

BUFFCO DISTANCE CARNIVAL 26/11/22



THANK YOU!

A big thank you to all of you have came and ran in our latest time trials. This was a record attendance for a BuffCo time trial. Below is a full breakdown of results. 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!

800m Meet Records (Individual)

Girls U-12s Record. **Zoe Quigley (BuffCo) – 3:04.45**

Mens 50-59 Record. **Kenji Ueno (Meisoukai) – 2:24.15**

800m Club Records (Individual)

BuffCo Record. **Sean Hsing-Ming Fontaine – 1:58.28**

Nepal Record. **Nickson Rai – 3:21.64**

Pui Ching Middle School Record. **Yat Hei Wan – 2:29.81**

DMS BW Girls U-15s Record. **Serpal Leena – 3:51.89**

DMS BW Boys U-15s Record. **Purja Pun Yug – 2:39.92**

DMS BW Girls U-18s Record. **Khan Hadia – 3:27.52**

DMS BW Boys U-18s Record. **Khan Muzammil – 2:06.62**

West Island School Girls U-15s Record. **Jasmine Poon – 2:58.56**

800m Meet Records (Team)

Girls U-15s Record. **Eveline Tobback, Cyriane Toucas, Zoe Quigley (BuffCo) – 8:56.51**

Girls U-18s Record. **Saghir Menahil, Gill Jaspreet Kaur, Kaur Prabsharn (DMS BW) – 11:11.24**

Mixed U-18s Record. **Anmol Limbu, Khan Hadia, Saleena (DMS BW) – 10:11.31**

800m Club Records (Team)

DMS BW Girls U-15s Record. **Waheed Ayesha, Serpal Leena, Sohail Farheen – 11:46.64**

DMS BW Boys U-18s Record. **Khan Muzammil, Sri Krishna, Vaswani RM Sayo – 6:33.74**

5,000m Meet Records (Individual)

Girls U-15s Record. **Zoe Cheng (BuffCo) – 22:45.64**

Girls U-18s Record. **Maya Tobback (BuffCo) – 19:43.93**

Mens 18-35 Record. **Cheng Chak Tong (TeamSolo) – 15:38.42**

Mens 36-49 Record. **Jeff Campbell (Gone Running/Joint Dynamics) – 15:47.75**

Mens 50-59 Record. **Tim Marchant (Unattached) – 18:20.38**

Mens 60-69 Record. **Isao Sugawara (Meisoukai) – 19:49.88**

5,000m Club Records (Individual)

DMS BW Record. **Li Ka Chun Roger – 19:27.07**

Gone Runners Record. **Creighton Connolly – 16:48.33**

IEST Record. **Pili Hu – 19:09.03**

IRC Record. **Wallace Cheng – 17:10.94**

KipMovin Record. **Matt Carey – 17:54.13**

Meisoukai Record. **Yasuhiro Watanabe – 17:29.26**

Nepal Record. **Nickson Rai – 26:57.02**

Pui Ching Middle School Record. **Chan Ho – 17:09.38**

RMAC Record. **Chun Chi Charles Lo – 17:41.03**

RUN Record. **Ansu – 19:16.51**

Trailblazer Record. **Andrew Chan – 16:28.89**

Watsons Record. **Sean Liu – 19:46.72**

West Island School Record. **Simon Carmichael – 19:48.17**

BuffCo Womens 36-49 Record. **Ranee Wong – 19:26.26**

BuffCo Mens 36-49 Record. **James Donald – 18:04.95**

IRC Mens 36-49 Record. **Timothy Higgins – 19:21.42**

Meisoukai Womens 36-49 Record. **Miho Sato – 24:30.07**

Meisoukai Mens 50-59 Record. **Atsushi Matsuzawa – 20:07.05**

West Island School Girls U-15s Record. **Charlotte Work – 23:26.08**

5,000m Meet Records (Team)

Boys U-15s Record. **Tor Man, Tai MacLean, Theo Watts (BuffCo) – 59:38.23**

Girls U-18s Record. **Maya Tobback, Asrya Gobindpuri, Zoe Cheng (BuffCo) – 1:02:40.65**

Mens Record. **Cheng Chak Tong, Vincent Chan, Christopher Ngai (TeamSolo) – 47:22.54**

Mens Masters I Record. **Yasuhiro Watanabe, Yusuke Shimozone, Kazuya Kuribayashi (Meisoukai) – 53:17.40**

Womens Masters I Record. **Nellie Froidevaux, Yuko Loasby, Cynthia Claytor (BuffCo) – 1:16:38.81**

Mens Masters II Record. **Isao Sugawara, Atsushi Matsuzawa, Satokazu Tanaka (Meisoukai) – 1:00:04.20**

5,000m Club Records (Team)

Gone Runners Record. **Creighton Connolly, Sebastian Cotton, Timothy Higgins – 53:24.26**

Pui Ching Middle School Record. **Chan Ho, Man Jit Isaac Choi, Carey Lee – 1:00:17.38**

BuffCo Mixed Record. **Jose Bongulto, Ansu, Ranee Wong – 57:31.64**

Meisoukai Mixed Masters I Record. **Satoshi Hayashida, Nakagawa Yasuhiro, Miho Sato – 1:07:07.61**

800m HEATS

<u>HEAT 5</u>	<u>2:50PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>RESULT</u>
1	Jasmine Poon	West Island	G U-15	2:58.56
2	Rochelle Ng	West Island	G U-15	3:03.51
3	Zoe Quigley	BuffCo	G U-12	3:04.45
4	Cara Harper	BuffCo	G U-15	3:12.83
5	Jenna Gloor	BuffCo	G U-15	3:47.50
6	Serpal Leena	DMS BW	G U-15	3:51.89
7	Sohail Farheen	DMS BW	G U-15	4:04.39
8	Gurung Selina	DMS BW	G U-15	4:05.85

<u>HEAT 4</u>	<u>3:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>RESULT</u>
1	Joshua Ngalani	BuffCo	B U-18	2:35.44
2	Jason Wong	Unattached	M18-35	2:38.33
3	Chiaki Ohara	BuffCo	B U-15	2:39.30
4	Nicholas Forde	Unattached	M36-49	2:39.90
5	Eveline Tobback	BuffCo	G U-15	2:48.10
6	Cyriane Toucas	BuffCo	G U-15	3:03.96
7	Nickson Rai	Nepal	M18-35	3:21.64
8	Khan Hadia	DMS BW	G U-18	3:27.52
9	Saleena	DMS BW	G U-18	3:33.34
10	Saghir Menahil	DMS BW	G U-18	3:40.59
11	Gill Jaspreet Kaur	DMS BW	G U-18	3:42.51
12	Kaur Prabsharn	DMS BW	G U-18	3:48.14
13	Waheed Ayesha	DMS BW	G U-18	3:50.36

<u>HEAT 3</u>	<u>3:10PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>RESULT</u>
1	Ryan Davies	BuffCo	B U-18	2:26.89
2	Yat Hei Wan	Pui Ching MS	B U-18	2:29.81
3	Junfeng Ou	Pui Ching MS	B U-18	2:31.71
4	Ryuto Arai	BuffCo	B U-15	2:36.62
5	Theo Watts	BuffCo	B U-15	2:39.62
6	Purja Pun Yug	DMS BW	B U-15	2:39.92
7	Ghale Onish	DMS BW	B U-15	2:50.56
8	Khan Mohammed Mahran	DMS BW	B U-15	2:52.89
9	Jaskirat Singh	DMS BW	B U-15	3:08.75
-	Mohammad Hadeed Butt	DMS BW	B U-15	DNS
-	Pratik Rai	DMS BW	B U-15	DNS
-	Alexander Edwards	Unattached	M18-35	DNS
-	Kenta Hall	BuffCo	B U-15	DNS

<u>HEAT 2</u>	<u>3:20PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>RESULT</u>
1	Matthew Yu	BuffCo	B U-18	2:10.06
2	Thomas Macalister-Smith	BuffCo	M18-35	2:11.90
3	Mohammad Mujahid	DMS BW	B U-18	2:22.35
4	Kenji Ueno	Meisoukai	M50-59	2:24.15
5	Mohammed	RUN/BuffCo	M18-35	2:29.60
6	Amritpal Singh	DMS BW	B U-15	2:40.68
7	Gurung Nayan	DMS BW	B U-18	2:42.50
8	Pun Subash	DMS BW	B U-15	2:42.69
9	Puneet Sanger	DMS BW	B U-15	2:45.68
10	Gilani Muhammad Anjum	DMS BW	B U-15	2:47.39
11	Thapa Avil	DMS BW	B U-15	2:55.39
12	Anmol Limbu	DMS BW	B U-15	3:10.45
-	Mohammad Shahzaib	DMS BW	B U-15	DNS
-	Gurmukh Singh	DMS BW	B U-18	DNS

<u>HEAT 1</u>	<u>3:30PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>RESULT</u>
1	Sean Hsing-Ming Fontaine	BuffCo	M18-35	1:58.28
2	Khan Muzammil	DMS BW	B U-18	2:06.62
3	Charlie von Burg	BuffCo	B U-18	2:08.13
4	Jeff Campbell	GR/JD	M36-49	2:08.47
5	Chun Wai Lau	Unattached	M18-35	2:10.58
6	Sri Krishna	DMS BW	M18-35	2:13.21
7	Vaswani R.M. Sayo	DMS BW	B U-18	2:13.91
8	Wee Duangthip	BuffCo	M18-35	2:14.58
9	Fahad	RUN/BuffCo	B U-18	2:15.24
10	Limbu Ayush Anchongwo	DMS BW	B U-18	2:34.52
-	Ali Haider	DMS BW	B U-18	DNS

5,000m HEATS

<u>HEAT 5</u>	<u>3:40PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>RESULT</u>
1	Megan Sterling	Unattached	W36-49	22:15.95
2	Charlotte Work	West Island	G U-18	23:26.08
3	Thierry Gloor	Unattached	M36-49	24:05.75
4	Miho Sato	Meisoukai	W36-49	24:30.07
5	Mustafa	RUN	M36-49	26:55.24
6	Nickson Rai	Nepal	M18-35	26:57.02
7	Cynthia Claytor	BuffCo	W36-49	27:59.43
-	Kaydn Park	BuffCo	B U-15	DNS
-	Tomos Williams	West Island	B U-15	DNS
-	Ayako Ohashi	Meisoukai	W36-49	DNS

<u>HEAT 4</u>	<u>4:20PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>RESULT</u>
1	Timothy Higgins	IRC/Gone Run.	M36-49	19:21.42
2	Simon Carmichael	West Island	B U-18	19:48.17
3	Isao Sugawara	Meisoukai	M60-69	19:49.88
4	Atsushi Matsuzawa	Meisoukai	M50-59	20:07.05
5	Satokazu Tanaka	Meisoukai	M36-49	20:07.27
6	Nicholas Forde	Unattached	M36-49	20:24.91
7	Jodie Crisp	Unattached	W18-35	20:52.81
8	Theo Watts	BuffCo	B U-15	20:59.76
9	Nakagawa Yasuhiro	Meisoukai	M36-49	21:19.92
10	Man Jit Isaac Choi	Unattached	B U-18	21:27.87
11	Carey Lee	Pui Ching MS	B U-18	21:40.13
12	Zoe Cheng	BuffCo	G U-15	22:45.64
13	Nellie Froidevaux	BuffCo	G U-18	23:43.24
14	Yuko Loasby	BuffCo	W50-59	25:36.14
-	Denia Chan	Unattached	W18-35	DNS

<u>HEAT 3</u>	<u>5:00pm</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>RESULT</u>
1	Tor Man	BuffCo	B U-15	19:09.83
2	Ranee Wong	BuffCo	W36-49	19:26.26
3	Li Ka Chun Roger	DMS BW	M36-49	19:27.07
4	Tai MacLean	BuffCo	B U-15	19:28.64
5	Alexander Edwards	Unattached	M18-35	19:37.77
6	Bashant Angbuhang	BuffCo	M18-35	19:42.38
7	Maya Tobback	BuffCo	G U-18	19:43.93
8	Sean Liu	Watsons	M18-35	19:46.72
9	Asrya Gobindpuri	BuffCo	G U-18	20:11.08
10	Chin Tai Tung	Unattached	M18-35	20:31.08
11	Satoshi Hayashida	Meisoukai	M36-49	21:17.62
-	Innami Osamu	Meisoukai	M36-49	DNF
-	Lee Kai Chun	Unattached	M18-35	DNS
-	Edwin Cheung	RMAC	M18-35	DNS
-	Daniel Brown	Unattached	M50-59	DNS

<u>HEAT 2</u>	<u>5:40pm</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>ENTRY TIME</u>
1	Sebastian Cotton	Gone Runners	M18-35	17:14.51
2	Yasuhiro Watanabe	Meisoukai	M36-49	17:29.26
3	Tin Cheuk Chan	Unattached	M18-35	17:34.27
4	Chun Chi Charles Lo	RMAC	M36-49	17:41.03
5	Carson Kwok	RMAC	M18-35	17:45.07
6	Yusuke Shimozono	Meisoukai	M36-49	17:50.80
7	Matt Carey	KipMovin	M18-35	17:54.13
8	Ming Fai Wan	Unattached	M18-35	17:55.45
9	Kazuya Kuribayashi	Meisoukai	M36-49	17:57.34
10	James Donald	BuffCo	M18-35	18:04.95
11	Vincent Chu	BuffCo	M36-49	18:07.88
12	Tom Rushton	Unattached	M36-49	18:16.10
13	Tim Marchant	Unattached	M50-59	18:20.38
14	Jose Bongulto	BuffCo	M18-35	18:48.87
15	Pili Hu	IEST	M18-35	19:09.03
16	Siu Jayden	Trailblazer	M18-35	19:15.84
17	Ansu	RUN/BuffCo	M18-35	19:16.51
-	Nobuyasu Kijima	Meisoukai	M36-49	DNF
-	Ali Haider	DMS BW	B U-18	DNF

<u>HEAT 1</u>	<u>6:20PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>ENTRY TIME</u>
1	Cheng Chak Tong	TeamSOLO	M18-35	15:38.42
2	Vincent Chan	TeamSOLO	M18-35	15:43.59
3	Jeff Campbell	GR/JD	M36-49	15:47.75
4	Christopher Ngai	TeamSOLO	M18-35	16:00.52
5	Chi Kin Tsui	Unattached	M18-35	16:01.63
6	Henry Chance	Unattached	M18-35	16:15.62
7	Lucas Lau	Unattached	M36-49	16:26.36
8	Andrew Chan	Trailblazer	M18-35	16:28.89
9	Francis Cho	Unattached	M18-35	16:31.78
10	Jiro Loasby	BuffCo	B U-18	16:33.66
11	Howard Lam	Unattached	M36-49	16:44.24
12	Creighton Connolly	Gone Runners	M18-35	16:48.33
13	Chan Ho	Pui Ching MS	B U-18	17:09.38
14	Wallace Cheng	IRC	M18-35	17:10.94

TEAM CATEGORY

3 runner's times will be added up. No max number of runners or teams per club.

<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+

800m 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	Sean, Charlie, Matthew	MENS	55	6:16.47
2	1	DMS BW	Khan, Krishna, Vaswani	BOYS U-18	51	6:33.74
3	2	BuffCo	Thomas, Wee, Fahad	MENS	57	6:41.72
4	2	BuffCo	Ryan, Mohammed, Joshua	BOYS U-18	51	7:31.93
5	3	DMS BW	Mohammad, Limbu, Purja	BOYS U-18	43	7:36.79
6	1	BuffCo	Ryuto, Chiaki, Theo	BOYS U-15	39	7:55.54
7	2	DMS BW	Amritpal, Gurung, Pun	BOYS U-15	42	8:05.97
8	3	DMS BW	Puneet, Gilani, Ghale	BOYS U-15	40	8:23.63
9	1	BuffCo	Eveline, Cyriane, Zoe	GIRLS U-15	38	8:56.51
10	4	DMS BW	Khan, Thapa, Jaskirat	BOYS U-15	39	8:57.03
11	1	DMS BW	Anmol, Khan, Saleena	MIXED U-18	46	10:11.31
12	1	DMS BW	Saghir, Gill, Kaur	GIRLS U-18	46	11:11.24
13	2	DMS BW	Waheed, Serpal, Sohail	GIRLS U-15	42	11:46.64

5,000m 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	TeamSolo	Cheng, Vincent, Chris	MENS	73	47:22.53
2	2	BuffCo	Jiro, James, Vincent	MENS	94	52:46.49
3	1	Meisoukai	Yasuhiro, Yusuke, Kazuya	MENS MASTERS I	128	53:17.40
4	2	Gone Runners	Creighton, Seb, Tim	MENS MASTERS I	107	53:24.26
5	1	BuffCo	Jose, Ansu, Ranee	MIXED	98	57:31.64
6	1	BuffCo	Tor, Tai, Theo	BOYS U-15	41	59:38.23
7	1	Meisoukai	Isao, Atsushi, Satokazu	MENS MASTERS II	155	1:00:04.20
8	1	Pui Ching MS	Chan, Man, Carey	BOYS U-18	49	1:00:17.38
9	1	BuffCo	Maya, Asrya, Zoe	GIRLS U-18	47	1:02:40.65
10	1	Meisoukai	Satoshi, Nakagawa, Miho	MIXED MASTERS I	136	1:07:07.61
11	1	BuffCo	Nellie, Yuko, Cynthia	WOMENS MASTERS I	108	1:16:38.81

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	Sean Hsing-Ming Fontaine	BuffCo	M18-35	1998	1:58.28
2	1	1	Khan Muzammil	DMS BW	B U-18	2005	2:06.62
3	2	1	Charlie von Burg	BuffCo	B U-18	2007	2:08.13
4	1	1	Jeff Campbell	GR/JD	M36-49	1982	2:08.47
5	3	2	Matthew Yu	BuffCo	B U-18	2006	2:10.06
6	2	1	Chun Wai Lau	Unattached	M18-35	1998	2:10.58
7	3	2	Thomas Macalister-Smith	BuffCo	M18-35	1990	2:11.90
8	4	1	Sri Krishna	DMS BW	M18-35	2004	2:13.21
9	4	1	Vaswani R.M. Sayo	DMS BW	B U-18	2006	2:13.91
10	5	1	Wee Duangthip	BuffCo	M18-35	2004	2:14.58
11	5	1	Fahad	RUN/BuffCo	B U-18	2005	2:15.24
12	6	2	Mohammad Mujahid	DMS BW	B U-18	2007	2:22.35
13	1	2	Kenji Ueno	Meisoukai	M50-59	1965	2:24.15
14	7	3	Ryan Davies	BuffCo	B U-18	2007	2:26.89
15	6	2	Mohammed	RUN/BuffCo	M18-35	2001	2:29.60
16	8	3	Yat Hei Wan	Pui Ching MS	B U-18	2007	2:29.81
17	9	3	Junfeng Ou	Pui Ching MS	B U-18	2005	2:31.71
18	10	1	Limbu Ayush Anchongwo	DMS BW	B U-18	2007	2:34.52
19	11	4	Joshua Ngalani	BuffCo	B U-18	2006	2:35.44
20	1	3	Ryuto Arai	BuffCo	B U-15	2009	2:36.62
21	7	4	Jason Wong	Unattached	M18-35	1992	2:38.33
22	2	4	Chiaki Ohara	BuffCo	B U-15	2009	2:39.30
23	3	3	Theo Watts	BuffCo	B U-15	2009	2:39.62
24	2	4	Nicholas Forde	Unattached	M36-49	1974	2:39.90
25	4	3	Purja Pun Yug	DMS BW	B U-15	2009	2:39.92
26	5	2	Amritpal Singh	DMS BW	B U-15	2008	2:40.68
27	12	2	Gurung Nayan	DMS BW	B U-18	2007	2:42.50
28	6	2	Pun Subash	DMS BW	B U-15	2009	2:42.69
29	7	2	Puneet Sanger	DMS BW	B U-15	2008	2:45.68
30	8	2	Gilani Muhammad Anjum	DMS BW	B U-15	2009	2:47.39
31	1	4	Eveline Tobback	BuffCo	G U-15	2008	2:48.10
32	9	3	Ghale Onish	DMS BW	B U-15	2009	2:50.56
33	10	3	Khan Mohammed Mahran	DMS BW	B U-15	2010	2:52.89
34	11	2	Thapa Avil	DMS BW	B U-15	2008	2:55.39
35	2	5	Jasmine Poon	West Island	G U-15	2009	2:58.56
36	3	5	Rochelle Ng	West Island	G U-15	2009	3:03.51
37	4	4	Cyriane Toucas	BuffCo	G U-15	2009	3:03.96
38	1	5	Zoe Quigley	BuffCo	G U-12	2011	3:04.45
39	12	3	Jaskirat Singh	DMS BW	B U-15	2009	3:08.75
40	13	2	Anmol Limbu	DMS BW	B U-15	2008	3:10.45
41	5	5	Cara Harper	BuffCo	G U-15	2010	3:12.83
42	8	4	Nickson Rai	Nepal	M18-35	2000	3:21.64
43	1	4	Khan Hadia	DMS BW	G U-18	2007	3:27.52
44	2	4	Saleena	DMS BW	G U-18	2005	3:33.34
45	3	4	Saghir Menahil	DMS BW	G U-18	2006	3:40.59
46	4	4	Gill Jaspreet Kaur	DMS BW	G U-18	2007	3:42.51
47	6	5	Jenna Gloor	BuffCo	G U-15	2008	3:47.50
48	5	4	Kaur Prabsharn	DMS BW	G U-18	2007	3:48.14
49	6	4	Waheed Ayesha	DMS BW	G U-18	2006	3:50.36
50	7	5	Serpai Leena	DMS BW	G U-15	2009	3:51.89
51	8	5	Sohail Farheen	DMS BW	G U-15	2009	4:04.39
52	9	5	Gurung Selina	DMS BW	G U-15	2009	4:05.85

GIRLS JUNIOR RESULTS - 800m

<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	4	Eveline Tobback	BuffCo	G U-15	2008	2:48.10
2	2	5	Jasmine Poon	West Island	G U-15	2009	2:58.56
3	3	5	Rochelle Ng	West Island	G U-15	2009	3:03.51
4	4	4	Cyriane Toucas	BuffCo	G U-15	2009	3:03.96
5	1	5	Zoe Quigley	BuffCo	G U-12	2011	3:04.45
6	5	5	Cara Harper	BuffCo	G U-15	2010	3:12.83
7	1	4	Khan Hadia	DMS BW	G U-18	2007	3:27.52
8	2	4	Saleena	DMS BW	G U-18	2005	3:33.34
9	3	4	Saghir Menahil	DMS BW	G U-18	2006	3:40.59
10	4	4	Gill Jaspreet Kaur	DMS BW	G U-18	2007	3:42.51
11	6	5	Jenna Gloor	BuffCo	G U-15	2008	3:47.50
12	5	4	Kaur Prabsharn	DMS BW	G U-18	2007	3:48.14
13	6	4	Waheed Ayesha	DMS BW	G U-18	2006	3:50.36
14	7	5	Serpal Leena	DMS BW	G U-15	2009	3:51.89
15	8	5	Sohail Farheen	DMS BW	G U-15	2009	4:04.39
16	9	5	Gurung Selina	DMS BW	G U-15	2009	4:05.85

BOYS JUNIOR RESULTS - 800m

<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	1	Khan Muzammil	DMS BW	B U-18	2005	2:06.62
2	2	1	Charlie von Burg	BuffCo	B U-18	2007	2:08.13
3	3	2	Matthew Yu	BuffCo	B U-18	2006	2:10.06
4	4	1	Vaswani R.M. Sayo	DMS BW	B U-18	2006	2:13.91
5	5	1	Fahad	RUN/BuffCo	B U-18	2005	2:15.24
6	6	2	Mohammad Mujahid	DMS BW	B U-18	2007	2:22.35
7	7	3	Ryan Davies	BuffCo	B U-18	2007	2:26.89
8	8	3	Yat Hei Wan	Pui Ching MS	B U-18	2007	2:29.81
9	9	3	Junfeng Ou	Pui Ching MS	B U-18	2005	2:31.71
10	10	1	Limbu Ayush Anchongwo	DMS BW	B U-18	2007	2:34.52
11	11	4	Joshua Ngalani	BuffCo	B U-18	2006	2:35.44
12	1	3	Ryuto Arai	BuffCo	B U-15	2009	2:36.62
13	2	4	Chiaki Ohara	BuffCo	B U-15	2009	2:39.30
14	3	3	Theo Watts	BuffCo	B U-15	2009	2:39.62
15	4	3	Purja Pun Yug	DMS BW	B U-15	2009	2:39.92
16	5	2	Amritpal Singh	DMS BW	B U-15	2008	2:40.68
17	12	2	Gurung Nayan	DMS BW	B U-18	2007	2:42.50
18	6	2	Pun Subash	DMS BW	B U-15	2009	2:42.69
19	7	2	Puneet Sanger	DMS BW	B U-15	2008	2:45.68
20	8	2	Gilani Muhammad Anjum	DMS BW	B U-15	2009	2:47.39
21	9	3	Ghale Onish	DMS BW	B U-15	2009	2:50.56
22	10	3	Khan Mohammed Mahran	DMS BW	B U-15	2010	2:52.89
23	11	2	Thapa Avil	DMS BW	B U-15	2008	2:55.39
24	12	3	Jaskirat Singh	DMS BW	B U-15	2009	3:08.75
25	13	2	Anmol Limbu	DMS BW	B U-15	2008	3:10.45

OVERALL RESULTS - 5,000m

<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	1	Cheng Chak Tong	TeamSOLO	M18-35	1998	15:38.42
2	2	1	Vincent Chan	TeamSOLO	M18-35	2002	15:43.59
3	1	1	Jeff Campbell	GR/JD	M36-49	1982	15:47.75
4	3	1	Christopher Ngai	TeamSOLO	M18-35	1993	16:00.52
5	4	1	Chi Kin Tsui	Unattached	M18-35	1990	16:01.63
6	5	1	Henry Chance	Unattached	M18-35	1991	16:15.62
7	2	1	Lucas Lau	Unattached	M36-49	1985	16:26.36
8	6	1	Andrew Chan	Trailblazer	M18-35	2000	16:28.89
9	7	1	Francis Cho	Unattached	M18-35	1991	16:31.78
10	1	1	Jiro Loasby	BuffCo	B U-18	2006	16:33.66
11	3	1	Howard Lam	Unattached	M36-49	1984	16:44.24
12	8	1	Creighton Connolly	Gone Runners	M18-35	1988	16:48.33
13	2	1	Chan Ho	Pui Ching MS	B U-18	2005	17:09.38
14	9	1	Wallace Cheng	IRC	M18-35	1994	17:10.94
15	10	2	Sebastian Cotton	Gone Runners	M18-35	1988	17:14.51
16	4	2	Yasuhiro Watanabe	Meisoukai	M36-49	1975	17:29.26
17	11	2	Tin Cheuk Chan	Unattached	M18-35	1999	17:34.27
18	5	2	Chun Chi Charles Lo	RMAC	M36-49	1984	17:41.03
19	12	2	Carson Kwok	RMAC	M18-35	1993	17:45.07
20	6	2	Yusuke Shimozono	Meisoukai	M36-49	1983	17:50.80
21	13	2	Matt Carey	KipMovin	M18-35	1991	17:54.13
22	14	2	Ming Fai Wan	Unattached	M18-35	1993	17:55.45
23	7	2	Kazuya Kuribayashi	Meisoukai	M36-49	1980	17:57.34
24	8	2	James Donald	BuffCo	M36-49	1986	18:04.95
25	9	2	Vincent Chu	BuffCo	M36-49	1980	18:07.88
26	10	2	Tom Rushton	Unattached	M36-49	1979	18:16.10
27	1	2	Tim Marchant	Unattached	M50-59	1972	18:20.38
28	15	2	Jose Bongulto	BuffCo	M18-35	1994	18:48.87
29	16	2	Pili Hu	IEST	M18-35	1989	19:09.03
30	1	3	Tor Man	BuffCo	B U-15	2008	19:09.83
31	17	2	Siu Jayden	Trailblazer	M18-35	1999	19:15.84
32	18	2	Ansu	RUN/BuffCo	M18-35	1988	19:16.51
33	11	4	Timothy Higgins	IRC/Gone Run.	M36-49	1983	19:21.42
34	1	3	Ranee Wong	BuffCo	W36-49	1986	19:26.26
35	12	3	Li Ka Chun Roger	DMS BW	M36-49	1984	19:27.07
36	2	3	Tai MacLean	BuffCo	B U-15	2008	19:28.64
37	19	3	Alexander Edwards	Unattached	M18-35	1988	19:37.77
38	20	3	Bashant Angbuhang	BuffCo	M18-35	1987	19:42.38
39	1	3	Maya Tobback	BuffCo	G U-18	2005	19:43.93
40	21	3	Sean Liu	Watsons	M18-35	1999	19:46.72
41	3	4	Simon Carmichael	West Island	B U-18	2007	19:48.17
42	1	4	Isao Sugawara	Meisoukai	M60-69	1960	19:49.88
43	2	4	Atsushi Matsuzawa	Meisoukai	M50-59	1971	20:07.05
44	13	4	Satokazu Tanaka	Meisoukai	M36-49	1980	20:07.27
45	2	3	Asrya Gobindpuri	BuffCo	G U-18	2006	20:11.08
46	14	4	Nicholas Forde	Unattached	M36-49	1974	20:24.91
47	22	3	Chin Tai Tung	Unattached	M18-35	1993	20:31.08
48	1	4	Jodie Crisp	Unattached	W18-35	1997	20:52.81
49	3	4	Theo Watts	BuffCo	B U-15	2009	20:59.76
50	15	3	Satoshi Hayashida	Meisoukai	M36-49	1975	21:17.62
51	16	4	Nakagawa Yasuhiro	Meisoukai	M36-49	1978	21:19.92
52	4	4	Man Jit Isaac Choi	Pui Ching MS	B U-18	2007	21:27.87

53	5	4	Carey Lee	Pui Ching MS	B U-18	2005	21:40.13
54	2	5	Megan Sterling	Unattached	W36-49	1974	22:15.95
55	1	4	Zoe Cheng	BuffCo	G U-15	2008	22:45.64
56	3	5	Charlotte Work	West Island	G U-18	2006	23:26.08
57	4	4	Nellie Froidevaux	BuffCo	G U-18	2007	23:43.24
58	17	5	Thierry Gloor	Unattached	M36-49	1974	24:05.75
59	3	5	Miho Sato	Meisoukai	W36-49	1977	24:30.07
60	1	4	Yuko Loasby	BuffCo	W50-59	1967	25:36.14
61	18	5	Mustafa	RUN	M36-49	1984	26:55.24
62	23	5	Nickson Rai	Nepal	M18-35	2000	26:57.02
63	4	5	Cynthia Claytor	BuffCo	W36-49	1984	27:59.43
-	-	2	Nobuyasu Kijima	Meisoukai	M36-49	1982	DNF
-	-	2	Ali Haider	DMS BW	B U-18	2005	DNF
-	-	3	Innami Osamu	Meisoukai	M36-49	1973	DNF

WOMENS 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	3	Ranee Wong	BuffCo	W36-49	1986	19:26.26
2	1	3	Maya Tobback	BuffCo	G U-18	2005	19:43.93
3	2	3	Asrya Gobindpuri	BuffCo	G U-18	2006	20:11.08
4	1	4	Jodie Crisp	Unattached	W18-35	1997	20:52.81
5	2	5	Megan Sterling	Unattached	W36-49	1974	22:15.95
6	1	4	Zoe Cheng	BuffCo	G U-15	2008	22:45.64
7	3	5	Charlotte Work	West Island	G U-18	2006	23:26.08
8	4	4	Nellie Froidevaux	BuffCo	G U-18	2007	23:43.24
9	3	5	Miho Sato	Meisoukai	W36-49	1977	24:30.07
10	1	4	Yuko Loasby	BuffCo	W50-59	1967	25:36.14
11	4	5	Cynthia Claytor	BuffCo	W36-49	1984	27:59.43

JUNIOR 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	16:33.66
2	2	1	Chan Ho	Pui Ching MS	B U-18	2005	17:09.38
3	1	3	Tor Man	BuffCo	B U-15	2008	19:09.83
4	2	3	Tai MacLean	BuffCo	B U-15	2008	19:28.64
5	1	3	Maya Tobback	BuffCo	G U-18	2005	19:43.93
6	3	4	Simon Carmichael	West Island	B U-18	2007	19:48.17
7	2	3	Asrya Gobindpuri	BuffCo	G U-18	2006	20:11.08
8	3	4	Theo Watts	BuffCo	B U-15	2009	20:59.76
9	4	4	Man Jit Isaac Choi	Pui Ching MS	B U-18	2007	21:27.87
10	5	4	Carey Lee	Pui Ching MS	B U-18	2005	21:40.13
11	1	4	Zoe Cheng	BuffCo	G U-15	2008	22:45.64
12	3	5	Charlotte Work	West Island	G U-18	2006	23:26.08
13	4	4	Nellie Froidevaux	BuffCo	G U-18	2007	23:43.24
-	-	2	Ali Haider	DMS BW	B U-18	2005	DNF

MASTERS 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	Jeff Campbell	GR/JD	M36-49	1982	15:47.75
2	2	1	Lucas Lau	Unattached	M36-49	1985	16:26.36
3	3	1	Howard Lam	Unattached	M36-49	1984	16:44.24
4	4	2	Yasuhiro Watanabe	Meisoukai	M36-49	1975	17:29.26
5	5	2	Chun Chi Charles Lo	RMAC	M36-49	1984	17:41.03
6	6	2	Yusuke Shimosono	Meisoukai	M36-49	1983	17:50.80
7	7	2	Kazuya Kuribayashi	Meisoukai	M36-49	1980	17:57.34
8	8	2	James Donald	BuffCo	M36-49	1986	18:04.95
9	9	2	Vincent Chu	BuffCo	M36-49	1980	18:07.88
10	10	2	Tom Rushton	Unattached	M36-49	1979	18:16.10
11	1	2	Tim Marchant	Unattached	M50-59	1972	18:20.38
12	11	4	Timothy Higgins	IRC/Gone Run.	M36-49	1983	19:21.42
13	1	3	Ranee Wong	BuffCo	W36-49	1986	19:26.26
14	12	3	Li Ka Chun Roger	DMS BW	M36-49	1984	19:27.07
15	1	4	Isao Sugawara	Meisoukai	M60-69	1960	19:49.88
16	2	4	Atsushi Matsuzawa	Meisoukai	M50-59	1971	20:07.05
17	13	4	Satokazu Tanaka	Meisoukai	M36-49	1980	20:07.27
18	14	4	Nicholas Forde	Unattached	M36-49	1974	20:24.91
19	15	3	Satoshi Hayashida	Meisoukai	M36-49	1975	21:17.62
20	16	4	Nakagawa Yasuhiro	Meisoukai	M36-49	1978	21:19.92
21	2	5	Megan Sterling	Unattached	W36-49	1974	22:15.95
22	17	5	Thierry Gloor	Unattached	M36-49	1974	24:05.75
23	3	5	Miho Sato	Meisoukai	W36-49	1977	24:30.07
24	1	4	Yuko Loasby	BuffCo	W50-59	1967	25:36.14
25	18	5	Mustafa	RUN	M36-49	1984	26:55.24
26	4	5	Cynthia Claytor	BuffCo	W36-49	1984	27:59.43
-	-	2	Nobuyasu Kijima	Meisoukai	M36-49	1982	DNF
-	-	3	Innami Osamu	Meisoukai	M36-49	1973	DNF

MEET RECORDS 800M	NAME	CLUB	TIME	YEAR
BOYS U-12	Henry Russell	BuffCo	2:47.76	2021
GIRLS U-12	Zoe Quigley	BuffCo	3:04.45	2022
BOYS U-15	Jiro Loasby	BuffCo	2:18.23	2019
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	Khan Kamran	DMS BW	1:55.05	2021
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	Kenji Ueno	Meisoukai	2:24.15	2022
BOYS U-15 TEAM	Tristan Combal Minato Arai Ryan Davies	BuffCo	7:49.09	2019
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	Saghir Menahil Gill Jaspreet Kaur Kaur Prabsharn	DMS BW	11:11.24	2022
MIXED U-18 TEAM	Anmol Limbu Khan Hadia Saleena	DMS BW	10:11.31	2022
MENS 18-35 TEAM	Mark Russell Swiss Duangthip Rafe Man	BuffCo	6:02.64	2020
WOMENS MASTERS I TEAM	Ann Sarah Khouzaima	RUN	11:29.52	2021

MEET RECORDS 5,000M	NAME	CLUB	TIME	YEAR
BOYS U-15	Tommy Hall	BuffCo	17:30.24	2020
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	Jo Chui	BuffCo	25:04.84	2021
MENS 60-69	Isao Sugawara	Meisoukai	19:49.88	2022
MENS 70-79	Mark Loasby	BuffCo	27:23.57	2021
BOYS U-15 TEAM	Tor Man Tai MacLean Theo Watts	BuffCo	59:38.23	2022
BOYS U-18 TEAM	Jabez Siu Dom Davidson Loughlin Davidson	BuffCo	49:53.87	2021
GIRLS U-18 TEAM	Maya Tobback Asrya Gobindpuri Zoe Cheng	BuffCo	1:02:40.65	2022
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