

5KM Tempo Race - Women Youth 11-16
FINAL
RESULTS & CLASSIFICATION
31 March 2024 (Sunday) - Race Distance : 5km

Rank	Race#	Chinese Name	English Name	Club	Sprint Won	Points	Finish Order	Lap Points		Bal	Total
								+20	-20		
								+ Lap	- Lap		
1	34	羅靖喬	Law Ching Kiu	R3 Cycling Team	1,3,4,5,7,8,9,10,11,12,13,14,15	13	1	0	0	0	13
2	9	張善桐	Cheung Sin Tung	R3 Cycling Team	2,6	2	2	0	0	0	2
3	78	熊倩	Xiong Qian	SHKP-Supernova Cycling Team		0	3	0	2	-20	-20
DNS	20	何穎芝	Ho Wing Chi	SHKP-Supernova Cycling Team		0	0	0	0	0	0

communique approved by commissaires panel

7.5KM Tempo Race - Men Junior
FINAL
RESULTS & CLASSIFICATION
31 March 2024 (Sunday) - Race Distance : 7.5km

Rank	Race#	Chinese Name	English Name	Club	Sprint Won	Points	Finish Order	Lap Points		Bal	Total
								+20	-20		
								+ Lap	- Lap		
1	14	鍾兆剛	Chung Siu Kong	Cyclone-CS Club	1,6,9,11,13,15,17,19,22,23,24	11	2	0	0	0	11
2	57	鄧昊軒	Tang Ho Hin	R3 Cycling Team	7,8,10,12,14,16,18,20	8	4	0	0	0	8
3	50	吳保利	Ng Po Li	SCAA	3,4,25,26	4	1	0	1	-20	-16
4	68	楊柏誠	Yeung Pak Shing	IND	5,21	2	3	0	1	-20	-18
DNF	12	蔡學謙	Choy Hok Him	IND				0	0	0	0

communique approved by commissaires panel

7.5KM Tempo Race - Men Youth 14-16

FINAL

RESULTS & CLASSIFICATION

31 March 2024 (Sunday) - Race Distance : 7.5km

Rank	Race#	Chinese Name	English Name	Club	Sprint Won	Points	Finish Order	Lap Points		Bal	Total
								+20	-20		
								+ Lap	- Lap		
1	23	高耀朗	Ko Yiu Long	IND	8,9,10,11,12,19,20,21,22,24	10	7	0	0	0	10
2	37	李昀俊	Lee Wan Chun	Team Dark Art	1,13,15,16	4	3	0	0	0	4
3	65	丘宗銘	Yau Chung Ming	IND	4,5,14,17	4	5	0	0	0	4
4	24	郭建霆	Kwok Kin Ting	R3 Cycling Team	23,25	2	1	0	0	0	2
5	33	羅智賢	Law Chi Yin	R3 Cycling Team	6,7	2	6	0	0	0	2
6	74	阮天朗	Yuen Tin Long Tyrone	Power Asia Cycling Team	18	1	2	0	0	0	1
7	41	梁嘉樂	Liang Ka Lok	R3 Cycling Team		0	4	0	0	0	0
8	2	陳穎俊	Chan Wing Chun Andrew	Cyclone-CS Club	2,3	2	10	0	1	-20	-18
9	72	葉奇燃	Yip Kei Yin	IND		0	9	0	1	-20	-20
10	75	曾軍豪	Zeng Kwan Ho	IND		0	8	0	2	-40	-40
DNF	44	盧家鎮	Lo Ka Chun	IND				0	2	-40	-40
DNF	63	王普修	Wong Po Sau	IND				0	2	-40	-40
DNS	15	馮樂晞	Fung Lok Hei	SCAA				0	0	0	0
DNS	46	馬正匡	Ma Nicholas	R3 Cycling Team				0	0	0	0

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10KM Tempo Race - Men Master 30-65

FINAL

RESULTS & CLASSIFICATION

31 March 2024 (Sunday) - Race Distance : 10km

Rank	Race#	Chinese Name	English Name	Club	Sprint Won	Points	Finish Order	Lap Points		Bal	Total
								+20	-20		
								+ Lap	- Lap		
1	62	黃家豪	Wong Ka Ho	SCAA	10,11,12,13,14,15,16,17,18,19,20,21,22,26,34,35	16	1	1	0	20	36
2	67	楊震宇	Yeung Charles	IND	25	1	6	1	0	20	21
3	13	徐智錫	Chui Chi Sek	SCAA	1,2,3,4,5,6,7,8,9,29,30	11	4	0	0	0	11
4	4	鄭澤誠	Cheng Chak Shing	R3 Cycling Team	23,24,27,28,31,32,33	7	2	0	0	0	7
5	55	施嘉育	Sze Ka Yuk Eric	Success EZ Rolling Club		0	3	0	0	0	0
6	39	梁健龍	Leung Kin Lung Terry	Success EZ Rolling Club		0	5	0	1	-20	-20
DNF	29	林浩毅	Lam Ho Ngai Vicent	Success EZ Rolling Club				0	0	0	0

communique approved by commissaires panel

10KM Tempo Race - Men Open
FINAL
RESULTS & CLASSIFICATION
31 March 2024 (Sunday) - Race Distance : 10km

Rank	Race#	Chinese Name	English Name	Club	Sprint Won	Points	Finish Order	Lap Points		Bal	Total
								+20	-20		
1	42	梁敬鴻	Liang King Hung	Cyclone-CS Club	2,9,11,12,13,14,16,19,20,25,27,28,29,30,33	15	1	0	0	0	15
2	38	梁嘉儒	Leung Ka Yu	SHKP-Supernova Cycling Team	8,10,15,26,31,32,34,35	8	2	0	0	0	8
3	8	張仕浩	Cheung Shi Ho	Power Asia Cycling Team	4,5,6,22	4	8	0	0	0	4
4	66	游秉璋	Yau Ping Cheung	SHKP-Supernova Cycling Team	3,17,21	3	3	0	0	0	3
5	47	馬繹斐	Ma Yik Fei	Success EZ Rolling Club	7,18,23	3	4	0	0	0	3
6	71	葉海東	Yip Hoi Tung	SHKP-Supernova Cycling Team	1,24	2	5	0	0	0	2
7	45	馬繹善	Ma Yik Sin	Success EZ Rolling Club		0	6	0	1	-20	-20
8	53	田澤	Saad Nadeem	SHKP-Supernova Cycling Team		0	7	0	2	-40	-40
9	57	鄧昊軒	Tang Ho Hin	R3 Cycling Team		0	9	0	2	-40	-40
DNF	40	梁貫軒	Leung Kun Hin Michael	Team Dark Art							
DNF	73	姚鎮朗	Yiu Chun Long	Team Dark Art							

communique approved by commissaires panel

5KM Point Race - Men School Division (C Grade)
FINAL
RESULTS & CLASSIFICATION
31 March 2024 (Sunday) - Race Distance : 5km

Rank	Race#	Chinese Name	English Name	Club	1st	2nd	3rd	4th	Finish Order	Lap Points		Bal	Total
					6	10	60	36		+20	-20		
					1	2	3	2					
					15	10	5	0					
1	6	張哲紳	Cheung Owin	Invis Cycling	5	5	5	10	1	1	0	20	45
2	10	張崇謙	Cheung Sung Him	大埔循道衛理小學	1	3	2	6	2	0	0	0	12
3	60	謝梓朗	Tse Tsz Long	佛教大雄中學	2	2	3	4	3	0	0	0	11
4	36	李正揚	Lee Ching Yeung Curtis	IND		1	1	2	4	0	1	-20	-16
DNF	54	沈逸朗	Shun Yi Lang	Cyclone Cycling Club	3					0	0	0	3

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5KM Point Race - Men School Division (B Grade)

FINAL

RESULTS & CLASSIFICATION

31 March 2024 (Sunday) - Race Distance : 5km

				1st	79	79	79	79					
				2nd	22	22	22	22					
				3rd	16	16	16	16					
				4th	3	1	1	77					
				Club	1	2	3	2					
Rank	Race#	Chinese Name	English Name	Club	15	0	5	0	Finish Order	Lap Points		Bal	Total
										+20	-20		
										+ Lap	- Lap		
1	79	賴向逸	Lai Ethan	Delia Memorial School (Hip Wo)	5	5	5	10	1	1	0	20	45
2	22	葉軒廷	Ip Hin Ting	卜維廉中學	3	3	3	6	2	0	0	0	15
3	16	何卓希	Ho Cheuk Hei Javier	Cyclone Cycling Club	2	2	2	4	3	0	0	0	10
4	77	李彥衡	Li Yin Houng	粉嶺禮賢會中學				2	4	0	0	0	2
5	1	陳力豪	Chan Lik Ho	樂善堂楊葛小琳中學		1	1		6	0	0	0	2
6	3	陳溢昇	Chan Yat Sing	元朗公立中學校友會鄧兆棠中學	1				5	0	0	0	1
7	52	白丞晉	Pei Shing Chun	Rhenish Church Pan Hok Ko Memorial College					7	0	0	0	0
8	30	林柏陶	Lam Pak To	Tak Sun Secondary School					8	0	0	0	0

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5KM Point Race - Men School Division (A Grade)

FINAL

RESULTS & CLASSIFICATION

31 March 2024 (Sunday) - Race Distance : 5km

				1st	5	21	27	21					
				2nd	21	27	21	27					
				3rd	27	5	5	5					
				4th	49	49	49	49					
Rank	Race#	Chinese Name	English Name	Club	1	2	3	2	Finish Order	Lap Points		Bal	Total
										+20	-20		
										+ Lap	- Lap		
1	21	擲梓康	Huen Tsz Hong	馬錦明慈善基金馬陳端喜紀念中學	15	10	5	0	1	0	0	0	21
2	27	黎浚希	Lai Tsun Hei	IND	2	3	5	6	2	0	0	0	16
3	5	鄭勁俊	Cheng King Chun	粉嶺禮賢會中學	5	2	2	4	3	0	0	0	13
4	49	吳嘉聰	Ng Ka chung	佛教黃允畝中學	1	1	1	2	4	0	1	-20	-15

communique approved by commissaires panel

Team Sprint - Men Youth 14-16

FINAL

RESULTS & CLASSIFICATION

31 March 2024 (Sunday) - Race Distance : 750M

Race#	Chi Name	Eng Name	Team	250m	500m	750m	
For Gold							
1	24	郭建靈	Kwok Kin Ting	R3 Cycling Team			
	33	羅智賢	Law Chi Yin	R3 Cycling Team	0:20.517	0:36.488	0:52.804
	41	梁嘉樂	Liang Ka Lok	R3 Cycling Team	Avg Speed:		51.13
2	65	丘宗銘	Yau Chung Ming	IND			
	74	阮天朗	Yuen Tin Long Tyrone	Power Asia Cycling Team	0:22.413	0:38.762	0:54.416
	37	李昀俊	Lee Wan Chun	Team Dark Art	Avg Speed:		49.62

communique approved by commissaires panel

Team Sprint - Men Open

FINAL

RESULTS & CLASSIFICATION

31 March 2024 (Sunday) - Race Distance : 750M

Race#	Chinese Name	English Name	Team	250m	500m	750m	
For Gold							
1	13	徐智錫	Chui Chi Sek	SCAA			
	48	莫泚駿	Mok Tsz Chun	SCAA	0:21.419	0:34.671	0:48.189
	58	杜棟熙	To Cheuk Hei	SCAA		Avg Speed:	56.03
2	17	何冠熹	Ho Kwun Hei	R3 Cycling Team			
	32	劉梓樑	Lau Tsz Leung Jeffery	R3 Cycling Team	0:20.529	0:34.553	0:48.729
	46	馬正匡	Ma Nicholas	R3 Cycling Team		Avg Speed:	55.41
For Bronze							
3	38	梁嘉儒	Leung Ka Yu	SHKP-Supernova Cycling Team			
	53	田澤	Saad Nadeem	SHKP-Supernova Cycling Team	0:20.010	0:35.204	0:49.919
	71	葉海東	Yip Hoi Tung	SHKP-Supernova Cycling Team		Avg Speed:	54.09
4	8	張仕浩	Cheung Shi Ho	Power Asia Cycling Team			
	47	馬繹斐	Ma Yik Fei	Success EZ Rolling Club	0:20.613	0:35.701	0:50.284
	45	馬繹善	Ma Yik Sin	Success EZ Rolling Club		Avg Speed:	53.70

communique approved by commissaires panel

Women Open

FINAL

RESULTS & CLASSIFICATION

31 March 2024 (Sunday) - Race Distance : 750M

Race#	Chinese Name	English Name	Team	250m	500m	750m	
1	9	張善桐	Cheung Sin Tung	R3 Cycling Team			
	34	羅靖喬	Law Ching Kiu	R3 Cycling Team	0:23.214	0:42.598	1:00.849
	76	邓诗颖	Tang Natalie	Power Asia Cycling Team		Avg Speed:	44.37

communique approved by commissaires panel

Men Junior
FINAL
RESULTS & CLASSIFICATION
31 March 2024 (Sunday) - Race Distance : 750M

Race#	Chinese Name	English Name	Team	250m	500m	750m	
1	12	蔡學謙	Choy Hok Him	IND			
	31	劉易宗	Lau Jason	R3 Cycling Team	0:22.205	0:38.788	0:55.408
	57	鄧昊軒	Tang Ho Hin	R3 Cycling Team		Avg Speed:	48.73

communique approved by commissaires panel

Men Master
FINAL
RESULTS & CLASSIFICATION
31 March 2024 (Sunday) - Race Distance : 750M

Race#	Chinese Name	English Name	Team	250m	500m	750m	
1	29	林浩毅	Lam Ho Ngai Vicent	Success EZ Rolling Club			
	39	梁健龍	Leung Kin Lung Terry	Success EZ Rolling Club	0:25.567	0:42.702	0:59.188
	55	施嘉育	Sze Ka Yuk Eric	Success EZ Rolling Club		Avg Speed:	45.62

communique approved by commissaires panel

Time Trial - Men Novice
FINAL
RESULTS & CLASSIFICATION
31 March 2024 (Sunday) - Race Distance : 500M

Rank	Race#	Chinese Name	English Name	School	Finish Time	Time Gap
1	26	賴昶諭	Lai Chong Yu	Cyclone-CS Club	0:41.789	
2	59	謝秉臻	Tse Ping chun	IND	0:42.621	0:00.832
3	7	張雋謙	Cheung Chun Him Gary	SCAA	0:50.411	0:08.622

communique approved by commissaires panel

Time Trial - Men School Division (C Grade)

FINAL

RESULTS & CLASSIFICATION

31 March 2024 (Sunday) - Race Distance : 500M

Rank	Race#	Chinese Name	English Name	School	Finish Time	Time Gap
1	61	王嗣澂	Wong Chi cheng	Chan Sui Ki (La Salle) Primary School	0:42.321	
2	60	谢梓朗	Tse Tsz Long	佛教大雄中學	0:43.364	0:01.043
3	54	沈逸朗	Shun Yi Lang	Cyclone Cycling Club	0:43.491	0:01.170
4	10	張崇謙	Cheung Sung Him	大埔循道衛理小學	0:46.943	0:04.622
5	36	李正揚	Lee Ching Yeung Curtis	IND	0:49.872	0:07.551

communique approved by commissaires panel

Time Trial - Men School Division (B Grade)

FINAL

RESULTS & CLASSIFICATION

31 March 2024 (Sunday) - Race Distance : 500M

Rank	Race#	Chinese Name	English Name	School	Finish Time	Time Gap
1	79	賴向逸	Lai Ethan	Delia Memorial School (Hip Wo)	0:37.420	
2	16	何卓希	Ho Cheuk Hei Javier	Cyclone Cycling Club	0:40.858	0:00.000
3	22	葉軒廷	Ip Hin Ting	卜維廉中學	0:41.424	0:04.004
4	3	陳溢昇	Chan Yat Sing	元朗公立中學校友會鄧兆棠中學	0:42.687	0:05.267
5	1	陳力豪	Chan Lik Ho	樂善堂楊葛小琳中學	0:43.883	0:06.463
6	77	李彥衡	Li Yin Houng	粉嶺禮賢會中學	0:44.045	0:06.625
7	52	白丞晉	Pei Shing Chun	Rhenish Church Pan Hok Ko Memorial College	0:44.185	0:06.765
8	30	林柏陶	Lam Pak To	Tak Sun Secondary School	0:47.470	0:10.050
9	56	鄧浩軒	Tang Ho Hin	順德聯誼總會鄭裕彤中學	1:37.690	1:00.270

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Time Trial - Men School Division (A Grade)

FINAL

RESULTS & CLASSIFICATION

31 March 2024 (Sunday) - Race Distance : 500M

Rank	Race#	Chinese Name	English Name	School	Finish Time	Time Gap
1	25	黎紫謙	Lai Tsz Him	IND	0:38.368	
2	27	黎浚希	Lai Tsun Hei	IND	0:40.152	0:01.784
3	21	禰梓康	Huen Tsz Hong	馬錦明慈善基金馬陳端喜紀念中學	0:40.513	0:02.145
4	5	鄭勁俊	Cheng King Chun	粉嶺禮賢會中學	0:41.055	0:02.687

communique approved by commissaires panel

Time Trial - Women School Division

FINAL

RESULTS & CLASSIFICATION

31 March 2024 (Sunday) - Race Distance : 500M

Rank	Race#	Chinese Name	English Name	School	Finish Time	Time Gap
1	70	葉曉童	Yip Hiu Tung	沙田官立中學	0:45.887	
2	43	列沛姿	Lit Pui Chi Corliss	保良局陳楷紀念中學	0:49.584	0:03.697
3	35	羅焯茵	Law Chloe	沙田崇真學校	0:50.028	0:04.141

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