

HONG KONG JUNIOR RECORDS

BOYS

EVENT	PERF.	WS	ATHLETE	CLUB/TEAM	PLACE	DATE
OLYMPIC EVENTS						
100M	10.38	+1.1	LAI CHUN HO 黎振浩	WAC	HONG KONG	01-Jun-2008
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	1:54.54		LEUNG TAT WAI 梁達威	HKAAA TEAM	BANGKOK	04-Dec-1997
1500M	4:02.4 H		GLEN HORTSTEAD	HK TEAM	MANILA	07-Mar-1972
5000M	15:03.53		SIMON PARSONS	WAC	HONG KONG	17-Dec-1993
10000M	33:35.59		LEE CHI WO 李致和	HK JR TEAM	HONG KONG	03-Nov-1996
110M HURDLES	14.68	+1.3	SHUM CHIK LAI 岑植禮	HVAA	HONG KONG	02-Nov-2008
400M HURDLES	54.08		FUNG CHUN YU 馮鎮宇	HKT	CHONGQING	14-May-2005
3000M SC	9:49.35		SO HOI NAM 蘇凱男	HKAAA TEAM	SINGAPORE	01-Oct-1999
HIGH JUMP	2.11M		CHAN MING SANG 陳明生	HKAAA TEAM	GUANGZHOU	26-Mar-1998
POLE VAULT	3.90M		TSE MING HON 謝明瀚	WAC	HONG KONG	07-Jul-2002
LONG JUMP	7.39M		CHAN KA CHIU 陳家超	SCAA	HONG KONG	31-Jul-1983
TRIPLE JUMP	14.87M	+1.2	LEE KA WAH 李家華	HVAA	HONG KONG	06-Jun-1999
SHOT PUT	13.75M		LAM WAI 林瑋	WAC	HONG KONG	19-Sep-2009
DISCUS	43.52M		SANDY CHALMERS	HKPSU	HONG KONG	13-Feb-1977
HAMMER	54.03M		LAM WAI 林瑋	WAC	HONG KONG	20-Sep-2009
JAVELIN	57.25M		YU CHI SIU 于子猷	WAC	HONG KONG	09-Dec-2006
DECATHLON	5385PTS		CHUNG CHI HANG 鍾智恆	WAC	HONG KONG	06-Dec-2008
			(11.32, 6.22M, 9.37M, 1.90M, 52.67, 16.76, 24.31M, 3.40M, 21.72M, 5:18.98)			
4X100M RELAY	40.51		CHAN KEI FUNG 陳基鋒 TSUI CHI HO 徐志豪 HO MAN LOK 何文樂 NG KA FUNG 吳家鋒	HK JR TEAM	JIANG XI	29-Jun-2009
4X400M RELAY	3:18.87		LEUNG KI HO 梁祺浩 CHUNG KOON TING 鍾冠廷 WAN LAP CHUN 譚立峻 SANDRO BASSETTO 白誠德	HK JR TEAM	JIANG XI	12-Apr-2004

BEST PERFORMANCE

MARATHON	2:38:09		SHIN WAH HIN	HKDRC	HONG KONG	20-Jan-1983
HONG KONG RECORDS OR BEST PERFORMANCE IN OTHER EVENTS						
MILE	4:27.39		CHOW CHI KEUNG	WAC	HONG KONG	13-Jun-1993
3000M	8:56.4 H		SIMON PARSONS	WAC	GUANGZHOU	12-Dec-1993
3000M WALK	17:30.75		FAN MING YAN 樊銘恩		HONG KONG	31-May-2009
5000M WALK	31:05.53		LEE CHO WAI JIMMY 李祖維		HONG KONG	13-Sep-2009
10KM WALK	1:07:21		YAN MAN HIN 甄文軒		HONG KONG	09-Dec-2007
10KM	33.13		LI WANG CHUN 李宏俊	RRAC	HONG KONG	21-Nov-2004
15KM	54:32		CHAN WAI KWOK 陳偉國		HONG KONG	21-Dec-2003
HALF-MARATHON	1:16:08		SO HOI NAM 蘇凱男	WAC	HONG KONG	10-Jan-1999
4X200M RELAY	1:28.36		CHAN MAN SHI, CHEN WAI, CHAN CHIN WAN, TO WAI LOK 陳文仕 陳偉 陳展雲 杜韋諾	TCAA	HONG KONG	26-Apr-1997
4X800M RELAY	8:11.1 H		C Y LAU, M F CHAN, P H CHAN, C K CHOW	HK JR SQUAD	GUANGZHOU	31-Jul-1993
4X1500M RELAY	17:22.16		GI KA MAN 紀嘉文 LEE CHAK KAN 李澤金 LAU TAK LUNG 劉德龍 CHAN KA HO 陳家豪	TWAC	HONG KONG	04-May-2003

HONG KONG JUNIOR RECORDS

GIRLS

EVENT	PERF.	WS	ATHLETE	CLUB/TEAM	PLACE	DATE
OLYMPIC EVENTS						
100M	11.89		LEUNG HAU SZE 梁巧詩	WAC	HONG KONG	03-May-2009
200M	24.36	+0.9	LEUNG HAU SZE 梁巧詩	WAC	HONG KONG	27-May-2006
400M	57.53		LEUNG ELEANA 梁穎瑜	HK TEAM	XIAN	14-Sep-1999
800M	2:11.92		LI YIN YEE 李燕儀	HK JR TEAM	HONG KONG	03-Nov-1996
1500M	4:26.95		CHAN MAN YEE MAGGIE 陳敏儀	HK TEAM	VICTORIA	28-Aug-1994
5000M	17:47.67		CHAN MAN YEE MAGGIE 陳敏儀	WAC	HONG KONG	17-Apr-1994
10000M	38:49.20		YIU KIT CHING 姚潔貞	PAC	HONG KONG	04-Nov-2007
100M HURDLES	13.93		CHAN SAU YING 陳秀英	HK JR TEAM	HONG KONG	15-Dec-1989
400M HURDLES	1:04.72		FUNG MEI KI 馮美琪	HK JR TEAM	HONG KONG	03-Nov-1996
HIGH JUMP	1.78M		FUNG WAI YEE 馮惠儀	HKT	JAKARTA	13-Jun-2008
POLE VAULT	2.95M		WONG CHUI YIU CHERY 黃翠瑤	WAC	HONG KONG	04-May-2008
LONG JUMP	5.98M	+1.1	LAI TSUI SHAN 黎翠珊	WAC	HONG KONG	01-Jun-2003
TRIPLE JUMP	12.39M		LOH MEI SZE 羅美思	HK TEAM	KUALA LUMPUR	04-Nov-2007
SHOT PUT	12.57M		TIN KA YIN 田嘉賢	HKT	MACAU	18-Jul-2006
DISCUS	39.85M		LEE KA SHUN 李嘉萱	HKT	HONG KONG	05-Jul-2008
HAMMER	40.92M		LEE KA SHUN 李嘉萱	SCAA	HONG KONG	09-Sep-2007
JAVELIN	47.22M		WOO WING TING 胡泳彤	WAC	HONG KONG	15-Feb-2009
HEPTATHLON	4317PTS		CHAN SAU YING 陳秀英	TCAA	HONG KONG	22-May-1988
			(14.40, 1.51M, 10.13M, 26.44, 5.30M, 21.32M, 2:45.70)			
4X100M RELAY	47.04		LAM ON KI 林安琪 LEUNG HAU SZE 梁巧詩 FONG YEE PUI 方綺蓓 HUI MAN LING 許文玲	HK TEAM	JIANG XI	29-Jun-2009
4X400M RELAY	4:01.66		WONG KAY, LEUNG WING YU, YII SUI SUET, LI YIN YEE 黃琪 梁穎瑜 余瑞雪 李燕儀	HK JR TEAM	HONG KONG	03-Nov-1996

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	9:37.10		CHAN MAN YEE MAGGIE 陳敏儀	HK TEAM	VICTORIA	23-Aug-1994
3000M WALK	17:23.92		LEUNG HEUNG YIN 梁向然		HONG KONG	01-Jun-2008
5000M WALK	30:37.24(HT)		LEE SHAN 李珊	SHTB	HONG KONG	07-Jul-2007
10KM WALK	1:06:32		KEUNG OI YAN 姜靄恩	SHTB	HONG KONG	09-Dec-2007
10KM	37:41		NG HEI MAN 吳希雯	PAC	HONG KONG	21-Nov-2004
15KM	1:03:51		YIU KIT CHING 姚潔貞	PAC	HONG KONG	16-Dec-2007
HALF-MARATHON	1:26:22		YIU KIT CHING 姚潔貞	PAC	HONG KONG	25-Nov-2007
4X200M RELAY	1:43.59		LEUNG HIU YEE 梁曉儀 CHENG KA YU 鄭嘉瑜 HUI MAN LING 許文玲 LEUNG HAU SZE 梁巧詩	WAC	HONG KONG	07-May-2006
4X800M RELAY	9:46.05		LEE LOK CHING 李樂晴 YU YI MAN 余伊雯 HO MEI KI 何美琪 LO WING HEI ROSEDA 盧穎熹	WAC	HONG KONG	04-May-2008
4X1500M RELAY	20:38.80		YU YI MAN 余伊雯 HUI WAI SUM 許焯森 NG HEI MAN 吳希雯 LO WING HEI ROSEDA 盧穎熹	WAC	HONG KONG	06-May-2007