

## Rope Skipping Competition 2026 (Flash Cup)

(29 March 2026)

On 29 March 2026 (Sunday), our Rope Skipping Team delivered an exceptional performance at the Rope Skipping Competition 2026 (Flash Cup), hosted by the Duckie Learning Centre and Bingo Jump Limited. Demonstrating remarkable skill and teamwork, the team achieved impressive results, securing the **Overall Second Runner-up** in the **Secondary Division**. Their dedication and outstanding performance were truly commendable.

The team prizes awarded are listed as follows:

Award	Category	Awardee
<b>Overall 2<sup>nd</sup> Runner-up</b>	<b>Secondary Division</b>	<b>1B TANG Cheuk-tung</b>
		<b>2B YUEN Sze-wing</b>
		<b>2C WONG Yin-sum Iris</b>
		<b>2D WAN Pui-yee</b>
		<b>4D CHAN Hoi-lam</b>
		<b>4D CHAN Kwan-kiu</b>
		<b>4D WONG Yik</b>
		<b>4E FUNG Mau</b>
		<b>4E LAU Jeanne-kieu</b>
		<b>5A RAO A-shan</b>
<b>5F WAN Ching-wai</b>		
<b>Champion</b>	Double Dutch Speed Sprint 30s (Advanced Girls' Division)	4D CHAN Hoi-lam
		4D CHAN Kwan-kiu
		5F WAN Ching-wai
<b>1<sup>st</sup> Runner-up</b>	Double Dutch Speed Sprint 30s (Advanced Girls' Division)	2B YUEN Sze-wing
		2C WONG Yin-sum Iris
		2D WAN Pui-yee
<b>1<sup>st</sup> Runner-up</b>	1-minute Four Person Long Rope Relay (Advanced Girls' Division)	2B YUEN Sze-wing
		2C WONG Yin-sum Iris
		2D WAN Pui-yee
		5A RAO A-shan
<b>2<sup>nd</sup> Runner-up</b>	1-minute Four Person Long Rope Relay (Advanced Girl's Division)	1B TANG Cheuk-tung
		4D CHAN Hoi-lam
		4E LAU Jeanne-kieu
		5F WAN Ching-wai

The individual prizes awarded are listed as follows:

Award	Category	Awardee
<b>Champion</b>	<b>Single Rope Speed Sprint 30s (Secondary Girls' Secondary 2 Division)</b>	<b>2B YUEN Sze-wing</b>
	<b>Single Rope Cross 30s (Secondary Girls' Secondary 2 Division)</b>	
	<b>Single Rope Speed Sprint 1min (Secondary Girls' Secondary 2 Division)</b>	<b>2C WONG Yin-sum Iris</b>
	<b>Two Rounds Single-Leg Alternate 30s (Secondary Girls' Secondary 2 Division)</b>	<b>4D CHAN Kwan-kiu</b>
<b>1<sup>st</sup> Runner-up</b>	Single Rope Speed Sprint 1min (Secondary Girls' Secondary 2 Division)	2C WONG Yin-sum Iris
	Single Rope Double Unders 30s (Secondary Girls' Secondary 4-6 Division)	5A RAO A-shan
<b>2<sup>nd</sup> Runner-up</b>	Two Rounds Single-Leg Alternate 30s (Secondary Girls' Secondary 2 Division)	2B YUEN Sze-wing
	Single Rope Speed Sprint 30s (Secondary Girls' Secondary 2 Division)	2C WONG Yin-sum Iris
	Single Rope Double Unders 30s (Secondary Girls' Secondary 2 Division)	
	Single Rope Speed Sprint 30s (Secondary Boys' Secondary 4-6 Division)	4D WONG Yik
	Single Rope Double Unders 30s (Secondary Boys' Secondary 4-6 Division)	
	Two Rounds Single-Leg Alternate 30s (Secondary Girls' Secondary 4-6 Division)	4E LAU Jeanne-kieu
<b>3<sup>rd</sup> Runner-up</b>	Single Rope Double Unders 30s (Secondary Girls' Secondary 2 Division)	2B YUEN Sze-wing
	Single Rope Cross 30s (Secondary Girls' Secondary 2 Division)	2C WONG Yin-sum Iris
	Single Rope Cross 30s (Secondary Girls' Secondary 4-6 Division)	4D CHAN Hoi-lam
	Single Rope Speed Sprint 30s (Secondary Boys' Secondary 4-6 Division)	4E FUNG Mau
	Single Rope Double Unders 30s (Secondary Boys' Secondary 4-6 Division)	



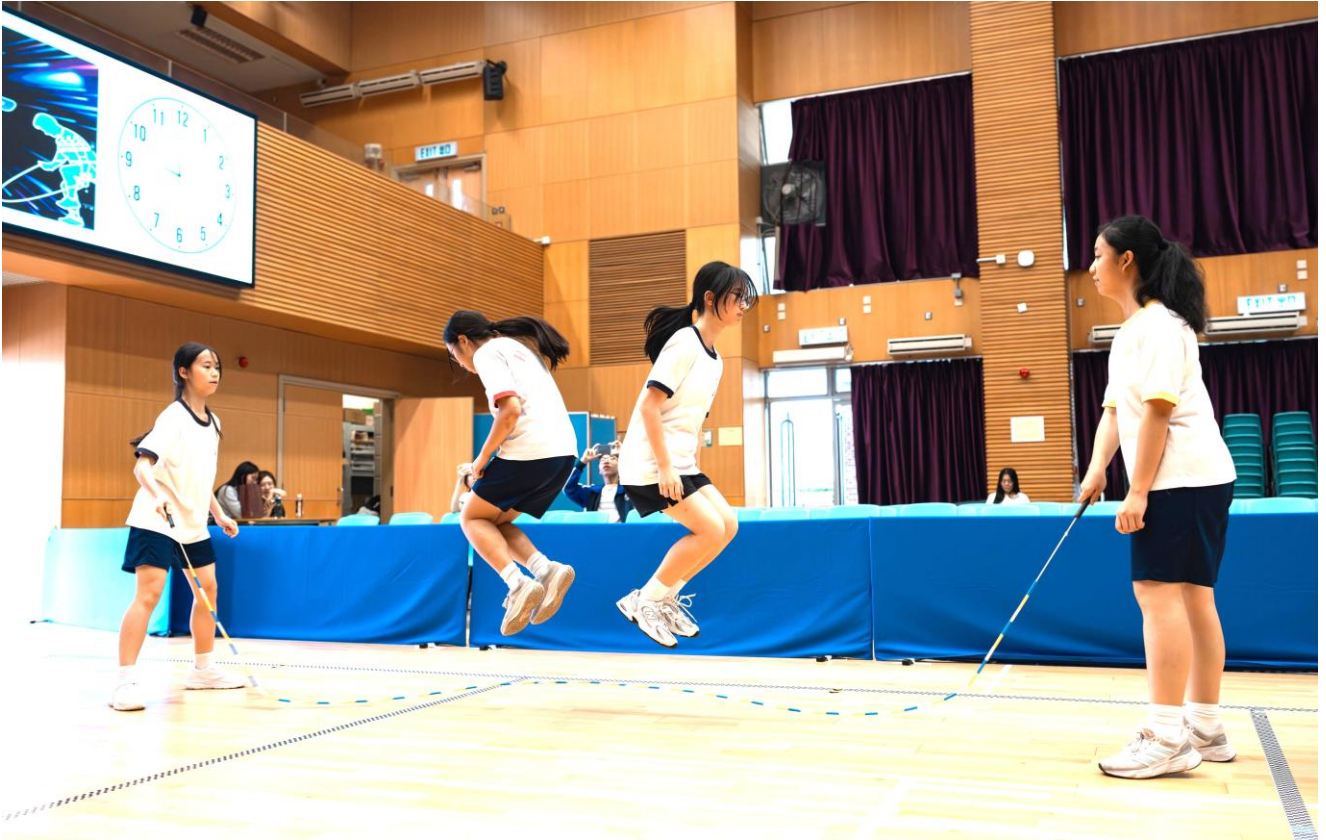
Principal YUEN (front row 1<sup>st</sup> left) and Ms. YAU Hau-yin (front row 1<sup>st</sup> right) take a photo with awardees

Back Row	5F WAN Ching-wai, 5A RAO A-shan, 4E FUNG Mau, 4D WONG Yik, 2B YUEN Sze-wing
Front Row	Principal YUEN, 4D CHAN Hoi-lam, 2D WAN Pui-ye, 4E LAU Jeanne Kieu, 4D CHAN Kwan-kiu, 2C WONG Yin-sum Iris and Ms. YAU Hau-yin

(From left to right)



5A RAO A-shan, 2B YUEN Sze-wing, 2C WONG Yin-sum Iris and 2D WAN Pui-ye demonstrate great teamwork and coordination in the 1-minute Four Person Long Rope Relay  
(From left to right)



1B TANG Cheuk-tung, 4E LAU Jeanne-kieu, 4D CHAN Hoi-lam and 5F WAN Ching-wai coordinate to complete in the 1-minute Four Person Long Rope Relay (from left to right)



4E FUNG Mau demonstrates complete focus in the Single Rope Double Unders 30s



4D WONG Yik demonstrates a stable and confident start in the Single Rope Double Unders 30s