

BUFFCO DISTANCE CARNIVAL 12 JAN 2023



THANK YOU!

A big thank you to all of you came and ran in our latest time trials. Below is a full breakdown of records, heat results, team results, overall results, and age/gender category results.

If you enjoyed the event and would like to contribute to what we do, you can still donate an optional entry fee via cash, PayMe, FPS or transfer. Details at: <https://www.buffco.hk/time-trials>

800m Meet Records (Individual)

Boys U-9 Record. **Laurence Hyde (BuffCo) – 3:33.31**

Womens 18-35 Record. **Cadence Chang (BuffCo) – 2:35.21**

800m Meet Records (Team)

Girls U-18s Team Record. **Naia Magrath, Caitlin Shoaf, Aemilia Rice Mileto (BuffCo) – 8:17.38**

Mixed Masters I Team Record. **Nicholas Forde, Cadence Chang, Tim Marchant (BuffCo) – 7:45.61**

800m Club Records (Individual)

BuffCo Mens 50-59 Record. **Tim Marchant – 2:33.06**

DMS BW Boys U-15 Record. **Mohammed Mahran – 2:32.78**

TeamSolo M18-35 Record. **Bryan Ho Yin Lau – 2:06.80**

800m Club Records (Team)

DMS BW Boys U-15s Team Record. **Mohammed Mahran, Limbu Adrian, Pumicpic Zherafin – 8:04.84**

West Island Mixed U-15s Team Record. **Aiden Pun, Nica McMahon, Benji Williams – 8:40.11**

10,000m Meet Records (Individual)

Mens 50-59 Record. **Nicholas Forde (BuffCo) – 38:41.20**

10,000m Meet Records (Team)

Mens Masters II Record. **Nicholas Forde, Tim Marchant, Anthony Chui (BuffCo) – 2:01:13.76**

10,000m Club Records (Individual)

BuffCo Womens 18-35 Record. **Charlotte Work – 43:21.02**

BuffCo Mens 36-49 Record. **James Donald – 37:00.67**

BuffCo Mens 60-69 Record. **Anthony Chui – 43:26.61**

Delia Hip Wo 2 Mens 18-35 Record. **Joshua Cao – 57:49.58**

Hong Kong International School Boys U-18 Record. **Matthew Lam – 42:06.76**

New Zealand Mens 36-49 Record. **Nickolas Sam – 48:50.60**

West Island Boys U-18 Record. **Christopher Li – 44:30.57**

800m HEATS

<u>HEAT 4</u>	<u>6:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Aemilia Rice Mileto	BuffCo	G U-18	2008	2:51.31
2	Nica McMahon	West Island	G U-15	2010	2:51.65
3	Benji Williams	West Island	B U-15	2012	3:00.62
4	Rochele Ng	BuffCo	G U-18	2009	3:02.43
5	Tilly Roberts	BuffCo	G U-15	2010	3:06.06
6	Esther Cook	BuffCo	G U-18	2009	3:10.77
7	Alessandra Gilham	West Island	G U-15	2012	3:20.07
8	Henry Hyde	BuffCo	B U-18	2009	3:22.37
9	Josef Presley	BuffCo	B U-15	2012	3:28.62
10	Laurence Hyde	BuffCo	B U-9	2016	3:33.31
11	Olivia Hyde	BuffCo	G U-15	2012	3:34.69
<u>HEAT 3</u>	<u>6:15PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Marcus Ling	BuffCo	B U-15	2010	2:37.24
2	Naia Magrath	BuffCo	G U-18	2007	2:37.39
3	Ilias Tobback	BuffCo	B U-15	2010	2:37.57
4	Roch Baczowski	Unattached	B U-18	2007	2:38.52
5	Kenta Hall	BuffCo	B U-18	2008	2:47.34
6	Aiden Pun	West Island	B U-18	2008	2:47.84
7	Caitlin Shoaf	BuffCo	G U-18	2008	2:48.68
8	Jasmine Poon	BuffCo	G U-18	2009	2:52.05
-	Teddy Liu	West Island	B U-18	2008	DNS
<u>HEAT 2</u>	<u>6:30PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Ryan Davies	BuffCo	B U-18	2007	2:22.25
2	Victor	RUN	M36-49	1982	2:23.96
3	Theo Watts	BuffCo	B U-18	2009	2:27.56
4	Chris Whitehead	BuffCo	B U-18	2007	2:30.02
5	Chiaki Ohara	BuffCo	B U-18	2009	2:31.28
6	So Suzuki	BuffCo	B U-18	2009	2:31.66
7	Mohammed Mahran	DMS BW	B U-15	2010	2:32.78
8	Tim Marchant	BuffCo	M50-59	1972	2:33.06
9	Wee Duangthip	BuffCo/HKU	M18-35	2004	2:34.30
10	Nicholas Forde	BuffCo	M50-59	1974	2:34.53
11	Cadence Chang	BuffCo	W18-35	2006	2:35.21
12	Yik Hei Lau	Unattached	B U-15	2011	2:35.87
13	Limbu Adrian	DMS BW	B U-15	2010	2:36.08
14	Reinzler	DMS BW	B U-18	2009	2:54.44
15	Pumicpic Zherafin	DMS BW	B U-15	2011	2:55.98
16	Ningwa Hang	DMS BW	B U-15	2010	3:02.45
-	Jai Mensforth	BuffCo	B U-18	2008	DNS
-	Rai Suvam	DMS BW	B U-15	2011	DNS
<u>HEAT 1</u>	<u>6:40PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Chan Ho Kwan	Unattached	M18-35	2003	2:05.68
2	Bryan Ho Yin Lau	TeamSolo	M18-35	2005	2:06.80
3	Jiro Loasby	BuffCo	M18-35	2006	2:11.95
4	Ryuto Arai	BuffCo	B U-18	2009	2:18.88
5	Ryan Robbie	AVOHK	M36-49	1985	2:19.37
6	David Woo	AVOHK	M36-49	1981	2:20.18
7	Fahad	RUN/BuffCo	M18-35	2005	2:21.02
8	Puneet Sanger	DMS BW	B U-18	2008	2:26.74
9	Mark Wang	BuffCo	B U-15	2011	2:36.84
10	Navjot Singh	DMS BW	B U-18	2008	2:58.91
-	Limbu Ayush	DMS BW	B U-18	2007	DNS
-	Justin Zablan	DMS BW	B U-18	2007	DNS
-	Nayan Gurung	DMS BW	B U-18	2008	DNS

10,000m HEATS

<u>HEAT 2</u>	<u>7:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Loz Wong	BuffCo	M36-49	1987	42:26.36
2	Chris Whitehead	BuffCo	B U-18	2007	42:57.48
3	Aidan Wu	HKIS	B U-18	2007	43:11.68
4	Charlotte Work	BuffCo	W18-35	2006	43:21.02
5	Anthony Chui	BuffCo	M60-69	1964	43:26.61
6	Nik Light	KipMovin	M36-49	1983	43:41.76
7	Christopher Li	West Island	B U-18	2008	44:30.57
8	Asrya Gobindpuri	BuffCo	W18-35	2006	45:02.41
9	Max Tai	West Island	B U-18	2008	48:11.39
10	Zoe Jane Cheng	BuffCo	G U-18	2008	48:16.66
11	Téa McMahon	BuffCo	G U-18	2009	48:25.61
12	Nickolas Sam	NZ	M36-49	1982	48:50.60
13	Ryan Robbie	AVOHK	M36-49	1985	48:54.46
14	Charlotte Goldsmith	BuffCo	G U-18	2008	49:36.54
15	Safiya Gilham	BuffCo	G U-18	2009	49:43.57
16	Teddy Liu	West Island	B U-18	2008	56:28.94
17	Christen Lau	West Island	B U-18	2008	57:41.71
18	Joshua Cao	Delia Hip Wo 2	M18-35	2003	57:49.58

<u>HEAT 1</u>	<u>8:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	KC Chan	Unattached	M18-35	1994	36:13.74
2	Marc Ngan	Unattached	M18-35	1989	36:15.83
3	James Donald	BuffCo	M36-49	1986	37:00.67
4	David Woo	AVOHK	M36-49	1981	37:42.67
5	Tom M-Smith	BuffCo	M18-35	1990	38:36.45
6	Nicholas Forde	BuffCo	M50-59	1974	38:41.20
7	Tim Marchant	BuffCo	M50-59	1972	39:06.85
8	Bashant Angbuhang	BuffCo/HKNUTRA	M36-49	1987	39:21.58
9	Matthew Lam	HKIS	B U-18	2007	42:06.76
10	Jason Wong	Unattached	M18-35	1992	43:06.29
-	Raymond Rahulpreet	The Peak Hunter	M18-35	2006	DNS
-	Cheng Cheuk Kong	PolyU	M18-35	2005	DNS
-	Adrien de Courval	Lantau Buffalos	M36-49	1986	DNS
-	Sophia Lai	Unattached	W36-49	1983	DNS
-	Nirvan Lulla	BuffCo	M18-35	2003	DNS

TEAM CATEGORY

3 runner's times added up. No max number of runners or teams per club.

Age is by Year of Birth, regardless of age on the day.

TEAM CATEGORY	COMBINED AGE	TEAM CATEGORY	COMBINED AGE
U-12	<33	MASTERS I 36-49	106-147
U-15	34-42	MASTERS II 50-59	148-177
U-18	43-51	MASTERS III 60-69	178-207
MENS/WOMENS	52-105	LEGENDS 70+	208+

800m TEAM RESULTS

RANK	CAT.		RUNNERS	CATEGORY	COMBINED	
	RANK	CLUB			AGE	RESULT
1	1	BuffCo	Jiro, Fahad, Wee	Mens	57	7:07.27
2	1	BuffCo	Ryuto, Ryan, Theo	Boys U-18	47	7:08.69
3	2	BuffCo	Christopher, Chiaki, So	Boys U-18	47	7:32.96
4	1	BuffCo	Tim, Nicholas, Cadence	Mixed Masters I	120	7:43.80
5	1	BuffCo	Mark, Marcus, Ilias	Boys U-15	41	7:51.65
6	2	DMS BW	Mohammed, Adrian, Zherafin	Boys U-15	41	8:04.84
7	1	BuffCo	Naia, Caitlin, Aemilia	Girls U-18	49	8:17.38
8	3	DMS BW	Puneet, Reinzler, Navjot	Boys U-18	47	8:20.09
9	1	West Island	Aiden, Nica, Benji	Mixed U-15	42	8:40.11
10	2	BuffCo	Jasmine, Rochelle, Esther	Girls U-18	45	9:05.25
11	4	BuffCo	Kenta, Henry, Josef	Boys U-18	43	9:38.33
12	1	BuffCo	Tilly, Laurence, Olivia	Mixed U-15	34	10:14.06

10,000m TEAM RESULTS

RANK	CAT.		RUNNERS	CATEGORY	COMBINED	
	RANK	CLUB			AGE	RESULT
1	1	BuffCo	James, Bashant, Loz	Mens Masters I	112	1:58:48.61
2	1	BuffCo	Nicholas, Tim, Anthony	Mens Masters II	162	2:01:13.76
3	1	BuffCo	Tom, Charlotte, Asrya	Mixed	70	2:06:59.88
4	1	BuffCo	Zoe, Téa, Charlotte	Girls U-18	47	2:26:18.81

OVERALL RESULTS - 800m Women

RANK	CAT RANK	HEAT	NAME	CLUB	CATEGORY	YOB	RESULT
1	1	2	Cadence Chang	BuffCo	W18-35	2006	2:35.21
2	1	3	Naia Magrath	BuffCo	G U-18	2007	2:37.39
3	2	3	Caitlin Shoaf	BuffCo	G U-18	2008	2:48.68
4	3	4	Aemilia Rice Mileto	BuffCo	G U-18	2008	2:51.31
5	1	4	Nica McMahon	West Island	G U-15	2010	2:51.65
6	4	3	Jasmine Poon	BuffCo	G U-18	2009	2:52.05
7	5	4	Rochelle Ng	BuffCo	G U-18	2009	3:02.43
8	2	4	Tilly Roberts	BuffCo	G U-15	2010	3:06.06
9	6	4	Esther Cook	BuffCo	G U-18	2009	3:10.77
10	3	4	Alessandra Gilham	West Island	G U-15	2012	3:20.07
11	4	4	Olivia Hyde	BuffCo	G U-15	2012	3:34.69

OVERALL RESULTS - 800m

<u>RANK</u>	<u>CAT</u> <u>RANK</u>	<u>HEAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	1	1	Chan Ho Kwan	Unattached	M18-35	2003	2:05.68
2	2	1	Bryan Ho Yin Lau	TeamSolo	M18-35	2005	2:06.80
3	3	1	Jiro Loasby	BuffCo	M18-35	2006	2:11.95
4	1	1	Ryuto Arai	BuffCo	B U-18	2009	2:18.88
5	1	1	Ryan Robbie	AVOHK	M36-49	1985	2:19.37
6	2	1	David Woo	AVOHK	M36-49	1981	2:20.18
7	4	1	Fahad	RUN/BuffCo	M18-35	2005	2:21.02
8	2	2	Ryan Davies	BuffCo	B U-18	2007	2:22.25
9	3	2	Victor	RUN	M36-49	1982	2:23.96
10	3	1	Puneet Sanger	DMS BW	B U-18	2008	2:26.74
11	4	2	Theo Watts	BuffCo	B U-18	2009	2:27.56
12	5	2	Chris Whitehead	BuffCo	B U-18	2007	2:30.02
13	6	2	Chiaki Ohara	BuffCo	B U-18	2009	2:31.28
14	7	2	So Suzuki	BuffCo	B U-18	2009	2:31.66
15	1	2	Mohammed Mahran	DMS BW	B U-15	2010	2:32.78
16	2	2	Tim Marchant	BuffCo	M50-59	1972	2:33.06
17	5	2	Wee Duangthip	BuffCo/HKU	M18-35	2004	2:34.30
18	1	2	Nicholas Forde	BuffCo	M50-59	1974	2:34.53
19	1	2	Cadence Chang	BuffCo	W18-35	2006	2:35.21
20	2	2	Yik Hei Lau	Unattached	B U-15	2011	2:35.87
21	3	2	Limbu Adrian	DMS BW	B U-15	2010	2:36.08
22	4	1	Mark Wang	BuffCo	B U-15	2011	2:36.84
23	5	3	Marcus Ling	BuffCo	B U-15	2010	2:37.24
24	1	3	Naia Magrath	BuffCo	G U-18	2007	2:37.39
25	6	3	Ilias Tobback	BuffCo	B U-15	2010	2:37.57
26	8	3	Roch Baczkowski	Unattached	B U-18	2007	2:38.52
27	9	3	Kenta Hall	BuffCo	B U-18	2008	2:47.34
28	10	3	Aiden Pun	West Island	B U-18	2008	2:47.84
29	2	3	Caitlin Shoaf	BuffCo	G U-18	2008	2:48.68
30	3	4	Aemilia Rice Mileto	BuffCo	G U-18	2008	2:51.31
31	1	4	Nica McMahon	West Island	G U-15	2010	2:51.65
32	4	3	Jasmine Poon	BuffCo	G U-18	2009	2:52.05
33	11	2	Reinzler	DMS BW	B U-18	2009	2:54.44
34	7	2	Pumicpic Zherafin	DMS BW	B U-15	2011	2:55.98
35	12	1	Navjot Singh	DMS BW	B U-18	2008	2:58.91
36	8	4	Benji Williams	West Island	B U-15	2012	3:00.62
37	5	4	Rochelle Ng	BuffCo	G U-18	2009	3:02.43
38	9	2	Ningwa Hang	DMS BW	B U-15	2010	3:02.45
39	2	4	Tilly Roberts	BuffCo	G U-15	2010	3:06.06
40	6	4	Esther Cook	BuffCo	G U-18	2009	3:10.77
41	3	4	Alessandra Gilham	West Island	G U-15	2012	3:20.07
42	13	4	Henry Hyde	BuffCo	B U-18	2009	3:22.37
43	10	4	Josef Presley	BuffCo	B U-15	2012	3:28.62
44	1	4	Laurence Hyde	BuffCo	B U-9	2016	3:33.31
45	4	4	Olivia Hyde	BuffCo	G U-15	2012	3:34.69
-	-	3	Teddy Liu	West Island	B U-18	2008	DNS
-	-	2	Jai Mensforth	BuffCo	B U-18	2008	DNS
-	-	2	Rai Suvam	DMS BW	B U-15	2011	DNS
-	-	1	Limbu Ayush	DMS BW	B U-18	2007	DNS
-	-	1	Justin Zablan	DMS BW	B U-18	2007	DNS
-	-	1	Nayan Gurung	DMS BW	B U-18	2008	DNS

OVERALL RESULTS - 10,000m

<u>RANK</u>	<u>CAT</u> <u>RANK</u>	<u>HEAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	1	1	KC Chan	Unattached	M18-35	1994	36:13.74
2	2	1	Marc Ngan	Unattached	M18-35	1989	36:15.83
3	1	1	James Donald	BuffCo	M36-49	1986	37:00.67
4	2	1	David Woo	AVOHK	M36-49	1981	37:42.67
5	3	1	Tom M-Smith	BuffCo	M18-35	1990	38:36.45
6	1	1	Nicholas Forde	BuffCo	M50-59	1974	38:41.20
7	2	1	Tim Marchant	BuffCo	M50-59	1972	39:06.85
8	3	1	Bashant Angbuhang	BuffCo/HKNUTRA	M36-49	1987	39:21.58
9	1	1	Matthew Lam	HKIS	B U-18	2007	42:06.76
10	4	2	Loz Wong	BuffCo	M36-49	1987	42:26.36
11	2	2	Chris Whitehead	BuffCo	B U-18	2007	42:57.48
12	4	1	Jason Wong	Unattached	M18-35	1992	43:06.29
13	3	2	Aidan Wu	HKIS	B U-18	2007	43:11.68
14	1	2	Charlotte Work	BuffCo	W18-35	2006	43:21.02
15	1	2	Anthony Chui	BuffCo	M60-69	1964	43:26.61
16	5	2	Nik Light	KipMovin	M36-49	1983	43:41.76
17	4	2	Christopher Li	West Island	B U-18	2008	44:30.57
18	2	2	Asrya Gobindpuri	BuffCo	W18-35	2006	45:02.41
19	5	2	Max Tai	West Island	B U-18	2008	48:11.39
20	1	2	Zoe Jane Cheng	BuffCo	G U-18	2008	48:16.66
21	2	2	Téa McMahon	BuffCo	G U-18	2009	48:25.61
22	6	2	Nickolas Sam	NZ	M36-49	1982	48:50.60
23	7	2	Ryan Robbie	AVOHK	M36-49	1985	48:54.46
24	3	2	Charlotte Goldsmith	BuffCo	G U-18	2008	49:36.54
25	4	2	Safiya Gilham	BuffCo	G U-18	2009	49:43.57
26	6	2	Teddy Liu	West Island	B U-18	2008	56:28.94
27	7	2	Christen Lau	West Island	B U-18	2008	57:41.71
28	5	2	Joshua Cao	Delia Hip Wo 2	M18-35	2003	57:49.58
-	-	1	Raymond Rahulpreet	The Peak Hunter	M18-35	2006	DNS
-	-	1	Cheng Cheuk Kong	PolyU	M18-35	2005	DNS
-	-	1	Adrien de Courval	Lantau Buffalos	M36-49	1986	DNS
-	-	1	Sophia Lai	Unattached	W36-49	1983	DNS
-	-	1	Nirvan Lulla	BuffCo	M18-35	2003	DNS

OVERALL RESULTS - 10,000m Women

<u>RANK</u>	<u>CAT</u> <u>RANK</u>	<u>HEAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	1	2	Charlotte Work	BuffCo	W18-35	2006	43:21.02
2	2	2	Asrya Gobindpuri	BuffCo	W18-35	2006	45:02.41
3	1	2	Zoe Jane Cheng	BuffCo	G U-18	2008	48:16.66
4	2	2	Téa McMahon	BuffCo	G U-18	2009	48:25.61
5	3	2	Charlotte Goldsmith	BuffCo	G U-18	2008	49:36.54
6	4	2	Safiya Gilham	BuffCo	G U-18	2009	49:43.57
-	-	1	Sophia Lai	Unattached	W36-49	1983	DNS

MEET RECORDS – 800m

<i>MEET RECORDS 800M</i>	NAME	CLUB	TIME	YEAR
BOYS U-9	Laurence Hyde	BuffCo	3:33.31	2024
BOYS U-12	Henry Russell	BuffCo	2:47.76	2021
GIRLS U-12	Zoe Quigley	BuffCo	3:04.45	2022
BOYS U-15	Ryuto Arai	BuffCo	2:17.34	2023
GIRLS U-15	Lila Man	BuffCo	2:34.01	2019
BOYS U-18	Swiss Duangthip	BuffCo	2:00.34	2020
GIRLS U-18	Ella Brown	BuffCo	2:26.83	2021
MENS 18-35	Sean HM Fontaine	BuffCo	1:51.89	2023
WOMENS 18-35	Cadence Chang	BuffCo	2:35.21	2024
MENS 36-49	Jeff Campbell	GR/JD	2:01.12	2021
WOMENS 36-49	Eszter Csillag	Unattached	2:41.97	2021
MENS 50-59	Jono Woodhouse	GR/JD	2:22.39	2023
WOMENS 50-59	Catherine Chow	lululemon	3:18.66	2023
MENS 60-69	Ross MacLean	BuffCo	3:18.43	2023
MENS 70-79	Frank McNamara	AVOHK	3:04.13	2023
BOYS U-15 TEAM	Ryuto Arai So Suzuki Chiaki Ohara	BuffCo	7:13.52	2023
GIRLS U-15 TEAM	Eveline Tobback Cyriane Toucas Zoe Quigley	BuffCo	8:56.51	2022
MIXED U-15 TEAM	Christine Pudwill Nellie Froidevaux Henry Russell	BuffCo	8:10.73	2021
BOYS U-18 TEAM	Rafe Man Swiss Duangthip Jiro Loasby	BuffCo	6:14.68	2021
GIRLS U-18 TEAM	Naia Magrath Caitlin Shoaf Aemilia Rice Mileto	BuffCo	8:17.38	2024
MIXED U-18 TEAM	Jai Mensforth Tai MacLean Cadence Chang	BuffCo	7:33.23	2023
MENS TEAM	Mark Russell Swiss Duangthip Rafe Man	BuffCo	6:02.64	2020
MIXED TEAM	Jiro Loasby Naia Magrath Zein Williams	BuffCo	8:09.76	2023
WOMENS MASTERS I TEAM	Catherine Chow Rosalie Kwai-pun Stephanie Yip	lululemon	10:30.42	2023
MIXED MASTERS I TEAM	Nicholas Forde Cadence Chang Tim Marchant	BuffCo	7:45.61	2024
MENS MASTERS II TEAM	David Woo Ryan Robbie Frank McNamara	AVOHK	7:56.42	2023

MEET RECORDS - 10,000m

<i>MEET RECORDS</i> 10,000M	NAME	CLUB	TIME	YEAR
BOYS U-15	Josh Lee	UCCKE	41:47.29	2021
GIRLS U-15	Téa McMahon	West Island	48:11.16	2023
BOYS U-18	Jiro Loasby	BuffCo	35:11.96	2022
GIRLS U-18	Cadence Chang	BuffCo	44:11.00	2023
MENS 18-35	Mohammad Ans	Unattached	33:13.00	2023
WOMENS 18-35	Erin Brown	RUN Staff/Vol	40:17.02	2022
MENS 36-49	Masashi Shirotake	GR/JD	34:19.48	2021
WOMENS 36-49	Caitriona Jennings	GR/JD	36:51.90	2021
MENS 50-59	Nicholas Forde	BuffCo	38:41.20	2024
WOMENS 50-59	Yuko Loasby	BuffCo	51:33.46	2022
MENS 60-69	Isao Sugawara	Meisoukai	40:50.71	2022
MENS 70-79	Frank McNamara	AVOHK	45:19.66	2023
BOYS U-18 TEAM	Jiro Loasby Jai Mensforth Ethan Kao	BuffCo	1:55:45.94	2023
GIRLS U-18 TEAM	Cadence Chang Charlotte Work Zoe Jane Cheng	BuffCo	2:20:26.01	2023
MIXED U-18 TEAM	Lewis Bourquin Theo Watts Nellie Froidevaux	BuffCo	2:21:05.80	2023
MENS TEAM	Rafe Man Jiro Loasby Vincent Chu	BuffCo	1:49:01.34	2022
MIXED TEAM	James Owens Erin Brown Henrique Bastos	RUN Staff/Vol	2:01:06.91	2022
MENS MASTERS I TEAM	Masashi Shirotake George Gaffney Ed Gumbley	GR/JD	1:45:19.85	2021
MIXED MASTERS I TEAM	Jean-Baptiste Martenet Caitriona Jennings Masashi Shirotake	GR/JD	1:52:08.32	2021
MENS MASTERS II TEAM	Nicholas Forde Tim Marchant Anthony Chui	BuffCo	2:01:13.76	2024
MIXED MASTERS II TEAM	Tim Marchant Anthony Chui Jo Chui	BuffCo	2:21:03.44	2023

CLUB RECORDS – 800m

<i>800M</i>	NAME	CATEGORY	TIME	YEAR	
26	Tern Kaplan	B U-18	2:13.53	2023	
AVOHK	David Woo	M36-49	2:16.24	2023	
	Frank McNamara	M70-79	3:04.13	2023	
	David Woo Ryan Robbie Frank McNamara	MENS MASTERS II TEAM	7:56.42	2023	
	Laurence Hyde	B U-9	3:33.31	2024	
BUFFCO	Henry Russell	B U-12	2:47.76	2021	
	Zoe Quigley	G U-12	3:04.45	2022	
	Ryuto Arai	B U-15	2:17.34	2023	
	Lila Man	G U-15	2:34.01	2019	
	Swiss Duangthip	B U-18	2:00.34	2020	
	Ella Brown	G U-18	2:26.23	2021	
	Sean Hsing-Ming Fontaine	M18-35	1:51.89	2023	
	Cadence Chang	W18-35	2:35.21	2024	
	James Donald	M36-49	2:17.25	2023	
	Zein Williams	W36-49	2:47.34	2023	
	Tim Marchant	M50-59	2:33.06	2024	
	Yuko Loasby	W50-59	3:28.77	2023	
	Ross MacLean	M60-69	3:18.43	2023	
	Mark Loasby	M70-79	3:52.67	2023	
	Ryuto Arai So Suzuki Chiaki Ohara	BOYS U-15 TEAM	7:13.52	2023	
	Eveline Tobback Cyriane Toucas Zoe Quigley	GIRLS U-15 TEAM	8:56.51	2022	
	Christine Pudwill Nellie Froidevaux Henry Russell	MIXED U-15 TEAM	8:10.73	2021	
	Rafe Man Swiss Duangthip Jiro Loasby	BOYS U-18 TEAM	6:14.68	2021	
	Naia Magrath Caitlin Shoaf Siobhan Doherty	GIRLS U-18 TEAM	8:34.76	2023	
	Jai Mensforth Tai MacLean Cadence Chang	MIXED U-18 TEAM	7:33.23	2023	
	Mark Russell Swiss Duangthip Rafe Man	MENS TEAM	6:02.64	2020	
	Jiro Loasby Naia Magrath Zein Williams	MIXED TEAM	8:09.76	2023	
	CATHAY PACIFIC	Matthew Jack	M36-49	2:11.68	2021
	DELIA MEMORIAL SCHOOL BROADWAY (DMS BW)	Mohammed Mahran	B U-15	2:32.78	2024
		Serpal Leena	G U-15	3:51.89	2022
		Khan Muzammil	B U-18	2:06.62	2022
		Khan Hadia	G U-18	3:27.52	2022
		Mohammad Ubayd Ullah	M18-35	2:47.12	2023

	Mohammed Mahran Limbu Adrian Pumicpic Zherafin	BOYS U-15 TEAM	8:04.84	2024
	Waheed Ayesha Serpal Leena Sohail Farheen	GIRLS U-15 TEAM	11:46.64	2022
	Khan Muzzamil Sri Krishna Vaswani RM Sayo	BOYS U-18 TEAM	6:33.74	2022
	Saghir Menahil Gill Jaspreet Kaur Kaur Prabsharn	GIRLS U-18 TEAM	11:11.24	2022
	Puneet Sanger Purja Pun Yug Sherpa Leena	MIXED U-18 TEAM	9:45.70	2022
	Khan Kamran Sri Krishna Awais Chaudhry	MENS TEAM	6:23.01	2021
EALING EAGLES	Andy Guy	M36-49	2:13.45	2021
GONE RUNNERS	Roch Portman	M36-49	2:14.87	2021
GONE RUNNING	Jeff Campbell	M36-49	2:01.12	2021
JOINT DYNAMICS	Jono Woodhouse	M50-59	2:22.39	2023
HONG KONG	Arnaud Mauduit	M36-49	2:18.42	2021
KIPMOVIN	Matt Carey	M18-35	2:17.56	2023
LULULEMON	Sean Tang	M18-35	2:27.06	2023
	Jessica Van Ausdall	W18-35	3:05.71	2023
	Catherine Chow	W50-59	3:18.66	2023
	Sean Tang Jessica Van Ausdall Ken Tam	MIXED TEAM	8:46.13	2023
	Catherine Chow Rosalie Kwai-pun Stephanie Yip	WOMENS MASTERS I TEAM	10:30.42	2023
MEISOUKAI	Kenji Ueno	M50-59	2:24.15	2022
NEPAL	Nickson Rai	M18-35	3:21.64	2022
PUI CHING MIDDLE SCHOOL	Yat Hei Wan	B U-18	2:26.06	2023
	Junfeng Ou	M18-35	2:25.90	2023
RUN	Fahad	B U-18	2:15.24	2022
	Idle	M18-35	2:13.94	2019
	Ann	W18-35	3:23.27	2021
	Victor	M36-49	2:19.13	2021
	Sarah 1	W36-49	3:36.39	2021
	Fahad Victor Mohammed	MENS TEAM	7:19.66	2023
	Fahad Selam Sarah 1	MIXED TEAM	10:20.92	2023
	Ann Sarah 1 Khouzaima	WOMENS MASTERS I TEAM	11:29.52	2021
	Claude Sarah 1 Sarah 2	MIXED MASTERS I TEAM	10:36.07	2023

STSS	Chung Ning Shum	G U-15	2:59.45	2023
TEAMSOLO	Bryan Ho Yin Lau	M18-35	2:06.80	2024
UNATTACHED (NO TEAM)	Hugo Souleyman	B U-12	2:55.72	2021
	Yik Hei Lau	B U-15	2:33.06	2024
	Roch Baczkowski	B U-18	2:38.52	2024
	Khan Kamran	M18-35	1:53.18	2023
	Michelle Kwok	W18-35	2:47.32	2021
	Pavel Toropov	M36-49	2:17.70	2019
	Eszter Csillag	W36-49	2:41.97	2021
	Jan Souleyman	M50-59	2:25.38	2021
WEST ISLAND SCHOOL	Tomos Williams	B U-12	2:48.12	2021
	Olivia Hyde	G U-12	3:33.50	2023
	Jude Lau	B U-15	2:28.24	2023
	Emily Faulkner	G U-15	2:41.40	2023
	Matthew Lok	B U-18	2:18.90	2023
	Ella Snelgrove	G U-18	3:21.48	2023
	Tejas Pande Kenta Hall Tomos Williams	BOYS U-15 TEAM	7:58.79	2021
	Aiden Pun Nica McMahon Benji Williams	MIXED U-15 TEAM	8:40.11	2024
	Christopher Li Marco Lee Max Tai	BOYS U-18 TEAM	7:16.80	2023
	Max Tai Emily Faulkner Christen Lau	MIXED U-18 TEAM	8:06.88	2023

CLUB RECORDS - 10,000m

10,000M CLUB RECORDS	NAME	CATEGORY	TIME	YEAR	
AVOHK	Bradley C. Chan	M18-35	36:45.40	2023	
	David Woo	M36-49	35:43.97	2022	
	Frank McNamara	M70-79	45:19.66	2023	
BUFFCO	Tai MacLean	B U-15	42:34.79	2022	
	Téa McMahon	G U-15	48:11.16	2023	
	Jiro Loasby	B U-18	35:11.96	2022	
	Cadence Chang	G U-18	44:11.00	2023	
	Rafe Man	M18-35	33:41.89	2022	
	Charlotte Work	W18-35	43:21.02	2024	
	James Donald	M36-49	37:00.67	2024	
	Ranee Wong	W36-49	41:38.34	2022	
	Nicholas Forde	M50-59	38:41.20	2024	
	Yuko Loasby	W50-59	51:33.46	2022	
	Anthony Chui	M60-69	43:26.61	2024	
	Mark Loasby	M70-79	56:07.78	2021	
	Jiro Loasby Jai Mensforth Ethan Kao	BOYS U-18 TEAM	1:55:45.94	2023	
	Cadence Chang Charlotte Work Zoe Jane Cheng	GIRLS U-18 TEAM	2:20:26.01	2023	
	Lewis Bourquin Theo Watts Nellie Froidevaux	MIXED U-18 TEAM	2:21:05.80	2023	
	Rafe Man Jiro Loasby Vincent Chu	MENS TEAM	1:49:01.34	2022	
	Noah Hui Ranee Wong Tai MacLean	MIXED TEAM	2:05:42.14	2022	
	Harry Loasby Vincent Chu James Donald	MENS MASTERS I TEAM	1:54:05.05	2023	
	Meg Sterling Christian Goldsmith Noel Cheung	MIXED MASTERS I TEAM	2:13:02.13	2023	
	Nicholas Forde Tim Marchant Anthony Chui	MENS MASTERS II TEAM	2:01:13.76	2024	
	Tim Marchant Anthony Chui Jo Chui	MIXED MASTERS II TEAM	2:21:03.44	2023	
	DELIA HIP WO 2	Joshua Cao	M18-35	57:49.58	2024
	DMS BW	Li Ka Chun	M36-49	40:59.30	2023
	EALING S&M	Midnight Adams	W18-35	44:39.03	2022
	GONE RUNNERS/RUNNING	Creighton Connolly	M18-35	35:20.64	2022
		Jan Souleyman	M50-59	41:42.17	2023
	GONE RUNNING JOINT DYNAMICS	Masashi Shirotake	M36-49	34:19.48	2021
		Caitriona Jennings	W36-49	36:51.90	2021
		Masashi Shirotake	MENS	1:45:19.85	2021

	George Gaffney Ed Gumbley	MASTERS I TEAM		
	Jean-Baptiste Martenet Caitriona Jennings Masashi Shirotake	MIXED MASTERS I TEAM	1:52:08.32	2021
HONG KONG	Jeffry Wicaksana	M18-35	39:25.55	2023
HK INT. SCHOOL	Matthew Lam	B U-18	42:06.76	2024
HKLRRRC	Francisco Camacho	M18-35	36:54.49	2023
IRC	Wallace Cheng	M18-35	37:34.23	2021
KANG CLASS	Sandra Ho	W18-35	42:22.64	2021
KIPMOVIN	Matthew Carey	M18-35	34:42.14	2023
	Nik Light	M36-49	42:49.20	2023
MEISOUKAI	Yasuhiro Watanabe	M36-49	36:20.77	2023
	Nozomi Kawakatsu	W36-49	45:06.58	2023
	Atsushi Matsuzawa	M50-59	41:45.59	2023
	Isao Sugawara	M60-69	40:50.71	2022
	Yasuhiro Watanabe Yusuke Shimozono Takeshi Hayashi	MENS MASTERS I TEAM	1:54:37.00	2023
	Atsushi Matsuzawa Nakagawa Yasuhiro Nozomi Kawakatsu	MIXED MASTERS I TEAM	2:09:01.28	2023
	Nickson Rai	M18-35	1:12:21.54	2023
	Rai Pushpa Thapa	W36-49	1:12:21.85	2023
NEPAL				
NEW ZEALAND	Nickolas Sam	M36-49	48:50.60	2024
PACE RUNNING	Rayda Waye	M18-35	36:21.29	2021
	Stephanie Pezot	W18-35	41:26.45	2021
	Niek Niens	M36-49	38:28.83	2021
	Ella Karsemeijer	W36-49	44:50.19	2021
	Rayda Waye Tim Davies Niek Niens	MENS TEAM	1:53:16.17	2021
	Joe Donaghue Colm Rafferty Stephanie Pezot	MIXED TEAM	2:01:50.94	2021
	Carson Kwok Chun Chi Charles Lo	M18-35 M36-49	38:24.52 36:40.33	2022 2022
RUN STAFF & VOLUNTEERS	Henrique Bastos	B U-18	40:35.80	2022
	James Owens	M18-35	40:14.09	2022
	Erin Brown	W18-35	40:17.02	2022
	Alex Schrantz	M50-59	43:56.95	2022
	James Owens Erin Brown Henrique Bastos	MIXED TEAM	2:01:06.91	2022
SSAC	Kei Cheung	M36-49	41:44.37	2021
TRAILBLAZER	Bryan Lau	B U-18	42:51.55	2021
	Chi Sang Cheuk	M36-49	42:53.12	2022
	Stephanie Kwan	W36-49	46:35.05	2021
	Bryan Lau Chi Sang Cheuk Jesse So	MENS TEAM	2:09:50.53	2021
	Josh Lee	B U-15	41:47.29	2021
UNATTACHED	Mohammad Ans	M18-35	33:13.00	2023

(NO TEAM)	Saxby Macalister	W18-35	1:04:43.83	2023
	Aaron Hollingshead	M36-49	34:43.10	2021
	Hay Man Kim	W36-49	44:16.19	2021
	Daniel Brown	M50-59	40:57.37	2021
	Ross MacLean	M60-69	53:16.98	2022
UNITED KINGDOM	Oliver Bater	M18-35	36:04.16	2023
WATSONS	Sean Liu	M18-35	39:51.07	2022
	Ada Wang	W36-49	44:31.56	2023
WAZUP RC	Jeff Yu	M18-35	46:22.16	2023
	Marco Ullrich	M36-49	38:36.02	2023
	Marco Ullrich	MENS		
	Simon Lam	MASTERS I	2:06:20.53	2023
	Jeff Yu	TEAM		
WEST ISLAND	Christopher Li	B U-18	44:30.57	2024