

# BUFFCO DISTANCE CARNIVAL 23 FEB 2024



23 February 2024 – 1500m & 5,000m. 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.

## 1500m Meet Records (Individual)

Boys U-9 Record. **Laurence Hyde (BuffCo) – 7:07.15**

Womens 18-35 Record. **Cadence Chang (BuffCo) – 5:07.54**

## 1500m Meet Records (Team)

Mixed U-9s Team Record. **Laurence Hyde, Elizabeth Wadwiang, Callum Donald (BuffCo) – 26:26.97**

Mixed Masters I Team Record. **Nicholas Forde, Tim Marchant, Cadence Chang (BuffCo) – 15:06.44**

## 1500m Club Records (Individual)

BuffCo Girls U-9 Record. **Elizabeth Wadwiang – 8:55.46**

BuffCo Mens 50-59 Record. **Nicholas Forde – 4:58.31**

HK International School Boys U-18 Record. **Matthew Lam – 4:48.06**

KipMovin Boys U-15 Record. **Kabir Mirza – 4:49.58**

West Island Boys U-18 Record. **Christopher Li – 4:57.71**

## 1500m Club Records (Team)

West Island Boys U-18s Team Record. **Christopher Li, Marco Lee, Aiden Pun – 16:17.91**

## 5,000m Club Records (Individual)

AVOHK Mens 36-49 Record. **David Woo – 17:21.79**

BuffCo Mens 50-59 Record. **Nicholas Forde – 18:25.85**

Gone Runners Mens 36-49 Record. **Sebastian Cotton – 16:55.29**

HKUGAC Girls U-18 Record. **Megan Cheah – 27:48.42**

Joint Dynamics Mens 18-35 Record. **Eddie Robinson – 19:25.76**

KipMovin Mens 36-49 Record. **Nik Light – 19:51.99**

Wazup Running Club Mens 50-59 Record. **Robert Sue – 18:32.64**

West Island Girls U-15 Record. **Alessandra Gilham – 25:54.39**

## 5,000m Club Records (Team)

BuffCo Mens Masters II Team Record. **Nicholas Forde, Tim Marchant, Mark Loasby – 1:06:21.86**

## 1500m HEATS

<u>HEAT 4</u>	<u>6:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Benji Williams	West Island	B U-15	2012	6:08.53
2	Thomas Jr Wang	BuffCo	B U-15	2012	6:21.31
3	Rochelle Ng	BuffCo	G U-18	2009	6:23.22
4	Alessandra Gilham	West Island	G U-15	2012	6:24.57
5	Siobhan Doherty	BuffCo	G U-18	2008	6:56.62
6	Henry Hyde	BuffCo	B U-18	2009	6:57.01
7	Olivia Hyde	BuffCo	G U-15	2012	6:58.88
8	Laurence Hyde	BuffCo	B U-9	2016	7:07.15
9	Adam Lee	West Island	B U-18	2008	7:26.12
10	Reyansh Shah	West Island	B U-18	2008	8:06.41
11	Elizabeth Wadwiang	BuffCo	G U-9	2017	8:55.46
12	Alex Wadwiang	BuffCo	B U-12	2013	8:57.58
13	Kenji Poon	BuffCo	B U-18	2009	9:34.14
14	Callum Donald	BuffCo/DonaldsRC	B U-9	2018	10:24.36
-	Ella Snelgrove	West Island	G U-18	2008	DNS
-	Hana Chow	West Island	G U-18	2008	DNS

<u>HEAT 3</u>	<u>6:15PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Naia Magrath	BuffCo	G U-18	2007	5:41.47
2	Téa McMahon	BuffCo	G U-18	2009	5:42.45
3	Safiya Gilham	BuffCo	G U-18	2009	5:44.23
4	Jasmine Poon	BuffCo	G U-18	2009	5:54.60
5	Caitlin Shoaf	BuffCo	G U-18	2008	6:05.64
6	Aiden Pun	West Island	B U-18	2008	6:10.68
7	Zoe Jane Cheng	BuffCo	G U-18	2008	6:16.16
8	Charlotte Goldsmith	BuffCo	G U-18	2008	6:18.52

<u>HEAT 2</u>	<u>6:30PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Ryan Davies	BuffCo	B U-18	2007	4:53.52
2	Ilias Tobback	BuffCo	B U-15	2010	4:54.03
3	Marcus Ling	BuffCo	B U-15	2010	4:54.22
4	Chris Whitehead	BuffCo	B U-18	2007	4:56.21
5	Christopher Li	West Island	B U-18	2008	4:57.71
6	Nicholas Forde	BuffCo	M50-59	1974	4:58.31
7	Aditya Kamat	HKIS	B U-18	2008	4:59.13
8	Chiaki Ohara	BuffCo	B U-18	2009	4:59.93
9	Tim Marchant	BuffCo	M50-59	1972	5:00.59
10	Jonathan Chan	BuffCo	M18-35	1999	5:04.66
11	Cadence Chang	BuffCo	W18-35	2006	5:07.54
12	Marco Lee	West Island	B U-18	2008	5:09.52
13	Vince Choy	BuffCo	B U-18	2009	5:10.77
14	Mark Wang	BuffCo	B U-15	2011	5:17.46

<u>HEAT 1</u>	<u>6:45PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Koppany Szentes	BuffCo	B U-18	2009	4:27.46
2	Jiro Loasby	BuffCo	M18-35	2006	4:29.99
3	Charlie von Burg	BuffCo	B U-18	2007	4:36.26
4	Ethan Kao	BuffCo	B U-18	2008	4:40.67
5	Ryuto Arai	BuffCo	B U-18	2009	4:45.22
6	Tor Man	BuffCo	B U-18	2008	4:47.78
7	Matthew Lam	HKIS	B U-18	2007	4:48.06
8	Kabir Mirza	KipMovin	B U-15	2010	4:49.58
9	Ryan Robbie	AVOHK	M36-49	1985	4:55.51
10	Fahad	RUN/BuffCo	M18-35	2005	5:08.44

## 5,000m HEATS

<u>HEAT 4</u>	<u>7:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>ENTRY TIME</u>
1	Mohammed	RUN/BuffCo	M18-35	2003	24:00.89
2	Safiya Gilham	BuffCo	G U-18	2009	24:01.67
3	Jasmine Poon	BuffCo	G U-18	2009	24:06.35
4	Joshua Cao	Unattached	M18-35	2003	25:40.51
5	Alessandra Gilham	West Island	G U-15	2012	25:54.39
6	Caitlin Shoaf	BuffCo	G U-18	2008	26:57.04
7	Megan Cheah	HKUGAC	G U-18	2008	27:48.42
8	Esther Cook	BuffCo	G U-18	2009	27:58.90
9	Téa McMahon	BuffCo	G U-18	2009	27:59.47
10	Mark Loasby	BuffCo	M70-79	1950	29:01.70

<u>HEAT 3</u>	<u>7:45PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>ENTRY TIME</u>
1	Nik Light	KipMovin	M36-49	1983	19:51.99
2	Chris Whitehead	BuffCo	B U-18	2007	20:11.81
3	Christopher Li	West Island	B U-18	2008	20:37.63
4	Kharis Setiasabda	Unattached	M18-35	1997	20:46.32
5	Fahad	RUN/BuffCo	M18-35	2005	21:11.32
6	Vince Choy	BuffCo	B U-18	2009	21:17.49
7	Frank McNamara	AVOHK	M70-79	1953	21:35.07
8	Aemilia Rice Mileto	BuffCo	G U-18	2008	22:20.90
9	Max Tai	West Island	B U-18	2008	23:05.08
10	Teddy Liu	West Island	B U-18	2008	23:05.40
11	Charlotte Goldsmith	BuffCo	G U-18	2008	23:50.80
12	Aiden Pun	West Island	B U-18	2008	24:58.77
-	Khai-Ly Trang	Unattached	W18-35	2006	DNS

### HEATS

<u>1/2</u>	<u>8:20PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>ENTRY TIME</u>
1	Sebastian Cotton	Gone Runners	M36-49	1988	16:55.29
2	Matt Carey	KipMovin	M18-35	1991	17:06.69
3	David Woo	AVOHK	M36-49	1981	17:21.79
4	Marc Ngan	Unattached	M18-35	1989	17:38.32
5	Tom M-Smith	BuffCo	M18-35	1990	18:11.32
6	Ethan Kao	BuffCo	B U-18	2008	18:25.30
7	Nicholas Forde	BuffCo	M50-59	1974	18:25.85
8	Robert Sue	Wazup RC	M50-59	1973	18:32.64
9	Pranav Mahtani	Unattached	M18-35	2006	18:41.98
10	Tim Marchant	BuffCo	M50-59	1972	18:54.31
11	Satokazu Tanaka	Meisoukai	M36-49	1980	19:12.38
12	Eddie Robinson	Joint Dynamics	M18-35	1990	19:25.76
13	Ranee Wong	BuffCo	W36-49	1986	19:37.52
14	Atsushi Matsuzawa	Meisoukai	M50-59	1971	20:45.00

## 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.*

<u>TEAM CATEGORY</u>	<u>COMBINED AGE</u>	<u>TEAM CATEGORY</u>	<u>COMBINED AGE</u>
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>AGE</u>	<u>RESULT</u>
1	1	BuffCo	Koppany, Charlie, Ethan	Boys U-18	48	13:44.39
2	2	BuffCo	Ryuto, Tor, Ryan	Boys U-18	48	14:26.52
3	1	BuffCo	Jiro, Jonathan, Fahad	Mens	62	14:43.09
4	1	BuffCo	Ilias, Marcus, Mark	Boys U-15	41	15:05.71
5	1	BuffCo	Nicholas, Tim, Cadence	Mixed Masters I	120	15:06.44
6	3	BuffCo	Chris, Chiaki, Vince	Boys U-18	47	15:06.91
7	4	West Island	Christopher, Marco, Aiden	Boys U-18	48	16:17.91
8	1	BuffCo	Naia, Téa, Safiya	Girls U-18	47	17:08.15
9	2	BuffCo	Jasmine, Caitlin, Zoe	Girls U-18	47	18:16.40
10	3	BuffCo	Charlotte, Rochelle, Siobhan	Girls U-18	47	19:38.36
11	1	West Island	Benji, Alessandra, Adam	Mixed U-15	40	19:59.22
12	2	BuffCo	Thomas, Olivia, Alex	Mixed U-15	35	22:17.77
13	1	BuffCo	Laurence, Elizabeth, Callum	Mixed U-9	21	26:26.97

## 5,000m 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	Ethan, Chris, Vince	Boys U-18	48	59:54.60
2	1	BuffCo	Tom, Fahad, Mohammed	Mens	74	1:03:23.53
3	1	BuffCo	Nicholas, Tim, Mark	Mens Masters II	176	1:06:21.86
4	2	West Island	Christopher, Max, Teddy	Boys U-18	48	1:06:48.11
5	1	BuffCo	Aemilia, Charlotte, Safiya	Girls U-18	47	1:10:13.37
6	2	BuffCo	Jasmine, Caitlin, Esther	Girls U-18	46	1:19:02.29

## 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	2	Cadence Chang	BuffCo	W18-35	2006	5:07.54
2	1	3	Naia Magrath	BuffCo	G U-18	2007	5:41.47
3	2	3	Téa McMahon	BuffCo	G U-18	2009	5:42.45
4	3	3	Safiya Gilham	BuffCo	G U-18	2009	5:44.23
5	4	3	Jasmine Poon	BuffCo	G U-18	2009	5:54.60
6	5	3	Caitlin Shoaf	BuffCo	G U-18	2008	6:05.64
7	6	3	Zoe Jane Cheng	BuffCo	G U-18	2008	6:16.16
8	7	3	Charlotte Goldsmith	BuffCo	G U-18	2008	6:18.52
9	8	4	Rochelle Ng	BuffCo	G U-18	2009	6:23.22
10	1	4	Alessandra Gilham	West Island	G U-15	2012	6:24.57
11	9	4	Siobhan Doherty	BuffCo	G U-18	2008	6:56.62
12	2	4	Olivia Hyde	BuffCo	G U-15	2012	6:58.88
13	1	4	Elizabeth Wadwiang	BuffCo	G U-9	2017	8:55.46
-	-	4	Ella Snelgrove	West Island	G U-18	2008	DNS
-	-	4	Hana Chow	West Island	G U-18	2008	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	Koppany Szentes	BuffCo	B U-18	2009	4:27.46
2	1	1	Jiro Loasby	BuffCo	M18-35	2006	4:29.99
3	2	1	Charlie von Burg	BuffCo	B U-18	2007	4:36.26
4	3	1	Ethan Kao	BuffCo	B U-18	2008	4:40.67
5	4	1	Ryuto Arai	BuffCo	B U-18	2009	4:45.22
6	5	1	Tor Man	BuffCo	B U-18	2008	4:47.78
7	6	1	Matthew Lam	HKIS	B U-18	2007	4:48.06
8	1	1	Kabir Mirza	KipMovin	B U-15	2010	4:49.58
9	7	2	Ryan Davies	BuffCo	B U-18	2007	4:53.52
10	2	2	Ilias Tobback	BuffCo	B U-15	2010	4:54.03
11	3	2	Marcus Ling	BuffCo	B U-15	2010	4:54.22
12	1	1	Ryan Robbie	AVOHK	M36-49	1985	4:55.51
13	8	2	Chris Whitehead	BuffCo	B U-18	2007	4:56.21
14	9	2	Christopher Li	West Island	B U-18	2008	4:57.71
15	1	2	Nicholas Forde	BuffCo	M50-59	1974	4:58.31
16	10	2	Aditya Kamat	HKIS	B U-18	2008	4:59.13
17	11	2	Chiaki Ohara	BuffCo	B U-18	2009	4:59.93
18	2	2	Tim Marchant	BuffCo	M50-59	1972	5:00.59
19	2	2	Jonathan Chan	BuffCo	M18-35	1999	5:04.66
20	1	2	Cadence Chang	BuffCo	W18-35	2006	5:07.54
21	3	1	Fahad	RUN/BuffCo	M18-35	2005	5:08.44
22	12	2	Marco Lee	West Island	B U-18	2008	5:09.52
23	13	2	Vince Choy	BuffCo	B U-18	2009	5:10.77
24	4	2	Mark Wang	BuffCo	B U-15	2011	5:17.46
25	1	3	Naia Magrath	BuffCo	G U-18	2007	5:41.47
26	2	3	Téa McMahon	BuffCo	G U-18	2009	5:42.45
27	3	3	Safiya Gilham	BuffCo	G U-18	2009	5:44.23
28	4	3	Jasmine Poon	BuffCo	G U-18	2009	5:54.60
29	5	3	Caitlin Shoaf	BuffCo	G U-18	2008	6:05.64
30	5	4	Benji Williams	West Island	B U-15	2012	6:08.53
31	14	3	Aiden Pun	West Island	B U-18	2008	6:10.68
32	6	3	Zoe Jane Cheng	BuffCo	G U-18	2008	6:16.16
33	7	3	Charlotte Goldsmith	BuffCo	G U-18	2008	6:18.52
34	6	4	Thomas Jr Wang	BuffCo	B U-15	2012	6:21.31
35	8	4	Rochelle Ng	BuffCo	G U-18	2009	6:23.22
36	1	4	Alessandra Gilham	West Island	G U-15	2012	6:24.57
37	9	4	Siobhan Doherty	BuffCo	G U-18	2008	6:56.62
38	15	4	Henry Hyde	BuffCo	B U-18	2009	6:57.01
39	2	4	Olivia Hyde	BuffCo	G U-15	2012	6:58.88
40	1	4	Laurence Hyde	BuffCo	B U-9	2016	7:07.15
41	16	4	Adam Lee	West Island	B U-18	2008	7:26.12
42	17	4	Reyansh Shah	West Island	B U-18	2008	8:06.41
43	1	4	Elizabeth Wadwiang	BuffCo	G U-9	2017	8:55.46
44	1	4	Alex Wadwiang	BuffCo	B U-12	2013	8:57.58
45	18	4	Kenji Poon	BuffCo	B U-18	2009	9:34.14
46	2	4	Callum Donald	BuffCo/Donalds RC	B U-9	2018	10:24.36
-	-	4	Ella Snelgrove	West Island	G U-18	2008	DNS
-	-	4	Hana Chow	West Island	G U-18	2008	DNS

## OVERALL RESULTS - 5,000m

<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	1-2	Sebastian Cotton	Gone Runners	M36-49	1988	16:55.29
2	1	1-2	Matt Carey	KipMovin	M18-35	1991	17:06.69
3	2	1-2	David Woo	AVOHK	M36-49	1981	17:21.79
4	2	1-2	Marc Ngan	Unattached	M18-35	1989	17:38.32
5	3	1-2	Tom M-Smith	BuffCo	M18-35	1990	18:11.32
6	1	1-2	Ethan Kao	BuffCo	B U-18	2008	18:25.30
7	1	1-2	Nicholas Forde	BuffCo	M50-59	1974	18:25.85
8	2	1-2	Robert Sue	Wazup RC	M50-59	1973	18:32.64
9	4	1-2	Pranav Mahtani	Unattached	M18-35	2006	18:41.98
10	3	1-2	Tim Marchant	BuffCo	M50-59	1972	18:54.31
11	3	1-2	Satokazu Tanaka	Meisoukai	M36-49	1980	19:12.38
12	5	1-2	Eddie Robinson	Joint Dynamics	M18-35	1990	19:25.76
13	1	1-2	Ranee Wong	BuffCo	W36-49	1986	19:37.52
14	4	3	Nik Light	KipMovin	M36-49	1983	19:51.99
15	2	3	Chris Whitehead	BuffCo	B U-18	2007	20:11.81
16	3	3	Christopher Li	West Island	B U-18	2008	20:37.63
17	4	1-2	Atsushi Matsuzawa	Meisoukai	M50-59	1971	20:45.00
18	6	3	Kharis Setiasabda	Unattached	M18-35	1997	20:46.32
19	7	3	Fahad	RUN/BuffCo	M18-35	2005	21:11.32
20	4	3	Vince Choy	BuffCo	B U-18	2009	21:17.49
21	1	3	Frank McNamara	AVOHK	M70-79	1953	21:35.07
22	1	3	Aemilia Rice Mileto	BuffCo	G U-18	2008	22:20.90
23	5	3	Max Tai	West Island	B U-18	2008	23:05.08
24	6	3	Teddy Liu	West Island	B U-18	2008	23:05.40
25	2	3	Charlotte Goldsmith	BuffCo	G U-18	2008	23:50.80
26	8	4	Mohammed	RUN/BuffCo	M18-35	2003	24:00.89
27	3	4	Safiya Gilham	BuffCo	G U-18	2009	24:01.67
28	4	4	Jasmine Poon	BuffCo	G U-18	2009	24:06.35
29	7	3	Aiden Pun	West Island	B U-18	2008	24:58.77
30	9	4	Joshua Cao	Unattached	M18-35	2003	25:40.51
31	1	4	Alessandra Gilham	West Island	G U-15	2012	25:54.39
32	5	4	Caitlin Shoaf	BuffCo	G U-18	2008	26:57.04
33	6	4	Megan Cheah	HKUGAC	G U-18	2008	27:48.42
34	7	4	Esther Cook	BuffCo	G U-18	2009	27:58.90
35	8	4	Téa McMahon	BuffCo	G U-18	2009	27:59.47
36	2	4	Mark Loasby	BuffCo	M70-79	1950	29:01.70
-	-	3	Khai-Ly Trang	Unattached	W18-35	2006	DNS

## OVERALL RESULTS - 5,000m 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	1-2	Ranee Wong	BuffCo	W36-49	1986	19:37.52
2	1	3	Aemilia Rice Mileto	BuffCo	G U-18	2008	22:20.90
3	2	3	Charlotte Goldsmith	BuffCo	G U-18	2008	23:50.80
4	3	4	Safiya Gilham	BuffCo	G U-18	2009	24:01.67
5	4	4	Jasmine Poon	BuffCo	G U-18	2009	24:06.35
6	1	4	Alessandra Gilham	West Island	G U-15	2012	25:54.39
7	5	4	Caitlin Shoaf	BuffCo	G U-18	2008	26:57.04
8	6	4	Megan Cheah	HKUGAC	G U-18	2008	27:48.42
9	7	4	Esther Cook	BuffCo	G U-18	2009	27:58.90
10	8	4	Téa McMahon	BuffCo	G U-18	2009	27:59.47
-	-	3	Khai-Ly Trang	Unattached	W18-35	2006	DNS

## MEET RECORDS - 1500m

<i>MEET RECORDS 1500M</i>	NAME	CLUB	TIME	YEAR
<b>BOYS U-9</b>	Laurence Hyde	BuffCo	7:07.15	2024
<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>	Cadence Chang	BuffCo	5:07.54	2024
<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>MIXED U-9 TEAM</b>	Laurence Hyde Elizabeth Wadwiang Callum Donald	BuffCo	26:26.97	2024
<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>	Nicholas Forde Tim Marchant Cadence Chang	BuffCo	15:06.44	2024

## MEET RECORDS - 5,000m

<i>MEET RECORDS 5,000M</i>	NAME	CLUB	TIME	YEAR
<b>BOYS U-15</b>	Koppany Szentes	BuffCo	16:47.03	2023
<b>GIRLS U-15</b>	Zoe Cheng	BuffCo	22:45.64	2022
<b>BOYS U-18</b>	Rafe Man	BuffCo	16:13.52	2020
<b>GIRLS U-18</b>	Maya Tobback	BuffCo	19:43.93	2022
<b>MENS 18-35</b>	Cheng Chak Tong	TeamSolo	15:38.42	2022
<b>WOMENS 18-35</b>	Virginia Lo	Trailblazer	18:02.85	2021
<b>MENS 36-49</b>	Jeff Campbell	GR/JD	15:47.75	2022
<b>WOMENS 36-49</b>	Eszter Csillag	Unattached	19:20.20	2021
<b>MENS 50-59</b>	Tim Marchant	Unattached	18:20.38	2022
<b>WOMENS 50-59</b>	Yuko Loasby	BuffCo	25:04.65	2023
<b>MENS 60-69</b>	Isao Sugawara	Meisoukai	19:49.88	2022
<b>MENS 70-79</b>	Frank McNamara	AVOHK	21:08.22	2023
<b>BOYS U-15 TEAM</b>	Koppany Szentes Ryuto Arai Tomos Williams	BuffCo	52:48.74	2023
<b>GIRLS U-15 TEAM</b>	Safiya Gilham Téa McMahon Jasmine Poon	BuffCo	1:11:48.29	2023
<b>BOYS U-18 TEAM</b>	Jabez Siu Dom Davidson Loughlin Davidson	BuffCo	49:53.87	2021
<b>GIRLS U-18 TEAM</b>	Charlotte Work Cadence Chang Zoe Cheng	BuffCo	1:02:14.34	2023
<b>MIXED U-18 TEAM</b>	Ryan Davies Ava Singer Lewis Bourquin	BuffCo	1:03:46.94	2021
<b>MENS 18-35 TEAM</b>	Cheng Chak Tong Vincent Chan Christopher Ngai	TeamSolo	47:22.53	2022
<b>MIXED 18-35 TEAM</b>	Kai Lok Wong Perry Chow Virginia Lo	Trailblazer	51:45.13	2021
<b>MENS MASTERS I TEAM</b>	Yasuhiro Watanabe Yusuke Shimosono Kazuya Kuribayashi	Meisoukai	53:17.40	2022
<b>WOMENS MASTERS I TEAM</b>	Nellie Froidevaux Yuko Loasby Cynthia Claytor	BuffCo	1:16:38.81	2022
<b>MIXED MASTERS I TEAM</b>	Yann Kai Oh Sheel Kohli Stephanie Pezot	pACe running	59:45.18	2021
<b>MENS MASTERS II TEAM</b>	Isao Sugawara Atsushi Matsuzawa Satokazu Tanaka	Meisoukai	1:00:04.20	2022
<b>MIXED MASTERS II TEAM</b>	Meg Sterling Simon Weston Yuko Loasby	BuffCo	1:11:25.07	2023



## 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>ALL-STAR RUNNERS</b>	Khan Kamran	M18-35	4:00.72	2023
<b>AVOHK</b>	David Woo	M36-49	4:40.74	2022
	Frank McNamara	M70-79	6:01.84	2023
<b>BUFFCO</b>	Laurence Hyde	B U-9	7:07.15	2024
	Elizabeth Wadwiang	G U-9	8:55.46	2024
	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
	Cadence Chang	W18-35	5:07.54	2024
	James Donald	M36-49	4:39.19	2023
	Zein Williams	W36-49	5:51.20	2023
	Nicholas Forde	M50-59	4:58.31	2024
	Yuko Loasby	W50-59	6:45.19	2021
	Mark Loasby	M70-79	7:10.41	2023
	Laurence Hyde Elizabeth Wadwiang Callum Donald	MIXED U-9 TEAM	26:26.97	2024
	Jiro Loasby Giorgio Guerra Theo Mag	BOYS U-15 TEAM	14:40.07	2019
	Amara Prasad Cyriane Toucas Summer Ritcey	GIRLS U-15 TEAM	19:57.88	2022
	Zoe Cheng Ilias Tobback Jasmine Poon	MIXED U-15 TEAM	17:41.22	2023
	Mark Russell Rafe Man Swiss Duangthip	BOYS U-18 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

	Nicholas Forde Tim Marchant Cadence Chang	MIXED MASTERS I TEAM	15:06.44	2024	
<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 Jean-Baptiste Martenet	MASTERS I TEAM	12:46.94	2021	
<b>HONG KONG INTERNATIONAL SCHOOL</b>	Jiayan Chen	G U-15	5:20.40	2022	
	Matthew Lam	B U-18	4:48.06	2024	
	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	
	Kabir Mirza	B U-15	4:49.58	2024	
	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 Amaya Mantel	GIRLS U-15 TEAM	17:24.02	2021	
	Eamonn Sinnott Jethro Tong Ivy Khositmanit	MIXED TEAM	18:50.91	2021	
	<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 Ansu	MENS TEAM	15:00.25	2023	
	Fahad Ann	MIXED TEAM	20:13.41	2021	

	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
	Christopher Li	B U-18	4:57.71	2024
	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
	Christopher Li Marco Lee Aiden Pun	BOYS U-18 TEAM	16:17.91	2024
	Jude Lau Christen Lau Emily Faulkner	MIXED U-18 TEAM	16:44.29	2023

## CLUB RECORDS - 5,000m

5,000M	NAME	CATEGORY	TIME	YEAR	
<b>AVOHK</b>	David Woo	M36-49	17:21.79	2024	
	Frank McNamara	M70-79	21:08.22	2023	
<b>BUFFCO</b>	Koppany Szentes	B U-15	16:47.03	2023	
	Zoe Cheng	G U-15	22:45.64	2022	
	Rafe Man	B U-18	16:13.52	2020	
	Maya Tobback	G U-18	19:43.93	2022	
	Mark Russell	M18-35	15:52.97	2020	
	Saxby Macalister	W18-35	29:42.28	2023	
	James Donald	M36-49	17:26.74	2023	
	Ranee Wong	W36-49	19:26.26	2022	
	Nicholas Forde	M50-59	18:25.85	2024	
	Yuko Loasby	W50-59	25:04.65	2023	
	Mark Loasby	M70-79	27:23.57	2021	
	Koppany Szentes Ryuto Arai Tomos Williams	BOYS U-15 TEAM	52:48.74	2023	
	Safiya Gilham Téa McMahon Jasmine Poon	GIRLS U-15 TEAM	1:11:48.29	2023	
	Mark Russell Rafe Man Ken Wong	BOYS U-18 TEAM	50:12.63	2019	
	Charlotte Work Cadence Chang Zoe Cheng	GIRLS U-18 TEAM	1:02:14.34	2023	
	Ryan Davies Ava Singer Lewis Bourquin	MIXED U-18 TEAM	1:03:46.94	2021	
	Jabez Siu Dom Davidson Loughlin Davidson	MENS TEAM	49:53.87	2021	
	Jose Bongulto Ansu Ranee Wong	MIXED TEAM	57:31.64	2022	
	James Donald Bashant Angbuhang Noel Cheung	MENS MASTERS I TEAM	57:34.61	2023	
	Nellie Froidevaux Yuko Loasby Cynthia Claytor	WOMENS MASTERS I TEAM	1:16:38.81	2022	
	Nicholas Forde Tim Marchant Mark Loasby	MENS MASTERS II TEAM	1:06:21.86	2024	
	Meg Sterling Simon Weston Yuko Loasby	MIXED MASTERS II TEAM	1:11:25.07	2023	
	<b>GONE RUNNERS</b>	Creighton Connolly	M18-35	16:48.33	2022
		Sebastian Cotton	M36-49	16:55.29	2024
		Creighton Connolly Sebastian Cotton Timothy Higgins	MENS MASTERS I TEAM	53:24.26	2022

<b>GONE RUNNING JOINT DYNAMICS</b>	Laurent Nguyen	M18-35	17:20.69	2021	
	Jeff Campbell	M36-49	15:47.75	2022	
	Katrin Gottschalk	W36-49	19:26.05	2023	
<b>HONG KONG FOOTBALL CLUB</b>	Jan Souleyman	M50-59	18:28.94	2023	
<b>HONG KONG INT. SCHOOL</b>	Hugo Souleyman	B U-15	19:56.09	2023	
<b>HONG KONG UNIVERSITY</b>	Jaeso Rake Chun	M18-35	19:01.50	2023	
<b>HKUGAC</b>	Megan Cheah	G U-18	27:48.42	2024	
<b>IEST</b>	Pili Hu	M18-35	19:09.03	2022	
<b>IMPERIAL COLLEGE</b>	Jordi Buckley-Paules	M18-35	24:07.35	2023	
<b>IRC</b>	Wallace Cheng	M18-35	17:10.94	2022	
<b>JOINT DYNAMICS</b>	Eddie Robinson	M18-35	19:25.76	2024	
<b>KIPMOVIN</b>	Matt Carey	M18-35	16:54.41	2023	
	Nik Light	M36-49	19:51.99	2024	
	Ghazi Kaddouh	M70-79	29:48.21	2021	
<b>MEISOUKAI</b>	Yasuhiro Watanabe	M36-49	17:29.26	2022	
	Miho Sato	W36-49	24:30.07	2022	
	Atsushi Matsuzawa	M50-59	19:41.54	2023	
	Isao Sugawara	M60-69	19:49.88	2022	
	Yashiro Watanabe Yusuke Shimozono Kazuya Kuribayashi	MENS MASTERS I TEAM	53:17.40	2022	
	Satoshi Hayashida Yasuhiro Nakagawa Miho Sato	MIXED MASTERS I TEAM	1:07:07.61	2022	
	Isao Sugawara Atsushi Matsuzawa Satokazu Tanaka	MENS MASTERS II TEAM	1:00:04.20	2022	
	<b>NEPAL</b>	Nickson Rai	M18-35	26:57.02	2022
	<b>PACE RUNNING</b>	Thibault Morenval	M18-35	17:36.14	2021
Stephanie Pezot		W18-35	20:10.33	2021	
Sheel Kohli		M50-59	19:53.87	2021	
Thibault Morenval Tim Davies		MENS TEAM	54:20.59	2021	
Maxime Picamilh Yann Kai Oh Sheel Kohli Stephanie Pezot		MIXED MASTERS I TEAM	59:45.18	2021	
<b>PINNACLE</b>		Josh Clery	M18-35	21:23.09	2023
<b>PUI CHING MIDDLE SCHOOL</b>		Chan Ho	B U-18	17:09.38	2022
	Chan Ho Man Jit Isaac Choi Carey Lee	BOYS U-18 TEAM	1:00:17.38	2022	
	<b>RMAC</b>	Carson Kwok Chun Chi Charles Lo	M18-35 M36-49	17:45.07 17:41.03	2022 2022
<b>RUN</b>	Fahad	B U-18	22:11.91	2021	
	Claude	M18-35	18:59.88	2023	
	Brice	M36-49	21:38.98	2021	
	Sarah 1	W36-49	3:36.39	2021	
	Ansu Idle	MENS TEAM	1:03:38.14	2021	

Brice				
RUN VOLUNTEERS	Henrique Bastos	B U-18	20:02.01	2021
	Erin Brown	W18-35	22:13.00	2021
TEAMSOLO	Cheng Chak Tong	M18-35	15:38.42	2022
	Cheng Chak Tong			
	Vincent Chan	MENS TEAM	47:22.53	2022
	Christopher Ngai			
TRAILBLAZER	Ho Yin Lau	B U-18	18:38.49	2021
	Andrew Chan	M18-35	16:28.89	2022
	Virginia Lo	W18-35	18:02.85	2021
	Chun On Chan			
	Ho Yin Lau	MENS TEAM	55:33.16	2021
	Yuen Yu Isaac Li			
	Kai Lok Wong			
Perry Chow	MIXED TEAM	51:45.13	2021	
Virginia Lo				
UNATTACHED (NO TEAM)	Lam Hiu Hin	B U-18	16:59.11	2019
	Chi Kin Tsui	M18-35	16:01.63	2022
	Jodie Crisp	W18-35	20:52.81	2022
	Lucas Lau	M36-49	16:26.36	2022
	Eszter Csillag	W36-49	19:20.20	2021
	Tim Marchant	M50-59	18:20.38	2022
	Viktoriya Buck	W50-59	30:41.48	2021
WATSONS	Sean Liu	M18-35	19:13.82	2023
WAZUP RC	Robert Sue	M50-59	18:32.64	2024
WEST ISLAND SCHOOL	Marcus Ling	B U-15	21:42.94	2023
	Alessandra Gilham	G U-15	25:54.39	2024
	Simon Carmichael	B U-18	19:48.17	2022
	Charlotte Work	G U-18	23:26.08	2022
	Max Tai			
	Christopher Li	BOYS U-18 TEAM	1:03:02.14	2023
Marcus Ling				