2026 Benchmarking Run Start List - 13 November 2026

Race No	Wave	Start Time	English Name	Chinese Name	Gender	Category	Run	Remarks
926	1	18:00	Ian Wong	王喆	Male	Male Youth 14	800m	NDS
927	1	18:00	Cho Yat Long Julian	曹日朗	Male	Male Youth 14	800m	NDS
928	1	18:00	So Him		Male	Male Youth 12	800m	NDS
929	1	18:00	cheung hoi yeung	張海揚	Male	Male Youth 12	800m	NDS
930	1	18:00	CHI GAVIN	遲棣文	Male	Male Youth 12	800m	NDS
931	1	18:00	Shing Ying him	成應謙	Male	Male Youth 12	800m	NDS
932	1	18:00	Sum Yat Chace	沈日	Male	Male Youth 12	800m	NDS
933	1	18:00	Sou Yui Him Raphael	蘇睿謙	Male	Male Youth 13	800m	NDS
937	1	18:00	Gui Wei Chen Austin	桂伟宸	Male	Male 13	800m	RS
938	1	18:00	Nathan Yan	严伟夏	Male	Male 13	800m	RS
939	1	18:00	Aston Mouland	崔嘉龍	Male	Male 14	800m	RS
940	2	18:05	Cheung Tin Shun Jared	張天信	Male	Male 12	800m	RS
941	2	18:05	Mok Fei Wan Aaron	莫斐雲	Male	Male 12	800m	RS
942	2	18:05	Mok Wan Hin	莫蘊軒	Male	Male 12	800m	RS
943	2	18:05	Xi Jaco Jia Shen	奚嘉琛	Male	Male 12	800m	RS
944	2	18:05	YIN YUEHAN	殷悅涵	Male	Male 12	800m	RS
945	2	18:05	Cheung Pak Ting	張百霆	Male	Male 11	800m	RS
946	2	18:05	Clinton Leung	梁潤峯	Male	Male 11	800m	RS
947	2	18:05	Kwok Hin Young	郭顯揚	Male	Male 11	800m	RS
948	2	18:05	Lee Hayden	李哲祐	Male	Male 11	800m	RS
949	2	18:05	Nathaniel Albert Sydney Smith	詩信知	Male	Male 11	800m	RS
950	2	18:05	NG HO HEI	吳皓熹	Male	Male 11	800m	RS
951	2	18:05	Pang tin chi jonathan	彭天賜	Male	Male 11	800m	RS
952	2	18:05	Poon Yat Hei Isaac	潘日希	Male	Male 11	800m	RS
953	3	18:10	Tam Kwan Yee Harry	譚珺頤	Male	Male 11	800m	RS
954	3	18:10	TSANG CHUN TING	曾俊廷	Male	Male 11	800m	RS
955	3	18:10	WANG SEN YIK OTTO	王宸奕	Male	Male 11	800m	RS
956	3	18:10	Wong Hei Long	王希朗	Male	Male 11	800m	RS
957	3	18:10	Chan Tak Lam	陳德霖	Male	Male 10	800m	RS
958	3	18:10	Cheung Ka Chun Nathan	張家俊	Male	Male 10	800m	RS
959	3	18:10	Cheung Tin Yau Jasper	張天佑	Male	Male 10	800m	RS
960	3	18:10	HUANG Zhengxuan	黃正軒	Male	Male 10	800m	RS
961	3	18:10	Li, Tin Chak Jacob	李天澤	Male	Male 10	800m	RS
962	3	18:10	Mak Shu Yan Ethan	麥庶寅	Male	Male 10	800m	RS
963	3	18:10	Tsang Kwun Cheong	曾冠倡	Male	Male 10	800m	RS
964	3	18:10	Tsoi Cheuk Nam	蔡卓楠	Male	Male 10	800m	RS
921	4	18:15	Chau, Ceinwen	周翹慧	Female	Female Youth 12	800m	NDS
922	4	18:15	cheung hoi yau	張海悠	Female	Female Youth 12	800m	NDS
923	4	18:15	Hu Jiangqi	胡江萋	Female	Female Youth 12	800m	NDS/RS
965	4	18:15	Anya Wang	王安雅	Female	Female 13	800m	RS
966	4	18:15	Lau Lok Yin Alicia	劉樂然	Female	Female 12	800m	RS
967	4	18:15	Lee Olivia	李傲凝	Female	Female 12	800m	RS
968	4	18:15	So Pok Nga	蘇博雅	Female	Female 12	800m	RS
969	4	18:15	Fong Ho Lam	方顥琳	Female	Female 11	800m	RS
970	4	18:15	Lau Cheryl	劉森芮	Female	Female 11	800m	RS
971	4	18:15	Mak Ka Pik Abigail	麥珈璧	Female	Female 11	800m	RS
972	4	18:15	POON YUI KIU	潘蕊喬	Female	Female 11	800m	RS
973	4	18:15	Tse Hei Ching	謝俙澄	Female	Female 11	800m	RS
974	4	18:15	Chan Tsz Tung	陳芷桐	Female	Female 10	800m	RS
975	4	18:15	Lau Lilith	劉傲喬	Female	Female 10	800m	RS
976	4	18:15	Leung Michaela Grace	梁然知	Female	Female 10	800m	RS
977	4	18:15	MA Cheuk Yan Hannah	馬綽恩	Female	Female 10	800m	RS
978	4	18:15	SALOMON Estelle	沙凱晴	Female	Female 10	800m	RS
460	5	18:20	Chung Chi Yan Ian	鍾智仁	Male	Male Elite Youth 15	1.5km	NSA
461	5	18:20	Hung Kei Chi	孔麒智	Male	Male Elite Youth 15	1.5km	NSA
462	5	18:20	Lau Yik Hei	劉奕希	Male	Male Elite Youth 15	1.5km	NSA
463	5	18:20	Ng cheuk kiu	吳卓翹	Male	Male Elite Youth 15	1.5km	NSA
464	5	18:20	Tam Tze Kiu	譚子翹	Male	Male Elite Youth 15	1.5km	NSA
465	5	18:20	Wan Chak Yan	溫澤仁	Male	Male Elite Youth 15	1.5km	NSA
469	5	18:20	Chang Hao Che	張浩哲	Male	Male Elite Youth 14 & below	1.5km	NSA
470	5	18:20	Choi Yui Hang	蔡睿珩	Male	Male Elite Youth 14 & below	1.5km	NSA
471	5	18:20	Kei Lap Yan	紀立人	Male	Male Elite Youth 14 & below	1.5km	NSA
472	5	18:20	Lau Sze Chai Damon	劉思齊	Male	Male Elite Youth 14 & below	1.5km	NSA
473	5	18:20	Lee Hoi Jin	李鎧靖	Male	Male Elite Youth 14 & below	1.5km	NSA
474	5	18:20	LEE WAI TING	李瑋庭	Male	Male Elite Youth 14 & below	1.5km	NSA
475	5	18:20	Leong Yat Kiu	梁逸喬	Male	Male Elite Youth 14 & below	1.5km	NSA
476	6	18:28	Mak San Mau Jacob	麥宸畝	Male	Male Elite Youth 14 & below	1.5km	NSA
477	6	18:28	Mok Wan Hin	莫蘊軒	Male	Male Elite Youth 14 & below	1.5km	NSA
478	6	18:28	Ting Chun Ching	丁進澄	Male	Male Elite Youth 14 & below	1.5km	NSA
479	6	18:28	Wong shun hei	黃淳希	Male	Male Elite Youth 14 & below	1.5km	NSA
480	6	18:28	Yeung, Ka Kiu	楊傢喬	Male	Male Elite Youth 14 & below	1.5km	NSA
481	6	18:28	CHAN PAK LONG	陳柏朗	Male	Male Elite Youth 14 & below	1.5km /800m	NSA/NDS
482	6	18:28	Chu chun lam	朱俊霖	Male	Male Elite Youth 14 & below	1.5km /800m	NSA/NDS
483	6	18:28	Earnest Lee	李丞恩	Male	Male Elite Youth 14 & below	1.5km /800m	NSA/NDS
484	6	18:28	Hu Jiangzhi	胡江芷	Male	Male Elite Youth 14 & below	1.5km /800m	NSA/NDS
485	6	18:28	Leung Ho Ching Angus	梁皓程	Male	Male Elite Youth 14 & below	1.5km /800m	NSA/NDS
486	6	18:28	Li Travis Yat To	李溢韜	Male	Male Elite Youth 14 & below	1.5km /800m	NSA/NDS
487	6	18:28	Wan Iron		Male	Male Elite Youth 14 & below	1.5km /800m	NSA/NDS
488	7	18:36	Wong Chun Him Louis	黃俊謙	Male	Male Elite Youth 14 & below	1.5km /800m	NSA/NDS
489	7	18:36	Chaska Poon	方俊匡	Male	Male Elite Youth 14 & below	1.5km /800m	NSA/RS
490	7	18:36	Chung Chi Yin Ivin	鍾至琄	Male	Male Elite Youth 14 & below	1.5km /800m	NSA/RS

2026 Benchmarking Run Start List - 13 November 2026

Race No	Wave	Start Time	English Name	Chinese Name	Gender	Category	Run	Remarks
466	7	18:36	Chan Wei Him	陳維謙	Male	Male Elite Youth 15	1.5km	NSA/NDS
467	7	18:36	LUI LOK Chun Titus	雷樂遵	Male	Male Elite Youth 15	1.5km	NSA/NDS
468	7	18:36	Ng Ching Kiu	吳政橋	Male	Male Elite Youth 15	1.5km	NSA/NDS
924	7	18:36	Rico Ho	何兆剛	Male	Male Junior 16	1.5km	NDS
925	7	18:36	Hung Kei Chi	孔麒智	Male	Male Youth 15	1.5km	NDS
935	7	18:36	Ngan Shing Hei	顏承希	Male	Male 15	1.5km	RS
936	7	18:36	Leung Kerts	梁茗淪	Male	Male 15	1.5km	RS
934	7	18:36	TANG KWAN YEUNG JASPER	鄧君揚	Male	Male 16 & above	1.5km	RS
491	8	18:44	Chung Cheuk Lam	鍾焯琳	Female	Female Elite Youth 14 & below	1.5km	NSA
492	8	18:44	Chung Cin Yee Cydnee	鍾倩兒	Female	Female Elite Youth 14 & below	1.5km	NSA
493	8	18:44	Ho Jessie	何泳悠	Female	Female Elite Youth 14 & below	1.5km	NSA
494	8	18:44	Li Hok Yee Cheryl	李學而	Female	Female Elite Youth 14 & below	1.5km	NSA
495	8	18:44	Ma Yi	馬懿	Female	Female Elite Youth 14 & below	1.5km	NSA
496	8	18:44	Yeung Hiu Yau	楊曉悠	Female	Female Elite Youth 14 & below	1.5km	NSA
497	8	18:44	Yuki Wu	胡雨喬	Female	Female Elite Youth 14 & below	1.5km	NSA
498	8	18:44	Chan Tsz shun	陳梓淳	Female	Female Elite Youth 14 & below	1.5km	NSA/NDS
499	8	18:44	Lee Hiu Tung Hazel	李曉彤	Female	Female Elite Youth 14 & below	1.5km	NSA/NDS
500	8	18:44	Leung Keira Joy	梁逸玥	Female	Female Elite Youth 14 & below	1.5km	NSA/RS
916	8	18:44	Loi Sofie	呂思澄	Female	Female Elite Youth 14 & below	1.5km	NSA/RS
917	8	18:44	Chau Heulwen	周烜慧	Female	Female Elite Youth 15	1.5km	NSA
918	8	18:44	Ip Hoi Lam	葉鎧霖	Female	Female Elite Youth 15	1.5km	NSA
919	8	18:44	Lau Sin Yin Chloe	劉善然	Female	Female Elite Youth 15	1.5km	NSA
920	8	18:44	Wong Hong Ching	黃康晴	Female	Female Elite Youth 15	1.5km	NSA
444	9	18:52	Bailee Brown	彭詩雅	Female	Female Elite	3km	NSA
445	9	18:52	Lam Hoi Ching	林海晴	Female	Female Elite 21	3km	NSA
446	9	18:52	Cade Wright	韋祺	Female	Female Elite 23	3km	NSA
447	9	18:52	Lun Anson	倫柏翹	Female	Female Elite Junior 19	3km	NSA
448	9	18:52	Man Lai Ki Nicole	文麗淇	Female	Female Elite Junior 18	3km	NSA
449	9	18:52	Wong Wan Tung	黃允彤	Female	Female Elite Junior 18	3km	NSA
450	9	18:52	Chan Oi Yin	陳愛妍	Female	Female Elite Junior 17	3km	NSA
451	9	18:52	Sarah Madiano		Female	Female Elite Junior 17	3km	NSA
452	9	18:52	Nica Lau Xin EAPEN	劉仙	Female	Female Elite Junior 17	3km	NSA
453	9	18:52	WenxinHuang	黃雯歆	Female	Female Elite Junior 17	3km	NSA
454	9	18:52	Wong Lok Tung	王樂彤	Female	Female Elite Junior 17	3km	NSA
455	9	18:52	Bertha Ackber	區曉彤	Female	Female Elite Junior 16	3km	NSA
456	9	18:52	Li Hei Man	李琋敏	Female	Female Elite Junior 16	3km	NSA
457	9	18:52	Ng Yuet Hei	吳悅曦	Female	Female Elite Junior 16	3km	NSA
458	9	18:52	Shum Chung Ning	岑頌寧	Female	Female Elite Junior 16	3km	NSA
459	9	18:52	Cheng Lok ching	鄭樂澄	Female	Female Elite Junior 16	3km/1.5km	NSA/NDS
431	10	19:07	Wong Chun Hei	黃俊僖	Male	Male Elite Junior 17	3km	NSA
432	10	19:07	Man Pak Lam Cass	文柏藍	Male	Male Elite Junior 17	3km/1.5km	NSA/NDS
433	10	19:07	Chan King To	陳景滔	Male	Male Elite Junior 16	3km	NSA
434	10	19:07	Chan Yin Hang	陳彥衡	Male	Male Elite Junior 16	3km	NSA
435	10	19:07	Chum tsz ho	覃子皓	Male	Male Elite Junior 16	3km	NSA
436	10	19:07	Edison Wong	黃子健	Male	Male Elite Junior 16	3km	NSA
437	10	19:07	Ho Jasper	何頌朗	Male	Male Elite Junior 16	3km	NSA
438	10	19:07	Ma Hoi Fan	馬凱勳	Male	Male Elite Junior 16	3km	NSA
439	10	19:07	Ting Ngai Chun	丁毅臻	Male	Male Elite Junior 16	3km	NSA
440	10	19:07	Wong Lucas	王諾	Male	Male Elite Junior 16	3km	NSA
441	10	19:07	Yifeng Frank WU	吳艺沣	Male	Male Elite Junior 16	3km	NSA/NDS
442	10	19:07	Chan Pak Hei	陳柏僖	Male	Male Elite Junior 16	3km/1.5km	NSA/NDS
443	10	19:07	Chun Cheuk Long	陳卓朗	Male	Male Elite Junior 16	3km/1.5km	NSA/NDS
419	11	19:22	Auscar Tsang	曾竟琋	Male	Male Elite Junior 18	3km	NSA
420	11	19:22	Wong Nok Hei	王諾熙	Male	Male Elite Junior 18	3km	NSA
421	11	19:22	Lam Lok Shi	林樂仕	Male	Male Elite Junior 18	3km	NSA
422	11	19:22	Shum Yan Tao	沈恩途	Male	Male Elite Junior 18	3km	NSA
423	11	19:22	Wong Chun Him	王俊謙	Male	Male Elite Junior 18	3km	NSA
424	11	19:22	Yim Tsun Fung	嚴浚鋒	Male	Male Elite Junior 18	3km	NSA
425	11	19:22	Lai Shung Him	賴崇謙	Male	Male Elite Junior 18	3km/1.5km	NSA/NDS
426	11	19:22	YAU CHI HIM RYAN	丘志謙	Male	Male Elite Junior 18	3km/1.5km	NSA/NDS
427	11	19:22	Chan Wai Yin	陳韋弦	Male	Male Elite Junior 17	3km	NSA
428	11	19:22	Cheung Wai Ching Jesse	張維正	Male	Male Elite Junior 17	3km	NSA
429	11	19:22	Lam Yat Long	林日朗	Male	Male Elite Junior 17	3km	NSA
430	11	19:22	LEE HO TING	李灝庭	Male	Male Elite Junior 17	3km	NSA
401	12	19:37	Robin Elg	羅競賓	Male	Male Elite	3km	NSA
402	12	19:37	Oscar Louis Coggins	奧斯卡	Male	Male Elite	3km	NSA
403	12	19:37	Jason Tai Long NG	伍泰龍	Male	Male Elite	3km	NSA
404	12	19:37	Tsang Cheung Sing Nicholas	曾祥星	Male	Male Elite	3km	NSA
405	12	19:37	Wong Tsz To	黃子圖	Male	Male Elite	3km	NSA
406	12	19:37	Au Yeung Nathan Siu wo	歐陽兆和	Male	Male Elite 21	3km	NSA
407	12	19:37	Yip Tak Long	葉德朗	Male	Male Elite 22	3km	NSA
408	12	19:37	Fok Wang Hin Ian	霍泓軒	Male	Male Elite 20	3km	NSA
409	12	19:37	Tsang Wai Chun	曾滉濬	Male	Male Elite 20	3km	NSA
410	12	19:37	Wan Chak Lam	温澤林	Male	Male Elite 20	3km	NSA
411	12	19:37	Wong Pak Yiu Anson	黃栢堯	Male	Male Elite Junior 19	3km	NSA
412	12	19:37	Yung Pu Chak	翁溥澤	Male	Male Elite Junior 19	3km	NSA
413	12	19:37	CARSON WT DOMINIC	簡煒晉	Male	Male Elite Junior 19	3km	NSA
414	12	19:37	Mok Pak Fan	莫柏勛	Male	Male Elite Junior 19	3km	NSA
415	12	19:37	Yick Po Shun Yemi	易甫錞	Male	Male Elite Junior 19	3km	NSA
416	12	19:37	Kei Yin	紀彥	Male	Male Elite Junior 19	3km	NSA