

Run Benchmarking Start List (17 May 2026)

Race No	Heat	Start Time	English Name	Chinese Name	Gender	Category	Run Distance	Category
214	1	6:00	Chan Tak Lam	陳德霖	M	Male 10	800m	RS
215	1	6:00	Poon Hei Yu	潘邨渝	M	Male 10	800m	RS
216	1	6:00	Huang Zhengxuan	黃正軒	M	Male 10	800m	RS
217	1	6:00	Tsang Kwun Cheong	曾冠倡	M	Male 10	800m	RS
218	1	6:00	Yiu Yuet Fung Nikan	饒越風	M	Male 10	800m	RS
213	1	6:00	Wong Hei Long	王希朗	M	Male 11	800m	RS
212	1	6:00	Luo Yicheng	駱奕澄	M	Male 12	800m	RS
211	1	6:00	Mok Savi Acorn	莫竣堯	M	Male 13	800m	RS
210	1	6:00	Lau Yiu Sing	劉曜陞	M	Male 14	800m	RS
196	2	6:05	Chan Yat Long Jay	陳逸朗	M	Male Youth 12	800m	NDS
197	2	6:05	Chi Gavin	遲棟文	M	Male Youth 12	800m	NDS
198	2	6:05	Chan Carlos	陳柏維	M	Male Youth 13	800m	NDS
199	2	6:05	Cheshire Alfie Buddy	卓立天	M	Male Youth 13	800m	NDS
200	2	6:05	Chu Chun Lam	朱俊霖	M	Male Youth 13	800m	NDS
201	2	6:05	Leung Ho Ching Angus	梁皓程	M	Male Youth 13	800m	NDS
202	2	6:05	Wan Iron	溫可為	M	Male Youth 14	800m	NDS
203	2	6:05	Ian Wong	王喆	M	Male Youth 14	800m	NDS
204	2	6:05	Cheshire Leonard Ches	卓司龍	M	Male Youth 14	800m	NDS
187	3	6:10	Ko Cheuk Man	高焯雯	F	Female 10	800m	RS
188	3	6:10	Salomon Estelle	沙凱晴	F	Female 10	800m	RS
189	3	6:10	Poon Yui Kiu	潘蕊喬	F	Female 11	800m	RS
190	3	6:10	Wan Ching	溫晴	F	Female 11	800m	RS
191	3	6:10	Leung Hei Shun	梁熙純	F	Female 11	800m	RS
192	3	6:10	Alexa Mason		F	Female 12	800m	RS
193	3	6:10	Chan Yau Nga	陳柔雅	F	Female 13	800m	RS
194	3	6:10	Lee Olivia	李傲凝	F	Female Youth 12	800m	NDS
177	4	6:15	Ma Yi	馬懿	F	Female Youth 14 & below	1500m	NSA
178	4	6:15	Ho Jessie	何泳悠	F	Female Youth 14 & below	1500m	NSA
179	4	6:15	Chung Cheuk Lam	鍾焯琳	F	Female Youth 14 & below	1500m	NSA
180	4	6:15	Mak Ka Pik Abigail	麥珈璧	F	Female Youth 14 & below	1500m	NSA
181	4	6:15	Chan Tsz Shun	陳梓淳	F	Female Youth 14 & below	1500m	NSA
182	4	6:15	Wu Yu Kiu	胡雨喬	F	Female Youth 14 & below	1500m	NSA
183	4	6:15	Chloe Boadicea Wright	韋雪	F	Female Youth 14 & below	1500m	NSA
184	4	6:15	Lillian Mo	/	F	Female Youth 14 & below	1500m	NSA
185	4	6:15	Chau, Heulwen	周焯慧	F	Female Youth 15	1500m	NSA
186	4	6:15	Lau Sin Yin Chloe	劉善然	F	Female Youth 15	1500m	NSA
195	4	6:15	Wong Tsz Yan	黃梓欣	F	Female Youth 15	1500m	NDS
207	5	6:23	Cheng Yuji Hugo	鄭祐司	M	Male 15	1500m	RS
208	5	6:23	Ngan Shing Hei	顏承希	M	Male 15	1500m	RS
209	5	6:23	Wong Tsz Wang	黃梓宏	M	Male 15	1500m	RS
153	5	6:23	Lau Yik Hei	劉奕希	M	Male Youth 15	1500m	NSA
154	5	6:23	Wan Chak Yan	溫澤仁	M	Male Youth 15	1500m	NSA
155	5	6:23	Tam Tze Kiu	譚子翹	M	Male Youth 15	1500m	NSA
156	5	6:23	Theodore Tianwei Zhan	張天維	M	Male Youth 15	1500m	NSA
157	5	6:23	Ng Ching Kiu	吳政橋	M	Male Youth 15	1500m	NSA
158	5	6:23	Hung Kei Chi	孔麒智	M	Male Youth 15	1500m	NSA
159	5	6:23	Chan Wei Him	陳維謙	M	Male Youth 15	1500m	NSA
160	5	6:23	Lui Lok Chun Titus	雷樂遵	M	Male Youth 15	1500m	NSA
205	5	6:23	Tang Kwan Yeung Jaspe	鄧君揚	M	Male 16 & above	1500m	RS
206	5	6:23	Tsang Pok Yin	曾博賢	M	Male 16 & above	1500m	RS

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Race No	Heat	Start Time	English Name	Chinese Name	Gender	Category	Run Distance	Category
161	6	6:31	Ting Chun Ching	丁進澄	M	Male Youth 14 & below	1500m	NSA
162	6	6:31	Lau Sze Chai Damon	劉思齊	M	Male Youth 14 & below	1500m	NSA
163	6	6:31	Li Travis Yat To	李溢韜	M	Male Youth 14 & below	1500m	NSA/NDS
164	6	6:31	Wong Chun Him Louis	黃俊謙	M	Male Youth 14 & below	1500m	NSA/NDS
165	6	6:31	Choi Yui Hang	蔡睿珩	M	Male Youth 14 & below	1500m	NSA
166	6	6:31	Kei Lap Yan	紀立人	M	Male Youth 14 & below	1500m	NSA
167	6	6:31	Chang Hao Che	張浩哲	M	Male Youth 14 & below	1500m	NSA/NDS
168	6	6:31	Mak San Mau Jacob	麥宸畝	M	Male Youth 14 & below	1500m	NSA
169	6	6:31	Lee Wai Ting	李瑋庭	M	Male Youth 14 & below	1500m	NSA
170	6	6:31	Chung Chi Yin Ivin	鍾至玆	M	Male Youth 14 & below	1500m	NSA
171	6	6:31	Earnest Lee	李丞恩	M	Male Youth 14 & below	1500m	NSA
172	6	6:31	Chan Pak Long Casper	陳柏朗	M	Male Youth 14 & below	1500m	NSA
173	6	6:31	Sou Yui Him, Raphael	蘇睿謙	M	Male Youth 14 & below	1500m	NSA
174	6	6:31	Cho Yat Long Julian	曹日朗	M	Male Youth 14 & below	1500m	NSA
175	6	6:31	Leong Yat Kiu	梁逸喬	M	Male Youth 14 & below	1500m	NSA/NDS
176	6	6:31	Chan Lok Fung	陳樂灃	M	Male Youth 14 & below	1500m	NSA
122	7	6:39	Wan Chak Lam	溫澤林	M	Male 20	3000m	NSA
121	7	6:39	Chan Pak Hoi	陳柏愷	M	Male 21	3000m	NSA
123	7	6:39	Au Yeung Nathan Siu W	歐陽兆和	M	Male 21	3000m	NSA
128	7	6:39	Wong Chun Him	王俊謙	M	Male Elite Junior 18	3000m	NSA
129	7	6:39	Shum Yan Tao	沈恩途	M	Male Elite Junior 18	3000m	NSA
130	7	6:39	Yau Chi Him Ryan	丘志謙	M	Male Elite Junior 18	3000m	NSA
124	7	6:39	Yung Pu Chak	翁溥澤	M	Male Elite Junior 19	3000m	NSA
125	7	6:39	Yick Po Shun Yemi	易甫鏞	M	Male Elite Junior 19	3000m	NSA
126	7	6:39	Kei Yin	紀彥	M	Male Elite Junior 19	3000m	NSA
127	7	6:39	Chow Yu Chak	周雨澤	M	Male Elite Junior 19	3000m	NSA
131	7	6:39	Lee Ho Ting	李灝庭	M	Male Elite Junior 17	3000m	NSA
132	7	6:39	Wong Chun Hei	黃俊僊	M	Male Elite Junior 17	3000m	NSA
133	7	6:39	Lam Yat Long	林日朗	M	Male Elite Junior 17	3000m	NSA
134	7	6:39	Man Pak Lam Cass	文柏藍	M	Male Elite Junior 17	3000m	NSA
135	7	6:39	Cheung Wai Ching Jesse	張維正	M	Male Elite Junior 17	3000m	NSA
136	7	6:39	Chan Wai Yin	陳韋弦	M	Male Elite Junior 17	3000m	NSA/NDS
137	8	6:53	Ma Hoi Fan	馬凱勳	M	Male Elite Junior 16	3000m	NSA
138	8	6:53	Wong Lucas	王諾	M	Male Elite Junior 16	3000m	NSA
139	8	6:53	Chun Cheuk Long	陳卓朗	M	Male Elite Junior 16	3000m	NSA
140	8	6:53	Edison Wong	黃子健	M	Male Elite Junior 16	3000m	NSA
141	8	6:53	Ho Jasper	何頌朗	M	Male Elite Junior 16	3000m	NSA
142	8	6:53	Chan King To	陳景滔	M	Male Elite Junior 16	3000m	NSA
143	8	6:53	Chum Tsz Ho	覃子皓	M	Male Elite Junior 16	3000m	NSA
144	8	6:53	Alban Modiano	安班	M	Male Elite Junior 16	3000m	NSA
145	8	6:53	Chan Pak Hei	陳柏僊	M	Male Elite Junior 16	3000m	NSA
146	8	6:53	Rico Ho	何兆剛	M	Male Elite Junior 16	3000m	NSA/NDS
147	9	7:07	Tang Hiu Tung	鄧曉桐	F	Female 20	3000m	NSA
148	9	7:07	Lo Cheuk Yat	盧卓逸	F	Female 22	3000m	NSA
149	9	7:07	Ackber Bertha	區曉彤	F	Female Elite Junior 16	3000m	NSA
150	9	7:07	Shum Chung Ning	岑頌寧	F	Female Elite Junior 16	3000m	NSA
151	9	7:07	Ng Yuet Hei	吳悅曦	F	Female Elite Junior 16	3000m	NSA
152	9	7:07	Cheng Lok Ching	鄭樂澄	F	Female Elite Junior 16	3000m	NSA