

**Inter-School Athletics Championships 2010/2011**  
**HK Island & Kowloon**  
**Division Two (Final Results)**

**Boys A Grade**

**100m**

1	Pang Tsz Fung	BHJS	11.01
2	Mak Shing Hei	CYT	11.07
3	Cheung Chun Yeung	BHSS	11.42
4	Canedo Alfredo Jr Alca	SMCESPS	11.73
5	Ng Kar Wang	YCKMC-2	11.78
6	Chuck Yiu Kwok	YWC	11.82
7	Wong Yat Hin Robbie	SPC	11.85
8	Lee Chun Hei	CSK	12.10

**200m**

1	Mak Shing Hei	CYT	22.45
2	Pang Tsz Fung	BHJS	23.18
3	Cheung Chun Yeung	BHSS	23.34
4	So Man Chung	SMCESPS	23.44
5	Wu Hou Lam	KTMC	23.48
6	Ng Kar Wang	YCKMC-2	23.78
7	Hassan Abdul Rahman	CYT	24.45
8	Yeung Man Chuen	CSK	25.37

**400m**

1	Wu Hou Lam	KTMC	53.36
2	So Man Chung	SMCESPS	53.92
3	Howard Chow	IS	54.05
4	Pun Hung Keung	BHSS	54.81
5	Mok Yin Tai	LYC	55.24
6	Tsui Hei Yu	BHJS	56.11
7	Tam Man Fung	BHJS	56.74

**800m**

1	Li Chun Yin	LHYMSS	2 : 6.21
2	Lo Man Lap	HWC	2 : 6.74
3	Chiu Kenneth Chung Tak	SPC	2 : 6.91
4	Chan Chun Yiu	SSCS	2 : 10.17
5	Chu Wing Hei	BHSS	2 : 10.95
6	Leung Kiu Sum	CSK	2 : 10.98
7	Chan Tin Mong	QC	2 : 12.30
8	Mok Yin Tai	LYC	2 : 12.46

**1500m**

1	Li Chun Yin	LHYMSS	4 : 22.80
2	Chiu Kenneth Chung Tak	SPC	4 : 27.96
3	Lo Man Lap	HWC	4 : 29.91
4	Lo Tsun Ming	QC	4 : 30.22
5	Li Ka Shun	BHJS	4 : 36.17
6	Leung Kiu Sum	CSK	4 : 37.09
7	Chui Tak Chi	LHYMSS	4 : 41.23
8	Chan Tin Mong	QC	4 : 44.21

**5000m**

1	Lo Tsun Ming	QC	17 : 45.04
2	Gabriel Brettell	TSIS	18 : 8.69
3	Cheung Ping Hong	LHYMSS	18 : 14.16
4	Wan Man Fai	LYC	18 : 16.77
5	Sin Ka Kiu	CSK	18 : 16.85
6	Leung Wai Chun	CSK	19 : 3.00
7	Wan Lai Wai Peter	SJC	19 : 10.20
8	Wong Hok Man	KTMC	19 : 22.54

**110m Hurdles**

1	Law Man Kin	SPC	15.25
2	Wong Lok Hin	MSC	15.48
3	Ip Ka Long	HWC	15.85
4	Yu Yiu Fai	BHSS	15.96
5	Deng Zhiwei	CMASS	16.26
6	Chan Chun Tat	SSCS	16.42
7	Lau Chue Wai	BHSS	16.72
8	Wong Kei Wai	CSK	43.95

**400m Hurdles**

1	Yu Yiu Fai	BHSS	59.57
2	Cheung Tsz Fung	SJA	1 : 0.01
3	Cui Jiawei	CMASS	1 : 1.17
4	Lam Chun Lok	SSCS	1 : 1.88
5	Kam Lik Yin	SSCS	1 : 3.65
6	Wong Lok Hin	MSC	1 : 3.90
7	Lau Chue Wai	BHSS	1 : 4.30
8	Leung Kam Wai	CSK	1 : 4.92

**4x100m Relay**

1	CYT	45.19
2	BHJS	45.64
3	SMCESPS	46.32
4	HWC	46.39
5	SJA	46.68
6	YCKMC-2	46.73
7	YWC	46.83
8	IS	47.34

**4x400m Relay**

1	BHSS	3 : 39.33
2	KTMC	3 : 42.84
3	BHJS	3 : 44.82
4	CDGFSS	3 : 45.25
5	LHYMSS	3 : 46.07
6	IS	3 : 46.10
7	YWC	3 : 50.00
8	TSIS	3 : 50.97

**High Jump**

1	Yeung Hong To	HWC	1.84
2	Lo Lok Tak	CDGFSS	1.84
3	Yu Kin Ching	HWC	1.78
=4	Pong Kwok Chi	LYC	1.70
=4	Wong Ka Chun	LYC	1.70
=4	Deng Zhiwei	CMASS	1.70
=7	Hassan Abdul Rahman	CYT	1.70
=7	Chun Tung Au	IS	1.70
=7	Hui Ting Long	CSK	1.70

**Long Jump**

1	Wong Yik Chi	BHSS	6.19
2	Ng Ho Cheong Ronald	RC	6.13
3	Li Ching Hay	KTMC	6.05
4	Fung Yin Cheung	CYT	5.82
5	Ng Ka Wing	SJA	5.77
6	Lau Chi Ho	SJA	5.70
7	Tang Pak Fai	BHSS	5.68
8	Pong Kwok Chi	LYC	5.67

**Triple Jump**

1	Lo Lok Tak	CDGFSS	12.93
2	Wong Yik Chi	BHSS	12.85
3	Yeung Hong To	HWC	12.70
4	Kam Lik Hin	SSCS	12.08
5	John So Man Ho	IS	12.06
6	Tai Ka Chun	KTMC	11.88
7	Ho Kai Pong	BHJS	11.78
8	Kwok Chun Yi	MSC	11.66

**Shot Put**

1	Tam Hung Cheung	CMASS	13.04
2	Tse Sit Chun	YWC	12.40
3	Ali Saddam Hussain	SMCESPS	12.10
4	Harry Byres	IS	11.53
5	Chan Ka Hing	CYT	11.43
6	Thomas Holden	TSIS	11.24
7	Cheng Long Yin	KTMC	10.90
8	Ho Chun Yuen	LYC	10.34

**Discus**

1	Tam Hung Cheung	CMASS	40.47
2	Kwong Pak Wing	CDGFSS	32.96
3	Yang Baolong	BHSS	32.41
4	Siu Wing Leong	SSCS	32.30
5	Lee Long Fung	CMASS	31.51
6	Lai Yik Wai	KTMC	30.19
7	Tse Sit Chun	YWC	29.87
8	Yona Sandt	IS	28.38

**Javelin**

1	Ali Saddam Hussain	SMCESPS	52.23
2	Leung Ho Hon	SSCS	40.93
3	Lai Yik Wai	KTMC	40.11
4	Keung Ho Yin	YCKMC-2	40.02
5	Lau Man Chun	CSK	38.39
6	Lee Kin Shing	CMASS	35.70
7	Ng Chun Ngai	CSK	35.54
8	Leo Joseph Ng	QC	35.41

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

1	Shum Ki Hang	RC	11.46
2	Tsang Hon Lam	YWC	11.76
3	Yuen Tsz Tai	BHJS	11.78
4	Lee See Lok	QC	12.01
5	Fong Shun Wai Kevin	SJA	12.03
6	Thornley Chan Nicholas	SJC	12.06
7	Hau Yiu Sang	SSCS	12.10
8	Wong Wing Yin	CSK	12.16

**200m**

1	Lee Chin Ting	CYT	23.66
2	Tsang Hon Lam	YWC	24.22
3	Li Kin On	SJA	24.36
4	Yuen Tsz Tai	BHJS	24.67
5	Wong Wing Yin	CSK	24.81
6	Chan Ka Ho	SJC	24.94
7	Chui Ho Ching Hugo	SSCS	25.62
8	Hau Yiu Sang	SSCS	25.67

**400m**

1	Lee Chin Ting	CYT	53.39
2	Wong Chun Ming Ronald	LHYMSS	55.88
3	So Chun Wai	MSC	56.21
4	Pong Ka Wing	MSC	56.56
5	Lee Chak Wai	YWC	56.59
6	Yue Wing Chun	KTMC	57.70
7	Li Hin Yu	CSK	58.65

**1500m**

1	Lau Hin Nam	RC	4 : 45.57
2	Lee Chun Yin	YWC	4 : 46.48
3	Chang Ka Hei	LHYMSS	4 : 48.37
4	Chan Kin Hei	MSC	4 : 50.53
5	Lam Ching Yu	SSCS	4 : 54.75
6	Chan Kei Chieh	CSK	4 : 54.90
7	Shing Shui Yin	CSK	4 : 55.24
8	Nip Ka On Andy	QC	4 : 57.63

**4x100m Relay**

1		SJA	46.78
2		RC	46.81
3		SJC	47.49
4		QC	47.63
5		YWC	47.78
6		CSK	48.22
7		CYT	48.23
8		SSCS	48.34

**High Jump**

1	Lo Lok Hang	CDGFSS	1.88
2	Thornley Chan Nicholas	SJC	1.77
3	Au Ka Ho	LHYMSS	1.67
=4	Wong Kin Shing	CYT	1.62
=4	Lam Tsz Fung	RC	1.62
=4	Yeung Kin Leung	SPC	1.62
=7	Cheng Wai Tat	YWC	1.62
=7	Leung Adrian Dan	SSCS	1.62

**Triple Jump**

1	Yue Ming Kiu	SMCESPS	12.06
2	Chan Cheung Sing	SJA	11.83
3	Yip Wai Fung	BHSS	11.51
4	Cheng Hoi Kin	HWC	11.46
5	Leung Hoi Fu	HWC	11.04
6	Kung Pui Hei	BHSS	10.97
7	Chan Ho Hin	LYC	10.79
8	Lam Ho Yin	CMASS	10.58

**800m**

1	Lau Hin Nam	RC	2 : 14.79
2	Wong Chun Ming Ronald	LHYMSS	2 : 15.58
3	Yeung Kin Leung	SPC	2 : 16.06
4	Chan Kei Chieh	CSK	2 : 16.78
5	Lam Ching Yu	SSCS	2 : 17.78
6	Chan Kin Hei	MSC	2 : 18.44
7	Lee Wing Leong	CDGFSS	2 : 19.16
8	Nip Ka On Andy	QC	2 : 19.71

**100m Hurdles**

1	Chan Lok Hin	CYT	14.84
2	Lam Ming Tsun	LYC	15.02
3	Yue Ming Kiu	SMCESPS	15.03
4	Chau Chi Kiu	CSK	15.12
5	Shum Ki Hung	RC	15.42
6	Wan Kei	SJA	15.63
7	Fan Ho Yin	CYT	15.65
8	Tang Wai Lok	YWC	16.14

**4x400m Relay**

1		CYT	3 : 47.49
2		LHYMSS	3 : 49.46
3		CSK	3 : 50.42
4		SJC	3 : 50.55
5		IS	3 : 51.22
6		RC	3 : 58.38
7		QC	3 : 58.56
8		SSCS	3 : 58.76

**Long Jump**

1	Chan Ka Ho	LYC	5.90
2	Chan Cheung Sing	SJA	5.75
3	Leung Hoi Fu	HWC	5.62
4	Yip Wai Fung	BHSS	5.54
5	Sin Cheuk Him	SJC	5.47
6	Ye Ruzhao	CMASS	5.46
7	Wong Ying Wai	CSK	5.27
8	Chau Chi Kiu	CSK	5.27

**Shot Put**

1	Tam Man Lit	CMASS	12.88
2	Wong Wing Lok	BHSS	12.75
3	Ngan Tsz Cheung	CSK	11.94
4	Chui Ho Ching Hugo	SSCS	11.92
5	Cheung Yan Hin	CSK	11.92
6	Choi Yan Chi	LHYMSS	11.40
7	Sze Yun Lam	LHYMSS	10.90
8	Richard Lewis	TSIS	10.67

**Discus**

1	Tam Man Lit	CMASS	50.67
2	Hui King Chun Michael	SJA	35.81
3	Tse Yuk Shing	CSK	35.23
4	Choi Yan Chi	LHYMSS	33.46
5	Hui Hung Hoi	SJA	32.74
6	Siu Wai Nam	CDGFSS	31.61
7	Cheng Shing Cheung	SMCESPS	31.15
8	Hui Chun Hei	MSC	30.86

**Javelin**

1	Hui Sai Kwai	LYC	35.36
2	Shizh Lui Kit	CSK	34.54
3	Chiu Edmond Ka Tsun	SSCS	33.79
4	Cheng Shing Cheung	SMCESPS	33.28
5	Chong Ho Chun Arnold	QC	32.92
6	Tong Kwan Yiu	SSCS	31.90
7	Tsang Yat Man	LYC	30.53
8	Richard Lewis	TSIS	30.41

**Boys C Grade****100m**

1	Lee Ka Ho	CYT	12.46
2	So Chak Kwan	YWC	12.51
3	Lau Siu Hin	BHJS	12.76
4	Li Tsz Shun	LYC	12.77
5	Lau Ying Yeung	CSK	12.80
6	Chan Chiu Ting	SSCS	12.97
7	Chu Wai Yin	QC	13.06
8	Yau Chu Hon Vinson	QC	13.29

**200m**

1	So Chak Kwan	YWC	25.70
2	Lee Ka Ho	CYT	25.81
3	Chan Chak Fung	KTMC	25.88
4	Ajaz-Ul-Haq	SMCESPS	25.96
5	Lau Siu Hin	BHJS	26.03
6	Cheng Cheuk Long	MSC	26.64
7	Arthur Chan	TSIS	27.13
8	Yau Chu Hon Vinson	QC	27.37

**400m**

1	Ajaz-Ul-Haq	SMCESPS	57.54
2	Lau Lap Kuen	CYT	58.72
3	Chan Chak Fung	KTMC	1 : 0.39
4	Wong Man Ho	YWC	1 : 0.91
5	Hu Hao	CMASS	1 : 2.23
6	Sham Tze Hang Henry	RC	1 : 4.07
7	Or Yiu Hang	KTMC	1 : 5.04
8	Or Chak Kwun	QC	1 : 11.69

**800m**

1	Leung Chun Lok	YWC	2 : 21.79
2	Or Yiu Hang	KTMC	2 : 22.11
3	Ng Lok Ping	QC	2 : 24.57
4	Leung Chun Ho	BHJS	2 : 27.29
5	Sham Tze Hanf Henry	RC	2 : 29.04
6	Chan Ka Ho	LYC	2 : 29.22
7	Job Venhoek	TSIS	2 : 31.15
8	Alfred Poon	IS	2 : 32.35

**1500m**

1	Leung Chun Lok	YWC	5 : 1.09
2	Ng Lok Ping	QC	5 : 4.06
3	Paul Altier	TSIS	5 : 6.81
4	Leung Chun Ho	BHJS	5 : 7.12
5	Cheng Ho Ning	CMASS	5 : 17.19
6	Chan Ka Ho	LYC	5 : 17.71
7	Tam Hong Sang	SMCESPS	5 : 21.65
8	Micheal Wong	TSIS	5 : 23.46

**100m Hurdles**

1	Yeung Po Kiu	MSC	17.00
2	Cho Chun Ming Jonathan	SSCS	17.92
3	Cheng Tsun Nok	LYC	18.35
4	Pang Yiu Chik	MSC	18.53
5	Ng Chak Fung	SWC	18.54
6	Jonathan Turnbull	IS	19.24
7	Chan Hiu Nam	QC	21.14

**4x100m Relay**

1		YWC	48.78
2		QC	51.07
3		LYC	51.19
4		RC	52.10
5		MSC	52.46
6		SSCS	52.47

**4x400m Relay**

1		SMCESPS	4 : 4.89
2		KTMC	4 : 11.69
3		YWC	4 : 12.76
4		QC	4 : 18.15
5		CYT	4 : 19.32
6		LYC	4 : 21.21
7		SJC	4 : 21.74
8		RC	4 : 22.46

**High Jump**

1	Steven Cho	TSIS	1.65
2	Hui Wing Yau	HWC	1.60
3	Cheung Ho Hin	HWC	1.55
4	Li Tsz Shun	LYC	1.50
5	Fong Cheuk Hei	SMCESPS	1.50
6	Hoi Ka Yiu	SSCS	1.50
=7	Fung Chun Hin	RC	1.40
=7	Barry Wong	TSIS	1.40

**Shot Put**

1	Cheng Yuk Wai	SSCS	10.49
2	Kuo Tsai Shuo	SMCESPS	10.23
3	Shek Man Fai	LYC	10.22
4	Chan Yan Man Jason	SMCESPS	9.89
5	Fung Man Kin	SPC	8.93
6	Wong Chun Sum	KTMC	8.84
7	Li Jiajie	CYT	8.79
8	Joseph Daniel	TSIS	8.76

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

1	Lui Lai Yiu	PCMS	12.96
2	Lau Fan Hei	CDGFSS	13.37
3	Poon Tsz Ki	YWG	13.59
4	Liao Hong Hui	HSS	13.73
5	Chan York See	TLMSHK	13.76
6	Wong Hei Man	HKTLC	14.03
7	Rachel Lee	CIS	14.05
8	Chau Ho Yun	PCMS	14.26

**400m**

1	Anthea Leung	GSIS	1 : 3.54
2	Wong Ching Man	STSS	1 : 6.91
3	Vanessa Natalie Wong	HSS	1 : 8.93
4	Tang Kwan Yee Phyllis	SMCC	1 : 9.71
5	Lee Ka Wing	SMCESPS	1 : 10.31
6	Megan Tsaw	CIS	1 : 10.34
7	Sit Yuen Man	PTMS	1 : 11.05

**1500m**

1	Chong Ka Ming	CYT	5 : 36.07
2	Chung Kwok Hoi	LYC	5 : 41.23
3	Siu Wai Yue	PTMS	5 : 52.67
4	Ng Yin Ki	PCMS	5 : 52.83
5	Leung Ka Fu Kathy	YWG	5 : 53.84
6	Cheung Lok Yin	WFN	5 : 59.95
7	Chan Yuk Man	STSS	6 : 1.19
8	Ma Chun Wai Gloria	TLMSHK	6 : 1.75

**Long Jump**

1	Cheung Kin Ho	SJC	5.33
2	Leung Ngai Nam	KTMC	4.98
3	Chan Chiu Ting	SSCS	4.90
4	Lam Yee Shing	CMASS	4.86
5	Cheng Siu Kwan	YWC	4.83
6	Lee Tsun Hei	SJA	4.65
7	Hu Hao	CMASS	4.58
8	Chu Kai Shing	SJC	4.57

**Discus**

1	Cheng Yuk Wai	SSCS	29.53
2	Fong Cheuk Hei	SMCESPS	29.14
3	Kuo Tsai Shuo	SMCESPS	26.85
4	Fung Man Kin	SPC	26.33
5	Man Wai Sum	YWC	25.57
6	Lee Pak Hon	BHSS	24.31
7	Shek Man Fai	LYC	24.25
8	Mak Tsz Fung	HWC	24.12

**200m**

1	Lau Fan Hei	CDGFSS	28.08
2	Poon Tsz Ki	YWG	28.54
3	Nadia Cuvelier	CIS	29.00
4	Leung Ka Man	STSS	29.14
5	Wong Ching Man	STSS	29.48
6	Fabienne Chiang	GSIS	29.53
7	Li Tsz Fai	HPCCSS	29.83
8	Lee Ka Wing	SMCESPS	30.04

**800m**

1	Chong Ka Ming	CYT	2 : 36.42
2	Cheung Man	BHSC	2 : 43.75
3	Leung Ka Fu Kathy	YWG	2 : 44.29
4	Chu Pui Yin	PCMS	2 : 46.33
5	Vanessa Natalie Wong	HSS	2 : 46.92
6	Ng Yin Ki	PCMS	2 : 47.34
7	Chan Yuk Man	STSS	2 : 48.82
8	Cheung Lok Yin	WFN	2 : 49.13

**100m Hurdles**

1	Lui Lai Yiu	PCMS	15.07
2	Chan Yin Kwan Serena	MSS	17.06
3	Li Tsz Fai	HPCCSS	17.12
4	Wong Sze Man	STSS	17.19
5	Yung Pui Ting	TLMSHK	17.52
6	Li Hui Yu	TCGSS	17.77
7	Fung Wing Man	PCMS	18.22
8	Tanja Buchholtz	GSIS	18.38

**4x100m Relay**

1	STSS	54.44
2	GSIS	54.57
3	PCMS	54.96
4	CIS	55.57
5	HKTLC	55.68
6	LSCC	56.89
7	HPCCSS	57.07
8	MSC	57.24

**4x400m Relay**

1	YWG	4 : 42.36
2	HSS	4 : 43.33
3	SMCESPS	4 : 47.78
4	SMCC	4 : 47.79
5	WFN	4 : 49.16
6	CDGFSS	4 : 50.39
7	TLMSHK	4 : 50.70
8	PTMS	4 : 56.47

**High Jump**

1	Poon Tsz Ling Christie	HKTLC	1.46
2	Chong Mei Yan	STSS	1.46
3	Tanja Buchholtz	GSIS	1.46
=4	Tam Ching Wah	HKTLC	1.41
=4	Anthea Leung	GSIS	1.41
=4	Wong Man Yin	STSS	1.41
7	Chan Hou Yee	CYT	1.41
8	Wong Po Yan Bowie	MSS	1.41

**Long Jump**

1	Chan Yin Kwan Serena	MSS	4.52
2	Chan York See	TLMSHK	4.46
3	Poon Tsz Ling Christie	HKTLC	4.42
4	Kwong Yan Wai	TLMSHK	4.35
5	Liao Hong Hui	HSS	4.34
6	Au Tsz Yu	CDGFSS	4.28
7	Lai Jessic Wing Yan	WFN	4.23
8	Ying Kiu Gigi Lo	GSIS	4.20

**Shot Put**

1	Cheung Sau Yan	LYC	8.82
2	Yamaguchi Shukuyo	SSCS	8.21
3	Lai Ho Yan	PCMS	8.02
4	Leung Hoi Ki	LSCC	7.89
5	Tang Ching Pan Janet	SMCC	7.63
6	Kan Pik Wai	PCMS	7.62
7	Lau Pui Man	LSCC	7.58
8	Or Sin	BHSC	7.36

**Discus**

1	Kwan Dick Yan	HPCCSS	26.72
2	Ko Wing Sau	SMCESPS	25.81
3	Au Si Lon Phyllis	MSS	25.01
4	Yamaguchi Shukuyo	SSCS	23.80
5	Wo Yim Lam	YWG	23.80
6	Cheung Sau Yan	LYC	23.37
7	Yau Ka Ki	HKTLC	22.63
8	Fung Tsz Yan	CYT	22.38

**Javelin**

1	Dani Howard	TSIS	26.23
2	Lau Yuk Yan	LYC	26.15
3	Cheung Kar Woon	SMCESPS	26.12
4	Chung Ka Ping	YWG	24.18
5	Lam Miu Tung	LYC	23.64
6	Chan Ho Yu	HSS	23.42
7	Lai Ching In	HSS	22.27
8	Sie Karen	SMCESPS	22.25

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

1	Von Pflug Somphrattana Mel	SMCESPS	12.89
2	Wong Yee Lam	PCMS	13.17
3	Tsui Suet Ying	LYC	13.59
4	Tam Ka Ki	BHSC	13.71
5	Lau Kwok Yan	TLMSHK	13.77
6	Harrison Laura Anne	MSS	13.94
7	Pang Wing Sze	HSS	13.96
8	Li Hoi Tung	BHSC	14.19

**200m**

1	Larissa Stark	GSIS	28.52
2	Tam Ka Ki	BHSC	28.60
3	Tsui Suet Ying	LYC	28.91
4	Harrison Laura Anne	MSS	29.16
5	Ng Cindy Joy	MSS	29.58
6	Che Hiu Ching	TLMSHK	29.85
7	Wong Yiu Huen	HSS	29.86

**400m**

1	Chua Yan Ching	PTMS	1 : 4.15
2	Lam Man Yee	BHSC	1 : 7.98
3	Larissa Stark	GSIS	1 : 7.99
4	Keana Mccosh	TSIS	1 : 8.50
5	Wu Tsz Miu Judy	PCMS	1 : 9.14
6	Cheung Lok Sum	HSS	1 : 10.88
7	Lam Chung Pui Grace	MSC	1 : 11.62

**1500m**

1	Charlotte Valentine	CIS	5 : 34.91
2	Ku Lok Yiu	CYT	5 : 38.78
3	Sandra Park	TSIS	5 : 40.44
4	Wong Tsz Yan	PCMS	5 : 41.13
5	Kong Yan Pui	MSC	5 : 42.18
6	Lau Hiu Yee	WFN	5 : 48.49
7	Sophie Wang	CIS	5 : 50.05
8	Chung Shuk Ying	BHSC	5 : 55.05

**4x100m Relay**

1		MSS	53.74
2		PCMS	53.76
3		TLMSHK	53.87
4		BHSC	54.61
5		HPCCSS	55.52
6		HSS	55.96
7		GSIS	57.06
8		SMCESPS	58.59

**High Jump**

1	Lam Ka Yan Karen	SMCC	1.43
2	Adeline Rudolph	GSIS	1.43
3	Debbie Kwok Ting Yan	MSS	1.43
4	Cheung Gar Wai	WFN	1.43
5	Lam Siu Kwan	SMCESPS	1.38
6	Yi Ling Liu	CIS	1.38
7	Yip Yan Lam	TLMSHK	1.38
8	Chan Wing Suen	CDGFSS	1.33

**Shot Put**

1	Sit Kam Man	WFN	11.11
2	Lau Ying Tung	CYT	9.14
3	Liu Choi Tin Kerry	SMCC	9.12
4	Wong Ching Hei Christy	TLMSHK	8.88
5	Leung Kei Yi	PCMS	8.67
6	Ng Yan Yi	BHSC	8.60
7	Lai Wing Tiffany	MSS	8.37
8	Zhang Lichang	YWG	8.27

**800m**

1	Chua Yan Ching	PTMS	2 : 36.49
2	Ku Lok Yiu	CYT	2 : 40.48
3	Elaina Cayrouse	GSIS	2 : 41.68
4	Lau Hiu Yee	WFN	2 : 41.96
5	Wong Tsz Yan	PCMS	2 : 42.49
6	Lam Man Yee	BHSC	2 : 43.06
7	Chung Shuk Ying	BHSC	2 : 45.48
8	Cheung Ling Yee	SMCESPS	2 : 46.16

**100m Hurdles**

1	Wong Yee Lam	PCMS	15.62
2	Yue Oi Man	LYC	17.12
3	Kwok Cheuk Wing	PCMS	17.13
4	Yiu Hoi Lam	HSS	17.14
5	Lam Cheuk Yan Kathy	SSCS	17.22
6	Fong Kai Man	TCGSS	17.58
7	Von Pflug Somphrattana Mel	SMCESPS	17.86
8	Hilary Ng Wei Hung	MSS	18.18

**4x400m Relay**

1		GSIS	4 : 35.96
2		PCMS	4 : 40.51
3		TLMSHK	4 : 44.83
4		TSIS	4 : 47.63
5		BHSC	4 : 48.67
6		MSC	4 : 50.45
7		HPCCSS	4 : 51.55

**Long Jump**

1	Pang Wing Sze	HSS	4.79
2	Lam Hoi Ching	LYC	4.47
3	Julia De Candido	GSIS	4.47
4	Tong Man Wah	TLMSHK	4.43
5	Siu Tsz Yan	HPCCSS	4.42
6	Lam Ka Yan Karen	SMCC	4.38
7	Lam Siu Kwan	SMCESPS	4.33
8	Yip Yan Lam	TLMSHK	4.27

**Discus**

1	Wong Yan Lam	PCMS	24.56
2	Wong Ching Hei Christy	TLMSHK	23.07
3	Lai Wing Tiffany	MSS	22.61
4	Wong Sze Ying	LYC	22.53
5	Chan Ka Ying	PCMS	22.40
6	Wong Kan	BHSC	21.55
7	Chan Cheuk Saan Peon	MSS	21.34
8	Wong Yuk Ting Mildre	SMCC	21.10

### Javelin

1	Chu Cheen Natalie	MSS	24.70
2	Tung Man Ting Adela	SMCC	24.60
3	Chan Yin Tong Maggie	SMCC	23.06
4	Yeung Tsz Ying	PTMS	21.27
5	Chan Ka Ying	PCMS	20.68
6	Poon Chiu Yee	LYC	20.32
7	Wong Yan Lam	PCMS	20.06
8	Lau See Wai	YWG	19.90

### Girls C Grade

#### 100m

1	Mak Cheuk Yi	HPCCSS	13.78
2	Wan Kai Hang	SSCS	13.89
3	Poon Yuk Kei Jesicca	MSS	13.92
4	Lo Wing Fan	SMCESPS	14.09
5	Alex Hgne	TSIS	14.10
6	Wong Mei Ki	WFN	14.27
7	Lee Sin Yi	HKTLC	14.32
8	Cho Yuen Ling Natalie	MSS	14.59

#### 200m

1	Poon Yuk Kei Jesicca	MSS	29.15
2	Mak Cheuk Yi	HPCCSS	29.27
3	Wan Kai Hang	SSCS	29.30
4	Lo Wing Fan	SMCESPS	29.46
5	Li Xuehan	TLMSHK	29.71
6	Ribeiro Karen	TLMSHK	30.14
7	Lee Sin Yi	HKTLC	30.17
8	Cheng Wing Hei	SMCESPS	30.27

#### 400m

1	Johanna Henriksson	TSIS	1 : 7.29
2	Cheng Wing Hei	SMCESPS	1 : 8.31
3	Wong Tsz Wai	TLMSHK	1 : 8.32
4	Li Tsz Ching	WFN	1 : 8.50
5	Li Wing Yin Janice	PCMS	1 : 9.24
6	Au Cheuk Kiu Stephanie	MSS	1 : 10.29
7	Goh Lok Sze Hazel	MSS	1 : 10.96
8	Sofia Jamatte Knaubr	GSIS	1 : 12.31

#### 800m

1	Johanna Henriksson	TSIS	2 : 35.66
2	Alex Hgne	TSIS	2 : 41.47
3	Ngan Ka Yee	STSS	2 : 49.21
4	Wong Wing Yan	HKTLC	2 : 51.14
5	Li Tsz Ching	WFN	2 : 52.43
6	Lau Hiu Yan	WFN	2 : 52.56
7	Lau Wai Hin	SSCS	2 : 56.39
8	Ting Po Yee	HPCCSS	2 : 59.05

#### 1500m

1	Lau Hiu Yan	WFN	5 : 49.17
2	Wong Wing Yan	HKTLC	5 : 53.56
3	Isabella Steans	CIS	5 : 53.69
4	Hanah Fjelddahl	TSIS	5 : 54.97
5	Lau Wai Hin	SSCS	5 : 57.13
6	Wong Yuet Tung	WFN	6 : 1.66
7	Aliene Lung	CIS	6 : 3.55
8	Ngan Ka Yee	STSS	6 : 3.70

#### 100m Hurdles

1	Lee Hok Lam	STSS	17.78
2	Ho Isabelle Yuen Ling	HPCCSS	18.71
3	Lee Wing Lam	WFN	19.02
4	Ngai Ka Ching Sharona	HKTLC	19.35
5	Chou Man Yuet Angie	SSCS	19.53
6	Chan Abigail	HKTLC	19.78
7	Wong Sze Chai Sophia	WFN	19.83
8	Von Pflug Chanthisa D.	SMCESPS	19.94

#### 4x100m Relay

1		TLMSHK	56.48
2		MSS	56.57
3		HPCCSS	57.12
4		SMCESPS	57.15
5		WFN	57.23
6		SSCS	57.33
7		HKTLC	57.98
8		BHSC	58.03

#### 4x400m Relay

1		TSIS	4 : 46.92
2		HKTLC	4 : 49.19
3		PCMS	4 : 51.50
4		SSCS	5 : 0.14
5		GSIS	5 : 3.28
6		YWG	5 : 3.79
7		CYT	5 : 6.60

**High Jump**

1	Ma Wing Yu	YWG	1.40
2	Lee Wing Lam	WFN	1.40
3	Or Hoi Ming Heidi	SMCC	1.40
4	Fu Cherry	BHSC	1.30
5	Chan Cheuk Ling Doreen	MSS	1.30
6	Cheyenne Held	GSIS	1.30
7	Tsang Sin Yee	LYC	1.30
=8	Lo Yuen Shan	LYC	1.25
=8	Sophia Chan	TSIS	1.25

**Shot Put**

1	Tam Siu Chi	LYC	7.83
2	Yip Yuen Ying	HKTLC	7.73
3	Chen Siu Ching	YWG	7.64
4	Man Yung Yung	BHSC	7.37
5	Tse Ka Ching Iris	STSS	7.26
6	Tam Alison Pui San	SMCESPS	7.23
7	Lau Shut Yan	PCMS	7.22
8	Lau Hau Yi	CDGFSS	6.97

**Long Jump**

1	Cheung Chi Yan Christi	TLMSHK	4.49
2	Ma Wing Yu	YWG	4.45
3	Wong Cheuk Kei	HPCCSS	4.29
4	Lam Ching Wun Nicole	MSS	4.21
5	Wong Tsz Wai	TLMSHK	4.19
6	To Ying	LSCC	4.19
7	Leung Noel Hil Nam	SMCESPS	4.16
8	Lam Ho Yan	CYT	4.10

**Discus**

1	Yip Yuen Ying	HKTLC	20.14
2	Yiu Yi Ching Mercy	HKTLC	19.08
3	Tse Ka Ching Iris	STSS	18.66
4	Ellen Lau Ngai Lam	MSS	18.50
5	Chung Wing Sze	HPCCSS	18.24
6	Tse Tsz Yan	LYC	16.96
7	Isabel Tulloch	TSIS	16.91
8	Lau Shut Yan	PCMS	16.54

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



14 MSC	18	3	11	32	
15 CDGFSS	26	2		28	
15 HWC	28			28	
17 SPC	19	6		25	
18 BHJS	12	5	6	23	
19 IS	13			8	21
20 KTMC	14		3	17	
21 TSIS	14			14	
22 SWC	13			13	
23 YCKMC-2	9			9	
24 WWS	7			7	

HONG KONG SCHOOLS SPORTS FEDERATION  
Inter-school Athletics Championships 2010/2011  
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Boys C Grade Day 3

School	Day 2	200m	800m	100m	400m	100mH	4x100	4x400	Total
1 YWC	34	9	9	7	5		18	12	94
2 SMCESPS	43	5			9			18	75
3 LYC	35		3	5		6	12	6	67
4 QC	25	1	6	3	1	2	14	10	62
5 KTMC	22	6	7		8			14	57
5 SCS	41			3		7	6		57
7 CYT	15	7		9	7			8	46
8 TSIS	38.50	2	2						42.50
9 MSC	12	3				14	8		37
10 RC	15.50		4		3		10	2	34.50
11 BHJS	15	4	5	6					30
11 SJC	26							4	30
13 CMASS	24				4				28
14 HWC	24								24
15 SPC	21								21
16 CSK	12			4					16
17 IS	10		1			3			14
18 BHSS	9								9
19 CDGFSS	8								8
19 SJA	8								8
21 LHYMSS	7								7
21 SWC	3					4			7
23 YCKMC-2	3								3
24 WWS	2								2

HONG KONG SCHOOLS SPORTS FEDERATION  
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Boys Overall Day 3

School	A	B	C	Total	
1 STFA CHENG YU TUNG SECONDARY SCHOOL	CYT	62	74	46	182
2 YING WA COLLEGE	YWC	36	49.50	94	179.50

3	ST. MARGARET'S COED ENGLISH SEC & PRI SCH	SMCESPS	60	36	75	171
4	ST. STEPHEN'S COLLEGE	SSCS	58	54.50	57	169.50
5	TWGH'S LUI YUN CHOY MEMORIAL COLLEGE	LYC	42	45	67	154
5	CHAN SUI KI COLLEGE	CSK	46	92	16	154
7	QUEEN'S COLLEGE	QC	40	47	62	149
8	HKSKH BISHOP HALL SECONDARY SCHOOL	BHSS	103	34	9	146
8	KWUN TONG MARYKNOLL COLLEGE	KTMC	72	17	57	146
10	LINGNAN HANG YEE MEMORIAL SECONDARY SCHOOL	LHYMSS	56	72	7	135
11	RAIMONDI COLLEGE	RC	23	75	34.50	132.50
12	BISHOP HALL JUBILEE SCHOOL	BHJS	76	23	30	129
13	ST. JOAN OF ARC SECONDARY SCHOOL	SJA	43	77	8	128
14	CMA SECONDARY SCHOOL	CMAS	64	34	28	126
15	CCC HEEP WOH COLLEGE	HWC	65	28	24	117
16	ST. JOSEPH'S COLLEGE	SJC	18	62	30	110
17	MUNSANG COLLEGE	MSC	23	32	37	92
18	ST. PAUL'S COLLEGE	SPC	42	25	21	88
19	THE SOUTH ISLAND SCHOOL	TSIS	30	14	42.50	86.50
20	CARMEL DIVINE GRACE FOUNDATION SEC SCHOOL	CDGFSS	46	28	8	82
21	ISLAND SCHOOL	IS	40	21	14	75
22	YU CHUN KEUNG MEMORIAL COLLEGE NO. 2	YCKMC-2	30	9	3	42
23	STFA SEAWARD WOO COLLEGE	SWC	15	13	7	35
24	YCH WONG WHA SAN SECONDARY SCHOOL	WWS	8	7	2	17

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Girls A Grade		Day 3									
School	Day 2	200m	800m	100m	HJ	400m	100mH	4x100	4x400	Total	
1	PCMS	35	8	10	1	11	12			77	
2	STSS	18	9	2	13	7	5	18		72	
3	YWG	28	7	6	6				18	65	
4	HSS	31	4	5	1	6			14	61	
5	HKTLC	23		3	15			8		49	
5	LYC	48			1					49	
7	GSIS	8	3		12	9	1	14		47	
8	TLMSHK	32		4	1	4		4		45	
9	SMCESPS	27	1			4			12	44	
10	SMCC	22			2	5			10	39	
11	CIS	16	6	2	1	3		10		38	
11	MSS	28			3	7				38	
11	WFN	27	1		2				8	38	
14	CDGFSS	14	9	7					6	36	
15	HPCCSS	22	2		1	6	4			35	
16	LSCC	26						6		32	
17	CYT	18	9		3					30	
18	TSIS	23			1					24	
19	PTMS	18				2			2	22	
20	BHSC	13	7		1					21	



10 STSS	16	7	1	6	9	39	
11 PCMS	17	2			4	12	35
12 LYC	22	5	4.50				31.50
13 BHSC	16		6		2		24
14 SMCC	13	1	8				22
15 CIS	19	1	1				21
15 GSIS	7	1	4		1	8	21
15 CYT	13	2	2			4	21
18 LSCC	10	1	1				12
19 CDGFSS	8	2					10
19 MSC	10						10
21 PTMS	6	1					7
22 HSS	5	1					6
22 TCGSS	5	1					6
24 TOSS	3						3

HONG KONG SCHOOLS SPORTS FEDERATION  
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Girls Overall Day 3

School		A	B	C	Total
1 PUI CHING MIDDLE SCHOOL	PCMS	77	108	35	220
2 MARYMOUNT SECONDARY SCHOOL	MSS	38	78	70	186
3 TRUE LIGHT MIDDLE SCHOOL OF HONG KONG	TLMSHK	45	76	55	176
4 HONG KONG TRUE LIGHT COLLEGE	HKTLC	49	13	84	146
5 GERMAN SWISS INTERNATIONAL SCHOOL	GSIS	47	69	21	137
5 ST. MARGARET'S COED ENGLISH SEC & PRI SCH	SMCESPS	44	38	55	137
5 TWGHS WONG FUT NAM COLLEGE	WFN	38	32	67	137
8 THE SOUTH ISLAND SCHOOL	TSIS	24	38	72.50	134.50
9 HOI PING CHAMBER OF COMMERCE SEC SCHOOL	HPCCSS	35	37	62	134
10 TWGHS LUI YUN CHOY MEMORIAL COLLEGE	LYC	49	53	31.50	133.50
11 YING WA GIRLS' SCHOOL	YWG	65	17	46	128
12 ST. TERESA SECONDARY SCHOOL	STSS	72	13	39	124
13 BUDDHIST HUNG SEAN CHAU MEMORIAL COLLEGE	BHSC	21	69	24	114
14 HOTUNG SECONDARY SCHOOL	HSS	61	44	6	111
15 ST. MARY'S CANOSSIAN COLLEGE	SMCC	39	47	22	108
16 ST. STEPHEN'S COLLEGE	SSCS	21	25	59	105
17 CHINESE INTERNATIONAL SCHOOL	CIS	38	28	21	87
18 STFA CHENG YU TUNG SECONDARY SCHOOL	CYT	30	34	21	85
19 POOI TO MIDDLE SCHOOL	PTMS	22	37	7	66
20 LEUNG SHEK CHEE COLLEGE	LSCC	32	20	12	64
21 CARMEL DIVINE GRACE FOUNDATION SEC SCHOOL	CDGFSS	36	10	10	56
22 MUNSANG COLLEGE	MSC	13	21	10	44
23 TACK CHING GIRLS' SECONDARY SCHOOL	TCGSS	11	9	6	26
24 TAK OI SECONDARY SCHOOL	TOSS	5	7	3	15