

Lingnan University Sports Day 2024

Field Events

Event		1st	2nd	3rd	4th	5th	6th	Record
Women's Shot Put 鉛球	Position							
	Team	跨學科學院 School of Interdisciplinary Studies	跨學科學院 School of Interdisciplinary Studies	文學院 Faculty of Arts	研究生學院 School of Graduate Studies	商學院 Faculty of Business	商學院 Faculty of Business	9.13 m
	Name	胡凱瑤 Wu Hoi Yiu	阮熾樂 Yuen Andrea Hay Lok	王怡琪 Wong Yi Ki	曾彥 Zeng Yan	齊桐普 Qi Tong Yu	盧寶寶 Lo Bo Bo	
Result	7.95m	6.55m	6.18m	6.09m	4.9m	4.81m		
Men's Long Jump 跳遠	Team	持續進修學院 Lingnan Institute of Further Education	跨學科學院 School of Interdisciplinary Studies	持續進修學院 Lingnan Institute of Further Education	社科院 Faculty of Social Sciences	跨學科學院 School of Interdisciplinary Studies	文學院 Faculty of Arts	6.36 m
	Name	姚敬琛 Yiu King Sum	吳子樑 Ng Tsz Leung	鄧光博 Tang Kwong Pok	譚曜斌 Tam Yiu Pan	羅博文 Lo Pok Man	liantong Wang Lian Tong	
	Result	5.4m	5.39m	5.34m	4.88m	4.85m	4.79m	
Women's High Jump 跳高	Team	文學院 Faculty of Arts	跨學科學院 School of Interdisciplinary Studies	研究生學院 School of Graduate Studies	文學院 Faculty of Arts	跨學科學院 School of Interdisciplinary Studies		1.44 m
	Name	鍾嘉寶 Chung Ka Po	羅嘉怡 Law Ka Yi	龐雨竹 Pan Yu Zhu	彭煒汶 Peng Wai Man	李煒茵 Li Wai Yan		
	Result	1.28m	1.25m	1.16m	1.13m	1m		
Men's Discus 鐵餅	Team	持續進修學院 Lingnan Institute of Further Education	商學院 Faculty of Business	持續進修學院 Lingnan Institute of Further Education	跨學科學院 School of Interdisciplinary Studies	跨學科學院 School of Interdisciplinary Studies	商學院 Faculty of Business	27.40 m
	Name	魏彰 Wei Cheung	李繁都 Lee Faan To	蔣卓銘 Chiang Cheuk Ming	梁國權 Leung kwok kuen	梁偉杰 Leung Wai kit	張子顯 Cheung Tsz Ho Anthony	
	Result	26.92m	26.69m	22.6m	22.2m	13.04m	12.7m	
Women's Long Jump 跳遠	Team	跨學科學院 School of Interdisciplinary Studies	文學院 Faculty of Arts	持續進修學院 Lingnan Institute of Further Education	文學院 Faculty of Arts	跨學科學院 School of Interdisciplinary Studies	文學院 Faculty of Arts	5.21 m
	Name	朱昊晴 Chu Ho Ching	鍾嘉寶 Chung Ka Po	謝沛妍 Tse Pui Yin	王怡琪 Wong Yi Ki	張凱怡 Cheung Hoi Yi	葉齡蔚 Ip Ling Wai	
	Result	4.31m	4.05m	3.97m	3.72m	3.53m	3.28m	
Men's Shot Put 鉛球	Team	跨學科學院 School of Interdisciplinary Studies	跨學科學院 School of Interdisciplinary Studies	跨學科學院 School of Interdisciplinary Studies	研究生學院 School of Graduate Studies	跨學科學院 School of Interdisciplinary Studies	學校職員 Staff	10.63 m
	Name	梁國權 Leung kwok kuen	袁浩鋒 Yuen Ho fung	梁偉杰 Leung Wai kit	盧基頌 Lu Ji Song	許善彤 Hui Sin Tung	李慶賓 Li Qing Yun	
	Result	8.81m	8.45m	7.51m	7.17m	7.14m	7m	
Men's High Jump 跳高	Team	持續進修學院 Lingnan Institute of Further Education	商學院 Faculty of Business	社科院 Faculty of Social Sciences	持續進修學院 Lingnan Institute of Further Education	跨學科學院 School of Interdisciplinary Studies	跨學科學院 School of Interdisciplinary Studies	1.82 m
	Name	黃浚禮 Wong tsun lai	馬銘亨 Nicholas Ma	譚曜斌 Tam Yiu Pan	任家偉 Yum Ka Wai	莊耀森 Chong Yiu sum	陳樂衡 Chan Lok Hang	
	Result	1.58m	1.58m	1.55m	1.5m	1.45m	1.35m	
Women's Discus 鐵餅	Team	跨學科學院 School of Interdisciplinary Studies	跨學科學院 School of Interdisciplinary Studies					23.86 m
	Name	胡凱瑤 Wu Hoi Yiu	羅嘉怡 Law Ka Yi					
	Result	20.88m	13.17m					
Men's Triple Jump 三級跳遠	Team	持續進修學院 Lingnan Institute of Further Education	持續進修學院 Lingnan Institute of Further Education	持續進修學院 Lingnan Institute of Further Education				12.85 m
	Name	黃浚禮 Wong tsun lai	鄧光博 Tang Kwong Pok	任家偉 Yum Ka Wai				
	Result	11.67m	11.66m	9.85m				

* Broke the best record

Lingnan University Sports Day 2024

Track Events

Event		Position	1st	2nd	3rd	4th	5th	6th	Record
Men's 110M Hurdle (Final)	Team	跨學科學院 School of Interdisciplinary Studies	社科院 Faculty of Social Sciences	跨學科學院 School of Interdisciplinary Studies	跨學科學院 School of Interdisciplinary Studies	文學院 Faculty of Arts			15.91
	Name	吳子樑 Ng Tsz Leung	溫皓澄 Wan Ho Ching Philip	黃柏衡 Wong Pak Hang Mannix	梁國權 Leung kwok kuen	黃祖明 Wong Cho Ming			
	Result	16.84	18.91	20.06	23.66	25.62			
Women's 100M Hurdle (Final)	Team	跨學科學院 School of Interdisciplinary Studies	文學院 Faculty of Arts	社科院 Faculty of Social Sciences					17.51
	Name	朱吳晴 Chu Ho Ching	葉齡蔚 Ip Ling Wai	李凱欣 Lee Hoi Yan					
	Result	20.31	36.96	54.84					
Men's 100M (Final)	Team	持續進修學院 Lingnan Institute of Further Education	跨學科學院 School of Interdisciplinary Studies	持續進修學院 Lingnan Institute of Further Education	持續進修學院 Lingnan Institute of Further Education	持續進修學院 Lingnan Institute of Further Education	持續進修學院 Lingnan Institute of Further Education	跨學科學院 School of Interdisciplinary Studies	10.53
	Name	姚敬琛 Yiu King Sum	吳子樑 Ng Tsz Leung	吳文滔 Ng Man To	鄧光博 Tang Kwong Pok	任家偉 Yum Ka Wai	羅琛博 Luo Sum Pok		
	Result	11.4	11.53	11.97	12.31	12.56	12.81		
Women's 100M (Final)	Team	1st	2nd		4th	5th	6th		12.74
	Name	馮銘鏞 Fung Lok Yung	商學院 Faculty of Business	跨學科學院 School of Interdisciplinary Studies	跨學科學院 School of Interdisciplinary Studies	文學院 Faculty of Arts	持續進修學院 Lingnan Institute of Further Education		
	Result	14.81	15.31	15.31	15.41	17.81	21.12		
Men's 200M (Final)	Team	持續進修學院 Lingnan Institute of Further Education	跨學科學院 School of Interdisciplinary Studies	持續進修學院 Lingnan Institute of Further Education	跨學科學院 School of Interdisciplinary Studies	文學院 Faculty of Arts			22.09
	Name	姚敬琛 Yiu King Sum	Wong Shek On	吳文滔 Ng Man To	羅琛博 Luo Sum Pok	彭宗坤 Andrew Pang			
	Result	22.9	25.22	25.53	27.25	30.16			
Women's 200M (Final)	Team	跨學科學院 School of Interdisciplinary Studies	跨學科學院 School of Interdisciplinary Studies	文學院 Faculty of Arts	商學院 Faculty of Business				27.46
	Name	朱吳晴 Chu Ho Ching	謝卓瑩 Tse Cheuk Ying	鄒晴嵐 Zou Qing Lan	張凱晴 Cheung Hoi Ching				
	Result	31.47	35.5	36.88	43.47				
Men's 400M (Final)	Team	跨學科學院 School of Interdisciplinary Studies	社科院 Faculty of Social Sciences	商學院 Faculty of Business	學校職員 Staff	社科院 Faculty of Social Sciences			00:54.87
	Name	吳永濠 *Ng Wing Ho	譚耀斌 Tam Yiu Pan	冼俊熹 Sin Chun Hei	石岱耑 Darryl Sterk	陳海榮 Chen Hai Rong			
	Result	0:54.00	0:59.71	1:10.76	1:23.97	1:26.28			
Women's 400M (Final)	Team	持續進修學院 Lingnan Institute of Further Education	跨學科學院 School of Interdisciplinary Studies	社科院 Faculty of Social Sciences	社科院 Faculty of Social Sciences				1:04.65
	Name	謝沛妍 Tse Pui Yin	馮銘鏞 Fung Lok Yung	張彥藩 Cheung Yin Kiu	李凱欣 Lee Hoi Yan				
	Result	1:12.34	1:15.96	1:36.22	1:49.28				

Men's 800M (Final)	Team	跨學科學院 School of Interdisciplinary Studies	商學院 Faculty of Business	社科院 Faculty of Social Sciences	商學院 Faculty of Business	社科院 Faculty of Social Sciences	跨學科學院 School of Interdisciplinary Studies	2:09.65
	Name	伍俊諱 Ng Chun Wai	樊智焯 Fan Jeffrey	溫皓澄 Wan Ho Ching Philip	Liu Yi Jie	郭智豪 Kwok Chi Ho	潘永明 Poon Wing Ming	
	Result	2:21.81	2:33.56	2:39.16	2:51.28	2:53.84	3:15.88	
Women's 800M (Final)	Team	文學院 Faculty of Arts	跨學科學院 School of Interdisciplinary Studies	研究生學院 School of Graduate Studies				2:32.00
	Name	韋晴 Wai Ching	張凱怡 Cheung Hoi Yi	劉雨荷 Liu Yu He				
	Result	3:17.97	3:25.28	3:38.30				
Men's 1500M (Final)	Team	持續進修學院 Lingnan Institute of Further Education	持續進修學院 Lingnan Institute of Further Education	跨學科學院 School of Interdisciplinary Studies	持續進修學院 Lingnan Institute of Further Education	商學院 Faculty of Business	持續進修學院 Lingnan Institute of Further Education	4:33.90
	Name	楊智熙 Yeung Chi Hei	溫智熙 Wan Chi Hei	伍俊諱 Ng Chun Wai	徐浩朗 Tsui Ho Long	陳皓軒 Chan Ho Hin	陳逸謙 Chan Yat Him Braydon	
	Result	4:50.38	4:59.22	4:59.37	5:11.84	5:16.38	5:21.25	
Women's 1500M (Final)	Team	社科院 Faculty of Social Sciences	跨學科學院 School of Interdisciplinary Studies	文學院 Faculty of Arts				6:15.11
	Name	張彥蕃 Cheung Yin Kiu	張凱怡 Cheung Hoi Yi	韋晴 Wai Ching				
	Result	8:00.62	8:20.75	8:55.25				
Men's 3000M (Final)	Team	持續進修學院 Lingnan Institute of Further Education	文學院 Faculty of Arts	持續進修學院 Lingnan Institute of Further Education	社科院 Faculty of Social Sciences	持續進修學院 Lingnan Institute of Further Education	學校職員 Staff	10:15.71
	Name	楊智熙 Yeung Chi Hei	呂昭行 Lyu Zhao Hang	陳逸謙 Chan Yat Him Braydon	丁瑞 Ding Rui	徐浩朗 Tsui Ho Long	Andrew Sewell	
	Result	11:00.97	11:23.88	11:43.72	12:05.00	12:06.00	12:15.16	
Women's 3000M (Final)	Team	文學院 Faculty of Arts	社科院 Faculty of Social Sciences	研究生學院 School of Graduate Studies	研究生學院 School of Graduate Studies			13:15.10
	Name	鍾嘉寶 Chung Ka Po	林芷澄 Lam Tsz Ching	方子祿 Fang Zi Yi	周佳睿 Zhou Jia Rui			
	Result	15:26.41	16:06.41	17:38.25	20:17.81			

* Broke the best record

Men's 4x100M Inter-hostel Relay**Record**

00:47.71

名次	Team	Result	Notes
第一名 Champion	賽馬會堂 E座 The Jockey Club (Hall E)	00:51.00	
第二名 1st Runner-up	忠信逸民堂 Chung Shun Yee Min Hall (Hall C)	00:51.81	
第三名 2nd Runner-up	香港崇正總會樓霍藻棉樓 Tsung Ysin Association Hall Fok Cho Min Hall (Hall B)	00:52.25	
第四名 3rd Runner-up	林護堂 Lam Woo Hall (Hall D)	00:53.68	
第五名 5th position	蒙民偉樓東亞堂(A) Wiliam M W Mong Hall The Bank of East Asia Hall (Hall A)	00:57.69	

Women's 4x100M Inter-hostel Relay**Record**

00:59.37

名次	Team	Result	Notes
第一名 Champion	林護堂 Lam Woo Hall (Hall D)	01:05.81	
第二名 1st Runner-up	賽馬會堂 E座 The Jockey Club (Hall E)	01:07.40	
第三名 2nd Runner-up	蒙民偉樓東亞堂 A Wiliam M W Mong Hall The Bank of East Asia Hall (Hall A)	01:10.25	
第四名 3rd Runner-up	忠信逸民堂 Chung Shun Yee Min Hall (Hall C)	01:12.16	

4x100M Staff Relay**Record**

00:57.88

名次	Team	Result	Notes
第一名 Champion	學生事務處 OSA	00:56.34	BR 破大會紀錄
第二名 1st Runner-up	持續進修學院 LIFE	01:02.22	
第三名 2nd Runner-up	校園發展及管理處 OCDM	01:03.71	
第四名 3rd Runner-up	跨學科學院 SIS	01:03.78	
第五名 5th position	資訊科技服務中心 ITSC	01:08.41	

4x100M Open Relay**Record**

00:45.98

名次	Team	Result	Notes
第一名 Champion	烈峰天馬	00:49.16	
第二名 1st Runner-up	SCEM24	00:52.78	
第三名 2nd Runner-up	我哋Hall E最怕冇對手	00:52.94	
第四名 3rd Runner-up	夠膽就贏我隊	00:53.00	
第五名 5th position	送分小隊	00:53.12	
第六名 6th position	Team Bill	00:53.19	

Men's 4x100M Inter-faculty Relay**Record**

0:47.00

名次	Team	Result	Notes
第一名 Champion	跨學科學院 SIS	00:50.91	
第二名 1st Runner-up	商學院 Faculty of Business	00:52.25	
第三名 2nd Runner-up	社科院 Faculty of Social Science	00:57.59	

Women's 4x100M Inter-faculty Relay**Record**

00:57.66

名次	Team	Result	Notes
第一名 Champion	跨學科學院 SIS	01:07.60	
第二名 1st Runner-up	商學院 Faculty of Business	01:22.66	
第三名 2nd Runner-up	社科院 Faculty of Social Science	01:24.72	

Men's 4x400M Inter-faculty Relay**Record**

3:56.29

名次	Team	Result	Notes
第一名 Champion	跨學科學院 SIS	03:46.40	BR 破大會紀錄
第二名 1st Runner-up	社科院 Faculty of Social Science	04:29.06	
第三名 2nd Runner-up	商學院 Faculty of Business	04:37.50	

Women's 4x400M Inter-faculty Relay**Record**

4:59.78

名次	Team	Result	Notes
第一名 Champion	跨學科學院 SIS	05:55.47	
第二名 1st Runner-up	社科院 Faculty of Social Science	06:31.69	
第三名 2nd Runner-up	商學院 Faculty of Business	07:57.78	

4x100M Sports Team Relay**Record**

00:45.96

名次	Team	Result	Notes
第一名 Champion	田徑校隊 Track & Field	00:49.00	
第二名 1st Runner-up	柔道校隊 Judo	00:54.25	
第三名 2nd Runner-up	女子足球校隊 Women's Soccer	01:00.71	
第四名 3rd Runner-up	女子手球校隊 Women's Handball	01:01.00	
第五名 5th position	跆拳道校隊 Taekwondo	01:01.06	

Event \ Position		1st	2nd	3rd
Women's Individual Champion 女子個人全場冠軍	Team	跨學科學院 School of Interdisciplinary Studies		
	Name	朱昊晴 Chu Ho Ching		
Men's Individual Champion 男子個人全場冠軍	Team	持續進修學院 Lingnan Institute of Further Education		
	Name	姚敬琛 Yiu King Sum		
Women's Team Overall Champion 女子團體總錦標	Team	跨學科學院 School of Interdisciplinary Studies	文學院 Faculty of Arts	社科院 Faculty of Social Sciences
Men's Team Overall Champion 男子團體總錦標	Team	持續進修學院 Lingnan Institute of Further Education	跨學科學院 School of Interdisciplinary Studies	商學院 Faculty of Business
Overall Team Champion 全場團體總錦標	Team	跨學科學院 School of Interdisciplinary Studies	持續進修學院 Lingnan Institute of Further Education	文學院 Faculty of Arts