

# AVOHK 5k Series 2024 Race 4 (South Bay)

Date : 5 - 10 - 2024

| Overall Position | Gender | Position | Category                | Bib  | Name                    | Official Time | Chip Time |
|------------------|--------|----------|-------------------------|------|-------------------------|---------------|-----------|
| 1                |        | 1        | Men's Open (18-34)      | M089 | Harry Loasby            | 0:16:39       | 0:16:38   |
| 2                |        | 2        | Men's 40 (40-44)        | M315 | Wan Ho Yuen             | 0:16:56       | 0:16:54   |
| 3                |        | 3        | Men's Junior 17 (16-17) | M334 | Jai Mensforth           | 0:17:03       | 0:17:01   |
| 4                |        | 4        | Men's 45 (45-49)        | M006 | Alan Zagury             | 0:17:04       | 0:17:02   |
| 5                |        | 5        | Men's 35 (35-39)        | M231 | Wing Hung Chan          | 0:17:06       | 0:17:04   |
| 6                |        | 6        | Men's Open (18-34)      | M280 | Vaibhav Bhoovarahan     | 0:17:08       | 0:17:06   |
| 7                |        | 7        | Men's Open (18-34)      | M215 | Thomas Macalister-Smith | 0:17:28       | 0:17:27   |
| 8                |        | 8        | Men's Junior 15 (14-15) | M155 | Luka Youl               | 0:17:30       | 0:17:28   |
| 9                |        | 9        | Men's Open (18-34)      | M333 | Ka Keung Chan           | 0:17:34       | 0:17:32   |
| 10               |        | 10       | Men's 35 (35-39)        | M106 | James Donald            | 0:17:37       | 0:17:35   |
| 11               |        | 11       | Men's 35 (35-39)        | M058 | Creighton Connolly      | 0:17:40       | 0:17:39   |
| 12               |        | 12       | Men's 35 (35-39)        | M341 | Thibault Morenval       | 0:17:43       | 0:17:42   |
| 13               |        | 13       | Men's Open (18-34)      | M344 | Thomas Edmunds          | 0:17:56       | 0:17:54   |
| 14               |        | 14       | Men's Junior 15 (14-15) | M128 | Kabir Mirza             | 0:18:14       | 0:18:14   |
| 15               |        | 15       | Men's Junior 17 (16-17) | M335 | Darryl Leung            | 0:18:24       | 0:18:17   |
| 16               |        | 16       | Men's Junior 13 (12-13) | M100 | ILIAS TOBBACK           | 0:18:29       | 0:18:27   |
| 17               |        | 17       | Men's 40 (40-44)        | M147 | Lawrence Wong           | 0:18:31       | 0:18:30   |
| 18               |        | 18       | Men's 45 (45-49)        | M080 | Frank Riehm             | 0:18:35       | 0:18:32   |
| 19               |        | 19       | Men's Junior 17 (16-17) | M323 | Pranav Mahtani          | 0:18:38       | 0:18:36   |
| 20               |        | 20       | Men's 40 (40-44)        | M287 | Tim Jowett              | 0:18:39       | 0:18:39   |
| 21               |        | 21       | Men's 50 (50-54)        | M345 | Jan Souleyman           | 0:18:41       | 0:18:41   |
| 22               |        | 22       | Men's Junior 15 (14-15) | M271 | Markus Ma               | 0:18:44       | 0:18:40   |
| 23               |        | 23       | Men's 50 (50-54)        | M012 | Alexander Berkhout      | 0:18:45       | 0:18:42   |
| 24               |        | 24       | Men's 40 (40-44)        | M254 | Reinout Schakel         | 0:18:45       | 0:18:40   |
| 25               |        | 25       | Men's Junior 13 (12-13) | M220 | Tsz Long Chan           | 0:18:53       | 0:18:51   |
| 26               |        | 26       | Men's Open (18-34)      | M281 | Tim Ng                  | 0:18:59       | 0:18:56   |
| 27               |        | 27       | Men's 45 (45-49)        | M198 | SHIU FAI CHEUNG         | 0:19:09       | 0:19:07   |
| 28               |        | 28       | Men's Junior 13 (12-13) | M175 | Ming Yin Sze            | 0:19:11       | 0:19:11   |
| 29               |        | 29       | Men's Junior 15 (14-15) | M190 | rico lam                | 0:19:24       | 0:19:24   |
| 30               |        | 30       | Men's 40 (40-44)        | M189 | Richard Cowley          | 0:19:27       | 0:19:26   |
| 31               |        | 31       | Men's 45 (45-49)        | M300 | Tristan Kent            | 0:19:29       | 0:19:27   |
| 32               |        | 1        | Ladies Open (18-34)     | W163 | Wing Yee Tsui           | 0:19:30       | 0:19:30   |
| 33               |        | 32       | Men's 35 (35-39)        | M002 | Adam Cross              | 0:19:33       | 0:19:30   |
| 34               |        | 33       | Men's 35 (35-39)        | M346 | CHUN TAK WONG           | 0:19:36       | 0:19:35   |
| 35               |        | 34       | Men's 35 (35-39)        | M302 | Chris Kinloch           | 0:19:40       | 0:19:38   |
| 36               |        | 35       | Men's 50 (50-54)        | M325 | Ka Wai Yam              | 0:19:49       | 0:19:48   |
| 37               |        | 36       | Men's Open (18-34)      | M239 | Yi Zhi Chang            | 0:19:52       | 0:19:51   |
| 38               |        | 37       | Men's Open (18-34)      | M282 | Wu Wu                   | 0:19:56       | 0:19:52   |
| 39               |        | 38       | Men's 45 (45-49)        | M322 | Jeffrey Zielinski       | 0:19:59       | 0:19:57   |
| 40               |        | 39       | Men's 35 (35-39)        | M251 | christopher yum         | 0:20:04       | 0:20:04   |
| 41               |        | 40       | Men's 50 (50-54)        | M163 | Mark Rutter             | 0:20:05       | 0:19:58   |
| 42               |        | 41       | Men's Open (18-34)      | M067 | Devin Leamy             | 0:20:07       | 0:20:07   |
| 43               |        | 2        | Ladies 35 (35-39)       | W172 | Sarah Shuttleworth      | 0:20:09       | 0:20:08   |
| 44               |        | 42       | Men's Junior 17 (16-17) | M331 | Masayoshi Kido          | 0:20:11       | 0:19:59   |
| 45               |        | 43       | Men's 50 (50-54)        | M088 | Hai Chun Bee            | 0:20:13       | 0:20:11   |
| 46               |        | 44       | Men's 55 (55-59)        | M131 | Kar Cheong Kwok         | 0:20:15       | 0:20:13   |
| 47               |        | 45       | Men's 35 (35-39)        | M238 | Yi Kin Leung            | 0:20:15       | 0:20:07   |
| 48               |        | 46       | Men's Junior 17 (16-17) | M079 | Ethan Kao               | 0:20:23       | 0:20:21   |
| 49               |        | 47       | Men's 35 (35-39)        | M193 | Rowan Varty             | 0:20:25       | 0:20:22   |
| 50               |        | 48       | Men's Open (18-34)      | M286 | San Yu Samuel Cheung    | 0:20:25       | 0:20:18   |
| 51               |        | 49       | Men's 55 (55-59)        | M019 | Andrew Sewell           | 0:20:26       | 0:20:24   |
| 52               |        | 50       | Men's 45 (45-49)        | M299 | Charlie Nixon           | 0:20:37       | 0:20:30   |
| 53               |        | 51       | Men's 55 (55-59)        | M203 | Simon Cheng             | 0:20:41       | 0:20:40   |
| 54               |        | 3        | Ladies 35 (35-39)       | W004 | Amie Shuttleworth-Waite | 0:20:41       | 0:20:40   |
| 55               |        | 52       | Men's 45 (45-49)        | M320 | Canute Dalmasse         | 0:20:57       | 0:20:55   |
| 56               |        | 53       | Men's Junior 13 (12-13) | M033 | Charlie Fraser          | 0:21:02       | 0:20:58   |
| 57               |        | 4        | Ladies Open (18-34)     | W040 | Hiu Laam Pang           | 0:21:04       | 0:21:02   |
| 58               |        | 5        | Ladies 45 (45-49)       | W135 | Yuk Mui Fang            | 0:21:08       | 0:21:07   |
| 59               |        | 54       | Men's 50 (50-54)        | M184 | Raimondo Wong           | 0:21:16       | 0:21:11   |
| 60               |        | 55       | Men's Junior 15 (14-15) | M090 | Harvey Riding           | 0:21:17       | 0:21:14   |
| 61               |        | 56       | Men's 35 (35-39)        | M249 | King yin Tam            | 0:21:17       | 0:21:13   |
| 62               |        | 57       | Men's 60 (60-64)        | M095 | HOI LAU ERIC TO         | 0:21:18       | 0:21:18   |

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|------------------|--------|----------|----------|--------------------------|------|-----------------------|-----------|---------|
| 63               |        | 58       | 8        | Men's 45 (45-49)         | M349 | Rajeev Ranjan         | 0:21:20   | 0:21:15 |
| 64               |        | 59       | 4        | Men's 55 (55-59)         | M230 | Will Hayward          | 0:21:21   | 0:21:18 |
| 65               |        | 60       | 6        | Men's Junior 17 (16-17)  | M288 | Kwok Wang Hei         | 0:21:21   | 0:21:18 |
| 66               |        | 61       | 1        | Men's 70 (70-74)         | M233 | Wing Sing Kwok        | 0:21:24   | 0:21:24 |
| 67               |        | 62       | 5        | Men's 55 (55-59)         | M179 | Norman Hui            | 0:21:26   | 0:21:23 |
| 68               |        | 63       | 11       | Men's Open (18-34)       | M237 | Yeung Tin Yiu         | 0:21:28   | 0:21:14 |
| 69               |        | 64       | 6        | Men's 55 (55-59)         | M332 | Wilson Choi           | 0:21:30   | 0:21:28 |
| 70               |        | 65       | 1        | Men's 65 (65-69)         | M145 | Kwong Ming Leung      | 0:21:34   | 0:21:33 |
| 71               |        | 66       | 6        | Men's 40 (40-44)         | M169 | Meir Ben Tovim        | 0:21:38   | 0:21:37 |
| 72               |        | 67       | 7        | Men's 40 (40-44)         | M057 | Coleman Wan           | 0:21:41   | 0:21:37 |
| 73               |        | 6        | 1        | Ladies Junior 15 (14-15) | W110 | Téa McMahon           | 0:21:43   | 0:21:38 |
| 74               |        | 7        | 1        | Ladies 55 (55-59)        | W058 | Lan Fa Angel Lo       | 0:21:45   | 0:21:43 |
| 75               |        | 68       | 12       | Men's Open (18-34)       | M027 | Bruce Leung           | 0:21:46   | 0:21:40 |
| 76               |        | 69       | 8        | Men's 40 (40-44)         | M165 | Matt McDonnell        | 0:21:47   | 0:21:33 |
| 77               |        | 70       | 13       | Men's Open (18-34)       | M069 | Diego Alvis           | 0:21:47   | 0:21:35 |
| 78               |        | 8        | 3        | Ladies Open (18-34)      | W093 | Sai Yi Ng             | 0:21:49   | 0:21:45 |
| 79               |        | 71       | 5        | Men's Junior 13 (12-13)  | M347 | Jack Barnes           | 0:21:49   | 0:21:47 |
| 80               |        | 9        | 1        | Ladies Junior 17 (16-17) | W181 | Tsz Ching Xie         | 0:21:51   | 0:21:48 |
| 81               |        | 72       | 9        | Men's 40 (40-44)         | M015 | Allan Fraser          | 0:21:53   | 0:21:49 |
| 82               |        | 73       | 7        | Men's 50 (50-54)         | M070 | Donald Low            | 0:21:58   | 0:21:52 |
| 83               |        | 74       | 12       | Men's 35 (35-39)         | M316 | JJ McGrath            | 0:21:58   | 0:21:53 |
| 84               |        | 75       | 9        | Men's 45 (45-49)         | M313 | Yang Yu               | 0:21:58   | 0:21:53 |
| 85               |        | 10       | 1        | Ladies 40 (40-44)        | W027 | Elaine Fu             | 0:21:59   | 0:21:55 |
| 86               |        | 11       | 2        | Ladies 40 (40-44)        | W179 | Jude Hilton           | 0:22:00   | 0:21:57 |
| 87               |        | 12       | 3        | Ladies 40 (40-44)        | W039 | Helene Neto           | 0:22:02   | 0:21:59 |
| 88               |        | 76       | 10       | Men's 40 (40-44)         | M064 | Derek Ma              | 0:22:04   | 0:22:02 |
| 89               |        | 77       | 14       | Men's Open (18-34)       | M043 | Chik Wai Jason Wong   | 0:22:08   | 0:22:02 |
| 90               |        | 13       | 4        | Ladies 40 (40-44)        | W015 | Carol Balinas         | 0:22:12   | 0:22:08 |
| 91               |        | 14       | 2        | Ladies Junior 17 (16-17) | W137 | Zoe Jane Cheng        | 0:22:22   | 0:22:16 |
| 92               |        | 78       | 2        | Men's 60 (60-64)         | M324 | John Yow              | 0:22:23   | 0:22:21 |
| 93               |        | 79       | 8        | Men's 50 (50-54)         | M196 | SAI ON Yu             | 0:22:24   | 0:22:24 |
| 94               |        | 80       | 13       | Men's 35 (35-39)         | M142 | Kwan Lung Ko          | 0:22:24   | 0:22:13 |
| 95               |        | 81       | 2        | Men's 65 (65-69)         | M223 | wai lap Cheung        | 0:22:26   | 0:22:23 |
| 96               |        | 15       | 4        | Ladies Open (18-34)      | W005 | Andrea Cheung         | 0:22:27   | 0:22:23 |
| 97               |        | 16       | 2        | Ladies 55 (55-59)        | W044 | Ivy Wong              | 0:22:36   | 0:22:34 |
| 98               |        | 82       | 7        | Men's 55 (55-59)         | M343 | Antony Pringle        | 0:22:43   | 0:22:41 |
| 99               |        | 83       | 3        | Men's 60 (60-64)         | M241 | Yiu Ming LAU          | 0:22:47   | 0:22:46 |
| 100              |        | 84       | 15       | Men's Open (18-34)       | M035 | Chi fung Liu          | 0:22:53   | 0:22:41 |
| 101              |        | 17       | 2        | Ladies 45 (45-49)        | W174 | Susy Walmsley         | 0:22:54   | 0:22:48 |
| 102              |        | 85       | 6        | Men's Junior 13 (12-13)  | M022 | Benji Williams        | 0:22:58   | 0:22:52 |
| 103              |        | 18       | 2        | Ladies Junior 15 (14-15) | W083 | Oi Yu Angelina Au     | 0:23:01   | 0:22:59 |
| 104              |        | 19       | 3        | Ladies 35 (35-39)        | W168 | Charmaine Lim         | 0:23:04   | 0:22:54 |
| 105              |        | 86       | 14       | Men's 35 (35-39)         | M225 | WAI YIP CHIN          | 0:23:07   | 0:22:59 |
| 106              |        | 20       | 5        | Ladies 40 (40-44)        | W011 | Bernadette Baje       | 0:23:11   | 0:23:09 |
| 107              |        | 21       | 6        | Ladies 40 (40-44)        | W184 | Hay Kam               | 0:23:11   | 0:23:08 |
| 108              |        | 22       | 1        | Ladies 50 (50-54)        | W070 | Man Ching Ng          | 0:23:12   | 0:23:08 |
| 109              |        | 87       | 8        | Men's 55 (55-59)         | M312 | Tommy Lau             | 0:23:17   | 0:23:08 |
| 110              |        | 23       | 1        | Ladies 60 (60-64)        | W101 | Siu Miu Margaret CHUI | 0:23:20   | 0:23:20 |
| 111              |        | 88       | 9        | Men's 50 (50-54)         | M207 | Steve Davies          | 0:23:20   | 0:23:14 |
| 112              |        | 89       | 7        | Men's Junior 13 (12-13)  | M339 | Isaac Kong            | 0:23:24   | 0:23:22 |
| 113              |        | 90       | 11       | Men's 40 (40-44)         | M348 | ALEX BARNES           | 0:23:27   | 0:23:21 |
| 114              |        | 24       | 7        | Ladies 40 (40-44)        | W142 | Claire Watson         | 0:23:27   | 0:23:21 |
| 115              |        | 91       | 4        | Men's 60 (60-64)         | M148 | LEE WAI KWONG HANNAY  | 0:23:29   | 0:23:28 |
| 116              |        | 92       | 3        | Men's 65 (65-69)         | M093 | HERMANN CHU           | 0:23:30   | 0:23:28 |
| 117              |        | 93       | 9        | Men's 55 (55-59)         | M187 | Reto Raimann          | 0:23:31   | 0:23:24 |
| 118              |        | 94       | 16       | Men's Open (18-34)       | M338 | Jonathan Kwok         | 0:23:31   | 0:23:26 |
| 119              |        | 25       | 3        | Ladies 55 (55-59)        | W042 | Hoi lun helen Leung   | 0:23:33   | 0:23:32 |
| 120              |        | 95       | 10       | Men's 45 (45-49)         | M083 | Garry Ng              | 0:23:40   | 0:23:35 |
| 121              |        | 26       | 2        | Ladies 60 (60-64)        | W075 | Mei Lun Yeung         | 0:23:45   | 0:23:41 |
| 122              |        | 96       | 10       | Men's 50 (50-54)         | M240 | Ying Kit Leung        | 0:23:49   | 0:23:38 |
| 123              |        | 27       | 5        | Ladies Open (18-34)      | W116 | Wai Hin LAU           | 0:23:56   | 0:23:55 |
| 124              |        | 97       | 10       | Men's 55 (55-59)         | M301 | Cameron Smart         | 0:23:58   | 0:23:50 |

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| 125              |        | 98    | 15       | Men's 35 (35-39)         | M014 | Ali Cochran                | 0:24:09      | 0:24:06  |
| 126              |        | 99    | 16       | Men's 35 (35-39)         | M118 | Jonathan Shuttleworth-wait | 0:24:10      | 0:24:04  |
| 127              |        | 100   | 17       | Men's 35 (35-39)         | M317 | Andrew Stevenson           | 0:24:22      | 0:24:16  |
| 128              |        | 28    | 3        | Ladies 45 (45-49)        | W117 | Wai Yan Chan               | 0:24:25      | 0:24:19  |
| 129              |        | 29    | 1        | Ladies Junior 13 (12-13) | W049 | Junyi Beverly Leung        | 0:24:27      | 0:24:25  |
| 130              |        | 30    | 2        | Ladies Junior 13 (12-13) | W178 | Sophie Whybrow             | 0:24:31      | 0:24:24  |
| 131              |        | 31    | 3        | Ladies Junior 15 (14-15) | W020 | Chloe Herminjard           | 0:24:33      | 0:24:29  |
| 132              |        | 32    | 4        | Ladies 35 (35-39)        | W077 | Natalie Kwan               | 0:24:36      | 0:24:30  |
| 133              |        | 33    | 3        | Ladies Junior 13 (12-13) | W024 | Cwensuela Chan             | 0:24:41      | 0:24:40  |
| 134              |        | 101   | 11       | Men's 45 (45-49)         | M120 | Jonathan Williams          | 0:24:41      | 0:24:28  |
| 135              |        | 102   | 12       | Men's 45 (45-49)         | M040 | Chi Wai Li                 | 0:24:47      | 0:24:37  |
| 136              |        | 103   | 11       | Men's 50 (50-54)         | M308 | LEI ZHANG                  | 0:24:48      | 0:24:46  |
| 137              |        | 104   | 12       | Men's 50 (50-54)         | M160 | Marc Rubinstein            | 0:24:51      | 0:24:46  |
| 138              |        | 34    | 6        | Ladies Open (18-34)      | W175 | Chi Yan Kwok               | 0:25:02      | 0:24:57  |
| 139              |        | 35    | 8        | Ladies 40 (40-44)        | W161 | Justyna Rundle             | 0:25:03      | 0:24:58  |
| 140              |        | 105   | 13       | Men's 45 (45-49)         | M122 | JOSE SANDOVAL              | 0:25:17      | 0:25:08  |
| 141              |        | 36    | 5        | Ladies 35 (35-39)        | W071 | MAN TING KWAN              | 0:25:18      | 0:25:09  |
| 142              |        | 106   | 13       | Men's 50 (50-54)         | M321 | Ki Yuen So                 | 0:25:20      | 0:25:08  |
| 143              |        | 107   | 14       | Men's 50 (50-54)         | M008 | Alex Murchie               | 0:25:31      | 0:25:23  |
| 144              |        | 108   | 5        | Men's 60 (60-64)         | M092 | Henry Wong                 | 0:25:34      | 0:25:27  |
| 145              |        | 109   | 4        | Men's 65 (65-69)         | M182 | POK CHEUNG WAH             | 0:25:34      | 0:25:32  |
| 146              |        | 37    | 7        | Ladies Open (18-34)      | W182 | Sherry Duan                | 0:25:40      | 0:25:35  |
| 147              |        | 38    | 4        | Ladies 45 (45-49)        | W094 | Sarah Dickinson            | 0:25:40      | 0:25:33  |
| 148              |        | 110   | 17       | Men's Open (18-34)       | M133 | Keane Moraes               | 0:25:42      | 0:25:37  |
| 149              |        | 39    | 9        | Ladies 40 (40-44)        | W158 | Lisa Borchart              | 0:25:43      | 0:25:35  |
| 150              |        | 40    | 4        | Ladies 55 (55-59)        | W180 | Catherine Leonard          | 0:26:05      | 0:25:57  |
| 151              |        | 41    | 4        | Ladies Junior 15 (14-15) | W081 | Nica McMahon               | 0:26:08      | 0:26:04  |
| 152              |        | 42    | 5        | Ladies 55 (55-59)        | W017 | Cecilia Wong               | 0:26:08      | 0:26:04  |
| 153              |        | 43    | 6        | Ladies 35 (35-39)        | W141 | Valentina Latorraca        | 0:26:18      | 0:26:13  |
| 154              |        | 111   | 14       | Men's 45 (45-49)         | M194 | Roy Wong                   | 0:26:21      | 0:26:09  |
| 155              |        | 112   | 15       | Men's 50 (50-54)         | M304 | Douglas Fang               | 0:26:29      | 0:26:27  |
| 156              |        | 44    | 7        | Ladies 35 (35-39)        | W068 | Lung Yi Mak                | 0:26:42      | 0:26:33  |
| 157              |        | 113   | 6        | Men's 60 (60-64)         | M210 | Tak Kuen Alfred Tam        | 0:26:43      | 0:26:34  |
| 158              |        | 114   | 12       | Men's 40 (40-44)         | M036 | CHI FUNG CLARENCE HO       | 0:26:47      | 0:26:37  |
| 159              |        | 115   | 8        | Men's Junior 13 (12-13)  | M056 | Cody Nixon                 | 0:26:52      | 0:26:44  |
| 160              |        | 45    | 10       | Ladies 40 (40-44)        | W120 | WENXIAN CHEN               | 0:26:53      | 0:26:49  |
| 161              |        | 116   | 7        | Men's 60 (60-64)         | M024 | Bobby Kwok                 | 0:26:56      | 0:26:49  |
| 162              |        | 46    | 5        | Ladies 45 (45-49)        | W023 | Chun Yan Joanne AU         | 0:26:56      | 0:26:52  |
| 163              |        | 117   | 5        | Men's 65 (65-69)         | M245 | 顯文 余                       | 0:26:57      | 0:26:54  |
| 164              |        | 47    | 5        | Ladies Junior 15 (14-15) | W112 | Tilly Roberts              | 0:27:01      | 0:26:57  |
| 165              |        | 118   | 2        | Men's 70 (70-74)         | M298 | Kenneth Greer              | 0:27:04      | 0:26:59  |
| 166              |        | 48    | 8        | Ladies Open (18-34)      | W019 | Chloe Whittington          | 0:27:10      | 0:27:02  |
| 167              |        | 49    | 2        | Ladies 50 (50-54)        | W102 | SO HAN HO                  | 0:27:13      | 0:27:12  |
| 168              |        | 50    | 3        | Ladies 60 (60-64)        | W164 | Belinda Greer              | 0:27:15      | 0:27:09  |
| 169              |        | 119   | 11       | Men's 55 (55-59)         | M327 | James Hogan                | 0:27:22      | 0:27:11  |
| 170              |        | 120   | 6        | Men's 65 (65-69)         | M150 | Leung Sum Yu               | 0:27:25      | 0:27:10  |
| 171              |        | 51    | 3        | Ladies 50 (50-54)        | W063 | ling lau                   | 0:27:27      | 0:27:20  |
| 172              |        | 52    | 6        | Ladies Junior 15 (14-15) | W167 | Eloisa Deayton             | 0:27:40      | 0:27:35  |
| 173              |        | 53    | 4        | Ladies 50 (50-54)        | W046 | Jane Griffiths             | 0:27:41      | 0:27:35  |
| 174              |        | 121   | 3        | Men's 70 (70-74)         | M029 | ChAk yAN Chan              | 0:27:47      | 0:27:43  |
| 175              |        | 54    | 4        | Ladies Junior 13 (12-13) | W149 | Phoebe Roberts             | 0:27:56      | 0:27:49  |
| 176              |        | 55    | 1        | Ladies 75 (75-79)        | W108 | Susan Ko                   | 0:28:02      | 0:27:57  |
| 177              |        | 56    | 9        | Ladies Open (18-34)      | W115 | Vivian Cheng               | 0:28:03      | 0:27:55  |
| 178              |        | 122   | 4        | Men's 70 (70-74)         | M206 | Stephen K Lau              | 0:28:04      | 0:27:58  |
| 179              |        | 123   | 16       | Men's 50 (50-54)         | M261 | MAN TAT LEUNG              | 0:28:08      | 0:27:59  |
| 180              |        | 124   | 18       | Men's Open (18-34)       | M177 | Ngo Shan Tse               | 0:28:16      | 0:28:14  |
| 181              |        | 125   | 15       | Men's 45 (45-49)         | M330 | Chaithanya Bondada         | 0:28:20      | 0:28:13  |
| 182              |        | 57    | 5        | Ladies 50 (50-54)        | W165 | Joanne Nixon               | 0:28:22      | 0:28:14  |
| 183              |        | 126   | 16       | Men's 45 (45-49)         | M259 | Hua Kuok                   | 0:28:24      | 0:28:21  |
| 184              |        | 127   | 19       | Men's Open (18-34)       | M158 | Man To Lee                 | 0:28:27      | 0:28:13  |
| 185              |        | 128   | 20       | Men's Open (18-34)       | M284 | Miguel Cordero Tan         | 0:28:35      | 0:28:24  |
| 186              |        | 129   | 7        | Men's 65 (65-69)         | M266 | Matthew Yum                | 0:28:35      | 0:28:26  |

**AVOHK 5k Series 2024 Race 4 (South Bay)****Date : 5 - 10 - 2024**

| Overall Position | Gender | Category | Position | Category            | Bib  | Name                     | OfficialTime | ChipTime |
|------------------|--------|----------|----------|---------------------|------|--------------------------|--------------|----------|
| 187              |        |          | 18       | Men's 35 (35-39)    | M003 | Adrian Ho                | 0:28:40      | 0:28:32  |
| 188              |        |          | 6        | Ladies 55 (55-59)   | W176 | Esther Ma                | 0:28:43      | 0:28:40  |
| 189              |        |          | 17       | Men's 50 (50-54)    | M260 | Kent Cheung              | 0:29:02      | 0:28:51  |
| 190              |        |          | 13       | Men's 40 (40-44)    | M232 | WING LEE CHAN            | 0:29:50      | 0:29:40  |
| 191              |        |          | 10       | Ladies Open (18-34) | W051 | Ka sin Wong              | 0:30:27      | 0:28:51  |
| 192              |        |          | 18       | Men's 50 (50-54)    | M336 | Dino Loschi              | 0:30:30      | 0:30:23  |
| 193              |        |          | 14       | Men's 40 (40-44)    | M132 | Benjamin Boyce           | 0:30:30      | 0:30:27  |
| 194              |        |          | 15       | Men's 40 (40-44)    | M094 | Hoi Wong                 | 0:30:37      | 0:30:27  |
| 195              |        |          | 8        | Ladies 35 (35-39)   | W018 | CHEUK Lok ping           | 0:30:41      | 0:30:38  |
| 196              |        |          | 21       | Men's Open (18-34)  | M310 | Rishab Kombial           | 0:31:16      | 0:31:01  |
| 197              |        |          | 8        | Men's 60 (60-64)    | M031 | Charles Caldwell         | 0:31:33      | 0:31:19  |
| 198              |        |          | 19       | Men's 50 (50-54)    | M329 | John Kent                | 0:32:37      | 0:32:25  |
| 199              |        |          | 12       | Men's 55 (55-59)    | M063 | David HC Wan             | 0:32:37      | 0:32:27  |
| 200              |        |          | 6        | Ladies 50 (50-54)   | W078 | Natasha Trapla           | 0:32:37      | 0:32:26  |
| 201              |        |          | 7        | Ladies 50 (50-54)   | W146 | Natasja Maria van Balken | 0:32:37      | 0:32:27  |
| 202              |        |          | 17       | Men's 45 (45-49)    | M342 | Justin Tso               | 0:32:55      | 0:32:40  |
| 203              |        |          | 1        | Ladies 65 (65-69)   | W032 | Fung Yee May Tse         | 0:33:04      | 0:32:57  |
| 204              |        |          | 20       | Men's 50 (50-54)    | M229 | wilfred mui              | 0:33:06      | 0:32:52  |
| 205              |        |          | 9        | Men's 60 (60-64)    | M151 | Li Yuk Ki Eric           | 0:33:34      | 0:33:24  |
| 206              |        |          | 13       | Men's 55 (55-59)    | M144 | Kwok fai dennis Ko       | 0:34:13      | 0:34:04  |
| 207              |        |          | 8        | Ladies 50 (50-54)   | W136 | Yvonne McMahon           | 0:35:12      | 0:35:03  |
| 208              |        |          | 14       | Men's 55 (55-59)    | M119 | Jonathan Hamilton        | 0:35:24      | 0:35:16  |
| 209              |        |          | 5        | Men's 70 (70-74)    | M318 | Gordon Chung             | 0:36:23      | 0:36:13  |
| 210              |        |          | 1        | Men's 80+ (80+)     | M114 | John Fowler              | 0:37:10      | 0:36:59  |
| 211              |        |          | 1        | Men's 75 (75-79)    | M235 | Yan Kwong Cho            | 0:38:49      | 0:38:45  |
| 212              |        |          | 2        | Men's 75 (75-79)    | M269 | Thomas Lui kwok sing     | 1:03:47      | 1:03:42  |