

Result – Cross Country Championships 2009

Overall Position 總名次	Time 時間	Race No. 編號	Cat Pos. 分組名 次	Name	Cat 組別	Team-C 隊際組別
1	00:17.35	10	1	WONG SIU PING	Ladies - Open	Ladies
2	00:19.23	8	2	LAU KA MAN	Ladies - Open	Ladies
3	00:20.16	9	3	TSANG YIU YING	Ladies - Open	Ladies
4	00:20.40	1	4	CHAN WAI MAN	Ladies - Open	Ladies
5	00:20.43	22	5	HE XIAO HUA	Ladies - Open	Ladies
6	00:21.11	350		TSE SIU LING	Ladies - Open	Ladies
7	00:21.31	20		MAN YU CHING	Ladies - Open	Ladies
8	00:21.48	243		CHAN WING YIN	Ladies - Open	Ladies
9	00:21.49	12		CHEUNG WAI YAN	Ladies - Open	Ladies
10	00:23.12	16		MAN YING	Ladies - Open	Ladies
11	00:24.38	3		WONG LOI TIM	Ladies - Open	Ladies
12	00:24.45	17		NG HOI KIU	Ladies - Open	Ladies
13	00:24.47	11		LAU SAI WAN	Ladies - Open	Ladies
14	00:25.31	18		WAN TSZ KI	Ladies - Open	Ladies
15	00:25.38	21		TAM YAN LING	Ladies - Open	Ladies
16	00:26.03	7		WAN HIN LOK	Ladies - Open	Ladies
17	00:26.30	5		NG PUI MAN	Ladies - Open	Ladies
18	00:30.01	4		HO SHUK WAN	Ladies - Open	Ladies
19	00:30.53	19		MAK SIU FONG	Ladies - Open	Ladies
20	00:33.18	6		WONG PUI PUI	Ladies - Open	Ladies
1	00:23.45	75	1	NAYLOR, ANDY	C-Men's Master I	B
2	00:24.59	174	1	LOK KA HONG	A-Men's Open	A
3	00:25.04	173	2	NG CHEUK YIN	A-Men's Open	A
4	00:25.31	170	3	CHENG MAN KIT	A-Men's Open	A
5	00:25.32	118	4	CHAN KWOK WAI	A-Men's Open	A
6	00:25.37	172	5	TSUI WAI YUEN	A-Men's Open	A
7	00:25.48	169	6	YAU KAI CHUNG	A-Men's Open	A
8	00:25.48	105	7	WONG YIU FUNG	A-Men's Open	A
9	00:25.49	101	8	LEUNG WAI HO, ANGUS	A-Men's Open	A
10	00:25.56	114	9	YIU TSZ KIN	A-Men's Open	A
11	00:25.57	179	10	CHAN KA MAN	A-Men's Open	A

12	00:26.19	112		TAM HO MING	A-Men's Open	A
13	00:26.32	191		WONG CHI WAI	A-Men's Open	B
14	00:26.34	171		SIN CHUN KWONG	A-Men's Open	A
15	00:26.36	195		LEE KAM KEUNG	A-Men's Open	B
16	00:26.38	82	2	WUN YIU KI	C-Men's Master I	B
17	00:26.44	200		SUEN CHUN MAN	A-Men's Open	A
18	00:26.45	58	1	LEE SAI CHEONG	B-Men's Senior	A
19	00:26.47	104		WONG LONG FUNG	A-Men's Open	A
20	00:26.50	78	3	YUEN TAK SHUN	C-Men's Master I	B
21	00:26.53	116		NG WING FAI	A-Men's Open	A
22	00:26.56	168		WONG YUK PO	A-Men's Open	A
23	00:26.57	130		LAI KA PAK	A-Men's Open	B
24	00:26.59	115		LAI LOK MAN	A-Men's Open	A
25	00:27.01	133		YEUNG WING FAN	A-Men's Open	B
26	00:27.07	89	4	CHAN KING MAN	C-Men's Master I	B
27	00:27.10	73	5	NG WING FAI	C-Men's Master I	B
28	00:27.14	56	2	CHAN WAI KAY	B-Men's Senior	B
29	00:27.18	117		CHENG HOK CHUNG	A-Men's Open	A
30	00:27.19	124		CHENG SAI LEUNG	A-Men's Open	B
31	00:27.30	84	3	CHE KWOK SANG	B-Men's Senior	B
32	00:27.36	175		CHUNG CHI HO	A-Men's Open	B
33	00:27.37	83	4	LAI MAN NGAI	B-Men's Senior	B
34	00:27.42	137		LAI KIN PONG	A-Men's Open	B
35	00:27.43	103		WONG YUE HONG	A-Men's Open	A
36	00:27.49	109		LO KWOK ON	A-Men's Open	A
37	00:27.49	62	5	YEUNG YU LEUNG	B-Men's Senior	A
38	00:27.55	70		CHAN WAI NAM	B-Men's Senior	A
39	00:27.56	60		TAM REYNOLD	B-Men's Senior	A
40	00:27.58	92	1	LEE TAK WAI	D-Men's Master II	B
41	00:27.59	120		FONG HIU SANG	A-Men's Open	A
42	00:28.02	198		CHAN KAI HUNG	A-Men's Open	A
43	00:28.04	253	2	AU YEUNG WAI KI	D-Men's Master II	B
44	00:28.06	113		AO KA LEUNG	A-Men's Open	A
45	00:28.12	244		KWAN TZE LUN	A-Men's Open	A
46	00:28.13	197		LEE CHI LOK	A-Men's Open	A
47	00:28.15	251	3	I.C. STRANGE	D-Men's Master II	A
48	00:28.16	192		LI WING KING	A-Men's Open	B
49	00:28.20	51		CHAN WAI KEI	B-Men's Senior	B

50	00:28.45	59		LEUNG SIU CHEUNG	B-Men's Senior	A
51	00:28.50	129		LAM CHEUNG SHING	A-Men's Open	B
52	00:28.59	121		CHENG WAI HO	B-Men's Senior	B
53	00:29.01	193		WONG HO TING	A-Men's Open	B
54	00:29.04	74		LEE KAM SHUN	C-Men's Master I	B
55	00:29.09	111		LEE KA KUI	A-Men's Open	A
56	00:29.14	155		YIP KING KIT	A-Men's Open	A
57	00:29.15	64		LI SAI MING	B-Men's Senior	A
58	00:29.16	108		LEUNG CHUN SANG	A-Men's Open	A
59	00:29.33	102		LEE PUI LAM, PAUL	A-Men's Open	A
60	00:29.34	54		LI IP HO	B-Men's Senior	B
61	00:29.39	250	4	CHEUNG CHI TAT	D-Men's Master II	A
62	00:29.42	100	5	LAI KIN WAI	D-Men's Master II	B
63	00:29.44	147		YUEN CHI HO	A-Men's Open	B
64	00:29.45	167		YAU CHONG TAI	A-Men's Open	B
65	00:29.45	87		MA WAN FAI	C-Men's Master I	B
66	00:29.47	52		LEUNG LOK MING	B-Men's Senior	B
67	00:29.49	127		LEUNG HO CHEUNG	A-Men's Open	B
68	00:29.54	139		CHENG TSZ WAH	A-Men's Open	B
69	00:29.55	153		TO KING LAM	A-Men's Open	A
70	00:29.56	156		MOK SIU TUNG	A-Men's Open	B
71	00:29.59	128		CHIU TSZ WAI	A-Men's Open	B
72	00:30.03	28		LAW PING TONG	D-Men's Master II	B
73	00:30.26	97		WONG CHI WING	D-Men's Master II	B
74	00:30.29	94		CHEUNG CHOR MING, TOMMY	D-Men's Master II	B
75	00:30.39	85		LI CHUNG MING	C-Men's Master I	A
76	00:30.45	146		CHEUNG CHI HUNG	A-Men's Open	B
77	00:30.47	142		CHENG WAI YUEN	A-Men's Open	B
78	00:30.48	154		SZETO SIU HANG	A-Men's Open	A
79	00:30.49	96		WONG KWAI WING	D-Men's Master II	B
80	00:30.51	151		HO MING CHEUNG	A-Men's Open	A
81	00:30.56	194		LAW WING CHIU	A-Men's Open	B
82	00:30.58	152		LAW Kwok-yip	A-Men's Open	A
83	00:31.01	159		TAM KA WAI	A-Men's Open	B
84	00:31.07	246		WONG KING MAN	A-Men's Open	B
85	00:31.09	186		HO CHI KWONG	A-Men's Open	B
86	00:31.12	187		WONG KA FAI	A-Men's Open	B
87	00:31.20	143		LAU SHU MING	A-Men's Open	B

88	00:31.24	125	CHAN HIU HUNG	A-Men's Open	B
89	00:31.28	166	WU YUNG TUNG	A-Men's Open	B
90	00:31.29	160	KO KIN ON	A-Men's Open	B
91	00:31.33	26	WONG MOON TONG	D-Men's Master II	B
92	00:31.43	183	WONG WAH TSAN	A-Men's Open	A
93	00:31.50	180	FUNG KAI HIM	A-Men's Open	A
94	00:31.57	98	SHEPHARD, DAVID	D-Men's Master II	A
95	00:32.10	80	CHEUNG TAK WA	C-Men's Master I	B
96	00:32.21	189	CHAN YIP SANG	A-Men's Open	B
97	00:32.29	79	WONG KIM WAI	C-Men's Master I	B
98	00:32.33	126	LAW KA HEI	A-Men's Open	B
99	00:32.41	65	CHAN KWOK FAI	B-Men's Senior	A
100	00:32.42	162	CHUNG KING HANG	A-Men's Open	B
101	00:32.43	161	FONG SO HO	A-Men's Open	B
102	00:32.44	99	MORGAN, RICHARD H	D-Men's Master II	B
103	00:33.34	196	LEE WAI WING	A-Men's Open	B
104	00:33.45	247	AU YEUNG MAN HO	A-Men's Open	B
105	00:34.03	135	CHAN WING CHEONG	A-Men's Open	B
106	00:34.26	190	CHAN KAM TONG	A-Men's Open	B
107	00:34.35	72	LAM TAI MING	B-Men's Senior	B
108	00:34.58	188	LEE HOK MAN	A-Men's Open	B
109	00:35.29	144	FONG WING FAI	A-Men's Open	B
110	00:35.39	88	MO SHUN HING	C-Men's Master I	B
111	00:36.03	157	LO HIN TANG	A-Men's Open	B
112	00:36.19	91	LI CHI SHING	D-Men's Master II	B
113	00:36.20	93	WONG KIU KWONG	D-Men's Master II	B
114	00:36.42	163	WONG IO KUAN	A-Men's Open	B
115	00:36.55	254	IP SIU WAI	D-Men's Master II	B
116	00:37.08	132	WAN FU KWONG	A-Men's Open	B
117	00:37.33	138	KWOK KA YAU	A-Men's Open	B
118	00:37.34	77	WONG WAI HUNG	C-Men's Master I	B
119	00:37.35	145	FUNG KAI TAI	A-Men's Open	B
120	00:37.40	245	MAN CHO HUNG	A-Men's Open	B
121	00:37.55	248	HO MAN KIT	A-Men's Open	B
122	00:37.58	29	CARTWRIGHT, DAVID	D-Men's Master II	B
123	00:41.04	69	CHAN TAI SHING	B-Men's Senior	B
124	00:42.08	165	CHAN SHUN TAK	A-Men's Open	B
125	00:42.16	24	LAU SIU MING	D-Men's Master II	B

126	00:42.54	252	POON SUET MAN	D-Men's Master II	B
127	00:42.58	131	YIK KOK PAN	A-Men's Open	B
128	00:43.58	134	WONG PUI LAM	A-Men's Open	B
129	00:43.59	25	LAW DANNY	D-Men's Master II	B

Team Result - Cat. A (Specialist/Training Unit)

Champion – PTU HQ

Position 總名次	Time 時間	Race No. 編號	Cat Pos. 分組名次	Name	Cat 組別
2	00:24.59	174	1	LOK KA HONG	A-Men's Open
3	00:25.04	173	2	NG CHEUK YIN	A-Men's Open
4	00:25.31	170	3	CHENG MAN KIT	A-Men's Open
6	00:25.37	172	5	TSUI WAI YUEN	A-Men's Open
7	00:25.48	169	6	YAU KAI CHUNG	A-Men's Open
14	00:26.34	171		SIN CHUN KWONG	A-Men's Open

Score : **36**

Team Result - Cat. B (Other Formation/Unit)

Champion - RHQ NTN

Position 總名次	Time 時間	Race No. 編號	Cat Pos. 分組名次	Name	Cat 組別
16	00:26.38	82	2	WUN YIU KI	C-Men's Master I
31	00:27.30	84	3	CHE KWOK SANG	B-Men's Senior
32	00:27.36	175		CHUNG CHI HO	A-Men's Open
33	00:27.37	83	4	LAI MAN NGAI	B-Men's Senior

Score : **112**

1st Runner-up - TWDIST

Position 總名次	Time 時間	Race No. 編號	Cat Pos. 分組名次	Name	Cat 組別
13	00:26.32	191		WONG CHI WAI	A-Men's Open
26	00:27.07	89	4	CHAN KING MAN	C-Men's Master I
48	00:28.16	192		LI WING KING	A-Men's Open
53	00:29.01	193		WONG HO TING	A-Men's Open

Score : 140

2nd Runner up - EDIST

Position 總名次	Time 時間	Race No. 編號	Cat Pos. 分組名次	Name	Cat 組別
23	00:26.57	130		LAI KA PAK	A-Men's Open
25	00:27.01	133		YEUNG WING FAN	A-Men's Open
34	00:27.42	137		LAI KIN PONG	A-Men's Open
60	00:29.34	54		LI IP HO	B-Men's Senior

Score : 142

New Record

**Police Athletics Club
November 2009**