

MCPOne 鮮味10足為食跑 2025

MCPOne Fresh and Zesty HUNGER RUN 2025

Date: 12/10/2025

3km Individual Run - Men Youth								
Category	Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark
	1	21	Men Youth	A2002	黃 卓懿	0:16:02	0:15:55	
	2	180	Men Youth	A2001	CHOW KA CHUNG	0:29:43	0:29:38	

3km Individual Run - Women Youth								
Category	Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark
	1	26	Women Youth	A2007	高 愷彤	0:16:55	0:16:49	
	2	27	Women Youth	A2006	林 煒斐	0:16:58	0:16:55	
	3	68	Women Youth	A2008	陳 泳妍	0:21:08	0:21:04	
	4	69	Women Youth	A2005	林 蕊芯	0:21:09	0:21:01	
	5	126	Women Youth	A2004	TSANG JOANNA	0:25:30	0:25:09	
	6	132	Women Youth	A2003	SING YAN LOK	0:25:46	0:25:44	

3km Individual Run - Men Senior (Group A)							
Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark
1	12	Men Senior (Group A)	B2027	YEUNG JIT YIN	0:14:41	0:14:37	
2	20	Men Senior (Group A)	B2030	劉 顯揚	0:15:42	0:15:37	
3	60	Men Senior (Group A)	B2021	LO WUN HEI	0:20:25	0:19:57	
4	123	Men Senior (Group A)	B2013	FUNG KWAN LOK	0:25:21	0:24:59	
5	134	Men Senior (Group A)	B2029	馬 權楓	0:26:09	0:26:09	
6	151	Men Senior (Group A)	B2022	MOK YIK HONG JASON	0:27:31	0:27:28	
		Men Senior (Group A)	B2025	WONG KA FUNG	N/A	N/A	DNS

3km Individual Run - Women Senior (Group A)							
Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark
1	15	Women Senior (Group A)	B2024	WING YEN LEE	0:14:59	0:14:59	
2	36	Women Senior (Group A)	B2028	呂 珮鈴	0:18:44	0:18:18	
3	53	Women Senior (Group A)	B2026	YEUNG HO TING	0:19:45	0:19:20	
4	65	Women Senior (Group A)	B2015	LAI YING	0:21:02	0:20:35	
5	66	Women Senior (Group A)	B2016	LAU WING CHUNG CLEO	0:21:03	0:20:40	
6	84	Women Senior (Group A)	B2012	CHUNG WING SUM	0:22:26	0:22:18	
7	108	Women Senior (Group A)	B2017	LEUNG MAN YIN	0:24:44	0:24:35	
8	109	Women Senior (Group A)	B2009	CHAU HOI TONG	0:24:44	0:24:32	
9	119	Women Senior (Group A)	B2020	LO CHING LAM	0:25:09	0:24:51	
10	125	Women Senior (Group A)	B2010	CHIU TSZ WING	0:25:27	0:25:03	
11	159	Women Senior (Group A)	B2014	HAMID BELQIS	0:28:12	0:27:55	
12	164	Women Senior (Group A)	B2011	CHOI YUEN LAM	0:28:53	0:28:38	
13	194	Women Senior (Group A)	B2018	LEUNG WING LAM	0:31:26	0:30:52	
14	198	Women Senior (Group A)	B2023	TING HOI KI	0:32:40	0:32:16	
		Women Senior (Group A)	B2019	LIU JIAYI	N/A	N/A	DNS

3km Individual Run - Men Senior (Group B)							
Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark
1	2	Men Senior (Group B)	C2066	NG YIN FOR	0:12:14	0:12:14	
2	3	Men Senior (Group B)	C2093	鄭 浩然	0:12:24	0:12:23	
3	5	Men Senior (Group B)	C2057	LEUNG WAN TIK	0:12:59	0:12:58	
4	9	Men Senior (Group B)	C2063	LO XAVIER GEE HANG	0:14:02	0:13:46	
5	24	Men Senior (Group B)	C2070	SUM CHI CHUNG	0:16:51	0:16:35	
6	29	Men Senior (Group B)	C2080	WONG CHUN PANG	0:17:41	0:17:40	
7	31	Men Senior (Group B)	C2043	HO KA WAI	0:18:04	0:17:42	
8	37	Men Senior (Group B)	C2091	李 偉江	0:18:49	0:18:41	
9	39	Men Senior (Group B)	C2032	CHAN HIU KAM	0:19:04	0:18:54	
10	41	Men Senior (Group B)	C2077	TSUI KAI LEONG	0:19:13	0:18:48	
11	45	Men Senior (Group B)	C2090	YU HING LUNG	0:19:16	0:19:12	
12	51	Men Senior (Group B)	C2056	LEUNG HEI LOK	0:19:38	0:19:27	
13	56	Men Senior (Group B)	C2085	YEUNG SIU CHUNG	0:20:02	0:19:59	
14	58	Men Senior (Group B)	C2048	LAU KA HO	0:20:11	0:20:03	
15	61	Men Senior (Group B)	C2045	LAI DANNY	0:20:25	0:20:01	
16	64	Men Senior (Group B)	C2089	YIU SZE TING ANDERSON	0:20:50	0:20:28	
17	71	Men Senior (Group B)	C2049	LAU KAI LEUNG	0:21:09	0:20:51	
18	73	Men Senior (Group B)	C2046	LAI YIN KIU	0:21:22	0:21:05	
19	78	Men Senior (Group B)	C2039	CHOW HIN YOUNG	0:21:33	0:21:03	
20	81	Men Senior (Group B)	C2065	NG TSZ HIM	0:21:57	0:21:34	
21	89	Men Senior (Group B)	C2060	LIU HIN WEI	0:22:54	0:22:52	
22	105	Men Senior (Group B)	C2053	LEE KA WAI	0:24:35	0:24:17	
23	116	Men Senior (Group B)	C2051	LAW KAI WA	0:25:03	0:24:31	
24	124	Men Senior (Group B)	C2059	LING KIN KWAN	0:25:21	0:24:57	
25	189	Men Senior (Group B)	C2050	LAU KAM FAI	0:30:37	0:30:10	
26	206	Men Senior (Group B)	C2034	CHAN MAN LUNG	0:35:31	0:34:43	
		Men Senior (Group B)	C2076	TSANG TSZ HO IVAN	N/A	N/A	DNS
		Men Senior (Group B)	C2087	YEUNG WING HONG	N/A	N/A	DNS
		Men Senior (Group B)	C2052	LEE KA PO	N/A	N/A	DQ

3km Individual Run - Women Senior (Group B)							
Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark
1	11	Women Senior (Group B)	C2047	LAM YING LIN	0:14:34	0:14:16	
2	28	Women Senior (Group B)	C2075	TO YEUK KEI	0:17:00	0:16:57	
3	44	Women Senior (Group B)	C2079	WAT HO KIU STEFFI	0:19:15	0:18:59	
4	46	Women Senior (Group B)	C2078	WAT HO CHING JOANNE	0:19:19	0:19:04	
5	86	Women Senior (Group B)	C2088	YIP AI YI	0:22:31	0:22:30	
6	88	Women Senior (Group B)	C2064	MAK WING KWAN	0:22:49	0:22:19	
7	91	Women Senior (Group B)	C2031	AU-YEUNG CHEUK YEE CHERIE	0:23:08	0:22:58	
8	92	Women Senior (Group B)	C2062	LO WAI SHAN	0:23:12	0:22:54	
9	99	Women Senior (Group B)	C2058	LEUNG YI LAM	0:23:44	0:23:18	
10	101	Women Senior (Group B)	C2044	HUI CHI YEE TRACEY	0:23:48	0:23:38	
11	106	Women Senior (Group B)	C2074	TO WAN SZE	0:24:35	0:24:18	
12	113	Women Senior (Group B)	C2073	TAO TSZ WAI	0:24:59	0:24:33	
13	114	Women Senior (Group B)	C2054	LEE LAI HEUNG	0:25:01	0:24:52	
14	115	Women Senior (Group B)	C2041	FANG MENG FAN	0:25:02	0:24:31	
15	117	Women Senior (Group B)	C2082	YAM TO LING	0:25:04	0:24:52	
16	128	Women Senior (Group B)	C2083	YAU YUK SIM ADA	0:25:32	0:25:07	
17	129	Women Senior (Group B)	C2071	TAN KA YU	0:25:33	0:25:08	
18	136	Women Senior (Group B)	C2081	WOO HOI NGAN	0:26:20	0:25:52	
19	137	Women Senior (Group B)	C2040	CHUNG CHAU YUNG	0:26:27	0:25:57	
20	142	Women Senior (Group B)	C2033	CHAN HIU YIN	0:27:01	0:26:58	
21	153	Women Senior (Group B)	C2067	SHUM CHIN YUNG	0:27:33	0:27:01	
22	156	Women Senior (Group B)	C2042	FONG MAN CHING	0:27:40	0:27:38	
23	168	Women Senior (Group B)	C2035	CHAN YI LEI	0:29:02	0:28:42	
24	190	Women Senior (Group B)	C2061	LO SHUK MING	0:30:37	0:30:27	
25	202	Women Senior (Group B)	C2069	SO SUET LING	0:33:33	0:33:12	
26	203	Women Senior (Group B)	C2068	SO KA SIN	0:33:33	0:33:13	
27	207	Women Senior (Group B)	C2072	TANG CHEUK YING	0:35:31	0:34:42	
28	214	Women Senior (Group B)	C2092	莫 穎琪	0:37:11	0:37:06	
		Women Senior (Group B)	C2036	CHEN MINGJING	N/A	N/A	DNS
		Women Senior (Group B)	C2037	CHEUNG HAU YEE FIONA	N/A	N/A	DNS
		Women Senior (Group B)	C2055	LEE OI MAN	N/A	N/A	DNS
		Women Senior (Group B)	C2084	YEUNG SINYING	N/A	N/A	DNS
		Women Senior (Group B)	C2086	YEUNG SUI YIN	N/A	N/A	DNS
		Women Senior (Group B)	C2038	CHEUNG LAI KWAN	DQ	DQ	DQ

3km Individual Run - Men Advanced (Group A)							
Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark
1	4	Men Advanced (Group A)	D2098	CHAN MICHAEL	0:12:41	0:12:40	
2	6	Men Advanced (Group A)	D2110	HO CHUN LEONG	0:13:08	0:13:07	
3	8	Men Advanced (Group A)	D2143	SHA KWOK YIN	0:13:28	0:13:28	
4	10	Men Advanced (Group A)	D2132	LIU BUN	0:14:20	0:14:20	
5	13	Men Advanced (Group A)	D2157	YEUNG KA MING	0:14:45	0:14:41	
6	22	Men Advanced (Group A)	D2166	梁 威信	0:16:14	0:16:14	
7	25	Men Advanced (Group A)	D2167	陳 浩基	0:16:54	0:16:50	
8	38	Men Advanced (Group A)	D2155	YAM CHI WAI ERIC	0:18:54	0:18:49	
9	43	Men Advanced (Group A)	D2137	NG CHUN KONG	0:19:14	0:19:08	
10	49	Men Advanced (Group A)	D2133	LOR YIU FAI	0:19:31	0:19:23	
11	59	Men Advanced (Group A)	D2170	謝 仲蔚	0:20:18	0:20:16	
12	62	Men Advanced (Group A)	D2113	HUI KA CHUN	0:20:28	0:20:14	
13	67	Men Advanced (Group A)	D2123	LAM RICKY	0:21:04	0:20:29	
14	74	Men Advanced (Group A)	D2162	YU MING TO	0:21:24	0:21:22	
15	76	Men Advanced (Group A)	D2136	MAU TSZ HO	0:21:32	0:21:16	
16	77	Men Advanced (Group A)	D2122	LAM FAI	0:21:33	0:21:17	
17	79	Men Advanced (Group A)	D2145	TANG KWAN SIU	0:21:41	0:21:24	
18	98	Men Advanced (Group A)	D2099	CHAN WAI KIN	0:23:41	0:23:20	
19	112	Men Advanced (Group A)	D2111	HO CHUN YU	0:24:55	0:24:42	
20	118	Men Advanced (Group A)	D2100	CHEK CHUN SING	0:25:05	0:25:01	
21	120	Men Advanced (Group A)	D2152	WONG WANG SHING	0:25:10	0:24:56	
22	138	Men Advanced (Group A)	D2114	HUI WAN PAN	0:26:40	0:26:36	
23	182	Men Advanced (Group A)	D2127	LEUNG KING CHUNG	0:30:08	0:30:01	
24	191	Men Advanced (Group A)	D2159	YIM CHUN PONG	0:31:18	0:30:56	
25	193	Men Advanced (Group A)	D2150	WONG LAI WING	0:31:19	0:30:55	
26	200	Men Advanced (Group A)	D2156	YEUNG ERIC	0:32:40	0:32:16	
		Men Advanced (Group A)	D2094	CHAN CHEUK MAN	N/A	N/A	DNS
		Men Advanced (Group A)	D2112	HO YING KIT	N/A	N/A	DNS
		Men Advanced (Group A)	D2124	LAM SIU CHUEN	N/A	N/A	DNS

3km Individual Run - Women Advanced (Group A)							
Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark
1	16	Women Advanced (Group A)	D2102	CHENG YUK MEI GRACE	0:15:03	0:15:03	
2	18	Women Advanced (Group A)	D2129	LEUNG SIN YEE	0:15:15	0:15:15	
3	19	Women Advanced (Group A)	D2151	WONG SHUK FAN	0:15:26	0:15:24	
4	23	Women Advanced (Group A)	D2154	WU JUHONG	0:16:26	0:16:26	
5	50	Women Advanced (Group A)	D2171	羅 志英	0:19:33	0:19:29	
6	52	Women Advanced (Group A)	D2148	WONG CHI HUNG	0:19:41	0:19:33	
7	54	Women Advanced (Group A)	D2139	NG YAM TING	0:19:54	0:19:45	
8	75	Women Advanced (Group A)	D2153	WONG YING FUNG	0:21:25	0:21:08	
9	82	Women Advanced (Group A)	D2135	MAN KA YEE	0:22:02	0:21:58	
10	90	Women Advanced (Group A)	D2109	HAN XIAOMING	0:23:03	0:23:03	
11	93	Women Advanced (Group A)	D2144	TAM TSZ SHAN	0:23:13	0:22:57	
12	97	Women Advanced (Group A)	D2096	CHAN KA YAN	0:23:40	0:23:34	
13	100	Women Advanced (Group A)	D2097	CHAN KITTY	0:23:45	0:23:18	
14	104	Women Advanced (Group A)	D2141	PO PUI SAI JODY	0:24:31	0:24:17	
15	111	Women Advanced (Group A)	D2140	NGAI SUK YING	0:24:54	0:24:43	
16	121	Women Advanced (Group A)	D2126	LEE CHEUK SZE JESSIE	0:25:11	0:24:58	
17	131	Women Advanced (Group A)	D2106	CHU PUI YEE JENNY	0:25:46	0:25:45	
18	133	Women Advanced (Group A)	D2168	陳 穎詩	0:25:59	0:25:59	
19	135	Women Advanced (Group A)	D2115	IP WING KWAN	0:26:16	0:26:10	
20	139	Women Advanced (Group A)	D2095	CHAN HOI WING	0:26:50	0:26:26	
21	144	Women Advanced (Group A)	D2121	LAM CHING SUM	0:27:05	0:27:03	
22	145	Women Advanced (Group A)	D2161	YU CHUNG ON	0:27:06	0:26:53	
23	147	Women Advanced (Group A)	D2158	YEUNG TZE WAI EMILY	0:27:11	0:27:07	
24	152	Women Advanced (Group A)	D2117	KWAN TAK YEE MICHELLE	0:27:33	0:27:27	
25	155	Women Advanced (Group A)	D2107	FU WINGYAN	0:27:38	0:27:19	
26	158	Women Advanced (Group A)	D2134	MA KIT YING	0:28:11	0:28:03	
27	162	Women Advanced (Group A)	D2165	YUEN WING SZE	0:28:38	0:28:01	
28	165	Women Advanced (Group A)	D2104	CHIU MAN WA	0:28:56	0:28:26	
29	166	Women Advanced (Group A)	D2119	KWONG PO YEE	0:28:59	0:28:39	
30	171	Women Advanced (Group A)	D2105	CHOI CHING YEUNG	0:29:11	0:28:52	
31	174	Women Advanced (Group A)	D2128	LEUNG SIN MAN CHRISTY	0:29:21	0:29:15	
32	175	Women Advanced (Group A)	D2125	LAW SZE MAN	0:29:29	0:29:25	
33	176	Women Advanced (Group A)	D2130	LEUNG WAI SHAN	0:29:31	0:29:30	
34	177	Women Advanced (Group A)	D2149	WONG FONG FONG	0:29:34	0:29:24	
35	183	Women Advanced (Group A)	D2116	KI CHI YUEN	0:30:23	0:30:14	
36	185	Women Advanced (Group A)	D2164	YUEN SZE KI	0:30:30	0:30:01	
37	187	Women Advanced (Group A)	D2101	CHENG HOI LUN	0:30:34	0:30:15	
38	188	Women Advanced (Group A)	D2160	YIU PUI YING STELLA	0:30:37	0:30:18	
39	197	Women Advanced (Group A)	D2108	HA HOI YIN	0:32:36	0:32:22	
40	199	Women Advanced (Group A)	D2138	NG WING CHEE	0:32:40	0:32:26	
41	201	Women Advanced (Group A)	D2131	LEUNG WING YU	0:33:08	0:33:06	
42	210	Women Advanced (Group A)	D2146	TSANG KIT LING	0:36:48	0:36:35	
43	215	Women Advanced (Group A)	D2118	KWOK MAN YI	0:38:46	0:38:34	
		Women Advanced (Group A)	D2103	CHEUNG HAU LAM DOROTHY	N/A	N/A	DNS
		Women Advanced (Group A)	D2120	KWONG SHUET YI SHARON	N/A	N/A	DNS
		Women Advanced (Group A)	D2142	POON YEE CHING	N/A	N/A	DNS
		Women Advanced (Group A)	D2147	WAN HOI YEE LORETTA	N/A	N/A	DNS
		Women Advanced (Group A)	D2163	YUEN KWAN	N/A	N/A	DNS
		Women Advanced (Group A)	D2169	雷 蘭詩	N/A	N/A	DNS

3km Individual Run - Men Advanced (Group B)							
Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark
1	1	Men Advanced (Group B)	E2172	CHAN MAN FOR	0:12:05	0:12:05	
2	7	Men Advanced (Group B)	E2218	霍 立豪	0:13:25	0:13:24	
3	33	Men Advanced (Group B)	E2205	YEUNG YUET CHUNG	0:18:09	0:18:08	
4	35	Men Advanced (Group B)	E2204	YEUNG SUET KIN	0:18:10	0:18:03	
5	47	Men Advanced (Group B)	E2215	楊 潤富	0:19:19	0:19:10	
6	48	Men Advanced (Group B)	E2214	馬 偉全	0:19:22	0:19:22	
7	55	Men Advanced (Group B)	E2207	YIP CHUN PONG	0:19:57	0:19:29	
8	63	Men Advanced (Group B)	E2176	FU CHI HUNG	0:20:33	0:20:28	
9	70	Men Advanced (Group B)	E2177	FUNG CHI KIN	0:21:09	0:20:48	
10	85	Men Advanced (Group B)	E2190	NG WAI JIM	0:22:30	0:22:18	
11	96	Men Advanced (Group B)	E2196	TANG SAMSON	0:23:38	0:23:09	
12	127	Men Advanced (Group B)	E2198	TSANG CHUNG BUN	0:25:30	0:25:09	
13	130	Men Advanced (Group B)	E2179	IP SIU KEUNG BRYAN	0:25:34	0:25:26	
14	146	Men Advanced (Group B)	E2188	LO KIN CHEONG BARRY	0:27:07	0:26:48	
15	216	Men Advanced (Group B)	E2186	LEUNG WAI CHOI	0:41:02	0:40:43	
16	218	Men Advanced (Group B)	E2189	NG CHI WANG	0:41:08	0:40:39	
		Men Advanced (Group B)	E2183	LAW KOON LIK DENNY	N/A	N/A	DNS
		Men Advanced (Group B)	E2184	LEE JON	N/A	N/A	DNS
		Men Advanced (Group B)	E2199	TSANG PAK LEUNG	N/A	N/A	DNS

3km Individual Run - Women Advanced (Group B)							
Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark
1	32	Women Advanced (Group B)	E2194	TAI WAI YAN	0:18:07	0:18:05	
2	40	Women Advanced (Group B)	E2213	林 麗芬	0:19:05	0:19:00	
3	42	Women Advanced (Group B)	E2200	TSUI NIN LAI TWINKY	0:19:14	0:19:12	
4	72	Women Advanced (Group B)	E2187	LI ON NI	0:21:12	0:21:06	
5	80	Women Advanced (Group B)	E2197	TONG TANZI	0:21:46	0:21:37	
6	83	Women Advanced (Group B)	E2211	YIP WAN YEE	0:22:03	0:21:55	
7	95	Women Advanced (Group B)	E2191	POON HO YAN	0:23:34	0:23:26	
8	102	Women Advanced (Group B)	E2195	TANG LAI YIN CANDY	0:23:54	0:23:54	
9	103	Women Advanced (Group B)	E2185	LEE WAI LING CATHERINE	0:23:58	0:23:51	
10	107	Women Advanced (Group B)	E2174	CHAU MAN YEE	0:24:40	0:24:16	
11	122	Women Advanced (Group B)	E2180	IP WAI KEI SILVIA	0:25:20	0:25:15	
12	140	Women Advanced (Group B)	E2203	YEUNG PUI FAN ANITA	0:26:51	0:26:45	
13	143	Women Advanced (Group B)	E2210	YIP SAU PING CINDY	0:27:05	0:26:57	
14	148	Women Advanced (Group B)	E2193	SHEA KWAI SHEUNG	0:27:24	0:27:11	
15	150	Women Advanced (Group B)	E2175	CHOW VICKIE	0:27:30	0:27:08	
16	154	Women Advanced (Group B)	E2192	POON WAI LIN DEBBY	0:27:38	0:27:38	
17	160	Women Advanced (Group B)	E2173	CHAN WAI YEE PEON	0:28:19	0:28:07	
18	161	Women Advanced (Group B)	E2201	WANG BIN HAN SANDY	0:28:34	0:28:21	
19	163	Women Advanced (Group B)	E2206	YIP CHUI FA	0:28:42	0:28:29	
20	167	Women Advanced (Group B)	E2178	FUNG SAU CHI PATRICIA	0:29:02	0:28:46	
21	172	Women Advanced (Group B)	E2216	歐陽 燕芳	0:29:20	0:29:12	
22	173	Women Advanced (Group B)	E2212	李 雅儀	0:29:20	0:29:10	
23	186	Women Advanced (Group B)	E2217	賴 玉蓮	0:30:33	0:30:21	
24	192	Women Advanced (Group B)	E2202	WONG PIK WAH	0:31:18	0:30:56	
25	196	Women Advanced (Group B)	E2182	KWONG YUEN KEI	0:31:51	0:31:30	
26	204	Women Advanced (Group B)	E2209	YIP MUN SEE	0:33:34	0:33:13	
		Women Advanced (Group B)	E2181	KO SIU YAN CANDY	N/A	N/A	DNS
		Women Advanced (Group B)	E2208	YIP MUN SEE	N/A	N/A	DNS

3km Individual Run - Men Master							
Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark
1	14	Men Master	F2245	WONG TAI CHUN MARK	0:14:56	0:14:54	
2	17	Men Master	F2238	TANG CHI LEUNG	0:15:07	0:15:05	
3	30	Men Master	F2236	POK CHEUNG WAH	0:17:55	0:17:53	
4	34	Men Master	F2227	FUNG WAI FAI	0:18:09	0:18:06	
5	57	Men Master	F2250	張 錦志	0:20:03	0:20:01	
6	87	Men Master	F2229	LAI KWOK FUNG	0:22:33	0:22:26	
7	94	Men Master	F2248	王 小剛	0:23:19	0:22:50	
8	141	Men Master	F2234	MOK WING KWONG JOHNNY	0:27:00	0:26:57	
9	149	Men Master	F2231	LAM YU HUNG PETER	0:27:27	0:27:23	
10	178	Men Master	F2235	NG PAK CHEONG	0:29:34	0:29:29	
11	179	Men Master	F2246	YAU WAI TAT FREDDIE	0:29:36	0:29:17	
12	184	Men Master	F2247	YEUNG CHI KWONG	0:30:27	0:29:55	
13	195	Men Master	F2243	WONG CHAK KIN	0:31:51	0:31:29	
14	205	Men Master	F2225	CHOW CHI CHIU DAVID	0:34:15	0:34:10	
15	209	Men Master	F2219	CHAN CHIU MING	0:36:16	0:36:12	
16	213	Men Master	F2233	MA CHUNG CHAU	0:37:07	0:37:05	
		Men Master	F2224	CHIU STANLEY	N/A	N/A	DNS
		Men Master	F2239	TANG KA HUNG	N/A	N/A	DNS
		Men Master	F2244	WONG CHI WAH	N/A	N/A	DNS

3km Individual Run - Women Master							
Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark
1	110	Women Master	F2242	WANG PUI YIN BONNY	0:24:47	0:24:40	
2	157	Women Master	F2232	LAU WAI HAN	0:28:06	0:28:00	
3	169	Women Master	F2220	CHAN SIU YEE MARIA	0:29:04	0:28:28	
4	170	Women Master	F2223	CHENG MAN TING	0:29:09	0:29:06	
5	181	Women Master	F2237	SO OI NUI	0:29:45	0:29:43	
6	208	Women Master	F2222	CHAU YIN YEE TINA	0:36:12	0:36:08	
7	211	Women Master	F2226	CHOW YIN FAN AGNES	0:36:59	0:36:56	
8	212	Women Master	F2230	LAM SAU FONG	0:37:07	0:37:03	
9	217	Women Master	F2240	TONG YEE LING ELAINE	0:41:02	0:40:43	
		Women Master	F2221	CHAN SUEN WING TRACY	N/A	N/A	DNS
		Women Master	F2241	TSANG IVY	N/A	N/A	DNS
		Women Master	F2228	KWOK HEI YING KOREN	N/A	N/A	DQ
		Women Master	F2249	張 明珠	N/A	N/A	DQ