

BUFFCO DISTANCE CARNIVAL 10/03/23



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.

3,000m Club Records (Individual)

26 Record. **Tern Kaplan – 9:44.36**

Concordia Lutheran School Record. **Wong Chun Hei – 11:17.64**

Hong Kong International School Record. **Jiho Lee – 11:03.16**

KTKLGSS Record. **Rahulpreet Raymond – 10:43.29**

LCRA Record. **Matthew Cheng – 11:16.52**

Watsons Record. **Sean Liu – 10:47.33**

West Island School Record. **Simon Carmichael – 10:54.28**

BuffCo Mens 18-35 Record. **Harry Loasby – 9:20.58**

BuffCo Womens 18-35 Record. **Maya Tobback – 11:16.75**

BuffCo Mens 36-49 Record. **Vincent Chu – 10:39.74**

BuffCo Womens 36-49 Record. **Meg Sterling – 12:25.80**

West Island Girls U-18 Record. **Ella Snelgrove – 16:03.85**

3,000m Meet Records (Team)

Womens Record. **Meg Sterling, Téa McMahon, Naia Magrath (BuffCo) – 37:52.48**

Mixed Record. **Maya Tobback, Lewis Bourquin, Christian Goldsmith (BuffCo) – 34:48.39**

Mixed U-18s Record. **Rihito Tachikawa, Chiaki Ohara, Cadence Chang (BuffCo) – 36:44.95**

3,000m Club Records (Team)

Hong Kong International School Record. **Jiho Lee, Joshua Edwards, Nathan Wang – 34:57.54**

West Island Record. **Simon Carmichael, Max Tai, Christen Lau – 36:15.85**

3,000m HEATS

<u>HEAT 4</u>	<u>6:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>ENTRY TIME</u>
1	Max Tai	West Island	B U-18	2008	12:27.32
2	Teddy Liu	West Island	B U-18	2008	13:46.58
3	Yuko Loasby	BuffCo	W50-59	1967	14:36.80
4	Charlotte Goldsmith	BuffCo	G U-18	2008	15:49.06
5	Summer Ritcey	BuffCo	G U-18	2008	16:18.28
6	Sarah 1	RUN	W36-49	1983	18:22.22
7	Khouzaima	RUN	W36-49	1983	18:33.53
8	Jenna Gloor	BuffCo	G U-18	2008	19:29.14

<u>HEAT 3</u>	<u>6:30PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>ENTRY TIME</u>
1	Joshua Edwards	HKIS	B U-18	2007	11:42.66
2	Christian Goldsmith	BuffCo	M36-49	1982	11:48.90
3	Theo Watts	BuffCo	B U-15	2009	11:57.33
4	Rihito Tachikawa	BuffCo	B U-15	2009	12:11.48
5	Nathan Wang	HKIS	B U-18	2007	12:11.72
6	Chiaki Ohara	BuffCo	B U-15	2009	12:12.94
7	Meg Sterling	BuffCo	W36-49	1974	12:25.80
8	Christen Lau	West Island	B U-18	2008	12:54.25
9	Naia Magrath	BuffCo	G U-18	2007	12:54.45
10	Eveline Tobback	BuffCo	G U-18	2008	12:56.24
11	Kenta Hall	BuffCo	B U-18	2008	13:55.99
12	Jasmine Poon	BuffCo	G U-15	2009	14:57.38

13	Caitlin Shoaf	BuffCo	G U-18	2008	15:08.44
14	Ella Snelgrove	West Island	G U-18	2008	16:03.85
15	Siobhan Doherty	BuffCo	G U-18	2008	16:35.85

<u>HEAT 2</u>	<u>7:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>ENTRY TIME</u>
1	Charlie von Burg	BuffCo	B U-18	2007	10:39.56
2	Wee Duangthip	BuffCo	M18-35	2004	10:53.76
3	Simon Carmichael	West Island	B U-18	2007	10:54.28
4	Ryan Davies	BuffCo	B U-18	2007	11:11.08
5	Tai MacLean	BuffCo	B U-18	2008	11:13.43
6	Ethan Kao	BuffCo	B U-18	2008	11:13.67
7	Nicholas Forde	Unattached	M36-49	1974	11:13.98
8	Maya Tobback	BuffCo	W18-35	2005	11:16.75
9	Fahad	RUN/BuffCo	M18-35	2005	11:28.22
10	Jason Wong	Unattached	M18-35	1992	11:31.21
11	Lewis Bourquin	BuffCo	M18-35	2003	11:42.74
12	Nicholas Ng	BuffCo	B U-18	2007	11:57.29
13	Jose Bongulto	BuffCo	M18-35	1994	11:57.83
14	Victor	RUN	M36-49	1982	12:20.08
15	Cadence Chang	BuffCo	G U-18	2006	12:20.53
16	Téa McMahon	BuffCo	G U-15	2009	12:32.23
17	Charlotte Work	BuffCo	G U-18	2006	13:05.71
-	Yu Lui Tin Yan	Run2pb/Australia	W18-35	1996	DNF

<u>HEAT 1</u>	<u>7:30PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>ENTRY TIME</u>
1	Harry Loasby	BuffCo	M18-35	1996	9:20.58
2	Jiro Loasby	BuffCo	B U-18	2006	9:37.96
3	Tern Kaplan	26	B U-18	2008	9:44.36
4	Yui Hang Fok	Unattached	M18-35	1998	9:47.14
5	Claude	RUN	M18-35	1989	10:28.51
6	Vincent Chu	BuffCo	M36-49	1980	10:39.74
7	Rahulpreet Raymond	KTKLGSS	B U-18	2006	10:43.29
8	Timothy Higgins	GR/JD	M36-49	1983	10:45.48
9	Sean Liu	Watsons	M18-35	1999	10:47.33
10	Jai Mensforth	BuffCo	B U-18	2008	10:54.90
11	Jiho Lee	HKIS	B U-18	2008	11:03.16
12	Matthew Cheng	LCRA	M18-35	2005	11:16.52
13	Wong Chun Hei	Concordia Lutheran	B U-15	2009	11:17.64
14	Chan Ka Lok	Unattached	B U-18	2007	11:19.64

TEAM CATEGORY

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

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+

3,000m 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	Harry, Jiro, Charlie	Mens	60	29:38.10
2	2	BuffCo	Vincent, Wee, Jai	Mens	77	32:28.40
3	1	BuffCo	Ryan, Tai, Ethan	Boys U-18	46	33:38.18
4	3	RUN	Claude, Fahad, Victor	Mens	93	34:16.81
5	1	BuffCo	Maya, Lewis, Christian	Mixed	79	34:48.39
6	2	HKIS	Jiho, Joshua, Nathan	Boys U-18	47	34:57.54
7	4	BuffCo	Nicholas, Theo, Jose	Mens	59	35:52.45
8	3	West Island	Simon, Max, Christen	Boys U-18	46	36:15.85
9	1	BuffCo	Rihito, Chiaki, Cadence	Mixed U-18	45	36:44.95
10	1	BuffCo	Meg, Téa, Naia	Womens	79	37:52.48
11	2	BuffCo	Eveline, Charlotte, Kenta	Mixed U-18	47	39:57.94
12	2	BuffCo	Yuko, Jasmine, Caitlin	Womens	85	44:42.62
13	1	BuffCo	Charlotte, Summer, Siobhan	Girls U-18	45	48:43.19

OVERALL RESULTS - 3,000m

<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	Harry Loasby	BuffCo	M18-35	1996	9:20.58
2	1	1	Jiro Loasby	BuffCo	B U-18	2006	9:37.96
3	2	1	Tern Kaplan	26	B U-18	2008	9:44.36
4	2	1	Yui Hang Fok	Unattached	M18-35	1998	9:47.14
5	3	1	Claude	RUN	M18-35	1989	10:28.51
6	3	2	Charlie von Burg	BuffCo	B U-18	2007	10:39.56
7	1	1	Vincent Chu	BuffCo	M36-49	1980	10:39.74
8	4	1	Rahulpreet Raymond	KTKLGSS	B U-18	2006	10:43.29
9	2	1	Timothy Higgins	GR/JD	M36-49	1983	10:45.48
10	4	1	Sean Liu	Watsons	M18-35	1999	10:47.33
11	5	2	Wee Duangthip	BuffCo	M18-35	2004	10:53.76
12	5	2	Simon Carmichael	West Island	B U-18	2007	10:54.28
13	6	1	Jai Mensforth	BuffCo	B U-18	2008	10:54.90
14	7	1	Jiho Lee	HKIS	B U-18	2008	11:03.16
15	8	2	Ryan Davies	BuffCo	B U-18	2007	11:11.08
16	9	2	Tai MacLean	BuffCo	B U-18	2008	11:13.43
17	10	2	Ethan Kao	BuffCo	B U-18	2008	11:13.67
18	3	2	Nicholas Forde	Unattached	M36-49	1974	11:13.98
19	6	1	Matthew Cheng	LCRA	M18-35	2005	11:16.52
20	1	2	Maya Tobback	BuffCo	W18-35	2005	11:16.75
21	1	1	Wong Chun Hei	Concordia Lutheran	B U-15	2009	11:17.64
22	11	1	Chan Ka Lok	Unattached	B U-18	2007	11:19.64
23	7	2	Fahad	RUN/BuffCo	M18-35	2005	11:28.22
24	8	2	Jason Wong	Unattached	M18-35	1992	11:31.21
25	12	3	Joshua Edwards	HKIS	B U-18	2007	11:42.66
26	9	2	Lewis Bourquin	BuffCo	M18-35	2003	11:42.74
27	4	3	Christian Goldsmith	BuffCo	M36-49	1982	11:48.90
28	13	2	Nicholas Ng	BuffCo	B U-18	2007	11:57.29
29	2	3	Theo Watts	BuffCo	B U-15	2009	11:57.33
30	10	2	Jose Bongulto	BuffCo	M18-35	1994	11:57.83
31	3	3	Rihito Tachikawa	BuffCo	B U-15	2009	12:11.48
32	14	3	Nathan Wang	HKIS	B U-18	2007	12:11.72
33	4	3	Chiaki Ohara	BuffCo	B U-15	2009	12:12.94
34	5	2	Victor	RUN	M36-49	1982	12:20.08

35	1	2	Cadence Chang	BuffCo	G U-18	2006	12:20.53
36	1	3	Meg Sterling	BuffCo	W36-49	1974	12:25.80
37	15	4	Max Tai	West Island	B U-18	2008	12:27.32
38	1	2	Téa McMahon	BuffCo	G U-15	2009	12:32.23
39	16	3	Christen Lau	West Island	B U-18	2008	12:54.25
40	2	3	Naia Magrath	BuffCo	G U-18	2007	12:54.45
41	3	3	Eveline Tobback	BuffCo	G U-18	2008	12:56.24
42	4	2	Charlotte Work	BuffCo	G U-18	2006	13:05.71
43	17	4	Teddy Liu	West Island	B U-18	2008	13:46.58
44	18	3	Kenta Hall	BuffCo	B U-18	2008	13:55.99
45	1	4	Yuko Loasby	BuffCo	W50-59	1967	14:36.80
46	2	3	Jasmine Poon	BuffCo	G U-15	2009	14:57.38
47	5	3	Caitlin Shoaf	BuffCo	G U-18	2008	15:08.44
48	6	4	Charlotte Goldsmith	BuffCo	G U-18	2008	15:49.06
49	7	3	Ella Snelgrove	West Island	G U-18	2008	16:03.85
50	8	4	Summer Ritcey	BuffCo	G U-18	2008	16:18.28
51	9	3	Siobhan Doherty	BuffCo	G U-18	2008	16:35.85
52	2	4	Sarah 1	RUN	W36-49	1983	18:22.22
53	3	4	Khouzaima	RUN	W36-49	1983	18:33.53
54	10	4	Jenna Gloor	BuffCo	G U-18	2008	19:29.14
-	-	2	Yu Lui Tin Yan	Run2pb/Australia	W18-35	1996	DNF

WOMENS RESULTS - 3,000m

<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	2	Maya Tobback	BuffCo	W18-35	2005	11:16.75
2	1	2	Cadence Chang	BuffCo	G U-18	2006	12:20.53
3	1	3	Meg Sterling	BuffCo	W36-49	1974	12:25.80
4	1	2	Téa McMahon	BuffCo	G U-15	2009	12:32.23
5	2	3	Naia Magrath	BuffCo	G U-18	2007	12:54.45
6	3	3	Eveline Tobback	BuffCo	G U-18	2008	12:56.24
7	4	2	Charlotte Work	BuffCo	G U-18	2006	13:05.71
8	1	4	Yuko Loasby	BuffCo	W50-59	1967	14:36.80
9	2	3	Jasmine Poon	BuffCo	G U-15	2009	14:57.38
10	5	3	Caitlin Shoaf	BuffCo	G U-18	2008	15:08.44
11	6	4	Charlotte Goldsmith	BuffCo	G U-18	2008	15:49.06
12	7	3	Ella Snelgrove	West Island	G U-18	2008	16:03.85
13	8	4	Summer Ritcey	BuffCo	G U-18	2008	16:18.28
14	9	3	Siobhan Doherty	BuffCo	G U-18	2008	16:35.85
15	2	4	Sarah 1	RUN	W36-49	1983	18:22.22
16	3	4	Khouzaima	RUN	W36-49	1983	18:33.53
17	10	4	Jenna Gloor	BuffCo	G U-18	2008	19:29.14
-	-	2	Yu Lui Tin Yan	Run2pb/Australia	W18-35	1996	DNF

MEET RECORDS

<i>MEET RECORDS</i> <i>3,000M</i>	NAME	CLUB	TIME	YEAR
GIRLS U-9	Heloïse Martenet	Unattached	17:42.98	2021
BOYS U-12	Tor Man	BuffCo	11:37.86	2019
BOYS U-15	Jiro Loasby	BuffCo	9:44.95	2020
GIRLS U-15	Lila Man	BuffCo	11:51.32	2019
BOYS U-18	Jabez Siu	BuffCo	9:06.88	2020
GIRLS U-18	Ella Brown	BuffCo	10:42.01	2021
MENS 18-35	Andrea Cloarec	GR/JD	8:50.30	2021
WOMENS 18-35	Mary Hui	Unattached	11:10.39	2021
MENS 36-49	Jeff Campbell	GR/JD	8:49.94	2021
WOMENS 36-49	Caitriona Jennings	GR/JD	10:36.82	2021
MENS 50-59	Jan Souleyman	Gone Runners	10:35.99	2021
WOMENS 50-59	Jo Chui	BuffCo	14:24.23	2021
MENS 70-79	Mark Loasby	BuffCo	15:50.51	2021
BOYS U-15 TEAM	Wee Duangthip Tor Man Ryan Davies	BuffCo	36:12.42	2019
GIRLS U-15 TEAM	Asrya Gobindpuri Ava Singer Zoe Cheng	BuffCo	35:44.92	2021
MIXED U-15 TEAM	Maya Tobback Theo Watts Jayden Bi	West Island	37:24.42	2021
BOYS U-18 TEAM	Jabez Siu Swiss Duangthip Rafe Man	BuffCo	28:00.84	2019
GIRLS U-18 TEAM	Maya Tobback Asrya Gobindpuri Zoe Cheng	BuffCo	35:19.78	2022
MIXED U-18 TEAM	Rihito Tachikawa Chiaki Ohara Cadence Chang	BuffCo	36:44.95	2023
MENS TEAM	Mark Russell Swiss Duangthip Jabez Siu	BuffCo	28:16.43	2020
WOMENS TEAM	Meg Sterling Téa McMahon Naia Magrath	BuffCo	37:52.48	2023
MIXED TEAM	Maya Tobback Lewis Bourquin Christian Goldsmith	BuffCo	34:48.39	2023
MENS MASTERS I TEAM	George Gaffney Laurent Nguyen Masashi Shirotake	GR/JD	29:34.77	2021
WOMENS MASTERS I TEAM	Jo Chui Yuko Loasby Cynthia Claytor	BuffCo	44:26.65	2021
MIXED MASTERS I TEAM	Matthew Clarke Jono Woodhouse Caitriona Jennings	GR/JD	31:02.12	2021

CLUB RECORDS	NAME	CATEGORY	TIME	YEAR
26	Tern Kaplan	B U-18	9:44.36	2023
AVOHK	David Woo	M36-49	9:53.39	2021
BUFFCO	Tor Man	B U-12	11:37.86	2019
	Jiro Loasby	B U-15	9:44.95	2020
	Lila Man	G U-15	11:51.32	2019
	Jabez Siu	B U-18	9:06.88	2020
	Ella Brown	G U-18	10:42.01	2021
	Harry Loasby	M18-35	9:20.58	2023
	Maya Tobback	W18-35	11:16.75	2023
	Vincent Chu	M36-49	10:39.74	2023
	Meg Sterling	W36-49	12:25.80	2023
	Anthony Chui	M50-59	11:18.19	2021
	Jo Chui	W50-59	14:24.23	2021
	Mark Loasby	M70-79	15:50.51	2021
	Wee Duangthip	BOYS U-15 TEAM	36:12.42	2019
	Tor Man			
	Ryan Davies	GIRLS U-15 TEAM	35:44.92	2021
	Asrya Gobindpuri			
	Ava Singer			
	Zoe Cheng	MIXED U-15 TEAM	40:26.20	2021
	Nellie Froidevaux			
	DJ Charlwood			
	Anson Leung	BOYS U-18 TEAM	28:00.84	2020
	Jabez Siu			
	Swiss Duangthip			
	Rafe Man	GIRLS U-18 TEAM	35:19.78	2022
	Maya Tobback			
	Asrya Gobindpuri			
	Zoe Cheng	MIXED U-18 TEAM	36:44.95	2023
	Rihito Tachikawa			
	Chiaki Ohara			
	Cadence Chang	MENS TEAM	28:16.43	2020
	Mark Russell			
	Swiss Duangthip			
Jabez Siu	WOMENS TEAM	37:52.48	2023	
Meg Sterling				
Téa McMahon				
Naia Magrath	MIXED TEAM	34:48.39	2023	
Maya Tobback				
Lewis Bourquin				
Christian Goldsmith	WOMENS MASTERS I TEAM	44:26.65	2021	
Jo Chui				
Yuko Loasby				
Cynthia Claytor	MIXED MASTERS I TEAM	50:38.27	2021	
Mark Loasby				
Mia Rutherford				
Luana Rutherford				
CATHAY PACIFIC	Matthew Jack	M36-49	9:38.09	2021
CONCORDIA LUTHERAN	Wong Chun Hei	B U-15	11:17.64	2023
EALING EAGLES	Andy Guy	M36-49	10:29.84	2021
GONE RUNNERS	Martinus Doekes	M36-49	11:03.48	2021
	Jan Souleyman	M50-59	10:35.99	2021

GONE RUNNING JOINT DYNAMICS	Andrea Cloarec	M18-35	8:50.30	2021
	Jeff Campbell	M36-49	8:49.94	2021
	Caitriona Jennings	W36-49	10:36.82	2021
	Jeff Campbell			
	Andrea Cloarec	MENS TEAM	28:25.15	2021
	David Klar			
	George Gaffney	MENS		
	Laurent Nguyen	MASTERS I	29:34.77	2021
	Masashi Shirotake	TEAM		
Matthew Clarke	MIXED			
Jono Woodhouse	MASTERS I	31:02.12	2021	
Caitriona Jennings	TEAM			
HONG KONG INTERNATIONAL SCHOOL	Hugo Souleyman	B U-12	12:15.85	2021
	Jiho Lee	B U-18	11:03.16	2023
	Jiho Lee			
	Joshua Edwards	BOYS U-18	34:57.54	2023
	Nathan Wang	TEAM		
HKLRRRC	Catherine Leonard	W36-49	14:12.44	2021
HKSC/LBC	Ferdinand Clovis	M18-35	10:09.35	2021
HONG KONG	Sam Manger	M18-35	10:36.35	2021
HONG KONG FC	Leanne Claxton	W36-49	12:47.26	2021
KTKLGSS	Rahulpreet Raymond	B U-18	10:43.29	2023
LCRA	Matthew Cheng	M18-35	11:16.52	2023
NEPAL	Nickson Rai	M18-35	12:35.84	2021
	Robinson Rai	M50-59	14:20.83	2021
NETHERLANDS	Jasper van der Ploeg	M18-35	9:55.65	2021
OUTRUNNERSHK	Henry Chu	M18-35	11:30.47	2019
PUI CHING MIDDLE SCHOOL	Chan Ho	B U-15	10:55.64	2019
	Choi King Lead	B U-18	11:05.15	2019
	Rico Poon	B U-15	11:33.94	2019
RUN	Fahad	B U-18	11:04.59	2022
	Claude	M18-35	10:26.99	2022
	Ann	W18-35	17:41.87	2021
	Victor	M36-49	11:39.92	2021
	Sarah 1	W36-49	18:05.37	2022
	Claude			
	Ansu	MENS TEAM	32:34.75	2022
	Fahad			
	Ann			
	Sarah 1	WOMENS TEAM	57:32.34	2021
Khouzaima				
Victor	MIXED			
Sarah 1	MASTERS I	50:47.21	2022	
Khouzaima	TEAM			
RUN STAFF & VOLUNTEERS TEAMSOLO	Henrique Bastos	B U-18	10:33.28	2022
	James Owens	M18-35	10:31.90	2021
	Christopher Ngai	M18-35	9:15.88	2022
TRAILBLAZER	Jacky Choi	B U-18	9:34.84	2021
	Andrew Chan	M18-35	9:29.40	2022
	Godwin Tam			
	Perry Chow	MENS TEAM	28:34.99	2021
Jacky Choi				
TRITONS	Vincent McIluff	M18-35	10:07.30	2021

UNATTACHED (NO TEAM)	Heloïse Martenet	G U-9	17:42.98	2021
	Kirsty Donovan	G U-15	13:03.05	2021
	Sun Yin Lin	B U-18	9:44.05	2019
	Chi Kin Tsui	M18-35	9:30.16	2022
	Mary Hui	W18-35	11:10.39	2021
	Jacob Boeding	M36-49	9:34.17	2021
	Yann Kai Oh	W36-49	11:37.52	2021
	Cees Brouwer	M50-59	11:30.98	2021
UCC WATSONS	Josh Lee	B U-15	11:24.16	2021
	Sean Liu	M18-35	10:54.28	2023
WEST ISLAND SCHOOL	Jayden Bi	B U-12	12:49.02	2021
	Finn Ridley	B U-15	11:57.29	2019
	Maddie Scott	G U-15	13:20.62	2019
	Simon Carmichael	B U-18	10:54.28	2023
	Ella Snelgrove	G U-18	16:03.85	2023
	Maya Tobback Theo Watts Jayden Bi	MIXED U-15 TEAM	37:24.42	2021
	Simon Carmichael Max Tai Christen Lau	BOYS U-18 TEAM	36:15.85	2023