

AVOHK 5k Series 2026 - Tai Tam Tuk

Date: 22-Aug-2026

Overall Position	Gender Position	Category Position	Category	Bib	Name	OfficialTime	ChipTime
1	1	1	Men's Junior 15 (14-15)	M198	Liu Chun Ho Jayden	0:18:57	0:18:55
2	2	1	Men's 35 (35-39)	M006	Cotton Sebastian	0:19:10	0:19:08
3	3	2	Men's 35 (35-39)	M002	Carey Matt	0:19:12	0:19:09
4	4	1	Men's 45 (45-49)	M076	Woo David	0:19:15	0:19:13
5	5	2	Men's Junior 15 (14-15)	M204	TOBBACK ILIAS	0:19:21	0:19:20
6	6	1	Men's Open (18-34)	M223	Bhoovarahan Vaibhav	0:19:25	0:19:22
7	7	3	Men's Junior 15 (14-15)	M187	Bharambe Atharav	0:19:29	0:19:27
8	8	2	Men's 45 (45-49)	M056	Davis Chris	0:19:31	0:19:29
9	9	1	Men's 50 (50-54)	M091	Heijboer Govert	0:19:41	0:19:37
10	10	1	Men's 40 (40-44)	M049	Yuen Wan Ho	0:19:58	0:19:55
11	11	2	Men's 50 (50-54)	M088	Forde Nicholas	0:20:02	0:19:58
12	12	1	Men's Junior 17 (16-17)	M208	Chan Ying Hang	0:20:21	0:20:17
13	13	4	Men's Junior 15 (14-15)	M202	Sze Ming Yin	0:20:27	0:20:26
14	14	2	Men's Open (18-34)	M233	Kruusamaee Uku	0:20:29	0:20:26
15	15	5	Men's Junior 15 (14-15)	M191	Cheung Augusten	0:20:36	0:20:32
16	16	6	Men's Junior 15 (14-15)	M276	Spooner William	0:20:41	0:20:40
17	17	3	Men's Open (18-34)	M266	Lam Shing Hon	0:20:59	0:20:56
18	18	3	Men's 45 (45-49)	M061	HO HO YIN	0:21:04	0:21:00
19	19	4	Men's 45 (45-49)	M077	Zielinski Jeffrey	0:21:07	0:21:03
20	20	2	Men's 40 (40-44)	M029	Cooper Craig	0:21:09	0:21:06
21	21	3	Men's 50 (50-54)	M099	Marchant Tim	0:21:20	0:21:16
22	22	7	Men's Junior 15 (14-15)	M196	Lai Royce	0:21:20	0:21:16
23	23	3	Men's 40 (40-44)	M023	Abel Jon	0:21:20	0:21:15
24	24	4	Men's Open (18-34)	M265	Lam Kwan Yui	0:21:24	0:21:23
25	25	3	Men's 35 (35-39)	M016	Nolleau Clement	0:21:34	0:21:29
26	26	5	Men's 45 (45-49)	M055	Dalling Will	0:21:39	0:21:35
27	27	4	Men's 35 (35-39)	M005	Connolly Creighton	0:21:54	0:21:48
28	28	4	Men's 40 (40-44)	M041	McCormick Neil	0:21:55	0:21:52
29	29	2	Men's Junior 17 (16-17)	M216	Riding Harvey	0:21:56	0:21:51
30	30	8	Men's Junior 15 (14-15)	M197	Lau Kin Yat	0:22:28	0:22:19
31	1	1	Ladies' 35 (35-39)	W023	Whiteoak Colette	0:22:43	0:22:41
32	31	9	Men's Junior 15 (14-15)	M186	Baram Dylan	0:23:04	0:23:01
33	32	10	Men's Junior 15 (14-15)	M192	Coulson Caleb	0:23:16	0:23:09
34	2	1	Ladies' 45 (45-49)	W043	Bainbridge Hannah	0:23:18	0:23:16
35	33	5	Men's Open (18-34)	M253	WU CHEUK HIN	0:23:20	0:23:13
36	34	1	Men's 60 (60-64)	M277	Day Paul	0:23:29	0:23:24
37	35	1	Men's Junior 13 (12-13)	M175	He Zihang	0:23:39	0:23:38
38	36	5	Men's 40 (40-44)	M025	CANG Tianyang	0:23:40	0:23:35
39	37	6	Men's Open (18-34)	M259	Adams Ben	0:23:44	0:23:36
40	38	4	Men's 50 (50-54)	M102	Reed Scott	0:23:47	0:23:42
41	39	6	Men's 40 (40-44)	M024	Baram Derek	0:23:50	0:23:43
42	3	1	Ladies' 40 (40-44)	W037	Shuttleworth-Waite Amie	0:24:01	0:23:59
43	40	1	Men's 65 (65-69)	M155	To Eric	0:24:16	0:24:11
44	41	7	Men's 40 (40-44)	M031	Fung Frederick	0:24:28	0:24:26
45	42	1	Men's 70 (70-74)	M163	Wing Sing Kwok	0:24:34	0:24:30
46	43	5	Men's 50 (50-54)	M107	Wu CHI TAK	0:24:35	0:24:32
47	44	2	Men's 65 (65-69)	M156	wai lap cheung	0:24:42	0:24:37
48	45	3	Men's 65 (65-69)	M151	LAU Yiu Ming	0:24:47	0:24:42
49	4	1	Ladies' 60 (60-64)	W078	LUI SHUI FAN	0:25:06	0:25:03
50	46	2	Men's 60 (60-64)	M138	GILCHRIST JONATHAN	0:25:10	0:25:05
51	47	8	Men's 40 (40-44)	M272	Sandes Robert	0:25:13	0:25:04
52	48	6	Men's 50 (50-54)	M084	Cummings Jonathan	0:25:28	0:25:21
53	49	2	Men's Junior 13 (12-13)	M177	Lam Yat Hei	0:25:28	0:25:24
54	5	1	Ladies' Open (18-34)	W118	Tong Josephine	0:25:30	0:25:26
55	6	2	Ladies' Open (18-34)	W110	Lau Wai Hin	0:25:41	0:25:39
56	50	7	Men's 50 (50-54)	M095	Lee Wing Kai	0:25:42	0:25:34
57	51	4	Men's 65 (65-69)	M153	Leung Kwong Ming	0:25:43	0:25:41
58	52	7	Men's Open (18-34)	M232	Jhonjan Teeratorn	0:25:51	0:25:49
59	53	11	Men's Junior 15 (14-15)	M188	Chan Jan Sew	0:25:51	0:25:44
60	54	3	Men's Junior 13 (12-13)	M180	Poon Paak Ho	0:25:55	0:25:54
61	55	8	Men's Open (18-34)	M240	Ludvigsson Max	0:26:00	0:30:14
62	7	1	Ladies Junior 15 (14-15)	W004	Chan Cwensuela Danielle Cheuk Lar	0:26:02	0:25:58
63	8	1	Ladies' 50 (50-54)	W061	Malone Aislinn	0:26:19	0:26:14
64	9	2	Ladies' 60 (60-64)	M077	LEUNG HOI LUN HELEN	0:26:28	0:26:25
65	10	2	Ladies' 45 (45-49)	W051	Ng Choi Long	0:26:32	0:26:29
66	56	4	Men's Junior 13 (12-13)	M169	Bundo Kazuki	0:26:42	0:26:39
67	11	3	Ladies' Open (18-34)	W103	Chen Chung Ling Bauhinia	0:26:42	0:26:39
68	12	2	Ladies' 35 (35-39)	W014	Kwan Natalie	0:26:52	0:26:44
69	57	1	Men's 55 (55-59)	M123	Pringle Antony	0:26:58	0:26:49
70	13	3	Ladies' 35 (35-39)	W018	lim charmaine	0:27:06	0:27:02
71	58	5	Men's 35 (35-39)	M019	Strand Victor	0:27:27	0:27:17
72	59	12	Men's Junior 15 (14-15)	M206	Wong Jaden	0:27:27	0:27:20
73	60	3	Men's 60 (60-64)	M275	Desmidt Marc	0:27:34	0:27:23
74	14	3	Ladies' 45 (45-49)	W046	chan wing ngaut Charis	0:27:35	0:27:31
75	15	4	Ladies' 45 (45-49)	W053	Rundle Justyna	0:27:41	0:27:37
76	16	1	Ladies Junior 13 (12-13)	W001	Chan Charlotte Dakota Yi Lam	0:27:43	0:27:39
77	17	4	Ladies' Open (18-34)	W109	LAU Wing Hin	0:27:45	0:27:43
78	61	6	Men's 45 (45-49)	M074	Wilcockson David	0:27:49	0:27:42
79	62	9	Men's 40 (40-44)	M046	Waite Jon	0:27:49	0:27:37

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80	63	5	Men's 65 (65-69)	M150	CHU HERMANN	0:27:52	0:27:45
81	64	9	Men's Open (18-34)	M248	Tse Max	0:27:54	0:27:48
82	65	2	Men's 55 (55-59)	M115	Fong PC	0:27:59	0:27:56
83	66	8	Men's 50 (50-54)	M079	CHAN SAVIO	0:28:01	0:27:50
84	67	6	Men's 65 (65-69)	M149	Ching Kwok Chu	0:28:07	0:28:00
85	68	9	Men's 50 (50-54)	M096	Leung Ying Kit	0:28:07	0:27:58
86	18	2	Ladies Junior 15 (14-15)	W008	Lui Lauren	0:28:14	0:28:10
87	69	6	Men's 35 (35-39)	M008	DOOLLA MANIKANTA	0:28:15	0:28:09
88	70	5	Men's Junior 13 (12-13)	M179	Nixon Cody	0:28:18	0:28:10
89	71	10	Men's 50 (50-54)	M100	Nixon Charlie	0:28:18	0:28:10
90	19	1	Ladies' 65 (65-69)	W084	Yeung Mei Lun	0:28:23	0:28:17
91	72	7	Men's 45 (45-49)	M072	To Ming Hin	0:28:33	0:28:27
92	73	10	Men's 40 (40-44)	M042	McGrath JJ	0:28:34	0:28:22
93	20	5	Ladies' 45 (45-49)	W052	NG OI KA	0:28:34	0:28:30
94	21	3	Ladies Junior 15 (14-15)	W007	Lui Ellen	0:28:38	0:28:33
95	74	8	Men's 45 (45-49)	M052	Chan Tik Fai Simon	0:28:41	0:28:30
96	22	2	Ladies' 50 (50-54)	W055	Chan Wai Yan	0:28:41	0:28:35
97	75	3	Men's 55 (55-59)	M119	Lee Vincent	0:28:46	0:28:40
98	76	4	Men's 55 (55-59)	M122	McGunnigle Paul	0:28:58	0:28:44
99	77	7	Men's 35 (35-39)	M015	Mistry Amit	0:29:05	0:28:51
100	78	4	Men's 60 (60-64)	M141	Lee Kenny	0:29:06	0:28:59
101	79	3	Men's Junior 17 (16-17)	M217	Rowlands Sol	0:29:15	0:29:10
102	80	9	Men's 45 (45-49)	M068	ON KA MAN	0:29:16	0:29:11
103	81	4	Men's Junior 17 (16-17)	M209	Cheng Cyrus	0:29:20	0:29:14
104	82	10	Men's 45 (45-49)	M051	Chan Ho-Kei	0:29:30	0:29:23
105	83	11	Men's 50 (50-54)	M104	Tidwell Will	0:29:33	0:29:23
106	84	11	Men's 40 (40-44)	M043	Schroder Luke	0:29:34	0:29:21
107	85	6	Men's Junior 13 (12-13)	M183	W Hugo	0:29:47	0:29:42
108	23	1	Ladies' Junior 17 (16-17)	W091	Gilham Safiya	0:29:49	0:29:43
109	86	2	Men's 70 (70-74)	M164	yu hin man	0:29:58	0:29:52
110	87	12	Men's 50 (50-54)	M103	Sandoval Jose	0:30:02	0:29:59
111	88	11	Men's 45 (45-49)	M261	Beji Samy	0:30:11	0:30:02
112	89	3	Men's 70 (70-74)	M159	HA Kin Wah	0:30:18	0:30:11
113	90	7	Men's 65 (65-69)	M148	CHEUNG CHI WING	0:30:20	0:30:17
114	24	1	Ladies' 55 (55-59)	W069	Chan Sarah	0:30:30	0:30:25
115	25	3	Ladies' 50 (50-54)	W057	CHEUNG Pui Ling Pauline	0:30:31	0:30:29
116	26	2	Ladies' 40 (40-44)	W026	Borchart Lisa	0:30:32	0:30:26
117	91	4	Men's 70 (70-74)	M160	IP Shing Hing, Simon	0:30:37	0:30:26
118	27	3	Ladies' 60 (60-64)	W082	Wong Cecilia	0:30:38	0:30:34
119	92	13	Men's 50 (50-54)	M106	Williams Jonathan	0:31:03	0:30:18
120	93	12	Men's 40 (40-44)	M036	KHALID KHAN MOHAMMAD	0:31:17	0:31:05
121	28	2	Ladies' 55 (55-59)	W070	fanny ng	0:31:18	0:31:16
122	94	5	Men's 60 (60-64)	M139	Kwok Bobby	0:31:31	0:31:21
123	95	8	Men's 65 (65-69)	M154	NG Kai Yuen	0:31:35	0:31:25
124	96	5	Men's 55 (55-59)	M112	Chan Ka Ming	0:31:35	0:31:21
125	29	6	Ladies' 45 (45-49)	W128	Riding Xanthe	0:31:47	0:31:40
126	30	5	Ladies' Open (18-34)	W120	Whittington Chloe	0:31:59	0:31:53
127	31	4	Ladies Junior 15 (14-15)	W010	Whybrow Sophie	0:32:02	0:31:57
128	97	14	Men's 50 (50-54)	M087	Fang Doug	0:32:10	0:32:02
129	32	4	Ladies' 60 (60-64)	W081	Wingard-Robertsson Carolyn	0:32:12	0:32:07
130	33	3	Ladies' 40 (40-44)	W025	Ballesteros Caban Jovielyn	0:32:14	0:32:10
131	34	4	Ladies' 35 (35-39)	W011	Bell Gemma	0:32:18	0:32:15
132	35	7	Ladies' 45 (45-49)	W044	Chan Frankie	0:32:22	0:32:14
133	98	1	Men's 75 (75-79)	M166	Lau Stephen K	0:32:30	0:32:25
134	99	10	Men's Open (18-34)	M252	Wong Ka Ho Jonathan	0:33:16	0:33:03
135	100	9	Men's 65 (65-69)	M267	LAU Alex	0:33:17	0:33:08
136	36	4	Ladies' 50 (50-54)	W062	Nixon Joanne	0:33:18	0:33:13
137	37	5	Ladies' 50 (50-54)	W126	LAI Joyce	0:33:52	0:33:45
138	38	4	Ladies' 40 (40-44)	W029	Hanley Debbie	0:34:17	0:34:10
139	101	5	Men's Junior 17 (16-17)	M219	Yeung Ching Yu	0:34:20	0:34:13
140	39	5	Ladies' 40 (40-44)	W035	Rice Justine	0:34:25	0:34:19
141	40	1	Ladies' 70 (70-74)	W085	Lo Wai Chun	0:34:52	0:34:46
142	102	6	Men's 60 (60-64)	M145	Tam Tak Kuen	0:36:07	0:35:55
143	103	6	Men's 55 (55-59)	M131	Wong Wing Him Denis	0:36:07	0:35:54
144	104	7	Men's Junior 13 (12-13)	M273	W Mason	0:37:21	0:37:14
145	105	2	Men's 75 (75-79)	M165	Chan Chakyan	0:37:36	0:37:26
146	106	12	Men's 45 (45-49)	M073	TSANG YU KIN	0:38:03	0:37:45
147	41	3	Ladies' 55 (55-59)	W072	Lam Grace Gar Lai	0:38:05	0:38:01
148	107	11	Men's Open (18-34)	M278	Lai Siu Wing Wingo	0:38:11	0:38:03
149	42	2	Ladies' Junior 17 (16-17)	W096	Nixon Liliana	0:38:15	0:38:10
150	108	15	Men's 50 (50-54)	M080	Chan Kin Yip	0:38:29	0:38:20
151	43	5	Ladies' 60 (60-64)	W079	Mitchell-Sandoval Karen	0:38:37	0:38:32
152	44	6	Ladies' Open (18-34)	W107	Dumri Panida	0:38:57	0:38:48
153	45	2	Ladies' 70 (70-74)	W086	Siu Kwan ying	0:39:27	0:39:20
154	109	3	Men's 75 (75-79)	M167	Lee Wing Hung	0:39:32	0:39:22
155	46	5	Ladies' 35 (35-39)	W017	Law Jacqueline	0:39:34	0:39:26
156	47	8	Ladies' 45 (45-49)	W045	Chan Pui Yin Petty	0:40:05	0:39:58
157	110	5	Men's 70 (70-74)	M269	LEUNG PUI KI	0:40:40	0:40:28
158	111	13	Men's 40 (40-44)	M047	Wong Christopher Hoi	0:41:03	0:40:51

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159	112	7	Men's 60 (60-64)	M142	Li Yuk Ki Eric	0:41:24	0:41:13
160	113	14	Men's 40 (40-44)	M048	Wong Cheuk Bun Alvin	0:42:57	0:42:45
161	114	7	Men's 55 (55-59)	M271	Oh Taiwai	0:44:00	0:43:52
162	115	8	Men's 60 (60-64)	M134	Caldwell Charles	0:46:17	0:46:01
163	48	7	Ladies' Open (18-34)	W122	Yuen Wing Hei	0:48:43	0:48:35
164	49	6	Ladies' 50 (50-54)	W129	Yuen Michelle Somui	0:52:57	0:52:49
165	116	1	Men's 80 (80+)	M168	So Yip Sing	0:56:25	0:56:19