

# BUFFCO DISTANCE CARNIVAL 16 DEC 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>

### 10,000m Meet Records (Individual)

Girls U-18 Record. **Cadence Chang (BuffCo) – 44:11.00**

Mens 50-59 Record. **Tim Marchant (BuffCo) – 39:51.55**

Mens 70-79 Record. **Frank McNamara (AVOHK) – 45:19.66**

### 10,000m Meet Records (Team)

Boys U-18s Team Record. **Jiro Loasby, Jai Mensforth, Ethan Kao (BuffCo) – 1:55:45.94**

Girls U-18s Team Record. **Cadence Chang, Charlotte Work, Zoe Jane Cheng (BuffCo) – 2:20:26.01**

Mixed Masters II Team Record. **Tim Marchant, Anthony Chui, Jo Chui (BuffCo) – 2:21:03.44**

### 10,000m Club Records (Individual)

AVOHK Mens 18-35 Record. **Bradley C. Chan – 36:45.40**

Gone Runners/Running M50-59 Record. **Jan Souleyman – 41:42.17**

Hong Kong Mens 18-35 Record. **Jeffry Wicaksana – 39:25.55**

HKLRRRC Mens 18-35 Record. **Francisco Camacho – 36:54.49**

KipMovin Mens 18-35 Record. **Matthew Carey – 34:42.14**

### 10,000m Club Records (Team)

BuffCo Mixed Masters I Team Record. **Meg Sterling, Christian Goldsmith, Noel Cheung – 2:13:02.13**

### 1500m Meet Records (Individual)

Mens 18-35 Record. **Khan Kamran (All-Star Runners) – 4:00.72**

### 1500m Meet Records (Team)

Mixed Masters I Record. **Fahad, Tim Marchant, Cathy Cole (BuffCo) – 19:26.89**

### 1500m Club Records (Individual)

BuffCo Mens 50-59 Record. **Tim Marchant – 5:18.81**

Island School Girls U-15 Record. **Isabel Gregory – 6:20.35**

NDS Boys U-15 Record. **Yik Hei Lau – 5:22.43**

West Island Girls U-12 Record. **Alessandra Gilham – 6:43.95**

## 10,000m HEATS

<u>HEAT3/4</u>	<u>9:00AM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Anthony Chui	BuffCo	M50-59	1964	42:47.88
2	Meg Sterling	BuffCo	W36-49	1974	44:02.05
3	Christian Goldsmith	BuffCo	M36-49	1982	44:10.58
4	Frank McNamara	AVOHK	M70-79	1953	45:19.66
5	Nicholas Ng	BuffCo	B U-18	2007	46:17.57
6	Brayden Yau	BuffCo	B U-18	2008	48:13.93
7	Zoe Jane Cheng	BuffCo	G U-18	2008	51:56.09
8	Charlotte Goldsmith	BuffCo	G U-18	2008	52:43.87
9	Jo Chui	BuffCo	W50-59	1965	58:24.01
-	Tilly Roberts	BuffCo	G U-15	2010	DNS
-	Christen Lau	West Island	B U-18	2008	DNS

<u>HEAT 2</u>	<u>10:00AM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Bradley C. Chan	AVOHK	M18-35	2003	36:45.40
2	Tom M-Smith	BuffCo	M18-35	1990	39:19.37
3	Jeffry Wicaksana	Hong Kong	M18-35	1997	39:25.55
4	Tim Marchant	BuffCo	M50-59	1972	39:51.55
5	Nicholas Forde	Unattached	M36-49	1974	40:28.21
6	Vincent Chu	BuffCo	M36-49	1980	40:48.43
7	Jan Souleyman	Gone Running	M50-59	1971	41:42.17
8	Chuanhai Wu	Unattached	M18-35	1994	42:27.94
9	Cadence Chang	BuffCo	G U-18	2006	44:11.00
10	Charlotte Work	BuffCo	G U-18	2006	44:18.92
11	Noel Cheung	BuffCo	M36-49	1980	44:49.50
-	Chun Kwan Cheung	Unattached	M18-35	1993	DNS

<u>HEAT 1</u>	<u>11:00AM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Matthew Carey	KipMovin	M18-35	1991	34:42.14
2	Jiro Loasby	BuffCo	B U-18	2006	35:32.25
3	Francisco Camacho	HKLRRRC	M18-35	2002	36:54.49
4	Jose Bongulto	BuffCo	M18-35	1994	37:48.79
5	Connor Hobbs	Unattached	M18-35	1994	38:06.50
6	Jai Mensforth	BuffCo	B U-18	2008	39:46.61
7	Ethan Kao	BuffCo	B U-18	2008	40:27.08
-	Ella Fennelly	Unattached	W18-35	1996	DNS
-	Sebastian Cotton	Unattached	M18-35	1988	DNS
-	Cheng Cheuk Kong	PolyU	M18-35	2005	DNS

## 1500m HEATS

<u>HEAT3/4</u>	<u>12:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Tim Marchant	BuffCo	M50-59	1972	5:18.81
2	So Suzuki	BuffCo	B U-15	2009	5:22.49
3	Ilias Tobback	BuffCo	B U-15	2010	5:24.50
4	Nicholas Forde	Unattached	M36-49	1974	5:25.47
5	Aemilia Rice Mileto	BuffCo	G U-18	2008	5:53.27
6	Safiya Gilham	BuffCo	G U-15	2009	5:57.23
7	Caitlin Shoaf	BuffCo	G U-18	2008	6:05.47
8	Thomas Wang	BuffCo	B U-12	2012	6:16.81
9	Isabel Gregory	Island School	G U-15	2009	6:20.35
10	Alessandra Gilham	West Island	G U-12	2012	6:43.95
11	Cathy Cole	BuffCo	W50-59	1970	8:55.32
-	Mark Wang	BuffCo	B U-15	2011	DNF
-	Jasmine Poon	BuffCo	G U-15	2009	DNF
-	Christen Lau	West Island	B U-18	2008	DNS

<u>HEAT1/2</u>	<u>12:20PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Khan Kamran	All-Star Runners	M18-35	2001	4:00.72
2	Charlie von Burg	BuffCo	B U-18	2007	4:35.56
3	Chris Whitehead	BuffCo	B U-18	2007	5:04.84
4	Fahad	RUN/BuffCo	M18-35	2005	5:12.76
5	Yik Hei Lau	NDS/HK Triathlon	B U-15	2011	5:22.43
6	Asrya Gobindpuri	BuffCo	G U-18	2006	5:30.16
7	Ethan Kao	BuffCo	B U-18	2008	5:34.65
8	Marcus Ling	BuffCo	B U-15	2010	5:38.09
9	Theo Watts	BuffCo	B U-15	2009	5:55.40
-	Tomos Williams	BuffCo	B U-15	2010	DNS
-	Cheng Cheuk Kong	PolyU	M18-35	2005	DNS
-	Christopher Li	West Island	B U-18	2008	DNS
-	Marco Lee	West Island	B U-18	2008	DNS
-	Chun Kwan Cheung	Unattached	M18-35	1993	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+

### 10,000m 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	Jiro, Jai, Ethan	Boys U-18	47	1:55:45.94
2	1	BuffCo	Jose, Tom, Vincent	Mens	105	1:57:56.59
3	1	BuffCo	Meg, Christian, Noel	Mixed Masters I	133	2:13:02.13
4	1	BuffCo	Cadence, Charlotte, Zoe	Girls U-18	49	2:20:26.01
5	1	BuffCo	Tim, Anthony, Jo	Mixed Masters II	168	2:21:03.44
6	1	BuffCo	Nic., Brayden, Charl.	Mixed U-18	46	2:27:15.37

### 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	Charlie, Chris, Ethan	Boys U-18	47	15:15.05
2	1	BuffCo	So, Ilias, Marcus	Boys U-15	40	16:25.08
3	1	BuffCo	Asrya, Aemilia, Caitlin	Girls U-18	47	17:28.90
4	1	BuffCo	Theo, Safiya, Thomas	Mixed U-15	39	18:09.44
5	1	BuffCo	Fahad, Tim, Cathy	Mixed Masters I	122	19:26.89

## 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	Matthew Carey	KipMovin	M18-35	1991	34:42.14
2	1	1	Jiro Loasby	BuffCo	B U-18	2006	35:32.25
3	2	2	Bradley C. Chan	AVOHK	M18-35	2003	36:45.40
4	3	1	Francisco Camacho	HKLRRRC	M18-35	2002	36:54.49
5	4	1	Jose Bongulto	BuffCo	M18-35	1994	37:48.79
6	5	1	Connor Hobbs	Unattached	M18-35	1994	38:06.50
7	6	2	Tom M-Smith	BuffCo	M18-35	1990	39:19.37
8	7	2	Jeffry Wicaksana	Hong Kong	M18-35	1997	39:25.55
9	2	1	Jai Mensforth	BuffCo	B U-18	2008	39:46.61
10	1	2	Tim Marchant	BuffCo	M50-59	1972	39:51.55
11	3	1	Ethan Kao	BuffCo	B U-18	2008	40:27.08
12	1	2	Nicholas Forde	Unattached	M36-49	1974	40:28.21
13	2	2	Vincent Chu	BuffCo	M36-49	1980	40:48.43
14	2	2	Jan Souleyman	Gone Running	M50-59	1971	41:42.17
15	8	2	Chuanhai Wu	Unattached	M18-35	1994	42:27.94
16	3	3/4	Anthony Chui	BuffCo	M50-59	1964	42:47.88
17	1	3/4	Meg Sterling	BuffCo	W36-49	1974	44:02.05
18	3	3/4	Christian Goldsmith	BuffCo	M36-49	1982	44:10.58
19	1	2	Cadence Chang	BuffCo	G U-18	2006	44:11.00
20	2	2	Charlotte Work	BuffCo	G U-18	2006	44:18.92
21	4	2	Noel Cheung	BuffCo	M36-49	1980	44:49.50
22	1	3/4	Frank McNamara	AVOHK	M70-79	1953	45:19.66
23	4	3/4	Nicholas Ng	BuffCo	B U-18	2007	46:17.57
24	5	3/4	Brayden Yau	BuffCo	B U-18	2008	48:13.93
25	3	3/4	Zoe Jane Cheng	BuffCo	G U-18	2008	51:56.09
26	4	3/4	Charlotte Goldsmith	BuffCo	G U-18	2008	52:43.87
27	1	3/4	Jo Chui	BuffCo	W50-59	1965	58:24.01
-	-	3/4	Tilly Roberts	BuffCo	G U-15	2010	DNS
-	-	3/4	Christen Lau	West Island	B U-18	2008	DNS
-	-	2	Chun Kwan Cheung	Unattached	M18-35	1993	DNS
-	-	1	Ella Fennelly	Unattached	W18-35	1996	DNS
-	-	1	Sebastian Cotton	Unattached	M18-35	1988	DNS
-	-	1	Cheng Cheuk Kong	PolyU	M18-35	2005	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	3/4	Meg Sterling	BuffCo	W36-49	1974	44:02.05
2	1	2	Cadence Chang	BuffCo	G U-18	2006	44:11.00
3	2	2	Charlotte Work	BuffCo	G U-18	2006	44:18.92
4	3	3/4	Zoe Jane Cheng	BuffCo	G U-18	2008	51:56.09
5	4	3/4	Charlotte Goldsmith	BuffCo	G U-18	2008	52:43.87
6	1	3/4	Jo Chui	BuffCo	W50-59	1965	58:24.01
-	-	3/4	Tilly Roberts	BuffCo	G U-15	2010	DNS
-	-	1	Ella Fennelly	Unattached	W18-35	1996	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	1/2	Khan Kamran	All-Star Runners	M18-35	2001	4:00.72
2	1	1/2	Charlie von Burg	BuffCo	B U-18	2007	4:35.56
3	2	1/2	Chris Whitehead	BuffCo	B U-18	2007	5:04.84
4	2	1/2	Fahad	RUN/BuffCo	M18-35	2005	5:12.76
5	1	3/4	Tim Marchant	BuffCo	M50-59	1972	5:18.81
6	1	1/2	Yik Hei Lau	NDS/HK Triathlon	B U-15	2011	5:22.43
7	2	3/4	So Suzuki	BuffCo	B U-15	2009	5:22.49
8	3	3/4	Ilias Tobback	BuffCo	B U-15	2010	5:24.50
9	1	3/4	Nicholas Forde	Unattached	M36-49	1974	5:25.47
10	1	1/2	Asrya Gobindpuri	BuffCo	G U-18	2006	5:30.16
11	3	1/2	Ethan Kao	BuffCo	B U-18	2008	5:34.65
12	4	1/2	Marcus Ling	BuffCo	B U-15	2010	5:38.09
13	2	3/4	Aemilia Rice Mileto	BuffCo	G U-18	2008	5:53.27
14	5	1/2	Theo Watts	BuffCo	B U-15	2009	5:55.40
15	1	3/4	Safiya Gilham	BuffCo	G U-15	2009	5:57.23
16	3	3/4	Caitlin Shoaf	BuffCo	G U-18	2008	6:05.47
17	1	3/4	Thomas Wang	BuffCo	B U-12	2012	6:16.81
18	2	3/4	Isabel Gregory	Island School	G U-15	2009	6:20.35
19	1	3/4	Alessandra Gilham	West Island	G U-12	2012	6:43.95
20	1	3/4	Cathy Cole	BuffCo	W50-59	1970	8:55.32
-	-	3/4	Mark Wang	BuffCo	B U-15	2011	DNF
-	-	3/4	Jasmine Poon	BuffCo	G U-15	2009	DNF
-	-	3/4	Christen Lau	West Island	B U-18	2008	DNS
-	-	1/2	Tomos Williams	BuffCo	B U-15	2010	DNS
-	-	1/2	Cheng Cheuk Kong	PolyU	M18-35	2005	DNS
-	-	1/2	Christopher Li	West Island	B U-18	2008	DNS
-	-	1/2	Marco Lee	West Island	B U-18	2008	DNS

## OVERALL RESULTS - 1500m 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	1/2	Asrya Gobindpuri	BuffCo	G U-18	2006	5:30.16
2	2	3/4	Aemilia Rice Mileto	BuffCo	G U-18	2008	5:53.27
3	1	3/4	Safiya Gilham	BuffCo	G U-15	2009	5:57.23
4	3	3/4	Caitlin Shoaf	BuffCo	G U-18	2008	6:05.47
5	2	3/4	Isabel Gregory	Island School	G U-15	2009	6:20.35
6	1	3/4	Alessandra Gilham	West Island	G U-12	2012	6:43.95
7	1	3/4	Cathy Cole	BuffCo	W50-59	1970	8:55.32
8	-	3/4	Jasmine Poon	BuffCo	G U-15	2009	DNF

## MEET RECORDS - 10,000m

<i>MEET RECORDS</i> 10,000M	NAME	CLUB	TIME	YEAR
<b>BOYS U-15</b>	Josh Lee	UCCKE	41:47.29	2021
<b>GIRLS U-15</b>	Téa McMahon	West Island	48:11.16	2023
<b>BOYS U-18</b>	Jiro Loasby	BuffCo	35:11.96	2022
<b>GIRLS U-18</b>	Cadence Chang	BuffCo	44:11.00	2023
<b>MENS 18-35</b>	Mohammad Ans	Unattached	33:13.00	2023
<b>WOMENS 18-35</b>	Erin Brown	RUN Staff/Vol	40:17.02	2022
<b>MENS 36-49</b>	Masashi Shirotake	GR/JD	34:19.48	2021
<b>WOMENS 36-49</b>	Caitriona Jennings	GR/JD	36:51.90	2021
<b>MENS 50-59</b>	Tim Marchant	BuffCo	39:51.55	2023
<b>WOMENS 50-59</b>	Yuko Loasby	BuffCo	51:33.46	2022
<b>MENS 60-69</b>	Isao Sugawara	Meisoukai	40:50.71	2022
<b>MENS 70-79</b>	Frank McNamara	AVOHK	45:19.66	2023
<b>BOYS U-18 TEAM</b>	Jiro Loasby Jai Mensforth Ethan Kao	BuffCo	1:55:45.94	2023
<b>GIRLS U-18 TEAM</b>	Cadence Chang Charlotte Work Zoe Jane Cheng	BuffCo	2:20:26.01	2023
<b>MIXED U-18 TEAM</b>	Lewis Bourquin Theo Watts Nellie Froidevaux	BuffCo	2:21:05.80	2023
<b>MENS TEAM</b>	Rafe Man Jiro Loasby Vincent Chu	BuffCo	1:49:01.34	2022
<b>MIXED TEAM</b>	James Owens Erin Brown Henrique Bastos	RUN Staff/Vol	2:01:06.91	2022
<b>MENS MASTERS I TEAM</b>	Masashi Shirotake George Gaffney Ed Gumbley	GR/JD	1:45:19.85	2021
<b>MIXED MASTERS I TEAM</b>	Jean-Baptiste Martenet Caitriona Jennings Masashi Shirotake	GR/JD	1:52:08.32	2021
<b>MIXED MASTERS II TEAM</b>	Tim Marchant Anthony Chui Jo Chui	BuffCo	2:21:03.44	2023

## MEET RECORDS - 1500m

<i>MEET RECORDS 1500M</i>	NAME	CLUB	TIME	YEAR
<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	All-Star Runners	4:00.72	2023
<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>	Jono Woodhouse	GR/JD	4:50.90	2023
<b>WOMENS 50-59</b>	Catherine Chow	lululemon	6:35.40	2023
<b>MENS 70-79</b>	Frank McNamara	AVOHK	6:01.84	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>	Zoe Cheng Ilias Tobback Jasmine Poon	BuffCo	17:41.22	2023
<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>	Ryuto Arai Theo Watts Cadence Chang	BuffCo	15:33.72	2023
<b>MENS TEAM</b>	Harry Loasby Charlie von Burg James Donald	BuffCo	13:34.66	2023
<b>WOMENS TEAM</b>	Ella Brown Madi Brown Yuko Loasby	BuffCo	17:23.05	2021
<b>MIXED TEAM</b>	Charlotte Work Noel Cheung Zein Williams	BuffCo	17:10.34	2023
<b>MENS MASTERS I TEAM</b>	Andrea Cloarec Jeff Campbell Jean-Baptiste Martenet	GR/JD	12:46.94	2021
<b>MIXED MASTERS I TEAM</b>	Fahad Tim Marchant Cathy Cole	BuffCo	19:26.89	2023



## CLUB RECORDS - 10,000m

10,000M CLUB RECORDS	NAME	CATEGORY	TIME	YEAR	
<b>AVOHK</b>	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	
<b>BUFFCO</b>	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	
	Vincent Chu	M36-49	39:48.33	2023	
	Ranee Wong	W36-49	41:38.34	2022	
	Tim Marchant	M50-59	39:51.55	2023	
	Yuko Loasby	W50-59	51:33.46	2022	
	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	
	Tim Marchant Anthony Chui Jo Chui	MIXED MASTERS II TEAM	2:21:03.44	2023	
	<b>DMS BW</b>	Li Ka Chun	M36-49	40:59.30	2023
	<b>EALING S&amp;M</b>	Midnight Adams	W18-35	44:39.03	2022
	<b>GONE RUNNERS/RUNNING</b>	Creighton Connolly	M18-35	35:20.64	2022
		Jan Souleyman	M50-59	41:42.17	2023
	<b>GONE RUNNING JOINT DYNAMICS</b>	Masashi Shirotake	M36-49	34:19.48	2021
		Caitriona Jennings	W36-49	36:51.90	2021
		Masashi Shirotake George Gaffney Ed Gumbley	MENS MASTERS I TEAM	1:45:19.85	2021
		Jean-Baptiste Martenet Caitriona Jennings Masashi Shirotake	MIXED MASTERS I TEAM	1:52:08.32	2021
<b>HONG KONG</b>	Jeffry Wicaksana	M18-35	39:25.55	2023	

<b>HKLRRRC</b>	Francisco Camacho	M18-35	36:54.49	2023
<b>IRC</b>	Wallace Cheng	M18-35	37:34.23	2021
<b>KANG CLASS</b>	Sandra Ho	W18-35	42:22.64	2021
<b>KIPMOVIN</b>	Matthew Carey	M18-35	34:42.14	2023
	Nik Light	M36-49	42:49.20	2023
<b>MEISOUKAI</b>	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	MENS		
	Yusuke Shimozono	MASTERS I	1:54:37.00	2023
	Takeshi Hayashi	TEAM		
	Atsushi Matsuzawa	MIXED		
Nakagawa Yasuhiro	MASTERS I	2:09:01.28	2023	
Nozomi Kawakatsu	TEAM			
<b>NEPAL</b>	Nickson Rai	M18-35	1:12:21.54	2023
	Rai Pushpa Thapa	W36-49	1:12:21.85	2023
<b>PACE RUNNING</b>	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	MENS TEAM	1:53:16.17	2021
	Niek Niens			
Joe Donaghue				
Colm Rafferty	MIXED TEAM	2:01:50.94	2021	
Stephanie Pezot				
<b>RMAC</b>	Carson Kwok	M18-35	38:24.52	2022
	Chun Chi Charles Lo	M36-49	36:40.33	2022
<b>RUN STAFF &amp; VOLUNTEERS</b>	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	MIXED TEAM	2:01:06.91	2022
Henrique Bastos				
<b>SSAC</b>	Kei Cheung	M36-49	41:44.37	2021
<b>TRAILBLAZER</b>	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	MENS TEAM	2:09:50.53	2021
Jesse So				
<b>UCCKE</b>	Josh Lee	B U-15	41:47.29	2021
<b>UNATTACHED (NO TEAM)</b>	Mohammad Ans	M18-35	33:13.00	2023
	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
<b>UNITED KINGDOM</b>	Oliver Bater	M18-35	36:04.16	2023
<b>WATSONS</b>	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		

## CLUB RECORDS - 1500m

1500M CLUB RECORDS	NAME	CATEGORY	TIME	YEAR
26	Kanna Gaffney	G U-15	5:36.43	2021
	Tern Kaplan	B U-18	4:35.15	2023
ALL-STAR RUNNERS	Khan Kamran	M18-35	4:00.72	2023
AVOHK	David Woo	M36-49	4:40.74	2022
	Frank McNamara	M70-79	6:01.84	2023
BUFFCO	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
	James Donald	M36-49	4:39.19	2023
	Zein Williams	W36-49	5:51.20	2023
	Tim Marchant	M50-59	5:18.81	2023
	Yuko Loasby	W50-59	6:45.19	2021
	Mark Loasby	M70-79	7:10.41	2023
	Jiro Loasby			
	Giorgio Guerra	BOYS U-15	14:40.07	2019
	Theo Mag	TEAM		
	Amara Prasad			
	Cyriane Toucas	GIRLS U-15	19:57.88	2022
	Summer Ritcey	TEAM		
	Zoe Cheng			
	Ilias Tobback	MIXED U-15	17:41.22	2023
	Jasmine Poon	TEAM		
	Mark Russell			
	Rafe Man	BOYS U-18	12:48.04	2019
	Swiss Duangthip	TEAM		
	Jia Rhee			
	Cadence Chang	GIRLS U-18	16:11.89	2023
	Téa McMahon	TEAM		
	Ryuto Arai			
	Theo Watts	MIXED U-18	15:33.72	2023
Cadence Chang	TEAM			
Harry Loasby				
Charlie von Burg	MENS TEAM	13:34.66	2023	
James Donald				
Ella Brown				
Madi Brown	WOMENS TEAM	17:23.05	2021	
Yuko Loasby				
Charlotte Work				
Noel Cheung	MIXED TEAM	17:10.34	2023	

	Zein Williams			
	Fahad	MIXED		
	Tim Marchant	MASTERS I	19:26.89	2023
	Cathy Cole	TEAM		
<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>FRANCE</b>	Aurelien Toucas	B U-18	5:34.99	2023
<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
	Jono Woodhouse	M50-59	4:50.90	2023
	Andrea Cloarec	MENS		
	Jeff Campbell	MASTERS I	12:46.94	2021
	Jean-Baptiste Martenet	TEAM		
<b>HONG KONG INTERNATIONAL SCHOOL</b>	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
<b>HKLRRRC</b>	Francisco DP Camacho	M18-35	4:41.09	2021
<b>HKSC/LBC</b>	Ferdinand Clovis	M18-35	4:32.64	2021
<b>HONG KONG</b>	Marco Mueller	M36-49	4:37.82	2022
<b>HONG KONG UNI.</b>	Felix Law	M18-35	5:32.19	2021
<b>ISLAND SCHOOL</b>	Isabel Gregory	G U-15	6:20.35	2023
<b>KIPMOVIN</b>	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
	Matt Carey	M18-35	4:38.91	2023
	Eamonn Sinnott	M36-49	5:53.45	2021
	Ghazi Kaddouh	M70-79	8:10.73	2021
	Hana Clode			
	Jacquelyn Perrin	GIRLS U-15	17:24.02	2021
	Amaya Mantel	TEAM		
	Eamonn Sinnott			
Jethro Tong	MIXED TEAM	18:50.91	2021	
Ivy Khositmanit				
<b>LULULEMON</b>	Sean Tang	M18-35	5:10.32	2023
	Catherine Chow	W50-59	6:35.40	2023
<b>LJRC</b>	Chun Ming Siu	M36-49	4:44.63	2022
<b>NDS</b>	Yik Hei Lau	B U-15	5:22.43	2023
<b>NEPAL</b>	Nickson Rai	M18-35	5:26.66	2021
<b>PUI CHING MIDDLE SCHOOL</b>	Chan Ho	B U-15	5:06.00	2019
	Lee Chi Tat	B U-18	5:07.74	2019
<b>RMAC</b>	Anthea Seto	W18-35	5:50.72	2023
<b>RUN</b>	Fahad	B U-18	5:07.44	2022
	Claude	M18-35	4:51.78	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	MENS TEAM	15:00.25	2023
	Ansu			
Fahad	MIXED TEAM	20:13.41	2021	

	Ann Sarah 1			
<b>RUN STAFF &amp; VOLUNTEERS</b>	Erin Brown	W18-35	5:14.51	2023
<b>SPARTANRACEHK</b>	Rayda Waye	M18-35	4:29.21	2021
<b>STSS</b>	Chung Ning Shum	G U-15	5:41.40	2023
<b>SUB 3</b>	Tony Lui	M36-49	5:22.79	2021
<b>TEAMSOLO</b>	Vincent Chan	M18-35	4:19.67	2023
<b>TRAILBLAZER</b>	Godwin Tam	M18-35	4:22.21	2021
<b>UCCKE</b>	Josh Lee	B U-15	5:24.05	2021
<b>UNATTACHED (NO TEAM)</b>	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
	Chan Ho Kwan	M18-35	4:17.08	2021
	Masashi Shirotake	M36-49	4:36.02	2021
	Mark Reeves	M50-59	5:04.27	2021
<b>UNITED KINGDOM</b>	Alexander Edwards	M18-35	5:19.61	2021
<b>WEST ISLAND SCHOOL</b>	Tomos Williams	B U-12	5:40.46	2021
	Alessandra Gilham	G U-12	6:43.95	2023
	Jude Lau	B U-15	4:58.40	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
	Jude Lau	BOYS U-15 TEAM	15:14.25	2023
	Tomos Williams			
	Marco Lee	MIXED U-15 TEAM	19:16.75	2022
	Chenchen Gao			
	Jasmine Poon			
	Rochelle Ng	BOYS U-18 TEAM	16:45.67	2023
	Max Tai			
Christen Lau				
Marcus Ling	MIXED U-18 TEAM	16:44.29	2023	
Jude Lau				
Christen Lau				
Emily Faulkner				