

World Heart Day 2025-26

Date: 11 Jan 206

400M x 2 Relay - 1 Male Kid aged 10-11 & 1 Adult aged over 18

| Rank | Category | Bib | Name | 姓名 | Team Name | TeamTime_ |
|------|---|-------|------------------------|-----|-----------|-----------|
| 1 | 400M x 2 Relay - 1 Male Kid aged 10-11 & 1 Adult aged over 18 | 5000A | MA CHAT PAN | 馬質斌 | M & M | 0:02:31 |
| 1 | 400M x 2 Relay - 1 Male Kid aged 10-11 & 1 Adult aged over 18 | 5000B | MA HO YIN Matthew | 馬浩賢 | M & M | 0:02:31 |
| 2 | 400M x 2 Relay - 1 Male Kid aged 10-11 & 1 Adult aged over 18 | 5001A | Choy Pui Sang Ignatius | 蔡沛生 | HITC | 0:03:00 |
| 2 | 400M x 2 Relay - 1 Male Kid aged 10-11 & 1 Adult aged over 18 | 5001B | Choy Cheuk Hin | 蔡卓軒 | HITC | 0:03:00 |
| 3 | 400M x 2 Relay - 1 Male Kid aged 10-11 & 1 Adult aged over 18 | 5002A | Kiang Chun Wah | 姜鎮華 | 飛龍 | 0:03:06 |
| 3 | 400M x 2 Relay - 1 Male Kid aged 10-11 & 1 Adult aged over 18 | 5002B | Wu Ming Pok | 胡明博 | 飛龍 | 0:03:06 |

400M x 2 Relay - 1 Female Kid aged 10-11 & 1 Adult aged over 18

| Rank | Category | Bib | Name | 姓名 | Team Name | TeamTime_ |
|------|---|-------|-----------------------|-----|-----------|-----------|
| 1 | 400M x 2 Relay - 1 Female Kid aged 10-11 & 1 Adult aged over 18 | 5502A | Wong Trevor | | WONGZIA | 0:02:37 |
| 1 | 400M x 2 Relay - 1 Female Kid aged 10-11 & 1 Adult aged over 18 | 5502B | Wong Manon | | WONGZIA | 0:02:37 |
| 2 | 400M x 2 Relay - 1 Female Kid aged 10-11 & 1 Adult aged over 18 | 5505A | Kiang Pui Ki | 姜佩祺 | 貓貓妹妹 | 0:02:53 |
| 2 | 400M x 2 Relay - 1 Female Kid aged 10-11 & 1 Adult aged over 18 | 5505B | Chan Chin Ching | 陳芊晴 | 貓貓妹妹 | 0:02:53 |
| 3 | 400M x 2 Relay - 1 Female Kid aged 10-11 & 1 Adult aged over 18 | 5503A | Cheung Wing Yan Wendy | 張詠欣 | DAUCHEZ | 0:03:13 |
| 3 | 400M x 2 Relay - 1 Female Kid aged 10-11 & 1 Adult aged over 18 | 5503B | DAUCHEZ Lena | 杜智麗 | DAUCHEZ | 0:03:13 |

400M x 2 Relay - 1 Male Kid aged 8-9 & 1 Adult aged over 18

| Rank | Category | Bib | Name | 姓名 | Team Name | TeamTime_ |
|------|---|-------|--------------------|-----|-----------|-----------|
| 1 | 400M x 2 Relay - 1 Male Kid aged 8-9 & 1 Adult aged over 18 | 6001A | CHEUNG HUNG PAN | 張鴻彬 | 嵐子組 | 0:02:38 |
| 1 | 400M x 2 Relay - 1 Male Kid aged 8-9 & 1 Adult aged over 18 | 6001B | CHEUNG HOI LAAM | 張凱嵐 | 嵐子組 | 0:02:38 |
| 2 | 400M x 2 Relay - 1 Male Kid aged 8-9 & 1 Adult aged over 18 | 6002A | CHEUNG KA LUN ALAN | 張嘉麟 | 一愛樹騰快快跑 | 0:02:47 |
| 2 | 400M x 2 Relay - 1 Male Kid aged 8-9 & 1 Adult aged over 18 | 6002B | CHEUNG HO TANG | 張顯騰 | 一愛樹騰快快跑 | 0:02:47 |
| 3 | 400M x 2 Relay - 1 Male Kid aged 8-9 & 1 Adult aged over 18 | 6000A | Tsang Sunny | | STCC | 0:02:59 |
| 3 | 400M x 2 Relay - 1 Male Kid aged 8-9 & 1 Adult aged over 18 | 6000B | Tsang Caleb | | STCC | 0:02:59 |

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400M x 2 Relay - 1 Female Kid aged 8-9 & 1 Adult aged over 18

| Rank | Category | Bib | Name | 姓名 | Team Name | TeamTime_ |
|------|---|-------|----------------|-----|-----------|-----------|
| 1 | 400M x 2 Relay - 1 Female Kid aged 8-9 & 1 Adult aged over 18 | 6501A | Yan Siu Lun | 甄兆麟 | ENAVY | 0:02:26 |
| 1 | 400M x 2 Relay - 1 Female Kid aged 8-9 & 1 Adult aged over 18 | 6501B | Yan Siu Lun | 甄佳雅 | ENAVY | 0:02:26 |
| 2 | 400M x 2 Relay - 1 Female Kid aged 8-9 & 1 Adult aged over 18 | 6506A | Leung Ho Chun | 梁豪俊 | WE FLASH | 0:02:40 |
| 2 | 400M x 2 Relay - 1 Female Kid aged 8-9 & 1 Adult aged over 18 | 6506B | Leung Hing Chi | 梁馨之 | WE FLASH | 0:02:40 |
| 3 | 400M x 2 Relay - 1 Female Kid aged 8-9 & 1 Adult aged over 18 | 6502A | LEE Chi Yung | | Go Go Go | 0:02:56 |
| 3 | 400M x 2 Relay - 1 Female Kid aged 8-9 & 1 Adult aged over 18 | 6502B | LEE HUI KI | | Go Go Go | 0:02:56 |

400M x 2 Relay - 1 Male Kid aged 6-7 & 1 Adult aged over 18

| Rank | Category | Bib | Name | 姓名 | Team Name | TeamTime_ |
|------|---|-------|-----------------|-----|-----------|-----------|
| 1 | 400M x 2 Relay - 1 Male Kid aged 6-7 & 1 Adult aged over 18 | 7001A | LING MAN CHI | 凌敏智 | 凌爸B | 0:02:47 |
| 1 | 400M x 2 Relay - 1 Male Kid aged 6-7 & 1 Adult aged over 18 | 7001B | LING TSZ HO | 凌梓皓 | 凌爸B | 0:02:47 |
| 2 | 400M x 2 Relay - 1 Male Kid aged 6-7 & 1 Adult aged over 18 | 7004A | Kwok Wai Kin | 郭偉鍵 | HughWill | 0:02:55 |
| 2 | 400M x 2 Relay - 1 Male Kid aged 6-7 & 1 Adult aged over 18 | 7004B | Kwok Yuk Sau | 郭昱秀 | HughWill | 0:02:55 |
| 3 | 400M x 2 Relay - 1 Male Kid aged 6-7 & 1 Adult aged over 18 | 7013A | Lee wing kiu | 李詠喬 | GSH | 0:02:59 |
| 3 | 400M x 2 Relay - 1 Male Kid aged 6-7 & 1 Adult aged over 18 | 7013B | Cheung Wang Yui | 張泓睿 | GSH | 0:02:59 |

400M x 2 Relay - 1 Female Kid aged 6-7 & 1 Adult aged over 18

| Rank | Category | Bib | Name | 姓名 | Team Name | TeamTime_ |
|------|---|-------|----------------|-----|-----------|-----------|
| 1 | 400M x 2 Relay - 1 Female Kid aged 6-7 & 1 Adult aged over 18 | 7500A | Wu Ka Wing | 胡嘉榮 | 感恩喜樂 | 0:03:16 |
| 1 | 400M x 2 Relay - 1 Female Kid aged 6-7 & 1 Adult aged over 18 | 7500B | Wu Yan Hi | 胡恩喜 | 感恩喜樂 | 0:03:16 |
| 2 | 400M x 2 Relay - 1 Female Kid aged 6-7 & 1 Adult aged over 18 | 7503A | Mok Hoi Lam | | 香港亞洲心臟中心 | 0:03:28 |
| 2 | 400M x 2 Relay - 1 Female Kid aged 6-7 & 1 Adult aged over 18 | 7503B | Chum Sze Lok | | 香港亞洲心臟中心 | 0:03:28 |
| 3 | 400M x 2 Relay - 1 Female Kid aged 6-7 & 1 Adult aged over 18 | 7508A | Yuyukhin | 余玉憲 | AK+JK | 0:03:32 |
| 3 | 400M x 2 Relay - 1 Female Kid aged 6-7 & 1 Adult aged over 18 | 7508B | Kwok Ching man | 郭澄汶 | AK+JK | 0:03:32 |

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400M x 2 Relay - 1 Male Kid aged 4-5 & 1 Adult aged over 18

| Rank | Category | Bib | Name | 姓名 | Team Name | TeamTime_ |
|------|---|-------|---------------------|-----|-----------|-----------|
| 1 | 400M x 2 Relay - 1 Male Kid aged 4-5 & 1 Adult aged over 18 | 8006A | Lam Wai Leong | | A & D | 0:03:09 |
| 1 | 400M x 2 Relay - 1 Male Kid aged 4-5 & 1 Adult aged over 18 | 8006B | Lam Chi Nok | | A & D | 0:03:09 |
| 2 | 400M x 2 Relay - 1 Male Kid aged 4-5 & 1 Adult aged over 18 | 8007A | CHAN CHUN LONG | 陳駿朗 | FUTATEAM | 0:03:33 |
| 2 | 400M x 2 Relay - 1 Male Kid aged 4-5 & 1 Adult aged over 18 | 8007B | CHAN FUTA | 陳楓太 | FUTATEAM | 0:03:33 |
| 3 | 400M x 2 Relay - 1 Male Kid aged 4-5 & 1 Adult aged over 18 | 8009A | LAM TSZ YING | 林芷瑩 | 謙瑩同心共進隊 | 0:04:04 |
| 3 | 400M x 2 Relay - 1 Male Kid aged 4-5 & 1 Adult aged over 18 | 8009B | CHUNG KA HIM EDWARD | 鍾嘉謙 | 謙瑩同心共進隊 | 0:04:04 |

400M x 2 Relay - 1 Female Kid aged 4-5 & 1 Adult aged over 18

| Rank | Category | Bib | Name | 姓名 | Team Name | TeamTime_ |
|------|---|-------|--------------------------|-----|-----------|-----------|
| 1 | 400M x 2 Relay - 1 Female Kid aged 4-5 & 1 Adult aged over 18 | 8501A | Wong Shing Kwan | 黃承焜 | Sonic 2 | 0:02:57 |
| 1 | 400M x 2 Relay - 1 Female Kid aged 4-5 & 1 Adult aged over 18 | 8501B | Wong Tsz Shuen | 黃子璇 | Sonic 2 | 0:02:57 |
| 2 | 400M x 2 Relay - 1 Female Kid aged 4-5 & 1 Adult aged over 18 | 8503A | LUI HO MAN | 呂浩文 | 米子 | 0:02:59 |
| 2 | 400M x 2 Relay - 1 Female Kid aged 4-5 & 1 Adult aged over 18 | 8503B | LUI SHUN YAN | 呂淳昕 | 米子 | 0:02:59 |
| 3 | 400M x 2 Relay - 1 Female Kid aged 4-5 & 1 Adult aged over 18 | 8500A | Cheung Pui Lim | 張沛廉 | HuenBMa3 | 0:03:16 |
| 3 | 400M x 2 Relay - 1 Female Kid aged 4-5 & 1 Adult aged over 18 | 8500B | Cheung Ching Huen Evelyn | 張靖萱 | HuenBMa3 | 0:03:16 |