

2026 Achievement				
Champion x67 First runner-up x55 Second runner-up x45				
Pre-season Athletics Trial Cum Relay Carnival 2026				
Champion x1 First runner-up x1 Second runner-up x2				
招慧欣	Champion	Javelin Throw	39.38m	
張嘉霖	First runner-up	400mh	58.30s	
唐穎恩	Second runner-up	Hammer Throw	37.03m	
湯灝賢	Second runner-up	Discus Throw	42.33m	
公民田徑錦標賽 2026第1站				
MVP x4 Champion x16 First runner-up x5 Second runner-up x3				
羅詩瑗	Champion	100mh	20.34s	
唐穎思	Champion	Discus Throw	22.27m	
湯灝賢	Champion	Discus Throw		
陳以安	First runner-up	100mh	20.92s	
陳以安	First runner-up	High Jump	1.30m	
曾婉雯	Second runner-up	Discus Throw	20.52m	
梁美怡	Second runner-up	Javelin Throw	28.01m	
Kid Team:				
文彥翎	MVP	2017		
周穎康	MVP	2017		
周穎詩	MVP	2016		
鄧□朗	MVP	2020		
文彥翎	Champion	60m		
文彥翎	Champion	100m		
文彥翎	Champion	200m		
文彥翎	Champion	LJ		
周穎詩	Champion	200m		
周穎詩	Champion	HJ		
鄧□朗	Champion	60mh		
鄧□朗	Champion	Standing LJ		
鄧□朗	Champion	Softball		
周穎康	Champion	HJ		
周穎康	Champion	Softball		
林詠琛	Champion	SP		
文竣源	Champion	400m		
鄧□朗	First runner-up	100m		
周穎康	First runner-up	LJ		
周穎詩	First runner-up	Softball		
周穎康	Second runner-up	200m		

公民田徑錦標賽 2026第2站				
MVP x1 Champion x12 First runner-up x9 Second runner-up x4				
何穎曦	Champion	100mh	15.91s	
何欣霖	Champion	100mh	18.85s	
麥子正	Champion	110mh	15.65s	
曾婉雯	Champion	100mh	17.96s	
蘇庭希	Champion	Javelin Throw	39.99m	
陳以安	Champion	High Jump		
湯灝賢	Champion	Discus Throw		
溫文琦	First runner-up	100m	13.00s	
羅詩瑗	First runner-up	100mh	19.64s	
曾婉雯	First runner-up	Discus Throw	23.91m	
吳思澎	First runner-up	Discus Throw	40.14m	
張文熹	Second runner-up	110mh	14.85s	
Kid Team:				
周穎詩	MVP			
周穎詩	Champion	High Jump		
周穎詩	Champion	LJ		
周穎康	Champion	High Jump		
周穎康	Champion	Softball		
Mixed Relay	Champion	4x100m		
周穎詩	First runner-up	200m		
周穎康	First runner-up	LJ		
文彥翎	First runner-up	100m		
文彥翎	First runner-up	LJ		
文竣源	First runner-up	400m		
文彥翎	Second runner-up	200m		
黃樂晴	Second runner-up	800m		
黃樂恩	Second runner-up	60mh		
第40屆新界區際田徑運動大會				
Champion x2 First runner-up x2 Second runner-up x3				
何穎曦	Champion	100mh	15.60s	
麥子正	Champion	110mh	15.13s	
湯灝賢	First runner-up	Discus Throw		
林靖桐	First runner-up	100mh	17.02s	
李明珠	Second runner-up	100mh	18.32s	
蔡子謙	Second runner-up	110mh	16.54s	
吳思澎	Second runner-up	Discus Throw	38.99m	
Hong Kong Athletics Series 2026 - Series 1				

Champion x1 First runner-up x2 Second runner-up x1				
招慧欣	Champion	Javelin Throw		
張嘉霖	First runner-up	400mh	57.47s	
湯灝賢	First runner-up	Discus Throw		
唐穎恩	Second runner-up	Hammer Throw	38.04m	
Hong Kong Junior Age Group Athletic Competition 2026 - 1				
MVP x1 Champion x3 First runner-up x3 Second runner-up x5				
洪心澄	Champion	Javelin Throw		
何穎曦	First runner-up	Heptathlon		
李明珠	Second runner-up	100mh		
李明珠	Second runner-up	LJ		
-Kid Team:				
周穎詩	MVP			
周穎詩	Champion	400m		
周穎詩	Champion	200m		
文彥翎	First runner-up	400m		
呂卓堃	First runner-up	Softball		
周穎詩	Second runner-up	LJ		
周穎康	Second runner-up	Softball		
徐若凡	Second runner-up	Softball		
All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2025-2026				
First runner-up x1				
唐穎恩	First runner-up	SP	10.16m	
The 64th USFHK Annual Athletic Meet				
First runner-up x1 Second runner-up x3				
招慧欣	First runner-up	Javelin Throw	45.51m	
龍靖玲	Second runner-up	Discus Throw	32.65m	
吳思澎	Second runner-up	Discus Throw	39.12m	
吳思澎	Second runner-up	SP	11.53m	
Hong Kong Athletics Series 2026 - Series 2				
Champion x1 First runner-up x2 Second runner-up x1				
招慧欣	Champion	Heptathlon		
張嘉霖	First runner-up	400mh	56.41s	
湯灝賢	First runner-up	Discus Throw		
唐穎恩	Second runner-up	Hammer Throw	36.49m	

Hong Kong Junior Age Group Athletic Competition 2026 - 2				
Champion x6 First runner-up x12 Second runner-up x9				
吳思澎	Champion	Discus Throw	41.45m	
張嘉霖	Champion	400mh	58.71s	
梁美怡	First runner-up	Discus Throw	22.80m	
梁美怡	First runner-up	Javelin Throw	28.89m	
何穎曦	First runner-up	100mh	15.75s	
麥子正	First runner-up	110mh	14.98s	
潘芷然	First runner-up	High Jump	1.48m	
藍嘉瑩	First runner-up	60mh	12.17s	
吳思澎	Second runner-up	SP	11.98m	
陳以安	Second runner-up	High Jump		
-Kid Team:				
周穎詩	Champion	400m		
周穎康	Champion	Softball		
凌毅思	Champion	60mh		
洪心澄	Champion	Javelin Throw		
周穎詩	First runner-up	LJ		
周穎康	First runner-up	400m		
文彥翎	First runner-up	400m		
文彥翎	First runner-up	200m		
張君男	First runner-up	SP		
呂卓堃	First runner-up	Softball		
周穎詩	Second runner-up	200m		
周穎康	Second runner-up	LJ		
林詠琛	Second runner-up	SP		
李卓階	Second runner-up	SP		
蔡子種	Second runner-up	Softball		
T.Y. Disciples	Second runner-up	4x100m		
龍影童	Second runner-up	60mh		
飛躍田徑比賽				
Champion x7 First runner-up x2 Second runner-up x2				
-Kid Team:				
周穎詩	Champion	400m	1:14s	
周穎詩	Champion	800m	2:54s	
周穎詩	Champion	High Jump	1.16m	
周穎康	Champion	Softball	26m	
周穎康	Champion	800m	2:52s	
文彥翎	Champion	800m	2:56s	
林詠琛	Champion	SP	2.84m	

文彥翎	First runner-up	200m	33.12s	
文彥翎	First runner-up	400m	1:16s	
周穎康	Second runner-up	400m	1:19s	
文竣源	Second runner-up	400m	1:10s	
Hong Kong Athletics Series 2026 - Series 3				
First runner-up x1 Second runner-up x2				
招慧欣	Champion	Javelin Throw	43.35m	
張嘉霖	First runner-up	400mh	57.21s	
湯灝賢	Second runner-up	Discus Throw		
Hong Kong Athletics Series 2026 - Series 4				
Second runner-up x3				
招慧欣	Second runner-up	Javelin Throw	41.51m	
唐穎恩	Second runner-up	Hammer Throw	39.03m	
湯灝賢	Second runner-up	Discus Throw	44.31m	
Hong Kong Junior Age Group Athletic Competition 2026 - 3				
Champion x5 First runner-up x5 Second runner-up x3				
李綽樺	Champion	Discus Throw	22.76m	
李綽樺	Champion	Javelin Throw	26.84m	
潘芷然	Champion	High Jump	1.56m	
張凱晴	Champion	Javelin Throw	33.96m	
李卓思	First runner-up	Discus Throw	23.96m	
洪心澄	First runner-up	Javelin Throw	25.73m	
梁美怡	Second runner-up	Javelin Throw	30.99m	
-Kid Team:				
周穎康	Champion	High Jump	1.16m	
文彥翎	First runner-up	60m	9.5s	
文彥翎	First runner-up	100m	15.15s	
文彥翎	First runner-up	100m	15.5s	
文竣源	Second runner-up	400m	1:10.95s	
文竣源	Second runner-up	400m	1.11s	
Hong Kong Junior Age Group Athletic Competition 2026 - 4				
Champion x1 First runner-up x3 Second runner-up x1				
潘芷然	Champion	High Jump	1.49m	U16
梁美怡	First runner-up	Javelin Throw	27.21m	U16
林靖桐	First runner-up	100mH	16.38s	U16
張文熹	First runner-up	110mH	14.46s	U20
何穎曦	Second runner-up	100mH	15.82s (+0.1)	U18

第69屆體育節青少年及兒童田徑日 2026				
Champion x1 First runner-up x2 Second runner-up x1				
張凱晴	Champion	Javelin Throw	34.01m	
吳銘豐	First runner-up	Shot Put	12.84m	
何穎曦	First runner-up	100mH	15.05s	
梁美怡	Second runner-up	Discus Throw	22.54m	
新星 啟德盃田徑錦標賽 2026				
Champion x9 First runner-up x3 Second runner-up x2				
Kid	Team:			
周穎詩	Champion	400m	1:12s	
周穎詩	Champion	800m	2:54s	
周穎詩	Champion	1500m	6:09s	
周穎康	Champion	800m	3:00s	
周穎康	Champion	1500m	5:47s	
文竣源	Champion	800m	3:00s	
文彥翎	Champion	400m	1:15s	
文彥翎	Champion	800m	2:55s	
文彥翎	Champion	1500m	6:04s	
林詠琛	First runner-up	800m	2:52.88s	
周穎康	First runner-up	400m	1:16s	
文竣源	First runner-up	1500m	6:00s	
林詠琛	Second runner-up	1500m	5:59s	
文竣源	Second runner-up	400m	1:12s	
香港田徑錦標賽				
Champion x1 Second runner-up x1				
招慧欣	Champion	Heptathlon	4677	
湯灝賢	Second runner-up	Discus Throw	41.43m	
22nd Asian U20 Athletics Championships				
何穎曦	First runner-up	Heptathlon	3102	
* All records and statistics are current as of 30th May, 2026				