

Results

Report generated 13 Nov 2026 14:04:13 MYT

Heat 1 Start Time: 12:15

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	0572	**MOHAMAD DANISH AL MIRAN MD ASHR**	FALCON ATHLETICS	6		**54.26**	
2	0571	**ONG ZI YANG**	FALCON ATHLETICS	7		**56.29**	
3	0015	**WAN MUHAMMAD FARHAN BIN WAN MO**	INDIVIDU	3		**57.50**	
4	0897	**MUHAMMAD AMIN BIN AZHARI**	MSIPGM	8		**58.18**	
5	0329	**NG HAO YANG**	SMK JINJANG	4		**62.82**	
6	0330	**TAN MING HAO**	SMK JINJANG	5		**63.36**	
	0948	**MUHAMMAD FIKRI HAKIM JEMIZAN**	MSS PAHANG	2		**DNS**	

Heat 2 Start Time: 12:19

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	0570	**ETHAN RAVIN DE ROZARIO**	FALCON ATHLETICS	7		**53.22**	
2	0573	**CHAN JIA JIE**	FALCON ATHLETICS	6		**54.12**	
3	0078	**CHAI KAI LE**	SEKOLAH SUKAN BUKIT JALIL	3		**54.23**	
4	0286	**DISHALAN A/L MANIMARAN**	KELAB OLAHRAGA SHAHSARA	4		**54.96**	
5	0837	**M. AZEEM MIIQAEL SULAIMAN**	BEECITY SQUAD	8		**55.03**	
6	0981	**MAGESWARAN THURAI SINGAM**	ALFA GABRIANS RUNNING CLUB	2		**56.70**	
7	0331	**LAW YI HEEN**	SMK JINJANG	5		**60.03**	

Heat 3 Start Time: 12:24

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	0498	**MUHAMMAD YAFIK HAKIMI AZMIR ES**	SUKMA JOHOR	6		**52.43**	
2	0569	**BOWEN NG YI KHAI**	FALCON ATHLETICS	7		**55.97**	
3	0344	**IMRAN HASSAN MOHAMED ZAKIE**	IMRAN HASSAN	5		**57.23**	
4	0975	**JISHVAN RAU MAHINTRA**	ALFA GABRIANS RUNNING CLUB	2		**59.14**	
5	0832	**ARIFF ARMAN ABDUL MUHAIMIN**	BEECITY SQUAD	8		**59.44**	
	0124	**MUHAMMAD ALTAF AMSYAR**	SEKOLAH SUKAN BUKIT JALIL	3		**DNS**	
	0262	**M HAZIQ HAIKAL FAUZI**	SSM TERENGGANU	4		**DNS**	

Heat 4 Start Time: -

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Timing & Results provided by INNOTEX

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	0497	**WILLS HARNESSY ANAK GINDAL**	SUKMA JOHOR	6		**52.02**	q
2	0125	**ISMANDAR HAKIMI ISMAIL**	SEKOLAH SUKAN BUKIT JALIL	3		**52.68**	
3	1019	**ERWIN GRENGGORI @ GREGORY**	SABAH	2		**53.96**	
4	0508	**CHONG KAH BAO**	SUKMA JOHOR	7		**54.18**	
5	0680	**M. HAZIQ ADAM MOHD HAZRIN**	TELOK GADONG ATHLETICS	8		**54.28**	
6	0364	**HARRISH POOBALAN**	MBPJ	5		**56.26**	
7	0629	**MUHAD ZAFRIL HAKIMI BIN ZAMRI**	SSN JOHOR TUN HUSSEIN ONN	1		**58.66**	
	0263	**M HARITH HAIKAL MAZLI**	SSM TERENGGANU	4		**DNS**	

Heat 5 Start Time: 12:33

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	0496	**AHMAD IZZUDDIN BIN SHAH MOHD A**	SUKMA JOHOR	6		**52.12**	q
2	1024	**AHMAD HAZIQ BIN ZURAIK**	UIAM TEAM HT	2		**53.76**	
3	0363	**SAMUEL RUBEN KALU**	MBPJ	5		**53.97**	
4	0131	**HAZIM AZFAR MOHAMMAD HAFIZ**	KEDAH	3		**54.16**	
5	0678	**M. ZAFIR SYAHMI JOHARI**	TELOK GADONG ATHLETICS	8		**56.89**	
6	0658	**DARWISY NUQMAN RUSLI**	SEKOLAH SUKAN NEGERI SELANGOR	7		**59.09**	
7	0249	**DANESH SHAH**	COACH JEGA ATHLETIC CLUB	4		**63.85**	
	0383	**MARCELLINO JIMMY ALIN**	SARAWAK	1		**DQ**	

Heat 6 Start Time: 12:38

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	0495	**EMMET ZARIQ SHAH AZRUL IZAHARR**	SUKMA JOHOR	6		**51.94**	q
2	1034	**MUHAMMAD ANAS MUHAMMAD ZUBAIRKA**	KELAB OLAHRAGA GARUDA IPOH	2		**51.96**	q
3	0132	**DZUL DANISH JAMARI**	KEDAH	3		**52.48**	
4	0627	**MUHAMMAD YUSUFF BIN JAAFAR**	SSN JOHOR TUN HUSSEIN ONN	1		**54.72**	
5	0362	**JOHN ANGELO THOMAS**	MBPJ	5		**56.90**	
6	0656	**MUHD IRFAN HAZIQ MOHD ROZANI**	SEKOLAH SUKAN NEGERI SELANGOR	7		**58.93**	
7	0816	**KEVINDIRAN PADMANATHAN**	KELAB OLAHRAGA SETIAWANGSA	8		**60.95**	

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Rk	Bib	Name	Team	Lane	R.Time	Result	Note
8	0215	**MUHAMMAD IZZAL BIN DATU RAHMAN**	TCH ATHLETICS CLUB	4		**65.59**	

Heat 7 Start Time: 12:43

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	1061	**HAIKAL BIN MOHD ISMAIL**	MELAKA AA	2		**52.19**	
2	0202	**DANIEL HAQIEM**	ATHLETICS SS	4		**52.60**	
3	0133	**MUHAMMAD FIRDAUS ZAINUN**	KEDAH	3		**53.11**	
4	0493	**THARVEN NAIDU GOPAL NAIDU**	SUKMA JOHOR	6		**54.41**	
5	0798	**YUAN SEN TAN**	MSN SELANGOR	8		**55.65**	
6	0628	**HAFIZUDDIN AKHBAR BIN MOHD MOHI**	SSN JOHOR TUN HUSSEIN ONN	1		**56.08**	
7	0657	**SHAFIQ HARRAZ SAMSUDIN**	SEKOLAH SUKAN NEGERI SELANGOR	7		**58.51**	
	0361	**LIM GUAN YEW**	MBPJ	5		**DNS**	

Heat 8 Start Time: 12:48

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	0162	**MUHAMMAD HAFFIZ MANGSOR**	SEKOLAH SUKAN BUKIT JALIL	3		**49.79**	q
2	0494	**MOHAMAD AKMAL HAZIQ BIN MOHD Z**	SUKMA JOHOR	6		**50.00**	q
3	0685	**AHMAD SUFI MOHD FAIESAL**	MSN SELANGOR	7		**52.77**	
4	0765	**THARSHANRAJ KANISEN**	MSN SELANGOR	8		**53.82**	
5	1086	**VIVIAN SANJAY A/L MICHEAL**	MELAKA AA	2		**54.99**	
6	0197	**IMAN FARISH NAQIUDDIN**	KELAB OLAHRAGA SHAHSARA	4		**57.80**	
7	0841	**ADLI AZMAN**	KULIM	1		**59.80**	
	0360	**VALEN GAN SEONG HOO**	MBPJ	5		**DNS**	

Heat 9 Start Time: 12:52

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	0161	**MUHAMMAD SYAZWAN MOHD SAUFI**	SEKOLAH SUKAN BUKIT JALIL	3		**51.38**	q
2	0760	**ANDI NASRUL BIN JAINUDDIN**	MSN SELANGOR	8		**53.72**	
3	0710	**MUHAMMAD ARIF NADDAT BIN HASSAN**	MSN SELANGOR	7		**54.48**	
4	1092	**MUHAMMAD ADAM NAIMI BIN HAMZAH**	MELAKA AA	2		**58.08**	
5	0178	**MUHAMMAD SHAH AIZAT MOHD SHAH R**	SSN PERAK	4		**58.12**	
6	0442	**ADAM BIN AHMAD SHAH**	SMK SERI SENTOSA	6		**58.73**	

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	0415	**DHEEVESH SARAVANAN**	KELAB OLAHRAGA M5	5		**DNS**	
	1170	**MUHAMMAD ZAFRAN ARIF MOHAMAD ZA**	TITAN ATHLETICS	1		**DNS**	

Heat 10 Start Time: 12:57

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	0437	**LIM JENG YAW**	SMK SERI SENTOSA	6		**52.08**	q
2	1177	**MUHD AQIL KHAIRANI KHAIRUL ZAI**	TITAN ATHLETICS	1		**55.72**	
3	0157	**FAKHRUL AIZAT FARIZAL**	SEKOLAH SUKAN BUKIT JALIL	4		**58.69**	
	0158	**EMMANUEL MUPHY JOSBERT**	SEKOLAH SUKAN BUKIT JALIL	3		**DNS**	
	0416	**VESHAL A/L KAJAPATHY KAJAPATHY**	KELAB OLAHRAGA M5	5		**DNS**	
	0738	**TYLER MARTIN**	MSN SELANGOR	7		**DNS**	
	0739	**MUHAMMAD SYAFIQ BIN NAZIM MYDI**	MSN SELANGOR	8		**DNS**	
	1100	**M. AIDIL AZHAR BIN AZRUL HISYA**	MELAKA AA	2		**DNS**	

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400M L21 - Prelims

Summary

Rank	Heat	Bib	Name	Team	Result	Remark
1	8	0162		SEKOLAH SUKAN BUKIT JALIL	49.79	q
2	8	0494		SUKMA JOHOR	50.00	q
3	9	0161		SEKOLAH SUKAN BUKIT JALIL	51.38	q
4	6	0495		SUKMA JOHOR	51.94	q
5	6	1034		KELAB OLAHRAGA GARUDA IPOH	51.96	q
6	4	0497		SUKMA JOHOR	52.02	q
7	10	0437		SMK SERI SENTOSA	52.08	q
8	5	0496		SUKMA JOHOR	52.12	q
9	7	1061		MELAKA AA	52.19	
10	3	0498		SUKMA JOHOR	52.43	
11	6	0132		KEDAH	52.48	
12	7	0202		ATHLETICS SS	52.60	
13	4	0125		SEKOLAH SUKAN BUKIT JALIL	52.68	
14	8	0685		MSN SELANGOR	52.77	
15	7	0133		KEDAH	53.11	
16	2	0570		FALCON ATHLETICS	53.22	
17	9	0760		MSN SELANGOR	53.72	
18	5	1024		UIAM TEAM HT	53.76	
19	8	0765		MSN SELANGOR	53.82	
20	4	1019		SABAH	53.96	
21	5	0363		MBPJ	53.97	
22	2	0573		FALCON ATHLETICS	54.12	
23	5	0131		KEDAH	54.16	
24	4	0508		SUKMA JOHOR	54.18	
25	2	0078		SEKOLAH SUKAN BUKIT JALIL	54.23	
26	1	0572		FALCON ATHLETICS	54.26	

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Rank	Heat	Bib	Name	Team	Result	Remark
27	4	0680		TELOK GADONG ATHLETICS	54.28	
28	7	0493		SUKMA JOHOR	54.41	
29	9	0710		MSN SELANGOR	54.48	
30	6	0627		SSN JOHOR TUN HUSSEIN ONN	54.72	
31	2	0286		KELAB OLAHRAGA SHAHSARA	54.96	
32	8	1086		MELAKA AA	54.99	
33	2	0837		BEECITY SQUAD	55.03	
34	7	0798		MSN SELANGOR	55.65	
35	10	1177		TITAN ATHLETICS	55.72	
36	3	0569		FALCON ATHLETICS	55.97	
37	7	0628		SSN JOHOR TUN HUSSEIN ONN	56.08	
38	4	0364		MBPJ	56.26	
39	1	0571		FALCON ATHLETICS	56.29	
40	2	0981		ALFA GABRIANS RUNNING CLUB	56.70	
41	5	0678		TELOK GADONG ATHLETICS	56.89	
42	6	0362		MBPJ	56.90	
43	3	0344		IMRAN HASSAN	57.23	
44	1	0015		INDIVIDU	57.50	
45	8	0197		KELAB OLAHRAGA SHAHSARA	57.80	
46	9	1092		MELAKA AA	58.08	
47	9	0178		SSN PERAK	58.12	
48	1	0897		MSIPGM	58.18	
49	7	0657		SEKOLAH SUKAN NEGERI SELANGOR	58.51	
50	4	0629		SSN JOHOR TUN HUSSEIN ONN	58.66	
51	10	0157		SEKOLAH SUKAN BUKIT JALIL	58.69	
52	9	0442		SMK SERI SENTOSA	58.73	

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53	6	0656		SEKOLAH SUKAN NEGERI SELANGOR	58.93	
54	5	0658		SEKOLAH SUKAN NEGERI SELANGOR	59.09	
55	3	0975		ALFA GABRIANS RUNNING CLUB	59.14	
56	3	0832		BEECITY SQUAD	59.44	
57	8	0841		KULIM	59.80	
58	2	0331		SMK JINJANG	60.03	
59	6	0816		KELAB OLAHRAGA SETIAWANGSA	60.95	
60	1	0329		SMK JINJANG	62.82	
61	1	0330		SMK JINJANG	63.36	
62	5	0249		COACH JEGA ATHLETIC CLUB	63.85	
63	6	0215		TCH ATHLETICS CLUB	65.59	
-	5	0383		SARAWAK	DQ	
-	9	1170		TITAN ATHLETICS	DNS	
-	10	1100		MELAKA AA	DNS	
-	10	0739		MSN SELANGOR	DNS	
-	10	0738		MSN SELANGOR	DNS	
-	1	0948		MSS PAHANG	DNS	
-	10	0416		KELAB OLAHRAGA M5	DNS	
-	10	0158		SEKOLAH SUKAN BUKIT JALIL	DNS	
-	3	0124		SEKOLAH SUKAN BUKIT JALIL	DNS	
-	8	0360		MBPJ	DNS	
-	3	0262		SSM TERENGGANU	DNS	
-	4	0263		SSM TERENGGANU	DNS	
-	9	0415		KELAB OLAHRAGA M5	DNS	
-	7	0361		MBPJ	DNS	

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Approved by TD:

Technical Delegate Signature

Name: _____

Date: _____

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