

2017年度年中排名成績 中長距離

Middle Long Distance Events Ranking Results 2017

更新 Updated On: 2017/11/16

ME				RL-1		RL-2		RL-3		RL-4		RL-5	
Rank	Name	Average	Total	12/3/2017		2/4/2017		2/10/2017		22/10/2017		5/11/2017	
				Braemar Hill		Tai Lam Country Park		Cheung Ngau Shan		Aberdeen Country Park		Ngong Ping	
1	YU TSZ WAI	1000	3000	936	0:54:49	965	1:28:14	1000	0:32:27	1000	1:11:41	1000	0:49:54
2	LEE KIN WAI	991	2973	975	0:52:38	1000	1:25:08	998	0:32:30	868	1:22:35	879	0:56:47
3	HUI SIU TUNG	920	2761	967	0:53:03	881	1:36:41	789	0:41:08	913	1:18:31	816	1:01:10
4	LAM ABY	915	2745	880	0:58:17	900	1:34:36	784	0:41:22	964	1:14:20	813	1:01:24
5	YIP CHAK LUN GERALD	897	2690	1000	0:51:19	831	1:42:29	859	0:37:46	784	1:31:24	775	1:04:24
6	MAN CHI KIN	887	2660	885	0:57:58	931	1:31:26			844	1:24:58		
7	MA LOK HIN	884	2653	875	0:58:39	879	1:36:54	630	0:51:30	900	1:19:41	779	1:04:03
8	CHOW MAN LONG	876	2628	770	1:06:37	695	2:02:27	812	0:39:57	930	1:17:03	885	0:56:22
9	CHEUNG CHI KO	871	2613	884	0:58:05	902	1:34:22			827	1:26:40	801	1:02:16
10	YEUNG KWOK KEUNG	856	2567	873	0:58:45	851	1:40:02	842	0:38:31	832	1:26:12		
11	CHAN TIN MONG	825	2474	827	1:02:04	797	OFFICIAL	716	0:45:19	849	1:24:24		
12	LAM KA CHING	800	2399	746	1:08:49	750	1:53:32		DISQ	904	1:19:19	699	1:11:23
13	POON BRIAN WING YOUNG	799	2396	766	1:07:02		MP	710	0:45:41	858	1:23:35	773	1:04:33
14	CHOY KWOK WAI	790	2370	814	1:03:01	664	2:08:08	654	0:49:38	793	1:30:26	763	1:05:24
15	CHAU PO LOK	789	2368	845	1:00:44	774	1:49:56	642	0:50:32	749	1:35:44	641	1:17:50
16	TAM WING CHUNG	772	2317	704	1:12:55	783	1:48:41			805	1:29:04	729	1:08:25
17	MAN YIU FUNG	708	2125	852	1:00:12	626	2:16:04	647	0:50:11		OT	561	1:28:54
18	MAK YUI KAN RAPHAEL	640	1921	774	1:06:20	667	2:07:39	480	OFFICIAL				
M10				RL-1		RL-2		RL-3		RL-4		RL-5	
Rank	Name	Average	Total	12/3/2017		2/4/2017		2/10/2017		22/10/2017		5/11/2017	
				Braemar Hill		Tai Lam Country Park		Cheung Ngau Shan		Aberdeen Country Park		Ngong Ping	
1	SIU PUI LOK	1000	3000	694	0:40:41	1000	0:40:10	762	0:46:50	1000	0:34:25	1000	0:45:39
2	WOO ALOK	943	2829	877	0:32:11	976	0:41:08	907	0:39:21	837	0:41:07	945	0:48:19
3	CHEN KA HEI	913	2738	728	0:38:46	884	0:45:25	1000	0:35:42	854	0:40:19		
4	CHEN KA HANG	901	2703	1000	0:28:13	799	0:50:16	892	0:40:02	812	0:42:24	735	1:02:08
5	HO CHUN YUEN	761	2282					779	0:45:50	779	0:44:12	724	1:03:02
6	LAU KIN PONG	625	1875	438	1:04:27	685	0:58:37	752	0:47:27		DNS		
7	LAM YAT-HEI	378	1133					677	0:52:44	456	1:15:29		
8	FU CHUN YAN ALISTAIR	234	702					702	0:50:53		DNS		
9	CHENG CHUN HONG ISSA	202	606							606	0:56:47		
	CHAN WAI LOK												
	WONG HO HIM												
	NG LOK MAN						DNS						
M12				RL-1		RL-2		RL-3		RL-4		RL-5	
Rank	Name	Average	Total	12/3/2017		2/4/2017		2/10/2017		22/10/2017		5/11/2017	
				Braemar Hill		Tai Lam Country Park		Cheung Ngau Shan		Aberdeen Country Park		Ngong Ping	
1	LAU CHEUK NAM	998	2994	937	0:37:18	997	0:31:02	840	0:18:57	1000	0:30:38	996	0:28:16
2	SHUM SIU LONG	972	2915	912	0:38:20	1000	0:30:57	1000	0:15:55	915	0:33:29	837	0:33:40
3	FONG CHEUK LONG ETHAN	971	2913	813	0:42:59	990	0:31:16	924	0:17:14	605	0:50:36	1000	0:28:10
4	LO CHUN HEI	778	2333	862	0:40:35	476	1:05:04	818	0:19:28	608	0:50:24	654	0:43:04
5	MAN TSAN SHUN	695	2086	1000	0:34:58			398	0:40:02	688	0:44:31	347	1:21:07

6	LAM KING HIM	611	1833	775	0:45:08	386	1:20:13	503	0:31:39	556	0:55:08	331	1:25:05
7	CHAM TSZ KING	549	1646							853	0:35:54	793	0:35:32
8	CHAN CHEUNG MAN	500	1500							859	0:35:39	641	0:43:56
9	SHEK TSUN WANG	332	996							648	0:47:18	348	1:20:54
10	YIP HO WANG OWEN	304	911	911	0:38:24		DNS				DNS		
11	WONG WAI HIN	280	841	841	0:41:36								
12	LIU HO TSUN ANGUS	256	767							767	0:39:57		
13	LAI TSZ HEI	191	573							573	0:53:25		
14	LAI MAN HIN	190	570							570	0:53:45		
15	LAU CHUN DANIEL	179	536								DNS	536	0:52:32
16	FUNG ALVIN JAMES	158	473								DNS	473	0:59:30
17	LAM HIU YEUNG	157	472			472	1:05:32						
18	KWONG DANIEL TSZ HIM	152	457							457	1:07:01		
19	NING MAN YU	148	444							444	1:08:58		
20	NG CHEUK NAM	137	412							412	1:14:24		DISQ
	FONG SUNG WEI ISAAC										DNS		
	<b>M14</b>												
					RL-1	RL-2	RL-3	RL-4	RL-5				
					12/3/2017	2/4/2017	2/10/2017	22/10/2017	5/11/2017				
Rank	Name	Average	Total		Braemar Hill	Tai Lam Country Park	Cheung Ngau Shan	Aberdeen Country Park	Ngong Ping				
1	LUM CHEUK HEI	1000	3000	1000	0:30:58	847	1:27:47	1000	0:12:19	978	0:26:32	1000	0:31:32
2	AU JOSHUA HO KIU	976	2929	887	0:34:55	1000	1:14:21		DISQ	1000	0:25:57	929	0:33:57
3	TO CHUNG YIN	820	2460	803	0:38:34	854	1:27:02	611	0:20:10	765	0:33:55	802	0:39:18
4	WONG KWAN	775	2326			683	1:48:52	406	0:30:22	751	0:34:33	892	0:35:21
5	CHAN CHUN ON	768	2303	682	0:45:26		MP	619	0:19:53	801	0:32:25	820	0:38:26
6	YUM KA CHUN	761	2283			830	1:29:34	689	0:17:53	764	0:33:57		
7	LAM WANG HONG NERIO	734	2202	634	0:48:52	748	1:39:21	470	0:26:11	671	0:38:39	782	0:40:18
8	LAW SING YU SEAN	700	2100	810	0:38:13	633	1:57:25	595	0:20:42	657	0:39:31	561	0:56:13
9	CHAN SIN KEI	670	2010	600	0:51:38	579	2:08:28	448	0:27:29	801	0:32:23	609	0:51:45
10	LEE SZE LUT NAZIRITE	608	1823	628	0:49:20		MP	483	0:25:31	683	0:38:01	512	1:01:32
11	WONG YAT HEI	600	1801	567	0:54:38		MP	483	0:25:29	751	0:34:34		
12	LEUNG HO CHUN	600	1800	348	1:28:55	537	OFFICIAL			594	0:43:40	669	0:47:09
13	CHENG KAI MAN	506	1518			703	1:45:42	154	1:19:54	509	0:51:00	305	1:43:17
14	CHIU SHEUNG WANG	497	1491	384	1:20:41		OT			612	0:42:23	495	1:03:44
15	KWOK JUSTIN Y YAN	495	1486	496	1:02:27			470	0:26:14	520	0:49:53		
16	POON LAP HANG	495	1485	552	0:56:07			294	0:41:55	639	0:40:37		
17	LEUNG YIU TIN	456	1368	467	1:06:18			422	0:29:12	479	0:54:10	407	1:17:32
18	LAU HO MAN ISAAC	449	1347	633	0:48:54				DNS	714	0:36:22		
19	WU CHEUK HEI	434	1303	545	0:56:50			222	0:55:29	536	0:48:26		
20	CHU CHEUK YIU	328	984							504	0:51:27	479	1:05:47
21	KWONG HO YIN	271	812							476	0:54:33	336	1:33:45
22	WONG CHEUK HIM	266	798		DNS	798	1:33:12		DNS		DNS		
23	LAM CHEUK YIN	260	781							465	0:55:49	316	1:39:54
24	KONG YAT LAAM	243	730							408	1:03:37	322	1:37:52
25	LEUNG CHUN HEI	215	645		DNS		DNS			645	0:40:15		
26	CHAN KING YU	212	637									637	0:49:30
27	HUI PAK YIU	202	605							605	0:42:53		
28	NGAN YAT FEI	188	564	564	0:54:54		OT						
29	WONG KA KIN	183	549	549	0:56:25								
30	NG PAK HEI	183	548	548	0:56:29								
31	TANG TSUN LEUNG	178	533			533	2:19:24						

32	NG TIN LOK RYAN	172	517					OT			517	1:01:03	
33	NG YAU SHUN	166	499							499	0:51:59	DISQ	
34	SHU SHUN LING	166	497							497	0:52:14		
35	TJONG SUNG FAI	164	491							491	0:52:48		
36	CHAN ANDREW	147	440							440	0:59:01		
37	CHAN HIN TING	135	404							404	1:04:13		
38	LAM HON FAI ADRIAN	99	298					298	0:41:17				
39	YAM TSZ HONG	53	159					159	1:17:29				
	LAI HO WANG												
	LAM YAN SHING												
	CHEUNG KUUN FUNG												
	CHAN KING SAN									DISQ	DNS		
	SETO CHUN NOK					DNS		MP				DISQ	
	WONG KIN HIN					DISQ		DNS					
	LIU WAI KWAN DAVID					DNS							
	CHIU LONG PAK							DNS					
	TAO TSZ YEUNG							DNS					
	SHO TAKAMIZAWA							DNS					
	MA CHING											DISQ	
	LAM CHEUK HIM											DISQ	
	YU HOI LEUNG RYAN											DNS	
	TAM WING											DNS	
	LEUNG CHING KIN							OT					
	CHENG KA HEI							OT					
	<b>M16</b>												
					RL-1	RL-2	RL-3	RL-4	RL-5				
					12/3/2017	2/4/2017	2/10/2017	22/10/2017	5/11/2017				
Rank	Name	Average	Total		Braemar Hill	Tai Lam Country Park	Cheung Ngau Shan	Aberdeen Country Park	Ngong Ping				
1	CHUNG HO YIN	1000	3000	1000	0:32:45	1000	1:18:15	1000	0:26:35	1000	0:33:16	1000	0:53:47
2	YAM KAI YUI HUBERT	938	2815	914	0:35:49	722	1:48:25	639	0:41:38	951	0:34:58	949	0:56:41
3	LEE HONG PUI	849	2548	668	0:49:01	917	1:25:22		DISQ	872	0:38:09	759	1:10:49
4	YUEN WAI KIT	821	2463	570	0:57:27	758	1:43:10	815	0:32:37	889	0:37:24	591	1:30:56
5	WONG CHIN HOI	817	2452	559	0:58:37	936	1:23:38		DISQ	585	0:56:53	932	0:57:44
6	TONG SHEE YIU	765	2295	688	0:47:36	746	OFFICIAL	739	0:35:58	810	0:41:03		
7	LAW MAN PAN	716	2148	438	1:14:51		MP		DNS	822	0:40:27	888	1:00:35
8	NG KOK WING	678	2035	482	1:07:55	808	1:36:49		DISQ	674	0:49:21	553	1:37:15
9	HUANG TONG SHENG	644	1933	569	0:57:31	687	1:53:57			677	0:49:08		
10	CHENG KAI MAN	638	1913			740	1:45:42	333	1:19:54	652	0:51:00	521	1:43:17
11	LI KING WUN	626	1877	493	1:06:29				DNS	469	OFFICIAL	915	0:58:45
12	CHAN KA YIU	615	1846	479	1:08:19	581	OFFICIAL			731	0:45:29	533	1:40:53
13	CHAN CHEUK KAI	608	1824	618	0:53:02	603	OFFICIAL			587	0:56:38	604	1:29:07
14	LEE KA WAI	576	1729					302	1:28:06	846	0:39:20	581	1:32:33
15	WAN MARCO	535	1604	767	0:42:43	837	1:33:30						
16	TSUI KOON WAI	523	1568		DNS			692	0:38:24	876	0:37:59		
17	WONG HO CHI	521	1562					379	1:10:04	591	0:56:17	592	1:30:53
18	TAI SUNG CHIT	499	1496		DNS	374	OFFICIAL	386	1:08:55	737	0:45:10		DISQ
19	CHEN CHAK SANG	477	1430			877	1:29:13					553	1:37:12
20	CHAN KIRK	366	1098					366	1:12:35	732	0:45:26		
21	NG LAI HANG	266	799			200	OFFICIAL			599	0:55:30		
22	YU PAK YIN	244	733			733	1:46:47						
23	WONG NOK HIN	222	666							666	0:49:59		

24	TAM HOI WUN	216	649	486	1:07:20	162	OFFICIAL						
25	LAW HONG CHUN	210	630			630	2:04:14						
26	CHAN CHEUK KI	200	601	601	0:54:29						DNS		
27	WONG PAK WAI	163	489	489	1:06:59		DNS				DNS		
28	LEE MING CHAK	163	488	488	1:07:10								DISQ
29	CHAN CHEUK NAM ANSON	137	410							410	1:21:12		
	LAI HING FUNG						DNS						
	WONG WANG HON								DNS				
	LIU YAN QUAN				OFFICIAL								
	YU NGO YIN												
	TSANG HIN LAM ANSON												
	TANG YAO JUN				DISQ								
	LI CHUN WA				DNS		DNS						
	KWONG TING YAN ENOCH										DISQ		
	WONG TSUNG YAN										DNS		
	CHOI WING KIT				DNS								
	LAU HEI LONG						MP						
	<b>M18</b>												
					RL-1		RL-2		RL-3		RL-4		RL-5
					12/3/2017		2/4/2017		2/10/2017		22/10/2017		5/11/2017
Rank	Name	Average	Total		Braemar Hill		Tai Lam Country Park		Cheung Ngau Shan		Aberdeen Country Park		Ngong Ping
1	LEUNG CHUNG WAI	1000	3000	1000	0:42:37	643	2:05:28		DISQ	1000	0:46:47	1000	1:04:01
2	CHAN CHUN HEI	944	2833	833	0:51:09	1000	1:20:41	1000	0:43:34	764	1:01:14		
3	SO KA WANG	914	2743	768	0:55:29	588	2:17:08	896	0:48:39	952	0:49:08	896	1:11:28
4	LAM HIU CHAK	757	2271	751	0:56:47			612	1:11:13	908	0:51:30		
5	FONG TSZ LO	608	1823	689	1:01:53		OT	425	1:42:28	709	1:06:00		DISQ
6	CHEUNG YAN WAI	588	1763					944	0:46:08	819	0:57:07		DISQ
7	TSE LOK HIN	466	1398		DNS				DISQ	611	1:16:31	787	1:21:21
8	CHAN TAI HING	394	1181				OT	548	1:19:32	633	1:13:54		
9	YOU YI	387	1161	290	OFFICIAL					871	0:53:44		
10	NG KI FUNG JASON	355	1065						DISQ	480	1:37:24	585	1:49:25
11	LEUNG KA CHAI	329	987					484	1:29:59	503	1:33:04		DISQ
12	CHAN CHUN HANG	286	857	413	1:43:15		MP		DISQ	445	1:45:13		DISQ
13	TAM CHIN HANG	203	609	609	1:10:02		OT						
14	CHAN TSUN LAP	132	396					396	1:50:02				
	LEUNG KA CHAI MICHAEL												
	SHIU CHIT HIM				DNS		DNS						
	TO CHING HONG				DNS								
	LEE MAN KIT				DNS		DNS						
	AU WAI LAM ANSON												
	YAU CHIN FUNG												
	CHE YAO CHENG						DNS		DNS				
	ZHENG JUN MENG				OFFICIAL		DNS						
	NIP YEH SHANG								OFFICIAL		DNS		
	SU LIU TAI				OFFICIAL		OT						
	<b>M20</b>												
					RL-1		RL-2		RL-3		RL-4		RL-5
					12/3/2017		2/4/2017		2/10/2017		22/10/2017		5/11/2017
Rank	Name	Average	Total		Braemar Hill		Tai Lam Country Park		Cheung Ngau Shan		Aberdeen Country Park		Ngong Ping
1	LI CHUN HO	988	2963	996	0:38:36	968	OFFICIAL	1000	0:33:49	908	0:55:59	889	0:51:37
2	YU TSZ FUNG	982	2947	949	0:40:30	962	1:22:00	985	0:34:20	1000	0:50:49	799	0:57:25



3	CHU YAU MAN	940	2821	1000	0:38:26	820	1:36:14	915	0:36:58	876	0:58:02	906	0:50:37
4	WONG TSZ CHUN JASON	929	2788	847	0:45:24	816	1:36:39	753	0:44:56	941	0:54:00	1000	0:45:52
5	SHIU CHIT HEI	923	2768	936	0:41:04	844	1:33:25	883	0:38:17	949	0:53:32	856	0:53:35
6	LI SING WAI	909	2727	955	0:40:14	902	1:27:27		DNS	852	0:59:40	869	0:52:46
7	WONG CHEUK WANG	894	2681	913	0:42:06	1000	1:18:53	762	0:44:23		DISQ	768	0:59:45
8	CHUNG AUSTIN	822	2467	807	0:47:36	809	OFFICIAL	770	0:43:54	850	0:59:46		
9	NG SUNG CHAK	810	2430	836	0:45:59	877	1:29:54		DISQ	717	1:10:52		
10	NG KOK HEI	665	1996	715	0:53:44	681	1:55:45	387	1:27:25	574	1:28:36	599	1:16:33
11	YUE WEI YONG	468	1403		DNS	603	2:10:47					800	0:57:21
12	CHENG TSZ FUNG	466	1398	735	0:52:18	664	1:58:53		DISQ		DNS		
13	LING CHUNG YIN	452	1355	605	1:03:30		MP		DNS	750	1:07:47		
14	CHUI TSZ HO	350	1050		DISQ	569	2:18:36		DISQ		OT	481	1:35:18
15	SZE CHUN LAM	232	695	695	0:55:16								
16	WAN HO CHING	162	487	487	1:18:58								
17	LEE YEUNG TO	141	423	423	1:30:52		OT						DISQ
18	YUEN WAI HEI	132	395						DNS		DISQ	395	1:56:01
19	YIU LUNG	130	390	390	1:38:33		MP						
19	TANG WAI NAM	118	355					355	1:35:12		DNS		
	NG KA LOK								DISQ				
	KWOK UE NAM												
	<b>M21</b>												
						RL-1	RL-2	RL-3	RL-4	RL-5			
						12/3/2017	2/4/2017	2/10/2017	22/10/2017	5/11/2017			
Rank	Name	Average	Total		Braemar Hill	Tai Lam Country Park	Cheung Ngau Shan	Aberdeen Country Park	Ngong Ping				
1	CHAN CHUN KIT	1000	3000	854	0:59:03	1000	1:48:12	1000	OFFICIAL	1000	1:08:09	1000	0:53:32
2	LEUNG CHI HANG	1000	2999	1000	0:50:26	997	1:48:33	1000	0:38:05	999	OFFICIAL		DISQ
3	WONG WAI NGAI ERIC	902	2705	925	0:54:30	964	1:52:16	781	0:48:46	816	1:23:31	707	1:15:41
4	CHEUNG KANG KAI	890	2670	923	0:54:38	939	1:55:16	513	1:14:15	671	1:41:33	808	1:06:14
5	TAM WEI YEUNG SUNNY	877	2632			985	1:49:50	796	0:47:51	851	1:20:05		
6	CHENG YUK TUNG	859	2577	848	0:59:27	958	1:53:00		DNS	771	1:28:21		
7	YUEN WANG KI	855	2564	767	1:05:44	767	2:21:06		DNS	949	1:11:47	847	1:03:12
8	LAU KWOK SANG	848	2545	781	1:04:36	916	1:58:04	831	OFFICIAL	715	1:35:15	797	1:07:11
9	YU SAI HONG	842	2526	869	0:58:01	799	2:15:25	797	0:47:48	778	1:27:35	858	1:02:24
10	CHOI WAI KIT	836	2508	949	0:53:09					796	1:25:39	763	1:10:10
11	LEE YEUNG CHI	836	2507	851	0:59:16	911	1:58:45			744	1:31:33		
12	PEREIRA DANIEL ANTONIO	829	2488			808	2:13:51	474	1:20:21	780	1:27:19	899	0:59:34
13	CHUNG WAI NANG	821	2464	719	1:10:09	893	2:01:10	672	0:56:38			852	1:02:51
14	WONG YU HONG BRYAN	804	2413		DISQ		MP	879	0:43:20	897	1:16:01	637	1:23:59
15	CHEUNG KWOK WAI	797	2392	693	1:12:47	748	2:24:41	771	OFFICIAL	873	1:18:04		DISQ
16	TAM CHUNGYIN DICKSON	787	2360	771	1:05:26	838	2:09:09	589	1:04:41	751	1:30:44	610	1:27:45
17	TANG YEUNG CHIU DENNIS	770	2310	832	1:00:39	796	2:15:54			682	1:39:54		
18	CHIU YAU CHUNG	769	2306	738	1:08:19		DNS	719	0:52:57	849	1:20:17		
19	CHAN CHI SING CLEMENT	751	2254			847	2:07:48	564	OFFICIAL	844	1:20:45		DISQ
20	CHEUNG KWOK PUI	725	2174	621	1:21:10		OT	718	0:53:02		DISQ	834	1:04:10
21	CHIANG WAI MING	712	2137	681	1:14:06		OT	492	1:17:20	783	1:27:01	673	1:19:30
22	CHAN ON LAP	710	2129	799	1:03:08	797	2:15:42		DNS		DNS	533	1:40:27
23	LI FUK LUNG BRUCE	682	2046	754	1:06:54		OT	549	1:09:25		DNS	744	1:11:59
24	WONG BUN YIN	679	2037					432	1:28:15	843	1:20:48	762	1:10:14
25	MUI HO LAM	678	2034		DNS	722	2:29:54	542	1:10:12	619	1:50:05	693	1:17:14
26	KWONG MAN FAI TIMOTHY	656	1969		DNS	770	2:20:36	707	0:53:51	492	OFFICIAL		
27	NG KA SING	648	1943	696	1:12:27		OT	454	1:23:53	665	1:42:31	582	1:32:02



	TO CHUN KIT					DISQ								
	UN KA CHUN								DNS			DISQ		
	WONG CHOK FAI					DISQ		MP						
	WONG CHUN													
	LAM SZE YUEN PAUL								DISQ					
	NG WING YUEN										DNS			
	NG SIU KEI												DISQ	
	<b>M35</b>													
						RL-1		RL-2		RL-3		RL-4		RL-5
						12/3/2017		2/4/2017		2/10/2017		22/10/2017		5/11/2017
						Braemar Hill		Tai Lam Country Park		Cheung Ngau Shan		Aberdeen Country Park		Ngong Ping
Rank	Name	Average	Total											
1	CHEONG KUNG PAN	993	2980	842	1:02:02	957	1:41:52	1000	0:42:55	980	0:57:29	1000	1:07:21	
2	CHENG PING KUEN	962	2886	951	0:54:56	935	1:44:14			1000	0:56:21	788	1:25:31	
3	LI MING CHI	956	2868	937	0:55:47	990	1:38:26	472	1:30:53	918	1:01:25	941	1:11:34	
4	LEE MAN WAI	904	2711	673	1:17:41	1000	1:37:29		DISQ	878	1:04:11	833	1:20:52	
5	TANG CHUN KIT	876	2627	1000	0:52:15	947	1:42:57	680	1:03:07		DNS			
6	WONG MAN WA	875	2625	639	1:21:43	910	1:47:08	492	1:27:10	904	1:02:22	811	1:23:02	
7	YU SHIN HO	861	2582	749	1:09:43	953	1:42:20	571	1:15:08	859	1:05:38	771	1:27:20	
8	WONG CHI YIN	826	2478	855	1:01:07	670	2:25:29	546	1:18:40	807	1:09:50	816	1:22:30	
9	TAM SHU FUN	800	2399	774	1:07:29	869	1:52:12	559	1:16:43	756	1:14:32			
10	FUNG CHUN PAN	700	2101	720	1:12:35		MP	516	1:23:15	865	1:05:08		DISQ	
11	WONG IO PAN	616	1849					378	1:53:30	763	1:13:52	708	1:35:05	
12	LEE HOK WUN	581	1743	626	1:23:31			386	1:51:14		DNS	732	1:32:01	
13	LUI YUEN MING	346	1039		DNS		DNF	376	1:54:15	664	1:24:55			
14	LAU CHUN FUN	328	984	460	1:53:33		MP	524	1:21:56		DNS			
15	CHAN TSZ CHUNG	291	872	872	0:59:56		DNS				DNS			
16	LEUNG YAT LAI ADRIAN	244	732	732	1:11:22									
17	KEUNG WAH TUNG	235	706	706	1:14:02									
18	LO KWOK KAY	224	673							673	1:23:45			
19	CHUNG HON	208	623	623	1:23:49		DNS							
20	YAU HO TAK	193	579								DNS	579	1:56:25	
21	CHAN SIU HUNG	191	573	573	1:31:07									
22	SIT MING CHEUNG	171	513	513	1:41:57		MP				DISQ			
	CHAN CHUN KIT				DNS						DNS		DISQ	
	LEUNG KAM YUEN				DNS									
	CHAN SIU CHUNG						MP		DISQ		DNS			
	TAM CHI HO								DISQ				DISQ	
	LO WING PUN													
	WONG KA WAI FRANK						DNS							
	CHAN CHIT HUNG ISSAC													
	CHOI YUEN HANG						DNS							
	<b>M40</b>													
						RL-1		RL-2		RL-3		RL-4		RL-5
						12/3/2017		2/4/2017		2/10/2017		22/10/2017		5/11/2017
						Braemar Hill		Tai Lam Country Park		Cheung Ngau Shan		Aberdeen Country Park		Ngong Ping
Rank	Name	Average	Total											
1	MAN WAI TIN	968	2904	956	OFFICIAL	863	2:00:53	1000	0:57:32	920	1:12:22	948	1:20:44	
2	WONG CHI CHUNG ISAAC	967	2902	929	0:57:27	835	2:04:55	735	1:18:18	973	1:08:23	1000	1:16:33	
3	LAU CHI CHUEN	925	2775	874	1:01:03		OT		DISQ	1000	1:06:33	901	1:24:59	
4	LO WING SHIU	892	2677	970	0:55:01	1000	1:44:17		DISQ			707	1:48:18	
5	CHAN KAI WING DICKY	746	2237	603	1:28:30				OT	863	1:17:08	771	1:39:16	
6	CHAN KWOK WAI	565	1695		DNS	920	1:53:24	775	1:14:14					

7	WONG SIU TONG	389	1168	552	1:36:38					OT	616	1:48:06		
8	CHEN FUK HOI	373	1120	482	1:50:42					DISQ	638	1:44:18		
9	LEUNG WAI KIN	364	1093	598	1:29:12			OT	494	1:56:25		DNS		DISQ
10	CHAN KAM ON ANDY	333	1000	1000	0:53:23			DNS		DNS		DNS		
11	CHAN KA SHING RICKY	327	982			982	1:46:11							
12	HUI WUN LAP	263	789		DNS					DISQ		DNS	789	1:36:59
13	KWONG KWOK WAH	230	690	690	1:17:20			DNS		DISQ				
	CHAN WAI KEI									OT		DNS		
	WONG HO MAN				DNS			DNS		DISQ				DISQ
	CHAN HOI MING HERMAN				DNS									
	CHENG CHUNG HANG									DNS		DNS		
	NG WAI MING				DNS			MP		DISQ				DISQ
	LEE BOB				DNS							OT		
	YAU TING YAN KELVIN									DNS		DNS		
	YOU GOUFENG									DISQ		DNS		
	CHAN TAK FUNG							OT						
	<b>M45</b>													
						RL-1	RL-2	RL-3	RL-4	RL-5				
						12/3/2017	2/4/2017	2/10/2017	22/10/2017	5/11/2017				
Rank	Name	Average	Total			Braemar Hill	Tai Lam Country Park	Cheung Ngau Shan	Aberdeen Country Park	Ngong Ping				
1	HUI NGAI SANG	1000	2999	999	OFFICIAL	908	1:52:00	1000	0:50:50	998	0:44:31	1000	0:55:23	
2	YEUNG WAI YIN ALEXIS	974	2922	1000	0:46:53	1000	1:41:39	897	0:56:40	922	0:48:13			DISQ
3	LIANG CHI HANG	936	2809	918	0:51:04	974	1:44:23	857	0:59:21	917	OFFICIAL	860	1:04:22	
4	YIU VOR	883	2649	744	1:03:02		OT	905	0:56:10	1000	0:44:26			DISQ
5	KO MAN FUNG FRANCIS	843	2528	823	0:57:00	708	2:23:34	839	1:00:37			867	1:03:53	
6	WONG HUNG ON WALLIS	830	2489	805	0:58:13		DNS	704	1:12:10	907	0:48:58	776	1:11:20	
7	NG PATRICK	790	2370	801	0:58:32			601	1:24:31	839	0:52:59	730	1:15:49	
8	LAU YAT CHOR	761	2282	763	1:01:27		DNS	793	1:04:07		DNS	726	1:16:16	
9	FU MAN FAI	658	1973	503	1:33:13		MP		DISQ	809	0:54:56	661	1:23:46	
10	WONG KIN LOK	657	1971	570	1:22:16		MP		OT	908	0:48:56	493	1:52:14	
11	SIU MAN KWONG ERIC	599	1797	546	1:25:54		MP		DISQ	755	0:58:52	496	1:51:36	
12	WONG WAI MING	535	1605				OT		OT	926	0:48:00	679	1:21:33	
13	LAM MING PAN	410	1230					623	1:21:38	607	1:13:10			
14	YAN CHI HANG	393	1180					540	1:34:03			639	1:26:38	
15	HO WING FAI	302	907	907	0:51:41		OT							
16	POON KA HANG	238	715							715	1:02:11			
17	LAM YIU HONG	236	707		OT		MP		DISQ	707	1:02:49			DISQ
18	LAU TAT KONG	209	626	626	1:14:52		OT							
19	YAU HO TAK	159	476		DNS						DNS	476	1:56:25	
	KWAN YIU KEUNG													
	HO KANG KIT				DNS									
	HUNG KA MO, MAVERICK													
	WONG MAN WAI						DNF							
	CHEUNG WAI KEE								DISQ					
	CHAN WAI KIN						OT							
	<b>M50</b>													
						RL-1	RL-2	RL-3	RL-4	RL-5				
						12/3/2017	2/4/2017	2/10/2017	22/10/2017	5/11/2017				
Rank	Name	Average	Total			Braemar Hill	Tai Lam Country Park	Cheung Ngau Shan	Aberdeen Country Park	Ngong Ping				
1	LAW WAI KAY	1000	3000	873	1:08:02	768	1:54:38	1000	0:47:16	1000	0:35:55	1000	1:13:16	
2	YUE PUI CHUNG	945	2835			1000	1:28:00	513	1:32:04	909	0:39:31	926	1:19:06	



3	CHAN KWOK WAI AARON	924	2773	1000	0:59:25	903	1:37:29	712	1:06:24	812	0:44:14	871	1:24:09
4	LEUNG LAP ON	853	2560	916	1:04:50	642	2:16:59	905	0:52:13	635	0:56:35	738	1:39:17
5	LEUNG SAI FONG	784	2351	806	1:13:44	714	2:03:11	732	1:04:35		DISQ	813	1:30:04
6	LEE CHUNG MING	753	2258	744	1:19:50	733	2:00:07	580	1:21:33	364	1:38:33	781	1:33:51
7	CHAN WING CHONG	656	1967	634	1:33:44	680	2:09:25	653	1:12:22	591	1:00:47		
8	WONG HON SHING	597	1792	764	1:17:47	628	2:20:05			400	1:29:50		
9	LAM KWOK WAH	500	1501	893	1:06:34			609	1:17:39				
10	YU HON MING	472	1416							681	0:52:45	736	1:39:36
11	CHAN SAN WAH	431	1293		DISQ			569	1:23:08	725	0:49:33		DISQ
12	LAW YAT HING	412	1235	603	1:38:33	632	2:19:12						
13	WONG CHUN MING	387	1162		DISQ			475	1:39:29	687	0:52:16		
14	SHIU CHI SHING	319	958	532	1:51:46		OT	427	1:50:48		DNS		DISQ
	TAM KA MAN				DISQ								
	SIU KWONG WAI								DISQ		DNS		
	LEUNG KWOK WAH						OT						
	<b>M55</b>												
					RL-1	RL-2	RL-3	RL-4	RL-5				
					12/3/2017	2/4/2017	2/10/2017	22/10/2017	5/11/2017				
Rank	Name	Average	Total		Braemar Hill	Tai Lam Country Park	Cheung Ngau Shan	Aberdeen Country Park	Ngong Ping				
1	LEUNG LAM	961	2883	850	1:02:16	894	1:26:29	1000	0:48:37	984	0:36:44	900	1:25:47
2	SHAM WING MING	936	2808	923	OFFICIAL	747	1:43:32	969	0:50:10	915	0:39:29	886	1:27:06
3	WONG KIN IP	911	2732			542	2:22:43	788	1:01:41	1000	0:36:08	944	1:21:48
4	PANG KA CHOI	847	2540	635	OFFICIAL	1000	1:17:19				DNS	905	1:25:16
5	CHAN PO MING	837	2511	735	1:12:03	693	1:51:33	761	1:03:52	750	0:48:10	1000	1:17:11
6	HUI TUNG YING	797	2390	517	1:42:21			573	1:24:51	941	0:38:24	876	1:28:06
7	TONG KWAN YUEN	751	2252	563	OFFICIAL		OT	891	0:54:35	799	0:45:15		DISQ
8	HU SIU FUN	730	2190			704	1:49:49			769	0:46:59	717	1:47:43
9	CHAN CHUNG WING	550	1649	1000	0:52:57	649	1:59:08		OT		DNS		
10	LEE CHI KIN	299	898			898	1:26:04						
11	HUI YUK LAM	246	737	737	1:11:52				DNS				
	CHAN CHEUK SUN				DNS				DNS		DNS		
	LEUNG KWOK KEUNG				DISQ				DNS		DNS		
	<b>M60</b>												
					RL-1	RL-2	RL-3	RL-4	RL-5				
					12/3/2017	2/4/2017	2/10/2017	22/10/2017	5/11/2017				
Rank	Name	Average	Total		Braemar Hill	Tai Lam Country Park	Cheung Ngau Shan	Aberdeen Country Park	Ngong Ping				
1	WONG KAM FEI	1000	3000	1000	1:16:54	1000	1:30:31		OT	1000	0:40:03	1000	1:27:44
2	YUE TING WANG	884	2653	867	OFFICIAL			817	1:44:36	938	0:42:43	848	1:43:30
3	CHIU LUEN KWAN	570	1710		OT		OT	1000	1:25:25	710	0:56:23		DISQ
4	MOK TO	304	911						OT	911	0:43:58		
	TSUI WING SING				DNS								
	<b>WE</b>												
					RL-1	RL-2	RL-3	RL-4	RL-5				
					12/3/2017	2/4/2017	2/10/2017	22/10/2017	5/11/2017				
Rank	Name	Average	Total		Braemar Hill	Tai Lam Country Park	Cheung Ngau Shan	Aberdeen Country Park	Ngong Ping				
1	CHAN HAU WAH BRENDA	1000	3000	978	0:56:18	978	1:25:57	1000	0:40:10	1000	0:58:51	1000	1:04:25
2	LAM CHO YU	976	2929	919	0:59:54	1000	1:24:06	895	0:44:54	944	1:02:22	985	1:05:24
3	LUI WAI LAN IRIS	945	2834	889	1:01:55	783	1:47:28	962	0:41:46	983	0:59:53		
4	LEUNG KA KI	940	2821	968	0:56:54	934	1:30:04	813	0:49:23	870	1:07:40	920	1:10:03
5	LEE WING SZE VIVIAN	936	2809	881	1:02:30	732	1:54:51	716	0:56:08	963	1:01:08	966	1:06:43
6	FUNG CHARMAINE KAI WING	903	2709	1000	0:55:04	847	1:39:15	808	0:49:44	861	1:08:20		



	YU KA WING				DNS		DNS						
	CAI XINYI						DNF						
	YAU HOI LING								DISQ				
	NG SZE MAI												
	TSANG SUM YEE												
	KWAN WEI LING CHLOE						DNS						
	NG CLARESTA										DNS		
	CHENG HIU CHING												DISQ
	CHOI LOK								DNS		DNS		
	<b>W16</b>												
					RL-1		RL-2		RL-3		RL-4		RL-5
					12/3/2017		2/4/2017		2/10/2017		22/10/2017		5/11/2017
Rank	Name	Average	Total		Braemar Hill		Tai Lam Country Park		Cheung Ngau Shan		Aberdeen Country Park		Ngong Ping
1	FUNG WAI CHING	986	2957	1000	0:51:40	889	1:32:27	1000	0:56:07	909	0:51:14	957	1:41:32
2	YUE WEI YA	906	2717	861	1:00:00	1000	1:22:14		DNS		DNS	856	1:53:33
3	LEUNG KWAN KIU	574	1721					721	1:17:53	1000	0:46:33		
4	KU KA KI	825	2475	686	1:15:17		MP		DISQ	789	0:59:02	1000	1:37:09
5	CHENG SUM YU	489	1466	892	0:57:57	574	2:23:12						
6	FONG SIN HANG JADA	420	1260	485	1:46:34		MP			775	1:00:05		
7	MAK CHIU KI ASTOR	401	1204	457	1:53:09					747	1:02:19		
8	MOY SZE WING CLARA	376	1129	476	1:48:34		OT			653	1:11:17		
9	TSUI WING YUEN	309	928							928	0:50:11		
10	VERMEER ELENA YIN	275	826				DNF			826	0:56:21		
11	TANG LOK YI	237	711				DNF		DNS	711	1:05:30		DISQ
12	YEO VICTORIA ANNA	235	704	704	1:13:24								
13	TAM KA WING	214	642	642	1:20:30								
14	LUK KEI SUET ANGELA	204	611	611	1:24:31								
15	CHENG YEE YAN	200	600							600	1:17:33		
16	WONG YI YAN	179	538	538	1:36:07								
17	WONG LOK MAN	164	491	491	1:45:17								
18	MAK KAR TUNG	156	467	467	1:50:37								
19	TSE TSZ YIU	155	465	465	1:51:12								
20	LO LOK YIN JASMINE	149	448	448	1:55:14		OT						
	WONG YUET TO				DNS								
	CHENG WING YI				DISQ		OT						
	CHIU TSZ YING						DNS				DNS		
	<b>W18</b>												
					RL-1		RL-2		RL-3		RL-4		RL-5
					12/3/2017		2/4/2017		2/10/2017		22/10/2017		5/11/2017
Rank	Name	Average	Total		Braemar Hill		Tai Lam Country Park		Cheung Ngau Shan		Aberdeen Country Park		Ngong Ping
1	WONG TSUI SHAN	638	1913		DNS	913	2:17:34			1000	1:02:02		
2	FUNG WING KI	333	1000			1000	2:05:33						
3	YUEN JISI JACQUELINE	321	962			962	2:10:31						
	CHIU CHING				OT								
	LEE HONG YING				OT		OT				DNS		DISQ
	<b>W20</b>												
					RL-1		RL-2		RL-3		RL-4		RL-5
					12/3/2017		2/4/2017		2/10/2017		22/10/2017		5/11/2017
Rank	Name	Average	Total		Braemar Hill		Tai Lam Country Park		Cheung Ngau Shan		Aberdeen Country Park		Ngong Ping
1	CHU YING YAU	1000	3000	1000	0:48:05	1000	1:06:24	811	0:47:36	916	1:04:16	1000	0:55:09
2	WONG YI SHAN	973	2919	888	0:54:08	919	1:12:14	1000	0:38:35	1000	0:58:54		



	WONG JOSEPHINE												
	WONG SZE HA ELYSE				DNS								
	HAU YING YING									DNS			
	NGAI ON NA												DISQ
	YEH TSUEN TSUEN RITA				DNS					DNS			
	<b>W35</b>												
					RL-1	RL-2	RL-3	RL-4	RL-5				
					12/3/2017	2/4/2017	2/10/2017	22/10/2017	5/11/2017				
Rank	Name	Average	Total		Braemar Hill	Tai Lam Country Park	Cheung Ngau Shan	Aberdeen Country Park	Ngong Ping				
1	FUNG YUK CHING	1000	3000	1000	1:13:57	1000	1:33:29	1000	0:55:07				
2	CHEUNG BO LING	965	2895	947	1:18:05	863	1:48:17	858	1:04:14	948	1:31:24	1000	1:30:31
3	AU MAN CHONG MARIANA	951	2854		DISQ	888	1:45:17	675	1:21:37	1000	1:26:40	966	1:33:42
4	TANG PUI YI	792	2375			753	2:04:05	677	1:21:23	944	1:31:49		
5	ISMAIL HANIFA	734	2203	743	1:39:34	692	2:15:00	534	1:43:14	768	1:52:50		
6	LO WAN YEE	563	1688		DISQ			738	1:14:44	950	1:31:11		
7	FUNG KIT LING VERONI	308	924							924	1:33:49		
8	LUO TUNG HSIA MARIE	267	800			800	1:56:55						
	CHAU HOI SZE				DISQ						DNS		
	YAU YUK FONG				DISQ		OT		DISQ		DISQ		DISQ
	LEUNG KA LAI										OT		
	LAM YIM YAN										OT		
	CHOI KA PO JOSEPHINE				OT		OT		DISQ				
	<b>W40</b>												
					RL-1	RL-2	RL-3	RL-4	RL-5				
					12/3/2017	2/4/2017	2/10/2017	22/10/2017	5/11/2017				
Rank	Name	Average	Total		Braemar Hill	Tai Lam Country Park	Cheung Ngau Shan	Aberdeen Country Park	Ngong Ping				
1	CHEUNG LAI KUEN MONA	1000	3000	1000	1:08:36	1000	1:33:33	1000	0:57:42			1000	1:15:14
2	CHAN SIU MUI	748	2244			760	2:03:07		DISQ	712	1:24:14	772	1:37:29
3	WONG PATRICIA	484	1451			891	1:45:00	560	1:43:03				
4	CHAN PUI YING	398	1193		DISQ			508	1:53:35	685	1:27:33		
5	HO SO HAN	333	1000							1000	0:59:58		
6	LUK LAI LAI RENE	234	702		OT		OT		DISQ	702	1:25:26		DISQ
	LEUNG LIN PIK				DNS								
	YU HOI YAN				DISQ		DNS						DISQ
	LI MANG WAH LOUISE				DISQ				DISQ				
	CHAN YIN HING						MP						
	<b>W45</b>												
					RL-1	RL-2	RL-3	RL-4	RL-5				
					12/3/2017	2/4/2017	2/10/2017	22/10/2017	5/11/2017				
Rank	Name	Average	Total		Braemar Hill	Tai Lam Country Park	Cheung Ngau Shan	Aberdeen Country Park	Ngong Ping				
1	KO SIN YU	667	2000							1000	1:02:04	1000	1:53:06
2	LAU PIK YI	640	1921	1000	1:45:00				DNS	921	1:07:23		DISQ
3	WONG YEE WAH	622	1865				OT	1000	1:57:32	865	1:11:44		DISQ
4	HO HING LING	608	1825		DNS	1000	1:56:40		DNS	825	1:15:13		
5	LI WAI YING	322	965							965	1:04:20		
6	CHEUNG NGANCHUN	294	882		OT	882	2:12:21						
7	LEE SZE MAN CECILIA	254	763							763	1:21:22		
8	YEUNG SUN YAU	250	751							751	1:22:41		
9	PANG SHUET LAI	227	682						DISQ	682	1:30:58		
	LO PO YUK				DNS						DNS		
	CHENG PO YI				DISQ		MP		DNS		DNS		



	CHOI YAT SUM												
	CHAN SZE LAI				OT		DNF						
	KWOK KA WAH CARA				DISQ		DNS				DNS		
	CHAN FUNG SHAN EVELY												
	SO MAN TING TAMI						DNS						
	<b>W50</b>												
					RL-1		RL-2		RL-3		RL-4		RL-5
					12/3/2017		2/4/2017		2/10/2017		22/10/2017		5/11/2017
Rank	Name	Average	Total		Braemar Hill		Tai Lam Country Park		Cheung Ngau Shan		Aberdeen Country Park		Ngong Ping
1	WONG YUK HING	1000	3000	1000	0:56:24		1000	1:53:23	1000	1:08:28	1000	0:44:20	DISQ
2	AU WING SEE	897	2690		OT		963	1:57:41	827	1:22:45	899	0:49:20	DISQ
3	CHAN LAI CHU	818	2455	613	1:32:02					OT	842	0:52:40	1000 1:57:20
	LEUNG YEE MAN				DNS					DISQ		DNS	
	NG MIU LAN									DISQ		DNS	DISQ
	CHAN YUK CHI						MP						
	<b>W55</b>												
					RL-1		RL-2		RL-3		RL-4		RL-5
					12/3/2017		2/4/2017		2/10/2017		22/10/2017		5/11/2017
Rank	Name	Average	Total		Braemar Hill		Tai Lam Country Park		Cheung Ngau Shan		Aberdeen Country Park		Ngong Ping
1	CHUI LAI KUEN CANDY	1000	3000	1000	1:05:06		1000	2:07:36		DISQ	1000	0:40:25	1000 1:29:08
2	CHAN SIU LIN	892	2675	925	1:10:21			OT	1000	1:30:11	750	0:53:54	
3	WONG YUK CHING LAM	535	1604	911	1:11:27			OT		DISQ	693	0:58:20	DISQ
4	LEUNG YEE MAY	420	1260	734	1:28:43			DNF		DISQ	526	1:16:52	DISQ
					Time Limit:		2:00:00		2:30:00		2:00:00		2:00:00