

AVOHK 5k Series 2026 - Series Results

Rank	Category	Bib	Name	Race1	Race2	Race3	Race4	Total
0	Ladies' 35 (35-39)	W023	Whiteoak Colette	100	100	0	0	200
0	Ladies' 35 (35-39)	W014	Kwan Natalie	98	99	0	0	197
0	Ladies' 35 (35-39)	W018	lim charmaine	99	98	0	0	197
0	Ladies' 35 (35-39)	W011	Bell Gemma	96	97	0	0	193
0	Ladies' 35 (35-39)	W024	Wood Kate	97	0	0	0	97
0	Ladies' 35 (35-39)	W017	Law Jacqueline	0	96	0	0	96
0	Ladies' 35 (35-39)	W020	O'Brien Heather	95	0	0	0	95
0	Ladies' 35 (35-39)	W022	Svetlana	94	0	0	0	94
0	Ladies' 35 (35-39)	W015	LAM KA YU	93	0	0	0	93
0	Ladies' 35 (35-39)	W021	Shifah	92	0	0	0	92
0	Ladies' 35 (35-39)	W019	McKenzie Sophie	91	0	0	0	91
0	Ladies' 35 (35-39)	W012	Chan Suk Ting	0	0	0	0	0
0	Ladies' 35 (35-39)	W013	Cheung Andrea	0	0	0	0	0
0	Ladies' 35 (35-39)	W132	Cheng Ka Man	0	0	0	0	0
0	Ladies' 35 (35-39)	W135	Lee Sze Ting	0	0	0	0	0
0	Ladies' 40 (40-44)	W037	Shuttleworth-Waite Amie	99	100	0	0	199
0	Ladies' 40 (40-44)	W026	Borchart Lisa	97	99	0	0	196
0	Ladies' 40 (40-44)	W025	Ballesteros Caban Jovielyn	96	98	0	0	194
0	Ladies' 40 (40-44)	W029	Hanley Debbie	95	97	0	0	192
0	Ladies' 40 (40-44)	W035	Rice Justine	94	96	0	0	190
0	Ladies' 40 (40-44)	W031	Humphreys Libby	100	0	0	0	100
0	Ladies' 40 (40-44)	W041	WANG YUEN SUEN	98	0	0	0	98
0	Ladies' 40 (40-44)	W032	Lai Sophia	93	0	0	0	93
0	Ladies' 40 (40-44)	W036	Sarah	92	0	0	0	92
0	Ladies' 40 (40-44)	W030	Hay Dominique	91	0	0	0	91
0	Ladies' 40 (40-44)	W038	Sung Tiffany	90	0	0	0	90
0	Ladies' 40 (40-44)	W027	Cheung Lisa	0	0	0	0	0
0	Ladies' 40 (40-44)	W028	Cvetkovic Maggie	0	0	0	0	0
0	Ladies' 40 (40-44)	W033	Lisa	0	0	0	0	0
0	Ladies' 40 (40-44)	W034	Lochhead Hayley	0	0	0	0	0
0	Ladies' 40 (40-44)	W039	Varty Jess	0	0	0	0	0
0	Ladies' 40 (40-44)	W040	Victor	0	0	0	0	0
0	Ladies' 40 (40-44)	W042	Wong Wendy	0	0	0	0	0
0	Ladies' 40 (40-44)	W123	Boursier Neto Helene	0	0	0	0	0
0	Ladies' 40 (40-44)	W124	Hall Nina	0	0	0	0	0
0	Ladies' 45 (45-49)	W051	Ng Choi Long	99	99	0	0	198
0	Ladies' 45 (45-49)	W046	chan wing ngaut Charis	96	98	0	0	194
0	Ladies' 45 (45-49)	W053	Rundle Justyna	97	97	0	0	194
0	Ladies' 45 (45-49)	W052	NG OI KA	95	96	0	0	191
0	Ladies' 45 (45-49)	W044	Chan Frankie	91	94	0	0	185
0	Ladies' 45 (45-49)	W045	Chan Pui Yin Petty	90	93	0	0	183
0	Ladies' 45 (45-49)	W043	Bainbridge Hannah	0	100	0	0	100
0	Ladies' 45 (45-49)	W049	Kam Hay Man	100	0	0	0	100
0	Ladies' 45 (45-49)	W054	Tsang Ting Chi	98	0	0	0	98
0	Ladies' 45 (45-49)	W128	Riding Xanthe	0	95	0	0	95
0	Ladies' 45 (45-49)	W047	Dickinson Sarah	94	0	0	0	94
0	Ladies' 45 (45-49)	W050	Lee Karen	93	0	0	0	93
0	Ladies' 45 (45-49)	W048	Fujita Hiromi	92	0	0	0	92
0	Ladies' 45 (45-49)	W133	Knapman Mary	0	0	0	0	0

AVOHK 5k Series 2026 - Series Results

0	Ladies' 50 (50-54)	W055	Chan Wai Yan	98	99	0	0	197
0	Ladies' 50 (50-54)	W057	CHEUNG Pui Ling Pauline	97	98	0	0	195
0	Ladies' 50 (50-54)	W062	Nixon Joanne	96	97	0	0	193
0	Ladies' 50 (50-54)	W129	Yuen Michelle Somui	92	95	0	0	187
0	Ladies' 50 (50-54)	W061	Malone Aislinn	0	100	0	0	100
0	Ladies' 50 (50-54)	W065	Wong Lai Ling	100	0	0	0	100
0	Ladies' 50 (50-54)	W058	Jayne	99	0	0	0	99
0	Ladies' 50 (50-54)	W126	LAI Joyce	0	96	0	0	96
0	Ladies' 50 (50-54)	W060	Maier Andrea	95	0	0	0	95
0	Ladies' 50 (50-54)	W063	van Balken Natasja	94	0	0	0	94
0	Ladies' 50 (50-54)	W056	Chen Hsin Yi	93	0	0	0	93
0	Ladies' 50 (50-54)	W059	Leung Sophia	0	0	0	0	0
0	Ladies' 50 (50-54)	W064	Walmsley Susy	0	0	0	0	0
0	Ladies' 50 (50-54)	W066	Wong Connie	0	0	0	0	0
0	Ladies' 50 (50-54)	W067	Yip Bethia	0	0	0	0	0
0	Ladies' 55 (55-59)	W069	Chan Sarah	99	100	0	0	199
0	Ladies' 55 (55-59)	W070	fanny ng	100	99	0	0	199
0	Ladies' 55 (55-59)	W071	Ho Timmy	98	0	0	0	98
0	Ladies' 55 (55-59)	W072	Lam Grace Gar Lai	0	98	0	0	98
0	Ladies' 55 (55-59)	W073	Lyons Tess	97	0	0	0	97
0	Ladies' 55 (55-59)	W074	Ng Winnie	0	0	0	0	0
0	Ladies' 60 (60-64)	W078	LUI SHUI FAN	100	100	0	0	200
0	Ladies' 60 (60-64)	W077	LEUNG HOI LUN HELEN	99	99	0	0	198
0	Ladies' 60 (60-64)	W082	Wong Cecilia	98	98	0	0	196
0	Ladies' 60 (60-64)	W081	Wingard-Robertsson Carolyn	97	97	0	0	194
0	Ladies' 60 (60-64)	W079	Mitchell-Sandoval Karen	96	96	0	0	192
0	Ladies' 60 (60-64)	W076	choy may	95	0	0	0	95
0	Ladies' 60 (60-64)	W075	Cheng Wing Ho	0	0	0	0	0
0	Ladies' 60 (60-64)	W080	Patchell Suzy	0	0	0	0	0
0	Ladies' 60 (60-64)	W130	Abate Sian	0	0	0	0	0
0	Ladies' 65 (65-69)	W084	Yeung Mei Lun	100	100	0	0	200
0	Ladies' 65 (65-69)	W083	GREER BELINDA	0	0	0	0	0
0	Ladies' 70 (70-74)	W085	Lo Wai Chun	100	100	0	0	200
0	Ladies' 70 (70-74)	W086	Siu Kwan ying	98	99	0	0	197
0	Ladies' 70 (70-74)	W087	Yiu Suk Yin	99	0	0	0	99
0	Ladies' 75 (75-79)	W088	Ko Susan	100	0	0	0	100
0	Ladies' 75 (75-79)	W089	LAU Rebecca	99	0	0	0	99
0	Ladies' 75 (75-79)	W127	Lau Fung Ling	0	0	0	0	0
0	Ladies' Junior 13 (12-13)	W001	Chan Charlotte Dakota Yi Lam	98	100	0	0	198
0	Ladies' Junior 13 (12-13)	W016	Barnes Ella	100	0	0	0	100
0	Ladies' Junior 13 (12-13)	W003	WONG CHILY CHI LEI	99	0	0	0	99
0	Ladies' Junior 13 (12-13)	W002	Chan Cheuk Lam	0	0	0	0	0
0	Ladies' Junior 15 (14-15)	W004	Chan Cwensuela Danielle Cheuk Lam	99	100	0	0	199
0	Ladies' Junior 15 (14-15)	W005	Chan Cheuk Kiu	100	0	0	0	100
0	Ladies' Junior 15 (14-15)	W008	Lui Lauren	0	99	0	0	99
0	Ladies' Junior 15 (14-15)	W007	Lui Ellen	0	98	0	0	98
0	Ladies' Junior 15 (14-15)	W009	Maier Greta	98	0	0	0	98
0	Ladies' Junior 15 (14-15)	W010	Whybrow Sophie	0	97	0	0	97
0	Ladies' Junior 15 (14-15)	W006	Li Ching Wan	0	0	0	0	0
0	Ladies' Junior 17 (16-17)	W091	Gilham Safiya	100	100	0	0	200
0	Ladies' Junior 17 (16-17)	W096	Nixon Liliana	97	99	0	0	196
0	Ladies' Junior 17 (16-17)	W094	Lip Tweety	99	0	0	0	99
0	Ladies' Junior 17 (16-17)	W097	Schulz Amelie	98	0	0	0	98
0	Ladies' Junior 17 (16-17)	W090	faulkner emily	0	0	0	0	0
0	Ladies' Junior 17 (16-17)	W092	Guo Yuqi	0	0	0	0	0
0	Ladies' Junior 17 (16-17)	W093	Ip Haydi	0	0	0	0	0
0	Ladies' Junior 17 (16-17)	W095	MOK WING LAM	0	0	0	0	0
0	Ladies' Junior 17 (16-17)	W098	Tsang Iris	0	0	0	0	0

AVOHK 5k Series 2026 - Series Results

0	Ladies' Open (18-34)	W118	Tong Josephine	100	100	0	0	200
0	Ladies' Open (18-34)	W103	Chen Chung Ling Bauhinia	99	98	0	0	197
0	Ladies' Open (18-34)	W110	Lau Wai Hin	97	99	0	0	196
0	Ladies' Open (18-34)	W109	LAU Wing Hin	95	97	0	0	192
0	Ladies' Open (18-34)	W120	Whittington Chloe	91	96	0	0	187
0	Ladies' Open (18-34)	W122	Yuen Wing Hei	88	94	0	0	182
0	Ladies' Open (18-34)	W113	Louie Kylie	98	0	0	0	98
0	Ladies' Open (18-34)	W102	CHAN Janna	96	0	0	0	96
0	Ladies' Open (18-34)	W107	Dumri Panida	0	95	0	0	95
0	Ladies' Open (18-34)	W099	Caldwell Sela	94	0	0	0	94
0	Ladies' Open (18-34)	W115	Mok Tsz Mei	93	0	0	0	93
0	Ladies' Open (18-34)	W100	Chak Sum Chi	92	0	0	0	92
0	Ladies' Open (18-34)	W105	Chow Rachel	90	0	0	0	90
0	Ladies' Open (18-34)	W104	Choi Wai Ting	89	0	0	0	89
0	Ladies' Open (18-34)	W101	chan vera	0	0	0	0	0
0	Ladies' Open (18-34)	W106	Chow Eugenia	0	0	0	0	0
0	Ladies' Open (18-34)	W108	Hui Kathy	0	0	0	0	0
0	Ladies' Open (18-34)	W111	Lee Noel	0	0	0	0	0
0	Ladies' Open (18-34)	W112	Leung Sum Ping	0	0	0	0	0
0	Ladies' Open (18-34)	W114	Manon	0	0	0	0	0
0	Ladies' Open (18-34)	W116	Sibo	0	0	0	0	0
0	Ladies' Open (18-34)	W117	Sze Hiu ting	0	0	0	0	0
0	Ladies' Open (18-34)	W119	Tse Elaine	0	0	0	0	0
0	Ladies' Open (18-34)	W121	Wu Kathy	0	0	0	0	0
0	Ladies' Open (18-34)	W125	Hall Sophie	0	0	0	0	0
0	Ladies' Open (18-34)	W134	Lam Stephanie	0	0	0	0	0
0	Ladies' Open (18-34)	W136	Suen Althea	0	0	0	0	0

AVOHK 5k Series 2026 - Series Results

0	Men's 35 (35-39)	M006	Cotton Sebastian	99	100	0	0	199
0	Men's 35 (35-39)	M002	Carey Matt	97	99	0	0	196
0	Men's 35 (35-39)	M016	Nolleau Clement	95	98	0	0	193
0	Men's 35 (35-39)	M008	DOOLLA MANIKANTA	92	95	0	0	187
0	Men's 35 (35-39)	M019	Strand Victor	91	96	0	0	187
0	Men's 35 (35-39)	M015	Mistry Amit	90	94	0	0	184
0	Men's 35 (35-39)	M020	Tsui Chi kin	100	0	0	0	100
0	Men's 35 (35-39)	M007	Donald James	98	0	0	0	98
0	Men's 35 (35-39)	M005	Connolly Creighton	0	97	0	0	97
0	Men's 35 (35-39)	M014	MILLOT Matthieu	96	0	0	0	96
0	Men's 35 (35-39)	M012	Lai Tat yik	94	0	0	0	94
0	Men's 35 (35-39)	M022	Zou Yuhan	93	0	0	0	93
0	Men's 35 (35-39)	M017	Pu Ian	89	0	0	0	89
0	Men's 35 (35-39)	M013	Man Kwun Tung	88	0	0	0	88
0	Men's 35 (35-39)	M001	Beceic Dragan Marco	0	0	0	0	0
0	Men's 35 (35-39)	M003	CHUNG CHUN KIN	0	0	0	0	0
0	Men's 35 (35-39)	M004	Cochran Ali	0	0	0	0	0
0	Men's 35 (35-39)	M009	Hallden Erik	0	0	0	0	0
0	Men's 35 (35-39)	M010	Ho Adrian	0	0	0	0	0
0	Men's 35 (35-39)	M011	Kodama Shingo	0	0	0	0	0
0	Men's 35 (35-39)	M018	Salao Joao Antonio Gragas	0	0	0	0	0
0	Men's 35 (35-39)	M021	Wong Jerry	0	0	0	0	0
0	Men's 35 (35-39)	M285	Hernandez Alejandro	0	0	0	0	0
0	Men's 35 (35-39)	M288	Taleb Gus	0	0	0	0	0
0	Men's 40 (40-44)	M049	Yuen Wan Ho	99	100	0	0	199
0	Men's 40 (40-44)	M029	Cooper Craig	97	99	0	0	196
0	Men's 40 (40-44)	M041	McCormick Neil	96	97	0	0	193
0	Men's 40 (40-44)	M024	Baram Derek	94	95	0	0	189
0	Men's 40 (40-44)	M025	CANG Tianyang	93	96	0	0	189
0	Men's 40 (40-44)	M031	Fung Frederick	91	94	0	0	185
0	Men's 40 (40-44)	M046	Waite Jon	88	92	0	0	180
0	Men's 40 (40-44)	M042	McGrath JJ	87	91	0	0	178
0	Men's 40 (40-44)	M043	Schroder Luke	84	90	0	0	174
0	Men's 40 (40-44)	M047	Wong Christopher Hoi	81	88	0	0	169
0	Men's 40 (40-44)	M048	Wong Cheuk Bun Alvin	80	87	0	0	167
0	Men's 40 (40-44)	M045	Vaudaine Frederic	100	0	0	0	100
0	Men's 40 (40-44)	M023	Abel Jon	0	98	0	0	98
0	Men's 40 (40-44)	M027	Chan Wing Hung	98	0	0	0	98
0	Men's 40 (40-44)	M044	Varty Rowan	95	0	0	0	95
0	Men's 40 (40-44)	M272	Sandes Robert	0	93	0	0	93
0	Men's 40 (40-44)	M034	Huang Wai Kwan	92	0	0	0	92
0	Men's 40 (40-44)	M258	Victor	90	0	0	0	90
0	Men's 40 (40-44)	M036	KHALID KHAN MOHAMMAD	0	89	0	0	89
0	Men's 40 (40-44)	M050	YUNG WING HONG	89	0	0	0	89
0	Men's 40 (40-44)	M038	Kwong Raymond	86	0	0	0	86
0	Men's 40 (40-44)	M030	Fujita Hironori	85	0	0	0	85
0	Men's 40 (40-44)	M039	Lau Matthew	83	0	0	0	83
0	Men's 40 (40-44)	M040	Lee Bees	82	0	0	0	82
0	Men's 40 (40-44)	M026	Chan Wing Lee	79	0	0	0	79
0	Men's 40 (40-44)	M028	cheung ison	0	0	0	0	0
0	Men's 40 (40-44)	M032	Gill Jeremy	0	0	0	0	0
0	Men's 40 (40-44)	M033	Ho Kenson	0	0	0	0	0
0	Men's 40 (40-44)	M035	Hutchinson Matthew	0	0	0	0	0
0	Men's 40 (40-44)	M037	KWOK WAI HANG VINCENT	0	0	0	0	0
0	Men's 40 (40-44)	M283	Cowley Richard	0	0	0	0	0
0	Men's 40 (40-44)	M286	Ip perry	0	0	0	0	0
0	Men's 40 (40-44)	M289	Yau Kevin San Yu	0	0	0	0	0

AVOHK 5k Series 2026 - Series Results

0	Men's 45 (45-49)	M056	Davis Chris	100	99	0	0	199
0	Men's 45 (45-49)	M076	Woo David	99	100	0	0	199
0	Men's 45 (45-49)	M055	Dalling Will	97	96	0	0	193
0	Men's 45 (45-49)	M061	HO HO YIN	95	98	0	0	193
0	Men's 45 (45-49)	M077	Zielinski Jeffrey	94	97	0	0	191
0	Men's 45 (45-49)	M074	Wilcockson David	91	95	0	0	186
0	Men's 45 (45-49)	M068	ON KA MAN	90	92	0	0	182
0	Men's 45 (45-49)	M052	Chan Tik Fai Simon	87	93	0	0	180
0	Men's 45 (45-49)	M051	Chan Ho-Kei	85	91	0	0	176
0	Men's 45 (45-49)	M073	TSANG YU KIN	79	89	0	0	168
0	Men's 45 (45-49)	M070	Sasaki Tomonori	98	0	0	0	98
0	Men's 45 (45-49)	M064	Jowett Tim	96	0	0	0	96
0	Men's 45 (45-49)	M072	To Ming Hin	0	94	0	0	94
0	Men's 45 (45-49)	M062	Hui Yat Wing Albert	93	0	0	0	93
0	Men's 45 (45-49)	M057	Dookhi Dhiran	92	0	0	0	92
0	Men's 45 (45-49)	M261	Beji Samy	0	90	0	0	90
0	Men's 45 (45-49)	M059	Fraser Allan	89	0	0	0	89
0	Men's 45 (45-49)	M053	Chan Henry	88	0	0	0	88
0	Men's 45 (45-49)	M058	FEI ANDY	86	0	0	0	86
0	Men's 45 (45-49)	M075	WONG SZE LUNG	84	0	0	0	84
0	Men's 45 (45-49)	M067	McKenzie Alan	83	0	0	0	83
0	Men's 45 (45-49)	M060	fung norton	82	0	0	0	82
0	Men's 45 (45-49)	M065	Lin Hoi kit	81	0	0	0	81
0	Men's 45 (45-49)	M054	Cheng Kwok Ming	80	0	0	0	80
0	Men's 45 (45-49)	M063	Jenkins Alex	0	0	0	0	0
0	Men's 45 (45-49)	M066	MA DEREK HING KWOK	0	0	0	0	0
0	Men's 45 (45-49)	M069	Pang Roy	0	0	0	0	0
0	Men's 45 (45-49)	M071	So Hoi Nam	0	0	0	0	0
0	Men's 45 (45-49)	M274	WILCOCKSON David	0	0	0	0	0
0	Men's 45 (45-49)	M284	Ferret Thibaut	0	0	0	0	0
0	Men's 50 (50-54)	M091	Heijboer Govert	100	100	0	0	200
0	Men's 50 (50-54)	M088	Forde Nicholas	99	99	0	0	198
0	Men's 50 (50-54)	M099	Marchant Tim	98	98	0	0	196
0	Men's 50 (50-54)	M102	Reed Scott	95	97	0	0	192
0	Men's 50 (50-54)	M084	Cummings Jonathan	93	95	0	0	188
0	Men's 50 (50-54)	M107	Wu CHI TAK	92	96	0	0	188
0	Men's 50 (50-54)	M095	Lee Wing Kai	91	94	0	0	185
0	Men's 50 (50-54)	M096	Leung Ying Kit	86	92	0	0	178
0	Men's 50 (50-54)	M100	Nixon Charlie	83	91	0	0	174
0	Men's 50 (50-54)	M079	CHAN SAVIO	78	93	0	0	171
0	Men's 50 (50-54)	M103	Sandoval Jose	82	89	0	0	171
0	Men's 50 (50-54)	M087	Fang Doug	79	87	0	0	166
0	Men's 50 (50-54)	M106	Williams Jonathan	77	88	0	0	165
0	Men's 50 (50-54)	M090	Graham Andrew	97	0	0	0	97
0	Men's 50 (50-54)	M078	Bryce James	96	0	0	0	96
0	Men's 50 (50-54)	M101	Ranjan Rajeev	94	0	0	0	94
0	Men's 50 (50-54)	M104	Tidwell Will	0	90	0	0	90
0	Men's 50 (50-54)	M108	yen shiau sin	90	0	0	0	90
0	Men's 50 (50-54)	M097	Li Luk Sing	89	0	0	0	89
0	Men's 50 (50-54)	M092	HO PING YIN	88	0	0	0	88
0	Men's 50 (50-54)	M093	Ho Wing Hung	87	0	0	0	87
0	Men's 50 (50-54)	M080	Chan Kin Yip	0	86	0	0	86
0	Men's 50 (50-54)	M105	TSE LEON	85	0	0	0	85
0	Men's 50 (50-54)	M082	Cheng Tsz Wah	84	0	0	0	84
0	Men's 50 (50-54)	M089	FUNG Brian	81	0	0	0	81
0	Men's 50 (50-54)	M094	Hsieh Sammy	80	0	0	0	80
0	Men's 50 (50-54)	M098	Liu Albert	76	0	0	0	76
0	Men's 50 (50-54)	M085	Ebella Andre	75	0	0	0	75
0	Men's 50 (50-54)	M081	Cheng Oscar	0	0	0	0	0
0	Men's 50 (50-54)	M083	Crane Derek	0	0	0	0	0
0	Men's 50 (50-54)	M086	Evans Mark	0	0	0	0	0

AVOHK 5k Series 2026 - Series Results

0	Men's 55 (55-59)	M123	Pringle Antony	95	100	0	0	195
0	Men's 55 (55-59)	M115	Fong PC	93	99	0	0	192
0	Men's 55 (55-59)	M119	Lee Vincent	94	98	0	0	192
0	Men's 55 (55-59)	M122	McGunnigle Paul	89	97	0	0	186
0	Men's 55 (55-59)	M112	Chan Ka Ming	88	96	0	0	184
0	Men's 55 (55-59)	M131	Wong Wing Him Denis	86	95	0	0	181
0	Men's 55 (55-59)	M113	Chan Wai Kei	100	0	0	0	100
0	Men's 55 (55-59)	M110	birman mark	99	0	0	0	99
0	Men's 55 (55-59)	M118	Kwok Kar Cheong	98	0	0	0	98
0	Men's 55 (55-59)	M132	Yiu Vor	97	0	0	0	97
0	Men's 55 (55-59)	M127	Spooner Daniel St John	96	0	0	0	96
0	Men's 55 (55-59)	M271	Oh Taiwai	0	94	0	0	94
0	Men's 55 (55-59)	M124	Rubinstein Marc	92	0	0	0	92
0	Men's 55 (55-59)	M120	Lee Christophe	91	0	0	0	91
0	Men's 55 (55-59)	M128	Tong Matthew	90	0	0	0	90
0	Men's 55 (55-59)	M125	Schulz Arne	87	0	0	0	87
0	Men's 55 (55-59)	M130	WAN David Hueng Chi	85	0	0	0	85
0	Men's 55 (55-59)	M129	Van Kempen Frank	84	0	0	0	84
0	Men's 55 (55-59)	M121	Maier Joerg	83	0	0	0	83
0	Men's 55 (55-59)	M109	Berkhout Alexander	0	0	0	0	0
0	Men's 55 (55-59)	M111	Chan Wai Man	0	0	0	0	0
0	Men's 55 (55-59)	M114	Chi Kin Cheung	0	0	0	0	0
0	Men's 55 (55-59)	M116	Karlsson Gunnar	0	0	0	0	0
0	Men's 55 (55-59)	M117	Kong Felix	0	0	0	0	0
0	Men's 55 (55-59)	M126	Smart Cameron	0	0	0	0	0
0	Men's 55 (55-59)	M268	Lee Wai Choi	0	0	0	0	0
0	Men's 60 (60-64)	M277	Day Paul	100	100	0	0	200
0	Men's 60 (60-64)	M138	GILCHRIST JONATHAN	99	99	0	0	198
0	Men's 60 (60-64)	M275	Desmidt Marc	97	98	0	0	195
0	Men's 60 (60-64)	M139	Kwok Bobby	95	96	0	0	191
0	Men's 60 (60-64)	M141	Lee Kenny	91	97	0	0	188
0	Men's 60 (60-64)	M145	Tam Tak Kuen	92	95	0	0	187
0	Men's 60 (60-64)	M142	Li Yuk Ki Eric	90	94	0	0	184
0	Men's 60 (60-64)	M134	Caldwell Charles	89	93	0	0	182
0	Men's 60 (60-64)	M140	Lau Tommy	98	0	0	0	98
0	Men's 60 (60-64)	M146	Woodruff Elliot	96	0	0	0	96
0	Men's 60 (60-64)	M133	Au Timothy	94	0	0	0	94
0	Men's 60 (60-64)	M135	Cheng Man Keung	93	0	0	0	93
0	Men's 60 (60-64)	M143	Sewell Andrew	0	0	0	0	0
0	Men's 60 (60-64)	M144	Szeto Maurice	0	0	0	0	0
0	Men's 65 (65-69)	M155	To Eric	100	100	0	0	200
0	Men's 65 (65-69)	M156	wai lap cheung	99	99	0	0	198
0	Men's 65 (65-69)	M151	LAU Yiu Ming	97	98	0	0	195
0	Men's 65 (65-69)	M153	Leung Kwong Ming	98	97	0	0	195
0	Men's 65 (65-69)	M148	CHEUNG CHI WING	96	94	0	0	190
0	Men's 65 (65-69)	M149	Ching Kwok Chu	95	95	0	0	190
0	Men's 65 (65-69)	M150	CHU HERMANN	94	96	0	0	190
0	Men's 65 (65-69)	M154	NG Kai Yuen	93	93	0	0	186
0	Men's 65 (65-69)	M152	LEE CHI MING	92	0	0	0	92
0	Men's 65 (65-69)	M267	LAU Alex	0	92	0	0	92
0	Men's 65 (65-69)	M147	Chan Kwok Hung Paul	0	0	0	0	0
0	Men's 70 (70-74)	M163	Wing Sing Kwok	100	100	0	0	200
0	Men's 70 (70-74)	M164	yu hin man	99	99	0	0	198
0	Men's 70 (70-74)	M159	HA Kin Wah	97	98	0	0	195
0	Men's 70 (70-74)	M160	IP Shing Hing, Simon	98	97	0	0	195
0	Men's 70 (70-74)	M158	Greer Ken	96	0	0	0	96
0	Men's 70 (70-74)	M269	LEUNG PUI KI	0	96	0	0	96
0	Men's 70 (70-74)	M157	Chan Chok Ming	95	0	0	0	95
0	Men's 70 (70-74)	M161	KWOK YEE WAH	0	0	0	0	0
0	Men's 70 (70-74)	M162	Tsui Henry	0	0	0	0	0
0	Men's 75 (75-79)	M166	Lau Stephen K	100	100	0	0	200
0	Men's 75 (75-79)	M165	Chan Chakyan	99	99	0	0	198
0	Men's 75 (75-79)	M167	Lee Wing Hung	98	98	0	0	196
0	Men's 80 (80+)	M168	So Yip Sing	100	100	0	0	200

AVOHK 5k Series 2026 - Series Results

0	Men's Junior 13 (12-13)	M169	Bundo Kazuki	97	97	0	0	194
0	Men's Junior 13 (12-13)	M177	Lam Yat Hei	94	99	0	0	193
0	Men's Junior 13 (12-13)	M180	Poon Paak Ho	93	98	0	0	191
0	Men's Junior 13 (12-13)	M179	Nixon Cody	89	96	0	0	185
0	Men's Junior 13 (12-13)	M183	W Hugo	87	95	0	0	182
0	Men's Junior 13 (12-13)	M170	Chan Pak Long Casper	100	0	0	0	100
0	Men's Junior 13 (12-13)	M175	He Zihang	0	100	0	0	100
0	Men's Junior 13 (12-13)	M185	Wong Tsz Hin	99	0	0	0	99
0	Men's Junior 13 (12-13)	M172	Chu Chun lam	98	0	0	0	98
0	Men's Junior 13 (12-13)	M173	Dickinson James	96	0	0	0	96
0	Men's Junior 13 (12-13)	M184	Wong Carres	95	0	0	0	95
0	Men's Junior 13 (12-13)	M273	W Mason	0	94	0	0	94
0	Men's Junior 13 (12-13)	M182	Tam Jonas	92	0	0	0	92
0	Men's Junior 13 (12-13)	M181	Schulz Arvid	91	0	0	0	91
0	Men's Junior 13 (12-13)	M171	Cheng Yan Shun	90	0	0	0	90
0	Men's Junior 13 (12-13)	M176	Herne Jacob	88	0	0	0	88
0	Men's Junior 13 (12-13)	M174	Fraser Leo	86	0	0	0	86
0	Men's Junior 13 (12-13)	M178	Nguyen Kin Ho	0	0	0	0	0
0	Men's Junior 15 (14-15)	M198	Liu Chun Ho Jayden	99	100	0	0	199
0	Men's Junior 15 (14-15)	M187	Bharambe Atharav	100	98	0	0	198
0	Men's Junior 15 (14-15)	M204	TOBBACK ILIAS	98	99	0	0	197
0	Men's Junior 15 (14-15)	M191	Cheung Augusten	97	96	0	0	193
0	Men's Junior 15 (14-15)	M202	Sze Ming Yin	93	97	0	0	190
0	Men's Junior 15 (14-15)	M276	Spooner William	95	95	0	0	190
0	Men's Junior 15 (14-15)	M196	Lai Royce	94	94	0	0	188
0	Men's Junior 15 (14-15)	M186	Baram Dylan	88	92	0	0	180
0	Men's Junior 15 (14-15)	M192	Coulson Caleb	87	91	0	0	178
0	Men's Junior 15 (14-15)	M207	Wood Oliver	96	0	0	0	96
0	Men's Junior 15 (14-15)	M197	Lau Kin Yat	0	93	0	0	93
0	Men's Junior 15 (14-15)	M203	TANG KWAN YEUNG JASPER	92	0	0	0	92
0	Men's Junior 15 (14-15)	M194	Fraser Charlie	91	0	0	0	91
0	Men's Junior 15 (14-15)	M188	Chan Jan Sew	0	90	0	0	90
0	Men's Junior 15 (14-15)	M257	Barnes Jack	90	0	0	0	90
0	Men's Junior 15 (14-15)	M190	cheuk wa li	89	0	0	0	89
0	Men's Junior 15 (14-15)	M206	Wong Jaden	0	89	0	0	89
0	Men's Junior 15 (14-15)	M199	Shih Paul	86	0	0	0	86
0	Men's Junior 15 (14-15)	M200	Sing hin Chong	85	0	0	0	85
0	Men's Junior 15 (14-15)	M205	TSE ERON	84	0	0	0	84
0	Men's Junior 15 (14-15)	M195	Lai Isaac	83	0	0	0	83
0	Men's Junior 15 (14-15)	M189	chan tsz long	0	0	0	0	0
0	Men's Junior 15 (14-15)	M193	Deng Jieyu	0	0	0	0	0
0	Men's Junior 15 (14-15)	M287	Kwan Cheuk wai	0	0	0	0	0
0	Men's Junior 15 (14-15)	M290	Yu Fay	0	0	0	0	0
0	Men's Junior 17 (16-17)	M216	Riding Harvey	100	99	0	0	199
0	Men's Junior 17 (16-17)	M217	Rowlands Sol	96	98	0	0	194
0	Men's Junior 17 (16-17)	M209	Cheng Cyrus	94	97	0	0	191
0	Men's Junior 17 (16-17)	M208	Chan Ying Hang	0	100	0	0	100
0	Men's Junior 17 (16-17)	M214	Ng Yui Ching	99	0	0	0	99
0	Men's Junior 17 (16-17)	M218	Yau Chris	98	0	0	0	98
0	Men's Junior 17 (16-17)	M213	Maier Pirmin	97	0	0	0	97
0	Men's Junior 17 (16-17)	M219	Yeung Ching Yu	0	96	0	0	96
0	Men's Junior 17 (16-17)	M210	Dealy Oscar	95	0	0	0	95
0	Men's Junior 17 (16-17)	M211	Leung King Hei	0	0	0	0	0
0	Men's Junior 17 (16-17)	M212	Lin Rodney	0	0	0	0	0
0	Men's Junior 17 (16-17)	M215	Ngai Jeffery	0	0	0	0	0

AVOHK 5k Series 2026 - Series Results

0	Men's Open (18-34)	M253	WU CHEUK HIN	94	96	0	0	190
0	Men's Open (18-34)	M248	Tse Max	85	92	0	0	177
0	Men's Open (18-34)	M252	Wong Ka Ho Jonathan	84	91	0	0	175
0	Men's Open (18-34)	M278	Lai Siu Wing Wingo	74	90	0	0	164
0	Men's Open (18-34)	M223	Bhoovarahan Vaibhav	0	100	0	0	100
0	Men's Open (18-34)	M236	Lau Tsun Ling	100	0	0	0	100
0	Men's Open (18-34)	M233	Kruusamaee Uku	0	99	0	0	99
0	Men's Open (18-34)	M244	Osman	99	0	0	0	99
0	Men's Open (18-34)	M238	LI WING CHUN	98	0	0	0	98
0	Men's Open (18-34)	M266	Lam Shing Hon	0	98	0	0	98
0	Men's Open (18-34)	M239	LO Chun Leung	97	0	0	0	97
0	Men's Open (18-34)	M265	Lam Kwan Yui	0	97	0	0	97
0	Men's Open (18-34)	M242	Mohamed	96	0	0	0	96
0	Men's Open (18-34)	M221	Battle James	95	0	0	0	95
0	Men's Open (18-34)	M259	Adams Ben	0	95	0	0	95
0	Men's Open (18-34)	M232	Jhonjan Teeratorn	0	94	0	0	94
0	Men's Open (18-34)	M240	Ludvigsson Max	0	93	0	0	93
0	Men's Open (18-34)	M241	Mak Yan	93	0	0	0	93
0	Men's Open (18-34)	M220	Bartram Louis	92	0	0	0	92
0	Men's Open (18-34)	M250	Wong Chun Yip	91	0	0	0	91
0	Men's Open (18-34)	M255	Yiu Tsz Leong	90	0	0	0	90
0	Men's Open (18-34)	M227	CHIU CHI YEUNG	89	0	0	0	89
0	Men's Open (18-34)	M256	Yuen Ho Yin Desmond	88	0	0	0	88
0	Men's Open (18-34)	M231	Hung Jonathan	87	0	0	0	87
0	Men's Open (18-34)	M230	Hellgren Oliver	86	0	0	0	86
0	Men's Open (18-34)	M245	Power Kevin	83	0	0	0	83
0	Men's Open (18-34)	M228	Diamante Reymark	82	0	0	0	82
0	Men's Open (18-34)	M254	YEUNG KAM YUEN	81	0	0	0	81
0	Men's Open (18-34)	M247	Tang Ho Yin	80	0	0	0	80
0	Men's Open (18-34)	M237	Li Ka Hei	79	0	0	0	79
0	Men's Open (18-34)	M243	Moyo Gami	78	0	0	0	78
0	Men's Open (18-34)	M229	Hagerty Sean James	77	0	0	0	77
0	Men's Open (18-34)	M251	Wong Chun Yin	76	0	0	0	76
0	Men's Open (18-34)	M246	Purvis Hunter	75	0	0	0	75
0	Men's Open (18-34)	M222	Beylier Edgar	0	0	0	0	0
0	Men's Open (18-34)	M224	Cheng Ka Chun	0	0	0	0	0
0	Men's Open (18-34)	M225	Cheng Christopher	0	0	0	0	0
0	Men's Open (18-34)	M226	cheng Pui kit	0	0	0	0	0
0	Men's Open (18-34)	M234	Kwok Wang Hei	0	0	0	0	0
0	Men's Open (18-34)	M249	Tse Sze Chun	0	0	0	0	0
0	Men's Open (18-34)	M260	Arcuri Alessandro	0	0	0	0	0
0	Men's Open (18-34)	M262	Clark Michael	0	0	0	0	0
0	Men's Open (18-34)	M263	Dahl Victor	0	0	0	0	0
0	Men's Open (18-34)	M264	Edmunds Thomas	0	0	0	0	0
0	Men's Open (18-34)	M270	Martin Karl	0	0	0	0	0
0	Men's Open (18-34)	M279	Ali Jordan	0	0	0	0	0
0	Men's Open (18-34)	M281	Chabaud Pierre	0	0	0	0	0
0	Men's Open (18-34)	M282	Connolly Tommy	0	0	0	0	0