

Latest Hong Kong Record

	MEN					WOMEN				
	HKR	HKJR	AAAR	AAAJR	ACR	HKR	HKJR	AAAR	AAAJR	ACR
Olympic Events										
100m	10.37	10.38	10.37	10.38	10.36	11.73	11.89	11.73	11.89	11.19
200m	20.94	20.94	20.94	20.94	20.94	23.79	24.36	23.79	24.36	23.00
400m	47.79	47.79	47.79	47.79	46.76	55.03	57.53	55.03	55.92	53.25
800m	1:52.17	1:54.54	1:52.17	1:54.54	1:51.20	2:11.92	2:11.92	2:11.92	2:11.92	2:02.93
1500m	3:55.6 H	4:02.4 H	3:53.27	4:00.24	3:48.86	4:21.60	4:26.95	4:21.60	4:26.95	4:14.74
5000m	14:56.3 H	15:03.53	14:38.60	15:03.53	14:15.94	15:45.87	17:47.67	15:45.87	17:47.67	17:02.95
10,000m	31:16.55	33:35.59	31:00.77	33:35.59	31:00.77	32:39.88	38:55.50	32:39.88	38:55.50	38:09.55
100m Hurdles						13.14	13.93	13.14	13.93	13.31
110m Hurdles	14.32	14.68	14.32	14.68	13.63					
400m Hurdles	52.06	54.08	52.06	54.08	52.02	1:01.04	1:04.72	1:01.04	1:04.72	59.00
3000m Sc	9:20.63	9:49.35	9:10.90	9:21.85	8:54.85					
High Jump	2.16	2.11	2.17	2.11	2.28	1.78	1.78	1.78	1.78	1.91
Pole Vault	4.28	3.90	4.28	3.90	5.21	3.20	2.95	3.20	2.95	3.80
Long Jump	7.49	7.39	7.55	7.39	8.16	6.05	5.98	6.09	5.98	6.36
Triple Jump	15.56	14.87	16.12	14.87	16.97	12.60	12.39	12.92	12.39	14.25
Shot Put	15.14	13.75	15.14	13.75	19.11	12.60	12.57	13.28	12.57	18.87
Discus	48.58	43.52	48.58	43.52	57.86	40.61	40.41	40.61	40.41	62.91
Hammer	54.84	54.03	54.84	54.03	69.79	50.16	40.92	50.16	40.92	62.69
Javelin	57.25	57.25	60.82	57.25	81.75	47.22	47.22	47.22	47.22	49.88
Decathlon	6469	5385	6469	5385	6844					
Heptathlon						4968	4317	4968	4317	5343
20Km Walk	1:34:50		1:34:50		1:37:11	1:57:52		1:57:52		1:59:55
50Km Walk	05:07:54		05:07:54		05:52:35					
4x100m Relay	39.73	40.74	39.73	40.74	39.38	45.83	47.04	45.83	47.04	44.05
4x400m Relay	3:16.70	3:18.87	3:16.70	3:18.87	3:05.20	3:55.20	4:01.66	3:55.20	4:01.66	3:43.85
Marathon	2:21:10	2:38:09	2:17:27	2:38:09	2:13:09	2:35:49		2:35:49		2:33:43
Hong Kong Records or Best Performance in other events										
Mile	4:22.63	4:27.39	4:19.54	4:27.39	3:59.44	4:58.91	4:58.91	4:58.91	4:58.91	4:58.91
3000m	8:50.82	8:56.4 H	8:29.13	8:56.4 h	8:07.22	9:14.00	9:37.10	9:14.00	9:37.10	9:15.42
10K	31:17	33:13	31:01	33:13	30:19	34:25	37:41	34:25	37:41	34:25
15K	50:17	54:32	50:17	54:32	50:17	58:56	1:03:51	58:56	1:03:51	58:46
Half Marathon	1:09:01	1:16:08	1:09:01	1:16:08	1:07:42	1:14:22	1:26:22	1:14:22	1:26:22	1:20:06
3000m Walk	14:09.20	17:30.75	14:05.97	15:47.38	13:53.15	17:14.27	17:23.92	17:14.27		17:14.27
5000m Walk	23:25.35	31:05.53	23:25.35	31:05.53	23:25.35	25:31.74	30:37.24 (hand time)	25:31.74	30:37.24 (hand time)	25:31.74
10000m Walk	50:07.96		50:07.96		50:07.96	58:44		58:44		58:44
10Km Walk		1:07:21					1:06:32			
4x200m Relay	1:26.29	1:28.36	1:26.29	1:28.36	1:26.29	1:43.59	1:43.59	1:43.59	1:43.59	1:43.59
4x800m Relay	7:59.79	8:11.1 H	7:59.79	8:11.1 H	7:59.79	9:46.05	9:46.05	9:41.47	9:41.47	9:41.47
4x1500m Relay	16:55.28	17:22.16	16:55.28	17:22.16	16:55.28	20:34.09	20:38.80	20:34.09	20:38.80	20:38.80