

2025 November Benchmarking - Name List

English Name	Chinese Name	Gender	Category	Swim	Run	Remarks
Lam Hoi Ching	林海晴	F	Female 20	400m	3000m	NSA
Pauline Courret	/	F	Female 20	400m	3000m	NSA
Lo Cheuk Yat	盧卓逸	F	Female 21	400m	3000m	NSA
Tallulah Wright	Wai Tai	F	Female 22	400m	3000m	NSA
Choi Yan Yin	蔡欣妍	F	Female Elite	400m	3000m	NSA
Wong Lok Tung	王樂彤	F	Female Elite Junior 16	400m	3000m	NSA
Tsang Hayley	曾熹兒	F	Female Elite Junior 16	400m	3000m	NSA
Chan Oi Yin	陳愛妍	F	Female Elite Junior 16	400m	3000m	NSA
Wong Wan Tung	黃允彤	F	Female Elite Junior 17	400m	3000m	NSA
Lun Anson	倫柏翹	F	Female Elite Junior 18	400m	3000m	NSA
Li Hok Yee Cheryl	李學而	F	Female Youth 14 & below	200m	1500m	NSA
Lee hui tung hazel	李曉彤	F	Female Youth 14 & below	200m	1500m	NSA
Siu Annabelle Tsz Huen	蕭芷萱	F	Female Youth 14 & below	200m	1500m	NSA
Chung Cheuk Lam	鍾焯琳	F	Female Youth 14 & below	200m	1500m	NSA
Wong Tsz Yan	黃梓欣	F	Female Youth 14 & below	200m	1500m	NSA
Wong Hong Ching	黃康晴	F	Female Youth 14 & below	200m	1500m	NSA
Ho Jessie	何泳悠	F	Female Youth 14 & below	200m	1500m	NSA
Chan Tsz Shun	陳梓淳	F	Female Youth 14 & below	200m	1500m	NSA
Chung Cin Yee Cydnee	鍾倩兒	F	Female Youth 14 & below	200m	1500m	NSA
Yeung Hiu Yau	楊曉悠	F	Female Youth 14 & below	200m	1500m	NSA
Ma Yi	馬懿	F	Female Youth 14 & below	200m	1500m	NSA
Chau Heulwen	周烜慧	F	Female Youth 14 & below	200m	1500m	NSA
So Pok Nga	蘇博雅	F	Female Youth 14 & below	200m	1500m	NSA
Chan Yi Chun	陳以臻	F	Female Youth 15	200m	1500m	NSA
Ng Yuet Hei	吳悅曦	F	Female Youth 15	200m	1500m	NSA
Shum Chung Ning	岑頌寧	F	Female Youth 15	200m	1500m	NSA
Bertha Ackber	區曉彤	F	Female Youth 15	200m	1500m	NSA
Au Yeung Nathan Siu Wo	歐陽兆和	M	Male 20	400m	3000m	NSA
Chu Yan Ho Philip	朱昕浩	M	Male 20	400m	3000m	NSA
Yip Tak Long	葉德朗	M	Male 21	400m	3000m	NSA
Tsang Cheung Sing Nicholas	曾祥星	M	Male Elite	400m	3000m	NSA
Ng Jason Tai Long	伍泰龍	M	Male Elite	400m	3000m	NSA
Yu Shing Him	余承謙	M	Male Elite	400m	3000m	NSA
Wong Tsz To	黃子圖	M	Male Elite	400m	3000m	NSA
Man Pak Lam Cass	文柏藍	M	Male Elite Junior 16	400m	3000m	NSA
Chan Wai Yin	陳韋弦	M	Male Elite Junior 16	400m	3000m	NSA
Wong Chun Hei	黃俊僊	M	Male Elite Junior 16	400m	3000m	NSA
Lam Yat Long	林日朗	M	Male Elite Junior 16	400m	3000m	NSA
Cheng Tsz Leong Louie	鄭梓亮	M	Male Elite Junior 16	400m	3000m	NSA
Lee Ho Ting	李灝庭	M	Male Elite Junior 16	400m	3000m	NSA
Jesse Cheung	張維正	M	Male Elite Junior 16	400m	3000m	NSA
Yau Chi Him Ryan	丘志謙	M	Male Elite Junior 17	400m	3000m	NSA
Yim Tsun Fung	嚴浚鋒	M	Male Elite Junior 17	400m	3000m	NSA
Chan Ka Hei Cyrus	陳家晞	M	Male Elite Junior 17	400m	3000m	NSA

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Shum Yan Tao	沈恩途	M	Male Elite Junior 17	400m	3000m	NSA
Tsang Auscar	曾竟瑤	M	Male Elite Junior 17	400m	3000m	NSA
Lam Lok Shi	林樂仕	M	Male Elite Junior 17	400m	3000m	NSA
Wong Nok Hei	王諾熙	M	Male Elite Junior 17	400m	3000m	NSA
Wong Chun Him	王俊謙	M	Male Elite Junior 17	400m	3000m	NSA
Aitan Hilton Goldberg	N/A	M	Male Elite Junior 17	400m	3000m	NSA
Yick Po Shun Yemi	易甫鎔	M	Male Elite Junior 18	400m	3000m	NSA
Yung Pu Chak	翁溥澤	M	Male Elite Junior 18	400m	3000m	NSA
Wong Pak Yiu Anson	黃柏堯	M	Male Elite Junior 18	400m	3000m	NSA
Mok Pak Fan	莫柏勛	M	Male Elite Junior 18	400m	3000m	NSA
Dominic WT Carson	簡煒晉	M	Male Elite Junior 18	400m	3000m	NSA
Kei Yin	紀彥	M	Male Elite Junior 18	400m	3000m	NSA
Tsang Wai Chun	曾淦潛	M	Male Elite Junior 19	400m	3000m	NSA
Wan Chak Lam	溫澤林	M	Male Elite Junior 19	400m	3000m	NSA
Yip Tsz Hin	葉子軒	M	Male Elite Junior 19	400m	3000m	NSA
Fok Wang Hin Ian	霍泓軒	M	Male Elite Junior 19	400m	3000m	NSA
Chan Yui Fung	陳睿澤	M	Male Elite Junior 19	400m	3000m	NSA
Ho Siu Kong	何兆剛	M	Male Youth 14 & below	200m	1500m	NSA
Ng Ching Kiu	吳政橋	M	Male Youth 14 & below	200m	1500m	NSA
Lau Yik Hei	劉奕希	M	Male Youth 14 & below	200m	1500m	NSA
Ian Wong	王喆	M	Male Youth 14 & below	200m	1500m	NSA
Tam Tze Kiu	譚子翹	M	Male Youth 14 & below	200m	1500m	NSA
Wan Chak Yan Bosco	溫澤仁	M	Male Youth 14 & below	200m	1500m	NSA
Chung Chi Yan Ian	鍾智仁	M	Male Youth 14 & below	200m	1500m	NSA
Ting Chun Ching	丁進澄	M	Male Youth 14 & below	200m	1500m	NSA
Li Travis Yat To	李溢韜	M	Male Youth 14 & below	200m	1500m	NSA
Wong Shun Hei	黃淳希	M	Male Youth 14 & below	200m	1500m	NSA
Damon Lau Sze Chai	劉思齊	M	Male Youth 14 & below	200m	1500m	NSA
Wong Cheuk Yat Julien	黃焯一	M	Male Youth 14 & below	200m	1500m	NSA
Lee Hoi Jin, Jayden	李鎧靖	M	Male Youth 14 & below	200m	1500m	NSA
Mak San Mau Jacob	麥宸畝	M	Male Youth 14 & below	200m	1500m	NSA
Chang hao che	張浩哲	M	Male Youth 14 & below	200m	1500m	NSA
Leonard Oscar CheShire	卓司龍	M	Male Youth 14 & below	200m	1500m	NSA
Kei Lap Yan	紀立人	M	Male Youth 14 & below	200m	1500m	NSA
Lam Kam Shing	林錦盛	M	Male Youth 14 & below	200m	1500m	NSA
Chan Oi Hei	陳愛希	M	Male Youth 14 & below	200m	1500m	NSA
Chan Pak Long	陳柏朗	M	Male Youth 14 & below	200m	1500m	NSA
Chau Cheuk Yin Desmond	周卓賢	M	Male Youth 14 & below	200m	1500m	NSA
Tsang Pok Yin	曾博賢	M	Male Youth 15	200m	1500m	NSA
Chun Cheuk Long	陳卓朗	M	Male Youth 15	200m	1500m	NSA
Edison Wong	黃子健	M	Male Youth 15	200m	1500m	NSA
Chan Pak Hei	陳柏僊	M	Male Youth 15	200m	1500m	NSA
Ho Jasper	何鎮朗	M	Male Youth 15	200m	1500m	NSA
Wong Lucas	王諾	M	Male Youth 15	200m	1500m	NSA
Ting Ngai Chun	丁毅臻	M	Male Youth 15	200m	1500m	NSA

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Chum tsz ho	覃子皓	M	Male Youth 15	200m	1500m	NSA
Wang Ho Ching	王昊程	M	Male Youth 15	200m	1500m	NSA
Alban Modiano	安班	M	Male Youth 15	200m	1500m	NSA
Chan King To	陳景滔	M	Male Youth 15	200m	1500m	NSA
Chan Yin Hang	陳彥衡	M	Male Youth 15	200m	1500m	NSA