

# AVOHK 5k Series 2019 - Race 4 (South Bay)

Date: 21-Sep-2019

OVERALL	CAT RANK	CATEGORY	BIB	NAME	Official Time	Chip Time	Split Time
1	1	Men's 35 (35-39)	M020	Jeff Campbell	0:15:31	0:15:31	0:07:00
2	1	Men's Junior 17 (16-17)	M211	Mark Russell	0:16:20	0:16:19	0:07:28
3	1	Men's Open (18-34)	M329	Ching Hin Lo	0:16:21	0:16:21	0:07:26
4	1	Men's Junior 15 (14-15)	M167	Rafe Man	0:16:32	0:16:32	0:07:30
5	2	Men's Open (18-34)	M092	Giacomo Guerra	0:16:40	0:16:40	0:07:26
6	3	Men's Open (18-34)	M153	Hideo Harry Loasby	0:16:51	0:16:51	0:07:29
7	1	Men's 40 (40-44)	M082	George Gaffney	0:16:56	0:16:56	0:07:39
8	2	Men's 40 (40-44)	M094	Edward Gumbley	0:16:59	0:16:59	0:07:39
9	2	Men's Junior 17 (16-17)	M067	Loughlin Davidson	0:17:23	0:17:23	0:07:38
10	2	Men's Junior 15 (14-15)	M066	Dominic Davidson	0:17:28	0:17:26	0:07:41
11	1	Men's Junior 13 (12-13)	M154	Jiro Loasby	0:17:34	0:17:34	0:07:37
12	3	Men's Junior 17 (16-17)	M357	Swiss Duangthip	0:17:35	0:17:35	0:07:59
13	3	Men's 40 (40-44)	M119	Lai Kat	0:17:36	0:17:36	0:08:00
14	4	Men's Open (18-34)	M209	Luke Rowland	0:17:38	0:17:36	0:07:57
15	2	Men's Junior 13 (12-13)	M383	Tsz Hin Sean Yip	0:17:41	0:17:41	0:07:43
16	5	Men's Open (18-34)	M035	Wing Hung Chan	0:17:47	0:17:47	0:07:57
17	4	Men's Junior 17 (16-17)	M093	Giorgio Guerra	0:17:59	0:17:59	0:07:40
18	3	Men's Junior 13 (12-13)	M336	Tomas Hall	0:18:10	0:18:10	0:08:06
19	1	Ladies' Junior 15 (14-15)	W037	Pauline COURRET	0:18:15	0:18:15	0:08:08
20	6	Men's Open (18-34)	M290	Ansu Ansu	0:18:17	0:18:15	0:08:01
21	1	Men's 45 (45-49)	M221	Stuardo Sinibaldi	0:18:20	0:18:18	0:08:08
22	2	Men's 45 (45-49)	M063	Olivier COURRET	0:18:32	0:18:32	0:08:23
23	1	Men's 50 (50-54)	M337	Guy Thomas	0:18:36	0:18:34	0:08:20
24	3	Men's 45 (45-49)	M360	Jan Souleyman	0:18:37	0:18:35	0:08:32
25	7	Men's Open (18-34)	M289	Yared Yared	0:18:38	0:18:38	0:08:23
26	4	Men's 40 (40-44)	M207	Frank Riehm	0:18:39	0:18:37	0:08:15
27	2	Men's 50 (50-54)	M186	Manuel Olmedo	0:18:45	0:18:44	0:08:26
28	3	Men's Junior 15 (14-15)	M156	Jake Long	0:18:47	0:18:46	0:08:20
29	5	Men's Junior 17 (16-17)	M226	Clancy Steains	0:18:49	0:18:46	0:08:29
30	5	Men's 40 (40-44)	M010	Giorgio Benassi	0:19:05	0:19:03	0:08:31
31	2	Men's 35 (35-39)	M171	Joe McDevitt	0:19:08	0:19:05	0:08:33
32	8	Men's Open (18-34)	M263	Shing fung Yan	0:19:14	0:19:14	0:08:43
33	4	Men's 45 (45-49)	M318	Tim Smart	0:19:15	0:19:13	0:08:42
34	3	Men's 35 (35-39)	M256	Lawrence Wong	0:19:16	0:19:14	0:08:47
35	6	Men's 40 (40-44)	M302	David Behr	0:19:17	0:19:15	0:08:57
36	4	Men's 35 (35-39)	M237	Vasco van der Flier	0:19:21	0:19:17	0:08:45
37	4	Men's Junior 15 (14-15)	M013	Vaibhav BHOVARAHAN	0:19:21	0:19:20	0:08:46
38	3	Men's 50 (50-54)	M005	Nicholas Ball	0:19:23	0:19:20	0:08:49
39	5	Men's 45 (45-49)	M089	Ian Greenfield	0:19:25	0:19:22	0:08:51
40	6	Men's 45 (45-49)	M372	Andreas Buschbacher	0:19:27	0:19:25	0:08:55
41	9	Men's Open (18-34)	M286	Idle Idle	0:19:28	0:19:26	0:08:33
42	6	Men's Junior 17 (16-17)	M162	Nirvan Lulla	0:19:33	0:19:31	0:08:41
43	5	Men's 35 (35-39)	M148	Kwok Shing Leung	0:19:34	0:19:30	0:08:51
44	7	Men's 40 (40-44)	M243	Tyler Wendleken	0:19:42	0:19:40	0:08:45
45	1	Men's 55 (55-59)	M361	Mark Reeves	0:19:45	0:19:43	0:08:44
46	4	Men's Junior 13 (12-13)	M006	Charles Barnes	0:19:46	0:19:43	0:09:06
47	5	Men's Junior 13 (12-13)	M181	Finlay Murchie	0:19:49	0:19:46	0:08:45
48	1	Men's 65 (65-69)	M090	Kenneth Greer	0:19:58	0:19:56	0:08:52
49	8	Men's 40 (40-44)	M205	Scott Reed	0:20:00	0:19:56	0:09:03
50	1	Ladies' 40 (40-44)	W183	Amy Mumford	0:20:05	0:20:04	0:09:19
51	6	Men's 35 (35-39)	M070	Matteo Debiasi	0:20:11	0:20:01	0:09:21
52	10	Men's Open (18-34)	M095	Luis Hafner	0:20:19	0:20:10	0:09:23
53	1	Ladies' 50 (50-54)	W069	Angelina Kong	0:20:22	0:20:19	0:09:09
54	11	Men's Open (18-34)	M265	HIN CHUN YEUNG	0:20:23	0:20:18	0:09:13
55	12	Men's Open (18-34)	M381	Lloyd Nicely	0:20:25	0:20:23	0:08:42
56	5	Men's Junior 15 (14-15)	M003	Jake Atherley	0:20:25	0:20:18	0:08:54
57	9	Men's 40 (40-44)	M057	Wan Hang Chung	0:20:28	0:20:27	0:09:16
58	7	Men's 45 (45-49)	M359	David Sungjin Rhee	0:20:33	0:20:30	0:09:20
59	1	Ladies' 45 (45-49)	W117	Rachel Sproston	0:20:37	0:20:34	0:09:17
60	2	Men's 65 (65-69)	M126	Wing Sing KWOK	0:20:42	0:20:39	0:09:11
61	13	Men's Open (18-34)	M253	KAI LOK WONG	0:20:43	0:20:39	0:09:07
62	7	Men's 35 (35-39)	M294	Brice Brice	0:20:43	0:20:43	0:09:14
63	7	Men's Junior 17 (16-17)	M023	Bradley Chan	0:20:43	0:20:43	0:09:15
64	10	Men's 40 (40-44)	M091	Huw Griffith	0:20:48	0:20:45	0:09:31
65	4	Men's 50 (50-54)	M182	Tin sang Nam	0:20:53	0:20:51	0:09:24
66	2	Ladies' Junior 15 (14-15)	M367	Zoe Metais	0:20:56	0:20:56	0:09:19
67	5	Men's 50 (50-54)	M334	Scott Burton	0:20:57	0:20:54	0:09:30
68	6	Men's 50 (50-54)	M327	ANTONY PRINGLE	0:20:59	0:20:57	0:09:19
69	2	Ladies' 45 (45-49)	W163	Kellie Irwin	0:21:02	0:20:59	0:09:37
70	6	Men's Junior 15 (14-15)	M356	Maximilian Smith	0:21:05	0:21:05	0:09:13
71	2	Ladies' 40 (40-44)	W102	Tara Perrin	0:21:08	0:21:06	0:09:32
72	2	Men's 55 (55-59)	M058	Andrew Clempson	0:21:10	0:21:06	0:09:22
73	3	Men's 55 (55-59)	M122	Lai Kim Ming	0:21:13	0:21:09	0:09:04

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OVERALL	CAT RANK	CATEGORY	BIB	NAME	Official Time	Chip Time	Split Time
74	14	Men's Open (18-34)	M281	Samuel James Challenor	0:21:17	0:21:17	0:09:35
75	1	Men's 60 (60-64)	M038	Hin Cheng	0:21:18	0:21:17	0:09:45
76	8	Men's 35 (35-39)	M049	Kwok To Maurice Choi	0:21:21	0:21:20	0:10:08
77	8	Men's 45 (45-49)	M245	Iain Williamson	0:21:22	0:21:14	0:09:30
78	7	Men's 50 (50-54)	M064	Adam Crawford	0:21:23	0:21:22	0:09:56
79	8	Men's 50 (50-54)	M129	Koon Shing Lai	0:21:23	0:21:20	0:09:37
80	9	Men's 45 (45-49)	M050	Wilson Choi	0:21:26	0:21:26	0:09:54
81	4	Men's 55 (55-59)	M025	FORD CHAN	0:21:27	0:21:26	0:09:41
82	5	Men's 55 (55-59)	M333	Charles Allard	0:21:28	0:21:22	0:09:41
83	15	Men's Open (18-34)	M161	MARCO LUK	0:21:29	0:21:25	0:09:47
84	9	Men's 35 (35-39)	M385	James Edgar	0:21:31	0:21:28	0:09:40
85	1	Ladies' Junior 17 (16-17)	W015	Kara Casey	0:21:32	0:21:30	0:09:28
86	10	Men's 45 (45-49)	M021	Dick Casey	0:21:44	0:21:40	0:09:37
87	9	Men's 50 (50-54)	M059	Jack Clode	0:21:49	0:21:46	0:09:33
88	1	Ladies' Open (18-34)	W172	Tsui Wing Yee	0:21:50	0:21:46	0:09:55
89	6	Men's 55 (55-59)	M304	Gary Hotchkiss	0:21:52	0:21:49	0:09:43
90	3	Ladies' 40 (40-44)	W156	Josephine Josephine	0:21:53	0:21:51	0:09:49
91	7	Men's 55 (55-59)	M004	MUN KEE AU	0:21:55	0:21:55	0:09:45
92	11	Men's 40 (40-44)	M217	Gianpaolo Sbuttoni	0:22:00	0:21:58	0:09:49
93	2	Ladies' Open (18-34)	W011	Holly Booth	0:22:00	0:21:55	0:10:11
94	11	Men's 45 (45-49)	M074	Jason Elder	0:22:04	0:22:01	0:09:50
95	7	Men's Junior 15 (14-15)	M314	Kayan Malkani	0:22:05	0:22:00	0:09:27
96	12	Men's 40 (40-44)	M111	James Hughes-Martin	0:22:06	0:22:04	0:10:11
97	13	Men's 40 (40-44)	M251	Joseph Wong	0:22:06	0:22:04	0:10:02
98	3	Ladies' Junior 15 (14-15)	W016	Scarlett Casey	0:22:09	0:22:04	0:09:54
99	10	Men's 50 (50-54)	M210	David Russell	0:22:11	0:22:05	0:09:39
100	12	Men's 45 (45-49)	M124	Felix KONG	0:22:14	0:22:12	0:10:08
101	2	Men's 60 (60-64)	M086	Hang Fai Got	0:22:19	0:22:15	0:09:59
102	16	Men's Open (18-34)	M365	Max Hewson	0:22:21	0:22:21	0:10:06
103	17	Men's Open (18-34)	M147	Jaden Leung	0:22:24	0:22:19	0:09:50
104	18	Men's Open (18-34)	M026	HOI FUNG CHAN	0:22:24	0:22:21	0:09:36
105	1	Ladies' 35 (35-39)	W006	Bernadette Baje	0:22:25	0:22:21	0:10:10
106	13	Men's 45 (45-49)	M269	Vor YIU	0:22:27	0:22:26	0:10:32
107	1	Ladies' Junior 13 (12-13)	W088	Lila Man	0:22:32	0:22:31	0:09:29
108	2	Ladies' 50 (50-54)	W151	Siu Miu Margaret Chui	0:22:32	0:22:30	0:10:04
109	4	Ladies' Junior 15 (14-15)	W142	Nam YIU	0:22:33	0:22:31	0:10:18
110	8	Men's 55 (55-59)	M283	Yiu Ming Lau	0:22:41	0:22:38	0:10:30
111	5	Ladies' Junior 15 (14-15)	W008	Victoire Beylier	0:22:41	0:22:39	0:09:58
112	14	Men's 45 (45-49)	M393	Bryan Wong	0:22:42	0:22:28	0:10:54
113	11	Men's 50 (50-54)	M368	Adam Francis	0:22:46	0:22:39	0:10:11
114	10	Men's 35 (35-39)	M113	Marc Jenn	0:22:46	0:22:41	0:10:23
115	9	Men's 55 (55-59)	M106	SUI WA HO	0:22:51	0:22:48	0:10:10
116	3	Men's 60 (60-64)	M254	Kam chuen WONG	0:22:52	0:22:51	0:10:27
117	12	Men's 50 (50-54)	M151	Geoffrey Lim	0:22:53	0:22:47	0:10:27
118	3	Ladies' 45 (45-49)	W139	Winnie Yang	0:22:55	0:22:51	0:10:03
119	11	Men's 35 (35-39)	M104	CHEUNG HIU WA	0:22:59	0:22:55	0:10:36
120	13	Men's 50 (50-54)	M040	Paul Cherry	0:22:59	0:22:52	0:10:35
121	6	Ladies' Junior 15 (14-15)	M378	Johanna Koenig	0:23:07	0:23:06	0:10:03
122	19	Men's Open (18-34)	M046	WAI YIP CHIN	0:23:09	0:23:04	0:10:48
123	4	Men's 60 (60-64)	M054	HERMANN CHU	0:23:11	0:23:08	0:10:31
124	8	Men's Junior 15 (14-15)	M246	Rohan Williamson	0:23:13	0:23:07	0:10:47
125	14	Men's 40 (40-44)	M043	Kwok Chi Shing	0:23:16	0:23:12	0:10:46
126	6	Men's Junior 13 (12-13)	M238	Jules Van Remoortere	0:23:18	0:23:12	0:10:12
127	4	Ladies' 45 (45-49)	W119	Petrina Anne Steains	0:23:19	0:23:18	0:10:20
128	10	Men's 55 (55-59)	M271	John Yow	0:23:22	0:23:19	0:10:38
129	7	Ladies' Junior 15 (14-15)	W136	Molly Worthington	0:23:24	0:23:20	0:10:04
130	9	Men's Junior 15 (14-15)	M108	Max Holloway	0:23:26	0:23:20	0:09:41
131	1	Ladies' 55 (55-59)	W053	Belinda Greer	0:23:34	0:23:31	0:10:27
132	14	Men's 50 (50-54)	M133	Raymond Lam	0:23:38	0:23:34	0:10:24
133	5	Ladies' 45 (45-49)	W036	Amandine COURRET	0:23:40	0:23:38	0:10:56
134	2	Ladies' 35 (35-39)	W082	Stephanie Leung	0:23:43	0:23:38	0:11:17
135	3	Ladies' 35 (35-39)	W141	SZE MAN YEUNG	0:23:44	0:23:41	0:10:48
136	3	Ladies' 50 (50-54)	W013	Janine Canham	0:23:44	0:23:44	0:10:36
137	3	Ladies' Open (18-34)	W010	Jane Bond	0:23:48	0:23:43	0:11:01
138	4	Ladies' 40 (40-44)	W044	YUK Mui Fang	0:23:49	0:23:46	0:10:30
139	5	Men's 60 (60-64)	M276	Leung Sum Yu	0:23:55	0:23:54	0:10:54
140	20	Men's Open (18-34)	M130	Yat Wah Lai	0:23:59	0:23:51	0:10:44
141	15	Men's 45 (45-49)	M317	Douglas Fang	0:23:59	0:23:54	0:10:32
142	2	Ladies' Junior 13 (12-13)	W078	Romina Lecher	0:24:03	0:24:01	0:11:00
143	4	Ladies' 50 (50-54)	W080	Helen Leung	0:24:05	0:24:01	0:10:38
144	21	Men's Open (18-34)	M291	Mustafa Mustafa	0:24:09	0:24:05	0:11:03
145	5	Ladies' 40 (40-44)	W041	Marly Fatima De Ramos Guerra	0:24:12	0:24:05	0:10:42
146	1	Men's 75 (75-79)	M176	Ross MILBURN	0:24:13	0:24:13	0:10:50

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OVERALL	CAT RANK	CATEGORY	BIB	NAME	Official Time	Chip Time	Split Time
147	6	Ladies' 40 (40-44)	W004	Asuka Asakura	0:24:18	0:24:15	0:10:57
148	16	Men's 45 (45-49)	M007	Nigel Barnes	0:24:18	0:24:11	0:10:46
149	15	Men's 50 (50-54)	M384	Anthony Steains	0:24:18	0:24:16	0:10:48
150	3	Men's 65 (65-69)	M024	Chak Yan Chan	0:24:24	0:24:22	0:11:10
151	11	Men's 55 (55-59)	M055	Michael Chue	0:24:32	0:24:29	0:10:50
152	4	Men's 65 (65-69)	M127	AU Kwok Keung	0:24:39	0:24:36	0:11:23
153	4	Ladies' Open (18-34)	W103	Alice Philipson	0:24:41	0:24:39	0:11:11
154	6	Ladies' 45 (45-49)	W091	Belinda McLaughlin	0:24:41	0:24:38	0:11:01
155	22	Men's Open (18-34)	M387	Mohammed Mohammed	0:24:42	0:24:37	0:11:01
156	6	Men's 60 (60-64)	M112	Shing Hing Ip	0:24:42	0:24:33	0:11:15
157	7	Men's 60 (60-64)	M194	Cheung wah Pok	0:24:43	0:24:42	0:11:28
158	17	Men's 45 (45-49)	M388	Alex Murchie	0:24:47	0:24:41	0:10:59
159	8	Men's Junior 17 (16-17)	M298	Ethan Warner	0:24:50	0:24:43	0:11:11
160	8	Ladies' Junior 15 (14-15)	W180	Maddie Scott	0:24:50	0:24:46	0:11:12
161	18	Men's 45 (45-49)	M152	ALBERT LING HO LIU	0:24:51	0:24:36	0:11:28
162	15	Men's 40 (40-44)	M287	Moke Moke	0:25:04	0:25:02	0:11:22
163	7	Ladies' 45 (45-49)	W113	Louise Sheerin	0:25:04	0:25:00	0:11:08
164	8	Ladies' 45 (45-49)	W191	Cara Crosswhite	0:25:06	0:24:56	0:11:33
165	16	Men's 40 (40-44)	M155	Wai Lun Lock	0:25:22	0:25:18	0:11:16
166	23	Men's Open (18-34)	M313	Miguel Tan	0:25:25	0:25:10	0:11:30
167	3	Ladies' Junior 13 (12-13)	W190	Eve Grylewicz	0:25:28	0:25:24	0:11:03
168	17	Men's 40 (40-44)	M355	YUK CHONG SIDNEY SIU	0:25:29	0:25:12	0:11:36
169	18	Men's 40 (40-44)	M189	Mark Pavey	0:25:30	0:25:20	0:11:41
170	16	Men's 50 (50-54)	M196	Daniel PONG	0:25:30	0:25:25	0:11:09
171	4	Ladies' 35 (35-39)	W055	Debbie Hanley	0:25:31	0:25:22	0:11:43
172	17	Men's 50 (50-54)	M235	MO Forhad Ullah	0:25:36	0:25:27	0:11:24
173	18	Men's 50 (50-54)	M233	KA FAI TSUI	0:25:39	0:25:31	0:11:32
174	19	Men's 50 (50-54)	M075	Jomo ELG	0:25:53	0:25:48	0:11:07
175	4	Ladies' Junior 13 (12-13)	W166	Kiara Malkani	0:25:56	0:25:52	0:11:57
176	19	Men's 40 (40-44)	M214	Jose Sandoval	0:26:01	0:25:54	0:10:57
177	24	Men's Open (18-34)	M105	Adrian Ho	0:26:01	0:25:53	0:11:53
178	5	Ladies' Open (18-34)	W067	Pik Ki Suki Ka	0:26:02	0:25:57	0:11:21
179	2	Ladies' 55 (55-59)	W174	Catherine Jane Hotchkiss	0:26:04	0:26:01	0:11:52
180	2	Ladies' Junior 17 (16-17)	W137	Ho Yung Wu	0:26:06	0:25:58	0:11:38
181	7	Ladies' 40 (40-44)	W087	Sonia Magana	0:26:08	0:25:59	0:11:46
182	5	Ladies' 35 (35-39)	M379	Emma Rhoda	0:26:13	0:26:03	0:11:59
183	12	Men's 35 (35-39)	M232	Hin Wai TO	0:26:15	0:26:08	0:12:28
184	20	Men's 50 (50-54)	M249	Chun Keung Wong	0:26:18	0:26:12	0:11:18
185	20	Men's 40 (40-44)	M371	Eunsoo Kim	0:26:19	0:26:11	0:11:00
186	9	Ladies' 45 (45-49)	W101	Claire O'Neill	0:26:22	0:26:14	0:12:06
187	3	Ladies' 55 (55-59)	W132	Carolyn Wingard-Robertsson	0:26:28	0:26:23	0:11:40
188	6	Ladies' Open (18-34)	W098	YU YAN NG	0:26:38	0:26:31	0:11:38
189	7	Ladies' Open (18-34)	W185	Rebecca Alexander	0:26:49	0:26:41	0:12:13
190	21	Men's 40 (40-44)	M273	HANG YU	0:26:54	0:26:45	0:12:22
191	5	Men's 65 (65-69)	M330	Mark Loasby	0:26:54	0:26:38	0:12:21
192	10	Ladies' 45 (45-49)	W023	Shuk Chu Chan	0:26:57	0:26:47	0:12:06
193	6	Ladies' 35 (35-39)	W001	Priscilla Adams	0:26:57	0:26:49	0:12:01
194	8	Ladies' Open (18-34)	W070	MAN TING KWAN	0:26:57	0:26:50	0:12:27
195	3	Ladies' Junior 17 (16-17)	W043	HIU CHING FAN	0:27:02	0:26:55	0:11:39
196	19	Men's 45 (45-49)	M390	LOK MAN NORMAN TAM	0:27:06	0:26:49	0:12:52
197	4	Ladies' 55 (55-59)	W123	Viola To	0:27:09	0:27:06	0:12:07
198	13	Men's 35 (35-39)	M179	Victor Mui	0:27:16	0:27:03	0:12:40
199	5	Ladies' 50 (50-54)	W072	Chu Kwan Yau Janice	0:27:28	0:27:21	0:12:07
200	11	Ladies' 45 (45-49)	M391	Christina Sou	0:27:32	0:27:16	0:12:44
201	20	Men's 45 (45-49)	M047	MAN YAU CHIU	0:27:41	0:27:25	0:12:38
202	8	Ladies' 40 (40-44)	W057	Penelope Heath	0:27:45	0:27:34	0:12:42
203	6	Ladies' 50 (50-54)	W097	Teresa Ng	0:27:53	0:27:50	0:12:21
204	7	Ladies' 35 (35-39)	W065	Emmie Javero Pineda	0:28:05	0:28:02	0:12:27
205	12	Ladies' 45 (45-49)	W189	Patricia Tung	0:28:06	0:27:59	0:12:33
206	9	Ladies' Open (18-34)	W019	Eugenia Chan	0:28:06	0:27:47	0:13:24
207	7	Ladies' 50 (50-54)	W048	Petrona Galicia	0:28:07	0:27:57	0:13:13
208	8	Men's 60 (60-64)	M131	Chun Keung Lam	0:28:07	0:28:00	0:12:51
209	8	Ladies' 35 (35-39)	W014	Eva Carolina Carlstedt	0:28:12	0:28:07	0:12:42
210	22	Men's 40 (40-44)	M353	SHEUNG WAI LEE	0:28:20	0:28:02	0:13:58
211	1	Ladies' 60 (60-64)	W179	Fung Yee Tse	0:28:20	0:28:14	0:13:03
212	14	Men's 35 (35-39)	M292	Fabrice Fabrice	0:28:29	0:28:23	0:12:30
213	9	Ladies' 35 (35-39)	W007	Laura Bell	0:28:33	0:28:23	0:13:27
214	12	Men's 55 (55-59)	M150	YUK KI ERIC LI	0:28:35	0:28:30	0:12:14
215	13	Ladies' 45 (45-49)	M392	Agnes Leung	0:28:37	0:28:21	0:13:03
216	21	Men's 50 (50-54)	M149	Chun Lam Raymond Li	0:28:46	0:28:38	0:13:11
217	2	Men's 75 (75-79)	M193	Frank Pilkington	0:28:46	0:28:42	0:12:51
218	4	Ladies' Junior 17 (16-17)	W096	Ngo Yin Ng	0:28:56	0:28:51	0:12:04
219	10	Ladies' Open (18-34)	M374	Nelly Poon	0:28:59	0:28:41	0:13:05

**AVOHK 5k Series 2019 - Race 4 (South Bay)****Date: 21-Sep-2019**

OVERALL	CAT RANK	CATEGORY	BIB	NAME	Official Time	Chip Time	Split Time
220	15	Men's 35 (35-39)	M373	Antonino Caggio	0:28:59	0:28:43	0:13:03
221	25	Men's Open (18-34)	M213	Edward Sadler	0:29:08	0:28:52	0:13:10
222	16	Men's 35 (35-39)	M288	Yirga Yirga	0:29:15	0:29:08	0:12:50
223	9	Ladies' 40 (40-44)	M382	Mairi McInnes	0:29:24	0:29:15	0:12:17
224	11	Ladies' Open (18-34)	M369	Hoi Tung Chan	0:29:28	0:29:20	0:13:09
225	5	Ladies' 55 (55-59)	W170	KA WAI Cecilia Wong	0:29:30	0:29:25	0:13:40
226	3	Men's 75 (75-79)	M044	TSANG CHI SHING	0:29:31	0:29:30	0:13:25
227	23	Men's 40 (40-44)	M027	Ho-Kei Chan	0:29:48	0:29:42	0:13:22
228	17	Men's 35 (35-39)	M264	BUN YEUNG	0:30:00	0:29:56	0:14:30
229	6	Men's 65 (65-69)	M144	WING HUNG LEE	0:30:05	0:30:05	0:13:12
230	10	Ladies' 35 (35-39)	W040	Elizabeth Davies	0:30:06	0:29:56	0:13:14
231	8	Ladies' 50 (50-54)	W161	Wendy Lee	0:30:11	0:30:08	0:13:40
232	12	Ladies' Open (18-34)	W018	Catherine Cee	0:30:15	0:30:03	0:12:53
233	14	Ladies' 45 (45-49)	W012	Viktoriya Buck	0:30:18	0:30:08	0:13:42
234	24	Men's 40 (40-44)	M030	Ronny Chan	0:30:18	0:30:05	0:12:44
235	18	Men's 35 (35-39)	M159	Larry Lui	0:30:27	0:30:07	0:15:14
236	2	Ladies' 60 (60-64)	W175	Shuk Han Barbara Kwan	0:30:33	0:30:31	0:14:00
237	21	Men's 45 (45-49)	M031	Shek lai Chan	0:30:37	0:30:25	0:13:16
238	11	Ladies' 35 (35-39)	W116	Linda Soo	0:30:38	0:30:23	0:14:33
239	25	Men's 40 (40-44)	M349	Jonathan Shen	0:30:49	0:30:29	0:13:58
240	26	Men's Open (18-34)	M252	KA WING WONG	0:30:51	0:24:36	0:16:51
241	9	Men's Junior 17 (16-17)	M389	Filobatr Filobatr	0:30:53	0:30:40	0:13:54
242	22	Men's 50 (50-54)	M241	DAVID HC WAN	0:30:59	0:30:48	0:13:30
243	19	Men's 35 (35-39)	M222	Anton So	0:31:06	0:30:56	0:13:10
244	27	Men's Open (18-34)	M306	Michael Lattimore	0:31:07	0:30:52	0:15:14
245	28	Men's Open (18-34)	M229	Steve Teng	0:31:09	0:30:57	0:12:16
246	26	Men's 40 (40-44)	M042	Kenny Cheung	0:31:16	0:30:58	0:14:18
247	1	Men's 70 (70-74)	M048	Yan Kwong Cho	0:31:19	0:31:13	0:13:50
248	9	Ladies' Junior 15 (14-15)	W130	Chloe Whittington	0:31:30	0:31:21	0:15:20
249	9	Ladies' 50 (50-54)	W094	Karen Mitchell-Sandoval	0:31:59	0:31:52	0:14:09
250	15	Ladies' 45 (45-49)	W192	Jennifer Wang	0:32:50	0:32:44	0:14:45
251	16	Ladies' 45 (45-49)	W107	Ollyvia Postacchini	0:32:55	0:32:46	0:14:38
252	10	Ladies' 50 (50-54)	M386	Eliane Eliane	0:33:40	0:33:37	0:14:14
253	2	Men's 70 (70-74)	M120	Peter Keeping	0:33:40	0:33:27	0:15:14
254	10	Ladies' Junior 15 (14-15)	W146	Wing Hei Yuen	0:34:27	0:34:17	0:14:45
255	6	Ladies' 55 (55-59)	W028	Wai Ching Michelle Cho	0:34:39	0:34:32	0:15:38
256	17	Ladies' 45 (45-49)	W131	Josephine Williamson	0:34:44	0:34:32	0:15:33
257	29	Men's Open (18-34)	M212	William Russell	0:35:31	0:35:28	0:13:52
258	13	Men's 55 (55-59)	M198	Antonio Postacchini	0:35:44	0:35:33	0:15:40
259	20	Men's 35 (35-39)	M187	Chung Keung Pang	0:36:21	0:36:12	0:16:00
260	1	Men's 80+ (80 and above)	M223	Yip Sing So	0:36:43	0:36:41	0:16:24
261	18	Ladies' 45 (45-49)	M366	Michelle Yuen	0:37:32	0:37:20	0:16:24
262	13	Ladies' Open (18-34)	W051	Nicole Go	0:39:01	0:38:52	0:13:29
263	7	Ladies' 55 (55-59)	W124	Ada Tse	0:39:19	0:39:11	0:16:57
264	8	Ladies' 55 (55-59)	W060	Helen Ho	0:40:14	0:40:04	0:17:20
265	3	Ladies' 60 (60-64)	W077	Yuk Seung Law	0:40:59	0:40:54	0:18:07