

# World Heart Day 2025-26

Date: 11 Jan 2026

Category Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
1	3KM Individual Run - Female Core	H4541		陳莉莉	0:14:13	0:14:12
2	3KM Individual Run - Female Core	3707	Lam Kit Yung		0:14:52	0:14:51
3	3KM Individual Run - Female Core	3714	Lam Ka Yee	林嘉儀	0:15:04	0:15:04
4	3KM Individual Run - Female Core	H4583	Leung Shiu Ping	梁笑萍	0:15:18	0:15:17
5	3KM Individual Run - Female Core	C4026	TANG Wing Yan	鄧穎欣	0:17:45	0:17:35
6	3KM Individual Run - Female Core	H4524	Shum Jannie Gem		0:18:18	0:18:11
7	3KM Individual Run - Female Core	3715	Wu Shan	吳珊	0:18:43	0:18:14
8	3KM Individual Run - Female Core	H4560	Yu Man Wa	余敏華	0:20:00	0:19:59
9	3KM Individual Run - Female Core	3711	Chan Tsui Mei	陳翠媚	0:20:07	0:20:07
10	3KM Individual Run - Female Core	H4523	Chung Yee Mei		0:20:44	0:20:39
11	3KM Individual Run - Female Core	3733	Lau Kit Yee	劉潔宜	0:20:47	0:20:42
12	3KM Individual Run - Female Core	H4547	KWAN Wan Man, Agnes	關韻雯	0:21:16	0:21:06
13	3KM Individual Run - Female Core	3723	Chan Jenny	陳影妮	0:21:33	0:21:12
14	3KM Individual Run - Female Core	H4565	Law Sheung Ki	羅霜奇	0:21:59	0:21:54
15	3KM Individual Run - Female Core	3721	Cheung Ming Wai Vicki		0:22:14	0:22:11
16	3KM Individual Run - Female Core	3731	Tsang Fion		0:23:21	0:23:10
17	3KM Individual Run - Female Core	3722	Yu Suet ki	余雪琪	0:23:22	0:22:59
18	3KM Individual Run - Female Core	H4559	Wong Hoi Yi	黃凱儀	0:24:14	0:24:12
19	3KM Individual Run - Female Core	H4561	Wong Nga Wai Agnes	黃雅慧	0:24:15	0:24:15
20	3KM Individual Run - Female Core	3704	wong mei po	王美寶	0:25:05	0:24:45
21	3KM Individual Run - Female Core	3725	Wang Dana		0:25:16	0:24:49
22	3KM Individual Run - Female Core	3710	Sze Yim Kam		0:25:38	0:25:35
23	3KM Individual Run - Female Core	3705	Yeung Tze Wai Emily		0:25:43	0:25:42
24	3KM Individual Run - Female Core	3709	Fung Fanny		0:25:43	0:25:12
25	3KM Individual Run - Female Core	3706	KI CHI YUEN		0:26:09	0:26:09
26	3KM Individual Run - Female Core	3726	Fung Suet Ying	馮雪瑩	0:26:24	0:26:07
27	3KM Individual Run - Female Core	3702	TSOI Natalie		0:26:33	0:26:32
28	3KM Individual Run - Female Core	H4505	HUI Siu Yin Anna	許小燕	0:27:14	0:27:03
29	3KM Individual Run - Female Core	3727	Lo Shuk Ming		0:27:53	0:27:34
30	3KM Individual Run - Female Core	3730	Au Tsz Yan	區子欣	0:27:53	0:27:42
31	3KM Individual Run - Female Core	3718	Yu Yvonne	余珩	0:27:58	0:27:25
32	3KM Individual Run - Female Core	3717	Kam Ka Yan Winnie	甘嘉恩	0:28:34	0:28:00
33	3KM Individual Run - Female Core	3729	Chu Karen		0:31:02	0:30:36
34	3KM Individual Run - Female Core	3719	Leung Nga Wun		0:33:12	0:33:05
35	3KM Individual Run - Female Core	3728	CHOY SIE NGA SESSIE	蔡詩雅	0:39:09	0:32:26

# World Heart Day 2025-26

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Category	Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
	1	3KM Individual Run - Female Dynamic	3747	Tso Stephanie Wing Sum	曹穎心	0:12:12	0:12:12
	2	3KM Individual Run - Female Dynamic	3759	Cathi	王港王	0:12:46	0:12:46
	3	3KM Individual Run - Female Dynamic	C4038	Chan Man Ying	陳敏瑩	0:15:13	0:15:11
	4	3KM Individual Run - Female Dynamic	C4015	Lee Eunice	李軒琳	0:15:23	0:15:19
	5	3KM Individual Run - Female Dynamic	H4548	WEN Yu Sum, Sabrina	尹俞心	0:16:52	0:16:43
	6	3KM Individual Run - Female Dynamic	H4526	Cheung Man Sze		0:17:10	0:17:04
	7	3KM Individual Run - Female Dynamic	H4517	To Chung Chun		0:18:27	0:18:20
	8	3KM Individual Run - Female Dynamic	3736	Wang Joanna		0:18:45	0:18:40
	9	3KM Individual Run - Female Dynamic	3755	Fung Charisse	馮芍晞	0:18:53	0:18:38
	10	3KM Individual Run - Female Dynamic	H4566	Wan Che Ching Chole		0:19:12	0:19:11
	11	3KM Individual Run - Female Dynamic	3737	Ha Ka Hei	夏鎔焯	0:19:13	0:19:09
	12	3KM Individual Run - Female Dynamic	C4033	Wong Tsz Ching	王芷晴	0:19:19	0:19:13
	13	3KM Individual Run - Female Dynamic	3749	Tsang Kee Kwan	曾紀筠	0:20:13	0:20:04
	14	3KM Individual Run - Female Dynamic	H4553	Man Yin Cheung	文燕章	0:20:14	0:20:09
	15	3KM Individual Run - Female Dynamic	3757	vicky	黃曉琦	0:20:38	0:20:24
	16	3KM Individual Run - Female Dynamic	3739	Ho Hiu Yui	何曉銳	0:21:03	0:21:00
	17	3KM Individual Run - Female Dynamic	C4039	Tse Hoi Shan	謝凱珊	0:21:08	0:21:06
	18	3KM Individual Run - Female Dynamic	C4032	Chang Tsz Ying	曾芷楹	0:21:12	0:21:07
	19	3KM Individual Run - Female Dynamic	3743	Wong Wing Kiu		0:22:14	0:21:49
	20	3KM Individual Run - Female Dynamic	3741	Mak Yuen Yan	麥沅欣	0:22:36	0:22:24
	21	3KM Individual Run - Female Dynamic	H4536	Chik Wing Lam	植詠琳	0:23:10	0:23:01
	22	3KM Individual Run - Female Dynamic	3738	Ha Ka Wai	夏鎔惠	0:23:43	0:23:39
	23	3KM Individual Run - Female Dynamic	3751	Tai Sin Lam	戴倩琳	0:23:50	0:23:46
	24	3KM Individual Run - Female Dynamic	3752	Hung Niki		0:24:22	0:24:09
	25	3KM Individual Run - Female Dynamic	H4525	Yip Sau Haang		0:24:28	0:24:23
	26	3KM Individual Run - Female Dynamic	C4020	Lee Ho Ka	李浩嘉	0:24:31	0:24:13
	27	3KM Individual Run - Female Dynamic	3746	Cheung Hoi Ching		0:24:38	0:24:13
	28	3KM Individual Run - Female Dynamic	3750	Fung Yat Laam Allison	馮逸嵐	0:24:56	0:24:37
	29	3KM Individual Run - Female Dynamic	3745	Zhao Xiaoning	趙笑寧	0:25:15	0:25:06
	30	3KM Individual Run - Female Dynamic	3748	Ting Hoi Wing	丁鎧穎	0:25:53	0:25:34
	31	3KM Individual Run - Female Dynamic	3754	Li Cheuk ying	李綽滢	0:26:02	0:25:40
	32	3KM Individual Run - Female Dynamic	3740	YEUNG ManKi	楊敏祺	0:26:45	0:26:26
	33	3KM Individual Run - Female Dynamic	3735	Zeng Fangnan	曾方楠	0:27:36	0:27:20
	34	3KM Individual Run - Female Dynamic	3756	chiu ka lai	趙家儷	0:27:42	0:27:29

# **World Heart Day 2025-26**

Date: 11 Jan 2026

Category	Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
	35	3KM Individual Run - Female Dynamic	3758	Wen kylan	尹巧男	0:27:42	0:27:28
	36	3KM Individual Run - Female Dynamic	3734	Cheung Ka Lee	張嘉莉	0:30:29	0:30:06
	37	3KM Individual Run - Female Dynamic	3753	Leung Man Chu		0:33:55	0:33:34

# **World Heart Day 2025-26**

Date: 11 Jan 2026

Category	Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
	1	3KM Individual Run - Female Junior	3503	Lau Yu Ching	劉宇晴	0:18:25	0:18:21

# World Heart Day 2025-26

Date: 11 Jan 2026

Category	Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
	1	3KM Individual Run - Female Master	3529	Gao Lingli Grace		0:13:16	0:13:15
	2	3KM Individual Run - Female Master	3530	Chen MING NA	陳明娜	0:14:33	0:14:32
	3	3KM Individual Run - Female Master	3534	ng man yu fanny	吳敏如	0:15:53	0:15:52
	4	3KM Individual Run - Female Master	C4027	LO Ping Ying	羅萍瑛	0:17:25	0:17:06
	5	3KM Individual Run - Female Master	H4562	Chong Yuk Ping	莊玉萍	0:17:40	0:17:36
	6	3KM Individual Run - Female Master	3540	Luk Ka Chuen	陸嘉傳	0:18:11	0:18:09
	7	3KM Individual Run - Female Master	3552	Leung Sheung Yin	梁上燕	0:18:22	0:18:21
	8	3KM Individual Run - Female Master	3561	WONG DOY MAN	黃黛文	0:18:42	0:18:18
	9	3KM Individual Run - Female Master	3531	Lui Lai Shan	呂麗珊	0:18:45	0:18:40
	10	3KM Individual Run - Female Master	H4555	Lam Pik Shan	林碧珊	0:19:04	0:18:59
	11	3KM Individual Run - Female Master	H4584	Leung Shuk Yee Angela	梁淑儀	0:19:08	0:18:54
	12	3KM Individual Run - Female Master	C4009	CHAN Wai Ting Wendy	陳慧婷	0:19:08	0:19:05
	13	3KM Individual Run - Female Master	H4568	Yeung Sau Hung	楊秀紅	0:19:26	0:19:23
	14	3KM Individual Run - Female Master	3551	Liu Mei Mei	廖美美	0:19:32	0:19:32
	15	3KM Individual Run - Female Master	3580	Hau Yuen ling	侯遠玲	0:19:51	0:19:42
	16	3KM Individual Run - Female Master	3578	Tang Lai Yin Candy	鄧麗賢	0:20:05	0:20:04
	17	3KM Individual Run - Female Master	3544	Ho Wai Chung	何慧忠	0:20:10	0:20:06
	18	3KM Individual Run - Female Master	3518	Wong Sin man		0:20:31	0:20:17
	19	3KM Individual Run - Female Master	H4527	Chan Miu Ching		0:20:33	0:20:26
	20	3KM Individual Run - Female Master	3526	Yau Lai King	邱麗琮	0:20:35	0:20:34
	21	3KM Individual Run - Female Master	3566	TANG Suen Hung	鄧選紅	0:20:46	0:20:43
	22	3KM Individual Run - Female Master	3576	Ngai Chi Ching		0:21:06	0:21:04
	23	3KM Individual Run - Female Master	3539	Kei Wai mun		0:21:14	0:21:12
	24	3KM Individual Run - Female Master	3523	Kwan Sau Yee Dorithy		0:21:51	0:21:41
	25	3KM Individual Run - Female Master	3525	Cheung Sui wa	張瑞華	0:21:58	0:21:57
	26	3KM Individual Run - Female Master	3560	Luk Ho Yuk Ellen	陸好鈺	0:22:04	0:22:03
	27	3KM Individual Run - Female Master	H4550	Kan Jackie	簡淑玲	0:22:20	0:22:16
	28	3KM Individual Run - Female Master	3528	Kwok Pui Pui	郭佩佩	0:22:24	0:22:15
	29	3KM Individual Run - Female Master	3513	KO YUN MEI	高潤媚	0:22:55	0:22:51
	30	3KM Individual Run - Female Master	3516	ZHANG HUILAN	張惠蘭	0:22:58	0:22:56
	31	3KM Individual Run - Female Master	H4587	Ng Becky	吳巧女	0:23:15	0:22:57
	32	3KM Individual Run - Female Master	H4549	Cheng Kin Suk, Theresa	鄭建淑	0:23:22	0:23:18
	33	3KM Individual Run - Female Master	3527	Lee Nga Mee	李雅湄	0:23:24	0:23:21
	34	3KM Individual Run - Female Master	3577	CHENG Man Ting	鄭敏廷	0:23:35	0:23:33

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Date: 11 Jan 2026

Category	Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
	35	3KM Individual Run - Female Master	3569	Tsang Ho Yuk Han Becky	曾何玉嫻	0:23:42	0:23:19
	36	3KM Individual Run - Female Master	3570	Yip Shuk Chi	葉淑慈	0:23:43	0:23:18
	37	3KM Individual Run - Female Master	3532	Wong Yun Sin	黃潤仙	0:23:50	0:23:33
	38	3KM Individual Run - Female Master	H4567	Alice Cheng	鄭玉如	0:23:54	0:23:49
	39	3KM Individual Run - Female Master	3533	Shiu Yuen Yung Rebecca	蕭婉容	0:23:58	0:23:55
	40	3KM Individual Run - Female Master	H4554	Yip So	葉素	0:24:14	0:24:10
	41	3KM Individual Run - Female Master	H4528	Ng Sin Yee		0:24:28	0:24:22
	42	3KM Individual Run - Female Master	3546	TSE YUK FAN	謝玉芬	0:24:59	0:24:47
	43	3KM Individual Run - Female Master	H4508	Leung Yin Fong	梁燕芳	0:25:02	0:25:00
	44	3KM Individual Run - Female Master	3571	Man Siu Dyn		0:25:11	0:24:49
	45	3KM Individual Run - Female Master	3542	Chung Alice		0:25:16	0:24:39
	46	3KM Individual Run - Female Master	3557	Chu Yuet Hing		0:25:27	0:25:24
	47	3KM Individual Run - Female Master	3563	HUI CHUI WA		0:25:29	0:25:28
	48	3KM Individual Run - Female Master	3511	CHAN HOI FONG	陳海芳	0:25:37	0:25:33
	49	3KM Individual Run - Female Master	3541	Leung Mei Sze	梁美施	0:25:44	0:25:42
	50	3KM Individual Run - Female Master	3567	Wong Chui Shan		0:25:55	0:25:46
	51	3KM Individual Run - Female Master	3581	lee may king joanna	李美琮	0:25:57	0:25:01
	52	3KM Individual Run - Female Master	3558	Lo Fung Ying	勞鳳瑛	0:26:00	0:25:56
	53	3KM Individual Run - Female Master	3556	Heng Meng chung	莫王明專	0:26:00	0:25:59
	54	3KM Individual Run - Female Master	3559	MAK MEI HO	麥美好	0:26:00	0:25:57
	55	3KM Individual Run - Female Master	3543	Ng Yoko		0:26:37	0:26:09
	56	3KM Individual Run - Female Master	3524	Lau May Yee	劉美儀	0:26:59	0:26:58
	57	3KM Individual Run - Female Master	H4586	Ho Lai Ying	何麗英	0:27:49	0:27:30
	58	3KM Individual Run - Female Master	3562	Tsang Kam Ping	曾錦屏	0:27:52	0:27:52
	59	3KM Individual Run - Female Master	3537	MAK WAI SHAN ANGELINA	麥慧珊	0:27:56	0:27:52
	60	3KM Individual Run - Female Master	3545	TSANG MEI LING	曾美玲	0:28:06	0:27:57
	61	3KM Individual Run - Female Master	3520	CHAU Flora		0:28:44	0:28:31
	62	3KM Individual Run - Female Master	3574	TSE Po Sin	謝寶先	0:28:56	0:28:53
	63	3KM Individual Run - Female Master	3521	Lo Mee Ho	盧美好	0:29:00	0:28:59
	64	3KM Individual Run - Female Master	3553	Yeung Yuk Chee	楊玉珠	0:29:02	0:28:56
	65	3KM Individual Run - Female Master	3522	Chung Lilian	鍾學恩	0:29:09	0:28:57
	66	3KM Individual Run - Female Master	H4537	Wong So Fong	黃素芳	0:29:11	0:28:42
	67	3KM Individual Run - Female Master	3564	Au Peggy	區立香	0:30:17	0:30:15
	68	3KM Individual Run - Female Master	3505	LING YIK MING	凌亦明	0:30:20	0:30:16

# **World Heart Day 2025-26**

Date: 11 Jan 2026

Category Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
69	3KM Individual Run - Female Master	3575	Ho YUEN KEI	何琬璣	0:31:14	0:31:08
70	3KM Individual Run - Female Master	3507	KU YUEN MAN Wanisa	戈婉雯	0:31:56	0:31:53
71	3KM Individual Run - Female Master	3512	KO YUEN CHUN	高遠珍	0:31:56	0:31:53
72	3KM Individual Run - Female Master	3509	TSANG SUK CHING	曾淑貞	0:31:57	0:31:53
73	3KM Individual Run - Female Master	3573	Fu Yi Man Poly	傅依敏	0:31:57	0:31:40
74	3KM Individual Run - Female Master	3508	WONG MEI BO Sandy	黃美寶	0:32:08	0:32:06
75	3KM Individual Run - Female Master	3519	Ching Choi Wah	程賽華	0:32:43	0:32:20
76	3KM Individual Run - Female Master	3555	Hui Siu Ying	許少英	0:32:46	0:32:46
77	3KM Individual Run - Female Master	3554	Hui Lai Ching	許麗貞	0:32:46	0:32:44
78	3KM Individual Run - Female Master	3547	Cheong Shuk Yin	莊淑燕	0:33:01	0:32:30
79	3KM Individual Run - Female Master	3548	Yeung Kwan Ming Ada	楊坤明	0:33:01	0:32:30
80	3KM Individual Run - Female Master	3565	Li Mee Yin		0:33:13	0:33:05
81	3KM Individual Run - Female Master	3568	Wong Choi Sze	黃彩時	0:34:30	0:34:06
82	3KM Individual Run - Female Master	3549	Chan Wai Sze	陳慧詩	0:34:36	0:34:05
83	3KM Individual Run - Female Master	H4585	Chan May	陳靜婷	0:35:45	0:35:28
84	3KM Individual Run - Female Master	3506	CHUNG WAI LAN	鍾惠蘭	0:36:10	0:36:06
85	3KM Individual Run - Female Master	3579	MAK TSUI KING	麥翠琮	0:39:08	0:32:26

# World Heart Day 2025-26

Date: 11 Jan 2026

Category Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
1	3KM Individual Run - Female Prime	3779	Fung Cho Man	馮楚雯	0:13:26	0:13:26
2	3KM Individual Run - Female Prime	3789	Yau Julianna		0:16:07	0:16:07
3	3KM Individual Run - Female Prime	H4552	KWOK Yuen Yi, Margaret	郭婉宜	0:16:16	0:16:07
4	3KM Individual Run - Female Prime	C4034	Choi Wing Kei	蔡詠琪	0:17:19	0:17:13
5	3KM Individual Run - Female Prime	H4509	Kwok Ching Fung	郭澄楓	0:17:23	0:17:21
6	3KM Individual Run - Female Prime	C4021	AI JIA JIA	艾家嘉	0:17:40	0:17:23
7	3KM Individual Run - Female Prime	H4557	Koo Lam Chi	顧林滋	0:17:46	0:17:41
8	3KM Individual Run - Female Prime	H4511	Tong Yin Ting	唐燕婷	0:17:58	0:17:56
9	3KM Individual Run - Female Prime	3791	To Yi Ming		0:18:22	0:18:18
10	3KM Individual Run - Female Prime	3788	Wong Yat Ning	黃逸翎	0:18:52	0:18:23
11	3KM Individual Run - Female Prime	3802	Ng Sherman		0:19:15	0:19:10
12	3KM Individual Run - Female Prime	3793	Lin Alyssa		0:19:16	0:18:58
13	3KM Individual Run - Female Prime	3806	Chan Kandy		0:19:26	0:19:26
14	3KM Individual Run - Female Prime	3780	Ma Joyce		0:19:28	0:19:20
15	3KM Individual Run - Female Prime	3772	Lee Pui Yi Pearl	李佩兒	0:19:31	0:19:23
16	3KM Individual Run - Female Prime	H4515	Cindy	薛斯萍	0:19:52	0:19:36
17	3KM Individual Run - Female Prime	H4570	Lee Ying Suen		0:19:57	0:19:57
18	3KM Individual Run - Female Prime	3801	Wong Camellia		0:20:10	0:19:58
19	3KM Individual Run - Female Prime	H4514	Wong Hiu Yi	王曉怡	0:20:12	0:19:55
20	3KM Individual Run - Female Prime	H4551	Wong Hey Man	黃晞敏	0:20:14	0:20:09
21	3KM Individual Run - Female Prime	H4540	Chan Ka Hei	陳嘉希	0:20:17	0:20:07
22	3KM Individual Run - Female Prime	3787	Cheng Hau Lan	鄭巧蘭	0:20:18	0:19:49
23	3KM Individual Run - Female Prime	3777	TANG WING YEE		0:20:20	0:20:06
24	3KM Individual Run - Female Prime	3794	Chan Connie	陳嘉媛	0:20:21	0:20:16
25	3KM Individual Run - Female Prime	C4036	Chu Yuen Ting	朱遠婷	0:20:22	0:20:17
26	3KM Individual Run - Female Prime	3770	LAU ON KEI	劉安琦	0:20:24	0:20:21
27	3KM Individual Run - Female Prime	C4035	Sze-to Wai Wan	司徒蔚芸	0:20:31	0:20:25
28	3KM Individual Run - Female Prime	3792	Cheung Vicky		0:20:39	0:20:19
29	3KM Individual Run - Female Prime	3803	FAN CHI KEE JACQUELINE	范芷琪	0:20:43	0:20:38
30	3KM Individual Run - Female Prime	H4510	Li Yee Chu	李義珠	0:20:48	0:20:46
31	3KM Individual Run - Female Prime	3796	Ng Sara	吳巧賢	0:20:55	0:20:51
32	3KM Individual Run - Female Prime	H4556	Cheng Ka Wun	鄭嘉媛	0:20:59	0:20:52
33	3KM Individual Run - Female Prime	H4516	Fung Yan Yee	馮欣儀	0:21:40	0:21:24
34	3KM Individual Run - Female Prime	3795	Lee Sammi	李慧珊	0:21:42	0:21:39

# World Heart Day 2025-26

Date: 11 Jan 206

Category Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
35	3KM Individual Run - Female Prime	H4530	Tang Hiu Ching	鄧曉晴	0:21:47	0:17:52
36	3KM Individual Run - Female Prime	H4569	Lam Tsz Man Luki		0:21:59	0:21:55
37	3KM Individual Run - Female Prime	H4564	Au Yeung Tsoi Ming	歐陽彩明	0:22:05	0:22:04
38	3KM Individual Run - Female Prime	H4563	Li Hiu Wah	李曉華	0:22:06	0:22:04
39	3KM Individual Run - Female Prime	3799	Chan Bobo		0:22:18	0:21:56
40	3KM Individual Run - Female Prime	C4000	Yeung Gwendolyn		0:22:39	0:22:18
41	3KM Individual Run - Female Prime	H4529	Kwok Wan Ying	郭允凝	0:23:08	0:19:13
42	3KM Individual Run - Female Prime	3812	Wong Hau Man	王厚雯	0:23:11	0:23:10
43	3KM Individual Run - Female Prime	3790	CHUNG KIN CHING ELLA		0:23:22	0:22:59
44	3KM Individual Run - Female Prime	3813	keung ka yee	姜嘉儀	0:23:23	0:23:21
45	3KM Individual Run - Female Prime	3760	Tsui Cherry	盈盈	0:23:36	0:23:36
46	3KM Individual Run - Female Prime	H4558	Tsang Sze Ki	曾思祺	0:24:14	0:24:10
47	3KM Individual Run - Female Prime	C4040	Leung Po Yu	梁寶瑜	0:24:42	0:24:35
48	3KM Individual Run - Female Prime	3808	sammi	古佩嫻	0:24:44	0:24:30
49	3KM Individual Run - Female Prime	3769	NG LOK TUNG	吳樂彤	0:24:51	0:24:39
50	3KM Individual Run - Female Prime	3778	Chiu Katrina		0:24:52	0:24:24
51	3KM Individual Run - Female Prime	3797	Lai Suki		0:25:15	0:24:49
52	3KM Individual Run - Female Prime	3774	Wong Ka Hay Joyce	王嘉希	0:25:43	0:25:13
53	3KM Individual Run - Female Prime	3775	Wan Tin Mei	雲天美	0:25:44	0:25:41
54	3KM Individual Run - Female Prime	3765	Lau Hiu lam		0:25:48	0:21:24
55	3KM Individual Run - Female Prime	3800	wang man yuk	王蔓鈺	0:25:49	0:25:32
56	3KM Individual Run - Female Prime	3766	Wu Hoi Lam		0:25:52	0:25:31
57	3KM Individual Run - Female Prime	3784	Guan Jiahui	關嘉慧	0:26:01	0:25:38
58	3KM Individual Run - Female Prime	3785	Wong Ka Kei	黃嘉琪	0:26:01	0:25:38
59	3KM Individual Run - Female Prime	3804	Wong Hiu Lam	王曉琳	0:26:02	0:25:40
60	3KM Individual Run - Female Prime	H4539	Leung Siu Man	梁笑文	0:26:26	0:25:58
61	3KM Individual Run - Female Prime	3805	TSANG HO YING	曾皓瑩	0:26:29	0:26:07
62	3KM Individual Run - Female Prime	3781	Kong Kitty		0:27:30	0:27:23
63	3KM Individual Run - Female Prime	H4538	Ho Chi Sum	何智心	0:29:11	0:28:42
64	3KM Individual Run - Female Prime	3807	Ho Silvia		0:29:43	0:29:19
65	3KM Individual Run - Female Prime	3776	Leung Wing Lam		0:30:19	0:29:53
66	3KM Individual Run - Female Prime	3764	Lau Wing Shan		0:30:37	0:30:14
67	3KM Individual Run - Female Prime	3762	Law Choi Yee	羅彩儀	0:32:43	0:32:18
68	3KM Individual Run - Female Prime	3782	To Sarah		0:34:27	0:34:19

# **World Heart Day 2025-26**

Date: 11 Jan 2026

Category	Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
	69	3KM Individual Run - Female Prime	3783	Lau Ivy		0:34:28	0:34:18
	70	3KM Individual Run - Female Prime	3798	Liu Noel		0:34:42	0:34:14
	71	3KM Individual Run - Female Prime	3768	Tam Ho Lam	譚皓琳	0:35:37	0:35:19

# **World Heart Day 2025-26**

Date: 11 Jan 2026

Category	Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
	1	3KM Individual Run - Female Youth	3814	CHAN SUET YING	陳雪盈	0:21:24	0:21:20

# World Heart Day 2025-26

Date: 11 Jan 206

Category	Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
	1	3KM Individual Run - Male Core	3126	Huynh Gia Luong Michel	黃家良	0:11:21	0:11:21
	2	3KM Individual Run - Male Core	3106	MOK WAI CHUNG		0:12:09	0:12:09
	3	3KM Individual Run - Male Core	3101	HUI Ka Wah Eric	許嘉華	0:12:12	0:12:11
	4	3KM Individual Run - Male Core	H4545	Ng Wai Yan Vernon	吳威恩	0:12:31	0:12:30
	5	3KM Individual Run - Male Core	3103	LIU BUN	廖贖	0:12:37	0:12:37
	6	3KM Individual Run - Male Core	3100	Tsang Kwan Lik		0:12:41	0:12:41
	7	3KM Individual Run - Male Core	H4577	Cheung Siu Lun	張兆麟	0:13:05	0:13:04
	8	3KM Individual Run - Male Core	H4578	Chan Hoi Sing	陳凱星	0:13:23	0:13:23
	9	3KM Individual Run - Male Core	H4544	WONG Ping Hong Derek	黃秉康	0:13:38	0:13:38
	10	3KM Individual Run - Male Core	C4010	Ng Kelvin	吳子堅	0:13:48	0:13:45
	11	3KM Individual Run - Male Core	3104	Chan Ho Kei	陈浩基	0:14:23	0:14:23
	12	3KM Individual Run - Male Core	H4571	Cheung Andy	張禮賢	0:14:25	0:14:23
	13	3KM Individual Run - Male Core	H4543	Lo Ka Yip	盧家業	0:15:11	0:15:09
	14	3KM Individual Run - Male Core	C4037	Ma Chun Ho	馬俊豪	0:15:43	0:15:42
	15	3KM Individual Run - Male Core	3132	Nixon		0:16:19	0:16:09
	16	3KM Individual Run - Male Core	C4029	IP Man Fung	葉文峰	0:16:20	0:15:59
	17	3KM Individual Run - Male Core	C4011	Chan Nicholas	陳敏剛	0:16:24	0:16:20
	18	3KM Individual Run - Male Core	3120	Tam Yi Lok	譚爾樂	0:17:17	0:16:45
	19	3KM Individual Run - Male Core	C4017	Khan Aaron	簡子堅	0:17:41	0:17:36
	20	3KM Individual Run - Male Core	C4016	Shing Chris	成俊賢	0:17:56	0:17:56
	21	3KM Individual Run - Male Core	H4574	Lin Hiu Hang	練曉恆	0:18:26	0:18:19
	22	3KM Individual Run - Male Core	3115	Lam Wai Hung Nicola	林偉雄	0:19:09	0:18:56
	23	3KM Individual Run - Male Core	H4573	Yeung Wai Ming	楊惠銘	0:19:16	0:19:07
	24	3KM Individual Run - Male Core	3108	chau sheung him	周尚謙	0:19:27	0:19:06
	25	3KM Individual Run - Male Core	3112	Au Chi yuen	區智遠	0:19:37	0:19:09
	26	3KM Individual Run - Male Core	3131	Anirvan Dutt-Chaudhuri		0:19:39	0:19:28
	27	3KM Individual Run - Male Core	3128	Sin Vincent		0:20:01	0:19:35
	28	3KM Individual Run - Male Core	H4501	Tam Guangming	譚廣明	0:20:14	0:19:58
	29	3KM Individual Run - Male Core	H4512	Tang King Fun	鄧勁勳	0:22:01	0:21:10
	30	3KM Individual Run - Male Core	3133	Tang Andy	鄧榮新	0:23:21	0:23:09
	31	3KM Individual Run - Male Core	3102	Kwong Wang Yan		0:23:26	0:23:19
	32	3KM Individual Run - Male Core	H4518	Wong Chi Yuen	黃志遠	0:24:35	0:24:31
	33	3KM Individual Run - Male Core	3122	Li Ian		0:25:17	0:24:50
	34	3KM Individual Run - Male Core	3121	Yeung Po Ming Alex		0:25:31	0:25:09

# **World Heart Day 2025-26**

Date: 11 Jan 2026

Category Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
35	3KM Individual Run - Male Core	3109	Cheung Hei Pui Philip	張熙培	0:25:43	0:25:12
36	3KM Individual Run - Male Core	H4502	Chan Yu Ho	陳裕豪	0:25:49	0:25:34
37	3KM Individual Run - Male Core	3105	Tong Wai Ho	唐偉豪	0:26:02	0:25:43
38	3KM Individual Run - Male Core	H4572	TSANG CHEUK HANG	曾卓恒	0:26:02	0:25:55
39	3KM Individual Run - Male Core	3117	Chan Barthelemy		0:27:58	0:27:48
40	3KM Individual Run - Male Core	3119	Fong Hon Wing	方漢榮	0:29:31	0:28:58
41	3KM Individual Run - Male Core	3114	Fu Ki Ho	傅麒浩	0:30:50	0:30:37
42	3KM Individual Run - Male Core	H4500	Cheng Yue Hong	鄭裕康	0:31:57	0:31:42
43	3KM Individual Run - Male Core	3116	Ho Alan		0:34:26	0:34:16
44	3KM Individual Run - Male Core	3118	Yu Gilbert		0:34:27	0:34:17
45	3KM Individual Run - Male Core	3123	Shiu Martin		0:35:55	0:35:26
46	3KM Individual Run - Male Core	3127	CHOY MING FUNG RONALD	蔡名峰	0:38:00	0:31:24

# World Heart Day 2025-26

Date: 11 Jan 2026

Category Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
1	3KM Individual Run - Male Dynamic	H4579	Lau Po Yin	劉寶彥	0:11:10	0:11:10
2	3KM Individual Run - Male Dynamic	H4546	Chung Wai Lam Michael	鍾瑋霖	0:13:32	0:13:30
3	3KM Individual Run - Male Dynamic	C4022	Lam Ho Man	林浩文	0:14:05	0:13:49
4	3KM Individual Run - Male Dynamic	C4030	Fung Ho Chuen	馮浩泉	0:14:20	0:14:16
5	3KM Individual Run - Male Dynamic	C4042	Hui Cheuk Hin	許綽軒	0:14:58	0:14:57
6	3KM Individual Run - Male Dynamic	C4043	Wu Tsz Chiu Edwin	胡子釗	0:15:47	0:15:44
7	3KM Individual Run - Male Dynamic	C4004	Tsoi Jacky		0:15:50	0:15:32
8	3KM Individual Run - Male Dynamic	H4519	Yeung Chi Pong		0:16:32	0:16:28
9	3KM Individual Run - Male Dynamic	3141	Lui Marco		0:16:53	0:16:31
10	3KM Individual Run - Male Dynamic	3139	Li Patrick		0:17:15	0:17:08
11	3KM Individual Run - Male Dynamic	3138	Leung Wang Ho		0:17:34	0:17:27
12	3KM Individual Run - Male Dynamic	C4041	Zeng Tao	曾韜	0:17:39	0:17:31
13	3KM Individual Run - Male Dynamic	C4023	Chung Ho Shing	賀晟中	0:18:13	0:17:56
14	3KM Individual Run - Male Dynamic	3136	Tang Ka Yi	鄧家兒	0:20:16	0:20:07
15	3KM Individual Run - Male Dynamic	C4001	Lam Wilson		0:22:16	0:21:55
16	3KM Individual Run - Male Dynamic	C4005	Ling Michael	凌臻樂	0:22:17	0:21:59
17	3KM Individual Run - Male Dynamic	C4006	Tse Ho Lung Timothy	謝昊龍	0:22:18	0:21:59
18	3KM Individual Run - Male Dynamic	3140	Tang Yau Ming	鄧又銘	0:25:53	0:25:34
19	3KM Individual Run - Male Dynamic	3137	Lam Chi Hei		0:25:53	0:25:27

# World Heart Day 2025-26

Date: 11 Jan 2026

Category	Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
	1	3KM Individual Run - Male Evergreen	3008	Graham Alan		0:13:22	0:13:22
	2	3KM Individual Run - Male Evergreen	3019	Chow Kin Keung	周建強	0:13:46	0:13:45
	3	3KM Individual Run - Male Evergreen	3039	CHEUNG CHUI TING		0:13:51	0:13:49
	4	3KM Individual Run - Male Evergreen	3009	Wong Tai Chun Mark		0:13:56	0:13:55
	5	3KM Individual Run - Male Evergreen	3026	CHIANG KWOK WAI PETER	蔣國偉	0:17:32	0:17:17
	6	3KM Individual Run - Male Evergreen	H4513	Yu heuk Man	余卓文	0:17:48	0:17:45
	7	3KM Individual Run - Male Evergreen	3020	Ha Wai yin	夏偉賢	0:18:05	0:18:00
	8	3KM Individual Run - Male Evergreen	3027	Choi Sau Nam	蔡壽楠	0:18:47	0:18:45
	9	3KM Individual Run - Male Evergreen	3036	Tse Siu Ting	謝少廷	0:19:19	0:19:19
	10	3KM Individual Run - Male Evergreen	3014	Fong chi Ming		0:20:03	0:20:00
	11	3KM Individual Run - Male Evergreen	3024	LEUNG PUI KI	梁培基	0:20:41	0:20:24
	12	3KM Individual Run - Male Evergreen	3022	Yu Kin Kwok	余建國	0:21:05	0:20:51
	13	3KM Individual Run - Male Evergreen	3016	NG KWOK WING	吳國榮	0:21:46	0:21:46
	14	3KM Individual Run - Male Evergreen	H4531	Sun Kin Fai		0:22:10	0:22:02
	15	3KM Individual Run - Male Evergreen	3038	CHEUNG CHAK WA		0:22:22	0:22:22
	16	3KM Individual Run - Male Evergreen	3035	Wong kwok wing	黃國榮	0:22:48	0:22:42
	17	3KM Individual Run - Male Evergreen	3033	Ling Hung Kwok	凌鴻國	0:24:07	0:24:07
	18	3KM Individual Run - Male Evergreen	3025	Chan Charles	陳朝成	0:24:43	0:24:33
	19	3KM Individual Run - Male Evergreen	3017	WONG SHUN MING	黃順明	0:24:50	0:24:39
	20	3KM Individual Run - Male Evergreen	3012	Lee Yau Kong Michael	李祐江	0:25:01	0:24:56
	21	3KM Individual Run - Male Evergreen	3030	Chung Ron		0:25:16	0:24:38
	22	3KM Individual Run - Male Evergreen	3010	HO WAI LEUNG	何偉良	0:25:27	0:25:10
	23	3KM Individual Run - Male Evergreen	3041	Leung Timothy	梁天尺	0:25:32	0:25:09
	24	3KM Individual Run - Male Evergreen	C4031	KAO Tat Ming	古達明	0:25:44	0:25:23
	25	3KM Individual Run - Male Evergreen	3028	YIU KAM PANG		0:25:58	0:25:49
	26	3KM Individual Run - Male Evergreen	3011	CHAN HON KWONG	陳漢光	0:26:51	0:26:50
	27	3KM Individual Run - Male Evergreen	3015	Yip Sui Ming Edward	葉瑞明	0:26:54	0:26:39
	28	3KM Individual Run - Male Evergreen	3023	YEUNG CHI KWONG	楊志光	0:27:28	0:27:13
	29	3KM Individual Run - Male Evergreen	3021	Wong Chi Wah	王志華	0:27:35	0:27:21
	30	3KM Individual Run - Male Evergreen	3037	Lau Mang Chiu	劉孟超	0:27:51	0:27:48
	31	3KM Individual Run - Male Evergreen	3034	Luk Yau Ming	陸由明	0:32:01	0:31:54
	32	3KM Individual Run - Male Evergreen	3032	LI LIK HING	李歷興	0:34:45	0:34:35
	33	3KM Individual Run - Male Evergreen	H4588	Tse Terry	謝培正	0:35:40	0:35:24
	34	3KM Individual Run - Male Evergreen	3040	CHOY WING HON	蔡榮漢	0:39:09	0:32:26

# **World Heart Day 2025-26**

Date: 11 Jan 2026

Category	Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
	1	3KM Individual Run - Male Junior	3004	Yau Tsun To	丘峻滔	0:12:09	0:12:09
	2	3KM Individual Run - Male Junior	3002	Chan Ho	陳皓	0:12:32	0:12:32
	3	3KM Individual Run - Male Junior	3005	CHAN KAI LIM CYRIL		0:12:36	0:12:36
	4	3KM Individual Run - Male Junior	3003	Lee Yan Shing	李恩城	0:13:19	0:13:19
	5	3KM Individual Run - Male Junior	3000	Dauchez Theo	杜智燊	0:13:20	0:13:19
	6	3KM Individual Run - Male Junior	3001	Dauchez Luca	杜智杰	0:18:52	0:18:42

# World Heart Day 2025-26

Date: 11 Jan 2026

Category Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
1	3KM Individual Run - Male Master	3160	Sha Kwok Yin	余國賢	0:12:01	0:12:01
2	3KM Individual Run - Male Master	H4575	Ng Cheuk	吳卓	0:12:39	0:12:38
3	3KM Individual Run - Male Master	3173	Yue Kwok Chung Andrew	余國中	0:13:29	0:13:24
4	3KM Individual Run - Male Master	3170	Chu Hin Ling Terence	朱衍寧	0:13:53	0:13:53
5	3KM Individual Run - Male Master	3146	Ko Kwan Hang		0:14:07	0:14:05
6	3KM Individual Run - Male Master	3155	Chan CHUN KEUNG	陳振強	0:14:24	0:14:22
7	3KM Individual Run - Male Master	C4018	Wong Lawrence	黃斯俊	0:15:23	0:15:18
8	3KM Individual Run - Male Master	H4581	Lai Yat Hang	賴逸恒	0:16:07	0:16:01
9	3KM Individual Run - Male Master	3171	Hon Man Huen	韓文暄	0:16:12	0:16:07
10	3KM Individual Run - Male Master	3156	Wong Chung Yin Philip	黃仲賢	0:16:54	0:16:53
11	3KM Individual Run - Male Master	3153	Li Koon Yuen Robert	李冠元	0:17:50	0:17:49
12	3KM Individual Run - Male Master	3144	Yeung Wai Hung	楊偉雄	0:18:23	0:18:10
13	3KM Individual Run - Male Master	3168	Leung Man Fai		0:18:49	0:18:33
14	3KM Individual Run - Male Master	3163	Olivier Dauchez		0:19:08	0:18:57
15	3KM Individual Run - Male Master	3145	CHAN KING MAN	陳敬文	0:19:16	0:19:15
16	3KM Individual Run - Male Master	C4024	Poon yiu tung gary	潘耀東	0:19:23	0:19:04
17	3KM Individual Run - Male Master	H4580	Yim Kin Ming	嚴建明	0:19:30	0:19:29
18	3KM Individual Run - Male Master	3164	leung kin keung		0:19:38	0:19:30
19	3KM Individual Run - Male Master	H4576	Tang Wing Chiu	鄧穎超	0:19:55	0:19:46
20	3KM Individual Run - Male Master	3148	Tam Hon Ning	譚翰寧	0:20:07	0:19:59
21	3KM Individual Run - Male Master	3143	NG Wai Jim	伍偉沾	0:20:15	0:20:09
22	3KM Individual Run - Male Master	3162	Fung Man Lok	馮文樂	0:20:17	0:20:15
23	3KM Individual Run - Male Master	3149	CHAN MARTIN	陳奇巍	0:20:18	0:20:12
24	3KM Individual Run - Male Master	3174	Pang Siu Kei	彭肇基	0:21:34	0:21:21
25	3KM Individual Run - Male Master	3169	Ip Siu Keung Bryan	葉兆強	0:21:42	0:21:39
26	3KM Individual Run - Male Master	3157	Chan Wai Lun		0:22:26	0:21:54
27	3KM Individual Run - Male Master	3152	Pang Man Sau	彭文修	0:22:45	0:22:44
28	3KM Individual Run - Male Master	H4503	Yan Bryan	甄秉言	0:23:22	0:23:08
29	3KM Individual Run - Male Master	3166	Cheung Chi Yeung		0:23:32	0:23:06
30	3KM Individual Run - Male Master	3167	Szeto Hon Yiu		0:23:48	0:23:36
31	3KM Individual Run - Male Master	3172	NGAN Chun Yu Steve	顏振宇	0:25:30	0:25:13
32	3KM Individual Run - Male Master	3151	Chan Timothy		0:26:14	0:26:13
33	3KM Individual Run - Male Master	3150	Ng Ka Ip Eric		0:26:15	0:26:13
34	3KM Individual Run - Male Master	3158	Ho Chi Shing Alan	何志成	0:27:03	0:26:59

# **World Heart Day 2025-26**

Date: 11 Jan 2026

Category Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
35	3KM Individual Run - Male Master	H4506	LAM Chit Bor	林捷波	0:27:14	0:27:01
36	3KM Individual Run - Male Master	3147	So Tze Hau	蘇子孝	0:27:23	0:27:11
37	3KM Individual Run - Male Master	3165	LAU KA LEUNG TED	劉家樑	0:28:02	0:27:52
38	3KM Individual Run - Male Master	3214	Ho Wai Keung	何偉強	0:34:09	0:33:36
39	3KM Individual Run - Male Master	3175	Chan Shu Ming	陳樹銘	0:34:30	0:34:13

# World Heart Day 2025-26

Date: 11 Jan 206

Category Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
1	3KM Individual Run - Male Prime	3190	Choi Chi Kan	蔡智勤	0:11:40	0:11:40
2	3KM Individual Run - Male Prime	C4013	Lam Hiu Yung	林曉勇	0:11:43	0:11:42
3	3KM Individual Run - Male Prime	3176	Chan Cheuk Long	陳卓朗	0:12:05	0:12:05
4	3KM Individual Run - Male Prime	C4012	Chan Alex	陳浩然	0:13:09	0:13:07
5	3KM Individual Run - Male Prime	3193	Kwok Chun Yin	郭俊賢	0:13:14	0:13:13
6	3KM Individual Run - Male Prime	C4014	Lee Kin Loong Jason	李建隆	0:13:19	0:13:17
7	3KM Individual Run - Male Prime	H4582	Chan Tsz Chiu, Dennis	陳子釗	0:13:21	0:13:21
8	3KM Individual Run - Male Prime	3183	Wong Ka Kit	王嘉傑	0:14:48	0:14:45
9	3KM Individual Run - Male Prime	H4522	Lee Pok Him	李博謙	0:14:51	0:14:47
10	3KM Individual Run - Male Prime	C4008	Poon Chun Tung Derek	潘振東	0:15:01	0:14:42
11	3KM Individual Run - Male Prime	3209	LAM HO CHUN	林浩進	0:15:23	0:15:12
12	3KM Individual Run - Male Prime	H4533	Yeung Yin Kei	楊彥驥	0:15:29	0:15:25
13	3KM Individual Run - Male Prime	H4507	HUI Tung Hei Andy	許東曦	0:15:56	0:15:44
14	3KM Individual Run - Male Prime	3194	tsang chi keung	曾志強	0:16:30	0:16:25
15	3KM Individual Run - Male Prime	H4534	Ko Hon Yeung	高瀚揚	0:16:58	0:16:54
16	3KM Individual Run - Male Prime	C4019	Cheng Cristiano	鄭子諾	0:17:50	0:17:45
17	3KM Individual Run - Male Prime	3202	Lee Charles		0:17:59	0:17:37
18	3KM Individual Run - Male Prime	3195	Clayton Koo	顧家綽	0:18:08	0:18:05
19	3KM Individual Run - Male Prime	3200	Fan Chung Man	樊仲文	0:18:15	0:18:12
20	3KM Individual Run - Male Prime	C4025	Chan Ying Kit	陳英杰	0:18:31	0:18:14
21	3KM Individual Run - Male Prime	H4532	Chiang Chi Shing		0:18:51	0:18:46
22	3KM Individual Run - Male Prime	3204	Leung Ho Cheung	梁皓翔	0:18:59	0:18:54
23	3KM Individual Run - Male Prime	3206	Mak Ho Kwan	麥浩昆	0:19:29	0:19:19
24	3KM Individual Run - Male Prime	3208	roger	羅進	0:19:39	0:19:28
25	3KM Individual Run - Male Prime	3207	chung ho ting	鍾昊廷	0:19:41	0:19:29
26	3KM Individual Run - Male Prime	3188	Lau Frederick		0:19:56	0:19:55
27	3KM Individual Run - Male Prime	3184	Wong Lap Kan	黃立勤	0:20:34	0:20:33
28	3KM Individual Run - Male Prime	H4520	Lun Kevin Wai Ching	倫偉程	0:20:44	0:20:40
29	3KM Individual Run - Male Prime	3196	Hung Chi Hay Jason	熊梓稀	0:20:55	0:20:39
30	3KM Individual Run - Male Prime	3186	Lam Ka Ho	林家豪	0:20:58	0:20:48
31	3KM Individual Run - Male Prime	H4504	Tam Mark	譚子健	0:21:56	0:21:42
32	3KM Individual Run - Male Prime	3197	Wong Wing Chun Edward	王永雋	0:22:20	0:22:04
33	3KM Individual Run - Male Prime	H4521	Tsang Nelson Siuki	曾兆祺	0:22:25	0:22:20
34	3KM Individual Run - Male Prime	C4002	XIE Ryan		0:22:31	0:22:10

# **World Heart Day 2025-26**

Date: 11 Jan 2026

Category Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
35	3KM Individual Run - Male Prime	3185	Yu Leo	余杰華	0:23:14	0:23:04
36	3KM Individual Run - Male Prime	3205	Leung Shawn		0:24:30	0:24:05
37	3KM Individual Run - Male Prime	3203	Tam Tsz Wai	談子煒	0:25:32	0:25:15
38	3KM Individual Run - Male Prime	3191	Ho Hoi Sing	何海勝	0:26:01	0:25:38
39	3KM Individual Run - Male Prime	3182	LAI Huang	賴煌	0:26:45	0:26:25
40	3KM Individual Run - Male Prime	3187	Yan Mang	殷盟	0:28:18	0:28:06
41	3KM Individual Run - Male Prime	3210	Hung Ho Yeung	孔皓暘	0:34:30	0:34:15
42	3KM Individual Run - Male Prime	3211	Yau Sze Chung	游思聰	0:34:30	0:34:15
43	3KM Individual Run - Male Prime	3201	Lee Lincoln		0:35:55	0:35:28

# **World Heart Day 2025-26**

Date: 11 Jan 2026

Category	Position	Category	Bib	Name	Chiname	OfficialTime	ChipTime
	1	3KM Individual Run - Male Youth	3212	NG YUI CHING	伍睿正	0:11:49	0:11:49
	2	3KM Individual Run - Male Youth	3213	Lui Kei Chun	呂其駿	0:20:06	0:19:53