

Running History

DATE	EVENT & DISTANCE	TIME
HONG KONG		
November 3rd-4th 1995	Oxfam Hong Kong Trailwalker 100km	(23:07:00)
January 14th 1996	Sunset Peak Mountain Marathon 16km	(2:33:53)
March 10th 1996	China Coast Half Marathon	(2:11:02)
April 14th 1996	Mount Butler 16km Mountain Marathon	(1:40:08)
October 20th 1996	Tuen Mun Reservoir Run 16km	(1:34:29)
November 10th 1996	Nike Half Marathon	(2:13:11)
December 8th 1996	Honolulu Marathon	(4:34:12)
January 12th 1997	Mizuno Half Marathon	(2:00:57)
February 16th 1997	Hong Kong —Shenzen Half Marathon	(1:55:55)
March 9th 1997	China Coast Half Marathon	(1:55:34)
April 13th 1997	Round-the-Island Race 65.7km	(10:10:55)
April 20th 1997	Mount Butler 16km Mountain Marathon	(1:26:00)
May 4th 1997	Tsing Ma Bridge Marathon	(4:26:45)
UNITED KINGDOM		
February 8th 1998	Wokingham Half Marathon	(2:05:00)
February 22nd 1998	Camberley Half Marathon	(1:57:00)
March 15th 1998	Yellow Pages Reading Half Marathon	(1:52:44)
March 29th 1998	16 Mile Nike Breakfast Run	(2:25:06)
April 26th 1998	Flora London Marathon	(4:32:31)
AUSTRALIA		
May 2nd - October 28th 1998	5000km walk from Perth to Sydney	(180 days)
April 30th 2000	Sydney Host City Marathon	(4:12:31)
May 28th 2000	Sydney Morning Herald Half Marathon	(1:54:14)
July 16th 2000	The Sun Herald City to Surf 14km	(1:24:32)
May 25th — 26th 2001	Oxfam Sydney Trailwalker	(25:51:59)
August 12th 2001	Sun Herald City to Surf 14km	(1:56:31)
October 28th 2001	Sunday Telegraph 10km Bridge Run	(1:02:27)
March 9th 2002	North Head 10km Run	(0:53:48)
April 21st 2002	Manly Beach 9km Soft Sand Cup	(1:23:50)
May 19th 2002	Sydney Marathon Clinic Long Race 25km	(2:19:54)
May 26th 2002	Sydney Morning Herald Half Marathon	(1:56:28)
July 7th 2002	Gold Coast Marathon	(3:59:45)