

2014 Duathlon Series - Race 1 Result

| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
|-----|-----------|-----|-----------------------|----------------------------------|---------------|-----------|----------|-----------|----------|-----------|-------|--------|
| 1 | Boys 1999 | 580 | Lai Chun Ming | Sonic Sports Association | 00:32:55 | 00:06:56 | 00:01:32 | 00:15:51 | 00:01:12 | 00:07:25 | 12 | 100.00 |
| 2 | Boys 1999 | 581 | Baetz Arno | Tung Chung Triathlon Association | 00:33:08 | 00:06:56 | 00:01:20 | 00:16:04 | 00:01:08 | 00:07:42 | 11 | 91.67 |
| 3 | Boys 1999 | 587 | Chow Angus | Hope Sport Association | 00:33:33 | 00:06:55 | 00:01:15 | 00:16:09 | 00:01:09 | 00:08:08 | 10 | 83.33 |
| 4 | Boys 1999 | 589 | Lai Nok Hei | AustSports Association | 00:35:16 | 00:07:17 | 00:01:38 | 00:16:49 | 00:01:11 | 00:08:23 | 9 | 75.00 |
| 5 | Boys 1999 | 584 | Lee YukLam | AustSports Association | 00:35:26 | 00:07:05 | 00:01:24 | 00:17:10 | 00:01:21 | 00:08:28 | 8 | 66.67 |
| 6 | Boys 1999 | 590 | Otten Frans | | 00:36:41 | 00:07:39 | 00:01:44 | 00:16:27 | 00:01:32 | 00:09:20 | 7 | 58.33 |
| 7 | Boys 1999 | 588 | Ng Ho Yin Anthony | Energetic Triathlon Shatin | 00:36:54 | 00:07:38 | 00:01:41 | 00:16:44 | 00:01:49 | 00:09:03 | 6 | 50.00 |
| 8 | Boys 1999 | 403 | Chan Wai Hong Wallace | Energetic Triathlon Shatin | 00:37:50 | 00:08:05 | 00:01:35 | 00:16:18 | 00:01:21 | 00:10:32 | 5 | 41.67 |
| 9 | Boys 1999 | 585 | Lee Lap Pui | | 00:39:20 | 00:07:17 | 00:01:33 | 00:16:12 | 00:01:21 | 00:12:59 | 4 | 33.33 |
| 10 | Boys 1999 | 583 | Wong Yat Long | First Ten Generation Team | 00:39:58 | 00:08:05 | 00:01:38 | 00:18:02 | 00:01:49 | 00:10:26 | 3 | 25.00 |
| 11 | Boys 1999 | 586 | Wong Kai Yin | Tung Chung Triathlon Association | 00:41:50 | 00:08:24 | 00:02:01 | 00:17:00 | 00:02:25 | 00:12:01 | 2 | 16.67 |
| 12 | Boys 1999 | 582 | Wong To Ching | AustSports Association | 00:57:06 | 00:10:42 | 00:02:17 | 00:27:47 | 00:01:43 | 00:14:38 | 1 | 8.33 |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Boys 2000 | 598 | Turner Long Long | South China Athletic Association | 00:34:42 | 00:07:15 | 00:01:32 | 00:16:54 | 00:01:17 | 00:07:47 | 27 | 100.00 |
| 2 | Boys 2000 | 594 | Chung Siu Ting | Titan Triathlon | 00:35:22 | 00:07:32 | 00:01:31 | 00:16:36 | 00:01:15 | 00:08:30 | 26 | 96.30 |
| 3 | Boys 2000 | 597 | Otten Ollie | | 00:35:54 | 00:07:17 | 00:01:34 | 00:16:51 | 00:01:15 | 00:08:58 | 25 | 92.59 |
| 4 | Boys 2000 | 593 | Li Ho Lim Cyrus | AustSports Association | 00:36:14 | 00:07:24 | 00:01:38 | 00:16:56 | 00:01:23 | 00:08:56 | 24 | 88.89 |
| 5 | Boys 2000 | 601 | Lau Chun Hei Jeffrey | First Ten Generation Team | 00:39:20 | 00:08:00 | 00:01:31 | 00:18:15 | 00:01:39 | 00:09:57 | 23 | 85.19 |
| 6 | Boys 2000 | 607 | Cheung Blue | Hope Sport Association | 00:39:20 | 00:08:08 | 00:01:33 | 00:18:05 | 00:01:26 | 00:10:10 | 22 | 81.48 |
| 7 | Boys 2000 | 604 | Yue Guan | Hope Sport Association | 00:39:41 | 00:08:08 | 00:01:31 | 00:18:29 | 00:02:04 | 00:09:31 | 21 | 77.78 |
| 8 | Boys 2000 | 605 | Tai Yun Kai | Titan Triathlon | 00:39:44 | 00:08:06 | 00:01:45 | 00:18:21 | 00:01:28 | 00:10:06 | 20 | 74.07 |
| 9 | Boys 2000 | 616 | Lai Tsz Hei | AustSports Association | 00:40:01 | 00:08:03 | 00:01:41 | 00:19:58 | 00:01:21 | 00:09:00 | 19 | 70.37 |
| 10 | Boys 2000 | 592 | Cheung Ka Fai | | 00:41:55 | 00:09:22 | 00:02:21 | 00:15:38 | 00:02:09 | 00:12:27 | 18 | 66.67 |
| 11 | Boys 2000 | 617 | Cheung Check Nam | AustSports Association | 00:41:56 | 00:08:02 | 00:01:50 | 00:20:13 | 00:01:32 | 00:10:22 | 17 | 62.96 |
| 12 | Boys 2000 | 610 | Fong Cheuk shan | | 00:42:17 | 00:08:52 | 00:02:15 | 00:18:03 | 00:01:58 | 00:11:10 | 16 | 59.26 |
| 13 | Boys 2000 | 612 | Tse Ho Yan | | 00:43:25 | 00:09:04 | 00:02:52 | 00:17:17 | 00:02:22 | 00:11:53 | 15 | 55.56 |
| 14 | Boys 2000 | 602 | Tsang Tsz Nok | First Ten Generation Team | 00:43:31 | 00:09:02 | 00:01:58 | 00:19:14 | 00:01:31 | 00:11:47 | 14 | 51.85 |
| 15 | Boys 2000 | 615 | Chau Lok Hang | AustSports Association | 00:43:48 | 00:08:32 | 00:01:59 | 00:21:41 | 00:01:41 | 00:09:57 | 13 | 48.15 |
| 16 | Boys 2000 | 600 | Luk Ting Him | AustSports Association | 00:44:52 | 00:08:41 | 00:01:51 | 00:21:52 | 00:01:42 | 00:10:49 | 12 | 44.44 |
| 17 | Boys 2000 | 613 | Wong Lik Hang Enoch | AustSports Association | 00:44:53 | 00:09:18 | 00:01:54 | 00:20:58 | 00:01:35 | 00:11:09 | 11 | 40.74 |
| 18 | Boys 2000 | 591 | Wong Tsz Hung | AustSports Association | 00:46:08 | 00:09:32 | 00:01:57 | 00:22:23 | 00:01:41 | 00:10:37 | 10 | 37.04 |
| 19 | Boys 2000 | 608 | Poon Nok | AustSports Association | 00:46:27 | 00:09:44 | 00:02:04 | 00:21:07 | 00:01:59 | 00:11:35 | 9 | 33.33 |
| 20 | Boys 2000 | 596 | Wathall Jordan | | 00:46:59 | 00:08:19 | 00:02:11 | 00:23:43 | 00:01:44 | 00:11:04 | 8 | 29.63 |
| 21 | Boys 2000 | 611 | Lau Yik Wan | AustSports Association | 00:47:25 | 00:09:43 | 00:01:52 | 00:22:28 | 00:01:32 | 00:11:53 | 7 | 25.93 |
| 22 | Boys 2000 | 595 | Wathall Jacob | | 00:49:02 | 00:08:36 | 00:01:56 | 00:24:09 | 00:01:47 | 00:12:35 | 6 | 22.22 |
| 23 | Boys 2000 | 609 | Cheng Hon Yin Ryan | AustSports Association | 00:49:12 | 00:10:47 | 00:02:02 | 00:21:59 | 00:01:40 | 00:12:47 | 5 | 18.52 |
| 24 | Boys 2000 | 614 | Cheng Tien Chih | AustSports Association | 00:51:29 | 00:09:26 | 00:01:56 | 00:26:06 | 00:02:07 | 00:11:56 | 4 | 14.81 |
| 25 | Boys 2000 | 606 | Yu Matthew | AustSports Association | 00:53:43 | 00:10:28 | 00:02:22 | 00:28:20 | 00:01:53 | 00:10:43 | 3 | 11.11 |
| 26 | Boys 2000 | 603 | Lee Cheuk Yin | AustSports Association | 00:56:51 | 00:08:40 | 00:01:54 | 00:32:17 | 00:01:26 | 00:12:36 | 2 | 7.41 |
| 27 | Boys 2000 | 599 | Chow Ho Wai | AustSports Association | 01:09:04 | 00:11:47 | 00:02:26 | 00:34:25 | 00:02:43 | 00:17:45 | 1 | 3.70 |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Boys 2001 | 623 | Li Tsz Ho Angus | Titan Triathlon | 00:35:19 | 00:07:13 | 00:01:20 | 00:17:03 | 00:01:18 | 00:08:27 | 18 | 100.00 |
| 2 | Boys 2001 | 621 | Hung Tik Long | | 00:36:02 | 00:07:48 | 00:01:36 | 00:16:16 | 00:01:13 | 00:09:11 | 17 | 94.44 |
| 3 | Boys 2001 | 632 | Mak Ho Tin Taylor | Energetic Triathlon Shatin | 00:36:27 | 00:08:00 | 00:01:35 | 00:16:23 | 00:01:38 | 00:08:53 | 16 | 88.89 |
| 4 | Boys 2001 | 625 | Lee Ka him kenneth | Titan Triathlon | 00:36:43 | 00:07:59 | 00:01:35 | 00:16:39 | 00:01:22 | 00:09:10 | 15 | 83.33 |

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| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
|-----|-----------|-----|----------------------|------------------------------------|---------------|-----------|----------|-----------|----------|-----------|-------|--------|
| 1 | Boys 2003 | 737 | Sin Hok Leung | Energetic Triathlon Shatin | 00:32:28 | 00:07:31 | 00:01:32 | 00:13:23 | 00:01:22 | 00:08:41 | 18 | 100.00 |
| 2 | Boys 2003 | 728 | Leung Wai Hang Wyatt | Hope Sport Association | 00:32:55 | 00:07:48 | 00:01:35 | 00:12:38 | 00:01:25 | 00:09:31 | 17 | 94.44 |
| 3 | Boys 2003 | 723 | Leung Chun Wong | Part Time Association | 00:33:17 | 00:07:48 | 00:01:47 | 00:13:11 | 00:01:20 | 00:09:13 | 16 | 88.89 |
| 4 | Boys 2003 | 727 | To Chung Yin | First Ten Generation Team | 00:33:44 | 00:07:57 | 00:01:38 | 00:13:09 | 00:01:22 | 00:09:40 | 15 | 83.33 |
| 5 | Boys 2003 | 732 | Rigby Billy | | 00:33:45 | 00:07:55 | 00:01:48 | 00:12:52 | 00:01:33 | 00:09:40 | 14 | 77.78 |
| 6 | Boys 2003 | 738 | Siu Shing Yau | Energetic Triathlon Shatin | 00:36:09 | 00:08:53 | 00:01:02 | 00:14:07 | 00:01:29 | 00:10:38 | 13 | 72.22 |
| 7 | Boys 2003 | 719 | Yuen Tin Long | AustSports Association | 00:36:17 | 00:12:47 | 00:02:26 | 00:15:14 | 00:02:20 | 00:03:33 | 12 | 66.67 |
| 8 | Boys 2003 | 731 | Lau William | Titan Triathlon | 00:37:24 | 00:07:55 | 00:01:46 | 00:14:54 | 00:01:32 | 00:11:18 | 11 | 61.11 |
| 9 | Boys 2003 | 720 | Ho Wan Kiu | | 00:38:04 | 00:08:19 | 00:01:51 | 00:13:21 | 00:02:57 | 00:11:36 | 10 | 55.56 |
| 10 | Boys 2003 | 724 | Lee Nim Chung | Energetic Triathlon Shatin | 00:38:29 | 00:08:26 | 00:01:49 | 00:14:36 | 00:01:40 | 00:12:00 | 9 | 50.00 |
| 11 | Boys 2003 | 735 | Leung Ri | Titan Triathlon | 00:38:47 | 00:08:39 | 00:01:58 | 00:14:26 | 00:01:33 | 00:12:13 | 8 | 44.44 |
| 12 | Boys 2003 | 718 | Streatfield Harry | | 00:38:48 | 00:08:41 | 00:01:49 | 00:14:10 | 00:01:37 | 00:12:31 | 7 | 38.89 |
| 13 | Boys 2003 | 730 | Law Chun Hei | Titan Triathlon | 00:39:45 | 00:09:27 | 00:02:01 | 00:14:06 | 00:01:37 | 00:12:35 | 6 | 33.33 |
| 14 | Boys 2003 | 721 | Woo Sean | | 00:40:29 | 00:09:23 | 00:01:51 | 00:15:38 | 00:01:35 | 00:12:04 | 5 | 27.78 |
| 15 | Boys 2003 | 729 | Hou Harvey | Mango Swimming Club | 00:40:36 | 00:09:24 | 00:02:06 | 00:15:29 | 00:01:41 | 00:11:57 | 4 | 22.22 |
| 16 | Boys 2003 | 722 | Tullis Doddy | | 00:41:46 | 00:08:36 | 00:04:03 | 00:16:11 | 00:01:44 | 00:11:13 | 3 | 16.67 |
| 17 | Boys 2003 | 734 | Tung Ki Cheung | Part Time Association | 00:43:25 | 00:09:00 | 00:01:54 | 00:07:38 | 00:12:03 | 00:12:53 | 2 | 11.11 |
| 18 | Boys 2003 | 725 | Tam Ryan | AustSports Association | 00:47:58 | 00:10:23 | 00:02:13 | 00:20:06 | 00:02:16 | 00:13:01 | 1 | 5.56 |
| DNS | Boys 2003 | 726 | Chan Tsz Lok | First Ten Generation Team | | | | | | | | |
| DNS | Boys 2003 | 733 | Chun Hei Fung | Crest Ray Recreation & Sports Club | | | | | | | | |
| DNS | Boys 2003 | 736 | Scott Adam | Tung Chung Triathlon Association | | | | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Boys 2004 | 760 | Lai Hiu Long | Energetic Triathlon Shatin | 00:33:42 | 00:07:45 | 00:01:35 | 00:13:34 | 00:01:16 | 00:09:33 | 29 | 100.00 |
| 2 | Boys 2004 | 748 | So Chi Huen | First Ten Generation Team | 00:33:48 | 00:07:55 | 00:01:45 | 00:13:14 | 00:01:21 | 00:09:34 | 28 | 96.55 |
| 3 | Boys 2004 | 754 | Cheung Camill | Titan Triathlon | 00:34:57 | 00:07:56 | 00:01:44 | 00:14:29 | 00:01:17 | 00:09:32 | 27 | 93.10 |
| 4 | Boys 2004 | 740 | To Ming Chun Andrew | Energetic Triathlon Shatin | 00:35:02 | 00:08:05 | 00:01:41 | 00:13:51 | 00:01:22 | 00:10:05 | 26 | 89.66 |
| 5 | Boys 2004 | 752 | Ho Chung Hin | Titan Triathlon | 00:35:47 | 00:08:14 | 00:01:46 | 00:14:10 | 00:01:27 | 00:10:12 | 25 | 86.21 |
| 6 | Boys 2004 | 750 | Brown Justin | Tung Chung Triathlon Association | 00:35:54 | 00:07:57 | 00:01:41 | 00:13:52 | 00:01:32 | 00:10:54 | 24 | 82.76 |
| 7 | Boys 2004 | 762 | Hui Wan Kit | Energetic Triathlon Shatin | 00:35:58 | 00:08:12 | 00:01:49 | 00:13:52 | 00:01:32 | 00:10:36 | 23 | 79.31 |
| 8 | Boys 2004 | 766 | Kwok Tien Heng | Energetic Triathlon Shatin | 00:36:58 | 00:09:03 | 00:01:47 | 00:13:15 | 00:01:33 | 00:11:22 | 22 | 75.86 |
| 9 | Boys 2004 | 757 | Chan Hing Ming | Part Time Association | 00:37:16 | 00:08:57 | 00:01:40 | 00:13:41 | 00:01:30 | 00:11:29 | 21 | 72.41 |
| 10 | Boys 2004 | 769 | Lo Tin Shun | AustSports Association | 00:37:42 | 00:08:07 | 00:01:47 | 00:14:56 | 00:01:34 | 00:11:20 | 20 | 68.97 |
| 11 | Boys 2004 | 764 | Tang Philomon Neil | Energetic Triathlon Shatin | 00:38:06 | 00:08:43 | 00:01:59 | 00:14:45 | 00:01:40 | 00:10:59 | 19 | 65.52 |
| 12 | Boys 2004 | 761 | Liu Chak Lam | Energetic Triathlon Shatin | 00:38:26 | 00:09:25 | 00:01:47 | 00:14:09 | 00:01:41 | 00:11:26 | 18 | 62.07 |
| 13 | Boys 2004 | 765 | Cheng Long Ching | Energetic Triathlon Shatin | 00:39:22 | 00:09:04 | 00:01:57 | 00:14:47 | 00:01:44 | 00:11:52 | 17 | 58.62 |
| 14 | Boys 2004 | 767 | Chiu Cheuk Kiu | Energetic Triathlon Shatin | 00:39:45 | 00:09:26 | 00:01:46 | 00:14:51 | 00:01:47 | 00:11:57 | 16 | 55.17 |
| 15 | Boys 2004 | 743 | Poon Gerard | Tung Chung Triathlon Association | 00:40:10 | 00:09:03 | 00:01:57 | 00:14:42 | 00:01:45 | 00:12:45 | 15 | 51.72 |
| 16 | Boys 2004 | 744 | Saar Michaelis | Tung Chung Triathlon Association | 00:41:19 | 00:08:32 | 00:01:58 | 00:18:19 | 00:01:35 | 00:10:57 | 14 | 48.28 |
| 17 | Boys 2004 | 749 | Li Ka Hei | | 00:41:48 | 00:09:54 | 00:02:09 | 00:14:35 | 00:02:02 | 00:13:09 | 13 | 44.83 |
| 18 | Boys 2004 | 745 | Chau Hui Lap | First Ten Generation Team | 00:42:00 | 00:09:55 | 00:01:59 | 00:14:38 | 00:01:55 | 00:13:34 | 12 | 41.38 |
| 19 | Boys 2004 | 758 | Lam Chin Hin | Part Time Association | 00:43:08 | 00:11:16 | 00:02:08 | 00:14:59 | 00:02:10 | 00:12:36 | 11 | 37.93 |
| 20 | Boys 2004 | 759 | Fung Chee Hong Brian | | 00:43:16 | 00:09:56 | 00:02:33 | 00:15:29 | 00:01:37 | 00:13:42 | 10 | 34.48 |
| 21 | Boys 2004 | 753 | Tsui Tsz Ming | Titan Triathlon | 00:43:38 | 00:09:58 | 00:01:58 | 00:15:26 | 00:01:59 | 00:14:19 | 9 | 31.03 |
| 22 | Boys 2004 | 746 | Lui Yan Chak | First Ten Generation Team | 00:44:26 | 00:11:03 | 00:02:19 | 00:18:23 | 00:01:50 | 00:10:54 | 8 | 27.59 |
| 23 | Boys 2004 | 742 | Lam Chun Shan | | 00:44:45 | 00:10:54 | 00:02:11 | 00:15:07 | 00:01:53 | 00:14:41 | 7 | 24.14 |

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| 24 | Boys 2004 | 739 | Chan Tsz Hang | AustSports Association | 00:44:54 | 00:10:54 | 00:02:14 | 00:15:48 | 00:01:56 | 00:14:05 | 6 | 20.69 |
|-----|------------|-----|------------------------|----------------------------------|---------------|-----------|----------|-----------|----------|-----------|-------|--------|
| 25 | Boys 2004 | 763 | Yeung Shun Amir | Energetic Triathlon Shatin | 00:45:05 | 00:10:51 | 00:02:20 | 00:16:09 | 00:02:17 | 00:13:29 | 5 | 17.24 |
| 26 | Boys 2004 | 741 | Wong Ho Him | Titan Triathlon | 00:47:15 | 00:11:17 | 00:02:22 | 00:18:37 | 00:01:51 | 00:13:10 | 4 | 13.79 |
| 27 | Boys 2004 | 770 | Tsang Ho Yin | AustSports Association | 00:47:22 | 00:11:10 | 00:02:18 | 00:17:30 | 00:01:59 | 00:14:26 | 3 | 10.34 |
| 28 | Boys 2004 | 747 | Leung Alvin | | 00:50:19 | 00:11:37 | 00:02:27 | 00:17:29 | 00:02:11 | 00:16:37 | 2 | 6.90 |
| 29 | Boys 2004 | 768 | Cheng Hon Ching | AustSports Association | 00:51:09 | 00:10:56 | 00:02:23 | 00:18:37 | 00:02:17 | 00:16:58 | 1 | 3.45 |
| DNS | Boys 2004 | 755 | Hugo Agung Falcon Adam | | | | | | | | | |
| DSQ | Short Bike | 756 | Mak Pak Luen | Part Time Association | 00:39:05 | 00:11:29 | 00:02:23 | 00:08:23 | 00:02:03 | 00:14:49 | | |
| DSQ | Short Bike | 751 | Lau Ho Nam | Titan Triathlon | 00:35:54 | 00:09:59 | 00:01:59 | 00:09:33 | 00:02:21 | 00:12:04 | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Boys 2005 | 778 | To Hon Ming | First Ten Generation Team | 00:35:04 | 00:08:29 | 00:01:42 | 00:13:49 | 00:01:22 | 00:09:45 | 18 | 100.00 |
| 2 | Boys 2005 | 771 | Kwok Pak Yung | | 00:35:04 | 00:08:38 | 00:01:54 | 00:13:12 | 00:01:26 | 00:09:56 | 17 | 94.44 |
| 3 | Boys 2005 | 784 | Leung Ka Yui | Energetic Triathlon Shatin | 00:37:44 | 00:09:12 | 00:01:50 | 00:13:55 | 00:01:34 | 00:11:15 | 16 | 88.89 |
| 4 | Boys 2005 | 782 | Delgado Elijah Rey | LGP Sports | 00:38:32 | 00:08:49 | 00:02:00 | 00:14:16 | 00:02:29 | 00:11:00 | 15 | 83.33 |
| 5 | Boys 2005 | 781 | Fung King pok | Part Time Association | 00:38:36 | 00:09:34 | 00:01:55 | 00:14:59 | 00:01:22 | 00:10:49 | 14 | 77.78 |
| 6 | Boys 2005 | 773 | Chan Pak Hoi | Dali Swimming Club | 00:40:08 | 00:09:08 | 00:02:14 | 00:15:09 | 00:01:42 | 00:11:57 | 13 | 72.22 |
| 7 | Boys 2005 | 775 | Man Chor Fung | First Ten Generation Team | 00:40:24 | 00:08:53 | 00:01:55 | 00:15:01 | 00:01:45 | 00:12:53 | 12 | 66.67 |
| 8 | Boys 2005 | 780 | Lin Marvin | Mango Swimming Club | 00:40:25 | 00:08:44 | 00:02:01 | 00:17:01 | 00:01:38 | 00:11:03 | 11 | 61.11 |
| 9 | Boys 2005 | 786 | Tseung Wai Yin Ryan | Energetic Triathlon Shatin | 00:41:22 | 00:09:43 | 00:02:18 | 00:14:54 | 00:01:36 | 00:12:53 | 10 | 55.56 |
| 10 | Boys 2005 | 777 | Shiu Dewey | First Ten Generation Team | 00:42:31 | 00:09:55 | 00:02:06 | 00:16:25 | 00:01:51 | 00:12:16 | 9 | 50.00 |
| 11 | Boys 2005 | 774 | Ma Gabriel | Titan Triathlon | 00:42:40 | 00:10:24 | 00:01:59 | 00:14:15 | 00:02:03 | 00:14:02 | 8 | 44.44 |
| 12 | Boys 2005 | 772 | Yau Ping Cheung | Titan Triathlon | 00:42:55 | 00:10:14 | 00:02:27 | 00:15:24 | 00:01:43 | 00:13:10 | 7 | 38.89 |
| 13 | Boys 2005 | 787 | Leung Yuk Fung | Energetic Triathlon Shatin | 00:43:00 | 00:10:19 | 00:02:07 | 00:17:48 | 00:01:43 | 00:11:05 | 6 | 33.33 |
| 14 | Boys 2005 | 783 | Cheung Elvis | Energetic Triathlon Shatin | 00:43:10 | 00:10:26 | 00:02:02 | 00:15:59 | 00:01:55 | 00:12:50 | 5 | 27.78 |
| 15 | Boys 2005 | 785 | To Chun Hin | Energetic Triathlon Shatin | 00:46:09 | 00:09:42 | 00:02:14 | 00:16:26 | 00:02:05 | 00:15:45 | 4 | 22.22 |
| 16 | Boys 2005 | 788 | Chiu Chung Kiu Curtis | Energetic Triathlon Shatin | 00:46:33 | 00:08:49 | 00:01:41 | 00:17:54 | 00:02:09 | 00:16:03 | 3 | 16.67 |
| 17 | Boys 2005 | 789 | Chan Ethan | Energetic Triathlon Shatin | 00:52:05 | 00:11:10 | 00:02:49 | 00:17:55 | 00:03:36 | 00:16:37 | 2 | 11.11 |
| 18 | Boys 2005 | 776 | Chung Po Ting | | 01:07:00 | 00:14:45 | 00:02:35 | 00:24:15 | 00:03:00 | 00:22:27 | 1 | 5.56 |
| DNS | Boys 2005 | 779 | Liang Bohdan Ding Quan | Mango Swimming Club | | | | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Boys 2006 | 808 | Fung Hong Ching | Energetic Triathlon Shatin | 00:36:20 | 00:08:27 | 00:02:03 | 00:13:51 | 00:01:31 | 00:10:29 | 18 | 100.00 |
| 2 | Boys 2006 | 790 | Roets Lex | | 00:36:53 | 00:08:38 | 00:01:58 | 00:14:40 | 00:01:31 | 00:10:09 | 17 | 94.44 |
| 3 | Boys 2006 | 791 | Wong Tsun Hei | | 00:38:34 | 00:08:45 | 00:02:06 | 00:14:11 | 00:02:06 | 00:11:28 | 16 | 88.89 |
| 4 | Boys 2006 | 806 | Liu King Tin | Energetic Triathlon Shatin | 00:38:53 | 00:09:12 | 00:01:56 | 00:14:40 | 00:02:01 | 00:11:05 | 15 | 83.33 |
| 5 | Boys 2006 | 800 | Fu Pak him | Part Time Association | 00:40:29 | 00:10:19 | 00:01:52 | 00:14:19 | 00:01:30 | 00:12:31 | 14 | 77.78 |
| 6 | Boys 2006 | 804 | Kong Tsz Chun | Energetic Triathlon Shatin | 00:40:41 | 00:10:16 | 00:02:03 | 00:14:14 | 00:01:34 | 00:12:35 | 13 | 72.22 |
| 7 | Boys 2006 | 805 | Hui Ching Ho | Energetic Triathlon Shatin | 00:40:58 | 00:09:14 | 00:01:49 | 00:16:48 | 00:01:35 | 00:11:34 | 12 | 66.67 |
| 8 | Boys 2006 | 809 | Li Wai Ching | Energetic Triathlon Shatin | 00:41:20 | 00:09:33 | 00:01:58 | 00:15:26 | 00:02:05 | 00:12:21 | 11 | 61.11 |
| 9 | Boys 2006 | 799 | Mak Ho Yuen | Part Time Association | 00:43:22 | 00:09:55 | 00:02:03 | 00:15:43 | 00:01:43 | 00:13:59 | 10 | 55.56 |
| 10 | Boys 2006 | 794 | Chau Hui Yat | First Ten Generation Team | 00:46:57 | 00:10:26 | 00:02:07 | 00:19:42 | 00:01:58 | 00:12:45 | 9 | 50.00 |
| 11 | Boys 2006 | 793 | Chan Ho Him | | 00:47:00 | 00:10:37 | 00:02:12 | 00:16:55 | 00:02:13 | 00:15:05 | 8 | 44.44 |
| 12 | Boys 2006 | 795 | Healy Hugo | Tung Chung Triathlon Association | 00:47:44 | 00:10:43 | 00:02:09 | 00:17:36 | 00:01:47 | 00:15:31 | 7 | 38.89 |
| 13 | Boys 2006 | 797 | Tsang Wui Man Nereus | First Ten Generation Team | 00:49:22 | 00:10:38 | 00:02:22 | 00:19:18 | 00:01:59 | 00:15:07 | 6 | 33.33 |
| 14 | Boys 2006 | 807 | Wan Chak Lam Bobby | Energetic Triathlon Shatin | 00:50:25 | 00:11:57 | 00:02:25 | 00:17:05 | 00:02:01 | 00:16:58 | 5 | 27.78 |
| 15 | Boys 2006 | 803 | Hui King Yiu Mervin | Energetic Triathlon Shatin | 00:50:39 | 00:12:12 | 00:02:35 | 00:18:30 | 00:02:09 | 00:15:14 | 4 | 22.22 |
| 16 | Boys 2006 | 802 | Yuen Ho Yin Matthew | Part Time Association | 00:56:22 | 00:11:53 | 00:02:36 | 00:17:22 | 00:02:31 | 00:22:02 | 3 | 16.67 |

2014 Duathlon Series - Race 1 Result

| 6 | Girls 2003 | 702 | Hall Charlotte | | 00:38:49 | 00:09:17 | 00:01:59 | 00:16:00 | 00:01:34 | 00:13:57 | 4 | 44.44 |
|-----|--------------|-----|------------------------|---|---------------|-----------|----------|-----------|----------|-----------|-------|--------|
| 7 | Girls 2003 | 705 | Wong Cheuk Yiu | First Ten Generation Team | 00:39:26 | 00:09:12 | 00:01:51 | 00:14:08 | 00:01:42 | 00:12:35 | 3 | 33.33 |
| 8 | Girls 2003 | 700 | Lok Suen Tung | | 00:40:52 | 00:09:39 | 00:01:59 | 00:15:10 | 00:01:41 | 00:12:26 | 2 | 22.22 |
| 9 | Girls 2003 | 706 | Ng Evelyn Megan | Energetic Triathlon Shatin | 00:44:30 | 00:08:43 | 00:01:55 | 00:17:25 | 00:01:47 | 00:14:42 | 1 | 11.11 |
| DNS | Girls 2003 | 704 | Rice Mia | Mango Swimming Club | | | | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Girls 2004 | 717 | Kan Hoi Ching | Energetic Triathlon Shatin | 00:36:24 | 00:08:52 | 00:01:40 | 00:14:12 | 00:01:27 | 00:10:15 | 10 | 100.00 |
| 2 | Girls 2004 | 709 | Shum Ching Yu | First Ten Generation Team | 00:36:39 | 00:08:26 | 00:01:45 | 00:14:26 | 00:01:46 | 00:10:19 | 9 | 90.00 |
| 3 | Girls 2004 | 716 | Au Che Yiu Quincy | Energetic Triathlon Shatin | 00:37:46 | 00:08:41 | 00:01:48 | 00:15:16 | 00:01:27 | 00:10:36 | 8 | 80.00 |
| 4 | Girls 2004 | 707 | Kwong Tsz Wing | | 00:39:14 | 00:09:44 | 00:01:53 | 00:14:42 | 00:01:33 | 00:11:25 | 7 | 70.00 |
| 5 | Girls 2004 | 710 | Wong Hang Wing Beatriz | Titan Triathlon | 00:39:44 | 00:09:45 | 00:01:51 | 00:15:16 | 00:01:34 | 00:11:20 | 6 | 60.00 |
| 6 | Girls 2004 | 715 | Kong Tsz Ching | Energetic Triathlon Shatin | 00:39:59 | 00:09:51 | 00:02:02 | 00:15:05 | 00:01:37 | 00:11:26 | 5 | 50.00 |
| 7 | Girls 2004 | 711 | Yip Tsz Yan | Mango Swimming Club | 00:40:43 | 00:08:33 | 00:02:01 | 00:17:33 | 00:02:13 | 00:10:25 | 4 | 40.00 |
| 8 | Girls 2004 | 708 | Ng Long Kwan | The Little Dolphin Swimming Training Center | 00:44:27 | 00:11:26 | 00:02:11 | 00:14:43 | 00:01:58 | 00:14:11 | 3 | 30.00 |
| 9 | Girls 2004 | 714 | Purcell Beauella | Hong Kong Football Club | 00:46:44 | 00:09:59 | 00:02:43 | 00:18:34 | 00:02:37 | 00:12:52 | 2 | 20.00 |
| 10 | Girls 2004 | 712 | Sadler Tatum | Hong Kong Football Club | 00:52:55 | 00:11:36 | 00:02:43 | 00:19:25 | 00:02:03 | 00:17:10 | 1 | 10.00 |
| DSQ | Girls 2004 | 713 | Dsouza Ariana | Tung Chung Triathlon Association | | 00:13:19 | 00:03:32 | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Girls 2005 | 811 | Dales Tamsin Liberty | Mango Swimming Club | 00:37:06 | | | | | | 6 | 100.00 |
| 2 | Girls 2005 | 814 | Lau Iyana | Titan Triathlon | 00:38:36 | 00:08:53 | 00:02:02 | 00:15:22 | 00:01:34 | 00:10:47 | 5 | 83.33 |
| 3 | Girls 2005 | 815 | Chick Chloe | Titan Triathlon | 00:43:39 | 00:09:21 | 00:01:46 | 00:18:03 | 00:01:36 | 00:12:55 | 4 | 66.67 |
| 4 | Girls 2005 | 810 | Cheung Wai Yan | Mango Swimming Club | 00:47:20 | 00:10:39 | 00:03:22 | 00:17:30 | 00:02:09 | 00:13:41 | 3 | 50.00 |
| 5 | Girls 2005 | 812 | Hall Sophie | Hong Kong Football Club | 00:52:24 | 00:11:30 | 00:02:22 | 00:24:20 | 00:01:41 | 00:13:33 | 2 | 33.33 |
| 6 | Girls 2005 | 817 | Leung Yuen Ting | Part Time Association | 00:58:06 | 00:11:58 | 00:02:34 | 00:21:25 | 00:03:04 | 00:19:07 | 1 | 16.67 |
| DSQ | Short Bike | 813 | Lee Sam Wai | | 00:34:00 | 00:09:33 | 00:02:05 | 00:09:17 | 00:01:45 | 00:11:21 | | |
| DNS | Girls 2005 | 816 | Chan Wing Chi Sarah | Titan Triathlon | | | | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Girls 2006 | 820 | Rigby Olivia | | 00:51:12 | 00:10:42 | 00:02:16 | 00:21:28 | 00:01:50 | 00:14:58 | 1 | 100.00 |
| DSQ | Short Bike | 819 | Lee Pui Lam | Energetic Triathlon Shatin | 00:34:48 | 00:09:58 | 00:02:07 | 00:08:53 | 00:01:36 | 00:13:13 | | |
| DSQ | Short Bike | 818 | Cheung Sin Yi | | 00:35:44 | 00:10:22 | 00:02:10 | 00:08:17 | 00:01:45 | 00:12:16 | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Female 25-29 | 35 | Law Yee Man Dorothy | Tung Chung Triathlon Association | 01:17:55 | 00:15:43 | 00:01:58 | 00:40:18 | 00:01:35 | 00:18:23 | 6 | 100.00 |
| 2 | Female 25-29 | 37 | Tung Yee Man | Tung Chung Triathlon Association | 01:24:18 | 00:19:24 | 00:02:17 | 00:37:34 | 00:01:56 | 00:23:09 | 5 | 83.33 |
| 3 | Female 25-29 | 33 | Hoi Yan Kam | | 01:31:33 | 00:20:32 | 00:02:40 | 00:41:07 | 00:01:52 | 00:25:24 | 4 | 66.67 |
| 4 | Female 25-29 | 36 | Ng Wing Yi | | 01:38:33 | 00:19:57 | 00:03:08 | 00:50:50 | 00:02:28 | 00:22:12 | 3 | 50.00 |
| 5 | Female 25-29 | 34 | Wan Michelle | | 01:40:58 | 00:20:31 | 00:03:10 | 00:50:13 | 00:02:42 | 00:24:25 | 2 | 33.33 |
| 6 | Female 25-29 | 39 | Lau Wai Yin | | 01:51:58 | | | | | | 1 | 16.67 |
| DNS | Female 25-29 | 38 | Luk Pui Yin | | | | | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Female 30-34 | 47 | Lee Janice | Sonic Sports Association | 01:18:09 | 00:16:11 | 00:02:34 | 00:40:03 | 00:01:55 | 00:17:27 | 8 | 100.00 |
| 2 | Female 30-34 | 44 | Bina Stephanie | Sonic Sports Association | 01:23:48 | 00:18:39 | 00:02:00 | 00:41:58 | 00:01:50 | 00:19:24 | 7 | 87.50 |
| 3 | Female 30-34 | 42 | Li Wing Yan | | 01:23:49 | 00:17:44 | 00:02:15 | 00:42:38 | 00:01:51 | 00:19:23 | 6 | 75.00 |
| 4 | Female 30-34 | 43 | Ng Ka Wai | | 01:30:54 | 00:20:00 | | | 00:01:46 | 00:19:52 | 5 | 62.50 |
| 5 | Female 30-34 | 45 | Hui Chung Yan | | 01:38:34 | 00:19:57 | 00:03:06 | 00:50:47 | 00:02:33 | 00:22:12 | 4 | 50.00 |
| 6 | Female 30-34 | 49 | Tsang Diana | AustSports Association | 01:42:32 | 00:21:47 | 00:02:57 | 00:49:38 | 00:03:05 | 00:25:07 | 3 | 37.50 |
| 7 | Female 30-34 | 40 | Kwok Sophia | | 01:46:39 | 00:24:44 | 00:03:07 | 00:47:11 | 00:02:49 | 00:28:50 | 2 | 25.00 |

2014 Duathlon Series - Race 1 Result

| 8 | Female 30-34 | 41 | Leung Phyllis | | 01:54:18 | 00:24:51 | 00:03:48 | 00:54:09 | 00:03:04 | 00:28:27 | 1 | 12.50 |
|-----|--------------|-----|-------------------------|-----------------------------|---------------|-----------|----------|-----------|----------|-----------|-------|--------|
| DNS | Female 30-34 | 46 | Hunt Heather | | | | | | | | | |
| DNS | Female 30-34 | 48 | Vierow Jackie | Tritons Triathlon Club | | | | | | | | |
| DNS | Female 30-34 | 50 | Lau On Yue | AustSports Association | | | | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Female 35-39 | 56 | Wong Hiu Chong | Pro-trinity Sports Club | 01:18:01 | 00:16:47 | 00:01:42 | 00:38:23 | 00:01:47 | 00:19:26 | 9 | 100.00 |
| 2 | Female 35-39 | 59 | Yam Wai Chi Shirley | Energetic Triathlon Shatin | 01:20:17 | 00:16:47 | 00:02:17 | 00:38:31 | 00:01:52 | 00:20:51 | 8 | 88.89 |
| 3 | Female 35-39 | 53 | Cheng Wing Sze Jerry | Part Time Association | 01:23:53 | 00:18:58 | 00:02:35 | 00:39:47 | 00:01:56 | 00:20:39 | 7 | 77.78 |
| 4 | Female 35-39 | 51 | Wong Gi Wai Gigi | Sonic Sports Association | 01:24:20 | 00:17:44 | 00:02:31 | 00:42:22 | 00:01:54 | 00:19:51 | 6 | 66.67 |
| 5 | Female 35-39 | 61 | Tam Fong Wai Rachel | AustSports Association | 01:25:42 | 00:18:58 | 00:02:15 | 00:41:22 | 00:01:50 | 00:21:18 | 5 | 55.56 |
| 6 | Female 35-39 | 58 | Hui Ka Man Amy | Energetic Triathlon Shatin | 01:27:36 | 00:19:23 | 00:02:21 | 00:40:45 | 00:01:54 | 00:23:14 | 4 | 44.44 |
| 7 | Female 35-39 | 52 | Lai Flora | Pro-trinity Sports Club | 01:36:50 | 00:22:05 | 00:02:41 | 00:43:40 | 00:02:22 | 00:26:04 | 3 | 33.33 |
| 8 | Female 35-39 | 55 | Fong Tan Ki | New Wave Swimming Club | 01:39:28 | 00:23:00 | 00:03:10 | 00:44:05 | 00:03:01 | 00:26:14 | 2 | 22.22 |
| 9 | Female 35-39 | 54 | Wong Wen Mee Joyce | Energetic Triathlon Shatin | 01:47:01 | 00:23:04 | 00:01:59 | 00:50:55 | 00:02:13 | 00:28:52 | 1 | 11.11 |
| DNS | Female 35-39 | 57 | Li Chi Yan | Titan Triathlon | | | | | | | | |
| DNS | Female 35-39 | 60 | Hui Ching Ying | | | | | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Female 40-44 | 66 | Lui Shuk Han Karen | Energetic Triathlon Shatin | 01:11:00 | 00:14:56 | 00:01:29 | 00:35:56 | 00:01:21 | 00:17:20 | 12 | 100.00 |
| 2 | Female 40-44 | 68 | Lopez Martin Maria | | 01:16:50 | 00:15:18 | 00:01:49 | 00:38:20 | 00:02:20 | 00:19:04 | 11 | 91.67 |
| 3 | Female 40-44 | 67 | Ho Christina | Pro-trinity Sports Club | 01:20:05 | 00:15:38 | 00:01:54 | 00:42:25 | 00:01:25 | 01:02:42 | 10 | 83.33 |
| 4 | Female 40-44 | 64 | Poon Jessica | AustSports Association | 01:28:04 | 00:19:54 | 00:01:56 | 00:41:35 | 00:01:37 | 01:06:22 | 9 | 75.00 |
| 5 | Female 40-44 | 62 | Martos Romera Maria Sol | | 01:31:02 | 00:19:18 | 00:02:19 | 00:44:52 | 00:02:07 | 00:22:26 | 8 | 66.67 |
| 6 | Female 40-44 | 71 | Lai Alice | Part Time Association | 01:31:41 | 00:19:40 | 00:02:00 | 00:44:06 | 00:02:06 | 01:10:09 | 7 | 58.33 |
| 7 | Female 40-44 | 73 | Cho Yee Mei Micky | Energetic Triathlon Shatin | 01:32:34 | 00:20:04 | 00:02:21 | 00:45:24 | 00:02:07 | 00:22:40 | 6 | 50.00 |
| 8 | Female 40-44 | 63 | Kwan Gloria | | 01:33:54 | 00:19:38 | 00:02:49 | 00:45:32 | 00:02:20 | 00:23:37 | 5 | 41.67 |
| 9 | Female 40-44 | 65 | Leung Wing Sau Selina | Energetic Triathlon Shatin | 01:37:16 | 00:19:36 | 00:02:34 | 00:51:03 | 00:01:51 | 00:22:14 | 4 | 33.33 |
| 10 | Female 40-44 | 74 | Tam Pui Yi Elizabeth | | 01:40:41 | 00:23:03 | 00:02:14 | 00:47:08 | 00:01:43 | 00:26:36 | 3 | 25.00 |
| 11 | Female 40-44 | 72 | Woo Wei An | | 01:46:33 | 00:24:49 | 00:02:08 | 00:48:49 | 00:03:04 | 00:27:45 | 2 | 16.67 |
| 12 | Female 40-44 | 69 | FU Winglis | Part Time Association | 01:48:03 | 00:24:52 | 00:02:11 | 00:50:07 | 00:01:55 | 00:29:00 | 1 | 8.33 |
| DNS | Female 40-44 | 70 | Liu Wai Fun | | | | | | | | | |
| DNS | Female 40-44 | 75 | Wong Ka Yan | | | | | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Female 45-49 | 77 | Lee Bik Sai Ida | Hoi Ngai Sports Association | 01:27:06 | 00:15:14 | 00:02:50 | 00:49:14 | 00:02:01 | 00:17:48 | 4 | 100.00 |
| 2 | Female 45-49 | 78 | Leung Yin Yi, Iris | Hope Sport Association | 01:28:24 | 00:20:36 | 00:02:46 | 00:39:35 | 00:02:11 | 00:23:19 | 3 | 75.00 |
| 3 | Female 45-49 | 83 | Yip Chui Wan Angel | Energetic Triathlon Shatin | 01:35:17 | 00:19:28 | 00:02:38 | 00:49:35 | 00:01:42 | 00:21:56 | 2 | 50.00 |
| 4 | Female 45-49 | 76 | Lau Doris | | 01:52:31 | 00:21:58 | 00:03:11 | 00:55:22 | 00:04:17 | 00:27:46 | 1 | 25.00 |
| DNS | Female 45-49 | 80 | Tong Yuk Ling Phoebe | Energetic Triathlon Shatin | | | | | | | | |
| DNS | Female 45-49 | 81 | Mackenzie Julie | | | | | | | | | |
| DNS | Female 45-49 | 82 | Chiu Elaine | | | | | | | | | |
| DSQ | Female 45-49 | 79 | Wong Yuk Chun,Stella | | 01:32:10 | 00:20:54 | 00:03:12 | 00:45:01 | 00:03:02 | 00:20:02 | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Female 50-54 | 84 | Tam Yuen Hung | AustSports Association | 01:30:50 | 00:21:26 | 00:03:10 | 00:39:36 | 00:02:33 | 00:24:08 | 2 | 100.00 |
| 2 | Female 50-54 | 87 | Lok Sin Yin | | 01:44:42 | 00:21:08 | 00:03:34 | 00:54:41 | 00:02:50 | 00:22:32 | 1 | 50.00 |
| DNS | Female 50-54 | 85 | Kwan Alice | | | | | | | | | |
| DNS | Female 50-54 | 86 | Hopkins Cath | Hong Kong Football Club | | | | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |

2014 Duathlon Series - Race 1 Result

| 1 | Female Elite Junior | 23 | Richter Camden | | 01:06:53 | 00:13:35 | 00:01:27 | 00:35:15 | 00:01:15 | 00:15:22 | 4 | 100.00 |
|-----|---------------------|-----|------------------------|------------------------------------|---------------|-----------|----------|-----------|----------|-----------|-------|--------|
| 2 | Female Elite Junior | 26 | Ng Vanessa | | 01:10:48 | 00:14:40 | 00:01:30 | 00:35:25 | 00:01:21 | 00:17:52 | 3 | 75.00 |
| 3 | Female Elite Junior | 25 | Hung Cheuk Yi, Chelsea | Sonic Sports Association | 01:14:02 | 00:14:54 | 00:01:28 | 00:39:00 | 00:01:28 | 00:17:14 | 2 | 50.00 |
| 4 | Female Elite Junior | 24 | Tam Nga Man | Sonic Sports Association | 01:27:18 | 00:17:43 | 00:01:46 | 00:45:50 | 00:01:44 | 00:20:18 | 1 | 25.00 |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Female Elite Open | 28 | Rutherford Kate | | 01:05:31 | 00:13:31 | 00:01:23 | 00:33:41 | 00:01:16 | 00:15:42 | 2 | 100.00 |
| 2 | Female Elite Open | 27 | Lee WC Jean | | 01:33:43 | 00:20:25 | 00:02:17 | 00:44:56 | 00:01:42 | 00:24:24 | 1 | 50.00 |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Female Junior | 32 | Tsang Ka Hung | AustSports Association | 01:09:59 | 00:14:46 | 00:01:24 | 00:35:28 | 00:01:15 | 00:17:07 | 4 | 100.00 |
| 2 | Female Junior | 29 | Lee Wing Sum | Hope Sport Association | 01:26:11 | 00:19:00 | 00:01:45 | 00:40:37 | 00:01:40 | 00:23:11 | 3 | 75.00 |
| 3 | Female Junior | 31 | Wong Ching Sum | AustSports Association | 01:32:11 | 00:19:58 | 00:02:00 | 00:42:28 | 00:01:43 | 00:26:03 | 2 | 50.00 |
| 4 | Female Junior | 30 | Lai Hiu Ying | Crest Ray Recreation & Sports Club | 01:43:55 | 00:19:02 | 00:01:52 | 00:56:47 | 00:01:30 | 00:24:47 | 1 | 25.00 |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Female Open | 512 | Lau Michelle | Energetic Triathlon Shatin | 01:09:32 | 00:18:39 | 00:02:11 | 00:26:36 | 00:01:14 | 00:20:52 | 4 | 100.00 |
| 2 | Female Open | 510 | Lo Chun Yi Zoe | AustSports Association | 01:10:22 | 00:19:20 | 00:02:02 | 00:24:22 | 00:01:48 | 00:22:51 | 3 | 75.00 |
| 3 | Female Open | 516 | Lam Yim Ping | | 01:13:19 | 00:20:53 | 00:02:36 | 00:23:54 | 00:02:15 | 00:23:43 | 2 | 50.00 |
| 4 | Female Open | 515 | Kam Hay | | 01:14:14 | 00:17:56 | 00:02:15 | 00:32:04 | 00:02:04 | 00:19:58 | 1 | 25.00 |
| DNS | Female Open | 514 | Choi Hei Man Jessica | | | | | | | | | |
| DSQ | No cycling | 513 | Cheung Kwok Ting | | 00:34:24 | | | | | | | |
| DSQ | No cycling | 511 | Wong Pui Shan | Energetic Triathlon Shatin | 00:34:24 | | | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Female Veteran | 517 | Lee Katherine | Energetic Triathlon Shatin | 01:00:16 | 00:15:22 | 00:01:39 | 00:24:21 | 00:01:30 | 00:17:27 | 5 | 100.00 |
| 2 | Female Veteran | 523 | Lui Lai Han Dennex | | 01:04:00 | 00:17:37 | 00:01:46 | 00:22:47 | 00:01:37 | 00:20:14 | 4 | 80.00 |
| 3 | Female Veteran | 520 | Leung Wei Kwan Wendy | | 01:12:21 | 00:19:21 | 00:03:48 | 00:23:45 | 00:03:24 | 00:22:05 | 3 | 60.00 |
| 4 | Female Veteran | 521 | Lam Sally | | 01:14:15 | 00:19:32 | 00:02:57 | 00:27:16 | 00:01:50 | 00:22:43 | 2 | 40.00 |
| 5 | Female Veteran | 519 | Kwan Pui Ngar | Energetic Triathlon Shatin | 01:17:55 | 00:21:04 | 00:02:32 | 00:28:58 | 00:01:57 | 00:23:26 | 1 | 20.00 |
| DNS | Female Veteran | 518 | Fong Sut Sam | Hoi Ngai Sports Association | | | | | | | | |
| DNS | Female Veteran | 522 | Leung Choi Yuk | | | | | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Female Youth Open | 524 | Zodl Athina | South China Athletic Association | 00:56:21 | 00:14:10 | 00:01:34 | 00:22:56 | 00:01:23 | 00:16:21 | 2 | 100.00 |
| 2 | Female Youth Open | 526 | Law Kelly | Sonic Sports Association | 01:06:55 | 00:17:45 | 00:01:49 | 00:24:38 | 00:01:25 | 00:21:20 | 1 | 50.00 |
| DNS | Female Youth Open | 525 | Brown Bailee | | | | | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Male 20-24 | 404 | Pun Yiu Chung | AustSports Association | 01:01:46 | 00:12:24 | 00:01:23 | 00:32:52 | 00:01:16 | 00:13:52 | 20 | 100.00 |
| 2 | Male 20-24 | 393 | Yuen Chi Hang | Titan Triathlon | 01:02:09 | 00:12:24 | 00:01:16 | 00:32:58 | 00:01:13 | 00:14:20 | 19 | 95.00 |
| 3 | Male 20-24 | 405 | Wong Ka Fai | AustSports Association | 01:02:45 | 00:12:26 | 00:01:32 | 00:32:48 | 00:01:27 | 00:14:34 | 18 | 90.00 |
| 4 | Male 20-24 | 399 | Cheung Ting ho, Thomas | Tung Chung Triathlon Association | 01:03:05 | 00:12:09 | 00:01:18 | 00:34:25 | 00:01:24 | 00:13:51 | 17 | 85.00 |
| 5 | Male 20-24 | 386 | Cheung Ho Yeung | AustSports Association | 01:04:02 | 00:12:50 | 00:02:06 | 00:32:44 | 00:01:42 | 00:14:42 | 16 | 80.00 |
| 6 | Male 20-24 | 389 | Law Chun Yip | South China Athletic Association | 01:09:38 | 00:14:14 | 00:01:56 | 00:33:56 | 00:01:40 | 00:17:55 | 15 | 75.00 |
| 7 | Male 20-24 | 540 | Leung Ka Wa | First Ten Generation Team | 01:11:16 | 00:14:51 | 00:01:30 | 00:36:26 | 00:01:50 | 00:16:40 | 14 | 70.00 |
| 8 | Male 20-24 | 385 | Chan Chun Lung Alan | Titan Triathlon | 01:11:19 | 00:14:13 | 00:01:21 | 00:37:27 | 00:01:38 | 00:16:43 | 13 | 65.00 |
| 9 | Male 20-24 | 388 | Mok Wai Chuen | | 01:12:41 | | | 00:36:58 | | | 12 | 60.00 |
| 10 | Male 20-24 | 392 | Wong Ho Kan | Titan Triathlon | 01:12:53 | 00:14:46 | 00:01:40 | 00:37:22 | 00:02:11 | 00:16:56 | 11 | 55.00 |
| 11 | Male 20-24 | 384 | Mac Cheuk Yin | Pro-trinity Sports Club | 01:13:34 | 00:15:22 | 00:01:59 | 00:36:38 | 00:02:01 | 00:17:35 | 10 | 50.00 |
| 12 | Male 20-24 | 391 | Wong Ho Him | Titan Triathlon | 01:13:49 | 00:14:14 | 00:01:26 | 00:36:03 | 00:03:16 | 00:18:51 | 9 | 45.00 |
| 13 | Male 20-24 | 390 | Hoon Ka Long | | 01:15:57 | 00:15:33 | 00:01:51 | 00:35:42 | 00:01:56 | 00:20:58 | 8 | 40.00 |

2014 Duathlon Series - Race 1 Result

| 14 | Male 20-24 | 541 | Yin Chung Hong | First Ten Generation Team | 01:17:41 | 00:14:32 | 00:01:40 | 00:36:00 | 00:02:25 | 00:23:05 | 7 | 35.00 |
|-----|------------|-----|----------------------|----------------------------------|---------------|-----------|----------|-----------|----------|-----------|-------|--------|
| 15 | Male 20-24 | 383 | Ng Ching Hong | AustSports Association | 01:18:38 | 00:15:23 | 00:01:39 | 00:43:22 | 00:01:40 | 00:16:37 | 6 | 30.00 |
| 16 | Male 20-24 | 395 | Yau Lok yin | South China Athletic Association | 01:18:38 | 00:15:46 | 00:01:57 | 00:38:52 | 00:02:43 | 00:19:21 | 5 | 25.00 |
| 17 | Male 20-24 | 402 | Cheng Kui Ching | | 01:20:51 | 00:18:09 | 00:02:28 | 00:39:11 | 00:01:49 | 00:19:16 | 4 | 20.00 |
| 18 | Male 20-24 | 387 | Wong Tsz Ho | | 01:23:56 | 00:16:34 | 00:02:18 | 00:42:55 | 00:02:43 | 00:19:28 | 3 | 15.00 |
| 19 | Male 20-24 | 396 | Yip Hok Chun Gordon | South China Athletic Association | 01:26:40 | 00:16:03 | 00:01:43 | 00:47:22 | 00:01:47 | 00:19:45 | 2 | 10.00 |
| 20 | Male 20-24 | 401 | Chow Chun Pui | | 01:28:16 | 00:18:09 | 00:02:29 | 00:41:57 | 00:01:48 | 00:23:56 | 1 | 5.00 |
| DNF | Male 20-24 | 398 | Chung Tai Wai | Energetic Triathlon Shatin | | 00:12:52 | | | 00:01:35 | | | |
| DNS | Male 20-24 | 397 | Lee Kai Yeung | | | | | | | | | |
| DNS | Male 20-24 | 400 | Hui Ka Ki | Energetic Triathlon Shatin | | | | | | | | |
| DSQ | Short Bike | 394 | Tang Hui For | | 01:07:52 | 00:15:21 | 00:02:03 | 00:29:30 | 00:02:15 | 00:18:44 | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Male 25-29 | 427 | Chan Hoi Wing | Energetic Triathlon Shatin | 01:02:33 | 00:12:25 | 00:01:25 | 00:32:51 | 00:01:17 | 00:14:37 | 26 | 100.00 |
| 2 | Male 25-29 | 407 | Wong Wai Ho | Energetic Triathlon Shatin | 01:03:43 | 00:12:26 | 00:01:04 | 00:34:20 | 00:01:36 | 00:14:17 | 25 | 96.15 |
| 3 | Male 25-29 | 422 | Yau Kwun San | Tung Chung Triathlon Association | 01:05:01 | 00:13:33 | 00:01:27 | 00:32:44 | 00:01:29 | 00:15:51 | 24 | 92.31 |
| 4 | Male 25-29 | 430 | Leung Ka Lun | Energetic Triathlon Shatin | 01:06:26 | 00:13:42 | 00:01:26 | 00:32:36 | 00:01:49 | 00:16:55 | 23 | 88.46 |
| 5 | Male 25-29 | 433 | Chung Wing Hang | AustSports Association | 01:06:31 | 00:14:06 | 00:01:43 | 00:33:19 | 00:01:46 | 00:15:38 | 22 | 84.62 |
| 6 | Male 25-29 | 419 | Tam Yau Yan | AustSports Association | 01:07:56 | 00:12:59 | 00:01:45 | 00:29:05 | 00:09:31 | 00:14:36 | 21 | 80.77 |
| 7 | Male 25-29 | 412 | Wong Kin Chung | AustSports Association | 01:10:34 | 00:13:46 | 00:02:29 | 00:35:27 | 00:02:04 | 00:16:49 | 20 | 76.92 |
| 8 | Male 25-29 | 434 | Leung Lai Lam Leo | AustSports Association | 01:12:51 | 00:15:25 | 00:02:00 | 00:34:53 | 00:02:44 | 00:17:51 | 19 | 73.08 |
| 9 | Male 25-29 | 425 | Lam Chun Lung | | 01:13:18 | 00:15:09 | 00:02:13 | 00:36:16 | 00:02:20 | 00:17:21 | 18 | 69.23 |
| 10 | Male 25-29 | 424 | Tsang Tak Kin | Part Time Association | 01:13:59 | 00:14:41 | 00:01:48 | 00:39:05 | 00:01:48 | 00:16:39 | 17 | 65.38 |
| 11 | Male 25-29 | 411 | Ko Yiu Hung | | 01:15:46 | 00:15:40 | 00:02:05 | 00:36:55 | 00:01:45 | 00:19:23 | 16 | 61.54 |
| 12 | Male 25-29 | 417 | Yip Wing Ho | | 01:16:35 | 00:15:12 | 00:01:45 | 00:40:59 | 00:01:29 | 00:17:12 | 15 | 57.69 |
| 13 | Male 25-29 | 420 | Wong Kwok ho | | 01:16:48 | 00:14:04 | 00:02:17 | 00:40:56 | 00:02:55 | 00:16:39 | 14 | 53.85 |
| 14 | Male 25-29 | 428 | Lai Hei Ming Herman | Energetic Triathlon Shatin | 01:16:50 | 00:15:35 | 00:01:42 | 00:40:48 | 00:01:36 | 00:17:10 | 13 | 50.00 |
| 15 | Male 25-29 | 426 | Hung Cheung Kit John | South China Athletic Association | 01:17:09 | 00:16:25 | 00:02:00 | 00:38:01 | 00:01:43 | 00:19:01 | 12 | 46.15 |
| 16 | Male 25-29 | 432 | Li Alexander | | 01:17:56 | 00:15:22 | 00:02:04 | 00:40:10 | 00:02:03 | 00:18:18 | 11 | 42.31 |
| 17 | Male 25-29 | 418 | Chan Chun Ho | | 01:19:31 | 00:13:41 | 00:01:30 | 00:46:52 | 00:01:42 | 00:15:49 | 10 | 38.46 |
| 18 | Male 25-29 | 410 | Tam Chi Yung | | 01:20:27 | 00:17:58 | 00:02:15 | 00:36:47 | 00:02:22 | 00:21:06 | 9 | 34.62 |
| 19 | Male 25-29 | 413 | Yiu Ching Ho | | 01:20:46 | 00:17:58 | 00:02:09 | 00:38:50 | 00:02:24 | 00:19:26 | 8 | 30.77 |
| 20 | Male 25-29 | 421 | Ng Kwok Lun | | 01:21:19 | 00:15:59 | 00:02:45 | 00:39:40 | 00:02:50 | 00:20:07 | 7 | 26.92 |
| 21 | Male 25-29 | 429 | Kwok Chi Fung Jeff | Energetic Triathlon Shatin | 01:21:20 | 00:14:49 | 00:01:46 | 00:46:44 | 00:01:43 | 00:16:19 | 6 | 23.08 |
| 22 | Male 25-29 | 414 | Tang Ka Tung | Sonic Sports Association | 01:23:47 | 00:17:59 | 00:02:13 | 00:36:51 | 00:01:56 | 00:24:50 | 5 | 19.23 |
| 23 | Male 25-29 | 415 | Lee Ernest | Part Time Association | 01:24:17 | 00:17:11 | 00:02:17 | 00:43:03 | 00:01:38 | 00:20:10 | 4 | 15.38 |
| 24 | Male 25-29 | 409 | Kong Siu lun | | 01:24:34 | 00:17:42 | 00:02:37 | 00:39:39 | 00:02:51 | 00:21:47 | 3 | 11.54 |
| 25 | Male 25-29 | 431 | Chui Hok Sam, Sam | AustSports Association | 01:25:55 | 00:18:09 | 00:02:43 | 00:41:49 | 00:02:16 | 00:21:00 | 2 | 7.69 |
| 26 | Male 25-29 | 408 | Ngai Ian | | 01:27:06 | 00:17:23 | 00:02:31 | 00:43:14 | 00:02:41 | 00:21:18 | 1 | 3.85 |
| DNS | Male 25-29 | 406 | Ng Ka Wing | | | | | | | | | |
| DNS | Male 25-29 | 416 | Yip Ching Yeung | | | | | | | | | |
| DNS | Male 25-29 | 423 | Jiang Lik Harvey | | | | | | | | | |
| DNS | Male 25-29 | 435 | Siu Chun Yu | | | | | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Male 30-34 | 199 | Hsieh Jason | Titan Triathlon | 01:01:21 | 00:12:30 | 00:01:21 | 00:32:25 | 00:01:12 | 00:13:55 | 43 | 100.00 |
| 2 | Male 30-34 | 184 | Bucek Michal | Sonic Sports Association | 01:01:40 | 00:13:13 | 00:00:56 | 00:32:06 | 00:01:14 | 00:14:12 | 42 | 97.67 |
| 3 | Male 30-34 | 202 | Wong Ka Ming | Energetic Triathlon Shatin | 01:02:01 | 00:13:13 | 00:01:27 | 00:32:23 | 00:01:12 | 00:13:48 | 41 | 95.35 |

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| | | | | |
|-----|------------|-----|------------------------|----------------------------------|
| DNS | Male 30-34 | 162 | Zamora Jonathan Alexis | Sonic Sports Association |
| DNS | Male 30-34 | 165 | Chow Tsz Ho Kevin | South China Athletic Association |
| DNS | Male 30-34 | 170 | Reinert Alexandre | |
| DNS | Male 30-34 | 173 | Tsang Chun Kit | AustSports Association |
| DNS | Male 30-34 | 176 | Shin Sung Jin David | Tung Chung Triathlon Association |
| DNS | Male 30-34 | 185 | Lee Kuen Yan | Pro-trinity Sports Club |
| DNS | Male 30-34 | 186 | Kwok Ching Hei | Pro-trinity Sports Club |
| DNS | Male 30-34 | 188 | Fai Ming Hoi | Sonic Sports Association |
| DNS | Male 30-34 | 191 | Cheung Ting Fung | Titan Triathlon |
| DNS | Male 30-34 | 194 | Tang Ice | |
| DNS | Male 30-34 | 197 | Wong Sky | |
| DNS | Male 30-34 | 198 | Ha Lo Lim | |

| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
|-----|------------|-----|--------------------|----------------------------------|---------------|-----------|----------|-----------|----------|-----------|-------|--------|
| 1 | Male 35-39 | 213 | Cook Chris | | 01:02:04 | 00:12:26 | 00:01:53 | 00:32:44 | 00:01:16 | 00:13:46 | 52 | 100.00 |
| 2 | Male 35-39 | 232 | Gething David | Hong Kong Football Club | 01:02:14 | 00:13:06 | 00:01:31 | 00:32:24 | 00:01:20 | 00:13:55 | 51 | 98.08 |
| 3 | Male 35-39 | 271 | Waterhouse Simon | | 01:03:21 | 00:12:51 | 00:01:47 | 00:32:23 | 00:01:20 | 00:15:00 | 50 | 96.15 |
| 4 | Male 35-39 | 244 | Bridges Gareth | | 01:05:01 | 00:13:18 | 00:01:45 | 00:33:44 | 00:01:39 | 00:14:38 | 49 | 94.23 |
| 5 | Male 35-39 | 241 | Butter Thomas | | 01:05:59 | 00:13:55 | 00:01:39 | 00:33:32 | 00:01:26 | 00:15:29 | 48 | 92.31 |
| 6 | Male 35-39 | 267 | Sin Chun Kwong | Energetic Triathlon Shatin | 01:07:21 | 00:14:46 | 00:01:32 | 00:33:38 | 00:01:27 | 00:16:00 | 47 | 90.38 |
| 7 | Male 35-39 | 219 | Leung Ching Fai | New Wave Swimming Club | 01:07:42 | 00:14:21 | 00:01:57 | 00:33:38 | 00:01:10 | 00:16:36 | 46 | 88.46 |
| 8 | Male 35-39 | 258 | Chow Hoi Tat | Hope Sport Association | 01:08:05 | 00:14:28 | 00:01:52 | 00:34:19 | 00:01:16 | 00:16:11 | 45 | 86.54 |
| 9 | Male 35-39 | 260 | Horton Neil | Hong Kong Football Club | 01:08:22 | 00:14:30 | 00:02:01 | 00:34:12 | 00:01:36 | 00:16:05 | 44 | 84.62 |
| 10 | Male 35-39 | 270 | Jones Simon | Sonic Sports Association | 01:09:03 | 00:14:02 | 00:01:32 | 00:37:00 | 00:01:34 | 00:14:58 | 43 | 82.69 |
| 11 | Male 35-39 | 259 | Yeung Hon Cheung | | 01:09:11 | 00:15:06 | 00:02:01 | 00:33:56 | 00:01:51 | 00:16:19 | 42 | 80.77 |
| 12 | Male 35-39 | 257 | Tang Ka Wai | | 01:09:21 | 00:14:16 | 00:02:15 | 00:34:37 | 00:01:51 | 00:16:24 | 41 | 78.85 |
| 13 | Male 35-39 | 268 | Wong Rockson | AustSports Association | 01:09:27 | 00:15:06 | 00:01:35 | 00:33:56 | 00:01:28 | 00:17:24 | 40 | 76.92 |
| 14 | Male 35-39 | 251 | Ma Raymond | South China Athletic Association | 01:10:05 | 00:14:40 | 00:01:37 | 00:35:34 | 00:01:30 | 00:16:46 | 39 | 75.00 |
| 15 | Male 35-39 | 263 | Kwok Wing Lun | | 01:10:46 | 00:15:54 | 00:02:03 | 00:33:07 | 00:01:56 | 00:17:48 | 38 | 73.08 |
| 16 | Male 35-39 | 209 | Chiu Chi Wah Steve | Energetic Triathlon Shatin | 01:12:16 | 00:15:13 | 00:01:55 | 00:36:03 | 00:01:34 | 00:17:32 | 37 | 71.15 |
| 17 | Male 35-39 | 218 | Tsui Sze Kam Kenny | AustSports Association | 01:12:20 | 00:15:01 | 00:02:03 | 00:36:31 | 00:01:39 | 00:17:08 | 36 | 69.23 |
| 18 | Male 35-39 | 256 | Lam Fung Lok | Titan Triathlon | 01:12:25 | 00:15:55 | 00:01:41 | 00:35:50 | 00:01:35 | 00:17:26 | 35 | 67.31 |
| 19 | Male 35-39 | 233 | Cheng Chi Ko | Tung Chung Triathlon Association | 01:12:32 | 00:15:25 | 00:01:54 | 00:36:13 | 00:01:51 | 00:17:11 | 34 | 65.38 |
| 20 | Male 35-39 | 216 | Wathall Kenneth | | 01:12:44 | 00:14:20 | 00:02:12 | 00:36:49 | 00:02:10 | 00:17:15 | 33 | 63.46 |
| 21 | Male 35-39 | 207 | So Chi ming | | 01:12:49 | 00:15:55 | 00:02:19 | 00:35:21 | 00:01:44 | 00:17:32 | 32 | 61.54 |
| 22 | Male 35-39 | 248 | Shek Wai Hung | | 01:13:37 | 00:15:24 | 00:02:25 | 00:35:51 | 00:01:57 | 00:18:01 | 31 | 59.62 |
| 23 | Male 35-39 | 247 | So Shu Tai | | 01:13:42 | 00:15:22 | 00:02:28 | 00:31:48 | 00:06:20 | 00:17:45 | 30 | 57.69 |
| 24 | Male 35-39 | 225 | Lo Eric | New Wave Swimming Club | 01:13:57 | 00:15:12 | 00:02:13 | 00:36:08 | 00:01:51 | 00:18:35 | 29 | 55.77 |
| 25 | Male 35-39 | 265 | Chow Chi Man | Energetic Triathlon Shatin | 01:14:38 | 00:16:06 | 00:01:59 | 00:37:27 | 00:01:55 | 00:17:13 | 28 | 53.85 |
| 26 | Male 35-39 | 237 | Chan Chi Wai | | 01:15:07 | 00:15:59 | 00:02:16 | 00:35:23 | 00:01:50 | 00:19:41 | 27 | 51.92 |
| 27 | Male 35-39 | 249 | Moktan Palden | Energetic Triathlon Shatin | 01:15:18 | 00:15:38 | 00:01:54 | 00:37:50 | 00:01:53 | 00:18:05 | 26 | 50.00 |
| 28 | Male 35-39 | 212 | Leung Angus | Part Time Association | 01:16:00 | 00:14:57 | 00:02:23 | 00:39:23 | 00:02:38 | 00:16:41 | 25 | 48.08 |
| 29 | Male 35-39 | 221 | Ng Ying chu | Part Time Association | 01:16:45 | 00:16:16 | 00:02:34 | 00:37:42 | 00:02:18 | 00:17:58 | 24 | 46.15 |
| 30 | Male 35-39 | 224 | Yeung Wai Kin | Titan Triathlon | 01:17:14 | 00:14:44 | 00:03:09 | 00:38:50 | 00:02:35 | 00:17:59 | 23 | 44.23 |
| 31 | Male 35-39 | 238 | Wan Siu Kwong | Pro-trinity Sports Club | 01:18:01 | 00:16:02 | 00:01:57 | 00:38:23 | 00:01:55 | 00:19:45 | 22 | 42.31 |
| 32 | Male 35-39 | 226 | Tam Chi Fai | Energetic Triathlon Shatin | 01:18:37 | 00:15:50 | 00:02:01 | 00:41:47 | 00:02:16 | 00:16:45 | 21 | 40.38 |
| 33 | Male 35-39 | 264 | Kwan Jensen | | 01:18:47 | 00:15:47 | 00:02:29 | 00:39:40 | 00:02:00 | 00:18:54 | 20 | 38.46 |

2014 Duathlon Series - Race 1 Result

| 34 | Male 35-39 | 211 | Sy WingWoon | | 01:19:17 | | | | | | 19 | 36.54 |
|-----|------------|-----|---------------------------|----------------------------------|---------------|-----------|----------|-----------|----------|-----------|-------|--------|
| 35 | Male 35-39 | 217 | Hui Charles | Sonic Sports Association | 01:19:30 | 00:16:39 | 00:01:42 | 00:40:28 | 00:01:51 | 00:18:52 | 18 | 34.62 |
| 36 | Male 35-39 | 242 | D'haussy Charles | | 01:20:08 | 00:15:10 | 00:02:14 | 00:43:04 | 00:02:07 | 00:17:35 | 17 | 32.69 |
| 37 | Male 35-39 | 245 | Wong Tin Kit | Part Time Association | 01:21:53 | 00:16:38 | 00:02:25 | 00:40:35 | 00:02:14 | 00:20:03 | 16 | 30.77 |
| 38 | Male 35-39 | 208 | Lee On Tik Andy | | 01:22:52 | 00:17:16 | 00:02:43 | 00:41:28 | 00:02:01 | 00:19:27 | 15 | 28.85 |
| 39 | Male 35-39 | 255 | Chan Ka Fai | | 01:23:09 | 00:18:26 | 00:02:23 | 00:39:03 | 00:02:03 | 00:21:14 | 14 | 26.92 |
| 40 | Male 35-39 | 239 | Schmoll Alan | | 01:23:37 | 00:17:37 | 00:02:15 | 00:39:29 | 00:02:09 | 00:22:09 | 13 | 25.00 |
| 41 | Male 35-39 | 243 | Kwok Yiu Fai | | 01:23:47 | 00:18:01 | 00:02:48 | 00:39:42 | 00:02:51 | 00:20:28 | 12 | 23.08 |
| 42 | Male 35-39 | 234 | Lydiard Adrian | Hong Kong Dragons Triathlon Club | 01:23:49 | 00:20:15 | 00:02:18 | 00:38:11 | 00:02:07 | 00:21:00 | 11 | 21.15 |
| 43 | Male 35-39 | 215 | Leung Man Fung | Pro-trinity Sports Club | 01:23:54 | 00:17:45 | 00:02:28 | 00:42:22 | 00:02:25 | 00:18:56 | 10 | 19.23 |
| 44 | Male 35-39 | 266 | Cheung Man Kit | Energetic Triathlon Shatin | 01:24:28 | 00:19:49 | 00:02:11 | 00:38:54 | 00:02:16 | 00:21:19 | 9 | 17.31 |
| 45 | Male 35-39 | 236 | Chen Chi Ming | Energetic Triathlon Shatin | 01:27:23 | 00:17:33 | 00:02:34 | 00:44:39 | 00:01:53 | 00:20:45 | 8 | 15.38 |
| 46 | Male 35-39 | 230 | Wong Frankie | Part Time Association | 01:28:24 | 00:18:47 | 00:03:03 | 00:41:11 | 00:02:52 | 00:22:32 | 7 | 13.46 |
| 47 | Male 35-39 | 254 | Ng Kai Chung | | 01:28:35 | 00:15:51 | 00:02:25 | 00:48:40 | 00:02:05 | 00:19:36 | 6 | 11.54 |
| 48 | Male 35-39 | 269 | Leung Peter | | 01:29:50 | 00:16:40 | 00:02:19 | 00:45:49 | 00:02:53 | 00:22:10 | 5 | 9.62 |
| 49 | Male 35-39 | 235 | LEUNG Tsz Kit | | 01:30:32 | 00:17:36 | 00:02:27 | 00:47:25 | 00:02:01 | 00:21:04 | 4 | 7.69 |
| 50 | Male 35-39 | 246 | Pang Chi Kit | | 01:32:45 | 00:18:04 | 00:02:31 | 00:47:50 | 00:01:59 | 00:22:23 | 3 | 5.77 |
| 51 | Male 35-39 | 223 | Fung Wang Tai | Part Time Association | 01:34:52 | 00:19:09 | 00:03:35 | 00:48:26 | 00:02:29 | 00:21:15 | 2 | 3.85 |
| 52 | Male 35-39 | 253 | Woo Brian | | 01:53:22 | | | 00:55:33 | | | 1 | 1.92 |
| DNF | Male 35-39 | 220 | Chan Chung Man | | | 00:14:03 | 00:01:43 | | | | | |
| DNF | Male 35-39 | 250 | Chan Chun Tak | Pro-trinity Sports Club | | 00:15:05 | 00:02:15 | | | | | |
| DNF | Male 35-39 | 227 | Ng William | Tritons Triathlon Club | | 00:15:09 | 00:02:18 | 00:35:57 | 00:01:51 | | | |
| DNS | Male 35-39 | 210 | Leung Ka Yi | | | | | | | | | |
| DNS | Male 35-39 | 214 | Spencer Robert | | | | | | | | | |
| DNS | Male 35-39 | 222 | Chan Tim | | | | | | | | | |
| DNS | Male 35-39 | 228 | Li Wai Yin Albert | Energetic Triathlon Shatin | | | | | | | | |
| DNS | Male 35-39 | 229 | Ho Man Yui | Part Time Association | | | | | | | | |
| DNS | Male 35-39 | 231 | Benjamin William Ferguson | | | | | | | | | |
| DNS | Male 35-39 | 252 | Tsang Jeffrey | Part Time Association | | | | | | | | |
| DNS | Male 35-39 | 261 | Sun Fat Yee David | South China Athletic Association | | | | | | | | |
| DNS | Male 35-39 | 262 | Fisher James | | | | | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Male 40-44 | 310 | Hall Richard | Hong Kong Football Club | 01:02:46 | 00:13:00 | 00:01:20 | 00:32:59 | 00:01:17 | 00:14:13 | 46 | 100.00 |
| 2 | Male 40-44 | 317 | Lau Bik Wah | South China Athletic Association | 01:06:36 | 00:14:12 | 00:01:39 | 00:33:48 | 00:01:22 | 00:15:37 | 45 | 97.83 |
| 3 | Male 40-44 | 282 | Wong Kent | | 01:06:44 | 00:14:12 | 00:01:43 | 00:33:38 | 00:01:23 | 00:15:49 | 44 | 95.65 |
| 4 | Male 40-44 | 334 | Yuen Wing Ki | | 01:07:48 | 00:14:13 | 00:01:33 | 00:33:49 | 00:01:29 | 00:16:46 | 43 | 93.48 |
| 5 | Male 40-44 | 333 | Cheung Wai Kei | AustSports Association | 01:08:15 | 00:13:07 | 00:01:34 | 00:37:50 | 00:01:33 | 00:14:14 | 42 | 91.30 |
| 6 | Male 40-44 | 315 | Wong Colin | Hope Sport Association | 01:10:04 | 00:14:52 | 00:02:05 | 00:35:28 | 00:01:40 | 00:16:01 | 41 | 89.13 |
| 7 | Male 40-44 | 322 | Yan Ka Ho | | 01:10:26 | 00:13:58 | 00:02:07 | 00:35:37 | 00:02:10 | 00:16:35 | 40 | 86.96 |
| 8 | Male 40-44 | 298 | Chan Ki Fung | | 01:10:50 | 00:14:21 | 00:02:05 | 00:36:05 | 00:01:34 | 00:16:47 | 39 | 84.78 |
| 9 | Male 40-44 | 327 | Wong Kwok Chun Andy | Energetic Triathlon Shatin | 01:11:06 | 00:15:14 | 00:01:43 | 00:35:27 | 00:01:37 | 00:17:07 | 38 | 82.61 |
| 10 | Male 40-44 | 323 | Purcell Steven | Hong Kong Football Club | 01:13:32 | 00:13:59 | 00:02:24 | 00:38:38 | 00:02:25 | 00:16:09 | 37 | 80.43 |
| 11 | Male 40-44 | 292 | Leung KaKi | Part Time Association | 01:14:01 | 00:14:48 | 00:02:14 | 00:37:28 | 00:01:52 | 00:17:40 | 36 | 78.26 |
| 12 | Male 40-44 | 286 | Yung Leong Sang | Titan Triathlon | 01:14:08 | 00:15:22 | 00:01:49 | 00:38:07 | 00:01:44 | 00:17:09 | 35 | 76.09 |
| 13 | Male 40-44 | 311 | Pennel John | | 01:14:15 | 00:16:04 | 00:02:20 | 00:36:11 | 00:01:58 | 00:17:45 | 34 | 73.91 |
| 14 | Male 40-44 | 335 | Yau Wing Lun | AustSports Association | 01:14:44 | 00:15:28 | 00:02:15 | 00:38:07 | 00:02:08 | 00:16:48 | 33 | 71.74 |

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| DNF | Male 45-49 | 362 | Choy Kwun Fung | Pro-trinity Sports Club | | | | | | | | |
|-----|------------|-----|--------------------------|----------------------------------|---------------|-----------|----------|-----------|----------|-----------|-------|--------|
| DNF | Male 45-49 | 363 | Tsang Kevin | | | | | | | | | |
| DNF | Male 45-49 | 369 | Wan Shu Wah Jimmy | Energetic Triathlon Shatin | | | | | | | | |
| DNF | Male 45-49 | 370 | Wong Wai Shing | | | | | | | | | |
| DNF | Male 45-49 | 371 | Sadler Michael | Hong Kong Football Club | | | | | | | | |
| DNF | Male 45-49 | 375 | Wong Johan | | | | | | | | | |
| DNF | Male 45-49 | 377 | Yu Tak Sing | | | | | | | | | |
| DSQ | Short Bike | 343 | Richard Hamilton | | 01:09:35 | 00:17:05 | 00:02:20 | 00:29:44 | 00:01:23 | 00:19:04 | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Male 50-54 | 89 | Flynn Tony | | 01:07:12 | 00:13:38 | 00:01:26 | 00:35:15 | 00:01:17 | 00:15:39 | 28 | 100.00 |
| 2 | Male 50-54 | 115 | Lee Ying Ho | Sonic Sports Association | 01:08:41 | 00:14:43 | 00:01:29 | 00:35:25 | 00:01:26 | 00:15:40 | 27 | 96.43 |
| 3 | Male 50-54 | 112 | Chan Chu | Energetic Triathlon Shatin | 01:08:55 | 00:14:15 | 00:01:43 | 00:35:42 | 00:01:18 | 00:15:57 | 26 | 92.86 |
| 4 | Male 50-54 | 114 | Sung Yan Wah Danny | Titan Triathlon | 01:09:12 | | | 00:35:13 | 00:01:37 | 00:15:57 | 25 | 89.29 |
| 5 | Male 50-54 | 109 | Leung Yau Hong | Hope Sport Association | 01:10:52 | 00:14:54 | 00:01:37 | 00:35:50 | 00:01:30 | 00:17:03 | 24 | 85.71 |
| 6 | Male 50-54 | 121 | So Jrso | | 01:11:52 | 00:18:33 | 00:02:30 | 00:29:19 | 00:02:30 | 00:19:01 | 23 | 82.14 |
| 7 | Male 50-54 | 107 | Liu Wing Chuen | Titan Triathlon | 01:12:00 | 00:15:16 | 00:01:50 | 00:35:15 | 00:01:32 | 00:18:10 | 22 | 78.57 |
| 8 | Male 50-54 | 123 | Lee Kwok Ning | | 01:12:39 | 00:15:40 | 00:01:40 | 00:35:57 | 00:01:37 | 00:17:46 | 21 | 75.00 |
| 9 | Male 50-54 | 93 | Chan W K | | 01:13:15 | 00:15:14 | 00:01:33 | 00:36:27 | 00:01:32 | 00:18:30 | 20 | 71.43 |
| 10 | Male 50-54 | 118 | Mak Tak Cheung | Energetic Triathlon Shatin | 01:15:11 | 00:15:09 | 00:01:56 | 00:37:40 | 00:01:52 | 00:18:34 | 19 | 67.86 |
| 11 | Male 50-54 | 120 | Chung Lui Hung Lawrence | Energetic Triathlon Shatin | 01:16:10 | 00:16:36 | 00:01:51 | 00:37:20 | 00:01:40 | 00:18:46 | 18 | 64.29 |
| 12 | Male 50-54 | 92 | Chung Wing Shing Jackson | AustSports Association | 01:16:14 | 00:16:39 | 00:02:09 | 00:36:50 | 00:02:02 | 00:18:36 | 17 | 60.71 |
| 13 | Male 50-54 | 113 | Ng Davy | Tung Chung Triathlon Association | 01:16:52 | 00:15:38 | 00:01:50 | 00:39:31 | 00:01:55 | 00:18:00 | 16 | 57.14 |
| 14 | Male 50-54 | 94 | Tan Nicholas | | 01:16:54 | 00:15:59 | 00:02:02 | 00:39:54 | 00:01:45 | 00:17:16 | 15 | 53.57 |
| 15 | Male 50-54 | 90 | Lam Tsz Leung | Pro-trinity Sports Club | 01:17:44 | 00:15:43 | 00:02:01 | 00:39:56 | 00:01:59 | 00:18:06 | 14 | 50.00 |
| 16 | Male 50-54 | 122 | Lee Ka Fai | | 01:17:57 | 00:16:21 | 00:01:49 | 00:39:02 | 00:02:09 | 00:18:37 | 13 | 46.43 |
| 17 | Male 50-54 | 91 | Smith Tim | | 01:18:44 | 00:17:42 | 00:02:01 | 00:37:07 | 00:02:02 | 00:19:56 | 12 | 42.86 |
| 18 | Male 50-54 | 95 | Lam Chi Wing | Part Time Association | 01:19:53 | 00:16:44 | 00:02:11 | 00:40:09 | 00:02:01 | 00:18:50 | 11 | 39.29 |
| 19 | Male 50-54 | 97 | Choy Ying Keung | Part Time Association | 01:20:06 | 00:17:18 | 00:02:22 | 00:39:15 | 00:02:03 | 00:19:10 | 10 | 35.71 |
| 20 | Male 50-54 | 99 | Tsang Hon Min | Sonic Sports Association | 01:21:19 | 00:18:17 | 00:01:47 | 00:39:04 | 00:01:38 | 00:20:35 | 9 | 32.14 |
| 21 | Male 50-54 | 116 | Wong Ho Yuen | | 01:23:37 | 00:18:58 | 00:02:03 | 00:38:25 | 00:01:29 | 00:22:42 | 8 | 28.57 |
| 22 | Male 50-54 | 106 | Leung Chi Wa Simon | | 01:26:23 | 00:18:03 | 00:02:11 | 00:41:14 | 00:02:01 | 00:22:55 | 7 | 25.00 |
| 23 | Male 50-54 | 117 | Chau Ho Ming Benny | Energetic Triathlon Shatin | 01:28:41 | 00:17:07 | 00:02:08 | 00:46:47 | 00:02:03 | 00:20:38 | 6 | 21.43 |
| 24 | Male 50-54 | 104 | Kwok SW | | 01:31:00 | 00:18:14 | 00:02:03 | 00:49:42 | 00:01:57 | 00:19:06 | 5 | 17.86 |
| 25 | Male 50-54 | 100 | Ho Kwai Choi | | 01:34:39 | 00:17:38 | 00:01:44 | 00:55:21 | 00:02:23 | 00:17:35 | 4 | 14.29 |
| 26 | Male 50-54 | 88 | Yau Jerry | | 01:35:18 | 00:20:33 | 00:03:15 | 00:44:02 | 00:03:49 | 00:23:42 | 3 | 10.71 |
| 27 | Male 50-54 | 102 | Cheung Wing Keung | | 01:41:36 | 00:19:39 | 00:02:03 | 00:52:50 | 00:02:14 | 00:24:51 | 2 | 7.14 |
| 28 | Male 50-54 | 110 | Tang Simon | Energetic Triathlon Shatin | 01:46:11 | 00:20:13 | 00:02:02 | 00:57:51 | 00:02:29 | 00:23:38 | 1 | 3.57 |
| DNF | Male 50-54 | 101 | Chu Wai Leung | South China Athletic Association | | | | | | | | |
| DNF | Male 50-54 | 103 | Chan Wai Kee | Sonic Sports Association | | | | | | | | |
| DNF | Male 50-54 | 105 | Macdonald Bruce | | | | | | | | | |
| DNF | Male 50-54 | 108 | Chu Eric | | | | | | | | | |
| DNF | Male 50-54 | 96 | Berrisford Carl | | | | | | | | | |
| DNF | Male 50-54 | 98 | Tang Kwong Wing | | | | | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Male 55-59 | 125 | Brown Peter | | 01:08:17 | 00:13:47 | 00:01:36 | 00:36:18 | 00:01:18 | 00:15:20 | 13 | 100.00 |
| 2 | Male 55-59 | 137 | Ma Yuk Fu | AustSports Association | 01:13:58 | 00:16:00 | 00:01:59 | 00:36:52 | 00:01:44 | 00:17:25 | 12 | 92.31 |

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| 3 | Male 55-59 | 130 | Lam Chan Fai | South China Athletic Association | 01:14:00 | 00:16:31 | 00:01:51 | 00:36:32 | 00:01:49 | 00:17:19 | 11 | 84.62 |
|-----|-------------------|-----|------------------------|----------------------------------|---------------|-----------|----------|-----------|----------|-----------|-------|--------|
| 4 | Male 55-59 | 139 | Cranfield Stuart | | 01:14:08 | 00:16:49 | 00:01:43 | 00:36:23 | 00:01:58 | 00:17:15 | 10 | 76.92 |
| 5 | Male 55-59 | 127 | Torriginio Alan | Hong Kong Dragons Triathlon Club | 01:14:11 | 00:16:05 | 00:01:44 | 00:36:10 | 00:01:40 | 00:18:34 | 9 | 69.23 |
| 6 | Male 55-59 | 124 | Wong Kwok Wah | | 01:15:59 | 00:16:15 | 00:01:57 | 00:37:26 | 00:02:03 | 00:18:19 | 8 | 61.54 |
| 7 | Male 55-59 | 132 | Scantlebury Michael | | 01:17:26 | 00:16:01 | 00:02:25 | 00:40:32 | 00:02:11 | 00:16:19 | 7 | 53.85 |
| 8 | Male 55-59 | 138 | Lau Chi Wai | | 01:19:49 | 00:18:38 | 00:01:50 | 00:36:10 | 00:01:46 | 00:21:27 | 6 | 46.15 |
| 9 | Male 55-59 | 126 | Wu Chi Wai | | 01:21:07 | 00:16:36 | 00:03:34 | 00:38:36 | 00:01:40 | 01:01:05 | 5 | 38.46 |
| 10 | Male 55-59 | 128 | Chan King yuen | Titan Triathlon | 01:24:46 | 00:18:45 | 00:02:12 | 00:41:32 | 00:02:12 | 00:20:06 | 4 | 30.77 |
| 11 | Male 55-59 | 134 | Tso Chow Shun | | 01:29:49 | 00:20:58 | 00:03:01 | 00:38:02 | 00:02:33 | 00:25:18 | 3 | 23.08 |
| 12 | Male 55-59 | 133 | Au Yau Kit | AustSports Association | 01:43:44 | 00:23:03 | 00:02:59 | 00:48:45 | 00:02:54 | 00:26:04 | 2 | 15.38 |
| 13 | Male 55-59 | 129 | Penalozza Philip | | 02:11:01 | 00:36:50 | 00:03:47 | 00:47:55 | 00:04:11 | 00:38:20 | 1 | 7.69 |
| DNS | Male 55-59 | 135 | Law Wai man | Part Time Association | | | | | | | | |
| DSQ | Short Bike | 136 | Wong Cheuk Yin | Mango Swimming Club | 01:08:28 | 00:14:56 | 00:01:55 | 00:33:23 | 00:01:37 | 00:16:39 | | |
| DSQ | Short Bike | 131 | Wong Kam Tim | Part Time Association | 01:14:01 | 00:16:31 | 00:01:57 | 00:33:48 | 00:01:55 | 00:19:51 | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Male 60 & Over | 146 | Leung Chi Hung Nelson | Energetic Triathlon Shatin | 01:20:29 | 00:16:32 | 00:01:48 | 00:41:33 | 00:01:35 | 00:19:02 | 7 | 100.00 |
| 2 | Male 60 & Over | 140 | Chan Ho Kee | | 01:25:08 | 00:19:37 | 00:01:57 | 00:39:19 | 00:01:48 | 00:22:28 | 6 | 85.71 |
| 3 | Male 60 & Over | 142 | CHAN WAI CHI | Energetic Triathlon Shatin | 01:25:44 | 00:17:37 | 00:02:35 | 00:43:28 | 00:01:56 | 00:20:11 | 5 | 71.43 |
| 4 | Male 60 & Over | 145 | Tsoi Hon Kuen | Energetic Triathlon Shatin | 01:27:36 | 00:19:51 | 00:01:59 | 00:40:39 | 00:01:55 | 00:23:13 | 4 | 57.14 |
| 5 | Male 60 & Over | 141 | Chan Fai Ming | Hope Sport Association | 01:30:35 | 00:19:26 | 00:02:12 | 00:44:16 | 00:01:54 | 00:22:49 | 3 | 42.86 |
| 6 | Male 60 & Over | 147 | Chan King Che Stephen | Energetic Triathlon Shatin | 01:32:39 | 00:20:00 | 00:02:25 | 00:45:52 | 00:02:00 | 00:22:24 | 2 | 28.57 |
| 7 | Male 60 & Over | 143 | Cheung Spencer | AustSports Association | 01:43:36 | 00:18:14 | 00:02:46 | 01:01:43 | 00:02:06 | 00:18:48 | 1 | 14.29 |
| DNS | Male 60 & Over | 144 | Dacre Iain | | | | | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Male Elite Junior | 444 | Wong Tsz To | Hope Sport Association | 01:00:06 | 00:12:01 | 00:01:11 | 00:33:24 | 00:01:10 | 00:12:23 | 22 | 100.00 |
| 2 | Male Elite Junior | 440 | Shuen Chun Kit Jeffrey | Hope Sport Association | 01:00:09 | 00:12:01 | 00:01:20 | 00:33:13 | 00:01:08 | 00:12:29 | 21 | 95.45 |
| 3 | Male Elite Junior | 452 | Lam Michael | Sonic Sports Association | 01:00:16 | 00:12:02 | 00:01:10 | 00:33:21 | 00:01:09 | 00:12:35 | 20 | 90.91 |
| 4 | Male Elite Junior | 436 | Brown Reiny | South China Athletic Association | 01:00:17 | 00:11:55 | 00:01:10 | 00:33:29 | 00:01:08 | 00:12:37 | 19 | 86.36 |
| 5 | Male Elite Junior | 456 | Kok Yu Hang | Energetic Triathlon Shatin | 01:01:31 | 00:12:03 | 00:01:10 | 00:33:27 | 00:01:18 | 00:13:34 | 18 | 81.82 |
| 6 | Male Elite Junior | 455 | Williams Miles Jing | South China Athletic Association | 01:01:32 | 00:12:03 | 00:01:12 | 00:33:20 | 00:01:13 | 00:13:46 | 17 | 77.27 |
| 7 | Male Elite Junior | 451 | Wong Hui Wai | Energetic Triathlon Shatin | 01:01:41 | 00:12:03 | 00:01:11 | 00:33:17 | 00:01:13 | 00:13:58 | 16 | 72.73 |
| 8 | Male Elite Junior | 446 | Tse Chun Yin | Sonic Sports Association | 01:02:11 | 00:12:44 | 00:01:22 | 00:32:29 | 00:01:14 | 00:14:24 | 15 | 68.18 |
| 9 | Male Elite Junior | 448 | Wong Pak To | Sonic Sports Association | 01:02:22 | 00:12:25 | 00:01:15 | 00:32:57 | 00:01:24 | 00:14:24 | 14 | 63.64 |
| 10 | Male Elite Junior | 441 | Tan James | South China Athletic Association | 01:03:07 | 00:12:04 | 00:01:12 | 00:33:53 | 00:01:31 | 00:14:29 | 13 | 59.09 |
| 11 | Male Elite Junior | 454 | Or Yiu Hang | Hope Sport Association | 01:03:33 | 00:13:00 | 00:01:36 | 00:33:11 | 00:01:18 | 00:14:31 | 12 | 54.55 |
| 12 | Male Elite Junior | 449 | Fung Yat To | Sonic Sports Association | 01:03:53 | 00:12:46 | 00:01:22 | 00:33:40 | 00:01:21 | 00:14:47 | 11 | 50.00 |
| 13 | Male Elite Junior | 457 | Chan Chi Lai | Energetic Triathlon Shatin | 01:04:06 | 00:12:48 | 00:01:21 | 00:33:42 | 00:01:23 | 00:14:54 | 10 | 45.45 |
| 14 | Male Elite Junior | 453 | Heung Chin Tung | Sonic Sports Association | 01:04:14 | 00:12:46 | 00:01:18 | 00:33:44 | 00:01:42 | 00:14:45 | 9 | 40.91 |
| 15 | Male Elite Junior | 447 | Tsoi Ka Kit | Hope Sport Association | 01:05:01 | 00:13:19 | 00:01:25 | 00:33:05 | 00:01:23 | 00:15:51 | 8 | 36.36 |
| 16 | Male Elite Junior | 490 | Leung Pok Yin Brian | Energetic Triathlon Shatin | 01:05:58 | 00:13:13 | 00:01:27 | 00:33:08 | 00:01:43 | 00:16:29 | 7 | 31.82 |
| 17 | Male Elite Junior | 503 | Lee Tsun Kiu | Hope Sport Association | 01:06:28 | 00:13:21 | 00:01:27 | 00:33:02 | 00:01:33 | 00:17:07 | 6 | 27.27 |
| 18 | Male Elite Junior | 443 | Yu Shing Him Mark | | 01:10:35 | 00:13:20 | 00:01:31 | 00:37:09 | 00:01:32 | 00:17:05 | 5 | 22.73 |
| 19 | Male Elite Junior | 439 | Fan Lukas Long | South China Athletic Association | 01:12:03 | 00:15:04 | 00:01:37 | 00:35:20 | 00:01:26 | 00:18:37 | 4 | 18.18 |
| 20 | Male Elite Junior | 442 | Cheung Ka Chun | Hope Sport Association | 01:14:08 | 00:15:04 | 00:01:40 | 00:39:17 | 00:02:06 | 00:16:02 | 3 | 13.64 |
| 21 | Male Elite Junior | 450 | Liu Chung Yau | Titan Triathlon | 01:14:47 | 00:15:24 | 00:01:59 | 00:34:47 | 00:02:47 | 00:19:52 | 2 | 9.09 |
| 22 | Male Elite Junior | 445 | Wong Tsz Hin | AustSports Association | 01:34:24 | 00:21:12 | 00:01:50 | 00:44:52 | 00:01:44 | 00:24:47 | 1 | 4.55 |

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| DNS | Male Junior | 488 | Chau Man Kei | Energetic Triathlon Shatin | | | | | | | | |
|-----|--------------|-----|-------------------------|----------------------------|---------------|-----------|----------|-----------|----------|-----------|-------|--------|
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Male Open | 538 | Chan Yin Ming | AustSports Association | 00:57:07 | 00:15:01 | 00:01:48 | 00:21:59 | 00:01:39 | 00:16:41 | 22 | 100.00 |
| 2 | Male Open | 546 | Ngai Ho Shun | | 00:58:10 | 00:16:06 | 00:01:51 | 00:22:15 | 00:01:49 | 00:16:09 | 21 | 95.45 |
| 3 | Male Open | 528 | Cheng Chi Wai | | 00:58:11 | 00:16:08 | 00:01:52 | 00:22:13 | 00:01:48 | 00:16:11 | 20 | 90.91 |
| 4 | Male Open | 548 | Ho Jun Ting Benjamin | Sonic Sports Association | 00:58:22 | 00:14:12 | 00:01:52 | 00:24:10 | 00:02:05 | 00:16:05 | 19 | 86.36 |
| 5 | Male Open | 547 | Chan Kin King | | 00:58:40 | 00:14:17 | 00:01:33 | 00:25:52 | 00:01:42 | 00:15:18 | 18 | 81.82 |
| 6 | Male Open | 539 | Chow Hiu Cheng | AustSports Association | 00:59:56 | 00:15:43 | 00:01:53 | 00:23:28 | 00:02:09 | 00:16:46 | 17 | 77.27 |
| 7 | Male Open | 554 | LEUNG YAN WING | | 01:00:22 | 00:15:16 | 00:01:55 | 00:22:51 | 00:01:53 | 00:18:30 | 16 | 72.73 |
| 8 | Male Open | 549 | Chan Cheong Kan | | 01:00:50 | 00:15:57 | 00:01:56 | 00:23:16 | 00:01:52 | 00:17:50 | 15 | 68.18 |
| 9 | Male Open | 545 | Ng Ka Wai | Hope Sport Association | 01:02:55 | 00:17:22 | 00:02:07 | 00:22:33 | 00:01:47 | 00:19:08 | 14 | 63.64 |
| 10 | Male Open | 533 | Li Ching | | 01:02:56 | 00:16:41 | 00:02:08 | 00:22:48 | 00:01:55 | 00:19:26 | 13 | 59.09 |
| 11 | Male Open | 551 | Tang Wing Keung | AustSports Association | 01:02:57 | 00:16:38 | 00:02:28 | 00:23:04 | 00:02:00 | 00:18:49 | 12 | 54.55 |
| 12 | Male Open | 536 | Fok Chun Hong | AustSports Association | 01:06:05 | 00:17:49 | 00:02:46 | 00:22:21 | 00:02:36 | 00:20:34 | 11 | 50.00 |
| 13 | Male Open | 534 | Cheung Chin Ping | AustSports Association | 01:06:05 | 00:17:50 | 00:02:44 | 00:22:23 | 00:02:31 | 00:20:39 | 10 | 45.45 |
| 14 | Male Open | 559 | Cheung Yat Lun | AustSports Association | 01:06:08 | 00:17:50 | 00:02:47 | 00:22:21 | 00:02:37 | 00:20:35 | 9 | 40.91 |
| 15 | Male Open | 532 | Au Yu Wo | | 01:07:37 | 00:17:46 | 00:02:23 | 00:23:39 | 00:02:37 | 00:21:13 | 8 | 36.36 |
| 16 | Male Open | 556 | Chan Cheuk Nam | | 01:08:14 | 00:17:37 | 00:02:53 | 00:24:44 | 00:02:01 | 00:21:01 | 7 | 31.82 |
| 17 | Male Open | 553 | Lam Yat Man | | 01:09:53 | 00:18:09 | 00:03:28 | 00:24:35 | 00:02:51 | 00:20:53 | 6 | 27.27 |
| 18 | Male Open | 535 | Ho Wai Hung | | 01:09:55 | 00:18:41 | 00:02:15 | 00:25:52 | 00:02:07 | 00:21:01 | 5 | 22.73 |
| 19 | Male Open | 543 | Chui Chung Hong | Hope Sport Association | 01:11:03 | 00:18:22 | 00:02:05 | 00:27:03 | 00:01:40 | 00:21:55 | 4 | 18.18 |
| 20 | Male Open | 550 | Wong Kin Ho | | 01:11:56 | 00:17:16 | 00:02:00 | 00:30:42 | 00:02:10 | 00:19:49 | 3 | 13.64 |
| 21 | Male Open | 531 | Poon Yin Nam | AustSports Association | 01:23:36 | 00:19:38 | 00:02:23 | 00:30:40 | 00:02:52 | 00:28:05 | 2 | 9.09 |
| 22 | Male Open | 557 | So Siu Kei | | 01:28:25 | 00:23:26 | 00:03:17 | 00:29:40 | 00:03:12 | 00:28:52 | 1 | 4.55 |
| DNS | Male Open | 544 | Ng Wing Kit | Hope Sport Association | | 00:18:08 | 00:02:43 | 00:28:10 | 00:02:05 | | | |
| DNS | Male Open | 529 | Chan Hau Lun | | | | | | | | | |
| DNS | Male Open | 530 | Li Yiu Keung Clay | | | | | | | | | |
| DNS | Male Open | 537 | Yuen Hayson | AustSports Association | | | | | | | | |
| DNS | Male Open | 542 | Ng Yiu lam | | | | | | | | | |
| DNS | Male Open | 552 | Lai Chi Ho | Sonic Sports Association | | | | | | | | |
| DNS | Male Open | 555 | Voon Hing Wah | AustSports Association | | | | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Male Veteran | 575 | Lee Vincent | AustSports Association | 00:57:52 | 00:15:15 | 00:01:44 | 00:21:54 | 00:01:38 | 00:17:23 | 13 | 100.00 |
| 2 | Male Veteran | 567 | Ng Tang Yee | | 01:00:04 | 00:16:00 | 00:01:44 | 00:23:26 | 00:01:32 | 00:17:23 | 12 | 92.31 |
| 3 | Male Veteran | 563 | Tang Gilbert | Energetic Triathlon Shatin | 01:00:10 | 00:15:18 | 00:01:34 | 00:24:33 | 00:01:32 | 00:17:15 | 11 | 84.62 |
| 4 | Male Veteran | 566 | Fung Chor Hang Humphrey | | 01:00:55 | 00:16:24 | 00:02:42 | 00:22:28 | 00:02:08 | 00:17:14 | 10 | 76.92 |
| 5 | Male Veteran | 573 | Yin cheung Wong | Titan Triathlon | 01:01:17 | 00:16:55 | 00:01:53 | 00:22:33 | 00:01:31 | 00:18:26 | 9 | 69.23 |
| 6 | Male Veteran | 560 | Ho Ben | | 01:01:24 | 00:16:00 | 00:01:51 | 00:24:20 | 00:01:29 | 00:17:46 | 8 | 61.54 |
| 7 | Male Veteran | 571 | Lai Yiu Cheong | | 01:02:08 | 00:16:27 | 00:01:42 | 00:24:03 | 00:01:33 | 00:18:25 | 7 | 53.85 |
| 8 | Male Veteran | 565 | Ip Wing Kwong | | 01:05:30 | 00:16:37 | 00:02:50 | 00:25:02 | 00:02:35 | 00:18:28 | 6 | 46.15 |
| 9 | Male Veteran | 572 | Chan Francis | Energetic Triathlon Shatin | 01:06:12 | 00:17:13 | 00:01:50 | 00:26:10 | 00:01:38 | 00:19:23 | 5 | 38.46 |
| 10 | Male Veteran | 564 | Yen Ka Shun, Sunny | Energetic Triathlon Shatin | 01:13:17 | 00:20:11 | 00:02:33 | 00:25:03 | 00:02:23 | 00:23:08 | 4 | 30.77 |
| 11 | Male Veteran | 576 | Lau Joseph Ka Fai | AustSports Association | 01:16:44 | 00:19:34 | 00:02:09 | 00:30:06 | 00:01:59 | 00:22:57 | 3 | 23.08 |
| 12 | Male Veteran | 569 | Cheng Kin Ping | | 01:18:14 | 00:19:30 | 00:03:25 | 00:29:38 | 00:02:37 | 00:23:06 | 2 | 15.38 |
| 13 | Male Veteran | 570 | Choi Tik man | | 01:19:54 | 00:20:03 | 00:02:42 | 00:29:33 | 00:02:31 | 00:25:08 | 1 | 7.69 |
| DSQ | Short Run | 574 | Lee Wing Tat | | 01:18:20 | 00:20:05 | 00:02:27 | 00:39:53 | 00:02:33 | 00:13:24 | | |

2014 Duathlon Series - Race 1 Result

| DNS | Male Veteran | 111 | Fong Vins | | | | | | | | | |
|-----|--------------------------|-----|----------------------------------|----------------------------------|---------------|-----------|----------|-----------|----------|-----------|-------|--------|
| DNS | Male Veteran | 561 | Lee Tsz Nam Wins | | | | | | | | | |
| DNS | Male Veteran | 562 | Lee Yiu Chung Ivan | AustSports Association | | | | | | | | |
| DNS | Male Veteran | 568 | Tang Ricky | Energetic Triathlon Shatin | | | | | | | | |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Male Youth Open | 578 | Tan Matthew | South China Athletic Association | 00:56:04 | 00:14:08 | 00:01:35 | 00:22:08 | 00:01:16 | 00:16:59 | 3 | 100.00 |
| 2 | Male Youth Open | 579 | Tsang Nicholas | | 01:01:54 | 00:14:24 | 00:01:41 | 00:25:24 | 00:01:23 | 00:19:03 | 2 | 66.67 |
| 3 | Male Youth Open | 577 | Tora Martos Javier | | 01:19:14 | 00:20:45 | 00:02:11 | 00:27:55 | 00:02:04 | 00:26:21 | 1 | 33.33 |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Paratriathlon Relay Team | 3 | Ironman system team 2 (傷殘人士接力組) | | 01:45:27 | 00:26:22 | 00:02:22 | 00:44:28 | 00:02:33 | 00:29:43 | 3 | 100.00 |
| 2 | Paratriathlon Relay Team | 2 | Ironman system team 3 (傷殘人士接力組別) | | 02:22:12 | 00:52:59 | 00:02:51 | 00:34:21 | 00:03:25 | 00:48:37 | 2 | 66.67 |
| 3 | Paratriathlon Relay Team | 1 | 香港傷健協會-新界傷健中心 | | 02:28:16 | 00:52:09 | 00:02:45 | 00:55:02 | 00:02:32 | 00:35:50 | 1 | 33.33 |
| Pos | Cat | Bib | EngName | Club | Official Time | Run1 Time | T1 Time | Bike Time | T2 Time | Run2 Time | Point | % |
| 1 | Relay Team | 8 | MT BIKER | | 00:57:39 | 00:11:50 | 00:01:28 | 00:30:41 | 00:01:08 | 00:12:34 | 14 | 100.00 |
| 2 | Relay Team | 22 | 隱形戰隊 | | 01:03:09 | 00:13:25 | 00:01:23 | 00:33:07 | 00:01:10 | 00:14:07 | 13 | 92.86 |
| 3 | Relay Team | 7 | HSBC | | 01:03:53 | 00:13:23 | 00:01:25 | 00:33:08 | 00:01:06 | 00:14:53 | 12 | 85.71 |
| 4 | Relay Team | 10 | MT BIKER B | | 01:06:27 | | | 00:34:42 | | | 11 | 78.57 |
| 5 | Relay Team | 18 | Talk Team 3 | | 01:09:36 | | | 00:35:17 | | | 10 | 71.43 |
| 6 | Relay Team | 4 | A. S. Watson Group A | | 01:10:33 | 00:14:21 | 00:01:30 | 00:37:37 | 00:01:16 | 00:15:51 | 9 | 64.29 |
| 7 | Relay Team | 9 | MT BIKER A | | 01:10:59 | 00:16:06 | 00:01:34 | 00:34:30 | 00:01:19 | 00:17:32 | 8 | 57.14 |
| 8 | Relay Team | 6 | A.S. Watson Group C | | 01:13:51 | | | 00:39:41 | | | 7 | 50.00 |
| 9 | Relay Team | 11 | MT BIKER C | | 01:15:40 | 00:21:00 | 00:03:19 | 00:33:57 | 00:01:34 | 00:15:52 | 6 | 42.86 |
| 10 | Relay Team | 17 | Talk Team 2 | | 01:16:45 | 00:17:27 | 00:01:54 | 00:38:11 | 00:01:17 | 00:17:59 | 5 | 35.71 |
| 11 | Relay Team | 5 | A. S. Watson Group B | | 01:17:59 | 00:15:07 | 00:01:36 | 00:42:50 | 00:02:11 | 01:01:23 | 4 | 28.57 |
| 12 | Relay Team | 12 | MT BIKER D | | 01:18:10 | | | 00:39:56 | | | 3 | 21.43 |
| 13 | Relay Team | 14 | e-team | | 01:20:05 | 00:18:43 | 00:02:33 | 00:36:49 | 00:01:21 | 00:20:42 | 2 | 14.29 |
| 14 | Relay Team | 16 | Talk Team 1 | | 01:23:25 | | | 00:43:28 | | | 1 | 7.14 |
| DNS | Relay Team | 13 | MT BIKER E | | | | | | | | | |
| DNS | Relay Team | 15 | Rider | | | | | | | | | |
| DNS | Relay Team | 19 | Talk Team 4 | | | | | | | | | |
| DNS | Relay Team | 21 | Team ME | | | | | | | | | |
| DSQ | Short Bike | 20 | Talk Team 5 | | 01:09:20 | 00:16:41 | 00:02:09 | 00:31:09 | 00:01:29 | 00:17:54 | | |