

HKSSF Shatin and Sai Kung Secondary Schools Area Committee
Inter-School Athletics Championships 2023-2024
Team Result

Boys A

Rank	Abbr.	400m Hurdles	4x400m Relay	5000m	800m	Discus	High Jump	Javelin	Long Jump	Shot Put	Triple Jump	200m	110m Hurdles	400m	100m	1500m	4x100m Relay	總計
1	邱金元	11	16	6	5	11	10	7	17	12	18	4	10	12	2	0	12	153
2	陳楷	9	14	5	7	12	15	4	8	4	11	11	4	13	8	2	14	141
3	林大輝		20	12	8	0	1	3	8	0	0	12		11	11	14	6	106
4	體藝	8	2	2	6	5	1	11	2	1	2	9	7	1	7	1	16	81
5	培僑	11	4	1	1		6	0	1	4		6	12	2	5	1	20	74
6	郭得勝		12	1	0	1	6	0	5	7	3	1	2	3	1	0	8	50
7	沙田崇真	0	10	2	2	6	4	1	6	0	0	2	2	1	0	1	2	39
8	楊葛小琳		2	0	1	3	2	7	1	0	0	7	1	2	7	0	4	37
	西貢崇真		2	1	9	2		1	3	2	1	2	5	1	1	3	2	35
	黃鳳翎		0	2	1	10		13	0	0		2		3	1	0	2	34
	潮州會館		2	6	2	0	1	1	0	10		0		1	0	7	2	32
	浸附中	6	2	1	1	0	0	1	2	2	1	2		1	2	0	10	31
	德信		2	8	1	1		2	2	0	7	2		0	0	5		30
	鄭植之			7		0		0	0	8	0	0			0	8		23
	馮黃鳳亭	3	2		0	1	0	0	1	0		2	6	1	2	0	2	20
	五育				10											8		18
	聖若瑟	0	8	0	0				0						8	0		16
	浸呂明才	1	6	0	3	0		0	1		0	1	0	2	0	0		14
	青年會		2	2	1			0	1			1		1	1	3		12
	S.C.		2	0	0		0		2	1		2			2		2	11
	培基			1		0	0	0	0	0		2		5	1	1		10
	基督						4		0			1	0	1	1		2	9
	佛教覺光		2		0	1	0		1	0	0	1		1	0	0	2	8
	胡忠		0		0		2		2	0		0		0	0	0	2	6
	曾肇添		2	4	0	0				0	0	0		0	0	0	0	6
	朱敬文							0	1		4				0			5
	鄭榮之			2	1	0	0		0			0			0	1		4
	沙田培英			2					0					0	0			2
	樂道								1			1			0			2
	中大陳震夏					0	0		1									1
	沙田循道					0										1		1
	沙田蘇浙						0		0			1	0		0		0	1
	梁文燕				0	1	0	0	0	0	0	0			0		0	1
	黃允畋	0			0			0	0	0	0	0	1	0		0	0	1
	沙田官中											0		1				1
	林裘謀			0					0			0				0		0

HKSSF Shatin and Sai Kung Secondary Schools Area Committee
Inter-School Athletics Championships 2023-2024
Team Result

Boys B

Rank	Abbr.	4x400m Relay	800m	Discus	High Jump	Javelin	Long Jump	Shot Put	Triple Jump	200m	3000m	100m Hurdles	400m	100m	1500m	4x100m Relay	總計
1	體藝	20	16	0	11	0	3	0	6	2	11	11	7	1	14	2	104
2	陳楷	2	8	17	7	14	8	8	4	2	1	9	1	2	2	14	99
3	浸呂明才	10	2	1	0	1	10	0	11	10	9	2	2	1	8	12	79
4	林大輝	12	1	0	2	0	3	3	1	9	3	11	3	7	2	16	73
5	培僑	8	1		1		2	1	13	2	5	7	11	8	6	0	65
6	邱金元	14	1	4	10	3	4	3	8	1	0	3	1	2	1	2	57
7	西貢崇真	0	1	2	5	10		1		11	0	2	2	14	0	0	48
8	聖心	16	7	0			8	0			4		2	8	3		48
	聖若瑟	6	8			7	1		0	1	2		8	0	2		35
	沙田崇真	2	1	10	0	5	0	4	0	1	4	0	2	0	3	2	34
	梁文燕	0	0	1	0	0	7	6		6		1	0	1	0	8	30
	楊葛小琳	2	5	1	0	0	1	5	1	1		2	7	2	0	2	29
	青年會	2	1	0		0	0			3	8		6	0	5		25
	S.C.	2	0			0	1	0		1		0	0	0	0	20	24
	浸附中	2	1	1	0	0	2	0	4	1	0		4	2	1	2	20
	郭得勝	2	0	1		1	2	0	3	2	1	0	1	0	1	6	20
	鄭植之	2	0		0		1			0	7		1	0	8		19
	佛教覺光	2	0	0	0		0	8	2	2	0	1	1	1	0	2	19
	基督			0			0		0	2	1	2	1	1	1	10	18
	黃鳳翎	2	0	0	5	0	0	0		2	1		2	2	1	2	17
	沙田循道			8	6					2				0			16
	沙田蘇浙			0		4	0	10				0	0	0		2	16
	馮黃鳳亭	2	0	0	0	0	1	0		2	1	3	3	2	0	2	16
	德信		0	1			5	0		2	0	4	1	0	0	2	15
	曾肇添	2	0	0	1	2	1	0	1	1	1		0	0	1	2	12
	五育	2	0		0		0	0		8			1	0			11
	胡忠	2	0	1	1		1		1	1	1		1		1	0	10
	黃允畋		0	5	0	0	0	0	0	1			1	0	0	2	9
	林表謀		0				0		1	2	0		0	5	0	0	8
	潮州會館	2	0		0	0	2	1		0	0		0	2	0	0	7
	朱敬文					0							1	3	1		5
	劉百樂						0	0		0			1	2	1		4
	鄭榮之				1			0		0			1	0			2
	沙田官中									1			1				2
	中大陳震夏						0	0		0			1	0			1
	馬鞍山						0			1							1
	培基									1				0			1
	樂道		0							1	0		0	0	0		1
	沙田培英									0			0	0			0

HKSSF Shatin and Sai Kung Secondary Schools Area Committee
Inter-School Athletics Championships 2023-2024
Team Result

Girls B

Rank	Abbr.	4x400m Relay	800m	Discus	High Jump	Javelin	Long Jump	Shot Put	200m	100m Hurdles	400m	100m	1500m	4x100m Relay	總計
1	體藝	20	13	1	15	0	18	4	18	15	18	9	17	20	168
2	陳楷	10	11	9	2	9	5	13	4	2	2	7	9	14	97
3	邱金元	2	0	12	9.5	1	7	10	1	4	2	4	0	10	62.5
4	林大輝	6	2	0	2	1	7	0	2	0	6	11	9	16	62
5	培僑	16	1	1	6	1	4	0	6	15	9	3	0	0	62
6	青年會	12		15		18		2	1		4				52
7	浸呂明才	2	7	1	11	0	1	0	2	4	2	2	3	4	39
8	楊葛小琳	4	1		1		2	6	7	3	2	6	0	2	34
	浸附中	14	1	0	2	0	2	0	4		7	1	0	2	33
	聖心			0		0	1	0	7			8		12	28
	S.C.	0	11				1		0		1	2	4	6	25
	黃鳳翎	2	2	4	1	0	0	0	1		2	4	6	2	24
	鄭植之	8		6			0	4	0						18
	沙田崇真	2	1	1	2	6	1	0	0		1	0	1	2	17
	培基				1		2		2		1	2		8	16
	聖若瑟	0	0	0		9	2	0	1		2	1	0		15
	馮黃鳳亭			1	1	0	1	7			2	1			13
	沙田蘇浙			1						6	2	1		2	12
	聖羅撒	2	0	1	1	0	6	0	0	1	0	1	0	0	12
	郭得勝	0	1	0	1	3	0	0	0	0	1	2		2	10
	潮州會館				1		1	2	0		1	2		2	9
	沙田培英		1		0		2	0	0		2	1		2	8
	梁文燕		0	0	1		2	0	0		2	1		2	8
	佛教覺光	2	0	0	1		1		0		2	2		0	8
	西貢崇真		0	0			1	0		1	1	1	0	2	6
	曾肇添		0					0	2		0	2		2	6
	沙田循道				5.5	0		0	0						5.5
	五育				1		2			1	1				5
	胡忠	2	1	0	1	0	0	0	0		0	1	0		5
	基督			0			1	0	0	2	1	1		0	5
	鄭榮之	2			1	0	0	0	0		1	1			5
	黃允畋				2	0	1		0			1	0	0	4
	樂道											1			1
	沙田官中											1			1
	朱敬文						0					0			0
	劉百樂							0							0

HKSSF Shatin and Sai Kung Secondary Schools Area Committee
Inter-School Athletics Championships 2023-2024
Team Result

Boys C

Rank	Abbr.	4x400m Relay	800m	High Jump	Long Jump	Shot Put	200m	100m Hurdles	400m	100m	1500m	4x100m Relay	總計
1	陳楷	20	14	17	18	1	15	12	17	17	15	20	166
2	林大輝	12	5	9.5	7	11	15	9	2	13	6	16	105.5
3	體藝	14	15	6	7	14	1	7	2	2	14	2	84
4	培僑	0	1	5	8	0	6	11	1	7	1	14	54
5	西貢崇真	16	8	0	1	1	2		12	2	9	2	53
6	郭得勝	6	2	1	2	8	2	1	6	2	0	2	32
7	聖心		1		5	1	2		9	2		12	32
8	青年會	4	2	5	1	6	2		1	2	1	8	32
	培基	10	2	0	0	0	2	0	2	2	2	2	22
	馮黃鳳亭	2	1	0	0	1	2	1	1	2	1	10	21
	沙田崇真	8	2	0	0	0	1	0	2	2	2	2	19
	浸呂明才	2	2	1.5	1	0	2	1	1	2	2	2	16.5
	浸附中	2	1	0	0	1	2	4	1	3	0	2	16
	基督		1		1	2	2		2	2	1	2	13
	黃鳳翎	0	0		1	1	4		0	4	0	2	12
	楊葛小琳	2	0	0	1	0	1	2	2	1	0	2	11
	梁文燕	2	3	0	1	0	0	0	1	0	2	2	11
	佛教覺光	2	1		3	0	1		0	0	2	2	11
	邱金元	0	0	3	2	1	0	1	1	0	0	2	10
	林裘謀		1		0	5	0		1	1	0	2	10
	德信		0		1	0	1		1	1	0	2	6
	聖若瑟	2	1		1	1			0	1	0		6
	黃允畋		1	0	0	0	0	3	0	0	0	2	6
	S.C.	0	1	0	1		1		0	0	1	2	6
	鄭榮之						1		1	1		2	5
	曾肇添	0	0		0	5			0		0	0	5
	沙田循道				1	1	1		2	0	0		5
	朱敬文						4			1			5
	五育		0	0	1		0	1	0	1	0	2	5
	沙田蘇浙		1	0	0		0		0	1		2	4
	胡忠					0	0		1	0		2	3
	潮州會館	0	0		0		0		0	0	0	2	2
	沙田官中		1		0		0			0	1		2
	樂道		0	0	1		0		0	0	0		1
	劉百樂					0				0	1		1
	馬鞍山					1							1
	中大陳震夏					0	1		0	0			1
	鄭植之		0		0	0	0						0
	沙田培英									0			0

HKSSF Shatin and Sai Kung Secondary Schools Area Committee
Inter-School Athletics Championships 2023-2024
Team Result

Girls C

Rank	Abbr.	4x400m Relay	800m	High Jump	Long Jump	Shot Put	200m	100m Hurdles	400m	100m	1500m	4x100m Relay	總計
1	陳楷	16	8	8	18	3	15	11	11	13	6	20	129
2	體藝	20	11	9	7	4	7	12	5	6	11	12	104
3	浸附中	12	3	10	1	0	6	12	2	5	0	16	67
4	沙田崇真	2	8	0	5	0	11	3	1	11	9	14	64
5	培僑	14	2	0	1	0	2	6	13	3	5	2	48
6	林大輝	2	7	6	2	8	2	2	2	2	12	2	47
7	浸呂明才	2	2	4	8	7	1	1	1	2	3	2	33
8	青年會	10	1				3		9	2	1	2	28
	沙田培英		6	5	4	1		0			3	2	21
	胡忠		0	3	1	0	1		1	4		10	20
	S.C.	2	1				5		2	9	1	0	20
	黃鳳翎	0	1		0	7	4		2	2	1	2	19
	潮州會館		1	0		10	2		2	1		2	18
	郭得勝	2	5		0	0	1		2	2	2	2	16
	馮黃鳳亭	6	1		1	2	2		1	1	1		15
	鄭榮之	8	1				1		3		1		14
	聖心				0		1	1	1	2		8	13
	佛教覺光	0			1		2		2	2		6	13
	中大陳震夏					6	2			2			10
	五育		0	0	0	1	1	0	6	0		2	10
	西貢崇真	2	2	0	0	0		2	1	0	2	0	9
	邱金元	0	1	2	1		1		1	0		2	8
	培基		0		2		1	1	1	1	0	2	8
	梁文燕		0		1	0	1	0	1	2		2	7
	黃允畋				1	1	0		1	1		2	6
	聖若瑟	2	1		1				2		0		6
	聖羅撒	0	0	0	1	0	2		0	2	1	0	6
	沙田官中		1		1		1			2	1		6
	基督				1	0	2		2	0		0	5
	曾肇添				3	1	0			1		0	5
	沙田蘇浙				0	0	2		0	2		0	4
	樂道		1				1		1	1	0		4
	林裘謀		0				1		2				3
	沙田循道								1		1		2
	楊葛小琳			0	0	0				1			1
	鄭植之						0		1	0			1
	朱敬文						0			0			0
	馬鞍山					0							0

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Inter-School Athletics Championships 2023-2024
Team Result

Boys overall

School	Boys A	Boys B	Boys C	總計
POH Chan Kai Memorial College	141	99	166	406
Lam Tai Fai College	106	73	105.5	284.5
Jockey Club Ti-I College	81	104	84	269
TWGHs Yow Kam Yuen College	153	57	10	220
Pui Kiu College	74	65	54	193
Sai Kung Sung Tsun Catholic School (Secondary Section)	35	48	53	136
Baptist Lui Ming Choi Secondary School	14	79	16.5	109.5
Kwok Tak Seng Catholic Secondary School	50	20	32	102
Sha Tin Tsung Tsin Secondary School	39	34	19	92
Immaculate Heart of Mary College		48	32	80
LST Young Ko Hsiao Lin Secondary School	37	29	11	77
Chinese Y.M.C.A. College	12	25	32	69
HK Baptist University Affiliated School Wong Kam Fai Secondary & Primary School	31	20	16	67
TWGHs Wong Fung Ling College	34	17	12	63
Ma On Shan St. Joseph's Secondary School	16	35	6	57
TWGHs Mrs. Fung Wong Fung Ting College	20	16	21	57
Tak Sun Secondary School	30	15	6	51
Cheng Chek Chee Secondary School	23	19	0	42
Helen Liang Memorial Secondary School (Shatin)	1	30	11	42
Chiu Chow Association Secondary School	32	7	2	41
Sha Tin College	11	24	6	41
Christ College	9	18	13	40
Buddhist Kok Kwong Secondary School	8	19	11	38
Ng Yuk Secondary School	18	11	5	34
Stewards Pooi Kei College	10	1	22	33
SKH Tsang Shiu Tim Secondary School	6	12	5	23
Sha Tin Methodist College	1	16	5	22
Kiangsu-Chekiang College (Shatin)	1	16	4	21
PLK Wu Chung College	6	10	3	19
SKH Lam Kau Mow Secondary School	0	8	10	18
Buddhist Wong Wan Tin College	1	9	6	16
PLK C W Chu College	5	5	5	15
Christian Alliance Cheng Wing Gee College	4	2	5	11
Shatin Government Secondary School	1	2	2	5
GCCITKD Lau Pak Lok Secondary School		4	1	5
Lock Tao Secondary School	2	1	1	4
CUHK FAA Chan Chun Ha Secondary School	1	1	1	3
Caritas Ma On Shan Secondary School		1	1	2
Shatin Pui Ying College	2	0	0	2

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Inter-School Athletics Championships 2023-2024
Team Result

Girls overall

School	Girls A	Girls B	Girls C	總計
Jockey Club Ti-I College	125	168	104	397
POH Chan Kai Memorial College	104	97	129	330
Lam Tai Fai College	90	62	47	199
Pui Kiu College	50	62	48	160
Sha Tin Tsung Tsin Secondary School	71	17	64	152
Chinese Y.M.C.A. College	45	52	28	125
HK Baptist University Affiliated School Wong Kam Fai Secondary & Primary School	9.5	33	67	109.5
Baptist Lui Ming Choi Secondary School	32	39	33	104
Immaculate Heart of Mary College	49	28	13	90
TWGHs Yow Kam Yuen College	18	62.5	8	88.5
TWGHs Wong Fung Ling College	15	24	19	58
Sha Tin College	1	25	20	46
Sai Kung Sung Tsun Catholic School (Secondary Section)	30	6	9	45
Helen Liang Memorial Secondary School (Shatin)	29	8	7	44
TWGHs Mrs. Fung Wong Fung Ting College	14	13	15	42
Shatin Pui Ying College	11	8	21	40
Cheng Chek Chee Secondary School	19	18	1	38
LST Young Ko Hsiao Lin Secondary School	2	34	1	37
Kwok Tak Seng Catholic Secondary School	6	10	16	32
St Rose of Lima's College	11	12	6	29
Chiu Chow Association Secondary School	1	9	18	28
Stewards Pooi Kei College	3	16	8	27
PLK Wu Chung College	1	5	20	26
Ng Yuk Secondary School	10	5	10	25
Buddhist Kok Kwong Secondary School	3	8	13	24
Ma On Shan St. Joseph's Secondary School	0	15	6	21
Kiangsu-Chekiang College (Shatin)	3.5	12	4	19.5
Christian Alliance Cheng Wing Gee College	0	5	14	19
Christ College	7	5	5	17
SKH Lam Kau Mow Secondary School	14		3	17
Buddhist Wong Wan Tin College	3	4	6	13
SKH Tsang Shiu Tim Secondary School	0	6	5	11
CUHK FAA Chan Chun Ha Secondary School			10	10
Sha Tin Methodist College	1	5.5	2	8.5
Shatin Government Secondary School	0	1	6	7
Lock Tao Secondary School		1	4	5
Caritas Ma On Shan Secondary School			0	0
PLK C W Chu College		0	0	0
GCCITKD Lau Pak Lok Secondary School	0	0		0