

## Run Benchmarking List - 17 May 2026

Race No	Heat	Start Time	English Name	Chinese Name	Gender	Category	Run Distance	Category	Time
194	1	18:00	Lau Yiu Sing	劉耀陞	M	Male 14	800m	RS	
195	1	18:00	Mok Savi Acorn	莫竣堯	M	Male 13	800m	RS	
196	1	18:00	Luo Yicheng	駱奕澄	M	Male 12	800m	RS	
197	1	18:00	Wong Hei Long	王希朗	M	Male 11	800m	RS	
198	1	18:00	Chan Tak Lam	陳德霖	M	Male 10	800m	RS	
199	1	18:00	Poon Hei Yu	潘邨渝	M	Male 10	800m	RS	
200	1	18:00	Huang Zhengxuan	黃正軒	M	Male 10	800m	RS	
201	1	18:00	Tsang Kwun Cheong	曾冠倡	M	Male 10	800m	RS	
202	1	18:00	Yiu Yuet Fung Nikan	饒越風	M	Male 10	800m	RS	
180	2	18:05	Chan Yat Long Jay	陳逸朗	M	Male Youth 12	800m	NDS	
181	2	18:05	Chi Gavin	遲棣文	M	Male Youth 12	800m	NDS	
182	2	18:05	Chan Carlos	陳柏維	M	Male Youth 13	800m	NDS	
183	2	18:05	Cheshire Alfie Buddy	卓立天	M	Male Youth 13	800m	NDS	
184	2	18:05	Chu Chun Lam	朱俊霖	M	Male Youth 13	800m	NDS	
185	2	18:05	Leung Ho Ching Angus	梁皓程	M	Male Youth 13	800m	NDS	
186	2	18:05	Wan Iron	溫可為	M	Male Youth 14	800m	NDS	
187	2	18:05	Ian Wong	王喆	M	Male Youth 14	800m	NDS	
188	2	18:05	Cheshire Leonard Cheshire	卓司龍	M	Male Youth 14	800m	NDS	
172	3	18:10	Ko Cheuk Man	高焯雯	F	Female 10	800m	RS	
173	3	18:10	Salomon Estelle	沙凱晴	F	Female 10	800m	RS	
174	3	18:10	Poon Yui Kiu	潘蕊喬	F	Female 11	800m	RS	
175	3	18:10	Wan Ching	溫晴	F	Female 11	800m	RS	
176	3	18:10	Leung Hei Shun	梁熙純	F	Female 11	800m	RS	
177	3	18:10	Alexa Mason		F	Female 12	800m	RS	
178	3	18:10	Chan Yau Nga	陳柔雅	F	Female 13	800m	RS	
179	3	18:10	Lee Olivia	李傲凝	F	Female Youth 12	800m	NDS	
165	3	18:15	Mak Ka Pik Abigail	麥珈璧	F	Female Youth 14 & below	1500m	NSA	
166	3	18:15	Chan Tsz Shun	陳梓淳	F	Female Youth 14 & below	1500m	NSA	
167	3	18:15	Wu Yu Kiu	胡雨喬	F	Female Youth 14 & below	1500m	NSA	
168	3	18:15	Chloe Boadicea Wright	韋雪	F	Female Youth 14 & below	1500m	NSA	
169	3	18:15	Lillian Mo	/	F	Female Youth 14 & below	1500m	NSA	
170	3	18:15	Lau Sin Yin Chloe	劉善然	F	Female Youth 15	1500m	NSA	
171	3	18:15	Wong Tsz Yan	黃梓欣	F	Female Youth 15	1500m	NDS	
189	4	18:23	Tang Kwan Yeung Jasper	鄧君揚	M	Male 16 & above	1500m	RS	
190	4	18:23	Tsang Pok Yin	曾博賢	M	Male 16 & above	1500m	RS	
191	4	18:23	Cheng Yuji Hugo	鄭祐司	M	Male 15	1500m	RS	
192	4	18:23	Ngan Shing Hei	顏承希	M	Male 15	1500m	RS	
193	4	18:23	Wong Tsz Wang	黃梓宏	M	Male 15	1500m	RS	
159	4	18:23	Earnest Lee	李永恩	M	Male Youth 14 & below	1500m	NSA	
160	4	18:23	Chan Pak Long Casper	陳柏朗	M	Male Youth 14 & below	1500m	NSA	
161	4	18:23	Sou Yui Him, Raphael	蘇睿謙	M	Male Youth 14 & below	1500m	NSA	
162	4	18:23	Cho Yat Long Julian	曹日朗	M	Male Youth 14 & below	1500m	NSA	
163	4	18:23	Leong Yat Kiu	梁逸喬	M	Male Youth 14 & below	1500m/800m	NSA/NDS	
164	4	18:23	Chan Lok Fung	陳樂豐	M	Male Youth 14 & below	1500m	NSA	
143	4	18:23	Tam Tze Kiu	譚子翹	M	Male Youth 15	1500m	NSA	
144	4	18:23	Theodore Tianwei Zhang	張天維	M	Male Youth 15	1500m	NSA	
145	4	18:23	Ng Ching Kiu	吳政橋	M	Male Youth 15	1500m	NSA	
146	5	18:31	Hung Kei Chi	孔麒智	M	Male Youth 15	1500m	NSA	
147	5	18:31	Chan Wei Him	陳維謙	M	Male Youth 15	1500m	NSA	
148	5	18:31	Lui Lok Chun Titus	雷樂遵	M	Male Youth 15	1500m	NSA	
149	5	18:31	Ting Chun Ching	丁進澄	M	Male Youth 14 & below	1500m	NSA	
150	5	18:31	Lau Sze Chai Damon	劉思齊	M	Male Youth 14 & below	1500m	NSA	
151	5	18:31	Li Travis Yat To	李溢韜	M	Male Youth 14 & below	1500m/800m	NSA/NDS	
152	5	18:31	Wong Chun Him Louis	黃俊謙	M	Male Youth 14 & below	1500m/800m	NSA/NDS	
153	5	18:31	Choi Yui Hang	蔡睿珩	M	Male Youth 14 & below	1500m	NSA	
154	5	18:31	Kei Lap Yan	紀立人	M	Male Youth 14 & below	1500m	NSA	
155	5	18:31	Chang Hao Che	張浩哲	M	Male Youth 14 & below	1500m/800m	NSA/NDS	
156	5	18:31	Mak San Mau Jacob	麥宸畝	M	Male Youth 14 & below	1500m	NSA	
157	5	18:31	Lee Wai Ting	李瑋庭	M	Male Youth 14 & below	1500m	NSA	
158	5	18:31	Chung Chi Yin Ivin	鍾至瑗	M	Male Youth 14 & below	1500m	NSA	
121	6	18:39	Chan Pak Hoi	陳柏愷	M	Male 21	3000m	NSA	
122	6	18:39	Wan Chak Lam	溫澤林	M	Male 20	3000m	NSA	
123	6	18:39	Au Yeung Nathan Siu Wo	歐陽兆和	M	Male 21	3000m	NSA	
124	6	18:39	Yick Po Shun Yemi	易甫鏞	M	Male Elite Junior 19	3000m	NSA	
125	6	18:39	Kei Yin	紀彥	M	Male Elite Junior 19	3000m	NSA	
126	6	18:39	Chow Yu Chak	周雨澤	M	Male Elite Junior 19	3000m	NSA	
127	6	18:39	Wong Chun Him	王俊謙	M	Male Elite Junior 18	3000m	NSA	
128	6	18:39	Shum Yan Tao	沈恩途	M	Male Elite Junior 18	3000m	NSA	
129	6	18:39	Yau Chi Him Ryan	丘志謙	M	Male Elite Junior 18	3000m	NSA	
130	6	18:39	Lam Yat Long	林日朗	M	Male Elite Junior 17	3000m	NSA	
131	6	18:39	Man Pak Lam Cass	文柏藍	M	Male Elite Junior 17	3000m	NSA	
132	6	18:39	Cheung Wai Ching Jesse	張維正	M	Male Elite Junior 17	3000m	NSA	
133	6	18:39	Chan Wai Yin	陳韋弦	M	Male Elite Junior 17	3000m/1500m	NSA/NDS	

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134	6	18:39	Edison Wong	黃子健	M	Male Elite Junior 16	3000m	NSA	
135	6	18:39	Chan King To	陳景滔	M	Male Elite Junior 16	3000m	NSA	
136	6	18:39	Chum Tsz Ho	覃子皓	M	Male Elite Junior 16	3000m	NSA	
137	6	18:39	Alban Modiano	安班	M	Male Elite Junior 16	3000m	NSA	
138	6	18:39	Chan Pak Hei	陳柏禧	M	Male Elite Junior 16	3000m	NSA	
139	6	18:39	Rico Ho	何兆剛	M	Male Elite Junior 16	3000m/1500m	NSA/NDS	
203	6	18:39	Wong Tsz To		M	Male Elite Open	300m	NSA	

140	7	18:54	Tang Hiu Tung	鄧曉桐	F	Female 20	3000m	NSA	
141	7	18:54	Lo Cheuk Yat	盧卓逸	F	Female 22	3000m	NSA	
142	7	18:54	Cheng Lok Ching	鄭樂澄	F	Female Elite Junior 16	3000m	NSA	