

# External Achievements

2011-2012

## Sports

HK Schools Sports Federation, Shatin and Sai Kung Secondary Schools Area Committee

### *Inter-school Swimming Championships:*

- 100m Backstroke Girls Grade B – Second Prize 3B Suen Yat Nam
- 50m Backstroke Girls Grade B – Fourth Prize
- 100m Backstroke Girls Grade C – Fourth Prize
- 50m Breaststroke Girls Grade B – Award of Merit
- 50m Breaststroke Girls Grade C – Award of Merit
- 100m Backstroke Boys Grade C – Award of Merit
- 100m Breaststroke Girls Grade B – Award of Merit
- 200m Breaststroke Girls Grade A – Award of Merit
- 200m Freestyle Girls Grade A – Award of Merit
- 200m Freestyle Boys Grade B – Award of Merit
- 4x50m Medley Relay Girls Grade C – Award of Merit
- 4x50m Medley Relay Boys Grade C – Award of Merit

### *Inter-school Athletics Competition:*

- 400m Race Boys Grade A – First Prize 5D Tam Wang Sing
- 800m Race Boys Grade C – Second Prize 2B Wong Ho Cheong
- 400m Race Boys Grade B – Third Prize 4C Choi Wai Ko
- Shot Put Girls Grade B – Third Prize 3C Chau Wing Tsam
- 400m Race Girls Grade B – Fourth Prize
- 400m Race Girls Grade C – Fourth Prize
- 100m Race Girls Grade A – Award of Merit
- 100m Race Boys Grade B – Award of Merit
- 200m Race Girls Grade A – Award of Merit
- 400m Race Boys Grade C – Award of Merit
- 3000m Race Boys Grade B – Award of Merit
- 100m Hurdles Girls Grade B – Award of Merit
- Javelin Boys Grade A – Award of Merit
- Javelin Girls Grade B – Award of Merit
- High Jump Boys Grade C – Award of Merit
- 4x100m Relay Girls Grade A – Award of Merit
- 4x100m Relay Boys Grade A – Award of Merit
- 4x100m Relay Girls Grade C – Awards of Merit
- 4x400m Relay Girls Grade C – Awards of Merit

### *Inter-school Handball Competition:*

- Girls Grade C – Second Prize
- Girls Grade A – Award of Merit
- Girls Grade B – Award of Merit

***Inter-school Volleyball Competition:***

- Boys Grade A (Division 1) – Award of Merit
- Boys Grade B (Division 1) – Award of Merit
- Boys Grade C (Division 1) – Award of Merit

***Inter-school Basketball Competition:***

- Boys Grade A (Division 2) – First Prize
- Girls Grade A (Division 1) – Third Prize
- Girls Grade B (Division 1) – Third Prize
- Girls Grade C (Division 1) – Award of Merit
- Boys Grade C – Award of Merit

***Inter-school Cross Country Competition:***

- Girls Grade A – Third Prize
- Boys Grade B – Award of Merit
- Boys Grade C – Award of Merit

***Inter-school Long Distance Running Competition:***

- Girls Grade A – Fourth Prize
- Boys Grade C – Award of Merit

***Inter-school Badminton Competition:***

- Boys Grade C – Fourth Prize

***Inter-school Table-Tennis Competition:***

- Boys Grade B – Third Prize
- Girls Grade C – Fourth Prize

***Inter-school Indoor Rowing Championships:***

- 1000m Race Girls Grade C – Second Prize 2B Sze Yuen Yi
- 1000m Race Girls Grade C – Fourth Prize
- 4x500m Relay Girls Grade C – Fourth Prize
- 1000m Race Girls Grade B – Award of Merit
- 1000m Race Boys Grade C – Award of Merit
- 2000m Race Boys Grade A – Award of Merit
- 2000m Race Girls Grade B – Award of Merit
- 4x500m Relay Girls Grade A – Award of Merit
- 4x500m Relay Girls Grade B – Award of Merit
- 4x500m Relay Boys Grade C – Award of Merit

***Inter-school Football Competition:***

- Boys Grade C (Division 2) – Second Prize

***The 15th Outstanding Athlete Award:***

- 4 Outstanding Athlete Awards 2B Sze Yuen Yi,  
2B Wong Ho Cheong,  
2C Lau Sui Ling,  
5B Cho Tsun Lam

All HK Inter-Secondary Schools Gymnastic Competition (Junior) (Floor Exercise)  
organized by HKSFF:

- Award of Merit

The Hong Kong Netball Association:

***Netball Development Tournament 2012:***

- First Prize
- Award of Merit

***Inter-school Netball Tournament:***

- Girls Grade A – Award of Merit
- Girls Grade B – Award of Merit

BOCHK 55th Festival of Sport Netball Tournament organized by SF&OC

- Girls U21 Section – Award of Merit

School Sports Programme-Sport Climbing Competition 2012 organized by China  
Hong Kong Mountaineering and Climbing Union

- First Prize 4B Lau Oi Ying

Hong Kong Youth Sport Climbing Championship & Open Ranking Competition

- Second Prize 4B Lau Oi Ying

4x100m Invitation Relay organized by Stewards Pooi Kei College

- Girls Relay – First Prize 3C Li Min Lan,  
3D Li Christy Yuen Yan,  
4B Law Hoi Ching,  
5C Lee Lok Yi
- Boys Relay – Second Prize 4C Chan Long Hin,  
5C Nip Wai Kai,  
5D Chiu Kwan Cheung,  
5E Ip Wun Tung

Shatin 10km Challenge organized by Shatin Sports Association Limited

- First Prize 1A Yang Cheuk Man

3km Race in the Panasonic Pacer Charity Easter Run 2012 organized by Shun Hing  
Education and Charity Fund

- Third Prize 1A Yang Cheuk Man

Joyful Charity Run to Ocean Park organized by Joyful (Mental Health) Foundation

- Fourth Prize

JPC Shatin Anti-Drug Table Tennis Honour Cup Competition 2011 organized by  
Shatin District Junior Police Call

- Fourth Prize

Hong Kong Annual Swimming Championship for the Disabled 2011 organized by  
HKPC & SAPD

**50m Breaststroke:**

- First Prize 6E Ma Wing Man

**50m Freestyle:**

- First Prize 6E Ma Wing Man

The 30th Shatin District Swimming Competition 50m Girls Grade F Breast Stroke organized by LCSD

- Second Prize 5C Pang Tsz Yu

A.S. Watson Group HK Student Sports Awards organized by A.S. Watson Group

- Winner 7S Mo Chun Yan

The 2nd Guangdong Macau Hong Kong Martial Arts Competition organized by Li King Tak Wushu Training Centre

- Golden Award 2E Chen Yu Xin

2012 Territory-wide Budding Martial Artist Tournament organized by Hong Kong Wushu Union

**Nanquan (Junior):**

- First Prize 2E Chen Yu Xin

**Overall Championship:**

- Second Prize 2E Chen Yu Xin

**Spearplay (Junior):**

- Third Prize 2E Chen Yu Xin

Territory-wide Youth Wushu Open Competition (By Division) organized by Hong Kong Wushu Union

- Fourth Prize 2E Chen Yu Xin

The 30th Hong Kong Open Martial Arts Competition organized by Hong Kong Chinese Arts Dragon and Lion Dance Association

- Award of Merit