

Sports



2023

The Physical Education Department would like to thank all staff and instructors who have inspired our students and the contributions of our athletes who had devoted themselves in training and competitions over the year.

Most competitions have resumed after the COVID Pandemic. Our college sports teams have managed to obtain some remarkable results.

Athletics Team

Division II: Girls Overall 4th and Girls A grade 4th.

Girls Division II

Keung Muk Yeung (5L)	Javelin	A Grade	2 nd
Lam Ka Yu (5L)	100m	A Grade	4 th
Ng Hoi Ying Hannah (3D)	200m	B Grade	Champion
	100m	B Grade	2 nd
Wong Chin Shun (4L)	Javelin	B Grade	3 rd
Choy Yi Ching (2L)	Long Jump	C Grade	4 th
Cheung Hoi Ki (2Y)	100m	C Grade	Champion
	200m	C Grade	Champion

Boys Division I

Leung Yu To Kian (2H)	Discus	C Grade	2 nd
Tam Yuk Hon (1Y)	800m	C Grade	2 nd

Cross Country Team

The Boys Cross Country Team C Grade came 2nd.
The Girls Cross Country Team A Grade came Champion.
The Girls Cross Country Team B Grade came 3rd.
The Girls overall came 2nd.

Cross Country Individual

Wong Long Yiu (2C)	Boys C Grade	2 nd
Tam Yuk Hon (1Y)	Boys C Grade	7 th
Chow Teresa Hiu Nam (5L)	Girls A Grade	3 rd
Ng Sai Yi (6D)	Girls A Grade	6 th

Badminton Team

The Boys Badminton Team B Grade came 2nd and Boys overall came 2nd.

Basketball

The Boys Basketball Team A Grade came 3rd.

Football

The Boys Football Team B Grade came 4th.

Hockey

The Boys Hockey Team came 3rd.

Swimming Team

The Girls Swimming Team A Grade came 4th.

Swimming Individual

Leong Chi Hin (5Y)	Boys 50m Backstroke	A Grade	Champion
	Boys 100m Backstroke	A Grade	Champion
Ho Yik Clement Urai (4Y)	Boys 100m Breaststroke	B Grade	3 rd
	Boys 200m Breaststroke	B Grade	4 th
Ngai Hon Lam (2L)	Boys 100m Freestyle	C Grade	4 th
	BoysC 50m Butterfly	C Grade	2 nd
Cheung Chun Lam (4H)	Boys 50m Butterfly	B Grade	4 th
Zhong Liqi (5H)	Girls 50m Freestyle	A Grade	3 rd
	Girls 50m Butterfly	A Grade	4 th

Table Tennis Team

The Boys Table Tennis Team C Grade came 3rd.

Volleyball Team

The Girls Volleyball Team A Grade came 3rd
The Girls Volleyball Team B Grade came 2nd.
The Girls Volleyball Team came 2nd overall.

Rope Skipping Team

The Rope Skipping Team in Jumper Contest 2023 came 2nd.

Fencing Individual

Lai Kwun Hang (1L)	Boys Foil	2 nd
Chen Zhimo Canny (2J)	Girls Foil	2 nd
Chung Tin Wai Esther (3L)	Girls Épée	3 rd
Huang On Yan Joyce (5H)	Girls Épée	Champion