



## **Merrell Healthy Run (5K / 13K / 22K) – Tai Lam Country Park** **Merrell 健康跑步比賽 (五公里 / 十三公里 / 廿二公里)**

**大欖郊野公園**

**21 Mar 2010**

### **22K**

Top 3 Overall Men

Name/ Time

1. Seth Fischer – 1:53:31
2. Anthony Davies – 2:04:46
3. Chan See-kau – 2:13:16

Top 3 Overall Women

Name/ Time

1. Nora Senn – 2:29:35
2. Zein Williams – 2:32:12
3. Lise Harrow – 2:33:44

Men 16-29

Name/ Time

1. Sy Tak-chun – 2:20:49
2. William Chiang – 2:21:58
3. Richard Brooks – 2:25:11

Men 30-39

Name/ Time

1. Seth Fischer – 1:53:31
2. Cheng Sai-kit Alger – 2:15:57
3. Pablo Torres – 2:20:28

Men 40-49

Name/ Time

1. Anthony Davies – 2:04:46
2. Stanley Li – 2:14:47
3. Wong Shu-keung – 2:21:52



#### Men 50-59

Name/ Time

1. Chan See-kau – 2:13:16
2. Ho King-pong – 2:31:11
3. Claus Rolff – 2:33:08

#### Men 60+

Name/ Time

1. Law Kwong-chow – 2:29:05
2. Leung Kam-yuen – 2:46:15
3. Wong Pak-kun – 2:55:26

#### Women 16-29

Name/ Time

1. Zein Williams – 2:32:12
2. Emily Woodland – 2:48:09
3. Tang Cheuk-hang – 3:20:12

#### Women 30-39

Name/ Time

1. Nora Senn – 2:29:35
2. Lise Harrow – 2:33:44
3. Nina Blacklock – 2:35:31

#### Women 40-49

Name/ Time

1. Gabriella Verdi – 2:50:57
2. Wong Yuen-mei – 3:13:12
3. Janine Canham – 3:17:24

#### Women 50-59

Name/ Time

1. Yuko Izuta – 2:34:59
2. Leung Oi-yim – 3:01:25

#### Team of 3

1. Active Atoms – 2:39:51
2. Triple H – 2:59:31
3. DARNAI – 3:15:20



## **13K**

### Top 3 Overall Men

Name/ Time

1. Adrian King – 00:57:46
2. Jason Edwards – 1:05:33
3. Vicent Ang – 1:14:09

### Top 3 Overall Women

Name/ Time

1. Lynne Poelmann – 1:23:46
2. Wong Yin-yee – 1:26:59
3. Claudia Capelvenere – 1:34:02

### Men 16-29

Name/ Time

1. Yeung Shu-hung – 1:27:04
2. Kan Chun-hung – 1:30:30
3. Chiang Cheuk-yu – 1:45:03

### Men 30-34

Name/ Time

1. Alex Lee – 1:19:55
2. Ryan Gribbon – 1:23:35
3. Fred Ingham – 1:27:59

### Men 35-39

Name/ Time

1. Adrian King – 00:57:46
2. Jason Edwards – 1:05:33
3. Jason Orange – 1:18:27

### Men 40-44

Name/ Time

1. David Wong – 1:26:41
2. Brian Cassidy – 1:28:29
3. Elson Leung – 1:33:45



Men 45-49

Name/ Time

1. Vicent Ang – 1:14:09
2. Jebsen Chen – 1:25:30
3. Yung Tak-cheung – 1:29:49

Men 50-54

Name/ Time

1. Cheng Ming-yee – 1:20:35
2. Wong Kin-fai – 1:30:05
3. Leung To-fan – 1:36:13

Men 55-59

Name/ Time

1. Shek Kong – 1:17:31
2. Chan Hong-won – 1:40:58

Men 60+

Name/ Time

1. So Wai-kwong – 1:34:06

Men 70+

Name/ Time

1. John Lane – 1:48:39
2. Chow Wo-kwan – 1:50:13

Women 16-29

Name/ Time

1. Natalie Rob – 1:38:04
2. Vanessa Pace – 1:44:41
3. Michaela LeBanc – 1:46:22

Women 30-39

Name/ Time

1. Surabhi Deoras – 1:39:02
2. Josephine Tong – 1:39:40
3. Pauline Hall – 1:42:31



#### Women 40-49

Name/ Time

1. Lynne Poelmann – 1:23:46
2. Claudia Capelvenere – 1:34:02
3. Jodi Pope – 1:35:13

#### Women 50-59

Name/ Time

1. Wong Yin-ye – 1:26:59
2. Emily Yau – 1:53:59
3. Rosemary Safranek – 1:58:43

#### Team of 3

1. Active Atoms Mix – 1:29:48
2. Fun Raising – 2:02:20
3. Purple Dragons – 2:21:07

## **5K**

#### Top 3 Overall Men

Name/ Time

1. Tang Tak-nam – 00:38:18
2. Jonathan Umali – 00:40:00
3. Chong Tsz-lui – 00:40:31

#### Top 3 Overall Women

Name/ Time

1. Dorothee Chareyron – 00:39:29
2. Lam Pui-yuet – 00:40:30
3. Lam Po-chu – 00:40:45