

# BUFFCO DISTANCE CARNIVAL 28/01/23



## 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 as well. We do keep stats and records, so we'd like to recognise and congratulate the following BuffCo Time Trials records that were set or broken at last weekend's trials!

### 10,000m Meet Records (Individual)

Mens Meet Record. **Mohammad Ans (Unattached) – 33:13.00**

Girls U-15s Record. **Téa McMahon (West Island) – 48:11.16**

### 10,000m Club Records (Individual)

United Kingdom Record. **Oliver Bater – 36:04.16**

Meisoukai Record. **Yasuhiro Watanabe – 36:20.77**

Wazup Running Club Record. **Marco Ullrich – 38:36.02**

DMS BW Record. **Li Ka Chun – 40:59.30**

KipMovin Record. **Nik Light – 42:49.20**

West Island Record. **Téa McMahon – 48:11.16**

Nepal Record. **Nickson Rai – 72:21.54**

BuffCo Mens 36-49 Record. **Vincent Chu – 39:48.33**

Meisoukai Mens 50-59 Record. **Atsushi Matsuzawa – 41:45.59**

Watsons Womens 36-49 Record. **Ada Wang – 44:31.56**

Meisoukai Womens 36-49 Record. **Nozomi Kawakatsu – 45:06.58**

Wazup Running Club Mens 18-35 Record. **Jeff Yu – 46:22.16**

Nepal Womens 36-49 Record. **Rai Pushpa Thapa – 72:21.85**

### 10,000m Meet Records (Team)

Mixed U-18s Record. **Lewis Bourquin, Theo Watts, Nellie Froidevaux (BuffCo) – 2:21:05.80**

### 10,000m Club Records (Team)

Meisoukai Record. **Yasuhiro Watanabe, Yusuke Shimosono, Takeshi Hayashi – 1:54:37.00**

Wazup Running Club Record. **Marco Ullrich, Simon Lam, Jeff Yu – 2:06:20.53**

BuffCo Mens Masters I Record. **Harry Loasby, Vincent Chu, James Donald – 1:54:05.05**

Meisoukai Mixed Masters I Record. **A. Matsuzawa, N. Yasuhiro, N. Kawakatsu – 2:09:01.28**

### 800m Meet Records (Individual)

Mens Meet Record. **Khan Kamran (Unattached) – 1:53.18**

Mens 50-59 Record. **Jono Woodhouse (Gone Running/Joint Dynamics) – 2:22.39**

Mens 70-79 Record. **Mark Loasby (BuffCo) – 3:52.67**

### 800m Club Records (Individual)

BuffCo Record. **Sean Hsing-Ming Fontaine – 1:57.23**

### 800m Meet Records (Team)

Mixed U-18s Record. **Henry Russell, Charlotte Work, Theo Watts (BuffCo) – 8:40.24**

Mixed Masters I Record. **Claude, Sarah 1, Sarah 2 (RUN) – 10:36.07**

### 800m Club Records (Team)

RUN Record. **Fahad, Victor, Mohammed – 7:19.66**

DMS BW Mixed U-18 Record. **Puneet Sanger, Purja Pun Yug, Sherpa Leena – 9:45.70**

## 10,000m HEATS

<u>HEAT 4</u>	<u>8:00AM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>RESULT</u>
1	Jeff Yu	Wazup Running Club	M18-35	46:22.16
2	Lewis Bourquin	BuffCo	M18-35	46:32.49
3	Yuko Loasby	BuffCo	W50-59	52:22.93
4	Cynthia Claytor	BuffCo	W36-49	56:44.56
5	Saxby Macalister	Unattached	W18-35	1:04:43.83
6	Nickson Rai	Nepal	M18-35	1:12.21.54
7	Rai Pushpa Thapa	Nepal	W36-49	1:12.21.85
-	Cheuk Fung Tong	Unattached	M18-35	DNS

  

<u>HEAT 3</u>	<u>9:20AM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>RESULT</u>
1	Daniel Brown	Unattached	M50-59	41:54.58
2	Anthony Chui	BuffCo	M50-59	44:28.83
3	Ada Wang	Watsons	W36-49	44:31.56
4	James Donald	BuffCo	M36-49	45:03.51
5	Noah Hui	BuffCo	M18-35	45:03.76
6	Nozomi Kawakatsu	Meisoukai	W36-49	45:06.58
7	Zoe Cheng	BuffCo	G U-18	45:17.50
8	Satoshi Hayashida	Meisoukai	M36-49	45:48.43
9	Theo Watts	BuffCo	B U-15	47:10.71
10	Nellie Froidevaux	BuffCo	G U-18	47:22.60
11	David Russell	Unattached	M50-59	47:52.89
12	Téa McMahon	West Island	G U-15	48:11.16
13	Hay Kam	Unattached	W36-49	50:12.85

  

<u>HEAT 2</u>	<u>10:20AM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>RESULT</u>
1	Marco Ullrich	Wazup Running Club	M36-49	38:36.02
2	Yusuke Shimozono	Meisoukai	M36-49	39:02.23
3	Takeshi Hayashi	Meisoukai	M36-49	39:14.00
4	Vincent Chu	BuffCo	M36-49	39:48.33
5	James Donald	BuffCo	M36-49	40:02.68
6	Thomas Macalister-Smith	BuffCo	M18-35	40:40.37
7	Noah Hui	BuffCo	M18-35	40:53.78
8	Li Ka Chun	DMS BW	M36-49	40:59.30
9	Simon Lam	Wazup Running Club	M36-49	41:22.35
10	Atsushi Matsuzawa	Meisoukai	M50-59	41:45.59
11	Pui Yin Liu	Unattached	M18-35	41:51.05
12	Nakagawa Yasuhiro	Meisoukai	M36-49	42:09.11
13	Nik Light	KipMovin/SandhurstJ.	M36-49	42:49.20
14	Stephanie Pezot	pACe running	W18-35	43:18.59
-	Ken Chan	Unattached	M18-35	DNS
-	Isao Sugawara	Meisoukai	M60-69	DNS
-	Nick Holt	AVOHK	M36-49	DNS

  

<u>HEAT 1</u>	<u>11:20AM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>RESULT</u>
1	Mohammad Ans	Unattached	M18-35	33:13.00
2	Harry Loasby	BuffCo	M18-35	34:14.04
3	Oliver Bater	United Kingdom	M18-35	36:04.16
4	Yasuhiro Watanabe	Meisoukai	M36-49	36:20.77
5	Yui Hang Fok	Unattached	M18-35	36:53.03
6	Eszter Csillag	GR/JD	W36-49	38:28.97
-	Louis Cheung	Unattached	M18-35	DNF
-	Chi Wai Yeung	Unattached	M18-35	DNS
-	Yatfan Chan	Unattached	M18-35	DNS

## 800m HEATS

<u>HEAT 4/5</u>	<u>1:05PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>RESULT</u>
1	Téa McMahon	West Island	G U-15	3:02.36
2	Jasmine Poon	BuffCo	G U-15	3:08.22
3	Emma Eadon	BuffCo	G U-15	3:17.64
4	Cara Harper	BuffCo	G U-15	3:18.15
5	Thomas Wang	BuffCo	B U-12	3:45.68
6	Mark Loasby	BuffCo	M70-79	3:52.67
7	Sherpa Leena	DMS BW	G U-15	3:55.90
8	Kaur Prabsharn	DMS BW	G U-18	3:57.67
9	Sarah 1	RUN	W36-49	3:59.53
10	Sarah 2	RUN	W36-49	4:05.64
11	Khouzaima	RUN	W36-49	4:14.69
<u>HEAT 3</u>	<u>1:10PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>RESULT</u>
1	Alex Niemy	BuffCo	B U-18	2:34.78
2	Ryuto Arai	BuffCo	B U-15	2:35.07
3	Rihito Tachikawa	BuffCo	B U-15	2:37.10
4	Chiaki Ohara	BuffCo	B U-15	2:39.10
5	Charlotte Work	BuffCo	G U-18	2:53.66
6	Theo Watts	BuffCo	B U-15	2:59.71
-	Limbu Adrian	DMS BW	B U-15	DNS
-	Mohammad Shahzaib	DMS BW	B U-15	DNS
-	Kenta Hall	BuffCo	B U-18	DNS
-	Kirsty Donovan	BuffCo	G U-18	DNS
-	Gurung Zion	DMS BW	B U-15	DNS
<u>HEAT 2</u>	<u>1:15pm</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>RESULT</u>
1	Jono Woodhouse	GR/JD	M50-59	2:22.39
2	Victor	RUN	M36-49	2:27.77
3	Junfeng Ou	Pui Ching MS	M18-35	2:34.16
4	Ryan Davies	BuffCo	B U-18	2:35.30
5	Tai MacLean	BuffCo	B U-18	2:42.83
6	Henry Russell	BuffCo	B U-15	2:46.87
7	Puneet Sanger	DMS BW	B U-18	2:51.28
8	Purja Pun Yug	DMS BW	B U-15	2:58.52
-	Khan Mohammad Mahran	DMS BW	B U-15	DNS
-	Yat Hei Wan	Pui Ching MS	B U-18	DNS
-	Tor Man	BuffCo	B U-18	DNS
<u>HEAT 1</u>	<u>1:20pm</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>RESULT</u>
1	Khan Kamran	Unattached	M18-35	1:53.18
2	Sean HM Fontaine	BuffCo	M18-35	1:57.23
3	Mohammad Ans	Unattached	M18-35	2:06.75
4	Khan Muzammil	DMS BW	M18-35	2:08.44
5	Jiro Loasby	BuffCo	B U-18	2:09.91
6	Charlie von Burg	BuffCo	B U-18	2:13.38
7	Fahad	RUN/BuffCo	M18-35	2:21.17
8	Mohammed	RUN/BuffCo	M18-35	2:30.72
9	Claude	RUN	M18-35	2:30.90
10	Amritpal Singh	DMS BW	B U-18	2:46.94
11	Mohammad Ubayd Ullah	DMS BW	M18-35	2:47.12
-	Mohammad Mujahid	DMS BW	B U-18	DNS
-	Ali Haider	DMS BW	M18-35	DNS

## 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+

## 10,000m 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, Vincent, James	MENS MASTERS I	107	1:54:05.05
2	2	Meisoukai	Yasuhiro, Yusuke, Takeshi	MENS MASTERS I	136	1:54:37.00
3	3	BuffCo	Thomas, Noah, Anthony	MENS MASTERS I	127	2:06:02.98
4	4	Wazup RC	Marco, Simon, Jeff	MENS MASTERS I	114	2:06:20.53
5	1	Meisoukai	Atsushi, Nakagawa, Nozomi	MIXED MASTERS I	133	2:09:01.28
6	1	BuffCo	James, Noah, Zoe	MIXED	87	2:15:24.77
7	1	BuffCo	Lewis, Theo, Nellie	MIXED U-18	50	2:21:05.80

## 800m 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	Sean, Jiro, Charlie	MENS	58	6:20.52
2	2	RUN	Fahad, Victor, Mohammed	MENS	81	7:19.66
3	1	DMS BW	Khan, Amritpal, Mohammad	BOYS U-18	51	7:42.50
4	2	DMS BW	Alex, Ryuto, Ryan	BOYS U-18	47	7:45.15
5	3	BuffCo	Rihito, Chiaki, Tai	BOYS U-18	43	7:59.03
6	1	BuffCo	Henry, Charlotte, Theo	MIXED U-18	44	8:40.24
7	1	BuffCo	Jasmine, Emma, Cara	GIRLS U-15	39	9:44.01
8	2	DMS BW	Puneet, Purja, Sherpa	MIXED U-18	43	9:45.70
9	1	RUN	Claude, Sarah 1, Sarah 2	MIXED MASTERS I	114	10:36.07

## OVERALL RESULTS - 10,000m

<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	Mohammad Ans	Unattached	M18-35	2000	33:13.00
2	2	1	Harry Loasby	BuffCo	M18-35	1996	34:14.04
3	3	1	Oliver Bater	United Kingdom	M18-35	2000	36:04.16
4	1	1	Yasuhiro Watanabe	Meisoukai	M36-49	1975	36:20.77
5	4	1	Yui Hang Fok	Unattached	M18-35	1998	36:53.03
6	1	1	Eszter Csillag	GR/JD	W36-49	1985	38:28.97
7	2	2	Marco Ullrich	Wazup Running Club	M36-49	1981	38:36.02
8	3	2	Yusuke Shimozono	Meisoukai	M36-49	1983	39:02.23
9	4	2	Takeshi Hayashi	Meisoukai	M36-49	1975	39:14.00
10	5	2	Vincent Chu	BuffCo	M36-49	1980	39:48.33
11	6	2	James Donald	BuffCo	M36-49	1986	40:02.68
12	5	2	Thomas M-Smith	BuffCo	M18-35	1990	40:40.37
13	6	2	Noah Hui	BuffCo	M18-35	1988	40:53.78
14	7	2	Li Ka Chun	DMS BW	M36-49	1984	40:59.30
15	8	2	Simon Lam	Wazup Running Club	M36-49	1982	41:22.35
16	1	2	Atsushi Matsuzawa	Meisoukai	M50-59	1971	41:45.59
17	7	2	Pui Yin Liu	Unattached	M18-35	2000	41:51.05
18	2	3	Daniel Brown	Unattached	M50-59	1970	41:54.58
19	9	2	Nakagawa Yasuhiro	Meisoukai	M36-49	1978	42:09.11
20	10	2	Nik Light	KipMovin/SandhurstJ	M36-49	1983	42:49.20
21	1	2	Stephanie Pezot	pACe running	W18-35	1989	43:18.59
22	3	3	Anthony Chui	BuffCo	M50-59	1964	44:28.83
23	2	3	Ada Wang	Watsons	W36-49	1982	44:31.56
24	11	3	James Donald	BuffCo	M36-49	1986	45:03.51
25	8	3	Noah Hui	BuffCo	M18-35	1988	45:03.76
26	3	3	Nozomi Kawakatsu	Meisoukai	W36-49	1987	45:06.58
27	1	3	Zoe Cheng	BuffCo	G U-18	2008	45:17.50
28	12	3	Satoshi Hayashida	Meisoukai	M36-49	1975	45:48.43
29	9	4	Jeff Yu	Wazup Running Club	M18-35	1992	46:22.16
30	10	4	Lewis Bourquin	BuffCo	M18-35	2003	46:32.49
31	1	3	Theo Watts	BuffCo	B U-15	2009	47:10.71
32	2	3	Nellie Froidevaux	BuffCo	G U-18	2007	47:22.60
33	4	3	David Russell	Unattached	M50-59	1967	47:52.89
34	1	3	Téa McMahon	West Island	G U-15	2009	48:11.16
35	4	3	Hay Kam	Unattached	W36-49	1981	50:12.85
36	1	4	Yuko Loasby	BuffCo	W50-59	1967	52:22.93
37	5	4	Cynthia Claytor	BuffCo	W36-49	1984	56:44.56
38	2	4	Saxby Macalister	Unattached	W18-35	1994	64:43.83
39	11	4	Nickson Rai	Nepal	M18-35	2000	72:21.54
40	6	4	Rai Pushpa Thapa	Nepal	W36-49	1975	72:21.85
-	-	1	Louis Cheung	Unattached	M18-35	1993	DNF
-	-	1	Chi Wai Yeung	Unattached	M18-35	1996	DNS
-	-	1	Yatfan Chan	Unattached	M18-35	2001	DNS
-	-	2	Ken Chan	Unattached	M18-35	2002	DNS
-	-	2	Isao Sugawara	Meisoukai	M60-69	1960	DNS
-	-	2	Nick Holt	AVOHK	M36-49	1981	DNS
-	-	4	Cheuk Fung Tong	Unattached	M18-35	1995	DNS

## WOMENS RESULTS - 10,000m

<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	Eszter Csillag	GR/JD	W36-49	1985	38:28.97
2	1	2	Stephanie Pezot	pACe running	W18-35	1989	43:18.59
3	2	3	Ada Wang	Watsons	W36-49	1982	44:31.56
4	3	3	Nozomi Kawakatsu	Meisoukai	W36-49	1987	45:06.58
5	1	3	Zoe Cheng	BuffCo	G U-18	2008	45:17.50
6	2	3	Nellie Froidevaux	BuffCo	G U-18	2007	47:22.60
7	1	3	Téa McMahon	West Island	G U-15	2009	48:11.16
8	4	3	Hay Kam	Unattached	W36-49	1981	50:12.85
9	1	4	Yuko Loasby	BuffCo	W50-59	1967	52:22.93
10	5	4	Cynthia Claytor	BuffCo	W36-49	1984	56:44.56
11	2	4	Saxby Macalister	Unattached	W18-35	1994	64:43.83
12	6	4	Rai Pushpa Thapa	Nepal	W36-49	1975	72:21.85

## JUNIOR RESULTS - 10,000m

<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	3	Zoe Cheng	BuffCo	G U-18	2008	45:17.50
2	1	3	Theo Watts	BuffCo	B U-15	2009	47:10.71
3	2	3	Nellie Froidevaux	BuffCo	G U-18	2007	47:22.60
4	1	3	Téa McMahon	West Island	G U-15	2009	48:11.16

## MENS MASTERS RESULTS - 10,000m

<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	Yasuhiro Watanabe	Meisoukai	M36-49	1975	36:20.77
2	2	2	Marco Ullrich	Wazup Running Club	M36-49	1981	38:36.02
3	3	2	Yusuke Shimosono	Meisoukai	M36-49	1983	39:02.23
4	4	2	Takeshi Hayashi	Meisoukai	M36-49	1975	39:14.00
5	5	2	Vincent Chu	BuffCo	M36-49	1980	39:48.33
6	6	2	James Donald	BuffCo	M36-49	1986	40:02.68
7	7	2	Li Ka Chun	DMS BW	M36-49	1984	40:59.30
8	8	2	Simon Lam	Wazup Running Club	M36-49	1982	41:22.35
9	1	2	Atsushi Matsuzawa	Meisoukai	M50-59	1971	41:45.59
10	2	3	Daniel Brown	Unattached	M50-59	1970	41:54.58
11	9	2	Nakagawa Yasuhiro	Meisoukai	M36-49	1978	42:09.11
12	10	2	Nik Light	KipMovin/SandhurstJ	M36-49	1983	42:49.20
13	3	3	Anthony Chui	BuffCo	M50-59	1964	44:28.83
14	11	3	James Donald	BuffCo	M36-49	1986	45:03.51
15	12	3	Satoshi Hayashida	Meisoukai	M36-49	1975	45:48.43
16	4	3	David Russell	Unattached	M50-59	1967	47:52.89
-	-	2	Isao Sugawara	Meisoukai	M60-69	1960	DNS
-	-	2	Nick Holt	AVOHK	M36-49	1981	DNS

## WOMENS MASTERS RESULTS - 10,000m

<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	Eszter Csillag	GR/JD	W36-49	1985	38:28.97
2	2	3	Ada Wang	Watsons	W36-49	1982	44:31.56
3	3	3	Nozomi Kawakatsu	Meisoukai	W36-49	1987	45:06.58
4	4	3	Hay Kam	Unattached	W36-49	1981	50:12.85
5	1	4	Yuko Loasby	BuffCo	W50-59	1967	52:22.93
6	5	4	Cynthia Claytor	BuffCo	W36-49	1984	56:44.56
7	6	4	Rai Pushpa Thapa	Nepal	W36-49	1975	72:21.85

## OVERALL 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	Khan Kamran	Unattached	M18-35	2001	1:53.18
2	2	1	Sean HM Fontaine	BuffCo	M18-35	1998	1:57.23
3	3	1	Mohammad Ans	Unattached	M18-35	2000	2:06.75
4	4	1	Khan Muzammil	DMS BW	M18-35	2005	2:08.44
5	1	1	Jiro Loasby	BuffCo	B U-18	2006	2:09.91
6	2	1	Charlie von Burg	BuffCo	B U-18	2007	2:13.38
7	5	1	Fahad	RUN/BuffCo	M18-35	2005	2:21.17
8	1	2	Jono Woodhouse	GR/JD	M50-59	1973	2:22.39
9	1	2	Victor	RUN	M36-49	1982	2:27.77
10	6	1	Mohammed	RUN/BuffCo	M18-35	2001	2:30.72
11	7	1	Claude	RUN	M18-35	1989	2:30.90
12	8	2	Junfeng Ou	Pui Ching MS	M18-35	2005	2:34.16
13	3	3	Alex Niemy	BuffCo	B U-18	2006	2:34.78
14	1	3	Ryuto Arai	BuffCo	B U-15	2009	2:35.07
15	4	2	Ryan Davies	BuffCo	B U-18	2007	2:35.30
16	2	3	Rihito Tachikawa	BuffCo	B U-15	2009	2:37.10
17	3	3	Chiaki Ohara	BuffCo	B U-15	2009	2:39.10
18	5	2	Tai MacLean	BuffCo	B U-18	2008	2:42.83
19	4	2	Henry Russell	BuffCo	B U-15	2010	2:46.87
20	6	1	Amritpal Singh	DMS BW	B U-18	2008	2:46.94
21	9	1	Mohammad Ubayd Ullah	DMS BW	M18-35	2005	2:47.12
22	7	2	Puneet Sanger	DMS BW	B U-18	2008	2:51.28
23	1	3	Charlotte Work	BuffCo	G U-18	2006	2:53.66
24	5	2	Purja Pun Yug	DMS BW	B U-15	2009	2:58.52
25	6	3	Theo Watts	BuffCo	B U-15	2009	2:59.71
26	1	4	Téa McMahan	West Island	G U-15	2009	3:02.36
27	2	4	Jasmine Poon	BuffCo	G U-15	2009	3:08.22
28	3	4	Emma Eadon	BuffCo	G U-15	2011	3:17.64
29	4	4	Cara Harper	BuffCo	G U-15	2010	3:18.15
30	1	4	Thomas Wang	BuffCo	B U-12	2012	3:45.68
31	1	4	Mark Loasby	BuffCo	M70-79	1950	3:52.67
32	5	4	Sherpa Leena	DMS BW	G U-15	2009	3:55.90
33	2	4	Kaur Prabsharn	DMS BW	G U-18	2007	3:57.67
34	1	4	Sarah 1	RUN	W36-49	1983	3:59.53
35	2	4	Sarah 2	RUN	W36-49	1983	4:05.64
36	3	4	Khouzaima	RUN	W36-49	1983	4:14.69
-	-	1	Mohammad Mujahid	DMS BW	B U-18	2007	DNS
-	-	1	Ali Haider	DMS BW	M18-35	2005	DNS
-	-	2	Khan Mohammad Mahran	DMS BW	B U-15	2010	DNS
-	-	2	Yat Hei Wan	Pui Ching MS	B U-18	2007	DNS
-	-	2	Tor Man	BuffCo	B U-18	2008	DNS
-	-	3	Limbu Adrian	DMS BW	B U-15	2010	DNS
-	-	3	Mohammad Shahzaib	DMS BW	B U-15	2010	DNS
-	-	3	Kenta Hall	BuffCo	B U-18	2008	DNS
-	-	3	Kirsty Donovan	BuffCo	G U-18	2007	DNS
-	-	3	Gurung Zion	DMS BW	B U-15	2010	DNS

## 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	3	Charlotte Work	BuffCo	G U-18	2006	2:53.66
2	1	4	Téa McMahon	West Island	G U-15	2009	3:02.36
3	2	4	Jasmine Poon	BuffCo	G U-15	2009	3:08.22
4	3	4	Emma Eadon	BuffCo	G U-15	2011	3:17.64
5	4	4	Cara Harper	BuffCo	G U-15	2010	3:18.15
6	5	4	Sherpa Leena	DMS BW	G U-15	2009	3:55.90
7	2	4	Kaur Prabsharn	DMS BW	G U-18	2007	3:57.67
8	1	4	Sarah 1	RUN	W36-49	1983	3:59.53
9	2	4	Sarah 2	RUN	W36-49	1983	4:05.64
10	3	4	Khouzaima	RUN	W36-49	1983	4:14.69

## MEET RECORDS

<i>MEET RECORDS</i> <i>10,000M</i>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
<b>BOYS U-15</b>	Josh Lee	UCCKE	41:47.29	2021
<b>GIRLS U-15</b>	Téa McMahon	West Island	48:11.16	2023
<b>BOYS U-18</b>	Jiro Loasby	BuffCo	35:11.96	2022
<b>GIRLS U-18</b>	Maya Tobback	BuffCo	44:24.47	2022
<b>MENS 18-35</b>	Mohammad Ans	Unattached	33:13.00	2023
<b>WOMENS 18-35</b>	Erin Brown	RUN Staff/Vol	40:17.02	2022
<b>MENS 36-49</b>	Masashi Shirotake	GR/JD	34:19.48	2021
<b>WOMENS 36-49</b>	Caitriona Jennings	GR/JD	36:51.90	2021
<b>MENS 50-59</b>	Daniel Brown	Unattached	40:57.37	2021
<b>WOMENS 50-59</b>	Yuko Loasby	BuffCo	51:33.46	2022
<b>MENS 60-69</b>	Isao Sugawara	Meisoukai	40:50.71	2022
<b>MENS 70-79</b>	Mark Loasby	BuffCo	56:07.78	2021
<b>MIXED U-18 TEAM</b>	Lewis Bourquin Theo Watts Nellie Froidevaux	BuffCo	2:21:05.80	2023
<b>MENS TEAM</b>	Rafe Man Jiro Loasby Vincent Chu	BuffCo	1:49:01.34	2022
<b>MIXED TEAM</b>	James Owens Erin Brown Henrique Bastos	RUN Staff/Vol	2:01:06.91	2022
<b>MENS MASTERS I TEAM</b>	Masashi Shirotake George Gaffney Ed Gumbley	GR/JD	1:45:19.85	2021
<b>MIXED MASTERS I TEAM</b>	Jean-Baptiste Martenet Caitriona Jennings Masashi Shirotake	GR/JD	1:52:08.32	2021



<b>MEET RECORDS 800M</b>	<b>NAME</b>	<b>CLUB</b>	<b>TIME</b>	<b>YEAR</b>
<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>	Khan Kamran	DMS BW	1:53.18	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>MENS 70-79</b>	Mark Loasby	BuffCo	3:52.67	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>	Saghir Menahil Gill Jaspreet Kaur Kaur Prabsharn	DMS BW	11:11.24	2022
<b>MIXED U-18 TEAM</b>	Henry Russell Charlotte Work Theo Watts	BuffCo	8:40.24	2023
<b>MENS 18-35 TEAM</b>	Mark Russell Swiss Duangthip Rafe Man	BuffCo	6:02.64	2020
<b>WOMENS MASTERS I TEAM</b>	Ann Sarah Khouzaima	RUN	11:29.52	2021
<b>MIXED MASTERS I TEAM</b>	Claude Sarah 1 Sarah 2	RUN	10:36.07	2023

