

INTERSCHOOL ACTIVITIES AND COMPETITIONS 2009-2010

1. ALL ROUND DEVELOPMENT

Outstanding Students

Shatin Youth Association & Shatin District Board

Election of Shatin Outstanding Students

Shatin Outstanding Students Award	Wong Tsz Ho	6B
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Federation of New Territories Youth Organization

Election of Outstanding Students in the New Territories

New Territories Outstanding Students Award	Wong Tsz Ho	6B
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2. SPORTS

A.S. Watson Group

A.S. Watson Group Hong Kong Student Sports Awards

Certificate	Chu Tsz Ying	3C
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Hong Kong Schools Sports Federation Shatin & Sai Kung Secondary Schools Area
Committee

Overall Champion (All Sports) 2009-2010

Boys Overall	6 th Runner-up	
Girls Overall	7 th Runner-up	

Hong Kong Schools Sports Federation Shatin & Sai Kung Secondary Schools Area
Committee

Outstanding Athletes Award 2009-2010

Certificate (Swimming)	Chu Tsz Ying	3C
Certificate (Cross Country)	Wong Tsz Kin	6C
Certificate (Athletics)	Lee Ching Hin	6C
Certificate (Athletics, Swimming, Triathlon)	Ip Ho Lam	1B

Swimming

Po Leung Kuk Riverain Primary School

Swimming Gala 2009-2010

Champion	Choi Wing Sze	2C
	Bow James Chun Ho	3D
	Cheng Yik Ho	4F
	Ip Gary Chu Wah	5B

Hong Kong School Sports Federation Shatin and Sai Kung Secondary School Area
Committee

Inter-School Swimming Championship, 2009-2010

Overall Boys A Grade	7 th Runner-up	Bow James Chun Ho Wong Cheunk Fung Cheng Yik Ho Ip Gary Chu Wah Fung Kwok Wang Yuen Wai Ching Richard Kwan Siu Hang	3D 3D 4F 5B 5C 6C 7B
Overall Girls B Grade	4 th Runner-up	Leung Christal Wing Tung Chan Hei Wing Pooh Yuk Sheung Chan Wai Ling Chan Tsz Ching Chu Tsz Ying Ma Yue Ling	2C 2D 2D 2E 3A 3C 3C
Girl B Grade 100m freestyle	Champion (new record)	Chu Tsz Ying	3C
Girl B Grade 50m freestyle	Champion (new record)	Chu Tsz Ying	3C

Basketball

Hong Kong Schools Sports Federation, Shatin & Sai Kung Secondary Schools Area
Committee

Inter-school Basketball Competition (Division One), 2009-2010

Boys A-grade Basketball Team	1 st Runner-up	Chan William Liu Elton Chan Hiu Fung Lam Yuet Lung Wong Kin Wai Yip See Chun Ho Shun Yin Tong Kwan Kit Lau Pak Ho Lee Ching Hin	5A 5A 5C 5C 5C 5C 6B 6B 6C 6C
Boys B-grade Basketball Team	4 th Runner-up	Ku Chun Kit Yeung Wai Chung Wong Yui Fai Choi Siu Leung Ho Hei Chit Cheung Pui Yin Pang Hoi Li Chun Kit Yiu Pak Wang Ho Pok Man Lau Cheuk Yin Leung Hei Shing	2C 2C 2D 3C 3C 3D 3D 4B 4B 4C 4D 4F
Boys C-grade Basketball Team	1 st Runner-up	Lim Hiu Tung Lee Tin Yau Chan Pang Hoi Lau Ka Yiu Li Kau Leung Wen Chun Wai Au Yeung Hei Kan Cheuk Ting Ng Ho Yin Chan Yiu Cheong Chan Chi Kin Ng Cheuk Ho	1B 1C 1D 1D 1D 1E 2A 2C 2C 2D 2E 2E

Girls C-grade Basketball Team	Champion	Wong Lok Tung	1A
		Chan Ka Wan	1B
		Hung Tsz Kiu	1B
		Shek Sin Ying	1B
		Shum Cheuk Ting	1B
		Yung Shuk Yu	1B
		Ho Yuen Hang	1D
		Kwan Tsz Ting	1E
		Ng Wing Sze	1E
		Yeung Sui Ching	1E
		Choi Wing Sze	2C
		Ng Yu Sze Melody	2D

Handball

Hong Kong Schools Sports Federation Shatin & Sai Kung Secondary Schools Area
Committee

Inter-school Handball Competition 2009-2010

Boys B-grade Handball Team	2 nd Runner-up	Ng Wing Lung	3A
		Suen Man Kit	3B
		Lam Cheuk Hei	3D
		Li Chun Hin	3D
		Ng Cheuk Hin	3E
		Wong Tsz Fung	3E
		Yiu Kai Wa	3E
		Chu Pui Ting	4B
		Ho Pok Man	4C
		Au Yeung Long	4D

Table Tennis

Hong Kong Schools Sports Federation Shatin & Sai Kung Secondary Schools Area
Committee

2009-10 Inter-school Table Tennis Competition (Group)

Girls A Grade	1 st Runner-up	Kam Cheuk Yee Cherrie	5B
		Chan Yik Tung Crystal	5D
		Chan Lok Kwan	6A
		Choy Pui Man	7B

Girls B Grade	2 nd Runner-up	Li Si Yeung	4D
		Tsang Hiu Wun	4D
		Chow Fong Yuen	4E
Boys C Grade	1 st Runner-up	Lai Cheuk Yin	1B
		Tam Tsz Ho	1B
		Lo Sze	2A
		Yeung Yat Ho	2B

Squash

Hong Kong Squash Association

Hong Kong Squash League 09-10

Division 7A	1 st Runner-up	Marco Tsang	1A
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Long Run & Cross Country

Hong Kong Schools Sports Federation Shatin & Sai Kung Secondary Schools Area
Committee

Inter-School Cross Country Competition 2009-2010

Boys A-grade	1 st Runner-up	Lo Chun Po	4B
		Lam Yui Fung	5D
		Lo Tsz Kuen	5D
		Chan Yan Long	5E
		Lee Yip Kun	5E
		Wong Tsz Kin	6C
		Lo Tsz Kuen	7B
		Chan Sing Yau	7C
Boys B-grade	7 th Runner-up	Cheung Hoi Cheung	3B
		Yeung Rocky Lok	
		Tin	3B
		Tsoi Kwan Yee	4A
		Lee Yi Ching	4B
		Chan Ka Long	4D
		So Tung Ming	4D
		Yeung Chi Kit	4E
Wong Chun Chuen	4F		

Girls A-grade	4 th Runner-up	Yuen Fun Shum Wing Yan Cheung Ngai Yung Wong Man Hing Chun Sin Ting Ng Wing Hei Lai Nga Sze Ng Wai Ki	4A 4D 5A 5A 5B 5D 7B 7C
Boys C-grade individual	4 th Runner-up	Ip Ho Lam	1B
Girls A-grade individual	7 th Runner-up	Lai Nga Sze	7B

Hong Kong Athletic Amateur Association

Hong Kong Junior Age Group Athletic Meet

Boys A Grade 4*400m	1st Runner-up	Lee Yi Ching Chan Po Lam Chan Yan Long Lee Yip Kun	4B 5D 5E 5E
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The Citizen Athletic Association

The Citizen Athletic Association Hong Kong Track and Field Competition 2009

Boys A grade 800m	1 st Runner-up	Wong Tsz Kin	6C
Boys A grade 1500m	2 nd Runner-up	Lee Yip Kun	5E
Boys A grade 4*400m relay	Champion	Lam Yui Fung Chan Yan Long Lee Yip Kun Wong Tsz Kin	5D 5E 5E 6C
Boys B grade 800 m	2 nd Runner-up	Lee Yi Ching	4B

Hong Kong School Sports Federation Shatin and Sai Kung Secondary School Area
Committee

Inter-school Athletics Championships 2009-2010

Boys A Grade 400m	1 st Runner-up	Wong Tsz Kin	6C
Boys A Grade 800m	2 nd Runner-up	Wong Tsz Kin	6C
Boys A Grade Overall	3 rd Runner-up	Wong Tsz Kin	6C
Boys B Grade Triple Jump	1 st Runner-up	Choi Siu Leung	3C

Boys A Grade 4x100m relay	2 nd Runner-up	Ng Wai Lam Chan Po Lam Chan Yan Long Leung Ka Cheuk Ngan Wing Yui Lam Ho Yeung	4A 5D 5E 6A 6C 7C
Boys A Grade 4x400m relay	1 st Runner-up	Tam Ka Kit Lam Yui Fung Law Tsz Kin Lee Yip Kun Lee Ching Hin Wong Tsz Kin	5C 5D 5D 5E 6C 6C

Hong Kong Schools Sports Federation Shatin & Sai Kung Secondary Schools Area Committee

Year 2009-10 Inter-School Shing Mun River Long Run Competition

Boys A-grade	1 st Runner-up	Lo Chun Po Ngan Wing Yui Wong Tsz Kin Yuen Wai Ching Richard Lo Tsz Kuen Chan Sing Yau	4B 6C 6C 6C 7B 7C
Girls A-grade	6 th Runner-up	Yuen Fun Shum Wing Yan Chan Lok Kwan Ngai Hiu Tung Hui Kar Yue Kelly	4A 4D 6A 6A 6C
Boys C-grade (individual)	5 th Runner-up	Ip Ho Lam	1B
Boys A-grade (individual)	9 th Runner-up	Wong Tsz Kin	6C

Fencing

Hong Kong Schools Sports Federation New Territories Inter-school Fencing Competition 2009-2010

Boys Epee A Grade	1 st Runner-up	Tam Ka Kit	5C
	2 nd Runner-up	Cheung Tsun Hin	5C

Boys Epee	1 st Runner-up	Ho Pok Man	4A
		Tam Ka Kit	5C
		Cheung Tsun Hin	5C
		Shi Ka Lok	6A

Taekwondo

Hong Kong Taekwondo Association

Hong Kong TKD Competition 2009

Champion	Chan Tsz Chung	1A
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Inter-school Taekwondo Competition 2010

2 nd Runner-up (group)	Yeung Lok Chun Jonathan	3B
	Yuen Kwok Shun	3B
	Tsoi Kwan Yee	4A
Champion (Individual)	Yeung Lok Chun Jonathan	3B
1 st Runner-up (Individual)	Yuen Kwok Shun	3B
	Tsoi Kwan Yee	4A

3. ARTS

Visual Arts

Sha Tin District Summer Youth Programme Coordinating Committee

「賀國慶迎東亞」2009年沙田青少年獎勵計劃

藝術成就獎	冠軍	Cheng Hiu Man	5C
	季軍	Chung Sui Ping	7A

Education Bureau

Exhibition of Secondary School Students' Creative Visual Arts Work (2009/10)

Grand Prize of the "2-Dimensional Work" (Age group ≥ 16)	Grand Prize	Lam King Lo	Alumnus (5A-22)(08-09)
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Commercial Press

The 'Hong Kong Prosperity Plan' Drawing Competition for the Secondary School Students

Silver medal	Chan Ka Ming	5B
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Confucian Ho Kwok Pui Chun College

Green Fashion Design Competition For Secondary School

The Best Accessory Award	Yuen Fun	4A
	Kan Yuen Lam	4B
	Lee Wing Yee	4E

Rhododendron Festival Organising Committee, Ma On Shan

Green Fashion Design Competition

The Champion	Tsang Sze Wing	3A
	Cheng Pok Hin	4D
	Cheung Hei Nga	4D
	Ngo Ka Hei	4D
The 1 st runner-up	Chan Ka Po	4B
	Cheng Dai Lin	4B
	Lee Wing Yee	4E
	Leung Yin To	5C
The Best Presentation Award	Leung Yin To	5C

Hong Kong Odyssey Of the Mind Programme

Pin Design Competition in the 2010 Hong Kong Odyssey of the Mind Competition

Senior Secondary Division	Honourable Mention	Ngo Ka Hei	4D
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Choral Speaking

Hong Kong Schools Music and Speech Association

61st Hong Kong Schools Speech Festival (2009 – 2010) (English)

Solo Verse Speaking: Non-Open: F.1 Girls	1st Runner-up	Ng Chui Yung	1A
Solo Verse Speaking: Non-Open: F.2 Girls	Champion	Lam Jane	2E
	2 nd Runner-up	Cheng Sui Ying	2A
Solo Verse Speaking: Non-Open: F.3 Girls	1st Runner-up	Lee Shuk Sheung	3E

Solo Verse Speaking: Non-Open: F.4 Girls	1st Runner-up	Wong Dzing Lam Lo Hiu Ling	4D 4E
Solo Verse Speaking: Non-Open: F.5 Boys	1st Runner-up	Tsang Cheuk Hung	5C
Choral Speaking Non-Open: F.2 Girls	1st Runner-up		

61st Hong Kong Schools Speech Festival (2009 – 2010) (Chinese)

Solo Prose Reading (Cantonese)-Girls	Champion	Lo Tsz Ching	3E
Solo Prose Reading (Putonghua)-Boys	1 st Runner-up	Chong Ho Man Tsang Cheuk Hung	1E 5C
Solo Prose Reading (Cantonese)-Girls	1 st Runner-up	Lai Win Sze	1C
Solo Prose Reading (Cantonese)-Boys	1 st Runner-up	Lo Ho Ming	1B
Solo Prose Reading (Cantonese)-Girls	2 nd Runner-up	Man Pui Tsz	2A
Solo Prose Reading (Cantonese)-Boys	2 nd Runner-up	Tsang Cheuk Hung Yau Tsz Ngo	5C 4F
Solo Verse Reading (Cantonese)-Boys	2 nd Runner-up	Lo Tsz Ching	3E

Hong Kong Youth Cultural & Arts Competitions

Hong Kong Youth Chinese Classical Verse Reading Competitions (2009-2010)

Solo Verse Reading (Junior Form)	1 st Runner-up	Lo Tsz Ching	3E
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Speech and Music Recital Development Foundation

3rd Hong Kong Open Speech Competition

Solo Modern Poems Reading (Middle School Division)	1 st Runner-up	Lo Tsz Ching	3E
Solo Classic Poems Reading (Middle School Division)	Merit	Lo Tsz Ching	3E

Music

Leisure and Culture Services Department

2009 HK Youth Music Interflows-Symphony Orchestra Contest

Silver Award	Chung Pui Yuen Tse Kin Cheung	4E 6B
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Hong Kong Schools Music and Speech Association

62nd Hong Kong Schools Music Festival

Tenor-Secondary School-Age 19 or under	Champion	Tsui Hok Pan	6C
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Mixed Voice Choir Section Division-Senior (SATB)	2 nd Runner-up	Tsui Chun Yi	6B
Alto Saxophone Solo (Secondary School – Senior)	1 st Runner-up	Hui Ka Ming	2C
Erhu Solo	2 nd Runner-up	Cheung Sze Long	4C
Piano Solo (Grade 8)	1 st Runner-up	Chiu Lok Yi	3B
Piano Solo (Grade 5)	1 st Runner-up	Ko Tsz Man	1E

Dance

Education Bureau (Physical Education Section)

The 46th School Dance Festival

東方舞蹈組甲等獎	Lo Hei Ting	1A
	Mak Kwan Pui	1A
	Leung Yuen Chiu	1B
	Chiu Pui Yin	1B
	Hung tsz Kiu	1D
	Lin Ching yi	1D
	Hui Kei Yan	2A
	Tang Gee Yau	2A
	Yau Hung Yan	2A
	Ngai Ka Man	3A
	Chung Hiu Yan	3C
	Chow Ka Wing	4C
	Cheng Nga Yan	4E
	Wong Pui Chi Joey	5E
Lam Gloria	7C	

Photography

Centre for Food Safety, Radio Television Hong Kong, Education Bureau, Committee on Home-School Cooperation

Nutrition Labelling Group Photo Competition

2 nd Runner-up	1A
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4. ACADEMIC ACTIVITIES

Science

Hong Kong University of Science and Technology

Hong Kong Physics Olympiad 2010

2 nd Class Honour	Lam Hoi Shing	5D
3 rd Class Honour	Wong Tsz Fung	5E
3 rd Class Honour	Wu Wing Gi	5E

Joint School Science Exhibition Preparation Committee

43rd Joint School Science Exhibition Proposal Competition

Champion	Wong Cheuk Shing	6B
	Cheung Yan Chun	6B
	Ling Chun Him	6B
	Lam Cheuk Hei	6B

Debate

Sha Tin District Council

Civil Cup – Youth Debate Competition

2 nd Runner-up	Shek Pui Yin	4B
	Cheung Mei Chi	4D
	Shum Wing Yan	4D
	Chong Chui Ying	6C
Best Debater	Shum Wing Yan	4D

New Territories Joint School Debating Association

26th new Territories joint School Debating Competition

Best Debater	Shum Wing Yan	4D
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Reading

Shenzhen Reading Month Committee & Education Bureau of Shenzhen

Shenzhen HK Secondary Students Reading Report Competition (Senior)

1 st Prize	Lo Hiu Ling	4E
2 nd Prize	Lam Ho Cheung	5D
	Lam Hoi Shing	5D
3 rd Prize	Chung Hin Fai	4D

Appreciation	Chan Yuen Yee	2A
	Shek Pui Yin	4B
	Ho Sin Ying	4C
	Chung Suk Kwan	4E
	Cheung Wing Lam	4F
	Ng Pui Wan	4F
	Yu Hei Tung	4F
	Chan Muk Ying	5D

The Harvard Book Club of Hong Kong

The Harvard Book Prize

Champion	Tsui Chun Yi	6B
1st Runner-up	Leung Hei Noh	6A
	Lun Ho Yan	6C

Computer

Association of Mobile Technology and Education (AMTE)

第二屆「視窗/移動電腦系統程式設計大賽」2009

Champion	Cheng Kok Hang	3E
	Chung Tsz Yeung	6C
The Best Project Report	Cheng Kok Hang	3E
	Chung Tsz Yeung	6C

Translation

The Secretariat of Hong Kong Cultural & Arts Competitions

Translation Competition

Senior Section	Merit	Yip Ming Tak	4F
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Writing

中國中學生作文大賽香港區比賽委員會

2009-2010 中國中學生作文大賽香港區比賽

Junior Section	Merit	Wong Tsz Ho	3A
		Ho ka Yin	3A
		For Wing Yin	3B

5. SERVICES

Girl Guides

The Hong Kong Girl Guides Association

The Chief Commissioner's Guide Award	Au Tsz Ching	5B
	Shek Wing Man	5B
	So Wai Wan	5B
	Chung Chiu Man	5D
	Kwok Hoi Ching	5D
	Chan Yuk Yu	5E
	Fong Wai Ling	6B
	Chan Tik Yin	6C
	Cheng Cheuk Man	7B
	Fong Susanna Ah Yan	Alumni
	Lee Wai Lam	Alumni
	Lee Hoi Tung	Alumni
The Most Outstanding Unit (For the year 2008-2009)	The whole group of our school unit	

EQ Ambassadors Awards

EQ Ambassador Society Child and Family Bereavement Center (Tuen Mun Hospital)

EQ Ambassadors Outstanding Award	Lau Chui Ying	3E
EQ Ambassadors Compassionate Award	Yu Wing Sze	3D
	Yim Chiu Wing	2A
EQ Ambassadors Gold Medal	Mak Ka Yan	4A
	Tsang Ka Shun	4A
	Wong Hoi Ching	4A
	Tsang Ching Yee	4B
	Ting Yee Ching	4C
	Yuen Tin Yan	4C
	Cheng Nga Yan	4E
	Chu Hiu Yi	4E
	Fu Wai Kei	4F
	Chu Ting Ting	6A

EQ Ambassadors Silver Medal	Wong Dzing Lam Tang Wai Ting Lo Hiu Ling Debbie Ng Pang Hoi Yi Cheng Man Hon Tsui Uen Yee Nicole	4D 4E 4E 4F 4B 4D 4C
EQ Ambassadors Bronze Medal	Yim Chiu Wing Wong Ching Yin Yip Tin Nok Lam Yuk Ching Li Po Yi Ma Tsz Yan Tsang Sze Wing Li Ka Ki Yu Wing Sze Wong Pui Yu Lau Chui Ying Chan Ming Sum Au So Lan Fong Wing Sum Wen Cho Ying Lo Wai Yin Cheng Pui Ying Chan Leonie Yuet Man	2A 2A 3B 2D 3D 3A 3A 3A 3A 3D 3B 3E 3E 3A 3A 3A 3A 3A 3A

Voluntary Service

The Hong Kong Federation of Youth Groups

Award for Accumulated voluntary service over 150 hours	Yip Tin Nok	3B
	Cheng Suet Yi	3E
	Wong Dzing Lam	4D
	Tsang Chin Yu	5E
	Chan Hiu Yan	5E
	Yip Wing Sum	6B
	Lam Sin Yi	7A
	Lee Yuk Kwan	7A
	Poon Man Yan	7A
	Yuen Ka Yan	7A
	Chan Chun Kit	7B
	Chan Wing Yin	7B
	Chong Pui Yuen	7B
	Kwan Siu Hang	7B
	Cheng Cheuk Man	7B
	Fong Sin Yan	7B
	Lee Pui Yan	7B
	Sin Man Sze	7B
	Wu Kwan Wai	7B
	Chan Shun Nok	7C
	Hung Hing Sum	7C
	Lam Ho Yeung	7C
	Lau Siu Lung	7C
	Chong Sin Yi	7C
	Hung Ki Yan	7C
	Lam Gloria	7C
	Liu Siu Fan	7C
	Lun Pui Heng	7C
	Ng Wai Ki	7C
	Tam Wing Sze	7C