

# AVOHK 5K 2021

Date: 3-Oct-2021

Overall Position	Gender Position	Category Position	Category	Bib	Name	Official Time	Chip Time	Check Point
1	1	1	Men's 40 (40-44)	M031	George Gaffney	0:18:37	0:18:37	0:11:57
2	2	2	Men's 40 (40-44)	M034	Chris Davis	0:19:31	0:19:31	0:12:31
3	3	1	Men's Open (18-34)	M044	Ching Hin Lo	0:19:49	0:19:22	0:12:43
4	4	1	Men's 35 (35-39)	M045	Yared Yared	0:20:27	0:20:24	0:12:50
5	5	2	Men's 35 (35-39)	M036	Richard Cowley	0:21:11	0:21:11	0:13:32
6	6	3	Men's 35 (35-39)	M041	Lawrence Ka Ho Wong	0:21:45	0:21:45	0:13:34
7	7	1	Men's 45 (45-49)	M027	Wan Hang Chung	0:21:53	0:21:52	0:14:09
8	8	4	Men's 35 (35-39)	M040	Andrew Nunn	0:22:00	0:21:57	0:14:17
9	9	1	Men's 50 (50-54)	M021	Ka Wai Yam	0:22:26	0:22:26	0:14:42
10	1	1	Ladies' 35 (35-39)	W012	Jamie Nunn	0:23:21	0:23:21	0:15:26
11	10	2	Men's Open (18-34)	M048	Idle Idle	0:23:29	0:23:29	0:14:52
12	11	3	Men's 40 (40-44)	M032	Daniel Toole	0:23:35	0:23:31	0:15:20
13	2	1	Ladies' 45 (45-49)	W007	Rachel Sproston	0:23:49	0:23:47	0:15:28
14	12	2	Men's 50 (50-54)	M020	Felix KONG	0:24:04	0:24:01	0:15:38
15	13	1	Men's 60 (60-64)	M005	FORD CHAN	0:24:08	0:24:08	0:15:43
16	14	1	Men's 55 (55-59)	M006	John Yow	0:24:10	0:24:07	0:16:00
17	3	1	Ladies' 40 (40-44)	W010	Amy Mumford	0:24:22	0:24:22	0:16:07
18	15	2	Men's 60 (60-64)	M003	Kwong Ming Leung	0:25:01	0:25:01	0:16:01
19	16	3	Men's 50 (50-54)	M017	Will Hayward	0:25:14	0:25:11	0:16:25
20	17	4	Men's 50 (50-54)	M016	David Russell	0:25:43	0:25:40	0:16:32
21	18	2	Men's 55 (55-59)	M011	scott burton	0:25:50	0:25:47	0:17:04
22	19	3	Men's Open (18-34)	M047	Mohammed Mohammed	0:26:12	0:26:08	0:16:34
23	20	2	Men's 45 (45-49)	M024	Mark Murray	0:26:19	0:26:14	0:16:47
24	21	3	Men's 60 (60-64)	M004	HERMANN CHU	0:26:48	0:26:46	0:17:30
25	4	2	Ladies' 45 (45-49)	W008	Aska Asakura	0:26:50	0:26:48	0:17:18
26	22	3	Men's 55 (55-59)	M007	SIU WA HO	0:27:16	0:27:16	0:17:38
27	23	5	Men's 50 (50-54)	M018	Nick Jaffe	0:27:16	0:27:13	0:17:30
28	5	1	Ladies' 50 (50-54)	W005	Belinda So	0:28:10	0:28:09	0:18:31
29	24	4	Men's 40 (40-44)	M033	HIU WA CHEUNG	0:28:59	0:28:45	0:19:05
30	25	4	Men's 55 (55-59)	M015	Tat chi Chung	0:31:06	0:31:04	0:19:47

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31	26	3	Men's 45 (45-49)	M023	Douglas Fang	0:31:20	0:30:46	0:20:31
32	6	2	Ladies' 50 (50-54)	W006	Koon Fong Lee	0:31:48	0:31:47	0:20:44
33	27	5	Men's 40 (40-44)	M030	Mark Pavey	0:31:54	0:31:50	0:20:10
34	28	1	Men's 70 (70-74)	M002	Chak Yan Chan	0:32:15	0:32:11	0:21:37
35	29	5	Men's 55 (55-59)	M009	Michael Featherston	0:32:25	0:32:21	0:20:48
36	7	1	Ladies' 55 (55-59)	W002	Carolyn Wingard-Robertsson	0:32:46	0:32:46	0:21:09
37	8	2	Ladies' 55 (55-59)	W003	Cecilia Wong	0:35:18	0:33:44	0:23:39
38	9	1	Ladies' 70 (70-74)	W001	Evelyn LIM	0:36:56	0:36:37	0:24:02
39	30	1	Men's 80+ (80+)	M001	John FOWLER	0:42:04	0:41:59	0:28:04
40	10	3	Ladies' 45 (45-49)	W009	Penny Heath	0:44:06	0:44:02	0:30:47