

AVOHK 5k Series 2023

Date: 7th October 2023

Overall Position	Category	Bib	EngName	Official Time	ChipTime	CP1
1	Men Open (18-34)	M201	Chan Ho Kwan	0:17:36	0:17:36	0:08:49
2	Men Junior 17 (16-17)	M110	Jiro Loasby	0:19:08	0:19:08	0:09:35
3	Men 35 (35-39)	M047	Creighton Connolly	0:19:18	0:19:17	0:10:14
4	Men 40 (40-44)	M204	David Woo	0:19:27	0:19:27	0:10:16
5	Men 45 (45-49)	M125	Yan Chi Ng	0:20:00	0:19:59	0:10:30
6	Men Junior 15 (14-15)	M003	Janos Au	0:20:03	0:20:01	0:10:22
7	Men 45 (45-49)	M132	Frank Riehm	0:20:06	0:20:04	0:10:24
8	Men Open (18-34)	M205	Yun Wa Cheng	0:20:08	0:20:06	0:10:32
9	Men 55 (55-59)	M013	Michael Capper	0:20:18	0:20:16	0:10:30
10	Men 50 (50-54)	M183	Fu Wang Choi	0:20:19	0:20:18	0:10:50
11	Men 35 (35-39)	M165	Lawrence Wong	0:20:47	0:20:47	0:10:45
12	Men Open (18-34)	M115	Thomas Macalister-Smith	0:20:50	0:20:48	0:10:52
13	Men Open (18-34)	M006	Vaibhav Bhoovarahan	0:20:51	0:20:48	0:10:53
14	Men Junior 15 (14-15)	M203	Yuwei Ethan Kao	0:20:59	0:20:56	0:11:07
15	Men Junior 15 (14-15)	M092	Tsun Lam Law	0:20:59	0:20:55	0:11:05
16	Men Junior 17 (16-17)	M116	Pranav Mahtani	0:21:25	0:21:22	0:10:49
17	Men Junior 13 (12-13)	M161	Tomos Williams	0:21:46	0:21:44	0:11:15
18	Men 35 (35-39)	M017	Tsz Long Chan	0:21:46	0:21:45	0:11:11
19	Men 50 (50-54)	M185	Kar Lok Lee	0:22:03	0:22:02	0:11:19
20	Men 55 (55-59)	M139	Andrew Sewell	0:22:20	0:22:18	0:11:37
21	Ladies Junior 17 (16-17)	W080	Charlotte Work	0:22:35	0:22:35	0:11:29
22	Men 55 (55-59)	M030	Simon Cheng	0:22:52	0:22:51	0:11:42
23	Men 65 (65-69)	M163	Kwok Wingsing	0:23:17	0:23:16	0:12:18
24	Men 55 (55-59)	M065	Jonathan Gilchrist	0:23:21	0:23:19	0:12:25
25	Men 45 (45-49)	M043	Tony Chung	0:23:23	0:23:19	0:12:20
26	Men 60 (60-64)	M149	Eric To	0:23:25	0:23:23	0:12:30
27	Men 65 (65-69)	M032	Wai Lap Cheung	0:23:48	0:23:48	0:12:22
28	Men Junior 13 (12-13)	M062	Charlie Fraser	0:24:13	0:24:11	0:12:50
29	Men 55 (55-59)	M128	Antony Pringle	0:24:18	0:24:15	0:12:46
30	Men 55 (55-59)	M184	Wai Keung Chan	0:24:20	0:24:19	0:12:37
31	Men 65 (65-69)	M100	Kwong Ming Leung	0:24:26	0:24:22	0:12:24
32	Men 40 (40-44)	M061	Allan Fraser	0:24:32	0:24:29	0:12:54
33	Ladies Junior 15 (14-15)	W063	Oi Yu Angelina Au	0:24:33	0:24:31	0:12:33
34	Men 55 (55-59)	M052	Paul Day	0:24:39	0:24:37	0:12:24
35	Men 45 (45-49)	M192	Garry Ng	0:25:05	0:25:02	0:13:08
36	Men 40 (40-44)	M145	Tam Tak Ming	0:25:06	0:24:56	0:13:20
37	Ladies Junior 15 (14-15)	W055	Téa Mcmahon	0:25:15	0:25:12	0:13:14
38	Men Open (18-34)	M102	Bruce Cheukman Leung	0:25:32	0:25:24	0:12:40
39	Men Junior 13 (12-13)	M151	Ilias Tobback	0:25:34	0:25:33	0:12:55
40	Men Open (18-34)	M190	Kai Sang Lai	0:25:37	0:25:32	0:13:11
41	Men 40 (40-44)	M202	Noel Cheung	0:25:44	0:25:38	0:13:56
42	Men 35 (35-39)	M036	Wai Yip Chin	0:26:03	0:25:59	0:13:53
43	Men 60 (60-64)	M179	黃邱 吉	0:26:10	0:26:10	0:14:15
44	Men 40 (40-44)	M206	Fu Ming Tse	0:26:15	0:26:07	0:13:33
45	Ladies 40 (40-44)	W004	Bernadette Baje	0:26:18	0:26:16	0:13:49
46	Men 40 (40-44)	M114	Derek Hing Kwok Ma	0:26:29	0:26:21	0:14:26
47	Ladies Open (18-34)	W049	May Liao	0:26:47	0:26:47	0:14:07
48	Ladies 35 (35-39)	W044	Roanna Oi Wei Lee	0:27:09	0:27:01	0:14:27
49	Ladies Junior 15 (14-15)	W018	Zoe Jane Cheng	0:27:14	0:27:10	0:14:34
50	Men 65 (65-69)	M042	Hermann Chu	0:27:16	0:27:11	0:14:33
51	Ladies Open (18-34)	W076	Chloe Whittington	0:27:21	0:27:16	0:14:50

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52	Ladies 55 (55-59)	W001	Sian Abate	0:27:23	0:27:19	0:14:14
53	Ladies 50 (50-54)	W054	Belinda McLaughlin	0:27:23	0:27:19	0:14:25
54	Men 55 (55-59)	M060	Adam Francis	0:27:30	0:27:21	0:14:16
55	Ladies 55 (55-59)	W052	Yuko Loasby	0:27:34	0:27:31	0:14:35
56	Ladies 55 (55-59)	W024	Mun Yee Liza Chu	0:27:41	0:27:36	0:14:27
57	Men 40 (40-44)	M138	Luke Schroder	0:27:48	0:27:29	0:14:47
58	Ladies 60 (60-64)	W086	美倫 楊	0:28:10	0:28:04	0:14:38
59	Ladies 55 (55-59)	W045	Catherine Leonard	0:28:28	0:28:24	0:14:49
60	Ladies 45 (45-49)	W020	Pui Ling Pauline Cheung	0:28:36	0:28:36	0:15:19
61	Men 45 (45-49)	M140	Yik Lun Siu	0:28:42	0:28:37	0:14:37
62	Men 45 (45-49)	M176	Colin Young	0:28:59	0:28:54	0:15:16
63	Men 50 (50-54)	M098	Ying Kit Leung	0:29:28	0:29:20	0:16:12
64	Men 55 (55-59)	M044	Tat Chi Chung	0:29:33	0:29:25	0:16:03
65	Ladies 35 (35-39)	W041	Man Ting Kwan	0:29:38	0:29:34	0:15:45
66	Men 70 (70-74)	M019	Chak Yan Chan	0:30:08	0:30:04	0:15:49
67	Ladies Junior 13 (12-13)	W059	Ines Murchie	0:30:22	0:30:16	0:15:56
68	Men 45 (45-49)	M123	Alex Murchie	0:30:24	0:30:17	0:15:57
69	Men 50 (50-54)	M041	Wilson Choi	0:30:27	0:30:23	0:15:04
70	Ladies 55 (55-59)	W078	Cecilia Wong	0:30:36	0:30:33	0:16:00
71	Ladies 45 (45-49)	W007	Anna Caplin	0:30:42	0:30:37	0:16:11
72	Ladies 50 (50-54)	W068	Ollyvia Postacchini	0:30:43	0:30:37	0:16:21
73	Men 60 (60-64)	M089	Lawrence Lam	0:30:48	0:30:42	0:16:35
74	Men 65 (65-69)	M075	Hin Man Hin Man	0:30:49	0:30:46	0:16:36
75	Ladies 50 (50-54)	W021	Kwai Yun Cheung	0:31:06	0:31:06	0:16:17
76	Men 45 (45-49)	M136	Jose Luis Sandoval	0:31:21	0:31:13	0:16:27
77	Men 65 (65-69)	M066	Mark Graham	0:32:13	0:32:06	0:17:36
78	Men Open (18-34)	M108	Ching Hin Lo	0:32:16	0:32:07	0:16:35
79	Men 55 (55-59)	M187	Paul McGunnigle	0:32:48	0:32:38	0:18:09
80	Men 60 (60-64)	M087	Bobby Kwok	0:32:50	0:32:43	0:17:54
81	Ladies 60 (60-64)	W025	Yuen Man Lisa Chu	0:32:53	0:32:48	0:17:11
82	Ladies 75 (75-79)	W039	Susan Ko	0:33:47	0:33:42	0:18:03
83	Ladies 45 (45-49)	W040	Verity Kriegler	0:34:21	0:34:16	0:18:40
84	Men 60 (60-64)	M104	Eric Li	0:34:39	0:34:32	0:18:41
85	Men 50 (50-54)	M039	Man Yau Chiu	0:35:09	0:34:53	0:19:26
86	Ladies 55 (55-59)	W057	Karen Mitchell-Sandoval	0:36:27	0:36:19	0:19:23
87	Men 55 (55-59)	M027	Kelvin Chang	0:36:29	0:36:17	0:19:12
88	Men 70 (70-74)	M040	Yan Kwong Cho	0:36:58	0:36:55	0:19:01
89	Men 55 (55-59)	M158	David Wan	0:37:32	0:33:53	0:21:56
90	Ladies 50 (50-54)	W089	Stewart Lesley Margaret	0:37:42	0:37:32	0:19:57
91	Men 65 (65-69)	M099	Pui Ki Leung	0:38:02	0:37:49	0:20:02
92	Men 75 (75-79)	M152	Chishing Tsang	0:38:43	0:38:39	0:20:52
93	Men 80+ (80+)	M059	John Fowler	0:39:38	0:39:31	0:21:51
94	Men 60 (60-64)	M011	Charles Caldwell	0:40:08	0:39:57	0:21:33
95	Men 80+ (80+)	M141	Yip Sing So	0:45:24	0:45:22	0:22:45
96	Ladies Open (18-34)	W079	Hong Ching Wong	0:49:18	0:49:09	0:24:47