

A Stadium of Spirit: Hong Kong True Light College Concludes the Year with Thrilling Sports Days

From 19th to 20th May 2026, Kai Tak Youth Sports Ground echoed with the vibrant cheers and fierce competitive spirit of Hong Kong True Light College. Despite unpredictable weather, the annual Sports Day proved to be a resounding success, with 6 records broken in the track events, capturing a memorable and unprecedented finale to the 2025–26 academic year.



Two days of intense competition wrap up with a massive finale crowning the overall house champions and the most spirited cheer squad.



Overall House Championship:		
C-grade champion	Blue House	236 points
B-grade champion	Green House	248 points
A-grade champion	Green House	237 points
Overall champion	Green House	

Individual champion:		
C-grade champion	1D Nora Liu	35 points
B-grade champion	4B Debbie Kwok	31 points
A-grade champion	5A Alyce Leung	32 points

New records		
C-grade 100m	1D Nora Liu	13.83s
B-grade 100m Hurdles	4A Andrey Yuen	20.9s
B-grade 200m	3A Kaman Fong	27.13s
S1 Inter-class 4x100m Relay	1D Team 1	59.33s
S4 Inter-class 4x100m Relay	4A	1:01.25s





Cheerleading champion:	
Best Cooperation	Blue House
Most Creative	Green House
2nd Runner up	Yellow House
Overall champion	Blue House





The breathtaking Inter-school Invitational Relay (Boys) went neck and neck with a difference of 0.01 second between the second and third places - and with the mystery guest appearance of the influencer group, Freeboyzzz.

Inter-school Invitational Relay (Boys)	
Diocesan Boys' School	44.07s
St. Margaret's Co-Educational English Secondary and Primary School	45.56s
Wah Yan College Hong Kong	45.57s



In the Inter-school Invitational Relay (Girls), our athletics team led HKTLC to the 3rd runner-up facing all fierce teams from Div I, two of which broke our relay records.

Inter-school Invitational Relay (Girls)		
Heep Yunn School	49.41s*	*new record
Diocesan Girls' School	51.43s*	*new record
St. Margaret's Co-Educational English Secondary and Primary School	53.56s	

Stepping Past the Storm: Sze Ka Yam Inspires True Light Athletes

To conclude the Sports Day, the school invited Mr. Sze Ka Yam, a representative of the Hong Kong Breaking Team and an Olympic qualifier athlete, as our Guest of Honour, who graced the event with a remarkable performance. With his casual and relaxed nature, he still managed to inspire young athletes with his speech about the importance of hardships and unity.



Mr. Sze Ka Yam - better known by his stage name B-Boy C Plus

Life of an Athlete



“Please call me *C Plus*,” Mr. Sze put the three jittering journalists at ease with his humility and down-to-earth attitudes, despite being an Olympian qualifier athlete representing Hong Kong. We started to learn his journey as an active student, contrasting his early days of self-discovery with friends against the widespread availability of other common sports like basketball or athletics. He shared his diverse journey, which evolved from busking on the streets to fund his competitions to working as an interior designer. These experiences taught him an artistic mindset and the value of thinking outside the box — such as surprising judges with unseen moves. Ultimately, this multifaceted journey shaped his personal character.



Addressing the fact that breakdancing is uncommon in Hong Kong, C Plus debunked misconceptions about its injury risks, which can be prevented by training and practice of the correct muscle use from neck, shoulders, core to backbone in the ground moves.



Spoiler alert - Our teacher Mr. Kennedy Tsui shared their tender years together with C Plus in his journey of finding breakdancing!

Looking ahead, C Plus expressed hope for the future development of breakdancing for Hong Kong youths, like the government provision of training and performance venues. He reflected on his journey toward the 2024 Paris Olympics, recalling the immense pressure of competing on a global stage. He took pride in representing Hong Kong by blending local style with the fundamentals of breaking to deliver an authentic performance. Despite facing setbacks, he persevered through those tough times by believing in himself.

*Mr. Sze wished to remind students that sports transcend pure competition, closing with his iconic motto, **Peace, Love, Unity, and Having Fun!***

