

The Chinese Foundation Secondary School
The 10th Annual Athletics Meet 2009-2010
Boys A Grade Result

Event	1st	2nd	3rd	4th	5th	6th	7th	8th
100m	Yuen Sik Yin 6A 12.15" Y S	Leung King Kei 6S2 12.72" Y	Lau Yung Chi 6S1 12.72" R	Lam Chung Fan 5D 13.07" O	Yeung Chi Hung 7S2 13.10" O	Lee Cham Fung 6S2 13.24" G		
110m Hurdles	Wan Chun Lok 6A 17.01" G RS	Sin Ka Chun 7A 18.78" R S	Tam Pak Lun Alex 7S1 18.98" O S	Chu Chun Hei 7S1 19.57" Y S	Li Wing On 5D 21.27" O	Li Pui Yuet 6S2 21.43" O	Ng Tsz Yeung T 5C 21.44" G	Mok Yuen Chun 5D 22.02" R
200m	Yuen Sik Yin 6A 23.98 Y RS	Wan Chun Lok 6A 24.52 G RS	Wan Chun Hong 7A 25.67 O S	Lau Yung Chi 6S1 26.01 R S	Shiu Cheuk Loong Rya 7S1 26.07 G S	Leung King Hei 6S1 26.74 Y	Wong Chun Ki 6S1 27.28 R	
400m	Chu Hin Wai 5C 57.39" R S	Wan Chun Hong 7A 1'02.21" O	So Chun Wing 5E 1'04.74" O	Chan Pak Hon 5A 1'06.00" G	Leong Tsz Tsun 6S1 1'08.00" R	Lau Yun Fai Alistair 7S2 1'09.00" G	Siu Chi Kin 5C 1'10.45" Y	
800m	Chu Hin Wai 5C 2'28.16" R S	Yip Long Kiu Samson 6S1 2'36.12" R	Chan Tsz Ngo 6S2 2'37.16" G	Keung Tsz Siu 5E 2'39.81" Y	Fung Cheuk Hei 6A 2'42.79" Y	Tse On Ho 5D 2'45.66" Y	Chan Ho Ching 5C 2'47.35" Y	Lam Kong Shing 6S1 2'48.00" Y
1500m	Lau Wai Kan 5D 5'24.66" G	Chan Tsz Ngo 6S2 5'28.40" G	Woo Kai Hin 7S2 5'29.00" G	Chan Ho Ching 5C 5'30.00" Y	Yip Long Kiu Samson 6S1 5'37.00" R	Lo Chi Yan 5B 5'37.58" G	Mak Yiu Chung 6S2 5'45.28" G	Fung Cheuk Hei 6A 5'45.48" Y
Discus	Lau Ka Wai David 5B 21.78 O S	Tam Pak Lun Alex 7S1 20.96 O S	Yuen Tsz Kiu 6A 20.23 G S	Wan Chun Hong 7A 20.12 O S	Tse On Ho 5D 19.63 Y	Ma Cheuk Tung 6A 19.35 G	Leung Yat Sum Samuel 7S2 18.54 Y	Chan Kwan Ho 6S2 17.77 R
Shot Put	Yuen Tsz Kiu 6A 10.44 G S	Chan Kwan Ho 6S2 10.1 R S	Ng Siu Kan 6S1 10.02 G S	Chan Yin 7S2 9.76 R S	Lam Chung Fan 5D 9.41 O S	Kwan Long Ki 5D 9.18 G S	Li Pui Yuet 6S2 9.09 O S	Yu Chung Hung 7S1 8.99 O S
Javelin	Sin Ka Chun 7A 28.39 R S	Yeung Siu Cheur 7S2 28.32 G S	Lau Ka Wai David 5B 22.1 O S	Lam Chung Fun 5D 19.99 O	Chan Vincent 7S1 17.25 R	Li Kwok Hung 5C 16.43 O	Li Ho Yin 7S1 16.35 G	Yeung Chi Hung 7S2 16.19 O
Long Jump	Yuen Sik Yin 6A 5M77 Y S	Sin Ka Chun 7A 5M60 R S	Leung King Hei 6S2 5M40 Y S	Lau Wai Kan 5D 5M25 G S	Lee Cham Fung 6S2 5M12 G S	Yip Long Kiu Samson 6S1 4M74 R	Tsoi Kan Him 5A 4M53 G	Leong Tsz Tsun 6S1 4M30 R
High Jump	Lo Chi Yan 5B 1.62 G S R	Chan Chun Wa 7S2 1.55 G S	Yeung Kim Lun 6A 1.5 O	Ho Koon Leung 6S1 1.35 Y	Woo Kai Hin 7S2 1.35 G	Li Pui Yuet 6S2 1.35 O	Yu Chun Wing 5D 1.3 R	Leung Lok Him 5A 1.3 O
Triple Jump	Wan Chun Lok 6A 11.44m G S	Lau Wai Kam 5D 11.05m O S	Li Wing On 5D 10.58m O	Lau Yung Chi 6S1 9.99m R	So Tsz Kin 5D 9.92m O	Chu Chun Hei 6S1 9.21m Y	Kong Ka Wai 6S1 7.64m Y	
4x100m Relay	Yellow House 50.14" Y	Green House 50.63" G	Orange House 51.64" O	Red House 52.88" R	Orange House 53.38" O	Red House 53.57" R	Yellow House 56.97" Y	Green House 57.64" G
4x400m Relay	Green House 4'11.60"	Red House 4'12.88"	Yellow House 4'18.36"	Orange House 4'27.18"	Orange House 4'33.53"	Green House 4'35.80"	Red House 4'45.33"	

S - Standard
R - Break Record