

# Programme

## 比賽賽程



### **HONG KONG CHINA SWIMMING ASSOCIATION**

(MEMBER OF WORLD AQUATICS)  
(AFFILIATED TO THE SPORTS FEDERATION AND  
OLYMPIC COMMITTEE OF HONG KONG, CHINA)

#### **2025-26 Long Course Masters Swimming Competition (Part 3)**

**二零二五至二六年長池先進游泳比賽第三部份**

**15 June 2025 (Sun)**

**二零二五年六月十五日(日)**

**Sun Yat Sen Memorial Park Swimming Pool**

**中山紀念公園游泳池**

**Subvented by the LCSD**



## 2025-26 MSLCP3 - Entry Information

No. of Entries by Event		
Event #	Event Name	Entries
1	Men 100 Breaststroke	96
2	Women 100 Breaststroke	53
3	Men 50 Backstroke	95
4	Women 50 Backstroke	82
5	Men 100 Freestyle	153
6	Women 100 Freestyle	97
7	Men 4x50 Freestyle Relay	42
8	Women 4x50 Freestyle Relay	36
9	Men 50 Breaststroke	125
10	Women 50 Breaststroke	75
11	Mixed 4x50 Medley Relay	43
12	Men 400 Freestyle	73
13	Women 400 Freestyle	27

**Total**

**997**

Entry information by Day		
Day / Session	No. of Entries	Total
AM	576	<b>997</b>
PM	421	

**Long Course Masters Swimming Competition – Part 3**  
**長池先進游泳比賽 – 第三部份**

**Date:** 15-06-2025 (Sunday)

**Venue:** Sun Yat Sen Memorial Park Swimming Pool 中山紀念公園游泳池

Morning Warm up/熱身: 0830 – 0920 Hrs

Morning First Event/開始: 0930 Hrs

Afternoon Warm up/熱身: 1300 – 1350 Hrs

Afternoon First Event/開始: 1400 Hrs

<b>MEN</b>				<b>WOMEN</b>	
1	100 M	Breaststroke	蛙泳	2	
3	50 M	Backstroke	背泳	4	
5	100 M	Freestyle	自由泳	6	
Lunch Break 午膳時間					
7	4 x 50 M	Freestyle Relay	自由接力	8	
9	50 M	Breaststroke	蛙泳	10	
11	4 x 50 M	Mixed Medley Relay	男女混合 四式接力		
12	400 M	Freestyle	自由泳	13	

## 二零二五至二六年香港先進游泳比賽系列

### 比賽規程 (本地適用)

日期/時間：	請參閱比賽年表及項目表。
地點：	請參閱比賽年表。
報名條件：	<ul style="list-style-type: none"> <li>◇ 所有參賽者必須為中國香港游泳總會(泳總)正式註冊的2025-2026 年度先進組別泳員。2025-26 年註冊費為港幣\$100 元正。</li> <li>◇ 年滿 18 歲或以上。</li> <li>◇ <u>外隊參賽：所有參賽者必須為該國總會先進游泳組別的正式註冊泳員。</u></li> </ul>
報名：	<ul style="list-style-type: none"> <li>◇ 必須以泳總報名總表報名，不正確及未填妥的報名總表，將不獲受理，報名費概不發還。</li> </ul> <p><b>個人項目</b></p> <ul style="list-style-type: none"> <li>◇ 每名泳員可參加不多於 3 項個人項目。</li> <li>◇ *每項報名費為港幣\$15 元正。</li> </ul> <p><b>接力項目</b></p> <ul style="list-style-type: none"> <li>◇ 接力採取會際形式。</li> <li>◇ 每個屬會最多可派出一隊參加每個年齡組別之接力項目。接力項目可不填寫最佳時間。</li> <li>◇ 所有參賽泳員須年滿 25 歲或以上。</li> <li>◇ 每位泳員於每項接力項目只能參加一個年齡組別。如泳員參加多於一個年齡組別，該泳員及整隊所參與的任何接力項目成績將會被取消。</li> <li>◇ 各隊所有運動員需依照所屬屬會提交的接力表上次序比賽，如運動員沒有依照接力表上的次序比賽，該隊成績將會被取消。</li> <li>◇ *每項報名費為港幣\$15 元正。</li> <li>◇ 只接受支票付款，支票請劃線，<b>抬頭寫 HKGSA。</b></li> </ul>
截止報名：	報名須於首日比賽 21 日前辦妥。(以泳總的公佈為準)
截止註冊：	註冊須於比賽截止報名 21 日前辦妥。(以泳總的公佈為準) <b>*(包括轉會註冊)</b>
項目：	請參閱項目表。 <b>所有賽事均以時間決定名次，不設初賽。</b>
年齡組：	<p>年齡以比賽年 12 月 31 日計算。</p> <p><b>個人項目</b></p> <ul style="list-style-type: none"> <li>◇ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 或以上</li> </ul> <p><b>接力項目</b></p> <ul style="list-style-type: none"> <li>◇ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399</li> </ul>
接力：	◇ 接力名單須於 <b>比賽日中午 12 時前遞交。</b>
棄權：	<ul style="list-style-type: none"> <li>◇ 棄權須於<b>每節開賽 30 分鐘前遞交。</b></li> <li>◇ 每次“缺席”的罰款為港幣\$30 元正。罰款須於下次比賽截止報名前付清，否則將不獲接受泳會的任何報名。</li> </ul>
線道安排：	◇ 所有參加者，將不按年齡，而是跟據其提交的報名時間作編組，唯成績將按泳員所屬的組別分別處理。

獎項：	<ul style="list-style-type: none"> <li>◇ 個人及接力項目首三名將分別獲頒發獎牌。</li> <li>◇ *前八名分別得分(年齡 18-24 組除外)：</li> </ul> <table border="1" data-bbox="239 134 946 210"> <tr> <td>個人</td> <td>9</td> <td>7</td> <td>6</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> <tr> <td>接力</td> <td>18</td> <td>14</td> <td>12</td> <td>10</td> <td>8</td> <td>6</td> <td>4</td> <td>2</td> </tr> </table> <ul style="list-style-type: none"> <li>◇ *團體獎項：男子 / 女子組全場冠、亞及季軍將分別獲頒發獎座。</li> </ul>	個人	9	7	6	5	4	3	2	1	接力	18	14	12	10	8	6	4	2
個人	9	7	6	5	4	3	2	1											
接力	18	14	12	10	8	6	4	2											
規則：	<ul style="list-style-type: none"> <li>◇ 比賽採用世界泳聯的規則。</li> <li>◇ 如參加 400 米或 800 米自由泳項目的泳員如未能於先進游泳比賽的達標時間內游畢全程，裁判有權要求該泳員離開比賽線道，而其成績會記錄為“DNF”(未能完成比賽)。</li> <li>◇ 男女混合自由接力的隊伍必須由兩男兩女的泳員組成，其成員均為 25 歲或以上，而取得首 8 名的隊伍將分別獲得 9, 7, 6, 5, 4, 3, 2 及 1 分，該得分將計算在男子及女子的團體分內。</li> <li>◇ 泳員必須按照接力名單上填寫的運動員出賽，如被發現有冒認選手行為，該泳會將被嚴厲處分。詳細罰則如下： <ul style="list-style-type: none"> <li><u>第一次違規</u> 有關屬會須就每個違規項目繳交港幣\$1,000 罰款，另外涉事成員在該次比賽中的所有接力項目得分將不會計算在屬會總分內。</li> <li><u>第二次違規</u> 有關屬會須就每個違規項目繳交港幣\$1,000 罰款，另外涉事屬會在該次比賽中的所有接力項目得分將不會計算在屬會總分內(包括男、女子)。</li> <li><u>第三次違規</u> 有關屬會須就每個違規項目繳交港幣\$1,000 罰款，另外涉事屬會在當天比賽的所有項目得分將不會計算在屬會總分內和於下次比賽時不得參與任何接力項目(包括男、女子)。</li> </ul> </li> </ul> <p style="text-align: center;"><u>違規記錄於一個財政年度清算(由 4 月 1 日起至 3 月 31 日)</u></p>																		
工作人員安排：	<ul style="list-style-type: none"> <li>◇ 各參賽屬會需派出以下工作人員數量：</li> </ul> <table border="1" data-bbox="270 1122 923 1432"> <thead> <tr> <th>參賽人數</th> <th>需要提供工作人員數量</th> <th>最多可派出工作人員數量</th> </tr> </thead> <tbody> <tr> <td>5 至 14 人</td> <td>1</td> <td>4</td> </tr> <tr> <td>15 至 24 人</td> <td>2</td> <td>4</td> </tr> <tr> <td>25 人或以上</td> <td>3</td> <td>4</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>◇ 如屬會不能提供上述所需工作人員數量，有關屬會將於下個比賽被罰停賽一次。</li> </ul>	參賽人數	需要提供工作人員數量	最多可派出工作人員數量	5 至 14 人	1	4	15 至 24 人	2	4	25 人或以上	3	4						
參賽人數	需要提供工作人員數量	最多可派出工作人員數量																	
5 至 14 人	1	4																	
15 至 24 人	2	4																	
25 人或以上	3	4																	
上訴：	<ul style="list-style-type: none"> <li>◇ 任何上訴須以書面提出，並須在該項目比賽結果公佈後的 30 分鐘內，連同上訴費港幣\$200 元遞交予總裁判。</li> <li>◇ 上訴會交由該比賽之上訴委員會作決定。</li> <li>◇ 若上訴被駁回，已繳費用概不發還。</li> </ul>																		

\*海外參賽者並不適用。

# Hong Kong Masters Swimming Competition Series 2025-26

## *Rules & Regulations for Local Competitors*

<b>Date / Time</b>	Please see attached event calendar and event list.
<b>Venue</b>	Please see attached event calendar.
<b>Entry Conditions</b>	<ul style="list-style-type: none"> <li>※ All competitors must be 2025-26 registered masters (MS) swimmers of HKGSA (2025-26 Registration Fee: HK\$100 per swimmer)</li> <li>※ <b>Age 18 or above.</b></li> <li>※ <b><u>Overseas Teams: All Overseas competitors must be 2025-26 registered masters swimmers of their respective National Swimming Federation.</u></b></li> </ul>
<b>Entries</b>	<ul style="list-style-type: none"> <li>※ Entries must be submitted with HKGSA master entry form. Incomplete/incorrect master entry form will be rejected and fees paid will not be refunded.</li> </ul> <p><u>Individual Events</u></p> <ul style="list-style-type: none"> <li>※ Each swimmer is limited to no more than 3 individual events.</li> <li>※ HK\$15 per individual event</li> </ul> <p><u>Relay Events</u></p> <ul style="list-style-type: none"> <li>※ Relays will be run on a club basis.</li> <li>※ Each club may enter no more than one team in one age group of each relay event. It is not compulsory to submit best time for relay event</li> <li>※ All swimmers must be aged <b>25</b> or above.</li> <li>※ Each swimmer is only allowed to participate in one age group of each relay event. If swimmer race in two or more age group relay, concerned team result shall be disqualified.</li> <li>※ The composition of a relay team must be the same order to the submitted relay form. Any club failed to follow the same order will result in disqualified.</li> <li>※ HK\$15 per team per relay event.</li> <li>※ Paid by cheque <b>ONLY</b>. Crossed cheque made <b>payable to 'HKGSA'</b>.</li> </ul>
<b>Closing Date for Entries</b>	21 days prior to the date of competition. (Subject to the announcement of the HKGSA)
<b>Closing Date for Registration</b>	21 days prior to the <u>closing date of entries</u> . (Subject to the announcement of the HKGSA) <b>*(Including Transfer Registration)</b>
<b>Event list</b>	Please see attached event lists. Events will be run as timed finals.

<b>Age Group</b>	<p>※ Age is calculated as at 31 December of the year of the competition.</p> <p><b>Individual Events</b></p> <p>※ 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 &amp; over</p> <p><b>Relay Events</b></p> <p>※ 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399</p>																		
<b>Relay</b>	<p>※ Relay entry form must be submitted <b>before 1200hours</b> on the competition day.</p>																		
<b>Scratches</b>	<p>※ Scratches must be submitted <b>30 minutes before</b> the scheduled start time of each session.</p> <p>※ A fine of \$30 will be charged for each “no show”. Fine payment should be settled before the next competition entry deadline. Otherwise, club entry will not be accepted.</p>																		
<b>Seeding</b>	<p>※ All competitors will be seeded according to the submitted times, regardless of age, but result will be processed according to their own respective age group.</p>																		
<b>Awards</b>	<p>※ Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places.</p> <p>※ *Point score for first 8 places respectively (exclude Age 18-24 Group):</p> <table border="1" data-bbox="298 1028 954 1105"> <tr> <td>Individual</td> <td>9</td> <td>7</td> <td>6</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> <tr> <td>Relay</td> <td>18</td> <td>14</td> <td>12</td> <td>10</td> <td>8</td> <td>6</td> <td>4</td> <td>2</td> </tr> </table> <p>※ *Awards for Clubs: Trophies will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places of Men Overall and Women Overall.</p>	Individual	9	7	6	5	4	3	2	1	Relay	18	14	12	10	8	6	4	2
Individual	9	7	6	5	4	3	2	1											
Relay	18	14	12	10	8	6	4	2											

**Rules**

- × World Aquatic rules will be applied.
- × Referee may request swimmers to leave the water if they could not complete the race within the Master Swimming Competition Series qualifying times for 400m or 800m Freestyle Events. Their results will be recorded as “DNF” (Did Not Finish).
- × Mixed Freestyle Relay must include 2 Male and 2 Female who are all Age 25 or above. The point scores for first 8 place are: 9,7,6,5,4,3,2,1. The points will be calculated in both Men and Women overall awards.
- × Swimmers shall not replace the swimmers on the swimmers list without HKGSA’s permission, represented clubs will be punished as follows:  
First time of violation  
 A fine of HK\$1000 per violated entry will be penalized to the respective club and all the point scores attained by the violator(s) in relay events will not be given.  
Second time of violation  
 A fine of HK\$1000 per violated entry will be penalized to the club and all the point scores attained by the respective club in both men and women’s relay events will not be given.  
Third time of violation  
 A fine of HK\$1000 per violated entry will be penalized to the club and all the point scores attained by the respective club in all events during the competition will not be given and respective club relay event shall be suspended from the next competition (Including MEN & WOMEN).

Violation would be counted within one financial year, i.e. (starting from 1<sup>st</sup> April and ending 31<sup>st</sup> March)

**Official Arrangement**

- × Clubs would need to provide number of officials for the competition as below:

Swimmer(s) attend the competition	Minimum Numbers of Official need to provide	Maximum Numbers of Official could be provided
5-14	1	4
15-24	2	4
25 or more	3	4

- × Clubs will be suspended from the next competition if failed to fulfil the above requirement.

<b>Protest</b>	<ul style="list-style-type: none"><li>※ Any protest shall be made in writing to the referee within 30 minutes following the result announcement of the respective event with a protest fee of HK\$200.</li><li>※ Protest will be forwarded to the Appeal Board of such competition for decision. The decision of Appeal Board shall be final.</li><li>※ If the protest is rejected, the fee paid will be forfeited to the HKGSA.</li></ul>
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\* Not apply to Overseas Competitors.

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2025-26 Long Course Masters Swimming Competition - Part 2)

MEN 50M FREESTYLE					NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	0:46.70	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15	
LEE MING	SFC	80-84	0:41.01	Spring Masters Swimming Championships 2010	06-Mar-10	
TIN SHEUNG KWAI	NWC	75-79	0:31.30	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23	
TIN SHEUNG KWAI	NWC	70-74	0:30.07	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17	
TIN SHEUNG KWAI	KTS	65-69	0:29.72	Annual Long Course Masters Swimming Championships	23-Nov-14	
FU TAI CHUN	KTS	60-64	0:27.95	Summer Masters Swimming Championships 1999	19-Jun-99	
FU TAI CHUN	KTS	55-59	0:28.02	Spring Masters Swimming Championships 1997	22-Mar-97	
RUST STEFAN ROBERT	LRC	50-54	0:25.80	FINA World Masters Championships 2017	17-Aug-17	
NORTJE CRAIG ANDREW	#FB	45-49	0:26.19	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24	
FU WING HARBETH	KTS	40-44	0:25.15	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23	
SMIT MARCEL PIETER ARNOLD	*FL	35-39	0:24.35	World Aquatics Masters World Championships 2023 - Kyushu	07-Aug-23	
FU WING HARBETH	KTS	30-34	0:24.31	Annual Long Course Masters Swimming Championships 2011	11-Dec-11	
CHUNG LAI YEUNG	#DB	25-29	0:23.92	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18	
CHANG GERRY JUUN YIH	KTS	18-24	0:24:17	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13	

WOMEN 50M FREESTYLE					NAME OF MEET	DATE ACHIEVED
TAI LI HUA	SFC	85-89	0:43.22	Annual Long Course Masters Swimming Championships 2024	01-Dec-24	
TAI LI HUA	SFC	80-84	0:43.31	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21	
OTSUKA YUKO	SGC	75-79	0:42.67	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15	
WANG LI	*WA	70-74	0:38.75	Annual Long Course Masters Swimming Championships 2019	01-Dec-19	
TSEUNG NGA WAH	SFC	65-69	0:35.01	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23	
KIRKWOOD TAIN MHAIRA	LRC	60-64	0:33.14	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24	
KIRKWOOD TAIN MHAIRA	LRC	55-59	0:32.17	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	15-Jul-18	
YAMAGUCHI MIKA	*FL	50-54	0:29.35	World Aquatics Masters World Championships 2023 - Kyushu	08-Aug-23	
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:27.03	World Aquatics Masters Championships 2024 - Doha	29-Feb-24	
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:28.17	Annual Long Course Masters Swimming Championships 2022	27-Nov-22	
<b>SZE HANG YU</b>	<b>*FL</b>	<b>35-39</b>	<b>0:27.63</b>	<b>2025-26 Long Course Masters Swimming Competition - Part 2</b>	<b>27-Apr-25</b>	
ZHANG XIAO TONG ISABELLA	*FL	30-34	0:27.80	World Aquatics Masters World Championships 2023 - Kyushu	08-Aug-23	
MOK HOI MAN SHERON	NWC	25-29	0:27.70	Annual Long Course Masters Swimming Championships 2022	27-Nov-22	
AU HIU PUI	*GW	18-24	0:28.20	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18	

MEN 100M FREESTYLE					NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	85-89	1:49.14	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15	
LEE MING	SFC	80-84	1:38.42	Annual Long Course Masters Swimming Championships 2011	11-Dec-11	
TZENG TEH REN	SGC	75-79	1:23.46	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17	
TSE KWOK PIU	SFC	70-74	1:13.39	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24	
FU TAI CHUN	KTS	65-69	1:08.31	Annual Masters Swimming Championships 2002	31-Aug-02	
MA ETIENNE	YMC			Annual Long Course Masters Swimming Championships 2022	27-Nov-22	
FU TAI CHUN	KTS	60-64	1:04.39	Spring Masters Swimming Championships 1998	21-Mar-98	
MA ETIENNE	YMC	55-59	1:03.62	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12	
RUST STEFAN ROBERT	LRC	50-54	0:58.29	FINA World Masters Championships 2017	15-Aug-17	
NORTJE CRAIG ANDREW	#RF	45-49	0:58.32	Annual Long Course Masters Swimming Championships 2024	01-Dec-24	
O'NEILL DONAL THOMAS	LRC	40-44	0:56.60	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21	
SMIT MARCEL PIETER ARNOLD	#FB	35-39	0:53.84	Annual Long Course Masters Swimming Championships 2024	01-Dec-24	
BEAHAN, GRANT KENNETH	BSC	30-34	0:56.01	Annual Long Course Masters Swimming Championships 2017	25-Nov-17	
FU WING HARBETH	KTS			Annual Masters Swimming Championships 2006	26-Aug-06	
LEE MAN TIM	HTA	25-29	0:54.16	World Aquatics Masters World Championships 2023 - Kyushu	06-Aug-23	
KONG CHUN YIN	HVA	18-24	0:54.18	Annual Long Course Masters Swimming Championships 2013	24-Nov-13	

WOMEN 100M FREESTYLE					NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	80-84	2:10.64	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21	
SUEN MING CHU	SFC	75-79	1:47.51	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24	
SUEN MING CHU	SFC	70-74	1:39.80	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18	
TSEUNG NGA WAH	SFC	65-69	1:28.57	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22	
KIRKWOOD TAIN MHAIRA	LRC	60-64	1:17.42	Annual Long Course Masters Swimming Championships 2023	03-Dec-23	
KIRKWOOD TAIN MHAIRA	LRC	55-59	1:14.96	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	14-Jul-18	
YAMAGUCHI MIKA	*FL	50-54	1:05.38	World Aquatics Masters World Championships 2023 - Kyushu	06-Aug-23	
KRKALO SHAUNA KATHLEEN	LRC	45-49	1:02.25	World Aquatics Masters Championships - Doha 2024	27-Feb-24	
KELSEY JANE MACFARLAND	LRC	40-44	1:01.45	16th FINA World Masters Championships 2015 in Kazan	11-Aug-15	
KELSEY JANE MACFARLAND	LRC	35-39	1:01.54	FINA World Masters Championships 2014	10-Aug-14	
ZHANG XIAO TONG ISABELLA	*FL	30-34	1:01.79	World Aquatics Masters World Championships 2023 - Kyushu	06-Aug-23	
MOK HOI MAN SHERON	NWC	25-29	1:01.02	Annual Long Course Masters Swimming Championships 2022	27-Nov-22	
CHAN TSZ CHING	*FL	18-24	1:00.63	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24	

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2025-26 Long Course Masters Swimming Competition - Part 2)

MEN 200M FREESTYLE				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	80-84	3:46.70	2010-11 Long Course Masters Swimming Championships - Part 2	20-Jun-10
YANG YEE ZEI	NWC	75-79	3:38.31	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
TSE KWOK PIU	SFC	70-74	2:47.81	2021-22 Long Course Masters Swimming Competition - Part 2	09-May-21
MA ETIENNE	YMC	65-69	2:36.59	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
HO ROBERT YAU CHUNG	LRC	60-64	2:32.99	2019-20 Long Course Masters Swimming Competition - Part 2	05-May-19
HO ROBERT YAU CHUNG	LRC	55-59	2:24.07	FINA World Masters Championships 2014	10-Aug-14
JOHNSON ERIC ANDREW	LRC	50-54	2:14.33	FINA World Masters Championships 2014	10-Aug-14
NORTJE CRAIG ANDREW	#FB	45-49	2:08.80	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
FONG LIK SUN	#FB	40-44	2:07.25	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
NORTJE CRAIG ANDREW	VRC	35-39	2:05.90	2013-14 Long Course Masters Swimming Competition - Part 2	23-Jun-13
WANG TIMOTHY JONG	LRC	30-34	2:05.11	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
SOUTOUL DAVID VINCENT OTMAN	#FL	25-29	2:05.18	FINA World Masters Championships 2019 - Gwangju	14-Aug-19
HUI CHUN HIN	EWS	18-24	2:06.87	2012-13 Long Course Masters Swimming Competition - Part 2	17-Jun-12

WOMEN 200M FREESTYLE				NAME OF MEET	DATE ACHIEVED
CHAN WAI KIANG	KTS	80-84	9:35.55	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
<b><u>SAM CHOI LIN</u></b>	<b><u>SFC</u></b>	<b><u>75-79</u></b>	<b><u>4:32.53</u></b>	<b><u>2025-26 Long Course Masters Swimming Competition - Part 2</u></b>	<b><u>27-Apr-25</u></b>
SUEN MING CHU	SFC	70-74	3:36.37	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
TSEUNG NGA WAH	SFC	65-69	3:26.68	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	2:55.64	World Aquatics Masters Championships – Doha 2024	03-Mar-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	2:50.45	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
COGGINS LYNDA ANNE	LRC	50-54	2:32.26	FINA World Masters Championships 2014	10-Aug-14
PAZOS CHRISTENA MARIA	LRC	45-49	2:28.14	16th FINA World Masters Championships 2015 in Kazan	12-Aug-15
KELSEY JANE MACFARLAND	LRC	40-44	2:13.70	16th FINA World Masters Championships 2015 in Kazan	12-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	2:13.59	FINA World Masters Championships 2014	10-Aug-14
ZHANG XIAO TONG ISABELLA	*FL	30-34	2:23.47	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
MOK HOI MAN SHERON	NWC	25-29	2:14.58	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
LAMB ENEKA MARIE	HIS	18-24	2:16.66	2011-12 Long Course Masters Swimming Competition - Part 2	19-Jun-11

MEN 400M FREESTYLE				NAME OF MEET	DATE ACHIEVED
LIU WING CHIU	*TM	75-79	7:54.53	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
TSE KWOK PIU	SFC	70-74	6:23.03	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
CHAN KAM POR	SFC	65-69	6:00.83	2017-18 Long Course Masters Swimming Competition - Part 3	13-Aug-17
HO ROBERT YAU CHUNG	LRC	60-64	5:24.54	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
LANZONE FRANCESCO	BSC	55-59	5:11.47	World Aquatics Masters Championships – Doha 2024	28-Feb-24
LETCHER, RICHARD ROY	LRC	50-54	5:02.73	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
LILJESTROEM LENNART, PETER FREDRIC	LRC	45-49	4:31.75	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
LILJESTROEM LENNART, PETER FREDRIC	LRC	40-44	4:35.39	FINA World Masters Championships 2017	17-Aug-17
CAGGIO ANTONINO	LRC	35-39	4:29.74	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
LEE, YEUNG DARWIN	FWC	30-34	4:46.54	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
SOUTOUL DAVID VINCENT OTMAN	#FL	25-29	4:32.86	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
LI CHUN HONG	HTA	18-24	4:25.08	2011-12 Long Course Masters Swimming Competition - Part 3	18-Sep-11

WOMEN 400M FREESTYLE				NAME OF MEET	DATE ACHIEVED
SUEN MING CHU	SFC	70-74	7:46.69	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
NG YEE MAN	NWC	65-69	6:59.90	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	6:05.89	World Aquatics Masters Championships – Doha 2024	28-Feb-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	6:02.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	5:25.06	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
CHAN YUK MAN PHOEBE	SFC	45-49	5:15.20	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
KELSEY JANE MACFARLAND	LRC	40-44	4:44.60	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	4:41.52	FINA World Masters Championships 2014	10-Aug-14
BARNES RUTH	LRC	30-34	5:04.92	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
MOK HOI MAN SHERON	NWC	25-29	4:56.10	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
MAU LOK YAN EUNICE	CUC	18-24	5:06.39	2011-12 Long Course Masters Swimming Competition - Part 3	18-Sep-11

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2025-26 Long Course Masters Swimming Competition - Part 2)

MEN 800M FREESTYLE				NAME OF MEET	DATE ACHIEVED
POLSON IAN HASTINGS	LRC	75-79	16:05.75	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
CHAN KAM POR	SFC	70-74	13:28.85	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
CHAN KAM POR	SFC	65-69	12:19.01	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
HO ROBERT YAU CHUNG	LRC	60-64	11:32.69	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
LANZONE FRANCESCO	BSC	55-59	10:34.14	World Aquatics Masters Championships – Doha 2024	26-Feb-24
WATERS ANDREW ALLAN	AVO	50-54	10:10.61	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
LILJESTROEM LENNART PETER FREDRIC	LRC	45-49	9:28.79	FINA World Masters Championships 2019 - Gwangju	12-Aug-19
LILJESTROEM LENNART PETER FREDRIC	LRC	40-44	9:30.23	FINA World Masters Championships 2017	14-Aug-17
CUMMINGS RICHARD MARK	LRC	35-39	9:28.64	FINA World Masters Championships 2012	10-Jun-12
WANG TIMOTHY JONG	LRC	30-34	9:43.41	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
YUEN MARCUS	LRC	25-29	10:07.05	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
TSE HON TING	LWS	18-24	8:53.89	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17

WOMEN 800M FREESTYLE				NAME OF MEET	DATE ACHIEVED
SUEN MING CHU	SFC	75-79	17:34.92	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
LO LAI YUNG	NWC	70-74	15:46.86	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
SUEN MING CHU	SFC	65-69	13:11.38	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
KIRKWOOD TAIN MHAIRA	LRC	60-64	13:07.73	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
KIRKWOOD TAIN MHAIRA	LRC	55-59	12:32.89	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
COGGINS LYNDA ANNE	LRC	50-54	11:48.01	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
CHAN YUK MAN PHOEBE	SFC	45-49	10:52.16	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
KELSEY JANE MACFARLAND	LRC	40-44	9:42.82	16th FINA World Masters Championships 2015 in Kazan	10-Aug-15
KELSEY JANE MACFARLAND	LRC	35-39	9:48.87	FINA World Masters Championships 2014	10-Aug-14
MOK HOI MAN SHERON	NWC	30-34	10:15.91	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
CARPENTER LINH THUC LUONG	LRC	25-29	10:50.58	Annual Long Course Masters Swimming Championships 2012	09-Dec-12
LAU SZE WING	HTA	18-24	10:22.03	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17

MEN 50M BACKSTROKE				NAME OF MEET	DATE ACHIEVED
LEE SHE KWOK	SFC	85-89	0:57.83	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
TSUI YAU HO	SFC	80-84	0:54.86	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
TIN SHEUNG KWAI	NWC	75-79	0:38.96	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
TIN SHEUNG KWAI	NWC	70-74	0:37.82	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
TIN SHEUNG KWAI	SFC	65-69	0:35.70	FINA World Masters Championships 2014	10-Aug-14
HO ROBERT YAU CHUNG	LRC	60-64	0:33.94	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	0:32.57	FINA World Masters Championships 2014	10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	0:30.97	FINA World Masters Championships 2017	20-Aug-17
SAKA TAIHEI	SGC	45-49	0:30.37	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
O'NEILL DONAL THOMAS	LRC	40-44	0:28.69	World Aquatics Masters Championships – Doha 2024	01-Mar-24
NORTJE CRAIG ANDREW	VRC	35-39	0:30.38	2015-16 Long Course Masters Swimming Competition - Part 3	26-Jul-15
LAM YAU SUN DICKSON	#DB	30-34	0:29.77	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
LAU SHIU YUE	#DB	25-29	0:27.65	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
CHEUNG YAU MING	#DB	18-24	0:28.26	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 50M BACKSTROKE				NAME OF MEET	DATE ACHIEVED
TAI LI HUA	SFC	85-89	0:52.03	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
TAI LI HUA	SFC	80-84	0:53.45	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
WONG JIM	SFC	75-79	0:55.07	2015-16 Long Course Masters Swimming Competition - Part 1	20-Mar-16
BAI XINFEN	SFC	70-74	0:44.75	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
BAI XINFEN	SFC	65-69	0:42.89	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
NG YEE MAN	SFC	60-64	0:45.62	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
LAI SHUI NIN INGRID	YMC	55-59	0:41.05	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
COGGINS LYNDA ANNE	LRC	50-54	0:35.58	16th FINA World Masters Championships 2015 in Kazan	16-Aug-15
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:33.99	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
TAM MAI LING ALISON	#FL	40-44	0:34.40	FINA World Masters Championships 2019 - Gwangju	18-Aug-19
KELSEY JANE MACFARLAND	LRC	35-39	0:34.04	Annual Long Course Masters Swimming Championships	23-Nov-14
CARPENTER LINH THUC LUONG	LRC	30-34	0:32.81	FINA World Masters Championships 2014	10-Aug-14
MAK HOI MAN SHERON	#FB	25-29	0:31.91	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
AU HIU PUI	*GW	18-24	0:31.58	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2025-26 Long Course Masters Swimming Competition - Part 2)

MEN 100M BACKSTROKE				NAME OF MEET	DATE ACHIEVED
<b><u>TSUI YAU HO</u></b>	<b><u>SFC</u></b>	<b><u>80-84</u></b>	<b><u>2:05.89</u></b>	<b><u>2025-26 Long Course Masters Swimming Competition - Part 2</u></b>	<b><u>27-Apr-25</u></b>
<b><u>WU SHU SUN</u></b>	<b><u>NWC</u></b>	<b><u>75-79</u></b>	<b><u>1:47.10</u></b>	<b><u>2025-26 Long Course Masters Swimming Competition - Part 2</u></b>	<b><u>27-Apr-25</u></b>
TIN SHEUNG KWAI	NWC	70-74	1:35.27	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
HO ROBERT YAU CHUNG	LRC	65-69	1:18.71	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
HO ROBERT YAU CHUNG	LRC	60-64	1:13.98	FINA World Masters Championships 2019 - Gwangju	17-Aug-19
HO ROBERT YAU CHUNG	LRC	55-59	1:11.73	FINA World Masters Championships 2014	10-Aug-14
RUST STEFAN ROBERT	LRC	50-54	1:08.09	FINA World Masters Championships 2017	19-Aug-17
NORTJE CRAIG ANDREW	#FB	45-49	1:08.75	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
O' NEILL DONAL THOMAS	LRC	40-44	1:01.05	World Aquatics Masters Championships 2024 - Doha	28-Feb-24
NORTJE CRAIG ANDREW	VRC	35-39	1:06.66	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
<b><u>SIU WAI WANG DEREK</u></b>	<b><u>KHC</u></b>	<b><u>30-34</u></b>	<b><u>1:06.08</u></b>	<b><u>2025-26 Long Course Masters Swimming Competition - Part 2</u></b>	<b><u>27-Apr-25</u></b>
CHEUNG YAU MING	#DB	25-29	1:02.70	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
CHOI DERRICK CHRISTOPHER	LRC	18-24	1:02.10	2013-14 Long Course Masters Swimming Competition - Part 2	23-Jun-13

WOMEN 100M BACKSTROKE				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	75-79	2:13.75	2016-17 Long Course Masters Swimming Competition Part 2	24-Apr-16
BAI XIUFEN	SFC	70-74	1:40.55	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
NG YEE MAN	NWC	65-69	1:37.51	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
NG YEE MAN	NWC	60-64	1:43.42	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
LAI SHUI NIN INGRID	YMC	55-59	1:32.18	World Aquatics Masters World Championships 2023 - Kyushu	10-Aug-23
COGGINS LYNDA ANNE	LRC	50-54	1:17.38	16th FINA World Masters Championships 2015 in Kazan	15-Aug-15
TAM ALISON MAI LING	#FL	45-49	1:15.99	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
KELSEY JANE MACFARLAND	LRC	40-44	1:13.75	2015-16 Long Course Masters Swimming Competition - Part 2	31-May-15
<b><u>SIZE HANG YU</u></b>	<b><u>*FL</u></b>	<b><u>35-39</u></b>	<b><u>1:11.91</u></b>	<b><u>2025-26 Long Course Masters Swimming Competition - Part 2</u></b>	<b><u>27-Apr-25</u></b>
CARPENTER LINH THUC LUONG	LRC	30-34	1:11.37	16th FINA World Masters Championships 2015 in Kazan	15-Aug-15
MOK HOI MAN SHERON	NWC	25-29	1:10.14	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
LAMB ENEKA MARIE	HIS	18-24	1:11.36	2011-12 Long Course Masters Swimming Competition - Part 2	19-Jun-11

MEN 50M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
CHI LIEH YUNG	SFC	90-94	1:13.06	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
CHI LIEH YUNG	SFC	85-89	1:02.32	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
CHAN KAM	SFC	80-84	0:54.52	Annual Masters Swimming Championships 2009	18-Oct-09
TIN SHEUNG KWAI	NWC	75-79	0:41.67	2023-24 Long Course Masters Swimming Competition - Part 3	18-Jun-23
TIN SHEUNG KWAI	NWC	70-74	0:39.27	2019-20 Long Course Masters Swimming Competition - Part 2	05-May-19
YONG KHIN SYN	SFC	65-69	0:37.84	2014-15 Long Course Masters Swimming Competition Part 2	29-Jun-14
NG WAI FUNG	SFC	60-64	0:35.58	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
WONG LUN KWOK	SFC	55-59	0:35.10	Annual Masters Swimming Championships 2002	31-Aug-02
SIEH TIEN YU	KTS	50-54	0:34.48	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
COOPER KENNETH ALLEN	PSC	45-49	0:32.70	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
WAN LAP SUN	FWC	40-44	0:33.00	Spring Masters Swimming Championships 2006	25-Mar-06
LO JONATHAN KA YAN	LRC	35-39	0:31.14	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	14-Jul-18
WAN LAP SUN	KTS	30-34	0:31.11	Summer Masters Swimming Championships 1998	13-Jun-98
WONG HO KIU	#RF	25-29	0:30.24	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
CHEUNG CHI KIT NICHOLAS	WDS	18-24	0:27.95	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25

WOMEN 50M BREASTSTROKE				NAME OF MEET	DATE ACHIEVED
CHAN WAI KIANG	KTS	85-89	2:23.87	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
TAI LI HUA	SFC	80-84	0:52.77	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
OTSUKA TUKO	SGC	75-79	0:56.26	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
SUEN MING CHU	SFC	70-74	0:53.36	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
LEUNG WONG YIN HAR HAYLEY	SGC	65-69	0:50.56	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
KIRKWOOD TAIN MHAIRA	LRC	60-64	0:46.97	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
LEUNG WAI FAN	KTS	55-59	0:38.73	2017-18 Long Course Masters Swimming Competition - Part 2	14-May-17
LEUNG WAI FAN	KTS	50-54	0:37.63	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:33.73	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:34.74	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
NG KAM FUNG	SFC	35-39	0:34.71	Summer Masters Swimming Championships 2000	27-May-00
BARNES RUTH	LRC	30-34	0:35.23	Annual Masters Swimming Championships 2013	24-Nov-13
IP RAINBOW	FFA	25-29	0:36.06	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
LI TSZ YIU	HFS	18-24	0:35.53	Annual Masters Swimming Championships 2013	24-Nov-13

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2025-26 Long Course Masters Swimming Competition - Part 2)

### MEN 100M BREASTSTROKE

				NAME OF MEET	DATE ACHIEVED
CHI LIEH YUNG	SFC	90-94	2:50.51	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
LEE MING	SFC	85-89	2:42.22	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
MAK HEI CHI	SGC	80-84	2:08.90	Annual Masters Swimming Championships 2008	06-Sep-08
WONG CHIU SHUN	SFC	75-79	1:52.09	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
YONG KHIN SYN	SFC	70-74	1:34.27	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
CHAN KAM POR	SFC	65-69	1:26.42	2017-18 Long Course Masters Swimming Competition Part 2	14-May-17
KOO YU FAT MARCUS	FFA	60-64	1:24.69	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
WATT KAM SING MICHAEL	*FL	55-59	1:21.41	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
COOPER KENNETH ALLEN	#FL	50-54	1:13.66	FINA World Masters Championships 2019 - Gwangju	13-Aug-19
COOPER KENNETH ALLEN	PSC	45-49	1:15.29	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
FONG LIK SUN	#FB	40-44	1:10.45	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
LO JONATHAN KA YAN	LRC	35-39	1:10.50	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	15-Jul-18
KWOK HO TIN	NWC	30-34	1:09.75	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
CHEUNG KAM KWAN RONALD	LRC	25-29	1:07.53	World Aquatics Masters World Championships 2023 - Kyushu	06-Aug-23
<b><u>CHEUNG CHI KIT NICHOLAS</u></b>	<b><u>WDS</u></b>	<b><u>18-24</u></b>	<b><u>1:01.84</u></b>	<b><u>2025-26 Long Course Masters Swimming Competition - Part 2</u></b>	<b><u>27-Apr-25</u></b>

### WOMEN 100M BREASTSTROKE

				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	80-84	2:31.67	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
SUEN MING CHU	SFC	75-79	2:02.61	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
SUEN MING CHU	SFC	70-74	1:53.65	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
NG YEE MAN	NWC	65-69	1:42.94	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	1:39.76	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23
KIRKWOOD TAIN MHAIRA	LRC	55-59	1:35.97	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
YAMAGUCHI MIKA	*FL	50-54	1:27.99	World Aquatics Masters Championships - Doha 2024	27-Feb-24
KRKALO SHAUNA KATHLEEN	LRC	45-49	1:19.68	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
KRKALO SHAUNA KATHLEEN	LRC	40-44	1:21.23	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
NEEDHAM SUZANNE HEIZER	LRC	35-39	1:20.17	FINA World Masters Championships 2012	11-Jun-12
BARNES RUTH	LRC	30-34	1:18.68	FINA World Masters Championships 2012	11-Jun-12
LIU KA LEI	KTS	25-29	1:22.65	Spring Masters Swimming Championships 2010	06-Mar-10
KONG YVETTE MAN YI	SCA	18-24	1:13.79	2014-15 Long Course Masters Swimming Competition - Part 3	10-Aug-14

### MEN 200M BREASTSTROKE

				NAME OF MEET	DATE ACHIEVED
CHEUNG TSAN	SFC	80-84	5:10.49	Masters Long Course Swimming Competition Part 1	26-Jan-14
KOO CHOI FAT	WDS	75-79	4:11.87	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
CHAN KAM POR	SFC	70-74	3:34.76	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
CHAN KAM POR	SFC	65-69	3:19.33	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
CHAN KAM POR	SGC	60-64	3:07.34	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
SAKA TOSHIYUKI	SGC	55-59	2:59.17	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
SAKA TOSHIYUKI	SGC	50-54	2:50.25	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
SAKA TOSHIYUKI	SGC	45-49	2:49.64	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
FONG LIK SUN	#FB	40-44	2:38.70	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
LUK WING KIN ANDY	KHC	35-39	2:33.87	9th Hong Kong Games Swimming Competition	02-Jun-24
LUK WING KIN ANDY	KHC	30-34	2:36.71	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
GLASSMAN ZACHARY	LRC	25-29	2:23.47	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
CHEUNG CHI KIT NICHOLAS	WDS	18-24	2:16.99	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25

### WOMEN 200M BREASTSTROKE

				NAME OF MEET	DATE ACHIEVED
WONG JIM	SFC	80-84	5:53.00	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
OTSUKA YUKO	SGC	75-79	4:39.40	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
SUEN MING CHU	SFC	70-74	4:01.57	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SGC	65-69	3:58.01	2013-14 Long Course Masters Swimming Competition - Part 1	03-Mar-13
KIRKWOOD TAIN MHAIRA	LRC	60-64	3:43.21	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
KIRKWOOD TAIN MHAIRA	LRC	55-59	3:31.49	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
COGGINS LYNDY ANNE	LRC	50-54	3:09.55	FINA World Masters Championships 2014	10-Aug-14
COGGINS LYNDY ANNE	LRC	45-49	3:14.74	FINA World Masters Championships 2012	15-Jun-12
CHEUNG MAN YIU	SGC	40-44	3:19.49	World Aquatics Masters World Championships 2023 - Kyushu	10-Aug-23
NEEDHAM SUZANNE HEIZER	LRC	35-39	2:56.78	FINA World Masters Championships 2012	15-Jun-12
HUGHES CHRISTINE VIRGINIA	LRC	30-34	2:52.97	World Aquatics Masters Championships - Doha 2024	02-Mar-24
LIU KA LEI	KTS	25-29	3:05.17	2013-14 Long Course Masters Swimming Competition - Part 1	03-Mar-13
PANG HIU KWAN	JHC	18-24	3:13.71	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2025-26 Long Course Masters Swimming Competition - Part 2)

MEN 50M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
YIM KAM WING	SFC	85-89	1:10.42	2019-20 Long Course Masters Swimming Competition - Part 2	05-May-19
MAK HEI CHI	SGC	80-84	0:58.81	Winter Masters Swimming Championships 2008	22-Nov-08
TIN SHEUNG KWAI	NWC	75-79	0:41.68	Annual Masters Swimming Championships 2022	27-Nov-22
INGLIS PETER	#FB	70-74	0:36.36	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
HO ROBERT YAU CHUNG	LRC	65-69	0:33.20	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
FU TAI CHUN	KTS	60-64	0:30.60	Summer Masters Swimming Championships 1999	19-Jun-99
HO ROBERT YAU CHUNG	LRC	55-59	0:30.04	Annual Long Course Masters Swimming Championships 2015	20-Dec-15
WONG KWOK WAH	KHC	50-54	0:27.94	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
WOODRING DOUGLAS	BSC	45-49	0:27.47	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
NORTJE CRAIG ANDREW	#FL	40-44	0:26.85	FINA World Masters Championship 2019 - Gwangju	14-Aug-19
SMIT MARCEL PIETER ARNOLD	*FL	35-39	0:26.46	World Aquatics Masters World Championships 2023 - Kyushu	07-Aug-23
BEAHAN GRANT KENNETH	BSC	30-34	0:26.54	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
LAU CHUN LEUNG JOHNNY	KHC	25-29	0:26.21	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
CHEUNG YAU MING	#DB	18-24	0:26.27	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

WOMEN 50M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
LEUNG MABEL YUEN YING	SFC	80-84	1:27.97	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
<u>SUEN MING CHU</u>	<b>SFC</b>	<b>75-79</b>	<b>0:49.88</b>	<b>2025-26 Long Course Masters Swimming Competition - Part 2</b>	<b>27-Apr-25</b>
<u>ZHENG KEXIN</u>	<b>NWC</b>	<b>70-74</b>	<b>0:46.62</b>	<b>2025-26 Long Course Masters Swimming Competition - Part 2</b>	<b>27-Apr-25</b>
TSEUNG NGA WAH	SFC	65-69	0:41.67	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	0:37.04	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	0:36.39	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
<u>YAMAGUCHI MIKA</u>	<b>#RF</b>	<b>50-54</b>	<b>0:31.86</b>	<b>2025-26 Long Course Masters Swimming Competition - Part 2</b>	<b>27-Apr-25</b>
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:28.98	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:30.39	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
<u>SZE HANG YU</u>	<b>*FL</b>	<b>35-39</b>	<b>0:29.89</b>	<b>2025-26 Long Course Masters Swimming Competition - Part 2</b>	<b>27-Apr-25</b>
ZHANG XIAO TONG ISABELLA	*FL	30-34	0:30.25	World Aquatics Masters World Championships 2023 - Kyushu	07-Aug-23
NG KA MAN	KTS	25-29	0:29.30	Annual Long Course Masters Swimming Championships	23-Nov-14
CHAN TSZ CHING	*FL	18-24	0:29.61	2023-24 Long Course Masters Swimming Competition - Part 2	30-Apr-23

MEN 100M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
LEE MING	SFC	80-84	2:35.84	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
WU SHU SUN	NWC	75-79	2:01.65	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
CHAN KAM POR	SFC	70-74	1:33.36	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
MA ETIENNE	YMC	65-69	1:32.97	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24
HO ROBERT YAU CHUNG	LRC	60-64	1:15.51	FINA World Masters Championships 2019 - Gwangju	15-Aug-19
KOO YU FAT MARCUS	FFA	55-59	1:11.94	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
JOHNSON ERIC ANDREW	LRC	50-54	1:04.49	FINA World Masters Championships 2014	10-Aug-14
SAKA TAIHEI	SGC	45-49	1:00.90	2013-14 Long Course Masters Swimming Competition - Part 1	04-Mar-12
O'NEILL DONAL THOMAS	LRC	40-44	0:59.06	World Aquatics Masters Championships 2024 - Doha	29-Feb-24
CRAIG ANDREW NORTJE	VRG	35-39	0:59.58	FINA World Masters Championships 2014	10-Aug-14
BEAHAN GRANT KENNETH	BSC	30-34	0:58.66	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
CHEUNG YAU MING	#DB	25-29	0:58.94	2022-23 Long Course Masters Swimming Competition - Part 1	26-Mar-23
CHEUNG YAU MING	#DB	18-24	0:59.53	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

WOMEN 100M BUTTERFLY				NAME OF MEET	DATE ACHIEVED
SUEN MING CHU	SFC	75-79	1:59.45	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
SUEN MING CHU	SFC	70-74	1:56.01	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
SUEN MING CHU	SGC	65-69	1:48.29	Masters Long Course Swimming Competition Part 1	26-Jan-14
KIRKWOOD TAIN MHAIRA	LRC	60-64	1:36.26	World Aquatics Masters Championships - Doha 2024	29-Feb-24
KIRKWOOD TAIN MHAIRA	LRC	55-59	1:31.44	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
LEE TANYA DIANE	PSC	50-54	1:14.85	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	16-Jul-18
PAZOS CHRISTENA MARIA	LRC	45-49	1:12.50	16th FINA World Masters Championships 2015 in Kazan	13-Aug-15
MASTER FARAH JIMMY	#FB	40-44	1:09.04	2024-25 Long Course Masters Swimming Competition - Part 1	23-Mar-25
KELSEY JANE MACFARLAND	LRC	35-39	1:13.49	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
HUGHES CHRISTINE VIRGINIA	LRC	30-34	1:10.18	World Aquatics Masters Championships - Doha 2024	29-Feb-24
CHAN WING SUET	LRC	25-29	1:08.66	FINA World Masters Championships 2014	10-Aug-14
CHAN TSZ CHING	*FL	18-24	1:07.41	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2025-26 Long Course Masters Swimming Competition - Part 2)

### MEN 200M INDIVIDUAL MEDLEY

				NAME OF MEET	DATE ACHIEVED
LAW KWAI FONG	SFC	80-84	5:10.21	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
WONG CHIU SHUN	SFC	75-79	4:03.11	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
CHAN KAM POR	SFC	70-74	3:17.13	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
CHAN KAM POR	SFC	65-69	3:04.42	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
KOO YU FAT MARCUS	FFA	60-64	2:49.64	Annual Long Course Masters Swimming Championships 2022	27-Nov-22
SAKA TOSHIYUKI	SGC	55-59	2:45.82	2016-17 Long Course Masters Swimming Competition - Part 1	26-Mar-17
CHAN KAM POR	KTS	50-54	2:26.14	Summer Masters Swimming Championships 2004	12-Jun-04
SAKA TAIHEI	SGC	45-49	2:23.04	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
FONG LIK SUN	#FB	40-44	2:17.83	World Aquatics Masters Championships – Doha 2024	29-Feb-24
NORTJE CRAIG ANDREW	VRC	35-39	2:20.07	FINA World Masters Championships 2014	10-Aug-14
JACOBS DAMIAN CHARLES	LRC	30-34	2:25.69	FINA World Masters Championships 2014	10-Aug-14
GLASSMAN ZACHARY	LRC	25-29	2:13.80	2011-12 Long Course Masters Swimming Competition - Part 1	04-Mar-12
WONG SING TSUM DEREK	CUC	18-24	2:21.50	Annual Long Course Masters Swimming Champions 2013	24-Nov-13

### WOMEN 200M INDIVIDUAL MEDLEY

				NAME OF MEET	DATE ACHIEVED
SHUM CHING FONG	HFS	80-84	5:35.17	Annual Long Course Masters Swimming Championships 2013	24-Nov-13
SUEN MING CHU	SFC	75-79	4:06.12	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
SUEN MING CHU	SFC	70-74	3:49.34	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
NG YEE MAN	NWC	65-69	3:36.79	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
KIRKWOOD TAIN MHAIRA	LRC	60-64	3:25.62	Annual Long Course Masters Swimming Championships 2023	03-Dec-23
KIRKWOOD TAIN MHAIRA	LRC	55-59	3:16.65	The 1st Asian Masters Swimming Championships 2018 NAGOYA (JPN)	12-Jul-18
COGGINS LYNDA ANNE	LRC	50-54	2:55.65	FINA World Masters Championships 2014	10-Aug-14
TAM MEI LING ALISON	*FL	45-49	2:45.26	World Aquatics Masters World Championships 2023 - Kyushu	08-Aug-23
KELSEY JANE MACFARLAND	LRC	40-44	2:41.17	2014-15 Long Course Masters Swimming Competition - Part 1	22-Mar-15
KELSEY JANE MACFARLAND	LRC	35-39	2:37.75	Annual Long Course Masters Swimming Champions 2013	24-Nov-13
HUGHES CHRISTINE VIRGINIA	LRC	30-34	2:37.93	World Aquatics Masters Championships – Doha 2024	29-Feb-24
CHAN WING SUET	LRC	25-29	2:36.59	FINA World Masters Championships 2014	10-Aug-14
CHARTER ROBYN JUDY	SFC	18-24	2:42.84	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18

### MEN 4 X 50M FREESTYLE RELAY

				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:09.80	2019-20 Long Course Masters Swimming Competition - Part 3	23-Jun-19
NEW WATER POLO CLUB	NWC	280+	2:13.41	2023-24 Long Course Masters Swimming Competition - Part 1	03-Mar-24
SWORD FISH CLUB	SFC	240+	2:01.55	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
SEA GREEN SWIMMING & LIFE SAVING CLUB	SGC	200+	1:52.52	2010-11 Long Course Masters Swimming Championships - Part 1	20-Mar-11
HONG KONG FOOTBALL CLUB	#FB	160+	1:40.73	World Aquatics Masters World Championships 2023 - Kyushu	05-Aug-23
NEW WATER POLO CLUB	NWC	120+	1:40.03	2018-19 Long Course Masters Swimming Competition - Part 3	24-Jun-18
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	100+	1:36.96	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19

### WOMEN 4 X 50M FREESTYLE RELAY

				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:43.13	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
SWORD FISH CLUB	SFC	280+	2:42.61	Annual Long Course Masters Swimming Championships 2019	01-Dec-19
SWORD FISH CLUB	SFC	240+	2:34.06	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
LADIES' RECREATION CLUB	LRC	200+	2:12.67	FINA World Masters Championships 2012	14-Jun-12
FASTLANE SWIMMING	*FL	160+	1:54.74	World Aquatics Masters World Championships 2023 - Kyushu	09-Aug-23
LADIES' RECREATION CLUB	LRC	120+	1:55.57	FINA World Masters Championships 2012	14-Jun-12
HONG KONG FLYING FISH ATHLETIC ASSOCIATION	FFA	100+	1:58.55	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to 2025-26 Long Course Masters Swimming Competition - Part 2)

MEN 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:30.63	Annual Long Course Masters Swimming Championships 2012	09-Dec-12
SWORD FISH CLUB	SFC	280+	2:33.32	2024-25 Long Course Masters Swimming Competition - Part 2	28-Apr-24
SWORD FISH CLUB	SFC	240+	2:19.80	Long Course Masters Swimming Competition - Part 3 2013	11-Aug-13
THE HONG KONG JOCKEY CLUB	HJC	200+	2:03.19	Winter Masters Swimming Championships 1993	11-Dec-93
YMCA OF HONG KONG	YMC	160+	1:53.94	Summer Masters Swimming Championships 1996	22-Jun-96
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	120+	1:54.76	2018-19 Long Course Masters Swimming Competition - Part 1	24-Mar-19
DIOCESAN SCHOOL OLD BOY'S ASSOCIATION LTD	#DB	100+	1:49.32	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
WOMEN 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	4:37.13	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
SWORD FISH CLUB	SFC	280+	3:06.66	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
SWORD FISH CLUB	SFC	240+	2:48.90	2017-18 Long Course Masters Swimming Competition Part 1	25-Mar-18
LADIES' RECREATION CLUB	LRC	200+	2:32.48	2016-17 Long Course Master Swimming Competition - Part 2	24-Apr-16
LADIES' RECREATION CLUB	LRC	160+	2:10.35	Annual Masters Swimming Championships 1994	17-Sep-94
HONG KONG FOOTBALL CLUB	#FB	120+	2:10.46	Annual Long Course Masters Swimming Championships 2024	01-Dec-24
NEW WATER POLO CLUB	NWC	100+	2:19.21	2018-19 Long Course Masters Swimming Competition - Part 2	06-May-18
MIXED 4 X 50M FREESTYLE RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	3:38.22	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
SWORD FISH CLUB	SFC	280+	2:25.20	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
SWORD FISH CLUB	SFC	240+	2:15.69	2018-19 Annual Long Course Masters Swimming Championships	25-Nov-18
<b><u>LADIES' RECREATION CLUB</u></b>	<b><u>LRC</u></b>	<b><u>200+</u></b>	<b><u>1:52.26</u></b>	<b><u>World Aquatics Masters Championships 2024 - Doha</u></b>	<b><u>01-Mar-24</u></b>
FASTLANE SWIMMING	*FL	160+	1:46.49	World Aquatics Masters World Championships 2023 - Kyushu	09-Aug-23
<b><u>HONG KONG FOOTBALL CLUB</u></b>	<b><u>#FB</u></b>	<b><u>120+</u></b>	<b><u>1:48.59</u></b>	<b><u>2025-26 Long Course Masters Swimming Competition - Part 2</u></b>	<b><u>27-Apr-25</u></b>
<b><u>EICHELBERGER MELISSA ANN, MASTER FARAH JIMMY, SO MAN HON, SMIT MARCEL, PIETER ARNOLD</u></b>					
NEW WATER POLO CLUB	NWC	100+	1:51.20	Annual Long Course Masters Swimming Championships 2017	25-Nov-17
MIXED 4 X 50M MEDLEY RELAY				NAME OF MEET	DATE ACHIEVED
SWORD FISH CLUB	SFC	320+	4:35.50	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
SWORD FISH CLUB	SFC	280+	2:47.88	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
SWORD FISH CLUB	SFC	240+	2:43.45	2024-25 Long Course Masters Swimming Competition - Part 3	23-Jun-24
<b><u>LADIES' RECREATION CLUB</u></b>	<b><u>*FL</u></b>	<b><u>200+</u></b>	<b><u>2:09.58</u></b>	<b><u>World Aquatics Masters Championships 2024 - Doha</u></b>	<b><u>01-Mar-24</u></b>
FASTLANE SWIMMING	*FL	160+	2:00.48	World Aquatics Masters World Championships 2023 - Kyushu	09-Aug-23
LADIES' RECREATION CLUB	LRC	120+	2:05.95	2021-22 Long Course Masters Swimming Competition - Part 3	20-Jun-21
HONG KONG POLICE SWIMMING CLUB	HKP	100+	2:09.75	2023-24 Long Course Masters Swimming Competition - Part 3	18-Jun-23

**2025-2026 Long Course Masters Swimming Competition (Part 3)****Reject List**

No.	Name	Event	Club	Remarks
1	Yuen Hiu Tung Alyssa	13	LTS	No 200m Record
2	Lee Kwok Hung	7	SFC	Wrong Event
3	Siu Yok Yuen	5	*FL	No Reg

2526 Long Course MS Swi Competition Part 3 - 15/06/2025

Psych Sheet

Event 1 Men 100 LC Meter Breaststroke

- 18-24 MSR: 1:01.84
- 25-29 MSR: 1:07.53
- 30-34 MSR: 1:09.75
- 35-39 MSR: 1:10.50
- 40-44 MSR: 1:10.45
- 45-49 MSR: 1:15.29
- 50-54 MSR: 1:13.66
- 55-59 MSR: 1:21.41
- 60-64 MSR: 1:24.69
- 65-69 MSR: 1:26.42

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	30694 IAZ	Cheung, Chi Kit Nicholas	20	Wong Tai Sin	1:03.00
2	45713 IAZ	Hau, Ryan Spencer	19	New Water Polo	1:15.00
3	26608 B	Tang, Ho Sum	22	Flying Fish	1:50.00
<b>25-29</b>					
1	53434 IAZ	Wong, Yin Wai	29	Kwan Hung	1:30.00
<b>30-34</b>					
1	03978 #	Lau, Chun Sing	33	Tuen Mun S.T.	1:12.91
2	42728 P	Febo, Christopher Vincenzo	32	Sword Fish Club	1:13.00
3	04877 IBZ	Ng, Yu Ting	34	Sword Fish Club	1:23.00
4	02766 IBZ	Ma, Siu Chun Jason	34	Flying Fish	1:40.00
5	55909 @IM	Li, Zhengyuan	32	Sword Fish Club	1:59.00
<b>35-39</b>					
1	02591	Luk, Wing Kin Andy	36	Kwan Hung	1:09.01
2	00093	Tam, Tak Ching	38	Dik Wing	1:15.19
3	00099 IAZ	Wong, Cheuk Wai	37	New Water Polo	1:20.00
4	00104	Lo, Shek Pui	36	HK Football Club	1:22.00
5	50188 @^P	Chu, Yuan Hun	36	Fastlane Swimming	1:25.00
6	03717 IBZ	Yeung, Ka Ho	38	Dik Wing	1:25.97
7	48667 @IRO	Wong, Dominic Clayton Joe	37	Fastlane Swimming	1:35.00
8	03667 IBZ	Wong, Sai Man Sherman	36	New Water Polo	1:40.00
9	09136 IAZ	Tsang, Chun Kin	37	New Water Polo	1:45.00
10	00385	Cheng, Pong Man Reuben	36	Flying Fish	1:50.00
11	52508 IAZ	Yuen, Chun Yiu Curtis	39	South China	1:50.00
12	55910 @IM	Zeng, Xiaodi	36	Sword Fish Club	2:00.00
<b>40-44</b>					
1	48666 @ICO	Upman, David Ross	41	Fastlane Swimming	1:15.80
2	52550 #IAZ	Chiu, Kelvin Ho Yin	43	HK Football Club	1:18.00
3	48856 @IAO	Gallearachie, Jeewantha Madu	41	Fastlane Swimming	1:25.00
4	42708 IAZ	Tang, Wing Chung Jonathan	43	Hoi Fung	1:26.69
5	54503 IAZ	Li, Ying Ho	40	Wong Tai Sin	1:30.00
6	03796 ICZ	Chan, Pui Kei	44	New Water Polo	1:33.00
7	45574 IAZ	Ng, Siu Kwong	43	Sword Fish Club	1:45.00
8	05155	Chan, Albert Kam Ming	44	Diocesan School	1:47.44
9	03793 ICZ	Po, Tik San	43	New Water Polo	1:50.00
10	54712 IAO	Tham, Edmund	43	Fastlane Swimming	2:00.00
11	23119 IAZ	Chan, Ying Tsung Bosco	44	Sword Fish Club	2:02.00
<b>45-49</b>					
1	17961 ICO	Jones, Simon	49	LRC	1:15.73
2	53312 IAZ	Tang, Tin Lok Stephen	49	Win Tin	1:20.47
3	55771 @IM	Huang, Zhangyin	46	Sword Fish Club	1:32.00

## 2526 Long Course MS Swi Competition Part 3 - 15/06/2025

## Psych Sheet

## 45-49... (Event 1 Men 100 LC Meter Breaststroke)

4	49027 IAZ	Ng, Fung Kei	45	Sword Fish Club	1:34.00
5	40107 IAZ	Chan, Falcon	46	Lai Tsun	1:38.00
6	16451	Cheng, Ngai Bun	47	Kwun Tong	1:39.00
7	42737 IAZ	So, Ma Loi	49	Sword Fish Club	1:40.00
8	05160	Chan, Ka Wo	48	Diocesan School	1:47.44
9	10317	Ng, Ka Wing	45	Diocesan School	1:48.00
10	40834 IAZ	Chang, Hsi Tse JosephJeremy	46	Diocesan School	1:50.00
11	16467	Chak, Pui Ching	47	Wong Tai Sin	1:50.00
12	41148 IAZ	Tang, Kee Wai	45	New Water Polo	1:53.00
13	01012 ICZ	Fong, Lik Sun	45	RippleFly Swim Ltd	2:05.00

## 50-54

1	27459 IAZ	Lui, Wing Tak Victor	51	Diocesan School	1:30.00
2	28849 IAZ	Chan, Chun Kuen	50	Sword Fish Club	1:32.00
3	51531 #IAX	Tang, Min	50	Fastlane Swimming	1:40.00
4	42085 IAZ	Lee, Hon Lun Philip	53	Sword Fish Club	1:45.00
5	24603 IAZ	Hung, Ka Ming	50	YMCA OF Hong Kong	1:45.00
6	40835 IAZ	Leung, Wing Hong Alvin	51	Diocesan School	1:48.00
7	21008 IAZ	Cheung, Chun Kwan Michael	52	Wong Tai Sin	1:50.00
8	26053 IAZ	Wong, Yee Keung	54	Flying Fish	2:05.00

## 55-59

1	44664 IAZ	Lau, Chi Wah	58	Hoi Fung	1:36.00
2	42364 IAZ	Lau, Yip Kwong Francis	56	Diocesan School	1:40.00
3	27451 IAZ	Yip, Kin Man Stephen	55	Kwun Tong	1:40.00
4	53271 @^IM	Chen, Weizhong	56	New Water Polo	1:45.00
5	05139	Lin, Fulong	58	Flying Fish	1:46.73
6	56026 IAZ	Lam, Ying Wai	57	City East	1:50.00
7	35711 IAX	Wong, Fuk Kei	56	Sword Fish Club	2:00.00
8	30710 IAZ	Lai, Kin Sun	55	Flying Fish	2:05.00
9	38291 IAZ	Liu, Chun Sing	59	Sword Fish Club	2:05.00
10	55816 @IM	Fang, Shunhe	55	New Water Polo	2:10.00

## 60-64

1	05191	Koo, Yu Fat Marcus	63	Flying Fish	1:24.64
2	43529 IAX	Ng, Wai Fung	62	Sword Fish Club	1:25.00
3	18856 IAZ	Au, Mun Shing	60	Sword Fish Club	1:27.00
4	06256	Chan, Kwong Peter	64	Sea Green	1:39.00
5	32108 IAX	Chan, Kiu	63	Sword Fish Club	1:43.00
6	10135 IAZ	Mo, Kim Fung Bosco	61	Diocesan School	1:45.00
7	38990 IAZ	Lai, Choi Wood Raymond	64	City East	1:45.00
8	50782 @IAX	Pang, Shu Ming	64	Sea Green	1:45.00
9	52308 #@^IM	Liang, Chen	64	Sword Fish Club	1:46.00
10	26176 IAX	Ho, Chung Man	62	Lai Tsun	1:48.00
11	25226 IAZ	Choi, Tai Wing	64	Sword Fish Club	1:55.00
12	39982 IAZ	Chow, Wing Chun	61	Sword Fish Club	1:55.00
13	22433 IAZ	Lui, Man Pong	60	New Water Polo	1:57.00

## 65-69

1	50662 @^P	Zong, Cheng	67	Sword Fish Club	1:38.00
2	49915 @IAX	Tai, Yu Chung	67	New Water Polo	1:40.00
3	03762	Ha, Chi Ming	66	Flying Fish	1:48.00
4	06176	Wong, Kung Wan	69	Sea Green	1:50.00
5	36725 IAZ	Yau, Wai	66	Sea Green	1:55.00
6	44359 IAZ	Lee, Chi Wai	66	Kornhill	2:16.89

## 70-74

1	43205	Zhou, Jin Jia	70	New Water Polo	1:40.00
2	06382	Chan, Kam Por	73	Sword Fish Club	1:41.00

2526 Long Course MS Swi Competition Part 3 - 15/06/2025

Psych Sheet

70-74... (Event 1 Men 100 LC Meter Breaststroke)

3	04508	Chung, Kit Wai	71	Sword Fish Club	1:45.00
4	54395 IAZ	Chan, Kun Cheung	70	City East	1:50.00
5	41729 IAZ	Ko, Leung Hung Alex	73	Diocesan School	2:00.00
6	06281	Fung, Kam Tai	70	Sword Fish Club	2:06.00
7	11563	Lee, Kwok Hung	72	Sword Fish Club	2:15.00

75-79

1	06243	Koo, Choi Fat	75	Wong Tai Sin	1:55.00
2	05917	Yong, Khin Syn	76	Sword Fish Club	1:57.00
3	10274	Lau, Chun Nung	79	Lai Tsun	2:10.00
4	22182 IAZ	Ngai, Yin Leung	76	Sword Fish Club	2:17.00
5	44788 IAZ	Chui, Hong Sheung	76	Diocesan School	2:20.00

80-84

1	49541 @IAXN	Yang, Victor	80	Diocesan School	2:26.00
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90-94

1	38060 IAZ	Chi, Lieh Yung	91	Sword Fish Club	2:20.00
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Event 2 Women 100 LC Meter Breaststroke

- 18-24 MSR: 1:13.79
- 25-29 MSR: 1:22.65
- 30-34 MSR: 1:18.68
- 35-39 MSR: 1:20.17
- 40-44 MSR: 1:21.23
- 45-49 MSR: 1:19.68
- 50-54 MSR: 1:27.99
- 55-59 MSR: 1:35.97
- 60-64 MSR: 1:39.76
- 65-69 MSR: 1:42.94

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	25097 B	Cheung, Margaret	20	Kowloon Tong Club	1:20.00
2	31444 IAX	Tang, Hiu Tung	24	Pacific	1:29.17
3	55814 @IM	Liu, Ziyu	24	New Water Polo	1:40.00
4	55902 @IM	Li, Yijun	21	Sword Fish Club	1:40.00
<b>25-29</b>					
1	46331 @ICO	Brueck, Hannah Madeleine	29	Fastlane Swimming	1:30.00
2	23179 IAZ	Chan, Jessica	28	Fastlane Swimming	1:40.00
3	43533 IAZ	Wong, Yu Tung	27	New Water Polo	2:00.00
<b>35-39</b>					
1	00412	Tsui, Po Kei	37	Hong Kong Police	1:50.00
2	13384 ICZ	Lee, May Sze Mei	38	New Water Polo	2:00.00
3	53921 IAZ	Ho, Hu Kar	37	Sword Fish Club	2:00.00
<b>40-44</b>					
1	49329 #@IAO	Ng, Carmen C M	41	Kwan Hung	1:33.00
2	55903 @IM	Zhang, Qianer	40	Sword Fish Club	1:38.00
3	54558 IAO	Leung, Sharon	42	LRC	1:40.39
4	37200 IAZ	Chan, Wing Lam	41	Fastlane Swimming	1:45.00
5	50839 @^IM	Zhuo, Enqi	41	Tuen Mun	1:50.00
6	30316 IAZ	Ng, Yee Lam	40	Hong Kong Police	1:55.00
7	50515 IAZ	Cheung, Hiu Yan	43	Sword Fish Club	2:00.00
8	51099 IAZ	Wong, Jane Tsin	41	Fastlane Swimming	2:02.00
9	56363 B	Li, Yui Ming	42	Flying Fish	2:05.00
10	34701 IAZ	Au, Hoi Ying	42	Flying Fish	2:05.62
<b>45-49</b>					
1	49442 IAZ	Chan, Yuk Man Phoebe	46	Sword Fish Club	1:35.00

2526 Long Course MS Swi Competition Part 3 - 15/06/2025

Psych Sheet

45-49... (Event 2 Women 100 LC Meter Breaststroke)

2	06304 ICZ	Cheung, Man Yiu	46 Sea Green	1:35.00
3	30072 ICW	Chao, Man Chi	46 New Water Polo	1:38.00
4	43157 @ICO	Lee, Chew Ling	48 LRC	1:40.00
5	46181 IAZ	Ng, Yan Yan Bandy	49 Tung Sing	2:00.00
6	33017 IAZ	Ngan, Oi Sze	48 Sword Fish Club	2:15.00

50-54

1	27128 IAZ	Lau, Yan Yan	51 Flying Fish	1:44.53
2	50110 IAZ	Chow, Yin Wei Nora	53 New Water Polo	1:50.00
3	45917 @^IM	Huang, Caifang	51 New Water Polo	2:00.00
4	40912 IAZ	Ng, Yee Ling	54 Tolo Harbour	2:00.00
5	49204 IAZ	Cheng, Wai Man	54 Sea Green	2:20.00

55-59

1	43951 #@^IM	Han, Yan	57 Sword Fish Club	1:50.00
2	43102 ICO	Roberts, Tonya Leanne	57 LRC	1:51.92
3	31395 IAZ	Chan, Pui Ling	55 Flying Fish	1:54.08
4	23588 IAZ	Lee, Ying Chi	57 Tung Sing	1:55.00
5	43063 @IAO	Wong, Rose	55 LRC	2:02.37
6	56364 B	Lau, Ka Yin Anna	58 Flying Fish	2:15.00

60-64

1	22428 IAZ	Lau, Yuk Lin Rocky	63 Sea Green	2:00.00
2	38289 IAZ	Ng, Wai Lin Angie	61 Sword Fish Club	2:10.00
3	24216 IAZ	Li, Chuk Ping	63 Sword Fish Club	2:14.00
4	45187 IAX	Chan, On Mei	62 Sword Fish Club	2:20.00
5	38460 IAZ	Tang, Kit Fong Yvonne	61 New Water Polo	2:30.00

65-69

1	14007	Ho, Yuk Ling	68 Tung Sing	2:15.00
2	49428 IAX	Leong, Sao Fan	68 New Water Polo	2:16.00
3	23957 IAX	Yeung, Tun Lim Lily	68 Sword Fish Club	2:30.00

70-74

1	50480 @^ICX	Lam, Lai Mui	74 Sword Fish Club	2:30.00
2	06147	Leung Wong, Yin Har Hayley	73 Sea Green	2:30.00
3	06150	Ho, Po Chu	74 South China	2:33.35

75-79

1	02859	Tse, Ka Tsai Angela	75 Flying Fish	2:28.06
2	08936	Leong, Kuai Heng	79 New Water Polo	2:30.00
3	39357 @^P	Mak, Sok Iun	75 Sword Fish Club	2:30.00
4	06212	Lo, Yeuk Shuen	76 Wong Tai Sin	2:30.00

80-84

1	32571 IAZ	Chan, Pui Yee	81 Sword Fish Club	2:30.00
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Event 3 Men 50 LC Meter Backstroke

18-24 MSR:	28.26
25-29 MSR:	27.65
30-34 MSR:	29.77
35-39 MSR:	30.38
40-44 MSR:	28.69
45-49 MSR:	30.37
50-54 MSR:	30.97
55-59 MSR:	32.57
60-64 MSR:	33.94
65-69 MSR:	35.70

	ID#	Name	Age	Team	Seed Time
18-24					
1	22276 B	Chong, Michael Yat Tsun	24	Sword Fish Club	29.95

## 2526 Long Course MS Swi Competition Part 3 - 15/06/2025

## Psych Sheet

## 18-24... (Event 3 Men 50 LC Meter Backstroke)

2	26608 B	Tang, Ho Sum	22	Flying Fish	NT
<b>25-29</b>					
1	09821 IAZ	Au Yeung, Chung Hang Felix	27	RippleFly Swim Ltd	32.00
2	17764 IAZ	Wong, Ka Ho Jonathan	25	Barracuda	34.00
3	23835 IAZ	Cheuk, Long Hin	27	Juan Hua Club	45.00
4	55593 IAZ	Yeung, Hoi Kit	26	Juan Hua Club	45.00
5	17034 IAZ	Yeung, Yue Hin Gerry	28	Juan Hua Club	45.00
6	19797 IAZ	So, Pak Hin Nico	28	Flying Fish	NT
<b>30-34</b>					
1	05293 B	Siu, Wai Wang Derek	34	Kwan Hung	30.00
2	53101 @ICO	Palmerston, Jeremiah Bradley	34	Fastlane Swimming	33.50
3	56620 @^P	Nguyen, Hy Doan	33	Fastlane Swimming	36.00
4	26574 IAZ	Kwan, Leong Chun	30	Sword Fish Club	48.00
5	05854 IAZ	Cho, Wai Ching	34	Flying Fish	NT
<b>35-39</b>					
1	54715 IAZ	Tsai, Chun Yu Gary	38	Diocesan School	30.00
2	00093	Tam, Tak Ching	38	Dik Wing	32.96
3	06092 IAZ	Ng, Yan Ho	35	Hong Kong Police	33.00
4	42367 IAO	Chow, Chun Yin	39	Diocesan School	35.00
5	03713 IBZ	Tang, Chee Kit	39	Diocesan School	35.00
6	01837 IB	Fong, Ka Hou Chris	37	Kwun Tong	35.00
7	00385	Cheng, Pong Man Reuben	36	Flying Fish	36.91
8	53239 IAO	Cheng, Anthony Kwok Bo	38	Jockey Club	37.00
9	03312 IAZ	Li, Yun Sing	35	Diocesan School	38.00
10	02164 IBZ	Chan, Ho Sum	37	Kwun Tong	38.00
11	56440 IAX	Liu, Man Wai	36	Blue Angel	NT
<b>40-44</b>					
1	00444	Lam, Yau Sun Dickson	40	Diocesan School	32.00
2	48820 #IAZ	Lam, Pei Tim	44	LRC	32.54
3	41147 IAZ	Mok, Lai Yeung Jason	41	Diocesan School	36.00
4	05155	Chan, Albert Kam Ming	44	Diocesan School	39.44
5	03796 ICZ	Chan, Pui Kei	44	New Water Polo	42.00
6	03793 ICZ	Po, Tik San	43	New Water Polo	45.00
7	23119 IAZ	Chan, Ying Tsung Bosco	44	Sword Fish Club	52.00
<b>45-49</b>					
1	49497 @ICO	Macceod, Andrew Ian	46	LRC	32.87
2	37671 @ICO	Stamenovic, Ivan	49	LRC	35.16
3	54381 IAZ	Siu, Wai Jung Justin	48	Diocesan School	39.00
4	05160	Chan, Ka Wo	48	Diocesan School	39.44
5	40841 IAX	Tsang, Kwok Tung	46	Diocesan School	42.00
6	39987 @^P	Chu, Tong Man	49	Sword Fish Club	43.00
7	16451	Cheng, Ngai Bun	47	Kwun Tong	50.00
8	51192 IAZ	Lo, Yui Man	48	Flying Fish	53.00
9	53312 IAZ	Tang, Tin Lok Stephen	49	Win Tin	55.00
10	08963 ICZ	Lee, Chun Yeung	45	Wong Tai Sin	1:00.00
11	01012 ICZ	Fong, Lik Sun	45	RippleFly Swim Ltd	NT
<b>50-54</b>					
1	06711	Leung, Tsz Kin	53	New Water Polo	35.87
2	06338 IAZ	Wong, Ka Fai	51	Sword Fish Club	40.00
3	24603 IAZ	Hung, Ka Ming	50	YMCA OF Hong Kong	45.00
4	51531 #IAX	Tang, Min	50	Fastlane Swimming	55.00
5	52756 IAX	Chueng, Shing	54	Hoi Fung	59.00
6	05068	Yuen, Chung Ho Albert	50	South China	NT

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Psych Sheet

55-59... (Event 3 Men 50 LC Meter Backstroke)

1	30710 IAZ	Lai, Kin Sun	55 Flying Fish	38.36
2	27451 IAZ	Yip, Kin Man Stephen	55 Kwun Tong	39.00
3	52275 @^IM	Shan, Jinzhi	57 Sword Fish Club	40.00
4	05273	Poon, Ho Keung Danny	55 Flying Fish	40.23
5	43144	Xiao, Donghong	59 New Water Polo	42.00
6	05139	Lin, Fulong	58 Flying Fish	43.08
7	54393 @P	Tan, Yucheng	58 New Water Polo	45.00
8	45582 @IAO	Reeve, Blair	57 LRC	46.51
9	38991 IAZ	Tong, Wing Kin	59 City East	48.00
10	44664 IAZ	Lau, Chi Wah	58 Hoi Fung	50.00
11	31109 IAZ	Chan, Ping Yan Bryan	59 Hoi Fung	58.00
12	35711 IAX	Wong, Fuk Kei	56 Sword Fish Club	1:00.00

60-64

1	05191	Koo, Yu Fat Marcus	63 Flying Fish	38.77
2	18856 IAZ	Au, Mun Shing	60 Sword Fish Club	43.00
3	15528	Tsui, Tak Shing Dominic	63 Fastlane Swimming	45.00
4	51228 @^IM	Cui, Xiaobin	62 Sword Fish Club	45.00
5	39982 IAZ	Chow, Wing Chun	61 Sword Fish Club	47.00
6	37048 IAZ	Cheung, Wai Chuen Jimmy	62 Sword Fish Club	48.00
7	22433 IAZ	Lui, Man Pong	60 New Water Polo	49.00
8	40840 IAZ	Ng, Ka Yiu Karl	61 Diocesan School	50.00
9	32108 IAX	Chan, Kiu	63 Sword Fish Club	50.00
10	10135 IAZ	Mo, Kim Fung Bosco	61 Diocesan School	55.00
11	25226 IAZ	Choi, Tai Wing	64 Sword Fish Club	55.00
12	41007 IAZ	So, Man Sing	64 Sea Green	1:20.00

65-69

1	03215 #IAZ	Leung, Yiu Chuen	67 Tung Sing	42.00
2	55926 @IM	Liu, Guoqing	69 Sword Fish Club	43.00
3	28893 #IAZ	Au, King Tong	68 Tung Sing	45.00
4	49915 @IAX	Tai, Yu Chung	67 New Water Polo	50.00
5	14555 @IAX	Tang, Kon Leong	69 Sword Fish Club	50.00
6	17956 #IAZ	Chau, Kim Fai	68 Hong Kong Police	52.65
7	48753 IAX	Fung, Sik Tong	69 Sea Green	59.00
8	17954 IAX	Cheung, Oi Kwan	67 New Water Polo	1:10.00

70-74

1	06281	Fung, Kam Tai	70 Sword Fish Club	44.00
2	52549 IAZ	Lam, Tak On	71 Sword Fish Club	50.00
3	06192	Chu, Shui Yi	74 Sea Green	59.00
4	19327 IAZ	Yu, Kwok Chuen	70 Sword Fish Club	1:00.00
5	06187	Kan, Kai Kwong	70 Sea Green	1:00.00
6	11563	Lee, Kwok Hung	72 Sword Fish Club	1:02.00

75-79

1	37684 IAZ	Mok, Yun Cheung	75 Sword Fish Club	48.00
2	44756 IAZ	Lo, Che Hung	77 Lai Tsun	55.00
3	20634 IAZ	Wu, Shu Sun	75 New Water Polo	55.00
4	38699 IAZ	Tse, Siu Hei	75 Kornhill	56.13
5	22182 IAZ	Ngai, Yin Leung	76 Sword Fish Club	1:02.00
6	44788 IAZ	Chui, Hong Sheung	76 Diocesan School	1:10.00

80-84

1	27458 IAZ	Tsui, Yau Ho	81 Sword Fish Club	1:00.00
2	39305 IAON	Abbott, Jonothan Lewis	80 Flying Fish	1:28.00

85-89

1	05407	Lee, She Kwok	87 Sword Fish Club	1:00.00
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2526 Long Course MS Swi Competition Part 3 - 15/06/2025

Psych Sheet

Event 4 Women 50 LC Meter Backstroke

- 18-24 MSR: 31.58
- 25-29 MSR: 31.91
- 30-34 MSR: 32.81
- 35-39 MSR: 34.04
- 40-44 MSR: 34.40
- 45-49 MSR: 33.99
- 50-54 MSR: 35.58
- 55-59 MSR: 41.05
- 60-64 MSR: 45.62
- 65-69 MSR: 42.89

ID#	Name	Age	Team	Seed Time
<b>18-24... (Event 4 Women 50 LC Meter Backstroke)</b>				
1	25097 B	Cheung, Margaret	20 Kowloon Tong Club	35.00
2	34416 B	Lau, Cheuk Yu	18 Sword Fish Club	39.00
3	31206 B	Wong, Hor Kiu	20 Sword Fish Club	39.00
4	27403 IAZ	Yuen, Hiu Tung Alyssa	21 Lai Tsun	40.00
5	25098 B	Fung, Suet Ying Chloe	20 Kowloon Tong Club	45.00
6	55370 IAX	Chan, Nga Wing	21 Blue Angel	NT
7	55372 IAZ	Cheung, Hoi Yan	22 Blue Angel	NT
8	55371 IAZ	Guo, Tsz Ching	21 Blue Angel	NT
<b>25-29</b>				
1	52769 @^ICO	Chou, Lou-Salome Yuan Nico	28 HK Football Club	38.00
2	23179 IAZ	Chan, Jessica	28 Fastlane Swimming	40.50
3	56621 @^IM	Huang, Xuemei	28 New Water Polo	50.00
4	43533 IAZ	Wong, Yu Tung	27 New Water Polo	1:00.00
<b>30-34</b>				
1	08238 #B	Li, Tsz Yu	31 Fastlane Swimming	40.00
2	08900 IBZ	Lam, Suet	32 Hong Kong Police	40.00
3	09856 @IAO	Yeung, Amanda	31 Hong Kong Police	40.08
4	55931 @IM	Cai, Yingjie	33 Sword Fish Club	45.00
5	54108 IAZ	Ng, Esther Ching Hay	31 Fastlane Swimming	48.00
6	06608 #B	Shek, Yan Sin	32 Wong Tai Sin	55.00
<b>35-39</b>				
1	04515 ICZ	Sze, Hang Yu	37 Fastlane Swimming	34.00
2	02131	Tsang, Ting Yan Tania	39 LRC	34.15
3	52770 IAO	Sjoholm, Ingrid Christina	39 HK Football Club	36.00
4	50483 #@^IM	Dong, Ningjing	35 Sword Fish Club	39.00
5	49524 @IAO	Lau, Maggie Y	38 Flying Fish	41.43
6	13384 ICZ	Lee, May Sze Mei	38 New Water Polo	58.00
<b>40-44</b>				
1	23548 ICX	Chen, Yanyan	40 Fastlane Swimming	34.00
2	54353 IAXN	Yeh, Grace Judy	40 Fastlane Swimming	38.00
3	55257 IAZ	Cheung, Lee Yin	43 Golden Dolphin	55.00
4	50839 @^IM	Zhuo, Enqi	41 Tuen Mun	1:00.00
5	34701 IAZ	Au, Hoi Ying	42 Flying Fish	1:02.15
6	02685 ICZ	Master, Farah Jimmy	40 HK Football Club	NT
<b>45-49</b>				
1	40853 #@IAO	Tam, Alison Mai Ling	47 HK Football Club	36.00
2	51120 IAZ	Yee, Hoi Yan	48 Flying Fish	39.37
3	55906 IAX	Chen, Yanyun	49 Sword Fish Club	41.00
4	45139 IAZ	Tai, Kwan Yee	48 Hoi Fung	48.00
5	06304 ICZ	Cheung, Man Yiu	46 Sea Green	48.00

2526 Long Course MS Swi Competition Part 3 - 15/06/2025

Psych Sheet

45-49... (Event 4 Women 50 LC Meter Backstroke)

6	30072 ICW	Chao, Man Chi	46	New Water Polo	49.44
7	46181 IAZ	Ng, Yan Yan Bandy	49	Tung Sing	1:00.00
8	55610 IAZ	Wong, Wing Yin Sominnie	48	Hoi Fung	1:12.00
<b>50-54</b>					
1	54398 IAX	Li, Hung Mui	53	City East	49.00
2	27128 IAZ	Lau, Yan Yan	51	Flying Fish	51.86
3	47040 @IAZ	Zou, Shengling	54	Tung Sing	56.00
4	45917 @^IM	Huang, Caifang	51	New Water Polo	58.00
<b>55-59</b>					
1	09870 @ICO	Chong, Yin Szu Adeline	55	Fastlane Swimming	43.00
2	40907 IAZ	Lai, Shui Nin Ingrid	58	YMCA OF Hong Kong	43.00
3	52764 @ICO	Schoening Naujoks, Mirjam Be	55	LRC	46.17
4	36431 @^P	Buchta, Katrin	55	Sword Fish Club	47.00
5	43951 #@^IM	Han, Yan	57	Sword Fish Club	48.00
6	54394 IAX	Li, Hung Ling	59	City East	50.00
7	37062 IAZ	Lee, E Way Yvonne	59	Kowloon Tong Club	51.50
8	16303	Rana, Naomi	59	LRC	54.46
9	31395 IAZ	Chan, Pui Ling	55	Flying Fish	58.89
10	06170	Lo, Man Lee	57	Flying Fish	NT
11	56574 @IAO	Tan, En Ling	55	South China	NT
<b>60-64</b>					
1	26254 #IAZ	Ng, Kong Ching	60	Tung Sing	46.00
2	05190	Ho, Wan Sai Rita	63	Flying Fish	49.09
3	30804 IAON	Yue, Roberta May-wan	62	LRC	50.35
4	41423 IAZ	Chiu, Pauline	63	Tung Sing	53.00
5	51532 IAZ	Shek, Yuk Ching Peggy	61	South China	57.49
6	17890 IAZ	Lee, Mo Kee Cillia	60	Sword Fish Club	58.00
7	22428 IAZ	Lau, Yuk Lin Rocky	63	Sea Green	1:00.00
8	38289 IAZ	Ng, Wai Lin Angie	61	Sword Fish Club	1:02.00
9	08956	Yeung, Chin Wai Anita	64	Hoi Fung	1:19.00
10	38460 IAZ	Tang, Kit Fong Yvonne	61	New Water Polo	1:20.00
<b>65-69</b>					
1	49914 @IAXB	Ng, Yee Man	66	New Water Polo	40.00
2	14007	Ho, Yuk Ling	68	Tung Sing	1:00.00
3	23957 IAZ	Yeung, Tun Lim Lily	68	Sword Fish Club	1:05.00
4	06127	Lau, Wai Lin	69	New Water Polo	1:10.00
<b>70-74</b>					
1	06355	Lo, Lai Yung	70	New Water Polo	58.00
2	50480 @^ICX	Lam, Lai Mui	74	Sword Fish Club	1:10.00
3	06150	Ho, Po Chu	74	South China	1:13.27
4	46236 IAZ	Fok, Miu Han	72	New Water Polo	1:14.00
<b>75-79</b>					
1	39991 IAS	Sam, Choi Lin	77	Sword Fish Club	1:00.00
2	06357	Suen, Ming Chu	77	Sword Fish Club	1:00.00
3	39357 @^P	Mak, Sok Iun	75	Sword Fish Club	1:10.00
4	08936	Leong, Kuai Heng	79	New Water Polo	1:15.00
5	17480 IAZ	Chow, Pui Han Angela	79	Lai Tsun	1:25.00
6	06212	Lo, Yeuk Shuen	76	Wong Tai Sin	1:30.00
7	02859	Tse, Ka Tsai Angela	75	Flying Fish	NT
<b>80-84</b>					
1	06374	Wong, Jim	84	Sword Fish Club	1:03.00
2	06372 IAZ	Leung, Mabel Yuen Ying	83	Sword Fish Club	1:27.00
<b>85-89</b>					
1	38059 IAX	Tai, Li Hua	86	Sword Fish Club	59.00

2526 Long Course MS Swi Competition Part 3 - 15/06/2025

Psych Sheet

85-89... (Event 4 Women 50 LC Meter Backstroke)

2 06144 Mak, Suet Man 88 Sea Green 1:20.00

Event 5 Men 100 LC Meter Freestyle

18-24 MSR: 54.18  
 25-29 MSR: 54.16  
 30-34 MSR: 56.01  
 35-39 MSR: 53.84  
 40-44 MSR: 56.60  
 45-49 MSR: 58.32  
 50-54 MSR: 58.29  
 55-59 MSR: 1:03.62  
 60-64 MSR: 1:04.39  
 65-69 MSR: 1:08.31

ID#	Name	Age	Team	Seed Time
<b>18-24</b>				
1	56603 @^IM	Xu, Yongxiang	19 Sword Fish Club	1:04.00
2	25258 IAZ	Chik, Shun Hei	24 Current Club Ltd	1:05.43
3	37171 IAZ	Wong, Wai Cheung	20 Current Club Ltd	1:05.95
4	56623 @^IM	Wen, Tianlang	20 New Water Polo	1:10.00
5	19311 B	Tang, Ngo Chi	24 Win Tin	1:10.00
6	51045 IAZ	Chan, Ko Yuen	21 Eastern Winter	1:13.00
7	55928 @IM	Zheng, Guangsen	22 Sword Fish Club	1:15.00
8	25611 #B	Chu, Kin Shing	21 Creative Youth	1:40.00
9	41976 IAZ	Lau, Hoi Pak	20 Creative Youth	1:40.00
<b>25-29</b>				
1	53844 ICX	Wang, Yuehan	27 New Water Polo	40.00
2	18446 IAZ	Wong, Pak Hei	28 Kwan Hung	56.77
3	22513 IAZ	Tang, Cheuk Yan	25 Kwun Tong	1:00.00
4	28567 #IAZ	Tam, Wang Yin	25 Eastern Winter	1:03.00
5	15815	Lo, Ting Kin	29 Sea Green	1:04.00
6	12832 IAZ	Chi, Oscar	27 Hong Kong Police	1:05.00
7	55770 @IM	Wang, Xiangkun	26 Sword Fish Club	1:06.00
8	17764 IAZ	Wong, Ka Ho Jonathan	25 Barracuda	1:07.00
9	23835 IAZ	Cheuk, Long Hin	27 Juan Hua Club	1:08.00
10	17034 IAZ	Yeung, Yue Hin Gerry	28 Juan Hua Club	1:08.00
11	19383 B	Lee, Man Kit	26 Kwan Hung	1:10.00
<b>30-34</b>				
1	09964 IAZ	Lau, Chak Lam Nicholas	30 Diocesan School	58.00
2	55772 @P	Palmisano, Alessandro	31 Sword Fish Club	1:02.00
3	05293 B	Siu, Wai Wang Derek	34 Kwan Hung	1:03.00
4	53101 @ICO	Palmerston, Jeremiah Bradley	34 Fastlane Swimming	1:05.00
5	52515 IAZ	Leung, Kit Chung	32 Hong Kong Police	1:06.36
6	35851 #IAZ	Chow, Yin Leung	31 Tung Sing	1:07.00
7	56620 @^P	Nguyen, Hy Doan	33 Fastlane Swimming	1:10.00
8	52752 @ICO	Hardy-Lachance, Thierry	33 Fastlane Swimming	1:20.00
9	26574 IAZ	Kwan, Leong Chun	30 Sword Fish Club	1:28.00
10	02766 IBZ	Ma, Siu Chun Jason	34 Flying Fish	1:30.00
11	55909 @IM	Li, Zhengyuan	32 Sword Fish Club	1:30.00
12	55587 IAZ	Chan, Ivan	33 South China	1:40.00
<b>35-39</b>				
1	51101 #@ICO	Smit, Marcel Pieter Arnold	38 HK Football Club	53.60
2	02021 IBZ	Chow, Man Ho	35 Kwan Hung	56.76
3	45108 ICO	MC Hugh, Darren Pascal	38 VRC	58.50
4	03667 IBZ	Wong, Sai Man Sherman	36 New Water Polo	1:05.00

## 2526 Long Course MS Swi Competition Part 3 - 15/06/2025

## Psych Sheet

## 35-39... (Event 5 Men 100 LC Meter Freestyle)

5	56723 @^ICO	Turcan-Jouve, Clement Gislain	37	Fastlane Swimming	1:05.00
6	53239 IAO	Cheng, Anthony Kwok Bo	38	Jockey Club	1:05.50
7	50188 @^P	Chu, Yuan Hun	36	Fastlane Swimming	1:07.00
8	03713 IBZ	Tang, Chee Kit	39	Diocesan School	1:10.00
9	48667 @IRO	Wong, Dominic Clayton Joe	37	Fastlane Swimming	1:10.00
10	55910 @IM	Zeng, Xiaodi	36	Sword Fish Club	1:10.00
11	00101	Yuen, Chester Wai Hei	37	Diocesan School	1:15.00
12	01621 #IBZ	So, Man Hon	37	HK Football Club	1:15.00
13	02164 IBZ	Chan, Ho Sum	37	Kwun Tong	1:15.00
14	55358 @IM	Huang, Tongxiang	39	Sword Fish Club	1:18.00
15	50486 @^IM	Liao, Qi	39	Sword Fish Club	1:20.00
16	52508 IAZ	Yuen, Chun Yiu Curtis	39	South China	1:40.00

## 40-44

1	00464 IA	Paul, Jonathan Matthew	40	Diocesan School	1:00.00
2	00444	Lam, Yau Sun Dickson	40	Diocesan School	1:06.00
3	42024 IAZ	Tang, Cheuk Hang	41	Current Club Ltd	1:06.76
4	48856 @IAO	Gallearchie, Jeewantha Madu	41	Fastlane Swimming	1:07.00
5	12176 ICZ	Ng, Siu Yu	43	Sword Fish Club	1:08.00
6	42708 IAZ	Tang, Wing Chung Jonathan	43	Hoi Fung	1:08.73
7	23298 IAZ	Li, Cheuk Bun	40	Wong Tai Sin	1:10.00
8	54503 IAZ	Li, Ying Ho	40	Wong Tai Sin	1:10.00
9	55925 @IM	Zhou, Jiangfan	41	Sword Fish Club	1:14.00
10	54383 IAX	Sun, Fei	41	Fastlane Swimming	1:15.00
11	52800 IAZ	Lam, Kun Lei	43	Juan Hua Club	1:17.90
12	55913 @IM	Guan, Ping	40	Sword Fish Club	1:18.00
13	56611 IAZ	Ko, Hon Kwan Alex	43	Diocesan School	1:25.00
14	54712 IAO	Tham, Edmund	43	Fastlane Swimming	1:25.00
15	14549	Tsui, Chi Yin	44	City East	1:45.00
16	56042 IAZ	Chan, Chi Ho	43	Kornhill	1:50.00
17	55373 IAZ	Cheung, Chiu Sing	40	Blue Angel	1:55.00
18	48820 #IAZ	Lam, Pei Tim	44	LRC	1:55.00
19	56148 IAO	Tse, Ronald Henry	41	LRC	1:55.00

## 45-49

1	37671 @ICO	Stamenovic, Ivan	49	LRC	59.33
2	27471 #ICO	Nortje, Craig Andrew	47	RippleFly Swim Ltd	1:00.00
3	49497 @ICO	Maceod, Andrew Ian	46	LRC	1:00.93
4	53312 IAZ	Tang, Tin Lok Stephen	49	Win Tin	1:04.11
5	08963 ICZ	Lee, Chun Yeung	45	Wong Tai Sin	1:05.00
6	40107 IAZ	Chan, Falcon	46	Lai Tsun	1:08.00
7	42215 #@^IM	He, Qihui	45	Sword Fish Club	1:10.00
8	16451	Cheng, Ngai Bun	47	Kwun Tong	1:11.00
9	39987 @^P	Chu, Tong Man	49	Sword Fish Club	1:12.00
10	55927 @IM	Liu, Hongming	45	Sword Fish Club	1:14.00
11	49027 IAZ	Ng, Fung Kei	45	Sword Fish Club	1:16.00
12	51192 IAZ	Lo, Yui Man	48	Flying Fish	1:17.10
13	55771 @IM	Huang, Zhangyin	46	Sword Fish Club	1:20.00
14	42737 IAZ	So, Ma Loi	49	Sword Fish Club	1:20.00
15	10317	Ng, Ka Wing	45	Diocesan School	1:23.00
16	48593 #IAZ	Cheng, Wai Leung	48	Wong Tai Sin	1:30.00
17	54397 IAZ	Ngan, Man Fai	45	City East	1:40.00
18	41148 IAZ	Tang, Kee Wai	45	New Water Polo	1:43.00

## 50-54

1	51233 @^IM	Ou, Enjian	51	Sword Fish Club	1:06.00
2	28849 IAZ	Chan, Chun Kuen	50	Sword Fish Club	1:08.00

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50-54... (Event 5 Men 100 LC Meter Freestyle)

3	55923 @IM	Wan, Jie	52	Sword Fish Club	1:09.00
4	48285 IAZ	Wan, Hong Yin Edmund	54	HK Football Club	1:10.00
5	52883 IAZ	Lo, Fu Fui Frankie	50	Win Tin	1:14.44
6	55830 @IM	Wu, Xiandong	50	New Water Polo	1:18.00
7	51531 #IAX	Tang, Min	50	Fastlane Swimming	1:20.00
8	49443 IAZN	Siu, Cheuk Kuen	53	Sword Fish Club	1:25.00
9	40835 IAZ	Leung, Wing Hong Alvin	51	Diocesan School	1:30.00
10	50404 @IAO	Livotto, Andrea	51	Fastlane Swimming	1:35.00
11	54714 IAZ	Wong, Tsun Yat Gary	51	Sword Fish Club	1:50.00
12	52756 IAX	Chueng, Shing	54	Hoi Fung	1:59.00

55-59

1	27451 IAZ	Yip, Kin Man Stephen	55	Kwun Tong	1:08.00
2	54387 @IM	Chen, Xueyong	58	Sword Fish Club	1:13.00
3	05273	Poon, Ho Keung Danny	55	Flying Fish	1:15.00
4	27470 IAZ	Chan, Tin Hung	57	Hong Kong Police	1:16.38
5	07427	Wong, Ho Ming Edwin	56	Barracuda	1:18.00
6	43144	Xiao, Donghong	59	New Water Polo	1:20.00
7	53271 @^IM	Chen, Weizhong	56	New Water Polo	1:22.00
8	44678 IAZ	Hung, Tin Wai Robert	59	Pacific	1:25.54
9	56019 IAZ	Yee, Chi Ming	57	Tolo Harbour	1:30.00
10	45582 @IAO	Reeve, Blair	57	LRC	1:31.53
11	54393 @P	Tan, Yucheng	58	New Water Polo	1:38.00
12	35711 IAX	Wong, Fuk Kei	56	Sword Fish Club	1:45.00
13	56026 IAZ	Lam, Ying Wai	57	City East	1:48.00

60-64

1	05119 @IAO	Woodring, Merritt Douglas	60	AVO	1:00.01
2	06256	Chan, Kwong Peter	64	Sea Green	1:20.00
3	50485 @^IM	Chen, Shuquan	62	New Water Polo	1:25.00
4	41007 IAZ	So, Man Sing	64	Sea Green	1:25.00
5	37048 IAZ	Cheung, Wai Chuen Jimmy	62	Sword Fish Club	1:26.00
6	13979	Lee, Sing Tim	64	Lai Tsun	1:30.00
7	32108 IAX	Chan, Kiu	63	Sword Fish Club	1:30.00
8	39982 IAZ	Chow, Wing Chun	61	Sword Fish Club	1:33.00
9	40861 IAZ	Cheung, Chi Ming Rover	62	Sword Fish Club	1:36.00
10	10135 IAZ	Mo, Kim Fung Bosco	61	Diocesan School	1:40.00
11	40840 IAZ	Ng, Ka Yiu Karl	61	Diocesan School	1:40.00
12	53916 IAZ	Ma, Kwok Leung	60	Sword Fish Club	1:40.00
13	55783 IC0	Joli-Coeur, Vincent	61	Fastlane Swimming	1:45.00
14	22433 IAZ	Lui, Man Pong	60	New Water Polo	1:45.00
15	38990 IAZ	Lai, Choi Wood Raymond	64	City East	1:46.00

65-69

1	06331 ICZ	Ma, Etienne	68	YMCA OF Hong Kong	1:10.00
2	50662 @^P	Zong, Cheng	67	Sword Fish Club	1:17.00
3	55926 @IM	Liu, Guoqing	69	Sword Fish Club	1:20.00
4	14555 @IAX	Tang, Kon Leong	69	Sword Fish Club	1:20.00
5	17956 #IAZ	Chau, Kim Fai	68	Hong Kong Police	1:25.91
6	17954 IAX	Cheung, Oi Kwan	67	New Water Polo	1:30.00
7	45199 IAZ	Fok, Siu Por	67	New Water Polo	1:30.00
8	03762	Ha, Chi Ming	66	Flying Fish	1:32.00
9	52766 IAO	Dundon, Christopher John	67	LRC	1:39.83
10	15527	Zhou, Hao	67	Tung Sing	1:45.00
11	48753 IAX	Fung, Sik Tong	69	Sea Green	1:55.00
12	07802	Chau, Kam Tim	65	Sea Green	2:10.00
13	44359 IAZ	Lee, Chi Wai	66	Kornhill	2:11.53

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70-74... (Event 5 Men 100 LC Meter Freestyle)

1	06382	Chan, Kam Por	73	Sword Fish Club	1:30.00
2	52549 IAZ	Lam, Tak On	71	Sword Fish Club	1:35.00
3	06389	Chan, Hong Wah	72	New Water Polo	1:37.00
4	04508	Chung, Kit Wai	71	Sword Fish Club	1:40.00
5	41729 IAZ	Ko, Leung Hung Alex	73	Diocesan School	1:45.00
6	06281	Fung, Kam Tai	70	Sword Fish Club	1:50.00
7	06192	Chu, Shui Yi	74	Sea Green	1:55.00
8	54395 IAZ	Chan, Kun Cheung	70	City East	1:59.00
9	19327 IAZ	Yu, Kwok Chuen	70	Sword Fish Club	2:00.00

75-79

1	51227 @^IM	Liang, Shuntian	76	Sword Fish Club	1:20.00
2	44756 IAZ	Lo, Che Hung	77	Lai Tsun	1:40.00
3	22182 IAZ	Ngai, Yin Leung	76	Sword Fish Club	2:11.00

80-84

1	27458 IAZ	Tsui, Yau Ho	81	Sword Fish Club	2:00.00
2	39305 IAON	Abbott, Jonothan Lewis	80	Flying Fish	2:10.00

85-89

1	05407	Lee, She Kwok	87	Sword Fish Club	2:20.00
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Event 6 Women 100 LC Meter Freestyle

18-24 MSR:	1:00.63
25-29 MSR:	1:01.02
30-34 MSR:	1:01.79
35-39 MSR:	1:01.54
40-44 MSR:	1:01.45
45-49 MSR:	1:02.25
50-54 MSR:	1:05.38
55-59 MSR:	1:14.96
60-64 MSR:	1:17.42
65-69 MSR:	1:28.57

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	25098 B	Fung, Suet Ying Chloe	20	Kowloon Tong Club	1:01.00
2	31206 B	Wong, Hor Kiu	20	Sword Fish Club	1:08.00
3	31444 IAX	Tang, Hiu Tung	24	Pacific	1:09.25
4	34415 B	Lau, Cheuk Nam	18	Sword Fish Club	1:10.00
5	34416 B	Lau, Cheuk Yu	18	Sword Fish Club	1:10.00
6	55902 @IM	Li, Yijun	21	Sword Fish Club	1:10.00
7	55814 @IM	Liu, Ziyu	24	New Water Polo	1:11.00
8	27403 IAZ	Yuen, Hiu Tung Alyssa	21	Lai Tsun	1:15.00
9	32204 IAZ	Chan, Kei Yau	22	Blue Angel	1:50.00
10	55370 IAX	Chan, Nga Wing	21	Blue Angel	1:50.00
11	55372 IAZ	Cheung, Hoi Yan	22	Blue Angel	1:50.00
12	55371 IAZ	Guo, Tsz Ching	21	Blue Angel	1:50.00
<b>25-29</b>					
1	46331 @ICO	Brueck, Hannah Madeleine	29	Fastlane Swimming	1:09.00
2	18350 #IAZ	Lam, Nga Yin Eunice	29	Fastlane Swimming	1:15.00
3	27376 IAZ	Lee, Wai Ki	25	Kwan Hung	1:15.00
4	23179 IAZ	Chan, Jessica	28	Fastlane Swimming	1:16.50
5	22604 IAZ	Ng, Yuen Ying	26	Kwan Hung	1:20.00
6	20985 IAZ	Kwok, Tung Kwan	29	Sword Fish Club	1:49.00
<b>30-34</b>					
1	08238 #B	Li, Tsz Yu	31	Fastlane Swimming	1:10.00

## 2526 Long Course MS Swi Competition Part 3 - 15/06/2025

## Psych Sheet

## 30-34... (Event 6 Women 100 LC Meter Freestyle)

2	08900 IBZ	Lam, Suet	32 Hong Kong Police	1:15.00
3	54108 IAZ	Ng, Esther Ching Hay	31 Fastlane Swimming	1:25.00
4	06608 #B	Shek, Yan Sin	32 Wong Tai Sin	1:30.00
<b>35-39</b>				
1	04515 ICZ	Sze, Hang Yu	37 Fastlane Swimming	1:02.00
2	00288 IBZ	Yip, Wing Yan	37 Dik Wing	1:02.57
3	52770 IAO	Sjoholm, Ingrid Christina	39 HK Football Club	1:06.00
4	47086 @ICX	Miao, Amy	36 Barracuda	1:18.00
5	43390 ICO	Wong, Sook Leng	37 Hoi Fung	1:40.25
6	13384 ICZ	Lee, May Sze Mei	38 New Water Polo	1:50.00
7	54745 @^IM	Liu, Yijun	36 Sword Fish Club	2:00.00
<b>40-44</b>				
1	02685 ICZ	Master, Farah Jimmy	40 HK Football Club	1:03.00
2	38440 #ICO	Eichelberger, Melissa Ann	42 HK Football Club	1:05.00
3	54353 IAXN	Yeh, Grace Judy	40 Fastlane Swimming	1:12.00
4	37200 IAZ	Chan, Wing Lam	41 Fastlane Swimming	1:23.00
5	01625 ICZ	Wu, Ka Wing	43 HK Football Club	1:25.00
6	52180 IAZ	Leung, Man Kee	41 Fastlane Swimming	1:25.00
7	53256 @^IM	Deng, Weina	42 New Water Polo	1:30.00
8	47561 IAZ	Leung, Tin Ho	41 Flying Fish	1:35.89
9	51099 IAZ	Wong, Jane Tsin	41 Fastlane Swimming	1:38.00
10	55257 IAZ	Cheung, Lee Yin	43 Golden Dolphin	1:40.00
11	50839 @^IM	Zhuo, Enqi	41 Tuen Mun	1:40.00
12	50515 IAZ	Cheung, Hiu Yan	43 Sword Fish Club	1:45.00
13	54558 IAO	Leung, Sharon	42 LRC	2:05.00
<b>45-49</b>				
1	46247 @IAO	Krkalo, Shauna Kathleen	47 LRC	1:02.25
2	49442 IAZ	Chan, Yuk Man Phoebe	46 Sword Fish Club	1:11.00
3	47583 @IAX	Wei, Yan	47 South China	1:33.56
4	43157 @ICO	Lee, Chew Ling	48 LRC	1:33.91
5	36517 IAZ	Li, Ho Suet	49 Sword Fish Club	1:40.00
6	55610 IAZ	Wong, Wing Yin Sominnie	48 Hoi Fung	1:59.00
7	51120 IAZ	Yee, Hoi Yan	48 Flying Fish	2:15.00
8	53270 @^IM	Xie, Lexian	48 New Water Polo	2:30.00
<b>50-54</b>				
1	33517 IAO	Yamaguchi, Mika	53 RippleFly Swim Ltd	1:06.00
2	50110 IAZ	Chow, Yin Wei Nora	53 New Water Polo	1:18.00
3	35969 IAX	Wang, Ying Lian	53 Tung Sing	1:27.00
4	54834	Yang, Yonglei	51 New Water Polo	1:30.00
5	55932 @IM	Li, Hui	52 Sword Fish Club	1:40.00
6	40912 IAZ	Ng, Yee Ling	54 Tolo Harbour	1:40.00
7	47040 @IAX	Zou, Shengling	54 Tung Sing	1:43.00
8	45917 @^IM	Huang, Caifang	51 New Water Polo	1:45.00
<b>55-59</b>				
1	40907 IAZ	Lai, Shui Nin Ingrid	58 YMCA OF Hong Kong	1:18.00
2	52764 @ICO	Schoening Naujoks, Mirjam Be	55 LRC	1:27.04
3	36431 @^P	Buchta, Katrin	55 Sword Fish Club	1:30.00
4	37062 IAZ	Lee, E Way Yvonne	59 Kowloon Tong Club	1:36.00
5	09870 @ICO	Chong, Yin Szu Adeline	55 Fastlane Swimming	1:40.00
6	36045 IAZN	Hsu, Ava	58 LRC	1:42.74
7	16303	Rana, Naomi	59 LRC	1:42.96
8	54394 IAX	Li, Hung Ling	59 City East	1:50.00
9	43063 @IAO	Wong, Rose	55 LRC	1:58.27
10	12894	Lee, Wai Yee Stella	59 Hoi Fung	1:59.00

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55-59... (Event 6 Women 100 LC Meter Freestyle)

11	56364 B	Lau, Ka Yin Anna	58 Flying Fish	2:05.00
12	56574 @IAO	Tan, En Ling	55 South China	2:05.00
<b>60-64</b>				
1	26049 IAZ	Kirkwood, Tain Mhaira	62 LRC	1:18.12
2	26254 #IAX	Ng, Kong Ching	60 Tung Sing	1:29.00
3	50893 #@^P	Niu, Zili	61 Sword Fish Club	1:30.00
4	23323 IAZ	Tam, Choi Ping Scalene	60 New Water Polo	1:35.00
5	43595	Ao, Wai Lan	63 Sword Fish Club	1:46.00
6	30804 IAON	Yue, Roberta May-wan	62 LRC	1:52.68
7	31750 IAZ	Cheung, Lai Ying Anita	62 Lai Tsun	1:53.00
8	45187 IAX	Chan, On Mei	62 Sword Fish Club	2:00.00
9	08956	Yeung, Chin Wai Anita	64 Hoi Fung	2:09.00
10	51532 IAZ	Shek, Yuk Ching Peggy	61 South China	2:20.00
<b>65-69</b>				
1	52109 @^IM	Wang, Yan	69 Sword Fish Club	1:23.47
2	03503	Castka, Gillian Hancer	69 Sword Fish Club	1:37.00
3	23957 IAX	Yeung, Tun Lim Lily	68 Sword Fish Club	2:10.00
4	14007	Ho, Yuk Ling	68 Tung Sing	2:10.00
5	06127	Lau, Wai Lin	69 New Water Polo	2:20.00
<b>70-74</b>				
1	06355	Lo, Lai Yung	70 New Water Polo	2:00.00
2	55817 @IM	Zhang, Ai Jun	73 New Water Polo	2:00.00
3	46236 IAZ	Fok, Miu Han	72 New Water Polo	2:03.00
4	55898 @P	Chan, Mou Man	72 Sword Fish Club	2:03.00
<b>75-79</b>				
1	02859	Tse, Ka Tsai Angela	75 Flying Fish	1:47.87
2	06357	Suen, Ming Chu	77 Sword Fish Club	1:50.00
3	39991 IAS	Sam, Choi Lin	77 Sword Fish Club	2:05.00
4	08936	Leong, Kuai Heng	79 New Water Polo	2:20.00
5	06212	Lo, Yeuk Shuen	76 Wong Tai Sin	2:20.00
6	17480 IAZ	Chow, Pui Han Angela	79 Lai Tsun	2:35.00
<b>80-84</b>				
1	32571 IAZ	Chan, Pui Yee	81 Sword Fish Club	2:20.00
2	06372 IAZ	Leung, Mabel Yuen Ying	83 Sword Fish Club	2:20.00

Event 7 Men 200 LC Meter Freestyle Relay

100-119 MSR:	1:36.96
120-159 MSR:	1:40.03
160-199 MSR:	1:40.73
200-239 MSR:	1:52.52
240-279 MSR:	2:01.55
280-319 MSR:	2:13.41
320-359 MSR:	3:09.80

	Team	Relay	Seed Time
<b>100-119</b>			
1	Sword Fish Club	M100 A	NT
<b>120-159</b>			
1	Kwan Hung Swimming Club	M120 A	NT
2	New Water Polo Club	M120 A	NT
3	South China Athletic Assn	M120 A	NT
4	Sword Fish Club	M120 A	NT
5	Fastlane Swimming	M120 A	NT
6	Diocesan School Old Boys' Assn	M120 A	NT
7	Hong Kong Football Club	M120 A	NT

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**160-199... (Event 7 Men 200 LC Meter Freestyle Relay)**

1	Wong Tai Sin District L.S. S.	M160 A	3:00.00
2	HK Flying Fish Athletic Assn	M160 A	NT
3	Kwun Tong Swimming Club	M160 A	NT
4	Ladies' Recreation Club	M160 A	NT
5	New Water Polo Club	M160 A	NT
6	Sword Fish Club	M160 A	NT
7	Fastlane Swimming	M160 A	NT
8	Diocesan School Old Boys' Assn	M160 A	NT
9	Hong Kong Football Club	M160 A	NT
10	RippleFly Swim Ltd	M160 A	NT

**200-239**

1	Tung Sing Athletic Association	M200 A	2:30.00
2	City East Sports Club	M200 A	NT
3	HK Flying Fish Athletic Assn	M200 A	NT
4	Lai Tsun Swimming Society	M200 A	NT
5	Ladies' Recreation Club	M200 A	NT
6	New Water Polo Club	M200 A	NT
7	Sword Fish Club	M200 A	NT
8	Fastlane Swimming	M200 A	NT
9	Diocesan School Old Boys' Assn	M200 A	NT

**240-279**

1	Wong Tai Sin District L.S. S.	M240 A	3:30.00
2	HK Flying Fish Athletic Assn	M240 A	NT
3	Lai Tsun Swimming Society	M240 A	NT
4	New Water Polo Club	M240 A	NT
5	Sword Fish Club	M240 A	NT
6	Sea Green Swimming & L.S. Club	M240 A	NT
7	Fastlane Swimming	M240 A	NT
8	Diocesan School Old Boys' Assn	M240 A	NT

**280-319**

1	Tung Sing Athletic Association	M280 A	2:40.00
2	Wong Tai Sin District L.S. S.	M280 A	3:50.00
3	Lai Tsun Swimming Society	M280 A	NT
4	New Water Polo Club	M280 A	NT
5	Sword Fish Club	M280 A	NT
6	Sea Green Swimming & L.S. Club	M280 A	NT

**320-359**

1	Sword Fish Club	M320 A	NT
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**Event 8 Women 200 LC Meter Freestyle Relay**

- 100-119 MSR: 1:58.55**
- 120-159 MSR: 1:55.57**
- 160-199 MSR: 1:54.74**
- 200-239 MSR: 2:12.67**
- 240-279 MSR: 2:34.06**
- 280-319 MSR: 2:42.61**
- 320-359 MSR: 3:43.13**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
<b>100-119</b>			
1	Kwan Hung Swimming Club	W100 A	NT
2	Sword Fish Club	W100 A	NT
3	Fastlane Swimming	W100 A	NT

**2526 Long Course MS Swi Competition Part 3 - 15/06/2025**

**Psych Sheet**

**120-159... (Event 8 Women 200 LC Meter Freestyle Relay)**

1	Hong Kong Police Swimming	W120 A	2:18.00
2	Wong Tai Sin District L.S. S.	W120 A	2:30.00
3	Current Club Ltd	W120 A	NT
4	Lai Tsun Swimming Society	W120 A	NT
5	New Water Polo Club	W120 A	NT
6	Sword Fish Club	W120 A	NT
7	Fastlane Swimming	W120 A	NT
8	Hong Kong Football Club	W120 A	NT

**160-199**

1	Wong Tai Sin District L.S. S.	W160 A	3:00.00
2	Hoi Fung Swimming Club	W160 A	NT
3	Lai Tsun Swimming Society	W160 A	NT
4	Ladies' Recreation Club	W160 A	NT
5	New Water Polo Club	W160 A	NT
6	Sword Fish Club	W160 A	NT
7	Fastlane Swimming	W160 A	NT
8	Hong Kong Football Club	W160 A	NT

**200-239**

1	Tung Sing Athletic Association	W200 A	3:00.00
2	Wong Tai Sin District L.S. S.	W200 A	3:30.00
3	HK Flying Fish Athletic Assn	W200 A	NT
4	Lai Tsun Swimming Society	W200 A	NT
5	Ladies' Recreation Club	W200 A	NT
6	New Water Polo Club	W200 A	NT
7	South China Athletic Assn	W200 A	NT
8	Sword Fish Club	W200 A	NT
9	Fastlane Swimming	W200 A	NT

**240-279**

1	City East Sports Club	W240 A	NT
2	HK Flying Fish Athletic Assn	W240 A	NT
3	New Water Polo Club	W240 A	NT
4	Sword Fish Club	W240 A	NT

**280-319**

1	Lai Tsun Swimming Society	W280 A	NT
2	New Water Polo Club	W280 A	NT
3	Sword Fish Club	W280 A	NT

**320-359**

1	Sword Fish Club	W320 A	NT
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**Event 9 Men 50 LC Meter Breaststroke**

<b>18-24 MSR:</b>	<b>27.95</b>
<b>25-29 MSR:</b>	<b>30.24</b>
<b>30-34 MSR:</b>	<b>31.11</b>
<b>35-39 MSR:</b>	<b>31.14</b>
<b>40-44 MSR:</b>	<b>33.00</b>
<b>45-49 MSR:</b>	<b>32.70</b>
<b>50-54 MSR:</b>	<b>34.48</b>
<b>55-59 MSR:</b>	<b>35.10</b>
<b>60-64 MSR:</b>	<b>35.58</b>
<b>65-69 MSR:</b>	<b>37.84</b>

ID#	Name	Age	Team	Seed Time
<b>18-24</b>				
1	Cheung, Chi Kit Nicholas	20	Wong Tai Sin	29.00

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18-24... (Event 9 Men 50 LC Meter Breaststroke)

2	45713 IAZ	Hau, Ryan Spencer	19	New Water Polo	33.00
3	33975 B	Wong, Hoi Yi Ryan	20	Sword Fish Club	34.00
4	56623 @^IM	Wen, Tianlang	20	New Water Polo	35.00
5	51045 IAZ	Chan, Ko Yuen	21	Eastern Winter	40.00
6	48045 IAZ	Lo, Tsz Wang	22	Kwun Tong	40.00
7	35876 IAZ	Sze-to, Wai Chun	19	Creative Youth	NT

25-29

1	15390 B	Lau, Yat Fung	26	Diocesan School	33.00
2	04579 IAO	Cheng, Chris	28	HK Football Club	34.00
3	22513 IAZ	Tang, Cheuk Yan	25	Kwun Tong	36.00
4	55593 IAZ	Yeung, Hoi Kit	26	Juan Hua Club	38.00
5	24728 IAZ	Chan, Wing Fa	28	Eastern Winter	40.00
6	55770 @IM	Wang, Xiangkun	26	Sword Fish Club	42.00

30-34

1	42728 P	Febo, Christopher Vincenzo	32	Sword Fish Club	31.00
2	44549 ICX	Zhang, Yage	31	Fastlane Swimming	33.50
3	10221 IBZ	Tam, Ka Ho Ricky	34	Hong Kong Police	35.00
4	01728	Cheung, Wai Lun William	34	Diocesan School	36.00
5	04877 IBZ	Ng, Yu Ting	34	Sword Fish Club	37.00
6	55909 @IM	Li, Zhengyuan	32	Sword Fish Club	59.00

35-39

1	02591	Luk, Wing Kin Andy	36	Kwan Hung	31.00
2	47580 #@IAO	Poon, Derrick Gene-ming	37	Kwan Hung	32.91
3	42367 IAO	Chow, Chun Yin	39	Diocesan School	33.00
4	00104	Lo, Shek Pui	36	HK Football Club	35.00
5	45108 ICO	MC Hugh, Darren Pascal	38	VRC	35.00
6	00452 IA	Wong, Chun Hsin Alexander	35	Kwan Hung	37.00
7	50486 @^IM	Liao, Qi	39	Sword Fish Club	38.00
8	50188 @^P	Chu, Yuan Hun	36	Fastlane Swimming	39.00
9	53239 IAO	Cheng, Anthony Kwok Bo	38	Jockey Club	39.00
10	03667 IBZ	Wong, Sai Man Sherman	36	New Water Polo	39.00
11	55910 @IM	Zeng, Xiaodi	36	Sword Fish Club	40.00
12	48667 @IRO	Wong, Dominic Clayton Joe	37	Fastlane Swimming	41.00
13	55358 @IM	Huang, Tongxiang	39	Sword Fish Club	48.00
14	42848 P	Li, Yuhui	36	Sword Fish Club	55.00
15	56440 IAX	Liu, Man Wai	36	Blue Angel	NT

40-44

1	52550 #IAZ	Chiu, Kelvin Ho Yin	43	HK Football Club	33.00
2	48666 @ICO	Upman, David Ross	41	Fastlane Swimming	33.10
3	00091	Chan, Lok Yan	41	New Water Polo	34.00
4	48820 #IAZ	Lam, Pei Tim	44	LRC	35.94
5	54871 IAZ	Yum, Christopher Carson	40	Jockey Club	37.00
6	27469 IAX	Lam, Kin Wang	40	Hong Kong Police	37.32
7	42708 IAZ	Tang, Wing Chung Jonathan	43	Hoi Fung	38.00
8	41147 IAZ	Mok, Lai Yeung Jason	41	Diocesan School	39.00
9	48856 @IAO	Gallearachie, Jeewantha Madu	41	Fastlane Swimming	39.00
10	32424 IAZ	Law, Tin Yiu	40	Hong Kong Police	42.00
11	55913 @IM	Guan, Ping	40	Sword Fish Club	42.00
12	55925 @IM	Zhou, Jiangfan	41	Sword Fish Club	43.00
13	52285 IAO	Lung, Donald Andrew	43	Diocesan School	45.00
14	03793 ICZ	Po, Tik San	43	New Water Polo	45.00
15	45574 IAZ	Ng, Siu Kwong	43	Sword Fish Club	50.00
16	54712 IAO	Tham, Edmund	43	Fastlane Swimming	55.00
17	55373 IAZ	Cheung, Chiu Sing	40	Blue Angel	NT

## 2526 Long Course MS Swi Competition Part 3 - 15/06/2025

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## 45-49... (Event 9 Men 50 LC Meter Breaststroke)

1	17961 ICO	Jones, Simon	49 LRC	33.90
2	51734 @^ICO	Small, Robert James	46 Fastlane Swimming	34.50
3	04238	Woo, Chun Kuen Douglas	47 LRC	36.16
4	05160	Chan, Ka Wo	48 Diocesan School	37.44
5	40834 IAZ	Chang, Hsi Tse JosephJeremy	46 Diocesan School	40.00
6	40107 IAZ	Chan, Falcon	46 Lai Tsun	40.00
7	11569	Wong, Lok Shun	48 Flying Fish	40.72
8	55366 IAZ	To, Kin Sing	47 Hong Kong Police	42.00
9	55927 @IM	Liu, Hongming	45 Sword Fish Club	42.00
10	51192 IAZ	Lo, Yui Man	48 Flying Fish	42.17
11	50012 @IAO	Griffiths, Evan Paul	45 Fastlane Swimming	43.00
12	05144 IAZ	Tse, Chun Hei	46 Flying Fish	44.78
13	48593 #IAZ	Cheng, Wai Leung	48 Wong Tai Sin	45.00
14	55771 @IM	Huang, Zhangyin	46 Sword Fish Club	50.00

## 50-54

1	27459 IAZ	Lui, Wing Tak Victor	51 Diocesan School	38.00
2	46505 IAZ	Chang, Lambert Jen Hsiung	50 Fastlane Swimming	38.00
3	25592 IAZ	Cheung, Wai Kei	53 Flying Fish	39.03
4	52639 @ICO	Cordina, David Henri	52 Kwun Tong	40.00
5	06316	Chan, Sze Tat	50 Hong Kong Police	40.68
6	49957 #@IAO	Matsuzawa, Atsushi	54 RippleFly Swim Ltd	41.00
7	26053 IAZ	Wong, Yee Keung	54 Flying Fish	41.32
8	02366	Li, Ka Wing	51 Kwun Tong	43.00
9	40835 IAZ	Leung, Wing Hong Alvin	51 Diocesan School	44.00
10	21008 IAZ	Cheung, Chun Kwan Michael	52 Wong Tai Sin	45.00
11	41887 IAZ	Woo, Cheuk Yiu Jeffrey	50 YMCA OF Hong Kong	49.00
12	52883 IAZ	Lo, Fu Fui Frankie	50 Win Tin	50.00
13	48285 IAZ	Wan, Hong Yin Edmund	54 HK Football Club	NT
14	05068	Yuen, Chung Ho Albert	50 South China	NT

## 55-59

1	42364 IAZ	Lau, Yip Kwong Francis	56 Diocesan School	40.00
2	44664 IAZ	Lau, Chi Wah	58 Hoi Fung	45.00
3	43158 IAZ	Chan, Tin Lung	56 Lai Tsun	45.00
4	38127 IAZ	Leung, Cheung Wai Ricky	57 Sword Fish Club	46.00
5	21736 IAM	Lo, Lai Tou	57 Sword Fish Club	52.00
6	31109 IAZ	Chan, Ping Yan Bryan	59 Hoi Fung	55.00
7	55816 @IM	Fang, Shunhe	55 New Water Polo	1:00.00

## 60-64

1	43529 IAX	Ng, Wai Fung	62 Sword Fish Club	38.00
2	05119 @IAO	Woodring, Merritt Douglas	60 AVO	38.01
3	18856 IAZ	Au, Mun Shing	60 Sword Fish Club	39.00
4	45930 #IAZ	Lo, Wing Kwong	64 Tung Sing	40.00
5	40592 IAZ	Fo, Pui Keung	61 Hong Kong Police	43.00
6	50782 @IAX	Pang, Shu Ming	64 Sea Green	43.00
7	15528	Tsui, Tak Shing Dominic	63 Fastlane Swimming	45.00
8	26176 IAX	Ho, Chung Man	62 Lai Tsun	47.00
9	37048 IAZ	Cheung, Wai Chuen Jimmy	62 Sword Fish Club	48.00
10	40840 IAZ	Ng, Ka Yiu Karl	61 Diocesan School	50.00
11	25226 IAZ	Choi, Tai Wing	64 Sword Fish Club	50.00
12	18872 IAZ	Chan, Kin Chung	64 Wong Tai Sin	50.00
13	40861 IAZ	Cheung, Chi Ming Rover	62 Sword Fish Club	52.00
14	41426 IAZ	Tang, Yu Hang Francis	64 Tung Sing	55.00

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65-69... (Event 9 Men 50 LC Meter Breaststroke)

1	50662 @^P	Zong, Cheng	67	Sword Fish Club	41.00
2	14555 @IAX	Tang, Kon Leong	69	Sword Fish Club	42.00
3	03215 #IAZ	Leung, Yiu Chuen	67	Tung Sing	42.00
4	49915 @IAX	Tai, Yu Chung	67	New Water Polo	45.00
5	36725 IAZ	Yau, Wai	66	Sea Green	45.00
6	03847 #	Cheung, Kwok Yu	69	Tung Sing	45.00
7	03762	Ha, Chi Ming	66	Flying Fish	49.00

70-74

1	43205	Zhou, Jin Jia	70	New Water Polo	45.00
2	04508	Chung, Kit Wai	71	Sword Fish Club	45.00
3	06389	Chan, Hong Wah	72	New Water Polo	52.00
4	50436 IAZ	Lam, Tak Choi	70	Tung Sing	58.00
5	06187	Kan, Kai Kwong	70	Sea Green	1:00.00

75-79

1	51227 @^IM	Liang, Shuntian	76	Sword Fish Club	48.00
2	37684 IAZ	Mok, Yun Cheung	75	Sword Fish Club	49.00
3	06243	Koo, Choi Fat	75	Wong Tai Sin	50.00
4	05917	Yong, Khin Syn	76	Sword Fish Club	52.00
5	44788 IAZ	Chui, Hong Sheung	76	Diocesan School	1:00.00
6	12271	Lee, Kwai Sing	75	Tung Sing	1:00.00
7	10274	Lau, Chun Nung	79	Lai Tsun	1:05.00
8	23289 IAX	Chan, Chi Chung	77	Lai Tsun	1:10.00

80-84

1	49541 @IAXN	Yang, Victor	80	Diocesan School	1:02.00
2	06270	Lam, Luk Kan	84	Sword Fish Club	1:10.00

85-89

1	05407	Lee, She Kwok	87	Sword Fish Club	1:16.00
2	06246	Ling, Wang Yam	88	Wong Tai Sin	1:30.00

90-94

1	38060 IAZ	Chi, Lieh Yung	91	Sword Fish Club	1:30.00
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Event 10 Women 50 LC Meter Breaststroke

18-24 MSR:	35.53
25-29 MSR:	36.06
30-34 MSR:	35.23
35-39 MSR:	34.71
40-44 MSR:	34.74
45-49 MSR:	33.73
50-54 MSR:	37.63
55-59 MSR:	38.73
60-64 MSR:	46.97
65-69 MSR:	50.56

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	25098 B	Fung, Suet Ying Chloe	20	Kowloon Tong Club	35.00
2	25097 B	Cheung, Margaret	20	Kowloon Tong Club	35.50
3	30417 #B	Lowery, Jo Jo	21	YMCA OF Hong Kong	40.00
4	55902 @IM	Li, Yijun	21	Sword Fish Club	43.00
5	54382 IAZ	Chan, Yin Tsz	20	Lai Tsun	49.00
6	32204 IAZ	Chan, Kei Yau	22	Blue Angel	NT
<b>25-29</b>					
1	52768 @^ICO	Barton, Lucy Rebecca	28	HK Football Club	37.50
2	46331 @ICO	Brueck, Hannah Madeleine	29	Fastlane Swimming	39.80

## 2526 Long Course MS Swi Competition Part 3 - 15/06/2025

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## 25-29... (Event 10 Women 50 LC Meter Breaststroke)

3	18028 B	Leung, Ho Ching	26 Fastlane Swimming	42.50
4	26980 IAZ	Wong, Suet Wing	26 Dik Wing	42.81
5	18350 #IAZ	Lam, Nga Yin Eunice	29 Fastlane Swimming	47.00

## 30-34

1	01262	Mau, Lok Yan Eunice	32 Current Club Ltd	36.41
2	08238 #B	Li, Tsz Yu	31 Fastlane Swimming	37.00
3	02295 IBZ	Tao, Wai Kiu	32 Kwan Hung	38.78
4	03730 IBZ	Li, Jamie	33 Kwan Hung	39.00
5	01271 IAZ	Lo, Yan Yin	33 Current Club Ltd	47.57
6	06608 #B	Shek, Yan Sin	32 Wong Tai Sin	55.00

## 35-39

1	00288 IBZ	Yip, Wing Yan	37 Dik Wing	38.63
2	00085	Yu, Pei En Priscilla	36 Current Club Ltd	42.53
3	02647 IBZ	Lee, Pui Ka	36 Wong Tai Sin	45.00
4	43390 ICO	Wong, Sook Leng	37 Hoi Fung	48.00
5	54745 @^IM	Liu, Yijun	36 Sword Fish Club	57.00
6	53921 IAZ	Ho, Hu Kar	37 Sword Fish Club	1:05.00

## 40-44

1	41684 IAZ	Leung, Wing Yin Winnie	41 Hoi Fung	42.00
2	49329 #@IAO	Ng, Carmen C M	41 Kwan Hung	42.00
3	01625 ICZ	Wu, Ka Wing	43 HK Football Club	43.00
4	54558 IAO	Leung, Sharon	42 LRC	43.30
5	55903 @IM	Zhang, Qianer	40 Sword Fish Club	44.00
6	53256 @^IM	Deng, Weina	42 New Water Polo	45.00
7	52180 IAZ	Leung, Man Kee	41 Fastlane Swimming	47.00
8	42712 IAZ	Chan, Hiu Ying	41 Real Kinetic	47.00
9	47582 @IAX	Dong, Lei	43 South China	47.54
10	50515 IAZ	Cheung, Hiu Yan	43 Sword Fish Club	50.00
11	51099 IAZ	Wong, Jane Tsin	41 Fastlane Swimming	55.00
12	55257 IAZ	Cheung, Lee Yin	43 Golden Dolphin	1:05.00

## 45-49

1	46247 @IAO	Krkalo, Shauna Kathleen	47 LRC	33.73
2	33036 ICO	Coleman, Claire Michelle	47 Fastlane Swimming	41.00
3	06304 ICZ	Cheung, Man Yiu	46 Sea Green	43.00
4	30072 ICW	Chao, Man Chi	46 New Water Polo	43.81
5	43157 @ICO	Lee, Chew Ling	48 LRC	45.14
6	08977	Ho, Yee Yun Rosalind	46 Current Club Ltd	47.09
7	44676 IAZ	Lam, Sze Wai Jacqueline	45 Jockey Club	47.50
8	43497 IAZ	Tang, Pik Lam Cathy	47 Lai Tsun	1:00.00
9	49121 IAZ	So, Chin Wing	46 New Water Polo	1:14.00
10	53270 @^IM	Xie, Lexian	48 New Water Polo	1:15.00

## 50-54

1	33517 IAO	Yamaguchi, Mika	53 RippleFly Swim Ltd	40.00
2	27128 IAZ	Lau, Yan Yan	51 Flying Fish	43.93
3	54398 IAX	Li, Hung Mui	53 City East	48.00
4	35969 IAX	Wang, Ying Lian	53 Tung Sing	49.00
5	49204 IAZ	Cheng, Wai Man	54 Sea Green	1:10.00

## 55-59

1	12894	Lee, Wai Yee Stella	59 Hoi Fung	45.00
2	40907 IAZ	Lai, Shui Nin Ingrid	58 YMCA OF Hong Kong	45.00
3	43102 ICO	Roberts, Tonya Leanne	57 LRC	49.18
4	09870 @ICO	Chong, Yin Szu Adeline	55 Fastlane Swimming	50.00
5	16303	Rana, Naomi	59 LRC	50.55
6	43063 @IAO	Wong, Rose	55 LRC	55.60

**2526 Long Course MS Swi Competition Part 3 - 15/06/2025**

**Psych Sheet**

**55-59... (Event 10 Women 50 LC Meter Breaststroke)**

7	33084 IAZ	Mau, Chi Chiu Brenda	57 New Water Polo	1:00.00
8	55769 @IM	Li, Hong	55 Sword Fish Club	1:02.00
9	40937 IAZ	Leung, Wai Fan Fanny	55 South China	1:03.93
10	43226 IAZ	Yuen, Lai Ping Anna	59 South China	1:19.53

**60-64**

1	38289 IAZ	Ng, Wai Lin Angie	61 Sword Fish Club	58.00
2	29505 IAZ	Lai, Wai Man	60 New Water Polo	1:00.00
3	22428 IAZ	Lau, Yuk Lin Rocky	63 Sea Green	1:00.00
4	43595	Ao, Wai Lan	63 Sword Fish Club	1:02.00

**65-69**

1	44442 IAZ	Lai, Fang Ha Shirley	65 Jockey Club	51.50
2	19290 IAX	Tseung, Nga Wah	68 Sword Fish Club	58.00
3	49428 IAX	Leong, Sao Fan	68 New Water Polo	1:00.00

**70-74**

1	50480 @^ICX	Lam, Lai Mui	74 Sword Fish Club	1:15.00
2	06147	Leung Wong, Yin Har Hayley	73 Sea Green	1:20.00
3	06160	Fong, Choi Ying	71 Flying Fish	NT
4	06150	Ho, Po Chu	74 South China	NT

**75-79**

1	39357 @^P	Mak, Sok Iun	75 Sword Fish Club	1:15.00
2	17480 IAZ	Chow, Pui Han Angela	79 Lai Tsun	1:20.00

**80-84**

1	32571 IAZ	Chan, Pui Yee	81 Sword Fish Club	1:20.00
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**85-89**

1	38059 IAX	Tai, Li Hua	86 Sword Fish Club	56.00
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**Event 11 Mixed 200 LC Meter Medley Relay**

- 100-119 MSR: 2:09.75
- 120-159 MSR: 2:05.95
- 160-199 MSR: 2:00.48
- 200-239 MSR: 2:09.58
- 240-279 MSR: 2:43.45
- 280-319 MSR: 2:47.88
- 320-359 MSR: 4:35.50

	Team	Relay	Seed Time
<b>X100-119</b>			
1	Sword Fish Club	X100 A	NT
2	Fastlane Swimming	X100 A	NT
<b>X120-159</b>			
1	Wong Tai Sin District L.S. S.	X120 A	2:30.00
2	Current Club Ltd	X120 A	NT
3	Kwan Hung Swimming Club	X120 A	NT
4	Lai Tsun Swimming Society	X120 A	NT
5	New Water Polo Club	X120 A	NT
6	South China Athletic Assn	X120 A	NT
7	Sword Fish Club	X120 A	NT
8	Fastlane Swimming	X120 A	NT
9	Hong Kong Football Club	X120 A	NT
<b>X160-199</b>			
1	The Hong Kong Jockey Club	X160 A	2:34.00
2	Wong Tai Sin District L.S. S.	X160 A	3:00.00
3	HK Flying Fish Athletic Assn	X160 A	NT
4	Hong Kong Police Swimming	X160 A	NT
5	Lai Tsun Swimming Society	X160 A	NT

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X160-199... (Event 11 Mixed 200 LC Meter Medley Relay)

6	Ladies' Recreation Club	X160	A	NT
7	New Water Polo Club	X160	A	NT
8	Sword Fish Club	X160	A	NT
9	Fastlane Swimming	X160	A	NT
10	Hong Kong Football Club	X160	A	NT

X200-239

1	Tung Sing Athletic Association	X200	A	3:15.00
2	Wong Tai Sin District L.S. S.	X200	A	3:30.00
3	HK Flying Fish Athletic Assn	X200	A	NT
4	Hoi Fung Swimming Club	X200	A	NT
5	Lai Tsun Swimming Society	X200	A	NT
6	Ladies' Recreation Club	X200	A	NT
7	New Water Polo Club	X200	A	NT
8	South China Athletic Assn	X200	A	NT
9	Sword Fish Club	X200	A	NT
10	Fastlane Swimming	X200	A	NT

X240-279

1	Tung Sing Athletic Association	X240	A	3:15.00
2	City East Sports Club	X240	A	NT
3	HK Flying Fish Athletic Assn	X240	A	NT
4	Lai Tsun Swimming Society	X240	A	NT
5	New Water Polo Club	X240	A	NT
6	Sword Fish Club	X240	A	NT
7	Sea Green Swimming & L.S. CK	X240	A	NT

X280-319

1	HK Flying Fish Athletic Assn	X280	A	NT
2	Lai Tsun Swimming Society	X280	A	NT
3	New Water Polo Club	X280	A	NT
4	Sword Fish Club	X280	A	NT

X320-359

1	Sword Fish Club	X320	A	NT
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Event 12 Men 400 LC Meter Freestyle

- 18-24 MSR: 4:25.08
- 25-29 MSR: 4:32.86
- 30-34 MSR: 4:46.54
- 35-39 MSR: 4:29.74
- 40-44 MSR: 4:35.39
- 45-49 MSR: 4:31.75
- 50-54 MSR: 5:02.73
- 55-59 MSR: 5:11.47
- 60-64 MSR: 5:24.54
- 65-69 MSR: 6:00.83

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	27411 IAZ	Siu, Ka Hang	21	Sword Fish Club	5:30.00
2	30694 IAZ	Cheung, Chi Kit Nicholas	20	Wong Tai Sin	5:48.70
3	25611 #B	Chu, Kin Shing	21	Creative Youth	6:46.00
4	40140 #IAZ	Li, Wing Yin	21	Creative Youth	6:46.00
5	26608 B	Tang, Ho Sum	22	Flying Fish	6:46.00
<b>25-29</b>					
1	25287 IAZ	Chiu, Long Kit	25	Sword Fish Club	5:20.00
2	24728 IAZ	Chan, Wing Fa	28	Eastern Winter	5:30.00
3	53844 ICX	Wang, Yuehan	27	New Water Polo	6:30.00

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30-34... (Event 12 Men 400 LC Meter Freestyle)

1	23695 IAZ	Lee, Michael Le Jin	30 Current Club Ltd	5:31.86
2	33387 IAO	Wu, Kenneth Yee Lok	34 Sword Fish Club	5:41.00
3	04877 IBZ	Ng, Yu Ting	34 Sword Fish Club	7:00.00
<b>35-39</b>				
1	51101 #@ICO	Smit, Marcel Pieter Arnold	38 HK Football Club	4:45.00
2	45108 ICO	MC Hugh, Darren Pascal	38 VRC	4:50.00
3	01621 #IBZ	So, Man Hon	37 HK Football Club	4:58.00
4	10309 #IBZ	Leung, Chin Fung	36 HK Football Club	5:00.00
5	06886 B	Li, Chin Long	35 Eastern Winter	5:30.00
6	02591	Luk, Wing Kin Andy	36 Kwan Hung	6:00.00
7	27874 IAZ	Chan, Cheuk Man	37 New Water Polo	6:00.00
8	42848 P	Li, Yuhui	36 Sword Fish Club	8:00.00
<b>40-44</b>				
1	44769 ICO	Sharp, Braedon	42 HK Football Club	4:44.00
2	00091	Chan, Lok Yan	41 New Water Polo	5:15.00
3	30399 IAZ	Lam, Shu Wing	42 Flying Fish	5:37.59
4	46504 @IAO	Coe, Jason George	41 Fastlane Swimming	5:50.00
5	12176 ICZ	Ng, Siu Yu	43 Sword Fish Club	5:55.00
6	52800 IAZ	Lam, Kun Lei	43 Juan Hua Club	6:00.00
7	05179 ICZ	Wan, Chun Pong Michael	41 Fastlane Swimming	6:20.00
8	48666 @ICO	Upman, David Ross	41 Fastlane Swimming	6:40.00
9	27133 IAZ	Poon, Man Chun	44 Wong Tai Sin	6:48.68
10	23298 IAZ	Li, Cheuk Bun	40 Wong Tai Sin	7:09.00
<b>45-49</b>				
1	37671 @ICO	Stamenovic, Ivan	49 LRC	4:56.07
2	27471 #ICO	Nortje, Craig Andrew	47 RippleFly Swim Ltd	5:00.00
3	49497 @ICO	Macceod, Andrew Ian	46 LRC	5:07.31
4	51734 @^ICO	Small, Robert James	46 Fastlane Swimming	5:40.00
5	08963 ICZ	Lee, Chun Yeung	45 Wong Tai Sin	6:00.00
6	49027 IAZ	Ng, Fung Kei	45 Sword Fish Club	6:50.00
7	01012 ICZ	Fong, Lik Sun	45 RippleFly Swim Ltd	7:28.00
8	11569	Wong, Lok Shun	48 Flying Fish	7:28.00
9	04238	Woo, Chun Kuen Douglas	47 LRC	7:28.00
10	37781 IAZ	Lo, Kar Lai Gary	47 New Water Polo	8:00.00
<b>50-54</b>				
1	46165 @ICO	Waters, Andrew Allan	51 AVO	5:00.00
2	25592 IAZ	Cheung, Wai Kei	53 Flying Fish	5:44.85
3	46505 IAZ	Chang, Lambert Jen Hsiung	50 Fastlane Swimming	5:45.00
4	28849 IAZ	Chan, Chun Kuen	50 Sword Fish Club	5:55.00
5	51233 @^IM	Ou, Enjian	51 Sword Fish Club	5:57.00
6	02366	Li, Ka Wing	51 Kwun Tong	6:00.00
7	24603 IAZ	Hung, Ka Ming	50 YMCA OF Hong Kong	6:00.00
8	26053 IAZ	Wong, Yee Keung	54 Flying Fish	6:16.72
9	27459 IAZ	Lui, Wing Tak Victor	51 Diocesan School	6:30.00
10	24606 IAZ	Tsang, Hin Lap	54 Flying Fish	6:30.00
11	49443 IAZN	Siu, Cheuk Kuen	53 Sword Fish Club	7:20.00
12	52883 IAZ	Lo, Fu Fui Frankie	50 Win Tin	7:42.00
<b>55-59</b>				
1	27470 IAZ	Chan, Tin Hung	57 Hong Kong Police	6:35.41
2	53271 @^IM	Chen, Weizhong	56 New Water Polo	6:50.00
3	54387 @IM	Chen, Xueyong	58 Sword Fish Club	6:50.00
4	41548 IAZ	Ip, Ka Keung Patrick	57 HK Football Club	7:00.00
5	05139	Lin, Fulong	58 Flying Fish	7:19.78

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55-59... (Event 12 Men 400 LC Meter Freestyle)

6 44678 IAZ Hung, Tin Wai Robert 59 Pacific 7:57.00

60-64

1 06256 Chan, Kwong Peter 64 Sea Green 5:50.00  
 2 50485 @^IM Chen, Shuquan 62 New Water Polo 6:30.00  
 3 15528 Tsui, Tak Shing Dominic 63 Fastlane Swimming 7:00.00  
 4 26594 IAZ Ching, Wai Kin 61 Sword Fish Club 7:02.05  
 5 51228 @^IM Cui, Xiaobin 62 Sword Fish Club 7:10.00  
 6 52308 #@^IM Liang, Chen 64 Sword Fish Club 7:22.00  
 7 40861 IAZ Cheung, Chi Ming Rover 62 Sword Fish Club 7:36.00  
 8 13979 Lee, Sing Tim 64 Lai Tsun 8:15.00

65-69

1 06237 Mok, Chu Piu 68 Lai Tsun 6:50.00  
 2 03215 #IAZ Leung, Yiu Chuen 67 Tung Sing 7:30.00  
 3 15527 Zhou, Hao 67 Tung Sing 8:00.00

70-74

1 06382 Chan, Kam Por 73 Sword Fish Club 7:00.00  
 2 06239 Chan, King Yuen 70 Lai Tsun 7:58.00  
 3 26318 Suen, Chi Wing 71 Sword Fish Club 8:10.00

75-79

1 43979 Qi, Songhe 76 New Water Polo 8:10.00  
 2 40518 IAZ Liu, Wing Chiu 77 Tuen Mun 10:00.00

Event 13 Women 400 LC Meter Freestyle

- 18-24 MSR: 5:06.39
- 25-29 MSR: 4:56.10
- 30-34 MSR: 5:04.92
- 35-39 MSR: 4:41.52
- 40-44 MSR: 4:44.60
- 45-49 MSR: 5:15.20
- 50-54 MSR: 5:25.06
- 55-59 MSR: 6:02.65
- 60-64 MSR: 6:05.89
- 65-69 MSR: 6:59.90

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	31444 IAX	Tang, Hiu Tung	24	Pacific	5:35.65
<b>25-29</b>					
1	26980 IAZ	Wong, Suet Wing	26	Dik Wing	5:33.93
<b>30-34</b>					
1	09413 B	Fang, Ka Ying	30	Eastern Winter	5:45.00
2	09959 IAZ	Mok, Hoi Man Sheron	30	New Water Polo	6:00.00
3	54108 IAZ	Ng, Esther Ching Hay	31	Fastlane Swimming	7:30.00
<b>35-39</b>					
1	07651 IBZ	Yu, Sze Wai Joyce	37	Hong Kong Police	7:12.88
2	52770 IAO	Sjoholm, Ingrid Christina	39	HK Football Club	8:00.00
<b>40-44</b>					
1	02685 ICZ	Master, Farah Jimmy	40	HK Football Club	4:59.00
2	42712 IAZ	Chan, Hiu Ying	41	Real Kinetic	6:39.00
3	30316 IAZ	Ng, Yee Lam	40	Hong Kong Police	7:30.00
<b>45-49</b>					
1	06315	Chan, Sui Yee	49	LRC	6:37.36
2	45139 IAZ	Tai, Kwan Yee	48	Hoi Fung	7:00.00
3	44676 IAZ	Lam, Sze Wai Jacqueline	45	Jockey Club	7:00.00
4	49442 IAZ	Chan, Yuk Man Phoebe	46	Sword Fish Club	7:00.00

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**50-54... (Event 13 Women 400 LC Meter Freestyle)**

1	38302 IAZ	Cheung, Man Ling Melody	53	Lai Tsun	7:00.00
2	40912 IAZ	Ng, Yee Ling	54	Tolo Harbour	7:00.00
3	35969 IAX	Wang, Ying Lian	53	Tung Sing	7:27.00

**55-59**

1	36431 @^P	Buchta, Katrin	55	Sword Fish Club	6:40.00
2	31395 IAZ	Chan, Pui Ling	55	Flying Fish	6:55.91
3	36045 IAZN	Hsu, Ava	58	LRC	7:54.27

**60-64**

1	26049 IAZ	Kirkwood, Tain Mhaira	62	LRC	6:05.89
2	51780 #IAZ	Chan, Kei Tsz	61	Kwun Tong	7:21.59

**65-69**

1	52109 @^IM	Wang, Yan	69	Sword Fish Club	6:38.00
2	03503	Castka, Gillian Hancer	69	Sword Fish Club	7:25.00
3	19290 IAX	Tseung, Nga Wah	68	Sword Fish Club	8:30.00
4	43980	Zhang, Jun	67	New Water Polo	9:30.00

**70-74**

1	06355	Lo, Lai Yung	70	New Water Polo	8:00.00
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