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Unsung heroes

Each week we talk to HK's up-and-coming sports stars



Name Chua Yan-ching
School Pooi To Middle School
Grade Form Six
Sport Athletics (400m, 800m and cross-country)

Achievements

Yan-ching, 17, teamed up with Vera Lui Lai-yiu, Lam Ho-yan and Poon Hang-wai to break the Hong Kong junior record and the Hong Kong record in the women's 4x400m relay at the 15th Asian Junior Athletics Championships in Colombo, Sri Lanka, in June.

She also trains with The Citizen

Athletic Association and runs for her school. She won two gold medals and one silver at the 2011/12 Inter-school Athletics Championships (Division 2, HK Island & Kowloon) and titles in A grade girls' individual and team at the Inter-school Cross-Country Competition (Division 3, Hong Kong Island & Kowloon Area 2).

Soundbite

"My major events are 400m and 800m. However, my coach and I focused on 400m this year as the Hong Kong team planned to send a 4x400m relay team to the 15th

Asian Junior Athletics Championships. I was glad that I secured a place on the relay team," Yan-ching says.

"The four of us [Yan-ching and the others on the relay team] first went to Tianjin (天津) for a competition which was a warm-up for the Asian juniors.

"My performance on the mainland was below par, and this gave me extra pressure before the



race in Sri Lanka. In Colombo, I ran the first leg, and when we finished the race, we knew we had broken the junior record but didn't realise we had set a new Hong Kong record, too. That was unexpected and a double delight for us."

Photo: Kevin Kung

From her coach

"Yan-ching has a good chance to win prizes in the inter-school cross-country competition," says coach Cheuk Kin-san.

"I am amazed that she has improved so much and could finish 400m in less than a minute earlier this year. This was a surprise, and we plan to set a new junior record in the 400m after she completes [the Diploma of Secondary Education exam] next year."

Ambitions

"Besides breaking the 400m Hong Kong junior record, I also hope to gain a top-three finish at the Inter-school Cross-Country Competition [Division 2, Hong Kong Island & Kowloon]," says Yan-ching.