

# BUFFCO DISTANCE CARNIVAL 24 MAY 2024



## 1500m & 3x500m Relay. 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) – 6:47.17**  
Boys U-15 Record. **Kabir Mirza (KipMovin) – 4:33.50**  
Womens 18-35 Record. **Cadence Chang (BuffCo) – 4:59.17**  
Womens 36-49 Record. **Libby Humphreys (IRC) – 5:10.75**  
Mens 70-79 Record. **Frank McNamara (AVOHK) – 5:55.51**

### 1500m Meet Records (Team)

Boys U-12s Team Record. **Ben Caplin, Laurence Hyde, Callum Donald (BuffCo) – 22:20.21**  
Boys U-15s Team Record. **Ilias Tobback, Marcus Ling, Mark Wang (BuffCo) – 14:34.01**  
Mixed Team Record. **Tomas Hall, Thomas Macalister-Smith, Cadence Chang (BuffCo) – 13:42.64**  
Mixed Masters II Team Record. **Nicholas Forde, Tim Marchant, Cathy Cole (BuffCo) – 17:46.57**

### 1500m Club Records (Individual)

Belgium Boys U-18 Record. **Matthias Decamps – 5:01.57**  
BuffCo Boys U-15 Record. **Ilias Tobback – 4:42.56**  
BuffCo Mens 50-59 Record. **Nicholas Forde – 4:55.32**  
German-Swiss Int. School G U-12 Record. **Lyla Colin-Jones – 5:57.09**  
RUN Mens 18-35 Record. **Claude – 4:50.92**  
TeamSolo Mens 18-35 Record. **Vincent Chan – 4:16.77**

### 1500m Club Records (Team)

RUN Mens Masters I Team Record. **Claude, Victor, Habib – 15:47.69**

## 1500m HEATS

<u>HEAT 5</u>	<u>7:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Reka Szentes	BuffCo	G U-15	2010	6:03.09
2	Zoe Cheng	BuffCo	G U-18	2008	6:20.22
3	Henry Hyde	BuffCo	B U-18	2009	6:21.55
4	Grace Yeung	BuffCo	G U-15	2010	6:22.97
5	Olivia Hyde	BuffCo	G U-15	2012	6:26.29
6	Cyriane Toucas	BuffCo	G U-18	2009	6:26.62
7	Laurence Hyde	BuffCo	B U-9	2016	6:47.17
8	RUN HONG KONG	RUN	W RELAY	-	7:17.44
9	Cathy Cole	BuffCo	W50-59	1970	7:52.49
10	Lionel	RUN	M36-49	1987	9:17.28
11	Callum Donald	BuffCo	B U-9	2018	9:30.63
-	Ayako Ohashi	Unattached	W50-59	1974	DNS
-	Alessandra Gilham	West Island	G U-15	2012	DNS

<u>HEAT 4</u>	<u>7:15PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	BuffCo REJ	BuffCo	G RELAY	-	5:19.19
2	Katrin Gottschalk	GR/JD	W36-49	1978	5:27.25
3	Ellis Evans	BuffCo	B U-15	2010	5:40.31
4	Aemilia Rice Mileto	BuffCo	G U-18	2008	5:43.57
5	Safiya Gilham	BuffCo	G U-18	2009	5:44.88
6	Habib	RUN	M36-49	1985	5:50.53
7	Frank McNamara	AVOHK	M70-79	1953	5:55.51
8	Lyla Colin-Jones	GSIS	G U-12	2014	5:57.09
9	Ben Caplin	BuffCo	B U-15	2011	6:02.41
10	Caitlin Shoaf	BuffCo	G U-18	2008	6:08.96
11	Amir	RUN	M18-35	1996	7:27.33
-	Nozomi Kawakatsu	Meisoukai	W36-49	1987	DNS
-	Marc Tai	BuffCo	B U-15	2010	DNS

<u>HEAT 3</u>	<u>7:30PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	BuffCo PRM	BuffCo	MIX RELAY	-	4:53.62
2	Luka Youl	BuffCo	B U-18	2009	4:54.95
3	Nicholas Forde	BuffCo	M50-59	1974	4:55.32
4	Ryan Davies	BuffCo	B U-18	2007	4:57.55
5	Theo Watts	BuffCo	B U-18	2009	4:58.21
6	Tim Marchant	BuffCo	M50-59	1972	4:58.76
7	Cadence Chang	BuffCo	W18-35	2006	4:59.17
8	Matthias Decamps	Belgium	B U-18	2009	5:01.57
9	BuffCo JZC	BuffCo	G RELAY	-	5:02.63
10	Victor	RUN	M36-49	1984	5:06.24
11	So Suzuki	BuffCo	B U-18	2009	5:07.57
12	Vince Choy	BuffCo	B U-18	2009	5:08.09
13	Mark Wang	BuffCo	B U-15	2011	5:08.33
14	Libby Humphreys	IRC	W36-49	1985	5:10.76
-	Satokazu Tanaka	Meisoukai	M36-49	1980	DNS
-	Joshua Edwards	HKIS	B U-18	2007	DNS

<u>HEAT 2</u>	<u>7:45PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Charlie von Burg	BuffCo	B U-18	2007	4:34.26
2	Chun Hei Chan	Unattached	M18-35	1997	4:34.87
3	Tor Man	BuffCo	B U-18	2008	4:36.33
4	Tin Cheuk Chan	Unattached	M18-35	1999	4:38.75
5	Ilias Tobback	BuffCo	B U-15	2010	4:42.56
6	Jai Mensforth	BuffCo	B U-18	2008	4:42.91
7	Marcus Ling	BuffCo	B U-15	2010	4:43.12
8	Chris Whitehead	BuffCo	B U-18	2007	4:44.73
9	Tom Chan	Unattached	M18-35	2001	4:45.59
10	Chiaki Ohara	BuffCo	B U-18	2009	4:48.55
11	Claude	RUN	M18-35	1989	4:50.92
12	Jono Woodhouse	GR/JD	M50-59	1973	4:51.32
-	Ryan Robbie	AVOHK	M36-49	1985	DNF
-	David Woo	AVOHK	M36-49	1981	DNS

<u>HEAT 1</u>	<u>8:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	DMS BW PSL	DMS BW	B RELAY	-	3:58.21
2	BuffCo JEM	BuffCo	B RELAY	-	3:59.41
3	Tomas Hall	BuffCo	M18-35	2006	4:08.69
4	Chan Ho Kwan	Unattached	M18-35	2003	4:10.26
5	Vincent Chan	TeamSolo	M18-35	2002	4:16.77
6	BuffCo MLC	BuffCo	B RELAY	-	4:25.30
7	Koppany Szentes	BuffCo	B U-18	2009	4:25.50
8	BuffCo TNJ	BuffCo	M RELAY	-	4:29.47
9	Kabir Mirza	KipMovin	B U-15	2010	4:33.50
10	Thomas M-Smith	BuffCo	M18-35	1990	4:34.78
11	RUN HONG KONG	RUN	M RELAY	-	4:41.36
12	Chun On Chan	Trailblazer	M18-35	2000	4:43.16
-	Muzammil Khan	Unattached	M18-35	2005	DNS
-	Masa Kido	BuffCo	B U-18	2007	DNS

## OVERALL RESULTS - 1500m Individual

<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	4:08.69
2	2	1	Chan Ho Kwan	Unattached	M18-35	2003	4:10.26
3	3	1	Vincent Chan	TeamSolo	M18-35	2002	4:16.77
4	1	1	Koppany Szentes	BuffCo	B U-18	2009	4:25.50
5	1	1	Kabir Mirza	KipMovin	B U-15	2010	4:33.50
6	2	2	Charlie von Burg	BuffCo	B U-18	2007	4:34.26
7	4	1	Thomas M-Smith	BuffCo	M18-35	1990	4:34.78
8	5	2	Chun Hei Chan	Unattached	M18-35	1997	4:34.87
9	3	2	Tor Man	BuffCo	B U-18	2008	4:36.33
10	6	2	Tin Cheuk Chan	Unattached	M18-35	1999	4:38.75
11	2	2	Ilias Tobback	BuffCo	B U-15	2010	4:42.56
12	4	2	Jai Mensforth	BuffCo	B U-18	2008	4:42.91
13	3	2	Marcus Ling	BuffCo	B U-15	2010	4:43.12
14	7	1	Chun On Chan	Trailblazer	M18-35	2000	4:43.16
15	5	2	Chris Whitehead	BuffCo	B U-18	2007	4:44.73
16	8	2	Tom Chan	Unattached	M18-35	2001	4:45.59
17	6	2	Chiaki Ohara	BuffCo	B U-18	2009	4:48.55
18	9	2	Claude	RUN	M18-35	1989	4:50.92
19	1	2	Jono Woodhouse	GR/JD	M50-59	1973	4:51.32
20	7	3	Luka Youl	BuffCo	B U-18	2009	4:54.95
21	2	3	Nicholas Forde	BuffCo	M50-59	1974	4:55.32
22	8	3	Ryan Davies	BuffCo	B U-18	2007	4:57.55

23	9	3	Theo Watts	BuffCo	B U-18	2009	4:58.21
24	3	3	Tim Marchant	BuffCo	M50-59	1972	4:58.76
25	1	3	Cadence Chang	BuffCo	W18-35	2006	4:59.17
26	10	3	Matthias Decamps	Belgium	B U-18	2009	5:01.57
27	1	3	Victor	RUN	M36-49	1984	5:06.24
28	11	3	So Suzuki	BuffCo	B U-18	2009	5:07.57
29	12	3	Vince Choy	BuffCo	B U-18	2009	5:08.09
30	4	3	Mark Wang	BuffCo	B U-15	2011	5:08.33
31	1	3	Libby Humphreys	IRC	W36-49	1985	5:10.76
32	2	4	Katrin Gottschalk	GR/JD	W36-49	1978	5:27.25
33	5	4	Ellis Evans	BuffCo	B U-15	2010	5:40.31
34	1	4	Aemilia Rice Mileto	BuffCo	G U-18	2008	5:43.57
35	2	4	Safiya Gilham	BuffCo	G U-18	2009	5:44.88
36	2	4	Habib	RUN	M36-49	1985	5:50.53
37	1	4	Frank McNamara	AVOHK	M70-79	1953	5:55.51
38	1	4	Lyla Colin-Jones	GSIS	G U-12	2014	5:57.09
39	6	4	Ben Caplin	BuffCo	B U-15	2011	6:02.41
40	1	5	Reka Szentes	BuffCo	G U-15	2010	6:03.09
41	3	4	Caitlin Shoaf	BuffCo	G U-18	2008	6:08.96
42	4	5	Zoe Cheng	BuffCo	G U-18	2008	6:20.22
43	13	5	Henry Hyde	BuffCo	B U-18	2009	6:21.55
44	2	5	Grace Yeung	BuffCo	G U-15	2010	6:22.97
45	3	5	Olivia Hyde	BuffCo	G U-15	2012	6:26.29
46	5	5	Cyriane Toucas	BuffCo	G U-18	2009	6:26.62
47	1	5	Laurence Hyde	BuffCo	B U-9	2016	6:47.17
48	10	4	Amir	RUN	M18-35	1996	7:27.33
49	1	5	Cathy Cole	BuffCo	W50-59	1970	7:52.49
50	3	5	Lionel	RUN	M36-49	1987	9:17.28
51	2	5	Callum Donald	BuffCo	B U-9	2018	9:30.63
-	-	2	Ryan Robbie	AVOHK	M36-49	1985	DNF
-	-	1	Muzammil Khan	Unattached	M18-35	2005	DNS
-	-	1	Masa Kido	BuffCo	B U-18	2007	DNS
-	-	2	David Woo	AVOHK	M36-49	1981	DNS
-	-	3	Satokazu Tanaka	Meisoukai	M36-49	1980	DNS
-	-	3	Joshua Edwards	HKIS	B U-18	2007	DNS
-	-	4	Nozomi Kawakatsu	Meisoukai	W36-49	1987	DNS
-	-	4	Marc Tai	BuffCo	B U-15	2010	DNS
-	-	5	Ayako Ohashi	Unattached	W50-59	1974	DNS
-	-	5	Alessandra Gilham	West Island	G U-15	2012	DNS

### OVERALL RESULTS - 1500m Women Individual

<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	3	Cadence Chang	BuffCo	W18-35	2006	4:59.17
2	1	3	Libby Humphreys	IRC	W36-49	1985	5:10.76
3	2	4	Katrin Gottschalk	GR/JD	W36-49	1978	5:27.25
4	1	4	Aemilia Rice Mileto	BuffCo	G U-18	2008	5:43.57
5	2	4	Safiya Gilham	BuffCo	G U-18	2009	5:44.88
6	1	4	Lyla Colin-Jones	GSIS	G U-12	2014	5:57.09
7	1	5	Reka Szentes	BuffCo	G U-15	2010	6:03.09
8	3	4	Caitlin Shoaf	BuffCo	G U-18	2008	6:08.96
9	4	5	Zoe Cheng	BuffCo	G U-18	2008	6:20.22
10	2	5	Grace Yeung	BuffCo	G U-15	2010	6:22.97
11	3	5	Olivia Hyde	BuffCo	G U-15	2012	6:26.29
12	5	5	Cyriane Toucas	BuffCo	G U-18	2009	6:26.62
13	1	5	Cathy Cole	BuffCo	W50-59	1970	7:52.49

-	-	4	Nozomi Kawakatsu	Meisoukai	W36-49	1987	DNS
-	-	5	Ayako Ohashi	Unattached	W50-59	1974	DNS
-	-	5	Alessandra Gilham	West Island	G U-15	2012	DNS

## OVERALL RESULTS - 3x500m RELAY

<u>RANK</u>	<u>CAT RANK</u>	<u>HEAT</u>	<u>NAMES</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>COMB AGE</u>	<u>RESULT</u>
1	1	1	Puneet, Shan, Limbu	DMS BW	B U-18	47	3:58.21
2	2	1	Jai, Ethan, Marcus	BuffCo	B U-18	46	3:59.41
3	1	1	Mo, Luka, Chiaki	BuffCo	M18-35	53	4:25.30
4	1	1	Tim, Nicholas, Jono	BuffCo/GR/JD	M50-59	153	4:29.47
5	1	1	Claude, Habib, Victor	RUN	M36-49	114	4:41.36
6	1	3	Peach, Roch, Mo	BuffCo	X18-35	56	4:53.62
7	1	3	Jasmine, Zoe, Caitlin	BuffCo	G U-18	47	5:02.63
8	2	4	Rochelle, Esther, Jaime	BuffCo	G U-18	45	5:19.19
9	1	5	Shifah, Kath., Samantha	RUN	W36-49	109	7:17.44

## 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. RANK</u>	<u>CLUB</u>	<u>RUNNERS</u>	<u>CATEGORY</u>	<u>COMBINED AGE</u>	<u>RESULT</u>
1	1	BuffCo	Koppany, Charlie, Tor	Boys U-18	48	13:36.09
2	1	BuffCo	Tomas, Thomas, Cadence	Mixed	70	13:42.64
3	2	BuffCo	Jai, Christopher, Chiaki	Boys U-18	48	14:16.19
4	1	BuffCo	Ilias, Marcus, Mark	Boys U-15	41	14:34.01
5	3	BuffCo	Luka, Ryan, Theo	Boys U-18	47	14:50.71
6	1	RUN	Claude, Victor, Habib	Mens Masters I	114	15:47.69
7	4	BuffCo	So, Vince, Henry	Boys U-18	45	16:37.21
8	1	BuffCo	Aemilia, Safiya, Caitlin	Girls U-18	47	17:37.41
9	1	BuffCo	Nicholas, Tim, Cathy	Mix Masters II	156	17:46.57
10	1	BuffCo	Ellis, Zoe, Cyriane	Mixed U-18	45	18:27.15
11	1	BuffCo	Reka, Grace, Olivia	Girls U-15	40	18:52.35
12	1	BuffCo	Ben, Laurence, Callum	Boys U-12	27	22:20.21

## MEET RECORDS - 1500m

<i>MEET RECORDS 1500M</i>	NAME	CLUB	TIME	YEAR
<b>BOYS U-9</b>	Laurence Hyde	BuffCo	6:47.17	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>	Kabir Mirza	KipMovin	4:33.50	2024
<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	4:59.17	2024
<b>MENS 36-49</b>	Jeff Campbell	GR/JD	4:08.40	2021
<b>WOMENS 36-49</b>	Libby Humphreys	IRC	5:10.76	2024
<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	5:55.51	2024
<b>MIXED U-9 TEAM</b>	Laurence Hyde Elizabeth Wadwiang Callum Donald	BuffCo	26:26.97	2024
<b>BOYS U-12 TEAM</b>	Ben Caplin Laurence Hyde Callum Donald	BuffCo	22:20.21	2024
<b>BOYS U-15 TEAM</b>	Ilias Tobback Marcus Ling Mark Wang	BuffCo	14:34.01	2024
<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	BuffCo	12:48.04	2019
<b>GIRLS U-18 TEAM</b>	Swiss Duangthip 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>	Tomas Hall Thomas Macalister-Smith Cadence Chang	BuffCo	13:42.64	2024
<b>MENS MASTERS I TEAM</b>	Andrea Cloarec Jeff Campbell Jean-Baptiste Martenet	GR/JD	12:46.94	2021

MIXED MASTERS I TEAM	Nicholas Forde Tim Marchant Cadence Chang	BuffCo	15:06.44	2024
MIXED MASTERS II TEAM	Nicholas Forde Tim Marchant Cathy Cole	BuffCo	17:46.57	2024

## CLUB RECORDS – 1500m

1500M CLUB RECORDS	NAME	CATEGORY	TIME	YEAR
26	Kanna Gaffney	G U-15	5:36.43	2021
	Tern Kaplan	B U-18	4:35.15	2023
ALL-STAR RUNNERS	Khan Kamran	M18-35	4:00.72	2023
AVOHK	David Woo	M36-49	4:40.74	2022
	Frank McNamara	M70-79	5:55.51	2024
BELGIUM	Matthias Decamps	B U-18	5:01.57	2024
BUFFCO	Laurence Hyde	B U-9	6:47.17	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
	Ilias Tobback	B U-15	4:42.56	2024
	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	4:59.17	2024
	James Donald	M36-49	4:39.19	2023
	Zein Williams	W36-49	5:51.20	2023
	Nicholas Forde	M50-59	4:55.32	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
	Ben Caplin Laurence Hyde Callum Donald	BOYS U-12 TEAM	22:20.21	2024
	Ilias Tobback Marcus Ling Mark Wang	BOYS U-15 TEAM	14:34.01	2024
	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 Charlotte Work	WOMENS TEAM	17:23.05	2021
	Noel Cheung Zein Williams Nicholas Forde Tim Marchant	MIXED TEAM MIXED MASTERS I TEAM	17:10.34	2023
	Cadence Chang Nicholas Forde Tim Marchant Cathy Cole	MIXED MASTERS II TEAM	15:06.44	2024
			17:46.57	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>GERMAN-SWISS INT. SCHOOL</b>	Lyla Colin-Jones	G U-12	5:57.09	2024
<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	MASTERS I	12:46.94	2021
	Jean-Baptiste Martenet	TEAM		
<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>IRC</b>	Libby Humphreys	W36-49	5:10.76	2024
<b>KIPMOVIN</b>	Jacquelyn Perrin	G U-12	5:46.40	2021
	Kabir Mirza	B U-15	4:33.50	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	4:50.92	2024
	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	MIXED TEAM	20:13.41	2021
Sarah 1				
Claude				
Victor	MENS MASTERS I TEAM	15:47.69	2024	
Habib				
<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	4:16.77	2024
<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	BOYS U-15 TEAM	15:14.25	2023
	Marco Lee			
	Chenchen Gao			
Jasmine Poon	MIXED U-15 TEAM	19:16.75	2022	
Rochelle Ng				
Christopher Li				
Marco Lee	BOYS U-18 TEAM	16:17.91	2024	
Aiden Pun				
Jude Lau				
Christen Lau	MIXED U-18 TEAM	16:44.29	2023	
Emily Faulkner				