



MIDDLE ISLAND CHALLENGE

3800M RECORD HOLDER 紀錄保持者 2018 - 2025

MALE 男子

2023	12 - 15	Ho Yin KWAN Riverside Swimming Club	52:42.4
2023	16 - 19	Lok Hei TSANG HVAA	46:25.9 CR
2019	20 - 29	James TAN 26 Coaching	48:18.0
2024	30 - 39	Chun Hin Sampras HUI LOYAUSWIM 慈游團	52:25.4
2024	40 - 49	Craig NORTJE HKFC Swim & Triathlon	48:33.3
2024	50 - 59	Francesco LANZONE 26 Coaching	49:22.1
2024	60 - 75	Alec STUART Southside Swimming H.K.	1:01:04.3

FEMALE 女子

2025	12 - 15	Joowon Angela LEE	1:21:14.7
2018	16 - 19	Waris MILLS	52:41.9
2024	20 - 29	Hoi Yan LEUNG No Limits Coaching HK	1:00:17.8
2024	30 - 39	Kathriana MELLA Millennium Aquatic	49:34.6 CR
2024	40 - 49	Ka Wing WU	57:15.8
2018	50 - 59	Jessica MCCARROLL	1:03:11.7
2025	60 - 75	Judy CHAN 26 Coaching	1:22:28.9