

BUFFCO 2024 SUMMER TRACK SERIES



17 MAY 2024.

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 for details.

Normally we post any records broken here, but as this is the inaugural 1,000m we have just included a records list at the end of the document. Targets for next year!

<u>HEAT</u>	<u>7:10PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
<u>4/5</u>					
1	Roch Bączkowski	BuffCo	B U-18	2007	3:38.38
2	Lyla Colin-Jones	GSIS	G U-12	2014	3:40.00
3	Marc Tai	BuffCo	B U-15	2010	3:45.83
4	Reka Szentes	BuffCo	G U-15	2010	3:51.24
5	Rochele Ng	BuffCo	G U-18	2009	3:52.92
6	Grace Yeung	BuffCo	G U-15	2010	3:53.96
7	Alessandra Gilham	West Island	G U-15	2012	4:01.16
8	Henry Hyde	BuffCo	B U-18	2009	4:03.69
9	Olivia Hyde	BuffCo	G U-15	2012	4:04.43
10	Hay Kam	Unattached	W36-49	1981	4:05.40
11	Peach Callaghan	BuffCo	G U-18	2008	4:05.63
12	Tilly Roberts	BuffCo	G U-15	2010	4:06.89
13	Esther Cook	BuffCo	G U-18	2009	4:13.15
14	Laurence Hyde	BuffCo	B U-9	2016	4:16.10
15	Luca Schorr	West Island	G U-15	2010	4:16.67
16	Anna Hoffmann	BuffCo	W18-35	1996	4:31.13
-	Cyriane Toucas	BuffCo	G U-18	2009	DNS
<u>HEAT 3</u>	<u>7:30PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Christine Pudwill	BuffCo	G U-18	2007	3:17.36
2	Jasmine Poon	BuffCo	G U-18	2009	3:29.28
3	Aemilia Rice Mileto	BuffCo	G U-18	2008	3:29.77
4	Safiya Gilham	BuffCo	G U-18	2009	3:30.48
5	Katrin Gottschalk	GR/JD	W36-49	1978	3:32.32
6	Caitlin Shoaf	BuffCo	G U-18	2008	3:34.94
7	Grace Carter	BuffCo	G U-18	2009	3:35.49
8	Charlotte Goldsmith	BuffCo	G U-18	2008	3:47.02
9	Joshua Clery	BuffCo	M18-35	1996	3:47.26
10	Jaime Pharoah	BuffCo	G U-18	2009	3:50.89
-	Benji Williams	BuffCo	B U-15	2012	DNS
-	Nozomi Kawakatsu	Meisokai	W36-49	1987	DNS
<u>HEAT 2</u>	<u>7:45PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Jan Souleyman	BuffCo	M50-59	1971	3:03.54
2	Loz Wong	BuffCo	M36-49	1987	3:04.72
3	Ryan Davies	BuffCo	B U-18	2007	3:05.62
4	Mark Wang	BuffCo	B U-15	2011	3:06.31
5	Noah Hui	BuffCo	M36-49	1988	3:07.73
6	Felix Law	BuffCo	M18-35	2002	3:08.81
7	So Suzuki	BuffCo	B U-18	2009	3:09.37
8	Cadence Chang	BuffCo	W18-35	2006	3:09.73
9	Theo Watts	BuffCo	B U-18	2009	3:13.83
10	Luka Youl	BuffCo	B U-18	2009	3:14.08
11	Mohammed	RUN/BuffCo	M18-35	2003	3:15.18
12	Tim Marchant	BuffCo	M50-59	1972	3:15.90
13	David Constantine	Midnight Runners	M36-49	1988	3:23.58

<u>HEAT 1</u>	<u>8:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Tomas Hall	BuffCo	M18-35	2006	2:37.93
2	Chan Ho Kwan	Unattached	M18-35	2003	2:40.44
3	Jack Colin-Jones	GSIS	B U-18	2009	2:45.31
4	Clement Chan	ICS Warriors	M18-35	2006	2:45.48
5	Thomas M-Smith	BuffCo	M18-35	1990	2:50.24
6	Morgan Deltheil	BuffCo	B U-18	2009	2:53.26
7	Ryuto Arai	BuffCo	B U-18	2009	2:53.74
8	Bradley Chan	AVOHK	M18-35	2003	2:55.15
9	Jai Mensforth	BuffCo	B U-18	2008	2:55.34
10	Ethan Kao	BuffCo	B U-18	2008	2:56.27
11	Marcus Ling	BuffCo	B U-15	2010	2:56.85
12	Ilias Tobback	BuffCo	B U-15	2010	2:57.51
13	Chris Whitehead	BuffCo	B U-18	2007	3:00.79
14	Ryan Robbie	AVOHK	M36-49	1985	3:02.70
-	David Woo	AVOHK	M36-49	1981	DNS
-	Masa Kido	BuffCo	B U-18	2007	DNS

TEAM CATEGORY

Top 3 runner's times will be added up for the team title.

Need at least 3 runners to compete, no max number of runners or teams per club. If there are more than 3 runners in a team, we will take the fastest 3 on the day (regardless of heat or age/gender category).

If there any errors or you do not see your name here, or if you left out a team name but want to add one, just contact Harry at info@buffco.hk before the race to make changes.

<u>TEAM CATEGORY</u>	<u>COMBINED AGE</u>	<u>TEAM CATEGORY</u>	<u>COMBINED AGE</u>
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+

Age category determined by year of birth, regardless of age on race day.

Junior runners must be UNDER their age category. Example: U-18 runners must be between 15-17 years old (by birth year).

For team category, same rule applies. Example: a U-18s team must have a combined age between 3x15(45) and 3x17(51)

TEAM RESULTS

<u>RANK</u>	<u>CAT. RANK</u>	<u>CLUB</u>	<u>RUNNERS</u>	<u>CATEGORY</u>	<u>COMBINED AGE</u>	<u>RESULT</u>
1	1	BuffCo	Tomas, Thomas, Felix	Mens	74	8:36.98
2	1	BuffCo	Morgan, Ryuto, Jai	Boys U-18	46	8:42.34
3	1	BuffCo	Marcus, Ilias, Mark	Boys U-15	41	9:00.67
4	2	BuffCo	Ethan, Chris, Ryan	Boys U-18	50	9:02.68
5	1	BuffCo	Jan, Loz, Tim	Mens Masters I	142	9:24.16
6	3	BuffCo	So, Chiaki, Theo	Boys U-18	45	9:32.84
7	2	BuffCo	Noah, Mohammed, Joshua	Mens	85	10:10.17
8	1	BuffCo	Christine, Jasmine, Aemilia	Girls U-18	48	10:16.41
9	4	BuffCo	Luka, Vince, Roch	Boys U-18	47	10:20.87
10	2	BuffCo	Safiya, Caitlin, Grace	Girls U-18	46	10:40.91
11	3	BuffCo	Nellie, Charlotte, Jaime	Girls U-18	48	11:22.61

12	1	BuffCo	Cadence, Tilly, Anna	Womens	60	11:47.75
13	1	BuffCo	Reka, Grace, Olivia	Girls U-15	40	11:49.63
14	2	BuffCo	Ellis, Marc, Thomas	Boys U-15	40	12:10.30
15	4	BuffCo	Rochelle, Peach, Esther	Girls U-18	46	12:11.70
16	3	BuffCo	Henry, Laurence, Kenji	Boys U-15	38	13:44.23

OVERALL RESULTS

<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	Tomas Hall	BuffCo	M18-35	2006	2:37.93
2	2	1	Chan Ho Kwan	Unattached	M18-35	2003	2:40.44
3	1	1	Jack Colin-Jones	GSIS	B U-18	2009	2:45.31
4	3	1	Clement Chan	ICS Warriors	M18-35	2006	2:45.48
5	4	1	Thomas M-Smith	BuffCo	M18-35	1990	2:50.24
6	2	1	Morgan Deltheil	BuffCo	B U-18	2009	2:53.26
7	3	1	Ryuto Arai	BuffCo	B U-18	2009	2:53.74
8	5	1	Bradley Chan	AVOHK	M18-35	2003	2:55.15
9	4	1	Jai Mensforth	BuffCo	B U-18	2008	2:55.34
10	5	1	Ethan Kao	BuffCo	B U-18	2008	2:56.27
11	1	1	Marcus Ling	BuffCo	B U-15	2010	2:56.85
12	2	1	Ilias Tobback	BuffCo	B U-15	2010	2:57.51
13	6	1	Chris Whitehead	BuffCo	B U-18	2007	3:00.79
14	1	1	Ryan Robbie	AVOHK	M36-49	1985	3:02.70
15	1	2	Jan Souleyman	BuffCo	M50-59	1971	3:03.54
16	2	2	Loz Wong	BuffCo	M36-49	1987	3:04.72
17	7	2	Ryan Davies	BuffCo	B U-18	2007	3:05.62
18	3	2	Mark Wang	BuffCo	B U-15	2011	3:06.31
19	3	2	Noah Hui	BuffCo	M36-49	1988	3:07.73
20	6	2	Felix Law	BuffCo	M18-35	2002	3:08.81
21	8	2	So Suzuki	BuffCo	B U-18	2009	3:09.37
22	9	0	Chiaki Ohara	BuffCo	B U-18	2009	3:09.64
23	1	2	Cadence Chang	BuffCo	W18-35	2006	3:09.73
24	10	2	Theo Watts	BuffCo	B U-18	2009	3:13.83
25	11	2	Luka Youl	BuffCo	B U-18	2009	3:14.08
26	7	2	Mohammed	RUN/BuffCo	M18-35	2003	3:15.18
27	2	2	Tim Marchant	BuffCo	M50-59	1972	3:15.90
28	1	3	Christine Pudwill	BuffCo	G U-18	2007	3:17.36
29	4	2	David Constantine	Midnight Runners	M36-49	1988	3:23.58
30	12	0	Vince Choy	BuffCo	B U-18	2009	3:28.41
31	2	3	Jasmine Poon	BuffCo	G U-18	2009	3:29.28
32	3	3	Aemilia Rice Mileto	BuffCo	G U-18	2008	3:29.77
33	4	3	Safiya Gilham	BuffCo	G U-18	2009	3:30.48
34	1	3	Katrin Gottschalk	GR/JD	W36-49	1978	3:32.32
35	4	0	Ellis Evans	BuffCo	B U-15	2010	3:34.27
36	5	3	Caitlin Shoaf	BuffCo	G U-18	2008	3:34.94
37	6	3	Grace Carter	BuffCo	G U-18	2009	3:35.49
38	13	4/5	Roch Bączkowski	BuffCo	B U-18	2007	3:38.38
39	1	4/5	Lyla Colin-Jones	GSIS	G U-12	2014	3:40.00
40	7	0	Nellie Froidevaux	BuffCo	G U-18	2007	3:44.70
41	5	4/5	Marc Tai	BuffCo	B U-15	2010	3:45.83
42	8	3	Charlotte Goldsmith	BuffCo	G U-18	2008	3:47.02
43	8	3	Joshua Clery	BuffCo	M18-35	1996	3:47.26
44	9	3	Jaime Pharoah	BuffCo	G U-18	2009	3:50.89
45	1	4/5	Reka Szentes	BuffCo	G U-15	2010	3:51.24
46	10	4/5	Rochelle Ng	BuffCo	G U-18	2009	3:52.92
47	2	4/5	Grace Yeung	BuffCo	G U-15	2010	3:53.96

48	3	4/5	Alessandra Gilham	West Island	G U-15	2012	4:01.16
49	14	4/5	Henry Hyde	BuffCo	B U-18	2009	4:03.69
50	4	4/5	Olivia Hyde	BuffCo	G U-15	2012	4:04.43
51	2	4/5	Hay Kam	Unattached	W36-49	1981	4:05.40
52	11	4/5	Peach Callaghan	BuffCo	G U-18	2008	4:05.63
53	5	4/5	Tilly Roberts	BuffCo	G U-15	2010	4:06.89
54	12	4/5	Esther Cook	BuffCo	G U-18	2009	4:13.15
55	1	4/5	Laurence Hyde	BuffCo	B U-9	2016	4:16.10
56	6	4/5	Luca Schorr	West Island	G U-15	2010	4:16.67
57	2	4/5	Anna Hoffmann	BuffCo	W18-35	1996	4:31.13
58	6	0	Thomas Wang	BuffCo	B U-15	2012	4:50.20
59	15	0	Kenji Poon	BuffCo	B U-18	2009	5:24.44
-	-	1	David Woo	AVOHK	M36-49	1981	DNS
-	-	1	Masa Kido	BuffCo	B U-18	2007	DNS
-	-	3	Benji Williams	BuffCo	B U-15	2012	DNS
-	-	3	Nozomi Kawakatsu	Meisokai	W36-49	1987	DNS
-	-	4/5	Cyriane Toucas	BuffCo	G U-18	2009	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	3:09.73
2	1	3	Christine Pudwill	BuffCo	G U-18	2007	3:17.36
3	2	3	Jasmine Poon	BuffCo	G U-18	2009	3:29.28
4	3	3	Aemilia Rice Mileto	BuffCo	G U-18	2008	3:29.77
5	4	3	Safiya Gilham	BuffCo	G U-18	2009	3:30.48
6	1	3	Katrin Gottschalk	GR/JD	W36-49	1978	3:32.32
7	5	3	Caitlin Shoaf	BuffCo	G U-18	2008	3:34.94
8	6	3	Grace Carter	BuffCo	G U-18	2009	3:35.49
9	1	4/5	Lyla Colin-Jones	GSIS	G U-12	2014	3:40.00
10	7	0	Nellie Froidevaux	BuffCo	G U-18	2007	3:44.70
11	8	3	Charlotte Goldsmith	BuffCo	G U-18	2008	3:47.02
12	9	3	Jaime Pharoah	BuffCo	G U-18	2009	3:50.89
13	1	4/5	Reka Szentos	BuffCo	G U-15	2010	3:51.24
14	10	4/5	Rochelle Ng	BuffCo	G U-18	2009	3:52.92
15	2	4/5	Grace Yeung	BuffCo	G U-15	2010	3:53.96
16	3	4/5	Alessandra Gilham	West Island	G U-15	2012	4:01.16
17	4	4/5	Olivia Hyde	BuffCo	G U-15	2012	4:04.43
18	2	4/5	Hay Kam	Unattached	W36-49	1981	4:05.40
19	11	4/5	Peach Callaghan	BuffCo	G U-18	2008	4:05.63
20	5	4/5	Tilly Roberts	BuffCo	G U-15	2010	4:06.89
21	12	4/5	Esther Cook	BuffCo	G U-18	2009	4:13.15
22	6	4/5	Luca Schorr	West Island	G U-15	2010	4:16.67
23	2	4/5	Anna Hoffmann	BuffCo	W18-35	1996	4:31.13
-	-	3	Nozomi Kawakatsu	Meisokai	W36-49	1987	DNS
-	-	4/5	Cyriane Toucas	BuffCo	G U-18	2009	DNS

MEET RECORDS

<i>MEET RECORDS</i> <i>1,000M</i>	NAME	CLUB	TIME	YEAR
BOYS U-9	Laurence Hyde	BuffCo	4:16.10	2024
GIRLS U-12	Lyla Colin-Jones	GSIS	3:40.00	2024
BOYS U-15	Marcus Ling	BuffCo	2:56.85	2024
GIRLS U-15	Reka Szentes	BuffCo	3:51.24	2024
BOYS U-18	Jack Colin-Jones	GSIS	2:45.31	2024
GIRLS U-18	Christine Pudwill	BuffCo	3:17.36	2024
MENS 18-35	Tomas Hall	BuffCo	2:37.93	2024
WOMENS 18-35	Cadence Chang	BuffCo	3:09.73	2024
MENS 36-49	Ryan Robbie	AVOHK	3:02.70	2024
WOMENS 36-49	Katrin Gottschalk	GR/JD	3:32.32	2024
MENS 50-59	Jan Souleyman	BuffCo	3:03.54	2024
BOYS U-15 TEAM	Marcus Ling Ilias Tobback Mark Wang	BuffCo	9:00.67	2024
GIRLS U-15 TEAM	Reka Szentes Grace Yeung Olivia Hyde	BuffCo	11:49.63	2024
BOYS U-18 TEAM	Morgan Deltheil Ryuto Arai Jai Mensforth	BuffCo	8:42.34	2024
GIRLS U-18 TEAM	Christine Pudwill Jasmine Poon Aemilia Rice Mileto	BuffCo	10:16.41	2024
MENS TEAM	Tomas Hall Thomas Macalister-Smith Felix Law	BuffCo	8:36.98	2024
WOMENS TEAM	Cadence Chang Tilly Roberts Anna Hoffmann	BuffCo	11:47.75	2024
MENS MASTERS I TEAM	Jan Souleyman Loz Wong Tim Marchant	BuffCo	9:24.16	2024

CLUB RECORDS	NAME	CATEGORY	TIME	YEAR
AVOHK	Bradley Chan	M18-35	2:55.15	2024
	Ryan Robbie	M36-49	3:02.70	2024
BUFFCO	Laurence Hyde	B U-9	4:16.10	2024
	Marcus Ling	B U-15	2:56.85	2024
	Reka Szentes	G U-15	3:51.24	2024
	Morgan Deltheil	B U-18	2:53.26	2024
	Christine Pudwill	G U-18	3:17.36	2024
	Tomas Hall	M18-35	2:37.93	2024
	Cadence Chang	W18-35	3:09.73	2024
	Loz Wong	M36-49	3:04.72	2024
	Jan Souleyman	M50-59	3:03.54	2024
	Marcus Ling	BOYS U-15 TEAM	9:00.67	2024
	Ilias Tobback			
	Mark Wang			
	Reka Szentes	GIRLS U-15 TEAM	11:49.63	2024
	Grace Yeung			
	Olivia Hyde			
	Morgan Deltheil	BOYS U-18 TEAM	8:42.34	2024
	Ryuto Arai			
	Jai Mensforth			
	Christine Pudwill	GIRLS U-18 TEAM	10:16.41	2024
	Jasmine Poon			
	Aemilia Rice Mileto			
	Tomas Hall	MENS TEAM	8:36.98	2024
	Thomas Macalister-Smith			
	Felix Law			
	Cadence Chang	WOMENS TEAM	11:47.75	2024
	Tilly Roberts			
	Anna Hoffmann			
Jan Souleyman	MENS MASTERS I TEAM	9:24.16	2024	
Loz Wong				
Tim Marchant				
GERMAN-SWISS INT. SCHOOL (GSIS)	Lyla Colin-Jones	G U-12	3:40.00	2024
	Jack Colin-Jones	B U-18	2:45.31	2024
GONE RUNNING JOINT DYNAMICS	Katrin Gottschalk	W36-49	3:32.32	2024
INT. CHRISTIAN SCHOOL (ICS) WARRIORS	Clement Chan	M18-35	2:45.48	2024
MIDNIGHT RUNNERS	David Constantine	M36-49	3:23.58	2024
RUN HONG KONG	Mohammed	M18-35	3:15.18	2024
UNATTACHED (NO TEAM)	Chan Ho Kwan	M18-35	2:40.44	2024
	Hay Kam	W36-49	4:05.40	2024
WEST ISLAND SCHOOL	Alessandra Gilham	G U-15	4:01.16	2024