



第36屆中國香港大專體育協會越野賽

THE 36TH USFHK CROSS COUNTRY RACE

23 NOVEMBER 2025 (SUNDAY)

8:15am-12:30pm

Campus of The Chinese University of Hong Kong

(Start and Finish: Sir Philip Haddon-Cave Sports Field, CUHK)



The 36th USFHK CROSS COUNTRY RACE



Event Order

- | | | |
|--------------------------------------|---|----------|
| 1、 Venue Opening Time | : | 7:00 AM |
| 2、 School Entry Time | : | 7:05 AM |
| 3、 Start of Women's Roll Call | : | 7:55 AM |
| 4、 End of Women's Roll Call | : | 8:10 AM |
| 5、 Women's Race Start Time | : | 8:15 AM |
| 6、 Start of Men's Roll Call | : | 8:55 AM |
| 7、 End of Men's Roll Call | : | 9:10 AM |
| 8、 Men's Race Start Time | : | 9:15 AM |
| 9、 Award Ceremony & Closing Ceremony | : | 10:30 AM |

- 1) Acknowledgments
- 2) Souvenirs Presentation
- 3) Awards Presentation



The 36th USFHK CROSS COUNTRY RACE

Organizing Committee Members

Chairperson:	Mr. HUI Ka Kit	The Chinese University of Hong Kong	
Committee Members :	Mr. Matthew Yip	City University of Hong Kong	
	Mr. CHENG, Ho Kwan	Hong Kong Baptist University	
	Ms. LUK Ka Ying	Hong Kong Chu Hai College	
	Ms. WONG Jojo	Hong Kong Metropolitan University	
	Ms. LEE Wah Oi	Hong Kong Shue Yan University	
	Mr. YIP Nga Wing	Lingnan University	
	Mr. Lee Chi Ho	The Education University of Hong Kong	
	Ms. WU Ching Yi Jenny	The Hang Seng University of Hong Kong	
	Mr. Stephen LIU	The Hong Kong Polytechnic University	
	Mr. Derek CHAN	The Hong Kong University of Science and Technology	
	Mr. YU Wing Ho Chris	The University of Hong Kong	
	Mr. KO Ying Wai	Vocational Training Council	
	Mr. CHAU Wai Po	The Chinese University of Hong Kong	



The 36th USFHK CROSS COUNTRY RACE

~ Guest of Honor ~

Mr. Tony YUE, BBS, MH, JP

***** Honorary President of The University Sports
Federation of Hong Kong, China Limited *****

~ Appeals Committee ~

Ms. MAK Ka Yee

***** Chair of the Executive Committee of The
University Sports Federation of Hong Kong, China
Limited *****

Mr. HO Wai Keung

***** Executive Committee of The University Sports
Federation of Hong Kong, China Limited *****

Mr. YAU Wing Keung

***** IAAF Level 1 Technical Official *****

***** IAAF Level 5 Coach *****



Technical Officials and Staff

Chairperson	: 36th USFHK Cross Country Race Organizing Committee
Chief Referee	: Mr. YAU Wing Keung Lai Chun Suen ZHENG Wei Cheng (CUHK)
Venue/ Equipment	: Sir Philip Haddon-Cave Sports Field (CUHK) CHAN wing sum Choi Man Chiu Tim Pang Chi Lok Pang Ho Ching Ng Cheung Hin HO KA HEI (CUHK)
Chief judge (Finishing)	: Mr. Gordis Yau (CityU) LEE Shun Keung NG Tin Ying ZHOU Xingbei WONG Yi Fei Abby (CUHK)
Starting Official	: Mr. Stephen LIU (PolyU) Gee Sze Hanf ZHUANG Chung Lung WONG Tsz Lam (CUHK)
Announcer Recorder	: Mr. HUI Kakit Mr. CHAU Wai Po (CUHK) LIU Jiayan KU Wing Nam KWONG Yuk Lam (CUHK)
Price Presentation & Reception	: Ms. LUK Ka Ying (HKCHC) LEUNG Bibi CHAN ka ying OR Yi Tung LEUNG Tsz Chai OR Ching Man (CUHK)
Emcee	: WU Yi LAM (CUHK) IO Wing Ying ZHOUTsz Yu (CUHK)
Chief Recorder	: Mr LEE Chi Ho(EDU) POON Hiu Lam CHENG Pui Hong YUM Ka Chun (EDU)
Water Station Management	: MR. KO Ying Wai (VTC) LEUNG Kin Pan LAW Man Him YU Chun Yeung TSE Chun To CHEUNG Tsz Tsun CHENG King Hin CHENG Shun Kiu Ian LEE Yi Lam TSO Ho Ching NG Wing Yiu (CUHK)
Track Management	: Mr. YU Wing Ho Chris (HKU) LEUNG Yiu Tin LEUNG Shun Hei LEUNG Lok Ching SO Siu Wai CHAN Kai Wing TSOI Man Yui TANG Chun Ki CHU Hoi Tung Sharon WOO On Kei Phoebe LIN Jianfeng LI Ching Tat YU Yangye WANG Silu LI Jingyi ZHANG Luzhe HUANG Wanru (HKU)
General Affairs	: Mr. Derek CHAN (UST) MIAO Wai Ching FUNG Lai Yan CHU Paak Yin CHEUNG Hon Man TO Pak Ho CHAN Cheuk Hei (UST)
Logistics Management	: Ms. WONG Jojo (MU) KAM Doxa Hin Wing LEE Wo Hei LI Ming Hin TANG Ngai Pok WANG Bopeng YEUNG Ka Chun (MU)
Photography	: Ms. LEE Wah Oi (SYU) LIU, Wai Yip CEN, Qijun YEUNG, Tin Yan Grace (SYU)
Venue Management	: Mr. YIP Nga Wing (LU) AU Chun Hin CHAN Kok Lun KAM Siu Wo LAM Chi Fung LAM Man Kei TO Cheuk Kin TO Ting Lai CHAN Man Yuet CHEUNG Yau Hei KWONG Man Kuen (CUHK)
First Aid	: Mr. CHENG, Ho Kwan (HKBU) CHONG Hei Yu TING Yau Elsdon ZHANG Shengzhe LIU Tsz Wai (HKBU)
Timing System	: Ms. WU Ching Yi Jenny (HSUHK) & ChampionChip HK LYU Zhuoran ZHAO Boxiang (HSUHK)
Traffic Control	: Security Office, CUHK



Competition Rules

1. Competition System

- (a) Each institution can register one team for men and women.
- (b) Each team can have up to ten participants.
- (c) If a team has fewer than 6 registered or finishing members, only individual results will be counted.

2. Competition Rules

Except as specified by the organizing committee, all other rules follow the latest rules from the Hong Kong Athletics Association and the World Athletics Federation (as of September of the year).

3. Point Scoring System

- (a) Each team can send ten participants, only the scores of the first six to finish will count.
- (b) Scoring: the first place earns 1 point, second place earns 2 points, and so on. The team with the lowest total score from the first six finishers wins.
- (c) A team must have six finishers to calculate team results.
- (d) In case of a tie, the team with the closest ranks of the first and sixth finishers wins.
- (e) If two or more athletes finish simultaneously and cannot be separated, their average score will be calculated.

4. Award

- (a) Award for the top four teams in men's and women's group competitions, with overall team awards for the top three.
- (b) Individual awards for the top three finishers in men's and women's individual competitions, with the champion named the Most Valuable Athlete of the year.

5. Referees

Referees and staff will be appointed by the organizing committee.

6. Disqualification

- (a) Athletes who fail to complete the registration process by the official deadline will be disqualified (as indicated by the venue clock).
- (b) Any disputes during the competition will be resolved by the technical official, and the competition must continue. Athletes or teams that withdraw will be disqualified.

7. Protests and Appeals

Any appeals must be submitted in writing and within 30 minutes after the announcement of results, signed by the board or executive committee member of the institution, along with a deposit of HKD \$3000. The committee will decide within 30 minutes of receiving the appeal, and this decision is final. If the appeal is upheld, the deposit will be refunded.



8. **Adverse Weather**

The organizing committee has the right to decide whether to hold the event in case of inclement weather on the day of the competition.

9. **Supplementary Provisions**

The organizing committee unit may revise these regulations as necessary, subject to approval by the executive committee of the university.

Athletes Guidelines

1. Athletes who have not arrived at the gathering point by the end of the gathering time will be disqualified.
Women: Roll Call Time: 7:55 AM – 8:10 AM
Men: Roll Call Time: 8:55 AM – 9:10 AM
2. Other non-participants must not enter the competition area to avoid disrupting the event.
3. Participants must not receive any assistance during the race, such as outside pacing. Otherwise, their eligibility may be revoked.
4. Participants must prioritize their personal safety during the competition.
5. Spectators and supporters must not enter the racetrack or emergency vehicle lanes and should observe from the pedestrian path next to these lanes. If complaints are received and verified, the institution may be disqualified.

~ Race Course ~

Women's Group

The women's race will take place around the campus of The Chinese University of Hong Kong, covering 4.6 kilometers. The race starts at the 1500-meters starting mark of the Sir Philip Haddon-Cave Sports Field, running approximately 400 meters before exiting, passing through Campus Circuit East, Campus Circuit North, Campus Circuit East, Ambulance station and water station, Residence Road, University Avenue, Central Avenue, turning into Campus Circuit East. After entering through the gate, run approximately 300 meters in the sports field and finish by crossing the 100-meter finish line.

Men's Group

The men's competition will take place around the campus of The Chinese University of Hong Kong, covering 5.5 kilometers. The race starts at the 1500-meters starting mark of the Sir Philip Haddon-Cave Sports field, running approximately 400 meters before exiting, passing through Campus Circuit East, Campus Circuit North, Campus Circuit West, ambulance station and water



station, Residence Road, and turning into United Road, running clockwise around New Asia College, then proceeding along New Asia Road, Central Avenue, University Avenue, turning into Campus Circuit East. After entering through the gate, run approximately 300 meters in the sports field and finish by crossing the 100-meter finish line.

Water Stations:

- Two water station will be set up along the course.

Water Station ① - Located at Campus Circuit West (Near the main entrance of Wu Yee Sun College)

Water Station ② - Located at New Asia College (Intersection of New Asia College and New Asia Road)

Ambulance Station:

- Two ambulance stations will be set up along the course.

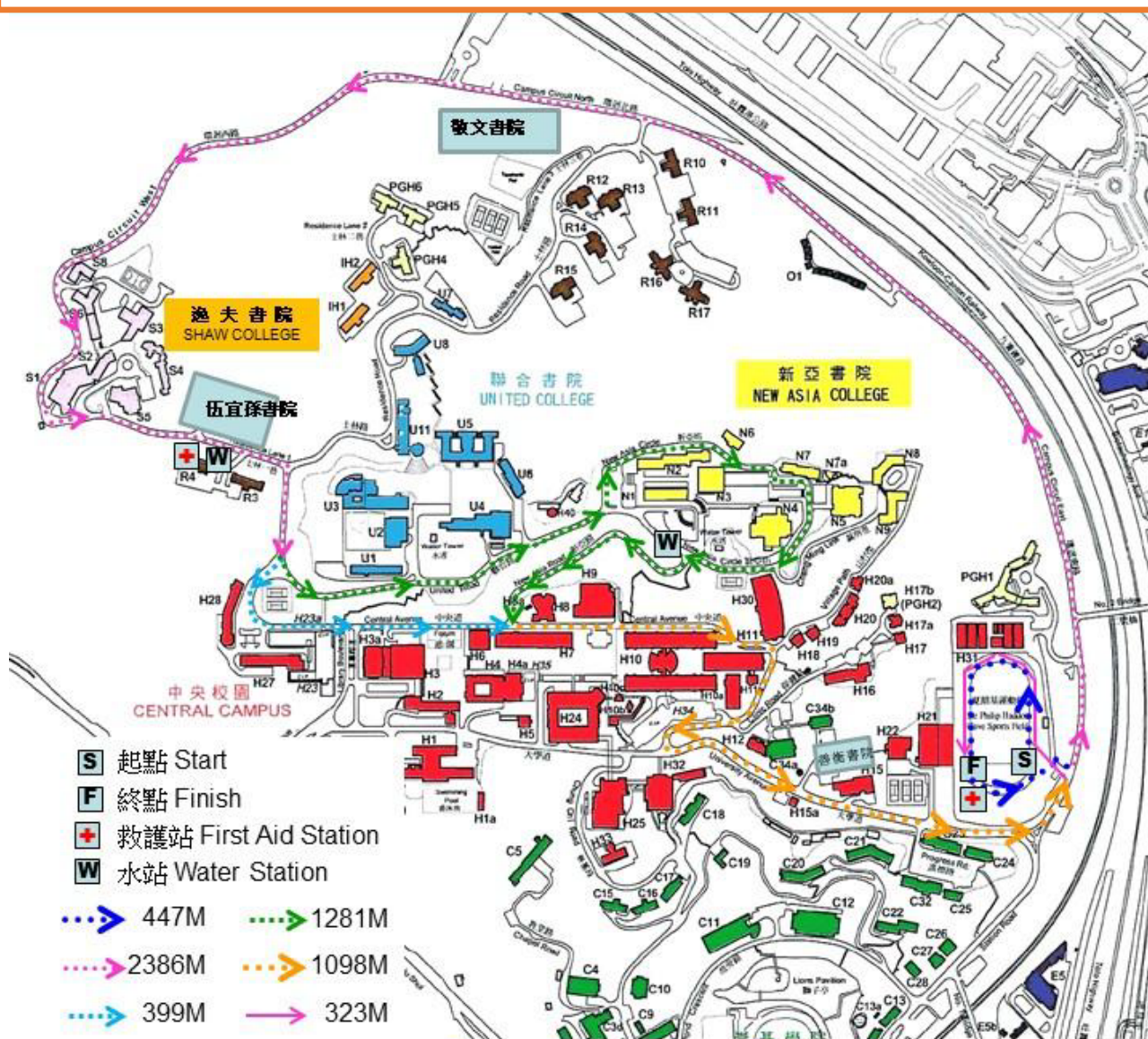
Ambulance Station ① - Located at Campus Circuit West (Near the main entrance of Wu Yee Sun College)

Ambulance Station ② - Located at the finishing point (Inside Sir Philip Haddon-Cave Sports Field)

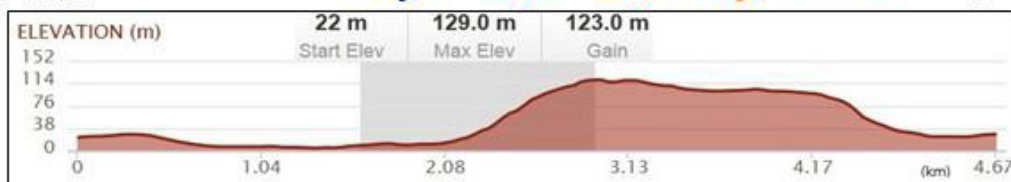
(The CUHK Security Team will arrange vehicles to follow the last athlete until they finish the race.)

Electronic Timing Checkpoints: Located at New Asia College and the finish line (Inside the Sir Philip Haddon-Cave Sports Field).

The 36th USFHK Cross Country Race 2025-2026 【Competition Route Map】



女子路線 Route for Women : 447M + 2386M + 399M + 1098M + 323M = 4,653M



男子路線 Route for Men : 447M + 2386M + 1281M + 1098M + 323M = 5,535M





Participating Institutions and Bib Number

<div><div>Group</div><div>Institute</div></div>	Women's Group		Men's Group	
	Athletes Bib No.	Participant	Athletes Bib No.	Participants
City University of Hong Kong	F0101 – F0110	10	M0101 – M0110	10
Hong Kong Baptist University	F0201 – F0210	10	M0201 – M0210	10
Hong Kong Chu Hai College	----	0	-----	0
Hong Kong Metropolitan University	-----	0	M0401 – M0410	10
Hong Kong Shue Yan University	-----	0	M0501 – M0503	3
Lingnan University	F0601 – F0602	2	M0601 – M0610	10
The Chinese University of Hong Kong	F0701 – F0710	10	M0701 – M0710	10
The Education University of Hong Kong	F0801 – F0809	9	M0801 – M0810	10
The Hang Seng University of Hong Kong	-----	0	M0901 – M0907	7
The Hong Kong Polytechnic University	F1001 – F1010	10	M1001 – M1010	10
The Hong Kong University of Science and Technology	F1101 – F1107	7	M1101 – M1110	10
The University of Hong Kong	F1201 – F1210	10	M1201 – M1210	10
Vocational Training Council	F1301 – F1302	2	M1301 – M1310	10
Total no. of competitors	70		110	
Total no. (Boy & Girls)	180			



Women's Group Start List

Competition Time: 8:15a.m. (Roll Call Time: 7:55-8:10a.m.)

Starting Point: Sir Philip Haddon-Cave Sports field, CUHK

Competitors: 70

Lane 1		Lane 2		Lane 3		Lane 4	
The University of Hong Kong		City University of Hong Kong		The Hong Kong Polytechnic University		Hong Kong Baptist University	
Coach: 陳家豪		Coach:: 呂慧敏		Coach: 雷德怡、區嘉倫		Coach: 江習文	
F1201	Cheung Cheuk Yin Tammy	F0101	Cheung Ka Yin	F1001	Wong Tsoi Ching	F0201	Ng Wing Yan
F1202	Ng Cherry Cheuk Yu	F0102	Lau Ho Ching	F1002	Leung Fuk Yee	F0202	Leung Hei Chi
F1203	Chau Lok Nicole	F0103	Lung Tsz Ching	F1003	Lai Yi Lam	F0203	Yip Ka Lam
F1204	Chow Wing Lam	F0104	Lo Lok Yi	F1004	Cheung Hoi Lam	F0204	Cheung Yi Yun
F1205	Lam Hoi Ching	F0105	Lam Ho Yan	F1005	Wat Yu Kei	F0205	Wong Jacy
F1206	Wong Wan Ki	F0106	Lau Ks Yin Kylie	F1006	Lui Yan Tung	F0206	Sung Pui Yan
F1207	Xu Jiaxin	F0107	Shen Tong	F1007	Siu Pui Yuet	F0207	Chui Yee Ching
F1208	Yau Man Hei Meri	F0108	Fassina Marta Alessandra	F1008	Yiu Yiu	F0208	Yu Cheung Ying
F1209	Yiu Nam	F0109	Cheng Chen Daniela	F1009	Tam Hiu Ching	F0209	Cheung Cheuk Lam
F1210	Zheng Qian	F0110	Kristina Winkler	F1010	Wong Ching Yu	F0210	Wong Ying Hei
Lane 5		Lane 6		Lane 7		Lane 8	
The Hong Kong University Science and Technology		Vocational Training Council		Lingnan University		The Education University of Hong Kong	
Coach: Choi Tat Ming		Coach: 姜敬華/ Khan Muhammad		Coach: 吳嘉諾		Coach: 李昇鴻	
F1101	Ip Wai Kei Vickie	F1301	Hung Hoi Shan	F0601	Lau Ching Ho	F0801	Ng Wai Yan
F1102	Kwan Yi Yan	F1302	Yau Wing Hei	F0602	Zhu Lu Yi	F0802	Lam Wing Yan
F1103	Chan Dong Ching					F0803	Vastola, Georgina Mai
F1104	Rosen, Charlotte Christine Thoenes					F0804	Poon Yin Ting
F1105	Siu Cheuk Yin Cheryl					F0805	Yeung Pui Pui
F1106	Cheung Pak Yiu					F0806	Hau Ka Wai
F1107	Goetz Belinda Maria					F0807	Tang Yuen Shuen
						F0808	Cheung Hiu Ching
						F0809	Chiu Tsz Man Vanessa
Lane 9							
The Chinese University of Hong Kong							
Coach: 張嘉儀							
F0701	Wong Hiliary						
F0702	Kwong Tsz Yu						
F0703	Kwok Sze Ming						
F0704	Cheng Yan Ching						
F0705	Lam York Tin						
F0706	Choy Shing Yan						
F0707	Wong Jit						
F0708	Leung Cheuk Yan						
F0709	Wong Tsan Mei						
F0710	Lee Tsz Tung						











Men's Group Start List

Competition Time: 9:15a.m. (Roll Call Time: 8:55-9:10a.m.)

Starting Point: Sir Philip Haddon-Cave Sports field

Competitors: 110

<div>Lane 1</div> <div>The Education University of Hong Kong</div> <div></div>	<div>Lane 2</div> <div>Vocational Training Council</div> <div></div>	<div>Lane 3</div> <div>Lingnan University</div> <div></div>	<div>Lane 4</div> <div>The Chinese University of Hong Kong</div> <div></div>																																																																																				
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<div>Coach: 葉富生</div> <table><tr><td>M0101</td><td>BHOVARAHAN Vaibhav</td></tr><tr><td>M0102</td><td>Lo Chun Yin</td></tr><tr><td>M0103</td><td>Cheung Yu Curtis</td></tr><tr><td>M0104</td><td>He Jingwu</td></tr><tr><td>M0105</td><td>Ho Kwan Hoi</td></tr><tr><td>M0106</td><td>Tsoi Yu Chun</td></tr><tr><td>M0107</td><td>CLAVURIER Clement Adrien Jean</td></tr><tr><td>M0108</td><td>Tsang Ka Tim</td></tr><tr><td>M0109</td><td>ABDALI Muhammad Asadohoo</td></tr><tr><td>M0110</td><td>Chan Yin Cheung</td></tr></table>	M0101	BHOVARAHAN Vaibhav	M0102	Lo Chun Yin	M0103	Cheung Yu Curtis	M0104	He Jingwu	M0105	Ho Kwan Hoi	M0106	Tsoi Yu Chun	M0107	CLAVURIER Clement Adrien Jean	M0108	Tsang Ka Tim	M0109	ABDALI Muhammad Asadohoo	M0110	Chan Yin Cheung	<div>Coach: 汪習文</div> <table><tr><td>M0201</td><td>Ng Cheuk Fung</td></tr><tr><td>M0202</td><td>Lo Lok Yin</td></tr><tr><td>M0203</td><td>Lin Chong Lok</td></tr><tr><td>M0204</td><td>Yu Cheuk Hei</td></tr><tr><td>M0205</td><td>Lau Tsun Hei</td></tr><tr><td>M0206</td><td>Lai Yiu Man</td></tr><tr><td>M0207</td><td>Huang Zifeng</td></tr><tr><td>M0208</td><td>Yip Chun Kiu</td></tr><tr><td>M0209</td><td>Tsang Wai Chun</td></tr><tr><td>M0210</td><td>Lai Cheuk Fai</td></tr></table>	M0201	Ng Cheuk Fung	M0202	Lo Lok Yin	M0203	Lin Chong Lok	M0204	Yu Cheuk Hei	M0205	Lau Tsun Hei	M0206	Lai Yiu Man	M0207	Huang Zifeng	M0208	Yip Chun Kiu	M0209	Tsang Wai Chun	M0210	Lai Cheuk Fai	<div>Coach: 李華愛</div> <table><tr><td>M0501</td><td>Chan Ho</td></tr><tr><td>M0502</td><td>Tse Wang Ho Romeo</td></tr><tr><td>M0503</td><td>Ko Shun</td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr></table>	M0501	Chan Ho	M0502	Tse Wang Ho Romeo	M0503	Ko Shun															<div>Coach: 郭漢桂</div> <table><tr><td>M0401</td><td>Hui Kwok On</td></tr><tr><td>M0402</td><td>Lok Cho Sun</td></tr><tr><td>M0403</td><td>Yeung Ka Ho</td></tr><tr><td>M0404</td><td>Wong Ho Man</td></tr><tr><td>M0405</td><td>Lao Yin Hung</td></tr><tr><td>M0406</td><td>Chau Ngai Lam Iden</td></tr><tr><td>M0407</td><td>Chu Man Wai</td></tr><tr><td></td><td></td></tr><tr><td>M0408</td><td>Chan Wing Yan</td></tr><tr><td>M0409</td><td>Lee Man Hin</td></tr><tr><td></td><td></td></tr><tr><td>M0410</td><td>To Ming Chun Andrew</td></tr></table>	M0401	Hui Kwok On	M0402	Lok Cho Sun	M0403	Yeung Ka Ho	M0404	Wong Ho Man	M0405	Lao Yin Hung	M0406	Chau Ngai Lam Iden	M0407	Chu Man Wai			M0408	Chan Wing Yan	M0409	Lee Man Hin			M0410	To Ming Chun Andrew
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Lane 9

The University of Hong Kong



Coach: 陳家豪	
M1201	Leung James
M1202	Lin Long Ki
M1203	Khan Muzammil
M1204	Lau Chun Hei
M1205	Lau Ho Yin
M1206	Lau Siu Chun
M1207	Leung Lok Yin
M1208	Tan James Alexander Ming-fai
M1209	Tse Yi
M1210	Zhou David

Lane 10

The Hang Seng University of Hong Kong



Coach: 司徒伯明	
M0901	Kong Chi Hong
M0902	Lau Hiu Long
M0903	Ho Yu Hin
M0904	Yani Mohamed, Ibrahim, Mohamed Mohideen
M0905	Zhou Yi
M0906	Wong Yan Hin
M0907	Wang Anshi

Lane 11

The Hong Kong Polytechnic University



Coach: 雷德怡、區嘉倫	
M1001	Tse Chun Yin
M1002	Cheung Yiu Wai
M1003	Yip Tak Long
M1004	Ruddell Jonte Li
M1005	Yip Tsz Hin
M1006	Cheuk Kai Lim
M1007	Zeng Tsz Shing
M1008	Ku Chi Wang
M1009	Chow Hiu Tin
M1010	Cheng Cheuk Kong

Lane 12






















The Hong Kong University of Science and Technology



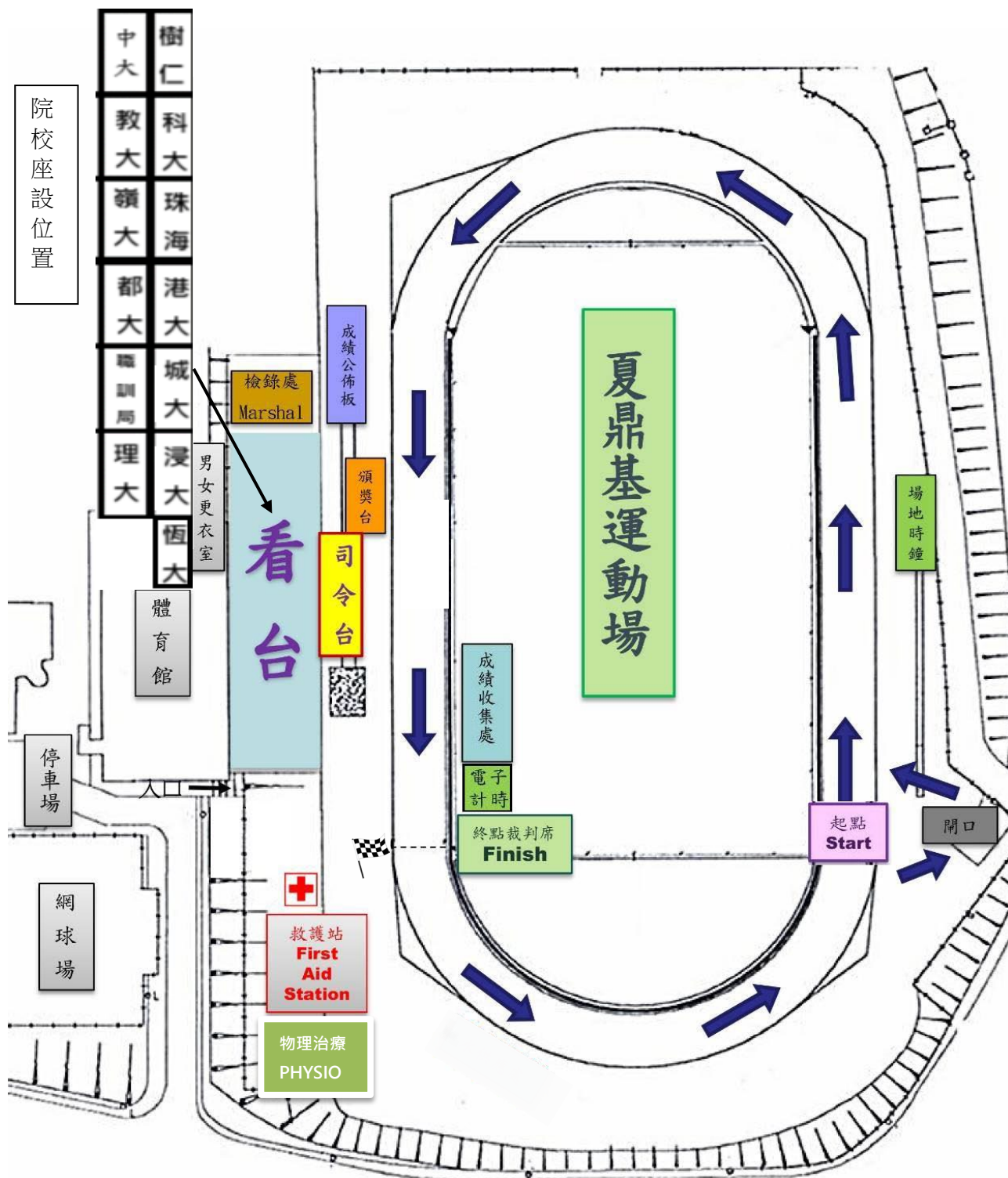
Coach: Choi Tat Ming	
M1101	BIJU NARAYANAN, Karan
M1102	Hardcastle, Jason Ng Tai Long
M1103	Lam Kwan Yui
M1104	Liu Sung Him Joseph
M1105	So Hayden
M1106	Chan Tsz Hei
M1107	Tang Micheal
M1108	Xin Zehui
M1109	Cai Silin
M1110	Lee Cheuk Yin



Lane Order

Girl's Group Lane		Lane	Men's Group Lane	
	The University of Hong Kong	1	The Education University of Hong Kong	
	City University of Hong Kong	2	Vocational Training Council	
	The Hong Kong Polytechnic University	3	Lingnan University	
	Hong Kong Baptist University	4	The Chinese University of Hong Kong	
	The Hong Kong University of Science and Technology	5	City University of Hong Kong	
	Vocational Training Council	6	Hong Kong Baptist University	
	Lingnan University	7	Hong Kong Shue Yan University	
	The Education University of Hong Kong	8	Hong Kong Metropolitan University	
	The Chinese University of Hong Kong	9	The University of Hong Kong	
		10	The Hang Seng University of Hong Kong	
		11	The Hong Kong Polytechnic University	
		12	The Hong Kong University of Science and Technology	

The 36th USFHK Cross-Country Race
Sir Philip Haddon-Cave Sports Field, CUHK



Acknowledgments

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Mr. YONG Chi Fung

(Council Secretary of The University Sports Federation of Hong Kong, China Limited)
(Chairperson of the University Games Committee)

Ms. MAK Ka Yee, Elaine

(Chairperson of the Executive Committee of The University Sports Federation of Hong Kong, China Limited)

Dr. LEUNG Fung Lin, Elean

(Council Member of The University Sports Federation of Hong Kong, China Limited)

Physical Education Unit, CUHK

Security Office, CUHK

Sir Philip Haddon-Cave Sports Field, CUHK

All Technical Officials and Staff

All Participating Athletes and Coaches