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Standard Chartered
Hong Kong Marathon
渣打香港馬拉松 2019



十公里賽事手冊

10KM Race Handbook



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香港業餘田徑總會
Hong Kong Amateur Athletic Association

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康樂及文化事務署署長
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香港業餘田徑總會主席
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獻辭 Message



香港特別行政區行政長官
Chief Executive
Hong Kong Special Administrative Region



衷心恭賀香港業餘田徑總會舉辦第23屆「渣打香港馬拉松」。

香港馬拉松是本港一年一度最受歡迎的體壇盛事。這項賽事獲國際田徑聯會認可為國際最高級別的金級道路賽，每年吸引世界各地跑手來港競逐錦標。今年，大會預計有超過50個國家及地區約13,000名海外選手參賽。比賽設有多個項目，包括三公里輪椅賽、少年跑、十公里賽、半馬拉松和全馬拉松等，參賽人數多達75,000人。馬拉松舉行當天，一眾精英運動員及業餘跑手，不分年齡界限，全力以赴，挑戰自我，全城氣氛熱烈，凸顯香港作為國際體育盛事之都和亞洲國際都會的地位。

衷心感謝香港業餘田徑總會每年悉心籌辦這項馬拉松大賽，在推動香港體育發展方面，不遺餘力，貢獻良多。今年，總會並採取不同措施，為大家打造更環保的賽事，當中包括只發送電子確認信，以及於比賽當天加強廢物回收，讓廢物循環再造。總會一直盡心盡力，把這項大型社區盛事辦得有聲有色，實在值得讚賞。

謹祝「渣打香港馬拉松2019」圓滿成功，讓每一位參賽健兒留下難忘的回憶。

林鄭月娥

香港特別行政區
行政長官林鄭月娥

I am pleased to congratulate the Hong Kong Amateur Athletic Association on staging the 23rd Standard Chartered Hong Kong Marathon.

The Hong Kong Marathon, one of the most popular annual sports events in Hong Kong, is recognised by the International Association of Athletics Federations as a Gold Label Road Race. That is the world's highest road race category. Not surprisingly, the world runs to our shores, and streets, for this celebrated event. This year, the organiser expects about 13,000 overseas participants from more than 50 countries and regions. Overall, about 75,000 runners are taking part in a variety of events, from three-kilometre wheelchair and youth-dash races to 10-kilometre, half-marathon and full-marathon runs. On marathon day, elite athletes and weekend joggers, the young and not so young, fill our city with the challenge, and the joy, of participation and competition. In doing so, they showcase Hong Kong's status as an international sports hub and Asia's World City.

For that, and much more, my thanks to the Hong Kong Amateur Athletic Association. This year, I am pleased to say, the Association has created a more environmentally friendly marathon. That includes electronic confirmation letters only and enhanced waste collection and recycling on race day. Its continuing dedication to this marvellous community event is much appreciated.

I wish the Standard Chartered Hong Kong Marathon 2019 the best of success, and each and every participant a day to remember.

Carrie Lam

Mrs Carrie LAM
Chief Executive
Hong Kong Special Administrative Region



獻辭 Message



中國香港體育協會暨奧林匹克委員會會長
President
Sports Federation & Olympic Committee of
Hong Kong, China



Each sporting year here has been celebrated to start with our signature and always successful marathon which draws far many more runners than the event can accommodate. The version 2019 will be the same if not more so as runners local and guests of varying caliber will participate. We need again to thank our sponsors and the marathon organizers for their support and work to make recur this perhaps the greatest run in Asia and among the best in the world. Hong Kong has to be among the most iconic cities and counts upon the marathon to project its skyline to the global audience. We will again impress which is now expected and we thank once more the Standard Chartered Hong Kong Marathon.

霍震霆 Timothy FOK
中國香港體育協會暨奧林匹克委員會會長
President
Sports Federation & Olympic Committee of Hong Kong, China

獻辭 Message



民政事務局局長
Secretary for Home Affairs



I would like to give my heartfelt thanks to the Hong Kong Amateur Athletic Association for staging the Standard Chartered Hong Kong Marathon 2019.

As one of the great and highly-anticipated marathons in the world, the Hong Kong Marathon offers our runners a marvelous experience alongside the unmatched scenery of the city every year — over 40 kilometres of iconic architecture and towering skyscrapers, through bustling business districts to scenic hillsides and along the picturesque shoreline. Whether runners are looking for sporting success or simply putting their resolve to the test, the race has something for everybody, and puts our city proudly on the map in terms of major sports events.

I trust that the joint efforts of the Hong Kong Amateur Athletic Association and Standard Chartered Bank will continue to be a fruitful one this year, and I wish all participants a most memorable time in the marathon.

劉江華 LAU Kong-wah
民政事務局局長
Secretary for Home Affairs



獻辭 Message



康樂及文化事務署署長
Director of Leisure and Cultural Services

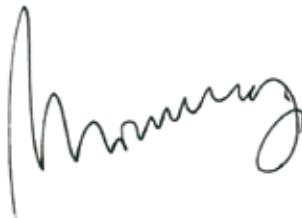


It gives me great pleasure to congratulate the Hong Kong Amateur Athletic Association (HKAAA) on hosting the Standard Chartered Hong Kong Marathon 2019.

Well into its 23rd year, the Marathon has grown from a niche fixture to an internationally acclaimed sporting event and a city-wide running gala that has inspired many to get on the right track to fitness and health. The prestigious event will send some 74 000 enthusiastic runners across the starting line to take on the challenge of their physical stamina and perseverance.

Thanks to the creativity and can-do spirit of the organisers and supporters, we have witnessed the increasing colour and vibrancy of the Hong Kong Marathon, which has now firmly established itself as a sporting and community event in Hong Kong and for Hong Kong. Apart from promoting sports, it is also focal point for pursuing worthy causes for the benefit of everyone, irrespective of age, gender, abilities and nationalities. The new initiatives introduced last year, including team entry and family run, were met by overwhelming response. A stellar promoter of "Sport for All", the Hong Kong Marathon brings people from all corners to join the growing community of runners, to embrace the joy of exercise and to stay active, healthy and happy for life.

May I wish the Standard Chartered Hong Kong Marathon 2019 a resounding success and all participants a memorable experience.



李美嫦 Michelle LI
康樂及文化事務署署長
Director of Leisure and Cultural Services

獻辭 Message



香港業餘田徑總會會長
Hong Kong Amateur Athletic Association President



第二十三屆「渣打香港馬拉松」將於2019年2月17日舉行，本人謹代表香港業餘田徑總會衷心感謝跑手多年來身體力行支持這項香港大型體育盛事。

本會一直以來推動全民運動，鼓勵香港市民持之以恆地養成跑步的習慣，為健康打好基礎。我們樂見跑手由十公里循序漸進至半馬及馬拉松距離，足以證明本會成功推廣本地長跑運動的成效。而近年我們致力推動「綠色馬拉松」，作為大型賽事的持份者，各人都有責任為環保踏前一步。賽事人數達到七萬八千人，當中少不免產生大量廢物，但我們積極源頭減廢，盡量避免產生廢棄物。同時亦希望跑手在賽事能夠身體力行，善用可再生資源及支持回收。

賽事規模日漸成熟，除了恆常十公里、半馬拉松及馬拉松賽事，同時亦有推廣傷健共融的三公里輪椅賽事。為了令賽事推廣致各界不同層面，賽事亦加入少年跑及親子跑。希望賽事當日不但跑手能夠參與其中，同時亦呼籲參加者的家人及朋友能夠親身到達賽道兩旁支持，為跑手鼓勵打氣，將賽事的熱烈氣氛推至高峰。

在此亦感謝各政府部門多年來的協助、冠名贊助商渣打銀行多年來無間斷推動「渣打香港馬拉松」的發展、以及其他支持機構、贊助商及不同界別的義務工作人員的支持，令賽事得以完成。希望各跑手已經準備就緒，2月17日約定大家，起跑線見！

毛浩輯 Alex MOH
香港業餘田徑總會會長
President
Hong Kong Amateur Athletic Association



獻辭 Message



香港業餘田徑總會主席
Hong Kong Amateur Athletic Association Chairman



即將踏入第23屆的「渣打香港馬拉松」已經成為香港體育盛事的一個重要標誌，將國際一場高水平的長跑比賽安排在本港鬧市中上演，令市民大開眼界。欣賞高手的競技。項目同時包含了「環保」、「慈善」、「健康」、「旅遊」和「義工」等等元素，意義重大。

今屆賽事各距離的名額略為調整，十公里賽的名額略為減少，而馬拉松賽事的名額則相應增加，這個安排有利更多跑手能夠參與並完成 42.195 公里的全馬拉松賽事，希望逐步將馬拉松發展成為重點項目。另外，今屆十公里賽的隊制報名亦按需要增加了部份名額，讓跑手能夠與家人和朋友一起攜手參加賽事。我們亦樂見「家庭跑」及「少年跑」亦吸引了更多對跑步有興趣的家庭及小朋友參加，吸引了更多對跑步有興趣的年輕小朋友參加，成為未來長跑的生力軍。

另一方面，今屆「渣打香港馬拉松」首次推出「公開義工招募計劃」，讓更多市民能夠以義工身份參與這項體育盛事，達致全城參與的目標，而大會亦會透過選拔及培訓使義工能夠勝任所屬崗位下的工作，以最專業的態度為跑手服務。

今年大會亦繼續加強環保工作，希望進一步減少產生廢物，並盡力回收可再生資源。首先，今屆首次採用電子郵件確認信取代實體確認信，並按量印刷賽事手冊，希望大量減少用紙。今屆賽事亦會增加資源到廢物回收計劃，加強回收教育及宣傳，希望可以提升廢物回收比率，減少浪費資源。大會亦將會再次舉行跑鞋及釘鞋回收計劃，幫助非洲貝寧有需要的人。

最後，我謹代表香港業餘田徑總會感謝冠名贊助渣打銀行及其他贊助商、各政府部門、義工、參賽者及所有香港市民的支持，讓「渣打香港馬拉松」得以持續發展成為今日的香港體育盛事，希望所有跑手能夠在賽事達到自己的目標，我們比賽日見！

The 'Standard Chartered Hong Kong Marathon' has become one of the iconic sport events in Hong Kong. We are excited to organize the race in the busiest districts of the city. People can enjoy the prestige-level competition by either participating as a runner, spectator or volunteer. Key messages included environmentally friendly, charity, healthy, tourism and volunteer service are the areas that we would like to promote through the race.

As the organizer, we encourage runners to upgrade themselves to the Marathon distance, so for the 2019 entry quota, Marathon race is slightly increased while those for 10km race has been slightly readjusted. We wish more runners can complete the 42.195km marathon race by keep challenging themselves. Besides the individual races, we are happy to increase the entries for the 10km team ballot and also we will maintain the Family Run and Youth Dash again to attract family members and teenagers to enjoy the race by trying a shorter distance and prepare for longer distances in future.

We are pleased to announce the public volunteer recruit campaign has been launched this year. Thousands of applications have been received and training workshop will be provided for the selected candidates.

Waste reduction and recycling are also our key missions. E-version of runner's pack collection letters will replace the traditional letters, also hard copies of event handbooks will be replaced by online version or printed copies upon by runner's request. Follow the positive response of the 'Used Running Shoes Collection Project' last year, we will work with Benin Athletics Federation again to collect running shoes and athletics spikes for the African athletes. We will keep putting more effort to explore recycling methods to reduce wastes generated from the event.

Last but not least, I would like to express our deep appreciation to our title sponsor Standard Chartered Bank (Hong Kong) Limited, the official sponsors, government, volunteers, runners and all your support to make the event success. Hope all of you could achieve your goal and see you on race day!

關祺 KWAN Kee
香港業餘田徑總會主席
Chairman

Hong Kong Amateur Athletic Association

一公里 10 KM

一個大灣區 一個跨邊界的宏願 一間銳意成就您的銀行

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我們等待您的來臨。

渣打，連繫亞洲、非洲、中東新機遇。

獻辭 Message



渣打銀行（香港）有限公司行政總裁
Chief Executive Officer
Standard Chartered Bank (Hong Kong) Limited



渣打香港馬拉松是香港最具代表性的跑步賽事，也是年度國際體育盛事中最矚目的項目之一，渣打銀行能在過去23年無間斷地贊助這項活動，實在與有榮焉。

對跑手、支持者及其他參與人士而言，渣打香港馬拉松都具有不同的意義。對於74,000位主項跑手來說，馬拉松比賽當日是超越自我、爭取打破個人最佳成績的日子；對支持者來說，他們可以沿途為跑手加油打氣，為香港注入更多正能量。

渣打香港馬拉松同時是全港最大型的義工日。我們非常感謝數千名賽道工作人員、醫護義工、男、女童軍及渣打員工的積極參與，無分你我為這項盛事出一分力。

比賽日也是全城愛心日，眾多跑手及非跑手都會透過馬拉松為我們的慈善機構夥伴籌款。單是2018年，「渣打香港馬拉松籌款計劃」便籌得接近800萬港幣善款，資助「看得見的希望 - 奧比斯」、香港防癌會，以及香港殘疾人奧委會暨傷殘人士體育協會，幫助社會上有需要的人。

最後，比賽當天自然是香港業餘田徑總會、各政府部門及支持機構長時間付出的收成日。衷心感謝他們不斷致力提升賽事的水平和參加者的體驗，令這項金級道路賽事得以成功舉行。

在這個特別的日子中，我邀請全港人士一起投入馬拉松的氣氛，為參賽者打氣，支持跑手們努力爭取最佳表現。一起，我們跑更遠。

The Standard Chartered Hong Kong Marathon is the city's signature running event and one of the highlights of the international sporting calendar every year. At Standard Chartered, we are both humbled and proud to have been the title sponsor of this renowned race for 23 consecutive years.

For runners, supporters and other participants alike, the Marathon day has different meanings to different people. For the 74,000 core race runners, this is the day to go beyond their limits and strive for their personal best. For supporters, it is the day to cheer for our runners around the course route and inject positive energy to the city.

The Marathon day is probably Hong Kong's largest volunteering day as thousands of race officials, medical support volunteers, scouts, girl guides and staff from Standard Chartered join hands to provide their unwavering support to the race.

It is also a day for us to show our care and give back to the community, as many runners and non-runners are raising funds for our charity partners through the Marathon.

In 2018 alone, the Marathon Charity Programme raised nearly HK\$8 million for three charitable institutions and initiatives: Seeing is Believing-Orbis, the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled, and the Hong Kong Anti-Cancer Society. This is something we can all be proud of as the funds raised will support truly worthy causes.

Last but not least, the Marathon day is a realisation of the unremitting efforts that the Hong Kong Amateur Athletic Association, various government departments and supporting organisations have put in, to continuously improve the standard and experience of this gold label road race.

On this special day, I call upon everyone in Hong Kong to celebrate the Marathon spirit together. I also wish the best of luck to all those participating. Together, We Run Further.

禦惠儀 Mary HUEN
渣打銀行（香港）有限公司行政總裁
Chief Executive Officer
Standard Chartered Bank (Hong Kong) Limited

十公里 10 KM



大型體育活動 Major Sports Events



大型體育活動事務委員會
Major Sports Events Committee

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獻辭 Message



渣打香港馬拉松2019籌備委員會主席
Chairman
Organising Committee, Standard Chartered
Hong Kong Marathon 2019



感謝各位支持渣打香港馬拉松2019！

一如以往，為讓各跑手以及關注此本地體育盛事的市民，對各賽事流程及相關事項有更深刻的了解，大會特意編修此賽事手冊，希望大家仔細閱覽全書內容，並於比賽日注意以下要點：

- 避免於起步區、賽道範圍及終點區停留拍照，以免影響個人及他人的安全。
- 終點區空間有限，無法容納大量跑手持續衝線及停留休息。因此，大會謹此呼籲各位跑手完成賽事後盡快離開終點區，前往行李區領取個人寄存物品。銅鑼灣運動場為大會特設的會合地點，跑手及其親友可在此相聚小憩和拍照留念。維園及附近範圍人潮眾多，離場需時，請各位耐心忍讓，遵循工作人員的指示在各通道離場。
- 大會今年於馬拉松賽道以及終點區設置多個自助水站，鼓勵跑手自備水樽，逐步減少使用和棄置一次性廢料，為保護環境出一分力。
- 大會於維園及會合地點內各處放置多組回收站，加強人手清點，並安排義工從旁指引群眾。希望各跑手能積極支持乾淨回收，把回收物料放入相應回收桶，最後確認是不可回收廢料才投進垃圾桶，避免去年會場內外膠袋蕉皮亂扔的情況再次發生。
- 各位跑手記得做足賽前訓練並保證有足夠的睡眠和休息；在努力再創佳績的同時，亦要注意個人身體狀況，量力而為；若感不適，請即向就近救護站或賽道工作人員尋求醫療輔助。

最後，本人謹在此向各籌備委員會成員、冠名贊助渣打銀行及各大贊助商、政府部門、支持機構、單位統籌、工作人員及義工致以深切感謝，並祝願各跑手均能在本屆賽事中享受長跑樂趣，全力以赴，創造理想佳績。

Welcome to the Standard Chartered Hong Kong Marathon 2019!

The publication of the Race Handbook with detailed information of various related items should enable runners and those who are highly anticipating this major sporting event to understand the Race Day operations. Here are some key advice to all:

- DO NOT take selfies at the Start Zone, while running and at the Finish Zone. This may result in injury to oneself and other participants.
- Due to limited space at the Finish Zone, participants are advised to proceed directly to baggage collection soon after they finish their races. Causeway Bay Sports Ground is the designated Meeting Point where participants and their families/friends can meet and take photos. Due to the foreseeable overcrowding situation around Victoria Park, the Organiser sincerely appeals to all participants to be patient, and follow the instructions of Officials to leave at the designated Exits.
- Self-serviced water dispenser will be provided along the Marathon Race Course and at the Finish Zone. Runners are encouraged to bring their own bottles, reduce using and disposing single-use paper cups. The Organiser hopes to work in hand with all participants to promote a Green Marathon and protect the environment.
- Recycle stations will be put up inside Victoria Park and the Meeting Point, with volunteers guiding participants to separate their waste into corresponding recycling bins. Let's support clean recycling and dispose only non-recyclable waste into trash bins.
- Please remember to take up adequate training and rest prior to the race. Be aware of your own physical conditions and seek medical advice from the First Aid Stations or Officials nearby if you do not feel well.

Lastly, I wish to thank all members of the Organising Committee, Title Sponsor – Standard Chartered Bank (Hong Kong) Limited and all Official Sponsors, relevant Government Departments, Supporting Organisations, Coordinators, and thousands of officials as well as volunteers for their assistance and contributions towards the successful organisation of the Marathon.

To all the Participants, enjoy your Race!

高威林 William KO, BBS, M.H.
渣打香港馬拉松2019籌備委員會主席
Chairman, Organising Committee
Standard Chartered Hong Kong Marathon 2019

十公里 10 KM

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CITY CHAIN 時間廊 及港澳各特約經銷商均有代售



賽事資訊及贊助人與名譽顧問

Event Information, Patrons & Honorary Advisors



主辦機構
Organiser



香港業餘田徑總會
Hong Kong Amateur Athletic Association

冠名贊助
Title Sponsor



比賽日期

2019年2月17日（星期日）

起點

馬拉松/半馬拉松 — 九龍尖沙咀彌敦道
十公里 — 香港東區走廊
三公里輪椅賽/少年跑 — 香港灣仔運動場
家庭跑 — 中環十號碼頭

終點

所有賽事（除家庭跑以外）— 香港銅鑼灣維多利亞公園
家庭跑 — 香港中環添馬公園

起步時間

早上5時10分起

Event Date

17 February 2019 (Sunday)

Start

Marathon/Half Marathon – Nathan Road, Tsim Sha Tsui, Kowloon
10KM – Island Eastern Corridor, Hong Kong
3KM Wheelchair Race – Wan Chai Sports Ground, Hong Kong
Family Run - Central Pier No. 10, Hong Kong

Finish

All Races (Except Family Run) - Victoria Park, Causeway Bay, Hong Kong
Family Run - Tamar Park, Central, Hong Kong

Start Time

From 5:10am onwards

贊助人

林鄭月娥 女士, GBM, GBS

The Honourable Mrs. Carrie LAM CHENG Yuet Ngor, GBM, GBS

Patron

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Chief Executive, Hong Kong Special Administrative Region

副贊助人

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Mr. Benjamin HUNG, BBS, JP

Vice-Patron

渣打銀行大中華及北亞地區行政總裁

Regional Chief Executive Officer, Greater China & North Asia, Standard Chartered Bank

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Mr. LAU Kong Wah, JP

Honorary

民政事務局局長

Secretary for Home Affairs

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Mr. Timothy FOK, GBS, JP

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The President, Sports Federation & Olympic Committee Of Hong Kong, China

禤惠儀 女士

Ms. Mary HUEN

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Mr. TONG Chi Keung, Donald, JP

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Permanent Secretary for the Environment/Director of Environmental Protection

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路政署署長

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Ms. Mable CHAN, JP

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Mr. LI Kin Yat, FSDSM, FSMSM

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Miss LAU Lee Kwan, Vivian, JP

食物環境衛生署署長

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Ms. LI Mei Sheung, Michelle, JP

康樂及文化事務署署長

Director of Leisure and Cultural Services

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Miss TSE Siu Wa, Janice, JP

民政事務總署署長

Director of Home Affairs

朱曼鈴 女士, JP

Miss CHU Man Ling, Cathy, JP

政府新聞處處長

Director of Information Services

毛浩輯 先生

Mr. MOH Ho Chap, Alex

香港業餘田徑總會會長

President, Hong Kong Amateur Athletic Association

十公里 10 KM



堅持・突破



Standard Chartered
Hong Kong Marathon
渣打香港馬拉松
2019

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馬拉松管理委員會及籌備委員會

Marathon Management Committee & Organising Committee

馬拉松管理委員會 Marathon Management Committee

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委員 Members	楊世模 博士, JP 梁匡舜 先生 王劍麟 先生 馮宏德 先生 黎廣超 先生	Dr. YEUNG Sai Mo, Simon, JP Mr. Alexander LEUNG Mr. Alan WONG Mr. FUNG Wang Tak Mr. LAI Kwong Chiu

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副主席 Vice-Chairman	王劍麟 先生 馮宏德 先生	Mr. Alan WONG Mr. FUNG Wang Tak
委員 Members	伍詠恩 女士 醫療輔助隊 盧偉明 先生 民眾安全服務處 鄭智恒 先生 香港環境保護署 姚敬賢 先生 食物環境衛生署 鄧永強 先生 路政署 黃秀賢 女士 民政事務局 溫少玲 女士 民政事務總署 胡麗芳 女士 香港消防處 唐思敏 女士 香港警務處 鍾鳳薇 女士 香港旅遊發展局 古雪儀 女士 政府新聞處 王偉昌 先生 康樂及文化事務署 潘志文 先生 運輸署 馮景偉 先生 三號幹線 (郊野公園段) 有限公司 陳榮鑫 先生 交通基建管理合約有限公司 - 青馬管制區 賴少權 先生 信佳華益聯營公司 - 青沙管制區 彭嘉華 先生 香港西區隧道有限公司	Miss NG Wing Yan, Winifred Auxiliary Medical Service Mr. LO Wai Ming Civil Aid Service Mr. CHENG Chi Hang, Jerry Environmental Protection Department Mr. YIU King Yin Food and Environmental Hygiene Department Mr. W.K. TANG, Ivan Highways Department Ms. WONG Sau Yin, Lynn Home Affairs Bureau Ms. WAN Siu Ling, Emily Home Affairs Department Ms. WU Lai Fong, Anna Hong Kong Fire Services Department Ms. TONG Sze Man, Vicky Hong Kong Police Force Ms. Cardi CHUNG Hong Kong Tourism Board Ms. Monica KO Information Services Department Mr. WONG Wai Cheung, Calvin Leisure and Cultural Services Department Mr. POON Chi Man, Edmond Transport Department Mr. Les FUNG Route 3 (CPS) Company Limited Mr. Eric CHAN TIML MOM Limited – Tsing Ma Control Area Mr. LAI Siu Kuen, Rick Serco Lam JV – Tsing Sha Control Area Mr. Eric PANG Western Harbour Tunnel Company Limited



主要工作人員名單

Key Officials

競賽主任 Competition Director

裁判長 Referee

馮宏德 FUNG Wang Tak

王劍麟 WONG Kim Lun, Alan

主裁判 Chief Judges

馬拉松及半馬拉松起點 Marathon & Half Marathon Start

巫志強 MO Chi Keung

十公里起點 10KM Start

楊鴻波 YEUNG Hung Por, Paul

賽道 - 香港島 Course - Hong Kong Island

張麗程 CHEUNG Lai Ching, Annie

賽道 - 九龍 Course - Kowloon

馮懿德 FUNG Yee Tak, Edith

賽道 - 新界 Course - New Territories

陳宇暉 CHAN Yu Fai

馬拉松終點 Marathon Finish

洗迦程 SIN Ka Ching

半馬拉松終點 Half Marathon Finish

譚建文 TAM Kin Man

十公里終點 10KM Finish

何義謙 HO Yee Him

成績 Results

吳添明 NG Tim Ming

感應計時主裁判及成績組統籌

陳文孝 CHAN Man Hau, Ronnie

Transponder Timing Chief Judge and Result Coordinator

成績紀錄 Results

統籌 Coordinator 陳文孝 CHAN Man Hau, Ronnie

成員 Members	黃偉廉 WONG Wai Lim, William 洗迦程 SIN Ka Ching 莫浩霖 MOK Ho Lam	吳添明 NG Tim Ming 譚建文 TAM Kin Man 丁璋庭 TING Wai Ting	蔡榮宗 CHOI Wing Chung 何義謙 HO Yee Him	黃慧芬 WONG Wai Fan Fanny 劉詩晴 LAU Sze Ching
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馬拉松及半馬拉松起點 Marathon & Half Marathon Start

統籌 Coordinator 巫志強 MO Chi Keung

成員 Members	魏治遠 NGAI Chi Yuen 巫子鋒 MO Tze Fung	林達榮 LAM Tat Wing	廖文偉 LIU Man Wai	葉康凡 YIP Hong Fan Martin
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十公里起點 10KM Start

統籌 Coordinator 楊鴻波 YEUNG Hung Por, Paul

成員 Members	周炳明 CHOW Bing-ming 羅錦明 LAW Kam-ming 吳國華 NG Kwok-wah	梁偉富 LEUNG Wai-fu 楊焯謙 YEUNG Cheuk-him 陳志強 CHAN Chi-keung	伍晃霆 NG Fong-ting 聶偉明 NIP Wai-ming	蕭清華 SIU Ching-wah 丁智國 TING Chi-kwok
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三公里輪椅賽起點 3KM Wheelchair Race Start

統籌 Coordinator 朱維麟 CHU Wai Lun

成員 Members	鄧儉輝 TANG Kim Fai	賴以尊 LAI Yee Chuen, Anson
------------	------------------	--------------------------

維多利亞公園管理 Victoria Park Management

統籌 Coordinator 王劍麟 WONG Kim Lun, Alan

成員 Members	王靖祺 WONG Ching Kei	梁錦芳 LEUNG Kam Fong	王韻菁 WONG Wan Ching
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終點 Finish

統籌 Coordinator 鄭鴻光 CHENG Hung Kwong, Philip

成員 Members	黃偉雄 WONG Wai Hung 羅添明 LO Tim Ming	蕭梓良 SHIU Tsz Leung 鄭廷峰 CHENG Ting Fung, Timothy	鄭廷昕 CHENG Ting Yan, Zora 羅玉釗 LO Yuk Chiu	許振文 KOH Chiu Boon 王志煒 WONG Chi Wai
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終點區人流管理 Finish Area Crowd Management

統籌 Coordinator 羅炳棠 LAW Ping Tong

成員 Members	彭定安 PANG Teng On 張俊傑 CHEUNG Chun Kit 陳穎輝 CHAN Wing Fai, Rayson	江熾成 KONG Chi Shing 李錦泉 LEE Kam Chuen 李向暉 LEE Heung Fai	張繼銘 CHEUNG Kai Ming 沈妙意 SHUM Miu Yee	葉子橋 IP Gee Kiu 林秀雄 LAM Sau Hung
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賽道監控 Course Marshal

統籌 Coordinator 馮宏德 FUNG Wang Tak

成員 Members	張頌年 CHEUNG Chung Nin 賴漢雄 LAI Hon Hung 伍穎筠 NG Wing Kwan 劉建偉 LAU Kin Wai 林浩明 Brian LAM	張志仍 CHEUNG Chi Ying 王炳槐 WONG Bing Wai 李浩東 LI Ho Tung 張富權 CHEUNG Fu Kuen, Brian 馮懿德 FUNG Yee Tak, Edith	張振華 CHEUNG Chun Wah 錢錦榮 CHIN Kam Wing 楊文駿 YEUNG Man Chun 周雅雄 CHOW Nga Hung 黃志如 Alex WONG	羅志標 LAW Chi Piu 吳逸民 NG Yat Man 陸勤寬 LUK Kan Foon, Madonna 曹綺雲 CHO Yee Wan
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主要工作人員名單

Key Officials

賽道佈置及標記 Course Set Up & Marking

統籌 Coordinator 丁志恆 TING Chi Hang

香港島 Hong Kong Island — 林信傑 LAM Shun Kit

九龍及新界 Kowloon & New Territories — 李偉庭 LI Wai Ting

成員 Members 劉嘉奇 LAU Ka Ki | 陳宇暉 CHAN Yu Fai | 黃永乾 WONG Wing Kuen | 陳文聰 CHAN Man Chung

賽道 - 水站及海綿供應站 Course - Water & Sponging Stations

統籌 Coordinator 梁木蘭 LEUNG Muk Lan, Florence

成員 Members	陳鳳嫻 CHAN Fung Shan	陳海燕 CHAN Hoi Yin, Grace	陳國平 CHAN Kwok Ping	鄭綺雯 CHENG I Man
	韓培德 HON Pui Tak, Peter	葉浩剛 IP Ho Kong	林燕珊 LAM Yin Shan	廖安東 LIAO On Tung
	廖子文 LIU Sze Man	吳耀鵠 NG Yiu Ling	柯名康 OR Ming Hong	潘秋譽 PUN Chau Yu
	溫麗玲 WAN Lai Ling	黃福敏 WONG Fuk Mun, James	黃少科 WONG Siu Fo	黃詠茜 WONG Wing Sai
	楊文傑 YANG Man Kit	袁麗欣 YUEN Lai Yan		

醫療事務總主任 Medical Director

林建群醫生 Dr. LAM Kin Kwan

醫療輔助隊 Auxiliary Medical Service

統籌 Coordinator 伍詠恩 NG Wing Yan, Winifred

成員 Members 麥達成 KWONG Tat Shing | 袁焜銓 YUEN Kun Chuen | 文志賢醫生 Dr. MAN Chi Yin | 林建群醫生 Dr. LAM Kin Kwan

行李組 Baggage

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	曾滿淦 TSANG Mun Kam, Gilbert	周恒晉 CHOW Hang Chun	李曉筠 LI Hiu Kwan, Kimmy	冼詠倫 SIN Wing Lun, Alan
	劉海濤 LAU Hoi To, Hubert	彭智豐 PANG Chi Fung, Arthur	袁可秀 YUEN Ho Sau, Allison	李敏儀 LEI Man Yee, Money

藥檢 Doping Control

統籌 Coordinator 吳卓茹 Lorraine NG

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阮昭怡 Chloe YUEN

物資 Equipment

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獎牌派發 Finisher Medals Distribution

統籌 Coordinator 黃鳳萍 Melanie WONG

成員 Members 李大偉 LEE Tai-wai, David | 郭婉恩 KWOK Yuen-yan | 莊佳燕 CHONG Kai-ying, Karen

膳食供應 (工作人員) Food Supplies (Officials)

統籌 Coordinator 陳劍雄 CHAN Kim Hung

香港業餘田徑總會秘書處 Hong Kong Amateur Athletic Association Secretariat

統籌 Coordinator 伍于豪 Dennis NG

成員 Members	黃卓敏 Michelle WONG	陳君俠 Derek CHAN	李志誠 Peter LEE	梅皓賢 Jason MUI
	盧念慈 Eunice LO	呂嘉雄 Michael LUI	司徒逸之 Steven SZETO	丁志恆 TING Chi Hang
	任智榮 Nelson IAM	袁倩兒 Cindy YUEN	林子健 Ken LAM	梁智鋒 Felix LEUNG
	張寶蓮 Maisy CHEUNG	陳裕玲 Elaine CHAN	張健開 Kevin CHEUNG	郭澄懿 Crystal KWOK
	倪巧雯 Suki NGAI	李文傑 Mason LEE	盧芷晴 Yannese LO	

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統籌 Coordinator 邱萬亭 YAU Man Ting

成員 Members	陳仲超 CHAN Chung Chiu	鄭秀雅 CHENG Sau Nga	黎君灝 LAI Kwan Ho	李俊發 LEE Chun Fat
	梁素儀 LEUNG So Yee	李國倫 LEE Kwok Lun	李錦培 LEE Kam Pui	蔣依婷 CHANG Yi Ting
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	趙承山 CHIU Shing Shan	馮迪騫 FUNG Tik Hin	李文耀 LI Man Yiu	

一公里 10 KM

主要工作人員名單

Key Officials

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成員 Members	梁佩玲 Grace LEUNG 譚婉珊 Christine TAM 徐諾恒 Harrison TSUI	王靜雯 Cora WONG 文士謙 Kenneth MAN 鄭達賢 Darren ZHENG	陳嘉敏 Karen CHAN 賴慶年 Charles LAI	郭振東 James KWOK 林昆毅 Stephen LAM
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會合地點 Meeting Point

統籌 Coordinator	李賜興 LI Chi Hing			
成員 Members	李珈璋 LEE Keyne 周易嬪 CHOW Yik Sim 陳秀麗 CHAN Sau Lai	曾有仁 TSANG Yau Yan 梁家達 LEUNG Ka Tat	林偉堅 LAM Wai Kin LO Yin Man	洪綺霞 HUNG Yee Ha SZE Tin Long

海外特邀運動員接待 Overseas Invited Runners Liaison

統籌 Coordinator	陳文翰 CHAN Man Hon, Raymond			
成員 Members	郭淑儀 KWOK Suk Yee, Carmen 黎繼陽 LAI Kai Yeung, Sunny 吳少琼 NG Sui King, Fanny	林澤森 LAM Chak Sum, Alan 李誥霖 LEE Ho Lam, Davy 施博儒 SHI Pok Yu, Bowen	林穎錫 LAM Wing Sze, Alison 梁嘉晉 LEUNG Ka Tsun, Anthony 邱慧敏 YAU Wai Man, Amy	林穎妍 LAM Wing Yin, Rachel 李穎瑩 LI Wing Ying, Gloria

物理治療 Physiotherapy

統籌 Coordinator	楊慧 Ella YEUNG			
成員 Members	香港理工大學 康復治療科學系 Department of Rehabilitation Sciences, The Hong Kong Polytechnic University			

頒獎 Prize Presentation

統籌 Coordinator	黃建雯 WONG Kin Man			
成員 Members	鄭慧儀 CHENG Wai Yi, Yuky 關凱琳 KWAN Hoi Lam, Alisa 劉婷明 LAU Ting Ming 梁雅穎 LIANG Ya Ying, Jacqueline 易靜宜 YICK Ching Yee, Jennie 李芷穎 LI Chi Wing	周愛珠 CHOW Oi Chu 顧梓灝 KOO Tszi Ho 陸佩泉 LUK Pui Chuen 姚芷穎 YIU Tszi Wing 李妙鸞 LEE Miu Luen 石彩虹 SHEK Choi Hung, Rainbow	石嘉穎 SHEK Ka Wing 何碧琪 HO Pik Ki 梁潔瑩 LEUNG Kit Ying 劉明慧 LAU Ming Wai 周綺雲 CHOW Yee Wan 陳倩梅 CHAN Sin Mui, Marveen	黃淑霞 WONG Shuk Ha, Novena 李旨瑜 LI Tszi Yue 楊巧蓮 YEUNG Hau Lin, Amy 鄭少英 CHENG Siu Ying 關曉恩 KWAN Hiu Yan, Jenny 黃楚琳 WONG Cho Lam

食物派發 Refreshment Distribution

統籌 Coordinator	徐惠芬 TSUI Wai Fun, Marina			
成員 Members	陳富城 CHAN Fu Shing 馮大輝 FUNG Tai Fai 李啟昭 LEE Kai Chiu 梅皓賢 MUI Ho Yin, Jason 蔡恒愉 TSAI Hang Yu 蔡禧揚 TSOI Hey Yeung	招立新 CHIU Lap San 何國良 HO Kwok Leung 李美玲 LEE Mei Ling, Ivy 吳偉成 NG Wai Shing 曾冠球 TSANG Kwun Kau	蔡健威 CHOY Kin Wai 林麗麗 LEAM Lai Lai 梁志成 LEUNG Chi Shing 吳秀雯 NG Sau Man 謝振明 TSE Chun Ming	周永恆 CHOW Wing Hang 李慶堯 LEE Hing Yiu 盧念慈 LO Nim Chi, Eunice 鄧仲明 TANG Chung Ming 黃嘉文 WONG Ka Man

馬拉松報名及跑手通訊辦事處 Marathon Registration and Runners' Communication Office

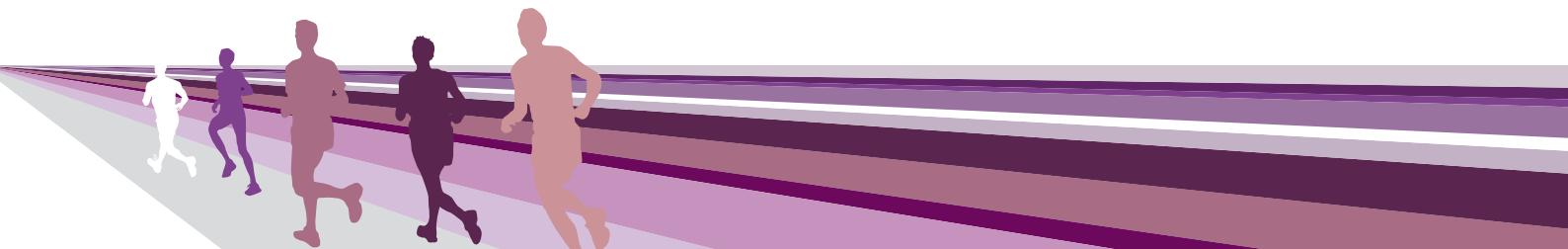
統籌 Coordinator	李穎詩 Vivian LEE			
成員 Members	李嘉穎 LEE Ka Wing	曾愷忻 Bernice TSANG	張卓盈 Christy CHEUNG	楊婉瑜 Ariel YEUNG

選手包派發 Runner's Pack Distribution

統籌 Coordinator	伍尚國 NG Sheung Kwok			
成員 Members	鍾震宇 CHUNG Chun Yu, David 歐陽秀菁 AU-YEUNG Sau Ching, Alice 李曉筠 LI Hiu Kwan, Kimmy 袁可秀 YUEN Ho Sau, Allison	羅永杰 LAW Wing Kit, Keith 王柏豪 WONG Pak Ho, Bernard 關浩然 KWAN Ho Yin, Paul 李敏儀 LEI Man Yee, Money	黃偉安 WONG Wai On, Edward 邵鈞泰 SHIU Kwan Tai, Ivan 洗詠倫 SIN Wing Lun, Alan	張有彩 CHANG Yau Choi, Manco 周恒晉 CHOW Hang Chun 彭智豐 PANG Chi Fung, Arthur

運輸組 Transportation

統籌 Coordinator	畢耀威 BUT Yiu Wai, Charles			
成員 Members	李啟茂 LEE Kai Mou, Stephen 梁志坤 LEUNG Chi Kwan	馮正昌 FUNG Ching Cheong, Harry 蔣慧雯 CHIANG Wai Man, Jennifer	霍景達 FOK King Tat, Mango 馬更新 MA Kan Sun	馮悅欣 FUNG Yuet Yan, Ivy





堅持以有限 成就無限

POAD
戶外无限度

連續 **10** 年成為渣打香港馬拉松
指定戶外廣告贊助商

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#勇往直前!!

#我撐你!

馬拉松歷程

Marathon Journey

參賽人數
Total Participants **1,076**

首屆渣打馬拉松

1st Standard Chartered Marathon

跨境賽道象徵回歸祖國的歷史一刻

A cross-border race to symbolize the return of HK's sovereignty to China.



參賽人數
Total Participants **6,400**

1997

1998

1999

2000

2001

2002

2003

2004

2005

2006

2007

2008

2009

參賽人數
Total Participants **13,574**

首次同場舉行

第8屆亞洲馬拉松錦標賽

The 8th Asian Marathon Championships was concurrently held for the first time.

參賽人數
Total Participants **24,324**

參賽人數
Total Participants **43,956**

參賽人數
Total Participants **7,154**

參賽人數
Total Participants **18,386**

參賽人數
Total Participants **40,174**

穿梭兩條隧道

Two Tunnels

首次移師市中心舉行

Moving the Marathon into the heart of the city.

國際金融中心
IFC

西區海底隧道
Western Harbour Tunnel

長青隧道
Cheung Tsing Tunnel

深水埗
Sham Shui Po

參賽人數
Total Participants **6,954**

全球最強之戰

The Greatest Race on Earth

由渣打銀行贊助，當年共吸引68位國際精英參與於奈羅比、新加坡、孟買及香港舉行的渣打馬拉松，競逐全球最高的馬拉松總獎金。賽事於2009年完滿結束。

Introduced by Standard Chartered, it attracted 68 elite international runners to race across the 4 Standard Chartered Marathons in Nairobi, Singapore, Mumbai and HK for the largest Marathon prize pool that year. The race concluded in 2009.

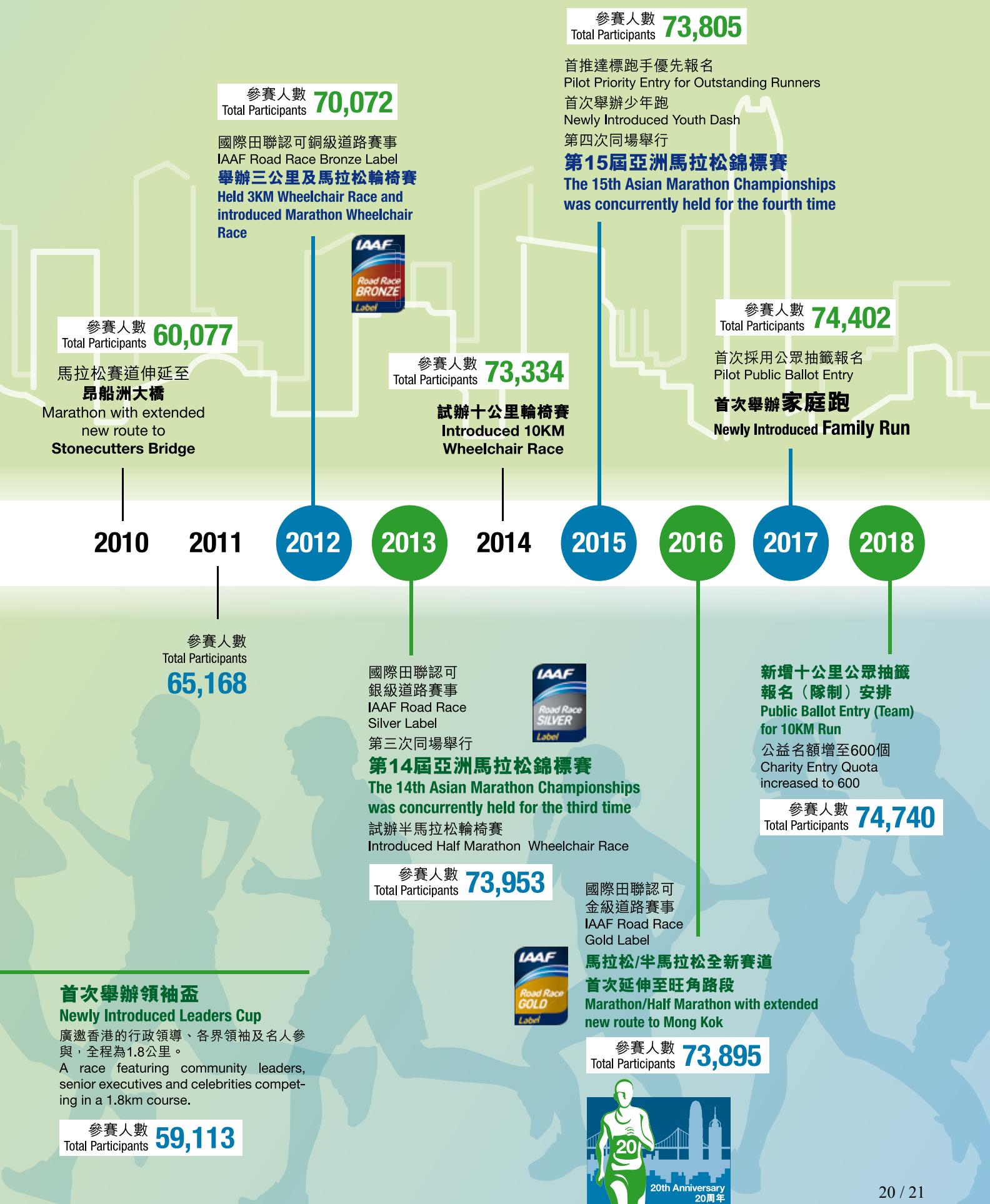
參賽人數
Total Participants **31,330**

全城跑出來 為香港加油

Cheer-Up HK Campaign

渣打香港召集超過3,000名商户提供不同优惠，为低迷经济刺激消费，鼓励市民于赛事当日一同参与，为自己及香港打气。

To generate community spirit, Standard Chartered rallied over 3,000 local businesses to offer special customer incentives on the race day to stimulate the economy and renew consumer confidence over economic downturn.





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Recharge with **GP**

1997 - 2018 馬拉松賽事本地得主

1997 - 2018 Marathon Local Winners

男子 Men			女子 Women	
2:31:31	魏賡 NGAI Kang	2018	黃芷綏 WONG Tsz Yan	2:55:19
2:32:24	Stefano PASSARELLO	2017	梁穎恩 LEUNG Wing Yan	3:04:10
2:31:32	徐志堅 TSUI Chi Kin	2016	姚潔貞 YIU Kit Ching	2:38:38
2:34:31	徐志堅 TSUI Chi Kin	2015	姚潔貞 YIU Kit Ching	2:45:45
2:36:50	Stefano PASSARELLO	2014	范瑞萍 FAN Sui Ping	3:02:46
2:33:39	賴學恩 LAI Hok Yan	2013	周子雁 CHOW Chi Ngan	2:52:56
2:34:32	賴學恩 LAI Hok Yan	2012	范瑞萍 FAN Sui Ping	2:56:23
2:30:34	賴學恩 LAI Hok Yan	2011	范瑞萍 FAN Sui Ping	2:58:23
2:37:43	賴學恩 LAI Hok Yan	2010	范瑞萍 FAN Sui Ping	2:59:09
2:32:06	賴學恩 LAI Hok Yan	2009	范瑞萍 FAN Sui Ping	2:57:24
2:29:26	賴學恩 LAI Hok Yan	2008	黃小萍 WONG Siu Ping	2:54:27
2:37:01	賴學恩 LAI Hok Yan	2007	黃小萍 WONG Siu Ping	3:01:29
2:37:26	Mark WILLIAMS	2006	梁婉芬 LEONG Yuen Fan	3:05:34
2:33:57	Mark WILLIAMS	2005	黃小萍 WONG Siu Ping	3:08:47
2:43:58	葉俊輝 YIP Chun Fai	2004	Rachel SPROSTON	3:10:48
2:41:46	鍾人貴 CHUNG Yan Kwei	2003	楊美倫 YEUNG Mei Lun, Melissa	3:20:55
2:37:19	卡德勝 Kjeld DISSING	2002	陳銀山 TAN Gien San	3:18:00
2:39:21	李嘉綸 LEE Kar Lun	2001	Christine Angela DOUBLE	2:51:48
2:42:21	鍾人貴 CHUNG Yan Kwei	2000	楊美倫 YEUNG Mei Lun, Melissa	3:23:51
2:39:04	李嘉綸 LEE Kar Lun	1999	卡斯嘉 Gillian CASTKA	2:59:10
2:33:55	鍾人貴 CHUNG Yan Kwei	1998	黃玉琴 WONG Yuk Kam	3:15:38
2:56:14	John MYATT	1997	陳國蓮 CHAN Kwok Lin	3:35:33

十公里 10 KM



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2018 比賽成績、大會紀錄及香港紀錄

2018 Results, Course Records and Hong Kong Records

名次 Position		英文姓名 Name in English	中文姓名 Name in Chinese	國家/地區 Country/Region	大會時間 Official Time
馬拉松 Marathon	男子 Men	1 KENNETH MBURU MUNG'ARA 2 BONSA DIDA DIREBA 3 BARNABAS KIPTUM		肯亞 Kenya 埃塞俄比亞 Ethiopia 肯亞 Kenya	2:13:38 2:13:43 2:13:51
	女子 Women	1 GULUME TOLLESA CHALA 2 MESKEREM ASSEFA 3 FANTU ETICHA JIMMA		埃塞俄比亞 Ethiopia 埃塞俄比亞 Ethiopia 埃塞俄比亞 Ethiopia	2:29:36 2:29:41 2:30:09
	半馬拉松 Half Marathon	1 LI, CHUNHUI 2 LIU, HONGLIANG 3 WANG, KUN	李春暉 劉洪亮 王坤	中國 China 中國 China 中國 China	1:10:00 1:10:00 1:10:25
		1 HAO, XIAOFAN 2 YUE, CHAO 3 LI, SHIYI	郝曉帆 岳超 黎詩怡	中國 China 中國 China 中國 China	1:18:13 1:20:49 1:22:21
		1 KOK, YU HANG 2 SHUEN, CHUN KIT 3 GI, KA MAN	郭汝鏗 孫鎮傑 紀嘉文	香港 Hong Kong 香港 Hong Kong 香港 Hong Kong	31:58 32:01 32:05
		1 CHOI, YAN YIN 2 LUI, WAI MAN 3 LAI, CHI LOK SPOHIA	蔡欣妍 呂慧敏 黎智樂	香港 Hong Kong 香港 Hong Kong 香港 Hong Kong	37:16 38:30 38:43
	十公里 10KM	1			
		2			
		3			
		1			
		2			
		3			
大會紀錄 Course Records					
大會紀錄 Course Records	男子 Men	馬拉松 Marathon 半馬拉松 Half Marathon 十公里 10KM	Bizuneh Melaku BELACHEW KIPROTICH Thomas Martin JACK	埃塞俄比亞 Ethiopia 香港 Hong Kong 英國 United Kingdom	2:11:27 1:07:14 31:45
	女子 Women	馬拉松 Marathon 半馬拉松 Half Marathon 十公里 10KM	GULUME TOLLESA CHALA Peglaoroute YIU Kit Ching	埃塞俄比亞 Ethiopia 肯亞 Kenya 姚潔貞	2:29:36 1:15:11 36:14
	香港紀錄 Hong Kong Records	馬拉松 Marathon 半馬拉松 Half Marathon 十公里 10KM	Paul SPOWAGE GI Ka Man LEE Chi Wo		2:21:10 1:06:39 31:17
		馬拉松 Marathon 半馬拉松 Half Marathon 十公里 10KM	CHAN Man Yee, Maggie YIU Kit Ching YIU Kit Ching	陳敏儀 姚潔貞 姚潔貞	2:35:49 1:12:57 33:52
		1			
		2			
	香港紀錄 Hong Kong Records	3			
		1			
		2			
		3			
		1			
		2			
		3			

十公里 10 KM

開步典禮及主禮嘉賓

Starting Ceremony and Officiating Guests

賽事 Race	起步時間 Start Time	主禮嘉賓 Officiating Guest	地點 Venue
馬拉松挑戰組 Marathon Challenge	06:10	林鄭月娥 女士, GBM, GBS The Hon Mrs. Carrie LAM CHENG Yuet-nger, GBM, GBS	香港特別行政區行政長官 Chief Executive, HKSAR
馬拉松1組 Marathon Run 1	06:35	盧偉聰 先生, PDSM, PMSM Mr. LO Wai Chung, Stephen, PDSM, PMSM	香港特別行政區警務處處長 Commissioner of Police, HKSAR
馬拉松2組 Marathon Run 2	07:00	葉傲冬 先生, JP Mr. IP Ngo Tung, Chris, JP	油尖旺區議會主席 Chairman, Yau Tsim Mong District Council
		戴文傑 先生 Mr. Christo DIAMANDOPOULOS	富豪九龍酒店總經理 General Manager, Regal Kowloon Hotel
半馬拉松挑戰組 Half Marathon Challenge	05:45	洪丕正 先生, BBS, JP Mr. Benjamin HUNG, BBS, JP	渣打銀行大中華及北亞地區行政總裁 Regional Chief Executive Officer, Greater China & North Asia, Standard Chartered Bank
半馬拉松1組 Half Marathon Run 1	08:00	許偉光 先生 Mr. HUI Wai Kwong, Sam	醫療輔助隊總參事 Chief Staff Officer, Auxiliary Medical Service
		張達賢 先生 Mr. CHEUNG Tat Yin	民眾安全服務處總參事 Chief Staff Officer, Civil Aid Service
半馬拉松2組 Half Marathon Run 2	08:30	區詠怡女士 Ms. Nicole Au	Territory General Manager, Hong Kong & Taiwan, Nike Hong Kong
		孔楷文 先生 Mr. Kevin COON	寶馬集團香港、澳門及台灣進口業務部副總裁 Vice President of BMW Group Importer Office-Hong Kong, Macau & Taiwan
十公里挑戰組 10KM Challenge	05:45	李志榮 先生 Mr. Eric LEE	香港業餘田徑總會名譽副會長 Honorary Vice President, Hong Kong Amateur Athletic Association
十公里1組 10KM Run 1	06:15	張雅樂 女士 Ms. Paulona CHEUNG	三星電子香港有限公司資訊科技及電訊產品 部市務總監 Head of Marketing / Director of Information Technology and Mobile Communications Business, Samsung Electronics H. K. Company Limited
		何潤達 先生 Mr. HO Yun Tat	GOGOVAN財務總監 Financial Director, GOGOVAN
十公里2組 10KM Run 2	06:45	施婷芷 女士 Ms. Tammy SY	博納戶外廣告有限公司市場推廣總監 Marketing Director, POADmedia Limited
十公里3組 10KM Run 3	07:15	許健偉 先生 Mr. William HUI	通城鐘錶有限公司董事總經理 Group Managing Director, Thong Sia Watch Co. Ltd
		佐野晴香 女士 Ms. Haruka SANO	香港大塚製藥有限公司董事總經理 Managing Director, Otsuka Pharmaceutical (Hong Kong) Limited
十公里4組 10KM Run 4	07:45	黃子恒 先生 Mr. Brian WONG	金山電池國際有限公司執行董事兼財務總裁 Executive Director & Chief Financial Officer, GP Batteries International Limited
十公里5組 10KM Run 5	08:15	梁伊棋 女士 Ms. Priscilla LEUNG	久光製藥(香港)有限公司 會計及行政主任 Accounting & Admin. Officer, Hisamitsu Pharmaceutical (Hong Kong) Co. Limited
三公里輪椅賽 3KM Wheelchair Race	06:15	林俊英 先生, MH Mr. Martin LAM, MH	香港殘疾人奧委會暨傷殘人士體育協會總幹事 General Secretary, Hong Kong Paralympic Committee & Sports Association for the Physically Disabled
少年跑1組 Youth Dash Group 1	07:25	林俊英 先生, MH Mr. Martin LAM, MH	香港殘疾人奧委會暨傷殘人士體育協會總幹事 General Secretary, Hong Kong Paralympic Committee & Sports Association for the Physically Disabled
少年跑2組 Youth Dash Group 2	07:35		
領袖盃 Leaders Cup	07:50	溫拓思 先生, CBE Mr. Bill Winters, CBE	渣打集團行政總裁 Group Chief Executive, Standard Chartered PLC
親子跑1組 Family Run Group 1	11:10		
親子跑1組 Family Run Group 1	11:25	溫拓思 先生, CBE Mr. Bill Winters, CBE	渣打集團行政總裁 Group Chief Executive, Standard Chartered PLC
親子跑1組 Family Run Group 1	11:40		中環海濱長廊

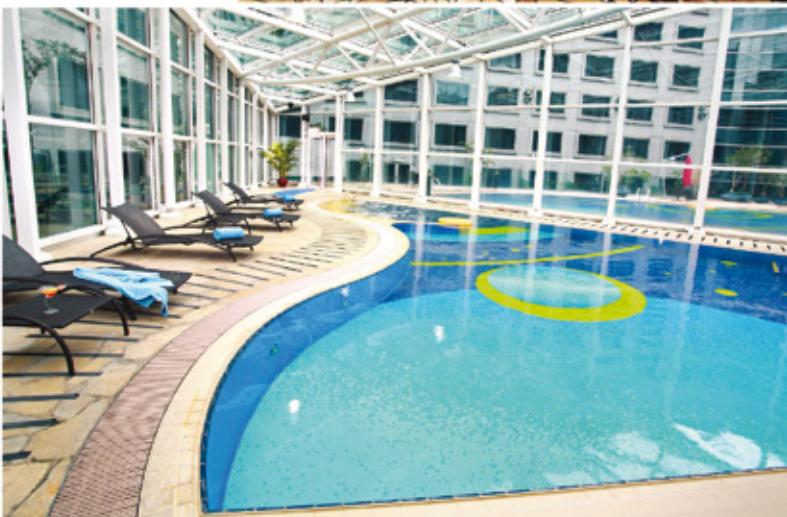
頒獎典禮及頒獎嘉賓

Prize Presentation Ceremony and Officiating Guests

Race	Time	Category	Officiating Guest
十公里挑戰組 10KM Challenge	07:30	男子全場首三名 Men's Overall - Top 3	張雅樂 女士 Ms. Paulona CHEUNG
	07:35	女子全場首三名 Women's Overall - Top 3	盧幘嫻 女士 Ms. Brenda LO
	07:40	男子壯年組 Men's Senior	林顯立 先生 Mr. Michael LAM
	07:45	男子先進1組 Men's Master 1	徐守瑜 女士 Ms. Candy TSUI
	07:50	男子先進2組 Men's Master 2	黃凱恩 女士 Ms. Jennifer WONG
	07:55	男子青年組 Men's Junior	何潤達 先生 Mr. HO Yun Tat
	08:00	女子壯年組 Women's Senior	于德超 先生 Mr. Edmond YU
	08:05	女子先進1組 Women's Master 1	佐野晴香 女士 Ms. Haruka SANO
	08:10	女子先進2組 Women's Master 2	許健偉 先生 Mr. William HUI
	08:15	女子青年組 Women's Junior	梁匡舜 先生 Mr. Alexander LEUNG
盃賽 Cup Challenge	08:30	領袖盃 Leaders Cup	溫拓思 先生, CBE Mr. Bill Winters, CBE
	08:40	紀律部隊盃 Disciplined Forces Cup	李家超 先生, SBS, PDSM, PMSM, JP Mr. LEE Ka Chiu, John, SBS, PDSM, PMSM, JP
	08:50	區議會挑戰盃 District Councils Challenge Cup	李美端 女士, JP Ms. LI Mei Sheung, Michelle, JP
半馬拉松挑戰組 Half Marathon Challenge	09:00	男子全場首三名 Men's Overall - Top 3	楊德強 先生, JP Mr. YEUNG Tak Keung, JP
	09:05	女子全場首三名 Women's Overall - Top 3	朱曼鈴 女士, JP Ms. CHU Man Ling, Cathy, JP
	09:10	男子壯年組 Men's Senior	王敏超 先生, JP Mr. WONG Man Chiu, Ronnie, JP
	09:15	男子先進1組 Men's Master 1	葉永成 先生, BBS, MH, JP Mr. YIP Wing Shing, David, BBS, MH, JP
	09:20	男子先進2組 Men's Master 2	吳錦津 先生, BBS, MH, JP Mr. NG Kam Chun, Stephen, BBS, MH, JP
	09:25	男子青年組 Men's Junior	黃建彬 先生, BBS, MH, JP Mr. WONG Kin Pan, BBS, MH, JP
	09:30	女子壯年組 Women's Senior	關祺 先生 Mr. KWAN Kee
	09:35	女子先進1組 Women's Master 1	蒙德揚 先生 Mr. MONG Tak Yeung, David
	09:40	女子先進2組 Women's Master 2	彭錦雄 先生 Mr. Kenneth PANG
	09:45	女子青年組 Women's Junior	陳榮鑫 先生 Mr. Eric CHAN
馬拉松挑戰組 Marathon Challenge	10:00	男子全場首三名 Men's Overall - Top 3	劉江華 先生, JP Mr. LAU Kong Wah, JP
		獎金 Prize Money	洪丕正 先生, BBS, JP Mr. Benjamin HUNG, BBS, JP
	10:05	女子全場首三名 Women's Overall - Top 3	劉江華 先生, JP Mr. LAU Kong Wah, JP
		獎金 Prize Money	禤惠儀 女士 Ms. Mary HUEN
	10:30	男子壯年組 Men's Senior	霍震霆 先生, GBS, JP Mr. Timothy FOK, GBS, JP
	10:35	男子先進1組 Men's Master 1	馬逢國 議員, SBS, JP The Hon. MA Fung Kwok, SBS, JP
	10:40	男子先進2組 Men's Master 2	林大輝 先生, SBS, JP Mr. LAM Tai Fai, SBS, JP
	10:45	女子壯年組 Women's Senior	余國樑 先生, BBS, MH, JP Mr. YUE Kwok Leung, Tony, BBS, MH, JP
	10:50	女子先進1組 Women's Master 1	郭志樑 先生, MH Mr. KWOK Chi Leung, Karl, MH
	10:55	女子先進2組 Women's Master 2	孫秉樞 博士, MBE, JP Dr. Samson SUN, MBE, JP
馬拉松註冊運動員 Marathon HKAAA Registered Athletes	11:00	男子一首三名 Men's - Top 3	毛浩輯 先生 Mr. MOH Ho Chap, Alex
	11:05	女子一首三名 Women's - Top 3	張國強 先生 Mr. Cheung Kwok Keung



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海外特邀參賽者 Overseas Invited Runners



KENNETH MBURU MUNGARA (Bib Number: 1)

國籍 Nationality : 肯亞 Kenya
年齡 Age : 45
個人最佳成績 Personal Best Time : 2:07:36
其他賽事成績 Other Performance : 2:13:39 - 渣打香港馬拉松2018
Standard Chartered Hong Kong Marathon 2018

與一般自幼操練的肯亞跑者不同，Kenneth過了而立之年才開始以跑步為業。當他決心一試時，他尚是一位替眾多著名運動員剪髮的理髮師呢！Kenneth於2018年初在香港渣打馬拉松贏得開門紅，及後在澳洲再下一城，贏得黃金海岸馬拉松三屆冠軍紀錄。他亦曾於布拉格、新加坡、多倫多等地的馬拉松賽事取得勝利。

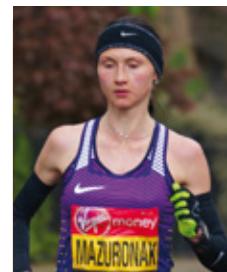
Unlike most Kenyans, Kenneth started running later in life. He was trained as a barber and was cutting the hair of many famous athletes when he decided he could do this too! In 2018, Kenneth started the year off by winning his first Hong Kong Marathon and then went on to win his third Gold Coast Marathon. Kenneth has also won marathons in Prague, Singapore, Toronto and so on.

VOLHA MAZURONAK (Bib Number: 61)

國籍 Nationality : 白俄羅斯 Belarus
年齡 Age : 29
個人最佳成績 Personal Best Time : 2:23:54
其他賽事成績 Other Performance : 2:26:22 - Berlin European Championships 2018

Volha曾是競步運動員，其後轉戰馬拉松項目。她於2016年倫敦馬拉松跑出個人最佳成績2:23:54。Volha以2015年倫敦馬拉松取得第9名的成績正式踏上精英馬拉松運動的舞台。2018年，她於歐洲馬拉松錦標賽贏得冠軍，這亦是她成為馬拉松運動員至今最重要的一次勝利。

Volha was a former race walker that made the transition to the marathon. She set her best time (2:23:54) in the London Marathon 2016. Volha entered the world of elite marathoning when she finished 9th at the London Marathon 2015. In 2018, she became European Marathon Champion which is also the most important win of her career so far.



挑戰者
Challenger



FELIX KIMUTAI

國籍 Nationality : 肯亞 Kenya
年齡 Age : 29
個人最佳成績 Personal Best Time : 2:09:57 - Istanbul Marathon Champion 2018
其他賽事成績 Other Performance : 2:11.41 - Warszawa Marathon 2018
2:11:36 - Buenos Aires Marathon 2017

大會特邀配速員
Invited Official Pacer

挑戰者 CHALLENGERS

男子組 Men

女子組 Women

姓名 Name	國籍 Nationality	最佳成績 Best Time	姓名 Name	國籍 Nationality	最佳成績 Best Time
SISAY JISA MEKONEN	Ethiopia	2:08:09	VALARY JEMELI AIYABEI	Kenya	2:20:53
TUWEI DICKSON	Kenya	2:08:22	LEWETEGN SINTAYEHU HAILEMICHAEL	Ethiopia	2:22:45
MARK LOKWANAMOI	Kenya	2:08:39	SHEWE HAYIMANOT ALEMAYEHU	Ethiopia	2:25:47
DERIBE ROBI MELKA	Ethiopia	2:08:51	TINBET GIDEY WELDEGEBRIEL	Ethiopia	2:26:48
MICHAEL KIPROTICH MUTAI	Kenya	2:09:18	NASTASSIA IVANOVA	Belarus	2:27:49
BARNABAS KIPTUM	Kenya	2:09:19	TIGIST MENUYE	Ethiopia	2:28:35
TSEGAYE GETACHEW TADESE	Ethiopia	2:09:24	NURIT SHIMELS YIMAM	Ethiopia	2:28:41
WERKUNEH SEYOUM ABOYE	Ethiopia	2:09:25			
ASCHALEW BIRU HUNDE	Ethiopia	2:09:28			

以上邀請名單截至2018年12月17日。確認參賽名單將於比賽日前公佈。
Invitation sent as of 17 Dec 2018. Confirmed list will be issued prior to Race Day.

十公里 10 KM

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獎金

Prize Money

馬拉松獎金 (美元) Prize Money (USD) for Marathon

總名次 Overall Position	男子 Men	女子 Women	田總註冊運動員(男子) HKAAA Registered Athlete (Men)	田總註冊運動員(女子) HKAAA Registered Athlete (Women)
1	65,000	65,000	3,400	3,400
2	30,000	30,000	2,600	2,600
3	15,000	15,000	2,000	2,000
4	10,000	10,000	1,300	1,300
5	6,000	6,000	1,100	1,100
6	3,000	3,000	900	900
7	2,000	2,000	800	800
8	1,600	1,600	700	700
9	1,200	1,200	600	600
10	1,000	1,000	400	400
11	/	/	400	400
12	/	/	300	300
13	/	/	300	300
14	/	/	200	200
15	/	/	200	200
金額 Sub Total	134,800	134,800	15,200	15,200

總獎金 Total 美元USD 300,000

馬拉松傑出獎金 (美元) Time Bonus (USD) for Marathon

馬拉松挑戰組參賽者如在以下指定時間內完成比賽，每人可獲以下傑出獎金（以較高者為準）：

Participants of Marathon Challenge who finish the race within the below prescribed times will each be awarded the Time Bonus (whichever is higher):

男子 Men		女子 Women	
完成時間 少於 Finish Time Under	獎金 (美元) Prize Money (USD)	完成時間 少於 Finish Time Under	獎金 (美元) Prize Money (USD)
2:10:00	10,000	2:28:00	10,000
2:12:00	5,000	2:32:00	5,000

馬拉松特別獎勵計劃 (港元) Special Incentive Award (HKD) for Marathon

馬拉松挑戰組之香港永久性居民參賽者如在以下指定時間內完成比賽，每人可獲獎金港幣1,000元正。

Participants of Marathon Challenge who are permanent residents of Hong Kong achieving the below times will each be awarded HKD1,000.

男子 Men	女子 Women
完成時間少於 Finish Time Under	
3:00:00	3:30:00

特別獎金 (港元) Special Prize Money (HKD)

馬拉松挑戰組、半馬拉松挑戰組及十公里挑戰組各組別之首三名次的香港永久性居民參賽者，每人可獲以下特別獎金：

The first three participants who are permanent residents of Hong Kong in all Challenge races will be awarded Special Prize Money. Details are as follows:

名次 Position	Category	男子及女子 Men & Women			
		青年組 Junior	壯年組 Senior	先進1組 Master1	先進2組 Master2
馬拉松挑戰組 Marathon Challenge					
1	--	6,000	6,000	6,000	6,000
2	--	4,000	4,000	4,000	4,000
3	--	2,000	2,000	2,000	2,000
半馬拉松挑戰組 Half Marathon Challenge					
1	3,000	3,000	3,000	3,000	3,000
2	2,000	2,000	2,000	2,000	2,000
3	1,000	1,000	1,000	1,000	1,000
十公里挑戰組 10KM Challenge					
1	1,500	1,500	1,500	1,500	1,500
2	1,000	1,000	1,000	1,000	1,000
3	500	500	500	500	500
總獎金 Total HKD144,000					

十公里 10 KM

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Hong Kong Marathon
渣打香港馬拉松
2019

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比賽時間流程及地點

Key Times & Locations

組別 Category	十公里挑戰組 10KM Challenge	十公里1組 10KM Run 1	十公里2組 10KM Run 2	十公里3組 10KM Run 3	十公里4組 10KM Run 4	十公里5組 10KM Run 5
號碼布樣式 Bib Samples 號碼布的顏色代表參賽者所屬之賽事及組別 The bib colour indicates the race category participants belong to						
起步前 Before Start	如需寄存行李，建議到達維多利亞公園時間 Suggested arrival time at Victoria Park for participants requiring baggage deposit service	04:15	04:30	05:00	05:30	06:00
	如無需寄存行李，建議到達天后時間 Suggested arrival time at Tin Hau for participants DO NOT require baggage deposit service	05:00	05:30	06:00	06:30	07:00
	行李寄存時間 Baggage Deposit Time	04:15 - 05:00	04:45 - 05:30	05:15 - 06:00	05:45 - 06:30	06:15 - 07:00
	行李寄存地區 Baggage Deposit Area	香港銅鑼灣維多利亞公園中央草坪 Central Lawn, Victoria Park, Causeway Bay, Hong Kong				
起步 Start	到達維園道檢查站時間 Time to pass the Checkpoint at Victoria Park Road	05:00 - 05:15	05:30 - 05:45	06:00 - 06:15	06:30 - 06:45	07:00 - 07:15
	起點 Start	香港東區走廊（東行線，近城市花園） Island Eastern Corridor (East Bound, near City Garden), Hong Kong				
	起步時間 Start Time	05:45	06:15	06:45	07:15	07:45
	截止起步時間 Cut Off Time	05:55	06:25	06:55	07:25	07:55
賽道及分段時限 Race Course & Time Limit	5公里分段截跑點時限： 1小時 5KM Cut Off Point Time Limit: 1 hour	06:45	07:15	07:45	08:15	08:45
	全程（10公里）比賽時限： 2小時 Time Limit of Full Course (10KM): 3 hours	07:45	08:15	08:45	09:15	09:45
衝線後 After Finish	終點 Finish	香港銅鑼灣維多利亞公園 Victoria Park, Causeway Bay, Hong Kong				
	完成獎牌 Finisher Medal	所有於2小時內（大會時間）完成賽事之十公里參賽者，將會於終點獲得完成獎牌乙個。 10KM participants who complete the race within 2 hours (Official Time) will be awarded a Finisher Medal at the Finish Area.				
	行李領回區 Baggage Collection Area	香港銅鑼灣維多利亞公園中央草坪 Central Lawn, Victoria Park, Causeway Bay, Hong Kong				
	行李領回處關閉時間 Closing Time of Baggage Collection Area	10:30				

注意：若參賽者沒有按照其參加組別之時間起步，大會將取消該參賽者之資格。有關參賽者亦不會獲發成績及證書。

NOTE: Participants who do not start at the designated start time or assigned registered race category will be disqualified and shall not be entitled to any results and certificates.

十公里
10 KM



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Improve sports performance

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習慣 SOYJOY

LOW GI × SPORT

低升糖指數

運動前食低GI嘅SOYJOY

頂肚之餘或有助穩定血糖，更有效燃燒脂肪*

Having SOYJOY before workout can prolong satiety,
help stabilize blood glucose level, and help to burn body fat.

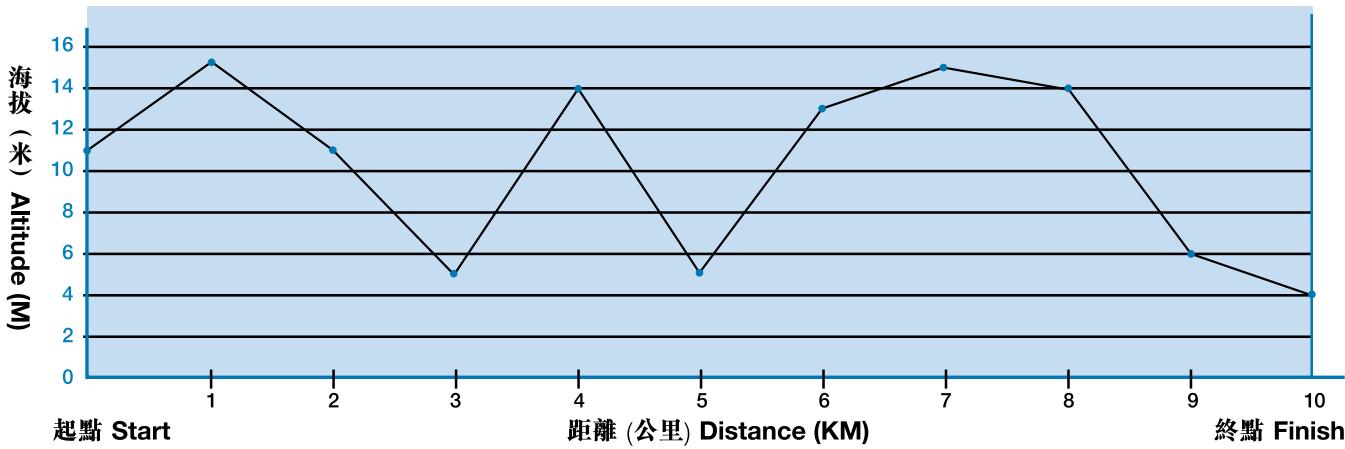
* 運動前90分鐘進食SOYJOY，與高升糖能量棒比較，Int J Food Sci Nutr, 2013; 64(8): 1001-1006 in relation to the claim.

*Research compared SOYJOY with a high-GI snack bar, both consumed 90 minutes before workout. Int. J. Food Sci. Nutr., 2013; 64(8): 1003-1006 in relation to the claim.



十公里路線及高度圖

Course Map and Course Profile of 10KM



十公里 10 KM

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十公里參賽者比賽日流程

10KM Participants' Race Day Rundown



- 1 大會建議參賽者於起步時間2至3小時前進食早餐。Participants are suggested to have breakfast at least 2 to 3 hours prior to the race.
- 2 請參閱第39頁之比賽日物品清單。Please refer to page 39 for the Race Day Gear Checklist.
- 3 請參閱第40-41頁特別交通安排，並於起步時間最少1小時前到達。Please refer to page 40-41 for the Special Transportation Arrangement on the Race Day and arrive at least 1 hour before your start time.
- 4 行李寄存區輪候時間大約為30至45分鐘，並於所屬起步時間前45分鐘關閉。The queueing time for the baggage deposit is approximately 30 to 45 minutes. Baggage deposit service will be closed 45 minutes before your start time.
- 5 為免釀成意外，大會呼籲參賽者切勿於起步區、賽道範圍及終點區停留自拍 / 拍照 / 錄像。For safety reasons, DO NOT stop at the Start, along the course and at the Finish for selfie / photo / video recordings.
- 6 請參閱本手冊以了解各水站及流動洗手間的位置，特別留意各分段截跑點及比賽時限。Please read through this handbook for the locations of water stations and mobile toilets, cut off points and their time limits
- 7 請出示您的號碼布以領回行李。Please present your bib to collect your baggage.
- 8 前往設於銅鑼灣運動場之集合地點與家人及朋友慶祝。Meet with your friends and family at the Meeting Point located at Causeway Bay Sports Ground and celebrate your achievement.
- 9 於比賽日晚上10時起於馬拉松網頁搜尋大會成績及於社交網站與朋友分享。Check your result on the Marathon website from 10pm on Race Day and share with your friends on social media.
- 10 切記由2月19日起於馬拉松網頁搜尋及訂購您的參賽照片及賽事片段。Don't forget to search and order your race photos and video that will be available from 19 February on the Marathon website.
- 11 請參閱第57頁之比賽後的恢復方法。Please refer to page 57 for the Ways to Recovery After The Race

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比賽日物品清單

Race Day Gear Checklist

號碼布（連計時晶片） Bib (with Timing Chip)

正確佩戴號碼布 Wear the Bib Correctly

參賽者必須利用扣針把號碼布的四個角繫扣於胸前容易看見的位置，跑手號碼向外，切勿被遮擋，以便工作人員辨認，否則大會將保留取消其參賽資格之權利。

Participants should put their bibs on their chest clearly visible at all times during the race to enable race officials to identify their numbers. Otherwise, the Organiser reserves the right to disqualify the participants concerned.

計時晶片已裱貼在號碼布的背面 The Timing Chip has been attached to the Bib

請勿摺疊或移除晶片，參賽者必須經過設於起點線、終點線及大會指定分段計時地點之計時地蓆，否則大會將不會提供成績予該參賽者。

Do not fold or remove the timing chip. Participants are required to cross the timing mats located at the Start, Finish and other designated timing locations, otherwise no results will be provided.



提供緊急聯絡人資料 Provide Emergency Contact

為協助大會及救護人員在緊急情況下聯絡參賽者之家屬或親友，請用防水筆於號碼布背面填寫有關個人資料（參賽者姓名、聯絡人姓名及電話等）。

To assist the Organiser and medical personnel to contact participants' relatives or friends in case of emergencies, participants are requested to fill in their personal details on the back of their bibs (Participant's name, emergency contact person and mobile number, etc.) with waterproof ink.



行李袋及行李牌 Baggage Bag & Tag

大會只會處理使用大會指定行李袋及行李牌之行李，以資識別。比賽當天不會派發行李袋及行李牌。有關行李寄存安排，請參閱第43頁。

The Organiser will only process the baggage with the official baggage bags and tags. No baggage bag & tag will be provided on the Race Day. For details of baggage arrangement, please refer to page 43.

衣著 Clothing

參賽者可預備額外衣物、帽及手襪以作保暖之用。

Participants may prepare extra clothes, cap and gloves to stay warm.



跑鞋 Running Shoes

切忌在比賽當天穿上新跑鞋。

Do NOT wear brand new running shoes on Race Day.

跑襪 Running Socks

跑襪是防止腳部產生水泡的主要裝備，必須要貼腳、輕、無縫、吸汗及在適當的地方吸震。

Running socks are important gear to avoid blisters on your feet, and thus they should be light and seamless, fit the shape of your feet, sweat-relieving and shock-absorbing at appropriate spots.

跑衣 Running Shirts

建議選取較輕、能快速散熱及快乾的跑衣。

Shirts made of polyester or synthetic materials are more suitable since they are light, able to dry quickly and keep the runners cool.

跑褲 Running Pants

跑褲要以不阻礙兩腿活動為大原則。

Make sure you do NOT choose running pants that could hinder the movement of your legs.

特別交通安排

Special Transportation Arrangement

港鐵公司將於比賽日早上在下列路綫提供早班列車服務。所有港鐵站將於首班列車開出前10分鐘開放。屆時列車班次將維持每8至15分鐘一班，上午6時後將回復正常班次。

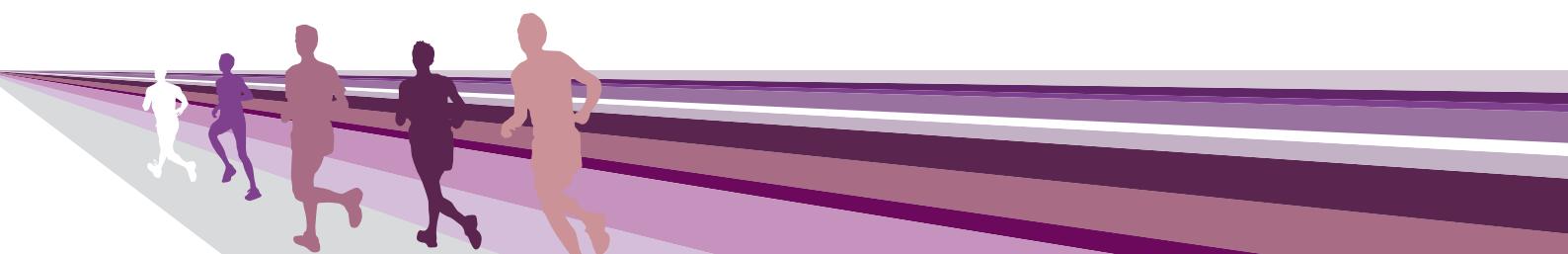
MTR will provide special early train services for the following lines on the Race Day morning. All stations will be opened 10 minutes before the departure of the first train. Trains will operate at 8 to 15 minute-frequency. Normal train service will resume after 6:00am.

港鐵路綫 MTR Commuter Line		第一班列車 開出時間 Departure Time of First Train	預計到達 銅鑼灣 / 天后時間 Estimated Arrival Time at Causeway Bay / Tin Hau
港島綫 Island Line	柴灣至堅尼地城 Chai Wan to Kennedy Town 堅尼地城至柴灣 Kennedy Town to Chai Wan	03:56 04:08	04:12 (天后 Tin Hau) 04:22 (銅鑼灣 Causeway Bay)
荃灣綫 Tsuen Wan Line	荃灣至中環 Tsuen Wan to Central	03:55	04:30 (銅鑼灣 Causeway Bay)
觀塘綫 Kwun Tong Line	調景嶺至黃埔 Tiu Keng Leng to Whampoa 黃埔至調景嶺 Whampoa to Tiu Keng Leng	03:46 04:08	04:30 (銅鑼灣 Causeway Bay) 04:30 (銅鑼灣 Causeway Bay)
將軍澳綫 Tseung Kwan O Line	康城至北角 LOHAS Park to North Point 寶琳至北角 Po Lam to North Point	03:57 04:00	04:20 (天后 Tin Hau) 04:20 (天后 Tin Hau)
南港島綫 South Island Line	海怡半島至金鐘 South Horizons to Admiralty	04:02	04:22 (銅鑼灣 Causeway Bay)
東涌綫 Tung Chung Line	東涌至香港 Tung Chung to Hong Kong	03:40	04:22 (銅鑼灣 Causeway Bay)
東鐵綫 East Rail Line	上水至紅磡 Sheung Shui to Hung Hom	03:25	04:30 (銅鑼灣 Causeway Bay)
馬鞍山綫 Ma On Shan Line	烏溪沙至大圍 Wu Kai Sha to Tai Wai	03:30	04:30 (銅鑼灣 Causeway Bay)
西鐵綫 West Rail Line	屯門至紅磡 Tuen Mun to Hung Hom	03:25	04:22 (銅鑼灣 Causeway Bay)

參賽者亦可選擇其他公共交通工具前往維多利亞公園，例如以下通宵巴士或特別巴士服務。詳情可參閱各公共巴士之行車時間表。

Participants can also take other public transport such as overnight or special bus services to Victoria Park. Please refer to bus schedules of various bus routes.

通宵巴士路線 Overnight Bus Route no.	起點站 — 終點站 Origin - Destination	營運時間 Operating Hours
N8	灣仔北 往 杏花邨（創富道）（循環線） Wan Chai North to Heng Fa Chuen (Chong Fu Road) (Circular) 由 杏花邨 開出 From Heng Fa Chuen 由 灣仔北 開出 From Wan Chai North	00:15 – 05:00 00:55 – 06:10
N8P	小西灣（藍灣半島）往 灣仔（港灣道）（循環線） Siu Sai Wan (Island Resort) to Wan Chai (Harbour Road) (Circular) 由 小西灣（藍灣半島） 開出 From Siu Sai Wan (Island Resort) 由 灣仔（港灣道） 開出 From Wan Chai (Harbour Road)	00:35 – 05:20 00:55 – 05:40
N8X	小西灣（藍灣半島）往 堅尼地城 Siu Sai Wan (Island Resort) to Kennedy Town 由 小西灣（藍灣半島） 開出 From Siu Sai Wan (Island Resort) 由 堅尼地城 開出 From Kennedy Town	00:15 – 05:15 00:30 – 05:30
N11	機場（地面運輸中心）往 中環（港澳碼頭） Airport (Ground Transportation Centre) to Central (Macau Ferry)	00:50 – 04:50
N72	華貴邨 往 鯉魚涌（海澤街） Wah Kwai Estate to Quarry Bay (Hoi Chak Street)	00:10 – 05:00
N90	海怡半島 往 中環（港澳碼頭） South Horizons to Central (Macau Ferry)	00:10 – 05:00
N118	長沙灣（深旺道）往 小西灣（藍灣半島） Cheung Sha Wan (Sham Mong Road) to Siu Sai Wan (Island Resort)	00:10 – 05:55
N121	牛頭角 往 中環（港澳碼頭） Ngau Tau Kok to Central (Macau Ferry) 乘客可於海底隧道收費廣場以同一張八達通卡免費轉乘路線N122往銅鑼灣 Passengers may enjoy free interchange with route N122 for Causeway Bay by using the same Octopus Card at Cross Harbour Tunnel Toll Plaza	00:45 – 05:00
N122	美孚 往 筲箕灣 Mei Foo to Shau Kei Wan	00:10 – 05:45
N170	沙田市中心 往 華富 Shatin Central to Wah Fu	00:00 – 05:45
N171	荔枝角 往 鴨脷洲邨 Lai Chi Kok to Ap Lei Chau Estate	00:13 – 05:53



通宵巴士路線 Overnight Bus Route no.	起點站 — 終點站 Origin - Destination	營運時間 Operating Hours
N182	沙田（廣源）往 中環（港澳碼頭） Sha Tin (Kwong Yuen Estate) to Central (Macau Ferry)	00:10 – 05:50
N368	元朗（西）往 中環（港澳碼頭） Yuen Long (West) to Central (Macau Ferry)	23:45 – 05:02
N619	順利 往 中環（港澳碼頭） Shun Lee to Central (Macau Ferry)	00:15 – 05:55
N680	馬鞍山（錦英苑）往 中環（港澳碼頭） Ma On Shan (Kam Ying Court) to Central (Macau Ferry)	00:05 – 05:50
N691	調景嶺（景嶺路）往 中環（港澳碼頭） Tiu Keng Leng (King Ling Road) to Central (Macau Ferry)	00:00 – 05:45
N962	屯門（龍門居）往 銅鑼灣（摩頓臺） Tuen Mun (Lung Mun Oasis) to Causeway Bay (Moreton Terrace)	00:00 – 05:25
N969	天水圍市中心 往 銅鑼灣（摩頓臺） Tin Shui Wai Town Centre to Causeway Bay (Moreton Terrace)	00:15 – 05:10
特別巴士路線 Special Bus Route no.	起點站 — 終點站 Origin - Destination	營運時間 Operating Hours
R108	欣業 往 銅鑼灣（維多利亞公園） Kai Yip to Causeway Bay (Victoria Park)	04:15
R307	大埔（汀太路）往 銅鑼灣（維多利亞公園） Tai Po (Ting Tai Road) to Causeway Bay (Victoria Park)	03:30, 03:50, 04:10, 04:30
R603	安泰西 往 銅鑼灣（維多利亞公園） On Tai West to Causeway Bay (Victoria Park)	04:00
R673	上水（清河邨）往 銅鑼灣（維多利亞公園） Sheung Shui (Ching Ho Estate) to Causeway Bay (Victoria Park)	03:20, 03:45
R678	上水 往 銅鑼灣（維多利亞公園） Sheung Shui to Causeway Bay (Victoria Park)	03:30, 04:10
R680	馬鞍山（錦英苑）往 銅鑼灣（維多利亞公園） Ma On Shan (Kam Ying Court) to Causeway Bay (Victoria Park)	03:40
R930	荃灣（愉景新城）往 銅鑼灣（維多利亞公園） Tsuen Wan (Discovery Bay) to Causeway Bay (Victoria Park)	04:00
R934	灣景花園 往 銅鑼灣（維多利亞公園） Bayview Garden to Causeway Bay (Victoria Park)	04:00
R936	石圍角 往 銅鑼灣（維多利亞公園） Shek Wai Kok to Causeway Bay (Victoria Park)	04:00
R948	青衣（長宏）往 銅鑼灣（維多利亞公園） Tsing Yi (Cheung Wang) to Causeway Bay (Victoria Park)	04:10
R960	洪水橋 往 銅鑼灣（維多利亞公園） Hung Shui Kiu to Causeway Bay (Victoria Park)	03:50
R961	山景 往 銅鑼灣（維多利亞公園） Shan King to Causeway Bay (Victoria Park)	04:00
R962	屯門（龍門居）往 銅鑼灣（摩頓臺） Tuen Mun (Lung Mun Oasis) to Causeway Bay (Moreton Terrace)	03:45, 04:05, 04:25
R968	元朗（鳳翔路）往 銅鑼灣（維多利亞公園） Yuen Long (Fung Cheung Road) to Causeway Bay (Victoria Park)	03:45
R969	天水圍市中心 往 銅鑼灣（摩頓臺） Tin Shui Wai Town Centre to Causeway Bay (Moreton Terrace)	03:40, 04:10

的士及私家車落車地點 Alighting Locations of Taxis & Private Cars

高士威道 Causeway Bay

備註：上述資料更新截至2018年12月17日。因應賽事舉行，港島、九龍及新界有關區域將於**2月16日晚上11時30分**開始分階段實施封路及交通改道措施，上述巴士路線及有關的公共交通服務同樣會作出相應調整，詳情請留意有關公共交通機構及運輸署之最新公佈。

Remarks: The above information is updated as of 17 Dec 2018. Road closure and traffic diversion will be implemented in phases from **23:30 on 16 February** along the affected areas in Hong Kong Island, Kowloon and New Territories. The above bus routes and public transport services will be readjusted according to the road conditions. For details, please refer to the notifications posted by the Transport Department and other transport organisations.

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行李安排

Baggage Arrangement

1 行李袋及行李牌的顏色與參賽者之號碼布相同，大會只會處理由大會提供之指定行李袋及行李牌，以資識別。

The colour of the baggage bags and tags are the same as the bibs according to the race categories. The Organiser will only handle the baggage packed with the official baggage bags and tags attached.

2 為提升行李領回服務之效率，請於行李袋上填上個人資料。

In order to enhance the efficiency of baggage collection service, please fill in personal information on the baggage bag.

3 由於比賽日早上將會有大量參賽者輪候寄存行李，為免影響參賽者準時起步，請根據第33頁之建議時間到達行李寄存區輪候。

Participants are advised to arrive at the Baggage Deposit Area according to the suggested time indicated on page 33 to avoid congestion and possible delay of starting your race.

4 行李寄存必須於比賽起步前45分鐘辦妥。大會保留權利拒絕處理指定行李寄存時間後到達之參賽者的行李。

Baggage Deposit must be completed 45 minutes before each start time. The Organiser reserves the right to refuse handling baggage of any late participants.

5 寄存行李前，請把大會提供之行李牌繫繫於行李袋上，並交到指定之行李車輛。

Please ensure the baggage tag provided by the Organiser is securely tied on the bag before deposit to the designated baggage truck.

6 請勿存放貴重物品，如有遺失或損壞，大會概不負責。

Please do not deposit valuable item(s). The Organiser will not be responsible for any losses or damages.

7 所有十公里賽事的行李寄存及領回地點位於香港銅鑼灣維多利亞公園中央草坪。詳情請參閱第49頁終點區安排。

The baggage deposit and collection areas of 10KM will be located at Central Lawn, Victoria Park, Causeway Bay, Hong Kong. Please refer to Finish Area Arrangement on page 49 for details.

8 所有不需寄存行李服務的參賽者可直接前往位於東區走廊的起步等候區。

Participants who do not require baggage deposit service should proceed directly to the waiting zone located at Island Eastern Corridor.

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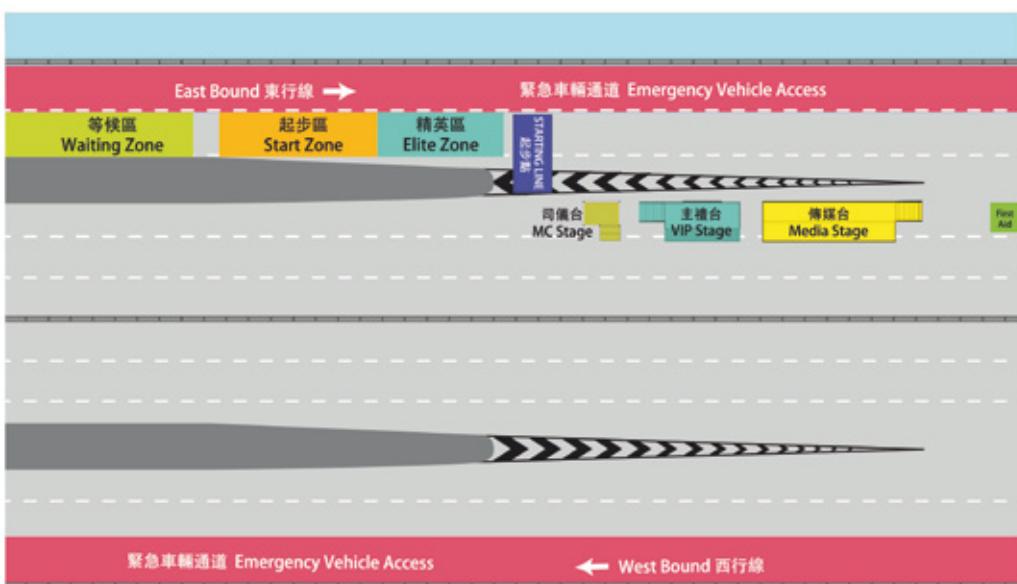
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起步區安排

Start Area Arrangement



不設泊車 No Parking

除大會之指定車輛外，於比賽起步區、賽道及終點區內不准泊車。

No Parking will be available or allowed at the Start Area, along the race course and Finish Area, except for official vehicles with special permits.

一公里 10 KM



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起點及賽道安排

Start & Race Course Arrangement

截止起步時間

為確保賽事有秩序地進行，大會設有截止起步時間，禁止於截止起步時間後到場之參賽者起步。有關截止起步時間請參閱第33頁。

分段截跑點及比賽時限

為確保賽道於賽後能在指定時間重開以供正常交通運作，大會將會在賽道設立分段截跑點。如有任何參賽者未能於指定時間內通過有關分段截跑點，大會工作人員將會終止該參賽者繼續進行比賽的資格。參賽者必須遵照大會工作人員指示，登上指定接駁巴士，前往維多利亞公園終點區。大會保留拒絕不遵從大會工作人員指示的參賽者參加將來之渣打香港馬拉松或任何由香港業餘田徑總會主辦的賽事之權利。

分段截跑點及比賽時限請參閱第33頁。

折回點紀錄

參賽者必須經過置於折回點的計時地蓆，以核實參賽者完成整段路程。如參賽者之計時晶片未有折回點紀錄，大會將不會提供該參賽者的比賽時間。

水站及食物

- 大會將於起點、終點及賽道約4公里及8公里處提供蒸餾水予參賽者。
- 完成比賽後，大會將於終點區派發食物包（包括蒸餾水、能量條及香蕉等）予所有參賽者。

注意：朱古力及能量條或含有花生成分，敬請留意。

設施及服務

- 救護站（由醫療輔助隊提供）設置於起點、賽道各水站及終點，賽道沿途亦設有救護單車監察情況。
- 大會將於終點區提供物理治療服務（由香港理工大學康復治療科學系運動物理治療中心提供）。
- 流動洗手間將設置於起點區、賽道各水站、賽道沿途及終點區（興發街停車場）。

其他賽道須知

- 為確保緊急車輛能迅速前往事故現場，於賽事進行期間，參賽者請勿進入緊急車輛通道並時刻遵守工作人員指示。
- 賽道每一公里位置均設有距離指示牌。
- 大會計時車輛將從起點引領十公里挑戰組參賽者到終點。

Cut Off Time

Cut Off Time will be set for each Start, participants who arrive after the designated time will be stopped and disqualified. For details, please refer to page 33.

Cut Off Points and Time Limits

To ensure a speedy clearing and re-opening of race course for normal traffic after the race, cut off points will be set at designated locations along the course. Participants who fail to reach these cut off points at specific times will be asked by the race officials to leave the course and board the official buses. They will be taken to the Finish Area at the Victoria Park. The Organiser reserves the right to reject future applications of participants who refuse to follow the instructions of the race officials in all future Standard Chartered Hong Kong Marathons or any races organised by the Hong Kong Amateur Athletic Association.

Please refer to page 33 for cut off points and time limits.

Time Record at Turning Point

Participants must cross the timing mats set at the turning point to verify that they have completed the full course. Participants who do not have time records at all turning points will be disqualified.

Water Stations and Refreshment

- Distilled water will be available at the Start Area, Finish Area and approximately 4km and 8km along the course.
- Refreshment packs with distilled water, energy bar and banana will be distributed to all participants at the Finish Area.

Attention: Please note that chocolate and energy bar may contain peanut ingredients.

Facilities and Services

- First Aid (provided by Auxiliary Medical Service) will be available at the Start Area, every water stations along the course and the Finish Area. In addition, First Aid Bicycles will be patrolling along the course.
- Physiotherapy Service (provided by Department of Rehabilitation Sciences of the Hong Kong Polytechnic University) will be provided at the Finish Area.
- Mobile Toilets will be available at the Start Area, Water Stations, Race Course and Finish Area (Hing Fat Street carpark).

Other Race Course Information

- To ensure the emergency vehicles can reach the incident site without delay in case of an emergency, participants should not enter the Emergency Vehicle Access during the race and must follow the instructions given by the race officials.
- Distance markers will be put up every 1km along the course.
- Official Clock Car will lead participants of the 10KM Challenge from Start to Finish.

十公里
10 KM

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終點區安排

Finish Area Arrangement



急救站 First Aid Station

物理治療 Physiotherapy

維多利亞公園的出/入口 Entrance / Exit of Victoria Park

洗手間 Toilet

回收站 Recycling Station

流動洗手間 Mobile Toilet

水及食物派發處 Refresh Distribution Area

港鐵站 MTR Station

參賽者前往行李領回區及離開維園路線
Participants flow to Baggage Collection Area and Leaving Victoria Park

無需領取行李的參賽者離開維園之路線
Flow to Leave Victoria Park (for those without baggage deposit)

非參賽者前往會合地點路線
Non-Participants flow to Meeting Point

參賽者跑向終點路線
Participants flow to the Finish

為了減低終點區的擠迫情況及避免發生意外，參賽者抵達終點線後，請盡快離開終點區。為了方便參賽者與家人和朋友於賽後會合，大會將設銅鑼灣運動場為指定會合地點。

To avoid overcrowding and accidents at the Finish Area, participants are requested to leave the Finish Area as soon as possible. Causeway Bay Sports Ground is designated as the official meeting point for participants to meet their family and friends after the race.

觀眾或市民如欲觀賞比賽，可由4號閘口進入維多利亞公園公眾觀賞區。比賽進行期間，公眾人士將不能使用14、15、16及17號閘口出入維多利亞公園。

Spectators and general public are welcome to enter the public viewing area at Victoria Park via Gate 4. Gates 14, 15, 16 and 17 will be suspended during the race to the public.

十公里 10 KM

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賽後資訊

Post-Race Information

頒獎典禮

十公里頒獎典禮將於比賽當日上午7時30分開始。每組首三名優勝者請於大會公佈成績後立即到頒獎台附近之得獎者召集處報到，等候領獎。如優勝者未能上台領獎，請於比賽後即時到大會頒獎處通知負責之工作人員。

優勝者須出示身份證或護照正本，以核實個人資料。如參賽者被發現虛報個人資料或藥檢失敗，根據國際田徑聯會規例，大會有權取消其參賽者資格，不會退還報名費，並保留拒絕有關人士參加將來之渣打香港馬拉松或任何由香港業餘田徑總會（大會）主辦的賽事之權利。



上訴

大會將於維多利亞公園比賽現場公佈各組別之得獎名單，參賽者如須就得獎名單作出上訴，必須於比賽日（2019年2月17日）大會公佈成績後30分鐘內以書面形式提出上訴，並連同上訴費用港幣800元正或美金100元正提交予駐守終點區的成績裁判長。如上訴被駁回，所繳費用將不獲發還。

賽事完成獎牌

所有於指定時間2小時（大會時間）內完成賽事之十公里參賽者，均會即時於終點區獲贈完成獎牌乙個。

馬拉松照片及賽事片段

由2019年2月19起，參賽者只需瀏覽www.Marathon-Photos.com並輸入參賽者編號及姓名，便可搜尋及訂購參賽照片及賽事片段。

證書

大會將發電子成績證明書給予所有於2小時指定時限（大會時間）內完成比賽之參賽者。

所有與2018賽事相比，於同一距離之賽事取得較佳成績（個人時間）之參賽者，亦將獲大會發電子進步獎證書。

Prize Presentation

Prize presentation for the 10KM will take place from 7:30 am onwards. The first three winners of each category are requested to assemble at the Winner's Booth next to the stage after the results are announced. Winners who are unable to receive the award in person should immediately inform the officer in charge at the prize presentation area.

Winners must present their identity cards or passports for identity verification. The Organiser reserves the right to disqualify participants who provide incorrect personal data / details on the entry form, or who have taken banned substances (doping) in accordance with IAAF rules. No refund of entry fee will be considered. The Organiser also reserves the right to reject their applications for all future Standard Chartered Hong Kong Marathons or any races organised by the Hong Kong Amateur Athletic Association (the Organiser).

Appeal

Winners list will be published at Victoria Park on Race Day. Appeals must be submitted in writing to the Result Referee at the Finish Area within 30 minutes after the official announcement of results on the Race Day (17 February 2019). They must be accompanied by a deposit of HKD800 or USD100 which will be forfeited if the protest is not allowed.

Finisher Medal

All 10KM participants who complete the race within the time limit of 2 hours (Official Time) will be presented a Finisher Medal at the Finish Area.

Marathon Photos and Videos

Participants can search for and order their running photos and videos at www.Marathon-Photos.com from 19 February 2019 by entering their race numbers and names.

Certificates

E-Certificates of Achievement will be issued to participants who finish the race within the time limit of 2 hours (Official Time).

E-Certificates of Progress Award will be issued to participants with faster time (Net Time) comparing with the same race they completed in Standard Chartered Hong Kong Marathon 2018.

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大會競賽規則

Official Competition Rules

參賽資格

- 所有參賽者不能轉售參賽名額、號碼布及計時晶片等，或與他人轉換組別。一經證實，有關參賽者的參賽資格將被取消，其報名費將不獲退還。
- 大會如發現參賽者虛報或提供不實個人資料，或根據國際田徑聯會競賽規則下被禁賽、藥檢失敗或大會懷疑參賽者服用違禁藥物，大會有權取消其參賽資格，有關報名費將不獲退還。
- 參賽者禁止帶同嬰兒、未滿16歲或任何未有戴上渣打香港馬拉松2019之有效號碼布的人士參加及進入賽道範圍，違例者將會被即時要求離開賽道。
- 若參賽者沒有按照其指定參加組別及時間起步，大會將取消其參賽資格。有關參賽者亦不會獲發成績及證書。

賽道

- 禁止任何寵物，或任何形式的輪運行物體的交通工具，如輪椅（大會指定輪椅賽事之輪椅除外）、自行車、滾軸溜冰鞋、手推車、內置或附加在鞋的轆等進入賽道範圍。
- 參賽者不能攜帶任何構成危險或阻礙比賽進行的物品（例如攻擊性武器、易燃、爆炸性物品或阻礙其他參賽者之物品等）進入比賽範圍，違例者將會被即時要求離開賽道及可能交由執法人員跟進。
- 任何在賽道上的工作人員、醫務人員、賽事總監、裁判或保安若要求參賽者退出比賽，參賽者必須立即停止比賽及離開賽道。
- 根據國際田徑聯會競賽規則第144條，大會有權取消任何被證實在比賽途中，以任何方式接收外來幫助的參賽者之比賽資格。

最後成績及上訴

- 得獎者或可能得獎者若對成績有任何上訴，必須在成績公佈後30分鐘內以書面形式提出，並連同上訴費用港幣800元正或美金100元正，提交予駐守終點區的成績裁判長。如上訴被駁回，所繳費用將不獲發還。大會保留不接納任何其後提交之爭議或上訴的權利。
- 所有參賽者若對其個人成績有任何爭議，必須在馬拉松網頁成績公佈後7天內，以書面形式提交大會作跟進。

一般規條

- 大會保留拒絕所有違反上述任何大會比賽規則之人士參加將來渣打香港馬拉松及其他由香港業餘田徑總會有限公司主辦的賽事之權利。
- 若中、英文版的文章有任何歧義，一概以英文版本為準。香港業餘田徑總會擁有修改及詮釋以上規則的權利。

Eligibility

- Entry categories, bibs and timing chips are non-transferable. Violation will result in disqualification and no refund of entry fee will be entertained.
- The Organiser reserves the right to disqualify, exclude any person from the race and to take disciplinary action to applicants who provide incorrect personal data / details on the entry form, including those who have been banned from competitions under International Association of Athletics Federations (IAAF) jurisdiction, or who have been suspected of having taken banned substances. No refund of entry fee will be entertained under any circumstance.
- Participants are not allowed to enter the race course with infants, children aged below 16 or any participants who do not wear the valid bib of Standard Chartered Hong Kong Marathon 2019. Those who violate this rule will be asked to leave the course immediately.
- Participants will be disqualified if they do not start at the designated race category and start time assigned by the Organiser. No result and certificate will be issued to those participants.

Race Course

- No pets or any form of wheel-run objects of transport, e.g. wheelchairs (except designated wheelchairs for the wheelchair races approved by the Organiser), bicycles, skates, trolleys, shoes with built-in or attached rollers, etc. are allowed on the course.
- Dangerous goods (i.e. offensive weapons, flammable, explosive agents or materials/objects which obstruct other participants, etc) are strictly prohibited. Those who violate this rule will be asked to leave the course immediately and such cases might be reported to the Law Enforcement Agency.
- Participants must retire and leave the race course immediately, if requested to do so by any member of the race officials, medical staff, race director, referees or security staff.
- In accordance with the IAAF Competition Rule 144, the Organiser reserves the right to disqualify any participant who is proven to have received assistance during the race.

Results & Appeal

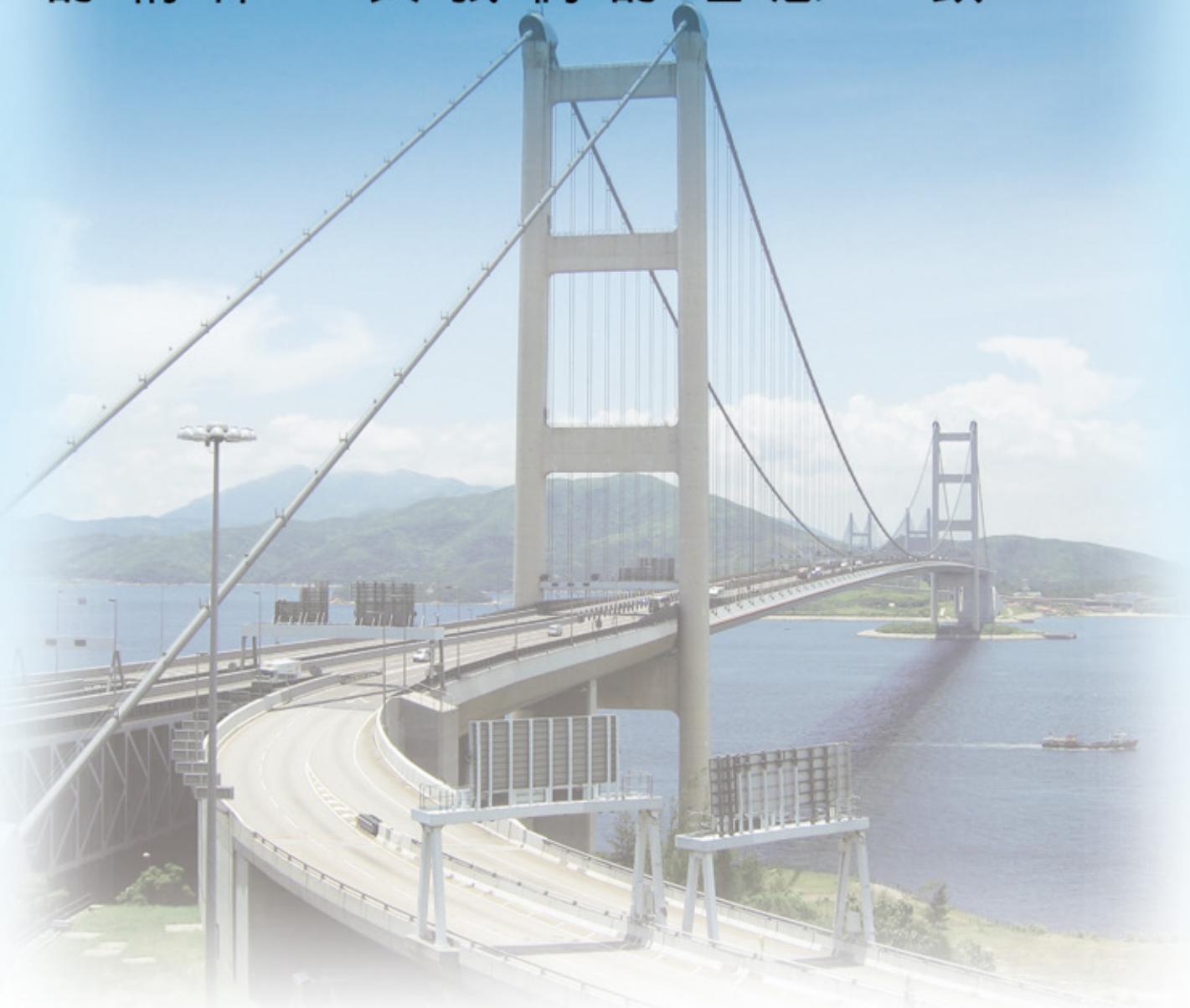
- For winners or potential winners wishing to appeal the results, appeals must be submitted in writing to the Result Referee at the Finish Area, accompanied by a deposit of HKD800 or USD100 within 30 minutes after the official announcement of the results. The deposit will be forfeited if the appeal is not allowed. The Organiser reserves the right not to entertain any dispute or appeal submitted thereafter.
- For non-winners, any disputes regarding their personal results must be submitted in writing within 7 days after the announcement of the results on the Marathon website.

General

- The Organiser reserves the right to reject applications of participants who violate any of the official competition rules for all future Standard Chartered Hong Kong Marathons or any other races organised by the Hong Kong Amateur Athletic Association Limited (HKAAA).
- In the case of discrepancies between the Chinese and English versions, the English version shall prevail. The HKAAA reserves the right to interpret and amend the above rules.

10 公里 KM

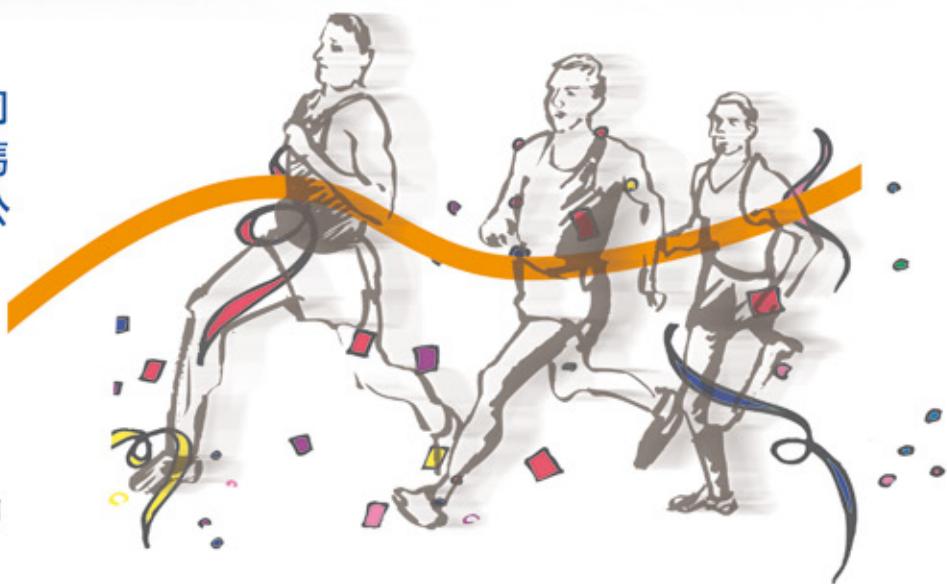
長跑選手在管制區的每一步，
我們都悉心關注。他們追求突破
的精神，與我們的理念一致。



交通基建管理合約有限公司
負責管理，營運和保養青馬
管制區內的橋樑、隧道及公
路等設施。



TIML MOM Limited
交通基建管理合約有限公司



重要事項

Important Notice

1 由於賽事在清晨舉行，敬請各參賽者保持安靜，以減低對賽道附近居民之滋擾。

As the race will start early in the morning, participants are advised to minimize the noise impact on nearby residents.

2 為免釀成意外，大會呼籲參賽者切勿於起步區、賽道範圍及終點停留拍攝。

For safety reasons, participants are advised not to stop and take photos or videos at the Start Area, along the course and at the Finish Line.

3 為確保各參賽者之安全，大會工作人員將於賽道沿途維持秩序，參賽者必須遵從工作人員的指示。

Race officials will be deployed along the course for safety and disciplinary reason. Participants must follow instructions given by the race officials during the race.

4 為確保緊急車輛能於賽事進行期間迅速前往意外事故現場，參賽者請勿進入緊急車輛通道，並時刻遵守工作人員及執法人員指示。

To ensure emergency vehicles can reach the accident site without delay in the event of an incident, participants are reminded not to enter the Emergency Vehicle Access (EVA) during the race. Please follow instructions given by the race officials and law enforcement officers.

5 馬拉松賽道將於下午1時關閉，而十公里賽道將於上午10時15分關閉。為確保賽道能在指定時間重開以供正常交通運作，大會將在賽道設立分段截跑點。如有任何參賽者未能於指定時間內通過有關分段截跑點，大會工作人員將會終止該參賽者繼續進行比賽的資格。參賽者必須遵照大會工作人員指示，登上指定接駁巴士，前往維多利亞公園終點區。大會保留拒絕不遵從大會工作人員指示的參賽者參加將來之渣打香港馬拉松或任何由香港業餘田徑總會主辦的賽事之權利。

The Marathon course will be closed at 1:00 pm and the 10KM course will be closed at 10:15 am respectively for reopening to normal traffic. To facilitate the reopening of closed road at designated times, cut off points will be set up at different locations along the course. Participants who fail to reach the designated cut off points at specific times will be asked by the race officials to leave the course and board the official bus to Victoria Park. Participants must follow these instructions given by the race officials. The Organiser reserves the right to reject applications of participants who refuse to follow the instructions of the race officials for all future Standard Chartered Hong Kong Marathons or any races organised by the Organiser.

6 大會已購買第三者保險，建議參賽者如有需要，可自行購買個人及其他有關保險。

Public Liability Insurance is covered by the Organiser. Participants are advised to take up their own personal or other insurance policies separately if necessary.

7 若比賽當天（2019年2月17日，星期日）早上3時正，3號或以上熱帶氣旋信號、紅色或黑色暴雨警告信號仍然生效，比賽將會取消。參賽者敬請在比賽前一晚留意天氣情況，尤其注意在未來16小時內可能發出之熱帶氣旋信號、紅色或黑色暴雨警告信號。有關賽事安排，請於比賽當日早上3時正開始留意各大電台或電視台之廣播。如比賽因任何非大會所能控制或不可抗力的情況下被迫取消，所有報名費將不獲退還，大會亦不會負有任何其他責任。

The race will be cancelled if tropical cyclone warning signal no.3 or above, or if a red or black rainstorm signal is still in force at 3:00am on Sunday, 17 February 2019. Please pay special attention to the weather report the night before the event as it will indicate whether tropical cyclone warning signals, red or black rainstorm signals are likely to be issued in the next 16-hour period. If so, please follow updates on the radio or TV announcements regarding the status of the event from 3:00am onwards. Should the event be cancelled due to weather or other circumstances beyond the control of the Organiser or in case of a force majeure, no refund will be made. The Organiser shall have no other responsibilities and / or liabilities.



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打氣熱點及比賽後的恢復方法

Cheering Zones and Ways to Recover After the Race



一起為跑手們喝采歡呼吧！
Let's go and support our runners !

要近距離觀賞精彩賽事，並一同感受賽道的緊張熱鬧氣氛，可預先進入渣打香港馬拉松網頁www.hkmarathon.com了解賽事所經路段及公眾打氣區位置。善用港鐵前往心水觀賞熱點。

To get close and enjoy the excitement of the Standard Chartered Hong Kong Marathon, plan ahead to visit the official website www.hkmarathon.com to learn more about the race course and the public cheering zones. Make good use of MTR to reach your favorite cheering spots.

建議觀賽及打氣地點 Suggested public cheering zones

油麻地眾坊街休憩花園 Public Square Street Rest Garden, Yau Ma Tei	近距離感受賽事的緊張氣氛 Get close to feel the atmosphere
旺角亞皆老街（彌敦道交界） Argyle Street, Mong Kok (at the intersection of Nathan Road)	鄰近港鐵站，交通方便 Easily accessible via MTR
旺角櫻桃街（奧海城對出） Cherry Street, Mong Kok (outside Olympian City)	集新舊建築於一身，是拍攝的理想場景 Combines both old and modern buildings – an ideal location for photography
西隧收費廣場（近巴士站） Western Harbour Tunnel Toll Plaza (nearby the bus stop)	在跑手到達香港路段前，為他們歡呼 Cheer for the runners before they reach the Hong Kong side
中環龍和道及耀星街 Lung Wo Road, Central and Yiu Sing Street	以香港摩天輪及維港作背景，是拍攝跑手英姿的最佳地點 The best shooting location with a backdrop of The Hong Kong Observation Wheel & Victoria Harbour
馬師道行人天橋 Marsh Road Flyover (Footbridge)	在跑手落橋時送上驚喜與支持 Surprise your loved one here when they get off the footbridge
駱克道，軒尼詩道至糖街 Lockhart Road, Hennessy Road to Sugar Street	終點在望，在衝線前加抽打氣 Lift the spirits of runners as the finish line is near
維園公眾觀賞區（由4號閘口進入） Cheering Zone in Victoria Park (Gate 4 entrance)	欣賞跑手衝線一刻 Watch them cross the finish line!

比賽後的恢復方法 Ways to Recover After The Race

- 伸展運動** — 完成比賽後，千萬不要立刻停下步伐，應多進行全身拉筋，讓身體各部位的肌肉得以放鬆。
- 補充水分及汲取營養** — 參賽者應補充身體流失的水分、電解質、碳水化合物和蛋白質。除了運動飲品，香蕉亦是非常好的選擇。
- 冰水浴** — 長跑運動後，將酸軟肌肉浸入攝氏10—15度的冷水10—15分鐘，可有助肌肉快速復原。
- 睡眠或按摩** — 無論是在巴士或港鐵上小睡10分鐘，還是在家裡舒服地睡眠45分鐘，都能令人精神爽利。跑手亦可用按摩膏按摩雙腿，加速綠液循環，減少比賽後的肌肉痛楚。
- 恢復性鍛鍊** — 比賽後的一週可進行約20至30分鐘的恢復性緩步跑，速度不需太快。慢跑可加速血液循環，帶走身體中積聚的乳酸，舒緩疲勞的感覺。參賽者亦可以選擇進行低強度的交替訓練。
 - Stretching** – Do not stop immediately after crossing the finish line, participants should keep walking and have full-body stretching to relax the muscles of the entire body.
 - Replenishment** – Participants should replenish lost fluids, electrolytes, carbohydrates and proteins. Bananas are a good choice other than sports drinks.
 - Ice Water Bath** – After finishing a long run, immerse sore muscles in cool water (10-15°C) for 10-15 minutes to help muscles recovery.
 - Sleep or Massage** – A 10-minute doze on bus/MTR or a 45-minute sleep at home could bring refreshment. Participants may consider using massage cream while massaging their legs as it can enhance blood circulation and ease muscle pain after the race.
 - Recovery Training** – The week after the race, participants may begin a recovery run of around 20 to 30 minutes. Keep it at a moderate speed, as jogging can enhance blood circulation and remove the lactic acid accumulated in your body, as well as the fatigue feeling. Low intensity cross training can be an option for recovery training.

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caring for life's journeys

空氣質素健康指數及綠色馬拉松

Air Quality Health Index & Green Marathon

空氣質素健康指數 — 對參賽者的忠告 Air Quality Health Index - Advice to Participants

空氣質素健康指數 是一個以健康為基礎及反映多個污染物的指數，可以為參賽者提供適時的空氣質素資訊。參賽者須注意以下由環境保護署建議的預防措施：

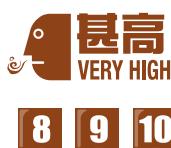
當健康風險級別達至 **高 (指數為 7)** 時，患有心臟病或呼吸系統毛病的人士及兒童和長者（以上為易受空氣污染影響人士），應減少戶外體力消耗，以及減少在戶外逗留的時間，特別在交通繁忙地方。同時，患有心臟病或呼吸系統毛病的人士，在參與體育活動前應諮詢醫生意見，在體能活動期間應多作歇息。



7

The Air Quality Health Index is a health-protection based index reflecting multiple pollutant measurement, which provides participants with timely air quality information. Participants must pay attention to the precautionary actions issued by the Environmental Protection Department (EPD):

當健康風險級別達至 **甚高 (指數達 8 - 10)** 時，一般市民應減少體力消耗及戶外逗留的時間，特別在交通繁忙地方。易受空氣污染影響人士，應盡量減少戶外體力消耗及戶外逗留的時間，特別在交通繁忙地方。



8 9 10

When the Health Risk Category reaches **High (i.e. AQHI is at 7)**, people with existing heart or respiratory illnesses, as well as children and the elderly (all these belong to people who are sensitive to Air Pollution), are advised to reduce outdoor physical exertion, and to reduce the time of their stay outdoors, especially in areas with heavy traffic. People with existing heart or respiratory illnesses should also seek advice from a medical doctor before participating in sport activities and take more breaks during physical activities.

當健康風險級別達至 **嚴重 (指數達至 10+)** 時，一般市民應盡量減少戶外體力消耗及戶外逗留的時間，特別在交通繁忙地方。易受空氣污染影響人士，應避免戶外體力消耗及戶外逗留的時間，特別在交通繁忙地方。



10+

When the Health Risk Category reaches **Very High (i.e. AQHI is at 8 - 10)**, the general public is advised to reduce outdoor physical exertion, and to reduce the time of their stay outdoors, especially in areas with heavy traffic. People who are sensitive to Air Pollution are advised to reduce to the minimum outdoor physical exertion, and to reduce to the minimum the time of their stay outdoors, especially in areas with heavy traffic.

汽車是香港空氣污染的主要源頭之一。因此，大會鼓勵跑手及為其打氣的親友與賽道周邊範圍地區的市民於比賽日盡量使用公共交通工具，減少駕駛私家車，讓跑手們能在優質空氣環境中再創佳績！



When the Health Risk Category reaches **Serious (i.e. AQHI is at 10+)**, the general public is advised to reduce to the minimum outdoor physical exertion, and to reduce to the minimum the time of their stay outdoors, especially in areas with heavy traffic. People who are sensitive to Air Pollution are advised to avoid outdoor physical exertion, and to avoid staying outdoors, especially in areas with heavy traffic.

Automobile is one of the main source of air pollutants in Hong Kong. Hence, participants and spectators as well as citizens travelling in the areas along the race course are highly encouraged to commute by public transport on the Race Day. Let's create an environment with great air quality for the runners to strive for the best!

做個綠色跑手 支持減廢回收 Be a Green Runner

比賽當天 On Race Day

減少使用即棄用品，如紙巾、即棄塑膠樽裝水，自備毛巾及水樽

Avoid disposable items such as tissue paper and single-use plastic bottled water. Bring your own towel and bottle

行李領回區、會合地點及離場通道將設置多個膠樽及香蕉分類回收箱

Recycling bins for plastic bottles and banana peels are available at the Baggage Collection Area, Meeting Point and walkways

請你 So please

分別將已清空的膠樽及香蕉皮放進相應回收箱，最後確認是不可回收的垃圾才放進收集桶

Place the emptied plastic bottles and banana peels into the respective recycling bins, separate the non-recyclable waste and put them into the trash bins

棄置前請三思，支持乾淨回收

Think twice before you dispose. Support clean recycling

時刻緊記Reduce (減廢) Reuse (重用) Recycle (循環再造) 的原則
Always remember the principles of "Reduce", "Reuse" and "Recycle"

回收物料受污染或混有雜物，會令處理成本大幅增加，物料因而失去回收價值，甚至無奈地被當成一般廢物處理

Contaminated recyclables or mixed with other non-recyclable waste would entail extra processing costs and their potential value for recycling would then drop significantly.



十公里 10 KM



HONG KONG 2019
ASIAN YOUTH
ATHLETICS
CHAMPIONSHIPS

第三屆
亞洲少年田徑錦標賽

3rd
**ASIAN
YOUTH
ATHLETICS
CHAMPIONSHIPS**

15 — 17. 3. 2019

*Tseung Kwan O Sports Ground
Hong Kong*

Organized by



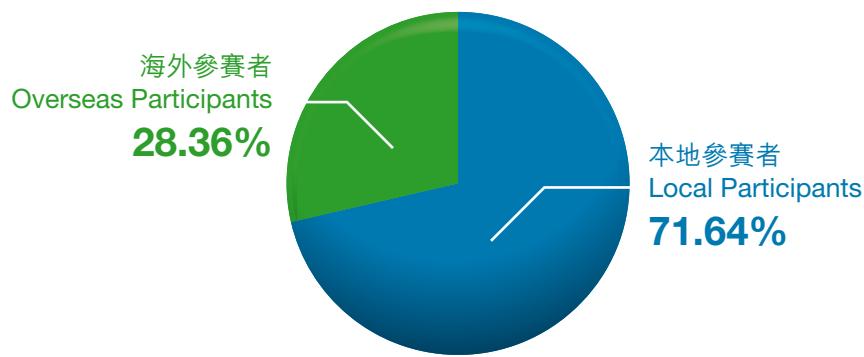
香港業餘田徑總會
Hong Kong Amateur Athletic Association

Subvented by



Home Affairs Bureau
Arts & Sport Development Fund
民政事務局
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全球參與 Worldwide Participation



國籍 Nationality

阿富汗	Afghanistan
阿爾巴尼亞	Albania
阿爾及利亞	Algeria
阿根廷	Argentina
澳洲	Australia
奧地利	Austria
孟加拉	Bangladesh
比利時	Belgium
博茨瓦納	Botswana
巴西	Brazil
文萊	Brunei Darussalam
保加利亞	Bulgaria
喀麥隆	Cameroon
加拿大	Canada
佛得角	Cape Verde
智利	Chile
中國	China
中華台北	Chinese Taipei
哥倫比亞	Colombia
哥斯達黎加	Costa Rica
捷克	Czech Republic
北韓	Democratic People's Republic of Korea
丹麥	Denmark
厄瓜多爾	Ecuador
薩爾瓦多	El Salvador
英國	England
愛沙尼亞	Estonia
埃塞俄比亞	Ethiopia
芬蘭	Finland
法國	France
德國	Germany
希臘	Greece
危地馬拉	Guatemala
中國香港	Hong Kong, China
匈牙利	Hungary
冰島	Iceland
印度	India
印尼	Indonesia
愛爾蘭	Ireland
以色列	Israel
義大利	Italy
牙買加	Jamaica
日本	Japan
約旦	Jordan
哈薩克	Kazakhstan
肯亞	Kenya

國籍 Nationality

列支敦士登	Liechtenstein
盧森堡	Luxembourg
中國澳門	Macau, China
馬來西亞	Malaysia
毛里求斯	Mauritius
墨西哥	Mexico
蒙古	Mongolia
摩洛哥	Morocco
緬甸	Myanmar
尼泊爾	Nepal
荷蘭	Netherlands
紐西蘭	New Zealand
尼日利亞	Nigeria
挪威	Norway
巴基斯坦	Pakistan
秘魯	Peru
菲律賓	Philippines
波蘭	Poland
葡萄牙	Portugal
南韓	Republic of Korea
羅馬尼亞	Romania
俄羅斯	Russia
俄羅斯聯邦	Russian Federation
沙地阿拉伯	Saudi Arabia
蘇格蘭	Scotland
塞內加爾	Senegal
塞爾維亞	Serbia
新加坡	Singapore
斯洛伐克	Slovakia
斯洛文尼亞	Slovenia
索馬利亞	Somalia
南非	South Africa
西班牙	Spain
斯里蘭卡	Sri Lanka
瑞典	Sweden
瑞士	Switzerland
泰國	Thailand
烏克蘭	Ukraine
阿拉伯聯合酋長國	United Arab Emirates
英國	United Kingdom
美國	United States
委內瑞拉	Venezuela
越南	Vietnam
威爾斯	Wales
贊比亞	Zambia
津巴布韋	Zimbabwe

一公里 10 KM

十公里參賽者名單

10KM Participants List

No.	Name	號碼	姓名	No.	Name	號碼	姓名	No.	Name	號碼	姓名	No.	Name	號碼	姓名	No.	Name	號碼	姓名
K1347	CHO SAU NAM	K1467	CHO SZE MAN CARMAN	K1586	HO CHING MAN	K1705	LAU FUNG YI SYNDY	K1824	WONG HUI HA	K1943	ZHENG YUE HUA EVA	K2062	NG NGA LUN ELLEN	K2182	LEE WEI HENG MICHELLE	K2301	WONG KA MAN		
K1348	TANG LAI HAN	K1468	TONG CHUNG YAN	K1587	LEUNG SHU LING	K1706	LI PUU YEE KATHY	K1825	MAN YUEN KWAN VENUS	K1944	WONG MEILING BONNIE	K2063	CHIU CHING KWAN	K2183	WONG KWAN LAM	K2302	LEUNG TSZ LING		
K1349	KWOK YIN KING	K1469	LI WUAN LAM	K1588	LEUNG WAI YAN	K1707	CHOI KONG WAH	K1826	LEUNG SAU CHUN	K1945	CHUI KEE CHUN KAYE	K2064	CHANG MO CHING	K2184	SHUM HOI KIU	K2303	HO YIN MAN		
K1350	CHIM LAI SUEN	K1470	TSUNG SHEUNG CHING	K1589	YIU YIN YAN MARIA	K1708	AO IEONG MEI VAI	K1827	YAU YUK CHUN FRANKLIN	K1946	MAYA MIN ZIN	K2065	LEE YUK PING	K2185	MAN WING SUM	K2304	WONG YUEN TINN BONNIE		
K1351	ZHANG MING HONG	K1471	TAKEMURA SHIZUKA	K1590	LEUNG SZE WAN MAGGIE	K1709	CHAN KIT MUI	K1828	MAK CHUN	K1947	YUEN YUK YIN	K2066	CHEUNG YIN PIK	K2186	HA WING SZE	K2305	KWONG YEE PIN AGNES		
K1352	YIP SO MUI PATRICIA	K1472	BAL XIE	K1591	YE LIN YE LIN	K1710	NG SAU NGAN LORINA	K1829	LAU YUK FUN PHYLLIS	K1948	KO MAN WAI	K2067	CHAN WAI KUEN	K2187	CHAN KA MAN	K2307	LAI YUEN KU		
K1353	WUU HOI LING	K1473	KUNG SHUK WA	K1592	HOI LONG FUNG	K1711	LEUNG WAI YEE	K1830	CHEUNG SUM YING	K1949	LEE YICHIU	K2068	CHAN KA CHUN CALINA	K2188	NG MIU FUNG	K2308	WONG CHING		
K1354	LO WAI CHUNG	K1474	YEUNG PU SHAN JENNY	K1593	LI SU FUNG	K1712	WONG MURIE	K1831	YUEN YUN SEUNG	K1950	WONG CHING SHAN JENNIFER	K2069	TANG SIU YIN	K2189	WU CHING MAN CANDY	K2309	WONG YEE SIN		
K1355	WUU PIK YING	K1475	TONG YAN LOK	K1594	CHUNG CHING YU	K1713	HO PI KEI	K1832	CHENG WAI MAN	K1951	WONG CHING SHAN JENNIFER	K2070	SUNG VAL SZE	K2190	KWAN WAI SAN	K2310	WONG MIU SHUN		
K1356	JIA XUYING	K1476	SIN CHU YIN	K1595	CHEN YAN XIA	K1714	CHENG CHAK LUEN	K1833	NG YUK FONG	K1952	CHENG YUEN LAN MARIAN	K2071	CHAN YIM LING	K2191	CHU YUEN WAH	K2311	ZUO PEISHAN		
K1357	KONG SUSAN	K1477	KEUNG MAN MING	K1596	WONG YEE CHING	K1715	TSUI MIU PEI	K1834	CHOW YUEN PAN	K1953	LAM PO CHUN	K2072	PANG KIT CHING PEGGY	K2192	CHAN WING LAM	K2312	WONG OYING		
K1358	TING PO YEE	K1478	LAM LAI YIN	K1597	WONG PUI SZE	K1716	MA SHUET MUI	K1835	TANG SO HAN	K1954	CHOW SIU FUN ELIZA	K2073	PANG KIT MAN CARMEN	K2193	CHAN KIT MAN	K2313	CHONG SZE WING		
K1359	CHUNG HU YUEN	K1479	LAM LAI YIN	K1598	KO YAI	K1717	LUI ON YEE POLLY	K1836	LAM CHU SEUNG	K1955	CHENG KWAN FUN	K2074	TUNG FUNG YEE ALICE	K2194	CHAN MEI KI	K2314	WONG KAYEE		
K1360	MAL PUJ WAI ELAINE	K1480	MOI HOI WAN	K1599	MALEE MARY	K1718	FU LAI MENG	K1837	LIU HEI MAN	K1956	CHENG YICK KITTY	K2075	WONG LAI CHING	K2195	LAU TSZ YAN	K2315	WONG WAI KWAN		
K1361	LI CHING MAN	K1481	LEE LIN YEE	K1600	LENNON BOOKER KEYONA	K1719	CHAU ANNIE	K1838	LAM MIN MIN	K1957	CHOW YU SUM	K2076	YIP SAU WAN ANISSA	K2196	CHOI MING YU	K2316	FUNG SO NING		
K1362	LEE MAN WAI CHARLOTTE	K1482	NGAI CHING FUNG	K1601	LEUNG KA MAN	K1720	LO SAU HAN WENDY	K1839	CHENG YU MEI	K1958	TSUI LAI KWAN	K2077	YIP SAU YIN	K2197	PO HOI YAN	K2317	CHU MUJ KWAN		
K1363	KO YU WA	K1483	LAU WAI FUNG VIONNE	K1602	CHU YUK LIN	K1721	CHAN JOYCE	K1840	CHANG YUELAN ELLEN	K1959	LI KM CHUN	K2078	MA SHIRLEY CHE WAI	K2198	CHAN WAI NI	K2318	KWOK YAI WING		
K1364	MAK SCARLETT	K1484	PANG KA MAN	K1603	HO KA PO KATE	K1722	LIP MIU SEM HELEN	K1841	HO YU CHAN	K1960	HU NGAI MAN	K2079	CHAN SUK WAH	K2199	CHU MUJ KWAN	K2319	ZHU DANPING		
K1365	CHANWANATH PAWEENA	K1485	O SUET KUO	K1604	CHOW WING HAN	K1723	PARK UNAE	K1842	CHENG KI CHIN	K1961	LAU ON NO	K2080	LAU SIU YING	K2200	ZHENG DANI	K2320	LUK SHU CHIU		
K1366	LEUNG WING SHANATHENA	K1486	LAU KWOK YEE	K1605	WONG LAP SIN	K1724	TO HON JANET	K1843	TANG LAI MAN	K1962	CHAN KAYEE	K2081	LEE SUET WAI ANITA	K2201	FENG SHI	K2321	FONG SHAN SHAN		
K1367	FUNG PUI WAI	K1487	LAU YEE MAN	K1606	CHUNG SIM YIN	K1725	LIU WAI LING	K1844	WONG WING SHAN CELIA	K1963	WONG KIT MUI	K2082	LEUNG SIU LING	K2202	YAO YI	K2322	PAU SHU HUAN		
K1368	CHAN YIN KWAN	K1488	BARROS MCPHANNESSA	K1607	LOU YAN KIMBERLEY	K1726	MOW KWAN KWAN	K1845	DAN JUN	K1964	WU PIAU NGA NOVEM	K2083	CHUNG WAI MI PHILIPS	K2203	GAO SHIYU	K2323	CHAN WAI CHING		
K1369	HU XUNYU	K1489	CHONG CHUN TINI	K1608	WONG LAI SHEUNG JENNY	K1727	HO LAI MAN	K1846	PANG WINIFRED	K1965	KO FIT FONG	K2084	WU WING LUN KITTY	K2204	WONG SUK YEE	K2324	ZHANG QIER		
K1370	WAH SHI HSIN	K1490	TANG WING YEE	K1609	MA KWAN YEAN	K1728	IPW MUN	K1847	CHANG YUEN NI	K1966	ZI LITA	K2085	CHUNG EMILY	K2205	SUIT KHOI YEE	K2325	CHUNG YIMA WIA		
K1371	LEE WAI SHAN	K1491	CHAU MAN HONG	K1610	KWAN KWAN LAAM	K1729	OENG CHEIG WU CHEGELA	K1848	LEUNG AMY	K1967	WONG KITLING VIRGINIA	K2086	LUU SHAN LAI	K2206	SITOH CHOOI YEE	K2326	CHU KIT WING		
K1372	CHAN PYU SZE MONICA	K1492	CHAN KWAI YNG ACNES	K1611	NG HAU YAN	K1730	LIW MEE WAN	K1849	WONG MEI FONG	K1968	WONG XUELIAO	K2087	LAO WOON YU SUSAN	K2207	SENG LEE FONG	K2327	PI YUAN		
K1373	CHOW WING SZE VINC	K1493	CHAN KWAI YUN	K1612	HO SZE MAN ALISON	K1731	CHAN KA MAN	K1850	WONG SAM WING	K1969	WANG PIYUN BONNIE	K2088	SIU SAU MEI	K2208	LEUNG WING KWAN	K2328	PAU SHU HUAN		
K1374	SEE WAN CHAN	K1494	YU SHAN WAI	K1613	YEUNG YUN FUNG	K1732	SE FU PUN	K1851	LAM MION SIU YING	K1970	WONG KIM LING	K2089	CHONG NGAN Y MINIQUE	K2209	CHEUNG YUNG FAN	K2329	CHENG YUETING		
K1375	HOI WAI MAN	K1495	LAI HAU YAU	K1614	LUI WAI LING	K1733	CHAN LAI FONG	K1852	LAM YEE LIN	K1971	LI FA JOYCE	K2090	CHIU YICK HING	K2210	SO KA YAN CARMEN	K2330	LAU YIN LING		
K1376	SONG XIE	K1496	CHOI KA MAN CARMEN	K1615	CHAN CHAN TINI	K1734	CHAN SHUK MING	K1853	WONG NG PAN HANG	K1972	SUN JUMICE	K2091	CHOW SHUK WAN	K2211	CHENG WING YEE	K2331	CHAN YUEN HUEN		
K1377	NG CHU MUI	K1497	TANG SUET FONG	K1616	LIM ALBREY GRACE	K1735	CHAN SHUK CHUNG	K1854	WONG WAL LAN	K1973	SUNG CHING PING	K2092	TSANG HUH PO	K2212	LEUNG YUEN TING	K2332	CHENG MUN JUAN		
K1378	CHAN YUEN YU VIVIN	K1498	CHAN LAI LIN	K1617	LIU CHUNG YAN	K1736	WONG KAI WUM	K1855	YEUNG WAI LING	K1974	CHAN KIT MING	K2093	LAM KATHY	K2213	CHOI WAI HUNG	K2333	LAU LAW KWAII		
K1379	LIU KIT YING	K1499	TAMP SOPHIA	K1618	LAU LIAN KWAH	K1737	LEE SUY CELEA	K1856	CHAM MU SEUNG	K1975	TONG CHOL MABEL	K2094	LAM PU HA	K2214	NGAI JENNIFER	K2334	LI PU YAN		
K1380	SAN HUKAM	K1500	MO WAI YAN	K1619	CHAN YU PING	K1738	HO NG SUM	K1857	WONG MEI PO	K1976	CHAN YUWAN ANGELA	K2095	SIT HUNG YUNG	K2215	SIT LAI MING MICHEAL	K2335	WING SUM CHOI		
K1381	LIUM WEY EN	K1501	LI HANG YIU	K1620	TEAM WING SAN	K1739	YEUNG YUN KIN PAULINA	K1858	MAK YUNG LUNG	K1977	KA LEUNG TAI	K2096	SIM HU YAIN	K2216	LEE KA MAN	K2336	LO TSZ YAN		
K1382	LAM HAY YIN	K1502	NG IAN HA	K1621	LEUNG SIN YU COLUMBA	K1740	TSOI WAN FAI	K1859	PO KWAUN YING	K1978	YEE SHUNG PING	K2097	LAM HA	K2217	NG LO KI	K2337	NGO NGO YI		
K1383	CHENG KA MAN CARMEN	K1503	NG TSZ KWAN	K1622	HONG CHUIMEI	K1741	LAU WAT TSZ	K1860	CHAN MEI LING	K1979	YEE SHUNG WEE	K2098	LEW YAN WEE	K2218	LIU FANGBING	K2338	CHAN TSZ HUEN		
K1384	TSANG LAI REBECCA	K1504	LEUNG HOK MAN	K1623	CHANG CHING FANG	K1742	LEUNG CHING AMY	K1861	CHAN MEI LIN	K1980	HO SING WA	K2099	WONG YI FAN EVEN	K2219	CHOI MANG YAN	K2339	WANG XIAOCHEN		
K1385	CHOI SIN TING	K1505	SUN LI	K1624	CHAN LAM LAM	K1743	CHENG MO CHING	K1862	FUNG KAM HO	K1981	TSANG KWAN FLORANCE	K2100	HO PU KWIAN	K2220	WAN PUI SHAN	K2340	WAN LAM YU		
K1386	ARANEZ JOHANNA	K1506	NG KA WAI	K1625	TAN WAI CHU	K1744	CHENG MIU HEUNG	K1863	CHIU CHI WAI	K1982	NG UPHIMINA	K2101	TSE SUET YI	K2221	CHONG TING TING	K2341	CHIUYING WING YI		
K1387	MAO QIUYAN	K1507	LEE KIT YING	K1626	LIP LAI SZE	K1745	AU SIU LING	K1864	AI MEI YIU	K1983	CHENG WAI LIN	K2102	DOНОНХУАЕ КАТРЫН	K2222	LUI YEKU LAN	K2342	GUERCA ELENA		
K1388	QIN MING	K1508	LAU WING YAN	K1627	LOD SANDRA	K1746	POON MEI WAN	K1865	JIANG MING	K1984	CHENG WAI FUN	K2103	CHU MAY HU	K2223	LI SHU	K2343	CHENG HUWAI KWI		
K1389	LU MAN KEE	K1509	YANG PINCING	K1628	LIU YAN MAN	K1747	LEUNG YUN HO	K1866	WONG CHANG HAN	K1985	TRANG FLORENCE	K2104	CHENG SIU YIN	K2224	LIN SUN MAN	K2344	CHENG CHUW YU		
K1390	ZHONG RUIQIN	K1510	LIU YI OEE	K1629	MAI LING YAN	K1748	POON WAI NAM	K1867	CHAN MIAN STEPHANIE	K1986	LEUNG CHUN HEDY	K2105	CHAN SUK YEE LILY	K2225	WONG HOI YU	K2345	SHAH JAHNAVI		
K1391	LIN YUN AN	K1511	CHEUNG SAN LAU	K1630	HO NGA YAN	K1749	WANG WEIHN	K1868	CHENG YU YAU	K1987	HO YAN HUAN	K2106	WONG WA WA	K2226	LAI SHUN YIU	K2346	MOK TIN WAI		
K1392	TANG MAN NEI	K1512	HORIKAWA MAYUKA	K1631	YUAN WING FUN	K1750	HU KUI PIU	K1869	CHUAN PIU SHAN	K1988	NG LAY INN	K2107	WU SHUEN LUNG	K2227	TANG HUI LIN	K2347	CHANG WAN YING		
K1393	CHUNG YUEN YIM	K1513	PEI YEE MING	K1632	LAU TSZ PING	K1751	CHAU PIU YEE	K1870	CHENG CHING HAN	K1989	CHAU KUNYU	K2108	WU SHUEN LUNG	K2228	PAU SHU HUAN	K2348	CHAN WING YAN		
K1394	CHUNG YUEN MEI	K1514	TSUNG CHONG CHING	K1633	WUI STELLA	K1752	LOU MEI WAN	K1871	LEUNG CHUING CHING	K1990	HO YAN FUN	K2109	TO CHEUK MAN	K2229	JOHNSON CYNTHIA	K2349	CHAN YAN JANE		
K1395	WUO CHANTELL ON CHEE	K1515	TSUNG TSZ WAI	K1634	LIU YAN CHU	K1753	LIU MEI YUN	K1872	WANG CHUN KIWING	K1991	HOI YAN HU	K2110	LEUNG WAI NOEL	K2230	RODOLFO HOMER	K2350	CHU MEI CHI		
K1396	KUT CHI PO	K1516	YUN FUNG GRACE	K1635	TSUNG TSZ WAI	K1754	CHUAI SAW	K1873	HOI YAN HU	K1992	HOI YAN HU	K2111	WU YI YIN	K2231	WU SHUAN KWAN	K2351	MAN SZE		
K1397	CHI PO	K1517	TSUNG TSZ WAI	K1636	YUN FUNG	K1755	LIU YAN CHU	K1874	HOI YAN HU	K1993	HOI YAN HU	K2112	WU YI YIN	K2232	WU YI YIN	K2352	CHAN TSZ HUAN		
K1398	WUO CHANTELL ON CHEE	K1518	TSUNG TSZ WAI	K1637	WONG FUNG	K1756	LIU YAN CHU	K1875	HOI YAN HU	K1994	HOI YAN HU	K2113	YUAN SHAN H	K2233	WU YI YIN	K2353	ZHANG SHUN YAN		
K1399	KUT CHI PO	K1519	TSUNG TSZ WAI	K1638	WONG FUNG	K1757	LIU YAN CHU	K1876	HOI YAN HU	K1995	HOI YAN HU	K2114	YUAN SHAN H	K2234	WU YI YIN	K2354	WU YI YING		
K1400	LIU TSZ WAI PRUDENCE	K1520	TSUNG TSZ WAI	K1639	WONG FUNG	K1758	LIU YAN CHU	K1877	HOI YAN HU	K1996	HOI YAN HU	K2115	YUAN SHAN H	K2235	WU YI YIN	K2355	WU YI YING		
K1401	LIU TSZ WAI PRUDENCE	K1521	TSUNG TSZ WAI	K1640	WONG FUNG	K1759	LIU YAN CHU	K1878	HOI YAN HU	K1997	HOI YAN HU	K2116	YUAN SHAN H	K2236	WU YI YIN	K2356	WU YI YING		
K1402	TSUN TIN WAN TIFFANY	K1522	TSUNG TSZ WAI	K1641	WONG FUNG	K1760	LIU YAN CHU	K1879	HOI YAN HU	K1998	HOI YAN HU	K2117	YUAN SHAN H	K2237	WU YI YIN	K2357	WU YI YING		
K1403	TSUN TIN WAN TIFFANY	K1523	TSUNG TSZ WAI	K1642	WONG FUNG	K1761	LIU YAN CHU	K1880	HOI YAN HU	K1999	HOI YAN HU	K2118	YUAN SHAN H	K2238	WU YI YIN	K2358	WU YI YING		
K1404	LUTSCEWAN PRUDENCE	K1524	TSUNG TSZ WAI	K1643	WONG FUNG	K1762	LIU YAN CHU	K1881	HOI YAN HU	K2000	HOI YAN HU	K2119	YUAN SHAN H	K2239	WU YI YIN	K2359	WU YI YING		
K1405	WOO CHANTELL ON CHEE	K1525	TSUNG TSZ WAI	K1644	WONG FUNG	K1763	LIU YAN CHU	K1882	HOI YAN HU	K2001	HOI YAN HU	K2120	YUAN SHAN H	K2240					

十公里參賽者名單

10KM Participants List

No.	Name	號碼	姓名	No.	Name	號碼	姓名	No.	Name	號碼	姓名	No.	Name	號碼	姓名	No.	Name	號碼	姓名	No.	Name
K4559	LO KA WAI	K4678	HO KI HEIN	K4798	LAM CHAK SING MATTHEW	K4917	CHAN ENITE TONY	K5036	NG HO HIN VIN	K5155	NG HO YIN	K5274	WONG SZE KAI	K5393	LAM CHUN KI	K5512	LEUNG SIU CHU				
K4560	LAW HEI WAI	K4679	CHOI YAN KIT	K4799	CHAN CHUN HEI	K4918	WONG YIM FAN	K5037	HUANG HOK HOI	K5156	CHEUNG KA KING	K5275	LEE MING YEUNG	K5394	LI YAT HEI	K5513	CHAN SYLVIA				
K4561	WONG HOI FUNG	K4680	LAM CHEUK KIT	K4800	CHAN ANDREW	K4919	WAN TIN SHING	K5038	LAW WING TAT	K5157	YIP CHUNG HIN	K5276	CHA WI LOK	K5395	TAM LIK WAI	K5514	TSE CHRISTINE				
K4562	LEUNG CHEUK WAH	K4681	NG WING HO	K4801	LAM ANDREW	K4920	LAM KA HO	K5039	FUNG YEE SANG	K5158	LEUNG KAI SHU	K5277	QIAN KUN	K5396	WONG SIU YUK	K5515	MIMI MEI WAH KWOK				
K4563	CHENG TZU CHUN	K4682	WONG ROBIN	K4802	LAI KWAN SHING	K4921	FUNG CHEUK HIN	K5040	LEUNG HOI PONG	K5159	POON KEWIN YIN HANG	K5278	MO YU CHUNG	K5397	MAN YUE WA	K5516	NG MEE SHAN MICHELLE				
K4564	TSANG CHUN FUNG	K4683	CAO JIAXIN	K4803	LEUNG KWAN YAT	K4922	SHAM HO LONG	K5041	YAN CHUN HIN	K5160	WONGALEXANDER LEK	K5279	HO TSZ HANG	K5398	LAU JANE	K5517	CHEUNG MELISSA				
K4565	YEUNG HO FUNG	K4684	WAN CHUN KIT	K4804	CHAN WAY IN	K4923	LUI MING YUEN	K5042	YIP MAN CHI	K5161	POON SAI WANG	K5280	SATUOV NURZHAN	K5399	NANDWANI VUJAY JULIE	K5518	LEUNG YIN FONG				
K4566	KELVIN LEUNG	K4685	LAU KA YUNG	K4805	LEUNG CHI HANG	K4924	CHAU MING HIM	K5043	CHAN CHUN LEONG	K5162	CHOW YUK HUEN	K5281	CHOW HO MING	K5400	WONG KA YAN	K5519	CHU WING SUET				
K4567	LEUNG KA KIT	K4686	CHUN SUI HANG	K4806	CHEUNG WAH HO	K4925	LIU TSZ HO	K5044	WONG WAI MING	K5163	CHENG HO KIN	K5282	LEUNG CHUN YEUNG	K5401	TSANG JACKIE	K5520	YU PU MAN				
K4568	LI WAN HIN	K4687	FUNG YIU TUNG	K4807	WONG PUTAI KAK	K4926	LAU CHUN HO	K5045	TAM CHI WING	K5164	WONG KA CHI	K5283	NG TSUN NAM	K5402	MAK WING SZE	K5521	LO PING FUNG				
K4569	CHEUNG HON WA	K4688	FONG HAK SUN PHILMON	K4808	TOO TSZ HIN	K4927	SHUM WAI PAN ERIC	K5046	MUI KA HEI	K5165	MAN HO LAI HILARY	K5284	LAI BIK YUK	K5403	LAI BIK YUK	K5522	CHEUNG CHOK FONG				
K4570	CHAN KA WAI	K4689	CHAN YING HO ALAM	K4809	LOW WAI KONG	K4928	LEUNG TSZYUEN	K5047	LUU KA MING RAYMOND	K5166	CHEUNG WAH KIN	K5285	TSANG YIN LUNG	K5404	LAU JESS	K5523	HSU CHUN MEI				
K4571	WANG DI	K4690	TSANG KA CHUN	K4810	LEE MING YEUNG	K4929	WONG HU CHUN	K5048	LEUNG YING KIT	K5167	LEE HENRY	K5286	MAN WAI TAT	K5405	LIANG WANNIN IVY	K5524	CHAN YIN				
K4572	QIN HONGDONG	K4691	XIE ZHIMING	K4811	CHAN CHAN FA	K4930	LUO HAOPENG	K5049	TSUI SUI FAI	K5168	CHOW CHUN KIT JACKY	K5287	KO CHUN MING DARRIS	K5406	CHAN SHARON	K5525	HONG KA FARI				
K4573	LIN ZHOUCHEI	K4692	NGAI FUSHING	K4812	CHAN WING FA	K4931	YIM TO HO	K5050	LEE WING HONG	K5169	CHENG YU LIN	K5288	CHENG MAN HON	K5407	NGAN HO YAN	K5526	CHEW HING SHAN				
K4574	WU KWOK PO	K4693	LAU TSZ FUNG	K4813	PAK LING	K4932	YAN CHING YIN	K5051	LO KENNY	K5170	YAU MING YIN	K5289	LEUNG TSZ FUNG	K5408	WONG MAN LING	K5527	CHEUNG TAT MING ERIC				
K4575	MAK KWINS LAAM	K4694	DONGPOASTROW WAN	K4814	LEUNG HOT TSUN	K4933	CHASSRAWU SJWEJAN PIERRE	K5052	ZENG QIOLONG	K5171	LEUNG ON KIT	K5290	CHAN CHU LIU	K5409	TSOI PU WAH	K5528	LEW WILSON				
K4576	LEUNG YUN HUNG	K4695	CHUNG WAI KIT	K4815	LEUNG CHUN HO	K4934	PALLERA GIAN CARLO	K5053	KAM WING LOK	K5172	NG DIN HEI	K5291	CHUNG MAN IP	K5410	SYE GERALDINE	K5529	BULLOCK PETER				
K4577	CHAN CHAY YAN	K4696	LEUNG MAU KUN	K4816	CHAN TSAN KWAN	K4935	LEE CHU YAN	K5054	CHOW CHUN SHING	K5173	YANG KA CHUN	K5292	WONG KWUN HO	K5411	CHENG WING	K5530	LEE LEE TING				
K4578	NG KAM TAT	K4697	HO YAT CHEONG	K4817	YAN WING HO	K4936	YIP HUFUNG	K5055	MA MAN PONG	K5174	LAU SHEUNG SHUN	K5293	NG SZE LONG	K5412	FUNG KAY AN	K5531	CHEUNG TERENCE				
K4579	PUNT TSZ HONG	K4698	YAU KWOK SHUI	K4818	YAN KA HO	K4937	YIM CHUN SING	K5056	LAU MAN KIN	K5175	HUI TSZ YEUNG JAMES	K5294	LAU SAU CHAK	K5413	KEBELEY JAMIE	K5532	KWOK SHU KEUNG				
K4580	LAU TSZ CHUNG	K4699	WANG ZITONG	K4819	WONG PAK HEI	K4938	WEY KA CHUN	K5057	LAU MO HIN	K5176	LIU KIM TUNG	K5295	CHAN CHU HEI	K5414	WAN TSZ MAN	K5533	WONG HUA HAN				
K4581	CHEUNG KWOK CHIU	K4700	LYU WENSHEN	K4820	PAK LAM PIK	K4939	NG TIK WAI	K5058	SIT YAN HON	K5177	KEUNG MUN KUEN	K5296	TAO CHI KWAN	K5415	TEAR LEONIE	K5534	WONG HUNG HAN				
K4582	KO TSZ BIU	K4701	NG CHI HIN	K4821	CHING TAK HON	K4940	LIU ZHYUAN	K5059	WU HAU KUEN	K5178	LEITS TZU CHUNG	K5297	MOK SIU TO	K5409	NG WAI MAN NATALIE	K5535	YIP CHUNG LUNG				
K4583	CHOW DOUGLAS	K4702	CHEUNG YI WAN	K4822	HUANG GUOCONG	K4941	LAU KAM WAH	K5060	AU YEHUNG CHUN HONG	K5179	CHAN CHUNG HONG	K5298	FAN SIU HIN	K5417	WOON DIANA	K5536	O'REILLY KEVIN				
K4584	LAU CHUN KUEN	K4703	LIU YU-WOO GARRY	K4823	AU KIM LEONG	K4942	KAN WAI MING	K5061	LAU PHILLIP	K5180	WANG ZXINH	K5299	LEUNG CHAK KIN	K5418	WONG LAP KWAN	K5537	WONG YUK LEUNG				
K4585	CHAN CHUN WAI	K4704	WONG SA PANG	K4824	NG SUEN HO GARY	K4943	REN WEI HSIAO	K5062	WONG CHI LOK	K5181	CHENG BONG CHING DENNIS	K5300	LAU HO FUNG	K5419	CHOW ALICE	K5538	HWANG BOON GHEE				
K4586	FONG WAI KIT	K4705	WONG CHU MAN	K4825	LIU WAI HIN	K4944	CHEN KENG CHU	K5063	PAK TAU KIT	K5182	LEE HO LEUNG	K5301	YOUNG CHUN HIN	K5420	KWAN YANG	K5539	WONG TSAN				
K4587	MCLINTOCK PETER	K4706	LEUNG CHUN KIT	K4826	MAK LOKTING	K4945	CHAN CHONG HAN JASON	K5064	WAN HUI KIT	K5183	LAM SE HO	K5302	HUI CHU FUNG	K5421	LEUNG HING CHING	K5540	TAO HARRY				
K4588	LIU TSZ SIN JAMES	K4707	TSU MAN TO	K4827	BAKAR NIU MAMBARIN	K4946	TAI FRANK	K5065	TAM HONG TING	K5184	PAK LAU PAK KA	K5303	SHUM SUF FUNG	K5422	YUEN JAMMIE	K5541	CHUNG CHEE YIM				
K4589	POON LONG HIN	K4708	POON CHU LAM	K4828	SO CHI WAI	K4947	PAK LING	K5066	WAT TSZ HO	K5185	LIU HIN HO	K5304	TSANG CHI PING	K5423	KWAN HELEN	K5542	LEE LAP MAN				
K4590	POON LONG YIN	K4709	WAM WAI CHUN	K4829	CHOU CHING CHRISTOPHER	K4948	FOO XIANG FENG	K5067	YAM YUAN MERTON	K5186	TAM YAU CHEONG	K5305	WAN CHOU KUH	K5424	LAU CHAU MEI	K5543	WORTLEY STEPHEN				
K4591	CHEUNG TSZ HO	K4710	CHOI KA CHUN	K4830	LEE HO YIN	K4949	CHEUNG TUNG FUNG	K5068	WU TSZ TUNG	K5187	LAU TSZ HUM	K5306	CHUNG CHI YEUNG	K5425	KWAN YAN KWOK	K5544	FERRARONI IVAN				
K4592	KOO MAN HO	K4711	LO HO TIN	K4831	CHAN SIU FUNG	K4950	YUNG TSZ HIN	K5069	LAU CHUNG NAM STEVE	K5188	CHENG YAN KIT NIXON	K5307	WONG CHENG MOH MOEL	K5426	YAN LAU YAMIE	K5545	LE BRETON THERRY				
K4593	TSANG TSZ HUNG	K4712	HO YUN WAI	K4832	YUNG LOK TIN	K4951	CHEUNG HOI YU	K5070	KO HO KANG	K5189	CHAN SZE CHIU	K5308	CHAN SZE CHIU	K5427	CHAN HOI TING	K5546	LEI MEL				
K4594	TSE CHUN KIT	K4713	SIT LONG PING	K4833	YUNG HO TIN	K4952	CHAN MAN CHUN	K5071	WONG KA WING	K5190	CHAN CHI KIN	K5309	LAM CHI FAT	K5428	LEE KAN	K5547	IP KAR SHUN SIMON				
K4595	TANG SIU TAI	K4714	CHOW SING HO	K4834	MATSZ FUNG	K4953	CHAN CHUN KUEN	K5072	TAM JOY MAN JONATHAN	K5191	MAK YING KIT	K5310	LO MING YU	K5429	KAR SHUN SIMON	K5548	WAN MAN FAI				
K4596	PANG CHI KIT	K4715	CHONG TAI WAI	K4835	LIU SE KIT	K4954	CHAN KOK HANG	K5073	CHAN CHUN LUN	K5192	LO SING YU	K5311	MAGNUS JAI RICHARD LANTAO	K5430	CHEN XIU ZHU	K5549	WAN MAN FAI				
K4597	LEE KING LAM	K4716	WONG EDMOND	K4836	TAM TSZ KIT	K4955	LEUNG TAI MAN	K5074	LEUNG CHUN TING	K5193	LEE CHUN TING	K5312	LIU HAILONG	K5431	JUANIC WINNER RAMOS	K5550	TAM YAT MING ANDREW				
K4598	NG YU KIU	K4717	PANG CHIN CHING	K4837	WAN TSZ KIT	K4956	LEUNG TAI HAN	K5075	LAU CHUN WAI	K5194	LEUNG TSE HO JASON	K5313	LIU HAILONG	K5432	CHENG WING YUN	K5551	FANG FANG				
K4599	CHAN YAT HIN	K4718	CHAN HEI YEUNG	K4838	ZAKARIA AHMAD	K4957	CHENG KAM KIT	K5076	MING WAI PAN	K5195	LEE MING KONG	K5314	YUEN KING LEONG	K5433	HON LILIAN	K5552	TO IN HUNG				
K4600	CHENG HOI FUNG	K4719	HO CHU KWAH	K4839	SANNAHANIE	K4958	YUEN HO WING	K5077	WING LOK YIN	K5196	WING CHUNG MICH	K5315	CHENG HUNG MOH	K5434	LAU MAN LING	K5553	CHUNG MING SANG				
K4601	NG SHENG HUNG WILLIAM	K4720	PAN JAHAO	K4840	LEUNG HO IUNG	K4959	YUEN HO WING	K5078	LUU SHU YAN	K5197	NG WING KEUNG	K5316	CHUNG FAT YIN	K5435	YING KIN MAK	K5554	CHAN YING WAI				
K4602	LEUNG TSZ KIN	K4721	KWONG MING SUN	K4841	MARZLIN MOHD	K4960	MO CHING TAK	K5079	CHAN CHU KEUNG	K5198	YUEN HO YING	K5317	WING NAM KIN	K5436	HUAI HAN FUK	K5555	HO KAM FAI				
K4603	LOU CHUN LEUNG	K4722	CHU KWOK LEUNG	K4842	MASLIZUN KHALIL	K4961	PAK CHUN KIT	K5080	PAK CHUN KIT	K5199	CHENG CHUAN KIN	K5318	WU CHANG CHU	K5437	WING NAM KIN	K5556	HO KAM FANG				
K4604	CHUNG FUNG BARBANAS	K4723	WAN TSZ KIN	K4843	PAK CHUAN KIT	K4962	PAK CHUAN KIT	K5081	PAK CHUAN KIT	K5200	PAK CHUAN KIT	K5319	WU CHANG CHU	K5438	WU CHANG CHU	K5557	WU CHANG CHU				
K4605	AI CHUN WAI	K4724	WAN TSZ KIN	K4844	PAK CHUAN KIT	K4963	PAK CHUAN KIT	K5082	PAK CHUAN KIT	K5201	PAK CHUAN KIT	K5320	PAK CHUAN KIT	K5439	WU CHANG CHU	K5558	WU CHANG CHU				
K4606	CHUNG YUEN	K4725	PAK CHUAN KIT	K4845	PAK CHUAN KIT	K4964	PAK CHUAN KIT	K5083	PAK CHUAN KIT	K5202	PAK CHUAN KIT	K5321	PAK CHUAN KIT	K5440	WU CHANG CHU	K5559	WU CHANG CHU				
K4607	LEUNG YUN HUNG	K4726	PAK CHUAN KIT	K4846	PAK CHUAN KIT	K4965	PAK CHUAN KIT	K5084	PAK CHUAN KIT	K5203	PAK CHUAN KIT	K5322	PAK CHUAN KIT	K5441	WU CHANG CHU	K5560	WU CHANG CHU				
K4608	LUK CHUAN KUAN	K4727	PAK CHUAN KIT	K4847	PAK CHUAN KIT	K4966	PAK CHUAN KIT	K5085	PAK CHUAN KIT	K5204	PAK CHUAN KIT	K5323	PAK CHUAN KIT	K5442	WU CHANG CHU	K5561	WU CHANG CHU				
K4609	LAU CHUAN KUAN	K4728	PAK CHUAN KIT	K4848	PAK CHUAN KIT	K4967	PAK CHUAN KIT	K5086	PAK CHUAN KIT	K5205	PAK CHUAN KIT	K5324	PAK CHUAN KIT	K5443	WU CHANG CHU	K5562	WU CHANG CHU				
K4610	LAU CHUAN KUAN	K4729	PAK CHUAN KIT	K4849	PAK CHUAN KIT	K4968	PAK CHUAN KIT	K5087	PAK CHUAN KIT	K5206	PAK CHUAN KIT	K5325	PAK CHUAN KIT	K5444	WU CHANG CHU	K5563	WU CHANG CHU				
K4611	LAU CHUAN KUAN	K4730	PAK CHUAN KIT	K4850	PAK CHUAN KIT	K4969	PAK CHUAN KIT	K5088	PAK CHUAN KIT	K5207	PAK CHUAN KIT	K5326	PAK CHUAN KIT	K5445	WU CHANG CHU	K5564	WU CHANG CHU				
K4612	LEUNG CHUAN KUAN	K4731	PAK CHUAN KIT	K4851	PAK CHUAN KIT	K4970	PAK CHUAN KIT	K5089	PAK CHUAN KIT	K5208	PAK CHUAN KIT	K5327	PAK CHUAN KIT	K5446	WU CHANG CHU	K5565	WU CHANG CHU				

十公里參賽者名單

10KM Participants List

No. Name	號碼 姓名	No. Name	號碼 姓名	No. Name	號碼 姓名	No. Name	號碼 姓名	No. Name	號碼 姓名
K5631 LUI HU NI KARIN	M0037 LEUNG LOK TING	M0156 SUEN LAI SHEUNG	M0275 CHAN WAI HUNG	M0394 HO PUI CHUN	M0513 WONG YUEN KI	M0632 LEE MAN KI	M0751 LATUNG CHAN	M0870 CHUNG WING LEON KENNETH	
K5632 WONG HU YING	M0038 CHAN YUN SHAN	M0157 WONG NGA LAU	M0276 LAU SHUK HA ROSE	M0395 AU SUI MEI POLLY	M0633 CHAU WING CHI	M0752 YEUNG FUNG KAN	M0871 LEE WING HONG		
K5633 WONG PONI	M0039 SUI LAI YIN	M0158 LEE WAN SHAN	M0277 HUI TING TING KITTY	M0396 WONG KA WAI	M0634 CHENG WING SHAN	M0753 HUNG YU	M0872 TSE KAR CHUNG		
K5634 TSE TSZ FUNG	M0040 CHAN KAY KAN	M0159 SO LAI HING	M0278 LUWAI WING	M0397 LEUNG YUK LAN	M0635 CHU WING CHI	M0754 LEE MING YAN	M0873 POON KENNETH KA CHAI		
K5635 HO CINDY	M0041 TSUI KAY KAN	M0160 CHE PU LUJU	M0279 YAM SUK YEE CECILIA	M0398 NG MEI LING	M0637 YAU ON KI	M0755 LAW HOI YING	M0874 YU SUN WAH		
K5636 HUNG LOK GI RACHEL	M0042 TSANG KA LEI CARRIE	M0161 CHOW PU YEE	M0280 LO PUI HAR	M0399 LIN KIT FAN ROSANNA	M0638 HO CHING NGOR	M0756 TSANG HOI TING	M0875 WU WING CHUEN		
K5637 MAN SU KWAN TAMMY	M0043 FUNG JUNE	M0162 YEUNG SUK FAN	M0281 NG YUN YUN	M0400 CHIANG CHAU YIN	M0639 HO CHING KAI LAI	M0757 LAU HEI YU	M0876 HO CHI WAI DAVID		
K5638 KWOK LING YEE	M0044 WONG KA LEE	M0163 LEEM YIEH SHEUNG	M0282 LAW TAN FUNG	M0401 HUANG JIAN	M0640 CHAN WAY IN	M0758 CHAN ERICA	M0877 KWAN WING HSU KEAN SHAW		
K5639 TSE NGI CHA	M0045 LO SAU CHU	M0164 NG WAI CHU	M0283 SIN WAI KIT	M0402 LEE KAM CHU	M0641 WONG WING YAN	M0759 TANG LAP YING	M0878 LO WING KEI		
K5640 PANG KIT YAN	M0046 HO EN JIAN	M0165 CHENG CHUNG HA	M0284 HO MEI LING ANGEL	M0403 WONG CELIA	M0642 WONG YUEN YI	M0760 TAM KA MING	M0879 CHAN CHI KIN		
K5641 LAU CHIN CHING	M0047 MAK SAU WAI	M0166 CHIN SZEE WEE	M0285 LEW WLWAN	M0404 KAREN KHO	M0643 WONG SUI MAN	M0761 TONG MAN TING ANGEL	M0880 HAU KA HAU		
K5642 LEE WING SUM	M0048 WAN CHING MAN	M0167 CHEUNG SUET LAU	M0286 CHENG YEH KIM WO DOROTHY	M0405 LO WING SEE WENDY	M0644 NG SHEUNG TSZ	M0762 LIN WING YEE	M0881 NG WING SANG		
K5643 CHAN WING YIN	M0049 LI ZHAO	M0168 WANG WAYAN	M0287 CHENG OI CHUN	M0406 TANG KIT CHUN	M0645 SHEK LING YAN	M0763 FUNG SHUK WA	M0882 CHOI WING HON		
K5644 WONG ROBERTA	M0050 LAU MEI WAH	M0169 LEU YUET MUI	M0288 CHENG LING MEE	M0407 LEUNG CHUEN HO	M0646 CHAN MAN WA	M0764 TUNG PAK WA	M0883 LEE DA MANG		
K5645 CHAN PO YEE	M0051 CHEUNG MING FUNG	M0170 YUNG MIAU MORAINA	M0289 FUNG FUNG PING	M0408 LEUNG CHI SAN CANDY	M0647 CHAN HUWY	M0765 MA KIT YEE	M0884 SIU YAN MAN		
K5646 LAM YUK LUI FLIONA	M0052 KAN CHUNG YAN	M0171 LAM CHUNG NGA	M0290 CHU PUI LAN	M0409 FUNG MARY WEY WENDY	M0648 CHAN YAN SIN	M0766 WONG KAI KU LAUREL	M0885 DO KA KUEN		
K5647 SANG KAM LO	M0053 AU YEE YEE	M0172 CHU KWAN HUAN	M0291 CHAN WLWING	M0410 TSE PO YEE	M0649 SHUM SIU KWAN ELLA	M0767 YUEN WING TUNG	M0886 LAU PO YAM		
K5648 CHAN KARY	M0054 YU KAM YING	M0173 WONG SUK YIN	M0292 CHAN CHI HAN	M0411 CHOW WLWAN	M0650 YAN PIK	M0768 TSOU MIAO YI	M0887 CHEUNG PKW KAVINTEN		
K5649 CHENG HOI TING	M0055 WONG KWAN SUNG	M0174 YM PIK WUAN	M0293 WONG SHU WLWAI	M0412 CHU PO LIN	M0651 YAM YUEN WAH	M0769 CHAN WAN CHING	M0888 FONG HING HELLO		
K5650 CHONG SALLY	M0056 TSE SZE LOK	M0175 MAN SHU KYIN	M0294 LAW WAI FUN	M0413 LAM LAYU	M0652 FONG MAN YAT	M0770 YUEN KIN YAN	M0889 WAI KIN RICKY CHOW		
K5651 YIU YIQI	M0057 CHU CHUN	M0176 LUI PIU LAM	M0295 SHUA YUKE YEE	M0414 TSE SHUK FAN FANNY	M0653 LAAU CHO KWAN	M0771 CHOW WING TUNG	M0890 MAK CHI WA		
K5652 SUN VICTORIA	M0058 CHAU LAI KWAN	M0177 CHAN WIVAN	M0296 SHUW SYU IK	M0415 LAM TAN SUM	M0654 XIU SI BAU	M0772 YIU LAI IP	M0891 LWI WAI CHENG PETER		
K5653 LIT LOOK YI	M0059 LUX WING CHI	M0178 TSE WING SHAN	M0297 FUNG SIN NEI	M0416 CHANG KWAI BIN	M0655 FUNG TSZ CHING	M0773 AU HOK GWAN	M0892 CHAU HON WING		
K5654 TSE NGI YING	M0060 PUN KWAI YUET	M0179 LIN YIYU	M0298 HUI MEI CHU	M0417 WONG YAT SIN	M0656 CHAN HU SHAN	M0774 WONG KWAI TAU	M0893 NAM ROCK		
K5655 JIAYIN ZHAO	M0061 NG TSZ YAN	M0180 YONG YUK LAN	M0299 CHAN YUEN XEE	M0418 CHU HUNG	M0657 CHAN YUEN GEMMY	M0775 CHAN KIN CHING	M0894 CHAN CHI TAT		
K5656 TSE SU KAM	M0062 MA HO YING	M0181 CHEUNG MAN YEE	M0300 TAN OF FAN	M0419 YICK SHUK HAN	M0658 CHAN CHAU HUA	M0776 YU CHING LAU	M0895 PANG KA WAI TIMOTHY		
K5657 WAN KI CHEUNG	M0063 HO CHING MAN	M0182 LUI WAN YIM	M0301 CHAN KA LAI CARLY	M0420 WAN WAI KWAN	M0659 WONG MAN TING	M0777 LEE YUK YIN	M0896 KWAN WING HANG		
K5658 KWOK LAM YAN KAREN	M0064 LAM CHU YII	M0183 CHEUNG HU FONG	M0302 KUO EMILY	M0421 WONG LOK MAN	M0660 CHI LIOY CHI	M0778 MAK PU LING	M0897 CHAU KIN CHOY		
K5659 SANJANI SURAJ	M0065 YAU SUET FAN	M0184 CHENG SZEE MAN	M0303 YAN OI LING	M0422 AU SAU HAN SAMANTHA	M0661 CHAN TIN YAN ADA	M0779 LEE WING SZE	M0898 HU MAN WAI		
K5660 LEUNG LAURANCE	M0066 KUO MEI LING	M0185 YEUNG YUEN SHAN	M0304 LAW YUN HUNG	M0423 LI MUD FONG	M0662 CHOK HOI CHING	M0780 SO PU TING	M0899 KWAN ITT KUEN		
K5661 CHIU MARCO	M0067 WONG TAK YUNG JOY	M0186 LEE LAI KA	M0305 CHAN YUEN HO	M0424 LEUNG YUAN YEE	M0663 SIN LAI FAN	M0781 LAM LOK YI	M0900 WONG SIU FAI		
K5662 HO JEFFREY	M0068 LEUNG SHAO SHENG	M0187 LEUNG PO YEE	M0306 NG MILYEY	M0425 MA WAN SHAN HEIDI	M0664 WONG PEI YEE	M0782 CHAN SZE YAN	M0901 NGAN SZE YIN		
K5663 CHENG HING WONG	M0069 CHAN KAR YEY CATHERINE	M0188 SUN TSZ YING	M0307 CHOW CHAN SUK YIN	M0426 FU SAI KUN DE YU	M0665 LOK KAY KAN	M0783 CHENG HUI YI	M0902 LEUNG TUNG CHOI		
K5664 CHAN KAM LUNG	M0070 LAU WAI YEE	M0189 TAM HUAYAN	M0308 HU SINNIE	M0427 WONG YUK CHING	M0666 LI QINGXIA	M0784 LAU SUET YING	M0903 CHENG CHUAN LUN RONALD		
K5665 KWOK TUNG WONG	M0071 YUN TAK WING WENDY	M0190 CHEUNG HO YU	M0309 LEUNG CHU LIN	M0428 FUKUDA ERA	M0667 PUN CHU YU	M0785 KONG PAK WA	M0904 WONG SHIN JU STANY		
K5666 LEE YIP HANG	M0072 TAD YIK YAN	M0191 HONG WAI YAN	M0310 LUI PU JUSTINE	M0429 YEUNG WAI YEE	M0668 HUANG TAI MICHELLE	M0786 NGO WAN CHI	M0905 CHAU TAK CHEONG		
K5667 XIAO CHENGLE	M0073 YIP WAI YING	M0192 LAO WAI MELINDA	M0311 CHAN MIU SHU VANESSA	M0430 YU SIU YIN	M0669 MEH YUNING	M0787 KWOK SHUK MAN	M0906 LO CHUNG KIN		
K5668 MYMRENIKO SERHII	M0074 WONG KIN MAN	M0193 LYI YOUN	M0312 CHAN YUKE YEE	M0431 CHAN SU TSL LUN	M0670 LIOU MAN SHAN	M0788 CHENG MAM YU MIREL	M0907 LUI HUTUNG COLIN		
K5669 CHEH JONATHAN	M0075 CHAN MIU KUEN	M0194 CHOI MAN KEE	M0313 PIR NANCY	M0432 CHUNG WLWAN KATHY	M0671 CHENG LING CHEE YEE	M0789 LI ELENA TARWIN	M0908 LAM DING WANG		
K5670 NG CHEUK YIN	M0076 ZHENGHWONG WANG	M0195 CHENG WU NAME	M0314 SUN MO HA	M0433 LUI FUNG KU	M0672 HUANG CHUAN JANICE	M0790 TSE CHEUK TUNG	M0909 LAU SAU CHI		
K5671 CHEUNG ANSON	M0077 CHEUNG WAI MAN	M0196 YAU CHI YAU	M0315 CHEUNG WING YAN	M0434 CHEUNG SUI LUNG	M0673 TSE CHU SHAN	M0791 TSOI SEZ WING	M0910 CHENG CHUN HUNG		
K5672 CHOW HO YIN	M0078 SSE ZEE WAT FIONA	M0197 LEUNG CHING YAN	M0316 TSING MEI WEN	M0435 CHAU YUK SIM	M0674 HUANG WADALEAD SO	M0792 LO YUEN YING	M0911 HO YUNG PANG JOHNSON		
K5673 TONG NEVILLE	M0079 LAU KIT WA	M0198 WAN WLWAI	M0317 WONG HU YAM	M0436 LEUNG CHU	M0675 HONG FONG YING	M0793 LEE HON YING	M0912 HUNG HING KIT KEITH		
K5674 FRAN CHAN	M0080 MA CHI MAN	M0199 LIAU NU	M0318 CHEUNG YIN MEI	M0437 HO MAN YEE PORTIA	M0676 LEUNG CHU YU MUI	M0794 CHENG HAU TUNG	M0913 MEI HUNG KUAI SERGEANT		
K5675 CHAN CHI CHUN	M0081 CHENG SOO PING	M0200 OR YUING COOKIE	M0319 WAN PO YING	M0438 CHAN SU LAI SHIRLEY	M0677 HAU CHUAN KAN	M0795 LUK CHUI YEE	M0914 CHOI HON WAI ALLEN		
K5676 MA WALLACE	M0082 IP CHUNG YAN	M0201 LEUNG WAI SHAN	M0320 LEUNG WLWAN	M0439 HO MAN YEE	M0678 CHAN SIN LUNG	M0796 LEUNG SUK YI	M0915 LEE SUM YIU		
K5677 LEUNG TSZ CHUN	M0083 CHAN KAM CHU	M0202 HU PYI YUN	M0321 SUN MO I	M0440 MA LAI WA	M0679 CHENG TSZ CHING	M0797 CHENG WING SHAN KELLY	M0916 WONG KANG SHAN		
K5678 WONG HONG LAM	M0084 LO YUEN YIU	M0203 LEUNG KIM MING	M0322 POAN MUN CHI	M0441 LEE PUI YAN PAULINE	M0680 CHU SHU SHAN	M0798 LO HU TUNG	M0917 LAM KAI YUK		
K5679 CHOW CHI TO	M0085 SOO SOK IN	M0204 LAM SHUW YHLIR	M0323 CHEUNG LAI BING	M0442 WONG LAM LAI	M0681 WONG PUI LUN	M0799 LAU HOI KI	M0918 WAI KAM PANG		
K5680 LAM PING YU	M0086 MAK YAN KAH	M0205 CHEUNG KAM YEE	M0324 WONG HU TUNG	M0443 WONG DINA FUNG YEE	M0682 LILIANNE GI MING	M0800 YEUNG NGAT TING	M0919 TO CHI KWAN		
K5681 YU KING FAU	M0087 CHAN KAMTING LOTUS	M0206 KI LAI KA WU	M0325 WONG CHUN WA	M0444 FONG WUH HANG	M0683 PUN TSZ LUN	M0801 WANG YUQING	M0920 MING CHU EDWIN		
K5682 LAU WAI KI	M0088 CHAN JING HU	M0207 FUNG TSUH HAN SHARON	M0326 CHU SIN YU CHRISTINE	M0445 HU CHU YU	M0684 CHUNG KAM NGA	M0802 CHUNG PUJING	M0921 CHENG CHI FAI		
K5683 CHONG KWAN LOK	M0089 SHUM MEI KUEN JUAN	M0208 LEUNG WING YI	M0327 CHUNG WLWEE SALINA	M0446 LAM YUEN YEE	M0685 CHUN YAN PING	M0803 SO KAI KWAN	M0922 CHEN YIQIN		
K5684 CHOI HOONG CHUN	M0090 CHOW YUET MUI	M0209 LAU KITSUM	M0328 LEE SUH LUN	M0447 WONG SAU PING	M0686 AJ YEUNG WING HAN	M0804 ZHANG XINYI	M0923 KUNG KAM TAI		
K5685 YIK LAI CHUNG	M0091 WONG PRISCILLA	M0210 CHAN DI DULCIE	M0329 TO CHIKING	M0448 CHAN SUA WAI	M0687 WONG PO CHU	M0805 WONG LEE PING	M0924 WONG SHING RO EDWARD		
K5686 CHAN KELI LAM	M0092 TANG JANE	M0211 LEUNG WAI YING	M0330 TAM KAYAN	M0449 FONG PIKA	M0688 KWAN MAN YEE	M0806 CHIN PYUEE JACQUELINE	M0925 TAN EDMOND		
K5687 CHANTS TSZ FUNG	M0093 CHAN KA HEI	M0212 NG TUNG LING	M0331 CHANG YENNIN	M0450 CHAN WING SHAN	M0689 WONG TSZ LUNG GLORIA	M0807 CHAN LAI PING	M0926 WAI MING ELVIN		
K5688 CHAU KA LAM	M0094 LAU WUN TAU	M0213 CHOW SHUK KAM	M0332 CHAN LAI LIN	M0451 YU SIU MUI	M0690 WING MEI YU	M0808 SHU HO CHING JACQUELINE	M0927 WONG SHU HANG		
K5689 LEE KA HO	M0095 KONG MAN YEE	M0214 TANG YUN TING ANITA	M0333 LEU YUNG KUNG	M0452 CHAN PIU YU	M0691 CHAN KWAN YING	M0809 WAN SZE YAN	M0928 TONG KUNG EDWIN		
K5690 WAN CHAK MAN	M0096 CHEUNG KEE MIT MAN	M0215 TO MAKIO	M0334 KWONG TAK WAI	M0453 CHU MAY YIN	M0692 CHAN LUI YAN	M0810 NAM CARMEN	M0929 WONG PIN KUEN		
K5691 FAN SHENG HEI	M0097 CHAN YAM MAN	M0216 MOONJANG KITTAPORN	M0335 CHEUK KU	M0454 CHUNG YI HA	M0693 CHAN WING YI	M0811 WAI KIN LI	M0930 CHENG TZUH HEE JEFFREY		
K5692 SOCHI FUNG IVAN	M0098 LEE SAU SHAN	M0217 TAM WING MAN	M0336 KONG SANDY HU KWAN	M0455 CHOY MIU YI	M0694 CHAN JESSICA EUGENIA	M0812 LEE YAN WA	M0931 LAI YING KEUNG		
K5693 ZHANG GORDON	M0099 WONG PUI YUE	M0218 CHOI WAI HUNG	M0337 SHEA YOKE LEEN	M0456 CHAN YAU SIN	M0695 FONG YING SUET	M0813 TSZ CHUN YEUNG	M0932 CHAN HO SHUN		
K5694 CHENG ANDRE	M0100 FUNG SUI KUEN	M0219 TANG WING KI	M0338 LEUNG YU AH WAMY	M0457 YAU ATCHARA	M0696 CHANG WING LAM	M0814 SIU WAH JUNG	M0933 KWAN CHUNG SUNNY		
K5695 LAM HO MING	M0101 WANG YINGLI	M0220 CHAN CHING MAN	M0339 POON YUH CHUN	M0458 LEUNG CHU LIN CANDICE	M0697 CHAN YUEN YING	M0815 NGAN SIU CHUNG	M0934 KWAN CHUNG SUNNY		
K5696 HAH HUAN YAN	M0102 YU SZE NGIA	M0221 LAM HO MAM	M0340 CHENG YIN FONG	M0459 LEE CHU LIN	M0698 CHUNG KAM NGA	M0816 LAM CLIFFORD	M0935 CHAN HUNG CHI EDDY		
K5697 WONG CHEUKTIN TIMOTHY	M0103 WONG CHING CHI	M0222 LEE JOH BEATRICE	M0341 LEUNG WING YAN	M0460 NG KWAI WAN ANGELA	M0699 NG MEI KIWAN NICOLE	M0817 WAI KIN LI	M0936 CHAN CHU HOI		
K5698 WONG CHI KEUNG	M0104 WUN CHI KUN	M0223 LEE JOY AGATHA	M0342 WONG YU KWAN	M0461 LEE PULING	M0700 LEE YIFAN	M0818 KWONG KWOK YIN	M0937 LAI CHU HING		
K5699 LO WAI TAT	M0105 NG WING YAN	M0224 YIP PUI	M0343 YIP PUI LING	M0462 LEE KAI LAI	M0701 LUI XIAO YUAN	M0819 CHAN KIN CHI	M0938 WONG CHAK LAM		
K5700 CHOI HU CHUN	M0106 KONG SIU LING	M0225 LEI CHU YUNG	M0344 HU LAI HAR	M0463 NGAN YAU KUNG	M0702 LIAU CHU YI	M0820 CHONG ALAN KIN LUN	M0939 WEN HC		
K5701 LO KA WAI	M0107 CHAN PU YUAN	M0226 YIP HUNG	M0345 YANG SAU MING	M0464 FUNG SAI YUNG	M0703 TSUANG PILL	M0821 PANG SAM	M0940 TSE TZS KEI		
K5702 TSANG HO PAN	M0108 LEE SAI YEE	M0227 CHAN HOI KAN	M0346 CHEUNG TSU SHAN	M0465 KU SUNG CHENG GLENDA	M0704 TEE SEE WAN CHERYL	M0822 LAM TING HO	M0941 MAM TING HO		
K5703 YEUNG SHING	M0109 CHUNG PO YING	M0228 SUEN CHI MAN	M0347 WONG CHIOLIN	M0466 KU HAU CHEUNG	M0705 HOI CHAU YEN	M0823 TSE KIP YEE	M0942 TSE KIP YEE		
K5704 TANG YU CHUNG	M0110 SO WAI SHAN	M0229 LAM HOI HOR	M0348 CHENG YIN FONG	M0467 LEE CHU LIN	M0706 CHAU KIP YEE	M0824 CHU HON PONG	M0943 TSANG SUI SHI		
K5705 HO KUN SHUN	M0111 TSANG PO LIN	M0230 LAU SUI YING	M0349 LEUNG CHU LIN	M0468 NG WAI PING CORHLA	M0707 LAM CHI KWAN	M0825 KWAI MAN CHUN	M0944 CHUNG WING LUNG		
K5706 PATEL ANISH	M0112 CHUANG KWAN SZE	M0231 WONG LAM HU	M0350 LEUNG CHU LIN	M0469 NG WAI HSU FEN	M0708 LEE CHU LIN	M0826 LEUNG CHUNG SHING	M0945 CHEUNG WING LUNG		
K5707 CHEUNG YUN	M0113 LEUNG YING YING	M0232 CHAN SUH YIN	M0351 CHUAN SZE YING	M0470 PAAU LIOU CHI	M0709 LAM CHI KWAN	M0827 CHUNG WING LUNG	M0946 CHAN CHI KUNG		
K5708 LEUNG SHING	M0114 LEE YUN ELAIS	M0233 CHU WING YAN	M0352 CHU WING YAN	M0471 CHAU YIP YEE	M0710 LAM CHI KWAN	M0828 CHUNG WING LUNG	M0947 WONG TAI MAN		
K5709 CHAN CHI YING	M0115 LEUNG YEE WENDY	M0234 LEE YUN ELAIS	M0353 CHU WING YAN	M0472 KWAH CHUAN	M0711 LAM CHI KWAN	M0829 YUNG SIU PONG	M0948 LEE HU NANG		
K5710 WANG LEE YEE	M0116 TSANG WU MAN	M0235 LEE YUN ELAIS	M0354 CHU WING YAN	M0473 CHU WING YAN	M0712 LAM CHI KWAN	M0830 YAU CHUNG KIN	M0949 AU YEUNG CHIN KI		
K5711 TSE LUI CHUH	M0117 CHU WING YEE	M0236 LEE YUN ELAIS	M0355 CHU WING YAN	M0474 CHU WING YEE	M0713 YIP CHU WING YEE	M0831 CHOW CHU HUU	M0950 CHAN TIN LONG		
K5712 WONG KA WAI	M0118 YAU YEE LEE	M0237 LAM CHI YU	M0356 CHU WING YAN	M0475 CHU WING YEE	M0714 YIP CHU WING YEE	M0832 LIAO JUAN SASON	M0951 WEN JAXIN		
K5713 LEE JET	M0119 WONG YING LING ELAINE	M0238 CHOW CHUNG YI CAROL	M0357 CHU WING YAN	M0476 HUI CHOI HAR	M0715 YU MS JENNY	M0833 AU CHI YAN RAYMOND	M0952 CHEUNG LONG FUNG		
K5701 LEE YU HEI	M0120 CHUANG KWAN SZE	M0239 CHAN HOI KAN	M0358 CHU WING YAN	M0477 LEUNG SUI ANNIE	M0716 ZHANG PEI LI	M0834 CHIU KAI CHEONG	M0953 LU FU CHEONG		
K5702 KWAH KWAN	M0121 LEONG SAU LAM	M0240 POON MAN YEE	M0359 CHU WING YAN	M0478 SO WAI BO	M0717 CHAN YUN YING	M0835 SHIU PO WAI	M0954 LU CHUN HUNG		
K5703 LIM AI WEI	M0122 WONG YING YAN	M0241 LIM AI WEI	M0360 CHU WING YAN	M0479 SIU PUI KA	M0718 CHAU YUN YING	M0836 LEUNG POU IAN	M0955 CHUNG WAI SANG		
K5704 WONG KAM FUNG	M0123 LIM AI WEI	M0242 CHAN CHING MAN	M0361 CHAN CHONG FONG	M0480 KWAH CHUAN LIN	M0719 CHAU YUN YING	M0			

十公里參賽者名單

10KM Participants List

No.	Name	號碼	姓名	No.	Name	號碼	姓名	No.	Name	號碼	姓名	No.	Name	號碼	姓名	No.	Name	號碼	姓名
M0987	KEUNG KWAN YIU	11284	TANG KA WAI CHERRY	M1403	LO LAI KWAN	11522	LEE RINA	M1641	TSUI HOK YUNG	1160	KUNG YU TAK	M1879	CHU LOK MAN	1198	LIN WAI KI CHERRY	M2117	LUK MEE YEE ANNIE		
M0988	CHING PAK HEI	11285	WU WING CHI BRANDA	M1404	WONG WING PO	11523	YU SIU FEI	M1642	LAM KO TING	1161	HO WING KEI VICKY	M1880	CHEUNG SAU YEE	1199	LIJANNA				
M0989	LAM HO MING	11286	PEE PUIE JANEET	M1405	KU PATRICIA HOI YAN	11524	LAO KIO LIN	M1643	XIE MIAN	1162	CHAK PU SZE	M1881	WING HAN TAI	1200	LAM KA WING				
M0990	CHAN YUEN YUEN	11287	KWAN YING VAN PHOEBE	M1406	LOW KIVING KA	11525	CHELUNG YU	M1644	YU YING	1163	SIL PU KI	M1882	CHAN CHING MAN	1201	LAM KIT WING HELEN				
M0991	WONG CHUN KIT	11288	TSUI WAY YAN	M1407	WONG MAN CHING	11526	LAW LAI KWAN	M1645	POON KA PO	1164	CHEUNG TIN LAI	M1883	FUNG WING YUNG	1202	LIN LIN				
M0992	KO MR CYRUS	11289	CHAN HOI TING	M1408	CHU CHUNG SEE	11527	SO TIN WAI KYNA	M1646	FENG SHUANG	1165	LEE WAI SHAN	M1884	MATSUSHITA EMI	1203	LAU WING CHEUNG				
M0993	CHUNG WAI CHENG	11290	HO SZ MAN	M1409	WONG CHING CHI	11528	HEUNG RYON	M1647	WONG MAN SZE CHERRY	1166	WU SO KING	M1885	WAN SUET PING	1204	KWOK WING YAN				
M0994	LUI PUI CHUN	11291	SIN TSZ MAN	M1410	KONG CHOU KUEN	11529	MORO SORADA	M1648	XIE SHANGYU	1167	TSANG WA YEE	M1886	MA KWAN WA	1205	YIU LAU MAN				
M0995	HUI WAI YING	11292	TSUI WING SHAN	M1411	CHU SIN CHUN RENE	11530	MAN CHIN WA MIRANDA	M1649	OWADA KAZUE	1168	MA SU YUNG	M1887	LAI YIN KEI LAI YIN KEI	1206	CHOW KA WING				
M0996	TSE KAR KIT	11293	HO PUI YAN BLANCHE	M1412	CHOW CHI YAN	11531	FUNG SUN ALICE	M1650	LEE HU MENG	1169	ZHANG MIN	M1888	DAI HAYAN	1207	LEUNG CHING YN JOSEPHINE				
M0997	LU ZHEHENG	11294	CHENG SING YAN	M1413	YU CHUNG PUI	11532	WAN SIU YIN	M1651	WONG MING YAN	1170	LEUNG WING YU	M1889	NG KA LAU	1208	YEUNG TUNG FONG				
M0998	YIP KAM MING	11295	CHENG PILING PEON	M1414	YUEN WAY YAN	11533	NG LAI LAI	M1652	SIU SHUK KUEN	1171	LEE SHENG LING SHIRLEY	M1890	CHAN WING YN CAROLINE	1209	CHEUNG MELING				
M0999	MAN NGK WAI	11296	LAU KAR YEE	M1415	LAW ON YI	11534	FOK KA BO	M1653	WONG CHO WING	1172	YE LIHUA	M1891	TSANG SAU MING	1210	LAU KAU YU				
M1000	CHENG CHAK SUM	11297	HAK PU PI POLLY	M1416	MOK HUO PING ADELE	11535	KWOK KIM MAN	M1654	IP WAI YEE AGNES	1173	TSANG NAN MING	M1892	YU HO YAI	1211	HA YEE MAN				
M1001	LAU SHUN SHING KEWIN	11298	LEE HU FOOK	M1417	WONG FUK TAL	11536	NG WAN CHI	M1655	LOU SING KU	1174	LOK NEOMI	M1893	NIE HUI	1212	CHAN LAI SHEUNG AVA				
M1002	CHAN CHUN HEI	11299	SO SUJING JOEY	M1418	YAO MING YI	11537	CHAN SIK YAN	M1656	WONG CHING MAN	1175	WONG WANFEN	M1894	WONG SHARLY	1213	CHAN LAI SHEUNG AVA				
M1003	LI MAN KIT	11300	YEUNG WAYN WINNIE	M1419	YELING MAN YEE	11538	LAU CHING MAN DORIS	M1657	CHENG KWI KWA JEE	1176	SIN KAI WAI	M1895	LO KIMO	1214	WONG SHU LAN				
M1004	NG PAL LUN	11301	MOK PU LUN MONIA	M1420	LIVING HAN	11539	CHACK LAI LAI	M1658	JEONG JINIU	1177	SIU OF FUN	M1896	WONG LOK MAN	1215	KOARI SAITO				
M1005	YEUNG MANG CHU	11302	TSUE MUU LEE MELIE	M1421	SUBRAMANIAN AMRITA	11540	WU YUEN CHI BEATRICE	M1659	KAM HEUNG WAH	1178	LAU YUKI YI	M1897	CHEUNG SIU CHING	1216	TAM YUEN WAH RITY				
M1006	WONG KA KUJ	11303	LO HO YIN	M1422	MANG FON BRENDA	11541	FONG CHI PARENDA	M1660	XIA QIN ADA	1179	TSANG KA CHI	M1898	CHAN KIT WING	1217	WONG KAM YING				
M1007	FONG KA HEI	11304	YU PULAM JOSEPHINE	M1423	SO LING YU DAPHNE	11542	LAU HO YING	M1661	CHAN CHI YAN	1180	HO CHOI FUNG	M1899	FUNG SUET HU	1218	DAI YAN				
M1008	SEK HOI WANG	11305	CHOW SIU WAI	M1424	MOK HU LU	11543	LEE FUK TAL	M1662	PANG TUNG CAROLINE	1181	CHAN FONG YEE	M1900	EUSTAQIO CORAZON	1219	CHEUNG WING				
M1009	LU FANGZHENG	11306	CHAN SARINA MIFFY	M1425	TANG WING YU MICHELLE	11544	CHENG YUAN KI CHERRY	M1663	YEUNG KIT YAN THERESA	1182	CHAN CHU YAN	M1901	FORG ELSE	1220	CHAN KA KI				
M1010	LEUNG KA SHING	11307	CHOK KIT YEY	M1426	KWOK KAY YEE	11545	CHAN MAN SAN	M1664	WAN CHOI NGAN	1183	LYING YING	M1902	NG YAT MAN SUKI	1221	WONG NGA YN CECILIA				
M1011	MAH MING HANG	11308	CHAN HOI CHI	M1427	KAM WING YEE	11546	CHAN WING MAN	M1665	CHAN SZE WAI	1184	FUNG MAGGIE	M1903	YU MIU YIN	1222	LAM SZE MAN				
M1012	MAK FONG CHUEN	11309	NO NGA CHEE KAREN	M1428	LEUNG SAU NGAI	11547	TSANG WAH CHONG	M1666	HO WAYING JACQUELINE	1185	CHAN KIT YAN MANDY	M1904	MA SZE WAI	1223	ROSLAN LAU				
M1013	LUO ZHI MIN	11310	HO YUEN NANCY	M1429	LEUNG LEE YAN	11548	WONG KARIN	M1667	TSANG WING SZE	1186	CHAN SZE MAN	M1905	CHAN TSU SHAN	1224	SIN KWAN HING				
M1014	CHEN JIAJUN	11311	MOK SIU KUEN	M1430	WONG KA YI	11549	HUANG YUNCHUAN	M1668	FUNG KAY YIN	1187	NG TZE YAN GABRIELLE	M1906	CHONG WING YAN IRIS	1225	SHARILLA BARRETO				
M1015	CHENG HONG CHU	11312	TONG SIU WANG	M1431	CHAU NGA SZE	11550	CHAN YUEN KI	M1669	LIU SIN YUNG	1188	TSAI PEI CHIN	M1907	AGBUYA WILMA	1226	DAI YAN				
M1016	TELAM YAM FOUNG	11313	WAN HSIU MUN	M1432	WONG HO YI	11551	FUNG CHOI CHING	M1670	CHAI MEI YUK	1189	YUEN WING YAN	M1908	YUEN WING YAN	1227	WONG RAINBOW				
M1017	WONG CHING HANG	11314	HON SIN YEE	M1433	LEUNG WING YUE	11552	YUEN YUAN FUN	M1671	LAU CHING WAH	1190	LEE KIT CHUN	M1909	GIRON SUZANE	1228	WONG MEI HAN ALIAK				
M1018	LAU PAI KELING ROY	11315	LI MING WAU VIWAN	M1434	CHAN KWONG WAN GLORIA	11553	LEUNG HOI KEI	M1672	TAJ JENNIFER HUI LEAN	1191	HONG HING YI	M1910	LEE SHUKI Y	1229	WONG CHUANG				
M1019	CHAN CHU WAI	11316	OUYANG ZILI	M1435	FONG SHU YING SHEWA	11554	LEI KA TIM	M1673	HUANG XINYAN	1192	CHAN QUENIE	M1911	WONG LAI NGO CAYE	1230	WONG LAM SZE				
M1020	HOU TSZ LIM	11317	CHENG KA YAN	M1436	CEUNG CHOI LING	11555	PANG SUYI ET	M1674	YIP KA WUN	1193	TSANG SIN MAN	M1912	LEE HO YAN	1231	WONG YUAN HITA				
M1021	CHAN PIK HA HELEN	11318	LEE TSZ LING	M1437	TANG SHUN MAN	11556	PU YU SHAN	M1675	LU NAIXU	1194	WONG CHUAN	M1913	SHUM PU YAN	1232	WONG YUAN HITA				
M1022	CHIN CHAN WINNIE	11319	CHENG MAN SZE	M1438	FONG KA PO	11557	CHUNG WAI MEI REMI	M1676	NG FUNG SZE FLORENCE	1195	CHAN MUNG LING	M1914	CHEUNG MARIA	1233	WONG YUAN HITA				
M1023	CHOU YI TUNG	11320	WAN POK MAN	M1439	LIU KAI PUI RIS	11558	NGAN TSZ YING	M1677	CHEUNG YING LAI	1196	CHAN CHU WAI	M1915	CHUNG HOI YEE MARIA	1234	WONG YUAN HITA				
M1024	CHUNG CHI CHING	11321	KWOK VICKIE WAI KI	M1440	LEE CHUN MEI CHING	11559	CHAN WAI FEN WENDY	M1678	WONG LUWU WAN	1197	WONG YAT KWAH	M1916	CHUNG YING CHI JOEY	1235	WONG YUAN HITA				
M1025	HE ZI YI	11322	WONG CHU SHAN	M1441	LOW MEE KWAN	11560	CHAN HOI LUNG MARTHA	M1679	SUK JUNG HUN	1198	CHEN MEI FA	M1917	ZONTIRI THEOPHOLA	1236	WONG YUAN HITA				
M1026	ZUNG WING TUNG	11323	LAU SU PUI	M1442	LUN WAI YEE	11561	LEUNG WAYN YIN	M1680	WU CHAU YING	1199	HO NGAA YEE	M1918	YIP PU WAH JESSIE	1237	WONG YUAN HITA				
M1027	MAK TSZ CHAI	11324	XU CHANJUAN	M1443	KO KA MAN	11562	LEUNG YING TING	M1681	CHAN WAI PING ANGEL	1200	CHENG SHU YUEN	M1919	LIM MEI JUNE	1238	WONG YUAN HITA				
M1028	HOUD JODY	11325	KA WAI KAI	M1444	SO HO SHAN	11563	CHAN OI KWAH	M1682	WONG HU CHU	1201	TSE MEI ZBE	M1920	NG WING SUET	1239	WONG YUAN HITA				
M1029	TIK PING KA	11326	CHOWAUTIWAN SUPARORN	M1445	KO KAYA	11564	CHIM PIK KEI PEGGY	M1683	KWONG OI MAN	1202	AU USA	M1921	WONG SZE LEE	1240	WONG YUAN HITA				
M1030	TSO YI SUM	11327	CHAN SANDY	M1446	LAU SU TING	11565	ZHANG SHENGLAN	M1684	LEUNG WAI IP	1203	TSUAI PEI CHIN	M1922	TANG YEE KWAN	1241	WONG YUAN HITA				
M1031	LEE TSZ YAN	11328	KO KA MAN	M1447	LEE SZE LEI	11566	CHENG MAI PO	M1685	SOUK HAN	1204	CHENG PU YI	M1923	TAM YUAN LAMANGELA	1242	WONG YUAN HITA				
M1032	LOI JENELL	11329	CHAN CHI NGAR	M1448	CHEN JENNY	11567	KUAN SOOK MUI	M1686	WU NGAR YEE	1205	LUU HOI CHAN	M1924	YU SHU YAN	1243	WONG YUAN HITA				
M1033	FUNG YAN KEI	11330	LAM WING SONG	M1449	CHENG KWAN NGU	11568	LOH MAN KEKO	M1687	WU CHAU YUNG	1206	CHENG LAM LAM	M1925	WONG YUAN HITA	1244	WONG YUAN HITA				
M1034	WAN HOI TUNG	11331	THONG TSU YIM ELLEN	M1450	WONG OI MEI	11569	CHOW NGAN KI	M1688	CHUANG YAN	1207	CAI LIKENG	M1926	CHENG SHU YUEN	1245	WONG YUAN HITA				
M1035	WU HU WAI	11332	WU YU YIM	M1451	LEUNG KAY CAMILLA	11570	NG YUAN SHAN CYNTHIA	M1689	LEUNG SZE HAN	1208	CHENG SHU YUEN	M1927	WONG YUAN HITA	1246	WONG YUAN HITA				
M1036	CHU SUN HU	11333	TAU SEI WEI	M1452	KWAN HUNG YUB	11571	TSE HEE YEE	M1690	LIANG YUONG	1209	CHAN MING YAN	M1928	WONG YUAN HITA	1247	WONG YUAN HITA				
M1037	TAI HU CHING	11334	LAU SEU WEI	M1453	KO LAI RENE	11572	LEUNG HU FANG	M1691	CHAU WAI FUNNY	1210	WU YEE YAN	M1929	WU YUAN HITA	1248	WONG YUAN HITA				
M1038	TAI HU CHUNG	11335	LEE YEE HUA	M1454	WANG RUBY	11573	CHU KWOK CHUN	M1692	HUNG LUNA	1211	WU YEE YAN	M1930	WU YUAN HITA	1249	WONG YUAN HITA				
M1039	TAI HU CHUNG	11336	LAU SEU YEE	M1455	WONG SZE YAN	11574	CHAU WAI FUNNY	M1693	HUNG LUNA	1212	WU YEE YAN	M1931	WU YUAN HITA	1250	WONG YUAN HITA				
M1040	TAI HU CHUNG	11337	LEUNG LEE YAN	M1456	WONG SZE YAN	11575	CHAU WAI FUNNY	M1694	WU YEE YAN	1213	WU YEE YAN	M1932	WU YUAN HITA	1251	WONG YUAN HITA				
M1041	TAI HU CHUNG	11338	LEUNG LEE YAN	M1457	WONG SZE YAN	11576	CHAU WAI FUNNY	M1695	WU YEE YAN	1214	WU YEE YAN	M1933	WU YUAN HITA	1252	WONG YUAN HITA				
M1042	CAI WEIQIAO	11339	WU YU YIM	M1458	WU YU YIM	11577	CHAU WAI FUNNY	M1696	WU YEE YAN	1215	WU YEE YAN	M1934	WU YUAN HITA	1253	WONG YUAN HITA				
M1043	LAU MICHELE	11340	TSUI WING FONG	M1459	WU YU YIM	11578	WU YU YIM	M1697	WU YU YIM	1216	WU YEE YAN	M1935	WU YUAN HITA	1254	WONG YUAN HITA				
M1044	YU NINGYI	11341	WU YU YIM	M1460	WU YU YIM	11579	WU YU YIM	M1698	WU YU YIM	1217	WU YEE YAN	M1936	WU YUAN HITA	1255	WONG YUAN HITA				
M1045	WONG YEE LAM	11342	WU YU YIM	M1461	WU YU YIM	11580	WU YU YIM	M1699	WU YU YIM	1218	WU YEE YAN	M1937	WU YUAN HITA	1256	WONG YUAN HITA				
M1046	WU YU YIM	11343	WU YU YIM	M1462	WU YU YIM	11581	WU YU YIM	M1700	WU YU YIM	1219	WU YEE YAN	M1938	WU YUAN HITA	1257	WONG YUAN HITA				
M1047	WU YU YIM	11344	WU YU YIM	M1463	WU YU YIM	11582	WU YU YIM	M1701	WU YU YIM	1220	WU YEE YAN	M1939	WU YUAN HITA	1258	WONG YUAN HITA				
M1048	WU YU YIM	11345	WU YU YIM	M1464	WU YU YIM	11583	WU YU YIM	M1702	WU YU YIM	1221	WU YEE YAN	M1940	WU YUAN HITA	1259	WONG YUAN HITA				
M1049	WU YU YIM	11346	WU YU YIM	M1465	WU YU YIM	11584	WU YU YIM	M1703	WU YU YIM	1222	WU YEE YAN	M1941	WU YUAN HITA	1260	WONG YUAN HITA				
M1050	WU YU YIM	11347	WU YU YIM	M1466	WU YU YIM	11585	WU YU YIM	M1704	WU YU YIM	1223	WU YEE YAN	M1942	WU YUAN HITA	1261	WONG YUAN HITA				
M1051	WU YU YIM	11348	WU YU YIM	M1467	WU YU YIM	11586	WU YU YIM	M1705	WU YU YIM</										

十公里參賽者名單

10KM Participants List

No.	Name	號碼	姓名	No.	Name	號碼	姓名	No.	Name	號碼	姓名	No.	Name	號碼	姓名	No.	Name	號碼	姓名
M2236	CHAN PUI YIN	M2355	LAW SUI FUN	M2247	ING SHUH CHING	M2593	KO MEI NGAN IRENE	M2714	CHING MEI HA MAY	M2833	CHAN SZE MAN MEADA	M2952	JIANG LEI LEI	M3071	TONG TSZ LAM	M3190	LO LOK YAN		
M2237	LAU CIEUNG HUNG STELLA	M2356	LEE PIK WA	M2245	LAU PO KWAN	M2594	CHONG SUK FONG	M2715	MEI YONG TAN	M2953	CAU YUANYUAN	M3072	WONG YING YU	M3191	IP LAI LING				
M2238	FAN YUN YEE	M2357	CHEUNG MAN YEE	M2246	GRANDFLNG TSZ FAN	M2595	HO YEE LAM APRIL	M2716	CHEN LIUYI	M2954	LINTING WU	M3073	YIM MEI CHING	M3192	LI YIP TSANG				
M2239	LAM SHUK MEE	M2358	LOW KONG HOI ANITA	M2247	RUAN DANCING	M2596	YIP SAU FOON	M2717	WONG YIM KUEN JENN	M2955	YEUNG YUK CHUN ANNA	M3074	PUN PIU YEE	M3193	FANNING VANESSA				
M2240	YIP YUN LIN	M2359	NIU JUN	M2248	CHOW HO YAN VICKY	M2597	TAM CHI PING	M2718	WONG WANG YINC	M2956	CHU PU YING KRISTAL	M3075	CHAN NGA WIUN	M3194	CHAN WAI CHINC				
M2241	LO KIT CHING STELLA	M2360	NG SIU PING	M2249	LAM MEI YIN	M2598	SIU LING MA	M2719	WONG AILEEN	M2957	WEI NHEN LIU	M3076	NG SHUK PING	M3195	CHUNG CHIU KWAN				
M2242	SHAM MAI HAM	M2361	CHAN SHUK MAN	M2249	CHUI WAI YUK MOLLY	M2599	TSANG MEE LAM	M2720	CHAT SIU WING	M2958	YU ENKA	M3077	FUNG HIU YAN SOPHIA	M3196	CHENG TUNG YEE				
M2243	SHUM HOI KAM	M2362	HAU PIU MEI	M2248	KANI MEI MEI	M2600	CHEUNG YUK CHAU ALICE	M2721	LAM YIM TING GLOR	M2959	LO KA YEE	M3078	LEUNG MING HAN	M3197	WU CHING KWAN				
M2244	LAU WING YU	M2363	WONG GWAN YU FLORENCE	M2247	KONG HOI YAN	M2601	KO YEE LIN	M2722	LEONG IN KAN	M2960	POON YUEN YEE	M3079	POON YUEN YEE	M3198	PONG HOI SHAN				
M2245	CHOY WINNIE	M2364	HUI YUK LIN	M2248	JOR KWAI FONG	M2602	TAM KIN MING	M2723	TROPICO MAGNA PANES	M2961	ZHANG JING JING	M3080	SHAM HU KWAN	M3199	LI MAN CHING				
M2246	NG ANN	M2365	WONG KIT YEE	M2248	AU YU SHAN	M2603	SHU MAN YAN	M2724	TSE TAO YAN AGNES	M2963	CHEUNG YUK CHU	M3081	TANG YUEN YEE	M3200	YUAN WANXIA				
M2247	NGAN LAM	M2366	HWANOLA DOLCE LA VAMPICINA	M2248	SAP SHUING	M2604	AU SUH	M2725	HO SAU FUN	M2964	HAN HC EMILY	M3082	SUN JIEYI	M3201	YU HOI YAN				
M2248	LI MI YUNG	M2367	STA MONICA LUSTA BUNJAH	M2246	SMI HING CHOW	M2605	CHU KAM MUI	M2726	WAN SHUK YEE	M2965	CHU MEI YUK	M3083	WONG MANG MANG	M3202	LAU HO SZE				
M2249	CHEUNG MAN CHING	M2368	TAH SHUK FONG	M2247	CHAN SHUK HAN PENNY	M2606	CHU KAM SUNNASSA	M2727	SE UN HONG	M2966	HUNG SEE WING JOEY	M3084	CHETTE FLORICE JOELLINE NINE	M3203	CHAN MEI TING				
M2250	CHAN SZE MEI	M2369	TSE KIN YEE KATHERINE	M2248	LIU ANITA	M2607	CHU KAM HEUNG	M2728	LOU PIU FONG	M2967	ZHANG RUOULU	M3085	MA WING YAN	M3204	WONG SAU MAN				
M2251	NGAI YUN MING	M2370	QUEPET DONALD LA VAMPICINA	M2249	LAU FUNG PING	M2608	WONG MEI HA	M2729	MEI NONG NARA	M2968	TANG RONGRONG	M3086	WONG ON YI	M3205	WONG ON YI				
M2252	LEUNG CHAU YUET	M2371	KWOO CHING YEE ALICE	M2249	CHAN NGO	M2609	CHAN WING YI WINNIE	M2730	WONG YIN HA	M2969	WONG TSZ TUNG	M3087	HO SIK CHI	M3206	WAI HEI YI				
M2253	STENBACH MARIA OORTHEA	M2372	RONQUOLI GLEY COMARDE	M2249	WAN NING	M2610	TAM YEE WAN EWAN	M2731	CHANG YUNG HUI	M2970	SHUK FUN	M3088	TANG MAN MAN	M3207	SOOK SHU FUNG				
M2254	LAM KAN WAN	M2373	RABA VILMA LAMBINO	M2249	SO HUNG	M2611	WAI CHUN IP	M2732	LO SUHAN	M2971	CHING LIU YU	M3089	FUNG TSZ WING	M3208	LEUNG CHEUK MAN				
M2255	CHUI TING	M2374	LEUNG YK PING CASSANDRA	M2249	CHU KIT CHONG	M2612	TEH PREECHAWING KARINA	M2733	LAU SIU WAH	M2972	IN RUYAN	M3090	SZE MEI MEI	M3209	HUANG JI				
M2256	CHING YU MOONITA	M2375	MACURING EVA LACAYU	M2249	YAT MEISHAN	M2613	LO KAI WAI WINNIE	M2734	SZETO SUK MAN	M2973	CHU MEI YEE	M3091	CHAN HOI YI	M3210	KWAN YEE KYNTHIA				
M2257	CHENG FU TSE	M2376	CHEUNG PIK YEE	M2249	SI TOU KA MAN	M2614	CHENG LIN CHING	M2735	CHAN SIU YUK	M2974	KWAN LAM	M3092	SHAK HON YI	M3211	CHAN KA MAN				
M2258	CHUK KIT YEE TERESA	M2377	NG MIRANDA	M2249	LEUNG YEE PING	M2615	WANG MAN PUI	M2736	HUNG WAI LAN	M2975	WAN HU LIAM	M3093	LAU YIK KI	M3212	NG YUEN KWAN				
M2259	WONG ON KI	M2378	WONG WAI CHING CANDY	M2249	CHAN IRENE	M2616	HUNG LAI SHAN GRACE	M2737	LYUET YING	M2976	LIU SU TING Y	M3094	CHOW HO KWAN	M3213	CHAN SHEUNG WAI				
M2260	CHEUNG CHOR KUEN	M2379	SU CHU WA CAROL	M2249	CHUNG KA FUNG	M2617	CHAN SOK CHING	M2738	MAN WING HUNG	M2977	WONG HIN TING	M3095	CHEUNG HIN TING	M3214	CHAN HOI MAN CARIE				
M2261	TSANG WING YE EDITH	M2380	OU SUYIN	M2249	ING NOY KHOO	M2618	CHENG PIU FUN	M2739	KWAN SIU LING	M2978	TONG SZE WAI	M3096	LUU KA WAI	M3215	TSOI SU KIT				
M2262	TONG FUNG MING	M2381	NG SUET HANG	M2250	LEUNG YUHAN CYNTHIA	M2619	LIU CHUN YING	M2740	LAU SIU HUA	M2979	PANG SHUK MAN	M3097	WAN YUEN TING	M3216	HUNG KING TING				
M2263	HUI NG KNG	M2382	HO KAM HAR	M2250	TAM TSZ MEE	M2620	HO SIN CHUN SHIRLEY	M2741	CHENG YU YIN	M2980	LAU CHO PIK	M3098	LAU CHO PIK	M3217	CHAN SUM YI				
M2264	TSANG KIT FONG	M2383	LUU WAN KUEN	M2250	TAM KIT LING	M2621	CHUNG SHUK PING	M2742	LIU YUNG FANG	M2981	HO QING TIAN	M3099	CHAN KA YEE CHERIE	M3218	CHAU PU YE RITA				
M2265	CHAN PIK CHI	M2384	CHAN PIU SHAN	M2250	YERK FUN YUNG	M2622	NGAR KAR WING	M2743	CHEUNG HELEN	M2982	SHUH YUAN	M3100	LEE KAYAN	M3219	FONG KAY I				
M2266	DU XIU MEI	M2385	POON MAY	M2250	LEUNG WAYEE EMILY	M2623	HO FU KUN CHUN	M2744	YUAN YUEQING	M2983	SHI JIANG	M3101	LI HOI YAN	M3220	WAN WING STELLA MARIE				
M2267	LEE SUU DIU CHI	M2386	LOU LOUI LOUISE	M2250	LEUNG YEE PHON	M2624	LIU HUNG YING	M2745	LO JANE	M2984	CHOW SIU PING	M3102	LAM HU CHING	M3221	WU LIN LIN				
M2268	CHAN WAI PAN	M2387	CHEN MEI YUN	M2250	YIM KWAH WAN	M2625	SO CHING	M2746	YU QUEBEA	M2985	HO PIK FUNG	M3103	WAN KA HING	M3222	LAM CHING MAN				
M2269	CHANG TUNG TZU	M2388	CHIU TUNG NI	M2250	LEUNG YUHAR	M2626	LAM SIU YING	M2747	CHU LAI FONG IRENE	M2986	PANG LUU LAI KU	M3104	CHOW TSZ TING	M3223	TSE PO YING				
M2270	CHENG MU YUN CANDY	M2389	TSANG BO CHU	M2250	PANG YEN CANDY	M2627	CHAN KIN WA	M2748	YOUNG WAI KUEN	M2987	TSANG LIN YEE	M3105	CHAN MEI YIN	M3224	LEUNG YAN YEE				
M2271	KWAN SUH KAN	M2390	KOO HAU WA	M2250	WONG KIT LING KITTY	M2628	CHENG WAYMAN	M2749	MOK LAI PING	M2988	DAI WEIMEI	M3106	LO LING PUN	M3225	DAI WEIMEI				
M2272	LEE PU SHAN	M2391	FUNG NAI SHEUNG	M2250	CHAN SAU HING	M2629	CHEUNG LILY	M2750	LAU SAM FUNG	M2989	CHENG YU YING	M3107	WONG YUEN CHING	M3226	MAE YUE LING				
M2273	CHAN LAI SIM	M2392	LEUNG KAM MAN	M2251	PEI SHUAN ELAINE CHUA	M2630	CHAO YUN FUN	M2751	MO KOK PING	M2990	WONG YAN YI	M3108	LEUNG WING SZE	M3227	TAN HUNG LARISIA				
M2274	HO HING TING	M2393	KWOK PO WAH	M2251	LIU HUNG CHUNG	M2631	CHAI SUK LILLIAN	M2752	MOK SIN PING	M2991	WAN HUAI LAM	M3109	LAU YU WING	M3228	FUNG YING LUNG				
M2275	NG WAI HAN	M2394	YU CHIN CINDY	M2251	LAU MAN YEE	M2632	CHUN MEI LAM	M2753	SUM PUH SUN BETTY	M2992	YU YUET LING	M3110	NG UN LENG	M3229	SHULIN XIE				
M2276	TSUJU HUNG YING	M2395	YIP MEI HAN	M2251	LAU WAI CHING	M2633	LAM YU LIN	M2754	CHAN YUH KAR	M2993	CHAN HO SZE	M3111	CHUNG PIU YEE	M3230	WU JIAHIN				
M2277	CHOW PU SIE	M2396	WOO MAN YAN	M2251	WONG YU MEI KUEN	M2634	TIAM LILY	M2755	LAM HONG	M2994	WONG YU YIUNG	M3112	WONG SHUK HAN	M3231	WONG CHO SHAN				
M2278	CHEUNG MEI LAN	M2397	WANG WAN YAH CONNIE	M2251	LEE PU HA CATHERINE	M2635	LAW LING CHING	M2756	CHOW SUA CHUN	M2995	SOADENE HENG YAN	M3113	AO UN IENG	M3232	LEUNG KALAI				
M2279	NGAI MEI FUNG	M2398	CHEUNG YEE ALICE	M2251	GADU MEI KUEN	M2636	YEUNG PUZI SZE LIAN	M2757	NG KI CHAN	M2996	SOADENE HENG YAN	M3114	CHEUNG KING YAN	M3233	CHAN HU TUNG				
M2280	LIU ZIYUN	M2399	TING MARY LUE AGNES	M2251	CHAU KAM YUAN	M2637	HO CHING WAH	M2758	ERDMANN LIN	M2997	WANG MING TING	M3115	TO WING WA	M3234	LAU MAN TING ALICE				
M2281	SLUK HAN AGNES	M2400	LEE LAI FONG	M2251	NGU LING PANG	M2638	COH KUAN LILLIAN	M2759	WONG SIN YEE	M2998	NG TUNG YU	M3116	KWAN WING TUNG	M3235	NG HAI WAI				
M2282	LAM TSZ KWAN	M2401	CHEUNG LALY	M2251	YU SHIN MAY	M2639	WONG YUH SIN CYTHA	M2760	LIU YUEN WA	M2999	NG TUNG YU	M3117	CHEUNG WUN YEE	M3236	XIEN TSUNG CHERRY				
M2283	TSUJU LAM	M2402	WU KIT MAN JENNY	M2251	WU KUN FWINA	M2640	WONG YUH YEE SHELA	M2761	YU SHUH YEE	M3000	WUU LOK CAMELIA	M3118	WU JIANG	M3237	CHEUNG WING CHUNG				
M2284	CHUYEN YAN FLOWREN	M2403	HO MAN LING	M2251	HO YUN KWAU	M2641	HO SU MEI	M2762	WAM YU YU	M3001	WUU LAM KI	M3119	MAK WAI KI	M3238	WU JIANG				
M2285	CHEUNG MUI CHING	M2404	JIANG LEPING	M2251	HO KUNG HUNG	M2642	WAM YU YU	M2763	WAM YU YU	M3002	WUU LAM YUAN	M3120	CHAN YAU YAM	M3239	LEUNG WING SHAN				
M2286	TSO TSZ YU	M2405	HO YIN KING	M2251	KAM LUNG	M2643	YIM CHING HAN	M2764	WAM YU YU	M3003	WUU LAM YUAN	M3121	NGAI HU YI	M3240	WU HO WING				
M2287	LEUNG CHAU MEFIE	M2406	CHAN LAI YING	M2251	PEI KAN FEE	M2644	LEE KONG JENNIFER	M2765	WAM YU YU	M3004	WUU LAM YUAN	M3122	LAU TSZ MAN	M3241	PAK LOK YIN ICY				
M2288	CHAN PAK TING MARS	M2407	LIU XIANG YING	M2251	PEI KAN FEE	M2645	SHU YUN CLARE	M2766	WAM YU YU	M3005	WUU LAM YUAN	M3123	TEONG CARRIE	M3242	NG KAY N				
M2289	NG SU FONG	M2408	YOON LAI PEK	M2251	PEI KAN FEE	M2646	WAM YU YU	M2767	WAM YU YU	M3006	WUU LAM YUAN	M3124	YUEN HUA NAM	M3243	WU JIANG				
M2290	YAU LAI HUNG	M2409	CHAN KWAI HUNG	M2251	PEI KAN FEE	M2647	WAM YU YU	M2768	WAM YU YU	M3007	WUU LAM YUAN	M3125	WU JIANG	M3244	LAU WAI HAN				
M2291	LAU YAI HUNG	M2410	WU SAI HAI	M2251	PEI KAN FEE	M2648	WAM YU YU	M2769	WAM YU YU	M3008	WUU LAM YUAN	M3126	WU JIANG	M3245	CHAN HOI YING				
M2292	LOU YAI HUNG	M2411	PEI KAN FEE	M2251	PEI KAN FEE	M2649	WAM YU YU	M2770	WAM YU YU	M3009	WUU LAM YUAN	M3127	WU JIANG	M3246	CHAN HOI YING				
M2293	WU YU YEE	M2412	PEI KAN FEE	M2251	PEI KAN FEE	M2650	WAM YU YU	M2771	WAM YU YU	M3010	WUU LAM YUAN	M3128	WU JIANG	M3247	CHAN HOI YING				
M2294	YU YUN YEE	M2413	PEI KAN FEE	M2251	PEI KAN FEE	M2651	WAM YU YU	M2772	WAM YU YU	M3011	WUU LAM YUAN	M3129	WU JIANG	M3248	CHAN HOI YING				
M2295	WU YU YEE	M2414	PEI KAN FEE	M2251	PEI KAN FEE	M2652	WAM YU YU	M2773	WAM YU YU	M3012	WUU LAM YUAN	M3130	WU JIANG	M3249	CHAN HOI YING				
M2296	WU YU YEE	M2415	PEI KAN FEE	M2251	PEI KAN FEE	M2653	WAM YU YU	M2774	WAM YU YU	M3013	WUU LAM YUAN	M3131	WU JIANG	M3250	CHAN HOI YING				
M2297	WU YU YEE	M2416	PEI KAN FEE	M2251	PEI KAN FEE	M2654	WAM YU YU	M2775	WAM YU YU	M3014	WUU LAM YUAN	M3132	WU JIANG	M3251	CHAN HOI YING				
M2298	WU YU YEE	M2417	PEI KAN FEE	M2251	PEI KAN FEE	M2655	WAM YU YU	M2776	WAM YU YU	M3015	WUU LAM YUAN	M3133	WU JIANG	M3252	CHAN HOI YING				
M2299	WU YU YEE	M2418	PEI KAN FEE	M2251	PEI KAN FEE	M2656	WAM YU YU	M2777	WAM YU YU	M3016	WUU LAM YUAN	M3134	WU JIANG	M3253	CHAN HOI YING				
M2300	NG MEI LING	M2419	PEI KAN FEE	M2251	PEI KAN FEE	M2657	WAM YU YU	M2778	WAM YU YU	M3017	WUU LAM YUAN	M3135	WU JIANG	M3254	CHAN HOI YING				
M2301	TANG YUN YING	M2420	PEI KAN FEE	M2251	PEI KAN FEE	M2658	WAM YU YU	M2779	WAM YU Y										

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No.	Name	號碼	姓名	No.	Name	號碼	姓名	No.	Name	號碼	姓名	No.	Name	號碼	姓名	No.	Name
M3306	HOK MAN JESSICA	M3425	WONG WAI LAM	M3544	TRIPPEL EMILIE	M3663	ZHONG XIAOMING	M3782	CHAN HOI YI	M3901	PANG PO MAN	M4020	ZHANG XINYI	M4139	YIP KA YEE	M4258	ZHENG JINHUI
M3307	NG UEN KWAN	M3426	CHUNG WING YAN	M3545	CHEUNG KIT YEE	M3664	LAU YAN YIN	M3783	LEE KI LOK	M3902	SOW WING YAN	M4021	LAU LONG NI	M4140	SO KA YEE	M4259	TING KWUN YUK
M3308	CHAU SIU HAN	M3427	CHAN HILTING	M3546	LAM WING YI	M3665	CHAN KA YI	M3784	WONG HUI TING	M3903	CHENG LAI YING	M4022	LEE KA MAN	M4141	CHAN YAN	M4260	YAU SI MUI
M3309	YIM NOK TUNG	M3428	HO CHING SHAN	M3547	LOK LAM NG	M3666	WONG YUN LING	M3785	SZE CHO KI	M3904	LEUNG DANIELLE	M4023	HUI SHUK MAN	M4142	CHOYSZ NGAI CHICCA	M4261	ROHRA REShma HIRANAND
M3310	HUNG SHAN SHAN	M3429	CHEUK HUI SI	M3548	CHAN HIN YUNG	M3667	CHAN HOI YIM	M3786	BONAFE OUE JERWINE	M3905	WONG SHUK HA	M4024	TSOI YEE SHAN	M4143	NG WING YIN	M4262	LEUNG CHIN HANG JOCELINE
M3311	LIU SHIYI	M3430	WANG DUODUO	M3549	CHAN HU TUNG	M3668	YAU WAI TING	M3787	TSANG YU KAN DENISE	M3906	MAN KA KI	M4025	TO SZE WUN	M4144	LIN YOUNG	M4263	KWONG CHAM KEI
M3312	MEI YIP SAU MUI	M3550	LAU SONGMEI	M3669	LUK KA WAH	M3788	SHAM CHI LUN	M3907	CHAN YI YIN	M4026	VIM HO SZE	M4145	SO WING TUNG	M4264	KUM LOK YAN		
M3313	CHUNG TSZ CHING	M3432	LAUTSZYU	M3551	WONG HIN TAK	M3670	LAU PU YEE	M3789	SOU CELIA DAMIANA	M3908	ZHANG LU	M4027	CHEUNG WAYI	M4146	CHEN SHUHUI	M4265	LEE WING YEE
M3314	YUEN MEI KI	M3433	CHAN WAI YEE	M3552	WONG PUI CHI	M3671	CHIU TSZ CHING	M3790	SZE YAN WONG	M3909	LUNG KAM YUNG	M4028	TSENG HSIAOHAN	M4147	ZHANG JINGU	M4266	LIU KAM YI
M3315	YIP WINNIE	M3434	WONG WING HU	M3553	LEUNG KA I	M3672	CHAN YUK WA	M3791	WONG HO YUNG	M3910	TSE WINGLAM	M4029	LEUNG HOI WAI RUBY	M4148	CHENG CHUN WING	M4267	LIU XUANBEI
M3316	KOO WING TING STEPHANIE	M3435	MOK YUEN CHUNG	M3554	YUEN KA MAN	M3673	LUK NGAI SZE	M3792	HUANG CURU	M3911	LAU MEI CHI	M4030	LAU PIK YEE	M4149	KAN SZE MAN	M4268	WU LOK YIU
M3317	KHONG KA MAN SARAH	M3436	TSUI CHING TING	M3555	CHU WING TUNG	M3674	YU SAU KUEN	M3793	YAU CHARMARINE	M3912	GO NGAN TING	M4031	WU RUOTING	M4150	CHEUNG HU LAM	M4269	SZE YUET WONG
M3318	CHAN KA KI	M3437	TSANG MANYU	M3556	LEE LOU KYU	M3675	CHAN YUEN TING	M3794	CHENG SIN YEE	M3913	LO WAI LAM	M4032	CHAN SAU CHING	M4151	CHU SIN YI JOSELYN	M4270	CHOY MAN LING
M3319	JIN JIAYU	M3438	LAM HOI YAN KEBRA	M3557	KWOK KA MAN	M3676	HO CHLOE	M3795	YU YU SIM	M3914	CHU KIT YING	M4033	SUN FUN WAI	M4152	HO WAN MING	M4271	CHUI WING CHI
M3320	KWOK HU MAN	M3439	XIAO MENGXE	M3558	REN SHUANGSHUANG	M3677	CHEUNG SHU KEE	M3796	CHAN CHING YEE KAA	M3915	FU TING	M4034	LAM LOK SZE	M4153	FUNG LOUISE	M4272	CHOW NGIA TING
M3321	CHIK SZE PING PINKY	M3440	LI KAM MAN	M3559	LUU LIAN	M3678	WONG HEI	M3797	SHING YUNG TUNG	M3916	YU HO YAN	M4035	NG HOI TUNG	M4154	WU SHUKI YI	M4273	CHARLTON CIARA
M3322	PANG YU YIN	M3441	HUANG YANG	M3560	LEU FUN SHAN	M3679	YEUNG WING YAN	M3798	HE JIANG	M3917	CHAN KIT MAN	M4036	CHAN KAN YAN	M4155	LEE KAM SHAN SAMANTHA	M4274	CHAN HOI KI
M3323	LUNG OI LAM	M3442	XIAN QINGLAN	M3561	GE YAYUN	M3680	YU HI YU	M3799	WAN CHAI CHUN	M3918	CHONG TSZ KING	M4037	SEN CHUHNU	M4156	CHUNG KA MAN	M4275	CHOW HOI MEI
M3324	CHAWING KA EUNICE	M3443	WONG HANG LAM	M3562	LUI HOI YAN	M3681	KWOK NGAN FEI	M3800	LAU HU LAM	M3919	CHENG KA KI	M4038	YICK SZE MAN	M4157	KWONG WING YAN	M4276	IP YUEN LAU
M3325	WU YIK SZE	M3444	WONG CHING YUNG	M3563	TSE HO TUNG	M3682	CHIU HUNG HILTON	M3801	YUEN SHUK YING	M3920	SUO CHING YIN	M4039	JARADAL JESALYN	M4158	LEUNG KA MAN	M4277	LAU SHUK MAN
M3326	CHOI YU SHAN	M3445	ZU LYING	M3564	ROK KAM MANANGELA	M3683	WANG HARRIETTE HO	M3802	KWONG YUEN MAN	M3921	SUEN KA HANG	M4040	POON WING SZE	M4159	LAU TSZ YUNG	M4278	WONG WING KAN
M3327	ZHANG WEN HUA	M3446	CHENG KA YAN	M3565	LEE HOI LAN	M3684	SUAN CHUAN	M3803	TANG WEIWEI	M3922	NG KUAN WAH	M4041	WAN FANGHONG	M4160	LU MEIBING	M4279	WU FUN
M3328	KWOK SZE WAI	M3447	KWOK WAI SHAN	M3566	SO ON TING YOHI	M3685	WAN PUI YEE SUMELA	M3804	NG KUEN I MICHELLE	M3923	NG SZET TING	M4042	CHIU HU LING	M4161	YAU WING SUET CHERYL	M4280	WONG HOI YAN
M3329	CHENG YUN TUNG	M3448	JOYA YENA	M3567	MIAO TING TOH	M3686	KONG YUEN YE	M3805	YUEN MIEI TING	M3924	GAO GE	M4043	DOONG HOI LAM	M4162	MAO CHAN MIN CLARA	M4281	MAI CHAN MIN CLARA
M3330	CHOW HOI LING	M3449	WONG HU TUNG	M3568	WU WING SZE	M3687	KEUNG CHUI YEE	M3806	LEY HIU YING	M3925	TAI KIT LING	M4044	LIU LAI KUEN	M4163	TONG WAI LAM	M4282	LEE SUI YUN
M3331	LEUNG SHU PING	M3450	LUU YUWEI	M3569	SHAO JING	M3688	CHOW CHING CHING	M3807	GAO WEN	M3926	WONG IRINA KWINTING	M4045	JANG JAXIN	M4164	TSANG KA YEE	M4283	TSE CANDY
M3332	POON HU SZE	M3451	SHENG YING	M3570	LIU FU HIM	M3689	POON SIN TING	M3808	CHENG WING FEI	M3927	LAM METTING	M4046	TANG WING KAR	M4165	WAN LOK YAN	M4284	SILWING CHI
M3333	CHAN KA HEI	M3452	LUU HENG	M3571	CHENG MAN TUNG	M3690	MO HU WAN	M3809	TO DORCAS	M3928	WONG KIT SHEUNG	M4047	HO YUAN MAN	M4166	JIM HU TING	M4285	THADANI SIMRAN
M3334	HU CHING YEUNG	M3453	CHAN KWAN LAM	M3572	AN KEKIN	M3691	TSE YU TING	M3810	TSE LOK CHING	M3929	LIU PU SI	M4048	CHENG YUK YU	M4167	CHOW TING	M4286	TANG LORENCE WING TSZ
M3335	HO YAN TING JOCELYN	M3454	LIU XIAOLI	M3573	PON HAU LUNG	M3692	MO YAN YUNG	M3811	CHU HEUK YIU	M3930	KOON LA KA LAM	M4049	LAM YITING	M4168	WAN PU SZE	M4287	LEO CHOO
M3336	WONG LING YE WILLA	M3455	WONG WAI SIN	M3574	LYI YUN	M3693	LAM CHU MIN CORINE	M3812	CHU PU LIN	M3931	LEUNG TSZ MAN	M4050	SHU ZEHU	M4169	NG YIM NA	M4288	CHOW KIM KAM
M3337	LAM MIU FONG	M3456	LAU KAI YAN	M3575	WONG HU TUNG	M3694	CHAU YUEN LAM	M3813	LIU YU LIN	M3932	LAU WING CHI VINCCI	M4051	LU SIN HING	M4170	MOK WAI YAN	M4289	LI KU WUN KAREN
M3338	XU DI	M3457	NG KA MAN	M3576	KO WING SZE	M3695	TAI YUFEI	M3814	PHANTHUMCHUD PANTHRA	M3933	LIU MU SZE	M4052	WANG XUAN	M4171	MOK YUEN MAN	M4290	LAU PU LAM
M3339	LEUNG CHOI FUNG	M3458	WANG ZIYI	M3577	LAM SIN MAN	M3696	CHENG MAN YUEN	M3815	WAI SZE YI	M3934	WONG YEE CLARA	M4053	LIU TIANTAN	M4172	TANG NGO YING	M4291	WAN XING
M3340	KONG YAN LING	M3459	TO WING YAN	M3578	LEUNG YANYANG	M3697	LEUNG TSZ LING	M3816	TANG KIT MEI	M3935	CHAN YUEN TING	M4054	WONG YAN WING	M4173	LIU SHUK FONG	M4292	CHIO SIN YING
M3341	WONG CHE MAN SHIRLEY	M3460	WAN WING TING	M3579	YON PO YEE	M3698	SETO TSZ YAN	M3817	NG HOI SHAN	M3936	LT ZE HEI	M4055	NGI LENG	M4174	TSAN MEI FONG	M4293	CHENG NGASIN
M3342	LEUNG YAT YEE	M3461	PANG TSZ KWAN	M3580	CHEN TZU HSU	M3699	LEE YIM YAN	M3818	HO CHIN MAN	M3937	AU WING NGA	M4056	CHUADRIANNA TSZ YAN	M4175	LAM SZEW WING	M4294	CHENG HUJU HUEN
M3343	HANG WING SUM	M3462	MA SIN TING	M3581	SHI MIN	M3700	BUNGAR MARLYN TALAY	M3819	TIN LAI LAU DORIS	M3938	IP YU TING	M4057	LEUNG WING YING	M4176	TAM YUK KUEN	M4295	CHEN XIAOLU
M3344	LAU WAI YEE	M3463	CHAN FONG PING	M3582	CHENG HOI YAN	M3701	ZHONG TSZ YAN	M3820	HUING LAM	M3939	YU SZE WING WINNIE	M4058	LEONG SIOU KUAN	M4177	KWOK WING YIN	M4296	CHENG DONGXIA
M3345	NG YAN YANG	M3464	COOKING LUN	M3583	CHANG NOK TING	M3702	WONG CHOI WAH	M3821	NG BETTY	M3940	LEE WAI LING	M4059	LAU TSZ YIN	M4178	YUEN WING SUNG	M4297	TSANG KA YIN
M3346	NG YAN YIN	M3465	LEO XIU	M3584	LEUNG LAI TING	M3703	CHU FUNG TING	M3822	ZHAO WENQIAN	M3941	CHAN CHIE YEE	M4060	WONG HOI KI	M4179	HO CHEUK YIN	M4298	MOK YEE KWAN RITA
M3347	HUANG JANXIN JACKIE	M3466	MAGGIE HUANG	M3585	SO CHUW CHING	M3704	LEUNG KA HEI	M3823	WONG YU MING	M3942	CHAN HOI CHAI	M4061	LAU KA PO	M4180	CHENG SZE LAM	M4299	CHAO YING
M3348	CHENG FUNG WING	M3467	CHEUNG KA MAN	M3586	NG WING YAN	M3705	YEUNG SIN YING	M3824	CHEUNG CHEUK YUKI	M3943	LEUNG YEE TING	M4062	CHAN AWA	M4181	CHOI WAI YAN	M4300	WONG KA YAN
M3349	SO CHI CHING	M3468	WONG WING YUNG	M3587	CHENG LING YANG	M3706	LOW CHU YI	M3825	MO KANG YEE	M3944	YEHUNG CHOI SZE	M4063	CHAN MEI TING	M4182	TAM YIM YING	M4301	LIU KAM YAN
M3350	LAU MEI KWAN	M3469	LI QIAN	M3588	CHENG YUAN MAN	M3707	JII RUI	M3826	TSANG CAROL HING	M3945	SHUM KAI Y	M4064	SHUKING SUKUNG	M4183	HO NG INA	M4302	CHAN KAN YEE
M3351	LOH HOI CHING	M3470	WONG TSZ KWAH	M3589	NG WING SZE	M3708	CHU HOI YAN	M3827	YU XAZUAN	M3946	NG WAI YING	M4065	DEUNG CHIANG	M4184	CHOITSZ MAN	M4303	ZHANG CHI
M3352	MOH HAU YIN	M3471	CHAN WING YING	M3590	TSE HOI LING	M3709	CHOW HOI LING	M3828	YU JIAMI	M3947	LAU KU HUEN	M4066	NG YAN NAM	M4185	HO NG INA	M4304	WONG CHING YEE
M3353	SUEN HU MAN	M3472	CHAN TSOZ CHING	M3591	LI TEE TSZ	M3710	HO CHUN YING	M3829	WONG YU MING	M3948	KWONG HOI YING	M4067	LAM KAN MEI	M4186	CHOITSZ YAN	M4305	BAI LIN
M3354	LEUNG WAI LEE	M3473	WANG TSZ YAN	M3592	WAT TSZ YAN	M3711	HO CHUN YING	M3830	WONG YU MING	M3949	POON TSZ HEE	M4068	CHENG YUAN SZE	M4187	POON TSZ HEE	M4306	CHOW YUW CLAUDIA
M3355	YUEN HOI KI	M3474	CHENG TSZ CHING	M3593	LI TEE TSZ	M3712	HO CHUN YING	M3831	WONG YU MING	M3950	NG YUN HEE	M4069	POON TSZ HEE	M4188	WONG YU WAI	M4307	CHENG YUW CLAUDIA
M3356	LEE BEATTIE MARK	M3475	WONG KUAI YEE	M3594	LIU PU JING	M3713	HO CHUN YING	M3832	WONG YU MING	M3951	NG YUN HEE	M4070	CHENG YUW CLAUDIA	M4189	WONG YU WAI	M4308	CHENG YUW CLAUDIA
M3357	LEE VING	M3476	WONG YU YING	M3595	NG YUN SZE	M3714	HO CHUN YING	M3833	WONG YU MING	M3952	NG YUN HEE	M4071	WONG YU WAI	M4190	CHENG YUW CLAUDIA	M4309	CHENG YUW CLAUDIA
M3358	CHAN KA LAM ALDA	M3477	WONG YU YING	M3596	NG SUM PING	M3715	HO CHUN YING	M3834	WONG YU MING	M3953	NG YUN HEE	M4072	CHENG YUW CLAUDIA	M4191	WONG YU WAI	M4310	CHENG YUW CLAUDIA
M3359	WING WING	M3478	WONG SUM PING	M3597	WANG YU YING	M3716	HO CHUN YING	M3835	WONG YU MING	M3954	NG YUN HEE	M4073	CHENG YUW CLAUDIA	M4192	WONG YU WAI	M4311	CHENG YUW CLAUDIA
M3360	CHEN JIAMIN	M3479	CHAN TSZ CHING	M3598	CHEN TEE JESSICA HOI KI	M3717	HO CHUN YING	M3836	WONG YU MING	M3955	NG YUN HEE	M4074	CHENG YUW CLAUDIA	M4193	WONG YU WAI	M4312	CHENG YUW CLAUDIA
M3361	CHONG YAN YEE	M3480	CHAN TSZ CHING	M3599	CHEN TEE JESSICA HOI KI	M3718	HO CHUN YING	M3837	WONG YU MING	M3956	NG YUN HEE	M4075	CHENG YUW CLAUDIA	M4194	WONG YU WAI	M4313	CHENG YUW CLAUDIA
M3362	YUEN KWAN PUI	M3481	CHAN TSZ CHING	M3600	CHEN TEE JESSICA HOI KI	M3719	HO CHUN YING	M3838	WONG YU MING	M3957	NG YUN HEE	M4076	CHENG YUW CLAUDIA	M4195	WONG YU WAI	M4314	CHENG YUW CLAUDIA
M3363	WU YAN YEE	M3482	LEU PU JING	M3601	CHEN TEE JESSICA HOI KI	M3720	HO CHUN YING	M3839	WONG YU MING	M3958	NG YUN HEE	M4077	CHENG YUW CLAUDIA	M4196	WONG YU WAI	M4315	CHENG YUW CLAUDIA
M3364	LAU KWU KUAN	M3483	LEU PU JING	M3602	CHEN TEE JESSICA HOI KI	M3721	HO CHUN YING	M3840	WONG YU MING	M3959	NG YUN HEE	M4078	CHENG YUW CLAUDIA	M4197	WONG YU WAI	M4316	CHENG YUW CLAUDIA
M3365	WU YAN YEE	M3484	LEU PU JING	M3603	CHEN TEE JESS												

十公里參賽者名單

10KM Participants List

No. Name	號碼 姓名	No. Name	號碼 姓名	No. Name	號碼 姓名	No. Name	號碼 姓名	No. Name	號碼 姓名
M4377 LAM YUN YEE	M4496 WU WING SEE	M4615 ZHU ZHIMING	M4734 LAM HOI IAN	M4853 FAN PO YU	M4972 TANG TUNG HUNG	M5091 CHEN RUI	M5210 LEE KAM FA	M5329 HUI CHUN PING	
M4378 CHEUK CHUAN	M4497 SHIU CHING MAN	M4616 CHOW TSE KWAN	M4735 LAM PAN PAN	M4854 ZHAO ZIYUAN	M4973 BHOSLA VAIBHAV	M5092 CHI CHAO	M5211 KO TEH TAY	M5330 LEUNG KAN LOK MICHAEL	
M4379 CHEUNG MABEL TING TING	M4498 LEI YIWA	M4617 LIU KA PO	M4736 LD SZE LAM	M4855 LAU PIU KI	M4974 LAM WINS KING	M5093 KWAN WAI CHUNG	M5212 ROBERTO PUTRANDA	M5331 NG WANG YAM	
M4380 CHUNG HAI YUN	M4499 LAU WING YUE	M4618 LI SAN OI	M4737 YOUNG MENGJIANG	M4856 WONG SHIRLEY	M4975 YU KA HO	M5094 KWAN HO YIN	M5213 AZALI SAN	M5332 LAM SAI HUNG	
M4381 LAU LUI SHAN	M4500 LEUNG SUK KWAN ANGEL	M4619 WONG PU LAM	M4738 HUANG YUNPING	M4857 CHAN SIN YNG	M4976 WONG TIN YAU STEPHEN	M5095 BAO HAIPING	M5214 POONYUE HUAIRFED	M5333 WONG CHI MAN	
M4382 LAU KA MAN	M4501 NG SUET YEE	M4620 SO MAN LING	M4739 LO YUEN KWAN	M4858 CHOI TSZ CHING	M4977 TANG SHUN YIN	M5096 HUANG RONGZHEN	M5215 LEE HON SHING	M5334 CHAN KIN WAI PHILIP	
M4383 SU WING CHI	M4502 CHU SUET YING	M4621 YUEN WING SZE	M4740 LAM KWOK TING	M4859 CHOI WAI YAN	M4978 KWAN SIU YU KEVIN	M5097 WONG CHUN KI	M5216 ZHANG WEITAO	M5335 WONG MAN KIT ODEE	
M4384 NG MAUREEN	M4503 TSE TSUI YEE CHERIE	M4622 CHENG KUNG PO	M4741 CHENG TSZ YEUNG	M4860 LAM HEI YI	M4979 CHEUNG SIU PONG	M5098 WONG KA YU	M5217 LEE HOWARD	M5337 WU JUNBIN	
M4385 HE YANLIANG	M4504 CHONG CHOWMAN	M4623 LAW LOK FUNG	M4742 WANG HUIJIE	M4861 LI SAU YING	M4980 HO SAI HUNG	M5099 LAW CHEUK HEY	M5218 YIP YEE KIU	M5338 LAW HOWARD	
M4386 HOU JUHQING	M4505 CHI HU LAM	M4624 YEUNG TING KWAN	M4743 LAW MAN KWAN GLADYS	M4862 CHEUNG KA CHING	M4981 WONG CHI KIT	M5100 WONG SIU HEWILMAN	M5219 CHUNG CHI YAN	M5339 CHUNG KAM CHEONG	
M4387 MAK CHUNG YEE	M4506 WONG SUET WAN HELEN	M4625 WU YAN KIN	M4744 KEUNG BO YEE	M4863 YAU HUU YEE	M4982 NG CHAK WAI	M5101 LAU KAI CHUN	M5220 TAM KIN CHOI	M5340 IKAPI KOCHIRO	
M4388 LO MEI YEE	M4507 FAN JIA YIN	M4626 SZE YUEN YEE	M4745 TSOK KAI YI	M4864 NG CHEUK LAM	M4983 NG LO BUN BEN	M5102 LAU SHING HOWARD	M5221 YEUNG CHONG FUNG	M5341 CHAN HUAH TUNG	
M4389 CHU LUNG WING	M4508 LUU CHING MAN	M4627 KWOK TSZ SHAN	M4746 CHAN CHAU YIN	M4865 MAK WING KAN AGNES	M4984 KONG YUNG LEI	M5103 LEUNG SUU KIEN	M5222 IP FRED	M5342 WONG YAM STANLY	
M4390 ZENG XIAOQING	M4509 WONG CHOY YEE	M4628 HO WAI LIN	M4747 ZHAO YI FEI	M4866 YIP YUN MAN	M4985 TO CHAN WAH	M5104 FUNG KONG TONG	M5223 WONG YUK MING BEETH	M5343 LAM KAI HUNG	
M4391 WEI RU	M4510 LIU PI LING	M4629 TSANG TSZ SHAN	M4748 YEH HUAY CHRISTY	M4867 WONG HEI WING	M4986 LIU CHEUK YU	M5105 LAI MAN LUNG	M5224 CHAN SHEUNG KEE	M5343 WONG RAYMOND	
M4392 TSANG YUK KU	M4511 LIU YUEN TING	M4630 TAN KANG WING	M4749 CHU SIN TUNG	M4868 POON KA LING	M4987 WONG KIN CHIU	M5106 LAU TSZ WING	M5225 YAN KA WING	M5344 KWOK CHOI IP	
M4393 LEI PATTI PUI YAN	M4512 CHENG WAI FAN	M4631 CHAN CHING HEI	M4750 WONG PUI KUK	M4869 HO TSZ CHING	M4988 WONG KIN HOU	M5107 LIU YUQIANG	M5226 YEUNG CHI KONG LEON	M5345 TSEUNG WING NGAN	
M4394 CHEUNG KAY KAN	M4513 WONG HEI CHING	M4632 ZHOU LINXIN	M4751 YIP YUEN KWAN	M4870 CHAN TSZ NGA	M4989 YU KA KIN	M5108 CHOY MAN KIN	M5227 HUEN MAN KIT	M5346 LAM HING KEI	
M4395 LAM HOI YAN	M4514 ZHONG YING	M4633 FAN TSZ LING	M4752 LIOU DONGYU	M4871 TAM WING CHUEN	M4990 CHOW KEWIN	M5109 SUU CHI LUNG	M5228 HUNG WAI YU	M5347 SIDHU JAGDIS SINGH	
M4396 LAU PUI YAN	M4515 LIU LI LING	M4634 MAK WING YIN	M4753 LEE WAI MEI	M4872 NG YIN WAI	M4991 CHAN KWAN YAU	M5110 CHAN SHERMAN	M5229 SO CHI SHAN	M5348 KONG CHUCK HOWARD	
M4397 HUI WINGSUM	M4516 SZETO SIT TUNG	M4635 LAU WING SUM	M4754 LAM HEI YU	M4873 PAI TO PO	M4992 KWOK PIU HUNG	M5111 XIU JUAHU	M5230 CHAN FU WING	M5349 KEUNG WANG HEI	
M4398 NG KA WAI	M4517 CHAN WING SZE	M4636 GAO JING	M4755 LAM TZE WAI	M4874 CHAN WAN YIN WENDY	M4993 CHEUNG CHUNG YU	M5112 CHAN YU MING DUNCAN	M5231 WINATA VANDRA	M5350 YIP VICTOR	
M4399 TSU WI YAIN VICKY	M4518 CHIU WING YAN	M4637 WEN KAILING	M4756 LEE CLAUDIA MEI WAI	M4875 TO LAU SIEN	M4994 TSING TALUNG	M5113 YOUNG CHAM KAY	M5232 CHAN CHUNG HING	M5351 MALAP JASON	
M4400 WONG CHING YI	M4519 CHEANG OA IONG	M4638 LAU WING HING	M4757 LOK HU TUNG	M4876 LI HO YING	M4995 WONG CHUN ELVIS	M5114 NEIL STEVEN NEILL	M5233 LEUNG ALAN	M5352 ELSON SAWH WONG	
M4401 WU YUN LAM WENDY	M4520 LOU YUEN MAN	M4639 LIU WAI CHING	M4758 CHONG CHOI YING	M4877 POON WAN MAN	M4996 CHENG SHI KWOK	M5115 KWONG WING CHUNG	M5234 CRESCEMI NICKSON	M5353 CHAN HING YU	
M4402 CHAN TSZ YING	M4521 SIN KA KI	M4640 TSANG SHU NWKA	M4759 REINA FANG	M4878 WU LEONG YWA	M4997 LAM CHI WAN	M5116 LAU SU FUNG	M5235 TSAN FUN CHOW	M5354 KOH CHUNG NOOK STANIO	
M4403 WU OI SZE	M4522 TONG PUI SHAN	M4641 CHENG SHU KWAN	M4760 LIANG TINGXUAN	M4879 LEUNG YUEN CHING	M5000 LEE CHAN KA	M5117 CHUNG CREDY	M5236 WONG GARY	M5355 MAK MAM KUK	
M4404 CHEUNG HAUJYUK	M4523 SUN PO CHING	M4642 HUANG XINHUI	M4761 WONG MEI SZE METZ	M4880 NG YUK NAM	M5001 WONG TAK LEUNG	M5118 LAM KAI CHU	M5237 KEI CHUN CHRISTIAN	M5356 IP CHEUK WANG ANDREW	
M4405 FU YUK SUET	M4524 CHUNG LAI WA	M4643 LAU YAN YAN	M4762 YAN SIN WAH	M4881 CHEN HU YING	M5000 HO CEE THAT THOMAS	M5119 JOR HONG MING	M5238 CHEUK MAU LEUNG	M5357 WONG EDWARD CHING PING	
M4406 YUNG WING YIN	M4525 CHU STEPHANIE	M4644 CHAN SHU CHING	M4763 LAM WU LOK	M4882 FUNG MAN WA	M5001 AU TAI KEI CAMUS	M5120 LO JOHNSON	M5239 WONG FUNG FOR	M5358 LEUNG RONI	
M4407 LIU HU WAI	M4526 WONG HU SUEN	M4645 LAM PUI SZE	M4764 MAK HOI KIU	M4883 HUNG WAI CHING	M5002 MAU KEE ANTHONY	M5121 CHANG DOUGLAS	M5240 CHEUNG KIN KUEN	M5359 PHUA CHAN KIN	
M4408 KWOK KRISTIE KA HEI	M4527 LAM YU TING	M4646 HO LIN TAI	M4765 WONG MEI WA	M4884 TAI SIN YI	M5003 CHEUNG CHI SHING	M5122 YU HARRY	M5241 WONG CHUN HUNG	M5360 WIP YAI KIN	
M4409 WONG KUN WAI	M4528 HO CHEUK KA	M4647 LAM WANNIE WING YI	M4766 YIP CHI KEE	M4885 TONG YUNG LAM	M5004 SO KWUN PING	M5123 WONG TAK CHUIN MARK	M5242 LEUNG WAT TAT	M5361 FUNG CHEUNG KWAN	
M4410 LO FUNG OI	M4529 LAI HO YING	M4648 LEE MELODY WING TUNG	M4767 WONG HU KWAN	M4886 MAK HU YAN	M5005 LEE MAN CHU	M5124 TSE WAI MAN SIMON	M5243 LEE SIU LAM	M5362 CHOW KA HING	
M4411 WONG KA YI	M4530 LEUNG OFELIA	M4649 SUNG PUI LAM	M4768 CHEUNG LOK YING	M4887 CHENG SZE HANG	M5006 TSANG TSZ HIN	M5125 NG HENRY	M5244 NGAI CHI HUNG	M5363 WONG HO YIN	
M4412 LI MEI LING	M4531 CHI SHEK KWAN	M4650 FAN HU YAU	M4769 FENG YIFAN	M4888 WONG WING MAN	M5007 KOH CHUN HO	M5126 WONG EDIE	M5245 CHAN WING HANG	M5364 LIM BENNY IRAWAN	
M4413 LEE AN TING	M4532 NG WING YIN	M4651 YEUNG KA YING	M4770 LAW CHU YI	M4889 LI HU LING	M5008 LAU KAI WAI	M5127 LIU DAVID	M5246 AU YU CHEUNG	M5365 TAM KUNG WOOD	
M4414 LEE WING TUNG	M4533 YAU KA YU	M4652 ZHOU LI SI	M4771 HO SIN YEE	M4890 LAO WENWEN	M5009 KIN KEUNG	M5128 LEUNG KAL LESKE	M5247 CHAN SUI LEUNG BILLY	M5366 RAU SHAKER PEESAPPATY	
M4415 LAW WING SZE	M4534 LEE KAM YI	M4653 TAN CHI YU	M4772 WONG WAI KANG	M4891 CHAN HU YING	M5010 LEUNG CHI KAR Darren	M5129 KAI WING LAM	M5248 CHUNG KING HAI	M5367 TING TAK CHI MARK	
M4416 KAN WING YAN	M4535 LAW PU MAN	M4654 TANG KIN MAN CARMEN	M4773 WONG YAN YAN	M4892 CHUNG KA LAU	M5011 CHU SUU LUNG	M5130 WU YING BUN	M5249 LEUNG LEUNG CHIN BARRY	M5368 WONG YEE KAY	
M4417 WONG YEE KI	M4536 MA YUEN MAN	M4655 TSE HO YAN	M4774 CHAN SHU TING	M4893 LAU WING YU	M5012 LEUNG GMUN HO CHESTER	M5131 CHAN ROCKY	M5250 CHU MING HING	M5369 KWONG HUNG PIU	
M4418 TO HU MAN	M4537 WONG YI MING	M4656 AYUOK HEI	M4775 TAVARES TIFFANY	M4894 CHING KA YIN	M5013 KWONG CHI SUM	M5132 YAP MAURICE	M5251 HO BI KAI	M5370 MIAO YAN	
M4419 CHOW KA MING	M4538 LIU LINSHAN	M4657 SHE LIRONG	M4776 CHAN YU CHI	M4895 YU YING YANG	M5014 CHAN MAN KIT	M5133 CHEUNG ARTHUR	M5252 LEUNG FAI MAN MOSES	M5371 TANG TSZ KIN TERENCE	
M4420 HO KAK	M4539 NGAI KAR MAN	M4658 CHOW PO YING	M4777 HO SZE MAN	M4896 CHU WING YI	M5015 CHAN YU LEUNG	M5134 CHEUNG KEUNG	M5253 WU KWAN YEE	M5372 TEAPADEEPANG WACHIN	
M4421 TANG CHEUK YUNG	M4540 CHENG CHEN SHAN	M4659 NG WING SHAN	M4778 HO PO YING	M4897 CHAN SEN	M5016 CHEN JIAHAN	M5135 LEUNG LOK MAN	M5254 HO CHI KIN CYRUS	M5373 CHAN HEUNG NORMAN	
M4422 LEONG MEI KUN	M4541 TAI YUN TING	M4660 NG TSZ HIN	M4779 LIU CHUEN	M4898 LAM TSZ SHAN	M5017 YEUNG TIK YAM	M5136 CHAN SHU VINCENT	M5255 WAI MING KWAN	M5374 YU CHU HUNG DANIEL	
M4423 CHEN CHEN	M4542 CHUNG HU YAN	M4661 LAM ROXY	M4780 WONG MEI SIN	M4899 KO YEE MAN	M5018 WONG TSZ PANG	M5137 LEUNG SHUNWING	M5256 CHAN HO YIN	M5375 TIRPIN YAN	
M4424 FUNG LAI KI	M4543 MUNG LAM CHAN	M4662 CHAN SHU WKAH	M4781 FOK LUCA SZE PUI	M4900 FUNG TSZ YAN	M5019 LOKE WING CHEUNG	M5138 TSANG WAI YUEN	M5257 NG KA MING	M5376 LEE CHI SANG	
M4425 YEE HUNG NING	M4544 CHAN KA MAN	M4663 HONG YK FUNG MARY	M4782 HOOK SHUK WUAN	M4901 NG WING LAM	M5020 TSANG KENNITH	M5139 WONG CHEUK YING SILAS	M5258 CHAN KA WO	M5377 MIAO TSZ KIN	
M4426 LAM KA YAN	M4545 HUNG YUNG LING	M4664 LEE WING YAN	M4783 WAI LI	M4902 CHEUNG KAM LAU	M5140 YIP KI	M5140 MOK HON FAU	M5259 LAM TZE LEUNG	M5378 CHENG ZYE	
M4427 YANG YEE LAM	M4546 LIU HU LIAM	M4665 HO PUI YAN	M4784 LIAU MAN PO	M4903 HUAI MAN LING	M5141 CHU KAI PONG	M5142 CHUA KIN WAI	M5260 SOON TUT LIM	M5379 WU YAU HUAI	
M4428 KAN SIN LI LILIAN	M4547 CHEUNG EWE KWAN	M4666 NGAI ON CHI	M4785 CHIU LAM	M4904 HO WAI SUM	M5143 CHAN KUH WANG	M5143 KONG MING WAI	M5261 YWI WAI MING PATRICK	M5380 MAN HIM TSANG	
M4429 LAI CHAU YING	M4548 HE XIAO	M4667 NGAI KA YING	M4786 WANG PUI SHAN	M4905 CHAN PUI WU	M5144 CHENG KUH WANG	M5145 LEUNG SING CHUN	M5262 YEUNG SING CHUN	M5381 HO SING YEUNG	
M4430 WAYU YAN	M4549 LIN JING	M4668 YAU KA YU	M4787 LEUNG HAU CHUNG	M4906 FAN KAM YU	M5146 CHU SHU KEUNG	M5146 LEE HING SAN SAM	M5263 LEE HUAO JIE	M5382 RICKY LAU	
M4431 NG KA WUN	M4550 CHAN LOK TING NATALIE	M4669 SHAN YUYING	M4788 TAN JASMINE APRYL	M4907 PERKINS SOPHIE	M5147 LEE YOUNG	M5147 WONG LAU CHU	M5264 CHAM HO LEUNG	M5383 CHAM HO LEUNG	
M4432 LAI YEE CHING	M4551 IP MEI WAI	M4670 LEE CHING	M4789 TSU TSZ YING	M4908 LEE CANAN KA NAM	M5148 LEE TSU HO	M5148 TSANG CHUN PING	M5265 LAW KAI MAN	M5384 WANG YI PING	
M4433 MUNG KA YAN	M4552 WONG LAI TUNG	M4671 GAO JING	M4790 FUNG TIN YAN	M4909 LAU YAN	M5149 LEE TSU TZIN	M5149 YEUNG CHU LEUNG	M5266 CHAN TIN YAP	M5385 NG CHUN TING	
M4434 SUEN WAI YAM	M4553 LOU PI KU	M4672 LEE YU MUNG	M4791 YUAN YAN	M4910 LAU YUN YING	M5150 CHAN KAI CHUN	M5150 WONG CHU TAN	M5267 SHIH JUSTIN	M5386 CHAN KOON LUN	
M4435 LEUNG MIU YEE	M4554 TSOI YING TUNG	M4673 LEE WAI KAI VICKY	M4792 CHIU CHING TING	M4911 KWOK KEI KWAN	M5151 CHUAN SHU HING	M5151 CHUAN WU FANG	M5268 SO HUNG FAU	M5387 CHEN QIAO	
M4436 LEI MEI FONG	M4555 WONG PUI YEE	M4674 XIAN HONGMEI	M4793 CHUAN KAM WAI	M4912 YU WAI YING	M5152 DORING ROBERT	M5152 FUNG CHOW KWEI	M5269 LIU JIANHUI	M5388 RICKY LAU	
M4437 WONG SIN Y CYNTHIA	M4556 TSANG CHAN YAN	M4675 CHOU CHING YAN	M4794 TSANG SUM LOK	M4913 WONG TSZ CHAN	M5153 HUANG CHUEN	M5153 TONG SHING CHUEN	M5270 AJU CHEUNG CHUEN	M5389 XINGYU PAN	
M4438 LANG LANG	M4557 CHU NGAI IN	M4676 HO SUEN YING	M4795 WONG TIN WAI CANDICE	M4914 TOO KEE KEE	M5154 LIAU SHUHUN	M5154 WONG LAU CHU	M5271 TONG SZE HANG ANDY	M5390 LEE TSZ HO	
M4439 YE LUJUN	M4558 YEUNG CHUAN YUET	M4677 HO YU JOLLY	M4796 HUANG SHIYUN	M4915 LEE YEE TING	M5155 OSHI YASARI MASAMI	M5155 LO AKU CHUEN SAM	M5272 TONG CHI MAN	M5391 WANG ZHIZHE	
M4440 CHAN KA MAN	M4559 TSZ YAN	M4678 HO LOK WING	M4797 TIAN ZHIXUAN	M4916 MAI HO YEE	M5156 CHANG LAM ON	M5156 CHAK WAI HUNG	M5273 LAI KWI CHEUNG	M5392 KWAN CHI WAI	
M4441 LUU MEI TSENG	M4560 WONG PIU YING	M4679 HO LOK WING	M4798 XIAO XUEWEN	M4917 HUI HU TUNG	M5157 CHAN KUH WANG	M5157 FOO YIK MING	M5274 VAN OSSANEN DENNIS	M5393 MU CHUN HEI	
M4442 MATSIT LUN	M4561 WAI KAI WAI	M4680 CHAN HOI LEE	M4799 TSANG YUN PHOEBE	M4918 LEUNG YING BO	M5158 WONG YU HANG	M5158 TSING CHENG YUNG	M5275 LEUNG TAT KEUNG	M5395 SO HUNG YAN	
M4443 CHAN HU TUNG	M4562 WAI JI CHING	M4681 CHAN HOI LEE	M4800 TSANG YUN PHOEBE	M4919 LEUNG YU KAI HEI	M5159 CHUAN KUH WANG	M5159 WU YING YUAN	M5276 LEUNG CHUEN	M5396 KUNG HERBERT SUN	
M4444 CHAN HU WAI	M4563 TSANG KAM YAN	M4682 CHAN HOI LEE	M4801 TSANG YUN PHOEBE	M4920 LEUNG YU KAI HEI	M5160 CHUAN KUH WANG	M5160 WU YING YUAN	M5277 TONG HUAN	M5397 WU YAU PONG	
M4445 CHUNG HING	M4564 TSANG KAM YAN	M4683 TSANG KAM YAN	M4802 WING LING WAI	M4921 LEUNG YU KAI HEI	M5161 CHUAN KUH WANG	M5161 WU YING YUAN	M5278 TONG CHI MAN	M5398 WANG YI PING	
M4446 CHUNG HING	M4565 TSANG KAM YAN	M4684 TSANG KAM YAN	M4803 WING LING WAI	M4922 CHANG KUH WANG	M5162 CHUAN KUH WANG	M5162 WING LING KIM	M5279 WONG FUNG CHUNG	M5399 CHOI YEE FUNG	
M4447 WONG SING YI	M4566 TSANG KAM YAN	M4685 TSANG KAM YAN	M4804 WING LING WAI	M4923 CHANG KUH WANG	M5163 CHUAN KUH WANG	M5163 WING LING KIM	M5280 CHAN KUH WANG	M5400 CHAN KUNG YUEN	
M4448 CHUNG HING	M4567 TSANG KAM YAN	M4686 TSANG KAM YAN	M4805 WING LING WAI	M4924 CHANG KUH WANG	M5164 CHUAN KUH WANG	M5164 WING LING YAM	M5281 LAU CHEUK HANG JACKSON	M5401 GUO JINGCAI	
M4449 CHUNG HING	M4568 TSANG KAM YAN	M4687 TSANG KAM YAN	M4806 WING LING WAI	M4925 CHANG KUH WANG	M5165 CHUAN KUH WANG	M5165 WING LING YAM	M5282 LEE KAI FANG	M5402 TAN CHUN YUN	
M4450 CHUNG HING	M4569 TSANG KAM YAN	M4688 TSANG KAM YAN	M4807 WING LING WAI	M4926 CHANG KUH WANG	M5166 CHUAN KUH WANG	M5166 LEUNG CHUEN KUNNY	M5283 LEUNG WAI FUNG	M5403 PANG HO TIME	
M4451 CHUNG HING	M4570 TSANG KAM YAN	M4689 TSANG KAM YAN	M4808 WING LING WAI	M4927 CHANG KUH WANG	M5167 CHUAN KUH WANG	M5167 LEUNG CHUEN KUNNY	M5284 LEUNG CHUEN KUNNY	M5404 TONG KIN KEI	
M4452 ZHANG LING	M4571 TSANG KAM YAN	M4690 TSANG KAM YAN	M4809 WING LING WAI	M4928 CHANG KUH WANG	M5168 CHUAN KUH WANG	M5168 CHUAN KUH WANG	M5285 TSU SHU KEUNG	M5405 TSU SHU KEUNG	
M4453 WONG SING YI	M4572 TSANG KAM YAN	M4691 TSANG KAM YAN	M4810 WING LING WAI	M4929 CHANG KUH WANG	M5169 CHUAN KUH WANG	M5169 CHUAN KUH WANG	M5286 TSU SHU KEUNG	M5406 TSU SHU KEUNG	
M4454 CHUNG HING	M4573 TSANG KAM YAN	M4692 TSANG KAM YAN	M4811 WING LING WAI	M4930 CHANG KUH WANG	M5170 CHUAN KUH WANG	M5170 CHUAN KUH WANG	M5287 TSU SHU		

十公里參賽者名單

10KM Participants List

No.	Name	號碼	Name	No.	Name
M5445	WONG CHI KIN	M5564	LAU HOK YIN	M5683	FONDA BRIAN
M5446	YUEN SIU HANG	M5565	KU WAI KA RICCO	M5684	LAU ANDREW
M5447	LEUNG KAR HO	M5566	LAU CHI WAI	M5685	LI WAHLOK
M5448	LUK HO TUNG	M5567	KONG FUNG	M5686	LEE CHEUK NAM
M5449	LEUNG KA CHUN	M5568	KWOK CHI KAI PATRICK	M5687	LAM CHEUK LIN ALAN
M5450	TSANG KIN HANG	M5569	CHAN ALAN	M5688	WONG WAI CHUNG
M5451	HU CHUN KIN GORDON	M5570	CHOI PAK KI	M5689	HO HUI FUNG
M5452	PRATIKNO IVAN ADITYA	M5571	CHEN NORMAN	M5690	CHUNG WAI HIN
M5453	WONG PAK LUN	M5572	LAM WAI TAK	M5691	CHONG CHI KIT
M5454	LAU YAT TUNG	M5573	LAU KWOK SANG	M5692	LAM KENG
M5455	LEUNG PUI KEI	M5574	YIP TAK WAI	M5693	CHAN WAN YIU WINWOK
M5456	TSE FU SHING	M5575	KWAN DAMIEN	M5694	LEUNG JASON
M5457	MAI HOI KIT	M5576	LAU MICKCO	M5695	HO TSZ WAI
M5458	WANG WUYONG	M5577	LEUNG CHAK FUNG	M5696	WAI SANG CHAN
M5459	CHIK KWONG HO	M5578	LAW WAI LAP	M5697	TEKAPRECHAWIN NUTAPHOL
M5460	LAU MING FAI	M5579	HON KEI LOUIS TONG	M5698	JUN YU
M5461	LEUNG WAI KIT MARK	M5580	LIU CHUN SIU	M5699	XINXIN WANG
M5462	LAU PAK YUI	M5581	WONG TSZ HIN	M5700	ZHAO RITA
M5463	LI CHOI CHING	M5582	LO CHING HEI	M5701	ZHOU PING
M5464	PAG NGAA MING	M5583	YAU KWAN YIN	M5702	LAU TSZ LING
M5465	SUN PING	M5584	O HINGPONG	M5703	TAI JOSIE TSZ YAN
M5466	YAM KA CHUN	M5585	KONG TSZ HANG	M5704	LEE YAU LEUNG
M5467	WONG TZE LOK FELI	M5586	SHARMA AVUDH	M5705	LAU YUK ON
M5468	CHOW CHUN KIT VINCENT	M5587	SU SLUJAJIN	M5706	TAM MANG YIN
M5469	PONG HEI CHING	M5588	LAU LEUNG YU HIN	M5707	KO TSZ HO JACKIE
M5470	XU WENZHENG	M5589	NG ALBERT KAI SAN	M5708	WAI KEVIN KAM FUNG
M5471	TAI TSUN KIT	M5590	LEE HO TSUN AARON	M5709	LIM SHARON
M5472	HUI BALDWIN	M5591	LUK KA KIT	M5710	ZHANG JUHUA
M5473	LAU WAI LUNG	M5592	NG HO MING	M5711	ZHANG HAYAN
M5474	LEUNG CHAM FAI	M5593	KAN WAIKIT	M5712	SATO AZUMI
M5475	VAN CASPEL RODERICK GILLES	M5594	SUN LU LOK	M5713	MATSUYAMA IZUMI
M5476	PANG CHONG SAN	M5595	LEE WAI HO	M5714	KWONG WING LUN
M5477	HO KA KIT	M5596	MA CHUN FAI	M5715	LIU BAI
M5478	CHAN WAI KEUNG	M5597	TANG JIA JUN	M5716	HE GUOYONG
M5479	LAU ALBERT	M5598	HU ALLENHUI	M5717	SATO JOKICHI
M5480	TSUI CHI WAI	M5599	CHAN CHUN HANG	M5718	HAMASUNA KOISHIROH
M5481	LEE LOK MAN	M5600	LOR TSZ CHUN	M5719	TANI KATSUEI
M5482	LEE WAI YIN	M5601	CHAN DOMINIC	M5720	SAKIYAMA YUSUKE
M5483	FONG SZE CHUN	M5602	WONG KAM SHING	M5721	ZHANG DANPING
M5484	CHAN MAN HEI	M5603	CHAN KWAN LING	M5722	KATO SATOKO
M5485	CHOW SZE WAI	M5604	CHAN WAI KIN	M5723	HOZUMI NAOI
M5486	CHAK YIU CHUNG	M5605	LAU LEONG	M5724	HOSHII YASUKO
M5487	SO KIN PONG	M5606	LEE KA WAH	M5725	WONG MEI KAM
M5488	KWOK PUI MAN	M5607	NGAN WA NAME	M5726	HU JUNDA
M5489	CHUI MAN CHUNG	M5608	KO SHUN HANG	M5727	OHORI TORU
M5490	FOK YAT SING ALEX	M5609	TSE STEVEN	M5728	KIYOHARA MANABU
M5491	LAU TSZ CHUNG	M5610	TSANG SIU PIE	M5729	MIZOGUCHI SATORU
M5492	HUI POK YAN BRYAN	M5611	WONG KIN HO	M5730	MURA YOSHIIRO
M5493	WONG CHUN CHUNG	M5612	CHEUNG SUI HONG	M5731	SASAKI HIROAKI
M5494	YUEN SIU KEI	M5613	LIU YUEWEI	M5732	INOUE SUSUMU
M5495	LI WEN JIE	M5614	WONG KWONG CHIU	M5733	TAKAJI YOSHIRO
M5496	CHAN KA WAI	M5615	LAU JARED	M5734	TAKETOMI MASAHARU
M5497	CHOY TING TUNG	M5616	AU KWOK YUNG	M5735	NG GARY
M5498	AU YOUNG HAU CHUN BENNY	M5617	CHAN KEI HIM	M5736	SHU CHI YAN
M5499	LEUNG WANG TAT	M5618	WU MIN	M5737	CHAN MAN SHING
M5500	PAU LONG WAI	M5619	LIN PO YEN	M5738	LO KA KEE STEPHEN
M5501	NG MING CHUN	M5620	WONG HO YUEN	M5739	HAN QINQIN
M5502	YUEN SON SANG	M5621	HU CHI KUEN	M5740	ZHONG QIAN
M5503	YEUNG YU FAI	M5622	LEUNG CHUNG KIN KEVIN	M5741	ZHANG MAN
M5504	PANG MAN KIT	M5623	MAK SUI YIN	M5742	WU QINGTAO
M5505	LAM YAT LONG	M5624	FAN TSZ HEI	M5743	YU YUNYAN
M5506	WONG YU SHING	M5625	LEONG CHIN PANG	M5744	WENG XIAOYAN
M5507	LIN CHEUK PANG	M5626	LEUNG CHEUK MAN REYNOLD	M5745	LIU SIU
M5508	CHAN CHI YUNG	M5627	TAU DENNIS HO MAN	M5746	XIAO SHUYING
M5509	WONG HANG KEI	M5628	KWOK SHUH HANG	M5747	HU WEIYI
M5510	YP CHI SHING	M5629	LEE PAUL	M5748	KAMIOKA MIKI
M5511	LEE MAN HO	M5630	TAI CHUNG CHENG VINCENT	M5749	TAUCHI REIKO
M5512	HUNG YAN HENRY WONG	M5631	MANG YU FAI	M5750	KITAJIMA KAHO
M5513	TSUJ TAK HENG	M5632	YIU WA LOK	M5751	HOSHI MISAKI
M5514	NG KONG FUNG	M5633	LAI KINHO	M5752	GOMI KYOKA
M5515	HO YAN LUN	M5634	YIP CHUNG MAN	M5753	ARAKAWA MAMI
M5516	CHEUNG WAI HIN	M5635	SIN MAN TING	M5754	TAIHARA JESSIA
M5517	WONG PAK HANG	M5636	LUA CHEUK HANG	M5755	TAMARU REINA
M5518	KU KA LOK	M5637	WANG DECHENG	M5756	LAJ JOYCE
M5519	TAM WAI KEUNG	M5638	LAM WENG KIT	M5757	WEI YIHAO
M5520	CHUNG HO HEI	M5639	CHEN ZHANHONG	M5758	QIAN JUNYU
M5521	WONG CHING KIT	M5640	MOK CHUN PONG	M5759	WEI CHENGBIAO
M5522	LI MING HO	M5641	SO PING CHI	M5760	HO TSZ YAU
M5523	LI WING CHUNG	M5642	YIM KWAN HAU DOMINIC	M5761	CHAN WING TAI
M5524	YEUNG LAP HIN	M5643	TUNG CHUN WAI MIKE	M5762	SZE TIN SHUN
M5525	CHUNG KAM WAH	M5644	TUNG YU FAI	M5763	HO KA CHUN KARL
M5526	YIP CHUN WAH	M5645	HO KAM WING	M5764	KO CHUNG YAN
M5527	ZHANG JIAWEI	M5646	CHAN KA	M5765	POON NGA YI
M5528	CHEUNG PING LEUNG	M5647	HO KA LUN	M5766	CHAN YEE MEI
M5529	WONG CHI SING	M5648	YAN KIM	M5767	HONG KIN YIP
M5530	LUI KIN FUNG	M5649	CHAU YU CHING	M5768	TANG LAP YI
M5531	CHAN SIU HIM	M5650	KAM PU SUNG	M5769	TSE KAM HIM
M5532	WAN SIU SANG	M5651	CHONG MAN CHIU	M5770	LAU SIU PING
M5533	HO MAN CHIU	M5652	HO YIN	M5771	LOO OU SZE
M5534	CHAN CHUN YIN	M5653	TANG WING HO	M5772	CHENG TZE CHING
M5535	CHU KWOK KEI ALEX	M5654	LI HING YIP	M5773	NG LO MAN
M5536	CHAN WAI LUN ALAN	M5655	WANG GUOFAN	M5774	HUNG SIFAN
M5537	PUN WAI HONG	M5656	LAI KING HANG	M5775	YIP NGO CHING
M5538	YAU CHEUK HO	M5657	WONG TAT TSUN	M5776	WU GWEN
M5539	LAU CHUN HEI THOMAS	M5658	SO KA HEI	M5777	POON YIU MAN PYM
M5540	SHI ZHONG PING	M5659	FUNG TSZ CHUN	M5778	YUM MING MAN DORA
M5541	CHAN CHIT	M5660	WONG WAI TIN	M5779	FONG PU SZE
M5542	CHAN WA CHING	M5661	FUNG PO WING	M5780	LAU MICHELLE
M5543	LIU YU WING	M5662	TANG WAI FUNG	M5781	JIN WENTAO
M5544	YIP LOK MAN	M5663	TSOI CHING KWAN	M5782	PAN MINGJUN
M5545	YAN FRANKIE	M5664	CHOI CHAK MAN	M5783	CHAN CHUN KWAN
M5546	CHUI KA KIT	M5665	HO YEUNG PAK	M5784	KO WAI MEI
M5547	CHEUNG HO MING	M5666	LEE MAN HEI	M5785	CHAN PHYLISSA
M5548	PUN KA MING	M5667	KWAN CHEUK HANG	M5786	TSOI CHOI NI
M5549	SOLIS SALINAS FRANCO	M5668	LAU CHI WAI	M5787	HE CHRISTINE
M5550	MITSUO YUTAKA	M5669	GU RUNQIN	M5788	LYUET YAN
M5551	WONG CHUN MAN	M5670	HE YUXIONG	M5789	CHONG JOHN
M5552	LAW SUM YIU	M5671	ZHANG FAN		
M5553	CHEN JIAHOO	M5672	LI TIANZI		
M5554	XU MING ZE	M5673	WONG KA WA		
M5555	LAM TSANG YUEN	M5674	WONG KA CHUN JASON		
M5556	CHUNG CHING HONG	M5675	WU CHIN HO		
M5557	WONG CHI HO	M5676	LEUNG MAN CHUNG		
M5558	NG WAI LUN	M5677	YUNG HU HONG		
M5559	HU KEYANG	M5678	LEUNG PAK YAN		
M5560	KEI KIT SHING	M5679	YEUNG HO CHUN		
M5561	CHEN TENGCHAO	M5680	YI LIANG		
M5562	LEE CHUN KIT	M5681	NG TSZ HUNG		
M5563	TRINH QUANG HUY	M5682	NG HEI YUI		

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