



香港三項鐵人總會
Hong Kong Triathlon Association Ltd.

香港銅鑼灣掃桿埔大球場徑1號奧運大樓1020室
Olympic House, Rm.1020, 1 Stadium Path, Causeway Bay, Hong Kong
T. (852) 2504 8282
F. (852) 2576 8253
trihk@triathlon.com.hk
www.triathlon.com.hk

Elite Benchmarking 13-14/10/2019						
Name	Race No.	Gender	Swim Distance	Run Distance	Category	Age (Year 2020)
Lo Ching Hin	580	M	200m	1500m	National Squad	31
Law Leong Tim	581	M	200m	1500m	National Squad	27
Lau Tsun Ling	582	M	200m	1500m	National Squad	25
Wong Hui Wai	583	M	200m	1500m	National Squad	25
Kok Yu Hang	584	M	200m	1500m	National Squad	24
Jame Tan	585	M	200m	1500m	National Squad	23
Micheal Lam	586	M	200m	1500m	National Squad	23
Wong Tsz To	587	M	200m	1500m	National Squad	22
Oscar Coggins	588	M	200m	1500m	National Squad	21
Yu Shing Him	589	M	200m	1500m	National Squad	21
Hung Tik Long	590	M	200m	1500m	National Squad	20
Jason Tai Long Ng Hardcastle	591	M	200m	1500m	National Squad	20
Chung Siu Ting	592	M	200m	1500m	National Squad	20
Keung Wai Lok	593	M	200m	1500m	National Squad	20
Li Tsz Ho Angus	594	M	200m	1500m	National Squad	19
Nathan Eilers	595	M	200m	1500m	National Squad	18
Robin ELG	596	M	200m	1500m	National Squad	18
Lee Hoi Tik	597	M	200m	1500m	National Squad	18
Gilbert Sung	598	M	200m	1500m	National Squad	18
Yick Harold	599	M	200m	1500m	National Squad	18
Boat Van Den Heuvel	600	M	200m	1500m	National Squad	17
Chan Ho Kwan	601	M	200m	1500m	National Squad	17
Lau Tsun Hei	602	M	200m	1500m	National Squad	17
Wong Ka Hei Michael	603	M	200m	1500m	National Squad	17
Chow Ching Yin	604	M	200m	1500m	National Squad	17
Kwan Tsz Fung Jeffrey	605	M	200m	1500m	National Squad	17
Tang Philomon Neil	606	M	200m	1500m	National Squad	16
Tsang Kowk Chun	607	M	200m	1500m	National Squad	16
Yip Tak Long Nick	608	M	200m	1500m	National Squad	16
Tsang Kwok Chun	609	M	200m	1500m	National Squad	16
Leung Ping Thomas	610	M	200m	1500m	National Squad	15
Jan Yip	611	M	200m	1500m	National Squad	14
Lau Ji Ching	612	F	200m	1500m	National Squad	18
Bailee Brown	613	F	200m	1500m	National Squad	20
Cho Wing To	614	F	200m	1500m	National Squad	19
Issy Lyons	615	F	200m	1500m	National Squad	18



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Anju Chenux-Repond	616	F	200m	1500m	National Squad	18
Lo Ho Yan	617	F	200m	1500m	National Squad	18
Charlotte Hall	618	F	200m	1500m	National Squad	17
Cheng Yan Ching	619	F	200m	1500m	National Squad	17
Au Che Yiu	620	F	200m	1500m	National Squad	16
Lo Cheukk Yat, Judy	621	F	200m	1500m	National Squad	16
Chu Wing Yan	622	F	200m	1500m	National Squad	15
Pauline Courret	623	F	200m	1500m	National Squad	15
Zoe Olga Metais	624	F	200m	1500m	National Squad	15
Sienna May Saunders	625	F	200m	1500m	National Squad	14
Tess Evelyn Greaton	626	F	200m	1500m	National Squad	13
Lee Wai Man Candy	627	F	200m	1500m	National Squad Potential	18
Jeanna Muston	628	F	200m	1500m	National Squad Potential	17
Choi Wing Yan	629	F	200m	1500m	National Squad Potential	17
Lily Sheary	630	F	200m	1500m	National Squad Potential	16
Molly Worthington	631	F	200m	1500m	National Squad Potential	15
Lau Chung Hei	632	M	200m	1500m	National Squad Potential	19
Sin Cheuk Fung	633	M	200m	1500m	National Squad Potential	19
Sung Ho Hin	634	M	200m	1500m	National Squad Potential	19
Ng Sheung Man	635	M	200m	1500m	National Squad Potential	18
Yip Shing Hei	636	M	200m	1500m	National Squad Potential	17
Chu Yan Ho	637	M	200m	1500m	National Squad Potential	15
Chan Yui Fung	638	M	200m	1500m	National Squad Potential	14
Yip Tsz Hin Sean	639	M	200m	1500m	National Squad Potential	14
Cheung Hoi Hin Onix	640	M	200m	1500m	National Squad Potential	14
Leung Wai Hang, Wyatt	641	M	200m	1500m	National Squad Potential	17
Kenji Yau	642	M	200m	1500m	National Development Squad	16
Leung Lok Hei	643	M	200m	1500m	National Development Squad	15
To Hon Ming	644	M	200m	1500m	National Development Squad	15
Chan Pak Hoi	645	M	200m	1500m	National Development Squad	15
Sweetie Woo	646	F	200m	1500m	National Development Squad	16
Kristy King	647	F	200m	1500m	National Development Squad	16
Chole Chick	648	F	200m	1500m	National Development Squad	15
Amber Chiu Kai On	649	F	200m	1500m	National Development Squad	15
Chan Tin Shut	650	M	200m	800m	National Development Squad	14
Fung Wang Hin Ian	651	M	200m	800m	National Development Squad	14
Tsang Wai Chun	652	M	200m	800m	National Development Squad	14
Wan Chak Lam	653	M	200m	800m	National Development Squad	14
Jonathan Lee	654	M	200m	800m	National Development Squad	14
Fung Hong Ching	655	M	200m	800m	National Development Squad	14
Mok Pak Fan	656	M	200m	800m	National Development Squad	13
Valen Ho Chung Hin	659	M	200m	1500m	National Squad Potential	16