

# 2026 Healthy Hike & Run

健康遠足及跑步賽



## Healthy Hike & Run March 29, 2026

### 19km Individual - Overall Top 5

#### Top 5 Men

| Rankings |            |     |            |             |             |                |           | Timing |
|----------|------------|-----|------------|-------------|-------------|----------------|-----------|--------|
| Overall  | Category   | BIB | Last Name  | First Name  | Nationality | Team / Sponsor | Race Time |        |
| 1        | Male 40-49 | 99  | Leung 梁    | Son Keng 順敬 | HKSAR       | --             | 01:49:20  |        |
| 2        | Male 40-49 | 98  | Davis      | Chris       | UK          | --             | 01:49:35  |        |
| 3        | Male 14-39 | 60  | Tam 譚      | Chi Ho 子豪   | HKSAR       | CIO WISDOM     | 02:03:44  |        |
| 5        | Male 14-39 | 84  | Harris     | Marc        | UK          | --             | 02:05:18  |        |
| 8        | Male 14-39 | 62  | Stojanovic | Marko       | SRB         | --             | 02:09:46  |        |

#### Top 5 Women

| Rankings |              |     |           |            |             |                |           | Timing |
|----------|--------------|-----|-----------|------------|-------------|----------------|-----------|--------|
| Overall  | Category     | BIB | Last Name | First Name | Nationality | Team / Sponsor | Race Time |        |
| 4        | Female 14-39 | 102 | Kehoe     | Lisa       | Ireland     | --             | 02:04:25  |        |
| 6        | Female 40-49 | 89  | Oconnell  | Aine       | Ireland     | --             | 02:07:39  |        |
| 7        | Female 14-39 | 97  | Wong 黃    | Yuchit 予婕  | HKSAR       | --             | 02:08:43  |        |
| 16       | Female 40-49 | 95  | Challoner | Amy        | Ireland     | --             | 02:18:18  |        |
| 18       | Female 50+   | 30  | Leung 梁   | Wiwin 冠妮   | HKSAR       | CIO WISDOM     | 02:23:33  |        |

# 2026 Healthy Hike & Run

健康遠足及跑步賽



## Healthy Hike & Run March 29, 2026

### 13km Individual - Overall Top 5

#### Top 5 Men

| Rankings |            |     |             |             |             |                                    | Timing    |
|----------|------------|-----|-------------|-------------|-------------|------------------------------------|-----------|
| Overall  | Category   | BIB | Last Name   | First Name  | Nationality | Team / Sponsor                     | Race Time |
| 1        | Male 14-39 | 513 | Li 李        | Perry 沛熹    | HKSAR       | CIO WISDOM                         | 01:10:59  |
| 2        | Male 14-39 | 630 | Connolly    | Creighton   | Canada      | Gone Running / Joint Dynamics Team | 01:14:22  |
| 4        | Male 40-49 | 515 | Yeung 楊     | King Ho 境豪  | HKSAR       | CIO WISDOM                         | 01:17:37  |
| 5        | Male 40-49 | 642 | Baram 白     | Derek 恩庭    | HKSAR       | --                                 | 01:19:06  |
| 6        | Male 14-39 | 611 | Nunnemacher | Heath Armin | USA         | --                                 | 01:21:39  |

#### Top 5 Women

| Rankings |              |     |           |            |              |                   | Timing    |
|----------|--------------|-----|-----------|------------|--------------|-------------------|-----------|
| Overall  | Category     | BIB | Last Name | First Name | Nationality  | Team / Sponsor    | Race Time |
| 3        | Female 14-39 | 498 | Chau      | Nicole     | HKSAR        | --                | 01:14:32  |
| 9        | Female 14-39 | 635 | Botes     | Kei-Lisa   | South Africa | Village Vets      | 01:28:02  |
| 14       | Female 40-49 | 629 | Cvetkovic | Magdalena  | Switzerland  | --                | 01:30:35  |
| 15       | Female 14-39 | 606 | Ai 艾      | Apple 心    | HKSAR        | --                | 01:31:10  |
| 18       | Female 14-39 | 660 | Oliva     | Lailanie   | Philippines  | Running Nanay Lai | 01:33:18  |

# 2026 Healthy Hike & Run

健康遠足及跑步賽



## Healthy Hike & Run March 29, 2026

### 5km Open - Overall Top 5

#### Top 5 Men

| Rankings |          |     |           |              |             |                | Timing    |
|----------|----------|-----|-----------|--------------|-------------|----------------|-----------|
| Overall  | Category | BIB | Last Name | First Name   | Nationality | Team / Sponsor | Race Time |
| 1        | Open Men | 944 | Ng 吳      | Yin For 燕科   | HKSAR       | --             | 00:26:45  |
| 2        | Open Men | 801 | Hung 孔    | Hok Kwan 學鈞  | HKSAR       | 曙暮             | 00:29:25  |
| 3        | Open Men | 887 | Treier    | Alessandro   | Switzerland | --             | 00:32:53  |
| 4        | Open Men | 909 | Chan 陳    | Hong Tai 康泰  | HKSAR       | --             | 00:33:38  |
| 5        | Open Men | 930 | Yeung 楊   | Muk Morgan 目 | HKSAR       | Sparkle        | 00:34:33  |

#### Top 5 Women

| Rankings |            |     |           |              |             |                | Timing    |
|----------|------------|-----|-----------|--------------|-------------|----------------|-----------|
| Overall  | Category   | BIB | Last Name | First Name   | Nationality | Team / Sponsor | Race Time |
| 7        | Open Women | 879 | Bisagni   | Arabella     | ITALY       | --             | 00:36:21  |
| 11       | Open Women | 889 | Cheung 張  | Hiu Yi 曉怡    | HKSAR       | --             | 00:38:03  |
| 12       | Open Women | 821 | Chen 陳    | Man Ki 憫祈    | HKSAR       | CIO WISDOM     | 00:38:12  |
| 13       | Open Women | 802 | Li 李      | Yuen Shan 阮珊 | HKSAR       | --             | 00:38:13  |
| 14       | Open Women | 932 | Cho 曹     | Zero 柏瑩      | HKSAR       | --             | 00:39:15  |