

Inter-School Athletics Championships 2008/2009

HK Island & Kowloon Division Two (Final Results)

Boys A Grade

100m

1	Zhang Anrong	BHSS	11.59
2	Benjamin Kende	IS	11.61
3	Leung Lap Chun	SWC	11.76
4	Tsang Tsz Kit	SWC	11.82
5	Cheung Wing Kin	BHSC	12.06
6	Chow Chun Yuen	NWC	12.41
7	Cheung Sze Wan	RC	12.55

200m

1	Zhang Anrong	BHSS	23.52
2	Wu Cheuk Hei	YWC	23.59
3	Leung Lap Chun	SWC	23.82
4	Benjamin Kende	IS	23.92
5	Wong Ho Man Charles	SLS	24.40
6	Cheung Wing Kin	BHSC	24.46
7	Chow Chun Yuen	NWC	24.79
8	Dickson Jim	TSIS	25.21

400m

1	Shiu Chau Ping	TKOGSS	51.43
2	Alex Kieran	CIS	52.84
3	Chan Man Chun	YWC	52.98
4	Lee Pui Yin	BHSS	53.23
5	Au Yeung Chun	RC	53.26
6	Takanori Ogyu	IS	55.11
7	Ng Sai Wah Felix	NWC	56.64
8	Tse Hoi Lam	BHSS	57.24

800m

1	Joseph Hopkins	IS	2 : 11.42
2	Poon Tsz Chun	YWC	2 : 11.79
3	Hui Shiu Lun	NWC	2 : 13.46
4	Ng Sai Wah Felix	NWC	2 : 13.55
5	Tse Pak Kin	SMCESPS	2 : 14.64
6	Shek Yiu Ching	LYC	2 : 16.00
7	Lam Wing Sum	CDGFSS	2 : 16.44
8	Wong King Ngo	RC	2 : 17.53

1500m

1	Alex Kieran	CIS	4 : 26.17
2	Joseph Hopkins	IS	4 : 29.41
3	Au Ka Lun	NWC	4 : 30.85
4	Ko Cheuk Man	PLKNPL	4 : 32.33
5	Tse Pak Kin	SMCESPS	4 : 39.01
6	Wan Man Kin	LYC	4 : 41.58
7	Mok Wai Sing	NWC	4 : 42.09
8	Law Wai Hon	PCMS	4 : 45.96

5000m

1	Au Ka Lun	NWC	17 : 21.44
2	Mark Dellora	TSIS	18 : 13.28
3	Wan Man Kin	LYC	18 : 33.14
4	Lai Chun Yip	CMASS	18 : 33.24
5	Law Wai Hon	PCMS	19 : 9.74
6	Ng Ka Hei	RC	19 : 12.97
7	Mok Wai Sing	NWC	19 : 21.15
8	Yeung Wing Chung	LHYMSS	19 : 51.11

110m Hurdles

1	Fong Tsz Ming	NWC	15.50
2	Tang Pak Chun Patric	PCMS	16.22
3	Lai Chun Sing	CPSS	16.28
4	Deng Zhiwei	CMASS	16.38
5	Law Man Kin	RC	16.39
6	Cui Jiawei	CMASS	16.46
7	Lau Chue Wai	BHSS	17.81

400m Hurdles

1	Shiu Chau Ping	TKOGSS	1 : 0.74
2	Hui Shiu Lun	NWC	1 : 1.63
3	Jonathan Bliss	CIS	1 : 1.83
4	Lam Wing Sum	CDGFSS	1 : 2.66
5	Tse Hoi Lam	BHSS	1 : 3.35
6	Tang Wing Kan	SMCESPS	1 : 3.78
7	Lai Chun Sing	CPSS	1 : 4.14
8	Chan Chun Ho	YWC	1 : 4.25

4x100m Relay

1	NWC	45.53
2	YWC	46.29
3	IS	46.58
4	SWC	46.91
5	BHSC	47.00
6	SLS	47.01
7	CMASS	47.50

4x400m Relay

1	CDGFSS	3 : 39.74
2	BHSS	3 : 42.83
3	RC	3 : 43.55
4	NWC	3 : 44.01
5	YWC	3 : 44.12
6	CPSS	3 : 53.44
7	LYC	3 : 54.78
8	SMCESPS	4 : 30.12

High Jump

1	Chung Chi Hang	CDGFSS	1.90
2	Deng Zhiwei	CMASS	1.75
3	Chan Kwan Nok	SMCESPS	1.75
4	Yu Wai Nam	NWC	1.65
5	David Varro	CIS	1.65
6	Hei Yee	NWC	1.65
7	Brandon Sung	TSIS	1.65
8	Nick Schmitt	IS	1.65

Long Jump

1	Chung Chi Hang	CDGFSS	6.28
2	Wong Yik Chi	BHSS	6.19
3	Jason Li	CIS	5.96
4	Lau Kin Lok	MSC	5.92
5	Wu Cheuk Hei	YWC	5.64
6	Anthony ching	CIS	5.54
7	Hei Yee	NWC	5.54
8	Pong Chiu Chun	SMCESPS	5.45

Triple Jump

1	Fong Tsz Ming	NWC	13.01
2	Jason Li	CIS	12.78
3	Wong Yik Chi	BHSS	12.75
4	Lee Pui Yin	BHSS	12.59
5	Cui Jiawei	CMASS	12.53
6	Yeung Ying Wai	CDGFSS	12.23
7	Pong Chiu Chun	SMCESPS	12.10
8	Wong Chun On	RC	11.86

Shot Put

1	Robert Reid-Kay	IS	13.04
2	Hui Chak Yan	NWC	11.60
3	Ali Saddam Hussain	SMCESPS	11.49
4	Jordan Troy	IS	11.26
5	Chow Man Shun	LYC	11.15
6	Ross Adock	CIS	10.88
7	Yang Bao Long	BHSS	10.88
8	Tsui Ngai Pang	SWC	10.25

Discus

1	Lee Long Fung	CMASS	36.24
2	Yau Wing Ming	SLS	29.74
3	Lun Ho Chi	SWC	29.31
4	Kwong Pak Wing	CDGFSS	29.29
5	Yang Bao Long	BHSS	29.28
6	Wong Wang Wing	SWC	27.74
7	Choy Lit Pong	YWC	26.65
8	Chan Kwan Nok	SMCESPS	26.63

Javelin

1	Jason Tack	TSIS	43.16
2	Ali Saddam Hussain	SMCESPS	42.80
3	Yeung Ying Wai	CDGFSS	42.20
4	Lee Long Fung	CMASS	36.55
5	Yip Man Chun	SWC	34.24
6	Daniel Wilson	IS	33.95
7	Chim Wing Nok	BHSS	32.75
8	Ku Ka Kin	CMASS	32.14

Boys B Grade**100m**

1	Chan Ching Lam	NWC	11.56
2	Canedo Aifredo Jr. A	SMCESPS	11.87
3	Leung Chi Kin	BHSC	12.06
4	Chau Ching Yu	NWC	12.07
5	Richard Hope	IS	12.12
6	Wan Cheuk Yin	CPSS	12.15
7	Cheng King Tsun	MSC	12.24
8	Brian Fok	TSIS	12.68

200m

1	Chan Ching Lam	NWC	24.05
2	Canedo Aifredo Jr. A	SMCESPS	24.56
3	Ting Chun Ho	TKOGSS	24.73
4	To Chun Yin	TKOGSS	24.76
5	Yiu Ka Chun	LYC	25.11
6	Brian Fok	TSIS	25.17
7	Hsu Hoi Fung	RC	25.73
8	Leung Kwun Fung	YWC	26.10

400m

1	Lee Man Yung	TKOGSS	54.63
2	Ting Chun Ho	TKOGSS	55.56
3	Kwong Hei Wai	BHSC	56.66
4	So Man Chung	SMCESPS	57.14
5	Yu Kin Sing	YWC	57.44
6	Emmanuel Kwok	TSIS	58.37
7	Oliver Billing	IS	1 : 4.55

1500m

1	Li Chun Yin	LHYMSS	4 : 32.05
2	Tom Jenkins	TSIS	4 : 32.69
3	Gabriel Brettell	TSIS	4 : 43.32
4	Lau Wing Sing	CDGFSS	4 : 44.71
5	Leung Kung Yui	CMASS	4 : 45.56
6	Chow Cheuk Fung Toby	TKOGSS	4 : 48.45
7	Yu Wai Yin	TKOGSS	4 : 48.65
8	Chui Tak Chi	LHYMSS	4 : 50.71

4x100m Relay

1		SMCESPS	46.52
2		LYC	47.54
3		PCMS	47.71
4		SLS	47.75
5		PLKNPL	48.10
6		NWC	48.25
7		MSC	48.30
8		BHSC	48.82

High Jump

1	Yuen Tsz Fung	BHSC	1.62
=2	Pong Kwok Chi	LYC	1.62
=2	Lau Tak Kei	CDGFSS	1.62
4	Fung Wai Man	SLS	1.57
5	Wong Kwok Chun	LHYMSS	1.57
6	Ho Ming Lung	LHYMSS	1.52
7	Alex Pong	TSIS	1.52
8	Yeung Ka Yiu	NWC	1.52

Triple Jump

1	Yuen Tsz Fung	BHSC	12.12
2	Szeto Ki Fung	BHSC	11.81
3	Chung Chun Tat	BHSS	11.36
4	Ng Ho Cheong	RC	11.17
5	Ng Ho Lun	TKOGSS	11.14
6	Law Yiu Wing	NWC	11.10
7	Lau Tak Kei	CDGFSS	11.10
8	Ng Hoi Man	SMCESPS	11.04

800m

1	Kwong Hei Wai	BHSC	2 : 7.21
2	Lee Man Yung	TKOGSS	2 : 8.50
3	Tom Jenkins	TSIS	2 : 9.18
4	Leung Kung Yui	CMASS	2 : 10.25
5	Tang Ho Tsun	YWC	2 : 12.29
6	Yu Wai Yin	TKOGSS	2 : 13.91
7	Lau Wing Sing	CDGFSS	2 : 14.28
8	Chan Yu Leung	CMASS	2 : 14.87

100m Hurdles

1	To Chun Yin	TKOGSS	14.64
2	Ngan Wai Tung	SWC	14.78
3	Chau Ching Yu	NWC	15.18
4	Yang Qihong	BHSS	15.37
5	Li Chun Nam	PLKNPL	15.39
6	Chau Long Yin	SLS	15.49
7	Wong Lok Hin	MSC	15.69
8	Chan Ka Po	SWC	16.29

4x400m Relay

1		TKOGSS	3 : 45.29
2		BHSC	3 : 49.02
3		LHYMSS	3 : 51.07
4		YWC	3 : 51.39
5		MSC	3 : 53.87
6		CMASS	3 : 54.00
7		LYC	3 : 56.28
8		NWC	4 : 3.97

Long Jump

1	Ng Ho Lun	TKOGSS	5.75
2	Szeto Ki Fung	BHSC	5.72
3	Yeung Ka Yiu	NWC	5.42
4	Wong Man Chung	PLKNPL	5.32
5	Ng Ho Cheong	RC	5.31
6	Chow Ka Ho	SLS	5.30
7	Cheng Wai Nok	NWC	5.29
8	Ng Hoi Man	SMCESPS	5.25

Shot Put

1	Tam Hung Cheung	CMASS	12.01
2	Elton Yau	CIS	11.58
3	Lui Wun Lam	CMASS	11.29
4	Cheng Yiu Hang	BHSC	11.21
5	Chung Wai Lok	BHSS	10.91
6	Richard Hope	IS	10.89
7	Wong Pak Sum	SMCESPS	10.81
8	Wong Oliver Ga Tae	BHSC	10.49

Discus

1	Fung Yat Long	NWC	41.61
2	Cheng Yiu Hang	BHSC	36.43
3	Elton Yau	CIS	35.61
4	Suen Ho Kwan	PCMS	34.31
5	Wong Oliver Ga Tae	BHSC	33.74
6	Yuen Tsz Ko	SLS	30.83
7	Chan Gun Burns	SLS	29.68
8	Lucas Tse	CIS	28.58

Javelin

1	Fung Yat Long	NWC	41.65
2	Sham King Tong	NWC	37.84
3	Chan Tak Chun	LYC	36.48
4	Lo Siu Kwan	PCMS	35.03
5	Tam Hung Cheung	CMASS	32.30
6	Andrew Zhang	CIS	29.04
7	Shum Kok Kwan	YWC	27.31
8	Sung Tsz Ho	SMCESPS	23.97

Boys C Grade**100m**

1	Sham Chi Ho	SMCESPS	12.05
2	Yue Ming Kiu	SMCESPS	12.19
3	Chan Yi Hei	PCMS	12.40
4	Tsang Hon Lam	YWC	12.48
5	Li Cheuk Yin	SLS	12.60
6	Ho Tsz Lok	RC	12.83
7	Clarence Leung	CIS	12.96
8	Lam Ming Tsun	LYC	13.01

200m

1	Sham Chi Ho	SMCESPS	24.92
2	Conard Lee	IS	25.70
3	Tso Chun Wing	NWC	25.78
4	Tsang Hon Lam	YWC	25.86
5	Ho Tsz Lok	RC	26.40
6	Leung Chun Sing	LYC	26.47
7	Pong Ka Wing	MSC	26.49
8	Sin Cheuk Ming	LHYMSS	26.53

400m

1	So Chun Wai	MSC	58.69
2	Chan Hiu Pan	SWC	58.88
3	Ho Chun Hei	PCMS	59.38
4	Hung Hok Shun	LHYMSS	59.52
5	Basnet Tusar	SMCESPS	1 : 0.23
6	Fung Ho Long Hector	SMCESPS	1 : 1.88
7	James Christie	TSIS	1 : 2.71
8	Wong Chi Ho	YWC	1 : 6.61

800m

1	Chan Kin Hei	MSC	2 : 18.74
2	Ho Chun Hei	PCMS	2 : 21.85
3	Adrian Ma	TSIS	2 : 23.96
4	Wong Chun Ming Ronal	LHYMSS	2 : 25.46
5	Chow Kui Cheung	RC	2 : 25.77
6	Share Tsz Hin	NWC	2 : 29.54
7	Ho King Shing	SLS	2 : 30.53
8	Fung Ho Long Hector	SMCESPS	2 : 31.42

1500m

1	Chan Kin Hei	MSC	5 : 2.50
2	Adrian Ma	TSIS	5 : 4.63
3	Kwok Chun Ting Jasper	RC	5 : 5.47
4	Harry Salinkow	CIS	5 : 8.07
5	Chang Ka Hei	LHYMSS	5 : 9.27
6	Ng Chun Yip Gavin	SLS	5 : 9.65
7	Li Chun Yin	YWC	5 : 13.33
8	Lau Hin Lam	RC	5 : 18.11

100m Hurdles

1	Yue Ming Kiu	SMCESPS	14.75
2	Chan Yi Hei	PCMS	15.36
3	Lam Ming Tsun	LYC	15.91
4	Law Wai Fung	BHSC	16.21
5	Chin Ching	PCMS	17.16
6	Clarence Leung	CIS	17.30
7	Keung Tsz Lok	SLS	17.59
8	Martin Consing	IS	19.11

4x100m Relay

1		PCMS	49.87
2		RC	49.99
3		LYC	50.36
4		CIS	50.61
5		MSC	50.63
6		SLS	50.79
7		YWC	52.31
8		BHSS	52.75

4x400m Relay

1		SMCESPS	4 : 0.84
2		YWC	4 : 3.11
3		MSC	4 : 3.63
4		LHYMSS	4 : 10.90
5		NWC	4 : 12.84
6		PCMS	4 : 13.27
7		SLS	4 : 17.03
8		SWC	4 : 17.28

High Jump

1	Eng Chun Kit	NWC	1.58
2	Chan Ka Ho	LYC	1.47
3	Adam Pescod	IS	1.47
4	Lo Lok Hang	CDGFSS	1.43
5	Alston Lau	CIS	1.43
6	Barton Chan	TSIS	1.43
7	Justin Ong	IS	1.43
=8	Yeung Matthias	RC	1.39
=8	Mok Shu Piu	NWC	1.39

Long Jump

1	Eng Chun Kit	NWC	5.71
2	Kung Pui Hei	BHSS	5.32
3	Chan Hiu Pan	SWC	4.94
4	Jiang Jun	CMASS	4.91
5	Cheung Ming Kit	CMASS	4.87
6	Hui Siu Lun	SMCESPS	4.86
7	Yuen Hin Heng	SLS	4.84
8	Wong Sai Kin	CPSS	4.80

Shot Put

1	Choi Yan Chi	LHYMSS	9.83
2	Richard Lewis	TSIS	9.24
3	Wong Wing Lok	BHSS	9.20
4	Chan Chak Yu Larry	YWC	9.14
5	Alston Lau	CIS	9.11
6	Lui In Chung	BHSC	8.87
7	Li Chun Yin	PLKNPL	8.78
8	Tam Man Lit	CMASS	8.66

Discus

1	Choi Yan Chi	LHYMSS	25.56
2	Adam Buttril	IS	25.36
3	Luk Sze Chit	SLS	24.08
4	Yu Chun Ho	CDGFSS	23.71
5	Lam Hok Lai	BHSS	23.26
6	Koo Cheon Hoi	PLKNPL	22.95
7	Chan Lok Him	SWC	22.65
8	Hui Chun Hei	MSC	22.10

Girls A Grade**100m**

1	Nam Ka Man	HPCCS	13.33
2	Poon Tsz Ki	YWG	13.57
3	Chan Janice Yik Tung	HPCCS	13.64
4	Kwong Yan Wai	TLMSHK	13.72
5	Chan Yuk Ching	WFN	13.78
6	Irene Armentrout	GSIS	13.87
7	Tam Po Kam	CYT	13.88
8	Charlotte Chan	GSIS	14.19

200m

1	Elizabeth Stokes	TSIS	27.67
2	Chan Sai Mui	SKSS	28.35
3	Li Tsz Fai	HPCCS	28.40
4	Chan Janice Yik Tung	HPCCS	28.43
5	Poon Tsz Ki	YWG	28.54
6	Chan Yuk Ching	WFN	28.88
7	Lo Wing Yee	CYT	29.88

400m

1	Vanessa Green	TSIS	1 : 6.39
2	Alexandra Holden	TSIS	1 : 7.48
3	Lau Yin Ting	SWC	1 : 8.21
4	Chow Yin Man	TCGSS	1 : 9.28
5	Wong Yuk Sui	TCGSS	1 : 9.84
6	Shum Lai Fan	YWG	1 : 10.08
7	Ng Yuen Yeung	PCMS	1 : 10.32
8	Bud Wing Yun	HPCCS	1 : 12.44

800m

1	Yu Wing Hay Heidi	SMCC	2 : 39.52
2	Chan Man Wing	WFN	2 : 42.63
3	Lau Yin Ting	SWC	2 : 43.91
4	Chau Ming Sha	TCGSS	2 : 45.42
5	Taylor Young	CIS	2 : 47.53
6	Ma Chun Wai Gloria	TLMSHK	2 : 47.62
7	Leung Ka Fu Kathy	YWG	2 : 47.78
8	Kwok Pui Yi	SSCS	2 : 49.08

1500m

1	Yu Wing Hay Heidi	SMCC	6 : 0.76
2	Ma Chun Wai Gloria	TLMSHK	6 : 2.16
3	Taylor Young	CIS	6 : 3.26
4	Leung Ka Fu Kathy	YWG	6 : 6.33
5	Mak Hiu Tung	YWG	6 : 11.46
6	Chan Man Wing	WFN	6 : 13.81
7	Ma Ka Man	TLMSHK	6 : 16.81
8	Kwok Pui Yi	SSCS	6 : 16.99

100m Hurdles

1	Leung Hiu Yee	PCMS	14.90
2	Lo Wing Yee	CYT	16.64
3	Li Tsz Fai	HPCCS	17.31
4	Charlotte Chan	GSIS	17.80
5	Siu Wing Tung	HPCCS	17.93
6	Li Wing Yan	STSS	18.12
7	Ma Yuen Tung	TLMSHK	18.86
8	Chan Ngan Lo	WFN	19.35

4x100m Relay

1	HPCCS	54.53
2	CYT	55.01
3	PCMS	55.42
4	TLMSHK	55.78
5	TSIS	55.94
6	GSIS	56.06
7	SKSS	56.57
8	TCGSS	57.72

4x400m Relay

1	YWG	4 : 41.43
2	TCGSS	4 : 43.96
3	WFN	4 : 44.65
4	TLMSHK	4 : 45.99
5	SSCS	4 : 52.09
6	GSIS	4 : 53.92
7	HKTLC	4 : 58.35
8	HPCCS	5 : 0.46

High Jump

1	Lo Shuk Ching	WFN	1.45
2	Rachel Haslam	GSIS	1.38
3	Lo Wai Ting	HKTLC	1.34
4	Jennifer Au	GSIS	1.34
5	Leung Wing Yue	HKTLC	1.30
6	Chung Hei Pui	SSCS	1.30
7	Li Shu Xin	TCGSS	1.26
8	Lau Hiu Yan	SWC	1.26

Long Jump

1	Leung Hiu Yee	PCMS	4.99
2	Chan Sai Mui	SKSS	4.96
3	Shum Lee Ying	SCSG	4.68
4	Wong Chi Yan	HKTLC	4.62
5	Kwong Yan Wai	TLMSHK	4.37
6	Cheung Yip Ki	TCGSS	4.26
7	Lo Shuk Ching	WFN	4.22
8	Tam Po Kam	CYT	4.21

Shot Put

1	Tsang Hoi Yan Bernic	YWG	9.35
2	Wong Wing Hang	SSCS	8.78
3	Erica Ying	TSIS	8.35
4	Chen Ching Yan	WFN	7.96
5	Chun Ka Wing	SKSS	7.74
6	Leung Po Sum	SSCS	7.51
7	Wong Yan Ling	SKSS	7.33
8	Lee Li	TCGSS	7.12

Discus

1	Tsang Hoi Yan Bernic	YWG	28.50
2	Kwan Dick Yan	HPCCS	25.90
3	Kwok Pui Yiu	TCGSS	24.57
4	Chan Chiu Wing	HKTLC	24.51
5	Chan Ka Wing	SKSS	23.81
6	Wong Yan Ling	SKSS	22.63
7	Lee Li	TCGSS	22.58
8	Ho Cheuk Ying	WFN	22.07

Javelin

1	Ho Cheuk Ying	WFN	29.42
2	Kwok Pui Yiu	TCGSS	25.64
3	Lui Hiu Ying	PCMS	25.48
4	Wong Pui Lam	CYT	25.00
5	Lo Sin Lam Sonia	TLMSHK	22.97
6	Yung Lai King	HPCCS	22.37
7	Wong Sze Lok	HKTLC	21.77
8	Pang So Yi	SWC	20.16

Girls B Grade**100m**

1	Pang Whitney Pak Lin	YWG	13.80
2	Katriana Milne	TSIS	13.97
3	Dana Slosar	GSIS	14.08
4	Wong Hei Man	HKTLC	14.16
5	Nadia Cuvelier	CIS	14.20
6	Leung Wai Yau	HTC	14.30
7	Chau Ho Yun	PCMS	14.40
8	Lee Hiu Tung	HKTLC	14.55

200m

1	Rachel Lee	CIS	28.49
2	Pang Whitney Pak Lin	YWG	28.81
3	Fabienne Chiang	GSIS	28.90
4	Leung Tsz Yan	KTLMS	29.06
5	Choi Hei Tung Ashley	SMCC	29.20
6	Wong Ching Man	STSS	29.53
7	Dana Slosar	GSIS	29.57
8	Lam Leung Man	WFN	29.67

400m

1	Anthea Leung	GSIS	1 : 4.54
2	Chan Ling Yi Leonnie	HKTLC	1 : 6.01
3	Meagan Tsaw	CIS	1 : 6.04
4	Wong Ching Man	STSS	1 : 7.74
5	Pang Ho Ka	YWG	1 : 8.34
6	Chu Pui Yin	PCMS	1 : 9.24
7	Lee Oi Chun	SWC	1 : 9.56
8	Au Lai	SWC	1 : 10.80

1500m

1	Mark Cheuk Yan	SKSS	5 : 57.59
2	Alina Luk	CIS	5 : 58.95
3	Chau Cho Kiu	WFN	6 : 2.96
4	Ng Yin Ki	PCMS	6 : 3.32
5	Pang Ho Ka	YWG	6 : 5.22
6	Chan Kwan Yung	KTLMS	6 : 6.28
7	Tsoi Yun Yue	KTLMS	6 : 6.61
8	Lai Ching Yee	CYT	6 : 6.66

4x100m Relay

1		HKTLC	55.71
2		CIS	55.78
3		STSS	55.80
4		SCSG	55.84
5		KTLMS	56.42
6		HTC	57.47
7		BPS	57.64
8		SMCC	58.21

High Jump

1	Tanja Buchholtz	GSIS	1.52
2	Leung Tsz Yan	KTLMS	1.41
3	Yang Sheau Yun	WFN	1.35
4	Ho Yuen Ting	PCMS	1.35
5	Anthea Leung	GSIS	1.35
6	Tsang Tsz Ching	SCSG	1.32
7	Tam Tavipakee	TCGSS	1.32
=8	Chong Mei Yan	STSS	1.29
=8	Poon Tsz Ling Christ	HKTLC	1.29

Shot Put

1	Li Wing Sum	PCMS	9.47
2	Yamaguchi Shu Ku Yo	SSCS	8.91
3	Lok Yui	SCSG	8.75
4	Isabella Bersani	CIS	8.73
5	Tang Ching Pan Janet	SMCC	8.59
6	Tong Hei	HTC	8.22
7	Ho Wai Yin Rebecca	HPCCS	8.18
8	Ho Sin Hang	STSS	8.06

800m

1	Kellyann Burlage	GSIS	2 : 42.52
2	Au Lai	SWC	2 : 44.03
3	Chau Cho Kiu	WFN	2 : 46.82
4	Ng Yin Ki	PCMS	2 : 49.02
5	Fong Ho Pui Heidi	YWG	2 : 50.10
6	Tsoi Yun Yue	KTLMS	2 : 50.58
7	Mark Cheuk Yan	SKSS	2 : 50.91
8	Lai Ching Yee	CYT	2 : 51.45

100m Hurdles

1	Lui Lai Yiu	PCMS	16.07
2	Choi Hei Tung Ashley	SMCC	16.81
3	Tanja Buchholtz	GSIS	17.36
4	Chan Yin Kwan	SCSG	17.41
5	Yeung Yuk Ling	WFN	17.50
6	Tsang Siu Fong	STSS	17.79
7	Fung Wai Man	HTC	18.17
8	Li Hui Yu	TCGSS	18.85

4x400m Relay

1		HKTLC	4 : 39.96
2		YWG	4 : 40.96
3		CIS	4 : 45.10
4		SCSG	4 : 49.75
5		WFN	4 : 52.08
6		SWC	4 : 52.75
7		PCMS	4 : 56.88

Long Jump

1	Chan York See	TLMSHK	4.66
2	Lui Lai Yiu	PCMS	4.65
3	Chan Yin Kwan	SCSG	4.60
4	Tang Ching Pan Janet	SMCC	4.59
5	Lai Tsz Yan	CYT	4.53
6	Lee Hiu Tung	HKTLC	4.51
7	Poon Ka Yin	HPCCS	4.38
8	Tang Kwan yee Phylli	SMCC	4.37

Discus

1	Ho Wai Yin Rebecca	HPCCS	24.82
2	Yamaguchi Shu Ku Yo	SSCS	23.87
3	Ho Sin Hang	STSS	22.86
4	Yau Ka Ki	HKTLC	22.65
5	Li Wing Sum	PCMS	21.92
6	Chan Yan Tung	YWG	21.23
7	Kan Pik Wai	PCMS	20.61
8	Ho Po Yu	TLMSHK	20.01

Javelin

1	Leung Hiu Yan Magada	SMCC	27.53
2	Leung Hoi Ting	TCGSS	20.38
3	Lai Shuk Kwan	SKSS	18.85
4	Chong Mei Yan	STSS	17.50
5	Wong Hay Tung	KTLMS	17.29
6	Chiu Man Kei Maggie	PCMS	16.67
7	Ho Nga Sum Clarice	SMCC	16.49
8	Tsim Stephanie Seen	TLMSHK	16.06

Girls C Grade

100m

1	Wong Yee Lam	PCMS	13.58
2	Yuen Pui Lam	STSS	13.87
3	Yeung Shun Man	KTLMS	14.20
4	Tong Man Wah	TLMSHK	14.21
5	Chong Hei Man	TCGSS	14.29
6	Lai Wing Yan	WFN	14.42
7	Cheyenne Held	GSIS	14.54
8	Chan Lok Ting	TLMSHK	14.56

200m

1	Wong Yee Lam	PCMS	27.97
2	Yuen Pui Lam	STSS	28.83
3	Larissa Stark	GSIS	28.85
4	Yeung Shun Man	KTLMS	29.20
5	Chong Hei Man	TCGSS	29.56
6	Che Hiu Ching	TLMSHK	29.76
7	Lai Man Ping	SKSS	30.05
8	Saskia Milne	TSIS	30.26

400m

1	Caroline Hilley	TSIS	1 : 7.05
2	Wong Ka Wing	HPCCS	1 : 10.24
3	Joana Kornblum	GSIS	1 : 10.99
4	Yau Yuet Wan	CYT	1 : 11.03
5	Keana McCosh	TSIS	1 : 11.26
6	Leah Fremgen	GSIS	1 : 11.28
7	Lau Kwok Yan	TLMSHK	1 : 11.74
8	Li Tsz Ling	TCGSS	1 : 11.95

800m

1	Caroline Hilley	TSIS	2 : 34.67
2	Chan Long Ching	BPS	2 : 35.64
3	Wong Tsz Yan	PCMS	2 : 36.00
4	Koo Yung Yung	CYT	2 : 40.00
5	Elaina Cayrouse	GSIS	2 : 43.66
6	Ku Lok Yiu	CYT	2 : 44.56
7	Sophie Yeow	GSIS	2 : 45.70
8	Johanna Henriksson	TSIS	2 : 46.34

1500m

1	Chan Long Ching	BPS	5 : 26.31
2	Wong Tsz Yan	PCMS	5 : 37.85
3	Ku Lok Yiu	CYT	5 : 40.28
4	Koo Yung Yung	CYT	5 : 40.33
5	Charlotte Valentine	CIS	5 : 48.29
6	Ng Tsz Ying	SCSG	5 : 51.88
7	Yeung Ho Yi	WFN	5 : 57.15
8	Sandra Park	TSIS	5 : 58.35

100m Hurdles

1	Kwok Cheuk Wing	PCMS	17.91
2	Chan Ho Ting Hody	SMCC	17.92
3	Leung Sin Tung	WFN	18.75
4	Fong Kai Man	TCGSS	18.80
5	Kate Brashear	CIS	19.49
6	Look Hay Wah Eva	SMCC	20.00
7	Man Po Ki	CYT	20.97
8	Lam Hok Yee	TLMSHK	21.90

4x100m Relay

1		TLMSHK	55.02
2		PCMS	55.85
3		SKSS	57.33
4		HPCCS	57.36
5		SMCC	57.82
6		HTC	58.24
7		GSIS	58.45

4x400m Relay

1		CYT	4 : 45.30
2		PCMS	4 : 51.76
3		TLMSHK	4 : 52.24
4		BPS	4 : 54.71
5		WFN	4 : 55.31
6		HPCCS	4 : 55.37
7		TCGSS	4 : 56.89
8		CIS	5 : 0.51

High Jump

1	Adeline Rudolph	GSIS	1.38
2	Cheung Mei Ching	TCGSS	1.38
3	Yip Yan Lam	TLMSHK	1.38
4	Yeung Ho Yi	WFN	1.35
5	Marina Narain	GSIS	1.35
6	Zoe Horlacher	CIS	1.32
7	Lam Ka Yan Karen	SMCC	1.32
8	Chan Ngo Sheung	KTLMS	1.32

Long Jump

1	Li Tsz Ling	TCGSS	4.51
2	Lai Man Ping	SKSS	4.43
3	Fan Tsz Ching	TLMSHK	4.37
4	Kwok Cheuk Wing	PCMS	4.26
5	Lam Ka Yan Karen	SMCC	4.26
6	Tong Man Wah	TLMSHK	4.22
7	Lai Cho Tung	SKSS	4.16
8	Chan Wing Tung	HPCCS	4.03

Shot Put

1	Wong Ching Hei Chris	TLMSHK	8.50
2	Yim Hoi Ki	SCSG	8.23
3	Liu Choi Tin Kerry	SMCC	8.18
4	Lau Ying Tung	CYT	8.07
5	Yan Wing Sum Johanna	SMCC	8.02
6	Cheng Yi	TCGSS	7.92
7	Chan Yee Ting	SKSS	7.71
8	Ng Suet Ying	KTLMS	7.58

Discus

1	Wong Ching Hei Chris	TLMSHK	21.48
2	Kong Chi Kiu	STSS	20.24
3	Kwok Wai Shan	STSS	19.57
4	Wong Yan Lam	PCMS	18.50
5	Liang Jia Hui	CYT	18.26
6	Cheng Mei	HKTLC	18.09
7	Lee Ming Yi	TLMSHK	16.80
8	Au Man Ching	SCSG	15.99

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

HONG KONG SCHOOLS SPORTS FEDERATION
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Division Two 12/03/2009

Boys A Grade

Day 3

School	Day 2	LJ	400mH	200m	800m	100m	5000m	400m	110mH	4x100	4x400	Total
1 NWC	57	3	7	2	11	3	13	2	9	18	10	135
2 BHSS	38	8	4	9		9		6	2		14	90
3 IS	40			5	9	7		3		12		76
4 CDGFSS	38	10	5		2						18	73
5 YWC	19	5	1	7	7			6		14	8	67
6 CIS	38	11	6				1	7				63
7 CMASS	41						7		8	4		60
8 SWC	32			6		11				10		59
9 SMCESPS	40	2	3		4						2	51
10 RC	20				1	2	4	4	4		12	47
11 SLS	25			4			1			6		36
12 LYC	16	1			3		7				4	31
13 CPSS	14		2						6		6	28
14 TSIS	18			1			8					27
15 PCMS	11						5		7			23
16 TKOGSS	3		9					9				21
17 BHSC	5			3		4				8		20
18 LHYMSS	7	1					3					11
19 PLKNPL	8											8
20 MSC		6					1					7

HONG KONG SCHOOLS SPORTS FEDERATION
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Boys B Grade

Day 3

School	Day 2	200m	800m	100m	JV	400m	100mH	4x100	4x400	Total
1 BHSC	68		9	6		6		2	14	105
2 TKOGSS	32	11	10			16	9		18	96
3 NWC	40	9		14	18		6	6	2	95
4 SMCESPS	20	7		7	2	5		18		59
5 LYC	23.50	4			8			14	4	53.50
6 CMASS	32		6		5				6	49
7 SLS	32				2		3	10		47
8 TSIS	30	3	6	1	1	3				44
9 LHYMSS	29								12	41
9 PCMS	23				6			12		41
11 YWC	11	1	4		3	4			10	33
12 MSC	13			2			2	4	8	29
13 PLKNPL	16						4	8		28

OA2_D3

14 CDGFSS	24.50	2	1						27.50
15 CIS	23			4					27
15 RC	25	2							27
17 BHSS	20			1	5				26
18 SWC	15			1	8				24
19 IS	17		4	2					23
20 CPSS	4		3						7

HONG KONG SCHOOLS SPORTS FEDERATION
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Boys C Grade		Day 3							
School	Day 2	200m	800m	100m	400m	100mH	4x100	4x400	Total
1 SMCESPS	18	9	1	16	7	9		18	78
2 PCMS	16		7	6	6	11	18	6	70
3 MSC	27	2	9		9		8	12	67
4 LHYMSS	37	1	5		5			10	58
5 YWC	27	5		5	1		4	14	56
6 NWC	37.50	6	3					8	54.50
7 RC	25.50	4	4	3			14		50.50
8 SLS	29		2	4		2	6	4	47
9 CIS	27			2		3	10		42
9 LYC	20	3		1		6	12		42
11 TSIS	30		6		2				38
12 IS	28	7				1			36
13 SWC	21				7			2	30
14 BHSS	23						2		25
15 BHSC	15					5			20
16 CDGFSS	17								17
17 CMASS	15								15
18 PLKNPL	11								11
19 CPSS	8								8
20 TKOGSS	2								2

HONG KONG SCHOOLS SPORTS FEDERATION
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Boys Overall		Day 3				
School		A	B	C	Total	
1 NG WAH CATHOLIC SECONDARY SCHOOL	NWC	133	95	56.50	284.50	
2 ST. MARGARET'S COED ENGLISH SEC & PRI SCH	SMCESPS	51	59	78	188	
3 YING WA COLLEGE	YWC	69	33	54	156	
4 BUDDHIST HUNG SEAN CHAU MEMORIAL COLLEGE	BHSC	20	105	20	145	
5 HKSCH BISHOP HALL SECONDARY SCHOOL	BHSS	90	26	25	141	
6 ISLAND SCHOOL	IS	76	23	36	135	

		OA2_D3				
7 PUI CHING MIDDLE SCHOOL	PCMS	23	41	70	134	
8 CHINESE INTERNATIONAL SCHOOL	CIS	63	27	42	132	
9 ST. LOUIS SCHOOL	SLS	36	47	47	130	
10 TWGHS LUI YUN CHOY MEMORIAL COLLEGE	LYC	31	53.50	42	126.50	
11 RAIMONDI COLLEGE	RC	47	27	50.50	124.50	
12 CMA SECONDARY SCHOOL	CMASS	60	49	15	124	
13 TSEUNG KWAN O GOVERNMENT SECONDARY SCHOOL	TKOGSS	21	96	2	119	
14 CARMEL DIVINE GRACE FOUNDATION SEC SCHOOL	CDGFSS	73	27.50	17	117.50	
15 STFA SEAWARD WOO COLLEGE	SWC	59	24	30	113	
16 LINGNAN HANG YEE MEMORIAL SECONDARY SCHOOL	LHYMSS	11	41	58	110	
17 THE SOUTH ISLAND SCHOOL	TSIS	27	44	38	109	
18 MUNSANG COLLEGE	MSC	7	29	67	103	
19 PO LEUNG KUK NGAN PO LING COLLEGE	PLKNPL	8	28	11	47	
20 SWCS CHAN PAK SHA SCHOOL	CPSS	28	7	8	43	

HONG KONG SCHOOLS SPORTS FEDERATION
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Girls A Grade Day 3

School	Day 2	JV	200m	800m	100m	HJ	400m	100mH	4x100	4x400	Total
1 HPCCS	26	5	11		15	1	1	10	18	2	89
2 YWG	43	1	4	2	7		3			18	78
3 WFN	22	11	3	7	4	10		1		12	70
4 TCGSS	25	9		5		3	9		2	14	67
5 TLMSHK	30	6		3	5			2	10	10	66
6 GSIS	16	1			4	14		5	6	6	52
7 TSIS	17	1	9				16		8		51
8 PCMS	16	8					2	9	12		47
9 SKSS	32		7						4		43
10 HKTLC	22	4				12				4	42
10 CYT	11	6	2		2			7	14		42
12 SSCS	20	1		1		4				8	34
13 SMCC	18	1		9							28
14 SWC	7	3		6		2	6				24
15 CIS	12			4							16
16 SCSSG	7	1									8
16 STSS	5							3			8
18 HTC	7										7
18 KTLMS	5	2									7
20 BPS	1	1									2

HONG KONG SCHOOLS SPORTS FEDERATION
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Girls B Grade Day 3

OA2_D3

School	Day 2	200m	800m	100m	400m	100mH	4x100	4x400	Total
1 HKTLC	33.50			6	7		18	18	82.50
2 PCMS	57		5	2	3	9		4	80
3 CIS	34	9		4	6		14	12	79
4 GSIS	28	8	9	6	9	6			66
5 SCSG	35					5	10	10	60
6 YWG	19	7	4	9	4			14	57
7 STSS	31.50	3			5	3	12		54.50
8 SMCC	38	4				7	2		51
8 WFN	32	1	6			4		8	51
10 KTLMS	31	5	3				8		47
11 HTC	23			3		2	6		34
11 SWC	18		7		3			6	34
13 SKSS	26		2						28
14 HPCCS	26								26
15 SSCS	25								25
16 TLMSHK	23								23
17 CYT	19		1						20
18 TCGSS	18					1			19
18 TSIS	12			7					19
20 BPS	13						4		17

HONG KONG SCHOOLS SPORTS FEDERATION
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Girls C Grade Day 3

School	Day 2	HJ	200m	800m	100m	400m	100mH	4x100	4x400	Total
1 PCMS	38	2	9	6	9		9	14	14	101
2 TLMSHK	48	8	3		6	2	1	18	12	98
3 CYT	37			8		5	2		18	70
4 TCGSS	31	9	4		4	1	5		4	58
5 GSIS	14	15	6	6	2	9		4		56
6 SMCC	29	4					10	8		51
7 HPCCS	21					7		10	6	44
8 BPS	25			7					10	42
8 WFN	19	6			3		6		8	42
10 STSS	26		7		7					40
11 SKSS	22	1	2					12		37
12 TSIS	11	1	1	10		13				36
13 KTLMS	15	2	5		6					28
14 CIS	15	5					4		2	26
15 SCSG	24									24
16 HKTLC	18	2								20
17 HTC	10							6		16

OA2_D3

18	SSCS	14	1	15
19	YWG	9		9
20	SWC	7		7

HONG KONG SCHOOLS SPORTS FEDERATION
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Girls Overall Day 3

School		A	B	C	Total
1 PUI CHING MIDDLE SCHOOL	PCMS	47	80	101	228
2 TRUE LIGHT MIDDLE SCHOOL OF HONG KONG	TLMSHK	66	23	98	187
3 GERMAN SWISS INTERNATIONAL SCHOOL	GSIS	52	66	56	174
4 TWGHS WONG FUT NAM COLLEGE	WFN	70	51	42	163
5 HOI PING CHAMBER OF COMMERCE SEC SCHOOL	HPCCS	89	26	44	159
6 HONG KONG TRUE LIGHT COLLEGE	HKTLC	42	82.50	20	144.50
7 TACK CHING GIRLS' SECONDARY SCHOOL	TCGSS	67	19	58	144
7 YING WA GIRLS' SCHOOL	YWG	78	57	9	144
9 STFA CHENG YU TUNG SECONDARY SCHOOL	CYT	42	20	70	132
10 ST. MARY'S CANOSSIAN COLLEGE	SMCC	28	51	51	130
11 CHINESE INTERNATIONAL SCHOOL	CIS	16	79	26	121
12 C&M ALLIANCE SUN KEI SECONDARY SCHOOL	SKSS	43	28	37	108
13 THE SOUTH ISLAND SCHOOL	TSIS	51	19	36	106
14 ST. TERESA SECONDARY SCHOOL	STSS	8	54.50	40	102.50
15 ST. CATHARINE'S SCHOOL FOR GIRLS-KWUN TONG	SCSG	8	60	24	92
16 KOWLOON TRUE LIGHT MIDDLE SCHOOL	KTLMS	7	47	28	82
17 ST. STEPHEN'S COLLEGE	SSCS	34	25	15	74
18 STFA SEAWARD WOO COLLEGE	SWC	24	34	7	65
19 BELILIOS PUBLIC SCHOOL	BPS	2	17	42	61
20 HOLY TRINITY COLLEGE	HTC	7	34	16	57