

# BUFFCO SUMMER TRACK SERIES 19 MAY 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)

Mens 18-35 Record. **Sean HM Fontaine (BuffCo) - 1:51.89**

Mens 60-69 Record. **Ross MacLean (BuffCo) – 3:18.43**

### 800m Meet Records (Team)

Mixed U-18s Record. **Jai Mensforth, Tai MacLean, Cadence Chang (BuffCo) – 7:33.23**

### 800m Club Records (Individual)

Pui Ching Middle School Record. **Junfeng Ou - 2:25.90**

West Island School Record. **Jude Lau – 2:28.24**

### 1500m Meet Records (Individual)

Girls U-15s Record. **Jia Rhee (BuffCo) – 5:18.57**

Womens 18-35 Record. **Erin Brown (RUN Staff/Volunteers) – 5:14.51**

### 1500m Meet Records (Team)

Girls U-18s Record. **Jia Rhee, Cadence Chang, Téa McMahon (BuffCo) – 16:11.89**

### 1500m Club Records (Individual)

26 Record. **Tern Kaplan – 4:35.15**

Hong Kong Int. School Record. **Jiho Lee – 5:10.78**

RMAC Record. **Anthea Seto – 5:50.72**

RUN Mens 18-35 Record. **Fahad – 4:56.44**

West Island School Boys U-15 Record. **Jude Lau – 5:18.15**

West Island School Girls U-15 Record. **Emily Faulkner – 5:43.09**

### 1500m Club Records (Team)

RUN Record. **Fahad, Claude, Ansu – 15:00.25**

West Island School Mixed U-18s Record. **Jude Lau, Christen Lau, Emily Faulkner – 16:44.29**

## 800m

<u>HEAT</u>	<u>3</u>	<u>6:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>ENTRY TIME</u>
1		Jasmine Poon	BuffCo	G U-15	2009	2:48.11
2		Lila Man	BuffCo	G U-18	2006	2:53.98
3		Caitlin Shoaf	BuffCo	G U-18	2008	3:04.22
4		Rochele Ng	BuffCo	G U-15	2009	3:16.00
5		Emma Eadon	BuffCo	G U-15	2011	3:16.21
6		Ross MacLean	BuffCo	M60-69	1956	3:18.43
7		Cara Harper	BuffCo	G U-15	2010	3:18.76
8		Selam	RUN	W18-35	1992	3:38.63
9		Sarah 1	RUN	W36-49	1983	3:39.03
-		Samanthi	RUN	W36-49	1982	DNS
-		Khouzaima	RUN	W36-49	1983	DNS

<u>HEAT 2</u>	<u>6:15PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>ENTRY TIME</u>
1	Jiro Loasby	BuffCo	B U-18	2006	2:10.75
2	Noah Hui	BuffCo	M18-35	1988	2:22.95
3	Wee Duangthip	BuffCo	M18-35	2004	2:23.95
4	Junfeng Ou	Pui Ching MS	M18-35	2005	2:25.90
5	Yat Hei Wan	Pui Ching MS	B U-18	2007	2:26.06
6	Ryan Davies	BuffCo	B U-18	2007	2:27.74
7	Jude Lau	West Island	B U-15	2009	2:28.24
8	Theo Watts	BuffCo	B U-15	2009	2:28.39
9	Jai Mensforth	BuffCo	B U-18	2008	2:29.42
10	Ryan Robbie	AVOHK	M36-49	1985	2:30.02
11	Tai MacLean	BuffCo	B U-18	2008	2:30.22
12	Cadence Chang	BuffCo	G U-18	2006	2:33.59
13	Nicholas Forde	Unattached	M36-49	1974	2:33.99
14	Chiaki Ohara	BuffCo	B U-15	2009	2:35.08

<u>HEAT 1</u>	<u>6:30PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>ENTRY TIME</u>
1	Sean HM Fontaine	BuffCo	M18-35	1998	1:51.89

### 1500m

<u>HEAT 3</u>	<u>7:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>ENTRY TIME</u>
1	Naia Magrath	BuffCo	G U-18	2007	5:42.79
2	Emily Faulkner	West Island	G U-15	2009	5:43.09
3	Safiya Gilham	West Island	G U-15	2009	5:43.84
4	Ilias Tobback	BuffCo	B U-15	2010	5:46.98
5	Eveline Tobback	BuffCo	G U-18	2008	6:05.87
6	Poppy Roberts	BuffCo	G U-18	2008	6:43.41
7	Ella Snelgrove	West Island	G U-18	2008	6:43.88
8	Chabela Chan	West Island	G U-15	2010	7:08.97
9	Esther Cook	West Island	G U-15	2009	7:09.41
10	Selam	RUN	W18-35	1992	7:59.31
11	Sarah 1	RUN	W36-49	1983	8:11.06

<u>HEAT 2</u>	<u>7:20PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>ENTRY TIME</u>
1	Claude	RUN	M18-35	1989	4:59.31
2	Jai Mensforth	BuffCo	B U-18	2008	5:01.73
3	Ansu	RUN	M18-35	1988	5:04.50
4	Nicholas Forde	Unattached	M36-49	1974	5:06.25
5	Jiho Lee	HKIS	B U-18	2008	5:10.78
6	Tai MacLean	BuffCo	B U-18	2008	5:12.58
7	Erin Brown	RUN Staff & Vol.	W18-35	1999	5:14.51
8	Jude Lau	West Island	B U-15	2009	5:18.15
9	Jia Rhee	BuffCo	G U-15	2009	5:18.57
10	Cadence Chang	BuffCo	G U-18	2006	5:21.88
11	Tristan Kent	Unattached	M36-49	1978	5:29.07
12	Téa McMahon	BuffCo	G U-15	2009	5:31.44
13	Christen Lau	West Island	B U-18	2008	5:43.05
14	Anthea Seto	RMAC	W18-35	1994	5:50.72
15	Theo Watts	BuffCo	B U-15	2009	7:25.11
-	Tomos Williams	West Island	B U-15	2010	DNS

<u>HEAT 1</u>	<u>7:40PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>ENTRY TIME</u>
1	John Cove	Unattached	M18-35	1996	4:25.54
2	Tern Kaplan	26	B U-18	2008	4:35.15
3	Pak Him Fung	Unattached	M18-35	2002	4:38.27
4	Masayoshi Kido	BuffCo	B U-18	2007	4:44.26
5	Noah Hui	BuffCo	M18-35	1988	4:51.98
6	Tor Man	BuffCo	B U-18	2008	4:54.84
7	Ethan Kao	BuffCo	B U-18	2008	4:55.68
8	Fahad	RUN/BuffCo	M18-35	2005	4:56.44
9	Wee Duangthip	BuffCo	M18-35	2004	6:05.08
-	Israel Valcárcel	BuffCo	M50-59	1973	DNF
-	Rahulpreet Raymond	KTKLGSS	B U-18	2006	DNS
-	Jack Chan	Unattached	B U-18	2007	DNS

## TEAM CATEGORY

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

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

## 800m TEAM RESULTS

<u>RANK</u>	<u>CAT.</u> <u>RANK</u>	<u>CLUB</u>	<u>RUNNERS</u>	<u>CATEGORY</u>	<u>COMBINED</u> <u>AGE</u>	<u>RESULT</u>
1	1	BuffCo	Sean, Jiro, Noah	Mens	77	6:25.59
2	1	BuffCo	Wee, Ryan, Theo	Boys U-18	49	7:20.08
3	1	BuffCo	Jai, Tai, Cadence	Mixed U-18	47	7:33.23
4	2	BuffCo	Chiaki, Jasmine, Lila	Mixed U-18	45	8:17.17
5	1	BuffCo	Caitlin, Rochelle, Emma	Girls U-15	41	9:36.43

## 1500m TEAM RESULTS

<u>RANK</u>	<u>CAT.</u> <u>RANK</u>	<u>CLUB</u>	<u>RUNNERS</u>	<u>CATEGORY</u>	<u>COMBINED</u> <u>AGE</u>	<u>RESULT</u>
1	1	BuffCo	Masayoshi, Noah, Tor	Mens	66	14:31.08
2	2	RUN	Fahad, Claude, Ansu	Mens	87	15:00.25
3	1	BuffCo	Ethan, Jai, Tai	Boys U-18	45	15:09.99
4	1	BuffCo	Jia, Cadence, Téa	Girls U-18	45	16:11.89
5	1	West Island	Jude, Christen, Emily	Mixed U-18	43	16:44.29
6	2	BuffCo	Naia, Ilias, Wee	Mixed U-18	48	17:34.85
7	1	West Island	Safiya, Ella, Chabela	Mixed U-15	42	19:36.69
8	3	BuffCo	Eveline, Poppy, Theo	Mixed U-18	44	20:14.39

## 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	Sean HM Fontaine	BuffCo	M18-35	1998	1:51.89
2	1	2	Jiro Loasby	BuffCo	B U-18	2006	2:10.75
3	2	2	Noah Hui	BuffCo	M18-35	1988	2:22.95
4	3	2	Wee Duangthip	BuffCo	M18-35	2004	2:23.95
5	4	2	Junfeng Ou	Pui Ching MS	M18-35	2005	2:25.90
6	2	2	Yat Hei Wan	Pui Ching MS	B U-18	2007	2:26.06
7	3	2	Ryan Davies	BuffCo	B U-18	2007	2:27.74
8	1	2	Jude Lau	West Island	B U-15	2009	2:28.24
9	2	2	Theo Watts	BuffCo	B U-15	2009	2:28.39
10	4	2	Jai Mensforth	BuffCo	B U-18	2008	2:29.42
11	1	2	Ryan Robbie	AVOHK	M36-49	1985	2:30.02
12	5	2	Tai MacLean	BuffCo	B U-18	2008	2:30.22
13	1	2	Cadence Chang	BuffCo	G U-18	2006	2:33.59
14	2	2	Nicholas Forde	Unattached	M36-49	1974	2:33.99
15	3	2	Chiaki Ohara	BuffCo	B U-15	2009	2:35.08
16	1	3	Jasmine Poon	BuffCo	G U-15	2009	2:48.11
17	2	3	Lila Man	BuffCo	G U-18	2006	2:53.98
18	3	3	Caitlin Shoaf	BuffCo	G U-18	2008	3:04.22
19	2	3	Rochelle Ng	BuffCo	G U-15	2009	3:16.00
20	3	3	Emma Eadon	BuffCo	G U-15	2011	3:16.21
21	1	3	Ross MacLean	BuffCo	M60-69	1956	3:18.43
22	4	3	Cara Harper	BuffCo	G U-15	2010	3:18.76
23	1	3	Selam	RUN	W18-35	1992	3:38.63
24	1	3	Sarah 1	RUN	W36-49	1983	3:39.03
-	-	3	Samanthi	RUN	W36-49	1982	DNS
-	-	3	Khouzaima	RUN	W36-49	1983	DNS

## WOMENS 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	2	Cadence Chang	BuffCo	G U-18	2006	2:33.59
2	1	3	Jasmine Poon	BuffCo	G U-15	2009	2:48.11
3	2	3	Lila Man	BuffCo	G U-18	2006	2:53.98
4	3	3	Caitlin Shoaf	BuffCo	G U-18	2008	3:04.22
5	2	3	Rochelle Ng	BuffCo	G U-15	2009	3:16.00
6	3	3	Emma Eadon	BuffCo	G U-15	2011	3:16.21
7	4	3	Cara Harper	BuffCo	G U-15	2010	3:18.76
8	1	3	Selam	RUN	W18-35	1992	3:38.63
9	1	3	Sarah 1	RUN	W36-49	1983	3:39.03
-	-	3	Samanthi	RUN	W36-49	1982	DNS
-	-	3	Khouzaima	RUN	W36-49	1983	DNS

## OVERALL RESULTS - 1500m

<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	John Cove	Unattached	M18-35	1996	4:25.54
2	1	1	Tern Kaplan	26	B U-18	2008	4:35.15
3	2	1	Pak Him Fung	Unattached	M18-35	2002	4:38.27
4	2	1	Masayoshi Kido	BuffCo	B U-18	2007	4:44.26
5	3	1	Noah Hui	BuffCo	M18-35	1988	4:51.98
6	3	1	Tor Man	BuffCo	B U-18	2008	4:54.84
7	4	1	Ethan Kao	BuffCo	B U-18	2008	4:55.68
8	4	1	Fahad	RUN/BuffCo	M18-35	2005	4:56.44
9	5	2	Claude	RUN	M18-35	1989	4:59.31
10	5	2	Jai Mensforth	BuffCo	B U-18	2008	5:01.73
11	6	2	Ansu	RUN	M18-35	1988	5:04.50
12	1	2	Nicholas Forde	Unattached	M36-49	1974	5:06.25
13	6	2	Jiho Lee	HKIS	B U-18	2008	5:10.78
14	7	2	Tai MacLean	BuffCo	B U-18	2008	5:12.58
15	1	2	Erin Brown	RUN Staff & Vol.	W18-35	1999	5:14.51
16	1	2	Jude Lau	West Island	B U-15	2009	5:18.15
17	1	2	Jia Rhee	BuffCo	G U-15	2009	5:18.57
18	1	2	Cadence Chang	BuffCo	G U-18	2006	5:21.88
19	2	2	Tristan Kent	Unattached	M36-49	1978	5:29.07
20	2	2	Téa McMahon	BuffCo	G U-15	2009	5:31.44
21	2	3	Naia Magrath	BuffCo	G U-18	2007	5:42.79
22	8	2	Christen Lau	West Island	B U-18	2008	5:43.05
23	3	3	Emily Faulkner	West Island	G U-15	2009	5:43.09
24	4	3	Safiya Gilham	West Island	G U-15	2009	5:43.84
25	2	3	Ilias Tobback	BuffCo	B U-15	2010	5:46.98
26	2	2	Anthea Seto	RMAC	W18-35	1994	5:50.72
27	7	1	Wee Duangthip	BuffCo	M18-35	2004	6:05.08
28	3	3	Eveline Tobback	BuffCo	G U-18	2008	6:05.87
29	4	3	Poppy Roberts	BuffCo	G U-18	2008	6:43.41
30	5	3	Ella Snelgrove	West Island	G U-18	2008	6:43.88
31	5	3	Chabela Chan	West Island	G U-15	2010	7:08.97
32	6	3	Esther Cook	West Island	G U-15	2009	7:09.41
33	3	2	Theo Watts	BuffCo	B U-15	2009	7:25.11
34	3	3	Selam	RUN	W18-35	1992	7:59.31
35	1	3	Sarah 1	RUN	W36-49	1983	8:11.06
-	-	1	Israel Valcárcel	BuffCo	M50-59	1973	DNF
-	-	1	Rahulpreet Raymond	KTKLGSS	B U-18	2006	DNS
-	-	1	Jack Chan	Unattached	B U-18	2007	DNS
-	-	2	Tomos Williams	West Island	B U-15	2010	DNS

## WOMENS RESULTS - 1500m

<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	Jia Rhee	BuffCo	G U-15	2009	5:18.57
2	1	2	Cadence Chang	BuffCo	G U-18	2006	5:21.88
3	2	2	Téa McMahon	BuffCo	G U-15	2009	5:31.44
4	2	3	Naia Magrath	BuffCo	G U-18	2007	5:42.79
5	3	3	Emily Faulkner	West Island	G U-15	2009	5:43.09
6	4	3	Safiya Gilham	West Island	G U-15	2009	5:43.84
7	2	2	Anthea Seto	RMAC	W18-35	1994	5:50.72
8	3	3	Eveline Tobback	BuffCo	G U-18	2008	6:05.87
9	4	3	Poppy Roberts	BuffCo	G U-18	2008	6:43.41
10	5	3	Ella Snelgrove	West Island	G U-18	2008	6:43.88
11	5	3	Chabela Chan	West Island	G U-15	2010	7:08.97

12	6	3	Esther Cook	West Island	G U-15	2009	7:09.41
13	3	3	Selam	RUN	W18-35	1992	7:59.31
14	1	3	Sarah 1	RUN	W36-49	1983	8:11.06

## MEET RECORDS - 800m

MEET RECORDS 800M	NAME	CLUB	TIME	YEAR
BOYS U-12	Henry Russell	BuffCo	2:47.76	2021
GIRLS U-12	Zoe Quigley	BuffCo	3:04.45	2022
BOYS U-15	Jiro Loasby	BuffCo	2:18.23	2019
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	Michelle Kwok	Unattached	2:47.32	2021
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
MENS 60-69	Ross MacLean	BuffCo	3:18.43	2023
MENS 70-79	Mark Loasby	BuffCo	3:52.67	2023
BOYS U-15 TEAM	Tristan Combal Minato Arai Ryan Davies	BuffCo	7:49.09	2019
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	Saghir Menahil Gill Jaspreet Kaur Kaur Prabsharn	DMS BW	11:11.24	2022
MIXED U-18 TEAM	Jai Mensforth Tai MacLean Cadence Chang	BuffCo	7:33.23	2023
MENS 18-35 TEAM	Mark Russell Swiss Duangthip Rafe Man	BuffCo	6:02.64	2020
WOMENS MASTERS I TEAM	Ann Sarah Khouzaima	RUN	11:29.52	2021
MIXED MASTERS I TEAM	Claude Sarah 1 Sarah 2	RUN	10:36.07	2023

## MEET RECORDS – 1500m

<i>MEET RECORDS 1500M</i>	<b>NAME</b>	<b>CLUB</b>	<b>TIME</b>	<b>YEAR</b>
<b>GIRLS U-9</b>	Mila Mahbubani	Unattached	8:44.34	2022
<b>BOYS U-12</b>	Tor Man	BuffCo	5:29.10	2019
<b>GIRLS U-12</b>	Jacquelyn Perrin	KipMovin	5:46.40	2021
<b>BOYS U-15</b>	Charlie von Burg	BuffCo	4:48.89	2021
<b>GIRLS U-15</b>	Jia Rhee	BuffCo	5:18.57	2023
<b>BOYS U-18</b>	Jabez Siu	BuffCo	4:12.21	2020
<b>GIRLS U-18</b>	Ella Brown	BuffCo	4:53.33	2021
<b>MENS 18-35</b>	Khan Kamran	Unattached	4:01.58	2022
<b>WOMENS 18-35</b>	Erin Brown	RUN Staff/V	5:14.51	2023
<b>MENS 36-49</b>	Jeff Campbell	GR/JD	4:08.40	2021
<b>WOMENS 36-49</b>	Katrin Gottschalk	GR/JD	5:23.51	2023
<b>MENS 50-59</b>	Mark Reeves	Unattached	5:04.27	2019
<b>WOMENS 50-59</b>	Yuko Loasby	BuffCo	6:45.19	2021
<b>MENS 70-79</b>	Mark Loasby	BuffCo	7:10.41	2023
<b>BOYS U-15 TEAM</b>	Jiro Loasby Giorgio Guerra Theo Mag	BuffCo	14:40.07	2019
<b>GIRLS U-15 TEAM</b>	Hana Clode Jacquelyn Perrin Amaya Mantel	KipMovin	17:24.02	2022
<b>MIXED U-15 TEAM</b>	Ilias Tobback Eveline Tobback Kirsty Donovan	BuffCo	18:04.92	2022
<b>BOYS U-18 TEAM</b>	Mark Russell Rafe Man Swiss Duangthip	BuffCo	12:48.04	2019
<b>GIRLS U-18 TEAM</b>	Maya Tobback Asrya Gobindpuri Eveline Tobback	BuffCo	16:22.08	2022
<b>MIXED U-18 TEAM</b>	Tor Man Ryan Davies Asrya Gobindouri	BuffCo	16:00.84	2022
<b>MENS TEAM</b>	Sean Hsing-Ming Fontaine Thomas Macalister-Smith Israel Valcarcel	BuffCo	14:10.49	2022
<b>WOMENS TEAM</b>	Ella Brown Madi Brown Yuko Loasby	BuffCo	17:23.05	2021
<b>MIXED TEAM</b>	Eamonn Sinnott Jethro Tong Ivy Khositmanit	KipMovin	18:50.91	2021
<b>MENS MASTERS I TEAM</b>	Andrea Cloarec Jeff Campbell Jean-Baptiste Martenet	GR/JD	12:46.94	2021

## CLUB RECORDS – 800m

800M CLUB RECORDS	NAME	CATEGORY	TIME	YEAR	
<b>AVOHK</b>	David Woo	M36-49	2:20.32	2021	
<b>BUFFCO</b>	Henry Russell	B U-12	2:47.76	2021	
	Zoe Quigley	G U-12	3:04.45	2022	
	Jiro Loasby	B U-15	2:18.23	2019	
	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 HM Fontaine	M18-35	1:51.89	2023	
	Ross MacLean	M60-69	3:18.43	2023	
	Mark Loasby	M70-79	3:52.67	2023	
	Tristan Combal Minato Arai Ryan Davies	BOYS U-15 TEAM	7:49.09	2019	
	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	
	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	
	<b>CATHAY PACIFIC</b>	Matthew Jack	M36-49	2:11.68	2021
	<b>DMS BW</b>	Purja Pun Yug	B U-15	2:39.92	2022
		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	
Amritpal Singh Gurung Nayan Pun Subash		BOYS U-15 TEAM	8:05.97	2022	
Waheed Ayesha Serpal Leena Sohail Farheen		GIRLS U-15 TEAM	11:46.64	2022	
Khan Muzammil 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	2023	



	Khan Kamran Sri Krishna Awais Chaudhry	MENS TEAM	6:23.01	2021
<b>EALING EAGLES</b>	Andy Guy	M36-49	2:13.45	2021
<b>GONE RUNNERS</b>	Rich Portman	M36-49	2:14.87	2021
<b>GONE RUNNING</b>	Jeff Campbell	M36-49	2:01.12	2021
<b>JOINT DYNAMICS</b>	Jono Woodhouse	M50-59	2:22.39	2023
<b>HONG KONG</b>	Arnaud Mauduit	M36-49	2:18.42	2021
<b>MEISOUKAI</b>	Kenji Ueno	M50-59	2:24.15	2022
<b>NEPAL</b>	Nickson Rai	M18-35	3:21.64	2022
<b>PUI CHING MIDDLE SCHOOL</b>	Yat Hei Wan	B U-18	2:26.06	2023
	Junfeng Ou	M18-35	2:25.90	2023
<b>RUN</b>	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	MENS TEAM	7:19.66	2023
	Mohammed			
	Ann	WOMENS		
	Sarah 1	MASTERS I TEAM	11:29.52	2021
Khouzaima				
Claude	MIXED			
Sarah 1	MASTERS I TEAM	10:36.07	2023	
Sarah 2				
<b>UNATTACHED (NO TEAM)</b>	Hugo Souleyman	B U-12	2:55.72	2021
	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
<b>WEST ISLAND SCHOOL</b>	Tomos Williams	B U-12	2:48.21	2021
	Jude Lau	B U-15	2:28.24	2023
	Téa McMahan	G U-15	3:02.36	2023
	Tejas Pande			
	Kenta Hall	BOYS U-15 TEAM	7:58.79	2021
	Tomos Williams			

## CLUB RECORDS – 1500m

<i>1500M CLUB RECORDS</i>	NAME	CATEGORY	TIME	YEAR	
<b>26</b>	Kanna Gaffney	G U-15	5:36.43	2021	
	Tern Kaplan	B U-18	4:35.15	2023	
<b>AVOHK</b>	David Woo	M36-49	4:40.74	2022	
<b>BUFFCO</b>	Tor Man	B U-12	5:29.10	2019	
	Zoe Quigley	G U-12	6:37.15	2022	
	Charlie von Burg	B U-15	4:48.89	2021	
	Jia Rhee	G U-15	5:18.57	2023	
	Jabez Siu	B U-18	4:12.21	2020	
	Ella Brown	G U-18	4:53.33	2021	
	Mark Russell	M18-35	4:06.14	2021	
	Kara Casey	W18-35	5:48.71	2020	
	Israel Valcarcel	M36-49	4:57.80	2022	
	Anthony Chui	M50-59	5:27.23	2021	
	Yuko Loasby	W50-59	6:45.19	2021	
	Mark Loasby	M70-79	7:10.41	2023	
	Jiro Loasby	BOYS U-15 TEAM	14:40.07	2019	
	Giorgio Guerra Theo Mag				
	Amara Prasad Cyriane Toucas Summer Ritcey	GIRLS U-15 TEAM	19:57.88	2022	
	Ilias Tobback Eveline Tobback Kirsty Donovan				
	Mark Russell Rafe Man	BOYS U-18 TEAM	12:48.04	2019	
	Swiss Duangthip Jia Rhee				
	Cadence Chang Téa McMahon	GIRLS U-18 TEAM	16:11.89	2023	
	Tor Man Ryan Davies Asrya Gobindpuri Sean HM Fontaine				
	Aston Chan Charlie von Burg	MIXED U-18 TEAM	16:00.84	2022	
	Ella Brown Madi Brown Yuko Loasby Emma Eadon Thomas Wang Mark Loasby				
		MENS TEAM	13:47.69	2022	
		WOMENS TEAM	17:23.05	2021	
		MIXED TEAM	21:06.22	2023	
	<b>CATHAY PACIFIC</b>	Matthew Jack	M36-49	4:26.20	2021
	<b>DMS BW</b>	Sri Krishna	B U-18	4:33.75	2021
	<b>EALING EAGLES</b>	Andy Guy	M36-49	4:39.81	2021
	<b>GONE RUNNERS</b>	Laurent Nguyen	M18-35	4:27.71	2021
		Rich Portman	M36-49	4:29.40	2021
	<b>GONE RUNNING JOINT DYNAMICS</b>	Andrea Cloarec	M18-35	4:06.08	2021
		Jeff Campbell	M36-49	4:08.40	2021
Katrin Gottschalk		W36-49	5:23.51	2023	

	Andrea Cloarec Jeff Campbell Jean-Baptiste Martenet	MENS MASTERS I TEAM	12:46.94	2021
HONG KONG INTERNATIONAL SCHOOL	Jiayan Chen	G U-15	5:20.40	2022
	Jiho Lee	B U-18	5:10.78	2023
	Jiaqi Chen	M18-35	5:20.63	2022
HKLRRRC	Francisco DP Camacho	M18-35	4:41.09	2021
HKSC/LBC	Ferdinand Clovis	M18-35	4:32.64	2021
HONG KONG	Marco Mueller	M36-49	4:37.82	2022
HONG KONG UNI.	Felix Law	M18-35	5:32.19	2021
KIPMOVIN	Jacquelyn Perrin	G U-12	5:46.40	2021
	Jethro Tong	B U-15	6:02.30	2021
	Hana Clode	G U-15	5:44.27	2021
	Eamonn Sinnott	M36-49	5:53.45	2021
	Ghazi Kaddouh	M70-79	8:10.73	2021
	Hana Clode Jacquelyn Perrin Amaya Mantel	GIRLS U-15 TEAM	17:24.02	2021
	Eamonn Sinnott Jethro Tong Ivy Khositmanit	MIXED TEAM	18:50.91	2021
LJRC	Chun Ming Siu	M36-49	4:44.63	2022
NEPAL	Nickson Rai	M18-35	5:26.66	2021
PUI CHING MIDDLE SCHOOL	Chan Ho	B U-15	5:06.00	2019
	Lee Chi Tat	B U-18	5:07.74	2019
RMAC	Anthea Seto	W18-35	5:50.72	2023
RUN	Fahad	B U-18	5:07.44	2022
	Fahad	M18-35	4:56.44	2023
	Ann	W18-35	7:01.98	2021
	Yared	M36-49	4:46.90	2021
	Sarah 1	W36-49	7:43.18	2021
	Fahad Claude Ansu	MENS TEAM	15:00.25	2023
	Fahad Ann Sarah 1	MIXED TEAM	20:13.41	2021
	Erin Brown	W18-35	5:14.51	2023
SPARTANRACEHK	Rayda Waye	M18-35	4:29.21	2021
SUB 3	Tony Lui	M36-49	5:22.79	2021
TRAILBLAZER	Godwin Tam	M18-35	4:22.21	2021
UCCKE	Josh Lee	B U-15	5:24.05	2021
UNATTACHED (NO TEAM)	Mila Mahbubani	G U-9	8:44.34	2022
	William Kennington	B U-12	6:48.88	2021
	Kirsty Donovan	G U-15	5:43.05	2021
	Khan Muzammil	B U-18	4:42.80	2022
	Khan Kamran	M18-35	4:01.58	2022
	Masashi Shirotake	M36-49	4:36.02	2021
	Mark Reeves	M50-59	5:04.27	2021
UNITED KINGDOM	Alexander Edwards	M18-35	5:19.61	2021
WATSONS	Sean Liu	M18-35	10:54.28	2023
WEST ISLAND SCHOOL	Tomos Williams	B U-12	5:40.46	2021
	Edith Jacquier	G U-12	8:13.80	2021
	Jude Lau	B U-15	5:18.15	2023

Emily Faulkner	G U-15	5:43.09	2023
Simon Carmichael	B U-18	5:03.36	2022
Leila Green	G U-18	5:49.92	2022
Ethan Kao Jude Lau Marco Lee	BOYS U-15 TEAM	16:19.35	2022
Chenchen Gao Jasmine Poon Rochelle Ng	MIXED U-15 TEAM	19:16.75	2022
Oliver Snelgrove Christen Lau Colin Singson	BOYS U-18 TEAM	17:21.83	2022
Jude Lau Christen Lau Emily Faulkner	MIXED U-18 TEAM	16:44.29	2023