

KING OF THE HILLS

KOTH Course Records

Sai Kung Mountain Marathon Previous Records

Old Full Marathon – 36.0 km (Course Run from 1984-2005)

Men's Under 35:	Tsang Siu Keung	3:48:20 2005
Men's 35-40:	Neil Tait	3:36:30 2005
Men's V-40:	Bruce Fletcher	4:06:20 1988
Men's V-45:	Choi Kau	3:38:38 2003
Men's V-50:	David Rosser	4:36:03 1988
Men's V-55:	Bob Whitehead	4:41:46 2004
Ladies:	JoeJoe Fan Suiping	4:29:57 2005
Ladies V-40:	Ann Miles	5:17:08 2005

2006 Full Marathon Course – 37.5 km (but more runnable)

Men's Open:	Tsang Siu Keung	3:26:56 2006
Men's V-40:	Peter Lee	3:53:19 2009
Men's V-45:	Arnaud Picut	3:52:07 2012
Men's V-50:	Ng Chau Yan	4:18:29 2009
Man's V-55:	Chan Hoi Nam	4:34:21 2011
Ladies Open:	Lucy Marriott	4:18:46 2011
Ladies V-40:	Claire Price	4:18:36 2009

Half Marathon – 19.0 km

Men's Open:	Neil Tait	1:28:28 2004
Men's V-40:	Mark Western	1:40:06 2011
Men's V-45:	Bob Shorrocks	1:36:13 2007
Men's V-50:	Chris Wardlaw	1:40:11 2004
Men's V-55:	Chris Wardlaw	1:38:12 2006
Men's V-60:	Yiu Kam Sang	2:03:45 2011
Ladies Open:	JoeJoe Fan Suiping	1:45:19 2006
Ladies V-40:	Nadia Koucha	2:02:51 2011
Ladies V-50:	Yeung Mei Lun	2:11:29 2011

Tai Po Mountain Marathon Previous Records

Full Marathon – 32.5 km (Plover Cove Variation)

Men's Open:	Neil Tait	3:15:21 2005
Men's V-40:	Michael Maddess	3:53:42 2005
Men's V-45:	Choi Kau	3:33:47 2003
Men's V-50:	David Rosser	4:11:23 1988
Men's V-55:	Bob Whitehead	4:30:59 2005
Ladies Open:	JoeJoe Fan Suiping	4:13:36 2005
Ladies V-40:	Ann Miles	5:01:11 2006

Full Marathon – 36 km (Lai Chi Wo Variation)

Men's Open:	Tsang Siu Keung	3:34:47 2010
Men's V-40:	Peter Lee	3:58:21 2011
Men's V-45:	Arnaud Picut	3:58:08 2011
Men's V-50:	Chan See Kau	4:11:11 2011

Men's V-55:	Ng Chau Yan	4:23:59	2011
Men's V-60:	Yeung Wing Kai	5:33:54	2007
Ladies Open:	Olya Korzh	4:29:25	2011
Ladies V-40:	Aya Noyes	4:47:36	2011

Half Marathon – 14.8 km

Men's Open:	Gary Mandy	1:31:08	2005
Men's V-40:	Bob Shorrock	1:41:16	2004
Men's V-45:	Bob Shorrock	1:41:52	2008
Men's V-50:	Leung Ping	1:51:27	2011
Men's V-55:	Chris Wardlaw	1:46:30	2005
Men's V-60:	Law Kwong Chow	2:06:57	2011
Ladies:	Lucy Marriott	1:55:06	2010
Ladies V-40:	Claire Price	1:53:47	2011
Ladies V-50:	Yeung Mei Lun	2:28:36	2011

Lantau Mountain Marathon Previous Records

Full Marathon 29.8 km

Men's Open:	Neil Tait	3:20:12	2005
Men's V-40:	Michael Maddess	3:43:56	2006
Men's V-45:	Choi Kau	3:29:38	2003
Men's V-50:	Chan See Kau	4:16:02	2010
Men's V-55:	Bob Whitehead	4:25:10	2005
Ladies:	Claire Price	4:05:17	2007
Ladies V-40:	Claire Price	4:10:19	2010

Half Marathon – 14.0 km

Men's Open:	Gary Mandy	1:13:01	2006
Men's V-40:	Bob Shorrock	1:17:23	2005
Men's V-45:	Mark Western	1:26:00	2012
Men's V-50:	Leung Ping	1:30:59	2011
Men's V-55:	Ho Wai Ming	1:32:51	2012
Men's V-60:	Wong Peter Chun Tong	1:45:37	2012
Ladies:	Grace Balintong	1:34:55	2007
Ladies V-40:	MarieHelene Arnauld	1:38:50	2002
Ladies V-50:	Ann Miles	2:11:22	2011

Hong Kong Island Mountain Marathon Previous Records

Full Marathon – 30.5 km

Men's Open:	Neil Tait	2:52:48	2004
Men's V-40:	Bill Nock	3:10:33	2007
Men's V-45:	Choi Kau	3:10:41	2004
Men's V-50:	Leung Ping	3:40:50	2012
Men's V-55:	Claus Rolf	3:49:25	2011
Ladies Open:	Jeannette Holmes-Thomson	3:35:08	2008
Ladies V-40:	Janet Ng	3:54:48	2012

Half Marathon – 18.6 km

Men's Open:	Neil Tait	1:41:57	2003
Men's V-40:	Bob Shorrock	1:46:05	2005
Men's V-45:	Peter Hopper	1:51:36	2007
Men's V-50:	Peter Hopper	1:59:53	2012
Men's V-55:	Chris Wardlaw	1:53:53	2006
Men's V-60:	Wong Peter Chung Tong	2:21:51	2012

Ladies Open:	Fan Suiping	2:06:18	2012
Ladies V-40:	MarieHelene Arnauld	2:13:14	2001
Ladies V-50	Yeung Mei Lun	2:26:37	2011

Sham Tseng Mountain Marathon Previous Records

Full Marathon – 37.0 km

Men's Open:	Neil Tait	3:34:45	2005
Men's V-40:	Rob James	3:55:04	2008
Men's V-45:	Patrick Ford	4:09:09	2008
Men's V-50	Chan See Kau	4:31:47	2010
Men's V-55:	Chan Hoi Nam	4:28:44	2010
Ladies Open:	JoeJoe Fan Suiping	4:12:16	2006
Ladies Veteran:	Yeung Mei Lun	5:14:55	2008

Half Marathon – 22.5km

Men's Open:	Stone Tsang Siu Keung	2:01:53	2009
Men's V-40	Tim McCosker	2:13:37	2005
Men's V-45	Leung Ping	2:15:32	2007
Men's V-50	Leung Ping	2:26:29	2010
Men's V-55	Chris Wardlaw	2:14:50	2007
Men's V-60	Wong Peter Chun Tong	2:56:36	2010
Ladies Open:	Claire Price	2:20:55	2008
Ladies V-40:	MarieHelene Arnauld	2:35:07	2001
Ladies V-50	Ann Miles	3:28:40	2010