

11/1/2016 23:44

[illegible]

11/1/2016 23:44

[illegible]

11/1/2016 23:44

[illegible]

Result

11/1/2016 23:44

Number	Name		Club	100	400	800	5000	3000W	HJ	LJ	SP	D	JV	Total	Rank
C301	楊曉華	YEUNG, Hiu Wa	SCAA	6		2				7	2			17	2
C302	陳玲娟	CHAN, Ling Kuen	SCAA						2		9	9	3	23	1
C303	何嘉麗	HO, Ka Lai	SCAA	4							4	4	2	14	5
C304	張偉	CHEUNG, Wai	SCAA				3							3	23
C305	詹愷怡	CHIM, Stella	SCAA	3	1					4				8	9
C306	凌君曼	LING, Kwan Man	SCAA	1						1				2	28
C307	盧佩玲	LO, Pui Ling	SCAA												
C308	林秀玲	LAM, Sau Ling	SCAA	9						2				11	7
C309	李英杰	LI, Ying Kit	SCAA		3									3	23
C310	袁嘉慧	YUEN, Kar Wai	SCAA			4								4	20
C311	張美紅	CHEUNG, May Hung Monita	SCAA												
C312	張美儀	CHEUNG, Mei Yi	SHTB					7						7	11
C313	符春英	FU, Chun Ying	SHTB					4						4	20
C314	謝詠儀	TSE, Wing Yee	SHTB					5						5	15
C315	黃瑜琳	WONG, Yu Lam	SHTB					1						1	32
C316	焦小慧	CHIU, Siu Wai	CSRA				7							7	11
C317	何瑞新	HO, Sui San	CSRA			1	1							2	28
C318	關寶儀	KWAN, Po Yee	CSRA	5						3	1			9	8
C319	王志珊	WONG, Chi Shan	CSRA				4							4	20
C320	黃應紅	WONG, Ying Hung	CSRA									3		3	23
C321	鍾嬋芳	CHUNG, Sim Fong Angel	HKRWA					3						3	23
C322	陳耀夏	CHAN, Yiu Ha	HKRWA					2						2	28
C323	金志雲	KAM, Chi Wan Sandy	PAC								5			5	15
C324	黃秀清	WONG, Sau Ching	PAC												
C325	張彩珍	CHANG, Choi Chun Corina	PAC	7										7	11
C326	黎淑雯	LAI, Suk Man Annie	PAC				5							5	15
C327	馮淑婷	FUNG, Shuk Ting	PAC												
C328	羅潔怡	LO, Kit Yee Grace	PAC												
C329	李少慧	LEE, Siu Wai Yvonne	PAC										5	5	15
C330	郭妙霞	KWOK, Miu Har	HKRWA												
C331	洪靜安	HUNG, Ching On Shirley	DBSAC				2					1		3	23
C332	陳慧妍	CHAN, Wai Yin Alice	DBSAC	2										2	28
C333	李婉娟	LEE, Yuen Kuen Angel	DBSAC												
C334	吳敏珊	NG, Jane	DBSAC												
C335	黃慧璇	WONG, Gloria	DBSAC												
C336	黃瀟琮	WONG, Siu King Alison	DBSAC								3	5	9	17	2
C337	何安娜	HO, On Nor Anna Christianne	DBSAC												
C338	黎慧筠	LAI, Winky	DBSAC								7	6	1	14	5
C339	張淑儀	CHEUNG, Alice	DBSAC												
C340	宋加恩	SOONG, Karen	DBSAC												
C341	邵傳潔	ZAU, Jaye	DBSAC												
C342	戴妙娟	TAI, Miu Kuen Alice	DBSAC									2	6	8	9
C343	黎瑞年	LAI, Ingrid	DBSAC										7	7	11
C344	楊凱斯	YEUNG, Hoi See Maur Tanner	DBSAC							5				5	15
C345	張志軍	CHEUNG, Angela	DBSAC												
C346	張敏	CHEUNG, Man Alice	DBSAC												
C347	黃慧嫦	WONG, Emmy	DBSAC								6	7	4	17	2
C348	張詠儀	CHEUNG, Doris	DBSAC												
C349	-	Poon Che Mun	PAC												

11/1/2016 23:44

[illegible]

11/1/2016 23:44

Number	Name		Club	100	400	800	5000	3000W	HJ	LJ	SP	D	JV	Total	Rank
E301	謝華秀	TSE, Wah Sau	SCAA	6						5			1	12	4
E302	黎賢美	LAI, Yin Mei	SCAA	3	1	1			3	3	2	1	3	17	1
E303	黃美櫻	WONG, Mei Ying,Therry	SCAA	2					1	2	3	3	2	13	2
E304	梁祐甄	LEUNG, Yau Yan	SCAA		2		1							3	12
E305	溫燕儀	WAN, Yin Yee	SCAA	4						1			5	10	5
E306	陳桂英	CHAN, Kwai Ying	SHTB												
E307	陳五妹	CHAN, Ng Mui	SHTB					1						1	16
E308	蔡健容	CHOI, Kin Yung	SHTB					7						7	8
E309	關小燕	KWAN, Siu Yin	SHTB					9						9	6
E310	賴紅蓮	LAI, Hung Lin	SHTB					5						5	9
E311	李雪蓮	LEE, Suet Lin Shirley	SHTB	1	5	4	3							13	2
E312	梁少美	LEUNG, Siu Mee	SHTB			2								2	15
E313	劉天穎	LIU, Tien Ying Eliza	SHTB												
E314	呂左雲	LUI, Chor Wan	SHTB												
E315	孫惠霞	SUEN, Wai Ha	SHTB		3			6						9	6
E316	溫寶顏	WAN, Po Ngan Esther	SHTB												
E317	王梅芳	WONG, Mui Fong	SHTB					2			1			3	12
E318	黃美珊	WONG, Mei Shan	CAC								5			5	9
E319	歐陽秀珍	AU YEUNG, Sau Chun	CSRA												
E320	何悅雯	HO, Yuet Man	HKRWA												
E321	周劍麗	CHOW, Kim Lai	HKRWA					3						3	12
E322	鄒穎怡	CHOW, Wing Yee	HKRWA												
E323	李少梅	LEE, Shiu Mui	HKRWA												
E324	伍永定	NG, Wing Ding	HKRWA												
E325	馮兆薇	FUNG, Siu Mei	HKRWA					4						4	11
F301	廖綺星	LIU, Yee Sing Purli	SCAA		1		2							3	6
F302	鄭葉明	CHENG, Ip Ming	SHTB					9						9	1
F303	高玉芝	KO, Yuk Chee	SHTB					2						2	9
F304	黎美容	LAI, Mei Yung	SHTB					4						4	5
F305	梁少芳	LEUNG, Siu Fong	SHTB												
F306	勞開合	LO, Hoi Hop	SHTB					3						3	6
F307	馬玉琴	MA, Yuk Kum	SHTB					1						1	10
F308	黃瑞芳	WONG, Shui Fong	SHTB					5						5	4
F309	張杏冰	CHEUNG, Fiona	HKRWA					6						6	3
F310	張銀美	CHEUNG, Ngan Mei	HKRWA					7						7	2
F311	周愛玲	-	SHTB												
F312	黃綺嫻	WONG, Yee Han	TCAA		3									3	6
G301	石慧儀	SEK, Stella	SCAA								2		1	3	4
G302	吳月蘭	NG, Yuet Lan Alice	SHTB					1						1	6
G303	黃妙桃	WONG, Miu To	CSRA								4	2	4	10	2
G304	蔡錦霞	CHOI, Kam Har	HKRWA	2	3			5			1		2	13	1
G305	劉鳳鈴	LAU, Fung Ling Rebecca	HKRWA		1	2	2	2						7	3
G306	郭玉燕	KWOK, Yuk Yin	HKRWA					3						3	4
H301	嚴瑞鸞	YEN, Shui Luen	CSRA								2	2	2	6	1
H302	-	BROOKE, Margaret	AVOHK					2						2	2
M301	張雪玲	CHEUNG, Suet Ling	SCAA	2										2	1

Women

100M

Result

11/1/2016 23:44

Rank	Group Group	C Number	Name	Club	Time	Final	Record Lane	14.51 Score	Remarks
1	C	C308	林秀玲	LAM, Sau Ling	SCAA	14.86	1	2	9
2	C	C325	張彩珍	CHANG, Choi Chun Corina	PAC	15.77	1	6	7
3	C	C301	楊曉華	YEUNG, Hiu Wa	SCAA	15.80	2	3	6
4	C	C318	關寶儀	KWAN, Po Yee	CSRA	15.94	2	4	5
5	C	C303	何嘉麗	HO, Ka Lai	SCAA	16.23	2	2	4
6	C	C305	詹愷怡	CHIM, Stella	SCAA	16.50	2	5	3
7	C	C332	陳慧妍	CHAN, Wai Yin Alice	DBSAC	17.35	1	3	2
8	C	C306	凌君曼	LING, Kwan Man	SCAA	17.58	1	4	1
9									

Rank	Group Group	D Number	Name	Club	Time	Final	Record Lane	14.62 Score	Remarks
1	D	D316	龍惠蘭	LUNG, Wai Lan	CSRA	14.15	1	6	8 New record
2	D	D301	洪家儀	HUNG, Ka Yee Margaret	SCAA	14.39	1	2	6 New record
3	D	D327	陶明嫻	TAO, Yung Michele	DBSAC	14.40	1	3	5 New record
4	D	D303	駱雪儀	LOK, Suet Yee	SCAA	14.79	1	8	4
5	D	D328	朱美嫻	CHU, Florence	DBSAC	16.31	1	1	3
6	D	D324	馬天惠	MA, Esther	DBSAC	17.87	1	4	2
7	D	D325	邱麗莹	KHOO, Sandra	DBSAC	18.55	1	7	1
8									

Rank	Group Group	E Number	Name	Club	Time	Final	Record Lane	14.02 Score	Remarks
1	E	E301	謝華秀	TSE, Wah Sau	SCAA	14.24	1	6	6
2	E	E305	溫燕儀	WAN, Yin Yee	SCAA	16.73	1	3	4
3	E	E302	黎賢美	LAI, Yin Mei	SCAA	17.09	1	2	3
4	E	E303	黃美櫻	WONG, Mei Ying,Therry	SCAA	17.46	1	5	2
5	E	E311	李雪蓮	LEE, Suet Lin Shirley	SHTB	19.53	1	4	1

Rank	Group Group	G Number	Name	Club	Time	Final	Record Lane	20.21 Score	Remarks
1	G	G304	蔡錦霞	CHOI, Kam Har	HKRWA	19.58	1	2	2 New record

Rank	Group Group	M Number	Name	Club	Time	Final	Record Lane	NA Score	Remarks
1	M	M301	張雪玲	CHEUNG, Suet Ling	SCAA	37.29	1	3	2 New record

800M

Result

11/1/2016 23:44

		Group A				Record		02:54.66	
Rank	Group	Number	Name		Club	Time	Final	Score	Remarks
1	A	A332	林潔心	LAM, Kit Sum	PAC	2:52.08	1		5 New record
2	A	A310	歐英美	AU, Ying Mei	PAC	2:54.59	1		3 New record
3	A	A303	馬懷思	MA, Vinci	SCAA	3:26.08	1		2
4	A	A304	吳凱琪	NG, Hoi Kei	CSRA	3:54.40	1		1

Rank	Group		B				Record	02:47.22	Remarks
	Group	Number	Name		Club	Time	Final	Score	
1	B	B310	陳飛燕	CHAN, Fei Yin	SHTB	3:17.12	1		5
2	B	B335	李寶茵	LEE, Po Yan Noelle	DBSAC	3:29.14	1		3
3	B	B311	陳愛群	CHAN, Oi Kwan	SHTB	3:34.50	1		2
4	B	B336	曾穎思	TSANG, Wing Sze Winnie	DBSAC	3:47.46	1		1

Group		C						Record	03:07.22
Rank	Group	Number	Name		Club	Time	Final	Score	Remarks
1	C	C310	袁嘉慧	YUEN, Kar Wai	SCAA	3:29.29	1		4
2	C	C301	楊曉華	YEUNG, Hiu Wa	SCAA	4:16.34	1		2
3	C	C317	何瑞新	HO, Sui San	CSRA	4:46.62	1		1

Rank	Group	D					Record	03:09.60	Remarks
	Group	Number	Name		Club	Time	Final	Score	
	1	D	D317	司徒珊莉	SZETO, Shan Lee Shirley	CSRA	3:25.62	1	4
	2	D	D305	梁婉芬	LEUNG, Yuen Fan Jennifer	SCAA	3:31.72	1	2
	3	D	D329	傅麗娜	FOO, Lena	DBSAC	3:38.23	1	1
	4								

Group		E						Record	04:08.08
Rank	Group	Number	Name		Club	Time	Final	Score	Remarks
1	E	E311	李雪蓮	LEE, Suet Lin Shirley	SHTB	3:11.97		1	4 New record
2	E	E312	梁少美	LEUNG, Siu Mee	SHTB	3:44.49		1	2 New record
3	E	E302	黎賢美	LAI, Yin Mei	SCAA	4:31.47		1	1

Rank	Group	Group	G	Name	Club	Time	Record	NA	Remarks
		Group	Number				Final	Score	
	1	G	G305	劉鳳鈴	LAU, Fung Ling Rebecca	HKRWA	4:22.50	1	2 New record
	2								

Women

3000M Walk

Result

11/1/2016 23:44

Rank	Group		A		Club	Time	Final	Record		Remarks
	Group	Number	Name					Cloth	Score	
1	A	A306	吳秀雯	NG, Sau Man	SHTB	15:40.12		1	44	5 New record
2	A	A305	劉海英	LIU, Hai Ying	SHTB	15:48.67		1	45	3 New record
3	A	A308	麥嘉詠	MAK, Ka Wing	HKRWA	22:51.78		1	47	2
4	A	A309	黃惠絹	WONG, Wai Kuen	HKRWA	28:29.73		1	33	1

Rank	Group		B		Club	Time	Final	Record		Remarks
	Group	Number	Name					Cloth	Score	
1	B	B310	陳飛燕	CHAN, Fei Yin	SHTB	17:32.24		1	39	5 New record
2	B	B319	曹可欣	CHO, Ho Yan	HKRWA	23:31.02		1	36	3
3	B	B328	馬海珊	MA, Hoi Shan	HKRWA	23:52.41		1	37	2
4	B	B320	李慧玲	LEE, Wai Ling	HKRWA	24:41.94		1	38	1
5										
6										
7										
8										

Rank	Group		C		Club	Time	Final	Record		Remarks
	Group	Number	Name					Cloth	Score	
1	C	C312	張美儀	CHEUNG, Mei Yi	SHTB	21:29.11		1	48	7
2	C	C314	謝詠儀	TSE, Wing Yee	SHTB	21:30.30		1	42	5
3	C	C313	符春英	FU, Chun Ying	SHTB	22:37.08		1	43	4
4	C	C321	鍾嬋芳	CHUNG, Sim Fong Angel	HKRWA	24:11.11		1	34	3
5	C	C322	陳耀夏	CHAN, Yiu Ha	HKRWA	24:59.06		1	50	2
6	C	C315	黃瑜琳	WONG, Yu Lam	SHTB	27:32.69		1	54	1

Rank	Group		D		Club	Time	Final	Record		Remarks
	Group	Number	Name					Cloth	Score	
1	D	D312	邵詠霜	SIU, Wing Sheung	SHTB	19:09.79		1	49	9
2	D	D308	葉長秀	IP, Cheung Sau	SHTB	19:20.59		1	40	7
3	D	D307	陳鎮鳳	CHAN, Chun Fung	SHTB	20:02.30		1	52	6
4	D	D309	林淑蘭	LAM, Suk Lan	SHTB	21:00.34		1	41	5
5	D	D314	王月春	WONG, Yuet Chun	SHTB	21:52.61		1	46	4
6	D	D321	劉玉琮	LAU, Yuk King	HKRWA	23:44.15		1	31	3
7	D	D320	吳翠儀	NG, Chui Yi	HKRWA	23:49.53		1	32	2
8	D	D311	馬慧芬	MA, Wai Fun	SHTB	23:52.17		1	53	1
9	D	D319	羅嬋珍	LO, Sim Chun	HKRWA	24:49.62		1		
10	D	D313	王婉婷	WONG, Yuen Ting Rosenna	SHTB	24:59.81		1		

Women

3000M Walk

Result

11/1/2016 23:44

Rank	Group	E	Number	Name	Club	Time	Final	Record	17:57.73	Remarks
	Group							Cloth	Score	
1	E	E309	關小燕	KWAN, Siu Yin	SHTB	17:18.22		1	11	9 New record
2	E	E308	蔡健容	CHOI, Kin Yung	SHTB	18:48.24		1	27	7
3	E	E315	孫惠霞	SUEN, Wai Ha	SHTB	18:53.90		1	26	6
4	E	E310	賴紅蓮	LAI, Hung Lin	SHTB	20:22.53		1	28	5
5	E	E325	馮兆薇	FUNG, Siu Mei	HKRWA	20:29.59		1	1	4
6	E	E321	周劍麗	CHOW, Kim Lai	HKRWA	22:43.18		1	3	3
7	E	E317	王梅芳	WONG, Mui Fong	SHTB	22:55.33		1	15	2
8	E	E307	陳五妹	CHAN, Ng Mui	SHTB	23:21.20		1	21	1
9	E	E314	呂左雲	LUI, Chor Wan	SHTB	23:29.82		1	18	
10	E	E320	何悅雯	HO, Yuet Man	HKRWA	23:33.54		1	7	
11	E	E306	陳桂英	CHAN, Kwai Ying	SHTB	23:51.97		1	14	
12	E	E323	李少梅	LEE, Shiu Mui	HKRWA	24:04.74		1	8	
13	E	E313	劉天穎	LIU, Tien Ying Eliza	SHTB	24:12.07		1	22	
14	E	E316	溫寶顏	WAN, Po Ngan Esther	SHTB	24:48.69		1	20	
15	E	E324	伍永定	NG, Wing Ding	HKRWA	25:44.65		1	5	
16										

Rank	Group	F	Number	Name	Club	Time	Final	Record	18:37.83	Remarks
	Group							Cloth	Score	
1	F	F302	鄭葉明	CHENG, Ip Ming	SHTB	18:27.28		1	12	9 New record
2	F	F310	張銀美	CHEUNG, Ngan Mei	HKRWA	20:46.10		1	2	7
3	F	F309	張杏冰	CHEUNG, Fiona	HKRWA	21:50.11		1	4	6
4	F	F308	黃瑞芳	WONG, Shui Fong	SHTB	22:09.67		1	10	5
5	F	F304	黎美容	LAI, Mei Yung	SHTB	22:30.25		1	16	4
6	F	F306	勞開合	LO, Hoi Hop	SHTB	23:45.01		1	19	3
7	F	F303	高玉芝	KO, Yuk Chee	SHTB	24:50.88		1	17	2
8	F	F307	馬玉琴	MA, Yuk Kum	SHTB	25:41.25		1	25	1
9										

Rank	Group	G	Number	Name	Club	Time	Final	Record	21:31.49	Remarks
	Group							Cloth	Score	
1	G	G304	蔡錦霞	CHOI, Kam Har	HKRWA	19:29.59		1	23	5 New record
2	G	G306	郭玉燕	KWOK, Yuk Yin	HKRWA	23:11.08		1	6	3
3	G	G305	劉鳳鈴	LAU, Fung Ling Rebecca	HKRWA	23:29.80		1	24	2
4	G	G302	吳月蘭	NG, Yuet Lan Alice	SHTB	26:36.96		1	30	1

Rank	Group	H	Number	Name	Club	Time	Final	Record	NA	Remarks
	Group							Cloth	Score	
1	H	H302	-	BROOKE, Margaret	AVOHK	21:19.44		1	13	2 New record

Women

5000M

Result

11/1/2016 23:44

Rank	Group	A Number	Name	Club	Time	Final	Record Cloth	22:05.41 Score	Remarks
------	-------	-------------	------	------	------	-------	-----------------	-------------------	---------

1	A	A304	吳凱琪	NG, Hoi Kei	CSRA	30:03.29	1	14	2
---	---	------	-----	-------------	------	----------	---	----	---

Rank	Group	B Number	Name	Club	Time	Final	Record Cloth	20:11.57 Score	Remarks
------	-------	-------------	------	------	------	-------	-----------------	-------------------	---------

1	B	B334	李穎詩	LEE, Vivian	DBSAC	22:25.32	1	4	3
---	---	------	-----	-------------	-------	----------	---	---	---

2	B	B326	趙愛宜	CHUI, Oi Yee	PAC	25:49.29	1	1	1
---	---	------	-----	--------------	-----	----------	---	---	---

3

Rank	Group	C Number	Name	Club	Time	Final	Record Cloth	24:11.73 Score	Remarks
------	-------	-------------	------	------	------	-------	-----------------	-------------------	---------

1	C	C316	焦小慧	CHIU, Siu Wai	CSRA	24:02.43	1	11	7 New record
---	---	------	-----	---------------	------	----------	---	----	--------------

2	C	C326	黎淑雯	LAI, Suk Man Annie	PAC	25:58.00	1	2	5
---	---	------	-----	--------------------	-----	----------	---	---	---

3	C	C319	王志珊	WONG, Chi Shan	CSRA	26:37.59	1	12	4
---	---	------	-----	----------------	------	----------	---	----	---

4	C	C304	張偉	CHEUNG, Wai	SCAA	28:58.06	1	19	3
---	---	------	----	-------------	------	----------	---	----	---

5	C	C331	洪靜安	HUNG, Ching On Shirley	DBSAC	29:45.59	1	13	2
---	---	------	-----	------------------------	-------	----------	---	----	---

6	C	C317	何瑞新	HO, Sui San	CSRA	36:19.43	1	9	1
---	---	------	-----	-------------	------	----------	---	---	---

7

Rank	Group	D Number	Name	Club	Time	Final	Record Cloth	23:01.34 Score	Remarks
------	-------	-------------	------	------	------	-------	-----------------	-------------------	---------

1	D	D317	司徒珊莉	SZETO, Shan Lee Shirley	CSRA	24:18.02	1	8	6
---	---	------	------	-------------------------	------	----------	---	---	---

2	D	D307	陳鎮鳳	CHAN, Chun Fung	SHTB	25:51.47	1	10	4
---	---	------	-----	-----------------	------	----------	---	----	---

3	D	D324	馬天惠	MA, Esther	DBSAC	26:38.17	1	6	3
---	---	------	-----	------------	-------	----------	---	---	---

4	D	D315	周慶美	CHOW, Sabrina	CSRA	28:14.20	1	3	2
---	---	------	-----	---------------	------	----------	---	---	---

5	D	D310	盧淑儀	LO, Shuk Yi	SHTB	30:15.05	1	7	1
---	---	------	-----	-------------	------	----------	---	---	---

Rank	Group	E Number	Name	Club	Time	Final	Record Cloth	27:05.65 Score	Remarks
------	-------	-------------	------	------	------	-------	-----------------	-------------------	---------

1	E	E311	李雪蓮	LEE, Suet Lin Shirley	SHTB	25:25.97	1	15	3 New record
---	---	------	-----	-----------------------	------	----------	---	----	--------------

2	E	E304	梁祐甄	LEUNG, Yau Yan	SCAA	28:34.37	1	17	1
---	---	------	-----	----------------	------	----------	---	----	---

3

Rank	Group	F Number	Name	Club	Time	Final	Record Cloth	26:07.98 Score	Remarks
------	-------	-------------	------	------	------	-------	-----------------	-------------------	---------

1	F	F301	廖綺星	LIU, Yee Sing Purli	SCAA	35:26.66	1	18	2
---	---	------	-----	---------------------	------	----------	---	----	---

Rank	Group	G Number	Name	Club	Time	Final	Record Cloth	NA Score	Remarks
------	-------	-------------	------	------	------	-------	-----------------	-------------	---------

1	G	G305	劉鳳鈴	LAU, Fung Ling Rebecca	HKRWA	31:07.67	1	16	2 New record
---	---	------	-----	------------------------	-------	----------	---	----	--------------

Rank	Group	A	Name	Club	Record	NA	Remarks
Group	Number				Best Result	Score	
1	A	A326	李詩蓁	LEE, Denise	DBSAC	1.37	4
2	A	A320	馮美琪	FUNG, Mei ki Maggie	DBSAC	1.31	2
3	A	A311	伍惠恩	Ng, Wai Yan Ada	PAC	1.25	1

Rank	Group	B	Name	Club	Record	1.35	Remarks
Group	Number				Best Result	Score	
1	B	B304	張婉琳	CHEUNG, Yuen Lam Euthy	SCAA	1.28	3
2	B	B325	王詠茵	WONG, Wing Yan	PAC	1.22	1

Rank	Group	C	Name	Club	Record	1.24	Remarks
Group	Number				Best Result	Score	
1	C	C302	陳玲娟	CHAN, Ling Kuen	SCAA	1.18	2
2							

Rank	Group	D	Name	Club	Record	1.15	Remarks
Group	Number				Best Result	Score	
1	D	D316	龍惠蘭	LUNG, Wai Lan	CSRA	1.10	3
2	D	D303	駱雪儀	LOK, Suet Yee	SCAA	1.05	1

Rank	Group	E	Name	Club	Record	1.18	Remarks
Group	Number				Best Result	Score	
1	E	E302	黎賢美	LAI, Yin Mei	SCAA	1.10	3
2	E	E303	黃美櫻	WONG, Mei Ying,Therry	SCAA	0.95	1

Women

Long Jump

Result

11/1/2016 23:44

	Group	A				Record	3.77	
Rank	Group	Number	Name		Club	Best Result	Score	Remarks
1	A	A324	葉嘉琳	YEH, Carolyn	DBSAC	3.78	9	New record
2	A	A301	伍智盈	NG, Chi Ying	SCAA	3.77	7	=Record
3	A	A320	馮美琪	FUNG, Mei ki Maggie	DBSAC	3.7	6	
4	A	A326	李詩蓁	LEE, Denise	DBSAC	3.57	5	
5	A	A311	伍惠恩	Ng, Wai Yan Ada	PAC	3.55	4	
6	A	A307	王楚君	WONG, Chor Kwan	CAC	3.44	3	
7	A	A314	張嘉儀	CHEUNG, Ka Yee Crystal	PAC	3.19	2	
8	A	A312	鄧思敏	TANG, Sze Man	PAC	3.07	1	
9	A	A321	溫詠茜	WAN, Wing Sai Eleanor	DBSAC	2.82		
10	A	A323	謝敏姬	TSE, Maggie Man Kee	DBSAC	2.71		
11	A	A302	譚凱恩	TAM, Hoi Yan	SCAA	2.12		
12								

	Group	B					Record	3.92	
Rank	Group	Number	Name		Club	Best Result	Score	Remarks	
	1	B	B303	鍾敏儀	CHUNG, Man Yi	SCAA	4.08	9	New record
	2	B	B342	蔡曉嵐	Choi Hiu Nam	PAC	3.7	7	
	3	B	B313	葉嘉敏	YIP, Ka Man	HVAA	3.63	6	
	4	B	B335	李寶茵	LEE, Po Yan Noelle	DBSAC	3.55	5	
	5	B	B301	楊珍珍	YEUNG, Jane	SCAA	3.45	4	
	6	B	B312	楊欣欣	YEUNG, Annette	SCAA	3.38	3	
	7	B	B304	張婉琳	CHEUNG, Yuen Lam Euthy	SCAA	3.31	2	
	8	B	B315	楊鳳玲	YEUNG, Fung Ling	CSRA	3.08	1	
	9	B	B332	鄭東熒	CHENG, Ada	DBSAC	3.02		
10									
11									

	Group	C				Record	3.68	
Rank	Group	Number	Name		Club	Best Result	Score	Remarks
	1	C	C301	楊曉華	YEUNG, Hiu Wa	SCAA	3.17	7
	2	C	C344	楊凱斯	YEUNG, Hoi See Maur Tanner	DBSAC	3.07	5
	3	C	C305	詹愷怡	CHIM, Stella	SCAA	3.02	4
	4	C	C318	關寶儀	KWAN, Po Yee	CSRA	2.96	3
	5	C	C308	林秀玲	LAM, Sau Ling	SCAA	2.93	2
	6	C	C306	凌君曼	LING, Kwan Man	SCAA	1.49	1
	7							

	Group	D					Record	3.42	
Rank	Group	Number	Name		Club	Best Result	Score	Remarks	
	1	D	D301	洪家儀	HUNG, Ka Yee Margaret	SCAA	3.66	5	New record
	2	D	D316	龍惠蘭	LUNG, Wai Lan	CSRA	3.57	3	New record
	3	D	D303	駱雪儀	LOK, Suet Yee	SCAA	3.35	2	
	4	D	D304	阮潔儀	YUEN, Kit Yee	SCAA	3.16	1	
	5								

	Group	E				Record	3.95	
Rank	Group	Number	Name		Club	Best Result	Score	Remarks
	1	E	E301	謝華秀	TSE, Wah Sau	SCAA	3.77	5
	2	E	E302	黎賢美	LAI, Yin Mei	SCAA	3.27	3
	3	E	E303	黃美櫻	WONG, Mei Ying,Therry	SCAA	2.64	2
	4	E	E305	溫燕儀	WAN, Yin Yee	SCAA	2.62	1

Women

Discus

Result

11/1/2016 23:44

Rank	Group Group	A Number	Name		Club	Record Best Result	NA Score	Remarks
1	A	A330	何臻敏	HO, Chun Man Valerie	DBSAC	23.63	5	New record
2	A	A328	葉蓁蓁	YEH, Tsuen Tsuen Rita	DBSAC	19.91	3	
3	A	A321	溫詠茜	WAN, Wing Sai Eleanor	DBSAC	12.95	2	
4	A	A304	吳凱琪	NG, Hoi Kei	CSRA	11.91	1	
5								
6								

Women

Discus

Result

11/1/2016 23:44

	Group	B					Record	NA	
Rank	Group	Number	Name		Club	Best Result	Score	Remarks	
1	B	B324	許穎琪	HUI, Wing Kei Vicky	PAC	20.73	6	New record	
2	B	B322	祁嘉茵	KEE, Ka Yan Carmen	PAC	18.06	4		
3	B	B314	馬小慧	MA, Shiu Wai Daisy	CSRA	17.86	3		
4	B	B302	郭翠儀	KWOK, Chui Yi Annie	SCAA	16.84	2		
5	B	B332	鄭東熒	CHENG, Ada	DBSAC	9.88	1		

Women

Discus

Result

11/1/2016 23:44

Rank	Group Group	C Number	Name		Club	Record Best Result	NA Score	Remarks
1	C	C302	陳玲娟	CHAN, Ling Kuen	SCAA	24.88	9	New record
2	C	C347	黃慧嫦	WONG, Emmy	DBSAC	21.53	7	
3	C	C338	黎慧筠	LAI, Winky	DBSAC	18.81	6	
4	C	C336	黃瀟琮	WONG, Siu King Alison	DBSAC	17.58	5	
5	C	C303	何嘉麗	HO, Ka Lai	SCAA	16.67	4	
6	C	C320	黃應紅	WONG, Ying Hung	CSRA	16.35	3	
7	C	C342	戴妙娟	TAI, Miu Kuen Alice	DBSAC	15.13	2	
8	C	C331	洪靜安	HUNG, Ching On Shirley	DBSAC	14.82	1	
9	C	C306	凌君曼	LING, Kwan Man	SCAA	14.19		
10	C	C307	盧佩玲	LO, Pui Ling	SCAA	13.57		
11	C	C305	詹愷怡	CHIM, Stella	SCAA	12.63		
12	C	C340	宋加恩	SOONG, Karen	DBSAC	12.50		
13	C	C333	李婉娟	LEE, Yuen Kuen Angel	DBSAC	10.78		
14	C	C301	楊曉華	YEUNG, Hiu Wa	SCAA	9.80		
15	C	C346	張敏	CHEUNG, Man Alice	DBSAC	8.74		
16								
17								

Women

Discus

Result

11/1/2016 23:44

Rank	Group	D	Name	Club	Record	NA	Remarks
Group	Number				Best Result	Score	
1	D	D318	黃金鳳	WONG, Kam Fung	CSRA	20.72	4
2	D	D316	龍惠蘭	LUNG, Wai Lan	CSRA	17.65	2
3	D	D324	馬天惠	MA, Esther	DBSAC	No result	0

Rank	Group	E	Name	Club	Record	NA	Remarks
Group	Number				Best Result	Score	
1	E	E303	黃美櫻	WONG, Mei Ying,Therry	SCAA	15.35	3
2	E	E302	黎賢美	LAI, Yin Mei	SCAA	11.49	1
3							

Rank	Group	G	Name	Club	Record	NA	Remarks
Group	Number				Best Result	Score	
1	G	G303	黃妙桃	WONG, Miu To	CSRA	14.12	2

Rank	Group	H	Name	Club	Record	NA	Remarks
Group	Number				Best Result	Score	
1	H	H301	嚴瑞鸞	YEN, Shui Luen	CSRA	10.64	2

Rank	Group	A	Name	Club	Record	17.84	Score	Remarks
Group	Number				Best Result			
1	A	A313	陳祉霖	CHAN, Carol	PAC	20.55	8	New record
2	A	A328	葉藁藁	YEH, Tsuen Tsuen Rita	DBSAC	19.78	6	New record
3	A	A301	伍智盈	NG, Chi Ying	SCAA	18.19	5	New record
4	A	A327	黃康麗	WONG, Connie	DBSAC	17.09	4	
5	A	A314	張嘉儀	CHEUNG, Ka Yee Crystal	PAC	14.23	3	
6	A	A303	馬懷思	MA, Vinci	SCAA	11.78	2	
7	A	A304	吳凱琪	NG, Hoi Kei	CSRA	10.10	1	
8								
9								

Rank	Group	B	Name	Club	Record	19.44	Score	Remarks
Group	Number				Best Result			
1	B	B324	許穎琪	HUI, Wing Kei Vicky	PAC	27.58	7	New record
2	B	B301	楊珍珍	YEUNG, Jane	SCAA	16.81	5	
3	B	B302	郭翠儀	KWOK, Chui Yi Annie	SCAA	13.97	4	
4	B	B338	何志恩	HO, Johanna	DBSAC	13.54	3	
5	B	B304	張婉琳	CHEUNG, Yuen Lam Euthy	SCAA	13.36	2	
6	B	B312	楊欣欣	YEUNG, Annette	SCAA	13.01	1	
7								

Women

Javelin

Result

11/1/2016 23:44

Rank	Group	C	Name	Club	Record	19.30	Score	Remarks
	Group	Number			Best Result			
1	C	C336	黃瀟琮	WONG, Siu King Alison	DBSAC	25.89	9	New record
2	C	C343	黎瑞年	LAI , Ingrid	DBSAC	17.98	7	
3	C	C342	戴妙娟	TAI , Miu Kuen Alice	DBSAC	17.74	6	
4	C	C329	李少慧	LEE, Siu Wai Yvonne	PAC	17.49	5	
5	C	C347	黃慧嫦	WONG , Emmy	DBSAC	17.34	4	
6	C	C302	陳玲娟	CHAN, Ling Kuen	SCAA	15.45	3	
7	C	C303	何嘉麗	HO, Ka Lai	SCAA	15.39	2	
8	C	C338	黎慧筠	LAI, Winky	DBSAC	15.08	1	
9	C	C306	凌君曼	LING, Kwan Man	SCAA	14.95		
10	C	C320	黃應紅	WONG, Ying Hung	CSRA	14.80		
11	C	C305	詹愷怡	CHIM, Stella	SCAA	13.18		
12	C	C332	陳慧妍	CHAN, Wai Yin Alice	DBSAC	11.71		
13	C	C301	楊曉華	YEUNG, Hiu Wa	SCAA	10.51		
14	C	C307	盧佩玲	LO, Pui Ling	SCAA	10.23		
15	C	C346	張敏	CHEUNG, Man Alice	DBSAC	6.18		
16	C	C333	李婉娟	LEE, Yuen Kuen Angel	DBSAC	No result		
17								
18								

Women

Javelin

Result

11/1/2016 23:44

Rank	Group	D	Name	Club	Record	20.39	Remarks
Group	Number				Best Result	Score	
1	D	D323	葉潔清	IP, Kit Ching Heidi	PAC	24.38	8
2	D	D318	黃金鳳	WONG, Kam Fung	CSRA	19.61	6
3	D	D316	龍惠蘭	LUNG, Wai Lan	CSRA	15.59	5
4	D	D303	駱雪儀	LOK, Suet Yee	SCAA	15.14	4
5	D	D324	馬天惠	MA, Esther	DBSAC	11.82	3
6	D	D306	沈林秀霞	SHUM LAM, Sau Ha Judy	SCAA	8.52	2
7	D	D314	王月春	WONG, Yuet Chun	SHTB	3.94	1

Rank	Group	E	Name	Club	Record	17.49	Remarks
Group	Number				Best Result	Score	
1	E	E305	溫燕儀	WAN, Yin Yee	SCAA	15.88	5
2	E	E302	黎賢美	LAI, Yin Mei	SCAA	15.10	3
3	E	E303	黃美櫻	WONG, Mei Ying,Therry	SCAA	14.49	2
4	E	E301	謝華秀	TSE, Wah Sau	SCAA	14.03	1
5							

Rank	Group Group	G Number	Name		Club	Record Best Result	10.04 Score	Remarks
1	G	G303	黃妙桃	WONG, Miu To	CSRA	10.90	4	New record
2	G	G304	蔡錦霞	CHOI, Kam Har	HKRWA	9.13	2	
3	G	G301	石慧儀	SEK, Stella	SCAA	7.93	1	

Rank	Group Group	H Number	Name		Club	Record Best Result	NA Score	Remarks
1	H	H301	嚴瑞鸞	YEN, Shui Luen	CSRA	9.75	2	New record

Women

Shot Putt

Result

11/1/2016 23:44

	Group	A				Record	7.19	
Rank	Group	Number	Name		Club	Best Result	Score	Remarks
	1	A	A330	何臻敏	HO, Chun Man Valerie	DBSAC	8.13	6
	2	A	A312	鄧思敏	TANG, Sze Man	PAC	5.41	4
	3	A	A303	馬懷思	MA, Vinci	SCAA	5.40	3
	4	A	A307	王楚君	WONG, Chor Kwan	CAC	5.08	2
	5	A	A323	謝敏姬	TSE, Maggie Man Kee	DBSAC	4.58	1
	6							
	7							

	Group	B				Record	7.51	
Rank	Group	Number	Name		Club	Best Result	Score	Remarks
1	B	B314	馬小慧	MA, Shiu Wai Daisy	CSRA	7.59	9	New record
2	B	B302	郭翠儀	KWOK, Chui Yi Annie	SCAA	7.00	7	
3	B	B324	許穎琪	HUI, Wing Kei Vicky	PAC	6.54	6	
4	B	B322	祁嘉茵	KEE, Ka Yan Carmen	PAC	6.21	5	
5	B	B325	王詠茵	WONG, Wing Yan	PAC	6.10	4	
6	B	B339	馮潔儀	FUNG, Kit Yee Virginia	DBSAC	5.83	3	
7	B	B340	小高淑江	KOTAKA, Yoshie	DBSAC	5.08	2	
8	B	B319	曹可欣	CHO, Ho Yan	HKRWA	4.74	1	

Women

Shot Putt

Result

11/1/2016 23:44

Rank	Group	C Number	Name	Club	Record Best Result	7.42 Score	Remarks
1	C	C302	陳玲娟	CHAN, Ling Kuen	SCAA	7.11	9
2	C	C338	黎慧筠	LAI, Winky	DBSAC	7.07	7
3	C	C347	黃慧嫦	WONG, Emmy	DBSAC	7.04	6
4	C	C323	金志雲	KAM, Chi Wan Sandy	PAC	7.01	5
5	C	C303	何嘉麗	HO, Ka Lai	SCAA	6.94	4
6	C	C336	黃瀟琮	WONG, Siu King Alison	DBSAC	6.52	3
7	C	C301	楊曉華	YEUNG, Hiu Wa	SCAA	6.29	2
8	C	C318	關寶儀	KWAN, Po Yee	CSRA	6.23	1
9	C	C307	盧佩玲	LO, Pui Ling	SCAA	6.071	
10	C	C333	李婉娟	LEE, Yuen Kuen Angel	DBSAC	6.07	
11	C	C340	宋加恩	SOONG, Karen	DBSAC	5.86	
12	C	C320	黃應紅	WONG, Ying Hung	CSRA	5.67	
13	C	C327	馮淑婷	FUNG, Shuk Ting	PAC	5.66	
14	C	C348	張詠儀	CHEUNG, Doris	DBSAC	5.49	
15	C	C334	吳敏珊	NG, Jane	DBSAC	5.42	
16	C	C324	黃秀清	WONG, Sau Ching	PAC	5.291	
17	C	C342	戴妙娟	TAI, Miu Kuen Alice	DBSAC	5.29	
18	C	C317	何瑞新	HO, Sui San	CSRA	4.86	
19	C	C346	張敏	CHEUNG, Man Alice	DBSAC	3.91	
20							
21							

Women

Shot Putt

Result

11/1/2016 23:44

	Group	D				Record	8.74	
Rank	Group	Number	Name		Club	Best Result	Score	Remarks
1	D	D323	葉潔清	IP, Kit Ching Heidi	PAC	9.44	8	New record
2	D	D318	黃金鳳	WONG, Kam Fung	CSRA	8.85	6	New record
3	D	D324	馬天惠	MA, Esther	DBSAC	7.21	5	
4	D	D316	龍惠蘭	LUNG, Wai Lan	CSRA	7.08	4	
5	D	D322	陳愛玲	CHAN, Oi Ling Florence	PAC	7.05	3	
6	D	D303	駱雪儀	LOK, Suet Yee	SCAA	6.32	2	
7	D	D302	楊柳青	YEUNG, Lau Ching	SCAA	5.83	1	
8								

	Group	E				Record	8.86	
Rank	Group	Number	Name		Club	Best Result	Score	Remarks
1	E	E318	黃美珊	WONG, Mei Shan	CAC	7.75	5	
2	E	E303	黃美櫻	WONG, Mei Ying,Therry	SCAA	7.6	3	
3	E	E302	黎賢美	LAI, Yin Mei	SCAA	7.35	2	
4	E	E317	王梅芳	WONG, Mui Fong	SHTB	4.19	1	

	Group	G				Record	4.91	
Rank	Group	Number	Name		Club	Best Result	Score	Remarks
1	G	G303	黃妙桃	WONG, Miu To	CSRA	6.55	4	New record
2	G	G301	石慧儀	SEK, Stella	SCAA	5.4	2	New record
3	G	G304	蔡錦霞	CHOI, Kam Har	HKRWA	4.01	1	

Rank	Group	H Number	Name	Club	Record Best Result	NA Score	Remarks	
1	H	H301	嚴瑞鸞	YEN, Shui Luen	CSRA	5.97	2	New record

	Group	A								Record	59.43	
Rank	Group	Club	Team	Number				Time	Final	Lane	Score	Remarks
1	A	PAC	1	A318	B331	A317	A316	1:00.40		1	8	18
2	A	DBSAC	2	A323	A320	A329	A324	1:02.59		1	4	14
3	A	SCAA	1	A302	B303	A301	A303	1:03.45		1	6	12
4	A	CAC	1	B329	A307	B330	A315	1:04.27		1	2	10
5	A	PAC	2	A331	B342	C349	A332	1:05.09		1	7	8
6	A	DBSAC	1	A326	A319	A321	A330	1:07.45		1	3	6
7	A	HKRWA	1	D321	A309	D319	C321	1:25.73		1	1	2
8	A	HKRWA	2	E322	E323	C322	A308	No result		1	5	2

	Group	B							Record	01:03.80		
Rank	Group	Club	Team	Number				Time	Final	Lane	Score	Remarks
	1	B	SCAA	1	C301	B312	B304	B301	1:02.54	1	3	16 New record
	2	B	PAC	1	B325	C325	C329	C324	1:05.65	1	5	12
	3	B	DBSAC	1	B339	B335	C345	B333	1:06.76	1	8	10
	4	B	DBSAC	2	B336	B334	B340	B332	1:06.97	1	4	8
	5	B	SCAA	2	B308	B305	B306	B307	1:11.97	1	6	6
	6	B	SHTB	1	B311	C313	E310	E308	1:21.17	1	7	4
	7	B	HKRWA	1	B319	B328	E320	B320	1:29.84	1	2	2
	8											

	Group	C								Record	01:09.11	
Rank	Group	Club	Team	Number				Time	Final	Lane	Score	Remarks
	1	C	SCAA	1	D306	C308	C305	C303	1:04.77	1	3	12 New record
	2	C	DBSAC	2	C334	C343	C348	C341	1:09.23	1	2	8
	3	C	DBSAC	1	C339	C332	C338	C344	1:12.57	1	5	6
	4	C	CSRA	1	C317	C320	C316	C318	1:12.74	1	1	4
	5	C	SHTB	1	C315	C312	D311	D307	1:20.95	1	4	2

	Group	D								Record	01:02.22	
Rank	Group	Club	Team	Number				Time	Final	Record Lane	Score	Remarks
	1	D	SCAA	1	D304	D303	D305	D301	1:02.83	1	1	10
	2	D	DBSAC	1	D328	D329	D327	D324	1:08.01	1	3	6
	3	D	CSRA	1	D318	D317	D315	D316	1:10.45	1	4	4
	4	D	SHTB	1	D308	D313	D314	E311	1:24.18	1	5	2

Rank	Group	E	Team	Number				Time	Final	Record	01:11.43	Remarks
	Group	Club								Lane	Score	
1	E	SCAA		1	E302	E303	E305	E301	1:04.31	1	7	8 New record
2	E	HKRWA		2	E325	F310	E324	E321	1:21.23	1	6	4
3	E	SHTB		1	E316	E312	E317	E315	1:22.73	1	8	2

	Group	F							Record	01:30.20	
Rank	Group	Club	Team	Number			Time	Final	Lane	Score	Remarks
	1 F	HKRWA		1 F309	G304	G306	G305	1:30.04	1	6	6 New record
	2 F	SHTB		1 F307	F308	G302	F311	1:43.33	1	7	2

Rank	Group	A	Team	Number			Time	Final	Record	05:31.07	Remarks
Group	Club								Lane	Score	
1	A	DBSAC		1 A326	A324	A323	A320	5:25.35	1	4	8 New record
2	A	CSRA		1 C318	D316	B315	A304	5:27.69	1	2	4 New record
3	A	PAC		1 B326	C326	A314	B324	5:43.40	1	3	2

Rank	Group	B	Team	Number			Time	Final	Record	05:38.27	Remarks
Group	Club								Lane	Score	
1	B	SCAA		1 B301	B304	B312	B303	5:10.09	1	7	8 New record
2	B	DBSAC		1 B335	B336	B339	B334	5:22.12	1	5	4 New record
3	B	SHTB		1 B311	C312	D312	E315	6:12.91	1	6	2

Rank	Group	C	Team	Number			Time	Final	Record	06:03.98	Remarks
Group	Club								Lane	Score	
1	C	SCAA		1 C308	C303	C305	C301	5:32.93	1	5	12 New record
2	C	SCAA		2 C304	D305	C309	C310	5:52.83	1	3	8 New record
3	C	CSRA		1 D315	C316	C319	D317	6:06.28	1	2	6
4	C	DBSAC		1 C339	C334	C331	D329	6:11.33	1	4	4
5	C	SHTB		1 C315	D314	D311	D307	6:42.40	1	6	2

Rank	Group	D	Team	Number			Time	Final	Record	06:07.75	Remarks
Group	Club								Lane	Score	
1	D	SCAA		1 E304	D304	D303	D301	5:41.60	1	2	6 New record
2	D	DBSAC		1 D328	D325	D327	D324	5:44.25	1	3	2 New record

Rank	Group	E	Team	Number			Time	Final	Record	06:21.21	Remarks
Group	Club								Lane	Score	
1	E	SCAA		1 E302	E303	E305	E301	6:25.27	1	4	6
2	E	SHTB		1 E310	E308	F305	E311	6:39.81	1	5	2