZMI B ISHAK	PERAK	57.45	7

Time	Event No	Event	Category	Level	Record
10.10am	208/3	400m	Men	Heat	46.41
Ord/Lane	Bib No	Name	Team	Time	Position
7	139	MUHAMMAD AMMAR AIMAN B. NOR AZMI	JOHOR	49.75 Q	1
4	117	PUTRA AZRUL SYAZWAN BIN AZMAN	ATM	50.31 Q	2
3	254	CHEAH YAU CHUNG	PERAK	50.63 q	3
5	140	MUHAMMAD ADLI B.SIDING	JOHOR	51.15	4
2	156	MOHD HAFFIZ B. MANGSOR	KEDAH	52.98	5
6	150	AMIRUN FAIZ B. ROLIZAT	KEDAH	54.27	6
8	405	MUHAMMAD HASRUL NAJMI BIN BADRUL	TERENGGANU	54.52	7

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Time	Event No	Event	Category	Level	Record
10.10am	208/4	400m	Men	Heat	46.41

Ord/Lane	Bib No	Name	Team	Time	Position
3	286	MOHD AZMIR BIN ABDUL RAHMAN	SABAH	50.99 Q	1
5	174	MOHAMMAD NOR AMIRUL ASHRAF BIN MOHAMAD NORIZAN	KELANTAN	51.30 Q	2
4	119	MOHD IKMAL BIN SAIFUL BAHRI	ATM	52.75	3
8	154	MOHD ALIF AIMAN B. YUSLIZAN	KEDAH	52.98	4
2	402	MUHAMMAD KHUZAIRI BIN MAZLAN	TERENGGANU	53.30	5
7	354	JORDANY JACKSON	SELANGOR	53.72	6
6	234	MUHAMMAD ADIB IZUDIN BIN FAMIE IZUDIN	PAHANG	55.46	7

10.10am	208/5	400m	Men	Heat	46.41
Ord/Lane	Bib No	Name	Team	Time	Position
5	244	AHMAD AMIR AIMAN B MOHD KAMARUDDIN	PERAK	49.79 Q	1
4	245	KANISHKANN A/L NATHAN	PERAK	50.79 Q	2
3	295	MOHAMAD FAJRI BIN MOHD ALI	SARAWAK	53.56	3
6	373	MUHAMMAD FAAIZ BIN MUHAMMAD RAFEE	MELAKA	54.36	4
2	353	IAN JOVIC SUAN	SELANGOR	56.04	5
7	206	MUHAMMAD HAZIQ AIMAN BIN HASSAN	N.SEMBILAN	56.28	6
8	317	MUHAMMAD AIMAN FARIS BIN SAYUTI	SELANGOR		

Time	Event No	Event	Category	Level	Record
10.10am	208/6	400m	Men	Heat	46.41
Ord/Lane	Bib No	Name	Team	Time	Position
3	322	MUHAMMAD ILHAM BIN SUHAIMI	SELANGOR	48.77 Q	1
2	395	MUHAMMAD FIRDAUS BIN MOHAMAD ZEMI	TERENGGANU	48.96 Q	2
5	135	UMAR BIN OSMAN	JOHOR	49.86 q	3
4	176	AMAR HUSSAIMEE BIN MAJALI	KELANTAN	57.92	4
7	288	KASHMEER BIN SAMSURI	SABAH	53.53	5
6	199	TULASHAN A/L VIRENESSWARAN	K.LUMPUR	59.36	6
8	323	THARSHAN A/L SHANMUGAM	SELANGOR		

Time	Event No	Event	Category	Level	Record
11.30am	209/1	400m	Women	S/Final	52.56
Ord/Lane	Bib No	Name	Team	Time	Position
4	703	NURUL FAIZAH ASMA' BINTI MAZLAN	ATM	58.43 Q	1
8	857	NOR SHAKIRATUL AINA BINTI MOHAMAD ASRI	TERENGGANU	61.37 Q	2
5	795	CAMELIA JASTEN	SABAH	61.99 q	3
3	768	NUR ATHIRAH BINTI KHAIRUL NOORMIZAM	PAHANG	62.61 q	4
7	713	FARAH NAJWA BT. MD ZAHARI	JOHOR	63.08	5
2	737	SARWINI A/P THULASIRAM	KEDAH	63.52	6
6	851	TEH REN QI	MELAKA		

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Time	Event No	Event	Category	Level	Record
11.30am	209/2	400m	Women	S/Final	52.56
Ord/Lane	Bib No	Name	Team	Time	Position
4	731	TEOH KIM CHI	KEDAH	58.98 Q	1
7	803	PETRONELLA LISONG	SABAH	61.11 Q	2
8	750	ZAIMAH ATIFAH	K.LUMPUR	63.02	3
5	853	HONG XYAN	P.PINANG	63.03	4
3	751	THARANISHVARI A/P APPLANAIIDU	K.LUMPUR	69.44	5
6	828	NICOLE LAI JIA XIN	SELANGOR		

Time	Event No	Event	Category	Level	Record
11.30am	212/1	400m	Women	S/Final	52.56
Ord/Lane	Bib No	Name	Team	Time	Position
4	792	CHELSEA CASSIOPEA AVALI BOPULAS	SABAH	58.35 Q	1
8	735	NUR NA SYATUL NADIA BT. MD NASRI	KEDAH	62.20 Q	2
3	722	FARAH NAJIHA BT MD ZAHARI	JOHOR	62.88	3
6	734	NUR AQILAH BT. YUSNIFADZLY	KEDAH	66.43	4
5	863	SITI ADRIANA BINTI HALMIZAN	TERENGGANU	69.94	5
7	847	NIVASHINI NICOLE A/P MICHAEL	MELAKA		

Time	Event No	Event	Category	Level	Record
11.00am	210/1	200m	Men	Heat/1	20.77
Ord/Lane	Bib No	Name	Team	Time	Position
4	102	JONATHAN NYEPA	ATM	21.89 Q	1
2	212	MUHAMMAD HAIQAL BIN HANAFI	N.SEMBILAN	22.32 Q	2
7	291	MUHAMMAD ISYHAN THOMAS	SABAH	22.34 q	3
6	360	AHMAD AZIZI BIN ROZAINI	MELAKA	22.87	4
8	384	MUHAMMAD FARISH BIN YUSFARIZAL	P.PINANG	23.19	5
3	199	TULASHAN A/L VIRENESSWARAN	K.LUMPUR	26.53	6
5	390	MUHAMMAD ZULFIQAR BIN ISMAIL	TERENGGANU	DNF	
1	347	MUHD HASIF HILMI BIN SUHAIMI	SELANGOR		

Time	Event No	Event	Category	Level	Record
11.00am	210/2	200m	Men	Heat/2	20.77
Ord/Lane	Bib No	Name	Team	Time	Position
5	240	MUHAMMAD AZEEM MOHD FAHMI	PERAK	21.61 Q	1
3	118	MUHAMMAD AQIL BIN YASMIN	ATM	22.68 Q	2
4	152	MOHAMAD IKHWAN AFIQ B. ZULKURNAIN	KEDAH	23.85	3
2	361	RAJA MUHAMMAD DANIAL BIN RAJA SHAHRUL AZLAN	MELAKA	24.14	4
6	211	MUHAMMAD HAFSHAM BIN SHAMSAHRIL	N.SEMBILAN	26.88	5
7	316	MUHAMMAD AKMAL BIN MAZELAN	SELANGOR		
8	130	MUHAMMAD ARSYAD B. MD. SAAT	JOHOR		

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Time	Event No	Event	Category	Level	Record
11.00am	210/3	200m	Men	Heat/3	20.77
Ord/Lane	Bib No	Name	Team	Time	Position
8	289	PG. AIDIL AUF BIN HAJAM	SABAH	21.9 Q	1
3	395	MUHAMMAD FIRDAUS BIN MOHAMAD ZEMI	TERENGGANU	22.12 Q	2
5	172	ALIFF IMAN BIN MOHD FAHIMI	KELANTAN	22.71 q	3
6	315	HAARISAH A/L VINIRAJAN	SELANGOR	23.45	4
7	183	NURISMAT HASSAN OMAR	K.LUMPUR	24.12	5
2	209	MUHAMMAD ASYRAF BIN KASMAN	N.SEMBILAN	25.74	6
4	101	ARAVINN THEVARR A/L GUNASEGARAN	ATM		

Time	Event No	Event	Category	Level	Record
11.00am	210/4	200m	Men	Heat/4	20.77

Ord/Lane	Bib No	Name	Team	Time	Position
4	180	KWONG KAR JUN	K.LUMPUR	21.6 Q	1
5	239	LOGANES A/L THILAGANATHAN	PERAK	22.6 Q	2
3	314	ADAM HAKIM BIN SAMSUDDIN	SELANGOR	23.27 q	3
2	266	MUHAMMAD AIMAN SYAZWAN BIN NORIZAN	PERLIS	23.45	4
6	229	MOHAMMAD EFRAIN FEERZAN QHAN BIN MOHD YAZID	PAHANG	23.78	5
8	318	VASANTHEN A/L PERAGASAM	SELANGOR	25.26	6
7	204	MOHAMAD RAIMI BIN MUSTAFFA KAMAL	N.SEMBILAN		

Time	Event No	Event	Category	Level	Record
11.00am	210/5	200m	Men	Heat/5	20.77
Ord/Lane	Bib No	Name	Team	Time	Position
3	226	LUQMANUL HAKIM BIN KHAIRUL AKMAL	PAHANG	22.17 Q	1
5	151	ATIF UZAIR BIN GHAZALI	KEDAH	22.75 Q	2
2	166	MUHAMMAD SYAFIQ IRHAM BIN AHAMAD ZEMARY	KELANTAN	23.86	3
7	251	SYAFIZUL AZWAN B SYARMIZI ARIZAL	PERAK	24.28	4
6	210	HAYAT AMIRUL BIN MOHD ROFI	N.SEMBILAN	25.3	5
4	322	MUHAMMAD ILHAM BIN SUHAIMI	SELANGOR		
8	323	THARSHAN A/L SHANMUGAM	SELANGOR		

Time	Event No	Event	Category	Level	Record
11.00am	210/6	200m	Men	Heat/6	20.77
Ord/Lane	Bib No	Name	Team	Time	Position
1	412	NUR SHAHDAN BIN MUHAMAD	TERENGGANU	22.64 Q	1
2	179	SYED ALIFF SYED NOH	K.LUMPUR	23.13 Q	2
3	413	MUHAMMAD SHAHRUL	TERENGGANU	23.17 q	3
4	242	MAGENDRA A/L ARJUNAN	PERAK	23.34	4
5	340	SATHYAMURTHEE A/L NAVAMANI	SELANGOR	24.42	5
6					
7					

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Time	Event No	Event	Category	Level	Record
11.20am	211/1	200m	Women	S/Final	23.37
Ord/Lane	Bib No	Name	Team	Time	Position
4	710	Z Aidatul Husniah Binti Zulkifli	ATM	24.93	1
6	794	Nur Aishah Rofina Aling	SABAH	25.69	2
3	807	ERISSCA PETER	SARAWAK	25.78	3
7	776	SIVA SANKARI A/P ASOKAN	PERAK	27.97	4
8	772	NATASHA SOFEA BINTI MOHD SYAHNAS	PAHANG	28.75	5
5	740	NURUL SYAR AINYAH BINTI GHAZALI	KELANTAN	29.66	6

Time	Event No	Event	Category	Level	Record
11.20am	211/2	200m	Women	S/Final	23.37
Ord/Lane	Bib No	Name	Team	Time	Position
4	702	KOMALAM SHALLY A/P SELVARETNAM	ATM	25.37	1
5	799	FEOVA LIM YI FEI	SABAH	25.64	2
7	827	NUR AFRINA BATRISYA BINTI MOHD RIZAL	SELANGOR	27.13	3
8	777	THILAGAVATHI A/P RAJASOORIA	PERAK	27.35	4

3	736	RABIATUL YUSRA BT. ADENAN	KEDAH		
6	751	THARANISHVARI A/P APPLANAI DU	K.LUMPUR		

Time	Event No	Event	Category	Level	Record
11.20am	211/3	200m	Women	S/Final	23.37
Ord/Lane	Bib No	Name	Team	Time	Position
5	709	SITI FATIMAH BINTI MOHAMAD	ATM	25.21	1
7	733	FATIN ILYANA BT. MAT NAYAN	KEDAH	25.49	2
8	802	ESTHER JOANNE	SABAH	26.10	3
4	765	DARSHINI A/P K. MURUGAN	PAHANG	26.75	4
6	861	NURUL ALYSSA BINYI AZMAN	TERENGGANU	27.08	5
3	711	ZAI DATUL HUSNAH BINTI ZULKIFLI	ATM		

Time	Event No	Event	Category	Level	Record
12.00am	212/1	100m Hurdles	Women	S/Final	13.27
Ord/Lane	Bib No	Name	Team	Time	Position
6	784	JURIANI BINTI MAT RODZI	PERAK	15.01 Q	1
3	701	RAJA NURSHEENA BINTI RAJA ZAHAR	ATM	16.38 Q	2
5	809	NORAFIFAH HIJRAH BINTI JAIDI	SARAWAK	16.62 Q	3
4	764	THANESWARY AP NAGARAJAN	N.SEMBILAN	17.33 q	4
8	865	NUR AISYAH IRDINA BINTI ZAINUDDIN	TERENGGANU	17.5	5
7	826	LIE YEE TENG	SELANGOR		

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Time	Event No	Event	Category	Level	Record
12.00am	212/2	100m Hurdles	Women	S/Final	13.27
Ord/Lane	Bib No	Name	Team	Time	Position
4	761	NORLIYANA KAMARUDDIN	N.SEMBILAN	15.01 Q	1
6	900	FARAH SYAKIRA BT AZIFSAFARIN	PERAK	15.24 Q	2
8	749	ENG MAY XIN WINNIE	K.LUMPUR	15.98 Q	3
5	868	SITI MARYATUL NAJIHAN BINTI MOHD ZAMZAMI	TERENGGANU	16.25 q	4
7	778	BEH JIA PING	PERAK	17.37	5
3	849	SYAZWINA BT MOHD SUHAIMY	MELAKA	17.45	6

Time	Event No	Event	Category	Level	Record
12.15am	213/1	110m Hurdles	Men	S/Final	13.67
Ord/Lane	Bib No	Name	Team	Time	Position
2	283	MUHAMMAD RIDZWAN RIDAL	SABAH	14.34 Q	1
5	290	RAYZAM SHAH BIN WAN SOFIAN	SABAH	14.46 Q	2
4	129	WONG CHUN YEE	JOHOR	14.48 Q	3
6	294	ELVIN YAP ZHI XIAN	SARAWAK	14.49 q	4
7	153	MUHAMMAD AFTAR B. ROSLI	KEDAH	14.86	5

3	406	MUHAMMAD ADHA AJWAD BIN AHMAD RIZAL	TERENGGANU	15.42	6
8	325	MUHAMMAD FARHAN BIN MOHD YUSOFF	SELANGOR	17.93	7

Time	Event No	Event	Category	Level	Record
12.15am	213/2	110m Hurdles	Men	S/Final	13.67
Ord/Lane	Bib No	Name	Team	Time	Position
7	313	MOHD RIZZUA HAIZAD BIN MUHAMAD	SARAWAK	13.93 Q	1
6	270	BENEDICT IAN GAWOK	SABAH	14.01 Q	2
4	112	FAZILLAH BIN KHAMIS	ATM	14.66 Q	3
5	281	MOHD NAZARUL MOHD ALI	SABAH	14.78 q	4
3	388	WILSON QUAIK ZHEN HAN	P.PINANG	15.25	5
8	246	MUHD HILMI ZAKUWAN B YUSRI AZHAR	PERAK	15.37	6

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	3.60m	1
3	836	HELENA LOW WENG YAN	SELANGOR	3.15m	2
2	815	EVELYNE TAN XIE YIE	SARAWAK		

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Time	Event No	Event	Category	Level	Record
2.45pm	216	High Jump	Women	Final	1.83
Ord/Lane	Bib No	Name	Team	Time	Position
4	761	NORLIYANA KAMARUDDIN	N.SEMBILAN	1.74m	1
8	707	YAP SEAN YEE	ATM	1.69m	2
2	774	NGU JIA XIN	PERAK	1.67m	3
7	820	ROSITA LUA ANAK JABING	SARAWAK	1.55m	4
9	816	MAZWEEN UBONG LAH	SARAWAK	1.55m	5
1	821	NICOLE GOH ZHI WEI	SARAWAK	1.50m	6
6	858	TUAN JULIANA BINTI TUAN HASSAN	TERENGGANU	1.50m	6
3	798	VIANNEY BANU JUNIN	SABAH	1.50m	8
5	800	MICHELLE CORNELIUS LUCAS MOSIRI	SABAH	1.50m	9
9	732	AMNI BT. MOHAMAD NAQIB	KEDAH	1.45m	9

Time	Event No	Event	Category	Level	Record
2.45pm	217	Triple Jump	Men	Final	16.77
Ord/Lane	Bib No	Name	Team	Time	Position
8	269	ANDRE ANURA@ ANUAR	SABAH	15.88m	1
6	299	BRENDON TING LI KING	SARAWAK	14.94m	2
10	243	MOHD SHAH SHOLIHIN B AZSHAR	PERAK	14.48m	3
1	276	MUHAMMAD SUNIK B. MUSLIMIN	SABAH	14.46m	4
5	341	MUHAMMAD IZZUL HANIFF BIN MOHD RAFFI	SELANGOR	14.40m	5
11	284	ALVIN ROLAND	SABAH	13.89m	6
3	114	NIK FARIEZAL ERMAN BIN NIK AB HADI	ATM	13.73m	7
9	300	JOHNES CHIA YEK CHIEN	SARAWAK	13.69m	8

Time	Event No	Event	Category	Level	Record
2.50pm	218	110m Hurdles	Men	Final	13.67

Ord/Lane	Bib No	Name	Team	Time	Position
5	290	RAYZAM SHAH BIN WAN SOFIAN	SABAH	13.72	1
1	270	BENEDICT IAN GAWOK	SABAH	13.92	2
2	313	MOHD RIZZUA HAIZAD BIN MUHAMAD	SARAWAK	14.16	3
4	129	WONG CHUN YEE	JOHOR	14.22	4
3	283	MUHAMMAD RIDZWAN RIDAL	SABAH	14.64	5
6	294	ELVIN YAP ZHI XIAN	SARAWAK	14.75	6
7	281	MOHD NAZARUL MOHD ALI	SABAH	DQ	
8	112	FAZILLAH BIN KHAMIS	ATM		

Time	Event No	Event	Category	Level	Record
3.00pm	219	100m Hurdles	Women	Final	13.27
Ord/Lane	Bib No	Name	Team	Time	Position
3	784	JURIANI BINTI MAT RODZI	PERAK	15.02	1
4	900	FARAH SYAKIRA BT AZIFSAFARIN	PERAK	15.25	2
6	749	ENG MAY XIN WINNIE	K.LUMPUR	15.58	3
1	809	NORAFIFAH HIJRAH BINTI JAIDI	SARAWAK	16.59	4
2	764	THANESWARY AP NAGARAJAN	N.SEMBILAN	17.88	5
8	868	SITI MARYATUL NAJIHAN BINTI MOHD ZAMZAMI	TERENGGANU	19.09	6
7	701	RAJA NURSHEENA BINTI RAJA ZAHAR	ATM		
5	761	NORLIYANA KAMARUDDIN	N.SEMBILAN		

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Time	Event No	Event	Category	Level	Record
3.10pm	220	Shot put	Women	Final	14.41
Ord/Lane	Bib No	Name	Team	Time	Position
11	770	NURRUL AININ SYAUQINA BIN MOHD NOR AZAHAR	PAHANG	11.60m	1
6	739	NURUL AQMA BT. MOHD NIZAM	KEDAH	10.40m	2
8	752	THANUSSHA A/P VIKNESWARAN	K.LUMPUR	10.27m	3
9	846	SUMITHA AP VASANTHAKUMAR	MELAKA	9.56m	4
3	749	ENG MAY XIN WINNIE	K.LUMPUR	9.42m	5
2	817	CELINE KHOO WEI ENG	SARAWAK	9.30m	6
5	773	SHAZIA BT IBRAHIM	PAHANG	8.53m	7
10	830	ANIS SAHIRA BINTI MALAGUSTIN	SELANGOR	8.46m	8
4	848	NUR FATIN AQLAH BINTI GIMI	MELAKA	8.25m	
12	764	THANESWARY AP NAGARAJAN	N.SEMBILAN	7.55m	
7	833	NURUL EMILIA BINTI MOHD RAZI	SELANGOR	7.06m	

Time	Event No	Event	Category	Level	Record
3.35pm	221	400m	Women	Final	52.56
Ord/Lane	Bib No	Name	Team	Time	Position
4	792	CHELSEA CASSIOPEA AVALI BOPULAS	SABAH	56.25	1
5	703	NURUL FAIZAH ASMA' BINTI MAZLAN	ATM	56.6	2
3	731	TEOH KIM CHI	KEDAH	57.93	3
6	803	PETRONELLA LISONG	SABAH	59.64	4
7	795	CAMELIA JASTEN	SABAH	61.2	5
2	768	NUR ATHIRAH BINTI KHAIRUL NOORMIZAM	PAHANG	61.2	6
8	857	NOR SHAKIRATUL AINA BINTI MOHAMAD ASRI	TERENGGANU	61.55	7
1	735	NUR NA SYATUL NADIA BT. MD NASRI	KEDAH	63.61	8

Time	Event No	Event	Category	Level	Record
3.45am	222	400m	Men	Final 1	46.41
Ord/Lane	Bib No	Name	Team	Time	Position
3	322	MUHAMMAD ILHAM BIN SUHAIMI	SELANGOR	47.88	1
6	167	WAN MUHAMMAD FAZRI BIN WAN ZAHARI	KELANTAN	48.06	2
5	395	MUHAMMAD FIRDAUS BIN MOHAMAD ZEMI	TERENGGANU	48.76	3
4	125	MUHAMMAD SAIFUL SAFWAN B. SAIFUDDIN	JOHOR	48.88	4
8	139	MUHAMMAD AMMAR AIMAN B. NOR AZMI	JOHOR	49.91	5
1	362	MUHAMMAD AIDIL AZHAR BIN AZRUL HISYAM	MELAKA	50.48	6
7	244	AHMAD AMIR AIMAN B MOHD KAMARUDDIN	PERAK	51.73	7
2	135	UMAR BIN OSMAN	JOHOR		

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Time	Event No	Event	Category	Level	Record
3.45pm	222	400m	Men	Final 2	46.41
Ord/Lane	Bib No	Name	Team	Time	Position
2	174	MOHAMMAD NOR AMIRUL ASHRAF BIN MOHAMAD NORIZAN	KELANTAN	50.15	1
4	254	CHEAH YAU CHUNG	PERAK	50.30	2
5	117	PUTRA AZRUL SYAZWAN BIN AZMAN	ATM	50.34	3
6	230	MOHAMMAD HAZUWAN BIN MUKELIS	PAHANG	50.43	4
3	320	MOHAMMAD THAQIF BIN MOHAMMAD HISHAM	SELANGOR	50.81	5
8	286	MOHD AZMIR BIN ABDUL RAHMAN	SABAH	52.68	6
1	287	EDRICK FEVEL FLORENTIUS	SABAH	52.73	7
7	245	KANISHKANN A/L NATHAN	PERAK	54.66	8

Time	Event No	Event	Category	Level	Record
3.55pm	223	200m	Women	Final	23.37
Ord/Lane	Bib No	Name	Team	Time	Position
3	709	SITI FATIMAH BINTI MOHAMAD	ATM	24.27	1
4	710	Z Aidatul Husniah Binti Zulkifli	ATM	24.33	2
6	702	KOMALAM SHALLY A/P SELVARETNAM	ATM	24.50	3
8	799	FEOVA LIM YI FEI	SABAH	25.29	4
1	807	ERISSA PETER	SARAWAK	25.71	5
2	802	ESTHER JOANNE	SABAH	25.82	6
7	794	NUR AISHAH ROFINA ALING	SABAH	25.92	7
5	733	FATIN ILYANA BT. MAT NAYAN	KEDAH	DNF	

Time	Event No	Event	Category	Level	Record
4.05pm	224	200m	Men	Final 1	20.77
Ord/Lane	Bib No	Name	Team	Time	Position
6	102	JONATHAN NYEPA	ATM	21.13	1
4	180	KWONG KAR JUN	K.LUMPUR	21.48	2
2	212	MUHAMMAD HAIQAL BIN HANAFIS	N.SEMBILAN	21.80	3
7	226	LUQMANUL HAKIM BIN KHIRUL AKMAL	PAHANG	21.89	4
5	289	PG. AIDIL AUF BIN HAJAM	SABAH	22.00	5
1	291	MUHAMMAD ISYHAN THOMAS	SABAH	22.17	6
3	240	MUHAMMAD AZEEM MOHD FAHMI	PERAK	36.38	7
8	395	MUHAMMAD FIRDAUS BIN MOHAMAD ZEMI	TERENGGANU	43.01	8

Time	Event No	Event	Category	Level	Record
4.05pm	224	200m	Men	Final 2	20.77
Ord/Lane	Bib No	Name	Team	Time	Position
6	118	MUHAMMAD AQL BIN YASMIN	ATM	22.18	1
5	172	ALIFF IMAN BIN MOHD FAHIMI	KELANTAN	22.41	2
4	412	NUR SHAHDAN BIN MUHAMAD	TERENGGANU	22.65	3
7	151	ATIF UZAIR BIN GHAZALI	KEDAH	22.78	4
8	179	SYED ALIFF SYED NOH	K.LUMPUR	23.23	5
1	413	MUHAMMAD SHAHRUL	TERENGGANU	23.59	6
2	314	ADAM HAKIM BIN SAMSUDDIN	SELANGOR	23.84	7
3	239	LOGANES A/L THILAGANATHAN	PERAK	24.42	8

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Time	Event No	Event	Category	Level	Record
4.05pm	224	200m	Men	Final	20.77
Ord/Lane	Bib No	Name	Team	Time	Position
6	102	JONATHAN NYEPA	ATM	21.13	1
4	180	KWONG KAR JUN	K.LUMPUR	21.48	2
2	212	MUHAMMAD HAIQAL BIN HANAFIS	N.SEMBILAN	21.80	3
7	226	LUQMANUL HAKIM BIN KHIRUL AKMAL	PAHANG	21.89	4
5	289	PG. AIDIL AUF BIN HAJAM	SABAH	22.00	5
1	291	MUHAMMAD ISYHAN THOMAS	SABAH	22.17	6
6	118	MUHAMMAD AQL BIN YASMIN	ATM	22.18	7
5	172	ALIFF IMAN BIN MOHD FAHIMI	KELANTAN	22.41	8

Time	Event No	Event	Category	Level	Record
4.15pm	225	5000m	Women	Final	16:18.12
Ord/Lane	Bib No	Name	Team	Time	Position
5	797	MARLIN HING WILLIAM	SABAH	19:41.65	1
3	746	SIQBHAIN DOYLE MEI LI	K.LUMPUR	19:59.14	2
2	763	KOTHANAYAGI AP SIVAKUMAR	N.SEMBILAN	20:10.91	3
4	720	PUSPA LETCHUMY A/P JAINTHERAN	JOHOR	20:42.82	4
10	758	NOOR AMELIA BT MUSA	K.LUMPUR	21:01.26	5
1	712	LYDIA CHUA JING WEN	JOHOR	21:09.08	6
6	757	LOH CHOOI FERN	K.LUMPUR	21:23.10	7
8	747	NORHAZWANI NASARUDIN	K.LUMPUR	23:55.45	8
9	782	MARGREAT MARY A/P K. JOHNSON	PERAK	DNF	
7	791	AFNAN NAFISAH BINTI NOR MOHAMED	PERLIS		

Time	Event No	Event	Category	Level	Record
4.40pm	226	5000m	Men	Final	14:06.84
Ord/Lane	Bib No	Name	Team	Time	Position
26	217	THEVAN A/L RAJOO	N.SEMBILAN	11:14.49	1
5	256	VIMAL A/L GOVENDARAJOO	PERAK	16:15.61	2
16	296	LUCAS WONG SIE HONG	SARAWAK	16:31.80	3
13	110	ZULKHAIRI BIN SHAHRIM	ATM	16:58.11	4
22	198	RISHERAAM PARAMESWARAN	K.LUMPUR	17:07.49	5

2	103	CHRISTOPHER A/L SOOSAI	ATM	17:12.39	6
4	381	MOHAMED SYAZWAN SHAH JAHAN	P.PINANG	17:22.15	7
25	124	YAZID HARITH B. SYAHRUL ANUAR	JOHOR	17:32.57	8

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Time	Event No	Event	Category	Level	Record
5.35pm	227	4x100m Relay	Women	Final	45.18
Ord/Lane	Bib No	Name	Team	Time	Position
4	Z	PASUKAN ATM	ATM	46.64	1
6	S	PASUKAN SABAH	SABAH	48.41	2
5	M	PASUKAN TERENGGANU	TERENGGANU	51.33	3
7	W	PASUKAN W.P. K.LUMPUR	K.LUMPUR	53.7	4

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Time	Event No	Event	Category	Level	Record
5.45pm	228	4x100m Relay	Men	Final	39.27
Ord/Lane	Bib No	Name	Team	Time	Position
3	S	PASUKAN SABAH	SABAH	41.83	1
7	Z	PASUKAN ATM	ATM	42.12	2
4	W	PASUKAN W.P. K.LUMPUR	K.LUMPUR	43.29	3
5	A	PASUKAN PERAK	PERAK	43.60	4
6	C	PASUKAN NEGERI SEMBILAN	N.SEMBILAN	45.06	5