

2024 AVOHK 5k Series - Race 1

Date: 24th August 2024

Gender Position	Category Position	Category	Bib	Name	OfficialTime
1	1	Men's Junior 17 (16-17)	M171	Michael Clark	0:16:21
2	1	Men's 40 (40-44)	M049	Chris Davis	0:17:54
3	2	Men's 40 (40-44)	M227	Wan Ho Yuen	0:18:19
4	3	Men's 40 (40-44)	M060	David Woo	0:18:23
5	1	Men's Open (18-34)	M215	Thomas Macalister-Smith	0:18:29
6	4	Men's 40 (40-44)	M013	Alexandre Marly	0:18:33
7	1	Men's 45 (45-49)	M006	Alan Zagury	0:18:33
8	2	Men's Open (18-34)	M123	Jose Roberto Bongulto	0:18:35
9	1	Men's 35 (35-39)	M106	James Donald	0:18:46
10	2	Men's 35 (35-39)	M231	Wing Hung Chan	0:19:04
11	2	Men's 45 (45-49)	M085	George Gaffney	0:19:07
12	3	Men's Open (18-34)	M186	Rennard Cheung	0:19:14
13	1	Men's 50 (50-54)	M121	Jono Woodhouse	0:19:27
14	3	Men's 45 (45-49)	M198	SHIU FAI CHEUNG	0:19:30
15	5	Men's 40 (40-44)	M216	Tim Jowett	0:19:37
16	1	Men's Junior 13 (12-13)	M100	ILIAS TOBBACK	0:19:44
17	2	Men's Junior 13 (12-13)	M220	Tsz Long Chan	0:19:59
18	3	Men's 35 (35-39)	M053	CHUN TAK WONG	0:20:01
19	4	Men's 45 (45-49)	M034	CHI FAI CHEUNG	0:20:02
20	6	Men's 40 (40-44)	M147	Lawrence Wong	0:20:04
21	5	Men's 45 (45-49)	M137	Kim Iu	0:20:12
22	1	Men's Junior 15 (14-15)	M128	Kabir Mirza	0:20:17
23	4	Men's Open (18-34)	M195	Ryan Cheung	0:20:19
24	4	Men's 35 (35-39)	M046	Chiu Lun Lai	0:20:22
25	5	Men's 35 (35-39)	M154	Luis Pinho	0:20:27
26	5	Men's Open (18-34)	M037	Chi Hei Yeung	0:20:31
27	6	Men's 35 (35-39)	M134	Kelvin Kwok	0:20:38
28	7	Men's 35 (35-39)	M002	Adam Cross	0:20:42
29	1	Men's 55 (55-59)	M130	kam Kwong Yip	0:20:42
30	6	Men's 45 (45-49)	M218	Tristan Kent	0:20:52
31	2	Men's 50 (50-54)	M163	Mark Rutter	0:20:56
32	3	Men's 50 (50-54)	M012	Alexander Berkhout	0:21:02
33	6	Men's Open (18-34)	M112	Jing Jie Sean Tan	0:21:09
34	8	Men's 35 (35-39)	M011	Alexander Drummond	0:21:15
35	3	Men's Junior 13 (12-13)	M175	Ming Yin Sze	0:21:16
36	7	Men's 40 (40-44)	M169	Meir Ben Tovim	0:21:18
37	7	Men's Open (18-34)	M161	Mark Russell	0:21:19
38	9	Men's 35 (35-39)	M193	Rowan Varty	0:21:21
39	8	Men's Open (18-34)	M212	Tan Kok Siong	0:21:22
40	2	Men's 55 (55-59)	M131	Kar Cheong Kwok	0:21:24
41	3	Men's 55 (55-59)	M203	Simon Cheng	0:21:26
42	9	Men's Open (18-34)	M110	Jeffrey Lo	0:21:31
43	10	Men's Open (18-34)	M211	Tam Lok Kwan	0:21:32
44	7	Men's 45 (45-49)	M185	Rajeev Ranjan	0:21:33
45	10	Men's 35 (35-39)	M238	Yi Kin Leung	0:21:35
46	4	Men's 55 (55-59)	M179	Norman Hui	0:21:41
47	11	Men's Open (18-34)	M239	Yi Zhi Chang	0:21:43
48	12	Men's Open (18-34)	M213	Tat yik LAI	0:21:44
49	8	Men's 40 (40-44)	M028	Bun Liu	0:21:45
50	9	Men's 40 (40-44)	M004	Adrian Worth	0:21:46
51	10	Men's 40 (40-44)	M165	Matt McDonnell	0:21:47
52	8	Men's 45 (45-49)	M032	Charlie Nixon	0:21:50
53	2	Men's Junior 15 (14-15)	M023	Billy Rudge	0:21:55
54	11	Men's 35 (35-39)	M173	Michael Chan	0:21:56
55	4	Men's 50 (50-54)	M146	Laurence Rudge	0:21:57
56	13	Men's Open (18-34)	M208	Suet Hung Cho	0:21:59
57	2	Men's Junior 17 (16-17)	M244	卓軒 黃	0:22:01

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58	12	Men's 35 (35-39)	M176	Ngai Him Wu	0:22:02
59	5	Men's 50 (50-54)	M050	Chris CHAN	0:22:03
60	14	Men's Open (18-34)	M200	Shu Fan Lee	0:22:20
61	11	Men's 40 (40-44)	M066	Derek Baram	0:22:21
62	4	Men's Junior 13 (12-13)	M033	Charlie Fraser	0:22:30
63	1	Men's 65 (65-69)	M223	wai lap Cheung	0:22:32
64	15	Men's Open (18-34)	M069	Diego Alvis	0:22:33
65	6	Men's 50 (50-54)	M088	Hai Chun Bee	0:22:39
66	2	Men's 65 (65-69)	M145	Kwong Ming Leung	0:22:46
67	1	Men's 70 (70-74)	M233	Wing Sing Kwok	0:22:50
68	13	Men's 35 (35-39)	M055	Clement Nolleau	0:22:54
69	14	Men's 35 (35-39)	M140	Kobe Chan	0:22:55
70	9	Men's 45 (45-49)	M062	David Rundle	0:22:59
71	12	Men's 40 (40-44)	M082	Frederick Fung	0:23:00
72	16	Men's Open (18-34)	M027	Bruce Leung	0:23:01
73	3	Men's Junior 15 (14-15)	M090	Harvey Riding	0:23:01
74	7	Men's 50 (50-54)	M184	Raimondo Wong	0:23:06
75	13	Men's 40 (40-44)	M057	Coleman Wan	0:23:11
76	15	Men's 35 (35-39)	M242	ZiWei Wong	0:23:13
77	14	Men's 40 (40-44)	M015	Allan Fraser	0:23:14
78	15	Men's 40 (40-44)	M064	Derek Ma	0:23:15
79	1	Men's 60 (60-64)	M241	Yiu Ming LAU	0:23:26
80	16	Men's 35 (35-39)	M180	Oliver Haas	0:23:27
81	5	Men's 55 (55-59)	M224	Wai Man Chan	0:23:34
82	4	Men's Junior 15 (14-15)	M051	Chun Hei Fung	0:23:39
83	8	Men's 50 (50-54)	M207	Steve Davies	0:23:40
84	17	Men's 35 (35-39)	M065	Derek Lowe	0:23:46
85	5	Men's Junior 13 (12-13)	M104	Jack Barnes	0:23:49
86	2	Men's 60 (60-64)	M116	Jonathan Gilchrist	0:23:50
87	18	Men's 35 (35-39)	M168	Max Leung	0:23:52

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88	19	Men's 35 (35-39)	M204	Stanley Tiu	0:23:56
89	9	Men's 50 (50-54)	M070	Donald Low	0:23:57
90	3	Men's Junior 17 (16-17)	M143	Kwok Wang Hei	0:24:02
91	10	Men's 45 (45-49)	M083	Garry Ng	0:24:05
92	2	Men's 70 (70-74)	M081	Frank McNamara	0:24:09
93	17	Men's Open (18-34)	M035	Chi fung Liu	0:24:11
94	20	Men's 35 (35-39)	M225	WAI YIP CHIN	0:24:21
95	21	Men's 35 (35-39)	M113	JJ McGrath	0:24:32
96	18	Men's Open (18-34)	M071	Dreyfus Koo	0:24:34
97	10	Men's 50 (50-54)	M196	SAI ON Yu	0:24:35
98	11	Men's 50 (50-54)	M099	Ian McIntosh	0:24:39
99	3	Men's 60 (60-64)	M017	Andrew Clempson	0:24:41
100	3	Men's 65 (65-69)	M093	HERMANN CHU	0:24:42
101	19	Men's Open (18-34)	M075	Edward Styles	0:24:46
102	4	Men's 65 (65-69)	M041	Chi Wing CHEUNG	0:24:59
103	12	Men's 50 (50-54)	M221	Vincent Lee	0:25:01
104	20	Men's Open (18-34)	M091	Hayden Lau	0:25:10
105	6	Men's 55 (55-59)	M061	David Russell	0:25:15
106	16	Men's 40 (40-44)	M115	John Wong	0:25:17
107	5	Men's 65 (65-69)	M182	POK CHEUNG WAH	0:25:20
108	11	Men's 45 (45-49)	M201	Shui Cheung Yang	0:25:25
109	13	Men's 50 (50-54)	M174	Mike Williams	0:25:26
110	22	Men's 35 (35-39)	M018	Andrew Stevenson	0:25:34
111	4	Men's 60 (60-64)	M148	LEE WAI KWONG HANNAY	0:25:40
112	23	Men's 35 (35-39)	M118	Jonathan Shuttleworth-waite	0:25:41
113	24	Men's 35 (35-39)	M014	Ali Cochran	0:25:45
114	17	Men's 40 (40-44)	M139	KING YEUNG LAU	0:25:52
115	5	Men's 60 (60-64)	M243	光平 宋	0:25:53
116	12	Men's 45 (45-49)	M149	Leon Tse	0:25:55
117	14	Men's 50 (50-54)	M084	Gavin Henderson	0:26:00
118	15	Men's 50 (50-54)	M240	Ying Kit Leung	0:26:04
119	7	Men's 55 (55-59)	M187	Reto Raimann	0:26:10
120	13	Men's 45 (45-49)	M040	Chi Wai Li	0:26:12
121	14	Men's 45 (45-49)	M120	Jonathan Williams	0:26:15
122	6	Men's Junior 13 (12-13)	M022	Benji Williams	0:26:15
123	15	Men's 45 (45-49)	M141	Krios Yeung	0:26:24
124	16	Men's 50 (50-54)	M160	Marc Rubinstein	0:26:47
125	17	Men's 50 (50-54)	M222	Wai Lam LOK	0:26:59
126	21	Men's Open (18-34)	M005	Ahmed Abbas Alvi	0:27:21
127	6	Men's 60 (60-64)	M183	Poon Wing Kit	0:27:24
128	22	Men's Open (18-34)	M228	Wang Hei Wong	0:27:28
129	23	Men's Open (18-34)	M152	Liam Watson	0:27:47
130	24	Men's Open (18-34)	M007	Albert Paredandan	0:28:06
131	8	Men's 55 (55-59)	M047	Cho Man Wai	0:28:16
132	18	Men's 40 (40-44)	M036	CHI FUNG CLARENCE HO	0:28:22
133	7	Men's 60 (60-64)	M009	Alex LAU	0:28:23
134	25	Men's 35 (35-39)	M191	Ronald Quan	0:28:32
135	25	Men's Open (18-34)	M016	Alvin Adiputra	0:28:36
136	6	Men's 65 (65-69)	M150	Leung Sum Yu	0:28:47
137	26	Men's 35 (35-39)	M188	Richard Batten	0:28:49
138	8	Men's 60 (60-64)	M210	Tak Kuen Alfred Tam	0:28:49
139	18	Men's 50 (50-54)	M008	Alex Murchie	0:28:52
140	7	Men's 65 (65-69)	M245	顯文 余	0:29:02
141	27	Men's 35 (35-39)	M166	Matthew Howlett	0:29:04
142	9	Men's 60 (60-64)	M092	Henry Wong	0:29:07
143	10	Men's 60 (60-64)	M159	Man Wing Cheng	0:29:14
144	7	Men's Junior 13 (12-13)	M072	Dylan Baram	0:29:26

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145	3	Men's 70 (70-74)	M029	ChAk yAN Chan	0:29:39
146	8	Men's Junior 13 (12-13)	M074	Edison Wong	0:29:40
147	11	Men's 60 (60-64)	M024	Bobby Kwok	0:29:45
148	4	Men's 70 (70-74)	M206	Stephen K Lau	0:30:43
149	5	Men's 70 (70-74)	M136	Kenneth Greedr	0:31:27
150	26	Men's Open (18-34)	M181	Patrick Stefanus Wiejoyo	0:33:20
151	19	Men's 40 (40-44)	M094	Hoi Wong	0:33:30
152	9	Men's 55 (55-59)	M063	David HC Wan	0:33:32
153	16	Men's 45 (45-49)	M105	Jae Yong Park	0:33:36
154	20	Men's 40 (40-44)	M199	Shrikant Bharathulwar	0:33:47
155	10	Men's 55 (55-59)	M068	DHANADA KANTA MISHRA	0:33:48
156	17	Men's 45 (45-49)	M124	Justin Tso	0:33:55
157	12	Men's 60 (60-64)	M031	Charles Caldwell	0:35:19
158	21	Men's 40 (40-44)	M127	KA SHING KARL TAM	0:35:20
159	22	Men's 40 (40-44)	M157	man kit chiu	0:35:22
160	18	Men's 45 (45-49)	M097	Ho-Kei Chan	0:35:33
161	28	Men's 35 (35-39)	M156	MAN CHUN HO	0:35:50
162	13	Men's 60 (60-64)	M102	Ishwar Parsram Sharma	0:37:12
163	11	Men's 55 (55-59)	M144	Kwok fai dennis Ko	0:37:57
164	27	Men's Open (18-34)	M020	Andrew Ball	0:38:05
165	1	Men's 80+ (80+)	M114	John Fowler	0:38:43
166	19	Men's 50 (50-54)	M138	Kin Lin Poon	0:38:52
167	14	Men's 60 (60-64)	M151	Li Yuk Ki Eric	0:39:13
168	1	Men's 75 (75-79)	M235	Yan Kwong Cho	0:40:43
169	20	Men's 50 (50-54)	M229	wilfred mui	0:41:55
170	19	Men's 45 (45-49)	M096	Hoi Shing HAU	0:43:06
171	2	Men's 80+ (80+)	M030	Chan Wing On	0:43:35
172	15	Men's 60 (60-64)	M048	Cho Ping William Hung	0:44:26
173	28	Men's Open (18-34)	M236	Yat Hin Hung	0:44:26
174	3	Men's 80+ (80+)	M038	chi shing Tsang	0:47:42
175	6	Men's 70 (70-74)	M087	Gordon Chung	0:47:56