

2018-2019 External Sports

Name		class	Eventname	Organiser	Post
Lo Hiu Lam Sara	勞曉琳	1D	Shatin Festival 2018 Shatin Sports Club Swimming Championships Women's 2006 group	Shatin Sports Association	Overall Champion
Lo Hiu Lam Sara	勞曉琳	1D	Shatin Festival 2018 Shatin Sports Club Swimming Championships Women's 06 Group - 50m Breaststroke	Shatin Sports Association	1st
Lo Hiu Lam Sara	勞曉琳	1D	Shatin Festival 2018 Shatin Sports Club Swimming Championships Women's 06 Group - 50m Backstroke	Shatin Sports Association	1st
Lo Hiu Lam Sara	勞曉琳	1D	Shatin Festival 2018 Shatin Sports Club Swimming Championships Women's 06 Group - 50m Freestyle	Shatin Sports Association	2nd
Lo Hiu Lam Sara	勞曉琳	1D	Shatin Festival 2018 Shatin Sports Club Swimming Championships Women's 06 Group - 50m Butterfly	Shatin Sports Association	2nd
Chiew Shing Lu Katina	周杏茹	6A	HKASA 2018-2019 Division 3 Age Group Long Course Swimming Competition Part 2B Girls 15-16 50M Backstroke	HKASA	2nd
Chiew Shing Lu Katina	周杏茹	6A	HKASA 2018-2019 Division 3 Age Group Long Course Swimming Competition Part 2B Girls 15-16 200m Individual Medley	HKASA	1st
Yiu Cheuk Yan Dorothy	姚綽欣	6D	2018 YMCA Swimming Gala Girls 15-17 50m Freestyle	Chinese Young Men's Christian Association of Hong Kong	1st
Yiu Cheuk Yan Dorothy	姚綽欣	6D	2018 YMCA Swimming Gala Girls 15-17 50m Backstroke	Chinese Young Men's Christian Association of Hong Kong	2nd
Yiu Cheuk Yan Dorothy	姚綽欣	6D	2018 YMCA Swimming Gala Girls 15-17 50m Butterfly	Chinese Young Men's Christian Association of Hong Kong	2nd
Lee Chi Yin Gianna	李姿賢	2A	Panasonic Pan Asia Artistic Swimming Championships cum 14th Hong Kong Artistic Swimming Open Competition 2018-Free Team International Age 13-15	HKASA	Champion (Group)
Lee Chi Yin Gianna	李姿賢	2A	Panasonic Pan Asia Artistic Swimming Championships cum 14th Hong Kong Artistic Swimming Open Competition 2018-Free Duet-Local Age 13-15	HKASA	2nd Runner-up (Group)
Lee Chi Yin (Gianna)	李姿賢	2A	19th Macao International Artistic Swimming Invitational 2019 Free Duets age 13-15	Associacao Geral De Natacao De Macau ,China	Champion
Lee Chi Yin Gianna	李姿賢	2A	Australian Open and Age Group Championships 2019 -Age 13-15 team	Artistic Swimming Australia Inc	3rd runner up
Lee Chi Yin Gianna	李姿賢	2A	Australian Open and Age Group Championships 2019 -Age 13-15 DUET	Artistic Swimming Australia Inc	1st runner up
Lee Chi Yin (Gianna)	李姿賢	2A	10th Asia Pacific Open & Age Group Artistic Swimming Champion 2018 -Age 13-15 DUET	Persatuan Renang Amatur Kuala Lumpur	6TH
Cheung Margaret	張楠深	2C	HK Age Group Div. 2 SC Swimming Competition 2018-19 (100m Butterfly)	HKASA	1st
Cheung Margaret	張楠深	2C	HK Age Group Div. 1 LC Swimming Competition 2018-19 (4 x 100m Freestyle Relay)	HKASA	1st(Group)
Cheung Margaret	張楠深	2C	43rd New Year Winter Swimming Lifesaving Championships (Women Open Group)	Hong Kong Life Saving Society	2nd
Cheung Margaret	張楠深	2C	HK Age Group Div. 1 SC Swimming Competition 2018-19 (400m Individual Medley)	HKASA	3rd
Cheung Margaret	張楠深	2C	HKCASA SC Swimming Championship 2018 (100m Individual Medley)	Hong Kong Chinese Amateur Swimming Association HKCASA	1st

Cheung Margaret	張楠深	2C	HKCASA SC Swimming Championship 2018 (50m Freestyle)	Hong Kong Chinese Amateur Swimming Association HKCASA	3rd
Cheung Margaret	張楠深	2C	HKCASA SC Swimming Championship 2018-19 (50m Backstroke)	Hong Kong Chinese Amateur Swimming Association HKCASA	1st
Cheung Margaret	張楠深	2C	HKCASA SC Swimming Championship 2018-19 (100m Backstroke)	Hong Kong Chinese Amateur Swimming Association HKCASA	3rd
Cheung Margaret	張楠深	2C	HKCASA SC Swimming Championship 2018-19 (4x50m Medley Relay)	Hong Kong Chinese Amateur Swimming Association HKCASA	2nd(Group)
Cheung Margaret	張楠深	2C	HKCASA SC Swimming Championship 2018-19 (4x50m Freestyle Relay)	Hong Kong Chinese Amateur Swimming Association HKCASA	2nd(Group)
Cheung Margaret	張楠深	2C	HKCASA LC Swimming Championship 2018-19 (50m Backstroke)	Hong Kong Chinese Amateur Swimming Association HKCASA	3rd
Cheung Margaret	張楠深	2C	HKCASA LC Swimming Championship 2018-19 (50m Freestyle)	Hong Kong Chinese Amateur Swimming Association HKCASA	2nd
Cheung Margaret	張楠深	2C	HKCASA LC Swimming Championship 2018-19 (4x100m Medley Relay)	Hong Kong Chinese Amateur Swimming Association HKCASA	1st (Group)
Lo Hiu Lam Sara	勞曉琳	1D	2019 Shatin Cup Swimming Championship Group 2006 : 50m Backstroke	Shatin Sports Association	3rd
Lo Hiu Lam Sara	勞曉琳	1D	2019 Shatin Cup Swimming Championship Group 2006 : 50m Butterfly	Shatin Sports Association	4th
Wong Suet Ching (Cheryl)	黃雪晴	4A	Sha Tin Festival 2018 Sha Tin Sports Club Cup Swimming Championships 50m Freestyle	STSA	Champion
Wong Suet Ching (Cheryl)	黃雪晴	4A	Sha Tin Festival 2018 Sha Tin Sports Club Cup Swimming Championships 50m Breastroke	STSA	Champion
Wong Suet Ching (Cheryl)	黃雪晴	4A	Sha Tin Festival 2018 Sha Tin Sports Club Cup Swimming Championships 50m Backstroke	STSA	Champion
Wong Suet Ching (Cheryl)	黃雪晴	4A	Sha Tin Festival 2018 Sha Tin Sports Club Cup Swimming Championships 50m Butterfly	STSA	Champion
Wong Suet Ching (Cheryl)	黃雪晴	4A	Sha Tin Festival 2018 Sha Tin Sports Club Cup Swimming Championships	STSA	Individual overall champion
Wong Suet Ching (Cheryl)	黃雪晴	4A	2018 Anniversary (Short Course) Swimming Championship 50m Breastroke	HKCASA	Champion
Wong Suet Ching (Cheryl)	黃雪晴	4A	2018 Anniversary (Short Course) Swimming Championship 50m Freestyle	HKCASA	Champion
Wong Suet Ching (Cheryl)	黃雪晴	4A	2018 Anniversary (Short Course) Swimming Championship 100m Individual Medly	HKCASA	Champion
Wong Suet Ching (Cheryl)	黃雪晴	4A	2018 Anniversary (Short Course) Swimming Championship 100m Breastroke	HKCASA	Champion
Wong Suet Ching (Cheryl)	黃雪晴	4A	2018 Anniversary (Short Course) Swimming Championship	HKCASA	Individual All-round award
Wong Suet Ching (Cheryl)	黃雪晴	4A	2018-19 Hong Kong Age Group Long Course Swimming Championships 50m Breastroke	HKASA	Second-runner up
Wong Suet Ching (Cheryl)	黃雪晴	4A	2018-19 Div.I Age Group Short Course Swimming Competition 50m Butterfly	HKASA	Second-runner up
Wong Suet Ching (Cheryl)	黃雪晴	4A	2018-19 Div.I Age Group Long Course Swimming Competition 200m Individual Medly	HKASA	First-runner up
Wong Suet Ching (Cheryl)	黃雪晴	4A	Hong Kong Age Group Short Course Swimming Championships 2018-2019 400m Individual Medly	HKASA	Second-runner up
Wong Suet Ching (Cheryl)	黃雪晴	4A	Hong Kong Age Group Short Course Swimming Championships 2018-2019 50m Breastroke	HKASA	Second-runner up
Wong Suet Ching (Cheryl)	黃雪晴	4A	Panasonic 2019 HK Marathon Swimming Open Water Swimming Competition Girls 14-17 1.7km	HKASA	First-runner up
Mak Agnes	麥安穎	4E	Kwun Tong Swimming Club 42th Annual Swimming Competition-50m Butterfly	Kwun Tong Swimming Club	1st

Mak Agnes	麥安穎	4E	Kwun Tong Swimming Club 42th Annual Swimming Competition-50m Backstroke	Kwun Tong Swimming Club	1st
Mak Agnes	麥安穎	4E	Kwun Tong Swimming Club 42th Annual Swimming Competition-50m Freestyle	Kwun Tong Swimming Club	1st
Mak Agnes	麥安穎	4E	Kwun Tong Swimming Club 42th Annual Swimming Competition-100m Freestyle	Kwun Tong Swimming Club	1st
Mak Agnes	麥安穎	4E	Kwun Tong Swimming Club 42th Annual Swimming Competition-200m Individual Medley	Kwun Tong Swimming Club	1st
Mak Agnes	麥安穎	4E	Kwun Tong Swimming Club 42th Annual Swimming Competition-4x50m Medley Relay	Kwun Tong Swimming Club	1st
Mak Agnes	麥安穎	4E	Kwun Tong Swimming Club 42th Annual Swimming Competition-4x50m Freestyle Relay	Kwun Tong Swimming Club	1st
Mak Agnes	麥安穎	4E	Kwun Tong Swimming Club 42th Annual Swimming Competition-Overall Champ	Kwun Tong Swimming Club	1st
Mak Agnes	麥安穎	4E	33rd New Territories District Swimming Competition-200m Backstroke	New Territories Sports Association	3rd
Mak Agnes	麥安穎	4E	34th New Territories District Swimming Competition-50m Backstroke	New Territories Sports Association	2nd
Mak Agnes	麥安穎	4E	35th New Territories District Swimming Competition-4x50m Freestyle Relay	New Territories Sports Association	2nd
Mak Agnes	麥安穎	4E	Annual Joint Swimming Clubs Championships Short Course Girls A-100m Backstroke	HKCASA	2nd
Mak Agnes	麥安穎	4E	Annual Joint Swimming Clubs Championships Short Course Girls A-100m Freestyle	HKCASA	2nd
Mak Agnes	麥安穎	4E	Annual Joint Swimming Clubs Championships Short Course Girls A-50m Backstroke	HKCASA	2nd
Mak Agnes	麥安穎	4E	2018-19 Div.I Age Group Long Course Swimming Competition (Part 1)-400m Individual Medley	HKASA	2nd
Mak Agnes	麥安穎	4E	2018-19 Div.I Age Group Long Course Swimming Competition (Part 1)-100m Backstroke	HKASA	3rd
Mak Agnes	麥安穎	4E	2018-19 Div.I Age Group Short Course Swimming Competition (Part 3)-100m Backstroke	HKASA	2nd
Yip Hoi Ching (Catherine)	葉海晴	4A	沙田節2018沙田體育會盃游泳錦標賽50米自由式	沙田體育會	2nd
Yip Hoi Ching (Catherine)	葉海晴	4A	沙田節2018沙田體育會盃游泳錦標賽50米蛙泳	沙田體育會	2nd
Yip Hoi Ching (Catherine)	葉海晴	4A	沙田節2018沙田體育會盃游泳錦標賽50米背泳	沙田體育會	3rd
Chan Sum Yee (Charmy)	陳心怡	6C	Tai Po District Age Group Swimming Competition 2018-2019 women's age 15-17 50M butterfly	LCSD	1st *new record
Chan Sum Yee (Charmy)	陳心怡	6C	Tai Po District Age Group Swimming Competition 2018-2019 women's age 15-17 100M butterfly	LCSD	1st
Chan Sum Yee (Charmy)	陳心怡	6C	Sai Kung District Age Group Swimming Competition 2018 women's age 15-17 50M butterfly	LCSD	1st *new record
Chan Sum Yee (Charmy)	陳心怡	6C	Sai Kung District Age Group Swimming Competition 2018 women's age 15-17 100M butterfly	LCSD	1st *new record
Chan Sum Yee (Charmy)	陳心怡	6C	Sai Kung District Age Group Swimming Competition 2018 women's age 15-17 50M freestyle	LCSD	2nd
Au Yat Sin Candice	區逸蒨	4E	Women's 200 Breaststroke (Youth)	LCSD	1st Runner up
Au Yat Sin Candice	區逸蒨	4E	Women's 100 Backstroke (Youth)	LCSD	1st Runner up
Au Yat Sin Candice	區逸蒨	4E	Women's 200 Butterfly (Youth)	LCSD	2nd Runner up
Lo Hiu Lam Sara	勞曉琳	1D	Tuen Mun District Age Group Swimming Competition 2018 Women's Group HI 200m Backstroke	LCSD	2nd
Lo Hiu Lam Sara	勞曉琳	1D	Wanchai District Age Group Swimming Competition 2018 Women's Age 11-12 100m Backstroke	LCSD	1st * New Record
Lo Hiu Lam Sara	勞曉琳	1D	Wong Tai Sin District Age Group Swimming Competition 2018 Women's Group H 200m Backstroke	LCSD	1st * New Record

Lo Hiu Lam Sara	勞曉琳	1D	Kowloon City District Age Group Swimming Competition 2018 Women's Age 12 Or Below 200m Backstroke	LCSD	1st
Lo Hiu Lam Sara	勞曉琳	1D	Kowloon City District Age Group Swimming Competition 2018 Women's Age 11-12 100m Backstroke	LCSD	1st
Lo Hiu Lam Sara	勞曉琳	1D	Kowloon City District Age Group Swimming Competition 2018 Women's Age 11-12 50m Backstroke	LCSD	2nd
Lo Hiu Lam Sara	勞曉琳	1D	Wanchai District Age Group Swimming Competition 2018 Women's Age 9-12 200m Backstroke	LCSD	1st
Lo Hiu Lam Sara	勞曉琳	1D	Wanchai District Age Group Swimming Competition 2018 Women's Age 9-12 200m Individual Medley	LCSD	1st
Lo Hiu Lam Sara	勞曉琳	1D	Central And Western District Age Group Swimming Competition 2018 Women's Age 11-12 100m Backstroke	LCSD	1st
Lo Hiu Lam Sara	勞曉琳	1D	Wong Tai Sin District Age Group Swimming Competition 2018 Women's Group H 200m Freestyle	LCSD	1st
Lo Hiu Lam Sara	勞曉琳	1D	Wong Tai Sin District Age Group Swimming Competition 2018 Women's Group H 200m Individual Medley	LCSD	1st
Lo Hiu Lam Sara	勞曉琳	1D	Shamshuipo District Age Group Swimming Competition 2018 Women's Group H 200m Backstroke	LCSD	2nd
Lo Hiu Lam Sara	勞曉琳	1D	Shamshuipo District Age Group Swimming Competition 2018 Women's Group H 100m Backstroke	LCSD	1st
Lo Hiu Lam Sara	勞曉琳	1D	Shamshuipo District Age Group Swimming Competition 2018 Women's Group H 200m Individual Medley	LCSD	1st
Lo Hiu Lam Sara	勞曉琳	1D	Eastern District Age Group Swimming Competition 2018 Women's Age 9-12 200m Backstroke	LCSD	1st
Lo Hiu Lam Sara	勞曉琳	1D	Eastern District Age Group Swimming Competition 2018 Women's Age 11-12 100m Backstroke	LCSD	1st
Lo Hiu Lam Sara	勞曉琳	1D	Eastern District Age Group Swimming Competition 2018 Women's Age 11-12 50m Backstroke	LCSD	2nd
Tang Wai Ching, Charis	鄧蕙晴	2E	Wong Tai Sin District Age Group Swimming Competition G Group 50M Backstroke	LCSD	3rd
To Tiffany	杜可蕎	5D	Southern District Swimming Competition 2018 Girls 15-17 50m Breaststroke	LCSD	2nd
To Tiffany	杜可蕎	5D	Southern District Swimming Competition 2018 Girls 13-17 200m Individual Medley	LCSD	2nd
To Tiffany	杜可蕎	5D	Sham Shui Po District Swimming Competition 2018 Girls 15-17 50m Breaststroke	LCSD	3rd
To Tiffany	杜可蕎	5D	Sham Shui Po District Swimming Competition 2018 Girls 15-17 100m Breaststroke	LCSD	3rd
To Tiffany	杜可蕎	5D	Kwun Tong District Swimming Competition 2018 Girls 15-17 50m Breaststroke	LCSD	3rd
To Tiffany	杜可蕎	5D	Kwun Tong District Swimming Competition 2018 Girls 15-17 100m Breaststroke	LCSD	3rd
To Tiffany	杜可蕎	5D	Kwun Tong District Swimming Competition 2018 Girls 13-17 200m Individual Medley	LCSD	2nd
Mak Pui Yu Cherry	麥珮榆	4D	Southern District Junior Cups Volleyball Competition	LCSD	2nd
Wong Cherry	王鎧琳	5B	2018-2019 Tsuen Wan District Women's Single Badminton Competition	LCSD	2nd
Cheung Margaret	張楠深	2C	District (Wong Tai Sin) Age Group Swimming Competition 2018 (50m Freestyle)	LCSD	2nd
Cheung Margaret	張楠深	2C	District (Wong Tai Sin) Age Group Swimming Competition 2018 (50m Breaststroke)	LCSD	2nd
Cheung Margaret	張楠深	2C	District (Wong Tai Sin) Age Group Swimming Competition 2018 (50m Butterfly)	LCSD	2nd
Wong Suet Ching (Cheryl)	黃雪晴	4A	Sai Kung District Swimming Competition Girls Age Group 15-17 50m Breaststroke	LCSD	Champion(New Record)
Wong Suet Ching (Cheryl)	黃雪晴	4A	Sai Kung District Swimming Competition Girls Age Group 15-17 100m Breaststroke	LCSD	Champion(New Record)

Wong Suet Ching (Cheryl)	黃雪晴	4A	Sai Kung District Swimming Competition Girls Age Group 15-17 200m Individual Medly	LCSD	Champion(New Record)
Wong Suet Ching (Cheryl)	黃雪晴	4A	The 33th NT District Swimming Competition Girls Open Grade 200m Individual Medly	LCSD	Champion
Wong Suet Ching (Cheryl)	黃雪晴	4A	The 33th NT District Swimming Competition Girls Goup H 100m breastroke	LCSD	Champion
Wong Suet Ching (Cheryl)	黃雪晴	4A	The 33th NT District Swimming Competition Girls Goup H 50m breastroke	LCSD	Champion
Mak Agnes	麥安穎	4E	Yau Tsim Mong District Swimming Competition-100m Backstroke	LCSD	1st
Mak Agnes	麥安穎	4E	Kowloon City District Swimming Competition-50m Backstroke	LCSD	1st
Mak Agnes	麥安穎	4E	Kowloon City District Swimming Competition-100m Backstroke	LCSD	1st
Mak Agnes	麥安穎	4E	Kowloon City District Swimming Competition-200m Backstroke	LCSD	2nd
Yip Hoi Ching (Catherine)	葉海晴	4A	第三十七屆沙田區分齡游泳比賽50米自由泳	LCSD	1st
Yip Hoi Ching (Catherine)	葉海晴	4A	第三十七屆沙田區分齡游泳比賽50米胸泳	LCSD	1st
Yip Hoi Ching (Catherine)	葉海晴	4A	第三十七屆沙田區分齡游泳比賽100米胸泳	LCSD	2nd
Yip Hoi Ching (Catherine)	葉海晴	4A	灣仔區分齡游泳比賽2018 50米胸泳	LCSD	2nd
Yip Hoi Ching (Catherine)	葉海晴	4A	灣仔區分齡游泳比賽2018 100米胸泳	LCSD	3rd
Yip Hoi Ching (Catherine)	葉海晴	4A	灣仔區分齡游泳比賽2018 50米背泳	LCSD	2nd
Chan Sum Yee (Charmy)	陳心怡	6C	50m butterfly A grade	Inter-school Swimming Championships	4th
Chan Sum Yee (Charmy)	陳心怡	6C	50m free style A grade	Inter-school Swimming Championships	7th
Lau Cheuk Ki Jackie	劉綽琦	6B	4x50m medley relay A grade	Inter-school Swimming Championships	4th(Group)
Chan Sum Yee (Charmy)	陳心怡	6C	4x50m medley relay A grade	Inter-school Swimming Championships	4th(Group)
Suen Wai Yan (Mavis)	孫慧欣	3A	4x50m medley relay A grade	Inter-school Swimming Championships	4th(Group)
To Tiffany	杜可蕎	5D	4x50m medley relay A grade	Inter-school Swimming Championships	4th(Group)
Liu Ching Tung	劉璟彤	1A	Inter-School Fencing Competition 2018-2019	Hong Kong Schools Sports Federation	3rd
Wong Wan Tim (Janice)	黃韻恬	3C	Inter-School Fencing Competition 2018-2019	Hong Kong Schools Sports Federation	1st
To Tiffany	杜可蕎	5D	100M Breast Stroke A Grade	Inter-school Swimming Championships 2018-19	7th
Leung Wai Yan (Evelyn)	梁瑋欣	3A	100M Breast Stroke A Grade	Inter-school Swimming Championships 2018-19	8th
Leung Wai Yan (Evelyn)	梁瑋欣	3A	200M Breast Stroke A Grade	Inter-school Swimming Championships 2018-19	7th
Suen Wai Yan (Mavis)	孫慧欣	3A	50M Butterfly A Grade	Inter-school Swimming Championships 2018-19	8th
Suen Wai Yan (Mavis)	孫慧欣	3A	200M Free Style A Grade	Inter-school Swimming Championships 2018-19	8th
Leung Wai Yan (Evelyn)	梁瑋欣	3A	4X50M Freestyle Relay A Grade	Inter-school Swimming Championships 2018-19	6th(Group)
Tang Jessie	鄧樂瑤	3B	4X50M Freestyle Relay A Grade	Inter-school Swimming Championships 2018-19	6th(Group)
Chan Hoi Yi Catherine	陳鎧怡	5C	4X50M Freestyle Relay A Grade	Inter-school Swimming Championships 2018-19	6th(Group)
Lai Cheuk Yan (Junie)	黎卓欣	5E	4X50M Freestyle Relay A Grade	Inter-school Swimming Championships 2018-19	6th(Group)
Leung Wai Yan (Evelyn)	梁瑋欣	3A	A Grade Overall	Inter-school Swimming Championships 2018-19	5th(Group)
Suen Wai Yan (Mavis)	孫慧欣	3A	A Grade Overall	Inter-school Swimming Championships 2018-19	5th(Group)
Tang Jessie	鄧樂瑤	3B	A Grade Overall	Inter-school Swimming Championships 2018-19	5th(Group)
Wong Tin Nan Tina	黃天嵐	3D	A Grade Overall	Inter-school Swimming Championships 2018-19	5th(Group)
Yau Man Sui (Monie)	丘雯萃	4D	A Grade Overall	Inter-school Swimming Championships 2018-19	5th(Group)
Chan Hoi Yi Catherine	陳鎧怡	5C	A Grade Overall	Inter-school Swimming Championships 2018-19	5th(Group)
To Tiffany	杜可蕎	5D	A Grade Overall	Inter-school Swimming Championships 2018-19	5th(Group)
Lai Cheuk Yan (Junie)	黎卓欣	5E	A Grade Overall	Inter-school Swimming Championships 2018-19	5th(Group)
Chiew Shing Lu Katina	周杏茹	6A	A Grade Overall	Inter-school Swimming Championships 2018-19	5th(Group)
Lau Cheuk Ki Jackie	劉綽琦	6B	A Grade Overall	Inter-school Swimming Championships 2018-19	5th(Group)
Chan Sum Yee (Charmy)	陳心怡	6C	A Grade Overall	Inter-school Swimming Championships 2018-19	5th(Group)
Wong Suet Ching (Cheryl)	黃雪晴	4A	50M Breast Stroke B Grade	Inter-school Swimming Championships 2018-19	3rd
Wong Suet Ching (Cheryl)	黃雪晴	4A	200M Individual Medley B Grade	Inter-school Swimming Championships 2018-19	4th

Mak Agnes	麥安穎	4E	100M Back Stroke B Grade	Inter-school Swimming Championships 2018-19	4th
Mak Agnes	麥安穎	4E	50M Back Stroke B Grade	Inter-school Swimming Championships 2018-19	5th
Ng Abigail Hali	吳凱兒	3C	100M Breast Stroke B Grade	Inter-school Swimming Championships 2018-19	6th
Yip Hoi Ching (Catherine)	葉海晴	4A	50M Breast Stroke B Grade	Inter-school Swimming Championships 2018-19	8th
Yip Hoi Ching (Catherine)	葉海晴	4A	200M Breast Stroke B Grade	Inter-school Swimming Championships 2018-19	7th
Ho Tak Yen Leslie	何德勛	3E	200M Breast Stroke B Grade	Inter-school Swimming Championships 2018-19	6th
Yeung Wai Ki (Winky)	楊慧淇	3B	100M Free Style B Grade	Inter-school Swimming Championships 2018-19	8th
Wong Suet Ching (Cheryl)	黃雪晴	4A	4X50M Medley Relay B Grade	Inter-school Swimming Championships 2018-19	3rd (Group)
Mak Agnes	麥安穎	4E	4X50M Medley Relay B Grade	Inter-school Swimming Championships 2018-19	3rd (Group)
Yeung Wai Ki (Winky)	楊慧淇	3B	4X50M Medley Relay B Grade	Inter-school Swimming Championships 2018-19	3rd (Group)
Lam Cheuk Ue Natalie	林倬如	3B	4X50M Medley Relay B Grade	Inter-school Swimming Championships 2018-19	3rd (Group)
Ng Abigail Hali	吳凱兒	3C	4X50M Freestyle Relay B Grade	Inter-school Swimming Championships 2018-19	3rd (Group)
Ho Tak Yen Leslie	何德勛	3E	4X50M Freestyle Relay B Grade	Inter-school Swimming Championships 2018-19	3rd (Group)
Yip Hoi Ching (Catherine)	葉海晴	4A	4X50M Freestyle Relay B Grade	Inter-school Swimming Championships 2018-19	3rd (Group)
Lo Yuk Yan Justina	盧鈺恩	4D	4X50M Freestyle Relay B Grade	Inter-school Swimming Championships 2018-19	3rd (Group)
Mak Agnes	麥安穎	4E	B Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Ng Ka Ying Ashley	吳珈瑩	1D	B Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Lam Cheuk Ue Natalie	林倬如	3B	B Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Tang Jessie	鄧樂瑤	3B	B Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Yeung Wai Ki (Winky)	楊慧淇	3B	B Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Ng Abigail Hali	吳凱兒	3C	B Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Ho Tak Yen Leslie	何德勛	3E	B Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Wong Suet Ching (Cheryl)	黃雪晴	4A	B Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Yip Hoi Ching (Catherine)	葉海晴	4A	B Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Lo Yuk Yan Justina	盧鈺恩	4D	B Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Yau Man Sui (Monie)	丘雯萃	4D	B Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Assang Ka Yee Patricia	蔡嘉儀	4E	B Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Au Yat Sin Candice	區逸蒨	4E	B Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Ng Hoi Ka (Gabi)	吳愷家	2E	50M Breast Stroke C Grade	Inter-school Swimming Championships 2018-19	4th
Yeung Kei Yau Carina	楊紀悠	2D	50M Butterfly C Grade	Inter-school Swimming Championships 2018-19	4th
Yeung Kei Yau Carina	楊紀悠	2D	200M Individual Medley C Grade	Inter-school Swimming Championships 2018-19	2nd
Wong Yu Ching (Rainbow)	黃雨晴	2A	200M Free Style C Grade	Inter-school Swimming Championships 2018-19	4th
Wong Yu Ching (Rainbow)	黃雨晴	2A	100M Free Style C Grade	Inter-school Swimming Championships 2018-19	4th
Cheung Margaret	張楠深	2C	100 Back Stroke C Grade	Inter-school Swimming Championships 2018-19	5th
Cheung Margaret	張楠深	2C	200M Individual Medley C Grade	Inter-school Swimming Championships 2018-19	5th
Chun Cheuk Ting (Katie)	秦卓庭	2E	100M Free Style C Grade	Inter-school Swimming Championships 2018-19	8th
Lo Hiu Lam Sara	勞曉琳	1D	50M Back Stroke C Grade	Inter-school Swimming Championships 2018-19	7th
Lo Hiu Lam Sara	勞曉琳	1D	100M Back Stroke C Grade	Inter-school Swimming Championships 2018-19	8th
Cheung Margaret	張楠深	2C	4X50M Medley Relay C Grade	Inter-school Swimming Championships 2018-19	3rd (Group)
Yeung Kei Yau Carina	楊紀悠	2D	4X50M Medley Relay C Grade	Inter-school Swimming Championships 2018-19	3rd (Group)
Wong Yu Ching (Rainbow)	黃雨晴	2A	4X50M Medley Relay C Grade	Inter-school Swimming Championships 2018-19	3rd (Group)
Ng Hoi Ka (Gabi)	吳愷家	2E	4X50M Medley Relay C Grade	Inter-school Swimming Championships 2018-19	3rd (Group)
Fung Janel	馮雪遙	1B	4X50M Free Style Relay C Grade	Inter-school Swimming Championships 2018-19	4th (Group)
Lo Hiu Lam Sara	勞曉琳	1D	4X50M Free Style Relay C Grade	Inter-school Swimming Championships 2018-19	4th (Group)
Chun Cheuk Ting (Katie)	秦卓庭	2E	4X50M Free Style Relay C Grade	Inter-school Swimming Championships 2018-19	4th (Group)
Yu Ming Wai Kayleen	余明慧	2D	4X50M Free Style Relay C Grade	Inter-school Swimming Championships 2018-19	4th (Group)
Fung Janel	馮雪遙	1B	C Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Chan Hoi Ching Jolie	陳鑽澄	1D	C Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Lo Hiu Lam Sara	勞曉琳	1D	C Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)

Wong Yu Ching (Rainbow)	黃雨晴	2A	C Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Cheung Margaret	張楠深	2C	C Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Leung Yan Kiu Cassidy	梁欣翹	2D	C Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Yeung Kei Yau Carina	楊紀悠	2D	C Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Yu Ming Wai Kayleen	余明慧	2D	C Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Chun Cheuk Ting (Katie)	秦卓庭	2E	C Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Ng Hoi Ka (Gabi)	吳愷家	2E	C Grade Overall	Inter-school Swimming Championships 2018-19	4th (Group)
Yip Hoi Ching (Catherine)	葉海晴	4A	Overall Championships	Inter-school Swimming Championships 2018-19	4th(Group)
Chan Hoi Yi Catherine	陳鎧怡	5C	Overall Championships	Inter-school Swimming Championships 2018-19	4th(Group)
Yeung Wai Ki (Winky)	楊慧淇	3B	Overall Championships	Inter-school Swimming Championships 2018-19	4th(Group)
Lam Cheuk Ue Natalie	林偉如	3B	Overall Championships	Inter-school Swimming Championships 2018-19	4th(Group)
To Tiffany	杜可蕎	5D	Overall Championships	Inter-school Swimming Championships 2018-19	4th(Group)
Leung Sin Ki Christie	梁倩淇	2C	AB Grade	Inter-school Handball Competition 2018-2019	4th(Group)
Fan Sin Yiu Bernice	范茜堯	3A	AB Grade	Inter-school Handball Competition 2018-2019	4th(Group)
Ko Chi Yee Carina	高梓宜	3A	AB Grade	Inter-school Handball Competition 2018-2019	4th(Group)
Kam Cheuk Laam Chloe	金焯嵐	3B	AB Grade	Inter-school Handball Competition 2018-2019	4th(Group)
Tam Yu Ching (Savanna)	譚羽晴	3B	AB Grade	Inter-school Handball Competition 2018-2019	4th(Group)
Lam Ching Yuet Kary	林靖玥	3C	AB Grade	Inter-school Handball Competition 2018-2019	4th(Group)
Chan Samantha	陳渝琛	3E	AB Grade	Inter-school Handball Competition 2018-2019	4th(Group)
Law Siu Yee Sophia	羅兆貽	3E	AB Grade	Inter-school Handball Competition 2018-2019	4th(Group)
Ko Suet Ning Audrey	高雪寧	4C	AB Grade	Inter-school Handball Competition 2018-2019	4th(Group)
Leung Wing Kiu Chloe	梁穎翹	4D	AB Grade	Inter-school Handball Competition 2018-2019	4th(Group)
Aw Tsz Tung Tiffany	胡芷滢	5A	AB Grade	Inter-school Handball Competition 2018-2019	4th(Group)
Wong Wing Ki Natalie	黃穎淇	5A	AB Grade	Inter-school Handball Competition 2018-2019	4th(Group)
Ko Chi Man Natalie	高梓敏	5C	AB Grade	Inter-school Handball Competition 2018-2019	4th(Group)
Chiu Tsz Ying Sinead	趙芷滢	5E	AB Grade	Inter-school Handball Competition 2018-2019	4th(Group)
Lam Jessica Ka Wing	林嘉穎	5E	AB Grade	Inter-school Handball Competition 2018-2019	4th(Group)
Chan Hoi Ming Bo Bo	陳海鳴	6A	AB Grade	Inter-school Handball Competition 2018-2019	4th(Group)
Wong Cheuk Lam Sharon	黃卓琳	6A	AB Grade	Inter-school Handball Competition 2018-2019	4th(Group)
Wong Ching Yu Erica	黃靖瑜	6B	AB Grade	Inter-school Handball Competition 2018-2019	4th(Group)
Chi Ching Kiu Gladys	池靖翹	3D	China Student Rhythmic Gymnastics Championships - Rope Routine	China School Sports Federation	1st
Chi Ching Kiu Gladys	池靖翹	3D	China Student Rhythmic Gymnastics Championships - Hoop Routine	China School Sports Federation	2nd
Chi Ching Kiu Gladys	池靖翹	3D	China Student Rhythmic Gymnastics Championships - Overall	China School Sports Federation	1st
Yau Sin To Priscilla	丘羨陶	5B	Girls A Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	8th
Chan Ka Wai (Karry)	陳嘉慧	6D	Girls A Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	10th
Lo Yuk Yan Justina	盧鈺恩	4D	Girls B Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	2nd
Cheung Ka Ming (Kalina)	張家明	4B	Girls B Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	3rd
Yeung Kei Yau Carina	楊紀悠	2D	Girls C Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	2nd
Wong Ching Kwan Janice	黃靖鈞	4D	Girls A Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	2nd (group)

Yau Sin To Priscilla	丘羨陶	5B	Girls A Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	2nd (group)
Chan Sum Yee (Charmy)	陳心怡	6C	Girls A Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	2nd (group)
Chan Ka Wai (Karry)	陳嘉慧	6D	Girls A Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	2nd (group)
Chui Yuk Kwan (Rachel)	崔鈺堃	4B	Girls A Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	2nd (group)
Ng Yuk Yue Cythia	吳育瑜	4D	Girls A Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	2nd (group)
Chu Hok Yan (Hoiley)	朱學欣	3B	Girls B Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Man Wai Yan (Annabel)	文蔚慇	3C	Girls B Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Yip Hoi Ching (Catherine)	葉海晴	4A	Girls B Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Cheung Ka Ming (Kalina)	張家明	4B	Girls B Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Lam Man Wun (Rachel)	林汶媛	2A	Girls B Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Lo Yuk Yan Justina	盧鈺恩	4D	Girls B Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Tsang Pok Hei (Licca)	曾博晞	1A	Girls C Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	2nd (group)
Wan Nok Yi Elle	溫諾怡	2A	Girls C Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	2nd (group)
Lee Pui Yin Noelle	李沛妍	2B	Girls C Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	2nd (group)
Yeung Yee Fei Venus	楊綺霏	2B	Girls C Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	2nd (group)
Kwok Yee Lam (Ellie)	郭禕臨	2C	Girls C Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	2nd (group)
Yeung Kei Yau Carina	楊紀悠	2D	Girls C Grade	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	2nd (group)
Tsang Pok Hei (Licca)	曾博晞	1A	Team Overall	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Wan Nok Yi Elle	溫諾怡	2A	Team Overall	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Lee Pui Yin Noelle	李沛妍	2B	Team Overall	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Yeung Yee Fei Venus	楊綺霏	2B	Team Overall	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Kwok Yee Lam (Ellie)	郭禕臨	2C	Team Overall	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Yeung Kei Yau Carina	楊紀悠	2D	Team Overall	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Wong Ching Kwan Janice	黃靖鈞	4D	Team Overall	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Yau Sin To Priscilla	丘羨陶	5B	Team Overall	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)

Chan Sum Yee (Charmy)	陳心怡	6C	Team Overall	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Chan Ka Wai (Karry)	陳嘉慧	6D	Team Overall	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Chui Yuk Kwan (Rachel)	崔鈺堃	4B	Team Overall	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Ng Yuk Yue Cythia	吳育瑜	4D	Team Overall	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Chu Hok Yan (Hoiley)	朱學欣	3B	Team Overall	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Man Wai Yan (Annabel)	文蔚愜	3C	Team Overall	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Yip Hoi Ching (Catherine)	葉海晴	4A	Team Overall	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Cheung Ka Ming (Kalina)	張家明	4B	Team Overall	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Lam Man Wun (Rachel)	林汶緩	2A	Team Overall	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Lo Yuk Yan Justina	盧鈺恩	4D	Team Overall	Inter-school Cross Country Competition 2018 - Division 3 (Area 3)	Champion (group)
Man Wai Yan (Annabel)	文蔚愜	3C	The 25th Citizen Junior Athletics Championships 2019 (Girls C) - 400M	The Citizen Athletic Association	1st runner up
Man Wai Yan (Annabel)	文蔚愜	3C	The 25th Citizen Junior Athletics Championships 2019 (Girls C) - 4x400M Relay	The Citizen Athletic Association	Champion
Man Wai Yan (Annabel)	文蔚愜	3C	Watsons Annual Challenge 2018-400M Girls U16	Watsons Athletic Club	2nd runner up
Man Wai Yan (Annabel)	文蔚愜	3C	Watsons Annual Challenge 2018-400M Hurdle Girls U16	Watsons Athletic Club	3rd runner up
Man Wai Yan (Annabel)	文蔚愜	3C	Watsons Annual Challenge 2018-4x400M Relay Girls U16	Watsons Athletic Club	Champion (New record)
Man Wai Yan (Annabel)	文蔚愜	3C	Watsons Annual Challenge 2018-4x100M Relay Girls U16	Watsons Athletic Club	2nd runner up
Man Wai Yan (Annabel)	文蔚愜	3C	Hong Kong Athletic Series 2018 (Series 4)-400M Girls Group B	HKAAA	1st runner up
Man Wai Yan (Annabel)	文蔚愜	3C	ASICS Hong Kong Junior Age Group Athletic Championships 2018-400M Girls Group B	HKAAA	1st runner up
Man Wai Yan (Annabel)	文蔚愜	3C	The 23rd Citizen Junior Athletics Championships 2018 (Junior) - 400M Girls Group C	The Citizen Athletic Association	1st runner up
Man Wai Yan (Annabel)	文蔚愜	3C	HVAA Junior Athletics Meet 2019-Long Jump (Girls U16)	HVAA	Champion
Man Wai Yan (Annabel)	文蔚愜	3C	HVAA Junior Athletics Meet 2019-400M (Girls U16)	HVAA	Champion
Leung Yan Ada	梁茵	5D	Discus (Women Youth C)	Tai Po District Age Group Athletic Meet 2018	1st
Leung Yan Ada	梁茵	5D	Javelin (Women Youth C)	Tai Po District Age Group Athletic Meet 2018	2nd
Chan Zai Ci Joyce	陳再思	2E	路勁盃慈善單車標賽 - 女子初中組	中國香港單車總會有限公司	1st
Chan Zai Ci Joyce	陳再思	2E	路勁盃慈善單車標賽 - 女子青少年1組	中國香港單車總會有限公司	1st
Chan Zai Ci Joyce	陳再思	2E	全港場地單車賽第一回合 - 女子組	中國香港單車總會有限公司	2nd
Chan Zai Ci Joyce	陳再思	2E	全港場地單車賽第二回合 - 女子全能	中國香港單車總會有限公司	3rd
Chan Zai Ci Joyce	陳再思	2E	全港公路繞圈賽第一回合 - 女子 (11-13歲組)	中國香港單車總會有限公司	3rd
Chan Zai Ci Joyce	陳再思	2E	全港公路繞圈賽第二回合 - 女子青年	中國香港單車總會有限公司	3rd
Chan Zai Ci Joyce	陳再思	2E	全港公路繞圈賽第三回合 - 女子 (11-16歲組)	中國香港單車總會有限公司	2nd
Wong Suet Ching (Cheryl)	黃雪晴	4A	B grade 200m obstacle swim	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	5th
Yip Hoi Ching (Catherine)	葉海晴	4A	B grade Line throw	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	2nd

Ng Abigail Hali	吳凱兒	3C	B grade 100m rescue medley	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	5th
Yeung Wai Ki (Winky)	楊慧淇	3B	B grade 100m Manikin carry with fins	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	8th
Ho Tak Yen Leslie	何德祜	3E	B grade 100m Manikin tow with fins	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	6th
Lam Cheuk Ue Natalie	林倬如	3B	B grade 200m super lifesaver	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	4th
Mak Agnes	麥安穎	4E	B grade 200m super lifesaver	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd
Ng Abigail Hali	吳凱兒	3C	4x25m manikin relay - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	4th(Group)
Yeung Wai Ki (Winky)	楊慧淇	3B	4x25m manikin relay - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	4th(Group)
Ho Tak Yen Leslie	何德祜	3E	4x25m manikin relay - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	4th(Group)
Ng Hoi Ka (Gabi)	吳愷家	2E	4x25m manikin relay - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	4th(Group)
Lam Cheuk Ue Natalie	林倬如	3B	4x50m medley relay - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd(Group)
Mak Agnes	麥安穎	4E	4x50m medley relay - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd(Group)
Wong Suet Ching (Cheryl)	黃雪晴	4A	4x50m medley relay - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd(Group)
Cheung Margaret	張楠深	2C	4x50m medley relay - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd(Group)
Wong Suet Ching (Cheryl)	黃雪晴	4A	Overall Championship - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd (Group)
Yip Hoi Ching (Catherine)	葉海晴	4A	Overall Championship - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd (Group)
Ng Abigail Hali	吳凱兒	3C	Overall Championship - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd (Group)
Yeung Wai Ki (Winky)	楊慧淇	3B	Overall Championship - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd (Group)
Ho Tak Yen Leslie	何德祜	3E	Overall Championship - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd (Group)
Lam Cheuk Ue Natalie	林倬如	3B	Overall Championship - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd (Group)
Mak Agnes	麥安穎	4E	Overall Championship - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd (Group)
Wong Yu Ching (Rainbow)	黃雨晴	2A	Overall Championship - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd (Group)
Cheung Margaret	張楠深	2C	Overall Championship - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd (Group)
Leung Yan Kiu Cassidy	梁欣翹	2D	Overall Championship - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd (Group)
Yeung Kei Yau Carina	楊紀悠	2D	Overall Championship - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd (Group)
Yu Ming Wai Kayleen	余明慧	2D	Overall Championship - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd (Group)

Chun Cheuk Ting (Katie)	秦卓庭	2E	Overall Championship - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd (Group)
Ng Hoi Ka (Gabi)	吳愷家	2E	Overall Championship - B grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd (Group)
Lai Cheuk Yan (Junie)	黎卓欣	5E	A grade 200m Obstacle swim	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	8th
To Tiffany	杜可蕎	5D	A grade 100m rescue carry	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	5th
Chan Hoi Yi Catherine	陳鎧怡	5C	A grade 100m rescue carry	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	8th
To Tiffany	杜可蕎	5D	A grade 50m Manikin carry	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	7th
Lai Cheuk Yan (Junie)	黎卓欣	5E	4x50m medley relay - A grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd (Group)
To Tiffany	杜可蕎	5D	4x50m medley relay - A grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd (Group)
Chan Hoi Yi Catherine	陳鎧怡	5C	4x50m medley relay - A grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd (Group)
Leung Wai Yan (Evelyn)	梁瑋欣	3A	4x50m medley relay - A grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	3rd (Group)
Tang Wai Ching (Charis)	鄧蕙晴	2E	Overall Championship - A grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	5th (Group)
Leung Wai Yan (Evelyn)	梁瑋欣	3A	Overall Championship - A grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	5th (Group)
Suen Wai Yan (Mavis)	孫慧欣	3A	Overall Championship - A grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	5th (Group)
Tang Jessie	鄧樂瑤	3B	Overall Championship - A grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	5th (Group)
Yau Man Sui (Monie)	丘雯萃	4D	Overall Championship - A grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	5th (Group)
Chan Hoi Yi Catherine	陳鎧怡	5C	Overall Championship - A grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	5th (Group)
To Tiffany	杜可蕎	5D	Overall Championship - A grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	5th (Group)
Lai Cheuk Yan (Junie)	黎卓欣	5E	Overall Championship - A grade	All Hong Kong Inter-secondary Schools Life Saving Competition 2018-2019	5th (Group)
Yip Yuen Lam (Serena)	葉苑霖	5D	Secondary School and Tertiary Institution Taekwondo Competition 2019	Hong Kong Taekwondo Association	1st
Aw Tsz Tung Tiffany	胡芷彤	5A	Secondary School and Tertiary Institution Taekwondo Competition 2019	Hong Kong Taekwondo Association	3rd
Ngai Ching Tung Natalie	魏靖彤	3C	Secondary School and Tertiary Institution Taekwondo Competition 2019	Hong Kong Taekwondo Association	3rd
Choi Wai Lam Clara	蔡瑋霖	3A	2018/2019 青少年武術普及訓練計劃錦標賽 女子初中組(初級長拳)	香港武術聯會	冠軍
Choi Wai Lam Clara	蔡瑋霖	3A	2018/2019 青少年武術普及訓練計劃錦標賽 女子初中組(初級刀術)	香港武術聯會	冠軍
Choi Wai Lam Clara	蔡瑋霖	3A	2018/2019 青少年武術普及訓練計劃錦標賽 女子初中組(個人全能)	香港武術聯會	冠軍
Choi Wai Lam Clara	蔡瑋霖	3A	首屆香港武術之星錦標賽 長拳 (女子學校中學組)	傑青武術暨音樂藝術中心 & 武星國際文化傳媒	季軍
Choi Wai Lam Clara	蔡瑋霖	3A	首屆香港武術之星錦標賽 刀術 (女子學校中學組)	傑青武術暨音樂藝術中心 & 武星國際文化傳媒	冠軍
Choi Wai Lam Clara	蔡瑋霖	3A	首屆香港武術之星錦標賽 個人全能 (女子學校中學組)	傑青武術暨音樂藝術中心 & 武星國際文化傳媒	季軍
Lau Ying Yiu Yoyo	劉瓊瑤	3B	首屆香港武術之星錦標賽 刀術 (女子學校中學組)	傑青武術暨音樂藝術中心	亞軍
Lau Ying Yiu Yoyo	劉瓊瑤	3B	2018/2019 青少年武術普及訓練計劃錦標賽 女子初中組 (長拳)	香港武術聯會	亞軍
Lau Ying Yiu Yoyo	劉瓊瑤	3B	2019年全港技巧體操分齡賽4級女子三人組	中國香港體操總會	季軍

Chan Tsz Yee (Cherrie)	陳祉頤	4A	Inter-school Volleyball Competition B Grade	Hong Kong School Sports Fedreation	3rd (Group)
Chan Tsz Yan Vanessa	陳祉蔭	4B	Inter-school Volleyball Competition B Grade	Hong Kong School Sports Fedreation	3rd (Group)
Cheung Ka Ming (Kalina)	張家明	4B	Inter-school Volleyball Competition B Grade	Hong Kong School Sports Fedreation	3rd (Group)
Chan Sheung Ling Celina	陳尚苓	4D	Inter-school Volleyball Competition B Grade	Hong Kong School Sports Fedreation	3rd (Group)
Cheung Hoi Lam (Ellie)	張海琳	4D	Inter-school Volleyball Competition B Grade	Hong Kong School Sports Fedreation	3rd (Group)
Mak Pui Yu Cherry	麥珮榆	4D	Inter-school Volleyball Competition B Grade	Hong Kong School Sports Fedreation	3rd (Group)
Cheung Wai Laam (Krystal)	張惠嵐	3A	Inter-school Volleyball Competition B Grade	Hong Kong School Sports Fedreation	3rd (Group)
Lee Tsz Ching Trista	李芷晴	3D	Inter-school Volleyball Competition B Grade	Hong Kong School Sports Fedreation	3rd (Group)
Ng Cheuk Fei Faye	吳卓飛	3E	Inter-school Volleyball Competition B Grade	Hong Kong School Sports Fedreation	3rd (Group)
Lee Sung Yan (Karen)	李崇恩	3B	Inter-school Volleyball Competition B Grade	Hong Kong School Sports Fedreation	3rd (Group)
Cheung Choi Nam (Charlotte)	張采南	2A	Inter-school Volleyball Competition B Grade	Hong Kong School Sports Fedreation	3rd (Group)
Yang Xixian (Jessica)	楊希賢	2D	Inter-school Volleyball Competition B Grade	Hong Kong School Sports Fedreation	3rd (Group)
Yau Sin To Priscilla	丘羨陶	5B	飛越啟德-公民青少年田徑錦標賽2019 女子乙組1500米	公民體育會	Champion
Yau Sin To Priscilla	丘羨陶	5B	World Green Run 2018 4 x 2.5 KM (Students Relay) - High School (Form 4-6)	World Green Organisation	3rd (Group)
Zhang Gladys	張恩瑜	4E	Scout Regatta 2018 Sea Scout Standard Boat Technical Game	Hong Kong Scout Association	Champion (Group)
Yeung Charlotte Jane	楊可人	2C	XTE Easter Trail Run 2019	XTE	1st Runner Up
Mak Pui Yu Cherry	麥珮榆	4D	Ping Pong Savantas Cup U18 Womens' Singles	Ping Pong Savantas	3rd
Wong Cherry	王鎧琳	5B	建行亞洲盃新界東青少年羽毛球挑戰賽	Civil Force	1st
Wong Cherry	王鎧琳	5B	Dr.Pro全國羽毛球公開賽 公開混雙	Dr. Pro	2nd
Wong Cherry	王鎧琳	5B	Dr.Pro全國羽毛球公開賽 U19女單	Dr. Pro	3rd
Pang Wing Tung (Chloe)	彭穎彤	1A	Girls Group E - 200M	Kowloon City District Age Group Athletic Meet 2018	2nd
Pang Wing Tung (Chloe)	彭穎彤	1A	Girls Group E - 4x100M Relay	Kowloon City District Age Group Athletic Meet 2018	1st (Group)
Man Wai Yan (Annabel)	文蔚愷	3C	Hong Kong Athletic Series 2019 (Series 1)-400M	HKAAA	1st runner up
Chan Sau Ki Suki	陳秀淇	1C	Inter-school Table-tennis Competition 2018-19 (Division I) A Grade	The HK Schools Sports Federation	5th(Group)
Mak Olivia Samantha	麥霽琨	2A	Inter-school Table-tennis Competition 2018-19 (Division I) A Grade	The HK Schools Sports Federation	5th(Group)
Fong Sze Wing Rachel	方思穎	5D	Inter-school Table-tennis Competition 2018-19 (Division I) A Grade	The HK Schools Sports Federation	5th(Group)
Ho Charlotte	何思樂	5D	Inter-school Table-tennis Competition 2018-19 (Division I) A Grade	The HK Schools Sports Federation	5th(Group)
Cheung Fung Kiu Kate	張豐翹	5E	Inter-school Table-tennis Competition 2018-19 (Division I) A Grade	The HK Schools Sports Federation	5th(Group)
Poon Yat (Judy)	潘逸	3C	Singles	Jing Ying Table-tennis Competition	2nd
Ho Charlotte	何思樂	5D	Doubles	Jing Ying Table-tennis Competition	5th - 8th (Group)
Chan Sau Ki Suki	陳秀淇	1C	Doubles	Jing Ying Table-tennis Competition	5th - 8th (Group)
Lau Ying Yiu (Yoyo)	劉瓊瑤	3B	Inter-school Table-tennis Competition (Division I) B Grade	The HK Schools Sports Federation	2nd (Group)
Poon Yat (Judy)	潘逸	3C	Inter-school Table-tennis Competition (Division I) B Grade	The HK Schools Sports Federation	2nd (Group)
Chiang Cheuk Mei (Abby)	蔣綽薇	3E	Inter-school Table-tennis Competition (Division I) B Grade	The HK Schools Sports Federation	2nd (Group)
Chan Yin Tung Heidi	陳彥彤	4C	Inter-school Table-tennis Competition (Division I) B Grade	The HK Schools Sports Federation	2nd (Group)
Mak Pui Yu Cherry	麥珮榆	4D	Inter-school Table-tennis Competition (Division I) B Grade	The HK Schools Sports Federation	2nd (Group)
Poon Yat (Judy)	潘逸	3C	Hang Seng All Schools Championships 2019 - Singles	Hang Seng Table Tennis Academy	2nd
Poon Yat (Judy)	潘逸	3C	Hang Seng All Schools Championships 2019 - Overall	Hang Seng Table Tennis Academy	3rd (group)
Ho Charlotte	何思樂	5D	Hang Seng All Schools Championships 2019 - Overall	Hang Seng Table Tennis Academy	3rd (group)
Mak Pui Yu Cherry	麥珮榆	4D	Hang Seng All Schools Championships 2019 - Overall	Hang Seng Table Tennis Academy	3rd (group)
Chan Sau Ki Suki	陳秀淇	1C	Hang Seng All Schools Championships 2019 - Overall	Hang Seng Table Tennis Academy	3rd (group)

Choy Sin Man Jasmine	蔡蔣雯	2A	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Hui Yuet Tung Olivia	許悅童	2A	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Cheng Ka Ki (Sophia)	鄭加琪	2B	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Kwok Sheung Yu (Jamie)	郭上瑜	2B	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Leung Sin Ki Christie	梁倩淇	2C	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Kan Pui Yan Catherine	簡沛欣	2C	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Li Pak Yi Purzi	李柏皓	2C	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Yip Jolie	葉晴	2C	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Ho Hiu Ching (Stephanie)	何曉晴	2D	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Pak Hoi Ning (Haylie)	白凱寧	2D	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Ng Hoi Ka (Gabi)	吳愷家	2E	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Fan Sin Yiu Bernice	范茜堯	3A	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Ko Chi Yee Carina	高梓宜	3A	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Kam Cheuk Laam Chloe	金焯嵐	3B	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Tam Yu Ching (Savanna)	譚羽晴	3B	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Lam Ching Yuet Kary	林靖玥	3C	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Chan Samantha	陳渝琛	3E	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Law Siu Yee Sophia	羅兆胎	3E	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Ko Suet Ning Audrey	高雪寧	4C	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Leung Wing Kiu Chloe	梁穎翹	4D	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Aw Tsz Tung Tiffany	胡芷彤	5A	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Wong Wing Ki Natalie	黃穎淇	5A	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Ko Chi Man Natalie	高梓敏	5C	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Chiu Tsz Ying Sinead	趙芷瑩	5E	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Lam Jessica Ka Wing	林嘉穎	5E	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Chan Hoi Ming Bo Bo	陳海鳴	6A	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Wong Ching Yu Erica	黃靖瑜	6B	Inter-school Handball Competition 2018-2019 Overall	The HK Schools Sports Federation	4th(Group)
Ng Yuk Yue Cythia	吳育瑜	4D	Inter-school Athletics Championship 2018-2019 - A Grade - 200m	HKSSF	8th
Wong Ching Kwan Janice	黃靖鈞	4D	Inter-school Athletics Championship 2018-2019 - A Grade - 400m	HKSSF	3rd
Mok Chor Sze Chelsea	莫楚詩	5D	Inter-school Athletics Championship 2018-2019 - A Grade - 100m Hurdles	HKSSF	8th
Yau Sin To Priscilla	丘羨陶	5B	Inter-school Athletics Championship 2018-2019 - A Grade - 1500m	HKSSF	8th
Ho Wai Kiu Carrie	何惠蕎	5C	Inter-school Athletics Championship 2018-2019 - A Grade - High Jump	HKSSF	5th
Ng Yuk Yue Cythia	吳育瑜	4D	Inter-school Athletics Championship 2018-2019 - A Grade - Long Jump	HKSSF	4th
Chan Sik Yeung Chava	陳息壤	6E	Inter-school Athletics Championship 2018-2019 - A Grade - 4x100m Relay	HKSSF	5th (group)
Mok Chor Sze Chelsea	莫楚詩	5D	Inter-school Athletics Championship 2018-2019 - A Grade - 4x100m Relay	HKSSF	5th (group)
Ho Wai Kiu Carrie	何惠蕎	5C	Inter-school Athletics Championship 2018-2019 - A Grade - 4x100m Relay	HKSSF	5th (group)
Ng Yuk Yue Cythia	吳育瑜	4D	Inter-school Athletics Championship 2018-2019 - A Grade - 4x100m Relay	HKSSF	5th (group)
Cheong Hei Lam Valerie	莊焯琳	2B	Inter-school Athletics Championship 2018-2019 - A Grade - 4x100m Relay	HKSSF	5th (group)
Chan Ka Wai (Karry)	陳嘉慧	6D	Inter-school Athletics Championship 2018-2019 - A Grade - 4x400m Relay	HKSSF	5th (group)
Chan Sum Yee (Charmy)	陳心怡	6C	Inter-school Athletics Championship 2018-2019 - A Grade - 4x400m Relay	HKSSF	5th (group)
Yau Sin To Priscilla	丘羨陶	5B	Inter-school Athletics Championship 2018-2019 - A Grade - 4x400m Relay	HKSSF	5th (group)
Wong Ching Kwan Janice	黃靖鈞	4D	Inter-school Athletics Championship 2018-2019 - A Grade - 4x400m Relay	HKSSF	5th (group)
Chui Yuk Kwan (Rachel)	崔鈺堃	4B	Inter-school Athletics Championship 2018-2019 - A Grade - 4x400m Relay	HKSSF	5th (group)
Chan Ka Wai (Karry)	陳嘉慧	6D	Inter-school Athletics Championship 2018-2019 - A Grade - Team Overall	HKSSF	5th (group)
Ng Ho Ching (Kristie)	吳可晴	6D	Inter-school Athletics Championship 2018-2019 - A Grade - Team Overall	HKSSF	5th (group)
Chan Sum Yee (Charmy)	陳心怡	6C	Inter-school Athletics Championship 2018-2019 - A Grade - Team Overall	HKSSF	5th (group)
Chan Sik Yeung Chava	陳息壤	6E	Inter-school Athletics Championship 2018-2019 - A Grade - Team Overall	HKSSF	5th (group)
Mok Chor Sze Chelsea	莫楚詩	5D	Inter-school Athletics Championship 2018-2019 - A Grade - Team Overall	HKSSF	5th (group)
Lo Hiu Wa Melody	盧曉禪	5D	Inter-school Athletics Championship 2018-2019 - A Grade - Team Overall	HKSSF	5th (group)

Ho Wai Kiu Carrie	何惠蕎	5C	Inter-school Athletics Championship 2018-2019 - A Grade - Team Overall	HKSSF	5th (group)
Yau Sin To Priscilla	丘羨陶	5B	Inter-school Athletics Championship 2018-2019 - A Grade - Team Overall	HKSSF	5th (group)
Ng Yuk Yue Cythia	吳育瑜	4D	Inter-school Athletics Championship 2018-2019 - A Grade - Team Overall	HKSSF	5th (group)
Wong Ching Kwan Janice	黃靖鈞	4D	Inter-school Athletics Championship 2018-2019 - A Grade - Team Overall	HKSSF	5th (group)
Chui Yuk Kwan (Rachel)	崔鈺堃	4B	Inter-school Athletics Championship 2018-2019 - A Grade - Team Overall	HKSSF	5th (group)
Cheong Hei Lam Valerie	莊焱琳	2B	Inter-school Athletics Championship 2018-2019 - A Grade - Team Overall	HKSSF	5th (group)
Or Wing Lam Melinda	柯穎霖	3A	Inter-school Athletics Championship 2018-2019 - B Grade - 200m	HKSSF	4th
Or Wing Lam Melinda	柯穎霖	3A	Inter-school Athletics Championship 2018-2019 - B Grade - 100m	HKSSF	5th
Sin Tsoi Ying Martha	冼采瑩	3C	Inter-school Athletics Championship 2018-2019 - B Grade - 100m Hurdles	HKSSF	7th
Sin Tsoi Ying Martha	冼采瑩	3C	Inter-school Athletics Championship 2018-2019 - B Grade - Long Jump	HKSSF	7th
Man Wai Yan (Annabel)	文蔚愨	3C	Inter-school Athletics Championship 2018-2019 - B Grade - 400m	HKSSF	4th
Man Wai Yan (Annabel)	文蔚愨	3C	Inter-school Athletics Championship 2018-2019 - B Grade - Long Jump	HKSSF	5th
Yau Yue Fung (Yvonne)	邱御風	3B	Inter-school Athletics Championship 2018-2019 - B Grade - High Jump	HKSSF	4th
Lam Verna	林雍嵐	4B	Inter-school Athletics Championship 2018-2019 - B Grade - 100m Hurdles	HKSSF	4th
Cheung Hoi Lam (Ellie)	張海琳	4D	Inter-school Athletics Championship 2018-2019 - B Grade - Javelin	HKSSF	5th
Lo Cheuk Wing (Colby)	盧芍穎	1B	Inter-school Athletics Championship 2018-2019 - B Grade - 4x100m Relay	HKSSF	7th (group)
Or Wing Lam Melinda	柯穎霖	3A	Inter-school Athletics Championship 2018-2019 - B Grade - 4x100m Relay	HKSSF	7th (group)
Sin Tsoi Ying Martha	冼采瑩	3C	Inter-school Athletics Championship 2018-2019 - B Grade - 4x100m Relay	HKSSF	7th (group)
Lam Verna	林雍嵐	4B	Inter-school Athletics Championship 2018-2019 - B Grade - 4x100m Relay	HKSSF	7th (group)
Man Wai Yan (Annabel)	文蔚愨	3C	Inter-school Athletics Championship 2018-2019 - B Grade - 4x400m Relay	HKSSF	4th (group)
Chu Hok Yan (Hoiley)	朱學欣	3B	Inter-school Athletics Championship 2018-2019 - B Grade - 4x400m Relay	HKSSF	4th (group)
Cheung Ka Ming (Kalina)	張家明	4B	Inter-school Athletics Championship 2018-2019 - B Grade - 4x400m Relay	HKSSF	4th (group)
Lo Yuk Yan Justina	盧鈺恩	4D	Inter-school Athletics Championship 2018-2019 - B Grade - 4x400m Relay	HKSSF	4th (group)
Pang Wing Tung (Chloe)	彭穎彤	1A	Inter-school Athletics Championship 2018-2019 - B Grade - Team Overall	HKSSF	5th (group)
Lo Cheuk Wing (Colby)	盧芍穎	1B	Inter-school Athletics Championship 2018-2019 - B Grade - Team Overall	HKSSF	5th (group)
Or Wing Lam Melinda	柯穎霖	3A	Inter-school Athletics Championship 2018-2019 - B Grade - Team Overall	HKSSF	5th (group)
Yau Yue Fung (Yvonne)	邱御風	3B	Inter-school Athletics Championship 2018-2019 - B Grade - Team Overall	HKSSF	5th (group)
Man Wai Yan (Annabel)	文蔚愨	3C	Inter-school Athletics Championship 2018-2019 - B Grade - Team Overall	HKSSF	5th (group)
Sin Tsoi Ying Martha	冼采瑩	3C	Inter-school Athletics Championship 2018-2019 - B Grade - Team Overall	HKSSF	5th (group)
Chu Hok Yan (Hoiley)	朱學欣	3B	Inter-school Athletics Championship 2018-2019 - B Grade - Team Overall	HKSSF	5th (group)
Cheung Ka Ming (Kalina)	張家明	4B	Inter-school Athletics Championship 2018-2019 - B Grade - Team Overall	HKSSF	5th (group)
Lam Verna	林雍嵐	4B	Inter-school Athletics Championship 2018-2019 - B Grade - Team Overall	HKSSF	5th (group)
Hui Ting Yan (Vicky)	許婷欣	4B	Inter-school Athletics Championship 2018-2019 - B Grade - Team Overall	HKSSF	5th (group)
Chan Sheung Ling Celina	陳尚苓	4D	Inter-school Athletics Championship 2018-2019 - B Grade - Team Overall	HKSSF	5th (group)
Cheung Hoi Lam (Ellie)	張海琳	4D	Inter-school Athletics Championship 2018-2019 - B Grade - Team Overall	HKSSF	5th (group)
Lo Yuk Yan Justina	盧鈺恩	4D	Inter-school Athletics Championship 2018-2019 - B Grade - Team Overall	HKSSF	5th (group)
Tsui Tsz Yan Michelle	徐子欣	2B	Inter-school Athletics Championship 2018-2019 - C Grade - 100m Hurdles	HKSSF	7th
Tsui Tsz Yan Michelle	徐子欣	2B	Inter-school Athletics Championship 2018-2019 - C Grade - Long Jump	HKSSF	5th
Law Lok Yan Jeannie	羅樂昕	2C	Inter-school Athletics Championship 2018-2019 - C Grade - Discus	HKSSF	8th
Lam Yan Yee Natasha	林欣頤	1E	Inter-school Athletics Championship 2018-2019 - B Grade - 4x100m Relay	HKSSF	6th (group)
Yiu Hoi Ki Alyssia	姚鎧淇	2A	Inter-school Athletics Championship 2018-2019 - B Grade - 4x100m Relay	HKSSF	6th (group)
Tsui Tsz Yan Michelle	徐子欣	2B	Inter-school Athletics Championship 2018-2019 - B Grade - 4x100m Relay	HKSSF	6th (group)
Leung Tsz Ki Evelyn	梁芷淇	2D	Inter-school Athletics Championship 2018-2019 - B Grade - 4x100m Relay	HKSSF	6th (group)
Pang Wing Tung (Chloe)	彭穎彤	1A	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Lo Cheuk Wing (Colby)	盧芍穎	1B	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Or Wing Lam Melinda	柯穎霖	3A	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Yau Yue Fung (Yvonne)	邱御風	3B	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Man Wai Yan (Annabel)	文蔚愨	3C	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Sin Tsoi Ying Martha	冼采瑩	3C	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Chu Hok Yan (Hoiley)	朱學欣	3B	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)

Cheung Ka Ming (Kalina)	張家明	4B	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Lam Verna	林雍嵐	4B	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Hui Ting Yan (Vicky)	許婷欣	4B	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Chan Sheung Ling Celina	陳尚苓	4D	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Cheung Hoi Lam (Ellie)	張海琳	4D	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Lo Yuk Yan Justina	盧鈺恩	4D	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Chan Ka Wai (Karry)	陳嘉慧	6D	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Ng Ho Ching (Kristie)	吳可晴	6D	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Chan Sum Yee (Charmy)	陳心怡	6C	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Chan Sik Yeung Chava	陳息壤	6E	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Mok Chor Sze Chelsea	莫楚詩	5D	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Lo Hiu Wa Melody	盧曉樺	5D	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Ho Wai Kiu Carrie	何惠蕎	5C	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Yau Sin To Priscilla	丘羨陶	5B	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Ng Yuk Yue Cythia	吳育瑜	4D	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Wong Ching Kwan Janice	黃靖鈞	4D	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Chui Yuk Kwan (Rachel)	崔鈺堃	4B	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Cheong Hei Lam Valerie	莊煇琳	2B	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Kwok Hoi Ting Jasmine	郭凱婷	1A	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Tse Yu Sum Maisie	謝宇琛	1C	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Lam Lok Sze Shannon	林洛思	1D	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Lam Yan Yee Natasha	林欣頤	1E	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Wan Nok Yi Elle	溫諾怡	2A	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Yiu Hoi Ki Alyssia	姚鑽淇	2A	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Kwok Yee Lam (Ellie)	郭禕臨	2C	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Law Lok Yan Jeannie	羅樂昕	2C	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Tsui Tsz Yan Michelle	徐子欣	2B	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Yeung Yee Fei Venus	楊綺霏	2B	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Lee Pui Yin Noelle	李沛妍	2B	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Leung Tsz Ki Evelyn	梁芷淇	2D	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Yeung Kei Yau Carina	楊紀悠	2D	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Kwan Vivienne Ming Wai	關明慧	1E	Inter-school Athletics Championship 2018-2019 - Team Overall	HKSSF	5th (group)
Leung Gi Kay Casey	梁芷萁	5A	Inter-school Badminton Competition 2018-2019 - A Grade	HKSSF	5th (group)
Ng Cheuk Lam Charlie	吳卓霖	5A	Inter-school Badminton Competition 2018-2019 - A Grade	HKSSF	5th (group)
Wong Cherry	王鎧琳	5B	Inter-school Badminton Competition 2018-2019 - A Grade	HKSSF	5th (group)
Li Yu Ying Iris	李宇瑩	5D	Inter-school Badminton Competition 2018-2019 - A Grade	HKSSF	5th (group)
Fong Sam Cing Janice	方心呈	5E	Inter-school Badminton Competition 2018-2019 - A Grade	HKSSF	5th (group)
Liu Ching Kiu Candice	廖靖翹	5E	Inter-school Badminton Competition 2018-2019 - A Grade	HKSSF	5th (group)
Tsoi Hiu Tung (Mimi)	蔡曉彤	3D	Inter-school Badminton Competition 2018-2019 - B Grade	HKSSF	6th (group)
Lam Tsoi Yan Charmaine	林采恩	3E	Inter-school Badminton Competition 2018-2019 - B Grade	HKSSF	6th (group)
Lee Man Wai Nicole	李汶蔚	3E	Inter-school Badminton Competition 2018-2019 - B Grade	HKSSF	6th (group)
Mok Kwan Tung Amelia	莫君桐	3E	Inter-school Badminton Competition 2018-2019 - B Grade	HKSSF	6th (group)
Chow Yan Pui Wendy	鄒欣蓓	4C	Inter-school Badminton Competition 2018-2019 - B Grade	HKSSF	6th (group)
Ho Wing Yiu (Yoyo)	何穎瑤	4C	Inter-school Badminton Competition 2018-2019 - B Grade	HKSSF	6th (group)
Yeung Hoi Ching	楊凱晴	1B	Inter-school Badminton Competition 2018-2019 - C Grade	HKSSF	5th (group)
Wong Pui Ying (Cherry)	黃珮瑩	1C	Inter-school Badminton Competition 2018-2019 - C Grade	HKSSF	5th (group)
Li Yu Tung Agnes	李宇童	1D	Inter-school Badminton Competition 2018-2019 - C Grade	HKSSF	5th (group)
Yip Yui Kwan Kennis	葉睿君	2A	Inter-school Badminton Competition 2018-2019 - C Grade	HKSSF	5th (group)
Su Tian Sheng Gaille	蘇恬生	2C	Inter-school Badminton Competition 2018-2019 - C Grade	HKSSF	5th (group)

Wong Deanna	王芷晴	2D	Inter-school Badminton Competition 2018-2019 - C Grade	HKSSF	5th (group)
Luo Regina	羅睿	2E	Inter-school Badminton Competition 2018-2019 - C Grade	HKSSF	5th (group)
Woo Chung Yan Joanne	胡宗欣	2E	Inter-school Badminton Competition 2018-2019 - C Grade	HKSSF	5th (group)
Yeung Hoi Ching	楊凱晴	1B	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Wong Pui Ying (Cherry)	黃珮瑩	1C	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Li Yu Tung Agnes	李宇童	1D	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Yip Yui Kwan Kennis	葉睿君	2A	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Su Tian Sheng Gaille	蘇恬生	2C	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Wong Deanna	王芷晴	2D	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Luo Regina	羅睿	2E	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Woo Chung Yan Joanne	胡宗欣	2E	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Tsoi Hiu Tung (Mimi)	蔡曉彤	3D	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Lam Tsoi Yan Charmaine	林采恩	3E	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Lee Man Wai Nicole	李汶蔚	3E	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Mok Kwan Tung Amelia	莫君桐	3E	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Chow Yan Pui Wendy	鄒欣蓓	4C	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Ho Wing Yiu (Yoyo)	何穎瑤	4C	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Leung Gi Kay Casey	梁芷萁	5A	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Ng Cheuk Lam Charlie	吳卓霖	5A	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Wong Cherry	王鎧琳	5B	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Li Yu Ying Iris	李宇瑩	5D	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Fong Sam Cing Janice	方心呈	5E	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Liu Ching Kiu Candice	廖靖翹	5E	Inter-school Badminton Competition 2018-2019 - Team Overall	HKSSF	5th (group)
Ng Pui Ka Olga	吳珮嘉	5D	Girls' A Grade Individual Competition	The 20th Hong Kong Secondary School Trampoline Competition	Champion
Tsoi Cheuk Ying (Ada)	蔡芍瑩	3A	Girls' A Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	2nd runner-up (Group)
Chan Lareyna	陳啟書	3B	Girls' A Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	2nd runner-up (Group)
Ma Shara Jill Montuno	馬睿婕	4B	Girls' A Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	2nd runner-up (Group)
Lai Yan Tung Shermain	黎恩彤	4C	Girls' A Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	2nd runner-up (Group)
Wong Tsz Yan Sabrina	黃子恩	5C	Girls' A Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	2nd runner-up (Group)
Ng Pui Ka Olga	吳珮嘉	5D	Girls' A Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	2nd runner-up (Group)
Cheung Lok Lam (Selina)	張樂琳	4E	Girls' B Grade Individual Competition	The 20th Hong Kong Secondary School Trampoline Competition	6th runner-up
Chan Shum Yi Vanessa	陳心怡	3B	Girls' B Grade Individual Competition	The 20th Hong Kong Secondary School Trampoline Competition	1st runner-up
Lai Uen Pui (Zoe)	黎宛蓓	3B	Girls' B Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	3rd runner-up (Group)
Chan Shum Yi Vanessa	陳心怡	3B	Girls' B Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	3rd runner-up (Group)
Cheng Pui Kiu (Pocahontas)	鄭貝橋	3C	Girls' B Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	3rd runner-up (Group)
Ma Win Hei Tiffany	馬穎希	3D	Girls' B Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	3rd runner-up (Group)

Cheung Lok Lam (Selina)	張樂琳	4E	Girls' B Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	3rd runner-up (Group)
Chui Ka Hei Hilary	徐嘉禧	4E	Girls' B Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	3rd runner-up (Group)
Yu Ming Wai Kayleen	余明慧	2D	Girls' C Grade Individual Competition	The 20th Hong Kong Secondary School Trampoline Competition	4th runner-up
Fong Chi Ching (Rachel)	方智晴	2E	Girls' C Grade Individual Competition	The 20th Hong Kong Secondary School Trampoline Competition	2nd runner-up
Lee Chi Yin (Gianna)	李姿賢	2A	Girls' C Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	Champion (Group)
Tang Wing Kei Kaitlyn	鄧穎琪	2B	Girls' C Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	Champion (Group)
Wong Kei Yu Kelly	黃紀茹	2C	Girls' C Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	Champion (Group)
Yu Ming Wai Kayleen	余明慧	2D	Girls' C Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	Champion (Group)
Chang Valerie Sheung Yik	鄭雙憶	2E	Girls' C Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	Champion (Group)
Fong Chi Ching (Rachel)	方智晴	2E	Girls' C Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	Champion (Group)
Cheng Pui Kiu (Pocahontas)	鄭貝橋	3C	Girls' Synchronized Competition	The 20th Hong Kong Secondary School Trampoline Competition	6th runner-up (Group)
Cheung Lok Lam (Selina)	張樂琳	4E	Girls' Synchronized Competition	The 20th Hong Kong Secondary School Trampoline Competition	6th runner-up (Group)
Tsoi Cheuk Ying (Ada)	蔡芍瑩	3A	Individual Competition	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	9th runner-up
Ma Win Hei Tiffany	馬穎希	3D	Individual Competition	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	4th runner-up
Cheng Pui Kiu (Pocahontas)	鄭貝橋	3C	Individual Competition	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	3rd runner-up
Chan Shum Yi Vanessa	陳心怡	3B	Individual Competition	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	2nd runner-up
Cheng Pui Kiu (Pocahontas)	鄭貝橋	3C	Synchronized Competition	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	3rd runner-up (Group)
Cheung Lok Lam (Selina)	張樂琳	4E	Synchronized Competition	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	3rd runner-up (Group)
Ma Shara Jill Montuno	馬睿婕	4B	Synchronized Competition	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	1st runner-up (Group)
Lai Yan Tung Shermain	黎恩彤	4C	Synchronized Competition	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	1st runner-up (Group)
Tsoi Cheuk Ying (Ada)	蔡芍瑩	3A	Team Championship	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	Champion (Group)
Chan Shum Yi Vanessa	陳心怡	3B	Team Championship	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	Champion (Group)
Cheng Pui Kiu (Pocahontas)	鄭貝橋	3C	Team Championship	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	Champion (Group)
Ma Win Hei Tiffany	馬穎希	3D	Team Championship	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	Champion (Group)
Ng Pui Ka Olga	吳珮嘉	5D	Girls' Individual Competition (Aged 15 to 17)	Hong Kong Trampoline Gymnastics Age Group Competition 2019	1st runner-up

Ng Pui Ka Olga	吳珮嘉	5D	Girls' Individual Competition (Aged 15 to 17)	Hong Kong Trampoline Gymnastics Age Group Competition 2019	Outstanding Performance
Fong Chi Ching (Rachel)	方智晴	2E	Girls' Individual Competition (Aged 13 to 14)	Hong Kong Trampoline Gymnastics Age Group Competition 2019	7th runner-up
Fong Chi Ching (Rachel)	方智晴	2E	Girls' Individual Competition (Aged 13 to 14)	Hong Kong Trampoline Gymnastics Age Group Competition 2019	Outstanding Performance
Chui Ka Hei Hilary	徐嘉禧	4E	Girls' Synchronized Competition (Aged 15 to 17)	Hong Kong Trampoline Gymnastics Age Group Competition 2019	7th runner-up (Group)
Wong Tsz Yan Sabrina	黃子恩	5C	Girls' Synchronized Competition (Aged 15 to 17)	Hong Kong Trampoline Gymnastics Age Group Competition 2019	7th runner-up (Group)
Tang Wing Kei Kaitlyn	鄧穎琪	2B	Girls' Synchronized Competition (Aged 14 or below)	Hong Kong Trampoline Gymnastics Age Group Competition 2019	3rd runner-up (Group)
Fong Chi Ching (Rachel)	方智晴	2E	Girls' Synchronized Competition (Aged 14 or below)	Hong Kong Trampoline Gymnastics Age Group Competition 2019	3rd runner-up (Group)
Chung Hei lu (Naomi)	鍾曦嬈	5D	HK Island & Kowloon Secondary Schools Competition - BOCHK Archery Cup	HK Island & Kowloon Secondary Schools Regional Committee	7th
Cheung Margaret	張楠深	2C	The 7th Hong Kong Games Women's 4x50M Freestyle Relay	HKSAR	1st
Cheung Margaret	張楠深	2C	The 7th Hong Kong Games Women's 4 x 100m Medley Relay	HKSAR	2nd
Lo Hiu Lam Sara	勞曉琳	1D	2019-20 Division II Age Group Long Course Swimming Competition (Part 2)	HKASA	1st
Lo Hiu Lam Sara	勞曉琳	1D	2019-20 Division II Age Group Long Course Swimming Competition (Part 2)	HKASA	1st
Ng Pui Ka Olga	吳珮嘉	5D	Girls' A Grade Synchronized Competition	Hong Kong Trampoline Open Championship 2018	Champion (Group)
Ng Pui Ka Olga	吳珮嘉	5D	Girls' B Grade Individual Competition	Hong Kong Trampoline Open Championship 2018	Champion
Ng Pui Ka Olga	吳珮嘉	5D	Girls' Open Grade Team Championship	Hong Kong Trampoline Open Championship 2018	2nd runner-up (Group)
Chung Hei lu (Naomi)	鍾曦嬈	5D	星箭會射箭邀請賽2018 - 反曲弓女子中級組	星箭會	1st
Chung Hei lu (Naomi)	鍾曦嬈	5D	2018-2019香港中文大學射箭公開邀請賽 - 女子反曲弓中級組	香港中文大學	2nd
Man Wai Yan (Annabel)	文蔚愨	3C	62nd Festival of Sport Youth and Kids Athletics Day 2019- 400M	HKAAA	2nd runner up
Mak Pui Yu Cherry	麥珮榆	4D	Kwai Tsing District Table-Tennis Competition Age Group G Girl Single	LCSD	1st runner-up
Woo Chung Yan Joanne	胡宗欣	2E	Kowloon City District Age Group Badminton Competition 2018 - Youth group Women's Double	LCSD	2nd (group)
Woo Chung Yan Joanne	胡宗欣	2E	Eastern District Age Group Badminton Competition 2018 - Youth group Women's Double	LCSD	3rd (group)
Chan Sau Ki Suki	陳秀淇	1C	Kwun Tong District Table-Tennis Competition Girls Youth Group FH (Single) 2018	LCSD	2nd
Man Wai Yan (Annabel)	文蔚愨	3C	Islands District Athletic Competition 2018-Long Jump Girls Group D	LCSD	Champion (New record)
Man Wai Yan (Annabel)	文蔚愨	3C	Islands District Athletic Competition 2018-High Jump Girls Group D	LCSD	Champion
Man Wai Yan (Annabel)	文蔚愨	3C	Islands District Athletic Competition 2018-400M Girls Group D	LCSD	Champion (New record)
Man Wai Yan (Annabel)	文蔚愨	3C	Kowloon City District Athletic Competition 2018-200M Girls Group D	LCSD	Champion
Man Wai Yan (Annabel)	文蔚愨	3C	Kowloon City District Athletic Competition 2018-Long Jump Girls Group D	LCSD	Champion
Man Wai Yan (Annabel)	文蔚愨	3C	Kowloon City District Athletic Competition 2018-400M Girls Group D	LCSD	Champion (New record)
Man Wai Yan (Annabel)	文蔚愨	3C	Kwai Tsing District Athletic Competition 2018-100M Girls Group D	LCSD	2nd runner up
Man Wai Yan (Annabel)	文蔚愨	3C	Tsuen Wan District Athletic Competition 2018-Long Jump Girls Group D	LCSD	Champion
Man Wai Yan (Annabel)	文蔚愨	3C	Tsuen Wan District Athletic Competition 2018-High Jump Girls Group D	LCSD	1st runner up
Man Wai Yan (Annabel)	文蔚愨	3C	Tsuen Wan District Athletic Competition 2018-400M Girls Group D	LCSD	Champion (New record)
Man Wai Yan (Annabel)	文蔚愨	3C	Tuen Mun District Athletic Competition 2018-400M Girls Group D	LCSD	Champion (New record)
Man Wai Yan (Annabel)	文蔚愨	3C	South District Athletic Competition 2018-Long Jump (Girls Group D)	LCSD	Champion
Man Wai Yan (Annabel)	文蔚愨	3C	South District Athletic Competition 2018-400M (Girls Group D)	LCSD	Champion (New record)

Man Wai Yan (Annabel)	文蔚愨	3C	South District Athletic Competition 2018-High Jump (Girls Group D)	LCSD	2nd runner up
Man Wai Yan (Annabel)	文蔚愨	3C	The 33th NT District Athletic Competition (Girls Youth) - Long Jump	LCSD	1st runner up
Man Wai Yan (Annabel)	文蔚愨	3C	The 33th NT District Athletic Competition (Girls Youth) - 400M	LCSD	1st runner up
Man Wai Yan (Annabel)	文蔚愨	3C	The 33th NT District Athletic Competition (Girls Youth) - 4x400M Relay	LCSD	Champion (Break record)
Mok Chor Sze Chelsea	莫楚詩	5D	YauTsimMong District Age Group Athletics Competition 2018 - Group C - 100m Hurdles	LCSD	1st
Tsui Tsz Yan Michelle	徐子欣	2B	YauTsimMong District Age Group Athletics Competition 2018 - Group D - 100m Hurdles	LCSD	1st
Sin Tsoi Ying Martha	冼采瑩	3C	YauTsimMong District Age Group Athletics Competition 2018 - Group D - 100m Hurdles	LCSD	2nd
Ng Ho Ching (Kristie)	吳可晴	6D	YauTsimMong District Age Group Athletics Competition 2018 - Group C - Discus	LCSD	1st
Ng Ho Ching (Kristie)	吳可晴	6D	YauTsimMong District Age Group Athletics Competition 2018 - Group C - Javelin	LCSD	1st
Lo Hiu Wa Melody	盧曉禕	5D	YauTsimMong District Age Group Athletics Competition 2018 - Group C - Discus	LCSD	2nd
Lo Hiu Wa Melody	盧曉禕	5D	YauTsimMong District Age Group Athletics Competition 2018 - Group C - Shot Put	LCSD	2nd
Hui Ting Yan (Vicky)	許婷欣	4B	YauTsimMong District Age Group Athletics Competition 2018 - Group D - Discus	LCSD	2nd
Chan Sheung Ling Celina	陳尚苓	4D	YauTsimMong District Age Group Athletics Competition 2018 - Group D - Javelin	LCSD	2nd
Chan Sheung Ling Celina	陳尚苓	4D	YauTsimMong District Age Group Athletics Competition 2018 - Group D - Shot Put	LCSD	2nd
Chan Ka Wai (Karry)	陳嘉慧	6D	Kowloon City District Age Group Athletics Competition 2018 - Group C - 400m	LCSD	1st
Chan Ka Wai (Karry)	陳嘉慧	6D	Kowloon City District Age Group Athletics Competition 2018 - Group C - Long Jump	LCSD	2nd
Ho Wai Kiu Carrie	何惠蕎	5C	Kowloon City District Age Group Athletics Competition 2018 - Group C - High Jump	LCSD	1st**New Record
Chan Ka Wai (Karry)	陳嘉慧	6D	Kowloon City District Age Group Athletics Competition 2018 - Group C - 4x100m Relay	LCSD	2nd (group)
Mok Chor Sze Chelsea	莫楚詩	5D	Kowloon City District Age Group Athletics Competition 2018 - Group C - 4x100m Relay	LCSD	2nd (group)
Ho Wai Kiu Carrie	何惠蕎	5C	Kowloon City District Age Group Athletics Competition 2018 - Group C - 4x100m Relay	LCSD	2nd (group)
Yau Sin To Priscilla	丘羨陶	5B	Kowloon City District Age Group Athletics Competition 2018 - Group C - 4x100m Relay	LCSD	2nd (group)
Cheung Ka Ming (Kalina)	張家明	4B	Kowloon City District Age Group Athletics Competition 2018 - Open - 800m	LCSD	2nd
Yau Sin To Priscilla	丘羨陶	5B	Kowloon City District Age Group Athletics Competition 2018 - Open - 800m	LCSD	3rd
Wong Ching Kwan Janice	黃靖鈞	4D	Kowloon City District Age Group Athletics Competition 2018 - Open - 800m	LCSD	4th
Or Wing Lam Melinda	柯穎霖	3A	Kowloon City District Age Group Athletics Competition 2018 - Group D - 100m	LCSD	1st**New Record
Tsui Tsz Yan Michelle	徐子欣	2B	Kowloon City District Age Group Athletics Competition 2018 - Group D - 100m	LCSD	3rd
Man Wai Yan (Annabel)	文蔚愨	3C	Kowloon City District Age Group Athletics Competition 2018 - Group D - 200m	LCSD	1st
Man Wai Yan (Annabel)	文蔚愨	3C	Kowloon City District Age Group Athletics Competition 2018 - Group D - Long Jump	LCSD	1st
Man Wai Yan (Annabel)	文蔚愨	3C	Kowloon City District Age Group Athletics Competition 2018 - Group D - 400m	LCSD	1st**New Record
Wong Ching Kwan Janice	黃靖鈞	4D	Kowloon City District Age Group Athletics Competition 2018 - Group D - 400m	LCSD	4th
Ng Yuk Yue Cythia	吳育瑜	4D	Kowloon City District Age Group Athletics Competition 2018 - Group D - 200m	LCSD	2nd
Ng Yuk Yue Cythia	吳育瑜	4D	Kowloon City District Age Group Athletics Competition 2018 - Group D - Long Jump	LCSD	2nd
Sin Tsoi Ying Martha	冼采瑩	3C	Kowloon City District Age Group Athletics Competition 2018 - Group D - Long Jump	LCSD	4th

Yau Yue Fung (Yvonne)	邱御風	3B	Kowloon City District Age Group Athletics Competition 2018 - Group D - High Jump	LCSD	1st
Or Wing Lam Melinda	柯穎霖	3A	Kowloon City District Age Group Athletics Competition 2018 - Group D - 4x100m Relay	LCSD	1st (group)
Sin Tsoi Ying Martha	洗采瑩	3C	Kowloon City District Age Group Athletics Competition 2018 - Group D - 4x100m Relay	LCSD	1st (group)
Lam Verna	林雍嵐	4B	Kowloon City District Age Group Athletics Competition 2018 - Group D - 4x100m Relay	LCSD	1st (group)
Or Sin Wai Claudia	柯羨慧	4C	Kowloon City District Age Group Athletics Competition 2018 - Group D - 4x100m Relay	LCSD	1st (group)
Leung Tsz Ki Evelyn	梁芷淇	2D	Kowloon City District Age Group Athletics Competition 2018 - Group D - 4x100m Relay	LCSD	2nd (group)
Tsui Tsz Yan Michelle	徐子欣	2B	Kowloon City District Age Group Athletics Competition 2018 - Group D - 4x100m Relay	LCSD	2nd (group)
Wan Nok Yi Elle	溫諾怡	2A	Kowloon City District Age Group Athletics Competition 2018 - Group D - 4x100m Relay	LCSD	2nd (group)
Yiu Hoi Ki Alyssia	姚鎧淇	2A	Kowloon City District Age Group Athletics Competition 2018 - Group D - 4x100m Relay	LCSD	2nd (group)
Cheung Ka Ming (Kalina)	張家明	4B	Kowloon City District Age Group Athletics Competition 2018 - Group D - 4x100m Relay	LCSD	3rd (group)
Chui Yuk Kwan (Rachel)	崔鈺堃	4B	Kowloon City District Age Group Athletics Competition 2018 - Group D - 4x100m Relay	LCSD	3rd (group)
Wong Ching Kwan Janice	黃靖鈞	4D	Kowloon City District Age Group Athletics Competition 2018 - Group D - 4x100m Relay	LCSD	3rd (group)
Ng Yuk Yue Cythia	吳育瑜	4D	Kowloon City District Age Group Athletics Competition 2018 - Group D - 4x100m Relay	LCSD	3rd (group)
Lam Yan Yee Natasha	林欣頤	1E	Kowloon City District Age Group Athletics Competition 2018 - Group E - 60m	LCSD	1st
Lam Yan Yee Natasha	林欣頤	1E	Kowloon City District Age Group Athletics Competition 2018 - Group E - 100m	LCSD	2nd
Pang Wing Tung (Chloe)	彭穎彤	1A	Kowloon City District Age Group Athletics Competition 2018 - Group E - 200m	LCSD	2nd
Tse Yu Sum Maisie	謝宇琛	1C	Kowloon City District Age Group Athletics Competition 2018 - Group E - High Jump	LCSD	1st
Pang Wing Tung (Chloe)	彭穎彤	1A	Kowloon City District Age Group Athletics Competition 2018 - Group E - 4x100m Relay	LCSD	1st (group)
Ng Cheuk Kei (Chloe)	吳綽琦	1A	Kowloon City District Age Group Athletics Competition 2018 - Group E - 4x100m Relay	LCSD	1st (group)
Ng Cheuk Yiu (Cheryl)	吳綽瑤	1C	Kowloon City District Age Group Athletics Competition 2018 - Group E - 4x100m Relay	LCSD	1st (group)
Lam Yan Yee Natasha	林欣頤	1E	Kowloon City District Age Group Athletics Competition 2018 - Group E - 4x100m Relay	LCSD	1st (group)
Wong Cherry	王鎧琳	5B	North District Women's Single Badminton Competition 2018	LCSD	2nd
Wong Cherry	王鎧琳	5B	Kowloon City District Mixed Doubles Badminton Competition 2018	LCSD	4th
Ho Cheuk Ham (Kitty)	何卓函	3D	Hong Kong Jump Rope Championship-Team Show	Hong Kong Rope Skipping Federation, China	2nd runner up (Group)
Ma Win Hei Tiffany	馬穎希	3D	Hong Kong Jump Rope Championship-Team Show	Hong Kong Rope Skipping Federation, China	2nd runner up (Group)
Tong Cheuk Yan Gloria Belinda	唐卓昕	3E	Hong Kong Jump Rope Championship-Team Show	Hong Kong Rope Skipping Federation, China	2nd runner up (Group)
Lai Uen Pui (Zoe)	黎宛蓓	3B	Hong Kong Jump Rope Championship-Team Show	Hong Kong Rope Skipping Federation, China	2nd runner up (Group)
Chu Hok Yan (Hoiley)	朱學欣	3B	Hong Kong Jump Rope Championship-Team Show	Hong Kong Rope Skipping Federation, China	2nd runner up (Group)
So Yan Tung Yanice	蘇恩彤	4A	Hong Kong Jump Rope Championship-Team Show	Hong Kong Rope Skipping Federation, China	2nd runner up (Group)
Chow Ching Tung Charlotte	周靖童	4D	Hong Kong Jump Rope Championship-Team Show	Hong Kong Rope Skipping Federation, China	2nd runner up (Group)
Tse Christie Tin Yan	謝天恩	4B	Hong Kong Jump Rope Championship-Team Show	Hong Kong Rope Skipping Federation, China	2nd runner up (Group)

Wong Tze Ying Megan	黃子盈	4A	Hong Kong Jump Rope Championship-Team Show	Hong Kong Rope Skipping Federation, China	2nd runner up (Group)
Ma Shara Jill Montuno	馬睿婕	4B	Hong Kong Jump Rope Championship-Team Show	Hong Kong Rope Skipping Federation, China	2nd runner up (Group)
Chan Mei Tsun Easter	陳美榛	4E	Hong Kong Jump Rope Championship-Team Show	Hong Kong Rope Skipping Federation, China	2nd runner up (Group)
Khan Sarah	施安娜	5A	Hong Kong Jump Rope Championship-Team Show	Hong Kong Rope Skipping Federation, China	2nd runner up (Group)
Sin Cheuk Ying Chelene	洗卓盈	5E	Hong Kong Jump Rope Championship-Team Show	Hong Kong Rope Skipping Federation, China	2nd runner up (Group)
So Pak Ning Chiara	蘇柏寧	5E	Hong Kong Jump Rope Championship-Team Show	Hong Kong Rope Skipping Federation, China	2nd runner up (Group)
Yeung Ho Yan (Ruby)	楊可忻	5E	Hong Kong Jump Rope Championship-Team Show	Hong Kong Rope Skipping Federation, China	2nd runner up (Group)
Lai Uen Pui (Zoe)	黎宛蓓	3B	Hong Kong Jump Rope Championship-Single Rope Pairs Speed(2 person, 1 rope) 1X30	Hong Kong Rope Skipping Federation, China	2nd runner up (Group)
Chu Hok Yan (Hoiley)	朱學欣	3B	Hong Kong Jump Rope Championship-Single Rope Pairs Speed(2 person, 1 rope) 1X30	Hong Kong Rope Skipping Federation, China	2nd runner up (Group)
Lai Uen Pui (Zoe)	黎宛蓓	3B	Hong Kong Jump Rope Championship-Single Rope Speed 1X30	Hong Kong Rope Skipping Federation, China	3rd runner up(Group)
Chu Hok Yan (Hoiley)	朱學欣	3B	Hong Kong Jump Rope Championship-Single Rope Speed Relay 4X30	Hong Kong Rope Skipping Federation, China	3rd runner up(Group)
Chow Ching Tung Charlotte	周靖童	4D	Hong Kong Jump Rope Championship-Single Rope Speed Relay 4X30	Hong Kong Rope Skipping Federation, China	3rd runner up(Group)
Khan Sarah	施安娜	5A	Hong Kong Jump Rope Championship-Single Rope Speed Relay 4X30	Hong Kong Rope Skipping Federation, China	3rd runner up(Group)
Lai Uen Pui (Zoe)	黎宛蓓	3B	Hong Kong Jump Rope Championship-Single Rope Speed Relay 4X30	Hong Kong Rope Skipping Federation, China	3rd runner up(Group)
Lai Uen Pui (Zoe)	黎宛蓓	3B	Hong Kong Jump Rope Championship-Single Rope Cross Realy 4X30	Hong Kong Rope Skipping Federation, China	3rd runner up(Group)
Tse Christie Tin Yan	謝天恩	4B	Hong Kong Jump Rope Championship-Single Rope Cross Realy 4X30	Hong Kong Rope Skipping Federation, China	3rd runner up(Group)
Khan Sarah	施安娜	5A	Hong Kong Jump Rope Championship-Single Rope Cross Realy 4X30	Hong Kong Rope Skipping Federation, China	3rd runner up(Group)
Chow Ching Tung Charlotte	周靖童	4D	Hong Kong Jump Rope Championship-Single Rope Cross Realy 4X30	Hong Kong Rope Skipping Federation, China	3rd runner up(Group)
Tong Cheuk Yan Gloria Belind	唐卓昕	3E	Hong Kong Jump Rope Championship-Long Rope Speed	Hong Kong Rope Skipping Federation, China	3rd runner up(Group)
Lai Uen Pui (Zoe)	黎宛蓓	3B	Hong Kong Jump Rope Championship-Long Rope Speed	Hong Kong Rope Skipping Federation, China	3rd runner up(Group)
Chu Hok Yan (Hoiley)	朱學欣	3B	Hong Kong Jump Rope Championship-Long Rope Speed	Hong Kong Rope Skipping Federation, China	3rd runner up(Group)
Chow Ching Tung Charlotte	周靖童	4D	Hong Kong Jump Rope Championship-Long Rope Speed	Hong Kong Rope Skipping Federation, China	3rd runner up(Group)
Tse Christie Tin Yan	謝天恩	4B	Hong Kong Jump Rope Championship-Long Rope Speed	Hong Kong Rope Skipping Federation, China	3rd runner up(Group)
Khan Sarah	施安娜	5A	Hong Kong Jump Rope Championship-Long Rope Speed	Hong Kong Rope Skipping Federation, China	3rd runner up(Group)
Sin Cheuk Ying Chelene	洗卓盈	5E	Hong Kong Jump Rope Championship-Long Rope Speed	Hong Kong Rope Skipping Federation, China	3rd runner up(Group)
So Pak Ning Chiara	蘇柏寧	5E	Hong Kong Jump Rope Championship-Long Rope Speed	Hong Kong Rope Skipping Federation, China	3rd runner up(Group)
Fung Nok Tung Nicole	馮諾彤	1E	Girls C Grade- Floor Exercise	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Lai Lok Lam Chloe	黎洛琳	1E	Girls C Grade- Floor Exercise	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Tang Wing Kei Kaitlyn	鄧穎琪	2B	Girls C Grade- Floor Exercise	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Tsui Tsz Yan Michelle	徐子欣	2B	Girls C Grade- Floor Exercise	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Yeung Sheung Ying Natalie	楊相映	2D	Girls C Grade- Floor Exercise	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Chan Chelsea Hong Kiu	陳康喬	2E	Girls C Grade- Floor Exercise	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Fong Chi Ching (Rachel)	方智晴	2E	Girls C Grade- Floor Exercise	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Wat Tsz Lam Louise	屈籽琳	1C	Girls C Grade- Vaulting	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Fung Nok Tung Nicole	馮諾彤	1E	Girls C Grade- Vaulting	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit

Tsui Tsz Yan Michelle	徐子欣	2B	Girls C Grade- Vaulting	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Yeung Sheung Ying Natalie	楊相映	2D	Girls C Grade- Vaulting	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Chan Chelsea Hong Kiu	陳康喬	2E	Girls C Grade- Vaulting	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Fong Chi Ching (Rachel)	方智晴	2E	Girls C Grade- Vaulting	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Lai Lok Lam Chloe	黎洛琳	1E	Girls C Grade- Vaulting	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Distinction
Tang Wing Kei Kaitlyn	鄧穎琪	2B	Girls C Grade- Vaulting	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Distinction
Tang Wing Kei Kaitlyn	鄧穎琪	2B	Girls C Grade Team Championship	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	2nd runner-up (Group)
Tsui Tsz Yan Michelle	徐子欣	2B	Girls C Grade Team Championship	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	2nd runner-up (Group)
Yeung Sheung Ying Natalie	楊相映	2D	Girls C Grade Team Championship	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	2nd runner-up (Group)
Chan Chelsea Hong Kiu	陳康喬	2E	Girls C Grade Team Championship	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	2nd runner-up (Group)
Fong Chi Ching (Rachel)	方智晴	2E	Girls C Grade Team Championship	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	2nd runner-up (Group)
Lee Yin Ue Chloe	李彥好	2A	Girls B Grade- Balance Beam	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Pun Wing Sum Wincy	潘穎心	3A	Girls B Grade- Balance Beam	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Distinction
Pun Wing Sum Wincy	潘穎心	3A	Girls B Grade- Balance Beam	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	1st runner-up
Lee Yin Ue Chloe	李彥好	2A	Girls B Grade- Floor Exercise	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Chow Ching Tung Charlotte	周靖童	4D	Girls B Grade- Floor Exercise	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Sham Cheuk Yi Cherry	岑焯兒	4D	Girls B Grade- Floor Exercise	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Chan Chin Wing Charis	陳芊穎	4D	Girls B Grade- Floor Exercise	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Distinction
Chan Chin Wing Charis	陳芊穎	4D	Girls B Grade- Floor Exercise	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	6th runner-up
Pun Wing Sum Wincy	潘穎心	3A	Girls B Grade- Floor Exercise	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Distinction
Pun Wing Sum Wincy	潘穎心	3A	Girls B Grade- Floor Exercise	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	2nd runner-up
Lee Yin Ue Chloe	李彥好	2A	Girls B Grade- Vault	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Chan Chin Wing Charis	陳芊穎	4D	Girls B Grade- Vault	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Sham Cheuk Yi Cherry	岑焯兒	4D	Girls B Grade- Vault	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit
Pun Wing Sum Wincy	潘穎心	3A	Girls B Grade- Vault	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Certificate of Merit

Pun Wing Sum Wincy	潘穎心	3A	Girls B Grade- Vault	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	3rd runner-up
Pun Wing Sum Wincy	潘穎心	3A	Girls B Grade- Individual All Round	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	1st runner-up
Lee Yin Ue Chloe	李彥妤	2A	Girls B Grade Team Championship	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Champion (Group)
Pun Wing Sum Wincy	潘穎心	3A	Girls B Grade Team Championship	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Champion (Group)
Chan Chin Wing Charis	陳芊穎	4D	Girls B Grade Team Championship	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Champion (Group)
Chow Ching Tung Charlotte	周靖童	4D	Girls B Grade Team Championship	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Champion (Group)
Sham Cheuk Yi Cherry	岑焯兒	4D	Girls B Grade Team Championship	All Hong Kong Inter-Secondary Schools Gymnastic Competition 2018-2019	Champion (Group)
Ng Pui Ka Olga	吳珮嘉	5D	Girls' A Grade Individual Competition	The 20th Hong Kong Secondary School Trampoline Competition	Champion
Tsoi Cheuk Ying (Ada)	蔡芍瑩	3A	Girls' A Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	2nd runner-up (Group)
Chan Lareyna	陳啟書	3B	Girls' A Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	2nd runner-up (Group)
Ma Shara Jill Montuno	馬睿婕	4B	Girls' A Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	2nd runner-up (Group)
Lai Yan Tung Shermain	黎恩彤	4C	Girls' A Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	2nd runner-up (Group)
Wong Tsz Yan Sabrina	黃子恩	5C	Girls' A Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	2nd runner-up (Group)
Ng Pui Ka Olga	吳珮嘉	5D	Girls' A Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	2nd runner-up (Group)
Cheung Lok Lam (Selina)	張樂琳	4E	Girls' B Grade Individual Competition	The 20th Hong Kong Secondary School Trampoline Competition	6th runner-up
Chan Shum Yi Vanessa	陳心怡	3B	Girls' B Grade Individual Competition	The 20th Hong Kong Secondary School Trampoline Competition	1st runner-up
Lai Uen Pui (Zoe)	黎宛蓓	3B	Girls' B Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	3rd runner-up (Group)
Chan Shum Yi Vanessa	陳心怡	3B	Girls' B Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	3rd runner-up (Group)
Cheng Pui Kiu (Pocahontas)	鄭貝橋	3C	Girls' B Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	3rd runner-up (Group)
Ma Win Hei Tiffany	馬穎希	3D	Girls' B Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	3rd runner-up (Group)
Cheung Lok Lam (Selina)	張樂琳	4E	Girls' B Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	3rd runner-up (Group)
Chui Ka Hei Hilary	徐嘉禧	4E	Girls' B Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	3rd runner-up (Group)
Yu Ming Wai Kayleen	余明慧	2D	Girls' C Grade Individual Competition	The 20th Hong Kong Secondary School Trampoline Competition	4th runner-up
Fong Chi Ching (Rachel)	方智晴	2E	Girls' C Grade Individual Competition	The 20th Hong Kong Secondary School Trampoline Competition	2nd runner-up
Lee Chi Yin (Gianna)	李姿賢	2A	Girls' C Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	Champion (Group)

Tang Wing Kei Kaitlyn	鄧穎琪	2B	Girls' C Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	Champion (Group)
Wong Kei Yu Kelly	黃紀茹	2C	Girls' C Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	Champion (Group)
Yu Ming Wai Kayleen	余明慧	2D	Girls' C Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	Champion (Group)
Chang Valerie Sheung Yik	鄭雙憶	2E	Girls' C Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	Champion (Group)
Fong Chi Ching (Rachel)	方智晴	2E	Girls' C Grade Team Championship	The 20th Hong Kong Secondary School Trampoline Competition	Champion (Group)
Cheng Pui Kiu (Pocahontas)	鄭貝橋	3C	Girls' Synchronized Competition	The 20th Hong Kong Secondary School Trampoline Competition	6th runner-up (Group)
Cheung Lok Lam (Selina)	張樂琳	4E	Girls' Synchronized Competition	The 20th Hong Kong Secondary School Trampoline Competition	6th runner-up (Group)
Tsoi Cheuk Ying (Ada)	蔡芍瑩	3A	Individual Competition	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	9th runner-up
Ma Win Hei Tiffany	馬穎希	3D	Individual Competition	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	4th runner-up
Cheng Pui Kiu (Pocahontas)	鄭貝橋	3C	Individual Competition	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	3rd runner-up
Chan Shum Yi Vanessa	陳心怡	3B	Individual Competition	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	2nd runner-up
Cheng Pui Kiu (Pocahontas)	鄭貝橋	3C	Synchronized Competition	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	3rd runner-up (Group)
Cheung Lok Lam (Selina)	張樂琳	4E	Synchronized Competition	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	3rd runner-up (Group)
Ma Shara Jill Montuno	馬睿婕	4B	Synchronized Competition	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	1st runner-up (Group)
Lai Yan Tung Shermain	黎恩彤	4C	Synchronized Competition	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	1st runner-up (Group)
Tsoi Cheuk Ying (Ada)	蔡芍瑩	3A	Team Championship	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	Champion (Group)
Chan Shum Yi Vanessa	陳心怡	3B	Team Championship	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	Champion (Group)
Cheng Pui Kiu (Pocahontas)	鄭貝橋	3C	Team Championship	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	Champion (Group)
Ma Win Hei Tiffany	馬穎希	3D	Team Championship	Maryknoll Convent School Trampoline Invitation Competition 2018-2019	Champion (Group)
Ng Pui Ka Olga	吳珮嘉	5D	Girls' Individual Competition (Aged 15 to 17)	Hong Kong Trampoline Gymnastics Age Group Competition 2019	1st runner-up
Ng Pui Ka Olga	吳珮嘉	5D	Girls' Individual Competition (Aged 15 to 17)	Hong Kong Trampoline Gymnastics Age Group Competition 2019	Outstanding Performance
Fong Chi Ching (Rachel)	方智晴	2E	Girls' Individual Competition (Aged 13 to 14)	Hong Kong Trampoline Gymnastics Age Group Competition 2019	7th runner-up
Fong Chi Ching (Rachel)	方智晴	2E	Girls' Individual Competition (Aged 13 to 14)	Hong Kong Trampoline Gymnastics Age Group Competition 2019	Outstanding Performance
Chui Ka Hei Hilary	徐嘉禧	4E	Girls' Synchronized Competition (Aged 15 to 17)	Hong Kong Trampoline Gymnastics Age Group Competition 2019	7th runner-up (Group)
Wong Tsz Yan Sabrina	黃子恩	5C	Girls' Synchronized Competition (Aged 15 to 17)	Hong Kong Trampoline Gymnastics Age Group Competition 2019	7th runner-up (Group)

Tang Wing Kei Kaitlyn	鄧穎琪	2B	Girls' Synchronized Competition (Aged 14 or below)	Hong Kong Trampoline Gymnastics Age Group Competition 2019	3rd runner-up (Group)
Fong Chi Ching (Rachel)	方智晴	2E	Girls' Synchronized Competition (Aged 14 or below)	Hong Kong Trampoline Gymnastics Age Group Competition 2019	3rd runner-up (Group)