



Bonaqua MHW Action Sprint Mui Wo
Apr 7, 2013

Overall Top 5 Men

| <u>Rank</u> | <u>Race #</u> | <u>Name</u> | <u>Category</u> | <u>Team/Sponsor/Charity Name</u> | <u>Time</u> |
|-------------|---------------|----------------|-----------------|----------------------------------|-------------|
| 1st | 46 | Romain Riche | Men 20-29 | Hong Kong Trail Runners | 1:08:46 |
| 2nd | 187 | Darren Benson | Men 35-39 | | 1:12:07 |
| 3rd | 177 | Cosmo Richards | Men 35-39 | Chiru/Raidlight | 1:13:31 |
| 4th | 24 | Sam Fletcher | Men 20-29 | | 1:14:28 |
| 5th | 70 | Michal Bucek | Men 30-34 | | 1:14:43 |

Overall Top 5 Women

| <u>Rank</u> | <u>Race #</u> | <u>Name</u> | <u>Category</u> | <u>Team/Sponsor/Charity Name</u> | <u>Time</u> |
|-------------|---------------|--------------------|-----------------|----------------------------------|-------------|
| 1st | 322 | Emma Bruce | Women 30-39 | SportsWorld Ambassador | 1:37:36 |
| 2nd | 317 | Coralie Thomson | Women 20-29 | Coralie Thomson | 1:39:54 |
| 3rd | 315 | Kate McAlister | Women 20-29 | | 1:40:07 |
| 4th | 379 | Lui Lai Han Dennex | Women 40-49 | | 1:43:49 |
| 5th | 383 | Marichu Opsima | Women 40-49 | | 1:48:20 |



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Top 3 Men 14-19

| <u>Rank</u> | <u>Race #</u> | <u>Name</u> | <u>Category</u> | <u>Team/Sponsor/Charity Name</u> | <u>Time</u> |
|-------------|---------------|---------------------|-----------------|----------------------------------|-------------|
| 1st | 4 | Oliver Engelhart | Men 14-19 | YEA's | 1:27:02 |
| 2nd | 7 | Emile Touzard | Men 14-19 | | 1:33:46 |
| 3rd | 5 | Sebastian Engelhart | Men 14-19 | YEA's | 1:34:22 |

Top 3 Men 20-29

| <u>Rank</u> | <u>Race #</u> | <u>Name</u> | <u>Category</u> | <u>Team/Sponsor/Charity Name</u> | <u>Time</u> |
|-------------|---------------|----------------|-----------------|----------------------------------|-------------|
| 1st | 46 | Romain Riche | Men 20-29 | Hong Kong Trail Runners | 1:08:46 |
| 2nd | 24 | Sam Fletcher | Men 20-29 | | 1:14:28 |
| 3rd | 45 | Petri Rantamaa | Men 20-29 | Sarge | 1:21:40 |

Top 3 Men 30-34

| <u>Rank</u> | <u>Race #</u> | <u>Name</u> | <u>Category</u> | <u>Team/Sponsor/Charity Name</u> | <u>Time</u> |
|-------------|---------------|-----------------|-----------------|----------------------------------|-------------|
| 1st | 70 | Michal Bucek | Men 30-34 | | 1:14:43 |
| 2nd | 123 | Nigel Thomson | Men 30-34 | Nigel Thomson | 1:15:54 |
| 3rd | 85 | Jens Erik Floor | Men 30-34 | Spartan Monkey Boy | 1:19:02 |



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Top 3 Men 35-39

| <u>Rank</u> | <u>Race #</u> | <u>Name</u> | <u>Category</u> | <u>Team/Sponsor/Charity Name</u> | <u>Time</u> |
|-------------|---------------|-------------------|-----------------|----------------------------------|-------------|
| 1st | 187 | Darren Benson | Men 35-39 | | 1:12:07 |
| 2nd | 177 | Cosmo Richards | Men 35-39 | Chiru/Raidlight | 1:13:31 |
| 3rd | 188 | Adam Woolliscroft | Men 35-39 | | 1:19:15 |

Top 3 Men 40-44

| <u>Rank</u> | <u>Race #</u> | <u>Name</u> | <u>Category</u> | <u>Team/Sponsor/Charity Name</u> | <u>Time</u> |
|-------------|---------------|-----------------|-----------------|----------------------------------|-------------|
| 1st | 220 | Ezra Emerson | Men 40-44 | | 1:22:19 |
| 2nd | 206 | Craig Dally | Men 40-44 | | 1:28:21 |
| 3rd | 221 | Matt McLaughlin | Men 40-44 | Gatorade Sportsworld | 1:30:32 |

Top 3 Men 45-49

| <u>Rank</u> | <u>Race #</u> | <u>Name</u> | <u>Category</u> | <u>Team/Sponsor/Charity Name</u> | <u>Time</u> |
|-------------|---------------|----------------|-----------------|----------------------------------|-------------|
| 1st | 267 | Mark Western | Men 45-49 | | 1:14:54 |
| 2nd | 253 | Kwok Ching Po | Men 45-49 | | 1:30:48 |
| 3rd | 250 | Marc Friedrich | Men 45-49 | | 1:34:58 |



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Top 3 Men 50-59

| <u>Rank</u> | <u>Race #</u> | <u>Name</u> | <u>Category</u> | <u>Team/Sponsor/Charity Name</u> | <u>Time</u> |
|-------------|---------------|------------------|-----------------|----------------------------------|-------------|
| 1st | 289 | Anthony Somerset | Men 50-59 | Somerset | 1:23:03 |
| 2nd | 274 | Choi Fu Loi | Men 50-59 | Choi Fu Loi | 1:23:13 |
| 3rd | 281 | Leung Shu Wah | Men 50-59 | Bonaqua A | 1:26:17 |

Top 3 Men 60+

| <u>Rank</u> | <u>Race #</u> | <u>Name</u> | <u>Category</u> | <u>Team/Sponsor/Charity Name</u> | <u>Time</u> |
|-------------|---------------|------------------|-----------------|----------------------------------|-------------|
| 1st | 300 | Frank Pilkington | Men 60+ | FRANK PILKINGTON | 1:57:14 |
| 2nd | 298 | Kwan WooSo | Men 60+ | WooSo | 2:10:00 |
| 3rd | 301 | Mike Pitcher | Men 60+ | Mike Pitcher | 2:17:09 |



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Top 3 Women 14-19

| <u>Rank</u> | <u>Race #</u> | <u>Name</u> | <u>Category</u> | <u>Team/Sponsor/Charity Name</u> | <u>Time</u> |
|-------------|---------------|-------------------|-----------------|----------------------------------|-------------|
| 1st | 303 | Barbora Hanzalova | Women 14-19 | | 2:12:26 |
| 2nd | 304 | Alex McCarroll | Women 14-19 | Alex McCarroll | 2:50:24 |
| 3rd | N/A | N/A | Women 14-19 | | |

Top 3 Women 20-29

| <u>Rank</u> | <u>Race #</u> | <u>Name</u> | <u>Category</u> | <u>Team/Sponsor/Charity Name</u> | <u>Time</u> |
|-------------|---------------|-----------------|-----------------|----------------------------------|-------------|
| 1st | 317 | Coralie Thomson | Women 20-29 | Coralie Thomson | 1:39:54 |
| 2nd | 315 | Kate McAlister | Women 20-29 | | 1:40:07 |
| 3rd | 318 | Liis Uiga | Women 20-29 | Liis | 1:49:03 |

Top 3 Women 30-39

| <u>Rank</u> | <u>Race #</u> | <u>Name</u> | <u>Category</u> | <u>Team/Sponsor/Charity Name</u> | <u>Time</u> |
|-------------|---------------|------------------|-----------------|----------------------------------|-------------|
| 1st | 322 | Emma Bruce | Women 30-39 | SportsWorld Ambassador | 1:37:36 |
| 2nd | 336 | Carrie Hainge | Women 30-39 | Carrie Hainge | 1:49:44 |
| 3rd | 338 | Elizabeth Hudson | Women 30-39 | Elizabeth Hudson | 1:55:58 |



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Top 3 Women 40-49

| <u>Rank</u> | <u>Race #</u> | <u>Name</u> | <u>Category</u> | <u>Team/Sponsor/Charity Name</u> | <u>Time</u> |
|-------------|---------------|--------------------|-----------------|----------------------------------|-------------|
| 1st | 379 | Lui Lai Han Dennex | Women 40-49 | | 1:43:49 |
| 2nd | 383 | Marichu Opsima | Women 40-49 | | 1:48:20 |
| 3rd | 305 | Wendy Thomson | Women 40-49 | Wendy Thomson | 1:54:52 |

Top 3 Women 50-59

| <u>Rank</u> | <u>Race #</u> | <u>Name</u> | <u>Category</u> | <u>Team/Sponsor/Charity Name</u> | <u>Time</u> |
|-------------|---------------|---------------------|-----------------|----------------------------------|-------------|
| 1st | 393 | Marilena Wilkinson | Women 50-59 | Marilena Wilkinson | 2:10:19 |
| 2nd | 391 | Tsoi Angel Yin Ling | Women 50-59 | Angel Tsoi | 2:29:04 |
| 3rd | 390 | Tam Siu Mei | Women 50-59 | | 3:01:15 |