

# 2024 Achievement

**Champion x143 First runner-up x101 Second runner-up x90 Third runner-up x26**

## Hong Kong Athletics Series 2024 - Series 1

**First runner-up x1 Second runner-up x3**

湯灝賢	First runner-up	DT	43m
張嘉霖	Second runner-up	400mh	58.23s
招慧欣	Second runner-up	200m	26.35s
招慧欣	Second runner-up	JT	41.26m

## Hong Kong Athletics Series 2024 - Series 2

**Champion x1 Second runner-up x3**

招慧欣	Champion	Heptathlon	4303
黎鑑宜	Second runner-up	Heptathlon	2253
湯灝賢	Second runner-up	DT	
呂信儕	Second runner-up	JT	50.45m

## Hong Kong Athletics Series 2024 - Series 3

**Champion x1 Second runner-up x3**

招慧欣	Champion	JT	41.36m
蘇楚淇	Second runner-up	400mh	1m14.17s
吳思澎	Second runner-up	SP	11.86m
湯灝賢	Second runner-up	DT	42.33m

## Hong Kong Athletics Series 2024 - Series 4

**Champion x1 Second runner-up x1**

招慧欣	Champion	Heptathlon	4531
湯灝賢	Second runner-up	DT	

## Hong Kong Athletics Open Meet 2024

**Champion x1 Second runner-up x5**

招慧欣	Champion	JT	40.29m
唐穎恩	Second runner-up	HT	31.87m
陳敏嘉	Second runner-up	DT	33.46m
余素華	Second runner-up	SP	9.87m
吳思澎	Second runner-up	SP	11.98m
張嘉霖	Second runner-up	400mh	58.20s

## Hong Kong Inter-City Athletics Championships 2024

**First runner-up x3**

吳思澎	First runner-up	SP	12.50m
吳思澎	First runner-up	DT	39.18m
陳敏嘉	First runner-up	DT	32.23m

## Hong Kong Athletic Championships 2024

**Champion x1 First runner-up x1**

招慧欣	Champion	200m	25.61s
招慧欣	First runner-up	JT	40.04m

## The 62nd USFHK Annual Athletic Meet

Champion x1 Second runner-up x1							
Chiu Wai Yan	Champion	JT					
Chiu Wai Yan	Second runner-up	400mh					

### Hong Kong Junior Age Group Athletics Championships 2024

#### Champion x6 First runner-up x3 Second runner-up x2

麥子正	Champion	110mh	14.32s				
胡文旋	Champion	DT	33.72m				
胡文旋	Champion	JT	33m				
張承熹	Champion	SP	9.29m				
張承熹	Champion	DT	30.91m				
吳思澎	Champion	DT	40.19m				
陳敏嘉	First runner-up	DT	31.61m				
陳敏嘉	First runner-up	SP	13.01m				
郭沛熙	First runner-up	SP	8.16m				
黎鎧宜	Second runner-up	HJ	1.40m				
馮芷瑤	Second runner-up	DT					

### Hong Kong Junior Age Group Athletic Competition 2024 - 1

#### Champion x4 First runner-up x7 Second runner-up x5

曾婉雯	Champion	DT	22.65m				
蘇楚淇	Champion	400mh	1m15.16s				
吳思澎	Champion	DT	40m				
王煒豪	Champion	LJ	6.11m				
張承熹	First runner-up	DT	29.87m				
張承熹	First runner-up	SP	9.70m				
關澤晞	First runner-up	100mh	17.92s				
何穎曇	First runner-up	100mh	16.52s				
蘇宛姿	First runner-up	100mh	18.92s				
陳敏嘉	First runner-up	DT	31.67m				
劉思楊	First runner-up	TJ	8.48m				
李明珠	Second runner-up	100mh	16.21s				
林紫宇	Second runner-up	DT	20.67m				
曾麗仁	Second runner-up	LJ	4.20m				
鄭凱彤	Second runner-up	100mh	20.32s				
吳思澎	Second runner-up	SP	12.04m				

### Hong Kong Junior Age Group Athletic Competition 2024 - 3

#### Champion x2 First runner-up x4 Second runner-up x2

吳思澎	Champion	DT	40.20m				
麥子正	Champion	110mh	14.38s				
梁美怡	First runner-up	SP	7.26m				
梁美怡	First runner-up	DT	16.39m				
吳思澎	First runner-up	SP	12.40m				
陳敏嘉	First runner-up	DT	32.17m				
蘇宛姿	Second runner-up	100mh	18.89s				
胡文旋	Second runner-up	DT	31.29m				

### Hong Kong Junior Age Group Athletic Competition 2024 - 4

#### Champion x3 First runner-up x1 Second runner-up x2

麥子正	Champion	110mh	14.73s				
李明珠	Champion	100mh	15.57s				

Hong Kong Junior Age Group Athletic Competition 2024 - 5

Champion x3 First runner-up x3 Second runner-up x6			
吳思澎	Champion	DT	38.11m
陳敏嘉	Champion	DT	34.24m
麥子正	Champion	110mh	14.51s
李明珠	First runner-up	100mh	15.62s
黃楷翔	First runner-up	110mh	16.25s
梁美怡	First runner-up	JT	22.93m
梁美怡	Second runner-up	DT	20.06m
唐穎恩	Second runner-up	Sp	10.54m
郭泳峰	Second runner-up	JT	51.42m
蔡子謙	Second runner-up	110mh	16.45s
蘇庭希	Second runner-up	JT	38.24m
吳思澎	Second runner-up	SP	11.98m

Hong Kong Junior Age Group Athletic Competition 2024 - 6

Champion x7 First runner-up x12 Second runner-up x1			
李明珠	Champion	Heptathlon	3079
梁美怡	Champion	SP	6.25m
梁美怡	Champion	DT	19.97m
曾婉雯	Champion	DT	21.63
蘇楚淇	Champion	100mh	17.16s
蘇庭希	Champion	JT	32.92m
吳思澎	Champion	DT	41.62m
曾婉雯	First runner-up	100mh	18.38s
何穎儀	First runner-up	Heptathlon	2680
蘇楚淇	First runner-up	LJ	4.31m
唐穎恩	First runner-up	Sp	10.35m
唐穎恩	First runner-up	DT	20.28m
陳敏嘉	First runner-up	DT	30.85m
蘇宛姿	First runner-up	100mh	20.62s
吳思澎	First runner-up	SP	11.98m
沈燁	First runner-up	100mh	18.18s
梁美怡	First runner-up	JT	18.98m
蕭楠香	First runner-up	100mh	18.78s
張裕誠	First runner-up	DT	38.51m
謝梓睿	Second runner-up	110mh	15.29s

# WAC Annual Challenge 2024

Champion x4 First runner-up x4 Second runner-up x1			
麥子正	Champion	110mh	14.46s
梁美怡	Champion	SP	8.45m
張承熹	Champion	DT	38.24m
吳思澎	Champion	DT	43.02m
尹經天	First runner-up	100mh	15.61s
梁美怡	First runner-up	DT	18.63m
吳思澎	First runner-up	SP	13.01m

蘇庭希	First runner-up	JT	40.42m						
陳敏嘉	Second runner-up	DT	32.57						

## 2024公民田徑錦標賽第 1站

Champion x1 First runner-up x2 Second runner-up x4

蘇柏翹	Champion	SB	33.36m						
張遂祺	First runner-up	SB	18.06m						
天悅	First runner-up	SB	13.20m						
李坤儒	Second runner-up	LJ	3.54m						
李坤儒	Second runner-up	SB	17.69m						
李瀞茹	Second runner-up	SB	9.74m						
黃湛淳	Second runner-up	LJ	3.70m						

## 2024公民田徑錦標賽第 2站

Champion x13 First runner-up x10 Second runner-up x6

湯灝賢	Champion	DT							
陳敏嘉	Champion	DT							
曾婉雯	Champion	DT							
吳思澎	Champion	DT							
余素華	Champion	DT							
唐穎恩	Champion	DT							
胡文旋	Champion	DT							
胡文旋	Champion	JT							
張承薰	Champion	SP							
曾麗仁	Champion	LJ							
關澤晞	Champion	100mh							
麥子正	Champion	110mh							
蘇宛姿	Champion	100mh							
李明珠	First runner-up	100mh							
謝梓睿	First runner-up	110mh							
何穎曇	First runner-up	100mh							
王煒豪	First runner-up	LJ							
李瑞才	First runner-up	SP							
唐穎恩	First runner-up	SP							
蔡明慧	First runner-up	DT							
張裕誠	First runner-up	DT							
郭泳鋒	First runner-up	JT							
張綽穎	First runner-up	JT							
蘇楚淇	Second runner-up	100mh							
曾婉雯	Second runner-up	100mh							
王煒豪	Second runner-up	110mh							
陳柏裕	Second runner-up	SP							
唐穎恩	Second runner-up	SP							
唐穎恩	Second runner-up	JT							

## 2024公民田徑錦標賽第 3站

Champion x12 First runner-up x9 Second runner-up x5

招慧欣	Champion	200m	25.89s						
麥子正	Champion	110mh	14.73s						
蘇庭希	Champion	JT	31.34m						
吳思澎	Champion	DT	39.80m						
陳敏嘉	Champion	DT	28.47m						

曾婉雯	Champion	DT									
胡文旋	Champion	DT									
胡文旋	Champion	SP	10.24m								
唐穎恩	Champion	SP	9.91m								
梁美怡	Champion	SP	6.53m								
林紫宇	Champion	SP	7.56m								
張遂琪	Champion	SB									
冼澤斌	First runner-up	DT	25.41m								
龍靖玲	First runner-up	DT	24.67m								
張裕誠	First runner-up	DT	32.93m								
唐穎恩	First runner-up	DT	20.45m								
唐穎恩	First runner-up	JT	26.38m								
李坤儒	First runner-up	SB									
曾婉雯	First runner-up	100mh									
蘇楚淇	First runner-up	100mh	17.29s								
林芷筠	First runner-up	LJ	3.49m								
李明珠	Second runner-up	100mh	17.86s								
蘇宛姿	Second runner-up	100mh	19.00s								
郭泳鋒	Second runner-up	JT	39.75m								
樊瑋謙	Second runner-up	DT	25.17m								
蔡明慧	Second runner-up	DT	18.71m								

## 2024公民田徑錦標賽第 4 站

Champion x17 First runner-up x7 Second runner-up x13

湯瀨賢	Champion	DT									
蘇柏翹	Champion	SB									
梁美怡	Champion	SP	8.42m								
張承熹	Champion	SP	9.89m								
林紫宇	Champion	SP	9.32m								
李瑞才	Champion	SP	10.96m								
唐穎恩	Champion	SP	8.90m								
王煒豪	Champion	LJ	5.67m								
蘇庭希	Champion	JT	34.09m								
吳思澎	Champion	DT	40.74m								
樊瑋謙	Champion	DT	29.64m								
龍靖玲	Champion	DT	28.49m								
尹經天	Champion	100mh	16.68m								
謝梓睿	Champion	110mh	15.87s								
李明珠	Champion	100m	13.17s								
蘇宛姿	Champion	100mh	17.99s								
麥子正	Champion	110mh	14.66s								
蘇楚淇	First runner-up	100mh	16.77s								
蘇柏龍	First runner-up	100mh	20.79s								
曾婉雯	First runner-up	DT	23.69m								
張裕誠	First runner-up	DT	38.25m								
陳敏嘉	First runner-up	DT	30.52m								
郭泳鋒	First runner-up	JT	47.56m								
郭沛熙	First runner-up	SP									
蔡子謙	Second runner-up	110mh	17.17s								
黃楷翔	Second runner-up	110mh	17.40s								
曾婉雯	Second runner-up	100mh	17.99s								
陳柏裕	Second runner-up	SP	9.79m								
蔡明慧	Second runner-up	DT	21.26m								

唐穎思	Second runner-up	DT	22.30m					
唐穎恩	Second runner-up	HT	33.10m					
曾麗仁	Second runner-up	LJ	4.11m					
溫文琦	Second runner-up	100m	13.05s					
鄒子熙	Second runner-up	200m	24.45s					
姚諾楠	Second runner-up	400m	1m04s					
鄧亦桐	Second runner-up	LJ	3.86m					
陳以安	Second runner-up	HJ						

## 第38屆新界區際田徑運動大會

**Champion x2 First runner-up x5 Second runner-up x3**

林紫宇	Champion	SP	8.47m				
招慧欣	Champion	JT	39.37m				
Boys	First runner-up	4x100m	51.09s				
招慧欣	First runner-up	100m	12.63s				
胡文旋	First runner-up	SP	11.06m				
湯灝賢	First runner-up	DT	43.31m				
余素華	First runner-up	SP	9.83m				
余素華	Second runner-up	DT	32.69m				
呂信儕	Second runner-up	JT	48.95m				
Billy Wong	Second runner-up	100mh	16.05s				

## 第九屆全港運動會

Champion x3 Second runner-up x3

曾婉雯	Champion	DT	25.43m					
招慧欣	Champion	JT	42.04m					
李明珠	Champion	100mh	15.99s					
湯灝賢	Second runner-up	DT	43.08m					
陳敏嘉	Second runner-up	DT	31.90m					
呂信儕	Second runner-up	JT						

## 全港學界兒童田徑國慶盃

## Champion x2

戚筵鈞	Champion	400m				
戚筵鈞	Champion	100mh				

## **SCHOOLS SPORTS FEDERATION Inter-school Athletics Competition 2023-2024**

**Champion x28 First runner-up x14 Second runner-up x14 Third runner-up x14**

## HK Island & Kowloon:

Division 1			
吳思澎	Champion	SP	
吳思澎	First runner-up	DT	
Division 2			
李瑞才	First runner-up	SP	12.27m
蘇楚淇	Second runner-up	100mh	16.37s
蘇楚淇	Second runner-up	LJ	4.37m
Division 3 Area 2			
王煒豪	Champion	100mh	16.08s
王煒豪	Champion	LJ	5.37m
何穎曦	Champion	100mh	17.24s
唐穎恩	Champion	SP	8.75m

唐穎恩	First runner-up	JT	25.87m					
關澤晞	Third runner-up	100mh	17.58s					
何穎曦	Third runner-up	LJ	4.34m					
唐穎思	Third runner-up	DT	20.57m					
張綽穎	Third runner-up	JT	23.33m					
<b>Division 3 Area 3</b>								
蔡子謙	Champion	100mh	16.01s					
楊昊橋	Champion	HJ	1.90m					
楊子進	Champion	110mh	16.88s					
林紫宇	Champion	SP	8.14m					
林紫宇	Champion	DT	17.71m					
熊晞然	Champion	DT	27.92m					
熊晞然	Champion	SP	9.59m					
洪文龍	Champion	DT	32.64m					
周樹生	Champion	JT	41.02m					
楊卓達	Champion	DT	31.65m					
蔡子謙	First runner-up	LJ	4.80m					
楊子進	First runner-up	TJ	12.24m					
張哲熙	First runner-up	DT	31.76m					
鄒鎮禧	First runner-up	DT	31.22m					
陳樂衡	Second runner-up	JT	30.55m					
吳逸驥	Second runner-up	100mh	19.62s					
蘇庭希	Second runner-up	JT	30.09m					
鄭卓彥	Second runner-up	LJ	6.17m					
楊昊橋	Third runner-up	LJ	5.91m					
周宇軒	Third runner-up	JT	27.35m					
林天行	Third runner-up	LJ	4.71m					
<b>Division 3 Area 4</b>								
溫文琦	Champion	100m	13.40s					
溫文琦	Champion	200m	27.72s					
李明珠	Champion	100m	13.04s					
曾婉雯	Champion	100mh	17.47s					
曾婉雯	Champion	DT	22.39m					
沈燁	Champion	100mh	17.50s					
麥子正	Champion	110mh	14.12s					
麥子正	Champion	LJ	6.87m					
黃楷翔	Champion	100mh	15.44s					
劉信樂	Champion	100mh	14.76s					
李明珠	First runner-up	100mh	16.22s					
蕭楠香	First runner-up	100mh	17.52s					
張文熹	First runner-up	100mh	15.07s					
洗澤斌	First runner-up	DT	29.66m					
陳沿妤	First runner-up	HJ	1.21m					
蘇宛姿	Second runner-up	100mh	18.88s					
蘇宛姿	Second runner-up	LJ	4.14m					
張文熹	Second runner-up	TJ	11.13m					
曾麗仁	Second runner-up	LJ	4.41m					
蘇寶瑜	Second runner-up	JT	21.69m					
鄭凱彤	Second runner-up	HJ	1.21m					
張昊悅	Second runner-up	HJ	1.35m					
馮芷璣	Third runner-up	400m	1:15.03s					
馮芷璣	Third runner-up	800m	2:58.37s					

沈燁	Third runner-up	LJ	4.27m						
李慧雯	Third runner-up	DT	17.71m						
林丹妮	Third runner-up	100mh	17.84s						
梁懿瑤	Third runner-up	100mh	19.77s						

**New Territories:**

胡文旋	Champion	DT	36.88m	CR					
胡文旋	Champion	SP	11.59m	CR					
黎鎧宜	Champion	HJ	1.49m						
陳衍熹	First runner-up	200m							
張承熹	First runner-up	SP	10.53m						
陳衍熹	Second runner-up	100m							
黎鎧宜	Third runner-up	LJ	4.19m						

**All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2023-2024**

**Champion x2 First runner-up x1 Second runner-up x1**

麥子正	Champion	110mh	14.38s						
吳思澎	Champion	DT	42.99m						
吳思澎	First runner-up	SP	13.31m						
張裕誠	Second runner-up	DT	41.13m						

**SCHOOLS SPORTS FEDERATION Inter-school Athletics Competition 2024-2025**

**Champion x28 First runner-up x15 Second runner-up x14 Third runner-up x12 CR x1**

**HK Island & Kowloon:**

<b>Division 2</b>				
李明珠	Champion	100mh	15.32s	
曾婉雯	Champion	DT	25.63m	
劉俊朋	Champion	DT		
楊昊橋	Champion	HJ	1.80m	
溫文琦	First runner-up	200m	26.85s	
蔡子謙	First runner-up	100mh	14.95s	
李瑞才	First runner-up	SP	12.10m	
蘇楚淇	Second runner-up	100mh	16.30s	
曾婉雯	Second runner-up	100mh	16.70s	
廖丞鋒	Second runner-up	TJ	11.53m	
溫文琦	Third runner-up	100m	12.84s	
李明珠	Third runner-up	100m	12.91s	
樊聰謙	Third runner-up	DT	31.94m	

**Division 3 Area 1**

黃楷翔	Champion	100mh	14.95s						
麥子正	Champion	110mh	13.88s						
何穎曇	Champion	100mh	16.17s						
唐穎恩	Champion	JT	26.11m						
冼澤斌	Champion	DT	40.55m						
麥子正	Champion	LJ	6.86m						
王煒豪	Champion	TJ	11.98m						
何穎曇	Champion	LJ	4.60m						
林靖桐	First runner-up	100mh	19.95s						
唐穎恩	First runner-up	SP	8.74m						
梁縉熙	First runner-up	DT	30.91m						
王煒豪	First runner-up	LJ	5.72m						
談敏蔚	First runner-up	LJ	4.18m						

張文熹	Second runner-up	110mh	14.89s					
林靖桐	Second runner-up	LJ	4.41m					
楊翼祺	Third runner-up	JT	19.46m					
李卓穎	Third runner-up	JT	23.57m					
張文熹	Third runner-up	TJ	11.59m					
陳麗齡沅	Third runner-up	LJ	4.22m					
唐穎思	Third runner-up	DT	22.61m					
鄒子熙	Third runner-up	200m	24.52s					
<b>Division 3 Area 2</b>								
郭芷雅	Champion	100m	13.80s					
謝梓睿	Champion	110mh	14.67s					
郭泳峰	Champion	JT	49.40m					
劉卓威	Champion	DT	34.24m					
陳柏裕	First runner-up	SP	10.49m					
王文雅	First runner-up	DT	18.87m					
郭芷雅	First runner-up	HJ	1.38m					
謝梓睿	Third runner-up	LJ	5.90m					
蔡明慧	Third runner-up	DT	21.98m					
<b>Division 3 Area 3</b>								
蘇庭希	Champion	JT	37.41m					
蘇庭希	Champion	DT	32.19m					
林紫宇	Champion	SP	8.70m					
Wong Kwan Ching	Champion	DT	24.09m					
林紫宇	First runner-up	DT	23.53m					
Wong Kwan Ching	First runner-up	SP	8.49m					
凌諾恒	Second runner-up	JT	37.16m					
蘇柏龍	Third runner-up	100mh	19.88s					
<b>Division 3 Area 4</b>								
蘇宛姿	Champion	100mh	17.03s					
蘇宛姿	Champion	LJ	4.51m					
梁鍾瑤	First runner-up	100mh	18.85s					
<b>New Territories:</b>								
梁美怡	Champion	JT	26.65m					
梁美怡	Champion	DT	21.71m					
曾嘉麗	Champion	100mh	16.70s					
曾嘉麗	Champion	LJ	4.80m					
胡文旋	Champion	DT	45.02m	CR				
胡文旋	Champion	SP	11.65m					