

# Inter-School Athletics Championships 2008/2009

## HK Island & Kowloon

### Division One (Final Results)

#### Boys A Grade

wind speed : + 0.8

##### 100m

1	Lai Chun Ho	DBS	10.70
2	Ng ka Fung	CGHC	10.91
3	Chan Kei Fung	CGHC	11.01
4	Yau Hung Hoi	SKSS	11.11
5	Kwan Tsz Him	DBS	11.34
6	Lee Chun Wing	SJAC	11.44
7	Aaron Tang	KGV	11.61
8	Chan Kai Ming	CSWCSS	11.64

##### 400m

1	Daniel St Paul	KGV	51.29
2	Edward St Paul	KGV	51.57
3	Lam Hing Ho	YCKMC	51.88
4	Leung Hoi Kit	HPCCS	52.61
5	Au Yeung Chun Yu	LSC	53.01
6	Chung Ho Bong	DBS	53.02
7	Fung Man Kit	SJAC	53.25
8	Yau Ka Ho	HPCCS	53.51

##### 1500m

1	Lo Chun Bong	LSC	4 :21.66
2	Wong Tsz Chung	HPCCS	4 :22.15
3	Yuen Ho Yin	DBS	4 :22.91
4	Lai Jun Man	LSC	4 :27.26
5	Ng Tak Wo	CHECSS	4 :33.15
6	Chan Lok Kan	DBS	4 :35.05
7	Tsui Chi Kin	CGHC	4 :37.05
8	Daniel Cheung	WIS	4 :39.50

wind speed : + 0.6

##### 110m Hurdles

1	Lai Tsz Chung	CGHC	14.97
2	Woo Siu Sing	WFN	15.33
3	Lam Lok Fung	LSC	15.37
4	Foo Kuk Cheung	YCKMC	15.45
5	Ho Chun Wing	SSCS	15.77
6	Mok Wai Hin	CHECSS	15.84
7	Yu Wai Hin	DBS	15.85
8	Tang Kai Tat	CHECSS	15.91

wind speed : + 1.6

##### 200m

1	Lai Chun Ho	DBS	22.06
2	Ng Ka Fung	CGHC	22.09
3	Chan Kei Fung	CGHC	23.06
4	Edward St Paul	KGV	23.29
5	Lee Chun Wing	SJAC	23.39
6	Lam Hing Ho	YCKMC	23.40
7	Chan Kai Ming	CSWCSS	23.44
8	Lau Kwok Pan	DBS	23.45

##### 800m

1	Ng Tak Wo	CHECSS	2 : 7.10
2	Lui Sze Chun	SJAC	2 : 7.45
3	Daniel St Paul	KGV	2 : 8.53
4	Chan Lok Kan	DBS	2 : 9.01
5	Chu Kin Lun	DBS	2 :11.86
6	Ng Hei Ting	HPCCS	2 :11.97
7	Yiu Kin Man	CSK	2 :12.71
8	Yan Chi Kan	LSC	2 :13.11

##### 5000m

1	Lo Chun Bong	LSC	17 :14.37
2	Yuen Ho Yin	DBS	17 :17.64
3	Wong Tsz Chung	HPCCS	17 :26.46
4	Lai Jun Man	LSC	17 :41.82
5	Tsui Chi Kin	CGHC	17 :50.58
6	Joshua Owens	WIS	18 : 1.06
7	Daniel Cheung	WIS	18 : 5.75
8	Wong Yung Chu	CSWCSS	18 :19.78

##### 400m Hurdles

1	Leung Hoi Kit	HPCCS	55.99
2	Lam Hip	YCKMC	57.21
3	Chan Chun Yeung	DBS	57.97
4	Chong Pui Hang	HPCCS	58.53
5	Sze To Pak Ming	CGHC	59.30
6	Au Yeung Chun Yu	LSC	59.35
7	Yu Wai Hin	DBS	1 : 0.18
8	Chong Yin Lok	SJAC	1 : 0.34

**4x100m Relay**

1	DBS	43.61
2	YCKMC	45.18
3	SJAC	45.79
4	KGV	46.05
5	SJC	46.23
6	CHECSS	46.41
7	SKSS	46.54
8	WIS	46.78

**4x400m Relay**

1	HPCCS	3 :33.09
2	KGV	3 :33.16
3	LSC	3 :39.19
4	SJAC	3 :39.53
5	CHECSS	3 :40.40
6	CGHC	3 :47.69
7	SJC	3 :50.88
8	CSWCSS	3 :51.17

**High Jump**

1	Cheung Kam Nam	CGHC	1.78
2	Lai Kam Tai	CHECSS	1.75
3	Kwok Ho Sang	WYK	1.75
=4	Yuen Wai Lok	HPCCS	1.67
=4	Chan Chor Kam	DBS	1.67
6	Cheung Cheuk Hei	DBS	1.67
7	Chung Chi Fung	CSK	1.67
8	David Okuno	WIS	1.62

**Long Jump**

				<u>wind speed</u>
1	Chan Wing Fu	SJAC	6.40	- 2.6
2	Kwan Tsz Him	DBS	6.39	- 1.0
3	Chan Wai Yin	HPCCS	6.28	- 1.2
4	Ng Chun Kit	CHECSS	6.13	+ 0.1
5	Cheung Kin Tong	HPCCS	6.06	+ 0.8
6	Chan Chor Kam	DBS	5.96	- 1.6
7	Cheng Wai Kin	LSC	5.93	- 0.5
8	Brayden Lee	WIS	5.83	- 1.4

**Triple Jump**

			<u>wind speed</u>
1	Yung Ron	DBS	13.44 + 0.4
2	Kwok Ho Sang	WYK	13.24 - 0.5
3	Lam Lok Fung	LSC	12.97 - 0.3
4	Kwan Tsz Kit	DBS	12.96 - 1.1
5	Chan Wai Yin	HPCCS	12.86 + 0.1
6	Cheung Kam Nam	CGHC	12.59 - 0.1
7	Yiu Chung Hei	CGHC	12.53 - 0.5
8	Chan Wing Fu	SJAC	12.41 - 0.5

**Shot Put**

1	Yu Chi Yeung	HPCCS	14.43
2	Au Shui Chung	DBS	13.44
3	Lee Yat Kam	CGHC	13.11
4	Suen Philip Chi Kin	SJC	12.34
5	Yeung Kin On Tony	SJC	11.99
6	Yu Doi Kit	DBS	11.66
7	Peter Austin	KGV	11.33
8	Brendon Ireland	KGV	11.32

**Discus**

1	Yu Chi Yeung	HPCCS	45.35
2	Lee Yat Kam	CGHC	44.34
3	Yiu Chi Pang	CGHC	35.91
4	Kwong Keum Hwan	SSCS	35.12
5	Wong Pak Keung	CHECSS	34.83
6	Chow Tak Hei	DBS	34.60
7	Cheng Ho Shun	HPCCS	32.37
8	Lee Felix Nigel	LSC	32.07

**Javelin**

1	Yiu Chi Pang	CGHC	55.72
2	Hui Wai Hei	DBS	54.18
3	Wong Pak Him	DBS	52.99
4	Kwong Keum Hwan	SSCS	43.42
5	Chan Sum Chau	HPCCS	39.63
6	Cheng Sung Hei	LSC	38.80
7	Yip Shing Wah	HPCCS	38.12
8	Alberto Antonelli	WIS	36.93

**Boys B Grade**wind speed : + 1.3**100m**

1	Ho Ping Kwan	CGHC	11.08
2	Li Lut Yin	LSC	11.27
3	Tsu Ka Chon	LSC	11.34
4	Ko Ki Chak	CSWCSS	11.77
5	Chan Tsz Chung	CHECSS	11.78
6	Yeung Man Chuen	CSK	12.08
7	Lee Ching Yin	SKSS	12.12
8	Tsui Chi Shing	CHECSS	12.14

wind speed : + 1.1**200m**

1	Chan Yan Lam	DBS	22.50
2	Ho Ping Kwan	CGHC	22.65
3	Tsu Ka Chon	LSC	22.89
4	Li Lut Yin	LSC	23.43
5	Geoffrey Bland	KGV	23.82
6	Chan Tsz Chung	CHECSS	23.89
7	Ko Ki Chak	CSWCSS	23.90
8	Luk Ho Lam	DBS	23.98

**400m**

1	Chan Yan Lam	DBS	50.06
2	Fong Pak Lun	LSC	53.37
3	Andrew Keswani	LSC	54.49
4	Kwan Chun Ming	HPCCS	54.73
5	Lam Ka Chun	WFN	54.76
6	Evan Fu	WIS	55.33
7	Man Yui Tong	DBS	55.65
8	Lam Chun Lok	SSCS	55.90

**1500m**

1	Perry Wong	LSC	4 :23.74
2	Chan Kai Pan	LSC	4 :30.40
3	Rohit Rathi	WIS	4 :30.66
4	Sin Ka Chun	HPCCS	4 :30.95
5	Chu Check Kiu	DBS	4 :31.18
6	Cheung Lok Sang Lucas	SJC	4 :34.54
7	Ho Cho Wai	YCKMC	4 :36.26
8	Chan Lok Hin	HPCCS	4 :37.11

wind speed : + 0.9**100m Hurdles**

1	Lau Ho Tung	LSC	13.99
2	Lui Chun Yan	CGHC	14.07
3	Leung Cheung Kit	HPCCS	14.63
4	Wong Wing Fai	CGHC	14.68
5	Choi Ho Sing	YCKMC	15.22
6	Lam Lok Hei	LSC	15.34
7	Chan Long Hin	DBS	15.44
8	Lam Tsz Yeung	SSCS	15.60

**4x400m Relay**

1		DBS	3 :36.46
2		LSC	3 :39.12
3		HPCCS	3 :42.68
4		CHECSS	3 :43.96
5		KGV	3 :47.38
6		WYK	3 :48.14
7		WFN	3 :50.99

**Long Jump**

1	Pang Ying Kit	LSC	6.92	+ 1.9
2	Ngan Chun Yin	LSC	6.37	+ 0.8
3	Lam Wai Leuk	CSWCSS	5.99	+ 1.5
4	Lee Wai Tsun	CHECSS	5.85	+ 0.4
5	Lam Ho Yin	CSWCSS	5.82	+ 3.2
6	Li Ka Chun	HPCCS	5.81	+ 0.3
7	Alan Devereux	WIS	5.74	+ 1.8
8	Chin Ching Yiu	SKSS	5.68	+ 2.0

**800m**

1	Perry Wong	LSC	2 : 6.65
2	Chung Man Kin	WYK	2 : 6.97
3	Issac Barnes	KGV	2 : 7.24
4	Ng Ka Lok Jason	LSC	2 : 7.57
5	Kwan Chun Ming	HPCCS	2 : 8.05
6	Chan Cheuk Fung	DBS	2 : 9.89
7	Chan Ka Hin	CHECSS	2 :10.64
8	Tang To	WYK	2 :11.31

**3000m**

1	Rohit Rathi	WIS	9 :59.84
2	Chan Kai Pan	LSC	10 : 2.07
3	Sin Ka Chun	HPCCS	10 : 5.90
4	Issac Barnes	KGV	10 : 8.73
5	Ng Ka Lok	LSC	10 :13.22
6	Chu Check Kiu	DBS	10 :16.50
7	Ryan Cheung	KGV	10 :17.04
8	Chan Chak Man	DBS	10 :22.44

**4x100m Relay**

1		LSC	44.68
2		CGHC	45.59
3		DBS	46.16
4		SJAC	47.07
5		HPCCS	47.28
6		SJC	47.67
7		SKSS	47.68
8		CSK	47.92

**High Jump**

1	Chin Ching Yiu	SKSS	1.80
2	Fung Yin Hang	HPCCS	1.77
3	Tsoi Kai Ching	LSC	1.74
4	Seto King Fung	WYK	1.74
5	Wong Ka Lun	CHECSS	1.74
6	Yau Tze Ching	DBS	1.71
7	Chau Ming Sing	SJAC	1.71
8	Lau Ho Tung	LSC	1.68

**Triple Jump**

1	Pang Ying Kit	LSC	13.67	- 0.1
2	Lui Chun Yan	CGHC	12.80	- 0.6
3	Tai Siu Lun	SJAC	12.56	- 1.0
4	Chau Ming Sing	SJAC	12.48	- 1.8
5	Fong Pak Lun	LSC	12.23	- 0.3
6	Li Ka Chun	HPCCS	12.22	- 0.5
7	Tsui Chi Shing	CHECSS	12.07	+ 0.5
8	Lam Wai Leuk	CSWCSS	11.99	

**Shot Put**

1	Tse Sit Chun	CHECSS	13.39
2	Chow Pong Wai Michael	HPCCS	12.88
3	Kwong Chak Ming	CGHC	12.25
4	Lui Tai Lun	LSC	12.12
5	Calvin Au Yeung	KGV	12.06
6	Hui Shun Yuen	DBS	12.00
7	Chan Yuk Fung	HPCCS	11.98
8	Martin Bae	KGV	11.62

**Discus**

1	Kwong Chak Ming	CGHC	39.64
2	Lui Tai Lun	LSC	38.58
3	Chow Pong Wai Michael	HPCCS	37.13
4	Lam Kwok Wing	YCKMC	36.91
5	Lam Kai Tai	LSC	36.41
6	Siu Wing Leong	SSCS	36.19
7	Fung Kong Ching	HPCCS	35.69
8	Shiu Ying Wai	WYK	34.73

**Javelin**

1	Victor Li	LSC	44.25
2	Johnson William Kwan	IDBS	37.08
3	Lo Cheuk Fei	DBS	35.92
4	Yeung Ka Lok	CGHC	35.77
5	Yip Kim Fung	CSWCSS	34.34
6	Ou Neng Kun	HPCCS	33.84
7	Ng Chun Ngai	CSK	33.17
8	Vadim Musaev	WIS	32.12

**Boys C Grade**wind speed : + 1.1**100m**

1	Wang Hao Yang	DBS	11.21
2	Kooh Lok Man	WFN	11.59
3	Tsang Wai Hin	LSC	12.02
4	Li Yin Kei	DBS	12.04
5	Ho Ka Tsun	SKSS	12.11
6	Ng Chun Man	CGHC	12.39
7	Hau Yiu Sang	SSCS	12.84
8	Ho Tsz Fung	CHECSS	14.47

wind speed : + 1.6**200m**

1	Li Wing Fai	DBS	24.12
2	Ho Ka Tsun	SKSS	24.58
3	Li Yin Kei	DBS	24.78
4	Tsang Wai Hin	LSC	25.00
5	Ng Chun Man	CGHC	25.07
6	Francis Ching	LSC	25.34
7	Lam Ka Lok	SKSS	25.35
8	Hau Yiu Sang	SSCS	25.52

**400m**

1	Li Tsz Hei	LSC	55.29
2	Chan Ngai Lun	WFN	55.62
3	Yu Sin Hang	HPCCS	56.72
4	Wan Hi Yuen	DBS	56.81
5	Li Fuk Yeung	WFN	57.33
6	Choi Chun Hung	DBS	58.14
7	Lee Ho Ching	LSC	58.26
8	Yung Tsz Ming	HPCCS	1 : 3.80

**800m**

1	Li Tsz Hei	LSC	2 :13.12
2	Chan Ngai Lun	WFN	2 :13.66
3	Kwong Yuk Wa	WFN	2 :20.49
4	Chan Ming Tai	DBS	2 :21.87
5	Chan Hon Man	LSC	2 :22.80
6	Chiu Hong Lam	SKSS	2 :24.60
7	Yuen Tsun Hei	SJAC	2 :24.80
8	Sze Jie Lin	HPCCS	2 :25.38

wind speed : + 0.9**1500m**

1	Kwong Yuk Wa	WFN	4 :38.36
2	Chan Hok Man	LSC	4 :42.83
3	Ryan Nam	KGV	4 :48.14
4	Yeung Ho Wai	DBS	4 :48.23
5	Ho Juen Ko	KGV	4 :49.25
6	Mitchelmore Sam Brian	DBS	4 :50.93
7	James Gibb	WIS	4 :51.61
8	Kwok Wing Kan	LSC	4 :53.91

**100m Hurdles**

1	Liu Chung Lung	SJAC	13.57
2	Wang Hao Yang	DBS	14.61
3	Wong Hung Yiu	LSC	14.99
4	Chan Tsz Yeung	DBS	15.56
5	Cheung Chung Yin	HPCCS	15.80
6	Chau Chi Kiu	CSK	15.87
7	Fung Tin Yan Jonathan	WFN	16.31

**4x100m Relay**

1	DBS	45.44
2	SJAC	47.92
3	WFN	48.66
4	HPCCS	49.43
5	YCKMC	49.66

**4x400m Relay**

1	LSC	3 : 51.26
2	WFN	3 : 52.05
3	HPCCS	3 : 52.96
4	DBS	3 : 56.48
5	CSWCSS	4 : 0.38
6	KGV	4 : 7.31
7	CHECSS	4 : 9.38

**High Jump**

1	Yeung Pak Hei	WYK	1.75
2	Ng Ka Hin	LSC	1.65
3	Thornley Chan Nicholas	SJC	1.65
4	Liu Kwok Kwan	CGHC	1.62
5	Lo Kan Mo	DBS	1.59
6	Liu Kam Ho	SJAC	1.53
7	Lam Yu Hin	DBS	1.53
8	Chiu Wai Hei	CSWCSS	1.53

**Long Jump**

				<u>wind speed</u>
1	Liu Chung Lung	SJAC	6.16	+ 1.0
2	Cheung Chung Yin	HPCCS	5.74	+ 1.1
3	Wong Hung Yiu	LSC	5.74	+ 1.0
4	Chan Ming Tai	DBS	5.67	+ 0.5
5	Mateen-Ur-Rehman	DBS	5.56	+ 0.6
6	Kooh Lok Man	WFN	5.53	+ 1.8
7	Brian Cho	KGV	5.47	+ 1.2
8	Ng Ka Hin	LSC	5.25	+ 1.2

**Shot Put**

1	Cheung Yat Lun	SJAC	13.52
2	Chan Ngan Chuen	HPCCS	12.09
3	Lin Kam Cheung	SJAC	11.95
4	Yeung Pak Long	DBS	11.71
5	Wu Delvin Ho Yin	DBS	11.67
6	Tam Tse Fung	SKSS	11.29
7	Ng Samuel Oliver Wah	SKSS	11.02
8	Ho Ka Sing	CSK	10.66

**Discus**

1	Chan Ngan Chuen	HPCCS	43.58
2	Cheung Yat Lun	SJAC	41.81
3	Lin Kam Cheung	SJAC	34.26
4	So Ka Ming	CGHC	34.13
5	Ng Samuel Oliver Wah	SKSS	33.98
6	Lin Yat Nam	CHECSS	32.39
7	Lee Hau Cheung	LSC	32.36
8	Cheng Pok Man	HPCCS	29.11

**Girls A Grade**wind speed : + 1.1**100m**

1	Leung Hau Sze	DGS	11.99
2	Lam Angel	GHS	12.00
3	Wong Hiu Yan	DGS	12.53
4	Liu Suki	GHS	13.13
5	Joyce Chan	MSS	13.18
6	Ng Tze yan	HYS	13.59
7	Yip Yee Ki	HYS	13.77
8	Luk Kar Yan Natalie	MCS	13.78

wind speed : + 0.8**200m**

1	Leung Hau Sze	DGS	25.27
2	Hui Man Ling	DGS	25.99
3	Lam Angel	GHS	26.61
4	Pang Rebecca Chi Ling	GHS	27.65
5	Louie Tak Yee Janice	SCGS	28.12
6	sophie Harris	IS	28.52
7	Yip Yee Ki	HYS	28.83
8	Tsang Wing Yan	HYS	28.97

**400m**

1	Hui Man Ling	DGS	59.74
2	Au Lok Yiu	DGS	1 : 0.84
3	Pang Chi Ling	GHS	1 : 2.86
4	Leung Anna Long Yin	GHS	1 : 4.73
5	Florence Jim	MCS	1 : 5.19
6	Louie Tak Yee Janice	SCGS	1 : 5.48
7	Cheung Hei Tung	HYS	1 : 7.72
8	Tsang Wing Yan	HYS	1 : 9.39

**800m**

1	Stephanie Chan	MCS	2 : 29.56
2	Ma Yik Sheung Andie	GHS	2 : 29.75
3	Leung Diana Heung Yin	GHS	2 : 29.76
4	Rukhaiya Ebrahim	WIS	2 : 36.27
5	Yiu Pei Kwan Cherie	DGS	2 : 39.72
6	Hui Wai Sam Vincici	DGS	2 : 39.73
7	Lena Sesardic	WIS	2 : 39.82
8	Lai Vivian Hiu Tung	HYS	2 : 40.82

wind speed : + 1.3

**1500m**

1	Wong Priscilla	GHS	5 :21.08
2	Leung Diana Heung Yin	GHS	5 :26.90
3	Stephanie Chan	MCS	5 :29.65
4	Hui Wai Sum Vincci	DGS	5 :39.94
5	Rukhaiya Ebrahim	WIS	5 :42.02
6	Jayne Lo	KGV	5 :44.24
7	Sung Sze Wing	SSGC	5 :45.77
8	Lo Vera Mann Hey	DGS	5 :46.04

**100m Hurdles**

1	Liu Suki	GHS	15.36
2	Chan Hoi Ki	SHCC	16.53
3	Su Winkie	DGS	16.63
4	Ng Lok To	HYS	16.92
5	So Lok Yiu Julia	MCS	16.97
6	Chow Nga Han	HYS	17.03
7	Vivian Yeung	SPCS	17.05
8	Sharon Chak	SPCS	17.64

**4x100m Relay**

1		GHS	49.82
2		DGS	50.02
3		SCGS	54.95
4		SPCS	54.97
5		MCS	55.13
6		SSGC	55.67
7		SHCC	55.91
8		IS	56.55

**4x400m Relay**

1		DGS	4 : 9.77
2		GHS	4 :19.14
3		MCS	4 :30.24
4		HYS	4 :31.73
5		WIS	4 :33.42
6		SHCC	4 :34.11
7		KGV	4 :35.64
8		SSGC	4 :44.42

**High Jump**

1	Nancy Mui	MSS	1.60
2	Lo Yeuk Lam	SHCC	1.51
3	Yiu Carly	HYS	1.48
4	Wong Shuk Man	SHCC	1.48
5	Lee Hoi Ching Sian	MCS	1.45
=6	Wong Mandy	GHS	1.45
=6	Kwan Wai Shuen	DGS	1.45
8	Wong Tsz Yan	DGS	1.45

**Long Jump**

1	Wong Hiu Yan	DGS	5.70	+ 3.2
2	Chan Hoi Ki	SHCC	5.30	+ 0.7
3	Lee Hoi Ching Sian	MCS	5.10	+ 0.8
4	Yue Vanessa	GHS	4.83	+ 0.5
5	Yiu Carly	HYS	4.83	+ 1.6
6	Cheung Tiffany	GHS	4.83	+ 0.9
7	Chow Nga Han	HYS	4.77	+ 2.1
8	Jennie Wong	SPCS	4.73	+ 0.4

**Shot Put**

1	Chan Yuen Ting	SSGC	10.70
2	Woo Constance	GHS	10.35
3	Chan Wing Him	DGS	9.18
4	Cheng Joey	GHS	9.14
5	Chu Long Yan	HYS	8.64
6	Man Ka Yi	SHCC	8.52
7	Terranda Yeung	SPCS	8.41
8	Chan Ka Man	HYS	8.06

**Discus**

1	Woo Wing Tung	DGS	38.06
2	Chan Yuen Ting	SSGC	36.64
3	Woo Constance	GHS	32.69
4	Lee Wing Lam	HYS	30.49
5	Chan Ka Man	HYS	28.99
6	Lau Wing Yiu Yoyo	GHS	26.24
7	Lau Tsz Chin	DGS	26.13
8	Man Ka Yi	SHCC	24.69

**Javelin**

1	Woo Wing Tung	DGS	41.39
2	Lau Tsz Chin	DGS	35.31
3	Chan Ngai Yung	HYS	27.67
4	So Lok Yiu Julia	MCS	27.64
5	Chan Crystal	GHS	27.55
6	Choi Wai Tung Jessica	HYS	26.68
7	Terranda Yeung	SPCS	26.34
8	Tse Wai Ki Vickie	MCS	22.99

## Girls B Grade

wind speed : + 1.2

### 100m

1	Yeung Yun Ting Eunice	MCS	12.92
2	Chan Hoi Kay Stephanie	MCS	13.00
3	Cheng Hui Ying	DGS	13.04
4	Lee Wing Yee	HYS	13.13
5	Chan Doris Siu Po	GHS	13.18
6	Hui Wynn	GHS	13.23
7	Leung Hui Tung	HYS	13.29
8	Lam Wing Kiu Joanne	DGS	13.30

### 400m

1	Chan Yin Ting	DGS	1 : 0.87
2	Chan Chi Yan	HYS	1 : 1.32
3	Li Winkie	GHS	1 : 2.23
4	Pang Hiu Yan	HYS	1 : 2.49
5	Au Yuk Yee	DGS	1 : 3.50
6	Lee Lok Ching	SSGC	1 : 3.99
7	Leung Wai Ching Janese	MCS	1 : 4.34
8	Pang Cherry	GHS	1 : 4.52

### 1500m

1	Coco Choi Pui Yan	SHCC	5 :20.08
2	Wu Sum Yi	DGS	5 :22.81
3	Leung Lok Sze	DGS	5 :23.66
4	Aisyah Duggie	WIS	5 :23.77
5	Choi Yan Yin	HYS	5 :26.86
6	Hung Fion	GHS	5 :32.38
7	Ella Morrison	WIS	5 :33.26
8	Sin Chin Wing Sonia	HYS	5 :33.87

### 4x100m Relay

1		DGS	51.02
2		GHS	51.21
3		MCS	51.44
4		SCGS	53.43
5		HYS	53.65
6		SPCS	54.46
7		KGV	54.75
8		WIS	55.22

### High Jump

1	Fung Wai Yee	SHCC	1.60
2	Wong Siu Ping	HYS	1.57
3	Choi Ingrid	GHS	1.51
4	Lam Claudia	GHS	1.48
=5	Rachel Cheong	SPCS	1.48
=5	Hou Shun Hey Dawn	DGS	1.48
7	Carmen Li	SPCS	1.45
8	Chau Abbey	HYS	1.40

wind speed : + 0.7

### 200m

1	Lo Yuk Ting	SHCC	26.75
2	Chan Yin Ting	DGS	26.96
3	Pang Cherry	GHS	27.19
4	Lenora Yim	KGV	27.32
5	Lam Wing Kiu Joanne	DGS	27.61
6	Pang Hiu Yan	HYS	27.63
7	Hui Wynn	GHS	27.95
8	Leung Sze Chung Gloria	SCGS	28.15

### 800m

1	Chan Chi Yan	HYS	2 :29.31
2	Lee Lok Ching	SSGC	2 :31.54
3	Coco Choi Pui Yan	SHCC	2 :32.89
4	Aisyah Duggie	WIS	2 :33.62
5	Rachel Mason	IS	2 :34.75
6	Leung Lok Sze	DGS	2 :35.48
7	Ella Morrison	WIS	2 :36.08
8	Choi Yan Yin	HYS	2 :36.70

wind speed : + 0.3

### 100m Hurdles

1	Hui Vanessa	GHS	15.63
2	Yeung Yun Tung Eunice	MCS	15.72
3	Leung Christine	GHS	16.54
4	Ruby Kwan	SPCS	17.02
5	Sharon Ng	SPCS	17.22
6	Cheung Hiu Lam Nicole	MCS	17.35
7	Cheung Tsz Yan	DGS	17.50
8	Mabel Au	MSS	18.50

### 4x400m Relay

1		HYS	4 :15.21
2		DGS	4 :16.22
3		IS	4 :28.59
4		WIS	4 :30.67
5		GHS	4 :33.45
6		MCS	4 :34.58
7		SSGC	4 :35.77
8		SCGS	4 :39.37

### Long Jump

1	Chan Hoi Kay Stephanie	MCS	5.30	+ 1.2
2	Fung Wai Yee	SHCC	5.21	- 1.0
3	Lee Ming Wai Katie	DGS	5.17	+ 0.9
4	Leung Christine	GHS	5.03	+ 1.1
5	Wong Yun Tung	HYS	4.93	+ 1.6
6	Choi Ingrid	GHS	4.93	+ 0.6
7	Cheng Kit Yee Katy	HYS	4.92	- 0.3
8	Cheng Hui Ying	DGS	4.92	+ 0.7

**Shot Put**

1	Ho Florence	GHS	12.25
2	Sin Cherry	GHS	10.59
3	Ng Yuen Lam Dora	DGS	9.88
4	Wong Ka Yee	HYS	9.79
5	Hui Sien Yan Chanel	DGS	9.15
6	Li Wing Sze Wings	HYS	8.99
7	Kwok Yee Kei	SSGC	8.95
8	Rebecca Gilhooly	IS	8.16

**Discus**

1	Wong Ka Yee	HYS	31.81
2	Ho Florence	GHS	30.92
3	Hui Sien Yan Chanel	DGS	30.81
4	Wong Mavis	GHS	29.04
5	Ng Yuen Lam Dora	DGS	26.75
6	Kwok Yee Kei	SSGC	24.35
7	Karen Lui	SPCS	22.52
8	Rowena Bicknell	KGV	22.22

**Javelin**

1	Lau Vera	GHS	37.08
2	Yiu Sik Yuet	DGS	33.34
3	Mok Ching Ho	HYS	27.09
4	Cheung Yik Kwan	DGS	25.67
5	Cherie Tam	SHCC	24.08
6	So Fung Ki	HYS	22.85
7	Mona Fung	SPCS	21.81
8	Olivia Yuen	SPCS	21.13

**Girls C Grade**wind speed : + 1.9**100m**

1	Yan Hoi Tung Abby	MCS	12.62
2	Lee Ming Yan Jacquelin	DGS	12.89
3	Lo Ka Lam Amy	GHS	12.93
4	Mok Elite	SHCC	12.97
5	Cheng Mandy	GHS	13.15
6	Lau Hiu Yu Hilda	DGS	13.24
7	Tam Weng Chi	SHCC	13.41
8	Wong Ho Ting	SSGC	13.50

wind speed : - 0.3**200m**

1	Yan Hoi Tung Abby	MCS	26.02
2	Lo Ka Lam Amy	GHS	27.03
3	Lau Hiu Yu Hilda	DGS	27.10
4	Lee Ming Yan Jacquelin	DGS	27.41
5	Cheng Yiu Man Mandy	GHS	27.53
6	Lee Tsing Yan	SHCC	28.13
7	Li Tsz Kwan	HYS	28.95
8	Yip Tsz Ching	HYS	29.21

**400m**

1	Chung Stella	GHS	1 : 1.45
2	Tse Karman	GHS	1 : 3.36
3	Li Wai Ting	DGS	1 : 4.00
4	Cheng Shui Ting	HYS	1 : 4.37
5	Yiu Pei Tung Stephanie	MCS	1 : 5.84
6	Leung Hoi Yin	DGS	1 : 5.86
7	Ng Ka Wing	HYS	1 : 7.59
8	Ho Cheuk Ying Karen	MCS	1 : 8.24

**800m**

1	Chung Man Tung	GHS	2 : 36.36
2	Lee Yuk Ying Aggie	HYS	2 : 38.07
3	Tse Kar Man	GHS	2 : 38.81
4	Nadia Ogilvie	IS	2 : 38.88
5	Hayley Wong	KGV	2 : 39.24
6	Tso Sze Ming	DGS	2 : 39.46
7	Yiu Pei Tung Stephanie	MCS	2 : 40.29
8	Ho Cheuk Ying Karen	MCS	2 : 43.27

wind speed : - 0.2**1500m**

1	Lee Yuk Ying Aggie	HYS	5 : 16.70
2	Nadia Ogilvie	IS	5 : 16.96
3	Tso Sze Ming	DGS	5 : 20.52
4	Leung Yan Yee Eunice	MCS	5 : 23.49
5	Hayley Wong	KGV	5 : 24.71
6	Lee Ho Nam	HYS	5 : 24.87
7	Eve Lo	KGV	5 : 30.26
8	So Holly	GHS	5 : 38.14

**100m Hurdles**

1	Leung Hoi Yin	DGS	16.73
2	Wu Hoi Ting Dianna	DGS	16.76
3	Ho Iris Tse Ying	GHS	17.06
4	Yu Hoi Ying Tiffany	HYS	17.13
5	Tam Emily Wan In	GHS	17.60
6	Tam Nga Wai	HYS	18.12
7	Rachel Leung Hei Tung	SPCS	18.52
8	Sue Hui Hang Helen	MCS	18.65



**4x100m Relay**

1	DGS	51.10
2	SHCC	51.27
3	GHS	52.59
4	MCS	53.52
5	HYS	53.73
6	SCGS	54.96
7	MSS	56.59
8	SSGC	57.17

**4x400m Relay**

1	GHS	4 :22.66
2	HYS	4 :28.71
3	KGV	4 :29.58
4	DGS	4 :31.67
5	MCS	4 :37.01
6	WIS	4 :46.84
7	SHCC	4 :47.96
8	SPCS	4 :50.39

**High Jump**

1	Victoria Chow	SPCS	1.46
2	Wong Yuet Shan	DGS	1.43
3	Lara Gander	WIS	1.43
4	Chan Hedy	GHS	1.40
=5	Pak Lai Ming Kathleen	DGS	1.40
=5	So Flora	GHS	1.40
7	Claire Frisinger	IS	1.30
8	Leung Yan Yee Eunice	MCS	1.30

**Long Jump**

1	Wu Hoi Ting Dianna	DGS	5.43	+ 1.3
2	Mok Elite	SHCC	5.21	+ 0.7
3	Victoria Chow	SPCS	5.13	+ 1.1
4	Lam Lok Ka	DGS	4.97	+ 1.6
5	Wu Sheena	GHS	4.68	+ 1.9
6	Tam Nga Wai	HYS	4.62	+ 1.5
7	Yu Hoi Ying Tiffany	HYS	4.57	+ 0.4
8	Ho Wing Hei	SSGC	4.56	+ 0.5

**Shot Put**

1	Leung Chi Ying	HYS	9.77
2	Hellbach Stephanie E.M	DGS	9.54
3	Coco Ng	SPCS	9.31
4	Wong Minnie	GHS	8.66
5	Chang Lok Yi	DGS	8.53
6	Seung Hui Ying	HYS	8.24
7	Christy Chan	MSS	8.16
8	Wong Yan Yee Ysabel	MCS	8.09

**Discus**

1	Leung Chi Ying	HYS	27.09
2	Regine Yan	SPCS	23.83
3	Hui Judy	GHS	23.40
4	Kwong Tsz Ching	SHCC	22.81
5	Christy Chan	MSS	22.72
6	Coco Ng	SPCS	21.95
7	Duen Pui Yee	DGS	21.41
8	Leung Hei Tung Florenc	MCS	20.80

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

HONG KONG SCHOOLS SPORTS FEDERATION  
 Inter-school Athletics Championships 2008/2009  
 (HK Island and Kowloon)  
 Division One 13/03/2009

Boys A Grade

Day 3

School	Day 2	SP	TJ	400mH	200m	800m	110mH	400m	100m	1500m	4x100	4x400	Total
1 DBS	67.50	12	16	8	10	9	2	3	13	9	18		167.50
2 HPCCS	62.50	11	6	14		3		6		7		18	127.50
3 CGHC	54	7	7	4	13		9		13	2		6	115
4 LSC	39		8	3		1	6	4		14		12	87
5 KGV	15	5			5	6		16	2		10	14	73
6 SJAC	26		3	1	4	7		2	3		12	10	68
7 CHECSS	33		2			9	4			4	6	8	66
8 YCKMC	15		2	7	3		5	6			14		52
9 SJC	10	11	1								8	4	34
9 WIS	29		2							1	2		34
11 SSSCS	23	1					4						28
12 WYK	17		9										26
13 CSK	19					2							21
14 SKSS	8		2						5		4		19
15 CSWCSS	12	1			2				1			2	18
16 WFN	10						7						17

HONG KONG SCHOOLS SPORTS FEDERATION  
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 Division One 13/03/2009

Boys B Grade

Day 3

School	Day 2	HJ	200m	800m	100mH	400m	100m	1500m	4x100	4x400	Total
1 LSC	93	9	11	14	12	13	13	16	18	14	213
2 DBS	47	5	10	3	2	11		4	12	18	112
3 HPCCS	57	9		4	6	5		6	8	12	107
4 CGHC	47		7		12		9		14		89
5 CHECSS	35	5	3	2			5			10	60
6 KGV	31	1	4	6						8	50
7 CSWCSS	33	2	2				5				42
7 SJAC	29	3							10		42
9 WIS	31					3		6			40
10 WYK	18	6		8						6	38
11 YCKMC	20	1			4			2			27
12 SKSS	9	10					2		4		25
13 SJC	14	1						3	6		24
13 WFN	15	1				4				4	24
15 CSK	16						3		2		21

HONG KONG SCHOOLS SPORTS FEDERATION  
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Boys C Grade		Day 3								
School	Day 2	200m	800m	100mH	400m	100m	1500m	4x100	4x400	Total
1 DBS	48	15	5	12	8	14	8	18	10	138
2 LSC	40	8	13	6	11	6	8		18	110
3 WFN	25		13	2	11	7	9	12	14	93
4 SJAC	59		2	9				14		84
5 HPCCS	46		1	4	7			10	12	80
6 SKSS	24	9	3			4				40
7 KGV	23						10		6	39
8 CGHC	20	4				3				27
9 CSWCSS	18								8	26
10 WYK	23									23
11 YCKMC	14							8		22
12 CHECSS	14					1			4	19
13 SJC	17									17
14 SCS	10	1				2				13
15 WIS	10						2			12
16 CSK	8			3						11

HONG KONG SCHOOLS SPORTS FEDERATION  
 Inter-school Athletics Championships 2008/2009  
 (HK Island and Kowloon)  
 Division One 13/03/2009

Boys Overall		Day 3			
School		A	B	C	Total
1 DIOCESAN BOYS' SCHOOL	DBS	167.50	112	138	417.50
2 LA SALLE COLLEGE	LSC	87	213	110	410
3 HOI PING CHAMBER OF COMMERCE SEC SCHOOL	HPCCS	127.50	107	80	314.50
4 CHONG GENE HANG COLLEGE	CGHC	115	89	27	231
5 ST. JOSEPH'S ANGLO CHINESE SCHOOL	SJAC	68	42	84	194
6 KING GEORGE VTH SCHOOL	KGV	73	50	39	162
7 CHOI HUNG ESTATE CATHOLIC SECONDARY SCHOOL	CHECSS	66	60	19	145
8 TWGHS WONG FUT NAM COLLEGE	WFN	17	24	93	134
9 YU CHUN KEUNG MEMORIAL COLLEGE	YCKMC	52	27	22	101
10 WAH YAN COLLEGE - KOWLOON	WYK	26	38	23	87
11 WEST ISLAND SCHOOL	WIS	34	40	12	86
11 CHEUNG SHA WAN CATHOLIC SECONDARY SCHOOL	CSWCSS	18	42	26	86
13 C&M ALLIANCE SUN KEI SECONDARY SCHOOL	SKSS	19	25	40	84
14 ST. JOSEPH'S COLLEGE	SJC	34	24	17	75

15 ST. STEPHEN'S COLLEGE	SSCS	28	16	13	57
16 CHAN SUI KI COLLEGE	CSK	21	21	11	53

HONG KONG SCHOOLS SPORTS FEDERATION  
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(HK Island and Kowloon)  
Division One 13/03/2009

Girls A Grade Day 3

School	Day 2	DC	200m	800m	100mH	400m	100m	4x100	4x400	Total
1 DGS	64.50	13	16	7	6	16	15	14	18	169.50
2 GHS	65.50	11	11	13	9	11	12	18	14	164.50
3 HYS	48	11	3	1	8	3	5		10	89
4 MCS	39	1		9	4	4	1	8	12	78
5 SHCC	36	3			7			4	6	56
6 SSGC	24	9						6	2	41
7 SPCS	21	1			3			10		35
8 WIS	14	1		7					8	30
9 SCGS	7	1	4			3		12		27
10 MSS	17	1					4			22
11 KGV	12	1							4	17
12 IS	6	1	3					2		12

HONG KONG SCHOOLS SPORTS FEDERATION  
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(HK Island and Kowloon)  
Division One 13/03/2009

Girls B Grade Day 3

School	Day 2	200m	DC	800m	100mH	400m	100m	4x100	4x400	Total
1 DGS	69.50	11	12	3	2	13	7	18	14	149.50
2 GHS	71	8	14		15	7	7	14	8	144
3 HYS	59	3	10	10		12	7	8	18	127
4 MCS	27		1		10	2	16	12	6	74
5 SHCC	43	9	2	6						60
6 SPCS	31.50		3		9			6		49.50
7 WIS	26			7				2	10	45
8 SSGC	23		4	7		3			4	41
9 IS	20			4					12	36
10 SCGS	17	1	1					10	2	31
11 KGV	15	5	2					4		26
12 MSS	14		1		1					16

HONG KONG SCHOOLS SPORTS FEDERATION  
Inter-school Athletics Championships 2008/2009  
(HK Island and Kowloon)  
Division One 13/03/2009

Girls C Grade Day 3

School	Day 2	LJ	200m	800m	100mH	400m	100m	4x100	4x400	Total
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1	DGS	51.50	16	11	3	16	9	10	18	10	144.50
2	GHS	40.50	6	11	15	10	16	10	12	18	138.50
3	HYS	52	7	3	7	8	7		8	14	106
4	MCS	29	2	9	3	1	5	9	10	8	76
5	SHCC	23	9	3				7	14	4	60
6	SPCS	46	8			2				2	58
7	KGV	24			4					12	40
8	WIS	23	1							6	30
9	IS	21			5						26
10	MSS	21						4			25
11	SSGC	13	3					1	2		19
12	SCGS	10							6		16

HONG KONG SCHOOLS SPORTS FEDERATION  
Inter-school Athletics Championships 2008/2009  
(HK Island and Kowloon)  
Division One 13/03/2009

Girls Overall Day 3

School		A	B	C	Total	
1	DIOCESAN GIRLS' SCHOOL	DGS	169.50	149.50	144.50	463.50
2	GOOD HOPE SCHOOL	GHS	164.50	144	138.50	447
3	HEEP YUNN SCHOOL	HYS	89	127	106	322
4	MARYKNOLL CONVENT SCHOOL	MCS	78	74	76	228
5	SACRED HEART CANOSSIAN COLLEGE	SHCC	56	60	60	176
6	ST. PAUL'S CONVENT SCHOOL	SPCS	35	49.50	58	142.50
7	WEST ISLAND SCHOOL	WIS	30	45	30	105
8	ST. STEPHEN'S GIRLS' COLLEGE	SSGC	41	41	19	101
9	KING GEORGE VTH SCHOOL	KGV	17	26	40	83
10	ISLAND SCHOOL	IS	12	36	26	74
10	ST. CLARE'S GIRLS' SCHOOL	SCGS	27	31	16	74
12	MARYMOUNT SECONDARY SCHOOL	MSS	22	16	25	63

HONG KONG SCHOOLS SPORTS FEDERATION  
 Inter-School Athletics Championships  
 (HK Island and Kowloon)  
 Division One  
 Day One: 4 March 2009

=====  
 Event 1 High Jump Girls A

Standard: 1.32 Record: 1.65 (2000)

Position	Name	School	Result	Remark	Points
1	Nancy Mui	MSS	1.60	Standard	9
2	Lo Yeuk Lam	SHCC	1.51	Standard	7
3	Yiu Carly	HYS	1.48	Standard	6
4	Wong Shuk Man	SHCC	1.48	Standard	5
5	Lee Hoi Ching Sian	MCS	1.45	Standard	4
6	Kwan Wai Shuen	DGS	1.45	Standard	3
6	Wong Mandy	GHS	1.45	Standard	3
8	Wong Tsz Yan	DGS	1.45	Standard	1
	Ng Lok To	HYS	1.42	Standard	
	Lo Woon Kwun	SSGC	1.42	Standard	
	Leung Bobo	GHS	1.37	Standard	
	Yin Tung Ho	KGV	1.37	Standard	
	Suki Law	SPCS	1.37	Standard	
	Wong Wing Tung	SSGC	1.32	Standard	
	Holly Dobbin	IS	1.32	Standard	
	Naomi Dryden	IS	1.32	Standard	
	Bowie Wong	MSS	1.32	Standard	
	Chan Hiu Kwan Xanthe	SCGS		No Mark	
	Wong Tak Chi Gigi	SCGS		No Mark	
	Natalie Lao	WIS		No Mark	
	Enfys Jenkins	WIS		No Mark	
	Larissa Leung	SPCS		No Mark	
	Frances Segismundo	KGV		DN take part	

=====  
 Event 2 Long Jump Girls B

Standard: 4.05 Record: 5.47 (2006)

Position	Name	School	Result	Remark	Points
1	Chan Hoi Kay Stephanie	MCS	5.30	Standard	9
2	Fung Wai Yee	SHCC	5.21	Standard	7
3	Lee Ming Wai Katie	DGS	5.17	Standard	6
4	Leung Christine	GHS	5.03	Standard	5
5	Wong Yun Tung	HYS	4.93	Standard	4
6	Choi Ingrid	GHS	4.93	Standard	3
7	Cheng Kit Yee Katy	HYS	4.92	Standard	2
8	Cheng Hui Ying	DGS	4.92	Standard	1
	Melissa Law	SPCS	4.72	Standard	
	Chen Siu Wai	SSGC	4.57	Standard	
	Tse Claudia Yung Yin	MCS	4.52	Standard	
	Louise Moon	IS	4.33	Standard	
	Rachel Cheong	SPCS	4.32	Standard	
	Paris Brown	WIS	4.19	Standard	
	Ip Man Hei Claudia	SCGS	4.18	Standard	
	Lau Hiu Tung Crystal	SCGS	4.13	Standard	
	Juliette Louie	IS	4.13	Standard	
	Ho Yi Jia Valerie	MSS	4.10	Standard	
	Melissa Zhang	KGV	3.95		
	Rebecca Mould	WIS	3.91		
	Gina Schade	KGV	3.81		
	Teresina Ho	MSS	3.77		
	Lam Man Sum	SHCC		DN take part	
	So Wan Ying	SSGC		DN take part	

=====  
 Event 3 Shot Put Girls C

Standard: 7.20 (3kg) Record: 10.59 (2004) (3kg)

Position	Name	School	Result	Remark	Points
1	Leung Chi Ying	HYS	9.77	Standard	9
2	Hellback Stephanie E M L	DGS	9.54	Standard	7
3	Coco Ng	SPCS	9.31	Standard	6
4	Wong Minnie	GHS	8.66	Standard	5
5	Chang Lok Yi	DGS	8.53	Standard	4
6	Seung Hui Ying	HYS	8.24	Standard	3
7	Christy Chan	MSS	8.16	Standard	2
8	Wong Yan Yee Ysabel	MCS	8.09	Standard	1
	Tiffany Lai	MSS	7.77	Standard	
	Soo Youn On	KGV	7.74	Standard	
	Yammie Lam	SPCS	7.57	Standard	
	Kwong Tsz Ching	SHCC	7.31	Standard	
	Leung Hei Tung Florence	MCS	7.17		
	Sophie Fraser	WIS	7.16		
	Wong Siu Fan	SSGC	6.97		
	Hui Judy	GHS	6.95		
	Cheng Sin Yin	SSGC	6.92		
	Tiggy Melloy	IS	6.57		
	Yeung Cheuk Lam	SHCC	6.41		
	Lo Hui Ying Megumi	SCGS	6.40		
	Nicola Carder	IS	6.23		
	Nicole Ho	WIS	5.78		
	Yee Hiu Lam Hilary	SCGS	5.75		
	Kendal Kruger	KGV		DN take part	

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Event 4 Shot Put Boys B  
Standard: 10.50 (4kg) Record: 14.70 (2003) (4kg)  
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Position	Name	School	Result	Remark	Points
1	Tse Sit Chun	CHECSS	13.39	Standard	9
2	Chow Pong Wai Michael	HPCCS	12.88	Standard	7
3	Kwong Chak Ming	CGHC	12.25	Standard	6
4	Lui Tai Lun	LSC	12.12	Standard	5
5	Calvin Au Yeung	KGV	12.06	Standard	4
6	Hui Shun Yuen	DBS	12.00	Standard	3
7	Chan Yuk Fung	HPCCS	11.98	Standard	2
8	Martin Bae	KGV	11.62	Standard	1
	Chan Ka Wai	CSK	11.33	Standard	
	Ng Chun Tung	LSC	11.32	Standard	
	Li Yu Tat	SJAC	11.22	Standard	
	Wan Cheuk Hei	DBS	11.18	Standard	
	Ip Kwok On	YCKMC	11.13	Standard	
	Lam Wai Kit	YCKMC	11.01	Standard	
	Jack Neville	WIS	10.85	Standard	
	Li Yuk Lok	WFN	10.72	Standard	
	Leung Shing Chiu	CSWCSS	10.16		
	Ngai Chung Hin	SKSS	9.98		
	So Wai Ho	SSCS	9.98		
	Mau Chi Wing	SJAC	9.81		
	Wong Man Lung	CGHC	9.79		
	Li Tsz Chun	WYK	9.75		
	Lam Man Ho	CHECSS	9.74		
	Yau Ho Lung	SKSS	9.73		
	Cheung Chun Ming	SJC	9.72		
	Bryce Bovitz	WIS	9.47		
	Yam Chiu Tat	CSWCSS	9.32		
	Cheng San Tung	WFN	8.50		
	Cheung Tin Chau Justin	SJC	8.24		
	Lau Sai Kit	CSK		DN take part	
	Lai Ka hang	SSCS		DN take part	

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Event 5 Discus Boys C  
Standard: 20.00 (1kg) Record: 36.84 (2004) (1kg)  
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Position	Name	School	Result	Remark	Points
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1	Chan Ngan Chuen	HPCCS	43.58	Standard	9
2	Cheung Yat Lun	SJAC	41.81	Standard	7
3	Lin Kam Cheung	SJAC	34.26	Standard	6
4	So Ka Ming	CGHC	34.13	Standard	5
5	Ng Samuel Oliver Wah Sam	SKSS	33.98	Standard	4
6	Lin Yat Nam	CHECSS	32.39	Standard	3
7	Lee Hau Cheung	LSC	32.36	Standard	2
8	Cheng Pok Man	HPCCS	29.11	Standard	1
	Tam Tse Fung	SKSS	28.47	Standard	
	Mateen-Ur-Rehman	DBS	27.24	Standard	
	Leung Lok Hei	CSWCSS	25.13	Standard	
	Chow Cheuk Hin	WYK	24.26	Standard	
	Wan Yuk Ping	DBS	23.32	Standard	
	Chan Yin Pok	LSC	23.11	Standard	
	Leung Chun Kit	YCKMC	22.14	Standard	
	Chou Chi Kong Calvin	WFN	21.88	Standard	
	Christopher Wong	KGV	21.33	Standard	
	James Park	KGV	21.04	Standard	
	Tse Yuk Shing	CSK	20.79	Standard	
	Au Yeung Fung Yin	SJC	20.60	Standard	
	Wong Chun Hon	YCKMC	20.50	Standard	
	Leung Christopher	WFN	20.18	Standard	
	Leung Hing Fai	CSWCSS	20.12	Standard	
	Elliot Karlsson	WIS	20.03	Standard	
	Chan Yuk Wang	SSCS		No Mark	
	Doe Tsun Kit	WYK		No Mark	
	Man Xin Hong	CSK		DN take part	
	Ho Marcus	CHECSS		No Mark	
	Michael Galvez	WIS		No Mark	
	Ngai Wai Kit	CGHC		No Mark	
	Tong Kwan Yiu	SSCS		No Mark	
	So Adrian Lap Kuen	SJC		No Mark	

Event 6 400m Hurdles Boys A

Standard: 1:06.50 (0.84m)

Record: 54.28

(2004) (0.84m)

Heat 1

SF Lane

1	Chan Chun Yeung	DBS	58.98	Standard	1	2
2	Foo Kuk Cheung	YCKMC	1: 3.46	Standard	1	6
3	Kong Yiu Chong	CSK	1: 5.22	Standard	1	8
4	Lai Tsz Chung	CGHC	1: 5.28	Standard		
5	Sam Huggins	WIS	1: 5.71	Standard		
6	Lau Chun Yin	WYK	1: 7.05			
7	Jeffrey Tam	KGV	1: 8.04			

Heat 2

SF Lane

1	Lam Hip	YCKMC	1: 0.25	Standard	2	3
2	Yu Wai Hin	DBS	1: 1.50	Standard	2	4
3	Sze To Pak Ming	CGHC	1: 2.68	Standard	1	5
4	Goodwin Mok	KGV	1: 4.27	Standard	2	7
5	So Wai Chung	CSK	1: 4.83	Standard	2	1
6	Joe Lee	WIS	1: 5.81	Standard		
7	Yiu Chun Fung	SJC	1: 7.30			

Heat 3

SF Lane

1	Chong Pui Hang	HPCCS	59.79	Standard	2	2
2	Fung Man Kit	SJAC	1: 3.71	Standard	2	6
3	Mok Wai Hin	CHECSS	1: 4.68	Standard	1	1
4	Woo Siu Sing	WFN	1: 4.95	Standard	2	8
5	Ziemann James Douglas	SSCS	1: 5.32	Standard		
6	Wong Hung Kwan	CSWCSS	1: 6.61			
7	Kwok Chun Wai	LSC	1: 6.88			

Heat 4

SF Lane

1	Au Yeung Chun Yu	LSC	1: 0.66	Standard	1	3
2	Leung Hoi Kit	HPCCS	1: 0.77	Standard	1	4
3	Chong Yin Lok	SJAC	1: 1.83	Standard	2	5
4	Tang Kai Tat	CHECSS	1: 4.58	Standard	1	7
5	Wu Wai Luen	SSCS	1: 6.02	Standard		
6	Chan Chiu Kit	WFN	1: 6.24	Standard		



7 Wong Tsz Ho CSWCSS 1: 7.78

Event 7 200m Boys C

Standard: 27.50

Record: 22.59 (2008)

Heat 1 SF Lane

1	Lam Ka Lok	SKSS	26.03	Standard	2	6
2	Li Fuk Yeung	WFN	26.57	Standard	2	8
3	Chan Yu Hong	YCKMC	26.91	Standard		
4	Adrian Lam	WIS	27.76			
5	Wong Wing Yin	CSK	27.95			
6	Ma Kwok Hung	SJC	28.34			
7	Jordan Ho	KGV	29.43			
8	Wu Chi Kwan	CGHC	42.74			

Heat 2 SF Lane

1	Ho Ka Tsun	SKSS	24.90	Standard	2	2
2	Ng Chun Man	CGHC	25.55	Standard	2	4
3	Jonathan Kwok	KGV	26.31	Standard	1	7
4	Kung Pak Hei	SJC	26.91	Standard		
5	Fong Yau Hi	YCKMC	27.03	Standard		
6	Kwong Yik Hin	WFN	27.35	Standard		
7	Irwin Chan	WIS	28.03			
8	Li Hin Yu	CSK	28.04			

Heat 3 SF Lane

1	Li Yin Kei	DBS	24.91	Standard	2	3
2	Fung Hok Ming	SJAC	25.79	Standard	2	5
3	Tsang Wai Hin	LSC	26.11	Standard	2	7
4	Yung Tsz Ming	HPCCS	26.53	Standard	2	1
5	Ng Chak Hang	CSWCSS	26.70	Standard	1	8
6	Ho Mang Hin	CHECSS	27.02	Standard		
7	Chui Ho Ching	SSCS	27.47	Standard		
8	Chiu Ho Nam	WYK	29.54			

Heat 4 SF Lane

1	Li Wing Fai	DBS	24.80	Standard	1	2
2	Ho Tsz Fung	CHECSS	25.32	Standard	1	3
3	Hau Yiu Sang	SSCS	25.41	Standard	1	4
4	Francis Ching	LSC	25.95	Standard	1	5
5	Yu Sin Hang	HPCCS	25.99	Standard	1	6
6	Wong Kwun Wai	CSWCSS	26.43	Standard	1	1
7	Fong Tik Kan	SJAC	27.03	Standard		
8	Wong Yu Him	WYK	31.39			

Event 8 200m Boys B

Standard: 26.50

Record: 22.55 (2005)

Heat 1 SF Lane

1	Tsu Ka Chon	LSC	23.21	Standard	2	3
2	Luk Ho Lam	DBS	24.75	Standard	1	5
3	Cheng Chun Hang	HPCCS	25.56	Standard	2	1
4	Chow Yi Kin	CHECSS	25.87	Standard		
5	Chan Cheuk Hay	CGHC	25.88	Standard		
6	Chong Andre Ka Chun	SJC	25.90	Standard		
7	Lam Ho Yin	CSWCSS	25.94	Standard		
8	Siu Sit Fung	YCKMC	26.92			

Heat 2 SF Lane

1	Chan Yan Lam	DBS	22.66	Standard	1	2
2	Ho Ping Kwan	CGHC	23.17	Standard	2	2
3	Li Lut Yin	LSC	23.73	Standard	1	3
4	Ko Ki Chak	CSWCSS	23.92	Standard	1	4
5	Chan Tsz Chung	CHECSS	24.58	Standard	2	5
6	Kong Wai Ho	YCKMC	25.56	Standard	2	8
7	Lo Lok Pan	HPCCS	25.68	Standard		
8	Wan Tsz Ho	SJC	25.69	Standard		

Heat 3 SF Lane

1	Krishna Mohinani	KGV	25.47	Standard	1	7
2	Lee Ho Wing	SJAC	25.60	Standard		
3	Nicholas Cheung	WIS	25.62	Standard		

4	Ng Ting Lok	WYK	26.81
5	Ma Ho Ming	WFN	27.21
6	Chow Chung Him	SKSS	27.48
7	Yim Cheuk On	CSK	27.54
8	Fong Ka Lun	SSCS	27.59

Heat 4				SF	Lane	
1	Geoffrey Bland	KGV	24.44	Standard	2	4
2	Hui Ka Po	SJAC	25.02	Standard	1	6
3	Yeung Man Chuen	CSK	25.20	Standard	2	6
4	Lee Ching Yin	SKSS	25.31	Standard	2	7
5	Evan Fu	WIS	25.51	Standard	1	1
6	Cheng Ming Yui	SSCS	25.59	Standard	1	8
7	Tsang Pak Shing	WFN	26.11	Standard		
8	Wai Ka Kei Gabriel	WYK	26.26	Standard		

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Event 9 200m Boys A  
Standard: 25.50

Record: 21.53 (2007)  
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Heat 1				SF	Lane	
1	Edward St Paul	KGV	23.39	Standard	2	3
2	Chong Yin Lok	SJAC	23.98	Standard	2	6
3	Chan Long Chai	CSK	24.75	Standard	2	8
4	Daniel Chapman	WIS	24.92	Standard	1	8
5	Cheung King Wai Francis	WFN	25.36	Standard		
6	Leung Hin Wai	WYK	25.53			
7	Lee O Yeung	SSCS		DN start		
8	Lau Tsz Wang	SKSS		DN start		

Heat 2				SF	Lane	
1	Lee Chun Wing	SJAC	23.51	Standard	1	3
2	Lam Hing Ho	YCKMC	23.62	Standard	1	4
3	Lau Kwok Pan	DBS	23.77	Standard	2	5
4	Tang Kin Yip	WYK	23.93	Standard	1	6
5	Chau Yim Hang	CSK	25.27	Standard		
6	To Ho Yuen	HPCCS	25.40	Standard		
7	Chu Shun Lok	LSC	25.52			
8	Leon Tam	KGV		DN start		

Heat 3				SF	Lane	
1	Lai Chun Ho	DBS	23.08	Standard	2	2
2	Chan Kei Fung	CGHC	23.65	Standard	2	4
3	Hui King Lok	HPCCS	24.01	Standard	2	7
4	Au Lok Yin	YCKMC	24.40	Standard	1	7
5	Choi Ka Chun	SJC	24.56	Standard	2	1
6	Tong Yiu Po	LSC	26.02			
7	Chan Faat	CSWCSS	26.08			
8	Ng Kam Chuen	CHECSS	26.11			

Heat 4				SF	Lane	
1	Ng Ka Fung	CGHC	22.84	Standard	1	2
2	Chan Kai Ming	CSWCSS	23.80	Standard	1	5
3	Woo Aaron Wai Lun	SJC	24.53	Standard	1	1
4	Ben Thomson	WIS	25.19	Standard		
5	Or Chun Kit	CHECSS	25.62			
6	Lau Yick Sing	SSCS	27.26			
7	Lam Pui Kei	SKSS	28.84			

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Event 10 1500m Girls C  
Standard: 6:30.00

Record: 5:02.16 (2003)  
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Final				Points
1	Lee Yuk Ying Aggie	HYS	5:16.70	9
2	Nadia Ogilvie	IS	5:16.96	7
3	Tso Sze Ming	DGS	5:20.52	6
4	Leung Yan Yee Eunice	MCS	5:23.49	5
5	Hayley Wong	KGV	5:24.71	4
6	Lee Ho Nam	HYS	5:24.87	3
7	Eve Lo	KGV	5:30.26	2
8	So Holly	GHS	5:38.14	1
9	Wan Hoi Ting Florence	DGS	5:38.83	

10	Tiffany Tang	SPCS	5:39.10
11	Tse Wan Chau	SHCC	5:43.53
12	Tara Dolan	WIS	5:46.55
13	Bridgette Kriesel	WIS	5:47.13
14	Chiu Yuk Yee	SHCC	5:47.50
15	Jillian Mok	SPCS	5:52.10
16	Chan Hoi Ching Jovi	MCS	5:55.01
17	Wu Judy	GHS	5:55.80
18	Cheng Wing Shan	SSGC	6:10.38
19	Daphne Wong	MSS	6:30.11
20	Cheung Hiu Ki	SSGC	6:32.79
21	Lau Wing Huen Crystal	SCGS	6:51.72
22	Fan Chun Ying Asta	SCGS	6:54.70
23	Sarah Stamp	IS	

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Event 11 1500m Girls B

Standard: 6:25.00

Record: 4:52.98 (2000)

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Final

				Points
1	Coco Choi Pui Yan	SHCC	5:20.08	9
2	Wu Sum Yi	DGS	5:22.81	7
3	Leung Luk Sze	DGS	5:23.66	6
4	Aisyah Duggie	WIS	5:23.77	5
5	Choi Yan Yin	HYS	5:26.86	4
6	Hung Fion	GHS	5:32.38	3
7	Ella Morrison	WIS	5:33.26	2
8	Sin Chin Wing Sonia	HYS	5:33.87	1
9	Leung Glroia	GHS	5:35.09	
10	Agnes Wan	SPCS	5:36.17	
11	Ng Yui Lam	SHCC	5:49.11	
12	Poon Yee Tung Pamela	MCS	5:49.85	
13	Isabelle Basford	IS	5:55.55	
14	Chloe Tsang	SPCS	6: 4.05	
15	Lum Suet Man	SSGC	6: 5.31	
16	Ngai Ka Hung Alvina	SCGS	6: 5.34	
17	Cheung Hoi Ting Ethel	SCGS	6: 8.02	
18	Li Ka Wai	SSGC	6:14.92	
19	Melissa Zhang	KGV	6:19.17	
20	Elizabeth Lam	KGV	6:28.33	
21	Leung Tak Wing Stephanie	MCS	6:39.77	
22	Agnes Cheung	MSS	7:10.75	
23	Sofie Nabseth	IS		

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Event 12 1500m Girls A

Standard: 6:15.00

Record: 5:04.95 (2007)

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Final

				Points
1	Wong Priscilla	GHS	5:21.08	9
2	Leung Dianna Heng Yin	GHS	5:26.90	7
3	Stephanie Chan	MCS	5:29.65	6
4	Hui Wai Sum Vincci	DGS	5:39.94	5
5	Rukhaiya Ebrahim	WIS	5:42.02	4
6	Jayne Lo	KGV	5:44.24	3
7	Sung Sze Wing	SSGC	5:45.77	2
8	Lo Vera Mann Hey	DGS	5:46.04	1
9	Nicolien Brink	WIS	5:47.63	
10	Lai Vivian Hiu Tung	HYS	5:55.17	
11	Ng Alecia Hei Yan	HYS	6: 7.58	
12	Hui Wai Shuen	SSGC	6:15.48	
13	Yixia Gu	KGV	6:18.14	
14	Chan King Chi Phoebe	MCS	6:24.37	
15	Chan Yeuk Hang Vienna	SCGS	6:24.40	
16	Chloe Kam	SPCS	6:25.46	
17	Yip Ching Bernadette	SCGS	6:32.62	
18	Zoe Wong	IS	6:46.78	
19	Ng Tsz Ching	SHCC	7:21.92	
20	Kwok Kam Wing	SHCC	7:37.24	

## Event 13 Shot Put Girls B

Standard: 7.50 (3kg)

Record: 11.68

(2005) (3kg)

Position	Name	School	Result	Remark	Points
1	Ho Florence	GHS	12.25	Standard	9
2	Sin Cherry	GHS	10.59	Standard	7
3	Ng Yuen Lam Dora	DGS	9.88	Standard	6
4	Wong Ka Yee	HYS	9.79	Standard	5
5	Hui Sien Yan Chanel	DGS	9.15	Standard	4
6	Li Wing Sze Wings	HYS	8.99	Standard	3
7	Kwok Yee Kei	SSGC	8.95	Standard	2
8	Rebecca Gilhooly	IS	8.16	Standard	1
	Lam Wing Ying	SHCC	7.83	Standard	
	Mandy Lai	SPCS	7.81	Standard	
	Rachel Mason	IS	7.70	Standard	
	Shirley Lau	MSS	7.60	Standard	
	Faye Jones	KGV	7.60	Standard	
	Sammi Kwok	SPCS	7.37		
	Jacqueline Wright	WIS	7.18		
	Yuen Ching Wai Agnes	SCGS	7.18		
	Yau Yuen Ting Stephanie	SCGS	6.92		
	Wong Chiu Wai	MCS	6.88		
	Wong Suet Lam	SSGC	6.85		
	Chan Yin Ka	SHCC	6.67		
	Pratistha Kohli	WIS	6.57		
	Kwan Hei Ting Klara	MCS	6.46		
	Rowena Bicknell	KGV	6.20		
	Connie Ho	MSS	6.18		

## Event 14 Discus Boys A

Standard: 26.00 (1.5kg)

Record: 45.44

(1987) (1.5kg)

Position	Name	School	Result	Remark	Points
1	Yu Chi Yeung	HPCCS	45.35	Standard	9
2	Lee Yat Kam	CGHC	44.34	Standard	7
3	Yiu Chi Pang	CGHC	35.91	Standard	6
4	Kwong Keum Hwan	SSCS	35.12	Standard	5
5	Wong Pak Keung	CHECSS	34.83	Standard	4
6	Chow Tak Hei	DBS	34.60	Standard	3
7	Cheng Ho Shun	HPCCS	32.37	Standard	2
8	Lee Felix Nigel	LSC	32.07	Standard	1
	Lam Wai Ting	SSCS	30.77	Standard	
	Chuk Lok Wun	YCKMC	29.61	Standard	
	Chan Hing Nam	CSWCSS	29.39	Standard	
	Jarrood Sarjana	WIS	28.56	Standard	
	Chan Ka Hei	SKSS	28.41	Standard	
	Suen Philip Chi Kin	SJC	26.33	Standard	
	Leung Shi Ping	CHECSS	26.18	Standard	
	Chau Yan Tung Paul	SKSS		No Mark	
	Choi Wai Sum	YCKMC		No Mark	
	Wong Yat Tin	SJAC		DN take part	
	Fok Chien Wah Marco	SJAC		DN take part	
	Aneesh Varma	WIS		No Mark	
	Chan Tsz Tsun	SJC		No Mark	
	Ho King Yiu	WYK		No Mark	
	Ng Hoi Yiu	WYK		No Mark	
	Tsui Chun Man	LSC		No Mark	
	Ng Yau Ning	DBS		No Mark	
	Fung Tsun Hang	CSK		DN take part	
	Fung Kwok Keung	CSWCSS		No Mark	
	Mak Ka Hong	WFN		No Mark	
	William Wu	KGV		No Mark	
	Rahul Nainani	KGV		No Mark	

## Event 15 High Jump Boys A

Standard: 1.62

Record: 2.04 (1998)

Position	Name	School	Result	Remark	Points
1	Cheung Kam Nam	CGHC	1.78	Standard	9
2	Lai Kam Tai	CHECSS	1.75	Standard	7
3	Kwok Ho Sang	WYK	1.75	Standard	6
4	Chan Chor Kam	DBS	1.67	Standard	5
4	Yuen Wai Lok	HPCCS	1.67	Standard	5
6	Cheung Cheuk Hei	DBS	1.67	Standard	3
7	Chung Chi Fung	CSK	1.67	Standard	2
8	David Okuno	WIS	1.62	Standard	1
	Aaron Tang	KGV	1.61	Standard	
	Lee Ho Ching	HPCCS	1.61	Standard	
	See Xiao Qin	SSCS	1.57		
	Lau Chung Yin	SJAC	1.57		
	Yeung Toi Tung	SJC	1.57		
	Wong Yat Long	LSC	1.57		
	Wong Kin Ho	CSWCSS	1.57		
	Ngai Chun Sang	LSC	1.57		
	Yung Ho Lun	CSK	1.57		
	Keung Lap Ting	SJAC		DN take part	
	Tang Kai Chung	SJC		No Mark	
	Choy Chi On	WFN		DN take part	
	Li Ying Kit	CHECSS		No Mark	
	Chan Chun San	YCKMC		DN take part	
	Yeung Jason	SSCS		No Mark	
	Kwan Wing Nam	CSWCSS		No Mark	
	James Xu	WIS		No Mark	
	Alex Ng	KGV		DN take part	

Event 16 Long Jump Boys C

Standard: 4.70

Record: 6.25 (2006)

Position	Name	School	Result	Remark	Points
1	Liu Chung Lung	SJAC	6.16	Standard	9
2	Cheung Chung Yin	HPCCS	5.74	Standard	7
3	Wong Hung Yiu	LSC	5.74	Standard	6
4	Chan Ming Tai	DBS	5.67	Standard	5
5	Mateen-Ur-Rehman	DBS	5.56	Standard	4
6	Kooh Lok Man	WFN	5.53	Standard	3
7	Brian Cho	KGV	5.47	Standard	2
8	Ng Ka Hin	LSC	5.25	Standard	1
	Chau Tung Fai	CSWCSS	5.19	Standard	
	Chong Chung Yi	HPCCS	5.14	Standard	
	Chan Kwan Yiu	YCKMC	5.04	Standard	
	Tam Shu San	SJAC	4.91	Standard	
	Chan Yu Hong	YCKMC	4.90	Standard	
	Wong Yu Hin	WYK	4.89	Standard	
	Li Tsz Hin	CHECSS	4.85	Standard	
	Christopher Wong	KGV	4.82	Standard	
	Liu Kwok Kwan	CGHC	4.72	Standard	
	Sin Cheuk Him	SJC	4.70	Standard	
	Chan Yan Lok Arnold	WFN	4.66		
	Ng Yat Long	SSCS	4.53		
	Mak Yun Chak	SKSS	4.52		
	Leung Ching Tao	WYK	4.38		
	Cheung Sek Wang	SJC	4.30		
	Lee Ka Chun	CSWCSS	4.30		
	Cheuk Wing Kit	SKSS	4.27		
	Lam Chun Yin	SSCS	4.23		
	Matthew Hoare	WIS	4.19		
	Wong Ying Wai	CSK	4.17		
	Alex Cullen	WIS	3.71		
	Chan Lok Chi	CSK	3.54		
	Hui Hoi Lun	CHECSS		No Mark	
	Tse Hiu Fung	CGHC		DN take part	

## Event 17 1500m Boys C

Standard: 5:20.00

Record: 4:31.24 (2008)

Heat 1					Final Lane
1	Kwong Yuk Wa	WFN	4:49.46	Standard	1
2	Chan Hok Man	LSC	4:49.65	Standard	2
3	Ho Juen Ko	KGV	4:50.63	Standard	3
4	Yeung Ho Wai	DBS	4:55.16	Standard	4
5	James Gibb	WIS	5: 8.87	Standard	11
6	Wan Cheuk Yin	CSWCSS	5:13.86	Standard	
7	Lam Ching Yu	SSCS	5:15.22	Standard	
8	Tsoi Chun Yin	HPCCS	5:27.38		
9	Ng Cheuk Hong	SJAC	5:32.15		
10	Cheng Tsz Wai	SKSS	5:32.22		
11	Leung Tsz Him	WYK	5:39.17		
12	Kum Yun San	YCKMC	5:39.89		
13	Chan Hei Lun	CHECSS	5:41.48		
14	Kwan Chin Hang	SJC	5:45.62		
15	Hui Ying Ho	CSK	5:46.76		
16	Chan Chun Wah	CGHC	5:57.16		

Heat 2					Final Lane
1	Ryan Nam	KGV	4:57.43	Standard	5
2	Kwok Wing Kan	LSC	4:58.05	Standard	6
3	Sze Jie Lin	HPCCS	4:58.36	Standard	7
4	Mitchelmore Sam Brian	DBS	5: 0.66	Standard	8
5	Brian Leung	WIS	5: 1.03	Standard	9
6	Wong Tsz Yuen	WFN	5: 3.38	Standard	10
7	Yuen Tsun Hei	SJAC	5: 9.40	Standard	12
8	Leung Adrian Dan	SSCS	5:13.36	Standard	
9	Cheung Felix Ho Nin	WYK	5:14.79	Standard	
10	Lau Chun Ming	SJC	5:21.57		
11	Chau Tsz Kit	CSK	5:24.57		
12	Fu Yi Tat	CGHC	5:25.46		
13	Yu Chun Kit	CHECSS	5:26.86		
14	Lam Ka Hei	CSWCSS	5:29.03		
15	Liu Yik Shing	YCKMC	5:31.95		
16	Yiu sin Chun	SKSS	5:32.53		

## Event 18 1500m Boys B

Standard: 5:00.00

Record: 4:19.04 (2003)

Heat 1					Final Lane
1	Perry Wong	LSC	4:23.72	Standard	1
2	Chan Ka Hin	CHECSS	4:41.82	Standard	4
3	Cheung Lok Sang Lucas	SJC	4:44.02	Standard	7
4	Chu Check Kiu	DBS	4:44.58	Standard	9
5	Chan Lok Hin	HPCCS	4:48.58	Standard	10
6	So Man Ho	CSWCSS	4:51.62	Standard	
7	Keith Yuen	WIS	4:58.34	Standard	
8	Chim Hei Ming	WYK	5: 3.51		
9	Hau Ka Ho	SJAC	5: 6.32		
10	Au Man Kit	CGHC	5: 6.94		
11	Law Ming Yee Matthew	WFN	5: 9.94		
12	Chan King Fun	SSCS	5:12.33		
13	Leung Wai Chun	CSK	5:16.07		
14	Lit Kwun Wai	YCKMC	5:20.04		
15	Warren Henricus	KGV	5:24.09		
16	Tse Tsz Fung Hans	SKSS	5:31.82		

Heat 2					Final Lane
1	Chan Kai Pan	LSC	4:34.96	Standard	2
2	Sin Ka Chun	HPCCS	4:35.01	Standard	3
3	Ho Cho Wai	YCKMC	4:43.54	Standard	5
4	Rohit Rathi	WIS	4:43.80	Standard	6
5	Chung Man Kin	WYK	4:44.10	Standard	8
6	Chan Chak Man	DBS	4:49.57	Standard	11
7	Lau Chun Wang	CSK	4:50.65	Standard	12
8	Ip Kai Fung	CGHC	4:52.30	Standard	

9	Tom Bradford	KGV	4:53.42	Standard
10	Shing Ho Yin	WFN	4:58.01	Standard
11	Mak Chi To	SJC	4:59.33	Standard
12	Chan Chun Yiu	SSCS	5: 1.87	
13	Law Ka Chun	SKSS	5: 2.58	
14	Wong Lok Hin	CSWCSS	5: 4.81	
15	Chan Yui Yin	CHECSS	5:30.95	
16	Shing Chin Pang	SJAC		DN start

=====  
Event 19 1500m Boys A

Standard: 4:58.00

Record: 4:05.76 (2004)

Heat 1					Final Lane
1	Yuen Ho Yin	DBS	4:31.94	Standard	2
2	Wong Tsz Chung	HPCCS	4:34.65	Standard	4
3	Lai Jun Man	LSC	4:40.36	Standard	7
4	Daniel Cheung	WIS	4:45.50	Standard	9
5	Cheung Min Kong	CGHC	4:47.73	Standard	12
6	Mak Him Kwan	CSK	4:48.97	Standard	
7	Hung Sum Kin	WFN	4:51.25	Standard	
8	Wong Wai	YCKMC	4:57.19	Standard	
9	Tsoi Wing Wai	CSWCSS	5: 0.90		
10	Choi Ming Hei	SKSS	5: 3.51		
11	Chow Ho Sing	SJC	5: 5.11		
12	Chan Lit Chau	CHECSS	5:15.45		
13	Chau Chi Lap	SSCS	5:16.29		
14	Wong Hei Tung	SJAC	5:18.06		
15	Leung King Man	WYK	5:28.56		
16	Kenta Mitsuhashi	KGV		DN start	

Heat 2					Final Lane
1	Lo Chun Bong	LSC	4:28.62	Standard	1
2	Chan Lok Kan	DBS	4:32.06	Standard	3
3	Ng Tak Wo	CHECSS	4:35.23	Standard	5
4	Tsui Chi Kin	CGHC	4:39.25	Standard	6
5	Ng Hei Ting	HPCCS	4:41.92	Standard	8
6	Joshua Owens	WIS	4:46.69	Standard	10
7	Wong Yung Chu	CSWCSS	4:47.68	Standard	11
8	Yiu Kin Man	CSK	4:51.67	Standard	
9	Patrick Ngai	KGV	4:58.53		
10	Yu Ping Yip	YCKMC	4:59.87		
11	Chan Kai Wing	WYK	5: 0.81		
12	Leung Siu Lap Thomas	WFN	5: 1.27		
13	Cheung Yan Lap	SJC	5:12.01		
14	Leung Kwok Yan	SJAC	5:25.77		
15	Wan Yiu Tak	SSCS	5:54.00		

=====  
Event 20 400m Girls C

Standard: 1:15.00

Record: 58.78 (2000)

Heat 1					Final Lane
1	Chung Stella	GHS	1: 2.97	Standard	2
2	Leung Hoi Yin	DGS	1: 5.98	Standard	6
3	Ho Cheuk Ying Karen	MCS	1: 7.18	Standard	1
4	Ng Ka Wing	HYS	1: 7.49	Standard	8
5	chloe Cheung	WIS	1: 9.58	Standard	
6	Cherrie Fung	SPCS	1:11.79	Standard	
7	Suen Hoi Ping	SSGC	1:11.90	Standard	
8	Mak Hoi Yin Stephanie	SCGS	1:12.14	Standard	

  

Heat 2					Final Lane
1	Cheng Shui Ting	HYS	1: 4.92	Standard	4
2	Yiu Pei Tung Stephanie	MCS	1: 6.64	Standard	7
3	Chan Sze Ting	SSGC	1: 8.85	Standard	
4	Vanessa Ng	KGV	1:10.88	Standard	
5	Wong Tsz Yan Stephanie	SCGS	1:11.15	Standard	
6	Alissa Pike	MSS	1:11.49	Standard	
7	Choi Long Wing	SHCC	1:13.04	Standard	
8	Lucy Wyatt	IS	1:13.39	Standard	

Heat 3					Final Lane
1	Tse Karman	GHS	1: 3.11	Standard	3
2	Li Wai Ting	DGS	1: 5.73	Standard	5
3	Lorenza Hayat	KGV	1: 8.24	Standard	
4	Ng Wing Kei	SHCC	1:10.41	Standard	
5	Krishnan Nina Joanne	SPCS	1:10.92	Standard	
6	Veronica Morlotti	WIS	1:11.06	Standard	
7	Bianca Frohlich	IS	1:11.30	Standard	
8	Hester Law	MSS	1:14.58	Standard	

=====  
Event 21 400m Girls B

Standard: 1:13.00

Record: 57.29 (2002)

Heat 1					Final Lane
1	Au Yuk Yee	DGS	1: 4.22	Standard	5
2	Pang Cherry	GHS	1: 4.38	Standard	6
3	Georgina Cheung	WIS	1: 8.86	Standard	
4	Felicia Liu	SPCS	1: 9.26	Standard	
5	Christel Chan	KGV	1:10.56	Standard	
6	Ivy Cheung	MSS	1:10.80	Standard	
7	Georgia Hunter	IS	1:11.07	Standard	
8	Chu Koon Yin Clara	SHCC	1:15.94		

Heat 2					Final Lane
1	Pang Hiu Yan	HYS	1: 4.57	Standard	7
2	Lo Yuk Ting	SHCC	1: 5.27	Standard	
3	Chen Siu Wai	SSGC	1: 6.16	Standard	
4	Evie Lant	IS	1: 8.63	Standard	
5	Chloe Fung	WIS	1: 9.30	Standard	
6	Uta Keung	MSS	1:10.21	Standard	
7	Ho Wing Shum Angel	SCGS	1:11.50	Standard	
8	Ho Jun Wing Michelle	MCS	1:12.14	Standard	

Heat 3					Final Lane
1	Chan Yin Ting	DGS	1: 0.54	Standard	2
2	Chan Chi Yan	HYS	1: 1.85	Standard	3
3	Li Winkie	GHS	1: 3.48	Standard	4
4	Lee Lok Ching	SSGC	1: 4.58	Standard	1
5	Leung Wai Ching Janese	MCS	1: 5.20	Standard	8
6	Cathy Chau	SPCS	1: 7.72	Standard	
7	Patricia Yu	KGV	1:10.94	Standard	
8	Tam Hiu Yee Noel	SCGS	1:11.30	Standard	

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Event 22 400m Girls A

Standard: 1:12.50

Record: 58.29 (1999)

Heat 1					Final Lane
1	Hui Man Ling	DGS	59.98	Standard	2
2	Florence Jim	MCS	1: 5.68	Standard	5
3	Louie Tak Yee Janice	SCGS	1: 5.81	Standard	6
4	Cheung Hei Tung	HYS	1: 8.31	Standard	1
5	Alexandra Liu	WIS	1: 8.93	Standard	
6	Amanda Kwan	SPCS	1:10.18	Standard	
7	Angela Wang	KGV	1:11.35	Standard	
8	Kun Tsz Wai	SSGC	1:14.55		

Heat 2					Final Lane
1	Au Lok Yiu	DGS	1: 1.81	Standard	3
2	Leung Anna Long Yin	GHS	1: 7.19	Standard	7
3	Chan Kwai Po	SHCC	1: 9.18	Standard	
4	Jocelyn Tong	KGV	1: 9.56	Standard	
5	Tehani Jayasekera	IS	1:11.10	Standard	
6	Laura Dean	WIS	1:11.70	Standard	
7	Michelle Kwok	SPCS	1:12.05	Standard	
8	Amanda Chan	MSS	1:23.95		

Heat 3					Final Lane
1	Pang Chi Ling	GHS	1: 4.22	Standard	4
2	Tsang Wing Yan	HYS	1: 8.63	Standard	8
3	Chan Ying Yin Sonia	SHCC	1:10.03	Standard	
4	Li Man Yuen	SSGC	1:10.84	Standard	



5	Rebecca Howard	IS	1:11.86	Standard
6	Aurelia Keung	MSS	1:12.09	Standard
7	Ho Jun Yue Jane	MCS	1:13.22	
8	Chan Hiu Ying Winky	SCGS	1:16.12	

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Event 23 400m Boys C

Standard: 1:04.00

Record: 51.23 (2008)

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Heat 1

					SF	Lane
1	Li Fuk Yeung	WFN	59.28	Standard	1	4
2	Jeffery Lo	KGV	1: 1.80	Standard	2	1
3	Sean Widdowson	WIS	1: 2.60	Standard	1	8
4	Au Long Yat	YCKMC	1: 4.00	Standard		
5	Tse Hiu Fung	CGHC	1: 4.74			
6	Lau Chun Ming	SJC	1: 5.14			
7	Chan Cheuk Hei	SKSS	1: 6.61			
8	Hui Ka Ming	CSK		DQ		

Heat 2

					SF	Lane
1	Chan Ngai Lun	WFN	55.94	Standard	1	2
2	Ho Juen Ko	KGV	1: 0.07	Standard	1	5
3	Ip Harris Chun Kit	YCKMC	1: 0.53	Standard	2	6
4	Siu Yip Wing	WIS	1: 1.01	Standard	1	1
5	Chiu Hong Lam	SKSS	1: 2.61	Standard		
6	Shing Sui Yin	CSK	1: 5.63			
7	Au Yeung Fung Yin	SJC	1: 7.16			
8	Lau Chun Leung	CGHC		DN start		

Heat 3

					SF	Lane
1	Li Tsz Hei	LSC	56.53	Standard	2	2
2	Wan Hi Yuen	DBS	57.58	Standard	2	3
3	Yung Tsz Ming	HPCCS	59.93	Standard	2	5
4	Ho Mang Hin	CHECSS	1: 3.12	Standard		
5	Kwok Tsz Hin	SJAC	1: 3.32	Standard		
6	Lee Ka Fung Kevin	WYK	1: 4.79			
7	Chan Timothy	SSCS	1: 6.07			
8	Zeng Jin Yong	CSWCSS		DN start		

Heat 4

					SF	Lane
1	Yu Sin Hang	HPCCS	58.61	Standard	1	3
2	Lee Ho Ching	LSC	59.57	Standard	2	4
3	Choi Chun Hung	DBS	1: 0.44	Standard	1	6
4	Wong Kwun Wai	CSWCSS	1: 0.69	Standard	2	7
5	Fung Kwun Ping	WYK	1: 0.78	Standard	1	7
6	Fong Tik Kan	SJAC	1: 2.60	Standard	2	8
7	Law Chung Him	CHECSS	1: 3.16	Standard		
8	Ng Yat Long	SSCS	1: 6.22			

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Event 24 400m Boys B

Standard: 1:00.00

Record: 51.63 (2008)

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Heat 1

					SF	Lane
1	Andrew Keswani	LSC	55.20	Standard	2	3
2	Kwan Chun Ming	HPCCS	55.55	Standard	1	4
3	Man Yui Tong	DBS	56.61	Standard	2	4
4	Chow Yi Kin	CHECSS	57.00	Standard	1	6
5	Ng Ka Fai	YCKMC	57.48	Standard	1	1
6	Tam Cho Yau	CSWCSS	58.07	Standard		
7	Leung Hin Lok	SJC	1: 0.31			
8	Li Ka Yiu	CGHC	1: 1.35			

Heat 2

					SF	Lane
1	Chan Yan Lam	DBS	53.20	Standard	1	2
2	Fong Pak Lun	LSC	55.02	Standard	2	2
3	Cheng Chun Hang	HPCCS	57.15	Standard	2	6
4	Chan Fung Yeung	CHECSS	57.23	Standard	2	7
5	Chin Chun Yip	CGHC	57.58	Standard	2	1
6	Chen Cheuk Yip	SJC	57.96	Standard		
7	Kong Wai Ho	YCKMC	58.91	Standard		
8	Kam Hon Sing	CSWCSS		DN start		

Heat 3

					SF	Lane
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1	Joshua Clewes	WIS	57.82	Standard	1	8
2	Nicolo Hayatt	KGV	58.31	Standard		
3	Chau Hing Lung	SJAC	58.35	Standard		
4	Kwan Tsz Ching	CSK	59.41	Standard		
5	Kwan Sung Him	WFN	59.96	Standard		
6	Fung Kwun Yan	WYK	1: 0.87			
7	Lam Tsang Fai	SSCS	1: 3.18			
8	Chong Heung Yeung	SKSS		DN start		
Heat 4						
					SF	Lane
1	Lam Ka Chun	WFN	55.43	Standard	1	3
2	Geoffrey Bland	KGV	56.65	Standard	2	5
3	Lam Chun Lok	SSCS	56.71	Standard	1	5
4	Evan Fu	WIS	57.27	Standard	1	7
5	Ip Chun Yu	SJAC	57.82	Standard	2	8
6	Ng Ting Lok	WYK	59.11	Standard		
7	Wong Kei Wai	CSK	1: 1.28			
8	Lau Ho Wan	SKSS	1: 4.04			

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Event 25 400m Boys A

Standard: 57.50

Record: 49.10 (1964)

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Heat 1						
					SF	Lane
1	Edward St Paul	KGV	52.61	Standard	1	2
2	Ben Thomson	WIS	56.63	Standard	1	8
3	Fung Yat Tin	WYK	57.27	Standard		
4	Luk Ka Wai	SJAC	57.87			
5	Hau Yuk Chit	SSCS	58.24			
6	Chan Yuk Lun	SKSS	1: 2.07			
7	Mak Ka Hong	WFN		DN start		
8	Goh Wai Lim	CSK		DN start		

Heat 2						
					SF	Lane
1	Daniel St Paul	KGV	53.33	Standard	2	2
2	Fung Man Kit	SJAC	54.98	Standard	1	5
3	Wan Man Hin	WFN	55.19	Standard	2	6
4	Kong Ka Wai	WYK	57.09	Standard		
5	Daniel Ebling	WIS	57.90			
6	Ziemann James Douglas	SSCS	58.54			
7	Chong Kwong Ching	CSK	58.79			
8	Lau Tsz Wang	SKSS		DN start		

Heat 3						
					SF	Lane
1	Yau Ka Ho	HPCCS	53.82	Standard	1	3
2	Chung Ho Bong	DBS	54.72	Standard	2	5
3	Yeung Toi Tung	SJC	55.57	Standard	2	7
4	Lau Cheuk Hin	CHECSS	56.09	Standard	1	1
5	Yan Chi Kan	LSC	56.55	Standard	2	8
6	Mak Ka Wing	CSWCSS	58.04			
7	Chung Chi Yeung	YCKMC		DN start		
8	Wong Tsz Chun	CGHC		DN start		

Heat 4						
					SF	Lane
1	Au Yeung Chun Yu	LSC	53.42	Standard	2	3
2	Lam Hing Ho	YCKMC	53.88	Standard	1	4
3	Leung Hoi Kit	HPCCS	53.90	Standard	2	4
4	Yung Ron	DBS	55.10	Standard	1	6
5	Sze To Pak Ming	CGHC	55.84	Standard	1	7
6	Woo Aaron Wai Lun	SJC	56.23	Standard	2	1
7	Wong Yeung Wai	CSWCSS	58.33			
8	Lai Kam Tai	CHECSS		DN start		

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Event 26 Javelin Girls A

Standard: 19.00 (600gm)

Record: 39.88 (2004) (600gm)

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Position	Name	School	Result	Remark	Points	
1	Woo Wing Tung	DGS	41.39	Standard	9	
2	Lau Tsz Chin	DGS	35.31	Standard	7	
3	Chan Ngai Yung	HYS	27.67	Standard	6	
4	So Lok Yiu Julia	MCS	27.64	Standard	5	
5	Chan Crystal	GHS	27.55	Standard	4	

6	Choi Wai Tung Jessica	HYS	26.68	Standard	3
7	Terranda Yeung	SPCS	26.34	Standard	2
8	Tse Wai Ki Vickie	MCS	22.99	Standard	1
	Sally Wan	SPCS	21.95	Standard	
	Jasmine Roberto	WIS	20.02	Standard	
	Leung Yee Ping	SSGC	19.01	Standard	
	Grace Tam	MSS	18.66		
	Charlotte Ho	MSS	18.37		
	Lam Sze Chai	SHCC	18.08		
	Yuen Ching Yan	SSGC	17.60		
	Chan Hiu Kwan Xanthe	SCGS	14.91		
	Aakriti Batra	IS	13.06		
	Cheung Hoi Yan Karen	SCGS	12.85		
	Samara Emett	KGV	10.57		
	Christy Cheung	KGV	9.08		
	Auia Kafry	IS		DN take part	
	Lau Wing Yiu Yoyo	GHS		No Mark	
	Carman Ng	WIS		No Mark	
	Hui Kit Wing	SHCC		No Mark	

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Event 27 Triple Jump Boys B

Standard: 10.50

Record: 13.53 (2006)

Position	Name	School	Result	Remark	Points
1	Pang Ying Kit	LSC	13.67	Standard	9
2	Lui Chun Yan	CGHC	12.80	Standard	7
3	Tai Siu Lun	SJAC	12.56	Standard	6
4	Chau Ming Sing	SJAC	12.48	Standard	5
5	Fong Pak Lun	LSC	12.23	Standard	4
6	Li Ka Chun	HPCCS	12.22	Standard	3
7	Tsui Chi Shing	CHECSS	12.07	Standard	2
8	Lam Wai Leuk	CSWCSS	11.99	Standard	1
	Wong Chi Pang	WYK	11.97	Standard	
	Chan Cheuk Fung	DBS	11.85	Standard	
	Alan Devereux	WIS	11.76	Standard	
	Tai Cheuk Yin Ronald	WFN	11.70	Standard	
	Lau Chak Wang	YCKMC	11.69	Standard	
	Kam Lik Hin	SSCS	10.96	Standard	
	Qiu Xianlong	YCKMC	10.84	Standard	
	Leung Cheung Kit	HPCCS	10.76	Standard	
	Ho Chun Wing	DBS	10.76	Standard	
	Ma Lok Yin	CSK	10.60	Standard	
	Cheung Lok Sang Lucas	SJC	10.55	Standard	
	Liu Chun Yin	CSK	10.53	Standard	
	Lee Wo Shun	SSCS	10.46		
	Lee Lik On	CGHC	10.45		
	Lau Yin Pan	SKSS	10.35		
	Wong Chak Hung	CHECSS	10.35		
	Ho Tsz Kan	CSWCSS	10.32		
	Ngai Chung Hin	SKSS	10.23		
	Gio Ambrocio	KGV	10.21		
	Chetan Shah	WIS	9.91		
	Jason Yeung	KGV	9.90		
	Kwan Sung Him	WFN	9.84		
	Luk Chak Hon	SJC	9.40		
	Seto King Fung	WYK		DN take part	

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Event 28 100m Hurdles Boys C

Standard: 19.50 (0.84m)

Record: 13.62 (2008) (0.84m)

Heat	1				SF	Lane
1	Marc Feng	KGV	18.37	Standard	1	1
2	Wong Wang Kei	SKSS	18.93	Standard	2	8
3	Cheng Tsz Lok	SJC	19.02	Standard		
4	Chan Chi Hang	CSK	19.04	Standard		
5	Fung Kam Shing	YCKMC	19.19	Standard		
6	Jean Pierre Nixon	WIS	19.94			

7	Wong Kam To	CGHC	32.22			
8	Li Ho Yin	WFN		DN start		
Heat 2					SF	Lane
1	Cheuk Wing Kit	SKSS	15.95	Standard	1	3
2	Chau Chi Kiu	CSK	16.72	Standard	1	5
3	Fung Tin Yan Jonathan	WFN	17.40	Standard	2	6
4	Matthew Hoare	WIS	17.79	Standard	2	7
5	Yashuhiro Tsang	KGV	18.12	Standard	1	7
6	Yau Chak Hin	CGHC	18.53	Standard	2	1
7	Cheng Chi Sing Harry	YCKMC	19.34	Standard		
8	Fung Cheuk Kan	SJC	22.17			
Heat 3					SF	Lane
1	Chan Tsz Yeung	DBS	15.59	Standard	2	3
2	Liu Kam Ho	SJAC	16.41	Standard	1	4
3	Wong Hung Yiu	LSC	16.49	Standard	2	4
4	Wong Tsz Hin	HPCCS	19.01	Standard	1	8
5	Wong Tsz Fung	WYK	20.19			
6	Law Chung Him	CHECSS	21.05			
7	Ng Si Qi	SSCS	24.31			
8	Lee Kit Chung	CSWCSS		DN start		
Heat 4					SF	Lane
1	Liu Chung Lung	SJAC	14.27	Standard	1	2
2	Wang Hao Yang	DBS	14.78	Standard	2	2
3	Cheung Chung Yin	HPCCS	16.55	Standard	2	5
4	Yeung Pak Hei	WYK	17.03	Standard	1	6
5	Cheung Yip Wai	SSCS	19.10	Standard		
6	Zachary Mui	LSC	19.23	Standard		
7	Tam Siu Hang	CHECSS	21.09			
8	Lam Kei Chun	CSWCSS		DN start		

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Event 29 100m Hurdles Boys B

Standard: 17.00 (0.914m)      Record: 13.54      (2008) (0.914m)

Heat 1					SF	Lane
1	Wong Wing Fai	CGHC	14.74	Standard	2	3
2	Lam Lok Hei	LSC	15.43	Standard	2	4
3	Choi Ho Sing	YCKMC	15.86	Standard	2	5
4	Yau Tze Ching	DBS	15.87	Standard	1	5
5	Leung Kam Wai	HPCCS	16.18	Standard	1	7
6	Tam Hoi Shun	CHECSS	17.33			
7	Chan Ting Hei	CSWCSS	18.24			
8	Chan Ka Kuen Keith	SJC	18.76			
Heat 2					SF	Lane
1	Lui Chun Yan	CGHC	14.07	Standard	1	2
2	Lau Ho Tung	LSC	14.48	Standard	2	2
3	Leung Cheung Kit	HPCCS	14.82	Standard	1	3
4	Ng Hei Kan	YCKMC	15.23	Standard	1	4
5	Chan Long Hin	DBS	16.03	Standard	2	6
6	Lee Wai Tsun	CHECSS	17.98			
7	Yip Kim Fung	CSWCSS	19.48			
8	Ho Chi Hin	SJC	19.59			
Heat 3					SF	Lane
1	Hui Sai Kit	SKSS	16.25	Standard	1	1
2	Wong Kei Wai	CSK	16.42	Standard	2	8
3	Nicholas Cheung	WIS	16.83	Standard		
4	Chan Ka Pak	WYK	18.37			
5	Robert Yang	KGV	18.44			
6	Chan Chun Long	SSCS	18.95			
7	Kwok Chin Tong Thomas	WFN		DN start		
8	Ng Lok Man	SJAC		DN start		
Heat 4					SF	Lane
1	Chan Chun	WFN	15.90	Standard	1	6
2	Lam Tsz Yeung	SSCS	16.16	Standard	2	7
3	Tang To	WYK	16.35	Standard	2	1
4	Max Tsoi	KGV	16.54	Standard	1	8
5	Chow Chung Him	SKSS	17.73			
6	Kwong Wai Lok	CSK	17.76			

7 Anakin Kwok WIS 19.26  
 8 Tong Lai Yin SJAC DN start

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 Event 30 110m Hurdles Boys A

Standard: 18.50 (0.914m) Record: 14.22 (2007) (0.914m)  
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Heat 1 SF Lane  
 1 Foo Kuk Cheung YCKMC 15.46 Standard 2 3  
 2 Lee Cheuk Kin DBS 16.61 Standard 2 1  
 3 Lau Chun Yin WYK 16.72 Standard 2 8  
 4 Samuel Huggins WIS 17.50 Standard  
 5 Kong Yiu Chong CSK 18.06 Standard  
 6 Danny Craggs KGV 18.12 Standard  
 7 Lau Chung Yin SJAC 18.55

Heat 2 SF Lane  
 1 Yu Wai Hin DBS 15.27 Standard 1 2  
 2 Lai Tsz Chung CGHC 15.29 Standard 2 2  
 3 Wong Kai Chun CSK 15.73 Standard 1 4  
 4 Chan Kwok Sing WYK 16.20 Standard 2 7  
 5 Goodwin Mok KGV 16.94 Standard 1 8  
 6 Joe Lee WIS 17.67 Standard  
 7 Leung Cheuk Lun YCKMC 18.43 Standard

Heat 3 SF Lane  
 1 Woo Siu Sing WFN 15.75 Standard 2 4  
 2 Mok Wai Hin CHECSS 15.89 Standard 2 5  
 3 Chong Pui Hang HPCCS 15.98 Standard 1 6  
 4 Li Sai Hei LSC 16.49 Standard 1 1  
 5 Wu Wai Luen SSCS 18.41 Standard  
 6 Yiu Chun Fung SJC 19.32  
 7 Ho Kwan Yiu CSWCSS 19.39

Heat 4 SF Lane  
 1 Lam Lok Fung LSC 15.59 Standard 1 3  
 2 Tang Kai Tat CHECSS 15.95 Standard 1 5  
 3 Ho Chun Wing SSCS 16.05 Standard 2 6  
 4 Chu Wai Yin HPCCS 16.28 Standard 1 7  
 5 Wong Tsz Ho CSWCSS 19.90  
 6 Yeung Chun Lai SJAC DN start  
 7 Lam Chiu Yu WFN DN start

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 Event 31 Javelin Boys B

Standard: 26.00 (600gm) Record: 51.63 (2008) (600gm)  
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Position	Name	School	Result	Remark	Points
1	Victor Li	LSC	44.25	Standard	9
2	Johnson William Kwan Lok	DBS	37.08	Standard	7
3	Lo Cheuk Fei	DBS	35.92	Standard	6
4	Yeung Ka Lok	CGHC	35.77	Standard	5
5	Yip Kim Fung	CSWCSS	34.34	Standard	4
6	Ou Neng Kun	HPCCS	33.84	Standard	3
7	Ng Chun Ngai	CSK	33.17	Standard	2
8	Vadim Musaev	WIS	32.12	Standard	1
	Shiu Ying Wai	WYK	32.10	Standard	
	Tang Hok Kan	CHECSS	31.44	Standard	
	Ip Shing Lam	HPCCS	31.33	Standard	
	Chan Kwun To	WFN	29.57	Standard	
	Max Goh	WIS	29.25	Standard	
	Oliver Barnfarther	KGV	28.81	Standard	
	Yip Yuk Yin	SKSS	28.57	Standard	
	Chiu Chung Ming	LSC	27.98	Standard	
	Kok Ho Kan	CSWCSS	27.83	Standard	
	Rupert Phillips	KGV	27.33	Standard	
	Ma Ka Chun	YCKMC	26.48	Standard	
	Chan Long Hin	SSCS	26.05	Standard	
	Wong Wing Fai	CGHC	25.86		
	Yu Cheuk Yin	SJC	25.14		
	Lam Kwok Wing	YCKMC	23.89		
	Law Ming Yee Matthew	WFN	23.28		

Kwok Tsz Wai	CHECSS	22.47	
Ng Ka Hin	SJAC	16.42	
Chan Ka Wai	CSK	15.57	
Ma Wing Chun	WYK		No Mark
Leung Man Chun	SKSS		No Mark
Cheung Tin Chau Justin	SJC		No Mark
Leung Ho Hon	SSCS		No Mark
Ng Wa Sing	SJAC		DN take part

=====  
Event 32 100m Girls C

Standard: 15.00

Record: 12.55 (2004)

-----  
Heat 1 Final Lane

1	Lo Amy	GHS	13.15	Standard	3
2	Lau Hiu Yu Hilda	DGS	13.55	Standard	7
3	Siu Sin Tung	SSGC	14.51	Standard	
4	Mak Hoi Yin Stephanie	SCGS	14.54	Standard	
5	Yeung Wing Ching Anthea	MCS	14.66	Standard	
6	Tallulah Acton	WIS	14.78	Standard	
7	Wong Siu Suen Ssharon	SPCS	14.87	Standard	
8	Yip Tsz Ching	HYS		DN start	

Heat 2 Final Lane

1	Yan Hoi Tung Abby	MCS	13.18	Standard	4
2	Tam Weng Chi	SHCC	13.76	Standard	1
3	Wong Ho Ting	SSGC	13.79	Standard	8
4	Chiu Man Ting Tiffany	SCGS	14.12	Standard	
5	Marcella Wilson	IS	14.85	Standard	
6	Joanne Ho	MSS	14.96	Standard	
7	Sabrina Lau	KGV	15.09		
8	Johnson Annabel Yan Ying	HYS		DN start	

Heat 3 Final Lane

1	Lee Ming Yan Jacqueline	DGS	13.02	Standard	2
2	Mok Elite	SHCC	13.24	Standard	5
3	Cheng Mandy	GHS	13.34	Standard	6
4	Lorenza Haytt	KGV	13.95	Standard	
5	Laura Harrison	MSS	14.27	Standard	
6	Natalie Tang	SPCS	14.84	Standard	
7	Grayson Roach	IS	14.95	Standard	
8	Joyce To	WIS	15.46		

=====  
Event 33 100m Girls B

Standard: 14.70

Record: 12.21 (2005)

-----  
Heat 1 Final Lane

1	Cheng Hui Ying	DGS	13.30	Standard	3
2	Hui Wynn	GHS	13.60	Standard	8
3	Kayleigh Basson	KGV	13.80	Standard	
4	Melissa Law	SPCS	13.85	Standard	
5	Vivian Cheng	MSS	14.40	Standard	
6	Mhairi Gray	WIS	14.42	Standard	
7	Lucy Ogilvie	IS	14.90		
8	Lee Yee Lok	SHCC	15.08		

Heat 2 Final Lane

1	Lee Wing Yee	HYS	13.32	Standard	5
2	Chan Hoi Kay Stephanie	MCS	13.44	Standard	7
3	Lam Yuen Kiu Ingrid	SCGS	13.74	Standard	
4	Shanice Kok	IS	14.49	Standard	
5	Lam Wing Ying	SHCC	14.50	Standard	
6	Melissa Roux	WIS	14.68	Standard	
7	Mabel Au	MSS	14.73		
8	Chan Pui Yu	SSGC	14.97		

Heat 3 Final Lane

1	Yeung Yun Ting Eunice	MCS	13.11	Standard	2
2	Leung Hui Tung	HYS	13.30	Standard	4
3	Lam Jeanne Wing Kiu	DGS	13.34	Standard	6
4	Chan Doris	GHS	13.46	Standard	1
5	Leung Sze Chung Gloria	SCGS	13.70	Standard	

6	Victoria Chan	SPCS	14.46	Standard
7	Li Yuet Yau	SSGC	14.55	Standard
8	Ryanne Nip	KGV	14.56	Standard

=====  
Event 34 100m Girls A

Standard: 14.50

Record: 12.11 (1995)

-----  
Heat 1

Final Lane

1	Leung Hau Sze	DGS	12.16	Standard	2
2	Yip Yee Ki	HYS	13.83	Standard	1
3	Luk Kar Yan Natalie	MCS	14.00	Standard	8
4	Alison Yuen	SPCS	14.19	Standard	
5	Mok Wing Yee	SSGC	14.61		
6	Jennifer Davey	WIS	14.62		
7	Gabby Kitney	KGV	15.01		
8	Kwok Ho Yan Yolanda	SCGS	15.21		

Heat 2

Final Lane

1	Wong Hiu Yan	DGS	12.61	Standard	4
2	Liu Suki	GHS	13.19	Standard	5
3	Jasmine Chan	SPCS	14.06	Standard	
4	To Man Yau	SHCC	14.62		
5	Rie Nomoto	KGV	14.78		
6	Eileen Tipoe	WIS	14.93		
7	Peony Chan	MSS	15.05		
8	Sophie Selby	IS	17.79		

Heat 3

Final Lane

1	Lam Angel	GHS	12.24	Standard	3
2	Joyce Chan	MSS	13.23	Standard	6
3	Ng Tze yan	HYS	13.71	Standard	7
4	Sophie Harris	IS	14.11	Standard	
5	Chiu Cheuk Kei	SSGC	14.47	Standard	
6	Lee Man Yi Charmaine	MCS	15.11		
7	Sin Yuk Yu	SHCC	15.62		
8	Lam Ying Tung Amy	SCGS	16.66		

=====  
Event 35 100m Boys C

Standard: 13.30

Record: 11.35 (2008)

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Heat 1

SF Lane

1	Jonathan Kwok	KGV	12.39	Standard	2	5
2	Luk Yin Ting	WFN	12.67	Standard	1	7
3	Lam Ka Lok	SKSS	12.71	Standard	2	1
4	Thornley Chan Nicholas K	SJC	12.92	Standard		
5	Adrian Lam	WIS	13.21	Standard		
6	Li Hin Yu	CSK	13.37			
7	Wu Chi Kwan	CGHC	13.41			
8	Ho Yuk Hei	YCKMC	13.79			

Heat 2

SF Lane

1	Kooh Lok Man	WFN	11.96	Standard	2	2
2	Ho Ka Tsun	SKSS	12.14	Standard	2	3
3	Ng Chun Man	CGHC	12.54	Standard	2	6
4	Brian Cho	KGV	12.84	Standard		
5	Kung Pak Hei	SJC	12.95	Standard		
6	Fong Yau Hi	YCKMC	13.00	Standard		
7	Irwin Chan	WIS	13.30	Standard		
8	Chau Chi Kiu	CSK		DN start		

Heat 3

SF Lane

1	Tsang Wai Hin	LSC	12.25	Standard	1	3
2	Li Yin Kei	DBS	12.26	Standard	1	4
3	Ng Chak Hang	CSWCSS	12.79	Standard	2	8
4	Fung Hok Ming	SJAC	12.80	Standard	1	8
5	Tong Chun Fu	SSCS	13.03	Standard		
6	Chong Chung Yi	HPCCS	13.36			
7	Hui Hoi Lun	CHECSS	13.90			
8	Wong Yu Him	WYK	15.01			

Heat 4

SF Lane

1	Wang Hao Yang	DBS	11.52	Standard	1	2
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2	Hau Yiu Sang	SSCS	12.33	Standard	2	4
3	Wong Yu Hin	WYK	12.44	Standard	1	5
4	Ho Tsz Fung	CHECSS	12.46	Standard	1	6
5	Tam Shu San	SJAC	12.64	Standard	2	7
6	Francis Ching	LSC	12.70	Standard	1	1
7	Choi Ka Chun Philip	HPCCS	12.81	Standard		
8	Chau Tung Fai	CSWCSS		DN start		

=====  
Event 36 100m Boys B

Standard: 12.50

Record: 11.03 (2008)

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Heat 1

SF Lane

1	Tsu Ka Chon	LSC	11.54	Standard	2	3
2	Tsui Chi Shing	CHECSS	12.14	Standard	1	5
3	Yiu Ho Yin Jason	SJC	12.29	Standard	2	7
4	Tsui Che Wai	DBS	12.35	Standard	1	1
5	Ting Chris	CSWCSS	12.44	Standard		
6	Chan Wing Leung	CGHC	12.57			
7	Ho Chun Kit	HPCCS	12.61			
8	Lee Yue Hin	YCKMC	12.76			

Heat 2

SF Lane

1	Ho Ping Kwan	CGHC	11.16	Standard	1	2
2	Li Lut Yin	LSC	11.44	Standard	2	2
3	Ko Ki Chak	CSWCSS	11.83	Standard	1	3
4	Chan Tsz Chung	CHECSS	12.02	Standard	2	4
5	Lo Lok Pan	HPCCS	12.49	Standard		
6	Choi Ho Sing	YCKMC	12.51			
7	Chan Long Hin	DBS	12.75			
8	Leung Hin Lok	SJC	13.15			

Heat 3

SF Lane

1	Chan Chun	WFN	12.36	Standard	2	1
2	Tong Lai Yin	SJAC	12.37	Standard	2	8
3	Krishna Mohinani	KGV	12.42	Standard	1	8
4	Chan Kam Wai	WYK	12.48	Standard		
5	Lam Chun Lok	SSCS	12.62			
6	Lee Chun Hei	CSK	12.72			
7	Vadim Musaev	WIS	12.79			
8	Lo Ka Man	SKSS	12.86			

Heat 4

SF Lane

1	Lee Ching Yin	SKSS	12.01	Standard	1	4
2	Hui Ka Po	SJAC	12.07	Standard	2	5
3	Warren Henricus	KGV	12.24	Standard	1	6
4	Yeung Man Chuen	CSK	12.28	Standard	2	6
5	Lam Ka Chun	WFN	12.33	Standard	1	7
6	Cheng Ming Yui	SSCS	12.51			
7	Wai Ka Kei Gabriel	WYK	12.57			
8	Anakin Kwok	WIS	12.65			

=====  
Event 37 100m Boys A

Standard: 12.20

Record: 10.40 (2008)

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Heat 1

SF Lane

1	Yau Hung Hoi	SKSS	11.21	Standard	1	3
2	Chan Long Chai	CSK	11.96	Standard	1	1
3	Ben Tang	KGV	11.99	Standard	2	1
4	Cheung King Wai Francis	WFN	12.22			
5	Daniel Chapman	WIS	12.40			
6	Yeung Chun Lai	SJAC	12.52			
7	Leung Hin Wai	WYK	12.55			
8	Lee O Yeung	SSCS		DN start		

Heat 2

SF Lane

1	Lee Chun Wing	SJAC	11.51	Standard	2	4
2	Kwan Tsz Him	DBS	11.51	Standard	1	4
3	Tang Kin Yip	WYK	11.64	Standard	2	5
4	Aaron Tang	KGV	11.73	Standard	1	5
5	Lam Chun Wai	LSC	11.80	Standard	2	7
6	Chau Yim Hang	CSK	12.04	Standard	1	8



7	Shum Ronnie Louis	YCKMC	12.14	Standard		
8	Chu Wai Yin	HPCCS	12.23			
Heat 3					SF	Lane
1	Lai Chun Ho	DBS	10.96	Standard	1	2
2	Chan Kei Fung	CGHC	11.12	Standard	2	2
3	Hui King Lok	HPCCS	11.75	Standard	1	6
4	Au Lok Yin	YCKMC	11.79	Standard	2	6
5	Sung Chi Hei	CSWCSS	12.29			
6	Leung Ho Yeung	SJC	12.41			
7	Ng Kam Chuen	CHECSS	12.44			
8	Lam Ho Man	LSC	12.64			

Heat 4					SF	Lane
1	Ng ka Fung	CGHC	11.16	Standard	2	3
2	Chan Kai Ming	CSWCSS	11.89	Standard	1	7
3	So Chung Lau	SKSS	12.00	Standard	2	8
4	Ng Chun Kit	CHECSS	12.05	Standard		
5	Brayden Lee	WIS	12.14	Standard		
6	Choi Ka Chun	SJC	12.43			
7	Ng Chik Wai	SSCS	12.86			

=====  
Event 38 4x400m Relay Girls C

Standard: 5:00.00 Record: 4:16.63 (2008)

Heat 1					Final Lane	
1		HYS	4:37.72	Standard		3
2		SPCS	4:48.46	Standard		6
3		WIS	4:53.02	Standard		1
4		SHCC	4:56.09	Standard		8
5		IS	5: 8.08			
6		SCGS	5:36.02			

Heat 2					Final Lane	
1		GHS	4:28.97	Standard		2
2		DGS	4:40.97	Standard		4
3		KGV	4:44.91	Standard		5
4		MCS	4:48.58	Standard		7
5		MSS	5: 2.47			
6		SSGC	5: 3.06			

=====  
Event 39 4x400m Relay Girls B

Standard: 4:56.00 Record: 4:18.98 (2004)

Heat 1					Final Lane	
1		DGS	4:23.22	Standard		3
2		WIS	4:35.49	Standard		4
3		SSGC	4:37.91	Standard		6
4		MCS	4:40.92	Standard		1
5		GHS	4:42.54	Standard		8
6		MSS	4:46.66	Standard		

Heat 2					Final Lane	
1		HYS	4:19.96	Standard		2
2		IS	4:36.47	Standard		5
3		SCGS	4:40.85	Standard		7
4		KGV	4:42.57	Standard		
5		SPCS	4:44.69	Standard		
6		SHCC	4:53.87	Standard		

=====  
Event 40 4x400m Relay Girls A

Standard: 4:52.00 Record: 4:13.62 (2007)

Heat 1					Final Lane	
1		DGS	4:16.24	Standard		2
2		GHS	4:20.16	Standard		3
3		MCS	4:37.85	Standard		5
4		KGV	4:43.28	Standard		6
5		SSGC	4:50.32	Standard		8
6		MSS		DN start		

Heat 2 Final Lane

1	HYS	4:37.51	Standard	4
2	WIS	4:47.27	Standard	7
3	SHCC	4:48.72	Standard	1
4	IS	5: 1.82		
5	SPCS	5: 1.97		
6	SCGS	5: 7.01		

=====  
Event 41 4x400m Relay Boys C  
Standard: 4:16.00 Record: 3:46.84 (2008)  
-----

Heat 1				Final Lane
1	WFN	3:59.63	Standard	4
2	KGV	4: 6.65	Standard	5
3	SJC	4:18.37		
4	WIS	4:20.50		
5	YCKMC	4:30.15		
6	CGHC	4:32.91		
7	SKSS	4:38.77		
8	CSK		DQ	

Heat 2				Final Lane
1	LSC	3:53.87	Standard	2
2	HPCCS	3:56.32	Standard	3
3	DBS	4: 8.99	Standard	6
4	CHECSS	4: 9.94	Standard	7
5	CSWCSS	4:10.61	Standard	1
6	WYK	4:13.22	Standard	8
7	SJAC	4:18.70		
8	SSCS	4:30.16		

=====  
Event 42 4x400m Relay Boys B  
Standard: 4:00.00 Record: 3:37.67 (2008)  
-----

Heat 1				Final Lane
1	DBS	3:42.03	Standard	2
2	LSC	3:45.34	Standard	3
3	HPCCS	3:45.53	Standard	4
4	CHECSS	3:49.67	Standard	5
5	CGHC	3:51.43	Standard	1
6	CSWCSS	3:59.61	Standard	
7	YCKMC	4: 0.34		
8	SJC	4: 0.79		

Heat 2				Final Lane
1	WYK	3:49.91	Standard	6
2	WFN	3:50.28	Standard	7
3	KGV	3:51.70	Standard	8
4	SJAC	3:56.23	Standard	
5	WIS	3:57.34	Standard	
6	CSK	4: 5.52		
7	SSCS	4: 6.61		
8	SKSS	4:10.65		

=====  
Event 43 4x400m Relay Boys A  
Standard: 3:55.00 Record: 3:26.60 (1989)  
-----

Heat 1				Final Lane
1	KGV	3:37.59	Standard	2
2	HPCCS	3:37.76	Standard	3
3	SJAC	3:40.81	Standard	4
4	LSC	3:42.25	Standard	5
5	WFN	3:51.58	Standard	
6	CSK	3:52.58	Standard	
7	WYK	3:54.00	Standard	
8	SSCS	3:54.03	Standard	

Heat 2				Final Lane
1	CHECSS	3:42.99	Standard	6
2	CGHC	3:46.07	Standard	7
3	CSWCSS	3:48.12	Standard	1

4	SJC	3:48.81	Standard	8
5	DBS	3:51.40	Standard	
6	YCKMC	3:55.17		
7	WIS	3:56.36		

HONG KONG SCHOOLS SPORTS FEDERATION  
 Inter-School Athletics Championships  
 (HK Island and Kowloon)  
 Division One  
 Day Two: 10 March 2009

=====  
 Event 1 Shot Put Girls A

Standard: 7.10 (4kg) Record: 11.14 (1996) (4kg)

Position	Name	School	Result	Remark	Points
1	Chan Yuen Ting	SSGC	10.70	Standard	9
2	Woo Constance	GHS	10.35	Standard	7
3	Chan Wing Him	DGS	9.18	Standard	6
4	Cheng Joey	GHS	9.14	Standard	5
5	Chu Long Yan	HYS	8.64	Standard	4
6	Man Ka Yi	SHCC	8.52	Standard	3
7	Terranda Yeung	SPCS	8.41	Standard	2
8	Chan Ka Man	HYS	8.06	Standard	1
	Kwan Wai Shuen	DGS	7.54	Standard	
	Charlotte Ho	MSS	7.27	Standard	
	Bernice Lee	SPCS	7.18	Standard	
	Constance Williams	IS	6.88		
	Alexis Bovitz	WIS	6.57		
	Ng Wing Yin Vivian	SCGS	6.45		
	Tang Yan Hang	SHCC	6.44		
	Phyllis Au	MSS	6.26		
	Isabel Day	IS	6.24		
	Reema Subramanyan	WIS	5.88		
	Ho Kwan Ki	SSGC	5.75		
	Cheung Hoi Yan Karen	SCGS	5.34		
	Komal Narwani	KGV		DN take part	
	Georgia Wong	KGV		DN take part	

=====  
 Event 2 Discus Girls C

Standard: 16.00 (1kg) Record: 29.90 (2002) (1kg)

Position	Name	School	Result	Remark	Points
1	Leung Chi Ying	HYS	27.09	Standard	9
2	Regine Yan	SPCS	23.83	Standard	7
3	Hui Judy	GHS	23.40	Standard	6
4	Kwong Tsz Ching	SHCC	22.81	Standard	5
5	Christy Chan	MSS	22.72	Standard	4
6	Coco Ng	SPCS	21.95	Standard	3
7	Duen Pui Yee	DGS	21.41	Standard	2
8	Leung Hei Tung Florence	MCS	20.80	Standard	1
	Li Tsz Kwan	HYS	19.01	Standard	
	Tiffany Ki	WIS	17.38	Standard	
	Chang Lok Yi	DGS	17.30	Standard	
	Wong Yan Yee Ysabel	MCS	17.29	Standard	
	Denise Wu	MSS	16.53	Standard	
	Sophie Fraser	WIS	16.48	Standard	
	Wong Siu Fan	SSGC	16.46	Standard	
	Yeung Cheuk Lam	SHCC		No Mark	
	Alex Man	KGV		No Mark	
	Tiggy Melloy	IS		No Mark	
	Jasmine Hui	IS		No Mark	
	Louis Austin	KGV		No Mark	
	Wong Minnie	GHS		No Mark	
	Cheung Tsz Wing Debbie	SCGS		No Mark	
	Lee Ka Man Carmen	SCGS		No Mark	

=====  
 Event 3 High Jump Girls C

Standard: 1.25 Record: 1.66 (2007)

Position	Name	School	Result	Remark	Points
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1	Victoria Chow	SPCS	1.46	Standard	9
2	Wong Yuet Shan	DGS	1.43	Standard	7
3	Lara Gander	WIS	1.43	Standard	6
4	Chan Hedy	GHS	1.40	Standard	5
5	Pak Lai Ming Kathleen	DGS	1.40	Standard	4
5	So Flora	GHS	1.40	Standard	4
7	Claire Frisinger	IS	1.31	Standard	2
8	Leung Yan Yee Eunice	MCS	1.31	Standard	1
	Chan Hoi Yan	SHCC	1.30	Standard	
	Kaela Jones	WIS	1.30	Standard	
	Mak Wing Han Cindy	MCS	1.30	Standard	
	Elisabeth Lui	KGV	1.30	Standard	
	Ho Wing Hei	SSGC	1.25	Standard	
	Lavina Pendleton	KGV	1.25	Standard	
	Gail Fann	MSS	1.25	Standard	
	Leung Wai Ching	HYS	1.25	Standard	
	Gladys Lo	SPCS	1.20		
	Chantal Cheung	MSS	1.20		
	Audrey Chaytor	IS	1.20		
	Chan Wai Yin	SHCC	1.20		
	Cheng Hoi Man	HYS		No Mark	
	Hon Ka Ki	SSGC		DN take part	
	Leung Hong Ting Suzanne	SCGS		No Mark	
	Lo Hui Ying Megumi	SCGS		No Mark	

=====  
Event 4 Long Jump Boys B

Standard: 5.10

Record: 6.59 (2008)

Position	Name	School	Result	Remark	Points
1	Pang Ying Kit	LSC	6.92	Standard	9
2	Ngan Chun Yin	LSC	6.37	Standard	7
3	Lam Wai Leuk	CSWCSS	5.99	Standard	6
4	Lee Wai Tsun	CHECSS	5.85	Standard	5
5	Lam Ho Yin	CSWCSS	5.82	Standard	4
6	Li Ka Chun	HPCCS	5.81	Standard	3
7	Alan Devereux	WIS	5.74	Standard	2
8	Chin Ching Yiu	SKSS	5.68	Standard	1
	Wong Chi Pang	WYK	5.65	Standard	
	Chan Hoi Chun	DBS	5.63	Standard	
	Tai Siu Lun	SJAC	5.61	Standard	
	Chan Kam Wai	WYK	5.50	Standard	
	Chan Wing Leung	CGHC	5.43	Standard	
	Wong Chak Hung	CHECSS	5.40	Standard	
	Lee Lik On	CGHC	5.35	Standard	
	Lau Chak Wang	YCKMC	5.27	Standard	
	Fu Ka Chun	CSK	5.26	Standard	
	Lam Tsz Yeung	SSCS	5.22	Standard	
	Ho Chun Wing	DBS	5.16	Standard	
	So Kai Sun Brian	SJC	5.14	Standard	
	Kam Lik Hin	SSCS	5.11	Standard	
	Lee Ho Wing	SJAC	5.09		
	Yiu Ho Yin Jason	SJC	4.94		
	Daniel Wu	KGV	4.89		
	So Man Hin	CSK	4.73		
	Mak Ka Yu	YCKMC	4.72		
	Farhad Jokhi	WIS	4.72		
	Ma Ho Ming	WFN	4.33		
	Wong Chun Pui	WFN	3.99		
	Hui Sai Kit	SKSS		No Mark	
	Lee Yik Cham	HPCCS		No Mark	
	Angus Yuen	KGV		DN take part	

=====  
Event 5 400m Hurdles Boys A

Standard: 1:06.50 (0.84m)

Record: 54.28 (2004) (0.84m)

-----  
Semi-Final 1

Final Lane

1 Leung Hoi Kit

HPCCS

57.66

2

2	Chan Chun Yeung	DBS	58.53	4
3	Au Yeung Chun Yu	LSC	1: 0.08	1
4	Sze To Pak Ming	CGHC	1: 0.78	8
5	Foo Kuk Cheung	YCKMC	1: 6.95	
6	Mok Wai Hin	CHECSS	1: 9.29	
7	Kong Yiu Chong	CSK		
8	Tang Kai Tat	CHECSS		
Semi-Final 2				Final Lane
1	Lam Hip	YCKMC	57.74	3
2	Yu Wai Hin	DBS	59.38	5
3	Chong Pui Hang	HPCCS	59.56	6
4	Chong Yin Lok	SJAC	59.98	7
5	Fung Man Kit	SJAC	1: 1.38	
6	Goodwin Mok	KGV	1: 3.63	
7	Woo Siu Sing	WFN	1: 9.78	
8	So Wai Chung	CSK		

=====  
Event 6 3000m Boys B

Standard: 11:15.00

Record: 9:38.11 (2003)

Final				Points
1	Rohit Rathi	WIS	9:59.84	9
2	Chan Kai Pan	LSC	10: 2.07	7
3	Sin Ka Chun	HPCCS	10: 5.90	6
4	Issac Barnes	KGV	10: 8.73	5
5	Ng Ka Lok	LSC	10:13.22	4
6	Chu Check Kiu	DBS	10:16.50	3
7	Ryan Cheung	KGV	10:17.04	2
8	Chan Chak Man	DBS	10:22.44	1
9	Lau Chun Wang	CSK	10:25.57	
10	So Man Ho	CSWCSS	10:29.88	
11	Chan Lok Hin	HPCCS	10:32.22	
12	Ho Cho Wai	YCKMC	10:39.64	
13	Eddie Li	WIS	10:47.21	
14	Chan Chun Yiu	SSCS	10:48.20	
15	Hui Man Lok	CSWCSS	10:48.95	
16	Mak Chi To	SJC	10:49.94	
17	Tung Chi Hoi	WFN	10:59.80	
18	Ip Kai Fung	CGHC	11: 5.40	
19	Wan Lai Wai Peter	SJC	11: 9.13	
20	Shing Chin Pang	SJAC	11:11.04	
21	Au Man Kit	CGHC	11:19.03	
22	Yip Sai Chung	WFN	11:23.48	
23	Chim Hei Ming	WYK	11:24.57	
24	Leung Wai Chun	CSK	11:26.65	
25	Tse Chi Lun	YCKMC	11:28.56	
26	Wong Chun Wa	SJAC	11:41.27	
27	Tse Tsz Fung Hans	SKSS	12:19.24	
28	Chui Wui Chung	CHECSS	12:26.06	
29	Ng Yan Ho	WYK	12:37.06	
30	Leung Chi Ling	SKSS	12:48.54	
31	Chan Yui Yin	CHECSS		
32	Wai Ho	SSCS		

=====  
Event 7 5000m Boys A

Standard: 20:00.00

Record: 15:55.85 (1982)

Final				Points
1	Lo Chun Bong	LSC	17:14.37	9
2	Yuen Ho Yin	DBS	17:17.64	7
3	Wong Tsz Chung	HPCCS	17:26.46	6
4	Lai Jun Man	LSC	17:41.82	5
5	Tsui Chi Kin	CGHC	17:50.58	4
6	Joshua Owens	WIS	18: 1.06	3
7	Daniel Cheung	WIS	18: 5.75	2
8	Wong Yung Chu	CSWCSS	18:19.78	1
9	Mak Him Kwan	CSK	18:50.43	

10	Ko Man Ho	DBS	18:53.20
11	Lau Kit Fung	CSK	19: 3.89
12	Lui Sze Chun	SJAC	19:30.46
13	Wong Hei Tung	SJAC	19:31.72
14	Tsoi Wing Wai	CSWCSS	19:33.52
15	Wan Yiu Tak	SSCS	19:41.01
16	Kam Siu Fung	HPCCS	19:56.25
17	Chan Kai Wing	WYK	20:14.96
18	Lee Ka Chun	YCKMC	20:37.33
19	Wong Ka Chun	YCKMC	20:42.17
20	Leung King Man	WYK	22:31.55
21	Chow Chun Him	WFN	
22	Chan Chiu Kit	WFN	
23	Keith Fong	KGV	
24	Lee Kin Wai	CGHC	
25	Kouhei Mitsuhashi	KGV	
26	Chan Lit Chau	CHECSS	
27	Leung Ho Nam	CHECSS	
28	Cheung Yan Lap	SJC	
29	Kam Lik Yin	SSCS	
30	Wong Tsz Him	SJC	

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Event 8 100m Boys C

Standard: 13.30 Record: 11.35 (2008)

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Semi-Final 1

Final Lane

1	Wang Hao Yang	DBS	11.47	2
2	Tsang Wai Hin	LSC	11.99	4
3	Li Yin Kei	DBS	12.00	5
4	Ho Tsz Fung	CHECSS	12.31	8
5	Francis Ching	LSC	12.36	
6	Wong Yu Hin	WYK	12.53	
7	Fung Hok Ming	SJAC	12.56	
8	Luk Yin Ting	WFN	12.63	

Semi-Final 2

Final Lane

1	Kooh Lok Man	WFN	11.91	3
2	Ho Ka Tsun	SKSS	12.10	6
3	Hau Yiu Sang	SSCS	12.17	7
4	Ng Chun Man	CGHC	12.31	1
5	Tam Shu San	SJAC	12.50	
6	Lam Ka Lok	SKSS	12.58	
7	Jonathan Kwok	KGV	12.59	
8	Ng Chak Hang	CSWCSS	12.81	

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Event 9 100m Boys B

Standard: 12.50 Record: 11.03 (2008)

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Semi-Final 1

Final Lane

1	Ho Ping Kwan	CGHC	11.23	2
2	Ko Ki Chak	CSWCSS	11.67	5
3	Tsui Chi Shing	CHECSS	12.12	7
4	Lee Ching Yin	SKSS	12.20	8
5	Tsui Che Wai	DBS	12.26	
6	Warren Henricus	KGV	12.39	
7	Lam Ka Chun	WFN	12.51	
8	Krishna Mohinani	KGV	12.63	

Semi-Final 2

Final Lane

1	Tsu Ka Chon	LSC	11.49	3
2	Li Lut Yin	LSC	11.50	4
3	Chan Tsz Chung	CHECSS	12.01	6
4	Yeung Man Chuen	CSK	12.18	1
5	Chan Chun	WFN	12.30	
6	Hui Ka Po	SJAC	12.30	
7	Yiu Ho Yin Jason	SJC	12.57	
8	Tong Lai Yin	SJAC		

=====  
Event 10 100m Boys A

Standard: 12.20

Record: 10.40 (2008)

## Semi-Final 1

Final Lane

1	Lai Chun Ho	DBS	10.95
2	Yau Hung Hoi	SKSS	11.27
3	Kwan Tsz Him	DBS	11.42
4	Chan Kai Ming	CSWCSS	11.70
5	Aaron Tang	KGV	11.74
6	Chan Long Chai	CSK	11.90
7	Chau Yim Hang	CSK	11.98
8	Hui King Lok	HPCCS	12.06

## Semi-Final 2

Final Lane

1	Ng ka Fung	CGHC	10.99
2	Chan Kei Fung	CGHC	11.03
3	Lee Chun Wing	SJAC	11.43
4	Tang Kin Yip	WYK	11.75
5	Au Lok Yin	YCKMC	11.82
6	So Chung Lau	SKSS	11.84
7	Ben Tang	KGV	12.00
8	Lam Chun Wai	LSC	12.02

## Event 11 800m Girls C

Standard: 2:57.00

Record: 2:19.72 (2000)

## Heat 1

Final Lane

1	Lee Yuk Ying Aggie	HYS	2:33.41	Standard	1
2	Tse Kar Man	GHS	2:36.12	Standard	4
3	Tso Sze Ming	DGS	2:38.10	Standard	5
4	Ho Cheuk Ying Karen	MCS	2:42.87	Standard	8
5	Krishnan Nina Joanne	SPCS	2:44.34	Standard	9
6	Sarah Stamp	IS	2:45.12	Standard	10
7	Suen Hoi Ping	SSGC	2:45.59	Standard	11
8	Tse Wan Chau	SHCC	2:46.41	Standard	
9	Grace Mann	KGV	2:48.29	Standard	
10	jenny Pugh	WIS	2:49.20	Standard	
11	Hilary Ng	MSS	2:56.41	Standard	
12	Lau Wing Huen Crystal	SCGS	3: 4.22		

## Heat 2

Final Lane

1	Chung Man Tung	GHS	2:33.87	Standard	2
2	Nadia Ogilvie	IS	2:35.45	Standard	3
3	Hayley Wong	KGV	2:39.77	Standard	6
4	Yiu Pei Tung Stephanie	MCS	2:41.17	Standard	7
5	Tara Dolan	WIS	2:45.78	Standard	12
6	Mok Tsz Ling	SPCS	2:47.55	Standard	
7	Chan Sze Ting	SSGC	2:48.02	Standard	
8	Cheng Shui Ting	HYS	2:48.32	Standard	
9	Ng Wing Kei	SHCC	2:48.34	Standard	
10	Wan Hoi Ting Florence	DGS	2:55.12	Standard	
11	Hester Law	MSS	3: 1.98		
12	Shum Pak Wai Prudence	SCGS	3:14.69		

## Event 12 800m Girls B

Standard: 2:55.00

Record: 2:15.76 (2001)

## Heat 1

Final Lane

1	Choi Yan Yin	HYS	2:35.29	Standard	6
2	Leung Lok Sze	DGS	2:35.70	Standard	7
3	Ella Morrison	WIS	2:37.47	Standard	8
4	Ng Yui Lam	SHCC	2:41.10	Standard	11
5	Isabelle Basford	IS	2:41.88	Standard	12
6	Wong Wing To	SSGC	2:42.96	Standard	
7	Lam Yin Wai Jaclyn	MCS	2:44.06	Standard	
8	Li Winkie	GHS	2:44.28	Standard	
9	Cheung Hoi Ting Ethel	SCGS	2:48.50	Standard	
10	Chloe Tsang	SPCS	2:49.30	Standard	
11	Ivy Cheung	MSS	2:51.54	Standard	
12	Ishita Desai	KGV	2:55.55		



Heat 2					Final Lane
1	Chan Chi Yan	HYS	2:33.31	Standard	1
2	Lee Lok Ching	SSGC	2:34.20	Standard	2
3	Aisyah Duggie	WIS	2:34.28	Standard	3
4	Coco Choi Pui Yan	SHCC	2:34.44	Standard	4
5	Rachel Mason	IS	2:35.14	Standard	5
6	Wu Sum Yi	DGS	2:37.68	Standard	9
7	Agnes Wan	SPCS	2:40.32	Standard	10
8	Rachel Buckley	KGV	2:46.45	Standard	
9	Ngai Ka Hung Alvina	SCGS	2:46.74	Standard	
10	Leung Gloria	GHS	2:47.98	Standard	
11	Uta Keung	MSS	2:51.18	Standard	
12	Kwok Chi Kwan Sisi	MCS	3:10.00		

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Event 13 800m Girls A

Standard: 2:53.00

Record: 2:18.30 (1994)

Heat 1					Final Lane
1	Ma Andie	GHS	2:43.12	Standard	5
2	Lena Sesardic	WIS	2:44.04	Standard	8
3	Hui Wai Sam Vincci	DGS	2:44.19	Standard	9
4	Natalie Choi	KGV	2:44.22	Standard	10
5	Sung Sze Wing	SSGC	2:44.91	Standard	11
6	Chan Ying Yin Sonia	SHCC	2:46.86	Standard	
7	Ho Jun Yue Jane	MCS	2:47.52	Standard	
8	Kwok Yik Ling	HYS	2:52.06	Standard	
9	Chloe Kam	SPCS	3: 2.53		
10	Zoe Wong	IS	3: 4.17		
11	Yip Ching Bernadette	SCGS	3: 9.46		

Heat 2					Final Lane
1	Stephanie Chan	MCS	2:36.09	Standard	1
2	Rukhaiya Ebrahim	WIS	2:37.90	Standard	2
3	Leung Diana Heung Yin	GHS	2:39.56	Standard	3
4	Yiu Pei Kwan Cherie	DGS	2:40.55	Standard	4
5	Chan Kwai Po	SHCC	2:43.51	Standard	6
6	Lai Vivian Hiu Tung	HYS	2:43.73	Standard	7
7	Jayne Lo	KGV	2:45.34	Standard	12
8	Hui Wai Shuen	SSGC	2:58.41		
9	Chan Yeuk Hang Vienna	SCGS	3: 2.57		
10	Sarah James	IS	3:10.93		

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Event 14 Discus Boys B

Standard: 28.00 (1kg)

Record: 47.19 (2006) (1kg)

Position	Name	School	Result	Remark	Points
1	Kwong Chak Ming	CGHC	39.64	Standard	9
2	Lui Tai Lun	LSC	38.58	Standard	7
3	Chow Pong Wai Michael	HPCCS	37.13	Standard	6
4	Lam Kwok Wing	YCKMC	36.91	Standard	5
5	Lam Kai Tai	LSC	36.41	Standard	4
6	Siu Wing Leong	SSCS	36.19	Standard	3
7	Fung Kong Ching	HPCCS	35.69	Standard	2
8	Shiu Ying Wai	WYK	34.73	Standard	1
	Yam Chiu Tat	CSWCSS	34.15	Standard	
	Tse Sit Chun	CHECSS	33.43	Standard	
	Li Ka Man	SKSS	33.33	Standard	
	Li Yu Tat	SJAC	31.38	Standard	
	Lam King Lun	CGHC	31.01	Standard	
	Andrew Keir	KGV	30.02	Standard	
	Chan Yuk Hei	SSCS	29.97	Standard	
	Cheung Chun Ming	SJC	29.86	Standard	
	Li Tsz Chun	WYK	29.56	Standard	
	Lo Cheuk Fei	DBS	28.93	Standard	
	Hui Shun Yuen	DBS	28.75	Standard	
	Jack Neville	WIS		No Mark	
	Chan Kwun To	WFN		No Mark	
	Lian Hao Chong	WIS		No Mark	

Ng Ka Hin	SJAC	No Mark
Qiu Xianlong	YCKMC	No Mark
Chan Tsz Kiu	SKSS	No Mark
Cheng San Tung	WFN	No Mark
Chan Aaron Ka Chun	SJC	No Mark
Cheung Chun Man	CHECSS	No Mark
Ng Chun Ngai	CSK	DN take part
Cheung Lok Sze	CSK	DN take part
Martin Bae	KGV	No Mark
Chan Wing Chung	CSWCSS	DN take part

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Event 15 High Jump Boys C  
Standard: 1.35

Record: 1.72 (2008)  
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Position	Name	School	Result	Remark	Points
1	Yeung Pak Hei	WYK	1.75	Standard	9
2	Ng Ka Hin	LSC	1.65	Standard	7
3	Thornley Chan Nicholas K	SJC	1.65	Standard	6
4	Liu Kwok Kwan	CGHC	1.62	Standard	5
5	Lo Kan Mo	DBS	1.59	Standard	4
6	Liu Kam Ho	SJAC	1.53	Standard	3
7	Lam Yu Hin	DBS	1.53	Standard	2
8	Chiu Wai Hei	CSWCSS	1.53	Standard	1
	Li Ho Yin	WFN	1.50	Standard	
	Wong Wang Kei	SKSS	1.50	Standard	
	Yu Allen	CHECSS	1.45	Standard	
	Choi Ka Chun Philip	HPCCS	1.45	Standard	
	Leung Sze Lok	LSC	1.45	Standard	
	Ip Harris Chun Kit	YCKMC	1.45	Standard	
	Yu Kwun Ho	SSCS	1.45	Standard	
	Ngai Kam Sing	HPCCS	1.40	Standard	
	Zachary Zhang	KGV	1.40	Standard	
	Jake Jeong	KGV	1.40	Standard	
	Alex Bradbury	WIS	1.35	Standard	
	Li Tsz Hin	CHECSS	1.35	Standard	
	Leung Yu Hin	SSCS	1.35	Standard	
	So Adrian Lap Kuen	SJC	1.35	Standard	
	Chou Chi Kong Calvin	WFN	1.35	Standard	
	Tang Ka Ki	YCKMC	1.30		
	Shue Wai Him Ian	WYK	1.30		
	Ronnie Lo	WIS	1.30		
	Leung Chi Man	SJAC		No Mark	
	Fung Pak Yin	CSWCSS		No Mark	
	Wong Chung Ching	SKSS		No Mark	
	Leung Shek Yin	CSK		No Mark	

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Event 16 Shot Put Boys C  
Standard: 8.50 (4kg)

Record: 12.38 (2004) (4kg)  
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Position	Name	School	Result	Remark	Points
1	Cheung Yat Lun	SJAC	13.52	Standard	9
2	Chan Ngan Chuen	HPCCS	12.09	Standard	7
3	Lin Kam Cheung	SJAC	11.95	Standard	6
4	Yeung Pak Long	DBS	11.71	Standard	5
5	Wu Delvin Ho Yin	DBS	11.67	Standard	4
6	Tam Tse Fung	SKSS	11.29	Standard	3
7	Ng Samuel Oliver Wah Sam	SKSS	11.02	Standard	2
8	Ho Ka Sing	CSK	10.66	Standard	1
	Aiden Bradley	KGV	10.32	Standard	
	Li Kai Wing	HPCCS	10.02	Standard	
	Zachary Mui	LSC	9.99	Standard	
	Lee Ching Lam	LSC	9.76	Standard	
	Aaron Tyrell	WFN	9.29	Standard	
	Chow Cheuk Hin	WYK	9.26	Standard	
	Chui Ho Ching	SSCS	8.93	Standard	
	Chen Sai Wai	WFN	8.86	Standard	
	So Ka Ming	CGHC	8.68	Standard	

Leung Lok Hei	CSWCSS	8.62	Standard
Yashuhiro Tsang	KGV	8.62	Standard
Zeng Jin Yong	CSWCSS	8.53	Standard
Man Xin Hong	CSK	8.45	
Chan Tik Chi	YCKMC	8.24	
Elliot Karlsson	WIS	8.16	
Leung Ka Chun Adrian	SJC	8.14	
Cheung Hon Man	CHECSS	8.08	
Ryan Jewell	WIS	8.04	
Tsoi Man Kit	CHECSS	7.95	
Ho Tsz Kiu	SSCS	7.67	
Lee Kyle	YCKMC	7.44	
Cheung Pui Sum	CGHC	6.90	
Wong Ki Yam	SJC	5.07	
Doe Tsun Kit	WYK		DN take part

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 Event 17 Long Jump Boys A  
 Standard: 5.50

Record: 7.07 (1981)

Position	Name	School	Result	Remark	Points
1	Chan Wing Fu	SJAC	6.40	Standard	9
2	Kwan Tsz Him	DBS	6.39	Standard	7
3	Chan Wai Yin	HPCCS	6.28	Standard	6
4	Ng Chun Kit	CHECSS	6.13	Standard	5
5	Cheung Kin Tong	HPCCS	6.06	Standard	4
6	Chan Chor Kam	DBS	5.96	Standard	3
7	Cheng Wai Kin	LSC	5.93	Standard	2
8	Brayden Lee	WIS	5.83	Standard	1
	Ben Lau	WIS	5.82	Standard	
	Yau Hung Hoi	SKSS	5.82	Standard	
	Sai Yin Chan	KGV	5.73	Standard	
	Cheung Chun Hong	SJAC	5.66	Standard	
	Kwan Wing Nam	CSWCSS	5.62	Standard	
	Shum Ronnie Louis	YCKMC	5.59	Standard	
	Lau Ka Hei	CGHC	5.48		
	Chan Kwok Sing	WYK	5.45		
	Yiu Chung Hei	CGHC	5.45		
	Cheung Samuel Chi Chung	WYK	5.45		
	Lam Chun Wai	LSC	5.41		
	Or Chun Kit	CHECSS	5.39		
	Chow Ue Fai	CSWCSS	5.22		
	Lau Shun Kwai	SKSS	5.21		
	Wong Ho Yan Benny	SJC	5.21		
	Ho Chun Wing	SSCS	5.20		
	Royce Lam	KGV	5.02		
	Tsoi Kai Kwong	SSCS	4.99		
	Ngai Chung Him	WFN	4.10		
	Cho Ho Yin	CSK		DN take part	
	Ty Siu Kai	CSK		DN take part	
	Lok Che Ho Vincent	SJC		DN take part	
	Li Kam Hong	YCKMC		DN take part	

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 Event 18 Long Jump Girls A  
 Standard: 4.10

Record: 5.66 (2007)

Position	Name	School	Result	Remark	Points
1	Wong Hiu Yan	DGS	5.70	Standard	9
2	Chan Hoi Ki	SHCC	5.30	Standard	7
3	Lee Hoi Ching Sian	MCS	5.10	Standard	6
4	Yue Vanessa	GHS	4.83	Standard	5
5	Yiu Carly	HYS	4.83	Standard	4
6	Cheung Tiffany	GHS	4.83	Standard	3
7	Chow Nga Han	HYS	4.77	Standard	2
8	Jennie Wong	SPCS	4.73	Standard	1
	Fong Suet Yi	DGS	4.60	Standard	
	Nancy Mui	MSS	4.41	Standard	
	Au Lai Yee Sharmaine	SCGS	4.29	Standard	

Kwok Ho Yan Yolanda	SCGS	4.25	Standard
Rie Nomoto	KGV	4.23	Standard
Siu Pak Yin Priscilla	MCS	4.08	
Kun Tsz Wai	SSGC	4.05	
Sophie Selby	IS	3.99	
Catherine Epstein	WIS	3.89	
Li Man Yuen	SSGC	3.83	
Holly Lamb	WIS	3.74	
Linda Lam	IS	3.59	
Andrea Li	KGV	3.56	
Suki Law	SPCS		No Mark
Cheuk Pui Man	SHCC		No Mark

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Event 19 800m Boys C

Standard: 2:32.00

Record: 2:08.20 (2004)

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Heat 1

Final Lane

1	Li Tsz Hei	LSC	2: 9.17	Standard	1
2	Kwong Yuk Wa	WFN	2:10.89	Standard	2
3	Sze Jie Lin	HPCCS	2:19.60	Standard	4
4	Chan Ming Tai	DBS	2:22.17	Standard	5
5	Fung Tsz Wai	WYK	2:28.72	Standard	
6	Jeffery Lo	KGV	2:29.08	Standard	
7	Wan Cheuk Yin	CSWCSS	2:29.58	Standard	
8	Billy Pugh	WIS	2:30.28	Standard	
9	Hui Ka Ming	CSK	2:32.52		
10	Lam Ching Yu	SSCS	2:34.67		
11	Cheung Sek Wang	SJC	2:35.36		
12	Chan Hei Lun	CHECSS	2:36.81		
13	Tsui Pui Yuen	SKSS	2:38.23		
14	Fu Yi Tat	CGHC	2:38.82		
15	Cheung Hin Yau	YCKMC	2:42.57		
16	Ng Cheuk Hong	SJAC		DN start	

Heat 2

Final Lane

1	Chan Ngai Lun	WFN	2:18.22	Standard	3
2	Jonathan Cho	KGV	2:22.44	Standard	6
3	Chan Hon Man	LSC	2:23.08	Standard	7
4	Yuen Tsun Hei	SJAC	2:25.68	Standard	8
5	Fung Kwun Ping	WYK	2:26.22	Standard	9
6	Chiu Hong Lam	SKSS	2:26.51	Standard	10
7	Sin Cheuk Him	SJC	2:26.52	Standard	11
8	Mitchelmore Sam Brian	DBS	2:26.98	Standard	12
9	Lam Chin Ngai	HPCCS	2:27.03	Standard	
10	Lam Ka Hei	CSWCSS	2:29.25	Standard	
11	Lau Chun Leung	CGHC	2:29.30	Standard	
12	Chau Tsz Kit	CSK	2:30.96	Standard	
13	Liu Yik Shing	YCKMC	2:33.89		
14	Yu Chun Kit	CHECSS	2:38.63		
15	Siu Yip Wing	WIS		DN start	
16	Leung Adrian Dan	SSCS		DN start	

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Event 20 800m Boys B

Standard: 2:23.00

Record: 2:03.35 (2008)

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Heat 1

Final Lane

1	Perry Wong	LSC	2:12.41	Standard	4
2	Chan Ka Hin	CHECSS	2:13.03	Standard	5
3	Tang To	WYK	2:14.72	Standard	6
4	Kwan Chun Ming	HPCCS	2:15.00	Standard	7
5	Chan Tsz Him	DBS	2:18.99	Standard	
6	Chau Hing Lung	SJAC	2:19.61	Standard	
7	Hui Man Lok	CSWCSS	2:21.75	Standard	
8	Ryan Cheung	KGV	2:22.31	Standard	
9	Wong Wai Lun	WFN	2:22.51	Standard	
10	Lai Ho Tat	CGHC	2:24.27		
11	Chan Ip Long	SJC	2:25.10		
12	Ma Chak Lung	YCKMC	2:25.25		

13	Chong Heung Yeung	SKSS	2:28.12
14	James Look	WIS	2:28.72
15	Leung Kiu Sum	CSK	2:29.00
16	Yeung Wan Sing	SSCS	2:32.23

Heat 2 Final Lane

1	Chung Man Kin	WYK	2:10.08	Standard	1
2	Chan Cheuk Fung	DBS	2:10.50	Standard	2
3	Issac Barnes	KGV	2:11.99	Standard	3
4	Ng Ka Lok Jason	LSC	2:15.83	Standard	8
5	Toby Abernethy	WIS	2:16.38	Standard	9
6	Chan Fung Yeung	CHECSS	2:17.12	Standard	10
7	Kwan Tsz Ching	CSK	2:17.16	Standard	11
8	Chin Chun Yip	CGHC	2:17.49	Standard	12
9	Kwok Tsz Hang	CSWCSS	2:17.55	Standard	
10	Cheng Tsz Nok	WFN	2:17.80	Standard	
11	Chen Cheuk Yip	SJC	2:18.03	Standard	
12	Ng Hoi Ho	YCKMC	2:19.21	Standard	
13	Ip Chun Yu	SJAC	2:22.70	Standard	
14	Law Ka Chun	SKSS	2:25.13		
15	So Chong San	HPCCS	2:27.66		
16	Fong Chuen Sum	SSCS	2:35.75		

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Event 21 800m Boys A

Standard: 2:20.00 Record: 1:57.89 (2004)

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Heat 1 Final Lane

1	Chu Kin Lun	DBS	2:12.60	Standard	7
2	Leung Siu Lap Thomas	WFN	2:12.84	Standard	8
3	Ng Ka Fai	HPCCS	2:14.74	Standard	
4	Luk Ka Wai	SJAC	2:14.82	Standard	
5	Mak Ka Wing	CSWCSS	2:17.05	Standard	
6	Fung Ngo Long	LSC	2:17.57	Standard	
7	Kong Ka Wai	WYK	2:17.70	Standard	
8	Yuen Cheuk Ho	CSK	2:18.70	Standard	
9	Bitschnau Samuel	SSCS	2:19.15	Standard	
10	Lam Tsz Cheung	CHECSS	2:19.78	Standard	
11	Yu Tsz Kit	CGHC	2:20.65		
12	Keith Fong	KGV	2:26.55		
13	Lam Chung Ming	YCKMC	2:27.06		
14	Chan Yuk Lun	SKSS	2:32.29		
15	Ross Irwin	WIS		DN start	
16	Wong Tsz Him	SJC		DN start	

Heat 2 Final Lane

1	Ng Tak Wo	CHECSS	2: 5.47	Standard	1
2	Lui Sze Chun	SJAC	2: 6.66	Standard	2
3	Chan Lok Kan	DBS	2: 7.10	Standard	3
4	Daniel St Paul	KGV	2:10.20	Standard	4
5	Ng Hei Ting	HPCCS	2:12.24	Standard	5
6	Wan Man Hin	WFN	2:12.59	Standard	6
7	Lam Hip	YCKMC	2:13.08	Standard	9
8	Fung Yat Tin	WYK	2:13.26	Standard	10
9	Yiu Kin Man	CSK	2:13.45	Standard	11
10	Yan Chi Kan	LSC	2:13.56	Standard	12
11	Kam Lik Yin	SSCS	2:15.02	Standard	
12	Cheung Min Kong	CGHC	2:15.04	Standard	
13	Chan Chin Lun	CSWCSS	2:15.74	Standard	
14	Chow Ho Sing	SJC	2:15.80	Standard	
15	Nicholas Reeves	WIS	2:15.87	Standard	
16	Choi Ming Hei	SKSS	2:18.08	Standard	

=====  
Event 22 200m Girls C

Standard: 31.50 Record: 26.07 (2004)

-----  
Heat 1 Final Lane

1	Lo Amy	GHS	26.71	Standard	3
2	Lau Hiu Yu Hilda	DGS	27.34	Standard	5
3	Yip Tsz Ching	HYS	28.69	Standard	1

4	Wong Tsz Yan Stephanie	SCGS	29.16	Standard	
5	Sue Yui Hang Helen	MCS	29.74	Standard	
6	Chloe Cheung	WIS	30.27	Standard	
7	Siu Sin Tung	SSGC	30.59	Standard	
8	Cherrie Fung	SPCS	31.18	Standard	
Heat 2					Final Lane
1	Yan Hoi Tung Abby	MCS	26.46	Standard	2
2	Li Tsz Kwan	HYS	28.70	Standard	8
3	Wong Ho Ting	SSGC	28.90	Standard	
4	Chan Sin Yan	SHCC	28.95	Standard	
5	Chiu Man Ting Tiffany	SCGS	29.29	Standard	
6	Eve Lo	KGV	29.96	Standard	
7	Joanne Ho	MSS	31.18	Standard	
8	Caroline Ogilvie	IS	31.76		

Heat 3					Final Lane
1	Lee Ming Yan Jacqueline	DGS	27.25	Standard	4
2	Cheng Mandy	GHS	27.85	Standard	6
3	Lee Tsing Yan	SHCC	28.62	Standard	7
4	Laura Harrison	MSS	29.83	Standard	
5	Sasha Lintern-Smith	KGV	30.23	Standard	
6	Olivia russell	IS	30.77	Standard	
7	Gladys Lo	SPCS	31.43	Standard	
8	Amanda Chuback	WIS	32.30		

=====  
Event 23 200m Girls B

Standard: 31.00

Record: 25.22 (2002)

Heat 1					Final Lane
1	Lenora Yim	KGV	27.59	Standard	4
2	Lam Joanne Wing Kiu	DGS	27.89	Standard	5
3	Hui Wynn	GHS	28.00	Standard	7
4	Felicia Liu	SPCS	29.16	Standard	
5	Louise Moon	IS	29.43	Standard	
6	Rebecca Mould	WIS	29.71	Standard	
7	Lam Wing Ying	SHCC	31.09		
8	Jane Lau	MSS	31.83		

Heat 2					Final Lane
1	Lo Yuk Ting	SHCC	27.13	Standard	2
2	Pang Hiu Yan	HYS	28.02	Standard	1
3	Evie Lant	IS	29.06	Standard	
4	Chloe Fung	WIS	29.15	Standard	
5	Tam Hiu Yee	SCGS	29.36	Standard	
6	Vivian Cheng	MSS	29.67	Standard	
7	Chik Sin Wah Michelle	MCS	30.86	Standard	
8	Li Yuet Yau	SSGC	30.98	Standard	

Heat 3					Final Lane
1	Chan Yin Ting	DGS	27.24	Standard	3
2	Pang Cherry	GHS	27.92	Standard	6
3	Leung Sze Chung Gloria	SCGS	28.51	Standard	8
4	Leung Hui Tung	HYS	28.58	Standard	
5	Cathy Chau	SPCS	28.85	Standard	
6	Leung Wai Ching Janese	MCS	29.06	Standard	
7	Kahleigh Basson	KGV	30.08	Standard	
8	Chan Pui Yu	SSGC	30.87	Standard	

=====  
Event 24 200m Girls A

Standard: 30.50

Record: 24.93 (2007)

Heat 1					Final Lane
1	Leung Hau Sze	DGS	25.46	Standard	2
2	Louie Tak Yee Janice	SCGS	28.30	Standard	6
3	Yip Yee Ki	HYS	29.08	Standard	8
4	Luk Kar Yan Natalie	MCS	29.53	Standard	
5	Alison Yuen	SPCS	29.72	Standard	
6	Chiu Cheuk Kei	SSGC	30.13	Standard	
7	Gabby Kitney	KGV	30.64		
8	Alexandra Liu	WIS	31.20		

Heat 2					Final Lane
1	Hui Man Ling	DGS	26.26	Standard	3
2	Pang Rebecca Chi Ling	GHS	28.18	Standard	5
3	Catherine Epstein	WIS	29.46	Standard	
4	Jasmine Chan	SPCS	29.82	Standard	
5	To Man Yau	SHCC	30.22	Standard	
6	Lucy Croft	KGV	31.07		
7	Linda Lam	IS	31.10		
8	Aurelia Keung	MSS	31.27		

Heat 3					Final Lane
1	Lam Angel	GHS	27.06	Standard	4
2	sophie Harris	IS	28.71	Standard	7
3	Tsang Wing Yan	HYS	28.86	Standard	1
4	Florence Jim	MCS	29.12	Standard	
5	Lam Ying Tung Amy	SCGS	29.56	Standard	
6	Sin Yuk Yu	SHCC	32.91		
7	Amanda Chan	MSS	34.23		
8	Ho Lai Hei	SSGC		DN start	

=====  
 Event 25 200m Boys C  
 Standard: 27.50

Record: 22.59 (2008)

Semi-Final 1					Final Lane
1	Li Wing Fai	DBS	24.23		2
2	Hau Yiu Sang	SSCS	24.97		4
3	Francis Ching	LSC	25.55		8
4	Yu Sin Hang	HPCCS	25.64		
5	Jonathan Kwok	KGV	25.82		
6	Wong Kwun Wai	CSWCSS	26.08		
7	Ng Chak Hang	CSWCSS	26.41		
8	Ho Tsz Fung	CHECSS	28.31		

Semi-Final 2					Final Lane
1	Ho Ka Tsun	SKSS	24.53		3
2	Tsang Wai Hin	LSC	24.99		5
3	Li Yin Kei	DBS	25.15		6
4	Ng Chun Man	CGHC	25.19		7
5	Lam Ka Lok	SKSS	25.37		1
6	Li Fuk Yeung	WFN	25.71		
7	Fung Hok Ming	SJAC	25.76		
8	Yung Tsz Ming	HPCCS	26.74		

=====  
 Event 26 200m Boys B  
 Standard: 26.50

Record: 22.55 (2005)

Semi-Final 1					Final Lane
1	Chan Yan Lam	DBS	22.71		2
2	Li Lut Yin	LSC	23.52		5
3	Ko Ki Chak	CSWCSS	24.03		6
4	Luk Ho Lam	DBS	24.34		1
5	Hui Ka Po	SJAC	24.98		
6	Evan Fu	WIS	25.03		
7	Krishna Mohinani	KGV	28.91		
8	Cheng Ming Yui	SSCS			

Semi-Final 2					Final Lane
1	Ho Ping Kwan	CGHC	22.88		3
2	Tsu Ka Chon	LSC	23.37		4
3	Geoffrey Bland	KGV	24.32		7
4	Chan Tsz Chung	CHECSS	24.36		8
5	Yeung Man Chuen	CSK	24.82		
6	Lee Ching Yin	SKSS	25.46		
7	Kong Wai Ho	YCKMC	25.93		
8	Cheng Chun Hang	HPCCS			

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 Event 27 200m Boys A  
 Standard: 25.50

Record: 21.53 (2007)

Semi-Final 1					Final Lane
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1	Ng Ka Fung	CGHC	23.14	3
2	Lee Chun Wing	SJAC	23.38	5
3	Chan Kai Ming	CSWCSS	23.49	7
4	Lam Hing Ho	YCKMC	23.82	8
5	Tang Kin Yip	WYK	24.06	
6	Au Lok Yin	YCKMC	24.66	
7	Woo Aaron Wai Lun	SJC	24.70	
8	Daniel Chapman	WIS	25.05	
Semi-Final 2				Final Lane
1	Lai Chun Ho	DBS	22.47	2
2	Chan Kei Fung	CGHC	23.16	4
3	Edward St Paul	KGV	23.44	6
4	Lau Kwok Pan	DBS	23.51	1
5	Hui King Lok	HPCCS	24.47	
6	Chong Yin Lok	SJAC	24.60	
7	Choi Ka Chun	SJC	25.09	
8	Chan Long Chai	CSK		

=====  
Event 28 Javelin Girls B

Standard: 18.00 (600gm)                      Record: 38.45                      (2006) (600gm)

Position	Name	School	Result	Remark	Points
1	Lau Vera	GHS	37.08	Standard	9
2	Yiu Sik Yuet	DGS	33.34	Standard	7
3	Mok Ching Ho	HYS	27.09	Standard	6
4	Cheung Yik Kwan	DGS	25.67	Standard	5
5	Cherie Tam	SHCC	24.08	Standard	4
6	So Fung Ki	HYS	22.85	Standard	3
7	Mona Fung	SPCS	21.81	Standard	2
8	Olivia Yuen	SPCS	21.13	Standard	1
	Cheung Eunice	GHS	19.78	Standard	
	Sham Hiu Ying	SSGC	19.10	Standard	
	Lam Ka Yee	SSGC	18.14	Standard	
	Natalie Chu	MSS	17.63		
	Kwan Wing Fu	SHCC	16.75		
	Kwan Hei Ting Klara	MCS	14.73		
	Vanessa Kwok	KGV	14.70		
	Ip Pui Shan Eunice	MCS	13.72		
	Katie McGuire	KGV	13.19		
	Guilia Simone	WIS	12.91		
	Grace Lant	IS	12.80		
	Julia Mason	WIS	10.85		
	Naomi Gray	IS	9.74		
	Cornelia Tang	MSS	9.25		
	Ip Man hei Claudia	SCGS	8.96		
	Howe Hei Lee Hillie	SCGS		No Mark	

=====  
Event 29 High Jump Girls B

Standard: 1.30                                      Record: 1.66                                      (2004)

Position	Name	School	Result	Remark	Points
1	Fung Wai Yee	SHCC	1.60	Standard	9
2	Wong Siu Ping	HYS	1.57	Standard	7
3	Choi Ingrid	GHS	1.51	Standard	6
4	Lam Claudia	GHS	1.48	Standard	5
5	Hou Shun Hey Dawn	DGS	1.48	Standard	4
5	Rachel Cheong	SPCS	1.48	Standard	4
7	Carmen Li	SPCS	1.45	Standard	2
8	Chau Abbey	HYS	1.41	Standard	1
	Tam Qianming	SSGC	1.40	Standard	
	Margaret Morse	IS	1.40	Standard	
	Cheung Hiu Lam Nicole	MCS	1.35	Standard	
	Helen Epstein	WIS	1.35	Standard	
	Hannah Ameye	IS	1.35	Standard	
	Tse Claudia Yung Yin	MCS	1.35	Standard	
	Chak Leona Ka Yan	DGS	1.35	Standard	
	Chan Yan Hay	SSGC	1.35	Standard	



Josephine Creighton	WIS	1.30	Standard
Emily Tang	KGV	1.30	Standard
Leung Ka Lam	SHCC	1.30	Standard
Stefanie Au	MSS	1.25	
Lau Hiu Tung Crystal	SCGS	1.25	
Lenora Yim	KGV		No Mark
Howe Hei Lee Hillie	SCGS		No Mark
Hannah Hui	MSS		No Mark

=====  
Event 30 100m Hurdles Girls C

Standard: 21.00 (0.762m) Record: 15.84 (2008) (0.762m)

Heat 1					Final Lane
1	Ho Iris	GHS	17.17	Standard	3
2	Yu Hoi Ying Tiffany	HYS	17.19	Standard	4
3	Wu Hoi Ting Dianna	DGS	17.32	Standard	5
4	Rachel Leung	SPCS	18.09	Standard	1
5	Sue Hui Hang Helen	MCS	18.37	Standard	8
6	Natalie Roux	WIS	20.47	Standard	
7	Sasha Lintern-Smith	KGV	20.95	Standard	
8	Leung Ka Wing Amanda	SCGS	21.00	Standard	

Heat 2					Final Lane
1	Tam Nga Wai	HYS	17.71	Standard	6
2	Tuin Ching Yu Rachel	SHCC	20.09	Standard	
3	Fung Beatrice	MCS	20.49	Standard	
4	Yeung Wai Lam Rachel	SCGS	20.98	Standard	
5	Hilary Ng	MSS	21.19		
6	Yukiko Lui	WIS	22.23		
7	Alessandra Carriban	IS		DN start	

Heat 3					Final Lane
1	Leung Hoi Yin	DGS	16.95	Standard	2
2	Tam Emily	GHS	18.03	Standard	7
3	Lavinia Pendleton	KGV	18.90	Standard	
4	Tiffany Hon	SPCS	18.92	Standard	
5	Alissa Pike	MSS	20.09	Standard	
6	Enav Gilbda	IS	20.99	Standard	
7	Chan Hue Yan Stephanie	SHCC		DN start	

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Event 31 100m Hurdles Girls B

Standard: 20.20 (0.762m) Record: 14.66 (2006) (0.762m)

Heat 1					Final Lane
1	Hui Vanessa	GHS	15.92	Standard	3
2	Cheung Tsz Yan	DGS	17.23	Standard	5
3	Sharon Ng	SPCS	17.42	Standard	7
4	Paris Brown	WIS	18.03	Standard	
5	Sylvie Cox	IS	19.31	Standard	
6	Ancella Ho	MSS	19.38	Standard	
7	Claudia Leung	KGV	20.19	Standard	
8	Lam Man Sum	SHCC		DN start	

Heat 2					Final Lane
1	Cheung Hiu Lam Nicole	MCS	17.65	Standard	1
2	Mabel Au	MSS	17.74	Standard	8
3	Wong Siu Ping	HYS	17.99	Standard	
4	Lauren McAndrew	WIS	18.89	Standard	
5	Tam Qianming	SSGC	19.23	Standard	
6	Kam Wing Tsin Venus	SCGS	20.70		
7	Taryn Palatmkin	IS	20.96		
8	Pau Yan Ping Pamphila	SHCC		DN start	

Heat 3					Final Lane
1	Yeung Yun Tung Eunice	MCS	15.87	Standard	2
2	Leung Christine	GHS	16.81	Standard	4
3	Ruby Kwan	SPCS	17.28	Standard	6
4	Lam Yuen Kiu Ingrid	SCGS	18.22	Standard	
5	Hui Vivian Wing Ki	DGS	18.94	Standard	
6	Chan Yan Hay	SSGC	19.98	Standard	
7	Cynthia Luk	KGV	20.56		

8 Wong Yun Tung HYS 21.82

=====  
Event 32 100m Hurdles Girls A

Standard: 19.50 (0.762m) Record: 14.24 (2008) (0.762m)

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Heat 1

Final Lane

1	Su Winkie	DGS	16.61	Standard	3
2	Chow Nga Han	HYS	17.06	Standard	4
3	So Lok Yiu Julia	MCS	17.15	Standard	5
4	Sharon Chak	SPCS	17.56	Standard	1
5	Vivien Yan	KGV	19.88		
6	Au Lai Yee Sharmaine	SCGS	20.10		
7	Lo Woon Kwun	SSGC	21.10		
8	Nicole Dainton	WIS		DN start	

Heat 2

Final Lane

1	Liu Suki	GHS	15.75	Standard	2
2	Vivian Yeung	SPCS	17.76	Standard	8
3	Cheung Tsz Wah	DGS	18.25	Standard	
4	Vikki Chan	MSS	19.08	Standard	
5	Jasmine Chu	WIS	19.67		
6	Marina Lim	KGV	20.04		
7	Wong Shuk Man	SHCC	21.19		
8	Bonnie Chung	IS	22.45		

Heat 3

Final Lane

1	Chan Hoi Ki	SHCC	17.19	Standard	6
2	Ng Lok To	HYS	17.34	Standard	7
3	Yue Vanessa	GHS	17.83	Standard	
4	Joyce Chan	MSS	18.23	Standard	
5	Luk Cherry	MCS	18.49	Standard	
6	Lo Hiu Kwan Janice	SCGS	19.59		
7	Wong Wing tung	SSGC	20.57		
8	Amanda Zhang	IS	21.23		

=====  
Event 33 100m Hurdles Boys C

Standard: 19.50 (0.84m) Record: 13.62 (2008) (0.84m)

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Semi-Final 1

Final Lane

1	Liu Chung Lung	SJAC	13.79		2
2	Cheuk Wing Kit	SKSS	15.64		6
3	Chau Chi Kiu	CSK	16.54		8
4	Liu Kam Ho	SJAC	16.88		
5	Yeung Pak Hei	WYK	17.45		
6	Yashuhiro Tsang	KGV	17.63		
7	Marc Feng	KGV	17.93		
8	Wong Tsz Hin	HPCCS	18.57		

Semi-Final 2

Final Lane

1	Wang Hao Yang	DBS	15.24		3
2	Chan Tsz Yeung	DBS	15.25		4
3	Wong Hung Yiu	LSC	15.28		5
4	Cheung Chung Yin	HPCCS	16.10		7
5	Fung Tin Yan Jonathan	WFN	16.46		1
6	Matthew Hoare	WIS	17.05		
7	Yau Chak Hin	CGHC	18.77		
8	Wong Wang Kei	SKSS			

=====  
Event 34 100m Hurdles Boys B

Standard: 17.00 (0.914m) Record: 13.54 (2008) (0.914m)

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Semi-Final 1

Final Lane

1	Lui Chun Yan	CGHC	14.22		2
2	Leung Cheung Kit	HPCCS	14.67		4
3	Leung Kam Wai	HPCCS	16.06		
4	Hui Sai Kit	SKSS	16.07		
5	Chan Chun	WFN	16.08		
6	Yau Tze Ching	DBS	16.13		
7	Max Tsoi	KGV	16.55		
8	Ng Hei Kan	YCKMC	19.78		

Semi-Final 2				Final Lane
1	Lau Ho Tung	LSC	14.45	3
2	Wong Wing Fai	CGHC	14.82	5
3	Lam Lok Hei	LSC	15.13	6
4	Chan Long Hin	DBS	15.38	7
5	Lam Tsz Yeung	SSCS	15.55	1
6	Choi Ho Sing	YCKMC	15.71	8
7	Wong Kei Wai	CSK	15.81	
8	Tang To	WYK	20.61	

=====  
 Event 35 110m Hurdles Boys A  
 Standard: 18.50 (0.914m) Record: 14.22 (2007) (0.914m)  
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Semi-Final 1				Final Lane
1	Yu Wai Hin	DBS	15.26	2
2	Lam Lok Fung	LSC	15.50	4
3	Tang Kai Tat	CHECSS	15.54	5
4	Chu Wai Yin	HPCCS	16.07	
5	Chong Pui Hang	HPCCS	16.44	
6	Goodwin Mok	KGV	16.85	
7	Wong Kai Chun	CSK		
8	Li Sai Hei	LSC		

Semi-Final 2				Final Lane
1	Lai Tsz Chung	CGHC	15.37	3
2	Woo Siu Sing	WFN	15.54	6
3	Foo Kuk Cheung	YCKMC	15.61	7
4	Ho Chun Wing	SSCS	15.89	1
5	Mok Wai Hin	CHECSS	15.90	8
6	Chan Kwok Sing	WYK	15.98	
7	Lee Cheuk Kin	DBS	16.21	
8	Lau Chun Yin	WYK	18.15	

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 Event 36 Javelin Boys A  
 Standard: 31.00 (700gm) Record: 60.43 (2007) (700gm)  
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Position	Name	School	Result	Remark	Points
1	Yiu Chi Pang	CGHC	55.72	Standard	9
2	Hui Wai Hei	DBS	54.18	Standard	7
3	Wong Pak Him	DBS	52.99	Standard	6
4	Kwong Keum Hwan	SSCS	43.42	Standard	5
5	Chan Sum Chau	HPCCS	39.63	Standard	4
6	Cheng Sung Hei	LSC	38.80	Standard	3
7	Yip Shing Wah	HPCCS	38.12	Standard	2
8	Alberto Antonelli	WIS	36.93	Standard	1
	Wong Tsz Ching	SJAC	35.54	Standard	
	Ip Kam Tao	SSCS	35.22	Standard	
	Lam Pui Kei	SKSS	34.81	Standard	
	Chan Ming Wa	CGHC	31.18	Standard	
	Darian Gregory	WIS	31.17	Standard	
	Chan Tsz Tsun	SJC	30.90		
	Wong Ho Kiu	CSWCSS	30.70		
	Wan Tik Chun	CSWCSS	30.39		
	Lee Cheuk Kit	YCKMC	30.00		
	Tang Kai Chung	SJC	29.89		
	Chuk Lok Wun	YCKMC	29.88		
	Jack Capon	KGV	29.64		
	Siu Tsz Leung	CHECSS	28.73		
	Ho King Yiu	WYK	28.30		
	Stephen Wu	KGV	28.18		
	Leung Chi Keung	CHECSS	26.69		
	Law Christopher	LSC	24.49		
	Li Wai Tung	SKSS	24.47		
	Ng Hoi Yiu	WYK	18.97		
	Pan Ming Kwan	SJAC		No Mark	
	Fong Tsun Hang	CSK		DN take part	
	Lai Chun Chi	CSK		DN take part	
	Chu Wai Kit	WFN		No Mark	

=====  
 Event 37 400m Boys C

Standard: 1:04.00

Record: 51.23 (2008)

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 Semi-Final 1

Final Lane

1	Chan Ngai Lun	WFN	56.02	2
2	Yu Sin Hang	HPCCS	57.26	4
3	Li Fuk Yeung	WFN	57.68	5
4	Choi Chun Hung	DBS	58.39	7
5	Fung Kwun Ping	WYK	59.77	
6	Ho Juen Ko	KGV	1: 0.42	
7	Sean Widdowson	WIS	1: 1.78	
8	Siu Yip Wing	WIS		

Semi-Final 2

Final Lane

1	Li Tsz Hei	LSC	56.20	3
2	Wan Hi Yuen	DBS	57.73	6
3	Lee Ho Ching	LSC	58.47	1
4	Yung Tsz Ming	HPCCS	58.89	8
5	Wong Kwun Wai	CSWCSS	59.06	
6	Jeffery Lo	KGV	1: 0.33	
7	Ip Harris Chun Kit	YCKMC	1: 0.42	
8	Fong Tik Kan	SJAC	1: 0.43	

=====  
 Event 38 400m Boys B

Standard: 1:00.00

Record: 51.63 (2008)

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 Semi-Final 1

Final Lane

1	Chan Yan Lam	DBS	52.84	2
2	Kwan Chun Ming	HPCCS	54.66	4
3	Lam Ka Chun	WFN	55.39	6
4	Lam Chun Lok	SSCS	55.51	7
5	Evan Fu	WIS	56.16	8
6	Chow Yi Kin	CHECSS	56.29	
7	Ng Ka Fai	YCKMC	57.64	
8	Joshua Clewes	WIS		

Semi-Final 2

Final Lane

1	Fong Pak Lun	LSC	53.76	3
2	Andrew Keswani	LSC	54.91	5
3	Man Yui Tong	DBS	55.69	1
4	Chin Chun Yip	CGHC	56.45	
5	Cheng Chun Hang	HPCCS	56.82	
6	Ip Chun Yu	SJAC	59.56	
7	Chan Fung Yeung	CHECSS	1: 1.60	
8	Geoffrey Bland	KGV		

=====  
 Event 39 400m Boys A

Standard: 57.50

Record: 49.10 (1964)

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 Semi-Final 1

Final Lane

1	Edward St Paul	KGV	52.01	2
2	Lam Hing Ho	YCKMC	52.49	4
3	Fung Man Kit	SJAC	53.39	1
4	Yau Ka Ho	HPCCS	53.43	8
5	Yung Ron	DBS	54.69	
6	Sze To Pak Ming	CGHC	55.42	
7	Ben Thomson	WIS	56.04	
8	Lau Cheak Hin	CHECSS	58.39	

Semi-Final 2

Final Lane

1	Daniel St Paul	KGV	52.38	3
2	Leung Hoi Kit	HPCCS	53.00	5
3	Au Yeung Chun Yu	LSC	53.26	6
4	Chung Ho Bong	DBS	53.35	7
5	Wan Man Hing	WFN	56.02	
6	Yeung Toi Tung	SJC	57.77	
7	Yan Chi Kan	LSC		
8	Woo Aaron Wai Lun	SJC		

=====

Event 40 4x100m Relay Girls C  
Standard: 59.00 Record: 51.46 (2006)

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Heat 1 Final Lane  
1 SHCC 52.16 Standard 3  
2 HYS 53.25 Standard 5  
3 SCGS 55.43 Standard 7  
4 WIS 57.41 Standard  
5 SPCS 57.58 Standard  
6 IS 58.41 Standard

Heat 2 Final Lane  
1 DGS 51.64 Standard 2  
2 GHS 52.99 Standard 4  
3 MCS 53.32 Standard 6  
4 MSS 56.66 Standard 1  
5 SSGC 56.84 Standard 8  
6 KGV 57.07 Standard

=====  
Event 41 4x100m Relay Girls B  
Standard: 58.00 Record: 49.52 (2007)

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Heat 1 Final Lane  
1 DGS 51.47 Standard 2  
2 GHS 52.08 Standard 3  
3 MCS 53.04 Standard 5  
4 WIS 55.67 Standard 1  
5 MSS 56.29 Standard  
6 SSGC 57.11 Standard

Heat 2 Final Lane  
1 HYS 52.61 Standard 4  
2 SCGS 54.25 Standard 6  
3 SPCS 55.01 Standard 7  
4 KGV 55.81 Standard 8  
5 IS 56.52 Standard  
6 SHCC 58.37

=====  
Event 42 4x100m Relay Girls A  
Standard: 57.00 Record: 48.49 (2008)

-----  
Heat 1 Final Lane  
1 GHS 50.26 Standard 2  
2 DGS 51.35 Standard 3  
3 MCS 55.43 Standard 6  
4 SSGC 55.55 Standard 7  
5 KGV 57.51  
6 MSS 57.79

Heat 2 Final Lane  
1 SCGS 55.13 Standard 4  
2 SPCS 55.19 Standard 5  
3 SHCC 56.22 Standard 1  
4 IS 57.35 8  
5 WIS DQ  
6 HYS DQ

=====  
Event 43 4x100m Relay Boys C  
Standard: 52.00 Record: 45.05 (2008)

-----  
Heat 1 Final Lane  
1 SKSS 48.70 Standard 4  
2 WFN 49.22 Standard 5  
3 YCKMC 50.18 Standard 8  
4 SJC 50.92 Standard  
5 CGHC 51.03 Standard  
6 CSK 51.08 Standard  
7 WIS 52.41  
8 KGV DN start

Heat 2 Final Lane

1	DBS	46.85	Standard	2
2	SJAC	47.99	Standard	3
3	LSC	49.51	Standard	6
4	CSWCSS	49.85	Standard	7
5	HPCCS	50.11	Standard	1
6	WYK	51.43	Standard	
7	SSCS	52.47		
8	CHECSS	54.24		

=====  
Event 44 4x100m Relay Boys B

Standard: 50.00 Record: 44.99 (2005)

				Final Lane
Heat 1				
1	LSC	45.81	Standard	2
2	CGHC	46.58	Standard	3
3	DBS	47.19	Standard	4
4	HPCCS	47.88	Standard	5
5	SJC	48.01	Standard	7
6	CHECSS	49.09	Standard	
7	CSWCSS		DQ	
8	YCKMC		DQ	

Heat 2				Final Lane
1	SJAC	47.92	Standard	6
2	SKSS	48.07	Standard	1
3	CSK	48.24	Standard	8
4	WYK	48.56	Standard	
5	WIS	48.62	Standard	
6	WFN	51.63		
7	SSCS		DQ	
8	KGV		DQ	

=====  
Event 45 4x100m Relay Boys A

Standard: 47.50 Record: 42.63 (1996)

Heat 1				Final Lane
1	SJAC	46.01	Standard	4
2	KGV	46.75	Standard	5
3	SKSS	46.91	Standard	7
4	WIS	47.30	Standard	8
5	WYK	47.56		
6	CSK	47.81		
7	WFN	48.03		
8	SSCS	49.90		

Heat 2				Final Lane
1	DBS	45.30	Standard	2
2	YCKMC	45.73	Standard	3
3	CHECSS	46.82	Standard	6
4	SJC	46.98	Standard	1
5	LSC	47.33	Standard	
6	CSWCSS	47.62		
7	HPCCS	47.79		
8	CGHC		DQ	

HONG KONG SCHOOLS SPORTS FEDERATION  
 Inter-School Athletics Championships  
 (HK Island and Kowloon)  
 Division One  
 Day Three: 13 March 2009

=====  
 Event 1 Discus Girls A

Standard: 18.80 (1kg) Record: 36.15 (2005) (1kg)

Position	Name	School	Result	Remark	Points
1	Woo Wing Tung	DGS	38.06	Standard	9
2	Chan Yuen Ting	SSGC	36.64	Standard	7
3	Woo Constance	GHS	32.69	Standard	6
4	Lee Wing Lam	HYS	30.49	Standard	5
5	Chan Ka Man	HYS	28.99	Standard	4
6	Lau Wing Yiu Yoyo	GHS	26.24	Standard	3
7	Lau Tsz Chin	DGS	26.13	Standard	2
8	Man Ka Yi	SHCC	24.69	Standard	1
	Laurel Pang	SPCS	22.98	Standard	
	Tse Wai Ki Vickie	MCS	22.39	Standard	
	Lo Hiu Kwan janice	SCGS	22.34	Standard	
	Lam Sze Chai	SHCC	21.48	Standard	
	Jessica Ho	KGV	19.87	Standard	
	Phyllis Au	MSS	19.48	Standard	
	Tammy Thielke	IS	19.21	Standard	
	Wong Hiu Ching	SSGC	19.02	Standard	
	Petrina Cheung	WIS	18.89	Standard	
	Chan King Chi Phoebe	MCS		DN take part	
	Aakriti Batra	IS		No Mark	
	Holly Lamb	WIS		No Mark	
	Kiran Ho	SPCS		No Mark	
	Casey Tang	MSS		No Mark	
	Ng Wing Yin Vivian	SCGS		No Mark	
	Swati Tyagi	KGV		DN take part	

=====  
 Event 2 Long Jump Girls C

Standard: 3.80 Record: 5.33 (2008)

Position	Name	School	Result	Remark	Points
1	Wu Hoi Ting Dianna	DGS	5.43	Standard	9
2	Mok Elite	SHCC	5.21	Standard	7
3	Victoria Chow	SPCS	5.13	Standard	6
4	Lam Lok Ka	DGS	4.97	Standard	5
5	Wu Sheena	GHS	4.68	Standard	4
6	Tam nga Wai	HYS	4.62	Standard	3
7	Yu Hoi Ying Tiffany	HYS	4.57	Standard	2
8	Ho Wing Hei	SSGC	4.56	Standard	1
	Fung Beatrice	MCS	4.30	Standard	
	Chan Hedy	GHS	4.29	Standard	
	Tuin Ching Yu Rachel	SHCC	4.27	Standard	
	Liang Stephanie Joanna	SSGC	4.26	Standard	
	Rachel Leung	SPCS	4.15	Standard	
	Yeung Wing Ching Anthea	MCS	3.91	Standard	
	alexanda Davidson	WIS	3.80	Standard	
	Alysha Wong	MSS	3.72		
	Louise Austin	KGV	3.66		
	Cindy Ng	MSS	3.65		
	Veronica Morlotti	WIS	3.55		
	Yeung Wai Lam Rachel	SCGS	3.05		
	Lai Yuen Fung Peony	SCGS	2.37		
	Audrey Aamot	IS		Disqualified	
	Kendal Kruger	KGV		Disqualified	
	Madeline Tsang	IS		Disqualified	

=====  
 Event 3 Shot Put Boys A

Standard: 10.50 (5kg)

Record: 15.30

(2007) (5kg)

Position	Name	School	Result	Remark	Points
1	Yu Chi Yeung	HPCCS	14.43	Standard	9
2	Au Shui Chung	DBS	13.44	Standard	7
3	Lee Yat Kam	CGHC	13.11	Standard	6
4	Suen Philip Chi Kin	SJC	12.34	Standard	5
5	Yeung Kin On Tony	SJC	11.99	Standard	4
6	Yu Doi Kit	DBS	11.66	Standard	3
7	Peter Austin	KGV	11.33	Standard	2
8	Brendon Ireland	KGV	11.32	Standard	1
	Yip Shing Wah	HPCCS	10.81	Standard	
	Chan Hing Nam	CSWCSS	10.66	Standard	
	Lam Wai Ting	SSCS	10.59	Standard	
	Jeremy Tang	LSC	10.49		
	Lee Felix Nigel	LSC	10.44		
	Alex Mikic	WIS	10.27		
	Aneesh Varma	WIS	10.00		
	Fung Kwok Keung	CSWCSS	9.99		
	Chau Yan Tung Paul	SKSS	9.92		
	Lee Cheuk Kit	YCKMC	9.49		
	Koon Sheung Pong James	WFN	9.48		
	Pang Wing Chak	CHECSS	9.46		
	Lau Chong Kuen	CGHC	9.46		
	Choi Wai Sum	YCKMC	9.07		
	Chu Kin Hung	CSK	8.63		
	Hong Chun Hung	SSCS	8.62		
	Mak Ka Chun	WYK	8.25		
	Wong Pak Keung	CHECSS		No Mark	
	Fok Chien Wah Marco	SJAC		DN take part	
	Wong Yat Tin	SJAC		DN take part	
	Lee Shun Yuen	CSK		DN take part	
	Choy Chi On	WFN		DN take part	
	Chan Ka Hei	SKSS		DN take part	

Event 4 Triple Jump Boys A

Standard: 11.20

Record: 14.93

(1988)

Position	Name	School	Result	Remark	Points
1	Yung Ron	DBS	13.44	Standard	9
2	Kwok Ho Sang	WYK	13.24	Standard	7
3	Lam Lok Fung	LSC	12.97	Standard	6
4	Kwan Tsz Kit	DBS	12.96	Standard	5
5	Chan Wai Yin	HPCCS	12.86	Standard	4
6	Cheung Kam Nam	CGHC	12.59	Standard	3
7	Yiu Chung Hei	CGHC	12.53	Standard	2
8	Chan Wing Fu	SJAC	12.41	Standard	1
	Li Kam Hong	YCKMC	12.13	Standard	
	Cheung Samuel Chi Chung	WYK	12.13	Standard	
	Cheung Ho San	HPCCS	12.10	Standard	
	Chan Wing Cho	CHECSS	12.08	Standard	
	Ben Lau	WIS	11.76	Standard	
	So Chung Lau	SKSS	11.67	Standard	
	Kwok Chun Wai	LSC	11.53	Standard	
	Lau Cheuk Hin	CHECSS	11.35	Standard	
	Lau Shun Kwai	SKSS	11.31	Standard	
	David Okuno	WIS	11.25	Standard	
	Lok Che Ho Vincent	SJC	11.24	Standard	
	Cheung Chun Hong	SJAC	11.22	Standard	
	Luk Tat Ming	YCKMC	11.21	Standard	
	Choy Chi Yeung	CSWCSS	11.16		
	Kanno Hiroki	SSCS	11.14		
	Wong Ho Yan Benny	SJC	10.99		
	Tsoi Kai Kwong	SSCS	10.78		
	Wong Kin Ho	CSWCSS	10.76		
	Yu Siu Kai	CSK		DN take part	
	Daniel Wu	KGV		DN take part	



Cameron Wong

KGV

DN take part

Event 5 High Jump Boys B

Standard: 1.55

Record: 1.86 (2007)

Position	Name	School	Result	Remark	Points
1	Chin Ching Yiu	SKSS	1.80	Standard	9
2	Fung Yin Hang	HPCCS	1.77	Standard	7
3	Tsoi Kai Ching	LSC	1.74	Standard	6
4	Seto King Fung	WYK	1.74	Standard	5
5	Wong Ka Lun	CHECSS	1.74	Standard	4
6	Yau Tze Ching	DBS	1.71	Standard	3
7	Chau Ming Sing	SJAC	1.71	Standard	2
8	Lau Ho Tung	LSC	1.69	Standard	1
	Tam Cho Yau	CSWCSS	1.68	Standard	
	Ho Tsz Kan	CSWCSS	1.68	Standard	
	Tai Kam Fung	DBS	1.65	Standard	
	Li Yuk Lok	WFN	1.65	Standard	
	Chan King Fun	SSCS	1.60	Standard	
	Calvin Au Yeung	KGV	1.60	Standard	
	Lam Cheuk Lap	HPCCS	1.55	Standard	
	Yung Wah Kit	YCKMC	1.55	Standard	
	Cheung Kwan Yu	SJC	1.55	Standard	
	Fung Man Kit	CHECSS	1.50		
	Ng Chong Yip	SKSS	1.50		
	Nicolo Hayat	KGV	1.50		
	Lai Ho Tat	CGHC		No Mark	
	Toby Abernethy	WIS		No Mark	
	Chau Wai Lun	SJAC		No Mark	
	So Kai Sun Brian	SJC		No Mark	
	Ng Hei Kan	YCKMC		No Mark	
	Law Jih Tsung	SSCS		No Mark	
	Abraham Hung	WIS		No Mark	
	Hui Ting Long	CSK		No Mark	
	Yam Hin Wa	CSK		No Mark	
	Tai Cheuk Yin Ronald	WFN		DN take part	
	Tang Kai Leung	CGHC		No Mark	

Event 6 400m Hurdles Boys A

Standard: 1:06.50 (0.84m)

Record: 54.28 (2004) (0.84m)

Final				Points
1	Leung Hoi Kit	HPCCS	55.99	9
2	Lam Hip	YCKMC	57.21	7
3	Chan Chun Yeung	DBS	57.97	6
4	Chong Pui Hang	HPCCS	58.53	5
5	Sze To Pak Ming	CGHC	59.30	4
6	Au Yeung Chun Yu	LSC	59.35	3
7	Yu Wai Hin	DBS	1: 0.18	2
8	Chong Yin Lok	SJAC	1: 0.34	1

Event 7 200m Girls C

Standard: 31.50

Record: 26.07 (2004)

Final				Points
1	Yan Hoi Tung Abby	MCS	26.02	9
2	Lo Ka Lam Amy	GHS	27.03	7
3	Lau Hiu Yu Hilda	DGS	27.10	6
4	Lee Ming Yan Jacqueline	DGS	27.41	5
5	Cheng Yiu Man Mandy	GHS	27.53	4
6	Lee Tsing Yan	SHCC	28.13	3
7	Li Tsz Kwan	HYS	28.95	2
8	Yip Tsz Ching	HYS	29.21	1

Event 8 200m Girls B

Standard: 31.00

Record: 25.22 (2002)

Final					Points
1	Lo Yuk Ting	SHCC	26.75		9
2	Chan Yin Ting	DGS	26.96		7
3	Pang Cherry	GHS	27.19		6
4	Lenora Yim	KGV	27.32		5
5	Lam Joanne Wing Kiu	DGS	27.61		4
6	Pang Hiu Yan	HYS	27.63		3
7	Hui Wynn	GHS	27.95		2
8	Leung Sze Chung Gloria	SCGS	28.15		1

=====  
 Event 9 200m Girls A  
 Standard: 30.50 Record: 24.93 (2007)

Final					Points
1	Leung Hau Sze	DGS	25.27		9
2	Hui Man Ling	DGS	25.99		7
3	Lam Angel	GHS	26.61		6
4	Pang Rebecca Chi Ling	GHS	27.65		5
5	Louie Tak Yee Janice	SCGS	28.12		4
6	sophie Harris	IS	28.52		3
7	Yip Yee Ki	HYS	28.83		2
8	Tsang Wing Yan	HYS	28.97		1

=====  
 Event 10 200m Boys C  
 Standard: 27.50 Record: 22.59 (2008)

Final					Points
1	Li Wing Fai	DBS	24.12		9
2	Ho Ka Tsun	SKSS	24.58		7
3	Li Yin Kei	DBS	24.78		6
4	Tsang Wai Hin	LSC	25.00		5
5	Ng Chun Man	CGHC	25.07		4
6	Francis Ching	LSC	25.34		3
7	Lam Ka Lok	SKSS	25.35		2
8	Hau Yiu Sang	SSCS	25.52		1

=====  
 Event 11 200m Boys B  
 Standard: 26.50 Record: 22.55 (2005)

Final					Points
1	Chan Yan Lam	DBS	22.50		9
2	Ho Ping Kwan	CGHC	22.65		7
3	Tsu Ka Chon	LSC	22.89		6
4	Li Lut Yin	LSC	23.43		5
5	Geoffrey Bland	KGV	23.82		4
6	Chan Tsz Chung	CHECSS	23.89		3
7	Ko Ki Chak	CSWCSS	23.90		2
8	Luk Ho Lam	DBS	23.98		1

=====  
 Event 12 200m Boys A  
 Standard: 25.50 Record: 21.53 (2007)

Final					Points
1	Lai Chun Ho	DBS	22.06		9
2	Ng Ka Fung	CGHC	22.09		7
3	Chan Kei Fung	CGHC	23.06		6
4	Edward St Paul	KGV	23.29		5
5	Lee Chun Wing	SJAC	23.39		4
6	Lam Hing Ho	YCKMC	23.40		3
7	Chan Kai Ming	CSWCSS	23.44		2
8	Lau Kwok Pan	DBS	23.45		1

=====  
 Event 13 Discus Girls B  
 Standard: 18.50 (1kg) Record: 33.22 (2008) (1kg)

Position	Name	School	Result	Remark	Points
1	Wong Ka Yee	HYS	31.81	Standard	9





5	Tam Emily Wan In	GHS	17.60	4
6	Tam Nga Wai	HYS	18.12	3
7	Rachel Leung Hei Tung	SPCS	18.52	2
8	Sue Hui Hang Helen	MCS	18.65	1

=====  
Event 21 100m Hurdles Girls B  
Standard: 20.20 (0.762m) Record: 14.66 (2006) (0.762m)  
-----

Final				Points
1	Hui Vanessa	GHS	15.63	9
2	Yeung Yun Tung Eunice	MCS	15.72	7
3	Leung Christine	GHS	16.54	6
4	Ruby Kwan	SPCS	17.02	5
5	Sharon Ng	SPCS	17.22	4
6	Cheung Hiu Lam Nicole	MCS	17.35	3
7	Cheung Tsz Yan	DGS	17.50	2
8	Mabel Au	MSS	18.50	1

=====  
Event 22 100m Hurdles Girls A  
Standard: 19.50 (0.762m) Record: 14.24 (2008) (0.762m)  
-----

Final				Points
1	Liu Suki	GHS	15.36	9
2	Chan Hoi Ki	SHCC	16.53	7
3	Su Winkie	DGS	16.63	6
4	Ng Lok To	HYS	16.92	5
5	So Lok Yiu Julia	MCS	16.97	4
6	Chow Nga Han	HYS	17.03	3
7	Vivian Yeung	SPCS	17.05	2
8	Sharon Chak	SPCS	17.64	1

=====  
Event 23 100m Hurdles Boys C  
Standard: 19.50 (0.84m) Record: 13.62 (2008) (0.84m)  
-----

Final				Points
1	Liu Chung Lung	SJAC	13.57	9
2	Wang Hao Yang	DBS	14.61	7
3	Wong Hung Yiu	LSC	14.99	6
4	Chan Tsz Yeung	DBS	15.56	5
5	Cheung Chung Yin	HPCCS	15.80	4
6	Chau Chi Kiu	CSK	15.87	3
7	Fung Tin Yan Jonathan	WFN	16.31	2
8	Cheuk Wing Kit	SKSS		

=====  
Event 24 100m Hurdles Boys B  
Standard: 17.00 (0.914m) Record: 13.54 (2008) (0.914m)  
-----

Final				Points
1	Lau Ho Tung	LSC	13.99	9
2	Lui Chun Yan	CGHC	14.07	7
3	Leung Cheung Kit	HPCCS	14.63	6
4	Wong Wing Fai	CGHC	14.68	5
5	Choi Ho Sing	YCKMC	15.22	4
6	Lam Lok Hei	LSC	15.34	3
7	Chan Long Hin	DBS	15.44	2
8	Lam Tsz Yeung	SSCS	15.60	1

=====  
Event 25 110m Hurdles Boys A  
Standard: 18.50 (0.914m) Record: 14.22 (2007) (0.914m)  
-----

Final				Points
1	Lai Tsz Chung	CGHC	14.97	9
2	Woo Siu Sing	WFN	15.33	7
3	Lam Lok Fung	LSC	15.37	6
4	Foo Kuk Cheung	YCKMC	15.45	5
5	Ho Chun Wing	SSCS	15.77	4
6	Mok Wai Hin	CHECSS	15.84	3

7	Yu Wai Hin	DBS	15.85	2
8	Tang Kai Tat	CHECSS	15.91	1

=====  
Event 26 400m Girls C

Standard: 1:15.00 Record: 58.78 (2000)

Final				Points
1	Chung Stella	GHS	1: 1.45	9
2	Tse Karman	GHS	1: 3.36	7
3	Li Wai Ting	DGS	1: 4.00	6
4	Cheng Shui Ting	HYS	1: 4.37	5
5	Yiu Pei Tung Stephanie	MCS	1: 5.84	4
6	Leung Hoi Yin	DGS	1: 5.86	3
7	Ng Ka Wing	HYS	1: 7.59	2
8	Ho Cheuk Ying Karen	MCS	1: 8.24	1

=====  
Event 27 400m Girls B

Standard: 1:13.00 Record: 57.29 (2002)

Final				Points
1	Chan Yin Ting	DGS	1: 0.87	9
2	Chan Chi Yan	HYS	1: 1.32	7
3	Li Winkie	GHS	1: 2.23	6
4	Pang Hiu Yan	HYS	1: 2.49	5
5	Au Yuk Yee	DGS	1: 3.50	4
6	Lee Lok Ching	SSGC	1: 3.99	3
7	Leung Wai Ching Janese	MCS	1: 4.34	2
8	Pang Cherry	GHS	1: 4.52	1

=====  
Event 28 400m Girls A

Standard: 1:12.50 Record: 58.29 (1999)

Final				Points
1	Hui Man Ling	DGS	59.74	9
2	Au Lok Yiu	DGS	1: 0.84	7
3	Pang Chi Ling	GHS	1: 2.86	6
4	Leung Anna Long Yin	GHS	1: 4.73	5
5	Florence Jim	MCS	1: 5.19	4
6	Louie Tak Yee Janice	SCGS	1: 5.48	3
7	Cheung Hei Tung	HYS	1: 7.72	2
8	Tsang Wing Yan	HYS	1: 9.39	1

=====  
Event 29 400m Boys C

Standard: 1:04.00 Record: 51.23 (2008)

Final				Points
1	Li Tsz Hei	LSC	55.29	9
2	Chan Ngai Lun	WFN	55.62	7
3	Yu Sin Hang	HPCCS	56.72	6
4	Wan Hi Yuen	DBS	56.81	5
5	Li Fuk Yeung	WFN	57.33	4
6	Choi Chun Hung	DBS	58.14	3
7	Lee Ho Ching	LSC	58.26	2
8	Yung Tsz Ming	HPCCS	1: 3.80	1

=====  
Event 30 400m Boys B

Standard: 1:00.00 Record: 51.63 (2008)

Final				Points
1	Chan Yan Lam	DBS	50.06	9
2	Fong Pak Lun	LSC	53.37	7
3	Andrew Keswani	LSC	54.49	6
4	Kwan Chun Ming	HPCCS	54.73	5
5	Lam Ka Chun	WFN	54.76	4
6	Evan Fu	WIS	55.33	3
7	Man Yui Tong	DBS	55.65	2
8	Lam Chun Lok	SSCS	55.90	1

=====  
Event 31 400m Boys A  
Standard: 57.50 Record: 49.10 (1964)  
-----

Final				Points
1	Daniel St Paul	KGV	51.29	9
2	Edward St Paul	KGV	51.57	7
3	Lam Hing Ho	YCKMC	51.88	6
4	Leung Hoi Kit	HPCCS	52.61	5
5	Au Yeung Chun Yu	LSC	53.01	4
6	Chung Ho Bong	DBS	53.02	3
7	Fung Man Kit	SJAC	53.25	2
8	Yau Ka Ho	HPCCS	53.51	1

=====  
Event 32 100m Girls C  
Standard: 15.00 Record: 12.55 (2004)  
-----

Final				Points
1	Yan Hoi Tung Abby	MCS	12.62	9
2	Lee Ming Yan Jacqueline	DGS	12.89	7
3	Lo Ka Lam Amy	GHS	12.93	6
4	Mok Elite	SHCC	12.97	5
5	Cheng Mandy	GHS	13.15	4
6	Lau Hiu Yu Hilda	DGS	13.24	3
7	Tam Weng Chi	SHCC	13.41	2
8	Wong Ho Ting	SSGC	13.50	1

=====  
Event 33 100m Girls B  
Standard: 14.70 Record: 12.21 (2005)  
-----

Final				Points
1	Yeung Yun Ting Eunice	MCS	12.92	9
2	Chan Hoi Kay Stephanie	MCS	13.00	7
3	Cheng Hui Ying	DGS	13.04	6
4	Lee Wing Yee	HYS	13.13	5
5	Chan Doris Siu Po	GHS	13.18	4
6	Hui Wynn	GHS	13.23	3
7	Leung Hui Tung	HYS	13.29	2
8	Lam Joanne Wing Kiu	DGS	13.30	1

=====  
Event 34 100m Girls A  
Standard: 14.50 Record: 12.11 (1995)  
-----

Final				Points
1	Leung Hau Sze	DGS	11.99	9
2	Lam Angel	GHS	12.00	7
3	Wong Hiu Yan	DGS	12.53	6
4	Liu Suki	GHS	13.13	5
5	Joyce Chan	MSS	13.18	4
6	Ng Tze yan	HYS	13.59	3
7	Yip Yee Ki	HYS	13.77	2
8	Luk Kar Yan Natalie	MCS	13.78	1

=====  
Event 35 100m Boys C  
Standard: 13.30 Record: 11.35 (2008)  
-----

Final				Points
1	Wang Hao Yang	DBS	11.21	9
2	Kooh Lok Man	WFN	11.59	7
3	Tsang Wai Hin	LSC	12.02	6
4	Li Yin Kei	DBS	12.04	5
5	Ho Ka Tsun	SKSS	12.11	4
6	Ng Chun Man	CGHC	12.39	3
7	Hau Yiu Sang	SSCS	12.84	2
8	Ho Tsz Fung	CHECSS	14.47	1

=====  
Event 36 100m Boys B

Standard: 12.50 Record: 11.03 (2008)

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Final				Points
1	Ho Ping Kwan	CGHC	11.08	9
2	Li Lut Yin	LSC	11.27	7
3	Tsu Ka Chon	LSC	11.34	6
4	Ko Ki Chak	CSWCSS	11.77	5
5	Chan Tsz Chung	CHECSS	11.78	4
6	Yeung Man Chuen	CSK	12.08	3
7	Lee Ching Yin	SKSS	12.12	2
8	Tsui Chi Shing	CHECSS	12.14	1

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Event 37 100m Boys A

Standard: 12.20 Record: 10.40 (2008)

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Final				Points
1	Lai Chun Ho	DBS	10.70	9
2	Ng ka Fung	CGHC	10.91	7
3	Chan Kei Fung	CGHC	11.01	6
4	Yau Hung Hoi	SKSS	11.11	5
5	Kwan Tsz Him	DBS	11.34	4
6	Lee Chun Wing	SJAC	11.44	3
7	Aaron Tang	KGV	11.61	2
8	Chan Kai Ming	CSWCSS	11.64	1

---

Event 38 1500m Boys C

Standard: 5:20.00 Record: 4:31.24 (2008)

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Final				Points
1	Kwong Yuk Wa	WFN	4:38.36	9
2	Chan Hok Man	LSC	4:42.83	7
3	Ryan Nam	KGV	4:48.14	6
4	Yeung Ho Wai	DBS	4:48.23	5
5	Ho Juen Ko	KGV	4:49.25	4
6	Mitchelmore Sam Brian	DBS	4:50.93	3
7	James Gibb	WIS	4:51.61	2
8	Kwok Wing Kan	LSC	4:53.91	1
9	Brian Leung	WIS	4:54.73	
10	Sze Jie Lin	HPCCS	5: 4.16	
11	Yuen Tsun Hei	SJAC	5: 5.75	
12	Wong Tsz Yuen	WFN	5:18.23	

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Event 39 1500m Boys B

Standard: 5:00.00 Record: 4:19.04 (2003)

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Final				Points
1	Perry Wong	LSC	4:23.74	9
2	Chan Kai Pan	LSC	4:30.40	7
3	Rohit Rathi	WIS	4:30.66	6
4	Sin Ka Chun	HPCCS	4:30.95	5
5	Chu Check Kiu	DBS	4:31.18	4
6	Cheung Lok Sang Lucas	SJC	4:34.54	3
7	Ho Cho Wai	YCKMC	4:36.26	2
8	Chan Lok Hin	HPCCS	4:37.11	1
9	Chan Ka Hin	CHECSS	4:38.80	
10	Chung Man Kin	WYK	4:42.14	
11	Chan Chak Man	DBS	4:45.09	
12	Lau Chun Wang	CSK	4:53.11	

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Event 40 1500m Boys A

Standard: 4:58.00 Record: 4:05.76 (2004)

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Final				Points
1	Lo Chun Bong	LSC	4:21.66	9
2	Wong Tsz Chung	HPCCS	4:22.15	7
3	Yuen Ho Yin	DBS	4:22.91	6
4	Lai Jun Man	LSC	4:27.26	5



5	Ng Tak Wo	CHECSS	4:33.15	4
6	Chan Lok Kan	DBS	4:35.05	3
7	Tsui Chi Kin	CGHC	4:37.05	2
8	Daniel Cheung	WIS	4:39.50	1
9	Josh Owens	WIS	4:41.23	
10	Wong Yung Chu	CSWCSS	4:43.32	
11	Ng Hei Ting	HPCCS	4:44.48	
12	Cheung Min Kong	CGHC		

=====  
Event 41 4x100m Relay Girls C

Standard: 59.00 Record: 51.46 (2006)

-----			
Final			Points
1	DGS	51.10	18
2	SHCC	51.27	14
3	GHS	52.59	12
4	MCS	53.52	10
5	HYS	53.73	8
6	SCGS	54.96	6
7	MSS	56.59	4
8	SSGC	57.17	2

=====  
Event 42 4x100m Relay Boys C

Standard: 52.00 Record: 45.05 (2008)

-----			
Final			Points
1	DBS	45.44	18
2	SJAC	47.92	14
3	WFN	48.66	12
4	HPCCS	49.43	10
5	YCKMC	49.66	8
6	SKSS		
7	LSC		
8	CSWCSS		

=====  
Event 43 4x100m Relay Girls B

Standard: 58.00 Record: 49.52 (2007)

-----			
Final			Points
1	DGS	51.02	18
2	GHS	51.21	14
3	MCS	51.44	12
4	SCGS	53.43	10
5	HYS	53.65	8
6	SPCS	54.46	6
7	KGV	54.75	4
8	WIS	55.22	2

=====  
Event 44 4x100m Relay Boys B

Standard: 50.00 Record: 44.99 (2005)

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Final			Points
1	LSC	44.68	18
2	CGHC	45.59	14
3	DBS	46.16	12
4	SJAC	47.07	10
5	HPCCS	47.28	8
6	SJC	47.67	6
7	SKSS	47.68	4
8	CSK	47.92	2

=====  
Event 45 4x100m Relay Girls A

Standard: 57.00 Record: 48.49 (2008)

-----			
Final			Points
1	GHS	49.82	18
2	DGS	50.02	14

3	SCGS	54.95	12
4	SPCS	54.97	10
5	MCS	55.13	8
6	SSGC	55.67	6
7	SHCC	55.91	4
8	IS	56.55	2

=====  
Event 46 4x100m Relay Boys A  
Standard: 47.50 Record: 42.63 (1996)  
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Final			Points
1	DBS	43.61	18
2	YCKMC	45.18	14
3	SJAC	45.79	12
4	KGV	46.05	10
5	SJC	46.23	8
6	CHECSS	46.41	6
7	SKSS	46.54	4
8	WIS	46.78	2

=====  
Event 47 4x400m Relay Girls C  
Standard: 5:00.00 Record: 4:16.63 (2008)  
-----

Final			Points
1	GHS	4:22.66	18
2	HYS	4:28.71	14
3	KGV	4:29.58	12
4	DGS	4:31.67	10
5	MCS	4:37.01	8
6	WIS	4:46.84	6
7	SHCC	4:47.96	4
8	SPCS	4:50.39	2

=====  
Event 48 4x400m Relay Boys C  
Standard: 4:16.00 Record: 3:46.84 (2008)  
-----

Final			Points
1	LSC	3:51.26	18
2	WFN	3:52.05	14
3	HPCCS	3:52.96	12
4	DBS	3:56.48	10
5	CSWCSS	4: 0.38	8
6	KGV	4: 7.31	6
7	CHECSS	4: 9.38	4
8	WYK		

=====  
Event 49 4x400m Relay Girls B  
Standard: 4:56.00 Record: 4:18.98 (2004)  
-----

Final			Points
1	HYS	4:15.21	18
2	DGS	4:16.22	14
3	IS	4:28.59	12
4	WIS	4:30.67	10
5	GHS	4:33.45	8
6	MCS	4:34.58	6
7	SSGC	4:35.77	4
8	SCGS	4:39.37	2

=====  
Event 50 4x400m Relay Boys B  
Standard: 4:00.00 Record: 3:37.67 (2008)  
-----

Final			Points
1	DBS	3:36.46	18
2	LSC	3:39.12	14
3	HPCCS	3:42.68	12
4	CHECSS	3:43.96	10

5	KGV	3:47.38	8
6	WYK	3:48.14	6
7	WFN	3:50.99	4
8	CGHC		

=====  
Event 51 4x400m Relay Girls A

Standard: 4:52.00 Record: 4:13.62 (2007)

Final			Points
1	DGS	4: 9.77	18
2	GHS	4:19.14	14
3	MCS	4:30.24	12
4	HYS	4:31.73	10
5	WIS	4:33.42	8
6	SHCC	4:34.11	6
7	KGV	4:35.64	4
8	SSGC	4:44.42	2

=====  
Event 52 4x400m Relay Boys A

Standard: 3:55.00 Record: 3:26.60 (1989)

Final			Points
1	HPCCS	3:33.09	18
2	KGV	3:33.16	14
3	LSC	3:39.19	12
4	SJAC	3:39.53	10
5	CHECSS	3:40.40	8
6	CGHC	3:47.69	6
7	SJC	3:50.88	4
8	CSWCSS	3:51.17	2