

# 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 1)**

**二零二五至二六年長池先進游泳比賽第一部份**

**22 March 2026 (Sun)**

**二零二六年三月二十二日(日)**

**Sun Yat Sen Memorial Park Swimming Pool**

**中山紀念公園游泳池**

**Subvented by the LCSD**



## 2025-2026 MSLCP1 - Entry Information

No. of Entries by Event		
Event #	Event Name	Entries
1	Men 200 Breaststroke	53
2	Women 200 Breaststroke	28
3	Men 50 Freestyle	155
4	Women 50 Freestyle	97
5	Men 100 Butterfly	71
6	Women 100 Butterfly	32
7	Men 50 Breaststroke	138
8	Women 50 Breaststroke	91
9	Men 4x50 Freestyle Relay	38
10	Women 4x50 Freestyle Relay	28
11	Men 800 Freestyle	64
12	Women 800 Freestyle	23

**Total** **818**

Entry information by Day		
Day / Session	No. of Entries	Total
AM	665	<b>818</b>
PM	153	

**Long Course Masters Swimming Competition – Part 1**  
**長池先進游泳比賽 – 第一部份**

**Date:** 22-03-2026 (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	200 M	Breaststroke	蛙泳	2
3	50 M	Freestyle	自由泳	4
5	100 M	Butterfly	蝶泳	6
7	50 M	Breaststroke	蛙泳	8
Lunch Break 午膳時間				
9	4 x 50 M	Freestyle Relay	自由接力	10
11	800 M	Freestyle	自由泳	12

## 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>◇ <b>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。</b></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>◇ 個人及接力項目前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="243 132 947 214"> <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="269 1124 922 1430"> <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 Annual Long Course Masters Swimming Championships 2025)

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
WONG KWOK WAH	#RF	60-64	0:27.09	World Aquatics Masters Championships – Singapore 2025		11-Aug-25
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
YAN HO CHUN	#DB	40-44	0:25.14	World Aquatics Masters Championships – Singapore 2025		14-Aug-25
SMIT MARCEL PIETER ARNOLD	*FL	35-39	0:23.96	World Aquatics Masters Championships – Singapore 2025		11-Aug-25
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	0:26.07	World Aquatics Masters Championships – Singapore 2025		11-Aug-25
KRKALO SHAUNA KATHLEEN	LRC	40-44	0:28.17	Annual Long Course Masters Swimming Championships 2022		27-Nov-22
SZE HANG YU	*FL	35-39	0:27.63	2025-26 Long Course Masters Swimming Competition - Part 2		27-Apr-25
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
<b>*TSE KWOK PIU</b>	<b>SFC</b>	<b>75-79</b>	<b>1:21.41</b>	<b>Annual Long Course Masters Swimming Championships 2025</b>		<b>01-Feb-26</b>
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	60-64	1:03.94	Annual Long Course Masters Swimming Championships 2022		27-Nov-22
WOODRING MERRITT DOUGLAS	AVO	60-64	1:03.94	World Aquatics Masters Championships – Singapore 2025		08-Aug-25
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	0:53.36	World Aquatics Masters Championships – Singapore 2025		08-Aug-25
LEE MAN TIM	KHC	30-34	0:55.63	World Aquatics Masters Championships – Singapore 2025		08-Aug-25
FU WING HARBETH	KTS	25-29	0:54.16	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	1:00.74	World Aquatics Masters Championships – Singapore 2025		08-Aug-25
<b>*MASTER FARAH JIMMY</b>	<b>*FB</b>	<b>40-44</b>	<b>1:01.36</b>	<b>Annual Long Course Masters Swimming Championships 2025</b>		<b>01-Feb-26</b>
SZE HANG YU	*FL	35-39	1:01.38	2025-26 Long Course Masters Swimming Competition - Part 3		15-Jun-25
ZHANG XIAO TONG ISABELLA	*FL	30-34	1:01.79	World Aquatics Masters World Championships 2023 - Kyushu		06-Aug-23
<b>*CHAN TSZ CHING</b>	<b>*FL</b>	<b>25-29</b>	<b>0:59.96</b>	<b>Annual Long Course Masters Swimming Championships 2025</b>		<b>01-Feb-26</b>
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 Annual Long Course Masters Swimming Championships 2025)

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
SMIT MARCEL PIETER ARNOLD	#FB	35-39	2:02.50	World Aquatics Masters Championships – Singapore 2025	10-Aug-25
LEE MAN TIM	KHC	30-34	2:04.40	World Aquatics Masters Championships – Singapore 2025	10-Aug-25
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
SAM CHOI LIN	SFC	75-79	4:32.53	2025-26 Long Course Masters Swimming Competition - Part 2	27-Apr-25
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
QI SONGHE	NWC	75-79	7:32.18	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
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	5:06.50	World Aquatics Masters Championships – Singapore 2025	13-Aug-25
WATERS ANDREW ALLAN	AVO	50-54	4:53.02	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
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 MAN TIM	KHC	30-34	4:33.40	World Aquatics Masters Championships – Singapore 2025	13-Aug-25
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
MOK HOI MAN SHERON	NWC	30-34	4:50.34	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
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 Annual Long Course Masters Swimming Championships 2025)

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
FONG LIK SUN	#RF	45-49	0:29.47	World Aquatics Masters Championships – Singapore 2025	13-Aug-25
O'NEILL DONAL THOMAS	LRC	40-44	0:28.69	World Aquatics Masters Championships – Doha 2024	01-Mar-24
TSAI CHUN YU GARY	#DB	35-39	0:30.27	World Aquatics Masters Championships – Singapore 2025	13-Aug-25
SIU WAI WANG DEREK	KHC	30-34	0:28.60	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
LAU SHIU YUE	#DB	25-29	0:27.65	2022-23 Long Course Masters Swimming Competition - Part 2	15-Jan-23
CHONG MICHAEL YAT TSUN	SFC	18-24	0:28.19	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25

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
<b>*LAI SHUI NIN INGRID</b>	<b>HFS</b>	<b>55-59</b>	<b>0:40.63</b>	<b>Annual Long Course Masters Swimming Championships 2025</b>	<b>01-Feb-26</b>
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
<b>*CHAN YANYAN</b>	<b>*FL</b>	<b>40-44</b>	<b>0:32.59</b>	<b>Annual Long Course Masters Swimming Championships 2025</b>	<b>01-Feb-26</b>
SZE HANG YU	*FL	35-39	0:31.53	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
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
FUNG SUET YING CHLOE	KTC	18-24	0:31.34	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25

# HONG KONG MASTERS SWIMMING RECORDS

## LONG COURSE

(Update to Annual Long Course Masters Swimming Championships 2025)

MEN 100M BACKSTROKE				NAME OF MEET	DATE ACHIEVED
TSUI YAU HO	SFC	80-84	2:05.89	2025-26 Long Course Masters Swimming Competition - Part 2	27-Apr-25
WU SHU SUN	NWC	75-79	1:47.10	2025-26 Long Course Masters Swimming Competition - Part 2	27-Apr-25
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
FONG LIK SUN	#RF	45-49	1:02.60	World Aquatics Masters Championships – Singapore 2025	12-Aug-25
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
SIU WAI WANG DEREK	KHC	30-34	1:04.83	World Aquatics Masters Championships – Singapore 2025	12-Aug-25
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
SZE HANG YU	*FL	35-39	1:11.91	2025-26 Long Course Masters Swimming Competition - Part 2	27-Apr-25
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
CHIU KELVIN HO YIN	#FB	40-44	0:32.01	World Aquatics Masters Championships – Singapore 2025	13-Aug-25
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
TAI LI HUA	SFC	85-89	0:51.78	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
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
FONG CHOI YING	FFA	70-74	0:53.33	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
LEUNG WONG YIN HAR HAYLEY	SGC	65-69	0:50.56	2017-18 Long Course Masters Swimming Competition - Part 1	25-Mar-18
<b>*KIRKWOOD TAIN MHAIRA</b>	<b>LRC</b>	<b>60-64</b>	<b>0:45.63</b>	<b>Annual Long Course Masters Swimming Championships 2025</b>	<b>01-Feb-26</b>
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	0:32.47	World Aquatics Masters Championships – Singapore 2025	13-Aug-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 Annual Long Course Masters Swimming Championships 2025)

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
FONG LIK SUN	#RF	45-49	1:11.37	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
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
CHEUNG CHI KIT NICHOLAS	WDS	18-24	1:01.45	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25

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	#RF	50-54	1:26.15	World Aquatics Masters Championships - Singapore 2025	08-Aug-25
KRKALO SHAUNA KATHLEEN	LRC	45-49	1:16.14	World Aquatics Masters Championships - Singapore 2025	08-Aug-25
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
<b>*CHAN WAI TUNG JOCELYN</b>	<b>DWA</b>	<b>25-29</b>	<b>1:20.57</b>	<b>Annual Long Course Masters Swimming Championships 2025</b>	<b>01-Feb-26</b>
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 LYNDA ANNE	LRC	50-54	3:09.55	FINA World Masters Championships 2014	10-Aug-14
CHAN YUK MAN PHOEBE	SFC	45-49	3:09.76	World Aquatics Masters Championships - Singapore 2025	12-Aug-25
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 Annual Long Course Masters Swimming Championships 2025)

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
WOODRING MERRITT DOUGLAS	AVO	60-64	0:29.64	World Aquatics Masters Championships – Singapore 2025	10-Aug-25
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 MERRITT 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	#FB	35-39	0:25.93	World Aquatics Masters Championships – Singapore 2025	10-Aug-25
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
<u>LEUNG MABEL YUEN YING</u>	<u>SFC</u>	<u>80-84</u>	<u>1:25.26</u>	<u>World Aquatics Masters Championships – Doha 2024</u>	<u>03-Mar-24</u>
SUEN MING CHU	SFC	75-79	0:49.88	2025-26 Long Course Masters Swimming Competition - Part 2	27-Apr-25
ZHENG KEXIN	NWC	70-74	0:46.62	2025-26 Long Course Masters Swimming Competition - Part 2	27-Apr-25
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
YAMAGUCHI MIKA	#RF	50-54	0:31.86	2025-26 Long Course Masters Swimming Competition - Part 2	27-Apr-25
KRKALO SHAUNA KATHLEEN	LRC	45-49	0:28.70	World Aquatics Masters Championships – Singapore 2025	10-Aug-25
<u>*MASTER FARAH JIMMY</u>	<u>*FB</u>	<u>40-44</u>	<u>0:29.81</u>	<u>Annual Long Course Masters Swimming Championships 2025</u>	<u>01-Feb-26</u>
<u>*SZE HANG YU</u>	<u>*FL</u>	<u>35-39</u>	<u>0:29.77</u>	<u>Annual Long Course Masters Swimming Championships 2025</u>	<u>01-Feb-26</u>
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
SMIT MARCEL PIETER ARNOLD	#FB	35-39	0:57.83	World Aquatics Masters Championships – Singapore 2025	11-Aug-25
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	1:07.66	World Aquatics Masters Championships – Singapore 2025	11-Aug-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 Annual Long Course Masters Swimming Championships 2025)

### 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
WOODRING MERRITT DOUGLAS	AVO	60-64	2:47.55	World Aquatics Masters Championships – Singapore 2025	11-Aug-25
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
FONG LIK SUN	#RF	45-49	2:16.50	World Aquatics Masters Championships – Singapore 2025	11-Aug-25
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+	2:02.69	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
KRKALO SHAUNA KATHLEEN, TSANG TING YAN TANIA, KIRKWOOD TAIN MHAIRA, SCHONING NAUJOKS MIRJAM BEATRICE	#FB	160+	1:54.00	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
HONG KONG FOOTBALL CLUB	#FB	160+	1:54.00	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
EICHELBERGER MELISSA, SJOHOLM CHRISTINA, TAM ALISON MAI LING, MASTER FARAH JIMMY	*FL	120+	1:52.19	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
FASTLANE SWIMMING CO LIMITED	*FL	120+	1:52.19	2025-26 Long Course Masters Swimming Competition - Part 3	15-Jun-25
CHAN TSZ CHING, LEUNG HO CHING, CHEN YANYAN, SZE HANG YU	FFA	100+	1:58.55	2022-23 Long Course Masters Swimming Competition - Part 3	12-Jun-22
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 Annual Long Course Masters Swimming Championships 2025)

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
KWAN HUNG SWIMMING CLUB	KHC	120+	1:51.13	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
SIU WAI WANG DEREK, POON DERRICK FENE-MING, LAU CHUN LEUNG JOHNNY, LEE MAN TIM					
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+	2:19.23	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
TSANG TING YAN TANIA, KRKALO SHAUNA KATHLEEN, KIRKWOOD TAIN MHAIRA, SCHONING NAUJOKS MIRJAM BEATRICE					
LADIES' RECREATION CLUB	LRC	160+	2:10.35	Annual Masters Swimming Championships 1994	17-Sep-94
HONG KONG FOOTBALL CLUB	#FB	120+	2:07.83	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
SJOHOLM CHRISTINA, BARTON LUCY, MASTER FARAH JIMMY, EICHELBERGER MELISSA					
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
LADIES' RECREATION CLUB	LRC	200+	1:51.91	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
KRKALO SHAUNA KATHLEEN, KIRKWOOD TAIN MHAIRA, WOO CHUN KUEN DOUGLAS, STAMENOVIC IVAN					
FASTLANE SWIMMING CO LIMITED	*FL	160+	1:46.49	World Aquatics Masters World Championships 2023 - Kyushu	09-Aug-23
HONG KONG FOOTBALL CLUB	#FB	120+	1:48.59	2025-26 Long Course Masters Swimming Competition - Part 2	27-Apr-25
EICHELBERGER MELISSA ANN, MASTER FARAH JIMMY, SO MAN HON, SMIT MARCEL PIETER ARNOLD					
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
LADIES' RECREATION CLUB	LRC	200+	2:08.05	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
STAMENOVIC IVAN, KRKALO SHAUNA KATHLEEN, WOO CHUN KUEN DOUGLAS, KIRKWOOD TAIN MHAIRA					
HONG KONG FOOTBALL CLUB	#FB	160+	1:59.67	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
SJOHOLM CHRISTINA, CHIU KELVIN HO YIN, SO MAN HON, EICHELBERGER MELISSA					
LADIES' RECREATION CLUB	LRC	120+	2:02.78	World Aquatics Masters Championships – Singapore 2025	14-Aug-25
TSANG TING YAN TANIA, YUEN MARCUS YAT HO, LI PATRICK GUO CHUN, CHEN YANGYANG					
HONG KONG POLICE SWIMMING CLUB	HKP	100+	2:09.75	2023-24 Long Course Masters Swimming Competition - Part 3	18-Jun-23

**Long Course Masters Swimming Competition Part 1**

**Reject List as at 22-3-2026**

<b>No.</b>	<b>Name</b>	<b>Event</b>	<b>Club</b>	<b>Remarks</b>
<b>1</b>	<b>Lai Shui Nin Ingrid</b>	<b>11</b>	<b>HFS</b>	<b>No 200m Record</b>
<b>2</b>	<b>Kwok Siu Wah</b>	<b>3</b>	<b>PSC</b>	<b>No Reg</b>

2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026

Psych Sheet

Event 1 Men 200 LC Meter Breaststroke

- 18-24 MSR: 2:16.99
- 25-29 MSR: 2:23.47
- 30-34 MSR: 2:36.71
- 35-39 MSR: 2:33.87
- 40-44 MSR: 2:38.70
- 45-49 MSR: 2:49.64
- 50-54 MSR: 2:50.25
- 55-59 MSR: 2:59.17
- 60-64 MSR: 3:07.34
- 65-69 MSR: 3:19.33

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	57491 @^IM	Deng, Zihao	21	New Water Polo	1:35.00
2	30694 IAZ	Cheung, Chi Kit Nicholas	21	Wong Tai Sin	2:20.00
3	45713 IAZ	Hau, Ryan Spencer	20	New Water Polo	3:00.00
<b>25-29</b>					
1	55593 IAZ	Yeung, Hoi Kit	27	Juan Hua Club	3:30.00
<b>30-34</b>					
1		Joe, Mellors	31	CAL	X3:05.00
<b>35-39</b>					
1	02021 IBZ	Chow, Man Ho	36	Kwan Hung	2:50.00
2	00104	Lo, Shek Pui	37	HK Football Club	3:20.00
<b>40-44</b>					
1	42708 IAZ	Tang, Wing Chung Jonathan	44	Hoi Fung	2:59.70
2	48666 @ICO	Upman, David Ross	42	Fastlane Swimming	3:05.00
3	48856 @IAO	Gallearachie, Jeewantha Madu	42	Fastlane Swimming	3:30.00
4	52285 IAO	Lung, Donald Andrew	44	Diocesan School	3:45.00
5	55913 @IM	Guan, Ping	41	Sword Fish Club	3:45.00
6	57196 IAZ	Chen, Tu Chien Timothy	43	South China	NT
<b>45-49</b>					
1	03796 ICZ	Chan, Pui Kei	45	New Water Polo	3:20.00
2	49027 IAZ	Ng, Fung Kei	46	Sword Fish Club	3:22.00
3	05155	Chan, Albert Kam Ming	45	Diocesan School	3:47.44
4	05160	Chan, Ka Wo	49	Diocesan School	3:47.44
5	38035 IAZ	Mok, Kin Fan	46	Tolo Harbour	4:02.00
<b>50-54</b>					
1	24641 ICO	Cummings, Richard Mark	53	LRC	2:57.02
2	46165 @ICO	Waters, Andrew Allan	52	AVO	3:00.00
3	58056 ICO	Vavrek, Egon	50	LRC	3:14.80
4	24603 IAZ	Hung, Ka Ming	51	YMCA OF Hong Kong	3:45.00
5	15166	Leung, Chi Keung	54	Tung Sing	3:55.00
6	05068	Yuen, Chung Ho Albert	51	South China	NT
<b>55-59</b>					
1	53271 @^IM	Chen, Weizhong	57	New Water Polo	3:45.00
2	26053 IAZ	Wong, Yee Keung	55	Flying Fish	3:45.80
3	05139	Lin, Fulong	59	Flying Fish	3:56.47
4	27451 IAZ	Yip, Kin Man Stephen	56	Kwun Tong	4:00.00
5	35711 IAX	Wong, Fuk Kei	57	Sword Fish Club	4:30.00
6	30710 IAZ	Lai, Kin Sun	56	Flying Fish	NT
7	24606 IAZ	Tsang, Hin Lap	55	Flying Fish	NT
<b>60-64</b>					
1	05191	Koo, Yu Fat Marcus	64	Flying Fish	3:08.10

## 2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026

## Psych Sheet

## 60-64... (Event 1 Men 200 LC Meter Breaststroke)

2	18856 IAZ	Au, Mun Shing	61	Sword Fish Club	3:30.00
3	10135 IAZ	Mo, Kim Fung Bosco	62	Diocesan School	4:00.00
4	40840 IAZ	Ng, Ka Yiu Karl	62	Diocesan School	4:00.00
5	27869 IAZ	Lee, Kam Cheong	62	Sword Fish Club	4:00.00
6	32108 IAX	Chan, Kiu	64	Sword Fish Club	4:10.00

## 65-69

1	44359 IAZ	Lee, Chi Wai	67	Kornhill	3:00.00
2	06256	Chan, Kwong Peter	65	Sea Green	3:30.00
3	52302 @^IM	He, Jiaming	69	New Water Polo	3:40.00
4	03762	Ha, Chi Ming	67	Flying Fish	3:46.53
5	25226 IAZ	Choi, Tai Wing	65	Sword Fish Club	4:00.00
6	50782 @IAX	Pang, Shu Ming	65	Sea Green	4:00.00
7	36725 IAZ	Yau, Wai	67	Sea Green	4:10.00
8	07802	Chau, Kam Tim	66	Sea Green	4:20.00

## 70-74

1	04508	Chung, Kit Wai	72	Sword Fish Club	3:43.11
2	43205	Zhou, Jin Jia	71	New Water Polo	3:45.00
3	04504 IAO	Yura, Tadami	74	Sword Fish Club	4:08.00
4	06281	Fung, Kam Tai	71	Sword Fish Club	4:16.00
5	25228 IAZ	Chan, Fai Ming	72	Lai Tsun	4:20.00
6	11563	Lee, Kwok Hung	73	Sword Fish Club	4:30.00
7	19327 IAZ	Yu, Kwok Chuen	71	Sword Fish Club	4:30.00

## 75-79

1	22182 IAZ	Ngai, Yin Leung	77	Sword Fish Club	5:00.00
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## Event 2 Women 200 LC Meter Breaststroke

18-24 MSR: 3:13.71

25-29 MSR: 3:05.17

30-34 MSR: 2:52.97

35-39 MSR: 2:56.78

40-44 MSR: 3:19.49

45-49 MSR: 3:09.76

50-54 MSR: 3:09.55

55-59 MSR: 3:31.49

60-64 MSR: 3:43.21

65-69 MSR: 3:58.01

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	25098 #B	Fung, Suet Ying Chloe	21	Fastlane Swimming	3:00.00
2	25097 B	Cheung, Margaret	21	Kowloon Tong Club	3:00.00
3	54016 IAZ	Cheng, Hoi Man	21	Long Fame	4:00.00
<b>25-29</b>					
1	57427 IAZ	Chan, Wai Tung Jocelyn	28	Dik Wing	2:45.25
2	23179 IAZ	Chan, Jessica	29	Fastlane Swimming	3:40.00
<b>30-34</b>					
1	08238 #B	Li, Tsz Yu	32	LRC	3:10.01
2	57051 @^IM	Huang, Pingying	30	Sword Fish Club	4:30.00
<b>40-44</b>					
1	57492 @^ICX	Zhang, Miao	41	Sword Fish Club	3:20.00
2	49329 @IAO	Ng, Carmen C M	42	Kwan Hung	3:25.00
3	01666 IBZ	Chan, Wing Suet	40	Fastlane Swimming	3:30.00
4	35921 IAZ	Lui, Yick Ling	40	Kornhill	3:40.45
5	54558 IAO	Leung, Sharon	43	LRC	3:47.51
6	50515 IAZ	Cheung, Hiu Yan	44	Sword Fish Club	4:15.00

2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026

Psych Sheet

40-44... (Event 2 Women 200 LC Meter Breaststroke)

7	02685 ICZ	Master, Farah Jimmy	41	HK Football Club	NT
8	50839 @^IM	Zhuo, Enqi	42	Tuen Mun	NT

50-54

1	57384 @^P	Boyko, Oksana	51	Sword Fish Club	1:28.50
2	50110 #IAZ	Chow, Yin Wei Nora	54	Kwan Hung	3:45.00
3	27128 IAZ	Lau, Yan Yan	52	Flying Fish	3:53.13
4	06349	Ip, Oi Wa Wendy	54	Sword Fish Club	3:55.00

55-59

1	40912 IAZ	Ng, Yee Ling	55	Tolo Harbour	4:00.00
2	40937 IAZ	Leung, Wai Fan Fanny	56	South China	NT

60-64

1	57477 @^IM	Liang, Run Qing	60	Sword Fish Club	3:53.00
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65-69

1	02711	Fok, Wai Fung	68	Wong Tai Sin	4:10.00
2	14007	Ho, Yuk Ling	69	Tung Sing	5:12.00

70-74

1	51785 @^IM	Li, Yuemei	70	Sword Fish Club	4:00.00
2	52283 ICX	Li, Weihua	70	Sword Fish Club	4:30.00
3	06147	Leung Wong, Yin Har Hayley	74	Sea Green	4:45.00

75-79

1	39357 @^P	Mak, Sok Iun	76	Sword Fish Club	5:50.00
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Event 3 Men 50 LC Meter Freestyle

18-24 MSR:	24.17
25-29 MSR:	23.92
30-34 MSR:	24.31
35-39 MSR:	23.96
40-44 MSR:	25.14
45-49 MSR:	26.19
50-54 MSR:	25.80
55-59 MSR:	28.02
60-64 MSR:	27.09
65-69 MSR:	29.72

ID#	Name	Age	Team	Seed Time
<b>18-24</b>				
1	30499 IAO	23	Diocesan School	23.60
2	35349 IAZ	20	Long Fame	26.00
3	56623 @^IM	21	New Water Polo	26.00
4	34058 B	22	Pacific	28.00
5	57999 IAZ	19	Sword Fish Club	28.00
6	56137 IAZ	22	Aqua Gym	30.00
7	58317 IAZ	19	Pacific	30.00
8	57385 IAZ	22	Sword Fish Club	30.00
9	58001 ICX	22	Sword Fish Club	30.00
10	57491 @^IM	21	New Water Polo	39.00
11	30675 B	23	Current Club Ltd	40.00
12	58011 IAZ	19	Shatin Sports	NT
<b>25-29</b>				
1	57480 @ICX	26	Sword Fish Club	25.00
2	50808 #@P	25	Fastlane Swimming	25.50
3	57946 IAZ	26	LRC	26.82
4	55593 IAZ	27	Juan Hua Club	26.90
5	15390 B	27	Diocesan School	28.00
6	15351 IAZ	25	Pacific	29.00

2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026

Psych Sheet

25-29... (Event 3 Men 50 LC Meter Freestyle)

7	19383 B	Lee, Man Kit	27	Kwan Hung	30.00
8	20997 B	Yung, Cheuk Long Charlie	27	Kwan Hung	30.00
9	24279 IAZ	Au, Chung Yin	26	Kwun Tong	30.00
10	22513 IAZ	Tang, Cheuk Yan	26	Kwun Tong	38.00

30-34

1	03978 #	Lau, Chun Sing	34	Tuen Mun S.T.	27.00
2		Joe, Mellors	31	CAL	X28.00
3	57964 IAZ	Leung, Cheuk Nam	33	Kwan Hung	28.50
4	35851 IAZ	Chow, Yin Leung	32	Tung Sing	29.00
5	57490 @^IM	Zheng, Tianhe	33	New Water Polo	30.00
6	51281 IAZ	Hui, Ka Yin	33	Lai Tsun	36.00
7	55587 IAZ	Chan, Ivan	34	South China	39.64
8	23695 IAZ	Lee, Michael Le Jin	31	Current Club Ltd	46.00

35-39

1	51101 @ICO	Smit, Marcel Pieter Arnold	39	HK Football Club	23.93
2	17157 IAZ	Po, Tak Long	36	Hoi Fung	25.46
3	47580 @IAO	Poon, Derrick Gene-ming	38	Kwan Hung	25.60
4	01621 IBZ	So, Man Hon	38	HK Football Club	27.00
5	57565 @^ICO	Reid, Cavan Murray	38	LRC	27.14
6	06886 B	Li, Chin Long	36	Eastern Winter	28.00
7	05854 IAZ	Cho, Wai Ching	35	Flying Fish	29.00
8	43822 IAZ	Wong, Lu Yeung	36	Flying Fish	30.00
9	55647 @P	Prebble, Miles Cavin	35	LRC	30.78
10	01784 B	Tso, Hiu Fung	35	Diocesan School	40.00
11	00452 IA	Wong, Chun Hsin Alexander	36	Kwan Hung	NT

40-44

1	22420 IAZ	Chan, Chi Ming	40	Kwun Tong	26.00
2	52550 IAZ	Chiu, Kelvin Ho Yin	44	HK Football Club	27.00
3	42024 IAZ	Tang, Cheuk Hang	42	Current Club Ltd	29.57
4	48856 @IAO	Gallearchie, Jeewantha Madu	42	Fastlane Swimming	30.00
5	12176 ICZ	Ng, Siu Yu	44	Sword Fish Club	30.00
6	30399 IAZ	Lam, Shu Wing	43	Flying Fish	30.02
7	11587	Ng, Yu Hon	43	Sea Green	30.25
8	12873	Wan, Ka Fai	44	Sea Green	30.25
9	03793 ICZ	Po, Tik San	44	New Water Polo	35.00
10	55358 @IM	Huang, Tongxiang	40	Sword Fish Club	35.00
11	57974 IAZ	Chan, Chi Hin Leon	43	Diocesan School	36.00
12	57422 IAZ	Wong, Lai Hang	44	Hoi Fung	39.00
13	49952 IAZ	Kwok, Ronald	40	Pacific	40.00
14	54503 IAZ	Li, Ying Ho	41	Wong Tai Sin	40.00
15	56042 IAZ	Chan, Chi Ho	44	Kornhill	50.59

45-49

1	49497 @ICO	Maceod, Andrew Ian	47	LRC	26.58
2	04238	Woo, Chun Kuen Douglas	48	LRC	27.06
3	48820 IAZ	Lam, Pei Tim	45	LRC	27.42
4	51734 @^ICO	Small, Robert James	47	Fastlane Swimming	27.94
5	57164 IAZ	Chan, Yiu Bun	45	Tung Sing	28.00
6	03796 ICZ	Chan, Pui Kei	45	New Water Polo	30.00
7	39981 IAZ	Mui, Ho Chuen	46	Sword Fish Club	30.00
8	11569	Wong, Lok Shun	49	Flying Fish	30.97
9	16451	Cheng, Ngai Bun	48	Kwun Tong	31.00
10	55815 @IM	Yu, Shiqi	47	New Water Polo	33.00
11	51192 IAZ	Lo, Yui Man	49	Flying Fish	33.14
12	52794 @^P	Tatsukawa, Shingo	49	Sea Green	37.00

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Psych Sheet

45-49... (Event 3 Men 50 LC Meter Freestyle)

13	05144 IAZ	Tse, Chun Hei	47 Flying Fish	37.13
14	40923 IAZ	Yip, Kam Wing	49 Sea Green	39.00
15	57043 IAZ	Cheung, King Yin	48 Sword Fish Club	43.00
16	41148 IAZ	Tang, Kee Wai	46 New Water Polo	45.00
17	23119 IAZ	Chan, Ying Tsung Bosco	45 Sword Fish Club	46.00

50-54

1	39203 IAX	Lau, Hang	52 Sword Fish Club	28.00
2	24641 ICO	Cummings, Richard Mark	53 LRC	28.56
3	28849 IAZ	Chan, Chun Kuen	51 Sword Fish Club	29.00
4	06711	Leung, Tsz Kin	54 New Water Polo	30.50
5	27868 IAZ	Chan, Chi Wah Ringo	54 Sword Fish Club	31.00
6	52883 IAZ	Lo, Fu Fui Frankie	51 Win Tin	31.33
7	23497 IAZ	Au Yeung, Wai Kit	52 Kwun Tong	32.00
8	02366	Li, Ka Wing	52 Kwun Tong	32.00
9	58056 ICO	Vavrek, Egon	50 LRC	34.24
10	40835 IAZ	Leung, Wing Hong Alvin	52 Diocesan School	35.00
11	51531 IAX	Tang, Min	51 Fastlane Swimming	36.00
12	49443 IAZN	Siu, Cheuk Kuen	54 Sword Fish Club	37.00
13	21008 IAZ	Cheung, Chun Kwan Michael	53 Wong Tai Sin	38.00
14	38958 IAZ	Lai, Yiu Kuen	51 CYM	40.00
15	03372	Lau, Allan	53 Sword Fish Club	43.00
16	57930 IAX	Mo, Tin Wai	52 Sword Fish Club	43.00
17	54714 IAZ	Wong, Tsun Yat Gary	52 Sword Fish Club	43.00
18	39215 IAZ	Cheung, Chun Hoi Allan	50 Kowloon Tong Club	50.00

55-59

1	10264 IAO	Faiola, Jeff Alan	55 Island Stingrays	27.30
2	27451 IAZ	Yip, Kin Man Stephen	56 Kwun Tong	29.00
3	48285 IAZ	Wan, Hong Yin Edmund	55 HK Football Club	30.00
4	35677 IAZ	Choy, Kwok Ping	58 Kwun Tong	30.00
5	49957 @IAO	Matsuzawa, Atsushi	55 RippleFly Swim Ltd	33.00
6	58192 @^P	Chua, Anthony	57 Sword Fish Club	34.00
7	53271 @^IM	Chen, Weizhong	57 New Water Polo	35.00
8	43158 IAZ	Chan, Tin Lung	57 Lai Tsun	38.00
9	26821 IAZ	Chan, Kwok Chi	55 Sword Fish Club	43.00
10	35711 IAX	Wong, Fuk Kei	57 Sword Fish Club	46.00
11	52756 IAX	Chueng, Shing	55 Hoi Fung	50.39

60-64

1	05119 @IAO	Woodring, Merritt Douglas	61 AVO	28.80
2	22591 P	Saka, Toshiyuki	64 Sea Green	29.50
3	43144	Xiao, Donghong	60 New Water Polo	30.00
4	50485 @^IM	Chen, Shuquan	63 New Water Polo	33.00
5	22433 IAZ	Lui, Man Pong	61 New Water Polo	33.00
6	52074 @^IM	Huang, Minyue	63 Sword Fish Club	33.00
7	56410 B	Clark, David James	61 RippleFly Swim Ltd	33.13
8	15528	Tsui, Tak Shing Dominic	64 Fastlane Swimming	35.00
9	51228 @^IM	Cui, Xiaobin	63 Sword Fish Club	35.00
10	31109 IAZ	Chan, Ping Yan Bryan	60 Hoi Fung	35.73
11	40839 IAZ	Leung, Wing Hang Michael	61 Diocesan School	36.00
12	37048 IAZ	Cheung, Wai Chuen Jimmy	63 Sword Fish Club	36.00
13	55783 ICO	Joli-Coeur, Vincent	62 Fastlane Swimming	38.00
14	39306 IAZ	Lee, Tak Shun Benson	60 Hoi Fung	38.00
15	32108 IAX	Chan, Kiu	64 Sword Fish Club	38.00
16	10135 IAZ	Mo, Kim Fung Bosco	62 Diocesan School	40.00
17	55847 IAZ	Chan, Wing Man	61 Pacific	40.00

## 2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026

## Psych Sheet

## 60-64... (Event 3 Men 50 LC Meter Freestyle)

18	21023 IAZ	Ho, Kwong Ngai Eric	63	Sword Fish Club	40.00
19	40840 IAZ	Ng, Ka Yiu Karl	62	Diocesan School	42.00
20	44868 IAZ	Leung, Cheong Chau Stephen	61	Diocesan School	43.00
21	53916 IAZ	Ma, Kwok Leung	61	Sword Fish Club	43.00
22	27869 IAZ	Lee, Kam Cheong	62	Sword Fish Club	50.00

## 65-69

1	50662 @^P	Zong, Cheng	68	Sword Fish Club	34.00
2	49915 @IAX	Tai, Yu Chung	68	New Water Polo	35.00
3	41007 IAZ	So, Man Sing	65	Sea Green	35.00
4	51238 IAZ	Cheung, Chi Ming	69	Sword Fish Club	37.00
5	52766 IAO	Dundon, Christopher John	68	LRC	38.22
6	28893 IAZ	Au, King Tong	69	Tung Sing	39.00
7	44359 IAZ	Lee, Chi Wai	67	Kornhill	54.30
8	41426 IAZ	Tang, Yu Hang Francis	65	Tung Sing	58.00
9	26082 IAZ	Kwok, Wing Pui	68	Hoi Fung	NT

## 70-74

1	06398	Cho, Wai Sun	73	Fastlane Swimming	34.00
2	14555 @IAX	Tang, Kon Leong	70	Sword Fish Club	34.00
3	52225 @^IM	Chen, Shengyou	70	New Water Polo	38.00
4	04508	Chung, Kit Wai	72	Sword Fish Club	38.00
5	41729 IAZ	Ko, Leung Hung Alex	74	Diocesan School	40.00
6	53341 @^IM	Lu, Zhuoying	72	New Water Polo	40.00
7	55926 @IM	Liu, Guoqing	70	Sword Fish Club	40.00
8	57927 @^IM	Yang, Keming	70	Sword Fish Club	40.00
9	57926 @^IM	Li, Guoping	70	Sword Fish Club	45.00
10	06281	Fung, Kam Tai	71	Sword Fish Club	46.00
11	50436 IAZ	Lam, Tak Choi	71	Tung Sing	47.00
12	23123 IAZ	Poon, Wai	74	Sword Fish Club	50.00
13	19327 IAZ	Yu, Kwok Chuen	71	Sword Fish Club	50.00
14	51797 @^IM	Kong, Fanqiang	74	New Water Polo	1:00.00

## 75-79

1	51227 @^IM	Liang, Shuntian	77	Sword Fish Club	34.00
2	06268	Tse, Kwok Piu	75	Sword Fish Club	37.00
3	45624 IAZ	Mok, Hin Ming	76	Lai Tsun	41.00
4	44756 IAZ	Lo, Che Hung	78	Lai Tsun	43.00
5	05917	Yong, Khin Syn	77	Sword Fish Club	50.00
6	06192	Chu, Shui Yi	75	Sea Green	52.00

## 80-84

1	27458 IAZ	Tsui, Yau Ho	82	Sword Fish Club	56.00
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## 85-89

1	05407	Lee, She Kwok	88	Sword Fish Club	54.00
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2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026

Psych Sheet

Event 4 Women 50 LC Meter Freestyle

18-24 MSR: 28.20  
 25-29 MSR: 27.70  
 30-34 MSR: 27.80  
 35-39 MSR: 27.63  
 40-44 MSR: 28.17  
 45-49 MSR: 26.07  
 50-54 MSR: 29.35  
 55-59 MSR: 32.17  
 60-64 MSR: 33.14  
 65-69 MSR: 35.01

	ID#	Name	Age	Team	Seed Time
<b>18-24... (Event 4 Women 50 LC Meter Freestyle)</b>					
1	25098 #B	Fung, Suet Ying Chloe	21	Fastlane Swimming	28.00
2	41455 IAZ	Chan, Wing Yan	20	CYM	28.50
3	25097 B	Cheung, Margaret	21	Kowloon Tong Club	29.00
4	54016 IAZ	Cheng, Hoi Man	21	Long Fame	31.00
5	31206 B	Wong, Hor Kiu	21	Sword Fish Club	31.00
6	49846 IAZ	Li, Hong Yu Kanas	23	Pacific	35.00
7	49847 IAZ	Li, Ka Yu Karen	24	Pacific	35.00
<b>25-29</b>					
1	27376 IAZ	Lee, Wai Ki	26	Kwan Hung	31.00
2	52768 @^ICO	Barton, Lucy Rebecca	29	HK Football Club	31.50
3	57947 ICO	Ioda, Aliaksandra	28	LRC	32.41
4	23179 IAZ	Chan, Jessica	29	Fastlane Swimming	33.00
5	41512 IAZ	Liu, Long Yan Sedna	27	CYM	35.00
6	18443 IAZ	Wong, Hui Yan	27	CYM	35.00
7	22604 IAZ	Ng, Yuen Ying	27	Kwan Hung	35.00
8	57484 @^IM	Wu, Jia Min	26	Sword Fish Club	50.00
9	43533 IAZ	Wong, Yu Tung	28	New Water Polo	1:00.00
<b>30-34</b>					
1	14069 IAZ	Yuen, Sin Ling	30	Kwun Tong	29.00
2	29564 IAZ	Ng, Wai Ying Megan	30	Flying Fish	30.00
3	46331 @ICO	Brueck, Hannah Madeleine	30	HK Football Club	30.50
4	08238 #B	Li, Tsz Yu	32	LRC	32.20
5	18350 IAZ	Lam, Nga Yin Eunice	30	Fastlane Swimming	34.00
6	57044 @^IM	Sun, Lening	32	Sword Fish Club	34.00
7	05142 IAZ	Hui, Ngan Ting	33	Kowloon Tong Club	35.25
8	51507 IAZ	Hui, Ngan Ying	34	Kowloon Tong Club	1:00.00
9	57051 @^IM	Huang, Pingying	30	Sword Fish Club	1:00.00
<b>35-39</b>					
1	04515 ICZ	Sze, Hang Yu	38	Fastlane Swimming	27.63
2	01928 #ICZ	But, Wai Ting	39	Csu	29.00
3	57912 IAZ	Cheung, Ho Yi	36	Kwan Hung	30.10
4	57195 IAO	Ho, Carolyn Kar Ning	37	South China	37.38
5	13384 ICZ	Lee, May Sze Mei	39	New Water Polo	52.00
<b>40-44</b>					
1	02685 ICZ	Master, Farah Jimmy	41	HK Football Club	28.40
2	38440 ICO	Eichelberger, Melissa Ann	43	HK Football Club	28.98
3	52770 IAO	Sjoholm, Ingrid Christina	40	HK Football Club	33.00
4	57492 @^ICX	Zhang, Miao	41	Sword Fish Club	33.00
5	57969 IAZ	Wong, Wing Tak Wendy	44	Fastlane Swimming	34.00
6	57948 IAO	Chan, Samantha Kwan Wah	40	LRC	34.24

## 2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026

## Psych Sheet

## 40-44... (Event 4 Women 50 LC Meter Freestyle)

7	54558 IAO	Leung, Sharon	43 LRC	34.60
8	52180 IAZ	Leung, Man Kee	42 Fastlane Swimming	35.00
9	41684 IAZ	Leung, Wing Yin Winnie	42 Hoi Fung	35.30
10	35921 IAZ	Lui, Yick Ling	40 Kornhill	36.07
11	48188 IAZ	Tang, Ho Tung Kathy	41 Csu	37.22
12	47561 IAZ	Leung, Tin Ho	42 Flying Fish	39.15
13	56743 IAZN	To, Wai Chi Sabrina	42 Csu	39.60
14	57481 IAZ	Ng, Kwan Yee	43 Sword Fish Club	40.00
15	51099 IAZ	Wong, Jane Tsin	42 Fastlane Swimming	43.00
16	50515 IAZ	Cheung, Hiu Yan	44 Sword Fish Club	43.00
17	55257 IAZ	Cheung, Lee Yin	44 Golden Dolphin	50.00

## 45-49

1	40853 @IAO	Tam, Alison Mai Ling	48 HK Football Club	31.00
2	54560 IAO	Lee, Britta Mailyann	47 Kowloon Tong Club	31.50
3	45139 IAZ	Tai, Kwan Yee	49 Hoi Fung	33.37
4	57968 IAO	Ng, Ada Tsui Lin	45 Fastlane Swimming	34.00
5	43157 @ICO	Lee, Chew Ling	49 LRC	35.85
6	57864 ^P	Finlan, Michelle Alicia	46 Sword Fish Club	37.05
7	55610 IAZ	Wong, Wing Yin Sominnie	49 Hoi Fung	44.37
8	58193 ICX	Guo, Fuyun	47 Sword Fish Club	50.00
9	53270 @^IM	Xie, Lexian	49 New Water Polo	1:00.00

## 50-54

1	33517 IAO	Yamaguchi, Mika	54 RippleFly Swim Ltd	29.80
2	57384 @^P	Boyko, Oksana	51 Sword Fish Club	30.62
3	55906 IAX	Chen, Yanyun	50 Sword Fish Club	35.00
4	35969 IAX	Wang, Ying Lian	54 Tung Sing	41.00
5	06349	Ip, Oi Wa Wendy	54 Sword Fish Club	55.00

## 55-59

1	40907 #IAZ	Lai, Shui Nin Ingrid	59 Hoi Fung	33.32
2	43977	Lin, Zihe	57 New Water Polo	35.00
3	09870 @ICO	Chong, Yin Szu Adeline	56 Fastlane Swimming	36.00
4	52764 @ICO	Schoening Naujoks, Mirjam Be	56 LRC	38.43
5	36045 IAZN	Hsu, Ava	59 LRC	43.84
6	27463 IAX	Chen, Yugen	55 New Water Polo	45.00
7	47040 @IAX	Zou, Shengling	55 Tung Sing	47.00
8	51706 @^IM	Wang, Shihong	58 New Water Polo	50.00
9	57981 IAZ	Tang, Mun Yin	58 Hoi Fung	NT
10	56574 @IAO	Tan, Ee Ling	56 South China	NT

## 60-64

1	12894	Lee, Wai Yee Stella	60 Hoi Fung	36.70
2	23323 IAZ	Tam, Choi Ping Scalene	61 New Water Polo	38.00
3	26254 IAX	Ng, Kong Ching	61 Tung Sing	40.00
4	05190	Ho, Wan Sai Rita	64 Flying Fish	41.82
5	37062 IAZ	Lee, E Way Yvonne	60 Kowloon Tong Club	42.00
6	16303	Rana, Naomi	60 LRC	42.16
7	38289 IAZ	Ng, Wai Lin Angie	62 Sword Fish Club	46.00
8	43226 IAZ	Yuen, Lai Ping Anna	60 South China	NT

## 65-69

1	49914 @IAXB	Ng, Yee Man	67 New Water Polo	35.00
2	08956	Yeung, Chin Wai Anita	65 Hoi Fung	51.06
3	05043	Wong, Kim Lan Ada	66 Flying Fish	51.28
4	02711	Fok, Wai Fung	68 Wong Tai Sin	54.00
5	43980	Zhang, Jun	68 New Water Polo	56.00
6	20640 IAZ	Wong, Fung Yee	66 Sword Fish Club	1:00.00

**2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026**

**Psych Sheet**

**70-74... (Event 4 Women 50 LC Meter Freestyle)**

1	52109 @^IM	Wang, Yan	70	Sword Fish Club	36.05
2	57478 @^IM	Song, Ji Zui	70	Sword Fish Club	50.00
3	57865 IAZN	Ho, Fernanda Antonia	74	Sword Fish Club	55.00
4	06127	Lau, Wai Lin	70	New Water Polo	1:00.00
5	06355	Lo, Lai Yung	71	New Water Polo	1:00.00
6	52146 @^IM	Li, Lianzhi	74	Sword Fish Club	1:00.00

**75-79**

1	22852 ICX	Bai, Xiufen	75	Sword Fish Club	35.00
2	06212	Lo, Yeuk Shuen	77	Wong Tai Sin	1:20.00

**80-84**

1	06372 IAZ	Leung, Mabel Yuen Ying	84	Sword Fish Club	1:06.00
2	32571 IAZ	Chan, Pui Yee	82	Sword Fish Club	1:10.00

**85-89**

1	24970 P	Ninomiya, Akiko	85	Sea Green	1:00.00
2	13262	Kwong, Shuet Hing	86	Wong Tai Sin	1:12.20

**Event 5 Men 100 LC Meter Butterfly**

<b>18-24 MSR:</b>	<b>59.53</b>
<b>25-29 MSR:</b>	<b>58.94</b>
<b>30-34 MSR:</b>	<b>58.66</b>
<b>35-39 MSR:</b>	<b>57.83</b>
<b>40-44 MSR:</b>	<b>59.06</b>
<b>45-49 MSR:</b>	<b>1:00.90</b>
<b>50-54 MSR:</b>	<b>1:04.49</b>
<b>55-59 MSR:</b>	<b>1:11.94</b>
<b>60-64 MSR:</b>	<b>1:15.51</b>
<b>65-69 MSR:</b>	<b>1:32.97</b>

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	58320 IAZ	Yau, Pak Ho	19	Diocesan School	57.00
2	28249 B	Fung, O See Asaph	20	Kowloon Tong Club	1:00.00
3	24053 B	Po, Hin Hang	23	Kwan Hung	1:03.00
4	34058 B	Chow, Hong-Yo Sandy	22	Pacific	1:15.00
5	30675 B	Chan, Wai Tsun	23	Current Club Ltd	1:50.00
<b>25-29</b>					
1	57946 IAZ	Mc Laughlin, Conor	26	LRC	1:14.42
2	20997 B	Yung, Cheuk Long Charlie	27	Kwan Hung	1:25.00
3	57156 IAZ	Chung, Chun Yu	25	Juan Hua Club	1:50.00
4	19797 IAZ	So, Pak Hin Nico	29	Flying Fish	NT
<b>30-34</b>					
1	58194 IAZ	Lui, Chun Yin	34	Kwan Hung	1:08.00
2	52752 @ICO	Hardy-Lachance, Thierry	34	Fastlane Swimming	1:35.00
3	23695 IAZ	Lee, Michael Le Jin	31	Current Club Ltd	1:50.00
<b>35-39</b>					
1	51101 @ICO	Smit, Marcel Pieter Arnold	39	HK Football Club	57.80
2	02021 IBZ	Chow, Man Ho	36	Kwan Hung	1:03.00
3	53849 IAZ	Lai, Wai Lam	39	Csu	1:10.00
4	57565 @^IC0	Reid, Cavan Murray	38	LRC	1:16.42
5	43822 IAZ	Wong, Lu Yeung	36	Flying Fish	1:30.00
6	03667 IBZ	Wong, Sai Man Sherman	37	New Water Polo	2:40.00
7	00385	Cheng, Pong Man Reuben	37	Flying Fish	NT
<b>40-44</b>					
1	03793 ICZ	Po, Tik San	44	New Water Polo	45.00

## 2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026

## Psych Sheet

**40-44... (Event 5 Men 100 LC Meter Butterfly)**

2	54503 IAZ	Li, Ying Ho	41	Wong Tai Sin	1:25.00
3	57974 IAZ	Chan, Chi Hin Leon	43	Diocesan School	1:28.00
4	00091	Chan, Lok Yan	42	New Water Polo	2:00.00
5	30399 IAZ	Lam, Shu Wing	43	Flying Fish	NT
6	57196 IAZ	Chen, Tu Chien Timothy	43	South China	NT

**45-49**

1	27471 ICO	Nortje, Craig Andrew	48	RippleFly Swim Ltd	1:02.00
2	49497 @ICO	Macceod, Andrew Ian	47	LRC	1:05.56
3	51734 @^ICO	Small, Robert James	47	Fastlane Swimming	1:10.00
4	48820 IAZ	Lam, Pei Tim	45	LRC	1:14.46
5	03796 ICZ	Chan, Pui Kei	45	New Water Polo	1:25.00
6	46159 IAZ	Wong, Benjamin Hon Lim	47	AVO	NT

**50-54**

1	24641 ICO	Cummings, Richard Mark	53	LRC	1:12.97
2	03372	Lau, Allan	53	Sword Fish Club	1:39.00
3	06338 IAZ	Wong, Ka Fai	52	Sword Fish Club	1:39.00
4	51531 IAX	Tang, Min	51	Fastlane Swimming	1:45.00
5	24603 IAZ	Hung, Ka Ming	51	YMCA OF Hong Kong	1:45.00
6	41887 IAZ	Woo, Cheuk Yiu Jeffrey	51	YMCA OF Hong Kong	1:45.00
7	21008 IAZ	Cheung, Chun Kwan Michael	53	Wong Tai Sin	1:48.00
8	15166	Leung, Chi Keung	54	Tung Sing	1:55.00
9	42085 IAZ	Lee, Hon Lun Philip	54	Sword Fish Club	1:56.00

**55-59**

1	10264 IAO	Faiola, Jeff Alan	55	Island Stingrays	1:08.00
2	26821 IAZ	Chan, Kwok Chi	55	Sword Fish Club	1:39.00
3	38127 IAZ	Leung, Cheung Wai Ricky	58	Sword Fish Club	1:55.00
4	05139	Lin, Fulong	59	Flying Fish	1:55.28
5	17701 IAZ	Lee, Chor Fu	57	Wong Tai Sin	1:59.00
6	32285 IAZ	Chan, Chong Kai Stephen	58	Diocesan School	2:15.00
7	05273	Poon, Ho Keung Danny	56	Flying Fish	NT
8	24606 IAZ	Tsang, Hin Lap	55	Flying Fish	NT
9	26053 IAZ	Wong, Yee Keung	55	Flying Fish	NT

**60-64**

1	05191	Koo, Yu Fat Marcus	64	Flying Fish	1:20.70
2	50485 @^IM	Chen, Shuquan	63	New Water Polo	1:37.00
3	26594 IAZ	Ching, Wai Kin	62	Sword Fish Club	1:46.47
4	39306 IAZ	Lee, Tak Shun Benson	60	Hoi Fung	1:50.73
5	22433 IAZ	Lui, Man Pong	61	New Water Polo	1:58.00
6	39982 IAZ	Chow, Wing Chun	62	Sword Fish Club	2:00.00
7	44868 IAZ	Leung, Cheong Chau Stephen	61	Diocesan School	2:15.00

**65-69**

1	03215 #IAZ	Leung, Yiu Chuen	68	Tung Sing	1:15.00
2	06256	Chan, Kwong Peter	65	Sea Green	1:40.00
3	06331 ICZ	Ma, Etienne	69	YMCA OF Hong Kong	1:42.00
4	32520 IAX	Lam, Hoi	67	New Water Polo	2:00.00
5	07802	Chau, Kam Tim	66	Sea Green	2:15.00
6	15527	Zhou, Hao	68	Tung Sing	2:15.00
7	03762	Ha, Chi Ming	67	Flying Fish	NT

**70-74**

1	52225 @^IM	Chen, Shengyou	70	New Water Polo	1:45.00
2	57926 @^IM	Li, Guoping	70	Sword Fish Club	1:49.00
3	06239	Chan, King Yuen	71	Lai Tsun	1:55.00
4	43205	Zhou, Jin Jia	71	New Water Polo	1:55.00
5	06382	Chan, Kam Por	74	Sword Fish Club	1:55.00

**2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026**

**Psych Sheet**

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

6	06187	Kan, Kai Kwong	71	Sea Green	2:00.00
7	11563	Lee, Kwok Hung	73	Sword Fish Club	3:00.00

**75-79**

1	20634 IAZ	Wu, Shu Sun	76	New Water Polo	2:15.00
2	23297 IAZ	Chan, Shing Chi	78	Lai Tsun	2:20.00
3	22182 IAZ	Ngai, Yin Leung	77	Sword Fish Club	2:23.00

**Event 6 Women 100 LC Meter Butterfly**

- 18-24 MSR: 1:07.41**
- 25-29 MSR: 1:08.66**
- 30-34 MSR: 1:10.18**
- 35-39 MSR: 1:13.49**
- 40-44 MSR: 1:07.66**
- 45-49 MSR: 1:12.50**
- 50-54 MSR: 1:14.85**
- 55-59 MSR: 1:31.44**
- 60-64 MSR: 1:36.26**
- 65-69 MSR: 1:48.29**

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	31206 B	Wong, Hor Kiu	21	Sword Fish Club	1:20.00
<b>25-29</b>					
1	57947 ICO	Ioda, Aliaksandra	28	LRC	1:16.82
2	27376 IAZ	Lee, Wai Ki	26	Kwan Hung	1:40.00
3	22604 IAZ	Ng, Yuen Ying	27	Kwan Hung	2:00.00
<b>30-34</b>					
1	18350 IAZ	Lam, Nga Yin Eunice	30	Fastlane Swimming	1:40.00
<b>35-39</b>					
1	04515 ICZ	Sze, Hang Yu	38	Fastlane Swimming	1:10.00
2	01928 #ICZ	But, Wai Ting	39	Csu	1:20.00
3	00288 IBZ	Yip, Wing Yan	38	Dik Wing	1:31.30
<b>40-44</b>					
1	02685 ICZ	Master, Farah Jimmy	41	HK Football Club	1:07.00
2	01666 IBZ	Chan, Wing Suet	40	Fastlane Swimming	1:20.00
3	42712 IAZ	Chan, Hiu Ying	42	Real Kinetic	1:24.00
4	35921 IAZ	Lui, Yick Ling	40	Kornhill	1:36.71
5	34701 IAZ	Au, Hoi Ying	43	Flying Fish	2:06.26
6	47561 IAZ	Leung, Tin Ho	42	Flying Fish	NT
7	47582 @IAX	Dong, Lei	44	South China	NT
<b>45-49</b>					
1	40853 @IAO	Tam, Alison Mai Ling	48	HK Football Club	1:20.00
2	55610 IAZ	Wong, Wing Yin Sominnie	49	Hoi Fung	1:50.58
3	47583 @IAX	Wei, Yan	48	South China	NT
<b>50-54</b>					
1	32599 IAO	Lee, Christina Maisenne	50	Kowloon Tong Club	39.00
2	57384 @^P	Boyko, Oksana	51	Sword Fish Club	1:22.00
<b>55-59</b>					
1	31395 IAZ	Chan, Pui Ling	56	Flying Fish	2:08.47
2	51706 @^IM	Wang, Shihong	58	New Water Polo	2:10.00
<b>60-64</b>					
1	37062 IAZ	Lee, E Way Yvonne	60	Kowloon Tong Club	1:46.00
2	52222 @^P	Wang, Min	64	Sword Fish Club	1:55.00
3	51472 @IM	Pang, Yunxiao	62	New Water Polo	2:00.00
4	45187 IAX	Chan, On Mei	63	Sword Fish Club	2:23.00

**2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026**

**Psych Sheet**

**65-69... (Event 6 Women 100 LC Meter Butterfly)**

1 14007 Ho, Yuk Ling 69 Tung Sing 2:50.00

**70-74**

1 06355 Lo, Lai Yung 71 New Water Polo 2:20.00

2 52146 @^IM Li, Lianzhi 74 Sword Fish Club 2:25.00

**75-79**

1 06357 Suen, Ming Chu 78 Sword Fish Club 2:10.00

2 39357 @^P Mak, Sok Iun 76 Sword Fish Club 2:50.00

**Event 7 Men 50 LC Meter Breaststroke**

18-24 MSR: 27.95

25-29 MSR: 30.24

30-34 MSR: 31.11

35-39 MSR: 31.14

40-44 MSR: 32.01

45-49 MSR: 32.70

50-54 MSR: 34.48

55-59 MSR: 35.10

60-64 MSR: 35.58

65-69 MSR: 37.84

ID#	Name	Age	Team	Seed Time
<b>18-24</b>				
1	30694 IAZ	Cheung, Chi Kit Nicholas	21 Wong Tai Sin	27.93
2	57975 IAZ	Lee, Shing Yan	23 Diocesan School	28.00
3	56623 @^IM	Wen, Tianlang	21 New Water Polo	32.00
4	45713 IAZ	Hau, Ryan Spencer	20 New Water Polo	33.00
5	58011 IAZ	Liu, Wing To	19 Shatin Sports	33.92
6	35349 IAZ	Huang, Lun Ching	20 Long Fame	34.00
7	36108 IAZ	Man, Long Him	21 Lai WA	34.42
8	58317 IAZ	Cheung, Hon Man	19 Pacific	37.00
9	57999 IAZ	Choy, Hiu Yeung	19 Sword Fish Club	38.00
10	57385 IAZ	Kwan, Ka Lok Kevin	22 Sword Fish Club	40.00
11	58001 ICX	Wang, Chuce	22 Sword Fish Club	42.00
<b>25-29</b>				
1	18591 B	Ching, Yuk Tsun	27 Dik Wing	30.68
2	15390 B	Lau, Yat Fung	27 Diocesan School	35.00
3	24279 IAZ	Au, Chung Yin	26 Kwun Tong	35.00
4	55593 IAZ	Yeung, Hoi Kit	27 Juan Hua Club	35.82
5	22513 IAZ	Tang, Cheuk Yan	26 Kwun Tong	36.00
6	57946 IAZ	Mc Laughlin, Conor	26 LRC	36.71
7	15351 IAZ	Chang, Jaw Ting	25 Pacific	37.00
8	29520 IAZ	Chui, Yu Hin	26 Pacific	37.00
9	19383 B	Lee, Man Kit	27 Kwan Hung	40.00
<b>30-34</b>				
1	03978 #	Lau, Chun Sing	34 Tuen Mun S.T.	32.00
2	42728 P	Febo, Christopher Vincenzo	33 Sword Fish Club	32.00
3	06863	Miao, Ho Yeung Ernest	31 Pacific	33.00
4		Joe, Mellors	31 CAL	X35.39
5	57490 @^IM	Zheng, Tianhe	33 New Water Polo	37.00
6	58194 IAZ	Lui, Chun Yin	34 Kwan Hung	39.00
7	51281 IAZ	Hui, Ka Yin	33 Lai Tsun	43.00
<b>35-39</b>				
1	47580 @IAO	Poon, Derrick Gene-ming	38 Kwan Hung	32.20
2	51101 @ICO	Smit, Marcel Pieter Arnold	39 HK Football Club	34.00

**2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026**

**Psych Sheet**

**35-39... (Event 7 Men 50 LC Meter Breaststroke)**

3	01621 IBZ	So, Man Hon	38	HK Football Club	35.00
4	00385	Cheng, Pong Man Reuben	37	Flying Fish	35.20
5	01784 B	Tso, Hiu Fung	35	Diocesan School	36.00
6	00104	Lo, Shek Pui	37	HK Football Club	36.00
7	05854 IAZ	Cho, Wai Ching	35	Flying Fish	36.00
8	06886 B	Li, Chin Long	36	Eastern Winter	37.15
9	57565 @^ICO	Reid, Cavan Murray	38	LRC	39.04
10	55647 @P	Prebble, Miles Cavin	35	LRC	39.95
11	00452 IA	Wong, Chun Hsin Alexander	36	Kwan Hung	NT

**40-44**

1	52550 IAZ	Chiu, Kelvin Ho Yin	44	HK Football Club	32.00
2	42367 IAO	Chow, Chun Yin	40	Diocesan School	32.50
3	22420 IAZ	Chan, Chi Ming	40	Kwun Tong	34.00
4	00091	Chan, Lok Yan	42	New Water Polo	35.00
5	48666 @ICO	Upman, David Ross	42	Fastlane Swimming	35.50
6	42708 IAZ	Tang, Wing Chung Jonathan	44	Hoi Fung	36.15
7	48856 @IAO	Gallearchie, Jeewantha Madu	42	Fastlane Swimming	40.00
8	11587	Ng, Yu Hon	43	Sea Green	41.00
9	55913 @IM	Guan, Ping	41	Sword Fish Club	44.00
10	55358 @IM	Huang, Tongxiang	40	Sword Fish Club	45.00
11	54503 IAZ	Li, Ying Ho	41	Wong Tai Sin	45.00
12	42024 IAZ	Tang, Cheuk Hang	42	Current Club Ltd	55.00
13	57196 IAZ	Chen, Tu Chien Timothy	43	South China	NT

**45-49**

1	51734 @^ICO	Small, Robert James	47	Fastlane Swimming	34.10
2	57164 IAZ	Chan, Yiu Bun	45	Tung Sing	36.50
3	39981 IAZ	Mui, Ho Chuen	46	Sword Fish Club	37.00
4	05155	Chan, Albert Kam Ming	45	Diocesan School	37.44
5	05160	Chan, Ka Wo	49	Diocesan School	37.44
6	27471 ICO	Nortje, Craig Andrew	48	RippleFly Swim Ltd	38.00
7	11569	Wong, Lok Shun	49	Flying Fish	40.72
8	49497 @ICO	Macceod, Andrew Ian	47	LRC	42.04
9	51192 IAZ	Lo, Yui Man	49	Flying Fish	42.17
10	05144 IAZ	Tse, Chun Hei	47	Flying Fish	44.02
11	16451	Cheng, Ngai Bun	48	Kwun Tong	47.00
12	57043 IAZ	Cheung, King Yin	48	Sword Fish Club	49.00
13	16467	Chak, Pui Ching	48	Wong Tai Sin	50.00
14	41148 IAZ	Tang, Kee Wai	46	New Water Polo	53.00
15	23119 IAZ	Chan, Ying Tsung Bosco	45	Sword Fish Club	54.00

**50-54**

1	39215 IAZ	Cheung, Chun Hoi Allan	50	Kowloon Tong Club	37.00
2	53312 IAZ	Tang, Tin Lok Stephen	50	Win Tin	37.00
3	28849 IAZ	Chan, Chun Kuen	51	Sword Fish Club	41.00
4	21008 IAZ	Cheung, Chun Kwan Michael	53	Wong Tai Sin	42.00
5	48392 IAZ	Chan, Ting	53	Hoi Fung	42.39
6	23497 IAZ	Au Yeung, Wai Kit	52	Kwun Tong	43.00
7	02366	Li, Ka Wing	52	Kwun Tong	43.00
8	27868 IAZ	Chan, Chi Wah Ringo	54	Sword Fish Club	43.00
9	40835 IAZ	Leung, Wing Hong Alvin	52	Diocesan School	44.00
10	57930 IAX	Mo, Tin Wai	52	Sword Fish Club	44.00
11	58056 ICO	Vavrek, Egon	50	LRC	44.18
12	51531 IAX	Tang, Min	51	Fastlane Swimming	45.00
13	38958 IAZ	Lai, Yiu Kuen	51	CYM	45.00
14	06338 IAZ	Wong, Ka Fai	52	Sword Fish Club	45.00

## 2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026

## Psych Sheet

## 50-54... (Event 7 Men 50 LC Meter Breaststroke)

15	42085 IAZ	Lee, Hon Lun Philip	54	Sword Fish Club	46.00
16	52883 IAZ	Lo, Fu Fui Frankie	51	Win Tin	46.00
<b>55-59</b>					
1	35677 IAZ	Choy, Kwok Ping	58	Kwun Tong	38.00
2	30710 IAZ	Lai, Kin Sun	56	Flying Fish	39.34
3	42364 IAZ	Lau, Yip Kwong Francis	57	Diocesan School	40.00
4	26053 IAZ	Wong, Yee Keung	55	Flying Fish	41.32
5	27451 IAZ	Yip, Kin Man Stephen	56	Kwun Tong	42.00
6	49957 @IAO	Matsuzawa, Atsushi	55	RippleFly Swim Ltd	43.00
7	26821 IAZ	Chan, Kwok Chi	55	Sword Fish Club	44.00
8	43158 IAZ	Chan, Tin Lung	57	Lai Tsun	45.00
9	38127 IAZ	Leung, Cheung Wai Ricky	58	Sword Fish Club	46.00
10	35711 IAX	Wong, Fuk Kei	57	Sword Fish Club	50.00
11	52756 IAX	Chueng, Shing	55	Hoi Fung	55.39
<b>60-64</b>					
1	18856 IAZ	Au, Mun Shing	61	Sword Fish Club	39.00
2	10135 IAZ	Mo, Kim Fung Bosco	62	Diocesan School	40.00
3	52074 @^IM	Huang, Minyue	63	Sword Fish Club	40.00
4	43144	Xiao, Donghong	60	New Water Polo	41.00
5	40839 IAZ	Leung, Wing Hang Michael	61	Diocesan School	45.00
6	15528	Tsui, Tak Shing Dominic	64	Fastlane Swimming	45.00
7	31109 IAZ	Chan, Ping Yan Bryan	60	Hoi Fung	46.74
8	37048 IAZ	Cheung, Wai Chuen Jimmy	63	Sword Fish Club	47.00
9	53916 IAZ	Ma, Kwok Leung	61	Sword Fish Club	49.00
10	40840 IAZ	Ng, Ka Yiu Karl	62	Diocesan School	50.00
11	39982 IAZ	Chow, Wing Chun	62	Sword Fish Club	50.00
12	32108 IAX	Chan, Kiu	64	Sword Fish Club	56.00
13	22433 IAZ	Lui, Man Pong	61	New Water Polo	57.00
14	21023 IAZ	Ho, Kwong Ngai Eric	63	Sword Fish Club	59.00
<b>65-69</b>					
1	44359 IAZ	Lee, Chi Wai	67	Kornhill	26.30
2	50662 @^P	Zong, Cheng	68	Sword Fish Club	41.00
3	49915 @IAX	Tai, Yu Chung	68	New Water Polo	42.00
4	03215 #IAZ	Leung, Yiu Chuen	68	Tung Sing	42.00
5	03762	Ha, Chi Ming	67	Flying Fish	46.49
6	50782 @IAX	Pang, Shu Ming	65	Sea Green	50.00
7	51238 IAZ	Cheung, Chi Ming	69	Sword Fish Club	52.00
8	25226 IAZ	Choi, Tai Wing	65	Sword Fish Club	55.00
9	41426 IAZ	Tang, Yu Hang Francis	65	Tung Sing	58.00
10	26082 IAZ	Kwok, Wing Pui	68	Hoi Fung	NT
<b>70-74</b>					
1	51797 @^IM	Kong, Fanqiang	74	New Water Polo	42.00
2	14555 @IAX	Tang, Kon Leong	70	Sword Fish Club	43.00
3	06398	Cho, Wai Sun	73	Fastlane Swimming	44.00
4	53341 @^IM	Lu, Zhuoying	72	New Water Polo	45.00
5	43205	Zhou, Jin Jia	71	New Water Polo	45.00
6	06382	Chan, Kam Por	74	Sword Fish Club	45.00
7	57927 @^IM	Yang, Keming	70	Sword Fish Club	45.00
8	04504 IAO	Yura, Tadami	74	Sword Fish Club	45.00
9	04508	Chung, Kit Wai	72	Sword Fish Club	46.00
10	55926 @IM	Liu, Guoqing	70	Sword Fish Club	51.00
11	06281	Fung, Kam Tai	71	Sword Fish Club	52.00
12	19327 IAZ	Yu, Kwok Chuen	71	Sword Fish Club	59.00
13	11563	Lee, Kwok Hung	73	Sword Fish Club	1:00.00

2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026

Psych Sheet

70-74... (Event 7 Men 50 LC Meter Breaststroke)

14	23123 IAZ	Poon, Wai	74	Sword Fish Club	1:00.00
15	41729 IAZ	Ko, Leung Hung Alex	74	Diocesan School	1:10.00

75-79

1	20634 IAZ	Wu, Shu Sun	76	New Water Polo	50.00
2	51227 @^IM	Liang, Shuntian	77	Sword Fish Club	50.00
3	05917	Yong, Khin Syn	77	Sword Fish Club	56.00
4	22182 IAZ	Ngai, Yin Leung	77	Sword Fish Club	1:06.00

85-89

1	06270	Lam, Luk Kan	85	Sword Fish Club	1:10.00
2	05407	Lee, She Kwok	88	Sword Fish Club	1:10.00

Event 8 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:	32.47
50-54 MSR:	37.63
55-59 MSR:	38.73
60-64 MSR:	45.63
65-69 MSR:	50.56

ID#	Name	Age	Team	Seed Time
<b>18-24</b>				
1	25098 #B	Fung, Suet Ying Chloe	21 Fastlane Swimming	35.00
2	25097 B	Cheung, Margaret	21 Kowloon Tong Club	35.50
3	31206 B	Wong, Hor Kiu	21 Sword Fish Club	41.00
4	54016 IAZ	Cheng, Hoi Man	21 Long Fame	43.00
<b>25-29</b>				
1	57427 IAZ	Chan, Wai Tung Jocelyn	28 Dik Wing	36.81
2	52768 @^ICO	Barton, Lucy Rebecca	29 HK Football Club	37.50
3	26980 IAZ	Wong, Suet Wing	27 Dik Wing	41.91
4	23179 IAZ	Chan, Jessica	29 Fastlane Swimming	48.00
5	43533 IAZ	Wong, Yu Tung	28 New Water Polo	1:00.00
6	57484 @^IM	Wu, Jia Min	26 Sword Fish Club	1:00.00
<b>30-34</b>				
1	08238 #B	Li, Tsz Yu	32 LRC	37.11
2	29564 IAZ	Ng, Wai Ying Megan	30 Flying Fish	38.00
3	14069 IAZ	Yuen, Sin Ling	30 Kwun Tong	38.00
4	46331 @ICO	Brueck, Hannah Madeleine	30 HK Football Club	38.50
5	03730 IBZ	Li, Jamie	34 Kwan Hung	39.00
6	57044 @^IM	Sun, Lening	32 Sword Fish Club	43.00
7	05142 IAZ	Hui, Ngan Ting	33 Kowloon Tong Club	46.63
8	57051 @^IM	Huang, Pingying	30 Sword Fish Club	1:10.00
<b>35-39</b>				
1	04515 ICZ	Sze, Hang Yu	38 Fastlane Swimming	38.00
2	00288 IBZ	Yip, Wing Yan	38 Dik Wing	38.09
3	01928 #ICZ	But, Wai Ting	39 Csu	40.00
4	13384 ICZ	Lee, May Sze Mei	39 New Water Polo	1:00.00
5	57195 IA0	Ho, Carolyn Kar Ning	37 South China	NT
<b>40-44</b>				
1	01666 IBZ	Chan, Wing Suet	40 Fastlane Swimming	40.00
2	41684 IAZ	Leung, Wing Yin Winnie	42 Hoi Fung	41.30
3	54558 IA0	Leung, Sharon	43 LRC	43.30

## 2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026

## Psych Sheet

## 40-44... (Event 8 Women 50 LC Meter Breaststroke)

4	57969 IAZ	Wong, Wing Tak Wendy	44 Fastlane Swimming	44.00
5	57481 IAZ	Ng, Kwan Yee	43 Sword Fish Club	44.00
6	42712 IAZ	Chan, Hiu Ying	42 Real Kinetic	45.00
7	47582 @IAX	Dong, Lei	44 South China	46.36
8	38440 ICO	Eichelberger, Melissa Ann	43 HK Football Club	49.00
9	52180 IAZ	Leung, Man Kee	42 Fastlane Swimming	50.00
10	55257 IAZ	Cheung, Lee Yin	44 Golden Dolphin	55.00
11	51099 IAZ	Wong, Jane Tsin	42 Fastlane Swimming	56.00
12	48188 IAZ	Tang, Ho Tung Kathy	41 Csuo	58.00
13	56743 IAZN	To, Wai Chi Sabrina	42 Csuo	58.00
14	50839 @^IM	Zhuo, Enqi	42 Tuen Mun	NT

## 45-49

1	40853 @IAO	Tam, Alison Mai Ling	48 HK Football Club	42.00
2	43157 @ICO	Lee, Chew Ling	49 LRC	43.60
3	57968 IAO	Ng, Ada Tsui Lin	45 Fastlane Swimming	44.00
4	54560 IAO	Lee, Britta Mailyann	47 Kowloon Tong Club	46.00
5	57864 ^P	Finlan, Michelle Alicia	46 Sword Fish Club	47.36
6	45139 IAZ	Tai, Kwan Yee	49 Hoi Fung	50.37
7	58193 ICX	Guo, Fuyun	47 Sword Fish Club	58.00
8	53270 @^IM	Xie, Lexian	49 New Water Polo	1:00.00
9	49121 IAZ	So, Chin Wing	47 New Water Polo	1:10.00
10	47583 @IAX	Wei, Yan	48 South China	NT

## 50-54

1	33517 IAO	Yamaguchi, Mika	54 RippleFly Swim Ltd	39.00
2	50110 #IAZ	Chow, Yin Wei Nora	54 Kwan Hung	48.00
3	27128 IAZ	Lau, Yan Yan	52 Flying Fish	48.83
4	55906 IAX	Chen, Yanyun	50 Sword Fish Club	50.00
5	35969 IAX	Wang, Ying Lian	54 Tung Sing	51.00
6	06349	Ip, Oi Wa Wendy	54 Sword Fish Club	1:00.00
7	32599 IAO	Lee, Christina Maisenne	50 Kowloon Tong Club	1:20.00

## 55-59

1	40907 #IAZ	Lai, Shui Nin Ingrid	59 Hoi Fung	44.50
2	27463 IAX	Chen, Yugen	55 New Water Polo	50.00
3	57943 @^IM	Zhang, LianHua	56 New Water Polo	51.00
4	31395 IAZ	Chan, Pui Ling	56 Flying Fish	51.80
5	09870 @ICO	Chong, Yin Szu Adeline	56 Fastlane Swimming	55.00
6	33084 IAZ	Mau, Chi Chiu Brenda	58 New Water Polo	58.00
7	40912 IAZ	Ng, Yee Ling	55 Tolo Harbour	1:00.00
8	47040 @IAX	Zou, Shengling	55 Tung Sing	1:05.00
9	57981 IAZ	Tang, Mun Yin	58 Hoi Fung	NT
10	40937 IAZ	Leung, Wai Fan Fanny	56 South China	NT

## 60-64

1	12894	Lee, Wai Yee Stella	60 Hoi Fung	45.63
2	51472 @IM	Pang, Yunxiao	62 New Water Polo	50.00
3	57477 @^IM	Liang, Run Qing	60 Sword Fish Club	50.00
4	16303	Rana, Naomi	60 LRC	50.55
5	05190	Ho, Wan Sai Rita	64 Flying Fish	52.09
6	37062 IAZ	Lee, E Way Yvonne	60 Kowloon Tong Club	54.00
7	52222 @^P	Wang, Min	64 Sword Fish Club	55.00
8	41423 IAZ	Chiu, Pauline	64 Tung Sing	55.00
9	38289 IAZ	Ng, Wai Lin Angie	62 Sword Fish Club	56.00
10	43226 IAZ	Yuen, Lai Ping Anna	60 South China	1:19.53

## 65-69

1	49914 @IAXB	Ng, Yee Man	67 New Water Polo	45.00
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**2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026**

**Psych Sheet**

**65-69... (Event 8 Women 50 LC Meter Breaststroke)**

2	02711	Fok, Wai Fung	68	Wong Tai Sin	59.88
3	20640 IAZ	Wong, Fung Yee	66	Sword Fish Club	1:00.00
4	05043	Wong, Kim Lan Ada	66	Flying Fish	1:03.17
5	08956	Yeung, Chin Wai Anita	65	Hoi Fung	1:15.63

**70-74**

1	51785 @^IM	Li, Yuemei	70	Sword Fish Club	57.00
2	57478 @^IM	Song, Ji Zui	70	Sword Fish Club	59.00
3	06147	Leung Wong, Yin Har Hayley	74	Sea Green	1:00.00
4	52283 ICX	Li, Weihua	70	Sword Fish Club	1:08.00
5	46236 IAZ	Fok, Miu Han	73	New Water Polo	1:10.00
6	06127	Lau, Wai Lin	70	New Water Polo	1:10.00
7	57865 IAZN	Ho, Fernanda Antonia	74	Sword Fish Club	1:10.00
8	06213	Mo, Mei Ling	72	Wong Tai Sin	1:16.00

**75-79**

1	39357 @^P	Mak, Sok Iun	76	Sword Fish Club	1:15.00
2	06212	Lo, Yeuk Shuen	77	Wong Tai Sin	1:30.00

**80-84**

1	32571 IAZ	Chan, Pui Yee	82	Sword Fish Club	1:20.00
2	06372 IAZ	Leung, Mabel Yuen Ying	84	Sword Fish Club	1:20.00

**85-89**

1	13262	Kwong, Shuet Hing	86	Wong Tai Sin	1:28.00
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**Event 9 Men 200 LC Meter Freestyle Relay**

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

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
<b>100-119</b>			
1	Juan Hua Club	M100 A	1:49.00
2	Fastlane Swimming	M100 A	NT
<b>120-159</b>			
1	Kwan Hung Swimming Club	M120 A	1:45.00
2	Pacific Swimming Club	M120 A	2:10.00
3	Ladies' Recreation Club	M120 A	NT
4	Sword Fish Club	M120 A	NT
5	Hong Kong Football Club	M120 A	NT
6	Fastlane Swimming	M120 A	NT
<b>160-199</b>			
1	Kowloon Tong Club	M160 A	2:00.00
2	Hoi Fung Swimming Club	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	Hong Kong Football Club	M160 A	NT
8	Fastlane Swimming	M160 A	NT
9	Diocesan School Old Boys' Assn	M160 A	NT
<b>200-239</b>			
1	Win Tin Swimming Club	M200 A	2:00.00
2	YMCA OF Hong Kong	M200 A	2:10.00

**2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026**

**Psych Sheet**

**200-239... (Event 9 Men 200 LC Meter Freestyle Relay)**

3	HK Flying Fish Athletic Assn	M200	A	NT
4	Kwun Tong Swimming Club	M200	A	NT
5	Ladies' Recreation Club	M200	A	NT
6	Lai Tsun Swimming Society	M200	A	NT
7	New Water Polo Club	M200	A	NT
8	Sword Fish Club	M200	A	NT
9	Hong Kong Football Club	M200	A	NT
10	Fastlane Swimming	M200	A	NT
11	Diocesan School Old Boys' Assn	M200	A	NT

**240-279**

1	Ladies' Recreation Club	M240	A	NT
2	Lai Tsun Swimming Society	M240	A	NT
3	New Water Polo Club	M240	A	NT
4	Sword Fish Club	M240	A	NT
5	Sea Green Swimming & L.S. Club	M240	A	NT
6	Fastlane Swimming	M240	A	NT

**280-319**

1	Lai Tsun Swimming Society	M280	A	NT
2	New Water Polo Club	M280	A	NT
3	Sword Fish Club	M280	A	NT

**320-359**

1	Sword Fish Club	M320	A	NT
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**Event 10 Women 200 LC Meter Freestyle Relay**

<b>100-119 MSR:</b>	<b>1:58.55</b>
<b>120-159 MSR:</b>	<b>1:52.19</b>
<b>160-199 MSR:</b>	<b>1:54.00</b>
<b>200-239 MSR:</b>	<b>2:02.69</b>
<b>240-279 MSR:</b>	<b>2:34.06</b>
<b>280-319 MSR:</b>	<b>2:42.61</b>
<b>320-359 MSR:</b>	<b>3:43.13</b>

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
<b>100-119</b>			
1	Fastlane Swimming	W100 A	NT
<b>120-159</b>			
1	Kwan Hung Swimming Club	W120 A	1:58.00
2	Ladies' Recreation Club	W120 A	NT
3	Sword Fish Club	W120 A	NT
4	Hong Kong Football Club	W120 A	NT
5	Fastlane Swimming	W120 A	NT
<b>160-199</b>			
1	Kowloon Tong Club	W160 A	2:10.35
2	Ladies' Recreation Club	W160 A	NT
3	New Water Polo Club	W160 A	NT
4	South China Athletic Assn	W160 A	NT
5	Sword Fish Club	W160 A	NT
6	Hong Kong Football Club	W160 A	NT
7	Fastlane Swimming	W160 A	NT
<b>200-239</b>			
1	Hoi Fung Swimming Club	W200 A	2:18.05
2	Tung Sing Athletic Association	W200 A	2:40.00
	1) Chiu, Pauline W64	2) Ng, Kong Ching W61	3) Zou, Shengling W55
			4) Wang, Ying Lian W54
3	Ladies' Recreation Club	W200 A	NT
4	New Water Polo Club	W200 A	NT

## 2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026

## Psych Sheet

## 200-239... (Event 10 Women 200 LC Meter Freestyle Relay)

5	Sword Fish Club	W200	A	NT
6	Hong Kong Football Club	W200	A	NT
7	Fastlane Swimming	W200	A	NT

## 240-279

1	Ladies' Recreation Club	W240	A	NT
2	Lai Tsun Swimming Society	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 11 Men 800 LC Meter Freestyle

18-24 MSR: 8:53.89

25-29 MSR: 10:07.05

30-34 MSR: 9:43.41

35-39 MSR: 9:28.64

40-44 MSR: 9:30.23

45-49 MSR: 9:28.79

50-54 MSR: 10:10.61

55-59 MSR: 10:34.14

60-64 MSR: 11:32.19

65-69 MSR: 12:19.01

	ID#	Name	Age	Team	Seed Time
<b>18-24</b>					
1	56623 @^IM	Wen, Tianlang	21	New Water Polo	11:40.00
2	58321 IAZ	Lo, Tsz Lam	19	Diocesan School	14:25.00
3	24053 B	Po, Hin Hang	23	Kwan Hung	NT
<b>25-29</b>					
1	17764 IAZ	Wong, Ka Ho Jonathan	26	Barracuda	12:00.00
2	23835 IAZ	Cheuk, Long Hin	28	Juan Hua Club	14:25.00
3	17034 IAZ	Yeung, Yue Hin Gerry	29	Juan Hua Club	14:25.00
4	40333 IAZ	Lam, Pak Lai	29	Flying Fish	15:00.00
<b>30-34</b>					
1	43276 ICO	Gattegno, Julien	34	Fastlane Swimming	10:00.00
2	52752 @ICO	Hardy-Lachance, Thierry	34	Fastlane Swimming	14:00.00
3	04637 IBZ	Kwan, Yui Hang	33	Current Club Ltd	14:33.00
4	23695 IAZ	Lee, Michael Le Jin	31	Current Club Ltd	14:33.00
5	47043 IAZ	Lam, Pak Lun	32	Flying Fish	15:00.00
<b>35-39</b>					
1	45108 ICO	MC Hugh, Darren Pascal	39	HK Football Club	10:10.00
2	10309 IBZ	Leung, Chin Fung	37	HK Football Club	10:20.00
3	33387 IAO	Wu, Kenneth Yee Lok	35	Sword Fish Club	12:45.00
4	42848 P	Li, Yuhui	37	Sword Fish Club	14:30.00
5	30235 IAZ	Cheng, Hang Man	37	Hoi Fung	NT
<b>40-44</b>					
1	44769 ICO	Sharp, Braedon	43	HK Football Club	10:06.00
2	12176 ICZ	Ng, Siu Yu	44	Sword Fish Club	12:45.00
3	05179 ICZ	Wan, Chun Pong Michael	42	Fastlane Swimming	14:30.00
4	52800 IAZ	Lam, Kun Lei	44	Juan Hua Club	14:54.00
5	54712 IAO	Tham, Edmund	44	Fastlane Swimming	16:00.00

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Psych Sheet

45-49... (Event 11 Men 800 LC Meter Freestyle)

1	27471 ICO	Nortje, Craig Andrew	48 RippleFly Swim Ltd	10:00.00
2	16451	Cheng, Ngai Bun	48 Kwun Tong	13:00.00
3	27133 IAZ	Poon, Man Chun	45 Wong Tai Sin	14:13.74
4	55771 @IM	Huang, Zhangyin	47 Sword Fish Club	14:30.00
5	49027 IAZ	Ng, Fung Kei	46 Sword Fish Club	14:30.00
6	48820 IAZ	Lam, Pei Tim	45 LRC	15:31.00

50-54

1	46165 @ICO	Waters, Andrew Allan	52 AVO	10:10.61
2	46505 IAZ	Chang, Lambert Jen Hsiung	51 Fastlane Swimming	12:00.00
3	28849 IAZ	Chan, Chun Kuen	51 Sword Fish Club	12:45.00
4	51233 @^IM	Ou, Enjian	52 Sword Fish Club	12:45.00
5	27868 IAZ	Chan, Chi Wah Ringo	54 Sword Fish Club	12:50.00
6	03372	Lau, Allan	53 Sword Fish Club	15:00.00
7	52883 IAZ	Lo, Fu Fui Frankie	51 Win Tin	15:12.43
8	50510 @^IM	Ye, Qiang	51 Sword Fish Club	15:50.00

55-59

1	05138	Lanzone, Francesco	58 Barracuda	10:45.00
2	10264 IAO	Faiola, Jeff Alan	55 Island Stingrays	11:00.00
3	41548 IAZ	Ip, Ka Keung Patrick	58 HK Football Club	12:00.00
4	24606 IAZ	Tsang, Hin Lap	55 Flying Fish	13:22.77
5	52275 @^IM	Shan, Jinzhi	58 Sword Fish Club	15:00.00
6	53271 @^IM	Chen, Weizhong	57 New Water Polo	15:30.00
7	05139	Lin, Fulong	59 Flying Fish	NT

60-64

1	51228 @^IM	Cui, Xiaobin	63 Sword Fish Club	7:48.00
2	22512 ICO	Kehoe, Andrew John	61 LRC	12:13.34
3	26594 IAZ	Ching, Wai Kin	62 Sword Fish Club	13:54.49
4	53581 IAO	Shi, Bertram Emil	60 Fastlane Swimming	14:30.00
5	15528	Tsui, Tak Shing Dominic	64 Fastlane Swimming	14:30.00
6	50485 @^IM	Chen, Shuquan	63 New Water Polo	16:30.00
7	29472 IAZN	Choi, Kwok Man Tony	60 Sword Fish Club	16:50.00

65-69

1	06256	Chan, Kwong Peter	65 Sea Green	13:50.00
2	52302 @^IM	He, Jiaming	69 New Water Polo	14:20.00
3	06237	Mok, Chu Piu	69 Lai Tsun	15:00.00
4	51238 IAZ	Cheung, Chi Ming	69 Sword Fish Club	15:55.00
5	15527	Zhou, Hao	68 Tung Sing	17:10.00
6	03215 #IAZ	Leung, Yiu Chuen	68 Tung Sing	18:10.00

70-74

1	06382	Chan, Kam Por	74 Sword Fish Club	14:20.00
2	52225 @^IM	Chen, Shengyou	70 New Water Polo	15:11.00
3	06239	Chan, King Yuen	71 Lai Tsun	16:20.00
4	26318	Suen, Chi Wing	72 Sword Fish Club	17:00.00

75-79

1	06268	Tse, Kwok Piu	75 Sword Fish Club	14:50.00
2	43979	Qi, Songhe	77 New Water Polo	16:30.00
3	23297 IAZ	Chan, Shing Chi	78 Lai Tsun	16:50.00
4	40518 IAZ	Liu, Wing Chiu	78 Tuen Mun	24:00.00

## 2025-26 Long Course Masters Swimming Comp P1 - 22/03/2026

## Psych Sheet

## Event 12 Women 800 LC Meter Freestyle

18-24 MSR: 10:22.03

25-29 MSR: 10:50.58

30-34 MSR: 10:15.91

35-39 MSR: 9:48.87

40-44 MSR: 9:42.82

45-49 MSR: 10:52.16

50-54 MSR: 11:48.01

55-59 MSR: 12:32.89

60-64 MSR: 13:07.73

65-69 MSR: 13:11.38

	ID#	Name	Age	Team	Seed Time
<b>25-29... (Event 12 Women 800 LC Meter Freestyle)</b>					
1	26980 IAZ	Wong, Suet Wing	27	Dik Wing	11:41.10
2	57947 ICO	Ioda, Aliaksandra	28	LRC	16:21.00
<b>30-34</b>					
1	18350 IAZ	Lam, Nga Yin Eunice	30	Fastlane Swimming	16:00.00
2	54108 IAZ	Ng, Esther Ching Hay	32	Fastlane Swimming	16:00.00
<b>40-44</b>					
1	52770 IAO	Sjoholm, Ingrid Christina	40	HK Football Club	15:00.00
2	50839 @^IM	Zhuo, Enqi	42	Tuen Mun	NT
<b>45-49</b>					
1	49442 IAZ	Chan, Yuk Man Phoebe	47	Sword Fish Club	18:00.00
<b>50-54</b>					
1	36785 IAZ	Inglis, Alexandra Sinead	51	LRC	14:22.59
2	28770 IAZ	Cromwell, Nicole Samantha	54	LRC	14:44.15
3	06315	Chan, Sui Yee	50	LRC	14:48.08
4	38302 IAZ	Cheung, Man Ling Melody	54	Lai Tsun	15:00.00
5	35969 IAX	Wang, Ying Lian	54	Tung Sing	16:45.00
6	52278 @^IM	Mo, Yanfei	50	Sword Fish Club	19:50.00
<b>55-59</b>					
1	31395 IAZ	Chan, Pui Ling	56	Flying Fish	14:27.03
2	43977	Lin, Zihe	57	New Water Polo	15:00.00
3	36045 IAZN	Hsu, Ava	59	LRC	16:19.02
4	40912 IAZ	Ng, Yee Ling	55	Tolo Harbour	19:00.00
5	52764 @ICO	Schoening Naujoks, Mirjam Be	56	LRC	20:49.00
<b>60-64</b>					
1	51472 @IM	Pang, Yunxiao	62	New Water Polo	15:00.00
2	52222 @^P	Wang, Min	64	Sword Fish Club	17:00.00
<b>65-69</b>					
1	49914 @IAXB	Ng, Yee Man	67	New Water Polo	16:00.00
2	43980	Zhang, Jun	68	New Water Polo	19:30.00
<b>70-74</b>					
1	52109 @^IM	Wang, Yan	70	Sword Fish Club	13:50.00