

HONG KONG RECORDS												
EVENT	PERF.	WS	ATHLETE	CLUB/TEAM	PLACE	DATE	CLUB/TEAM	ATHLETE	PERF.	WS	ATHLETE	CLUB/TEAM
100M	10.28	+1.3	TSUI CHI HO	TCAA	HONG KONG	16-May-2010	TCAA	CHAN SAU YING	11.73	+0.3	CHAN SAU YING	TCAA
200M	20.94	+0.6	TANG YIK CHUN	WAC	HONG KONG	16-Apr-2005	HKT	WAN KIN YEE	11.73	0.0	WAN KIN YEE	HKT
400M	47.34		CHAN KA CHUN	HKT	MALAYSIA	29-Mar-2015	HKT	WAN KIN YEE	23.79		WAN KIN YEE	HKT
800M	1:52.17		LEUNG TAT WAI	WAC	HONG KONG	18-Apr-1989	HKT	LI YIN YEE	55.03		LI YIN YEE	HKT
1500M	3:55.6 (HT)		DAVE GIBSON	HKT	MANILA	07-Mar-1972	YMCA	CHAN MAN YEE MAGGIE	2:11.92		CHAN MAN YEE MAGGIE	HKT
5000M	14:56.3 (HT)		ANDRIAN TROWELL	WAC	HONG KONG	19-Feb-1978	WAC	CHAN MAN YEE MAGGIE	4:21.60		CHAN MAN YEE MAGGIE	WAC
10000M	30:53.6 (HT)		GI KA MAN	TCAA	HONG KONG	28-Mar-2012	WAC	CHAN MAN YEE MAGGIE	15:45.87		CHAN MAN YEE MAGGIE	WAC
110M HURDLES (1.067)	14.26	+0.1	CHAN CHUNG WANG	TCAA	HONG KONG	01-Mar-2015	HKT	YIU KIT CHING	13.14		YIU KIT CHING	HKT
400M HURDLES (0.914)	51.33		CHAN KA CHUN	HKT	MELBOURNE	05-Apr-2014	HKT	WAN KIN YEE	101.04		WAN KIN YEE	HKT
3000M SC	9:19.43		CHAN KA HO	TWAC	HONG KONG	01-Apr-2012	HKT	YIU KIT CHING	10:25.81		YIU KIT CHING	HKT
HIGH JUMP	2.16		CHANG YU HO	HKT	SHAQING	23-Mar-1987	HKT	FUNG WAI YEE	1.80		FUNG WAI YEE	TCAA
POLE VAULT	4.28		吳碧穎	WAC	HONG KONG	03-May-2009	HKT	CHOI SIN TING	3.25		CHOI SIN TING	TCAA
LONG JUMP	7.73	+0.7	NG MING TAI	WAC	INCHEON, KOREA	30-Sep-2014	HKT	CHEUNG LAI YEE	6.06	+1.6	CHEUNG LAI YEE	TCAA
TRIPLE JUMP	15.76	+1.1	NG KA WAI	TCAA	HONG KONG	07-Apr-2013	HKT	TSE MANG CHI	12.61	+1.6	TSE MANG CHI	WAC
SHOT PUT (7.26)	15.70		CHIU LAP SAN	WAC	HONG KONG	12-Dec-2010	HKT	HO YIN CHIU	12.86		HO YIN CHIU	GHS
DISCUS (2.0)	48.58		ARTHUR MCKENZIE	HKDRC	HONG KONG	19-Mar-1978	HKT	LEE KA SHUN	42.23		LEE KA SHUN	SCAA
HAMMER (7.26)	63.87		LAM WAI	HKT	PUNE, INDIA	06-Jul-2013	HKT	LAM SAU KWAN	50.63		LAM SAU KWAN	TCAA
JAVELIN (800)	63.89		HUI WAI HEI RICKY	TCAA	HONG KONG	07-Sep-2013	HKT	WOO WING TUNG	47.22		WOO WING TUNG	WAC
DECATHLON	6:46.9		NG CHIT WING	WAC	HONG KONG	21-Mar-2009	HKT	CHAN SAU YING	4:98.8		CHAN SAU YING	TCAA
20KM RACE WALK	1:30.13		TSE CHUN HUNG	HKT	NOWI, JAPAN	15-Mar-2015	HKT	CHING SIU NGA	1:38:26		CHING SIU NGA	NOWI, JAPAN
50KM RACE WALK	5:07.54		SO KAM TONG	HKT	TOKYO, JAPAN	18-Oct-1984	HKT	CHAN HO YEE,	45.50		CHAN HO YEE,	HKT
4X100M RELAY	38.47		TANG YIK CHUN, LAI CHUN HO, NG KA FUNG, TSUI CHI HO	HKT	CHINESE TAIPEI	25-May-2012	HKT	LEUNG HAU SZE, FONG YEE PUI, POON PAK YAN			LEUNG HAU SZE, FONG YEE PUI, POON PAK YAN	HKT
4X400M RELAY	3:11.28		CHANKA CHUN LEUNG KING HUNG HO TSI FUNG CHOI HO SING	HKT	INCHEON, KOREA	29-Sep-2014	HKT	CHUA YAN CHING CHAN YEE KI POON HANG WAI LAM CHRISTY HO YAN	3:50.29		CHUA YAN CHING CHAN YEE KI POON HANG WAI LAM CHRISTY HO YAN	HKT
BEST PERFORMANCE												
MARATHON	2:21:10		PAUL SPOWAGE	HKDRC	LONDON	13-May-1984	HKDRC	CHAN MAN YEE MAGGIE	2:35:49		CHAN MAN YEE MAGGIE	USA
HONG KONG RECORDS OR BEST PERFORMANCE IN OTHER EVENTS												
MILE	4:22.63		YAP KAI TAK	TCAA	HONG KONG	23-Jul-1989	TCAA	CHAN MAN YEE MAGGIE	4:58.91		CHAN MAN YEE MAGGIE	WAC
3000M	8:50.82		CHAN KA HO	HKT	HONG KONG	30-May-2009	HKT	CHAN MAN YEE MAGGIE	9:14.00		CHAN MAN YEE MAGGIE	WAC
10KM	31:17		LEE CHI WO	WAC	HONG KONG	21-Nov-2004	WAC	CHAN MAN YEE MAGGIE	34:25		CHAN MAN YEE MAGGIE	WAC
15KM	48:15		GI KA MAN	WAC	HONG KONG	11-Dec-2011	WAC	YIU KIT CHING	54:07		YIU KIT CHING	NHSC
HALF MARATHON	1:06:39		GI KA MAN	HKT	INCHEON, KOREA	27-Mar-2011	HKT	CHAN MAN YEE MAGGIE	1:14:22		CHAN MAN YEE MAGGIE	WAC
3000M WALK	14:09.20		BILL PURVES	HKLRR	HONG KONG	31-Mar-1991	HKLRR	CHING SIU NGA	13:56.1(HT)		CHING SIU NGA	WAC
5000M WALK	23:17.92		TSE CHUN HUNG	SHTB	HONG KONG	20-Oct-2012	SHTB	CHING SIU NGA	23:26.11		CHING SIU NGA	WAC
10000M WALK	47:22.02		CHIN MAN KIT	WAC	HONG KONG	08-Feb-2015	WAC	CHING SIU NGA	48:45.4(HT)		CHING SIU NGA	WAC
4X200M RELAY	1:25.73		CHOI HO SING TANG YIK CHUN CHAN KA CHUN HO MAN LOK	WAC	HONG KONG	08-Feb-2015	WAC	WU CHEUK YAN, HUI MAN LING, LEUNG HAU SZE	1:40.89		WU CHEUK YAN, HUI MAN LING, LEUNG HAU SZE	WAC
4X800M RELAY	7:53.60		LI HONG CHING, LAU WAI NGAI, YELUNG CHI WING, LEE CHO WAI	TWAC	HONG KONG	06-May-2012	TWAC	CHEUNG TING YAN, AU YELUNG HOK KA, CHAN SIN HUNG, CHAN YEE KI	9:25.20		CHEUNG TING YAN, AU YELUNG HOK KA, CHAN SIN HUNG, CHAN YEE KI	WAC
4X1500M RELAY	16:54.08		LAU WAI NGAI YELUNG CHI WING, CHAN KA HO, LI HONG CHING	TWAC	HONG KONG	08-May-2011	TWAC	CHUNG MAN TUNG, LEUNG YING SUET, YU WING HAY, YIU KIT CHING	20:11.23		CHUNG MAN TUNG, LEUNG YING SUET, YU WING HAY, YIU KIT CHING	PAC

HONG KONG JUNIOR RECORDS

BOYS	EVENT	PERF.	WS	ATHLETE	CLUB/TEAM	PLACE	DATE
OLYMPIC EVENTS							
100M	10.38	+1.1	LAI CHUN HO	WAC	HONG KONG	01-Jun-2008	
200M	20.94	+0.6	TANG YIK CHUN	WAC	HONG KONG	16-Apr-2005	
400M	47.79		梁焯浩	HVAA	HONG KONG	02-Dec-2007	
800M	1:54.54		LEUNG TAT WAI	HKT	BANGKOK, THAILAND	04-Dec-1997	
1500M	4:02.4 (HT)		GLEN HORTSTEAD	HKT	MANILA	07-Mar-1972	
5000M	15:03.53		SIMON PARSONS	WAC	HONG KONG	17-Dec-1993	
10000M	33:22.85		YU HIN WA	TCAA	HONG KONG	19-Feb-2012	
110M HURDLES (1.067)	14.57	-0.9	MUI CHING YEUNG	HVAA	HONG KONG	06-May-2012	
400M HURDLES (0.914)	53.44		CHEUNG WANG FUNG	HKSSF	MALAYSIA	29-Mar-2015	
3000M SC	9:41.52		CHAN LONG TING	TWAC	HONG KONG	08-Sep-2013	
HIGH JUMP	2.11		CHAN MING SANG	HKT	GUANGZHOU, CHINA	26-Mar-1998	
POLE VAULT	4.10		PANG CHI SUM	HKT	HONG KONG	03-Jul-2011	
LONG JUMP	7.73	+0.7	CHAN MING TAI	HKT	INCHEON, KOREA	30-Sep-2014	
TRIPLE JUMP	14.95	0.0	CHAU CHING YU	WAC	HONG KONG	02-Jun-2013	
SHOT PUT (7.26)	13.75		LAM WAI	WAC	HONG KONG	19-Sep-2009	
DISCUS (2.0)	43.52		SANDY CHALMERS	HKPSU	HONG KONG	13-Feb-1977	
HAMMER (7.26)	54.03		LAM WAI	WAC	HONG KONG	20-Sep-2009	
JAVELIN (800)	57.25		YU CHI SIU	WAC	HONG KONG	09-Dec-2006	
DECATHLON	5687		XAVIER ANTHONY LEUNG	HKT	CHINESE TAIPEI	13-Jun-2014	
4X100M RELAY	(11.44, 6.53, 8.87, 1.83, 54.30, 16.15, 27.77, 3.60, 33.93, 5.07, 19)		CHAN KEI FUNG, TSUI CHI HO, HO MAN LOK, NG KA FUNG	HKT	JIANG XI, CHINA	29-Jun-2009	
4X100M RELAY	40.51		陳基鏞, 徐志豪, 何文樂, 吳榮鏞	HKT	HANOI, VIETNAM	04-Jul-2010	
4X400M RELAY	3:14.26		何梓皓, 鍾劍榮, 梁業雄, 李展庭	HKT	CHINESE TAIPEI	14-Jun-2014	

BEST PERFORMANCE

MARATHON	2:38:09		SHIN WAH HIN	HKDRC	HONG KONG	20-Jan-1983
HONG KONG RECORDS OR BEST PERFORMANCE IN OTHER EVENTS						
MILE	4:27.39		CHOW CHI KEUNG	WAC	HONG KONG	13-Jun-1983
3000M	8:56.4 (HT)		SIMON PARSONS	WAC	GUANGZHOU, CHINA	12-Dec-1993
3000M WALK	15:59.71		LEE CHO WAI JIMMY	HKSSF	HONG KONG	06-Jun-2010
5000M WALK	26:44.21		CHU HO TING	HKSSF	HONG KONG	08-Feb-2015
10KM RACE WALK	54:26		CHU HO TING	WAC	HONG KONG	02-Dec-2012
10KM	32:39		TANG HO FAI	WAC	HONG KONG	24-Feb-2013
15KM	50:41		YU HIN WA	TWAC	HONG KONG	09-Dec-2012
HALF MARATHON	1:12:15		WONG WAI CHUNG NESTOR	TCAA	ZHUHAI	15-Dec-2013
4X200M RELAY	1:28.36		CHAN MAN SHI, CHEN WAI, CHAN CHIN WAN, TO WAI LOK	TCAA	HONG KONG	26-Apr-1997
4X800M RELAY	8:11.1 (HT)		C Y LAU, M F CHAN, P H CHAN, C K CHOW	HKJT	GUANGZHOU, CHINA	31-Jul-1993
4X1500M RELAY	17:10.61		TANG HO FAI, SO MAN HO, CHOW HON NIP, WONG PERRY	WAC	HONG KONG	02-Jun-2013

HONG KONG JUNIOR RECORDS

GIRLS	EVENT	PERF.	WS	ATHLETE	CLUB/TEAM	PLACE	DATE
OLYMPIC EVENTS							
100M	11.89	+1.3	LEUNG HAU SZE	WAC	HONG KONG	03-May-2009	
200M	24.36	+0.9	LEUNG HAU SZE	WAC	HONG KONG	27-May-2006	
400M	57.12		POON HANG WAI	PAC	HONG KONG	06-May-2012	
800M	2:11.92		LI YIN YEE	HKT	HONG KONG	03-Nov-1986	
1500M	4:26.95		CHAN MAN YEE MAGGIE	HKT	VICTORIA	28-Aug-1984	
5000M	17:47.67		CHAN MAN YEE MAGGIE	WAC	HONG KONG	17-Apr-1984	
10000M	38:49.20		YIU KIT CHING	PAC	HONG KONG	04-Nov-2007	
100M HURDLES (0.838)	13.93		CHAN SAU YING	HKT	HONG KONG	15-Dec-1989	
400M HURDLES (0.762)	1:03.77		HUI LAI YU	HKT	CHINESE TAIPEI	25-May-2012	
3000M SC	11:28.54		HUI KAM MAN	TWAC	HONG KONG	05-May-2013	
HIGH JUMP	1.80		FUNG WAI YEE	TCAA	HONG KONG	01-Oct-2011	
POLE VAULT	2.95		WONG CHUI YIU CHERY	WAC	HONG KONG	04-May-2008	
LONG JUMP	5.98	+1.1	LAI TSUI SHAN	WAC	HONG KONG	01-Jun-2003	
TRIPLE JUMP	12.39	0.0	LOH MEI SZE	HKT	KUALA LUMPUR	04-Nov-2007	
SHOT PUT (4.0)	12.86		HO YIN CHIU	GHS	HONG KONG	21-Feb-2012	
DISCUS (1.0)	40.22		WOO WING YAN	WAC	HONG KONG	26-Feb-2011	
HAMMER (4.0)	45.66		TAM HUI KI	TCAA	HONG KONG	22-Mar-2011	
JAVELIN (600)	47.22		WOO WING TUNG	WAC	HONG KONG	15-Feb-2009	
HEPTATHLON	4317		CHAN SAU YING	TCAA	HONG KONG	22-May-1988	
4X100M RELAY	(14.40, 1.51, 10.13, 26.44, 5.30, 21.32, 2.45, 7.0)		HUI MAN LING, LEUNG HAU SZE, FONG YEE PUI, LAM ON KI	HKT	HANOI, VIETNAM	04-Jul-2010	
4X400M RELAY	3:50.29		CHUA YAN CHING, CHAN YEE KI, POON HANG WAI, LAM CHRISTY HO YAN	HKT	CHINESE TAIPEI	15-Jun-2014	

HONG KONG RECORDS OR BEST PERFORMANCE IN OTHER EVENTS

MILE	4:58.91		CHAN MAN YEE MAGGIE	WAC	HONG KONG	09-Dec-1984
3000M	9:37.10		CHAN MAN YEE MAGGIE	HKT	VICTORIA	23-Aug-1984
3000M WALK	17:23.92		LEUNG HEUNG YIN	HKT	HONG KONG	01-Jun-2008
5000M WALK	30:37.24 (HT)		LEE SHAN	SHTB	HONG KONG	07-Jul-2007
10KM WALK	1:06:32		KEUNG O YAN	SHTB	HONG KONG	09-Dec-2007
10KM	37:41		NG HEI MAN	PAC	HONG KONG	21-Nov-2004
15KM	1:00:43		SIU WAI YUE	TCAA	HONG KONG	09-Dec-2013
HALF MARATHON	1:26:22		YIU KIT CHING	PAC	HONG KONG	25-Nov-2007
4X200M RELAY	1:43.59		LEUNG HIU YEE, CHENG KA YU, HUI MAN LING, LEUNG HAU SZE	WAC	HONG KONG	07-May-2006
4X800M RELAY	9:46.05		LEE LOK CHING, YU YI MAN, HO MEI KI, LO WING HEI ROSEDA	WAC	HONG KONG	04-May-2008
4X1500M RELAY	20:32.67		LEUNG PO YI, AU YELING HOK KA, TSO SEE MING, CHAN YEE KI	WAC	HONG KONG	08-May-2011