

## 2016 Age Group Triathlon Individual Result

Name	完成時間	Distance	Category組別
Tsang Ka Hung	01:17:45	Sprint	Female 20-24
Leanne Szeto Shiu Yan	01:16:25	Sprint	Female 25-29
Cecilia Chan	01:44:17	Sprint	Female 25-29
Ng Man Sze	02:06:23	Sprint	Female 25-29
Christina Sjöholm	01:17:55	Sprint	Female 30-34
Li Wing Yan	01:28:55	Sprint	Female 30-34
Josie Ling	01:37:58	Sprint	Female 30-34
Chan Yue Yan	01:39:29	Sprint	Female 30-34
Yip Hoi Lun	01:40:19	Sprint	Female 30-34
Amy Cheung	01:40:55	Sprint	Female 30-34
Chiu Wing Hei	01:41:09	Sprint	Female 30-34
Cheung Man	01:41:25	Sprint	Female 30-34
Li Yui Ming	01:47:35	Sprint	Female 30-34
Rebecca Wai	01:48:11	Sprint	Female 30-34
Cheung Hoi Yee	01:53:26	Sprint	Female 30-34
Susan Lowrey	04:34:25	Sprint	Female 30-34
Carlay Tong	01:28:52	Sprint	Female 35-39
Olivia Alfheim	01:29:25	Sprint	Female 35-39
Nicole Ramsden	01:29:51	Sprint	Female 35-39
Rachel Tam Fong Wai	01:33:11	Sprint	Female 35-39
Michelle Lau	01:34:48	Sprint	Female 35-39
Lao Ka Lai	01:35:23	Sprint	Female 35-39
Chung Ka Wing	01:40:24	Sprint	Female 35-39
Wong Hoi Chung	01:43:07	Sprint	Female 35-39
Ivonne Marie E Wong	01:44:28	Sprint	Female 35-39
Fong Tan Ki	01:46:28	Sprint	Female 35-39
Fu Lai Ying	01:50:02	Sprint	Female 35-39
Cristal Law	01:50:59	Sprint	Female 35-39
Stephanie Yip	02:08:37	Sprint	Female 35-39
Lee Wai Chu	01:35:00	Sprint	Female 40-44
Shirley Yam Wai Chi	01:36:17	Sprint	Female 40-44
Mandy Li See Man	01:40:48	Sprint	Female 40-44
Fion Yip Fung Ming	01:41:53	Sprint	Female 40-44
Kwan Pui Ngar	01:44:19	Sprint	Female 40-44
Sandra Ng	01:45:13	Sprint	Female 40-44
Angela T.C. Wong	01:45:27	Sprint	Female 40-44
Christina Ho	01:45:30	Sprint	Female 40-44
Lo Chun Mui	01:51:23	Sprint	Female 40-44
Veronica Chan	01:53:10	Sprint	Female 40-44
Yu Lai Shan	01:59:02	Sprint	Female 40-44
Lau Tsui Wah	01:59:48	Sprint	Female 40-44
Lai Tai Fong	02:09:43	Sprint	Female 40-44
Joanna Chan	02:10:42	Sprint	Female 40-44
Karen Lui Shuk Han	01:23:00	Sprint	Female 45-49
Idy Chiu Wai Hing	01:30:27	Sprint	Female 45-49
Chan Pui Ling	01:30:37	Sprint	Female 45-49
Hayley Goldberg	01:33:01	Sprint	Female 45-49
Katrin Buchta	01:34:41	Sprint	Female 45-49
Louisa Chu Wai Yu	01:36:31	Sprint	Female 45-49

## 2016 Age Group Triathlon Individual Result

Liu Wai Fun	01:43:05	Sprint	Female 45-49
Sally Lam	01:49:59	Sprint	Female 45-49
Gloria KWAN	01:50:34	Sprint	Female 45-49
Grace Lo Kit Yee	01:51:08	Sprint	Female 45-49
Wu Mei Ling	01:52:45	Sprint	Female 45-49
Tanya Lee-Parker	01:19:30	Sprint	Female 50-54
Janet SY	01:40:57	Sprint	Female 50-54
Tam Yuen Hung	01:49:52	Sprint	Female 50-54
Darlene Goode	01:50:43	Sprint	Female 50-54
Esther Ma	01:50:43	Sprint	Female 50-54
Dilys Lowe	01:59:34	Sprint	Female 50-54
Tam Choi Yin	01:54:15	Sprint	Female 55-59
Yuen Siu Sheung	02:13:39	Sprint	Female 55-59
Yau Lai Lin	02:10:34	Sprint	Female 60 & Over
Kate Rutherford	01:16:31	Sprint	Female Elite Open
Quynh Le	02:10:22	Sprint	Female Elite Open
Lee Wing Sum	01:40:28	Sprint	Female Junior
Tang Sin Laam	01:46:36	Sprint	Female Junior
Cheng Tsz yeung	01:12:00	Sprint	Male 20-24
Tsang Hing Shan	01:16:21	Sprint	Male 20-24
Poon Chun Leung	01:20:16	Sprint	Male 20-24
Benny Chu Kin Wa	01:20:48	Sprint	Male 20-24
Lam Ka Wai	01:22:23	Sprint	Male 20-24
Poon Chi Leung	01:22:28	Sprint	Male 20-24
Yeung Lok Lai	01:24:33	Sprint	Male 20-24
Lau Long Fung	01:26:34	Sprint	Male 20-24
Lee Chak Yan	01:35:35	Sprint	Male 20-24
Ng Ka kuen	01:39:31	Sprint	Male 20-24
Pun Yiu Nam	01:45:14	Sprint	Male 20-24
Dariel Domingo	01:46:00	Sprint	Male 20-24
Ho Wai King	01:46:00	Sprint	Male 20-24
Wallace Cheung	01:57:24	Sprint	Male 20-24
Chan Hoi Wing	01:07:20	Sprint	Male 25-29
Ho King Fun	01:08:28	Sprint	Male 25-29
Yuen Chi Hang	01:11:23	Sprint	Male 25-29
Wong Wai Ho	01:13:11	Sprint	Male 25-29
Leung Ka Lun	01:16:43	Sprint	Male 25-29
Wong Ho Him	01:17:07	Sprint	Male 25-29
Alan Chan Chun Lung	01:20:16	Sprint	Male 25-29
Hoon Ka Long	01:25:48	Sprint	Male 25-29
Marc Garcia	01:27:13	Sprint	Male 25-29
Choi Sze Kam	01:28:08	Sprint	Male 25-29
Lau Chi Yin	01:29:44	Sprint	Male 25-29
Yiu Ching Ho	01:33:26	Sprint	Male 25-29
Ye Chao	01:35:46	Sprint	Male 25-29
Lee Kai Yeung	01:37:49	Sprint	Male 25-29
Tony Leung	01:38:23	Sprint	Male 25-29
Lee Check Pan	01:41:20	Sprint	Male 25-29
Yim Sung Yu	01:43:45	Sprint	Male 25-29

## 2016 Age Group Triathlon Individual Result

Lee Pak Hung	01:49:05	Sprint	Male 25-29
Pan DaYang	01:59:33	Sprint	Male 25-29
Tsang Chun Kit	01:09:02	Sprint	Male 30-34
Jeffrey Shum	01:15:15	Sprint	Male 30-34
Lau Chun Pong	01:17:30	Sprint	Male 30-34
Tam Yau Yan	01:18:45	Sprint	Male 30-34
Wong Wing Sang	01:21:21	Sprint	Male 30-34
Andy Ng Wai Kei	01:21:23	Sprint	Male 30-34
Harvey Jiang Lik	01:21:41	Sprint	Male 30-34
Jim Tsang	01:22:44	Sprint	Male 30-34
Hon Sai Keung	01:23:08	Sprint	Male 30-34
Pun Tak Kiu	01:23:10	Sprint	Male 30-34
Chak Chun Wing	01:24:40	Sprint	Male 30-34
Mo Long Ki	01:25:20	Sprint	Male 30-34
Chan Ying Ming	01:25:41	Sprint	Male 30-34
Hui Ka Wing	01:26:08	Sprint	Male 30-34
Leung Kwok Shing	01:26:59	Sprint	Male 30-34
Louis Mok Yue Hong	01:29:10	Sprint	Male 30-34
Oay Shi Kwan	01:29:18	Sprint	Male 30-34
Ngan Ping Kwan	01:31:57	Sprint	Male 30-34
Lam Kui Shing	01:32:51	Sprint	Male 30-34
Chan Kin Wai	01:33:53	Sprint	Male 30-34
Sam Pun Tok Fung	01:34:19	Sprint	Male 30-34
Leung Cheuk Hin	01:35:15	Sprint	Male 30-34
Au Siu Ming	01:35:33	Sprint	Male 30-34
Wong Leung Lung	01:35:35	Sprint	Male 30-34
Lai Kin Fung	01:36:31	Sprint	Male 30-34
Ao Check Yin	01:36:33	Sprint	Male 30-34
Wong Wai Chuen	01:38:36	Sprint	Male 30-34
Cheung Tik Wai	01:41:35	Sprint	Male 30-34
Tong Hin Fung	01:41:47	Sprint	Male 30-34
Cheung Tak Shing	01:45:22	Sprint	Male 30-34
Mak Shui Ki	01:45:42	Sprint	Male 30-34
Leung Ngai San	01:45:45	Sprint	Male 30-34
Yu Xingran	01:45:50	Sprint	Male 30-34
John Hung Cheung Kit	01:46:33	Sprint	Male 30-34
Ng Wai Hin	01:47:06	Sprint	Male 30-34
Lawrence Tee	01:47:07	Sprint	Male 30-34
Tsang Kai Ming	01:49:36	Sprint	Male 30-34
Ma Chun Ho	01:50:11	Sprint	Male 30-34
Ip Chun Yu	01:57:27	Sprint	Male 30-34
Ng Ho Wan	02:01:47	Sprint	Male 30-34
Luca Merlone	02:04:29	Sprint	Male 30-34
David Li Chun Pong	01:11:50	Sprint	Male 35-39
Sirus Lee Yuk Tong	01:13:05	Sprint	Male 35-39
Erik Chan	01:14:07	Sprint	Male 35-39
Woo Wai Kit	01:15:49	Sprint	Male 35-39
Tony Wong Yiu Hon	01:21:09	Sprint	Male 35-39
Fong Chi Wai	01:21:17	Sprint	Male 35-39
Voon Hing Wah	01:23:35	Sprint	Male 35-39
Wong Wai Ming	01:23:42	Sprint	Male 35-39
Jean-Charles Fouquet	01:24:05	Sprint	Male 35-39
Frankie Siu Pui Lam	01:25:47	Sprint	Male 35-39
Chan Chun Kit	01:25:55	Sprint	Male 35-39

## 2016 Age Group Triathlon Individual Result

Eric Lo	01:26:12	Sprint	Male 35-39
Paul Tam	01:26:53	Sprint	Male 35-39
Ryan Gonsalves	01:28:02	Sprint	Male 35-39
Chow Chi Man	01:28:20	Sprint	Male 35-39
Choi Pui Nang	01:28:46	Sprint	Male 35-39
Leung Yan Wing	01:28:48	Sprint	Male 35-39
Wong Chu Fung	01:28:56	Sprint	Male 35-39
Raymond Ma	01:30:07	Sprint	Male 35-39
Cheng Ho Yin	01:30:10	Sprint	Male 35-39
Chan Chun Tak	01:30:41	Sprint	Male 35-39
Mak Wai Man	01:30:46	Sprint	Male 35-39
Lok Lam Fung	01:30:56	Sprint	Male 35-39
Carlos Wong Wai Kit	01:31:55	Sprint	Male 35-39
Chiu Kin Sang	01:32:03	Sprint	Male 35-39
Chan Kam Ming	01:32:27	Sprint	Male 35-39
Chung Ka Kin	01:32:39	Sprint	Male 35-39
Alex Tsang	01:33:40	Sprint	Male 35-39
Au Yeung Kwok Cheung	01:33:45	Sprint	Male 35-39
Wong Yuk Bun	01:33:50	Sprint	Male 35-39
Vincent Cheng Wing Shun	01:35:26	Sprint	Male 35-39
Yeeshek Chan	01:35:41	Sprint	Male 35-39
Ng Yu Chung	01:36:07	Sprint	Male 35-39
Chang Hua	01:36:26	Sprint	Male 35-39
Leung Ka Yi	01:36:27	Sprint	Male 35-39
Lo Cho Yi	01:36:35	Sprint	Male 35-39
Ming Fuk Ho	01:36:52	Sprint	Male 35-39
Ng Chung Ho, Gary	01:37:07	Sprint	Male 35-39
Chan Wilson W H	01:37:07	Sprint	Male 35-39
Yuen Kok Sang	01:37:11	Sprint	Male 35-39
Lee Ngai	01:37:52	Sprint	Male 35-39
Wing Kuen Ho	01:38:07	Sprint	Male 35-39
Lau Hiu Yan	01:39:25	Sprint	Male 35-39
Leo Ching	01:39:31	Sprint	Male 35-39
Wan Siu Kwong	01:39:52	Sprint	Male 35-39
Cheung Chung Lok	01:40:07	Sprint	Male 35-39
Lee Kwan Yi	01:40:22	Sprint	Male 35-39
Tsang Hing Lung	01:43:54	Sprint	Male 35-39
Leung Kwok Chun	01:44:00	Sprint	Male 35-39
Cheung Man Kit	01:44:30	Sprint	Male 35-39
Timothy Mui	01:47:07	Sprint	Male 35-39
Cheung Ka chi	01:48:37	Sprint	Male 35-39
Freddy Wong	01:48:56	Sprint	Male 35-39
Sham Siu Hang	01:49:18	Sprint	Male 35-39
Lee Cheuk Hin	01:53:29	Sprint	Male 35-39
Jerry Fung	01:54:03	Sprint	Male 35-39
Cheung Ting Fung	01:54:28	Sprint	Male 35-39
Mak Chun Yin	01:56:17	Sprint	Male 35-39
Hung Hon Lam	02:00:06	Sprint	Male 35-39
Cheng Man Kit	02:00:25	Sprint	Male 35-39
Jimmy Tang	02:01:31	Sprint	Male 35-39
Lam Kwok Wing	02:04:43	Sprint	Male 35-39
Olaf Kasten	01:09:24	Sprint	Male 40-44
Simon Waterhouse	01:12:29	Sprint	Male 40-44
Ron Tupac	01:13:06	Sprint	Male 40-44
Cheung Wai Kei	01:15:16	Sprint	Male 40-44

## 2016 Age Group Triathlon Individual Result

Chum Tik Ho	01:16:57	Sprint	Male 40-44
Chan Li	01:18:11	Sprint	Male 40-44
Wong Pui Yuen	01:18:51	Sprint	Male 40-44
Alex Lun Tat Yin	01:19:08	Sprint	Male 40-44
Wong Cheong-Yui	01:19:42	Sprint	Male 40-44
Colin Wong	01:20:08	Sprint	Male 40-44
Steve Chiu Chi Wah	01:22:03	Sprint	Male 40-44
Keith Yeung	01:22:43	Sprint	Male 40-44
Choi Shing Min	01:23:19	Sprint	Male 40-44
Brian lee Kin lun	01:23:34	Sprint	Male 40-44
Chan Wai Lun	01:26:30	Sprint	Male 40-44
Antony Sit Sing Kai	01:26:56	Sprint	Male 40-44
Chan Pak Fai	01:26:58	Sprint	Male 40-44
Andy Wong Kwok Chun	01:27:30	Sprint	Male 40-44
Chan Ka Lun	01:27:41	Sprint	Male 40-44
Wong Tsz Wai	01:29:56	Sprint	Male 40-44
Wesley Ip	01:29:56	Sprint	Male 40-44
Fan Chun Sing	01:30:42	Sprint	Male 40-44
Ma Kin Fai	01:30:51	Sprint	Male 40-44
Ben Wong Kin Pun	01:31:14	Sprint	Male 40-44
Lam Ka Kin	01:31:49	Sprint	Male 40-44
Wan Chi Yuen	01:32:34	Sprint	Male 40-44
David Wong Yat Leung	01:32:55	Sprint	Male 40-44
Mok Ping Chan	01:33:10	Sprint	Male 40-44
Chan Chi kit	01:33:18	Sprint	Male 40-44
Hon Man Wai	01:33:43	Sprint	Male 40-44
Chen Chi Ming	01:34:11	Sprint	Male 40-44
To Chi Shing	01:34:20	Sprint	Male 40-44
Steven Yu	01:35:11	Sprint	Male 40-44
Louis Pang Chi Wing	01:35:39	Sprint	Male 40-44
Veilen Dick	01:36:30	Sprint	Male 40-44
Chan Ho Chuen	01:37:11	Sprint	Male 40-44
Hui Jonathan	01:37:38	Sprint	Male 40-44
Chung Chun leung	01:38:28	Sprint	Male 40-44
Rex Lau Chi Hang	01:38:45	Sprint	Male 40-44
Courtney Davies	01:39:39	Sprint	Male 40-44
Li Ka Wing	01:39:57	Sprint	Male 40-44
Sebastien Manenc	01:39:58	Sprint	Male 40-44
Anthony Chiu	01:40:00	Sprint	Male 40-44
Robert Smith	01:40:25	Sprint	Male 40-44
Pang Yuk Wah	01:40:32	Sprint	Male 40-44
Chiu Sui Cheong	01:41:41	Sprint	Male 40-44
Chan Chi Wang	01:42:04	Sprint	Male 40-44
Chan Chi wai	01:42:31	Sprint	Male 40-44
Bean Yip	01:42:51	Sprint	Male 40-44
Vincent Fung	01:43:07	Sprint	Male 40-44
John Paul Pang Hiu Cheung	01:43:30	Sprint	Male 40-44
Tai Kwun Kit	01:44:05	Sprint	Male 40-44
Chung Chi Ho	01:44:37	Sprint	Male 40-44
Lapson Yeung	01:44:48	Sprint	Male 40-44
Chan Siu Wai	01:44:59	Sprint	Male 40-44
Ricky Man Ka Kee	01:45:18	Sprint	Male 40-44
Ronald Fung	01:45:44	Sprint	Male 40-44
Angus Leung	01:46:25	Sprint	Male 40-44
Matthew Lai Ming Fai	01:46:43	Sprint	Male 40-44
Edwin Leung	01:47:31	Sprint	Male 40-44

## 2016 Age Group Triathlon Individual Result

Lau Ka Kit	01:47:52	Sprint	Male 40-44
Stephen Lau Ho Lap	01:48:01	Sprint	Male 40-44
Edmund Lai	01:50:59	Sprint	Male 40-44
Ho King Man	01:51:53	Sprint	Male 40-44
Lai Shing Pun	01:51:58	Sprint	Male 40-44
Lee Dick wang	01:54:47	Sprint	Male 40-44
Calvin Ho	01:55:35	Sprint	Male 40-44
Raymond Kong	01:58:33	Sprint	Male 40-44
Mar Cham	02:01:19	Sprint	Male 40-44
Richard Hall	01:10:27	Sprint	Male 45-49
Thomas Hardcastle	01:13:54	Sprint	Male 45-49
Lai Kin Sun	01:14:54	Sprint	Male 45-49
Wong Yee Keung	01:15:33	Sprint	Male 45-49
Edward Wong Tak Wah	01:16:17	Sprint	Male 45-49
John Pesci	01:17:24	Sprint	Male 45-49
Wayne Francis	01:19:51	Sprint	Male 45-49
Mok Ho Yin	01:21:35	Sprint	Male 45-49
Simon Bowen	01:21:40	Sprint	Male 45-49
Billy Chow	01:21:54	Sprint	Male 45-49
David Gibb	01:22:31	Sprint	Male 45-49
Tsang Hin Lap	01:25:00	Sprint	Male 45-49
Peter Saffer Goldberg	01:25:21	Sprint	Male 45-49
Stuart Wong	01:26:24	Sprint	Male 45-49
Lam Tsz Cheung	01:26:54	Sprint	Male 45-49
Chan Ping Kwong	01:28:10	Sprint	Male 45-49
Chan Kwok Chung	01:28:32	Sprint	Male 45-49
Yiu Vor	01:29:49	Sprint	Male 45-49
Torsten Van Dullemen	01:30:04	Sprint	Male 45-49
Chim Hing Wai	01:30:25	Sprint	Male 45-49
Peter Tam	01:31:39	Sprint	Male 45-49
Danny Poon	01:32:34	Sprint	Male 45-49
Chu Wai Leung	01:32:56	Sprint	Male 45-49
Lee Wan Kwong	01:33:14	Sprint	Male 45-49
Tam Kit Wai	01:34:12	Sprint	Male 45-49
Francis Liu	01:35:03	Sprint	Male 45-49
Lawrence Chan	01:35:12	Sprint	Male 45-49
Alwyn Pang See Kit	01:35:30	Sprint	Male 45-49
Sunny Yen Ka Shun	01:37:47	Sprint	Male 45-49
Victor Lee Yung Fu	01:38:20	Sprint	Male 45-49
Chiu Wai Ching	01:38:27	Sprint	Male 45-49
Byron Wong Bok Wai	01:39:08	Sprint	Male 45-49
Chiu Cho shing	01:39:08	Sprint	Male 45-49
Choy Wai Kwun	01:39:59	Sprint	Male 45-49
Simon Fan Chi Wai	01:40:51	Sprint	Male 45-49
Fung Tze Wai	01:40:54	Sprint	Male 45-49
Toby Lo	01:42:08	Sprint	Male 45-49
Law Chun Hung	01:43:14	Sprint	Male 45-49
Tam Tin Yan	01:43:16	Sprint	Male 45-49
Keith Leung Wat Tat	01:43:49	Sprint	Male 45-49
Samuel Chau	01:44:24	Sprint	Male 45-49
Kevin Tam	01:45:28	Sprint	Male 45-49
Cheung Kwok Shui	01:46:21	Sprint	Male 45-49
Eric Chih	01:52:21	Sprint	Male 45-49
Lau Ben Hey	01:52:23	Sprint	Male 45-49
To Sai Keung	01:52:50	Sprint	Male 45-49

## 2016 Age Group Triathlon Individual Result

Chan Wai Yin	01:54:40	Sprint	Male 45-49
Ng To Lung	02:10:23	Sprint	Male 45-49
Danny Sung Yan Wah	01:18:43	Sprint	Male 50-54
Andrew Prutton	01:19:24	Sprint	Male 50-54
Rick Smits	01:20:38	Sprint	Male 50-54
Chan Chu	01:21:40	Sprint	Male 50-54
Philip Tong Chi Hung	01:22:32	Sprint	Male 50-54
Ma Chi Po	01:23:04	Sprint	Male 50-54
Rob Kushner	01:23:55	Sprint	Male 50-54
Mak Tak Cheung	01:23:58	Sprint	Male 50-54
Poon Kwok Wing	01:26:53	Sprint	Male 50-54
Carl Berrisford	01:30:25	Sprint	Male 50-54
Mok Kwok Kwong	01:30:46	Sprint	Male 50-54
Johnson Kong	01:32:05	Sprint	Male 50-54
Har Lim Cho	01:32:47	Sprint	Male 50-54
Kwok Ka Fai	01:32:57	Sprint	Male 50-54
Choy Ying Keung	01:33:51	Sprint	Male 50-54
Vincent Leung Kin Keung	01:34:01	Sprint	Male 50-54
Leung Yau Hong	01:34:04	Sprint	Male 50-54
Sam Wong	01:34:51	Sprint	Male 50-54
Colin Birkby	01:35:16	Sprint	Male 50-54
James Lee Ka Fai	01:35:37	Sprint	Male 50-54
Lau Kim Cheong	01:36:51	Sprint	Male 50-54
Chris Tam Man Kwong	01:36:52	Sprint	Male 50-54
Keung Hon chung	01:36:56	Sprint	Male 50-54
Ng Sui Hing	01:38:08	Sprint	Male 50-54
Suen Chung Yin	01:39:25	Sprint	Male 50-54
Tse Chi Kin	01:39:38	Sprint	Male 50-54
Ben Lui	01:39:50	Sprint	Male 50-54
John Wadsworth	01:40:50	Sprint	Male 50-54
Ho Wing Hung	01:41:56	Sprint	Male 50-54
Eric Ho Kwong Ngai	01:42:30	Sprint	Male 50-54
Kris Larsson	01:42:56	Sprint	Male 50-54
Eric Chu Kwok Keung	01:43:35	Sprint	Male 50-54
Tsang Hon Min	01:43:38	Sprint	Male 50-54
Cheng Cho Hong	01:43:57	Sprint	Male 50-54
Tsoi Wai Ming	01:45:26	Sprint	Male 50-54
Lam Man Man	01:47:47	Sprint	Male 50-54
Choi Kang Tai	01:47:54	Sprint	Male 50-54
Chung Chun Kwong	01:48:49	Sprint	Male 50-54
Lai Ka Lung	01:52:09	Sprint	Male 50-54
Leong Chung Ming	01:58:38	Sprint	Male 50-54
Terry Wong Ying Wai	01:59:53	Sprint	Male 50-54
Lee Wai Kuen	02:08:08	Sprint	Male 50-54
Ma Yuk Fu	01:25:56	Sprint	Male 55-59
Lee Kwok Ning	01:26:29	Sprint	Male 55-59
Choi Tai Wing	01:27:58	Sprint	Male 55-59
Fergus Lam	01:29:28	Sprint	Male 55-59
Yuen Wang Cheong	01:32:49	Sprint	Male 55-59
Ip Wing Kwong	01:33:25	Sprint	Male 55-59
Michael Ellis	01:34:51	Sprint	Male 55-59
Wu Chi Wai	01:37:58	Sprint	Male 55-59
Ben Ho	01:40:36	Sprint	Male 55-59
Kwok SW	01:43:36	Sprint	Male 55-59

## 2016 Age Group Triathlon Individual Result

Raymond So Kwong Chuen	01:44:17	Sprint	Male 55-59
Yau Fan	01:46:37	Sprint	Male 55-59
Lam Chi Wing	01:47:13	Sprint	Male 55-59
David Leung Tai Wai	01:48:50	Sprint	Male 55-59
Lee Chi shing	01:51:12	Sprint	Male 55-59
Tam Fai Kin	01:54:30	Sprint	Male 55-59
Wong Wai Cheung	02:03:56	Sprint	Male 55-59
Ho King Hung	02:06:54	Sprint	Male 55-59
Wong Cheuk Yin	01:21:42	Sprint	Male 60 & Over
Kong Shek	01:28:35	Sprint	Male 60 & Over
Nelson Leung Chi Hung	01:30:18	Sprint	Male 60 & Over
Wong Hon Hing	01:31:38	Sprint	Male 60 & Over
Chan King Yuen	01:33:22	Sprint	Male 60 & Over
Cheng Lap Shing	01:42:14	Sprint	Male 60 & Over
Poon Heng Fan	01:46:46	Sprint	Male 60 & Over
Chan Fai Ming	01:49:28	Sprint	Male 60 & Over
Stephen Chan King Che	01:49:29	Sprint	Male 60 & Over
Tsoi Hon Kuen	01:50:22	Sprint	Male 60 & Over
Lee Chung Kun	01:57:55	Sprint	Male 60 & Over
Stephen Lam King Sun	02:01:12	Sprint	Male 60 & Over
Stephen Hou Ting Fun	02:09:25	Sprint	Male 60 & Over
Mark Yu Shing Him	01:03:45	Sprint	Male Elite Junior
James Tan	01:04:29	Sprint	Male Elite Junior
Jason Turner Tai Long	01:04:55	Sprint	Male Elite Junior
Nicholas Tsang	01:07:51	Sprint	Male Elite Junior
Christopher Chan Chi Lai	01:10:34	Sprint	Male Elite Junior
Chung Siu Ting	01:16:24	Sprint	Male Elite Junior
Wong Man Kit	01:31:05	Sprint	Male Elite Junior
Kwok Ka chun	01:20:01	Sprint	Male Elite Open
Gary Lui Kim Lun	01:25:51	Sprint	Male Elite Open
Sony Wu	01:28:24	Sprint	Male Elite Open
Ray Lau	01:30:25	Sprint	Male Elite Open
Adrien De Courval	01:31:29	Sprint	Male Elite Open
Choi Kwong Wan	01:32:04	Sprint	Male Elite Open
Michael Sadler	01:35:22	Sprint	Male Elite Open
Davy Ng	01:41:21	Sprint	Male Elite Open
Chan Kam Nin	01:42:25	Sprint	Male Elite Open
Ng Ho Lun	01:43:21	Sprint	Male Elite Open
Terrance Cheung	01:47:33	Sprint	Male Elite Open
Kurt Lo King Yau	01:47:38	Sprint	Male Elite Open
Law Chak Lung	01:50:57	Sprint	Male Elite Open
Fung Chi Yuen	01:58:03	Sprint	Male Elite Open
Michael Lo Man Hui	01:16:20	Sprint	Male Junior
James Kam Chun Him	01:17:55	Sprint	Male Junior
Li Tuoyuan	01:51:02	Sprint	Male Junior
Ko Hei Tung	00:53:56	Super Sprint	Female Junior
Grace Wong Teen Wai	00:51:43	Super Sprint	Female Open
Hai Sau Pan	00:54:54	Super Sprint	Female Open
Eliza Tam Sau Chu	00:56:41	Super Sprint	Female Open
Cynthia Lo Ka Kay	00:56:54	Super Sprint	Female Open



## 2016 Age Group Triathlon Individual Result

Heidi Chan	01:16:42	Super Sprint	Female Open
Jessica Poon	00:49:37	Super Sprint	Female Veteran
Lam Yim Ping	00:50:42	Super Sprint	Female Veteran
Lam Mun Wo	00:53:01	Super Sprint	Female Veteran
Chan Ka Pik	00:54:14	Super Sprint	Female Veteran
Zoe So Lai Na	00:57:58	Super Sprint	Female Veteran
Winglis Fu	00:58:11	Super Sprint	Female Veteran
Lee Kit Lin	01:00:14	Super Sprint	Female Veteran
Karen Yu	01:02:33	Super Sprint	Female Veteran
Sigrid Tam Wan Mee	01:04:57	Super Sprint	Female Veteran
Emily Lau Ka Man	01:05:52	Super Sprint	Female Veteran
Yu Oi Ling	01:10:22	Super Sprint	Female Veteran
Jovi Lau	01:10:39	Super Sprint	Female Veteran
Tam Koon Mui	01:15:37	Super Sprint	Female Veteran
Cheri Cho Wing To	00:40:43	Super Sprint	Female Youth Open
Chan Hiu Yee	00:43:13	Super Sprint	Female Youth Open
Cade Wright	00:44:14	Super Sprint	Female Youth Open
Chris Kwan Chung Hang	00:39:31	Super Sprint	Male Junior
Cheung Chin To	00:44:57	Super Sprint	Male Junior
Lai Tsz Hei	00:45:59	Super Sprint	Male Junior
Benson Leung Wai Yan	00:46:18	Super Sprint	Male Junior
Zachary Cheng Pak Ho	00:50:18	Super Sprint	Male Junior
Enoch Wong Lik Hang	00:53:34	Super Sprint	Male Junior
Ma Ka Leung	00:54:34	Super Sprint	Male Junior
Chan Chi Wai	00:41:25	Super Sprint	Male Open
Ho Chak Lam	00:42:39	Super Sprint	Male Open
Lam Tsz Wai	00:43:14	Super Sprint	Male Open
Wong Wai Tung	00:43:30	Super Sprint	Male Open
Yau Kwun San	00:43:43	Super Sprint	Male Open
Chong Yat Ming	00:44:02	Super Sprint	Male Open
Lai Chi Ho	00:44:05	Super Sprint	Male Open
Leung Kam Fai	00:45:39	Super Sprint	Male Open
Davy Chung	00:46:19	Super Sprint	Male Open
Chan Cheong Kan	00:48:28	Super Sprint	Male Open
Paul Jonathan	00:49:28	Super Sprint	Male Open
Michael Yim	00:49:41	Super Sprint	Male Open
Chow Man Kit	00:49:59	Super Sprint	Male Open
Ng Ka Wing	00:50:57	Super Sprint	Male Open
Yip Shu Pong	00:51:33	Super Sprint	Male Open
Lau Chi Sing	00:53:24	Super Sprint	Male Open
Andy Ng Chi Hong	00:56:08	Super Sprint	Male Open
Law Tik Ki	00:58:20	Super Sprint	Male Open
Ngan Yat Long	01:02:47	Super Sprint	Male Open
Yu Shun Hong	01:05:32	Super Sprint	Male Open
Fan Ka Lok	01:13:28	Super Sprint	Male Open
Cheng Yan Hang	01:36:10	Super Sprint	Male Open
Jimmy Wan Shu Wah	00:39:57	Super Sprint	Male Veteran
Andy Lam Kam Ching	00:40:09	Super Sprint	Male Veteran
James Whitman	00:43:04	Super Sprint	Male Veteran
Lee Kin Pong	00:43:47	Super Sprint	Male Veteran
Ng Chun Tat	00:44:11	Super Sprint	Male Veteran

## 2016 Age Group Triathlon Individual Result

Benny Mui	00:45:29	Super Sprint	Male Veteran
Chow Chiu Kin	00:45:39	Super Sprint	Male Veteran
Kwok Yiu Fai	00:45:47	Super Sprint	Male Veteran
Ivan Wan Tin Lap	00:47:39	Super Sprint	Male Veteran
Chan Chi Chung	00:47:58	Super Sprint	Male Veteran
Alfair Lee Sze Ho	00:49:40	Super Sprint	Male Veteran
Ng Wai Ming	00:49:43	Super Sprint	Male Veteran
Yuen Chi Yuen	00:50:11	Super Sprint	Male Veteran
Simon Chan Po Yeung	00:50:29	Super Sprint	Male Veteran
Cheung Chi Kin	00:50:48	Super Sprint	Male Veteran
Jrso So	00:53:03	Super Sprint	Male Veteran
Eric Tung	00:53:11	Super Sprint	Male Veteran
Cheung Kin Bor	00:53:42	Super Sprint	Male Veteran
Lim Kien Wee	00:55:59	Super Sprint	Male Veteran
Rick Chan	00:56:21	Super Sprint	Male Veteran
Kenny Sin Yiu Kei	00:56:52	Super Sprint	Male Veteran
Kendrew Tang Kin Chung	00:57:19	Super Sprint	Male Veteran
Lam Yau Yim	00:58:20	Super Sprint	Male Veteran
Har Wai Ching	00:58:51	Super Sprint	Male Veteran
Choi Tik Man	00:59:03	Super Sprint	Male Veteran
Kenneth Wong	01:02:45	Super Sprint	Male Veteran
Kawahata Hirokazu	01:04:25	Super Sprint	Male Veteran
Tsoi Chi Man	01:07:46	Super Sprint	Male Veteran
Sung Ho Hin	00:34:48	Super Sprint	Male Youth Open
Angus Li Tsz Ho	00:35:21	Super Sprint	Male Youth Open
Hung Tik Long	00:35:24	Super Sprint	Male Youth Open
Wong Ka Hei	00:38:17	Super Sprint	Male Youth Open
Mark Russell	00:39:49	Super Sprint	Male Youth Open
Clement Beylier	00:44:36	Super Sprint	Male Youth Open
Law Ho Yeung	00:48:11	Super Sprint	Male Youth Open
Chow Hoi Yui	00:49:01	Super Sprint	Male Youth Open
Leung Lok Wun	00:34:01	Discovery	Boys 2001
Dennis Law Wai Hei	00:35:02	Discovery	Boys 2001
Hui Ching Yeung	00:38:19	Discovery	Boys 2001
Chow Ho Leung	00:48:38	Discovery	Boys 2001
Cheng Ngo Lung	00:33:51	Discovery	Boys 2002
Teo Kasten	00:34:46	Discovery	Boys 2002
Yau Cheuk Fung	00:36:21	Discovery	Boys 2002
Aidan Ho Hin Long	00:36:46	Discovery	Boys 2002
Chan Ho Yan	00:37:44	Discovery	Boys 2002
Willis Tsang Hin Man	00:37:46	Discovery	Boys 2002
Wong Ming Chun	00:38:09	Discovery	Boys 2002
Tiger Fung Ho Yin	00:39:20	Discovery	Boys 2002
Zedekiah Chan	00:42:32	Discovery	Boys 2002
Ruach Wong Lik Fung	00:46:05	Discovery	Boys 2002
Yehoshua Wong Lik Yin	00:46:10	Discovery	Boys 2002
Sin Hok Leung	00:32:51	Discovery	Boys 2003
Wyat Leung Wai Hang	00:34:31	Discovery	Boys 2003
Leung Ri	00:34:33	Discovery	Boys 2003
Chan Ho Kwan	00:34:36	Discovery	Boys 2003
To Chung Yin	00:34:53	Discovery	Boys 2003
Tsang Pak Ho	00:36:55	Discovery	Boys 2003

## 2016 Age Group Triathlon Individual Result

Tang Yat Hei	00:45:05	Discovery	Boys 2003
Kwan Tsz Fung	00:48:42	Discovery	Boys 2003
Nick Yip Tak Long	00:32:04	Discovery	Boys 2004
Ho Chung Hin	00:35:24	Discovery	Boys 2004
Davies Ethan Flynn	00:36:57	Discovery	Boys 2004
Tsang Kwok Chun	00:37:23	Discovery	Boys 2004
Hui Wan Kit	00:37:48	Discovery	Boys 2004
Liu Chak Lam	00:38:21	Discovery	Boys 2004
Cheng Long Ching	00:38:34	Discovery	Boys 2004
Chiu Cheuk Kiu	00:39:46	Discovery	Boys 2004
Lo Tin Shun	00:39:52	Discovery	Boys 2004
Chau Hui Lap	00:41:17	Discovery	Boys 2004
Philomon Neil Tang	00:46:17	Discovery	Boys 2004
Tsang Ho Yin	00:51:56	Discovery	Boys 2004
Chan Tsz Wai	00:51:57	Discovery	Boys 2004
Olive Lo Ching Wun	00:41:43	Discovery	Girls 2001
Cheung Cheuk Lam	00:37:51	Discovery	Girls 2002
Leung Fuk Yee	00:39:25	Discovery	Girls 2002
Jenna Muston	00:36:13	Discovery	Girls 2003
Man Wing	00:38:10	Discovery	Girls 2003
Tallulah Wright	00:44:55	Discovery	Girls 2003
Chan Lok Lam	00:37:03	Discovery	Girls 2004
Beatriz Wong Hang Wing	00:37:10	Discovery	Girls 2004
Quincy Au Che Yiu	00:38:00	Discovery	Girls 2004
Yiu Nam	00:39:07	Discovery	Girls 2004
Kwong Tsz Wing	00:40:17	Discovery	Girls 2004
Lam Cheuk Yin	00:41:51	Discovery	Girls 2004
Hannah Goldberg Ativa	00:52:15	Discovery	Girls 2004
Tatum Sadler	01:01:05	Discovery	Girls 2004
To Hon Ming	00:25:04	TriKids	Boys 2005
Dewey Shiu	00:25:44	TriKids	Boys 2005
Leung Yuk Fung	00:26:58	TriKids	Boys 2005
Oliver Clarke	00:27:17	TriKids	Boys 2005
Sunny Choi Yik Lam	00:27:32	TriKids	Boys 2005
Leung Ka Yui	00:28:02	TriKids	Boys 2005
Curtis Chiu Chung Kiu	00:28:12	TriKids	Boys 2005
Yau Ping Cheung	00:28:46	TriKids	Boys 2005
Louis Lieberz	00:29:44	TriKids	Boys 2005
Ian Chan Yu Yam	00:30:59	TriKids	Boys 2005
Fung King Pok	00:33:31	TriKids	Boys 2005
Oliver Ansell	00:34:13	TriKids	Boys 2005
Elvis Cheung	00:35:26	TriKids	Boys 2005
Lam Ho Long	00:35:32	TriKids	Boys 2005
Yeung Yat Hei	00:38:12	TriKids	Boys 2005
Bosco Lam Hon Man	00:40:28	TriKids	Boys 2005
Chu Yan Ho	00:43:13	TriKids	Boys 2005
Yip Tsz Hin	00:25:26	TriKids	Boys 2006
Hui Ching Ho	00:25:50	TriKids	Boys 2006
Fung Hong Ching	00:26:36	TriKids	Boys 2006

## 2016 Age Group Triathlon Individual Result

Wong Tsun Hei	00:27:35	TriKids	Boys 2006
Bobby Wan Chak Lam	00:27:56	TriKids	Boys 2006
Charlie Bear Volavka	00:28:02	TriKids	Boys 2006
Liu King Tin	00:28:55	TriKids	Boys 2006
Chiu Man To	00:29:16	TriKids	Boys 2006
Chau Hui Yat	00:30:18	TriKids	Boys 2006
Wan Chun	00:31:11	TriKids	Boys 2006
Nereus Tsang Wui Man	00:32:48	TriKids	Boys 2006
Li Wai Ching	00:33:17	TriKids	Boys 2006
To Pak Yu	00:33:18	TriKids	Boys 2006
Cheung Shi Ho	00:33:55	TriKids	Boys 2006
Bevis Mui	00:35:18	TriKids	Boys 2006
Duncan Inglis	00:35:43	TriKids	Boys 2006
Angus Inglis	00:35:53	TriKids	Boys 2006
Chan Ho Chun	00:36:32	TriKids	Boys 2006
Ian Lo	00:38:21	TriKids	Boys 2006
Jayden Kwok	00:38:22	TriKids	Boys 2006
Jones Sion Evan	01:15:00	TriKids	Boys 2006
Kan Wai Chun	00:29:17	TriKids	Boys 2007
Tsang Yu On	00:32:53	TriKids	Boys 2007
Mok Pak Fan	00:34:25	TriKids	Boys 2007
Chan Tsz Ming	00:34:27	TriKids	Boys 2007
Yim Pak Yu	00:35:46	TriKids	Boys 2007
Lam Yin Lok	00:31:13	TriKids	Boys 2008
Auscar Tsang	00:32:06	TriKids	Boys 2008
Law Chi Yin	00:34:17	TriKids	Boys 2008
Lai Pak Long	00:35:27	TriKids	Boys 2008
Marus Chiu Chi Kiu	00:37:08	TriKids	Boys 2008
Lucas Yuen	00:40:38	TriKids	Boys 2008
Chan Tsz Siu	00:40:38	TriKids	Boys 2008
Noah Gonsalves	00:42:31	TriKids	Boys 2008
Chen Chun Yu	00:26:10	TriKids	Girls 2005
Pauline Courret	00:26:38	TriKids	Girls 2005
Chloe Chick	00:27:07	TriKids	Girls 2005
Chen Chun Chien	00:27:18	TriKids	Girls 2005
Lee Sam Wai	00:27:51	TriKids	Girls 2005
Victoire Beylier	00:29:48	TriKids	Girls 2005
Amber Chiu	00:34:22	TriKids	Girls 2005
Lam Hoi Ching	00:35:26	TriKids	Girls 2005
Chu Wing Yan	00:35:27	TriKids	Girls 2005
Cheung Wai Yan	00:37:12	TriKids	Girls 2005
Samantha Chau	00:28:19	TriKids	Girls 2006
Cheung Sin Yi	00:31:05	TriKids	Girls 2006
Leung Yan Ting	00:33:23	TriKids	Girls 2006
Samantha Welsh	00:36:12	TriKids	Girls 2006
Lam Cheuk Wai	00:39:12	TriKids	Girls 2006
Cecily Bowen	00:42:57	TriKids	Girls 2006
Anelotte Espeskog	00:32:45	TriKids	Girls 2007
Ellabelle Purcell	00:32:53	TriKids	Girls 2007
Choi Hiu Wai	00:33:00	TriKids	Girls 2007
Alicia Au Yeung Shin	00:34:35	TriKids	Girls 2007

2016 Age Group Triathlon Individual Result

Yiu Yiu	00:35:35	TriKids	Girls 2007
Kallie Wong	00:35:53	TriKids	Girls 2007
Esther Lam Wing Wah	00:46:04	TriKids	Girls 2007
Yip Pak Ying	00:35:26	TriKids	Girls 2008
Haze Leung Chen	00:36:13	TriKids	Girls 2008
Evelyn Bowen	00:38:23	TriKids	Girls 2008
Cheung Hui Yi	00:40:54	TriKids	Girls 2008

## 2016 Age Group Triathlon Individual Result

Club	Point	%
Energetic Triathlon Shatin	1	100.0
Energetic Triathlon Shatin	3	100.0
	2	66.7
Crest Ray Recreation & Sports Club	1	33.3
Tritons Triathlon Club	12	100.0
	11	91.7
Sonic Sports Association	10	83.3
	9	75.0
Energetic Triathlon Shatin	8	66.7
Energetic Triathlon Shatin	7	58.3
Part Time Association	6	50.0
AustSports Association	5	41.7
Part Time Association	4	33.3
	3	25.0
	2	16.7
Hong Kong Football Club	1	8.3
Energetic Triathlon Shatin	13	100.0
	12	92.3
	11	84.6
AustSports Association	10	76.9
	9	69.2
	8	61.5
New Target Sport Association	7	53.8
Energetic Triathlon Shatin	6	46.2
Part Time Association	5	38.5
New Wave Swimming Club	4	30.8
AustSports Association	3	23.1
Part Time Association	2	15.4
Part Time Association	1	7.7
	14	100.0
Energetic Triathlon Shatin	13	92.9
Energetic Triathlon Shatin	12	85.7
Part Time Association	11	78.6
Energetic Triathlon Shatin	10	71.4
New Wave Swimming Club	9	64.3
Part Time Association	8	57.1
Pro-trinity Sports Club	7	50.0
AustSports Association	6	42.9
	5	35.7
	4	28.6
	3	21.4
Part Time Association	2	14.3
	1	7.1
Energetic Triathlon Shatin	11	100.0
Sonic Sports Association	10	90.9
AustSports Association	9	81.8
Energetic Triathlon Shatin	8	72.7
Energetic Triathlon Shatin	7	63.6
Energetic Triathlon Shatin	6	54.5

## 2016 Age Group Triathlon Individual Result

Part Time Association	5	45.5
New Wave Swimming Club	4	36.4
	3	27.3
South China Athletic Association	2	18.2
Energetic Triathlon Shatin	1	9.1
Tritons Triathlon Club	6	100.0
AustSports Association	5	83.3
AustSports Association	4	66.7
Hong Kong Dragons Triathlon Club	3	50.0
	2	33.3
Energetic Triathlon Shatin	1	16.7
Energetic Triathlon Shatin	2	100.0
Part Time Association	1	50.0
Part Time Association	1	100.0
AustSports Association	2	100.0
	1	50.0
AustSports Association	2	100.0
AustSports Association	1	50.0
Titan Triathlon	14	100.0
	13	92.9
The Little Dolphin Swimming Training Center	12	85.7
Energetic Triathlon Shatin	11	78.6
Energetic Triathlon Shatin	10	71.4
The Little Dolphin Swimming Training Center	9	64.3
Energetic Triathlon Shatin	8	57.1
Titan Triathlon	7	50.0
Pro-trinity Sports Club	6	42.9
	5	35.7
Pro-trinity Sports Club	4	28.6
	3	21.4
Energetic Triathlon Shatin	2	14.3
	1	7.1
Energetic Triathlon Shatin	19	100.0
Pro-trinity Sports Club	18	94.7
Titan Triathlon	17	89.5
Energetic Triathlon Shatin	16	84.2
Energetic Triathlon Shatin	15	78.9
Titan Triathlon	14	73.7
Titan Triathlon	13	68.4
Energetic Triathlon Shatin	12	63.2
Energetic Triathlon Shatin	11	57.9
Tung Chung Triathlon Association	10	52.6
	9	47.4
Part Time Association	8	42.1
Tung Chung Triathlon Association	7	36.8
	6	31.6
	5	26.3
	4	21.1
	3	15.8

## 2016 Age Group Triathlon Individual Result

	2	10.5
Part Time Association	1	5.3
AustSports Association	41	100.0
Tritons Triathlon Club	40	97.6
Compass Sports Association	39	95.1
AustSports Association	38	92.7
Titan Triathlon	37	90.2
Energetic Triathlon Shatin	36	87.8
AustSports Association	35	85.4
	34	82.9
	33	80.5
AustSports Association	32	78.0
	31	75.6
Part Time Association	30	73.2
AustSports Association	29	70.7
Part Time Association	28	68.3
AustSports Association	27	65.9
	26	63.4
AustSports Association	25	61.0
	24	58.5
	23	56.1
	22	53.7
	21	51.2
	20	48.8
	19	46.3
Energetic Triathlon Shatin	18	43.9
Part Time Association	17	41.5
Titan Triathlon	16	39.0
	15	36.6
	14	34.1
Titan Triathlon	13	31.7
Part Time Association	12	29.3
AustSports Association	11	26.8
AustSports Association	10	24.4
	9	22.0
South China Athletic Association	8	19.5
	7	17.1
	6	14.6
AustSports Association	5	12.2
Part Time Association	4	9.8
	3	7.3
	2	4.9
Hong Kong Dragons Triathlon Club	1	2.4
South China Athletic Association	62	100.0
Energetic Triathlon Shatin	61	98.4
Tung Chung Triathlon Association	60	96.8
AustSports Association	59	95.2
Titan Triathlon	58	93.5
Energetic Triathlon Shatin	57	91.9
Part Time Association	56	90.3
New Wave Swimming Club	55	88.7
	54	87.1
	53	85.5
AustSports Association	52	83.9



2016 Age Group Triathlon Individual Result

New Wave Swimming Club	51	82.3
Sonic Sports Association	50	80.6
	49	79.0
Energetic Triathlon Shatin	48	77.4
	47	75.8
Part Time Association	46	74.2
	45	72.6
South China Athletic Association	44	71.0
Energetic Triathlon Shatin	43	69.4
Pro-trinity Sports Club	42	67.7
Energetic Triathlon Shatin	41	66.1
Titan Triathlon	40	64.5
Part Time Association	39	62.9
AustSports Association	38	61.3
Part Time Association	37	59.7
Part Time Association	36	58.1
Part Time Association	35	56.5
Energetic Triathlon Shatin	34	54.8
Energetic Triathlon Shatin	33	53.2
AustSports Association	32	51.6
	31	50.0
Energetic Triathlon Shatin	30	48.4
	29	46.8
	28	45.2
	27	43.5
Energetic Triathlon Shatin	26	41.9
AustSports Association	25	40.3
AustSports Association	24	38.7
	23	37.1
Part Time Association	22	35.5
AustSports Association	21	33.9
Sonic Sports Association	20	32.3
	19	30.6
Pro-trinity Sports Club	18	29.0
Part Time Association	17	27.4
New Wave Swimming Club	16	25.8
Part Time Association	15	24.2
	14	22.6
Energetic Triathlon Shatin	13	21.0
	12	19.4
Part Time Association	11	17.7
AustSports Association	10	16.1
Sparkle Triathlon	9	14.5
	8	12.9
	7	11.3
Titan Triathlon	6	9.7
	5	8.1
Part Time Association	4	6.5
Part Time Association	3	4.8
AustSports Association	2	3.2
	1	1.6
South China Athletic Association	69	100.0
Tritons Triathlon Club	68	98.6
Energetic Triathlon Shatin	67	97.1
AustSports Association	66	95.7

## 2016 Age Group Triathlon Individual Result

Part Time Association	65	94.2
Energetic Triathlon Shatin	64	92.8
Energetic Triathlon Shatin	63	91.3
Titan Triathlon	62	89.9
Part Time Association	61	88.4
AustSports Association	60	87.0
Energetic Triathlon Shatin	59	85.5
Part Time Association	58	84.1
Energetic Triathlon Shatin	57	82.6
Sonic Sports Association	56	81.2
	55	79.7
	54	78.3
	53	76.8
Energetic Triathlon Shatin	52	75.4
AustSports Association	51	73.9
New Wave Swimming Club	50	72.5
	49	71.0
AustSports Association	48	69.6
Energetic Triathlon Shatin	47	68.1
Sonic Sports Association	46	66.7
	45	65.2
	44	63.8
AustSports Association	43	62.3
Part Time Association	42	60.9
	41	59.4
Part Time Association	40	58.0
Energetic Triathlon Shatin	39	56.5
Energetic Triathlon Shatin	38	55.1
	37	53.6
New Wave Swimming Club	36	52.2
Energetic Triathlon Shatin	35	50.7
Energetic Triathlon Shatin	34	49.3
New Wave Swimming Club	33	47.8
	32	46.4
Part Time Association	31	44.9
	30	43.5
Titan Triathlon	29	42.0
	28	40.6
	27	39.1
Energetic Triathlon Shatin	26	37.7
	25	36.2
	24	34.8
	23	33.3
AustSports Association	22	31.9
Energetic Triathlon Shatin	21	30.4
	20	29.0
AustSports Association	19	27.5
	18	26.1
Energetic Triathlon Shatin	17	24.6
	16	23.2
	15	21.7
Energetic Triathlon Shatin	14	20.3
	13	18.8
Part Time Association	12	17.4
	11	15.9
	10	14.5

## 2016 Age Group Triathlon Individual Result

Energetic Triathlon Shatin	9	13.0
South China Athletic Association	8	11.6
Health Guide Sports Association Company Limited	7	10.1
	6	8.7
	5	7.2
	4	5.8
	3	4.3
	2	2.9
	1	1.4
Hong Kong Football Club	48	100.0
South China Athletic Association	47	97.9
Sonic Sports Association	46	95.8
AustSports Association	45	93.8
Energetic Triathlon Shatin	44	91.7
Tritons Triathlon Club	43	89.6
	42	87.5
Energetic Triathlon Shatin	41	85.4
	40	83.3
AustSports Association	39	81.3
Hong Kong Dragons Triathlon Club	38	79.2
AustSports Association	37	77.1
	36	75.0
Tritons Triathlon Club	35	72.9
Tritons Triathlon Club	34	70.8
South China Athletic Association	33	68.8
Energetic Triathlon Shatin	32	66.7
Sparkle Triathlon	31	64.6
	30	62.5
Energetic Triathlon Shatin	29	60.4
Energetic Triathlon Shatin	28	58.3
AustSports Association	27	56.3
	26	54.2
Energetic Triathlon Shatin	25	52.1
	24	50.0
Part Time Association	23	47.9
AustSports Association	22	45.8
South China Athletic Association	21	43.8
Energetic Triathlon Shatin	20	41.7
Energetic Triathlon Shatin	19	39.6
Titan Triathlon	18	37.5
Energetic Triathlon Shatin	17	35.4
AustSports Association	16	33.3
AustSports Association	15	31.3
Sonic Sports Association	14	29.2
Energetic Triathlon Shatin	13	27.1
Energetic Triathlon Shatin	12	25.0
AustSports Association	11	22.9
	10	20.8
South China Athletic Association	9	18.8
Part Time Association	8	16.7
	7	14.6
Energetic Triathlon Shatin	6	12.5
	5	10.4
AustSports Association	4	8.3
	3	6.3

## 2016 Age Group Triathlon Individual Result

	2	4.2
	1	2.1
Titan Triathlon	42	100.0
	41	97.6
Lantau Buffalos Multisports Club	40	95.2
Energetic Triathlon Shatin	39	92.9
Energetic Triathlon Shatin	38	90.5
Titan Triathlon	37	88.1
Tritons Triathlon Club	36	85.7
Energetic Triathlon Shatin	35	83.3
Energetic Triathlon Shatin	34	81.0
	33	78.6
Energetic Triathlon Shatin	32	76.2
Sonic Sports Association	31	73.8
	30	71.4
AustSports Association	29	69.0
Part Time Association	28	66.7
Energetic Triathlon Shatin	27	64.3
Titan Triathlon	26	61.9
South China Athletic Association	25	59.5
	24	57.1
	23	54.8
Mango Swimming Club	22	52.4
Energetic Triathlon Shatin	21	50.0
	20	47.6
	19	45.2
Energetic Triathlon Shatin	18	42.9
AustSports Association	17	40.5
	16	38.1
	15	35.7
Energetic Triathlon Shatin	14	33.3
AustSports Association	13	31.0
	12	28.6
Energetic Triathlon Shatin	11	26.2
Sonic Sports Association	10	23.8
	9	21.4
AustSports Association	8	19.0
	7	16.7
Tung Chung Triathlon Association	6	14.3
	5	11.9
	4	9.5
	3	7.1
	2	4.8
	1	2.4
AustSports Association	18	100.0
	17	94.4
AustSports Association	16	88.9
Energetic Triathlon Shatin	15	83.3
	14	77.8
	13	72.2
	12	66.7
AustSports Association	11	61.1
South China Athletic Association	10	55.6
	9	50.0

## 2016 Age Group Triathlon Individual Result

	8	44.4
AustSports Association	7	38.9
Part Time Association	6	33.3
Energetic Triathlon Shatin	5	27.8
	4	22.2
Energetic Triathlon Shatin	3	16.7
	2	11.1
	1	5.6
Mango Swimming Club	13	100.0
AustSports Association	12	92.3
AustSports Association	11	84.6
Energetic Triathlon Shatin	10	76.9
Titan Triathlon	9	69.2
	8	61.5
	7	53.8
AustSports Association	6	46.2
Energetic Triathlon Shatin	5	38.5
Energetic Triathlon Shatin	4	30.8
	3	23.1
	2	15.4
Part Time Association	1	7.7
Energetic Triathlon Shatin	7	100.0
South China Athletic Association	6	85.7
South China Athletic Association	5	71.4
Sonic Sports Association	4	57.1
Energetic Triathlon Shatin	3	42.9
Titan Triathlon	2	28.6
	1	14.3
Part Time Association	14	100.0
AustSports Association	13	92.9
Crest Ray Recreation & Sports Club	12	85.7
AustSports Association	11	78.6
	10	71.4
Pro-trinity Sports Club	9	64.3
Hong Kong Football Club	8	57.1
Tung Chung Triathlon Association	7	50.0
	6	42.9
Pro-trinity Sports Club	5	35.7
	4	28.6
	3	21.4
AustSports Association	2	14.3
AustSports Association	1	7.1
Titan Triathlon	3	100.0
Energetic Triathlon Shatin	2	66.7
	1	33.3
Crest Ray Recreation & Sports Club	1	100.0
	5	100.0
	4	80.0
Titan Triathlon	3	60.0
	2	40.0

## 2016 Age Group Triathlon Individual Result

	1	20.0
AustSports Association	13	100.0
Titan Triathlon	12	92.3
Energetic Triathlon Shatin	11	84.6
Titan Triathlon	10	76.9
Crest Ray Recreation & Sports Club	9	69.2
Part Time Association	8	61.5
Part Time Association	7	53.8
	6	46.2
	5	38.5
Energetic Triathlon Shatin	4	30.8
	3	23.1
	2	15.4
Part Time Association	1	7.7
Energetic Triathlon Shatin	3	100.0
Dali Swimming Club	2	66.7
South China Athletic Association	1	33.3
Sonic Sports Association	7	100.0
The Little Dolphin Swimming Training Center	6	85.7
AustSports Association	5	71.4
	4	57.1
Sonic Sports Association	3	42.9
AustSports Association	2	28.6
Energetic Triathlon Shatin	1	14.3
Energetic Triathlon Shatin	22	100.0
Part Time Association	21	95.5
Energetic Triathlon Shatin	20	90.9
Energetic Triathlon Shatin	19	86.4
Tung Chung Triathlon Association	18	81.8
AustSports Association	17	77.3
Sonic Sports Association	16	72.7
AustSports Association	15	68.2
Energetic Triathlon Shatin	14	63.6
	13	59.1
	12	54.5
	11	50.0
	10	45.5
Part Time Association	9	40.9
	8	36.4
	7	31.8
	6	27.3
	5	22.7
	4	18.2
Part Time Association	3	13.6
	2	9.1
	1	4.5
Energetic Triathlon Shatin	28	100.0
Tung Chung Triathlon Association	27	96.4
	26	92.9
	25	89.3
Energetic Triathlon Shatin	24	85.7

2016 Age Group Triathlon Individual Result

The Little Dolphin Swimming Training Center	23	82.1
	22	78.6
Energetic Triathlon Shatin	21	75.0
Energetic Triathlon Shatin	20	71.4
Part Time Association	19	67.9
	18	64.3
Energetic Triathlon Shatin	17	60.7
Energetic Triathlon Shatin	16	57.1
	15	53.6
Sparkle Triathlon	14	50.0
AustSports Association	13	46.4
	12	42.9
Energetic Triathlon Shatin	11	39.3
	10	35.7
	9	32.1
Part Time Association	8	28.6
Part Time Association	7	25.0
	6	21.4
	5	17.9
	4	14.3
	3	10.7
	2	7.1
	1	3.6
First Ten Generation Team	8	100.0
Titan Triathlon	7	87.5
Titan Triathlon	6	75.0
South China Athletic Association	5	62.5
	4	50.0
	3	37.5
Sonic Sports Association	2	25.0
First Ten Generation Team	1	12.5
Tung Chung Triathlon Association	4	100.0
Energetic Triathlon Shatin	3	75.0
Energetic Triathlon Shatin	2	50.0
AustSports Association	1	25.0
Part Time Association	11	100.0
South China Athletic Association	10	90.9
First Ten Generation Team	9	81.8
Titan Triathlon	8	72.7
Titan Triathlon	7	63.6
First Ten Generation Team	6	54.5
Energetic Triathlon Shatin	5	45.5
AustSports Association	4	36.4
Crest Ray Recreation & Sports Club	3	27.3
AustSports Association	2	18.2
AustSports Association	1	9.1
Energetic Triathlon Shatin	8	100.0
Titan Triathlon	7	87.5
Titan Triathlon	6	75.0
Titan Triathlon	5	62.5
First Ten Generation Team	4	50.0
Titan Triathlon	3	37.5

## 2016 Age Group Triathlon Individual Result

Energetic Triathlon Shatin	2	25.0
AustSports Association	1	12.5
Energetic Triathlon Shatin	13	100.0
Titan Triathlon	12	92.3
	11	84.6
AustSports Association	10	76.9
Energetic Triathlon Shatin	9	69.2
Energetic Triathlon Shatin	8	61.5
Energetic Triathlon Shatin	7	53.8
Energetic Triathlon Shatin	6	46.2
AustSports Association	5	38.5
First Ten Generation Team	4	30.8
Energetic Triathlon Shatin	3	23.1
AustSports Association	2	15.4
Crest Ray Recreation & Sports Club	1	7.7
Energetic Triathlon Shatin	1	100.0
Energetic Triathlon Shatin	2	100.0
Part Time Association	1	50.0
Dali Swimming Club	3	100.0
Sparkle Triathlon	2	66.7
South China Athletic Association	1	33.3
AustSports Association	8	100.0
Titan Triathlon	7	87.5
Energetic Triathlon Shatin	6	75.0
Sparkle Triathlon	5	62.5
Sparkle Triathlon	4	50.0
Sonic Sports Association	3	37.5
Energetic Triathlon Shatin	2	25.0
Hong Kong Football Club	1	12.5
First Ten Generation Team	17	100.0
First Ten Generation Team	16	94.1
Part Time Association	15	88.2
Tung Chung Triathlon Association	14	82.4
AustSports Association	13	76.5
Energetic Triathlon Shatin	12	70.6
Energetic Triathlon Shatin	11	64.7
Titan Triathlon	10	58.8
	9	52.9
	8	47.1
Part Time Association	7	41.2
Mango Swimming Club	6	35.3
Energetic Triathlon Shatin	5	29.4
First Ten Generation Team	4	23.5
	3	17.6
Energetic Triathlon Shatin	2	11.8
South China Athletic Association	1	5.9
Energetic Triathlon Shatin	21	100.0
Energetic Triathlon Shatin	20	95.2
Energetic Triathlon Shatin	19	90.5



## 2016 Age Group Triathlon Individual Result

Crest Ray Recreation & Sports Club	18	85.7
Energetic Triathlon Shatin	17	81.0
Tung Chung Triathlon Association	16	76.2
Energetic Triathlon Shatin	15	71.4
Part Time Association	14	66.7
First Ten Generation Team	13	61.9
Energetic Triathlon Shatin	12	57.1
First Ten Generation Team	11	52.4
Energetic Triathlon Shatin	10	47.6
	9	42.9
Energetic Triathlon Shatin	8	38.1
The Little Dolphin Swimming Training Center	7	33.3
AustSports Association	6	28.6
AustSports Association	5	23.8
Crest Ray Recreation & Sports Club	4	19.0
Energetic Triathlon Shatin	3	14.3
Energetic Triathlon Shatin	2	9.5
	1	4.8
First Ten Generation Team	5	100.0
Titan Triathlon	4	80.0
Energetic Triathlon Shatin	3	60.0
Energetic Triathlon Shatin	2	40.0
First Ten Generation Team	1	20.0
Sparkle Triathlon	7	100.0
Part Time Association	6	85.7
First Ten Generation Team	5	71.4
Sparkle Triathlon	4	57.1
Energetic Triathlon Shatin	3	42.9
Energetic Triathlon Shatin	2	28.6
Energetic Triathlon Shatin	1	14.3
	10	100.0
	9	90.0
Titan Triathlon	8	80.0
	7	70.0
Crest Ray Recreation & Sports Club	6	60.0
	5	50.0
Titan Triathlon	4	40.0
	3	30.0
Titan Triathlon	2	20.0
Mango Swimming Club	1	10.0
Mango Swimming Club	6	100.0
Crest Ray Recreation & Sports Club	5	83.3
Tung Chung Triathlon Association	4	66.7
	3	50.0
Sonic Sports Association	2	33.3
Mango Swimming Club	1	16.7
Mango Swimming Club	7	100.0
Hong Kong Football Club	6	85.7
Energetic Triathlon Shatin	5	71.4
Mango Swimming Club	4	57.1

## 2016 Age Group Triathlon Individual Result

Sparkle Triathlon	3	42.9
South China Athletic Association	2	28.6
Energetic Triathlon Shatin	1	14.3
Mango Swimming Club	4	100.0
Titan Triathlon	3	75.0
Mango Swimming Club	2	50.0
Sparkle Triathlon	1	25.0