



# 2023 Healthy Hike & Run

健康遠足及跑步賽



## Goodman Healthy Hike & Run (13km Solo Men & Women) March 4, 2023

### TOP 3 Men 18-39

| Rankings |          |     |            |           |           |             |                | Timing    |
|----------|----------|-----|------------|-----------|-----------|-------------|----------------|-----------|
| Overall  | Category | BIB | First Name | Last Name | Category  | Nationality | Team / Sponsor | Race Time |
| 1        | 1        | 663 | Chun Yin   | Lo        | Men 14-39 | HKG         | RRAC           | 01:04:06  |
| 3        | 2        | 670 | Louis      | Montfort  | Men 14-39 | France      | -              | 01:05:05  |
| 4        | 3        | 512 | Creighton  | Connolly  | Men 14-39 | Canada      | Gone Runners   | 01:06:18  |

### TOP 3 Men 40-49

| Rankings |          |     |            |           |           |             |                | Timing    |
|----------|----------|-----|------------|-----------|-----------|-------------|----------------|-----------|
| Overall  | Category | BIB | First Name | Last Name | Category  | Nationality | Team / Sponsor | Race Time |
| 2        | 1        | 579 | Kwong Hang | Leung     | Men 40-49 | HKG         | BIX HK         | 01:04:37  |
| 7        | 2        | 662 | Wai Lun    | Ng        | Men 40-49 | HKG         | -              | 01:09:45  |
| 9        | 3        | 569 | Yiu Hang   | kwok      | Men 40-49 | HKG         | -              | 01:13:08  |

### TOP 3 Men 50+

| Rankings |          |     |            |           |          |             |                | Timing    |
|----------|----------|-----|------------|-----------|----------|-------------|----------------|-----------|
| Overall  | Category | BIB | First Name | Last Name | Category | Nationality | Team / Sponsor | Race Time |
| 5        | 1        | 564 | Jan        | Souleyman | Men 50+  | UK          | -              | 01:07:53  |
| 13       | 2        | 601 | Chi Ming   | POON      | Men 50+  | HKG         | -              | 01:19:59  |
| 16       | 3        | 572 | YAT CHEE   | WONG      | Men 50+  | HKG         | -              | 01:20:59  |

### TOP 3 Women 18-39

| Rankings |          |     |            |           |             |             |                | Timing    |
|----------|----------|-----|------------|-----------|-------------|-------------|----------------|-----------|
| Overall  | Category | BIB | First Name | Last Name | Category    | Nationality | Team / Sponsor | Race Time |
| 18       | 1        | 638 | Laetitia   | Montfort  | Women 14-39 | France      | -              | 01:24:49  |
| 20       | 2        | 627 | Phoebe     | Mak       | Women 14-39 | HKG         | -              | 01:25:20  |
| 21       | 3        | 521 | Yuen       | Ming Chu  | Women 14-39 | HKG         | -              | 01:25:38  |

### TOP 3 Women 40-49

| Rankings |          |     |            |           |             |             |                | Timing    |
|----------|----------|-----|------------|-----------|-------------|-------------|----------------|-----------|
| Overall  | Category | BIB | First Name | Last Name | Category    | Nationality | Team / Sponsor | Race Time |
| 14       | 1        | 611 | Kimberlee  | Isom      | Women 40-49 | US          | -              | 01:20:41  |
| 15       | 2        | 617 | Nia        | Cooper    | Women 40-49 | UK          | -              | 01:20:59  |
| 33       | 3        | 584 | Chi Ying   | Wong      | Women 40-49 | China       | -              | 01:29:36  |

### TOP 3 Women 50+

| Rankings |          |     |            |           |           |             |                | Timing    |
|----------|----------|-----|------------|-----------|-----------|-------------|----------------|-----------|
| Overall  | Category | BIB | First Name | Last Name | Category  | Nationality | Team / Sponsor | Race Time |
| 61       | 1        | 538 | Claire     | O'Neill   | Women 50+ | Ireland     | DB Dad Bods    | 01:44:26  |
| 71       | 2        | 552 | Yat Yu     | Tsang     | Women 50+ | HKG         | -              | 01:47:03  |
| 86       | 3        | 578 | Jen        | Harbottle | Women 50+ | Australia   | -              | 01:52:17  |



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