

BUFFCO DISTANCE CARNIVAL 22 MARCH 2024



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>

3,000m Meet Records (Individual)

Mens 50-59 Record. **Jono Woodhouse (Gone Running/Joint Dynamics) – 10:28.43**

Womens 50-59 Record. **Catherine Chow (Unattached) – 13:56.51**

Mens 60-69 Record. **Anthony Chui (BuffCo) – 11:30.12**

3,000m Meet Records (Team)

Boys U-15s Team Record. **Marcus Ling, Ilias Tobback, Marc Tai (BuffCo) – 33:17.40**

Mens Masters II Team Record. **Nicholas Forde, Jan Souleyman, Anthony Chui (BuffCo) – 33:01.93**

Mixed Masters II Team Record. **Andrew Work, Wendy Chang, Catherine Cole (BuffCo Parents) – 48:17.39**

3,000m Club Records (Individual)

BuffCo Mens 18-35 Record. **Harry Loasby – 9:18.88**

BuffCo Womens 18-35 Record. **Cadence Chang – 11:15.57**

BuffCo Mens 50-59 Record. **Nicholas Forde – 10:33.04**

Delia Hip Wo 2 M18-35 Record. **Joshua Cao – 14:10.50**

DMS BW Boys U-15 Record. **Limbu Adrian – 10:52.50**

DMS BW Boys U-18 Record. **Puneet Sanger – 11:02.09**

Delia School of Canada Boys U-18 Record. **Karan Biju – 10:53.68**

France Mens 18-35 Record. **Thibault Morenval – 10:23.49**

ISF Academy Boys U-15 Record. **Kingsley Lo – 11:34.13**

KipMovin Mens 18-35 Record. **Matt Carey – 9:53.69**

KipMovin Mens 36-49 Record. **Nik Light – 11:26.09**

RUN Girls U-18 Record. **Joy – 20:40.90**

RUN Staff & Volunteers Boys U-15 Record. **Gabriel Schrantz – 12:29.96**

RUN Staff & Volunteers Mens 50-59 Record. **Alexander Schrantz – 12:36.36**

South Island Boys U-15 Record. **Charlie Fraser – 11:40.24**

West Island Girls U-18 Record. **Gloria Kwok – 14:14.14**

West Island Womens 50-59 Record. **Jo Caldwell – 14:17.90**

3,000m Club Records (Team)

AVOHK Mens Masters II Team Record. **David Woo, Ryan Robbie, Frank McNamara – 33:17.08**

BuffCo Mixed Masters I Team Record. **Junfeng Ou, Christian Goldsmith, Yuko Loasby – 39:52.11**

DMS BW Boys U-18s Team Record. **Limbu Adrian, Puneet Sanger, Justin Zablan – 33:15.06**

West Island Boys U-18s Team Record. **Christopher Li, Max Tai, Jude Lau – 34:27.36**

West Island Girls U-18s Team Record. **Gloria Kwok, Grace Yeung, Hana Chow – 44:24.70**

West Island Mixed U-18s Team Record. **Teddy Liu, Aiden Pun, Chinny Kwok – 41:49.74**

3,000m HEATS

<u>HEAT 6</u>	<u>6:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Raef Caldwell	West Island	B U-15	2012	12:03.54
2	Joshua Cao	Deli Hip Wo 2	M18-35	2003	14:10.50
3	Gloria Kwok	West Island	G U-18	2008	14:14.14
4	Jo Caldwell	West Island	W50-59	1971	14:17.90
5	Esther Cook	BuffCo	G U-18	2009	14:51.44
6	Thomas Wang	BuffCo	B U-15	2012	15:31.90
7	Hana Chow	West Island	G U-18	2008	15:40.85
8	Wendy Chang	BuffCo Parents	W36-49	1979	15:57.77
9	Chinny Kwok	West Island	G U-18	2007	16:04.82
10	Scarlett Lau	West Island	G U-18	2007	16:04.82
11	Catherine Cole	Unattached	W50-59	1970	17:25.34
12	Joy	RUN	G U-18	2009	20:40.90
-	Megan Cheah	HKUGAC	G U-18	2008	DNS
-	Dohoon Kim	Unattached	M18-35	1995	DNS

<u>HEAT 5</u>	<u>6:30PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Charlie Fraser	South Island/26	B U-15	2011	11:40.24
2	Christian Goldsmith	BuffCo	M36-49	1982	12:38.13
3	Alessandra Gilham	West Island	G U-15	2012	13:50.16
4	Grace Carter	BuffCo	G U-18	2009	13:54.21
5	Catherine Chow	Unattached	W50-59	1971	13:56.51
6	Jaime Pharoah	BuffCo	G U-18	2009	14:16.50
7	Grace Yeung	West Island	G U-15	2010	14:29.71
8	Andrew Work	Work Force Dist.	M50-59	1972	14:54.28
9	Yuko Loasby	BuffCo	W50-59	1967	14:58.19
10	Roch Bączkowski	Unattached	B U-18	2007	15:18.19
11	Annie Thompson	BuffCo	G U-18	2009	15:50.52

<u>HEAT 4</u>	<u>7:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Anthony Chui	BuffCo	M60-69	1964	11:30.12
2	Singh Navjot	DMS BW	B U-18	2008	11:36.86
3	Jude Lau	West Island	B U-18	2009	11:53.21
4	Brayden Yau	BuffCo	B U-18	2008	12:22.34
5	Frank McNamara	AVOHK	M70-79	1953	12:26.56
6	Darshan GoheI	Unattached	M18-35	1996	12:29.25
7	Marc Tai	BuffCo	B U-15	2010	12:29.45
8	Gabriel Schrantz	RUN Staff & Vol.	B U-15	2010	12:29.96
9	Alexander Schrantz	RUN Staff & Vol.	M50-59	1970	12:36.36
10	Teddy Liu	West Island	B U-18	2008	12:41.80
11	Benji Williams	West Island	B U-15	2012	12:47.55
12	Aemilia Rice Mileto	BuffCo	G U-18	2008	12:58.69
13	Jasmine Poon	BuffCo	G U-18	2009	13:02.66
14	Aiden Pun	West Island	B U-18	2008	13:03.12
15	Charlotte Goldsmith	BuffCo	G U-18	2008	13:09.77
16	Ehan Shah Newaz	DMS BW	B U-18	2007	13:24.62
17	Caitlin Shoaf	BuffCo	G U-18	2008	14:02.01
18	Singh Manjoy	DMS BW	B U-18	2007	14:22.54
19	Zahoor P.R. Casas	DMS BW	B U-18	2008	15:21.35
20	Singh Sahibjeet	DMS BW	B U-18	2009	16:08.69
-	Sidhu Khushpreet	DMS BW	B U-18	2008	DNF
-	Chi Yui Chau	Unattached	M36-49	1983	DNS

<u>HEAT 3</u>	<u>7:25PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Matthias Decamps	Unattached	B U-18	2009	10:49.41
2	Limbu Adrian	DMS BW	B U-15	2010	10:52.50
3	Puneet Sanger	DMS BW	B U-18	2008	11:02.09
4	Christopher Li	West Island	B U-18	2008	11:16.15
5	Max Tai	West Island	B U-18	2008	11:18.00
6	Justin Zablan	DMS BW	B U-18	2007	11:20.47
7	So Suzuki	BuffCo	B U-18	2009	11:24.50
8	Nik Light	KipMovin	M36-49	1983	11:26.09
9	Kingsley Lo	ISF Academy	B U-15	2011	11:34.13
10	Jason Wong	Unattached	M18-35	1992	11:35.60
11	Mohammed	RUN/BuffCo	M18-35	2003	12:04.18
12	Victor	RUN	M36-49	1982	12:12.59
13	Kalash Vankar	DS of Canada	B U-18	2007	13:17.31
-	Limbu A. Anchongwo	DMS BW	B U-18	2007	DNS
-	Atsushi Matsuzawa	Meisoukai	M50-59	1971	DNS

<u>HEAT 2</u>	<u>7:50PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Connor Hobbs	Unattached	M18-35	1994	10:05.49
2	Tor Man	BuffCo	B U-18	2008	10:08.72
3	Ryuto Arai	BuffCo	B U-18	2009	10:09.82
4	David Woo	AVOHK	M36-49	1981	10:18.19
5	Thibault Morenval	France	M18-35	1989	10:23.49
6	Marcus Ling	BuffCo	B U-15	2010	10:23.79
7	Ilias Tobback	BuffCo	B U-15	2010	10:24.16
8	Jono Woodhouse	GR/JD	M50-59	1973	10:28.43
9	Uku Kruusamae	Unattached	M18-35	1992	10:29.60
10	Ryan Robbie	AVOHK	M36-49	1985	10:32.33
11	Nicholas Forde	BuffCo	M50-59	1974	10:33.04
12	Chris Whitehead	BuffCo	B U-18	2007	10:53.50
13	Karan Biju	DS of Canada	B U-18	2007	10:53.68
14	Yat Fan Chan	Unattached	M18-35	2001	11:01.22
15	Ryan Davies	BuffCo	B U-18	2007	11:04.57
16	Chiaki Ohara	BuffCo	B U-18	2009	11:09.50
17	Cadence Chang	BuffCo	W18-35	2006	11:15.57
18	Sean Liu	Unattached	M18-35	1999	11:33.56
19	Junfeng Ou	BuffCo	M18-35	2005	12:15.79
-	Theo Watts	BuffCo	B U-18	2009	DNF

<u>HEAT 1</u>	<u>8:15PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Harry Loasby	BuffCo	M18-35	1996	9:18.88
2	Chi Kin Tsui	Unattached	M18-35	1990	9:21.11
3	Tommy Hall	BuffCo	M18-35	2006	9:34.57
4	Koppany Szentes	BuffCo	B U-18	2009	9:37.84
5	Jiro Loasby	BuffCo	M18-35	2006	9:41.85
6	Matt Carey	KipMovin	M18-35	1991	9:53.69
7	Charlie von Burg	BuffCo	B U-18	2007	9:58.51
-	Chan Ho Kwan	Unattached	M18-35	2003	DNS
-	Yui Hang Fok	Unattached	M18-35	1998	DNS
-	Rahulpreet Raymond	YCKMC	M18-35	2006	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+

TEAM RESULTS

RANK	CAT. RANK	CLUB	RUNNERS	CATEGORY	COMBINED AGE	RESULT
1	1	BuffCo	Harry, Tommy, Jiro	Mens	64	28:35.30
2	1	BuffCo	Koppany, Charlie, Tor	Boys U-18	48	29:45.07
3	2	BuffCo	Ryuto, Christopher, Ryan	Boys U-18	49	32:07.89
4	1	BuffCo	Nicholas, Jan, Anthony	Mens Masters II	163	33:01.93
5	3	DMS BW	Limbu, Puneet, Justin	Boys U-18	47	33:15.06
6	2	AVOHK	David, Ryan, Frank	Mens Masters II	153	33:17.08
7	1	BuffCo	Marcus, Ilias, Marc	Boys U-15	42	33:17.40
8	4	West Island	Christopher, Max, Jude	Boys U-18	47	34:27.36
9	5	BuffCo	Chiaki, So, Brayden	Boys U-18	46	34:56.34
10	1	BuffCo	Cadence, Aemilia, Jasmine	Girls U-18	49	37:16.92
11	1	West Island	Raef, Benji, Alessandra	Mixed U-15	36	38:41.25
12	6	DMS BW	Singh, Ehan, Singh	Boys U-18	50	39:24.02
13	1	BuffCo	Junfeng, Christian, Yuko	Mixed Masters I	118	39:52.11
14	2	BuffCo	Charlotte, Grace, Caitlin	Girls U-18	47	41:05.99
15	1	West Island	Teddy, Aiden, Chinny	Mixed U-18	48	41:49.74
16	3	West Island	Gloria, Grace, Hana	Girls U-18	46	44:24.70
17	1	RUN	Mohammed, Victor, Joy	Mixed	78	44:57.67
18	4	BuffCo	Jaime, Esther, Annie	Girls U-18	45	44:58.46
19	1	BuffCoParents	Andrew, Wendy, Catherine	Mix Masters II	151	48:17.39

OVERALL RESULTS

RANK	CAT RANK	HEAT	NAME	CLUB	CATEGORY	YOB	RESULT
1	1	1	Harry Loasby	BuffCo	M18-35	1996	9:18.88
2	2	1	Chi Kin Tsui	Unattached	M18-35	1990	9:21.11
3	3	1	Tommy Hall	BuffCo	M18-35	2006	9:34.57
4	1	1	Koppany Szentes	BuffCo	B U-18	2009	9:37.84
5	4	1	Jiro Loasby	BuffCo	M18-35	2006	9:41.85
6	5	1	Matt Carey	KipMovin	M18-35	1991	9:53.69
7	2	1	Charlie von Burg	BuffCo	B U-18	2007	9:58.51
8	6	2	Connor Hobbs	Unattached	M18-35	1994	10:05.49
9	3	2	Tor Man	BuffCo	B U-18	2008	10:08.72
10	4	2	Ryuto Arai	BuffCo	B U-18	2009	10:09.82
11	1	2	David Woo	AVOHK	M36-49	1981	10:18.19
12	7	2	Thibault Morenval	France	M18-35	1989	10:23.49
13	1	2	Marcus Ling	BuffCo	B U-15	2010	10:23.79
14	2	2	Ilias Tobback	BuffCo	B U-15	2010	10:24.16
15	1	2	Jono Woodhouse	GR/JD	M50-59	1973	10:28.43
16	8	2	Uku Kruusamae	Unattached	M18-35	1992	10:29.60
17	2	2	Ryan Robbie	AVOHK	M36-49	1985	10:32.33
18	2	2	Nicholas Forde	BuffCo	M50-59	1974	10:33.04

19	5	3	Matthias Decamps	Unattached	B U-18	2009	10:49.41
20	3	3	Limbu Adrian	DMS BW	B U-15	2010	10:52.50
21	6	2	Chris Whitehead	BuffCo	B U-18	2007	10:53.50
22	7	2	Karan Biju	DS of Canada	B U-18	2007	10:53.68
23	3	0	Jan Souleyman	BuffCo	M50-59	1971	10:58.77
24	9	2	Yat Fan Chan	Unattached	M18-35	2001	11:01.22
25	8	3	Puneet Sanger	DMS BW	B U-18	2008	11:02.09
26	9	2	Ryan Davies	BuffCo	B U-18	2007	11:04.57
27	10	2	Chiaki Ohara	BuffCo	B U-18	2009	11:09.50
28	1	2	Cadence Chang	BuffCo	W18-35	2006	11:15.57
29	11	3	Christopher Li	West Island	B U-18	2008	11:16.15
30	12	3	Max Tai	West Island	B U-18	2008	11:18.00
31	13	3	Justin Zablan	DMS BW	B U-18	2007	11:20.47
32	14	3	So Suzuki	BuffCo	B U-18	2009	11:24.50
33	3	3	Nik Light	KipMovin	M36-49	1983	11:26.09
34	1	4	Anthony Chui	BuffCo	M60-69	1964	11:30.12
35	10	2	Sean Liu	Unattached	M18-35	1999	11:33.56
36	4	3	Kingsley Lo	Unattached	B U-15	2011	11:34.13
37	11	3	Jason Wong	Unattached	M18-35	1992	11:35.60
38	15	4	Singh Navjot	DMS BW	B U-18	2008	11:36.86
39	5	5	Charlie Fraser	South Island/26	B U-15	2011	11:40.24
40	16	4	Jude Lau	West Island	B U-18	2009	11:53.21
41	6	6	Raef Caldwell	West Island	B U-15	2012	12:03.54
42	12	3	Mohammed	RUN/BuffCo	M18-35	2003	12:04.18
43	4	3	Victor	RUN	M36-49	1982	12:12.59
44	13	2	Junfeng Ou	BuffCo	M18-35	2005	12:15.79
45	17	4	Brayden Yau	BuffCo	B U-18	2008	12:22.34
46	1	4	Frank McNamara	AVOHK	M70-79	1953	12:26.56
47	14	4	Darshan Gohel	Unattached	M18-35	1996	12:29.25
48	7	4	Marc Tai	BuffCo	B U-15	2010	12:29.45
49	8	4	Gabriel Schrantz	RUN Staff & Vol.	B U-15	2010	12:29.96
50	4	4	Alexander Schrantz	RUN Staff & Vol.	M50-59	1970	12:36.36
51	5	5	Christian Goldsmith	BuffCo	M36-49	1982	12:38.13
52	18	4	Teddy Liu	West Island	B U-18	2008	12:41.80
53	9	4	Benji Williams	West Island	B U-15	2012	12:47.55
54	1	4	Aemilia Rice Mileto	BuffCo	G U-18	2008	12:58.69
55	2	4	Jasmine Poon	BuffCo	G U-18	2009	13:02.66
56	19	4	Aiden Pun	West Island	B U-18	2008	13:03.12
57	3	4	Charlotte Goldsmith	BuffCo	G U-18	2008	13:09.77
58	20	3	Kalash Vankar	DS of Canada	B U-18	2007	13:17.31
59	21	4	Ehan Shah Newaz	DMS BW	B U-18	2007	13:24.62
60	1	5	Alessandra Gilham	West Island	G U-15	2012	13:50.16
61	4	5	Grace Carter	BuffCo	G U-18	2009	13:54.21
62	1	5	Catherine Chow	Unattached	W50-59	1971	13:56.51
63	5	4	Caitlin Shoaf	BuffCo	G U-18	2008	14:02.01
64	15	6	Joshua Cao	Delia Hip Wo 2	M18-35	2003	14:10.50
65	6	6	Gloria Kwok	West Island	G U-18	2008	14:14.14
66	7	5	Jaime Pharoah	BuffCo	G U-18	2009	14:16.50
67	2	6	Jo Caldwell	West Island	W50-59	1971	14:17.90
68	22	4	Singh Manjoy	DMS BW	B U-18	2007	14:22.54
69	2	5	Grace Yeung	West Island	G U-15	2010	14:29.71
70	8	6	Esther Cook	BuffCo	G U-18	2009	14:51.44
71	5	5	Andrew Work	WFD/BuffCo Parents	M50-59	1972	14:54.28
72	3	5	Yuko Loasby	BuffCo	W50-59	1967	14:58.19
73	23	5	Roch Bączkowski	Unattached	B U-18	2007	15:18.19
74	24	4	Zahoor P.R. Casas	DMS BW	B U-18	2008	15:21.35
75	10	6	Thomas Wang	BuffCo	B U-15	2012	15:31.90
76	9	6	Hana Chow	West Island	G U-18	2008	15:40.85

77	10	5	Annie Thompson	BuffCo	G U-18	2009	15:50.52
78	1	6	Wendy Chang	BuffCo Parents	W36-49	1979	15:57.77
79	11	6	Chinny Kwok	West Island	G U-18	2007	16:04.82
80	12	6	Scarlett Lau	West Island	G U-18	2007	16:04.82
81	25	4	Singh Sahibjeet	DMS BW	B U-18	2009	16:08.69
82	4	6	Catherine Cole	BuffCo Parents	W50-59	1970	17:25.34
83	13	6	Joy	RUN	G U-18	2009	20:40.90
-	-	2	Theo Watts	BuffCo	B U-18	2009	DNF
-	-	4	Sidhu Khushpreet	DMS BW	B U-18	2008	DNF
-	-	4	Chi Yui Chau	Unattached	M36-49	1983	DNS
-	-	6	Megan Cheah	HKUGAC	G U-18	2008	DNS
-	-	6	Dohoon Kim	Unattached	M18-35	1995	DNS
-	-	3	Limbu A. Anchongwo	DMS BW	B U-18	2007	DNS
-	-	3	Atsushi Matsuzawa	Meisoukai	M50-59	1971	DNS
-	-	1	Chan Ho Kwan	Unattached	M18-35	2003	DNS
-	-	1	Yui Hang Fok	Unattached	M18-35	1998	DNS
-	-	1	Rahulpreet Raymond	YCKMC	M18-35	2006	DNS

OVERALL RESULTS – 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	11:15.57
2	1	4	Aemilia Rice Mileto	BuffCo	G U-18	2008	12:58.69
3	2	4	Jasmine Poon	BuffCo	G U-18	2009	13:02.66
4	3	4	Charlotte Goldsmith	BuffCo	G U-18	2008	13:09.77
5	1	5	Alessandra Gilham	West Island	G U-15	2012	13:50.16
6	4	5	Grace Carter	BuffCo	G U-18	2009	13:54.21
7	1	5	Catherine Chow	Unattached	W50-59	1971	13:56.51
8	5	4	Caitlin Shoaf	BuffCo	G U-18	2008	14:02.01
9	6	6	Gloria Kwok	West Island	G U-18	2008	14:14.14
10	7	5	Jaime Pharoah	BuffCo	G U-18	2009	14:16.50
11	2	6	Jo Caldwell	West Island	W50-59	1971	14:17.90
12	2	5	Grace Yeung	West Island	G U-15	2010	14:29.71
13	8	6	Esther Cook	BuffCo	G U-18	2009	14:51.44
14	3	5	Yuko Loasby	BuffCo	W50-59	1967	14:58.19
15	9	6	Hana Chow	West Island	G U-18	2008	15:40.85
16	10	5	Annie Thompson	BuffCo	G U-18	2009	15:50.52
17	1	6	Wendy Chang	BuffCo Parents	W36-49	1979	15:57.77
18	11	6	Chinny Kwok	West Island	G U-18	2007	16:04.82
19	12	6	Scarlett Lau	West Island	G U-18	2007	16:04.82
21	4	6	Catherine Cole	Unattached	W50-59	1970	17:25.34
22	13	6	Joy	RUN	G U-18	2009	20:40.90
-	-	6	Megan Cheah	HKUGAC	G U-18	2008	DNS

MEET RECORDS

<i>MEET RECORDS</i>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
<i>3,000M</i>				
GIRLS U-9	Heloïse Martenet	Unattached	17:42.98	2021
BOYS U-12	Tor Man	BuffCo	11:37.86	2019
BOYS U-15	Koppány Szentes	BuffCo	9:28.55	2023
GIRLS U-15	Jia Rhee	HKIS	11:17.47	2023
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	Jono Woodhouse	GR/JD	10:28.43	2024
WOMENS 50-59	Catherine Chow	Unattached	13:56.51	2024
MENS 60-69	Anthony Chui	BuffCo	11:30.12	2024
MENS 70-79	Frank McNamara	AVOHK	12:23.27	2023
BOYS U-15 TEAM	Marcus Ling Ilias Tobbac Marc Tai	BuffCo	33:17.40	2024
GIRLS U-15 TEAM	Asrya Gobindpuri Ava Singer Zoe Cheng	BuffCo	35:44.92	2021
MIXED U-15 TEAM	Maya Tobbac 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 Tobbac 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	Aman Kumar Fahad Emily Faulkner	BuffCo	34:18.64	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
MENS MASTERS II TEAM	Nicholas Forde Jan Souleyman Anthony Chui	BuffCo	33:01.93	2024
MIXED MASTERS II TEAM	Andrew Work Wendy Chang Catherine Cole	BuffCo (Parents)	48:17.39	2024

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
	Frank McNamara	M70-79	12:23.27	2023
	David Woo Ryan Robbie Frank McNamara	MENS MASTERS II TEAM	33:17.08	2024
	Tor Man	B U-12	11:37.86	2019
BUFFCO	Koppany Szentes	B U-15	9:28.55	2023
	Emily Faulkner	G U-15	11:30.73	2023
	Jabez Siu	B U-18	9:06.88	2020
	Ella Brown	G U-18	10:42.01	2021
	Harry Loasby	M18-35	9:18.88	2024
	Cadence Chang	W18-35	11:15.57	2024
	Vincent Chu	M36-49	10:39.74	2023
	Ranee Wong	W36-49	11:36.97	2023
	Nicholas Forde	M50-59	10:33.04	2024
	Jo Chui	W50-59	14:24.23	2021
	Anthony Chui	M60-69	11:30.12	2024
	Mark Loasby	M70-79	15:50.51	2021
	Marcus Ling Ilias Tobbac Marc Tai	BOYS U-15 TEAM	33:17.40	2019
	Asrya Gobindpuri Ava Singer Zoe Cheng	GIRLS U-15 TEAM	35:44.92	2021
	Nellie Froidevaux DJ Charlwood Anson Leung Jabez Siu	MIXED U-15 TEAM	40:26.20	2021
	Swiss Duangthip Rafe Man	BOYS U-18 TEAM	28:00.84	2020
	Maya Tobbac Asrya Gobindpuri Zoe Cheng	GIRLS U-18 TEAM	35:19.78	2022
	Rihito Tachikawa Chiaki Ohara Cadence Chang	MIXED U-18 TEAM	36:44.95	2023
	Mark Russell Swiss Duangthip Jabez Siu	MENS TEAM	28:16.43	2020
	Meg Sterling Téa McMahan Naia Magrath	WOMENS TEAM	37:52.48	2023
	Aman Kumar Fahad Emily Faulkner Jo Chui	MIXED TEAM	34:18.64	2023
	Yuko Loasby Cynthia Claytor	WOMENS MASTERS I TEAM	44:26.65	2021
	Junfeng Ou Christian Goldsmith Yuko Loasby	MIXED MASTERS I TEAM	39:52.11	2024
	Nicholas Forde Jan Souleyman	MENS MASTERS II TEAM	33:01.93	2024

	Anthony Chui Andrew Work Wendy Chang Catherine Cole	MIXED MASTERS II TEAM	48:17.39	2024
CATHAY PACIFIC	Matthew Jack	M36-49	9:38.09	2021
CONCORDIA LUTHERAN	Wong Chun Hei	B U-15	11:17.64	2023
DELIA HIP WO 2	Joshua Cao	M18-35	14:10.50	2024
DELIA MEMORIAL SCHOOL BROADWAY (DMS BW)	Limbu Adrian	B U-15	10:52.50	2024
	Puneet Sanger	B U-18	11:02.09	2024
	Jaskirat Singh Limbu Ningwa Hang Reinzler PC Zahoor	BOYS U-15 TEAM	46:45.08	2023
	Limbu Adrian Puneet Sanger Justin Zablan	BOYS U-18 TEAM	33:15.06	2024
DELIA SCHOOL OF CANADA	Karan Biju	B U-18	10:53.68	2024
EALING EAGLES	Andy Guy	M36-49	10:29.84	2021
FRANCE	Thibault Morenval	M18-35	10:23.49	2024
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
	Jono Woodhouse	M50-59	10:28.43	2024
	Jeff Campbell Andrea Cloarec David Klar	MENS TEAM	28:25.15	2021
	George Gaffney Laurent Nguyen Masashi Shirotake	MENS MASTERS I TEAM	29:34.77	2021
	Matthew Clarke Jono Woodhouse Caitriona Jennings	MIXED MASTERS I TEAM	31:02.12	2021
	Hugo Souleyman	B U-12	12:15.85	2021
	Jia Rhee	G U-15	11:17.47	2023
Jiho Lee	B U-18	11:03.16	2023	
HONG KONG INTERNATIONAL SCHOOL	Jiho Lee Joshua Edwards Nathan Wang	BOYS U-18 TEAM	34:57.54	2023
	Catherine Leonard	W36-49	14:12.44	2021
HKLRRC	Ferdinand Clovis	M18-35	10:09.35	2021
HKSC/LBC	Sam Manger	M18-35	10:36.35	2021
HONG KONG FC	Leanne Claxton	W36-49	12:47.26	2021
HONG KONG UNIVERISTY (HKU)	Adriana Ng	W18-35	12:47.79	2023
ISF ACADEMY	Kingsley Lo	B U-15	11:34.13	2024
KIPMOVIN	Matt Carey	M18-35	9:53.69	2024
	Nik Light	M36-49	11:26.09	2024
LCRA	Matthew Cheng	M18-35	11:16.52	2023
LOK WA RC	Michael Capper	M50-59	10:51.60	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

NSF	Kay Hay Man	W36-49	13:41.09	2023
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
RENAISSANCE COLLEGE	Rico Poon	B U-15	11:33.94	2019
RUN	Fahad	B U-18	11:04.59	2022
	Joy	G U-18	20:40.90	2024
	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	Gabriel Schrantz	B U-15	12:29.96	2024
	Henrique Bastos	B U-18	10:33.28	2022
	James Owens	M18-35	10:31.90	2021
	Alexander Schrantz	M50-59	12:36.36	2024
SOUTH ISLAND	Charlie Fraser	B U-15	11:40.24	2024
TEAMSOLO	Christopher Ngai	M18-35	9:15.88	2022
THE PEAK HUNTER	Rahulpreet Raymond	B U-18	10:14.89	2023
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 McIlduff	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	9:21.11	2024
	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
Catherine Chow	W50-59	13:56.51	2024	
UCC	Josh Lee	B U-15	11:24.16	2021
WATSONS	Sean Liu	M18-35	10:54.28	2023
WEST ISLAND SCHOOL	Jayden Bi	B U-12	12:49.02	2021
	Jude Lau	B U-15	11:22.13	2023
	Maddie Scott	G U-15	13:20.62	2019
	Simon Carmichael	B U-18	10:54.28	2023
	Gloria Kwok	G U-18	14:14.14	2024
	Jo Caldwell	W50-59	14:17.90	2024
	Maya Tobback	MIXED U-15	37:24.42	2021
Theo Watts	TEAM			
Jayden Bi				

	Christopher Li	BOYS U-18 TEAM	34:27.36	2024
	Max Tai			
	Jude Lau			
	Gloria Kwok	GIRLS U-18 TEAM	44:24.70	2024
	Grace Yeung			
	Hana Chow			
	Teddy Liu	MIXED U-18 TEAM	41:49.74	2024
	Aiden Pun			
	Chinny Kwok			