

AVOHK 5k Series 2025 Race 1 (Bowen Road)
Date : 23-8-2025

Overall Position	Gender Position	Category Position	Category	Bib	Name	OfficialTime
1	1	1	Men's Open	M053	Chong See Yeung	0:16:04
2	2	2	Men's Open	M081	wong Kai lok	0:16:28
3	3	1	Men's 35	M093	Cotton Sebastian	0:17:19
4	4	1	Men's Junior 15	M020	Mirza Kabir	0:17:23
5	5	2	Men's Junior 15	M018	Gao Yichen	0:17:29
6	6	1	Men's 40	M164	YUEN Wan Ho	0:17:37
7	7	2	Men's 40	M162	Woo David	0:17:59
8	8	1	Men's 50	M207	Forde Nicholas	0:18:01
9	9	3	Men's 40	M132	Chan Wing Hung	0:18:03
10	10	2	Men's 35	M096	Donald James	0:18:03
11	11	3	Men's Open	M063	Kruusamaee Uku	0:18:05
12	12	4	Men's Open	M046	Bhoovarahan Vaibhav	0:18:10
13	13	4	Men's 40	M137	Davis Chris	0:18:19
14	14	1	Men's 45	M173	Gumbley Edward	0:18:23
15	15	1	Men's Junior 17	M037	Kwok Wai Lun	0:18:28
16	16	2	Men's Junior 17	M035	Kao Yuwei Ethan	0:18:31
17	17	3	Men's 35	M112	morenval thibault	0:18:33
18	18	5	Men's Open	M065	LAU WING LOK	0:18:37
19	19	6	Men's Open	M047	Bonqulto Jose Roberto	0:18:40
20	20	5	Men's 40	M151	Marly Alexandre	0:18:40
21	21	7	Men's Open	M061	Hung Tik Long	0:18:45
22	22	2	Men's 50	M230	Woodhouse Jono	0:18:53
23	23	8	Men's Open	M080	Whitehead Christopher	0:19:00
24	24	3	Men's Junior 15	M028	TOBBACK ILIAS	0:19:03
25	25	4	Men's 35	M127	Clauge	0:19:11
26	26	6	Men's 40	M146	Leung Son Keng	0:19:24
27	27	7	Men's 40	M165	HO YIN HO	0:19:27
28	28	4	Men's Junior 15	M027	Sze Ming Yin	0:19:32
29	29	3	Men's Junior 17	M040	OR CHUN HO	0:19:34
30	30	9	Men's Open	M083	Yiu Ching	0:19:52
31	31	3	Men's 50	M199	Berkhout Alexander	0:19:56
32	32	10	Men's Open	M056	Edmunds Thomas	0:19:56
33	33	11	Men's Open	M066	Li Vincent	0:19:58
34	34	1	Men's Junior 13	M002	Bharambe Atharav	0:20:06
35	1	1	Ladies' Open	W021	Inge Nicky	0:20:16
36	35	2	Men's 45	M198	Zielinski Jeffrey	0:20:17
37	36	5	Men's Junior 15	M024	Rudge Billy	0:20:19
38	37	8	Men's 40	M161	Wong Lawrence	0:20:20
39	38	2	Men's Junior 13	M007	Luk rivera	0:20:22
40	39	4	Men's Junior 17	M033	Hoi Luk	0:20:23
41	40	4	Men's 50	M228	Wong Chun Bong Joseph	0:20:25
42	41	9	Men's 40	M152	McDonnell Matt	0:20:25
43	42	6	Men's Junior 15	M017	Fung Chun Hei	0:20:29
44	43	3	Men's Junior 13	M005	Fraser Charlie	0:20:30
45	44	5	Men's Junior 17	M038	Lindner Monty	0:20:35
46	45	3	Men's 45	M197	WONG SHUI MING	0:20:39
47	46	1	Men's 55	M257	KAR LOK LEE	0:20:39
48	47	10	Men's 40	M136	Cowley Richard	0:20:40
49	2	1	Ladies' 45	W069	Bainbridge Hannah	0:20:52
50	48	5	Men's 50	M212	Kwok Cheung Lee	0:20:53
51	3	1	Ladies' 35	W043	Chan Suk Ting	0:20:55
52	49	4	Men's Junior 13	M009	Schulz Arvid	0:20:55
53	50	12	Men's Open	M071	Ng Tim	0:20:56
54	51	4	Men's 45	M182	Luk Chi Hang	0:20:57
55	52	6	Men's 50	M223	Tang Wai Kuen Winco	0:20:58
56	53	2	Men's 55	M240	Kwok Kar Cheong	0:20:59
57	54	6	Men's Junior 17	M039	Ma Markus	0:21:08
58	55	13	Men's Open	M087	Mohamed	0:21:08
59	56	1	Men's 60	M276	Sewell Andrew	0:21:10
60	4	2	Ladies' Open	W027	Lee Wai Man	0:21:11
61	57	14	Men's Open	M054	Chu Siu fai	0:21:13
62	58	7	Men's 50	M231	Yam KA WAI	0:21:14
63	59	11	Men's 40	M133	Chan Tsz Long	0:21:16
64	60	15	Men's Open	M067	Liu Kang Yue Kenneth	0:21:17
65	61	5	Men's 35	M311	Ansu	0:21:20
66	62	12	Men's 40	M155	Sandes Robert	0:21:26
67	63	7	Men's Junior 15	M023	Riding Harvey	0:21:26
68	5	3	Ladies' Open	W030	LI CHIN WA	0:21:27
69	6	2	Ladies' 45	W072	FANG CONNIE	0:21:28
70	64	7	Men's Junior 17	M034	Huang Andy	0:21:38
71	65	3	Men's 55	M235	Cheng Simon	0:21:38
72	7	1	Ladies' 40	W065	WANG YUEN SUEN	0:21:52
73	66	8	Men's 50	M216	Marchant Tim	0:21:56
74	67	4	Men's 55	M237	Hayward Will	0:21:58
75	68	5	Men's 45	M184	Nixon Charlie	0:22:00
76	69	5	Men's Junior 13	M001	Barnes Jack	0:22:00
77	70	13	Men's 40	M163	YAM WAN FUNG	0:22:03
78	71	6	Men's 45	M190	Tse Sam	0:22:05
79	8	2	Ladies' 40	W064	Shuttleworth Amie	0:22:05
80	9	1	Ladies' 55	W097	GAO LINGLI	0:22:09
81	72	6	Men's 35	M121	Varty Rowan	0:22:10
82	73	16	Men's Open	M073	Power Kevin	0:22:10
83	74	8	Men's Junior 15	M030	Wood Oily	0:22:14
84	75	14	Men's 40	M135	Chen Jack	0:22:17
85	76	9	Men's Junior 15	M016	Evans Ellis	0:22:19
86	77	15	Men's 40	M166	Victor	0:22:23
87	78	5	Men's 55	M255	Yasin Ricci	0:22:25
88	79	6	Men's Junior 13	M014	Yu Fay	0:22:25

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Overall Position	Gender Position	Category Position	Category	Bib	Name	OfficialTime
89	80	9	Men's 50	M225	Warner Warren	0:22:29
90	81	17	Men's Open	M084	CHI YEUNG CHIU	0:22:32
91	82	18	Men's Open	M058	Guzman Andreas	0:22:35
92	83	16	Men's 40	M139	Fung Frederick	0:22:38
93	84	17	Men's 40	M130	Baram Derek	0:22:38
94	85	2	Men's 60	M280	To Eric	0:22:39
95	10	2	Ladies' 35	W052	Yu Tiffany	0:22:40
96	86	10	Men's 50	M203	CHUNG Wan Hang	0:22:43
97	87	1	Men's 65	M287	cheung wai lap	0:22:48
98	88	19	Men's Open	M085	CHEUK HIN WU	0:22:49
99	89	18	Men's 40	M144	Leung Chun Chung	0:22:50
100	90	3	Men's 60	M269	LAU YIU MING	0:22:52
101	91	11	Men's 50	M200	Casey Dick	0:22:53
102	11	3	Ladies' 40	W061	kam hay	0:22:54
103	92	7	Men's 45	M174	HALLEY KEITH	0:22:54
104	93	7	Men's 35	M089	Chan Michael	0:23:05
105	94	6	Men's 55	M244	Pringle Antony	0:23:06
106	95	8	Men's 45	M180	LAU KING YEUNG	0:23:08
107	12	4	Ladies' 40	W058	Hilton Jude	0:23:10
108	13	1	Ladies' Junior 17	W014	Mok Wing Lam	0:23:11
109	96	10	Men's Junior 15	M029	Williams Tomos Jack	0:23:17
110	97	20	Men's Open	M069	Mak Yan	0:23:18
111	98	2	Men's 65	M293	Leung Kwong Ming	0:23:26
112	99	7	Men's Junior 13	M004	Dickinson James	0:23:27
113	100	19	Men's 40	M138	Fraser Allan	0:23:27
114	101	12	Men's 50	M205	Cummings Jonathan	0:23:28
115	102	9	Men's 45	M171	Coulter Joseph	0:23:28
116	103	8	Men's 35	M117	Styles Edward	0:23:28
117	14	2	Ladies' 55	W099	Lo Lan Fa Angel	0:23:34
118	104	21	Men's Open	M079	Warner Ethan	0:23:35
119	105	13	Men's 50	M210	Kolacki Michel	0:23:36
120	106	9	Men's 35	M113	Pandey Amar	0:23:42
121	107	1	Men's 70	M303	Wing Sing kwok	0:23:45
122	15	4	Ladies' Open	W017	Casey Kara	0:23:49
123	16	1	Ladies' Junior 15	W010	Murchie Ines	0:23:51
124	108	7	Men's 55	M251	Tse Koon Chor Ernest	0:23:51
125	109	8	Men's Junior 13	M010	Tsai Jacob	0:23:52
126	110	20	Men's 40	M149	Ma Chi ki	0:23:52
127	111	10	Men's 35	M100	Haas Oliver	0:23:56
128	112	14	Men's 50	M229	Wong Tony	0:23:58
129	113	9	Men's Junior 13	M003	Cheng Aiden	0:23:59
130	114	22	Men's Open	M050	Cheng Tsz Funq	0:23:59
131	17	1	Ladies' 50	W093	Shek Fiona	0:23:59
132	18	3	Ladies' 55	W104	Nq Lisa	0:24:01
133	19	3	Ladies' 35	W044	Gilbert Jessica	0:24:03
134	115	10	Men's 45	M195	Wong John	0:24:05
135	116	4	Men's 60	M283	Wong Mark	0:24:07
136	20	4	Ladies' 55	W107	Wong Ivy	0:24:10
137	21	1	Ladies' 60	W112	CHUI SIU MIU MARGARET	0:24:13
138	117	3	Men's 65	M285	Chan FORD	0:24:13
139	118	11	Men's 35	M110	McGrath James John	0:24:14
140	119	15	Men's 50	M211	KWOK WAI ON	0:24:14
141	22	2	Ladies' 50	W090	Malone Aislinn	0:24:15
142	23	2	Ladies' Junior 15	W005	Ai Xin	0:24:16
143	120	8	Men's 55	M249	Sum Andrew	0:24:17
144	121	16	Men's 50	M224	tsang derek	0:24:19
145	122	5	Men's 60	M284	Yow John	0:24:29
146	123	6	Men's 60	M275	Ross Paul	0:24:33
147	124	17	Men's 50	M215	Leung Ying Kit	0:24:36
148	125	8	Men's Junior 17	M042	Wing Cheuk Osman Ko	0:24:36
149	24	3	Ladies' 45	W070	CHAN WAI YAN	0:24:40
150	126	18	Men's 50	M227	Wong Raimondo	0:24:41
151	127	7	Men's 60	M271	Nq Wing Hong	0:24:41
152	128	21	Men's 40	M156	Schroder Luke	0:24:45
153	129	19	Men's 50	M206	Evans Mark	0:24:48
154	130	12	Men's 35	M107	Lecomte Harold	0:24:50
155	25	5	Ladies' Open	W023	LAU WING HIN	0:24:51
156	131	22	Men's 40	M145	Leung Kwok Shing	0:24:52
157	132	9	Men's 55	M238	Ko Fred	0:24:54
158	133	13	Men's 35	M119	Tin Gerrard	0:24:57
159	134	23	Men's Open	M086	KAM YUEN YEUNG	0:24:57
160	26	6	Ladies' Open	W024	Lau Wai Hin	0:25:02
161	27	2	Ladies' 60	W111	Chu Liza	0:25:05
162	135	14	Men's 35	M126	Habib	0:25:06
163	28	7	Ladies' Open	W028	Lee Yuen yi	0:25:10
164	136	10	Men's 55	M245	Rubinstein Marc	0:25:10
165	137	15	Men's 35	M125	MANIKANTA DOOLLA	0:25:15
166	138	4	Men's 65	M290	CHU HERMANN	0:25:21
167	139	20	Men's 50	M219	Nq Garry	0:25:23
168	140	11	Men's 45	M181	Li Chi Wai	0:25:26
169	141	23	Men's 40	M148	Ma Derek Hing Kwok	0:25:26
170	29	3	Ladies' 50	W085	Cheng Teresa	0:25:27
171	142	11	Men's 55	M254	Woodruff Elliot	0:25:34
172	30	3	Ladies' 60	W117	Yeung Mei Lun Melissa	0:25:39
173	31	4	Ladies' 45	W078	Nq Choi Long	0:25:40
174	143	24	Men's 40	M158	Waite Jon	0:25:47
175	144	16	Men's 35	M114	Simpson Patrick	0:25:53
176	32	8	Ladies' Open	W124	MANON	0:25:55

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Date : 23-8-2025

Overall Position	Gender Position	Category Position	Category	Bib	Name	OfficialTime
177	145	8	Men's 60	M263	Chu Ching Kwok	0:25:56
178	146	12	Men's 45	M191	Tse Leon	0:26:07
179	33	5	Ladies' 55	W103	Morley Susannah	0:26:11
180	34	3	Ladies' Junior 15	W006	Chan Cwensuela	0:26:12
181	147	21	Men's 50	M226	Williams Jonathan	0:26:13
182	35	5	Ladies' 40	W056	Cvetkovic Maggie	0:26:16
183	148	22	Men's 50	M221	Siu Dickie	0:26:24
184	36	1	Ladies' Junior 13	W002	Chan Charlotte	0:26:34
185	37	2	Ladies' Junior 13	W001	Barnes Ella	0:26:36
186	149	5	Men's 65	M296	yu hin man	0:26:38
187	150	11	Men's Junior 15	M015	Akhter Elan	0:26:41
188	151	12	Men's 55	M239	Kong Felix	0:26:42
189	152	17	Men's 35	M103	Ko Tsz Ngong	0:26:43
190	153	10	Men's Junior 13	M008	Nixon Cody	0:26:56
191	154	18	Men's 35	M109	Leung Nok Chai	0:27:02
192	38	9	Ladies' Open	W034	Wanqer Alison	0:27:04
193	155	19	Men's 35	M099	Gunawardana Oshan	0:27:04
194	39	4	Ladies' 50	W087	Ho Tsz Ping	0:27:05
195	40	5	Ladies' 50	W086	CHEUNG Pui Ling Pauline	0:27:08
196	41	10	Ladies' Open	W035	Whittington Chloe	0:27:09
197	156	24	Men's Open	M078	Tse Max	0:27:10
198	157	12	Men's Junior 15	M021	PENG ZHIRUI	0:27:12
199	158	9	Men's 60	M281	Kam Heng Henry Wong	0:27:13
200	159	10	Men's 60	M273	Poon Wing Kit	0:27:16
201	160	13	Men's 45	M194	WONG SZE LUNG	0:27:23
202	42	11	Ladies' Open	W026	Ledger Martha	0:27:30
203	161	13	Men's 55	M253	WONG WAI SHING	0:27:34
204	162	11	Men's 60	M282	Tse Pak Yiu	0:27:35
205	163	14	Men's 45	M193	van Gaalen John	0:27:36
206	164	15	Men's 45	M168	Chan Ho-Kei	0:27:38
207	43	4	Ladies' 60	W114	Lok Lai Mai	0:27:41
208	44	4	Ladies' Junior 15	W007	Cheuk Ting Tsang	0:27:43
209	165	25	Men's Open	M060	Hui Lok Sum	0:27:57
210	166	12	Men's 60	M267	Kwok Bobby	0:27:59
211	167	23	Men's 50	M218	Murchie Alex	0:28:02
212	168	14	Men's 55	M250	Tho Yeong Wah	0:28:03
213	169	26	Men's Open	M055	Chung Chun Kin	0:28:04
214	45	6	Ladies' 55	W100	mclaughlin Belinda	0:28:07
215	170	27	Men's Open	M082	Wong Wilson	0:28:14
216	46	6	Ladies' 40	W054	Borchart Lisa	0:28:15
217	171	16	Men's 45	M183	Ma Man Sing	0:28:16
218	47	3	Ladies' Junior 13	W003	Jin Claire	0:28:23
219	172	17	Men's 45	M187	Sandoval Jose	0:28:29
220	173	25	Men's 40	M157	Thadani Shabad	0:28:32
221	48	2	Ladies' Junior 17	W016	Sum Ka Tung	0:28:43
222	174	13	Men's 60	M259	Chan Francis	0:28:44
223	175	18	Men's 45	M192	Tso Justin	0:28:51
224	176	19	Men's 45	M170	Conway Niall	0:28:54
225	49	5	Ladies' 60	W116	Wong Cecilia	0:28:56
226	177	26	Men's 40	M142	Lau Matthew	0:29:00
227	178	24	Men's 50	M217	MUI WILFRED	0:29:03
228	50	12	Ladies' Open	W025	Lau Krystal	0:29:06
229	179	14	Men's 60	M272	Peesapaty Ravi Shanker	0:29:08
230	180	6	Men's 65	M292	LAU alex	0:29:09
231	181	2	Men's 70	M298	Chan Chak Yan	0:29:12
232	182	15	Men's 55	M247	Schulz Arne	0:29:24
233	183	15	Men's 60	M266	Hope Mark	0:29:25
234	184	20	Men's 35	M101	Ho Adrian	0:29:26
235	51	5	Ladies' 45	W068	AU Joanne	0:29:34
236	185	7	Men's 65	M295	Morgan Richard	0:29:41
237	52	6	Ladies' 50	W125	Hua Charlene	0:29:44
238	186	9	Men's Junior 17	M032	Au Godwin	0:29:48
239	187	16	Men's 55	M256	Yip Hon Man	0:29:49
240	188	3	Men's 70	M300	Lau Stephen	0:29:49
241	189	4	Men's 70	M302	Tsui Henry	0:29:59
242	190	11	Men's Junior 13	M011	Tse Eron	0:30:00
243	53	6	Ladies' 60	W115	Wingard-Robertsson Carolyn	0:30:07
244	191	16	Men's 60	M258	AU MUN KEE	0:30:08
245	192	27	Men's 40	M143	Lee Hon Chuen	0:30:09
246	193	17	Men's 60	M279	Tam Tak Kuen	0:30:16
247	54	7	Ladies' 50	W083	Chan Phyllis	0:30:21
248	194	20	Men's 45	M169	Chun Pun Ku	0:30:27
249	55	8	Ladies' 50	W091	Nixon Joanne	0:30:48
250	195	17	Men's 55	M242	McGunnigle Paul	0:31:08
251	196	18	Men's 55	M252	Wan David Huenq Chi	0:31:20
252	56	5	Ladies' Junior 15	W012	Nixon Liliana	0:31:35
253	57	1	Ladies' 75	W122	Ko Susan	0:31:41
254	58	7	Ladies' 40	W066	Wong Vicky	0:31:41
255	59	8	Ladies' 40	W062	Kwok Tin Chi	0:32:00
256	197	13	Men's Junior 15	M022	Privalov Ivan	0:32:06
257	198	21	Men's 35	M094	de Campos Dioqo	0:32:14
258	199	14	Men's Junior 15	M026	Shah Siddharth	0:32:21
259	60	9	Ladies' 50	W094	van Balken Natasja	0:32:41
260	200	1	Men's 75	M305	kaiwan Choi	0:33:32
261	61	1	Ladies' 65	W120	TSE Funq Yee May	0:33:35
262	201	2	Men's 75	M306	LEE Wing Hung	0:33:37
263	62	7	Ladies' 55	W105	Stewart Lesley	0:34:10
264	202	28	Men's 40	M160	Wong Christopher Hoi	0:34:16

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Overall Position	Gender Position	Category Position	Category	Bib	Name	OfficialTime
265	63	9	Ladies' 40	W063	Rice Justine	0:34:19
266	64	3	Ladies' Junior 17	W015	Seeto Ching Lam Jasmine	0:34:33
267	65	4	Ladies' 35	W051	Szeto Karen	0:34:39
268	203	5	Men's 70	M301	LEUNG PUI KI	0:34:44
269	66	10	Ladies' 40	W067	Sarah	0:34:59
270	204	29	Men's 40	M153	Mehra Nehal	0:35:19
271	67	6	Ladies' 45	W074	lee tze yau fiona	0:35:34
272	68	5	Ladies' 35	W045	Graham Gillian	0:35:36
273	205	18	Men's 60	M270	Li Yuk Ki Eric	0:36:22
274	69	8	Ladies' 55	W102	Mitchell-Sandoval Karen	0:36:33
275	70	7	Ladies' 45	W077	Ng Lai Ming	0:36:57
276	71	11	Ladies' 40	W060	Johnson Stephanie	0:37:03
277	72	6	Ladies' 35	W049	Li Sonia	0:37:35
278	206	30	Men's 40	M134	Chan Peter	0:37:48
279	73	7	Ladies' 35	W042	Bhargava Nimita	0:38:02
280	74	8	Ladies' 45	W073	Kim Sohui	0:38:03
281	75	9	Ladies' 55	W098	Liew Michele	0:38:34
282	76	12	Ladies' 40	W053	Barretto Mariett	0:39:32
283	207	1	Men's 80	M307	Fowler John	0:40:02
284	208	3	Men's 75	M304	Cho Yan Kwong	0:41:28
285	77	13	Ladies' Open	W040	Shifah	0:41:54
286	78	7	Ladies' 60	W109	Cheng Wing Ho	0:41:55
287	79	8	Ladies' 35	W046	Haas Astrid	0:42:39
288	80	10	Ladies' 55	W101	Mele Fatima Alessia	0:42:44
289	81	8	Ladies' 60	W113	Fung Anky	0:42:50
290	209	8	Men's 65	M291	davie russell	0:43:04
291	82	9	Ladies' 45	W076	Lobo Avina Andrea Maria	0:44:31
292	83	2	Ladies' 75	W123	Lau Rebecca Fung Ling	0:46:29
293	210	22	Men's 35	M118	Tang Sai On	0:50:54
294	211	2	Men's 80	M308	So Yip Sing	0:51:21
295	84	10	Ladies' 50	W092	Pang Hoi Wai	0:51:29
296	85	2	Ladies' 65	W119	ma sukkuen	0:51:29