

2022 Benchmarking (July)

Date: 2/7/2022

Venue: Shatin Sports Ground 沙田運動場

Race No	Heat	Start time	Name(ENG)	Name(CHN)	Gender	Category		Run
701	1	8:00	Kwan Tsz Fung Jeffrey	關梓烽	M	Male 19	NS	3000m
702	1	8:00	Lun Paco Pak Hou	倫柏灝	M	Male 19	NS	3000m
703	1	8:00	Tsang Kwok Chun	曾國晉	M	Male 18	NS	3000m
704	1	8:00	Chu Yan Ho	朱昕浩	M	Male 17	NS	3000m
705	1	8:00	Leung Lok Hei	梁洛熙	M	Male 17	NS	3000m
706	1	8:00	Chan Pak Hoi	陳柏愷	M	Male 17	NS	3000m
707	1	8:00	Fok Wang Hin Ian	霍泓軒	M	Male 16	NS	3000m
708	1	8:00	Chan Yui Fung	陳睿烽	M	Male 16	NS	3000m
709	1	8:00	Wan Chak Lam	溫澤林	M	Male 16	NS	3000m
710	1	8:00	Wong Ka Ho Gary	黃嘉豪	M	Male 16	NS	3000m
711	1	8:00	Lo Hin Ching	盧衍澄	M	Male 16	NS	3000m
712	1	8:00	Tsang Wai Chun	曾滄晉	M	Male 16	NS	3000m
713	1	8:00	Yip Tsz Hin	葉子軒	M	Male 16	NS	3000m
714	1	8:00	Kwan Lok Chun Andrew	關樂晉	M	Male 16	NS	3000m
715	2	8:20	Kan Carson	簡焯晉	M	Male 15	NS	1500m
716	2	8:20	Mok Pak Fan	莫柏勛	M	Male 15	NS	1500m
717	2	8:20	Wong Pak Yiu Anson	黃栢堯	M	Male 15	NS	1500m
718	2	8:20	Yung Pu Chak	翁溥澤	M	Male 15	NS	1500m
719	2	8:20	Lam Lok Shi	林樂仕	M	Male 14	NS	1500m
720	2	8:20	Yim Tsun Fung	嚴浚鋒	M	Male 14	NS	1500m
721	2	8:20	Wong Nok Hei	王諾熙	M	Male 14	NS	1500m
722	2	8:20	Adrian Ng	吳日騫	M	Male 16	RS	1500m
723	2	8:20	Leung Yiu Chun	梁堯晉	M	Male 17	NDS	1500m
724	2	8:20	Shaun Chan	陳梓豪	M	Male 15	NS+NDS	1500m
725	2	8:20	Tsang Kwong Hei Anson	曾廣晞	M	Male 14	NS	1500m
726	2	8:20	Tsang Auscar	曾竟瑋	M	Male 14	NS	1500m
727	2	8:20	Chan Ka Hei Cyrus	陳家晞	M	Male 14	NS+NDS	1500m
752	3	8:30	Lun Anson	倫柏翹	F	Female 15	NS	1500m
753	3	8:30	Wong Wan Tung	黃允彤	F	Female 14	NS	1500m
754	3	8:30	Chan Oi Yin	陳愛研	F	Female 13	NS	1500m
755	3	8:30	Wong Lok Tung	王樂彤	F	Female 13	NS+NDS	1500m
756	3	8:30	Tsang Hayley	曾熹兒	F	Female 13	NS+NDS	1500m
757	3	8:30	Wong Yu Ching	黃雨晴	F	Female 16	RS	1500m
758	3	8:30	Tang Hiu Tung	鄧曉桐	F	Female 16	RS	1500m
728	4	8:40	Michael Clark		M	Male 14	RS	800m
729	4	8:40	Au Ho Chun	區皓駿	M	Male 13	NDS	800m
730	4	8:40	Ting Ngai Chun	丁毅臻	M	Male 12	NDS	800m
738	4	8:40	Chan Yui Hei Mason	陳睿浹	M	Male 12	NDS	800m
745	4	8:40	Ng Cheuk Kiu	吳卓翹	M	Male 11	RS	800m
746	4	8:40	Wan Chak Yan, Bosco	溫澤仁	M	Male 11	RS	800m
748	4	8:40	Tam Tze Kiu	譚子翹	M	Male 11	RS	800m
751	4	8:40	Chau Cheuk Yin Desmond	周卓賢	M	Male 11	RS	800m
759	4	8:40	Anika Gretchen Yang	楊莉婷	F	Female 13	RS	800m
760	4	8:40	Chau Heulwen	周烜慧	F	Female 11	RS	800m



## 2022 Benchmarking (July)

Date: 3/7/2022

Venue: Wan Chai Swimming Pool 灣仔游泳池

Race No	Heat	Start time	Name(ENG)	Name(CHN)	Gender	Category		Swim
701	1	9:20	Kwan Tsz Fung Jeffrey	關梓烽	M	Male 19	NS	400m
702	1	9:20	Lun Paco Pak Hou	倫柏灝	M	Male 19	NS	400m
703	1	9:20	Tsang Kwok Chun	曾國晉	M	Male 18	NS	400m
704	1	9:20	Chu Yan Ho	朱昕浩	M	Male 17	NS	400m
705	1	9:20	Leung Lok Hei	梁洛熙	M	Male 17	NS	400m
706	1	9:20	Chan Pak Hoi	陳柏愷	M	Male 17	NS	400m
707	2	9:30	Fok Wang Hin Ian	霍泓軒	M	Male 16	NS	400m
708	2	9:30	Chan Yui Fung	陳睿烽	M	Male 16	NS	400m
709	2	9:30	Wan Chak Lam	溫澤林	M	Male 16	NS	400m
710	2	9:30	Wong Ka Ho Gary	黃嘉豪	M	Male 16	NS	400m
711	2	9:30	Lo Hin Ching	盧衍澄	M	Male 16	NS	400m
712	2	9:30	Tsang Wai Chun	曾淦晉	M	Male 16	NS	400m
713	2	9:30	Yip Tsz Hin	葉子軒	M	Male 16	NS	400m
714	2	9:30	Kwan Lok Chun Andrew	關樂晉	M	Male 16	NS	400m
715	3	9:40	Kan Carson	簡焯晉	M	Male 15	NS	200m
716	3	9:40	Mok Pak Fan	莫柏勛	M	Male 15	NS	200m
717	3	9:40	Wong Pak Yiu Anson	黃栢堯	M	Male 15	NS	200m
718	3	9:40	Yung Pu Chak	翁溥澤	M	Male 15	NS	200m
719	3	9:40	Lam Lok Shi	林樂仕	M	Male 14	NS	200m
720	3	9:40	Yim Tsun Fung	嚴浚鋒	M	Male 14	NS	200m
721	3	9:40	Wong Nok Hei	王諾熙	M	Male 14	NS	200m
722	4	9:46	Adrian Ng	吳日騫	M	Male 16	RS	200m
723	4	9:46	Leung Yiu Chun	梁堯晉	M	Male 17	NDS	200m
724	4	9:46	Shaun Chan	陳梓豪	M	Male 15	NS+NDS	200m
725	4	9:46	Tsang Kwong Hei Anson	曾廣晞	M	Male 14	NS	200m
726	4	9:46	Tsang Auscar	曾竟瑋	M	Male 14	NS	200m
727	4	9:46	Chan Ka Hei Cyrus	陳家晞	M	Male 14	NS+NDS	200m
728	5	9:53	Michael Clark		M	Male 14	RS	200m
729	5	9:53	Au Ho Chun	區皓駿	M	Male 13	NDS	200m
730	5	9:53	Ting Ngai Chun	丁毅臻	M	Male 12	NDS	200m
738	5	9:53	Chan Yui Hei Mason	陳睿浠	M	Male 12	NDS	200m
745	5	9:53	Ng Cheuk Kiu	吳卓翹	M	Male 11	RS	200m
746	5	9:53	Wan Chak Yan, Bosco	溫澤仁	M	Male 11	RS	200m
748	5	9:53	Tam Tze Kiu	譚子翹	M	Male 11	RS	200m
751	5	9:53	Chau Cheuk Yin Desmond	周卓賢	M	Male 11	RS	200m
752	6	10:00	Lun Anson	倫柏翹	F	Female 15	NS	200m
753	6	10:00	Wong Wan Tung	黃允彤	F	Female 14	NS	200m
754	6	10:00	Chan Oi Yin	陳愛研	F	Female 13	NS	200m
755	6	10:00	Wong Lok Tung	王樂彤	F	Female 13	NS+NDS	200m
756	6	10:00	Tsang Hayley	曾熹兒	F	Female 13	NS+NDS	200m
757	6	10:00	Wong Yu Ching	黃雨晴	F	Female 16	RS	200m
758	6	10:00	Tang Hiu Tung	鄧曉桐	F	Female 16	RS	200m
759	6	10:00	Anika Gretchen Yang	楊莉婷	F	Female 13	RS	200m
760	6	10:00	Chau Heulwen	周焜慧	F	Female 11	RS	200m