

AVOHK 5k Series 2018 Race 3 (Wan Chai Gap)

Date: 15- 9 -2018

| Overall Position | Category Position | Category | Bib | Name | Official Time | Chip Time | Check Point |
|------------------|-------------------|---------------------------|------|-----------------------|---------------|-----------|-------------|
| 1 | 1 | Men's Open (18-34) | M184 | Hideo Harry Loasby | 0:17:47 | 0:17:47 | 0:11:11 |
| 2 | 1 | Men's Junior 15 (14-15) | M251 | Mark Russell | 0:18:08 | 0:18:08 | 0:11:38 |
| 3 | 2 | Men's Junior 15 (14-15) | M410 | Rafe Man | 0:18:10 | 0:18:10 | 0:11:39 |
| 4 | 1 | Men's 35 (35-39) | M201 | Jb Martenet | 0:18:56 | 0:18:56 | 0:12:09 |
| 5 | 1 | Men's Junior 17 (16-17) | M095 | Robin ELG | 0:19:17 | 0:19:17 | 0:12:04 |
| 6 | 2 | Men's Junior 17 (16-17) | M415 | Philip Chenaux-Repond | 0:19:31 | 0:19:31 | 0:12:09 |
| 7 | 2 | Men's Open (18-34) | M271 | Charlie Stewart | 0:19:37 | 0:19:37 | 0:12:16 |
| 8 | 3 | Men's Junior 15 (14-15) | M087 | William Dawes | 0:19:38 | 0:19:38 | 0:12:30 |
| 9 | 1 | Men's 50 (50-54) | M089 | Mo Devlin | 0:19:45 | 0:19:45 | 0:12:54 |
| 10 | 3 | Men's Junior 17 (16-17) | M394 | Shun Leung | 0:19:47 | 0:19:45 | 0:12:54 |
| 11 | 1 | Men's 40 (40-44) | M109 | Andrew Graham | 0:19:47 | 0:19:47 | 0:12:45 |
| 12 | 2 | Men's 40 (40-44) | M206 | Reto Merazzi | 0:19:59 | 0:19:58 | 0:13:04 |
| 13 | 1 | Ladies' Junior 15 (14-15) | W179 | Cade Wright | 0:20:01 | 0:20:01 | 0:12:52 |
| 14 | 1 | Men's Junior 13 (12-13) | M084 | Dominic Davidson | 0:20:05 | 0:20:04 | 0:12:54 |
| 15 | 4 | Men's Junior 15 (14-15) | M360 | SHEUNG MAN NG | 0:20:13 | 0:20:12 | 0:12:53 |
| 16 | 5 | Men's Junior 15 (14-15) | M085 | Loughlin Davidson | 0:20:26 | 0:20:26 | 0:12:45 |
| 17 | 2 | Men's 35 (35-39) | M079 | Richard Cowley | 0:20:28 | 0:20:28 | 0:12:56 |
| 18 | 1 | Ladies' Junior 13 (12-13) | W034 | Pauline COURRET | 0:20:29 | 0:20:28 | 0:12:58 |
| 19 | 3 | Men's Open (18-34) | M005 | Ansu Ansu | 0:20:31 | 0:20:31 | 0:12:55 |
| 20 | 3 | Men's 40 (40-44) | M248 | Frank Riehm | 0:20:36 | 0:20:35 | 0:13:21 |
| 21 | 6 | Men's Junior 15 (14-15) | M409 | Aman Kumar | 0:20:44 | 0:20:44 | 0:13:11 |
| 22 | 4 | Men's 40 (40-44) | M222 | Yan chi Ng | 0:20:44 | 0:20:44 | 0:13:24 |
| 23 | 7 | Men's Junior 15 (14-15) | M219 | Isaac Ng | 0:20:48 | 0:20:46 | 0:13:19 |
| 24 | 2 | Ladies' Junior 15 (14-15) | W181 | Tallulah Wright | 0:20:54 | 0:20:54 | 0:13:15 |
| 25 | 1 | Men's 45 (45-49) | M266 | Jan Souleyman | 0:20:54 | 0:20:54 | 0:13:25 |
| 26 | 8 | Men's Junior 15 (14-15) | M016 | Clement Beylier | 0:20:59 | 0:20:57 | 0:13:31 |
| 27 | 2 | Ladies' Junior 13 (12-13) | W180 | Roxanne Wright | 0:21:01 | 0:21:00 | 0:13:28 |
| 28 | 4 | Men's Junior 17 (16-17) | M291 | Koon Wai Tsui | 0:21:11 | 0:21:08 | 0:13:33 |
| 29 | 2 | Men's 45 (45-49) | M382 | Tim Smart | 0:21:14 | 0:21:11 | 0:13:31 |
| 30 | 2 | Men's Junior 13 (12-13) | M267 | Kade Southail | 0:21:28 | 0:21:26 | 0:13:42 |
| 31 | 5 | Men's 40 (40-44) | M078 | Olivier COURRET | 0:21:31 | 0:21:30 | 0:14:00 |
| 32 | 3 | Men's 45 (45-49) | M305 | Michael WILLIAMS | 0:21:33 | 0:21:33 | 0:13:27 |
| 33 | 4 | Men's 45 (45-49) | M260 | Stuado Sinibaldi | 0:21:38 | 0:21:37 | 0:14:02 |
| 34 | 1 | Ladies' 40 (40-44) | W122 | Amy Mumford | 0:21:42 | 0:21:41 | 0:14:01 |
| 35 | 4 | Men's Open (18-34) | M193 | MARCO LUK | 0:21:43 | 0:21:41 | 0:13:57 |
| 36 | 9 | Men's Junior 15 (14-15) | M208 | Greg Mitchell | 0:21:43 | 0:21:40 | 0:14:03 |
| 37 | 10 | Men's Junior 15 (14-15) | M126 | Max Holloway | 0:21:45 | 0:21:44 | 0:14:02 |
| 38 | 5 | Men's Open (18-34) | M326 | Shing fung Yan | 0:21:54 | 0:21:48 | 0:14:12 |
| 39 | 6 | Men's 40 (40-44) | M262 | Robert Smith | 0:21:56 | 0:21:55 | 0:14:02 |
| 40 | 6 | Men's Open (18-34) | M297 | Rowan Varty | 0:21:58 | 0:21:56 | 0:14:05 |
| 41 | 7 | Men's Open (18-34) | M328 | Yared Yared | 0:22:01 | 0:21:59 | 0:14:15 |
| 42 | 5 | Men's 45 (45-49) | M111 | Ian Greenfield | 0:22:05 | 0:22:04 | 0:14:15 |
| 43 | 6 | Men's 45 (45-49) | M198 | Chow Man | 0:22:05 | 0:22:03 | 0:14:10 |
| 44 | 1 | Ladies' 45 (45-49) | W035 | Charlotte Cutler | 0:22:15 | 0:22:14 | 0:14:26 |
| 45 | 7 | Men's 45 (45-49) | M226 | Manuel Olmedo | 0:22:17 | 0:22:17 | 0:14:25 |
| 46 | 3 | Men's Junior 13 (12-13) | M019 | MICHAEL BREWSTER | 0:22:20 | 0:22:19 | 0:14:06 |
| 47 | 3 | Men's 35 (35-39) | M294 | Vasco van der Flier | 0:22:21 | 0:22:18 | 0:14:24 |
| 48 | 4 | Men's Junior 13 (12-13) | M261 | Maximilian Smith | 0:22:21 | 0:22:21 | 0:14:12 |
| 49 | 1 | Ladies' Open (18-34) | W120 | Jessica Miller | 0:22:22 | 0:22:20 | 0:14:17 |
| 50 | 11 | Men's Junior 15 (14-15) | M224 | Shing Hang Ngan | 0:22:25 | 0:22:23 | 0:14:14 |
| 51 | 2 | Men's 50 (50-54) | M115 | Will Hayward | 0:22:26 | 0:22:25 | 0:14:40 |
| 52 | 5 | Men's Junior 17 (16-17) | M197 | Caius Man | 0:22:28 | 0:22:26 | 0:14:22 |
| 53 | 2 | Ladies' 45 (45-49) | W148 | Rachel Sproston | 0:22:31 | 0:22:29 | 0:14:38 |
| 54 | 8 | Men's 45 (45-49) | M301 | Warren Warner | 0:22:32 | 0:22:29 | 0:14:18 |
| 55 | 12 | Men's Junior 15 (14-15) | M194 | Nirvan Lulla | 0:22:33 | 0:22:33 | 0:14:03 |
| 56 | 13 | Men's Junior 15 (14-15) | M378 | Chan Kirk | 0:22:35 | 0:22:33 | 0:13:41 |
| 57 | 8 | Men's Open (18-34) | M015 | Andrew Mark Beaumont | 0:22:35 | 0:22:35 | 0:14:28 |
| 58 | 14 | Men's Junior 15 (14-15) | M188 | Jake Long | 0:22:45 | 0:22:44 | 0:14:30 |
| 59 | 7 | Men's 40 (40-44) | M414 | Tyler Wendleken | 0:22:46 | 0:22:46 | 0:13:53 |
| 60 | 8 | Men's 40 (40-44) | M072 | Wan Hang Chung | 0:22:54 | 0:22:51 | 0:14:50 |
| 61 | 9 | Men's Open (18-34) | M130 | Idle Idle | 0:22:55 | 0:22:55 | 0:14:35 |
| 62 | 5 | Men's Junior 13 (12-13) | M176 | Thomas Leung | 0:22:57 | 0:22:55 | 0:14:26 |
| 63 | 6 | Men's Junior 13 (12-13) | M389 | Moritz Mueller | 0:22:59 | 0:22:58 | 0:14:34 |
| 64 | 3 | Ladies' Junior 13 (12-13) | W113 | Lila Man | 0:23:00 | 0:22:58 | 0:14:48 |
| 65 | 7 | Men's Junior 13 (12-13) | M374 | Orell Merazzi | 0:23:00 | 0:22:58 | 0:14:49 |
| 66 | 4 | Men's 35 (35-39) | M174 | Kwok Shing Leung | 0:23:07 | 0:23:00 | 0:15:21 |
| 67 | 3 | Men's 50 (50-54) | M045 | Simon Cheng | 0:23:09 | 0:23:09 | 0:14:53 |
| 68 | 4 | Men's 50 (50-54) | M107 | Jon Gilchrist | 0:23:14 | 0:23:11 | 0:14:54 |
| 69 | 8 | Men's Junior 13 (12-13) | M413 | Alexander Bater | 0:23:14 | 0:23:12 | 0:14:39 |
| 70 | 9 | Men's Junior 13 (12-13) | M406 | Charles Barnes | 0:23:17 | 0:23:15 | 0:15:28 |
| 71 | 10 | Men's Junior 13 (12-13) | M400 | Tak Sum Tong | 0:23:23 | 0:23:19 | 0:15:10 |
| 72 | 1 | Ladies' 50 (50-54) | W084 | Angelina Kong | 0:23:28 | 0:23:24 | 0:15:04 |

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| 73 | 11 | Men's Junior 13 (12-13) | M162 | Xavier Leboeuf | 0:23:32 | 0:23:29 | 0:15:02 |
| 74 | 5 | Men's 35 (35-39) | M288 | Fu Ming TSE | 0:23:33 | 0:23:26 | 0:15:14 |
| 75 | 12 | Men's Junior 13 (12-13) | M404 | Samuel Riedel | 0:23:38 | 0:23:38 | 0:15:08 |
| 76 | 9 | Men's 45 (45-49) | M403 | Roland Riedel | 0:23:42 | 0:23:35 | 0:15:18 |
| 77 | 15 | Men's Junior 15 (14-15) | M249 | Erik Robertsson | 0:23:42 | 0:23:34 | 0:15:33 |
| 78 | 5 | Men's 50 (50-54) | M004 | Charles Allard | 0:23:44 | 0:23:39 | 0:15:15 |
| 79 | 6 | Men's 35 (35-39) | M020 | Brice Brice | 0:23:57 | 0:23:52 | 0:15:27 |
| 80 | 10 | Men's Open (18-34) | M353 | Marc Kullmann | 0:24:03 | 0:23:59 | 0:15:26 |
| 81 | 1 | Men's 60 (60-64) | M175 | Kwong Ming Leung | 0:24:04 | 0:24:01 | 0:15:19 |
| 82 | 3 | Ladies' Junior 15 (14-15) | W014 | KKARA Casey | 0:24:05 | 0:24:03 | 0:15:10 |
| 83 | 9 | Men's 40 (40-44) | M391 | Herve Leleu | 0:24:06 | 0:23:57 | 0:15:34 |
| 84 | 2 | Men's 60 (60-64) | M112 | Kenneth Greer | 0:24:08 | 0:24:06 | 0:15:39 |
| 85 | 10 | Men's 45 (45-49) | M029 | Dick Casey | 0:24:11 | 0:24:08 | 0:15:30 |
| 86 | 11 | Men's 45 (45-49) | M411 | Andrew Salton | 0:24:14 | 0:24:13 | 0:16:10 |
| 87 | 1 | Men's 55 (55-59) | M369 | Yuen Po Tang | 0:24:17 | 0:24:13 | 0:15:38 |
| 88 | 6 | Men's 50 (50-54) | M071 | Tat Chi Chung | 0:24:23 | 0:24:22 | 0:15:48 |
| 89 | 12 | Men's 45 (45-49) | M384 | Felix KONG | 0:24:28 | 0:24:26 | 0:15:39 |
| 90 | 13 | Men's 45 (45-49) | M385 | VOR YIU | 0:24:28 | 0:24:28 | 0:15:32 |
| 91 | 10 | Men's 40 (40-44) | M306 | Iain Williamson | 0:24:34 | 0:24:25 | 0:16:04 |
| 92 | 11 | Men's 40 (40-44) | m395 | Farah Farah | 0:24:40 | 0:24:38 | 0:15:42 |
| 93 | 12 | Men's 40 (40-44) | M081 | Paul Crowe | 0:24:43 | 0:24:43 | 0:16:01 |
| 94 | 2 | Ladies' Open (18-34) | W116 | Lisa Martin | 0:24:45 | 0:24:41 | 0:16:07 |
| 95 | 7 | Men's 50 (50-54) | M102 | Adam Francis | 0:24:46 | 0:24:40 | 0:16:05 |
| 96 | 1 | Ladies' Junior 17 (16-17) | W142 | Alessandra Sinibaldi | 0:24:47 | 0:24:44 | 0:15:52 |
| 97 | 2 | Men's 55 (55-59) | M033 | FORD CHAN | 0:24:47 | 0:24:46 | 0:15:59 |
| 98 | 14 | Men's 45 (45-49) | M060 | Wilson Choi | 0:24:48 | 0:24:48 | 0:16:14 |
| 99 | 4 | Ladies' Junior 15 (14-15) | W187 | NAM YIU | 0:24:49 | 0:24:46 | 0:16:04 |
| 100 | 4 | Ladies' Junior 13 (12-13) | W015 | Scarly Casey | 0:24:58 | 0:24:57 | 0:16:03 |
| 101 | 3 | Men's 60 (60-64) | M059 | Kenneth Choi | 0:25:00 | 0:24:57 | 0:16:00 |
| 102 | 7 | Men's 35 (35-39) | M256 | Gianpaolo Sbuttoni | 0:25:02 | 0:24:55 | 0:15:57 |
| 103 | 13 | Men's Junior 13 (12-13) | M090 | William Dingley | 0:25:03 | 0:25:03 | 0:15:41 |
| 104 | 1 | Ladies' 35 (35-39) | W016 | Gemma Chambers | 0:25:05 | 0:25:02 | 0:16:02 |
| 105 | 2 | Ladies' 35 (35-39) | W006 | Bernadette Baje | 0:25:07 | 0:25:04 | 0:16:17 |
| 106 | 11 | Men's Open (18-34) | M041 | Cheuk Pong Chau | 0:25:22 | 0:25:16 | 0:16:42 |
| 107 | 8 | Men's 35 (35-39) | M023 | John Burbidge | 0:25:28 | 0:25:14 | 0:17:06 |
| 108 | 8 | Men's 50 (50-54) | M046 | Paul Cherry | 0:25:32 | 0:25:24 | 0:17:04 |
| 109 | 15 | Men's 45 (45-49) | M359 | Chris Peratides | 0:25:49 | 0:25:43 | 0:16:50 |
| 110 | 13 | Men's 40 (40-44) | M163 | Calven Lee | 0:25:49 | 0:25:46 | 0:17:03 |
| 111 | 9 | Men's 35 (35-39) | M049 | HIU WA CHEUNG | 0:25:50 | 0:25:46 | 0:17:30 |
| 112 | 3 | Men's 55 (55-59) | M335 | John Yow | 0:25:55 | 0:25:52 | 0:16:48 |
| 113 | 5 | Ladies' Junior 15 (14-15) | W167 | Chloe Whittington | 0:25:59 | 0:25:54 | 0:16:54 |
| 114 | 16 | Men's Junior 15 (14-15) | M006 | Jake Atherley | 0:25:59 | 0:25:57 | 0:16:04 |
| 115 | 4 | Men's 55 (55-59) | M121 | SIU WA HO | 0:26:03 | 0:26:03 | 0:16:55 |
| 116 | 12 | Men's Open (18-34) | M316 | Tim Wong | 0:26:03 | 0:25:52 | 0:17:09 |
| 117 | 2 | Ladies' 40 (40-44) | W103 | Lucina Lo | 0:26:08 | 0:26:06 | 0:17:01 |
| 118 | 16 | Men's 45 (45-49) | M179 | Hing Lung Li | 0:26:25 | 0:26:10 | 0:17:07 |
| 119 | 3 | Ladies' 40 (40-44) | W216 | Tara Perrin | 0:26:25 | 0:26:21 | 0:17:13 |
| 120 | 4 | Men's 60 (60-64) | M065 | HERMANN CHU | 0:26:30 | 0:26:27 | 0:17:05 |
| 121 | 9 | Men's 50 (50-54) | M181 | Geoffrey Lim | 0:26:33 | 0:26:29 | 0:17:20 |
| 122 | 1 | Men's 65 (65-69) | M030 | Chak Yan Chan | 0:26:35 | 0:26:33 | 0:17:26 |
| 123 | 3 | Ladies' Open (18-34) | W193 | Lauren James | 0:26:41 | 0:26:37 | 0:17:08 |
| 124 | 4 | Ladies' Open (18-34) | W136 | Elizabeth Mai Schroder | 0:26:44 | 0:26:39 | 0:17:18 |
| 125 | 14 | Men's 40 (40-44) | M022 | Martin Browning | 0:26:46 | 0:26:39 | 0:17:16 |
| 126 | 5 | Ladies' Junior 13 (12-13) | W009 | Victoire Beylier | 0:26:55 | 0:26:52 | 0:17:08 |
| 127 | 5 | Men's 60 (60-64) | M277 | Seung Kun Tai | 0:26:55 | 0:26:53 | 0:17:37 |
| 128 | 6 | Men's 60 (60-64) | M338 | Leung Sum Yu | 0:26:59 | 0:26:45 | 0:17:26 |
| 129 | 10 | Men's 50 (50-54) | M388 | Henning Mueller | 0:27:05 | 0:27:03 | 0:17:08 |
| 130 | 3 | Ladies' 35 (35-39) | W043 | YUK Mui Fang | 0:27:09 | 0:27:09 | 0:17:32 |
| 131 | 6 | Men's Junior 17 (16-17) | M300 | Ethan Warner | 0:27:12 | 0:27:07 | 0:17:29 |
| 132 | 11 | Men's 50 (50-54) | M250 | David Russell | 0:27:12 | 0:27:04 | 0:17:08 |
| 133 | 15 | Men's 40 (40-44) | M052 | Kwok Chi Shing | 0:27:14 | 0:27:10 | 0:17:13 |
| 134 | 3 | Ladies' 45 (45-49) | W139 | Louise Sheerin | 0:27:17 | 0:27:13 | 0:17:46 |
| 135 | 17 | Men's 45 (45-49) | M331 | Edwin Yip | 0:27:21 | 0:27:11 | 0:18:03 |
| 136 | 1 | Ladies' 55 (55-59) | W054 | Belinda Greer | 0:27:25 | 0:27:23 | 0:17:47 |
| 137 | 16 | Men's 40 (40-44) | M172 | Ken Leung | 0:27:28 | 0:27:23 | 0:18:21 |
| 138 | 18 | Men's 45 (45-49) | M393 | Koenig Jancu | 0:27:31 | 0:27:20 | 0:18:19 |
| 139 | 7 | Men's Junior 17 (16-17) | M354 | Man Kit Hsu | 0:27:41 | 0:27:28 | 0:17:42 |
| 140 | 17 | Men's 40 (40-44) | M186 | Wai Lun Lock | 0:27:42 | 0:27:37 | 0:17:24 |
| 141 | 10 | Men's 35 (35-39) | M128 | James Hughes-Martin | 0:27:43 | 0:27:30 | 0:18:23 |
| 142 | 13 | Men's Open (18-34) | M217 | Ibrahim Mustafa | 0:27:47 | 0:27:44 | 0:17:28 |
| 143 | 4 | Ladies' 40 (40-44) | W040 | Sarah Dickinson | 0:27:48 | 0:27:42 | 0:17:57 |
| 144 | 1 | Men's 75 (75-79) | M207 | Ross MILBURN | 0:27:53 | 0:27:48 | 0:18:34 |

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|------------------|-------------------|---------------------------|------|----------------------------|---------------|-----------|-------------|
| 145 | 14 | Men's Junior 13 (12-13) | M185 | Jiro Loasby | 0:27:57 | 0:27:46 | 0:18:31 |
| 146 | 2 | Men's 65 (65-69) | M149 | AU Kwok Keung | 0:28:01 | 0:27:58 | 0:18:22 |
| 147 | 6 | Ladies' Junior 15 (14-15) | W012 | Sela Caldwell | 0:28:06 | 0:28:02 | 0:18:00 |
| 148 | 5 | Ladies' 40 (40-44) | W075 | Josephine Josephine | 0:28:07 | 0:28:07 | 0:18:20 |
| 149 | 7 | Ladies' Junior 15 (14-15) | W038 | Anjeli de Blank | 0:28:08 | 0:27:58 | 0:17:36 |
| 150 | 5 | Ladies' Open (18-34) | W039 | Alice Dean | 0:28:18 | 0:28:13 | 0:18:44 |
| 151 | 2 | Ladies' 50 (50-54) | W096 | Helen Leung | 0:28:23 | 0:28:22 | 0:17:57 |
| 152 | 3 | Ladies' 50 (50-54) | W214 | Catherine Leonard | 0:28:31 | 0:28:20 | 0:18:29 |
| 153 | 12 | Men's 50 (50-54) | M321 | Christian Wright | 0:28:32 | 0:28:26 | 0:18:38 |
| 154 | 13 | Men's 50 (50-54) | M293 | MO Forhad Ullah | 0:28:34 | 0:28:26 | 0:18:36 |
| 155 | 17 | Men's Junior 15 (14-15) | M350 | Nicholas Ko | 0:28:39 | 0:28:35 | 0:17:44 |
| 156 | 14 | Men's Open (18-34) | M119 | Adrian Ho | 0:28:48 | 0:28:38 | 0:19:12 |
| 157 | 19 | Men's 45 (45-49) | M080 | Derek Crane | 0:28:49 | 0:28:44 | 0:18:35 |
| 158 | 14 | Men's 50 (50-54) | M200 | Cho MAN WAI | 0:28:52 | 0:28:41 | 0:19:01 |
| 159 | 4 | Ladies' 50 (50-54) | W021 | May Ling Chan | 0:28:57 | 0:28:56 | 0:19:35 |
| 160 | 6 | Ladies' 40 (40-44) | W004 | Aska Asakura | 0:29:02 | 0:29:01 | 0:18:46 |
| 161 | 15 | Men's Junior 13 (12-13) | M307 | Rohan Williamson | 0:29:04 | 0:28:53 | 0:19:37 |
| 162 | 20 | Men's 45 (45-49) | M073 | Jack Clode | 0:29:08 | 0:29:01 | 0:18:42 |
| 163 | 15 | Men's Open (18-34) | M053 | WAI YIP CHIN | 0:29:10 | 0:29:04 | 0:19:32 |
| 164 | 6 | Ladies' Junior 13 (12-13) | W037 | Alana de Blank | 0:29:11 | 0:29:01 | 0:19:03 |
| 165 | 7 | Ladies' 40 (40-44) | W110 | Sonia Magana | 0:29:16 | 0:29:07 | 0:19:39 |
| 166 | 7 | Men's 60 (60-64) | M132 | Shing Hing Ip | 0:29:20 | 0:29:01 | 0:19:10 |
| 167 | 4 | Ladies' 35 (35-39) | W047 | Claire Frost | 0:29:27 | 0:29:19 | 0:19:08 |
| 168 | 15 | Men's 50 (50-54) | M161 | Mario Leboeuf | 0:29:28 | 0:29:21 | 0:18:54 |
| 169 | 16 | Men's Open (18-34) | M347 | ALISTAIR COCHRAN | 0:29:33 | 0:29:22 | 0:18:53 |
| 170 | 17 | Men's Open (18-34) | M223 | Tin Hang Ngai | 0:29:33 | 0:29:16 | 0:19:47 |
| 171 | 16 | Men's 50 (50-54) | M094 | Jomo ELG | 0:29:44 | 0:29:37 | 0:18:41 |
| 172 | 16 | Men's Junior 13 (12-13) | M408 | Jamie Ireland | 0:29:47 | 0:29:46 | 0:18:52 |
| 173 | 18 | Men's 40 (40-44) | M407 | Nigel Barnes | 0:29:53 | 0:29:44 | 0:19:04 |
| 174 | 5 | Ladies' 50 (50-54) | W203 | Zong Son Zang | 0:29:58 | 0:29:54 | 0:19:23 |
| 175 | 21 | Men's 45 (45-49) | M154 | Michael Lacy | 0:29:59 | 0:29:50 | 0:19:16 |
| 176 | 19 | Men's 40 (40-44) | M398 | Timothy Hogan | 0:30:11 | 0:29:58 | 0:20:18 |
| 177 | 18 | Men's Open (18-34) | M164 | YIU SING LEE | 0:30:24 | 0:30:12 | 0:20:17 |
| 178 | 7 | Ladies' Junior 13 (12-13) | W195 | Eve Grylewicz | 0:30:32 | 0:30:22 | 0:19:30 |
| 179 | 6 | Ladies' 50 (50-54) | W169 | Carolyn Wingard-Robertsson | 0:30:34 | 0:30:25 | 0:19:47 |
| 180 | 11 | Men's 35 (35-39) | M284 | Hin Wai TO | 0:30:38 | 0:30:32 | 0:19:46 |
| 181 | 6 | Ladies' Open (18-34) | W052 | Laura Gizzi | 0:30:39 | 0:30:32 | 0:20:06 |
| 182 | 2 | Men's 75 (75-79) | M234 | Frank Pilkington | 0:30:40 | 0:30:38 | 0:20:13 |
| 183 | 5 | Ladies' 35 (35-39) | W074 | Sarah Jolly | 0:30:41 | 0:30:30 | 0:19:58 |
| 184 | 4 | Ladies' 45 (45-49) | W219 | Koenig Katharina | 0:30:43 | 0:30:33 | 0:20:21 |
| 185 | 5 | Ladies' 45 (45-49) | W141 | Pik Yiu Sin | 0:30:54 | 0:30:51 | 0:20:14 |
| 186 | 8 | Men's 60 (60-64) | M290 | Henry Tsui | 0:30:59 | 0:30:53 | 0:20:24 |
| 187 | 22 | Men's 45 (45-49) | M039 | Shek lai Chan | 0:31:03 | 0:30:48 | 0:20:27 |
| 188 | 7 | Ladies' 50 (50-54) | W176 | Kwan Ying Wong | 0:31:11 | 0:31:05 | 0:20:19 |
| 189 | 5 | Men's 55 (55-59) | M054 | Cyrus Chiu | 0:31:15 | 0:31:03 | 0:20:01 |
| 190 | 18 | Men's Junior 15 (14-15) | M058 | Sin wai lawrence Chiu | 0:31:19 | 0:31:08 | 0:20:51 |
| 191 | 6 | Men's 55 (55-59) | M278 | TAM TAK KUEN | 0:31:21 | 0:31:14 | 0:20:32 |
| 192 | 6 | Ladies' 45 (45-49) | W022 | Shuk Chu Chan | 0:31:23 | 0:31:15 | 0:20:23 |
| 193 | 7 | Ladies' 45 (45-49) | W068 | YUEN YI HUNG | 0:31:28 | 0:31:15 | 0:21:00 |
| 194 | 8 | Ladies' Junior 15 (14-15) | M225 | Sophie Bater | 0:31:30 | 0:31:29 | 0:20:09 |
| 195 | 7 | Ladies' Open (18-34) | W085 | MAN TING KWAN | 0:31:30 | 0:31:24 | 0:20:20 |
| 196 | 8 | Ladies' 40 (40-44) | W073 | Binh Johansson | 0:31:33 | 0:31:28 | 0:20:04 |
| 197 | 17 | Men's 50 (50-54) | M158 | Lai Chun Tommy Lau | 0:31:36 | 0:31:20 | 0:20:11 |
| 198 | 3 | Men's 65 (65-69) | M308 | LEE WING HUNG | 0:31:41 | 0:31:39 | 0:20:55 |
| 199 | 18 | Men's 50 (50-54) | M342 | Matthew Yung | 0:31:46 | 0:31:45 | 0:20:43 |
| 200 | 19 | Men's 50 (50-54) | M099 | Michael Featherston | 0:32:07 | 0:31:56 | 0:20:58 |
| 201 | 23 | Men's 45 (45-49) | M057 | MAN YAU CHIU | 0:32:12 | 0:31:54 | 0:21:19 |
| 202 | 24 | Men's 45 (45-49) | M145 | Peter Kunz | 0:32:17 | 0:32:02 | 0:20:58 |
| 203 | 20 | Men's 50 (50-54) | M209 | Stuart Mitchell | 0:32:19 | 0:32:02 | 0:21:00 |
| 204 | 8 | Ladies' 50 (50-54) | W220 | Teresa Ng | 0:32:56 | 0:32:52 | 0:21:31 |
| 205 | 1 | Ladies' 65 (65-69) | W031 | Kit Bing CHOW | 0:33:01 | 0:32:58 | 0:21:34 |
| 206 | 12 | Men's 35 (35-39) | M035 | Ho-Kei Chan | 0:33:09 | 0:32:59 | 0:22:28 |
| 207 | 9 | Ladies' 40 (40-44) | W017 | Chamila Chamila | 0:33:23 | 0:33:18 | 0:22:02 |
| 208 | 13 | Men's 35 (35-39) | M190 | Larry Lui | 0:33:34 | 0:33:15 | 0:22:52 |
| 209 | 25 | Men's 45 (45-49) | M216 | Mark Murray | 0:33:35 | 0:30:07 | 0:23:01 |
| 210 | 2 | Ladies' 65 (65-69) | W101 | Evelyn Lim | 0:33:45 | 0:33:41 | 0:21:52 |
| 211 | 7 | Men's 55 (55-59) | M025 | Charles Caldwell | 0:33:54 | 0:33:45 | 0:21:36 |
| 212 | 8 | Ladies' Open (18-34) | W126 | Nur Nur | 0:34:00 | 0:33:53 | 0:22:38 |
| 213 | 9 | Ladies' Open (18-34) | W199 | Yu Yan Jacqueline Ng | 0:34:02 | 0:33:55 | 0:22:42 |
| 214 | 1 | Ladies' 60 (60-64) | W173 | Grace Wong | 0:34:06 | 0:33:54 | 0:22:45 |
| 215 | 10 | Ladies' Open (18-34) | W018 | Hiu Yan Sharon Chan | 0:34:14 | 0:34:04 | 0:22:44 |
| 216 | 1 | Ladies' 70 (70 -74) | W048 | Lau Fung Ling Rebecca | 0:34:15 | 0:34:10 | 0:23:07 |

AVOHK 5k Series 2018 Race 3 (Wan Chai Gap)**Date: 15- 9 -2018**

| Overall Position | Category Position | Category | Bib | Name | Official Time | Chip Time | Check Point |
|-------------------------|--------------------------|---------------------------|------------|--------------------------|----------------------|------------------|--------------------|
| 217 | 26 | Men's 45 (45-49) | M120 | Albert Ho | 0:34:15 | 0:34:03 | 0:21:40 |
| 218 | 14 | Men's 35 (35-39) | M313 | Christopher Hoi Wong | 0:34:16 | 0:34:01 | 0:21:41 |
| 219 | 8 | Ladies' 45 (45-49) | W099 | Queency Leung | 0:34:16 | 0:34:16 | 0:22:16 |
| 220 | 19 | Men's Open (18-34) | M178 | Haniel Li | 0:34:30 | 0:34:12 | 0:22:31 |
| 221 | 20 | Men's Open (18-34) | M047 | Ezra Cheung | 0:34:30 | 0:34:12 | 0:22:33 |
| 222 | 6 | Ladies' 35 (35-39) | W036 | Elizabeth Davies | 0:34:55 | 0:34:47 | 0:22:43 |
| 223 | 2 | Ladies' 55 (55-59) | W127 | Suzy Patchell | 0:35:11 | 0:35:00 | 0:23:31 |
| 224 | 9 | Ladies' 45 (45-49) | W170 | Anne Wingfield | 0:35:15 | 0:35:00 | 0:23:25 |
| 225 | 10 | Ladies' 40 (40-44) | W097 | Hoi Kee Leung | 0:35:16 | 0:35:04 | 0:22:38 |
| 226 | 7 | Ladies' 35 (35-39) | W147 | Linda Soo | 0:35:30 | 0:35:16 | 0:23:21 |
| 227 | 20 | Men's 40 (40-44) | M246 | Scott Reed | 0:35:30 | 0:35:16 | 0:23:21 |
| 228 | 9 | Men's 60 (60-64) | M050 | Kam Kwong Anthony Cheung | 0:35:34 | 0:35:32 | 0:23:08 |
| 229 | 21 | Men's Open (18-34) | M287 | Robert Troll | 0:35:38 | 0:35:21 | 0:23:37 |
| 230 | 11 | Ladies' Open (18-34) | W154 | Kai Ying Tang | 0:35:44 | 0:35:30 | 0:23:04 |
| 231 | 9 | Ladies' Junior 15 (14-15) | W104 | Keung Lok Tsz | 0:35:46 | 0:35:42 | 0:23:07 |
| 232 | 2 | Ladies' 60 (60-64) | W042 | Jayne Erasmus | 0:35:49 | 0:35:34 | 0:23:31 |
| 233 | 3 | Ladies' 55 (55-59) | W032 | SABRINA CHOW | 0:35:53 | 0:35:42 | 0:24:25 |
| 234 | 1 | Men's 70 (70-74) | M141 | Peter Keeping | 0:36:04 | 0:35:54 | 0:23:24 |
| 235 | 27 | Men's 45 (45-49) | M136 | Jibril Jibril | 0:36:39 | 0:36:28 | 0:23:45 |
| 236 | 12 | Ladies' Open (18-34) | W201 | Louise Fung | 0:36:45 | 0:36:38 | 0:24:07 |
| 237 | 9 | Ladies' 50 (50-54) | W196 | Oi Li Chiu | 0:36:48 | 0:36:41 | 0:23:45 |
| 238 | 21 | Men's 50 (50-54) | M405 | Gareth Bater | 0:37:04 | 0:36:46 | 0:24:06 |
| 239 | 10 | Ladies' 45 (45-49) | W106 | Louisa M L Luk | 0:37:09 | 0:36:57 | 0:25:14 |
| 240 | 17 | Men's Junior 13 (12-13) | M259 | Stu Sinibaldi | 0:37:14 | 0:37:07 | 0:24:42 |
| 241 | 10 | Ladies' 50 (50-54) | W076 | Lau ka mun Jennifer | 0:37:34 | 0:37:22 | 0:24:16 |
| 242 | 1 | Men's 80+ (80 and above) | M386 | John Fowler | 0:37:42 | 0:37:31 | |
| 243 | 22 | Men's Open (18-34) | M220 | TERENCE NG | 0:37:59 | 0:37:40 | 0:25:19 |
| 244 | 11 | Ladies' 45 (45-49) | W049 | Petrona Galicia | 0:37:59 | 0:37:50 | 0:24:56 |
| 245 | 12 | Ladies' 45 (45-49) | W044 | Andrea Fletcher | 0:38:02 | 0:37:53 | 0:23:50 |
| 246 | 8 | Ladies' Junior 13 (12-13) | W130 | Ella Phillips | 0:38:03 | 0:37:53 | 0:23:50 |
| 247 | 13 | Ladies' 45 (45-49) | W224 | Ollyvia Postacchini | 0:38:49 | 0:38:41 | 0:24:45 |
| 248 | 13 | Ladies' Open (18-34) | W100 | Cynthia Li | 0:38:53 | 0:38:38 | 0:24:01 |
| 249 | 11 | Ladies' 40 (40-44) | W135 | Samanthi Samanthi | 0:39:04 | 0:38:58 | 0:26:49 |
| 250 | 8 | Men's 55 (55-59) | M144 | KUN WA KONG | 0:39:13 | 0:38:57 | 0:25:33 |
| 251 | 22 | Men's 50 (50-54) | M239 | Antonio Postacchini | 0:39:31 | 0:39:22 | 0:25:19 |
| 252 | 14 | Ladies' Open (18-34) | W066 | Po Lam Michel Hui | 0:40:09 | 0:39:55 | 0:26:33 |
| 253 | 10 | Men's 60 (60-64) | M157 | Kam tong Lam | 0:40:13 | 0:39:58 | 0:26:38 |
| 254 | 4 | Ladies' 55 (55-59) | W062 | Helen Ho | 0:41:02 | 0:40:44 | 0:27:16 |
| 255 | 8 | Ladies' 35 (35-39) | W114 | Kirti Manian | 0:41:28 | 0:41:11 | 0:27:27 |
| 256 | 10 | Ladies' Junior 15 (14-15) | W190 | Wing Hei Yuen | 0:42:41 | 0:42:33 | 0:26:24 |
| 257 | 15 | Men's 35 (35-39) | M055 | Eric Chiu | 0:43:06 | 0:42:49 | 0:27:19 |
| 258 | 15 | Ladies' Open (18-34) | W089 | Cheryl Lau | 0:43:07 | 0:42:49 | 0:27:18 |
| 259 | 23 | Men's 50 (50-54) | M339 | Ka Fai Yuen | 0:44:47 | 0:44:34 | 0:27:38 |
| 260 | 12 | Ladies' 40 (40-44) | W188 | Michelle Yuen | 0:44:47 | 0:44:33 | 0:28:16 |
| 261 | 16 | Ladies' Open (18-34) | W098 | Po Yi Leung | 0:52:58 | 0:52:44 | 0:32:19 |