



Action SPRINT Trail Series

DBay, Lantau, Hong Kong

(9km Open Men, Women)

April 16, 2023



Overall Ranking	Race #	First Name	Last Name	Nationality	Team / Sponsor	CP1	Split	Finish Time	Cat Position	Category
1	601	Limbu	Yamanath	Nepal	Actionpanda & Chamonix	00:13:16	00:36:32	00:49:48	1	Open Men
2	363	Creighton	Connolly	Canada	Gone Runners	00:12:30	00:44:38	00:57:08	2	Open Men
3	342	Chi Yeung	Chow	HKG	Team LA Fitness	00:13:40	00:46:33	01:00:13	3	Open Men
4	362	Pak lu	Fok	HKG	THE PEAK HUNTER	00:15:06	00:45:27	01:00:33	4	Open Men
5	615	Wu Yin	Wong	HKG	-	00:16:15	00:51:05	01:07:20	5	Open Men
6	317	Kevin	Parfitt	UK	-	00:16:55	00:53:31	01:10:26	6	Open Men
7	340	Laetitia	Montfort	France	-	00:18:18	00:54:18	01:12:36	1	Open Women
8	112	Anna	Sykes	UK	-	00:16:20	00:56:30	01:12:50	2	Open Women
9	605	Miguel	Zaparolli	Other	-	00:18:30	00:54:49	01:13:19	7	Open Men
10	323	Ma Aurora	Cabania	Philippines	-	00:19:55	00:54:24	01:14:19	3	Open Women
11	609	Grant	Wood	UK	-	00:18:58	00:59:00	01:17:58	8	Open Men
12	355	Wan Yan Gloria	Chu	HKG	盡隊	00:19:46	00:59:46	01:19:32	4	Open Women
13	321	Kam fai	Wong	HKG	-	00:18:40	01:01:05	01:19:45	9	Open Men
14	307	Ching Kei	Leung	HKG	-	00:19:48	01:00:26	01:20:14	10	Open Men
15	614	Alex	Lam	UK	-	00:17:55	01:02:19	01:20:14	11	Open Men
16	314	Jeremy	Carmona	France	-	00:21:42	01:00:27	01:22:09	12	Open Men
17	356	Chi Hang	Chau	HKG	-	00:17:00	01:06:28	01:23:28	13	Open Men
18	301	Rhys	Thomas	UK	-	00:21:52	01:03:49	01:25:41	14	Open Men
19	612	Rebecca	Wright	UK	-	00:23:30	01:03:29	01:26:59	5	Open Women
20	352	Cyril	Carre	France	-	00:23:40	01:06:26	01:30:06	15	Open Men
21	341	Smart	Rachel	UK	-	00:20:48	01:09:50	01:30:38	6	Open Women
22	318	Siu kit	Chan	HKG	-	00:23:30	01:07:33	01:31:03	16	Open Men
23	313	Sarah	Guinon	US	-	00:21:42	01:11:15	01:32:57	7	Open Women
24	610	Hayley	Graham	UK	-	00:22:28	01:11:43	01:34:11	8	Open Women
25	304	Benjamin	Grand	France	-	00:23:10	01:11:46	01:34:56	17	Open Men
27	322	Charry	Espano	Philippines	-	00:23:30	01:12:21	01:35:51	9	Open Women
26	600	Ollyvia	Postacchini	Italy	-	00:23:28	01:12:39	01:36:07	10	Open Women
28	820	Alan	Tsang	HKG	-	00:20:40	01:16:41	01:37:21	18	Open Men
29	309	Suter	Christoph	Switzerland	-	00:23:10	01:15:12	01:38:22	19	Open Men
30	326	Emily	Macfie	New Zealand	-	00:24:00	01:14:30	01:38:30	11	Open Women



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31	603	Laurence	Kwan	HKG	-	00:23:28	01:15:43	01:39:11	20	Open Men
32	604	Seth	Kwan	HKG	-	00:23:28	01:15:43	01:39:11	21	Open Men
33	353	Noemie	Frohn	France	-	00:23:40	01:15:45	01:39:25	12	Open Women
34	360	Thomas	So	HKG	-	00:26:06	01:16:19	01:42:25	22	Open Men
35	359	Chun Wai	Lai	HKG	-	00:25:00	01:17:56	01:42:56	23	Open Men
36	306	Chun Hong	Yu	HKG	-	00:26:57	01:15:59	01:42:56	24	Open Men
37	364	Jeffrey	Wang	HKG	-	00:23:10	01:20:00	01:43:10	25	Open Men
38	329	April	Ko	HKG	-	00:25:40	01:17:52	01:43:32	13	Open Women
39	361	Jimmy	So	HKG	-	00:26:06	01:17:55	01:44:01	26	Open Men
40	303	Ming 铭	李	HKG	-	00:25:30	01:19:08	01:44:38	27	Open Men
41	327	Katie	Moran	US	-	00:22:36	01:23:37	01:46:13	14	Open Women
42	370	Samuel	Lai	HKG	-	00:22:36	01:23:54	01:46:30	28	Open Men
43	345	Nicholas	Cook	UK	Team Snowflake	00:28:27	01:20:01	01:48:28	29	Open Men
44	332	Verity	Kriegler	HKG	-	00:26:25	01:22:59	01:49:24	15	Open Women
45	606	Samuel Yik Sham	Wong	HKG	-	00:24:42	01:26:43	01:51:25	30	Open Men
46	319	Naoya	Sato	Japan	-	00:27:50	01:23:58	01:51:48	31	Open Men
47	611	Mark	Graham	UK	-	00:24:00	01:28:56	01:52:56	32	Open Men
48	371	Ivan	Young	New Zealand	-	00:25:05	01:27:58	01:53:03	33	Open Men
49	302	Kris	Larsson	Sweden	-	00:23:28	01:30:12	01:53:40	34	Open Men
50	350	Jonathan	Fudge	UK	-	00:27:50	01:26:20	01:54:10	35	Open Men
51	351	Emma	Sharrock	UK	-	00:27:50	01:26:20	01:54:10	16	Open Women
52	339	Siu Fun 少芬	Lai 黎	HKG	-	00:25:17	01:29:41	01:54:58	17	Open Women
53	344	Melanie	Cameron	South Africa	-	00:25:30	01:29:40	01:55:10	18	Open Women
54	608	Maria Carmina	Ayson	HKG	-	00:27:55	01:28:18	01:56:13	19	Open Women
55	348	Samantha	Newcombe	US	-	00:28:27	01:28:59	01:57:26	20	Open Women
56	325	Siu Ping	Lam	HKG	-	00:26:25	01:31:47	01:58:12	36	Open Men
57	367	Yun	Hu	Netherlands	-	00:26:49	01:32:35	01:59:24	21	Open Women
58	310	Chris	Keung	Canada	-	00:28:09	01:31:41	01:59:50	37	Open Men
59	324	matthew	weng	HKG	-	00:28:27	01:31:48	02:00:15	38	Open Men
60	613	Elsie	Ramento	Philippines	-	00:28:27	01:31:58	02:00:25	22	Open Women



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61	334	Kchi kin	Kwan	HKG	-	00:28:50	01:32:12	02:01:02	39	Open Men
62	346	Julienne	Mallari	Philippines	-	00:33:10	01:28:40	02:01:50	23	Open Women
63	607	Nicholas	Harrison	UK	-	00:28:27	01:33:38	02:02:05	40	Open Men
64	347	Ng	Kim Lai	Malaysia	-	00:23:30	01:38:39	02:02:09	41	Open Men
65	308	So man	Lee	HKG	-	00:27:25	01:36:53	02:04:18	24	Open Women
66	335	Ka Chun	Chan	HKG	-	00:28:50	01:36:44	02:05:34	42	Open Men
67	311	Minsang	Lay	France	-	00:28:09	01:38:14	02:06:23	43	Open Men
68	357	Paul	Myers	UK	-	00:27:08	01:41:46	02:08:54	44	Open Men
69	602	Kayi	Li	HKG	-	00:32:20	01:44:44	02:17:04	25	Open Women
70	320	Kazue	Owada	Japan	-	00:38:50	01:44:42	02:23:32	26	Open Women
71	333	Tai Ko	Lee	HKG	-	00:28:50	01:55:14	02:24:04	45	Open Men
72	336	Ka Po Angie	Chau	HKG	-	00:28:50	01:55:35	02:24:25	27	Open Women
73	337	Man Hon	Po	HKG	-	00:28:50	01:55:35	02:24:25	46	Open Men
74	328	Tatiana	Tserekh	Russia	-	00:29:59	02:00:01	02:30:00	28	Open Women
75	116	Ling	Cheuk	HKG	-	00:34:20	01:55:58	02:30:18	47	Open Men
76	117	Chun Wing	Fan	HKG	-	00:34:20	01:55:58	02:30:18	29	Open Women
77	330	Shirley	Wu	HKG	-	00:33:15	02:01:00	02:34:15	30	Open Women
78	101	Dixon	Lau	HKG	-	00:56:00	02:00:59	02:56:59	48	Open Men
79	103	Joyce	Chow	HKG	-	00:56:00	02:00:59	02:56:59	31	open women
80	305	Jeff	Sayed	UK	-	-	-	-	DNS	Open Men
81	312	Philippa	Ho	HKG	Merdogs	-	-	-	DNS	Open Women
82	315	Aoife	McGillion	Ireland	-	-	-	-	DNS	Open Women
83	316	Julie	Engwirda	Australia	-	-	-	-	DNS	Open Women
84	331	Yin Wing	Fu	HKG	-	-	-	-	DNS	Open Men
85	338	Chi Kin	Leung	HKG	-	-	-	-	DNS	Open Men
86	343	Shan Ching	Chan	HKG	-	-	-	-	DNS	Open Men
87	349	Penny	Chen	TPE	-	-	-	-	DNS	Open Women
88	354	Hugh	Kerridge	Australia	-	-	-	-	DNS	Open Men
89	358	Roselyn	Tahmouch	Philippines	Philippines	-	-	-	DNS	Open Women
90	368	恒奮	Poon 潘	HKG	-	-	-	-	DNS	Open Men