2025 Summer Triathlon Challenge Start List (updated on 31 July 2025)

Race No	Heat	Start Time	Swim Cap	Race Category	Race Category (Age)	First Name	Last Name	Chinese Name	Club
1714	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Ajade Chin Hap	Lee	李千俠	
1715	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	TAK MAN	LEUNG	梁德忞	Energetic Triathlon Shatin
1716	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Morgan Muk	Yeung	楊目	Sparkle Triathlon
1717	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Kak Scott	Yeung	楊格	Sparkle Triathlon
1718	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	HEI LONG OTIS	LEUNG		Energetic Triathlon Shatin
1719	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	CHING KIU	WONG		Energetic Triathlon Shatin
1720	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Lok Chun	Wong	黃樂臻	First Ten Generation Team
1721	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Dexter	Au		
1722	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Tsz Ho	Yan	殷梓賀	Sparkle Triathlon
1723	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Yuk Kin	Kwong	鄺旭健	
1724	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Shu Yan Ethan	Mak	麥庶寅	Sparkle Triathlon
1725	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Yat To	Wan	温日圖	Sparkle Triathlon
1726	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Yuet Fung Nikan	Yiu	饒越風	The Little Dolphin Swimming Training Center
1727	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Harvey	Leung	梁越	
1728	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Kwun cheong	Tsang	曾冠倡	First Ten Generation Team
1729	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Tak Lam	Chan	陳德霖	
1730	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Yuet Hei	Chan		Aqua Gym Sport Association
1731	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	CHUN TING	TSANG	曾俊廷	First Ten Generation Team
1732	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Yat Long	Cheung	蔣逸朗	First Ten Generation Team
1733	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	HO HIN	WOO		Energetic Triathlon Shatin
1734	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	YAU YAT	LEUNG		Energetic Triathlon Shatin
1735	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	oson	lau	劉敖辰	The Little Dolphin Swimming Training Center
1736	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Wan Hin	Mok	莫蘊軒	Energetic Triathlon Shatin
1737	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Carson	LO	盧碁哲	
1738	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Lap Yan Duncan	Chow	周立仁	The Little Dolphin Swimming Training Center
1739	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Hok Sum	Au		Sparkle Triathlon
1740	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Atticus Fong Kok	Lui	雷枋楠	
1741	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Yat Long Jay	Chan	陳逸朗	Energetic Triathlon Shatin
1742	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Tin Lap	Qu	邱天立	Sparkle Triathlon
1743	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Tin Hang	Qu	邱天行	Sparkle Triathlon
1744	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Yat Hei Isaac	Poon	潘日希	Sparkle Triathlon
1745	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	wing shun	kong	江永惇	Sparkle Triathlon
1746	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	CHI YIN IVIN	CHUNG	鍾至珓	
1747	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	CHUNG YU	WONG		Energetic Triathlon Shatin
1748	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Yat to Travis	Li		Energetic Triathlon Shatin
1749	1	6:00	Pink	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Chun Kiu	Yu	虞竣喬	Sparkle Triathlon
1750	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 1	Michaela Grace	Leung	梁然知	First Ten Generation Team
1751	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 1	TSZ YAU	NG	吳梓溱	First Ten Generation Team
1752	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 1	CHEUNG	YUET CHING	蔣悅晴	First Ten Generation Team
1753	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 1	Yuet Ching	Tang	鄧悅晴	First Ten Generation Team
1754	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 1	Cheuk Man	Ko	高焯雯	
1755	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	Keira Joy	Leung	梁逸玥	First Ten Generation Team
1756	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	思澄	呂	呂思澄	Blue & White Spirit Sports Club
1757	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	OLIVIA	LEE	李傲凝	
1758	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	CHING	WAN		Energetic Triathlon Shatin
1759	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	HEI SHUN ONA	LEUNG		Energetic Triathlon Shatin

1760	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	HAYLIE	TSANG	曾希妍	The Little Dolphin Swimming Training Center
1761	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	Lok Yin Alicia	Lau	劉樂然	The Little Dolphin Swimming Training Center
1762	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	Cheuk Kiu	Cheung	張焯喬	The Little Dolphin Swimming Training Center
1763	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	Tsz Ki	Chiu	趙梓棋	The Little Dolphin Swimming Training Center
1764	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	Jess	Dalling		
1765	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	Mo Tung	Cheung		The Little Dolphin Swimming Training Center
1766	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	Ceinwen	Chau	周翹慧	Energetic Triathlon Shatin
1767	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	Ka Pik Abigail	Mak	麥珈璧	Sparkle Triathlon
1768	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	Hei Ching	Tse	謝俙澄	Sparkle Triathlon
1769	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	Yat Tung	Wan	温日彤	Sparkle Triathlon
1770	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	Cheryl	Lau	劉森芮	First Ten Generation Team
1771	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	JIANGQI	HU		Energetic Triathlon Shatin
1772	2	6:01	Light Blue	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	Chin Yui	Chan	陳芊睿	AustSports Association
1773	3	6:08	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Edison	Wong	黃子健	
1774	3	6:08	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Lucas	Wong	王諾	Energetic Triathlon Shatin
1775	3	6:08	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Chi Yan Ian	Chung	鍾智仁	
1776	3	6:08	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Yik Hei	Lau	劉奕希	Energetic Triathlon Shatin
1777	3	6:08	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Desmond Cheuk Yin	Chau	周卓賢	Energetic Triathlon Shatin
1778	3	6:08	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	CHEUK KIU	NG	吳卓翹	
1779	3	6:08	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Tze Kiu	Tam	譚子翹	
1780	3	6:08	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Yin Hang	Chan	陳彥衡	Aqua Gym Sports Association
1781	3	6:08	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	CHAK YAN	Wan	温澤仁	Energetic Triathlon Shatin
1782	3	6:08	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Hoi Fan	Ma	馬凱勳	
1783	3	6:08	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Jasper	Ho	何頌朗	The Little Dolphin Swimming Training Center
1784	3	6:08	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Hoi Jin	Lee	李鎧靖	Energetic Triathlon Shatin
1785	3	6:08	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Ho Ming Ethan	Kwan	關浩名	Energetic Triathlon Shatin
1786	3	6:08	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Ngai Chun	Ting	丁毅臻	Sparkle Triathlon
1787	4	6:10	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Elite Youth	Hiu Yau	Yeung	楊曉悠	
1788	4	6:10	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Elite Youth	Chung Ning	Shum	岑頌寧	Energetic Triathlon Shatin
1789	4	6:10	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Elite Youth	Heulwen	Chau	周烜慧	Energetic Triathlon Shatin
1790	4	6:10	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Elite Youth	Yuet Hei	Ng	吳悅曦	Energetic Triathlon Shatin
1791	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 1	Chun Hei	Wong	黃俊僖	The Little Dolphin Swimming Training Center
1792	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 1	Wai Ching Jesse	Cheung	張維正	
1793	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 1	Yan Tao	Shum	沈恩途	Galaxy Sport Triathlon
1794	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 1	Ho Ting	Lee	李灝庭	AustSports Association
1795	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 1	Pak Long	Lai	黎栢朗	
1796	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 1	Tsz Leong louie	Cheng	鄭梓亮	
1797	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 1	Tsun Fung	Yim	嚴浚鋒	Sparkle Triathlon
1798	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 1	Nok Hei	Wong	王諾熙	
1799	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 1	Lok Shi	LAM	林樂仕	Energetic Triathlon Shatin
1800	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 1	Auscar	Tsang	曾竟琋	Energetic Triathlon Shatin
1801	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 2	Po Shun Yemi	Yick	易甫錞	Energetic Triathlon Shatin
1802	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 2	Tsz Hin	Yip	葉子軒	Energetic Triathlon Shatin
1803	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 2	Pak Yiu Anson	Wong	黃栢堯	Energetic Triathlon Shatin
1804	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 2	Chak Lam	Wan	温澤林	Energetic Triathlon Shatin

2025 Summer Triathlon Challenge Start List (updated on 31 July 2025)

1805	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 2	Dominic WT	Carson	簡煒晉	Energetic Triathlon Shatin
1806	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 2	Wang Hin Ian	Fok	霍泓軒	Energetic Triathlon Shatin
1807	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 2	Yung	Pu Chak	翁溥澤	The Little Dolphin Swimming Training Center
1808	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 2	Pak Fan	Mok	莫柏勛	Energetic Triathlon Shatin
1809	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Junior 2	Ka Ho	Wong	黃嘉豪	
1960	5	6:12	Light Blue	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Elite Open	Nathan Siu wo	Au Yeung	歐陽兆和	The Little Dolphin Swimming Training Center
1810	6	6:15	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Female Elite Junior 1	Lok Tung	Wong	王樂彤	
1811	6	6:15	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Female Elite Junior 1	Oi Yin	Chan	陳愛妍	
1812	6	6:15	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Female Elite Junior 1	Wan Tung	Wong	黃允彤	Energetic Triathlon Shatin
1813	6	6:15	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Female Elite Junior 1	Lai Ki Nicole	Man	文麗淇	Energetic Triathlon Shatin
1814	6	6:15	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Female Elite Junior 1	Hayley	Tsang	曾熹兒	Energetic Triathlon Shatin
1815	6	6:15	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Female Elite Junior 2	Anson	Lun	倫柏翹	AustSports Association
1976	6	6:15	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Female Elite Open	Hoi Ching	Lam	林海晴	
1977	6	6:15	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Female Elite Open	Cheuk Yat	Lo	盧卓逸	
1818	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 20-24	Long Ching Nigel	Wong	黃朗程	Energetic Triathlon Shatin
1819	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 20-24	Tsun Kiu	Lui	呂峻翹	Compass Sports Association
1820	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 20-24	Yu Hin	Choy	蔡宇軒	
1821	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 20-24	Paco Pak Hou	Lun	倫柏灝	Titan Triathlon
1822	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 20-24	Wing Sing Foster	Choi		
1823	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	Long Kit	Chiu	趙朗傑	New Sports Triathlon
1824	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	Chin Hang	Lee	李展鏗	
1825	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	James	Tan	陳明輝	South China Athletic Association
1826	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	Yat Ming	Wong	黃逸銘	
1827	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	Ka Cheuk Samson	Lui	呂家焯	Crest Ray Recreation & Sports Club
1828	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	Hon Man	Tang	鄧翰文	
1829	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	Chak Fung	LAW	羅澤鋒	
1830	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	Ming Chi	Chan	陳明志	
1831	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	Tsz kin	Kwong	鄺子健	
1832	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	Jing Yi Andrew	Li	李景怡	Energetic Triathlon Shatin
1833	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	祖杰	廖	廖祖杰	
1834	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	Kei Long	Ng	吳祈朗	
1835	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	Tsz Him	Lau	劉梓謙	
1836	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	Ka Shing	Lau	劉家誠	
1837	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	Hong Yu	Yu	余康瑀	
1838	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	Kin Hang	Tsang	曾建恒	
1839	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	Chun Hei	Ho		
1840	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	Yannick	Cueva		
1841	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	David	Healy		Hong Kong Dragons Triathlon Club
1842	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	PAK YU	NG	吳柏諭	
1843	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	Gabriel Angelo Gar Fai	Brettell		Hong Kong Dragons Triathlon Club
1844	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	Chun Hoi	Yuen	阮俊凱	Sonic Sports Association
1845	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	KA HEI	HO		Aqua Gym Sport Association
1846	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	Maximilian	Thiel		NL Triathlon Club
1847	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	Ban	Lee		
1848	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	WING KIT	LI	李永傑	
1849	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	Creighton	Connolly		Hong Kong Dragons Triathlon Club

1850	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	Man Kit	Wan		
1851	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	ka chun	lau	劉家俊	
1852	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	YING KIT	Tang	鄧英傑	First Ten Generation Team
1853	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	Yiu Kwan	Chan	陳堯坤	NL Triathlon Club
1854	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	Ho Tat	Chan		
1855	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	Tze Chun	Chan		
1856	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	KA WA Benny	HO	何嘉華	
1857	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	Kenneth	LEE		
1858	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	OKURA	KAZUYA	大仓和也	
1859	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	Winson	Wu	胡子洋	
1860	7	6:30	White	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	Clement	Ip		
1861	8	6:35	Yellow	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 20-24	Wai Man	Lee	李蕙汶	New Sports Triathlon
1862	8	6:35	Yellow	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 25-29	Enrica	Tse		
1863	8	6:35	Yellow	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 25-29	YUEN YING	TSUI		
1864	8	6:35	Yellow	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 25-29	Jodie	Crisp		Hong Kong Dragons Triathlon Club
1865	8	6:35	Yellow	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 25-29	Wing Yi	Cheng	鄭穎怡	Crest Ray Recreation & Sports Club
1866	8	6:35	Yellow	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 30-34	AMY WING YI	LEE		
1867	8	6:35	Yellow	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 30-34	Cassy	Koo		NL Triathlon Club
1868	8	6:35	Yellow	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 35-39	Wai Shan Lily	Chu		Sonic Sports Association
1869	8	6:35	Yellow	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 40-44	Yee Man	Chan	陳綺雯	
1870	8	6:35	Yellow	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 45-49	cin lam lisa	pun	潘羨霖	Sonic Sports Association
1871	8	6:35	Yellow	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 45-49	Sin Yi	Shek	石倩儀	
1872	8	6:35	Yellow	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 50-54	MUI CHRISTINA	WONG	黃梅	Mango Swimming Club
1873	8	6:35	Yellow	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 50-54	Nga Yee	Li	李雅怡	Energetic Triathlon Shatin
1874	8	6:35	Yellow	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 50-54	Mei No	Szeto	司徒美娜	Titan Triathlon
1875	8	6:35	Yellow	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 50-54	Ka Pik	Chan	陳嘉碧	
1876	8	6:35	Yellow	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 50-54	PUI YI ELIZABETH	TAM	譚佩儀	Crest Ray Recreation & Sports Club
1877	8	6:35	Yellow	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 55-59	Pui Ha	Tsang		Titan Triathlon
1878	8	6:35	Yellow	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 55-59	HAU YI DORA	LI		Energetic Triathlon Shatin
1879	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	Jack	Yee		
1880	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	Bertram	Shi		Energetic Triathlon Shatin
1881	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	HONG	AU YEUNG	歐陽康	Mango Swimming Club
1882	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	Kin Ho	Kan		
1883	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	TAK WING DAVY	LEE		Energetic Triathlon Shatin
1884	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	Chung Ming	Leong		
1885	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	Ricci	Yasin		Hong Kong Dragons Triathlon Club
1886	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	HO YIN	MOK		Energetic Triathlon Shatin
1887	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	Timothy	Greaton		
1888	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	Yvan	Corno		Sonic Sports Association
1889	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	Juergen	Doerr		
1890	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	kwonglueng	cheng	郑光亮	Energetic Triathlon Shatin
1891	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	Wai Man	Cheng	鄭衛民	Alpha Zone Sports
1892	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	Wai Chung Christopher	Tong		Sonic Sports Association
1893	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	man kwong	cheung		Mango Swimming Club
1894	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	Hermann	Holst		
1895	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 60-64	Wing Hong	Ng		

1896	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 60-64	Ho Man Jonathan	Wong	黃可文	AustSports Association
1897	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 60-64	Eric CM	Lee	李仲明	
1898	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 60-64	ka fai	kwok	郭嘉輝	Crest Ray Recreation & Sports Club
1899	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 60-64	Mark	Nelson		
1900	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 60-64	KWOK Lun	Ho	何國倫	
1901	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 65 & over	King Yuen	Chan	陳景源	New Sports Triathlon
1902	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 65 & over	Wang C	Yuen		
1903	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 65 & over	Yuk Fu	Ma	馬育富	AustSports Association
1904	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 65 & over	Fai Ming	Chan	陳揮明	AustSports Association
1905	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 65 & over	Jimmy Y K	Chau		South China Athletic Association
1906	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 65 & over	chi shing	LEE	李志誠	
1907	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 65 & over	Wai Hung	Chan		
1908	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Mixed Team Relay	Pak Hei	Lam	林泊熹	
1908	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Mixed Team Relay	Ka Yan	Fung	馮嘉茵	
1908	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Mixed Team Relay	Chun Hon	Lin		
1909	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Mixed Team Relay	Ting Yan	Wong	王亭恩	
1909	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Mixed Team Relay	Sui Hang	Chun	秦瑞衡	
1909	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Mixed Team Relay	Ming Chit	Lam	林銘哲	
1910	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Mixed Team Relay	Yat Fai	Kwan	關日輝	
1910	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Mixed Team Relay	MEI YUK	LEUNG		
1910	9	6:40	Navy Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Mixed Team Relay	CHOI PING SCALENE	TAM		
1911	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Nigel	Thomson		Hong Kong Dragons Triathlon Club
1912	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Ace	Baiguen		South China Athletic Association
1913	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Jim	TSANG		
1914	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Dara	Fahy		Hong Kong Dragons Triathlon Club
1915	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Stephen	Poon		
1916	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	James	Smith		South China Athletic Association
1917	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	HAIBIN	YANG	楊海濱	
1918	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Sin Tui	Fung	馮善對	Blue ＆ White Spirit Sports Club
1919	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Yoshihiro	OTANI		
1920	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	man hon	yung	翁文漢	AustSports Association
1921	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Jean Remi	Lopez		
1922	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	KIN SANG	CHIU	丘健生	
1923	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	sze chun	poon	潘詩峻	Sonic Sports Association
1924	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Johnny	De Guzman		NL Triathlon Club
1925	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Vasco	van der Flier		Hong Kong Football Club Swimming and Triathlon Society
1926	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Gump	Wong Yuk Hei	黃旭曦	
1927	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	DAOLONG	HU		Energetic Triathlon Shatin
1928	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	cyril	gomez		
1929	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Ming Cheong Henry	Lui	呂明昌	
1930	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Kim Man	Pong		
1931	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	wai yip（sony）	wu	胡偉業	Crest Ray Recreation & Sports Club
1932	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Will	Dalling		
1933	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Kevin	Chow		NL Triathlon Club
1934	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Kin Ming Simon	Chan		The Little Dolphin Swimming Training Center
1935	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	kwok wah	Wong	黃國華	
1936	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Sze	Wang		

1937	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	KIN TAK	LAW	羅建德	The Little Dolphin Swimming Training Center
1938	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Ka Yi	Leung	梁家怡	
1939	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	wai kit	woo	胡偉傑	Hong Kong Fire Services Sports and Welfare Club
1940	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Pak Hin	Tang	鄧柏軒	
1941	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Chun Yin	Mak	麥振賢	
1942	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Pak-fai	CHAN	陳柏輝	
1943	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Leslie	Li		
1944	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Chak Lam	Ho		The Little Dolphin Swimming Training Center
1945	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Wai Hung	Chan	陳偉洪	
1946	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	simon	porter		Hong Kong Dragons Triathlon Club
1947	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	KWOK WAI KEN	NG	吳國偉	
1948	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	James	Mak		
1949	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	CHING FAI	LEUNG		Energetic Triathlon Shatin
1950	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	Pui Yuen	Wong	黃沛源	Pro-trinity Sports Club
1951	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	Jenson	Au		
1952	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	Jonathan	Cummings		
1953	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	SIU HONG	NG	吳肇康	AustSports Association
1954	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	federico	masin		Tritons Triathlon Club
1955	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	tik ho	chum	覃迪豪	Aqua Gym Sport Association
1956	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	Wing sing	Poon	潘永成	
1957	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	Alexander	Liauw		
1958	10	6:50	Light Blue	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	Timothy	Lau		
1961	11	7:00	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Junior 1	Man Hin Reeve	Cheung	張旻軒	
1962	11	7:00	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Junior 1	Marcus	Tiu	刁浩正	Energetic Triathlon Shatin
1963	11	7:00	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Junior 1	Tsz Yuen	Tse	謝梓源	Galaxy Sports Triathlon
1964	11	7:00	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Junior 1	kin To Kayden	Wong	黃健韜	The Little Dolphin Swimming Training Center
1965	11	7:00	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Junior 1	Wai Yin	Chan	陳韋弦	Sparkle Triathlon
1966	11	7:00	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Junior 1	CHI HIM RYAN	YAU	丘志謙	Galaxy Sports Triathlon
1967	11	7:00	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Junior 1	TSZ HIM	MOK	莫子謙	Galaxy Sports Triathlon
1968	11	7:00	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Junior 1	YAT LONG	LAM	林日朗	
1969	11	7:00	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Junior 1	Chak Chi Mega	Sin	冼擇志	
1970	11	7:00	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Junior 1	Chun Ming Marcus	Wu	胡晉銘	
1971	11	7:00	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Junior 1	Pak Lam Cass	Man	文柏藍	AustSports Association
1972	11	7:00	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Junior 2	景行	周	周景行	The Little Dolphin Swimming Training Center
1973	11	7:00	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Junior 2	Chi Sheung	Wong	黃智尚	
1974	11	7:00	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Junior 2	Hok Lam	Tsang	曾學霖	
1975	11	7:00	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Male Junior 2	Yin	Kei	紀彥	Aqua Gym Sport Association
1978	11	7:00	Pink	Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)	Female Junior 2	Hiu Tung	Tang	鄧曉桐	Crest Ray Recreation & Sports Club
1980	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Shun Hei	Wong	黃淳希	
1981	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Oi Hei	Chan	陳愛希	Energetic Triathlon Shatin
1982	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	HO CHING ANGUS	LEUNG	梁皓程	The Little Dolphin Swimming Training Center
1983	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Yik Sum, Sam	Kwok	郭奕琛	The Little Dolphin Swimming Training Center
1984	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Chak Fung	Ng	吳澤豐	First Ten Generation Team
1985	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Ian	Wong	王喆	Energetic Triathlon Shatin
1986	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	TSZ WUN XAVIER	CHEUNG	張子桓	Crest Ray Recreation & Sports Club
1987	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Yat Long Julian	Cho	曹日朗	

1988	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Ching Nok	FUNG	馮靖諾	Blue & White Spirit Sports Club
1989	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Chun Ching	Ting	丁進澄	Sparkle Triathlon
1990	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	TING YAN MATTHEW	PANG	彭廷殷	Crest Ray Recreation & Sports Club
1991	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Cheuk Hang	Ko	高焯恆	
1992	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Shing Hang	Fok	霍承亨	Energetic Triathlon Shatin
1993	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Ching Long	Yan	殷靖朗	Sparkle Triathlon
1994	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Yik Hang	Fan	樊翊珩	Crest Ray Recreation & Sports Club
1995	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	CHUN HIM LOUIS	WONG		Energetic Triathlon Shatin
1996	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Leong Yin	Au	歐亮言	Sparkle Triathlon
1997	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Sze Chai Damon	LAU		Energetic Triathlon Shatin
1998	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	予翹	沈	沈予翹	
1999	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Hao che	Chang	張浩哲	Crest Ray Recreation & Sports Club
2000	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Lau	Pterosaur	劉翼	
2001	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Chun Lam	Chu	朱俊霖	The Little Dolphin Swimming Training Center
2002	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	San Mau Jacob	Mak	麥宸畝	Sparkle Triathlon
2003	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Chun Hong Chaska	Poon	方俊匡	
2004	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	HOI JIN JAYDEN	LEE	李鎧靖	Energetic Triathlon Shatin
2005	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	TSZ SHUN	WONG	黃梓淳	
2006	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Lap Yan	Kei	紀立人	Sparkle Triathlon
2007	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	JIANGZHI	HU	胡江芷	Energetic Triathlon Shatin
2008	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Cheuk Yat Julien	Wong	黃焯一	Sparkle Triathlon
2009	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	pak long Casper	chan	陳柏朗	Energetic Triathlon Shatin
2010	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	vincent	yee		
2011	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	Shing Hei	Ngan	顏承希	Energetic Triathlon Shatin
2012	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	Chun Yiu	Hui	許竣堯	The Little Dolphin Swimming Training Center
2013	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	Tsz Fung	Tse	謝梓鋒	
2014	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	Pok Yin	Tsang		The Little Dolphin Swimming Training Center
2015	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	昊程	王	王昊程	
2016	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	Cheuk Long	Chun	陳卓朗	
2017	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	Chum	tsz ho	覃子皓	Aqua Gym Sport Association
2018	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	Pak Yin	Chu	朱珀賢	Sparkle Triathlon
2019	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	Tsz Kin	Tse	謝梓健	Galaxy Sports Triathlon
2020	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	KING TO	CHAN		Energetic Triathlon Shatin
2021	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	Pak Hei	Chan	陳柏僖	Galaxy Sports Triathlon
2022	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	Jasper	Ho	何頌朗	The Little Dolphin Swimming Training Center
2023	12	7:40	White	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	Ching Kiu	Ng	吳政橋	AustSports Association
2024	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 30-39	Ka Ki	Fong	方家麒	NL Triathlon Club
2025	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 30-39	Anthony	Soroka		
2026	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 30-39	Chun Kit	Choi	蔡竣傑	
2027	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 30-39	CHI YUEN	NGAN	顏志遠	
2028	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 30-39	Bruce CM	Leung		
2029	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 30-39	Yiu Chuen	TO		
2030	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 30-39	Yau Yan	Tam	譚祐恩	AustSports Association
2031	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 30-39	Shek Lun	Li	李錫倫	
2032	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 30-39	Hok yee Terence	Li	李學頤	Hong Kong Fire Services Sports and Welfare Club
2033	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 30-39	Ho Wing	Ng		
2034	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 30-39	Juen	Ren		

2035	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 30-39	Ting Chun	Cheung	張庭俊	
2036	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	Lap tak david	Cheung		
2037	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	Chi Hang	Chong	莊知行	Energetic Triathlon Shatin
2038	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	Michael	Leung	梁達志	
2039	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	kin lun	chu	朱健倫	
2040	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	Son Keng	Leung	梁順敬	
2041	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	Himothy	Liu		
2042	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	Clinton	Lee	李廣柏	
2043	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	Chung Wai	Tse		
2044	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	Ka Ho Lawrence	Wong	黃家灝	Sonic Sports Association
2045	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	HON SUEN	MOK	莫翰遜	Crest Ray Recreation & Sports Club
2046	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	Yin Wing, Jerry	Fu	符彥榮	
2047	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	DEREK HING KWOK	MA		
2048	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	chi fung	chow	周熾烽	First Ten Generation Team
2049	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	ting piu	chong		Titan Triathlon
2050	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	Tak Kiu	Pun	潘德翹	Tritons Triathlon Club
2051	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	Ka Chun William	Hui	許嘉俊	
2052	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	yosuke	oka	岡洋介	Energetic Triathlon Shatin
2053	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	YIU CHI ANDY	LEE	李耀智	
2054	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	King Lai, Jeffrey	LIU	廖敬禮	Mango Swimming Club
2055	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	SHU WAH JIMMY	WAN	溫樹華	Energetic Triathlon Shatin
2056	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	Chi kong	IP	葉志剛	
2057	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	Vincent	Lee		AustSports Association
2058	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	Tse	Wai Chi	謝偉志	Galaxy Sports Triathlon
2059	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	CHI KIT	CHAN		
2060	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 60-69	Heng Fan	Poon	潘恒奮	
2061	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 60-69	LAI CHUNG	LEE		Mango Swimming Club
2062	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 60-69	YIN CHEONG	WONG		Energetic Triathlon Shatin
2063	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 60-69	Man Sing	Ma	馬敏昇	
2064	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 60-69	富齡	譚	譚富齡	
2065	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 60-69	WING KWONG	IP		Energetic Triathlon Shatin
2066	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 60-69	Ho Seng	Wong	王皓生	Energetic Triathlon Shatin
2067	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 70 & Over	Chi Ling Clement	Yeung	楊子凌	The Little Dolphin Swimming Training Center
2068	13	7:45	Yellow	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 70 & Over	Stephen King Che	Chan		Energetic Triathlon Shatin
2069	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 20-29	Jamie	Chan	陳珮瑜	
2070	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 30-39	Evian	Chau		Crest Ray Recreation & Sports Club
2071	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 30-39	Rachel	King		
2072	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 30-39	Ning	Tan		
2073	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 40-49	SooHee	Paik		
2074	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 40-49	MAN YI MAY	LI		Energetic Triathlon Shatin
2075	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 50-59	Willa	WONG		Mango Swimming Club
2076	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 50-59	SHUK HAN KAREN	LUI		Energetic Triathlon Shatin
2077	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 50-59	Ching Yi	Li	李靜儀	Energetic Triathlon Shatin
2078	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 50-59	Ip Ching	Wong	黃葉菁	
2079	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 50-59	Tsz Ching	Lau	劉芷清	
2080	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 60-69	YUK CHING CHRISTINA	LEUNG		Energetic Triathlon Shatin
2081	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 1	Cin Yee Cydnee	Chung	鍾倩兒	

2082	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 1	Cheuk Lam	Chung	鍾焯琳	Energetic Triathlon Shatin
2083	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 1	Jessie	Ho	何泳悠	The Little Dolphin Swimming Training Center
2084	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 1	CHING HEI	WONG		Energetic Triathlon Shatin
2085	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 1	Tsz Shun	CHAN	陳梓淳	Blue ＆ White Spirit Sports Club
2086	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 1	YI	MA	馬懿	
2087	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 1	Hiu Tung Hazel	LEE		
2088	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 1	Jessie	Ho	何泳悠	The Little Dolphin Swimming Training Center
2089	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 2	Hong Ching	Wong	黃康晴	The Little Dolphin Swimming Training Center
2090	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 2	凱旻	陳	陳凱旻	First Ten Generation Team
2091	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 2	Yi Chun	Chan	陳以臻	AustSports Association
2092	14	7:50	Navy Blue	Discovery Distance (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 2	HEIDI	CHEUNG	張凱堤	Crest Ray Recreation & Sports Club