

2016 Selection
Track Run Record Sheet
(Preliminary)

3/18/2016

Cat 2 - 10%

1	2	3	5	6	7	8	9	13	39						
NO.	E_Name	C_Name	WOC-Sprint	WOC-M/L	JWOC	ASOC	ACOC	Sex	Test Distance	Time Taken 2/2	Time Taken 4/2	Time Taken 11/2*	Time Taken 1/3	Time Taken 3/3	Time Taken 21/4*
1	LEUNG KA KI	梁嘉琪	WE			WE		F	5 Km	-	0:23:08	0:22:32	-	0:22:35	
2	CHOW MAN LONG	周文朗				ME	M21E	M	5 Km	-	0:20:10	-	-	0:19:57	
3	FUNG CHARMAINE KAI WING	馮啟穎	WE	WE		WE		F	5 Km	-	0:23:26	0:23:30	-	-	
5	YU TSZ YING	余芷瑩	WE	WE		W21E		F	5 Km	-	-	0:23:54	-	-	
6	YEUNG WAI YIN ALEXIS	楊偉賢				M55		M	5 Km	-	0:25:13	-	-	-	
7	WONG YUK HING	黃玉卿				W60		F	5 Km	-	-	-	-	0:30:08	
8	CHEUNG KANG KAI	張鏡佳				M45	M35A	M	5 Km	-	0:24:02	-	-	-	
9	SHIU CHIT HIM	蕭哲謙				M16		M	3 Km	0:14:08	-	-	0:13:47	-	
10	SHIU CHIT HEI	蕭哲晞			M20	M18		M	5 Km	0:20:38	-	-	0:20:26	-	
11	LEUNG LAP ON	梁立安				M50	M35A	M	5 Km	-	0:30:32	-	-	0:29:11	
12	TSANG HIU YU	曾曉如			W20	W18		F	5 Km	0:24:59	-	-	0:24:33	-	
13	CHEUNG LAK KUEN MONA	張麗娟				W50		F	5 Km	-	0:27:54	-	-	-	
14	CHAN HAU WAH BRENDA	陳巧華	WE	WE	W20	W20E	W21E	F	5 Km	-	0:22:29	-	-	-	
15	WONG WAI CHING VICKIE	黃惠貞				W50	W30	F	5 Km	-	0:29:42	-	-	0:29:26	
16	LEE KIN WAI	李健威	ME	ME		M21E	M21E	M	5 Km	-	0:18:50	0:18:46	-	0:18:29	
17	YEUNG KWOK KEUNG	楊國強		ME		ME	ME	M	5 Km	-	0:19:33	-	-	-	
18	LUI WAI LAN IRIS	呂慧蘭	WE	WE		WE	WE	F	5 Km	-	0:23:20	0:22:58	-	0:23:15	
19	YIP CHAK LUN GERALD	葉澤麟	ME	ME		ME	M21E	M	5 Km	-	0:17:59	0:17:34	-	0:18:29	
20	CHOY KWOK WAI	蔡國偉				M35	M35A	M	5 Km	-	0:20:14	-	-	-	
21	CHU YING YAU	朱映柔				W14	W14	F	3 Km	0:14:01	-	-	0:14:13	-	
22	CHU YAU MAN	朱祐民				M16	M16	M	3 Km	0:10:58	-	-	0:10:44	-	
23	YU WING HAY	余穎曦	WE	WE		W21E		F	5 Km	-	0:19:20	-	-	-	
24	MAN CHI KIN	萬智健	ME	ME		M21E		M	5 Km	-	-	-	-	0:20:21	
25	WONG YI SHAN	王以山				W14	W14	F	3 Km	0:14:42	-	-	0:14:46	-	
26	WONG CHEUK WANG	王卓弘				M16	M16	M	3 Km	0:11:20	-	-	0:11:13	-	
27	WONG MAN WA	王文華				M45	M35	M	5 Km	-	-	-	-	0:23:22	
28	CHAN SIN YU	陳羨茹				W16	W16	F	3 Km	0:15:09	-	-	0:15:50	-	
29	CHAN CHUN HEI	陳俊希				M14	M14	M	3 Km	0:11:33	-	-	0:11:32	-	
30	CHEUNG KWOK WAI	張國偉	ME			M21		M	5 Km	-	0:21:20	-	-	-	
31	CHAN LAI YEE	陳麗而	WE	WE		W21	W21	F	5 Km	-	-	0:22:51	-	0:22:20	
32	WONG CHI YIN	黃志然				M50	M35	M	5 Km	-	0:22:33	-	-	0:21:37	
33	TSANG CHUN CHI	曾進智					M21A	M	5 Km	-	0:22:12	-	-	0:22:51	
34	LEUNG CHUNG WAI	梁仲緯				M14	M14	M	3 Km	0:11:31	-	-	0:12:06	-	
35	LEUNG HEI TUNG	梁熙彤				W16	W16	F	3 Km	0:13:48	-	-	0:14:26	-	
36	TSANG YIN HUNG	曾燕紅		WE		WE	W21A	F	5 Km	-	0:22:41	-	-	0:22:07	
37	NG KA YAN	吳嘉恩			W20	W20		F	5 Km	0:24:56	-	-	0:25:20	-	
38	FUNG WAI CHING	馮蔚晴				W14	W14	F	3 Km	0:14:04	-	-	-	-	
39	LI SING WAI	李升威			M20	M20E	M21A	M	5 Km	0:19:11	-	-	-	-	
40	LAM CHO YU	林楚茹			W20	W20E	W21A	F	5 Km	0:24:22	-	-	0:24:05	-	
41	YUE WEI YA	虞惟雅				W14	W14A	F	3 Km	0:14:25	-	-	0:15:38	-	
42	YUE WEI YONG	虞唯庸			M20	M20E		M	5 Km	0:20:28	-	-	0:21:03	-	
43	LUM CHEUK HEI	林卓希				M14	M14	M	3 Km	0:13:26	-	-	0:12:46	-	
44	WONG TSZ CHUN JASON	黃梓臻				M16	M16	M	3 Km	0:11:54	-	-	0:11:36	-	
45	YU TSZ WAI	余梓維	ME	ME		M21E	M21E	M	5 Km	-	0:18:15	-	-	-	
46	Lam Sam Choi	林三才	ME	ME		M21E		M	5 Km	-	0:19:10	0:19:14	-	-	
47	Ma Lok Hin (Oversea)	馬樂軒					M21E	M	NA	NA	NA	NA	NA	NA	NA
48	Cheung Chi Ko Abdon	張志高		ME		M21E		M	5 Km	-	-	-	-	-	
49	Chan Tin Mong	陳天望				M21E	M21A	M	5 Km	-	0:20:55	-	-	0:20:22	
50	Tam Wing Chung	譚泳聰	ME	ME		M21E		M	5 Km	-	0:19:19	-	-	0:19:18	
51	Cheng Ping Kuen	鄭炳權				M40	M35	M	5 Km	-	-	-	-	0:20:57	
52	Yu Tsz Fung	余梓丰				M18		M	5 Km	0:19:15	-	-	0:19:18	-	
53	LAW HOI YI	羅凱怡			W20	W18	W18	F	5 Km	0:25:47	-	-	0:24:59	-	
54	SOO WAI HIN	蘇慧軒			W20	W20E	W21A	F	5 Km	0:24:48	-	-	0:25:50	-	
55	Yee Sze Wing	余思穎			W20	W20E	W21A	F	5 Km	0:24:34	-	-	0:24:02	-	
56	LI CHUN HO	李雋皓				M18	M18A	M	5 Km	0:19:43	-	-	0:20:06	-	
63	Lau Kwun Him Himmy	劉冠謙			M20	M18	M18	M	5 Km	-	-	-	-	-	
64	LEUNG KA MAN	梁嘉雯				W21A	W21A	F	5 Km	-	0:21:48	-	-	0:21:51	
65	KWOK KIN KWAN (Overseas)	郭建均	ME	ME		ME	ME	M	NA	NA	NA	NA			
71	Ng Sung Chak	吳崇澤				M18	M18	M	5 Km	0:19:10	-	-	0:18:34	-	

* Date for WOC- Sprint exclusive