

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
			PANG CHI SUM	彭智森	TCAA	HONG KONG 16-May-2010
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	HK JR TEAM	JIANG XI 29-Jun-2009
			TSUI CHI HO	徐志豪		
			HO MAN LOK	何文樂		
			NG KA FUNG	吳家鋒		
4X100M RELAY	40.51		KWAN TSZ HIM	關子謙	HK TEAM	HANOI 04-Jul-2010
			NG KA FUNG	吳家鋒		
			HO MAN LOK	何文樂		
			HO PING KWAN	何秉銀		
4X400M RELAY	3:18.87		LEUNG KI HO	梁祺浩	HK JR TEAM	JIANG XI 12-Apr-2004
			CHUNG KOON TING	鍾冠廷		
			WAN LAP CHUN	還立峻		
			SANDRO BASSETTO	白誠德		

BEST PERFORMANCE

MARATHON	2:38:09		SHIN WAH HIN	HKDRC		HONG KONG 20-Jan-1983
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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	15:59.71		LEE CHO WAI JIMMY	李祖維	HKSSF	HONG KONG 06-Jun-2010
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,	陳文仕	TCAA	HONG KONG 26-Apr-1997
			CHEN WAI,	陳偉		
			CHAN CHIN WAN,	陳展雲		
			TO WAI LOK	杜韋諾		
4X800M RELAY	8:11.1	H	C Y LAU,		HK JR SQUAD	GUANGZHOU 31-Jul-1993
			M F CHAN,			
			P H CHAN,			
			C K CHOW			
4X1500M RELAY	17:22.16		GI KA MAN	紀嘉文	TWAC	HONG KONG 04-May-2003
			LEE CHAK KAN	李澤金		
			LAU TAK LUNG	劉德龍		
			CHAN KA HO	陳家豪		

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	46.52		HUI MAN LING	許文玲	HK TEAM	HANOI 04-Jul-2010
			LEUNG HAU SZE	梁巧詩		
			FONG YEE PUI	方綺蓓		
			LAM ON KI	林安琪		
4X400M RELAY	4:01.66		WONG KAY,	黃琪	HK JR TEAM	HONG KONG 03-Nov-1996
			LEUNG WING YU,	梁穎瑜		
			YIU SUI SUET,	余瑞雪		
			LI YIN YEE	李燕儀		

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	WAC	HONG KONG 07-May-2006
			CHENG KA YU	鄭嘉瑜		
			HUI MAN LING	許文玲		
			LEUNG HAU SZE	梁巧詩		
4X800M RELAY	9:46.05		LEE LOK CHING	李樂晴	WAC	HONG KONG 04-May-2008
			YU YI MAN	余伊雯		
			HO MEI KI	何美琪		
			LO WING HEI ROSEDA	盧穎熹		
4X1500M RELAY	20:38.80		YU YI MAN	余伊雯	WAC	HONG KONG 06-May-2007
			HUI WAI SUM	許煒森		
			NG HEI MAN	吳希雯		
			LO WING HEI ROSEDA	盧穎熹		