

## NS Benchmarking Result 2021 (July)

Race No	Name(ENG)	Name(CHN)	Age as at 31/12/2021	Category	Swim	Run	Swim Time	Run Time	Total Time	Qualify
							Swim Time	Run Time		
837	Robin Elg	-	19	Male Elite Junior 19	400m	3km	04:20.17	08:54.54	13:14.71	National Squad
853	Jason Ng Tai Long Hardcastle	伍泰龍	21	Male Elite U23	800m	5km	09:25.62	15:48.61	25:14.23	National Squad
845	Hall Charlotte Emily	-	18	Female Elite Junior 18	400m	3km	05:02.45	10:38.84	15:41.29	National Squad (Pandemic)
858	Cho Wing To Cheri	曹詠淘	20	Female U23	800m	5km	10:27.81	18:35.94	29:03.75	National Squad (Pandemic)
851	Wong Tsz To	黃子圖	23	Male Elite U23	800m	5km	09:49.53	15:09.99	24:59.52	National Squad (Pandemic)
850	Tan, James Alexander Ming-Fai	陳明輝	24	Male Elite Open	800m	5km	09:20.35	16:12.35	25:32.70	National Squad (Pandemic)
852	Yu Shing Him	余承謙	22	Male Elite U23	800m	5km	09:44.55	15:39.40	25:23.95	National Squad (Pandemic)
854	Hung Tik Long	洪迪朗	20	Male Elite U23	800m	5km	09:55.44	17:06.54	27:01.98	National Squad (Pandemic)
855	Tam Sze Shing Thomas	譚思成	20	Male Elite U23	800m	5km	09:57.21	17:54.31	27:51.52	National Squad (Pandemic)
831	Yim Tsun Fung	嚴浚鋒	13	Male Youth 13	200m	1500m	02:30.44	04:49.89	07:20.33	National Squad (Pandemic)
833	Wong Nok Hei	王諾熙	13	Male Youth 13	200m	1500m	02:28.58	05:14.30	07:42.88	National Squad (Pandemic)
822	Wong Ka Ho Gary	黃嘉豪	15	Male Youth 15	200m	1500m	02:20.33	04:37.55	06:57.88	National Squad (Pandemic)
848	Cade Wright	韋祺	18	Female Elite Junior 18	400m	3km	05:11.38	10:47.43	15:58.81	National Squad Potential (Pandemic)
857	Bailee Brown	彭詩雅	21	Female U23	800m	5km	10:12.24	19:47.08	29:59.32	National Squad Potential (Pandemic)
843	Leung Ping Thomas	梁平	16	Male Elite Junior 16	400m	3km	05:10.97	10:16.49	15:27.46	National Squad Potential (Pandemic)
838	Chan Ho Kwan	陳灝鈞	18	Male Elite Junior 18	400m	3km	05:03.91	09:36.40	14:40.31	National Squad Potential (Pandemic)
826	Kan Carson	簡煒晉	14	Male Youth 14	200m	1500m	02:26.43	05:06.31	07:32.74	National Squad Potential (Pandemic)
828	Yung Pu Chak	翁溥澤	14	Male Youth 14	200m	1500m	02:27.63	05:17.16	07:44.79	National Squad Potential (Pandemic)
821	Tsang Wai Chun	曾澤晉	15	Male Youth 15	200m	1500m	02:30.54	04:46.07	07:16.61	National Squad Potential (Pandemic)
824	Wan Chak Lam	溫澤林	15	Male Youth 15	200m	1500m	02:31.18	04:55.80	07:26.98	National Squad Potential (Pandemic)
823	Lo Hin Ching	盧衍澄	15	Male Youth 15	200m	1500m	02:47.19	04:58.41	07:45.60	Fail
825	Mok Pak Fan	莫柏勛	14	Male Youth 14	200m	1500m	02:42.63	04:44.39	07:27.02	Fail
829	Wong Pak Yiu Anson	黃栢堯	14	Male Youth 14	200m	1500m	02:38.39	05:20.27	07:58.66	Fail
830	Lai Pak Long	黎柏朗	13	Male Youth 13	200m	1500m	02:52.23	04:56.41	07:48.64	Fail
832	Tsang Kwong Hei Anson	曾廣晞	13	Male Youth 13	200m	1500m	ABS	04:37.53	04:37.53	Fail
834	Lun Anson	倫柏翹	14	Female Youth 14	200m	1500m	02:57.47	05:17.24	08:14.71	Fail
840	Tsang Kwok Chun	曾國晉	17	Male Elite Junior 17	400m	3km	05:23.58	10:27.02	15:50.60	Fail
841	Tang Philomon Neil	鄧匡祐	17	Male Elite Junior 17	400m	3km	05:18.19	11:18.88	16:37.07	Fail
842	Chu Yan Ho	朱昕浩	16	Male Elite Junior 16	400m	3km	05:42.94	09:32.94	15:15.88	Fail
844	Lai Long Ting Ocean	黎朗霆	16	Male Elite Junior 16	400m	3km	04:53.18	12:22.26	17:15.44	Fail
847	Yu Tsz Wing	余芷穎	16	Female Elite Junior 16	400m	3km	04:56.61	11:51.02	16:47.63	Fail
849	Tallulah Wright	韋提	18	Female Elite Junior 18	400m	3km	05:33.85	12:23.94	17:57.79	Fail
846	Lo Cheuk Yat	盧卓逸	17	Female Elite Junior 17	400m	3km	05:30.72	ABS	05:30.72	Fail
836	Nathan Lee Eilers	-	19	Male Elite Junior 19	400m	3km	ABS	ABS		Passed National Squad Potential on 7 June
856	Choi Yan Yin	蔡欣妍	27	Female Elite Open	800m	5km	ABS	ABS		Passed National Squad Potential on 7 June
820	Yip Tsz Hin	葉子軒	15	Male Youth 15	200m	1500m	ABS	ABS		Passed TID - Fast Track
839	Ethan Davies	-	17	Male Elite Junior 17	400m	3km	ABS	ABS		Absence