

# Hong Kong Athletic League 2009 - HKAL Ranking - Round 1 Finished

Men-100m		Final	15/2/2009			(1110)	
Position	Name	姓名	Cat.	YOB	Team	Time	W.S.
1	LAU YU LEONG	劉宇亮	MO	86	WAC	10.61	+0.6
2	TSUI CHI HO	徐志豪	MJ	90	TCAA	10.68	+0.6
3	YIP SIU KEUNG	葉紹強	MO	87	HVAA	10.70	+0.6
4	TANG YIK CHUN	鄧亦峻	MO	86	WAC	10.81	+0.6
5	WONG KA CHUN	王嘉俊	MO	85	WAC	10.82	+0.6
6	CHIANG WAI HUNG	蔣偉洪	MO	76	TCAA	10.93	+0.6
7	LEUNG CHUN WAI	梁俊偉	MO	84	TCAA	11.01	+0.6
8	CHENG KA MING	鄭家名	MO	87	HVAA	11.39	+0.6

Men-200m		Final	14/2/2009			(1420)	
Position	Name	姓名	Cat	YOB	Team	Time	W.S.
1	TANG YIK CHUN	鄧亦峻	MO	86	WAC	21.28	+1.8
2	YIP SIU KEUNG	葉紹強	MO	87	HVAA	22.00	+1.8
3	LEUNG KI HO	梁祺浩	MO	88	HVAA	22.19	+1.8
4	NG CHI WAI	吳志偉	MO	85	HVAA	22.32	+1.8
5	YAU KWAN	尤君	MO	87	HVAA	22.50	+1.8
6	YIP HO WAH	葉灝樺	MO	89	WAC	22.60	+1.8
7	HO MAN LOK	何文樂	MJ	91	WAC	22.74	+1.8
8	FUNG SZE LONG	馮斯朗	MO	87	WAC	22.76	+1.8

Men-400m		Final	15/2/2009			(1210)	
Position	Name	姓名	Cat	YOB	Team	Time	
1	YIU CHUNG KIN	姚鍾乾	MO	86	WAC	50.67	
2	NG CHI WAI	吳志偉	MO	85	HVAA	51.69	
3	YAU KWAN	尤君	MO	87	HVAA	52.33	
4	LI WAI LAM	李慧霖	MO	84	WAC	57.25	

Men-800m		Final	14/2/2009			(1500)	
Position	Name	姓名	Cat	YOB	Team	Time	
1	TSANG HON SING	曾漢聲	MJ	90	ASA	1:59.72	
2	LAU WAI NGAI	劉偉毅	MJ	92	TWAC	2:00.44	
3	YEUNG CHI WING	楊志榮	MJ	90	WAC	2:02.50	
4	LEI CHI KEONG	李治強	MO	87	PAC	2:04.10	
5	LI HONG CHING	李康政	MO	89	TWAC	2:04.37	
6	LEE KWAN LEONG	李君亮	MO	84	WAC	2:07.90	
7	YANG KING HUNG	楊競雄	MO	87	HVAA	2:10.79	

Men-1500m		Final	15/2/2009			(1025)	
Overall Pos.	Name	姓名	Cat	YOB	Team	Time	
1	TAM HO YAN	譚浩恩	MO	85	WAC	4:13.14	
2	POON KING HUNG	潘競雄	MO	80	SCAA	4:15.54	
3	MAN SIU KIT	文少杰	MO	88	WAC	4:16.33	
4	LEI HANG CHI	李幸志	MO	85	PAC	4:21.78	
5	LEI CHI KEONG	李治強	MO	87	PAC	4:25.27	
6	WUN YIU CHEONG	溫耀昌	MO	85	TCAA	4:26.49	
7	LIP YING KIT	聶英傑	MJ	90	TCAA	4:26.70	
8	NG CHUNG YIN	伍頌研	MJ	91	TWAC	4:27.42	
9	LAW CHUN KIN	羅俊健	MO	84	WAC	4:30.41	
10	CHAN LONG TING	陳朗庭	MJ	94	WAC	4:31.26	

# Hong Kong Athletic League 2009 - HKAL Ranking - Round 1 Finished

Men-5000m		Final			14/2/2009	(1530)
Position	Name	姓名	Cat	YOB	Team	Time
1	MAN SIU KIT	文少杰	MO	88	WAC	15:59.36
2	CHAN KWOK CHEUNG	陳國璋	MO	83	TWAC	16:42.43
3	CHEUNG CHUN NGAI	張振毅	MO	86	TWAC	16:46.91
4	YIP TUNG HOI	葉東海	MO	88	WAC	17:01.88
5	WUN YIU CHEONG	溫耀昌	MO	85	TCAA	17:11.07
6	MAK YUN LEUNG	麥潤良	MJ	92	TWAC	17:25.70
7	HO HOI TO	何海濤	MO	77	WAC	17:31.05
8	YEUNG YUI SHEUNG	楊銳湘	MO	86	TWAC	17:49.62
9	LEE CHEUK HIM	李卓謙	MJ	93	LKKC	18:13.74
10	HO KWOK LUNG	何國龍	MJ	91	KCMC	18:48.27

Men-10000m		Final			15/2/2009	(0830)
Position	Name	姓名	Cat	YOB	Team	Time
1	GI KA MAN	紀嘉文	MO	84	WAC	33:55.31
2	CHOI TAT MING	蔡達明	MO	73	CSRA	34:46.57
3	CHUNG TAK LUN	鍾德舜	MO	79	FSSC	35:27.09
4	YIP TUNG HOI	葉東海	MO	88	WAC	35:45.25
5	AU KAR LUN	區嘉倫	MJ	90	RRAC	36:35.22
6	MAN CHUN HIM	萬進謙	MO	76	WAC	37:33.95
7	LAM WAI CHEUNG	林瑋璋	MO	89	WAC	39:33.50

Men-110mH		Final			15/2/2009	(1005)	
Position	Name	姓名	Cat	YOB	Team	Time	W.S.
1	SHUM CHIK LAI	岑植禮	MJ	90	HVAA	14.99	+1.6
2	CHAN KA CHUN	陳嘉駿	MO	89	WAC	15.42	+1.6
3	WONG CHEUK BUN	黃焯彬	MO	87	TCAA	15.53	+1.6
4	NG KIM HANG	伍劍恆	MO	86	HVAA	15.94	+1.6
5	CHAN CHUNG WANG	陳仲泓	MJ	91	KCMC	16.01	+1.6
6	TSOI CHI SHING	蔡志誠	MO	89	SCAA	16.17	+1.6
7	MOCK CHU YUNG	莫珠勇	MJ	92	HVAA	16.81	+1.6

Men-400mH		Final			14/2/2009	(1400)
Position	Name	姓名	Cat	YOB	Team	Time
1	CHU WING YAT	朱永日	MO	84	CGHCAC	57.20
2	LAI CHI LEUNG	黎子樑	MO	88	CGHCAC	58.37
3	CHAN CHUN YEUNG	陳俊揚	MJ	91	WAC	58.73
4	WONG SIU LUN	王肇麟	MO	88	WAC	1:00.46
5	KWONG MING KIN	鄺銘健	MJ	93	KCMC	1:02.30
6	SZETO PAK MING	司徒伯明	MJ	91	CGHCAC	1:02.62
7	HUI SHIU LUN	許兆舜	MJ	92	NWCSS	1:04.95
8	LAM CHUN KEI	林俊基	MO	78	SCAA	1:06.77

Men-3000m SC		Final			15/2/2009	(1445)
Position	Name	姓名	Cat	YOB	Team	Time
1	POON KING HUNG	潘競雄	MO	80	SCAA	10:19.59
2	CHEUNG CHUN NGAI	張振毅	MO	86	TWAC	10:25.21
3	CHEUNG CHUN FAN	張振藩	MO	89	WAC	10:33.07
4	WUN YIU CHEONG	溫耀昌	MO	85	TCAA	10:58.98
5	WONG CHUNG HIN	黃仲軒	MJ	90	KCMC	11:10.87
6	SO HOI NAM	蘇凱男	MO	80	PAC	11:11.14
7	TANG MAN WA	鄧敏華	MJ	93	WAC	11:17.91
8	LIP YING KIT	聶英傑	MJ	90	TCAA	11:17.94
9	LAM WAI CHEUNG	林瑋璋	MO	89	WAC	11:39.52
10	LEE CHEUK HIM	李卓謙	MJ	93	LKKC	11:43.40

## Hong Kong Athletic League 2009 - HKAL Ranking - Round 1 Finished

### Men-High Jump

15/2/2009 (1400)

Position	Name	姓名	Cat.	YOB	Team	Result
1	LUI TSZ HIN	呂子軒	MO	88	WAC	2.08
2	CHAN CHI SHING	陳志成	MJ	90	WAC	2.02
3	LAM HO FUNG	林昊鋒	MO	86	TCAA	1.96
4	YUEN CHUN PONG	原振邦	MO	87	HVAA	1.90
5	LEI KWOK KUAN	李國君	MO	89	HKSC	1.90
6	CHAN KA HO	陳嘉豪	MO	89	WAC	1.90
7	NG CHIT WING	吳哲穎	MO	80	WAC	1.85
8	WONG KA CHAK	王嘉擇	MO	88	WAC	1.80
9	CHAN KA WAI	陳家偉	MJ	93	SCAA	1.80
9	WONG KIN CHUNG	王健忠	MJ	90	TCAA	1.80
9	YUEN WAI LOK	阮偉樂	MJ	92	HPCCSS	1.80

### Men-Pole Vault

15/2/2009 (0915)

Position	Name	姓名	Cat.	YOB	Team	Result	Remark
1	NG CHIT WING	吳哲穎	MO	80	WAC	4.27	HKR,HKAAAR
2	MAK CHUN YIU	麥鐫耀	MO	85	TCAA	3.80	
3	NGKAYUNG	吳嘉勇	MO	88	TCAA	3.70	
4	CHANG SUN CHI	鄭新智	MO	83	WAC	3.50	
5	TANG CHUN LING	鄧振齡	MO	88	TCAA	3.50	
6	HO KWOK YU	何國裕	MO	84	TCAA	3.30	
7	HONG CHUN MAN	康俊文	MO	67	SCAA	3.30	
8	WONG SUI WAI	王緒威	MO	78	HKUW	3.20	
9	TANG KIM FAI	鄧儉輝	MO	52	SCAA	2.80	

## Hong Kong Athletic League 2009 - HKAL Ranking - Round 1 Finished

### Men-Long Jump

14/2/2009

(1440)

Position	Name	姓名	Cat.	YOB	Team	Result
1	WONG MAN YUI	黃文銳	MO	83	TCAA	6.67
2	SHUM CHIK LAI	岑植禮	MJ	90	HVAA	6.62
3	NG CHIT WING	吳哲穎	MO	80	WAC	6.60
4	NG HIN KAN	伍顯勤	MO	89	WAC	6.51
5	HUI YAU HIU	許友曉	MO	87	WAC	6.50
6	TSUI YUN YUNG TERRY	徐潤容	MO	85	TCAA	6.49
7	CHAN WING FU	陳永富	MJ	91	WAC	6.39
8	NG CHUN KIT	吳俊傑	MJ	90	TCAA	6.23
9	IP YUI SUN	葉銳新	MO	82	WAC	6.05
10	HUI KIN SHING	許建成	MO	85	TCAA	6.04

### Men-Triple Jump

15/2/2009

(1005)

Position	Name	姓名	Cat.	YOB	Team	Result	Remark
1	SI KUAN WONG	施焜煌	MO	82	HKSC	14.87	
2	LUI TSZ HIN	呂子軒	MO	88	WAC	14.04	
3	WONG KIN LANG	黃見能	MO	89	TCAA	13.55	
4	CHAN CHI SHING	陳志成	MJ	90	WAC	13.52	
5	CHU LAI HIN	朱禮軒	MO	89	WAC	13.07	
6	KWAN TSZ CHUN	關子俊	MO	87	TCAA	12.95	
7	TSANG KWONG FAI	曾廣輝	MO	86	SCAA	12.75	
8	CHAN KA WAH	陳家華	MJ	91	WAC	12.68	
9	TAI SIU LUN	戴肇麟	MJ	93	HVAA	12.34	
10	LAM YUK FUNG	林育峰	MO	89	HVAA	12.17	Technical Fault

## Hong Kong Athletic League 2009 - HKAL Ranking - Round 1 Finished

### Men-Shot Put

15/2/2009 (1415)

Position	Name	姓名	Cat.	YOB	Team	Result
1	CHIU LAP SAN	招立新	MO	86	WAC	14.00
2	HONG PAK TO	康栢濤	MJ	91	WAC	12.72
3	TSANG KWUN KAU	曾冠球	MO	72	HVAA	11.55
4	WONG MING MING	王名明	MO	88	SCAA	11.28
5	YU CHI YEUNG	余致揚	MJ	91	WAC	11.07
6	YEUNG CHU HONG	楊仲康	MO	88	HVAA	10.81
7	CHU LIN KAM	朱連錦	MJ	91	LKKC	10.46
8	LEUNG HOI KIT	梁愷傑	MO	88	HVAA	10.30
9	SUEN CHI KIN	孫子健	MJ	90	HVAA	9.47
10	LAM SHUN FAT STEWART	林順發	MO	66	SCAA	9.32

### Men-Hammer Throw

15/2/2009 (0830)

Position	Name	姓名	Cat.	YOB	Team	Result
1	FONG CHARM HUNG	方燦雄	MO	66	SCAA	47.19
2	LAM WAI	林瑋	MJ	90	WAC	45.08
3	LEUNG WAI KIN	梁偉健	MJ	90	SCAA	42.43
4	YIP YIU CHUNG	葉耀聰	MO	69	WAC	18.72
5	VITAL RAYNIEL SAJOR	溫偉倫	MJ	92	KCMC	17.82
6	TSE YUE TUNG	謝于東	MO	78		14.61

## Hong Kong Athletic League 2009 - HKAL Ranking - Round 1 Finished

### Men-Discus Throw 14/2/2009 (1620)

Position	Name	姓名	Cat.	YOB	Team	Result
1	CHIU LAP SAN	招立新	MO	86	WAC	41.96
2	LEUNG HOI KIT	梁愷傑	MO	88	HVAA	37.54
3	WONG WAI WONG	黃偉煌	MO	87	HKSC	36.95
4	LEE YAT KAM	李溢錦	MJ	90	CGHCAC	36.86
5	TSANG KWUN KAU	曾冠球	MO	72	HVAA	35.58
6	CHEUNG CHO LUNG	張祖龍	MO	89	SCAA	33.67
7	YU CHI YEUNG	余致揚	MJ	91	WAC	32.27
8	CHOW TAK HEI	周德熹	MJ	92	WAC	27.87
9	WONG SUI WAI	王緒威	MO	78	HKUW	27.74
10	CHU LIN KAM	朱連錦	MJ	91	LKKC	27.46

### Men-Javelin Throw 15/2/2009 (1410)

Position	Name	姓名	Cat.	YOB	Team	Result
1	CHENG FONG HENG	張芳興	MO	84	HKSC	52.18
2	WONG IP HOI	黃業海	MO	87	HKSC	51.70
3	YU CHI SIU	于子猷	MO	87	WAC	49.19
4	NG KWOK CHEUNG	吳國彰	MJ	91	WAC	48.31
5	YEUNG HON PO	楊翰武	MO	81	HVAA	48.21
6	NG HON MING	吳翰鳴	MO	85	WAC	47.21
7	CHEUNG TAK LEUNG	張德良	MO	88	TCAA	46.60
8	NG SIU YING	吳兆盈	MO	82	HVAA	46.36
9	CHOW WAI KIN	周偉健	MO	83	CGHCAC	45.91
10	KWONG KEUM KWAN	鄭錦煥	MJ	90	SCAA	41.51

## Hong Kong Athletic League 2009 - HKAL Ranking - Round 1 Finished

Women-100m		Final	15/2/2009		(1140)	Time	W.S.	Remark
Position	Name	姓名	Cat	YOB	Team			
1	LAM ON KI	林安琪	WJ	91	PAC	11.82	+2.6	
2	LEUNG HAU SZE	梁巧詩	WJ	91	WAC	11.98	+2.6	
3	WAN KIN YEE	溫健儀	WO	75	TCAA	12.03	+2.6	
4	CHAN HO YEE	陳皓怡	WO	84	HVAA	12.26	+2.6	12.256
5	FONG YEE PUI	方綺蓓	WJ	91	HVAA	12.26	+2.6	12.257
6	TANG UEN SHAN	鄧宛珊	WO	84	WAC	12.27	+2.6	
7	HUI MAN LING	許文玲	WJ	91	WAC	12.44	+2.6	
	WONG HIU YAN	汪曉茵	WJ	91	WAC	DNF		

Women-200m		Final	14/2/2009		(1440)	Time	W.S.	Remark
Position	Name	姓名	Cat	YOB	Team			
1	LEUNG HAU SZE	梁巧詩	WJ	91	WAC	25.22	-0.1	
2	TANG UEN SHAN	鄧宛珊	WO	84	WAC	25.66	-0.1	
3	TSANG WING YAN	曾詠茵	WO	82	TCAA	26.25	-0.1	
4	KWONG SHU TING	鄺舒婷	WO	87	HVAA	26.51	-0.1	
5	CHAN YIN TING	陳彥婷	WJ	94	WAC	26.67	-0.1	26.667
6	HUI MAN LING	許文玲	WJ	91	WAC	26.67	-0.1	26.669
7	CHUNG WING TUNG TIFFANY	鍾穎彤	WJ	92	WAC	27.61	-0.1	
8	LEE MING YAN	李明昕	WJ	96	WAC	27.62	-0.1	

Women-400m		Final	15/2/2009		(1230)	Time	Remark
Position	Name	姓名	Cat	YOB	Team		
1	CHAN YIN TING	陳彥婷	WJ	94	WAC	1:01.19	
2	KWONG SHU TING	鄺舒婷	WO	87	HVAA	1:02.12	
3	CHENG SZE WING	鄭詩穎	WJ	93	PAC	1:02.39	
4	YUEN HIU YI	袁曉兒	WO	88	PAC	1:03.88	
5	LO KA YI	羅嘉意	WJ	91	WAC	1:04.40	
6	LAM SAU YUK	林秀玉	WJ	95	WAC	1:05.80	
7	LUEN KA YI	倫嘉怡	WO	89	PAC	1:05.84	
8	YIU PEI TUNG	姚佩彤	WJ	95	WAC	1:06.66	

Women-800m		Final	14/2/2009		(1720)	Time	Remark
Position	Name	姓名	Cat	YOB	Team		
1	CHEUNG HOI WAH SHRAH	蔣凱華	WO	81	WAC	2:26.08	
2	LO KA YI	羅嘉意	WJ	91	WAC	2:31.34	
3	LO WING HEI	盧穎熹	WJ	91	WAC	2:34.69	
4	YU YI MAN	余伊雯	WJ	92	WAC	2:35.58	
5	LEE YAN YEE	李欣嫻	WJ	94	WAC	2:36.11	
6	CHAN KA MAN	陳嘉雯	WJ	92	WAC	2:45.16	
7	KRISHNAN NINA JOANNE		WJ	96	SPCS	2:47.74	
8	CHEN SIU WAI ALVINA	程孝慧	WJ	94	SSGC	2:49.74	

Women-1500m		Final	15/2/2009		(1050)	Time	Remark
Position	Name	姓名	Cat	YOB	Team		
1	CHEUNG HOI WAH SHRAH	蔣凱華	WO	81	WAC	4:59.07	
2	CHAN YEE KI	陳綺琪	WJ	96	WAC	5:14.68	
3	LEE YAN YEE	李欣嫻	WJ	94	WAC	5:32.18	
4	LO WING HEI	盧穎熹	WJ	91	WAC	5:34.94	
5	YU YI MAN	余伊雯	WJ	92	WAC	5:38.75	
6	CHAN KA MAN	陳嘉雯	WJ	92	WAC	5:40.36	
7	MAK KING FONG	麥瓊芳	WJ	90	HKSAM	5:57.33	
8	JILLIAN MOK		WJ	96	SPCS	6:01.90	
9	SUNG SZE WING JULIETTE	宋思穎	WJ	93	SSGC	6:08.32	
10	CHLOE TSANG		WJ	96	SPCS	6:12.85	

## Hong Kong Athletic League 2009 - HKAL Ranking - Round 1 Finished

Women-5000m		Final		14/2/2009	(1620)		
Position	Name	姓名	Cat	YOB	Team	Time	Remark
1	CUTLER CHARLOTTE		WO	72	HKLRRRC	18:06.47	
2	HODGSKIN JANE		WO	82	HKLRRRC	19:02.67	
3	FAN SUI PING	范瑞萍	WO	73	WAC	19:13.89	
4	CHAN PUI SHAN	陳佩珊	WO	68	WAC	20:06.22	
5	WONG CHING YEE	黃靜儀	WJ	94	WAC	20:16.42	
6	YEUNG MEI LUN	楊美倫	WO	60	WAC	20:40.84	
7	KONG LAI MING	江麗明	WO	85	WAC	21:05.32	
8	CHEUNG PUI LING PAULINE	張佩玲	WO	75	LWRC	21:17.12	
9	SIU LAI YU	蕭禮瑜	WO	86	WAC	21:48.61	
10	MAK KING FONG	麥瓊芳	WJ	90	HKSAM	21:55.83	

Women-10000m		Final		15/2/2009	(0915)		
Position	Name	姓名	Cat	YOB	Team	Time	Remark
1	FAN SUI PING	范瑞萍	WO	73	WAC	40:48.46	
2	CHAN PUI SHAN	陳佩珊	WO	68	WAC	42:57.70	
3	CHAN SIN HUNG	陳倩紅	WJ	91	WAC	43:21.05	
4	NG HEI MAN	吳希雯	WJ	90	WAC	43:36.62	
5	YEUNG MEI LUN	楊美倫	WO	60	WAC	44:09.55	
6	CHEUNG PUI LING PAULINE	張佩玲	WO	75	LWRC	45:29.32	
7	YEUNG MEI YI	楊美兒	WJ	90	TCAA	51:28.58	

Women-100mH		Final		15/2/2009	(1015)			
Position	Name	姓名	Cat	YOB	Team	Time	W.S.	Remark
1	LEUNG HIU YEE	梁曉儀	WJ	90	WAC	15.48	+0.5	
2	HUI CHEUK YEE	許焯怡	WJ	94	WAC	16.49	+0.5	
3	IP HONG TUNG ARIENE	葉康彤	WO	89	TCAA	17.16	+0.5	
4	LI TSZ FAI	李芷暉	WJ	92	WAC	17.18	+0.5	
5	CHOI HEI TUNG	蔡希彤	WJ	93	WAC	17.43	+0.5	
6	CHEUNG TSZ YAN	張子恩	WJ	94	WAC	18.22	+0.5	
	LAM YUEN KIU	林沅翹	WJ	94	PAC	DNF		
	TING HO KIU	丁可翹	WJ	90	WAC	DNS		

Women-400mH		Final		14/2/2009	(1650)		
Position	Name	姓名	Cat	YOB	Team	Time	Remark
1	MAN WOON YEE	文煥儀	WJ	92	WAC	1:16.50	
2	WONG DORCAS	黃念施	WO	88	SCAA	1:20.22	
3	CHENG WING TUNG	鄭穎彤	WJ	93	WAC	1:36.16	

## Hong Kong Athletic League 2009 - HKAL Ranking - Round 1 Finished

### Women-High Jump

15/2/2009

(0915)

Position	Name	姓名	Cat.	YOB	Team	Result
1	YIP HIU LAAM	葉曉嵐	WJ	92	TCAA	1.59
2	CHOI SIN TING	蔡倩婷	WO	89	TCAA	1.59
3	FUNG WAI YEE	馮惠儀	WJ	94	TCAA	1.56
4	MUI YUEN YING	梅琬鸚	WJ	91	WAC	1.50
5	INGRID CHOI KAI YAN	蔡佳恩	WJ	94	PAC	1.45
6	TSE TAK KWAN	謝得君	WJ	92	WAC	1.40
6	RACHEL CHEONG		WJ	94	SPCS	1.40
8	LAM CHING CHING CLAUDIN	林程程	WJ	94	PAC	1.40
9	CARMEN LI		WJ	93	SPCS	1.40
10	WONG MAN YEE	王敏而	WJ	93	PAC	1.35
10	VICTORIA CHOW		WJ	95	SPCS	1.35
10	MA LAI WAI	馬麗煒	WJ	92	SCAA	1.35

### Women-Pole Vault

15/2/2009

(1410)

Position	Name	姓名	Cat.	YOB	Team	Result
1	CHOI SIN TING	蔡倩婷	WO	89	TCAA	2.50
2	WONG CHUI YIU CHERYL	黃翠瑤	WJ	90	WAC	2.20
3	CHENG HEI YI	鄭晞爾	WJ	90	TCAA	2.10

## Hong Kong Athletic League 2009 - HKAL Ranking - Round 1 Finished

### Women-Long Jump

15/2/2009 (1400)

Position	Name	姓名	Cat.	YOB	Team	Result
1	CHEUNG LAI YEE	張麗兒	WO	84	TCAA	5.74
2	WONG HIU YAN	汪曉茵	WJ	91	WAC	5.39
3	TSE MANG CHI	謝孟芝	WO	81	WAC	5.37
4	MA NGA MAN	馬雅文	WO	88	SCAA	5.19
5	VICTORIA CHOW		WJ	95	SPCS	4.99
6	LOH MEI SZE	羅美思	WO	89	TCAA	4.97
7	WU HOI TING	胡凱婷	WJ	95	WAC	4.96
8	MOK YUEN LING	莫婉玲	WO	86	TCAA	4.92
9	MELISSA LAW		WJ	93	SPCS	4.87
10	MOK ELITE	莫伊烈	WJ	95	TCAA	4.86

### Women-Triple Jump

14/2/2009 (1500)

Position	Name	姓名	Cat.	YOB	Team	Result
1	TSE MANG CHI	謝孟芝	WO	81	WAC	11.98
2	CHEUNG LAI YEE	張麗兒	WO	84	TCAA	11.69
3	LOH MEI SZE	羅美思	WO	89	TCAA	10.90
4	YAU FUNG TING	丘鳳婷	WO	86	WAC	10.62
5	LAW WAI YIN SUDAKI	羅慧研	WJ	91	WAC	10.38
6	YUNG LOK TUNG	翁樂潼	WO	89	TCAA	10.38
7	YIU NOK YIN	姚諾言	WJ	92	WAC	10.36
8	YIU PUI IN	姚沛妍	WJ	90	WAC	9.87
9	CHENG LOK TUNG	鄭樂童	WJ	93	WAC	9.77
10	WONG DORCAS	黃念施	WO	88	SCAA	9.67

## Hong Kong Athletic League 2009 - HKAL Ranking - Round 1 Finished

Women-Shot Put			15/2/2009		(1015)	
Position	Name	姓名	Cat.	YOB	Team	Result
1	HO KAI	何嘉宜	WO	91	HKSC	10.45
2	CHAN YUEN TING	陳院庭	WJ	91	WAC	10.27
3	SIN HO YAN	單可茵	WO	86	WAC	10.04
4	HO YIN CHIU	賀賢昭	WJ	94	WAC	9.73
5	LEUNG KING WAN	梁競允	WO	86	WAC	9.66
6	CHEUNG JO YEE	張祖兒	WJ	92	WAC	9.62
7	TSE LAI LAI	謝麗麗	WO	86	WAC	9.36
8	WOO WING YAN	胡詠欣	WJ	92	WAC	9.06
9	TSANG HOI YAN	曾愷忻	WJ	91	WAC	8.73
10	MAN KA YI MILLY	文嘉兒	WJ	91	TCAA	7.89

Women-Discus Throw			14/2/2009		(1400)	
Position	Name	姓名	Cat.	YOB	Team	Result
1	KEE KA SHUN	李嘉萱	WO	89	SCAA	35.44
2	WOO WING YAN	胡詠欣	WJ	92	WAC	32.88
3	CHAN YUEN TING	陳院庭	WJ	91	WAC	31.32
4	HO YIN CHIU	賀賢昭	WJ	94	WAC	27.56
5	WONG HOI YEE	黃凱宜	WJ	93	WAC	27.50
6	LEUNG KING WAN	梁競允	WO	86	WAC	27.19
7	SIN HO YAN	單可茵	WO	86	WAC	26.77
8	TSANG HOI YAN	曾愷忻	WJ	91	WAC	26.20
9	KWAN DICK YAN	關迪恩	WJ	92	WAC	24.97
10	TSE LAI LAI	謝麗麗	WO	86	WAC	24.13

## Hong Kong Athletic League 2009 - HKAL Ranking - Round 1 Finished

### Women-Javelin Throw

15/2/2009 (1005)

Position	Name	姓名	Cat.	YOB	Team	Result	Remark
1	WOO WING TUNG	胡泳彤	WJ	90	WAC	47.22	HKR, HKJR, HKAAAR, HKAAAJR
2	LAM NGA YEE	林雅宜	WO	87	HVAA	31.79	
3	HO KA I	何嘉宜	WO	91	HKSC	31.74	
4	WONG KA HANG	黃嘉衡	WO	88	WAC	30.86	
5	TERRANDA YEUNG		WJ	92	SPCS	26.95	
6	WONG WING LAM	黃詠琳	WJ	92	SCAA	24.45	
7	LEE HONG TING	李康婷	WJ	93	SCAA	22.52	
8	SALLY WAN		WJ	91	SPCS	22.22	
9	CHAN SZE YU	陳思余	WJ	91	WAC	20.81	
10	MONA FUNG		WJ	96	SPCS	20.10	

### Women-Hammer Throw

15/2/2009 (1210)

Position	Name	姓名	Cat.	YOB	Team	Result
1	LEUNG YEE MEI	梁綺薇	WO	83	HVAA	45.32
2	CHAN SZE YU	陳思余	WJ	91	WAC	18.91
3	LEUNG TZE YING	梁紫盈	WJ	96	WAC	13.81
4	MAN KA YI MILLY	文嘉兒	WJ	91	TCAA	11.72
5	CHAN YIN KA YENKI	陳彥嘉	WJ	93	TCAA	10.61