

BUFFCO SUMMER TRACK SERIES

14 JUNE 2024



1500m & 5x300m 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 for details.

1500m Meet Records (Individual)

Boys U-9 Record. **Laurence Hyde (BuffCo) – 6:24.13**

Mens 50-59 Record. **Nicholas Forde (BuffCo) – 4:50.38**

1500m Club Records (Individual)

BuffCo Boys U-15 Record. **Marcus Ling – 4:41.56**

Hong Kong Mens 18-35 Record. **Chun Hei Chan – 4:32.95**

Island School Girls U-18 Record. **Isabel Gregory – 6:39.09**

Launch 8 Mens 36-49 Record. **SL Yeung – 4:37.38**

Launch 8 Mens 50-59 Record. **Cheung Chiming – 5:25.91**

Marathon Training Centre Mens 36-49 Record. **Chan Chin Yat – 5:35.49**

1500m Club Records (Team)

BuffCo Mens Masters I Team Record. **Thomas M-Smith, Nicholas Forde, Jonathan Chan – 14:50.57**

Launch 8 Mens Masters I Team Record. **SL Yeung, Wing Wing, Cheung Chiming – 15:26.34**

1500m/5x300m HEATS

<u>HEAT 4</u>	<u>7:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Oliver Wood	BuffCo	B U-15	2010	5:57.62
2	Charlotte Goldsmith	BuffCo	G U-18	2008	5:59.73
3	Alessandra Gilham	West Island	G U-15	2012	6:20.45
4	Peach Callaghan	BuffCo	G U-18	2008	6:22.75
5	Henry Hyde	BuffCo	B U-18	2009	6:23.11
6	Laurence Hyde	BuffCo	B U-9	2016	6:24.13
7	Jaime Pharoah	BuffCo	G U-18	2009	6:25.10
8	Isabel Gregory	Island School	G U-18	2009	6:39.09
9	Rochelle Ng	BuffCo	G U-18	2009	6:48.05
10	Esther Cook	BuffCo	G U-18	2009	6:49.33
11	Olivia Hyde	BuffCo	G U-15	2012	7:05.80

<u>HEAT 3</u>	<u>7:20PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
1	Tony Tam	Unattached	M18-35	1992	5:12.74
2	Wing Wing	Launch 8	M36-49	1982	5:23.05
3	Cheung Chiming	Launch 8	M50-59	1970	5:25.91
4	Chan Chin Yat	MTC	M36-49	1975	5:35.49
5	Ellis Evans	BuffCo	B U-15	2010	5:40.26
6	Safiya Gilham	BuffCo	G U-18	2009	5:40.89
7	Benji Williams	BuffCo	B U-15	2012	5:48.40
8	Zoe Jane Cheng	BuffCo	G U-18	2008	5:50.50
9	Jasmine Poon	BuffCo	G U-18	2009	5:55.28
10	Grace Carter	BuffCo	G U-18	2009	5:58.69
11	Reka Szentes	BuffCo	G U-15	2010	6:12.63
-	Tatfu Lam	Launch 8	M36-49	1980	DNS

<u>HEAT</u>	<u>8:00PM</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>YOB</u>	<u>RESULT</u>
<u>1/2</u>					
1	BuffCo Relay	BuffCo	B RELAY	-	3:31.35
2	DBS Relay	DBS	M RELAY	-	3:44.04
3	Vincent Chan	TeamSolo	M18-35	2002	4:20.41
4	AVOHK Relay	AVOHK	M RELAY	-	4:22.81
5	Thomas M-Smith	BuffCo	M18-35	1990	4:32.47
6	Chun Hei Chan	Hong Kong	M18-35	1997	4:32.95
7	BuffCo Relay	BuffCo	G RELAY	-	4:33.25
8	SL Yeung	Launch 8	M36-49	1988	4:37.38
9	Tom Chan	Unattached	M18-35	2001	4:40.20
10	Ryuto Arai	BuffCo	B U-18	2009	4:41.21
11	Marcus Ling	BuffCo	B U-15	2010	4:41.56
12	Ilias Tobback	BuffCo	B U-15	2010	4:42.59
13	David Woo	AVOHK	M36-49	1981	4:44.21
14	Morgan Deltheil	BuffCo	B U-18	2009	4:46.78
15	Uku Kruusamae	Unattached	M18-35	1992	4:47.12
16	Ryan Robbie	AVOHK	M36-49	1985	4:50.19
17	Nicholas Forde	BuffCo	M50-59	1974	4:50.38
18	So Suzuki	BuffCo	B U-18	2009	5:08.40
19	Jonathan Chan	BuffCo	M18-35	1999	5:27.72

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	1-2	Vincent Chan	TeamSolo	M18-35	2002	4:20.41
2	2	1-2	Thomas M-Smith	BuffCo	M18-35	1990	4:32.47
3	3	1-2	Chun Hei Chan	Hong Kong	M18-35	1997	4:32.95
4	1	1-2	SL Yeung	Launch 8	M36-49	1988	4:37.38
5	4	1-2	Tom Chan	Unattached	M18-35	2001	4:40.20
6	1	1-2	Ryuto Arai	BuffCo	B U-18	2009	4:41.21
7	1	1-2	Marcus Ling	BuffCo	B U-15	2010	4:41.56
8	2	1-2	Ilias Tobback	BuffCo	B U-15	2010	4:42.59
9	2	1-2	David Woo	AVOHK	M36-49	1981	4:44.21
10	2	1-2	Morgan Deltheil	BuffCo	B U-18	2009	4:46.78
11	5	1-2	Uku Kruusamae	Unattached	M18-35	1992	4:47.12
12	3	1-2	Ryan Robbie	AVOHK	M36-49	1985	4:50.19
13	1	1-2	Nicholas Forde	BuffCo	M50-59	1974	4:50.38
14	3	1-2	So Suzuki	BuffCo	B U-18	2009	5:08.40
15	6	3	Tony Tam	Unattached	M18-35	1992	5:12.74

16	4	3	Wing Wing	Launch 8	M36-49	1982	5:23.05
17	2	3	Cheung Chiming	Launch 8	M50-59	1970	5:25.91
18	7	1-2	Jonathan Chan	BuffCo	M18-35	1999	5:27.72
19	5	3	Chan Chin Yat	MTC	M36-49	1975	5:35.49
20	3	3	Ellis Evans	BuffCo	B U-15	2010	5:40.26
21	1	3	Safiya Gilham	BuffCo	G U-18	2009	5:40.89
22	4	3	Benji Williams	BuffCo	B U-15	2012	5:48.40
23	2	3	Zoe Jane Cheng	BuffCo	G U-18	2008	5:50.50
24	3	3	Jasmine Poon	BuffCo	G U-18	2009	5:55.28
25	5	4	Oliver Wood	BuffCo	B U-15	2010	5:57.62
26	4	3	Grace Carter	BuffCo	G U-18	2009	5:58.69
27	5	4	Charlotte Goldsmith	BuffCo	G U-18	2008	5:59.73
28	1	3	Reka Szentcs	BuffCo	G U-15	2010	6:12.63
29	2	4	Alessandra Gilham	West Island	G U-15	2012	6:20.45
30	6	4	Peach Callaghan	BuffCo	G U-18	2008	6:22.75
31	4	4	Henry Hyde	BuffCo	B U-18	2009	6:23.11
32	1	4	Laurence Hyde	BuffCo	B U-9	2016	6:24.13
33	7	4	Jaime Pharoah	BuffCo	G U-18	2009	6:25.10
34	8	4	Isabel Gregory	Island School	G U-18	2009	6:39.09
35	9	4	Rochelle Ng	BuffCo	G U-18	2009	6:48.05
36	10	4	Esther Cook	BuffCo	G U-18	2009	6:49.33
37	3	4	Olivia Hyde	BuffCo	G U-15	2012	7:05.80
-	-	3	Tatfu Lam	Launch 8	M36-49	1980	DNS

OVERALL RESULTS - 1500m Women Individual

<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	Safiya Gilham	BuffCo	G U-18	2009	5:40.89
2	2	3	Zoe Jane Cheng	BuffCo	G U-18	2008	5:50.50
3	3	3	Jasmine Poon	BuffCo	G U-18	2009	5:55.28
4	4	3	Grace Carter	BuffCo	G U-18	2009	5:58.69
5	5	4	Charlotte Goldsmith	BuffCo	G U-18	2008	5:59.73
6	1	3	Reka Szentcs	BuffCo	G U-15	2010	6:12.63
7	2	4	Alessandra Gilham	West Island	G U-15	2012	6:20.45
8	6	4	Peach Callaghan	BuffCo	G U-18	2008	6:22.75
9	7	4	Jaime Pharoah	BuffCo	G U-18	2009	6:25.10
10	8	4	Isabel Gregory	Island School	G U-18	2009	6:39.09
11	9	4	Rochelle Ng	BuffCo	G U-18	2009	6:48.05
12	10	4	Esther Cook	BuffCo	G U-18	2009	6:49.33
13	3	4	Olivia Hyde	BuffCo	G U-15	2012	7:05.80

OVERALL RESULTS – 5x300m RELAY

<u>RANK</u>	<u>CAT RANK</u>	<u>HEAT</u>	<u>NAMES</u>	<u>CLUB</u>	<u>CATEGORY</u>	<u>AVG. AGE</u>	<u>RESULT</u>
1	1	1-2	Jai Mensforth Charlie von Burg Ethan Kao Ryan Davies Mohammed Byran Lau	BuffCo	B U-18	17.8	3:31.35
2	1	1-2	Bryan Lau Steve Steve Harold	DBS	M18-35	20.4	3:44.04
3	1	1-2	Aldo Kriel Chris Ibbotsen Stephen Lau Enzo Kriel Sri Krishna Rochelle Ng	AVOHK	M36-49	38.8	4:22.81
4	1	1-2	Jaime Pharoah Esther Cook Grace Carter Jasmine Poon	BuffCo	G U-18	15.0	4:33.25

TEAM 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)

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	Ryuto, Morgan, So	Boys U-18	45	14:36.39
2	1	BuffCo	Thomas, Nicholas, Jonathan	Mens Masters I	109	14:50.57
3	1	BuffCo	Marcus, Ilias, Ellis	Boys U-15	42	15:04.41
4	2	Launch 8	SL, Wing, Cheung	Mens Masters I	132	15:26.34
5	1	BuffCo	Safiya, Zoe, Jasmine	Girls U-18	45	17:26.67
6	2	BuffCo	Benji, Oliver, Henry	Boys U-15	41	18:09.13
7	2	BuffCo	Grace, Charlotte, Peach	Girls U-18	47	18:11.17
8	1	BuffCo	Reka, Laurence, Olivia	Mixed U-15	34	19:42.56
9	3	BuffCo	Jaime, Rochelle, Esther	Girls U-18	45	20:02.48

MEET RECORDS – 1500m

<i>MEET RECORDS 1500M</i>	NAME	CLUB	TIME	YEAR
BOYS U-9	Laurence Hyde	BuffCo	6:24.13	2024
GIRLS U-9	Mila Mahbubani	Unattached	8:44.34	2022
BOYS U-12	Tor Man	BuffCo	5:29.10	2019
GIRLS U-12	Jacquelyn Perrin	KipMovin	5:46.40	2021
BOYS U-15	Kabir Mirza	KipMovin	4:33.50	2024
GIRLS U-15	Jia Rhee	BuffCo	5:18.57	2023
BOYS U-18	Jabez Siu	BuffCo	4:12.21	2020
GIRLS U-18	Ella Brown	BuffCo	4:53.33	2021
MENS 18-35	Khan Kamran	All-Star Runners	4:00.72	2023
WOMENS 18-35	Cadence Chang	BuffCo	4:59.17	2024
MENS 36-49	Jeff Campbell	GR/JD	4:08.40	2021
WOMENS 36-49	Libby Humphreys	IRC	5:10.76	2024
MENS 50-59	Nicholas Forde	BuffCo	4:50.38	2024
WOMENS 50-59	Catherine Chow	lululemon	6:35.40	2023
MENS 70-79	Frank McNamara	AVOHK	5:55.51	2024
MIXED U-9 TEAM	Laurence Hyde Elizabeth Wadwiang Callum Donald	BuffCo	26:26.97	2024
BOYS U-12 TEAM	Ben Caplin Laurence Hyde Callum Donald	BuffCo	22:20.21	2024
BOYS U-15 TEAM	Ilias Tobback Marcus Ling Mark Wang	BuffCo	14:34.01	2024
GIRLS U-15 TEAM	Hana Clode Jacquelyn Perrin Amaya Mantel	KipMovin	17:24.02	2022
MIXED U-15 TEAM	Zoe Cheng Ilias Tobback Jasmine Poon	BuffCo	17:41.22	2023
BOYS U-18 TEAM	Mark Russell Rafe Man Swiss Duangthip	BuffCo	12:48.04	2019
GIRLS U-18 TEAM	Maya Tobback Asrya Gobindpuri Eveline Tobback	BuffCo	16:22.08	2022
MIXED U-18 TEAM	Ryuto Arai Theo Watts Cadence Chang	BuffCo	15:33.72	2023
MENS TEAM	Harry Loasby Charlie von Burg James Donald	BuffCo	13:34.66	2023
WOMENS TEAM	Ella Brown Madi Brown Yuko Loasby	BuffCo	17:23.05	2021
MIXED TEAM	Tomas Hall Thomas Macalister-Smith Cadence Chang	BuffCo	13:42.64	2024
MENS MASTERS I TEAM	Andrea Cloarec Jeff Campbell Jean-Baptiste Martenet	GR/JD	12:46.94	2021
MIXED MASTERS I TEAM	Nicholas Forde Tim Marchant	BuffCo	15:06.44	2024

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

CLUB RECORDS – 1500m

<i>1500M CLUB RECORDS</i>	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	6:24.13	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
	Marcus Ling	B U-15	4:41.56	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	4:50.38	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	MENS TEAM	13:34.66	2023

	James Donald Ella Brown Madi Brown Yuko Loasby	WOMENS TEAM	17:23.05	2021
	Charlotte Work Noel Cheung Zein Williams	MIXED TEAM	17:10.34	2023
	Thomas M-Smith Nicholas Forde Jonathan Chan	MENS MASTERS I TEAM	14:50.57	2024
	Nicholas Forde Tim Marchant Cadence Chang	MIXED MASTERS I TEAM	15:06.44	2024
	Nicholas Forde Tim Marchant Cathy Cole	MIXED MASTERS II TEAM	17:46.57	2024
CATHAY PACIFIC	Matthew Jack	M36-49	4:26.20	2021
DMS BW	Sri Krishna	B U-18	4:33.75	2021
EALING EAGLES	Andy Guy	M36-49	4:39.81	2021
FRANCE	Aurelien Toucas	B U-18	5:34.99	2023
GERMAN-SWISS INT. SCHOOL	Lyla Colin-Jones	G U-12	5:57.09	2024
GONE RUNNERS	Laurent Nguyen Rich Portman	M18-35 M36-49	4:27.71 4:29.40	2021 2021
GONE RUNNING JOINT DYNAMICS	Andrea Cloarec Jeff Campbell Katrin Gottschalk Jono Woodhouse Andrea Cloarec Jeff Campbell Jean-Baptiste Martenet	M18-35 M36-49 W36-49 M50-59 MENS MASTERS I TEAM	4:06.08 4:08.40 5:23.51 4:50.90 12:46.94	2021 2021 2023 2023 2021
HONG KONG INTERNATIONAL SCHOOL	Jiayan Chen Matthew Lam Jiaqi Chen	G U-15 B U-18 M18-35	5:20.40 4:48.06 5:20.63	2022 2024 2022
HKLRRRC HKSC/LBC	Francisco DP Camacho Ferdinand Clovis	M18-35 M18-35	4:41.09 4:32.64	2021 2021
HONG KONG	Chun Hei Chan Marco Mueller	M18-35 M36-49	4:32.95 4:37.82	2024 2022
HONG KONG UNI.	Felix Law	M18-35	5:32.19	2021
ISLAND SCHOOL	Isabel Gregory Isabel Gregory	G U-15 G U-18	6:20.35 6:39.09	2023 2024
IRC	Libby Humphreys	W36-49	5:10.76	2024
KIPMOVIN	Jacquelyn Perrin Kabir Mirza Hana Clode Matt Carey Eamonn Sinnott Ghazi Kaddouh Hana Clode Jacquelyn Perrin Amaya Mantel Eamonn Sinnott Jethro Tong Ivy Khositmanit	G U-12 B U-15 G U-15 M18-35 M36-49 M70-79 GIRLS U-15 TEAM MIXED TEAM	5:46.40 4:33.50 5:44.27 4:38.91 5:53.45 8:10.73 17:24.02 18:50.91	2021 2024 2021 2023 2021 2021 2021 2021
LAUNCH 8	SL Yeung	M36-49	4:37.38	2024

	Cheung Chiming	M50-59	5:25.91	2024
	SL Yeung	MENS MASTERS I TEAM	15:26.34	2024
	Wing Wing Cheung Chiming			
LULULEMON	Sean Tang	M18-35	5:10.32	2023
	Catherine Chow	W50-59	6:35.40	2023
LJRC	Chun Ming Siu	M36-49	4:44.63	2022
MARATHON TRAINING CENTRE	Chan Chin Yat	M36-49	5:35.49	2024
NDS	Yik Hei Lau	B U-15	5:22.43	2023
NEPAL	Nickson Rai	M18-35	5:26.66	2021
PUI CHING MIDDLE SCHOOL	Chan Ho	B U-15	5:06.00	2019
	Lee Chi Tat	B U-18	5:07.74	2019
RMAC	Anthea Seto	W18-35	5:50.72	2023
RUN	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	MENS TEAM	15:00.25	2023
	Claude			
	Ansu			
	Fahad	MIXED TEAM	20:13.41	2021
	Ann			
Sarah 1				
Claude	MENS MASTERS I TEAM	15:47.69	2024	
Victor				
Habib				
RUN STAFF & VOLUNTEERS	Erin Brown	W18-35	5:14.51	2023
SPARTANRACEHK	Rayda Waye	M18-35	4:29.21	2021
STSS	Chung Ning Shum	G U-15	5:41.40	2023
SUB 3	Tony Lui	M36-49	5:22.79	2021
TEAMSOLO	Vincent Chan	M18-35	4:16.77	2024
TRAILBLAZER	Godwin Tam	M18-35	4:22.21	2021
UCCKE	Josh Lee	B U-15	5:24.05	2021
UNATTACHED (NO TEAM)	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
UNITED KINGDOM	Alexander Edwards	M18-35	5:19.61	2021
WEST ISLAND SCHOOL	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	BOYS U-15 TEAM	15:14.25	2023
	Tomos Williams			
Marco Lee				
Chenchen Gao	MIXED U-15 TEAM	19:16.75	2022	
Jasmine Poon				

Rochelle Ng			
Christopher Li	BOYS U-18	16:17.91	2024
Marco Lee	TEAM		
Aiden Pun			
Jude Lau	MIXED U-18	16:44.29	2023
Christen Lau	TEAM		
Emily Faulkner			
