

AVOHK 5k Series 2026 - South Bay**Date : 12-09-2026**

OVERALL Rank	Gender Rank	CAT RANK	CATEGORY	BIB	NAME	Official Time	Chip Time
1	1	1	Men's Open (18-34)	M223	Bhoovarahan Vaibhav	0:17:06	0:17:05
2	2	1	Men's Junior 15 (14-15)	M294	Liu Chun Ho Jayden	0:17:10	0:17:10
3	3	2	Men's Junior 15 (14-15)	M292	Bharambe Atharav	0:17:26	0:17:26
4	4	1	Men's 35 (35-39)	M007	Donald James	0:17:28	0:17:28
5	5	3	Men's Junior 15 (14-15)	M204	TOBBACK ILIAS	0:17:34	0:17:34
6	6	4	Men's Junior 15 (14-15)	M191	Cheung Augusten	0:17:35	0:17:34
7	7	1	Men's 45 (45-49)	M076	Woo David	0:17:44	0:17:44
8	8	5	Men's Junior 15 (14-15)	M276	Spooner William	0:17:47	0:17:47
9	9	2	Men's Open (18-34)	M244	Osman	0:17:49	0:17:44
10	10	6	Men's Junior 15 (14-15)	M202	Sze Ming Yin	0:18:16	0:18:11
11	11	1	Men's 40 (40-44)	M027	Chan Wing Hung	0:18:23	0:18:21
12	12	2	Men's 45 (45-49)	M055	Dalling Will	0:18:28	0:18:25
13	13	7	Men's Junior 15 (14-15)	M196	Lai Royce	0:18:32	0:18:30
14	14	2	Men's 35 (35-39)	M014	MILLOT Matthieu	0:18:40	0:18:40
15	15	3	Men's 45 (45-49)	M064	Jowett Tim	0:18:50	0:18:49
16	16	1	Men's Junior 17 (16-17)	M216	Riding Harvey	0:18:54	0:18:53
17	17	3	Men's Open (18-34)	M238	LI WING CHUN	0:19:05	0:19:00
18	18	1	Men's Junior 13 (12-13)	M170	Chan Pak Long Casper	0:19:11	0:19:11
19	19	4	Men's 45 (45-49)	M061	HO HO YIN	0:19:12	0:19:10
20	20	1	Men's 50 (50-54)	M099	Marchant Tim	0:19:16	0:19:13
21	21	2	Men's 50 (50-54)	M078	Bryce James	0:19:20	0:19:19
22	22	4	Men's Open (18-34)	M270	Martin Karl	0:19:22	0:19:19
23	23	8	Men's Junior 15 (14-15)	M293	Barnes Jack	0:19:25	0:19:22
24	24	5	Men's Open (18-34)	M266	Lam Shing Hon	0:19:27	0:19:27
25	25	6	Men's Open (18-34)	M242	Mohamed	0:19:33	0:19:30
26	26	3	Men's 35 (35-39)	M285	Hernandez Alejandro	0:19:34	0:19:31
27	27	4	Men's 35 (35-39)	M005	Connolly Creighton	0:19:40	0:19:35
28	1	1	Ladies' 40 (40-44)	W146	Humphreys Libby	0:19:41	0:19:39
29	28	5	Men's 45 (45-49)	M077	Zielinski Jeffrey	0:19:45	0:19:40
30	29	2	Men's 40 (40-44)	M041	McCormick Neil	0:19:45	0:19:44
31	30	3	Men's 40 (40-44)	M029	Cooper Craig	0:19:48	0:19:47
32	31	1	Men's 55 (55-59)	M109	Berkhout Alexander	0:19:49	0:19:45
33	32	9	Men's Junior 15 (14-15)	M193	Deng Jieyu	0:19:55	0:19:46
34	33	10	Men's Junior 15 (14-15)	M194	Fraser Charlie	0:19:59	0:19:56
35	34	11	Men's Junior 15 (14-15)	M290	Yu Fay	0:20:03	0:20:02
36	2	1	Ladies' 35 (35-39)	W023	Whiteoak Colette	0:20:05	0:20:03
37	35	7	Men's Open (18-34)	M279	Ali Jordan	0:20:14	0:20:14
38	36	4	Men's 40 (40-44)	M283	Cowley Richard	0:20:16	0:20:15
39	3	1	Ladies' 45 (45-49)	W133	Knapman Mary	0:20:18	0:20:15
40	37	5	Men's 40 (40-44)	M025	CANG Tianyang	0:20:24	0:20:21
41	38	8	Men's Open (18-34)	M253	WU CHEUK HIN	0:20:30	0:20:26
42	39	2	Men's Junior 13 (12-13)	M177	Lam Yat Hei	0:20:31	0:20:31
43	40	1	Men's 60 (60-64)	M277	Day Paul	0:20:33	0:20:31
44	41	9	Men's Open (18-34)	M260	Arcuri Alessandro	0:20:34	0:20:30
45	4	2	Ladies' 40 (40-44)	W037	Shuttleworth-Waite Amie	0:20:34	0:20:31
46	5	2	Ladies' 45 (45-49)	W043	Bainbridge Hannah	0:20:40	0:20:38
47	42	2	Men's 55 (55-59)	M118	Kwok Kar Cheong	0:20:52	0:20:52
48	43	12	Men's Junior 15 (14-15)	M287	Kwan Cheuk wai	0:20:56	0:20:53
49	44	3	Men's Junior 13 (12-13)	M175	He Zihang	0:21:03	0:21:03
50	45	2	Men's 60 (60-64)	M143	Sewell Andrew	0:21:05	0:21:04
51	46	6	Men's 45 (45-49)	M057	Dookhi Dhiran	0:21:06	0:21:03
52	47	7	Men's 45 (45-49)	M284	Ferret Thibaut	0:21:08	0:21:04
53	48	3	Men's 50 (50-54)	M090	Graham Andrew	0:21:10	0:21:09
54	49	4	Men's Junior 13 (12-13)	M178	Nguyen Kin Ho	0:21:19	0:21:19
55	50	4	Men's 50 (50-54)	M107	Wu CHI TAK	0:21:20	0:21:20
56	51	5	Men's 50 (50-54)	M095	Lee Wing Kai	0:21:30	0:21:28
57	52	6	Men's 40 (40-44)	M272	Sandes Robert	0:21:31	0:21:26
58	53	7	Men's 40 (40-44)	M033	Victor	0:21:38	0:21:38
59	54	13	Men's Junior 15 (14-15)	M291	TANG KWAN YEUNG JASPER	0:21:49	0:21:49
60	55	3	Men's 60 (60-64)	M138	GILCHRIST JONATHAN	0:21:53	0:21:52
61	6	3	Ladies' 40 (40-44)	W123	Boursier Neto Helene	0:21:59	0:21:56
62	7	1	Ladies' Open (18-34)	W106	Chow Eugenia	0:22:10	0:22:07
63	56	10	Men's Open (18-34)	M300	Wong Jason	0:22:10	0:22:04
64	8	1	Ladies' 60 (60-64)	W078	LUI SHUI FAN	0:22:16	0:22:15
65	9	2	Ladies' Open (18-34)	W118	Tong Josephine	0:22:18	0:22:13
66	57	6	Men's 50 (50-54)	M096	Leung Ying Kit	0:22:23	0:22:11

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OVERALL Rank	Gender Rank	CAT RANK	CATEGORY	BIB	NAME	Official Time	Chip Time
67	58	7	Men's 50 (50-54)	M108	yen shiau sin	0:22:34	0:22:29
68	59	1	Men's 70 (70-74)	M163	Wing Sing Kwok	0:22:36	0:22:34
69	60	8	Men's 50 (50-54)	M093	Ho Wing Hung	0:22:40	0:22:30
70	61	1	Men's 65 (65-69)	M153	Leung Kwong Ming	0:22:43	0:22:43
71	62	8	Men's 40 (40-44)	M031	Fung Frederick	0:22:47	0:22:47
72	63	5	Men's Junior 13 (12-13)	M180	Poon Paak Ho	0:22:50	0:22:50
73	64	9	Men's 50 (50-54)	M082	Cheng Tsz Wah	0:22:50	0:22:43
74	65	2	Men's 65 (65-69)	M156	wai lap cheung	0:22:51	0:22:48
75	10	4	Ladies' 40 (40-44)	W142	Balinas Carol	0:22:54	0:22:49
76	11	1	Ladies' Junior 15 (14-15)	W004	Chan Cwensuela Danielle Cheuk Lam	0:22:56	0:22:48
77	12	2	Ladies' 35 (35-39)	W018	lim charmaine	0:22:59	0:22:52
78	66	3	Men's 65 (65-69)	M149	Ching Kwok Chu	0:23:06	0:23:03
79	67	3	Men's 55 (55-59)	M119	Lee Vincent	0:23:09	0:23:03
80	68	8	Men's 45 (45-49)	M053	Chan Henry	0:23:10	0:23:05
81	13	1	Ladies' Junior 13 (12-13)	W016	Barnes Ella	0:23:15	0:23:09
82	14	1	Ladies' 50 (50-54)	W061	Malone Aislinn	0:23:17	0:23:14
83	69	4	Men's 55 (55-59)	M123	Pringle Antony	0:23:24	0:23:20
84	70	9	Men's 40 (40-44)	M042	McGrath JJ	0:23:36	0:23:29
85	15	2	Ladies' 60 (60-64)	W147	LEUNG HOI LUN HELEN	0:23:48	0:23:45
86	71	10	Men's 50 (50-54)	M079	CHAN SAVIO	0:23:56	0:23:55
87	72	5	Men's 55 (55-59)	M115	Fong PC	0:23:57	0:23:55
88	73	11	Men's Open (18-34)	M299	Koesch Lukas	0:23:57	0:23:50
89	74	11	Men's 50 (50-54)	M100	Nixon Charlie	0:24:03	0:23:53
90	16	3	Ladies' 45 (45-49)	W053	Rundle Justyna	0:24:04	0:24:00
91	17	4	Ladies' 45 (45-49)	W051	Ng Choi Long	0:24:21	0:24:17
92	75	9	Men's 45 (45-49)	M052	Chan Tik Fai Simon	0:24:27	0:24:23
93	76	10	Men's 45 (45-49)	M051	Chan Ho-Kei	0:24:29	0:24:24
94	18	5	Ladies' 45 (45-49)	W046	chan wing ngaut Charis	0:24:32	0:24:31
95	19	3	Ladies' 35 (35-39)	W140	Duan Sherry	0:24:36	0:24:29
96	20	4	Ladies' 35 (35-39)	W141	LATORRACA VALENTINA	0:24:37	0:24:31
97	77	12	Men's 50 (50-54)	M106	Williams Jonathan	0:24:38	0:24:29
98	78	10	Men's 40 (40-44)	M046	Waite Jon	0:24:38	0:24:31
99	21	2	Ladies' Junior 15 (14-15)	W005	Chan Cheuk Kiu	0:24:39	0:24:36
100	79	13	Men's 50 (50-54)	M086	Evans Mark	0:24:42	0:24:32
101	22	3	Ladies' 60 (60-64)	W130	Abate Sian	0:24:44	0:24:40
102	80	11	Men's 45 (45-49)	M068	ON KA MAN	0:24:46	0:24:44
103	81	4	Men's 65 (65-69)	M148	CHEUNG CHI WING	0:24:49	0:24:47
104	82	5	Men's 65 (65-69)	M150	CHU HERMANN	0:24:53	0:24:48
105	83	6	Men's 55 (55-59)	M268	Lee Wai Choi	0:25:17	0:25:15
106	23	2	Ladies' Junior 13 (12-13)	W001	Chan Charlotte Dakota Yi Lam	0:25:19	0:25:12
107	84	4	Men's 60 (60-64)	M141	Lee Kenny	0:25:33	0:25:29
108	24	6	Ladies' 45 (45-49)	W054	Tsang Ting Chi	0:25:34	0:25:24
109	25	3	Ladies' Open (18-34)	W114	Manon	0:25:36	0:25:33
110	85	11	Men's 40 (40-44)	M036	KHALID KHAN MOHAMMAD	0:25:37	0:25:31
111	26	7	Ladies' 45 (45-49)	W052	NG OI KA	0:25:53	0:25:49
112	27	5	Ladies' 40 (40-44)	W145	Ortilano Melinda	0:25:56	0:25:48
113	86	12	Men's 45 (45-49)	M066	MA DEREK HING KWOK	0:25:56	0:25:56
114	28	3	Ladies' Junior 15 (14-15)	W144	kan Yung Ching Anastasia	0:26:10	0:26:10
115	87	2	Men's 70 (70-74)	M164	yu hin man	0:26:17	0:26:17
116	29	2	Ladies' 50 (50-54)	W055	Chan Wai Yan	0:26:22	0:26:17
117	88	7	Men's 55 (55-59)	M122	McGunnigle Paul	0:26:34	0:26:18
118	30	8	Ladies' 45 (45-49)	W047	Dickinson Sarah	0:26:35	0:26:25
119	89	5	Men's 60 (60-64)	M139	Kwok Bobby	0:26:56	0:26:51
120	90	6	Men's Junior 13 (12-13)	M174	Fraser Leo	0:26:59	0:26:50
121	91	13	Men's 45 (45-49)	M059	Fraser Allan	0:27:00	0:26:51
122	31	5	Ladies' 35 (35-39)	W013	Cheung Andrea	0:27:04	0:26:58
123	92	12	Men's 40 (40-44)	M035	Hutchinson Matthew	0:27:05	0:26:59
124	32	4	Ladies' 60 (60-64)	W082	Wong Cecilia	0:27:08	0:27:05
125	33	3	Ladies' 50 (50-54)	W057	CHEUNG Pui Ling Pauline	0:27:18	0:27:17
126	93	5	Men's 35 (35-39)	M003	CHUNG CHUN KIN	0:27:24	0:27:15
127	94	8	Men's 55 (55-59)	M117	Kong Felix	0:27:31	0:27:19
128	34	4	Ladies' Open (18-34)	W149	chan vera	0:27:34	0:27:21
129	35	1	Ladies' Junior 17 (16-17)	W143	Ip Amy	0:27:41	0:27:32
130	95	14	Men's 50 (50-54)	M021	IP JEREMY	0:27:42	0:27:35
131	96	3	Men's 70 (70-74)	M160	IP Shing Hing, Simon	0:27:56	0:27:49
132	36	9	Ladies' 45 (45-49)	W044	Chan Frankie	0:28:05	0:27:53

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133	37	6	Ladies' 40 (40-44)	W025	Ballesteros Caban Jovielyn	0:28:10	0:28:05
134	97	15	Men's 50 (50-54)	M102	Reed Scott	0:28:10	0:27:57
135	38	1	Ladies' 55 (55-59)	W070	fanny ng	0:28:12	0:28:09
136	98	16	Men's 50 (50-54)	M098	Liu Albert	0:28:15	0:28:02
137	99	6	Men's 35 (35-39)	M004	Cochran Ali	0:28:28	0:28:22
138	100	1	Men's 75 (75-79)	M166	Lau Stephen K	0:28:29	0:28:23
139	39	2	Ladies' 55 (55-59)	W069	Chan Sarah	0:28:33	0:28:29
140	101	7	Men's 35 (35-39)	M010	Ho Adrian	0:28:39	0:28:28
141	40	6	Ladies' 35 (35-39)	W011	Bell Gemma	0:28:53	0:28:45
142	41	4	Ladies' 50 (50-54)	W062	Nixon Joanne	0:29:02	0:28:50
143	42	5	Ladies' 60 (60-64)	W081	Wingard-Robertsson Carolyn	0:29:02	0:28:57
144	102	4	Men's 70 (70-74)	M159	HA Kin Wah	0:29:13	
145	43	5	Ladies' Open (18-34)	W120	Whittington Chloe	0:29:20	0:29:14
146	103	14	Men's 45 (45-49)	M074	Wilcockson David	0:29:32	0:29:21
147	104	7	Men's Junior 13 (12-13)	M183	W Hugo	0:29:33	0:29:22
148	105	13	Men's 40 (40-44)	M028	cheung ison	0:29:50	0:29:44
149	44	2	Ladies' Junior 17 (16-17)	W092	Guo Yuqi	0:29:55	0:29:48
150	106	9	Men's 55 (55-59)	M114	Chi Kin Cheung	0:30:08	0:29:57
151	107	8	Men's 35 (35-39)	M001	Beceic Dragan Marco	0:30:09	0:30:00
152	108	6	Men's 60 (60-64)	M145	Tam Tak Kuen	0:30:13	0:30:05
153	45	3	Ladies' Junior 13 (12-13)	W002	Chan Cheuk Lam	0:30:30	0:30:22
154	46	1	Ladies' 75 (75-79)	W088	Ko Susan	0:30:39	0:30:37
155	109	10	Men's 55 (55-59)	M130	WAN David Hueng Chi	0:30:42	0:30:28
156	110	5	Men's 70 (70-74)	M157	Chan Chok Ming	0:30:43	0:30:33
157	47	1	Ladies' 70 (70-74)	W085	Lo Wai Chun	0:30:43	0:30:34
158	111	6	Men's 70 (70-74)	M162	Tsui Henry	0:30:49	0:30:38
159	48	7	Ladies' 40 (40-44)	W029	Hanley Debbie	0:31:12	0:31:02
160	49	8	Ladies' 40 (40-44)	W035	Rice Justine	0:31:50	0:31:43
161	50	9	Ladies' 40 (40-44)	W036	Sarah	0:31:57	0:31:55
162	51	6	Ladies' Open (18-34)	W105	Chow Rachel	0:32:03	0:31:55
163	52	7	Ladies' 35 (35-39)	W022	Svetlana	0:32:06	0:32:03
164	53	2	Ladies' 70 (70-74)	W087	Yiu Suk Yin	0:32:07	0:31:58
165	54	10	Ladies' 40 (40-44)	W027	Cheung Lisa	0:32:11	0:32:03
166	112	6	Men's 65 (65-69)	M154	NG Kai Yuen	0:32:13	0:28:46
167	113	12	Men's Open (18-34)	M252	Wong Ka Ho Jonathan	0:32:26	0:32:10
168	114	11	Men's 55 (55-59)	M131	Wong Wing Him Denis	0:32:27	0:32:17
169	55	4	Ladies' Junior 15 (14-15)	W006	Li Ching Wan	0:32:53	0:32:47
170	115	2	Men's 75 (75-79)	M165	Chan Chakyan	0:33:06	0:32:58
171	116	17	Men's 50 (50-54)	M297	Ebella Andre	0:33:37	0:33:22
172	56	7	Ladies' Open (18-34)	W138	Lai Pui Yan	0:33:43	0:33:42
173	57	3	Ladies' 70 (70-74)	W086	Siu Kwan ying	0:33:46	0:33:40
174	117	7	Men's 60 (60-64)	M275	Desmidt Marc	0:34:13	0:34:04
175	58	8	Ladies' Open (18-34)	W148	Sibo	0:34:13	0:34:11
176	59	5	Ladies' 50 (50-54)	W063	van Balken Natasja	0:34:47	0:34:39
177	118	3	Men's 75 (75-79)	M167	Lee Wing Hung	0:35:03	0:34:55
178	60	10	Ladies' 45 (45-49)	W045	Chan Pui Yin Petty	0:35:23	0:35:17
179	119	7	Men's 70 (70-74)	M269	LEUNG PUI KI	0:36:16	0:36:01
180	61	8	Ladies' 35 (35-39)	W132	Cheng Ka Man	0:36:52	0:36:39
181	120	14	Men's 40 (40-44)	M048	Wong Cheuk Bun Alvin	0:37:00	0:36:48
182	62	9	Ladies' 35 (35-39)	W135	Lee Sze Ting	0:37:14	0:37:02
183	63	10	Ladies' 35 (35-39)	W021	Shifah	0:38:14	0:38:07
184	121	8	Men's 60 (60-64)	M142	Li Yuk Ki Eric	0:38:24	0:38:10
185	64	2	Ladies' 75 (75-79)	W089	LAU Rebecca	0:38:30	0:38:18
186	65	11	Ladies' 45 (45-49)	W137	Tse Sin Ying Josephine	0:39:33	0:39:33
187	66	9	Ladies' Open (18-34)	W122	Yuen Wing Hei	0:43:26	0:43:12
188	122	9	Men's 60 (60-64)	M134	Caldwell Charles	0:44:03	0:43:51
189	67	6	Ladies' 50 (50-54)	W129	Yuen Michelle Somui	0:46:53	0:46:40