

BUFFCO TIME TRIALS 10,000m ALL-TIME RANKINGS (Masters Individual Best Performance)

Rank	Name	Club	Category	Year of Birth	Date	Performance	Notes
MENS MASTERS I (36-49)							
1	Jeff Campbell	T8	M36-49	1982	13 Dec 2024	33:00.34	Meet Record
2	Robin Fall	Unattached	M36-49	1984	24 Jan 2025	33:50.08	
3	Masashi Shirotake	Gone Running/Joint Dynamics	M36-49	1979	18 Dec 2021	34:19.48	
4	Aaron Hollingshead	Unattached	M36-49	1983	18 Dec 2021	34:43.10	
5	Thibault Morenval	Dragons	M36-49	1989	24 Jan 2025	34:56.89	Dragons Record
6	Rich Portman	Unattached	M36-49	1987	24 Jan 2025	35:01.60	
7	George Gaffney	Gone Running/Joint Dynamics	M36-49	1978	18 Dec 2021	35:09.01	
8	David Woo	AVOHK	M36-49	1981	17 Dec 2022	35:43.97	AVOHK Record
9	Ed Gumbley	Gone Running/Joint Dynamics	M36-49	1976	18 Dec 2021	35:51.34	
10	Nicolas Foucher	Unattached	M36-49	1988	24 Jan 2025	36:09.29	
11	Yasuhiro Watanabe	Meisoukai	M36-49	1975	28 Jan 2023	36:20.77	Meisoukai Record
12	Alexandre Marly	Unattached	M36-49	1982	24 Jan 2025	36:37.65	
13	Chun Chi Charles Lo	RMAC	M36-49	1984	17 Dec 2022	36:40.33	RMAC Record
14	Jean-Baptiste Martenet	Gone Running/Joint Dynamics	M36-49	1981	18 Dec 2021	36:49.86	
15	James Donald	BuffCo	M36-49	1986	12 Jan 2024	37:00.67	BuffCo Record
16	Daniele Thomas Ferraretto	Unattached	M36-49	1982	24 Jan 2025	37:04.42	
17	Adrien de Courval	Laos	M36-49	1986	24 Jan 2025	37:56.60	Laos Record
18	Long Chan	Unattached	M36-49	1984	18 Dec 2021	38:19.45	
19	Igor Scheydecker	BuffCo	M36-49	1979	30 Jan 2026	38:22.30	
20	Niek Niens	pACe running	M36-49	1979	18 Dec 2021	38:28.83	pACe running Record
21	Marco Ullrich	Wazup Running Club	M36-49	1981	28 Jan 2023	38:36.02	
22	Kong Chan	Trailblazer	M36-49	1987	30 Jan 2026	39:01.87	Trailblazer Record
23	Yusuke Shimozono	Meisoukai	M36-49	1983	28 Jan 2023	39:02.23	
24	Isaac Yuen	Unattached	M36-49	1983	24 Jan 2025	39:06.35	
25	Ryan Robbie	AVOHK	M36-49	1985	24 Jan 2025	39:13.34	
26	Takeshi Hayashi	Meisoukai	M36-49	1975	28 Jan 2023	39:14.00	
27	Vincent Chu	BuffCo	M36-49	1980	30 Jan 2026	39:18.69	
28	Bashant Angbuhang	BuffCo/HKNUTRA	M36-49	1987	12 Jan 2024	39:21.58	
29	Phil Wright	Unattached	M36-49	1980	18 Dec 2021	39:40.56	
30	Devin Kennington	Unattached	M36-49	1982	18 Dec 2021	39:46.15	
31	Israel Valcarcel	BuffCo	M36-49	1973	18 Dec 2021	40:09.66	
32	Nicholas Forde	Unattached	M36-49	1974	16 Dec 2023	40:28.21	
33	Li Ka Chun	DMS BW	M36-49	1984	28 Jan 2023	40:59.30	
34	Logan Wright	Unattached	M36-49	1979	18 Dec 2021	41:02.27	
35	Jesse Sung	Unattached	M36-49	1981	18 Dec 2021	41:11.32	
36	Colm Rafferty	pACe running	M36-49	1983	18 Dec 2021	41:18.86	
37	Simon Lam	Wazup Running Club	M36-49	1982	28 Jan 2023	41:22.35	
38	Kei Cheung	SSAC	M36-49	1981	18 Dec 2021	41:44.37	SSAC Record
39	AJ Silbernagl	Unattached	M36-49	1972	18 Dec 2021	41:50.44	
40	Nakagawa Yasuhiro	Meisoukai	M36-49	1978	28 Jan 2023	42:09.11	
41	Loz Wong	BuffCo	M36-49	1987	12 Jan 2024	42:26.36	
42	Alexandre Clovirola	Unattached	M36-49	1989	24 Jan 2025	42:27.32	
43	Nik Light	KipMovin/SandhurstJ	M36-49	1983	28 Jan 2023	42:49.20	KipMovin Record
44	Chi Sang Cheuk	Trailblazer	M36-49	1977	17 Dec 2022	42:53.12	
45	Jesse So	Trailblazer	M36-49		18 Dec 2021	43:31.11	
46	Christian Goldsmith	BuffCo	M36-49	1982	16 Dec 2023	44:10.58	
47	Noel Cheung	BuffCo	M36-49	1980	16 Dec 2023	44:49.50	
48	Nik Sam	AVOHK	M36-49	1982	24 Jan 2025	45:46.23	
49	Satoshi Hayashida	Meisoukai	M36-49	1975	28 Jan 2023	45:48.43	
50	Desmond Chung	Unattached	M36-49	1979	7 Dec 2025	52:22.24	
51	Miguel Cordero	Root (Hong Kong)	M36-49	1989	24 Jan 2025	69:42.49	

WOMENS MASTERS I (36-49)

1	Caitriona Jennings	Gone Running/Joint Dynamics	W36-49	1980	18 Dec 2021	36:51.90	Women's Meet Record
2	Eszter Csillag	Gone Running/Joint Dynamics	W36-49	1985	28 Jan 2023	38:28.97	
3	Ranee Wong	BuffCo	W36-49	1986	17 Dec 2022	41:38.34	BuffCo Record
4	Katrin Gottschalk	GR/JD	W36-49	1978	7 Dec 2025	41:58.48	
5	Meg Sterling	BuffCo	W36-49	1974	16 Dec 2023	44:02.05	
6	Hay Man Kim	Unattached	W36-49	1981	18 Dec 2021	44:16.19	
7	Ada Wang	Watsons	W36-49	1982	28 Jan 2023	44:31.56	Watsons Record
8	Ella Karsemeijer	pACe running	W36-49	1977	18 Dec 2021	44:50.19	pACe running Record
9	Nozomi Kawakatsu	Meisoukai	W36-49	1987	28 Jan 2023	45:06.58	Meisoukai Record
10	Kate Bernardo	pACe running	W36-49	1981	18 Dec 2021	45:55.56	
11	Yuen Suen Wang	Unattached	W36-49	1982	18 Dec 2021	46:02.36	
12	Stephanie Kwan	Trailblazer	W36-49	1981	18 Dec 2021	46:35.05	Trailblazer Record
13	Annie Li	Trailblazer	W36-49	1983	18 Dec 2021	49:50.25	
14	Cynthia Claytor	BuffCo	W36-49	1984	18 Dec 2021	55:20.82	
15	Thuha Tran	Unattached	W36-49	1980	18 Dec 2021	56:22.40	
16	Rai Pushpa Thapa	Nepal	W36-49	1975	28 Jan 2023	72:21.85	Nepal Record

MENS MASTERS II (50-59)

1	Nicholas Forde	BuffCo	M50-59	1974	13 Dec 2024	36:27.49	M50-59 Record
2	Tim Marchant	BuffCo	M50-59	1972	12 Jan 2024	39:06.85	
3	Daniel Brown	Unattached	M50-59	1970	18 Dec 2021	40:57.37	
4	Anthony Chui	BuffCo	M50-59	1964	18 Dec 2021	41:14.95	BuffCo Record
5	Jan Souleyman	Gone Running	M50-59	1971	16 Dec 2023	41:42.17	Gone Running Record
6	Atsushi Matsuzawa	Meisoukai	M50-59	1971	28 Jan 2023	41:45.59	Meisoukai Record
7	Alex Schrantz	RUN Volunteers	M50-59	1970	18 Dec 2021	43:56.95	RUN Volunteers Record
8	Steve Davies	BuffCo	M50-59	1972	13 Dec 2024	44:08.89	
9	David Russell	Unattached	M50-59	1967	28 Jan 2023	47:52.89	
10	Simon Weston	Unattached	M50-59	1964	18 Dec 2021	49:22.39	

WOMENS MASTERS II (50-59)

1	Jenny Buck	DB Runners	W50-59	1971	13 Dec 2024	51:15.30	W50-59 Record
2	Yuko Loasby	BuffCo	W50-59	1967	17 Dec 2022	51:33.46	
3	Jo Chui	BuffCo	W50-59	1965	18 Dec 2021	53:24.68	

MENS MASTERS III (60-69)

1	Isao Sugawara	Meisoukai	M60-69	1960	17 Dec 2022	40:50.71	M60-69 Record
2	Anthony Chui	BuffCo	M60-69	1964	12 Jan 2024	43:26.61	BuffCo Record
3	Ross MacLean	Unattached	M60-69	1956	17 Dec 2022	53:16.98	

MENS LEGENDS I (70-79)

1	Frank McNamara	AVOHK	M70-79	1953	16 Dec 2023	45:19.66	M70-79 Record
2	Mark Loasby	BuffCo	M70-79	1950	18 Dec 2021	56:07.78	BuffCo Record