

# AVOHK 5k Series 2024 - Race 3 Overall Results

Date: 21st September 2024

Overall Position	Gender Position	Category Position	Category	Bib	Name	OfficialTime
1	1	1	Men's Open (18-34)	M089	Harry Loasby	0:18:27
2	2	1	Men's 40 (40-44)	M049	Chris Davis	0:18:38
3	3	2	Men's 40 (40-44)	M315	Wan Ho Yuen	0:18:40
4	4	2	Men's Open (18-34)	M285	Kwan Hoi Ho	0:18:44
5	5	1	Men's 35 (35-39)	M197	Sebastian Cotton	0:18:49
6	6	1	Men's 45 (45-49)	M085	George Gaffney	0:19:14
7	7	3	Men's Open (18-34)	M214	Thomas Edmunds	0:19:23
8	8	2	Men's 35 (35-39)	M231	Wing Hung Chan	0:19:53
9	9	4	Men's Open (18-34)	M280	Vaibhav Bhoovarahan	0:19:59
10	10	3	Men's 40 (40-44)	M060	David Woo	0:20:03
11	11	3	Men's 35 (35-39)	M111	Jerome de Clarens	0:20:36
12	12	1	Men's 50 (50-54)	M121	Jono Woodhouse	0:20:42
13	13	4	Men's 35 (35-39)	M058	Creighton Connolly	0:20:43
14	14	2	Men's 45 (45-49)	M080	Frank Riehm	0:21:10
15	15	2	Men's 50 (50-54)	M107	Jan Souleyman	0:21:15
16	16	4	Men's 40 (40-44)	M287	Tim Jowett	0:21:19
17	17	1	Men's Junior 13 (12-13)	M100	ILIAS TOBBACK	0:21:29
18	18	5	Men's 40 (40-44)	M147	Lawrence Wong	0:21:32
19	19	5	Men's Open (18-34)	M281	Tim Ng	0:21:35
20	20	6	Men's 40 (40-44)	M189	Richard Cowley	0:21:41
21	21	1	Men's Junior 17 (16-17)	M079	Ethan Kao	0:21:48
22	22	5	Men's 35 (35-39)	M053	CHUN TAK WONG	0:21:58
23	23	2	Men's Junior 13 (12-13)	M175	Ming Yin Sze	0:22:23
24	24	7	Men's 40 (40-44)	M165	Matt McDonnell	0:22:31
25	25	3	Men's 45 (45-49)	M198	SHIU FAI CHEUNG	0:22:35
26	26	6	Men's 35 (35-39)	M164	Matt Coombes	0:23:14
27	1	1	Ladies Open (18-34)	W163	Wing Yee Tsui	0:23:18
28	27	7	Men's 35 (35-39)	M238	Yi Kin Leung	0:23:20
29	28	6	Men's Open (18-34)	M125	Ka Chun Cheng	0:23:24
30	29	4	Men's 45 (45-49)	M299	Charlie Nixon	0:23:26
31	30	3	Men's Junior 13 (12-13)	M033	Charlie Fraser	0:23:27
32	31	7	Men's Open (18-34)	M239	Yi Zhi Chang	0:23:29
33	32	8	Men's 35 (35-39)	M055	Clement Nolleau	0:23:47
34	33	9	Men's 35 (35-39)	M002	Adam Cross	0:23:49
35	34	1	Men's 55 (55-59)	M131	Kar Cheong Kwok	0:23:58
36	35	5	Men's 45 (45-49)	M289	David Rundle	0:24:03
37	36	4	Men's Junior 13 (12-13)	M220	Tsz Long Chan	0:24:10
38	37	2	Men's 55 (55-59)	M203	Simon Cheng	0:24:18
39	38	3	Men's 55 (55-59)	M230	Will Hayward	0:24:24
40	39	10	Men's 35 (35-39)	M154	Luis Pinho	0:24:30
41	40	8	Men's Open (18-34)	M282	Wu Wu	0:24:36
42	41	1	Men's 70 (70-74)	M233	Wing Sing Kwok	0:24:44
43	42	1	Men's Junior 15 (14-15)	M274	Lincoln Loennborn	0:24:45
44	43	4	Men's 55 (55-59)	M179	Norman Hui	0:24:50
45	44	1	Men's 65 (65-69)	M223	wai lap Cheung	0:25:01
46	2	1	Ladies 35 (35-39)	W105	stephanie perrault	0:25:03
47	45	5	Men's 55 (55-59)	M021	Ben Lui	0:25:08
48	46	9	Men's Open (18-34)	M027	Bruce Leung	0:25:09
49	47	11	Men's 35 (35-39)	M249	King yin Tam	0:25:11
50	48	5	Men's Junior 13 (12-13)	M104	Jack Barnes	0:25:13
51	49	8	Men's 40 (40-44)	M015	Allan Fraser	0:25:15
52	50	1	Men's 60 (60-64)	M241	Yiu Ming LAU	0:25:21
53	3	2	Ladies Open (18-34)	W093	Sai Yi Ng	0:25:25
54	4	1	Ladies Junior 15 (14-15)	W083	Oi Yu Angelina Au	0:25:32
55	51	2	Men's 65 (65-69)	M145	Kwong Ming Leung	0:25:39
56	52	6	Men's 45 (45-49)	M258	Jones Yeung	0:25:45
57	53	12	Men's 35 (35-39)	M305	Edouard Mignon	0:25:46
58	5	1	Ladies 45 (45-49)	W135	Yuk Mui Fang	0:25:47
59	54	6	Men's 55 (55-59)	M187	Reto Raimann	0:25:53
60	55	6	Men's Junior 13 (12-13)	M311	Thomas O'Neill Guerra	0:26:01
61	6	2	Ladies Junior 15 (14-15)	W110	Téa McMahon	0:26:02
62	56	9	Men's 40 (40-44)	M115	John Wong	0:26:02
63	57	13	Men's 35 (35-39)	M316	JJ McGrath	0:26:07
64	7	3	Ladies Open (18-34)	W121	Wing Hin LAU	0:26:13
65	58	14	Men's 35 (35-39)	M314	Rafal Koriarz	0:26:14
66	8	3	Ladies Junior 15 (14-15)	W020	Chloe Herminjard	0:26:17

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67	9	1	Ladies 55 (55-59)	W058	Lan Fa Angel Lo	0:26:22
68	59	7	Men's 55 (55-59)	M291	Antony Pringle	0:26:22
69	60	10	Men's Open (18-34)	M286	San Yu Samuel Cheung	0:26:30
70	61	10	Men's 40 (40-44)	M057	Coleman Wan	0:26:32
71	10	1	Ladies 60 (60-64)	W101	Siu Miu Margaret CHUI	0:26:35
72	62	15	Men's 35 (35-39)	M290	Oliver Haas	0:26:36
73	11	2	Ladies 55 (55-59)	W042	Hoi lun helen Leung	0:26:37
74	12	1	Ladies Junior 13 (12-13)	W049	Junyi Beverly Leung	0:26:38
75	63	16	Men's 35 (35-39)	M248	Ike Kutlaca	0:26:40
76	13	2	Ladies 35 (35-39)	W077	Natalie Kwan	0:26:42
77	14	3	Ladies 55 (55-59)	W044	Ivy Wong	0:26:43
78	15	3	Ladies 35 (35-39)	W168	Charmaine Lim	0:26:46
79	64	17	Men's 35 (35-39)	M317	Andrew Stevenson	0:26:50
80	16	1	Ladies 40 (40-44)	W011	Bernadette Baje	0:26:55
81	65	3	Men's 50 (50-54)	M221	Vincent Lee	0:26:56
82	66	4	Men's 50 (50-54)	M196	SAI ON Yu	0:27:01
83	67	7	Men's 45 (45-49)	M083	Garry Ng	0:27:06
84	68	3	Men's 65 (65-69)	M319	Peter Hopper	0:27:11
85	69	8	Men's 55 (55-59)	M061	David Russell	0:27:16
86	70	11	Men's 40 (40-44)	M303	David Wilcockson	0:27:18
87	71	4	Men's 65 (65-69)	M093	HERMANN CHU	0:27:19
88	17	2	Ladies Junior 13 (12-13)	W024	Cwensuela Chan	0:27:24
89	72	18	Men's 35 (35-39)	M014	Ali Cochran	0:27:25
90	18	2	Ladies 60 (60-64)	W075	Mei Lun Yeung	0:27:26
91	73	2	Men's 60 (60-64)	M243	光平 宋	0:27:27
92	19	1	Ladies Junior 17 (16-17)	W137	Zoe Jane Cheng	0:27:29
93	74	3	Men's 60 (60-64)	M148	LEE WAI KWONG HANNAY	0:27:38
94	20	4	Ladies Open (18-34)	W005	Andrea Cheung	0:27:40
95	75	9	Men's 55 (55-59)	M312	Tommy Lau	0:27:43
96	21	1	Ladies 50 (50-54)	W026	Elaine Hall	0:27:57
97	76	19	Men's 35 (35-39)	M225	WAI YIP CHIN	0:28:00
98	22	2	Ladies 50 (50-54)	W070	Man Ching Ng	0:28:07
99	23	2	Ladies Junior 17 (16-17)	W096	Shannen Cheung	0:28:12
100	24	2	Ladies 40 (40-44)	W161	Justyna Rundle	0:28:14
101	25	5	Ladies Open (18-34)	W116	Wai Hin LAU	0:28:15
102	26	4	Ladies Junior 15 (14-15)	W166	Safiya Gilham	0:28:16
103	77	5	Men's 50 (50-54)	M184	Raimondo Wong	0:28:35
104	27	2	Ladies 45 (45-49)	W117	Wai Yan Chan	0:28:37
105	78	8	Men's 45 (45-49)	M040	Chi Wai Li	0:28:45
106	79	10	Men's 55 (55-59)	M262	Elliot Woodruff	0:28:51
107	80	9	Men's 45 (45-49)	M120	Jonathan Williams	0:28:59
108	28	3	Ladies Junior 13 (12-13)	W129	YAT NAM WONG	0:29:05
109	29	4	Ladies 35 (35-39)	W071	MAN TING KWAN	0:29:26
110	30	3	Ladies 50 (50-54)	W118	Wai Yan Chan	0:29:34
111	81	10	Men's 45 (45-49)	M122	JOSE SANDOVAL	0:29:35
112	82	6	Men's 50 (50-54)	M240	Ying Kit Leung	0:29:38
113	31	3	Ladies 40 (40-44)	W158	Lisa Borchart	0:29:52
114	32	3	Ladies Junior 17 (16-17)	W162	Eveline Tobback	0:30:02
115	33	3	Ladies 45 (45-49)	W001	Ada Au	0:30:10
116	83	4	Men's 60 (60-64)	M092	Henry Wong	0:30:16
117	34	5	Ladies Junior 15 (14-15)	W112	Tilly Roberts	0:30:21
118	35	6	Ladies Open (18-34)	W154	Sherry Duan	0:30:32
119	36	4	Ladies 50 (50-54)	W063	ling lau	0:30:35
120	84	12	Men's 40 (40-44)	M036	CHI FUNG CLARENCE HO	0:30:50
121	85	5	Men's 65 (65-69)	M150	Leung Sum Yu	0:31:01
122	37	6	Ladies Junior 15 (14-15)	W081	Nica McMahon	0:31:02
123	86	7	Men's Junior 13 (12-13)	M056	Cody Nixon	0:31:18
124	87	5	Men's 60 (60-64)	M009	Alex LAU	0:31:23
125	38	5	Ladies 50 (50-54)	W046	Jane Griffiths	0:31:24
126	39	7	Ladies Junior 15 (14-15)	W043	Ines Murchie	0:31:33
127	40	6	Ladies 50 (50-54)	W102	SO HAN HO	0:31:34
128	41	8	Ladies Junior 15 (14-15)	W167	Eloisa Deayton	0:31:38
129	42	9	Ladies Junior 15 (14-15)	W150	Ruby Ramsay	0:31:38
130	43	7	Ladies Open (18-34)	W051	Ka sin Wong	0:31:48
131	88	6	Men's 65 (65-69)	M268	Lou Scanlan	0:31:54
132	44	4	Ladies 45 (45-49)	W090	Rachel Ball	0:31:55

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133	45	10	Ladies Junior 15 (14-15)	W007	Anna Hata	0:32:18
134	89	11	Men's Open (18-34)	M307	Johnson Lam	0:32:26
135	46	4	Ladies 55 (55-59)	W017	Cecilia Wong	0:32:34
136	47	7	Ladies 50 (50-54)	W165	Joanne Nixon	0:32:54
137	90	7	Men's 65 (65-69)	M245	顯文余	0:32:57
138	91	2	Men's 70 (70-74)	M029	ChAk yAN Chan	0:33:01
139	92	11	Men's 45 (45-49)	M194	Roy Wong	0:33:06
140	48	1	Ladies 75 (75-79)	W108	Susan Ko	0:33:08
141	93	6	Men's 60 (60-64)	M210	Tak Kuen Alfred Tam	0:33:44
142	94	3	Men's 70 (70-74)	M206	Stephen K Lau	0:33:50
143	95	12	Men's Open (18-34)	M283	Kam To Chung	0:33:55
144	96	7	Men's 60 (60-64)	M024	Bobby Kwok	0:34:18
145	49	8	Ladies Open (18-34)	W019	Chloe Whittington	0:34:19
146	50	11	Ladies Junior 15 (14-15)	W012	Camille Phieu	0:34:21
147	97	13	Men's Open (18-34)	M234	X Llewel Dick Angala	0:34:25
148	98	20	Men's 35 (35-39)	M003	Adrian Ho	0:35:05
149	99	14	Men's Open (18-34)	M177	Ngo Shan Tse	0:35:45
150	100	13	Men's 40 (40-44)	M094	Hoi Wong	0:36:57
151	101	8	Men's 60 (60-64)	M031	Charles Caldwell	0:37:03
152	51	5	Ladies 35 (35-39)	W018	CHEUK Lok ping	0:37:54
153	102	11	Men's 55 (55-59)	M144	Kwok fai dennis Ko	0:38:29
154	103	14	Men's 40 (40-44)	M232	WING LEE CHAN	0:38:42
155	104	4	Men's 70 (70-74)	M318	Gordon Chung	0:39:01
156	105	9	Men's 60 (60-64)	M151	Li Yuk Ki Eric	0:39:07
157	52	1	Ladies 65 (65-69)	W032	Fung Yee May Tse	0:39:12
158	53	1	Ladies 70 (70-74)	W031	Evelyn Lim	0:39:14
159	54	8	Ladies 50 (50-54)	W136	Yvonne McMahan	0:40:00
160	55	5	Ladies 55 (55-59)	W147	Michele Liew	0:40:31
161	106	8	Men's 65 (65-69)	M267	Russell Davie	0:40:34
162	107	12	Men's 55 (55-59)	M119	Jonathan Hamilton	0:41:31
163	108	1	Men's 75 (75-79)	M235	Yan Kwong Cho	0:42:09
164	109	1	Men's 80+ (80+)	M114	John Fowler	0:42:42
165	56	9	Ladies 50 (50-54)	W173	Suryati Widjaja	0:42:48
166	57	4	Ladies 40 (40-44)	W170	Maria Teresa Wijaya	0:44:38
167	110	2	Men's 75 (75-79)	M269	Thomas Lui kwok sing	0:45:50