

## AVOHK 5k Series - Entry List

| Name                      | Bib  | Category         | Race 1 | Race 2 | Race 3 | Race 4 |
|---------------------------|------|------------------|--------|--------|--------|--------|
| Beceic Dragan Marco       | M001 | Men's 35 (35-39) | Y      | Y      | Y      | Y      |
| Carey Matt                | M002 | Men's 35 (35-39) | Y      | Y      |        |        |
| CHUNG CHUN KIN            | M003 | Men's 35 (35-39) | Y      | Y      | Y      | Y      |
| Cochran Ali               | M004 | Men's 35 (35-39) |        | Y      | Y      | Y      |
| Connolly Creighton        | M005 | Men's 35 (35-39) | Y      | Y      | Y      | Y      |
| Cotton Sebastian          | M006 | Men's 35 (35-39) | Y      | Y      | Y      |        |
| Donald James              | M007 | Men's 35 (35-39) | Y      |        |        | Y      |
| DOOLLA MANIKANTA          | M008 | Men's 35 (35-39) | Y      | Y      | Y      | Y      |
| Hallden Erik              | M009 | Men's 35 (35-39) | Y      | Y      |        |        |
| Ho Adrian                 | M010 | Men's 35 (35-39) | Y      |        | Y      | Y      |
| Kodama Shingo             | M011 | Men's 35 (35-39) |        |        | Y      |        |
| Lai Tat yik               | M012 | Men's 35 (35-39) | Y      |        | Y      |        |
| Man Kwun Tung             | M013 | Men's 35 (35-39) | Y      |        | Y      |        |
| MILLOT Matthieu           | M014 | Men's 35 (35-39) | Y      |        | Y      | Y      |
| Mistry Amit               | M015 | Men's 35 (35-39) | Y      | Y      | Y      | Y      |
| Nolleau Clement           | M016 | Men's 35 (35-39) | Y      | Y      |        |        |
| Pu Ian                    | M017 | Men's 35 (35-39) | Y      |        |        |        |
| Salao Joao Antonio Gragas | M018 | Men's 35 (35-39) |        |        | Y      |        |
| Strand Victor             | M019 | Men's 35 (35-39) | Y      | Y      |        |        |
| Tsui Chi kin              | M020 | Men's 35 (35-39) | Y      |        |        |        |
| Wong Jerry                | M021 | Men's 35 (35-39) | Y      |        |        |        |
| Zou Yuhan                 | M022 | Men's 35 (35-39) | Y      |        | Y      |        |
| Abel Jon                  | M023 | Men's 40 (40-44) |        | Y      | Y      |        |
| Baram Derek               | M024 | Men's 40 (40-44) | Y      | Y      | Y      | Y      |
| CANG Tianyang             | M025 | Men's 40 (40-44) | Y      | Y      | Y      | Y      |
| Chan Wing Lee             | M026 | Men's 40 (40-44) | Y      | Y      | Y      | Y      |
| Chan Wing Hung            | M027 | Men's 40 (40-44) | Y      | Y      |        | Y      |
| cheung ison               | M028 | Men's 40 (40-44) | Y      | Y      | Y      | Y      |
| Cooper Craig              | M029 | Men's 40 (40-44) | Y      | Y      | Y      | Y      |
| Fujita Hironori           | M030 | Men's 40 (40-44) | Y      |        |        |        |
| Fung Frederick            | M031 | Men's 40 (40-44) | Y      | Y      | Y      | Y      |
| Gill Jeremy               | M032 | Men's 40 (40-44) | Y      | Y      | Y      | Y      |
| Ho Kenson                 | M033 | Men's 40 (40-44) |        | Y      |        |        |
| Huang Wai Kwan            | M034 | Men's 40 (40-44) | Y      |        |        |        |
| Hutchinson Matthew        | M035 | Men's 40 (40-44) | Y      | Y      | Y      | Y      |
| KHALID KHAN MOHAMMAD      | M036 | Men's 40 (40-44) | Y      | Y      | Y      | Y      |
| KWOK WAI HANG VINCENT     | M037 | Men's 40 (40-44) | Y      |        |        |        |
| Kwong Raymond             | M038 | Men's 40 (40-44) | Y      |        | Y      | Y      |
| Lau Matthew               | M039 | Men's 40 (40-44) | Y      |        | Y      |        |
| Lee Bees                  | M040 | Men's 40 (40-44) | Y      |        |        |        |
| McCormick Neil            | M041 | Men's 40 (40-44) | Y      | Y      |        | Y      |
| McGrath JJ                | M042 | Men's 40 (40-44) | Y      | Y      | Y      |        |
| Schroder Luke             | M043 | Men's 40 (40-44) | Y      | Y      | Y      | Y      |
| Varty Rowan               | M044 | Men's 40 (40-44) | Y      | Y      | Y      | Y      |
| Vaudaine Frederic         | M045 | Men's 40 (40-44) | Y      |        |        |        |
| Waite Jon                 | M046 | Men's 40 (40-44) | Y      | Y      | Y      | Y      |
| Wong Christopher Hoi      | M047 | Men's 40 (40-44) | Y      | Y      | Y      | Y      |
| Wong Cheuk Bun Alvin      | M048 | Men's 40 (40-44) | Y      | Y      | Y      | Y      |
| Yuen Wan Ho               | M049 | Men's 40 (40-44) | Y      | Y      | Y      | Y      |
| YUNG WING HONG            | M050 | Men's 40 (40-44) | Y      |        |        |        |

## AVOHK 5k Series - Entry List

| Name                | Bib  | Category         | Race 1 | Race 2 | Race 3 | Race 4 |
|---------------------|------|------------------|--------|--------|--------|--------|
| Chan Ho-Kei         | M051 | Men's 45 (45-49) | Y      | Y      | Y      | Y      |
| Chan Tik Fai Simon  | M052 | Men's 45 (45-49) | Y      | Y      | Y      | Y      |
| Chan Henry          | M053 | Men's 45 (45-49) | Y      |        |        | Y      |
| Cheng Kwok Ming     | M054 | Men's 45 (45-49) | Y      |        |        |        |
| Dalling Will        | M055 | Men's 45 (45-49) | Y      | Y      | Y      | Y      |
| Davis Chris         | M056 | Men's 45 (45-49) | Y      | Y      | Y      | Y      |
| Dookhi Dhiran       | M057 | Men's 45 (45-49) | Y      |        |        | Y      |
| FEI ANDY            | M058 | Men's 45 (45-49) | Y      | Y      | Y      | Y      |
| Fraser Allan        | M059 | Men's 45 (45-49) | Y      | Y      | Y      | Y      |
| fung norton         | M060 | Men's 45 (45-49) | Y      | Y      |        | Y      |
| HO HO YIN           | M061 | Men's 45 (45-49) | Y      | Y      | Y      | Y      |
| Hui Yat Wing Albert | M062 | Men's 45 (45-49) | Y      |        |        |        |
| Jenkins Alex        | M063 | Men's 45 (45-49) | Y      | Y      | Y      | Y      |
| Jowett Tim          | M064 | Men's 45 (45-49) | Y      | Y      | Y      | Y      |
| Lin Hoi kit         | M065 | Men's 45 (45-49) | Y      |        |        |        |
| MA DEREK HING KWOK  | M066 | Men's 45 (45-49) | Y      | Y      | Y      | Y      |
| McKenzie Alan       | M067 | Men's 45 (45-49) | Y      | Y      | Y      | Y      |
| ON KA MAN           | M068 | Men's 45 (45-49) | Y      | Y      | Y      | Y      |
| Pang Roy            | M069 | Men's 45 (45-49) | Y      | Y      | Y      | Y      |
| Sasaki Tomonori     | M070 | Men's 45 (45-49) | Y      |        |        |        |
| So Hoi Nam          | M071 | Men's 45 (45-49) | Y      |        |        | Y      |
| To Ming Hin         | M072 | Men's 45 (45-49) |        | Y      |        |        |
| TSANG YU KIN        | M073 | Men's 45 (45-49) | Y      | Y      | Y      | Y      |
| Wilcockson David    | M074 | Men's 45 (45-49) | Y      |        |        |        |
| WONG SZE LUNG       | M075 | Men's 45 (45-49) | Y      |        |        |        |
| Woo David           | M076 | Men's 45 (45-49) | Y      | Y      | Y      | Y      |
| Zielinski Jeffrey   | M077 | Men's 45 (45-49) | Y      | Y      | Y      | Y      |
| Bryce James         | M078 | Men's 50 (50-54) | Y      |        | Y      |        |
| CHAN SAVIO          | M079 | Men's 50 (50-54) | Y      | Y      | Y      | Y      |
| Chan Kin Yip        | M080 | Men's 50 (50-54) |        | Y      |        |        |
| Cheng Oscar         | M081 | Men's 50 (50-54) | Y      |        |        |        |
| Cheng Tsz Wah       | M082 | Men's 50 (50-54) | Y      | Y      | Y      | Y      |
| Crane Derek         | M083 | Men's 50 (50-54) | Y      | Y      | Y      | Y      |
| Cummings Jonathan   | M084 | Men's 50 (50-54) | Y      | Y      | Y      | Y      |
| Ebella Andre        | M085 | Men's 50 (50-54) | Y      | Y      | Y      | Y      |
| Evans Mark          | M086 | Men's 50 (50-54) | Y      | Y      | Y      | Y      |
| Fang Doug           | M087 | Men's 50 (50-54) | Y      | Y      | Y      | Y      |
| Forde Nicholas      | M088 | Men's 50 (50-54) | Y      | Y      | Y      |        |
| FUNG Brian          | M089 | Men's 50 (50-54) | Y      |        |        |        |
| Graham Andrew       | M090 | Men's 50 (50-54) | Y      |        | Y      | Y      |
| Heijboer Govert     | M091 | Men's 50 (50-54) | Y      | Y      |        | Y      |
| HO PING YIN         | M092 | Men's 50 (50-54) | Y      |        |        |        |
| Ho Wing Hung        | M093 | Men's 50 (50-54) | Y      |        |        | Y      |
| Hsieh Sammy         | M094 | Men's 50 (50-54) | Y      | Y      |        |        |
| Lee Wing Kai        | M095 | Men's 50 (50-54) | Y      | Y      | Y      | Y      |
| Leung Ying Kit      | M096 | Men's 50 (50-54) | Y      | Y      | Y      | Y      |
| Li Luk Sing         | M097 | Men's 50 (50-54) | Y      |        |        |        |
| Liu Albert          | M098 | Men's 50 (50-54) | Y      |        |        | Y      |
| Marchant Tim        | M099 | Men's 50 (50-54) | Y      | Y      | Y      | Y      |
| Nixon Charlie       | M100 | Men's 50 (50-54) | Y      | Y      | Y      | Y      |
| Ranjan Rajeev       | M101 | Men's 50 (50-54) | Y      |        |        |        |
| Reed Scott          | M102 | Men's 50 (50-54) | Y      | Y      | Y      | Y      |
| Sandoval Jose       | M103 | Men's 50 (50-54) | Y      | Y      | Y      | Y      |
| Tidwell Will        | M104 | Men's 50 (50-54) |        | Y      |        |        |
| TSE LEON            | M105 | Men's 50 (50-54) | Y      |        |        |        |
| Williams Jonathan   | M106 | Men's 50 (50-54) | Y      | Y      | Y      | Y      |
| Wu CHI TAK          | M107 | Men's 50 (50-54) | Y      | Y      | Y      | Y      |
| yen shiau sin       | M108 | Men's 50 (50-54) | Y      |        |        | Y      |

## AVOHK 5k Series - Entry List

| Name                   | Bib  | Category         | Race 1 | Race 2 | Race 3 | Race 4 |
|------------------------|------|------------------|--------|--------|--------|--------|
| Berkhout Alexander     | M109 | Men's 55 (55-59) |        | Y      | Y      | Y      |
| birman mark            | M110 | Men's 55 (55-59) | Y      |        |        |        |
| Chan Wai Man           | M111 | Men's 55 (55-59) |        |        |        | Y      |
| Chan Ka Ming           | M112 | Men's 55 (55-59) | Y      | Y      | Y      |        |
| Chan Wai Kei           | M113 | Men's 55 (55-59) | Y      |        |        |        |
| Chi Kin Cheung         | M114 | Men's 55 (55-59) |        |        |        | Y      |
| Fong PC                | M115 | Men's 55 (55-59) | Y      | Y      | Y      | Y      |
| Karlsson Gunnar        | M116 | Men's 55 (55-59) | Y      |        |        |        |
| Kong Felix             | M117 | Men's 55 (55-59) |        |        | Y      | Y      |
| Kwok Kar Cheong        | M118 | Men's 55 (55-59) | Y      |        | Y      | Y      |
| Lee Vincent            | M119 | Men's 55 (55-59) | Y      | Y      | Y      | Y      |
| Lee Christophe         | M120 | Men's 55 (55-59) | Y      |        | Y      | Y      |
| Maier Joerg            | M121 | Men's 55 (55-59) | Y      |        |        |        |
| McGunnigle Paul        | M122 | Men's 55 (55-59) | Y      | Y      | Y      | Y      |
| Pringle Antony         | M123 | Men's 55 (55-59) | Y      | Y      | Y      | Y      |
| Rubinstein Marc        | M124 | Men's 55 (55-59) | Y      |        | Y      |        |
| Schulz Arne            | M125 | Men's 55 (55-59) | Y      | Y      | Y      | Y      |
| Smart Cameron          | M126 | Men's 55 (55-59) |        |        |        | Y      |
| Spooner Daniel St John | M127 | Men's 55 (55-59) | Y      |        |        |        |
| Tong Matthew           | M128 | Men's 55 (55-59) | Y      |        |        |        |
| Van Kempen Frank       | M129 | Men's 55 (55-59) | Y      | Y      | Y      |        |
| WAN David Hueng Chi    | M130 | Men's 55 (55-59) | Y      |        |        | Y      |
| Wong Wing Him Denis    | M131 | Men's 55 (55-59) | Y      | Y      | Y      | Y      |
| Yiu Vor                | M132 | Men's 55 (55-59) | Y      |        |        |        |
| Au Timothy             | M133 | Men's 60 (60-64) | Y      | Y      | Y      |        |
| Caldwell Charles       | M134 | Men's 60 (60-64) | Y      | Y      | Y      | Y      |
| Cheng Man Keung        | M135 | Men's 60 (60-64) | Y      | Y      | Y      |        |
| Day Paul               | M136 | Men's 60 (60-64) | Y      | Y      | Y      | Y      |
| Desmidt Marc           | M137 | Men's 60 (60-64) | Y      | Y      | Y      | Y      |
| GILCHRIST JONATHAN     | M138 | Men's 60 (60-64) | Y      | Y      | Y      | Y      |
| Kwok Bobby             | M139 | Men's 60 (60-64) | Y      | Y      | Y      | Y      |
| Lau Tommy              | M140 | Men's 60 (60-64) | Y      |        | Y      |        |
| Lee Kenny              | M141 | Men's 60 (60-64) | Y      | Y      | Y      | Y      |
| Li Yuk Ki Eric         | M142 | Men's 60 (60-64) | Y      | Y      | Y      | Y      |
| Sewell Andrew          | M143 | Men's 60 (60-64) |        |        | Y      | Y      |
| Szeto Maurice          | M144 | Men's 60 (60-64) | Y      |        |        |        |
| Tam Tak Kuen           | M145 | Men's 60 (60-64) | Y      | Y      | Y      | Y      |
| Woodruff Elliot        | M146 | Men's 60 (60-64) | Y      | Y      | Y      | Y      |
| Chan Kwok Hung Paul    | M147 | Men's 65 (65-69) | Y      | Y      | Y      | Y      |
| CHEUNG CHI WING        | M148 | Men's 65 (65-69) | Y      | Y      | Y      | Y      |
| Ching Kwok Chu         | M149 | Men's 65 (65-69) | Y      | Y      | Y      | Y      |
| CHU HERMANN            | M150 | Men's 65 (65-69) | Y      | Y      | Y      | Y      |
| LAU Yiu Ming           | M151 | Men's 65 (65-69) | Y      | Y      | Y      |        |
| LEE CHI MING           | M152 | Men's 65 (65-69) | Y      |        |        |        |
| Leung Kwong Ming       | M153 | Men's 65 (65-69) | Y      | Y      | Y      | Y      |
| NG Kai Yuen            | M154 | Men's 65 (65-69) | Y      | Y      | Y      | Y      |
| To Eric                | M155 | Men's 65 (65-69) | Y      | Y      | Y      |        |
| wai lap cheung         | M156 | Men's 65 (65-69) | Y      | Y      | Y      | Y      |

## AVOHK 5k Series - Entry List

| Name                   | Bib  | Category                | Race 1 | Race 2 | Race 3 | Race 4 |
|------------------------|------|-------------------------|--------|--------|--------|--------|
| Chan Chok Ming         | M157 | Men's 70 (70-74)        | Y      | Y      | Y      | Y      |
| Greer Ken              | M158 | Men's 70 (70-74)        | Y      | Y      | Y      | Y      |
| HA Kin Wah             | M159 | Men's 70 (70-74)        | Y      | Y      | Y      | Y      |
| IP Shing Hing, Simon   | M160 | Men's 70 (70-74)        | Y      | Y      | Y      | Y      |
| KWOK YEE WAH           | M161 | Men's 70 (70-74)        | Y      | Y      | Y      | Y      |
| Tsui Henry             | M162 | Men's 70 (70-74)        | Y      | Y      | Y      | Y      |
| Wing Sing Kwok         | M163 | Men's 70 (70-74)        | Y      | Y      | Y      | Y      |
| yu hin man             | M164 | Men's 70 (70-74)        | Y      | Y      | Y      | Y      |
| Chan Chakyan           | M165 | Men's 75 (75-79)        | Y      | Y      | Y      | Y      |
| Lau Stephen K          | M166 | Men's 75 (75-79)        | Y      | Y      | Y      | Y      |
| Lee Wing Hung          | M167 | Men's 75 (75-79)        | Y      | Y      | Y      | Y      |
| So Yip Sing            | M168 | Men's 80 (80+)          | Y      | Y      |        | Y      |
| Bundo Kazuki           | M169 | Men's Junior 13 (12-13) | Y      | Y      | Y      |        |
| Chan Pak Long Casper   | M170 | Men's Junior 13 (12-13) | Y      |        | Y      | Y      |
| Cheng Yan Shun         | M171 | Men's Junior 13 (12-13) | Y      |        |        |        |
| Chu Chun lam           | M172 | Men's Junior 13 (12-13) | Y      | Y      | Y      | Y      |
| Dickinson James        | M173 | Men's Junior 13 (12-13) | Y      |        |        |        |
| Fraser Leo             | M174 | Men's Junior 13 (12-13) | Y      |        |        | Y      |
| He Zihang              | M175 | Men's Junior 13 (12-13) |        | Y      |        | Y      |
| Herne Jacob            | M176 | Men's Junior 13 (12-13) | Y      |        |        |        |
| Lam Yat Hei            | M177 | Men's Junior 13 (12-13) | Y      | Y      | Y      | Y      |
| Nguyen Kin Ho          | M178 | Men's Junior 13 (12-13) |        |        | Y      | Y      |
| Nixon Cody             | M179 | Men's Junior 13 (12-13) | Y      | Y      |        |        |
| Poon Paak Ho           | M180 | Men's Junior 13 (12-13) | Y      | Y      | Y      | Y      |
| Schulz Arvid           | M181 | Men's Junior 13 (12-13) | Y      | Y      | Y      | Y      |
| Tam Jonas              | M182 | Men's Junior 13 (12-13) | Y      |        |        |        |
| W Hugo                 | M183 | Men's Junior 13 (12-13) | Y      | Y      |        |        |
| Wong Carres            | M184 | Men's Junior 13 (12-13) | Y      |        |        |        |
| Wong Tsz Hin           | M185 | Men's Junior 13 (12-13) |        | Y      |        |        |
| Baram Dylan            | M186 | Men's Junior 15 (14-15) | Y      | Y      | Y      | Y      |
| Bharambe Atharav       | M187 | Men's Junior 15 (14-15) | Y      | Y      | Y      | Y      |
| Chan Jan Sew           | M188 | Men's Junior 15 (14-15) |        | Y      |        |        |
| chan tsz long          | M189 | Men's Junior 15 (14-15) |        |        |        | Y      |
| cheuk wa li            | M190 | Men's Junior 15 (14-15) | Y      |        |        |        |
| Cheung Augusten        | M191 | Men's Junior 15 (14-15) | Y      | Y      | Y      | Y      |
| Coulson Caleb          | M192 | Men's Junior 15 (14-15) | Y      | Y      | Y      | Y      |
| Deng Jieyu             | M193 | Men's Junior 15 (14-15) |        |        | Y      | Y      |
| Fraser Charlie         | M194 | Men's Junior 15 (14-15) | Y      | Y      | Y      | Y      |
| Lai Isaac              | M195 | Men's Junior 15 (14-15) | Y      |        |        |        |
| Lai Royce              | M196 | Men's Junior 15 (14-15) | Y      | Y      | Y      | Y      |
| Lau Kin Yat            | M197 | Men's Junior 15 (14-15) |        | Y      |        |        |
| Liu Chun Ho Jayden     | M198 | Men's Junior 15 (14-15) | Y      | Y      | Y      | Y      |
| Shih Paul              | M199 | Men's Junior 15 (14-15) | Y      |        |        |        |
| Sing hin Chong         | M200 | Men's Junior 15 (14-15) | Y      |        |        |        |
| Spooner William        | M201 | Men's Junior 15 (14-15) | Y      | Y      | Y      | Y      |
| Sze Ming Yin           | M202 | Men's Junior 15 (14-15) | Y      | Y      | Y      | Y      |
| TANG KWAN YEUNG JASPER | M203 | Men's Junior 15 (14-15) | Y      |        | Y      | Y      |
| TOBBACK ILIAS          | M204 | Men's Junior 15 (14-15) | Y      | Y      |        | Y      |
| TSE ERON               | M205 | Men's Junior 15 (14-15) | Y      |        |        |        |
| Wong Jaden             | M206 | Men's Junior 15 (14-15) |        | Y      |        |        |
| Wood Oliver            | M207 | Men's Junior 15 (14-15) | Y      |        |        |        |
| Chan Ying Hang         | M208 | Men's Junior 17 (16-17) |        | Y      |        |        |
| Cheng Cyrus            | M209 | Men's Junior 17 (16-17) | Y      | Y      | Y      | Y      |
| Dealy Oscar            | M210 | Men's Junior 17 (16-17) | Y      | Y      | Y      |        |
| Leung King Hei         | M211 | Men's Junior 17 (16-17) |        |        |        | Y      |
| Lin Rodney             | M212 | Men's Junior 17 (16-17) |        | Y      |        |        |
| Maier Pirmin           | M213 | Men's Junior 17 (16-17) | Y      |        |        |        |
| Ng Yui Ching           | M214 | Men's Junior 17 (16-17) | Y      |        |        |        |
| Ngai Jeffery           | M215 | Men's Junior 17 (16-17) |        | Y      |        |        |
| Riding Harvey          | M216 | Men's Junior 17 (16-17) | Y      | Y      | Y      | Y      |
| Rowlands Sol           | M217 | Men's Junior 17 (16-17) | Y      | Y      | Y      | Y      |
| Yau Chris              | M218 | Men's Junior 17 (16-17) | Y      | Y      |        |        |
| Yeung Ching Yu         | M219 | Men's Junior 17 (16-17) |        | Y      |        |        |

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| Name                | Bib  | Category           | Race 1 | Race 2 | Race 3 | Race 4 |
|---------------------|------|--------------------|--------|--------|--------|--------|
| Bartram Louis       | M220 | Men's Open (18-34) | Y      |        |        |        |
| Battle James        | M221 | Men's Open (18-34) | Y      |        |        |        |
| Beylier Edgar       | M222 | Men's Open (18-34) |        |        | Y      | Y      |
| Bhoovarahan Vaibhav | M223 | Men's Open (18-34) |        | Y      | Y      | Y      |
| Cheng Ka Chun       | M224 | Men's Open (18-34) | Y      |        |        |        |
| Cheng Christopher   | M225 | Men's Open (18-34) | Y      |        |        |        |
| cheng Pui kit       | M226 | Men's Open (18-34) | Y      |        |        |        |
| CHIU CHI YEUNG      | M227 | Men's Open (18-34) | Y      | Y      | Y      | Y      |
| Diamante Reymark    | M228 | Men's Open (18-34) | Y      |        |        |        |
| Hagerty Sean James  | M229 | Men's Open (18-34) | Y      |        |        |        |
| Hellgren Oliver     | M230 | Men's Open (18-34) | Y      |        |        |        |
| Hung Jonathan       | M231 | Men's Open (18-34) | Y      |        | Y      |        |
| Jhonjan Teeratorn   | M232 | Men's Open (18-34) |        | Y      |        |        |
| Kruusamaee Uku      | M233 | Men's Open (18-34) | Y      | Y      | Y      | Y      |
| Kwok Wang Hei       | M234 | Men's Open (18-34) | Y      |        |        |        |
| Lai Siu Wing Wingo  | M235 | Men's Open (18-34) | Y      | Y      | Y      |        |
| Lau Tsun Ling       | M236 | Men's Open (18-34) | Y      | Y      |        |        |
| Li Ka Hei           | M237 | Men's Open (18-34) | Y      |        |        |        |
| LI WING CHUN        | M238 | Men's Open (18-34) | Y      | Y      | Y      | Y      |
| LO Chun Leung       | M239 | Men's Open (18-34) | Y      | Y      |        |        |
| Ludvigsson Max      | M240 | Men's Open (18-34) |        | Y      |        |        |
| Mak Yan             | M241 | Men's Open (18-34) | Y      |        |        |        |
| Mohamed             | M242 | Men's Open (18-34) | Y      |        | Y      | Y      |
| Moyo Gami           | M243 | Men's Open (18-34) | Y      |        |        |        |
| Osman               | M244 | Men's Open (18-34) | Y      |        | Y      | Y      |
| Power Kevin         | M245 | Men's Open (18-34) | Y      |        |        |        |
| Purvis Hunter       | M246 | Men's Open (18-34) | Y      |        |        |        |
| Tang Ho Yin         | M247 | Men's Open (18-34) | Y      |        |        |        |
| Tse Max             | M248 | Men's Open (18-34) | Y      | Y      | Y      |        |
| Tse Sze Chun        | M249 | Men's Open (18-34) |        |        | Y      |        |
| Wong Chun Yip       | M250 | Men's Open (18-34) | Y      |        | Y      |        |
| Wong Chun Yin       | M251 | Men's Open (18-34) | Y      |        |        |        |
| Wong Ka Ho Jonathan | M252 | Men's Open (18-34) | Y      | Y      | Y      | Y      |
| WU CHEUK HIN        | M253 | Men's Open (18-34) | Y      | Y      | Y      | Y      |
| YEUNG KAM YUEN      | M254 | Men's Open (18-34) | Y      | Y      | Y      | Y      |
| Yiu Tsz Leong       | M255 | Men's Open (18-34) | Y      |        |        |        |
| Yuen Ho Yin Desmond | M256 | Men's Open (18-34) | Y      |        | Y      |        |

## AVOHK 5k Series - Entry List

| Name              | Bib  | Category                | Race 1 | Race 2 | Race 3 | Race 4 |
|-------------------|------|-------------------------|--------|--------|--------|--------|
| Jack              | M257 | Men's Junior 15 (14-15) | Y      |        |        |        |
| Victor            | M258 | Men's 40 (40-44)        | Y      |        | Y      | Y      |
| Adams Ben         | M259 | Men's Open (18-34)      |        | Y      |        |        |
| Arcuri Alessandro | M260 | Men's Open (18-34)      |        |        |        | Y      |
| Beji Samy         | M261 | Men's 45 (45-49)        |        | Y      | Y      | Y      |
| Clark Michael     | M262 | Men's Open (18-34)      |        |        | Y      |        |
| Dahl Victor       | M263 | Men's Open (18-34)      |        | Y      |        |        |
| Edmunds Thomas    | M264 | Men's Open (18-34)      |        | Y      |        |        |
| Lam Kwan Yui      | M265 | Men's Open (18-34)      |        | Y      |        |        |
| Lam Shing Hon     | M266 | Men's Open (18-34)      |        | Y      |        |        |
| LAU Alex          | M267 | Men's 65 (65-69)        |        | Y      |        |        |
| Lee Wai Choi      | M268 | Men's 55 (55-59)        |        |        |        | Y      |
| LEUNG PUI KI      | M269 | Men's 70 (70-74)        |        | Y      | Y      | Y      |
| Martin Karl       | M270 | Men's Open (18-34)      |        |        | Y      | Y      |
| Oh Taiwai         | M271 | Men's 55 (55-59)        |        | Y      |        |        |
| Sandes Robert     | M272 | Men's 40 (40-44)        |        | Y      | Y      | Y      |
| W Mason           | M273 | Men's Junior 13 (12-13) |        | Y      |        |        |
| WILCOCKSON David  | M274 | Men's 45 (45-49)        |        | Y      |        |        |

## AVOHK 5k Series - Entry List

| Name                              | Bib  | Category                  | Race 1 | Race 2 | Race 3 | Race 4 |
|-----------------------------------|------|---------------------------|--------|--------|--------|--------|
| Chan Charlotte Dakota Yi Lam      | W001 | Ladies Junior 13 (12-13)  | Y      | Y      | Y      | Y      |
| Chan Cheuk Lam                    | W002 | Ladies Junior 13 (12-13)  |        |        |        | Y      |
| WONG CHILY CHI LEI                | W003 | Ladies Junior 13 (12-13)  | Y      |        |        |        |
| Chan Cwensuela Danielle Cheuk Lam | W004 | Ladies Junior 15 (14-15)  | Y      | Y      | Y      | Y      |
| Chan Cheuk Kiu                    | W005 | Ladies Junior 15 (14-15)  | Y      |        | Y      | Y      |
| Li Ching Wan                      | W006 | Ladies Junior 15 (14-15)  |        |        |        | Y      |
| Lui Ellen                         | W007 | Ladies Junior 15 (14-15)  |        | Y      | Y      | Y      |
| Lui Lauren                        | W008 | Ladies Junior 15 (14-15)  | Y      | Y      | Y      | Y      |
| Maier Greta                       | W009 | Ladies Junior 15 (14-15)  | Y      |        |        |        |
| Whybrow Sophie                    | W010 | Ladies Junior 15 (14-15)  | Y      | Y      | Y      | Y      |
| Bell Gemma                        | W011 | Ladies' 35 (35-39)        | Y      | Y      | Y      | Y      |
| Chan Suk Ting                     | W012 | Ladies' 35 (35-39)        | Y      |        |        |        |
| Cheung Andrea                     | W013 | Ladies' 35 (35-39)        |        |        |        | Y      |
| Kwan Natalie                      | W014 | Ladies' 35 (35-39)        | Y      | Y      |        |        |
| LAM KA YU                         | W015 | Ladies' 35 (35-39)        | Y      |        | Y      |        |
| Ella                              | W016 | Ladies' Junior 17 (16-17) | Y      |        |        |        |
| Law Jacqueline                    | W017 | Ladies' 35 (35-39)        | Y      | Y      | Y      | Y      |
| lim charmaine                     | W018 | Ladies' 35 (35-39)        | Y      | Y      | Y      | Y      |
| McKenzie Sophie                   | W019 | Ladies' 35 (35-39)        | Y      | Y      | Y      | Y      |
| O'Brien Heather                   | W020 | Ladies' 35 (35-39)        | Y      |        |        |        |
| Shifah                            | W021 | Ladies' 35 (35-39)        | Y      |        | Y      | Y      |
| Svetlana                          | W022 | Ladies' 35 (35-39)        | Y      |        | Y      | Y      |
| Whiteoak Colette                  | W023 | Ladies' 35 (35-39)        | Y      | Y      | Y      | Y      |
| Wood Kate                         | W024 | Ladies' 35 (35-39)        | Y      |        |        |        |
| Ballesteros Caban Jovielyn        | W025 | Ladies' 40 (40-44)        | Y      | Y      | Y      | Y      |
| Borchart Lisa                     | W026 | Ladies' 40 (40-44)        | Y      | Y      | Y      | Y      |
| Cheung Lisa                       | W027 | Ladies' 40 (40-44)        | Y      | Y      | Y      | Y      |
| Cvetkovic Maggie                  | W028 | Ladies' 40 (40-44)        | Y      | Y      | Y      | Y      |
| Hanley Debbie                     | W029 | Ladies' 40 (40-44)        | Y      | Y      | Y      | Y      |
| Hay Dominique                     | W030 | Ladies' 40 (40-44)        | Y      |        |        |        |
| Humphreys Libby                   | W031 | Ladies' 40 (40-44)        | Y      |        |        |        |
| Lai Sophia                        | W032 | Ladies' 40 (40-44)        | Y      |        |        |        |
| Lisa                              | W033 | Ladies' 40 (40-44)        |        |        | Y      |        |
| Lochhead Hayley                   | W034 | Ladies' 40 (40-44)        | Y      | Y      | Y      | Y      |
| Rice Justine                      | W035 | Ladies' 40 (40-44)        | Y      | Y      | Y      | Y      |
| Sarah                             | W036 | Ladies' 40 (40-44)        | Y      |        | Y      | Y      |
| Shuttleworth-Waite Amie           | W037 | Ladies' 40 (40-44)        | Y      | Y      | Y      | Y      |
| Sung Tiffany                      | W038 | Ladies' 40 (40-44)        | Y      |        |        |        |
| Varty Jess                        | W039 | Ladies' 40 (40-44)        |        |        |        | Y      |
| Victor                            | W040 | Ladies' 40 (40-44)        | Y      |        | Y      | Y      |
| WANG YUEN SUEN                    | W041 | Ladies' 40 (40-44)        | Y      |        |        |        |
| Wong Wendy                        | W042 | Ladies' 40 (40-44)        | Y      |        |        |        |

## AVOHK 5k Series - Entry List

| Name                       | Bib  | Category           | Race 1 | Race 2 | Race 3 | Race 4 |
|----------------------------|------|--------------------|--------|--------|--------|--------|
| Bainbridge Hannah          | W043 | Ladies' 45 (45-49) |        | Y      | Y      | Y      |
| Chan Frankie               | W044 | Ladies' 45 (45-49) | Y      | Y      | Y      | Y      |
| Chan Pui Yin Petty         | W045 | Ladies' 45 (45-49) | Y      | Y      | Y      | Y      |
| chan wing ngaut Charis     | W046 | Ladies' 45 (45-49) | Y      | Y      | Y      | Y      |
| Dickinson Sarah            | W047 | Ladies' 45 (45-49) | Y      |        |        | Y      |
| Fujita Hiromi              | W048 | Ladies' 45 (45-49) | Y      |        |        |        |
| Kam Hay Man                | W049 | Ladies' 45 (45-49) | Y      | Y      |        |        |
| Lee Karen                  | W050 | Ladies' 45 (45-49) | Y      |        |        |        |
| Ng Choi Long               | W051 | Ladies' 45 (45-49) | Y      | Y      | Y      | Y      |
| NG Oi KA                   | W052 | Ladies' 45 (45-49) | Y      | Y      |        | Y      |
| Rundle Justyna             | W053 | Ladies' 45 (45-49) | Y      | Y      | Y      | Y      |
| Tsang Ting Chi             | W054 | Ladies' 45 (45-49) | Y      |        |        | Y      |
| Chan Wai Yan               | W055 | Ladies' 50 (50-54) | Y      | Y      | Y      | Y      |
| Chen Hsin Yi               | W056 | Ladies' 50 (50-54) | Y      |        |        |        |
| CHEUNG Pui Ling Pauline    | W057 | Ladies' 50 (50-54) | Y      | Y      | Y      | Y      |
| Jayne                      | W058 | Ladies' 50 (50-54) | Y      |        |        |        |
| Leung Sophia               | W059 | Ladies' 50 (50-54) | Y      |        |        |        |
| Maier Andrea               | W060 | Ladies' 50 (50-54) | Y      |        |        |        |
| Malone Aislinn             | W061 | Ladies' 50 (50-54) | Y      | Y      | Y      | Y      |
| Nixon Joanne               | W062 | Ladies' 50 (50-54) | Y      | Y      | Y      | Y      |
| van Balken Natasja         | W063 | Ladies' 50 (50-54) | Y      |        |        | Y      |
| Walmsley Susy              | W064 | Ladies' 50 (50-54) | Y      | Y      | Y      | Y      |
| Wong Lai Ling              | W065 | Ladies' 50 (50-54) | Y      |        |        |        |
| Wong Connie                | W066 | Ladies' 50 (50-54) |        |        |        | Y      |
| Yip Bethia                 | W067 | Ladies' 50 (50-54) | Y      |        |        |        |
| Yuen Michelle Somui        | W068 | Ladies' 50 (50-54) | Y      | Y      | Y      | Y      |
| Chan Sarah                 | W069 | Ladies' 55 (55-59) | Y      | Y      | Y      | Y      |
| fanny ng                   | W070 | Ladies' 55 (55-59) | Y      | Y      | Y      | Y      |
| Ho Timmy                   | W071 | Ladies' 55 (55-59) | Y      |        |        |        |
| Lam Grace Gar Lai          | W072 | Ladies' 55 (55-59) |        | Y      |        |        |
| Lyons Tess                 | W073 | Ladies' 55 (55-59) | Y      |        |        |        |
| Ng Winnie                  | W074 | Ladies' 55 (55-59) |        |        |        | Y      |
| Cheng Wing Ho              | W075 | Ladies' 60 (60-64) | Y      |        |        |        |
| choy may                   | W076 | Ladies' 60 (60-64) | Y      |        |        |        |
| LEUNG HOI LUN HELEN        | W077 | Ladies' 60 (60-64) | Y      | Y      | Y      | Y      |
| LUI SHUI FAN               | W078 | Ladies' 60 (60-64) | Y      | Y      | Y      | Y      |
| Mitchell-Sandoval Karen    | W079 | Ladies' 60 (60-64) | Y      | Y      | Y      | Y      |
| Patchell Suzy              | W080 | Ladies' 60 (60-64) |        |        |        | Y      |
| Wingard-Robertsson Carolyn | W081 | Ladies' 60 (60-64) | Y      | Y      | Y      | Y      |
| Wong Cecilia               | W082 | Ladies' 60 (60-64) | Y      | Y      | Y      | Y      |
| GREER BELINDA              | W083 | Ladies' 65 (65-69) | Y      | Y      | Y      | Y      |
| Yeung Mei Lun              | W084 | Ladies' 65 (65-69) | Y      | Y      | Y      |        |

## AVOHK 5k Series - Entry List

| Name                     | Bib  | Category                  | Race 1 | Race 2 | Race 3 | Race 4 |
|--------------------------|------|---------------------------|--------|--------|--------|--------|
| Lo Wai Chun              | W085 | Ladies' 70 (70-74)        | Y      | Y      | Y      | Y      |
| Siu Kwan ying            | W086 | Ladies' 70 (70-74)        | Y      | Y      | Y      | Y      |
| Yiu Suk Yin              | W087 | Ladies' 70 (70-74)        | Y      | Y      | Y      | Y      |
| Ko Susan                 | W088 | Ladies' 75 (75-79)        | Y      |        | Y      | Y      |
| LAU Rebecca              | W089 | Ladies' 75 (75-79)        | Y      |        | Y      | Y      |
| faulkner emily           | W090 | Ladies' Junior 17 (16-17) | Y      |        | Y      | Y      |
| Gilham Safiya            | W091 | Ladies' Junior 17 (16-17) | Y      | Y      | Y      | Y      |
| Guo Yuqi                 | W092 | Ladies' Junior 17 (16-17) |        |        |        | Y      |
| Ip Haydi                 | W093 | Ladies' Junior 17 (16-17) |        |        | Y      |        |
| Lip Tweety               | W094 | Ladies' Junior 17 (16-17) | Y      |        |        |        |
| MOK WING LAM             | W095 | Ladies' Junior 17 (16-17) | Y      |        |        |        |
| Nixon Liliana            | W096 | Ladies' Junior 17 (16-17) | Y      | Y      | Y      | Y      |
| Schulz Amelie            | W097 | Ladies' Junior 17 (16-17) | Y      |        |        |        |
| Tsang Iris               | W098 | Ladies' Junior 17 (16-17) | Y      |        |        |        |
| Caldwell Sela            | W099 | Ladies' Open (18-34)      | Y      |        |        |        |
| Chak Sum Chi             | W100 | Ladies' Open (18-34)      | Y      |        |        |        |
| chan vera                | W101 | Ladies' Open (18-34)      |        | Y      | Y      | Y      |
| CHAN Janna               | W102 | Ladies' Open (18-34)      | Y      |        |        |        |
| Chen Chung Ling Bauhinia | W103 | Ladies' Open (18-34)      | Y      | Y      |        |        |
| Choi Wai Ting            | W104 | Ladies' Open (18-34)      | Y      |        |        |        |
| Chow Rachel              | W105 | Ladies' Open (18-34)      | Y      |        |        | Y      |
| Chow Eugenia             | W106 | Ladies' Open (18-34)      |        |        |        | Y      |
| Dumri Panida             | W107 | Ladies' Open (18-34)      |        | Y      |        |        |
| Hui Kathy                | W108 | Ladies' Open (18-34)      | Y      |        |        |        |
| LAU Wing Hin             | W109 | Ladies' Open (18-34)      | Y      | Y      | Y      |        |
| Lau Wai Hin              | W110 | Ladies' Open (18-34)      | Y      | Y      | Y      |        |
| Lee Noel                 | W111 | Ladies' Open (18-34)      | Y      |        |        |        |
| Leung Sum Ping           | W112 | Ladies' Open (18-34)      | Y      |        |        |        |
| Louie Kylie              | W113 | Ladies' Open (18-34)      | Y      |        | Y      |        |
| Manon                    | W114 | Ladies' Open (18-34)      |        |        |        | Y      |
| Mok Tsz Mei              | W115 | Ladies' Open (18-34)      | Y      |        |        |        |
| Sibo                     | W116 | Ladies' Open (18-34)      |        |        | Y      | Y      |
| Sze Hiu ting             | W117 | Ladies' Open (18-34)      | Y      |        |        |        |
| Tong Josephine           | W118 | Ladies' Open (18-34)      | Y      | Y      | Y      | Y      |
| Tse Elaine               | W119 | Ladies' Open (18-34)      |        | Y      |        |        |
| Whittington Chloe        | W120 | Ladies' Open (18-34)      | Y      | Y      | Y      | Y      |
| Wu Kathy                 | W121 | Ladies' Open (18-34)      | Y      |        |        |        |
| Yuen Wing Hei            | W122 | Ladies' Open (18-34)      | Y      | Y      | Y      | Y      |
| Boursier Neto Helene     | W123 | Ladies' 40 (40-44)        |        | Y      | Y      | Y      |
| Hall Nina                | W124 | Ladies' 40 (40-44)        |        |        | Y      |        |
| Hall Sophie              | W125 | Ladies' Open (18-34)      |        |        | Y      | Y      |
| LAI Joyce                | W126 | Ladies' 50 (50-54)        |        | Y      |        |        |
| Lau Fung Ling            | W127 | Ladies' 75 (75-79)        |        |        | Y      | Y      |
| Riding Xanthe            | W128 | Ladies' 45 (45-49)        |        | Y      | Y      | Y      |