

# Inter-School Athletics Championships 2007/2008

## HK Island & Kowloon

### Division Three (Area 2) Final Results

#### Boys A Grade

##### 100m

1	Lee Lam Lap	PTAL	11.76
2	Chau Kai Man	HLC	11.87
3	So Man Kit	MDIST	11.97
4	Chan Pak Lam	NDC	12.00
5	Chan Lit Shing	SKHSBS	12.03
6	Hui Chun Fai	CCMFSS	12.22
7	Ng Chi Yeung	HLC	12.30
8	Lau Lap Tak Brandon	YCIS	12.37

##### 200m

1	Lee Lam Lap	PTAL	23.97
2	Yeung Hon Tat	SKHSBS	24.24
3	Chan Lit Shing	SKHSBS	24.70
4	Ng Ming Sum Ricky	CLS	25.24
5	Yu Chung Yuen	PLKNPL	25.46
6	Mak Kin Pong	K-LING	25.68
7	Fung Yu Chung	MMWC	25.88

##### 400m

1	Yeung Hon Tat	SKHSBS	53.38
2	Lau Pong Yu	PTAL	56.05
3	Wong Man Yin	WTSMC	56.40
4	Wong Tsang Chak	LKPFC	56.76
5	Yip Wai Hung	CCCRSS	57.06
6	Ip Wing Kei	WTSMC	57.91
7	Lai Pak Hang	MMWC	58.74
8	Li Ka Chun	YYINO.3	1 : 02.21

##### 800m

1	Wong Kwan Chau	KLSS	2 : 15.55
2	Lo Tik Ki	KLSS	2 : 20.00
3	Poon Wai Ho	K-LING	2 : 20.84
4	Tsang Yiu Leung Alex	CCMFSS	2 : 21.83
5	Ng Tsz Hing	HLC	2 : 21.85
6	Yip Wai Hung	CCCRSS	2 : 22.31
7	Cheung Sai Ku	WTSMC	2 : 23.13
8	Chan Lok Hin	YYINO.3	2 : 24.24

##### 1500m

1	Ng Chung Yin	MMWC	4 : 44.85
2	Wong Kwan Chau	KLSS	4 : 50.61
3	Wong Pak Hang	LSK	4 : 51.44
4	Tsang Kai King	PTAL	4 : 53.83
5	Lee Ho Yat	PLKNPL	4 : 56.84
6	Lau Kin Pong	YCIS	5 : 02.31
7	Tsang Yiu Leung Alex	CCMFSS	5 : 15.10
8	Ho Chun Yin	SFXC	5 : 15.23

##### 5000m

1	Ng Chung Yin	MMWC	18 : 51.39
2	Lee Ho Yat	PLKNPL	19 : 35.30
3	Lau Kin Pong	YCIS	19 : 37.41
4	Sum Sze Chun Philip	YCIS	19 : 43.65
5	Chan Wai Kin	K-LING	20 : 28.05
6	Wu Chun Yin	KLSS	20 : 46.31
7	Lai Hon Man	CCMFSS	20 : 53.41
8	Ho Chun Yin	SFXC	20 : 54.97

##### 110m Hurdles

1	Lam Teng Wai	NMC	16.16
2	Hui Shing Wai	LCP	16.74
3	Tse Yuk Wa	CLS	17.41
4	Leung Man Kit	PLKNPL	17.47
5	Chan Yin To	PTAL	17.96
6	Chuang Yuk Kwan	CCMFSS	18.05
7	Law Siu Nam	HLC	18.17

##### 4x100m Relay

1		HLC	46.85
2		PTAL	46.87
3		NDC	47.12
4		LKPFC	48.46
5		PLKNPL	52.52

**4x400m Relay**

1	SKHSBS	3 : 43.14
2	MMWC	3 : 49.80
3	WTSMC	3 : 51.96
4	CCCRSS	3 : 58.13
5	KLSS	3 : 58.30
6	YCIS	4 : 02.40
7	K-LING	4 : 02.52
8	PLKNPL	4 : 03.35

**High Jump**

1	Hui Chun Fai	CCMFSS	1.65
2	Li Yiu Ming	CCK	1.60
3	Chen Hong Chieh Jacky	YCIS	1.60
=4	Lam King Sing	K-LING	1.50
=4	Chuang Yuk Kwan	CCMFSS	1.50
6	Lee Tsz Yau	HLC	1.50
7	Yip Yun Ning	PLKNPL	1.50
8	Wong Siu Yuen	SBC	1.46

**Long Jump**

1	Wong Wing Shuen	DMS-GP	5.79
2	Lam Wai Fung	YYINO.3	5.52
3	Lam Teng Wai	NMC	5.46
4	Yuen Kai Leong	PLKNPL	5.40
5	Li Li Hua	WSS	5.37
6	Zeng Lingliang	DMS-GP	5.30
7	Chan Ka Fai	PTAL	5.26
8	Lam Pan Pan	KLSS	5.10

**Triple Jump**

1	Wong Chiu Mong	FSS-KT	12.03
2	Liang Jizeng	KLSS	11.71
3	Lai Pak On	HLC	11.56
4	Leung Wing Chi	SFXC	11.50
5	Chau Hang Ki	CCMFSS	11.42
6	Ku Cheuk Nok Francis	MFS	11.12
7	Yuen Kai Leong	PLKNPL	11.09
8	Leung Po Kit	UCC-THT	11.08

**Shot Put**

1	Li Pei Lin	CCMFSS	11.65
2	Chan Chung Chi Isaac	NMC	11.54
3	Cheung Man Tai	KLSS	11.08
4	Fung King Wa	SFXC	10.92
5	Chan King Lung	MMWC	10.91
6	Cheung Ka Wing	CCCRSS	10.90
7	Ko Ting Pong	K-LING	10.13
8	Chan Man Tuen	YYINO.3	10.11

**Discus**

1	Chan King Lung	MMWC	25.88
2	Wong Chun Man	CCMFSS	23.82
3	Wong Kin Keung	SFXC	22.87
4	Fan Kai Shun	STCC	22.40
5	Cheung Man Tai	KLSS	21.96
6	Yee Ka Keung	KLSS	20.70
7	Wong Ying Fat	LCP	20.56
8	Kong Kin Fung	NDC	20.52

**Javelin**

1	Lai Pak Wai	SKHSBS	38.35
2	Wong Kin Tak	TTCA	37.11
3	Li Pei Lin	CCMFSS	36.01
4	Cheung Chun Kit	KLSS	34.73
5	Lam Lim Po	DMS-GP	30.46
6	Yan Ho Lun	K-LING	29.21
7	Kwok Chun Ting	NMC	27.30
8	Lo Chi Fai	LKPFC	26.90

**Boys B Grade****100m**

1	Wong Cheuk Lok	PLKNPL	11.82
2	Ng Chun Ho	PLKNPL	11.92
3	Lo Sing Wing	DMS-GP	12.21
4	Chan Cho Kong	EVANGEL	12.23
5	Kwok Pak Fai	SFXC	12.29
6	Leung Ching Hin	TTCA	12.38
7	Fan Chi Nam	WSS	13.04

**200m**

1	Wong Cheuk Lok	PLKNPL	24.65
2	Chan Cho Kong	EVANGEL	25.09
3	Lam Man Ching	SBC	25.23
4	Chow Chung Yin	PLKNPL	25.56
5	Leung Ching Hin	TTCA	25.76
6	To Hung King	LKPFC	25.77
7	Wong Cheuk Yin	TTCA	26.03
8	Ng Kai Sum	STCC	28.16

**400m**

1	Ma Wai Ting	PLKNPL	58.40
2	Li Tsz Shing	SFXC	58.83
3	Lam Man Ching	SBC	59.10
4	Chan Ka Long	MMWC	59.28
5	Kwan Chi Fung	K-LING	1 : 00.94
6	Lung Mason Yat Hin	PLKNPL	1 : 02.61
7	Tang Wing Kit	LCP	1 : 04.89

**1500m**

1	Ko Cheuk Man	PLKNPL	4 : 41.64
2	Tse Chi Wai	K-LING	4 : 52.44
3	So Ping Kong	MMWC	4 : 56.22
4	Yiu Cheuk Kai	KLSS	4 : 58.53
5	Sze Siu Yung Jacky	STCC	4 : 58.91
6	Hui Yik Man	CCCRSS	4 : 59.45
7	Yong Zhen Yuan	TTCA	5 : 07.14
8	Chung Ka Chun	TTCA	5 : 08.24

**4x100m Relay**

1		NPC	47.92
2		HLC	49.57
3		SFXC	49.82
4		LKPFC	50.12
5		PTAL	50.29
6		TTCA	51.42

**High Jump**

1	Chan Hin Tung	TTCA	1.63
2	Sun Ho Ming	PTAL	1.60
3	Cheung Chun Hei	PLKNPL	1.55
4	Li Tsz Kit	YYINO.3	1.50
5	Lam Tsz Chung	TTCA	1.50
=6	Ng Chi Ho	SFXC	1.45
=6	Wong Wing Tung	DMS-GP	1.45
=8	Mok Cheuk Wing	WSS	1.45
=8	Cheung Chung Sing	KLSS	1.45

**Triple Jump**

1	Lau Cheong	HLC	10.97
2	Lai Ka Sin	SFXC	10.61
3	Cheng Mun Lam	CCCRSS	10.50
4	Wong Ho Ching Ivan	STCC	10.49
5	Lau Pak Hong	CLS	10.37
6	Ng Chi Ho	SFXC	9.97
7	Chong Pak Kan	PLKNPL	9.88
8	Yung Hing Wo	CLS	9.68

**Discus**

1	Lam Ki Tim	PLKNPL	27.53
2	Cheung Hau Ming	CCCRSS	26.22
3	Ma Hei Yat	PTAL	25.70
4	Yeung Wai Kit	K-LING	25.63
5	Or Ming Tsun	STCC	25.33
6	Chung Chun Sun	PLKNPL	24.73
7	Chan Wai Chung	HLC	24.30
8	Wong Kin Wai	LCP	23.65

**800m**

1	Ko Cheuk Man	PLKNPL	2 : 14.72
2	Tse Chi Wai	K-LING	2 : 15.37
3	Chan Ka Long	MMWC	2 : 16.88
4	Yong Zhen Yuan	TTCA	2 : 19.35
5	Yiu Cheuk Kai	KLSS	2 : 20.99
6	Chan Sze Ho	CCMFSS	2 : 23.16
7	So Ping Kong	MMWC	2 : 23.52
8	Wong Hoi Fung	NPC	2 : 25.55

**100m Hurdles**

1	Chan Wai Chung	HLC	15.65
2	Ma Wai Ting	PLKNPL	16.12
3	Li Chun Nam Ivan	PLKNPL	16.38
4	Yeung Chun Wai	CCCRSS	16.89
5	Lai Chun Hay	MFS	17.30
6	Lai Ka Hin	SFXC	17.68
7	Chan Lap Hei	KTS	18.20
8	Lau Hoi Nap	TTCA	18.54

**4x400m Relay**

1		PLKNPL	3 : 58.39
2		TTCA	4 : 00.14
3		MMWC	4 : 01.99
4		K-LING	4 : 03.79
5		CCCRSS	4 : 07.59
6		NPC	4 : 08.79
7		SBC	4 : 09.31
8		KLSS	4 : 10.22

**Long Jump**

1	Lau Cheong	HLC	5.62
2	Wong Tsz Chun	CCK	5.45
3	Ng Cheung Yu	NPC	5.44
4	Lam Tsz Chung	TTCA	5.35
5	Cheung Chun Hei	PLKNPL	5.25
6	Cheng Mun Lam	CCCRSS	5.17
7	Choi Wing Lit	LKPFC	4.96
8	Li Chun Nam Ivan	PLKNPL	4.91

**Shot Put**

1	Leung Ho Bun	TTCA	10.68
2	Lo Ka Lok	WSS	10.59
3	So Tsz Ho	CCCRSS	10.58
4	Chan Tat Pan	PTAL	10.57
5	Kwok Yee Shing	K-LING	10.20
6	Fung Tin Shing	CCCRSS	10.06
7	Lam Ki Tim	PLKNPL	9.97
8	Chan Oliver	NDC	9.77

**Javelin**

1	Chan Tak Pan	PTAL	34.24
2	Sa Yung San	LKPFC	30.40
3	Choi Wing Lit	LKPFC	29.62
4	Tsang Cheuk Wa	PTAL	25.29
5	Wong King Yu	HLC	24.92
6	Fung Kwok Wai	CCK	24.19
7	Leung Shun Ming	NDC	22.93
8	Ronnie Ma	VSA	21.62

## Boys C Grade

### 100m

1	Lam Ching Long	EVANGEL	12.75
2	Law Kai Him	CLS	12.80
3	Lam Ho Fai	PTAL	12.85
4	Lam King Hong	LCP	12.98
5	Leung Yan Chi	MFS	13.05
6	Siu Long Yin	PLKNPL	13.26
7	Lau Hon Yin	LKPFC	13.38
8	Chan Hoi Wong	YYINO.3	13.44

### 400m

1	Poon Ching Kwong	SKHSBS	1 : 01.09
2	Li Shing On	WSS	1 : 01.95
3	Lo Kwan Tai	CCCRSS	1 : 02.76
4	Yuen Yau	TTCA	1 : 03.80
5	Lau Cheuk Yin	EVANGEL	1 : 04.07
6	Tsoi Tsz Chun	K-LING	1 : 04.80
7	Tsui Chun Lok	HKUGA	1 : 04.86
8	Chung Sau Fung	K-LING	1 : 13.40

### 1500m

1	Chan Long Ting	LKPFC	4 : 43.23
2	Lam Wing Ho	PLKNPL	5 : 10.20
3	Chan Chun Yin	TTCA	5 : 11.04
4	Ng Choi Long	TTCA	5 : 12.92
5	Lai Siu Hang	EVANGEL	5 : 25.68
6	Ng Ka Sun	MMWC	5 : 28.52
7	Tsang Chun Kit	SBC	5 : 28.62
8	Chu Long San Elvis	HKUGA	5 : 29.96

### 4x100m Relay

1		EVANGEL	52.54
2		TTCA	52.79
3		CCCRSS	53.03
4		PTAL	53.08
5		SFXC	53.17
6		NPC	53.72
7		PLKNPL	58.91

### High Jump

1	Yau Chun Hei	TTCA	1.40
2	Wong Yin Lam	EVANGEL	1.30
=3	Leung Kin Lok	TTCA	1.30
=3	Puk Chin Man	CLS	1.30
5	Kam Ching Ning	SFXC	1.30
6	Cheung Hoi Long	EVANGEL	1.30
7	Li Wing Lok	YYINO.3	1.30
8	Au Chun Ki	K-LING	1.25

### 200m

1	Lam Ho Fai	PTAL	26.41
2	Lam King Hong	LCP	26.55
3	Chan Sze Yuen	CLS	26.56
4	Lau Hon Yin	LKPFC	27.11
5	Poon Ching Kwong	SKHSBS	27.25
6	Fok Brian	SEKSS-WK	27.91
7	Yim Chun Chiu	KTS	28.21

### 800m

1	Chan Long Ting	LKPFC	2 : 16.37
2	Chan Sze Yuen	CLS	2 : 28.10
3	Lam Wing Ho	PLKNPL	2 : 28.78
4	Chan Chun Yin	TTCA	2 : 31.61
5	Ng Choi Long	TTCA	2 : 34.40
6	Chan Chung Yin	WSS	2 : 39.29
7	Ying Sze Long	KTS	2 : 40.41
8	Fan Joey	PLKNPL	2 : 40.70

### 100m Hurdles

1	Law Kai Him	CLS	18.21
2	Yiu Pak Cheung	KLSS	18.90
3	Chin Chi Kit	CCCRSS	18.99
4	Lo Hang Hing	SFXC	19.17
5	Hong Yan Amos	EVANGEL	19.35
6	Ho Tsz Chun	CCK	19.40
7	Hung Chun Kit	TTCA	20.18
8	Chan Kok U	TTCA	20.20

### 4x400m Relay

1		SKHSBS	4 : 19.63
2		CLS	4 : 21.21
3		TTCA	4 : 24.99
4		PLKNPL	4 : 25.64
5		EVANGEL	4 : 27.22
6		K-LING	4 : 28.59
7		KTS	4 : 29.24
8		CCCRSS	4 : 39.62

### Long Jump

1	Leung Yan Chi	MFS	5.06
2	Chow Tin Nok	MFS	4.99
3	Leung Chun On	CLS	4.81
4	Yau Chun Hei	TTCA	4.74
5	Kato Cheung	VSA	4.59
6	Yun Kai Kin	SFXC	4.57
7	Lai Siu Hang	EVANGEL	4.51
8	Lam Wing Ho	STCC	4.51

**Shot Put**

1	Choi Ka Ching	PLKNPL	9.75
2	Chang Kwok Yin	CCCRSS	9.36
3	Lo Ka Yau	EVANGEL	9.35
4	Leong Ho Yin	LCP	9.32
5	Lui Wing Chi	CCCRSS	9.15
6	Lam Yau Chuen	KLSS	8.65
7	Wong Chun Hin	TTCA	8.60
8	Wan Yiu Hei	EVANGEL	8.50

**Discus**

1	Lui Wing Chi	CCCRSS	25.15
2	Chang Kwok Yin	CCCRSS	24.36
3	Choi Ka Ching	PLKNPL	24.15
4	Lam Yau Chuen	KLSS	23.72
5	Wong Tsz Fung	STCC	23.68
6	Li Ka Chun	KLSS	19.50
7	Chan Tsz Hin	SKHSBS	19.47
8	Mak Ho Fung	K-LING	19.36

**Girls A Grade****100m**

1	Loh Mei Sze	CMASS	13.54
2	Szeto Joei	WTSMC	13.69
3	Cheung Hiu Tung Shanty	YCIS	14.04
4	Yuen Ka Man	WTSMC	14.13
5	Ngan Wai Yee	UCC-THT	14.23
6	Liu Tsz Yan	TTCA	14.31
7	Leung Man Wah	UCC-THT	14.50
8	Lau Ping	TKOGSS	15.18

**200m**

1	Szeto Joei	WTSMC	28.57
2	Cheung Hiu Tung Shanty	YCIS	29.34
3	Ngan Wai Yee	UCC-THT	29.66
4	Tam Ka Wing	MDIST	30.52
5	Ho Ka Lee	TKOGSS	30.78
6	Ng Ping Wai	HTC	31.30
7	Chan Sau Ying	KSSS	31.41
8	Lo Sin Lan	SEKSS-WK	32.04

**400m**

1	Lee Ka Wai	KSSS	1 : 08.85
2	Ng Ping Wai	HTC	1 : 12.60
3	Rehana	SEKSS-WK	1 : 12.86
4	Lo Sin Lan	SEKSS-WK	1 : 13.56
5	Chan Kit Ting	HTC	1 : 14.16
6	Tsoi Ming Yue Doris	FSS-KT	1 : 15.65
7	Chan Wing Sum	KSSS	1 : 16.96

**800m**

1	Lee Ka Wai	KSSS	2 : 46.67
2	Yeung Lee Na	SKHSBS	2 : 49.36
3	Wong Yee Man	HTC	2 : 49.97
4	Lee Yim Mui	DMS-GP	2 : 57.33
5	Leung Wing Ying	KSSS	2 : 59.02
6	Yip Cheuk Man	TKOGSS	3 : 01.75
7	Hui Yuen Yi	NPC	3 : 04.13
8	Liang Shan Shan	SEKSS-WK	3 : 06.86

**1500m**

1	Yip Cheuk Man	TKOGSS	6 : 14.58
2	Wong Yee Man	HTC	6 : 21.90
3	Tsang Ka Ki	FSS-KT	6 : 32.30
4	Leung Wing Ying	KSSS	6 : 37.85
5	Chan Yee Wa	WSS	6 : 47.81
6	Lee Chui Man	KLSS	6 : 56.12
7	Ho Shuk Ching	MMWC	7 : 12.21
8	Shah Sanna Ali	SEKSS-WK	7 : 18.85

**100m Hurdles**

1	Ho Ka Lee	TKOGSS	17.92
2	So Wing Wai Vivien	HFCC	18.38
3	Leung Kit Yan	STCC	18.80
4	Fung Hiu Tung Christin	YCIS	19.33
5	Hui Lok Man	HTC	19.47
6	Chan Shuk Yung	CCMFSS	19.95
7	Kwong Yuen Ki	MDIST	20.00
8	Chan Wing Yee	HTC	21.13

**4x100m Relay**

1		WTSMC	56.62
2		TKOGSS	57.82
3		HFCC	57.86
4		UCC-THT	57.99
5		YCIS	59.21
6		K-LING	59.39
7		NPC	1 : 00.74
8		HTC	1 : 00.81

**4x400m Relay**

1		K-LING	4 : 56.18
2		HFCC	4 : 58.89
3		HTC	5 : 03.89
4		TKOGSS	5 : 17.08
5		SEKSS-WK	5 : 18.25
6		MMWC	5 : 19.05
7		CCMFSS	5 : 26.40

**High Jump**

1	Lai Man Yin Mariza	HFCC	1.36
2	Yip Si Pui	TKOGSS	1.31
3	Pun Cheong Yuk	WSS	1.31
4	Chow Pui Man	HLC	1.26
5	Chan Kit Ting	HTC	1.21
=6	Chan Yuk Ting	KSSS	1.16
=6	Ma Donny	KLSS	1.16
=8	Xu Bingjie	NDC	1.11
=8	Ng Yuk Yee	K-LING	1.11

**Long Jump**

1	Loh Mei Sze	CMASS	5.40
2	Liu Tsz Yan	TTCA	4.49
3	Wong Yuk Yin	K-LING	4.26
4	Lau Ka Man	KSSS	4.19
5	Chan Ka Yee	HTC	4.02
6	Wan Siu Hang	KSSS	4.01
7	Yu Man Ling	DMS-GP	3.89
8	Wong Shan Yu	NDC	3.88

**Shot Put**

1	Ma Man Kaai	CMASS	10.28
2	Fung Hiu Tung Christin	YCIS	7.79
3	Yip Si Pui	TKOGSS	7.47
4	Chan Hoi Yan	NPC	7.40
5	Tam Wai Ping	YCIS	7.17
6	Chau Zhi Min	NPC	7.12
7	Chan Kai Lee	MDIST	7.02
8	Wong Shan Yu	NDC	6.93

**Discus**

1	Ma Man Kaai	CMASS	23.05
2	Lee Kit Man Stephanie	MFS	20.59
3	Yu Mei Kwan	NMC	17.91
4	Leung Ling Yu	KSSS	17.89
5	Leung Po Yu	HLC	17.81
6	Fong Yiu Chu	KLSS	17.40
7	Leung Man Wah	UCC-THT	16.79
8	Chan Chui Wing	PLKNPL	16.74

**Javelin**

1	Yeung Lee Na	SKHSBS	17.29
2	Chan Wai Yan	KSSS	15.54
3	Chan Kai Lee	MDIST	13.57
4	Chow Po Wa	KSSS	13.08
5	Au Wing Yi	PLKNPL	12.94
6	Tsoi Lee Lee	NDC	12.93
7	Ip Wai Lan	K-LING	12.39
8	Yeung Sin Man	PLKNPL	10.99

**Girls B Grade****100m**

1	Siu Yat Mei	HTC	14.08
2	Leung Toi Ling	EVANGEL	14.30
3	Yuen Hoi Dik Heidi	K-LING	14.39
4	Leung Wai Man	WSS	14.55
5	Lau Sin Kwan	NDC	14.58
6	Li Hui Min	KLSS	15.19
7	Wong Kam To	TKOGSS	15.21
8	Lee Wing Yi	CLS	15.26

**200m**

1	Siu Yat Mei	HTC	28.61
2	Debora Choi	PLKNPL	29.53
3	Lau Siu Man	SKHSBS	29.85
4	Yuen Hoi Dik Heidi	K-LING	29.92
5	Sin Chung Yee	KLSS	31.16
6	Wong Kam To	TKOGSS	31.53
7	Leung Toi Ling	EVANGEL	31.62

**400m**

1	Lau Siu Man	SKHSBS	1 : 08.87
2	Cheung Chui Ying	TTCA	1 : 10.46
3	Lit Hoi Ning	CLS	1 : 12.64
4	Ngai Lok Man	WSS	1 : 14.28
5	Fong Tsz Yan	UCC-THT	1 : 14.79
6	Chan Pui Yau	PLKNPL	1 : 14.86
7	Lam Tung Sim	CCMFSS	1 : 15.20
8	Yee Ka Ling	HLC	1 : 18.40

**800m**

1	Chan Ka Man	FSS-KT	2 : 50.20
2	Lau Hiu Ming Janet	TTCA	2 : 57.78
3	Lit Hoi Ning	CLS	2 : 57.95
4	Siu Zung Chi Grace	WSS	2 : 57.97
5	Chan Ka Man	TKOGSS	3 : 00.84
6	Cheung Ka Yin	KSSS	3 : 03.12
7	Chiu Tin Ki	FSS-KT	3 : 03.96
8	Cheung Mei Yan	HTC	3 : 04.23

**1500m**

1	Chan Ka Man	FSS-KT	6 : 04.40
2	Lau Hiu Ming Janet	TTCA	6 : 23.68
3	Tang Chen	PLKNPL	6 : 24.36
4	Cheung Mei Yan	HTC	6 : 26.88
5	Chan Ka Man	TKOGSS	6 : 35.98
6	Cheung Ka Yin	KSSS	6 : 37.13
7	Siu Zung Chi Grace	WSS	6 : 50.66
8	Yung Chui Man	K-LING	6 : 53.56

**4x100m Relay**

1		PLKNPL	58.81
2		HTC	58.93
3		KSSS	59.32
4		WSS	59.91
5		SEKSS-WK	1 : 00.30
6		KLSS	1 : 00.38
7		TTCA	1 : 01.21
8		NDC	1 : 02.85

**High Jump**

1	Ng Yuen Wa	DMS-GP	1.33
2	Chiu Wing Hei Dorothy	YCIS	1.30
3	Ng Hei Tung	PLKNPL	1.25
4	Wong Kong Sze	UCC-THT	1.25
5	Kong Wing Yu	TTCA	1.20
6	Koo Wing Yee	YYINO.3	1.20
7	Cheng Wai Man	TTCA	1.20
=8	Leung Ka Yan	NDC	1.15
=8	Chau Kam Chi	TKOGSS	1.15
=8	Tse Mei Chun	WSS	1.15

**Shot Put**

1	Chui Ka Lok	TTCA	9.05
2	Cheung Yuen Yee	KSSS	8.42
3	Lam Yeung Yeung	KLSS	8.17
4	Fung Sin Ming	PLKNPL	7.93
5	Tong Hei	HTC	7.72
6	Tai Sze Ting	TKOGSS	7.38
7	Sin Chung Yee	KLSS	7.20
8	Ng Shan Shan	CCMFSS	6.95

**Girls C Grade****100m**

1	Wong Hiu Lam	EVANGEL	14.19
2	Chan Nok	LKPFC	14.26
3	Leung Bo Wan Bonita	EVANGEL	14.67
4	Lo Han Chi	HTC	14.68
5	Wong Yung Wei Nicole	YCIS	14.70
6	Chan Man Fu	HTC	14.80
7	Leung Lai Yee	CLS	14.81
8	Lam Hong Ching June	STCC	14.83

**100m Hurdles**

1	Fung Wai Man	HTC	19.45
2	Wong Kong Sze	UCC-THT	20.42
3	Yan Ka Lun Karen	TTCA	20.54
4	Li Jiaxin	NDC	20.65
5	Wong Yiu Lam	KSSS	21.42
6	Kan Po King	KLSS	21.46
7	Li Hui Min	KLSS	21.61
8	Chan Pui Yau	PLKNPL	21.93

**4x400m Relay**

1		YCIS	4 : 57.71
2		TKOGSS	4 : 58.86
3		TTCA	5 : 01.52
4		HTC	5 : 01.54
5		K-LING	5 : 11.17
6		KSSS	5 : 11.64
7		PLKNPL	5 : 14.04
8		UCC-THT	5 : 19.18

**Long Jump**

1	Shiu Long Ching	MDIST	4.26
2	Debra Choi	PLKNPL	4.24
3	Lau Sin Kwan	NDC	4.21
4	Yip Cheuk Ling	PLKNPL	4.16
5	Wong Yu Ling	LCP	3.99
6	Leung Ching Yi	K-LING	3.85
7	Wu Wai Chi	KLSS	3.80
8	Wong Wing Yi	MDIST	3.79

**Discus**

1	Chui Ka Lok	TTCA	24.21
2	Lam Yeung Yeung	KLSS	21.70
3	Yip Cheuk Ling	PLKNPL	21.31
4	Tong Hei	HTC	20.92
5	Fung Sin Ming	PLKNPL	20.01
6	Cheung Yuen Yee	KSSS	18.68
7	Rivera Daryl Naguiat	SEKSS-WK	17.85
8	Yao Oi Yi	HLC	17.75

**200m**

1	Chan Nok	LKPFC	30.14
2	Leung Bo Man Bonita	EVANGEL	30.23
3	Lo Han Chi	HTC	30.29
4	Wong Yung Wei Nicole	YCIS	30.51
5	Leung Wai Yan	HTC	31.02
6	Lee Tsz Kwan	KSSS	31.10
7	Tiffany Tse	VSA	31.31
8	Au Yeung Chung Yan	HKUGA	31.62

**400m**

1	Cheng Chin Nung	KSSS	1 : 12.34
2	Ho Chung Yan	TKOGSS	1 : 13.23
3	Tsang Sze Wing	TKOGSS	1 : 13.65
4	Hung Yuk Ying	K-LING	1 : 14.08
5	Poon Ka Man	WSS	1 : 14.69
6	Kwok Hoi Yan	EVANGEL	1 : 14.91
7	Ho Yuk Hei	K-LING	1 : 15.48
8	Tong Tsz Huen	PLKNPL	1 : 20.72

**800m**

1	Ng Wai Yiu	WSS	2 : 50.20
2	Lai Tsz Ching	K-LING	2 : 50.82
3	Yeung Tsz Lam Jamie	TTCA	2 : 52.55
4	Yim Wai Yee	KLSS	2 : 54.89
5	Kwok Hoi Yan	EVANGEL	2 : 55.66
6	Lo Hei Yin	HKUGA	3 : 04.23
7	Choi Sin Yi	KSSS	3 : 04.80
8	Chan Kit Sheung Gloria	KSSS	3 : 04.86

**1500m**

1	Ng Wai Yiu	WSS	5 : 53.14
2	Lau Ching Ning	MDIST	5 : 55.84
3	Yeung Tsz Lam Jamie	TTCA	5 : 57.02
4	Lai Tsz Ching	K-LING	5 : 58.85
5	Chan Ching Man	PLKNPL	6 : 16.51
6	Shum Wing Yuen	HTC	6 : 24.63
7	Krishnan Sundaramoorthy	HKUGA	6 : 27.03
8	Chan Kit Sheung Gloria	KSSS	6 : 30.87

**100m Hurdles**

1	Tse Yu Ying Lisa	YCIS	19.76
2	Lee Yuen Kei	EVANGEL	20.08
3	Yau Sin Tung	HLC	20.39
4	Yim Tung Ngai	TKOGSS	21.13
5	Wong Tsz Ki	TTCA	21.23
6	Dong Nok Yan	CLS	21.60
7	Mak Hoi Ying	TTCA	22.30

**4x100m Relay**

1		EVANGEL	56.79
2		HTC	59.01
3		TTCA	59.36
4		HLC	59.50
5		K-LING	59.99
6		CLS	1 : 00.08
7		PLKNPL	1 : 00.36
8		STCC	1 : 01.82

**4x400m Relay**

1		K-LING	4 : 44.86
2		TKOGSS	5 : 01.76
3		VSA	5 : 07.25
4		TTCA	5 : 08.50
5		KLSS	5 : 12.13
6		HKUGA	5 : 12.57

**High Jump**

1	Ho Chung Yan	TKOGSS	1.35
2	Chow Lok Yiu	MDIST	1.25
3	Pun Siu Wan	WSS	1.25
=4	Choi Man Yi	HLC	1.20
=4	Lam Pik Ki	CCCRSS	1.20
6	Lee Tsz Ching	CCCRSS	1.20
7	Ho Ka Man	HLC	1.20
8	Ho Mei Han	HTC	1.20

**Long Jump**

1	Wong Tsz Ki	TTCA	4.12
2	Wong Hiu Lam	EVANGEL	4.06
3	Tong Tsz Huen	PLKNPL	3.91
4	Leung Wai Yan	HTC	3.80
5	Ng Yat Fan	MDIST	3.76
6	Chan Wan Chi	WTSMC	3.72
7	Lo Wing Chuen	KLSS	3.72
8	Mok Wing Sze	STCC	3.70

**Shot Put**

1	Kwok Sin Tung	KSSS	7.48
2	Yau Wing Ching	LCP	7.01
3	Chan Yee Shan	K-LING	6.84
4	Li Gwei Yeng Grace	EVANGEL	6.62
5	Nagar Dainnie Louise C	SEKSS-WK	6.53
6	Werr Kacy Crystal	SEKSS-WK	6.50
7	Ho Ka Bo	KSSS	6.05
8	Wong Ka Yan	KLSS	6.02

**Discus**

1	Kwok Sin Tung	KSSS	15.64
2	Fong Wing Long	NDC	15.49
3	Poon Ka Po	PLKNPL	14.89
4	Lai Ka Man	NDC	14.14
5	Tifany Fan	VSA	13.63
6	Werr Kacy Crystal	SEKSS-WK	13.59
7	Nagar Dainnie Louise C	SEKSS-WK	11.82
8	Tam Nga Yung	EVANGEL	11.77

\*\*\*\*\* The End \*\*\*\*\*

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School	Day 2	LJ	200m	800m	100m	JV	5000m	400m	110mH	4x400	4x100	Total
1 KLSS	40	1		16		6	5			8		76
2 CCMFSS	47.50			5	3	7	3		3			68.50
3 PTAL	15	3	9		9	1		7	4		14	62
4 SKHSBS	6		13		4	10		9		18		60
5 MMWC	31		2				10	2		14		59
6 PLKNPL	23	6	4				9		5	2	8	57
7 HLC	20			4	9				2		18	53
8 K-LING	20.50		3	6		4	5			4		42.50
9 YCIS	18				1		13			6		38
10 CCCRSS	11			3		2		4		10		30
11 NMC	10	7				3			9			29
11 SFXC	27						2					29
13 WTSMC	5			2				9		12		28
14 DMS-GP	6	14				5						25
15 NDC	6				5						12	23
16 LKPFC	3					2		5			10	20
17 YYINO.3	9	8		1				1				19
18 CLS	5		5						6			16
19 LCP	5								7			12
20 TTCA	3					8						11
21 FSS-KT	10											10
22 CCK	8											8
22 STCC	8											8
22 MDIST	2				6							8
25 LSK	7											7
26 KTS	6											6
26 UCC-THT	6											6
28 SBC	5											5
29 MFS	4											4
29 WSS		4										4
31 SEKSS-WK	2						1					3
32 BC-TKO												
32 EVANGEL												
32 HKUGA												
32 NPC												
32 VSA												

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Boys B Grade Day 3

School	Day 2	SP	200m	800m	100m	LJ	400m	100mH	4x400	4x100	Total
1 PLKNPL	48	4	14	9	16	7	12	13	18		141
2 TTCA	32	10	6	5	3	6		1	14	6	83
3 HLC	23					10		9		14	56
4 CCCRSS	26	11				4		5	8		54
5 PTAL	39	6								8	53
6 K-LING	26	5		7			4		10		52
7 SFXC	23.50				4		7	3		12	49.50
8 MMWC	15	1		8			5		12		41
9 NPC	7			1		7			6	18	39
10 LKPFC	19		3			3				10	35
11 STCC	25		1								26
12 SBC	8		6				6		4		24
13 KLSS	13.50			4					2		19.50
14 WSS	8.50	8			2						18.50
15 EVANGEL	2		7		5						14
16 CCK	5					8					13
17 LCP	9						2				11
18 DMS-GP	4.50				6						10.50
19 CCMFSS	4			3							7
19 CLS	7										7
19 UCC-THT	7										7
22 KTS	3					1		2			6
22 MFS	1					1		4			6
22 NDC	4	2									6
22 YYINO.3	6										6
26 VSA	3										3
27 WTSMC	2										2
27 HKUGA	2										2
27 YCIS	2										2
30 MDIST	1										1
30 SEKSS-WK	1										1
32 BC-TKO											
32 FSS-KT											
32 LSK											
32 NMC											
32 SKHSBS											

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Boys C Grade

Day 3

School	Day 2	200m	800m	100m	SP	400m	100mH	4x400	4x100	Total
1 TTCA	47.50		9		4	5	3	12	14	94.50
2 EVANGEL	31			9	9	4	4	8	18	83

3	CCCRSS	31			13	6	6	2	12	70
4	CLS	19.50	6	7	7		9	14		62.50
5	PLKNPL	26		7	3	10		10	4	60
6	SKHSBS	10	4				9	18		41
7	PTAL	11	9		6	1			10	37
8	SFXC	20				1	5		8	34
9	MFS	29			4					33
10	LKPFC	15	5	9	2					31
11	K-LING	15				1	4		6	26
11	LCP	8	7		5	6				26
13	KLSS	13				4		7		24
14	KTS	10	2	2					4	18
15	HKUGA	14				1	2			17
15	WSS	7		3			7			17
17	STCC	13				1				14
18	MMWC	11				1				12
18	HLC	12								12
18	VSA	12								12
21	NPC	5							6	11
22	SEKSS-WK	4	3			1				8
23	CCK	2						3		5
23	YYINO.3	4			1					5
25	SBC	4								4
26	YCIS	2								2
27	DMS-GP	1								1
27	MDIST	1								1
27	UCC-THT	1								1
30	BC-TKO									
30	CCMFSS									
30	FSS-KT									
30	LSK									
30	WTSMC									
30	NMC									
30	NDC									

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Boys Overall

Day 3

School		A	B	C	Total
1 PO LEUNG KUK NGAN PO LING COLLEGE	PLKNPL	57	141	60	258
2 TSUNG TSIN CHRISTIAN ACADEMY	TTCA	11	83	94.50	188.50
3 CCC ROTARY SECONDARY SCHOOL	CCCRSS	30	54	70	154
4 PENTECOSTAL SCHOOL	PTAL	62	53	37	152
5 HO LAP COLLEGE	HLC	53	56	12	121

6 KING LING COLLEGE	K-LING	42.50	52	26	120.50
7 KO LUI SECONDARY SCHOOL	KLSS	76	19.50	24	119.50
8 ST. FRANCIS XAVIER'S COLLEGE	SFXC	29	49.50	34	112.50
9 CCC MONG MAN WAI COLLEGE	MMWC	59	41	12	112
10 SKH ST. BENEDICT'S SCHOOL	SKHSBS	60	—	41	101
11 EVANGEL COLLEGE	EVANGEL	—	14	83	97
12 NLSI LUI KWOK PAT FONG COLLEGE	LKPFC	20	35	31	86
13 CONCORDIA LUTHERAN SCHOOL - KOWLOON	CLS	16	7	62.50	85.50
14 CARITAS CHAIWAN MARDEN FOUNDATION SEC SCH	CCMFSS	68.50	7		75.50
15 NING PO COLLEGE	NPC		39	11	50
16 YCH LAN CHI PAT MEMORIAL SECONDARY SCHOOL	LCP	12	11	26	49
17 ECF SAINT TOO CANAAN COLLEGE	STCC	8	26	14	48
18 MARYKNOLL FATHERS' SCHOOL	MFS	4	6	33	43
19 YEW CHUNG INTERNATIONAL SCHOOL - HK SEC SCH	YCIS	38	2	2	42
20 WORKERS' CHILDREN SECONDARY SCHOOL	WSS	4	18.50	17	39.50
21 DELIA MEMORIAL SCHOOL - GLEE PATH	DMS-GP	25	10.50	1	36.50
22 ST. BONAVENTURE COLLEGE AND HIGH SCHOOL	SBC	5	24	4	33
23 KOWLOON TECHNICAL SCHOOL	KTS	6	6	18	30
23 HKSZYCIA WONG TAI SHAN MEMORIAL COLLEGE	WTSMC	28	2		30
23 THE HKTA YUEN YUEN INSTITUTE NO. 3 SEC SCH	YYINO.3	19	6	5	30
26 NOTRE DAME COLLEGE	NDC	23	6		29
26 NEW METHOD COLLEGE	NMC	29	—	—	29
28 COGNITIO COLLEGE - KOWLOON	CCK	8	13	5	26
29 HKUGA COLLEGE	HKUGA	—	2	17	19
30 VICTORIA SHANGHAI ACADEMY (SEC SECTION)	VSA	—	3	12	15
31 UNITED CHRISTIAN COLLEGE - TAI HANG TUNG	UCC-THT	6	7	1	14
32 SIR ELLIS KADOORIE SEC SCHOOL (WEST KLN)	SEKSS-WK	3	1	8	12
33 FUKIEN SECONDARY SCHOOL - KWUN TONG	FSS-KT	10		—	10
33 METHODIST COLLEGE	MDIST	8	1	1	10
35 HKICC LEE SHAU KEE SCHOOL OF CREATIVITY	LSK	7	—	—	7
36 BEACON COLLEGE - TSEUNG KWAN O	BC-TKO		—	—	

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School	Day 2	DC	200m	800m	100m	HJ	400m	100mH	4x400	4x100	Total
1 TKOGSS	28	2	4	3	1	8		9	10	14	79
2 KSSS	38	7	2	13		2.50	11				73.50
3 HTC	25		3	6		4	11	5	12	2	68
4 HFCC	6					10		7	14	12	49
5 YCIS	20		7		6			5		8	46
6 WTSMC	5		9		12					18	44
7 K-LING	17					0.50			18	6	41.50

8	CMASS	21	10			9					40
9	UCC-THT	8	3	6		6			10		33
10	SEKSS-WK	9		1	1		11		8		30
11	NPC	14			2					4	20
12	MDIST	12		5				2			19
13	SKHSBS	11			7						18
14	HLC	6	5				6				17
15	KLSS	9	4				2.50				15.50
16	MMWC	7							6		13
16	WSS	6					7				13
18	CCMFSS	5						3	4		12
18	DMS-GP	7			5						12
18	TTCA	9				3					12
21	FSS-KT	8					3				11
22	STCC	3						6			9
23	MFS		8								8
24	NDC	7					0.50				7.50
25	NMC		7								7
25	PLKNPL	5	2								7
27	CLS	3									3
28	LSK	1									1
28	YYINO.3	1									1
28	LCP	1									1
31	CCCRSS										
31	EVANGEL										
31	LKPFC										
31	SBC										
31	VSA										
31	HKUGA										

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Girls B Grade Day 3

School	Day 2	HJ	200m	800m	100m	400m	100mH	4x400	4x100	Total	
1	PLKNPL	47	7	7		3	1	4	18	87	
2	TTCA	38	8		7	7	6	12	4	82	
3	HTC	28		9	1	9		9	10	14	80
4	KSSS	29			3			4	6	12	54
5	KLSS	31		4		3		5		6	49
6	TKOGSS	20	0.33	3	4	2			14		43.33
7	WSS	8	0.33		5	5	5			10	33.33
8	K-LING	14		5		6			8		33
9	YCIS	6	8						18		32
10	UCC-THT	6	6				4	7	2		25



14	SEKSS-WK	18			6		24
15	HKUGA	13	1	3		6	23
16	CLS	8		2	3	6	19
17	LKPFC	2	9	7			18
18	NDC	2			14		16
19	CCCRSS	14.50					14.50
20	STCC	11		1		2	14
21	MFS	8					8
21	LCP	8					8
23	NPC	6					6
24	WTSMC	4					4
25	MMWC	3					3
25	YYINO.3	3					3
27	CCMFSS	1					1
27	SBC	1					1
29	CMASS						
29	DMS-GP						
29	FSS-KT						
29	LSK						
29	HFCC						
29	NMC						
29	SKHSBS						
29	UCC-THT						

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Girls Overall Day 3

School		A	B	C	Total	
1	HOLY TRINITY COLLEGE	HTC	68	80	58	206
2	TSEUNG KWAN O GOVERNMENT SECONDARY SCHOOL	TKOGSS	79	43.33	58	180.33
3	KIT SAM LAM BING YIM SECONDARY SCHOOL	KSSS	73.50	54	49	176.50
4	TSUNG TSIN CHRISTIAN ACADEMY	TTCA	12	82	66	160
5	KING LING COLLEGE	K-LING	41.50	33	66	140.50
6	PO LEUNG KUK NGAN PO LING COLLEGE	PLKNPL	7	87	32	126
7	YEW CHUNG INTERNATIONAL SCHOOL - HK SEC SCH	YCIS	46	32	26	104
8	EVANGEL COLLEGE	EVANGEL	-	12	82	94
9	KO LUI SECONDARY SCHOOL	KLSS	15.50	49	26	90.50
10	WORKERS' CHILDREN SECONDARY SCHOOL	WSS	13	33.33	39	85.33
11	SIR ELLIS KADOORIE SEC SCHOOL (WEST KLN)	SEKSS-WK	30	16	24	70
12	UNITED CHRISTIAN COLLEGE - TAI HANG TUNG	UCC-THT	33	25		58
13	METHODIST COLLEGE	MDIST	19	13	25	57
14	HO LAP COLLEGE	HLC	17	5	33.50	55.50
15	HKSYCIA WONG TAI SHAN MEMORIAL COLLEGE	WTSMC	44	4	4	52
16	HOLY FAMILY CANOSSIAN COLLEGE	HFCC	49	-	-	49

17 NOTRE DAME COLLEGE	NDC	7.50	23.33	16	46.83
18 CMA SECONDARY SCHOOL	CMASS	40	-	-	40
19 CONCORDIA LUTHERAN SCHOOL - KOWLOON	CLS	3	17	19	39
20 SKH ST. BENEDICT'S SCHOOL	SKHSBS	18	17	-	35
21 FUKIEN SECONDARY SCHOOL - KWUN TONG	FSS-KT	11	23	-	34
22 NING PO COLLEGE	NPC	20	4	6	30
23 VICTORIA SHANGHAI ACADEMY (SEC SECTION)	VSA	-	-	29	29
24 DELIA MEMORIAL SCHOOL - GLEE PATH	DMS-GP	12	11	-	23
24 HKUGA COLLEGE	HKUGA	-	-	23	23
24 ECF SAINT TOO CANAAN COLLEGE	STCC	9	-	14	23
27 MARYKNOLL FATHERS' SCHOOL	MFS	8	3	8	19
28 NLSI LUI KWOK PAT FONG COLLEGE	LKPFC	-	-	18	18
28 CARITAS CHAIWAN MARDEN FOUNDATION SEC SCH	CCMFSS	12	5	1	18
30 CCC MONG MAN WAI COLLEGE	MMWC	13	1	3	17
31 YCH LAN CHI PAT MEMORIAL SECONDARY SCHOOL	LCP	1	6	8	15
32 CCC ROTARY SECONDARY SCHOOL	CCCRSS	-	-	14.50	14.50
33 THE HKTA YUEN YUEN INSTITUTE NO. 3 SEC SCH	YYINO.3	1	4	3	8
34 NEW METHOD COLLEGE	NMC	7	-	-	7
35 ST. BONAVENTURE COLLEGE AND HIGH SCHOOL	SBC	-	1	1	2
36 HKICC LEE SHAU KEE SCHOOL OF CREATIVITY	LSK	1	-	-	1