

BUFFCO DISTANCE CARNIVAL 17 NOV 2023



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>

800m Meet Records (Individual)

Boys U-9 Record. **Laurence Hyde (BuffCo) – 4:03.35**

Boys U-15 Record. **Ryuto Arai (BuffCo) – 2:17.34**

800m Meet Records (Team)

Boys U-15s Team Record. **Ryuto Arai, So Suzuki, Chiaki Ohara (BuffCo) – 7:13.52**

Girls U-18s Team Record. **Naia Magrath, Caitlin Shoaf, Siobhan Doherty (BuffCo) – 8:34.76**

800m Club Records (Individual)

West Island Girls U-12 Record. **Olivia Hyde – 3:33.50**

West Island Girls U-18 Record. **Ella Snelgrove – 3:21.48**

800m Club Records (Team)

West Island Boys U-18s Team Record. **Christopher Li, Marco Lee, Max Tai – 7:16.80**

5,000m Meet Records (Individual)

Boys U-15 Record. **Koppany Szentes (BuffCo) – 16:47.03**

Mens 70-79 Record. **Frank McNamara (AVOHK) – 21:08.22**

5,000m Meet Records (Team)

Boys U-15s Team Record. **Koppany Szentes, Ryuto Arai, Tomos Williams (BuffCo) – 52:48.74**

Girls U-15s Team Record. **Safiya Gilham, Téa McMahon, Jasmine Poon (BuffCo) – 1:11:48.29**

Girls U-18s Team Record. **Charlotte Work, Cadence Chang, Zoe Cheng (BuffCo) – 1:02:14.34**

5,000m Club Records (Individual)

BuffCo Mens 36-49 Record. **James Donald – 17:26.74**

Hong Kong University Mens 18-35 Record. **Jaeseo Chun – 19:01.50**

Pinnacle Mens 18-35 Record. **Josh Clery – 21:23.09**

West Island Boys U-15s Record. **Marcus Ling – 21:42.94**

5,000m Club Records (Team)

BuffCo Mens Masters I Team Record. **James Donald, Bashant Angbuhang, Noel Cheung – 57:34.61**

West Island Boys U-18s Team Record. **Max Tai, Christopher Li, Marcus Ling – 1:03:02.14**

800m HEATS

<u>HEAT</u>	<u>4</u>	<u>5:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1		Caitlin Shoaf	BuffCo	G U-18	2008	2:46.12
2		Siobhan Doherty	BuffCo	G U-18	2008	3:08.91
3		Ella Snelgrove	West Island	G U-18	2008	3:21.48
4		Thomas Wang	BuffCo	B U-12	2012	3:26.38
5		Olivia Hyde	West Island	G U-12	2012	3:33.50
6		Laurence Hyde	BuffCo	B U-9	2016	4:03.35

<u>HEAT 3</u>	<u>5:15PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Sean Liu	Unattached	M18-35	1999	2:31.19
2	Jason Wong	Unattached	M18-35	1992	2:39.22
3	Nicholas Forde	Unattached	M36-49	1974	2:39.93
4	Emily Faulkner	BuffCo	G U-15	2009	2:43.77
5	Marcus Ling	West Island	B U-15	2010	2:44.75
6	Ilias Tobback	BuffCo	B U-15	2010	2:44.95
7	Jasmine Poon	BuffCo	G U-15	2009	2:49.93
8	Marc Tai	West Island	B U-15	2010	2:55.78

<u>HEAT1/2</u>	<u>5:45PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Charlie von Burg	BuffCo	B U-18	2007	2:12.36
2	Ryuto Arai	BuffCo	B U-15	2009	2:17.34
3	Christopher Li	West Island	B U-18	2008	2:19.59
4	Ethan Kao	BuffCo	B U-18	2008	2:19.75
5	Fahad	RUN/BuffCo	M18-35	2005	2:20.58
6	Marco Lee	West Island	B U-18	2008	2:21.12
7	Ryan Robbie	AVOHK/Australia	M36-49	1985	2:22.50
8	So Suzuki	BuffCo	B U-15	2009	2:27.97
9	Chiaki Ohara	BuffCo	B U-15	2009	2:28.21
10	Chun Kwan Cheung	Unattached	M18-35	1993	2:28.73
11	Max Tai	West Island	B U-18	2008	2:36.09
12	Naia Magrath	BuffCo	G U-18	2007	2:39.73
13	Teddy Liu	West Island	B U-18	2008	2:41.48

5,000m HEATS

<u>HEAT 4</u>	<u>6:20PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Chun Kwan Cheung	Unattached	M18-35	1993	20:14.18
2	Max Tai	West Island	B U-18	2008	20:27.79
3	Christen Lau	West Island	B U-18	2008	21:56.31
4	Aemilia Rice Mileto	BuffCo	G U-18	2008	25:23.15
5	Jasmine Poon	BuffCo	G U-15	2009	25:29.74
6	Eveline Tobback	BuffCo	G U-18	2008	25:32.25
7	Caitlin Shoaf	BuffCo	G U-18	2008	25:36.41
8	Teddy Liu	West Island	B U-18	2008	25:59.31
9	Esther Cook	BuffCo	G U-15	2009	27:41.76
10	Mark Loasby	BuffCo	M70-79	1950	28:35.94
11	Mustafa	RUN	M36-49	1984	28:37.46
12	Reyansh Shah	West Island	B U-18	2008	31:14.22
13	Adam Lee	West Island	B U-18	2008	31:37.01

<u>HEAT 3</u>	<u>7:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Sean Liu	Unattached	M18-35	1999	21:10.79
2	Vince Choy	BuffCo	B U-15	2009	21:40.17
3	Ilias Tobback	BuffCo	B U-15	2010	21:42.74
4	Marcus Ling	West Island	B U-15	2010	21:42.94
5	Jonathan Chan	BuffCo	M18-35	1999	21:58.37
6	Zoe Jane Cheng	BuffCo	G U-18	2008	22:35.34
7	Safiya Gilham	BuffCo	G U-15	2009	22:52.83
8	Téa McMahon	BuffCo	G U-15	2009	23:02.72
9	Aiden Pun	West Island	B U-18	2008	23:16.74
10	Kharis Setiasabda	Unattached	M18-35	1997	23:54.64
11	Lila Man	BuffCo	G U-18	2006	24:29.78

<u>HEAT 2</u>	<u>7:30PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Bashant Angbuhang	BuffCo	M36-49	1987	18:41.93
2	Nicholas Forde	Unattached	M36-49	1974	18:51.31
3	Chris Whitehead	BuffCo	B U-18	2007	19:15.39
4	Ryan Davies	BuffCo	B U-18	2007	19:21.59
5	Theo Watts	BuffCo	B U-15	2009	19:28.36
6	Ranee Wong	BuffCo	W36-49	1986	19:37.46
7	Charlotte Work	BuffCo	G U-18	2006	19:44.24
8	Aman Kumar	BuffCo	M18-35	2003	19:46.58
9	Fahad	RUN/BuffCo	M18-35	2005	19:49.84
10	Cadence Chang	BuffCo	G U-18	2006	19:54.76
11	Christopher Li	West Island	B U-18	2008	20:51.41
12	Frank McNamara	AVOHK	M70-79	1953	21:08.22
13	Josh Clery	Pinnacle	M18-35	1996	21:23.09
14	Noel Cheung	BuffCo	M36-49	1980	21:25.94
15	Naomi Wong	BuffCo	W36-49	1986	21:30.44
-	Harry B-Barnard	Unattached	M36-49	1986	DNS
-	Brayden Wu	HKIS	B U-18	2008	DNS
-	Joshua Edwards	HKIS	B U-18	2007	DNS

<u>HEAT 1</u>	<u>8:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Jiro Loasby	BuffCo	B U-18	2006	16:19.86
2	Koppany Szentes	BuffCo	B U-15	2009	16:47.03
3	Matthew Carey	KipMovin	M18-35	1991	16:54.41
4	Bryan Ho Yin Lau	TeamSolo	M18-35	2005	17:15.93
5	James Donald	BuffCo	M36-49	1986	17:26.74
6	Ryuto Arai	BuffCo	B U-15	2009	17:58.77
7	Ethan Kao	BuffCo	B U-18	2008	18:00.60
8	Jose Bongulto	BuffCo	M18-35	1994	18:02.74
9	Marc Ngan	Unattached	M18-35	1989	18:02.81
10	Tomos Williams	BuffCo	B U-15	2010	18:02.94
11	Noah Hui	BuffCo	M18-35	1988	18:38.56
12	Pranav Mahtani	Unattached	B U-18	2006	18:38.78
13	Jeffry Wicaksana	Unattached	M18-35	1997	18:40.49
14	Jaeseo Chun	HKU	M18-35	1999	19:01.50
-	Adrien de Courval	Lantau Buffaloes	M36-49	1986	DNS
-	Jiho Lee	HKIS	B U-18	2008	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.

<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+

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	Charlie, Ethan, Fahad	Boys U-18	50	6:52.53
2	2	BuffCo	Ryuto, So, Chiaki	Boys U-15	42	7:13.52
3	3	West Island	Christopher, Marco, Max	Boys U-18	45	7:16.80
4	1	BuffCo	Emily, Ilias, Jasmine	Mixed U-15	41	8:21.65
5	1	West Island	Teddy, Marcus, Marc	Boys U-15	41	8:22.01
6	1	BuffCo	Naia, Caitlin, Siobhan	Girls U-18	46	8:34.76

5,000m TEAM RESULTS

<u>RANK</u>	<u>CAT.</u>	<u>CLUB</u>	<u>RUNNERS</u>	<u>CATEGORY</u>	<u>COMBINED</u>	
	<u>RANK</u>				<u>AGE</u>	<u>RESULT</u>
1	1	BuffCo	Koppany, Ryuto, Tomos	Boys U-15	41	52:48.74
2	1	BuffCo	Jiro, Ethan, Christopher	Boys U-18	48	53:35.85
3	1	BuffCo	Jose, Noah, Aman	Mens	84	56:27.88
4	1	BuffCo	James, Bashant, Noel	Mens Masters I	116	57:34.61
5	1	BuffCo	Charlotte, Cadence, Zoe	Girls U-18	49	1:02:14.34
6	2	BuffCo	Theo, Vince, Ilias	Boys U-15	41	1:02:51.27
7	2	West Island	Max, Christopher, Marcus	Boys U-18	43	1:03:02.14
8	1	BuffCo	Ranee, Naomi, Jonathan	Mixed	98	1:03:06.27
9	3	West Island	Christen, Aiden, Teddy	Boys U-18	45	1:11:12.36
10	1	BuffCo	Safiya, Téa, Jasmine	Girls U-15	42	1:11:48.29
11	1	BuffCo	Ryan, Caitlin, Esther	Mixed U-18	45	1:12:39.76
12	2	BuffCo	Lila, Aemilia, Eveline	Girls U-18	47	1:15:25.18

OVERALL RESULTS - 800m

<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	1-2	Charlie von Burg	BuffCo	B U-18	2007	2:12.36
2	1	1-2	Ryuto Arai	BuffCo	B U-15	2009	2:17.34
3	2	1-2	Christopher Li	West Island	B U-18	2008	2:19.59
4	3	1-2	Ethan Kao	BuffCo	B U-18	2008	2:19.75
5	1	1-2	Fahad	RUN/BuffCo	M18-35	2005	2:20.58
6	4	1-2	Marco Lee	West Island	B U-18	2008	2:21.12
7	1	1-2	Ryan Robbie	AVOHK/Australia	M36-49	1985	2:22.50
8	2	1-2	So Suzuki	BuffCo	B U-15	2009	2:27.97
9	3	1-2	Chiaki Ohara	BuffCo	B U-15	2009	2:28.21
10	2	1-2	Chun Kwan Cheung	Unattached	M18-35	1993	2:28.73
11	3	3	Sean Liu	Unattached	M18-35	1999	2:31.19
12	5	1-2	Max Tai	West Island	B U-18	2008	2:36.09
13	4	3	Jason Wong	Unattached	M18-35	1992	2:39.22
14	1	1-2	Naia Magrath	BuffCo	G U-18	2007	2:39.73
15	2	3	Nicholas Forde	Unattached	M36-49	1974	2:39.93
16	6	1-2	Teddy Liu	West Island	B U-18	2008	2:41.48
17	1	3	Emily Faulkner	BuffCo	G U-15	2009	2:43.77
18	4	3	Marcus Ling	West Island	B U-15	2010	2:44.75
19	5	3	Ilias Tobback	BuffCo	B U-15	2010	2:44.95
20	2	4	Caitlin Shoaf	BuffCo	G U-18	2008	2:46.12
21	2	3	Jasmine Poon	BuffCo	G U-15	2009	2:49.93
22	6	3	Marc Tai	West Island	B U-15	2010	2:55.78
23	3	4	Siobhan Doherty	BuffCo	G U-18	2008	3:08.91
24	4	4	Ella Snelgrove	West Island	G U-18	2008	3:21.48
25	1	4	Thomas Wang	BuffCo	B U-12	2012	3:26.38
26	1	4	Olivia Hyde	West Island	G U-12	2012	3:33.50
27	1	4	Laurence Hyde	BuffCo	B U-9	2016	4:03.35

OVERALL RESULTS - 800m Women

<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	1-2	Naia Magrath	BuffCo	G U-18	2007	2:39.73
2	1	3	Emily Faulkner	BuffCo	G U-15	2009	2:43.77
3	2	4	Caitlin Shoaf	BuffCo	G U-18	2008	2:46.12
4	2	3	Jasmine Poon	BuffCo	G U-15	2009	2:49.93
5	3	4	Siobhan Doherty	BuffCo	G U-18	2008	3:08.91
6	4	4	Ella Snelgrove	West Island	G U-18	2008	3:21.48
7	1	4	Olivia Hyde	West Island	G U-12	2012	3:33.50

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	Jiro Loasby	BuffCo	B U-18	2006	16:19.86
2	1	1	Koppany Szentes	BuffCo	B U-15	2009	16:47.03
3	1	1	Matthew Carey	KipMovin	M18-35	1991	16:54.41
4	2	1	Bryan Ho Yin Lau	TeamSolo	M18-35	2005	17:15.93
5	1	1	James Donald	BuffCo	M36-49	1986	17:26.74
6	2	1	Ryuto Arai	BuffCo	B U-15	2009	17:58.77
7	2	1	Ethan Kao	BuffCo	B U-18	2008	18:00.60
8	3	1	Jose Bongulto	BuffCo	M18-35	1994	18:02.74
9	4	1	Marc Ngan	Unattached	M18-35	1989	18:02.81
10	3	1	Tomos Williams	BuffCo	B U-15	2010	18:02.94
11	5	1	Noah Hui	BuffCo	M18-35	1988	18:38.56
12	3	1	Pranav Mahtani	Unattached	B U-18	2006	18:38.78
13	6	1	Jeffrey Wicaksana	Unattached	M18-35	1997	18:40.49
14	2	2	Bashant Angbuhang	BuffCo	M36-49	1987	18:41.93
15	3	2	Nicholas Forde	Unattached	M36-49	1974	18:51.31
16	7	1	Jaeseo Chun	HKU	M18-35	1999	19:01.50
17	4	2	Chris Whitehead	BuffCo	B U-18	2007	19:15.39
18	5	2	Ryan Davies	BuffCo	B U-18	2007	19:21.59
19	4	2	Theo Watts	BuffCo	B U-15	2009	19:28.36
20	1	2	Ranee Wong	BuffCo	W36-49	1986	19:37.46
21	1	2	Charlotte Work	BuffCo	G U-18	2006	19:44.24
22	8	2	Aman Kumar	BuffCo	M18-35	2003	19:46.58
23	9	2	Fahad	RUN/BuffCo	M18-35	2005	19:49.84
24	2	2	Cadence Chang	BuffCo	G U-18	2006	19:54.76
25	10	4	Chun Kwan Cheung	Unattached	M18-35	1993	20:14.18
26	6	4	Max Tai	West Island	B U-18	2008	20:27.79
27	7	2	Christopher Li	West Island	B U-18	2008	20:51.41
28	1	2	Frank McNamara	AVOHK	M70-79	1953	21:08.22
29	11	3	Sean Liu	Unattached	M18-35	1999	21:10.79
30	12	2	Josh Clery	Pinnacle	M18-35	1996	21:23.09
31	4	2	Noel Cheung	BuffCo	M36-49	1980	21:25.94
32	2	2	Naomi Wong	BuffCo	W36-49	1986	21:30.44
33	5	3	Vince Choy	BuffCo	B U-15	2009	21:40.17
34	6	3	Ilias Tobback	BuffCo	B U-15	2010	21:42.74
35	7	3	Marcus Ling	West Island	B U-15	2010	21:42.94
36	8	4	Christen Lau	West Island	B U-18	2008	21:56.31
37	13	3	Jonathan Chan	BuffCo	M18-35	1999	21:58.37
38	3	3	Zoe Jane Cheng	BuffCo	G U-18	2008	22:35.34
39	1	3	Safiya Gilham	BuffCo	G U-15	2009	22:52.83
40	2	3	Téa McMahon	BuffCo	G U-15	2009	23:02.72
41	9	3	Aiden Pun	West Island	B U-18	2008	23:16.74
42	14	3	Kharis Setiasabda	Unattached	M18-35	1997	23:54.64
43	4	3	Lila Man	BuffCo	G U-18	2006	24:29.78
44	5	4	Aemilia Rice Mileto	BuffCo	G U-18	2008	25:23.15
45	3	4	Jasmine Poon	BuffCo	G U-15	2009	25:29.74
46	6	4	Eveline Tobback	BuffCo	G U-18	2008	25:32.25
47	7	4	Caitlin Shoaf	BuffCo	G U-18	2008	25:36.41
48	10	4	Teddy Liu	West Island	B U-18	2008	25:59.31
49	4	4	Esther Cook	BuffCo	G U-15	2009	27:41.76
50	2	4	Mark Loasby	BuffCo	M70-79	1950	28:35.94
51	5	4	Mustafa	RUN	M36-49	1984	28:37.46
52	11	4	Reyansh Shah	West Island	B U-18	2008	31:14.22
53	12	4	Adam Lee	West Island	B U-18	2008	31:37.01
-	-	2	Harry B-Barnard	Unattached	M36-49	1986	DNS

-	-	2	Brayden Wu	HKIS	B U-18	2008	DNS
-	-	2	Joshua Edwards	HKIS	B U-18	2007	DNS
-	-	1	Adrien de Courval	Lantau Buffaloes	M36-49	1986	DNS
-	-	1	Jiho Lee	HKIS	B U-18	2008	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	2	Ranee Wong	BuffCo	W36-49	1986	19:37.46
2	1	2	Charlotte Work	BuffCo	G U-18	2006	19:44.24
3	2	2	Cadence Chang	BuffCo	G U-18	2006	19:54.76
4	2	2	Naomi Wong	BuffCo	W36-49	1986	21:30.44
5	3	3	Zoe Jane Cheng	BuffCo	G U-18	2008	22:35.34
6	1	3	Safiya Gilham	BuffCo	G U-15	2009	22:52.83
7	2	3	Téa McMahon	BuffCo	G U-15	2009	23:02.72
8	4	3	Lila Man	BuffCo	G U-18	2006	24:29.78
9	5	4	Aemilia Rice Mileto	BuffCo	G U-18	2008	25:23.15
10	3	4	Jasmine Poon	BuffCo	G U-15	2009	25:29.74
11	6	4	Eveline Tobback	BuffCo	G U-18	2008	25:32.25
12	7	4	Caitlin Shoaf	BuffCo	G U-18	2008	25:36.41
13	4	4	Esther Cook	BuffCo	G U-15	2009	27:41.76

MEET RECORDS – 800m

<i>MEET RECORDS 800M</i>	NAME	CLUB	TIME	YEAR
BOYS U-9	Laurence Hyde	BuffCo	4:03.35	2023
BOYS U-12	Henry Russell	BuffCo	2:47.76	2021
GIRLS U-12	Zoe Quigley	BuffCo	3:04.45	2022
BOYS U-15	Ryuto Arai	BuffCo	2:17.34	2023
GIRLS U-15	Lila Man	BuffCo	2:34.01	2019
BOYS U-18	Swiss Duangthip	BuffCo	2:00.34	2020
GIRLS U-18	Ella Brown	BuffCo	2:26.83	2021
MENS 18-35	Sean HM Fontaine	BuffCo	1:51.89	2023
WOMENS 18-35	Michelle Kwok	Unattached	2:47.32	2021
MENS 36-49	Jeff Campbell	GR/JD	2:01.12	2021
WOMENS 36-49	Eszter Csillag	Unattached	2:41.97	2021
MENS 50-59	Jono Woodhouse	GR/JD	2:22.39	2023
WOMENS 50-59	Catherine Chow	lululemon	3:18.66	2023
MENS 60-69	Ross MacLean	BuffCo	3:18.43	2023
MENS 70-79	Frank McNamara	AVOHK	3:04.13	2023
BOYS U-15 TEAM	Ryuto Arai So Suzuki Chiaki Ohara	BuffCo	7:13.52	2023
GIRLS U-15 TEAM	Eveline Tobback Cyriane Toucas Zoe Quigley	BuffCo	8:56.51	2022
MIXED U-15 TEAM	Christine Pudwill Nellie Froidevaux Henry Russell	BuffCo	8:10.73	2021
BOYS U-18 TEAM	Rafe Man Swiss Duangthip Jiro Loasby	BuffCo	6:14.68	2021
GIRLS U-18 TEAM	Naia Magrath Caitlin Shoaf Siobhan Doherty	BuffCo	8:34.76	2023
MIXED U-18 TEAM	Jai Mensforth Tai MacLean Cadence Chang	BuffCo	7:33.23	2023
MENS TEAM	Mark Russell Swiss Duangthip Rafe Man	BuffCo	6:02.64	2020
MIXED TEAM	Jiro Loasby Naia Magrath Zein Williams	BuffCo	8:09.76	2023
WOMENS MASTERS I TEAM	Catherine Chow Rosalie Kwai-pun Stephanie Yip	lululemon	10:30.42	2023
MIXED MASTERS I TEAM	Claude Sarah 1 Sarah 2	RUN	10:36.07	2023
MENS MASTERS II TEAM	David Woo Ryan Robbie Frank McNamara	AVOHK	7:56.42	2023

MEET RECORDS – 5,000m

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

CLUB RECORDS – 800m

<i>800M</i>	NAME	CATEGORY	TIME	YEAR	
26	Tern Kaplan	B U-18	2:13.53	2023	
AVOHK	David Woo	M36-49	2:16.24	2023	
	Frank McNamara	M70-79	3:04.13	2023	
	David Woo	MENS MASTERS II TEAM	7:56.42	2023	
	Ryan Robbie				
	Frank McNamara				
BUFFCO	Laurence Hyde	B U-9	4:03.35	2023	
	Henry Russell	B U-12	2:47.76	2021	
	Zoe Quigley	G U-12	3:04.45	2022	
	Ryuto Arai	B U-15	2:17.34	2023	
	Lila Man	G U-15	2:34.01	2019	
	Swiss Duangthip	B U-18	2:00.34	2020	
	Ella Brown	G U-18	2:26.23	2021	
	Sean Hsing-Ming Fontaine	M18-35	1:51.89	2023	
	James Donald	M36-49	2:17.25	2023	
	Zein Williams	W36-49	2:47.34	2023	
	Yuko Loasby	W50-59	3:28.77	2023	
	Ross MacLean	M60-69	3:18.43	2023	
	Mark Loasby	M70-79	3:52.67	2023	
	Ryuto Arai So Suzuki Chiaki Ohara	BOYS U-15 TEAM	7:13.52	2023	
	Eveline Tobback Cyriane Toucas Zoe Quigley	GIRLS U-15 TEAM	8:56.51	2022	
	Christine Pudwill Nellie Froidevaux Henry Russell	MIXED U-15 TEAM	8:10.73	2021	
	Rafe Man Swiss Duangthip Jiro Loasby	BOYS U-18 TEAM	6:14.68	2021	
	Naia Magrath Caitlin Shoaf Siobhan Doherty	GIRLS U-18 TEAM	8:34.76	2023	
	Jai Mensforth Tai MacLean Cadence Chang	MIXED U-18 TEAM	7:33.23	2023	
	Mark Russell Swiss Duangthip Rafe Man	MENS TEAM	6:02.64	2020	
	Jiro Loasby Naia Magrath Zein Williams	MIXED TEAM	8:09.76	2023	
	CATHAY PACIFIC	Matthew Jack	M36-49	2:11.68	2021
	DELIA MEMORIAL SCHOOL BROADWAY (DMS BW)	Purja Pun Yug	B U-15	2:39.92	2022
		Serpal Leena	G U-15	3:51.89	2022
		Khan Muzammil	B U-18	2:06.62	2022
		Khan Hadia	G U-18	3:27.52	2022
		Mohammad Ubayd Ullah	M18-35	2:47.12	2023
		Amritpal Singh Gurung Nayan Pun Subash	BOYS U-15 TEAM	8:05.97	2022

	Waheed Ayesha Serpal Leena Sohail Farheen	GIRLS U-15 TEAM	11:46.64	2022
	Khan Muzzamil Sri Krishna Vaswani RM Sayo	BOYS U-18 TEAM	6:33.74	2022
	Saghir Menahil Gill Jaspreet Kaur Kaur Prabsharn	GIRLS U-18 TEAM	11:11.24	2022
	Puneet Sanger Purja Pun Yug Sherpa Leena	MIXED U-18 TEAM	9:45.70	2022
	Khan Kamran Sri Krishna Awais Chaudhry	MENS TEAM	6:23.01	2021
EALING EAGLES	Andy Guy	M36-49	2:13.45	2021
GONE RUNNERS	Roch Portman	M36-49	2:14.87	2021
GONE RUNNING JOINT DYNAMICS	Jeff Campbell	M36-49	2:01.12	2021
	Jono Woodhouse	M50-59	2:22.39	2023
HONG KONG	Arnaud Mauduit	M36-49	2:18.42	2021
KIPMOVIN	Matt Carey	M18-35	2:17.56	2023
LULULEMON	Sean Tang	M18-35	2:27.06	2023
	Jessica Van Ausdall	W18-35	3:05.71	2023
	Catherine Chow	W50-59	3:18.66	2023
	Sean Tang Jessica Van Ausdall Ken Tam	MIXED TEAM	8:46.13	2023
	Catherine Chow Rosalie Kwai-pun Stephanie Yip	WOMENS MASTERS I TEAM	10:30.42	2023
MEISOUKAI	Kenji Ueno	M50-59	2:24.15	2022
NEPAL	Nickson Rai	M18-35	3:21.64	2022
PUI CHING MIDDLE SCHOOL	Yat Hei Wan	B U-18	2:26.06	2023
	Junfeng Ou	M18-35	2:25.90	2023
RUN	Fahad	B U-18	2:15.24	2022
	Idle	M18-35	2:13.94	2019
	Ann	W18-35	3:23.27	2021
	Victor	M36-49	2:19.13	2021
	Sarah 1	W36-49	3:36.39	2021
	Fahad Victor Mohammed	MENS TEAM	7:19.66	2023
	Fahad Selam Sarah 1	MIXED TEAM	10:20.92	2023
	Ann Sarah 1 Khouzaima	WOMENS MASTERS I TEAM	11:29.52	2021
	Claude Sarah 1 Sarah 2	MIXED MASTERS I TEAM	10:36.07	2023
	STSS	Chung Ning Shum	G U-15	2:59.45
UNATTACHED (NO TEAM)	Hugo Souleyman	B U-12	2:55.72	2021
	Khan Kamran	M18-35	1:53.18	2023
	Michelle Kwok	W18-35	2:47.32	2021

	Pavel Toropov	M36-49	2:17.70	2019
	Eszter Csillag	W36-49	2:41.97	2021
	Jan Souleyman	M50-59	2:25.38	2021
WEST ISLAND SCHOOL	Tomos Williams	B U-12	2:48.12	2021
	Olivia Hyde	G U-12	3:33.50	2023
	Jude Lau	B U-15	2:28.24	2023
	Emily Faulkner	G U-15	2:41.40	2023
	Matthew Lok	B U-18	2:18.90	2023
	Ella Snelgrove	G U-18	3:21.48	2023
	Tejas Pande	BOYS U-15 TEAM	7:58.79	2021
	Kenta Hall			
	Tomos Williams	BOYS U-18 TEAM	7:16.80	2023
	Christopher Li			
	Marco Lee			
	Max Tai	MIXED U-18 TEAM	8:06.88	2023
	Max Tai			
Emily Faulkner				
	Christen Lau			

CLUB RECORDS - 5,000m

5,000M	NAME	CATEGORY	TIME	YEAR
AVOHK	Frank McNamara	M70-79	21:08.22	2023
BUFFCO	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
	Anthony Chui	M50-59	19:52.39	2021
	Yuko Loasby	W50-59	25:04.65	2023
	Mark Loasby	M70-79	27:23.57	2021
	Koppany Szentes	BOYS U-15 TEAM	52:48.74	2023
	Ryuto Arai			
	Tomos Williams	GIRLS U-15 TEAM	1:11:48.29	2023
	Safiya Gilham			
	Téa McMahon			
	Jasmine Poon	BOYS U-18 TEAM	50:12.63	2019
	Mark Russell			
	Rafe Man			
	Ken Wong	GIRLS U-18 TEAM	1:02:14.34	2023
	Charlotte Work			
	Cadence Chang			
	Zoe Cheng	MIXED U-18 TEAM	1:03:46.94	2021
	Ryan Davies			
	Ava Singer			
	Lewis Bourquin	MENS TEAM	49:53.87	2021
	Jabez Siu			
	Dom Davidson			
	Loughlin Davidson	MIXED TEAM	57:31.64	2022
	Jose Bongulto			
Ansu				
Ranee Wong	MENS MASTERS I TEAM	57:34.61	2023	
James Donald				
Bashant Angbuhang				
Noel Cheung	WOMENS MASTERS I	1:16:38.81	2022	
Nellie Froidevaux				
Yuko Loasby				
Cynthia Claytor	MIXED MASTERS II	1:11:25.07	2023	
Meg Sterling				
Simon Weston				
Yuko Loasby	GONE RUNNERS	M18-35	16:48.33	2022
Creighton Connolly		M36-49	18:59.30	2023
Timothy Higgins		MENS MASTERS I TEAM	53:24.26	2022
Sebastian Cotton				
Timothy Higgins	GONE RUNNING JOINT DYNAMICS	M18-35	17:20.69	2021
Laurent Nguyen		M36-49	15:47.75	2022
Jeff Campbell		W36-49	19:26.05	2023
Katrin Gottschalk	HONG KONG FOOTBALL CLUB	M50-59	18:28.94	2023
Jan Souleyman				

HONG KONG INT. SCHOOL	Hugo Souleyman	B U-15	19:56.09	2023	
HONG KONG UNIVERSITY	Jaeso Rake Chun	M18-35	19:01.50	2023	
IEST	Pili Hu	M18-35	19:09.03	2022	
IMPERIAL COLLEGE	Jordi Buckley-Paules	M18-35	24:07.35	2023	
IRC	Wallace Cheng	M18-35	17:10.94	2022	
KIPMOVIN	Matt Carey	M18-35	16:54.41	2023	
	Nik Light	M36-49	19:57.72	2023	
	Ghazi Kaddouh	M70-79	29:48.21	2021	
MEISOUKAI	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	
	NEPAL	Nickson Rai	M18-35	26:57.02	2022
	PACE RUNNING	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	
PINNACLE		Josh Clery	M18-35	21:23.09	2023
PUI CHING MIDDLE SCHOOL		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	
RMAC	Carson Kwok	M18-35	17:45.07	2022	
	Chun Chi Charles Lo	M36-49	17:41.03	2022	
RUN	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 Brice	MENS TEAM	1:03:38.14	2021	
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 Christopher Ngai	MENS TEAM	47:22.53	2022	
	TRAILBLAZER	Ho Yin Lau	B U-18	18:38.49	2021
	Andrew Chan	M18-35	16:28.89	2022	

	Viginia 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
WEST ISLAND SCHOOL	Marcus Ling	B U-15	21:42.94	2023
	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			