

Inter-School Athletics Championships 2009/2010
HK Island & Kowloon
Division Two (Final Results)

Boys A Grade

100m

1	Wong Ho Man Charles	SLS	11.67
2	Tse Hoi Lam	BHSS	11.75
3	Ip Man Hei Issac	PCMS	11.94
4	Tsang Tsz Kit	SWC	12.04
5	Wu King Yu	PCMS	12.05
6	Chau Yim Hang	CSK	12.07
7	Liu Wei Feng	CMASS	12.25
8	Chan Long Chai	CSK	12.32

200m

1	Tse Hoi Lam	BHSS	23.73
2	Wong Ho Man Charles	SLS	23.83
3	Lee Pui Yin	BHSS	24.35
4	Tsang Tsz Kit	SWC	24.69
5	Liu Wei Feng	CMASS	24.72
6	James Harris	CIS	24.73
7	Chan Long Chai	CSK	24.92
8	Wu King Yu	PCMS	24.95

400m

1	Au Yeung Chun	RC	53.01
2	Howard Chow	IS	54.29
3	Lee Pui Yin	BHSS	55.54
4	Leung Kung Yui	CMASS	55.98
5	Lee Ho Man	CSK	56.02
6	Lam Wing Sum	CDGFSS	56.16
7	Ziemann James Douglas	SSCS	57.41
8	Ng Ka Wing	SJA	59.66

800m

1	Jo Hopkins	IS	2 : 8.75
2	Kam Lik Yin	SSCS	2 : 10.68
3	Poon Tsz Chun	YWC	2 : 10.81
4	Takanori Ogyu	IS	2 : 12.68
5	Leung Kung Yui	CMASS	2 : 13.51
6	Wong King Ngo	RC	2 : 16.45
7	Shek Yiu Ching	LYC	2 : 17.59
8	Law Tsz Fung	LHYMSS	2 : 17.73

1500m

1	Jo Hopkins	IS	4 : 32.88
2	Kam Lik Yin	SSCS	4 : 42.23
3	Tang Ho Tsun	YWC	4 : 44.22
4	Sin Ka Kiu	CSK	4 : 44.24
5	Lai Chun Yip	CMASS	4 : 48.19
6	Lau Wing Sing	CDGFSS	4 : 49.75
7	Lo Chu Wing	YWC	4 : 50.54
8	Shek Yiu Ching	LYC	4 : 52.59

5000m

1	Lo Tsun Ming	QC	18 : 24.76
2	Cheung Ping Hong	LHYMSS	18 : 25.12
3	Ng Ka Hei	RC	18 : 35.23
4	Lo Chu Wing	YWC	18 : 35.77
5	Lai Chun Yip	CMASS	19 : 0.88
6	Lau Kin Fung	CSK	19 : 27.47
7	Wong Chak Chun	RC	19 : 37.40
8	Chau Chi Lap	SSCS	19 : 50.63

110m Hurdles

1	Yiu Chi Hung	SJA	15.25
2	Ip Man Hei Issac	PCMS	15.36
3	Tang Pak Chun Patrick	PCMS	15.84
4	Ho Chun Wing	SSCS	16.13
5	Deng Zhiwei	CMASS	16.30
6	Lau Sai Wai	SLS	16.36
7	Sun Chi Hang	QC	16.42
8	Lau Chue Wai	BHSS	16.69

400m Hurdles

1	Au Yeung Chun	RC	58.93
2	Tang Pak Chun Patrick	PCMS	59.76
3	Lam Wing Sum	CDGFSS	1 : 0.92
4	Cui Jiawei	CMASS	1 : 1.71
5	Lau Sai Wai	SLS	1 : 3.59
6	Yu Yiu Fai	BHSS	1 : 4.73
7	Ziemann James Douglas	SSCS	1 : 4.76
8	Mak Him Kwan	CSK	1 : 14.69

4x100m Relay

1	PCMS	46.13
2	SJA	46.40
3	QC	46.53
4	CMASS	46.61
5	CSK	46.72
6	CIS	46.78
7	BHSS	47.33
8	IS	47.52

4x400m Relay

1	RC	3 : 44.27
2	SSCS	3 : 44.61
3	YWC	3 : 44.66
4	IS	3 : 45.72
5	CDGFSS	3 : 46.73
6	CMASS	3 : 48.42
7	SLS	3 : 51.36
8	CSK	3 : 52.06

High Jump

1	Lo Lok Tak	CDGFSS	1.80
2	Chan King Fun Fergus	SSCS	1.75
=3	Deng Zhiwei	CMASS	1.70
=3	Chan Yi Woo	SWC	1.70
=3	Tam Cho Yau	YWC	1.70
6	Nicholas Schmidt	IS	1.70
7	Tsoi King Shu	SJA	1.70
=8	David Varro	CIS	1.70
=8	Ruan Hong Guang	CMASS	1.70

Long Jump

1	Yeung Jason	SSCS	6.25
2	Wong Yik Chi	BHSS	5.91
3	Ho Chun Wing	SSCS	5.64
4	Ng Ka Wing	SJA	5.62
5	Wong Kei Wai	CSK	5.37
6	Lei Zhen Jie	BHSS	5.34
7	Liu Chi Wai	LYC	5.26
8	Wong Hoi Shing	QC	5.25

Triple Jump

1	Wong Yik Chi	BHSS	12.69
2	Lau Chi Ho	SJA	12.05
3	Lo Lok Tak	CDGFSS	12.02
4	Wong Hoi Yin	SJA	11.96
5	Cheung Pui Yin	SMS	11.76
6	Gan Lifeng	CMASS	11.65
7	Lau Tak Kei	CDGFSS	11.64
8	Hui Tsz Wai	BHSS	11.57

Shot Put

1	David Billow	IS	13.07
2	Ben Kende	IS	11.91
3	Tam Hung Cheung	CMASS	11.88
4	Chan Ka Wai Gary	CSK	11.61
5	Tse Sit Chun	YWC	11.52
6	Lam Wai Ting	SSCS	11.10
7	Yang Bao Long	BHSS	10.83
8	So Chi Ho	RC	10.48

Discus

1	Tang Winson A	SJA	34.41
2	Lee Long Fung	CMASS	33.28
3	Lam Wai Ting	SSCS	32.98
4	Tam Hung Cheung	CMASS	30.36
5	David Billow	IS	30.15
6	Lun Ho Chi	SWC	29.03
7	Fung On Kit	RC	28.76
8	Wong Wang Wing	SWC	26.15

Javelin

1	Lee Long Fung	CMASS	42.67
2	Law Siu Kwan	PCMS	36.81
3	Yeung Jason	SSCS	35.62
4	Fung Chun Hang	CSK	33.60
5	Cheung Chiu Wun	CMASS	30.47
6	Leung Cheng Yau	SLS	30.30
7	Ching Ho Man	LYC	29.89
8	Ng Ki Siu Felix	SJA	27.70

Boys B Grade**100m**

1	Lam Hok Man	PCMS	11.79
2	Leung Chi Kin	BHSC	11.80
3	Chuck Yiu Kwok	YWC	11.90
4	Calvin Ng	IS	12.05
5	Hau Yiu Sang	SSCS	12.06
6	Li See Lok Francis	QC	12.08
7	Chan Yik Hei	PCMS	12.09
8	Wong Wing Yin	CSK	12.53

200m

1	Chuck Yiu Kwok	YWC	24.19
2	Leung Chi Kin	BHSC	24.56
3	Calvin Ng	IS	24.67
4	Hassan Abdul Rahman	CYT	24.77
5	Ting Chun Ho	TKOGSS	24.89
6	Hau Yiu Sang	SSCS	24.96
7	Li Kin On	SJA	25.07
8	Cheung Tsz Fung	SJA	25.27

400m

1	Ho Cheuk Yin	SLS	55.23
2	Ting Chun Ho	TKOGSS	55.51
3	Lee Chin Ting	CYT	55.64
4	Ho Chun Hei	PCMS	56.33
5	Wong Kin Shing	CYT	56.75
6	Lai Ho Nam	SLS	57.23
7	Chang Yiu Fai	YWC	57.27
8	Tsang Chi Man	BHSC	57.87

1500m

1	Li Chun Yin	LHYMSS	4 : 35.54
2	Chan Chun Yiu	SSCS	4 : 43.59
3	Chan Tin Mong	QC	4 : 45.47
4	Ip Ching Kiu	CSK	4 : 45.74
5	Kum Hoi Chung	CSK	4 : 46.45
6	Ho Chun Hei	PCMS	4 : 49.01
7	Chan Ho Yin	SLS	4 : 49.85
8	Chui Tak Chi	LHYMSS	4 : 51.27

4x100m Relay

1		CYT	46.39
2		PCMS	47.08
3		YWC	47.24
4		RC	47.38
5		BHSC	47.49
6		SSCS	47.78
7		SLS	48.08

High Jump

1	Lee Hau Yin	PCMS	1.73
2	Hui Ting Long	CSK	1.72
=3	Hassan Abdul Rahman	CYT	1.67
=3	Lo Lok Hang	CDGFSS	1.67
5	Fan Ho Yin	CYT	1.67
6	Conan Laurie	IS	1.67
=7	Wong Ka Chun	LYC	1.62
=7	Lam Tsz Fung	RC	1.62

Triple Jump

1	Kam Lik Hin	SSCS	12.10
2	Law Wai Fung	BHSC	11.90
3	Kung Pui Hei	BHSS	11.90
4	Fung Yin Cheung	CYT	11.57
5	Lam Hok Man	PCMS	11.42
6	Ng Ho Cheong Ronald	RC	11.28
7	Cheng Ho Yin	SJA	11.25
8	Chan Yik Ching	PCMS	11.14

800m

1	Li Chun Yin	LHYMSS	2 : 14.25
2	Kum Hoi Chung	CSK	2 : 15.04
3	Chan Tin Mong	QC	2 : 15.07
4	Chan Ho Yin	SLS	2 : 15.49
5	Chui Tak Chi	LHYMSS	2 : 17.11
6	Ip Ching Kiu	CSK	2 : 20.44
7	Wong Hok Hang	CYT	2 : 20.64
8	Lee Shun Yin	YWC	2 : 24.06

100m Hurdles

1	Chan Yik Hei	PCMS	14.81
2	Ngan Wai Tung	SWC	15.52
3	Lam Ming Tsun	LYC	15.57
4	Law Wai Fung	BHSC	15.63
5	Shum Ki Hang	RC	15.82
6	Chui Cheong Kit	LHYMSS	15.99
7	Chan Ka Po	SWC	16.08
8	Fan Ho Yin	CYT	17.38

4x400m Relay

1		SLS	3 : 44.63
2		LHYMSS	3 : 46.21
3		PCMS	3 : 53.26
4		SJA	3 : 54.62
5		SSCS	3 : 54.94
6		TKOGSS	3 : 55.69
7		LYC	3 : 56.67

Long Jump

1	Fung Yin Cheung	CYT	5.82
2	Kam Lik Hin	SSCS	5.73
3	Cheung Tsz Fung	SJA	5.64
4	Chan Ka Ho	LYC	5.57
5	Ng Ho Cheong Ronald	RC	5.55
6	Ho Chun Hong	QC	5.53
7	Ng Hon Pan	BHSC	5.44
8	Kung Pui Hei	BHSS	5.43

Shot Put

1	Tam Yik Man	PCMS	13.02
2	Tam Man Lit	CMASS	12.61
3	Lam Kwok Wa	SMS	12.05
4	Matthew Poon	IS	11.71
5	Hui King Chun Michael	SJA	11.37
6	Ho Ka Sing	CSK	11.35
7	Joshua Schawelson	CIS	11.20
8	Cheng Kit Faat	CMASS	10.93

Discus

1	Tam Man Lit	CMASS	39.64
2	Cheng Kit Faat	CMASS	35.01
3	Tam Yik Man	PCMS	33.76
4	Lo Tsz Wo	PCMS	32.87
5	Tse Yuk Shing	CSK	32.38
6	Lee Siu Fung	SLS	32.08
7	Chan Yuk Hei	SSCS	32.01
8	Lau Ho Yin	LYC	31.57

Javelin

1	Leung Ho Hon	SSCS	40.24
2	Lee Kin Shing	CMASS	35.34
3	Wong Man Chun	LYC	30.78
4	Wong Wan Faat	CDGFSS	29.96
5	Kan Hei Chun	SLS	29.69
6	Chan Long Hin	SSCS	29.48
7	Chong Ho Chun Arnold	QC	29.43
8	Li Pui Lam	SJA	28.98

Boys C Grade**100m**

1	Choy Po Hang	PCMS	12.52
2	Chong Lap Wai Jason	SJA	12.55
3	Chik Boon Hung	RC	12.77
4	Lau Cheuk Wing	RC	12.94
5	Yip Kin Yu	BHSC	13.00
6	Chong Ming Chak	QC	13.04
7	Leung Yin Lung Jason	SWC	13.11
8	Law Shing Chiu	BHSS	13.15

200m

1	Chong Lap Wai Jason	SJA	25.64
2	Chui Ho Ching Hugo	SSCS	25.82
3	Lau Cheuk Wing	RC	26.35
4	Cheung Tsun Wing	SLS	26.70
5	Law Shing Chiu	BHSS	26.83
6	Choy Po Hang	PCMS	26.91
7	Li Hin Yu	CSK	27.29
8	Michael Cheng	CIS	27.71

400m

1	Chan Hiu Pan	SWC	58.80
2	Chan Chung Sing	SMS	59.54
3	Yeung Ka Wai	SLS	59.88
4	Cheung Man Yiu	SLS	1 : 1.08
5	Mung Lap Hang	SWC	1 : 2.79
6	Li Ho Yin	QC	1 : 2.94
7	Chan Kai Chieh	CSK	1 : 4.94

800m

1	Yeung Ka Wai	SLS	2 : 21.66
2	Ng Chun Yip Gavin	SLS	2 : 21.95
3	Chau Tsz Kit	CSK	2 : 22.02
4	Pang Tsz Hin	TKOGSS	2 : 22.17
5	Mung Lap Hang	SWC	2 : 22.69
6	Leung Chun Lok	YWC	2 : 25.84
7	Shing Shui Yin	CSK	2 : 26.23
8	Chan Matthew Chun Kuen	SSCS	2 : 27.37

1500m

1	Ng Chun Yip Gavin	SLS	4 : 54.66
2	Mathew Ho	CIS	4 : 56.20
3	Sam Taylor	IS	4 : 58.50
4	Law Chi Ho	PCMS	4 : 58.52
5	Lee Wing Leong	CDGFSS	4 : 58.74
6	Tong Ho Lun	RC	5 : 9.68
7	Chan Hei Yuet	LYC	5 : 10.92
8	Chan Tsz Kin	LYC	5 : 15.45

100m Hurdles

1	Chan Lok Hin	CYT	15.72
2	Lau Yui Ching	PCMS	17.48
3	Lam Yuk Yang	CSK	17.56
4	Lai Yat Kan	LYC	17.59
5	Yip Kin Yu	BHSC	17.67
6	Cheung Tsun Wing	SLS	18.28
7	Wong Benny Wing Yin	SSCS	18.37

4x100m Relay

1		RC	50.45
2		SLS	50.71
3		CYT	50.89
4		SMS	51.18
5		QC	51.27
6		BHSS	51.71
7		CSK	53.23

4x400m Relay

1		CSK	4 : 3.86
2		SLS	4 : 4.88
3		SWC	4 : 7.19
4		YWC	4 : 7.87
5		RC	4 : 8.22
6		IS	4 : 11.16
7		BHSC	4 : 18.01
8		QC	4 : 22.46

High Jump

1	Cheng Wai Tat	YWC	1.55
=2	Bradley Justice	CIS	1.50
=2	Chan Lok Hin	CYT	1.50
4	Choi Chun Nan	SMS	1.50
=5	Li Tsz Shun	LYC	1.45
=5	Mac Wu	IS	1.45
=7	Tang Ho Fung	CYT	1.40
=7	Tsang Tsz Him	QC	1.40

Long Jump

1	Cheung Siu Lun	CYT	5.31
2	Wong Wai Yeung	QC	5.13
3	Chan Hiu Pan	SWC	5.10
4	Tang Ho Fung	CYT	5.06
5	Tam Kam Kwong	SLS	5.02
6	Henry Lee	IS	4.88
7	Jiang Jun	CMASS	4.83
8	Wong Chun Ki	BHSC	4.74

Shot Put

1	Chui Ho Ching Hugo	SSCS	10.60
2	Hung Hiu Fung	SWC	10.38
3	Tai Kwan Yue Gabriel	PCMS	10.15
4	Ron Siew	IS	10.13
5	Sean Williamson	IS	10.10
6	Ngan Tsz Cheung	CSK	9.96
7	Kung Wai Lun	CYT	9.64
8	Wan Chi Hang	SLS	9.17

Discus

1	Yu Chun Ho	CDGFSS	32.27
2	Tong Nelson Ho Yin	PCMS	27.19
3	Kung Wai Lun	CYT	26.57
4	Chan Chun Hin	CYT	26.18
5	Chau Tsz Wing	SMS	25.78
6	Chan Yin Cheung	SSCS	25.52
7	Wong Kai Tin	LHYMSS	24.78
8	Sean Williamson	IS	23.44

Girls A Grade**100m**

1	Keung Carrie Yan Sin	SMCESPS	13.46
2	Wong Hei Man	HKTLC	13.69
3	Lee Tsz Kwan	KSSS	13.89
4	Lau Yuan Tan	KSSS	13.92
5	Pang Pak Ling	YWG	13.96
6	Mabel Au	MSS	14.68
7	Leung Sin Wa	LYC	14.77
8	Natasha Lee	TSIS	15.35

200m

1	Keung Carrie Yan Sin	SMCESPS	28.34
2	Lee Tsz Kwan	KSSS	29.09
3	Chan Sai Mui	SKSS	29.31
4	Lau Yuan Tan	KSSS	29.32
5	Li Tsz Fai	HPCCS	29.37
6	Yeung Wai Lam Rachel	SCGS	29.51
7	Tam Ching Lam	STSS	30.14

400m

1	Yeung Wai Lam Rachel	SCGS	1	5.82
2	Vanessa Green	TSIS	1 :	6.79
3	Lee Ka Wai	KSSS	1 :	7.21
4	Cheng Chin Nung	KSSS	1 :	8.97
5	Chan Ling Yi Leonnie	HKTLC	1 :	9.27
6	Louise Penczek	GSIS	1 :	10.68
7	Poon Tsz Ki	YWG	1 :	11.44
8	Lillie Ashworth	CIS	1 :	13.67

800m

1	Chong Ka Ming	CYT	2 :	43.06
2	Lee Ka Wai	KSSS	2 :	44.48
3	Tang Yue Yan	SMCESPS	2 :	44.76
4	Cheng Chin Nung	KSSS	2 :	46.85
5	Lillie Ashworth	CIS	2 :	52.53
6	Leung Ka Fu	YWG	2 :	53.14
7	Yip Ching Bernadette	SCGS	2 :	59.32
8	Vanessa Kwan	TSIS	3 :	0.17

1500m

1	Tang Yue Yan	SMCESPS	5 :	58.92
2	Chong Ka Ming	CYT	6 :	0.51
3	Ng Man Huen	YWG	6 :	12.24
4	Leung Ka Fu	YWG	6 :	12.95
5	Tsoi Yun Yue	KTLMS	6 :	15.48
6	Yip Ching Bernadette	SCGS	6 :	18.28
7	Lam Yee Mei	KSSS	6 :	19.63
8	Venus Dulani	MSS	6 :	22.55

100m Hurdles

1	Li Tsz Fai	HPCCS	16.93
2	Li Huiyu	TCGSS	17.37
3	Yeung Yuk Ling	WFN	17.38
4	Wong Hei Man	HKTLC	17.82
5	Mabel Au	MSS	17.95
6	Siu Wing Tung	HPCCS	18.00
7	Charlotte Chan	GSIS	18.62
8	Li Wing Yan Fiona	STSS	18.89

4x100m Relay

1	STSS	54.83
2	KSSS	55.16
3	HPCCS	57.57
4	TSIS	57.83
5	WFN	58.31
6	SKSS	58.32

4x400m Relay

1	KSSS	4 : 45.26
2	YWG	4 : 48.04
3	CIS	4 : 48.51
4	SCGS	4 : 49.07
5	TCGSS	4 : 53.70
6	GSIS	4 : 54.36
7	HKTLC	5 : 0.78
8	SMCESPS	5 : 2.38

High Jump

1	Nancy Mui	MSS	1.62
2	Lo Shuk Ching	WFN	1.46
3	Bowie Wong	MSS	1.41
=4	Lo Hiu Kwan Janice	SCGS	1.36
=4	Leung Hoi Yan Queenie	SMCC	1.36
6	Danielle Howard	TSIS	1.36
7	Choi Suet Kwan	WFN	1.31
8	Ling Karen	HKTLC	1.31

Long Jump

1	Chan Sai Mui	SKSS	4.82
2	Bowie Wong	MSS	4.36
3	Kwok Ho Yan Yolanda	SCGS	4.34
4	Wong Chi Yan	HKTLC	4.25
5	Tang Ching Pan Janet	SMCC	4.24
6	Pang Kit Yan	STSS	4.22
7	Leung Tsz Yan	KTLMS	4.21
8	So Yuen Yung	KSSS	4.19

Shot Put

1	Tsang Hoi Yan	YWG	9.25
2	Phyllis Au	MSS	7.35
3	Robyn Atkinson	TSIS	7.26
4	Ma Wing Man	SMCESPS	7.19
5	Denise Chan	CIS	7.06
6	Wong Chor Ying	HKTLC	7.03
7	Yun Shun Tsz	SCSG	7.00
8	Chui Pui Ki	KSSS	6.97

Discus

1	Tsang Hoi Yan	YWG	26.35
2	Kwan Dick Yan	HPCCS	25.86
3	Ho Wai Yin Rebecca	HPCCS	25.16
4	Phyllis Au	MSS	24.75
5	Chan Chiu Win	HKTLC	23.00
6	Yau Ka Ki	HKTLC	22.82
7	Lo Hiu Kwan Janice	SCGS	22.10
8	Yuen Ching Wai Agnes	SCGS	21.26

Javelin

1	Cheung Kar Woon	SMCESPS	27.65
2	Danielle Howard	TSIS	27.33
3	Kwok Pui Yiu	TCGSS	23.85
4	Yung Lai King	HPCCS	22.65
5	Lam Miu Tung	LYC	21.36
6	Sie Karen	SMCESPS	19.93
7	Ho Ming Hon	YWG	19.07
8	Wong Hay Tung	KTLMS	18.83

Girls B Grade**100m**

1	Lam Yuen Kiu Ingrid	SCGS	13.33
2	Chiu Man Ting Tiffan	SCGS	13.43
3	Laura Anne Harrison	MSS	13.91
4	Chong Hei Man	TCGSS	13.99
5	Nadia Cuvelier	CIS	14.00
6	Rachel Lee	CIS	14.00
7	Anthea Leung Helene	GSIS	14.06
8	Leung Ka Man	STSS	14.32

200m

1	Leung Sze Chung Gloria	SCGS	27.56
2	Von Pflug S. Melitta	SMCESPS	27.87
3	Chiu Man Ting Tiffan	SCGS	28.37
4	Katriana Milne	TSIS	28.90
5	Larissa Stark	GSIS	29.03
6	Chong Hei Man	TCGSS	29.72
7	Wong Ching Man	STSS	29.75
8	Chun Ka Yu	LYC	29.78

400m

1	Leung Sze Chung Gloria	SCGS	1 : 4.46
2	Anthea Leung Helene	GSIS	1 : 6.35
3	Leung Nok Yu Heidi	SCGS	1 : 6.73
4	Chan Hiu Yan	KSSS	1 : 7.54
5	Wong Ching Man	STSS	1 : 7.71
6	Keana McCosh	TSIS	1 : 9.91
7	Uta Keung	MSS	1 : 11.13
8	Lee Ka Wing	SMCESPS	1 : 11.69

1500m

1	Ku Lok Yiu	CYT	5 : 28.23
2	Koo Yung Yung	CYT	5 : 41.61
3	Sophie Yeow	GSIS	5 : 48.13
4	Sandra Park	TSIS	5 : 49.92
5	Cheung Ling Yee	SMCESPS	5 : 55.16
6	Chung Kwok Hoi	LYC	5 : 56.21
7	Mary Hui	TSIS	6 : 0.25
8	Ngai Ka Hang Alvina	SCGS	6 : 8.89

4x100m Relay

1		SCGS	52.38
2		CIS	55.02
3		SMCESPS	55.40
4		GSIS	55.46
5		HKTLC	56.09
6		STSS	56.38
7		KTLMs	57.77

High Jump

1	Tanja Buchholtz	GSIS	1.53
2	Poon Tsz Ling Christie	HKTLC	1.48
3	Lam Ka Yan Karen	SMCC	1.43
=4	Chan Hou Yee	CYT	1.38
=4	Adeline Rudolph	GSIS	1.38
=4	Lam Siu Kwan	SMCESPS	1.38
=4	Tam Ching Wah	HKTLC	1.38
8	Zoe Horlacher	CIS	1.38

Shot Put

1	Isabella Bersani	CIS	9.80
2	Cheng Ka Yee	OLC	9.63
3	Liu Choi Tin Kerry	SMCC	9.44
4	Kwok Sin Tung	KSSS	9.41
5	Cheng Yi	TCGSS	9.09
6	Chung Wing Tung	OLC	8.91
7	Chan Sze Long Christy	MSS	8.73
8	Yan Wing Sum Johanna	SMCC	8.62

800m

1	Ku Lok Yiu	CYT	2 : 36.66
2	Koo Yung Yung	CYT	2 : 39.81
3	Cheung Ling Yee	SMCESPS	2 : 43.11
4	Sandra Park	TSIS	2 : 44.29
5	Mary Hui	TSIS	2 : 46.91
6	Sophie Yeow	GSIS	2 : 47.70
7	Ngai Ka Hang Alvina	SCGS	2 : 49.04
8	Chung Kwok Hoi	LYC	2 : 50.77

100m Hurdles

1	Tanja Buchholtz	GSIS	17.32
2	Chan Ho Ting Hody	SMCC	17.62
3	Kam Wing Tsin Venus	SCGS	18.09
4	Ko Wai Ching	WFN	18.31
5	Fong Kai Man	TCGSS	18.72
6	Poon Tsz Ling Christie	HKTLC	19.09
7	Tam Hiu Yee Noel	SCGS	19.28
8	Von Pflug S. Melitta	SMCESPS	21.78

4x400m Relay

1		SCGS	4 : 31.31
2		CYT	4 : 38.18
3		GSIS	4 : 39.87
4		TSIS	4 : 40.53
5		WFN	4 : 43.96
6		SMCESPS	4 : 48.87
7		KSSS	4 : 53.32
8		CIS	4 : 56.40

Long Jump

1	Tang Kwan Yee Phyllis	SMCC	4.62
2	Tam Hiu Yee Noel	SCGS	4.48
3	Lam Siu Kwan	SMCESPS	4.41
4	Ho Valerie Yi Jia	MSS	4.39
5	Li Tsz Ling	TCGSS	4.36
6	Yi Ling Liu	CIS	4.34
7	Wong Ka Yi	YWG	4.29
8	Chan Wing Tung	HPCCS	4.27

Discus

1	Chan Sze Long Christy	MSS	26.04
2	Fung Tsz Yan	CYT	24.26
3	Cheng Ka Yee	OLC	23.44
4	Ko Wing Sau	SMCESPS	22.67
5	Cheng Yi	TCGSS	21.48
6	Ng Suet Ying	OLC	20.91
7	Ho Sin Hang	STSS	20.62
8	Tiffany Lai Wing	MSS	20.01

Javelin

1	Ng Suet Ying	OLC	28.08
2	Shiu Wai Kei	SCSG	23.53
3	Howe Hei Lee Hillie	SCGS	21.87
4	Natalie Chu	MSS	21.04
5	Lau Yuk Yan	LYC	20.03
6	Chong Mei Yan	STSS	19.87
7	Chun Ka Ki	OLC	19.86
8	Chan Yin Tong Maggie	SMCC	19.85

Girls C Grade

100m

1	Chan Ka Sin Edith	SCGS	13.28
2	Chan Tsoi Yu	CYT	13.70
3	Tsui Suet Ying	LYC	14.13
4	Lam Hoi Ching	KSSS	14.22
5	Siu Tsz Yan	HPCCS	14.24
6	Kwok Pui Ue Minni	KSSS	14.42
7	Wong Mei Ki	WFN	14.43
8	Saskia Milne	TSIS	14.44

200m

1	Chan Ka Sin Edith	SCGS	27.21
2	Chan Tsoi Yu	CYT	28.52
3	Lo Wing Fan	SMCESPS	29.00
4	Cheung Man Yui Marky	SCGS	29.42
5	Yeung Man Yuet	STSS	29.66
6	Caitlin Jones	TSIS	29.92
7	Cindy Ng Joy	MSS	29.99
8	Caroline Rudolph	GSIS	30.01

400m

1	Leung Man Yi	KSSS	1 : 7.01
2	Yue Oi Yan	LYC	1 : 8.66
3	Wong Wing Yu Natalie	SCGS	1 : 9.69
4	Johanna Henriksson	TSIS	1 : 10.67
5	Lau Ying Ki Yuki	SMCC	1 : 10.99
6	Chung Cheuk Wing	KSSS	1 : 12.12
7	Allyson Chan	TSIS	1 : 13.47

800m

1	Ng Ka Wai	KSSS	2 : 44.23
2	Leung Man Yi	KSSS	2 : 44.53
3	Johanna Henriksson	TSIS	2 : 44.59
4	Lo Ho Yau YoYo	SCGS	2 : 48.38
5	Choy Pui Shan Vivien	SMCC	2 : 49.48
6	Hanah Fjelddahl	TSIS	2 : 52.37
7	Cheung Lok Yin	WFN	2 : 55.19
8	Lau Lok Yan	CYT	2 : 55.98

1500m

1	Charlotte Valentine	CIS	5 : 43.29
2	Lam Kam Wa	YWG	5 : 52.72
3	Rosie Wright	TSIS	5 : 53.01
4	Lo Ho Yau YoYo	SCGS	6 : 10.21
5	Luka Fjelddahl	TSIS	6 : 11.65
6	Tsoi Wing Ki	CYT	6 : 12.22
7	Fong Tsz Yan	HKTLC	6 : 12.70
8	Cheung Lok Yin	WFN	6 : 15.11

100m Hurdles

1	Kate Brashear	CIS	18.12
2	Yue Oi Yan	LYC	18.41
3	Leung Ka Wing Amanda	SCGS	18.69
4	Ng Chung Ting	LYC	18.83
5	Lau Wing Laam	WFN	19.22
6	Lee Hok Lam	STSS	19.50
7	Debbie Kwok Ting Yan	MSS	19.72
8	Man Po Ki	CYT	20.38

4x100m Relay

1		SCGS	55.10
2		MSS	55.73
3		CYT	55.99
4		HPCCS	56.33
5		STSS	56.79
6		LYC	56.86
7		WFN	57.74

4x400m Relay

1		KSSS	4 : 43.24
2		TSIS	4 : 45.53
3		MSS	4 : 51.77
4		SCGS	4 : 52.51
5		HKTLC	4 : 56.88
6		HPCCS	4 : 58.27
7		LYC	4 : 58.77
8		CIS	5 : 13.48

High Jump

1	Cheung Mei Ching	TCGSS	1.45
2	Cheyenne Held	GSIS	1.40
3	Camille Montagne	TSIS	1.35
4	Cheung Gar Wai	WFN	1.35
5	Lee Wing Lam	WFN	1.30
6	Wong Sally	HKTLC	1.30
7	Chan Hui Ki	HKTLC	1.30
=8	Debbie Kwok Ting Yan	MSS	1.30
=8	Caileigh Faure	CIS	1.30

Long Jump

1	Ma Wing Yu	YWG	4.34
2	Julia Decandido	GSIS	4.30
3	Lai Man Ping	SKSS	4.26
4	Chan Yan Sin	STSS	4.21
5	Ng Ka Wai	KSSS	4.08
6	Ngai Ka Ying	HKTLC	4.04
7	Li Yan	SCSG	3.99
8	Kwok Wing Sum	CYT	3.86

Shot Put

1	Sit Kam Man	WFN	8.92
2	Lau Ying Tung	CYT	8.70
3	Kate Rawson	GSIS	8.28
4	Julia Decandido	GSIS	8.20
5	Yau Choi Wan	CYT	8.19
6	Cheng Wing Shan	SCSG	7.80
7	Ip Tsz Ling Sonia	WFN	7.78
8	Lau Tsz Ki	OLC	7.69

Discus

1	Cheng Chui Ying	SKSS	23.50
2	Lau Ying Tung	CYT	21.36
3	Ip Tsz Ling Sonia	WFN	18.52
4	Ma Po tin	SMCESPS	18.02
5	Mak Yee Man	CYT	17.43
6	Leung Ka Mei	TCGSS	17.38
7	Leung Shuk Fong	LYC	17.06
8	Leung Pui Yi	SKSS	16.80

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

HONG KONG SCHOOLS SPORTS FEDERATION
 Inter-school Athletics Championships 2009/2010
 (HK Island and Kowloon)
 Division Two 11/03/2010

Boys A Grade Day 3

School	Day 2	LJ	400mH	200m	800m	100m	DC	5000m	400m	110mH	4x100	4x400	Total
1 CMASS	51.50		5	4	4	2	14	6	5	4	10	6	111.50
2 SSCS	39	16	2		7		7	2	2	5		14	94
3 IS	47				14		6	2	7		2	10	88
4 BHSS	30	12	3	15		7	1		6	1	4		79
5 PCMS	21		7	1		10	2	1		13	18		73
6 SJA	29	6					10		1	9	14		69
7 CSK	34	5	1	2		4		5	4		8	2	65
8 RC	12		9		3		3	10	9			18	64
9 CDGFSS	36		6				1	1	3			8	55
9 YWC	31				6			6				12	55
11 SLS	18		4	7		9	2	2		3		4	49
12 QC	15	1						10		2	12		40
13 SWC	16			5		5	6	1					33
14 LYC	17	2			2			1					22
15 CIS	11.50			3				1			6		21.50
16 LHYMSS	6				1		1	8					16
17 SMS	9												9
18 BHSC	4												4
19 CYT	2						1						3
20 TKOGSS													

HONG KONG SCHOOLS SPORTS FEDERATION
 Inter-school Athletics Championships 2009/2010
 (HK Island and Kowloon)
 Division Two 11/03/2010

Boys B Grade Day 3

School	Day 2	200m	800m	100m	400m	100mH	4x100	4x400	Total
1 PCMS	61			11	5	9	14	12	112
2 SSCS	61	3		4			6	8	82
3 CYT	45.50	5	2		10	1	18		81.50
4 SLS	29		5		12		4	18	68
5 LHYMSS	32		13			3		14	62
6 CSK	46		10	1					57
7 BHSC	26	7		7	1	5	8		54
8 YWC	20	9	1	6	2		12		50
9 SJA	34	3						10	47
10 LYC	34.50					6		4	44.50
11 QC	32		6	3					41
12 CMASS	40								40
13 RC	25.50					4	10		39.50

OA2_D3

14 IS	25	6	5						36
15 TKOGSS	9	4		7				6	26
16 SWC	15				9				24
17 BHSS	22								22
18 CDGFSS	21.50								21.50
19 CIS	16								16
20 SMS	14								14

HONG KONG SCHOOLS SPORTS FEDERATION
Inter-school Athletics Championships 2009/2010
(HK Island and Kowloon)
Division Two 11/03/2010

Boys C Grade Day 3

School	Day 2	200m	800m	100m	400m	100mH	4x100	4x400	Total
1 SLS	36	5	16		11	3	14	14	99
2 CYT	52					9	12		73
3 RC	21	6		11			18	8	64
4 CSK	22	2	8		2	6	4	18	62
5 SWC	26		4	2	13			12	57
6 PCMS	37	3		9		7			56
7 IS	42.50							6	48.50
8 QC	27.50			3	3		8	2	43.50
9 SMS	25				7		10		42
9 YWC	29		3					10	42
11 SSCS	27	7	1			2			37
12 LYC	23.50					5			28.50
13 CIS	26.50	1							27.50
14 BHSC	15			4		4		4	27
15 BHSS	10	4		1			6		21
16 CDGFSS	20								20
16 SJA	4	9		7					20
18 LHYMSS	9								9
19 TKOGSS	3		5						8
20 CMASS	7								7

HONG KONG SCHOOLS SPORTS FEDERATION
Inter-school Athletics Championships 2009/2010
(HK Island and Kowloon)
Division Two 11/03/2010

Boys Overall Day 3

School	A	B	C	Total	
1 PUI CHING MIDDLE SCHOOL	PCMS	73	112	56	241
2 ST. LOUIS SCHOOL	SLS	49	68	99	216
3 ST. STEPHEN'S COLLEGE	SSCS	94	82	37	213
4 CHAN SUI KI COLLEGE	CSK	65	57	62	184
5 ISLAND SCHOOL	IS	88	36	48.50	172.50

		OA2_D3			
6 RAIMONDI COLLEGE	RC	64	39.50	64	167.50
7 CMA SECONDARY SCHOOL	CMASS	111.50	40	7	158.50
8 STFA CHENG YU TUNG SECONDARY SCHOOL	CYT	3	81.50	73	157.50
9 YING WA COLLEGE	YWC	55	50	42	147
10 ST. JOAN OF ARC SECONDARY SCHOOL	SJA	69	47	20	136
11 QUEEN'S COLLEGE	QC	40	41	43.50	124.50
12 HKSKH BISHOP HALL SECONDARY SCHOOL	BHSS	79	22	21	122
13 STFA SEAWARD WOO COLLEGE	SWC	33	24	57	114
14 CARMEL DIVINE GRACE FOUNDATION SEC SCHOOL	CDGFSS	55	21.50	20	96.50
15 TWGHS LUI YUN CHOY MEMORIAL COLLEGE	LYC	22	44.50	28.50	95
16 LINGNAN HANG YEE MEMORIAL SECONDARY SCHOOL	LHYMSS	16	62	9	87
17 BUDDHIST HUNG SEAN CHAU MEMORIAL COLLEGE	BHSC	4	54	27	85
18 ST. MARK'S SCHOOL	SMS	9	14	42	65
18 CHINESE INTERNATIONAL SCHOOL	CIS	21.50	16	27.50	65
20 TSEUNG KWAN O GOVERNMENT SECONDARY SCHOOL	TKOGSS	-	26	8	34

HONG KONG SCHOOLS SPORTS FEDERATION
Inter-school Athletics Championships 2009/2010
(HK Island and Kowloon)
Division Two 11/03/2010

Girls A Grade

Day 3

School	Day 2	200m	800m	100m	HJ	400m	100mH	4x100	4x400	Total
1 KSSS	21	12	12	11		11		14	18	99
2 YWG	48		3	4		2			14	71
3 SMCESPS	40	9	6	9					2	66
4 HPCCS	29	4			1		12	12		58
5 SCGS	27	3	2		6.50	9			10	57.50
6 MSS	32			3	17		4			56
7 TSIS	26		1	1	5	7		10		50
8 HKTLC	25			7	2	4	5		4	47
9 CIS	19		4			1			12	36
9 STSS	15	2					1	18		36
11 WFN	6				11		6	8		31
12 SKSS	18	6						6		30
13 TCGSS	13						7		8	28
14 CYT	15		9							24
15 GSIS	10					3	2		6	21
16 KTLMS	18				1					19
17 SMCC	12				5.50					17.50
18 LYC	7			2	1					10
19 SCSG	6									6
20 OLC	3									3

HONG KONG SCHOOLS SPORTS FEDERATION
Inter-school Athletics Championships 2009/2010
(HK Island and Kowloon)

Division Two 11/03/2010

Girls B Grade Day 3

School	Day 2	200m	800m	100m	400m	100mH	4x100	4x400	Total
1 SCGS	37	15	2	16	15	8	18	18	129
2 GSIS	34.50	4	3	2	7	9	10	12	81.50
3 CYT	44.50		16					14	74.50
4 SMCESPS	40.50	7	6		1	1	12	6	73.50
5 CIS	31			7			14	2	54
6 MSS	45			6	2				53
6 SMCC	46					7			53
6 TSIS	26	5	9		3			10	53
9 OLC	43								43
10 HKTLC	30.50					3	8		41.50
11 STSS	26	2		1	4		6		39
11 TCGSS	27	3		5		4			39
13 WFN	22					5		8	35
14 LYC	31	1	1						33
15 KSSS	20				5			4	29
16 KTLMS	20						4		24
17 SCSG	23								23
18 HPCCS	19								19
19 YWG	13								13
20 SKSS	11								11

HONG KONG SCHOOLS SPORTS FEDERATION
Inter-school Athletics Championships 2009/2010
(HK Island and Kowloon)
Division Two 11/03/2010

Girls C Grade Day 3

School	Day 2	DC	HJ	200m	800m	100m	400m	100mH	4x100	4x400	Total
1 SCGS	21	1	1	14	5	9	6	6	18	10	91
2 KSSS	17	2	2		16	8	12			18	75
2 CYT	34	13		7	1	7		1	12		75
4 TSIS	23	2	7	3	9	1	7			14	66
5 WFN	28	8	11		2	2		4	4		59
6 LYC	16	4	2			6	7	12	6	4	57
7 MSS	17	2	2.50	2				2	14	12	51.50
8 HKTLC	24	2	7							8	41
9 HPCCS	18	1	1			4			10	6	40
10 GSIS	28		8	1							37
11 STSS	20		1	4				3	8		36
12 CIS	19	2	1.50					9		2	33.50
13 SKSS	16	12	1								29
14 YWG	25	2	1								28
15 SMCESPS	13	7		6							26

OA2_D3

16 SMCC	13	2		4	4	23
17 TCGSS	6	4	10			20
18 OLC	12	2	1			15
19 KTLMS	11	1	2			14
20 SCSG	9	1	1			11

HONG KONG SCHOOLS SPORTS FEDERATION
Inter-school Athletics Championships 2009/2010
(HK Island and Kowloon)
Division Two 11/03/2010

Girls Overall Day 3

School		A	B	C	Total
1 ST. CLARE'S GIRLS' SCHOOL	SCGS	57.50	129	91	277.50
2 KIT SAM LAM BING YIM SECONDARY SCHOOL	KSSS	99	29	75	203
3 STFA CHENG YU TUNG SECONDARY SCHOOL	CYT	24	74.50	75	173.50
4 THE SOUTH ISLAND SCHOOL	TSIS	50	53	66	169
5 ST. MARGARET'S COED ENGLISH SEC & PRI SCH	SMCESPS	66	73.50	26	165.50
6 MARYMOUNT SECONDARY SCHOOL	MSS	56	53	51.50	160.50
7 GERMAN SWISS INTERNATIONAL SCHOOL	GSIS	21	81.50	37	139.50
8 HONG KONG TRUE LIGHT COLLEGE	HKTLC	47	41.50	41	129.50
9 TWGHS WONG FUT NAM COLLEGE	WFN	31	35	59	125
10 CHINESE INTERNATIONAL SCHOOL	CIS	36	54	33.50	123.50
11 HOI PING CHAMBER OF COMMERCE SEC SCHOOL	HPCCS	58	19	40	117
12 YING WA GIRLS' SCHOOL	YWG	71	13	28	112
13 ST. TERESA SECONDARY SCHOOL	STSS	36	39	36	111
14 TWGHS LUI YUN CHOY MEMORIAL COLLEGE	LYC	10	33	57	100
15 ST. MARY'S CANOSSIAN COLLEGE	SMCC	17.50	53	23	93.50
16 TACK CHING GIRLS' SECONDARY SCHOOL	TCGSS	28	39	20	87
17 C&M ALLIANCE SUN KEI SECONDARY SCHOOL	SKSS	30	11	29	70
18 OUR LADY'S COLLEGE	OLC	3	43	15	61
19 KOWLOON TRUE LIGHT MIDDLE SCHOOL	KTLMS	19	24	14	57
20 ST. CATHARINE'S SCHOOL FOR GIRLS-KWUN TONG	SCSG	6	23	11	40