

KING OF the HILLS

KOTH Course Records

Sai Kung Mountain Marathon Previous Records

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

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|-----------------|--------------------|---------|------|
| 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)

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|--------------|-----------------|---------|------|
| Men's Open: | Tsang Siu Keung | 3:26:56 | 2006 |
| Men's V-40: | Will Davies | 3:46:08 | 2015 |
| Men's V-45: | Arnaud Picut | 3:52:07 | 2012 |
| Men's V-50: | Bob Shorrocks | 4:17:06 | 2013 |
| Men's V-55: | Chan See Kau | 4:27:11 | 2015 |
| Men's V-60: | Chan Hoi Nam | 5:15:06 | 2015 |
| Ladies Open: | Lucy Marriott | 4:18:46 | 2011 |
| Ladies V-40: | Claire Price | 4:18:36 | 2009 |
| Ladies V-50: | Joanne Brown | 4:58:20 | 2015 |

Half Marathon – 19.0 km

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|--------------|------------------|---------|------|
| Men's Open: | Neil Tait | 1:28:28 | 2004 |
| Men's V-40: | Seth Fischer | 1:38:03 | 2015 |
| 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 |
| Men's V-70: | Frank Pilkington | 2:31:20 | 2013 |
| Ladies Open: | Mira Rai | 1:38:44 | 2015 |
| 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)

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|--------------|--------------------|---------|------|
| 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)

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|--------------|-----------------|---------|------|
| 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 |
| Men's V-70: | Yu Tong Bo | 6:41:50 | 2014 |
| Ladies Open: | Olya Korzh | 4:29:25 | 2011 |
| Ladies V-40: | Aya Noyes | 4:47:36 | 2011 |

Half Marathon – 14.8 km

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|--------------|------------------|---------|------|
| 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 |
| Men's V-70: | Frank Pilkington | 2:44:32 | 2014 |
| Men's V-75: | John Lane | 3:58:38 | 2012 |
| 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

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|--------------|-----------------|---------|-------------------------|
| 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: | Hau Ping | 4:14:33 | 2013 |
| 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 |
| Ladies V-50: | Joanne Brown | 5:11:31 | 2015 (variation course) |

Half Marathon – 14.0 km

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|-------------|------------|---------|------|
| Men's Open: | Gary Mandy | 1:13:01 | 2006 |
|-------------|------------|---------|------|

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|--------------|----------------------|---------|------|
| Men's V-40 | Bob Shorrock | 1:17:23 | 2005 |
| Men's V-45 | Jo Koster | 1:23:51 | 2013 |
| 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 | 1:44:39 | 2013 |
| Men's V-70 | Frank Pilkington | 2:09:13 | 2013 |
| Men's V-75 | John Fowler | | 2015 |
| Ladies: | Claire Chapman | 1:31:28 | 2013 |
| Ladies V-40: | Claire Price | 1:26:33 | 2013 |
| Ladies V-50 | Mak King Foon | 2:02:22 | 2013 |

Hong Kong Island Mountain Marathon Previous Records

Full Marathon – 30.5 km

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|--------------|--------------------------|---------|------|
| 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: | Bob Shorrock | 3:24:18 | 2014 |
| Men's V-55: | Ho Wai Ming | 3:37:08 | 2013 |
| Ladies Open: | Jeannette Holmes-Thomson | 3:35:08 | 2008 |
| Ladies V-40: | Kami Semick | 3:40:05 | 2013 |

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 |
| Men's V-70 | Frank Pilkington | 2:48:55 | 2013 |
| Men's V-75 | John Fowler | 3:33:33 | 2014 |
| Ladies Open: | Claire Chapman | 2:01:01 | 2013 |
| Ladies V-40: | Jeanette Holmes-Thomson | 2:02:19 | 2013 |
| Ladies V-50 | Yeung Mei Lun | 2:26:37 | 2011 |

Sham Tseng Mountain Marathon Previous Records

Full Marathon – 37.0 km

| | | | |
|-----------------|-----------------------|---------|------|
| Men's Open: | Stone Tsang Siu Keung | 3:31:46 | 2015 |
| Men's V-40: | Rob James | 3:55:04 | 2008 |
| Men's V-45: | Arnaud Picut | 4:00:44 | 2013 |
| Men's V-50 | Bob Shorrock | 3:53:46 | 2014 |
| Men's V-55: | Chan Hoi Nam | 4:28:44 | 2010 |
| Men's V-60 | Law Kwong Chow | 5:16:15 | 2014 |
| Ladies Open: | JoeJoe Fan Suiping | 4:12:16 | 2006 |
| Ladies Veteran: | Mary McNaughton | 4:19:17 | 2015 |

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|-------------|---------------|---------|------|
| Ladies V-50 | Au Yeung Cham | 5:34:57 | 2015 |
|-------------|---------------|---------|------|

Half Marathon – 23.96km

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|--------------|-----------------------|---------|------|
| Men's Open: | Stone Tsang Siu Keung | 2:01:53 | 2009 |
| Men's V-40 | Seth Fischer | 2:09:06 | 2014 |
| Men's V-45 | Jo Koster | 2:09:28 | 2013 |
| Men's V-50 | Wong Kwok Leung | 2:21:28 | 2013 |
| Men's V-55 | Chris Wardlaw | 2:14:50 | 2007 |
| Men's V-60 | Wong Peter Chun Tong | 2:40:25 | 2013 |
| Men's V-70 | Frank Pilkington | 3:22:11 | 2015 |
| Ladies Open: | Amanda Scott | 2:14:10 | 2014 |
| Ladies V-40: | Claire Price | 2:21:30 | 2013 |
| Ladies V-50 | Yeung Mei Lun | 3:06:48 | 2015 |