

## 2023 Triathlon Series Award

First name	Last name	Age category	FOS	Summer tri	Tri champ	total	Pos	Club
<b>CHALLENGE DISTANCE</b>								
Tammy	TANG	Female Age Group 20-24	100	100	100	200.0	1	First Ten Generation Team
Sin Laam	TANG	Female Age Group 20-24		67	50	116.7	2	
Jodie	CRISP	Female Age Group 25-29		100	100	200.0	1	Hong Kong Dragons Triathlon Club
Ka Hung	TSANG	Female Age Group 25-29	100		83	183.3	2	
Oi Ning	FONG	Female Age Group 25-29	33	50	67	116.7	3	Energetic Triathlon Shatin
Chau Yu	NG	Female Age Group 30-34		100	100	200.0	1	South China Athletic Association
Yan Yin Krystal	LUNG	Female Age Group 30-34	100	33		133.3	2	New Sports Triathlon
Maggie	LAU	Female Age Group 35-39		50	100	150.0	1	Sonic Sports Association
Melinda	HAND	Female Age Group 40-44	80		75	155.0	1	
Wai Kwan Carina	LI	Female Age Group 40-44		33	50	83.3	2	
Cin Lam Lisa	PUN	Female Age Group 45-49	100	100		200.0	1	Sonic Sports Association
Pui Yi Elizabeth	TAM	Female Age Group 50-54	75		50	125.0	1	Crest Ray Recreation & Sports Club
Hau Yi Dora	LI	Female Age Group 50-54	25	67	25	91.7	2	Energetic Triathlon Shatin
Angel, Yin Ling	TSOI	Female Age Group 60-64	100		100	200.0	1	Energetic Triathlon Shatin
Ka Nok Carlos	CHENG	Male Age Group 20-24	100	75	100	200.0	1	Compass Sports Association
Kai Lun	WONG	Male Age Group 20-24		50	75	125.0	2	AustSports Association
James	PIERCY	Male Age Group 20-24	40		50	90.0	3	
Kwok Wai Desmond	HUI	Male Age Group 20-24	20	25	25	50.0	4	AustSports Association
Chun Hei	HO	Male Age Group 25-29		100	100	200.0	1	
Hon Man	TANG	Male Age Group 25-29		89	89	177.8	2	
Alexandre	ABADIR	Male Age Group 25-29	100		56	155.6	3	Sonic Sports Association
Hiu Fung Roy	CHUI	Male Age Group 25-29	82		67	148.5	4	
Cheuk Kiu Bryan	LIN	Male Age Group 25-29	73	67		139.4	5	New Sports Triathlon
Ho Kwong Billy	CHING	Male Age Group 25-29	91	44		135.4	6	New Sports Triathlon
Timothy Tianlun	LAM	Male Age Group 25-29	45	78	33	123.2	7	

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Lawrence	MILLER	Male Age Group 25-29		56	44	100.0	8	Hong Kong Dragons Triathlon Club
Hei Yeung George	WONG	Male Age Group 25-29		22	11	33.3	9	Sonic Sports Association
Ho Yin	MAN	Male Age Group 30-34		100	100	200.0	1	
Yin Ming	CHAN	Male Age Group 30-34		86	92	177.4	2	
Man Sum	HO	Male Age Group 30-34	64		83	147.0	3	
Gianluca	GRASSI	Male Age Group 30-34		57	67	123.8	4	Hong Kong Dragons Triathlon Club
Tsz Fung	CHIU	Male Age Group 30-34		36	50	85.7	5	Sonic Sports Association
Tsz Him	LAU	Male Age Group 30-34		21	58	79.8	6	
Thibaud	LEMAIRE	Male Age Group 30-34		71	8	79.8	7	Sonic Sports Association
Simon	BELFITT	Male Age Group 35-39	79		82	160.4	1	Tritons Triathlon Club
Sean	MA	Male Age Group 35-39	71	77		148.4	2	
Yau Yan	TAM	Male Age Group 35-39	50	62	64	125.2	3	AustSports Association
Miu Cheung	SAU	Male Age Group 35-39	43	54		96.7	4	Energetic Triathlon Shatin
Hugo	LAM	Male Age Group 35-39	21	23		44.5	5	Alpha Zone Sports
Wai Hoo	KWONG	Male Age Group 35-39	7	15	18	33.6	6	
Kevin	CHOW	Male Age Group 40-44	100	100		200.0	1	Tritons Triathlon Club
Wai Kit	WOO	Male Age Group 40-44	93	94	100	194.4	2	
Vasco	VAN DER FLIER	Male Age Group 40-44	96	89	93	189.8	3	Hong Kong Football Club Swimming and Triathlon Society
Gump	WONG YUK HEI	Male Age Group 40-44		83	87	170.0	4	
Jim	TSANG	Male Age Group 40-44	89	72		161.5	5	Alpha Zone Sports
Chi Wai	CHAN	Male Age Group 40-44		78	73	151.1	6	Energetic Triathlon Shatin
Suphathorn	RAMABUTR	Male Age Group 40-44	75		60	135.0	7	Tritons Triathlon Club
Sze Chun	POON	Male Age Group 40-44	64	61		125.4	8	Sonic Sports Association
Ching James	YIP	Male Age Group 40-44	54		67	120.2	9	
Frankie	LAU	Male Age Group 40-44	71	44		115.9	10	
Kin Sang	CHIU	Male Age Group 40-44	57	50		107.1	11	AustSports Association
Sin Tui	FUNG	Male Age Group 40-44	32		47	78.8	12	
Alan	LAW	Male Age Group 40-44	29	39		67.5	13	
Wai Sum Brandon	LI	Male Age Group 40-44		33	33	66.7	14	Sonic Sports Association
Ngok Pang Ronald	CHAN	Male Age Group 40-44	43	22		65.1	15	New Sports Triathlon
Man Hon	YUNG	Male Age Group 40-44	25	17		41.7	16	AustSports Association
Johnny	DE GUZMAN	Male Age Group 40-44	4		7	10.2	17	

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Hoi Tik	KWONG	Male Age Group 45-49	100		100	200.0	1	Crest Ray Recreation & Sports Club
Chung Kei	LAM	Male Age Group 45-49	92	100	81	191.7	2	
Tik Ho	CHUM	Male Age Group 45-49	96		94	189.6	3	Aqua Gym Sport Association
Ka Yi	LEUNG	Male Age Group 45-49		87	63	149.2	4	Sonic Sports Association
Pak-Fai	CHAN	Male Age Group 45-49	71	73		144.2	5	
Pui Yuen	WONG	Male Age Group 45-49	75	60		135.0	6	Pro-trinity Sports Club
Chi Lai Anthony	LAI	Male Age Group 45-49	46	40	56	102.1	7	Sonic Sports Association
Man Cheung	LAU	Male Age Group 45-49		33	38	70.8	8	Energetic Triathlon Shatin
Wai Yin	CHUI	Male Age Group 45-49	29	27	31	60.4	9	
Wai Ching	HAR	Male Age Group 45-49	8	13	6	21.7	10	
Jason	EDWARDS	Male Age Group 50-54		100	100	200.0	1	Hong Kong Dragons Triathlon Club
Ho Yin	MOK	Male Age Group 50-54	100	90		190.0	2	Energetic Triathlon Shatin
Samuel	JIM	Male Age Group 50-54	89		88	176.4	3	New Sports Triathlon
Wai Chung Christopher	TONG	Male Age Group 50-54	94	70		164.4	4	Sonic Sports Association
Ricci	YASIN	Male Age Group 50-54		80	75	155.0	5	Hong Kong Dragons Triathlon Club
James	SHUM	Male Age Group 50-54	61	50		111.1	6	Sonic Sports Association
Ka On	YIU	Male Age Group 50-54		60	50	110.0	7	Sonic Sports Association
Derek	CHOW	Male Age Group 50-54	33	30		63.3	8	
Ma Chi Po	MA	Male Age Group 55-59	94	90	100	194.4	1	New Sports Triathlon
Man Kwong	CHEUNG	Male Age Group 55-59	89	60	83	172.2	2	Mango Swimming Club
Bertram	SHI	Male Age Group 55-59	72	80		152.2	3	Energetic Triathlon Shatin
Hong	AU YEUNG	Male Age Group 55-59	61	70	67	136.7	4	Mango Swimming Club
Kin Keung	LEUNG	Male Age Group 55-59	39	40	50	90.0	5	Energetic Triathlon Shatin
Chung Ming	LEONG	Male Age Group 55-59	28	20	33	61.1	6	
Kwok Lun	HO	Male Age Group 55-59	17	30	17	46.7	7	
Ying Ho	LEE	Male Age Group 60-64	67		100	166.7	1	Sonic Sports Association
Wang Cheong	YUEN	Male Age Group 60-64	44		57	101.6	2	
Ho Man Jonathan	WONG	Male Age Group 60-64	11		14	25.4	3	AustSports Association
King Yuen	CHAN	Male Age Group 65 & Over	100	100	100	200.0	1	New Sports Triathlon
Fai Ming	CHAN	Male Age Group 65 & Over	25	67	50	116.7	2	AustSports Association

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Shing Him	YU	Male Elite Open	100	100	100	200.0	1	Energetic Triathlon Shatin
Tik Long	HUNG	Male Elite Open	67	60		126.7	2	New Sports Triathlon
Ho Kwan	CHAN	Male Elite Open	33	20	50	83.3	3	New Sports Triathlon
SPRINT DISTANCE								
Anson	LUN	Female Elite Junior 1	100		100	200.0	1	AustSports Association
Hiu Tung	TANG	Female Junior 1	100		100	200.0	1	
Nicole	CHAU	Female Junior 1		100	33	133.3	2	
"Rachel, Kwan Kiu"	WONG	Female Junior 1		50	67	116.7	3	AustSports Association
Hoi Ching	LAM	Female Junior 2	67		100	166.7	1	
Hiu Lam	KOO	Female Junior 2	33	100		133.3	2	Energetic Triathlon Shatin
Yui Fung	CHAN	Male Elite Junior 1	100	50	91	190.9	1	Energetic Triathlon Shatin
Ka Ho Gary	WONG	Male Elite Junior 1	67	90	100	190.0	2	
Wang Hin Ian	FOK	Male Elite Junior 1	89	40	73	161.6	3	Energetic Triathlon Shatin
Pu Chak	YUNG	Male Elite Junior 1	78	80	55	157.8	4	The Little Dolphin Swimming Training Center
Tsz Hin	YIP	Male Elite Junior 1		70	82	151.8	5	Energetic Triathlon Shatin
Pak Yiu Anson	WONG	Male Elite Junior 1	44	100	45	145.5	6	First Ten Generation Team
WT Dominic	CARSON	Male Elite Junior 1	56	20	64	119.2	7	Energetic Triathlon Shatin
Pak Fan	MOK	Male Elite Junior 1		60	36	96.4	8	Energetic Triathlon Shatin
Wai Chun	TSANG	Male Elite Junior 1		30	27	57.3	9	AustSports Association
Hin Ching Cyrus	LO	Male Elite Junior 1	33	10	18	51.5	10	Energetic Triathlon Shatin
Lok Chun Andrew	KWAN	Male Elite Junior 1	11		9	20.2	11	
Tak Long	YIP	Male Elite Junior 2	100	100	100	200.0	1	
Yan Ho Philip	CHU	Male Elite Junior 2	50	67	50	116.7	2	South China Athletic Association
Po Shun	YICK	Male Junior 1	43	100	75	175.0	1	Sparkle Triathlon
Yu Chak	CHOW	Male Junior 1	29	67	100	166.7	2	Crest Ray Recreation & Sports Club
Tsun Kiu	LUI	Male Junior 2	50		100	150.0	1	Compass Sports Association
DISCOVERY DISTANCE								
Michelle Tsui	ONG	Female Age Group 20-29	100	100	100	200.0	1	Aqua Gym Sport Association

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Persephone	YUEN	Female Age Group 30-39		100	25	125.0	1	
Judy	YEUNG	Female Age Group 30-39	71		50	121.4	2	Sonic Sports Association
Shuk Han Karen	LUI	Female Age Group 50-59	100	100	100	200.0	1	Energetic Triathlon Shatin
Mui Christina	WONG	Female Age Group 50-59	50		33	83.3	2	Mango Swimming Club
Lai Ki Nicole	MAN	Female Elite Youth	100	100	100	200.0	1	Energetic Triathlon Shatin
Sarah Elise	MODIANO	Female Elite Youth	83	86	86	171.4	2	
Hayley	TSANG	Female Elite Youth	67	71	71	142.9	3	Energetic Triathlon Shatin
Wan Tung	WONG	Female Elite Youth	50	29	57	107.1	4	Energetic Triathlon Shatin
Lok Tung	WONG	Female Elite Youth	33	57	43	100.0	5	
Petra	STAMENOVIC	Female Elite Youth	17	43	14	59.5	6	
Oi Yin	CHAN	Female Elite Youth		14	29	42.9	7	
Heulwen	CHAU	Female Youth 1	100	80	100	200.0	1	Energetic Triathlon Shatin
Tavia	CHEUNG	Female Youth 1	83	100	88	187.5	2	Alpha Zone Sports
Yi Chun	CHAN	Female Youth 1	67	60	50	126.7	3	AustSports Association
Yuet Hei	NG	Female Youth 1		40	75	115.0	4	Energetic Triathlon Shatin
Ching Yau Enya	HUNG	Female Youth 1		20	63	82.5	5	Alpha Zone Sports
Yik Nam	SIU	Female Youth 1	33		38	70.8	6	
Hiu Tung	LEUNG	Female Youth 1	17		13	29.2	7	AustSports Association
Tsz Yee	LAM	Female Youth 2	88	100		187.5	1	Energetic Triathlon Shatin
Jing Yi Andrew	LI	Male Age Group 20-29	67	56	100	166.7	1	
Chun Ting Timothy	HO	Male Age Group 30-39		100	100	200.0	1	Energetic Triathlon Shatin
Chung Wa Dennis	YU	Male Age Group 30-39	69	75	80	155.0	2	Pro-trinity Sports Club
Michael	LEUNG	Male Age Group 40-49		88	93	180.4	1	
Ting Piu	CHONG	Male Age Group 40-49	96		79	174.7	2	Titan Triathlon
Hon Suen	MOK	Male Age Group 40-49	88	75		163.5	3	
Lam Fung	LOK	Male Age Group 40-49		63	86	148.2	4	New Sports Triathlon
Ka Shing	CHICK	Male Age Group 40-49	62		71	133.0	5	

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"Yin Wing, Jerry"	FU	Male Age Group 40-49	46		57	103.3	6	
Elton	LEUNG	Male Age Group 40-49	42	38		79.8	7	Sonic Sports Association
Chung Wai	TSE	Male Age Group 40-49	27	25	43	69.8	8	
Chi Hang	LEE	Male Age Group 40-49	4		21	25.3	9	
Shu Wah Jimmy	WAN	Male Age Group 50-59	100	100	100	200.0	1	Energetic Triathlon Shatin
Vincent	LEE	Male Age Group 50-59	83	89	88	176.4	2	AustSports Association
Kwun Kit	TAI	Male Age Group 50-59		67	75	141.7	3	Pro-trinity Sports Club
Yosuke	OKA	Male Age Group 50-59		78	63	140.3	4	
Chiu Kin	CHOW	Male Age Group 50-59	67	44		111.1	5	Energetic Triathlon Shatin
Kwong Leung	CHENG	Male Age Group 50-59	33	56	50	105.6	6	
Atsushi	MATSUZAWA	Male Age Group 50-59		33	38	70.8	7	
Chi Kong	IP	Male Age Group 50-59	17		13	29.2	8	
Yin Cheong	WONG	Male Age Group 60 & Over	86	80	100	185.7	1	Energetic Triathlon Shatin
Nok Hei	WONG	Male Elite Youth	100	100	100	200.0	1	
Aitan	GOLDBERG	Male Elite Youth		78	75	152.8	2	Energetic Triathlon Shatin
Ka Hei Cyrus	CHAN	Male Elite Youth	33	89	50	138.9	3	
Tsun Fung	YIM	Male Elite Youth	83	44		127.8	4	Sparkle Triathlon
Auscar	TSANG	Male Elite Youth		33	88	120.8	5	Energetic Triathlon Shatin
Pak Long	LAI	Male Elite Youth		67	38	104.2	6	Sparkle Triathlon
Ho Chun	AU	Male Elite Youth	17	22	63	84.7	7	Energetic Triathlon Shatin
Lok Shi	LAM	Male Elite Youth	67		13	79.2	8	Energetic Triathlon Shatin
Yui Hei Mason	CHAN	Male Elite Youth		11	25	36.1	9	Energetic Triathlon Shatin
Chak Yan Bosco	WAN	Male Youth 1	96	100	100	200.0	1	Energetic Triathlon Shatin
Cheuk Kiu	NG	Male Youth 1	88	93		181.3	2	Energetic Triathlon Shatin
Ian Chi Yan	CHUNG	Male Youth 1	85	86	82	170.3	3	Sparkle Triathlon
Tze Kiu	TAM	Male Youth 1	58		91	148.6	4	Energetic Triathlon Shatin
Lucas	WONG	Male Youth 1	81	64	45	145.1	5	Energetic Triathlon Shatin
Tsz Long	CHAN	Male Youth 1	69	71	73	144.2	6	Energetic Triathlon Shatin
Mathis Hin Lun	SHUM	Male Youth 1	65	79	55	144.0	7	
Cheuk Yin Desmond	CHAU	Male Youth 1	77	57	64	140.6	8	Energetic Triathlon Shatin
Hong Nam	LAU	Male Youth 1	73		36	109.4	9	Alpha Zone Sports

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Pak Hei	CHAN	Male Youth 1	42	50		92.3	10	
Yat Hay Sky	CHAN	Male Youth 1	46	14	27	73.4	11	Energetic Triathlon Shatin
Chak Marc	TAI	Male Youth 1	27	43	18	69.8	12	Pro-trinity Sports Club
Tsz Fung	TSE	Male Youth 1	4	7		11.0	13	
Yan Tao	SHUM	Male Youth 2	84	100	100	200.0	1	
Tin Chak	WONG	Male Youth 2	89	92	91	183.2	2	
Ching Ho	KWOK	Male Youth 2	79	85	82	166.4	3	Crest Ray Recreation & Sports Club
Lok Ki	CHAN	Male Youth 2	74		64	137.3	4	Crest Ray Recreation & Sports Club
Chun Hei	WONG	Male Youth 2	53	77		129.6	5	The Little Dolphin Swimming Training Center
Tsz Him	MOK	Male Youth 2	58	69	45	127.1	6	
Chi Him Ryan	YAU	Male Youth 2	42	54	73	126.6	7	
Chun Max	TAI	Male Youth 2	63	31	55	117.7	8	Pro-trinity Sports Club
Wai Yin	CHAN	Male Youth 2	68	46		114.6	9	Sparkle Triathlon
Pak Lam Cass	MAN	Male Youth 2	16	38	36	74.8	10	AustSports Association
Chun Ming Marcus	WU	Male Youth 2		23	18	41.3	11	
Braedan	SULLIVAN	Male Youth 2	11	8		18.2	12	AustSports Association
<b>TRIKIDS DISTANCE</b>								
Ka Pik Abigail	MAK	Female TriKids 1	100	100	100	200.0	1	Sparkle Triathlon
Lok Yin Alicia	LAU	Female TriKids 1	89		90	178.9	2	The Little Dolphin Swimming Training Center
Ceinwen	CHAU	Female TriKids 1	78	71	80	157.8	3	Energetic Triathlon Shatin
Cheryl	LAU	Female TriKids 1	33	86	70	155.7	4	First Ten Generation Team
Keira Joy	LEUNG	Female TriKids 1	44	57	60	117.1	5	First Ten Generation Team
Chin Yui	CHAN	Female TriKids 1	67	43	40	109.5	6	AustSports Association
Hei Kiu	NG	Female TriKids 1	56	29	30	85.6	7	AustSports Association
Niesha	BRAR	Female TriKids 1	22	14		36.5	8	First Ten Generation Team
Cin Yee Cydnee	CHUNG	Female TriKids 2	67	100	100	200.0	1	Sparkle Triathlon
Hiu Yau	YEUNG	Female TriKids 2	83	75	80	163.3	2	
Sze Yan	LEUNG	Female TriKids 2	50	50	60	110.0	3	The Little Dolphin Swimming Training Center
Jacey	LAI	Female TriKids 2		25	20	45.0	4	First Ten Generation Team
Yat Long Jay	CHAN	Male TriKids 1	91	100	100	200.0	1	Energetic Triathlon Shatin
Chun Yin Jairus	LAI	Male TriKids 1	100		86	185.7	2	Sparkle Triathlon
Chun Kiu	YU	Male TriKids 1	82	92	93	184.5	3	Sparkle Triathlon

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Chi Yin Ivin	CHUNG	Male TriKids 1	64	83	71	154.8	4	Sparkle Triathlon
Hok Sum	AU	Male TriKids 1	73	75	79	153.6	5	Sparkle Triathlon
Nok Norman	CHAN	Male TriKids 1	55	33	64	118.8	6	The Little Dolphin Swimming Training Center
Jaxon	LAI	Male TriKids 1		42	57	98.8	7	First Ten Generation Team
Chung Yu	WONG	Male TriKids 1	45	50	43	95.5	8	Energetic Triathlon Shatin
Lok Tin Mike	MAN	Male TriKids 1	9	17	14	31.0	9	AustSports Association
Chun Ting	TSANG	Male TriKids 1		8	21	29.8	10	First Ten Generation Team
Chun Ching	TING	Male TriKids 2	100	100	100	200.0	1	Sparkle Triathlon
Leong Yin	AU	Male TriKids 2	92	92	95	187.0	2	Sparkle Triathlon
Cheuk Yat Julien	WONG	Male TriKids 2	96	85	74	180.6	3	Sparkle Triathlon
San Mau Jacob	MAK	Male TriKids 2	80		79	158.9	4	Sparkle Triathlon
Pak Long Casper	CHAN	Male TriKids 2		69	89	158.7	5	Energetic Triathlon Shatin
Chun Him Louis	WONG	Male TriKids 2	76	77	68	152.9	6	Energetic Triathlon Shatin
Cheuk Nam Janko	AU	Male TriKids 2	84	62	63	147.2	7	Energetic Triathlon Shatin
Yui Hang	CHOI	Male TriKids 2	48		84	132.2	8	
Damon	LAU	Male TriKids 2	72	46	53	124.6	9	Energetic Triathlon Shatin
Lap Yan	KEI	Male TriKids 2	68	54	47	121.8	10	Sparkle Triathlon
Tsz Wun Xavier	CHEUNG	Male TriKids 2	52	38		90.5	11	Crest Ray Recreation & Sports Club
Shing Hang	FOK	Male TriKids 2	44	31	21	74.8	12	Energetic Triathlon Shatin
Troy	ZHENG	Male TriKids 2	32	23		55.1	13	Energetic Triathlon Shatin
Ian	WONG	Male TriKids 2		15	32	47.0	14	Energetic Triathlon Shatin
Xianda	WU	Male TriKids 2	20		26	46.3	15	The Little Dolphin Swimming Training Center
Yik Sum Sam	KWOK	Male TriKids 2	12	8	16	27.8	16	Alpha Zone Sports