

Women		100M			Result		Record		N.A.
Rank	Group	Number	Name	Club	Time	Final	Lane	Remark	
1	Beginn	3004	邱瑞雯	YAU Shui Man Sharon	DBSAC	13.72	1	4	
2	Beginn	3002	陳宛渝	CHAN Yuen Yu	DBSAC	14.79	1	6	
3	Beginn	3005	陳倩衡	CHAN Sin Hang Angel	DBSAC	14.84	1	5	
									14.03
Rank	Group	Number	Name	Club	Time	Final	Lane	Remark	
1	A	A3051	伍智盈	NG Chi Ying	SCAA	13.91	2	5	Record Broken
2	A	A3067		OH Winnie	Singapore	14.42	2	8	
3	A	A3046	孟嘉儀	MANG Ka Yee Axel	SCAA	14.45	4	8	
4	A	A3024	張嘉儀	CHEUNG Ka Yee, Crystal	GHSAC	14.78	2	3	
5	A	A3057	梦諦	BARHEY Mandeep Kaur	SCAA	15.15	3	5	
6	A	A3064		BINTI SOWTALI Norfazilah	Singapore	15.59	4	3	
7	A	A3005	黃念詩	WONG Nim Sze	CAC	15.64	4	7	
8	A	A3006	陳于琪	CHAN Yu Ki	CSRA	16.01	3	7	
9	A	A3027		BEJUNA Fely	HKLRRC	16.20	3	6	
10	A	A3048	鍾佩君	CHUNG Pei Chun	SCAA	16.62	4	2	
11	A	A3041	曾子欣	TSANG Tsz Yan Winnie	PKMSAA	16.68	3	2	
12	A	A3043	吳凱琪	NG Hoi Kei	PKMSAA	17.26	2	4	
13	A	A3042	蘇玲敏	SO Ling Man	PKMSAA	19.44	4	4	
14	A	A3032	洪綺敏	HUNG Yee Man Cathy	LSCAC	20.61	3	3	
									13.95
Rank	Group	Number	Name	Club	Time	Final	Lane	Remark	
1	B	B3002		HAJI ALIAKBAR Alinawati	Brunei V	14.30	6	7	
2	B	B3053	張雯璐	CHEUNG Man Lo	SCAA	15.13	7	7	
3	B	B3073		CACHUELA Grace	Singapore	15.20	5	2	
4	B	B3060	楊欣欣	YEUNG Yan Yan Annette	SCAA	15.33	5	6	
5	B	B3015	夏佳盈	HAR Kai Ying Angel	DBSAC	15.35	5	5	
6	B	B3074		POH Ee-Lyn	Singapore	15.39	6	2	
7	B	B3003	湯靈心	TONG Ling Shum Grace	CAC	15.49	5	7	
8	B	B3042	蔡曉嵐	CHOI Hiu Nam	LSCAC	15.61	6	5	
9	B	B3061	楊珍珍	YEUNG Chun Chun Jane	SCAA	15.77	7	6	
10	B	B3026	陳秀慧	CHAN Fiona	GHSAC	16.15	7	2	
11	B	B3011	鄭東熒	CHEUNG Ada	DBSAC	17.00	7	3	
12	B	B3025	楊嘉敏	YEUNG Felicia	GHSAC	17.05	6	6	
13	B	B3049	許詠瑜	HUI Wing Yu	PKMSAA	17.86	5	3	
14	B	B3018	洪凱君	HUNG Nicole Alma	GHSAC	17.93	7	4	
15	B	B3031		CHEUNG Lai Yu	HKLRRC	18.05	6	3	

Women		100M		Result		Record		14.51	
Rank	Group	Number	Name	Club	Time	Final	Lane	Remark	
1	C	C3051	鍾敏儀	CHUNG Man Yi Money	SCAA	14.35	9	5	Record Broken
2	C	C3027	黃秀清	WONG Sau Ching, Candy	GHSAC	15.05	8	5	
3	C	C3045	林秀玲	LAM Sau Ling Rosanna	SCAA	15.05	8	3	
4	C	C3013	梁慧筠	LEUNG Wai Kwan Phoebe	GHSAC	15.46	9	4	
5	C	C3053	袁嘉慧	YUEN Kar Wai	SCAA	15.59	9	6	
6	C	C3039	楊鳳玲	YEUNG Fung Ling	PKMSAA	15.84	8	6	
7	C	C3025	鄭嫻英	CHUN Kwok Ying	GHSAC	16.06	9	3	
8	C	C3055	何嘉麗	HO Ka Lai	SCAA	16.45	8	4	
8	C	C3054	詹愷怡	CHIM Stella	SCAA	16.45	9	7	
10	C	C3040	關宇虹	KWAN Yu Hung	PKMSAA	17.65	8	2	
11	C	C3046	凌君曼	LING Kwan Man	SCAA	18.40	9	2	
12	C	C3014	林穎賢	LAM Wing Yin, Vivian	GHSAC	18.75	8	8	
						Record		14.15	
Rank	Group	Number	Name	Club	Time	Final	Lane	Remark	
1	D	D3031	龍惠蘭	LUNG Wai Lan	PKMSAA	14.16	10	5	
2	D	D3038	洪家儀	HUNG Ka Yee, Margaret	SCAA	14.17	10	4	
3	D	D3036	駱雪儀	LOK Suet Yee	SCAA	15.07	10	7	
4	D	D3014	張彩珍	CHANG Corina	GHSAC	15.24	10	3	
5	D	D3027	關寶儀	KWAN Po Yee	PKMSAA	16.07	11	6	
6	D	D3039	朱少玲	CHU Siu Ling Pancy	SCAA	16.26	10	6	
7	D	D3041	梁婉芬	LEUNG Yuen Fan Jennifer	SCAA	16.42	11	4	
8	D	D3005	朱美嫻	CHU Florence	DBSAC	16.65	11	2	
9	D	D3008	胡川明	U Chuen Ming Katherine	DBSAC	17.58	10	2	
10	D	D3007	馬天惠	MA Esther	DBSAC	18.60	11	7	
11	D	D3030	陳竹筠	CHAN Chuk Kwan	PKMSAA	19.16	11	3	
12	D	D3024	歐陽文嫻	AU YEUNG Man Han	PKMSAA	20.89	11	5	
						Record		14.02	
Rank	Group	Number	Name	Club	Time	Final	Lane	Remark	
1	E	E3026	謝華秀	TSE Wah Sau	SCAA	15.63	12	8	
2	E	E3024	溫燕儀	WAN Yin Yee Panny	SCAA	16.18	12	2	
3	E	E3025	吳少芳	NG Siu Fong	SCAA	17.76	12	4	
4	E	E3021	黃美櫻	WONG Mei Ying Therry	SCAA	18.15	12	7	
5	E	E3029	黎賢美	LAI Yin Mei	SCAA	19.73	12	6	
6	E	E3017	卓小梅	CHEUK Siu Mui	PKMSAA	22.85	12	3	
7	E	E3009	顏彩珍	NGAN Choi Chun	PKMSAA	29.78	12	5	
						Record		20.02	
Rank	Group	Number	Name	Club	Time	Final	Lane	Remark	
1	F	F3013	歐陽秀珍	AU YEUNG Sau Chun	PKMSAA	21.25	13	1	
2	F	F3015	劉秀賢	LAU Sau Yin	PKMSAA	22.10	13	3	
3	F	F3010	陳健敏	CHAN Kin Man	PKMSAA	23.42	13	2	

Women		100M			Result		Record		19.58
Rank	Group	Number	Name	Club	Time	Final	Lane	Remark	
1	G	G3010	馬石慧儀 MA SEK Wai Yee Stella	SCAA	19.15	13	5	Record Broken	
2	G	G3006	黃妙桃 WONG Miu To	PKMSAA	20.74	13	8		
3	G	G3002	LIM Choi Ling	AVOHK	21.24	13	4		
4	G	G3004	劉鳳鈴 LAU Fung Ling Rebecca	HKRWA	23.02	13	7		
5	G	G3005	劉雪娥 LAO Suat Ngo	PKMSAA	28.56	13	6		
								Record	N.A.
Rank	Group	Number	Name	Club	Time	Final	Lane	Remark	
1	H	H3005	黎燕萍 LAI Yin Ping	SCAA	23.20	14	2		
2	H	H3004	黃妙娟 WONG Miu Kuen Mimi	SCAA	27.00	14	3		
								Record	N.A.
Rank	Group	Number	Name	Club	Time	Final	Lane	Remark	
1	K	K3002	藍楊佩芳 LAM YEUNG Pui Fong	SCAA	30.27	14	5		
2	K	K3003	鄺詠琴 KWONG Wing Kam	SCAA	30.31	14	6		
3	K	K3001	羅桂容 LO Kwei Yung	SCAA	32.82	14	7		
								Record	37.29
Rank	Group	Number	Name	Club	Time	Final	Lane	Remark	
1	M	M3002	張雪玲 CHEUNG Suet Ling	SCAA	33.84	15	5	Record Broken	
2	M	M3001	黎曉 LAI Hui	Macau	53.54	15	4		
3	M	M3003	孔意卿 HUNG Yee Hing	SCAA	1.08.43	15	3		

Women 200M**Result**

Rank	Group	Number	Name	Club	Time	Record		N.A.	
						Final	Lane	Remark	
1	A	A3051	伍智盈	NG Chi Ying	SCAA	30.03	3	6	
2	A	A3067		OH Winnie	Singapore	30.37	3	7	
3	A	A3065		WONG Huei Yuen	Singapore	31.35	1	2	
4	A	A3005	黃念詩	WONG Nim Sze	CAC	31.84	1	6	
5	A	A3014	葉嘉琳	YEH Chia Lin Carolyn	DBSAC	31.99	2	8	
6	A	A3057	梦諦	BARHEY Mandeep Kaur	SCAA	32.01	2	5	
7	A	A3006	陳于琪	CHAN Yu Ki	CSRA	33.93	3	2	
8	A	A3048	鍾佩君	CHUNG Pei Chun	SCAA	34.60	1	3	
9	A	A3043	吳凱琪	NG Hoi Kei	PKMSAA	37.86	3	4	
10	A	A3028		ABELLO Cecile	HKLRRC	39.30	2	4	
11	A	A3026		ORZAME Mellany	HKLRRC	39.60	3	5	
12	A	A3032	洪綺敏	HUNG Yee Man Cathy	LSCAC	45.13	1	4	
13	A	A3040	范秀欣	FAN Sau Yan	PKMSAA	47.76	2	3	

Rank	Group	Number	Name	Club	Time	Record		N.A.	
						Final	Lane	Remark	
1	B	B3001		HAJI KASSIM Juliana	Brunei V	30.76	5	2	
2	B	B3053	張雯璐	CHEUNG Man Lo	SCAA	30.90	5	4	
3	B	B3058	張婉琳	CHEUNG Yuen Lam	SCAA	31.64	4	7	
4	B	B3061	楊珍珍	YEUNG Chun Chun Jane	SCAA	32.02	4	4	
5	B	B3068	周詠詩	CHAU Wing Sze	SCAA	34.63	5	3	
6	B	B3025	楊嘉敏	YEUNG Felicia	GHSAC	36.54	4	3	
7	B	B3033		BERAME Cherry	HKLRRC	38.62	4	5	
8	B	B3030		YUEN Michelle	HKLRRC	45.11	4	6	

Rank	Group	Number	Name	Club	Time	Record		N.A.	
						Final	Lane	Remark	
1	C	C3059		QUEK Jermaine	Singapore	30.85	7	2	
2	C	C3051	鍾敏儀	CHUNG Man Yi Money	SCAA	31.21	7	5	
3	C	C3045	林秀玲	LAM Sau Ling Rosanna	SCAA	32.55	6	2	
4	C	C3027	黃秀清	WONG Sau Ching, Candy	GHSAC	33.29	6	5	
5	C	C3022	劉嘉敏	LAU Judy	GHSAC	35.72	6	3	
6	C	C3054	詹愷怡	CHIM Stella	SCAA	38.31	6	4	

Women 200M

Result

Rank	Group	Number	Name	Club	Time	Record		Remark
						Final	Lane	N.A.
1	D	D3031	龍惠蘭 LUNG Wai Lan	PKMSAA	31.48	8	4	
2	D	D3038	洪家儀 HUNG Ka Yee, Margaret	SCAA	31.63	9	4	
3	D	D3036	駱雪儀 LOK Suet Yee	SCAA	33.03	8	2	
4	D	D3027	關寶儀 KWAN Po Yee	PKMSAA	33.72	8	6	
5	D	D3005	朱美嫻 CHU Florence	DBSAC	35.21	8	3	
6	D	D3039	朱少玲 CHU Siu Ling Pancy	SCAA	35.56	8	5	
7	D	D3028	焦小慧 CHIU Siu Wai	PKMSAA	39.97	9	3	
8	D	D3035	梁婉文 LEUNG Yuen Man Mandy	SCAA	41.32	9	6	
9	D	D3007	馬天惠 MA Esther	DBSAC	41.41	9	5	

Rank	Group	Number	Name	Club	Time	Record		Remark
						Final	Lane	N.A.
1	E	E3001	杜滿芝 TO Moon Chi	CAC	32.35	10	4	
2	E	E3026	謝華秀 TSE Wah Sau	SCAA	32.67	10	7	
3	E	E3024	溫燕儀 WAN Yin Yee Panny	SCAA	32.94	10	8	
4	E	E3029	黎賢美 LAI Yin Mei	SCAA	37.99	10	5	
5	E	E3004	KONG Loi Chun	HKLRRC	38.30	10	1	
6	E	E3028	林秀霞 LAM Sau Ha	SCAA	38.59	10	6	
7	E	E3020	田寶貞 TIN Po Ching	SCAA	50.08	10	2	

Rank	Group	Number	Name	Club	Time	Record		Remark
						Final	Lane	N.A.
1	F	F3009	黃綺嫻 WONG Yee Hen	Macau	43.84	11	1	

Rank	Group	Number	Name	Club	Time	Record		Remark
						Final	Lane	N.A.
1	G	G3010	馬石慧儀 MA SEK Wai Yee Stella	SCAA	40.27	11	3	
2	G	G3002	LIM Choi Ling	AVOHK	45.00	11	5	
3	G	G3004	劉鳳鈴 LAU Fung Ling Rebecca	HKRWA	49.24	11	4	

Rank	Group	Number	Name	Club	Time	Record		Remark
						Final	Lane	N.A.
1	H	H3005	黎燕萍 LAI Yin Ping	SCAA	49.11	11	7	

Rank	Group	Number	Name	Club	Time	Record		Remark
						Final	Lane	N.A.
1	M	M3002	張雪玲 CHEUNG Suet Ling	SCAA	1.30.11	11	8	

Women		400M			Result		Record		1.12.59
Rank	Group	Number	Name	Club	Time	Final	Lane	Remark	
1	A	A3069	TOH Mei Xuan	Singapore	1.11.20	2	5	Record Broken	
2	A	A3019	歐英美	AU Ying Mei	GHSAC	1.12.48	2	4	Record Broken
3	A	A3056	馬懷思	MA Vinci	SCAA	1.16.93	2	3	
4	A	A3058	范曉韻	FAN Hiu Wan	SCAA	1.16.98	1	4	
5	A	A3027		BEJUNA Fely	HKLRRC	1.17.35	1	2	
6	A	A3015	謝敏姬	TSE Maggie Man Kee	DBSAC	1.18.29	2	2	
7	A	A3043	吳凱琪	NG Hoi Kei	PKMSAA	1.27.46	1	5	
8	A	A3042	蘇玲敏	SO Ling Man	PKMSAA	1.38.74	1	6	
9	A	A3040	范秀欣	FAN Sau Yan	PKMSAA	1.55.81	1	7	
						Record		1.07.20	
Rank	Group	Number	Name	Club	Time	Final	Lane	Remark	
1	B	B3043	林潔心	LAM Kit Sum	LSCAC	1.12.61	3	3	
2	B	B3058	張婉琳	CHEUNG Yuen Lam	SCAA	1.13.70	3	4	
3	B	B3013	李穎詩	LEE Vivian	DBSAC	1.14.04	4	3	
4	B	B3014	李寶茵	LEE Po Yan Noelle	DBSAC	1.15.27	4	6	
5	B	B3031		CHEUNG Lai Yu	HKLRRC	1.15.35	3	7	
6	B	B3067	程雅思	CHING Nga Sze Queenie	SCAA	1.19.55	3	6	
7	B	B3006	丘翠芬	YAU Tsui Fun	CSRA	1.20.86	4	4	
8	B	B3036	郭夕霞	KWOK Chik Ha	HKRWA	1.22.97	4	2	
9	B	B3048	劉欣欣	LAU Yan Yan	PKMSAA	1.25.06	3	5	
						Record		1.27.63	
Rank	Group	Number	Name	Club	Time	Final	Lane	Remark	
1	C	C3051	鍾敏儀	CHUNG Man Yi Money	SCAA	1.12.11	5	2	Record Broken
2	C	C3053	袁嘉慧	YUEN Kar Wai	SCAA	1.16.54	5	7	Record Broken
3	C	C3016	陳詩雅	CHAN Sze Nga	GHSAC	1.18.47	6	2	Record Broken
4	C	C3050	胡信芳	WU Shun Fong Savon	SCAA	1.24.00	5	4	Record Broken
5	C	C3054	詹愷怡	CHIM Stella	SCAA	1.28.74	6	7	
6	C	C3001		ABDULLAH Husnah	Brunei V	1.30.79	5	3	
						Record		1.11.10	
Rank	Group	Number	Name	Club	Time	Final	Lane	Remark	
1	D	D3031	龍惠蘭	LUNG Wai Lan	PKMSAA	1.12.78	8	2	
2	D	D3041	梁婉芬	LEUNG Yuen Fan Jennifer	SCAA	1.17.49	8	6	
3	D	D3042	阮潔儀	YUEN Kit Yee	SCAA	1.18.38	7	5	
4	D	D3005	朱美嫻	CHU Florence	DBSAC	1.25.41	8	3	
5	D	D3007	馬天惠	MA Esther	DBSAC	1.26.42	7	4	
6	D	D3028	焦小慧	CHIU Siu Wai	PKMSAA	1.27.07	7	7	
7	D	D3012	呂佩穎	LUI Pui Wing, Amy	GHSAC	1.32.57	7	6	
8	D	D3035	梁婉文	LEUNG Yuen Man Mandy	SCAA	1.34.91	8	5	
9	D	D3040	許美貞	HUI Mei Ching	SCAA	1.40.52	7	3	
10	D	D3037	何美濃	HO Mei Nung Sara	SCAA	1.44.60	8	4	

Women		400M			Result		Record		1.26.84
Rank	Group	Number	Name		Club	Time	Final	Lane	Remark
1	E	E3027	黃玉瑩	WONG Yuk Ying	SCAA	1.23.60	9	3	Record Broken
2	E	E3012	楊錫莉	YANG Seik Lee	PKMSAA	1.30.33	9	1	
3	E	E3029	黎賢美	LAI Yin Mei	SCAA	1.47.84	9	2	
4	E	E3022	姜麗儀	KEUNG Lai Yee	SCAA	1.53.91	9	4	
5	E	E3020	田寶貞	TIN Po Ching	SCAA	2.09.93	9	5	
							Record		1.42.63
Rank	Group	Number	Name		Club	Time	Final	Lane	Remark
1	F	F3020	李雪蓮	LEE Suet Lin Shirley	SHTB	1.25.28	9	7	Record Broken
2	F	F3009	黃綺嫻	WONG Yee Hen	Macau	1.40.82	9	6	Record Broken
							Record		1.34.21
Rank	Group	Number	Name		Club	Time	Final	Lane	Remark
1	G	G3004	劉鳳鈴	LAU Fung Ling Rebecca	HKRWA	1.46.14	9	8	

Women 800M**Result**

Rank	Group	Number	Name	Club	Time	Record Final	Remarks
						2.52.08	
1	A	A3069	TOH Mei Xuan	Singapore	2.55.15	1	
2	A	A3056	馬懷思 MA Vinci	SCAA	3.15.26	1	
3	A	A3053	劉美英 LAU Mei Ying	SCAA	3.23.99	1	
4	A	A3043	吳凱琪 NG Hoi Kei	PKMSAA	3.33.22	1	

Rank	Group	Number	Name	Club	Time	Record Final	Remarks
						2.47.22	
1	B	B3043	林潔心 LAM Kit Sum	LSCAC	2.56.31	1	
2	B	B3007	張佩玲 CHEUNG Pui Ling Pauline	CSRA	2.56.55	1	
3	B	B3047	王碧惠 WONG Bik Wai Becky	PKMSAA	3.25.73	1	
4	B	B3016	陳詠琪 CHAN Wing Kee Evelyn	DBSAC	3.40.13	1	

Rank	Group	Number	Name	Club	Time	Record Final	Remarks
						3.07.22	
1	C	C3035	MAKSIMON Cecilia	Malaysia	3.06.00	1	Record Broken
2	C	C3026	黎淑雯 LAI Suk Man	GHSAC	3.11.61	1	
3	C	C3053	袁嘉慧 YUEN Kar Wai	SCAA	3.15.53	1	
4	C	C3052	鄺美儀 KWONG Mei Yee	SCAA	3.31.33	1	
5	C	C3001	ABDULLAH Husnah	Brunei V	3.33.47	1	
6	C	C3050	胡信芳 WU Shun Fong Savon	SCAA	3.53.42	1	
7	C	C3048	梁玉蓮 LEUNG Yuk Lin	SCAA	3.56.26	1	
8	C	C3049	李英杰 LI Ying Kit	SCAA	4.02.50	1	
9	C	C3036	何瑞新 HO Sui San	PKMSAA	4.28.96	1	

Rank	Group	Number	Name	Club	Time	Record Final	Remarks
						3.09.60	
1	D	D3028	焦小慧 CHIU Siu Wai	PKMSAA	3.14.61	1	
2	D	D3041	梁婉芬 LEUNG Yuen Fan Jennifer	SCAA	3.19.19	1	
3	D	D3042	阮潔儀 YUEN Kit Yee	SCAA	3.28.77	1	
4	D	D3007	馬天惠 MA Esther	DBSAC	3.44.01	1	
5	D	D3037	何美濃 HO Mei Nung Sara	SCAA	4.00.67	1	
6	D	D3003	CHOW Sabrina	CSRA	4.04.35	1	

Rank	Group	Number	Name	Club	Time	Record Final	Remarks
						3.11.97	
1	E	E3027	黃玉瑩 WONG Yuk Ying	SCAA	3.27.69	1	
2	E	E3035	FUNG Suet Mei	SHTB	3.31.78	1	
3	E	E3012	楊錫莉 YANG Seik Lee	PKMSAA	3.35.83	1	
4	E	E3007	趙樂美 CHIU Lok Mei	PKMSAA	4.23.07	1	
5	E	E3022	姜麗儀 KEUNG Lai Yee	SCAA	4.30.03	1	
6	E	E3029	黎賢美 LAI Yin Mei	SCAA	4.38.38	1	

Women 800M**Result**

Rank	Group	Number	Name	Club	Time	Record Final	Remarks
1	F	F3020	李雪蓮 LEE Suet Lin Shirley	SHTB	3.19.52	1	3.18.94
2							

Rank	Group	Number	Name	Club	Time	Record Final	Remarks
1	G	G3002	LIM Choi Ling	AVOHK	4.08.42	1	4.22.50
2	G	G3010	馬石慧儀 MA SEK Wai Yee Stella	SCAA	4.15.61	1	Record Broken

Women 3000M Walk

Result

Rank	Group	Number	Name	Club	Time	Record Final	Remarks
							15.40.12
1	A	A3063	吳秀雯	NG Sau Man	SHTB	16.36.72 1	
2	A	A3062	游佩珊	YAU Pui Shan	SHTB	20.41.06 1	
3	A	A3033	黃靜雯	WONG Ching Man	LSCAC	23.22.59 1	

Rank	Group	Number	Name	Club	Time	Record Final	Remarks
							17.32.24
1	B	B3036	郭夕霞	KWOK Chik Ha	HKRWA	17.01.44 1	Record Broken
2	B	B3070		WONG Pui Shan	SHTB	18.35.53 1	
3	B	B3037	馬海珊	MA Hoi Shan	HKRWA	22.00.47 1	
4	B	B3038	曹可欣	CHO Ho Yan	HKRWA	23.01.06 1	
5	B	B3072		YAP Pet Yeng Charlotte	Singapore	25.25.62 1	

Rank	Group	Number	Name	Club	Time	Record Final	Remarks
							19.33.49
1	C	C3058	符春英	FU Chun Ying	SHTB	20.14.06 1	
2	C	C3032	陳耀夏	CHAN Yiu Ha	HKRWA	23.14.84 1	
3	C	C3020	許穎汶	HUI Bonnie	GHSAC	25.03.03 1	
4	C	C3018	馮淑薇	FUNG Shuk Mei	GHSAC	28.57.41 1	
5	C	C3024	陳淑敏	CHAN Joyce	GHSAC	29.52.06 1	

Rank	Group	Number	Name	Club	Time	Record Final	Remarks
							18.17.42
1	D	D3047	林淑蘭	LAM Suk Lan	SHTB	18.56.50 1	
2	D	D3021	吳翠儀	NG Chui Yi	HKRWA	19.40.69 1	
3	D	D3048	謝韶燕	TSE Siu Yin	SHTB	21.00.44 1	
4	D	D3046	梁惠鈴	LEUNG Wai Ling	SHTB	21.23.69 1	
5	D	D3049	王月春	WONG Yuet Chun	SHTB	21.42.06 1	
6	D	D3022	劉玉琮	LAU Yuk King	HKRWA	21.55.09 1	
7	D	D3010	葉潔清	IP Kit Ching, Heidi	GHSAC	25.25.25 1	
8	D	D3009	林碧寶	LAM Katty	GHSAC	26.04.34 1	
9	D	D3045	王婉婷	WONG Yuen Ting	SHTB	26.22.12 1	
10	D	D3011	盧凱懿	LO Hoi Yee Doretta	GHSAC	26.25.38 1	
11	D	D3013	陳愛玲	CHAN Oi Ling, Florence	GHSAC	26.29.15 1	

Women 3000M Walk

Result

Rank	Group	Number	Name	Club	Time	Record Final	17.18.22 Remarks
1	E	E3038	關小燕	KWAN Siu Yin	SHTB	17.44.12 1	
2	E	E3039	蔡健容	CHOI Kin Yung	SHTB	19.25.53 1	
3	E	E3037	賴紅蓮	LAI Hung Lin	SHTB	20.23.22 1	
4	E	E3005	鄒穎怡	CHOW Wing Yee	HKRWA	21.17.21 1	
5	E	E3035		FUNG Suet Mei	SHTB	21.22.95 1	
6	E	E3032	徐佩玲	CHUI Pui Ling	SHTB	21.45.97 1	
7	E	E3030	陳桂英	CHAN Kwai Ying	SHTB	23.22.28 1	
8	E	E3031	呂左雲	LUI Chor Wan	SHTB	23.39.66 1	
9	E	E3033	陳五妹	CHAN Ng Mui	SHTB	23.47.97 1	
10	E	E3036	劉天穎	LIU Tien Ying, Eliza	SHTB	24.15.38 1	
11	E	E3027	黃玉瑩	WONG Yuk Ying	SCAA	24.56.44 1	
12	E	E3034	黃美娟	WONG Mei Kuen	SHTB	25.33.97 1	

Rank	Group	Number	Name	Club	Time	Record Final	18.27.28 Remarks
1	F	F3020	李雪蓮	LEE Suet Lin Shirley	SHTB	18.57.47 1	
2	F	F3019	鄭葉明	CHENG Ip Ming	SHTB	19.11.72 1	
3	F	F3021	周爱玲	CHOW Oi Ling	SHTB	21.16.34 1	
4	F	F3008		CHEUNG Ngun Mei	HKRWA	21.22.94 1	
5	F	F3026	黎美容	LAI Mei Yung	SHTB	22.40.25 1	
6	F	F3017	周爱霞	CHOW Oi Ha	SHTB	22.56.84 1	
7	F	F3023	黃瑞芳	WONG Shui Fong	SHTB	23.07.41 1	
8	F	F3007	吳小冰	NG Siu Bing	HKRWA	25.52.06 1	
9	F	F3024	溫寶顏	WAN Po Ngan Esther	SHTB	26.24.44 1	
10	F	F3025	方鳳儀	FONG Fung Yee Stella	SHTB	26.25.62 1	
11	F	F3005	劉玉瓶	LAU Yuk Ping Rosanna	HKRWA	29.17.94 1	

Rank	Group	Number	Name	Club	Time	Record Final	19.29.59 Remarks
1	G	G3004	劉鳳鈴	LAU Fung Ling Rebecca	HKRWA	22.01.56 1	
2	G	G3003	郭玉燕	KWOK Yuk Yin	HKRWA	24.24.38 1	

Rank	Group	Number	Name	Club	Time	Record Final	21.19.44 Remarks
1	H	H3002		WAKEFIELD Edith	HKLRRC	31.13.84 1	
2							

Women		5000M			Result		Record		22.05.41
Rank	Group	Number	Name		Club	Time	Final	Remarks	
1	A	A3031		RICHARDS Jane	IRC	18.43.86	1	Record Broken	
2	A	A3025	黃雪心	WONG Suet Sum, Michelle	GHSAC	21.53.79	1	Record Broken	
3	A	A3050	樂可羨	LOK Ho Sin	SCAA	22.35.42	1		
4	A	A3027		BEJUNA Fely	HKLRRC	23.38.87	1		
5	A	A3058	范曉韻	FAN Hiu Wan	SCAA	23.55.56	1		
6	A	A3006	陳于琪	CHAN Yu Ki	CSRA	25.52.75	1		
7	A	A3052	施娜娜	SZE Na Na	SCAA	26.47.67	1		
8	A	A3060	吳頌菲	NG Chung Fei	SCAA	27.07.87	1		
9	A	A3049	林楚晶	LAM Chor Jing Ana	SCAA	28.23.01	1		
10	A	A3039	吳育紅	WU Yuk Hung	PKMSAA	31.38.74	1		

							Record		20.11.57
Rank	Group	Number	Name		Club	Time	Final	Remarks	
1	B	B3075		HERSHEY-BEATTY Juliet	TCAA	19.50.60	1	Record Broken	
2	B	B3013	李穎詩	LEE Vivian	DBSAC	21.50.70	1		
3	B	B3005	梁潔儀	LEUNG Kit Yee	CSRA	21.50.90	1		
4	B	B3007	張佩玲	CHEUNG Pui Ling Pauline	CSRA	22.03.60	1		
5	B	B3066	張雅玲	CHEUNG Nga Ling	SCAA	23.06.25	1		
6	B	B3023	邵樂而	CHIU Louise	GHSAC	23.47.22	1		
7	B	B3017	趙愛宜	CHIU Annie	GHSAC	24.53.56	1		
8	B	B3048	劉欣欣	LAU Yan Yan	PKMSAA	25.00.00	1		
9	B	B3057	曾翠婷	TSANG Tsui Ting	SCAA	25.22.00	1		
10	B	B3012	陳皚嘉	CHAN Hoi Ka Fefe	DBSAC	25.53.52	1		
11	B	B3051	胡佩文	WO Pui Man Kat	SCAA	26.20.11	1		
12	B	B3069	楊嘉儀	YEUNG Ka Yee	SCAA	27.13.37	1		
13	B	B3024	劉玉芬	LAU Yuk Fan, Sylvania	GHSAC	27.57.86	1		
14	B	B3065	高靜怡	KO Ching Yee	SCAA	28.33.05	1		

							Record		24.02.43
Rank	Group	Number	Name		Club	Time	Final	Remarks	
1	C	C3029		IRWIN Kellie	HKLRRC	21.29.16	1	Record Broken	
2	C	C3035		MAKSIMON Cecilia	Malaysia	24.19.73	1		
3	C	C3026	黎淑雯	LAI Suk Man	GHSAC	25.17.30	1		
4	C	C3016	陳詩雅	CHAN Sze Nga	GHSAC	26.58.03	1		
5	C	C3009	曾穎思	TSANG Wing Sze Winnie	DBSAC	27.24.78	1		
6	C	C3007	黃慧嫦	WONG Wai Sheung Emmy	DBSAC	27.29.89	1		
7	C	C3047	張偉	CHEUNG Wai	SCAA	29.22.49	1		
8	C	C3036	何瑞新	HO Sui San	PKMSAA	34.33.49	1		

Women		5000M			Result		Record		23.01.34
Rank	Group	Number	Name		Club	Time	Final	Remarks	
1	D	D3018	LEONARD Catherine		HKLRRC	22.43.83	1	Record Broken	
2	D	D3043	方靜儀 FONG Ching Yee		SDH	22.46.43	1	Record Broken	
3	D	D3028	焦小慧 CHIU Siu Wai		PKMSAA	23.59.27	1		
4	D	D3007	馬天惠 MA Esther		DBSAC	26.08.03	1		
5	D	D3003	CHOW Sabrina		CSRA	29.35.67	1		
6	D	D3032	吳淑賢 NG Shuk Yzn		PKMSAA	NM	1		
7	D	D3016	CHUI Neuza T. S.		HKLRRC	NM	1		
								Record	25.25.97
Rank	Group	Number	Name		Club	Time	Final	Remarks	
1	E	E3027	黃玉瑩 WONG Yuk Ying		SCAA	26.14.03	1		
2	E	E3035	FUNG Suet Mei		SHTB	27.33.45	1		
3	E	E3023	楊美青 YEUNG Mei Ching		SCAA	27.45.43	1		
								Record	26.07.98
Rank	Group	Number	Name		Club	Time	Final	Remarks	
1	F	F3020	李雪蓮 LEE Suet Lin Shirley		SHTB	22.42.66	1	Record Broken	
2									
								Record	31.07.67
Rank	Group	Number	Name		Club	Time	Final	Remarks	
1	G	G3004	劉鳳鈴 LAU Fung Ling Rebecca		HKRWA	27.58.61	1	Record Broken	
2	G	G3002	LIM Choi Ling		AVOHK	31.01.27	1	Record Broken	