

# AVOHK 5K 2021

Date: 3-Oct-2021

## Ladies' 35 (35-39)

Category Position	Bib	Name	Official Time
1	W012	Jamie Nunn	0:23:21
2			
3			

## Ladies' 40 (40-44)

Category Position	Bib	Name	Official Time
1	W010	Amy Mumford	0:24:22
2			
3			

## Ladies' 45 (45-49)

Category Position	Bib	Name	Official Time
1	W007	Rachel Sproston	0:23:49
2	W008	Aska Asakura	0:26:50
3	W009	Penny Heath	0:44:06

## Ladies' 50 (50-54)

Category Position	Bib	Name	Official Time
1	W005	Belinda So	0:28:10
2	W006	Koon Fong Lee	0:31:48
3			

***Date: 3-Oct-2021***

***Ladies' 55 (55-59)***

<i>Category Position</i>	<i>Bib</i>	<i>Name</i>	<i>Official Time</i>
1	W002	Carolyn Wingard-Robertsson	0:32:46
2	W003	Cecilia Wong	0:35:18
3			

***Ladies' 70 (70-74)***

<i>Category Position</i>	<i>Bib</i>	<i>Name</i>	<i>Official Time</i>
1	W001	Evelyn LIM	0:36:56
2			
3			

**Date: 3-Oct-2021**

**Men's Open (18-34)**

<i>Category Position</i>	<i>Bib</i>	<i>Name</i>	<i>Official Time</i>
1	M044	Ching Hin Lo	0:19:49
2	M048	Idle Idle	0:23:29
3	M047	Mohammed Mohammed	0:26:12

**Men's 35 (35-39)**

<i>Category Position</i>	<i>Bib</i>	<i>Name</i>	<i>Official Time</i>
1	M045	Yared Yared	0:20:27
2	M036	Richard Cowley	0:21:11
3	M041	Lawrence Ka Ho Wong	0:21:45

**Men's 40 (40-44)**

<i>Category Position</i>	<i>Bib</i>	<i>Name</i>	<i>Official Time</i>
1	M031	George Gaffney	0:18:37
2	M034	Chris Davis	0:19:31
3	M032	Daniel Toole	0:23:35

**Men's 45 (45-49)**

<i>Category Position</i>	<i>Bib</i>	<i>Name</i>	<i>Official Time</i>
1	M027	Wan Hang Chung	0:21:53
2	M024	Mark Murray	0:26:19
3	M023	Douglas Fang	0:31:20

**Men's 50 (50-54)**

<i>Category Position</i>	<i>Bib</i>	<i>Name</i>	<i>Official Time</i>
1	M021	Ka Wai Yam	0:22:26
2	M020	Felix KONG	0:24:04
3	M017	Will Hayward	0:25:14

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**Men's 55 (55-59)**

<i>Category Position</i>	<i>Bib</i>	<i>Name</i>	<i>Official Time</i>
1	M006	John Yow	0:24:10
2	M011	scott burton	0:25:50
3	M007	SIU WA HO	0:27:16

**Men's 60 (60-64)**

<i>Category Position</i>	<i>Bib</i>	<i>Name</i>	<i>Official Time</i>
1	M005	FORD CHAN	0:24:08
2	M003	Kwong Ming Leung	0:25:01
3	M004	HERMANN CHU	0:26:48

**Men's 70 (70-74)**

<i>Category Position</i>	<i>Bib</i>	<i>Name</i>	<i>Official Time</i>
1	M002	Chak Yan Chan	0:32:15
2			
3			

**Men's 80+ (80+)**

<i>Category Position</i>	<i>Bib</i>	<i>Name</i>	<i>Official Time</i>
1	M001	John FOWLER	0:42:04
2			
3			