

### HKAAA Top 10 Ranking List 2009 (WOMEN)

order	Sex	Event	Athlete	Chi	S	J	Team	Rank	J_Rank	Perf.	WS	Name of Competition	Date	Venue
<b>1</b>	<b>W</b>	<b>100M</b>	<b>100M</b>											
1	W	100M	LEUNG HAU SZE	梁巧詩		J	WAC	1	J1	11.89	+1.3	IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
1	W	100M	WAN KIN YEE	溫健儀	S		TCAA	2		11.94	+1.3	IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
1	W	100M	LAM ON KI	林安琪		J	PAC	3	J2	11.95	+1.3	IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
1	W	100M	HUI MAN LING	許文玲		J	WAC	4	J3	12.13	+1.5	IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
1	W	100M	CHAN HO YEE	陳皓怡	S		HVAA	5		12.19	+1.5	IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
1	W	100M	FONG YEE PUI	方綺蓓		J	HVAA	6	J4	12.23	+1.5	HK Athletic League Rd 1	15-Feb-09	Hong Kong
1	W	100M	HUI HOI MAN	許愷雯	S		HVAA	7		12.27	+1.4	IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
1	W	100M	TANG UEN SHAN	鄧宛嫻	S		WAC	8		12.28	+1.3	IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
1	W	100M	LO KA LAM	盧嘉琳		J		9	J5	12.39	+1.5	TCAA Junior Athletic Meet Race 2	31-Oct-09	Hong Kong
1	W	100M	POON PAK YAN	潘栢茵		J	PAC	10	J6	12.45	-0.7	HK Junior Age Group Athletic Meet Race 1	11-Jan-09	Hong Kong
1	W	100M	WONG HIU YAN	汪曉茵		J	DGS		J7	12.53	+1.1	HK Inter-School Div 1	13-Mar-09	Hong Kong
1	W	100M	YAN HOI TUNG	殷愷桐		J	MCS		J8	12.62	+1.9	HK Inter-School Div 1	13-Mar-09	Hong Kong
1	W	100M	IO IN CHI	姚言至		J	PAC(澳門)		J9	12.65	+1.5	IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
1	W	100M	LAM WING TUNG	林穎彤		J	PAC		J10	12.87	+1.8	HK Junior Age Group Athletic Meet Race 2	11-Oct-09	Hong Kong
1	W	100M	LAM ON KI	林安琪		J	PAC		WA	11.82	+2.6	HK Athletic League Rd 1	15-Feb-09	Hong Kong
1	W	100M	TANG UEN SHAN	鄧宛嫻	S		WAC		WA	12.27	+2.6	HK Athletic League Rd 1	15-Feb-09	Hong Kong
<b>2</b>	<b>W</b>	<b>200M</b>	<b>200M</b>											
2	W	200M	TANG UEN SHAN	鄧宛嫻	S		WAC	1		24.98	+0.8	HK Athletic League Rd 2	21-Mar-09	Hong Kong
2	W	200M	FONG, YEE PUI	方綺蓓			HKT	2	J1	25.08	+1.1	Hong Kong Athletics Invitational Meet	22-Nov-09	Hong Kong
2	W	200M	LEUNG HAU SZE	梁巧詩		J	WAC	3	J2	25.22	-0.1	HK Athletic League Rd 1	14-Feb-09	Hong Kong
2	W	200M	CHAN, HO YEE	陳皓怡			HVAA	4		25.23	+1.1	Hong Kong Athletics Invitational Meet	22-Nov-09	Hong Kong
2	W	200M	HUI, MAN LING	許文玲			WAC	5	J3	25.88	+1.1	Hong Kong Athletics Invitational Meet	22-Nov-09	Hong Kong
2	W	200M	TSANG WING YAN	曾詠茵	S		TCAA	6		25.96	+0.8	HK Athletic League Rd 2	21-Mar-09	Hong Kong
2	W	200M	LO KA LAM	盧嘉琳		J	PAC	7	J4	26.01	+1.0	IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
2	W	200M	YAN HOI TUNG	殷愷彤		J	MCS	8	J5	26.02	-0.3	HK Inter-School Div 1	13-Mar-09	Hong Kong
2	W	200M	KWONG SHU TING	鄺舒婷	S		HVAA	9		26.04	+1.0	2009 Chinese Taipei International Athletic Meet	25-Jul-09	Taiwan
2	W	200M	HUI HOI MAN	許愷雯		J	HVAA	10		26.25	-0.5	Hong Kong Open Athletics Meet 2009	8-Nov-09	Hong Kong
2	W	200M	LAM ON KI	林安琪		J	PAC		J6	26.57	+1.8	HK Junior Age Group Athletic Meet Race 1	10-Jan-09	Hong Kong
2	W	200M	WONG HIU YAN	汪曉茵		J	WAC		J7	26.64	+1.7	HK Junior Age Group Athletic Meet Race 1	10-Jan-09	Hong Kong
2	W	200M	AU LOK YIU	區樂瑤		J	WAC		J8	26.66	+1.7	HK Junior Age Group Athletic Meet Race 1	10-Jan-09	Hong Kong
2	W	200M	CHAN YIN TING	陳彥婷		J	WAC		J8	26.66	-1.7	Hong Kong Open Athletics Meet 2009	8-Nov-09	Hong Kong
2	W	200M	LO YUK TING FIONA	盧玉婷		J	SHCC		J10	26.75	+0.7	HK Inter-School Div 1	13-Mar-09	Hong Kong
<b>3</b>	<b>W</b>	<b>400M</b>	<b>400M</b>											
3	W	400M	FONG YEE PUI	方綺蓓		J	HVAA	1	J1	0:58.06		East Asian Game 2009	11-Dec-09	Hong Kong
3	W	400M	LAM KA IM	林嘉艷		J	PAC	2	J2	0:58.19		HK Junior Age Group Athletic Meet Race 2	11-Oct-09	Hong Kong
3	W	400M	LEONG KA MAN	梁嘉雯		J	PAC	3	J3	0:59.33		HK Athletic League Rd 3	7-Jun-09	Hong Kong
3	W	400M	HUI MAN LING	許文玲		J	DGS	4	J4	0:59.74		HK Inter-School Div 1	13-Mar-09	Hong Kong
3	W	400M	CHAN YIN TING	陳彥婷		J	WAC	5	J5	1:00.52		HK Athletic League Final	24-Oct-09	Hong Kong
3	W	400M	KWONG SHU TING	鄺舒婷	S		HVAA	6		1:00.71		HK Athletic League Final	24-Oct-09	Hong Kong
3	W	400M	AU LOK YIU	區樂瑤		J	DGS	7	J6	1:00.84		HK Inter-School Div 1	13-Mar-09	Hong Kong
3	W	400M	CHAN CHI YAN	陳芷欣		J	HYS	8	J7	1:01.32		HK Inter-School Div 1	13-Mar-09	Hong Kong
3	W	400M	YUEN HIU YI	袁曉兒	S		PAC	8		1:01.32		IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
3	W	400M	CHUNG MAN TUNG	鍾敏彤		J	GHS	10	J8	1:01.45		HK Inter-School Div 1	13-Mar-09	Hong Kong
3	W	400M	CHENG SZE WING	鄭詩穎		J	PAC		J9	1:02.11		HK Junior Age Group Athletic Meet Race 2	11-Oct-09	Hong Kong
3	W	400M	TSE KAR MAN	謝嘉敏		J	PAC		J10	1:02.15		IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong

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order	Sex	Event	Athlete	Chi	S	J	Team	Rank	J_Rank	Perf.	WS	Name of Competition	Date	Venue
<b>4</b>	<b>W</b>	<b>800M</b>	<b>800M</b>											
4	W	800M	CUTLER CHARLOTTE		S		HKT	1		2:16.06		HK Inter City Athletics Championships	4-Jul-09	Hong Kong
4	W	800M	CHEUNG HOI WAH SARAH	蔣凱華	S		WAC	2		2:22.54		HK Inter City Athletics Championships	4-Jul-09	Hong Kong
4	W	800M	CHAN SIN HUNG	陳倩紅		J	WAC	3	J1	2:23.32		Hong Kong Open Athletics Meet 2009	08-Nov-09	Hong Kong
4	W	800M	LO WING HEI	盧穎熹		J	HKT	4	J2	2:23.81		East Asian Game 2009	10-Dec-09	Hong Kong
4	W	800M	CHAN YEE KI	陳綺琪		J	KwT	5	J3	2:23.52		HK Game 2009	17-May-09	Hong Kong
4	W	800M	LEONG KA MAN	梁嘉雯		J	PAC(澳門)	6	J4	2:24.14		HK Athletic League Rd 2	21-Mar-09	Hong Kong
4	W	800M	CHUNG MAN TUNG	鍾敏彤		J	GHS	7	J5	2:25.59		63rd SCAA Athletic Meet	28-Nov-09	Hong Kong
4	W	800M	MICHELLE CHEUNG	張皓筠	S		HKU	8		2:25.82		48th USFHK	8-Mar-09	Hong Kong
4	W	800M	YU YI MAN	余伊雯		J	ST	9	J6	2:27.49		HK Game 2009	17-May-09	Hong Kong
4	W	800M	YIU KIT CHING	姚潔貞	S		CUHK	10		2:27.64		48th USFHK	8-Mar-09	Hong Kong
4	W	800M	CHAN CHI YAN	陳芷欣		J	HYS		J7	2:29.31		HK Inter-School Div 1	13-Mar-09	Hong Kong
4	W	800M	STEPHANIE CHAN	陳楚琪		J	MCS		J8	2:29.56		HK Inter-School Div 1	13-Mar-09	Hong Kong
4	W	800M	MA YIK SHEUNG	馬奕常		J	GHS		J9	2:29.75		HK Inter-School Div 1	13-Mar-09	Hong Kong
4	W	800M	LEUNG HEUNG YIN	梁向然		J	GHS		J10	2:29.76		HK Inter-School Div 1	13-Mar-09	Hong Kong
<b>5</b>	<b>W</b>	<b>1500M</b>	<b>1500M</b>											
5	W	1500M	CUTLER CHARLOTTE		S		HKLRRRC	1		4:38.01		HK Inter City Athletics Championships	5-Jul-09	Hong Kong
5	W	1500M	CLAIRE FORBES		S		HKLRRRC	2		4:38.31		HK Athletic League Rd 3	7-Jun-09	Hong Kong
5	W	1500M	YIU KIT CHING	姚潔貞	S		HKT	3		4:40.71		East Asian Game 2009	12-Dec-09	Hong Kong
5	W	1500M	CHEUNG HOI WAH	蔣凱華	S		WAC	4		4:48.70		HK Inter City Athletics Championships	5-Jul-09	Hong Kong
5	W	1500M	CHAN YEE KI	陳綺琪		J	WAC	5	J1	4:51.98		IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
5	W	1500M	CHEUNG TING YAN	張庭欣	S		BU	6		5:05.61		48th USFHK	8-Mar-09	Hong Kong
5	W	1500M	CHAN SIN HUNG	陳倩紅		J	WAC	7	J2	5:05.87		HK Junior Age Group Athletic Meet Race 2	11-Oct-09	Hong Kong
5	W	1500M	HODGSKIN JANE		S		HKLRRRC	8		5:07.17		IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
5	W	1500M	LO WING HEI	盧穎熹		J	WAC	9	J3	5:13.86		HK Junior Age Group Athletic Meet Race 1	11-Jan-09	Hong Kong
5	W	1500M	LEE YUK YING AGGIE		J		HYS	10	J4	5:16.70		HK Inter-School Div 1	4-Mar-09	Hong Kong
5	W	1500M	NADIA CLARE OGILVIE		J		IS		J5	5:16.96		HK Inter-School Div 1	4-Mar-09	Hong Kong
5	W	1500M	NG HEI MAN	吳希雯		J	WAC		J6	5:18.49		HK Junior Age Group Athletic Meet Race 1	11-Jan-09	Hong Kong
5	W	1500M	CHOI PUI YAN	蔡沛恩		J	SHCC		J7	5:20.08		HK Inter-School Div 1	4-Mar-09	Hong Kong
5	W	1500M	TSO SZE MING	曹詩明		J	DGS		J8	5:20.52		HK Inter-School Div 1	4-Mar-09	Hong Kong
5	W	1500M	CHAN KA MAN	陳嘉雯		J	WAC		J9	5:21.70		HK Junior Age Group Athletic Meet Race 1	11-Jan-09	Hong Kong
5	W	1500M	WU SUM YI	胡心兒		J	DGS		J10	5:22.81		HK Inter-School Div 1	4-Mar-09	Hong Kong
<b>5.5</b>	<b>W</b>	<b>3000M</b>	<b>3000M</b>											
<b>6</b>	<b>W</b>	<b>5000M</b>	<b>5000M</b>											
6	W	5000M	CLAIRE FORBES		S		HKLRRRC	1		17:45.67		HK Athletic League Rd 2	21-Mar-09	Hong Kong
6	W	5000M	CUTLER CHARLOTTE		S		HKLRRRC	2		17:55.06		HK Athletic League Rd 2	21-Mar-09	Hong Kong
6	W	5000M	YIU KIT CHING	姚潔貞	S		PAC	3		18:29.46		HK Athletic League Rd 4	19-Sep-09	Hong Kong
6	W	5000M	LEONG YUEN FAN	梁婉芬	S		RRAC	4		18:41.43		HK Athletic League Rd 2	21-Mar-09	Hong Kong
6	W	5000M	HODGSKIN JANE		S		HKLRRRC	5		18:43.62		HK Athletic League Rd 2	21-Mar-09	Hong Kong
6	W	5000M	CHAN YEE KI	陳綺琪		J	WAC	6	J1	19:06.62		HK Athletic League Rd 2	21-Mar-09	Hong Kong
6	W	5000M	FAN SUI PING	范瑞萍	S		WAC	7		19:13.89		HK Athletic League Rd 1	14-Feb-09	Hong Kong
6	W	5000M	LEUNG YING SUET	梁影雪	S		TCAA	8		19:17.85		HK Inter City Athletics Championships	4-Jul-09	Hong Kong
6	W	5000M	CHAN PUI SHAN	陳佩珊	S		WAC	9		19:25.80		HK Athletic League Final	24-Oct-09	Hong Kong
6	W	5000M	CHAN SIN HUNG	陳倩紅		J	WAC	10	J2	19:50.25		HK Junior Age Group Athletic Meet Race 1	10-Jan-09	Hong Kong
6	W	5000M	WONG CHING YEE	黃靜儀		J	WAC		J3	20:16.42		HK Athletic League Rd 1	14-Feb-09	Hong Kong
6	W	5000M	NG HEI MAN	吳希雯		J	WAC		J4	20:25.68		HK Junior Age Group Athletic Meet Race 1	10-Jan-09	Hong Kong
6	W	5000M	LO JIAN LING JAYNE	盧劍羚		J	WAC		J5	21:31.50		HK Junior Age Group Athletic Meet Race 1	10-Jan-09	Hong Kong
6	W	5000M	MAK KING FONG	麥瓊芳		J	HKSAM		J6	21:55.83		HK Athletic League Rd 1	14-Feb-09	Hong Kong
6	W	5000M	HUI WING WAI VIVIAN	許永慧		J	TCAA		J7	22:01.56		HK Junior Age Group Athletic Meet Race 2	10-Oct-09	Hong Kong
6	W	5000M	WONG KA YAN	黃嘉欣		J	TSWMC		J8	22:11.19		HK Junior Age Group Athletic Meet Race 2	10-Oct-09	Hong Kong
6	W	5000M	CHAN KA MAN	陳嘉雯		J	WAC		J9	22:29.26		HK Junior Age Group Athletic Meet Race 1	10-Jan-09	Hong Kong
6	W	5000M	HUNG CHING YAN	洪澄欣		J	PAC		J10	22:39.83		IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
<b>7</b>	<b>W</b>	<b>10000M</b>	<b>10000M</b>											
7	W	10000M	LI SUET FEI	李雪非	S		HKT	1		37:41.34		East Asian Game 2009	11-Dec-09	Hong Kong
7	W	10000M	YIU KIT CHING	姚潔貞	S		PAC	2		39:46.93		HK Athletic League Rd 2	22-Mar-09	Hong Kong
7	W	10000M	FAN SUI PING	范瑞萍	S		WAC	3		39:49.22		HK Athletic League Final	24-Oct-09	Hong Kong
7	W	10000M	LEONG YUEN FAN	梁婉芬	S		RRAC	4		40:40.15		HK Athletic League Rd 2	22-Mar-09	Hong Kong
7	W	10000M	LEUNG YING SUET	梁影雪	S		TCAA	5		41:30.86		HK Athletic League Rd 3	7-Jun-09	Hong Kong
7	W	10000M	CHAN PUI SHAN	陳佩珊	S		WAC	6		41:31.67		HK Athletic League Final	24-Oct-09	Hong Kong
7	W	10000M	NG HEI MAN	吳希雯		J	WAC	7	J1	42:59.39		HK Inter City Athletics Championships	4-Jul-09	Hong Kong
7	W	10000M	CHAN SIN HUNG	陳倩紅		J	WAC	8	J2	43:21.05		HK Athletic League Rd 1	15-Feb-09	Hong Kong
7	W	10000M	YEUNG MEI LUN	楊美倫	S		WAC	9		44:09.55		HK Athletic League Rd 1	15-Feb-09	Hong Kong
7	W	10000M	CHEUNG PUI LING PAULINE	張佩玲	S		LWRC	10		45:08.64		HK Inter City Athletics Championships	4-Jul-09	Hong Kong
7	W	10000M	HUNG CHING YAN	洪澄欣		J	PAC		J3	46:05.05		HK Athletic League Rd 2	22-Mar-09	Hong Kong
7	W	10000M	YEUNG MEI YI	楊美兒		J	TCAA		J4	51:28.58		HK Athletic League Rd 1	15-Feb-09	Hong Kong

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order	Sex	Event	Athlete	Chi	S	J	Team	Rank	J_Rank	Perf.	WS	Name of Competition	Date	Venue
<b>8</b>	<b>W</b>	<b>100M HURDLES</b>												
8	W	100MH	WONG WING SUM	王穎芯	S		HKT	1		14.36	+0.5	East Asian Game 2009	11-Dec-09	Hong Kong
8	W	100MH	LEUNG SHUK WA	梁淑華	S		WAC	2		14.75	+1.0	IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
8	W	100MH	LEUNG HIU YEE	梁曉儀		J	WAC	3	J1	14.86	+1.6	IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
8	W	100MH	POON PAK YAN	潘栢茵		J	PAC	4	J2	14.90	+1.0	HK Junior Age Group Athletic Meet Race 1	11-Jan-09	Hong Kong
8	W	100MH	LUI LAI YIU	呂麗瑤		J	WAC	5	J3	15.60	+0.4	Hong Kong Open AthleticsMeet 2009	8-Nov-09	Hong Kong
8	W	100MH	HUI CHEUK YEE	許焯怡		J	WAC	6	J4	15.79	+1.6	IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
8	W	100MH	LIU NGA YEE	廖雅儀		J		7	J5	15.84	+1.5	TCAA Junior Athletic Meet Race 2	31-Oct-09	Hong Kong
8	W	100MH	YEUNG MAN FUNG	楊敏鳳	S		City U	8		15.91	-0.3	48th USFHK	8-Mar-09	Hong Kong
8	W	100MH	IP HONG TUNG	葉康彤	S		TCAA	9		15.92	+1.6	IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
8	W	100MH	LO WING YEE	盧詠儀		J	SK	10	J6	16.11	+1.0	HK Inter City Athletics Championships	5-Jul-09	Hong Kong
8	W	100MH	LEUNG CHING YEE	梁靖怡		J	PAC		J7	16.42	+1.6	IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
8	W	100MH	WONG YING KI	黃纓琪		J	WAC		J8	16.55	+1.0	HK Junior Age Group Athletic Meet Race 1	11-Jan-09	Hong Kong
8	W	100MH	YEUNG YUN TING EUNICE	楊閏婷		J	MCS		J9	16.63	+1.7	TCAA Junior Athletic Meet	10-May-09	Hong Kong
8	W	100MH	LI TSZ FAI	李芷暉		J	WAC		J10	17.03	+0.9	HK Athletic League Rd 2	22-Mar-09	Hong Kong
<b>10</b>	<b>W</b>	<b>400M HURDLES</b>												
10	W	400MH	KWONG SHU TING	鄺舒婷	S		HVAA	1		1:08.09		IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
10	W	400MH	LUI LAI YIU	呂麗瑤		J	WAC	2	J1	1:08.86		HK Junior Age Group Athletic Meet Race 2	10-Oct-09	Hong Kong
10	W	400MH	MUI KA WAI	梅嘉慧		J	WAC	3	J2	1:11.27		HK Inter City Athletics Championships	4-Jul-09	Hong Kong
10	W	400MH	LOH MEI SZE	羅美思	S		TCAA	4		1:10.25		Hong Kong Open AthleticsMeet 2009	08-Nov-09	Hong Kong
10	W	400MH	CHAN KA WAI	陳嘉惠		J	WAC	5	J3	1:11.44		HK Athletic League Rd 3	6-Jun-09	Hong Kong
10	W	400MH	LI WAI KI	李偉麒		J	PAC	6	J4	1:11.45		HK Athletic League Rd 3	6-Jun-09	Hong Kong
10	W	400MH	CHONG SHAN SHAN	莊珊珊	S		WAC	7		1:11.89		HK Athletic League Rd 3	6-Jun-09	Hong Kong
10	W	400MH	YEUNG MAN FUNG	楊敏鳳	S		HKT	8		1:12.07		East Asian Game 2009	12-Dec-09	Hong Kong
10	W	400MH	CHAN MUNG LAM	陳夢琳		J	KCMC	9	J5	1:13.60		Hong Kong Open AthleticsMeet 2009	08-Nov-09	Hong Kong
10	W	400MH	CHEUNG MAN TING	張敏婷		J	JCTIC	10	J6	1:16.02		HK Junior Age Group Athletic Meet Race 1	10-Jan-09	Hong Kong
10	W	400MH	MAN WOON YEE	文煥儀		J	WAC		J7	1:16.50		HK Athletic League Rd 1	14-Feb-09	Hong Kong
10	W	400MH	CHENG YI TING	鄭伊婷		J	WAC		J8	1:16.55		Hong Kong Open AthleticsMeet 2009	08-Nov-09	Hong Kong
10	W	400MH	CHAN KA SIN	陳家倩		J	CSRA		J9	1:16.56		HK Inter City Athletics Championships	4-Jul-09	Hong Kong
10	W	400MH	WONG YING KI	黃纓琪		J	WAC		J10	1:18.01		HK Athletic League Rd 3	6-Jun-09	Hong Kong
<b>11</b>	<b>M</b>	<b>3000M STEEPLECHASE</b>												
11	W	3000MSC	YIU KIT CHING	姚潔貞	S		PAC	1		11:26.03		East Asian Game 2009	11-Dec-09	Hong Kong
11	W	3000MSC	CHEUNG HOI WAH	蔣凱華	S		WAC	2		12:31.22		HK Athletic League Rd 3	7-Jun-09	Hong Kong
11	W	3000MSC	WONG CHING YEE	黃靜儀		J	WAC	3	J1	13:44.89		HK Athletic League Rd 3	7-Jun-09	Hong Kong
11	W	3000MSC	CHAN SIN HUNG	陳倩紅		J	WAC	4	J2	14:09.56		HK Athletic League Rd 3	7-Jun-09	Hong Kong
11	W	3000MSC	CHAN KA MAN	陳嘉雯		J	WAC	5	J3	15:05.28		HK Athletic League Rd 3	7-Jun-09	Hong Kong

### HKAAA Top 10 Ranking List 2009 (WOMEN)

order	Sex	Event	Athlete	Chi	S	J	Team	Rank	J_Rank	Perf.	WS	Name of Competition	Date	Venue
<b>12</b>	<b>W</b>		<b>HIGH JUMP</b>											
12	W	HJ	FUNG WAI YEE	馮惠儀		J	HKT	1	J1	1.73		Asian Youth Game	29-Jun-09	Singapore
12	W	HJ	YIP HIU LAAM	葉曉嵐		J	TCAA	2	J2	1.70		HK Athletic League Final	24-Oct-09	Hong Kong
12	W	HJ	LAM LAI SHAN	林麗珊	S		TCAA	3		1.63		IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
12	W	HJ	MUI YUEN YING	梅琬鶯		J	WAC	3	J3	1.63		HK Athletic League Rd 3	7-Jun-09	Hong Kong
12	W	HJ	CHOI SIN TING	蔡倩婷	S		TCAA	5		1.61		HK Inter City Athletics Championships	5-Jul-09	Hong Kong
12	W	HJ	YEUNG MAN WAI	楊文蔚		J		6	J4	1.58		63rd SCAA Athletic Meet	28-Nov-09	Hong Kong
12	W	HJ	LUI LAI YIU	呂麗瑤		J	PCMC	6	J4	1.58		63rd SCAA Athletic Meet	28-Nov-09	Hong Kong
12	W	HJ	WONG SIU PING	黃小萍		J	HYS	8	J6	1.57		HK Inter-School Div 1	10-Mar-09	Hong Kong
12	W	HJ	TSE TAK KWAN	謝得萍		J	WAC	9	J7	1.55		HK Junior Age Group Athletic Meet Race 1	11-Jan-09	Hong Kong
12	W	HJ	POON HOI MAN	潘凱文		J	SCAA	9	J7	1.55		HK Junior Age Group Athletic Meet Race 2	10-Oct-09	Hong Kong
12	W	HJ	CHAN HOI YI	陳海兒		J	GHS	9	J7	1.55		63rd SCAA Athletic Meet	28-Nov-09	Hong Kong
12	W	HJ	CHOI KAI YAN	蔡佳恩		J	GHS	J10		1.51		HK Inter-School Div 1	10-Mar-09	Hong Kong
<b>13</b>	<b>W</b>		<b>POLE VAULT</b>											
13	W	PV	CHOI SIN TING	蔡倩婷	S		TCAA	1		3.10		HK Athletic League Final	24-Oct-09	Hong Kong
13	W	PV	WONG CHUI YIU CHERYL	黃翠瑛		J	WAC	2	J1	2.80		HK Athletic League Final	24-Oct-09	Hong Kong
13	W	PV	CHENG HEI YI	鄭晞爾		J	TCAA	2	J1	2.80		Hong Kong Open AthleticsMeet 2009	08-Nov-09	Hong Kong
13	W	PV	LEE SHAN SHAN	李珊珊	S		CSRA	4		2.40		HK Athletic League Rd 3	7-Jun-09	Hong Kong
13	W	PV	LEE TING TING	李婷婷	S		CSRA	5		2.20		HK Athletic League Rd 2	21-Mar-09	Hong Kong
13	W	PV	HO YIN NI	何燕妮	S		TPAA	6	J3	2.00		Hong Kong Open AthleticsMeet 2009	08-Nov-09	Hong Kong
<b>14</b>	<b>W</b>		<b>LONG JUMP</b>											
14	W	LJ	CHEUNG LAI YEE	張麗兒	S		TCAA	1		5.86	+0.3	HK Athletic League Rd 2	22-Mar-09	Hong Kong
14	W	LJ	WONG HIU YAN	汪曉茵		J	WAC	2	J1	5.70	+0.6	HK Athletic League Rd 3	7-Jun-09	Hong Kong
14	W	LJ	TSE MANG CHI	謝孟芝	S		WAC	3		5.62	+0.8	HK Inter City Athletics Championships	4-Jul-09	Hong Kong
14	W	LJ	LOH MEI SZE	羅美思	S		TCAA	4		5.58	+1.5	IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
14	W	LJ	WU HOI TING	胡凱婷		J	DGS	5	J2	5.43	+1.3	HK Inter-School Div 1	13-Mar-09	Hong Kong
14	W	LJ	MOK ELITE	莫伊烈		J	TCAA	6	J3	5.34	-0.4	HK Athletic League Rd 2	22-Mar-09	Hong Kong
14	W	LJ	CHAN HOI KI	陳煒琪		J	SHCC	7	J4	5.30	+1.2	HK Inter-School Div 1	10-Mar-09	Hong Kong
14	W	LJ	CHAN HOI KAY STEPHANIE	陳凱琪		J	MCS	7	J4	5.30	+1.2	HK Inter-School Div 1	4-Mar-09	Hong Kong
14	W	LJ	MA NGA MAN	馬雅文			SCAA	9		5.27	+0.4	HK Athletic League Rd 4	20-Sep-09	Hong Kong
14	W	LJ	YAU FUNG TING	丘鳳婷	S		WAC	10		5.26	+1.2	HK Inter City Athletics Championships	4-Jul-09	Hong Kong
14	W	LJ	FUNG WAI YEE	馮惠儀		J	SHCC	J6		5.21	-1.0	HK Inter-School Div 1	4-Mar-09	Hong Kong
14	W	LJ	LEE MING WAI	李明慧		J	DGS	J7		5.17	+0.9	HK Inter-School Div 1	4-Mar-09	Hong Kong
14	W	LJ	VICTORIA CHOW	鄒蘊琪		J	SPCS	J8		5.13	+1.1	HK Inter-School Div 1	13-Mar-09	Hong Kong
14	W	LJ	LEE HOI CHING SIAN	李凱晴		J	MCS	J9		5.10	+0.8	HK Inter-School Div 1	10-Mar-09	Hong Kong
14	W	LJ	LEUNG CHING YI	梁靖怡		J	GHS	J10		5.03	+1.1	HK Inter-School Div 1	4-Mar-09	Hong Kong
14	W	LJ	CHEUNG LAI YEE	張麗兒	S		TCAA	WA		5.88	+2.5	HK Athletic League Rd 3	7-Jun-09	Hong Kong
14	W	LJ	LING SZE WAI	寧詩慧		J	WAC	WA		5.11	+2.1	HK Athletic League Rd 4	20-Sep-09	Hong Kong
14	W	LJ	YIU NOK YIN	姚諾言		J	WAC	WA		5.06	+2.2	HK Junior Age Group Athletic Meet Race 2	11-Oct-09	Hong Kong
<b>15</b>	<b>W</b>		<b>TRIPLE JUMP</b>											
15	W	TJ	TSE MANG CHI	謝孟芝	S		WAC	1		12.49	+0.5	HK Inter City Athletics Championships	5-Jul-09	Hong Kong
15	W	TJ	CHEUNG LAI YEE	張麗兒	S		TCAA	2		12.33	+1.0	HK Athletic League Rd 3	6-Jun-09	Hong Kong
15	W	TJ	LOH MEI SZE	羅美思	S		TCAA	3		12.27	-0.6	IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
15	W	TJ	WU HOI TING	胡凱婷		J	WAC	4	J1	11.36	+0.2	HK Inter City Athletics Championships	5-Jul-09	Hong Kong
15	W	TJ	YAU FUNG TING	丘鳳婷		J	WAC	5		11.25	-0.3	Hong Kong Open AthleticsMeet 2009	08-Nov-09	Hong Kong
15	W	TJ	YIU NOK YIN	姚諾言		J	WAC	6	J2	11.22	+0.5	HK Athletic League Final	24-Oct-09	Hong Kong
15	W	TJ	YIU PUI IN	姚沛妍		J	WAC	7	J3	10.77	-0.1	HK Athletic League Final	24-Oct-09	Hong Kong
15	W	TJ	LIU TSZ YAN	廖紫欣		J	TCAA	8	J4	10.76	-1.3	Hong Kong Open AthleticsMeet 2009	08-Nov-09	Hong Kong
15	W	TJ	LAW WAI YIN SUDAKI	羅慧研		J	WAC	9	J5	10.74	-2.2	HK Junior Age Group Athletic Meet Race 2	10-Oct-09	Hong Kong
15	W	TJ	KWONG NGA MAN,EDMOND	鄺雅雯	S		TCAA	10		10.70	+1.6	HK Athletic League Rd 3	6-Jun-09	Hong Kong
15	W	TJ	CHENG LOK TUNG	鄭樂童		J	WAC	J6		10.64	+1.9	HK Athletic League Rd 4	19-Sep-09	Hong Kong
15	W	TJ	MOK CHO YAN	莫祖恩		J	TCAA	J6		10.64	-0.7	HK Junior Age Group Athletic Meet Race 1	11-Jan-09	Hong Kong
15	W	TJ	YE LING LIN	葉靈琳		J	WAC	J8		10.16	-0.3	IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
15	W	TJ	CHIU HIU TUNG	招曉彤		J	WAC	J9		10.14	-0.8	HK Athletic League Rd 2	21-Mar-09	Hong Kong
15	W	TJ	WONG YING KI	黃纓淇		J	WAC	J10		10.03	+0.2	HK Junior Age Group Athletic Meet Race 1	10-Jan-09	Hong Kong
15	W	TJ	TSE MANG CHI	謝孟芝	S		WAC	WA		12.60	+2.1	HK Athletic League Rd 3	6-Jun-09	Hong Kong
15	W	TJ	CHEUNG LAI YEE	張麗兒	S		TCAA	WA		12.43	+2.8	HK Athletic League Rd 3	6-Jun-09	Hong Kong

### HKAAA Top 10 Ranking List 2009 (WOMEN)

order	Sex	Event	Athlete	Chi	S	J	Team	Rank	J_Rank	Perf.	WS	Name of Competition	Date	Venue
<b>16</b>	<b>W</b>		<b>SHOT PUT</b>											
16	W	SP	CHAN YUEN TING	陳院庭		J	SCGS	1	J1	11.82		63rd SCAA Athletic Meet	28-Nov-09	Hong Kong
16	W	SP	FLORENCE HO	賀賢昭		J	WAC	2	J2	11.36		Hong Kong Open AthleticsMeet 2009	08-Nov-09	Hong Kong
16	W	SP	LEE KA SHUN	李嘉萱	S		SCAA	3		11.00		HK Athletic League Rd 3	7-Jun-09	Hong Kong
16	W	SP	TIN KA YIN	田嘉賢	S		WAC	4		10.75		HK Athletic League Rd 2	22-Mar-09	Hong Kong
16	W	SP	WOO WING YAN	胡詠欣		J	GHS	5	J3	10.35		HK Inter-School Div 1	10-Mar-09	Hong Kong
16	W	SP	MA MAN KAAI	馬文佳			ST	6		10.23		HK Game 2009	17-May-09	Hong Kong
16	W	SP	LEUNG KING WAN SANDY	梁競允	S		WAC	7		10.19		HK Inter City Athletics Championships	5-Jul-09	Hong Kong
16	W	SP	SIN HO YAN	單可茵	S		WAC	8		10.04		HK Athletic League Rd 1	15-Feb-09	Hong Kong
16	W	SP	CHEUNG JO YEE	張祖兒		J	WAC	9	J4	9.95		HK Junior Age Group Athletic Meet Race 1	10-Jan-09	Hong Kong
16	W	SP	TSE LAI LAI	謝麗麗	S		WAC	10		9.76		IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
16	W	SP	TSANG HOI YAN	曾愷忻		J	WAC		J5	9.71		IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
16	W	SP	CHAN WING HIM	陳詠謙		J	DGS		J6	9.18		HK Inter-School Div 1	10-Mar-09	Hong Kong
16	W	SP	AU PUI LAM	區佩琳		J	WAC		J7	8.83		HK Athletic League Rd 2	22-Mar-09	Hong Kong
16	W	SP	CHU LONG YAN	朱朗昕		J	HYS		J8	8.64		HK Inter-School Div 1	10-Mar-09	Hong Kong
16	W	SP	MAN KA YI	文嘉兒		J	SHCC		J9	8.52		HK Inter-School Div 1	10-Mar-09	Hong Kong
16	W	SP	YEUNG TERRANDA	楊譚琳		J			J10	8.32		TCAA Junior Athletic Meet Race 2	31-Oct-09	Hong Kong
<b>17</b>	<b>W</b>		<b>DISCUS THROW</b>											
17	W	DT	LEE KA SHUN	李嘉萱	S		HKT	1		40.82		East Asian Game 2009	11-Dec-09	Hong Kong
17	W	DT	CHAN YUEN TING	陳院庭		J	SCGS	2	J1	38.36		63rd SCAA Athletic Meet	29-Nov-09	Hong Kong
17	W	DT	WOO WING YAN	胡詠欣		J	WAC	3	J2	38.15		Hong Kong Open AthleticsMeet 2009	08-Nov-09	Hong Kong
17	W	DT	WOO WING TUNG	胡詠彤		J	DGS	4	J3	38.06		HK Inter-School Div 1	13-Mar-09	Hong Kong
17	W	DT	LEE WING LAM	李詠琳		J	HYS	5	J4	33.07		IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
17	W	DT	LEUNG YEE MEI	梁綺薇	S		IVE	6		32.63		48th USFHK	8-Mar-09	Hong Kong
17	W	DT	WONG KA YEE	王家怡		J	HYS	7	J5	31.81		HK Inter-School Div 1	13-Mar-09	Hong Kong
17	W	DT	WONG HOI YEE	黃凱宜		J	WAC	8	J6	30.94		IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
17	W	DT	HO YIN CHIU	賀賢昭		J	GHS	9	J7	30.92		HK Inter-School Div 1	13-Mar-09	Hong Kong
17	W	DT	HUI SIEN YAN CHANEL	許倩欣		J	DGS	10	J8	30.81		HK Inter-School Div 1	13-Mar-09	Hong Kong
17	W	DT	YIP PO YAN	葉寶欣		J	WAC		J9	28.90		HK Junior Age Group Athletic Meet Race 1	10-Jan-09	Hong Kong
17	W	DT	TSANG HOI YAN	曾愷忻		J	WAC		J10	28.37		HK Athletic League Rd 2	21-Mar-09	Hong Kong
<b>18</b>	<b>W</b>		<b>JAVELIN THROW</b>											
18	W	JT	WOO WING TUNG	胡詠彤		J	WAC	1	J1	47.22		HK Athletic League Rd 1	15-Feb-09	Hong Kong
18	W	JT	LAU CHI KI	劉旨琦	S		HKU	2		40.18		HK Inter City Athletics Championships	4-Jul-09	Hong Kong
18	W	JT	LAU VERA	劉希庭		J	GHS	3	J2	37.08		HK Inter-School Div 1	10-Mar-09	Hong Kong
18	W	JT	WONG MAN YIU	黃敏瑤	S		HVAA	4		36.11		HK Inter City Athletics Championships	4-Jul-09	Hong Kong
18	W	JT	LAU TSZ CHIN	劉芷芊		J	DGS	5	J3	35.31		HK Inter-School Div 1	4-Mar-09	Hong Kong
18	W	JT	WONG KA HANG	黃嘉衡	S		HKU	6		34.84		48th USFHK	8-Mar-09	Hong Kong
18	W	JT	WONG KA HANG	林雅宜			HVAA	7		33.60		HK Athletic League Rd 4	19-Sep-09	Hong Kong
18	W	JT	YIU SIT YUET	姚晰月		J	DGS	8	J4	33.34		HK Inter-School Div 1	10-Mar-09	Hong Kong
18	W	JT	CHEUNG EMILY SHUK TING	張淑婷	S		WAC	9		32.93		HK Athletic League Rd 2	22-Mar-09	Hong Kong
18	W	JT	WONG WING LAM	黃詠琳		J	SCAA	10	J5	31.38		HK Junior Age Group Athletic Meet Race 2	10-Oct-09	Hong Kong
18	W	JT	JULIA SO	蘇洛瑤		J	MCS		J6	31.06		HK Junior Age Group Athletic Meet Race 2	10-Oct-09	Hong Kong
18	W	JT	LUI MAN YEE	呂文儀		J	WAC		J7	29.98		Hong Kong Open AthleticsMeet 2009	08-Nov-09	Hong Kong
18	W	JT	CHAN SZE YU	陳思余		J	WAC		J8	29.74		HK Inter City Athletics Championships	4-Jul-09	Hong Kong
18	W	JT	LEE HONG TING	李康婷		J	SCAA		J9	29.55		Hong Kong Open AthleticsMeet 2009	08-Nov-09	Hong Kong
18	W	JT	LEE LAI LING	李麗玲		J	SLCS		J10	28.78		63rd SCAA Athletic Meet	29-Nov-09	Hong Kong
<b>19</b>	<b>W</b>		<b>HAMMER THROW</b>											
19	W	HT	LEUNG YEE MEI	梁綺薇	S		HVAA	1		46.14		IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
19	W	HT	LAM SAU KWAN	林秀君	S		WAC	2		43.06		HK Athletic League Rd 3	7-Jun-09	Hong Kong
19	W	HT	WONG KA WING	黃嘉穎	S		TCAA	3		35.38		HK Athletic League Rd 3	7-Jun-09	Hong Kong
19	W	HT	LEE KA SHUN	李嘉萱	S		SCAA	4		32.23		HK Athletic League Rd 2	21-Mar-09	Hong Kong
19	W	HT	LEE WING LAM	李詠琳		J	HYS	5	J1	24.93		HK Inter City Athletics Championships	4-Jul-09	Hong Kong
19	W	HT	CHAN SZE YU	陳思余		J	WAC	6	J2	22.22		HK Inter City Athletics Championships	4-Jul-09	Hong Kong
19	W	HT	LEUNG TZE YING	梁紫盈		J	WAC	7	J3	17.89		HK Inter City Athletics Championships	4-Jul-09	Hong Kong
19	W	HT	CHENG PUI SEE	鄭沛詩		J		8	J4	13.81		HK Athletic League Rd 3	7-Jun-09	Hong Kong
19	W	HT	LAO WING LAM	劉泳霖		J		9	J5	13.45		HK Athletic League Rd 3	7-Jun-09	Hong Kong
19	W	HT	MAN KA YI	文嘉兒		J	TCAA	10	J6	12.30		IAAF World Athletic Day and Open Meet	3-May-09	Hong Kong
19	W	HT	CHAN YIN KA YENKI	陳彥嘉		J	TCAA		J7	10.61		HK Athletic League Rd 1	15-Feb-09	Hong Kong
<b>20</b>	<b>W</b>		<b>HEPTATHLON</b>											
20	W	HEPT	KWONG SHU TING	鄺舒婷	S		HKT	1		3389		HK Inter City Athletics Championships	5-Jul-09	Hong Kong
20	W	HEPT	CHOI SIN TING	蔡倩婷	S		TCAA	2		2909		HK Athletic League Rd 2	22-Mar-09	Hong Kong
20	W	HEPT	MAN WOON YEE	文煥儀		J	WAC	3	J1	2305		HK Inter City Athletics Championships	5-Jul-09	Hong Kong
20	W	HEPT	HO LAI YING	何麗瑩		J	QMSS	4	J2	1963		HK Athletic League Rd 2	22-Mar-09	Hong Kong
20	W	HEPT	FUNG LAI LAI	馮麗麗	S		WAC	5		1934		HK Inter City Athletics Championships	5-Jul-09	Hong Kong
20	W	HEPT	WONG DORCAS	黃念施	S		SCAA	6		1696		HK Inter City Athletics Championships	5-Jul-09	Hong Kong
20	W	HEPT	TING HO KIU	丁可翹		J	WAC	7	J3	1660		HK Inter City Athletics Championships	5-Jul-09	Hong Kong
20	W	HEPT	YUEN KA YI	袁嘉怡		J	QMSS	8	J4	1327		HK Athletic League Rd 2	22-Mar-09	Hong Kong
20	W	HEPT	CHO SZE CHING	曹詩晴		J	QMSS	9	J5	1325		HK Athletic League Rd 2	22-Mar-09	Hong Kong

### HKAAA Top 10 Ranking List 2009 (WOMEN)

order	Sex	Event	Athlete	Chi	S	J	Team	Rank	J_Rank	Perf.	WS	Name of Competition	Date	Venue
<b>22</b>	<b>W</b>	<b>10KM</b>	<b>10K</b>											
22	W	10KM	YIU KIT CHING	姚潔貞	S			1		0:36:59		UNICEF Charity Run 2009	29-Nov-09	Hong Kong
22	W	10KM	LI SUET FEI	李雪非	S			2		0:37:50		Cosley Zoo Run	6-Jun-09	Wheaton
22	W	10KM	CUTLER CHARLOTTE		S			3		0:37:58		Standard Chartered Marathon 2009	8-Feb-09	Hong Kong
22	W	10KM	WONG SIU PING	黃小萍	S			4		0:38:32		HK 10k Challenge 2009	15-Nov-09	Hong Kong
22	W	10KM	CHEUNG HOI WAH SARAH	蔣凱華	S			5		0:38:48		HK 10k Challenge 2009	15-Nov-09	Hong Kong
22	W	10KM	LEONG YUEN FAN	梁婉芬	S			6		0:38:53		HK 10k Challenge 2009	15-Nov-09	Hong Kong
22	W	10KM	HODGSKIN JANE		S			7		0:39:02		HKMP Shatin 10K Riverside Race 2009	8-Mar-09	Hong Kong
22	W	10KM	FAN SUI PING	范瑞萍	S			8		0:39:04		HKMP Shatin 10K Riverside Race 2009	8-Mar-09	Hong Kong
22	W	10KM	KATHLEEN WALLER		S			9		0:39:10		HKMP Shatin 10K Riverside Race 2009	8-Mar-09	Hong Kong
22	W	10KM	CHAN KIT YEE	陳潔儀	S			10		0:39:29		HK 10k Challenge 2009	15-Nov-09	Hong Kong
22	W	10KM	NG HEI MAN	吳希雯		J			J1	0:40:24		Standard Chartered Marathon 2009	8-Feb-09	Hong Kong
22	W	10KM	CHAN SIN HUNG	陳倩紅		J			J2	0:41:50		HK 10k Challenge 2009	15-Nov-09	Hong Kong
22	W	10KM	HUI WAI SUM VINCCI	許瑋森		J			J3	0:42:12		HK 10k Challenge 2009	15-Nov-09	Hong Kong
22	W	10KM	LAM SIN CHING	林善晴		J			J4	0:42:53		HK 10k Challenge 2009	15-Nov-09	Hong Kong
22	W	10KM	WONG CHING YEE	黃靜儀		J	WAC		J5	0:43:00		Standard Chartered Marathon 2009	8-Feb-09	Hong Kong
22	W	10KM	HUNG CHING YAN	洪澄欣		J			J6	0:43:25		HK 10k Challenge 2009	15-Nov-09	Hong Kong
22	W	10KM	KWAN KAM YEE	關錦兒		J			J7	0:45:41		Standard Chartered Marathon 2009	8-Feb-09	Hong Kong
22	W	10KM	HUI WING WAI	許永慧		J			J8	0:45:52		HK 10k Challenge 2009	15-Nov-09	Hong Kong
22	W	10KM	CHAN LONG CHING	陳朗澄		J			J9	0:46:52		HK 10k Challenge 2009	15-Nov-09	Hong Kong
22	W	10KM	YEUNG TSZ KIU	楊芷翹		J			J10	0:46:17		UNICEF Charity Run 2009	29-Nov-09	Hong Kong
<b>24</b>	<b>W</b>	<b>HM</b>	<b>HALF MARATHON</b>											
24	W	HM	LI SUET FEI	李雪非	S			1		1:20:13		Martin Marathon	5-Apr-09	Dearborn
24	W	HM	FAN SUI PING	范瑞萍			WAC	2		1:23:07		Yangzhou China Jianzhen International HM	26-Apr-09	Yangzhou
24	W	HM	LEONG YUEN FAN	梁婉芬	S		RRAC	3		1:23:39		Yangzhou China Jianzhen International HM	26-Apr-09	Yangzhou
24	W	HM	LEUNG YING SUET	梁影雲	S		TCAA	4		1:24:15		Unicef Charity Run 2009	29-Nov-09	Hong Kong
24	W	HM	YIU KIY CHING	姚潔貞	S			5		1:25:37		Standard Chartered Marathon 2009	8-Feb-09	Hong Kong
24	W	HM	CHAN KIT YEE	陳潔儀	S			6		1:27:31		Unicef Charity Run 2009	29-Nov-09	Hong Kong
24	W	HM	CHAN PUI SHAN	陳佩珊	S			7		1:27:50		Unicef Charity Run 2009	29-Nov-09	Hong Kong
24	W	HM	CHEUNG HOI WAH SARAH	蔣凱華	S			8		1:28:17		Standard Chartered Marathon 2009	8-Feb-09	Hong Kong
24	W	HM	KONG ANGELINA FUNG SIN	江鳳仙	S			9		1:28:29		Unicef Charity Run 2009	29-Nov-09	Hong Kong
24	W	HM	ROSAMUND BARKER		S			10		1:29:10		Unicef Charity Run 2009	29-Nov-09	Hong Kong
24	W	HM	CHAN SIN HUNG	陳倩紅		J	WAC		J1	1:38:20		Standard Chartered Marathon 2009	8-Feb-09	Hong Kong
24	W	HM	LO JIAN LING JAYNE	盧劍玲		J			J2	1:41:12		Standard Chartered Marathon 2009	8-Feb-09	Hong Kong
24	W	HM	HUI WING WAI	許永慧		J	TCAA		J3	1:41:36		Standard Chartered Marathon 2009	8-Feb-09	Hong Kong
24	W	HM	CHAN KA MAN	陳嘉雯		J	WAC		J4	1:47:29		Standard Chartered Marathon 2009	8-Feb-09	Hong Kong
24	W	HM	FANG YING YAN	范盈欣		J			J5	1:48:52		Standard Chartered Marathon 2009	8-Feb-09	Hong Kong
24	W	HM	YEUNG MEI YI	楊美兒		J	TCAA		J6	1:54:52		Standard Chartered Marathon 2009	8-Feb-09	Hong Kong
24	W	HM	MARIE-VICTOR COMET			J			J7	01:57:29		Unicef Charity Run 2009	29-Nov-09	Hong Kong
24	W	HM	LAI MEI KWAN	黎美君		J			J8	1:59:25		Standard Chartered Marathon 2009	8-Feb-09	Hong Kong
24	W	HM	LUI WAI MAN	呂慧敏		J			J9	2:01:22		Standard Chartered Marathon 2009	8-Feb-09	Hong Kong
24	W	HM	LAU WING YAN			J			J10	02:01:50		Unicef Charity Run 2009	29-Nov-09	Hong Kong
<b>25</b>	<b>W</b>	<b>MARA</b>	<b>MARA</b>											
25	W	MARA	FAN SUI PING	范瑞萍	S			1		2:54:41		Berlin Marathon	20-Sep-09	Berlin
25	W	MARA	LEONG YUEN FAN	梁婉芬	S			2		2:55:01		Berlin Marathon	20-Sep-09	Berlin
25	W	MARA	LI SUET FEI	李雪非	S			3		2:57:05		113th Boston Marathon	20-Apr-09	Boston
25	W	MARA	CHAN KIT YEE	陳潔儀	S			4		2:57:32		JoongAng Seoul Marathon 2009	1-Nov-09	Seoul
25	W	MARA	WONG SIU PING	黃小萍	S			5		2:57:46		Lake Kawaguchi Marathon	29-Nov-09	Lake Kawaguchi
25	W	MARA	LEUNG YING SUET	梁影雲	S			6		2:58:18		2009 Fubon Marathon	20-Dec-09	Taipei
25	W	MARA	CHAN PUI SHAN	陳佩珊	S			7		2:59:09		JoongAng Seoul Marathon 2009	1-Nov-09	Seoul
25	W	MARA	CHOW CHI NGAN	周子雁	S			8		2:59:13		Berlin Marathon	20-Sep-09	Berlin
25	W	MARA	ROSAMUND BARKER		S			9		3:04:44		Flora London Marathon	26-Apr-09	London
25	W	MARA	CHUI FONG CHEUNG		S			10		3:06:56		JoongAng Seoul Marathon 2009	1-Nov-09	Seoul

### HKAAA Top 10 Ranking List 2009 (WOMEN)

order	Sex	Event	Athlete	Chi	S	J	Team	Rank	J_Rank	Perf.	WS	Name of Competition	Date	Venue
<b>26</b>	<b>W</b>	<b>3000M WALK</b>	<b>3000M WALK</b>											
26	W	3000M WALK	HUI WING WAI	許永慧	J	TCAA		J1	19:02.20			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
26	W	3000M WALK	HUNG PO YI	洪寶兒	J	SHTB		J2	20:20.40			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
26	W	3000M WALK	YEUNG LEE NA	楊利娜	J			J3	20:22.71			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
26	W	3000M WALK	LEUNG SUNG YIN	梁崇妍	J			J4	22:19.24			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
26	W	3000M WALK	HO LOK MAN	何樂敏	J			J5	22:27.49			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
26	W	3000M WALK	CHAN NGA SUET	陳雅雪	J			J6	23:13.72			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
26	W	3000M WALK	CHUNG MAN YI	鍾敏兒	J			J7	23:48.16			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
26	W	3000M WALK	CHEUNG SIN YUE BETTY	張倩瑜	J			J8	24:48.23			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
26	W	3000M WALK	LAU SIU MAN	劉兆敏	J			J9	24:49.10			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
<b>27</b>	<b>W</b>	<b>5000M WALK</b>	<b>5000M WALK</b>											
27	W	5000M WALK	KWOK CHIK HA	郭夕霞	S	SHTB	1		29:53.14			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
27	W	5000M WALK	CHING SIU NGA	程小雅	S	SHTB	2		30:03.41			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
27	W	5000M WALK	NG SAU MAN	吳秀雯	S	SHTB	3		30:23.56			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
27	W	5000M WALK	CHENG IP MING	鄭葉明	S	SHTB	4		30:46.47			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
27	W	5000M WALK	CHU KWAN MEI JUDY	朱群尾	S	SHTB	5		31:16.57			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
27	W	5000M WALK	FUNG SUET MEI	馮雪薇	S	SHTB	6		31:52.02			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
27	W	5000M WALK	CHOI KAM HAR	蔡錦霞	S	SHTB	7		31:52.03			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
27	W	5000M WALK	LIU LAI MING	廖麗明	S	SHTB	8		31:57.68			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
27	W	5000M WALK	WONG YAT WAN	王日雲	S	SHTB	9		32:37.48			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
27	W	5000M WALK	TAI SAU KING	戴秀琼	S	SHTB	10		32:55.77			HK Race Walking Competition 2009-Race1	31-May-09	Hong Kong
<b>28</b>	<b>W</b>	<b>10000M WALK</b>	<b>10000M WALK</b>											
28	W	10000M WALK	NG SAU MAN	吳秀雯	S	SHTB	1		1:02:42			HK Race Walking Competition 2009-Race2	13-Sep-09	Hong Kong
28	W	10000M WALK	CHENG IP MING	鄭葉明	S	SHTB	2		1:05:13			HK Race Walking Competition 2009-Race2	13-Sep-09	Hong Kong
28	W	10000M WALK	CHUN KWAN MEI JUDY	朱群尾	S	SHTB	3		1:06:09			HK Race Walking Competition 2009-Race2	13-Sep-09	Hong Kong
28	W	10000M WALK	TAI SAU KING ERENE	戴秀琼	S	SHTB	4		1:08:22			HK Race Walking Competition 2009-Race2	13-Sep-09	Hong Kong
28	W	10000M WALK	FUNG SUET MEI	馮雪薇	S	SHTB	5		1:09:04			HK Race Walking Competition 2009-Race2	13-Sep-09	Hong Kong
28	W	10000M WALK	SUEN WAI HA	蘇詠心	S	SHTB	6		1:09:53			HK Race Walking Competition 2009-Race2	13-Sep-09	Hong Kong
28	W	10000M WALK	WONG YAT WAN	王日雲	S	SHTB	7		1:10:00			HK Race Walking Competition 2009-Race2	13-Sep-09	Hong Kong
28	W	10000M WALK	WONG KA MAN	黃家雯	S	TCAA	8		1:11:59			HK Race Walking Competition 2009-Race2	13-Sep-09	Hong Kong
28	W	10000M WALK	LEE SHAN	李珊	S	SHTB	9		1:13:00			HK Race Walking Competition 2009-Race2	13-Sep-09	Hong Kong
28	W	10000M WALK	MAK LAI CHING JANET	麥麗貞	S	SHTB	10		1:13:18			HK Race Walking Competition 2009-Race2	13-Sep-09	Hong Kong
<b>29</b>	<b>W</b>	<b>10KM WALK</b>	<b>10KM WALK</b>											
<b>30</b>	<b>W</b>	<b>20KM WALK</b>	<b>20KM WALK</b>											
30	W	20KM WALK	NG SIU MAN	吳秀雯		HKT	1		1:59:55			Hong Kong Road Race Walking Championships 2009	22-Nov-09	Hong Kong
30	W	20KM WALK	KWOK CHIK HA	郭夕霞		SHTB	2		2:01:42			Hong Kong Road Race Walking Championships 2009	22-Nov-09	Hong Kong
30	W	20KM WALK	CHU KWAN MEI JUDY	朱群尾		SHTB	3		2:07:54			Hong Kong Road Race Walking Championships 2009	22-Nov-09	Hong Kong
30	W	20KM WALK	CHENG IP MING	鄭葉明		SHTB	4		2:08:11			Hong Kong Road Race Walking Championships 2009	22-Nov-09	Hong Kong
30	W	20KM WALK	CHOI KAM HAR	蔡錦霞		SHTB	5		2:10:00			Hong Kong Road Race Walking Championships 2009	22-Nov-09	Hong Kong
30	W	20KM WALK	LIU LAI MING	廖麗明		SHTB	6		2:14:25			Hong Kong Road Race Walking Championships 2009	22-Nov-09	Hong Kong
30	W	20KM WALK	WONG YAT WAN	王日雲		SHTB	7		2:17:14			Hong Kong Road Race Walking Championships 2009	22-Nov-09	Hong Kong
30	W	20KM WALK	SO KIT SUM	蘇潔心		SHTB	8		2:18:38			Hong Kong Road Race Walking Championships 2009	22-Nov-09	Hong Kong
30	W	20KM WALK	FUNG SUET MEI	馮雪薇		SHTB	9		2:20:54			Hong Kong Road Race Walking Championships 2009	22-Nov-09	Hong Kong
30	W	20KM WALK	TAI SAU KING IRENE	戴秀琼		SHTB	10		2:24:43			Hong Kong Road Race Walking Championships 2009	22-Nov-09	Hong Kong