

AVOHK 5k series 2026 Race 1 (Bowen Road)

Date: 15/8/2026

Overall Position	Gender Position	Category Position	Category	Bib	Name	OfficialTime
1	1	1	Men's Open (18-34)	M236	Lau Tsun Ling	0:17:14
2	2	1	Men's 35 (35-39)	M020	Tsui Chi kin	0:17:34
3	3	1	Men's 40 (40-44)	M045	Vaudaine Frederic	0:17:37
4	4	2	Men's 35 (35-39)	M006	Cotton Sebastian	0:17:49
5	5	1	Men's 45 (45-49)	M056	Davis Chris	0:18:02
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
8	8	2	Men's 40 (40-44)	M049	Yuen Wan Ho	0:18:18
9	9	1	Men's 50 (50-54)	M091	Heijboer Govert	0:18:19
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
12	10	2	Men's 45 (45-49)	M076	Woo David	0:18:35
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
15	11	2	Men's 50 (50-54)	M088	Forde Nicholas	0:18:49
16	12	2	Men's Open (18-34)	M244	Osman	0:18:51
17	13	3	Men's 45 (45-49)	M070	Sasaki Tomonori	0:18:56
18	5	5	Men's Junior 15 (14-15)	M207	Wood Oliver	0:18:56
19	14	3	Men's 40 (40-44)	M027	Chan Wing Hung	0:19:00
20	15	4	Men's 45 (45-49)	M055	Dalling Will	0:19:07
21	6	1	Men's Junior 13 (12-13)	M170	Chan Pak Long Casper	0:19:07
22	16	5	Men's 35 (35-39)	M014	MILLOT Matthieu	0:19:16
23	17	5	Men's 45 (45-49)	M064	Jowett Tim	0:19:33
24	1	1	Ladies' 40 (40-44)	W031	Humphreys Libby	0:19:35
25	7	6	Men's Junior 15 (14-15)	M201	Spooner William	0:19:36
26	18	4	Men's 40 (40-44)	M029	Cooper Craig	0:19:40
27	8	7	Men's Junior 15 (14-15)	M196	Lai Royce	0:19:46
28	19	6	Men's 45 (45-49)	M061	HO HO YIN	0:19:59
29	20	3	Men's 50 (50-54)	M099	Marchant Tim	0:20:02
30	21	7	Men's 45 (45-49)	M077	Zielinski Jeffrey	0:20:06
31	22	3	Men's Open (18-34)	M238	LI WING CHUN	0:20:08
32	2	1	Ladies' 35 (35-39)	W023	Whiteoak Colette	0:20:10
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
35	23	4	Men's 50 (50-54)	M090	Graham Andrew	0:20:23
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
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
40	26	6	Men's 35 (35-39)	M016	Nolleau Clement	0:20:50
41	27	1	Men's 55 (55-59)	M113	Chan Wai Kei	0:20:52
42	13	4	Men's Junior 13 (12-13)	M169	Bundo Kazuki	0:20:58
43	14	10	Men's Junior 15 (14-15)	M194	Fraser Charlie	0:21:03
44	28	2	Men's 55 (55-59)	M110	birman mark	0:21:09
45	15	11	Men's Junior 15 (14-15)	M257	Barnes Jack	0:21:11
46	16	5	Men's Junior 13 (12-13)	M173	Dickinson James	0:21:12
47	29	5	Men's 50 (50-54)	M078	Bryce James	0:21:14
48	17	12	Men's Junior 15 (14-15)	M190	cheuk wa li	0:21:15
49	30	6	Men's Open (18-34)	M221	Battle James	0:21:15
50	31	6	Men's 50 (50-54)	M102	Reed Scott	0:21:16
51	18	1	Men's Junior 17 (16-17)	M216	Riding Harvey	0:21:17
52	32	5	Men's 40 (40-44)	M041	McCormick Neil	0:21:17
53	33	7	Men's 50 (50-54)	M101	Ranjan Rajeev	0:21:18
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
56	3	2	Ladies' 40 (40-44)	W037	Shuttleworth-Waite Amie	0:21:33
57	19	13	Men's Junior 15 (14-15)	M186	Baram Dylan	0:21:39
58	36	3	Men's 55 (55-59)	M118	Kwok Kar Cheong	0:21:40
59	20	14	Men's Junior 15 (14-15)	M192	Coulson Caleb	0:21:42
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
62	39	8	Men's 50 (50-54)	M084	Cummings Jonathan	0:21:45
63	40	9	Men's Open (18-34)	M220	Bartram Louis	0:21:46
64	41	8	Men's 45 (45-49)	M062	Hui Yat Wing Albert	0:21:51
65	42	9	Men's 50 (50-54)	M107	Wu CHI TAK	0:21:52
66	43	8	Men's 40 (40-44)	M025	CANG Tianyang	0:21:59
67	21	2	Men's Junior 17 (16-17)	M214	Ng Yui Ching	0:22:00
68	22	6	Men's Junior 13 (12-13)	M184	Wong Carres	0:22:00
69	44	9	Men's 40 (40-44)	M034	Huang Wai Kwan	0:22:01
70	23	15	Men's Junior 15 (14-15)	M199	Shih Paul	0:22:04
71	24	7	Men's Junior 13 (12-13)	M177	Lam Yat Hei	0:22:06
72	45	1	Men's 60 (60-64)	M136	Day Paul	0:22:12
73	46	9	Men's 45 (45-49)	M057	Dookhi Dhiran	0:22:13
74	25	16	Men's Junior 15 (14-15)	M200	Sing hin Chong	0:22:15
75	47	7	Men's 35 (35-39)	M012	Lai Tat yik	0:22:16
76	48	1	Men's 65 (65-69)	M155	To Eric	0:22:18
77	49	10	Men's Open (18-34)	M250	Wong Chun Yip	0:22:22
78	50	10	Men's 50 (50-54)	M095	Lee Wing Kai	0:22:25
79	51	11	Men's Open (18-34)	M255	Yiu Tsz Leong	0:22:26
80	26	8	Men's Junior 13 (12-13)	M180	Poon Paak Ho	0:22:30
81	52	12	Men's Open (18-34)	M227	CHIU CHI YEUNG	0:22:30
82	53	2	Men's 60 (60-64)	M138	GILCHRIST JONATHAN	0:22:36
83	54	10	Men's 40 (40-44)	M031	Fung Frederick	0:22:47
84	55	13	Men's Open (18-34)	M256	Yuen Ho Yin Desmond	0:22:51
85	56	4	Men's 55 (55-59)	M132	Yiu Vor	0:22:53
86	57	2	Men's 65 (65-69)	M156	wai lap cheung	0:22:55
87	4	3	Ladies' 40 (40-44)	W041	WANG YUEN SUEN	0:22:56
88	58	14	Men's Open (18-34)	M231	Hung Jonathan	0:22:58
89	27	9	Men's Junior 13 (12-13)	M182	Tam Jonas	0:23:02
90	59	11	Men's 40 (40-44)	M258	Victor	0:23:02

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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
93	28	10	Men's Junior 13 (12-13)	M181	Schulz Arvid	0:23:17
94	62	15	Men's Open (18-34)	M230	Hellgren Oliver	0:23:32
95	5	1	Ladies' 60 (60-64)	W078	LUI SHUI FAN	0:23:32
96	6	1	Ladies Junior 13 (12-13)	W016	Barnes Ella	0:23:39
97	7	1	Ladies' 45 (45-49)	W049	Kam Hay Man	0:23:42
98	63	5	Men's 55 (55-59)	M127	Spooner Daniel St John	0:23:45
99	64	11	Men's 50 (50-54)	M108	yen shiau sin	0:23:51
100	65	1	Men's 70 (70-74)	M163	Wing Sing Kwok	0:23:55
101	29	3	Men's Junior 17 (16-17)	M218	Yau Chris	0:24:01
102	66	12	Men's 50 (50-54)	M097	Li Luk Sing	0:24:01
103	8	1	Ladies' Open (18-34)	W118	Tong Josephine	0:24:02
104	67	10	Men's 45 (45-49)	M074	Wilcockson David	0:24:05
105	9	2	Ladies' Open (18-34)	W103	Chen Chung Ling Bauhinia	0:24:08
106	30	11	Men's Junior 13 (12-13)	M171	Cheng Yan Shun	0:24:13
107	68	13	Men's 50 (50-54)	M092	HO PING YIN	0:24:17
108	31	12	Men's Junior 13 (12-13)	M179	Nixon Cody	0:24:17
109	10	2	Ladies' 35 (35-39)	W018	lim charmaine	0:24:19
110	11	2	Ladies' 60 (60-64)	W077	LEUNG HOI LUN HELEN	0:24:21
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
113	12	3	Ladies' Open (18-34)	W113	Louie Kylie	0:24:24
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
116	13	1	Ladies' 50 (50-54)	W065	Wong Lai Ling	0:24:41
117	73	10	Men's 35 (35-39)	M019	Strand Victor	0:24:41
118	14	2	Ladies' 45 (45-49)	W051	Ng Choi Long	0:24:41
119	15	3	Ladies' 45 (45-49)	W054	Tsang Ting Chi	0:24:42
120	74	5	Men's 65 (65-69)	M148	CHEUNG CHI WING	0:24:45
121	75	12	Men's 40 (40-44)	M050	YUNG WING HONG	0:24:47
122	76	6	Men's 65 (65-69)	M149	Ching Kwok Chu	0:24:49
123	16	4	Ladies' Open (18-34)	W110	Lau Wai Hin	0:24:52
124	77	6	Men's 55 (55-59)	M123	Pringle Antony	0:24:53
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
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
129	17	3	Ladies' 35 (35-39)	W014	Kwan Natalie	0:25:04
130	82	7	Men's 55 (55-59)	M119	Lee Vincent	0:25:08
131	18	5	Ladies' Open (18-34)	W102	CHAN Janna	0:25:12
132	83	13	Men's 40 (40-44)	M046	Waite Jon	0:25:12
133	32	13	Men's Junior 13 (12-13)	M176	Herne Jacob	0:25:12
134	19	4	Ladies' 35 (35-39)	W024	Wood Kate	0:25:15
135	84	18	Men's 50 (50-54)	M100	Nixon Charlie	0:25:20
136	85	16	Men's Open (18-34)	M248	Tse Max	0:25:22
137	20	4	Ladies' 45 (45-49)	W053	Rundle Justyna	0:25:23
138	86	13	Men's 45 (45-49)	M053	Chan Henry	0:25:26
139	87	3	Men's 60 (60-64)	M140	Lau Tommy	0:25:30
140	33	17	Men's Junior 15 (14-15)	M205	TSE ERON	0:25:33
141	88	7	Men's 65 (65-69)	M150	CHU HERMANN	0:25:34
142	89	4	Men's 60 (60-64)	M137	Desmidt Marc	0:25:35
143	90	14	Men's 45 (45-49)	M052	Chan Tik Fai Simon	0:25:37
144	21	5	Ladies' 45 (45-49)	W046	chan wing ngaut Charis	0:25:37
145	22	2	Ladies' 50 (50-54)	W058	Jayne	0:25:39
146	91	14	Men's 40 (40-44)	M042	McGrath JJ	0:25:40
147	92	11	Men's 35 (35-39)	M015	Mistry Amit	0:25:41
148	93	15	Men's 45 (45-49)	M058	FEI ANDY	0:25:44
149	1	1	Ladies Junior 15 (14-15)	W005	Chan Cheuk Kiu	0:25:45
150	94	15	Men's 40 (40-44)	M038	Kwong Raymond	0:25:46
151	23	2	Ladies Junior 15 (14-15)	W004	Chan Cwensuela Danielle Cheuk Lam	0:25:48
152	34	4	Men's Junior 17 (16-17)	M213	Maier Pirmin	0:25:49
153	95	16	Men's 40 (40-44)	M030	Fujita Hironori	0:25:50
154	24	6	Ladies' Open (18-34)	W109	LAU Wing Hin	0:25:57
155	96	8	Men's 55 (55-59)	M115	Fong PC	0:25:57
156	25	6	Ladies' 45 (45-49)	W052	NG OI KA	0:26:07
157	97	9	Men's 55 (55-59)	M124	Rubinstein Marc	0:26:14
158	98	16	Men's 45 (45-49)	M051	Chan Ho-Kei	0:26:21
159	99	17	Men's Open (18-34)	M252	Wong Ka Ho Jonathan	0:26:22
160	100	19	Men's 50 (50-54)	M103	Sandoval Jose	0:26:26
161	101	10	Men's 55 (55-59)	M120	Lee Christophe	0:26:28
162	35	18	Men's Open (18-34)	M245	Power Kevin	0:26:28
163	102	11	Men's 55 (55-59)	M128	Tong Matthew	0:26:28
164	103	5	Men's 60 (60-64)	M146	Woodruff Elliot	0:26:31
165	2	2	Ladies Junior 13 (12-13)	W003	WONG CHILY CHI LEI	0:26:34
166	104	19	Men's Open (18-34)	M228	Diamante Reymark	0:26:43
167	105	20	Men's 50 (50-54)	M089	FUNG Brian	0:26:45
168	26	1	Ladies' Junior 17 (16-17)	W091	Gilham Safiya	0:26:45
169	27	1	Ladies' 65 (65-69)	W084	Yeung Mei Lun	0:26:52
170	106	12	Men's 35 (35-39)	M017	Pu Ian	0:26:52
171	107	21	Men's 50 (50-54)	M094	Hsieh Sammy	0:26:54
172	108	17	Men's 45 (45-49)	M075	WONG SZE LUNG	0:27:00
173	109	12	Men's 55 (55-59)	M122	McGunnigle Paul	0:27:01
174	110	17	Men's 40 (40-44)	M043	Schroder Luke	0:27:02
175	111	20	Men's Open (18-34)	M254	YEUNG KAM YUEN	0:27:06
176	28	7	Ladies' Open (18-34)	W099	Caldwell Sela	0:27:12
177	112	6	Men's 60 (60-64)	M139	Kwok Bobby	0:27:12
178	113	2	Men's 70 (70-74)	M164	yu hin man	0:27:12
179	29	7	Ladies' 45 (45-49)	W047	Dickinson Sarah	0:27:21
180	114	18	Men's 40 (40-44)	M039	Lau Matthew	0:27:27

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181	115	21	Men's Open (18-34)	M247	Tang Ho Yin	0:27:30
182	30	3	Ladies' 60 (60-64)	W082	Wong Cecilia	0:27:32
183	31	1	Ladies' 55 (55-59)	W070	fanny ng	0:27:33
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
186	36	14	Men's Junior 13 (12-13)	M183	W Hugo	0:27:49
187	32	3	Ladies' 50 (50-54)	W055	Chan Wai Yan	0:27:57
188	118	24	Men's 50 (50-54)	M106	Williams Jonathan	0:27:58
189	119	7	Men's 60 (60-64)	M133	Au Timothy	0:27:58
190	120	13	Men's 35 (35-39)	M013	Man Kwun Tung	0:28:00
191	121	3	Men's 70 (70-74)	M160	IP Shing Hing, Simon	0:28:10
192	33	3	Ladies Junior 13 (12-13)	W001	Chan Charlotte Dakota Yi Lam	0:28:22
193	122	18	Men's 45 (45-49)	M067	McKenzie Alan	0:28:25
194	123	8	Men's 65 (65-69)	M154	NG Kai Yuen	0:28:27
195	124	22	Men's Open (18-34)	M237	Li Ka Hei	0:28:28
196	34	8	Ladies' Open (18-34)	W115	Mok Tsz Mei	0:28:29
197	37	5	Men's Junior 17 (16-17)	M217	Rowlands Sol	0:28:29
198	125	4	Men's 70 (70-74)	M159	HA Kin Wah	0:28:36
199	35	4	Ladies' 50 (50-54)	W057	CHEUNG Pui Ling Pauline	0:28:42
200	126	8	Men's 60 (60-64)	M135	Cheng Man Keung	0:28:43
201	36	8	Ladies' 45 (45-49)	W050	Lee Karen	0:28:44
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
204	38	6	Men's Junior 17 (16-17)	M210	Dealy Oscar	0:28:48
205	37	4	Ladies' 40 (40-44)	W026	Borchart Lisa	0:28:49
206	129	9	Men's 65 (65-69)	M152	LEE CHI MING	0:28:54
207	130	13	Men's 55 (55-59)	M112	Chan Ka Ming	0:28:56
208	131	19	Men's 45 (45-49)	M060	fung norton	0:28:58
209	38	9	Ladies' Open (18-34)	W100	Chak Sum Chi	0:28:58
210	132	25	Men's 50 (50-54)	M098	Liu Albert	0:29:02
211	39	10	Ladies' Open (18-34)	W120	Whittington Chloe	0:29:08
212	133	20	Men's 45 (45-49)	M065	Lin Hoi kit	0:29:29
213	40	5	Ladies' 35 (35-39)	W011	Bell Gemma	0:29:35
214	41	5	Ladies' 50 (50-54)	W062	Nixon Joanne	0:29:41
215	42	5	Ladies' 40 (40-44)	W025	Ballesteros Caban Jovielyn	0:29:46
216	39	15	Men's Junior 13 (12-13)	M174	Fraser Leo	0:29:58
217	43	2	Ladies' 55 (55-59)	W069	Chan Sarah	0:30:01
218	40	7	Men's Junior 17 (16-17)	M209	Cheng Cyrus	0:30:02
219	134	14	Men's 55 (55-59)	M125	Schulz Arne	0:30:04
220	135	19	Men's 40 (40-44)	M040	Lee Bees	0:30:19
221	44	4	Ladies' 60 (60-64)	W081	Wingard-Robertsson Carolyn	0:30:20
222	136	1	Men's 75 (75-79)	M166	Lau Stephen K	0:30:32
223	137	15	Men's 55 (55-59)	M131	Wong Wing Him Denis	0:30:33
224	138	5	Men's 70 (70-74)	M158	Greer Ken	0:30:34
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
227	141	21	Men's 45 (45-49)	M054	Cheng Kwok Ming	0:30:59
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
230	45	6	Ladies' 35 (35-39)	W020	O'Brien Heather	0:31:12
231	144	25	Men's Open (18-34)	M251	Wong Chun Yin	0:31:15
232	46	2	Ladies' Junior 17 (16-17)	W094	Lip Tweety	0:31:16
233	145	6	Men's 70 (70-74)	M157	Chan Chok Ming	0:31:23
234	47	9	Ladies' 45 (45-49)	W048	Fujita Hiromi	0:31:43
235	48	10	Ladies' 45 (45-49)	W044	Chan Frankie	0:31:45
236	49	1	Ladies' 75 (75-79)	W088	Ko Susan	0:31:50
237	50	7	Ladies' 35 (35-39)	W022	Svetlana	0:31:58
238	146	18	Men's 55 (55-59)	M121	Maier Joerg	0:32:10
239	51	11	Ladies' Open (18-34)	W105	Chow Rachel	0:32:25
240	52	6	Ladies' 40 (40-44)	W029	Hanley Debbie	0:32:33
241	53	1	Ladies' 70 (70-74)	W085	Lo Wai Chun	0:32:38
242	54	7	Ladies' 40 (40-44)	W035	Rice Justine	0:32:45
243	55	2	Ladies' 70 (70-74)	W087	Yiu Suk Yin	0:33:21
244	147	26	Men's Open (18-34)	M246	Purvis Hunter	0:33:46
245	56	6	Ladies' 50 (50-54)	W060	Maier Andrea	0:33:53
246	57	8	Ladies' 40 (40-44)	W032	Lai Sophia	0:33:56
247	58	12	Ladies' Open (18-34)	W104	Choi Wai Ting	0:33:56
248	59	3	Ladies' 55 (55-59)	W071	Ho Timmy	0:34:01
249	60	7	Ladies' 50 (50-54)	W063	van Balken Natasja	0:34:08
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
252	61	9	Ladies' 40 (40-44)	W036	Sarah	0:34:45
253	150	27	Men's Open (18-34)	M235	Lai Siu Wing Wingo	0:35:04
254	3	3	Ladies Junior 15 (14-15)	W009	Maier Greta	0:35:05
255	62	8	Ladies' 35 (35-39)	W015	LAM KA YU	0:35:06
256	151	26	Men's 50 (50-54)	M085	Ebella Andre	0:35:15
257	63	10	Ladies' 40 (40-44)	W030	Hay Dominique	0:35:35
258	152	20	Men's 40 (40-44)	M047	Wong Christopher Hoi	0:35:36
259	64	3	Ladies' 70 (70-74)	W086	Siu Kwan ying	0:35:41
260	65	4	Ladies' 55 (55-59)	W073	Lyons Tess	0:36:12
261	153	22	Men's 45 (45-49)	M073	TSANG YU KIN	0:36:49
262	66	5	Ladies' 60 (60-64)	W079	Mitchell-Sandoval Karen	0:36:59
263	154	11	Men's 60 (60-64)	M142	Li Yuk Ki Eric	0:37:25
264	67	11	Ladies' 40 (40-44)	W038	Sung Tiffany	0:37:51
265	68	9	Ladies' 35 (35-39)	W021	Shifah	0:38:04
266	69	10	Ladies' 35 (35-39)	W019	McKenzie Sophie	0:38:24
267	155	21	Men's 40 (40-44)	M048	Wong Cheuk Bun Alvin	0:38:37
268	70	6	Ladies' 60 (60-64)	W076	choy may	0:38:42
269	156	22	Men's 40 (40-44)	M026	Chan Wing Lee	0:38:44
270	71	3	Ladies' Junior 17 (16-17)	W097	Schulz Amelie	0:40:15

AVOHK 5k series 2026 Race 1 (Bowen Road)

Date: 15/8/2026

Overall Position	Gender Position	Category Position	Category	Bib	Name	OfficialTime
271	157	12	Men's 60 (60-64)	M134	Caldwell Charles	0:40:18
272	72	4	Ladies' Junior 17 (16-17)	W096	Nixon Liliana	0:40:39
273	73	2	Ladies' 75 (75-79)	W089	LAU Rebecca	0:41:10
274	74	11	Ladies' 45 (45-49)	W045	Chan Pui Yin Petty	0:43:49
275	75	8	Ladies' 50 (50-54)	W056	Chen Hsin Yi	0:44:14
276	76	13	Ladies' Open (18-34)	W122	Yuen Wing Hei	0:44:30
277	77	9	Ladies' 50 (50-54)	W068	Yuen Michelle Somui	0:47:40
278	1	1	Men's 80 (80+)	M168	So Yip Sing	0:53:08
279	41	18	Men's Junior 15 (14-15)	M195	Lai Isaac	1:05:00