

2023 Benchmarking - Name List (Run) - 1 April 2023

Race No	Heat	Time	Name(ENG)	Name(CHN)	Gender	Category	Run	Remarks
501	1	8:00	Lun Paco Pak Hou	倫柏灝	M	Male Elite U23	5km	NS
502	1	8:00	Chan Ho Kwan	陳灝鈞	M	Male Elite U23	5km	NS
503	1	8:00	Tsang Wai Chun	曾漳潛	M	Male Elite Junior 17	3km	NS
504	1	8:00	Wan Chak Lam	溫澤林	M	Male Elite Junior 17	3km	NS
505	1	8:00	Yip Tsz Hin	葉子軒	M	Male Elite Junior 17	3km	NS
506	1	8:00	Chu Yan Ho	朱昕浩	M	Male Elite Junior 18	3km	NS
507	1	8:00	Lun Anson	倫柏翹	F	Female Elite Junior 16	3km	NS
508	1	8:00	Leung Tsz Long	梁子朗	F	Female Elite Junior 19	3km	NS
509	1	8:00	Tang Hiu Tung	鄧曉桐	F	Female Elite Junior 17 / Female 16 & above	3km/1500m	NS/RS

510	2	8:20	Chan Ka Hei Cyrus	陳家晞	M	Male Youth 15	1500m	NS
511	2	8:20	Lai Pak Long	黎柏朗	M	Male Youth 15	1500m	NS
512	2	8:20	Aitan Hilton Goldberg	-	M	Male Youth 15	1500m	NS
513	2	8:20	Wong Chun Hei	黃俊僊	M	Male Youth 14	1500m	NS
514	2	8:20	Feng Chak Yan	馮澤恩	M	Male Youth 14	1500m	NS
515	2	8:20	Chan Yui Hei	陳睿滄	M	Male Youth 13 & below / Male 13	1500m/800m	NS/NDS
516	2	8:20	Edison Wong	黃子健	M	Male Youth 13 & below / Male 13	1500m/800m	NS/NDS
517	2	8:20	Tam Tze Kiu	譚子翹	M	Male Youth 13 & below / Male 12	1500m/800m	NS/NDS
518	2	8:20	Wan Chak Yan Bosco	溫澤仁	M	Male Youth 13 & below	1500m	NS
519	2	8:20	Ting Ngai Chun	丁毅臻	M	Male Youth 13 & below	1500m	NS
520	2	8:20	Ting Chun Ching	丁進澄	M	Male Youth 13 & below	1500m	NS
521	3	8:30	Au-Yeung Siu-Wo Nathan	歐陽兆和	M	Male Junior 18 & above	1500m	NDS
522	3	8:30	Chow Yu Chak	周雨澤	M	Male Junior 16 / Male 16 & above	1500m	NDS/RS
523	3	8:30	Yick Po Shun Yemi	易甫鏞	M	Male Junior 16 / Male 16 & above	1500m	NDS/RS
524	3	8:30	Leung Ka Yui Kami	梁珈睿	F	Female Youth 13 & below	1500m	NS
525	3	8:30	Wong Lok Tung	王樂彤	F	Female Youth 14	1500m	NS
526	3	8:30	Sarah Elise Modiano	-	F	Female Youth 14	1500m	NS
527	3	8:30	Chan Oi Yin	陳愛妍	F	Female Youth 14	1500m	NS
528	3	8:30	Wong Wan Tung	黃允彤	F	Female Youth 15	1500m	NS
562	3	8:30	Kei Yin	紀彥		Male 16 & above	1500m	RS
563	3	8:30	Tai Chun Max	戴晉		Male 15	1500m	RS
564	3	8:30	Yau Chi Him Ryan	丘志謙		Male 15	1500m	RS
565	3	8:30	Mok Tsz Him	莫子謙		Male 15	1500m	RS
566	3	8:30	Shum Yan To	沈恩途		Male 15	1500m	RS

530	4	8:40	Ng Cheuk Kiu	吳卓翹	M	Male 12	800m	NDS
531	4	8:40	Chung Chi Yan Ian	鍾智仁	M	Male 12	800m	NDS
532	4	8:40	Chau Cheuk Yin Desmond	周卓賢	M	Male 12	800m	NDS/RS
533	4	8:40	Lam King Sing Kurtis	林敬昇	M	Male 12	800m	NDS
534	4	8:40	Cheung Wai Shing, Jesse	張維正	M	Male 14	800m	NDS
535	4	8:40	Man Pak Lam Cass	文柏藍	M	Male 14	800m	NDS/RS
536	4	8:40	Wong Chun Him Louis	黃俊謙	M	Male 10	800m	RS
537	4	8:40	Damon Lau Sze Chai	劉思齊	M	Male 10	800m	RS
538	4	8:40	Mak San Mau Jacob	麥宸畝	M	Male 10	800m	RS
539	4	8:40	Choi Yui Hang	蔡睿珩	M	Male 11	800m	RS

543	5	8:50	Tsui Yuen Ying Max	隋元瑛	M	Male 11	800m	RS
544	5	8:50	Au Cheuk Nam Janko	區卓嵐	M	Male 11	800m	RS
546	5	8:50	Chan Yat Hay Sky	陳逸希	M	Male 12	800m	RS
547	5	8:50	Chan Tsz Long	陳子朗	M	Male 12	800m	RS
548	5	8:50	Tai, Chak Marc	戴澤	M	Male 13	800m	RS
549	5	8:50	Lau Hong Nam	劉康楠	M	Male 13	800m	RS
550	5	8:50	Shum Mathis Hin Lun	沈衍輪	M	Male 13	800m	RS

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551	5	8:50	Lucas Wong	王諾	M	Male 13	800m	RS
552	6	9:00	Chau Heulwen	周烜慧	F	Female 12	800m	NDS
553	6	9:00	Leung Hiu Tung	梁曉彤	F	Female 13	800m	NDS/RS
554	6	9:00	Chan Yi Chun	陳以臻	F	Female 13	800m	NDS/RS
555	6	9:00	Cheung Sin Tung	張善桐	F	Female 13	800m	NDS/RS
556	6	9:00	Chung Chi Yee Cydnee	鍾倩兒	F	Female 10	800m	RS
557	6	9:00	Yeung Hiu Yau	楊曉悠	F	Female 11	800m	RS
558	6	9:00	Law Sum Yin	羅沁妍	F	Female 13	800m	RS
559	6	9:00	Lin Wai Lam	連煒琳	F	Female 14	800m	RS
560	6	9:00	Cheung Man Ying	張敏盈	F	Female 14	800m	RS
561	6	9:00	Ma Yi	馬懿	F	Female 11	800m	RS