

Healthy Hike & Run March 16, 2025

19km Individual - Overall Top 5

Top 5 Men						
Rankings						Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Race Time
1	Male 40-49	228	Leung 梁	Son Keng 順敬	HKSAR	--
2	Male 40-49	176	Kelly	Mark Arthur	Ireland	Team Ireland
3	Male 40-49	211	Gal	Igor	Croatia	Trail Hunter / Joma
4	Male 16-39	230	Frantz	Martin	France	--
5	Male 40-49	175	Lui 呂	Siu Fan 兆勳	HKSAR	--

Top 5 Women						
Rankings						Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Race Time
1	Female 16-39	212	Dong 董	Chaoling 朝玲	China	--
2	Female 40-49	192	Soulier	Stephanie	Australia	--
3	Female 16-39	166	Bagayao	Julibel	Philippines	Creep Or Crawl
4	Female 16-39	236	Waag	Lili	France	--
5	Female 16-39	227	Cibiel	Emma	France	--

19km Individual Age Categories Top 3

Men Age 16-39						
Rankings						Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Race Time
5	Male 16-39	230	Frantz	Martin	France	--
7	Male 16-39	231	Desmarez	Guillaume	France	--
8	Male 16-39	220	De Vathaire	Emmanuel	France	--

Men Age 40-49						
Rankings						Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Race Time
1	Male 40-49	228	Leung	Son Keng	HKSAR	--
2	Male 40-49	176	Kelly	Mark Arthur	Ireland	Team Ireland
4	Male 40-49	211	Gal	Igor	Croatia	Trail Hunter / Joma

Men Age 50+						
Rankings						Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Race Time
12	Male 50+	225	Gurung	Tul Bahadur	Nepal	HKNUTRA
13	Male 50+	156	Cornish	Andrew	United Kingdom	--
17	Male 50+	224	Gurung	Tika Ram	Nepal	HKNUTRA

Women Age 16-39						
Rankings						Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Race Time
3	Female 16-39	212	Dong	Chaoling	China	--
32	Female 16-39	166	Bagayao	Julibel	Philippines	Creep Or Crawl
34	Female 16-39	236	Waag	Lili	France	--

Women Age 40-49						
Rankings						Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Race Time
29	Female 40-49	192	Soulier	Stephanie	Australia	--
49	Female 40-49	198	Chu	Pui Man Carman	HKSAR	--
53	Female 40-49	204	Baker	Elvira	Philippines	Cuddles

Women Age 50+						
Rankings						Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Race Time
56	Female 50+	215	Kelley	Julfa	Philippines	--
74	Female 50+	154	Carag	Ma Emily	Philippines	Kph
85	Female 50+	157	Gamolo	Mercedita	Philippines	Action 50 Asia

Healthy Hike & Run March 16, 2025

13km Individual - Overall Top 5

Top 5 Men						
Rankings						Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Race Time
1	Male 14-39	438	Baram	Dylan	HKSAR	Braces and Faces
2	Male 40-49	439	Baram	Derek	HKSAR	Braces and Faces
3	Male 40-49	311	Paganini	Luca	Italy	--
4	Male 14-39	363	Feneon	Cyril	France	--
5	Male 40-49	340	Burford	James	United Kingdom	--

Top 5 Women						
Rankings						Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Race Time
1	Female 14-39	327	Wong 黃	Yuchit 予嫻	China	--
2	Female 50+	400	Sproston	Rachel	United Kingdom	Glossopdale Harriers
3	Female 14-39	450	Ho	Asu	HKSAR	--
4	Female 40-49	443	Cabania	Ma Aurora	Philippines	--
5	Female 14-39	360	Apay	Jenny Rose	Philippines	--

13km Individual Age Categories Top 3

Men Age 14-39						
Rankings						Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Race Time
1	Male 14-39	438	Baram	Dylan	HKSAR	Braces and Faces
5	Male 14-39	363	Feneon	Cyril	France	--
9	Male 14-39	441	Yap	Chun Yu	HKSAR	--

Men Age 40-49						
Rankings						Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Race Time
2	Male 40-49	439	Baram	Derek	HKSAR	Braces and Faces
4	Male 40-49	311	Paganini	Luca	Italy	--
6	Male 40-49	340	Burford	James	United Kingdom	--

Men Age 50+						
Rankings						Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Race Time
11	Male 50+	314	Leung	Chi Yin	HKSAR	--
22	Male 50+	307	Olsen	Steen Guldberg	Denmark	--
38	Male 50+	373	Gorkhali	Rb	Nepal	solo

Women Age 14-39						
Rankings						Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Race Time
3	Female 14-39	327	Wong	Yuchit	China	--
16	Female 14-39	450	Ho	Asu	HKSAR	--
26	Female 14-39	360	Apay	Jenny Rose	Philippines	--

Women Age 40-49						
Rankings						Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Race Time
21	Female 40-49	443	Cabania	Ma Aurora	Philippines	--
37	Female 40-49	388	Barnouin	Aurelie	France	--
44	Female 40-49	444	Debalde	Rose	Philippines	Solo

Women Age 50+						
Rankings						Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Race Time
12	Female 50+	400	Sproston	Rachel	United Kingdom	Glossopdale Harriers
90	Female 50+	333	Tang	Kit Man	HKSAR	--
92	Female 50+	407	Lumacad	Alma	Philippines	Team Mau



Healthy Hike & Run March 16, 2025

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	883	Lin 連	Cheuk Fung 卓峰	HKSAR	ASA	00:27:40
2	Open Men	866	Gal	Gabriel	Croatia	Trail Hunter	00:30:50
3	Open Men	827	Tsang	Nick	HKSAR	--	00:31:00
4	Open Men	823	So 蘇	Lai Yin 禮賢	HKSAR	--	00:31:03
5	Family Team	842	Kearns	Marco	United States	Roque Island	00:31:48

Top 5 Women

Rankings							Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Team / Sponsor	Race Time
1	Open Women	829	H.Oliva	Lailanie	Philippines	philippines	00:35:08
2	Open Women	851	Lui 呂	Yee Kiu 苡蓓	HKSAR	--	00:36:36
3	Family Team	802	Kwan 關	Katrina 洛絲	HKSAR	兩個細路仔	00:38:40
4	Open Women	852	Lui 呂	Yee Ching 苡晴	HKSAR	--	00:38:42
5	Open Women	863	Hernandez	Laura	France	--	00:40:28