

# Koh Dach Road Race

## Sunday 24/02/2019

### Individual and Team Results

#### Introduction

This document includes the results for the individual competition and team competition with the race times converted into points.

These results have been prepared by Martin Kendrik using data from the Running Physiology Research Project. If you have an interest in running physiology or the data used in the preparation of these results, you can find out more about the project by contacting [martinkendrik@gmail.com](mailto:martinkendrik@gmail.com).

#### Apology for late results

I would like to apologise for the lateness of the publication of these results. Further time-consuming work was required developing the algorithms needed to produce these results to a very accurate standard. As these have now been completed, producing points converted results will be very fast in the future.

#### Benefit of points conversion

Within running and races it's extremely difficult to compare people's performance across a range of distances, sex and age. The points conversion system aims to accurately convert every time result into an equivalent points score. A score of 900 points for example, represents an equal equivalent performance regardless of the persons sex or distance raced. This is extremely important because it allows us to compare everyone's performance equally and fairly in a single results set. This is also essential for running a mixed team competition over a range of range distances. By using the same points system, you can compare your own personal performance over a different distance in a future race.

It is important to note that this results set does not yet factor age into the performance calculations so the performance by 12 year old Mason Vosters of 42:42 in the 10km would be worth a lot more points if age grade was considered.

#### Missing results

It is known that the results of some individual runners are missing from the results set. The points conversion could not be done due to some individuals missing parts of their registration data. If your result is missing from the list and you would like to have your points performance included, I will gladly add this for you. Please contact me on [martinkendrik@gmail.com](mailto:martinkendrik@gmail.com) with your firstname, lastname, Date of birth, nationality, sex and distance raced in Koh Dach. An updated results list will be republished.

## **Team Competition Details**

The team competition was comprised of a number of different categories. The top 4 valid scorers from each team would contribute to that teams score for each category.

Overall – Highest 4 scorers from each team of any sex

Mens – Highest 4 scoring men from each team

Womens – Highest 4 scoring women from each team

Mixed – 2 Highest scoring men and 2 highest scoring women from each team

Under-18 – 4 highest scoring under 18s from each team

Under-14 – 4 highest scoring under 14s from each team

5 teams registered, with HOPE running squad sending the most participants. A big congratulations to Logos school won nearly every category with some great performances.

The organisers would like to thank everyone who entered for making it a fun event and to encourage you to keep promoting running in Cambodia as a healthy lifestyle choice.

## **Mistakes**

If you notice any mistakes in this document, please don't hesitate to contact me.

# Individual Results Breakdown

10KM Men										
Position	Points	Time	Race distance	Run number	Surname	Firstname	Sex	Age group	Nationality	Team
1	1212	00:38:11	10km	115	Theourn	Kang	Male	MSEN	Cambodian	None
2	1186	00:38:43	10km	161	Ota	Yugo	Male	M30	Japanese	Phnom Penh SoYuKai
3	1102	00:40:27	10km	157	Kon	Hiroya	Male	M30	Japanese	Phnom Penh SoYuKai
4	999	00:42:42	10km	103	Vosters	Mason	Male	M14	USA	Logos
5	986	00:42:59	10km	195	Nguyen	Tin	Male	M30	Vietnamese	None
6	959	00:43:35	10km	159	Maruoka	Shigeki	Male	M30	Japanese	Phnom Penh SoYuKai
7	825	00:46:44	10km	165	Pirie	Malcolm	Male	M30	New Zealand	HOPE Running Squad
8	817	00:46:55	10km	187	Kim	Saroeun	Male	M50	Cambodian	None
9	772	00:48:00	10km	117	Hodges	Paul	Male	M40	Australian	HOPE Running Squad
10	752	00:48:30	10km	143	Chheang	Solomon	Male	M18	Cambodian	Logos
11	749	00:48:35	10km	167	Kao	Ben	Male	M30	Taiwanese	Phnom Penh SoYuKai
12	283	01:02:10	10km	105	Stanley	Tyler	Male	M18	USA	Logos
13	188	01:05:33	10km	193	Sanchez	Camillo	Male	M40	American	None
14	66	01:10:37	10km	149	Kamlaing	Tes	Male	MSEN	Cambodian	YiQi Crossfit
15	23	01:12:40	10km	155	Keth	David	Male	M30	Cambodian	YiQi Crossfit
16	0	01:16:56	10km	151	Visith	San	Male	M30	Cambodian	YiQi Crossfit

10KM Women										
Position	Points	Time	Race distance	Run number	Surname	Firstname	Sex	Age group	Nationality	Team
1	1302	00:43:20	10km	183	Lee	Yin Ling	Female	F30	Hong Kong	None
2	1241	00:44:51	10km	111	Bawden	Sara	Female	F30	USA	Logos
3	1136	00:47:33	10km	127	Eng	Muyngim	Female	FSEN	Cambodian	Cambodia Running
4	1099	00:48:32	10km	123	Thomas	Anneliese	Female	F18	British	Logos
5	1004	00:51:04	10km	163	Hu	Seoyoung	Female	F18	Korean	Logos
6	769	00:57:29	10km	125	Heng	Meyjou	Female	FSEN	Cambodian	Cambodia Running
7	672	01:00:14	10km	101	Inu	Rina	Female	FSEN	American	YiQi Crossfit
8	620	01:01:43	10km	107	Vosters	Alicia	Female	F30	USA	Logos
9	253	01:12:45	10km	145	Kim	Muy	Female	FSEN	Cambodian	YiQi Crossfit
10	131	01:16:55	10km	121	Wong	Siew	Female	FSEN	Australian	YiQi Crossfit

5KM Men										
Position	Points	Time	Race distance	Run number	Surname	Firstname	Sex	Age group	Nationality	Team
1	1206	00:18:29	5km	769	Bianchi	Neil	Male	M30	British	Cambodia Running
2	992	00:20:35	5km	771	Thomas	Graham	Male	M50	British	Logos
3	758	00:23:07	5km	757	Hodges	Elijah	Male	M14	Australian	HOPE Running Squad
4	756	00:23:08	5km	745	Vosters	Camryn	Male	M14	USA	Logos
5	472	00:26:40	5km	753	Hodges	Ethan	Male	M14	Australian	HOPE Running Squad
6	471	00:26:41	5km	755	Pirie	Noah	Male	M14	Australian	HOPE Running Squad
7	351	00:28:24	5km	767	Gardiner	John	Male	M50	Australian	HOPE Running Squad
8	102	00:32:43	5km	739	Chheun	Phalla	Male	MSEN	Cambodian	None
9	19	00:34:32	5km	735	Dinh	Tuan	Male	M40	Vietnamese	None

5KM Women										
Position	Points	Time	Race distance	Run number	Surname	Firstname	Sex	Age group	Nationality	Team
1	690	00:28:24	5km	759	Gardiner	Lucy	Female	F14	Australian	HOPE Running Squad
2	576	00:29:56	5km	763	Gardiner	Grace	Female	F18	Australian	HOPE Running Squad
3	576	00:29:57	5km	761	Gardiner	Ellie	Female	F18	Australian	HOPE Running Squad
4	442	00:31:49	5km	779	Mendoza	Alvie	Female	FSEN	Filipino	YiQi Crossfit
5	289	00:34:00	5km	603	Wood	Leah	Female	FSEN	American	None
6	205	00:35:17	5km	765	Gardiner	Andrea	Female	F40	Australian	HOPE Running Squad
7	0	00:40:43	5km	775	Chan	Tabitha	Female	FSEN	Cambodian	Logos
8	0	00:47:18	5km	749	Stanley	Tamra	Female	F30	USA	Logos

3KM Men										
Position	Points	Time	Race distance	Run number	Surname	Firstname	Sex	Age group	Nationality	Team
1	1014	00:11:48	3km	707	Kendrik	Martin	Male	M30	British	Cambodia Running

3KM Women										
Position	Points	Time	Race distance	Run number	Surname	Firstname	Sex	Age group	Nationality	Team
1	296	00:19:37	3km	703	Pirie	Emily	Female	F14	Australian	HOPE Running Squad
2	292	00:19:39	3km	705	Hodges	Allison	Female	F40	Australian	HOPE Running Squad
3	290	00:19:40	3km	701	Pirie	Olivia	Female	F14	Australian	HOPE Running Squad
4	0	00:22:45	3km	709	Gomez	Golda	Female	F30	Filipino	YiQi Crossfit

Overall performance										
Position	Points	Time	Race distance	Run number	Surname	Firstname	Sex	Age group	Nationality	Team
1	1302	00:43:20	10km	183	Lee	Yin Ling	Female	F30	Hong Kong	None
2	1241	00:44:51	10km	111	Bawden	Sara	Female	F30	USA	Logos
3	1212	00:38:11	10km	115	Theourn	Kang	Male	MSEN	Cambodian	None
4	1206	00:18:29	5km	769	Bianchi	Neil	Male	M30	British	Cambodia Running
5	1186	00:38:43	10km	161	Ota	Yugo	Male	M30	Japanese	Phnom Penh SoYuKai
6	1136	00:47:33	10km	127	Eng	Muyngim	Female	FSEN	Cambodian	Cambodia Running
7	1102	00:40:27	10km	157	Kon	Hiroya	Male	M30	Japanese	Phnom Penh SoYuKai
8	1099	00:48:32	10km	123	Thomas	Anneliese	Female	F18	British	Logos
9	1014	00:11:48	3km	707	Kendrik	Martin	Male	M30	British	Cambodia Running
10	1004	00:51:04	10km	163	Hu	Seoyoung	Female	F18	Korean	Logos
11	999	00:42:42	10km	103	Vosters	Mason	Male	M14	USA	Logos
12	992	00:20:35	5km	771	Thomas	Graham	Male	M50	British	Logos
13	986	00:42:59	10km	195	Nguyen	Tin	Male	M30	Vietnamese	None
14	959	00:43:35	10km	159	Maruoka	Shigeki	Male	M30	Japanese	Phnom Penh SoYuKai
15	825	00:46:44	10km	165	Pirie	Malcolm	Male	M30	New Zealand	HOPE Running Squad
16	817	00:46:55	10km	187	Kim	Saroeun	Male	M50	Cambodian	None
17	772	00:48:00	10km	117	Hodges	Paul	Male	M40	Australian	HOPE Running Squad
18	769	00:57:29	10km	125	Heng	Meyjou	Female	FSEN	Cambodian	Cambodia Running
19	758	00:23:07	5km	757	Hodges	Elijah	Male	M14	Australian	HOPE Running Squad
20	756	00:23:08	5km	745	Vosters	Camryn	Male	M14	USA	Logos
21	752	00:48:30	10km	143	Chheang	Solomon	Male	M18	Cambodian	Logos
22	749	00:48:35	10km	167	Kao	Ben	Male	M30	Taiwanese	Phnom Penh SoYuKai
23	690	00:28:24	5km	759	Gardiner	Lucy	Female	F14	Australian	HOPE Running Squad
24	672	01:00:14	10km	101	Inu	Rina	Female	FSEN	American	YiQi Crossfit
25	620	01:01:43	10km	107	Vosters	Alicia	Female	F30	USA	Logos
26	576	00:29:56	5km	763	Gardiner	Grace	Female	F18	Australian	HOPE Running Squad
27	576	00:29:57	5km	761	Gardiner	Ellie	Female	F18	Australian	HOPE Running Squad
28	472	00:26:40	5km	753	Hodges	Ethan	Male	M14	Australian	HOPE Running Squad
29	471	00:26:41	5km	755	Pirie	Noah	Male	M14	Australian	HOPE Running Squad
30	442	00:31:49	5km	779	Mendoza	Alvie	Female	FSEN	Filipino	YiQi Crossfit
31	351	00:28:24	5km	767	Gardiner	John	Male	M50	Australian	HOPE Running Squad
32	296	00:19:37	3km	703	Pirie	Emily	Female	F14	Australian	HOPE Running Squad
33	292	00:19:39	3km	705	Hodges	Allison	Female	F40	Australian	HOPE Running Squad
34	290	00:19:40	3km	701	Pirie	Olivia	Female	F14	Australian	HOPE Running Squad
35	289	00:34:00	5km	603	Wood	Leah	Female	FSEN	American	None
36	283	01:02:10	10km	105	Stanley	Tyler	Male	M18	USA	Logos
37	253	01:12:45	10km	145	Kim	Muy	Female	FSEN	Cambodian	YiQi Crossfit
38	205	00:35:17	5km	765	Gardiner	Andrea	Female	F40	Australian	HOPE Running Squad
39	188	01:05:33	10km	193	Sanchez	Camillo	Male	M40	American	None
40	131	01:16:55	10km	121	Wong	Siew	Female	FSEN	Australian	YiQi Crossfit
41	102	00:32:43	5km	739	Chheun	Phalla	Male	MSEN	Cambodian	None
42	66	01:10:37	10km	149	Kamlaing	Tes	Male	MSEN	Cambodian	YiQi Crossfit
43	23	01:12:40	10km	155	Keth	David	Male	M30	Cambodian	YiQi Crossfit
44	19	00:34:32	5km	735	Dinh	Tuan	Male	M40	Vietnamese	None
45	0	01:16:56	10km	151	Visith	San	Male	M30	Cambodian	YiQi Crossfit
46	0	00:40:43	5km	775	Chan	Tabitha	Female	FSEN	Cambodian	Logos
47	0	00:47:18	5km	749	Stanley	Tamra	Female	F30	USA	Logos
48	0	00:22:45	3km	709	Gomez	Golda	Female	F30	Filipino	YiQi Crossfit

# Team Results

## Most team members:

HOPE Running Squad
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## Top 4 Overall:

Position	Team	Points
1	Logos	4343
2	Cambodia Running	4125
3	Phnom Penh SoYuKai	3996
4	HOPE Running Squad	3045
5	YiQi Crossfit	1498

## Most Points:

Position	Team	Points
1	Logos	7746
2	HOPE Running Squad	6574
3	Cambodia Running	4125
4	Phnom Penh SoYuKai	3996
5	YiQi Crossfit	1587

## Top 4 Men:

Position	Team	Points
1	Phnom Penh SoYuKai	3996
2	Logos	3499
3	HOPE Running Squad	2827
4	YiQi Crossfit	89

## Best Team Average

Position	Team	Points
1	Cambodia Running	1031.25
2	Phnom Penh SoYuKai	999.00
3	Logos	704.18
4	HOPE Running Squad	505.69
5	YiQi Crossfit	198.38

## Top 4 Women:

Position	Team	Points
1	Logos	3964
2	HOPE Running Squad	2138
3	YiQi Crossfit	1498

## Top 4 Mixed:

Position	Team	Points
1	Logos	4331
2	Cambodia Running	4125
3	HOPE Running Squad	2863
4	YiQi Crossfit	1203

## Top 4 Under-18

Position	Team	Points
1	Logos	3858
2	HOPE Running Squad	2600

## Top 4 Under-14

Position	Team	Points
1	HOPE Running Squad	2391
2	Logos	1755

# Team Information Breakdown

<b>Team:</b>		Cambodia Running								
<b>Category:</b>		Family and friends								
Position	Points	Time	Run number	Surname	Firstname	Sex	Age group	Nationality	Race distance	Team
1	1206	00:18:29	769	Bianchi	Neil	Male	M30	British	5km	Cambodia Running
2	1136	00:47:33	127	Eng	Muyngim	Female	FSEN	Cambodian	10km	Cambodia Running
3	1014	00:11:48	707	Kendrik	Martin	Male	M30	British	3km	Cambodia Running
4	769	00:57:29	125	Heng	Meyjou	Female	FSEN	Cambodian	10km	Cambodia Running

	Points	Position
<b>Total:</b>	4125	3
<b>Participants:</b>	4	5
<b>Average:</b>	1031.25	1
<b>Top 4 Men:</b>	N/A	N/A
<b>Top 4 Women:</b>	N/A	N/A
<b>Top 4 Mixed:</b>	4125	2
<b>Top 4 Overall:</b>	4125	2
<b>Top 4 Under-18</b>	N/A	N/A
<b>Top 4 Under-14</b>	N/A	N/A

<b>Team:</b>		HOPE Running Squad								
<b>Category:</b>		School								
Position	Points	Time	Run number	Surname	Firstname	Sex	Age group	Nationality	Race distance	Team
1	825	00:46:44	165	Pirie	Malcolm	Male	M30	New Zealand	10km	HOPE Running Squad
2	772	00:48:00	117	Hodges	Paul	Male	M40	Australian	10km	HOPE Running Squad
3	758	00:23:07	757	Hodges	Elijah	Male	M14	Australian	5km	HOPE Running Squad
4	690	00:28:24	759	Gardiner	Lucy	Female	F14	Australian	5km	HOPE Running Squad
5	576	00:29:56	763	Gardiner	Grace	Female	F18	Australian	5km	HOPE Running Squad
6	576	00:29:57	761	Gardiner	Ellie	Female	F18	Australian	5km	HOPE Running Squad
7	472	00:26:40	753	Hodges	Ethan	Male	M14	Australian	5km	HOPE Running Squad
8	471	00:26:41	755	Pirie	Noah	Male	M14	Australian	5km	HOPE Running Squad
9	351	00:28:24	767	Gardiner	John	Male	M50	Australian	5km	HOPE Running Squad
10	296	00:19:37	703	Pirie	Emily	Female	F14	Australian	3km	HOPE Running Squad
11	292	00:19:39	705	Hodges	Allison	Female	F40	Australian	3km	HOPE Running Squad
12	290	00:19:40	701	Pirie	Olivia	Female	F14	Australian	3km	HOPE Running Squad
13	205	00:35:17	765	Gardiner	Andrea	Female	F40	Australian	5km	HOPE Running Squad

	Points	Position
<b>Total:</b>	6574	2
<b>Participants:</b>	13	1
<b>Average:</b>	505.69	4
<b>Top 4 Men:</b>	2827	3
<b>Top 4 Women:</b>	2138	2
<b>Top 4 Mixed:</b>	2863	3
<b>Top 4 Overall:</b>	3045	4
<b>Top 4 Under-18</b>	2600	2
<b>Top 4 Under-14</b>	2391	1

Team:		Logos									
Category:		School									
Position	Points	Time	Run number	Surname	Firstname	Sex	Age group	Nationality	Race distance	Team	
1	1241	00:44:51	111	Bawden	Sara	Female	F30	USA	10km	Logos	
2	1099	00:48:32	123	Thomas	Anneliese	Female	F18	British	10km	Logos	
3	1004	00:51:04	163	Hu	Seoyoung	Female	F18	Korean	10km	Logos	
4	999	00:42:42	103	Vosters	Mason	Male	M14	USA	10km	Logos	
5	992	00:20:35	771	Thomas	Graham	Male	M50	British	5km	Logos	
6	756	00:23:08	745	Vosters	Camryn	Male	M14	USA	5km	Logos	
7	752	00:48:30	143	Chheang	Solomon	Male	M18	Cambodian	10km	Logos	
8	620	01:01:43	107	Vosters	Alicia	Female	F30	USA	10km	Logos	
9	283	01:02:10	105	Stanley	Tyler	Male	M18	USA	10km	Logos	
10	0	00:40:43	775	Chan	Tabitha	Female	FSEN	Cambodian	5km	Logos	
11	0	00:47:18	749	Stanley	Tamra	Female	F30	USA	5km	Logos	

	Points	Position
<b>Total:</b>	7746	1
<b>Participants:</b>	11	2
<b>Average:</b>	704.18	3
<b>Top 4 Men:</b>	3499	2
<b>Top 4 Women:</b>	3964	1
<b>Top 4 Mixed:</b>	4331	1
<b>Top 4 Overall:</b>	4343	1
<b>Top 4 Under-18</b>	3858	1
<b>Top 4 Under-14</b>	1755	2

Team:		Phnom Penh SoYukKai									
Category:		Family and friends									
Position	Points	Time	Run number	Surname	Firstname	Sex	Age group	Nationality	Race distance	Team	
1	1186	00:38:43	161	Ota	Yugo	Male	M30	Japanese	10km	Phnom Penh SoYukKai	
2	1102	00:40:27	157	Kon	Hiroya	Male	M30	Japanese	10km	Phnom Penh SoYukKai	
3	959	00:43:35	159	Maruoka	Shigeki	Male	M30	Japanese	10km	Phnom Penh SoYukKai	
4	749	00:48:35	167	Kao	Ben	Male	M30	Taiwanese	10km	Phnom Penh SoYukKai	

	Points	Position
<b>Total:</b>	3996	4
<b>Participants:</b>	4	5
<b>Average:</b>	999.00	2
<b>Top 4 Men:</b>	3996	1
<b>Top 4 Women:</b>	N/A	N/A
<b>Top 4 Mixed:</b>	N/A	N/A
<b>Top 4 Overall:</b>	3996	3
<b>Top 4 Under-18</b>	N/A	N/A
<b>Top 4 Under-14</b>	N/A	N/A

Team:		YiQi Crossfit									
Category:		Gym									
Position	Points	Time	Run number	Surname	Firstname	Sex	Age group	Nationality	Race distance	Team	
1	672	01:00:14	101	Inu	Rina	Female	FSEN	American	10km	YiQi Crossfit	
2	442	00:31:49	779	Mendoza	Alvie	Female	FSEN	Filipino	5km	YiQi Crossfit	
3	253	01:12:45	145	Kim	Muy	Female	FSEN	Cambodian	10km	YiQi Crossfit	
4	131	01:16:55	121	Wong	Siew	Female	FSEN	Australian	10km	YiQi Crossfit	
5	66	01:10:37	149	Kamlaing	Tes	Male	MSEN	Cambodian	10km	YiQi Crossfit	
6	23	01:12:40	155	Keth	David	Male	M30	Cambodian	10km	YiQi Crossfit	
7	0	01:16:56	151	Visith	San	Male	M30	Cambodian	10km	YiQi Crossfit	
8	0	00:22:45	709	Gomez	Golda	Female	F30	Filipino	3km	YiQi Crossfit	

	Points	Position
<b>Total:</b>	1587	5
<b>Participants:</b>	8	3
<b>Average:</b>	198.38	5
<b>Top 4 Men:</b>	89	4
<b>Top 4 Women:</b>	1498	3
<b>Top 4 Mixed:</b>	1203	4
<b>Top 4 Overall:</b>	1498	5
<b>Top 4 Under-18</b>	N/A	N/A
<b>Top 4 Under-14</b>	N/A	N/A

# Overall scores raw data

	Logos	Cambodia Running	Phnom Penh SoYuKai	HOPE Running Squad	YiQi Crossfit
<b>Total:</b>	7746	4125	3996	6574	1587
<b>Participants:</b>	11	4	4	13	8
<b>Average:</b>	704.18	1031.25	999.00	505.69	198.38
<b>Top 4 Men:</b>	3499	N/A	3996	2827	89
<b>Top 4 Women:</b>	3964	N/A	N/A	2138	1498
<b>Top 4 Mixed:</b>	4331	4125	N/A	2863	1203
<b>Top 4 Overall:</b>	4343	4125	3996	3045	1498
<b>Top 4 Under-18</b>	3858	N/A	N/A	2600	N/A
<b>Top 4 Under-14</b>	1755	N/A	N/A	2391	N/A