

The Hong Kong Schools Sports Federation
HK Island & Kln Secondary Schools Competition - BOCHK Indoor Rowing Cup
Record

Updated as of 28 May 2019)

Event	*	Grade	Record	Year	Holder	School	Remarks	
500m		Boys A	01:23.7	2018-2019	Van Trooijen, Steven Joaquim Ryan	West Island School		
		Boys A	01:27.1	2015-2016	Tsoi Kin San	Diocesan Boys' School		
	*	Boys A	01:27.9	2014-2015	Lam Pak Wing	Ying Wa College	Best Performance	
		Boys B	01:26.9	2016-2017	Man Hoi Man Sherman	La Salle College		
		Boys B	01:30.1	2015-2016	Lin Chi Yuk	Diocesan Boys' School		
		Boys B	01:30.5	2015-2016	Hui Ka Kit	Po Leung Kuk Ngan Po Ling College		
		Boys B	01:30.6	2015-2016	Wong Chak Ming	Diocesan Boys' School		
	*	Boys B	01:30.7	2014-2015	Tsoi Kin San	Diocesan Boys' School	Best Performance	
		Boys C	01:31.0	2011-2012	Kwok Chi Hong	St. Louis School		
		Boys C	01:31.0	2011-2012	Yau Kwong Wa	CMA Secondary School		
		Boys C	01:34.3	2009-2010	Hung Hiu Fung	STFA Seaward Woo College		
		Girls A	01:38.2	2015-2016	Yau Wing Sze	SKH St. Benedict's School		
		Girls A	01:39.9	2015-2016	Cheung Yuet Ting	YCH Law Chan Chor Si College		
	*	Girls A	01:42.3	2014-2015	Foo Hoi Yi Heidi	YCH Law Chan Chor Si College	Best Performance	
		Girls B	01:39.5	2016-2017	Mak Cheuk Ying	TWGHs Wong Fut Nam College		
		Girls B	01:41.7	2015-2016	Mak Cheuk Ying	TWGHs Wong Fut Nam College		
	*	Girls B	01:42.8	2014-2015	Cheung Yuet Ting	YCH Law Chan Chor Si College	Best Performance	
		Girls C	01:44.4	2018-2019	Cheng Lok Yiu	The Methodist Church Hong Kong Wesley College		
		Girls C	01:44.9	2016-2017	Koo Hoi Ying	Heep Yunn School		
		Girls C	01:46.2	2015-2016	Tsai Ching Yi	HKTA The Yuen Yuen Institute No.3 Secondary School		
		Girls C	01:46.3	2014-2015	Mak Cheuk Ying	TWGHs Wong Fut Nam College		
		Girls C	01:46.3	2014-2015	Chen Tsz Ching	POH 80th Anniversary Tang Ying Hei College		
		Girls C	01:47.9	2011-2012	Foo Hoi Yi Heidi	YCH Law Chan Chor Si College		
		Girls C	01:49.4	2010-2011	Wong Kwan Nga	Good Hope School		
		Girls C	01:55.3	2009-2010	Leung Hoi Yin	Diocesan Girls' School		
	1000m		Boys A	03:06.2	2016-2017	Chan Tsz Kit	Diocesan Boys' School	
			Boys A	03:07.9	2015-2016	Chan Chi Fung	Yu Chun Keung Memorial College	
		Boys A	03:09.3	2014-2015	Lau Pui Yuen	Yu Chun Keung Memorial College		
		Boys A	03:11.4	2011-2012	Lai Hin Chun	MKMCF Ma Chan Duen Hey Memorial College		
		Boys A	03:12.7	2008-2009	Wong Kai Wai	St. Joseph's College		
		Boys B	03:11.4	2014-2015	Lai Chun Hin	HKTA The Yuen Yuen Institute No.3 Secondary School		
		Boys B	03:12.0	2011-2012	Wong Chun Yiu	La Salle College		
		Boys B	03:18.3	2010-2011	Wong Chun Yiu	La Salle College		
		Boys B	03:20.2	2009-2010	Yee Hon Fai Andy	La Salle College		
		Boys C	03:20.3	2012-2013	Ng Hon Lam	La Salle College		
		Boys C	03:24.2	2011-2012	Chan Chi Fung	Yu Chun Keung Memorial College		
		Boys C	03:26.4	2010-2011	Kwok Chi Hong	St. Louis School		
		Boys C	03:31.4	2009-2010	Law Sik Wang	Bishop Hall Jubilee School		
		Girls A	03:31.4	2011-2012	Fung Tsz Wan	MKMCF Ma Chan Duen Hey Memorial College		
		Girls A	03:47.5	2010-2011	Fung Tsz Wan	MKMCF Ma Chan Duen Hey Memorial College		
		Girls A	03:56.8	2009-2010	Fung Tsz Wan	MKMCF Ma Chan Duen Hey Memorial College		
		Girls B	03:38.2	2018-2019	Do Mei Yuk	CMA Secondary School		
		Girls B	03:40.0	2013-2014	Lee Mei Po	CCC Rotary Secondary School		
		Girls B	03:43.7	2012-2013	Lau Sze Wing	Diocesan Girls' School		
		Girls B	03:51.7	2011-2012	Leung Hoi Yin	Diocesan Girls' School		
		Girls B	03:55.0	2009-2010	Florence Ho	Good Hope School		
		Girls C	03:44.2	2016-2017	Do Mei Yuk	CMA Secondary School		
		Girls C	03:48.7	2011-2012	Lau Sze Wing	Diocesan Girls' School		
		Girls C	04:01.7	2008-2009	Ng Wai Yiu	Workers' Children Secondary School		

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Event	*	Grade	Record	Year	Holder	School	Remarks
2000m		Boys A	06:25.3	2014-2015	Chan Chi Fung	Yu Chun Keung Memorial College	
		Boys A	06:35.9	2011-2012	Yeung Ka Wai	CMA Secondary School	
		Boys A	06:44.0	2010-2011	Yeung Ka Wai	CMA Secondary School	
		Boys A	07:01.6	2008-2009	Yu Chi Yeung	Hoi Ping Chamber of Commerce Secondary School	
		Boys B	06:36.3	2013-2014	Lam Pak Wing	Ying Wa College	
		Boys B	06:44.7	2012-2013	Fong Shiu Ming	Yu Chun Keung Memorial College	
		Boys B	06:55.8	2011-2012	Fong Shiu Ming	Yu Chun Keung Memorial College	
		Boys B	07:02.5	2010-2011	Leung Chun Kit	Yu Chun Keung Memorial College	
		Boys B	07:09.8	2009-2010	Tang Tsz Hau	Rhenish Church Pang Hok Ko Memorial College	
		Girls A	07:34.3	2018-2019	Chu Ying Lam	Hotung Secondary School	
		Girls A	07:39.8	2015-2016	Katie Helen De Vos	West Island School	
		Girls A	07:47.1	2013-2014	Au Hiu Pui	Diocesan Girls' School	
		Girls A	07:48.8	2012-2013	Wong Yee Ching	Diocesan Girls' School	
		Girls A	07:50.7	2011-2012	Leung Ya Yuan Rachel	Diocesan Girls' School	
		Girls A	07:52.6	2010-2011	Hui Wing Ki Winky	St. Mary's Canossian College	
		Girls A	08:29.5	2009-2010	Constance Woo	Good Hope School	
		Girls B	07:25.5	2016-2017	Tsai Ching Yi	HKTA The Yuen Yuen Institute No.3 Secondary School	
		Girls B	07:44.6	2015-2016	Tsang Jin Nuo	Heep Yunn School	
		Girls B	07:44.7	2014-2015	Lee Mei Po	CCC Rotary Secondary School	
		Girls B	07:51.9	2010-2011	Leung Ya Yuan Rachel	Diocesan Girls' School	
	Girls B	07:56.6	2009-2010	Hui Wing Ki	St. Mary's Canossian College		
4x500m Relay		Boys A	05:55.6	2014-2015	---	Yu Chun Keung Memorial College	
		Boys A	05:55.8	2011-2012	---	CMA Secondary School	
		Boys A	06:04.6	2010-2011	---	Yu Chun Keung Memorial College	
		Boys A	06:14.0	2009-2010	---	Yu Chun Keung Memorial College	
		Boys B	06:03.5	2015-2016	---	Diocesan Boys' School	
		Boys B	06:05.9	2012-2013	---	Yu Chun Keung Memorial College	
		Boys B	06:08.5	2011-2012	---	Yu Chun Keung Memorial College	
		Boys B	06:19.2	2009-2010	---	Yu Chun Keung Memorial College	
		Boys C	06:24.4	2018-2019	---	Diocesan Boys' School	
		Boys C	06:28.2	2012-2013	---	La Salle College	
		Boys C	06:32.0	2010-2011	---	Yu Chun Keung Memorial College	
		Boys C	06:48.6	2009-2010	---	Yu Chun Keung Memorial College	
		Girls A	07:00.3	2012-2013	---	Diocesan Girls' School	
		Girls A	07:07.3	2011-2012	---	Diocesan Girls' School	
		Girls A	07:11.4	2010-2011	---	Good Hope School	
		Girls A	08:05.5	2008-2009	---	St. Stephen's College	
		Girls B	07:08.5	2013-2014	---	Diocesan Girls' School	
		Girls B	07:14.5	2012-2013	---	Diocesan Girls' School	
		Girls B	07:25.2	2010-2011	---	Diocesan Girls' School	
		Girls B	07:35.8	2009-2010	---	Diocesan Girls' School	
	Girls C	07:21.8	2016-2017	---	Heep Yunn School		
	Girls C	07:25.2	2014-2015	---	Good Hope School		
	Girls C	07:36.0	2013-2014	---	Diocesan Girls' School		
	Girls C	07:38.2	2011-2012	---	Diocesan Girls' School		
	Girls C	07:43.5	2010-2011	---	SKH St. Mary's Church Mok Hing Yiu College		
	Girls C	08:04.9	2009-2010	---	St. Stephen's College		

*** Remarks:**

(1) 500m Event for Boys A, B and Girls A, B Grade were introduced in 2014-2015 season