

HONG KONG RECORDS

MEN						
EVENT	PERF.	WS	ATHLETE	CLUB/TEAM	PLACE	DATE
OLYMPIC EVENTS						
100M	10.37	-0.8	CHIANG WAI HUNG 蔣偉洪	HKAAA TEAM	TIANJIN	03-May-2000
200M	20.94	+0.6	TANG YIK CHUN 鄧亦峻	WAC	HONG KONG	16-Apr-2005
400M	47.79		LEUNG KI HO 梁祺浩	HVAA	HONG KONG	02-Dec-2007
800M	1:52.17		LEUNG TAT WAI 梁達威	WAC	HONG KONG	18-Apr-1999
1500M	3:55.6 H		DAVE GIBSON	HK TEAM	MANILA	07-Mar-1972
5000M	14:56.3 H		ANDRIAN TROWELL	YMCA	HONG KONG	19-Feb-1978
10,000M	31:16.55		CHRISTOPHER STARBUCK	ASC	HONG KONG	18-Mar-1990
110M HURDLES	14.32	+0.3	TANG HON SING 鄧漢昇	WAC	HONG KONG	06-Jun-2004
400M HURDLES	52.06		TANG HON SING 鄧漢昇	HKT	SINGAPORE	06-Sep-2003
3000M SC	9:20.63		KWOK HON KWAI 郭漢桂	WAC	HONG KONG	05-May-1991
HIGH JUMP	2.16M		CHANG YU HO 張宇浩	HKAAA TEAM	SHAOQING	23-Mar-1997
POLE VAULT	4.28M		NG CHIT WING 吳哲穎	WAC	HONG KONG	03-May-2009
LONG JUMP	7.49M		CHAN KA CHIU 陳家超	HK TEAM	JAKARTA	25-Sep-1986
TRIPLE JUMP	15.56M		TSE PING SIN 謝秉善	HK TEAM	TAIPEI	28-May-1988
SHOT PUT	15.14M		W P SAMORA		HONG KONG	11-Apr-1970
DISCUS	48.58M		ARTHUR MCKENZIE	HKDRC	HONG KONG	19-Mar-1978
HAMMER	54.12M		FONG CHARM HUNG 方燦雄	SCAA	HONG KONG	03-Nov-1996
JAVELIN	57.25		YU CHI SIU 于子猷	WAC	HONG KONG	09-Dec-2006
DECATHLON	6469PTS (11.29, 6.91M, 9.93M, 2.03M, 51.88, 15.79, 30.50M, 4.10M, 38.72M, 5:03.89)		NG CHIT WING 吳哲穎	WAC	HONG KONG	21-Mar-2009
20KM WALK	1:34:50		TSE CHUN HUNG 謝振雄	HKT	NOMI	15-Mar-2009
50KM WALK	5:07:54		SO KAM TONG	HK TEAM	TOKYO	18-Oct-1964
4X100M RELAY	39.73		YIP SIU KEUNG, TSUI CHI HO, WONG KA CHUN, LAI CHUN HO 葉紹強 徐志豪 王嘉俊 黎振浩	HK TEAM	JIANAN	26-Oct-2009
4X400M RELAY	3:16:70		FAN WAI HO LEUNG TAT WAI TANG YIK CHUN GEORGE DISIRLEY 范偉豪 梁達威 鄧亦峻 佐治戴韋尼	WAC	HONG KONG	28-May-2006

BEST PERFORMANCE

MARATHON	2:21:10		PAUL SPOWAGE	HKDRC	LONDON	13-May-1984
HONG KONG RECORDS OR BEST PERFORMANCE IN OTHER EVENTS						
MILE	4:22.63		YAP KAI TAK 葉啓德	TCAA	HONG KONG	23-Jul-1989
3000M	8:50.82		CHAN KA HO 陳家豪	HKT	HONG KONG	30-May-2009
10KM	31.17		LEE CHI WO 李致和	WAC	HONG KONG	21-Nov-2004
15KM	0:50:17		CHAN KA HO 陳家豪		HONG KONG	09-Nov-2008
HALF-MARATHON	1:09:01		CHAN KA HO 陳家豪		HONG KONG	30-Nov-2008
3000M WALK	14:09.20		BILL PURVES 神行太保	HKLRRRC	HONG KONG	31-Mar-1991
5000M WALK	23:25.35		TSE CHUN HUNG 謝振雄	SHTB	HONG KONG	01-Jun-2008
10000M WALK	50:07.96		TSE CHUN HUNG 謝振雄	SHTB	HONG KONG	07-Jul-2007
4X200M RELAY	1:26.29		LAU YU LEONG, LUI KA HO, CHUNG KOON TING, TANG YIK CHUN 劉宇亮 呂家豪 鍾冠廷 鄧亦峻	WAC	HONG KONG	07-May-2006
4X800M RELAY	7:59.79		SO HOI NAM, WONG KAI TUNG, WONG KIN ON, LEUNG TAT WAI 蘇凱男 黃啓東 黃健安 梁達威	WAC	HONG KONG	27-May-2000
4X1500M RELAY	16:55.28		LAU TAK LUNG TAM HO YAN MAN SIU KIT GI KA MAN 劉德龍 譚浩恩 文少杰 紀嘉文	WAC	HONG KONG	03-May-2009

HONG KONG RECORDS

WOMEN						
EVENT	PERF.	WS	ATHLETE	CLUB/TEAM	PLACE	DATE
OLYMPIC EVENTS						
100M	11.73		CHAN SAU YING 陳秀英	TCAA	WALNUT	05-Mar-1994
	11.73	+0.3	WAN KIN YEE 溫健儀	HKAAA TEAM	KAHOIUNG	29-May-1999
200M	23.79	+0.0	WAN KIN YEE 溫健儀	HKAAA TEAM	XIAN	16-May-1999
400M	55.03		WAN KIN YEE 溫健儀	HKAAA TEAM	ZHOHAI	02-Mar-1999
800M	2:11.92		LI YIN YEE 李燕儀	HK JR TEAM	HONG KONG	03-Nov-1996
1500M	4:21.60		CHAN MAN YEE MAGGIE 陳敏儀	HK TEAM	PALMA	08-Jul-1999
5000M	15:45.87		CHAN MAN YEE MAGGIE 陳敏儀		STANFORD	03-May-2002
10000M	32:39.88		CHAN MAN YEE MAGGIE 陳敏儀		WALNUT	19-Apr-2002
100M HURDLES	13.14		CHAN SAU YING 陳秀英	HKAAA TEAM	WALNUT	17-Apr-1994
400M HURDLES	1:01.04		WAN KIN YEE 溫健儀	HK TEAM	PUSAN	17-May-1997
HIGH JUMP	1.78M		FUNG WAI YEE 馮惠儀	HKT	JAKARTA	13-Jun-2008
POLE VAULT	3.20M		LIN WAN NEI 林韻妮	TCAA	HONG KONG	10-Sep-2006
LONG JUMP	6.05M	+0.6	WAN KIN YEE 溫健儀	TCAA	HONG KONG	28-Mar-1999
TRIPLE JUMP	12.60M		LI CHUN NEI 李春妮	HK TEAM	PUSAN	18-May-1997
SHOT PUT	12.60M		MOLLY WILLIAMS	YMCA	HONG KONG	29-Nov-1975
DISCUS	40.82M		LEE KA SHUN 李嘉萱	SCAA	HONG KONG	11-Dec-2009
HAMMER	50.16M		LEUNG YEE MEI 梁綺薇	HVAA	HONG KONG	02-Dec-2007
JAVELIN	47.22M		WOO WING TING 胡泳彤	WAC	HONG KONG	15-Feb-2009
HEPTATHLON	4968PTS (13.86, 1.57M, 9.70M, 25.25, 6.03M, 28.28M, 2:28.34)		CHAN SAU YING 陳秀英	TCAA	REDDING	22-May-1993
20KM WALK	1:57:52		LO PO MAN 盧譜文	HKT	NOMI	16-Mar-2008
4X100M RELAY	45.71		HUI MAN LING LEUNG HAU SZE WAN KIN YEE CHAN HO YEE 許文玲 梁巧詩 溫健儀 陳皓怡	HK TEAM	HONG KONG	13-Dec-2009
4X400M RELAY	3:54.17		LEUNG HAU SZE KWONG SHU TING HUI MAN LING FONG YEE PUI 梁巧詩 鄺舒婷 許文玲 方綺儀	HK TEAM	HONG KONG	13-Dec-2009

BEST PERFORMANCE

MARATHON	2:35:49		CHAN MAN YEE MAGGIE 陳敏儀		USA	24-Apr-2004
HONG KONG RECORDS OR BEST PERFORMANCE IN OTHER EVENTS						
MILE	4:58.91		CHAN MAN YEE MAGGIE 陳敏儀	WAC	HONG KONG	09-Dec-1994
3000M	9:14.00		CHAN MAN YEE MAGGIE 陳敏儀		WALNUT	16-Apr-1999
10KM	34:25		CHAN MAN YEE MAGGIE 陳敏儀	WAC	HONG KONG	03-Jan-1999
15KM	58:56		LI SUET FEI 李雪非		DECATUR	20-Sep-2009
HALF-MARATHON	1:14:22		CHAN MAN YEE MAGGIE 陳敏儀		LAS VEGAS	03-Feb-2002
3000M WALK	17:14.27		MARGARET BROOKE	AVOHK	HONG KONG	24-Oct-1992
5000M WALK	25:31.74		LO PO MAN 盧譜文	SCAA	HONG KONG	01-Jun-2008
10000M WALK	58:44		LO PO MAN 盧譜文	SCAA	HONG KONG	09-Dec-2007
4X200M RELAY	1:43.59		LEUNG HIU YEE CHENG KA YU HUI MAN LING LEUNG HAU SZE 梁曉儀 鄭嘉瑜 許文玲 梁巧詩	WAC	HONG KONG	07-May-2006
4X800M RELAY	9:46.05		LEE LOK CHING YU YI MAN HO MEI KI LO WING HEI ROSEDA 李樂晴 余伊雯 何美琪 盧穎熹	WAC	HONG KONG	04-May-2008
4X1500M RELAY	20:34.09		CHAN YEE KI NG HEI MAN FNA SUI PING CHEUNG HOI WAH 陳綺琪 吳希雯 范瑞萍 蔣凱華	WAC	HONG KONG	03-May-2009