

Provisional Results - 13km - Merrell Healthy Run & Hike 21 Mar 2010

Overall Position	Race #	Team Name	First Name	Last Name	Category	Yuen Tsuen Trail Water	Grass Pinc Water CP	Split	Finish	Cat Position	Category	Remarks
1	112	-	Adrian	King	13km - Mens 35-39	--	00:45:18	0:12:28	00:57:46	1	13km - Mens 35-39	
2	108	Jason Edwards	Jason	Edwards	13km - Mens 35-39	--	00:56:01	0:09:32	01:05:33	2	13km - Mens 35-39	
3	130	Vicent Ang	Vicent	Ang	13km - Mens 45-49	--	01:01:23	0:12:46	01:14:09	1	13km - Mens 45-49	
4	145	-	Shek	Kong	13km - Mens 55-59	--	01:02:23	0:15:08	01:17:31	1	13km - Mens 55-59	
5	116	Jason Orange	Jason	Orange	13km - Mens 35-39	--	01:02:12	0:16:15	01:18:27	3	13km - Mens 35-39	
6	109	GEMAR	Pierre	Gemar	13km - Mens 35-39	--	01:03:01	0:16:22	01:19:23	4	13km - Mens 35-39	
7	98	Alex Lee	Alex	Lee	13km - Mens 30-34	--	01:04:44	0:15:11	01:19:55	1	13km - Mens 30-34	
8	111	Eric Hammes	Eric	Hammes	13km - Mens 35-39	--	01:03:18	0:16:58	01:20:16	5	13km - Mens 35-39	
9	140	Cheng Ming Yee	Ming Yee	Cheng	13km - Mens 50-54	--	01:03:57	0:16:38	01:20:35	1	13km - Mens 50-54	
10	95	Ryan Gribbon	Ryan	Gribbon	13km - Mens 30-34	--	01:05:51	0:17:44	01:23:35	2	13km - Mens 30-34	
11	176	Lynne Poelmann	Lynne	Poelmann	13km - Womens 40-49	--	01:06:10	0:17:36	01:23:46	1	13km - Womens 40-49	
12	131	-	Jebsen	Chen	13km - Mens 45-49	--	01:07:45	0:17:45	01:25:30	2	13km - Mens 45-49	
13	128	David Wong	David	Wong	13km - Mens 40-44	--	01:07:31	0:19:10	01:26:41	1	13km - Mens 40-44	
14	184	Wong Yin Yee	Yin Yee	Wong	13km - Womens 50-59	--	01:09:13	0:17:46	01:26:59	1	13km - Womens 50-59	
15	87	-	Shu Hung	Yeung	13km - Mens 16-29	--	01:10:01	0:17:03	01:27:04	1	13km - Mens 16-29	
16	97	Fred Ingham	Fred	Ingham	13km - Mens 30-34	--	01:11:36	0:16:23	01:27:59	3	13km - Mens 30-34	
17	120	-	Brian	Cassidy	13km - Mens 40-44	--	01:07:24	0:21:05	01:28:29	2	13km - Mens 40-44	
18	50	Active Atoms Mix	Lok Man, Ka Fai, Shuk Kuen	Cheung, Fung, Leung	13km Team of 3	--	01:11:26	0:18:22	01:29:48	1	13km Team of 3	
19	139	Yung Tak Cheung	Tak Cheung	Yung	13km - Mens 45-49	--	01:09:11	0:20:38	01:29:49	3	13km - Mens 45-49	
20	143	-	Kin Fai	Wong	13km - Mens 50-54	--	01:11:44	0:18:21	01:30:05	2	13km - Mens 50-54	
21	115	-	Nicholas	Mawdsley	13km - Mens 35-39	--	01:13:54	0:16:24	01:30:18	6	13km - Mens 35-39	
22	90	Chow Sai Kit	Sai Kit	Chow	13km - Mens 30-34	--	01:11:28	0:19:01	01:30:29	4	13km - Mens 30-34	
23	83	-	Chun Hung	Kan	13km - Mens 16-29	--	01:15:10	0:15:20	01:30:30	2	13km - Mens 16-29	
24	124	Elson Leung	Elson	Leung	13km - Mens 40-44	--	01:12:30	0:21:15	01:33:45	3	13km - Mens 40-44	
25	114	-	Chun Yin	Liu	13km - Mens 35-39	--	01:15:35	0:18:24	01:33:59	7	13km - Mens 35-39	
26	104	-	Chung Ming	Yau	13km - Mens 30-34	--	01:15:22	0:18:38	01:34:00	5	13km - Mens 30-34	
27	105	-	Chun Hung	Yeung	13km - Mens 30-34	--	01:15:29	0:18:31	01:34:00	6	13km - Mens 30-34	
28	171	Claudia Capelvenere	Claudia	Capelvenere	13km - Womens 40-49	--	01:13:57	0:20:05	01:34:02	2	13km - Womens 40-49	
29	146	-	Wai Kwong	So	13km - Mens 60+	--	01:14:25	0:19:41	01:34:06	1	13km - Mens 60+	
30	92	Lee Davies	Lee	Davies	13km - Mens 30-34	--	01:14:21	0:20:26	01:34:47	7	13km - Mens 30-34	
31	177	Jodi Pope	Jodi	Pope	13km - Womens 40-49	--	01:14:30	0:20:43	01:35:13	3	13km - Womens 40-49	
32	142	-	To Fan	Leung	13km - Mens 50-54	--	01:16:59	0:19:14	01:36:13	3	13km - Mens 50-54	
33	101	Mandar	Mandar	Mhatre	13km - Mens 30-34	--	01:15:13	0:21:08	01:36:21	8	13km - Mens 30-34	
34	132	-	Fo Yau	Chung	13km - Mens 45-49	--	01:15:55	0:21:02	01:36:57	4	13km - Mens 45-49	
35	93	David Garrick	David	Garrick	13km - Mens 30-34	--	01:16:13	0:20:45	01:36:58	9	13km - Mens 30-34	
36	156	Natalie Rob	Natalie	Rob	13km - Womens 16-29	--	01:17:44	0:20:20	01:38:04	1	13km - Womens 16-29	
37	102	Tim Rayner	Tim	Rayner	13km - Mens 30-34	--	01:13:22	0:25:11	01:38:33	10	13km - Mens 30-34	
38	122	-	Hong Chi	Chan	13km - Mens 40-44	--	01:16:51	0:21:45	01:38:36	4	13km - Mens 40-44	
39	121	Albert Chan	Albert	Chan	13km - Mens 40-44	--	01:17:26	0:21:11	01:38:37	5	13km - Mens 40-44	
40	91	-	Wai Ho	Chow	13km - Mens 30-34	--	01:16:11	0:22:50	01:39:01	11	13km - Mens 30-34	
41	158	Surabhi	Surabhi	Deoras	13km - Womens 30-39	--	01:17:46	0:21:16	01:39:02	1	13km - Womens 30-39	
42	137	-	Kwok Fai	Tsang	13km - Mens 45-49	--	01:22:30	0:16:49	01:39:19	5	13km - Mens 45-49	
43	166	Josephine Tong	Josephine	Tong	13km - Womens 30-39	--	01:17:51	0:21:49	01:39:40	2	13km - Womens 30-39	
44	99	-	Chi Yin	Lee	13km - Mens 30-34	--	01:16:50	0:22:54	01:39:44	12	13km - Mens 30-34	
45	119	Stuart Wong	Stuart	Wong	13km - Mens 35-39	--	01:15:40	0:24:06	01:39:46	8	13km - Mens 35-39	
46	136	Robert Stegman	Robert	Stegman	13km - Mens 45-49	--	01:12:49	0:26:58	01:39:47	6	13km - Mens 45-49	
47	135	-	Wai Kwong	Shum	13km - Mens 45-49	--	01:17:35	0:23:21	01:40:56	7	13km - Mens 45-49	
48	144	Chan Hong Won	Hong Won	Chan	13km - Mens 55-59	--	01:17:40	0:23:18	01:40:58	2	13km - Mens 55-59	
49	125	-	Christopher	Morley	13km - Mens 40-44	--	01:17:33	0:23:51	01:41:24	6	13km - Mens 40-44	
50	110	David Hall	David	Hall	13km - Mens 35-39	--	01:20:22	0:22:00	01:42:22	9	13km - Mens 35-39	
51	160	Pauline Hall	Pauline	Hall	13km - Womens 30-39	--	01:21:58	0:20:33	01:42:31	3	13km - Womens 30-39	
52	134	JP Lamarcq	JP	Lamarcq	13km - Mens 45-49	--	01:22:28	0:21:23	01:43:51	8	13km - Mens 45-49	
53	96	Tim Hills	Tim	Hills	13km - Mens 30-34	--	01:17:21	0:27:18	01:44:39	13	13km - Mens 30-34	
54	155	Vanessa Pace	Vanessa	Pace	13km - Womens 16-29	--	01:20:29	0:24:12	01:44:41	2	13km - Womens 16-29	
55	82	Cheuky	Cheuk Yu	Chiang	13km - Mens 16-29	--	01:22:03	0:23:00	01:45:03	3	13km - Mens 16-29	
56	141	Chiu Sin Wai	Sin Wai	Chiu	13km - Mens 50-54	--	01:22:41	0:22:55	01:45:36	4	13km - Mens 50-54	
57	154	Michaela LeBlanc	Michaela	LeBlanc	13km - Womens 16-29	--	01:21:26	0:24:56	01:46:22	3	13km - Womens 16-29	
58	85	Christopher Weber	Christopher	Weber	13km - Mens 16-29	--	01:21:21	0:25:02	01:46:23	4	13km - Mens 16-29	
59	118	Wah Ka Fai	Ka Fai	Wah	13km - Mens 35-39	--	01:22:17	0:24:45	01:47:02	10	13km - Mens 35-39	
60	138	-	Kwai Wah	Yu	13km - Mens 45-49	--	01:22:33	0:24:58	01:47:31	9	13km - Mens 45-49	
61	152	-	Melissa	Ilg	13km - Womens 16-29	--	01:22:46	0:25:05	01:47:51	4	13km - Womens 16-29	
62	165	Darts	Pui Yuk Helen	Suen	13km - Womens 30-39	--	01:22:47	0:25:15	01:48:02	4	13km - Womens 30-39	
63	148	-	John	Lane	13km - Mens 70+	--	01:23:29	0:25:10	01:48:39	1	13km - Mens 70+	
64	84	Bryan Lee Kwun Wai	Kwun Wai Bryan	Lee	13km - Mens 16-29	--	01:18:00	0:30:40	01:48:40	5	13km - Mens 16-29	
65	179	-	Julie	VanNoord	13km - Womens 40-49	--	01:26:40	0:23:03	01:49:43	4	13km - Womens 40-49	
66	147	-	Wo Kwan	Chow	13km - Mens 70+	--	01:25:25	0:24:48	01:50:13	2	13km - Mens 70+	
67	173	-	Lilian	Choi	13km - Womens 40-49	--	01:25:56	0:25:34	01:51:30	5	13km - Womens 40-49	
68	133	-	Chun Kei	Lam	13km - Mens 45-49	--	01:26:34	0:25:26	01:52:00	10	13km - Mens 45-49	
69	94	Wilfried	Wilfried	Gehin	13km - Mens 30-34	--	01:26:33	0:26:23	01:52:56	14	13km - Mens 30-34	
70	382	-	Monaliza	Ignacio	13km - Womens 40-49	--	01:26:46	0:26:36	01:53:22	6	13km - Womens 40-49	
71	129	Yau Lai Shun	Lai Shun Jackson	Yau	13km - Mens 40-44	--	01:25:23	0:28:09	01:53:32	7	13km - Mens 40-44	
72	185	-	Emily	Yau	13km - Womens 50-59	--	01:28:29	0:25:21	01:53:50	2	13km - Womens 50-59	
73	123	Collin Chung	Collin	Chung	13km - Mens 40-44	--	01:28:07	0:25:53	01:54:00	8	13km - Mens 40-44	
74	159	Jo-Anne Du Plessis	Jo-Anne	Du Plessis	13km - Womens 30-39	--	01:29:27	0:24:48	01:54:15	5	13km - Womens 30-39	
75	167	Serena Vass	Serena	Vass	13km - Womens 30-39	--	01:26:35	0:27:55	01:54:30	6	13km - Womens 30-39	
76	8	-	Kei Yim	Lam	13km - Mens 50-54	--	01:29:10	0:25:30	01:54:40	5	13km - Mens 50-54	
77	174	Diana Footitt	Diana	Footitt	13km - Womens 40-49	--	01:29:52	0:24:59	01:54:51	7	13km - Womens 40-49	
78	170	Rowena Berroya	Rowena	Berroya	13km - Womens 40-49	--	01:29:30	0:25:37	01:55:07	8	13km - Womens 40-49	
79	149	Steph Cheung	Stephanie	Cheung	13km - Womens 16-29	--	01:28:11	0:28:51	01:57:02	5	13km - Womens 16-29	
80	183	RoseMary Safranek	RoseMary	Safranek	13km - Womens 50-59	--	01:31:53	0:26:50	01:58:43	3	13km - Womens 50-59	
81	103	-	Kwok Hoi	Wong	13km - Mens 30-34	--	01:32:15	0:28:12	02:00:27	15	13km - Mens 30-34	
82	89	David Brown	David	Brown	13km - Mens 30-34	--	01:32:08	0:29:31	02:01:39	16	13km - Mens 30-34	
83	53	Fun Raising	Hoi Wai Sam, Chung Ki Jacky, Mei Po	Ha, Mok, Wong	13km Team of 3	--	01:32:02	0:30:18	02:02:20	2	13km Team of 3	
84	107	Ricky Cheung	Ricky	Cheung	13km - Mens 35-39	--	01:32:19	0:30:03	02:02:22	11	13km - Mens 35-39	
85	151	Beatrice Goh	Beatrice	Goh	13km - Womens 16-29	--	01:32:20	0:30:40	02:03:00	6	13km - Womens 16-29	
86	178	Anne Damrell Suarez	Anne	Suarez	13km - Womens 40-49	--	01:32:30	0:30:34	02:03:04	9	13km - Womens 40-49	
87	181	-	Siu Lan	Wong	13km - Womens 40-49	--	01:32:46	0:31:26	02:04:12	10	13km - Womens 40-49	
88	172	-	Yun Wah	Chan	13km - Womens 40-49	--	01:32:25	0:32:28	02:04:53	11	13km - Womens 40-49	
89	161	Joyce Ho	Joyce	Ho	13km - Womens 30-39	--	01:37:20	0:29:53	02:07:13	7	13km - Womens 30-39	
90	381	-	Michael	Cooke	13km - Mens 60+	--	01:41:22	0:28:11	02:09:33	2	13km - Mens 60+	
91	180	-	Mei Yi	Wong	13km - Womens 40-49	--	01:39:20	0:30:30	02:09:50	12	13km - Womens 40-49	
92	258	alan cockburn	Alan	Cockburn	13km - Mens 40-49	--	01:37:29	0:34:04	02:11:33	1	13km - Mens 40-49	
93	365	-	Lionel	Marrie	13km - Mens 45-49	--	01:45:30	0:28:49	02:14:19	11	13km - Mens 45-49	
94	88	-	Man Leuk	Yu	13km - Mens 16-29	--	01:44:26	0:32:26	02:16:52	6	13km - Mens 16-29	
95	175	Purple Dragons	Kimberly Yim	Ho	13km - Womens 40-49	--	01:49:42	0:31:24	02:21:06	13	13km - Womens 40-49	
96	56	Purple Dragons	Lauren Calyssa, Nicholas John, Peter Hing Lim	Ho, Ho, Ho	13km Team of 3	--	01:49:31	0:31:36	02:21:07	3	13km Team of 3	
97	182	-	Yuk Yee Alice	Chow	13km - Womens 50-59	--	01:49:50	0:33:12	02:23:02			

100	81	Lung Wai Chan	Lung Wai	Chan	13km - Mens 16-29	DN:S:	DN:S:	#VALUE!	DN:S:	7	13km - Mens 16-29	
101	86	Run Faster	Wai Ming	Yau	13km - Mens 16-29	DN:S:	DN:S:	#VALUE!	DN:S:	8	13km - Mens 16-29	
102	100	Daniel Martin	Daniel	Martin	13km - Mens 30-34	DN:S:	DN:S:	#VALUE!	DN:S:	17	13km - Mens 30-34	
103	106	-	Piers Mcauley	Buck	13km - Mens 35-39	DN:S:	DN:S:	#VALUE!	DN:S:	13	13km - Mens 35-39	
104	117	Arvind Vermani	Arvind	Vermani	13km - Mens 35-39	DN:S:	DN:S:	#VALUE!	DN:S:	14	13km - Mens 35-39	
105	126	David Pegg	David	Pegg	13km - Mens 40-44	DN:S:	DN:S:	#VALUE!	DN:S:	9	13km - Mens 40-44	
106	127	Derek Tai	Ka Yum Derek	Tai	13km - Mens 40-44	DN:S:	DN:S:	#VALUE!	DN:S:	10	13km - Mens 40-44	
107	150	Sally Ede-Golightly	Sally	Ede-Golightly	13km - Womens 16-29	DN:S:	DN:S:	#VALUE!	DN:S:	7	13km - Womens 16-29	
108	153	Ariel Kwok	Ariel	Kwok	13km - Womens 16-29	DN:S:	DN:S:	#VALUE!	DN:S:	8	13km - Womens 16-29	
109	162	Rachel Jackson	Rachel	Jackson	13km - Womens 30-39	DN:S:	DN:S:	#VALUE!	DN:S:	9	13km - Womens 30-39	
110	163	Jackie Ng	Jackie	Ng	13km - Womens 30-39	DN:S:	DN:S:	#VALUE!	DN:S:	10	13km - Womens 30-39	
111	164	Hanifa Ramjahn	Hanifa	Ramjahn	13km - Womens 30-39	DN:S:	DN:S:	#VALUE!	DN:S:	11	13km - Womens 30-39	
112	168	-	Lan Chun Jennifer	Wu	13km - Womens 30-39	DN:S:	DN:S:	#VALUE!	DN:S:	12	13km - Womens 30-39	
113	169	-	Ielivie		13km - Womens 30-39	DN:S:	DN:S:	#VALUE!	DN:S:	13	13km - Womens 30-39	