



動感亞洲
Action SPRINT 越野跑步比賽
Trail Series 2025



Action Sprint Trail Series - Repulse Bay April 26, 2025

14km (Solo Men) - Overall Top 5

Top 5 Men

Rankings							Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Team / Sponsor	Race Time
1	Male 30-39	315	Zizi	Adil	France	GR/JD	01:13:17
2	Male 30-39	310	Melnyk	Oleksii	Ukraine	--	01:15:22
3	Male 16-29	188	Lau 劉	Tsz Ho Disky 梓浩	HKSAR	--	01:18:11
4	Male 40-49	339	Davis	Chris	British	--	01:19:28
5	Male 30-39	284	Montfort	Louis	France	--	01:19:29

14km (Solo Men) Age Categories Top 3

Men Age 16-29

Rankings							Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Team / Sponsor	Race Time
3	Male 16-29	188	Lau	Tsz Ho Disky	HKSAR	--	01:18:11
10	Male 16-29	334	Tam	Lok Kwan	HKSAR	--	01:30:20
17	Male 16-29	225	Beadle	Alfie	United Kingdom	--	01:37:36

Men Age 30-39

Rankings							Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Team / Sponsor	Race Time
1	Male 30-39	315	Zizi	Adil	France	GR/JD	01:13:17
2	Male 30-39	310	Melnyk	Oleksii	Ukraine	--	01:15:22
5	Male 30-39	284	Montfort	Louis	France	--	01:19:29

Men Age 40-49

Rankings							Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Team / Sponsor	Race Time
4	Male 40-49	339	Davis	Chris	British	--	01:19:28
11	Male 40-49	282	Ng	Ki Wai	HKSAR	--	01:33:36
32	Male 40-49	147	Lam	Tak Tin	HKSAR	--	01:44:23

Men Age 50-59

Rankings							Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Team / Sponsor	Race Time
15	Male 50-59	186	Broomhead	Robert	United Kingdom	--	01:36:43
20	Male 50-59	232	Soderberg	Mattias	HKSAR	--	01:39:04
31	Male 50-59	178	Davis	Peter	United Kingdom	--	01:44:14

Men Age 60+

Rankings							Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Team / Sponsor	Race Time
43	Male 60+	314	Tang	Po	United Kingdom	--	01:47:19
114	Male 60+	168	Sum	Steven	HKSAR	--	02:11:54
116	Male 60+	136	Choi	Chi Wah	HKSAR	--	02:12:53



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14km (Solo Women) - Overall Top 5

Top 5 Women

Rankings							Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Team / Sponsor	Race Time
1	Female 30-39	265	Dong 董	Chaoling 朝玲	China	--	01:28:40
2	Female 30-39	197	Wong 黃	Mei Yan 美欣	HKSAR	--	01:37:06
3	Female 30-39	124	Harlin	Petronella	Sweden	--	01:37:55
4	Female 30-39	316	Chung 鍾	Tsz Man 芷蔓	HKSAR	--	01:38:15
5	Female 16-29	240	Polycarpe	Elsa	France	--	01:39:21

14km (Solo Women) Age Categories Top 3

Women Age 16-29

Rankings							Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Team / Sponsor	Race Time
22	Female 16-29	240	Polycarpe	Elsa	France	--	01:39:21
52	Female 16-29	131	Magno	Aubrey Rose	Philippines	--	01:51:37
88	Female 16-29	169	Murray-Tacon	Alexandra	United Kingdom	--	02:02:47

Women Age 30-39

Rankings							Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Team / Sponsor	Race Time
7	Female 30-39	265	Dong	Chaoling	China	--	01:28:40
16	Female 30-39	197	Wong	Mei Yan	HKSAR	--	01:37:06
18	Female 30-39	124	Harlin	Petronella	Sweden	--	01:37:55

Women Age 40-49

Rankings							Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Team / Sponsor	Race Time
36	Female 40-49	231	Wressmark	Caroline	HKSAR	--	01:46:10
61	Female 40-49	140	Didier	Virginie	France	--	01:54:24
108	Female 40-49	162	Méndez Jiménez	Asunción	Spain	--	02:10:13

Women Age 50-59

Rankings							Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Team / Sponsor	Race Time
57	Female 50-59	146	Shek	Fiona	HKSAR	--	01:53:55
119	Female 50-59	148	Wong	Stephanie	HKSAR	--	02:13:47
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Women Age 60+

Rankings							Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Team / Sponsor	Race Time
60	Female 60+	301	Donaldson	Jacqui	Scotland	--	01:54:21
217	Female 60+	217	Crockford	Bernadette	United Kingdom	--	02:44:22
160	Female 60+	160	Shepherd	Amanda	United Kingdom	--	02:44:44



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Action Sprint Trail Series - Repulse Bay April 26, 2025

9 km (Solo) - Overall Top 5

Top 5 Men

Rankings							Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Team / Sponsor	Race Time
1	Open Men	831	Humeau	Gildas	France	--	00:56:57
2	Open Men	848	Lau 劉	Hin Chung 憲宗	HKSAR	--	01:09:24
3	Open Men	871	Barnes	Jack	HKSAR	--	01:10:59
4	Open Men	893	Flueckiger	Andres	Switzerland	--	01:12:31
5	Open Men	856	Bardet	Pierre	France	--	01:13:12

Top 5 Women

Rankings							Timing
Overall	Category	BIB	Last Name	First Name	Nationality	Team / Sponsor	Race Time
2	Open Women	903	Chau 周	Lok Nicole 洛	HKSAR	--	01:06:30
3	Open Women	891	Shuttleworth	Sarah	United Kingdom	Shut-Kin-Waite	01:07:01
8	Open Women	335	Shuttleworth	Amie	HKSAR	--	01:13:33
9	Open Women	804	Cabania	Ma Aurora	Philippines	--	01:14:06
12	Open Women	868	Cvetkovic	Maggie	Switzerland	--	01:17:54