

**HONG KONG RECORDS**

**MEN**

EVENT	PERF.	WS	ATHLETE	CLUB/TEAM	PLACE	DATE
<b>OLYMPIC EVENTS</b>						
100M	10.28	+1.3	TSUI CHI HO 徐志豪	TCAA	HONG KONG	16-May-2010
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		NG CHIT WING 吳哲穎	WAC	HONG KONG	21-Mar-2009
			(11.29, 6.91M, 9.93M, 2.03M, 51.88, 15.79, 30.50M, 4.10M, 38.72M, 5:03.89)			
20KM WALK	1:32:40		TSE CHUN HUNG 謝振雄	HKT	NOMI	14-Mar-2010
50KM WALK	5:07:54		SO KAM TONG	HK TEAM	TOKYO	18-Oct-1964
4X100M RELAY	39.41		TANG YIK CHUN, 鄧亦峻 TSUI CHI HO, 徐志豪 HO MAN LOK, 何文樂 LAI CHUN HO, 黎振浩	HK TEAM	HONG KONG	11-Jul-2010
4X400M RELAY	3:16:70		FAN WAI HO 范偉豪 LEUNG TAT WAI 梁達威 TANG YIK CHUN 鄧亦峻 GEORGE DISIRLEY 佐治戴韋尼	WAC	HONG KONG	28-May-2006

**BEST PERFORMANCE**

MARATHON	2:21:10		PAUL SPOWAGE	HKDRC	LONDON	13-May-1984
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**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	1:26.11		SZETO MAN HO, 司徒民浩 CHU WING TAK, 朱永德 YIP SIU KEUNG, 葉紹強 LEUNG KI HO 梁祺浩	HVAA	HONG KONG	16-May-2010
4X800M RELAY	7:59.79		SO HOI NAM, 蘇凱男 WONG KAI TUNG, 黃啓東 WONG KIN ON, 黃健安 LEUNG TAT WAI 梁達威	WAC	HONG KONG	27-May-2000
4X1500M RELAY	16:55.28		LAU TAK LUNG 劉德龍 TAM HO YAN 譚浩恩 MAN SIU KIT 文少杰 GI KA MAN 紀嘉文	WAC	HONG KONG	03-May-2009

**HONG KONG RECORDS**

**WOMEN**

EVENT	PERF.	WS	ATHLETE	CLUB/TEAM	PLACE	DATE
<b>OLYMPIC EVENTS</b>						
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	KAOHSIUNG	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	42.18M		LEE KA SHUN 李嘉萱	SCAA	HONG KONG	16-May-2010
HAMMER	50.16M		HONG KONG 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		CHAN SAU YING 陳秀英	TCAA	REDDING	22-May-1993
			(13.86, 1.57M, 9.70M, 25.25, 6.03M, 28.28M, 2:28.34)			
20KM WALK	1:50:49		CHING SIU NGA 程小雅	HKT	Shangluo	10-Jul-2010
4X100M RELAY	45.71		HUI MAN LING 許文玲 LEUNG HAU SZE 梁巧詩 WAN KIN YEE 溫健儀 CHAN HO YEE 陳皓怡	HK TEAM	HONG KONG	13-Dec-2009
4X400M RELAY	3:54.17		LEUNG HAU SZE 梁巧詩 KWONG SHU TING 鄺舒婷 HUI MAN LING 許文玲 FONG YEE PUI 方綺蓓	HK TEAM	HONG KONG	13-Dec-2009

**BEST PERFORMANCE**

MARATHON	2:35:49		CHAN MAN YEE MAGGIE 陳敏儀		USA	24-Apr-2004
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**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	24:10.85		CHING SIU NGA 程小雅	SHTB	PHILADELPHIA	24-Jul-2010
10000M WALK	58:44		LO PO MAN 盧譜文	SCAA	HONG KONG	09-Dec-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	9:40.67		CHOI YAN YIN 蔡欣妍 CHAN CHI YAN 陳芷欣 CHUNG MAN TUNG 鍾敏彤 YIU KIT CHING 姚潔貞	PAC	HONG KONG	16-May-2010
4X1500M RELAY	20:34.09		CHAN YEE KI 陳綺琪 NG HEI MAN 吳希雯 FNA SUI PING 范瑞萍 CHEUNG HOI WAH 蔣凱華	WAC	HONG KONG	03-May-2009