

2024-25 BuffCo Distance Carnival - February 1500m & 5,000m

Race Date: Friday, 28th February

FINAL RESULTS

1500m Heat 4 - 5:00pm

	Name	Club	Category	Y.O.B.	Result
1	Safiya Gilham	BuffCo	G U-18	2009	5:54.57
2	Grace Carter	BuffCo	G U-18	2009	6:02.79
3	Laurence Hyde	Kennedy School	B U-12	2016	6:09.20
4	Olivia Hyde	West Island	G U-15	2012	6:16.61
5	Alessandra Gilham	West Island	G U-15	2012	6:24.65
6	Henry Hyde	West Island	B U-18	2009	6:58.96
7	Adam Lee	West Island	B U-18	2008	7:21.81
-	Marc Tai	BuffCo	B U-18	2010	DNS
-	Max Wellsted	West Island	B U-15	2013	DNS

1500m Heat 3 - 5:15pm

	Name	Club	Category	Y.O.B.	Result
1	Tomos Williams	BuffCo	B U-18	2010	4:47.24
2	Chiaki Ohara	BuffCo	B U-18	2009	4:51.43
3	Theo Watts	BuffCo	B U-18	2009	4:53.49
4	Vince Choy	BuffCo	B U-18	2009	4:53.68
5	Patrick Kuo	Unattached	M18-35	2001	4:58.63
6	Ryan Davies	BuffCo	M18-35	2007	5:11.24
7	Kester Van Gaalen	Unattached	B U-18	2009	5:19.01
8	Almos Szentes	BuffCo	B U-15	2013	5:22.32
9	Amie Shuttleworth	Unattached	W36-49	1984	5:33.66
10	Kaitlin Cheung	BuffCo	W18-35	1994	5:36.77
11	Aiden Pun	West Island	B U-18	2008	5:52.53
12	Ada Yip	Unattached	W50-59	1975	6:43.50

1500m Heat 2 - 5:30pm

	Name	Club	Category	Y.O.B.	Result
1	Ilias Tobback	BuffCo	B U-18	2010	4:29.74
2	Ethan Kao	BuffCo	B U-18	2008	4:32.03
3	Luka Youl	BuffCo	B U-18	2009	4:34.28
4	Christopher Whitehead	BuffCo	M18-35	2007	4:37.14
5	Marcus Ling	BuffCo	B U-18	2010	4:37.33
6	Ryan Robbie	AVOHK	M36-49	1985	4:40.16
7	Monty Lindner	BuffCo	B U-18	2009	4:42.51
8	David Woo	AVOHK	M36-49	1981	4:49.97
9	Morgan Deltheil	BuffCo	B U-18	2009	4:53.51

1500m Heat 1 - 5:45pm

	Name	Club	Category	Y.O.B.	Result	
1	Khan Mohammed Kamran	Team All Star	M18-35	2001	3:58.97	Meet Record
2	Sean HM Fontaine	BuffCo	M18-35	1998	4:07.68	
3	Ryan Chu	Team All Star	M18-35	2005	4:13.27	
4	Khan Muzammil	Team All Star	M18-35	2005	4:17.81	
5	Muhammad Hamza	DMS BW	M18-35	2007	4:19.27	
6	Kabir Mirza	Kipmovin/Fitkinetics	B U-18	2010	4:20.10	
7	Bryan Lau	Hong Kong	M18-35	2005	4:21.44	
8	Andrew Chow	WYK	M18-35	2005	4:35.71	
-	Wai Yiu Mok	Unattached	M18-35	2001	DNS	

5,000m Heat 5 - 6pm

	Name	Club	Category	Y.O.B.	Result
1	Amie Shuttleworth	Unattached	W36-49	1984	22:36.30
2	Jon Waite	Unattached	M36-49	1985	24:19.82
3	Alessandra Gilham	West Island	G U-15	2012	24:36.88
4	Ryan Robbie	AVOHK	M36-49	1985	24:58.28
5	Max Tai	West Island	B U-18	2008	26:00.27
6	Thomas Wang	BuffCo	B U-15	2012	27:51.48
7	Malcom Sam	KCIS	B U-12	2014	27:52.51
8	Kenji Poon	BuffCo	B U-18	2008	36:26.94
-	Max Wellsted	West Island	B U-15	2013	DNS

5,000m Heat 4 - 6:40pm

	Name	Club	Category	Y.O.B.	Result
1	Patrick Kuo	Unattached	M18-35	2001	21:09.40
2	Aemilia Rice Mileto	BuffCo	G U-18	2008	21:25.26
3	Reka Szentes	BuffCo	G U-18	2010	21:38.56
4	Kaitlin Cheung	BuffCo	W18-35	1994	21:57.85
5	Nick Sam	AVOHK	M36-49	1982	22:05.43
6	Jasmine Poon	BuffCo	G U-18	2009	22:45.48
7	Safiya Gilham	BuffCo	G U-18	2009	23:24.97
8	Vivian Chow	Unattached	W18-35	1995	23:49.30

5,000m Heat 3 - 7:10pm

	Name	Club	Category	Y.O.B.	Result
1	Ellis Evans	BuffCo	B U-18	2010	19:47.30
2	Sze Man Lam	Unattached	W18-35	1991	19:52.33
3	Yiu Cheong Wun	Unattached	M36-49	1985	19:52.54
4	Jose Bongulto	BuffCo	M18-35	1994	19:54.01
5	Katrin Gottschalk	GR/JD	W36-49	1978	19:57.95

6	Charlotte Goldsmith	BuffCo	G U-18	2008	20:31.66
7	Marcus Lo	Delia School of Canada	M18-35	2007	21:00.66
8	Tammy Tang	Unattached	W18-35	1999	21:11.30
9	Kyson Choi	BuffCo	B U-18	2010	21:32.39
10	Adhit Ranjan	BuffCo	M18-35	2007	21:59.87
-	Olly Wood	BuffCo	B U-18	2010	DNF
-	Zoe Jane Cheng	BuffCo	G U-18	2008	DNS

5,000m Heat 2 - 7:40pm

	Name	Club	Category	Y.O.B.	Result
1	Juno Yau	Unattached	M36-49	1988	18:28.67
2	Jules Kozolinsky	TLN	M18-35	1994	18:30.70
3	Nevio Talpo	BuffCo	M18-35	2007	18:32.08
4	Tomos Williams	BuffCo	B U-18	2010	18:37.82
5	Theo Watts	BuffCo	B U-18	2009	18:46.39
6	Sai Lim Chan	Trailblazer	M36-49	1985	18:46.58
7	Kong Chan	Unattached	M36-49	1987	18:55.30
8	Chun Kwan Cheung	Unattached	M18-35	1993	18:56.39
9	Andy Guy	Singapore Falcons RC	M50-59	1973	19:01.33
10	Jayson Lau	Unattached	M18-35	1994	19:06.89
11	Lok Hei Chiu	Unattached	M18-35	2006	19:11.05
12	Vince Choy	BuffCo	B U-18	2009	19:20.80
13	Bryan Lau	Unattached	M18-35	2005	19:39.02
14	Cadence Chang	BuffCo	W18-35	2006	19:39.12
15	Jose Bongulto	BuffCo	M18-35	1994	19:43.56
16	Ranee Wong	BuffCo	W36-49	1986	19:43.61
-	Sean Liu	Unattached	M18-35	1999	DNS
-	Norris F	Unattached	M18-35	1994	DNS

5,000m Heat 1 - 8:10pm

	Name	Club	Category	Y.O.B.	Result	
1	Harry Loasby	BuffCo	M18-35	1996	16:16.95	
2	Jai Mensforth	BuffCo	B U-18	2008	16:20.44	
3	Luka Youl	BuffCo	B U-18	2009	16:45.14	
4	Sebastian Cotton	GR/JD	M36-49	1988	17:02.51	
5	Koppany Szentes	BuffCo	B U-18	2009	17:19.34	
6	Nicholas Forde	BuffCo	M50-59	1974	17:25.85	M50-59 Record
7	Monty Lindner	BuffCo	B U-18	2009	17:28.78	
8	Chenchen Gao	West Island	B U-18	2010	17:41.66	
9	Ethan Kao	BuffCo	B U-18	2008	17:45.63	
10	Ilias Tobback	BuffCo	B U-18	2010	17:55.37	
11	David Woo	AVOHK	M36-49	1981	17:58.88	
12	Ryan Sun	Trailblazer	M18-35	1991	18:45.65	

13	Clement Simon	France	M18-35	1997	18:52.23
14	Thibault Morenval	Dragons	M36-49	1989	18:52.76
15	Man Shan Chan	Trailblazer	M18-35	1994	19:01.05
16	Jose Bongulto	BuffCo	M18-35	1994	19:21.25
17	Christopher Whitehead	BuffCo	M18-35	2007	19:59.27
-	Bryan Lau	Unattached	M18-35	2005	DNF

Notes

Age Categories are assigned by year of birth, regardless of age on race day

For junior categories, runners must be UNDER the number listed

e.g. U-15 = 12-14 years old (by birth year: 2011-2013)