

Inter-School Cross Country Competition 2025-2026

(5 November 2025)

Our students participated in the Inter-School Cross Country Competition 2025-2026 organized by the Hong Kong Schools Sports Federation Yuen Long Secondary Schools Area Committee. We got the **7th Place** in **Girls A Grade** and some individual prizes.

Category	Award	Awardee
Girls A Grade	Seventh Place	5A RAO A-shan
		5A WAN Cheuk-ying
		5A YUEN Tsz-yau
		5F LAM Suet-ching
		6A CHEUNG Pui-ching
		6B LEE Vernice
Girls A Grade	Individual Eighth Place	5F LAM Suet-ching
Girls C Grade	Individual Tenth Place	2C SIN Sum Anna



The bright sunshine and crisp autumn air greet the students as they eagerly make their way to Tai Lam Country Park for the Cross-country race



Principal YUEN, 2C SIN Sum Anna and Ms. YAU Hau-yin (from left to right)



Principal YUEN, 5F LAM Suet-ching and Ms. YAU Hau-yin (from left to right)



Principal YUEN (right), Ms. YAU Hau-yin (left) and Girls A Grade Cross Country Team Members:
6B LEE Vernice, 6A CHEUNG Pui-ching, 5F LAM Suet-ching, 5A RAO A-shan,
5A YUEN Tsz-yau, 5A WAN Cheuk-ying (from left to right)



2C SIN Sum Anna (front row 1st left) achieves 10th place in the Girls C Individual category



5F LAM Suet-ching (front row 3rd left) achieves 10th place in the Girls A Individual category



5F LAM Suet-ching (3rd left) and 6B LEE Vernice (4th left) receive the award on behalf of Girls A Grade Cross Country Team



After the competition, the students engage in a barbecue activity to relax



With the beautiful scenery, everyone feels relaxed and rejuvenated