

# BUFFCO SUMMER TRACK SERIES 16 JUNE 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>

### 1500m Meet Records (Individual)

Mens 50-59 Record. **Jono Woodhouse (Gone Running/Joint Dynamics) – 4:50.90**

Womens 50-59 Record. **Catherine Chow (Iululemon) – 6:35.40**

Mens 70-79 Record. **Frank McNamara (AVOHK) – 6:01.84**

### 1500m Meet Records (Team)

Mixed U-15s Record. **Zoe Cheng, Ilias Tobback, Jasmine Poon (BuffCo) – 17:41.22**

Mixed U-18s Record. **Ryuto Arai, Theo Watts, Cadence Chang (BuffCo) – 15:33.72**

Mens Record. **Harry Loasby, Charlie von Burg, James Donald (BuffCo) – 13:34.66**

Mixed Record. **Charlotte Work, Noel Cheung, Zein Williams (BuffCo) – 17:10.34**

### 1500m Club Records (Individual)

BuffCo Mens 36-49 Record. **James Donald – 4:39.19**

BuffCo Womens 36-49 Record. **Zein Williams – 5:51.20**

France Boys U-18s Record. **Aurelien Toucas – 5:34.99**

KipMovin Mens 18-35 Record. **Matt Carey – 4:38.91**

Iululemon Mens 18-35 Record. **Sean Tang – 5:10.32**

RUN Mens 18-35 Record. **Claude – 4:51.78**

STSS Girls U-15s Record. **Chung Ning Shum – 5:41.40**

TeamSolo Mens 18-35 Record. **Vincent Chan – 4:19.67**

West Island Boys U-15s Record. **Jude Lau – 4:58.40**

### 1500m Club Records (Team)

West Island Boys U-15s Record. **Jude Lau, Tomos Williams, Marco Lee – 15:14.25**

West Island Boys U-18s Record. **Max Tai, Christen Lau, Marcus Ling – 16:45.67**

### 800m Meet Records (Individual)

Womens 50-59 Record. **Catherine Chow (Iululemon) – 3:18.66**

Mens 70-79 Record. **Frank McNamara (AVOHK) – 6:01.84**

### 800m Meet Records (Team)

Girls U-18s Record. **Eveline Tobback, Jasmine Poon, Charlotte Work (BuffCo) – 8:46.10**

Mixed Record. **Jiro Loasby, Naia Magrath, Zein Williams (BuffCo) – 8:09.76**

Womens Masters I Record. **Catherine Chow, Rosalie Kwai-pun, Stephanie Yip (Iululemon) – 10:30.42**

Mens Masters II Record. **David Woo, Ryan Robbie, Frank McNamara (AVOHK) – 7:56.42**

### 800m Club Records (Individual)

26 Boys U-18s Record. **Tern Kaplan – 2:13.53**

AVOHK Mens 36-49 Record. **David Woo – 2:16.24**

BuffCo Womens 36-49 Record. **Zein Williams – 2:47.34**

BuffCo Womens 50-59 Record. **Yuko Loasby – 3:28.77**

KipMovin Mens 18-35 Record. **Matt Carey – 2:17.56**

lululemon Mens 18-35 Record. **Sean Tang – 2:27.06**

lululemon Womens 18-35 Record. **Jessica Van Ausdall – 3:05.71**

STSS Girls U-15s Record. **Chung Ning Shum – 2:59.45**

West Island Girls U-15s Record. **Emily Faulkner – 2:41.40**

West Island Boys U-18s Record. **Matthew Lok – 2:18.90**

West Island Girls U-18s Record. **Ella Snelgrove – 3:16.33**

### **800m Club Records (Team)**

lululemon Mixed Record. **Sean Tang, Jessica Van Ausdall, Ken Tam – 8:46.13**

West Island Boys U-18s Record. **Matthew Lok, Jude Lau, Marco Lee – 7:25.79**

West Island Mixed U-18s Record. **Max Tai, Emily Faulkner, Christen Lau – 8:06.88**

## **1500m HEATS**

<b><u>HEAT 3</u></b>	<b><u>7:00PM</u></b>	<b><u>CLUB</u></b>	<b><u>CATEGORY</u></b>	<b><u>YOB</u></b>	<b><u>RESULT</u></b>
1	Sean Tang	lululemon	M18-35	1991	5:10.32
2	Charlotte Work	BuffCo	G U-18	2006	5:37.20
3	Noel Cheung	BuffCo	M36-49	1980	5:41.94
4	Marcus Ling	West Island	B U-15	2010	5:50.84
5	Zein Williams	BuffCo	W36-49	1980	5:51.20
6	Zoe Cheng	BuffCo	G U-18	2008	5:52.46
7	Ilias Tobback	BuffCo	B U-15	2010	5:53.11
8	Jasmine Poon	BuffCo	G U-15	2009	5:55.65
9	Teddy Liu	West Island	B U-18	2008	5:57.96
10	Aiden Pun	West Island	B U-18	2008	5:59.04
11	Frank McNamara	AVOHK	M70-79	1953	6:01.84
12	Brayden Yau	BuffCo	B U-18	2008	6:14.08
13	Tilly Roberts	West Island	G U-15	2010	6:17.22
14	Caitlin Shoaf	BuffCo	G U-18	2008	6:29.36
15	Catherine Chow	lululemon	W50-59	1971	6:35.40
16	Zoe Quigley	BuffCo	G U-15	2011	6:43.95
17	Cara Harper	BuffCo	G U-15	2010	6:49.87
18	Emma Eadon	BuffCo	G U-15	2011	7:26.74
19	Mark Loasby	BuffCo	M70-79	1950	7:30.07
20	Selam	RUN	W18-35	1992	7:38.83
21	Sarah 1	RUN	W36-49	1983	7:50.41

<b><u>HEAT 2</u></b>	<b><u>7:20PM</u></b>	<b><u>CLUB</u></b>	<b><u>CATEGORY</u></b>	<b><u>YOB</u></b>	<b><u>RESULTS</u></b>
1	Matthew Lam	HKIS	B U-18	2007	5:14.87
2	Marco Lee	West Island	B U-18	2008	5:16.73
3	Cadence Chang	BuffCo	G U-18	2006	5:18.56
4	Max Tai	West Island	B U-18	2008	5:23.11
5	Rihito Tachikawa	BuffCo	B U-15	2009	5:25.44
6	Jonathan Chan	BuffCo	M18-35	1999	5:26.24
7	Lewis Bourquin	BuffCo	M18-35	2003	5:27.71
8	Daniel Brown	Unattached	M50-59	1970	5:28.79
9	Jiro Loasby (PACER)	BuffCo	B U-18	2006	5:29.10
10	Christen Lau	West Island	B U-18	2008	5:31.72
11	Aurelien Toucas	France	B U-18	2006	5:34.99
12	Téa McMahon	BuffCo	G U-15	2009	5:35.58
13	Chiaki Ohara	BuffCo	B U-15	2009	5:36.99
14	Chung Ning Shum	STSS	G U-15	2010	5:41.40
-	Michael Capper	Lok Wah/AVOHK	M50-59	1964	DNS
-	Chi Yui Chau	Unattached	M36-49	1983	DNS

<u>HEAT 1</u>	<u>7:40PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULTS</u>
1	Harry Loasby	BuffCo	M18-35	1996	4:16.83
2	Vincent Chan	TeamSolo	M18-35	2002	4:19.67
3	Cheng Chak Tong	TeamSolo	M18-35	1998	4:21.62
4	Charlie von Burg	BuffCo	B U-18	2007	4:38.64
5	Matt Carey	KipMovin	M18-35	1991	4:38.91
6	James Donald	BuffCo	M36-49	1986	4:39.19
7	CC Ambrose Lee	Unattached	M18-35	2003	4:42.81
8	Jono Woodhouse	GR/JD	M50-59	1973	4:50.90
9	Claude	RUN	M18-35	1989	4:51.78
10	Ethan Kao	BuffCo	B U-18	2008	4:53.59
11	Jude Lau	West Island	B U-15	2009	4:58.40
12	Tomos Williams	West Island	B U-15	2010	4:59.12
13	Jiro Loasby (PACER)	BuffCo	B U-18	2006	4:59.84
14	Jai Mensforth	BuffCo	B U-18	2008	5:00.34
15	Ryuto Arai	BuffCo	B U-15	2009	5:03.62
16	Nicholas Forde	Unattached	M36-49	1974	5:04.83
17	Theo Watts	BuffCo	B U-15	2009	5:11.54
18	Ryan Robbie	AVOHK	M36-49	1985	5:16.91

### 800m HEATS

<u>HEAT 3</u>	<u>8:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULTS</u>
1	Sean Tang	lululemon	M18-35	1991	2:27.06
2	Zein Williams	BuffCo	W36-49	1980	2:47.34
3	Andy Tai	Unattached	M50-59	1972	2:56.55
4	Jessica Van Ausdall	lululemon	W18-35	1988	3:05.71
5	Poppy Roberts	BuffCo	G U-18	2008	3:09.75
6	Ken Tam	lululemon	M18-35	1994	3:13.36
7	Ella Snelgrove	West Island	G U-18	2008	3:16.33
8	Catherine Chow	lululemon	W50-59	1971	3:18.66
9	Esther Cook	West Island	G U-15	2009	3:20.84
10	Téa McMahon (PACER)	BuffCo	G U-15	2009	3:21.11
11	Rosalie Kwai-pun	lululemon	W18-35	1992	3:26.60
12	Yuko Loasby	BuffCo	W50-59	1967	3:28.77
13	Selam	RUN	W18-35	1992	3:44.45
14	Thomas Wang	BuffCo	B U-12	2012	3:44.85
15	Stephanie Yip S.Y.	lululemon	W18-35	1989	3:45.16
16	Sarah 1	RUN	W36-49	1983	4:09.21
17	Sarah 2	RUN	W36-49	1983	4:12.27
18	Khouzaima	RUN	W36-49	1983	4:18.46
19	Samanthi	RUN	W36-49	1982	4:22.16

<u>HEAT 2</u>	<u>8:10PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULTS</u>
1	Junfeng Ou	Pui Ching MS	M18-35	2005	2:29.18
2	Alex Chan	Pui Ching MS	M18-35	1990	2:31.38
3	Marco Lee	West Island	B U-18	2008	2:36.08
4	Max Tai	West Island	B U-18	2008	2:38.82
5	Lewis Bourquin	BuffCo	M18-35	2003	2:40.37
6	Jiro Loasby (PACER)	BuffCo	B U-18	2006	2:40.80
7	Emily Faulkner	West Island	G U-15	2009	2:41.40
8	Christen Lau	West Island	B U-18	2008	2:46.66
9	Teddy Liu	West Island	B U-18	2008	2:52.14
10	Marcus Ling	West Island	B U-15	2010	2:52.83
11	Eveline Tobback	BuffCo	G U-18	2008	2:53.91
12	Jasmine Poon	BuffCo	G U-15	2009	2:54.56
13	Charlotte Work	BuffCo	G U-18	2006	2:57.63
14	Marc Tai	West Island	B U-15	2010	2:58.37
15	Chung Ning Shum	STSS	G U-15	2010	2:59.45

16	Frank McNamara	AVOHK	M70-79	1953	3:04.13
17	Rochelle Ng	BuffCo	G U-15	2009	3:04.50
18	Caitlin Shoaf	BuffCo	G U-18	2008	3:04.65

<u>HEAT 1</u>	<u>8:20PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>ENTRY TIME</u>
1	Tern Kaplan	26	B U-18	2008	2:13.53
2	David Woo	AVOHK	M36-49	1981	2:16.24
3	James Donald	BuffCo	M36-49	1986	2:17.25
4	Matthew Yu	BuffCo	B U-18	2006	2:17.41
5	Matt Carey	KipMovin	M18-35	1991	2:17.56
6	Matthew Lok	West Island	B U-18	2007	2:18.90
7	Ethan Kao	BuffCo	B U-18	2008	2:24.28
8	Fahad	RUN/BuffCo	M18-35	2005	2:27.26
9	Quinn Fontaine	Unattached	M18-35	2000	2:29.20
10	Ryuto Arai	BuffCo	B U-15	2009	2:29.37
11	Rihito Tachikawa	BuffCo	B U-15	2009	2:30.10
12	Jude Lau	West Island	B U-15	2009	2:30.81
13	S. Fontaine (PACER)	BuffCo	M18-35	1998	2:32.82
14	Cadence Chang	BuffCo	G U-18	2006	2:33.47
15	Ryan Robbie	AVOHK	M36-49	1985	2:36.05
16	Nicholas Forde	Unattached	M36-49	1974	2:37.10
17	Chiaki Ohara	BuffCo	B U-15	2009	2:37.41
18	Naia Magrath	BuffCo	G U-18	2007	2:41.62

## 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+

## 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>RESULT</u>
						<u>AGE</u>	
1	1	1	BuffCo	Harry, Charlie, James	Mens	80	13:34.66
2	1	1	BuffCo	Ethan, Jiro, Jai	Boys U-18	47	14:53.77
3	1	1	West Island	Jude, Tomos, Marco	Boys U-15	42	15:14.25
4	1	1	BuffCo	Ryuto, Theo, Cadence	Mixed U-18	45	15:33.72
5	2	1	BuffCo	Rihito, Jonathan, Lewis	Mens	58	16:19.39
6	2	1	BuffCo	Jiro, Téa, Chiaki	Mixed U-18	45	16:41.67
7	2	1	West Island	Max, Christen, Marcus	Boys U-18	43	16:45.67
8	1	1	BuffCo	Charlotte, Noel, Zein	Mixed	103	17:10.34
9	1	1	BuffCo	Zoe, Ilias, Jasmine	Mixed U-15	42	17:41.22
10	3	1	West Island	Teddy, Aiden, Tilly	Mixed U-18	43	18:14.22
11	2	1	BuffCo	Brayden, Caitlin, Zoe	Mixed U-15	42	19:27.39
12	2	1	RUN	Claude, Selam, Sarah 1	Mixed	105	20:21.02
13	3	1	BuffCo	Cara, Emma, Mark	Mixed	98	21:46.68

## 800m TEAM RESULTS

<u>RANK</u>	<u>CAT.</u>	<u>CLUB</u>	<u>RUNNERS</u>	<u>CATEGORY</u>	<u>COMBINED</u>	
	<u>RANK</u>				<u>AGE</u>	<u>RESULT</u>
1	1	BuffCo	James, Matthew, Ethan	Mens	69	6:58.94
2	1	West Island	Matthew, Jude, Marco	Boys U-18	44	7:25.79
3	2	BuffCo	Ryuto, Rihito, Sean	Mens	53	7:32.29
4	1	BuffCo	Cadence, Chiaki, Lewis	Mixed U-18	51	7:51.68
5	1	AVOHK	David, Ryan, Frank	Mens Masters II	150	7:56.42
6	2	West Island	Max, Emily, Christen	Mixed U-18	44	8:06.88
7	1	BuffCo	Jiro, Naia, Zein	Mixed	76	8:09.76
8	1	West Island	Teddy, Marcus, Marc	Boys U-15	41	8:43.34
9	1	BuffCo	Eveline, Jasmine, Charlotte	Girls U-18	46	8:46.10
10	2	lululemon	Sean, Jessica, Ken	Mixed	96	8:46.13
11	2	BuffCo	Rochelle, Caitlin, Poppy	Girls U-18	44	9:18.90
12	3	RUN	Fahad, Selam, Sarah 1	Mixed	89	10:20.92
13	1	lululemon	Catherine, Rosalie, Steph	Womens Masters I	117	10:30.42
14	4	BuffCo	Téa, Yuko, Thomas	Mixed	81	10:34.73
15	2	RUN	Sarah, Khouzaima, Samantha	Womens Masters I	121	12:52.89

## OVERALL RESULTS - 1500m

<u>RANK</u>	<u>CAT</u>	<u>HEAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
	<u>RANK</u>						
1	1	1	Harry Loasby	BuffCo	M18-35	1996	4:16.83
2	2	1	Vincent Chan	TeamSolo	M18-35	2002	4:19.67
3	3	1	Cheng Chak Tong	TeamSolo	M18-35	1998	4:21.62
4	1	1	Charlie von Burg	BuffCo	B U-18	2007	4:38.64
5	4	1	Matt Carey	KipMovin	M18-35	1991	4:38.91
6	1	1	James Donald	BuffCo	M36-49	1986	4:39.19
7	5	1	CC Ambrose Lee	Unattached	M18-35	2003	4:42.81
8	1	1	Jono Woodhouse	GR/JD	M50-59	1973	4:50.90
9	6	1	Claude	RUN	M18-35	1989	4:51.78
10	2	1	Ethan Kao	BuffCo	B U-18	2008	4:53.59
11	1	1	Jude Lau	West Island	B U-15	2009	4:58.40
12	2	1	Tomos Williams	West Island	B U-15	2010	4:59.12
13	3	1	Jiro Loasby (PACER)	BuffCo	B U-18	2006	4:59.84
14	4	1	Jai Mensforth	BuffCo	B U-18	2008	5:00.34
15	3	1	Ryuto Arai	BuffCo	B U-15	2009	5:03.62
16	2	1	Nicholas Forde	Unattached	M36-49	1974	5:04.83
17	7	3	Sean Tang	lululemon	M18-35	1991	5:10.32
18	4	1	Theo Watts	BuffCo	B U-15	2009	5:11.54
19	5	2	Matthew Lam	HKIS	B U-18	2007	5:14.87
20	6	2	Marco Lee	West Island	B U-18	2008	5:16.73
21	3	1	Ryan Robbie	AVOHK	M36-49	1985	5:16.91
22	1	2	Cadence Chang	BuffCo	G U-18	2006	5:18.56
23	7	2	Max Tai	West Island	B U-18	2008	5:23.11
24	5	2	Rihito Tachikawa	BuffCo	B U-15	2009	5:25.44
25	8	2	Jonathan Chan	BuffCo	M18-35	1999	5:26.24
26	9	2	Lewis Bourquin	BuffCo	M18-35	2003	5:27.71
27	2	2	Daniel Brown	Unattached	M50-59	1970	5:28.79
28	8	2	Jiro Loasby (PACER)	BuffCo	B U-18	2006	5:29.10
29	9	2	Christen Lau	West Island	B U-18	2008	5:31.72
30	10	2	Aurelien Toucas	France	B U-18	2006	5:34.99
31	1	2	Téa McMahon	BuffCo	G U-15	2009	5:35.58
32	6	2	Chiaki Ohara	BuffCo	B U-15	2009	5:36.99
33	2	3	Charlotte Work	BuffCo	G U-18	2006	5:37.20
34	2	2	Chung Ning Shum	STSS	G U-15	2010	5:41.40

35	4	3	Noel Cheung	BuffCo	M36-49	1980	5:41.94
36	7	3	Marcus Ling	West Island	B U-15	2010	5:50.84
37	1	3	Zein Williams	BuffCo	W36-49	1980	5:51.20
38	3	3	Zoe Cheng	BuffCo	G U-18	2008	5:52.46
39	8	3	Ilias Tobback	BuffCo	B U-15	2010	5:53.11
40	3	3	Jasmine Poon	BuffCo	G U-15	2009	5:55.65
41	11	3	Teddy Liu	West Island	B U-18	2008	5:57.96
42	12	3	Aiden Pun	West Island	B U-18	2008	5:59.04
43	1	3	Frank McNamara	AVOHK	M70-79	1953	6:01.84
44	13	3	Brayden Yau	BuffCo	B U-18	2008	6:14.08
45	4	3	Tilly Roberts	West Island	G U-15	2010	6:17.22
46	4	3	Caitlin Shoaf	BuffCo	G U-18	2008	6:29.36
47	1	3	Catherine Chow	lululemon	W50-59	1971	6:35.40
48	5	3	Zoe Quigley	BuffCo	G U-15	2011	6:43.95
49	6	3	Cara Harper	BuffCo	G U-15	2010	6:49.87
50	7	3	Emma Eadon	BuffCo	G U-15	2011	7:26.74
51	2	3	Mark Loasby	BuffCo	M70-79	1950	7:30.07
52	1	3	Selam	RUN	W18-35	1992	7:38.83
53	2	3	Sarah 1	RUN	W36-49	1983	7:50.41
-	-	2	Michael Capper	Lok Wah/AVOHK	M50-59	1964	DNS
-	-	2	Chi Yui Chau	Unattached	M36-49	1983	DNS

### WOMENS RESULTS - 1500m

<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	Cadence Chang	BuffCo	G U-18	2006	5:18.56
2	1	2	Téa McMahon	BuffCo	G U-15	2009	5:35.58
3	2	3	Charlotte Work	BuffCo	G U-18	2006	5:37.20
4	2	2	Chung Ning Shum	STSS	G U-15	2010	5:41.40
5	1	3	Zein Williams	BuffCo	W36-49	1980	5:51.20
6	3	3	Zoe Cheng	BuffCo	G U-18	2008	5:52.46
7	3	3	Jasmine Poon	BuffCo	G U-15	2009	5:55.65
8	4	3	Tilly Roberts	West Island	G U-15	2010	6:17.22
9	4	3	Caitlin Shoaf	BuffCo	G U-18	2008	6:29.36
10	1	3	Catherine Chow	lululemon	W50-59	1971	6:35.40
11	5	3	Zoe Quigley	BuffCo	G U-15	2011	6:43.95
12	6	3	Cara Harper	BuffCo	G U-15	2010	6:49.87
13	7	3	Emma Eadon	BuffCo	G U-15	2011	7:26.74
14	1	3	Selam	RUN	W18-35	1992	7:38.83
15	2	3	Sarah 1	RUN	W36-49	1983	7:50.41

### OVERALL RESULTS - 800m

<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	1	Tern Kaplan	26	B U-18	2008	2:13.53
2	1	1	David Woo	AVOHK	M36-49	1981	2:16.24
3	2	1	James Donald	BuffCo	M36-49	1986	2:17.25
4	2	1	Matthew Yu	BuffCo	B U-18	2006	2:17.41
5	1	1	Matt Carey	KipMovin	M18-35	1991	2:17.56
6	3	1	Matthew Lok	West Island	B U-18	2007	2:18.90
7	4	1	Ethan Kao	BuffCo	B U-18	2008	2:24.28
8	2	3	Sean Tang	lululemon	M18-35	1991	2:27.06
9	3	1	Fahad	RUN/BuffCo	M18-35	2005	2:27.26
10	4	2	Junfeng Ou	Pui Ching MS	M18-35	2005	2:29.18
11	5	1	Quinn Fontaine	Unattached	M18-35	2000	2:29.20
12	1	1	Ryuto Arai	BuffCo	B U-15	2009	2:29.37

13	2	1	Rihito Tachikawa	BuffCo	B U-15	2009	2:30.10
14	3	1	Jude Lau	West Island	B U-15	2009	2:30.81
15	6	2	Alex Chan	Pui Ching MS	M18-35	1990	2:31.38
16	7	1	S. Fontaine (PACER)	BuffCo	M18-35	1998	2:32.82
17	1	1	Cadence Chang	BuffCo	G U-18	2006	2:33.47
18	3	1	Ryan Robbie	AVOHK	M36-49	1985	2:36.05
19	5	2	Marco Lee	West Island	B U-18	2008	2:36.08
20	4	1	Nicholas Forde	Unattached	M36-49	1974	2:37.10
21	4	1	Chiaki Ohara	BuffCo	B U-15	2009	2:37.41
22	6	2	Max Tai	West Island	B U-18	2008	2:38.82
23	8	2	Lewis Bourquin	BuffCo	M18-35	2003	2:40.37
24	7	2	Jiro Loasby (PACER)	BuffCo	B U-18	2006	2:40.80
25	1	2	Emily Faulkner	West Island	G U-15	2009	2:41.40
26	2	1	Naia Magrath	BuffCo	G U-18	2007	2:41.62
27	8	2	Christen Lau	West Island	B U-18	2008	2:46.66
28	1	3	Zein Williams	BuffCo	W36-49	1980	2:47.34
29	9	2	Teddy Liu	West Island	B U-18	2008	2:52.14
30	5	2	Marcus Ling	West Island	B U-15	2010	2:52.83
31	3	2	Eveline Tobback	BuffCo	G U-18	2008	2:53.91
32	2	2	Jasmine Poon	BuffCo	G U-15	2009	2:54.56
33	1	3	Andy Tai	Unattached	M50-59	1972	2:56.55
34	4	2	Charlotte Work	BuffCo	G U-18	2006	2:57.63
35	6	2	Marc Tai	West Island	B U-15	2010	2:58.37
36	3	2	Chung Ning Shum	STSS	G U-15	2010	2:59.45
37	1	2	Frank McNamara	AVOHK	M70-79	1953	3:04.13
38	4	2	Rochelle Ng	BuffCo	G U-15	2009	3:04.50
39	5	2	Caitlin Shoaf	BuffCo	G U-18	2008	3:04.65
40	1	3	Jessica Van Ausdall	lululemon	W18-35	1988	3:05.71
41	6	3	Poppy Roberts	BuffCo	G U-18	2008	3:09.75
42	9	3	Ken Tam	lululemon	M18-35	1994	3:13.36
43	7	3	Ella Snelgrove	West Island	G U-18	2008	3:16.33
44	1	3	Catherine Chow	lululemon	W50-59	1971	3:18.66
45	5	3	Esther Cook	West Island	G U-15	2009	3:20.84
46	6	3	Téa McMahon (PACER)	BuffCo	G U-15	2009	3:21.11
47	2	3	Rosalie Kwai-pun	lululemon	W18-35	1992	3:26.60
48	2	3	Yuko Loasby	BuffCo	W50-59	1967	3:28.77
49	3	3	Selam	RUN	W18-35	1992	3:44.45
50	1	3	Thomas Wang	BuffCo	B U-12	2012	3:44.85
51	4	3	Stephanie Yip S.Y.	lululemon	W18-35	1989	3:45.16
52	2	3	Sarah 1	RUN	W36-49	1983	4:09.21
53	3	3	Sarah 2	RUN	W36-49	1983	4:12.27
54	4	3	Khouzaima	RUN	W36-49	1983	4:18.46
55	5	3	Samanthi	RUN	W36-49	1982	4:22.16

## 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	1	Cadence Chang	BuffCo	G U-18	2006	2:33.47
2	1	2	Emily Faulkner	West Island	G U-15	2009	2:41.40
3	2	1	Naia Magrath	BuffCo	G U-18	2007	2:41.62
4	1	3	Zein Williams	BuffCo	W36-49	1980	2:47.34
5	3	2	Eveline Tobback	BuffCo	G U-18	2008	2:53.91
6	2	2	Jasmine Poon	BuffCo	G U-15	2009	2:54.56
7	4	2	Charlotte Work	BuffCo	G U-18	2006	2:57.63
8	3	2	Chung Ning Shum	STSS	G U-15	2010	2:59.45
9	4	2	Rochelle Ng	BuffCo	G U-15	2009	3:04.50
10	5	2	Caitlin Shoaf	BuffCo	G U-18	2008	3:04.65

11	6	3	Poppy Roberts	BuffCo	G U-18	2008	3:09.75
12	7	3	Ella Snelgrove	West Island	G U-18	2008	3:16.33
13	1	3	Catherine Chow	lululemon	W50-59	1971	3:18.66
14	5	3	Esther Cook	West Island	G U-15	2009	3:20.84
15	6	3	Téa McMahon (PACER)	BuffCo	G U-15	2009	3:21.11
16	2	3	Rosalie Kwai-pun	lululemon	W18-35	1992	3:26.60
17	2	3	Yuko Loasby	BuffCo	W50-59	1967	3:28.77
18	3	3	Selam	RUN	W18-35	1992	3:44.45
19	4	3	Stephanie Yip S.Y.	lululemon	W18-35	1989	3:45.16
20	2	3	Sarah 1	RUN	W36-49	1983	4:09.21
21	3	3	Sarah 2	RUN	W36-49	1983	4:12.27
22	4	3	Khouzaima	RUN	W36-49	1983	4:18.46
23	5	3	Samanthi	RUN	W36-49	1982	4:22.16

## MEET RECORDS – 800m

<i>MEET RECORDS 800M</i>	NAME	CLUB	TIME	YEAR
<b>BOYS U-12</b>	Henry Russell	BuffCo	2:47.76	2021
<b>GIRLS U-12</b>	Zoe Quigley	BuffCo	3:04.45	2022
<b>BOYS U-15</b>	Jiro Loasby	BuffCo	2:18.23	2019
<b>GIRLS U-15</b>	Lila Man	BuffCo	2:34.01	2019
<b>BOYS U-18</b>	Swiss Duangthip	BuffCo	2:00.34	2020
<b>GIRLS U-18</b>	Ella Brown	BuffCo	2:26.83	2021
<b>MENS 18-35</b>	Sean HM Fontaine	BuffCo	1:51.89	2023
<b>WOMENS 18-35</b>	Michelle Kwok	Unattached	2:47.32	2021
<b>MENS 36-49</b>	Jeff Campbell	GR/JD	2:01.12	2021
<b>WOMENS 36-49</b>	Eszter Csillag	Unattached	2:41.97	2021
<b>MENS 50-59</b>	Jono Woodhouse	GR/JD	2:22.39	2023
<b>WOMENS 50-59</b>	Catherine Chow	lululemon	3:18.66	2023
<b>MENS 60-69</b>	Ross MacLean	BuffCo	3:18.43	2023
<b>MENS 70-79</b>	Frank McNamara	AVOHK	3:04.13	2023
<b>BOYS U-15 TEAM</b>	Tristan Combal Minato Arai Ryan Davies	BuffCo	7:49.09	2019
<b>GIRLS U-15 TEAM</b>	Eveline Tobback Cyriane Toucas Zoe Quigley	BuffCo	8:56.51	2022
<b>MIXED U-15 TEAM</b>	Christine Pudwill Nellie Froidevaux Henry Russell	BuffCo	8:10.73	2021
<b>BOYS U-18 TEAM</b>	Rafe Man Swiss Duangthip Jiro Loasby	BuffCo	6:14.68	2021
<b>GIRLS U-18 TEAM</b>	Eveline Tobback Jasmine Poon Charlotte Work	BuffCo	8:46.10	2023
<b>MIXED U-18 TEAM</b>	Jai Mensforth Tai MacLean Cadence Chang	BuffCo	7:33.23	2023
<b>MENS TEAM</b>	Mark Russell Swiss Duangthip Rafe Man	BuffCo	6:02.64	2020
<b>MIXED TEAM</b>	Jiro Loasby Naia Magrath Zein Williams	BuffCo	8:09.76	2023



<b>WOMENS MASTERS I TEAM</b>	Catherine Chow Rosalie Kwai-pun Stephanie Yip	lululemon	10:30.42	2023
<b>MIXED MASTERS I TEAM</b>	Claude Sarah 1 Sarah 2	RUN	10:36.07	2023
<b>MENS MASTERS II TEAM</b>	David Woo Ryan Robbie Frank McNamara	AVOHK	7:56.42	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	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>	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

**MENS MASTERS I  
TEAM**

Andrea Cloarec  
Jeff Campbell  
Jean-Baptiste Martenet

GR/JD

12:46.94 2021

**CLUB RECORDS – 800m**

<i>800M CLUB RECORDS</i>	NAME	CATEGORY	TIME	YEAR	
<b>26</b>	Tern Kaplan	B U-18	2:13.53	2023	
<b>AVOHK</b>	David Woo	M36-49	2:16.24	2023	
	Frank McNamara	M70-79	3:04.13	2023	
	David Woo	MENS MASTERS II TEAM	7:56.42	2023	
	Ryan Robbie				
	Frank McNamara				
<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	
	Zein Williams	W36-49	2:47.34	2023	
	Yuko Loasby	W50-59	3:28.77	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	
	Eveline Tobback Jasmine Poon Charlotte Work	GIRLS U-18 TEAM	8:46.10	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	
	<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>KIPMOVIN</b>	Matt Carey	M18-35	2:17.56	2023	
<b>LULULEMON</b>	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	
<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 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	
	<b>STSS</b>	Chung Ning Shum	G U-15	2:59.45	2023

<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
	Emily Faulkner	G U-15	2:41.40	2023
	Matthew Lok	B U-18	2:18.90	2023
	Ella Snelgrove	G U-18	3:16.33	2023
	Tejas Pande	BOYS U-15		
	Kenta Hall	TEAM	7:58.79	2021
	Tomos Williams			
	Matthew Lok	BOYS U-18		
	Jude Lau	TEAM	7:25.79	2023
	Marco Lee			
	Max Tai	MIXED U-18		
Emily Faulkner	TEAM	8:06.88	2023	
Christen Lau				

## CLUB RECORDS – 1500m

<i>1500M CLUB RECORDS</i>	<b>NAME</b>	<b>CATEGORY</b>	<b>TIME</b>	<b>YEAR</b>
<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
	Frank McNamara	M70-79	6:01.84	2023
<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
	James Donald	M36-49	4:39.19	2023
	Zein Williams	W36-49	5:51.20	2023
	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			
	Giorgio Guerra	BOYS U-15		
	Theo Mag	TEAM	14:40.07	2019
	Amara Prasad			
	Cyriane Toucas	GIRLS U-15		
	Summer Ritcey	TEAM	19:57.88	2022
	Zoe Cheng			
Ilias Tobback	MIXED U-15			
Jasmine Poon	TEAM	17:41.22	2023	
Mark Russell				
Rafe Man	BOYS U-18			
Swiss Duangthip	TEAM	12:48.04	2019	

	Jia Rhee Cadence Chang Téa McMahon	GIRLS U-18 TEAM	16:11.89	2023
	Ryuto Arai Theo Watts Cadence Chang	MIXED U-18 TEAM	15:33.72	2023
	Harry Loasby Charlie von Burg James Donald	MENS TEAM	13:34.66	2023
	Ella Brown Madi Brown Yuko Loasby	WOMENS TEAM	17:23.05	2021
	Charlotte Work Noel Cheung Zein Williams	MIXED TEAM	17:10.34	2023
CATHAY PACIFIC	Matthew Jack	M36-49	4:26.20	2021
DMS BW	Sri Krishna	B U-18	4:33.75	2021
EALING EAGLES	Andy Guy	M36-49	4:39.81	2021
FRANCE	Aurelien Toucas	B U-18	5:34.99	2023
GONE RUNNERS	Laurent Nguyen	M18-35	4:27.71	2021
	Rich Portman	M36-49	4:29.40	2021
GONE RUNNING JOINT DYNAMICS	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 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
LULULEMON	Sean Tang	M18-35	5:10.32	2023
	Catherine Chow	W50-59	6:35.40	2023
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
	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 Ann Sarah 1	MIXED TEAM	20:13.41	2021
<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
	Khan Kamran	M18-35	4:01.58	2022
	Masashi Shirotake	M36-49	4:36.02	2021
	Mark Reeves	M50-59	5:04.27	2021
<b>UNITED KINGDOM WATSONS</b>	Alexander Edwards	M18-35	5:19.61	2021
	Sean Liu	M18-35	10:54.28	2023
<b>WEST ISLAND SCHOOL</b>	Tomos Williams	B U-12	5:40.46	2021
	Edith Jacquier	G U-12	8:13.80	2021
	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 Tomos Williams Marco Lee	BOYS U-15 TEAM	15:14.25	2023
	Chenchen Gao Jasmine Poon Rochelle Ng	MIXED U-15 TEAM	19:16.75	2022
	Max Tai Christen Lau Marcus Ling	BOYS U-18 TEAM	16:45.67	2023
	Jude Lau Christen Lau Emily Faulkner	MIXED U-18 TEAM	16:44.29	2023