

AVOHK 5K Series 2018 - Race 1 (Bowen Road)**Date: 18- 8 -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 | 0:17:03 | 0:17:02 | 0:08:25 |
| 2 | 1 | Men's Junior 15 (14-15) | M199 | Rafe Man | 0:17:16 | 0:17:13 | 0:08:32 |
| 3 | 2 | Men's Open (18-34) | M034 | Henry Chan | 0:17:22 | 0:17:21 | 0:08:41 |
| 4 | 3 | Men's Open (18-34) | M257 | Ian Semenov | 0:17:32 | 0:17:30 | 0:08:40 |
| 5 | 1 | Men's 40 (40-44) | M317 | Tin Yau Wong | 0:17:52 | 0:17:51 | 0:08:54 |
| 6 | 4 | Men's Open (18-34) | M271 | Charlie Stewart | 0:18:11 | 0:18:11 | 0:08:49 |
| 7 | 1 | Men's 35 (35-39) | M201 | Jb Martenet | 0:18:14 | 0:18:13 | 0:08:54 |
| 8 | 5 | Men's Open (18-34) | M212 | Fouad Mouadine | 0:18:31 | 0:18:30 | 0:09:14 |
| 9 | 1 | Men's Junior 17 (16-17) | M105 | Pak Him FUNG | 0:18:33 | 0:18:33 | 0:09:01 |
| 10 | 1 | Men's 50 (50-54) | M089 | Mo Devlin | 0:18:37 | 0:18:35 | 0:09:26 |
| 11 | 2 | Men's 35 (35-39) | M062 | William Chow | 0:18:43 | 0:18:40 | 0:09:16 |
| 12 | 3 | Men's 35 (35-39) | M070 | Tak lun Chung | 0:18:44 | 0:18:44 | 0:09:14 |
| 13 | 2 | Men's 40 (40-44) | M206 | Reto Merazzi | 0:18:45 | 0:18:45 | 0:09:09 |
| 14 | 3 | Men's 40 (40-44) | M225 | Masakazu Obata | 0:18:48 | 0:18:45 | 0:09:28 |
| 15 | 6 | Men's Open (18-34) | M116 | Coenraad Hefer | 0:18:50 | 0:18:49 | 0:09:10 |
| 16 | 1 | Men's 45 (45-49) | M113 | Richard Hall | 0:18:51 | 0:18:49 | 0:09:23 |
| 17 | 2 | Men's Junior 15 (14-15) | M085 | Loughlin Davidson | 0:18:54 | 0:18:52 | 0:09:15 |
| 18 | 4 | Men's 35 (35-39) | M135 | Jason Jia | 0:18:54 | 0:18:49 | 0:09:14 |
| 19 | 5 | Men's 35 (35-39) | M079 | Richard Cowley | 0:19:00 | 0:18:59 | 0:09:22 |
| 20 | 7 | Men's Open (18-34) | M332 | Sheung Yin Yiu | 0:19:03 | 0:19:01 | 0:09:17 |
| 21 | 1 | Ladies' Open (18-34) | W045 | Rachel Friend | 0:19:05 | 0:19:03 | 0:09:26 |
| 22 | 2 | Men's 50 (50-54) | M156 | CHI YUNG LAM | 0:19:09 | 0:19:06 | 0:09:38 |
| 23 | 4 | Men's 40 (40-44) | M109 | Andrew Graham | 0:19:10 | 0:19:08 | 0:09:29 |
| 24 | 2 | Men's 45 (45-49) | M283 | Adrian Tang | 0:19:15 | 0:19:13 | 0:09:40 |
| 25 | 8 | Men's Open (18-34) | M005 | Ansu Ansu | 0:19:16 | 0:19:15 | 0:09:15 |
| 26 | 9 | Men's Open (18-34) | M203 | Chris McCarthy | 0:19:17 | 0:19:17 | 0:09:21 |
| 27 | 5 | Men's 40 (40-44) | M248 | Frank Riehm | 0:19:23 | 0:19:21 | 0:09:17 |
| 28 | 3 | Men's Junior 15 (14-15) | M219 | Isaac Ng | 0:19:31 | 0:19:29 | 0:09:27 |
| 29 | 1 | Ladies' Junior 15 (14-15) | W055 | Charlotte Hall | 0:19:47 | 0:19:46 | 0:09:37 |
| 30 | 3 | Men's 45 (45-49) | M341 | Lit Cheung Yung | 0:19:58 | 0:19:55 | 0:09:48 |
| 31 | 6 | Men's 40 (40-44) | M303 | Tyler Wendleken | 0:20:01 | 0:19:59 | 0:09:39 |
| 32 | 10 | Men's Open (18-34) | M138 | Lau Ka ho | 0:20:06 | 0:20:03 | 0:09:54 |
| 33 | 2 | Men's Junior 17 (16-17) | M291 | Koon Wai Tsui | 0:20:08 | 0:19:56 | 0:10:25 |
| 34 | 3 | Men's Junior 17 (16-17) | M048 | Harry Cheung | 0:20:09 | 0:19:58 | 0:10:42 |
| 35 | 3 | Men's 50 (50-54) | M205 | Tadhg Meaney | 0:20:09 | 0:20:08 | 0:09:51 |
| 36 | 4 | Men's Junior 17 (16-17) | M329 | Yannick Yim | 0:20:09 | 0:19:57 | 0:10:21 |
| 37 | 4 | Men's 45 (45-49) | M305 | Michael WILLIAMS | 0:20:10 | 0:20:07 | 0:09:58 |
| 38 | 4 | Men's Junior 15 (14-15) | M194 | Nirvan Lulla | 0:20:11 | 0:20:07 | 0:09:54 |
| 39 | 7 | Men's 40 (40-44) | M285 | Van To | 0:20:11 | 0:20:05 | 0:10:07 |
| 40 | 1 | Men's 55 (55-59) | M097 | Ng Fai Yeung | 0:20:15 | 0:20:15 | 0:09:40 |
| 41 | 11 | Men's Open (18-34) | M326 | Shing fung Yan | 0:20:16 | 0:20:12 | 0:10:11 |
| 42 | 5 | Men's Junior 15 (14-15) | M270 | Clancy William Steains | 0:20:16 | 0:20:13 | 0:10:09 |
| 43 | 1 | Men's Junior 13 (12-13) | M267 | Kade Southaill | 0:20:21 | 0:20:18 | 0:10:15 |
| 44 | 5 | Men's 45 (45-49) | M266 | Jan Souleyman | 0:20:22 | 0:20:19 | 0:09:55 |
| 45 | 2 | Ladies' Junior 15 (14-15) | W087 | Kirsten Lai | 0:20:23 | 0:20:21 | 0:09:39 |
| 46 | 2 | Men's 55 (55-59) | M247 | Mark Reeves | 0:20:26 | 0:20:23 | 0:09:58 |
| 47 | 2 | Men's Junior 13 (12-13) | M084 | Dominic Davidson | 0:20:31 | 0:20:23 | 0:10:38 |
| 48 | 6 | Men's 45 (45-49) | M260 | Stuardo Sinibaldi | 0:20:36 | 0:20:29 | 0:10:12 |
| 49 | 8 | Men's 40 (40-44) | M262 | Robert Smith | 0:20:38 | 0:20:35 | 0:09:52 |
| 50 | 6 | Men's Junior 15 (14-15) | M237 | SUM TO POON | 0:20:39 | 0:20:37 | 0:10:04 |
| 51 | 2 | Ladies' Open (18-34) | W120 | Jessica Miller | 0:20:40 | 0:20:36 | 0:10:16 |
| 52 | 12 | Men's Open (18-34) | M130 | Idle Idle | 0:20:43 | 0:20:41 | 0:10:17 |
| 53 | 13 | Men's Open (18-34) | M328 | Yared Yared | 0:20:44 | 0:20:39 | 0:10:24 |
| 54 | 6 | Men's 35 (35-39) | M294 | Vasco van der Flier | 0:20:51 | 0:20:45 | 0:10:07 |
| 55 | 1 | Ladies' 40 (40-44) | W122 | Amy Mumford | 0:20:53 | 0:20:50 | 0:10:16 |
| 56 | 3 | Ladies' Junior 15 (14-15) | W014 | KKARA Casey | 0:20:58 | 0:20:56 | 0:10:03 |
| 57 | 7 | Men's 35 (35-39) | M320 | Chris Wright | 0:21:02 | 0:21:02 | 0:10:01 |
| 58 | 5 | Men's Junior 17 (16-17) | M197 | Caius Man | 0:21:03 | 0:20:57 | 0:10:27 |
| 59 | 8 | Men's 35 (35-39) | M020 | Brice Brice | 0:21:06 | 0:21:03 | 0:10:25 |
| 60 | 9 | Men's 40 (40-44) | M072 | Wan Hang Chung | 0:21:07 | 0:21:00 | 0:10:32 |
| 61 | 7 | Men's 45 (45-49) | M226 | Manuel Olmedo | 0:21:07 | 0:21:00 | 0:10:36 |
| 62 | 8 | Men's 45 (45-49) | M111 | Ian Greenfield | 0:21:08 | 0:21:05 | 0:10:33 |
| 63 | 9 | Men's 45 (45-49) | M198 | Chow Man | 0:21:08 | 0:20:55 | 0:10:29 |
| 64 | 4 | Men's 50 (50-54) | M115 | Will Hayward | 0:21:09 | 0:21:09 | 0:10:38 |
| 65 | 14 | Men's Open (18-34) | M015 | Andrew Mark Beaumont | 0:21:10 | 0:21:08 | 0:10:20 |
| 66 | 7 | Men's Junior 15 (14-15) | M208 | Greg Mitchell | 0:21:15 | 0:21:09 | 0:10:34 |
| 67 | 1 | Ladies' 45 (45-49) | W148 | Rachel Sproston | 0:21:15 | 0:21:12 | 0:10:34 |
| 68 | 8 | Men's Junior 15 (14-15) | M126 | Max Holloway | 0:21:17 | 0:21:09 | 0:10:32 |
| 69 | 9 | Men's 35 (35-39) | M269 | Colin Spanos | 0:21:17 | 0:21:15 | 0:10:14 |
| 70 | 3 | Men's Junior 13 (12-13) | M019 | MICHAEL BREWSTER | 0:21:20 | 0:21:12 | 0:10:39 |
| 71 | 1 | Men's 60 (60-64) | M175 | Kwong Ming Leung | 0:21:22 | 0:21:19 | 0:10:17 |

AVOHK 5K Series 2018 - Race 1 (Bowen Road)**Date: 18- 8 -2018**

| Overall Position | Category Position | Category | Bib | Name | Official Time | Chip Time | Check Point |
|------------------|-------------------|---------------------------|------|----------------------|---------------|-----------|-------------|
| 72 | 5 | Men's 50 (50-54) | M024 | Scott Burton | 0:21:25 | 0:21:21 | 0:10:37 |
| 73 | 10 | Men's 45 (45-49) | M302 | Simon Weller | 0:21:28 | 0:21:21 | 0:10:28 |
| 74 | 15 | Men's Open (18-34) | M007 | Blake Atherton | 0:21:31 | 0:21:23 | 0:10:53 |
| 75 | 6 | Men's 50 (50-54) | M045 | Simon Cheng | 0:21:32 | 0:21:29 | 0:10:24 |
| 76 | 16 | Men's Open (18-34) | M142 | Guillaume Knubel | 0:21:36 | 0:21:24 | 0:11:09 |
| 77 | 10 | Men's 40 (40-44) | M210 | Chi Kit James Mo | 0:21:36 | 0:21:28 | 0:10:51 |
| 78 | 7 | Men's 50 (50-54) | M040 | Wai Man Chan | 0:21:37 | 0:21:29 | 0:11:00 |
| 79 | 9 | Men's Junior 15 (14-15) | M224 | Shing Hang Ngan | 0:21:41 | 0:21:28 | 0:10:42 |
| 80 | 17 | Men's Open (18-34) | M193 | MARCO LUK | 0:21:44 | 0:21:39 | 0:10:30 |
| 81 | 8 | Men's 50 (50-54) | M242 | ANTONY PRINGLE | 0:21:44 | 0:21:39 | 0:10:41 |
| 82 | 18 | Men's Open (18-34) | M240 | Lukas Prachyl | 0:21:45 | 0:21:39 | 0:10:55 |
| 83 | 1 | Ladies' 50 (50-54) | W084 | Angelina Kong | 0:21:46 | 0:21:38 | 0:10:42 |
| 84 | 4 | Ladies' Junior 15 (14-15) | W138 | Lily Sheary | 0:21:48 | 0:21:43 | 0:10:50 |
| 85 | 3 | Ladies' Open (18-34) | W116 | Lisa Martin | 0:21:49 | 0:21:41 | 0:10:51 |
| 86 | 19 | Men's Open (18-34) | M297 | Rowan Varty | 0:21:59 | 0:21:54 | 0:10:15 |
| 87 | 4 | Ladies' Open (18-34) | W186 | Stephanie Yip | 0:22:00 | 0:21:56 | 0:10:50 |
| 88 | 5 | Ladies' Open (18-34) | W117 | Sarah McMillan | 0:22:00 | 0:21:57 | 0:10:39 |
| 89 | 6 | Ladies' Open (18-34) | W065 | Wai Ki Ho | 0:22:04 | 0:21:54 | 0:11:24 |
| 90 | 1 | Ladies' 35 (35-39) | W165 | YUEN SUEN WANG | 0:22:07 | 0:22:04 | 0:10:42 |
| 91 | 9 | Men's 50 (50-54) | M004 | Charles Allard | 0:22:08 | 0:22:02 | 0:11:04 |
| 92 | 11 | Men's 40 (40-44) | M246 | Scott Reed | 0:22:12 | 0:21:57 | 0:11:31 |
| 93 | 12 | Men's 40 (40-44) | M298 | LEE WAI ON | 0:22:17 | 0:22:10 | 0:10:45 |
| 94 | 10 | Men's Junior 15 (14-15) | M188 | Jake Long | 0:22:18 | 0:22:10 | 0:11:27 |
| 95 | 13 | Men's 40 (40-44) | M254 | Rodney Sargeant | 0:22:18 | 0:22:12 | 0:11:04 |
| 96 | 10 | Men's 50 (50-54) | M107 | Jon Gilchrist | 0:22:27 | 0:22:24 | 0:10:55 |
| 97 | 1 | Ladies' Junior 13 (12-13) | W113 | Lila Man | 0:22:28 | 0:22:23 | 0:11:00 |
| 98 | 10 | Men's 35 (35-39) | M174 | Kwok Shing Leung | 0:22:30 | 0:22:23 | 0:11:22 |
| 99 | 11 | Men's 45 (45-49) | M333 | VOR YIU | 0:22:33 | 0:22:28 | 0:11:10 |
| 100 | 3 | Men's 55 (55-59) | M118 | John Hesketh | 0:22:34 | 0:22:25 | 0:11:02 |
| 101 | 20 | Men's Open (18-34) | M036 | Johnathan Chan | 0:22:35 | 0:22:29 | 0:11:23 |
| 102 | 21 | Men's Open (18-34) | M295 | Tim Vandecasteele | 0:22:37 | 0:22:23 | 0:11:32 |
| 103 | 2 | Men's 60 (60-64) | M112 | Kenneth Greer | 0:22:37 | 0:22:31 | 0:10:49 |
| 104 | 22 | Men's Open (18-34) | M311 | Chin Pang Wong | 0:22:42 | 0:22:26 | 0:11:59 |
| 105 | 11 | Men's 35 (35-39) | M110 | Roni Green | 0:22:46 | 0:22:40 | 0:11:14 |
| 106 | 11 | Men's 50 (50-54) | M074 | Steve Coats | 0:22:47 | 0:22:32 | 0:11:29 |
| 107 | 14 | Men's 40 (40-44) | M306 | Iain Williamson | 0:22:48 | 0:22:41 | 0:11:08 |
| 108 | 12 | Men's 50 (50-54) | M071 | Tat Chi Chung | 0:22:49 | 0:22:45 | 0:11:11 |
| 109 | 5 | Ladies' Junior 15 (14-15) | W187 | NAM YIU | 0:22:52 | 0:22:46 | 0:11:23 |
| 110 | 12 | Men's 35 (35-39) | M160 | Peter Law | 0:22:52 | 0:22:44 | 0:11:23 |
| 111 | 12 | Men's 45 (45-49) | M029 | Dick Casey | 0:22:57 | 0:22:51 | 0:10:57 |
| 112 | 13 | Men's 35 (35-39) | M049 | HIU WA CHEUNG | 0:22:57 | 0:22:47 | 0:11:50 |
| 113 | 4 | Men's 55 (55-59) | M033 | FORD CHAN | 0:23:05 | 0:23:03 | 0:11:16 |
| 114 | 2 | Ladies' 35 (35-39) | W016 | Gemma Chambers | 0:23:08 | 0:23:03 | 0:11:24 |
| 115 | 3 | Ladies' 35 (35-39) | W156 | Cara Taylor | 0:23:09 | 0:23:02 | 0:11:08 |
| 116 | 14 | Men's 35 (35-39) | M319 | Adrian Worth | 0:23:11 | 0:22:43 | 0:12:09 |
| 117 | 6 | Men's Junior 17 (16-17) | M274 | Nico Stewart | 0:23:11 | 0:22:58 | 0:11:43 |
| 118 | 4 | Ladies' 35 (35-39) | W020 | KA YAN CHAN | 0:23:12 | 0:23:03 | 0:11:44 |
| 119 | 7 | Ladies' Open (18-34) | W010 | Holly Booth | 0:23:15 | 0:23:10 | 0:11:28 |
| 120 | 13 | Men's 45 (45-49) | M268 | Luke Southall | 0:23:20 | 0:23:08 | 0:11:49 |
| 121 | 6 | Ladies' Junior 15 (14-15) | W167 | Chloe Whittington | 0:23:21 | 0:23:09 | 0:12:08 |
| 122 | 5 | Ladies' 35 (35-39) | W077 | HAY MAN KAM | 0:23:27 | 0:23:22 | 0:11:33 |
| 123 | 15 | Men's 35 (35-39) | M023 | John Burbidge | 0:23:29 | 0:23:13 | 0:12:01 |
| 124 | 3 | Men's 60 (60-64) | M204 | FRANK MCNAMARA | 0:23:31 | 0:23:25 | 0:11:35 |
| 125 | 13 | Men's 50 (50-54) | M102 | Adam Francis | 0:23:31 | 0:23:11 | 0:12:02 |
| 126 | 14 | Men's 50 (50-54) | M155 | Koon Shing Lai | 0:23:32 | 0:23:28 | 0:11:41 |
| 127 | 1 | Ladies' Junior 17 (16-17) | W142 | Alessandra Sinibaldi | 0:23:34 | 0:23:28 | 0:11:47 |
| 128 | 15 | Men's 40 (40-44) | M167 | Anthony Leung | 0:23:36 | 0:23:33 | 0:11:15 |
| 129 | 14 | Men's 45 (45-49) | M143 | Felix KONG | 0:23:38 | 0:23:28 | 0:12:20 |
| 130 | 16 | Men's 40 (40-44) | M245 | Andrew Rayner | 0:23:41 | 0:23:24 | 0:12:29 |
| 131 | 4 | Men's 60 (60-64) | M059 | Kenneth Choi | 0:23:43 | 0:23:39 | 0:11:48 |
| 132 | 16 | Men's 35 (35-39) | M288 | Fu Ming TSE | 0:23:44 | 0:23:39 | 0:11:31 |
| 133 | 23 | Men's Open (18-34) | M168 | Billy Leung | 0:23:45 | 0:23:38 | 0:11:34 |
| 134 | 15 | Men's 45 (45-49) | M093 | Jason Elder | 0:23:45 | 0:23:41 | 0:11:22 |
| 135 | 17 | Men's 35 (35-39) | M012 | Lachlan Barber | 0:23:46 | 0:23:30 | 0:11:47 |
| 136 | 5 | Men's 55 (55-59) | M335 | John Yow | 0:23:47 | 0:23:41 | 0:11:47 |
| 137 | 6 | Ladies' 35 (35-39) | W140 | Imogen Short | 0:23:48 | 0:23:44 | 0:11:20 |
| 138 | 2 | Ladies' Junior 13 (12-13) | W015 | Scarly Casey | 0:23:48 | 0:23:36 | 0:12:11 |
| 139 | 24 | Men's Open (18-34) | M258 | Emile Sifringer | 0:23:50 | 0:23:38 | 0:12:35 |
| 140 | 2 | Ladies' 40 (40-44) | W103 | Lucina Lo | 0:23:55 | 0:23:46 | 0:11:45 |
| 141 | 11 | Men's Junior 15 (14-15) | M336 | Bruce Yu | 0:23:55 | 0:23:32 | 0:11:21 |
| 142 | 2 | Ladies' 45 (45-49) | W030 | MIU YING MAY CHONG | 0:23:57 | 0:23:50 | 0:11:54 |

AVOHK 5K Series 2018 - Race 1 (Bowen Road)**Date: 18- 8 -2018**

| Overall Position | Category Position | Category | Bib | Name | Official Time | Chip Time | Check Point |
|------------------|-------------------|---------------------------|------|------------------------|---------------|-----------|-------------|
| 143 | 7 | Ladies' 35 (35-39) | W112 | Bernadette Maher | 0:24:01 | 0:23:52 | 0:11:51 |
| 144 | 6 | Men's 55 (55-59) | M121 | SIU WA HO | 0:24:02 | 0:23:54 | 0:12:06 |
| 145 | 8 | Ladies' Open (18-34) | W184 | Judy Yih | 0:24:03 | 0:23:55 | 0:11:51 |
| 146 | 17 | Men's 40 (40-44) | M081 | Paul Crowe | 0:24:03 | 0:23:55 | 0:11:50 |
| 147 | 9 | Ladies' Open (18-34) | W039 | Alice Dean | 0:24:06 | 0:23:57 | 0:11:52 |
| 148 | 2 | Ladies' 50 (50-54) | W019 | Hon May Chan | 0:24:07 | 0:24:01 | 0:12:15 |
| 149 | 3 | Ladies' 45 (45-49) | W056 | Elaine Hall | 0:24:08 | 0:23:55 | 0:12:31 |
| 150 | 18 | Men's 35 (35-39) | M152 | Eric Lachat | 0:24:10 | 0:23:57 | 0:12:39 |
| 151 | 25 | Men's Open (18-34) | M217 | Ibrahim Mustafa | 0:24:11 | 0:24:05 | 0:12:20 |
| 152 | 16 | Men's 45 (45-49) | M289 | Koon Chor Ernest Tse | 0:24:12 | 0:23:57 | 0:11:45 |
| 153 | 1 | Ladies' 60 (60-64) | W095 | Fung Ming Angela Leung | 0:24:13 | 0:24:09 | 0:12:03 |
| 154 | 4 | Men's Junior 13 (12-13) | M153 | Kyran Lacy | 0:24:15 | 0:24:07 | 0:11:57 |
| 155 | 15 | Men's 50 (50-54) | M046 | Paul Cherry | 0:24:16 | 0:24:01 | 0:12:17 |
| 156 | 17 | Men's 45 (45-49) | M216 | Mark Murray | 0:24:16 | 0:23:56 | 0:12:30 |
| 157 | 7 | Men's Junior 17 (16-17) | M227 | Jack Patchell | 0:24:18 | 0:24:06 | 0:11:44 |
| 158 | 19 | Men's 35 (35-39) | M128 | James Hughes-Martin | 0:24:21 | 0:24:05 | 0:12:16 |
| 159 | 8 | Men's Junior 17 (16-17) | M131 | Igor Igor | 0:24:24 | 0:24:21 | 0:11:56 |
| 160 | 5 | Men's 60 (60-64) | M065 | HERMANN CHU | 0:24:25 | 0:24:13 | 0:12:18 |
| 161 | 20 | Men's 35 (35-39) | M256 | Gianpaolo Sbuttoni | 0:24:26 | 0:24:14 | 0:12:19 |
| 162 | 18 | Men's 40 (40-44) | M165 | Herve Leleu | 0:24:28 | 0:24:28 | 0:12:20 |
| 163 | 7 | Ladies' Junior 15 (14-15) | W003 | Wing Man | 0:24:29 | 0:24:24 | 0:11:48 |
| 164 | 1 | Men's 65 (65-69) | M030 | Chak Yan Chan | 0:24:29 | 0:24:20 | 0:12:13 |
| 165 | 3 | Ladies' 40 (40-44) | W128 | Tara Perrin | 0:24:30 | 0:24:22 | 0:12:01 |
| 166 | 26 | Men's Open (18-34) | M053 | WAI YIP CHIN | 0:24:30 | 0:24:30 | 0:12:18 |
| 167 | 4 | Ladies' 40 (40-44) | W091 | Shuk Yi Angela Lau | 0:24:30 | 0:24:20 | 0:12:17 |
| 168 | 19 | Men's 40 (40-44) | M098 | Farah Farah | 0:24:35 | 0:24:14 | 0:12:17 |
| 169 | 5 | Men's Junior 13 (12-13) | M261 | Maximilian Smith | 0:24:35 | 0:22:36 | 0:12:30 |
| 170 | 10 | Ladies' Open (18-34) | W193 | Lauren James | 0:24:41 | 0:24:22 | 0:12:10 |
| 171 | 21 | Men's 35 (35-39) | M103 | Allan Fraser | 0:24:43 | 0:24:24 | 0:12:21 |
| 172 | 16 | Men's 50 (50-54) | M181 | Geoffrey Lim | 0:24:44 | 0:24:40 | 0:12:11 |
| 173 | 6 | Men's 60 (60-64) | M338 | Leung Sum Yu | 0:24:45 | 0:24:25 | 0:12:34 |
| 174 | 8 | Ladies' 35 (35-39) | W006 | Bernadette Baje | 0:24:47 | 0:24:40 | 0:12:05 |
| 175 | 1 | Men's 75 (75-79) | M207 | Ross MILBURN | 0:24:47 | 0:24:40 | 0:12:31 |
| 176 | 18 | Men's 45 (45-49) | M114 | Richard Hatherall | 0:24:50 | 0:24:34 | 0:12:29 |
| 177 | 20 | Men's 40 (40-44) | M022 | Martin Bowning | 0:24:51 | 0:24:44 | 0:12:08 |
| 178 | 19 | Men's 45 (45-49) | M064 | Cheuk Ming Chu | 0:24:51 | 0:24:42 | 0:11:46 |
| 179 | 21 | Men's 40 (40-44) | M244 | Rajeev Ranjan | 0:24:52 | 0:24:48 | 0:11:54 |
| 180 | 8 | Ladies' Junior 15 (14-15) | W012 | Sela Caldwell | 0:24:53 | 0:24:44 | 0:11:53 |
| 181 | 20 | Men's 45 (45-49) | M179 | Hing Lung Li | 0:24:54 | 0:24:36 | 0:12:25 |
| 182 | 11 | Ladies' Open (18-34) | W159 | Hiu Tung Tsang | 0:24:54 | 0:24:40 | 0:12:37 |
| 183 | 9 | Ladies' 35 (35-39) | W043 | YUK Mui Fang | 0:24:55 | 0:24:46 | 0:12:33 |
| 184 | 12 | Ladies' Open (18-34) | W175 | Ka Lee Wong | 0:24:55 | 0:24:42 | 0:12:44 |
| 185 | 7 | Men's 55 (55-59) | M238 | WING KIT POON | 0:25:01 | 0:24:52 | 0:12:12 |
| 186 | 7 | Men's 60 (60-64) | M277 | Seung Kun Tai | 0:25:01 | 0:24:44 | 0:12:27 |
| 187 | 22 | Men's 40 (40-44) | M163 | Calven Lee | 0:25:01 | 0:24:50 | 0:12:27 |
| 188 | 23 | Men's 40 (40-44) | M052 | Kwok Chi Shing | 0:25:01 | 0:24:51 | 0:12:22 |
| 189 | 1 | Ladies' 55 (55-59) | W054 | Belinda Greer | 0:25:03 | 0:24:58 | 0:12:09 |
| 190 | 24 | Men's 40 (40-44) | M104 | Chris Frost | 0:25:17 | 0:25:07 | 0:12:15 |
| 191 | 9 | Men's Junior 17 (16-17) | M300 | Ethan Warner | 0:25:20 | 0:25:09 | 0:12:32 |
| 192 | 21 | Men's 45 (45-49) | M301 | Warren Warner | 0:25:20 | 0:25:11 | 0:12:29 |
| 193 | 4 | Ladies' 45 (45-49) | W139 | Louise Sheerin | 0:25:25 | 0:25:13 | 0:12:28 |
| 194 | 8 | Men's 55 (55-59) | M325 | Chi Hung Yan | 0:25:30 | 0:25:18 | 0:12:33 |
| 195 | 17 | Men's 50 (50-54) | M200 | Cho MAN WAI | 0:25:31 | 0:25:15 | 0:12:30 |
| 196 | 5 | Ladies' 45 (45-49) | W124 | Lisa Ng | 0:25:31 | 0:25:27 | 0:12:07 |
| 197 | 25 | Men's 40 (40-44) | M202 | Sebastien Martenet | 0:25:32 | 0:25:17 | 0:13:26 |
| 198 | 26 | Men's 40 (40-44) | M148 | Jason Kwok | 0:25:33 | 0:25:19 | 0:12:49 |
| 199 | 22 | Men's 45 (45-49) | M092 | Andre Ebella | 0:25:40 | 0:25:19 | 0:13:25 |
| 200 | 23 | Men's 45 (45-49) | M331 | Edwin Yip | 0:25:40 | 0:25:37 | 0:12:25 |
| 201 | 10 | Men's Junior 17 (16-17) | M180 | SEAN LI | 0:25:41 | 0:25:36 | 0:11:36 |
| 202 | 13 | Ladies' Open (18-34) | W145 | Christina Sjolholm | 0:25:42 | 0:25:16 | 0:13:06 |
| 203 | 9 | Men's 55 (55-59) | M044 | Man Wing Cheng | 0:25:50 | 0:25:40 | 0:12:51 |
| 204 | 27 | Men's 40 (40-44) | M186 | Wai Lun Lock | 0:25:50 | 0:25:38 | 0:12:48 |
| 205 | 2 | Ladies' 55 (55-59) | W161 | Fung Yee Tse | 0:25:51 | 0:25:45 | 0:12:52 |
| 206 | 24 | Men's 45 (45-49) | M221 | WING CHEUK NG | 0:25:55 | 0:25:45 | 0:12:55 |
| 207 | 18 | Men's 50 (50-54) | M250 | David Russell | 0:25:57 | 0:25:44 | 0:12:47 |
| 208 | 25 | Men's 45 (45-49) | M067 | Tit Hong Chua | 0:26:05 | 0:25:53 | 0:13:21 |
| 209 | 5 | Ladies' 40 (40-44) | W040 | Sarah Dickinson | 0:26:08 | 0:25:56 | 0:13:12 |
| 210 | 26 | Men's 45 (45-49) | M080 | Derek Crane | 0:26:09 | 0:25:57 | 0:12:50 |
| 211 | 27 | Men's Open (18-34) | M077 | Nicholas Cook | 0:26:10 | 0:26:08 | 0:12:21 |
| 212 | 28 | Men's Open (18-34) | M119 | Adrian Ho | 0:26:19 | 0:25:58 | 0:13:24 |
| 213 | 19 | Men's 50 (50-54) | M061 | K K Chow | 0:26:21 | 0:26:08 | 0:13:08 |

AVOHK 5K Series 2018 - Race 1 (Bowen Road)**Date: 18- 8 -2018**

| Overall Position | Category Position | Category | Bib | Name | Official Time | Chip Time | Check Point |
|------------------|-------------------|---------------------------|------|----------------------------|---------------|-----------|-------------|
| 214 | 28 | Men's 40 (40-44) | M345 | Robert John Shorthouse | 0:26:31 | 0:26:25 | 0:12:11 |
| 215 | 10 | Men's 55 (55-59) | M278 | TAM TAK KUEN | 0:26:36 | 0:26:21 | 0:13:18 |
| 216 | 29 | Men's Open (18-34) | M223 | Tin Hang Ngai | 0:26:39 | 0:26:30 | 0:13:00 |
| 217 | 6 | Ladies' 40 (40-44) | W004 | Aska Asakura | 0:26:43 | 0:26:35 | 0:13:17 |
| 218 | 3 | Ladies' 50 (50-54) | W021 | May Ling Chan | 0:26:44 | 0:26:20 | 0:13:56 |
| 219 | 27 | Men's 45 (45-49) | M073 | Jack Clode | 0:26:51 | 0:26:41 | 0:12:37 |
| 220 | 4 | Ladies' 50 (50-54) | W096 | Helen Leung | 0:26:54 | 0:26:46 | 0:12:55 |
| 221 | 10 | Ladies' 35 (35-39) | W047 | Claire Frost | 0:26:57 | 0:26:47 | 0:12:53 |
| 222 | 6 | Men's Junior 13 (12-13) | M185 | Jiro Loasby | 0:27:00 | 0:26:53 | 0:14:05 |
| 223 | 7 | Ladies' 40 (40-44) | W075 | Josephine Josephine | 0:27:05 | 0:27:01 | 0:12:48 |
| 224 | 20 | Men's 50 (50-54) | M009 | Samuel Au | 0:27:09 | 0:26:55 | 0:14:10 |
| 225 | 7 | Men's Junior 13 (12-13) | M307 | Rohan Williamson | 0:27:12 | 0:26:54 | 0:14:23 |
| 226 | 8 | Ladies' 40 (40-44) | W110 | Sonia Magana | 0:27:16 | 0:27:03 | 0:13:36 |
| 227 | 22 | Men's 35 (35-39) | M309 | CHENG WING SHUN VINCENT | 0:27:22 | 0:27:09 | 0:13:35 |
| 228 | 8 | Men's 60 (60-64) | M032 | Edmund Wai On Chan | 0:27:31 | 0:27:14 | 0:14:11 |
| 229 | 3 | Ladies' Junior 13 (12-13) | W178 | Molly Worthington | 0:27:33 | 0:27:19 | 0:13:01 |
| 230 | 28 | Men's 45 (45-49) | M154 | Michael Lacy | 0:27:33 | 0:27:25 | 0:13:02 |
| 231 | 14 | Ladies' Open (18-34) | W027 | Charlotte Cheung | 0:27:36 | 0:27:23 | 0:13:32 |
| 232 | 6 | Ladies' 45 (45-49) | W108 | Miyuki Lynn | 0:27:37 | 0:27:21 | 0:13:45 |
| 233 | 11 | Ladies' 35 (35-39) | W160 | Yuen yee Tsang | 0:27:38 | 0:27:12 | 0:14:06 |
| 234 | 30 | Men's Open (18-34) | M322 | Michael Wright | 0:27:44 | 0:27:22 | 0:13:07 |
| 235 | 21 | Men's 50 (50-54) | M342 | Matthew Yung | 0:27:46 | 0:27:37 | 0:13:45 |
| 236 | 29 | Men's 40 (40-44) | M169 | Chi Wung Leung | 0:27:53 | 0:27:32 | 0:14:12 |
| 237 | 4 | Ladies' Junior 13 (12-13) | W037 | Alana de Blank | 0:27:54 | 0:27:45 | 0:14:33 |
| 238 | 2 | Men's 65 (65-69) | M149 | AU Kwok Keung | 0:27:54 | 0:27:43 | 0:14:03 |
| 239 | 9 | Ladies' Junior 15 (14-15) | W011 | Abigail Brooke | 0:27:57 | 0:27:38 | 0:14:22 |
| 240 | 9 | Men's 60 (60-64) | M290 | Henry Tsui | 0:27:58 | 0:27:41 | 0:14:20 |
| 241 | 10 | Men's 60 (60-64) | M228 | Jerry Patchell | 0:28:01 | 0:27:46 | 0:14:10 |
| 242 | 29 | Men's 45 (45-49) | M263 | Kin Wah Pierre So | 0:28:04 | 0:27:42 | 0:14:00 |
| 243 | 30 | Men's 45 (45-49) | M241 | William Prince | 0:28:09 | 0:27:56 | 0:13:22 |
| 244 | 5 | Ladies' 50 (50-54) | W176 | Kwan Ying Wong | 0:28:10 | 0:28:00 | 0:13:48 |
| 245 | 12 | Ladies' 35 (35-39) | W118 | Lucy McNally | 0:28:12 | 0:28:06 | 0:13:44 |
| 246 | 22 | Men's 50 (50-54) | M021 | Chris Brooke | 0:28:16 | 0:27:57 | 0:14:22 |
| 247 | 3 | Men's 65 (65-69) | M308 | LEE WING HUNG | 0:28:19 | 0:28:10 | 0:13:54 |
| 248 | 9 | Ladies' 40 (40-44) | W097 | Hoi Kee Leung | 0:28:23 | 0:28:07 | 0:13:43 |
| 249 | 23 | Men's 35 (35-39) | M218 | Cherub NG | 0:28:23 | 0:27:59 | 0:14:54 |
| 250 | 11 | Men's 60 (60-64) | M132 | Shing Hing Ip | 0:28:24 | 0:27:59 | 0:14:33 |
| 251 | 6 | Ladies' 50 (50-54) | W172 | Cecilia Wong | 0:28:24 | 0:28:10 | 0:13:52 |
| 252 | 31 | Men's 45 (45-49) | M057 | MAN YAU CHIU | 0:28:28 | 0:28:02 | 0:14:56 |
| 253 | 10 | Ladies' Junior 15 (14-15) | W146 | Simone Skovgaard | 0:28:29 | 0:28:16 | 0:13:27 |
| 254 | 2 | Ladies' Junior 17 (16-17) | W060 | Vanessa Heung | 0:28:29 | 0:28:18 | 0:12:42 |
| 255 | 7 | Ladies' 50 (50-54) | W150 | Candice Stella | 0:28:30 | 0:28:14 | 0:13:23 |
| 256 | 31 | Men's Open (18-34) | M281 | Miguel Tan | 0:28:31 | 0:28:06 | 0:14:39 |
| 257 | 15 | Ladies' Open (18-34) | W088 | Eva Lam | 0:28:32 | 0:28:08 | 0:13:41 |
| 258 | 3 | Ladies' Junior 17 (16-17) | W134 | June Rippon | 0:28:34 | 0:28:15 | 0:14:19 |
| 259 | 2 | Men's 75 (75-79) | M234 | Frank Pilkington | 0:28:35 | 0:28:31 | 0:13:47 |
| 260 | 7 | Ladies' 45 (45-49) | W141 | Pik Yiu Sin | 0:28:37 | 0:28:32 | 0:14:12 |
| 261 | 16 | Ladies' Open (18-34) | W126 | Nur Nur | 0:28:39 | 0:28:20 | 0:14:50 |
| 262 | 1 | Ladies' 70 (70 -74) | W048 | Lau Fung Ling Rebecca | 0:28:40 | 0:28:34 | 0:14:23 |
| 263 | 8 | Ladies' 50 (50-54) | W169 | Carolyn Wingard-Robertsson | 0:28:54 | 0:28:38 | 0:13:55 |
| 264 | 4 | Men's 65 (65-69) | M159 | Stephen Lau | 0:28:57 | 0:28:39 | 0:14:41 |
| 265 | 30 | Men's 40 (40-44) | M125 | Timothy Hogan | 0:29:02 | 0:28:44 | 0:14:47 |
| 266 | 11 | Men's 55 (55-59) | M054 | Cyrus Chiu | 0:29:04 | 0:28:45 | 0:14:36 |
| 267 | 8 | Ladies' 45 (45-49) | W070 | Ka-yee IP | 0:29:12 | 0:28:55 | 0:14:39 |
| 268 | 32 | Men's Open (18-34) | M164 | YIU SING LEE | 0:29:16 | 0:28:54 | 0:14:49 |
| 269 | 17 | Ladies' Open (18-34) | W082 | Shay Klevay | 0:29:17 | 0:29:07 | 0:14:21 |
| 270 | 9 | Ladies' 45 (45-49) | W005 | Sue Atkinson | 0:29:21 | 0:29:10 | 0:14:35 |
| 271 | 10 | Ladies' 45 (45-49) | W171 | Carmen Wong | 0:29:22 | 0:29:06 | 0:14:45 |
| 272 | 5 | Men's 65 (65-69) | M076 | Alan Collins | 0:29:25 | 0:29:03 | 0:14:53 |
| 273 | 24 | Men's 35 (35-39) | M151 | Shum KY | 0:29:40 | 0:29:29 | 0:13:44 |
| 274 | 18 | Ladies' Open (18-34) | W085 | MAN TING KWAN | 0:29:42 | 0:29:33 | 0:14:16 |
| 275 | 33 | Men's Open (18-34) | M192 | Julian Luk | 0:29:47 | 0:29:26 | 0:14:46 |
| 276 | 34 | Men's Open (18-34) | M091 | JIANG YUE DU | 0:29:48 | 0:29:38 | 0:13:09 |
| 277 | 31 | Men's 40 (40-44) | M230 | Mark Pavey | 0:29:49 | 0:29:29 | 0:14:20 |
| 278 | 35 | Men's Open (18-34) | M253 | Edward Sadler | 0:29:51 | 0:29:28 | 0:16:33 |
| 279 | 5 | Ladies' Junior 13 (12-13) | W191 | Chloe Yule | 0:29:53 | 0:29:33 | 0:15:10 |
| 280 | 12 | Men's Junior 15 (14-15) | M275 | Cho suet hung Arthur | 0:29:53 | 0:29:38 | 0:14:09 |
| 281 | 3 | Ladies' 55 (55-59) | W032 | SABRINA CHOW | 0:29:54 | 0:29:33 | 0:15:04 |
| 282 | 10 | Ladies' 40 (40-44) | W192 | Kellie Yule | 0:29:54 | 0:29:32 | 0:15:08 |
| 283 | 25 | Men's 35 (35-39) | M134 | Marc Jenn | 0:29:55 | 0:29:32 | 0:14:21 |
| 284 | 12 | Men's 55 (55-59) | M025 | Charles Caldwell | 0:30:04 | 0:29:53 | 0:14:31 |

AVOHK 5K Series 2018 - Race 1 (Bowen Road)**Date: 18- 8 -2018**

| Overall Position | Category Position | Category | Bib | Name | Official Time | Chip Time | Check Point |
|------------------|-------------------|---------------------------|------|-------------------------|---------------|-----------|-------------|
| 285 | 6 | Ladies' Junior 13 (12-13) | W107 | Kimmi Lynn | 0:30:08 | 0:29:52 | 0:15:01 |
| 286 | 4 | Ladies' Junior 17 (16-17) | W059 | Elisabeth HERRATT | 0:30:11 | 0:29:53 | 0:14:45 |
| 287 | 13 | Ladies' 35 (35-39) | W002 | Olivia Alfheim | 0:30:12 | 0:29:50 | 0:15:23 |
| 288 | 32 | Men's 45 (45-49) | M145 | Peter Kunz | 0:30:19 | 0:30:07 | 0:15:43 |
| 289 | 23 | Men's 50 (50-54) | M099 | Michael Featherston | 0:30:20 | 0:30:07 | 0:14:46 |
| 290 | 26 | Men's 35 (35-39) | M313 | Christopher Hoi Wong | 0:30:23 | 0:30:06 | 0:14:46 |
| 291 | 27 | Men's 35 (35-39) | M106 | Fred Gao | 0:30:26 | 0:30:18 | 0:13:59 |
| 292 | 12 | Men's 60 (60-64) | M334 | Ivan Young | 0:30:30 | 0:30:13 | 0:15:01 |
| 293 | 11 | Ladies' 45 (45-49) | W099 | Queency Leung | 0:30:30 | 0:30:23 | 0:14:52 |
| 294 | 13 | Men's Junior 15 (14-15) | M058 | Sin wai lawrence Chiu | 0:30:31 | 0:30:15 | 0:15:00 |
| 295 | 19 | Ladies' Open (18-34) | W119 | Maryanne McPhee | 0:30:42 | 0:30:18 | 0:16:27 |
| 296 | 14 | Ladies' 35 (35-39) | W074 | Sarah Jolly | 0:30:42 | 0:30:17 | 0:16:27 |
| 297 | 11 | Ladies' 40 (40-44) | W073 | Binh Johansson | 0:30:47 | 0:30:40 | 0:14:35 |
| 298 | 11 | Ladies' Junior 15 (14-15) | W125 | Tsz Yin Ng | 0:30:58 | 0:30:39 | 0:15:32 |
| 299 | 28 | Men's 35 (35-39) | M190 | Larry Lui | 0:31:02 | 0:30:35 | 0:16:47 |
| 300 | 6 | Men's 65 (65-69) | M027 | Neil Campbell | 0:31:03 | 0:30:46 | 0:15:14 |
| 301 | 12 | Ladies' 45 (45-49) | W022 | Shuk Chu Chan | 0:31:06 | 0:30:40 | 0:15:47 |
| 302 | 33 | Men's 45 (45-49) | M124 | Chakir Hocine | 0:31:09 | 0:30:54 | 0:15:07 |
| 303 | 2 | Ladies' 60 (60-64) | W173 | Grace Wong | 0:31:19 | 0:31:01 | 0:15:54 |
| 304 | 12 | Ladies' Junior 15 (14-15) | W143 | Natalia Sinibaldi | 0:31:22 | 0:31:12 | 0:15:36 |
| 305 | 20 | Ladies' Open (18-34) | W046 | Simone Frossinakis | 0:31:23 | 0:31:02 | 0:15:50 |
| 306 | 32 | Men's 40 (40-44) | M310 | NG WING WO | 0:31:26 | 0:31:08 | 0:15:56 |
| 307 | 15 | Ladies' 35 (35-39) | W036 | Elizabeth Davies | 0:31:28 | 0:31:04 | 0:15:48 |
| 308 | 36 | Men's Open (18-34) | M287 | Robert Troll | 0:31:35 | 0:31:10 | 0:15:10 |
| 309 | 12 | Ladies' 40 (40-44) | W092 | Venus Lau | 0:31:45 | 0:31:18 | 0:15:48 |
| 310 | 1 | Ladies' 65 (65-69) | W031 | Kit Bing CHOW | 0:31:52 | 0:31:47 | 0:16:39 |
| 311 | 16 | Ladies' 35 (35-39) | W025 | Winnie Chau | 0:31:53 | 0:31:32 | 0:16:10 |
| 312 | 17 | Ladies' 35 (35-39) | W024 | Suet Yan Chan | 0:31:57 | 0:31:47 | 0:15:27 |
| 313 | 7 | Ladies' Junior 13 (12-13) | W195 | Eve Grylewicz | 0:32:02 | 0:31:53 | 0:14:52 |
| 314 | 2 | Ladies' 65 (65-69) | W101 | Evelyn Lim | 0:32:02 | 0:31:58 | 0:15:37 |
| 315 | 13 | Ladies' 45 (45-49) | W106 | Louisa M L Luk | 0:32:10 | 0:31:47 | 0:16:26 |
| 316 | 34 | Men's 45 (45-49) | M069 | Wong Chun | 0:32:19 | 0:31:53 | 0:16:32 |
| 317 | 21 | Ladies' Open (18-34) | W069 | Cicilia Indrayani | 0:32:20 | 0:32:02 | 0:15:31 |
| 318 | 35 | Men's 45 (45-49) | M136 | Jibril Jibril | 0:32:41 | 0:32:27 | 0:15:52 |
| 319 | 14 | Ladies' 45 (45-49) | W044 | Andrea Fletcher | 0:32:53 | 0:32:38 | 0:15:25 |
| 320 | 1 | Men's 80+ (80 and above) | M100 | John Fowler | 0:32:53 | 0:32:48 | 0:16:07 |
| 321 | 22 | Ladies' Open (18-34) | W100 | Cynthia Li | 0:33:04 | 0:32:46 | 0:16:08 |
| 322 | 23 | Ladies' Open (18-34) | W105 | Ting Long | 0:33:04 | 0:32:48 | 0:15:55 |
| 323 | 14 | Men's Junior 15 (14-15) | M026 | Jasper Caldwell | 0:33:04 | 0:32:54 | 0:15:56 |
| 324 | 36 | Men's 45 (45-49) | M120 | Albert Ho | 0:33:05 | 0:32:47 | 0:16:23 |
| 325 | 24 | Men's 50 (50-54) | M209 | Stuart Mitchell | 0:33:05 | 0:32:40 | 0:16:46 |
| 326 | 4 | Ladies' 55 (55-59) | W067 | Mei-Her Hung | 0:33:05 | 0:32:51 | 0:17:01 |
| 327 | 13 | Men's 55 (55-59) | M129 | Eaven Hung | 0:33:12 | 0:32:58 | 0:16:41 |
| 328 | 9 | Ladies' 50 (50-54) | W050 | Ilaria Galimberti | 0:33:25 | 0:33:04 | 0:16:38 |
| 329 | 3 | Ladies' 60 (60-64) | W042 | Jayne Erasmus | 0:33:29 | 0:33:07 | 0:17:04 |
| 330 | 10 | Ladies' 50 (50-54) | W076 | Lau ka mun Jennifer | 0:33:34 | 0:32:58 | 0:16:53 |
| 331 | 13 | Men's 60 (60-64) | M147 | WooSo Kwn | 0:33:39 | 0:33:30 | 0:15:49 |
| 332 | 33 | Men's 40 (40-44) | M231 | Carlos Pedreira | 0:33:43 | 0:33:21 | 0:17:00 |
| 333 | 24 | Ladies' Open (18-34) | W155 | Valerie Tant | 0:33:44 | 0:33:20 | 0:17:01 |
| 334 | 1 | Men's 70 (70-74) | M141 | Peter Keeping | 0:33:45 | 0:33:34 | 0:16:19 |
| 335 | 13 | Ladies' Junior 15 (14-15) | W038 | Anjeli de Blank | 0:33:48 | | |
| 336 | 5 | Ladies' 55 (55-59) | W127 | Suzy Patchell | 0:33:55 | 0:33:36 | 0:17:24 |
| 337 | 34 | Men's 40 (40-44) | M182 | Neil Lithgo | 0:34:14 | 0:33:50 | 0:16:32 |
| 338 | 6 | Ladies' 55 (55-59) | W152 | Emily Tan | 0:34:25 | 0:34:06 | 0:17:29 |
| 339 | 8 | Ladies' Junior 13 (12-13) | W130 | Ella Phillips | 0:34:29 | 0:34:15 | 0:15:36 |
| 340 | 15 | Ladies' 45 (45-49) | W168 | Josephine Williamson | 0:34:34 | 0:34:10 | 0:17:27 |
| 341 | 37 | Men's Open (18-34) | M344 | Chak Pui Marc Yeung | 0:34:38 | 0:34:16 | 0:17:18 |
| 342 | 29 | Men's 35 (35-39) | M096 | Fabrice Fabrice | 0:35:04 | 0:34:41 | 0:17:02 |
| 343 | 14 | Men's 55 (55-59) | M144 | KUN WA KONG | 0:35:19 | 0:34:59 | 0:17:31 |
| 344 | 18 | Ladies' 35 (35-39) | W026 | Bindya Chauhan | 0:35:21 | 0:34:58 | 0:17:19 |
| 345 | 25 | Men's 50 (50-54) | M235 | Daniel PONG | 0:35:34 | 0:35:18 | 0:17:30 |
| 346 | 3 | Ladies' 65 (65-69) | W013 | Anne Campbell | 0:35:47 | 0:35:31 | 0:17:13 |
| 347 | 11 | Ladies' 50 (50-54) | W111 | Marietta Janeo Mahandog | 0:36:19 | 0:36:13 | 0:17:24 |
| 348 | 13 | Ladies' 40 (40-44) | W135 | Samanthi Samanathi | 0:37:26 | 0:37:06 | 0:17:44 |
| 349 | 25 | Ladies' Open (18-34) | W102 | Isabella Liu | 0:37:35 | 0:37:13 | 0:17:51 |
| 350 | 26 | Men's 50 (50-54) | M038 | Kwok Cheung Chan | 0:37:56 | 0:30:29 | 0:22:35 |
| 351 | 14 | Men's 60 (60-64) | M157 | Kam tong Lam | 0:38:12 | 0:37:47 | 0:18:43 |
| 352 | 8 | Men's Junior 13 (12-13) | M259 | Stu Sinibaldi | 0:38:38 | 0:38:27 | 0:17:30 |
| 353 | 37 | Men's 45 (45-49) | M039 | Shek lai Chan | 0:38:54 | 0:38:25 | 0:19:20 |
| 354 | 2 | Men's 70 (70-74) | M173 | Kwan Yee Leung | 0:39:08 | 0:38:45 | 0:18:23 |
| 355 | 30 | Men's 35 (35-39) | M140 | Mayank Kedia | 0:39:37 | 0:39:21 | 0:19:07 |

AVOHK 5K Series 2018 - Race 1 (Bowen Road)**Date: 18- 8 -2018**

| <i>Overall Position</i> | <i>Category Position</i> | <i>Category</i> | <i>Bib</i> | <i>Name</i> | <i>Official Time</i> | <i>Chip Time</i> | <i>Check Point</i> |
|-------------------------|--------------------------|---------------------------|------------|--------------------------------|----------------------|------------------|--------------------|
| 356 | 19 | Ladies' 35 (35-39) | W080 | Archana Kedia | 0:39:42 | 0:39:24 | 0:19:16 |
| 357 | 26 | Ladies' Open (18-34) | W162 | ANDREA THEADORA JACINTO UGARTE | 0:40:30 | 0:40:06 | 0:19:57 |
| 358 | 38 | Men's Open (18-34) | M088 | Juan Andres De Sequera Ugarte | 0:40:34 | 0:40:09 | 0:19:55 |
| 359 | 14 | Ladies' 40 (40-44) | W188 | Michelle Yuen | 0:40:36 | 0:40:07 | 0:20:41 |
| 360 | 7 | Ladies' 55 (55-59) | W062 | Helen Ho | 0:41:03 | 0:40:39 | 0:20:12 |
| 361 | 27 | Men's 50 (50-54) | M339 | Ka Fai Yuen | 0:41:26 | 0:41:01 | 0:20:39 |
| 362 | 31 | Men's 35 (35-39) | M324 | Thomas Xia | 0:41:29 | 0:41:03 | 0:18:36 |
| 363 | 16 | Ladies' 45 (45-49) | W115 | Stephanie Marmagne | 0:41:32 | 0:41:08 | 0:20:30 |
| 364 | 39 | Men's Open (18-34) | M123 | Tang Ho Yin | 0:42:14 | 0:42:01 | 0:20:20 |
| 365 | 27 | Ladies' Open (18-34) | W086 | Ka Yee Lai | 0:42:15 | 0:42:02 | 0:20:23 |
| 366 | 5 | Ladies' Junior 17 (16-17) | W185 | Shongyee Yip | 0:42:25 | 0:42:05 | 0:19:33 |
| 367 | 20 | Ladies' 35 (35-39) | W114 | Kirti Manian | 0:42:53 | 0:42:32 | 0:20:32 |
| 368 | 14 | Ladies' Junior 15 (14-15) | W190 | Wing Hei Yuen | 0:44:58 | 0:44:32 | 0:21:31 |
| 369 | 28 | Ladies' Open (18-34) | W194 | Abasolo Gretchen | 0:45:52 | 0:45:30 | 0:22:53 |
| 370 | 15 | Ladies' 40 (40-44) | W083 | Abigail Koh | 0:46:15 | 0:46:02 | 0:22:12 |
| 371 | 2 | Men's 80+ (80 and above) | M265 | Yip sing So | 0:48:53 | 0:48:41 | 0:24:24 |
| 372 | 17 | Ladies' 45 (45-49) | W035 | Charlotte Cutler | 0:57:52 | | |