

# AVOHK 5k Series 2023

Date: 21th October 2023

Overall Position	Cat Position	Gender Position	Category	Bib	EngName	Official Time	ChipTime	CP1
1	1	1	Men Open (18-34)	M109	Hideo Harry Loasby	0:16:28	0:16:27	0:08:10
2	1	2	Men Junior 17 (16-17)	M110	Jiro Loasby	0:17:18	0:17:16	0:08:24
3	1	3	Men 40 (40-44)	M204	David Woo	0:17:27	0:17:27	0:08:46
4	1	4	Men 35 (35-39)	M165	Lawrence Wong	0:17:56	0:17:55	0:08:42
5	1	5	Men Junior 15 (14-15)	M003	Janos Au	0:18:00	0:17:59	0:08:42
6	1	6	Men 50 (50-54)	M183	Fu Wang Choi	0:18:03	0:18:02	0:08:54
7	2	7	Men Open (18-34)	M205	Yun Wa Cheng	0:18:15	0:18:12	0:08:46
8	3	8	Men Open (18-34)	M014	Claude	0:18:18	0:18:15	0:09:16
9	4	9	Men Open (18-34)	M006	Vaibhav Bhoovarahan	0:18:18	0:18:16	0:08:42
10	5	10	Men Open (18-34)	M115	Thomas Macalister-Smith	0:18:29	0:18:27	0:09:00
11	2	11	Men Junior 17 (16-17)	M116	Pranav Mahtani	0:18:42	0:18:39	0:09:02
12	2	12	Men 50 (50-54)	M185	Kar Lok Lee	0:19:06	0:19:05	0:09:29
13	1	13	Men Junior 13 ( 12-13)	M161	Tomos Williams	0:19:16	0:19:13	0:09:32
14	2	14	Men 35 (35-39)	M017	Tsz Long Chan	0:19:20	0:19:19	0:09:38
15	1	15	Men 55 (55-59)	M139	Andrew Sewell	0:19:32	0:19:30	0:09:34
16	6	16	Men Open (18-34)	M009	Ahsu	0:19:41	0:19:38	0:09:17
17	2	17	Men 55 (55-59)	M030	Simon Cheng	0:19:44	0:19:43	0:09:34
18	2	18	Men 40 (40-44)	M105	Nik Light	0:19:49	0:19:45	0:09:52
19	1	19	Men 60 (60-64)	M117	Wing Sang Mak	0:19:51	0:19:49	0:09:44
20	1	1	Ladies Junior 17 (16-17)	W080	Charlotte Work	0:20:04	0:20:01	0:09:39
21	2	20	Men 60 (60-64)	M167	Sai Hing Wong	0:20:12	0:20:11	0:09:39
22	7	21	Men Open (18-34)	M186	Chi Yeung Chiu	0:20:32	0:20:31	0:10:08
23	8	22	Men Open (18-34)	M196	Jason Wong	0:20:33	0:20:30	0:10:06
24	3	23	Men 55 (55-59)	M083	Norman Hui	0:20:52	0:20:50	0:10:18
25	3	24	Men 60 (60-64)	M149	Eric To	0:20:52	0:20:51	0:10:10
26	2	25	Men Junior 13 ( 12-13)	M062	Charlie Fraser	0:20:53	0:20:50	0:10:00
27	1	2	Ladies 35 (35-39)	W065	Stephanie Perrault	0:20:54	0:20:53	0:10:06
28	3	26	Men 40 (40-44)	M061	Allan Fraser	0:20:58	0:20:55	0:09:55
29	2	27	Men Junior 15 (14-15)	M160	Theodore Watts	0:21:03	0:21:01	0:10:32
30	1	28	Men 65 (65-69)	M032	Wai Lap Cheung	0:21:10	0:21:09	0:10:27
31	4	29	Men 40 (40-44)	M145	Tam Tak Ming	0:21:11	0:21:07	0:10:29
32	1	30	Men 45 (45-49)	M192	Garry Ng	0:21:34	0:21:29	0:10:19
33	1	3	Ladies Junior 15 (14-15)	W055	Téa McMahon	0:21:36	0:21:33	0:10:19
34	9	31	Men Open (18-34)	M102	Bruce Cheukman Leung	0:21:46	0:21:43	0:10:09
35	4	32	Men 55 (55-59)	M208	Antony Pringle	0:21:48	0:21:46	0:10:34
36	10	33	Men Open (18-34)	M190	Kai Sang Lai	0:21:49	0:00:00	0:10:56
37	5	34	Men 40 (40-44)	M197	Noel Cheung	0:21:58	0:21:55	0:10:33
38	6	35	Men 40 (40-44)	M082	Jamie Hughes-Martin	0:22:00	0:21:56	0:10:35
39	2	4	Ladies Junior 15 (14-15)	W018	Zoe Jane Cheng	0:22:08	0:22:05	0:10:18
40	5	36	Men 55 (55-59)	M037	Tang Foon Ching	0:22:13	0:22:07	0:10:54
41	1	5	Ladies Open (18-34)	W092	Sai Yi Ng	0:22:19	0:22:18	0:11:00
42	3	37	Men 50 (50-54)	M097	Vincent Lee	0:22:20	0:22:15	0:11:00
43	1	6	Ladies 40 (40-44)	W004	Bernadette Baje	0:22:26	0:22:25	0:10:39
44	11	38	Men Open (18-34)	M004	Richard Batten	0:22:37	0:22:30	0:11:03
45	4	39	Men 50 (50-54)	M041	Wilson Chai	0:22:38	0:22:35	0:11:07
46	3	7	Ladies Junior 15 (14-15)	W063	Oi Yu Angelina Au	0:22:41	0:22:40	0:10:37
47	2	8	Ladies 35 (35-39)	W060	Helene Neto	0:22:43	0:22:40	0:11:09
48	3	40	Men 35 (35-39)	M016	Victor	0:22:45	0:22:42	0:10:45
49	7	41	Men 40 (40-44)	M114	Derek Hing Kwok Ma	0:22:47	0:22:47	0:11:09
50	3	9	Ladies 35 (35-39)	W044	Roanna Oi Wei Lee	0:22:50	0:22:49	0:11:08
51	4	42	Men 60 (60-64)	M179	黃邱 吉	0:22:53	0:22:51	0:11:07
52	1	10	Ladies Junior 13 ( 12-13)	W093	Beverly Leung	0:23:03	0:23:02	0:11:03
53	4	43	Men 35 (35-39)	M036	Wai Yip Chin	0:23:09	0:23:04	0:11:11
54	3	44	Men Junior 13 ( 12-13)	M151	Ilias Tobback	0:23:14	0:23:11	0:11:29
55	2	45	Men 45 (45-49)	M140	Yik Lun Siu	0:23:20	0:23:16	0:11:27
56	4	11	Ladies Junior 15 (14-15)	W083	Cheuk Yin Yau	0:23:22	0:23:20	0:11:43
57	8	46	Men 40 (40-44)	M206	Fu Ming Tse	0:23:34	0:23:30	0:11:37
58	6	47	Men 55 (55-59)	M129	Reto Raimann	0:23:36	0:23:30	0:11:51
59	7	48	Men 55 (55-59)	M060	Adam Francis	0:23:42	0:23:35	0:10:50
60	1	12	Ladies 50 (50-54)	W054	Belinda McLaughlin	0:23:42	0:23:40	0:11:21
61	2	49	Men 65 (65-69)	M042	Hermann Chu	0:23:44	0:23:39	0:11:39
62	3	50	Men 65 (65-69)	M088	Chi Cheung Lam	0:23:50	0:23:47	0:11:39
63	1	13	Ladies 55 (55-59)	W024	Mun Yee Liza Chu	0:23:54	0:23:51	0:11:46
64	2	14	Ladies Open (18-34)	W049	May Liao	0:23:54	0:23:53	0:11:39
65	2	15	Ladies 40 (40-44)	W091	Choi Long NG	0:24:05	0:24:03	0:11:27
66	5	51	Men 50 (50-54)	M098	Ying Kit Leung	0:24:07	0:24:00	0:11:37
67	2	16	Ladies 50 (50-54)	W094	Christina Oui Yao Cheung	0:24:16	0:24:12	0:11:54
68	2	17	Ladies 55 (55-59)	W052	Yuko Loasby	0:24:16	0:24:13	0:11:51
69	6	52	Men 50 (50-54)	M107	Albert Ling Ho Liu	0:24:20	0:24:10	0:11:54
70	1	18	Ladies 45 (45-49)	W009	Wai Yan Chan	0:24:30	0:24:21	0:12:09

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71	7	53	Men 50 (50-54)	M164	Raimondo Wong	0:24:30	0:24:21	0:11:55
72	8	54	Men 55 (55-59)	M044	Tat Chi Chung	0:24:53	0:24:51	0:11:48
73	3	19	Ladies Open (18-34)	W076	Chloe Whittington	0:25:07	0:25:02	0:12:00
74	3	55	Men 45 (45-49)	M176	Colin Young	0:25:08	0:25:02	0:12:02
75	2	20	Ladies Junior 13 ( 12-13)	W059	Ines Murchie	0:25:22	0:25:17	0:12:12
76	4	56	Men 45 (45-49)	M181	Alex Murchie	0:25:24	0:25:19	0:12:13
77	2	21	Ladies 45 (45-49)	W020	Pui Ling Pauline Cheung	0:25:29	0:25:28	0:12:23
78	4	57	Men 65 (65-69)	M177	Cheung Ching Yung	0:25:38	0:25:35	0:12:29
79	3	22	Ladies 55 (55-59)	W078	Cecilia Wong	0:25:40	0:25:36	0:12:45
80	4	23	Ladies 35 (35-39)	W041	Man Ting Kwan	0:25:44	0:25:39	0:12:16
81	1	24	Ladies 60 (60-64)	W086	美倫 楊	0:25:49	0:25:46	0:12:47
82	4	25	Ladies 55 (55-59)	W026	Lorraine De Beaufort	0:25:52	0:25:45	0:12:47
83	5	26	Ladies 55 (55-59)	W023	Carolyn Wingard-Robertsson	0:26:06	0:26:01	0:12:24
84	5	58	Men 45 (45-49)	M136	Jose Luis Sandoval	0:26:15	0:26:13	0:11:36
85	3	27	Ladies 45 (45-49)	W013	Wai Yan Chan	0:26:16	0:26:10	0:12:53
86	5	59	Men 65 (65-69)	M075	Hin Man Hin Man	0:26:31	0:26:28	0:13:25
87	4	28	Ladies 45 (45-49)	W007	Anna Caplin	0:26:36	0:26:30	0:12:49
88	3	29	Ladies 50 (50-54)	W021	Kwai Yun Cheung	0:26:39	0:26:37	0:12:51
89	1	60	Men 70 (70-74)	M019	Chak Yan Chan	0:27:00	0:26:56	0:13:16
90	4	30	Ladies 50 (50-54)	W068	Olyvia Postacchini	0:27:04	0:26:56	0:13:14
91	5	31	Ladies 35 (35-39)	W042	Yee Tak Alta Lai	0:27:15	0:27:06	0:13:07
92	5	61	Men 35 (35-39)	M188	Ison Cheung	0:27:24	0:27:20	0:11:58
93	2	32	Ladies 60 (60-64)	W025	Yuen Man Lisa Chu	0:27:40	0:27:37	0:13:32
94	1	33	Ladies 75 (75-79)	W039	Susan Ko	0:27:46	0:27:39	0:13:24
95	5	62	Men 60 (60-64)	M147	Tak Kuen Alfred Tam	0:27:46	0:27:38	0:13:28
96	6	63	Men 60 (60-64)	M089	Lawrence Lam	0:27:56	0:27:49	0:13:35
97	6	64	Men 35 (35-39)	M076	Adrian Ho	0:27:56	0:27:50	0:13:44
98	9	65	Men 55 (55-59)	M187	Paul McGunnigle	0:28:30	0:28:20	0:13:48
99	6	34	Ladies 55 (55-59)	W048	Portia Leung	0:28:31	0:28:25	0:13:51
100	8	66	Men 50 (50-54)	M193	Rod Shortell	0:28:33	0:28:25	0:13:22
101	7	67	Men 60 (60-64)	M087	Bobby Kwok	0:28:55	0:28:49	0:14:00
102	8	68	Men 60 (60-64)	M011	Charles Caldwell	0:28:56	0:28:49	0:13:31
103	5	35	Ladies 45 (45-49)	W040	Verity Kriegler	0:29:24	0:29:17	0:14:15
104	10	69	Men 55 (55-59)	M158	David Wan	0:29:43	0:29:35	0:13:46
105	1	36	Ladies 70 (70-74)	W084	Wing Han Yeung	0:29:59	0:29:56	0:14:23
106	4	37	Ladies Open (18-34)	W022	Chiu Yin Ching	0:31:18	0:31:13	0:14:27
107	5	38	Ladies Junior 15 (14-15)	W008	Sophie Caplin	0:31:28	0:31:23	0:14:30
108	5	39	Ladies Open (18-34)	W012	Selena	0:31:32	0:31:27	0:16:31
109	9	70	Men 40 (40-44)	M166	Hoi Wong	0:31:50	0:31:41	0:14:23
110	9	71	Men 60 (60-64)	M104	Eric Li	0:31:53	0:31:43	0:15:08
111	3	40	Ladies 40 (40-44)	W002	Sarah	0:31:55	0:31:48	0:16:29
112	12	72	Men Open (18-34)	M108	Ching Hin Lo	0:32:26	0:32:21	0:15:21
113	6	73	Men 65 (65-69)	M099	Pui Ki Leung	0:33:29	0:33:20	0:15:04
114	6	41	Ladies 35 (35-39)	W036	Hazel Jauculan	0:34:22	0:34:16	0:15:45
115	4	42	Ladies 40 (40-44)	W016	Khouzuima	0:34:40	0:34:35	0:16:33
116	1	74	Men 75 (75-79)	M152	Chishing Tsang	0:34:45	0:34:43	0:16:48
117	2	75	Men 70 (70-74)	M040	Yan Kwong Cho	0:34:45	0:34:43	0:16:47
118	2	43	Ladies 70 (70-74)	W028	Evelyn Fowler	0:34:55	0:34:55	0:16:51
119	5	44	Ladies 40 (40-44)	W006	Jacky	0:35:48	0:35:42	0:17:26
120	1	76	Men 80+ (80+)	M059	John Fowler	0:36:20	0:36:14	0:17:26