

# AVOHK 5k Series 2023

Bib	First name	Last name	Category	Race 1 Category Position	Race 1 Score	Race 2 Category Position	Race 2 Score
W016	QINUO KELLY	CHEN	Ladies Junior 13 ( 12-13)				
W059	Ines	Murchie	Ladies Junior 13 ( 12-13)	1	100	1	100
W070	Jia	Rhee	Ladies Junior 13 ( 12-13)				
W074	Jerika	Kong	Ladies Junior 13 ( 12-13)				
W008	Sophie	Caplin	Ladies Junior 15 (14-15)	5	96		
W018	Zoe Jane	Cheng	Ladies Junior 15 (14-15)	2	99	3	98
W055	Téa	McMahon	Ladies Junior 15 (14-15)	1	100	2	99
W063	Oi Yu Angelina	Au	Ladies Junior 15 (14-15)	3	98	1	100
W083	CHEUK YIN	YAU	Ladies Junior 15 (14-15)	4	97		
W014	Cadence	Chang	Ladies Junior 17 (16-17)				
W015	Nicole Lok	Chau	Ladies Junior 17 (16-17)	2	99		
W030	Hayley	Graham	Ladies Junior 17 (16-17)	3	98		
W080	Charlotte	Work	Ladies Junior 17 (16-17)	1	100	1	100
W006	Rebecca	Cairns	Ladies Open (18-34)				
W012	Ethan	Chan	Ladies Open (18-34)				
W022	Chiu Yin	Ching	Ladies Open (18-34)				
W023	Adrienne	Chong	Ladies Open (18-34)				
W043	Wing Yi	Law	Ladies Open (18-34)				
W049	May	Liao	Ladies Open (18-34)	1	100	1	100
W067	Sara	Postacchini	Ladies Open (18-34)				
W075	Michelle	Vickers	Ladies Open (18-34)				
W076	Chloe	Whittington	Ladies Open (18-34)	2	99	2	99
W079	Hong Ching	Wong	Ladies Open (18-34)			3	98
W085	Baihan	Zong	Ladies Open (18-34)	3	98		
W019	Tasha	Cheong	Ladies 35 (35-39)				
W029	jessica	gilbert	Ladies 35 (35-39)				
W036	Hazel	Jauculan	Ladies 35 (35-39)	7	94		
W041	MAN TING	KWAN	Ladies 35 (35-39)	5	96	2	99
W042	Yee Tak Alta	Lai	Ladies 35 (35-39)				
W044	ROANNA OI WEI	LEE	Ladies 35 (35-39)	4	97	1	100
W060	Helene	Neto	Ladies 35 (35-39)	3	98		
W065	Stephanie	Perrault	Ladies 35 (35-39)	1	100		
W071	Christina	Sjoholm	Ladies 35 (35-39)	2	99		
W082	Xing	Xu	Ladies 35 (35-39)	6	95		
W003	Hannah	Bainbridge	Ladies 40 (40-44)	1	100		
W004	Bernadette	Baje	Ladies 40 (40-44)	2	99	1	100
W005	Carol	Balinas	Ladies 40 (40-44)	4	97		
W011	Hiu-Yu Vanessa	Chan	Ladies 40 (40-44)	6	95		
W034	DEBORAH	HANLEY	Ladies 40 (40-44)				
W051	Veronica	Llorca	Ladies 40 (40-44)	3	98		
W069	Sri	Purwanti	Ladies 40 (40-44)	5	96		
W087	Jacey	Paik	Ladies 40 (40-44)				
W088	Caitriona	Jennings	Ladies 40 (40-44)				
W090	Vanessa	Chan	Ladies 40 (40-44)				
W007	Anna	Caplin	Ladies 45 (45-49)	5	96	2	99
W009	Wai yan	Chan	Ladies 45 (45-49)	1	100		
W013	Wai Yan	Chan	Ladies 45 (45-49)	2	99		
W020	Pui Ling Pauline	Cheung	Ladies 45 (45-49)	3	98	1	100
W027	Sarah	Dickinson	Ladies 45 (45-49)	4	97		
W032	Maggie	Gumbley	Ladies 45 (45-49)				
W040	Verity	Kriegler	Ladies 45 (45-49)	6	95	3	98
W053	Louise	Lui	Ladies 45 (45-49)				
W072	Megan	Sterling	Ladies 45 (45-49)				
W002	Elizabeth	Alam	Ladies 50 (50-54)				
W010	Mokwan	chan	Ladies 50 (50-54)	5	96		
W017	Teresa	Cheng	Ladies 50 (50-54)				
W021	Kwai Yun	Cheung	Ladies 50 (50-54)	3	98	3	98
W037	Helen	John	Ladies 50 (50-54)	1	100		
W038	Ho	Josephine	Ladies 50 (50-54)				
W047	Sophia	Leung	Ladies 50 (50-54)				
W050	Betty	Liu	Ladies 50 (50-54)				
W054	Belinda	McLaughlin	Ladies 50 (50-54)	2	99	1	100
W056	Mak	Mei Sze Maisy	Ladies 50 (50-54)				
W058	Helena	Murchie	Ladies 50 (50-54)	6	95		
W062	Lisa	Ng	Ladies 50 (50-54)				
W068	Ollyvia	Postacchini	Ladies 50 (50-54)	4	97	2	99
W081	Angela	Worthington	Ladies 50 (50-54)				
W089	Lesley Margaret	Stewart	Ladies 50 (50-54)	7	94	4	97
W001	Sian	Abate	Ladies 55 (55-59)			1	100
W024	Mun Yee Liza	Chu	Ladies 55 (55-59)	1	100	3	98
W026	Lorraine	de Beaufort	Ladies 55 (55-59)				
W045	Catherine	Leonard	Ladies 55 (55-59)			4	97
W046	HOI LUN HELEN	LEUNG	Ladies 55 (55-59)				
W048	Portia	Leung	Ladies 55 (55-59)	5	96		
W052	Yuko	Loasby	Ladies 55 (55-59)	3	98	2	99
W057	Karen	Mitchell-Sandoval	Ladies 55 (55-59)	6	95	6	95
W061	Sau ying	Ng	Ladies 55 (55-59)				
W064	Sue	Parsons	Ladies 55 (55-59)	2	99		
W066	Yeung	Porlin	Ladies 55 (55-59)				

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W077	Carolyn	Wingard-Robertsson	Ladies 55 (55-59)	4	97		
W078	Cecilia	Wong	Ladies 55 (55-59)			5	96
W025	Yuen Man Lisa	Chu	Ladies 60 (60-64)	3	98	2	99
W031	Belinda	Greer	Ladies 60 (60-64)	2	99		
W073	Renny	Tam	Ladies 60 (60-64)				
W086	美倫	楊	Ladies 60 (60-64)	1	100	1	100
W028	Evelyn	Fowler	Ladies 70 (70-74)				
W084	Wing Han	Yeung	Ladies 70 (70-74)	1	100		
W039	Susan	Ko	Ladies 75 (75-79)	1	100	1	100
M034	HO LAM MARCUS	CHEUNG	Men Junior 13 (12-13)	4	97		
M062	Charlie	Fraser	Men Junior 13 (12-13)	3	98	2	99
M073	Russell	Henry	Men Junior 13 (12-13)	2	99		
M151	ILIAS	TOBBACK	Men Junior 13 (12-13)	5	96	3	98
M161	Tomos	Williams	Men Junior 13 (12-13)	1	100	1	100
M180	晞捷	吳	Men Junior 13 (12-13)				
M189	Vincent	Yee	Men Junior 13 (12-13)				
M003	Janos	Au	Men Junior 15 (14-15)	1	100	1	100
M046	Jack	Colin Jones	Men Junior 15 (14-15)				
M092	Tsun Lam	Law	Men Junior 15 (14-15)			3	98
M096	Jiho	Lee	Men Junior 15 (14-15)	2	99		
M160	Theodore	Watts	Men Junior 15 (14-15)				
M203	Yuwei Ethan	Kao	Men Junior 15 (14-15)	3	98	2	99
M110	Jiro	Loasby	Men Junior 17 (16-17)	1	100	1	100
M116	Pranav	Mahtani	Men Junior 17 (16-17)	2	99	2	99
M004	Richard	Batten	Men Open (18-34)	13	88		
M006	Vaibhav	Bhoovarahan	Men Open (18-34)	6	95	4	97
M008	Jose Roberto	Bongulto	Men Open (18-34)				
M009	BENJAMIN	BOYCE	Men Open (18-34)				
M014	Matthew	Carey	Men Open (18-34)				
M016	Siu Cheong Jonathan	Chan	Men Open (18-34)				
M020	Kenneth	Chan	Men Open (18-34)				
M038	Lap Yin	Ching	Men Open (18-34)	16	85		
M070	Andreas	Guzman	Men Open (18-34)	12	89		
M102	Bruce Cheukman	Leung	Men Open (18-34)			5	96
M106	Edward	Lin	Men Open (18-34)				
M108	CHING HIN	LO	Men Open (18-34)	14	87	7	94
M109	Hideo Harry	Loasby	Men Open (18-34)	2	99		
M115	Thomas	Macalister-Smith	Men Open (18-34)	5	96	3	98
M119	Matthieu	MILLOT	Men Open (18-34)	4	97		
M133	Mark	Russell	Men Open (18-34)				
M135	Thibaut	Salvador	Men Open (18-34)	10	91		
M148	Kok Siong	Tan	Men Open (18-34)	11	90		
M156	Che Hong	Wai	Men Open (18-34)	15	86		
M159	Xulu	Wang	Men Open (18-34)	17	84		
M168	Tsz Wing	Wong	Men Open (18-34)	7	94		
M182	KAM YUEN	YEUNG	Men Open (18-34)	8	93		
M186	CHI YEUNG	CHIU	Men Open (18-34)	9	92		
M190	Kai Sang	Lai	Men Open (18-34)			6	95
M196	Jason	Wong	Men Open (18-34)				
M201	Chan	Ho Kwan	Men Open (18-34)	1	100	1	100
M205	Yun Wa	Cheng	Men Open (18-34)	5	98	2	99
M001	Bashant Sean	Angbuhang	Men 35 (35-39)	5	96		
M010	Harry	Bradley-Barnard	Men 35 (35-39)	8	93		
M017	Tsz Long	Chan	Men 35 (35-39)	6	95	3	98
M021	Wing Hung	Chan	Men 35 (35-39)	2	99		
M033	Ison	Cheung	Men 35 (35-39)	12	89		
M036	WAI YIP	CHIN	Men 35 (35-39)	10	91	4	97
M045	Ali	Cochran	Men 35 (35-39)				
M047	Creighton	Connolly	Men 35 (35-39)	1	100	1	100
M048	David	Constantine	Men 35 (35-39)				
M053	James	Donald	Men 35 (35-39)	3	98		
M055	Charles	DUTERTRE	Men 35 (35-39)				
M063	Frederick	Fung	Men 35 (35-39)	9	92		
M067	Benjamin	Grand	Men 35 (35-39)	11	90		
M076	Adrian	Ho	Men 35 (35-39)	13	88		
M101	PETER	LEUNG	Men 35 (35-39)				
M118	Pierre	Marconnet	Men 35 (35-39)				
M120	Aleksey	Mironenko	Men 35 (35-39)	7	94		
M126	Alex	Poon	Men 35 (35-39)				
M143	Sam	Taborn	Men 35 (35-39)				
M165	Lawrence	Wong	Men 35 (35-39)	4	97	2	99
M193	Martin	McCoy	Men 35 (35-39)				
M195	Jin	Huang	Men 35 (35-39)	14	87		
M199	Vlad	Ixel	Men 35 (35-39)				
M049	Richard	Cowley	Men 40 (40-44)	2	99		
M051	Chris	Davis	Men 40 (40-44)				
M054	Graham	Drew	Men 40 (40-44)				
M056	CHEUNG	EDWOOD	Men 40 (40-44)	9	92		
M057	Hubert	Feng	Men 40 (40-44)	12	89		

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Bib	First name	Last name	Category	Race 1 Category Position	Race 1 Score	Race 2 Category Position	Race 2 Score
M061	Allan	Fraser	Men 40 (40-44)	4	97	2	99
M072	Grant	Henderson	Men 40 (40-44)				
M080	Nick	Holt	Men 40 (40-44)				
M082	Jamie	Hughes-Martin	Men 40 (40-44)				
M105	Nik	Light	Men 40 (40-44)				
M114	DEREK HING KWOK	MA	Men 40 (40-44)	6	95	6	95
M137	Jun	Sat	Men 40 (40-44)				
M138	Luke	Schroder	Men 40 (40-44)	10	91	7	94
M144	CHUNG	TAK LUN	Men 40 (40-44)				
M145	Tam	Tak Ming	Men 40 (40-44)	3	98	3	98
M166	Hoi	Wong	Men 40 (40-44)	11	90		
M170	Wang Keung	Wong	Men 40 (40-44)				
M171	Gump	Wong Yuk Hei	Men 40 (40-44)				
M181	慶能	葉	Men 40 (40-44)				
M191	Ho Bun Jackie	Ng	Men 40 (40-44)				
M194	Nicolas	Day	Men 40 (40-44)	8	93		
M198	Jason	Jia	Men 40 (40-44)				
M200	John	Wong	Men 40 (40-44)				
M202	Noel	Cheung	Men 40 (40-44)	5	96	4	97
M204	David	Woo	Men 40 (40-44)	1	100	1	100
M206	Fu Ming	TSE	Men 40 (40-44)	7	94	5	96
M018	Shan Ching	Chan	Men 45 (45-49)				
M043	Tony	Chung	Men 45 (45-49)	4	97	3	98
M058	Nicholas	Forde	Men 45 (45-49)				
M064	George	Gaffney	Men 45 (45-49)				
M069	Edward	Gumbley	Men 45 (45-49)				
M103	Anthony	Leung	Men 45 (45-49)				
M121	Chi Kit	MO	Men 45 (45-49)	3	98		
M123	Alex	Murchie	Men 45 (45-49)	9	92	7	94
M125	YAN CHI	NG	Men 45 (45-49)	1	100	1	100
M130	Rajeev	Ranjan	Men 45 (45-49)	5	96		
M131	David Sungjin	Rhee	Men 45 (45-49)				
M132	Frank	Riehm	Men 45 (45-49)	2	99	2	99
M136	Jose Luis	Sandoval	Men 45 (45-49)	10	91	8	93
M140	Yik Lun	Siu	Men 45 (45-49)			5	96
M150	Van	To	Men 45 (45-49)				
M153	Leon	Tse	Men 45 (45-49)	7	94		
M155	John	Van Gaalen	Men 45 (45-49)				
M169	Sze Chun	Wong	Men 45 (45-49)				
M176	Colin	Young	Men 45 (45-49)	8	93	6	95
M178	Jeffrey	Zielinski	Men 45 (45-49)				
M192	Garry	Ng	Men 45 (45-49)	6	95	4	97
M005	Hai Chun	Bee	Men 50 (50-54)				
M007	Andre	Blumberg	Men 50 (50-54)				
M015	Dick	Casey	Men 50 (50-54)				
M028	James	Chen	Men 50 (50-54)				
M039	MAN YAU	CHIU	Men 50 (50-54)	12	89	5	96
M041	Wilson	Choi	Men 50 (50-54)	6	95	4	97
M050	Derek	Crane	Men 50 (50-54)				
M074	Stephen	Higgins	Men 50 (50-54)				
M079	Chakir	Hocine	Men 50 (50-54)	11	90		
M086	Felix	Kong	Men 50 (50-54)				
M097	Vincent	Lee	Men 50 (50-54)	5	96		
M098	Ying Kit	Leung	Men 50 (50-54)	10	91	3	98
M107	Albert Ling Ho	Liu	Men 50 (50-54)	9	92		
M111	Donald	Low	Men 50 (50-54)	4	97		
M112	Tony	Lui	Men 50 (50-54)	3	98		
M124	SAI CHEONG	NG	Men 50 (50-54)	7	94		
M142	Jan	Souleyman	Men 50 (50-54)				
M157	Chiu	Wai Yip	Men 50 (50-54)				
M164	Raimondo	Wong	Men 50 (50-54)	8	93		
M173	Ben	Worthington	Men 50 (50-54)				
M174	Ricci	Yasin	Men 50 (50-54)				
M175	VOR	YIU	Men 50 (50-54)				
M183	FU WANG	CHOI	Men 50 (50-54)	1	100	1	100
M185	KAR LOK	LEE	Men 50 (50-54)	2	99	2	99
M188	Jack	Yee	Men 50 (50-54)				
M197	Rod	Shortell	Men 50 (50-54)				
M012	Luis	Capelo de Almeida	Men 55 (55-59)	12	89		
M013	Michael	Capper	Men 55 (55-59)			1	100
M023	Season	Chan	Men 55 (55-59)	3	98		
M025	Eric	Chan	Men 55 (55-59)				
M026	Vincent	Chan	Men 55 (55-59)				
M027	Kelvin	Chang	Men 55 (55-59)			11	90
M030	Simon	Cheng	Men 55 (55-59)	2	99	3	98
M037	Tang Foon	Ching	Men 55 (55-59)	5	96		
M044	Tat Chi	CHUNG	Men 55 (55-59)	14	87	9	92
M052	Paul	Day	Men 55 (55-59)	11	90	7	94
M060	Adam	Francis	Men 55 (55-59)	9	92	8	93

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M065	JONATHAN	GILCHRIST	Men 55 (55-59)	6	95	4	97
M071	Will	Hayward	Men 55 (55-59)				
M081	Bruce	Home	Men 55 (55-59)				
M083	Norman	Hui	Men 55 (55-59)	4	97		
M090	Tommy	Lau	Men 55 (55-59)				
M094	Wing Yiu	Lee	Men 55 (55-59)				
M095	Gordon	Lee	Men 55 (55-59)				
M127	Antonio	Postacchini	Men 55 (55-59)				
M128	Antony	Pringle	Men 55 (55-59)	7	94	5	96
M129	Reto	Raimann	Men 55 (55-59)	13	88		
M134	David	Russell	Men 55 (55-59)	10	91		
M139	Andrew	Sewell	Men 55 (55-59)	1	100	2	99
M146	Abraham	Tallaj Soriano	Men 55 (55-59)				
M158	DAVID	WAN	Men 55 (55-59)	16	85	12	89
M184	WAI KEUNG	CHAN	Men 55 (55-59)	8	93	6	95
M187	Paul	McGunnigle	Men 55 (55-59)	15	86	10	91
M011	Charles	Caldwell	Men 60 (60-64)	11	90	6	95
M022	Ford	Chan	Men 60 (60-64)				
M077	Ping Kiu Jackie	HO	Men 60 (60-64)	2	99		
M087	Bobby	Kwok	Men 60 (60-64)	9	92	4	97
M089	Lawrence	LAM	Men 60 (60-64)	8	93	3	98
M104	Eric	Li	Men 60 (60-64)	12	89	5	96
M113	Chueng Wah	Ma	Men 60 (60-64)				
M117	Wing Sang	Mak	Men 60 (60-64)	1	100		
M122	Richard	Morgan	Men 60 (60-64)	6	95		
M147	Tak Kuen Alfred	Tam	Men 60 (60-64)	10	91		
M149	Eric	To	Men 60 (60-64)	4	97	1	100
M162	Poon	Wing Kit	Men 60 (60-64)	7	94		
M167	Sai Hing	Wong	Men 60 (60-64)	3	98		
M179	黃邱	吉	Men 60 (60-64)	5	96	2	99
M024	Wai Lam	Chan	Men 65 (65-69)	5	96		
M032	wai lap	Cheung	Men 65 (65-69)	1	100	2	99
M035	POK	CHEUNG WAH	Men 65 (65-69)	9	92		
M042	HERMANN	CHU	Men 65 (65-69)	6	95	4	97
M066	Mark	Graham	Men 65 (65-69)	7	94	6	95
M068	Ken	Greer	Men 65 (65-69)	8	93		
M075	hin man	hin man	Men 65 (65-69)	11	90	5	96
M088	Chi Cheung	Lam	Men 65 (65-69)	4	97		
M099	PUI KI	LEUNG	Men 65 (65-69)	12	89	7	94
M100	Kwong Ming	Leung	Men 65 (65-69)	3	98	3	98
M163	kwok	wingsing	Men 65 (65-69)	2	99	1	100
M177	Cheung Ching	Yung	Men 65 (65-69)	10	91		
M002	Kwok Keung	AU	Men 70 (70-74)	2	99		
M019	Chak Yan	Chan	Men 70 (70-74)	1	100	1	100
M040	Yan Kwong	Cho	Men 70 (70-74)			2	99
M091	Stephen	Lau	Men 70 (70-74)	3	98		
M093	Wing On	Lee	Men 70 (70-74)	4	97		
M085	Peter	Keeping	Men 75 (75-79)				
M152	Chishing	Tsang	Men 75 (75-79)	1	100	1	100
M059	John	Fowler	Men 80+ (80+)			1	100
M141	Yip Sing	So	Men 80+ (80+)	1	100	2	99