

2024 Benchmarking - Run Start List (3 Nov 2024)

Race No	Name(ENG)	Heat	Time	Name(CHN)	Gender	Category	Run	Entry / Remarks
524	Cheung Wan Shun	1	6:00	張蘊淳	F	Female 12	800m	RS
525	Ma Yi	1	6:00	馬懿	F	Female 12	800m	RS
526	Pang Tsz Yeuk Yolanda	1	6:00	龐子若	F	Female 12	800m	RS
527	Cheung Heidi	1	6:00	張凱堤	F	Female 13	800m	RS
529	Chau Ceinwen	1	6:00	周翹慧	F	Female 10	800m	RS
530	Hu JiangQi	1	6:00	胡江蕙	F	Female 10	800m	RS
531	Lau Lok Yin Alicia	1	6:00	劉樂然	F	Female 10	800m	RS
532	Chan Chin Yui	1	6:00	陳芊睿	F	Female 10	800m	RS
533	Chan Tsz Shun	1	6:00	陳梓淳	F	Female 11	800m	RS
534	Chung Cheuk Lam	1	6:00	鍾焯琳	F	Female 11	800m	RS
535	Ho Jessie	1	6:00	何泳悠	F	Female 11	800m	RS
536	Lee Hiu Tung Hazel	1	6:00	李曉彤	F	Female 11	800m	RS
537	Chan Yat Long Jay	2	6:06	陳逸朗	M	Male 10	800m	RS
538	Jadon Li	2	6:06	李思恒	M	Male 10	800m	RS
539	Li Travis Yat To	2	6:06	李溢韜	M	Male 10	800m	RS
540	Lo Kwan Jit	2	6:06	盧蒼哲	M	Male 10	800m	RS
541	Mok Wan Hin	2	6:06	莫蘊軒	M	Male 10	800m	RS
542	Wong Chung Yu Lucas	2	6:06	王誦榆	M	Male 10	800m	RS
543	Xi Jaco Jia Shen	2	6:06	奚嘉霖	M	Male 10	800m	RS
544	Cheung Yat Shun	2	6:06	張逸淳	M	Male 10	800m	RS
545	Au Hok Sum	2	6:06	歐學鏗	M	Male 10	800m	RS
546	Chan Pak Long	2	6:06	陳柏朗	M	Male 11	800m	RS
547	Chaska Poon	2	6:06	方俊匡	M	Male 11	800m	RS
548	Clayton Hou	2	6:06	侯彥行	M	Male 11	800m	RS
549	Fok Shing Hang	2	6:06	霍承亨	M	Male 11	800m	RS
550	Hu Jiang Zhi	2	6:06	胡江芷	M	Male 11	800m	RS
551	Kei Lap Yan	2	6:06	紀立人	M	Male 11	800m	RS
552	Lam Yat Long	3	6:12	林逸朗	M	Male 11	800m	RS
553	Lau Sze Chai Damon	3	6:12	劉思齊	M	Male 11	800m	RS
554	Mok Chung Kit Carso	3	6:12	莫宗杰	M	Male 11	800m	RS
555	Pang Tsz Sum Rolando	3	6:12	龐子琛	M	Male 11	800m	RS
556	Tang Ho Him	3	6:12	鄧皓謙	M	Male 11	800m	RS
557	Tang Tsz Long	3	6:12	鄧子朗	M	Male 11	800m	RS
558	Wong Shun Hei	3	6:12	黃淳希	M	Male 11	800m	RS
559	Wu Xian Da	3	6:12	巫賢達	M	Male 11	800m	RS
560	Cho Yat Long Julian	3	6:12	曹日朗	M	Male 12	800m	RS
561	Ian Wong	3	6:12	王喆	M	Male 12	800m	RS
562	Lai Yat Sing Mark	3	6:12	黎逸昇	M	male 12	800m	RS
563	Chan Pak Kwan	3	6:12	陳柏均	M	Male 13	800m	RS
564	Ngan Shing Hei	3	6:12	顏承希	M	Male 13	800m	RS
565	Ho Jasper	3	6:12	何頌朗	M	Male 14	800m	RS
509	Alban Modiano	4	6:18	安班	M	Male Youth 14	800m	NDS
510	Chan Pak Hei	4	6:18	陳柏偉	M	Male Youth 14	800m	NDS
511	Chan Cheuk Long	4	6:18	陳卓朗	M	Male Youth 14	800m	NDS
512	Chan King To	4	6:18	陳景滔	M	Male Youth 14	800m	NDS
513	Lam King Sing Kurtis	4	6:18	林敬昇	M	Male Youth 13	800m	NDS
514	Mok Hoi Kit Carlos	4	6:18	莫凱傑	M	Male Youth 13	800m	NDS
515	Ng Ching Kiu	4	6:18	吳政橋	M	Male Youth 13	800m	NDS 200m/800m
516	Choi Yui Hang	4	6:18	蔡睿珩	M	Male Youth 12	800m	NDS
517	Au Cheuk Nam Janko	4	6:18	區卓嵐	M	Male Youth 12	800m	NDS 200m/800m
518	Chang Hao Che	4	6:18	張浩哲	M	Male Youth 12	800m	NDS 200m/800m
519	Wong Sze Kwan Quintus	4	6:18	黃詩鈞	M	Male Youth 12	800m	NDS
520	Wong Cheuk Yat Julien	4	6:18	黃焯一	M	Male Youth 12	800m	NDS 200m/800m
521	Wong Hong Ching	4	6:18	黃康晴	F	Female Youth 13	800m	NDS
522	Chan Yi Chun	4	6:18	陳以臻	F	Female Youth 14	800m	NDS
523	Leung Hiu Tung	4	6:18	梁曉彤	F	Female Youth 14	800m	NDS 200m/800m
566	Lai Ming Lok	5	6:25	黎銘銘	M	Male 16 or above	1500m	RS
567	Lam Shun Hei	5	6:25	劉信義	M	Male 16 or above	1500m	RS
568	Ma Shek Chun	5	6:25	馬碩駿	M	Male 16 or above	1500m	RS
569	Wu Chun Ming Marcus	5	6:25	胡晉銘	M	Male 16 or above	1500m	RS
501	Ho Chun Sum Samuel	5	6:25	何焜燾	M	Male Elite Junior 18+	1500m	NDS
502	Ho Chun Ting Timothy	5	6:25	何焜庭	M	Male Elite Junior 18+	1500m	NDS
503	Ng Yat Hei	5	6:25	吳逸曦	M	Male Elite Junior 18+	1500m	NDS
504	Au Cheuk Yiu Janos	5	6:25	區卓堯	M	Male Elite junior 17	1500m	NDS
505	Lee Tsz Hum	5	6:25	李子謙	M	Male Elite junior 17	1500m	NDS
506	Wong Yik	5	6:25	黃翹	M	Male Elite junior 16	1500m	NDS
507	Evan Chung Long Lam	5	6:25	林中朗	M	Male Youth 15	1500m	NDS
508	Man Pak Lam Cass	5	6:25	文柏藍	M	Male Youth 15	1500m	NDS 200m/1500m
528	Hui Hiu Naam	6	6:33	許曉嵐	F	Female 16 or above	1500m	RS
449	Chau Heulwen	6	6:33	周焜慧	F	Female Youth 13 & below	1500m	NSA 200m/800m
450	Yeung Hiu Yau	6	6:33	楊曉悠	F	Female Youth 13 & below	1500m	NSA 200m/800m
451	Chung Cin Yee Cydnee	6	6:33	鍾倩兒	F	Female Youth 13 & Below	1500m	NSA
452	Shum Chung Ning	6	6:33	岑頌寧	F	Female Youth 14	1500m	NSA

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453	Ng Yuet Hei	6	6:33	吳悅曦	F	Female Youth 14	1500m	NSA	
454	Hayley Tsang	6	6:33	曾熹兒	F	Female Youth 15	1500m	NSA	
455	Sarah Modiano	6	6:33		F	Female Youth 15	1500m	NSA	
456	Wong Lok Tung	6	6:33	王樂彤	F	Female Youth 15	1500m	NSA	
457	Chan Oi Yin	6	6:33	陳愛研	F	Female youth 15	1500m	NSA	
458	Anika Yang	6	6:33		F	Female Youth 15	1500m	NSA	
459	Ting Chun Ching	7	6:40	丁進澄	M	Male Youth 13 & below	1500m	NSA	
460	Ng Cheuk Kiu	7	6:40	吳焯翹	M	Male Youth 13 & below	1500m	NSA	
461	Tam Tze Kiu	7	6:40	譚子翹	M	Male Youth 13 & below	1500m	NSA	
462	Wan Chak Yan, bosco	7	6:40	溫澤仁	M	Male Youth 13 & below	1500m	NSA	
463	Chung Chi Yan Ian	7	6:40	鍾智仁	M	Male Youth 13 & below	1500m	NSA	
464	Lau Yik Hei	7	6:40	劉奕希	M	Male Youth 13 & Below	1500m	NSA	
465	Chau Cheuk Yin	7	6:40	周卓賢	M	Male Youth 13 & below	1500m	NSA	
466	Au Leong Yin	7	6:40	歐亮言	M	Male Youth 13 & below	1500m	NSA	200m/800m
467	Chan Oi Hei	7	6:40	陳愛希	M	Male Youth 13 & Below	1500m	NSA	200m/800m
468	Lee Joi Jin	7	6:40	李銳靖	M	Male Youth 13 & below	1500m	NSA	
469	Lee Wai Ting	7	6:40	李瑋庭	M	Male Youth 13 & Below	1500m	NSA	
470	Leung Kai Hei	7	6:40	梁啟希	M	Male Youth 13 & below	1500m	NSA	
471	Mak San Mau Jacob	7	6:40	麥宸啟	M	Male Youth 13 & below	1500m	NSA	200m/800m
472	Wong Chun Him Louis	7	6:40	黃俊謙	M	Male Youth 13 & below	1500m	NSA	200m/800m
473	Chan Yin Hang	8	6:48	陳彥衡	M	Male Youth 14	1500m	NSA	
474	Chum Tsz Ho	8	6:48	韋子皓	M	Male Youth 14	1500m	NSA	
475	Edison Wong	8	6:48	黃子健	M	Male Youth 14	1500m	NSA	
476	Lacas Wong	8	6:48	王諾	M	Male Youth 14	1500m	NSA	
477	Kwan ho Ming Ethan	8	6:48	關浩名	M	Male Youth 14	1500m	NSA	
478	Ting Ngai Chun	8	6:48	丁毅臻	M	Male Youth 14	1500m	NSA	
479	Cheung Wai Ching Jesse	8	6:48	張維正	M	Male Youth 15	1500m	NSA	
480	Cheng Tsz Leong Louie	8	6:48	鄭梓亮	M	Male Youth 15	1500m	NSA	
481	Wong Chun Hei	8	6:48	黃俊僮	M	Male Youth 15	1500m	NSA	
482	Au Ho Chun	8	6:48	區皓駿	M	Male Youth 15	1500m	NSA	
483	Lee Ho Ting	8	6:48	李灝庭	M	Male Youth 15	1500m	NSA	
484	Chan Wai Yin	8	6:48	陳韋弦	M	Male youth 15	1500m	NSA	200m/1500m
485	Kwok Ching Ho	8	6:48	郭鉦灝	M	Male Youth 15	1500m	NSA	
486	Lam Yat Long	8	6:48	林日朗	M	Male Youth 15	1500m	NSA	200m/1500m
402	Jason Ng Tai Long Hardcastle	9	6:56	伍泰龍	M	Male Elite	3000m	NSA	
403	Oscar Louis Coggins	9	6:56		M	Male Elite	3000m	NSA	
404	Tsang Cheung Sing Nicholas	9	6:56	曾祥星	M	Male Elite	3000m	NSA	
405	Wong Tsz To	9	6:56	黃子圖	M	Male Elite	3000m	NSA	
406	Yu Shing Him	9	6:56	余承謙	M	Male Elite	3000m	NSA	
407	Robib Elg	9	6:56		M	Male 22	3000m	NSA	
408	Hung Tik Long	9	6:56	洪迪朗	M	Male 23	3000m	NSA	
409	Chan Ho Kwan	9	6:56	陳灝鈞	M	Male 21	3000m	NSA	
425	Kwan Tsz Fung Jeffrey	9	6:56	關梓烽	M	Male 21	3000m	NSA	
433	Lau Tsun Hei	9	6:56	劉晉曦	M	Male 21	3000m	NSA	
410	Au-Yeung, Nathan Siu-Wo	9	6:56	歐陽兆和	M	Male Elite Junior 19	3000m	NSA	
411	Chu Yan Ho, Philip	9	6:56	朱昕浩	M	Male Elite Junior 19	3000m	NSA	
412	Chan Pak Hoi	9	6:56	陳柏愷	M	Male Elite Junior 19	3000m	NSA	
415	Wong Ka Ho	9	6:56	黃嘉豪	M	Male Elite Junior 18	3000m	NSA	
416	Tsang Wai Chun	9	6:56	曾澤濶	M	Male Elite Junior 18	3000m	NSA	
487	Yip Tak Long	9	6:56		M	Male 20	3000m	NSA	
413	Wan Chak Lam, Bobby	10	7:10	溫澤林	M	Male Elite Junior 18	3000m	NSA	
414	Fok Wang Hin Ian	10	7:10	霍泓軒	M	Male Elite Junior 18	3000m	NSA	
417	Lo Hin Ching	10	7:10	盧衍澄	M	Male Elite Junior 18	3000m	NSA	
419	Mok Pak Fan	10	7:10	莫柏勛	M	Male Elite Junior 17	3000m	NSA	
420	Dominic WT Carson	10	7:10	簡煒晉	M	Male Elite Junior 17	3000m	NSA	
421	Yung Pu Chak	10	7:10	翁溥澤	M	Male Elite Junior 17	3000m	NSA	
422	Wong Pak Yiu Anson	10	7:10	黃栢堯	M	Male Elite Junior 17	3000m	NSA	
423	Yick Po Shun Yemi	10	7:10	易甫鏗	M	Male Elite Junior 17	3000m	NSA	
426	Chan Ka Hei Cyrus	10	7:10	陳家暉	M	Male Elite Junior 16	3000m	NSA	
427	Lai Pak Long	10	7:10	黎栢朗	M	Male Elite Junior 16	3000m	NSA	
428	Lam Lok Shi	10	7:10	林樂仕	M	Male Elite Junior 16	3000m	NSA	
429	Yim Tsun Fung	10	7:10	嚴浚鋒	M	Male Elite Junior 16	3000m	NSA	
430	Wong Nok Hei	10	7:10	王諾熙	M	Male Elite Junior 16	3000m	NSA	
431	Tsang Auscar	10	7:10	曾竟瑤	M	Male Elite Junior 16	3000m	NSA	
432	Shum Yan Tao	10	7:10	沈恩途	M	Male Elite Junior 16	3000m	NSA	
488	Yip Tsz Hin	10	7:10		M	Male Elite Junior 18	3000m	NSA	
418	Chow Yu Chuk	11	7:25	周雨澤	M	Male Elite Junior 17	3000m	NSA	
424	Kei Yin	11	7:25	紀彥	M	Male Elite Junior 17	3000m	NSA	
435	Lai Shung Him	11	7:25	賴崇謙	M	Male Elite Junior 16	3000m	NSA	
436	Mok Tsz Him	11	7:25	莫子謙	M	Male Elite Junior 16	3000m	NSA	
437	Yau Chi Him	11	7:25	丘志謙	M	Male Elite Junior 16	3000m	NSA	
438	Lo Cheuk Yat	11	7:25	盧卓逸	F	Female 20	3000m	NSA	
439	Cade Wright	11	7:25	韋祺	F	Female 21	3000m	NSA	

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440	Bailee Brown	11	7:25	彭詩雅	F	Female Elite	3000m	NSA	
441	Choi Yan Yin	11	7:25	蔡欣妍	F	Female Elite	3000m	NSA	
442	Tang Ying Sheung	11	7:25	鄧盈雙	F	Female Elite	3000m	NSA	
444	Lam Hoi Ching	11	7:25	林海晴	F	Female Elite Junior 19	3000m	NSA	200m/1500m
445	Tang Hiu Tung	11	7:25	鄧曉桐	F	Female Elite Junior 18	3000m	NSA	200m/1500m
446	Man Lai Ki Nicole	11	7:25	文麗淇	F	Female Elite Junior 16	3000m	NSA	
447	Wong Wan Tung	11	7:25	黃允彤	F	Female Elite Junior 16	3000m	NSA	
448	Lun Anson	11	7:25	倫柏翹	F	Female Elite Junior 17	3000m	NSA	
	Tallulah Wright			韋提	F	Female 21	3000m	NSA	Oversea
	Chan Yui Hei Mason			陳睿滄	M	Male Youth 14	1500m	NSA	Oversea
	Aitan Hilton Goldberg				M	Male Elite Junior 16	3000m	NSA	Oversea
	Chan Yui Fung			陳睿烽	M	Male Elite Junior 18	3000m	NSA	Oversea
	Pauline Courret				F	Female Elite Junior 19	3000m	NSA	Oversea