

AVOHK 5K Series 2018 - Race 4 (South Bay)**Date: 24- 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 | 0:15:29 | 0:15:29 | 0:07:24 |
| 2 | 1 | Men's Junior 15 (14-15) | M410 | Rafe Man | 0:16:02 | 0:16:02 | 0:07:54 |
| 3 | 2 | Men's Junior 15 (14-15) | M087 | William Dawes | 0:16:37 | 0:16:36 | 0:08:05 |
| 4 | 2 | Men's Open (18-34) | M271 | Charlie Stewart | 0:17:02 | 0:17:02 | 0:08:11 |
| 5 | 3 | Men's Junior 15 (14-15) | M085 | Loughlin Davidson | 0:17:11 | 0:17:11 | 0:08:07 |
| 6 | 4 | Men's Junior 15 (14-15) | W228 | SHEUNG MAN NG | 0:17:17 | 0:17:17 | 0:08:25 |
| 7 | 5 | Men's Junior 15 (14-15) | M409 | Aman Kumar | 0:17:17 | 0:17:16 | 0:08:25 |
| 8 | 1 | Men's 40 (40-44) | M206 | Reto Merazzi | 0:17:19 | 0:17:18 | 0:08:31 |
| 9 | 1 | Men's 50 (50-54) | M089 | Mo Devlin | 0:17:24 | 0:17:23 | 0:08:31 |
| 10 | 6 | Men's Junior 15 (14-15) | M219 | Isaac Ng | 0:17:33 | 0:17:33 | 0:08:32 |
| 11 | 1 | Ladies' Junior 13 (12-13) | W034 | Pauline COURRET | 0:17:36 | 0:17:36 | 0:08:26 |
| 12 | 2 | Men's 40 (40-44) | M248 | Frank Riehm | 0:17:44 | 0:17:42 | 0:08:32 |
| 13 | 3 | Men's 40 (40-44) | M222 | Yan chi Ng | 0:17:54 | 0:17:53 | 0:08:39 |
| 14 | 1 | Men's Junior 13 (12-13) | M084 | Dominic Davidson | 0:17:55 | 0:17:55 | 0:08:38 |
| 15 | 1 | Men's 45 (45-49) | M260 | Stuardo Sinibaldi | 0:17:55 | 0:17:55 | 0:08:34 |
| 16 | 2 | Men's 45 (45-49) | M305 | Michael WILLIAMS | 0:18:13 | 0:18:13 | 0:08:53 |
| 17 | 7 | Men's Junior 15 (14-15) | M417 | Bradford Sam | 0:18:24 | 0:18:19 | 0:08:31 |
| 18 | 8 | Men's Junior 15 (14-15) | M194 | Nirvan Lulla | 0:18:32 | 0:18:30 | 0:08:50 |
| 19 | 1 | Men's Junior 17 (16-17) | M291 | Koon Wai Tsui | 0:18:35 | 0:18:32 | 0:08:52 |
| 20 | 3 | Men's 45 (45-49) | M382 | Tim Smart | 0:18:37 | 0:18:37 | 0:08:53 |
| 21 | 9 | Men's Junior 15 (14-15) | M208 | Greg Mitchell | 0:18:37 | 0:18:33 | 0:09:03 |
| 22 | 1 | Ladies' 40 (40-44) | W122 | Amy Mumford | 0:18:41 | 0:18:41 | 0:09:07 |
| 23 | 4 | Men's 45 (45-49) | M266 | Jan Souleyman | 0:18:46 | 0:18:46 | 0:09:05 |
| 24 | 3 | Men's Open (18-34) | M381 | Andrew Nunn | 0:18:47 | 0:18:46 | 0:09:05 |
| 25 | 4 | Men's 40 (40-44) | M262 | Robert Smith | 0:18:49 | 0:18:48 | 0:08:56 |
| 26 | 10 | Men's Junior 15 (14-15) | M188 | Jake Long | 0:18:54 | 0:18:54 | 0:08:59 |
| 27 | 4 | Men's Open (18-34) | M193 | MARCO LUK | 0:18:55 | 0:18:50 | 0:09:01 |
| 28 | 2 | Men's Junior 17 (16-17) | M274 | Nico Stewart | 0:18:56 | 0:18:49 | 0:09:09 |
| 29 | 5 | Men's 45 (45-49) | M226 | Manuel Olmedo | 0:18:56 | 0:18:54 | 0:09:11 |
| 30 | 2 | Men's Junior 13 (12-13) | M019 | MICHAEL BREWSTER | 0:19:01 | 0:19:00 | 0:08:53 |
| 31 | 1 | Ladies' Junior 15 (14-15) | W014 | KKARA Casey | 0:19:01 | 0:19:00 | 0:09:10 |
| 32 | 5 | Men's Open (18-34) | M297 | Rowan Varty | 0:19:04 | 0:19:02 | 0:08:49 |
| 33 | 3 | Men's Junior 17 (16-17) | W227 | XU BRNCE | 0:19:04 | 0:19:02 | 0:08:57 |
| 34 | 5 | Men's 40 (40-44) | M072 | Wan Hang Chung | 0:19:06 | 0:19:05 | 0:09:15 |
| 35 | 6 | Men's 45 (45-49) | M198 | Chow Man | 0:19:07 | 0:19:06 | 0:09:15 |
| 36 | 1 | Ladies' 45 (45-49) | W035 | Charlotte Cutler | 0:19:11 | 0:19:10 | 0:09:16 |
| 37 | 4 | Men's Junior 17 (16-17) | M420 | WONG GRENST | 0:19:13 | 0:19:12 | 0:09:02 |
| 38 | 6 | Men's Open (18-34) | M130 | Idle Idle | 0:19:18 | 0:19:17 | 0:09:04 |
| 39 | 5 | Men's Junior 17 (16-17) | M419 | Caius Man | 0:19:22 | 0:19:17 | 0:09:21 |
| 40 | 3 | Men's Junior 13 (12-13) | M176 | Thomas Leung | 0:19:23 | 0:19:17 | 0:09:31 |
| 41 | 11 | Men's Junior 15 (14-15) | M378 | Chan Kirk | 0:19:24 | 0:19:20 | 0:09:08 |
| 42 | 1 | Men's 35 (35-39) | M294 | Vasco van der Flier | 0:19:26 | 0:19:24 | 0:09:10 |
| 43 | 12 | Men's Junior 15 (14-15) | M126 | Max Holloway | 0:19:26 | 0:19:22 | 0:09:14 |
| 44 | 7 | Men's 45 (45-49) | M111 | Ian Greenfield | 0:19:29 | 0:19:27 | 0:09:23 |
| 45 | 7 | Men's Open (18-34) | M326 | Shing fung Yan | 0:19:29 | 0:19:24 | 0:09:39 |
| 46 | 13 | Men's Junior 15 (14-15) | M249 | Erik Robertsson | 0:19:38 | 0:19:32 | 0:09:31 |
| 47 | 2 | Men's 50 (50-54) | M115 | Will Hayward | 0:19:42 | 0:19:41 | 0:09:21 |
| 48 | 3 | Men's 50 (50-54) | M107 | Jon Gilchrist | 0:19:49 | 0:19:48 | 0:09:35 |
| 49 | 2 | Ladies' 45 (45-49) | W148 | Rachel Sproston | 0:19:51 | 0:19:51 | 0:09:36 |
| 50 | 2 | Men's 35 (35-39) | M416 | McDevitt Joe | 0:19:55 | 0:19:44 | 0:10:02 |
| 51 | 4 | Men's Junior 13 (12-13) | M261 | Maximilian Smith | 0:19:57 | 0:19:56 | 0:09:43 |
| 52 | 5 | Men's Junior 13 (12-13) | M413 | Alexander Bater | 0:19:57 | 0:19:51 | 0:09:34 |
| 53 | 1 | Men's 60 (60-64) | M112 | Kenneth Greer | 0:19:59 | 0:19:59 | 0:09:26 |
| 54 | 1 | Ladies' Open (18-34) | W215 | Jamie Nunn | 0:20:02 | 0:19:55 | 0:09:47 |
| 55 | 3 | Men's 35 (35-39) | M020 | Brice Brice | 0:20:07 | 0:20:04 | 0:09:50 |
| 56 | 6 | Men's Junior 13 (12-13) | M418 | Kayan Malkani | 0:20:09 | 0:20:04 | 0:09:46 |
| 57 | 2 | Ladies' Open (18-34) | W117 | Sarah McMillan | 0:20:09 | 0:20:06 | 0:09:47 |
| 58 | 7 | Men's Junior 13 (12-13) | M090 | William Dingley | 0:20:10 | 0:20:09 | 0:09:17 |
| 59 | 8 | Men's 45 (45-49) | M029 | Dick Casey | 0:20:11 | 0:20:02 | 0:09:47 |
| 60 | 6 | Men's 40 (40-44) | M246 | Scott Reed | 0:20:12 | 0:20:10 | 0:09:20 |
| 61 | 4 | Men's 50 (50-54) | M024 | Scott Burton | 0:20:12 | 0:20:10 | 0:09:45 |
| 62 | 2 | Ladies' Junior 15 (14-15) | W187 | NAM YIU | 0:20:15 | 0:20:09 | 0:09:46 |
| 63 | 7 | Men's 40 (40-44) | M391 | Herve Leleu | 0:20:23 | 0:20:13 | 0:10:06 |
| 64 | 9 | Men's 45 (45-49) | M403 | Roland Riedel | 0:20:23 | 0:20:15 | 0:09:47 |
| 65 | 6 | Men's Junior 17 (16-17) | M227 | Jack Patchell | 0:20:23 | 0:20:16 | 0:09:47 |
| 66 | 14 | Men's Junior 15 (14-15) | M224 | Shing Hang Ngan | 0:20:25 | 0:20:21 | 0:09:08 |
| 67 | 2 | Men's 60 (60-64) | M175 | Kwong Ming Leung | 0:20:27 | 0:20:27 | 0:09:42 |
| 68 | 2 | Ladies' Junior 13 (12-13) | W015 | Scarly Casey | 0:20:27 | 0:20:18 | 0:09:50 |
| 69 | 4 | Men's 35 (35-39) | M049 | HIU WA CHEUNG | 0:20:31 | 0:20:25 | 0:10:11 |
| 70 | 5 | Men's 50 (50-54) | M004 | Charles Allard | 0:20:32 | 0:20:28 | 0:10:12 |

AVOHK 5K Series 2018 - Race 4 (South Bay)**Date: 24- 9 -2018**

| Overall Position | Category Position | Category | Bib | Name | Official Time | Chip Time | Check Point |
|------------------|-------------------|---------------------------|------|------------------------|---------------|-----------|-------------|
| 71 | 10 | Men's 45 (45-49) | M384 | Felix KONG | 0:20:34 | 0:20:30 | 0:10:11 |
| 72 | 3 | Ladies' Junior 13 (12-13) | W113 | Lila Man | 0:20:38 | 0:20:34 | 0:09:53 |
| 73 | 8 | Men's 40 (40-44) | M306 | Iain Williamson | 0:20:43 | 0:20:40 | 0:09:52 |
| 74 | 1 | Men's 55 (55-59) | M127 | Gary Hotchkiss | 0:20:44 | 0:20:38 | 0:10:01 |
| 75 | 11 | Men's 45 (45-49) | M060 | Wilson Choi | 0:20:45 | 0:20:44 | 0:10:10 |
| 76 | 6 | Men's 50 (50-54) | M102 | Adam Francis | 0:20:49 | 0:20:40 | 0:10:08 |
| 77 | 7 | Men's 50 (50-54) | M071 | Tat Chi Chung | 0:21:01 | 0:21:00 | 0:10:14 |
| 78 | 15 | Men's Junior 15 (14-15) | M006 | Jake Atherley | 0:21:04 | 0:21:03 | 0:10:06 |
| 79 | 8 | Men's Junior 13 (12-13) | W229 | Charles Barnes | 0:21:04 | 0:21:03 | 0:10:13 |
| 80 | 9 | Men's Junior 13 (12-13) | M374 | Orell Merazzi | 0:21:05 | 0:21:03 | 0:10:11 |
| 81 | 7 | Men's Junior 17 (16-17) | M180 | SEAN LI | 0:21:06 | 0:20:58 | 0:09:54 |
| 82 | 1 | Ladies' 50 (50-54) | W084 | Angelina Kong | 0:21:08 | 0:20:59 | 0:10:01 |
| 83 | 8 | Men's 50 (50-54) | M155 | Koon Shing Lai | 0:21:08 | 0:21:05 | 0:09:57 |
| 84 | 3 | Ladies' Junior 15 (14-15) | W167 | Chloe Whittington | 0:21:10 | 0:21:04 | 0:10:20 |
| 85 | 9 | Men's 50 (50-54) | M046 | Paul Cherry | 0:21:10 | 0:21:01 | 0:10:35 |
| 86 | 10 | Men's Junior 13 (12-13) | M387 | Jack Parsons | 0:21:12 | 0:21:08 | 0:10:37 |
| 87 | 9 | Men's 40 (40-44) | m395 | Farah Farah | 0:21:14 | 0:21:13 | 0:10:11 |
| 88 | 8 | Men's Open (18-34) | M351 | Kwok To Maurice Choi | 0:21:15 | 0:21:13 | 0:09:55 |
| 89 | 5 | Men's 35 (35-39) | M288 | Fu Ming TSE | 0:21:15 | 0:21:14 | 0:10:08 |
| 90 | 1 | Ladies' 35 (35-39) | W016 | Gemma Chambers | 0:21:17 | 0:21:17 | 0:10:14 |
| 91 | 3 | Ladies' Open (18-34) | W010 | Holly Booth | 0:21:19 | 0:21:14 | 0:10:04 |
| 92 | 2 | Men's 55 (55-59) | M033 | FORD CHAN | 0:21:27 | 0:21:26 | 0:10:18 |
| 93 | 3 | Men's 60 (60-64) | M059 | Kenneth Choi | 0:21:34 | 0:21:33 | 0:10:19 |
| 94 | 4 | Ladies' Junior 13 (12-13) | W009 | Victoire Beylier | 0:21:36 | 0:21:36 | 0:10:00 |
| 95 | 12 | Men's 45 (45-49) | M385 | VOR YIU | 0:21:38 | 0:21:32 | 0:10:45 |
| 96 | 4 | Ladies' Open (18-34) | W235 | Antastasia Stitch | 0:21:39 | 0:21:30 | 0:10:23 |
| 97 | 10 | Men's 40 (40-44) | M081 | Paul Crowe | 0:21:43 | 0:21:38 | 0:10:32 |
| 98 | 11 | Men's 40 (40-44) | M163 | Calven Lee | 0:21:44 | 0:21:41 | 0:10:25 |
| 99 | 13 | Men's 45 (45-49) | M359 | Chris Peratides | 0:21:51 | 0:21:43 | 0:10:31 |
| 100 | 10 | Men's 50 (50-54) | M250 | David Russell | 0:21:56 | 0:21:52 | 0:10:28 |
| 101 | 12 | Men's 40 (40-44) | M022 | Martin Browning | 0:21:58 | 0:21:53 | 0:10:34 |
| 102 | 11 | Men's Junior 13 (12-13) | M185 | Jiro Loasby | 0:21:58 | 0:21:47 | 0:11:06 |
| 103 | 2 | Ladies' 35 (35-39) | W033 | Karen Contet Farzam | 0:22:02 | 0:21:51 | 0:10:53 |
| 104 | 6 | Men's 35 (35-39) | M128 | James Hughes-Martin | 0:22:04 | 0:21:59 | 0:10:46 |
| 105 | 2 | Ladies' 40 (40-44) | W216 | Tara Perrin | 0:22:07 | 0:22:05 | 0:10:33 |
| 106 | 14 | Men's 45 (45-49) | M179 | Hing Lung Li | 0:22:12 | 0:22:01 | 0:10:30 |
| 107 | 3 | Ladies' 45 (45-49) | W056 | Elaine Hall | 0:22:13 | 0:22:03 | 0:11:12 |
| 108 | 3 | Ladies' 35 (35-39) | W006 | Bernadette Baje | 0:22:15 | 0:22:14 | 0:10:30 |
| 109 | 13 | Men's 40 (40-44) | M186 | Wai Lun Lock | 0:22:16 | 0:22:12 | 0:10:47 |
| 110 | 5 | Ladies' Open (18-34) | W039 | Alice Dean | 0:22:18 | 0:22:14 | 0:10:33 |
| 111 | 3 | Men's 55 (55-59) | M335 | John Yow | 0:22:21 | 0:22:19 | 0:10:38 |
| 112 | 8 | Men's Junior 17 (16-17) | M354 | Man Kit Hsu | 0:22:26 | 0:22:21 | 0:10:44 |
| 113 | 3 | Ladies' 40 (40-44) | W103 | Lucina Lo | 0:22:27 | 0:22:25 | 0:10:54 |
| 114 | 4 | Men's 60 (60-64) | M065 | HERMANN CHU | 0:22:33 | 0:22:30 | 0:11:03 |
| 115 | 6 | Ladies' Open (18-34) | W136 | Elizabeth Mai Schroder | 0:22:34 | 0:22:25 | 0:11:02 |
| 116 | 7 | Ladies' Open (18-34) | W193 | Lauren James | 0:22:36 | 0:22:29 | 0:10:41 |
| 117 | 11 | Men's 50 (50-54) | M181 | Geoffrey Lim | 0:22:40 | 0:22:32 | 0:11:05 |
| 118 | 4 | Ladies' Junior 15 (14-15) | W012 | Sela Caldwell | 0:22:41 | 0:22:34 | 0:10:36 |
| 119 | 4 | Ladies' 40 (40-44) | W075 | Josephine Josephine | 0:22:48 | 0:22:46 | 0:10:40 |
| 120 | 5 | Men's 60 (60-64) | M277 | Seung Kun Tai | 0:22:49 | 0:22:45 | 0:10:57 |
| 121 | 4 | Ladies' 35 (35-39) | W043 | YUK Mui Fang | 0:22:54 | 0:22:53 | 0:10:55 |
| 122 | 7 | Men's 35 (35-39) | M218 | Cherub NG | 0:22:56 | 0:22:41 | 0:11:07 |
| 123 | 12 | Men's Junior 13 (12-13) | M307 | Rohan Williamson | 0:22:58 | 0:22:48 | 0:11:47 |
| 124 | 1 | Ladies' 60 (60-64) | W095 | Fung Ming Angela Leung | 0:22:58 | 0:22:56 | 0:11:03 |
| 125 | 12 | Men's 50 (50-54) | M362 | Stanley Chow | 0:23:01 | 0:22:59 | 0:10:55 |
| 126 | 1 | Men's 65 (65-69) | M149 | AU Kwok Keung | 0:23:08 | 0:23:04 | 0:11:04 |
| 127 | 9 | Men's Open (18-34) | M053 | WAI YIP CHIN | 0:23:10 | 0:23:04 | 0:11:25 |
| 128 | 14 | Men's 40 (40-44) | M052 | Kwok Chi Shing | 0:23:11 | 0:23:08 | 0:10:36 |
| 129 | 5 | Ladies' 35 (35-39) | W209 | SZE MAN YEUNG | 0:23:14 | 0:23:11 | 0:11:06 |
| 130 | 10 | Men's Open (18-34) | M217 | Ibrahim Mustafa | 0:23:20 | 0:23:17 | 0:11:14 |
| 131 | 13 | Men's 50 (50-54) | M388 | Henning Mueller | 0:23:25 | 0:23:20 | 0:10:54 |
| 132 | 5 | Ladies' Junior 15 (14-15) | W234 | Anjeli de Blank | 0:23:27 | 0:23:23 | 0:10:51 |
| 133 | 1 | Men's 75 (75-79) | M207 | Ross MILBURN | 0:23:35 | 0:23:33 | 0:11:18 |
| 134 | 11 | Men's Open (18-34) | M119 | Adrian Ho | 0:23:36 | 0:23:23 | 0:11:24 |
| 135 | 4 | Men's 55 (55-59) | M325 | Chi Hung Yan | 0:23:37 | 0:23:32 | 0:11:21 |
| 136 | 2 | Ladies' 50 (50-54) | W021 | May Ling Chan | 0:23:38 | 0:23:33 | 0:11:29 |
| 137 | 6 | Men's 60 (60-64) | M338 | Leung Sum Yu | 0:23:43 | 0:23:28 | 0:11:45 |
| 138 | 6 | Ladies' 35 (35-39) | W223 | Wan Yin Ho | 0:23:46 | 0:23:44 | 0:11:27 |
| 139 | 5 | Ladies' 40 (40-44) | W040 | Sarah Dickinson | 0:23:47 | 0:23:44 | 0:11:17 |
| 140 | 12 | Men's Open (18-34) | M347 | ALISTAIR COCHRAN | 0:23:52 | 0:23:41 | 0:11:11 |

AVOHK 5K Series 2018 - Race 4 (South Bay)**Date: 24- 9 -2018**

| Overall Position | Category Position | Category | Bib | Name | Official Time | Chip Time | Check Point |
|------------------|-------------------|---------------------------|------|----------------------------|---------------|-----------|-------------|
| 141 | 3 | Ladies' 50 (50-54) | W214 | Catherine Leonard | 0:23:53 | 0:23:50 | 0:11:43 |
| 142 | 1 | Ladies' 55 (55-59) | W054 | Belinda Greer | 0:23:55 | 0:23:53 | 0:11:24 |
| 143 | 15 | Men's 45 (45-49) | M301 | Warren Warner | 0:23:56 | 0:23:47 | 0:11:21 |
| 144 | 9 | Men's Junior 17 (16-17) | M300 | Ethan Warner | 0:23:57 | 0:23:47 | 0:11:24 |
| 145 | 4 | Ladies' 50 (50-54) | W096 | Helen Leung | 0:23:59 | 0:23:58 | 0:11:01 |
| 146 | 6 | Ladies' 40 (40-44) | W004 | Aska Asakura | 0:24:16 | 0:24:10 | 0:11:41 |
| 147 | 13 | Men's Junior 13 (12-13) | M408 | Jamie Ireland | 0:24:20 | 0:24:20 | 0:10:56 |
| 148 | 7 | Ladies' 40 (40-44) | W226 | Knight Xanthe | 0:24:21 | 0:24:14 | 0:11:37 |
| 149 | 14 | Men's 50 (50-54) | M200 | Cho MAN WAI | 0:24:22 | 0:24:18 | 0:11:29 |
| 150 | 16 | Men's 45 (45-49) | W231 | Koenig Jancu | 0:24:23 | 0:24:15 | 0:11:51 |
| 151 | 5 | Ladies' Junior 13 (12-13) | W233 | Alana de Blank | 0:24:24 | 0:24:19 | 0:11:33 |
| 152 | 15 | Men's 40 (40-44) | W230 | Nigel Barnes | 0:24:37 | 0:24:28 | 0:11:22 |
| 153 | 7 | Men's 60 (60-64) | M132 | Shing Hing Ip | 0:24:50 | 0:24:36 | 0:12:35 |
| 154 | 8 | Ladies' Open (18-34) | W052 | Laura Gizzi | 0:24:52 | 0:24:47 | 0:11:48 |
| 155 | 5 | Ladies' 50 (50-54) | W203 | Zong Son Zang | 0:24:53 | 0:24:45 | 0:12:00 |
| 156 | 4 | Ladies' 45 (45-49) | W108 | Miyuki Lynn | 0:24:55 | 0:24:45 | 0:12:12 |
| 157 | 6 | Ladies' Junior 15 (14-15) | W225 | Sophie Bater | 0:25:02 | 0:24:55 | 0:11:46 |
| 158 | 2 | Men's 65 (65-69) | M030 | Chak Yan Chan | 0:25:03 | 0:24:58 | 0:11:58 |
| 159 | 17 | Men's 45 (45-49) | M073 | Jack Clode | 0:25:10 | 0:25:01 | 0:12:13 |
| 160 | 6 | Ladies' Junior 13 (12-13) | W195 | Eve Grylewicz | 0:25:10 | 0:25:05 | 0:11:39 |
| 161 | 16 | Men's 40 (40-44) | M172 | Ken Leung | 0:25:15 | 0:25:01 | 0:13:14 |
| 162 | 8 | Ladies' 40 (40-44) | W110 | Sonia Magana | 0:25:16 | 0:25:07 | 0:12:25 |
| 163 | 13 | Men's Open (18-34) | M164 | YIU SING LEE | 0:25:16 | 0:25:04 | 0:12:25 |
| 164 | 7 | Ladies' Junior 13 (12-13) | W107 | Kimmi Lynn | 0:25:17 | 0:25:06 | 0:13:20 |
| 165 | 17 | Men's 40 (40-44) | M398 | Timothy Hogan | 0:25:17 | 0:25:04 | 0:12:42 |
| 166 | 5 | Men's 55 (55-59) | M278 | TAM TAK KUEN | 0:25:25 | 0:25:12 | 0:12:21 |
| 167 | 2 | Ladies' 60 (60-64) | W064 | LAI FAN HO | 0:25:30 | 0:25:24 | 0:12:24 |
| 168 | 5 | Ladies' 45 (45-49) | W141 | Pik Yiu Sin | 0:25:32 | 0:25:28 | 0:12:16 |
| 169 | 2 | Ladies' 55 (55-59) | W161 | Fung Yee Tse | 0:25:33 | 0:25:29 | 0:12:27 |
| 170 | 18 | Men's 45 (45-49) | M263 | Kin Wah Pierre So | 0:25:38 | 0:25:27 | 0:12:27 |
| 171 | 7 | Ladies' 35 (35-39) | W047 | Claire Frost | 0:25:39 | 0:25:32 | 0:11:58 |
| 172 | 8 | Ladies' 35 (35-39) | W074 | Sarah Jolly | 0:25:53 | 0:25:48 | 0:12:30 |
| 173 | 15 | Men's 50 (50-54) | M342 | Matthew Yung | 0:25:55 | 0:25:50 | 0:12:22 |
| 174 | 6 | Ladies' 50 (50-54) | W169 | Carolyn Wingard-Robertsson | 0:26:01 | 0:25:55 | 0:12:09 |
| 175 | 8 | Ladies' Junior 13 (12-13) | W057 | Sophie Hall | 0:26:05 | 0:25:56 | 0:11:49 |
| 176 | 14 | Men's Open (18-34) | M281 | Miguel Tan | 0:26:06 | 0:25:52 | 0:12:23 |
| 177 | 19 | Men's 45 (45-49) | M057 | MAN YAU CHIU | 0:26:09 | 0:25:54 | 0:12:42 |
| 178 | 6 | Ladies' 45 (45-49) | W232 | Koenig Katharina | 0:26:11 | 0:26:04 | 0:12:41 |
| 179 | 7 | Ladies' Junior 15 (14-15) | W104 | Keung Lok Tsz | 0:26:11 | 0:26:03 | 0:12:58 |
| 180 | 16 | Men's 50 (50-54) | M099 | Michael Featherston | 0:26:14 | 0:26:04 | 0:12:56 |
| 181 | 17 | Men's 50 (50-54) | M209 | Stuart Mitchell | 0:26:24 | 0:26:05 | 0:13:25 |
| 182 | 7 | Ladies' 45 (45-49) | W171 | Carmen Wong | 0:26:25 | 0:26:12 | 0:12:57 |
| 183 | 9 | Ladies' 40 (40-44) | W073 | Binh Johansson | 0:26:30 | 0:26:19 | 0:12:50 |
| 184 | 6 | Men's 55 (55-59) | M025 | Charles Caldwell | 0:26:34 | 0:26:18 | 0:12:40 |
| 185 | 7 | Ladies' 50 (50-54) | W220 | Teresa Ng | 0:26:36 | 0:26:31 | 0:12:31 |
| 186 | 18 | Men's 40 (40-44) | M104 | Chris Frost | 0:26:37 | 0:25:35 | |
| 187 | 8 | Men's 60 (60-64) | M290 | Henry Tsui | 0:26:41 | 0:26:35 | 0:13:28 |
| 188 | 3 | Men's 65 (65-69) | M308 | LEE WING HUNG | 0:26:43 | 0:26:37 | 0:12:45 |
| 189 | 2 | Men's 75 (75-79) | M234 | Frank Pilkington | 0:26:47 | 0:26:46 | 0:12:39 |
| 190 | 4 | Men's 65 (65-69) | M401 | Wing Kan Gordon Chung | 0:26:50 | 0:26:37 | 0:13:10 |
| 191 | 8 | Ladies' 50 (50-54) | W176 | Kwan Ying Wong | 0:26:51 | 0:26:45 | 0:12:32 |
| 192 | 8 | Ladies' 45 (45-49) | W022 | Shuk Chu Chan | 0:26:51 | 0:26:39 | 0:12:57 |
| 193 | 9 | Ladies' Open (18-34) | W236 | Hoi Ching Wong | 0:26:58 | 0:26:51 | 0:12:21 |
| 194 | 10 | Ladies' Open (18-34) | W085 | MAN TING KWAN | 0:26:58 | 0:26:54 | 0:12:51 |
| 195 | 9 | Ladies' 50 (50-54) | W172 | Cecilia Wong | 0:27:04 | 0:26:53 | 0:13:28 |
| 196 | 18 | Men's 50 (50-54) | M009 | Samuel Au | 0:27:23 | 0:27:15 | 0:13:44 |
| 197 | 8 | Men's 35 (35-39) | M035 | Ho-Kei Chan | 0:27:31 | 0:27:25 | 0:12:58 |
| 198 | 9 | Ladies' 45 (45-49) | W099 | Queency Leung | 0:27:31 | 0:27:30 | 0:12:44 |
| 199 | 16 | Men's Junior 15 (14-15) | M026 | Jasper Caldwell | 0:27:37 | 0:27:29 | 0:12:43 |
| 200 | 15 | Men's Open (18-34) | M253 | Edward Sadler | 0:27:42 | 0:27:29 | 0:13:57 |
| 201 | 8 | Ladies' Junior 15 (14-15) | W143 | Natalia Sinibaldi | 0:27:44 | 0:27:36 | 0:13:45 |
| 202 | 1 | Ladies' 70 (70 -74) | W048 | Lau Fung Ling Rebecca | 0:27:46 | 0:27:40 | 0:13:53 |
| 203 | 10 | Ladies' 45 (45-49) | W044 | Andrea Fletcher | 0:27:49 | 0:27:37 | 0:13:51 |
| 204 | 3 | Ladies' 55 (55-59) | W032 | SABRINA CHOW | 0:27:55 | 0:27:46 | 0:13:05 |
| 205 | 20 | Men's 45 (45-49) | M039 | Shek lai Chan | 0:28:04 | 0:27:47 | 0:13:26 |
| 206 | 5 | Men's 65 (65-69) | M392 | James Stewart | 0:28:14 | 0:28:13 | 0:13:25 |
| 207 | 11 | Ladies' Open (18-34) | W126 | Nur Nur | 0:28:15 | 0:28:11 | 0:13:42 |
| 208 | 19 | Men's 40 (40-44) | M010 | Wan Shing Au Yeung | 0:28:20 | 0:28:14 | 0:13:40 |
| 209 | 4 | Ladies' 55 (55-59) | W127 | Suzy Patchell | 0:28:34 | 0:28:27 | 0:13:36 |
| 210 | 11 | Ladies' 45 (45-49) | W070 | Ka-ye IP | 0:28:35 | 0:28:23 | 0:13:38 |

AVOHK 5K Series 2018 - Race 4 (South Bay)**Date: 24- 9 -2018**

| Overall Position | Category Position | Category | Bib | Name | Official Time | Chip Time | Check Point |
|------------------|-------------------|---------------------------|------|--------------------------|---------------|-----------|-------------|
| 211 | 1 | Ladies' 65 (65-69) | W101 | Evelyn Lim | 0:28:56 | 0:28:54 | 0:13:43 |
| 212 | 21 | Men's 45 (45-49) | M120 | Albert Ho | 0:28:59 | 0:28:47 | 0:14:11 |
| 213 | 3 | Ladies' 60 (60-64) | W173 | Grace Wong | 0:28:59 | 0:28:50 | 0:14:15 |
| 214 | 10 | Ladies' 40 (40-44) | W017 | Chamila Chamila | 0:29:12 | 0:29:03 | 0:14:30 |
| 215 | 9 | Men's 35 (35-39) | M190 | Larry Lui | 0:29:12 | 0:28:54 | 0:14:57 |
| 216 | 12 | Ladies' Open (18-34) | W237 | Shay Klevay | 0:29:32 | 0:29:22 | 0:14:00 |
| 217 | 12 | Ladies' 45 (45-49) | W170 | Anne Wingfield | 0:29:38 | 0:29:24 | 0:14:40 |
| 218 | 10 | Men's 35 (35-39) | M096 | Fabrice Fabrice | 0:29:39 | 0:29:39 | |
| 219 | 19 | Men's 50 (50-54) | M299 | DAVID HC WAN | 0:29:40 | 0:29:27 | 0:13:58 |
| 220 | 13 | Ladies' 45 (45-49) | W106 | Louisa M L Luk | 0:29:55 | 0:29:42 | 0:14:07 |
| 221 | 9 | Ladies' 35 (35-39) | W147 | Linda Soo | 0:30:11 | 0:29:59 | 0:14:40 |
| 222 | 9 | Men's 60 (60-64) | M050 | Kam Kwong Anthony Cheung | 0:30:27 | 0:30:13 | 0:13:54 |
| 223 | 9 | Ladies' Junior 13 (12-13) | W130 | Ella Phillips | 0:30:30 | 0:30:18 | 0:13:54 |
| 224 | 10 | Men's 60 (60-64) | M147 | WooSo Kwn | 0:30:34 | 0:30:28 | 0:14:23 |
| 225 | 10 | Ladies' 50 (50-54) | W076 | Lau ka mun Jennifer | 0:30:41 | 0:30:37 | 0:14:12 |
| 226 | 5 | Ladies' 55 (55-59) | W198 | Fung Ming Monica Mo | 0:30:54 | 0:30:51 | 0:14:36 |
| 227 | 1 | Men's 70 (70-74) | M141 | Peter Keeping | 0:31:18 | 0:31:09 | 0:15:02 |
| 228 | 6 | Ladies' 55 (55-59) | W152 | Emily Tan | 0:31:27 | 0:31:14 | 0:15:28 |
| 229 | 14 | Men's Junior 13 (12-13) | M259 | Stu Sinibaldi | 0:31:40 | 0:31:31 | 0:15:39 |
| 230 | 14 | Ladies' 45 (45-49) | W049 | Petrona Galicia | 0:31:47 | 0:31:37 | 0:15:37 |
| 231 | 1 | Men's 80+ (80 and above) | M386 | John Fowler | 0:31:56 | 0:31:46 | 0:15:35 |
| 232 | 7 | Men's 55 (55-59) | M008 | Man Kiu Derek Au | 0:32:22 | 0:32:05 | 0:15:41 |
| 233 | 15 | Ladies' 45 (45-49) | W168 | Josephine Williamson | 0:33:12 | 0:32:58 | 0:15:41 |
| 234 | 8 | Men's 55 (55-59) | M144 | KUN WA KONG | 0:33:54 | 0:33:39 | 0:15:54 |
| 235 | 11 | Ladies' 40 (40-44) | W135 | Samanthi Samanthi | 0:34:14 | 0:34:07 | 0:15:55 |
| 236 | 9 | Ladies' Junior 15 (14-15) | W190 | Wing Hei Yuen | 0:34:20 | 0:34:08 | 0:16:55 |
| 237 | 7 | Ladies' 55 (55-59) | W062 | Helen Ho | 0:34:47 | 0:34:32 | 0:16:25 |
| 238 | 11 | Men's 60 (60-64) | M157 | Kam tong Lam | 0:34:58 | 0:34:46 | 0:17:16 |
| 239 | 2 | Men's 70 (70-74) | M173 | Kwan Yee Leung | 0:35:30 | 0:35:14 | 0:16:27 |
| 240 | 10 | Ladies' 35 (35-39) | W114 | Kirti Manian | 0:36:06 | 0:35:53 | 0:16:42 |
| 241 | 20 | Men's 50 (50-54) | M339 | Ka Fai Yuen | 0:36:16 | 0:36:04 | 0:16:49 |
| 242 | 12 | Ladies' 40 (40-44) | W188 | Michelle Yuen | 0:36:16 | 0:36:05 | 0:16:51 |
| 243 | 21 | Men's 50 (50-54) | M235 | Daniel PONG | 0:37:02 | 0:36:51 | 0:17:36 |
| 244 | 17 | Men's Junior 15 (14-15) | M229 | Max Patchell | 0:38:22 | 0:38:22 | |
| 245 | 12 | Men's 60 (60-64) | M228 | Jerry Patchell | 0:38:22 | 0:38:22 | |
| 246 | 2 | Men's 80+ (80 and above) | M265 | Yip sing So | 0:39:16 | 0:39:14 | 0:18:44 |