

2024-25 Hong Kong Road Cycling Race - Series 1 - Individual Time Trial  
21 July 2024 (Sunday)  
Organized by The Cycling Association of Hong Kong, China Limited  
Subvented by Leisure and Cultural Services Department  
Start and Finish : Fei Ngo Shan Road  
Chief Commissaire : Ho Shek Yan Sheen  
Time Keeper : Hannah LEE  
Finishing Judge : Rebecca HO  
Official : Jacob YAN  
Start Time : 07:00

15-Jul-24  
v1

**Chips and numbering cloth distribution: Starts at 06:00 on race day**  
比賽當天早上6時正開始派發晶片及號碼布

**All riders must proceed bike check no later than 15 minutes before their start time. The time of any rider who reports late to the start shall be calculated from that rider's scheduled starting time.**

各參加者必須在不少於出發前15分鐘親身前往驗車；如參加者未能於出發時間報到，有關延誤時間將累積至參加者之成績計算。

**The rider shall start his ride under the orders of the commissaire who shall count down to the starting time, following which the timing of the ride shall start. The time of any rider who reports late to the start shall be calculated from that rider's scheduled starting time.**  
運動員需跟據出賽表上時間並在發令員倒數完成後出發。如運動員未按照原定時間出發，大會計時會依舊以原定時間作出發時間

**For Youth 11-13 and Youth 14-16, the maximum gear ratio authorised is that which gives a distance covered per pedal revolution of 7.93 metres.**

**All riders aged 16 or below allowed to lock the cassette during this race.**

少年11-13歲及少年14-16歲參加者齒輪比不應大於7.93米。

所有16歲或以下運動員允許在是次比賽中鎖牙

If passing the start/finish line twice from any direction after finishing the race, the time of second passing will be used for final result. If passing the start/finish line more than twice, rider will be disqualified.

運動員於完成賽事後，如以任何方向重覆越過終點線，將以第二次過線時間作最終成績，如重覆過線多於兩次，將被取消資格。

All parking must not obstruct the start/finish line and nearby area, nor the race route and pavement. Moreover, except the officials and commissaries vehicles, no other vehicles should be on the road. All vehicles must be parked in the designated areas. All vehicles must be parked in the designated areas. All vehicles must be parked in the designated areas.

所有車輛不得停泊在起/終點賽道兩旁和行人通道。此外，除工作人員和裁判車輛外，比賽期間不允許車輛行駛。任何情況下，未能遵守的運動員都將會被取消比賽資格及車輛需立即駛離比賽場地。

All participants in the competition must comply fully with the provisions of the Road Traffic Ordinance, failure to comply under any circumstances will subject to disqualification immediately. All participants must comply with the provisions of the Road Traffic Ordinance, failure to comply under any circumstances will subject to disqualification immediately.

所有參加者無論在任何情況下必須遵守交通法例，違者將立刻被取消比賽資格。

Riders should not ride on pavement. After the start of the race, riders will subject to disqualification immediately if they entered the race route other than their own race time nor using reverse. Riders should not ride on pavement. After the start of the race, riders will subject to disqualification immediately if they entered the race route other than their own race time nor using reverse.

運動員不得在行人路上騎單車。比賽進行期間，非比賽中的運動員嚴禁進入賽道範圍及任何時間嚴禁逆線騎行，否則將被取消資格。

**\* Start time is only an estimation. Upon the race progress, commissaires has the right to change the schedule of the event without prior notice.**

**\* 比賽出發時間只是估計。視乎實際比賽進展，裁判有權更改比賽賽程而不會另行通知。**

Any falsification case must be reported to the Chief Commissaries within 15 minutes after race on the event day, or else it won't be dealt with.

Any accusation for falsification has been verified, all concerned parties will be punished as the following,

First time: disqualification and 3 months suspension;

Second time: disqualification and 12 months suspension;

CAHK reserves the right to take legal action for any consequences of the falsification;

CAHK will be excluded from any liability of falsification include but not limited to medical insurance and public liability.

凡舉報任何弄虛作假行為，必須於比賽結束後15分鐘內向裁判長提出，否則將不獲處理。

所有涉及弄虛作假人員一經證實，本會將採取以下措施：

頂替者及被頂替者初犯被罰取消資格及停賽三個月，再犯則會被罰取消資格及停賽十二個月；

本會對頂替出賽引致的後果保留一切法律追究之權利；

本會不會承擔頂替者受傷之任何責任。

#### **GUIDANCE FOR RACE CANCELLATION**

**Situation1.** 30 minutes prior to the gathering time of Shatin and Wan Chai (04:45), the red/ black rainstorm warning and/or typhoon signal no. 3 or above is in force according to the Hong Kong Observatory, the race will be cancelled.

**Situation2.**

Once the thunderstorm warning come in force by the Hong Kong Observatory, Organizer will check the homepage of Hong Kong Observatory. If no lightning record has been reported within a 15 km range of the venue over the past 30 minutes, the venue will be opened as usual, given that it is suitable for event under the actual weather condition, with the Organizer attended. Announcement will be made informing the participants of the subject matter. Participants could, at their own discretion, decide to continue the event or leave the venue. The Organizer will keep checking the online lightning information. Once lightning is recorded within a 15km range of the venue or it is no longer suitable for event, the venue will be closed immediately and participants shall leave the venue and go to the safe place immediately for further advice. Seek shelter in buildings if any. Do not stand on hill tops or near any highly conductive objects. Keep away from trees or masts which are likely to be struck by lightning. Since lightning current is conducted away through the ground, you should not lie down especially when the ground is wet. Instead you should crouch down to minimize the area in contact between you and the ground.

**Situation3.** Any incident taken place on spot caused the interruption of the event such as the venue have been extensively engaged by the paramedic for the serious accident, race will be cancelled after discussion of the Commissaire Panel and the Organizer.

\*Please note that, Race will be cancelled under situation 1, 2 or 3.

Cancellation due to the weather conditions and the above reasons will not be replayed and refunded.

Should you have any queries, please feel free to contact the CAHK staff at 6578 5636.

#### **取消比賽指引**

**情況1.** 如天文台於沙田及灣仔集合點(04:45)前 30分鐘宣告掛上紅色或黑色暴雨警告訊號 / 3號風球或以上，是日比賽將會取消。

**情況2.**

當天文台發出雷暴警告後，大會即時查閱天文台網頁，假如比賽場地十五公里範圍內在過去三十分鐘內並無閃電記錄，大會將會視乎實際天氣情況，在適宜情況下如常比賽，大會將會向參加者發出廣播，通知有關事宜，參加者可自行決定是否繼續進行比賽。大會亦會不時查閱天文台網頁，當比賽場地十五公里範圍內出現閃電記錄或在大會認為不適宜比賽的情況下，大會將中止比賽，各參加者必須立即返回起/終點或任何安全地點等候進一步消息。如附近有建築物，應躲入建築物內。切勿站立於山頂上或接近導電性高的物體，樹木或桅杆容易被閃電擊中，應盡量遠離。閃電擊中物體後，電流會經地面傳開，因此不要躺在地上，潮濕地面尤其危險。應該蹲著並盡量減少與地面接觸的面積。

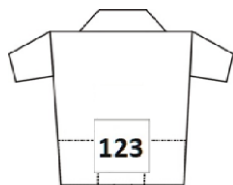
**情況3.** 任何即場發生之事故引致比賽不適宜繼續進行，例如嚴重意外發生後救傷人員執行工作時導致比賽場地持續受阻礙，經裁判團與大會聯合商議後也可中止或取消比賽。

\*請注意，賽事將會於上述其中一種情況下取消。凡因天氣問題或上述關係取消比賽者大會不會另行安排，所繳報名費概不發還。

如有任何查詢，可於比賽當日致電 6578 5636 與當值職員查詢。

### Position of Numbering Cloth

號碼布位置  
Centred 置中



Please make sure that the numbering cloth is put on properly without any cut or fold.  
請確保號碼布穩固地扣在賽衣上並沒有摺疊起來。

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請確保號碼布穩固地扣在賽衣上並沒有摺疊起來。

公路比賽時必須使用車架牌扣以將車架牌扣於單車上。比賽期間，車架牌必須清晰易見，不能蓄意隱藏。  
安裝於



坐位後方  
Under seat  
OR

後制鉗  
At rear brake



運動員在比賽期間任何時間內都不可雙手離開手把。

### Guideline for Prize Presentation of Local Race

1. Only the winner, 1st runner up and 2nd runner up will be awarded when there are only 5 - 7 participants in the category
2. Winner, 1- 4 runner up will be awarded when they are 8 or even more participants in the category

The number of participants of each category will be counted at the deadline (10 days before the race). Even late entries are accepted, no additional award(s) will be given.

本地賽賽事頒獎指引：

如參與該組別人數只有五至七名，該組別只獎勵三名運動員，即冠、亞、季軍。

如參與該組別人數有八名或以上，該組別將獎勵前五名運動員，即冠、亞、季軍、殿軍、第五名。

參賽人數以比賽十日前截止報名時為準。

**\*\*Any illegal parking will be prosecuted and fined \$450.**

違例泊車會被檢控及罰款\$450。

**\*\*\*All bike weighting results are based on the scale used by CAHK.**

秤車結果以大會單車秤為準。

### Transportation Arrangement 交通安排 ( 只供已購買車票之參加者 )

#### Gathering Time :

04:45 NT - Citibank, Shatin Centre Street, Shatin, NT

新界站：沙田正街,花旗銀行

05:00 TW - Tsuen Wan Market Street, NT

荃灣站：荃灣街市街

04:45 HK - Thomson Road (Next to Wanchai MTB Station, the Entrance of O-Brien Road)

香港站：香港灣仔譚臣道(近灣仔地鐵站, 柯布連道出口)

05:00 KLN - G.T. College (Mongkok Campus) (Junction of Shantung Street and Sai Yee Street)

九龍站：九龍旺角山東街與洗衣街交界, 優才書院 (旺角志潔分校)

#### 聲明 Waiver and Release Agreement

I certify that I am entering this race at my risk and responsibility. I agreed to abide by the regulations, policies and anti-doping policy of The Cycling Association of Hong Kong, China Limited. I for myself, my executors and administrators, do hereby waive and release, any and all rights, claims and causes of action I have or may have against The Cycling Association of Hong Kong, China Limited and all sponsors, promoters, supporters and all other contributors from any and all liability arising from illness, injury, death, loss and economic consequences I may suffer as a result of my entry in this event from any cause whatsoever, including negligence. I certify that I am physically fit and sufficiently trained to compete for the completion of this event. I grant permission and assign all rights, title and interest to the organizer to utilize my appearance, name, voice biodata and likeness in connection with the race in any and all media throughout the world in perpetually and agree to waive any rights of inspection or approval associated.

謹證明本人是自願參加比賽，並願意自行承擔所有責任。本人亦謹遵守賽會之一切規則，決定包括藥物檢查條例。本人、本人之繼承人、本人之遺囑執行人及本人之管理人謹此豁免中國香港單車總會有限公司、所有贊助商、支持是項活動之團體及任何有關之團體對於本人因參加是項比賽而由任何原因，包括疏忽，所引致之疾病、死亡、個人損失之任何法律責任，以及放棄任何有關之權利、索償及追究行動。本人亦同時聲明本人身體狀況良好及具備足夠訓練完成賽事。本人願意授權大會及傳媒在無須本人審查而可以使用本人的肖像、姓名、聲線及個人資料作為活動籌辦及推廣之用。

### WOMEN YOUTH AGE 11-13 ( 1 Trophy ) - 2.9Km

Start Time	No.	Name	Chinese	Cat	Club
07:00	701	LAI PAK CHING	賴柏澄	YW	R3 CYCLING TEAM
07:01	702	YIU MONG CHING ALKI	饒望晴	YW	SHKP SUPERNOVA CYCLING TEAM
07:02	703	YIP HIU TUNG	葉曉童	YW	R3 CYCLING TEAM
<b>No of Starters: 3</b>					

**WOMEN YOUTH AGE 14-16 ( 3 Trophies ) - 2.9Km**

Start Time	No.	Name	Chinese	Cat	Club	
07:03	704	CHAN HOI MAN	陳凱旻	YW	IND	
07:04	705	LIT PUI CHI CORLISS	列沛姿	YW	IND	
07:05	706	LESLEY LO	羅海桐	YW	POWER ASIA CYCLING TEAM	
07:06	707	HO WING CHI EMILY	何穎芝	YW	SHKP SUPERNOVA CYCLING TEAM	
07:07	708	CHEUNG SIN TUNG	張善桐	YW	R3 CYCLING TEAM	
07:08	709	XIONG QIAN	熊倩	YW	SHKP SUPERNOVA CYCLING TEAM	
07:09	710	LAW CHING KIU	羅靖喬	YW	R3 CYCLING TEAM	
<b>No of Starters: 7</b>						

**WOMEN OPEN ( 3 Trophies ) - 2.9Km**

Start Time	No.	Name	Chinese	Cat	Club	CAHK Code
07:10	711	AMY HO	何雅怡	4W	IND	2461
07:11	712	LAM CHEUK YAN KATHY	林卓昕	2W	TEAM DARK ART	5519
07:12	713	HO KA YAN HELEN	何家欣	3W	IND	6085
07:13	714	CHAN SZE WING	陳思穎	3W	NO LIMIT COACHING HK	6123
07:14	715	CHAN LOK YIN	陳樂賢	2W	CYCLINGTOWN	126
07:15	716	YU YIK MAN	余亦文	3W	HOLIDAY RACING CYCLING CLUB	3074
07:16	717	PANG TIN WAI VENUS	彭天慧	3W	OSSA JANITON CYCLING TEAM	2560
<b>No of Starters: 7</b>						

**YOUTH AGE 11-13 ( 5 Trophies ) - 2.9Km**

Start Time	No.	Name	Chinese	Cat	Club	
07:17	101	CHEUNG SUNG KWAN	張崇君	Y	IND	
07:18	102	YEUNG YU CHEUNG	楊雨翔	Y	IND	
07:19	103	LAM TSZ CHAI	林梓齊	Y	IND	
07:20	104	KIM CHAN YU	金潔攸	Y	IND	
07:21	105	CHEUK KA CHUN GAVIN	卓嘉晉	Y	IND	
07:22	106	LEUNG HO CHUN	梁皓俊	Y	APEX CYCLING TEAM	
07:23	107	KWONG KAI LUN	鄺啟綸	Y	INVIS CYCLING	
07:24	108	LAU PAK HEI	劉柏希	Y	POWER ASIA CYCLING TEAM	
07:25	109	CHEUNG SUNG HIM	張崇謙	Y	R3 CYCLING TEAM	
07:26	110	YEUNG CHI HANG	楊緻恆	Y	CYCLINGTOWN	
07:27	111	CHAN KOK YIN HARRY	陳珏彥	Y	INVIS CYCLING	
07:28	112	JIM HEI YIM	詹熙琰	Y	R3 CYCLING TEAM	
07:29	113	CHAN PAK YUI WILLIAM	陳曉睿	Y	SHKP SUPERNOVA CYCLING TEAM	
07:30	114	CHEUNG CHUN HIM	張雋謙	Y	SCAA	
07:31	115	LEE CHING YEUNG CURTIS	李正揚	Y	CYCLONE CYCLING CLUB	
07:32	116	WONG TSZ CHUN	王梓雋	Y	INVIS CYCLING	
07:33	117	WONG CHI CHENG	王嗣澂	Y	R3 CYCLING TEAM	
07:34	118	WONG TSZ HIN CYRUS	黃子騫	Y	SHKP SUPERNOVA CYCLING TEAM	
07:35	119	OWIN CHEUNG	張哲紳	Y	INVIS CYCLING	
<b>No of Starters: 19</b>						

**YOUTH AGE 14-16 ( 5 Trophies ) - 2.9Km**

Start Time	No.	Name	Chinese	Cat	Club
07:36	121	YEUNG KI SUM	楊麒琛	Y	IND
07:37	122	MAN CHUN LOK MICKEY	萬俊樂	Y	IND
07:38	123	CHAN KA LOK	陳家樂	Y	IND
07:39	124	KO YIU LONG	高耀朗	Y	IND
07:40	125	CHAN YU CHUNG	陳譽中	Y	IND
07:41	126	LAM NGO CHIT	林敖哲	Y	IND
07:42	127	WONG TSZ HEI	黃梓熙	Y	IND
07:43	128	JOSHUA CHAN	陳梓浚	Y	IND
07:44	129	HO YAT HEI	何洸熹	Y	IND
07:45	130	HO SIU FUNG	何紹楓	Y	IND
07:46	131	CHEUNG HIU YEUNG	張曉陽	Y	IND
07:47	132	LEE TSZ YEUNG	李梓陽	Y	IND
07:48	133	CHEUNG KIT MING	張杰銘	Y	IND
07:49	134	LAU CHUN HEI	劉俊熙	Y	IND
07:50	135	WONG PO SAU	王普修	Y	IND
07:51	136	LAM LOK HEI	林樂曦	Y	TEAM DARK ART
07:52	137	SIU CHUN HIN	蕭俊軒	Y	APEX CYCLING TEAM
07:53	138	WONG PUI CHUNG	黃培宗	Y	CYCLINGTOWN
07:54	139	CHAN LIK HO	陳力豪	Y	CYCLONE CYCLING CLUB
07:55	140	CHENG HO LONG	鄭浩朗	Y	R3 CYCLING TEAM
07:56	141	PEI SHING CHUN	白丞晉	Y	SHKP SUPERNOVA CYCLING TEAM
07:57	142	NICHOLAS MA	馬正匡	Y	R3 CYCLING TEAM
07:58	143	LO YU HIN	盧譽軒	Y	TEAM DARK ART
07:59	144	HO CHUN HEI	何駿希	Y	APEX CYCLING TEAM
08:00	145	CHEN TSZ HO	陳子濠	Y	CYCLINGTOWN
08:01	146	YANG YAOYU	楊耀宇	Y	CYCLONE CYCLING CLUB
08:02	147	CHAN YAT SING	陳溢昇	Y	R3 CYCLING TEAM
08:03	148	FUNG LOK HEI	馮樂晞	Y	SCAA
08:04	149	TSANG SANG HEI	曾崇熙	Y	SHKP SUPERNOVA CYCLING TEAM
08:05	150	POON HO SHUN JAMIE	潘鑄舜	Y	APEX CYCLING TEAM
08:06	151	IP HO LAM	葉昊藍	Y	CYCLINGTOWN
08:07	152	CHAN HUNG YUI HORACE	陳虹睿	Y	SHKP SUPERNOVA CYCLING TEAM
08:08	153	YAU CHUNG MING	丘宗銘	Y	POWER ASIA CYCLING TEAM
08:09	154	ZENG KWAN HO	曾軍豪	Y	R3 CYCLING TEAM
08:10	155	YIP KEI YIN	葉奇燃	Y	SCAA
08:11	156	NG CHI LOK	吳子樂	Y	SHKP SUPERNOVA CYCLING TEAM
08:12	157	CHENG HUNG LEONG	鄭洪量	Y	APEX CYCLING TEAM
08:13	158	CHAN WING CHUN ANDREW	陳穎俊	Y	CYCLONE CYCLING CLUB
08:14	159	PANG CHING CHI	彭正持	Y	POWER ASIA CYCLING TEAM
08:15	160	CHOI TSZ HIN	蔡子軒	Y	SHKP SUPERNOVA CYCLING TEAM
08:16	161	KWOK KIN TING	郭建霆	Y	R3 CYCLING TEAM
08:17	162	ETHAN LAI	賴向逸	Y	SCAA
08:18	163	KWOK LONG TUNG ANSON	郭朗東	Y	SHKP SUPERNOVA CYCLING TEAM
08:19	164	KWOK HEI		Y	APEX CYCLING TEAM
08:20	165	MA HIU LOK	馬曉樂	Y	CYCLONE CYCLING CLUB
08:21	166	WONG ZI HAN	黃正函	Y	POWER ASIA CYCLING TEAM
08:22	167	WONG TIN CHAK	黃天澤	Y	SHKP SUPERNOVA CYCLING TEAM
08:23	168	LIANG KA LOK	梁嘉樂	Y	R3 CYCLING TEAM
08:24	169	LAI CHUN YUNG	黎晉榕	Y	SHKP SUPERNOVA CYCLING TEAM
08:25	170	WONG SIU KWAN	黃瀟鈞	Y	TEAM DARK ART
08:26	171	IP HIN TING BOSCO	葉軒廷	Y	SHKP SUPERNOVA CYCLING TEAM
08:27	172	LAW CHI YIN	羅智賢	Y	R3 CYCLING TEAM
08:28	173	LEE WAN CHUN	李昀俊	Y	TEAM DARK ART
<b>No of Starters: 53</b>					

MEN JUNIOR AGE 17-18 ( 5 Trophies ) - 2.9Km					
Start Time	No.	Name	Chinese	Cat	Club
08:30	1	CHEUK ALFRED KA LONG	卓嘉朗	MJ	IND
08:31	601	CHAN TSZ CHUNG	陳子聰	MJ	IND
08:32	602	LAM CHEUK YIU	林倬堯	MJ	APEX CYCLING TEAM
08:33	603	CHUNG PUI PAN	鍾沛彬	MJ	CYCLINGTOWN
08:34	604	JASON LAU	劉易宗	MJ	R3 CYCLING TEAM
08:35	605	WONG CHI SHEUNG	黃智尚	MJ	APEX CYCLING TEAM
08:36	606	YU CHEUK KI	姚卓奇	MJ	CYCLINGTOWN
08:37	607	CHEUNG KWOK JIN	張國津	MJ	SHKP SUPERNOVA CYCLING TEAM
08:38	608	LAM CHUN WANG	林俊宏	MJ	APEX CYCLING TEAM
08:39	609	WU RUI XIN	吳睿鑫	MJ	FIRST TEN GENERATION TEAM
08:40	610	HAYDEN KWOK	郭秉熙	MJ	SUCCESS EZ ROLLING CLUB
08:41	611	MA TSZ KEN	馬梓健	MJ	APEX CYCLING TEAM
08:42	612	NG SHING HEI	吳承熹	MJ	POWER ASIA CYCLING TEAM
08:43	613	WONG KING FUNG	黃敬鋒	MJ	APEX CYCLING TEAM
08:44	614	JAY CHAN	陳焯南	MJ	POWER ASIA CYCLING TEAM
08:45	615	LAI CHEUK KIU	黎卓翹	MJ	APEX CYCLING TEAM
08:46	616	HUI HO TING	許皓珽	MJ	POWER ASIA CYCLING TEAM
08:47	617	LEE WAI LUN	李瑋麟	MJ	APEX CYCLING TEAM
08:48	618	LO CHUNG YUEN WILL	羅眾圓	MJ	POWER ASIA CYCLING TEAM
08:49	619	YEUNG PAK SHING	楊柏誠	MJ	SHKP SUPERNOVA CYCLING TEAM
08:50	620	LAM TSZ KIU	林子喬	MJ	APEX CYCLING TEAM
08:51	621	TANG HO HIN	鄧昊軒	MJ	R3 CYCLING TEAM
08:52	622	WONG CHUNG HEI	黃仲希	MJ	APEX CYCLING TEAM
<b>No of Starters: 23</b>					
MASTERS AGE 30-39 ( 5 Trophies ) - 2.9Km					
Start Time	No.	Name	Chinese	Cat	Club
08:53	301	NGAN HO MAN	顏浩民	3M	IND
08:54	302	CHAN CHUN WAH	陳俊樺	3M	IND
08:55	303	LAI TSZ HIN	黎梓軒	3M	IND
08:56	304	CHAN TIK HIN	陳迪軒	3M	IND
08:57	305	ZHENG XINGXIAN	鄭星賢	3M	IND
08:58	306	CHAU WAI MAN	周偉文	3M	IND
08:59	307	LAI KWUN YIN	黎冠賢	3M	IND
09:00	308	WONG KAM YIP	黃金業	3M	APEX CYCLING TEAM
09:01	309	TSE KAM HUNG	謝錦鴻	3M	OSSA JANITON CYCLING TEAM
09:02	310	LAU POK HIM RON	劉博謙	3M	HONG KONG FIRE SERVICES CYCLING CLUB
09:03	311	LI SHEK LUN	李錫倫	3M	APEX CYCLING TEAM
09:04	312	HUI YAT LONG	許逸朗	3M	OSSA JANITON CYCLING TEAM
09:05	313	LEUNG CHI KING	梁志敬	3M	APEX CYCLING TEAM
09:06	314	CHEUNG MING KAI	張銘佳	3M	OSSA JANITON CYCLING TEAM
09:07	315	CHEUNG MAN YIU	張文耀	3M	APEX CYCLING TEAM
09:08	316	MA LOK YU	馬樂愉	3M	HONG KONG FIRE SERVICES CYCLING CLUB
09:09	317	LAU LOK HANG	劉樂行	3M	APEX CYCLING TEAM
09:10	318	IP SHIU CHUN JONATHAN	葉兆堯	3M	HONG KONG FIRE SERVICES CYCLING CLUB
<b>No of Starters: 18</b>					
MASTERS AGE 40 -49 ( 3 Trophies ) - 2.9Km					
Start Time	No.	Name	Chinese	Cat	Club
09:11	22	LEE WAI LOK	李偉樂	4M	TEAM DARK ART
09:12	401	YIP CHI SHUN	葉智巽	4M	IND
09:13	402	YU MAN KIT	余文傑	4M	IND
09:14	403	LAW KWOK HOO DANIEL	羅國豪	4M	CYCLONE CYCLING CLUB
09:15	404	CHAK CHUN WING	翟俊榮	4M	SCAA
09:16	405	JUSTIN LAM	林若基	4M	RAFT CYCLING TEAM
09:17	406	CHAN KA YIN	陳嘉賢	4M	OSSA JANITON CYCLING TEAM
<b>No of Starters: 7</b>					

MASTERS AGE 50 OR ABOVE ( 1 Trophies ) - 2.9Km						
Start Time	No.	Name	Chinese	Cat	Club	
09:18	501	LAU MAN TUNG	劉文東	5M	IND	
09:19	502	LAM PAK YUEN	林伯遠	5M	CYCLONE CYCLING CLUB	
09:20	503	TONG WAI CHUNG CHRISTOPHER	湯惠聰	5M	IND	
09:21	504	CHOI CHI YUNG	蔡智勇	5M	CYCLONE CYCLING CLUB	
<b>No of Starters: 4</b>						
CHALLENGE ( 5 Trophies ) - 2.9Km						
Start Time	No.	Name	Chinese	Cat	Club	CAHK Code
09:22	201	TONG CHUN KIT SIMON	湯俊杰	MJ	IND	3303
09:23	202	LAI CHONG YU	賴昶諭	2	IND	462
09:24	203	LEUNG LOK YIN	梁樂賢	2	IND	7167
09:25	204	WONG LONG HEI PASCAL	黃朗熙	2	IND	3983
09:26	205	LUN PACO PAK HOU	倫柏灝	2	RAFT CYCLING TEAM	7135
09:27	206	WONG KIN HEI	黃鍵熹	2	APEX CYCLING TEAM	1974
09:28	207	YIK CHEUK HIM	易卓謙	2	CYCLINGTOWN	5132
09:29	208	LAW CHECK TING	羅卓霆	2	POWER ASIA CYCLING TEAM	6886
09:30	209	WONG KA HO	黃家豪	2	RAFT CYCLING TEAM	6064
09:31	210	KWAN CHUNG FAI	關頌輝	2	APEX CYCLING TEAM	5758
09:32	211	CHUNG WING PO	鍾永寶	2	CYCLONE CYCLING CLUB	5131
09:33	212	NG TING HON	吳霆涯	MJ	POWER ASIA CYCLING TEAM	795
09:34	213	LIONEL LEONG	梁駿豪	2	RAFT CYCLING TEAM	6932
09:35	214	FUNG PAK CHING BRIAN	馮柏程	2	APEX CYCLING TEAM	6929
09:36	215	YEUNG MAN FU	楊文富	3M	OSSA JANITON CYCLING TEAM	753
09:37	216	CHUNG WING YIN	鍾永研	2	POWER ASIA CYCLING TEAM	461
09:38	217	FAN YAT LONG	樊日朗	MJ	TEAM DARK ART	4553
09:39	218	LAU WAI KIT	劉偉傑	2	APEX CYCLING TEAM	7044
09:40	219	LEUNG CHO SING	梁楚昇	2	OSSA JANITON CYCLING TEAM	895
09:41	220	LEE SIU WANG	李兆弘	2	POWER ASIA CYCLING TEAM	6977
09:42	221	KAI TSZ WING	嵇紫嶸	2	SHKP SUPERNOVA CYCLING TEAM	2102
09:43	222	SU CHI TO	蘇智濤	2	APEX CYCLING TEAM	6568
09:44	223	HUI CHUN LONG	許俊朗	2	OSSA JANITON CYCLING TEAM	679
09:45	224	HUEN TSZ HONG	禰梓康	2	R3 CYCLING TEAM	5422
09:46	225	FONG HO YEUNG	方皓陽	2	APEX CYCLING TEAM	4886
09:47	226	CHUNG KING TIN	宗敬天	2	SHKP SUPERNOVA CYCLING TEAM	104
09:48	227	LEUNG KING HIN	梁景軒	2	OSSA JANITON CYCLING TEAM	4719
09:49	228	HUA BING CHENG	華炳程	2	R3 CYCLING TEAM	3150
09:50	229	CHAN NGAI YU WALTER	陳藝瑜	2	OSSA JANITON CYCLING TEAM	4258
09:51	230	LAU TSZ NOK	劉梓諾	2	APEX CYCLING TEAM	6286
09:52	231	SIU LEONG WA	蕭亮華	2	RAFT CYCLING TEAM	724
09:53	232	LAI KA MAN	黎家汶	MJ	APEX CYCLING TEAM	2604
09:54	233	LEE CHIN LONG	李展朗	2	SHKP SUPERNOVA CYCLING TEAM	3367
09:55	234	SIN TSUN WANG RAPHEAL	洗峻鋹	2	RAFT CYCLING TEAM	1901
09:56	235	NG MAN LUNG	吳文龍	3M	OSSA JANITON CYCLING TEAM	443
<b>No of Starters: 35</b>						

**OPEN ( 5 Trophies ) ( 5 Trophies ) - 2.9Km**

<b>Start Time</b>	<b>No.</b>	<b>Name</b>	<b>Chinese</b>	<b>Cat</b>	<b>Club</b>	<b>CAHK Code</b>
09:57	1	CHEUK ALFRED KA LONG	卓嘉朗	MJ	IND	6227
09:58	2	HAEMON LO	盧熙朗	2	IND	2599
09:59	3	MAXWELL DUBOW	李曉陽	2	IND	7130
10:00	4	HO ZONG TING	何宗庭	2	IND	604
10:01	5	ZHOU HAIYANG	周海洋	2	IND	7166
10:02	6	LEUNG CHI YU	梁智宇	2	IND	7049
10:03	7	ZENG ANTAO	曾安桃	3M	IND	7008
10:04	8	MAI ZIJIAN	麥子健	3M	IND	7163
10:05	9	CHO CHEUK FUNG	曹焯鋒	3M	IND	913
10:06	10	NG KEE HIN	吳祺軒	3M	RAFT CYCLING TEAM	7121
10:07	11	FUNG WAI LIM	馮偉廉	2	APEX CYCLING TEAM	1387
10:08	12	CHAN LOK FUNG	陳樂豐	2	OSSA JANITON CYCLING TEAM	6952
10:09	13	CHEUNG TSZ SHUN	張子舜	2	TEAM DARK ART	2597
10:10	14	YIP YAM	叶鑫	2	FIRST TEN GENERATION TEAM	6524
10:11	15	CHAN KING MAN SEDRICK	陳敬文	2	POWER ASIA CYCLING TEAM	1839
10:12	16	YIP SHING HEI	葉承羲	2	TEAM DARK ART	2631
10:13	17	TAM HO LAM	譚浩嵐	2	OSSA JANITON CYCLING TEAM	933
10:14	18	YAU PAK YIU	邱柏堯	2	POWER ASIA CYCLING TEAM	2921
10:15	19	LEUNG KUN HIN MICHAEL	梁貫軒	2	TEAM DARK ART	2550
10:16	20	FRED CHAN	陳志鋒	2	OSSA JANITON CYCLING TEAM	453
10:17	21	CHAN SHEUNG YIN MARCO	陳尚然	2	RAFT CYCLING TEAM	1319
10:18	22	LEE WAI LOK	李偉樂	4M	TEAM DARK ART	1407
<b>No of Starters: 22</b>						