

AVOHK 5k Series 2024 - Score after Race 3

Date: 21st September 2024

Cat	Category	Bib	Name	R1Score	R2Score	R3score	Total
L12	Ladies Junior 13 (12-13)	W049	Junyi Beverly Leung	99	100	100	299
L12	Ladies Junior 13 (12-13)	W024	Cwensuela Chan	98	0	99	197
L12	Ladies Junior 13 (12-13)	W129	YAT NAM WONG	0	98	98	196
L12	Ladies Junior 13 (12-13)	W061	Lee Hau Ting	100	0	0	100
L12	Ladies Junior 13 (12-13)	W148	Yichu Li	0	99	0	99
L12	Ladies Junior 13 (12-13)	W008	Avis Wong	97	0	0	97
L12	Ladies Junior 13 (12-13)	W041	Ho Wing Chee	96	0	0	96
L12	Ladies Junior 13 (12-13)	W134	Yu Qing Pun	95	0	0	95
L12	Ladies Junior 13 (12-13)	W037	Hei Yu Law	94	0	0	94
L12	Ladies Junior 13 (12-13)	W149	Phoebe Roberts	0	0	0	0
L14	Ladies Junior 15 (14-15)	W110	Téa McMahon	98	99	99	296
L14	Ladies Junior 15 (14-15)	W166	Safiya Gilham	93	97	97	287
L14	Ladies Junior 15 (14-15)	W083	Oi Yu Angelina Au	92	93	100	285
L14	Ladies Junior 15 (14-15)	W020	Chloe Herminjard	87	96	98	281
L14	Ladies Junior 15 (14-15)	W081	Nica McMahon	90	95	95	280
L14	Ladies Junior 15 (14-15)	W112	Tilly Roberts	91	91	96	278
L14	Ladies Junior 15 (14-15)	W043	Ines Murchie	86	92	94	272
L14	Ladies Junior 15 (14-15)	W167	Eloisa Deayton	88	90	93	271
L14	Ladies Junior 15 (14-15)	W159	Wing Lam Mok	96	100	0	196
L14	Ladies Junior 15 (14-15)	W150	Ruby Ramsay	0	94	92	186
L14	Ladies Junior 15 (14-15)	W012	Camille Phieu	84	0	90	174
L14	Ladies Junior 15 (14-15)	W084	Pak Yin Katie Chan	100	0	0	100
L14	Ladies Junior 15 (14-15)	W056	kaylee lam	99	0	0	99
L14	Ladies Junior 15 (14-15)	W033	Grace Carter	0	98	0	98
L14	Ladies Junior 15 (14-15)	W074	Mei Hang Law	97	0	0	97
L14	Ladies Junior 15 (14-15)	W066	Lok Yi Leung	95	0	0	95
L14	Ladies Junior 15 (14-15)	W088	PUI YU LO	94	0	0	94
L14	Ladies Junior 15 (14-15)	W007	Anna Hata	0	0	91	91
L14	Ladies Junior 15 (14-15)	W079	Ng Wing Ni	89	0	0	89
L14	Ladies Junior 15 (14-15)	W125	Yan Ching Choy	85	0	0	85
L14	Ladies Junior 15 (14-15)	W062	Liliana Nixon	83	0	0	83
L14	Ladies Junior 15 (14-15)	W151	Sophie McKee	0	0	0	0
L16	Ladies Junior 17 (16-17)	W162	Eveline Tobback	95	98	98	291
L16	Ladies Junior 17 (16-17)	W137	Zoe Jane Cheng	0	99	100	199
L16	Ladies Junior 17 (16-17)	W160	Tsz Ching Xie	99	100	0	199
L16	Ladies Junior 17 (16-17)	W119	Wan Ki Wong	100	0	0	100
L16	Ladies Junior 17 (16-17)	W096	Shannen Cheung	0	0	99	99
L16	Ladies Junior 17 (16-17)	W126	Yan Tung Lui	98	0	0	98
L16	Ladies Junior 17 (16-17)	W098	Shun Hei Leung	97	0	0	97
L16	Ladies Junior 17 (16-17)	W052	Kai Wing Chan	96	0	0	96
L16	Ladies Junior 17 (16-17)	W107	Sun Yi Man	94	0	0	94

AVOHK 5k Series 2024 - Score after Race 3

Date: 21st September 2024

Cat	Category	Bib	Name	R1Score	R2Score	R3score	Total
L18	Ladies Open (18-34)	W163	Wing Yee Tsui	99	100	100	299
L18	Ladies Open (18-34)	W093	Sai Yi Ng	96	98	99	293
L18	Ladies Open (18-34)	W005	Andrea Cheung	95	97	97	289
L18	Ladies Open (18-34)	W121	Wing Hin LAU	93	96	98	287
L18	Ladies Open (18-34)	W116	Wai Hin LAU	94	95	96	285
L18	Ladies Open (18-34)	W051	Ka sin Wong	89	93	94	276
L18	Ladies Open (18-34)	W040	Hiu Laam Pang	97	99	0	196
L18	Ladies Open (18-34)	W154	Sherry Duan	0	94	95	189
L18	Ladies Open (18-34)	W019	Chloe Whittington	0	91	93	184
L18	Ladies Open (18-34)	W115	Vivian Cheng	92	92	0	184
L18	Ladies Open (18-34)	W082	Nicky Inge	100	0	0	100
L18	Ladies Open (18-34)	W133	Yi Tsun Chan	98	0	0	98
L18	Ladies Open (18-34)	W104	Sophie Hall	91	0	0	91
L18	Ladies Open (18-34)	W072	May Liao	90	0	0	90
L18	Ladies Open (18-34)	W156	Samantha Ho	0	90	0	90
L18	Ladies Open (18-34)	W130	Yee lam Elaine Tse	0	89	0	89
L18	Ladies Open (18-34)	W028	Electa Yeung	88	0	0	88
L18	Ladies Open (18-34)	W128	YAOYAN HU	87	0	0	87
L18	Ladies Open (18-34)	W103	Sonia Huberta	86	0	0	86
L18	Ladies Open (18-34)	W035	Hasna Ashfa Lai	85	0	0	85
L18	Ladies Open (18-34)	W076	Mellissa Kaye Tunacao Villasin	84	0	0	84
L18	Ladies Open (18-34)	W132	Yi Hang Lai	83	0	0	83
L18	Ladies Open (18-34)	W002	Adelina Tjokronegoro	82	0	0	82
L18	Ladies Open (18-34)	W006	Angelika Duenas De Leon	81	0	0	81
L18	Ladies Open (18-34)	W022	Chun Man Wong	0	0	0	0
L18	Ladies Open (18-34)	W073	Megan Richardson	0	0	0	0
L18	Ladies Open (18-34)	W080	Nga Ting Zeng	0	0	0	0
L18	Ladies Open (18-34)	W091	Rio Madan	0	0	0	0
L18	Ladies Open (18-34)	W138	Ki Chi Wong	0	0	0	0
L18	Ladies Open (18-34)	W152	Chelsea Hsiao	0	0	0	0
L18	Ladies Open (18-34)	W153	Tania Lau	0	0	0	0
L18	Ladies Open (18-34)	W155	Thuy Duong Pham	0	0	0	0
L18	Ladies Open (18-34)	W169	Margaux Jayet	0	0	0	0
L18	Ladies Open (18-34)	W171	Santina Philips	0	0	0	0
L35	Ladies 35 (35-39)	W105	stephanie perrault	98	99	100	297
L35	Ladies 35 (35-39)	W077	Natalie Kwan	97	97	99	293
L35	Ladies 35 (35-39)	W071	MAN TING KWAN	96	96	97	289
L35	Ladies 35 (35-39)	W018	CHEUK Lok ping	93	93	96	282
L35	Ladies 35 (35-39)	W004	Amie Shuttleworth-Waite	99	100	0	199
L35	Ladies 35 (35-39)	W111	Tiffany Yu	100	0	0	100
L35	Ladies 35 (35-39)	W139	fook ki peony tse	0	98	0	98
L35	Ladies 35 (35-39)	W168	Charmaine Lim	0	0	98	98
L35	Ladies 35 (35-39)	W047	Jessica Gilbert	95	0	0	95
L35	Ladies 35 (35-39)	W068	Lung Yi Mak	0	95	0	95
L35	Ladies 35 (35-39)	W113	Tip Wan Leung	94	0	0	94
L35	Ladies 35 (35-39)	W141	Valentina Latorraca	0	94	0	94
L35	Ladies 35 (35-39)	W025	Daniel Lee	0	0	0	0
L35	Ladies 35 (35-39)	W057	Kok Chi Jazelina Wong	0	0	0	0
L35	Ladies 35 (35-39)	W065	Lok Yan Lee	0	0	0	0
L35	Ladies 35 (35-39)	W131	Yee Tak Lai	0	0	0	0
L35	Ladies 35 (35-39)	W140	Ramya Narayanaswamy	0	0	0	0
L35	Ladies 35 (35-39)	W157	Rachel Chan	0	0	0	0
L35	Ladies 35 (35-39)	W172	Sarah Shuttleworth	0	0	0	0

AVOHK 5k Series 2024 - Score after Race 3

Date: 21st September 2024

Cat	Category	Bib	Name	R1Score	R2Score	R3score	Total
L40	Ladies 40 (40-44)	W011	Bernadette Baje	95	97	100	292
L40	Ladies 40 (40-44)	W161	Justyna Rundle	91	96	99	286
L40	Ladies 40 (40-44)	W158	Lisa Borchart	89	94	98	281
L40	Ladies 40 (40-44)	W027	Elaine Fu	99	99	0	198
L40	Ladies 40 (40-44)	W039	Helene Neto	96	98	0	194
L40	Ladies 40 (40-44)	W021	Choi Long Ng	86	95	0	181
L40	Ladies 40 (40-44)	W034	Hannah Bainbridge	100	0	0	100
L40	Ladies 40 (40-44)	W144	Caitriona Jennings	0	100	0	100
L40	Ladies 40 (40-44)	W127	Yan yan Tse	98	0	0	98
L40	Ladies 40 (40-44)	W015	Carol Balinas	97	0	0	97
L40	Ladies 40 (40-44)	W170	Maria Teresa Wijaya	0	0	97	97
L40	Ladies 40 (40-44)	W013	Carilyn Garrett	94	0	0	94
L40	Ladies 40 (40-44)	W036	Hay Kam	93	0	0	93
L40	Ladies 40 (40-44)	W003	Aine OConnell	92	0	0	92
L40	Ladies 40 (40-44)	W100	Siobhan Barnes	90	0	0	90
L40	Ladies 40 (40-44)	W109	Swati Mital	88	0	0	88
L40	Ladies 40 (40-44)	W085	Pilar Morais	87	0	0	87
L40	Ladies 40 (40-44)	W055	Kate Murphy	0	0	0	0
L40	Ladies 40 (40-44)	W069	Maggie Cvetkovic	0	0	0	0
L40	Ladies 40 (40-44)	W095	See Wai Wong	0	0	0	0
L40	Ladies 40 (40-44)	W120	WENXIAN CHEN	0	0	0	0
L40	Ladies 40 (40-44)	W142	Claire Watson	0	0	0	0
L40	Ladies 40 (40-44)	W143	Soo Hee Paik	0	0	0	0
L45	Ladies 45 (45-49)	W135	Yuk Mui Fang	100	100	100	300
L45	Ladies 45 (45-49)	W117	Wai Yan Chan	99	98	99	296
L45	Ladies 45 (45-49)	W090	Rachel Ball	94	95	97	286
L45	Ladies 45 (45-49)	W001	Ada Au	96	0	98	194
L45	Ladies 45 (45-49)	W124	Xanthe Riding	95	96	0	191
L45	Ladies 45 (45-49)	W045	Jaclyn Hung	0	99	0	99
L45	Ladies 45 (45-49)	W087	Pui Ling Pauline CHEUNG	98	0	0	98
L45	Ladies 45 (45-49)	W053	KAREN LEE	97	0	0	97
L45	Ladies 45 (45-49)	W094	Sarah Dickinson	0	97	0	97
L45	Ladies 45 (45-49)	W086	PUI KWAN WONG	93	0	0	93
L45	Ladies 45 (45-49)	W023	Chun Yan Joanne AU	0	0	0	0
L45	Ladies 45 (45-49)	W097	Shuk Yi Angela Lau	0	0	0	0
L45	Ladies 45 (45-49)	W174	Susy Walmsley	0	0	0	0
L50	Ladies 50 (50-54)	W070	Man Ching Ng	100	100	99	299
L50	Ladies 50 (50-54)	W026	Elaine Hall	99	99	100	298
L50	Ladies 50 (50-54)	W118	Wai Yan Chan	97	98	98	293
L50	Ladies 50 (50-54)	W102	SO HAN HO	96	96	95	287
L50	Ladies 50 (50-54)	W063	ling lau	94	95	97	286
L50	Ladies 50 (50-54)	W165	Joanne Nixon	95	94	94	283
L50	Ladies 50 (50-54)	W046	Jane Griffiths	93	92	96	281
L50	Ladies 50 (50-54)	W010	Belinda McLaughlin	98	97	0	195
L50	Ladies 50 (50-54)	W136	Yvonne McMahon	92	0	93	185
L50	Ladies 50 (50-54)	W078	Natasha Trapla	0	93	0	93
L50	Ladies 50 (50-54)	W173	Suryati Widjaja	0	0	92	92
L50	Ladies 50 (50-54)	W014	Carmen Choi	0	0	0	0
L50	Ladies 50 (50-54)	W038	Helena Murchie	0	0	0	0
L50	Ladies 50 (50-54)	W145	Wing Suen Lee	0	0	0	0
L50	Ladies 50 (50-54)	W146	Natasja Maria van Balken	0	0	0	0

AVOHK 5k Series 2024 - Score after Race 3

Date: 21st September 2024

Cat	Category	Bib	Name	R1Score	R2Score	R3score	Total
L55	Ladies 55 (55-59)	W044	Ivy Wong	100	100	98	298
L55	Ladies 55 (55-59)	W042	Hoi lun helen Leung	99	98	99	296
L55	Ladies 55 (55-59)	W017	Cecilia Wong	98	97	97	292
L55	Ladies 55 (55-59)	W058	Lan Fa Angel Lo	0	99	100	199
L55	Ladies 55 (55-59)	W147	Michele Liew	0	96	96	192
L55	Ladies 55 (55-59)	W089	Rachel Clempson	97	0	0	97
L55	Ladies 55 (55-59)	W054	Kate Padget-Koh	0	0	0	0
L55	Ladies 55 (55-59)	W067	Lorraine de Beaufort	0	0	0	0
L55	Ladies 55 (55-59)	W099	Sian Abate	0	0	0	0
L60	Ladies 60 (60-64)	W101	Siu Miu Margaret CHUI	100	99	100	299
L60	Ladies 60 (60-64)	W075	Mei Lun Yeung	99	100	99	298
L60	Ladies 60 (60-64)	W164	Belinda Greer	98	98	0	196
L60	Ladies 60 (60-64)	W060	Lau Ka Mun Jennifer	97	0	0	97
L60	Ladies 60 (60-64)	W016	Carolyn Wingard-Robertsson	0	0	0	0
L65	Ladies 65 (65-69)	W032	Fung Yee May Tse	100	0	100	200
L65	Ladies 65 (65-69)	W106	sukkuen ma	99	0	0	99
L70	Ladies 70 (70-74)	W031	Evelyn Lim	100	100	100	300
L75	Ladies 75 (75-79)	W108	Susan Ko	100	100	100	300

AVOHK 5k Series 2024 - Score after Race 3

Date: 21st September 2024

Cat	Category	Bib	Name	R1Score	R2Score	R3score	Total
M12	Men's Junior 13 (12-13)	M100	ILIAS TOBBACK	100	100	100	300
M12	Men's Junior 13 (12-13)	M175	Ming Yin Sze	98	99	99	296
M12	Men's Junior 13 (12-13)	M220	Tsz Long Chan	99	98	97	294
M12	Men's Junior 13 (12-13)	M033	Charlie Fraser	97	97	98	292
M12	Men's Junior 13 (12-13)	M104	Jack Barnes	96	0	96	192
M12	Men's Junior 13 (12-13)	M022	Benji Williams	95	96	0	191
M12	Men's Junior 13 (12-13)	M056	Cody Nixon	0	95	94	189
M12	Men's Junior 13 (12-13)	M311	Thomas O'Neill Guerra	0	0	95	95
M12	Men's Junior 13 (12-13)	M072	Dylan Baram	94	0	0	94
M12	Men's Junior 13 (12-13)	M074	Edison Wong	93	0	0	93
M12	Men's Junior 13 (12-13)	M101	Isaac Lai	0	0	0	0
M12	Men's Junior 13 (12-13)	M129	Kaito Waugh	0	0	0	0
M12	Men's Junior 13 (12-13)	M192	Rory Burns	0	0	0	0
M12	Men's Junior 13 (12-13)	M270	Vincent Yee	0	0	0	0
M12	Men's Junior 13 (12-13)	M306	Jack Barnes	0	0	0	0
M14	Men's Junior 15 (14-15)	M292	Chun Hei Fung	97	98	0	195
M14	Men's Junior 15 (14-15)	M023	Billy Rudge	99	94	0	193
M14	Men's Junior 15 (14-15)	M274	Lincoln Loennborn	0	92	100	192
M14	Men's Junior 15 (14-15)	M090	Harvey Riding	98	93	0	191
M14	Men's Junior 15 (14-15)	M128	Kabir Mirza	100	0	0	100
M14	Men's Junior 15 (14-15)	M155	Luka Youl	0	100	0	100
M14	Men's Junior 15 (14-15)	M273	Atharva Mongia	0	99	0	99
M14	Men's Junior 15 (14-15)	M190	rico lam	0	97	0	97
M14	Men's Junior 15 (14-15)	M271	Markus Ma	0	96	0	96
M14	Men's Junior 15 (14-15)	M272	Hei Yiu Tse	0	95	0	95
M14	Men's Junior 15 (14-15)	M275	Ellis Evans	0	0	0	0
M16	Men's Junior 17 (16-17)	M079	Ethan Kao	0	100	100	200
M16	Men's Junior 17 (16-17)	M288	Kwok Wang Hei	98	99	0	197
M16	Men's Junior 17 (16-17)	M171	Michael Clark	100	0	0	100
M16	Men's Junior 17 (16-17)	M244	卓軒 黃	99	0	0	99
M16	Men's Junior 17 (16-17)	M153	Louis McLaughlin	0	0	0	0
M16	Men's Junior 17 (16-17)	M178	Nicholas Heng Gang Gao	0	0	0	0

AVOHK 5k Series 2024 - Score after Race 3

Date: 21st September 2024

Cat	Category	Bib	Name	R1Score	R2Score	R3score	Total
M18	Men's Open (18-34)	M239	Yi Zhi Chang	90	96	94	280
M18	Men's Open (18-34)	M215	Thomas Macalister-Smith	100	98	0	198
M18	Men's Open (18-34)	M214	Thomas Edmunds	0	99	98	197
M18	Men's Open (18-34)	M280	Vaibhav Bhoovarahan	0	100	97	197
M18	Men's Open (18-34)	M281	Tim Ng	0	97	96	193
M18	Men's Open (18-34)	M282	Wu Wu	0	94	93	187
M18	Men's Open (18-34)	M213	Tat yik LAI	89	95	0	184
M18	Men's Open (18-34)	M069	Diego Alvis	86	92	0	178
M18	Men's Open (18-34)	M027	Bruce Leung	85	0	92	177
M18	Men's Open (18-34)	M234	X Llewel Dick Angala	0	89	88	177
M18	Men's Open (18-34)	M296	Edward Styles	82	91	0	173
M18	Men's Open (18-34)	M089	Harry Loasby	0	0	100	100
M18	Men's Open (18-34)	M123	Jose Roberto Bongulto	99	0	0	99
M18	Men's Open (18-34)	M285	Kwan Hoi Ho	0	0	99	99
M18	Men's Open (18-34)	M186	Rennard Cheung	98	0	0	98
M18	Men's Open (18-34)	M195	Ryan Cheung	97	0	0	97
M18	Men's Open (18-34)	M037	Chi Hei Yeung	96	0	0	96
M18	Men's Open (18-34)	M112	Jing Jie Sean Tan	95	0	0	95
M18	Men's Open (18-34)	M125	Ka Chun Cheng	0	0	95	95
M18	Men's Open (18-34)	M161	Mark Russell	94	0	0	94
M18	Men's Open (18-34)	M043	Chik Wai Jason Wong	0	93	0	93
M18	Men's Open (18-34)	M212	Tan Kok Siong	93	0	0	93
M18	Men's Open (18-34)	M110	Jeffrey Lo	92	0	0	92
M18	Men's Open (18-34)	M211	Tam Lok Kwan	91	0	0	91
M18	Men's Open (18-34)	M286	San Yu Samuel Cheung	0	0	91	91
M18	Men's Open (18-34)	M277	wun lam pak	0	90	0	90
M18	Men's Open (18-34)	M307	Johnson Lam	0	0	90	90
M18	Men's Open (18-34)	M283	Kam To Chung	0	0	89	89
M18	Men's Open (18-34)	M208	Suet Hung Cho	88	0	0	88
M18	Men's Open (18-34)	M284	Miguel Cordero Tan	0	88	0	88
M18	Men's Open (18-34)	M177	Ngo Shan Tse	0	0	87	87
M18	Men's Open (18-34)	M200	Shu Fan Lee	87	0	0	87
M18	Men's Open (18-34)	M035	Chi fung Liu	84	0	0	84
M18	Men's Open (18-34)	M071	Dreyfus Koo	83	0	0	83
M18	Men's Open (18-34)	M091	Hayden Lau	81	0	0	81
M18	Men's Open (18-34)	M005	Ahmed Abbas Alvi	80	0	0	80
M18	Men's Open (18-34)	M228	Wang Hei Wong	79	0	0	79
M18	Men's Open (18-34)	M152	Liam Watson	78	0	0	78
M18	Men's Open (18-34)	M007	Albert Paredandan	77	0	0	77
M18	Men's Open (18-34)	M016	Alvin Adiputra	76	0	0	76
M18	Men's Open (18-34)	M181	Patrick Stefanus Wiejoyo	75	0	0	75
M18	Men's Open (18-34)	M020	Andrew Ball	74	0	0	74
M18	Men's Open (18-34)	M236	Yat Hin Hung	73	0	0	73
M18	Men's Open (18-34)	M001	Adam Chillingworth	0	0	0	0
M18	Men's Open (18-34)	M010	ALEXANDER LANGSLOW	0	0	0	0
M18	Men's Open (18-34)	M026	Brendan Bozorgmir	0	0	0	0
M18	Men's Open (18-34)	M039	Chi Shing Cheng	0	0	0	0
M18	Men's Open (18-34)	M044	Ching Fong	0	0	0	0
M18	Men's Open (18-34)	M059	David McFadyen	0	0	0	0
M18	Men's Open (18-34)	M067	Devin Leamy	0	0	0	0
M18	Men's Open (18-34)	M098	Hon lam Cheng	0	0	0	0
M18	Men's Open (18-34)	M108	Jay Ishwar Sharma	0	0	0	0
M18	Men's Open (18-34)	M133	Keane Moraes	0	0	0	0

AVOHK 5k Series 2024 - Score after Race 3

Date: 21st September 2024

Cat	Category	Bib	Name	R1Score	R2Score	R3score	Total
M18	Men's Open (18-34)	M158	Man To Lee	0	0	0	0
M18	Men's Open (18-34)	M209	Sze Chit Wong	0	0	0	0
M18	Men's Open (18-34)	M219	Tsz Fung Ngai	0	0	0	0
M18	Men's Open (18-34)	M237	Yeung Tin Yiu	0	0	0	0
M18	Men's Open (18-34)	M246	Tsz Kin Choi	0	0	0	0
M18	Men's Open (18-34)	M276	Blake Mallowes	0	0	0	0
M18	Men's Open (18-34)	M278	Xkdkk Jjjj	0	0	0	0
M18	Men's Open (18-34)	M279	Choi Sin Tsang	0	0	0	0
M18	Men's Open (18-34)	M310	Rishab Kombial	0	0	0	0
M35	Men's 35 (35-39)	M231	Wing Hung Chan	99	99	99	297
M35	Men's 35 (35-39)	M053	CHUN TAK WONG	98	97	96	291
M35	Men's 35 (35-39)	M154	Luis Pinho	96	96	91	283
M35	Men's 35 (35-39)	M238	Yi Kin Leung	91	95	94	280
M35	Men's 35 (35-39)	M002	Adam Cross	94	92	92	278
M35	Men's 35 (35-39)	M055	Clement Nolleau	88	90	93	271
M35	Men's 35 (35-39)	M290	Oliver Haas	85	88	86	259
M35	Men's 35 (35-39)	M316	JJ McGrath	80	87	88	255
M35	Men's 35 (35-39)	M225	WAI YIP CHIN	81	86	82	249
M35	Men's 35 (35-39)	M014	Ali Cochran	77	84	83	244
M35	Men's 35 (35-39)	M197	Sebastian Cotton	0	100	100	200
M35	Men's 35 (35-39)	M058	Creighton Connolly	0	98	97	195
M35	Men's 35 (35-39)	M164	Matt Coombes	0	91	95	186
M35	Men's 35 (35-39)	M193	Rowan Varty	92	94	0	186
M35	Men's 35 (35-39)	M173	Michael Chan	90	93	0	183
M35	Men's 35 (35-39)	M249	King yin Tam	0	89	90	179
M35	Men's 35 (35-39)	M248	Ike Kutlaca	0	85	85	170
M35	Men's 35 (35-39)	M317	Andrew Stevenson	79	0	84	163
M35	Men's 35 (35-39)	M118	Jonathan Shuttleworth-waite	78	83	0	161
M35	Men's 35 (35-39)	M106	James Donald	100	0	0	100
M35	Men's 35 (35-39)	M111	Jerome de Clarens	0	0	98	98
M35	Men's 35 (35-39)	M046	Chiu Lun Lai	97	0	0	97
M35	Men's 35 (35-39)	M134	Kelvin Kwok	95	0	0	95
M35	Men's 35 (35-39)	M011	Alexander Drummond	93	0	0	93
M35	Men's 35 (35-39)	M176	Ngai Him Wu	89	0	0	89
M35	Men's 35 (35-39)	M305	Edouard Mignon	0	0	89	89
M35	Men's 35 (35-39)	M140	Kobe Chan	87	0	0	87
M35	Men's 35 (35-39)	M314	Rafal Koriarz	0	0	87	87
M35	Men's 35 (35-39)	M242	ZiWei Wong	86	0	0	86
M35	Men's 35 (35-39)	M065	Derek Lowe	84	0	0	84
M35	Men's 35 (35-39)	M168	Max Leung	83	0	0	83
M35	Men's 35 (35-39)	M204	Stanley Tiu	82	0	0	82
M35	Men's 35 (35-39)	M250	TAT SHING KOO	0	82	0	82
M35	Men's 35 (35-39)	M003	Adrian Ho	0	0	81	81
M35	Men's 35 (35-39)	M191	Ronald Quan	76	0	0	76
M35	Men's 35 (35-39)	M188	Richard Batten	75	0	0	75
M35	Men's 35 (35-39)	M166	Matthew Howlett	74	0	0	74
M35	Men's 35 (35-39)	M156	MAN CHUN HO	73	0	0	73
M35	Men's 35 (35-39)	M076	Elliot Steen	0	0	0	0
M35	Men's 35 (35-39)	M103	Ison Cheung	0	0	0	0
M35	Men's 35 (35-39)	M142	Kwan Lung Ko	0	0	0	0
M35	Men's 35 (35-39)	M251	christopher yum	0	0	0	0
M35	Men's 35 (35-39)	M302	Chris Kinloch	0	0	0	0

AVOHK 5k Series 2024 - Score after Race 3

Date: 21st September 2024

Cat	Category	Bib	Name	R1Score	R2Score	R3score	Total
M40	Men's 40 (40-44)	M049	Chris Davis	100	99	100	299
M40	Men's 40 (40-44)	M315	Wan Ho Yuen	99	100	99	298
M40	Men's 40 (40-44)	M060	David Woo	98	98	98	294
M40	Men's 40 (40-44)	M287	Tim Jowett	96	96	97	289
M40	Men's 40 (40-44)	M147	Lawrence Wong	95	95	96	286
M40	Men's 40 (40-44)	M165	Matt McDonnell	91	93	94	278
M40	Men's 40 (40-44)	M015	Allan Fraser	87	89	93	269
M40	Men's 40 (40-44)	M057	Coleman Wan	88	85	91	264
M40	Men's 40 (40-44)	M115	John Wong	85	87	92	264
M40	Men's 40 (40-44)	M036	CHI FUNG CLARENCE HO	83	83	89	255
M40	Men's 40 (40-44)	M094	Hoi Wong	82	80	88	250
M40	Men's 40 (40-44)	M013	Alexandre Marly	97	97	0	194
M40	Men's 40 (40-44)	M189	Richard Cowley	0	94	95	189
M40	Men's 40 (40-44)	M295	Adrian Worth	92	92	0	184
M40	Men's 40 (40-44)	M293	Bun Liu	93	90	0	183
M40	Men's 40 (40-44)	M297	Derek Baram	90	91	0	181
M40	Men's 40 (40-44)	M082	Frederick Fung	89	86	0	175
M40	Men's 40 (40-44)	M064	Derek Ma	86	88	0	174
M40	Men's 40 (40-44)	M232	WING LEE CHAN	0	81	87	168
M40	Men's 40 (40-44)	M294	man kit chiu	79	82	0	161
M40	Men's 40 (40-44)	M127	KA SHING KARL TAM	80	79	0	159
M40	Men's 40 (40-44)	M169	Meir Ben Tovim	94	0	0	94
M40	Men's 40 (40-44)	M303	David Wilcockson	0	0	90	90
M40	Men's 40 (40-44)	M042	Chi Yui Chau	0	84	0	84
M40	Men's 40 (40-44)	M139	KING YEUNG LAU	84	0	0	84
M40	Men's 40 (40-44)	M199	Shrikant Bharathulwar	81	0	0	81
M40	Men's 40 (40-44)	M025	Brendan Kean	0	0	0	0
M40	Men's 40 (40-44)	M045	Ching Yuen Eric Wong	0	0	0	0
M40	Men's 40 (40-44)	M073	Eamonn Sinnott	0	0	0	0
M40	Men's 40 (40-44)	M117	Jonathan Abel	0	0	0	0
M40	Men's 40 (40-44)	M126	KA MAN GI	0	0	0	0
M40	Men's 40 (40-44)	M132	Benjamin Boyce	0	0	0	0
M40	Men's 40 (40-44)	M252	Shai Joory	0	0	0	0
M40	Men's 40 (40-44)	M253	chiu man kit	0	0	0	0
M40	Men's 40 (40-44)	M254	Reinout Schakel	0	0	0	0
M45	Men's 45 (45-49)	M085	George Gaffney	99	100	100	299
M45	Men's 45 (45-49)	M198	SHIU FAI CHEUNG	98	97	98	293
M45	Men's 45 (45-49)	M299	Charlie Nixon	93	93	97	283
M45	Men's 45 (45-49)	M289	David Rundle	92	92	96	280
M45	Men's 45 (45-49)	M083	Garry Ng	91	91	94	276
M45	Men's 45 (45-49)	M040	Chi Wai Li	88	90	93	271
M45	Men's 45 (45-49)	M120	Jonathan Williams	87	88	92	267
M45	Men's 45 (45-49)	M006	Alan Zagury	100	99	0	199
M45	Men's 45 (45-49)	M080	Frank Riehm	0	98	99	197
M45	Men's 45 (45-49)	M137	Kim lu	96	95	0	191
M45	Men's 45 (45-49)	M300	Tristan Kent	95	96	0	191
M45	Men's 45 (45-49)	M185	Rajeev Ranjan	94	94	0	188
M45	Men's 45 (45-49)	M122	JOSE SANDOVAL	0	87	91	178
M45	Men's 45 (45-49)	M141	Krios Yeung	86	89	0	175
M45	Men's 45 (45-49)	M034	CHI FAI CHEUNG	97	0	0	97
M45	Men's 45 (45-49)	M258	Jones Yeung	0	0	95	95
M45	Men's 45 (45-49)	M194	Roy Wong	0	0	90	90
M45	Men's 45 (45-49)	M201	Shui Cheung Yang	90	0	0	90
M45	Men's 45 (45-49)	M149	Leon Tse	89	0	0	89
M45	Men's 45 (45-49)	M257	Chu kai Wing	0	86	0	86
M45	Men's 45 (45-49)	M105	Jae Yong Park	85	0	0	85
M45	Men's 45 (45-49)	M124	Justin Tso	84	0	0	84
M45	Men's 45 (45-49)	M097	Ho-Kei Chan	83	0	0	83

AVOHK 5k Series 2024 - Score after Race 3

Date: 21st September 2024

Cat	Category	Bib	Name	R1Score	R2Score	R3score	Total
M45	Men's 45 (45-49)	M096	Hoi Shing HAU	82	0	0	82
M45	Men's 45 (45-49)	M078	eric chiu	0	0	0	0
M45	Men's 45 (45-49)	M086	Giuseppe Mollica	0	0	0	0
M45	Men's 45 (45-49)	M202	Simon Oakley	0	0	0	0
M45	Men's 45 (45-49)	M205	Stephen Michael	0	0	0	0
M45	Men's 45 (45-49)	M255	Matt Crooks	0	0	0	0
M45	Men's 45 (45-49)	M256	Mike McKee	0	0	0	0
M45	Men's 45 (45-49)	M259	Hua Kuok	0	0	0	0
M45	Men's 45 (45-49)	M309	Lin Edmond	0	0	0	0
M45	Men's 45 (45-49)	M313	Yang Yu	0	0	0	0
M50	Men's 50 (50-54)	M121	Jono Woodhouse	100	99	100	299
M50	Men's 50 (50-54)	M184	Raimondo Wong	94	92	96	282
M50	Men's 50 (50-54)	M196	SAI ON Yu	91	94	97	282
M50	Men's 50 (50-54)	M221	Vincent Lee	89	93	98	280
M50	Men's 50 (50-54)	M240	Ying Kit Leung	86	90	95	271
M50	Men's 50 (50-54)	M012	Alexander Berkhout	98	100	0	198
M50	Men's 50 (50-54)	M163	Mark Rutter	99	98	0	197
M50	Men's 50 (50-54)	M146	Laurence Rudge	97	97	0	194
M50	Men's 50 (50-54)	M207	Steve Davies	93	96	0	189
M50	Men's 50 (50-54)	M070	Donald Low	92	95	0	187
M50	Men's 50 (50-54)	M160	Marc Rubinstein	85	91	0	176
M50	Men's 50 (50-54)	M222	Wai Lam LOK	84	89	0	173
M50	Men's 50 (50-54)	M008	Alex Murchie	83	88	0	171
M50	Men's 50 (50-54)	M229	wilfred mui	81	87	0	168
M50	Men's 50 (50-54)	M107	Jan Souleyman	0	0	99	99
M50	Men's 50 (50-54)	M050	Chris CHAN	96	0	0	96
M50	Men's 50 (50-54)	M088	Hai Chun Bee	95	0	0	95
M50	Men's 50 (50-54)	M099	Ian Mcintosh	90	0	0	90
M50	Men's 50 (50-54)	M174	Mike Williams	88	0	0	88
M50	Men's 50 (50-54)	M084	Gavin Henderson	87	0	0	87
M50	Men's 50 (50-54)	M052	Chun hong Wong	0	86	0	86
M50	Men's 50 (50-54)	M138	Kin Lin Poon	82	0	0	82
M50	Men's 50 (50-54)	M109	Jeff Sayed	0	0	0	0
M50	Men's 50 (50-54)	M260	Kent Cheung	0	0	0	0
M50	Men's 50 (50-54)	M261	MAN TAT LEUNG	0	0	0	0
M50	Men's 50 (50-54)	M304	Douglas Fang	0	0	0	0
M50	Men's 50 (50-54)	M308	LEI ZHANG	0	0	0	0

AVOHK 5k Series 2024 - Score after Race 3

Date: 21st September 2024

Cat	Category	Bib	Name	R1Score	R2Score	R3score	Total
M55	Men's 55 (55-59)	M131	Kar Cheong Kwok	99	100	100	299
M55	Men's 55 (55-59)	M203	Simon Cheng	98	99	99	296
M55	Men's 55 (55-59)	M179	Norman Hui	97	97	97	291
M55	Men's 55 (55-59)	M187	Reto Raimann	94	95	95	284
M55	Men's 55 (55-59)	M144	Kwok fai dennis Ko	90	94	90	274
M55	Men's 55 (55-59)	M230	Will Hayward	0	98	98	196
M55	Men's 55 (55-59)	M291	Antony Pringle	0	96	94	190
M55	Men's 55 (55-59)	M061	David Russell	95	0	93	188
M55	Men's 55 (55-59)	M130	kam Kwong Yip	100	0	0	100
M55	Men's 55 (55-59)	M021	Ben Lui	0	0	96	96
M55	Men's 55 (55-59)	M224	Wai Man Chan	96	0	0	96
M55	Men's 55 (55-59)	M047	Cho Man Wai	93	0	0	93
M55	Men's 55 (55-59)	M063	David HC Wan	92	0	0	92
M55	Men's 55 (55-59)	M312	Tommy Lau	0	0	92	92
M55	Men's 55 (55-59)	M068	DHANADA KANTA MISHRA	91	0	0	91
M55	Men's 55 (55-59)	M262	Elliot Woodruff	0	0	91	91
M55	Men's 55 (55-59)	M119	Jonathan Hamilton	0	0	89	89
M55	Men's 55 (55-59)	M019	Andrew Sewell	0	0	0	0
M55	Men's 55 (55-59)	M226	Wai Yip Tam	0	0	0	0
M55	Men's 55 (55-59)	M263	Jack Yee	0	0	0	0
M55	Men's 55 (55-59)	M265	Chun Lam Raymond Li	0	0	0	0
M55	Men's 55 (55-59)	M301	Cameron Smart	0	0	0	0
M60	Men's 60 (60-64)	M241	Yiu Ming LAU	100	100	100	300
M60	Men's 60 (60-64)	M148	LEE WAI KWONG HANNAY	97	99	98	294
M60	Men's 60 (60-64)	M243	光平 宋	96	98	99	293
M60	Men's 60 (60-64)	M009	Alex LAU	94	96	96	286
M60	Men's 60 (60-64)	M092	Henry Wong	92	97	97	286
M60	Men's 60 (60-64)	M024	Bobby Kwok	90	95	94	279
M60	Men's 60 (60-64)	M031	Charles Caldwell	89	93	93	275
M60	Men's 60 (60-64)	M151	Li Yuk Ki Eric	87	92	92	271
M60	Men's 60 (60-64)	M210	Tak Kuen Alfred Tam	93	0	95	188
M60	Men's 60 (60-64)	M116	Jonathan Gilchrist	99	0	0	99
M60	Men's 60 (60-64)	M017	Andrew Clempson	98	0	0	98
M60	Men's 60 (60-64)	M183	Poon Wing Kit	95	0	0	95
M60	Men's 60 (60-64)	M054	chung shing chan	0	94	0	94
M60	Men's 60 (60-64)	M159	Man Wing Cheng	91	0	0	91
M60	Men's 60 (60-64)	M102	Ishwar Parsram Sharma	88	0	0	88
M60	Men's 60 (60-64)	M048	Cho Ping William Hung	86	0	0	86
M60	Men's 60 (60-64)	M077	Elon Hiu Yan Cheung	0	0	0	0
M60	Men's 60 (60-64)	M095	HOI LAU ERIC TO	0	0	0	0
M60	Men's 60 (60-64)	M162	Mark Reeves	0	0	0	0
M60	Men's 60 (60-64)	M167	Maurice Szeto	0	0	0	0
M60	Men's 60 (60-64)	M170	Michael Capper	0	0	0	0

AVOHK 5k Series 2024 - Score after Race 3

Date: 21st September 2024

Cat	Category	Bib	Name	R1Score	R2Score	R3score	Total
M65	Men's 65 (65-69)	M223	wai lap Cheung	100	99	100	299
M65	Men's 65 (65-69)	M145	Kwong Ming Leung	99	98	99	296
M65	Men's 65 (65-69)	M093	HERMANN CHU	98	95	97	290
M65	Men's 65 (65-69)	M150	Leung Sum Yu	95	93	96	284
M65	Men's 65 (65-69)	M245	顯文余	94	92	94	280
M65	Men's 65 (65-69)	M041	Chi Wing CHEUNG	97	96	0	193
M65	Men's 65 (65-69)	M182	POK CHEUNG WAH	96	97	0	193
M65	Men's 65 (65-69)	M267	Russell Davie	0	91	93	184
M65	Men's 65 (65-69)	M247	Juergen Wittstock	0	100	0	100
M65	Men's 65 (65-69)	M319	Peter Hopper	0	0	98	98
M65	Men's 65 (65-69)	M268	Lou Scanlan	0	0	95	95
M65	Men's 65 (65-69)	M135	Kenneth Choi	0	94	0	94
M65	Men's 65 (65-69)	M266	Matthew Yum	0	0	0	0
M70	Men's 70 (70-74)	M233	Wing Sing Kwok	100	100	100	300
M70	Men's 70 (70-74)	M029	ChAk yAN Chan	98	99	99	296
M70	Men's 70 (70-74)	M206	Stephen K Lau	97	98	98	293
M70	Men's 70 (70-74)	M318	Gordon Chung	95	0	97	192
M70	Men's 70 (70-74)	M081	Frank McNamara	99	0	0	99
M70	Men's 70 (70-74)	M217	Ting Fun Stephen Hou	0	97	0	97
M70	Men's 70 (70-74)	M298	Kenneth Greer	96	0	0	96
M75	Men's 75 (75-79)	M235	Yan Kwong Cho	100	99	100	299
M75	Men's 75 (75-79)	M269	Thomas Lui kwok sing	0	100	99	199
M80	Men's 80+ (80+)	M114	John Fowler	100	100	100	300
M80	Men's 80+ (80+)	M030	Chan Wing On	99	98	0	197
M80	Men's 80+ (80+)	M038	chi shing Tsang	98	99	0	197