

AVOHK 5k series 2026 Race 1 (Bowen Road)

Date: 15/8/2026

Overall Position	Gender Position	Category Position	Category	Bib	Name	OfficialTime
165	2	1	Ladies Junior 13 (12-13)	W003	WONG CHILY CHI LEI	0:26:34
192	32	2	Ladies Junior 13 (12-13)	W001	Chan Charlotte Dakota Yi Lam	0:28:22
149	1	1	Ladies Junior 15 (14-15)	W005	Chan Cheuk Kiu	0:25:45
151	22	2	Ladies Junior 15 (14-15)	W004	Chan Cwensuela Danielle Cheuk Lam	0:25:48
254	3	3	Ladies Junior 15 (14-15)	W009	Maier Greta	0:35:05
96	1	1	Ladies' Junior 17 (16-17)	W016	Ella	0:23:39
168	25	2	Ladies' Junior 17 (16-17)	W091	Gilham Safiya	0:26:45
232	45	3	Ladies' Junior 17 (16-17)	W094	Lip Tweety	0:31:16
270	70	4	Ladies' Junior 17 (16-17)	W097	Schulz Amelie	0:40:15
272	71	5	Ladies' Junior 17 (16-17)	W096	Nixon Liliana	0:40:39
103	7	1	Ladies' Open (18-34)	W118	Tong Josephine	0:24:02
105	8	2	Ladies' Open (18-34)	W103	Chen Chung Ling Bauhinia	0:24:08
113	11	3	Ladies' Open (18-34)	W113	Louie Kylie	0:24:24
123	15	4	Ladies' Open (18-34)	W110	Lau Wai Hin	0:24:52
131	17	5	Ladies' Open (18-34)	W102	CHAN Janna	0:25:12
154	23	6	Ladies' Open (18-34)	W109	LAU Wing Hin	0:25:57
176	27	7	Ladies' Open (18-34)	W099	Caldwell Sela	0:27:12
196	33	8	Ladies' Open (18-34)	W115	Mok Tsz Mei	0:28:29
209	37	9	Ladies' Open (18-34)	W100	Chak Sum Chi	0:28:58
211	38	10	Ladies' Open (18-34)	W120	Whittington Chloe	0:29:08
239	50	11	Ladies' Open (18-34)	W105	Chow Rachel	0:32:25
247	57	12	Ladies' Open (18-34)	W104	Choi Wai Ting	0:33:56
276	75	13	Ladies' Open (18-34)	W122	Yuen Wing Hei	0:44:30
32	2	1	Ladies' 35 (35-39)	W023	Whiteoak Colette	0:20:10
109	9	2	Ladies' 35 (35-39)	W018	lim charmaine	0:24:19
129	16	3	Ladies' 35 (35-39)	W014	Kwan Natalie	0:25:04
134	18	4	Ladies' 35 (35-39)	W024	Wood Kate	0:25:15
213	39	5	Ladies' 35 (35-39)	W011	Bell Gemma	0:29:35
230	44	6	Ladies' 35 (35-39)	W020	O'Brien Heather	0:31:12
237	49	7	Ladies' 35 (35-39)	W022	Svetlana	0:31:58
255	61	8	Ladies' 35 (35-39)	W015	LAM KA YU	0:35:06
265	67	9	Ladies' 35 (35-39)	W021	Shifah	0:38:04
266	68	10	Ladies' 35 (35-39)	W019	McKenzie Sophie	0:38:24
24	1	1	Ladies' 40 (40-44)	W031	Humphreys Libby	0:19:35
56	3	2	Ladies' 40 (40-44)	W037	Shuttleworth-Waite Amie	0:21:33
87	4	3	Ladies' 40 (40-44)	W041	WANG YUEN SUEN	0:22:56
205	36	4	Ladies' 40 (40-44)	W026	Borchart Lisa	0:28:49
215	41	5	Ladies' 40 (40-44)	W025	Ballesteros Caban Jovielyn	0:29:46
240	51	6	Ladies' 40 (40-44)	W029	Hanley Debbie	0:32:33
242	53	7	Ladies' 40 (40-44)	W035	Rice Justine	0:32:45
246	56	8	Ladies' 40 (40-44)	W032	Lai Sophia	0:33:56
252	60	9	Ladies' 40 (40-44)	W036	Sarah	0:34:45
257	62	10	Ladies' 40 (40-44)	W030	Hay Dominique	0:35:35
264	66	11	Ladies' 40 (40-44)	W038	Sung Tiffany	0:37:51
97	6	1	Ladies' 45 (45-49)	W049	Kam Hay Man	0:23:42
118	13	2	Ladies' 45 (45-49)	W051	Ng Choi Long	0:24:41
119	14	3	Ladies' 45 (45-49)	W054	Tsang Ting Chi	0:24:42
137	19	4	Ladies' 45 (45-49)	W053	Rundle Justyna	0:25:23
144	20	5	Ladies' 45 (45-49)	W046	chan wing ngaut Charis	0:25:37
156	24	6	Ladies' 45 (45-49)	W052	NG OI KA	0:26:07
179	28	7	Ladies' 45 (45-49)	W047	Dickinson Sarah	0:27:21
201	35	8	Ladies' 45 (45-49)	W050	Lee Karen	0:28:44
234	46	9	Ladies' 45 (45-49)	W048	Fujita Hiromi	0:31:43
235	47	10	Ladies' 45 (45-49)	W044	Chan Frankie	0:31:45
274	73	11	Ladies' 45 (45-49)	W045	Chan Pui Yin Petty	0:43:49
116	12	1	Ladies' 50 (50-54)	W065	Wong Lai Ling	0:24:41
145	21	2	Ladies' 50 (50-54)	W058	Jayne	0:25:39
187	31	3	Ladies' 50 (50-54)	W055	Chan Wai Yan	0:27:57
199	34	4	Ladies' 50 (50-54)	W057	CHEUNG Pui Ling Pauline	0:28:42
214	40	5	Ladies' 50 (50-54)	W062	Nixon Joanne	0:29:41
245	55	6	Ladies' 50 (50-54)	W060	Maier Andrea	0:33:53
249	59	7	Ladies' 50 (50-54)	W063	van Balken Natasja	0:34:08
275	74	8	Ladies' 50 (50-54)	W056	Chen Hsin Yi	0:44:14
277	76	9	Ladies' 50 (50-54)	W068	Yuen Michelle Somui	0:47:40
183	30	1	Ladies' 55 (55-59)	W070	fanny ng	0:27:33
217	42	2	Ladies' 55 (55-59)	W069	Chan Sarah	0:30:01
248	58	3	Ladies' 55 (55-59)	W071	Ho Timmy	0:34:01
260	64	4	Ladies' 55 (55-59)	W073	Lyons Tess	0:36:12
95	5	1	Ladies' 60 (60-64)	W078	LUI SHUI FAN	0:23:32
110	10	2	Ladies' 60 (60-64)	W077	LEUNG HOI LUN HELEN	0:24:21
182	29	3	Ladies' 60 (60-64)	W082	Wong Cecilia	0:27:32
221	43	4	Ladies' 60 (60-64)	W081	Wingard-Robertsson Carolyn	0:30:20
262	65	5	Ladies' 60 (60-64)	W079	Mitchell-Sandoval Karen	0:36:59
268	69	6	Ladies' 60 (60-64)	W076	choy may	0:38:42
169	26	1	Ladies' 65 (65-69)	W084	Yeung Mei Lun	0:26:52
241	52	1	Ladies' 70 (70-74)	W085	Lo Wai Chun	0:32:38
243	54	2	Ladies' 70 (70-74)	W087	Yiu Suk Yin	0:33:21
259	63	3	Ladies' 70 (70-74)	W086	Siu Kwan ying	0:35:41
236	48	1	Ladies' 75 (75-79)	W088	Ko Susan	0:31:50
273	72	2	Ladies' 75 (75-79)	W089	LAU Rebecca	0:41:10
21	6	1	Men's Junior 13 (12-13)	M170	Chan Pak Long Casper	0:19:07
38	11	2	Men's Junior 13 (12-13)	M185	Wong Tsz Hin	0:20:34
39	12	3	Men's Junior 13 (12-13)	M172	Chu Chun lam	0:20:41
42	13	4	Men's Junior 13 (12-13)	M169	Bundo Kazuki	0:20:58
46	15	5	Men's Junior 13 (12-13)	M173	Dickinson James	0:21:12
68	21	6	Men's Junior 13 (12-13)	M184	Wong Carres	0:22:00
71	23	7	Men's Junior 13 (12-13)	M177	Lam Yat Hei	0:22:06
80	25	8	Men's Junior 13 (12-13)	M180	Poon Paak Ho	0:22:30
89	26	9	Men's Junior 13 (12-13)	M182	Tam Jonas	0:23:02
93	27	10	Men's Junior 13 (12-13)	M181	Schulz Arvid	0:23:17

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Date: 15/8/2026

Overall Position	Gender Position	Category Position	Category	Bib	Name	OfficialTime
106	29	11	Men's Junior 13 (12-13)	M171	Cheng Yan Shun	0:24:13
108	30	12	Men's Junior 13 (12-13)	M179	Nixon Cody	0:24:17
133	31	13	Men's Junior 13 (12-13)	M176	Herne Jacob	0:25:12
186	35	14	Men's Junior 13 (12-13)	M183	W Hugo	0:27:49
216	38	15	Men's Junior 13 (12-13)	M174	Fraser Leo	0:29:58
10	1	1	Men's Junior 15 (14-15)	M187	Bharambe Atharav	0:18:33
11	2	2	Men's Junior 15 (14-15)	M198	Liu Chun Ho Jayden	0:18:34
13	3	3	Men's Junior 15 (14-15)	M204	TOBBACK ILIAS	0:18:43
14	4	4	Men's Junior 15 (14-15)	M191	Cheung Augusten	0:18:46
18	5	5	Men's Junior 15 (14-15)	M207	Wood Oliver	0:18:56
25	7	6	Men's Junior 15 (14-15)	M201	Spooner William	0:19:36
27	8	7	Men's Junior 15 (14-15)	M196	Lai Royce	0:19:46
33	9	8	Men's Junior 15 (14-15)	M202	Sze Ming Yin	0:20:14
34	10	9	Men's Junior 15 (14-15)	M203	TANG KWAN YEUNG JASPER	0:20:15
43	14	10	Men's Junior 15 (14-15)	M194	Fraser Charlie	0:21:03
45	1	11	Men's Junior 15 (14-15)	M257	Jack	0:21:11
48	16	12	Men's Junior 15 (14-15)	M190	cheuk wa li	0:21:15
57	18	13	Men's Junior 15 (14-15)	M186	Baram Dylan	0:21:39
59	19	14	Men's Junior 15 (14-15)	M192	Coulson Caleb	0:21:42
70	22	15	Men's Junior 15 (14-15)	M199	Shih Paul	0:22:04
74	24	16	Men's Junior 15 (14-15)	M200	Sing hin Chong	0:22:15
140	32	17	Men's Junior 15 (14-15)	M205	TSE ERON	0:25:33
279	40	18	Men's Junior 15 (14-15)	M195	Lai Isaac	1:05:00
51	17	1	Men's Junior 17 (16-17)	M216	Riding Harvey	0:21:17
67	20	2	Men's Junior 17 (16-17)	M214	Ng Yui Ching	0:22:00
101	28	3	Men's Junior 17 (16-17)	M218	Yau Chris	0:24:01
152	33	4	Men's Junior 17 (16-17)	M213	Maier Pirmin	0:25:49
197	36	5	Men's Junior 17 (16-17)	M217	Rowlands Sol	0:28:29
204	37	6	Men's Junior 17 (16-17)	M210	Dealy Oscar	0:28:48
218	39	7	Men's Junior 17 (16-17)	M209	Cheng Cyrus	0:30:02
1	1	1	Men's Open (18-34)	M236	Lau Tsun Ling	0:17:14
16	12	2	Men's Open (18-34)	M244	Osman	0:18:51
31	22	3	Men's Open (18-34)	M238	LI WING CHUN	0:20:08
36	24	4	Men's Open (18-34)	M239	LO Chun Leung	0:20:27
37	25	5	Men's Open (18-34)	M242	Mohamed	0:20:33
49	30	6	Men's Open (18-34)	M221	Battle James	0:21:15
54	34	7	Men's Open (18-34)	M253	WU CHEUK HIN	0:21:20
55	35	8	Men's Open (18-34)	M241	Mak Yan	0:21:29
63	40	9	Men's Open (18-34)	M220	Bartram Louis	0:21:46
77	49	10	Men's Open (18-34)	M250	Wong Chun Yip	0:22:22
79	51	11	Men's Open (18-34)	M255	Yiu Tsz Leong	0:22:26
81	52	12	Men's Open (18-34)	M227	CHIU CHI YEUNG	0:22:30
84	55	13	Men's Open (18-34)	M256	Yuen Ho Yin Desmond	0:22:51
88	58	14	Men's Open (18-34)	M231	Hung Jonathan	0:22:58
94	62	15	Men's Open (18-34)	M230	Hellgren Oliver	0:23:32
136	85	16	Men's Open (18-34)	M248	Tse Max	0:25:22
159	99	17	Men's Open (18-34)	M252	Wong Ka Ho Jonathan	0:26:22
162	34	18	Men's Open (18-34)	M245	Power Kevin	0:26:28
166	104	19	Men's Open (18-34)	M228	Diamante Reymark	0:26:43
175	111	20	Men's Open (18-34)	M254	YEUNG KAM YUEN	0:27:06
181	115	21	Men's Open (18-34)	M247	Tang Ho Yin	0:27:30
195	124	22	Men's Open (18-34)	M237	Li Ka Hei	0:28:28
202	127	23	Men's Open (18-34)	M243	Moyo Gami	0:28:46
203	128	24	Men's Open (18-34)	M229	Hagerty Sean James	0:28:46
231	144	25	Men's Open (18-34)	M251	Wong Chun Yin	0:31:15
244	147	26	Men's Open (18-34)	M246	Purvis Hunter	0:33:46
253	150	27	Men's Open (18-34)	M235	Lai Siu Wing Wingo	0:35:04
2	2	1	Men's 35 (35-39)	M020	Tsui Chi kin	0:17:34
4	4	2	Men's 35 (35-39)	M006	Cotton Sebastian	0:17:49
6	6	3	Men's 35 (35-39)	M007	Donald James	0:18:04
7	7	4	Men's 35 (35-39)	M002	Carey Matt	0:18:15
22	16	5	Men's 35 (35-39)	M014	MILLOT Matthieu	0:19:16
40	26	6	Men's 35 (35-39)	M016	Nolleau Clement	0:20:50
75	47	7	Men's 35 (35-39)	M012	Lai Tat yik	0:22:16
114	71	8	Men's 35 (35-39)	M022	Zou Yuhan	0:24:32
115	72	9	Men's 35 (35-39)	M008	DOOLLA MANIKANTA	0:24:40
117	73	10	Men's 35 (35-39)	M019	Strand Victor	0:24:41
147	92	11	Men's 35 (35-39)	M015	Mistry Amit	0:25:41
170	106	12	Men's 35 (35-39)	M017	Pu Ian	0:26:52
190	120	13	Men's 35 (35-39)	M013	Man Kwun Tung	0:28:00
3	3	1	Men's 40 (40-44)	M045	Vaudaine Frederic	0:17:37
8	8	2	Men's 40 (40-44)	M049	Yuen Wan Ho	0:18:18
19	14	3	Men's 40 (40-44)	M027	Chan Wing Hung	0:19:00
26	18	4	Men's 40 (40-44)	M029	Cooper Craig	0:19:40
52	32	5	Men's 40 (40-44)	M041	McCormick Neil	0:21:17
60	37	6	Men's 40 (40-44)	M044	Varty Rowan	0:21:43
61	38	7	Men's 40 (40-44)	M024	Baram Derek	0:21:43
66	43	8	Men's 40 (40-44)	M025	CANG Tianyang	0:21:59
69	44	9	Men's 40 (40-44)	M034	Huang Wai Kwan	0:22:01
83	54	10	Men's 40 (40-44)	M031	Fung Frederick	0:22:47
90	59	11	Men's 40 (40-44)	M258	Victor	0:23:02
121	75	12	Men's 40 (40-44)	M050	YUNG WING HONG	0:24:47
132	83	13	Men's 40 (40-44)	M046	Waite Jon	0:25:12
146	91	14	Men's 40 (40-44)	M042	McGrath JJ	0:25:40
150	94	15	Men's 40 (40-44)	M038	Kwong Raymond	0:25:46
153	95	16	Men's 40 (40-44)	M030	Fujita Hironori	0:25:50
174	110	17	Men's 40 (40-44)	M043	Schroder Luke	0:27:02
180	114	18	Men's 40 (40-44)	M039	Lau Matthew	0:27:27
220	135	19	Men's 40 (40-44)	M040	Lee Bees	0:30:19
258	152	20	Men's 40 (40-44)	M047	Wong Christopher Hoi	0:35:36

AVOHK 5k series 2026 Race 1 (Bowen Road)

Date: 15/8/2026

Overall Position	Gender Position	Category Position	Category	Bib	Name	OfficialTime
267	155	21	Men's 40 (40-44)	M048	Wong Cheuk Bun Alvin	0:38:37
269	156	22	Men's 40 (40-44)	M026	Chan Wing Lee	0:38:44
5	5	1	Men's 45 (45-49)	M056	Davis Chris	0:18:02
12	10	2	Men's 45 (45-49)	M076	Woo David	0:18:35
17	13	3	Men's 45 (45-49)	M070	Sasaki Tomonori	0:18:56
20	15	4	Men's 45 (45-49)	M055	Dalling Will	0:19:07
23	17	5	Men's 45 (45-49)	M064	Jowett Tim	0:19:33
28	19	6	Men's 45 (45-49)	M061	HO HO YIN	0:19:59
30	21	7	Men's 45 (45-49)	M077	Zielinski Jeffrey	0:20:06
64	41	8	Men's 45 (45-49)	M062	Hui Yat Wing Albert	0:21:51
73	46	9	Men's 45 (45-49)	M057	Dookhi Dhiran	0:22:13
104	67	10	Men's 45 (45-49)	M074	Wilcockson David	0:24:05
125	78	11	Men's 45 (45-49)	M068	ON KA MAN	0:24:58
126	79	12	Men's 45 (45-49)	M059	Fraser Allan	0:24:58
138	86	13	Men's 45 (45-49)	M053	Chan Henry	0:25:26
143	90	14	Men's 45 (45-49)	M052	Chan Tik Fai Simon	0:25:37
148	93	15	Men's 45 (45-49)	M058	FEI ANDY	0:25:44
158	98	16	Men's 45 (45-49)	M051	Chan Ho-Kei	0:26:21
172	108	17	Men's 45 (45-49)	M075	WONG SZE LUNG	0:27:00
193	122	18	Men's 45 (45-49)	M067	McKenzie Alan	0:28:25
208	131	19	Men's 45 (45-49)	M060	fung norton	0:28:58
212	133	20	Men's 45 (45-49)	M065	Lin Hoi kit	0:29:29
227	141	21	Men's 45 (45-49)	M054	Cheng Kwok Ming	0:30:59
261	153	22	Men's 45 (45-49)	M073	TSANG YU KIN	0:36:49
9	9	1	Men's 50 (50-54)	M091	Heijboer Govert	0:18:19
15	11	2	Men's 50 (50-54)	M088	Forde Nicholas	0:18:49
29	20	3	Men's 50 (50-54)	M099	Marchant Tim	0:20:02
35	23	4	Men's 50 (50-54)	M090	Graham Andrew	0:20:23
47	29	5	Men's 50 (50-54)	M078	Bryce James	0:21:14
50	31	6	Men's 50 (50-54)	M102	Reed Scott	0:21:16
53	33	7	Men's 50 (50-54)	M101	Ranjan Rajeev	0:21:18
62	39	8	Men's 50 (50-54)	M084	Cummings Jonathan	0:21:45
65	42	9	Men's 50 (50-54)	M107	Wu CHI TAK	0:21:52
78	50	10	Men's 50 (50-54)	M095	Lee Wing Kai	0:22:25
99	64	11	Men's 50 (50-54)	M108	yen shiau sin	0:23:51
102	66	12	Men's 50 (50-54)	M097	Li Luk Sing	0:24:01
107	68	13	Men's 50 (50-54)	M092	HO PING YIN	0:24:17
111	69	14	Men's 50 (50-54)	M093	Ho Wing Hung	0:24:21
112	70	15	Men's 50 (50-54)	M096	Leung Ying Kit	0:24:24
127	80	16	Men's 50 (50-54)	M105	TSE LEON	0:25:00
128	81	17	Men's 50 (50-54)	M082	Cheng Tsz Wah	0:25:02
135	84	18	Men's 50 (50-54)	M100	Nixon Charlie	0:25:20
160	100	19	Men's 50 (50-54)	M103	Sandoval Jose	0:26:26
167	105	20	Men's 50 (50-54)	M089	FUNG Brian	0:26:45
171	107	21	Men's 50 (50-54)	M094	Hsieh Sammy	0:26:54
184	116	22	Men's 50 (50-54)	M087	Fang Doug	0:27:38
185	117	23	Men's 50 (50-54)	M079	CHAN SAVIO	0:27:42
188	118	24	Men's 50 (50-54)	M106	Williams Jonathan	0:27:58
210	132	25	Men's 50 (50-54)	M098	Liu Albert	0:29:02
256	151	26	Men's 50 (50-54)	M085	Ebella Andre	0:35:15
41	27	1	Men's 55 (55-59)	M113	Chan Wai Kei	0:20:52
44	28	2	Men's 55 (55-59)	M110	birman mark	0:21:09
58	36	3	Men's 55 (55-59)	M118	Kwok Kar Cheong	0:21:40
85	56	4	Men's 55 (55-59)	M132	Yiu Vor	0:22:53
98	63	5	Men's 55 (55-59)	M127	Spooner Daniel St John	0:23:45
124	77	6	Men's 55 (55-59)	M123	Pringle Antony	0:24:53
130	82	7	Men's 55 (55-59)	M119	Lee Vincent	0:25:08
155	96	8	Men's 55 (55-59)	M115	Fong PC	0:25:57
157	97	9	Men's 55 (55-59)	M124	Rubinstein Marc	0:26:14
161	101	10	Men's 55 (55-59)	M120	Lee Christophe	0:26:28
163	102	11	Men's 55 (55-59)	M128	Tong Matthew	0:26:28
173	109	12	Men's 55 (55-59)	M122	McGunnigle Paul	0:27:01
207	130	13	Men's 55 (55-59)	M112	Chan Ka Ming	0:28:56
219	134	14	Men's 55 (55-59)	M125	Schulz Arne	0:30:04
223	137	15	Men's 55 (55-59)	M131	Wong Wing Him Denis	0:30:33
225	139	16	Men's 55 (55-59)	M130	WAN David Hueng Chi	0:30:52
226	140	17	Men's 55 (55-59)	M129	Van Kempen Frank	0:30:53
238	146	18	Men's 55 (55-59)	M121	Maier Joerg	0:32:10
72	45	1	Men's 60 (60-64)	M136	Day Paul	0:22:12
82	53	2	Men's 60 (60-64)	M138	GILCHRIST JONATHAN	0:22:36
139	87	3	Men's 60 (60-64)	M140	Lau Tommy	0:25:30
142	89	4	Men's 60 (60-64)	M137	Desmidt Marc	0:25:35
164	103	5	Men's 60 (60-64)	M146	Woodruff Elliot	0:26:31
177	112	6	Men's 60 (60-64)	M139	Kwok Bobby	0:27:12
189	119	7	Men's 60 (60-64)	M133	Au Timothy	0:27:58
200	126	8	Men's 60 (60-64)	M135	Cheng Man Keung	0:28:43
228	142	9	Men's 60 (60-64)	M145	Tam Tak Kuen	0:31:05
229	143	10	Men's 60 (60-64)	M141	Lee Kenny	0:31:06
263	154	11	Men's 60 (60-64)	M142	Li Yuk Ki Eric	0:37:25
271	157	12	Men's 60 (60-64)	M134	Caldwell Charles	0:40:18
76	48	1	Men's 65 (65-69)	M155	To Eric	0:22:18
86	57	2	Men's 65 (65-69)	M156	wai lap cheung	0:22:55
91	60	3	Men's 65 (65-69)	M153	Leung Kwong Ming	0:23:11
92	61	4	Men's 65 (65-69)	M151	LAU Yiu Ming	0:23:16
120	74	5	Men's 65 (65-69)	M148	CHEUNG CHI WING	0:24:45
122	76	6	Men's 65 (65-69)	M149	Ching Kwok Chu	0:24:49
141	88	7	Men's 65 (65-69)	M150	CHU HERMANN	0:25:34
194	123	8	Men's 65 (65-69)	M154	NG Kai Yuen	0:28:27
206	129	9	Men's 65 (65-69)	M152	LEE CHI MING	0:28:54
100	65	1	Men's 70 (70-74)	M163	Wing Sing Kwok	0:23:55

AVOHK 5k series 2026 Race 1 (Bowen Road)

Date: 15/8/2026

Overall Position	Gender Position	Category Position	Category	Bib	Name	OfficialTime
178	113	2	Men's 70 (70-74)	M164	yu hin man	0:27:12
191	121	3	Men's 70 (70-74)	M160	IP Shing Hing, Simon	0:28:10
198	125	4	Men's 70 (70-74)	M159	HA Kin Wah	0:28:36
224	138	5	Men's 70 (70-74)	M158	Greer Ken	0:30:34
233	145	6	Men's 70 (70-74)	M157	Chan Chok Ming	0:31:23
222	136	1	Men's 75 (75-79)	M166	Lau Stephen K	0:30:32
250	148	2	Men's 75 (75-79)	M165	Chan Chakyan	0:34:19
251	149	3	Men's 75 (75-79)	M167	Lee Wing Hung	0:34:35
278	1	1	Men's 80 (80+)	M168	So Yip Sing	0:53:08