



Last updated Feb 2021

### Course Records - Cold Half

CATEGORY	SWIMMER NAME		NATIONALITY	TIME	YEAR
MEN'S SOLO WETSUITED & BUOYANT	Singha Chau		HKG	3:04:31	2016
MEN'S SOLO NATURALLY OCEAN	Alex Fong Lik Sun		HKG	3:29:07	2021
WOMEN'S SOLO NATURALLY OCEAN	Sheryl Slater		HKG	3:44:31	2020
WOMEN'S SOLO WETSUITED & BUOYANT	Karen Surgenor		HKG	3:43:00	2021
WOMEN'S RELAY NATURALLY OCEAN	Hong Kong Island Stingrays Girls	Gabby Wei	HKG	3:43:13	2021
		Alys Lindsay	HKG		
WOMEN'S RELAY WETSUITED & BUOYANT	Jemima and Aneekah	Jemima Ridley	GBR	3:23:46	2016
		Aneekah Styles	AUS		
MEN'S RELAY NATURALLY OCEAN	Patrón Patrol	Mark Stimson	HKG	3:39:04	2021
		Sven Dahlmann	HKG		
MEN'S RELAY WETSUITED & BUOYANT	Hong Kong Island Stingrays	Tristan Bennett	HKG	3:05:32	2021
		Augustin Redon	HKG		
MIXED RELAY NATURALLY OCEAN	FI+SH	Fiona Chan	HKG	3:28:11	2014
		Singha Chau	HKG		
MIXED RELAY WETSUITED & BUOYANT	Nicole & Owen	Nicole Evanz	HKG	3:13:52	2016
		Owen Henderson	GBR		

CATEGORY	SWIMMER NAME	NATIONALITY	TIME	YEAR
ColdXtreme - Male Solo	Thomas Butter	HKG	10:23:17	2021
ColdXtreme - Female Solo	Mandy Tik Tolman	HKG	13:06:11	2021
THE COLD STANDARD	Henry Wright	HKG	4:28:43	2014
SUB 3 SQUARED(10K)	Henry Wright	HKG	2:49:20	2015

### Course Records - Cold Plunge

Cold Plunge records don't include 2021 results, as they were run in time trial format

Male		Wetsuit	
Age	Name	Year	Time
U16	Temana Short	2017	0:19:15
17-39 (17-29)	Robin Elg	2020	0:21:14
40-49 (30-49)	Matthew Barry	2019	0:22:38
50-59 (50+)	Robert Kushner	2018	0:26:10
60+	Ping Yiu Chan	2020	0:38:15
Male		No Wetsuit	
Age	Name	Year	Time
U16	N/A	N/A	N/A
17-39 (17-29)	Ethan McGrath	2017	0:22:59
40-49 (30-49)	Andrew Waters	2019	0:23:12
50-59 (50+)	Scott Burton	2018	0:23:55
60+	Sandy Macalister	2020	0:37:07
Female		Wetsuit	
Age	Name	Year	Time
U16	Pauline Courret	2020	0:23:01
17-39 (17-29)	Joyce Poon	2020	0:27:32
40-49 (30-49)	Rebecca Gossage	2017	0:29:17
50-59 (50+)	Andrea Wright	2018	0:28:05
Female		No Wetsuit	
Age	Name	Year	Time
U16	N/A	N/A	N/A
17-39 (17-29)	Gorana Pogancev	2018	0:28:16
40-49 (30-49)	Catherine Sen	2020	0:27:29
50-59 (50+)	Louise Wood	2020	0:40:50

Overall course record				
Male	Temana Short	2017	0:19:15	Wetsuit
Female	Pauline Courret	2020	0:23:01	Wetsuit