

AVOHK 5k Series - Series Results after Race 3

Bib	Name	Category	Race1	Race2	Race3	Score
W159	Gemma Chambers	Ladies' 35 (35-39)	97	99	99	295
W112	Xanthe Riding	Ladies' 35 (35-39)	93	98	98	289
W032	Sarah Dickinson	Ladies' 35 (35-39)	91	97	97	285
W093	Kirti Manian	Ladies' 35 (35-39)	84	93	94	271
W152	Aine O'Connell	Ladies' 35 (35-39)	99	100	0	199
W002	Bernadette Baje	Ladies' 35 (35-39)	96	0	100	196
W101	Nadia Nadia	Ladies' 35 (35-39)	0	95	96	191
W069	Vicky Lau	Ladies' 35 (35-39)	87	96	0	183
W091	Bernadette Maher	Ladies' 35 (35-39)	100	0	0	100
W033	Petra Diener	Ladies' 35 (35-39)	98	0	0	98
W096	Jen McCombie	Ladies' 35 (35-39)	95	0	0	95
W228	Wendy Leadbeater	Ladies' 35 (35-39)	0	0	95	95
W001	Wah Ying Rosita Au	Ladies' 35 (35-39)	94	0	0	94
W087	Louise Louise	Ladies' 35 (35-39)	0	94	0	94
W092	Wing Shuen Mak	Ladies' 35 (35-39)	92	0	0	92
W047	Milly Hall	Ladies' 35 (35-39)	90	0	0	90
W049	Debbie Hanley	Ladies' 35 (35-39)	89	0	0	89
W162	Wanda Chan	Ladies' 35 (35-39)	88	0	0	88
W173	Cara Brosnan	Ladies' 35 (35-39)	86	0	0	86
W100	Elisabeth Moore	Ladies' 35 (35-39)	85	0	0	85
W121	Rachel Sproston	Ladies' 40 (40-44)	100	99	100	299
W146	MEI HONG YANG	Ladies' 40 (40-44)	99	98	99	296
W144	Magana Sonia	Ladies' 40 (40-44)	94	95	97	286
W099	Sau Lin Winnie MOK	Ladies' 40 (40-44)	93	94	96	283
W029	Charlotte Cutler	Ladies' 40 (40-44)	97	100	0	197
W071	Shuk Yi Angela Lau	Ladies' 40 (40-44)	98	97	0	195
W041	Virginie Goethals	Ladies' 40 (40-44)	96	96	0	192
W070	Kar Yan Lau	Ladies' 40 (40-44)	90	0	94	184
W194	Jo-Anne Ngalani	Ladies' 40 (40-44)	83	0	93	176
W094	Laura Mannering	Ladies' 40 (40-44)	0	0	98	98
W186	Victoria Street	Ladies' 40 (40-44)	95	0	0	95
W218	Sarah Lewell	Ladies' 40 (40-44)	0	0	95	95
W151	Lee Yung Cheung	Ladies' 40 (40-44)	0	93	0	93
W109	Wong Pik Yi	Ladies' 40 (40-44)	92	0	0	92
W163	Lai Fong Chan	Ladies' 40 (40-44)	91	0	0	91
W170	SUBHADRA BANDYOPADHYAY	Ladies' 40 (40-44)	89	0	0	89
W018	Winki Chan	Ladies' 40 (40-44)	88	0	0	88
W066	Yin Ling Lam	Ladies' 40 (40-44)	87	0	0	87
W017	Lorena Chan	Ladies' 40 (40-44)	86	0	0	86
W105	Hau wa Ngai	Ladies' 40 (40-44)	85	0	0	85
W072	Winnie Lau	Ladies' 40 (40-44)	84	0	0	84
W048	Elaine Hall	Ladies' 45 (45-49)	99	98	98	295
W117	Louise Sheerin	Ladies' 45 (45-49)	97	97	97	291
W185	Belinda McLaughlin	Ladies' 45 (45-49)	96	95	96	287
W126	Chiaki Tatsuike	Ladies' 45 (45-49)	94	96	95	285
W020	HON MAY CHAN	Ladies' 45 (45-49)	95	94	93	282
W021	May Ling Chan	Ladies' 45 (45-49)	92	93	92	277
W027	Rachel Clempson	Ladies' 45 (45-49)	88	92	91	271
W158	Galicia Petrona	Ladies' 45 (45-49)	85	90	87	262
W177	Linda Khemlyani	Ladies' 45 (45-49)	83	91	88	262

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Bib	Name	Category	Race1	Race2	Race3	Score
W195	Meriel Holden	Ladies' 45 (45-49)	0	100	100	200
W055	Kellie Irwin	Ladies' 45 (45-49)	100	99	0	199
W034	Siat Tjhui Djie	Ladies' 45 (45-49)	93	0	94	187
W078	Choi yin Lee	Ladies' 45 (45-49)	84	0	90	174
W060	Angelina Kong	Ladies' 45 (45-49)	0	0	99	99
W181	Helen John	Ladies' 45 (45-49)	98	0	0	98
W104	Man Ching Ng	Ladies' 45 (45-49)	91	0	0	91
W149	Beighley Liza	Ladies' 45 (45-49)	90	0	0	90
W042	Sarah Gordon	Ladies' 45 (45-49)	89	0	0	89
W215	Andrea Fletcher	Ladies' 45 (45-49)	0	0	89	89
W192	Candice Stella	Ladies' 45 (45-49)	87	0	0	87
W140	Wai Man Jenny Wong	Ladies' 45 (45-49)	86	0	0	86
W019	Angela Chan	Ladies' 45 (45-49)	82	0	0	82
W153	Miki Okada	Ladies' 45 (45-49)	81	0	0	81
W156	Jo Williamson	Ladies' 45 (45-49)	80	0	0	80
W125	YUK YIN TANG	Ladies' 45 (45-49)	79	0	0	79
W129	Johanna Tsang	Ladies' 45 (45-49)	78	0	0	78
W130	Tai pui Tsang	Ladies' 45 (45-49)	77	0	0	77
W036	Ching yee Fong	Ladies' 50 (50-54)	99	99	99	297
W025	Rebecca Cho	Ladies' 50 (50-54)	100	98	97	295
W026	Siu Miu Margaret CHUI	Ladies' 50 (50-54)	98	95	98	291
W120	Katy Spooner	Ladies' 50 (50-54)	97	96	96	289
W150	HO Yuk Ling	Ladies' 50 (50-54)	94	93	92	279
W039	Ilaria Galimberti	Ladies' 50 (50-54)	93	92	93	278
W131	Ada Tse	Ladies' 50 (50-54)	91	91	90	272
W141	Kwan Ying Wong	Ladies' 50 (50-54)	96	0	94	190
W135	Carolyn Wingard-Robertsson	Ladies' 50 (50-54)	0	94	95	189
W227	Ka Mun jennifer Lau	Ladies' 50 (50-54)	92	0	91	183
W208	Camilla Fernstrom	Ladies' 50 (50-54)	0	100	0	100
W222	Sian Abate	Ladies' 50 (50-54)	0	0	100	100
W198	Catherine Leonard	Ladies' 50 (50-54)	0	97	0	97
W165	CHOI HUNG LAI	Ladies' 50 (50-54)	95	0	0	95
W044	Belinda Greer	Ladies' 55 (55-59)	99	99	100	298
W132	Fung Yee May Tse	Ladies' 55 (55-59)	97	98	99	294
W082	Angela Fung Ming Leung	Ladies' 55 (55-59)	100	100	0	200
W052	Wing Kam Ho	Ladies' 55 (55-59)	98	0	98	196
W076	Yuk Seung Law	Ladies' 55 (55-59)	93	0	97	190
W090	Sukkuen Ma	Ladies' 55 (55-59)	92	0	96	188
W157	Anne Maclean	Ladies' 55 (55-59)	96	0	0	96
W063	Pui Ha Kwok	Ladies' 55 (55-59)	95	0	0	95
W107	Kirby Patton	Ladies' 55 (55-59)	94	0	0	94
W147	Wing Han Yeung	Ladies' 60 (60-64)	100	100	100	300
W172	Wong Grace	Ladies' 60 (60-64)	99	0	0	99
W074	Rebecca LAU	Ladies' 65 (65-69)	100	100	100	300
W175	Kit Bing Chow	Ladies' 65 (65-69)	98	99	98	295
W084	Evelyn Lim	Ladies' 65 (65-69)	99	0	99	198
W007	Margaret Brooke	Ladies' 70+	100	0	0	100
W217	Daisy Lewell	Ladies Junior 13	0	0	92	92
W169	Sela Caldwell	Ladies' Junior 13	98	98	98	294
W220	Tsz Ching Kong	Ladies' Junior 13	96	96	95	287

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Bib	Name	Category	Race1	Race2	Race3	Score
W009	Scarlett Casey	Ladies' Junior 13	95	95	96	286
W045	Sophie Hall	Ladies' Junior 13	91	92	97	280
W053	Sinibaldi Natalia	Ladies' Junior 13	87	91	91	269
W028	Pauline Courret	Ladies' Junior 13	0	100	100	200
W226	Roxanne Wright	Ladies' Junior 13	0	99	99	198
W219	Chloe Whittington	Ladies' Junior 13	0	93	94	187
W064	Kirsten Tze Ka Lai	Ladies' Junior 13	100	0	0	100
W116	Lily Sheary	Ladies' Junior 13	99	0	0	99
W003	Eloise Bolitho	Ladies' Junior 13	0	97	0	97
W148	NAM YIU	Ladies' Junior 13	97	0	0	97
W176	Kristy King	Ladies' Junior 13	94	0	0	94
W168	Ellie Ko	Ladies' Junior 13	93	0	0	93
W224	Molly Worthington	Ladies' Junior 13	0	0	93	93
W058	Lee Lauren	Ladies' Junior 13	92	0	0	92
W193	Simone Skovgaard	Ladies' Junior 13	89	0	0	89
W182	Sara John	Ladies' Junior 13	88	0	0	88
W010	Kara Casey	Ladies' Junior 15	100	100	97	297
W046	Charlie Hall	Ladies' Junior 15	99	97	98	294
W201	Cade Wright	Ladies' Junior 15	0	99	100	199
W202	Tallulah Wright	Ladies' Junior 15	0	98	99	197
W197	Wing Hin Lau	Ladies' Junior 15	0	96	96	192
W037	Yunah Frank	Ladies' Junior 15	93	94	0	187
W164	Athina Lesca Philippe	Ladies' Junior 15	98	0	0	98
W171	Clara Zibell	Ladies' Junior 15	97	0	0	97
W180	Grace Drake	Ladies' Junior 15	96	0	0	96
W006	Abigail Brooke	Ladies' Junior 15	95	0	0	95
W196	Lok Tsz Keung	Ladies' Junior 15	0	95	0	95
W075	Gabrielle Law	Ladies' Junior 15	0	0	95	95
W103	Tsz Yin Ng	Ladies' Junior 15	94	0	0	94
W212	Lea Leboeuf	Ladies' Junior 15	0	93	0	93
W216	Ella Phillips	Ladies Junior 17	0	0	99	99
W067	Sinibaldi Alessandra	Ladies' Junior 17	98	100	100	298
W137	Tsz Wing Wong	Ladies' Junior 17	97	99	0	196
W183	Ashley Lin	Ladies' Junior 17	100	0	0	100
W160	Minami Akaishi	Ladies' Junior 17	99	0	0	99
W134	Aileen Wang	Ladies' Junior 17	96	0	0	96
W065	Charlotte Lam	Ladies' Junior 17	95	0	0	95
W077	Lok Yu Lee	Ladies' Junior 17	94	0	0	94
W004	Holly Booth	Ladies' Open (18-34)	99	100	100	299
W161	Ka Kiu Christy Chui	Ladies' Open (18-34)	97	96	97	290
W068	Wai Hin LAU	Ladies' Open (18-34)	95	94	98	287
W189	Alice Dean	Ladies' Open (18-34)	94	95	96	285
W086	Amy Long	Ladies' Open (18-34)	87	92	95	274
W106	Nur Nur	Ladies' Open (18-34)	83	87	88	258
W095	Yiyi Mao	Ladies' Open (18-34)	77	89	91	257
W054	Stephanie Holloway	Ladies' Open (18-34)	81	85	87	253
W119	Stacey Spillane	Ladies' Open (18-34)	72	84	84	240
W133	Mihiro Tssang	Ladies' Open (18-34)	64	80	82	226
W061	Natalie Kwan	Ladies' Open (18-34)	98	98	0	196
W190	Elizabeth Mai Schroder	Ladies' Open (18-34)	96	0	99	195

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Bib	Name	Category	Race1	Race2	Race3	Score
W184	Jessica Hugo	Ladies' Open (18-34)	93	97	0	190
W088	Siu Lui Amy Lui	Ladies' Open (18-34)	91	91	0	182
W014	Wing Yam Eugeni Chan	Ladies' Open (18-34)	0	99	83	182
W214	Jessica Bailey	Ladies' Open (18-34)	0	88	94	182
W225	Kelly Howell	Ladies' Open (18-34)	85	0	92	177
W229	Josephine Cheung	Ladies' Open (18-34)	84	0	93	177
W178	Liezel Kemp	Ladies' Open (18-34)	80	90	0	170
W207	Shannon Kavanagh	Ladies' Open (18-34)	0	82	85	167
W011	Chamilla Chamilla	Ladies' Open (18-34)	78	0	89	167
W179	Jodie Chan	Ladies' Open (18-34)	82	83	0	165
W139	Lin Lai Miu	Ladies' Open (18-34)	75	86	0	161
W098	Jennifer Means	Ladies' Open (18-34)	67	81	0	148
W154	Lisa Martin	Ladies' Open (18-34)	100	0	0	100
W204	Yick Tung Bien Kwok	Ladies' Open (18-34)	0	93	0	93
W097	Cecilia McKenzie	Ladies' Open (18-34)	92	0	0	92
W136	Sabine Stefanie Wolter	Ladies' Open (18-34)	90	0	0	90
W209	Gemma Bell	Ladies' Open (18-34)	0	0	90	90
W040	Eliza Gilchrist	Ladies' Open (18-34)	89	0	0	89
W043	Kelly Graham	Ladies' Open (18-34)	88	0	0	88
W023	Cheuk Nga Charlotte Cheung	Ladies' Open (18-34)	86	0	0	86
W191	Megan Richardson	Ladies' Open (18-34)	0	0	86	86
W111	Janine Reeves	Ladies' Open (18-34)	79	0	0	79
W143	Hong Maiko	Ladies' Open (18-34)	76	0	0	76
W079	Hugo Abi	Ladies' Open (18-34)	74	0	0	74
W166	Chloe Banks	Ladies' Open (18-34)	73	0	0	73
W138	Wai Po Wong	Ladies' Open (18-34)	71	0	0	71
W051	Sin Yan Ho	Ladies' Open (18-34)	70	0	0	70
W013	Chung Sze Chan	Ladies' Open (18-34)	69	0	0	69
W083	Veronica Li	Ladies' Open (18-34)	68	0	0	68
W128	Ka Luen To	Ladies' Open (18-34)	66	0	0	66
W080	Hoi Ki Leung	Ladies' Open (18-34)	65	0	0	65
W056	Zhi Yuan Jiang	Ladies' Open (18-34)	63	0	0	63
W115	Victoria Shapovalova	Ladies' Open (18-34)	62	0	0	62
M188	Giuseppe Mollica	Men's 35 (35-39)	99	100	99	298
M377	Martenet Jean-Baptiste	Men's 35 (35-39)	98	99	98	295
M012	Thomas Booth	Men's 35 (35-39)	96	98	97	291
M347	Yu Hin Lam	Men's 35 (35-39)	89	95	93	277
M343	KWOK SHING LEUNG	Men's 35 (35-39)	83	94	91	268
M341	EDWOOD CHEUNG	Men's 35 (35-39)	85	92	89	266
M243	FU MING TSE	Men's 35 (35-39)	72	93	92	257
M397	Knight Richard	Men's 35 (35-39)	76	88	87	251
M168	Wing Shing Winson Lo	Men's 35 (35-39)	78	85	83	246
M306	JiaLi Lim	Men's 35 (35-39)	64	84	81	229
M127	Brendan Kean	Men's 35 (35-39)	100	0	100	200
M081	Chris Davis	Men's 35 (35-39)	97	0	96	193
M076	Richard Cowley	Men's 35 (35-39)	95	96	0	191
M120	Jason Jia	Men's 35 (35-39)	94	0	94	188
M180	Joe McDevitt	Men's 35 (35-39)	92	0	95	187
M346	Ryan Kemp	Men's 35 (35-39)	87	97	0	184
M115	Jamie Hughes-Martin	Men's 35 (35-39)	0	89	85	174

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Bib	Name	Category	Race1	Race2	Race3	Score
M391	Alan McKenzie	Men's 35 (35-39)	0	87	86	173
M364	Allan Fraser	Men's 35 (35-39)	82	0	88	170
M326	Tom Shum	Men's 35 (35-39)	79	90	0	169
M050	Hoi Yip Kenny Cheung	Men's 35 (35-39)	0	83	78	161
M095	Norton Fung	Men's 35 (35-39)	73	86	0	159
M262	Ivan Wong	Men's 35 (35-39)	69	0	84	153
M380	Pavey Mark	Men's 35 (35-39)	68	0	82	150
M260	Ho Leung Wong	Men's 35 (35-39)	93	0	0	93
M389	John Burbidge	Men's 35 (35-39)	0	91	0	91
M250	Chi Ho Wan	Men's 35 (35-39)	91	0	0	91
M209	Rodney Sargeant	Men's 35 (35-39)	90	0	0	90
M211	Luke Schroder	Men's 35 (35-39)	0	0	90	90
M263	Eugene Wong	Men's 35 (35-39)	88	0	0	88
M170	Chi wai Lo	Men's 35 (35-39)	86	0	0	86
M102	Blake Harding	Men's 35 (35-39)	84	0	0	84
M049	Ho Yin Daniel Cheung	Men's 35 (35-39)	0	82	0	82
M259	hong Kei Ricky Wong	Men's 35 (35-39)	81	0	0	81
M284	Wai Fung Yip	Men's 35 (35-39)	80	0	0	80
M110	Brad Hodson	Men's 35 (35-39)	0	0	80	80
M339	Ling Choi Leon Yuen	Men's 35 (35-39)	0	0	79	79
M155	Terry Leung	Men's 35 (35-39)	77	0	0	77
M029	Hok ming Chan	Men's 35 (35-39)	75	0	0	75
M010	Charles Beddow	Men's 35 (35-39)	74	0	0	74
M261	Chun Hong WONG	Men's 35 (35-39)	71	0	0	71
M247	Mark Tsung	Men's 35 (35-39)	70	0	0	70
M291	Hang Yu	Men's 35 (35-39)	67	0	0	67
M333	Ying Kin Chan	Men's 35 (35-39)	66	0	0	66
M290	Chi Man Yu	Men's 35 (35-39)	65	0	0	65
M200	Chi keung Ngai	Men's 35 (35-39)	63	0	0	63
M169	Chung Yin Gary Lo	Men's 35 (35-39)	62	0	0	62
M253	Chris Wharton	Men's 40 (40-44)	100	100	100	300
M198	Yan chi NG	Men's 40 (40-44)	99	98	99	296
M156	Yiu Cheung Leung	Men's 40 (40-44)	92	96	94	282
M068	Wan Hang Chung	Men's 40 (40-44)	91	92	92	275
M140	Wai Man Gavin Lam	Men's 40 (40-44)	90	93	91	274
M187	Moke Moke	Men's 40 (40-44)	89	91	90	270
M150	Kelvin Lee	Men's 40 (40-44)	86	89	87	262
M053	Hon Man Cheung	Men's 40 (40-44)	78	87	82	247
M167	ALBERT LING HO LIU	Men's 40 (40-44)	76	86	85	247
M108	Albert Ho	Men's 40 (40-44)	77	85	83	245
M107	Bun Yung Ho	Men's 40 (40-44)	71	84	81	236
M075	Olivier Courret	Men's 40 (40-44)	0	99	96	195
M206	Frank Riehm	Men's 40 (40-44)	98	0	97	195
M349	Andrew Graham	Men's 40 (40-44)	96	0	98	194
M215	Robert Smith	Men's 40 (40-44)	93	0	95	188
M316	Martin Pate	Men's 40 (40-44)	87	0	93	180
M131	John Kiely	Men's 40 (40-44)	0	88	89	177
M194	Baker Nathaniel	Men's 40 (40-44)	85	90	0	175
M264	SHUN HANG WONG	Men's 40 (40-44)	82	0	86	168
M009	Wan Shing Au Yeung	Men's 40 (40-44)	79	0	84	163

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Bib	Name	Category	Race1	Race2	Race3	Score
M237	Tat Fung Van To	Men's 40 (40-44)	0	97	0	97
M294	Lit Cheung Yung	Men's 40 (40-44)	97	0	0	97
M052	CHI FAI CHEUNG	Men's 40 (40-44)	95	0	0	95
M402	Tyler Wendleken	Men's 40 (40-44)	0	95	0	95
M386	Charles-Everard De T'Serclaes	Men's 40 (40-44)	0	94	0	94
M031	Ming Kin Chan	Men's 40 (40-44)	94	0	0	94
M301	Iain Williamson	Men's 40 (40-44)	88	0	0	88
M404	BenWorthington	Men's 40 (40-44)	0	0	88	88
M016	Martin Browning	Men's 40 (40-44)	84	0	0	84
M161	Arwel Lewis	Men's 40 (40-44)	83	0	0	83
M032	Kin Chung Chan	Men's 40 (40-44)	81	0	0	81
M342	SHIU LUN TONG	Men's 40 (40-44)	80	0	0	80
M124	LEUNG MING KAM	Men's 40 (40-44)	75	0	0	75
M197	Wing Wo Ng	Men's 40 (40-44)	74	0	0	74
M003	Naeem Ahmed	Men's 40 (40-44)	73	0	0	73
M287	Paul Young	Men's 40 (40-44)	72	0	0	72
M063	King Cheung CHOY	Men's 40 (40-44)	70	0	0	70
M101	Richard Hall	Men's 45 (45-49)	100	99	100	299
M285	Kim Yip	Men's 45 (45-49)	98	98	99	295
M212	Stuardo Sinibaldi	Men's 45 (45-49)	95	97	95	287
M381	Olmedo Manuel	Men's 45 (45-49)	96	93	96	285
M034	Wai Ping Larry CHAN	Men's 45 (45-49)	94	96	91	281
M035	Wai Man Chan	Men's 45 (45-49)	88	94	94	276
M354	Warren Warner	Men's 45 (45-49)	79	95	98	272
M132	Felix Kong	Men's 45 (45-49)	91	90	89	270
M111	Simon Holden	Men's 45 (45-49)	85	91	90	266
M022	Dick Casey	Men's 45 (45-49)	86	89	87	262
M396	Kendy Kong	Men's 45 (45-49)	83	87	84	254
M126	Junya Kawamoto	Men's 45 (45-49)	78	86	81	245
M117	Yo Ishizaki	Men's 45 (45-49)	72	88	85	245
M064	CHEUK MING CHU	Men's 45 (45-49)	76	85	78	239
M382	Leboeuf Mario	Men's 45 (45-49)	74	76	79	229
M175	Ka Wah Loo	Men's 45 (45-49)	64	80	75	219
M344	Tim Marchant	Men's 45 (45-49)	99	100	0	199
M208	Andrew Salton	Men's 45 (45-49)	97	0	97	194
M219	Duncan Spooner	Men's 45 (45-49)	90	0	92	182
M218	Luke Southall	Men's 45 (45-49)	89	0	93	182
M058	Wilson Choi	Men's 45 (45-49)	92	0	88	180
M138	KOON SHING, Marco LAI	Men's 45 (45-49)	84	0	86	170
M276	Christian Wright	Men's 45 (45-49)	0	83	80	163
M393	Derek Crane	Men's 45 (45-49)	0	81	77	158
M141	Wai Sing Lam	Men's 45 (45-49)	75	0	83	158
M199	Stanley Ng	Men's 45 (45-49)	73	0	82	155
M163	Raymond Li	Men's 45 (45-49)	0	78	74	152
M011	Doug Bellingham	Men's 45 (45-49)	67	82	0	149
M059	Ian CHOI	Men's 45 (45-49)	65	79	0	144
M171	Eric Lo	Men's 45 (45-49)	63	77	0	140
M033	Yiu Wah Chan	Men's 45 (45-49)	93	0	0	93
M399	Will Hayward	Men's 45 (45-49)	0	92	0	92
M125	Man lung Kam	Men's 45 (45-49)	87	0	0	87

AVOHK 5k Series - Series Results after Race 3

Bib	Name	Category	Race1	Race2	Race3	Score
M162	Yan Yun (Patrick) LI	Men's 45 (45-49)	0	84	0	84
M327	GORDON LEE	Men's 45 (45-49)	82	0	0	82
M241	Lawrence Tsang	Men's 45 (45-49)	81	0	0	81
M157	Yiu Man Leung	Men's 45 (45-49)	80	0	0	80
M286	VOR YIU	Men's 45 (45-49)	77	0	0	77
M248	Jake Ulick	Men's 45 (45-49)	0	0	76	76
M057	Constantine Choi	Men's 45 (45-49)	71	0	0	71
M278	KOJI YAMAZAKI	Men's 45 (45-49)	70	0	0	70
M015	Chris Brooke	Men's 45 (45-49)	69	0	0	69
M338	Ambrose Poon	Men's 45 (45-49)	68	0	0	68
M266	Wilson Wong	Men's 45 (45-49)	66	0	0	66
M142	Ngok Wa Frankie Lam	Men's 50 (50-54)	99	99	99	297
M299	Steven Handelsman	Men's 50 (50-54)	97	97	98	292
M228	Maurice Szeto	Men's 50 (50-54)	95	98	97	290
M357	Stephen Ching	Men's 50 (50-54)	96	92	96	284
M091	Paul Frank	Men's 50 (50-54)	92	94	95	281
M122	Tatsuya Kadonaga	Men's 50 (50-54)	89	91	94	274
M071	Andy Clempson	Men's 50 (50-54)	88	89	91	268
M069	TAT Chi CHUNG	Men's 50 (50-54)	85	90	93	268
M006	MUN KEE AU	Men's 50 (50-54)	86	87	92	265
M365	Shu Li Chow	Men's 50 (50-54)	82	83	90	255
M044	Man Wing Cheng	Men's 50 (50-54)	77	82	86	245
M083	Mo Devlin	Men's 50 (50-54)	0	100	100	200
M043	Simon Cheng	Men's 50 (50-54)	98	96	0	194
M113	Yiu Wai Hong	Men's 50 (50-54)	93	95	0	188
M313	Paul Cherry	Men's 50 (50-54)	90	93	0	183
M204	Wing Kit POON	Men's 50 (50-54)	84	0	89	173
M298	Geoffrey Lim	Men's 50 (50-54)	80	85	0	165
M384	Matthew Brooker	Men's 50 (50-54)	0	81	83	164
M036	KC Chan	Men's 50 (50-54)	0	80	84	164
M269	Chun Keung Wong	Men's 50 (50-54)	75	0	87	162
M087	Michael Featherston	Men's 50 (50-54)	76	0	85	161
M203	Daniel Y P PONG	Men's 50 (50-54)	78	78	0	156
M181	John Mckinven	Men's 50 (50-54)	71	84	0	155
M304	John Leung	Men's 50 (50-54)	74	79	0	153
M297	Michael Capper	Men's 50 (50-54)	100	0	0	100
M019	Scott Burton	Men's 50 (50-54)	94	0	0	94
M193	TIN SANG NAM	Men's 50 (50-54)	91	0	0	91
M085	Francois DUDOUIT	Men's 50 (50-54)	0	88	0	88
M037	Wai Sang Chan	Men's 50 (50-54)	0	0	88	88
M139	Wai Cheong LAI	Men's 50 (50-54)	87	0	0	87
M222	Anthony Steains	Men's 50 (50-54)	0	86	0	86
M164	Pak Wing David Li	Men's 50 (50-54)	83	0	0	83
M096	Mario Fung	Men's 50 (50-54)	81	0	0	81
M231	Tak Kuen Tam	Men's 50 (50-54)	79	0	0	79
M092	Man Yuen Fu	Men's 50 (50-54)	73	0	0	73
M268	Sau-chi Wong	Men's 50 (50-54)	72	0	0	72
M147	Yiu Ming LAU	Men's 55 (55-59)	100	99	99	298
M281	Kwok Keung Yeung	Men's 55 (55-59)	98	100	100	298
M289	John Yow	Men's 55 (55-59)	95	96	97	288

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Bib	Name	Category	Race1	Race2	Race3	Score
M065	HERMANN CHU	Men's 55 (55-59)	94	97	96	287
M328	Charles Caldwell	Men's 55 (55-59)	92	92	94	278
M334	Ford Chan	Men's 55 (55-59)	99	98	0	197
M067	Michael Chue	Men's 55 (55-59)	96	0	98	194
M293	Leung Sum Yu	Men's 55 (55-59)	93	95	0	188
M323	TSE Chi Yin Davis	Men's 55 (55-59)	0	93	95	188
M134	Kun wa KONG	Men's 55 (55-59)	0	91	92	183
M321	Nin Hing Lai	Men's 55 (55-59)	87	0	91	178
M042	KWAI SUN CHAU	Men's 55 (55-59)	97	0	0	97
M249	Andre Varella	Men's 55 (55-59)	0	94	0	94
M232	Yan Tam	Men's 55 (55-59)	0	0	93	93
M189	Richard Morgan	Men's 55 (55-59)	91	0	0	91
M270	PING CHUEN WONG	Men's 55 (55-59)	90	0	0	90
M109	Kwan Lok Ho	Men's 55 (55-59)	89	0	0	89
M093	Daniel FU	Men's 55 (55-59)	88	0	0	88
M007	Derek Au	Men's 55 (55-59)	86	0	0	86
M398	John Campbell	Men's 60 (60-64)	100	100	100	300
M098	Kenneth Greer	Men's 60 (60-64)	99	99	99	297
M394	Kwong Ming Leung	Men's 60 (60-64)	98	97	98	293
M060	Tak Tin Kenneth Choi	Men's 60 (60-64)	95	96	97	288
M008	KWOK KEUNG (ALAN) AU	Men's 60 (60-64)	94	94	96	284
M272	YIM WAN WONG	Men's 60 (60-64)	93	93	93	279
M135	TING Kui Chuen	Men's 60 (60-64)	92	92	94	278
M038	Edmund wai on Chan	Men's 60 (60-64)	88	90	92	270
M055	Kam kwong anthony Cheung	Men's 60 (60-64)	84	88	90	262
M165	SIU KIN LI	Men's 60 (60-64)	96	98	0	194
M159	Wing Leung Leung	Men's 60 (60-64)	97	95	0	192
M246	Henry H L Tsui	Men's 60 (60-64)	0	91	91	182
M136	WooSo KWAN	Men's 60 (60-64)	87	89	0	176
M148	Peter Law	Men's 60 (60-64)	83	0	89	172
M144	Kam-tong Lam	Men's 60 (60-64)	82	87	0	169
M310	Wai kwong Yip	Men's 60 (60-64)	0	0	95	95
M183	Frank McNamara	Men's 60 (60-64)	91	0	0	91
M041	Jesse Chang	Men's 60 (60-64)	90	0	0	90
M226	James Stewart	Men's 60 (60-64)	89	0	0	89
M213	Li Siu Wai	Men's 60 (60-64)	85	0	0	85
M319	Richard Harris	Men's 60 (60-64)	81	0	0	81
M137	TAK HING KWOK	Men's 65 (65-69)	99	100	100	299
M039	Chak Yan Chan	Men's 65 (65-69)	100	99	99	298
M040	Yuen To Chan	Men's 65 (65-69)	97	98	98	293
M151	WING HUNG LEE	Men's 65 (65-69)	95	97	97	289
M070	Wing Kan, Gordon Chung	Men's 65 (65-69)	93	96	96	285
M123	Choi Kaiwan	Men's 65 (65-69)	98	0	0	98
M072	Alan Collins	Men's 65 (65-69)	96	0	0	96
M119	Paul Jackson	Men's 65 (65-69)	0	0	95	95
M305	Stephen Lau	Men's 65 (65-69)	94	0	0	94
M021	Neil Campbell	Men's 65 (65-69)	92	0	0	92
M336	Frank Pilkington	Men's 70+	99	99	99	297
M128	Peter Keeping	Men's 70+	98	98	98	294
M185	Ross MILBURN	Men's 70+	0	100	100	200

AVOHK 5k Series - Series Results after Race 3

Bib	Name	Category	Race1	Race2	Race3	Score
M017	John Burroughs	Men's 70+	100	0	0	100
M089	John Fowler	Men's 70+	97	0	0	97
M282	Tak Long Nick Yip	Men's Junior 13 (12-13)	100	100	100	300
M330	Hayden Bailey	Men's Junior 13 (12-13)	99	99	99	297
M079	Dominic Davidson	Men's Junior 13 (12-13)	98	98	98	294
M084	William Dingley	Men's Junior 13 (12-13)	95	96	97	288
M408	Kade Southall	Men's Junior 13 (12-13)	93	93	96	282
M112	Max Holloway	Men's Junior 13 (12-13)	90	94	91	275
M361	Jasper Caldwell	Men's Junior 13 (12-13)	86	91	90	267
W174	Sinibaldi Stu	Men's Junior 13 (12-13)	84	90	89	263
M062	Ho long colin Choy	Men's Junior 13 (12-13)	97	0	93	190
M409	Michael Brewster	Men's Junior 13 (12-13)	0	95	95	190
M227	Alex, Yim Lun Sung	Men's Junior 13 (12-13)	91	97	0	188
M192	Jake Nagai-Long	Men's Junior 13 (12-13)	96	0	92	188
M214	Maximilian Smith	Men's Junior 13 (12-13)	0	89	94	183
M179	Kayan Malkani	Men's Junior 13 (12-13)	88	92	0	180
M090	Matthew Frank	Men's Junior 13 (12-13)	94	0	0	94
M367	Aidan Lin	Men's Junior 13 (12-13)	92	0	0	92
M358	Jack Ogden	Men's Junior 13 (12-13)	89	0	0	89
M160	Tomos Lewis	Men's Junior 13 (12-13)	87	0	0	87
M014	Alex Brooke	Men's Junior 13 (12-13)	85	0	0	85
M302	Rohan Williamson	Men's Junior 13 (12-13)	83	0	0	83
M238	Samuel Tsang	Men's Junior 13 (12-13)	82	0	0	82
M082	William Ernest Dawes	Men's Junior 15 (14-15)	98	100	99	297
M080	Loughlin Davidson	Men's Junior 15 (14-15)	95	98	98	291
M094	Pak Him Fung	Men's Junior 15 (14-15)	97	94	95	286
M329	Jeffrey Chan	Men's Junior 15 (14-15)	91	95	96	282
M152	Shun Leung	Men's Junior 15 (14-15)	92	93	93	278
M307	Theo Boeree	Men's Junior 15 (14-15)	90	91	88	269
M370	Brunner Felix	Men's Junior 15 (14-15)	89	92	87	268
M353	Ethan Warner	Men's Junior 15 (14-15)	88	90	86	264
M045	Sui Him Cheung	Men's Junior 15 (14-15)	99	0	100	199
M130	Adam Kiely	Men's Junior 15 (14-15)	0	99	97	196
M369	Taylor Sam	Men's Junior 15 (14-15)	96	96	0	192
M371	Tse Ryan Hay	Men's Junior 15 (14-15)	0	97	94	191
M223	Nicolas Stewart	Men's Junior 15 (14-15)	93	0	91	184
M056	Suet Hung Cho	Men's Junior 15 (14-15)	87	0	85	172
M348	Daniel John	Men's Junior 15 (14-15)	100	0	0	100
M046	Hoi Leong Cheung	Men's Junior 15 (14-15)	94	0	0	94
M410	Chung Wai Leung	Men's Junior 15 (14-15)	0	0	92	92
M405	Matthew Wood	Men's Junior 15 (14-15)	0	0	90	90
M023	Chin Ching Chester Chan	Men's Junior 15 (14-15)	0	89	0	89
M403	Ho Nam Tsui	Men's Junior 15 (14-15)	0	0	89	89
M224	Charlie Stewart	Men's Junior 17 (16-17)	100	100	100	300
M401	Kei Fjeldahl	Men's Junior 17 (16-17)	99	98	97	294
M395	James Standing	Men's Junior 17 (16-17)	98	97	99	294
M373	Gibb Clayton	Men's Junior 17 (16-17)	97	95	98	290
M174	Edward Loo	Men's Junior 17 (16-17)	96	94	93	283
M256	Chiu Ho Wong	Men's Junior 17 (16-17)	0	99	96	195
M372	Tse Adrian Hymn	Men's Junior 17 (16-17)	0	96	95	191

AVOHK 5k Series - Series Results after Race 3

Bib	Name	Category	Race1	Race2	Race3	Score
M280	Justin, Ho Hei Yau	Men's Junior 17 (16-17)	0	93	94	187
M239	Benjamin Tsang	Men's Junior 17 (16-17)	95	0	0	95
M166	Libaan Libaan	Men's Junior 17 (16-17)	0	92	0	92
M004	Ansu Ansu	Men's Open (18-34)	97	97	98	292
M279	Yared Yared	Men's Open (18-34)	94	95	95	284
M366	Mike Thurbon	Men's Open (18-34)	91	96	96	283
M368	Robert Sullivan	Men's Open (18-34)	87	92	93	272
M145	Kwan Lam Angus Lau	Men's Open (18-34)	90	91	90	271
M387	WAN HO YUEN	Men's Open (18-34)	84	90	92	266
M177	Yan Lok Marco Luk	Men's Open (18-34)	79	87	94	260
M114	Scott Hooper	Men's Open (18-34)	96	67	97	260
M362	Tsz Ho Yip	Men's Open (18-34)	85	85	86	256
M001	Aboma Aboma	Men's Open (18-34)	86	82	87	255
M073	Nicholas Cook	Men's Open (18-34)	80	83	88	251
M351	Rowan Varty	Men's Open (18-34)	74	84	89	247
M257	Ka Wing Wong	Men's Open (18-34)	73	80	85	238
M191	Mustafa Mustafa	Men's Open (18-34)	75	77	84	236
M350	Alistair Cochran	Men's Open (18-34)	60	69	82	211
M100	Samuel Guinness	Men's Open (18-34)	0	99	100	199
M359	Andres Chau	Men's Open (18-34)	98	100	0	198
M318	Pierre Penicaud	Men's Open (18-34)	95	98	0	193
M254	Joshua Winslow	Men's Open (18-34)	50	65	77	192
M303	Adam Cross	Men's Open (18-34)	88	94	0	182
M376	Wong Ka Ho Lawrence	Men's Open (18-34)	89	93	0	182
M296	Kenneth Chan	Men's Open (18-34)	82	0	91	173
M229	Lau Cuong Ta	Men's Open (18-34)	77	86	0	163
M116	Idle Idle	Men's Open (18-34)	83	78	0	161
M385	Timothy Wong	Men's Open (18-34)	0	75	83	158
M077	Thomas Crooks	Men's Open (18-34)	69	79	0	148
M051	Edward Sadler	Men's Open (18-34)	0	68	79	147
M105	Adrian Ho	Men's Open (18-34)	0	66	80	146
M106	Hoi Hang HO	Men's Open (18-34)	67	76	0	143
M400	Adrian Ma	Men's Open (18-34)	66	74	0	140
M320	Benson Arudo	Men's Open (18-34)	62	73	0	135
M317	Benoit Mouclier	Men's Open (18-34)	63	72	0	135
M331	Christopher Hoi Wong	Men's Open (18-34)	52	0	78	130
M325	Harry Scriven	Men's Open (18-34)	100	0	0	100
M047	Ho Yeung Cheung	Men's Open (18-34)	99	0	0	99
M411	Ho Tat Hui	Men's Open (18-34)	0	0	99	99
M129	Richard Kell	Men's Open (18-34)	93	0	0	93
M190	Fouad Mouadine	Men's Open (18-34)	92	0	0	92
M025	Michael Chan	Men's Open (18-34)	0	0	91	91
M024	Teddy Chan	Men's Open (18-34)	0	89	0	89
M388	Ray Chung	Men's Open (18-34)	0	88	0	88
M013	Brice Brice	Men's Open (18-34)	0	81	0	81
M274	Adrian Worth	Men's Open (18-34)	81	0	0	81
M234	Chun To Tang	Men's Open (18-34)	0	0	81	81
M258	Chin Pang Wong	Men's Open (18-34)	78	0	0	78
M026	Johnathan Chan	Men's Open (18-34)	76	0	0	76
M375	Tzschoppe Benjamin	Men's Open (18-34)	72	0	0	72

AVOHK 5k Series - Series Results after Race 3

Bib	Name	Category	Race1	Race2	Race3	Score
M027	Fong sing Chan	Men's Open (18-34)	71	0	0	71
M374	Challenor Sam	Men's Open (18-34)	0	71	0	71
M277	Milo Xing	Men's Open (18-34)	70	0	0	70
M225	James Stewart	Men's Open (18-34)	0	70	0	70
M153	Billy Leung	Men's Open (18-34)	68	0	0	68
M337	Marvin Chung	Men's Open (18-34)	65	0	0	65
M104	Him shun Ho	Men's Open (18-34)	64	0	0	64
M311	David Atkinson	Men's Open (18-34)	61	0	0	61
M383	Pang Ching	Men's Open (18-34)	59	0	0	59
M322	NGAIHUNG TING	Men's Open (18-34)	58	0	0	58
M233	Miguel Tan	Men's Open (18-34)	57	0	0	57
M154	Lawrence Leung	Men's Open (18-34)	56	0	0	56
M149	YIU SING LEE	Men's Open (18-34)	55	0	0	55
M196	Bryan Ng	Men's Open (18-34)	54	0	0	54
M201	Emmanuel Ofembe	Men's Open (18-34)	53	0	0	53
M195	TERENCE NG	Men's Open (18-34)	51	0	0	51