

AVOHK 5k Series 2024 - Runner List

Bib	First name	Last name	Category	Race 1	Race 2	Race 3	Race 4
M001	Adam	Chillingworth	Men's Open	✓	✓	✓	✓
M002	Adam	Cross	Men's 35	✓	✓	✓	✓
M003	Adrian	Ho	Men's 35	✓		✓	✓
M004	Adrian	Worth	Men's 40	✓	✓	✓	✓
M005	Ahmed Abbas	Alvi	Men's Open	✓			
M006	Alan	Zagury	Men's 45	✓	✓	✓	✓
M007	Albert	Paredandan	Men's Open	✓			
M008	Alex	Murchie	Men's 50	✓	✓	✓	✓
M009	Alex	LAU	Men's 60	✓	✓	✓	
M010	ALEXANDER	LANGSLOW	Men's Open	✓	✓	✓	✓
M011	Alexander	Drummond	Men's 35	✓			
M012	Alexander	Berkhout	Men's 50	✓	✓	✓	✓
M013	Alexandre	Marly	Men's 40	✓	✓		
M014	Ali	Cochran	Men's 35	✓	✓	✓	✓
M015	Allan	Fraser	Men's 40	✓	✓	✓	✓
M016	Alvin	Adiputra	Men's Open	✓			
M017	Andrew	Clempson	Men's 60	✓	✓		
M018	Andrew	Stevenson	Men's 35	✓	✓	✓	✓
M019	Andrew	Sewell	Men's 55		✓	✓	✓
M020	Andrew	Ball	Men's Open	✓	✓	✓	✓
M021	Ben	Lui	Men's 55			✓	
M022	Benji	Williams	Men's Junior 13	✓	✓	✓	✓
M023	Billy	Rudge	Men's Junior 15	✓	✓	✓	✓
M024	Bobby	Kwok	Men's 60	✓	✓	✓	✓
M025	Brendan	Kean	Men's 40	✓	✓	✓	✓
M026	Brendan	Bozorgmir	Men's Open	✓			
M027	Bruce	Leung	Men's Open	✓		✓	✓
M028	Bun	Liu	Men's 40	✓	✓		
M029	ChAk yAN	Chan	Men's 70	✓	✓	✓	✓
M030	Chan	Wing On	Men's 80+	✓	✓	✓	✓
M031	Charles	Caldwell	Men's 60	✓	✓	✓	✓
M032	Charlie	Nixon	Men's 45	✓	✓	✓	✓
M033	Charlie	Fraser	Men's Junior 13	✓	✓	✓	✓
M034	CHI FAI	CHEUNG	Men's 45	✓	✓	✓	✓
M035	Chi fung	Liu	Men's Open	✓			✓
M036	CHI FUNG CLARENCE	HO	Men's 40	✓	✓	✓	✓
M037	Chi Hei	Yeung	Men's Open	✓			
M038	chi shing	Tsang	Men's 80+	✓	✓	✓	✓
M039	Chi Shing	Cheng	Men's Open		✓	✓	
M040	Chi Wai	Li	Men's 45	✓	✓	✓	✓
M041	Chi Wing	CHEUNG	Men's 65	✓	✓	✓	✓
M042	Chi Yui	Chau	Men's 40	✓	✓		
M043	Chik Wai Jason	Wong	Men's Open		✓		
M044	Ching	Fong	Men's Open	✓			
M045	Ching Yuen Eric	Wong	Men's 40	✓	✓	✓	✓
M046	Chiu Lun	Lai	Men's 35	✓			
M047	Cho	Man Wai	Men's 55	✓			
M048	Cho Ping William	Hung	Men's 60	✓			

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Bib	First name	Last name	Category	Race 1	Race 2	Race 3	Race 4
M049	Chris	Davis	Men's 40	✓	✓	✓	✓
M050	Chris	CHAN	Men's 50	✓			
M051	Chun Hei	Fung	Men's Junior 15	✓	✓		
M052	Chun hong	Wong	Men's 50		✓	✓	✓
M053	CHUN TAK	WONG	Men's 35	✓	✓	✓	✓
M054	chung shing	chan	Men's 60		✓		
M055	Clement	Nolleau	Men's 35	✓	✓	✓	✓
M056	Cody	Nixon	Men's Junior 13	✓	✓	✓	✓
M057	Coleman	Wan	Men's 40	✓	✓	✓	✓
M058	Creighton	Connolly	Men's 35		✓	✓	✓
M059	David	McFadyen	Men's Open	✓	✓	✓	✓
M060	David	Woo	Men's 40	✓	✓	✓	✓
M061	David	Russell	Men's 55	✓	✓	✓	✓
M062	David	Rundle	Men's 45	✓		✓	✓
M063	David HC	Wan	Men's 55	✓			✓
M064	Derek	Ma	Men's 40	✓	✓	✓	✓
M065	Derek	Low	Men's 35	✓			
M066	Derek	Baram	Men's 40	✓	✓		
M067	Devin	Leamy	Men's Open				✓
M068	DHANADA KANTA	MISHRA	Men's 55	✓			
M069	Diego	Alvis	Men's Open	✓	✓	✓	✓
M070	Donald	Low	Men's 50	✓	✓	✓	✓
M071	Dreyfus	Koo	Men's Open	✓			
M072	Dylan	Baram	Men's Junior 13	✓	✓		
M073	Eamonn	Sinnott	Men's 40	✓			
M074	Edison	Wong	Men's Junior 13	✓			
M075	Edward	Styles	Men's Open	✓	✓	✓	✓
M076	Elliot	Steen	Men's 35		✓	✓	
M077	Elon Hiu Yan	Cheung	Men's 60		✓	✓	✓
M078	eric	chiu	Men's 45	✓	✓	✓	✓
M079	Ethan	Kao	Men's Junior 17		✓	✓	✓
M080	Frank	Riehm	Men's 45	✓	✓	✓	✓
M081	Frank	McNamara	Men's 70	✓	✓	✓	✓
M082	Frederick	Fung	Men's 40	✓	✓		
M083	Garry	Ng	Men's 45	✓	✓	✓	✓
M084	Gavin	Henderson	Men's 50	✓			
M085	George	Gaffney	Men's 45	✓	✓	✓	✓
M086	Giuseppe	Mollica	Men's 45	✓	✓	✓	✓
M087	Gordon	Chung	Men's 70	✓	✓	✓	✓
M088	Hai Chun	Bee	Men's 50	✓	✓	✓	✓
M089	Harry	Loasby	Men's Open		✓	✓	✓
M090	Harvey	Riding	Men's Junior 15	✓	✓	✓	✓
M091	Hayden	Lau	Men's Open	✓			
M092	Henry	Wong	Men's 60	✓	✓	✓	✓
M093	HERMANN	CHU	Men's 65	✓	✓	✓	✓
M094	Hoi	Wong	Men's 40	✓	✓	✓	✓
M095	HOI LAU ERIC	TO	Men's 60	✓	✓	✓	✓
M096	Hoi Shing	HAU	Men's 45	✓			

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Bib	First name	Last name	Category	Race 1	Race 2	Race 3	Race 4
M097	Ho-Kei	Chan	Men's 45	✓			
M098	Hon lam	Cheng	Men's Open		✓		
M099	Ian	Mcintosh	Men's 50	✓	✓	✓	✓
M100	ILIAS	TOBBACK	Men's Junior 13	✓	✓	✓	✓
M101	Isaac	Lai	Men's Junior 13	✓			
M102	Ishwar Parsram	Sharma	Men's 60	✓			✓
M103	Ison	Cheung	Men's 35	✓	✓	✓	✓
M104	Jack	Barnes	Men's Junior 13	✓			
M105	Jae Yong	Park	Men's 45	✓			
M106	James	Donald	Men's 35	✓			✓
M107	Jan	Souleyman	Men's 50	✓	✓	✓	✓
M108	Jay Ishwar	Sharma	Men's Open				✓
M109	Jeff	Sayed	Men's 50	✓	✓	✓	✓
M110	Jeffrey	Lo	Men's Open	✓			
M111	Jerome	de Clarens	Men's 35	✓			
M112	Jing Jie Sean	Tan	Men's Open	✓			
M113	JJ	McGrath	Men's 35	✓	✓		
M114	John	Fowler	Men's 80+	✓	✓	✓	✓
M115	John	Wong	Men's 40	✓	✓	✓	✓
M116	Jonathan	Gilchrist	Men's 60	✓	✓	✓	✓
M117	Jonathan	Abel	Men's 40			✓	
M118	Jonathan	Shuttleworth-waite	Men's 35	✓	✓	✓	✓
M119	Jonathan	Hamilton	Men's 55			✓	✓
M120	Jonathan	Williams	Men's 45	✓	✓	✓	✓
M121	Jono	Woodhouse	Men's 50	✓	✓	✓	✓
M122	JOSE	SANDOVAL	Men's 45	✓	✓	✓	✓
M123	Jose Roberto	Bongulto	Men's Open	✓			
M124	Justin	Tso	Men's 45	✓			
M125	Ka Chun	Cheng	Men's Open		✓	✓	
M126	KA MAN	GI	Men's 40	✓			
M127	KA SHING KARL	TAM	Men's 40	✓	✓	✓	✓
M128	Kabir	Mirza	Men's Junior 15	✓			
M129	Kaito	Waugh	Men's Junior 13	✓			
M130	kam Kwong	Yip	Men's 55	✓			
M131	Kar Cheong	Kwok	Men's 55	✓	✓	✓	✓
M132	Benjamin	Boyce	Men's 40	✓	✓	✓	✓
M133	Keane	Moraes	Men's Open				✓
M134	Kelvin	Kwok	Men's 35	✓			
M135	Kenneth	Choi	Men's 65		✓		
M136	Kenneth	Greer	Men's 70	✓	✓	✓	✓
M137	Kim	Iu	Men's 45	✓	✓	✓	✓
M138	Kin Lin	Poon	Men's 50	✓	✓	✓	✓
M139	KING YEUNG	LAU	Men's 40	✓			
M140	Kobe	Chan	Men's 35	✓	✓		
M141	Krios	Yeung	Men's 45	✓	✓	✓	✓
M142	Kwan Lung	Ko	Men's 35	✓	✓	✓	✓
M143	Kwok	Wang Hei	Men's Junior 17	✓	✓		
M144	Kwok fai dennis	Ko	Men's 55	✓	✓	✓	✓

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M145	Kwong Ming	Leung	Men's 65	✓	✓	✓	✓
M146	Laurence	Rudge	Men's 50	✓	✓	✓	✓
M147	Lawrence	Wong	Men's 40	✓	✓	✓	✓
M148	LEE	WAI KWONG HANNA	Men's 60	✓	✓	✓	✓
M149	Leon	Tse	Men's 45	✓			
M150	Leung Sum	Yu	Men's 65	✓	✓	✓	✓
M151	Li	Yuk Ki Eric	Men's 60	✓	✓	✓	✓
M152	Liam	Watson	Men's Open	✓			
M153	Louis	McLaughlin	Men's Junior 17			✓	✓
M154	Luis	Pinho	Men's 35	✓	✓	✓	✓
M155	Luka	Youl	Men's Junior 15		✓		
M156	MAN CHUN	HO	Men's 35	✓			
M157	man kit	chiu	Men's 40	✓			
M158	Man To	Lee	Men's Open				✓
M159	Man Wing	Cheng	Men's 60	✓	✓	✓	✓
M160	Marc	Rubinstein	Men's 50	✓	✓	✓	✓
M161	Mark	Russell	Men's Open	✓			
M162	Mark	Reeves	Men's 60	✓	✓	✓	✓
M163	Mark	Rutter	Men's 50	✓	✓		✓
M164	Matt	Coombes	Men's 35		✓	✓	✓
M165	Matt	McDonnell	Men's 40	✓	✓	✓	✓
M166	Matthew	Howlett	Men's 35	✓	✓	✓	✓
M167	Maurice	Szeto	Men's 60	✓			
M168	Max	Leung	Men's 35	✓			
M169	Meir	Ben Tovim	Men's 40	✓		✓	✓
M170	Michael	Capper	Men's 60		✓		
M171	Michael	Clark	Men's Junior 17	✓			
M172	Michael	Capper	Men's 60	✓			
M173	Michael	Chan	Men's 35	✓	✓	✓	✓
M174	Mike	Williams	Men's 50	✓	✓	✓	✓
M175	Ming Yin	Sze	Men's Junior 13	✓	✓	✓	✓
M176	Ngai Him	Wu	Men's 35	✓			
M177	Ngo Shan	Tse	Men's Open			✓	
M178	Nicholas Heng Gang	Gao	Men's Junior 17	✓	✓	✓	✓
M179	Norman	Hui	Men's 55	✓	✓	✓	✓
M180	Oliver	Haas	Men's 35	✓	✓	✓	✓
M181	Patrick Stefanus	Wiejoyo	Men's Open	✓			
M182	POK	CHEUNG WAH	Men's 65	✓	✓	✓	✓
M183	Poon	Wing Kit	Men's 60	✓			
M184	Raimondo	Wong	Men's 50	✓	✓	✓	✓
M185	Rajeev	Ranjan	Men's 45	✓	✓		
M186	Rennard	Cheung	Men's Open	✓			
M187	Reto	Raimann	Men's 55	✓	✓		
M188	Richard	Batten	Men's 35	✓		✓	✓
M189	Richard	Cowley	Men's 40		✓	✓	✓
M190	rico	lam	Men's Junior 15		✓		✓
M191	Ronald	Quan	Men's 35	✓			
M192	Rory	Burns	Men's Junior 13	✓			

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Bib	First name	Last name	Category	Race 1	Race 2	Race 3	Race 4
M193	Rowan	Varty	Men's 35	✓	✓	✓	✓
M194	Roy	Wong	Men's 45	✓		✓	✓
M195	Ryan	Cheung	Men's Open	✓			
M196	SAI ON	Yu	Men's 50	✓	✓	✓	✓
M197	Sebastian	Cotton	Men's 35	✓		✓	✓
M198	SHIU FAI	CHEUNG	Men's 45	✓	✓	✓	✓
M199	Shrikant	Bharathulwar	Men's 40	✓	✓	✓	✓
M200	Shu Fan	Lee	Men's Open	✓			
M201	Shui Cheung	Yang	Men's 45	✓	✓	✓	✓
M202	Simon	Oakley	Men's 45	✓			
M203	Simon	Cheng	Men's 55	✓	✓	✓	✓
M204	Stanley	Tiu	Men's 35	✓	✓	✓	✓
M205	Stephen	Michael	Men's 45	✓	✓	✓	✓
M206	Stephen K	Lau	Men's 70	✓	✓	✓	✓
M207	Steve	Davies	Men's 50	✓	✓	✓	✓
M208	Suet Hung	Cho	Men's Open	✓			
M209	Sze Chit	Wong	Men's Open	✓			
M210	Tak Kuen Alfred	Tam	Men's 60	✓	✓	✓	✓
M211	Tam	Lok Kwan	Men's Open	✓			
M212	Tan	Kok Siong	Men's Open	✓			
M213	Tat yik	LAI	Men's Open	✓	✓		
M214	Thomas	Edmunds	Men's Open	✓	✓	✓	✓
M215	Thomas	Macalister-Smith	Men's Open	✓	✓	✓	✓
M216	Tim	Jowett	Men's 40	✓	✓	✓	✓
M217	Ting Fun Stephen	Hou	Men's 70		✓	✓	
M218	Tristan	Kent	Men's 45	✓	✓	✓	✓
M219	Tsz Fung	Ngai	Men's Open	✓	✓	✓	✓
M220	Tsz Long	Chan	Men's Junior 13	✓	✓	✓	✓
M221	Vincent	Lee	Men's 50	✓	✓	✓	
M222	Wai Lam	LOK	Men's 50	✓	✓	✓	✓
M223	wai lap	Cheung	Men's 65	✓	✓	✓	✓
M224	Wai Man	Chan	Men's 55	✓			
M225	WAI YIP	CHIN	Men's 35	✓	✓	✓	✓
M226	Wai Yip	Tam	Men's 55		✓		
M227	Wan Ho	Yuen	Men's 40	✓	✓	✓	✓
M228	Wang Hei	Wong	Men's Open	✓			✓
M229	wilfred	mui	Men's 50	✓	✓		✓
M230	Will	Hayward	Men's 55		✓	✓	✓
M231	Wing Hung	Chan	Men's 35	✓	✓	✓	✓
M232	WING LEE	CHAN	Men's 40	✓	✓	✓	✓
M233	Wing Sing	Kwok	Men's 70	✓	✓	✓	✓
M234	X Llewel Dick	Angala	Men's Open		✓	✓	
M235	Yan Kwong	Cho	Men's 75	✓	✓	✓	✓
M236	Yat Hin	Hung	Men's Open	✓			
M237	Yeung	Tin Yiu	Men's Open				✓
M238	Yi Kin	Leung	Men's 35	✓	✓	✓	✓
M239	Yi Zhi	Chang	Men's Open	✓	✓	✓	✓
M240	Ying Kit	Leung	Men's 50	✓	✓	✓	✓

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M241	Yiu Ming	LAU	Men's 60	✓	✓	✓	✓
M242	ZiWei	Wong	Men's 35	✓	✓	✓	✓
M243	光平	宋	Men's 60	✓	✓	✓	✓
M244	卓軒	黃	Men's Junior 17	✓			
M245	顯文	余	Men's 65	✓	✓	✓	✓
M246	Tsz Kin	Choi	Men's Open			✓	
M247	Juergen	Wittstock	Men's 65		✓		
M248	Ike	Kutlaca	Men's 35		✓	✓	✓
M249	King yin	Tam	Men's 35		✓	✓	✓
M250	TAT SHING	KOO	Men's 35		✓		
M251	christopher	yum	Men's 35				✓
M252	Shai	Joory	Men's 40			✓	✓
M253	chiu	man kit	Men's 40		✓		
M254	Reinout	Schakel	Men's 40				✓
M255	Matt	Crooks	Men's 45		✓		
M256	Mike	McKee	Men's 45				✓
M257	Chu	kai Wing	Men's 45		✓		
M258	Jones	Yeung	Men's 45			✓	
M259	Hua	Kuok	Men's 45				✓
M260	Kent	Cheung	Men's 50				✓
M261	MAN TAT	LEUNG	Men's 50		✓		
M262	Elliot	Woodruff	Men's 55		✓	✓	
M263	Jack	Yee	Men's 55		✓	✓	
M264	Antony	Pringle	Men's 55		✓	✓	✓
M265	Chun Lam Raymond	Li	Men's 55				✓
M266	Matthew	Yum	Men's 65				✓
M267	Russell	Davie	Men's 65		✓	✓	
M268	Lou	Scanlan	Men's 65			✓	
M269	Thomas Lui	kwok sing	Men's 75		✓		
M270	Vincent	Yee	Men's Junior 13		✓	✓	
M271	Markus	Ma	Men's Junior 15		✓		✓
M272	Hei Yiu	Tse	Men's Junior 15		✓		
M273	Atharva	Mongia	Men's Junior 15		✓		
M274	Lincoln	Loennborn	Men's Junior 15		✓	✓	✓
M275	Ellis	Evans	Men's Junior 15		✓		
M276	Blake	Mallowes	Men's Open		✓		
M277	wun lam	pak	Men's Open		✓		
M278	Xkdkk	Jjjj	Men's Open		✓	✓	✓
M279	Choi Sin	Tsang	Men's Open		✓	✓	
M280	Vaibhav	Bhoovarahan	Men's Open		✓	✓	✓
M281	Tim	Ng	Men's Open		✓	✓	✓
M282	Wu	Wu	Men's Open		✓	✓	✓
M283	Kam To	Chung	Men's Open			✓	
M284	Miguel	Cordero Tan	Men's Open		✓		✓
M285	Kwan Hoi	Ho	Men's Open			✓	
M286	San Yu Samuel	Cheung	Men's Open			✓	✓

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Bib	First name	Last name	Category	Race 1	Race 2	Race 3	Race 4
W001	Ada	Au	Ladies 45	✓		✓	✓
W002	Adelina	Tjokronegoro	Ladies Open	✓			
W003	Aine	OConnell	Ladies 40	✓	✓	✓	✓
W004	Amie	Shuttleworth-Waite	Ladies 35	✓	✓	✓	✓
W005	Andrea	Cheung	Ladies Open	✓	✓	✓	✓
W006	Angelika	Duenas De Leon	Ladies Open	✓			
W007	Anna	Hata	Ladies Junior 15	✓		✓	✓
W008	Avis	Wong	Ladies Junior 13	✓			
W009	Belinda	Greer	Ladies 60	✓	✓	✓	✓
W010	Belinda	McLaughlin	Ladies 50	✓	✓	✓	✓
W011	Bernadette	Baje	Ladies 40	✓	✓	✓	✓
W012	Camille	Phieu	Ladies Junior 15	✓		✓	
W013	Carilyn	Garrett	Ladies 40	✓			
W014	Carmen	Choi	Ladies 50	✓	✓	✓	✓
W015	Carol	Balinas	Ladies 40	✓			
W016	Carolyn	Wingard-Robertsson	Ladies 60			✓	✓
W017	Cecilia	Wong	Ladies 55	✓	✓	✓	✓
W018	CHEUK	Lok ping	Ladies 35	✓	✓	✓	✓
W019	Chloe	Whittington	Ladies Open		✓	✓	✓
W020	Chloe	Herminjard	Ladies Junior 15	✓	✓	✓	✓
W021	Choi Long	Ng	Ladies 40	✓		✓	✓
W022	Chun Man	Wong	Ladies Open	✓			
W023	Chun Yan Joanne	AU	Ladies 45				✓
W024	Cwensuela	Chan	Ladies Junior 13	✓			
W025	Daniel	Lee	Ladies 35				✓
W026	Elaine	Hall	Ladies 50	✓	✓	✓	✓
W027	Elaine	Fu	Ladies 40	✓	✓		✓
W028	Electa	Yeung	Ladies Open	✓			
W029	Eloisa	Deayton	Ladies Junior 15	✓	✓	✓	✓
W030	Eveline	Tobback	Ladies Junior 17	✓	✓	✓	✓
W031	Evelyn	Lim	Ladies 70	✓	✓	✓	✓
W032	Fung Yee May	Tse	Ladies 65	✓	✓	✓	✓
W033	Grace	Carter	Ladies Junior 15	✓	✓	✓	✓
W034	Hannah	Bainbridge	Ladies 40	✓			
W035	Hasna Ashfa	Lai	Ladies Open	✓			
W036	Hay	Kam	Ladies 40	✓	✓		
W037	Hei Yu	Law	Ladies Junior 13	✓			
W038	Helena	Murchie	Ladies 50	✓	✓	✓	✓
W039	Helene	Neto	Ladies 40	✓	✓	✓	✓
W040	Hiu Laam	Pang	Ladies Open	✓	✓		✓
W041	Ho	Wing Chee	Ladies Junior 13	✓			
W042	Hoi lun helen	Leung	Ladies 55	✓	✓	✓	✓
W043	Ines	Murchie	Ladies Junior 15	✓	✓	✓	✓
W044	Ivy	Wong	Ladies 55	✓	✓	✓	✓
W045	Jaclyn	Hung	Ladies 45	✓	✓	✓	✓
W046	Jane	Griffiths	Ladies 50	✓	✓	✓	✓
W047	Jessica	Gilbert	Ladies 35	✓	✓	✓	✓
W048	Joanne	Nixon	Ladies 50	✓	✓	✓	✓

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Bib	First name	Last name	Category	Race 1	Race 2	Race 3	Race 4
W049	Junyi Beverly	Leung	Ladies Junior 13	✓	✓	✓	✓
W050	Justyna	Rundle	Ladies 40	✓	✓	✓	✓
W051	Ka sin	Wong	Ladies Open	✓	✓	✓	✓
W052	Kai Wing	Chan	Ladies Junior 17	✓			
W053	KAREN	LEE	Ladies 45	✓			
W054	Kate	Padget-Koh	Ladies 55	✓	✓	✓	✓
W055	Kate	Murphy	Ladies 40			✓	
W056	kaylee	Iam	Ladies Junior 15	✓			
W057	Kok Chi Jazelina	Wong	Ladies 35	✓	✓	✓	✓
W058	Lan Fa Angel	Lo	Ladies 55		✓	✓	✓
W060	Lau	Ka Mun Jennifer	Ladies 60	✓			
W061	Lee	Hau Ting	Ladies Junior 13	✓			
W062	Liliana	Nixon	Ladies Junior 15	✓	✓	✓	✓
W063	ling	Iau	Ladies 50	✓	✓	✓	✓
W064	Lisa	Borchart	Ladies 40	✓	✓	✓	✓
W065	Lok Yan	Lee	Ladies 35	✓			
W066	Lok Yi	Leung	Ladies Junior 15	✓			
W067	Lorraine	de Beaufort	Ladies 55		✓	✓	✓
W068	Lung Yi	Mak	Ladies 35		✓		✓
W069	Maggie	Cvetkovic	Ladies 40	✓	✓	✓	✓
W070	Man Ching	Ng	Ladies 50	✓	✓	✓	✓
W071	MAN TING	KWAN	Ladies 35	✓	✓	✓	✓
W072	May	Liao	Ladies Open	✓	✓	✓	✓
W073	Megan	Richardson	Ladies Open	✓	✓		
W074	Mei Hang	Law	Ladies Junior 15	✓			
W075	Mei Lun	Yeung	Ladies 60	✓	✓	✓	✓
W076	Melissa Kaye Tunacac	Villasin	Ladies Open	✓			
W077	Natalie	Kwan	Ladies 35	✓	✓	✓	✓
W078	Natasha	Trapla	Ladies 50		✓		
W079	Ng	Wing Ni	Ladies Junior 15	✓			
W080	Nga Ting	Zeng	Ladies Open		✓		
W081	Nica	McMahon	Ladies Junior 15	✓	✓	✓	✓
W082	Nicky	Inge	Ladies Open	✓			
W083	Oi Yu Angelina	Au	Ladies Junior 15	✓	✓	✓	✓
W084	Pak Yin Katie	Chan	Ladies Junior 15	✓			
W085	Pilar	Morais	Ladies 40	✓			
W086	PUI KWAN	WONG	Ladies 45	✓			
W087	Pui Ling Pauline	CHEUNG	Ladies 45	✓			
W088	PUI YU	LO	Ladies Junior 15	✓			
W089	Rachel	Clempson	Ladies 55	✓	✓		
W090	Rachel	Ball	Ladies 45	✓	✓	✓	
W091	Rio	Madan	Ladies Open	✓	✓	✓	✓
W092	Safiya	Gilham	Ladies Junior 15	✓	✓	✓	✓
W093	Sai Yi	Ng	Ladies Open	✓	✓	✓	✓
W094	Sarah	Dickinson	Ladies 45	✓	✓		✓
W095	See Wai	Wong	Ladies 40		✓		
W096	Shannen	Cheung	Ladies Junior 17			✓	
W097	Shuk Yi Angela	Lau	Ladies 45	✓	✓	✓	✓

AVOHK 5k Series 2024 - Runner List

Bib	First name	Last name	Category	Race 1	Race 2	Race 3	Race 4
W098	Shun Hei	Leung	Ladies Junior 17	✓			
W099	Sian	Abate	Ladies 55	✓	✓		
W100	Siobhan	Barnes	Ladies 40	✓			
W101	Siu Miu Margaret	CHUI	Ladies 60	✓	✓	✓	✓
W102	SO HAN	HO	Ladies 50	✓	✓	✓	✓
W103	Sonia	Huberta	Ladies Open	✓			
W104	Sophie	Hall	Ladies Open	✓			
W105	stephanie	perrault	Ladies 35	✓	✓	✓	✓
W106	sukkuen	ma	Ladies 65	✓	✓	✓	✓
W107	Sun Yi	Man	Ladies Junior 17	✓			
W108	Susan	Ko	Ladies 75	✓	✓	✓	✓
W109	Swati	Mital	Ladies 40	✓			
W110	Téa	McMahon	Ladies Junior 15	✓	✓	✓	✓
W111	Tiffany	Yu	Ladies 35	✓			
W112	Tilly	Roberts	Ladies Junior 15	✓	✓	✓	✓
W113	Tip Wan	Leung	Ladies 35	✓	✓		
W114	Tsz Ching	Xie	Ladies Junior 17	✓	✓		
W115	Vivian	Cheng	Ladies Open	✓	✓	✓	✓
W116	Wai Hin	LAU	Ladies Open	✓	✓	✓	✓
W117	Wai Yan	Chan	Ladies 45	✓	✓	✓	✓
W118	Wai Yan	Chan	Ladies 50	✓	✓	✓	
W119	Wan Ki	Wong	Ladies Junior 17	✓			
W120	WENXIAN	CHEN	Ladies 40	✓			✓
W121	Wing Hin	LAU	Ladies Open	✓	✓	✓	
W122	Wing Lam	Mok	Ladies Junior 15	✓	✓		
W123	Wing Yee	Tsui	Ladies Open	✓	✓	✓	✓
W124	Xanthe	Riding	Ladies 45	✓	✓	✓	✓
W125	Yan Ching	Choy	Ladies Junior 15	✓			
W126	Yan Tung	Lui	Ladies Junior 17	✓			
W127	Yan yan	Tse	Ladies 40	✓			
W128	YAOYAN	HU	Ladies Open	✓			
W129	YAT NAM	WONG	Ladies Junior 13		✓	✓	
W130	Yee lam Elaine	Tse	Ladies Open	✓	✓		
W131	Yee Tak	Lai	Ladies 35	✓	✓	✓	✓
W132	Yi Hang	Lai	Ladies Open	✓			
W133	Yi Tsun	Chan	Ladies Open	✓			
W134	Yu Qing	Pun	Ladies Junior 13	✓			
W135	Yuk Mui	Fang	Ladies 45	✓	✓	✓	✓
W136	Yvonne	McMahon	Ladies 50	✓	✓	✓	✓
W137	Zoe Jane	Cheng	Ladies Junior 17	✓	✓	✓	✓
W138	Rachel	Chan	Ladies 35		✓		
W139	fook ki peony	tse	Ladies 35		✓	✓	
W140	Ramya	Narayanaswamy	Ladies 35		✓	✓	✓
W141	Valentina	Latorraca	Ladies 35		✓		
W142	Claire	Watson	Ladies 40		✓	✓	✓
W143	Soo Hee	Paik	Ladies 40		✓	✓	
W144	Caitriona	Jennings	Ladies 40		✓		
W145	Wing Suen	Lee	Ladies 50		✓	✓	

AVOHK 5k Series 2024 - Runner List

Bib	First name	Last name	Category	Race 1	Race 2	Race 3	Race 4
W146	Natasja Maria	van Balken	Ladies 50				✓
W147	Michele	Liew	Ladies 55		✓	✓	
W148	Yichu	Li	Ladies Junior 13		✓		
W149	Phoebe	Roberts	Ladies Junior 13				✓
W150	Ruby	Ramsay	Ladies Junior 15		✓	✓	✓
W151	Sophie	McKee	Ladies Junior 15				✓
W152	Chelsea	Hsiao	Ladies Open		✓		
W153	Tania	Lau	Ladies Open		✓		✓
W154	Sherry	Duan	Ladies Open		✓		
W155	Thuy Duong	Pham	Ladies Open		✓		
W156	Samantha	Ho	Ladies Open		✓		