

**LADIES, LADS AND LASSIES RACE 2019****Date: 15-Sep-2019**

| Overall Position | Cat Position | Gender Position | Distance | Category           | Bib | EngName                 | Official Time | ChipTime | CP1     | CP2 | Remark |
|------------------|--------------|-----------------|----------|--------------------|-----|-------------------------|---------------|----------|---------|-----|--------|
| 1                | 1            | 1               | 3KM      | LASSIES女孩組 (14-17) | 243 | Lo Cheuk Yat            | 0:11:38       | 0:11:38  | 0:05:41 |     |        |
| 2                | 1            | 2               | 3KM      | LASSIES女孩組 (11-13) | 209 | KWOK SZE MING           | 0:11:38       | 0:11:37  | 0:05:40 |     |        |
| 3                | 2            | 3               | 3KM      | LASSIES女孩組 (14-17) | 228 | Man Chi Lee             | 0:12:02       | 0:12:02  | 0:05:44 |     |        |
| 4                | 1            | 1               | 3KM      | LADS男孩組 (10-12)    | 110 | Harry Hodgson           | 0:12:17       | 0:12:17  | 0:05:56 |     |        |
| 5                | 2            | 4               | 3KM      | LASSIES女孩組 (11-13) | 202 | Florence Williams       | 0:12:18       | 0:12:18  | 0:05:58 |     |        |
| 6                | 2            | 2               | 3KM      | LADS男孩組 (10-12)    | 102 | Jack McAuliffe          | 0:12:34       | 0:12:34  | 0:06:10 |     |        |
| 7                | 3            | 3               | 3KM      | LADS男孩組 (10-12)    | 104 | WONG KIN LONG           | 0:12:38       | 0:12:36  | 0:06:27 |     |        |
| 8                | 4            | 4               | 3KM      | LADS男孩組 (10-12)    | 114 | Owen Loo                | 0:12:43       | 0:12:43  | 0:06:09 |     |        |
| 9                | 1            | 5               | 3KM      | LADS男孩組 (7-9)      | 103 | Lau Ho Rex              | 0:12:47       | 0:12:47  | 0:06:10 |     |        |
| 10               | 3            | 5               | 3KM      | LASSIES女孩組 (11-13) | 225 | Shun Hei Leung          | 0:12:47       | 0:12:45  | 0:06:10 |     |        |
| 11               | 4            | 6               | 3KM      | LASSIES女孩組 (11-13) | 244 | Lee Pui Pui             | 0:12:57       | 0:12:57  | 0:06:14 |     |        |
| 12               | 3            | 7               | 3KM      | LASSIES女孩組 (14-17) | 246 | Wan Wing Sum            | 0:13:03       | 0:13:02  | 0:06:13 |     |        |
| 13               | 5            | 6               | 3KM      | LADS男孩組 (10-12)    | 101 | Henry McAuliffe         | 0:13:04       | 0:13:04  | 0:06:48 |     |        |
| 14               | 4            | 8               | 3KM      | LASSIES女孩組 (14-17) | 220 | Anjeli de Blank         | 0:13:11       | 0:13:09  | 0:06:33 |     |        |
| 15               | 5            | 9               | 3KM      | LASSIES女孩組 (14-17) | 233 | Liu Cheuk Yin Ada       | 0:13:12       | 0:13:11  | 0:06:20 |     |        |
| 16               | 5            | 10              | 3KM      | LASSIES女孩組 (11-13) | 235 | Cheng Ka Lam            | 0:13:15       | 0:13:14  | 0:06:31 |     |        |
| 17               | 6            | 7               | 3KM      | LADS男孩組 (10-12)    | 107 | Freddie Chambers        | 0:13:16       | 0:13:16  | 0:06:32 |     |        |
| 18               | 6            | 11              | 3KM      | LASSIES女孩組 (11-13) | 212 | Annabelle Morrow        | 0:13:17       | 0:13:17  | 0:06:35 |     |        |
| 19               | 7            | 8               | 3KM      | LADS男孩組 (10-12)    | 105 | Lam Ching Him           | 0:13:19       | 0:13:19  | 0:06:28 |     |        |
| 20               | 2            | 9               | 3KM      | LADS男孩組 (7-9)      | 108 | Jude Chambers           | 0:13:24       | 0:13:24  | 0:06:38 |     |        |
| 21               | 6            | 12              | 3KM      | LASSIES女孩組 (14-17) | 230 | So Man Sum              | 0:13:28       | 0:13:27  | 0:06:34 |     |        |
| 22               | 7            | 13              | 3KM      | LASSIES女孩組 (11-13) | 201 | Charlotte McAuliffe     | 0:13:33       | 0:13:33  | 0:06:45 |     |        |
| 23               | 1            | 14              | 3KM      | LASSIES女孩組 (7-10)  | 247 | Yiu Lok Tung            | 0:13:39       | 0:13:39  | 0:06:38 |     |        |
| 24               | 7            | 15              | 3KM      | LASSIES女孩組 (14-17) | 236 | Cheung Yee Lam          | 0:13:42       | 0:13:41  | 0:06:44 |     |        |
| 25               | 2            | 16              | 3KM      | LASSIES女孩組 (7-10)  | 224 | Hana Clode              | 0:13:52       | 0:13:52  | 0:06:46 |     |        |
| 26               | 8            | 17              | 3KM      | LASSIES女孩組 (11-13) | 217 | Amaya Mantel            | 0:13:57       | 0:13:57  | 0:06:29 |     |        |
| 27               | 3            | 18              | 3KM      | LASSIES女孩組 (7-10)  | 206 | Jerika Kong             | 0:14:13       | 0:14:13  | 0:06:51 |     |        |
| 28               | 9            | 19              | 3KM      | LASSIES女孩組 (11-13) | 229 | Chong Hoi Kiu Gloria    | 0:14:17       | 0:14:17  | 0:06:27 |     |        |
| 29               | 8            | 20              | 3KM      | LASSIES女孩組 (14-17) | 231 | Chow Wing Tung          | 0:14:23       | 0:14:23  | 0:06:53 |     |        |
| 30               | 10           | 21              | 3KM      | LASSIES女孩組 (11-13) | 232 | Man Sum Yi Shari        | 0:14:26       | 0:14:26  | 0:06:53 |     |        |
| 31               | 4            | 22              | 3KM      | LASSIES女孩組 (7-10)  | 218 | Chu Kei Ying Karen      | 0:14:27       | 0:14:26  | 0:07:00 |     |        |
| 32               | 11           | 23              | 3KM      | LASSIES女孩組 (11-13) | 226 | Wong Wan Ki             | 0:14:33       | 0:14:32  | 0:06:44 |     |        |
| 33               | 12           | 24              | 3KM      | LASSIES女孩組 (11-13) | 219 | Alana de Blank          | 0:14:35       | 0:14:34  | 0:07:12 |     |        |
| 34               | 8            | 10              | 3KM      | LADS男孩組 (10-12)    | 115 | Tam Kui Yeung Ocean     | 0:14:48       | 0:14:48  | 0:07:04 |     |        |
| 35               | 3            | 11              | 3KM      | LADS男孩組 (7-9)      | 112 | Janick Wipper           | 0:14:51       | 0:14:51  | 0:07:07 |     |        |
| 36               | 5            | 25              | 3KM      | LASSIES女孩組 (7-10)  | 223 | CHUN HOI TSING VERONICA | 0:14:54       | 0:14:52  | 0:07:13 |     |        |
| 37               | 13           | 26              | 3KM      | LASSIES女孩組 (11-13) | 221 | Eve Grylewicz           | 0:15:01       | 0:15:00  | 0:07:12 |     |        |
| 38               | 6            | 27              | 3KM      | LASSIES女孩組 (7-10)  | 203 | Wong Yat Ching Key      | 0:15:04       | 0:15:04  | 0:07:07 |     |        |
| 39               | 9            | 28              | 3KM      | LASSIES女孩組 (14-17) | 234 | Cheuk Yin Pang          | 0:15:30       | 0:15:29  | 0:07:10 |     |        |
| 40               | 10           | 29              | 3KM      | LASSIES女孩組 (14-17) | 241 | Li Tsz Ching            | 0:15:47       | 0:15:45  | 0:07:29 |     |        |
| 41               | 7            | 30              | 3KM      | LASSIES女孩組 (7-10)  | 214 | Taylor Bailey           | 0:15:57       | 0:15:56  | 0:07:30 |     |        |
| 42               | 8            | 31              | 3KM      | LASSIES女孩組 (7-10)  | 227 | Tam Ching Casandra      | 0:15:59       | 0:15:59  | 0:07:56 |     |        |
| 43               | 9            | 32              | 3KM      | LASSIES女孩組 (7-10)  | 211 | Zara McMillan           | 0:16:18       | 0:16:17  | 0:07:51 |     |        |

**LADIES, LADS AND LASSIES RACE 2019****Date: 15-Sep-2019**

|    |    |    |     |                     |     |                    |         |         |                 |
|----|----|----|-----|---------------------|-----|--------------------|---------|---------|-----------------|
| 44 | 10 | 33 | 3KM | LASSIES 女孩組 (7-10)  | 222 | Wang Hei Wang      | 0:16:47 | 0:16:47 | 0:07:36         |
| 45 | 11 | 34 | 3KM | LASSIES 女孩組 (7-10)  | 205 | Eva Nelson         | 0:17:46 | 0:17:46 | 0:08:28         |
| 46 | 12 | 35 | 3KM | LASSIES 女孩組 (7-10)  | 237 | Yumi Takafuku      | 0:17:46 | 0:17:44 | 0:08:18         |
| 47 | 11 | 36 | 3KM | LASSIES 女孩組 (14-17) | 248 | Wing Hei Yuen      | 0:18:07 | 0:18:04 | 0:08:18         |
| 48 | 9  | 12 | 3KM | LADS 男孩組 (10-12)    | 117 | Yiu Lok Him        | 0:18:24 | 0:18:24 | 0:08:33         |
| 49 | 13 | 37 | 3KM | LASSIES 女孩組 (7-10)  | 204 | Inés Nelson        | 0:19:36 | 0:19:34 | 0:09:34         |
| 50 | 12 | 38 | 3KM | LASSIES 女孩組 (14-17) | 208 | Chloe Whittington  | 0:20:07 | 0:20:04 | 0:09:52         |
| 51 | 10 | 13 | 3KM | LADS 男孩組 (10-12)    | 106 | Harry Cheung       | 0:20:32 | 0:20:32 | 0:08:27         |
| 52 | 14 | 39 | 3KM | LASSIES 女孩組 (7-10)  | 207 | Yim Hong Kiu       | 0:21:45 | 0:21:43 | 0:09:23         |
| 53 | 11 | 14 | 3KM | LADS 男孩組 (10-12)    | 109 | CHEUNG CHEUK YAU   | 0:21:51 | 0:21:51 | 0:09:19         |
| 54 | 14 | 40 | 3KM | LASSIES 女孩組 (11-13) | 216 | Lam Yik Ting       | 0:23:05 | 0:23:03 | 0:11:39         |
| 55 | 15 | 41 | 3KM | LASSIES 女孩組 (7-10)  | 238 | Misa Takafuku      | 0:23:28 | 0:23:28 | 0:09:10         |
| 56 | 15 | 42 | 3KM | LASSIES 女孩組 (11-13) | 249 | Jesie Yan          | 0:23:28 | 0:23:24 | 0:09:12         |
| 57 | 16 | 43 | 3KM | LASSIES 女孩組 (11-13) | 210 | Ava McMillan       | 0:23:33 | 0:23:32 | 0:09:48         |
| 58 | 16 | 44 | 3KM | LASSIES 女孩組 (7-10)  | 215 | Tai Wai Ying       | 0:26:41 | 0:26:40 | 0:11:35         |
| 59 | 12 | 15 | 3KM | LADS 男孩組 (10-12)    | 118 | Denver Yan         | 0:26:51 | 0:26:47 |                 |
| 60 | 17 | 45 | 3KM | LASSIES 女孩組 (11-13) | 250 | Kae Chuang         | 0:26:53 | 0:26:50 | 0:12:37         |
| 61 | 17 | 46 | 3KM | LASSIES 女孩組 (7-10)  | 239 | Joanna Cai         | 0:26:55 | 0:26:52 | 0:13:09         |
| 62 | 13 | 16 | 3KM | LADS 男孩組 (10-12)    | 116 | Harrison Cai       | 0:27:15 | 0:27:13 | 0:13:10         |
| 63 | 18 | 47 | 3KM | LASSIES 女孩組 (7-10)  | 240 | Abigail Wong       | 0:27:49 | 0:27:46 | 0:12:37         |
| 64 | 4  | 17 | 3KM | LADS 男孩組 (7-9)      | 158 | Carlin Tam         | 0:27:57 | 0:27:57 | 0:12:56         |
| 0  | 0  | 0  | 3KM | LADS 男孩組 (10-12)    | 113 | Wang Nok Wang      |         |         |                 |
| 0  | 0  | 0  | 3KM | LADS 男孩組 (7-9)      | 111 | Alfie Hodgson      |         |         |                 |
| 0  | 0  | 0  | 3KM | LASSIES 女孩組 (7-10)  | 213 | Scarlett Morrow    |         |         |                 |
| 0  | 0  | 0  | 3KM | LASSIES 女孩組 (11-13) | 242 | Constance Kwok     |         |         |                 |
| 0  | 0  | 0  | 3KM | LASSIES 女孩組 (11-13) | 245 | Ma Satsuki Tse Lam |         |         |                 |
| 1  | 1  | 1  | 5KM | LADIES 女子組 (40-49)  | 301 | Amy Mumford        | 0:20:24 | 0:20:24 | 0:06:10 0:10:17 |
| 2  | 1  | 2  | 5KM | LADIES 女子組 (18-29)  | 325 | Ka Yan Hau         | 0:21:13 | 0:21:12 | 0:06:14 0:10:28 |
| 3  | 2  | 3  | 5KM | LADIES 女子組 (40-49)  | 326 | To Kar Wing        | 0:22:35 | 0:22:35 | 0:06:37 0:11:11 |
| 4  | 1  | 4  | 5KM | LADIES 女子組 (30-39)  | 418 | Bernadette Baje    | 0:23:34 | 0:23:31 | 0:06:42 0:11:33 |
| 5  | 3  | 5  | 5KM | LADIES 女子組 (40-49)  | 327 | Nasreen Wong       | 0:24:40 | 0:24:40 | 0:07:02 0:12:04 |
| 6  | 4  | 6  | 5KM | LADIES 女子組 (40-49)  | 302 | Man Ying Wong      | 0:25:01 | 0:25:00 | 0:07:12 0:12:23 |
| 7  | 5  | 7  | 5KM | LADIES 女子組 (40-49)  | 417 | Aska Asakura       | 0:25:14 | 0:25:11 | 0:07:24 0:12:31 |
| 8  | 2  | 8  | 5KM | LADIES 女子組 (30-39)  | 311 | Cecille Abello     | 0:25:44 | 0:25:42 | 0:07:28 0:12:44 |
| 9  | 3  | 9  | 5KM | LADIES 女子組 (30-39)  | 406 | Meilyn S. Barruga  | 0:26:03 | 0:26:03 | 0:07:10 0:12:30 |
| 10 | 6  | 10 | 5KM | LADIES 女子組 (40-49)  | 373 | Toshiko Kaneda     | 0:26:29 | 0:26:28 | 0:07:44 0:13:15 |
| 11 | 7  | 11 | 5KM | LADIES 女子組 (40-49)  | 350 | Alexandra Norton   | 0:26:39 | 0:26:37 | 0:07:29 0:12:49 |
| 12 | 8  | 12 | 5KM | LADIES 女子組 (40-49)  | 427 | Sarah Chan         | 0:27:24 | 0:27:20 | 0:07:36 0:13:07 |
| 13 | 1  | 13 | 5KM | LADIES 女子組 (50-59)  | 308 | Kong Loi Chun      | 0:27:32 | 0:27:29 | 0:07:37 0:13:18 |
| 14 | 4  | 14 | 5KM | LADIES 女子組 (30-39)  | 391 | Lilian Tong        | 0:27:34 | 0:27:12 | 0:08:31 0:14:03 |
| 15 | 1  | 15 | 5KM | LADIES 女子組 (60+)    | 346 | LAM YUET MING      | 0:27:55 | 0:27:53 | 0:08:04 0:13:46 |
| 16 | 2  | 16 | 5KM | LADIES 女子組 (60+)    | 337 | Siu Yin Kwan       | 0:27:57 | 0:27:52 | 0:08:41 0:14:22 |
| 17 | 2  | 17 | 5KM | LADIES 女子組 (18-29)  | 330 | Kwun Yan Ho        | 0:28:23 | 0:28:20 | 0:08:46 0:14:28 |
| 18 | 9  | 18 | 5KM | LADIES 女子組 (40-49)  | 312 | Cherry Berame      | 0:28:35 | 0:28:34 | 0:08:05 0:13:57 |

**LADIES, LADS AND LASSIES RACE 2019****Date: 15-Sep-2019**

|    |    |    |     |                    |     |                      |         |         |         |         |
|----|----|----|-----|--------------------|-----|----------------------|---------|---------|---------|---------|
| 19 | 2  | 19 | 5KM | LADIES 女子組 (50-59) | 315 | Malyn Benoza         | 0:28:38 | 0:28:35 | 0:08:05 | 0:13:59 |
| 20 | 3  | 20 | 5KM | LADIES 女子組 (50-59) | 371 | May Jocson           | 0:28:59 | 0:28:56 | 0:07:59 | 0:13:56 |
| 21 | 4  | 21 | 5KM | LADIES 女子組 (50-59) | 392 | Lai Wai Han Vicky    | 0:29:11 | 0:29:11 | 0:08:25 | 0:14:30 |
| 22 | 3  | 22 | 5KM | LADIES 女子組 (60+)   | 329 | Kam Har Choi         | 0:29:23 | 0:29:19 | 0:08:34 | 0:14:23 |
| 23 | 10 | 23 | 5KM | LADIES 女子組 (40-49) | 412 | Richel N Villanueva  | 0:29:46 | 0:29:45 | 0:08:02 | 0:14:08 |
| 24 | 11 | 24 | 5KM | LADIES 女子組 (40-49) | 352 | Yeung Yuk Ping       | 0:29:47 | 0:29:45 | 0:08:07 | 0:14:10 |
| 25 | 4  | 25 | 5KM | LADIES 女子組 (60+)   | 338 | Ip Ming Cheng        | 0:30:37 | 0:30:31 | 0:09:09 | 0:15:17 |
| 26 | 12 | 26 | 5KM | LADIES 女子組 (40-49) | 360 | Chow Hoi Ching       | 0:30:45 | 0:30:43 | 0:08:20 | 0:14:30 |
| 27 | 3  | 27 | 5KM | LADIES 女子組 (18-29) | 309 | 朱凱莉                  | 0:30:53 | 0:30:53 | 0:09:34 | 0:15:47 |
| 28 | 5  | 28 | 5KM | LADIES 女子組 (30-39) | 321 | Perl Cablay          | 0:30:59 | 0:30:59 | 0:08:16 | 0:14:59 |
| 29 | 4  | 29 | 5KM | LADIES 女子組 (18-29) | 358 | YEUNG SO SUM         | 0:31:07 | 0:30:58 | 0:08:59 | 0:15:06 |
| 30 | 5  | 30 | 5KM | LADIES 女子組 (60+)   | 333 | Linda Fung           | 0:31:08 | 0:31:03 | 0:10:20 | 0:16:32 |
| 31 | 6  | 31 | 5KM | LADIES 女子組 (60+)   | 334 | CHEUNG NGUN MEI      | 0:31:44 | 0:31:39 | 0:09:21 | 0:15:44 |
| 32 | 13 | 32 | 5KM | LADIES 女子組 (40-49) | 364 | Vivien Ng            | 0:31:53 | 0:31:48 | 0:09:04 | 0:15:24 |
| 33 | 14 | 33 | 5KM | LADIES 女子組 (40-49) | 380 | Celina Tomugdan      | 0:31:56 | 0:31:54 | 0:08:55 | 0:15:25 |
| 34 | 6  | 34 | 5KM | LADIES 女子組 (30-39) | 428 | Dias Zain            | 0:32:10 | 0:32:07 | 0:08:36 | 0:15:14 |
| 35 | 7  | 35 | 5KM | LADIES 女子組 (60+)   | 354 | Evelyn Lim           | 0:32:15 | 0:32:14 | 0:09:18 | 0:15:54 |
| 36 | 15 | 36 | 5KM | LADIES 女子組 (40-49) | 316 | Jocelyn Ventura      | 0:32:33 | 0:32:30 | 0:09:06 | 0:15:39 |
| 37 | 16 | 37 | 5KM | LADIES 女子組 (40-49) | 368 | Pun Yee Sze          | 0:32:39 | 0:32:28 | 0:09:47 | 0:16:31 |
| 38 | 17 | 38 | 5KM | LADIES 女子組 (40-49) | 402 | van lam              | 0:32:46 | 0:32:40 | 0:09:56 | 0:16:22 |
| 39 | 7  | 39 | 5KM | LADIES 女子組 (30-39) | 421 | Inyoung Kate OH      | 0:32:54 | 0:32:52 | 0:09:40 | 0:16:22 |
| 40 | 8  | 40 | 5KM | LADIES 女子組 (30-39) | 429 | Yeung Chung Ling     | 0:33:10 | 0:33:02 | 0:09:25 | 0:16:14 |
| 41 | 9  | 41 | 5KM | LADIES 女子組 (30-39) | 400 | Erica Tsang          | 0:33:17 | 0:33:10 | 0:09:08 | 0:15:48 |
| 42 | 18 | 42 | 5KM | LADIES 女子組 (40-49) | 386 | Maricel A. Doruelo   | 0:33:38 | 0:33:38 | 0:09:23 | 0:16:16 |
| 43 | 19 | 43 | 5KM | LADIES 女子組 (40-49) | 310 | Annie Zhao           | 0:33:48 | 0:33:38 | 0:10:10 | 0:17:00 |
| 44 | 20 | 44 | 5KM | LADIES 女子組 (40-49) | 408 | Chu Wing Suet        | 0:34:03 | 0:33:52 | 0:10:18 | 0:16:52 |
| 45 | 10 | 45 | 5KM | LADIES 女子組 (30-39) | 394 | Carina Ho            | 0:34:20 | 0:34:14 | 0:09:28 | 0:16:18 |
| 46 | 11 | 46 | 5KM | LADIES 女子組 (30-39) | 318 | Margie de Torres     | 0:34:37 | 0:34:37 | 0:09:24 | 0:16:17 |
| 47 | 5  | 47 | 5KM | LADIES 女子組 (18-29) | 414 | Dolores Abelarde     | 0:34:40 | 0:34:39 | 0:08:53 | 0:16:12 |
| 48 | 12 | 48 | 5KM | LADIES 女子組 (30-39) | 384 | Jonalyn Mag-apan     | 0:34:47 | 0:34:45 | 0:09:36 | 0:16:25 |
| 49 | 21 | 49 | 5KM | LADIES 女子組 (40-49) | 426 | Lillian Kouk         | 0:34:48 | 0:32:31 | 0:11:29 | 0:18:07 |
| 50 | 22 | 50 | 5KM | LADIES 女子組 (40-49) | 351 | Ivy lee              | 0:34:50 | 0:34:48 | 0:09:55 | 0:16:56 |
| 51 | 23 | 51 | 5KM | LADIES 女子組 (40-49) | 383 | Ruzel Salva          | 0:35:10 | 0:35:07 | 0:09:20 | 0:16:28 |
| 52 | 24 | 52 | 5KM | LADIES 女子組 (40-49) | 379 | Myra Tapiceria       | 0:35:12 | 0:35:11 | 0:08:58 | 0:15:55 |
| 53 | 25 | 53 | 5KM | LADIES 女子組 (40-49) | 347 | Hong Ying Tian       | 0:35:13 | 0:35:04 | 0:10:14 | 0:17:05 |
| 54 | 13 | 54 | 5KM | LADIES 女子組 (30-39) | 307 | WONG YUEN FONG       | 0:35:21 | 0:35:21 | 0:08:49 | 0:16:14 |
| 55 | 26 | 55 | 5KM | LADIES 女子組 (40-49) | 381 | Peach Ayem Andaya    | 0:35:27 | 0:35:24 | 0:09:34 | 0:16:33 |
| 56 | 14 | 56 | 5KM | LADIES 女子組 (30-39) | 370 | Ma Fung Yin          | 0:35:42 | 0:35:35 | 0:10:20 | 0:17:49 |
| 57 | 15 | 57 | 5KM | LADIES 女子組 (30-39) | 424 | Rose E. Iriola       | 0:35:54 | 0:35:54 | 0:09:46 | 0:16:52 |
| 58 | 6  | 58 | 5KM | LADIES 女子組 (18-29) | 356 | FONG YING TONG JENNY | 0:35:58 | 0:35:48 | 0:10:57 | 0:17:54 |
| 59 | 16 | 59 | 5KM | LADIES 女子組 (30-39) | 357 | Kwong Fung Man       | 0:35:58 | 0:35:49 | 0:10:56 | 0:17:55 |
| 60 | 17 | 60 | 5KM | LADIES 女子組 (30-39) | 420 | Law Sien Kwan        | 0:35:59 | 0:35:51 | 0:09:51 | 0:17:14 |
| 61 | 5  | 61 | 5KM | LADIES 女子組 (50-59) | 363 | Polly Kan            | 0:36:06 | 0:35:59 | 0:10:25 | 0:17:30 |
| 62 | 8  | 62 | 5KM | LADIES 女子組 (60+)   | 393 | Siu Fong Leung       | 0:36:23 | 0:36:16 | 0:10:51 | 0:18:11 |

**LADIES, LADS AND LASSIES RACE 2019****Date: 15-Sep-2019**

|     |    |     |     |                    |     |                          |         |         |         |         |
|-----|----|-----|-----|--------------------|-----|--------------------------|---------|---------|---------|---------|
| 63  | 9  | 63  | 5KM | LADIES 女子組 (60+)   | 389 | Lee Shiu Mui             | 0:36:27 | 0:36:22 | 0:10:19 | 0:17:26 |
| 64  | 18 | 64  | 5KM | LADIES 女子組 (30-39) | 407 | Cheung To                | 0:36:29 | 0:36:18 | 0:10:55 | 0:17:12 |
| 65  | 19 | 65  | 5KM | LADIES 女子組 (30-39) | 423 | Jessica Miranda          | 0:36:32 | 0:36:32 | 0:10:21 | 0:17:54 |
| 66  | 6  | 66  | 5KM | LADIES 女子組 (50-59) | 375 | Lee Wai Yin              | 0:36:36 | 0:36:31 | 0:10:18 | 0:17:35 |
| 67  | 27 | 67  | 5KM | LADIES 女子組 (40-49) | 367 | Veronica Yim             | 0:36:41 | 0:36:33 | 0:09:36 | 0:16:31 |
| 68  | 20 | 68  | 5KM | LADIES 女子組 (30-39) | 416 | Lorina H. Alabado        | 0:36:47 | 0:36:45 | 0:09:31 | 0:17:01 |
| 69  | 28 | 69  | 5KM | LADIES 女子組 (40-49) | 388 | Letterly Cheung          | 0:37:02 | 0:36:59 | 0:10:37 | 0:18:00 |
| 70  | 7  | 70  | 5KM | LADIES 女子組 (18-29) | 390 | Tang Tsz Ying Rivka      | 0:37:10 | 0:36:48 | 0:10:17 | 0:17:48 |
| 71  | 7  | 71  | 5KM | LADIES 女子組 (50-59) | 331 | Wan Sze Winnie Wong      | 0:37:31 | 0:37:27 | 0:10:51 | 0:18:22 |
| 72  | 8  | 72  | 5KM | LADIES 女子組 (30-39) | 403 | Anna Evans               | 0:37:41 | 0:37:34 | 0:10:24 | 0:17:51 |
| 73  | 29 | 73  | 5KM | LADIES 女子組 (40-49) | 336 | Sin Shan Dawn Leung      | 0:37:50 | 0:37:45 | 0:11:06 | 0:18:33 |
| 74  | 30 | 74  | 5KM | LADIES 女子組 (40-49) | 332 | Po Lin Cheung            | 0:38:05 | 0:37:56 | 0:11:05 | 0:18:38 |
| 75  | 31 | 75  | 5KM | LADIES 女子組 (40-49) | 409 | Lam Ka Yan               | 0:38:05 | 0:37:55 | 0:11:01 | 0:18:39 |
| 76  | 21 | 76  | 5KM | LADIES 女子組 (30-39) | 387 | Jinky Jarabe Duey        | 0:38:10 | 0:38:10 | 0:10:33 | 0:18:04 |
| 77  | 8  | 77  | 5KM | LADIES 女子組 (18-29) | 345 | Ho Lai Ying              | 0:38:21 | 0:38:13 | 0:12:35 | 0:20:35 |
| 78  | 9  | 78  | 5KM | LADIES 女子組 (18-29) | 355 | Scarlett Vogle           | 0:38:28 | 0:38:24 | 0:10:52 | 0:18:44 |
| 79  | 22 | 79  | 5KM | LADIES 女子組 (30-39) | 430 | Chung Sau King Gypsy     | 0:38:36 | 0:38:29 | 0:09:53 | 0:17:39 |
| 80  | 23 | 80  | 5KM | LADIES 女子組 (30-39) | 343 | Wing Chun Choi           | 0:38:36 | 0:38:36 | 0:10:18 | 0:17:53 |
| 81  | 24 | 81  | 5KM | LADIES 女子組 (30-39) | 382 | Juvy Liza Sales          | 0:39:04 | 0:39:03 | 0:11:03 | 0:18:31 |
| 82  | 25 | 82  | 5KM | LADIES 女子組 (30-39) | 317 | Ahde Jane Renolayan      | 0:39:10 | 0:39:09 | 0:10:51 | 0:18:31 |
| 83  | 26 | 83  | 5KM | LADIES 女子組 (30-39) | 422 | Leizl Cardozo            | 0:40:23 | 0:40:20 | 0:11:34 | 0:19:06 |
| 84  | 10 | 84  | 5KM | LADIES 女子組 (60+)   | 324 | Lau Fung Ling Rebecca    | 0:40:27 | 0:40:21 | 0:12:52 | 0:20:57 |
| 85  | 11 | 85  | 5KM | LADIES 女子組 (60+)   | 322 | Aurelia Natividad        | 0:40:38 | 0:40:36 | 0:11:15 | 0:19:18 |
| 86  | 9  | 86  | 5KM | LADIES 女子組 (50-59) | 319 | Mhars Bugas              | 0:40:39 | 0:40:37 | 0:11:22 | 0:19:22 |
| 87  | 32 | 87  | 5KM | LADIES 女子組 (40-49) | 415 | Nerma Lopez              | 0:40:51 | 0:40:50 | 0:10:26 | 0:18:26 |
| 88  | 27 | 88  | 5KM | LADIES 女子組 (30-39) | 411 | Jorin Flordeliz          | 0:43:27 | 0:43:24 | 0:11:35 | 0:20:14 |
| 89  | 10 | 89  | 5KM | LADIES 女子組 (50-59) | 306 | Sabrina Chow             | 0:43:38 | 0:43:34 | 0:12:54 | 0:21:17 |
| 90  | 33 | 90  | 5KM | LADIES 女子組 (40-49) | 305 | Ivy Tong                 | 0:43:39 | 0:43:35 | 0:12:53 | 0:21:14 |
| 91  | 34 | 91  | 5KM | LADIES 女子組 (40-49) | 425 | Liezal Catones           | 0:44:20 | 0:43:49 | 0:12:05 | 0:20:57 |
| 92  | 28 | 92  | 5KM | LADIES 女子組 (30-39) | 385 | Helen Aquino             | 0:46:58 | 0:46:56 | 0:12:34 | 0:22:06 |
| 93  | 29 | 93  | 5KM | LADIES 女子組 (30-39) | 398 | Lanna Chan               | 0:47:06 | 0:47:00 | 0:12:50 | 0:21:57 |
| 94  | 30 | 94  | 5KM | LADIES 女子組 (30-39) | 395 | Joyce Lau                | 0:47:06 | 0:46:59 | 0:12:17 | 0:21:32 |
| 95  | 11 | 95  | 5KM | LADIES 女子組 (50-59) | 372 | Wong Wai Han Alice       | 0:47:07 | 0:47:03 | 0:14:32 | 0:23:42 |
| 96  | 12 | 96  | 5KM | LADIES 女子組 (50-59) | 376 | Debbie Lam               | 0:47:38 | 0:47:33 | 0:14:32 | 0:23:45 |
| 97  | 13 | 97  | 5KM | LADIES 女子組 (50-59) | 377 | Yvonne Lam               | 0:47:38 | 0:47:34 | 0:14:32 | 0:23:47 |
| 98  | 35 | 98  | 5KM | LADIES 女子組 (40-49) | 399 | Sin Ha Tang              | 0:47:47 | 0:37:32 | 0:20:49 | 0:27:38 |
| 99  | 14 | 99  | 5KM | LADIES 女子組 (50-59) | 419 | Sim Ching Belinda Shatin | 0:49:29 | 0:49:23 | 0:14:40 | 0:24:44 |
| 100 | 12 | 100 | 5KM | LADIES 女子組 (60+)   | 401 | Wong Oi Lan              | 0:49:29 | 0:49:24 | 0:14:44 | 0:24:41 |
| 101 | 31 | 101 | 5KM | LADIES 女子組 (30-39) | 397 | Carmen Lau               | 0:50:07 | 0:50:00 | 0:14:37 | 0:24:17 |
| 102 | 32 | 102 | 5KM | LADIES 女子組 (30-39) | 349 | Ting Ting Wei            | 0:51:07 | 0:50:58 | 0:12:40 | 0:21:50 |
| 103 | 10 | 103 | 5KM | LADIES 女子組 (18-29) | 348 | LAM TSZ CHING            | 0:51:07 | 0:50:58 | 0:12:22 | 0:21:47 |
| 104 | 11 | 104 | 5KM | LADIES 女子組 (18-29) | 342 | Janice Fong              | 0:51:46 | 0:51:37 | 0:13:18 | 0:23:13 |
| 105 | 12 | 105 | 5KM | LADIES 女子組 (18-29) | 341 | Ho suk ling              | 0:52:00 | 0:51:52 | 0:12:30 | 0:20:35 |
| 106 | 13 | 106 | 5KM | LADIES 女子組 (18-29) | 340 | Ka Wai Kan               | 0:52:01 | 0:51:53 | 0:12:32 | 0:20:42 |

**LADIES, LADS AND LASSIES RACE 2019****Date: 15-Sep-2019**

|     |    |     |     |                    |     |                        |         |         |         |         |
|-----|----|-----|-----|--------------------|-----|------------------------|---------|---------|---------|---------|
| 107 | 14 | 107 | 5KM | LADIES 女子組 (18-29) | 344 | Flora Siu              | 0:52:01 | 0:51:53 | 0:13:19 | 0:23:12 |
| 108 | 13 | 108 | 5KM | LADIES 女子組 (60+)   | 366 | Susan Yuen             | 0:52:49 | 0:52:45 | 0:15:40 | 0:26:24 |
| 109 | 36 | 109 | 5KM | LADIES 女子組 (40-49) | 365 | Michelle Yuen          | 0:52:52 | 0:52:49 | 0:15:40 | 0:26:25 |
| 110 | 33 | 110 | 5KM | LADIES 女子組 (30-39) | 359 | Ng Hoi Kei             | 1:06:59 | 0:42:17 | 0:39:35 |         |
| 111 | 37 | 111 | 5KM | LADIES 女子組 (40-49) | 361 | Wong Bin Wai Becky     | 1:06:59 | 0:42:20 | 0:38:19 |         |
| 112 | 38 | 112 | 5KM | LADIES 女子組 (40-49) | 362 | Eva Chan               | 1:06:59 | 0:42:15 | 0:39:35 |         |
| 0   | 0  | 0   | 5KM | LADIES 女子組 (40-49) | 339 | Ming Sze Lee           |         |         |         |         |
| 0   | 0  | 0   | 5KM | LADIES 女子組 (30-39) | 335 | Kirti Manian           |         |         |         |         |
| 0   | 0  | 0   | 5KM | LADIES 女子組 (40-49) | 328 | Sylvia                 |         |         |         |         |
| 0   | 0  | 0   | 5KM | LADIES 女子組 (30-39) | 413 | Joean Guillard         |         |         |         |         |
| 0   | 0  | 0   | 5KM | LADIES 女子組 (18-29) | 323 | Chan Hiu Man           |         |         |         |         |
| 0   | 0  | 0   | 5KM | LADIES 女子組 (30-39) | 374 | Sau Yi Mok             |         |         |         |         |
| 0   | 0  | 0   | 5KM | LADIES 女子組 (50-59) | 320 | Julieta Bolesa         |         |         |         |         |
| 0   | 0  | 0   | 5KM | LADIES 女子組 (30-39) | 378 | WASRIAH                |         |         |         |         |
| 0   | 0  | 0   | 5KM | LADIES 女子組 (50-59) | 314 | Reggie Vallente        |         |         |         |         |
| 0   | 0  | 0   | 5KM | LADIES 女子組 (40-49) | 405 | Joanne Braithwaite     |         |         |         |         |
| 0   | 0  | 0   | 5KM | LADIES 女子組 (30-39) | 404 | Carmen Lau             |         |         |         |         |
| 0   | 0  | 0   | 5KM | LADIES 女子組 (50-59) | 313 | Susana Galapia         |         |         |         |         |
| 0   | 0  | 0   | 5KM | LADIES 女子組 (40-49) | 369 | Cheung Lin Fong Maggie |         |         |         |         |
| 0   | 0  | 0   | 5KM | LADIES 女子組 (40-49) | 304 | Peggy Lok              |         |         |         |         |
| 0   | 0  | 0   | 5KM | LADIES 女子組 (30-39) | 303 | Angel Ng               |         |         |         |         |
| 0   | 0  | 0   | 5KM | LADIES 女子組 (30-39) | 396 | Lanna Chan             |         |         |         |         |
| 0   | 0  | 0   | 5KM | LADIES 女子組 (40-49) | 353 | Kui Li Li Lily         |         |         |         |         |
| 0   | 0  | 0   | 5KM | LADIES 女子組 (30-39) | 410 | Sheena May Cabang      |         |         |         |         |