

# BUFFCO SUMMER TRACK SERIES

28 JUNE 2024



## Mile & 4x400m Relay. Aberdeen

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. Email us at [info@buffco.hk](mailto:info@buffco.hk) for details.

Normally we post any records broken here, but as this is the inaugural 1,000m we have just included a records list at the end of the document. Targets for next year!

<u>HEAT 4</u>	<u>7:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Jiro Loasby	BuffCo	M18-35	2006	5:59.60
2	Wee Duangthip	BuffCo	M18-35	2004	6:02.31
3	Safiya Gilham	BuffCo	G U-18	2009	6:10.52
4	Charlotte Goldsmith	BuffCo	G U-18	2008	6:29.18
5	Habib	RUN	M36-49	1985	6:35.88
6	Zoe Jane Cheng	BuffCo	G U-18	2008	6:36.22
7	Roch Bączkowski	BuffCo	B U-18	2007	6:36.85
8	Frank McNamara	AVOHK	M70-79	1953	6:39.05
9	Jasmine Poon	BuffCo	G U-18	2009	6:41.56
10	Zoubeir	RUN	M18-35	2006	6:43.76
11	Alessandra Gilham	West Island	G U-15	2012	7:08.36
12	Peach Callaghan	BuffCo	G U-18	2008	7:38.66
13	Shifah	RUN	W36-49	1983	9:09.71
14	Caitlin Shoaf	BuffCo	G U-18	2008	9:18.69
15	Kenji Poon	BuffCo	B U-18	2009	9:39.80
-	Khai-Ly Trang	Unattached	W18-35	2006	DNS

<u>HEAT 3</u>	<u>7:20PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Bradley Chan	AVOHK	M18-35	2003	4:59.95
2	Jai Mensforth	BuffCo	B U-18	2008	5:02.96
3	Vincent Chan	TeamSolo	M18-35	2002	5:09.39
4	Nicholas Forde	BuffCo	M50-59	1974	5:17.44
5	Morgan Deltheil	BuffCo	B U-18	2009	5:21.28
6	Chiaki Ohara	BuffCo	B U-18	2009	5:23.58
7	Victor	RUN	M36-49	1984	5:23.96
8	Cadence Chang	BuffCo	W18-35	2006	5:27.47
9	So Suzuki	BuffCo	B U-18	2009	5:30.69
10	Michael Capper	Lok Wah RC	M60-69	1964	5:31.12
11	Mohammed	RUN/BuffCo	M18-35	2001	5:33.31

<u>HEAT 2</u>	<u>7:40PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	BuffCo Girls	BuffCo	G RELAY	-	4:51.67
2	Matt Carey	DB Runners	M18-35	1991	4:52.33
3	Kabir Mirza	KipMovin	B U-15	2010	4:52.48
4	Tom M-Smith	BuffCo	M18-35	1990	4:56.86
5	Vincent Chan	TeamSolo	M18-35	2002	4:58.89
6	David Woo	AVOHK	M36-49	1981	4:59.29
7	Uku Kruusamae	Unattached	M18-35	1992	5:00.03
8	Rich Portman	Unattached	M36-49	1987	5:00.90
9	Clement Chan	ICS Warriors	M18-35	2006	5:02.28
10	Marcus Ling	BuffCo	B U-15	2010	5:03.86
11	Ryuto Arai	BuffCo	B U-18	2009	5:28.91

<u>HEAT</u>	<u>1</u>	<u>8:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1		AVOHK	AVOHK	M RELAY	-	3:47.65
2		BuffCo Boys	BuffCo	B RELAY	-	4:04.03
3		RUN	RUN	M RELAY	-	4:25.43
4		BuffCo Mixed	BuffCo	X RELAY	-	4:26.26
5		BuffCo Boys B	BuffCo	B RELAY	-	4:44.06

## OVERALL RESULTS - Mile Individual

<u>RANK</u>	<u>CAT RANK</u>	<u>HEAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	1	2	Matt Carey	DB Runners	M18-35	1991	4:52.33
2	1	2	Kabir Mirza	KipMovin	B U-15	2010	4:52.48
3	2	2	Tom M-Smith	BuffCo	M18-35	1990	4:56.86
4	3	2	Vincent Chan	TeamSolo	M18-35	2002	4:58.89
5	1	2	David Woo	AVOHK	M36-49	1981	4:59.29
6	4	3	Bradley Chan	AVOHK	M18-35	2003	4:59.95
7	5	2	Uku Kruusamaee	Unattached	M18-35	1992	5:00.03
8	2	2	Rich Portman	Unattached	M36-49	1987	5:00.90
9	6	2	Clement Chan	ICS Warriors	M18-35	2006	5:02.28
10	1	3	Jai Mensforth	BuffCo	B U-18	2008	5:02.96
11	2	2	Marcus Ling	BuffCo	B U-15	2010	5:03.86
12	7	3	Vincent Chan	TeamSolo	M18-35	2002	5:09.39
13	1	3	Nicholas Forde	BuffCo	M50-59	1974	5:17.44
14	2	3	Morgan Deltheil	BuffCo	B U-18	2009	5:21.28
15	3	3	Chiaki Ohara	BuffCo	B U-18	2009	5:23.58
16	3	3	Victor	RUN	M36-49	1984	5:23.96
17	1	3	Cadence Chang	BuffCo	W18-35	2006	5:27.47
18	4	2	Ryuto Arai	BuffCo	B U-18	2009	5:28.91
19	5	3	So Suzuki	BuffCo	B U-18	2009	5:30.69
20	1	3	Michael Capper	Lok Wah RC	M60-69	1964	5:31.12
21	8	3	Mohammed	RUN/BuffCo	M18-35	2001	5:33.31
22	9	4	Jiro Loasby	BuffCo	M18-35	2006	5:59.60
23	10	4	Wee Duangthip	BuffCo	M18-35	2004	6:02.31
24	1	4	Safiya Gilham	BuffCo	G U-18	2009	6:10.52
25	2	4	Charlotte Goldsmith	BuffCo	G U-18	2008	6:29.18
26	4	4	Habib	RUN	M36-49	1985	6:35.88
27	3	4	Zoe Jane Cheng	BuffCo	G U-18	2008	6:36.22
28	6	4	Roch Bączkowski	BuffCo	B U-18	2007	6:36.85
29	1	4	Frank McNamara	AVOHK	M70-79	1953	6:39.05
30	4	4	Jasmine Poon	BuffCo	G U-18	2009	6:41.56
31	11	4	Zoubeir	RUN	M18-35	2006	6:43.76
32	1	4	Alessandra Gilham	West Island	G U-15	2012	7:08.36
33	5	4	Peach Callaghan	BuffCo	G U-18	2008	7:38.66
34	1	4	Shifah	RUN	W36-49	1983	9:09.71
35	6	4	Caitlin Shoaf	BuffCo	G U-18	2008	9:18.69
36	7	4	Kenji Poon	BuffCo	B U-18	2009	9:39.80
-	-	4	Khai-Ly Trang	Unattached	W18-35	2006	DNS

## OVERALL RESULTS - Mile Women Individual

<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	Cadence Chang	BuffCo	W18-35	2006	5:27.47
2	1	4	Safiya Gilham	BuffCo	G U-18	2009	6:10.52
3	2	4	Charlotte Goldsmith	BuffCo	G U-18	2008	6:29.18
4	3	4	Zoe Jane Cheng	BuffCo	G U-18	2008	6:36.22
5	4	4	Jasmine Poon	BuffCo	G U-18	2009	6:41.56
6	1	4	Alessandra Gilham	West Island	G U-15	2012	7:08.36
7	5	4	Peach Callaghan	BuffCo	G U-18	2008	7:38.66
8	1	4	Shifah	RUN	W36-49	1983	9:09.71
9	6	4	Caitlin Shoaf	BuffCo	G U-18	2008	9:18.69

## OVERALL RESULTS - 4x400m RELAY

<u>RANK</u>	<u>CAT</u> <u>RANK</u>	<u>HEAT</u>	<u>NAMES</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>AVG.</u> <u>AGE</u>	<u>RESULT</u>
1	1	1	Aldo Kriel Sri Krishna Nicholas Kolb Lucas Wiggers So Suzuki	AVOHK	M18-35	25.5	3:47.65
2	1	1	Morgan Deltheil Bryan Lau Jai Mensforth	BuffCo	B U-18	16.3	4:04.03
3	2	1	Victor Habib Zoubeir Mohammed	RUN	M18-35	30	4:25.43
4	1	1	Ryuto Arai Marcus Ling Ryan Davies Cadence Chang	BuffCo	X U-18	16.0	4:26.26
5	2	1	Jiro Loasby Kenji Poon Wee Duangthip Clement Chan	BuffCo	B U-18	17.8	4:44.06
6	1	1	Zoe Jane Cheng Safiya Gilham Caitlin Shoaf Jasmine Poon	BuffCo	G U-18	15.5	4:51.67

## TEAM CATEGORY

If there any errors or you do not see your name here, or if you left out a team name but want to add one, just contact Harry at [info@buffco.hk](mailto:info@buffco.hk) before the race to make changes.

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

*Age category determined by year of birth, regardless of age on race day.*

*Junior runners must be UNDER their age category. Example: U-18 runners must be between 15-17 years old (by birth year).*

*For team category, same rule applies. Example: a U-18s team must have a combined age between 3x15(45) and 3x17(51)*

## MILE 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	Jai, Morgan, Chiaki	Boys U-18	46	15:47.82
2	1	BuffCo	Marcus, Nicholas, Cadence	Mixed	82	15:48.77
3	1	AVOHK	David, Bradley, Frank	Mens Masters I	135	16:38.29
4	1	BuffCo	Thomas, Jiro, Wee	Mens	72	16:58.77
5	2	RUN	Victor, Mohammed, Habib	Mens	102	17:33.15
6	2	BuffCo	Ryuto, So, Roch	Boys U-18	47	17:36.45
7	1	BuffCo	Safiya, Charlotte, Zoe	Girls U-18	47	19:15.92
8	2	BuffCo	Jasmine, Peach, Caitlin	Girls U-18	47	23:38.91