



Organised by AVRA

Supporting Hong Kong Health Service

Place	Bib	Overall Name	Category	Age	Gender	Time	Difference	Pace (km / hour)	* New Record
1	2	Temana Short	u16 wetsuited	15	Male	19:15.3	-	4.7	*
2	10	Connor McGrath	u16 wetsuited	15	Male	22:52.2	+3:36.9	3.9	
3	26	Matthew Maury	17-29 wetsuited	28	Male	22:56.3	+3:41.0	3.9	*
4	9	Ethan McGrath	17-29 no wetsuit	17	Male	22:59.3	+3:44.0	3.9	*
5	17	Adrian McCarroll	50+ wetsuited	53	Male	27:05.8	+7:50.5	3.3	*
6	23	Yin Yue Olivia Wong	17-29 wetsuited	29	Female	27:56.5	+8:41.2	3.2	*
7	16	Jessica McCarroll	50+ wetsuited	51	Female	28:21.7	+9:06.4	3.2	*
8	22	Lily Sheary	u16 wetsuited	12	Female	28:59.6	+9:44.3	3.1	*
9	8	Rebecca Gossage	30-49 wetsuited	35	Female	29:16.8	+10:01.5	3.1	*
10	4	Mai-Britt Altheim	30-49 wetsuited	34	Female	30:09.0	+10:53.7	3.0	
11	7	Chris Head	50+ wetsuited	52	Male	30:31.2	+11:15.9	2.9	*
12	19	Andrea Wright	50+ wetsuited	51	Female	31:19.0	+12:03.7	2.9	
13	3	Fergus Gordon	30-49 wetsuited	39	Male	31:24.5	+12:09.2	2.9	*
14	12	Derk Van Den Heuvel	30-49 wetsuited	47	Male	31:54.0	+12:38.7	2.8	
14	14	Marie Van Den Heuvel	u16 wetsuited	12	Female	31:54.0	+12:38.7	2.8	
16	24	Connie Lau Foster	30-49 no wetsuit	41	Female	35:58.0	+16:42.7	2.5	*
17	15	Joel "Jack" Wilson	30-49 wetsuited	44	Male	36:06.1	+16:50.8	2.5	
18	20	Darlene Goode	50+ wetsuited	54	Female	36:12.2	+16:56.9	2.5	
19	1	Kevin Lee	30-49 wetsuited	41	Male	38:19.7	+19:04.4	2.3	
20	18	Grace Kwong	30-49 wetsuited	39	Female	43:50.9	+24:35.6	2.1	
21	6	Jennifer White	30-49 no wetsuit	48	Female	50:50.5	+31:35.2	1.8	
-	21	Ian Polson	50+ wetsuited	72	Male	DNF	-	-	
-	5	Andres Torres	50+ wetsuited	52	Male	DNS	-	-	
-	11	Joe Wilson	30-49 wetsuited	47	Male	DNS	-	-	
-	13	Boet Van Den Heuvel	u16 wetsuited	13	Male	DNS	-	-	
-	25	Jeff Sayed	30-49 wetsuited	43	Male	DNS	-	-	
Overall - Female									
Place	Bib	Name	Category	Age	Gender	Time	Difference	Pace (km / hour)	
1	23	Yin Yue Olivia Wong	17-29 wetsuited	29	Female	27:56.5	-	3.2	*
2	16	Jessica McCarroll	50+ wetsuited	51	Female	28:21.7	+0:25.2	3.2	*
3	22	Lily Sheary	u16 wetsuited	12	Female	28:59.6	+1:03.1	3.1	*
4	8	Rebecca Gossage	30-49 wetsuited	35	Female	29:16.8	+1:20.3	3.1	*
5	4	Mai-Britt Altheim	30-49 wetsuited	34	Female	30:09.0	+2:12.5	3.0	
6	19	Andrea Wright	50+ wetsuited	51	Female	31:19.0	+3:22.5	2.9	
7	14	Marie Van Den Heuvel	u16 wetsuited	12	Female	31:54.0	+3:57.5	2.8	
8	24	Connie Lau Foster	30-49 no wetsuit	41	Female	35:58.0	+8:01.5	2.5	*
9	20	Darlene Goode	50+ wetsuited	54	Female	36:12.2	+8:15.7	2.5	
10	18	Grace Kwong	30-49 wetsuited	39	Female	43:50.9	+15:54.4	2.1	
11	6	Jennifer White	30-49 no wetsuit	48	Female	50:50.5	+22:54.0	1.8	
Overall - Male									
Place	Bib	Name	Category	Age	Gender	Time	Difference	Pace (km / hour)	
1	2	Temana Short	u16 wetsuited	15	Male	19:15.3	-	4.7	*
2	10	Connor McGrath	u16 wetsuited	15	Male	22:52.2	+3:36.9	3.9	
3	26	Matthew Maury	17-29 wetsuited	28	Male	22:56.3	+3:41.0	3.9	*
4	9	Ethan McGrath	17-29 no wetsuit	17	Male	22:59.3	+3:44.0	3.9	*
5	17	Adrian McCarroll	50+ wetsuited	53	Male	27:05.8	+7:50.5	3.3	*
6	7	Chris Head	50+ wetsuited	52	Male	30:31.2	+11:15.9	2.9	*
7	3	Fergus Gordon	30-49 wetsuited	39	Male	31:24.5	+12:09.2	2.9	*
8	12	Derk Van Den Heuvel	30-49 wetsuited	47	Male	31:54.0	+12:38.7	2.8	
9	15	Joel "Jack" Wilson	30-49 wetsuited	44	Male	36:06.1	+16:50.8	2.5	
10	1	Kevin Lee	30-49 wetsuited	41	Male	38:19.7	+19:04.4	2.3	
-	21	Ian Polson	50+ wetsuited	72	Male	DNF	-	-	
-	5	Andres Torres	50+ wetsuited	52	Male	DNS	-	-	
-	11	Joe Wilson	30-49 wetsuited	47	Male	DNS	-	-	
-	13	Boet Van Den Heuvel	u16 wetsuited	13	Male	DNS	-	-	
-	25	Jeff Sayed	30-49 wetsuited	43	Male	DNS	-	-	
17-29 no wetsuit - Male									
Place	Bib	Name	Category	Age	Gender	Time	Difference	Pace (km / hour)	
1	9	Ethan McGrath	17-29 no wetsuit	17	Male	22:59.3	-	3.9	*
17-29 wetsuited - Female									
Place	Bib	Name	Category	Age	Gender	Time	Difference	Pace (km / hour)	
1	23	Yin Yue Olivia Wong	17-29 wetsuited	29	Female	27:56.5	-	3.2	*
17-29 wetsuited - Male									
Place	Bib	Name	Category	Age	Gender	Time	Difference	Pace (km / hour)	
1	26	Matthew Maury	17-29 wetsuited	28	Male	22:56.3	-	3.9	*
30-49 no wetsuit - Female									
Place	Bib	Name	Category	Age	Gender	Time	Difference	Pace (km / hour)	
1	24	Connie Lau Foster	30-49 no wetsuit	41	Female	35:58.0	-	2.5	*
2	6	Jennifer White	30-49 no wetsuit	48	Female	50:50.5	+14:52.5	1.8	
30-49 wetsuited - Female									
Place	Bib	Name	Category	Age	Gender	Time	Difference	Pace (km / hour)	
1	8	Rebecca Gossage	30-49 wetsuited	35	Female	29:16.8	-	3.1	*
2	4	Mai-Britt Altheim	30-49 wetsuited	34	Female	30:09.0	+0:52.2	3.0	
3	18	Grace Kwong	30-49 wetsuited	39	Female	43:50.9	+14:34.1	2.1	
30-49 wetsuited - Male									
Place	Bib	Name	Category	Age	Gender	Time	Difference	Pace (km / hour)	
1	3	Fergus Gordon	30-49 wetsuited	39	Male	31:24.5	-	2.9	*
2	12	Derk Van Den Heuvel	30-49 wetsuited	47	Male	31:54.0	+0:29.5	2.8	
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-	11	Joe Wilson	30-49 wetsuited	47	Male	DNS	-	-	
-	25	Jeff Sayed	30-49 wetsuited	43	Male	DNS	-	-	
50+ wetsuited - Female									
Place	Bib	Name	Category	Age	Gender	Time	Difference	Pace (km / hour)	
1	16	Jessica McCarroll	50+ wetsuited	51	Female	28:21.7	-	3.2	*
2	19	Andrea Wright	50+ wetsuited	51	Female	31:19.0	+2:57.3	2.9	
3	20	Darlene Goode	50+ wetsuited	54	Female	36:12.2	+7:50.5	2.5	
50+ wetsuited - Male									
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1	17	Adrian McCarroll	50+ wetsuited	53	Male	27:05.8	-	3.3	*
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-	5	Andres Torres	50+ wetsuited	52	Male	DNS	-	-	
u16 wetsuited - Female									
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1	22	Lily Sheary	u16 wetsuited	12	Female	28:59.6	-	3.1	*
2	14	Marie Van Den Heuvel	u16 wetsuited	12	Female	31:54.0	+2:54.4	2.8	
u16 wetsuited - Male									
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1	2	Temana Short	u16 wetsuited	15	Male	19:15.3	-	4.7	*
2	10	Connor McGrath	u16 wetsuited	15	Male	22:52.2	+3:36.9	3.9	
-	13	Boet Van Den Heuvel	u16 wetsuited	13	Male	DNS	-	-	