

# World Heart Day 2025-26

Date: 11 Jan 2026

## 10公里個人組-男子青年組 Male Youth

Rank	Category	Bib	Name	姓名	Official Time
1	10KM Individual Run - Male Youth	1289	Wong Man Hang	黃敏行	0:39:56
2	10KM Individual Run - Male Youth	1285	Jung Yu Hin	鍾宇軒	0:58:56
3	10KM Individual Run - Male Youth	1291	wong Chun sing	黃鎮星	1:00:03

## 10公里個人組-男子青壯組 Male Dynamic

Rank	Category	Bib	Name	姓名	Official Time
1	10KM Individual Run - Male Dynamic	H2549	Lau Chun Him	劉俊謙	0:35:37
2	10KM Individual Run - Male Dynamic	H2516	Lee Kam Sing		0:38:52
3	10KM Individual Run - Male Dynamic	1089	So Chak Fai	蘇澤暉	0:42:03

## 10公里個人組-男子壯年組 Male Prime

Rank	Category	Bib	Name	姓名	Official Time
1	10KM Individual Run - Male Prime	T2039	Wong Yip Pok		0:38:24
2	10KM Individual Run - Male Prime	H2522	So Yu Fai Benjamin	蘇宇暉	0:38:52
3	10KM Individual Run - Male Prime	H2521	Un Ka Chun	阮嘉駿	0:39:46

## 10公里個人組-男子中堅組 Male Core

Rank	Category	Bib	Name	姓名	Official Time
1	10KM Individual Run - Male Core	1052	Kwok Wai Kin	郭偉建	0:38:19
2	10KM Individual Run - Male Core	H2528	YAM Ka Keung	任家強	0:38:29
3	10KM Individual Run - Male Core	T2036	Lau Chun Ki		0:39:34

## 10公里個人組-男子盛年組 Male Master

Rank	Category	Bib	Name	姓名	Official Time
1	10KM Individual Run - Male Master	1215	Chan Chi Kit	陳志傑	0:39:28
2	10KM Individual Run - Male Master	1207	Ngai Wai Lun	倪偉倫	0:39:39
3	10KM Individual Run - Male Master	1226	Ho Yuet Ming	何鉞明	0:43:07

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10公里個人組-男子樂齡組 Male Evergreen

Rank	Category	Bib	Name	姓名	Official Time
1	10KM Individual Run - Male Evergreen	1139	Cheuk Hon Kau	卓漢球	0:39:41
2	10KM Individual Run - Male Evergreen	1154	Tam Yin hong	譚衍康	0:42:28
3	10KM Individual Run - Male Evergreen	1094	Cheung Kwong Ming	張光明	0:44:07

# World Heart Day 2025-26

Date: 11 Jan 2026

## 10公里個人組-女子青年組 Female Youth

Rank	Category	Bib	Name	姓名	Official Time
1	10KM Individual Run - Female Youth	1636	LAM O Ching	林奧晴	1:36:05
2	10KM Individual Run - Female Youth				
3	10KM Individual Run - Female Youth				

## 10公里個人組-女子青壯組 Female Dynamic

Rank	Category	Bib	Name	姓名	Official Time
1	10KM Individual Run - Female Dynamic	1538	LUI On Ni	雷安妮	0:51:20
2	10KM Individual Run - Female Dynamic	1545	Kwok Melody		0:53:17
3	10KM Individual Run - Female Dynamic	1543	WONG CHIN LENG	黃芊鈴	0:55:57

## 10公里個人組-女子壯年組 Female Prime

Rank	Category	Bib	Name	姓名	Official Time
1	10KM Individual Run - Female Prime	1619	Wong Mei yan		0:40:18
2	10KM Individual Run - Female Prime	1625	Lau Wing Tung		0:42:19
3	10KM Individual Run - Female Prime	H2520	Chan King Pui Florence	陳璟珮	0:46:40

## 10公里個人組-女子中堅組 Female Core

Rank	Category	Bib	Name	姓名	Official Time
1	10KM Individual Run - Female Core	1530	Leung Ho Yin	梁浩妍	0:45:44
2	10KM Individual Run - Female Core	1511	Lau Yan Yan	劉欣欣	0:47:27
3	10KM Individual Run - Female Core	1520	Wong Ka Lai		0:48:11

## 10公里個人組-女子盛年組 Female Master

Rank	Category	Bib	Name	姓名	Official Time
1	10KM Individual Run - Female Master	1589	Yeung Wai Ming	楊惠明	0:43:15
2	10KM Individual Run - Female Master	1596	Ng Man Ching		0:50:38
3	10KM Individual Run - Female Master	1584	Lam Yuk Lan Candy	林玉蘭	0:53:13