



2019 - Bonaqua Action X SPRINT Trail Series SAI KUNG, Hong Kong (April 7, 2019) 12KM Overall Top 5 & Category Top 3

Cat Position	Overall Position	Race Number	Name	CP 1	Split	Finish Time	Category	Nationality
Overall Individual Solo Men Top 5								
1	1	132	Limbu Yamanath	00:24:51	00:40:14	01:05:05	Male Master 1(1970 - 1979)	Nepal
2	2	104	Thomas Adler	00:24:11	00:43:15	01:07:26	Male Senior 1(1990 - 1999)	Switzerland
3	3	159	Gump Wong	00:23:53	00:43:54	01:07:47	Male Senior 2(1980 - 1989)	Hong Kong SAR
4	4	261	Stephen Higgins	00:24:40	00:43:24	01:08:04	Male Master 1(1970 - 1979)	United Kingdom
5	5	279	Daniel Cole	00:24:40	00:43:37	01:08:17	Male Master 1(1970 - 1979)	United Kingdom
Overall Individual Solo Women Top 5								
1	13	356	Nicole Lau	00:28:35	00:51:39	01:20:14	Female Senior 2(1980 - 1989)	Hong Kong SAR
2	18	177	Lauren Decoff	00:30:04	00:52:39	01:22:43	Female Senior 2(1980 - 1989)	United States
3	33	268	Sophie Robins	00:31:10	00:59:39	01:30:49	Female Master 1(1970-1979)	United Kingdom
4	38	235	Natalie Webster	00:34:06	00:57:16	01:31:22	Female Master 1(1970-1979)	United Kingdom
5	42	219	Sandra Leong	00:34:38	00:58:53	01:33:31	Female Senior 2(1980 - 1989)	Hong Kong SAR
Individual Male Junior (2000 - 2005) Top 2								
1	46	246	Gardner Harry	00:31:55	01:02:24	01:34:19	Male Junior(2000 - 2005)	United Kingdom
2	133	265	Declan Loges	00:35:14	01:24:15	01:59:29	Male Junior(2000 - 2005)	Germany
Individual Male Senior 1 (1990-1999) Top 3								
1	2	104	Thomas Adler	00:24:11	00:43:15	01:07:26	Male Senior 1(1990 - 1999)	Switzerland
2	10	239	Sujan Limbu	00:29:04	00:47:55	01:16:59	Male Senior 1(1990 - 1999)	Nepal
3	14	254	Benjamin Liu	00:29:41	00:50:47	01:20:28	Male Senior 1(1990 - 1999)	Singapore
Individual Male Senior 2 (1980 - 1989) Top 3								
1	3	159	Gump Wong	00:23:53	00:43:54	01:07:47	Male Senior 2(1980 - 1989)	Hong Kong SAR
2	7	215	Shing Fung Yan	00:27:08	00:48:36	01:15:44	Male Senior 2(1980 - 1989)	Hong Kong SAR
3	8	211	YAT MAN LO	00:27:45	00:48:31	01:16:16	Male Senior 2(1980 - 1989)	Hong Kong SAR
Individual Male Master 1 (1970 - 1979) Top 3								
1	1	132	Limbu Yamanath	00:24:51	00:40:14	01:05:05	Male Master 1(1970 - 1979)	Nepal
2	4	261	Stephen Higgins	00:24:26	00:43:38	01:08:04	Male Master 1(1970 - 1979)	United Kingdom
3	5	279	Daniel Cole	00:24:40	00:43:37	01:08:17	Male Master 1(1970 - 1979)	United Kingdom
Individual Male Master 2 (1960 - 1969) Top 3								
1	9	210	WU WAI KI	00:27:59	00:48:30	01:16:29	Male Master 2(1960 - 1969)	Hong Kong SAR
2	22	188	Chau leung Churn	00:29:56	00:56:01	01:25:57	Male Master 2(1960 - 1969)	Hong Kong SAR
3	27	176	Fat Man Wong	00:31:50	00:56:34	01:28:24	Male Master 2(1960 - 1969)	Hong Kong SAR
Individual Male Master 3 (1959 or before) Top 2								
1	26	209	Kwai wah Wong	00:30:03	00:58:34	01:28:37	Male Master 3(1959 or before)	Hong Kong SAR
2	32	137	Lee Pun	00:34:33	00:56:10	01:30:43	Male Master 3(1959 or before)	Hong Kong SAR
3	36	112	SHEK KONG	00:31:33	00:59:39	01:31:12	Male Master 3(1959 or before)	Hong Kong SAR

Individual Female Junior (2000-2005) Top 1								
1	114	185	Chung Ka Man	00:35:43	01:13:57	01:49:40	Female Junior(2000-2005)	Hong Kong SAR
Individual Female Senior 1 (1990-1999) Top 3								
1	66	367	Jen Chu	00:34:59	01:04:21	01:39:20	Female Senior 1(1990-1999)	Hong Kong SAR
2	83	133	Helen So	00:35:08	01:08:44	01:43:52	Female Senior 1(1990-1999)	Hong Kong SAR
3	91	330	Mako Kato	00:35:33	01:10:07	01:45:40	Female Senior 1(1990-1999)	Japan
Individual Female Senior 2 (1980 - 1989) Top 3								
1	13	356	Nicole Lau	00:28:35	00:51:39	01:20:14	Female Senior 2(1980 - 1989)	Hong Kong SAR
2	18	177	Lauren Decoff	00:30:04	00:52:39	01:22:43	Female Senior 2(1980 - 1989)	United States
3	42	219	Sandra Leong	00:34:38	00:58:53	01:33:31	Female Senior 2(1980 - 1989)	Hong Kong SAR
Individual Female Master 1 (1970-1979) Top 3								
1	33	268	Sophie Robins	00:31:10	00:59:39	01:30:49	Female Master 1(1970-1979)	United Kingdom
2	38	235	Natalie Webster	00:34:06	00:57:16	01:31:22	Female Master 1(1970-1979)	United Kingdom
3	58	354	Maria Silvestre	00:34:36	01:02:28	01:37:04	Female Master 1(1970-1979)	Portugal
Individual Female Master 2 (1960 - 1969) Top 3								
1	76	372	Dina Dent	00:34:46	01:07:08	01:41:54	Female Master 2(1960 - 1969)	Australia
2	105	212	Cindy Chong	00:34:55	01:13:33	01:48:28	Female Master 2(1960 - 1969)	Hong Kong SAR
3	111	310	Rachel Catanach	00:34:54	01:14:20	01:49:14	Female Master 2(1960 - 1969)	New Zealand
Individual Female Master 3(1959 or before) Top 2								
1	81	312	YUET MING LAM	00:34:58	01:08:10	01:43:08	Female Master 3(1959 or before)	Hong Kong SAR
2	93	347	Mon Yun Chow	00:35:22	01:10:35	01:45:57	Female Master 3(1959 or before)	Hong Kong SAR