

4km - Individual (Single)

Men's				
	Bib No.	Last Name	First Name	Time Record
Champion	I1-028	TSANG	Fuk Cheung	00:27:07
1st Runner-up	I1-035	鄧	罡而	00:43:42
2nd Runner-up	I1-032	CHAN	Wai Sing	00:59:44

Women's				
	Bib No.	Last Name	First Name	Time Record
Champion	I1-026	CHUNG	Reamy	00:59:56
1st Runner-up	I1-007	HO	See Mun	01:01:28
2nd Runner-up	I1-001	DAAN	Crechie	01:05:27

4km - Individual (Single) - All Race Results

	Bib No.	Last Name	First Name	Time Record
Women's 2nd Runner-up	I1-001	DAAN	Crechie	01:05:27
	I1-002	CHEUNG	Siu Man	01:08:51
	I1-006	KWAN	Man Yee	01:15:02
Women's 1st Runner-up	I1-007	HO	See Mun	01:01:28
	I1-008	CAO	Jingmin	01:15:02
	I1-009	MCCLELLAN	Karen	01:17:13
	I1-010	HANSFORD	Wendy Wing Shan	01:17:14
	I1-011	MA	Yuen Si	01:25:01
	I1-012	TSE	Wing Nga	01:12:57
	I1-013	CHAN	Fung Yee Sandy	01:08:15
	I1-014	CHAN	Shuk Han	01:12:33
	I1-015	LIANG	Ruihua	01:03:17
	I1-017	SIU	Fung Ching	01:56:00
	I1-018	BIRKETT	Sharon	01:17:15
	I1-020	WONG	Karen SF	01:25:16
	I1-021	NG	Mei Mei	01:32:53
	I1-022	KWOK	Chi Kiu	01:08:54
	I1-025	LO	Hiu Wan	01:05:48
Women's Champion	I1-026	CHUNG	Reamy	00:59:56
	I1-027	WONG	Ivan	01:05:49
Men's Champion	I1-028	TSANG	Fuk Cheung	00:27:07
	I1-029	WONG	Sik Lin	01:09:20
	I1-030	LEUNG	Kin Man	01:33:55

	Bib No.	Last Name	First Name	Time Record
	I1-031	TAM	Yuk Ling	01:32:47
Men's 2nd Runner-up	I1-032	CHAN	Wai Sing	00:59:44
	I1-033	黃	美翹	01:48:49
	I1-034	LAI	So Yin	01:44:10
Men's 1st Runner-up	I1-035	鄧	罡而	00:43:42
	I1-036	WONG	Oi Ying	01:48:48
	I1-037	AU-YEUNG	Regina	04:29:06
	I1-038	COLLEY	Ian	02:52:18
	I1-039	HARDY-WONG	Bryony	02:52:19
	I1-040	ROBINS	Sophie	02:52:17

4km - Individual (2-Person Team)

	Bib No.	Last Name	First Name	Bib No.	Last Name	First Name	Time Record
Champion	I2-016A	KWAN	Chi Chung	I2-016B	LAU	Wai Kit	00:35:25
1st Runner-up	I2-017A	FU	Ming Shuo	I2-017B	WU	Ri Hui	00:37:42
2nd Runner-up	I2-003A	WONG	Ho Wai	I2-003B	CHENG	Long	00:46:20

4km - Individual (2-Person Team) - All Race Results

	Bib No.	Last Name	First Name	Bib No.	Last Name	First Name	Time Record
	I2-001A	YU	Joanne	I2-001B	CHAN	Alexander	01:26:57
2nd Runner-up	I2-003A	WONG	Ho Wai	I2-003B	CHENG	Long	00:46:20
	I2-004A	CHAN	Tsz Man	I2-004B	CHAN	Ka Man	01:11:03
	I2-005A	LAW	Pui Shan	I2-005B	HO	Pui Shan	01:49:14
	I2-006A	CHENG	Kay	I2-006B	KONG	Tammy	01:28:04
	I2-007A	CHENG	Terry	I2-007B	DANG	Mandy	01:25:44
	I2-008A	LEONG	Chan Fai	I2-008B	MOK	Hoi Kei	01:05:55
	I2-010A	LAU	Nga Ting	I2-010B	TSE	Wang Chun	01:19:01
	I2-011A	WONG	Suk Yee	I2-011B	CHAN	Shun Yee	01:08:19
	I2-012A	WONG	Jave	I2-012B	LAI	Yan Leong	01:42:50
	I2-013A	CHOW	Pui Shan	I2-013B	LEE	Hong Kiu	01:18:20
	I2-014A	YAO	Liang Liang	I2-014B	CHEUK	Yuen Suen	01:44:16
	I2-015A	YIM	Ho Pui	I2-015B	TSANG	Pak Ki Martin	01:18:00
Champion	I2-016A	KWAN	Chi Chung	I2-016B	LAU	Wai Kit	00:35:25
1st Runner-up	I2-017A	FU	Ming Shuo	I2-017B	WU	Ri Hui	00:37:42
	I2-018A	劉	國深	I2-018B	李	美儀	01:07:11
	I2-019A	何	穎俊	I2-019B	鍾	悅皿	01:07:25
	I2-020A	WONG	Lee Man	I2-020B	KWAN	Fung Ching	00:59:18
	I2-021A	江	火蓮	I2-021B	周	銘進	00:59:13
	I2-023A	POON	Ho Tak Harold	I2-023B	WONG	Tsz Hin	01:42:42
	I2-024A	HUEN	Otto	I2-024B	TSANG	Margaret	01:13:24
	I2-025A	TSE	Suet Ping Jenny	I2-025B	TSE	Lai Ping Lily	01:10:04
	I2-023A	HO	Oi Ming	I2-023B	WU	Yiu Hung	02:24:29

4km - Individual (4-Person Team)

	Bib No.	Last Name	First Name	Bib No.	Last Name	First Name	Time Record
Champion	I4-004A	WAN	Ivy	I4-004B	KONG	Wai Kei	00:41:46
	I4-004C	TSUI	Ka Leung	I4-004D	YU	Jack	
1st Runner-up	I4-003A	HO	Tranky	I4-003B	KO	Selina	00:59:25
	I4-003C	LEUNG	Dorothy	I4-003D	TANG	Cat	
2nd Runner-up	I4-001A	SHUM	Wai Yuen	I4-001B	LO	Sai Ho Kennes	01:10:39
	I4-001C	CHENG	Wing Leung	I4-001D	LAU	Yuen Wai	

4km - Individual (4-Person Team) - All Race Results

	Bib No.	Last Name	First Name	Bib No.	Last Name	First Name	Time Record
2nd Runner-up	I4-001A	SHUM	Wai Yuen	I4-001B	LO	Sai Ho Kennes	01:10:39
	I4-001C	CHENG	Wing Leung	I4-001D	LAU	Yuen Wai	
	I4-002A	CHING	Kai Chiu	I4-002B	WONG	Wai Man	01:18:08
	I4-002C	LO	Ka Wai Winnie	I4-002D	GUN	Man Chun	
1st Runner-up	I4-003A	HO	Tranky	I4-003B	KO	Selina	00:59:25
	I4-003C	LEUNG	Dorothy	I4-003D	TANG	Cat	
Champion	I4-004A	WAN	Ivy	I4-004B	KONG	Wai Kei	00:41:46
	I4-004C	TSUI	Ka Leung	I4-004D	YU	Jack	
	I4-005A	WONG	Nga Suet	I4-005B	WONG	Lok Yiu	01:24:44
	I4-005C	HO	Wai Ling	I4-005D	WONG	Ka Cheong	
	I4-006A	LO	Tsz Chun Kelvin	I4-006B	NG	Ho Yuen, Marc	01:33:43
	I4-006C	LAW	Ka Hei	I4-006D	LAM	Shun Chi	
	I4-007A	黃	玉玲	I4-007B	潘	慶芳	01:25:01
	I4-007C	歐陽	卓儀	I4-007D	蕭	華武	

4km - Family (2-Person Team)

	Bib No.	Last Name	First Name	Bib No.	Last Name	First Name	Time Record
Champion	F2-021A	曾	小強	F2-021B	曾	貝洋	00:36:02
1st Runner-up	F2-001A	KWOK	Yin Wai	F2-001B	KWOK	Yi Chun Joseph	00:38:33
2nd Runner-up	F2-004A	KWOK	Neil	F2-004B	KWOK	Nam	00:38:58

4km - Family (2-Person Team) - All Race Results

	Bib No.	Last Name	First Name	Bib No.	Last Name	First Name	Time Record
1st Runner-up	F2-001A	KWOK	Yin Wai	F2-001B	KWOK	Yi Chun Joseph	00:38:33
	F2-002A	WONG	Samuel	F2-002B	WONG	Damian	00:41:40
	F2-003A	CHANG	Carly	F2-003B	CHANG	Michael	00:46:05
2nd Runner-up	F2-004A	KWOK	Neil	F2-004B	KWOK	Nam	00:38:58
	F2-005A	MAK	Forster	F2-005B	MAK	Hei In	01:09:08
	F2-006A	SO	Jerry	F2-006B	SO	Matthew	00:58:58
	F2-008A	LAI	Chi Hang	F2-008B	AU	Andre	01:12:03
	F2-009A	DEPINHO	Marco	F2-009B	DEPINHO	Isabella	01:08:00
	F2-011A	LAU	Kai Ming	F2-011B	LAU	Chun Hin	01:31:09
	F2-012A	WAN	Chi Wing	F2-012B	WAN	Shek Ki	01:27:28
	F2-013A	NG	Chi Wing	F2-013B	NG	Yi Nok	01:27:37
	F2-014A	NG	Yuk Kuen	F2-014B	CHEUNG	Mei Lan	01:27:53
	F2-015A	HO	Cannas	F2-015B	TAO	Jeslyn	01:09:47
	F2-016A	LEE	Thomas	F2-016B	LEE	Wing Ka Gabrielle	00:55:51
	F2-017A	CHIU	Maverick	F2-017B	CHIU	Josh	00:57:09
	F2-018A	HUNG	Ka Wai	F2-018B	HUNG	Man Hei	00:50:24
	F2-019A	MAK	Jung In	F2-019B	SO	Ying	01:32:07
	F2-020A	YAU	Yuk Ping	F2-020B	WONG	Bo Yin	00:41:20
Champion	F2-021A	曾	小強	F2-021B	曾	貝洋	00:36:02

4km - Family (4-Person Team)

	Bib No.	Last Name	First Name	Bib No.	Last Name	First Name	Time Record
Champion	F4-006A	WONG	Ho Chung	F4-006B	WONG	Wu Yin	00:31:50
	F4-006C	YIP	Jan	F4-006D	杜	進滙	
1st Runner-up	F4-004A	CHOW	Man Yee	F4-004B	LAM	Hiu Fung	01:04:10
	F4-004C	CHOW	Kai Ming	F4-004D	LAM	Yat Long	
2nd Runner-up	F4-002A	LEE	Ming Yin	F4-002B	CHUI	Chi Chung	01:27:09
	F4-002C	CHUI	O	F4-002D	CHUI	Yuen	

4km - Family (4-Person Team) - All Race Results

	Bib No.	Last Name	First Name	Bib No.	Last Name	First Name	Time Record
	F4-001A	LAU	Man Lung Raymond	F4-001B	LEUNG	Yuen Fan	01:39:35
	F4-001C	LAU	Wing Yuet	F4-001D	LAU	Yat Him	
2nd Runner-up	F4-002A	LEE	Ming Yin	F4-002B	CHUI	Chi Chung	01:27:09
	F4-002C	CHUI	O	F4-002D	CHUI	Yuen	
	F4-003A	AU	Wing Suet Vicki	F4-003B	CHENG	Chun Tan	01:31:33
	F4-003C	CHENG	Charis	F4-003D	CHENG	Yannick	
1st Runner-up	F4-004A	CHOW	Man Yee	F4-004B	LAM	Hiu Fung	01:04:10
	F4-004C	CHOW	Kai Ming	F4-004D	LAM	Yat Long	
	F4-005A	CHAN	Pui Ki	F4-005B	LEE	Cheuk Tung	01:37:43
	F4-005C	CHAN	Ka Pik	F4-005D	LAW	Chi Sing	
Champion	F4-006A	WONG	Ho Chung	F4-006B	WONG	Wu Yin	00:31:50
	F4-006C	YIP	Jan	F4-006D	杜	進滙	

4km - School (Tertiary) (2-Person Team)

	Bib No.	Last Name	First Name	Bib No.	Last Name	First Name	Time Record
Champion	T2-001A	LEE	Ian Nicholas	T2-001B	TANG	Fu Sum	01:18:38
1st Runner-up							
2nd Runner-up							

4km - School (Secondary) (2-Person Team)

	Bib No.	Last Name	First Name	Bib No.	Last Name	First Name	Time Record
Champion	S2-001A	LAM	Ho Ching	S2-001B	WONG	Ka Kit	00:40:58
1st Runner-up	S2-002A	吳	錦波	S2-002B	劉	麗詩	00:41:43
2nd Runner-up							

4km - School (Secondary) (4-Person Team)

	Bib No.	Last Name	First Name	Bib No.	Last Name	First Name	Time Record
Champion	S4-002A	MA	Lance	S4-002B	MA	Henri	00:44:33
	S4-002C	TONG	Jeffrey	S4-002D	TSANG	Diesal	
1st Runner-up							
2nd Runner-up							