



**SENARAI REKOD-REKOD KEJOHANAN OLAHRAGA MSSD SABAK BERNAM
(SEHINGGA 2024)**

ACARA	KELAS	NAMA PEMEGANG REKOD	MASA/JARAK	SEKOLAH	TAHUN
100 METER	L1	MUHAMAD ADAM ISHAMI BIN AZMI	11.09s	SMK UNGKU AZIZ	2024
	L2	AIRIT RAYYAN RIZQIN BIN MOHAMAD AIDIL ZAFUAN	11.44s	MRSM	2024
	L3	ADAM PUTRA BIN RAHIM	11.69s	SMK MUNSYI ABDULLAH	2024
	L4	ZAHARI BIN MOHD ZAINI	12.44s	SK PARIT 6	2000
	L5	MUHAMMAD AHWAZ RAQWAN BIN ANUAR BAK	14.00s	SK PARIT 6	2024
	P1	YUSNAIZA NOOR BT. MOHD YUSOF	13.09s	SMK SUNGAI BESAR	1998
	P2	NG SIAW LING	14.15s	SMK YOKE KUAN	2003
	P3	NOR QASEH UMAIRAH BINTI FIRDAUS	14.21s	SMK SUNGAI BESAR	2024
	P4	NURUL FALAH BT. HANAFI	14.25s	SK DOKTOR ABDUL LATIFF	1999
	P5	NUR DINI ZAFIRAH BINTI MOHAMAD ZAHFARI	14.31s	SK TEBUK JAWA	2024
200 METER	L1	AKMAL HAZIN BIN SHAHARUDDIN	23.33s	SMK MUNSHI ABDULLAH	2007
	L2	AIRIT RAYYAN RIZQIN BIN MOHAMAD AIDIL ZAFUAN	23.81s	MRSM	2024
	L3	ADAM PUTRA BIN RAHIM	24.63s	SMK MUNSYI ABDULLAH	2024
	L4	ZAHARI BIN ZAINI	25.91s	SK PARIT 6	2000
	L5	ATHAR ARYAN MUKHLISH BIN FAIRUL AZRI	29.03s	SK SS	2024
	P1	NG GAIK HOON	28.53s	SMK YOKE KUAN	2000
	P2	NG GAIK HOON	29.63s	SMK YOKE KUAN	1998
	P3	TAN ZI QIAN	30.88s	SMK SERI BEDENA	2007
	P4	NORMAWATI BT. ABU SAMAH	30.25s	SK SERI MAKMUR	1990
	P5	SITI NORZAIDAH BT. MOHAMAD	32.65s	SK LUBUK PUSING	2004
400 METER	L1	AKMAL HAZIQ BIN SHAHARUDDIN	54.09s	SMK MUNSHI ABDULLAH	2007
	L2	LUCAS THEN CHENG YI	57.28s	SMJK YOKE KUAN	2023
	L3	HARIZ NAUFAL BIN BAKHTIAR FITRI	59.13s	SMKA TUN RAHAH	2020
	P1	CHIA MOOI SEE	69.05s	SMK SUNGAI BESAR	2000
	P2	SIEW YEN LU	72.20s	SMK YOKE KUAN	2002
	P3	VANITHA A/P DAVATAS	74.26s	SMK MUNSHI ABDULLAH	2014
800 METER	L1	HARSVIN A/L SALWARAJOO	2:09.83s	SMK T.A. RAHMAN PUTRA	2014
	L2	RAJA MUHAMMAD A'YYASH BIN RAJA MOHD SIDQI	2:15:53s	MRSM	2024
	L3	HENDERA BIN SALIM	2:18:48s	SMK BAGAN TERAP	2005
	P1	NG HUI THENG	3:02.53s	SMK YOKE KUAN	2014
	P2	SIM SEE YUNG	2:52:00s	SMK YOKE KUAN	2003
	P3	HENG JENG YI	2:52:00s	SMK YOKE KUAN	2003
1200 METER	LR(T)	AIDIL ZAFUAN BIN NUR ZAMAHURI	4:14.63s	SK DOKTOR ABDUL LATIF	2024
	PR(T)	KOW WAN QING	4:56.88s	SJKC SIN MIN	2024
1500 METER	L1	RIVENESH A/L SUGU MARAN	4: 26:95s	SMK SUNGAI BESAR	2024
	L2	RAJA MUHAMMAD A'YYASH BIN RAJA MOHD SIDQI	5:00:28s	MRSM	2024
	L3	ADHAM HARITH BIN HADY SUHAIRY	5:12.26s	SMK SERI BEDENA	2024
	P1	HEMAWATY A/P MUNUSAMY	6:02:03s	SMK UNGKU AZIZ	2004
	P2	MOGANAVALI	5:54:60s	SMK YOKE KUAN	1998
	P3	LEE LAY BOON	6:08:87s	SMK YOKE KUAN	2006
3000 METER	P (T)	TEE YU XIN	12:29 78s	SMK YOKE KUAN	2019
3000 METER	L (T)	RIVENESH A/L SUGU MARAN	10:04:50s	SMK SUNGAI BESAR	2024
80 METER	L4	NAZLI BIN ABAS	13.20s	SK DOKTOR ABDUL LATIFF	1989

LARI BERPAGAR	L5	MOHD NABIL DANIAL BIN MISWAN	15.59s	SK SERI MAKMUR	2005
	P4	NOR AZERINA BT. JAMALUDIN	14.75s	SK DOKTOR ABDUL LATIFF	1999
	P5	UMI HANI BT. HARUN	15.56s	SK DOKTOR ABDUL LATIFF	2003
100 METER LARI BERPAGAR	L3	M. AMIN DANIEL B. JAMAL	16.45s	SMK DATO MUSTAFFA	2014
	P1	NG GAIK HOON	19.23s	SMK YOKE KUAN	2000
	P2	NORHIDAYU BT. BAHAROM	18.44s	SMK UNGKU AZIZ	2000
	P3	NOR AMIRA BT. BAHARUDIN	18.44s	SMK UNGKU AZIZ	2004

ACARA	KELAS	NAMA PEMEGANG REKOD	MASA/ JARAK	SEKOLAH	TAHUN
110 METER LARI BERPAGAR	L1	MOHD SAIFUL BIN JAMAL	15.81s	SMK UNGKU AZIZ	2000
	L2	MOHD HAFIS BIN MOHAMED	17.19s	SMK T.A. RAHMAN PUTRA	2013
200 METER LARI BERPAGAR	L2	AHMAD MUZAMMIL B. ABD. HALIM	29.37s	SMKA SIMPANG LIMA	2014
	L3	M. AMIN DANIEL B. JAMAL	28.99s	SMK DATO MUSTAFFA	2014
	P2	NOR FADILAH BT. RAMLI	36.67s	SMK UNGKU AZIZ	2003
	P3	NOR AMIRA BT. BAHARUDIN	37.01s	SMK UNGKU AZIZ	2004
400 METER LARI BERPAGAR	L1	BILLY LEONG REN JIT	59.37s	SMK YOKE KUAN	2014
	P1	YUSNAIZA NOOR BT. MOHD YUSOF	76.10s	SMK SUNGAI BESAR	1998
4 x 100 METER	L1	SBPI SABAK BERNAM	46.15s	SBPI SABAK BERNAM	2019
	L2	SMJK YOKE KUAN	47.88s	SMJK YOKE KUAN	2023
	L3	SBPI SABAK BERNAM	49.25s	SBPI SABAK BERNAM	2023
	L4	SK SERI MAKMUR	55.12s	SK SERI MAKMUR	2024
	L5	SJKC YOKE KUAN	58.06s	SJKC YOKE KUAN	2022
	P1	SMK YOKE KUAN	57.41s	SMK YOKE KUAN	2005
	P2	SMK YOKE KUAN	56.87s	SMK YOKE KUAN	1999
	P3	SMK YOKE KUAN	60.55s	SMK YOKE KUAN	2004
	P4	SK DOKTOR ABDUL LATIFF	58.80s	SK DOKTOR ABDUL LATIFF	1998
4 x 200 METER	P5	SK DOKTOR ABDUL LATIFF	63.61s	SK DOKTOR ABDUL LATIFF	2003
	L4	SK DOKTOR ABDUL LATIFF	1:59:22s	SK DOKTOR ABDUL LATIFF	2000
	L5	SK DOKTOR ABDUL LATIFF	2:06:84s	SK DOKTOR ABDUL LATIFF	2024
	P4	SK DOKTOR ABDUL LATIFF	2:07:00s	SK DOKTOR ABDUL LATIFF	1998
4 x 400 METER	P5	SK PARIT 4 SG HJ DORANI	2:19:34s	SK PARIT 4 SG HJ DORANI	2024
	L1	SMK UNGKU AZIZ	3:47:84	SMK UNGKU AZIZ	2023
	L2	SBPI SABAK BERNAM	3:56:72s	SBPI SABAK BERNAM	2023
	L3	SMK UNGKU AZIZ	4:10:50s	SMK UNGKU AZIZ	2024
	P1	SMK YOKE KUAN	4:53:78s	SMK YOKE KUAN	2005
	P2	SMK UNGKU AZIZ	4:57:00s	SMK UNGKU AZIZ	1998
LOMPAT JAUH	P3	SMK YOKE KUAN	5:11:25s	SMK YOKE KUAN	2024
	L1	BEH WEI LONG	6.14m	SMK UNGKU AZIZ	2020
	L2	MOHD ZUBIR BIN ZAINI	5.78m	SMK UNGKU AZIZ	2004
	L3	MUHAMMAD HUSAINI BIN ABDUL HADI	5.53m	SAM MUHAMADIAH	2024
	L4	HAIROZAMAN BIN RONI	6.12m	SK TUN DR ISMAIL	1978
	L5	MOHD ANIQ AQIL BIN MOHD SALLEH	4.16m	SK SIMPANG 4 BNO	2022
	P1	YUSNAIZA NOOR BT. MOHD YUSUF	4.88m	SMK SUNGAI BESAR	1998
	P2	TAN JIE YIN	4.23m	SMK UNGKU AZIZ	2005
	P3	MARIAM BINTI RUSNAN	4.21m	SMK DATO' MUSTAFFA	2004
LOMPAT KIJANG	P4	ARBAIYAH BT. SAAD	4.32m	tiada maklumat	-
	P5	AYREEN FARISHA BT. MAT YUSRI	3.64m	SJKC YOKE KUAN	2012
	L1	MOHD FAHMI BIN JAMINGAN	12.81m	SMKA SIMPANG LIMA	2003
	L2	AHMAD SAFWAN BIN ABD. RASHID	12.03m	SBPI SABAK BERNAM	2007
	L3	MUHAMMAD SYAKIL ZAFRAN BIN ZULKEFLY	10.78m	SBPI SABAK BERNAM	2023
	P1	IZAIDAH BT. ISTIHAT	9.24m	SMK T.A. RAHMAN PUTRA	1999
	P2	MARISSA QAIRINA BINTI AHMAD KAMALUDDIN	8.19m	SAM TAJ	2024
	P3	AN NUR DINI BINTI MAZELAN	9.20	SMK SUNGAI BESAR	2019

ACARA	KELAS	NAMA PEMEGANG REKOD	JARAK/ MASA	SEKOLAH	TAHUN
LOMPAT TINGGI	L1	MOK CHEE CHENG	1.78m	SMK SUNGAI BESAR	2014
	L2	TANG KAI YANG	1.75m	SMK YOKE KUAN	2023
	L3	LEONG KOK WEI	1.65m	SMK YOKE KUAN	2004
	L4	SHAMSUDDIN	1.55m	<i>tiada maklumat</i>	-
	L5	MOHD AZROEI BIN MASRURO	1.25m	SK SERI MAKMUR	2003
	P1	SITI AISYAH BT. ABDULLAH	1.37m	SMK SERI BEDENA	2000
	P2	TAN YEN YEN	1.35m	SMK YOKE KUAN	2015
	P3	TAN YEN YEN	1.33m	SMK YOKE KUAN	2014
	P4	ARBAIYAH BT. SAAD	1.32m	<i>tiada maklumat</i>	-
	P5	SARA HUSNA BINTI SUMALI	1.21m	SK PARIT BARU	2023
LEMPAR CAKERA	L1	MOHD SYAHMI BIN ISAHAK	34.48m	SMK DATO' MUSTAFFA	2022
	L2	MOHD SYAHMI BIN ISAHAK	38.00m	SMK DATO' MUSTAFFA	2020
	L3	MUHAMMAD AZMEER AZFAR BIN ABDUL BASIR	32.07m	SMK BAGAN TERAP	2013
	P1	NORIZMA BINTI KOSIN	21.90m	SMK DATO' MUSTAFFA	2023
	P2	PUTERI I'ZZAH BINTI ARIFFIN	20.17m	SBPI SABAK BERNAM	2020
	P3	NUR AFIRAH HUSNA BT MOHD NOOR DIN	19.32m	SAMTAJ	2022
LONTAR PELURU	L1	KECK SHOON CHIUN	12.01m	SMK YOKE KUAN	2003
	L2	MOHD KHAIRUL ANUAR BIN MOHAMAD	12.34m	SMK BAGAN TERAP	2005
	L3	MOHD KHAIRUL ANUAR BIN MOHAMAD	12.09m	SMK BAGAN TERAP	2004
	LR (T)	AMIRUL HAKIMI BIN JAMIL	11.13m	SK LOBOK PUSING	2015
	P1	NURFARAHATUL ADHA BINTI KHALID	9.81m	SMK BAGAN TERAP	2015
	P2	NUR ANNISAA BT. AHMAD ANUAR	8.34m	SMK DATO MUSTAFFA	2015
	P3	NURAIN SYAFIQAH BT. SHAFEE	9.03m	SMK BAGAN TERAP	2015
	PR (T)	NAZIMATUL SHIMA BT. AYOB	7.72m	SK SERI UTAMA	1989
MEREJAM LEMBING	L1	TAN JING YI	50.59m	SMK UNGKU AZIZ	2020
	L2	MOHD SYAHMI BIN ISAHAK	43.54m	SMK DATO' MUSTAFFA	2020
	L3	MOHD SYAHMI BIN ISAHAK	41.57m	SMK DATO MUSTAFFA	2019
	LR(T)	LOO WEI CHENG	29.80m	SJKC LUM HUA	2023
	P1	SITI NORIZMA BINTI KOSIN	30.35m	SMK DATO' MUSTAFFA	2023
	P2	ZURINNATASYA BT MOHD YUSOF	23.71m	SMK DATO' MUSTAFFA	2021
	P3	SITI NORIZMA BINTI KOSIN	29.26m	SMK DATO' MUSTAFFA	2020
	PR(T)	WONG LER YING	21.75m	SJKC YOKE KUAN	2023

Disediakan oleh
Pengerusi Teknik dan Pembangunan
Balapan dan Padang (Menengah) dan (Rendah)
MSSD Sabak Bernam