

BUFFCO DISTANCE CARNIVAL 20 OCTOBER 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>

3,000m Meet Records (Individual)

Boys U-15 Record. **Koppany Szentos (BuffCo) – 9:28.55**

Girls U-15 Record. **Jia Rhee (HKIS) – 11:17.47**

Mens 70-79 Record. **Frank McNamara (AVOHK) – 12:23.27**

3,000m Meet Records (Team)

Mixed Team Record. **Aman Kumar, Fahad, Emily Faulkner (BuffCo) – 34:18.64**

3,000m Club Records (Individual)

KipMovin Record. **Matt Carey – 9:58.34**

The Peak Hunter Record. **Rahulpreet Raymond – 10:14.89**

Lok Wah RC Record. **Michael Capper – 10:51.60**

DMS BW Record. **Limbu Adrian – 12:18.69**

HKU Record. **Adriana Ng – 12:47.79**

NSF Record. **Kay Hay Man – 13:41.09**

HKIS Womens Record. **Jia Rhee – 11:17.47**

BuffCo Girls U-15 Record. **Emily Faulkner – 11:30.73**

West Island Girls U-18 Record. **Gloria Kwok – 15:00.26**

BuffCo Womens 36-49 Record. **Ranee Wong – 11:36.97**

DMS BW Boys U-18 Record. **Justin Zabian – 12:30.95**

3,000m Club Records (Team)

West Island Record. **Jude Lau, Fravash Turel, Marco Lee – 34:48.19**

DMS BW Record. **Limbu Adrian, Justin Zabian, Navjot Singh – 37:33.02**

DMS BW Boys U-15s Record. **Jaskirat Singh, Limbu Ningwa Hang, Reinzler PC Zahoor – 46:45.08**

West Island Mixed U-18s Record. **Hana Chow, Ella Snelgrove, Adam Lee – 50:32.26**

<u>HEAT</u>	<u>5</u>	<u>6:30PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1		Marc Tai	West Island	B U-15	2010	13:32.00
2		Benji Williams	West Island	B U-12	2012	13:39.64
3		Charlotte Goldsmith	BuffCo	G U-18	2008	13:51.00
4		Caitlin Shoaf	BuffCo	G U-18	2008	13:54.99
5		Roch Baczowski	Unattached	B U-18	2007	14:12.82
6		Yuko Loasby	BuffCo	W50-59	1967	14:34.62
7		Rochele Ng	BuffCo	G U-15	2009	14:36.51
8		Cadence Chang	BuffCo	G U-18	2006	14:38.09
9		Gloria Kwok	West Island	G U-18	2008	15:00.26
10		RUN Relay Team 1	RUN	W36-49	1982	15:22.00
11		Ayrton Tong	West Island	B U-15	2010	15:38.47
12		Hana Chow	West Island	G U-18	2008	15:45.92
13		Esther Cook	BuffCo	G U-15	2009	15:56.29
14		Mark Loasby	BuffCo	M70-79	1950	16:12.88
15		Ella Snelgrove	West Island	G U-18	2008	16:55.77
16		Adam Lee	West Island	B U-18	2008	17:50.57
17		RUN Relay Team 2	RUN	W36-49	1986	21:19.70

<u>HEAT 4</u>	<u>7:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Vince Choy	West Island	B U-15	2009	12:03.32
2	Limbu Adrian	DMS BW	B U-15	2010	12:18.69
3	Justin Zabian	DMS BW	B U-18	2007	12:30.95
4	Ilias Tobback	BuffCo	B U-15	2010	12:41.31
5	Adriana Ng	HKU	W18-35	2005	12:47.79
6	Marcus Ling	West Island	B U-15	2010	13:03.42
7	Teddy Liu	West Island	B U-18	2008	13:08.20
8	Aiden Pun	West Island	B U-18	2008	13:11.18
9	Nica McMahon	West Island	G U-15	2010	13:36.54
10	Lila Man	BuffCo	G U-18	2006	13:39.28
11	Kam Hay Man	NSF	W36-49	1981	13:41.09
12	Andy Tai	Unattached	M50-59	1972	13:43.56
13	Ciara Saavedra	BuffCo	W18-35	1996	13:47.38
14	Eveline Tobback	BuffCo	G U-18	2008	13:50.29
15	Tilly Roberts	BuffCo	G U-15	2010	13:52.23
16	Poppy Roberts	BuffCo	G U-18	2008	13:58.47
17	Reka Szentes	West Island	G U-15	2010	14:01.35
18	Jaskirat Singh	DMS BW	B U-18	2008	15:27.94
19	Limbu Ningwa Hang	DMS BW	B U-15	2010	15:28.61
20	Reinzler P.C.Zahoor	DMS BW	B U-15	2009	15:48.53
21	Kurtis Liu	West Island	B U-18	2006	19:15.63
-	Gilani Muhammad Anjum	DMS BW	B U-15	2009	DNS
-	Ghale Onish	DMS BW	B U-16	2009	DNS
-	Pun Subas	DMS BW	B U-15	2009	DNS
-	Anton Nguyen	West Island	B U-18	2008	DNS

<u>HEAT 3</u>	<u>7:25PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Jude Lau	West Island	B U-15	2009	11:22.13
2	Charlotte Work	BuffCo	G U-18	2006	11:37.86
3	So Suzuki	BuffCo	B U-15	2009	11:42.45
4	Marco Lee	West Island	B U-18	2008	11:50.99
5	Noel Cheung	BuffCo	M36-49	1980	12:07.98
6	Christopher Li	West Island	B U-18	2008	12:13.43
7	Stephen Leung	BuffCo	M18-35	1996	12:17.42
8	Naia Magrath	BuffCo	G U-18	2007	12:18.28
9	Max Tai	West Island	B U-18	2008	12:19.67
10	Frank McNamara	AVOHK	M70-79	1953	12:23.27
11	Mark Wang	West Island	B U-15	2011	12:31.12
12	Téa McMahon	BuffCo	G U-15	2009	12:33.59
13	Zoe Cheng	BuffCo	G U-18	2008	12:36.67
14	Christine Pudwill	BuffCo	G U-18	2007	12:47.65
15	Aurelien Toucas	West Island	B U-18	2006	12:49.45
16	Christen Lau	West Island	B U-18	2008	12:58.33
17	Jasmine Poon	BuffCo	G U-15	2009	13:16.81
-	Chuanhai Wu	HKUST	M18-35	1994	DNS

<u>HEAT 2</u>	<u>7:50PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Tomos Williams	BuffCo	B U-15	2010	10:48.10
2	Bashant Angbuhang	BuffCo	M36-49	1987	11:00.71
3	Christopher Whitehead	BuffCo	B U-18	2007	11:02.90
4	Jeffry Wicaksana	Unattached	M18-35	1997	11:09.19
5	Vincent Chu	BuffCo	M36-49	1980	11:11.62
6	Theo Watts	BuffCo	B U-15	2009	11:17.28
7	Jia Rhee	HKIS	G U-15	2009	11:17.47
8	Aman Kumar	BuffCo	M18-35	2003	11:18.46
9	Fahad	RUN/BuffCo	M18-35	2005	11:29.45
10	Emily Faulkner	BuffCo	G U-15	2009	11:30.73
11	Fravash Turel	West Island	B U-18	2008	11:35.07
12	Ranee Wong	BuffCo	W36-49	1986	11:36.97
13	Yat Hei Wan	PCMS	B U-18	2007	12:02.05
14	Jonathan Chan	BuffCo	M18-35	1999	12:16.76
15	Navjot Singh	DMS BW	B U-18	2008	12:43.38
16	Nayan Gurung	DMS BW	B U-18	2008	13:54.05
17	Puneet Sangar	DMS BW	B U-18	2008	13:55.52
18	Manjot Singh	DMS BW	B U-18	2007	14:14.26
-	Eszter Csillag	Hoka/T8/GR/JD	W36-49	1985	DNS
-	Brar Harjot Singh	DMS BW	B U-15	2009	DNS
-	Ken Chan	Unattached	M18-35	2002	DNS
-	Harry Bradley-Barnard	Unattached	M36-49	1986	DNS

<u>HEAT 1</u>	<u>8:15PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>ENTRY TIME</u>
1	Koppany Szentes	BuffCo	B U-15	2009	9:28.55
2	Jiro Loasby	BuffCo	B U-18	2006	9:36.95
3	Charlie von Burg	BuffCo	B U-18	2007	9:56.49
4	Matt Carey	KipMovin	M18-35	1991	9:58.34
5	Bryan Ho Yin Lau	TeamSolo	M18-35	2005	10:08.69
6	Rahulpreet Raymond	The Peak Hunter	B U-18	2006	10:14.89
7	Ryuto Arai	BuffCo	B U-15	2009	10:18.43
8	Jai Mensforth	BuffCo	B U-18	2008	10:20.42
9	Ethan Kao	BuffCo	B U-18	2008	10:27.59
10	Tor Man	BuffCo	B U-18	2008	10:39.27
11	Michael Capper	Lok Wah RC	M50-59	1964	10:51.60
-	Chan Ho Kwan	Unattached	M18-35	2003	DNS
-	Amritpal Singh	DMS BW	B U-18	2008	DNS
-	Cheng Cheuk Kong	PolyU	M18-35	2005	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.

TEAM CATEGORY	COMBINED AGE	TEAM CATEGORY	COMBINED AGE
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+

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, Jiro, Charlie	Boys U-18	47	29:01.99
2	2	BuffCo	Ryuto, Jai, Ethan	Boys U-18	44	31:06.44
3	1	BuffCo	Tor, Tomos, Bashant	Mens	64	32:28.08
4	2	BuffCo	Chris, Vincent, Theo	Mens	73	33:31.80
5	1	BuffCo	Aman, Fahad, Emily	Mixed	52	34:18.64
6	3	West Island	Jude, Fravash, Marco	Boys U-18	44	34:48.19
7	2	BuffCo	Ranee, Charlotte, So	Mixed	68	34:57.28
8	4	West Island	Vince, Christopher, Max	Boys U-18	44	36:36.42
9	3	BuffCo	Noel, Jonathan, Stephen	Mens	94	36:42.16
10	1	BuffCo	Naia, Téa, Zoe	Girls U-18	45	37:28.54
11	5	DMS BW	Limbu, Justin, Navjot	Boys U-18	44	37:33.02
12	6	West Island	Mark, Aurelien, Christen	Boys U-18	44	38:18.90
13	1	BuffCo	Ilias, Christine, Jasmine	Mixed U-18	43	38:45.77
14	7	West Island	Marcus, Teddy, Aiden	Boys U-18	43	39:22.80
15	1	West Island	Marc, Nica, Benji	Mixed U-15	37	40:48.18
16	1	BuffCo	Lila, Ciara, Eveline	Women	59	41:16.95
17	2	BuffCo	Charlotte, Tilly, Caitlin	Girls U-18	43	41:38.22
18	8	DMS BW	Nayan, Puneet, Manjot	Boys U-18	46	42:03.83
19	2	BuffCo	Poppy, Yuko, Rochelle	Women	85	43:09.60
20	2	West Island	Reka, Gloria, Aryton	Mixed U-15	41	44:40.08
21	1	DMS BW	Jaskirat, Limbu, Reinz.	Boys U-15	42	46:45.08
22	3	BuffCo	Cadence, Esther, Mark	Mixed	104	46:47.26
23	2	West Island	Hana, Ella, Adam	Mixed U-18	45	50:32.26

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	Koppany Szentes	BuffCo	B U-15	2009	9:28.55
2	1	1	Jiro Loasby	BuffCo	B U-18	2006	9:36.95
3	2	1	Charlie von Burg	BuffCo	B U-18	2007	9:56.49
4	1	1	Matt Carey	KipMovin	M18-35	1991	9:58.34
5	2	1	Bryan Ho Yin Lau	TeamSolo	M18-35	2005	10:08.69
6	3	1	Rahulpreet Raymond	The Peak Hunter	B U-18	2006	10:14.89
7	2	1	Ryuto Arai	BuffCo	B U-15	2009	10:18.43
8	4	1	Jai Mensforth	BuffCo	B U-18	2008	10:20.42
9	5	1	Ethan Kao	BuffCo	B U-18	2008	10:27.59
10	6	1	Tor Man	BuffCo	B U-18	2008	10:39.27
11	3	2	Tomos Williams	BuffCo	B U-15	2010	10:48.10
12	1	1	Michael Capper	Lok Wah RC	M50-59	1964	10:51.60
13	1	2	Bashant Angbuhang	BuffCo	M36-49	1987	11:00.71
14	7	2	Christopher Whitehead	BuffCo	B U-18	2007	11:02.90
15	3	2	Jeffrey Wicaksana	Unattached	M18-35	1997	11:09.19
16	2	2	Vincent Chu	BuffCo	M36-49	1980	11:11.62
17	4	2	Theo Watts	BuffCo	B U-15	2009	11:17.28
18	1	2	Jia Rhee	HKIS	G U-15	2009	11:17.47
19	4	2	Aman Kumar	BuffCo	M18-35	2003	11:18.46
20	5	3	Jude Lau	West Island	B U-15	2009	11:22.13
21	5	2	Fahad	RUN/BuffCo	M18-35	2005	11:29.45
22	2	2	Emily Faulkner	BuffCo	G U-15	2009	11:30.73
23	8	2	Fravash Turel	West Island	B U-18	2008	11:35.07
24	1	2	Ranee Wong	BuffCo	W36-49	1986	11:36.97
25	1	3	Charlotte Work	BuffCo	G U-18	2006	11:37.86
26	6	3	So Suzuki	BuffCo	B U-15	2009	11:42.45

27	9	3	Marco Lee	West Island	B U-18	2008	11:50.99
28	10	2	Yat Hei Wan	PCMS	B U-18	2007	12:02.05
29	7	4	Vince Choy	West Island	B U-15	2009	12:03.32
30	3	3	Noel Cheung	BuffCo	M36-49	1980	12:07.98
31	11	3	Christopher Li	West Island	B U-18	2008	12:13.43
32	6	2	Jonathan Chan	BuffCo	M18-35	1999	12:16.76
33	7	3	Stephen Leung	BuffCo	M18-35	1996	12:17.42
34	2	3	Naia Magrath	BuffCo	G U-18	2007	12:18.28
35	8	4	Limbu Adrian	DMS BW	B U-15	2010	12:18.69
36	12	3	Max Tai	West Island	B U-18	2008	12:19.67
37	1	3	Frank McNamara	AVOHK	M70-79	1953	12:23.27
38	13	4	Justin Zabian	DMS BW	B U-18	2007	12:30.95
39	9	3	Mark Wang	West Island	B U-15	2011	12:31.12
40	3	3	Téa McMahon	BuffCo	G U-15	2009	12:33.59
41	3	3	Zoe Cheng	BuffCo	G U-18	2008	12:36.67
42	10	4	Ilias Tobback	BuffCo	B U-15	2010	12:41.31
43	14	2	Navjot Singh	DMS BW	B U-18	2008	12:43.38
44	4	3	Christine Pudwill	BuffCo	G U-18	2007	12:47.65
45	1	4	Adriana Ng	HKU	W18-35	2005	12:47.79
46	15	3	Aurelien Toucas	West Island	B U-18	2006	12:49.45
47	16	3	Christen Lau	West Island	B U-18	2008	12:58.33
48	11	4	Marcus Ling	West Island	B U-15	2010	13:03.42
49	17	4	Teddy Liu	West Island	B U-18	2008	13:08.20
50	18	4	Aiden Pun	West Island	B U-18	2008	13:11.18
51	4	3	Jasmine Poon	BuffCo	G U-15	2009	13:16.81
52	12	5	Marc Tai	West Island	B U-15	2010	13:32.00
53	5	4	Nica McMahon	West Island	G U-15	2010	13:36.54
54	5	4	Lila Man	BuffCo	G U-18	2006	13:39.28
55	2	5	Benji Williams	West Island	B U-12	2012	13:39.64
56	2	4	Kam Hay Man	NSF	W36-49	1981	13:41.09
57	2	4	Andy Tai	Unattached	M50-59	1972	13:43.56
58	2	4	Ciara Saavedra	BuffCo	W18-35	1996	13:47.38
59	6	4	Eveline Tobback	BuffCo	G U-18	2008	13:50.29
60	7	5	Charlotte Goldsmith	BuffCo	G U-18	2008	13:51.00
61	6	4	Tilly Roberts	BuffCo	G U-15	2010	13:52.23
62	19	2	Nayan Gurung	DMS BW	B U-18	2008	13:54.05
63	8	5	Caitlin Shoaf	BuffCo	G U-18	2008	13:54.99
64	20	2	Puneet Sangar	DMS BW	B U-18	2008	13:55.52
65	9	4	Poppy Roberts	BuffCo	G U-18	2008	13:58.47
66	7	4	Reka Szentes	West Island	G U-15	2010	14:01.35
67	21	5	Roch Baczkowski	Unattached	B U-18	2007	14:12.82
68	22	2	Manjot Singh	DMS BW	B U-18	2007	14:14.26
69	1	5	Yuko Loasby	BuffCo	W50-59	1967	14:34.62
70	8	5	Rochelle Ng	BuffCo	G U-15	2009	14:36.51
71	10	5	Cadence Chang	BuffCo	G U-18	2006	14:38.09
72	11	5	Gloria Kwok	West Island	G U-18	2008	15:00.26
73	3	5	RUN Relay Team 1	RUN	W36-49	1982	15:22.00
74	23	4	Jaskirat Singh	DMS BW	B U-18	2008	15:27.94
75	13	4	Limbu Ningwa Hang	DMS BW	B U-15	2010	15:28.61
76	14	5	Ayrton Tong	West Island	B U-15	2010	15:38.47
77	12	5	Hana Chow	West Island	G U-18	2008	15:45.92
78	15	4	Reinzler P.C.Zahoor	DMS BW	B U-15	2009	15:48.53
79	9	5	Esther Cook	BuffCo	G U-15	2009	15:56.29
80	2	5	Mark Loasby	BuffCo	M70-79	1950	16:12.88
81	13	5	Ella Snelgrove	West Island	G U-18	2008	16:55.77
82	24	5	Adam Lee	West Island	B U-18	2008	17:50.57
83	25	4	Kurtis Liu	West Island	B U-18	2006	19:15.63
84	4	5	RUN Relay Team 2	RUN	W36-49	1986	21:19.70

-	-	4	Gilani Muhammad Anjum	DMS BW	B U-15	2009	DNS
-	-	4	Ghale Onish	DMS BW	B U-16	2009	DNS
-	-	4	Pun Subas	DMS BW	B U-15	2009	DNS
-	-	4	Anton Nguyen	West Island	B U-18	2008	DNS
-	-	3	Chuanhai Wu	HKUST	M18-35	1994	DNS
-	-	2	Eszter Csillag	Hoka/T8/GR/JD	W36-49	1985	DNS
-	-	2	Brar Harjot Singh	DMS BW	B U-15	2009	DNS
-	-	2	Ken Chan	Unattached	M18-35	2002	DNS
-	-	2	Harry Bradley-Barnard	Unattached	M36-49	1986	DNS
-	-	1	Chan Ho Kwan	Unattached	M18-35	2003	DNS
-	-	1	Amritpal Singh	DMS BW	B U-18	2008	DNS
-	-	1	Cheng Cheuk Kong	PolyU	M18-35	2005	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	Jia Rhee	HKIS	G U-15	2009	11:17.47
2	2	2	Emily Faulkner	BuffCo	G U-15	2009	11:30.73
3	1	2	Ranee Wong	BuffCo	W36-49	1986	11:36.97
4	1	3	Charlotte Work	BuffCo	G U-18	2006	11:37.86
5	2	3	Naia Magrath	BuffCo	G U-18	2007	12:18.28
6	3	3	Téa McMahon	BuffCo	G U-15	2009	12:33.59
7	3	3	Zoe Cheng	BuffCo	G U-18	2008	12:36.67
8	4	3	Christine Pudwill	BuffCo	G U-18	2007	12:47.65
9	1	4	Adriana Ng	HKU	W18-35	2005	12:47.79
10	4	3	Jasmine Poon	BuffCo	G U-15	2009	13:16.81
11	5	4	Nica McMahon	West Island	G U-15	2010	13:36.54
12	5	4	Lila Man	BuffCo	G U-18	2006	13:39.28
13	2	4	Kam Hay Man	NSF	W36-49	1981	13:41.09
14	2	4	Ciara Saavedra	BuffCo	W18-35	1996	13:47.38
15	6	4	Eveline Tobback	BuffCo	G U-18	2008	13:50.29
16	7	5	Charlotte Goldsmith	BuffCo	G U-18	2008	13:51.00
17	6	4	Tilly Roberts	BuffCo	G U-15	2010	13:52.23
18	8	5	Caitlin Shoaf	BuffCo	G U-18	2008	13:54.99
19	9	4	Poppy Roberts	BuffCo	G U-18	2008	13:58.47
20	7	4	Reka Szentes	West Island	G U-15	2010	14:01.35
21	1	5	Yuko Loasby	BuffCo	W50-59	1967	14:34.62
22	8	5	Rochelle Ng	BuffCo	G U-15	2009	14:36.51
23	10	5	Cadence Chang	BuffCo	G U-18	2006	14:38.09
24	11	5	Gloria Kwok	West Island	G U-18	2008	15:00.26
25	3	5	RUN Relay Team 1	RUN	W36-49	1982	15:22.00
26	12	5	Hana Chow	West Island	G U-18	2008	15:45.92
27	9	5	Esther Cook	BuffCo	G U-15	2009	15:56.29
28	13	5	Ella Snelgrove	West Island	G U-18	2008	16:55.77
29	4	5	RUN Relay Team 2	RUN	W36-49	1986	21:19.70
-	-	2	Eszter Csillag	Hoka/T8/GR/JD	W36-49	1985	DNS

MEET RECORDS

<i>MEET RECORDS</i> <i>3,000M</i>	NAME	CLUB	TIME	YEAR
GIRLS U-9	Heloïse Martenet	Unattached	17:42.98	2021
BOYS U-12	Tor Man	BuffCo	11:37.86	2019
BOYS U-15	Koppany Szentes	BuffCo	9:28.55	2023
GIRLS U-15	Jia Rhee	HKIS	11:17.47	2023
BOYS U-18	Jabez Siu	BuffCo	9:06.88	2020
GIRLS U-18	Ella Brown	BuffCo	10:42.01	2021
MENS 18-35	Andrea Cloarec	GR/JD	8:50.30	2021
WOMENS 18-35	Mary Hui	Unattached	11:10.39	2021
MENS 36-49	Jeff Campbell	GR/JD	8:49.94	2021
WOMENS 36-49	Caitriona Jennings	GR/JD	10:36.82	2021
MENS 50-59	Jan Souleyman	Gone Runners	10:35.99	2021
WOMENS 50-59	Jo Chui	BuffCo	14:24.23	2021
MENS 70-79	Frank McNamara	AVOHK	12:23.27	2023
BOYS U-15 TEAM	Wee Duangthip Tor Man Ryan Davies	BuffCo	36:12.42	2019
GIRLS U-15 TEAM	Asrya Gobindpuri Ava Singer Zoe Cheng	BuffCo	35:44.92	2021
MIXED U-15 TEAM	Maya Tobback Theo Watts Jayden Bi	West Island	37:24.42	2021
BOYS U-18 TEAM	Jabez Siu Swiss Duangthip Rafe Man	BuffCo	28:00.84	2019
GIRLS U-18 TEAM	Maya Tobback Asrya Gobindpuri Zoe Cheng	BuffCo	35:19.78	2022
MIXED U-18 TEAM	Rihito Tachikawa Chiaki Ohara Cadence Chang	BuffCo	36:44.95	2023
MENS TEAM	Mark Russell Swiss Duangthip Jabez Siu	BuffCo	28:16.43	2020
WOMENS TEAM	Meg Sterling Téa McMahon Naia Magrath	BuffCo	37:52.48	2023
MIXED TEAM	Aman Kumar Fahad Emily Faulkner	BuffCo	34:18.64	2023
MENS MASTERS I TEAM	George Gaffney Laurent Nguyen Masashi Shirotake	GR/JD	29:34.77	2021
WOMENS MASTERS I TEAM	Jo Chui Yuko Loasby Cynthia Claytor	BuffCo	44:26.65	2021
MIXED MASTERS I TEAM	Matthew Clarke Jono Woodhouse Caitriona Jennings	GR/JD	31:02.12	2021

CLUB RECORDS	NAME	CATEGORY	TIME	YEAR	
26	Tern Kaplan	B U-18	9:44.36	2023	
AVOHK	David Woo	M36-49	9:53.39	2021	
	Frank McNamara	M70-79	12:23.27	2023	
	Tor Man	B U-12	11:37.86	2019	
BUFFCO	Koppany Szentes	B U-15	9:28.55	2023	
	Emily Faulkner	G U-15	11:30.73	2023	
	Jabez Siu	B U-18	9:06.88	2020	
	Ella Brown	G U-18	10:42.01	2021	
	Harry Loasby	M18-35	9:20.58	2023	
	Maya Tobback	W18-35	11:16.75	2023	
	Vincent Chu	M36-49	10:39.74	2023	
	Ranee Wong	W36-49	11:36.97	2023	
	Anthony Chui	M50-59	11:18.19	2021	
	Jo Chui	W50-59	14:24.23	2021	
	Mark Loasby	M70-79	15:50.51	2021	
	Wee Duangthip Tor Man Ryan Davies	BOYS U-15 TEAM	36:12.42	2019	
	Asrya Gobindpuri Ava Singer Zoe Cheng	GIRLS U-15 TEAM	35:44.92	2021	
	Nellie Froidevaux DJ Charlwood Anson Leung	MIXED U-15 TEAM	40:26.20	2021	
	Jabez Siu Swiss Duangthip Rafe Man	BOYS U-18 TEAM	28:00.84	2020	
	Maya Tobback Asrya Gobindpuri Zoe Cheng	GIRLS U-18 TEAM	35:19.78	2022	
	Rihito Tachikawa Chiaki Ohara Cadence Chang	MIXED U-18 TEAM	36:44.95	2023	
	Mark Russell Swiss Duangthip Jabez Siu	MENS TEAM	28:16.43	2020	
	Meg Sterling Téa McMahon Naia Magrath	WOMENS TEAM	37:52.48	2023	
	Aman Kumar Fahad Emily Faulkner	MIXED TEAM	34:18.64	2023	
	Jo Chui Yuko Loasby Cynthia Claytor	WOMENS MASTERS I TEAM	44:26.65	2021	
	Mark Loasby Mia Rutherford Luana Rutherford	MIXED MASTERS I TEAM	50:38.27	2021	
	CATHAY PACIFIC	Matthew Jack	M36-49	9:38.09	2021
	CONCORDIA LUTHERAN	Wong Chun Hei	B U-15	11:17.64	2023
	DELIA MEMORIAL SCHOOL BROADWAY (DMS BW)	Limbu Adrian	B U-15	12:18.69	2023
		Justin Zabian	B U-18	12:30.95	2023
		Jaskirat Singh Limbu Ningwa Hang	BOYS U-15 TEAM	46:45.08	2023

	Reinzler PC Zahoor			
	Limbu Adrian Justin Zabian Navjot Singh	BOYS U-18 TEAM	37:33.02	2023
EALING EAGLES	Andy Guy	M36-49	10:29.84	2021
GONE RUNNERS	Martinus Doekes	M36-49	11:03.48	2021
	Jan Souleyman	M50-59	10:35.99	2021
GONE RUNNING JOINT DYNAMICS	Andrea Cloarec	M18-35	8:50.30	2021
	Jeff Campbell	M36-49	8:49.94	2021
	Caitriona Jennings	W36-49	10:36.82	2021
	Jeff Campbell			
	Andrea Cloarec	MENS TEAM	28:25.15	2021
	David Klar			
	George Gaffney	MENS		
	Laurent Nguyen	MASTERS I	29:34.77	2021
	Masashi Shirotake	TEAM		
	Matthew Clarke	MIXED		
Jono Woodhouse	MASTERS I	31:02.12	2021	
Caitriona Jennings	TEAM			
HONG KONG INTERNATIONAL SCHOOL	Hugo Souleyman	B U-12	12:15.85	2021
	Jia Rhee	G U-15	11:17.47	2023
	Jiho Lee	B U-18	11:03.16	2023
	Jiho Lee			
	Joshua Edwards	BOYS U-18 TEAM	34:57.54	2023
Nathan Wang				
HKLRRRC	Catherine Leonard	W36-49	14:12.44	2021
HKSC/LBC	Ferdinand Clovis	M18-35	10:09.35	2021
HONG KONG	Sam Manger	M18-35	10:36.35	2021
HONG KONG FC	Leanne Claxton	W36-49	12:47.26	2021
HONG KONG UNIVERISTY (HKU)	Adriana Ng	W18-35	12:47.79	2023
KIPMOVIN	Matt Carey	M18-35	9:58.34	2023
LCRA	Matthew Cheng	M18-35	11:16.52	2023
LOK WA RC	Michael Capper	M50-59	10:51.60	2023
NEPAL	Nickson Rai	M18-35	12:35.84	2021
	Robinson Rai	M50-59	14:20.83	2021
NETHERLANDS	Jasper van der Ploeg	M18-35	9:55.65	2021
NSF	Kay Hay Man	W36-49	13:41.09	2023
OUTRUNNERSHK	Henry Chu	M18-35	11:30.47	2019
PUI CHING MIDDLE SCHOOL	Chan Ho	B U-15	10:55.64	2019
	Choi King Lead	B U-18	11:05.15	2019
RENAISSANCE COLLEGE	Rico Poon	B U-15	11:33.94	2019
RUN	Fahad	B U-18	11:04.59	2022
	Claude	M18-35	10:26.99	2022
	Ann	W18-35	17:41.87	2021
	Victor	M36-49	11:39.92	2021
	Sarah 1	W36-49	18:05.37	2022
	Claude			
	Ansu	MENS TEAM	32:34.75	2022
	Fahad			
	Ann			
Sarah 1 Khouzaima	WOMENS TEAM	57:32.34	2021	

	Victor Sarah 1 Khouzaima	MIXED MASTERS I TEAM	50:47.21	2022
RUN STAFF & VOLUNTEERS	Henrique Bastos	B U-18	10:33.28	2022
	James Owens	M18-35	10:31.90	2021
TEAMSOLO	Christopher Ngai	M18-35	9:15.88	2022
THE PEAK HUNTER	Rahulpreet Raymond	B U-18	10:14.89	2023
TRAILBLAZER	Jacky Choi	B U-18	9:34.84	2021
	Andrew Chan	M18-35	9:29.40	2022
	Godwin Tam	MENS TEAM	28:34.99	2021
	Perry Chow Jacky Choi			
TRITONS	Vincent McIlduff	M18-35	10:07.30	2021
UNATTACHED (NO TEAM)	Heloïse Martenet	G U-9	17:42.98	2021
	Kirsty Donovan	G U-15	13:03.05	2021
	Sun Yin Lin	B U-18	9:44.05	2019
	Chi Kin Tsui	M18-35	9:30.16	2022
	Mary Hui	W18-35	11:10.39	2021
	Jacob Boeding	M36-49	9:34.17	2021
	Yann Kai Oh	W36-49	11:37.52	2021
	Cees Brouwer	M50-59	11:30.98	2021
UCC	Josh Lee	B U-15	11:24.16	2021
WATSONS	Sean Liu	M18-35	10:54.28	2023
WEST ISLAND SCHOOL	Jayden Bi	B U-12	12:49.02	2021
	Finn Ridley	B U-15	11:57.29	2019
	Maddie Scott	G U-15	13:20.62	2019
	Simon Carmichael	B U-18	10:54.28	2023
	Gloria Kwok	G U-18	15:00.26	2023
	Maya Tobback Theo Watts Jayden Bi	MIXED U-15 TEAM	37:24.42	2021
	Jude Lau Fravash Turel Marco Lee	BOYS U-18 TEAM	34:48.19	2023
	Hana Chow Ella Snelgrove Adam Lee	MIXED U-18 TEAM	50:32.26	2023