

2025 Benchmarking Run Start Time(23 November 2025)

Race No	Heat	Start Time	English Name	Chinese Name	Category	Run	Category	Remarks
2851	1	18:00	Chan Chin Yui	陳芊睿	Female 11	800m	RS	
2852	1	18:00	Lau Lok Yin Alicia	劉樂然	Female 11	800m	RS	
2853	1	18:00	Leung Keira Joy	梁逸玥	Female 11	800m	RS	
2854	1	18:00	Chau, Ceinwen	周靄慧	Female 11	800m	RS	
2855	1	18:00	LEE OLIVIA	李傲凝	Female 11	800m	RS	
2856	1	18:00	So Pok Nga	蘇博雅	Female 11	800m	RS	
2857	1	18:00	Lau Cheryl	劉森芮	Female 10	800m	RS	
2858	1	18:00	Vheung Hoi Yau	張海悠	Female 10	800m	RS	
2859	1	18:00	Yeung Sze Yiu	楊思瑤	Female 10	800m	RS	
2860	1	18:00	Mak Ka Pik Abigail	麥珈璧	Female 10	800m	RS	
2861	1	18:00	Fong Ho Lam	方顯琳	Female 10	800m	RS	
2862	1	18:00	Leung Hei Shun, Ona	梁熙純	Female 10	800m	RS	
2863	1	18:00	Wan Ching	溫晴	Female 10	800m	RS	
2864	1	18:00	Tse Hei Ching	謝倫澄	Female 10	800m	RS	
2866	1	18:00	HU JiangQi	胡江蕪	Female Youth 12	800m	NDS	
2867	1	18:00	Loi Sofie	呂思澄	Female Youth 12	800m	NDS	
2868	1	18:00	Wong Ching Hei	王靖熙	Female Youth 12	800m	RS	
2869	1	18:00	Cheung Heidi	張凱堤	Female Youth 14	800m	NDS	
2870	1	18:00	Tasia Fan	范諱雅	Female 13	800m	RS	
995	2	18:05	Wong Chung Yu	王誦愉	Male 11	800m	RS	
996	2	18:05	Mok Wan Hin, Hans	莫蘊軒	Male 11	800m	RS	
997	2	18:05	Chan Yat Long Jay	陳逸朗	Male 11	800m	RS	
998	2	18:05	Yin YueHan	殷悅涵	Male 11	800m	RS	
999	2	18:05	Cheung Yat Long	蔣逸朗	Male 11	800m	RS	
1000	2	18:05	Au Hok Sum	歐學鏗	Male 11	800m	RS	
2841	2	18:05	Xi Jaco Jia Shen	奚嘉霖	Male 11	800m	RS	
2842	2	18:05	Pang Jonathan	彭俊超	Male 11	800m	RS	
2843	2	18:05	Chung Chi Yin Ivin	鍾至琰	Male 10	800m	RS	
2844	2	18:05	Kwok Hin Young	郭顯揚	Male 10	800m	RS	
2845	2	18:05	Chan Tak Lam	陳德霖	Male 10	800m	RS	
2846	2	18:05	Poon Yat Hei Isaac	潘日希	Male 10	800m	RS	
2847	2	18:05	Tsang Chun Ting	曾俊廷	Male 10	800m	RS	
2848	2	18:05	Cheung Hoi Yeung	張海揚	Male 10	800m	RS	
2849	2	18:05	Wang Sen Yik Otto	王宸奕	Male 10	800m	RS	
2850	2	18:05	Chan Wang Chin	陳宏展	Male 10	800m	RS	
993	3	18:10	Ngan Shing Hei	顏承希	Male 14	800m	RS	
972	3	18:10	Hung Kei Chi	孔麒智	Male Youth 14	800m	NDS	
973	3	18:10	Carlos Mok Hoi Kit	莫凱傑	Male Youth 14	800m	NDS	
974	3	18:10	Theodore Tianwei Zhang	張天維	Male Youth 14	800m	NDS	
975	3	18:10	Chan Wei Him	陳維謙	Male Youth 14	800m	NDS	
976	3	18:10	Choi Yui Hang	蔡睿珩	Male Youth 13	800m	NDS	
977	3	18:10	Earnest Lee	李永恩	Male Youth 13	800m	NDS	
978	3	18:10	Au Cheuk Nam Janko	區卓嵐	Male Youth 13	800m	NDS	
979	3	18:10	CHO Yat Long Julian	曹日朗	Male Youth 13	800m	NDS	
980	3	18:10	Leong Yat Kiu	梁逸喬	Male Youth 13	800m	NDS	
981	4	18:15	Sou Yui Him Raphael	蘇睿謙	Male Youth 12	800m	NDS	
982	4	18:15	Hu JiangZhi	胡江芷	Male Youth 12	800m	NDS	
983	4	18:15	Fok Shing Hang Rafael	霍承亨	Male Youth 12	800m	NDS	
984	4	18:15	Alfie Buddy Cheshire	卓立天	Male Youth 12	800m	NDS	
985	4	18:15	Chu Chun Lam	朱俊霖	Male Youth 12	800m	NDS	
986	4	18:15	Chaska Poon	方俊匡	Male 12	800m	RS	
987	4	18:15	Chan Carlos	陳柏維	Male 12	800m	RS	
988	4	18:15	Wong Chun Him Louis	黃俊謙	Male 12	800m	RS	
989	4	18:15	Carson Mok Chung Kit	莫宗杰	Male 12	800m	RS	
990	4	18:15	Chan Wang Chun	陳宏晉	Male 12	800m	RS	
992	4	18:15	Au Leong Yin	歐亮言	Male 13	800m	RS	
959	5	18:20	Edison Wong	黃子健	Male Youth 15	1500m	NSA	
960	5	18:20	Ho Jasper	何頌朗	Male Youth 15	1500m	NSA	
961	5	18:20	Wong Lucas	王諾	Male Youth 15	1500m	NSA	
962	5	18:20	Ting Ngai Chun	丁毅臻	Male Youth 15	1500m	NSA	
963	5	18:20	Chan Yin Hang	陳彥衡	Male Youth 15	1500m	NSA	
964	5	18:20	Ma Ethan	馬凱勳	Male Youth 15	1500m	NSA	
965	5	18:20	Chun Cheuk Long	陳卓朗	Male Youth 15	1500m	NSA	
966	5	18:20	Chan Pak Hei	陳柏偉	Male Youth 15	1500m	NSA	
967	5	18:20	Chum Tsz Ho	冚子皓	Male Youth 15	1500m	NSA	
968	5	18:20	Wang Ho Ching	王昊程	Male Youth 15	1500m	NSA	
969	5	18:20	Alban Modiano	安班	Male Youth 15	1500m	NSA	
970	5	18:20	Chan King To	陳景滔	Male Youth 15	1500m	NSA	
971	5	18:20	Lai Shung Him	賴崇謙	Male Elite Junior 17	1500m	NDS	
994	5	18:20	Tsang Pok Yin	曾博賢	Male 15	1500m	RS	
937	6	18:28	Ho Siu Kong	何兆剛	Male Youth 14 & below	1500m	NSA	
938	6	18:28	Ng Ching Kiu	吳政橋	Male Youth 14 & below	1500m	NSA	
939	6	18:28	Lau Yik Hei	劉奕希	Male Youth 14 & below	1500m	NSA	
940	6	18:28	Ian Wong	王喆	Male Youth 14 & below	1500m	NSA	800m
941	6	18:28	Li Travis Yat To	李溢滔	Male Youth 14 & below	1500m	NSA	800m
942	6	18:28	Wong Shun Hei	黃淳希	Male Youth 14 & below	1500m	NSA	

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943	6	18:28	Damon Lau Sze Chai	劉思齊	Male Youth 14 & below	1500m	NSA	
944	6	18:28	Wong Cheuk Yat Julien	黃焯一	Male Youth 14 & below	1500m	NSA	800m
945	6	18:28	Lee Hoi Jin, Jayden	李鏡靖	Male Youth 14 & below	1500m	NSA	800m
946	6	18:28	Chung Chi Yan Ian	鍾智仁	Male Youth 14 & below	1500m	NSA	
947	6	18:28	Mak San Mau Jacob	麥宸啟	Male Youth 14 & below	1500m	NSA	800m
948	7	18:36	Chang Hao Che	張浩哲	Male Youth 14 & below	1500m	NSA	800m
949	7	18:36	Leonard Oscar CheShire	卓司龍	Male Youth 14 & below	1500m	NSA	
950	7	18:36	Tam Tze Kiu	譚子翹	Male Youth 14 & below	1500m	NSA	
951	7	18:36	Wan Chak Yan Bosco	溫澤仁	Male Youth 14 & below	1500m	NSA	
952	7	18:36	Ting Chun Ching	丁進澄	Male Youth 14 & below	1500m	NSA	
953	7	18:36	Chau Cheuk Yin Desmond	周卓賢	Male Youth 14 & below	1500m	NSA	
954	7	18:36	Ng Cheuk Kiu	吳卓翹	Male Youth 14 & below	1500m	NSA	
955	7	18:36	Chan Oi Hei	陳愛希	Male Youth 14 & below	1500m	NSA	
956	7	18:36	Kei Lap Yan	紀立人	Male Youth 14 & below	1500m	NSA	800m
957	7	18:36	Lam Kam Shing	林錦盛	Male Youth 14 & below	1500m	NSA	800m
958	7	18:36	Chan Pak Long	陳柏朗	Male Youth 14 & below	1500m	NSA	800m
920	8	18:44	Chan Yi Chun	陳以臻	Female Youth 15	1500m	NSA	
921	8	18:44	Ng Yuet Hei	吳悅曦	Female Youth 15	1500m	NSA	
922	8	18:44	Shum Chung Ning	岑頌寧	Female Youth 15	1500m	NSA	
923	8	18:44	Bertha Ackber	區曉彤	Female Youth 15	1500m	NSA	
936	8	18:44	Tang Hiu Tung	鄧曉桐	Female Elite Junior 18 and above	1500m	NDS	
2865	8	18:44	Cheng Lok Ching	鄭樂澄	Female Youth 15	1500m	NDS	
2871	8	18:44	Leung Hiu Tung	梁曉彤	Female 15	1500m	RS	
924	8	18:44	Li Hok Yee Cheryl	李學而	Female Youth 14 & below	1500m	NSA	
925	8	18:44	Lee hiu tung hazel	李曉彤	Female Youth 14 & below	1500m	NSA	800m
926	9	18:52	Siu Annabelle Tsz Huen	蕭芷萱	Female Youth 14 & below	1500m	NSA	800m
927	9	18:52	Chung Cheuk Lam	鍾焯琳	Female Youth 14 & below	1500m	NSA	
928	9	18:52	Wong Tsz Yan	黃梓欣	Female Youth 14 & below	1500m	NSA	
929	9	18:52	Wong Hong Ching	黃康晴	Female Youth 14 & below	1500m	NSA	800m
930	9	18:52	Ho Jessie	何泳悠	Female Youth 14 & below	1500m	NSA	
931	9	18:52	Chan Tsz Shun	陳梓淳	Female Youth 14 & below	1500m	NSA	
932	9	18:52	Chung Cin Yee Cydnee	鍾倩兒	Female Youth 14 & below	1500m	NSA	800m
933	9	18:52	Yeung Hiu Yau	楊曉悠	Female Youth 14 & below	1500m	NSA	
934	9	18:52	Ma Yi	馬懿	Female Youth 14 & below	1500m	NSA	
935	9	18:52	Chau Heulwen	周煊慧	Female Youth 14 & below	1500m	NSA	800m
911	10	19:00	Lam Hoi Ching	林海晴	Female 20	3000m	NSA	
912	10	19:00	Lun Anson	倫柏翹	Female Elite Junior 18	3000m	NSA	
913	10	19:00	Wong Wan Tung	黃允彤	Female Elite Junior 17	3000m	NSA	
914	10	19:00	Man Lai Ki Nicole	文麗淇	Female Elite Junior 17	3000m	NSA	
915	10	19:00	Wong Lok Tung	王樂彤	Female Elite Junior 16	3000m	NSA	
916	10	19:00	Tsang Hayley	曾熹兒	Female Elite Junior 16	3000m	NSA	
917	10	19:00	Chan Oi Yin	陳愛妍	Female Elite Junior 16	3000m	NSA	
918	10	19:00	Anika Yang	楊莉婷	Female Elite Junior 16	3000m	NSA	
919	10	19:00	Sarah Modiano	/	Female Elite Junior 16	3000m	NSA	
896	11	19:14	Yau Chi Him Ryan	丘志謙	Male Elite Junior 17	3000m	NSA	1500m
897	11	19:14	Yim Tsun Fung	嚴浚鋒	Male Elite Junior 17	3000m	NSA	
898	11	19:14	Shum Yan Tao	沈恩途	Male Elite Junior 17	3000m	NSA	
899	11	19:14	Tsang Auscar	曾竟瑤	Male Elite Junior 17	3000m	NSA	
900	11	19:14	Lam Lok Shi	林樂仕	Male Elite Junior 17	3000m	NSA	
901	11	19:14	Wong Nok Hei	王諾熙	Male Elite Junior 17	3000m	NSA	
902	11	19:14	Wong Chun Him	王俊謙	Male Elite Junior 17	3000m	NSA	
903	11	19:14	Mok Tsz Him	莫子謙	Male Elite Junior 17	3000m	NSA	
904	11	19:14	Man Pak Lam Cass	文柏藍	Male Elite Junior 16	3000m	NSA	1500m
905	11	19:14	Chan Wai Yin	陳韋弦	Male Elite Junior 16	3000m	NSA	
906	11	19:14	Wong Chun Hei	黃俊偉	Male Elite Junior 16	3000m	NSA	
907	11	19:14	Lam Yat Long	林日朗	Male Elite Junior 16	3000m	NSA	
908	11	19:14	Cheng Tsz Leong Louie	鄭梓亮	Male Elite Junior 16	3000m	NSA	
909	11	19:14	Lee Ho Ting	李灝庭	Male Elite Junior 16	3000m	NSA	
910	11	19:14	Jesse Cheung	張維正	Male Elite Junior 16	3000m	NSA	
880	12	19:28	Au Yeung Nathan Siu Wo	歐陽兆和	Male 20	3000m	NSA	
881	12	19:28	Chu Yan Ho Philip	朱昕浩	Male 20	3000m	NSA	
882	12	19:28	Yip Tak Long	葉德明	Male 21	3000m	NSA	
883	12	19:28	Lau Tsun Hei	劉晉曦	Male 22	3000m	NSA	
884	12	19:28	Tsang Cheung Sing Nicholas	曾祥星	Male Elite	3000m	NSA	
885	12	19:28	Ng Jason Tai Long	伍泰龍	Male Elite	3000m	NSA	
886	12	19:28	Yu Shing Him	余承謙	Male Elite	3000m	NSA	
887	12	19:28	Tsang Wai Chun	曾滄滄	Male Elite Junior 19	3000m	NSA	
888	12	19:28	Fok Wang Hin Ian	霍泓軒	Male Elite Junior 19	3000m	NSA	
889	12	19:28	Yip Tsz Hin	葉子軒	Male Elite Junior 19	3000m	NSA	
890	12	19:28	Wong Ka Ho	黃嘉豪	Male Elite Junior 19	3000m	NSA	
891	12	19:28	Wan Chak Lam	溫澤林	Male Elite Junior 19	3000m	NSA	
892	12	19:28	Yick Po Shun Yemi	易甫鏘	Male Elite Junior 18	3000m	NSA	
893	12	19:28	Yung Pu Chak	翁溥澤	Male Elite Junior 18	3000m	NSA	
894	12	19:28	Mok Pak Fan	莫柏勛	Male Elite Junior 18	3000m	NSA	
895	12	19:28	Dominic WT Carson	簡煒晉	Male Elite Junior 18	3000m	NSA	
896	12	19:28	Kei Yin	紀彥	Male Elite Junior 18	3000m	NSA	