



# JC SPORTS

**DAY 2025** 

@ MA ON SHAN SPORTS GROUND









#### **JCI CREED**

#### We believe:

That faith in God gives meaning and purpose to human life;
That the brotherhood of man transcends the sovereignty of nations;
That economic justice can best be won by free men through free enterprise;
That government should be of laws rather than of men;
That earth's great treasure lies in human personality;
And that service to humanity is the best work of life."

#### JCI Mission

To provide leadership development opportunities that empower young people to create positive change.

#### JCI Vision

To be the foremost global network of young leaders.

# Acknowledgement

We are honoured to have the participants from different chapters, and we would like to express the greatest appreciation to chapters below:

express the greatest appreciation to chapters below.
JCI Victoria
JCI Kowloon
JCI Peninsula
JCI Hong Kong Jayceettes
JCI Lion Rock
JCI Harbour
JCI Yuen Long
JCI Tai Ping Shan
JCI Bauhinia
JCI Dragon
JCI East Kowloon
JCI City
JCI Queensway
JCI North District
JCI Ocean
JCI Sha Tin
JCI Apex
JCI City Lady
JCI Tsuen Wan

JCI Lantau

## Acknowledgement

We would like to extend our heartfelt thanks to all the organising committee members, Anson Yiu, Mike Zhao and Raymond Cheng. Without your support and dedication, today's event would not have been such a success.

Additionally, the following dedicated helpers, whose hard work and commitment were invaluable. Your efforts truly made a difference, and we appreciate every drop of sweat and every ounce of energy you contributed. Thank you all!

JCI Victoria

Wendy KWOK

JCI Kowloon

Venus TAM

JCI Island

Kim LEE

Justin HON

Alan TANG

Ricky CHAN

Vincent YEUNG

Gabriel WONG

Steven CHENG

JCI Lion Rock

Emily Ng

JCI Lantau

Kiki CHAN

Others

Chelsea

Echo

Cheng Man Yin

Kenneth

Yumi

# **Contents**

Message from President	5
Message from National President	6
Message from National Assigned Executive Officer	7
Message from Organising Committee Chairman	8
The Organising Committee	9
Events Rules and Regulations	10
Sports Ground Floor Plan	14
Schedule	15
Event Records	16
Statistics	17
List of Athletes	19
List of Athletes by Event	27
Result of Events	47

#### **Message From President**



Dear Jaycees and Jaycettes,

It is with immense joy and enthusiasm that I welcome you to this year's JC Sports Day! This cherished tradition unites us in the spirit of sportsmanship and friendship, and I am excited to celebrate it with all of you.

Sports have a unique ability to bring people together, transcending boundaries and fostering unity among us. JC Sports Day serves as a testament to this power, providing a platform for friends to engage in friendly competition, showcase their talents, and build lasting connections.

As we gather on 1 May 2025, let us reflect on the invaluable role sports play in promoting personal

growth, teamwork, and leadership. The JCI movement emphasises the importance of developing well-rounded individuals who are not only focused on personal achievements but also dedicated to making a positive impact in our communities. Through sports, we embody the values of discipline, perseverance, and fair play—qualities essential for excellence in all aspects of life.

Today is more than just a day of athletic competitions. It is a time for renewing old friendships, forging new connections, and inspiring one another to reach new heights. Let us leave behind the stresses of our daily lives and come together as one JCI family, united by our passion for sports and our commitment to making a difference.

As we enjoy this special day, let us celebrate the power of sports to unite us, instill the values of teamwork and fair play, and remind us that together, we can achieve great things.

Thank you all again for joining this event, and I wish you all a truly remarkable JC Sports Day!

Alvin Wong 2025 President Junior Chamber International Island

## **Message From National President**

Dear fellow Jaycees and Jayceettes,

It is with great excitement and pride that I welcome you all to JC Sports Day 2025! Today, we don't just gather for competition—we come together as one JCI family to celebrate the values that define who we are: teamwork, resilience, and leadership.

Sports have always been more than just a game. They teach us to push our limits, to work together towards a common goal, and to never give up even when challenges arise. These lessons are the foundation of leadership, and they remind us of the power we have when we unite. This is what our 2025 theme, "We Are Leaders," is all about. Leadership isn't something we do alone. It's something we achieve together, by inspiring and supporting one another.



Today, as we step onto the field, let us bring the same energy, commitment and passion we bring to our lives as JCI members. Let us compete fiercely but fairly, celebrate each other's victories, and cheer on every effort, big or small. JC Sports Day is not just about winning; it's about the connections we strengthen, the memories we create, and the inspiration we draw from one another. This day reminds us that leadership is everywhere—in the determination to cross the finish line, in the encouragement we give a teammate, and in the resilience to keep going no matter what. Together, "We Are Leaders," not just in our communities but here on this field, where we inspire each other to be our best.

A huge thank you to JCI Island for once again hosting this incredible event. Your dedication and hard work bring us all together and make this day unforgettable.

Let's make JC Sports Day 2025 a celebration of our spirit, our strength and our shared leadership. Now, let's get out there and show the world what it means to be a JCI leader!

Yours in JCI, Senator Rafael Wong 2025 National President Junior Chamber International Hong Kong, China

## Message From National Assigned Executive Officer



Dear fellow Jaycees and Jayceettes,

On this special occasion of the 18th JC Sports Day, I extend my warmest congratulations to JCI Island, the organizing committee led by Chairman Anson Yiu and President Alvin Wong, and all participating chapters for upholding this cherished tradition of friendship and healthy competition. For nearly two decades, this exciting annual event has not only promoted physical wellness but also strengthened the bonding within our JCIHK family— a living example of our shared values of leadership, fellowship, and service.

In light of Hong Kong hosting the 15th National Games this year, we gather here on International Workers' Day light to remind ourselves of our own

commitment to elevating community engagement through events like today's. Just as athletes push their limits, so too do we JCI members strive for growth in our professions and communities and lead others by example.

The JC Sports Day also holds personal significance between President Alvin Wong and myself. Back in 2023, when I served as President of my mother chapter, JCI Hong Kong Jayceettes, with blood, sweat and tears, were lucky enough to win the overall championship of the middle-sized chapter! After the event, the Then-Sports Day Chairman showed great passion and dedication by personally delivering our championship trophy to us. I was truly impressed by the thoughtful gesture. Guess who was the Chairman? I am so happy to see him stepping up as President of JCI Island this year not only leading all Islanders in reaching new heights, but also in passing on the true legendary spirit of JCI Sports Day. Thank you, President Alvin!

To JCI Island, thank you for your unwavering commitment to this initiative over 18 years. To all athletes and volunteers, your enthusiasm fuels this event's success. Whether you compete or cheer, remember that today is about unity—breaking barriers, building friendships, and championing the JCI spirit!

Let's play hard and cheer even harder!

Senator Davina Wong National Assigned Executive Officer JCI Hong Kong, China

## **Message From Organising Committee Chairman**

Dear Jaycees and Jaycettes,

Welcome to our JC Sports Day 2025! Today is more than just a day of competition; it's the first event to celebrate the 75th Anniversary of JCI Hong Kong China. Make me feel honoury to be the Chairman of today's event.

As we gather today for the JC Sports Day, I want to take a moment to reflect on the significance of this event. JC Sports Day is not just a celebration of athleticism; it is a celebration of teamwork, dedication, and the spirit of fair competition.

Today, we witness the incredible talent and hard work of our members. Each member has trained tirelessly, demonstrating commitment to themselves and perseverance. Regardless of the



outcomes, your efforts and sportsmanship are commendable and inspire us all.

Sports teach us invaluable lessons—discipline, resilience, and respect for one another. As you compete today, remember that every race and every game is an opportunity to grow, learn, and connect with your members.

I encourage everyone to cheer for our athletes, fostering an atmosphere of support and camaraderie. Let us celebrate not only the victories but also the friendships and memories created on this special day.

Thank you for being here and for your unwavering support. Let the games begin, and wish JC Sports Day 2025 have a fruitful success!

Anson Yiu
Organising Committee Chairman
Junior Chamber International Island

## The Organising Committee



2021 President Senator Luis Yip Project Advisor



2019 President Senator Benjamin Lee Project Advisor



Anson Yiu Project Chairman



2023 President Ewan Siu Project Advisor



Ivan Yim Supervising Officer



Mike Zhao Promotion &Treasurer



Raymond Cheng Secretary &Logistics

## **Event rules And Regulations**

## 1. 参賽資格

- 國際青年商會香港總會成員、各分會普通會員、資深會員及準會員。
- 普通會員及準會員可參加公開組比賽,而資深會員可參加資深組比賽。

## 2. 比賽項目

(- F)	男子		女子	
組別 項目	準會員/ 普通會員	資深會員	準會員/ 普通會員	資深會員
100 米	<b>&gt;</b>	<b>&gt;</b>	✓	<b>√</b>
100 米會長盃		2024 及	2025 會長	
200 米	✓	✓	✓	✓
400 米	✓	✓	✓	✓
800 米	✓	✓	✓	✓
1500 米	✓	✓	✓	✓
3000 米	✓	✓	✓	✓
跳高	✓	✓	✓	✓
跳遠	✓	✓	✓	✓
鉛球	<b>√</b> (6公斤)	✔ (6 公斤)	✔ (3 公斤)	✔ (3 公斤)
4 X 100 米接力賽	✓	✓	✓	✓
4 X 100 米混合接力賽	✓	✓	✓	✓
4 X 400 米接力賽	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>
十八週年紀念邀請賽	<b>√</b>	✓	<b>√</b>	<b>√</b>
親子接力賽	✓	✓	✓	✓

## 會長盃(100 米)

- 2024 及 2025 年度會長參加。
- 成績將不會用作計算個人及團體總分。

## 4 x 100 米接力比賽

- 設有男子及女子組別,每分會最多可派出四隊(男子以及女子組別隊數之總和)參賽。
- 每一參賽隊伍的任何一個隊員可以是準會員、普通會員或資深會員。
- 成績將不會用作計算個人總分。
- 成績將會用作計算團體總分。

## 4 x 400 米接力比賽

- 設有男子及女子組別,每個分會最多可派出四隊(男子以及女子組別隊數之總)參審。
- 每一參賽隊伍的任何一個隊員可以是準會員、普通會員或資深會員。
- 成績將不會用作計算個人總分。
- 成績將會用作計算團體總分。

在比賽進行時,第一棒全程及第二棒的首100米是須分線道跑。直到第二棒的隊員完成100米後,方可自由搶內線。第三及第四棒隊員的站位,是根據前一棒完成200米後,其先後次序而排列。次序越前,站位則接近內線。

## 4 x 100 米男女混合接力比賽

- 每隊的隊員不需來自同一分會,但最多只能來自兩個不同的分會,而且每 一隊需有兩名男會員和兩名女會員參加。
- 每個分會最多可派出兩隊,即每個分會的隊員最多只能在兩隊男女混合 接力比審的隊伍出現。
- 每一參賽隊伍的任何一個隊員可以是準會員、普通會員或資深會員。
- 成績將不會用作計算個人總分。
- 成績將會用作計算團體總分。
- 若參賽隊伍來自兩個不同的分會,每個分會將根據隊伍所跑出的名次而 分別各得到相對的團體分數,所獲得的分數並不只是平均分給兩個分會。

#### 親子接力賽

- 青商會友及其親屬。
- 父或母加一位五至八歲兒童參賽,各跑25米。只接受即場報名,沒有分會及團體限制。
- 成績將不會用作計算個人及團體總分。

## 3. 賽制

- 每位參賽者最多可參加三項個人項目(兩田一徑或兩徑一田)
  - 接力賽、親子接力賽、會長盃及第十八屆紀念邀請賽比賽則不在此限。

## 徑賽

- 初賽首八名最佳成績者可晉身決賽。(註:最佳成績是指該賽事的最佳時間,而不是分賽的名次)。
- 若初賽最後只有八名,或八隊或以下的運動員,將即時進行決賽。如比賽當日只得一位參加者或隊,該賽事仍會照常舉行,該參加者或隊可獲取有關避項。
- 所有一百米、二百米、四百米賽事,皆設有初賽和決賽。若參加人數不足, 大會有權取消初審。
- 所有八百米、一千五米、三千米以及接力賽的賽事,無論有多少參加人數, 皆不設初賽而直接進行決賽。
- 所有初賽線道的編排將會是大會隨機選擇,運動員不得異議。
- 若賽事不設初賽,決賽線道的編排也是大會隨機選擇,運動員也不得異議。
- 若該 100 米及設有初賽,決賽分線的編排將根據初賽名次,詳情如下:

ĺ	初賽名次	8	5	1	2	3	4	6	7
İ	決賽分線	1	2	3	4	5	6	7	8

若該200米及設有初賽,決賽分線的編排將根據初賽名次,詳情如下:

初賽名次	8	7	6	4	1	2	3	5
決賽分線	1	2	3	4	5	6	7	8

若該400米及設有初審,決審分線的編排將根據初審名次,詳情如下:

70 m 100 11.00 D		<b>"</b>	72 10/15 11 2	101101 111 111 11	DC 1/3C 1/4 3	R / L / C	1177		
初賽名次	8	7	5	1	2	3	4	6	
決賽分線	1	2	3	4	5	6	7	8	

- 所有徑賽項目參加者,每次同場比賽只可有一次起跑「偷步」。若運動員再次「偷步」,大會保留取消運動員的參賽資格。
- 所有接力項目運動員,交棒時均不可穿上手套或將任何物料塗在手部。
- 而在交棒過程中,如有參加者於接棒區外交接棒均作違論,大會保留取消整隊的參賽資格。
- 起跑器方面,大會可提供予有需要的參加者,惟參加者須自行安人手於起 跑後,盡快移走起跑器。
- 所有四百米或以下的賽事,運動員需留在起跑時被安排的分線上完成比 賽,而不得越過其他分線。大會保留取消違規運動員的參賽資格。
- 所有八百米、一千五百米及三千米的賽事,運動員需在起跑區的弧形線上 起步,在起跑後立即可以跑向內線,並注意身體不要碰撞其他運動員。
- 大會有權取消任何被證實在比賽途中,以任何方式接收外來幫助的參賽者之比賽資格。
- 参加者必須於比賽時佩戴大會所發給之號碼布(用扣針扣於胸前),否則不得出審。
- 如參加者在最後召集時未能到達指定地點報到,則作棄權論。

#### 田賽

- 除跳高外,試擲或跳次數會視乎報名人數而決定,以當日宣布為準。大會 有權決定各田賽項目的首試標準,不設初賽,名次則以最佳成績作決定。
- 凡田賽參加者,均須在裁判員喚名後起計一分鐘內完成動作,無故延誤試 跳或試擲,則作一次失敗論。
- 所有投擲器材須由大會提供,參加者不可以使用私人器材參與比賽。
- 参加者必須於比賽時佩戴大會所發給之號碼布(用扣針扣於胸前),否則不得出賽。
- 如參加者在最後召集時未能到達指定地點報到,則作棄權論。

## 比賽結果

 所有比賽結果需經由大會處理以及公佈,運動員不應在比賽結束後立刻 向大會工作人員查詢結果。

## 上訴

運動員若對比賽結果有任何異議,可於向大會提出上訴,上訴最遲為成績公佈後1小時內,或頒獎禮進行前30分鐘前,兩者比較早為准。大會將向該運動員收取現金港幣二百元正的行政費用。若比賽結果經大會審核後而有所改變,大會將把所收取的行政費用交還該運動員。

## 單項獎品

每項目分冠、亞及季軍,可獲獎牌乙面。

#### 個人及團體總分評分辦法

- 所有個人項目優勝者除可增加個人分數外,其得分亦會計算於分會團體總分中,但不包括會長盃、親子接力審及十八週年紀念邀請審。
- 而接力賽的優勝隊伍,其得分只會計算於分會團體總分,而不會計算於個人總分中。
- 每個項目將依下列的決賽名次,給予優勝運動員及其所屬分會:

名次	1	2	3	4	5	6	7	8
單項個人得分	9	7	6	5	4	3	2	1
接力賽得分	18	14	12	10	8	6	4	2

- 所有個人組別設有男、女子個人總冠軍、亞軍及季軍,即是男、女子個人總分最高首三名運動員,可獲獎杯乙座。如遇總分相同時,金牌數目多者為勝,其次是銀牌、銅牌(總分不包括接力賽、會長盃、親子接力賽及第十八屆紀念邀請賽)。
- 個人總冠軍、亞軍及季軍分別頒發給公開組(準會員及普通會員)以及與 資深組(資深會員)。

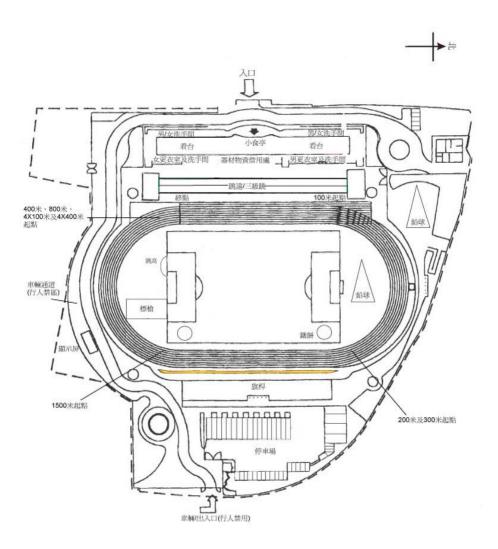
#### 分會團體總冠軍

- 團體總分數均會計算分會參與分數以及比賽的名次所得到的分數。
- 每位參與的會員均會為分會團體分數獲得參與分一分,而評分準則則以 參加者於比賽一星期前提交的個人報名表的報名紀錄為實。
- 比賽名次的分數均會計算會接力賽(不包括親子接力賽及十八週年紀念邀請賽)以及個人單項(不包括會長盃)之得分總和。
- 團體總冠軍分三個組別:大會(會員人數達九十一人)、中會(會員人數 介乎於五十六至九十人)以及細會(會員人數有五十五人或以下)。

\*大會保留一切對本比賽規則作出修訂之權利。

## **Sports Ground Floor Plan**

# 馬鞍山運動場平面圖



## Schedule

n.t 20	男子	子			女一	子		
時間	徑賽	田賽	田賽	其他	徑賽	田賽	田賽	其他
0900 - 0915	800 米決賽				800 米決賽			
	200 米初賽(公開組)				200 米初賽(公開組)			
	200 米 <b>決賽</b> (資深				200 米 <b>決賽</b> (資深			
0915 - 0930	組)				組)			
0930 - 0945	400 米初賽(公開組)				400 米決賽(公開組)			
	400 米 <b>決賽</b> (資深	跳遠	跳高		400 米決賽(資深組)		/	
0945 - 1000	組)	鉛球			400 小人子(貝/木組)			
1000 - 1015	100 米初賽(公開組)							
	100 米 <b>決賽</b> (高级				100 米初賽			
1015 - 1030	組)							
1030 - 1045	會長賽 100 米決賽				會長賽 100 米決賽			
1045 - 1100								
1100 - 1115				開幕禮及	及頒獎禮			
1115 - 1130				•	T	ı		
1130 - 1145	4 X 100 米決賽	跳遠			4 X 100 米決賽			
1145 - 1200	4 7 100 小八貨	鉛球			4 A 100 小八貨	/		
1200 - 1215		如小	/					
1215 - 1230	3000 米決賽		/		3000 米決賽	跳遠	跳高	
1230 - 1245	0000 小八貨				0000 小八貨	鉛球		
1245 - 1300						如水		
1300 - 1315								
1315 - 1330				车	膳			
1330 - 1345				- 1	冶			
1345 - 1400								
1400 - 1415	200 米決賽				200 米決賽			
1415 - 1430	400 米決賽				/	跳遠		
1430 - 1445	100 米決賽				100 米決賽	姚琰		
1445 - 1500	1500 米決賽	/	/	<b>石將油</b>	1500 米決賽	如水	/	頒獎禮
1500 - 1515	1000 小次貨	/	/	頒獎禮	1000 小次貨		/	侧兴恒
1515 - 1530	4 X 100 米混合決賽				4 X 100 米混合決賽			
1530 - 1545	4 V 400 水油雪				4 V 400 水油雪			
1545 - 1600	4 X 400 米決賽				4 X 400 米決賽			
1600 - 1615			·4L	. 住家刀力	日マゼム家			
1615 - 1630	邀請賽及親子接力賽							
1630 - 1645	one Historia							
1645 - 1700	頒獎禮							

<sup>\*</sup>大會保留一切對比賽項目及賽程作出修訂之權利,請留意當日廣播!

## **Event Records**

項目	性別	運動員名稨	所屬分會	年份	大會紀錄
會長盃 100 米	男子	Kendrick Yuen	Sha Tin	2018	00:13.39
會長盃 100 米	女子	Sammi Fung	Sha Tin	2019	00:16.37
100 米 公開組	男子	Chong Yu VIP Li	Lion Rock	2019	00:11.34
200 米 公開組	男子	Gilbert Tsang	City	2011	00:25.61
400 米 公開組	男子	Matthew Tse	Apex	2017	00:55.29
800 米 公開組	男子	Matthew Tse	Apex	2017	02:16.62
1500 米 公開組	男子	Man Kin Ken Choy	East Kowloon	2019	04:55.66
3000 米 公開組	男子	Nelson Chan	Queensway	2023	10:47.62
跳高 公開組	男子	Robin Kong	Harbour	2019	1.65 米
跳遠 公開組	男子	Robin Kong	Harbour	2019	5.72 米
推鉛球 公開組	男子	Marcus Wong	Harbour	2023	11.67 米
100 米 公開組	女子	Sze Wai Ling	Sha Tin	2024	00:13.56
200 米 公開組	女子	Zico Sit	Victoria	2024	00:31.26
400 米 公開組	女子	Vivian Luk	HK Jayceettes	2024	01:14.70
800 米 公開組	女子	Carmen Chiang	East Kowloon	2024	03:01.28
1500 米 公開組	女子	Ching Man Carmen Chiang	East Kowloon	2023	05:57.00
3000 米 公開組	女子	Ching Man Carmen Chiang	East Kowloon	2023	12:36.19
跳高 公開組	女子	Zico Sit	Victoria	2024	1.20米
跳遠 公開組	女子	Sze Wai Ling	Sha Tin	2024	4.79 米
推鉛球 公開組	女子	Erica Chan	Tsuen Wan	2024	9.30 米
100 米 資深組	男子	Colwin Tham	Victoria	2023	00:12.98
200 米 資深組	男子	Vincent Lam	JCI Harbour	2024	00:31.21
400 米 資深組	男子	Kevin Lee	City	2023	01:05.66
800 米 資深組	男子	Frankie Cheung	JCI Harbour	2024	02:38.22
1500 米 資深組	男子	Man Kin Ken Choy	East Kowloon	2023	04:56.01
3000 米 資深組	男子	Man Kin Ken Choy	East Kowloon	2023	10:31.69
跳高 資深組	男子	Eric Siu	JCI Harbour	2024	1.4米
跳遠 資深組	男子	Wallace Yuen	Peninsula	2018	4.60 米
推鉛球 資深組	男子	Anthony Cheng	East Kowloon	2016	9.74 米
100 米 資深組	女子	Connie Woo	Victoria	2016	00:18.24
200 米 資深組	女子	Alvina Chan	JCI Peninsula	2024	00:47.56
400 米 資深組	女子	Connie Woo	Victoria	2023	01:44.88
800 米 資深組	女子	So Hiu Ling	JCI Peninsula	2024	03:37.06
1500 米 資深組	女子	Clara Chan	Victoria	2017	09:07.35
3000 米 資深組		Donna Lau	Kowloon	2024	15:27.47
跳高 資深組	女子	N/A	N/A	N/A	N/A
跳遠 資深組	女子	Jean Yip	HK Jayceettes	2023	2.78 米
推鉛球 資深組	~ ` ` ~	Pauline River	Peninsula	2019	6.57 米
4 X 100 米 接力	男子	Apex	Apex	2017	00:52.59
4 X 100 米 接力	女子	Victoria	Victoria	2023	01:01.08
混合 4 X 100 米 接力		Victoria	Victoria	2023	00:55.65
4 X 400 米 接力	男子	Harbour	Harbour	2018	04:30.38
4 X 400 米 接力	女子	Sha Tin	Sha Tin	2023	05:17.79

## Statistics

# **Number of participants**

Female	104
Male	151
Total	255

# Number of participating events

Event	Gender	Class	Number
President Club	Female	Open	10
President Club	Male	Open	21
100M	Female	Open	21
100M	Female	Senior	5
100M	Male	Open	36
100M	Male	Senior	7
200M	Female	Open	10
200M	Female	Senior	2
200M	Male	Open	15
200M	Male	Senior	6
400M	Female	Open	7
400M	Female	Senior	1
400M	Male	Open	13
400M	Male	Senior	6
800M	Female	Open	11
800M	Female	Senior	1
800M	Male	Open	8
800M	Male	Senior	6
1500M	Female	Open	11
1500M	Female	Senior	2
1500M	Male	Open	18
1500M	Male	Senior	8
3000M	Female	Open	8
3000M	Female	Senior	4
3000M	Male	Open	16
3000M	Male	Senior	9

Event	Gender	Class	Number
High Jump	Female	Open	15
High Jump	Female	Senior	0
High Jump	Male	Open	13
High Jump	Male	Senior	2
Long Jump	Female	Open	26
Long Jump	Female	Senior	4
Long Jump	Male	Open	34
Long Jump	Male	Senior	7
Short Put	Female	Open	44
Short Put	Female	Senior	4
Short Put	Male	Open	30
Short Put	Male	Senior	9
4X100M	Female	N/A	32
4X100M	Male	N/A	48
4X400M	Female	N/A	16
4X400M	Male	N/A	20
4X100M	Mixed	N/A	36

Male	311
Female	224
Mixed	36

## **List of Athletes**

Bib No	Given	Family	Gender	Class	Chapter
	Name	Name			
F001	Jay	Lee	Female	Open	JCI Victoria
F002	Dara	Sum	Female	Open	JCI Victoria
F003	Cadee	Chak	Female	Open	JCI Victoria
F004	Celeste	Chung	Female	Open	JCI Victoria
F005	Kelsie	Ko	Female	Open	JCI Victoria
F006	Lara	Lee	Female	Open	JCI Victoria
F007	Boy	Leung	Female	Senior	JCI Victoria
F008	Stella	Li	Female	Open	JCI Victoria
F009	Aggie	Poon	Female	Open	JCI Victoria
M001	August	Chan	Male	Open	JCI Victoria
M002	Marcus	Chui	Male	Open	JCI Victoria
M003	Felix	Hau	Male	Open	JCI Victoria
M004	Bojai	Kong	Male	Open	JCI Victoria
M005	Evan	Lau	Male	Open	JCI Victoria
M006	Vincent	Li	Male	Open	JCI Victoria
M007	Charles	Lo	Male	Open	JCI Victoria
M008	Wallace	Sham	Male	Open	JCI Victoria
M009	Colwin	Tham	Male	Senior	JCI Victoria
M010	Michael	Lau	Male	Open	JCI Kowloon
F010	Lucy	Lau	Female	Open	JCI Kowloon
F011	Winky	So	Female	Open	JCI Kowloon
M011	Wayne	Lai	Male	Open	JCI Kowloon
M012	Brian	Lam	Male	Open	JCI Kowloon
M013	Kb	Lee	Male	Open	JCI Kowloon
M014	Justin	Wong	Male	Senior	JCI Kowloon
Pres!	Alvin	Wong	Male	Open	JCI Island
M015	Barry Yui Ming	Cheung	Male	Open	JCI Island
M016	Kim	Lee	Male	Senior	JCI Island
M017	Parco	Wu	Male	Senior	JCI Island
M018	Vincent	Yeung	Male	Open	JCI Island
PA1012	Luis	Yip	Male	Open	JCI Island
F012	Alyse	Chu	Female	Open	JCI Peninsula
F013	Jenny	Fong	Female	Open	JCI Peninsula

Bib No	Given Family G		Gender	Class	Chapter	
	Name	Name				
F014	Alvina	Chan	Female	Senior	JCI Peninsula	
F015	Astrid	Chan	Female	Open	JCI Peninsula	
F016	Julia	Cheung	Female	Senior	JCI Peninsula	
F017	Wing Yue	Cheung	Female	Open	JCI Peninsula	
F018	Eva	Chiu	Female	Senior	JCI Peninsula	
F019	Karen	Chow	Female	Open	JCI Peninsula	
F020	Anette	Chu	Female	Open	JCI Peninsula	
F021	Ka Yan	Chu	Female	Open	JCI Peninsula	
F022	Miranda	Chung	Female	Senior	JCI Peninsula	
F023	Kiska Ka Yee	Chung	Female	Open	JCI Peninsula	
F024	Amy	Но	Female	Open	JCI Peninsula	
F025	Gabriella	Kam	Female	Open	JCI Peninsula	
F026	Phoebe	Kam	Female	Open	JCI Peninsula	
F027	Ada	Koo	Female	Senior	JCI Peninsula	
F028	Carmen	Lah	Female	Senior	JCI Peninsula	
F029	Candice	Lai	Female	Open	JCI Peninsula	
F030	Amy Mei Kwan	Lai	Female	Open	JCI Peninsula	
F031	Genie	Ng	Female	Open	JCI Peninsula	
F032	Katrina	Ng	Female	Open	JCI Peninsula	
F033	Katrina	Tang	Female	Open	JCI Peninsula	
F034	Priscilla	Tso	Female	Open	JCI Peninsula	
F035	Janette	Wan	Female	Senior	JCI Peninsula	
F036	Kelen	Wen	Female	Open	JCI Peninsula	
F037	Wing	Wong	Female	Open	JCI Peninsula	
F038	Emma	Yiu	Female	Open	JCI Peninsula	
F039	Katrina	Yuen	Female	Open	JCI Peninsula	
M019	Fung	Chan	Male	Open	JCI Peninsula	
M020	Jonathan	Chan	Male	Senior	JCI Peninsula	
M021	Sam	Chan	Male	Open	JCI Peninsula	
M022	Leslie	Ching	Male	Senior	JCI Peninsula	
M023	Matthew	Но	Male	Open	JCI Peninsula	
M024	Chihwei	Hsu	Male	Open	JCI Peninsula	
M025	Cyrus	Koo	Male	Open	JCI Peninsula	
M026	Daniel	Kwan	Male	Senior	JCI Peninsula	
M027	Stanford	Lai	Male	Senior	JCI Peninsula	

Bib No	Given Family Gender Class Name Name		Chapter		
M028	Charles	Lau	Male	Open	JCI Peninsula
M029	Hector	Law	Male	Open	JCI Peninsula
M030	Kenneth	Lee	Male	Senior	JCI Peninsula
M031	Jerry	Leung	Male	Open	JCI Peninsula
M032	Larry Wai Lun	Lo	Male	Open	JCI Peninsula
M033	William	Luk	Male	Open	JCI Peninsula
M034	Chris	Ng	Male	Open	JCI Peninsula
M035	Stephen	Ng	Male	Senior	JCI Peninsula
M036	Edward Tak Wai	Ng	Male	Open	JCI Peninsula
M037	James Tin Wing	Pak	Male	Senior	JCI Peninsula
M038	Freddy	Shiu	Male	Open	JCI Peninsula
M039	Howard	Sze	Male	Open	JCI Peninsula
M040	Gene	Tang	Male	Senior	JCI Peninsula
M041	Dave	Tsai	Male	Open	JCI Peninsula
M042	Freddy	Tsang	Male	Senior	JCI Peninsula
M043	Ivan	Wan	Male	Senior	JCI Peninsula
M044	Wing Him	Wan	Male	Senior	JCI Peninsula
M045	Nelson	Yao	Male	Open	JCI Peninsula
M046	Wallace	Yuen	Male	Senior	JCI Peninsula
F040	Rycho	Cheuk	Female	Open	JCI Hong Kong
				_	Jayceettes
F041	Yukki	Wong	Female	Open	JCI Hong Kong Jayceettes
F042	Mia	Chiu	Female	Open	JCI Hong Kong Jayceettes
F043	Tegrisco	Chow	Female	Open	JCI Hong Kong Jayceettes
F044	Agnes	Fong	Female	Open	JCI Hong Kong Jayceettes
F045	Coke	Но	Female	Open	JCI Hong Kong Jayceettes
F046	Elaine	Но	Female	Senior	JCI Hong Kong Jayceettes
F047	Cooper	Ip	Female	Open	JCI Hong Kong Jayceettes
F048	Micky	Lau	Female	Open	JCI Hong Kong Jayceettes

Bib No	Given	Family	Gender	Class	Chapter
	Name	Name			
F049	Sharon	Lau	Female	Open	JCI Hong Kong
F050	Cherry	Lok	Female	Open	Jayceettes JCI Hong Kong
1030	Cherry	LUK	Temale	Open	Jayceettes
F051	Vivian	Luk	Female	Open	JCI Hong Kong
					Jayceettes
F052	Flora	Ng	Female	Open	JCI Hong Kong
F053	Sherman	Na	Female	Onon	JCI Hong Kong
FU55	Sherman	Ng	remale	Open	Jayceettes
F054	Rebecca	Seto	Female	Open	JCI Hong Kong
					Jayceettes
NAEO	Davina	Wong	Female	Open	JCI Hong Kong
TO EE	TT: CC	37	г 1	0	Jayceettes
F055	Tiffany	Yam	Female	Open	JCI Hong Kong Jayceettes
F056	Helen Hoi Ting	Yau	Female	Open	JCI Hong Kong
	Ū			•	Jayceettes
F057	Audrey	Yip	Female	Open	JCI Hong Kong
3.50.45	11 11 37	CI.	3.6.1	0	Jayceettes
M047	Huey Ho Yin	Shum	Male	Open	JCI Lion Rock
F058	Sarah Sing Wa	Ma	Female	Open	JCI Lion Rock
F059	Faye Toi Shing	Sin	Female	Open	JCI Lion Rock
F060	Cici Sin Tung	Tsoi	Female	Senior	JCI Lion Rock
F061	Yanese Yuen Sum	Tse	Female	Open	JCI Lion Rock
M048	Bill Tak Piu	Chong	Male	Open	JCI Lion Rock
M049	Francis Fong Wai	Leung	Male	Open	JCI Lion Rock
M050	Tim Chun Yiu	Ting	Male	Senior	JCI Lion Rock
M051	Chi Wah	Ko	Male	Open	JCI Harbour
M052	Hob	Lau	Male	Open	JCI Harbour
F062	Dorothy Chung Yin	Chan	Female	Open	JCI Harbour
F063	Creami	Chu	Female	Open	JCI Harbour
F064	Pat	Kam	Female	Senior	JCI Harbour
F065	Cherry	Ko	Female	Open	JCI Harbour
F066	May	Kwan	Female	Open	JCI Harbour
F067	Fiona	Lam	Female	Open	JCI Harbour
F068	Patricia	Loo	Female	Open	JCI Harbour
F069	Mandy	Wen	Female	Open	JCI Harbour

Bib No	Given	Family	Gender	Class	Chapter
F070	Name Alva	Name Yang	Female	Open	JCI Harbour
M053	William	Chan	Male	Open	JCI Harbour
M054	Alfred	Fan	Male	Open	JCI Harbour
M055	Ryan	Fok	Male	Open	JCI Harbour
M056	Zachary	Fok	Male	Open	JCI Harbour
M057	Vincent	Но	Male	Open	JCI Harbour
M058	Eric	Lam	Male	Open	JCI Harbour
M059	Jason	Lam	Male	Open	JCI Harbour
M060	Jimmy Cho Kei	Lam	Male	Senior	JCI Harbour
M061	Henry	Law	Male	Open	JCI Harbour
M062	Wilcox	Leung	Male	Senior	JCI Harbour
M063	Paul	Man	Male	Open	JCI Harbour
M064	Eric	Siu	Male	Senior	JCI Harbour
M065	Marcus Ming Ming	Wong	Male	Open	JCI Harbour
M066	Jacky	Wong	Male	Open	JCI Yuen Long
M146	Bon	Tang	Male	Open	JCI Yuen Long
M147	Victor	Yu	Male	Open	JCI Yuen Long
M148	Tom	Chan	Male	Open	JCI Yuen Long
F071	Michelle	Yu	Female	Open	JCI Tai Ping Shan
M067	Samson Chan Long	Chio	Male	Open	JCI Tai Ping Shan
M068	Luis Kwun Long	Chun	Male	Open	JCI Tai Ping Shan
M069	Chin Lok	Lai	Male	Open	JCI Tai Ping Shan
M070	Alex Yu Ting	Wong	Male	Open	JCI Tai Ping Shan
F072	Jenny	Leung	Female	Open	JCI Bauhinia
F073	Catherine	Chan	Female	Open	JCI Bauhinia
F074	Mabel	Lee	Female	Open	JCI Bauhinia
F075	Oli	Wong	Female	Open	JCI Bauhinia
M071	Bosco	Li	Male	Open	JCI Dragon
M072	Sam	Cheung	Male	Open	JCI Dragon
M073	Clarence	Hui	Male	Open	JCI Dragon
M074	Ugo	Lai	Male	Open	JCI Dragon
M075	Bobby	Lam	Male	Open	JCI Dragon
M076	Chuo Nan Erichard	Wu	Male	Open	JCI Dragon
M077	Chris	Chan	Male	Open	JCI East Kowloon
M078	Ryan	Kuo	Male	Open	JCI East Kowloon

Bib No	Given	Family	Gender	Class	Chapter
	Name	Name			
F076	Carmen	Chiang	Female	Open	JCI East Kowloon
F077	Eva	Leung	Female	Senior	JCI East Kowloon
F078	Tina	Wong	Female	Open	JCI East Kowloon
M079	Kenny	Chan	Male	Open	JCI East Kowloon
M080	Anthony	Cheng	Male	Senior	JCI East Kowloon
M081	Kant	Chong	Male	Senior	JCI East Kowloon
M082	Ken	Choy	Male	Senior	JCI East Kowloon
M083	Roy	Kuo	Male	Open	JCI East Kowloon
M084	Sing	Leung	Male	Open	JCI East Kowloon
M085	Cyrus	Hui	Male	Senior	JCI City
M086	Pong	Tong	Male	Open	JCI City
2025NP	Rafael	Wong	Male	Open	JCI City
M087	Albert	Chan	Male	Open	JCI City
M088	Dicky	Chan	Male	Open	JCI City
M089	Marcus	Chan	Male	Senior	JCI City
M090	Teddy	Chan	Male	Open	JCI City
M091	Henry	Cheung	Male	Open	JCI City
M092	Trevor	Cheung	Male	Open	JCI City
M093	Oscar	Ip	Male	Open	JCI City
M094	Blackpig	Lai	Male	Open	JCI City
M095	Winston	Law	Male	Open	JCI City
M096	Gary	Lee	Male	Senior	JCI City
M097	Kevin	Lee	Male	Senior	JCI City
M098	Water	Leung	Male	Open	JCI City
M099	Stanley	Lui	Male	Senior	JCI City
M100	Sammy	Luk	Male	Open	JCI City
M101	Oscar	Mak	Male	Open	JCI City
M102	Enoch	Sum	Male	Open	JCI City
M103	Gilbert	Tsang	Male	Senior	JCI City
M104	Andy	Tsui	Male	Open	JCI City
M105	Gary	Wong	Male	Senior	JCI City
M106	Karl	Wong	Male	Open	JCI City
M107	Oscar	Wong	Male	Open	JCI City
M108	Peter	Wong	Male	Senior	JCI City
M109	Coeus	Leung	Male	Open	JCI Queensway

Bib NoGiven NameFamily NameGender NameClassChapterF079AgnesCheungFemaleSeniorJCI QueenswaM110AllenPoMaleOpenJCI QueenswaM111DicksonKwokMaleOpenJCI North DisM112JimmyYiuMaleSeniorJCI North DisM113VictorChoiMaleOpenJCI North DisM114RaymondLaiMaleSeniorJCI North DisM115KennethLawMaleOpenJCI North DisM116TimLeuMaleOpenJCI North DisM117RoyYipMaleSeniorJCI North DisM118KevinChuMaleOpenJCI OceanM119VincentPangMaleOpenJCI OceanM120JustinShumMaleOpenJCI OceanF080ElaineTangFemaleOpenJCI Sha TinM121RandyLeeMaleOpenJCI Sha Tin	trict trict trict trict
M110AllenPoMaleOpenJCI QueenswaM111DicksonKwokMaleOpenJCI North DisM112JimmyYiuMaleSeniorJCI North DisM113VictorChoiMaleOpenJCI North DisM114RaymondLaiMaleSeniorJCI North DisM115KennethLawMaleOpenJCI North DisM116TimLeuMaleOpenJCI North DisM117RoyYipMaleSeniorJCI North DisM118KevinChuMaleOpenJCI OceanM119VincentPangMaleOpenJCI OceanM120JustinShumMaleOpenJCI OceanF080ElaineTangFemaleOpenJCI Sha Tin	trict trict trict trict
M111DicksonKwokMaleOpenJCI North DisM112JimmyYiuMaleSeniorJCI North DisM113VictorChoiMaleOpenJCI North DisM114RaymondLaiMaleSeniorJCI North DisM115KennethLawMaleOpenJCI North DisM116TimLeuMaleOpenJCI North DisM117RoyYipMaleSeniorJCI North DisM118KevinChuMaleOpenJCI OceanM119VincentPangMaleOpenJCI OceanM120JustinShumMaleOpenJCI OceanF080ElaineTangFemaleOpenJCI Sha Tin	trict trict trict trict trict
M112JimmyYiuMaleSeniorJCI North DisM113VictorChoiMaleOpenJCI North DisM114RaymondLaiMaleSeniorJCI North DisM115KennethLawMaleOpenJCI North DisM116TimLeuMaleOpenJCI North DisM117RoyYipMaleSeniorJCI North DisM118KevinChuMaleOpenJCI OceanM119VincentPangMaleOpenJCI OceanM120JustinShumMaleOpenJCI OceanF080ElaineTangFemaleOpenJCI Sha Tin	trict trict trict
M113 Victor Choi Male Open JCI North Dis M114 Raymond Lai Male Senior JCI North Dis M115 Kenneth Law Male Open JCI North Dis M116 Tim Leu Male Open JCI North Dis M117 Roy Yip Male Senior JCI North Dis M118 Kevin Chu Male Open JCI Ocean M119 Vincent Pang Male Open JCI Ocean M120 Justin Shum Male Open JCI Ocean F080 Elaine Tang Female Open JCI Sha Tin	trict trict
M114RaymondLaiMaleSeniorJCI North DisM115KennethLawMaleOpenJCI North DisM116TimLeuMaleOpenJCI North DisM117RoyYipMaleSeniorJCI North DisM118KevinChuMaleOpenJCI OceanM119VincentPangMaleOpenJCI OceanM120JustinShumMaleOpenJCI OceanF080ElaineTangFemaleOpenJCI Sha Tin	trict
M115KennethLawMaleOpenJCI North DisM116TimLeuMaleOpenJCI North DisM117RoyYipMaleSeniorJCI North DisM118KevinChuMaleOpenJCI OceanM119VincentPangMaleOpenJCI OceanM120JustinShumMaleOpenJCI OceanF080ElaineTangFemaleOpenJCI Sha Tin	
M116TimLeuMaleOpenJCI North DisM117RoyYipMaleSeniorJCI North DisM118KevinChuMaleOpenJCI OceanM119VincentPangMaleOpenJCI OceanM120JustinShumMaleOpenJCI OceanF080ElaineTangFemaleOpenJCI Sha Tin	
M117RoyYipMaleSeniorJCI North DisM118KevinChuMaleOpenJCI OceanM119VincentPangMaleOpenJCI OceanM120JustinShumMaleOpenJCI OceanF080ElaineTangFemaleOpenJCI Sha Tin	trict
M118KevinChuMaleOpenJCI OceanM119VincentPangMaleOpenJCI OceanM120JustinShumMaleOpenJCI OceanF080ElaineTangFemaleOpenJCI Sha Tin	trict
M119VincentPangMaleOpenJCI OceanM120JustinShumMaleOpenJCI OceanF080ElaineTangFemaleOpenJCI Sha Tin	trict
M120JustinShumMaleOpenJCI OceanF080ElaineTangFemaleOpenJCI Sha Tin	
F080 Elaine Tang Female Open JCI Sha Tin	
M121 Dondy Los Male Open ICI She Tin	
M121 Randy Lee Male Open JCI Sha Tin	
F081 Elaine Kam Female Open JCI Sha Tin	
F082 Shirley Tsang Female Open JCI Sha Tin	
F083YenWangFemaleOpenJCI Sha Tin	
F084YannesWongFemaleOpenJCI Sha Tin	
Yannes Yam Female Open JCI Sha Tin	
F086 Claire Yu Female Open JCI Sha Tin	
Yuki Yu Female Open JCI Sha Tin	
F088 Stephanie Zang Female Open JCI Sha Tin	
M122 Gabriel Chan Male Open JCI Sha Tin	
M123 Gary Chan Male Senior JCI Sha Tin	
M124 Samuel Chen Male Open JCI Sha Tin	
M125 Anson Cheung Male Open JCI Sha Tin	
M126 Benny Ho Male Open JCI Sha Tin	
M127 Markson Mai Male Open JCI Sha Tin	
M128 Sam Sum Male Open JCI Sha Tin	
M129 Kendrick Yuen Male Open JCI Sha Tin	
M130 Steven Chow Male Open JCI Apex	
M131 David Chan Male Open JCI Apex	
M132 Calvin Chung Male Open JCI Apex	
M133 Ian Wan Male Open JCI Apex	
M134 Jerry Wong Male Open JCI Apex	

Bib No	Given	Family	Gender	Class	Chapter
	Name	Name			
F089	Ecquinne	Yu	Female	Open	JCI City Lady
F090	Mango	Chiu	Female	Open	JCI City Lady
F091	Annie	Chui	Female	Open	JCI City Lady
F092	Gavin	Lam	Female	Open	JCI City Lady
F093	Winnie	Lee	Female	Open	JCI City Lady
F094	Shirley	Li	Female	Open	JCI City Lady
F095	Kimmy	Lo	Female	Open	JCI City Lady
F096	Waynes	Seto	Female	Open	JCI City Lady
F097	Tracy	Wong	Female	Senior	JCI City Lady
M135	Francis	Kwan	Male	Open	JCI Tsuen Wan
F098	Carmen	Choi	Female	Open	JCI Tsuen Wan
F099	Stefani	Ngo	Female	Open	JCI Tsuen Wan
M136	Marco	But	Male	Open	JCI Tsuen Wan
M137	Michael	Chiu	Male	Open	JCI Tsuen Wan
M138	Mong Kwong	Hon	Male	Open	JCI Tsuen Wan
M139	Gilbert	Sun	Male	Open	JCI Tsuen Wan
M140	Mike	Yiu	Male	Open	JCI Tsuen Wan
M141	Calvin	Yuen	Male	Open	JCI Tsuen Wan
M142	James	Li	Male	Open	JCI Lantau
F100	Kiki	Chan	Female	Open	JCI Lantau
F101	Kathy	Choi	Female	Open	JCI Lantau
F102	Venus	Но	Female	Open	JCI Lantau
F103	Amy	Li	Female	Open	JCI Lantau
M143	Eric	Chew	Male	Open	JCI Lantau
M144	Andy	Fong	Male	Open	JCI Lantau
M145	David	Wong	Male	Open	JCI Lantau

## **Invitation Relay**

We would like to extend our heartfelt thanks to all the parties below who have participated the invitation relay of JC Sports Day 2025.

國際獅子總會中國港澳三 O 三區 喇沙中學舊生隊 香港華人會計師公會 國際青年商會中國香港總會第六十屆總會周年大會

(排名不分先後)

# List of Athletes by Events

Event Number 1

Event 800M Final
Gender Female
Class Open
Time 9:00

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	<b>▼</b> Gender	<b>▼</b> Class	▼ Chapter	~
	1 F004	Celeste	Chung	Female	Open	JCI Victoria	
	2 F023	Kiska Ka Yee	Chung	Female	Open	JCI Peninsula	
	3 F030	Amy Mei Kwan	Lai	Female	Open	JCI Peninsula	
	4 F044	Agnes	Fong	Female	Open	JCI Hong Kong Jayceettes	
	5 F072	Jenny	Leung	Female	Open	JCI Bauhinia	
	6 F076	Carmen	Chiang	Female	Open	JCI East Kowloon	
	7 F081	Elaine	Kam	Female	Open	JCI Sha Tin	
	8 F085	Yannes	Yam	Female	Open	JCI Sha Tin	
	9 F086	Claire	Yu	Female	Open	JCI Sha Tin	
	10 F092	Gavin	Lam	Female	Open	JCI City Lady	
	11 F102	Venus	Ho	Female	Open	JCI Lantau	

Event Number 2
Event 800M Final
Gender Female

Class Senior Time 9:00

No	▼ Bib No.	▼ Given Name	<b>▼</b> Family Name	<b>▼</b> Gender	▼ Class	Chapter Chapter	~
	1 F046	Elaine	Ho	Female	Senior	JCI Hong Kong Jayceettes	

Event Number 3
Event 800M Final
Gender Male
Class Open
Time 9:00

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	<b>▼</b> Gender	<b>▼</b> Class	<b>▼</b> Chapter	▼
	1 M007	Charles	Lo	Male	Open	JCI Victoria	
	2 M013	Кb	Lee	Male	Open	JCI Kowloon	
	3 M041	Dave	Tsai	Male	Open	JCI Peninsula	
	4 M087	Albert	Chan	Male	Open	JCI City	
	5 M092	Trevor	Cheung	Male	Open	JCI City	
	6 M098	Water	Leung	Male	Open	JCI City	
	7 M106	Karl	Wong	Male	Open	JCI City	
	8 M110	Vincent	Pang	Male	Onen	ICI Ocean	

 Event Number
 4

 Event
 800M Final

 Gender
 Male

 Class
 Senior

 Time
 9:00

No	▼ Bib No.	▼ Given Name	▼ Family Name	<b>▼</b> Gender	<b>▼</b> Class	<b>Chapter</b>	▼
	1 M022	Leslie	Ching	Male	Senior	JCI Peninsula	
	2 M030	Kenneth	Lee	Male	Senior	JCI Peninsula	
	3 M050	Tim Chun Yiu	Ting	Male	Senior	JCI Lion Rock	
	4 M096	Gary	Lee	Male	Senior	JCI City	
	5 M105	Gary	Wong	Male	Senior	JCI City	
	6 M108	Peter	Wong	Male	Senior	JCI City	

Event Number 5A

Event 200M Qualifying
Gender Female
Class Open
Time 9:15

No	¥	Bib No.	¥	Given Name	Ŧ	Family Name	Ŧ	Gender	¥	Class	¥	Chapter	¥
	1	F013		Jenny		Fong		Female		Open		JCI Peninsula	
	2	F025		Gabriella		Kam		Female		Open		JCI Peninsula	
	3	F032		Katrina		Ng		Female		Open		JCI Peninsula	
	4	F041		Yukki		Wong		Female		Open		JCI Hong Kong Jayceettes	
	5	F043		Tegrisco		Chow		Female		Open		JCI Hong Kong Jayceettes	

Event Number 5B

Event 200M Qualifying

Gender Female Class Open Time 9:15

No	▼ Bib No.	▼ Given Name	▼ Family Name	▼ Gender	<b>▼</b> Class	▼ Chapter ▼
	1 F045	Coke	Но	Female	Open	JCI Hong Kong Jayceettes
	2 F050	Cherry	Lok	Female	Open	JCI Hong Kong Jayceettes
	3 F054	Rebecca	Seto	Female	Open	JCI Hong Kong Jayceettes
	4 F061	Yanese Yuen Sum	Tse	Female	Open	JCI Lion Rock
	5 F088	Stephanie	Zang	Female	Open	JCI Sha Tin

Event Number

Event 200M Final
Gender Female
Class Senior
Time 9:15

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	<b>▼</b> Gender	<b>▼</b> Class	<b>▼</b> Chapter	<b>*</b>
	1 F014	Alvina	Chan	Female	Senior	JCI Peninsula	
	2 F028	Carmen	Lah	Female	Senior	JCI Peninsula	

Event Number 7A

Event 200M Qualifying

Gender Male Class Open Time 9:15

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	▼ Gender	▼ Class	<b>▼</b> Chapter	▼
	1 M003	Felix	Hau	Male	Open	JCI Victoria	
	2 M007	Charles	Lo	Male	Open	JCI Victoria	
	3 M008	Wallace	Sham	Male	Open	JCI Victoria	
	4 M015	Barry Yui Ming	Cheung	Male	Open	JCI Island	
	5 M024	Chihwei	Hsu	Male	Open	JCI Peninsula	

Event Number 7B

Event 200M Qualifying

Gender Male Class Open Time 9:15

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	▼ Gender	▼ Class	<b>▼</b> Chapter	▼
	1 M034	Chris	Ng	Male	Open	JCI Peninsula	
	2 M036	Edward Tak Wai	Ng	Male	Open	JCI Peninsula	
	3 M049	Francis Fong Wai	Leung	Male	Open	JCI Lion Rock	
	4 M056	Zachary	Fok	Male	Open	JCI Harbour	
	5 M075	Bobby	Lam	Male	Open	JCI Dragon	

Event Number 7C

Event 200M Qualifying

Gender Male Class Open Time 9:15

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	<b>▼</b> Gender	<b>▼</b> Class	<b>▼</b> Chapter	▼
	1 M086	Pong	Tong	Male	Open	JCI City	
	2 M094	Blackpig	Lai	Male	Open	JCI City	
	3 M126	Benny	Ho	Male	Open	JCI Sha Tin	
	4 M133	Ian	Wan	Male	Open	JCI Apex	
	5 M143	Eric	Chew	Male	Open	JCI Lantau	

Event Number 8

Event 200M Final
Gender Male
Class Senior
Time 9:15

No	▼ Bib No.	▼ Given Name	▼ Family Name	<b>▼</b> Gender	<b>▼</b> Class	<b>▼</b> Chapter	▼
	1 M026	Daniel	Kwan	Male	Senior	JCI Peninsula	
	2 M060	Jimmy Cho Kei	Lam	Male	Senior	JCI Harbour	
	3 M097	Kevin	Lee	Male	Senior	JCI City	
	4 M103	Gilbert	Tsang	Male	Senior	JCI City	
	5 M114	Raymond	Lai	Male	Senior	JCI North District	
	6 M123	Gary	Chan	Male	Senior	JCI Sha Tin	

Event Number 9

Event 400M Final
Gender Female
Class Open
Time 9:30

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	<b>▼</b> Gender	<b>▼</b> Class	<b>▼</b> Chapter	~
	1 F020	Anette	Chu	Female	Open	JCI Peninsula	
	2 F033	Katrina	Tang	Female	Open	JCI Peninsula	
	3 F044	Agnes	Fong	Female	Open	JCI Hong Kong Jayceettes	
	4 F081	Elaine	Kam	Female	Open	JCI Sha Tin	
	5 F085	Yannes	Yam	Female	Open	JCI Sha Tin	
	6 F098	Carmen	Choi	Female	Open	JCI Tsuen Wan	
	7 F103	Amy	Li	Female	Open	JCI Lantau	

Event Number 10
Event 400M Final
Gender Female
Class Senior
Time 9:30

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	<b>▼</b> Gender	<b>▼</b> Class	▼ Chapter	<b>*</b>
	1 F016	Julia	Cheung	Female	Senior	JCI Peninsula	

Event Number 11A

Event 400M Qualifying

Gender Male Class Open Time 9:30

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	▼ Gender	<b>▼</b> Class	<b>▼</b> Chapter	▼
	1 M003	Felix	Hau	Male	Open	JCI Victoria	
	2 M004	Bojai	Kong	Male	Open	JCI Victoria	
	3 M023	Matthew	Ho	Male	Open	JCI Peninsula	
	4 M028	Charles	Lau	Male	Open	JCI Peninsula	
	5 M032	Larry Wai Lun	Lo	Male	Open	JCI Peninsula	
	6 M063	Paul	Man	Male	Open	JCI Harbour	

Event Number 111

Event 400M Qualifying

Gender Male Class Open Time 9:30

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	<b>▼</b> Gender	<b>▼</b> Class	<b>▼</b> Chapter	~
	1 M073	Clarence	Hui	Male	Open	JCI Dragon	
	2 M087	Albert	Chan	Male	Open	JCI City	
	3 M101	Oscar	Mak	Male	Open	JCI City	
	4 M110	Allen	Po	Male	Open	JCI Queensway	
	5 M113	Victor	Choi	Male	Open	JCI North District	
	6 M127	Markson	Mai	Male	Open	JCI Sha Tin	
	7 M129	Kendrick	Yuen	Male	Open	JCI Sha Tin	

Event Number 12
Event 400M Final
Gender Male
Class Senior
Time 9:30

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	<b>▼</b> Gender	Class	<b>Chapter</b>	~
	1 M026	Daniel	Kwan	Male	Senior	JCI Peninsula	
	2 M035	Stephen	Ng	Male	Senior	JCI Peninsula	
	3 M105	Gary	Wong	Male	Senior	JCI City	
	4 M108	Peter	Wong	Male	Senior	JCI City	
	5 M117	Roy	Yip	Male	Senior	JCI North District	
	6 M123	Garv	Chan	Male	Senior	JCI Sha Tin	

Event Number 13A

Event 100M Qualifying Gender Female

Class Open Time 10:00

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	<b>▼</b> Gender	<b>▼</b> Class	<b>▼</b> Chapter	¥
	1 F009	Aggie	Poon	Female	Open	JCI Victoria	
	2 F011	Winky	So	Female	Open	JCI Kowloon	
	3 F019	Karen	Chow	Female	Open	JCI Peninsula	
	4 F030	Amy Mei Kwan	Lai	Female	Open	JCI Peninsula	
	5 F039	Katrina	Yuen	Female	Open	JCI Peninsula	
	6 F043	Tegrisco	Chow	Female	Open	JCI Hong Kong Jayceettes	
	7 F047	Cooper	Ιp	Female	Open	JCI Hong Kong Jayceettes	

Event Number 13B

Event 100M Qualifying

Gender Female Class Open Time 10:00

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	<b>▼</b> Gender	▼ Class	<b>▼</b> Chapter	~
	1 F049	Sharon	Lau	Female	Open	JCI Hong Kong Jayceettes	
	2 F054	Rebecca	Seto	Female	Open	JCI Hong Kong Jayceettes	
	3 F057	Audrey	Yip	Female	Open	JCI Hong Kong Jayceettes	
	4 F059	Faye Toi Shing	Sin	Female	Open	JCI Lion Rock	
	5 F067	Fiona	Lam	Female	Open	JCI Harbour	
	6 F068	Patricia	Loo	Female	Open	JCI Harbour	
	7 F082	Shirley	Tsang	Female	Open	JCI Sha Tin	

Event Number 13C

Event 100M Qualifying
Gender Female
Class Open
Time 10:00

No	▼ Bib No.	▼ Given Name	▼ Family Name	<b>▼</b> Gender	<b>▼</b> Class	<b>▼</b> Chapter	<b>*</b>
	1 F083	Yen	Wang	Female	Open	JCI Sha Tin	
	2 F087	Yuki	Yu	Female	Open	JCI Sha Tin	
	3 F089	Ecquinne	Yu	Female	Open	JCI City Lady	
	4 F093	Winnie	Lee	Female	Open	JCI City Lady	
	5 F095	Kimmy	Lo	Female	Open	JCI City Lady	
	6 F100	Kiki	Chan	Female	Open	JCI Lantau	
	7 F103	Amv	Li	Female	Open	JCI Lantau	

Event Number 14
Event 100M Final
Gender Female
Class Senior
Time 10:00

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	<b>▼</b> Gender	<b>▼</b> Class	▼ Chapter	•
	1 F014	Alvina	Chan	Female	Senior	JCI Peninsula	
	2 F028	Carmen	Lah	Female	Senior	JCI Peninsula	
	3 F035	Janette	Wan	Female	Senior	JCI Peninsula	
	4 F060	Cici Sin Tung	Tsoi	Female	Senior	JCI Lion Rock	
	5 F077	Eva	Leung	Female	Senior	JCI East Kowloon	

Event Number 15A

Event 100M Qualifying

Gender Male Class Open Time 10:00

No	▼ Bib No.	▼ Given Name	▼ Family Name	<b>▼</b> Gender	▼ Class	▼ Chapter	~
	1 M001	August	Chan	Male	Open	JCI Victoria	
	2 M004	Bojai	Kong	Male	Open	JCI Victoria	
	3 M012	Brian	Lam	Male	Open	JCI Kowloon	
	4 M015	Barry Yui Ming	Cheung	Male	Open	JCI Island	
	5 M019	Fung	Chan	Male	Open	JCI Peninsula	
	6 M025	Cyrus	Koo	Male	Open	JCI Peninsula	

Event Number 15B

Event 100M Qualifying

Gender Male Class Open Time 10:00

No	▼ Bib No.	<b>▼</b> Given Name	<b>▼</b> Family Name	<b>▼</b> Gender	<b>▼</b> Class	<b>▼</b> Chapter	▼
	1 M038	Freddy	Shiu	Male	Open	JCI Peninsula	
	2 M047	Huey Ho Yin	Shum	Male	Open	JCI Lion Rock	
	3 M049	Francis Fong Wai	Leung	Male	Open	JCI Lion Rock	
	4 M051	Chi Wah	Ko	Male	Open	JCI Harbour	
	5 M054	Alfred	Fan	Male	Open	JCI Harbour	
	6 M056	Zachary	Fok	Male	Open	JCI Harbour	_

Event Number 15C

Event 100M Qualifying

Gender Male Class Open Time 10:00

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	<b>▼</b> Gender	<b>▼</b> Class	▼ Chapter	¥
	1 M057	Vincent	Ho	Male	Open	JCI Harbour	
	2 M147	Victor	Yu	Male	Open	JCI Yuen Long	
	3 M073	Clarence	Hui	Male	Open	JCI Dragon	
	4 M075	Bobby	Lam	Male	Open	JCI Dragon	
	5 M076	Chuo Nan Erichard	Wu	Male	Open	JCI Dragon	
	6 M077	Chris	Chan	Male	Open	JCI East Kowloon	- 4

Event Number 15D

Event 100M Qualifying

Gender Male Class Open Time 10:00

No	▼ Bib No.	▼ Given Name	▼ Family Name	<b>▼</b> Gender	<b>▼</b> Class	▼ Chapter	_
	1 M078	Ryan	Kuo	Male	Open	JCI East Kowloon	
	2 M083	Roy	Kuo	Male	Open	JCI East Kowloon	
	3 M090	Teddy	Chan	Male	Open	JCI City	
	4 M094	Blackpig	Lai	Male	Open	JCI City	
	5 M102	Enoch	Sum	Male	Open	JCI City	
	6 M106	Karl	Wong	Male	Open	JCI City	

Event Number 15D

Event 100M Qualifying

Gender Male
Class Open
Time 10:00

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	<b>▼</b> Gender	<b>▼</b> Class	<b>▼</b> Chapter	▼
	1 M078	Ryan	Kuo	Male	Open	JCI East Kowloon	
	2 M083	Roy	Kuo	Male	Open	JCI East Kowloon	
	3 M090	Teddy	Chan	Male	Open	JCI City	
	4 M094	Blackpig	Lai	Male	Open	JCI City	
	5 M102	Enoch	Sum	Male	Open	JCI City	
	6 M106	Karl	Wong	Male	Open	JCI City	

Event Number 15E

Event 100M Qualifying

 Gender
 Male

 Class
 Open

 Time
 10:00

No	▼ Bib No.	<b>▼</b> Given Name	<b>▼</b> Family Name	<b>▼</b> Gender	▼ Class	<b>▼</b> Chapter	▼.
	1 M107	Oscar	Wong	Male	Open	JCI City	
	2 M109	Coeus	Leung	Male	Open	JCI Queensway	
	3 M113	Victor	Choi	Male	Open	JCI North District	
	4 M115	Kenneth	Law	Male	Open	JCI North District	
	5 M121	Randy	Lee	Male	Open	JCI Sha Tin	
	6 M122	Gabriel	Chan	Male	Open	JCI Sha Tin	

Event Number 15F

Event 100M Qualifying

Gender Male Class Open Time 10:00

No	▼ Bib No.	▼ Given Name	▼ Family Name	<b>▼</b> Gender	Class V	Chapter -
	1 M128	Sam	Sum	Male	Open	JCI Sha Tin
	2 M130	Steven	Chow	Male	Open	JCI Apex
	3 M132	Calvin	Chung	Male	Open	JCI Apex
	4 M133	Ian	Wan	Male	Open	JCI Apex
	5 M136	Marco	But	Male	Open	JCI Tsuen Wan
	6 M138	Mong Kwong	Hon	Male	Open	JCI Tsuen Wan

Event Number 16
Event 100M Final
Gender Male
Class Senior
Time 10:00

No	▼ Bib No.	. Given Name	<b>▼</b> Family Name	<b>▼</b> Gender	▼ Class	<b>▼</b> Chapter	~
	1 M016	Kim	Lee	Male	Senior	JCI Island	
	2 M020	Jonathan	Chan	Male	Senior	JCI Peninsula	
	3 M044	Wing Him	Wan	Male	Senior	JCI Peninsula	
	4 M081	Kant	Chong	Male	Senior	JCI East Kowloon	
	5 M085	Cyrus	Hui	Male	Senior	JCI City	
	6 M097	Kevin	Lee	Male	Senior	JCI City	
	7 M103	Gilbert	Tsang	Male	Senior	JCI City	

Event Number 17A
Event President Club
Gender Female
Class Open
Time 10:30

No	~	Bib No.	v	Given Name	v	Family Name	~	Gender	~	Class	₩	Chapter	~
	1	F001		Jay		Lee		Female		Open		JCI Victoria	
	2	F013		Jenny		Fong		Female		Open		JCI Peninsula	
	3	F040		Rycho		Cheuk		Female		Open		JCI Hong Kong Jayceettes	
	4	F071		Michelle		Yu		Female		Open		JCI Tai Ping Shan	
	5	F072		Jenny		Leung		Female		Open		JCI Bauhinia	
	6	F089		Ecquinne		Yu		Female		Open		JCI City Lady	

Event Number 17B
Event President Club
Gender Female
Class Open
Time 10:30

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	<b>▼</b> Gender	<b>▼</b> Class	▼ Chapter ▼
	1 F002	Dara	Sum	Female	Open	JCI Victoria
	2 F012	Alyse	Chu	Female	Open	JCI Peninsula
	3 F041	Yukki	Wong	Female	Open	JCI Hong Kong Jayceettes
	4 F080	Elaine	Tang	Female	Open	JCI Sha Tin

Event Number 18A
Event President Club
Gender Male
Class Open
Time 10:30

No	▼ Bib No.	<b>▼</b> Given Name	<b>▼</b> Family Name	<b>▼</b> Gender	<b>▼</b> Class	<b>▼</b> Chapter
	1 2025NP	Rafael	Wong	Male	Open	JCI City
	2 M010	Michael	Lau	Male	Open	JCI Kowloon
	3 Pres!	Alvin	Wong	Male	Open	JCI Island
	4 M047	Huey Ho Yin	Shum	Male	Open	JCI Lion Rock
	5 M051	Chi Wah	Ko	Male	Open	JCI Harbour
	6 M066	Jacky	Wong	Male	Open	JCI Yuen Long
	7 M071	Bosco	Li	Male	Open	JCI Dragon
	8 M078	Ryan	Kuo	Male	Open	JCI East Kowloon

Event Number 18B
Event President Club
Gender Male
Class Open
Time 10:30

No	▼ Bib No.	▼ Given Name	▼ Family Name	<b>▼</b> Gender	<b>▼</b> Class	▼ Chapter	▼
	1 M086	Pong	Tong	Male	Open	JCI City	
	2 M109	Coeus	Leung	Male	Open	JCI Queensway	
	3 M111	Dickson	Kwok	Male	Open	JCI North District	
	4 M118	Kevin	Chu	Male	Open	JCI Ocean	
	5 M121	Randy	Lee	Male	Open	JCI Sha Tin	
	6 M130	Steven	Chow	Male	Open	JCI Apex	
	7 M135	Francis	Kwan	Male	Open	JCI Tsuen Wan	
	8 M142	James	Li	Male	Open	JCI Lantau	

Event Number 18C
Event President Club
Gender Male
Class Open
Time 10:30

No	Bib No.	Given Name	▼ Family Name	Gender -	Class -	Chapter	w
	1 M052	Hob	Lau	Male	Open	JCI Harbour	
	2 M146	Bon	Tang	Male	Open	JCI Yuen Long	
	3 M077	Chris	Chan	Male	Open	JCI East Kowloon	
	4 M085	Cyrus	Hui	Male	Senior	JCI City	
	5 M112	Jimmy	Yiu	Male	Senior	JCI North District	

 Event Number
 19A

 Event
 4 X 100 M Final

 Gender
 Female

 Class
 N/A

 Time
 11:30

No	▼ Bib No.	▼ Given Name	▼ Family Name	▼ Gender	▼ Class	▼ Chapter	▼ Team	-
	1 F030	Amy Mei Kwan	Lai	Female	Open	JCI Peninsula		1
	2 F033	Katrina	Tang	Female	Open	JCI Peninsula		1
	3 F035	Janette	Wan	Female	Senior	JCI Peninsula		1
	4 F039	Katrina	Yuen	Female	Open	JCI Peninsula		1
	5 F016	Julia	Cheung	Female	Senior	JCI Peninsula		2
	6 F025	Gabriella	Kam	Female	Open	JCI Peninsula		2
	7 F026	Phoebe	Kam	Female	Open	JCI Peninsula		2
	8 F032	Katrina	Ng	Female	Open	JCI Peninsula		2
	9 F041	Yukki	Wong	Female	Open	JCI Hong Kong Jayceettes		3
	10 F045	Coke	Ho	Female	Open	JCI Hong Kong Jayceettes		3
	11 F048	Micky	Lau	Female	Open	JCI Hong Kong Jayceettes		3
	12 F053	Sherman	Ng	Female	Open	JCI Hong Kong Jayceettes		3
	13 F043	Tegrisco	Chow	Female	Open	JCI Hong Kong Jayceettes		4
	14 F055	Tiffany	Yam	Female	Open	JCI Hong Kong Jayceettes		4
	15 F056	Helen Hoi Ting	Yau	Female	Open	JCI Hong Kong Jayceettes		4
	16 F057	Audrey	Yip	Female	Open	JCI Hong Kong Jayceettes		4

 Event Number
 19B

 Event
 4 X 100 M Final

 Gender
 Female

 Class
 N/A

 Time
 11:30

No	▼ Bib No.	▼ Given Name	<b>▼</b> Family Name	<b>▼</b> Gender	▼ Class	Chapter	▼ Team ▼
	1 F058	Sarah Sing Wa	Ma	Female	Open	JCI Lion Rock	5
	2 F059	Faye Toi Shing	Sin	Female	Open	JCI Lion Rock	5
	3 F060	Cici Sin Tung	Tsoi	Female	Senior	JCI Lion Rock	5
	4 F061	Yanese Yuen Sum	Tse	Female	Open	JCI Lion Rock	5
	5 F072	Jenny	Leung	Female	Open	JCI Bauhinia	6
	6 F073	Catherine	Chan	Female	Open	JCI Bauhinia	6
	7 F074	Mabel	Lee	Female	Open	JCI Bauhinia	6
	8 F075	Oli	Wong	Female	Open	JCI Bauhinia	6
	9 F083	Yen	Wang	Female	Open	JCI Sha Tin	7
	10 F086	Claire	Yu	Female	Open	JCI Sha Tin	7
	11 F087	Yuki	Yu	Female	Open	JCI Sha Tin	7
	12 F088	Stephanie	Zang	Female	Open	JCI Sha Tin	7
	13 F091	Annie	Chui	Female	Open	JCI City Lady	8
	14 F094	Shirley	Li	Female	Open	JCI City Lady	8
	15 F095	Kimmy	Lo	Female	Open	JCI City Lady	8
	16 F097	Tracy	Wong	Female	Senior	JCI City Lady	8.

Event Number 20A Event 4 X 100 M Final

| Gender | Male | Class | N/A | Time | 11:30 |

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	<b>▼</b> Gender	▼ Class ▼	Chapter	▼ Team ▼
	1 M001	August	Chan	Male	Open	JCI Victoria	1
	2 M002	Marcus	Chui	Male	Open	JCI Victoria	1
	3 M004	Bojai	Kong	Male	Open	JCI Victoria	1
	4 M007	Charles	Lo	Male	Open	JCI Victoria	1
	5 M028	Charles	Lau	Male	Open	JCI Peninsula	2
	6 M031	Jerry	Leung	Male	Open	JCI Peninsula	2
	7 M035	Stephen	Ng	Male	Senior	JCI Peninsula	2
	8 M045	Nelson	Yao	Male	Open	JCI Peninsula	2
	9 M025	Cyrus	Koo	Male	Open	JCI Peninsula	3
	10 M026	Daniel	Kwan	Male	Senior	JCI Peninsula	3
	11 M036	Edward Tak Wai	Ng	Male	Open	JCI Peninsula	3
	12 M037	James Tin Wing	Pak	Male	Senior	JCI Peninsula	3
	13 M047	Huey Ho Yin	Shum	Male	Open	JCI Lion Rock	4
	14 M048	Bill Tak Piu	Chong	Male	Open	JCI Lion Rock	4
	15 M049	Francis Fong Wai	Leung	Male	Open	JCI Lion Rock	4
	16 M050	Tim Chun Yiu	Ting	Male	Senior	JCI Lion Rock	4
	17 M067	Samson Chan Long	Chio	Male	Open	JCI Tai Ping Shan	5
	18 M068	Luis Kwun Long	Chun	Male	Open	JCI Tai Ping Shan	5
	19 M069	Chin Lok	Lai	Male	Open	JCI Tai Ping Shan	5
	20 M070	Alex Yu Ting	Wong	Male	Open	JCI Tai Ping Shan	5
	21 M072	Sam	Cheung	Male	Open	JCI Dragon	6
	22 M073	Clarence	Hui	Male	Open	JCI Dragon	6
	23 M074	Ugo	Lai	Male	Open	JCI Dragon	6
	24 M075	Bobby	Lam	Male	Open	JCI Dragon	6

 Event Number
 20B

 Event
 4 X 100 M Final

 Gender
 Male

 Class
 N/A

 Time
 11:30

No	Bib No.	Given Name	Family Name	Gender -	Class -	Chapter	Team Y
	1 M085	Cyrus	Hui	Male	Senior	JCI City	7
	2 M093	Oscar	Ip	Male	Open	JCI City	7
	3 M100	Sammy	Luk	Male	Open	JCI City	7
	4 M107	Oscar	Wong	Male	Open	JCI City	7
	5 M097	Kevin	Lee	Male	Senior	JCI City	8
	6 M103	Gilbert	Tsang	Male	Senior	JCI City	8
	7 M105	Gary	Wong	Male	Senior	JCI City	8
	8 M108	Peter	Wong	Male	Senior	JCI City	8
	9 M087	Albert	Chan	Male	Open	JCI City	9
1	0 M088	Dicky	Chan	Male	Open	JCI City	9
1	1 M092	Trevor	Cheung	Male	Open	JCI City	9
1	2 M098	Water	Leung	Male	Open	JCI City	9
1	3 M111	Dickson	Kwok	Male	Open	JCI North District	10
1	4 M112	Jimmy	Yiu	Male	Senior	JCI North District	10
1	5 M115	Kenneth	Law	Male	Open	JCI North District	10
1	6 M116	Tim	Leu	Male	Open	JCI North District	10
1	7 M121	Randy	Lee	Male	Open	JCI Sha Tin	11
1	8 M126	Benny	Ho	Male	Open	JCI Sha Tin	11
1	9 M128	Sam	Sum	Male	Open	JCI Sha Tin	11
2	0 M129	Kendrick	Yuen	Male	Open	JCI Sha Tin	11
2	1 M136	Marco	But	Male	Open	JCI Tsuen Wan	12
2	2 M137	Michael	Chiu	Male	Open	JCI Tsuen Wan	12
2	3 M140	Mike	Yiu	Male	Open	JCI Tsuen Wan	12
2	4 M141	Calvin	Yuen	Male	Open	JCI Tsuen Wan	12

Event Number 21
Event 3000M Final
Gender Female
Class Open
Time 12:00

No	▼ Bib No.	▼ Given Name	▼ Family Name	<b>▼</b> Gender	▼ Class	<b>▼</b> Chapter	-
	1 F032	Katrina	Ng	Female	Open	JCI Peninsula	
	2 F051	Vivian	Luk	Female	Open	JCI Hong Kong Jayceettes	
	3 F062	Dorothy Chung Yin	Chan	Female	Open	JCI Harbour	
	4 F070	Alva	Yang	Female	Open	JCI Harbour	
	5 F073	Catherine	Chan	Female	Open	JCI Bauhinia	
	6 F076	Carmen	Chiang	Female	Open	JCI East Kowloon	
	7 F086	Claire	Yu	Female	Open	JCI Sha Tin	
	8 F102	Venus	Но	Female	Open	JCI Lantau	

Event Number 22
Event 3000M Final
Gender Female
Class Senior
Time 12:00

No	▼ Bib No.	<b>▼</b> Given Name	▼ Family Name	<b>▼</b> Gender	▼ Class	Chapter	▼
	1 F016	Julia	Cheung	Female	Senior	JCI Peninsula	
	2 F022	Miranda	Chung	Female	Senior	JCI Peninsula	
	3 F079	Agnes	Cheung	Female	Senior	JCI Queensway	
	4 F097	Tracy	Wong	Female	Senior	JCI City Lady	

 Event Number
 23

 Event
 3000M Final

 Gender
 Male

 Class
 Open

 Time
 12:00

No	▼ Bib No.	▼ Given Name	▼ Family Name	<b>▼</b> Gender	▼ Class	Chapter
	1 M005	Evan	Lau	Male	Open	JCI Victoria
	2 M006	Vincent	Li	Male	Open	JCI Victoria
	3 M029	Hector	Law	Male	Open	JCI Peninsula
	4 M045	Nelson	Yao	Male	Open	JCI Peninsula
	5 M055	Ryan	Fok	Male	Open	JCI Harbour
	6 M072	Sam	Cheung	Male	Open	JCI Dragon
	7 M090	Teddy	Chan	Male	Open	JCI City
	8 M091	Henry	Cheung	Male	Open	JCI City
	9 M100	Sammy	Luk	Male	Open	JCI City
	10 M101	Oscar	Mak	Male	Open	JCI City
	11 M107	Oscar	Wong	Male	Open	JCI City
	12 M115	Kenneth	Law	Male	Open	JCI North District
	13 M131	David	Chan	Male	Open	JCI Apex
	14 M134	Jerry	Wong	Male	Open	JCI Apex
	15 M142	James	Li	Male	Open	JCI Lantau
	16 M145	David	Wong	Male	Open	JCI Lantau

 Event Number
 24

 Event
 3000M Final

 Gender
 Male

 Class
 Senior

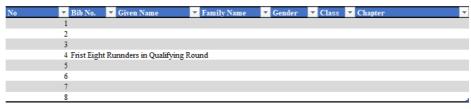
 Time
 12:00

No	▼ Bib No.	▼ Given Name	▼ Family Name	<b>▼</b> Gender	▼ Class	▼ Chapter ▼
	1 M014	Justin	Wong	Male	Senior	JCI Kowloon
	2 M017	Parco	Wu	Male	Senior	JCI Island
	3 M027	Stanford	Lai	Male	Senior	JCI Peninsula
	4 M040	Gene	Tang	Male	Senior	JCI Peninsula
	5 M042	Freddy	Tsang	Male	Senior	JCI Peninsula
	6 M050	Tim Chun Yiu	Ting	Male	Senior	JCI Lion Rock
	7 M082	Ken	Choy	Male	Senior	JCI East Kowloon
	8 M096	Gary	Lee	Male	Senior	JCI City
	9 M099	Stanley	Lui	Male	Senior	JCI City

Event Number 25
Event 200M Final
Gender Female
Class Open
Time 14:00

No	▼ Bib No. ▼ Given Name	▼ Family Name	<b>▼</b> Gender	▼ Class	Chapter	~			
	1								
	2								
	3								
	4 Frist Eight Runnders in Qualifying	4 Frist Eight Runnders in Qualifying Round							
	5								
	6								
	7								
	8								

Event Number 26
Event 200M Final
Gender Male
Class Open
Time 14:00



 Event Number
 27

 Event
 400M Final

 Gender
 Male

 Class
 Open

 Time
 14:15

No	▼ Bib No. ▼ Given Name ▼ Family I	ame ▼ Gender ▼ Class ▼ Chapter ▼						
	1							
	2							
	3							
	4 Frist Eight Runnders in Qualifying Round							
	5							
	6							
	7							
	8							

 Event Number
 28

 Event
 100M Final

 Gender
 Female

 Class
 Open

 Time
 14:30

No	▼ Bib No.	▼ Given Name	▼ Family Name	<b>▼</b> Gender	<b>▼</b> Class	▼ Chapter ▼		
	1							
	2							
	3							
	4 Frist Eight Runnders in Qualifying Round							
	5							
	6							
	7							
	8							

Event Number 29
Event 100M Final
Gender Male
Class Open
Time 14:30

No	▼ Bib No. ▼ Given Name	<b>▼</b> Family Name	▼ Gender ▼	Class Chapter	~			
	1							
	2							
	3							
	4 Frist Eight Runnders in Qualifying Round							
	5							
	6							
	7							
	8							

Event Number 30
Event 1500M Final
Gender Female
Class Open
Time 14:45

No	▼ Bib No.	▼ Given Name	<b>▼</b> Family Name	<b>▼</b> Gender	▼ Class	Chapter 🔻
	1 F004	Celeste	Chung	Female	Open	JCI Victoria
	2 F026	Phoebe	Kam	Female	Open	JCI Peninsula
	3 F029	Candice	Lai	Female	Open	JCI Peninsula
	4 F033	Katrina	Tang	Female	Open	JCI Peninsula
	5 F034	Priscilla	Tso	Female	Open	JCI Peninsula
	6 F037	Wing	Wong	Female	Open	JCI Peninsula
	7 F048	Micky	Lau	Female	Open	JCI Hong Kong Jayceettes
	8 F051	Vivian	Luk	Female	Open	JCI Hong Kong Jayceettes
	9 F053	Sherman	Ng	Female	Open	JCI Hong Kong Jayceettes
	10 F090	Mango	Chiu	Female	Open	JCI City Lady
	11 F092	Gavin	Lam	Female	Open	JCI City Lady

Event Number 31
Event 1500M Final
Gender Female
Class Senior
Time 14:45

No	¥	Bib No.	w	Given Name	*	Family Name	Ŧ	Gender	Ŧ	Class	¥	Chapter	¥	
	1	F027		Ada		Koo		Female		Senior		JCI Peninsula		
	2	F046		Elaine		Но		Female		Senior		JCI Hong Kong Jayceettes	-	

 Event Number
 32

 Event
 1500M Final

 Gender
 Male

 Class
 Open

 Time
 14:45

No	▼ Bib No.	<b>▼</b> Given Name	<b>▼</b> Family Name	<b>▼</b> Gender	<b>▼</b> Class	<b>▼</b> Chapter	▼
	1 M005	Evan	Lau	Male	Open	JCI Victoria	
	2 M006	Vincent	Li	Male	Open	JCI Victoria	
	3 M010	Michael	Lau	Male	Open	JCI Kowloon	
	4 M013	Kb	Lee	Male	Open	JCI Kowloon	
	5 M029	Hector	Law	Male	Open	JCI Peninsula	
	6 M031	Jerry	Leung	Male	Open	JCI Peninsula	
	7 M032	Larry Wai Lun	Lo	Male	Open	JCI Peninsula	
	8 M045	Nelson	Yao	Male	Open	JCI Peninsula	
	9 M055	Ryan	Fok	Male	Open	JCI Harbour	
	10 M072	Sam	Cheung	Male	Open	JCI Dragon	
	11 M086	Pong	Tong	Male	Open	JCI City	
	12 M091	Henry	Cheung	Male	Open	JCI City	
	13 M092	Trevor	Cheung	Male	Open	JCI City	
	14 M098	Water	Leung	Male	Open	JCI City	
	15 M100	Sammy	Luk	Male	Open	JCI City	
	16 M119	Vincent	Pang	Male	Open	JCI Ocean	
	17 M120	Justin	Shum	Male	Open	JCI Ocean	
	18 M135	Francis	Kwan	Male	Open	JCI Tsuen Wan	

Event Number 33 Event 1500M Final Gender Male Class Senior Time 14:45

No	▼ Bib No.	▼ Given Name	<b>▼</b> Family Name	<b>▼</b> Gender	▼ Class	Chapter	▼.
	1 M017	Parco	Wu	Male	Senior	JCI Island	
	2 M022	Leslie	Ching	Male	Senior	JCI Peninsula	
	3 M030	Kenneth	Lee	Male	Senior	JCI Peninsula	
	4 M035	Stephen	Ng	Male	Senior	JCI Peninsula	
	5 M037	James Tin Wing	Pak	Male	Senior	JCI Peninsula	
	6 M042	Freddy	Tsang	Male	Senior	JCI Peninsula	
	7 M043	Ivan	Wan	Male	Senior	JCI Peninsula	
	8 M082	Ken	Choy	Male	Senior	JCI East Kowloon	

Event Number 34A

Event 4X100M Mixed Final
Gender Mixed
Class N/A
Time 15:15 Time 15:15

No	▼ Bib No.	Given Name	<b>▼</b> Family Name	<b>▼</b> Gender	▼ Class ▼	Chapter	▼ Team ▼
	1 F008	Stella	Li	Female	Open	JCI Victoria	1
	2 F009	Aggie	Poon	Female	Open	JCI Victoria	1
	3 M002	Marcus	Chui	Male	Open	JCI Victoria	1
	4 M007	Charles	Lo	Male	Open	JCI Victoria	1
	5 F003	Cadee	Chak	Female	Open	JCI Victoria	2
	6 F006	Lara	Lee	Female	Open	JCI Victoria	2
	7 M001	August	Chan	Male	Open	JCI Victoria	2
	8 M004	Bojai	Kong	Male	Open	JCI Victoria	2
	9 F025	Gabriella	Kam	Female	Open	JCI Peninsula	3
	10 F030	Amy Mei Kwan	Lai	Female	Open	JCI Peninsula	3
	11 F032	Katrina	Ng	Female	Open	JCI Peninsula	3
	12 F039	Katrina	Yuen	Female	Open	JCI Peninsula	3
	13 M025	Cyrus	Koo	Male	Open	JCI Peninsula	4
	14 M031	Jerry	Leung	Male	Open	JCI Peninsula	4
	15 M035	Stephen	Ng	Male	Senior	JCI Peninsula	4
	16 M045	Nelson	Yao	Male	Open	JCI Peninsula	4
	17 M047	Huey Ho Yin	Shum	Male	Open	JCI Lion Rock	5
	18 F060	Cici Sin Tung	Tsoi	Female	Senior	JCI Lion Rock	5
	19 F061	Yanese Yuen Sum	Tse	Female	Open	JCI Lion Rock	5
	20 M049	Francis Fong Wai	Leung	Male	Open	JCI Lion Rock	5.

Event Number 34B

Event 4X100M Mixed Final Gender Mixed

Gender Mixed Class N/A Time 15:15

No	▼ Bib No.	<b>▼</b> Given Name	<b>▼</b> Family Name	<b>▼</b> Gender	▼ Class ¬	Chapter	▼ Team ▼
	1 M052	Hob	Lau	Male	Open	JCI Harbour	6
	2 F062	Dorothy Chung Yin	Chan	Female	Open	JCI Harbour	6
	3 F069	Mandy	Wen	Female	Open	JCI Harbour	6
	4 M053	William	Chan	Male	Open	JCI Harbour	6
	5 M092	Trevor	Cheung	Male	Open	JCI City	7
	6 M107	Oscar	Wong	Male	Open	JCI City	7
	7 F094	Shirley	Li	Female	Open	JCI City Lady	7
	8 F096	Waynes	Seto	Female	Open	JCI City Lady	7
	9 F086	Claire	Yu	Female	Open	JCI Sha Tin	8
	10 F088	Stephanie	Zang	Female	Open	JCI Sha Tin	8
	11 M122	Gabriel	Chan	Male	Open	JCI Sha Tin	8
	12 M126	Benny	Ho	Male	Open	JCI Sha Tin	8
	13 M135	Francis	Kwan	Male	Open	JCI Tsuen Wan	9
	14 F098	Carmen	Choi	Female	Open	JCI Tsuen Wan	9
	15 F099	Stefani	Ngo	Female	Open	JCI Tsuen Wan	9
	16 M136	Marco	But	Male	Open	JCI Tsuen Wan	9
	17 F100	Kiki	Chan	Female	Open	JCI Lantau	10
	18 F102	Venus	Ho	Female	Open	JCI Lantau	10
	19 M143	Eric	Chew	Male	Open	JCI Lantau	10
	20 M144	Andy	Fong	Male	Open	JCI Lantau	10

 Event Number
 35

 Event
 4X400M

 Gender
 Female

 Class
 N/A

 Time
 15:30

No	₹ Bib No.	- Given Name	- Family Name	<b>≖</b> Gender	- Class	Chapter	Team T
	1 F026	Phoebe	Kam	Female	Open	JCI Peninsula	1
	2 F030	Amy Mei Kwan	Lai	Female	Open	JCI Peninsula	1
	3 F033	Katrina	Tang	Female	Open	JCI Peninsula	1
	4 F039	Katrina	Yuen	Female	Open	JCI Peninsula	1
	5 F016	Julia	Cheung	Female	Senior	JCI Peninsula	2
	6 F023	Kiska Ka Yee	Chung	Female	Open	JCI Peninsula	2
	7 F025	Gabriella	Kam	Female	Open	JCI Peninsula	2
	8 F032	Katrina	Ng	Female	Open	JCI Peninsula	2
	9 F044	Agnes	Fong	Female	Open	JCI Hong Kong Jayceettes	3
	10 F049	Sharon	Lau	Female	Open	JCI Hong Kong Jayceettes	3
	11 F051	Vivian	Luk	Female	Open	JCI Hong Kong Jayceettes	3
	12 F054	Rebecca	Seto	Female	Open	JCI Hong Kong Jayceettes	3
	13 F080	Elaine	Tang	Female	Open	JCI Sha Tin	4
	14 F081	Elaine	Kam	Female	Open	JCI Sha Tin	4
	15 F082	Shirley	Tsang	Female	Open	JCI Sha Tin	4
	16 F085	Yannes	Yam	Female	Open	JCI Sha Tin	4.

 Event Number
 36

 Event
 4X400M

 Gender
 Male

 Class
 N/A

 Time
 15:30

No	Bib No.	Given Name	Family Name	Gender =	Class =	Chapter Team	-
	1 M001	August	Chan	Male	Open	JCI Victoria	1
	2 M002	Marcus	Chui	Male	Open	JCI Victoria	1
	3 M004	Bojai	Kong	Male	Open	JCI Victoria	1
	4 M007	Charles	Lo	Male	Open	JCI Victoria	1
	5 M016	Kim	Lee	Male	Senior	JCI Island	2
	6 M017	Parco	Wu	Male	Senior	JCI Island	2
	7 M018	Vincent	Yeung	Male	Open	JCI Island	2
	8 PA1012	Luis	Yip	Male	Open	JCI Island	2
	9 M026	Daniel	Kwan	Male	Senior	JCI Peninsula	3
1	0 M031	Jerry	Leung	Male	Open	JCI Peninsula	3
1	1 M035	Stephen	Ng	Male	Senior	JCI Peninsula	3
1	2 M045	Nelson	Yao	Male	Open	JCI Peninsula	3
1	3 M020	Jonathan	Chan	Male	Senior	JCI Peninsula	4
1	4 M025	Cyrus	Koo	Male	Open	JCI Peninsula	4
1	5 M030	Kenneth	Lee	Male	Senior	JCI Peninsula	4
1	6 M040	Gene	Tang	Male	Senior	JCI Peninsula	4
1	7 M054	Alfred	Fan	Male	Open	JCI Harbour	5
1	8 M055	Ryan	Fok	Male	Open	JCI Harbour	5
1	9 M056	Zachary	Fok	Male	Open	JCI Harbour	5
2	0 M063	Paul	Man	Male	Open	JCI Harbour	5.

 Event Number
 37

 Event
 Long Jump

 Gender
 Female

 Class
 Open

 Time
 12:00 - 15:00

No	- Bib No.	- Given Name	- Family Name	- Gender	- Class	- Chapter	-
1	F002	Dara	Sum	Female	Open	JCI Victoria	
2	F009	Aggie	Poon	Female	Open	JCI Victoria	
3	F011	Winky	So	Female	Open	JCI Kowloon	
4	F017	Wing Yue	Cheung	Female	Open	JCI Peninsula	
5	F025	Gabriella	Kam	Female	Open	JCI Peninsula	
6	F032	Katrina	Ng	Female	Open	JCI Peninsula	
7	F041	Yukki	Wong	Female	Open	JCI Hong Kong Jayceettes	
8	F045	Coke	Ho	Female	Open	JCI Hong Kong Jayceettes	
9	F047	Cooper	Ip	Female	Open	JCI Hong Kong Jayceettes	
10	F048	Micky	Lau	Female	Open	JCI Hong Kong Jayceettes	
11	F049	Sharon	Lau	Female	Open	JCI Hong Kong Jayceettes	
12	F050	Cherry	Lok	Female	Open	JCI Hong Kong Jayceettes	
13	F051	Vivian	Luk	Female	Open	JCI Hong Kong Jayceettes	
14	NAEO	Davina	Wong	Female	Open	JCI Hong Kong Jayceettes	
15	F057	Audrey	Yip	Female	Open	JCI Hong Kong Jayceettes	
16	F065	Cherry	Ko	Female	Open	JCI Harbour	
17	F067	Fiona	Lam	Female	Open	JCI Harbour	
18	F072	Jenny	Leung	Female	Open	JCI Bauhinia	
19	F078	Tina	Wong	Female	Open	JCI East Kowloon	
20	F080	Elaine	Tang	Female	Open	JCI Sha Tin	
21	F082	Shirley	Tsang	Female	Open	JCI Sha Tin	
22	F084	Yannes	Wong	Female	Open	JCI Sha Tin	
23	F087	Yuki	Yu	Female	Open	JCI Sha Tin	
24	F088	Stephanie	Zang	Female	Open	JCI Sha Tin	
25	F098	Carmen	Choi	Female	Open	JCI Tsuen Wan	
26	F101	Kathy	Choi	Female	Open	JCI Lantau	

 Event Number
 38

 Event
 Long Jump

 Gender
 Female

 Class
 Senior

 Time
 12:00 - 15:00

No	Bib No.	Given Name	- Family Name	Gender	- Class	- Chapter	-
1	F014	Alvina	Chan	Female	Senior	JCI Peninsula	
2	F046	Elaine	Ho	Female	Senior	JCI Hong Kong Jayceettes	
3	F077	Eva	Leung	Female	Senior	JCI East Kowloon	
4	F079	Agnes	Cheung	Female	Senior	JCI Queensway	-

 Event Number
 39

 Event
 Long Jump

 Gender
 Male

 Class
 Open

 Time
 09:00 - 12:00

No	- Bib No.	- Given Name	- Family Name	- Gender	- Class	- Chapter	-
1	M011	Wayne	Lai	Male	Open	JCI Kowloon	
2	M012	Brian	Lam	Male	Open	JCI Kowloon	
3	M015	Barry Yui Ming	Cheung	Male	Open	JCI Island	
4	M028	Charles	Lau	Male	Open	JCI Peninsula	
5	M032	Larry Wai Lun	Lo	Male	Open	JCI Peninsula	
6	M034	Chris	Ng	Male	Open	JCI Peninsula	
7	M041	Dave	Tsai	Male	Open	JCI Peninsula	
8	M048	Bill Tak Piu	Chong	Male	Open	JCI Lion Rock	
9	M056	Zachary	Fok	Male	Open	JCI Harbour	
10	M061	Henry	Law	Male	Open	JCI Harbour	
10	M146	Bon	Tang	Male	Open	JCI Yuen Long	
10	M147	Victor	Yu	Male	Open	JCI Yuen Long	
10	M148	Tom	Chan	Male	Open	JCI Yuen Long	
11	M073	Clarence	Hui	Male	Open	JCI Dragon	
12	M078	Ryan	Kuo	Male	Open	JCI East Kowloon	
13	M083	Roy	Kuo	Male	Open	JCI East Kowloon	
14	M086	Pong	Tong	Male	Open	JCI City	
15	M090	Teddy	Chan	Male	Open	JCI City	
16	M091	Henry	Cheung	Male	Open	JCI City	
17	M092	Trevor	Cheung	Male	Open	JCI City	
18	M098	Water	Leung	Male	Open	JCI City	
19	M100	Sammy	Luk	Male	Open	JCI City	
20	M102	Enoch	Sum	Male	Open	JCI City	
21	M104	Andy	Tsui	Male	Open	JCI City	
22	M107	Oscar	Wong	Male	Open	JCI City	
23	M109	Coeus	Leung	Male	Open	JCI Queensway	
24	M110	Atten	Po	Male	Open	JCI Queensway	
25	M121	Randy	Lee	Male	Open	JCI Sha Tin	
26	M122	Gabriel	Chan	Male	Open	JCI Sha Tin	
27	M124	Samuel	Chen	Male	Open	JCI Sha Tin	
28	M126	Benny	Ho	Male	Open	JCI Sha Tin	
29	M127	Markson	Mai	Male	Open	JCI Sha Tin	
30	M128	Sam	Sum	Male	Open	JCI Sha Tin	
31	M130	Steven	Chow	Male	Open	JCI Apex	

 Event Number
 40

 Event
 Long Jump

 Gender
 Male

 Class
 Senior

 Time
 09:00 - 12:00

No	Bib No.	Given Name	- Family Name	- Gender	- Class	- Chapter -
1	M009	Colwin	Tham	Male	Senior	JCI Victoria
2	M030	Kenneth	Lee	Male	Senior	JCI Peninsula
3	M046	Wallace	Yuen	Male	Senior	JCI Peninsula
4	M064	Eric	Siu	Male	Senior	JCI Harbour
5	M103	Gilbert	Tsang	Male	Senior	JCI City
6	M105	Gary	Wong	Male	Senior	JCI City
7	M117	Roy	Yip	Male	Senior	JCI North District

 Event Number
 41

 Event
 High Jump

 Gender
 Female

 Class
 Open

 Time
 10:30 - 13:00

No	Bib No.	Given Name	Family Name	Gender	Class	Chapter -
1	F005	Kelsie	Ko	Female	Open	JCI Victoria
2	F039	Katrina	Yuen	Female	Open	JCI Peninsula
3	F048	Micky	Lau	Female	Open	JCI Hong Kong Jayceettes
4	F050	Cherry	Lok	Female	Open	JCI Hong Kong Jayceettes
5	F052	Flora	Ng	Female	Open	JCI Hong Kong Jayceettes
6	F053	Sherman	Ng	Female	Open	JCI Hong Kong Jayceettes
7	F054	Rebecca	Seto	Female	Open	JCI Hong Kong Jayceettes
8	F058	Sarah Sing Wa	Ma	Female	Open	JCI Lion Rock
9	F068	Patricia	Loo	Female	Open	JCI Harbour
10	F070	Alva	Yang	Female	Open	JCI Harbour
11	F076	Carmen	Chiang	Female	Open	JCI East Kowloon
12	F080	Elaine	Tang	Female	Open	JCI Sha Tin
13	F083	Yen	Wang	Female	Open	JCI Sha Tin
14	F092	Gavin	Lam	Female	Open	JCI City Lady
15	F095	Kimmy	Lo	Female	Open	JCI City Lady

 Event Number
 42

 Event
 High Jump

 Gender
 Male

 Class
 Open

 Time
 09:00 - 10:30

No	₹ Bib No.	Given Name	- Family Name	- Gender	- Class	- Chapter	-
1	M003	Felix	Hau	Male	Open	JCI Victoria	
2	M005	Evan	Lau	Male	Open	JCI Victoria	
3	M007	Charles	Lo	Male	Open	JCI Victoria	
4	M025	Cyrus	Koo	Male	Open	JCI Peninsula	
5	M028	Charles	Lau	Male	Open	JCI Peninsula	
6	M051	Chi Wah	Ko	Male	Open	JCI Harbour	
7	M053	William	Chan	Male	Open	JCI Harbour	
8	M075	Bobby	Lam	Male	Open	JCI Dragon	
9	M078	Ryan	Kuo	Male	Open	JCI East Kowloon	
10	M083	Roy	Kuo	Male	Open	JCI East Kowloon	
11	M094	Blackpig	Lai	Male	Open	JCI City	
12	M110	Atten	Po	Male	Open	JCI Queensway	
13	M121	Randy	Lee	Male	Open	JCI Sha Tin	

 Event Number
 43

 Event
 High Jump

 Gender
 Male

 Class
 Senior

 Time
 09:00 - 10:30

No	Bib No.	- Given Name	Family Name	- Gender	- Class	- Chapter	-
1	M014	Justin	Wong	Male	Senior	JCI Kowloon	
2	M064	Eric	Siu	Male	Senior	JCI Harbour	

 Event Number
 44

 Event
 Short Put

 Gender
 Female

 Class
 Open

 Time
 12:00 - 15:00

No	- Bib No.	- Given Name	- Family Name	- Gender	- Class	- Chapter	-
1	F002	Dara	Sum	Female	Open	JCI Victoria	
2	F004	Celeste	Chung	Female	Open	JCI Victoria	
3	F009	Aggie	Poon	Female	Open	JCI Victoria	
4	F010	Lucy	Lau	Female	Open	JCI Kowloon	
5	F011	Winky	So	Female	Open	JCI Kowloon	
6	F012	Alyse	Chu	Female	Open	JCI Peninsula	
7	F013	Jenny	Fong	Female	Open	JCI Peninsula	
8	F015	Astrid	Chan	Female	Open	JCI Peninsula	
9	F017	Wing Yue	Cheung	Female	Open	JCI Peninsula	
10	F021	Ka Yan	Chu	Female	Open	JCI Peninsula	
11	F024	Amy	Ho	Female	Open	JCI Peninsula	
12	F031	Genie	Ng	Female	Open	JCI Peninsula	
13	F034	Prisci11a	Tso	Female	Open	JCI Peninsula	
14	F036	Kelen	Wen	Female	Open	JCI Peninsula	
15	F038	Emma	Yiu	Female	Open	JCI Peninsula	
16	F039	Katrina	Yuen	Female	Open	JCI Peninsula	
17	F040	Rycho	Cheuk	Female	Open	JCI Hong Kong Jayceettes	
18	F042	Mia	Chiu	Female	Open	JCI Hong Kong Jayceettes	
19	F043	Tegrisco	Chow	Female	Open	JCI Hong Kong Jayceettes	
20	F044	Agnes	Fong	Female	Open	JCI Hong Kong Jayceettes	
21	F047	Cooper	Ip	Female	Open	JCI Hong Kong Jayceettes	
22	F052	Flora	Ng	Female	Open	JCI Hong Kong Jayceettes	
23	F053	Sherman	Ng	Female	Open	JCI Hong Kong Jayceettes	
24	NAEO	Davina	Wong	Female	Open	JCI Hong Kong Jayceettes	
25	F057	Audrey	Yip	Female	Open	JCI Hong Kong Jayceettes	
26	F058	Sarah Sing Wa	Ma	Female	Open	JCI Lion Rock	
27	F065	Cherry	Ko	Female	Open	JCI Harbour	
28	F066	May	Kwan	Female	Open	JCI Harbour	
29	F068	Patricia	Loo	Female	Open	JCI Harbour	
30	F072	Jenny	Leung	Female	Open	JCI Bauhinia	
31	F081	Elaine	Kam	Female	Open	JCI Sha Tin	
32	F082	Shirley	Tsang	Female	Open	JCI Sha Tin	
33	F083	Yen	Wang	Female	Open	JCI Sha Tin	
34	F084	Yannes	Wong	Female	Open	JCI Sha Tin	
35	F085	Yannes	Yam	Female	Open	JCI Sha Tin	
36	F086	Claire	Yu	Female	Open	JCI Sha Tin	
37	F087	Yuki	Yu	Female	Open	JCI Sha Tin	
38	F088	Stephanie	Zang	Female	Open	JCI Sha Tin	
39	F089	Ecquinne	Yu	Female	Open	JCI City Lady	
40	F091	Annie	Chui	Female	Open	JCI City Lady	
41	F095	Kimmy	Lo	Female	Open	JCI City Lady	
42	F100	Kiki	Chan	Female	Open	JCI Lantau	
43	F101	Kathy	Choi	Female	Open	JCI Lantau	
44	F103	Amy	Li	Female	Open	JCI Lantau	

 Event Number
 45

 Event
 Short Put

 Gender
 Female

 Class
 Senior

 Time
 12:00 - 15:00

No	₹ Bib No.	Given Name	- Family Name	- Gender	- Class	- Chapter -
1	F007	Boy	Leung	Female	Senior	JCI Victoria
2	F060	Cici Sin Tung	Tsoi	Female	Senior	JCI Lion Rock
3	F077	Eva	Leung	Female	Senior	JCI East Kowloon
4	F079	Agnes	Cheung	Female	Senior	JCI Queensway

 Event Number
 46

 Event
 Short Put

 Gender
 Male

 Class
 Open

 Time
 09:00 - 12:00

No	- Bib No.	- Given Name	- Family Name	- Gender	- Class	- Chapter	-
1	M011	Wayne	Lai	Male	Open	JCI Kowloon	
2	M013	Kb	Lee	Male	Open	JCI Kowloon	
3	Pres!	Alvin	Wong	Male	Open	JCI Island	
4	M019	Fung	Chan	Male	Open	JCI Peninsula	
5	M021	Sam	Chan	Male	Open	JCI Peninsula	
6	M025	Cyrus	Koo	Male	Open	JCI Peninsula	
7	M036	Edward Tak Wai	Ng	Male	Open	JCI Peninsula	
8	M039	Howard	Sze	Male	Open	JCI Peninsula	
9	M045	Nelson	Yao	Male	Open	JCI Peninsula	
10	M051	Chi Wah	Ko	Male	Open	JCI Harbour	
11	M053	William	Chan	Male	Open	JCI Harbour	
12	M054	Alfred	Fan	Male	Open	JCI Harbour	
13	M058	Eric	Lam	Male	Open	JCI Harbour	
14	M059	Jason	Lam	Male	Open	JCI Harbour	
15	M061	Henry	Law	Male	Open	JCI Harbour	
16	M065	Marcus Ming Ming	Wong	Male	Open	JCI Harbour	
17	M072	Sam	Cheung	Male	Open	JCI Dragon	
18	M104	Andy	Tsui	Male	Open	JCI City	
19	M109	Coeus	Leung	Male	Open	JCI Queensway	
20	M119	Vincent	Pang	Male	Open	JCI Ocean	
21	M122	Gabriel	Chan	Male	Open	JCI Sha Tin	
22	M124	Samuel	Chen	Male	Open	JCI Sha Tin	
23	M125	Anson	Cheung	Male	Open	JCI Sha Tin	
24	M127	Markson	Mai	Male	Open	JCI Sha Tin	
25	M128	Sam	Sum	Male	Open	JCI Sha Tin	
26	M129	Kendrick	Yuen	Male	Open	JCI Sha Tin	
27	M130	Steven	Chow	Male	Open	JCI Apex	
28	M135	Francis	Kwan	Male	Open	JCI Tsuen Wan	
29	M136	Marco	But	Male	Open	JCI Tsuen Wan	
30	M141	Calvin	Yuen	Male	Open	JCI Tsuen Wan	

 Event Number
 47

 Event
 Short Put

 Gender
 Male

 Class
 Senior

 Time
 09:00 - 12:00

No	- Bib No.	Given Name	- Family Nam	ie 🕶 Gender	- Class	-	Chapter	~
1	M016	Kim	Lee	Male	Senior		JCI Island	
2	M022	Lestie	Ching	Male	Senior		JCI Peninsula	
3	M062	Wilcox	Leung	Male	Senior		JCI Harbour	
4	M080	Anthony	Cheng	Male	Senior		JCI East Kowloon	
5	M089	Marcus	Chan	Male	Senior		JCI City	
6	M112	Jimmy	Yiu	Male	Senior		JCI North District	
7	M114	Raymond	Lai	Male	Senior		JCI North District	
8	M117	Roy	Yip	Male	Senior		JCI North District	
9	M123	Gary	Chan	Male	Senior		JCI Sha Tin	

## **Results of Events**

https://www.jciisland.org.hk/jc-sports-day-2025

**QR** Code



## SEE YOU AGAIN JC Sports Day 2026!