

AVOHK 5k Series 2025 Race 3 (Black's Link)

Date : 6-9-2025

Overall Position	Gender Position	Category Position	Category	Bib	Name	OfficialTime
1	1	1	Men's Open	M053	Chong See Yeung	0:17:19
2	2	2	Men's Open	M363	wong Kai lok	0:18:54
3	3	1	Men's 35	M093	Cotton Sebastian	0:19:00
4	4	3	Men's Open	M063	Kruusamaae Uku	0:19:10
5	5	1	Men's 40	M164	YUEN Wan Ho	0:19:10
6	6	4	Men's Open	M046	Bhoovarahan Vaibhav	0:19:10
7	7	2	Men's 35	M096	Donald James	0:19:29
8	8	2	Men's 40	M132	Chan Wing Hung	0:19:29
9	9	3	Men's 40	M162	Woo David	0:19:47
10	10	4	Men's 40	M137	Davis Chris	0:19:53
11	11	5	Men's Open	M080	Whitehead Christopher	0:19:56
12	12	1	Men's Junior 15	M027	Sze Ming Yin	0:19:56
13	13	6	Men's Open	M051	CHEUNG KA CHUNG	0:19:59
14	14	3	Men's 35	M127	Clauge	0:20:01
15	15	1	Men's 45	M173	Gumbley Edward	0:20:02
16	16	5	Men's 40	M146	Leung Son Keng	0:20:10
17	17	2	Men's 45	M319	Dalling Will	0:20:11
18	18	7	Men's Open	M365	Edmunds Thomas	0:20:19
19	19	2	Men's Junior 15	M019	Ling Marcus	0:20:26
20	20	8	Men's Open	M066	Li Vincent	0:20:34
21	21	4	Men's 35	M095	De Clarens Jerome	0:20:50
22	22	1	Men's Junior 17	M039	Ma Markus	0:20:55
23	23	2	Men's Junior 17	M035	Kao Yuwei Ethan	0:20:56
24	24	1	Men's 50	M230	Woodhouse Jono	0:21:08
25	25	1	Men's 55	M321	Henderson Rod	0:21:10
26	26	6	Men's 40	M165	HO YIN HO	0:21:10
27	27	3	Men's Junior 15	M028	TOBBACK ILIAS	0:21:11
28	28	4	Men's Junior 15	M023	Riding Harvey	0:21:13
29	29	3	Men's 45	M178	Kent Tristan	0:21:19
30	30	4	Men's 45	M198	Zielinski Jeffrey	0:21:24
31	31	1	Men's Junior 13	M356	Spooner William Ernest Daniel	0:21:26
32	32	2	Men's 50	M216	Marchant Tim	0:21:28
33	33	7	Men's 40	M161	Wong Lawrence	0:21:32
34	34	8	Men's 40	M136	Cowley Richard	0:21:33
35	35	2	Men's Junior 13	M005	Fraser Charlie	0:21:48
36	36	9	Men's Open	M065	LAU WING LOK	0:21:52
37	37	10	Men's Open	M087	Mohamed	0:22:01
38	38	9	Men's 40	M152	McDonnell Matt	0:22:02
39	39	11	Men's Open	M044	Adams Ben	0:22:06
40	40	3	Men's Junior 13	M009	Schulz Arvid	0:22:12
41	41	4	Men's Junior 13	M007	Luk rivera	0:22:13
42	42	5	Men's Junior 13	M318	Coulson Caleb	0:22:21
43	43	10	Men's 40	M166	Victor	0:22:21
44	44	5	Men's 35	M343	nolleau clement	0:22:33
45	1	1	Ladies' 45	W069	Bainbridge Hannah	0:22:35
46	45	3	Men's 50	M228	Wong Chun Bong Joseph	0:22:39
47	46	3	Men's Junior 17	M033	Hoi Luk	0:22:48
48	47	6	Men's 35	M121	Varty Rowan	0:22:56
49	48	12	Men's Open	M071	Ng Tim	0:22:57
50	49	11	Men's 40	M133	Chan Tsz Long	0:23:10
51	50	1	Men's 60	M276	Sewell Andrew	0:23:10
52	2	1	Ladies' 35	W043	Chan Suk Ting	0:23:18
53	51	13	Men's Open	M358	Lui Owen	0:23:24
54	3	1	Ladies' 40	W064	Shuttleworth Amie	0:23:29
55	52	4	Men's 50	M231	Yam KA WAI	0:23:31
56	53	7	Men's 35	M311	Ansu	0:23:33
57	54	2	Men's 55	M235	Cheng Simon	0:23:36
58	55	3	Men's 55	M329	Morley Peter	0:23:37
59	56	4	Men's 55	M240	Kwok Kar Cheong	0:23:37
60	4	1	Ladies' 50	W095	Walmsley Susy	0:23:39
61	57	5	Men's 55	M237	Hayward Will	0:23:48
62	58	14	Men's Open	M084	CHI YEUNG CHIU	0:23:49
63	5	2	Ladies' 35	W149	Monahan Colette	0:23:52
64	59	6	Men's Junior 13	M001	Barnes Jack	0:24:05
65	60	5	Men's Junior 15	M016	Evans Ellis	0:24:05
66	61	12	Men's 40	M131	CANG Tianyang	0:24:09
67	62	5	Men's 45	M184	Nixon Charlie	0:24:14
68	63	2	Men's 60	M280	To Eric	0:24:20
69	64	8	Men's 35	M104	Lai Tat yik	0:24:24
70	6	2	Ladies' 40	W065	WANG YUEN SUEN	0:24:29
71	65	13	Men's 40	M154	Sam Nickolas	0:24:37
72	66	15	Men's Open	M058	Guzman Andreas	0:24:44
73	67	3	Men's 60	M269	LAU YIU MING	0:24:46
74	68	16	Men's Open	M079	Warner Ethan	0:24:52
75	7	1	Ladies' Junior 13	W004	Lui Lauren	0:24:52
76	8	3	Ladies' 40	W058	Hilton Jude	0:24:53
77	9	2	Ladies' 45	W072	FANG CONNIE	0:24:56

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78	69	17	Men's Open	M357	Hughes Glyn	0:24:57
79	10	2	Ladies' 50	W090	Malone Aislinn	0:25:01
80	11	1	Ladies' 55	W097	GAO LINGLI	0:25:02
81	70	6	Men's 55	M255	Yasin Ricci	0:25:06
82	71	9	Men's 35	M345	Pepper James	0:25:10
83	72	10	Men's 35	M089	Chan Michael	0:25:19
84	12	4	Ladies' 40	W142	Neto Helene	0:25:30
85	73	7	Men's Junior 13	M004	Dickinson James	0:25:38
86	1	1	Ladies' Junior 15	W150	Herminjard Chloe	0:25:43
87	74	14	Men's 40	M156	Schroder Luke	0:25:43
88	75	1	Men's 65	M287	cheung wai lap	0:25:49
89	76	5	Men's 50	M211	KWOK WAI ON	0:25:51
90	77	15	Men's 40	M145	Leung Kwok Shing	0:25:57
91	78	6	Men's 45	M195	Wong John	0:26:02
92	79	7	Men's 55	M353	Spooner Daniel St John	0:26:03
93	80	6	Men's 50	M203	CHUNG Wan Hang	0:26:04
94	13	2	Ladies' Junior 15	W152	Ai Xin	0:26:09
95	81	7	Men's 45	M171	Coulter Joseph	0:26:12
96	82	11	Men's 35	M126	Habib	0:26:13
97	83	16	Men's 40	M139	Fung Frederick	0:26:13
98	14	3	Ladies' 45	W145	Baje Bernadette	0:26:14
99	84	1	Men's 70	M303	Wing Sing kwok	0:26:14
100	15	5	Ladies' 40	W061	kam hay	0:26:14
101	85	7	Men's 50	M200	Casey Dick	0:26:19
102	86	18	Men's Open	M064	LAM MAN KIT JACKIE	0:26:24
103	87	8	Men's 55	M244	Pringle Antony	0:26:27
104	88	12	Men's 35	M340	Haas Oliver	0:26:29
105	89	13	Men's 35	M092	Cochran Ali	0:26:29
106	90	14	Men's 35	M116	strand victor	0:26:30
107	91	8	Men's 50	M205	Cummings Jonathan	0:26:33
108	92	15	Men's 35	M364	Pandey Amar	0:26:34
109	16	1	Ladies' Open	W024	Lau Wai Hin	0:26:34
110	93	17	Men's 40	M138	Fraser Allan	0:26:36
111	17	1	Ladies' 60	W112	CHUI SIU MIU MARGARET	0:26:47
112	94	16	Men's 35	M114	Simpson Patrick	0:26:51
113	95	4	Men's 60	M261	Ching TF	0:26:51
114	18	2	Ladies' Open	W023	LAU WING HIN	0:26:54
115	96	5	Men's 60	M258	AU MUN KEE	0:26:57
116	19	2	Ladies' 55	W107	Wong Ivy	0:26:59
117	97	9	Men's 50	M206	Evans Mark	0:27:04
118	98	18	Men's 40	M148	Ma Derek Hing Kwok	0:27:04
119	20	2	Ladies' 60	W117	Yeung Mei Lun Melissa	0:27:09
120	21	3	Ladies' Junior 15	W009	Lui Ellen	0:27:18
121	99	17	Men's 35	M110	McGrath James John	0:27:21
122	22	6	Ladies' 40	W140	Yeung Sze Man	0:27:32
123	100	10	Men's 50	M215	Leung Ying Kit	0:27:39
124	101	9	Men's 55	M249	Sum Andrew	0:27:40
125	102	19	Men's 40	M149	Ma Chi ki	0:27:47
126	23	3	Ladies' 60	W108	Abate Sian	0:27:49
127	24	3	Ladies' 55	W104	Ng Lisa	0:27:50
128	103	11	Men's 50	M227	Wong Raimondo	0:27:52
129	104	10	Men's 55	M251	Tse Koon Chor Ernest	0:27:56
130	25	4	Ladies' 45	W070	CHAN WAI YAN	0:27:56
131	105	19	Men's Open	M359	Singh Varun	0:28:11
132	26	3	Ladies' 50	W151	Lau Shuk Yi Angela	0:28:13
133	27	5	Ladies' 45	W080	Rundle Justyna	0:28:15
134	106	11	Men's 55	M246	Russell David	0:28:19
135	28	3	Ladies' Open	W034	Wanger Alison	0:28:25
136	107	12	Men's 50	M209	Ko Wall	0:28:27
137	29	6	Ladies' 45	W081	TSANG TING CHI	0:28:28
138	108	6	Men's 60	M263	Chu Ching Kwok	0:28:29
139	109	7	Men's 60	M284	Yow John	0:28:30
140	110	2	Men's 65	M290	CHU HERMANN	0:28:31
141	111	13	Men's 50	M226	Williams Jonathan	0:28:37
142	112	14	Men's 50	M213	Lee Tony	0:28:41
143	113	18	Men's 35	M125	MANIKANTA DOOLLA	0:28:42
144	114	15	Men's 50	M204	Crane Derek	0:28:44
145	115	12	Men's 55	M254	Woodruff Elliot	0:28:49
146	30	4	Ladies' Junior 15	W006	Chan Cwensuela	0:28:55
147	116	8	Men's 60	M271	Ng Wing Hong	0:28:55
148	117	19	Men's 35	M323	Ip Perry	0:28:59
149	118	16	Men's 50	M202	CHOI KIN WAI	0:29:01
150	119	4	Men's Junior 17	M042	Wing Cheuk Osman Ko	0:29:09
151	120	20	Men's Open	M075	Tai Chun Yin	0:29:10
152	121	17	Men's 50	M219	Ng Garry	0:29:17
153	122	18	Men's 50	M221	Siu Dickie	0:29:34
154	123	8	Men's Junior 13	M008	Nixon Cody	0:29:35

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155	124	9	Men's 60	M281	Kam Heng Henry Wong	0:29:37
156	125	20	Men's 40	M347	Hutchinson Matthew	0:29:37
157	126	21	Men's 40	M338	MATHEW HUFCHINSON	0:29:39
158	31	7	Ladies' 45	W071	Dickinson Sarah	0:29:48
159	127	3	Men's 65	M288	CHEUNG CHI WING	0:29:50
160	128	8	Men's 45	M181	Li Chi Wai	0:29:51
161	129	5	Men's Junior 17	M041	van Gaalen Kester	0:30:00
162	130	20	Men's 35	M090	Chan Shing Kwan	0:30:02
163	131	4	Men's 65	M289	CHEUNG WAH POK	0:30:12
164	32	7	Ladies' 40	W143	NG OI KA	0:30:19
165	132	13	Men's 55	M239	Kong Felix	0:30:25
166	133	21	Men's 35	M103	Ko Tsz Ngong	0:30:30
167	33	4	Ladies' 55	W100	mclaughlin Belinda	0:30:31
168	34	8	Ladies' 40	W054	Borchart Lisa	0:30:32
169	134	9	Men's 45	M187	Sandoval Jose	0:30:32
170	135	21	Men's Open	M078	Tse Max	0:30:35
171	35	4	Ladies' 60	W111	Chu Liza	0:30:36
172	136	10	Men's 60	M260	Cheng Man Keung	0:30:45
173	137	22	Men's 40	M346	Chen Chen	0:30:51
174	138	22	Men's 35	M366	Gunawardana Oshan	0:30:54
175	139	19	Men's 50	M218	Murchie Alex	0:31:09
176	140	11	Men's 60	M262	Chong Ignatius	0:31:16
177	141	22	Men's Open	M055	Chung Chun Kin	0:31:22
178	142	5	Men's 65	M296	yu hin man	0:31:28
179	143	20	Men's 50	M217	MUI WILFRED	0:31:29
180	144	23	Men's 40	M157	Thadani Shabad	0:31:45
181	145	12	Men's 60	M282	Tse Pak Yiu	0:31:46
182	146	13	Men's 60	M272	Peesapaty Ravi Shanker	0:31:52
183	36	3	Ladies' 35	W130	LATORRACA VALENTINA	0:31:59
184	147	2	Men's 70	M302	Tsui Henry	0:31:59
185	148	24	Men's 40	M142	Lau Matthew	0:32:11
186	149	14	Men's 55	M238	Ko Fred	0:32:12
187	37	5	Ladies' 60	W115	Wingard-Robertsson Carolyn	0:32:17
188	150	10	Men's 45	M192	Tso Justin	0:32:32
189	151	14	Men's 60	M267	Kwok Bobby	0:32:33
190	152	11	Men's 45	M337	van Gaalen John	0:32:49
191	153	15	Men's 55	M247	Schulz Arne	0:32:49
192	154	16	Men's 55	M241	Lau Tommy	0:33:09
193	38	6	Ladies' 60	W116	Wong Cecilia	0:33:10
194	155	12	Men's 45	M168	Chan Ho-Kei	0:33:11
195	156	15	Men's 60	M268	LAM Lawrence, Fuk-wah	0:33:12
196	39	4	Ladies' 50	W091	Nixon Joanne	0:33:36
197	157	16	Men's 60	M324	LAI TAT CHEONG	0:33:42
198	40	4	Ladies' Open	W146	Edrian	0:33:43
199	41	5	Ladies' Junior 15	W008	Guo Yuqi	0:34:08
200	42	1	Ladies' 75	W122	Ko Susan	0:34:58
201	158	17	Men's 55	M242	McGunnigle Paul	0:34:59
202	159	3	Men's 70	M300	Lau Stephen	0:35:00
203	160	6	Men's 65	M292	LAU alex	0:35:05
204	161	25	Men's 40	M143	Lee Hon Chuen	0:35:30
205	162	7	Men's 65	M355	CHEUNG YIK KEUNG	0:35:33
206	163	26	Men's 40	M367	Mehra Nehal	0:35:54
207	164	4	Men's 70	M298	Chan Chak Yan	0:36:15
208	43	1	Ladies' 65	W121	Yiu Suk Yin	0:36:17
209	165	13	Men's 45	M189	Tsang Yu Kin	0:36:21
210	44	9	Ladies' 40	W067	Sarah	0:36:23
211	166	1	Men's 75	M305	kaiwan Choi	0:36:59
212	167	23	Men's 35	M368	Tin Gerrard	0:37:04
213	45	4	Ladies' 35	W147	CHEUNG Lisa	0:37:12
214	168	27	Men's 40	M331	Speranza Mark	0:37:31
215	46	2	Ladies' 65	W120	TSE Fung Yee May	0:37:51
216	47	10	Ladies' 40	W063	Rice Justine	0:37:52
217	48	11	Ladies' 40	W062	Kwok Tin Chi	0:37:56
218	169	5	Men's 70	M301	LEUNG PUI KI	0:38:01
219	170	17	Men's 60	M270	Li Yuk Ki Eric	0:38:44
220	49	5	Ladies' 35	W132	Li Juliette	0:40:28
221	50	6	Ladies' 35	W153	Bhargava Nimita	0:40:28
222	171	14	Men's 45	M170	Conway Niall	0:41:54
223	51	7	Ladies' 35	W148	Mehta Megha	0:41:56
224	52	5	Ladies' 55	W098	Liew Michele	0:42:30
225	53	5	Ladies' Open	W154	Tsang Nessa	0:42:41
226	54	7	Ladies' 60	W113	Fung Anky	0:43:46
227	55	6	Ladies' Open	W040	Shifah	0:44:09
228	172	8	Men's 65	M291	davie russell	0:44:26
229	173	2	Men's 75	M304	Cho Yan Kwong	0:44:49
230	174	1	Men's 80	M307	Fowler John	0:45:45
231	56	8	Ladies' 35	W046	Haas Astrid	0:46:48

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232	57	2	Ladies' 75	W123	Lau Rebecca Fung Ling	0:48:47
233	175	6	Men's 70	M316	Chung Gordon	0:50:25
234	176	28	Men's 40	M134	Chan Peter	0:50:58
235	58	3	Ladies' 65	W119	ma sukkuen	1:00:40