

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		
1	34	羅靖喬	Law Ching Kiu	R3 Cycling Team	1,3,4,5,7,8,9,10	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		
1	14	鍾兆剛	Chung Siu Kong	Cyclone-CS Club	1,6,9,11,13,15,1	11	2	0	0	0	11
2	57	鄧昊軒	Tang Ho Hin	R3 Cycling Team	7,8,10,12,14,16	8	4	0	0	0	8
3	50	吳保利	Ng Po Li	SCAA	3,4,25,26	4	1	0	1	-10	-6
4	68	楊柏誠	Yeung Pak Shing	IND	5,21	2	3	0	1	-10	-8
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		
1	23	高耀朗	Ko Yiu Long	IND	8,9,10,11,12,19	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
2	65	丘宗銘	Yau Chung Ming	IND	4,5,14,17	4	5	0	0	0	4
3	24	郭建靈	Kwok Kin Ting	R3 Cycling Team	23,25	2	1	0	0	0	2
3	33	羅智賢	Law Chi Yin	R3 Cycling Team	6,7	2	6	0	0	0	2
4	74	阮天朗	Yuen Tin Long Tyrone	Power Asia Cycling Team	18	1	2	0	0	0	1
5	41	梁嘉樂	Liang Ka Lok	R3 Cycling Team		0	4	0	0	0	0
6	2	陳穎俊	Chan Wing Chun Andrew	Cyclone-CS Club	2,3	2	10	0	1	-10	-8
7	72	葉奇燃	Yip Kei Yin	IND		0	9	0	1	-10	-10
8	75	曾軍豪	Zeng Kwan Ho	IND		0	8	0	2	-20	-20
DNF	44	盧家鎮	Lo Ka Chun	IND				0	0	0	0
DNF	63	王普修	Wong Po Sau	IND				0	0	0	0
DNS	15	馮樂暉	Fung Lok Hei	SCAA				0	0	0	0
DNS	46	馬正匡	Ma Nicholas	R3 Cycling Team				0	0	0	0

 communique approved by commissaires panel

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		
1	62	黃家豪	Wong Ka Ho	SCAA	10,11,12,13,14,15	16	1	1	0	10	26
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	11	4	0	0	0	11
4	4	鄭澤誠	Cheng Chak Shing	R3 Cycling Team	23,24,27,28,31,32	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	-10	-10
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	2,9,11,12,13,14,15	15	1	0	0	0	15
2	38	梁嘉儒	Leung Ka Yu	SHKP-Supernova Cycling Team	8,10,15,26,31,32	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
4	47	馬耀斐	Ma Yik Fei	Success EZ Rolling Club	7,18,23	3	4	0	0	0	3
5	71	葉海東	Yip Hoi Tung	SHKP-Supernova Cycling Team	1,24	2	5	0	0	0	2
6	45	馬耀善	Ma Yik Sin	Success EZ Rolling Club		0	6	0	1	-10	-10
7	53	田澤	Saad Nadeem	SHKP-Supernova Cycling Team		0	7	0	2	-20	-20
7	57	鄧昊軒	Tang Ho Hin	R3 Cycling Team		0	9	0	2	-20	-20
DNF	40	梁貫軒	Leung Kun Hin Michael	Team Dark Art							
DNF	73	姚鎮明	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	Sprint Won	Points	Finish Order	Lap Points		Bal	Total	
								+20	-20			
				1st	6	6	6	6				
				2nd	54	10	60	10				
				3rd	60	60	10	60				
				4th	10	36	36	36				
1	6	張哲紳	Cheung Owin	Invis Cycling	15	10	5	0	1	1	20	40
2	60	謝梓朗	Tse Tsz Long	佛教大雄中學	2	2	3	2	3	0	0	9
3	10	張崇謙	Cheung Sung Him	大埔循道衛理小學	1	3	2	3	2	0	0	9
4	36	李正揚	Lee Ching Yeung Curtis	IND		1	1	1	4	0	1	-17
DNF	54	沈逸朗	Shun Yi Lang	Cyclone Cycling Club	3					0	0	3

communique approved by commissaires panel

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

FINAL

RESULTS & CLASSIFICATION

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

				1st	2nd	3rd	4th	Lap Points					
				79	79	79	79	+20	-20	Bal	Total		
				22	22	22	22						
				16	16	16	16						
				3	1	1	77						
Rank	Race#	Chinese Name	English Name	Club	1	2	3	2	Finish Order	+ Lap	- Lap	Bal	Total
					15	0	5	0					
1	79	賴向逸	Lai Ethan	Delia Memorial School (Hip Wo)	5	5	5	5	1	1	0	20	40
2	22	葉軒廷	Ip Hin Ting	卜維廉中學	3	3	3	3	2	0	0	0	12
3	16	何卓希	Ho Cheuk Hei Javier	Cyclone Cycling Club	2	2	2	2	3	0	0	0	11
4	1	陳力豪	Chan Lik Ho	樂善堂楊葛小琳中學		1	1		6	0	0	0	2
5	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
5	77	李彥衡	Li Yin Houng	粉嶺禮賢會中學					1	4	0	0	1
6	30	林柏陶	Lam Pak To	Tak Sun Secondary School					8	0	0	0	0
6	52	白丞晉	Pei Shing Chun	Rhenish Church Pan Hok Ko Memorial College					7	0	0	0	0

communique approved by commissaires panel

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

FINAL

RESULTS & CLASSIFICATION

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

				1st	2nd	3rd	4th	Lap Points					
				5	21	27	21	+20	-20	Bal	Total		
				21	27	21	27						
				27	5	5	5						
				49	49	49	49						
Rank	Race#	Chinese Name	English Name	Club	1	2	3	2	Finish Order	+ Lap	- Lap	Bal	Total
					15	10	5	0					
1	21	禡梓康	Huen Tsz Hong	馬錦明慈善基金馬陳端喜紀念中學	3	5	3	5	1	0	0	0	16
2	27	黎浚希	Lai Tsun Hei	IND	2	3	5	3	2	0	0	0	13
3	5	鄭勁俊	Cheng King Chun	粉嶺禮賢會中學	5	2	2	2	3	0	0	0	11
4	49	吳嘉聰	Ng Ka chung	佛教黃允啟中學	1	1	1	1	4	0	1	-20	-16

communique approved by commissaires panel

Team Sprint - Men Youth 14-16

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

QUALIFYING

RESULTS & CLASSIFICATION

Rank	Race#	Chinese Name	English Name	Club	250m	500m	750m
1	24	郭建霆	Kwok Kin Ting	R3 Cycling Team			
	33	羅智賢	Law Chi Yin	R3 Cycling Team	0:20.527	0:36.558	0:53.565
	41	梁嘉樂	Liang Ka Lok	R3 Cycling Team	Avg Speed: 50.41		
2	65	丘宗銘	Yau Chung Ming	IND			
	74	阮天朗	Yuen Tin Long Tyrone	Power Asia Cycling Team	0:22.781	0:39.346	0:55.005
	37	李昀俊	Lee Wan Chun	Team Dark Art	Avg Speed: 49.09		
3	75	曾軍豪	Zeng Kwan Ho	IND			
	44	盧家鎮	Lo Ka Chun	IND	0:22.682	0:39.518	0:57.998
	63	王普修	Wong Po Sau	IND	Avg Speed: 46.55		

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	郭建霆	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 Youth 14-16
FINAL
RESULT SHEET
31 March 2024 (Sunday) - Race Distance : 750M

Rank#	Race#	Chi Name	Eng Name	Team
1	24	郭建霆	Kwok Kin Ting	R3 Cycling Team
	33	羅智賢	Law Chi Yin	R3 Cycling Team
	41	梁嘉樂	Liang Ka Lok	R3 Cycling Team
2	65	丘宗銘	Yau Chung Ming	IND
	74	阮天朗	Yuen Tin Long Tyrone	Power Asia Cycling Team
	37	李昀俊	Lee Wan Chun	Team Dark Art
3	75	曾軍豪	Zeng Kwan Ho	IND
	44	盧家鎮	Lo Ka Chun	IND
	63	王普修	Wong Po Sau	IND

communique approved by commissaires panel

Team Sprint - Men Open
QUALIFYING
RESULTS & CLASSIFICATION
31 March 2024 (Sunday) - Race Distance : 750M

Rank	Race#	Chinese Name	English Name	Club	250m	500m	750m
1	13	徐智錫	Chui Chi Sek	SCAA			
	48	莫祉駿	Mok Tsz Chun	SCAA	0:20.575	0:34.768	0:48.974
	58	杜棟熙	To Cheuk Hei	SCAA	Avg Speed:		55.13
2	17	何冠熹	Ho Kwun Hei	R3 Cycling Team			
	32	劉梓樑	Lau Tsz Leung Jeffery	R3 Cycling Team	0:20.774	0:35.000	0:49.615
	46	馬正匡	Ma Nicholas	R3 Cycling Team	Avg Speed:		54.42
3	8	張仕浩	Cheung Shi Ho	Power Asia Cycling Team			
	47	馬輝斐	Ma Yik Fei	Success EZ Rolling Club	0:20.460	0:35.361	0:50.054
	45	馬輝善	Ma Yik Sin	Success EZ Rolling Club	Avg Speed:		53.94
4	38	梁嘉儒	Leung Ka Yu	SHKP-Supernova Cycling Team			
	53	田澤	Saad Nadeem	SHKP-Supernova Cycling Team	0:19.764	0:34.767	0:51.613
	71	葉海東	Yip Hoi Tung	SHKP-Supernova Cycling Team	Avg Speed:		52.31
5	50	吳保利	Ng Po Li	SCAA			
	51	吳宇軒	Ng Yu Hin Cosmas	SCAA	0:21.411	0:38.007	0:53.380
	62	黃家豪	Wong Ka Ho	SCAA	Avg Speed:		50.58
6	11	蔡鈞樂	Choi Kwan Lok	SCAA			
	18	何碩恩	Ho Shek Yan	IND	0:20.518	0:36.426	0:55.926
	69	葉智恆	Yip Chi Hang	IND	Avg Speed:		48.28
7	14	鍾兆剛	Chung Siu Kong	Cyclone-CS Club			
	28	黎永健	Lai Wing Kin	IND	0:20.995	0:36.297	0:50.954
	64	吳浩林	Wu Hao Lin	Cyclone-CS Club	Avg Speed:		52.99
DSQ	19	何樺謙	Ho Wa Lim	Team Dark Art			
	40	梁貫軒	Leung Kun Hin Michael	Team Dark Art			
	73	姚鎮明	Yiu Chun Long	Team Dark Art			

change before pursuit line

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	莫灑駿	Mok Tsz Chun	SCAA	0:21.419	0:34.671
	58	杜棟熙	To Cheuk Hei	SCAA		0:48.189
				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
	46	馬正匡	Ma Nicholas	R3 Cycling Team		0:48.729
				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
	71	葉海東	Yip Hoi Tung	SHKP-Supernova Cycling Team		0:49.919
				Avg Speed: 54.09		
4	8	張仕浩	Cheung Shi Ho	Power Asia Cycling Team		
	47	馬緯斐	Ma Yik Fei	Success EZ Rolling Club	0:20.613	0:35.701
	45	馬緯善	Ma Yik Sin	Success EZ Rolling Club		0:50.284
				Avg Speed: 53.70		

communique approved by commissaires panel

Team Sprint - Men Open
FINAL
RESULT SHEET
31 March 2024 (Sunday) - Race Distance : 750M

Rank#	Race#	Chinese Name	English Name	Team
1	13	徐智錫	Chui Chi Sek	SCAA
	48	莫灑駿	Mok Tsz Chun	SCAA
	58	杜棟熙	To Cheuk Hei	SCAA
2	17	何冠熹	Ho Kwun Hei	R3 Cycling Team
	32	劉梓樑	Lau Tsz Leung Jeffery	R3 Cycling Team
	46	馬正匡	Ma Nicholas	R3 Cycling Team
3	38	梁嘉儒	Leung Ka Yu	SHKP-Supernova Cycling Team
	53	田澤	Saad Nadeem	SHKP-Supernova Cycling Team
	71	葉海東	Yip Hoi Tung	SHKP-Supernova Cycling Team
4	8	張仕浩	Cheung Shi Ho	Power Asia Cycling Team
	47	馬緯斐	Ma Yik Fei	Success EZ Rolling Club
	45	馬緯善	Ma Yik Sin	Success EZ Rolling Club
5	50	吳保利	Ng Po Li	SCAA
	51	吳宇軒	Ng Yu Hin Cosmas	SCAA
	62	黃家豪	Wong Ka Ho	SCAA
6	11	蔡鈞樂	Choi Kwan Lok	SCAA
	18	何碩恩	Ho Shek Yan	IND
	69	葉智恆	Yip Chi Hang	IND
7	14	鍾兆剛	Chung Siu Kong	Cyclone-CS Club
	28	黎永健	Lai Wing Kin	IND
	64	吳浩林	Wu Hao Lin	Cyclone-CS Club
DSQ	19	何權謙	Ho Wa Lim	Team Dark Art
	40	梁貫軒	Leung Kun Hin Michael	Team Dark Art
	73	姚鎮朗	Yiu Chun Long	Team Dark Art

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

communique approved by commissaires panel

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	黎凌希	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	葉曉潼	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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