

MCPOne 鮮味10足為食跑 2025

MCPOne Fresh and Zesty HUNGER RUN 2025

Date: 12/10/2025

10km Individual Run - Men Youth								
Category	Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark
	1	20	Men Youth	A0004	陳 家豐	0:34:59	0:34:25	
	2	222	Men Youth	A0001	CHOI YOUN HYUK	0:45:10	0:44:38	
	3	293	Men Youth	A0005	鍾 宇軒	0:47:26	0:47:17	
	4	302	Men Youth	A0002	CHOW SIK KIU BLYTH	0:47:37	0:47:32	
	5	317	Men Youth	A0003	TUNG TSZ YUI	0:48:06	0:48:01	

10km Individual Run - Women Youth								
Category	Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark
	1	588	Women Youth	A0006	LEUNG HEI TUNG	1:02:36	1:02:08	

10km Individual Run - Men Senior (Group A)								
Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark	
1	1	Men Senior (Group A)	B0077	TSE HO YIN	0:29:08	0:29:08		
2	4	Men Senior (Group A)	B0032	HUI SIU KI	0:32:39	0:32:36		
3	5	Men Senior (Group A)	B0097	YU MAN HIN	0:33:03	0:33:01		
4	11	Men Senior (Group A)	B0009	CHAN CHING KWONG	0:33:59	0:33:59		
5	26	Men Senior (Group A)	B0072	TAI LOK YIN	0:35:55	0:35:54		
6	31	Men Senior (Group A)	B0107	蔡 鍵濠	0:36:15	0:36:12		
7	37	Men Senior (Group A)	B0018	CHEUNG LAP KIN	0:36:52	0:36:44		
8	48	Men Senior (Group A)	B0031	HO YUEN MING	0:37:39	0:37:35		
9	62	Men Senior (Group A)	B0104	曾 朗賢	0:38:23	0:38:20		
10	67	Men Senior (Group A)	B0042	LAI HOMAN	0:38:35	0:38:00		
11	89	Men Senior (Group A)	B0078	WAN CHUN YUEN	0:39:25	0:39:08		
12	113	Men Senior (Group A)	B0040	KWOK LING CHI	0:40:57	0:40:48		
13	122	Men Senior (Group A)	B0013	CHAN YIU NAM	0:41:16	0:40:59		
14	123	Men Senior (Group A)	B0091	YEUNG KAM HUNG	0:41:18	0:41:12		
15	139	Men Senior (Group A)	B0100	李 保加	0:42:04	0:41:31		
16	148	Men Senior (Group A)	B0105	黃 家賢	0:42:24	0:41:48		
17	155	Men Senior (Group A)	B0071	SZETO SIU CHUN ELVIN	0:42:47	0:42:14		
18	159	Men Senior (Group A)	B0089	YEUNG HO HIN STEVEN	0:43:00	0:42:45		
19	165	Men Senior (Group A)	B0049	LAW SIU HOI	0:43:12	0:42:35		
20	169	Men Senior (Group A)	B0012	CHAN TSZ HIN BENJAMIN	0:43:24	0:43:23		
21	176	Men Senior (Group A)	B0043	LAI MAN LONG	0:43:38	0:43:29		
22	177	Men Senior (Group A)	B0037	KIM JIN SUNG	0:43:42	0:43:21		
23	223	Men Senior (Group A)	B0095	YIU YUI WA	0:45:11	0:45:02		
24	230	Men Senior (Group A)	B0035	KEUNG HO YIN HOWARD	0:45:34	0:45:28		
25	253	Men Senior (Group A)	B0020	CHUNG CHUN SING	0:46:21	0:45:56		
26	269	Men Senior (Group A)	B0062	LO HEI CHUN	0:46:40	0:46:07		
27	272	Men Senior (Group A)	B0068	SIN KAI HO	0:46:44	0:46:30		
28	297	Men Senior (Group A)	B0050	LEE CHUN KIT	0:47:30	0:47:26		
29	332	Men Senior (Group A)	B0021	CHUNG MAN HIN	0:48:41	0:48:20		
30	349	Men Senior (Group A)	B0019	CHEUNG WA LUN	0:49:16	0:49:10		
31	374	Men Senior (Group A)	B0014	CHAU CHI HO	0:50:14	0:49:49		
32	403	Men Senior (Group A)	B0058	LI KAI LAM	0:51:20	0:51:10		
33	427	Men Senior (Group A)	B0070	SIU YAM KIT	0:52:16	0:51:52		
34	439	Men Senior (Group A)	B0011	CHAN TIK KWUN	0:52:35	0:52:15		
35	463	Men Senior (Group A)	B0109	蘇 柏臻	0:53:37	0:53:03		
36	464	Men Senior (Group A)	B0055	LEUNG SHING HIN	0:53:37	0:53:10		
37	465	Men Senior (Group A)	B0093	YEUNG WING NAM	0:53:44	0:53:06		
38	483	Men Senior (Group A)	B0028	HO CHEUK HANG	0:55:08	0:54:52		
39	489	Men Senior (Group A)	B0069	SIU HOI HIN	0:55:26	0:55:00		
40	525	Men Senior (Group A)	B0038	KIM YE SUNG	0:56:46	0:56:24		
41	605	Men Senior (Group A)	B0108	羅 佳崔	1:03:53	1:03:19		
42	611	Men Senior (Group A)	B0085	WONG WAI HANG EDDY	1:04:13	1:03:54		
43	612	Men Senior (Group A)	B0045	LAM HIU YEUNG	1:04:14	1:04:08		
44	618	Men Senior (Group A)	B0029	HO MAN LOK	1:04:34	0:48:41		
45	663	Men Senior (Group A)	B0101	林 俊樺	1:12:49	1:12:10		
		Men Senior (Group A)	B0026	GUO TAITING	N/A	N/A	DNS	
		Men Senior (Group A)	B0041	KWONG KA HO	N/A	N/A	DNS	
		Men Senior (Group A)	B0054	LEUNG HIU FUNG	N/A	N/A	DNS	
		Men Senior (Group A)	B0064	NG CHUN KIT	N/A	N/A	DNS	
		Men Senior (Group A)	B0065	NG CHUNYIN	N/A	N/A	DNS	
		Men Senior (Group A)	B0074	TAM TSZ HO	N/A	N/A	DNS	
		Men Senior (Group A)	B0076	TSANG PUT LONG	N/A	N/A	DNS	

10km Individual Run - Women Senior (Group A)								
Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark	
1	27	Women Senior (Group A)	B0033	JEN YAN TUNG	0:35:58	0:35:55		
2	45	Women Senior (Group A)	B0102	許 韻彤	0:37:34	0:37:31		
3	80	Women Senior (Group A)	B0016	CHENG CHEN DANIELA	0:39:01	0:38:58		
4	94	Women Senior (Group A)	B0067	PIN KA YIU	0:39:36	0:39:34		
5	115	Women Senior (Group A)	B0106	楊 詠津	0:40:59	0:40:51		
6	119	Women Senior (Group A)	B0008	BONATO LUISA	0:41:07	0:41:05		
7	142	Women Senior (Group A)	B0090	YEUNG HOI YAN	0:42:12	0:42:07		
8	143	Women Senior (Group A)	B0057	LI CHUNG YAN RACHAEL	0:42:13	0:42:10		
9	154	Women Senior (Group A)	B0044	LAM CHING CHI	0:42:44	0:42:31		
10	185	Women Senior (Group A)	B0079	WAN KA MAN	0:43:58	0:43:55		
11	187	Women Senior (Group A)	B0048	LAU YI SUM	0:43:58	0:43:54		
12	197	Women Senior (Group A)	B0030	HO SHEUNG LAM	0:44:20	0:44:14		
13	235	Women Senior (Group A)	B0096	YU LOK TUNG	0:45:46	0:45:11		
14	244	Women Senior (Group A)	B0075	TANG YUEN YI	0:46:04	0:45:31		
15	247	Women Senior (Group A)	B0094	YIP HOI CHING HERICE	0:46:11	0:45:53		
16	262	Women Senior (Group A)	B0092	YEUNG WAI TING	0:46:35	0:46:30		
17	264	Women Senior (Group A)	B0015	CHAU TSZ WAI	0:46:36	0:46:01		
18	271	Women Senior (Group A)	B0063	MA CHE YAN	0:46:44	0:46:29		
19	279	Women Senior (Group A)	B0080	WANG YICHUN	0:46:52	0:46:37		
20	280	Women Senior (Group A)	B0103	陳 思穎	0:46:54	0:46:26		
21	318	Women Senior (Group A)	B0034	KEI HIU TUNG OLIVIA	0:48:06	0:47:54		
22	344	Women Senior (Group A)	B0017	CHEUNG HOI YIN	0:49:06	0:48:49		
23	363	Women Senior (Group A)	B0007	BHATTACHARYYA DEBALINA	0:49:49	0:49:49		
24	429	Women Senior (Group A)	B0027	HE JIN TING	0:52:17	0:52:00		
25	442	Women Senior (Group A)	B0088	WU WING YI	0:52:43	0:52:22		
26	445	Women Senior (Group A)	B0024	FUNG HOI CHING CHERRY	0:52:47	0:52:40		
27	484	Women Senior (Group A)	B0073	TAM HAVEN	0:55:09	0:54:52		
28	486	Women Senior (Group A)	B0061	LO CHING YIU	0:55:13	0:52:04		
29	502	Women Senior (Group A)	B0051	LEE HEI LAM	0:55:59	0:55:41		
30	515	Women Senior (Group A)	B0084	WONG TSZ CHING	0:56:20	0:56:07		
31	536	Women Senior (Group A)	B0052	LEE NAYOUNG	0:57:21	0:56:57		
32	537	Women Senior (Group A)	B0023	FUNG CHIN MAN	0:57:22	0:56:52		
33	546	Women Senior (Group A)	B0053	LEE SZE WAI	0:57:51	0:57:15		
34	552	Women Senior (Group A)	B0060	LI LOK YIU	0:58:15	0:57:48		
35	569	Women Senior (Group A)	B0056	LI CHUN YIN	1:00:51	1:00:47		
36	577	Women Senior (Group A)	B0059	LI KOK WING	1:01:46	0:52:22		
37	578	Women Senior (Group A)	B0083	WONG PAK KWAN	1:01:46	0:52:21		
38	589	Women Senior (Group A)	B0036	KHO SOE BIEN KARLIE	1:02:49	1:02:43		
39	600	Women Senior (Group A)	B0763	SURESH VARSHA	1:03:36	1:02:56		
40	606	Women Senior (Group A)	B0099	吳 凱欣	1:04:02	1:03:28		
41	610	Women Senior (Group A)	B0022	FUNG CHI WING	1:04:13	1:03:54		
42	619	Women Senior (Group A)	B0047	LAU LI KEI	1:04:36	1:04:21		
43	655	Women Senior (Group A)	B0081	WONG HEI CHING	1:11:08	1:10:53		
44	660	Women Senior (Group A)	B0098	YUEN KA LAM	1:12:18	1:12:02		
45	682	Women Senior (Group A)	B0039	KWAN SZE CHING	1:31:12	1:30:49		
46	683	Women Senior (Group A)	B0086	WONG WING LAAM	1:31:33	1:31:11		
		Women Senior (Group A)	B0010	CHAN GRET L ON IN	N/A	N/A		
		Women Senior (Group A)	B0025	FUNG KRISTEN SHITA	N/A	N/A		
		Women Senior (Group A)	B0046	LAM TSZ CHING SAMMI	N/A	N/A		
		Women Senior (Group A)	B0066	NG TSZ WING	N/A	N/A		
		Women Senior (Group A)	B0082	WONG MAN HUEN DESIREE	N/A	N/A	DNF	
		Women Senior (Group A)	B0087	WONG YAU CHUN	N/A	N/A	DNF	

10km Individual Run - Men Senior (Group B)

Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark
1	2	Men Senior (Group B)	C0235	SZE TSZ CHIU	0:30:24	0:30:20	
2	6	Men Senior (Group B)	C0158	HUNG PO KIN	0:33:10	0:33:08	
3	7	Men Senior (Group B)	C0215	MAU HIN	0:33:15	0:33:13	
4	14	Men Senior (Group B)	C0144	DUERR RAPHAEL	0:34:11	0:33:47	
5	15	Men Senior (Group B)	C0300	姜 明軒	0:34:19	0:34:19	
6	16	Men Senior (Group B)	C0218	MOK KWAI CHIU	0:34:19	0:34:15	
7	17	Men Senior (Group B)	C0111	BOWNESS CAL	0:34:39	0:34:31	
8	21	Men Senior (Group B)	C0176	LAI TAT YIK	0:35:02	0:35:00	
9	25	Men Senior (Group B)	C0206	LO KA KEUNG	0:35:43	0:35:40	
10	30	Men Senior (Group B)	C0125	CHANG WING TUNG	0:36:15	0:36:03	
11	38	Men Senior (Group B)	C0121	CHAN PING LEONG	0:36:54	0:36:51	
12	39	Men Senior (Group B)	C0118	CHAN KA HO	0:37:13	0:37:11	
13	40	Men Senior (Group B)	C0209	LUK CHUN SING	0:37:15	0:37:02	
14	41	Men Senior (Group B)	C0133	CHEW FOO HON MATTHEW	0:37:20	0:37:17	
15	42	Men Senior (Group B)	C0172	LAI HOI FUNG	0:37:25	0:37:19	
16	43	Men Senior (Group B)	C0242	TAN CHUIJIE	0:37:33	0:37:30	
17	44	Men Senior (Group B)	C0147	GUZMAN ANDREAS GABRIEL	0:37:34	0:37:27	
18	49	Men Senior (Group B)	C0136	CHOI MAN NOK	0:37:44	0:37:43	
19	53	Men Senior (Group B)	C0183	LAM TIM LOK	0:37:58	0:37:47	
20	55	Men Senior (Group B)	C0241	TAM KWOK KIT	0:37:59	0:37:40	
21	57	Men Senior (Group B)	C0270	WONG KANG YIU	0:38:08	0:38:02	
22	63	Men Senior (Group B)	C0191	LEE HOI KUEN	0:38:27	0:38:07	
23	65	Men Senior (Group B)	C0204	LI HONG YEUNG	0:38:29	0:38:25	
24	68	Men Senior (Group B)	C0290	朱 民傑	0:38:36	0:38:27	
25	69	Men Senior (Group B)	C0122	CHAN WING FAT	0:38:38	0:38:19	
26	74	Men Senior (Group B)	C0311	羅 繼榮	0:38:48	0:38:48	
27	75	Men Senior (Group B)	C0150	HO KIN YUNG	0:38:49	0:38:47	
28	86	Men Senior (Group B)	C0265	WONG CHEUK YIN	0:39:08	0:39:03	
29	88	Men Senior (Group B)	C0200	LEUNG YAN CHUN	0:39:21	0:39:13	
30	97	Men Senior (Group B)	C0185	LAU CHAK HANG	0:39:47	0:39:17	
31	101	Men Senior (Group B)	C0278	YEE HO FUNG	0:40:08	0:39:30	
32	105	Men Senior (Group B)	C0154	HO TSZ HO	0:40:22	0:40:09	
33	110	Men Senior (Group B)	C0190	LAW KIT NING	0:40:50	0:40:48	
34	112	Men Senior (Group B)	C0231	SHI KA NGAI	0:40:52	0:40:45	
35	116	Men Senior (Group B)	C0179	LAM HO LEUNG	0:41:01	0:40:44	
36	118	Men Senior (Group B)	C0256	TSE SZE LONG	0:41:07	0:40:41	
37	126	Men Senior (Group B)	C0210	LUK KA TSUN	0:41:25	0:41:18	
38	128	Men Senior (Group B)	C0157	HUI KA LUN	0:41:27	0:41:01	
39	129	Men Senior (Group B)	C0120	CHAN KAM MING	0:41:30	0:41:24	
40	131	Men Senior (Group B)	C0292	吳 逸軒	0:41:33	0:41:07	
41	133	Men Senior (Group B)	C0216	MO ANDREW	0:41:43	0:41:27	
42	135	Men Senior (Group B)	C0273	WONG LOK HIM	0:41:54	0:41:33	
43	138	Men Senior (Group B)	C0253	TSANG KWAN LIK	0:42:03	0:41:51	
44	147	Men Senior (Group B)	C0264	WANG SHING PAN	0:42:17	0:41:39	
45	149	Men Senior (Group B)	C0141	CHUNG MAN LEONG	0:42:28	0:42:17	
46	152	Men Senior (Group B)	C0223	NG YU FAI	0:42:37	0:42:29	
47	153	Men Senior (Group B)	C0272	WONG LAI KIT	0:42:38	0:42:33	
48	158	Men Senior (Group B)	C0164	KO LONG FAI	0:42:57	0:42:29	
49	160	Men Senior (Group B)	C0145	FUNG TAK SUM	0:43:03	0:42:58	
50	166	Men Senior (Group B)	C0252	TSANG KIN HANG	0:43:15	0:42:26	
51	170	Men Senior (Group B)	C0171	KWOK MAN HEI	0:43:25	0:43:23	
52	182	Men Senior (Group B)	C0225	PANG HUNG KIT	0:43:53	0:43:53	
53	184	Men Senior (Group B)	C0287	ZHAN WILLIAM	0:43:58	0:43:26	
54	186	Men Senior (Group B)	C0124	CHAN YU TUNG	0:43:58	0:43:30	
55	193	Men Senior (Group B)	C0129	CHEUNG DANIEL WAI LONG	0:44:09	0:44:04	
56	195	Men Senior (Group B)	C0194	LEUNG CHUN HIM	0:44:14	0:43:56	
57	196	Men Senior (Group B)	C0139	CHUI TIM WAI	0:44:17	0:43:46	
58	204	Men Senior (Group B)	C0238	TAM CHUN WAI	0:44:32	0:44:30	
59	211	Men Senior (Group B)	C0202	LI CHING YEUNG	0:44:59	0:44:43	
60	219	Men Senior (Group B)	C0288	刁 健聰	0:45:05	0:45:03	
61	227	Men Senior (Group B)	C0262	TUNG MAN KIN	0:45:25	0:44:57	
62	229	Men Senior (Group B)	C0110	ANGCO PATRICK	0:45:32	0:45:19	
63	234	Men Senior (Group B)	C0126	CHEE FOOK LAM BRONSON	0:45:45	0:45:43	
64	246	Men Senior (Group B)	C0137	CHOY SZE LUK	0:46:05	0:45:38	
65	248	Men Senior (Group B)	C0305	張 肇杰	0:46:11	0:45:51	
66	249	Men Senior (Group B)	C0146	FUNG TAT LAI FRANCO	0:46:15	0:46:09	
67	259	Men Senior (Group B)	C0286	YUEN CHI CHUNG CHRIS	0:46:30	0:46:01	
68	267	Men Senior (Group B)	C0192	LEE JUN HEE	0:46:38	0:46:16	
69	275	Men Senior (Group B)	C0258	TSOI HOWAH	0:46:46	0:46:17	
70	283	Men Senior (Group B)	C0116	CHAN CHONG WING	0:47:00	0:46:36	
71	290	Men Senior (Group B)	C0296	沈 效榮	0:47:21	0:47:08	
72	300	Men Senior (Group B)	C0119	CHAN KAI HON	0:47:36	0:47:19	
73	306	Men Senior (Group B)	C0276	WONG WING KA	0:47:45	0:47:41	
74	308	Men Senior (Group B)	C0201	LI CHAK LEUNG MICHAEL	0:47:47	0:38:25	
75	315	Men Senior (Group B)	C0203	LI HO MAN	0:48:01	0:47:40	
76	320	Men Senior (Group B)	C0260	TUNG ERIC	0:48:16	0:47:44	
77	325	Men Senior (Group B)	C0152	HO MAN WUI MARCO	0:48:29	0:48:29	
78	328	Men Senior (Group B)	C0226	PANG KWONG FU	0:48:32	0:48:02	
79	338	Men Senior (Group B)	C0294	李 卓穎	0:48:55	0:48:49	
80	342	Men Senior (Group B)	C0196	LEUNG KA KI	0:49:05	0:49:04	
81	346	Men Senior (Group B)	C0301	姜 敖倫	0:49:11	0:49:11	
82	348	Men Senior (Group B)	C0217	MO HOI LUNG	0:49:14	0:48:37	
83	352	Men Senior (Group B)	C0134	CHIU TSZ WAI	0:49:19	0:49:19	
84	361	Men Senior (Group B)	C0173	LAI KA WING ANDY	0:49:46	0:49:28	
85	362	Men Senior (Group B)	C0228	POON WING KEUNG RYAN	0:49:48	0:49:33	

86	365	Men Senior (Group B)	C0251	TONG KWAN TO JASON	0:49:52	0:49:19	
87	371	Men Senior (Group B)	C0309	楊 富華	0:50:06	0:49:35	
88	381	Men Senior (Group B)	C0199	LEUNG SIN HUNG	0:50:28	0:50:13	
89	398	Men Senior (Group B)	C0138	CHU KA HO	0:51:04	0:50:53	
90	401	Men Senior (Group B)	C0113	CAI ZHIHENG	0:51:16	0:51:13	
91	404	Men Senior (Group B)	C0249	TEDSTONE IAN	0:51:25	0:50:56	
92	410	Men Senior (Group B)	C0187	LAU KAM LUN	0:51:45	0:51:21	
93	411	Men Senior (Group B)	C0197	LEUNG KIT LUNG	0:51:45	0:42:22	
94	413	Men Senior (Group B)	C0269	WONG KAM HO	0:51:53	0:51:49	
95	416	Men Senior (Group B)	C0151	HO MAN CHUN	0:52:06	0:51:48	
96	420	Men Senior (Group B)	C0148	HO CHUNG KONG	0:52:09	0:51:40	
97	424	Men Senior (Group B)	C0232	SIU KIN MAN	0:52:14	0:52:09	
98	448	Men Senior (Group B)	C0261	TUNG MAN CHUN	0:52:53	0:52:17	
99	452	Men Senior (Group B)	C0169	KWAN BRYAN	0:53:04	0:52:39	
100	458	Men Senior (Group B)	C0162	KEUNG HON KIT	0:53:12	0:52:56	
101	466	Men Senior (Group B)	C0177	LAI YIU TING DICKSON	0:53:51	0:53:17	
102	468	Men Senior (Group B)	C0224	OLIVOS RAVE FRANCISCO	0:53:57	0:53:34	
103	470	Men Senior (Group B)	C0211	MA CHEUK HIM	0:54:05	0:53:41	
104	481	Men Senior (Group B)	C0280	YEUNG HIU YAT HELMUT	0:54:52	0:54:38	
105	482	Men Senior (Group B)	C0160	JOR TSUN WAI	0:55:03	0:54:38	
106	491	Men Senior (Group B)	C0293	李 永浩	0:55:41	0:55:14	
107	492	Men Senior (Group B)	C0244	TANG LAP YI	0:55:41	0:55:20	
108	493	Men Senior (Group B)	C0307	黃 祖衍	0:55:47	0:55:25	
109	496	Men Senior (Group B)	C0285	YU CHUN TING	0:55:54	0:55:15	
110	501	Men Senior (Group B)	C0236	TAI YING HOL	0:55:57	0:51:28	
111	506	Men Senior (Group B)	C0229	SHAM WAI KI	0:56:06	0:55:33	
112	516	Men Senior (Group B)	C0283	YIM LONG MAN	0:56:21	0:55:47	
113	518	Men Senior (Group B)	C0230	SHE CHI HO	0:56:23	0:55:49	
114	531	Men Senior (Group B)	C0308	黃 啟聰	0:57:01	0:56:44	
115	539	Men Senior (Group B)	C0140	WONG CHUN HIN MICHAEL	0:57:33	0:57:19	
116	548	Men Senior (Group B)	C0240	TAM KAI CHEONG	0:58:03	0:58:03	
117	554	Men Senior (Group B)	C0220	NG CHEUK HO	0:58:20	0:58:10	
118	555	Men Senior (Group B)	C0246	TANG WAI KIN	0:58:29	0:58:02	
119	557	Men Senior (Group B)	C0167	KUANG DONGRONG	0:58:43	0:58:41	
120	559	Men Senior (Group B)	C0149	HO HUNG HIM	0:59:07	0:58:29	
121	563	Men Senior (Group B)	C0165	KO MING HIM	0:59:44	0:59:26	
122	575	Men Senior (Group B)	C0243	TANG KWOK YIM	1:01:40	1:01:33	
123	592	Men Senior (Group B)	C0128	CHENG PAK KI	1:02:54	0:53:30	
124	607	Men Senior (Group B)	C0289	方 嘉樂	1:04:03	1:03:33	
125	633	Men Senior (Group B)	C0248	TANG YAT SING	1:06:07	1:01:51	
126	634	Men Senior (Group B)	C0182	LAM KA YUE KA YUE	1:06:07	1:01:49	
127	646	Men Senior (Group B)	C0178	LAM CHUN YIN	1:08:35	1:07:57	
128	648	Men Senior (Group B)	C0298	林 文軒	1:08:51	1:08:40	
129	677	Men Senior (Group B)	C0266	WONG CHUN KIN	1:20:29	1:19:23	
		Men Senior (Group B)	C0112	BUT YIU CHUNG	N/A	N/A	DNS
		Men Senior (Group B)	C0123	CHAN YING HO ALAM	N/A	N/A	DNS
		Men Senior (Group B)	C0198	LEUNG NGO TIN	N/A	N/A	DNS
		Men Senior (Group B)	C0227	PETRENIUK YURII	N/A	N/A	DNS
		Men Senior (Group B)	C0254	TSANG VINCENT	N/A	N/A	DNS
		Men Senior (Group B)	C0299	林 浩霆	N/A	N/A	DNS
		Men Senior (Group B)	C0304	張 仲遠	N/A	N/A	DNS
		Men Senior (Group B)	C0306	許 嘉銘	N/A	N/A	DNS
		Men Senior (Group B)	C0310	蔡 天葭	N/A	N/A	DNS

10km Individual Run - Women Senior (Group B)								
Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark	
1	18	Women Senior (Group B)	C0214	MACKENZIE SARAH LOUISE	0:34:39	0:34:31		
2	46	Women Senior (Group B)	C0117	CHAN HOI SZE	0:37:37	0:37:34		
3	51	Women Senior (Group B)	C0257	TSE SZE WING	0:37:52	0:37:49		
4	61	Women Senior (Group B)	C0295	沈 佩淇	0:38:23	0:38:11		
5	66	Women Senior (Group B)	C0181	LAM KA WAI	0:38:32	0:38:27		
6	79	Women Senior (Group B)	C0250	TO JADE	0:38:58	0:38:58		
7	91	Women Senior (Group B)	C0279	YEUNG HIU CHING	0:39:27	0:39:16		
8	106	Women Senior (Group B)	C0132	CHEUNG SHIRMEN	0:40:23	0:39:49		
9	125	Women Senior (Group B)	C0275	WONG TING TING	0:41:25	0:41:03		
10	137	Women Senior (Group B)	C0267	WONG HIU TUNG	0:42:02	0:41:36		
11	141	Women Senior (Group B)	C0193	LEE SIU PING	0:42:11	0:42:05		
12	146	Women Senior (Group B)	C0282	YEUNG WING LING	0:42:16	0:42:05		
13	151	Women Senior (Group B)	C0212	MA KA MAN	0:42:34	0:42:31		
14	174	Women Senior (Group B)	C0175	LAI PO CHU	0:43:30	0:43:10		
15	180	Women Senior (Group B)	C0189	LAU TWEETY LESLEY	0:43:50	0:43:23		
16	198	Women Senior (Group B)	C0156	HUANG YING	0:44:21	0:44:16		
17	221	Women Senior (Group B)	C0135	CHO KA YU	0:45:06	0:44:53		
18	233	Women Senior (Group B)	C0302	馬 敏兒	0:45:37	0:45:24		
19	250	Women Senior (Group B)	C0259	TSUI MEGAN	0:46:19	0:46:15		
20	258	Women Senior (Group B)	C0168	KUNG WAI YEE	0:46:30	0:46:10		
21	261	Women Senior (Group B)	C0131	CHEUNG LIM YAN	0:46:34	0:46:26		
22	289	Women Senior (Group B)	C0163	KIM YE EUN	0:47:19	0:46:58		
23	299	Women Senior (Group B)	C0207	LO SUM YI	0:47:36	0:47:33		
24	305	Women Senior (Group B)	C0234	SUNG PUI YIN	0:47:43	0:47:30		
25	309	Women Senior (Group B)	C0186	LAU KA YAN	0:47:47	0:47:31		
26	319	Women Senior (Group B)	C0161	KAN KAN	0:48:14	0:47:58		
27	329	Women Senior (Group B)	C0263	WAN WING KWAN	0:48:33	0:48:12		
28	333	Women Senior (Group B)	C0268	WONG KA YU	0:48:41	0:48:24		
29	340	Women Senior (Group B)	C0221	NG KA YAN	0:49:00	0:48:27		
30	377	Women Senior (Group B)	C0143	CHUNG PIK KI	0:50:20	0:49:54		
31	380	Women Senior (Group B)	C0130	CHEUNG LAURENCE	0:50:26	0:50:05		
32	384	Women Senior (Group B)	C0155	HO YUNG YUNG	0:50:39	0:46:24		
33	391	Women Senior (Group B)	C0166	KOITA HALIMA	0:50:55	0:50:18		
34	406	Women Senior (Group B)	C0115	CHAN CHING YIN JEANNIE	0:51:33	0:51:02		
35	431	Women Senior (Group B)	C0255	TSANG WING CHI STEPHANIE	0:52:22	0:52:09		
36	435	Women Senior (Group B)	C0188	LAU MAN YEE	0:52:24	0:52:16		
37	437	Women Senior (Group B)	C0208	LUI MAN KI	0:52:28	0:52:25		
38	455	Women Senior (Group B)	C0271	WONG KWAN LAM	0:53:09	0:52:58		
39	467	Women Senior (Group B)	C0213	MA OI YING	0:53:56	0:53:27		
40	471	Women Senior (Group B)	C0277	WONG YING CHEUNG NORRIS	0:54:06	0:53:42		
41	485	Women Senior (Group B)	C0174	LAI MIU LAN	0:55:09	0:54:35		
42	488	Women Senior (Group B)	C0153	HO MEI YAN	0:55:24	0:54:58		
43	500	Women Senior (Group B)	C0205	LI KA MAN	0:55:56	0:55:45		
44	510	Women Senior (Group B)	C0127	CHENG HIU KWAN	0:56:15	0:56:06		
45	511	Women Senior (Group B)	C0284	YIP PUI LAM	0:56:17	0:55:39		
46	513	Women Senior (Group B)	C0237	TAM CHO HEI	0:56:18	0:56:16		
47	517	Women Senior (Group B)	C0142	CHUNG MING KUEN	0:56:21	0:55:47		
48	532	Women Senior (Group B)	C0219	NAIDOO KAYLINI	0:57:02	0:56:55		
49	547	Women Senior (Group B)	C0159	HUNG PUI YEE	0:57:58	0:57:56		
50	565	Women Senior (Group B)	C0184	LAM WING SHAN	1:00:02	0:59:53		
51	595	Women Senior (Group B)	C0180	LAM KA MAN	1:03:28	1:02:55		
52	602	Women Senior (Group B)	C0239	TAM KA YAN	1:03:45	1:03:12		
53	624	Women Senior (Group B)	C0170	KWOK LAI SHAN	1:04:50	1:04:23		
54	629	Women Senior (Group B)	C0114	CHAN AIF	1:05:14	1:04:33		
55	635	Women Senior (Group B)	C0245	TANG PO YEE	1:06:07	1:01:49		
56	640	Women Senior (Group B)	C0281	YEUNG KA LI	1:07:48	1:03:43		
57	656	Women Senior (Group B)	C0297	周 卓儀	1:11:47	1:11:13		
58	657	Women Senior (Group B)	C0291	何 晴知	1:11:47	1:11:11		
59	662	Women Senior (Group B)	C0303	張 子欣	1:12:41	1:12:04		
60	666	Women Senior (Group B)	C0247	TANG WING YEE WINNIE	1:13:59	1:13:26		
61	678	Women Senior (Group B)	C0233	SIU WING CHI	1:27:00	1:26:21		
		Women Senior (Group B)	C0195	LEUNG HO YIN	N/A	N/A	DNS	
		Women Senior (Group B)	C0222	NG KAR YAN	N/A	N/A	DNS	
		Women Senior (Group B)	C0274	WONG MAN SZE MAISY	N/A	N/A	DNS	

10km Individual Run - Men Advanced (Group A)							
Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark
1	3	Men Advanced (Group A)	D0384	KWOK MAN HO	0:31:36	0:31:33	
2	8	Men Advanced (Group A)	D0379	KAM CHUN WAI	0:33:24	0:33:21	
3	9	Men Advanced (Group A)	D0536	駱 耀康	0:33:31	0:33:28	
4	10	Men Advanced (Group A)	D0521	吳 啟業	0:33:48	0:33:45	
5	12	Men Advanced (Group A)	D0519	何 健聰	0:33:59	0:33:59	
6	22	Men Advanced (Group A)	D0377	HUI YAT WING ALBERT	0:35:24	0:35:24	
7	23	Men Advanced (Group A)	D0352	CHOW KEVIN	0:35:38	0:35:09	
8	24	Men Advanced (Group A)	D0409	LAU MAN ON	0:35:40	0:35:36	
9	28	Men Advanced (Group A)	D0410	LAU PAK SHING PAKSON	0:36:05	0:36:03	
10	29	Men Advanced (Group A)	D0446	LUK SIU CHUNG	0:36:05	0:36:04	
11	32	Men Advanced (Group A)	D0344	CHEUNG MAN KIN	0:36:19	0:36:19	
12	33	Men Advanced (Group A)	D0488	WONG CHI HONG	0:36:31	0:36:27	
13	34	Men Advanced (Group A)	D0423	LEUNG CHI CHUNG	0:36:34	0:36:32	
14	36	Men Advanced (Group A)	D0383	KWAN CHING YIU	0:36:50	0:36:45	
15	52	Men Advanced (Group A)	D0451	MAK WANG TUNG	0:37:58	0:37:55	
16	58	Men Advanced (Group A)	D0463	NG LAI MAN	0:38:10	0:38:09	
17	64	Men Advanced (Group A)	D0349	CHONG LUNG WING	0:38:28	0:38:25	
18	70	Men Advanced (Group A)	D0394	LAM CHI KIN	0:38:39	0:38:31	
19	72	Men Advanced (Group A)	D0465	NG TSZ LOK	0:38:47	0:38:40	
20	76	Men Advanced (Group A)	D0416	LEE KIN WA	0:38:52	0:38:44	
21	78	Men Advanced (Group A)	D0373	HUI CHI HANG DAMOM	0:38:58	0:38:44	
22	81	Men Advanced (Group A)	D0420	LEE WING THOMAS	0:39:03	0:38:44	
23	83	Men Advanced (Group A)	D0510	YU CHUN SING	0:39:05	0:39:05	
24	84	Men Advanced (Group A)	D0320	CHAN KA CHUNG AUGUSTINE	0:39:06	0:38:54	
25	90	Men Advanced (Group A)	D0459	NG HO MAN	0:39:27	0:39:24	
26	98	Men Advanced (Group A)	D0512	YU WING SUN STEVE BOY	0:39:51	0:39:11	
27	99	Men Advanced (Group A)	D0447	LUK WAI HANG HORATIO	0:39:57	0:39:47	
28	102	Men Advanced (Group A)	D0511	YU HUNG SAN	0:40:11	0:39:32	
29	103	Men Advanced (Group A)	D0516	朱 柏豪	0:40:11	0:39:42	
30	109	Men Advanced (Group A)	D0491	WONG HO YEUNG	0:40:45	0:40:28	
31	111	Men Advanced (Group A)	D0317	CHAN CHUN YEUNG	0:40:51	0:40:15	
32	114	Men Advanced (Group A)	D0360	FAN CHUN YING	0:40:57	0:40:36	
33	117	Men Advanced (Group A)	D0417	LEE KWOK KEUNG, QUINTIN	0:41:05	0:40:56	
34	124	Men Advanced (Group A)	D0484	TSE KIM PANG	0:41:24	0:41:10	
35	127	Men Advanced (Group A)	D0462	NG KAI TING	0:41:26	0:41:23	
36	130	Men Advanced (Group A)	D0340	CHEUNG CHI WAI	0:41:31	0:40:57	
37	132	Men Advanced (Group A)	D0354	CHOW KWAN LUNG	0:41:40	0:41:31	
38	136	Men Advanced (Group A)	D0388	KWOK WAI YUEN	0:41:57	0:41:39	
39	144	Men Advanced (Group A)	D0453	MOK HOI KI RICKY	0:42:14	0:41:47	
40	145	Men Advanced (Group A)	D0533	鄧 文亮	0:42:15	0:42:09	
41	150	Men Advanced (Group A)	D0412	LAW TAN YAN	0:42:32	0:42:08	
42	163	Men Advanced (Group A)	D0486	TSUI KA PONG	0:43:09	0:43:07	
43	167	Men Advanced (Group A)	D0313	AU CHI SAN	0:43:18	0:43:06	
44	168	Men Advanced (Group A)	D0324	CHAN LOK SANG	0:43:20	0:43:14	
45	171	Men Advanced (Group A)	D0346	CHOI YAT FUNG	0:43:25	0:42:58	
46	172	Men Advanced (Group A)	D0496	WONG SHUN HANG	0:43:25	0:43:05	
47	175	Men Advanced (Group A)	D0537	謝 允健	0:43:35	0:42:57	
48	181	Men Advanced (Group A)	D0444	LUI CHUN HING	0:43:52	0:43:47	
49	188	Men Advanced (Group A)	D0518	何 志豐	0:44:00	0:43:50	
50	189	Men Advanced (Group A)	D0426	LEUNG KA MING	0:44:06	0:43:26	
51	190	Men Advanced (Group A)	D0538	謝 啟邦	0:44:08	0:43:37	
52	199	Men Advanced (Group A)	D0422	LEUNG KA HANG	0:44:21	0:44:14	
53	201	Men Advanced (Group A)	D0479	TO CHUN YIN NELSON	0:44:24	0:44:07	
54	203	Men Advanced (Group A)	D0312	ATKINSON MICHAEL	0:44:29	0:44:25	
55	206	Men Advanced (Group A)	D0337	CHENG WAI TAT	0:44:51	0:44:43	
56	208	Men Advanced (Group A)	D0492	WONG HOI KI	0:44:52	0:44:24	
57	209	Men Advanced (Group A)	D0341	CHEUNG CHUN PONG	0:44:52	0:44:27	
58	210	Men Advanced (Group A)	D0411	LAW CHUNG WAI	0:44:53	0:44:18	
59	220	Men Advanced (Group A)	D0454	NG CHEUK KEI	0:45:05	0:39:50	
60	225	Men Advanced (Group A)	D0319	CHAN HO LUN	0:45:16	0:45:03	
61	232	Men Advanced (Group A)	D0364	FUNG SAI ON	0:45:37	0:45:21	
62	236	Men Advanced (Group A)	D0361	FONG WING KWONG	0:45:47	0:45:15	
63	238	Men Advanced (Group A)	D0350	CHOW CHAK HIM	0:45:52	0:45:23	
64	240	Men Advanced (Group A)	D0449	MA JACK	0:45:53	0:45:31	
65	243	Men Advanced (Group A)	D0494	WONG KIN MING	0:46:01	0:45:21	
66	252	Men Advanced (Group A)	D0425	LEUNG CHIN KWAN	0:46:19	0:46:00	
67	263	Men Advanced (Group A)	D0507	YIP CHI WAI	0:46:35	0:41:22	
68	265	Men Advanced (Group A)	D0470	SEBANDAL FROILAN DALIGDIG	0:46:36	0:46:27	
69	274	Men Advanced (Group A)	D0390	LAI CHUN YIN	0:46:44	0:46:38	
70	277	Men Advanced (Group A)	D0527	陳 應聰	0:46:49	0:46:38	
71	278	Men Advanced (Group A)	D0502	WONG WILLIAM	0:46:52	0:46:40	
72	287	Men Advanced (Group A)	D0539	鍾 文康	0:47:15	0:46:37	
73	292	Men Advanced (Group A)	D0351	CHOW GARY	0:47:25	0:46:50	
74	294	Men Advanced (Group A)	D0399	LAM KIT WA	0:47:27	0:47:19	
75	296	Men Advanced (Group A)	D0523	林 卓達	0:47:29	0:47:00	
76	307	Men Advanced (Group A)	D0374	HUI DENNY	0:47:46	0:47:29	
77	310	Men Advanced (Group A)	D0445	LUK CHUN FAI HARRY	0:47:49	0:42:35	
78	311	Men Advanced (Group A)	D0387	KWOK TSZ CHING	0:47:50	0:47:27	
79	316	Men Advanced (Group A)	D0339	CHEUNG CHI KIN	0:48:04	0:47:54	
80	321	Men Advanced (Group A)	D0457	NG CHUN YIN TINBO	0:48:19	0:47:42	
81	322	Men Advanced (Group A)	D0343	CHEUNG KAI HING	0:48:21	0:48:05	
82	323	Men Advanced (Group A)	D0460	NG HON SUM	0:48:26	0:47:55	
83	324	Men Advanced (Group A)	D0431	LEUNG YIU CHO	0:48:27	0:48:06	
84	326	Men Advanced (Group A)	D0456	NG CHUN KONG	0:48:30	0:48:26	
85	331	Men Advanced (Group A)	D0442	LO SHING PAN	0:48:39	0:47:53	

86	336	Men Advanced (Group A)	D0421	LEE YUN KEI	0:48:45	0:48:41	
87	339	Men Advanced (Group A)	D0481	TSANG MAN KIN KEVIN	0:48:57	0:48:32	
88	343	Men Advanced (Group A)	D0534	鄭 偉權	0:49:05	0:49:02	
89	351	Men Advanced (Group A)	D0378	IP TERENCE SHING FAI	0:49:19	0:48:55	
90	354	Men Advanced (Group A)	D0468	POON KIN WAH	0:49:24	0:49:02	
91	358	Men Advanced (Group A)	D0358	CHUNG WING KIN PODI	0:49:29	0:44:54	
92	360	Men Advanced (Group A)	D0371	HO YAN KIT	0:49:40	0:49:12	
93	368	Men Advanced (Group A)	D0466	NGAN CHIHONG	0:50:00	0:49:51	
94	369	Men Advanced (Group A)	D0315	CHAN CHI WING	0:50:02	0:49:20	
95	378	Men Advanced (Group A)	D0490	WONG CHUN WAI	0:50:21	0:50:17	
96	382	Men Advanced (Group A)	D0461	NG KA LUN GALEN	0:50:37	0:50:08	
97	383	Men Advanced (Group A)	D0415	LEE KA FAI	0:50:38	0:50:20	
98	386	Men Advanced (Group A)	D0480	TSANG CHUNG WAI	0:50:41	0:50:11	
99	387	Men Advanced (Group A)	D0524	胡 樹聰	0:50:44	0:50:31	
100	397	Men Advanced (Group A)	D0322	CHAN KWOK FAI	0:51:01	0:50:44	
101	402	Men Advanced (Group A)	D0433	LI CHI FAI	0:51:18	0:51:03	
102	415	Men Advanced (Group A)	D0487	WONG CHI HANG	0:52:03	0:51:51	
103	418	Men Advanced (Group A)	D0515	伍 志文	0:52:07	0:51:31	
104	421	Men Advanced (Group A)	D0327	CHAN TAKWAI	0:52:11	0:52:01	
105	432	Men Advanced (Group A)	D0424	LEUNG CHI CHUNG SMITH	0:52:22	0:52:15	
106	433	Men Advanced (Group A)	D0367	HO CHE HONG	0:52:23	0:52:15	
107	438	Men Advanced (Group A)	D0407	LAU CHI HUNG	0:52:29	0:52:00	
108	441	Men Advanced (Group A)	D0475	TAM KIN WAI	0:52:43	0:52:20	
109	447	Men Advanced (Group A)	D0331	CHENG KA CHUN	0:52:49	0:47:39	
110	450	Men Advanced (Group A)	D0531	廖 景光	0:53:01	0:52:59	
111	451	Men Advanced (Group A)	D0318	CHAN EDWARD	0:53:03	0:52:55	
112	453	Men Advanced (Group A)	D0432	LEUNG YUK YAN	0:53:04	0:52:41	
113	456	Men Advanced (Group A)	D0404	LAM WAI HANG	0:53:11	0:52:33	
114	457	Men Advanced (Group A)	D0348	CHONG CHI YUNG	0:53:12	0:52:47	
115	459	Men Advanced (Group A)	D0413	LEE CHEUNG SHING	0:53:20	0:53:18	
116	462	Men Advanced (Group A)	D0520	吳 偉文	0:53:37	0:53:13	
117	473	Men Advanced (Group A)	D0441	LO CHUN MAN	0:54:06	0:53:49	
118	487	Men Advanced (Group A)	D0369	HO MOON KAU	0:55:19	0:55:14	
119	490	Men Advanced (Group A)	D0382	KOT HIU FAI	0:55:40	0:55:22	
120	495	Men Advanced (Group A)	D0321	CHAN KAI HONG	0:55:53	0:55:19	
121	498	Men Advanced (Group A)	D0532	劉 桑成	0:55:55	0:55:41	
122	507	Men Advanced (Group A)	D0323	CHAN LOK	0:56:06	0:55:47	
123	508	Men Advanced (Group A)	D0332	CHENG KAI TIK	0:56:10	0:56:06	
124	509	Men Advanced (Group A)	D0530	葉 國恆	0:56:12	0:55:36	
125	522	Men Advanced (Group A)	D0347	CHOI YU TUNG	0:56:38	0:56:37	
126	527	Men Advanced (Group A)	D0402	LAM SHU YAN	0:56:56	0:56:19	
127	530	Men Advanced (Group A)	D0503	WONG YIU WAH	0:56:59	0:56:42	
128	553	Men Advanced (Group A)	D0450	MA KIN SANG	0:58:18	0:57:56	
129	560	Men Advanced (Group A)	D0458	NG HANSON	0:59:07	0:58:37	
130	561	Men Advanced (Group A)	D0540	鍾 向明	0:59:41	0:59:40	
131	572	Men Advanced (Group A)	D0482	TSE CHUN YU	1:01:21	1:00:53	
132	583	Men Advanced (Group A)	D0497	WONG SIU HEI WILMAN	1:02:16	1:02:06	
133	596	Men Advanced (Group A)	D0389	KWONG WING LUN	1:03:31	1:02:49	
134	620	Men Advanced (Group A)	D0363	FUNG KAM TIM	1:04:44	1:04:19	
135	643	Men Advanced (Group A)	D0501	WONG WAI LUNG PHILIP	1:08:08	1:07:58	
136	644	Men Advanced (Group A)	D0437	LI YING KIN	1:08:27	1:07:56	
137	649	Men Advanced (Group A)	D0473	SHE TSZ HONG	1:09:04	1:03:49	
138	670	Men Advanced (Group A)	D0489	WONG CHIT CHRIS	1:15:42	1:15:27	
		Men Advanced (Group A)	D0330	CHENG HUBERT	N/A	N/A	DNS
		Men Advanced (Group A)	D0345	CHEUNG WING LOK	N/A	N/A	DNS
		Men Advanced (Group A)	D0357	CHU ANSON	N/A	N/A	DNS
		Men Advanced (Group A)	D0366	HENSEL TIMO	N/A	N/A	DNS
		Men Advanced (Group A)	D0396	LAM CHUN KIT	N/A	N/A	DNS
		Men Advanced (Group A)	D0440	LO CHI PANG	N/A	N/A	DNS
		Men Advanced (Group A)	D0477	TANG WAN KWONG, WAYNE	N/A	N/A	DNS
		Men Advanced (Group A)	D0500	WONG WAI LUN	N/A	N/A	DNS
		Men Advanced (Group A)	D0517	江 樹森	N/A	N/A	DNS
		Men Advanced (Group A)	D0522	李 樹培	N/A	N/A	DNS
		Men Advanced (Group A)	D0535	賴 國景	N/A	N/A	DNS
		Men Advanced (Group A)	D0495	WONG KING LUN EDWARD	DQ	0:42:32	WrongStart

10km Individual Run - Women Advanced (Group A)								
Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark	
1	54	Women Advanced (Group A)	D0483	TSE FEI	0:37:58	0:37:53		
2	60	Women Advanced (Group A)	D0380	KAM HAY	0:38:13	0:38:11		
3	71	Women Advanced (Group A)	D0506	YEUNG ADA	0:38:40	0:38:36		
4	73	Women Advanced (Group A)	D0514	ZHANG YAN	0:38:47	0:38:47		
5	85	Women Advanced (Group A)	D0405	LAM YIM HUNG	0:39:07	0:39:04		
6	121	Women Advanced (Group A)	D0455	NG CHOI LONG	0:41:16	0:41:16		
7	178	Women Advanced (Group A)	D0359	DICKINSON GERALDINE SARAH	0:43:44	0:43:42		
8	179	Women Advanced (Group A)	D0504	WONG YUK SIM	0:43:47	0:43:47		
9	194	Women Advanced (Group A)	D0400	LAM KIT YUNG	0:44:13	0:44:07		
10	212	Women Advanced (Group A)	D0391	LAI YAT WAI	0:45:01	0:44:50		
11	213	Women Advanced (Group A)	D0529	楊 彩南	0:45:01	0:44:59		
12	224	Women Advanced (Group A)	D0467	PANG DORA	0:45:14	0:44:32		
13	226	Women Advanced (Group A)	D0474	SIN CHUNG FONG	0:45:24	0:45:13		
14	254	Women Advanced (Group A)	D0434	LI CHUN NA	0:46:23	0:46:04		
15	255	Women Advanced (Group A)	D0398	LAM KING YUN JOANNE	0:46:24	0:46:18		
16	268	Women Advanced (Group A)	D0406	LAM YIP CHING	0:46:38	0:46:34		
17	284	Women Advanced (Group A)	D0439	LIN YUEN YI HELEN	0:47:02	0:46:42		
18	286	Women Advanced (Group A)	D0448	LUNG CHUI PING	0:47:14	0:46:40		
19	288	Women Advanced (Group A)	D0353	CHOW KINYAN	0:47:18	0:46:38		
20	303	Women Advanced (Group A)	D0493	WONG KAR LAI	0:47:38	0:47:36		
21	312	Women Advanced (Group A)	D0392	LAI YIN FEI	0:47:50	0:47:50		
22	313	Women Advanced (Group A)	D0509	YIU PUI SHAN	0:47:55	0:47:17		
23	350	Women Advanced (Group A)	D0541	簡 翠玲	0:49:18	0:49:12		
24	359	Women Advanced (Group A)	D0314	CHAN CHEUK YAN	0:49:36	0:49:20		
25	364	Women Advanced (Group A)	D0408	LAU KA YAN	0:49:51	0:49:46		
26	366	Women Advanced (Group A)	D0508	YIP CHUNG YAN	0:49:54	0:49:33		
27	372	Women Advanced (Group A)	D0338	CHEUNG ALICE KING YUNG	0:50:10	0:49:59		
28	373	Women Advanced (Group A)	D0386	KWOK SUM LAN	0:50:11	0:49:49		
29	388	Women Advanced (Group A)	D0414	LEE HUI HAI	0:50:48	0:50:48		
30	395	Women Advanced (Group A)	D0334	CHENG KWAI FONG	0:51:01	0:50:45		
31	400	Women Advanced (Group A)	D0528	黃 婉麗	0:51:12	0:50:38		
32	405	Women Advanced (Group A)	D0526	陳 德殷	0:51:32	0:51:17		
33	408	Women Advanced (Group A)	D0427	LEUNG KAREN	0:51:37	0:51:27		
34	409	Women Advanced (Group A)	D0472	SHAM WING WUN VICTORIA	0:51:40	0:46:12		
35	419	Women Advanced (Group A)	D0333	CHENG KIN FONG	0:52:08	0:51:37		
36	422	Women Advanced (Group A)	D0335	CHENG MEI MUI	0:52:11	0:52:00		
37	423	Women Advanced (Group A)	D0436	LI YI ON YVONNE	0:52:13	0:52:10		
38	428	Women Advanced (Group A)	D0325	CHAN PIK SAI	0:52:17	0:52:04		
39	440	Women Advanced (Group A)	D0316	CHAN CHING HAN	0:52:39	0:52:24		
40	444	Women Advanced (Group A)	D0403	LAM SIU CHUI	0:52:47	0:52:11		
41	449	Women Advanced (Group A)	D0471	SEK CHOI LING	0:52:55	0:52:23		
42	469	Women Advanced (Group A)	D0429	LEUNG SUM YEE	0:54:04	0:53:49		
43	472	Women Advanced (Group A)	D0478	TANG YIN NI	0:54:06	0:53:51		
44	494	Women Advanced (Group A)	D0499	WONG WAI KEI	0:55:48	0:55:29		
45	503	Women Advanced (Group A)	D0513	YUN VICTORIA	0:56:00	0:55:49		
46	504	Women Advanced (Group A)	D0328	CHAN WING KWAN	0:56:00	0:55:40		
47	524	Women Advanced (Group A)	D0368	HO KIT NUEN	0:56:45	0:56:32		
48	535	Women Advanced (Group A)	D0428	LEUNG OI CHI	0:57:18	0:57:01		
49	543	Women Advanced (Group A)	D0326	CHAN PUI YEE	0:57:46	0:57:10		
50	544	Women Advanced (Group A)	D0375	HUI LAI NGA MAGGIE	0:57:48	0:57:20		
51	549	Women Advanced (Group A)	D0401	LAM KWAN TAI	0:58:04	0:57:40		
52	568	Women Advanced (Group A)	D0329	CHAN WING SZE	1:00:40	1:00:39		
53	570	Women Advanced (Group A)	D0443	LU KUEI YING	1:01:02	1:00:49		
54	573	Women Advanced (Group A)	D0452	MAK WING YIN	1:01:26	1:01:23		
55	581	Women Advanced (Group A)	D0385	KWOK SIN MAN	1:01:54	1:01:29		
56	597	Women Advanced (Group A)	D0365	FUNG YUEN FAN	1:03:32	1:02:59		
57	609	Women Advanced (Group A)	D0464	NG SAU CHING	1:04:12	1:03:57		
58	615	Women Advanced (Group A)	D0469	POON TING KWAN ALISON	1:04:24	1:03:43		
59	621	Women Advanced (Group A)	D0438	LIN YUEN SHAN	1:04:44	1:04:20		
60	625	Women Advanced (Group A)	D0336	CHENG MING YEE	1:04:57	1:04:45		
61	627	Women Advanced (Group A)	D0393	LAM ALLY LAI YIN	1:05:02	1:04:29		
62	628	Women Advanced (Group A)	D0476	TANG KIN SZE	1:05:08	1:04:41		
63	631	Women Advanced (Group A)	D0485	TSE WING YAN	1:05:22	1:04:56		
64	637	Women Advanced (Group A)	D0376	HUI TZE FOON	1:06:59	1:06:34		
65	638	Women Advanced (Group A)	D0372	HOR MONG YAN	1:07:00	1:06:35		
66	642	Women Advanced (Group A)	D0342	CHEUNG HING TO JANET	1:08:07	1:07:40		
67	645	Women Advanced (Group A)	D0397	LAM KA LAI CARRIE	1:08:28	1:07:55		
68	652	Women Advanced (Group A)	D0418	LEE MAN MAN	1:09:23	1:09:05		
69	664	Women Advanced (Group A)	D0381	KONG KIT YAN	1:12:49	1:12:35		
70	674	Women Advanced (Group A)	D0362	FONG YUEN TING	1:18:55	1:18:46		
71	679	Women Advanced (Group A)	D0505	YAU CHUNG YI	1:27:08	1:26:30		
			D0355	CHOW SUK YEE	N/A	N/A	DNS	
			D0356	CHOW YAN YAN ALICE	N/A	N/A	DNS	
			D0370	HO WAI CHUN	N/A	N/A	DNS	
			D0395	LAM CHUN FLORENCE	N/A	N/A	DNS	
			D0419	LEE MING WAI	N/A	N/A	DNS	
			D0430	LEUNG WING SZE	N/A	N/A	DNS	
			D0435	LI WAN HAR	N/A	N/A	DNS	
			D0498	WONG SZE WUN	N/A	N/A	DNS	
			D0525	張 秀華	DQ	0:50:47	WrongStart	

10km Individual Run - Men Advanced (Group B)								
Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark	
1	13	Men Advanced (Group B)	E0608	LAM WING HONG	0:34:09	0:34:08		
2	19	Men Advanced (Group B)	E0673	吳 曉東	0:34:45	0:34:44		
3	35	Men Advanced (Group B)	E0556	CHAW HING WA	0:36:45	0:36:45		
4	47	Men Advanced (Group B)	E0684	陳 偉剛	0:37:38	0:37:36		
5	56	Men Advanced (Group B)	E0546	CHAN CHI WAI	0:38:08	0:38:02		
6	59	Men Advanced (Group B)	E0588	HWANG CHUNG	0:38:10	0:38:09		
7	82	Men Advanced (Group B)	E0544	CHAN CHI KEUNG	0:39:04	0:39:03		
8	87	Men Advanced (Group B)	E0598	KWOK CHI YING	0:39:10	0:39:05		
9	92	Men Advanced (Group B)	E0593	KO SIU KEUNG	0:39:28	0:39:20		
10	93	Men Advanced (Group B)	E0595	KOLACKI MICHEL	0:39:30	0:39:30		
11	95	Men Advanced (Group B)	E0647	TANG MAN HO	0:39:37	0:39:34		
12	96	Men Advanced (Group B)	E0675	李 維怡	0:39:44	0:39:42		
13	104	Men Advanced (Group B)	E0583	HO CHUN PONG	0:40:21	0:40:08		
14	107	Men Advanced (Group B)	E0653	TSUI KWAN WING	0:40:31	0:40:30		
15	108	Men Advanced (Group B)	E0670	YU KIN FUNG	0:40:41	0:40:33		
16	120	Men Advanced (Group B)	E0571	CHOW WAI TONG	0:41:15	0:40:56		
17	134	Men Advanced (Group B)	E0561	CHEUNG LAP WAI	0:41:49	0:41:36		
18	140	Men Advanced (Group B)	E0604	LAM KWOK MAN ANTHONY	0:42:05	0:41:41		
19	156	Men Advanced (Group B)	E0622	LEUNG SUN YUEN RAYMOND	0:42:51	0:42:41		
20	161	Men Advanced (Group B)	E0553	CHAN YIU MAN BONO	0:43:04	0:43:00		
21	162	Men Advanced (Group B)	E0630	MA KA NING	0:43:06	0:42:58		
22	164	Men Advanced (Group B)	E0635	NG KWOK HUNG	0:43:10	0:43:08		
23	173	Men Advanced (Group B)	E0661	WONG SIU WAI	0:43:28	0:43:17		
24	183	Men Advanced (Group B)	E0634	NG KA IP ERIC	0:43:53	0:43:47		
25	191	Men Advanced (Group B)	E0616	LAW TSUN YIN	0:44:08	0:44:01		
26	200	Men Advanced (Group B)	E0563	CHIU CHI HANG	0:44:22	0:44:00		
27	207	Men Advanced (Group B)	E0585	HO WAI SHING	0:44:52	0:44:44		
28	214	Men Advanced (Group B)	E0669	YIM KA CHEONG	0:45:02	0:44:40		
29	217	Men Advanced (Group B)	E0547	CHAN DAVID TAI WAI	0:45:03	0:45:01		
30	228	Men Advanced (Group B)	E0645	TANG KOON CHUNG	0:45:29	0:45:09		
31	237	Men Advanced (Group B)	E0620	LEE TAK WING	0:45:47	0:45:42		
32	242	Men Advanced (Group B)	E0569	CHOW CHI WAI	0:46:00	0:45:57		
33	256	Men Advanced (Group B)	E0549	CHAN HIN KWONG	0:46:24	0:46:12		
34	257	Men Advanced (Group B)	E0627	LIU JOE	0:46:26	0:46:13		
35	270	Men Advanced (Group B)	E0579	FONG WAI KEUNG CHRIS	0:46:42	0:46:16		
36	273	Men Advanced (Group B)	E0605	LAM KWOK WAH BILLY	0:46:44	0:46:37		
37	282	Men Advanced (Group B)	E0662	WONG TAK CHEUNG	0:47:00	0:46:56		
38	285	Men Advanced (Group B)	E0621	LEUNG KWOK SING	0:47:05	0:46:38		
39	295	Men Advanced (Group B)	E0618	LEE PAK HANG BRIAN	0:47:29	0:47:06		
40	298	Men Advanced (Group B)	E0640	SIN KA WAI	0:47:36	0:47:33		
41	304	Men Advanced (Group B)	E0681	殷 振雄	0:47:41	0:47:33		
42	314	Men Advanced (Group B)	E0651	TSANG WAI SING	0:47:59	0:47:54		
43	330	Men Advanced (Group B)	E0558	CHEUNG CHI KWONG	0:48:38	0:48:29		
44	337	Men Advanced (Group B)	E0611	LAU HING KEUNG STEPHEN	0:48:47	0:48:43		
45	345	Men Advanced (Group B)	E0584	HO CHUN WING	0:49:10	0:48:58		
46	347	Men Advanced (Group B)	E0568	CHOW CHI FAI	0:49:13	0:49:08		
47	353	Men Advanced (Group B)	E0646	TANG KWOK WING	0:49:20	0:49:06		
48	355	Men Advanced (Group B)	E0543	CHAK CHI KWAN	0:49:24	0:49:14		
49	367	Men Advanced (Group B)	E0642	TAM HOK LEUNG	0:49:57	0:49:46		
50	370	Men Advanced (Group B)	E0559	CHEUNG CHOK KWAN	0:50:05	0:49:58		
51	375	Men Advanced (Group B)	E0607	LAM SHING YUEN	0:50:19	0:50:10		
52	399	Men Advanced (Group B)	E0597	KWOK CHI HONG BAND	0:51:06	0:45:36		
53	412	Men Advanced (Group B)	E0580	FU CHI WING JASON	0:51:48	0:51:14		
54	414	Men Advanced (Group B)	E0637	NGAN SING YIN	0:51:54	0:51:54		
55	426	Men Advanced (Group B)	E0606	LAM S C KENNETH	0:52:16	0:52:11		
56	436	Men Advanced (Group B)	E0650	TONG WAI MAN	0:52:28	0:52:25		
57	460	Men Advanced (Group B)	E0671	孔 慶立	0:53:26	0:53:22		
58	474	Men Advanced (Group B)	E0560	CHEUNG KWEI WING JOE	0:54:09	0:54:00		
59	477	Men Advanced (Group B)	E0663	WONG WAI LUN ALAN	0:54:41	0:54:25		
60	478	Men Advanced (Group B)	E0619	LEE SIU TONG	0:54:42	0:54:22		
61	480	Men Advanced (Group B)	E0586	HO YIU FUN	0:54:52	0:54:39		
62	519	Men Advanced (Group B)	E0679	林 世聰	0:56:24	0:56:19		
63	521	Men Advanced (Group B)	E0565	CHONG CHI CHUN GABRIEL	0:56:32	0:56:27		
64	526	Men Advanced (Group B)	E0632	MOU TOMMY	0:56:50	0:56:26		
65	529	Men Advanced (Group B)	E0664	YAN KAM MAN	0:56:59	0:56:54		
66	540	Men Advanced (Group B)	E0658	WONG KWOK CHIU	0:57:38	0:57:00		
67	545	Men Advanced (Group B)	E0676	冼 偉雄	0:57:49	0:57:32		
68	550	Men Advanced (Group B)	E0680	林 立業	0:58:12	0:57:43		
69	566	Men Advanced (Group B)	E0575	CHUNG KWOK KEUNG	1:00:29	1:00:14		
70	571	Men Advanced (Group B)	E0683	郭 富輝	1:01:13	1:00:47		
71	591	Men Advanced (Group B)	E0590	KEN WAH	1:02:53	1:02:37		
72	598	Men Advanced (Group B)	E0689	鄧 鳳嫻	1:03:33	1:03:27		
73	601	Men Advanced (Group B)	E0657	WONG KING KWONG	1:03:38	1:03:33		
74	626	Men Advanced (Group B)	E0665	YEUNG CHI WAI	1:05:00	1:04:41		
75	632	Men Advanced (Group B)	E0652	TSE HUNG CHEUNG	1:05:53	1:05:30		
76	636	Men Advanced (Group B)	E0638	OLMSTED BENTON RANDALL	1:06:41	1:06:37		
77	639	Men Advanced (Group B)	E0624	LI KING CHUNG	1:07:01	1:06:53		
78	650	Men Advanced (Group B)	E0582	HAU CHUN YIP	1:09:16	1:08:48		
79	676	Men Advanced (Group B)	E0678	屈 啟洪	1:19:39	1:19:33		
		Men Advanced (Group B)	E0542	AU YIU FAI	N/A	N/A	DNS	
		Men Advanced (Group B)	E0550	CHAN WAI CHUNG RICKY	N/A	N/A	DNS	
		Men Advanced (Group B)	E0552	CHAN YIP WAI WILLIAM	N/A	N/A	DNS	
		Men Advanced (Group B)	E0591	KO KWAN HANG	N/A	N/A	DNS	
		Men Advanced (Group B)	E0615	LAU WING TAT	N/A	N/A	DNS	
		Men Advanced (Group B)	E0625	LI KOON YUEN ROBERT	N/A	N/A	DNS	

Men Advanced (Group B)	E0629	MA CHI KEUNG WILSON	N/A	N/A	DNS
Men Advanced (Group B)	E0644	TANG JASON	N/A	N/A	DNS
Men Advanced (Group B)	E0668	YIM FAI DICKY	N/A	N/A	DNS
Men Advanced (Group B)	E0545	CHAN CHI MING	DQ	1:01:45	WrongStart
Men Advanced (Group B)	E0601	KWOK WAI ON	DQ	0:38:33	WrongStart
Men Advanced (Group B)	E0626	LI MING KEUNG	DQ	0:46:28	WrongStart
Men Advanced (Group B)	E0639	RAMIRO EPIFANIO	DQ	0:48:54	WrongStart
Men Advanced (Group B)	E0649	TONG PIU	DQ	0:47:10	WrongStart
Men Advanced (Group B)	E0654	WONG HO CHE SUNNY	DQ	0:46:22	WrongStart
Men Advanced (Group B)	E0656	WONG HONG WAH	DQ	0:59:51	WrongStart
Men Advanced (Group B)	E0687	劉 秀嫻	DQ	0:55:30	WrongStart

10km Individual Run - Women Advanced (Group B)								
Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark	
1	50	Women Advanced (Group B)	E0643	TAM SIU YIN	0:37:47	0:37:47		
2	77	Women Advanced (Group B)	E0672	方 芳	0:38:55	0:38:53		
3	157	Women Advanced (Group B)	E0564	CHIU SUM YEE	0:42:53	0:42:33		
4	202	Women Advanced (Group B)	E0623	LI HAINING	0:44:27	0:43:55		
5	231	Women Advanced (Group B)	E0572	CHU JUDY	0:45:36	0:45:25		
6	239	Women Advanced (Group B)	E0688	劉 炳仁	0:45:52	0:45:50		
7	241	Women Advanced (Group B)	E0690	鄧 簡文	0:45:59	0:45:54		
8	251	Women Advanced (Group B)	E0666	YEUNG MEI SUM	0:46:19	0:46:19		
9	266	Women Advanced (Group B)	E0567	CHAU ANNIE	0:46:37	0:46:35		
10	276	Women Advanced (Group B)	E0570	CHOW SO HAN	0:46:47	0:46:41		
11	301	Women Advanced (Group B)	E0555	CHAU SUK CHING ESTHER	0:47:36	0:47:20		
12	327	Women Advanced (Group B)	E0577	FAN SIU FUN	0:48:32	0:48:28		
13	376	Women Advanced (Group B)	E0603	LAM HOI SHAN PAMELA	0:50:19	0:50:10		
14	379	Women Advanced (Group B)	E0599	KWOK FUNG HA CECILIA	0:50:22	0:50:13		
15	389	Women Advanced (Group B)	E0578	FONG KAREN	0:50:50	0:50:47		
16	392	Women Advanced (Group B)	E0660	WONG SHUK HAN	0:50:55	0:50:50		
17	393	Women Advanced (Group B)	E0610	LAU CHUI CHU APRIL	0:50:56	0:50:29		
18	394	Women Advanced (Group B)	E0648	TANG WAI YIN	0:50:57	0:50:50		
19	396	Women Advanced (Group B)	E0600	KWOK PUI FIN CATHY	0:51:01	0:51:01		
20	417	Women Advanced (Group B)	E0573	CHU YUK FUNG DOROPHY	0:52:07	0:51:56		
21	443	Women Advanced (Group B)	E0557	CHENG MAN KUEN	0:52:43	0:52:28		
22	446	Women Advanced (Group B)	E0685	楊 海山	0:52:47	0:52:30		
23	497	Women Advanced (Group B)	E0574	CHUI YUK YEE	0:55:54	0:55:51		
24	499	Women Advanced (Group B)	E0548	CHAN FUNG WAH FLORENCE	0:55:56	0:55:39		
25	505	Women Advanced (Group B)	E0659	WONG PUI CHING	0:56:06	0:55:49		
26	512	Women Advanced (Group B)	E0667	YEUNG YUK YIM	0:56:17	0:55:58		
27	520	Women Advanced (Group B)	E0655	WONG HOI YIN	0:56:30	0:56:07		
28	538	Women Advanced (Group B)	E0614	LAU WAI BIG DAVIDA	0:57:22	0:57:17		
29	542	Women Advanced (Group B)	E0554	CHAU PUI WAI	0:57:44	0:57:39		
30	551	Women Advanced (Group B)	E0686	鄒 笑嫻	0:58:12	0:57:44		
31	567	Women Advanced (Group B)	E0576	CHUNG WING SZE	1:00:31	1:00:12		
32	576	Women Advanced (Group B)	E0636	NG LAI HING	1:01:43	1:01:37		
33	580	Women Advanced (Group B)	E0594	KO YEE LIN	1:01:50	1:01:47		
34	582	Women Advanced (Group B)	E0674	李 玉雪	1:01:57	1:01:57		
35	584	Women Advanced (Group B)	E0609	LAM YUK MAN	1:02:20	1:02:18		
36	586	Women Advanced (Group B)	E0602	LAM FOON YUK ADA	1:02:29	1:02:02		
37	590	Women Advanced (Group B)	E0641	SO BO	1:02:53	1:02:37		
38	599	Women Advanced (Group B)	E0617	LEE MAN MAN	1:03:35	1:03:28		
39	654	Women Advanced (Group B)	E0581	FU YIN PING	1:09:52	1:09:44		
40	658	Women Advanced (Group B)	E0677	和 珍英	1:12:08	1:12:06		
41	659	Women Advanced (Group B)	E0613	LAU OI YUNG	1:12:09	1:12:06		
42	661	Women Advanced (Group B)	E0682	袁 靜雯	1:12:30	1:12:22		
43	665	Women Advanced (Group B)	E0631	MOK SANDY	1:13:24	1:12:49		
44	671	Women Advanced (Group B)	E0592	KO PIK WAN	1:16:00	1:15:26		
45	673	Women Advanced (Group B)	E0691	鍾 凱因	1:18:52	1:18:46		
46	675	Women Advanced (Group B)	E0587	HUNG MEI WAN	1:19:16	1:19:09		
		Women Advanced (Group B)	E0562	CHEUNG SHUK TING	N/A	N/A	DNS	
		Women Advanced (Group B)	E0566	CHONG SZE MAN SANDY	N/A	N/A	DNS	
		Women Advanced (Group B)	E0612	LAU MEI KWAN	N/A	N/A	DNS	
		Women Advanced (Group B)	E0628	LO MAN YEE	N/A	N/A	DNS	
		Women Advanced (Group B)	E0692	蘇 寶珠	N/A	N/A	DNS	
		Women Advanced (Group B)	E0551	CHAN YING KEI	DQ	0:57:41	WrongStart	
		Women Advanced (Group B)	E0589	IP CHEUNG SAU	DQ	1:01:38	WrongStart	
		Women Advanced (Group B)	E0596	KOU LAI WAN	DQ	0:53:43	WrongStart	
		Women Advanced (Group B)	E0633	NG HING YI	DQ	1:01:42	WrongStart	

10km Individual Run - Men Master							
Category Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark
1	100	Men Master	F0750	梁 耀漢	0:40:07	0:40:04	
2	192	Men Master	F0753	黃 聲遠	0:44:08	0:43:52	
3	205	Men Master	F0693	AU WING KEI	0:44:43	0:44:17	
4	215	Men Master	F0726	SUEN TAI ON	0:45:02	0:44:45	
5	216	Men Master	F0718	LAU YIU CHEONG	0:45:03	0:44:32	
6	245	Men Master	F0733	WONG CHI MING	0:46:05	0:46:05	
7	260	Men Master	F0744	吳 日偉	0:46:34	0:45:55	
8	281	Men Master	F0714	KWAN KAI MING ANDREW	0:47:00	0:46:57	
9	334	Men Master	F0762	黎 達昌	0:48:43	0:48:41	
10	335	Men Master	F0699	CHAU KAR KEUNG CLEMENT	0:48:44	0:48:38	
11	341	Men Master	F0729	TSANG NGOR FEI	0:49:03	0:49:01	
12	356	Men Master	F0755	馮 錫麟	0:49:28	0:49:17	
13	357	Men Master	F0727	TANG WAI LOK	0:49:28	0:49:11	
14	385	Men Master	F0715	LAM KING FUNG LAM EDMOND	0:50:39	0:50:09	
15	390	Men Master	F0730	TSE KIN HUNG	0:50:53	0:50:21	
16	425	Men Master	F0743	何 國偉	0:52:16	0:52:00	
17	434	Men Master	F0711	FU WAI SHING	0:52:23	0:47:13	
18	454	Men Master	F0721	LEE KIU MING	0:53:05	0:52:56	
19	461	Men Master	F0747	李 耀華	0:53:37	0:53:14	
20	475	Men Master	F0694	CHAN CHUNG SHING	0:54:22	0:54:00	
21	514	Men Master	F0748	姚 漢基	0:56:18	0:56:13	
22	523	Men Master	F0746	李 樹明	0:56:44	0:56:27	
23	533	Men Master	F0731	TSUI ALIUM YING YEUNG	0:57:03	0:56:58	
24	534	Men Master	F0735	WONG PUI WING	0:57:16	0:56:59	
25	541	Men Master	F0739	YEUNG KAI CHUNG	0:57:38	0:57:22	
26	564	Men Master	F0709	FOK CHOR YIU	1:00:01	0:59:19	
27	574	Men Master	F0725	NG KWOK WING	1:01:32	1:01:26	
28	579	Men Master	F0710	FONG SAI HO	1:01:48	1:01:47	
29	593	Men Master	F0742	池 偉堂	1:02:57	1:02:21	
30	594	Men Master	F0745	李 江華	1:03:15	1:02:44	
31	603	Men Master	F0740	YEUNG WAI MING	1:03:47	1:03:45	
32	604	Men Master	F0732	TSUI CHING MAN	1:03:49	1:03:45	
33	614	Men Master	F0697	CHAN SHUN KING	1:04:20	1:04:14	
34	616	Men Master	F0749	張 錦祥	1:04:31	1:04:31	
35	630	Men Master	F0751	陳 偉安	1:05:17	1:05:17	
36	667	Men Master	F0738	WU CHAU SING	1:14:23	1:13:57	
37	681	Men Master	F0757	黃 國華	1:29:50	1:29:09	
		Men Master	F0696	CHAN KWONG CHING	N/A	N/A	DNS
		Men Master	F0700	CHAU KIN TAK	N/A	N/A	DNS
		Men Master	F0736	WONG WAI	N/A	N/A	DNS
		Men Master	F0708	CHUI CHI MING ALAN	N/A	N/A	DNF
		Men Master	F0713	KAM WING KEE	N/A	N/A	DNF
		Men Master	F0741	ZHAN CAIZHAO	DQ	0:47:18	WrongStart

10km Individual Run - Women Master								
Category	Position	Overall Position	Category	Bib	Name	OfficialTime	ChipTime	Remark
	1	218	Women Master	F0706	CHOW SUI PING	0:45:05	0:44:34	
	2	291	Women Master	F0723	LO KING MAN	0:47:23	0:47:19	
	3	407	Women Master	F0698	CHAN SIU MAN	0:51:37	0:51:08	
	4	430	Women Master	F0712	HO KIT YEE	0:52:18	0:52:08	
	5	476	Women Master	F0704	CHOW ELSA HOI KING	0:54:35	0:54:22	
	6	479	Women Master	F0701	CHAU SHUK PING HELEN	0:54:42	0:54:23	
	7	528	Women Master	F0707	CHOW YIN LING MARGARET	0:56:57	0:56:43	
	8	556	Women Master	F0716	LAM SUK LAN	0:58:37	0:58:33	
	9	558	Women Master	F0717	LAU KWAI LING	0:59:02	0:58:59	
	10	562	Women Master	F0720	LEE FUNG LING	0:59:42	0:59:38	
	11	585	Women Master	F0752	陳 鎮鳳	1:02:28	1:02:24	
	12	587	Women Master	F0759	廖 玉清	1:02:32	0:58:06	
	13	608	Women Master	F0758	葉 潔雲	1:04:03	1:03:46	
	14	613	Women Master	F0737	WONG YEE NAR	1:04:19	1:03:51	
	15	617	Women Master	F0760	鄭 葉明	1:04:33	1:04:28	
	16	622	Women Master	F0761	黎 美容	1:04:46	1:04:44	
	17	623	Women Master	F0722	LI YUET NGOR	1:04:48	1:04:45	
	18	641	Women Master	F0719	LAW YUK SEUNG	1:08:07	1:08:04	
	19	647	Women Master	F0734	WONG KAM FUNG	1:08:38	1:08:36	
	20	651	Women Master	F0724	MA WAI FUN	1:09:20	1:09:15	
	21	653	Women Master	F0728	TING MEI FAN VIVIAN	1:09:37	1:09:23	
	22	668	Women Master	F0695	CHAN KWAI YING	1:14:44	1:14:41	
	23	669	Women Master	F0756	黃 美娟	1:15:24	1:15:19	
	24	672	Women Master	F0703	CHIU WING KUEN	1:16:46	1:16:43	
	25	680	Women Master	F0702	CHING SOK FONG EVA	1:28:13	1:18:40	
			Women Master	F0754	曾 少群	N/A	N/A	DNS
			Women Master	F0705	CHOW SABRINA	N/A	N/A	DNF