

### 2019-2020 External Sports

Eng. Name	Chi. Name	Class	Event Name	Organizer	Post
Tang Wai Hei (Chelsia)	鄧蕙希	1A	Kwun Tong District Age Group Swimming Competition -100m backstroke	Leisure & Cultural Services Department	2nd
Tang Wai Hei (Chelsia)	鄧蕙希	1A	Kwun Tong District Age Group Swimming Competition -100m breaststroke	Leisure & Cultural Services Department	3rd
Tsui Ming Yiu (Yoyo)	徐銘遙	1A	AASF 10th Asian Age Group Championships 2019, Bengaluru - Solo Group C Event	Swimming Federation of India	Silver
Tsui Ming Yiu (Yoyo)	徐銘遙	1A	AASF 10th Asian Age Group Championships 2019, Bengaluru - Duet Group C Event	Swimming Federation of India	Silver (Group)
Tsui Ming Yiu (Yoyo)	徐銘遙	1A	AASF 10th Asian Age Group Championships 2019, Bengaluru - Team Group C Event	Swimming Federation of India	Silver (Group)
Lo Hiu Lam Sara	勞曉琳	2D	Central & Western District Age Group Swimming Competition 2019 women's 100m backstroke - Youth Group age 13-14 (G)	Leisure and Cultural Services Department	Champion
Lo Hiu Lam Sara	勞曉琳	2D	Central and Western District Age Group Swimming Competition 2019 women's 200m Individual Medley - Youth Group age 13-17 (FG)	Leisure and Cultural Services Department	Champion
Lo Hiu Lam Sara	勞曉琳	2D	Central and Western District Age Group Swimming Competition 2019 women's 200m Backstroke- Youth Group age 13-17 (FG)	Leisure and Cultural Services Department	Champion
Lo Hiu Lam Sara	勞曉琳	2D	HKCASA Long Course Swimming Championship - 100m Backstroke (Girls group B)	Hong Kong Chinese Amateur Swimming Association	1st
Lo Hiu Lam Sara	勞曉琳	2D	Kowloon City District Age Group Swimming Competition 2019 women's 100m Backstroke - Youth group age 13-14	Leisure & Cultural Services Department	1st
Lo Hiu Lam Sara	勞曉琳	2D	Kowloon City District Age Group Swimming Competition 2019 women's 200m Butterfly - Youth group age 13-17	Leisure & Cultural Services Department	2nd
Lo Hiu Lam Sara	勞曉琳	2D	Kowloon City District Age Group Swimming Competition 2019 women's 200m Backstroke - Youth group age 13-17	Leisure & Cultural Services Department	2nd
Lo Hiu Lam Sara	勞曉琳	2D	North District Age Group Swimming Competition 2019 women's 100m backstroke - Youth Group age 13-14 (G)	Leisure and Cultural Services Department	Champion

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Lo Hiu Lam Sara	勞曉琳	2D	North District Age Group Swimming Competition 2019 women's 200m backstroke - Youth Group age 13-17 (FG)	Leisure and Cultural Services Department	Champion
Lo Hiu Lam Sara	勞曉琳	2D	North District Age Group Swimming Competition 2019 women's 200m butterfly - Youth Group age 13-17 (FG)	Leisure and Cultural Services Department	Champion
Lo Hiu Lam Sara	勞曉琳	2D	Shamshuipo District Age Group Swimming Competition 2019 women's 200m Backstroke - Youth group age 13-17	Leisure & Cultural Services Department	1st (New Record)
Lo Hiu Lam Sara	勞曉琳	2D	Shamshuipo District Age Group Swimming Competition 2019 women's 50m Backstroke - Youth group age 13-14	Leisure & Cultural Services Department	1st
Lo Hiu Lam Sara	勞曉琳	2D	Shamshuipo District Age Group Swimming Competition 2019 women's 100m Backstroke - Youth group age 13-14	Leisure & Cultural Services Department	1st
Lo Hiu Lam Sara	勞曉琳	2D	Shamshuipo District Age Group Swimming Competition 2019 women's 4x50m Freestyle Relay Youth Group age 13-17 (FG)	Leisure & Cultural Services Department	2nd (Group)
Lo Hiu Lam Sara	勞曉琳	2D	Southern District Age Group Swimming Competition 2019 women's 200m Backstroke - Youth group age 13-17	Leisure & Cultural Services Department	1st
Lo Hiu Lam Sara	勞曉琳	2D	Southern District Age Group Swimming Competition 2019 women's 200m Butterfly - Youth group age 13-17	Leisure & Cultural Services Department	1st
Lo Hiu Lam Sara	勞曉琳	2D	Southern District Age Group Swimming Competition 2019 women's 200m Individual Medley - Youth group age 13-17	Leisure & Cultural Services Department	1st
Lo Hiu Lam Sara	勞曉琳	2D	Taipo District Age Group Swimming Competition 2019 women's 100m Backstroke - Youth group age 13-14	Leisure & Cultural Services Department	1st
Lo Hiu Lam Sara	勞曉琳	2D	Tuen Mun District Age Group Swimming Competition 2019 women's 200m Backstroke - Youth group age 13-17	Leisure & Cultural Services Department	1st
Lo Hiu Lam Sara	勞曉琳	2D	Tuen Mun District Age Group Swimming Competition 2019 women's 200m Individual Medley - Youth group age 13-17	Leisure & Cultural Services Department	1st
Lo Hiu Lam Sara	勞曉琳	2D	Tuen Mun District Age Group Swimming Competition 2019 women's 200m Butterfly - Youth group age 13-17	Leisure & Cultural Services Department	2nd

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Lo Hiu Lam Sara	勞曉琳	2D	YMCA Swimming Gala 2019 (Girls age 12-13 ) - 25m Butterfly	Young Men's Christian Association	2nd
Lo Hiu Lam Sara	勞曉琳	2D	YMCA Swimming Gala 2019 (Girls age 12-13 ) - 100m Individual Medley	Young Men's Christian Association	2nd
Lo Hiu Lam Sara	勞曉琳	2D	50m Backstroke - Girls age 13 or above	Hoi Tin Athletic Association Swimming Competition	3rd
Tang Wai Ching (Charis)	鄧蕙晴	3B	Wong Tai Sin District Age Group Swimming Competition 2019-100m backstroke	Leisure & Cultural Services Department	3rd
Cheung Margaret	張楠深	3C	HKCASA Short Course Swimming Championship 2019-20 (100m Backstroke)	Hong Kong Chinese Amateur Swimming Association	2nd
Cheung Margaret	張楠深	3C	HKCASA Short Course Swimming Championship 2019-20 (50m Backstroke)	Hong Kong Chinese Amateur Swimming Association	2nd
Cheung Margaret	張楠深	3C	HKCASA Short Course Swimming Championship 2019-20 (100m Individual Medley)	Hong Kong Chinese Amateur Swimming Association	3rd
Cheung Margaret	張楠深	3C	HKCASA Short Course Swimming Championship 2019-20 (4x50m Medley Relay)	Hong Kong Chinese Amateur Swimming Association	1st (Group)
Cheung Margaret	張楠深	3C	HKCASA Short Course Swimming Championship 2019-20 (4x50m Freestyle Relay)	Hong Kong Chinese Amateur Swimming Association	1st (Group)
Lee Chi Yin, Gianna	李姿賢	3D	Hong Kong Artistic Swimming Free Duet Age 13-15	Hong Kong Amateur Swimming Association	Champion
Lee Chi Yin, Gianna	李姿賢	3D	Hong Kong Artistic Swimming Free Solo Age 13-15	Hong Kong Amateur Swimming Association	3rd Runner up
Lee Chi Yin, Gianna	李姿賢	3D	Panasonic Pan Asia Artistic Swimming Championships CUM 15th Hong Kong Artistic Swimming Open Competition 2019 Duet Free-International Age 13-15	Hong Kong Amateur Swimming Association	Champion (Group)
Lee Chi Yin, Gianna	李姿賢	3D	Panasonic Pan Asia Artistic Swimming Championships CUM 15th Hong Kong Artistic Swimming Open Competition 2019 Duet Free-Local Age 13-15	Hong Kong Amateur Swimming Association	Champion (Group)
Lee Chi Yin, Gianna	李姿賢	3D	Panasonic Pan Asia Artistic Swimming Championships CUM 15th Hong Kong Artistic Swimming Open Competition 2019 Solo Free-Local Age 13-15	Hong Kong Amateur Swimming Association	Champion (Group)

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Lee Chi Yin, Gianna	李姿賢	3D	Panasonic Pan Asia Artistic Swimming Championships CUM 15th Hong Kong Artistic Swimming Open Competition 2019 Team Free-Local Age 13-15	Hong Kong Amateur Swimming Association	Champion (Group)
Lee Chi Yin, Gianna	李姿賢	3D	Panasonic Pan Asia Artistic Swimming Championships CUM 15th Hong Kong Artistic Swimming Open Competition 2019 Figure-Local Age 13-15	Hong Kong Amateur Swimming Association	3rd Runner up(Group)
Lee Chi Yin, Gianna	李姿賢	3D	10th AASF Asian Age Group Championships 2019 Artistic Swimming-Duet Free Group B Age 13-15	Asia Swimming Federation	5th Runner Up (Group)
Lee Chi Yin (Gianna)	李姿賢	3D	11th Asia Pacific Open & Age Group Artistic Swimming Championships 2019 Team Group B	Negeri Sembilan Amateur Swimming Association	Champion (Group)
Lee Chi Yin (Gianna)	李姿賢	3D	11th Asia Pacific Open & Age Group Artistic Swimming Championships 2019 Duet Group B	Negeri Sembilan Amateur Swimming Association	1st Runner Up (Group)
Lee Chi Yin, Gianna	李姿賢	3D	體校乙組雙人自由自選	中華人民共和國第二屆青年運動會	5th Runner up (Group)
Lee Chi Yin, Gianna	李姿賢	3D	體校乙組集體自由自選	中華人民共和國第二屆青年運動會	5th Runner up (Group)
Man Wai Yan (Annabel)	文蔚愨	4C	All China Youth U16 Athletics Championships (HK Athletic Team) -400M	Chinese Athletics Association	8th
Man Wai Yan (Annabel)	文蔚愨	4C	All China Youth U16 Athletics Championships (HK Athletic Team) -200M	Chinese Athletics Association	13th
Man Wai Yan (Annabel)	文蔚愨	4C	ASICS Hong Kong Junior Age Group Athletic Championships 2019-400M	Hong Kong Amataur Athletic Association	Champion
Man Wai Yan (Annabel)	文蔚愨	4C	Islands Districit Athletic Competition 2019-Long Jump	Leisure & Cultural Services Department	Champion
Man Wai Yan (Annabel)	文蔚愨	4C	Islands Districit Athletic Competition 2019-High Jump	Leisure & Cultural Services Department	Champion
Man Wai Yan (Annabel)	文蔚愨	4C	Islands Districit Athletic Competition 2019-400M	Leisure & Cultural Services Department	Champion (New Record)
Man Wai Yan (Annabel)	文蔚愨	4C	Kowloon City Districit Athletic Competition 2019-High Jump	Leisure & Cultural Services Department	Champion
Man Wai Yan (Annabel)	文蔚愨	4C	Kowloon City Districit Athletic Competition 2019-Long Jump	Leisure & Cultural Services Department	Champion
Man Wai Yan (Annabel)	文蔚愨	4C	Kowloon City Districit Athletic Competition 2019-400M	Leisure & Cultural Services Department	Champion (New Record)
Man Wai Yan (Annabel)	文蔚愨	4C	Pacers New Year Track and Field League 2020 - Long Jump	Pacers Athletics Club	Champion

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Man Wai Yan (Annabel)	文蔚慇	4C	Pacers New Year Track and Field League 2020 - 200M	Pacers Athletics Club	Champion
Man Wai Yan (Annabel)	文蔚慇	4C	Pacers New Year Track and Field League 2020 - 400M	Pacers Athletics Club	Champion (New Record)
Man Wai Yan (Annabel)	文蔚慇	4C	Pacers New Year Track and Field League 2020	Pacers Athletics Club	Individual Champion
Man Wai Yan (Annabel)	文蔚慇	4C	The 26th Citizen Junior Athletics Championships 2019 (Junior) - 400M	The Citizen Athletic Association	Champion (New Record)
Man Wai Yan (Annabel)	文蔚慇	4C	The 26th Citizen Junior Athletics Championships 2019 (Junior) - Long Jump	The Citizen Athletic Association	3rd runner up
Man Wai Yan (Annabel)	文蔚慇	4C	Tuen Mun District Athletic Competition 2019-400M	Leisure & Cultural Services Department	Champion (New Record)
Man Wai Yan (Annabel)	文蔚慇	4C	2019粵港澳大灣區青少年田徑邀請賽 (香港田徑隊代表) - 400M (女子 U16)	中國田徑協會	Champion
Janice Wong Wan Tim	黃韻恬	4D	2019 Singapore Cadets Challenge	Singapore fencing association	Women's Epee, Individual event, champion
Wong Suet Ching (Cheryl)	黃雪晴	5B	Sai Kung District Swimming Competition Girls Age Group 15-17 200m Individual Medly	Leisure & Cultural Services Department	Champion (New Record)
Wong Suet Ching (Cheryl)	黃雪晴	5B	Sai Kung District Swimming Competition Girls Age Group 15-17 50m Breastroke	Leisure & Cultural Services Department	Champion (New Record)
Wong Suet Ching (Cheryl)	黃雪晴	5B	Sai Kung District Swimming Competition Girls Age Group 15-17 100m Breastroke	Leisure & Cultural Services Department	Champion (New Record)
Wong Suet Ching (Cheryl)	黃雪晴	5B	The 34th NT District Swimming Competition Girls Goup H 4*50m Freestyle Relay	Leisure & Cultural Services Department	Champion
Wong Suet Ching (Cheryl)	黃雪晴	5B	The 34th NT District Swimming Competition Girls Goup H 4*50m Medley Relay	Leisure & Cultural Services Department	Champion
Wong Suet Ching (Cheryl)	黃雪晴	5B	The 34th NT District Swimming Competition Girls Goup H 200m Individual Medley	Leisure & Cultural Services Department	First-runner up
Wong Suet Ching (Cheryl)	黃雪晴	5B	The 34th NT District Swimming Competition Girls Goup H 100m Butterfly	Leisure & Cultural Services Department	First-runner up
Wong Suet Ching (Cheryl)	黃雪晴	5B	The 44th Open Water Championship Girls Student Competition Category 800m	HKSL	Champion
Wong Suet Ching (Cheryl)	黃雪晴	5B	2019 Anniversary (Short Course) Swimming Championship 50m Freestyle	Hong Kong Chinese Amateur Swimming Association	Champion
Wong Suet Ching (Cheryl)	黃雪晴	5B	2019 Anniversary (Short Course) Swimming Championship 50m Breastroke	Hong Kong Chinese Amateur Swimming Association	Champion

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Wong Suet Ching (Cheryl)	黃雪晴	5B	2019 Anniversary (Short Course) Swimming Championship 100m Individual Medley	Hong Kong Chinese Amateur Swimming Association	Champion
Wong Suet Ching (Cheryl)	黃雪晴	5B	2019 Anniversary (Short Course) Swimming Championship 50m Butterfly	Hong Kong Chinese Amateur Swimming Association	First-runner up
Wong Suet Ching (Cheryl)	黃雪晴	5B	2019 Anniversary (Short Course) Swimming Championship 4*50m Medley Relay	Hong Kong Chinese Amateur Swimming Association	First-runner up
Wong Suet Ching (Cheryl)	黃雪晴	5B	2019 Anniversary (Short Course) Swimming Championship-Individual All-Round Award	Hong Kong Chinese Amateur Swimming Association	
Wong Suet Ching (Cheryl)	黃雪晴	5B	2019-20 Div.I Age Group Long Course Swimming Competition Girls Age Group 15-17 200m Individual Medley	Hong Kong Amateur Swimming Association	Champion
Wong Suet Ching (Cheryl)	黃雪晴	5B	2019-20 Div.I Age Group Long Course Swimming Competition Girls Age Group 15-17 100m Breaststroke	Hong Kong Amateur Swimming Association	Champion
Wong Suet Ching (Cheryl)	黃雪晴	5B	2019-20 Div.I Age Group Short Course Swimming Competition Girls Age Group 15-17 200m Individual Medley	Hong Kong Amateur Swimming Association	First-runner up
Wong Suet Ching (Cheryl)	黃雪晴	5B	2019-20 Div.I Age Group Short Course Swimming Competition Girls Age Group 15-17 400m Individual Medley	Hong Kong Amateur Swimming Association	First-runner up
Wong Suet Ching (Cheryl)	黃雪晴	5B	2019-20 Div.I Age Group Long Course Swimming Competition Girls Age Group 15-17 200m Freestyle	Hong Kong Amateur Swimming Association	Second-runner up
Wong Suet Ching (Cheryl)	黃雪晴	5B	58th Hong Kong - Macau Interport Swimming Competition Girls Open Grade 4*50m Medley Relay	Hong Kong Amateur Swimming Association	First-runner up
Wong Suet Ching (Cheryl)	黃雪晴	5B	58th Hong Kong - Macau Interport Swimming Competition Girls Open Grade 200m Freestyle	Hong Kong Amateur Swimming Association	Second-runner up
Wong Suet Ching (Cheryl)	黃雪晴	5B	58th Hong Kong - Macau Interport Swimming Competition Girls Open Grade 50m Butterfly	Hong Kong Amateur Swimming Association	Second-runner up
Yip Hoi Ching(Catherine)	葉海晴	5C	Islands District Age Group Swimming Competition (Group F) Women's 50m Freestyle	Leisure & Cultural Services Department	1st
Yip Hoi Ching(Catherine)	葉海晴	5C	Islands District Age Group Swimming Competition (Group F) Women's 50m Breaststroke	Leisure & Cultural Services Department	1st
Yip Hoi Ching(Catherine)	葉海晴	5C	Islands District Age Group Swimming Competition (Group F) Women's 50m Backstroke	Leisure & Cultural Services Department	2nd

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Yip Hoi Ching(Catherine)	葉海晴	5C	Shatin District Age Group Swimming Competition (Group F) Women's 50m Freestyle	Leisure & Cultural Services Department	3rd
Yip Hoi Ching(Catherine)	葉海晴	5C	Shatin District Age Group Swimming Competition (Group F) Women's 50m Breaststroke	Leisure & Cultural Services Department	3rd
Yip Hoi Ching(Catherine)	葉海晴	5C	Shatin District Age Group Swimming Competition (Group F) Women's 100m Breaststroke	Leisure & Cultural Services Department	3rd
Yip Hoi Ching(Catherine)	葉海晴	5C	Tai Po District Age Group Swimming Competition (Group F) Women's 50m Freestyle	Leisure & Cultural Services Department	1st
Yip Hoi Ching(Catherine)	葉海晴	5C	Tai Po District Age Group Swimming Competition (Group F) Women's 50m Breaststroke	Leisure & Cultural Services Department	1st
Yip Hoi Ching(Catherine)	葉海晴	5C	Tai Po District Age Group Swimming Competition (Group F) Women's 50m Backstroke	Leisure & Cultural Services Department	2nd
Yip Hoi Ching(Catherine)	葉海晴	5C	Yau Tsim Mong Age Group Swimming Competition (Group F) Women's 50m Backstroke	Leisure & Cultural Services Department	1st
Yip Hoi Ching(Catherine)	葉海晴	5C	Yau Tsim Mong Age Group Swimming Competition (Group F) Women's 50m Breaststroke	Leisure & Cultural Services Department	2nd
Mak Pui Yu Cherry	麥珮榆	5D	Kwai Tsing District Age Group Table Tennis Competition	LCSD	3rd
Mak Pui Yu Cherry	麥珮榆	5D	Shatin District Age Group Table Tennis Competition	LCSD	3rd
AU Yat Sin Candice	區逸蒨	5E	Kowloon City District Age Group Competition 2019 – Breaststroke 100M	Leisure & Cultural Services Department	Champion
AU Yat Sin Candice	區逸蒨	5E	Kowloon City District Age Group Competition 2019 – Backstroke 100M	Leisure & Cultural Services Department	1st Runner up
AU Yat Sin Candice	區逸蒨	5E	Kowloon City District Age Group Competition 2019– Butterfly 100M	Leisure & Cultural Services Department	2nd Runner up
Agnes Mak	麥安穎	5E	周年(短池)游泳團體錦標賽2019:女甲100米自由泳	香港中華業餘游泳聯會	1st
Agnes Mak	麥安穎	5E	周年(短池)游泳團體錦標賽2019:女甲50米背泳	香港中華業餘游泳聯會	2nd
Agnes Mak	麥安穎	5E	周年(短池)游泳團體錦標賽2019:女甲100米背泳	香港中華業餘游泳聯會	2nd



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Agnes Mak	麥安穎	5E	周年(短池)游泳團體錦標賽2019:女甲 4X50米四式接力	香港中華業餘游泳聯會	1st
Agnes Mak	麥安穎	5E	周年(長池)游泳團體錦標賽2019:女甲 200米背泳	香港中華業餘游泳聯會	1st
Agnes Mak	麥安穎	5E	周年(長池)游泳團體錦標賽2019:女甲 50米背泳	香港中華業餘游泳聯會	2nd
Agnes Mak	麥安穎	5E	周年(長池)游泳團體錦標賽2019:女甲 4x100米四式接力	香港中華業餘游泳聯會	1st
Agnes Mak	麥安穎	5E	觀塘區分齡游泳比賽2019:200m breastroke	LCSD	2nd
Agnes Mak	麥安穎	5E	觀塘區分齡游泳比賽2019:200m individual medley	LCSD	1st
Agnes Mak	麥安穎	5E	觀塘區分齡游泳比賽2019:200m backstroke	LCSD	1st
Lam Yan Yee Natasha	林欣頤	2E	Kowloon City District Age Group Athletics Competition 2019 (Group E) - 100m	Leisure & Cultural Services Department	Champion
Or Wing Lam Melinda	柯穎霖	4D	Kowloon City District Age Group Athletics Competition 2019 (Group D) - 100m	Leisure & Cultural Services Department	Champion
Sin Tsoi Ying Martha	洗采瑩	4B	Kowloon City District Age Group Athletics Competition 2019 (Group D) - 100m	Leisure & Cultural Services Department	2nd runner-up
Lam Yan Yee Natasha	林欣頤	2E	Kowloon City District Age Group Athletics Competition 2019 (Group E) - 200m	Leisure & Cultural Services Department	Champion (New Record)
Or Wing Lam Melinda	柯穎霖	4D	Kowloon City District Age Group Athletics Competition 2019 (Group D) - 200m	Leisure & Cultural Services Department	Champion (New Record)
Yiu Hoi Ki Alyssia	姚鎧淇	3B	Kowloon City District Age Group Athletics Competition 2019 (Group D) - 200m	Leisure & Cultural Services Department	1st runner-up
Man Wai Yan (Annabel)	文蔚愨	4C	Kowloon City District Age Group Athletics Competition 2019 (Group D) - 400m	Leisure & Cultural Services Department	Champion (New Record)
Cheung Ka Ming (Kalina)	張家明	5A	Kowloon City District Age Group Athletics Competition 2019 (Open) - 800m	Leisure & Cultural Services Department	1st runner-up
Wong Ching Kwan Janice	黃靖鈞	5D	Kowloon City District Age Group Athletics Competition 2019 (Open) - 800m	Leisure & Cultural Services Department	2nd runner-up
Chu Hok Yan (Hoiley)	朱學欣	4B	Kowloon City District Age Group Athletics Competition 2019 (Open) - 800m	Leisure & Cultural Services Department	3rd runner-up
Cheung Ka Ming (Kalina)	張家明	5A	Kowloon City District Age Group Athletics Competition 2019 (Open) - 1500m	Leisure & Cultural Services Department	Champion
Ho Wai Kiu Carrie	何惠蓳	6C	Kowloon City District Age Group Athletics Competition 2019 (Group C) - High Jump	Leisure & Cultural Services Department	Champion



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Man Wai Yan (Annabel)	文蔚翹	4C	Kowloon City District Age Group Athletics Competition 2019 (Group D) - High Jump	Leisure & Cultural Services Department	Champion
Yau Yue Fung (Yvonne)	邱御風	4C	Kowloon City District Age Group Athletics Competition 2019 (Group D) - High Jump	Leisure & Cultural Services Department	1st runner-up
Tse Yu Sum Maisie	謝宇琛	2A	Kowloon City District Age Group Athletics Competition 2019 (Group D) - High Jump	Leisure & Cultural Services Department	3rd runner-up
Man Wai Yan (Annabel)	文蔚翹	4C	Kowloon City District Age Group Athletics Competition 2019 (Group D) - Long Jump	Leisure & Cultural Services Department	Champion
Chan Ka Wai (Karry)	陳嘉慧	6D	Kowloon City District Age Group Athletics Competition 2019 (Group C) - Long Jump	Leisure & Cultural Services Department	Champion
Ng Yuk Yue Cythia	吳育瑜	5D	Kowloon City District Age Group Athletics Competition 2019 (Group C) - Long Jump	Leisure & Cultural Services Department	1st runner-up
Sin Tsoi Ying Martha	洗采瑩	4B	Kowloon City District Age Group Athletics Competition 2019 (Group D) - Long Jump	Leisure & Cultural Services Department	3rd runner-up
Leung Tsz Ki Evelyn	梁芷淇	3A	Kowloon City District Age Group Athletics Competition 2019 (Group D) - 4x100m Relay	Leisure & Cultural Services Department	Champion (Group)
Wan Nok Yi Elle	溫諾怡	3B	Kowloon City District Age Group Athletics Competition 2019 (Group D) - 4x100m Relay	Leisure & Cultural Services Department	Champion (Group)
Yiu Hoi Ki Alyssia	姚鎧淇	3B	Kowloon City District Age Group Athletics Competition 2019 (Group D) - 4x100m Relay	Leisure & Cultural Services Department	Champion (Group)
Yeung Yee Fei Venus	楊綺霏	3C	Kowloon City District Age Group Athletics Competition 2019 (Group D) - 4x100m Relay	Leisure & Cultural Services Department	Champion (Group)
Or Wing Lam Melinda	柯穎霖	4D	Kowloon City District Age Group Athletics Competition 2019 (Group D) - 4x100m Relay	Leisure & Cultural Services Department	1st runner-up (Group)
Sin Tsoi Ying Martha	洗采瑩	4B	Kowloon City District Age Group Athletics Competition 2019 (Group D) - 4x100m Relay	Leisure & Cultural Services Department	1st runner-up (Group)
Cheong Hei Lam Valerie	莊焯琳	3E	Kowloon City District Age Group Athletics Competition 2019 (Group D) - 4x100m Relay	Leisure & Cultural Services Department	1st runner-up (Group)
Wong Po Yin Bonnie	黃寶賢	2C	Kowloon City District Age Group Athletics Competition 2019 (Group D) - 4x100m Relay	Leisure & Cultural Services Department	1st runner-up (Group)
Mai Lee Yiu (Yuki)	麥吏堯	2A	Kowloon City District Age Group Athletics Competition 2019 (Group D) - 4x100m Relay	Leisure & Cultural Services Department	2nd runner-up (Group)
Chan Chi Lam (Zinna)	陳姿霖	2B	Kowloon City District Age Group Athletics Competition 2019 (Group D) - 4x100m Relay	Leisure & Cultural Services Department	2nd runner-up (Group)
Lin Sze Wun	林詩媛	2D	Kowloon City District Age Group Athletics Competition 2019 (Group D) - 4x100m Relay	Leisure & Cultural Services Department	2nd runner-up (Group)
Lo Cheuk Wing (Colby)	盧芍穎	2E	Kowloon City District Age Group Athletics Competition 2019 (Group D) - 4x100m Relay	Leisure & Cultural Services Department	2nd runner-up (Group)

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Cheung Ka Ming (Kalina)	張家明	5A	Kung Tong District Age Group Athletics Competition 2019 (Open) - 800m	Leisure & Cultural Services Department	1st Runner-up
Cheung Ka Ming (Kalina)	張家明	5A	Kung Tong District Age Group Athletics Competition 2019 (Open) - 4x400m Relay	Leisure & Cultural Services Department	Champion (Group)
Wong Ching Kwan Janice	黃靖鈞	5D	Kung Tong District Age Group Athletics Competition 2019 (Open) - 4x400m Relay	Leisure & Cultural Services Department	Champion (Group)
Ng Yuk Yue Cythia	吳育瑜	5D	Kung Tong District Age Group Athletics Competition 2019 (Open) - 4x400m Relay	Leisure & Cultural Services Department	Champion (Group)
Yau Sin To Priscilla	丘羨陶	6B	Kung Tong District Age Group Athletics Competition 2019 (Open) - 4x400m Relay	Leisure & Cultural Services Department	Champion (Group)
Hui Ting Yan (Vicky)	許婷欣	5B	Sai Kung District Age Group Athletics Competition 2019 (Group C) - Discus	Leisure & Cultural Services Department	Champion
Cheung Hoi Lam (Ellie)	張海琳	5D	Sai Kung District Age Group Athletics Competition 2019 (Group C) - Discus	Leisure & Cultural Services Department	1st Runner-up
Cheung Hoi Lam (Ellie)	張海琳	5D	Sai Kung District Age Group Athletics Competition 2019 (Group C) - Javelin	Leisure & Cultural Services Department	Champion
Cheung Hoi Lam (Ellie)	張海琳	5D	Sai Kung District Age Group Athletics Competition 2019 (Group C) - Javelin	Leisure & Cultural Services Department	Champion
Chan Sheung Ling Celina	陳尚苓	5D	Sai Kung District Age Group Athletics Competition 2019 (Group C) - Javelin	Leisure & Cultural Services Department	1st Runner-up
Chan Sheung Ling Celina	陳尚苓	5D	Sai Kung District Age Group Athletics Competition 2019 (Group C) - Shot Put	Leisure & Cultural Services Department	2nd Runner-up
Lai Uen Pui (Zoe)	黎宛蓓	4A	30 秒前繩速度賽	中國香港跳繩體育聯會	季軍
Lai Uen Pui (Zoe)	黎宛蓓	4A	2分鐘8字走位大繩速度賽	中國香港跳繩體育聯會	季軍(隊際)
Chu Hok Yan (Hoiley)	朱學欣	4B	2分鐘8字走位大繩速度賽	中國香港跳繩體育聯會	季軍(隊際)
Ho Cheuk Ham (Kitty)	何卓函	4D	2分鐘8字走位大繩速度賽	中國香港跳繩體育聯會	季軍(隊際)
Wong Yu Ching (Agnes)	黃裕晴	4D	2分鐘8字走位大繩速度賽	中國香港跳繩體育聯會	季軍(隊際)
Tse Christie Tin Yan	謝天恩	5B	2分鐘8字走位大繩速度賽	中國香港跳繩體育聯會	季軍(隊際)
Chan Mei Tsun Easter	陳美榛	5E	2分鐘8字走位大繩速度賽	中國香港跳繩體育聯會	季軍(隊際)
Khan Sarah	施安娜	6A	2分鐘8字走位大繩速度賽	中國香港跳繩體育聯會	季軍(隊際)
Wu Tsz Yin Chloe	胡芷賢	6C	2分鐘8字走位大繩速度賽	中國香港跳繩體育聯會	季軍(隊際)
Lo Cheuk Wing (Colby)	盧芍穎	2E	二重跳之王	中國香港跳繩體育聯會	季軍
Khan Sarah	施安娜	6A	二重跳之王	中國香港跳繩體育聯會	冠軍

**2019-2020 External Sports**

Lo Yuk Yan Justina	盧鈺恩	5D	Inter-school Cross Country Competition 2019-2020 (Division 2) - A Grade Individual	HKSSF	5th
Lo Yuk Yan Justina	盧鈺恩	5D	Inter-school Cross Country Competition 2019-2020 (Division 2) - A Grade Team Overall	HKSSF	2nd (Group)
Ng Yuk Yue Cythia	吳育瑜	5D	Inter-school Cross Country Competition 2019-2020 (Division 2) - A Grade Team Overall	HKSSF	2nd (Group)
Wong Ching Kwan Janice	黃靖鈞	5D	Inter-school Cross Country Competition 2019-2020 (Division 2) - A Grade Team Overall	HKSSF	2nd (Group)
Chan Ka Wai (Karry)	陳嘉慧	6D	Inter-school Cross Country Competition 2019-2020 (Division 2) - A Grade Team Overall	HKSSF	2nd (Group)
Cheung Ka Ming (Kalina)	張家明	5A	Inter-school Cross Country Competition 2019-2020 (Division 2) - A Grade Team Overall	HKSSF	2nd (Group)
Yip Hoi Ching (Catherine)	葉海晴	5C	Inter-school Cross Country Competition 2019-2020 (Division 2) - A Grade Team Overall	HKSSF	2nd (Group)
Yau Sin To Priscilla	丘羨陶	6B	Inter-school Cross Country Competition 2019-2020 (Division 2) - A Grade Team Overall	HKSSF	2nd (Group)
Sum Alivia Yan Lam	岑欣霖	2E	Inter-school Cross Country Competition 2019-2020 (Division 2) - C Grade Team Overall	HKSSF	6th (Group)
Wong Po Yin Bonnie	黃寶賢	2C	Inter-school Cross Country Competition 2019-2020 (Division 2) - C Grade Team Overall	HKSSF	6th (Group)
Ge Jia En (Sophia)	葛嘉恩	1B	Inter-school Cross Country Competition 2019-2020 (Division 2) - C Grade Team Overall	HKSSF	6th (Group)
Ng Cheuk Yiu (Cheryl)	吳綽瑤	2A	Inter-school Cross Country Competition 2019-2020 (Division 2) - C Grade Team Overall	HKSSF	6th (Group)
Kwan Cheuk Tung (Scarlet)	關灼桐	2E	Inter-school Cross Country Competition 2019-2020 (Division 2) - C Grade Team Overall	HKSSF	6th (Group)
Chan Chi Lam (Zinna)	陳姿霖	2B	Inter-school Cross Country Competition 2019-2020 (Division 2) - C Grade Team Overall	HKSSF	6th (Group)
Ng Ka Huen (Monica)	伍嘉暄	1C	Inter-school Cross Country Competition 2019-2020 (Division 2) - C Grade Team Overall	HKSSF	6th (Group)
Hui Cyrene	許鎧珈	1C	Inter-school Cross Country Competition 2019-2020 (Division 2) - C Grade Team Overall	HKSSF	6th (Group)
Lo Yuk Yan Justina	盧鈺恩	5D	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)

**2019-2020 External Sports**

Ng Yuk Yue Cythia	吳育瑜	5D	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Wong Ching Kwan Janice	黃靖鈞	5D	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Chan Ka Wai (Karry)	陳嘉慧	6D	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Cheung Ka Ming (Kalina)	張家明	5A	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Yip Hoi Ching (Catherine)	葉海晴	5C	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Yau Sin To Priscilla	丘羨陶	6B	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Man Wai Yan (Annabel)	文蔚愨	4C	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Yeung Yee Fei Venus	楊綺霏	3C	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Ng Abigail Hali	吳凱兒	4C	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Chu Hok Yan (Hoiley)	朱學欣	4B	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Lee Pui Yin Noelle	李沛妍	3D	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Wan Nok Yi Elle	溫諾怡	3B	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Ng Cheuk Kei (Chloe)	吳綽琦	2E	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Sum Alivia Yan Lam	岑欣霖	2E	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Wong Po Yin Bonnie	黃寶賢	2C	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Ge Jia En (Sophia)	葛嘉恩	1B	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Ng Cheuk Yiu (Cheryl)	吳綽瑤	2A	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Kwan Cheuk Tung (Scarlet)	關灼桐	2E	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Chan Chi Lam (Zinna)	陳姿霖	2B	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)

**2019-2020 External Sports**

Ng Ka Huen (Monica)	伍嘉暄	1C	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)
Hui Cyrene	許鎧珈	1C	Inter-school Cross Country Competition 2019-2020 (Division 2) - Team Overall	HKSSF	5th (Group)