

AVOHK 5k Series 2023

Date: 21th October 2023

Rank	bib	EngName	Category	Race1point	Race2point	Race3point	Point
1	W059	Ines Murchie	Ladies Junior 13 (12-13)	100	100	99	299
5	W008	Sophie Caplin	Ladies Junior 15 (14-15)	96	0	96	192
2	W018	Zoe Jane Cheng	Ladies Junior 15 (14-15)	99	98	99	296
1	W055	Téa McMahon	Ladies Junior 15 (14-15)	100	99	100	299
3	W063	Oi Yu Angelina Au	Ladies Junior 15 (14-15)	98	100	98	296
4	W083	Cheuk Yin Yau	Ladies Junior 15 (14-15)	97	0	97	194
1	W080	Charlotte Work	Ladies Junior 17 (16-17)	100	100	100	300
1	W049	May Liao	Ladies Open (18-34)	100	100	99	299
2	W076	Chloe Whittington	Ladies Open (18-34)	99	99	98	296
5	W036	Hazel Jauculan	Ladies 35 (35-39)	94	0	95	189
2	W041	Man Ting Kwan	Ladies 35 (35-39)	96	99	97	292
1	W044	Roanna Oi Wei Lee	Ladies 35 (35-39)	97	100	98	295
4	W060	Helene Neto	Ladies 35 (35-39)	98	0	99	197
3	W065	Stephanie Perrault	Ladies 35 (35-39)	100	0	100	200
1	W004	Bernadette Baje	Ladies 40 (40-44)	99	100	100	299
2	W007	Anna Caplin	Ladies 45 (45-49)	96	99	97	292
4	W009	Wai Yan Chan	Ladies 45 (45-49)	100	0	100	200
5	W013	Wai Yan Chan	Ladies 45 (45-49)	99	0	98	197
1	W020	Pui Ling Pauline Cheung	Ladies 45 (45-49)	98	100	99	297
3	W040	Verity Kriegler	Ladies 45 (45-49)	95	98	96	289
2	W021	Kwai Yun Cheung	Ladies 50 (50-54)	98	98	98	294
1	W054	Belinda McLaughlin	Ladies 50 (50-54)	99	100	100	299
3	W068	Ollyvia Postacchini	Ladies 50 (50-54)	97	99	97	293
4	W089	Stewart Lesley Margaret	Ladies 50 (50-54)	94	97	0	191
4	W023	Carolyn Wingard-Robertsson	Ladies 55 (55-59)	97	0	96	193
1	W024	Mun Yee Liza Chu	Ladies 55 (55-59)	100	98	100	298
5	W048	Portia Leung	Ladies 55 (55-59)	96	0	95	191
2	W052	Yuko Loasby	Ladies 55 (55-59)	98	99	99	296
6	W057	Karen Mitchell-Sandoval	Ladies 55 (55-59)	95	95	0	190
3	W078	Cecilia Wong	Ladies 55 (55-59)	0	96	98	194
2	W025	Yuen Man Lisa Chu	Ladies 60 (60-64)	98	99	99	296
1	W086	美倫 楊	Ladies 60 (60-64)	100	100	100	300
1	W084	Wing Han Yeung	Ladies 70 (70-74)	100	0	100	200
1	W039	Susan Ko	Ladies 75 (75-79)	100	100	100	300
2	M062	Charlie Fraser	Men Junior 13 (12-13)	98	99	99	296
3	M151	Ilias Tobback	Men Junior 13 (12-13)	96	98	98	292
1	M161	Tomos Williams	Men Junior 13 (12-13)	100	100	100	300
1	M003	Janos Au	Men Junior 15 (14-15)	100	100	100	300
2	M203	Yuwei Ethan Kao	Men Junior 15 (14-15)	98	99	0	197
1	M110	Jiro Loasby	Men Junior 17 (16-17)	100	100	100	300
2	M116	Pranav Mahtani	Men Junior 17 (16-17)	99	99	99	297
10	M004	Richard Batten	Men Open (18-34)	88	0	90	178
3	M006	Vaibhav Bhoovarahan	Men Open (18-34)	95	97	97	289
7	M102	Bruce Cheukman Leung	Men Open (18-34)	0	96	92	188
4	M108	Ching Hin Lo	Men Open (18-34)	87	94	89	270
6	M109	Hideo Harry Loasby	Men Open (18-34)	99	0	100	199
2	M115	Thomas Macalister-Smith	Men Open (18-34)	96	98	96	290
8	M186	Chi Yeung Chiu	Men Open (18-34)	92	0	94	186
9	M190	Kai Sang Lai	Men Open (18-34)	0	95	91	186
5	M201	Chan Ho Kwan	Men Open (18-34)	100	100	0	200
1	M205	Yun Wa Cheng	Men Open (18-34)	98	99	99	296
2	M017	Tsz Long Chan	Men 35 (35-39)	95	98	99	292
3	M036	Wai Yip Chin	Men 35 (35-39)	91	97	97	285
4	M047	Creighton Connolly	Men 35 (35-39)	100	100	0	200
6	M076	Adrian Ho	Men 35 (35-39)	88	0	95	183
1	M165	Lawrence Wong	Men 35 (35-39)	97	99	100	296
5	M188	Ison Cheung	Men 35 (35-39)	89	0	96	185
2	M061	Allan Fraser	Men 40 (40-44)	97	99	98	294
5	M114	Derek Hing Kwok Ma	Men 40 (40-44)	95	95	94	284

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Rank	bib	EngName	Category	Race1point	Race2point	Race3point	Point
7	M138	Luke Schroder	Men 40 (40-44)	91	94	0	185
3	M145	Tam Tak Ming	Men 40 (40-44)	98	98	97	293
8	M166	Hoi Wong	Men 40 (40-44)	90	0	92	182
4	M197	Noel Cheung	Men 40 (40-44)	96	97	96	289
1	M204	David Woo	Men 40 (40-44)	100	100	100	300
6	M206	Fu Ming Tse	Men 40 (40-44)	94	96	93	283
8	M043	Tony Chung	Men 45 (45-49)	97	98	0	195
5	M125	Yan Chi Ng	Men 45 (45-49)	100	100	0	200
6	M132	Frank Riehm	Men 45 (45-49)	99	99	0	198
4	M136	Jose Luis Sandoval	Men 45 (45-49)	91	93	96	280
7	M140	Yik Lun Siu	Men 45 (45-49)	0	96	99	195
2	M176	Colin Young	Men 45 (45-49)	93	95	98	286
3	M181	Alex Murchie	Men 45 (45-49)	92	94	97	283
1	M192	Garry Ng	Men 45 (45-49)	95	97	100	292
8	M039	Man Yau Chiu	Men 50 (50-54)	89	96	0	185
3	M041	Wilson Choi	Men 50 (50-54)	95	97	97	289
5	M097	Vincent Lee	Men 50 (50-54)	96	0	98	194
4	M098	Ying Kit Leung	Men 50 (50-54)	91	98	96	285
6	M107	Albert Ling Ho Liu	Men 50 (50-54)	92	0	95	187
7	M164	Raimondo Wong	Men 50 (50-54)	93	0	94	187
1	M183	Fu Wang Choi	Men 50 (50-54)	100	100	100	300
2	M185	Kar Lok Lee	Men 50 (50-54)	99	99	99	297
2	M030	Simon Cheng	Men 55 (55-59)	99	98	99	296
9	M037	Tang Foon Ching	Men 55 (55-59)	96	0	96	192
5	M044	Tat Chi Chung	Men 55 (55-59)	87	92	93	272
12	M052	Paul Day	Men 55 (55-59)	90	94	0	184
4	M060	Adam Francis	Men 55 (55-59)	92	93	94	279
10	M065	Jonathan Gilchrist	Men 55 (55-59)	95	97	0	192
8	M083	Norman Hui	Men 55 (55-59)	97	0	98	195
13	M129	Reto Raimann	Men 55 (55-59)	88	0	95	183
1	M139	Andrew Sewell	Men 55 (55-59)	100	99	100	299
7	M158	David Wan	Men 55 (55-59)	85	89	91	265
11	M184	Wai Keung Chan	Men 55 (55-59)	93	95	0	188
6	M187	Paul McGunnigle	Men 55 (55-59)	86	91	92	269
3	M208	Antony Pringle	Men 55 (55-59)	94	96	97	287
5	M011	Charles Caldwell	Men 60 (60-64)	90	95	93	278
4	M087	Bobby Kwok	Men 60 (60-64)	92	97	94	283
3	M089	Lawrence Lam	Men 60 (60-64)	93	98	95	286
6	M104	Eric Li	Men 60 (60-64)	89	96	92	277
7	M117	Wing Sang Mak	Men 60 (60-64)	100	0	100	200
9	M147	Tak Kuen Alfred Tam	Men 60 (60-64)	91	0	96	187
1	M149	Eric To	Men 60 (60-64)	97	100	98	295
8	M167	Sai Hing Wong	Men 60 (60-64)	98	0	99	197
2	M179	黃邱吉	Men 60 (60-64)	96	99	97	292
1	M032	Wai Lap Cheung	Men 65 (65-69)	100	99	100	299
2	M042	Hermann Chu	Men 65 (65-69)	95	97	99	291
8	M066	Mark Graham	Men 65 (65-69)	94	95	0	189
3	M075	Hin Man Hin Man	Men 65 (65-69)	90	96	96	282
7	M088	Chi Cheung Lam	Men 65 (65-69)	97	0	98	195
4	M099	Pui Ki Leung	Men 65 (65-69)	89	94	95	278
6	M100	Kwong Ming Leung	Men 65 (65-69)	98	98	0	196
5	M163	Kwok Wingsing	Men 65 (65-69)	99	100	0	199
9	M177	Cheung Ching Yung	Men 65 (65-69)	91	0	97	188
1	M019	Chak Yan Chan	Men 70 (70-74)	100	100	100	300
2	M040	Yan Kwong Cho	Men 70 (70-74)	0	99	99	198
1	M152	Chishing Tsang	Men 75 (75-79)	100	100	100	300
2	M059	John Fowler	Men 80+ (80+)	0	100	100	200
1	M141	Yip Sing So	Men 80+ (80+)	100	99	99	298