

Inter-School Athletics Championships 2007/2008
HK Island & Kowloon
Division Two (Final Results)

Boys A Grade

100m

1	Leung Lap Chun	SWC	11.48
2	Chan Chi Miu	KCC	11.72
3	Lau Chi Kuen	CPSS	11.76
4	Choi Ka Chun	SJC	11.88
5	Wong Ka Yin	SJC	11.91
6	Yuen Chun Pong	NWC	11.93
7	Ng Ka Ki	SWC	11.95
8	Tang Tsz Chung	CPSS	12.07

200m

1	Shiu Chau Ping	TKOGSS	23.10
2	Chung Chi Hang	CDGFSS	23.22
3	Leung Lap Chun	SWC	23.84
4	Wong Ka Yin	SJC	24.42
5	Tsui Yu Cheong	CDGFSS	24.49
6	Lau Chi Kuen	CPSS	24.67
7	Cheung Ka Wai	KCC	24.85
8	Law Cheuk Pong	NWC	25.58

400m

1	Shiu Chau Ping	TKOGSS	51.52
2	Dickson Jim	TSIS	53.41
3	Tse Hoi Lam	BHSS	54.52
4	Tsui Yu Cheong	CDGFSS	55.39
5	Chong Jeffrey	SJC	56.70
6	Lok Che Ho Vincent	SJC	56.77
7	Kwok Kit Sang	SWC	57.06
8	Wong Tsz Fai	CPSS	57.45

800m

1	Yeung Chi Wing	LHYMSS	2 : 01.24
2	Dickson Jim	TSIS	2 : 08.73
3	Keung Chun Ho	KCC	2 : 10.52
4	Chow Ho Sing	SJC	2 : 12.90
5	Ng Sai Wah Felix	NWC	2 : 13.02
6	Chow Yuen Siu Dominic	QC	2 : 13.10
7	Li Chun Hong	SLS	2 : 22.24

1500m

1	Alexander Kieran	CIS	4 : 24.97
2	Yeung Chi Wing	LHYMSS	4 : 25.74
3	Mark Dellora	TSIS	4 : 34.54
4	Law Wai Hon	PCMS	4 : 35.75
5	Wong Kin Wai	LHYMSS	4 : 47.17
6	Au Ka Lun	NWC	4 : 48.96
7	Keung Chun Ho	KCC	4 : 49.78
8	Leung Yik Ho	SWC	4 : 54.60

5000m

1	Alexander Kieran	CIS	17 : 39.97
2	Mark Dellora	TSIS	18 : 14.47
3	Law Wai Hon	PCMS	18 : 30.35
4	Au Ka Lun	NWC	18 : 58.07
5	Leung Yik Ho	SWC	19 : 06.43
6	Robert Morse	IS	19 : 11.16
7	Cheung Yan Lap	SJC	19 : 14.49
8	Chan Wai Cheung	MSC	19 : 32.10

110m Hurdles

1	Lai Chun Sing	CPSS	16.05
2	Ho Chun Wing	SSCS	16.07
3	Tang Pak Chun Patrick	PCMS	16.14
4	Wai Chun To	SLS	16.19
5	Lee Lap Man Ken	SLS	16.32
6	Yau Kam Fung	BHSS	16.41
7	Hui Tak Lik	CDGFSS	16.79
8	Yiu Chun Fung	SJC	16.86

400m Hurdles

1	Lai Chun Sing	CPSS	1 : 01.40
2	Wai Chun To	SLS	1 : 02.41
3	Tse Hoi Lam	BHSS	1 : 02.43
4	Yau Kam Fung	BHSS	1 : 02.55
5	Yiu Chun Fung	SJC	1 : 02.82
6	Lee Lap Man Ken	SLS	1 : 03.22
7	Kwok Ching Leong	MSC	1 : 04.62

4x100m Relay

1	SJC	46.14
2	KCC	46.95
3	CPSS	47.04
4	QC	47.09
5	SWC	47.11
6	NWC	47.19
7	SLS	47.39

4x400m Relay

1	CDGFSS	3 : 43.15
2	TKOGSS	3 : 45.19
3	TSIS	3 : 46.53
4	LHYMSS	3 : 52.11
5	BHSS	3 : 52.12
6	SJC	4 : 00.09
7	CPSS	4 : 00.15

High Jump

1	Chung Chi Hang	CDGFSS	1.78
2	Chan Ka Chun	BHSC	1.75
3	Chan Lam Sum	TKOGSS	1.69
4	Robert Morse	IS	1.69
5	Jason Li	CIS	1.63
6	Chow Chun Ting	KCC	1.63
7	Choi Hiu Yeung	SJC	1.60
8	Daniel Tan	IS	1.60

Long Jump

1	Chan Ka Chun	BHSC	6.00
2	Jason Li	CIS	5.87
3	Chan Man Shun	KTGS	5.76
4	Chan Chi Miu	KCC	5.72
5	Yuen Chun Pong	NWC	5.70
6	Kanno Hiroki	SSCS	5.62
7	Wong Tsz Fai	CPSS	5.55
8	Wong Ho Yan Benny	SJC	5.40

Triple Jump

1	Lok Che Ho Vincent	SJC	11.95
2	Ho Chun Wing	SSCS	11.91
3	Yeung Ying Wai	CDGFSS	11.88
4	Chan Fong Ho	KCC	11.82
5	Kanno Hiroki	SSCS	11.66
6	Lam Suen Kuen	BHSS	11.64
7	Wong Tsz Shun	BHSS	11.46
8	Ngai Tsz Fung	PCMS	11.28

Shot Put

1	Wong Ming Ming	BHSC	13.66
2	Suen Philip Chi Kin	SJC	11.88
3	Tai Chi Him	BHSS	11.58
4	Alex Langslow	CIS	11.49
5	Robert Reid-Kay	IS	11.35
6	Tong Hon Chi	SWC	11.13
7	Cheung Tsz Chun	QC	10.56
8	Wong Lok Yuen	SJC	10.38

Discus

1	Kwong Keum Hwan	SSCS	36.32
2	Wong Ming Ming	BHSC	31.50
3	Tong Hon Chi	SWC	31.46
4	Leung Wai Kin	BHSS	31.04
5	Tai Chi Him	BHSS	30.98
6	Leung Tsz Hei	CDGFSS	30.08
7	Yau Wing Ming	SLS	29.25
8	Lam Wai Ting	SSCS	28.72

Javelin

1	Kwong Keum Hwan	SSCS	47.30
2	Tsui Yu Shang	KCC	44.06
3	Lee Chun Lok	PCMS	41.72
4	Tsang Christopher	SSCS	39.29
5	Chris Chan	CIS	38.49
6	Yip Man Chun	SWC	35.93
7	Clement Fung	IS	35.81
8	Lau Wai Ho	CDGFSS	34.30

Boys B Grade**100m**

1	Kende Benjamin John	IS	11.76
2	Chan Ching Lam	NWC	11.84
3	Lam Ho Him	BHSC	11.88
4	Yuen Chun Wai	MSC	11.98
5	Cheung Wing Kin	BHSC	12.01
6	Tsui Chi Shing	PCMS	12.22
7	Chow Chun Yuen	NWC	12.43
8	Lau Wai Chun	SWC	12.59

200m

1	Andrew Boyce	CIS	24.22
2	Chan Ching Lam	NWC	24.77
3	Tsui Chi Shing	PCMS	24.83
4	Cheung Wing Kin	BHSC	24.84
5	Yung Ho Yin	NWC	24.85
6	Woo Aaron Wai Lun	SJC	25.48
7	Wong Koon Nam	QC	25.55

400m

1	Lam Kam Hon	CPSS	54.92
2	Lee Pui Yin	BHSS	55.15
3	Takanori Ogyu	IS	55.20
4	Woo Aaron Wai Lun	SJC	55.26
5	Hui Shiu Lun	NWC	56.09
6	Lam Chung Po	MSC	56.79
7	Cheung Ka Wang	BHSS	58.00

1500m

1	Joseph Hopkins	IS	4 : 29.41
2	Lo Tsun Ming	QC	4 : 34.61
3	Kam Lik Yin	SSCS	4 : 42.54
4	Leung Chi Tak	MSC	4 : 48.49
5	Law Ka Kin	SLS	4 : 53.13
6	Cheung Lok Sang Lucas	SJC	4 : 54.34
7	Yeung Wing Chung	LHYMSS	4 : 54.66
8	Howard Chow	IS	4 : 56.47

4x100m Relay

1		NWC	45.98
2		SJC	47.10
3		BHSC	47.49
4		SLS	47.70
5		CIS	48.70
6		IS	48.83
7		KTGS	49.26
8		PCMS	49.70

High Jump

1	Ng Ho Lun	TKOGSS	1.72
2	Chan Yi Woo	SWC	1.72
3	Lo Lok Tak	CDGFSS	1.72
4	Brandon Sung	TSIS	1.65
5	Lo Chun Wai	KTGS	1.65
6	Lau Tak Kei	CDGFSS	1.62
7	Yu Wai Nam	NWC	1.62
8	Yuen Tsz Fung	BHSC	1.56

Triple Jump

1	To Yik Ming	KTGS	13.08
2	Wong Yik Chi	BHSS	11.92
3	Fong Tsz Ming	NWC	11.76
4	Lee Pui Yin	BHSS	11.67
5	Tsui Tit Kin	HTSS-TKO	11.56
6	Szeto Ki Fung	BHSC	11.54
7	Liu Chi Yuk	SWC	11.42
8	Wong Ying Faat	SLS	11.34

800m

1	Joseph Hopkins	IS	2 : 10.16
2	Takanori Ogyu	IS	2 : 10.19
3	Kam Lik Yin	SSCS	2 : 10.99
4	Kwong Hei Wai	BHSC	2 : 12.02
5	Hui Shiu Lun	NWC	2 : 12.69
6	Lo Tsun Ming	QC	2 : 13.22
7	Szeto Ki Fung	BHSC	2 : 17.30
8	Law Tsz Fung	LHYMSS	2 : 17.81

100m Hurdles

1	Fong Tsz Ming	NWC	14.25
2	Tsui Tit Kin	HTSS-TKO	15.40
3	To Chun Yin	TKOGSS	15.60
4	Yuen Chun Wai	MSC	15.69
5	Suen Wai Fung	TKOGSS	15.71
6	Yau Kai Ming	SWC	16.92
7	Mak Chi Man	HTSS-TKO	20.18

4x400m Relay

1		BHSC	3 : 50.53
2		SJC	3 : 52.88
3		MSC	3 : 53.68
4		CPSS	3 : 55.09
5		SSCS	3 : 55.61
6		BHSS	3 : 57.09
7		CDGFSS	4 : 00.24
8		CIS	4 : 00.42

Long Jump

1	To Yik Ming	KTGS	6.17
2	Tommy Lee	TSIS	5.70
3	Tsoi Kai Kwong	SSCS	5.49
4	Ng Ho Lun	TKOGSS	5.46
5	Wong Cheuk Hei	BHSC	5.42
6	Wong Yik Chi	BHSS	5.37
7	Lam Kwan Long	QC	5.29
8	Yip Kai Ming	BHSS	5.27

Shot Put

1	Hong Pak To	HTSS-TKO	14.19
2	Andrew Boyce	CIS	12.58
3	Hui Chak Yan	NWC	12.07
4	Yeung Kin On Tony	SJC	11.87
5	Tadun Tarawe	IS	11.81
6	Tang Man Ho	KCC	11.23
7	Cheng Yiu Hang	BHSC	10.74
8	Elton Yau	CIS	10.52

Discus

1	Hong Pak To	HTSS-TKO	47.17
2	Lun Ho Chi	SWC	34.27
3	Wong Wang Wing	SWC	33.40
4	Fung Yat Long	NWC	31.92
5	Tadun Tarawe	IS	31.78
6	Yuen Tsz Ko	SLS	30.81
7	Lin Ka Wai	TKOGSS	30.54
8	Ng Tsz Pang	NWC	29.59

Javelin

1	Ip Kam Tao	SSCS	45.26
2	Yau Siu Kiu Ian	QC	36.97
3	Fung Yat Long	NWC	36.73
4	Kwong Pak Wing	CDGFSS	36.54
5	Chan Yi Woo	SWC	36.27
6	Chan Tsz Tsun	SJC	31.44
7	Daniel Wilson	IS	30.39
8	Yip Hin Fung	KCC	27.81

Boys C Grade**100m**

1	Richard Hope	IS	12.17
2	Yiu Ho Yin Jason	SJC	12.52
3	Leung Chi Kin	BHSC	12.53
4	Hau Yiu Sang	SSCS	12.54
5	Cheng King Tsun Isaac	MSC	12.68
6	Emmanuel Kwok	TSIS	12.84
7	Ian Lee	IS	12.88
8	Lam Ki Lung	SLS	12.90

200m

1	Richard Hope	IS	24.75
2	Ashley Firth	TSIS	25.89
3	Hau Yiu Sang	SSCS	26.12
4	Lam Ki Lung	SLS	26.38
5	Cheng Ming Yui	SSCS	26.65
6	Cheng King Tsun Isaac	MSC	26.66
7	Ting Chun Ho	TKOGSS	26.68
8	Kung Pak Hei	SJC	27.15

400m

1	Ashley Firth	TSIS	57.01
2	Chen Cheuk Yip	SJC	58.35
3	Ting Chun Ho	TKOGSS	58.69
4	Choy Ho Hin	SJC	59.00
5	Wong Wing Keung	CPSS	1 : 00.16
6	Chan Kai Lap	LHYMSS	1 : 01.19
7	Lucas Tse	CIS	1 : 01.41

800m

1	Leung Ho Chun	SWC	2 : 20.83
2	Chui Tak Chi	LHYMSS	2 : 22.39
3	Chan Kin Hei	MSC	2 : 23.09
4	Chan Tin Mong	QC	2 : 25.46
5	Max Brashear	CIS	2 : 29.85
6	Leung Ka Chi	MSC	2 : 30.48
7	Lai Ho Nam Steven	SLS	2 : 31.73
8	Ng Ka Wai	SWC	2 : 32.03

1500m

1	Chan Chun Yiu	SSCS	4 : 55.83
2	Leung Ho Chun	SWC	4 : 56.16
3	Chui Tak Chi	LHYMSS	4 : 58.51
4	Chan Tin Mong	QC	4 : 58.96
5	Chan Kin Hei	MSC	5 : 01.88
6	Li Chun Yin	LHYMSS	5 : 05.17
7	Wan Lai Wai Peter	SJC	5 : 05.18
8	Gabriel Brettell	TSIS	5 : 06.11

100m Hurdles

1	Ngan Wai Tung	SWC	15.04
2	Wong Lok Hin	MSC	16.33
3	Chan Yik Hei	PCMS	17.62
4	Ng Chun Hei	MSC	17.86
5	Nga Chung Hei	BHSC	18.67
6	Morio Hamada	IS	18.95
7	Fong Chi Man	BHSS	22.69

4x100m Relay

1		SJC	49.71
2		NWC	50.00
3		SSCS	50.02
4		BHSC	50.04
5		MSC	51.24
6		IS	51.50
7		CIS	52.00
8		SLS	52.38

4x400m Relay

1		LHYMSS	4 : 06.88
2		TSIS	4 : 09.82
3		SWC	4 : 10.57
4		SJC	4 : 11.27
5		MSC	4 : 13.21
6		SSCS	4 : 14.87
7		TKOGSS	4 : 16.60
8		KTGS	4 : 25.98

High Jump

1	Thomley Chan Nicholas	ISJC	1.58
2	Eng Chun Kit	NWC	1.50
3	Lee Hau Yin	PCMS	1.47
4	Cheung Kwan Yu	SJC	1.47
5	Robert Lee	CIS	1.47
6	Wai Ho	SSCS	1.47
7	Lo Lok Hang	CDGFSS	1.47
8	Ho Ming Lung	LHYMSS	1.41

Long Jump

1	Chau Ching Yu	NWC	5.28
2	Ho Shing Hei	HTSS-TKO	5.22
3	Wong Lok Hin	MSC	5.11
4	Choi Cheong Kit	LHYMSS	4.93
5	Kam Lik Hin	SSCS	4.87
6	Gio Panlilio	IS	4.87
7	Yiu Ho Yin Jason	SJC	4.71
8	Wu Ho Ching	SLS	4.70

Shot Put

1	Chung Wai Lok	BHSS	9.94
2	Patrick Cook	TSIS	9.88
3	Chui Chun Yin	PCMS	9.81
4	Matthew Poon	IS	9.58
5	Wan Ki Pan	TKOGSS	9.46
6	Lo Tsz Wo	PCMS	9.42
7	Leung Chun Kit	NWC	9.14
8	Tam Ho Yan Matchy	KCC	8.83

Discus

1	Chung Wai Lok	BHSS	29.48
2	Chan Yuk Hei	SSCS	28.31
3	Lee Siu Fung	SLS	24.08
4	Chan Pan	CDGFSS	23.01
5	Cheung Tin Chau Justin	SJC	22.19
6	Kwan Tin Long	SJC	21.39
7	Wong Tsz Tsun	SLS	21.24
8	Leung Chun Kit	NWC	20.55

Girls A Grade**100m**

1	Yu Hoi Man	STSS	13.50
2	Luen Ka Yi	SCGS	13.51
3	Sophie Harris	IS	13.82
4	Sophie Selby	IS	13.98
5	Rachel Haslam	GSIS	14.10
6	Samantha McCarthy	GSIS	14.17
7	Yung Lok Tung	SCGS	14.19
8	Lee Tsz Kei	SSCS	14.43

200m

1	Luen Ka Yi	SCGS	28.32
2	Louie Tak Yee	SCGS	28.57
3	Yu Hoi Man	STSS	28.68
4	Sophie Harris	IS	28.90
5	Elizabeth Stokes	TSIS	28.97
6	Samantha McCarthy	GSIS	29.93
7	Sarah Woolcott Brown	TSIS	30.24
8	Lam Ho Yee	STSS	30.75

400m

1	Yu Wing Hay Heidi	SMCC	1 : 02.97
2	Louie Tak Yee	SCGS	1 : 06.52
3	Lau Yin Ting	SWC	1 : 08.38
4	Fan Ka King	PTMS	1 : 09.38
5	Alexandra Holdon	TSIS	1 : 11.35
6	Ria Mansukh	IS	1 : 11.93
7	Lam Ying Tung	SCGS	1 : 11.94

800m

1	Yu Wing Hay Heidi	SMCC	2 : 27.43
2	Sophie Foxall	CIS	2 : 44.56
3	Taylor Young	CIS	2 : 44.80
4	Tanya Wong	TSIS	2 : 46.12
5	Daniella Means	TSIS	2 : 48.55
6	Yeung Yuk Wai	YWG	2 : 49.77
7	Chan Yeuk Hang	SCGS	2 : 50.93
8	Yip Yim Yu	KTLMS	2 : 52.35

1500m

1	Tanya Wong	TSIS	5 : 53.77
2	Sophie Foxall	CIS	5 : 54.69
3	Fan Ka King	PTMS	5 : 54.95
4	Taylor Young	CIS	5 : 55.10
5	Ellie Morse	IS	5 : 59.96
6	Yip Yim Yu	KTLMS	6 : 07.24
7	Chan Yeuk Hang	SCGS	6 : 08.25
8	Kwok Pui Yi	SSCS	6 : 11.96

100m Hurdles

1	Leung Hiu Yee	PCMS	15.04
2	Lo Nga Ting	WFN	17.21
3	Lam Sze Wa	STSS	17.42
4	Wong Chui Yiu Cheryl	SMCC	18.18
5	Li Wing Yan	STSS	18.59
6	Law Kwai Wai	TLMSHK	19.05
7	Chung Pui Yan	CDGFSS	19.29
8	Tse Yan Yi Euphemia	SMCC	19.46

4x100m Relay

1		SCGS	53.47
2		PCMS	54.49
3		WFN	55.36
4		IS	55.68
5		GSIS	56.20
6		SWC	58.69
7		SKSS	58.86

4x400m Relay

1		TSIS	4 : 33.87
2		CIS	4 : 45.37
3		YWG	4 : 46.56
4		SWC	4 : 51.01
5		SMCC	4 : 53.68
6		SSCS	4 : 54.00
7		WFN	4 : 54.70
8		TLMSHK	5 : 05.56

High Jump

1	Chan King Yiu	CDGFSS	1.41
2	Lui Suet Ying	PTMS	1.41
3	Lo Shuk Ching	WFN	1.38
4	Jennifer Au	GSIS	1.38
5	Kwong Sin Yan	SSCS	1.38
=6	Choi Man Man Valerie	YWG	1.35
=6	Lee Hoi Yung	SSCS	1.35
8	Ashley Ng	IS	1.35

Long Jump

1	Yung Lok Tung	SCGS	4.65
2	Shum Lee Ying	SCSG	4.61
3	Leung Hiu Yee	PCMS	4.58
4	Sophie Selby	IS	4.49
5	Lok Lan Wah	SWC	4.40
6	Chan Heidi	TLMSHK	4.25
7	Kong Hiu Yi	SKSS	4.23
8	Shirley Cheung	TSIS	4.21

Shot Put

1	Tsang Hoi Yan Bernice	YWG	9.08
2	Wong Wing Hang	SSCS	9.00
3	Chun Ka Wing	SKSS	8.26
4	Leung Po Sum	SSCS	8.00
5	Vanessa Cuvelier	CIS	7.89
6	Lam Ho Yi	SCGS	7.83
7	Lo Nga Ting	WFN	7.80
8	Cheryl Leung	GSIS	7.54

Discus

1	Tsang Hoi Yan Bernice	YWG	25.52
2	Tsang Chui Na	SWC	23.60
3	Leung Po Sum	SSCS	23.20
4	Mak King Shan	KTLMS	22.93
5	Chun Ka Wing	SKSS	22.92
6	Cheng Sau Ngor	PCMS	22.00
7	Lo Hiu Kwan	SCGS	21.96
8	Lam Hiu Fan	CDGFSS	20.88

Javelin

1	Ho Cheuk Ying	WFN	31.00
2	Wong Ming Wai	CDGFSS	27.10
3	Ho Ming Hon	YWG	23.85
4	Lin Po Chun Christine	SMCC	22.46
5	Cheng Sau Ngor	PCMS	22.37
6	Ip Sin Yan	TLMSHK	20.36
7	Yeung Ricci	YWG	20.20
8	Lam Ka Ying	CDGFSS	20.18

Girls B Grade

100m

1	Lee Tsz Yin	MSC	13.54
2	Kwong Yan Wai	TLMSHK	13.81
3	Au Wing Sum Crystal	TLMSHK	13.99
4	Tam Ka Kiu	YWG	14.15
5	Irene Armentrout	GSIS	14.20
6	Lau Hiu Fai	SKSS	14.31
7	Tse Wai Man	SSCS	14.34
8	Candace Robertson	IS	14.38

400m

1	Evie Lant	IS	1 : 05.85
2	Chung Tsz Fung	YWG	1 : 05.87
3	Vanessa Green	TSIS	1 : 07.08
4	Lam In Kwan	SKSS	1 : 07.99
5	Au Ka Woon	SCGS	1 : 08.08
6	Leung Hiu Yan Magdalene	SMCC	1 : 08.21
7	Chan Man Wing	WFN	1 : 08.50
8	Kwong Wai Ning Reisha	MSC	1 : 14.59

1500m

1	Kwong Wai Ka Renee	MSC	5 : 24.53
2	Mark Cheuk Yan	SKSS	5 : 53.14
3	Valerie Lau	IS	5 : 53.91
4	Grace Lant	IS	5 : 55.59
5	Mak Hiu Tung	YWG	5 : 59.31
6	Matilda Burns	CIS	6 : 00.93
7	Dominique Koo	CIS	6 : 02.68
8	Wong Hoi Yan	SSCS	6 : 03.35

4x100m Relay

1		TLMSHK	55.43
2		KTLMS	56.54
3		SMCC	56.71
4		SKSS	57.16
5		GSIS	57.33
6		SSCS	57.38
7		IS	58.41

High Jump

1	Hannah Wheatley	TSIS	1.44
2	Annika Wolf	GSIS	1.41
3	Law Pui Ki	PTMS	1.41
4	Leung Tsz Yan	KTLMS	1.38
5	Louise Penczek	GSIS	1.38
6	Hannah Ameye	IS	1.38
7	Holly Dobbin	IS	1.35
8	Dani Howard	TSIS	1.35

200m

1	Chung Tsz Fung	YWG	29.01
2	Lee Tsz Yin	MSC	29.13
3	Choi Hei Tung Ashley	SMCC	29.14
4	Evie Lant	IS	29.15
5	Chan Sai Mui	SKSS	29.48
6	Lau Hiu Fai	SKSS	30.24
7	Tam Ka Kiu	YWG	30.47

800m

1	Kwong Wai Ka Renee	MSC	2 : 38.11
2	Chan Man Wing	WFN	2 : 43.40
3	Mark Cheuk Yan	SKSS	2 : 45.81
4	Lee Oi Chun	SWC	2 : 46.30
5	Sham Wai Yi	YWG	2 : 48.10
6	Mak Hiu Tung	YWG	2 : 48.72
7	Valerie Lau	IS	2 : 49.19
8	Kwong Wai Ning Reisha	MSC	2 : 49.27

100m Hurdles

1	Choi Hei Tung Ashley	SMCC	16.84
2	Tam Yee Ting	TLMSHK	17.16
3	Charlotte Chan	GSIS	17.34
4	Leung Ki Ki	WFN	17.69
5	Natalie Chapman	IS	18.49
6	Lee Wing Ki Winky	SMCC	18.60
7	Yeung Yuk Ling	WFN	18.82
8	Louise Penczek	GSIS	23.60

4x400m Relay

1		IS	4 : 39.28
2		YWG	4 : 40.02
3		MSC	4 : 40.78
4		CIS	4 : 46.41
5		SSCS	4 : 49.52
6		WFN	4 : 50.25
7		SKSS	4 : 51.87
8		CDGFSS	4 : 54.16

Long Jump

1	Chan Sai Mui	SKSS	4.80
2	Kwong Yan Wai	TLMSHK	4.62
3	Tang Ching Pan Janet	SMCC	4.60
4	Leung Tsz Yan	KTLMS	4.52
5	Linda Lam	IS	4.22
6	Hannah Wheatley	TSIS	4.22
7	Kwok Ho Yan	SCGS	4.20
8	Wai Fung Ngai	KTLMS	4.10

Shot Put

1	Wong Yan Ling	SKSS	9.40
2	Janet Yung	GSIS	9.19
3	Lok Yui	SCSG	8.71
4	Alex Brown	IS	8.65
5	Tang Ching Pan Janet	SMCC	8.56
6	Yau Oi Man	SKSS	8.40
7	Kong Cheuk Lam	PTMS	8.33
8	Yamaguchi Shukuyo	SSCS	8.21

Discus

1	Wong Yan Ling	SKSS	26.37
2	Chan Wai Wah Joyce	TLMSHK	24.55
3	Li Wing Sum	PCMS	22.14
4	Yamaguchi Shukuyo	SSCS	21.90
5	Yau Oi Man	SKSS	20.95
6	Ip Wing Tung	SCSG	20.84
7	Lam Sin Tung	TLMSHK	20.22
8	Chan Yan Tung	YWG	20.06

Javelin

1	Leung Hiu Yan Magdalene	SMCC	25.86
2	Chiu Man Kei Maggie	PCMS	20.92
3	Robyn Atkinson	TSIS	20.03
4	Leung Wing Wah	SCSG	17.62
5	Chan Ka Yi	SSCS	17.26
6	Choi Sze Wai Michelle	YWG	16.98
7	Lee Ka Ying Oriana	SMCC	16.40
8	Lesley Cook	IS	16.19

Girls C Grade**100m**

1	Leung Sze Chung	SCGS	13.73
2	Rachel Lee	CIS	13.77
3	Wong Yee Lam	PCMS	13.97
4	Lau Fan Hei	CDGFSS	14.02
5	Dana Slosar	GSIS	14.13
6	Lam Yuen Kiu	SCGS	14.15
7	Chan York See	TLMSHK	14.34
8	Fabienne Chiang	GSIS	14.42

200m

1	Leung Sze Chung	SCGS	28.82
2	Wong Yee Lam	PCMS	29.12
3	Louise Moon	IS	29.26
4	Lau Fan Hei	CDGFSS	29.46
5	Shanice Kok	IS	30.13
6	Cheng Tim Yee	HTSS-TKO	30.53
7	Yeung Shun Man	KTLMS	30.93
8	Rachel Lee	CIS	32.19

400m

1	Georgia Hunter	IS	1 : 05.14
2	Chua Yan Ching	PTMS	1 : 06.95
3	Rachel Mason	IS	1 : 07.87
4	Cheung Sau Yee	SWC	1 : 08.14
5	Anthea Leung	GSIS	1 : 08.53
6	Cheung Hoi Ting	SCGS	1 : 09.82
7	Chau Cho Kiu	WFN	1 : 10.66
8	Au Lai	SWC	1 : 14.54

800m

1	Ng Tsz Ying	SCSG	2 : 41.34
2	Au Lai	SWC	2 : 41.52
3	Ng Yin Ki	PCMS	2 : 41.69
4	Yuen Ching Yee	WFN	2 : 41.83
5	Cheung Hoi Ting	SCGS	2 : 41.84
6	Ofir Nagar	IS	2 : 46.35
7	Siu Wai Yue	PTMS	2 : 47.69
8	Kwok Sum Yee	SWC	2 : 48.40

1500m

1	Ng Tsz Ying	SCSG	5 : 35.96
2	Yuen Ching Yee	WFN	5 : 41.62
3	Mary Hui	TSIS	5 : 42.11
4	Kwok Sum Yee	SWC	5 : 45.97
5	Isabella Basford	IS	5 : 58.69
6	Ellen Crisp	TSIS	6 : 00.79
7	Siu Wai Yue	PTMS	6 : 03.77
8	Charlotte Valentine	CIS	6 : 03.81

100m Hurdles

1	Lui Lai Yiu	PCMS	17.50
2	Chan Ho Yee Emily	PCMS	17.95
3	Louise Whilborn	CIS	18.68
4	Sue Yui Hang	WFN	19.06
5	Tanja Buchholtz	GSIS	19.30
6	Tsang Tsz Ching	SCSG	19.72
7	Mak Hoi Ting	SWC	19.88
8	Tsang Siu Fong	STSS	23.57

4x100m Relay

1	SCGS	55.72
2	IS	56.12
3	PCMS	56.17
4	STSS	56.18
5	TLMSHK	56.87
6	CIS	56.92
7	TSIS	57.30

4x400m Relay

1	SCGS	4 : 40.19
2	IS	4 : 43.30
3	SWC	4 : 45.70
4	GSIS	4 : 50.26
5	WFN	4 : 52.43
6	SCSG	4 : 54.43
7	SMCC	4 : 55.25
8	PCMS	4 : 55.56

High Jump

1	Ho Yuen Ting	PCMS	1.38
=2	Anthea Leung	GSIS	1.38
=2	Adeline Rudolph	GSIS	1.38
4	Li Yin	SWC	1.32
5	Shen Irene	SMCC	1.32
6	Mak Hoi Ting	SWC	1.29
7	Nadia Cuvelier	CIS	1.26
8	Chan Wing Suen	CDGFSS	1.26

Long Jump

1	Chan York See	TLMSHK	4.71
2	Tang Kwan Yee Phyllis	SMCC	4.37
3	Louise Moon	IS	4.35
4	Lai Cho Tung	SKSS	4.30
5	Lui Lai Yiu	PCMS	4.25
6	Lau Hiu Tung	SCGS	4.10
7	Sylvie Cox	IS	3.99
8	Kee Mo Shan	MSC	3.84

Shot Put

1	Wong Ching Hei Christy	TLMSHK	8.20
2	Chan Hin Wah	SSCS	7.87
3	Ho Sin Hang	STSS	7.79
4	Ho King Hang	SWC	7.66
5	Becky Gilhooly	IS	7.60
6	Peng Ching Yan	WFN	7.32
7	Victoria Au Yeung	GSIS	7.26
8	Woo Banson	SCGS	7.20

Discus

1	Kan Pik Wai	PCMS	20.87
2	Ho Sin Hang	STSS	19.89
3	Liu Pak Yu	WFN	18.41
4	Ho Po Yu	TLMSHK	18.05
5	Leung Lok Lam	PCMS	16.80
6	Ho King Hang	SWC	16.40
7	Katriana Milne	TSIS	16.23
8	Lee Wan Yin	KTLMS	15.93

***** The End *****

HONG KONG SCHOOLS SPORTS FEDERATION
 Inter-school Athletics Championships 2007/2008
 (HK Island and Kowloon)
 Division Two 13/03/2008

Boys A Grade

Day 3

School	Day 2	LJ	400mH	200m	800m	100m	500m	400m	110mH	4x400	4x100	Total
1 SJC	43	2	4	5	5	9	4	7	1	6	18	104
2 CDGFSS	38			11			1	5	2	18		75
3 KCC	35	6		2	6	7					14	70
4 SCS	54	4					2		7			67
4 CPSS	18	3	9	3		7	1	1	9	4	12	67
6 BHSS	37		11					6	3	8		65
7 SWC	30			6		11	5	2			8	62
8 CIS	34	8					11					53
9 TSIS	16				7		8	7		12		50
10 NWC	23	5		1	4	3	7				6	49
11 TKOGSS	16			9				9		14		48
12 SLS	19		10		2		2		9		4	46
13 BHSC	32	10										42
14 PCMS	25						8		6			39
15 LHYMSS	17				9		1			10		37
16 IS	21						4					25
17 QC	10				3		1				10	24
18 KTGS	5	7										12
19 MSC	3		2				2					7
20 HTSS-TKO							1					1

HONG KONG SCHOOLS SPORTS FEDERATION
 Inter-school Athletics Championships 2007/2008
 (HK Island and Kowloon)
 Division Two 13/03/2008

Boys B Grade

Day 3

School	Day 2	200m	800m	100m	JV	400m	100mH	4x400	4x100	Total
1 NWC	39	11	4	9	7	4	9		18	101
2 BHSC	32	5	7	10				18	12	84
3 IS	39		16	9	4	6			6	80
4 SJC	29	3			5	5		14	14	70
5 SWC	45			1	6		3			55
6 SCS	26		6		11			8		51
7 MSC	22			5		3	5	12		47
8 CIS	24	9			2			2	8	45
9 TKOGSS	32				1		10			43
10 HTSS-TKO	33						9			42
10 BHSS	27					9		6		42
12 SLS	26				1				10	37
13 KTGS	32								4	36
13 QC	23	2	3			8				36

15 CDGFSS	21			6		4		31
15 CPSS	12				9	10		31
17 TSIS	26			1				27
18 PCMS	10	6		3	2		2	23
19 KCC	10			3				13
19 LHYMSS	12		1					13

HONG KONG SCHOOLS SPORTS FEDERATION
Inter-school Athletics Championships 2007/2008
(HK Island and Kowloon)
Division Two 13/03/2008

Boys C Grade Day 3

School	Day 2	200m	800m	100m	400m	100mH	4x400	4x100	Total
1 SJC	46	1		7	12		10	18	94
2 SSCS	44	10		5			6	12	77
3 MSC	26	3	9	4		12	8	8	70
4 IS	26	9		11		3		6	55
4 SWC	24		10			9	12		55
6 LHYMSS	26		7		3		18		54
6 TSIS	21	7		3	9		14		54
8 NWC	30							14	44
9 SLS	27	5	2	1				2	37
10 PCMS	29					6			35
11 BHSC	8			6		4		10	28
11 CIS	18		4		2			4	28
13 BHSS	25					2			27
13 TKOGSS	15	2			6		4		27
15 QC	14		5						19
16 CPSS	11				4				15
17 CDGFSS	14								14
18 HTSS-TKO	12								12
19 KTGS	8						2		10
20 KCC	5								5

HONG KONG SCHOOLS SPORTS FEDERATION
Inter-school Athletics Championships 2007/2008
(HK Island and Kowloon)
Division Two 13/03/2008

Boys Overall Day 3

School	A	B	C	Total	
1 ST. JOSEPH'S COLLEGE	SJC	104	70	94	268
2 ST. STEPHEN'S COLLEGE	SSCS	67	51	77	195
3 NG WAH CATHOLIC SECONDARY SCHOOL	NWC	49	101	44	194
4 STFA SEAWARD WOO COLLEGE	SWC	62	55	55	172
5 ISLAND SCHOOL	IS	25	80	55	160
6 BUDDHIST HUNG SEAN CHAU MEMORIAL COLLEGE	BHSC	42	84	28	154
7 HSKKH BISHOP HALL SECONDARY SCHOOL	BHSS	65	42	27	134

8 THE SOUTH ISLAND SCHOOL	TSIS	50	27	54	131
9 CHINESE INTERNATIONAL SCHOOL	CIS	53	45	28	126
10 MUNSANG COLLEGE	MSC	7	47	70	124
11 CARMEL DIVINE GRACE FOUNDATION SEC SCHOOL	CDGFSS	75	31	14	120
11 ST. LOUIS SCHOOL	SLS	46	37	37	120
13 TSEUNG KWAN O GOVERNMENT SECONDARY SCHOOL	TKOGSS	48	43	27	118
14 SWCS CHAN PAK SHA SCHOOL	CPSS	67	31	15	113
15 LINGNAN HANG YEE MEMORIAL SECONDARY SCHOOL	LHYMSS	37	13	54	104
16 PUI CHING MIDDLE SCHOOL	PCMS	39	23	35	97
17 KIANGSU CHEKIANG COLLEGE	KCC	70	13	5	88
18 QUEEN'S COLLEGE	QC	24	36	19	79
19 KWUN TONG GOVERNMENT SECONDARY SCHOOL	KTGS	12	36	10	58
20 HEUNG TO SECONDARY SCHOOL - TSEUNG KWAN O	HTSS-TKO	1	42	12	55

HONG KONG SCHOOLS SPORTS FEDERATION
Inter-school Athletics Championships 2007/2008
(HK Island and Kowloon)
Division Two 13/03/2008

Girls A Grade Day 3

School	Day 2	DC	200m	800m	100m	HJ	400m	100mH	4x400	4x100	Total
1 SCGS	27	3	16	2	9		9			18	84
2 TSIS	27		6	9		1	4		18		65
3 YWG	31	11		3		3.50			12		60.50
4 IS	27	1	5		11	3	3			10	60
5 CIS	25	1		13		1			14		54
6 WFN	20	1				7		7	4	12	51
7 SMCC	16			9		1	9	6	8		49
8 SSCS	25	8			1	8.50			6		48.50
9 PCMS	21	4						9		14	48
10 SWC	17	8					6		10	6	47
11 GSIS	14		3		7	7				8	39
12 STSS	9	1	7		9	1		10			37
13 CDGFSS	17	3				11		2			33
14 SKSS	17	6								4	27
15 PTMS	12	1				8	5				26
16 TLMSHK	18	1				1		3	2		25
17 KTLMS	14	7		1							22
18 SCSG	12	1									13
19 MSC	1										1
20 HTSS-TKO											

HONG KONG SCHOOLS SPORTS FEDERATION
Inter-school Athletics Championships 2007/2008
(HK Island and Kowloon)
Division Two 13/03/2008

Girls B Grade Day 3

School	Day 2	200m	800m	100m	400m	100mH	4x400	4x100	Total
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1 SKSS	59	7	6	3	5		4	10	94
2 IS	48	5	2	1	9	4	18	4	91
3 SMCC	42	6			3	12		12	75
4 TLMSHK	35			13		7		18	73
5 YWG	27	11	7	5	7		14		71
6 MSC	21	7	10	9	1		12		60
7 GSIS	34			4		7		8	53
8 SSCS	32			2			8	6	48
9 TSIS	37				6				43
10 KTLMS	28							14	42
11 WFN	15		7		2	7	6		37
12 SCSG	31								31
13 CIS	20						10		30
14 PCMS	26								26
15 PTMS	25								25
16 SWC	17		5						22
17 SCGS	17				4				21
18 CDGFSS	8						2		10
19 STSS	9								9
20 HTSS-TKO									

HONG KONG SCHOOLS SPORTS FEDERATION
Inter-school Athletics Championships 2007/2008
(HK Island and Kowloon)
Division Two 13/03/2008

Girls C Grade Day 3

School	Day 2	HJ	200m	800m	100m	400m	100mH	4x400	4x100	Total
1 PCMS	36	11	7	6	6		16	2	12	96
2 IS	36	2	10	3		15		14	14	94
3 SCGS	22	1	9	4	12	3		18	18	87
4 SWC	32	10		8		6	2	12		70
5 GSIS	22	15			5	4	4	10		60
6 WFN	35	1		5		2	5	8		56
7 TLMSHK	43	1			2				8	54
8 SCSG	28			9			3	6		46
9 CIS	18	3	1		7		6		6	41
9 STSS	29	1					1		10	41
11 SMCC	26	6						4		36
12 TSIS	30								4	34
13 PTMS	19			2		7				28
14 CDGFSS	9	2	5		5					21
15 KTLMS	17	1	2							20
16 SKSS	17	1								18
16 SSCS	18									18
18 MSC	15									15
19 HTSS-TKO	9		3							12

HONG KONG SCHOOLS SPORTS FEDERATION
 Inter-school Athletics Championships 2007/2008
 (HK Island and Kowloon)
 Division Two 13/03/2008

Girls Overall Day 3

School		A	B	C	Total
1 ISLAND SCHOOL	IS	60	91	94	245
2 ST. CLARE'S GIRLS' SCHOOL	SCGS	84	21	87	192
3 PUI CHING MIDDLE SCHOOL	PCMS	48	26	96	170
4 ST. MARY'S CANOSSIAN COLLEGE	SMCC	49	75	36	160
5 GERMAN SWISS INTERNATIONAL SCHOOL	GSIS	39	53	60	152
5 TRUE LIGHT MIDDLE SCHOOL OF HONG KONG	TLMSHK	25	73	54	152
7 TWGHS WONG FUT NAM COLLEGE	WFN	51	37	56	144
8 THE SOUTH ISLAND SCHOOL	TSIS	65	43	34	142
9 YING WA GIRLS' SCHOOL	YWG	60.50	71	9	140.50
10 C&M ALLIANCE SUN KEI SECONDARY SCHOOL	SKSS	27	94	18	139
10 STFA SEAWARD WOO COLLEGE	SWC	47	22	70	139
12 CHINESE INTERNATIONAL SCHOOL	CIS	54	30	41	125
13 ST. STEPHEN'S COLLEGE	SSCS	48.50	48	18	114.50
14 ST. CATHARINE'S SCHOOL FOR GIRLS-KWUN TONG	SCSG	13	31	46	90
15 ST. TERESA SECONDARY SCHOOL	STSS	37	9	41	87
16 KOWLOON TRUE LIGHT MIDDLE SCHOOL	KTLMs	22	42	20	84
17 POOI TO MIDDLE SCHOOL	PTMS	26	25	28	79
18 MUNSANG COLLEGE	MSC	1	60	15	76
19 CARMEL DIVINE GRACE FOUNDATION SEC SCHOOL	CDGFSS	33	10	21	64
20 HEUNG TO SECONDARY SCHOOL - TSEUNG KWAN O	HTSS-TKO			12	12