

## 2025 Hong Kong Aquathlon Championships: Start List (updated on 20/8 11:00)

Race No	Heat	Start Time	Cap	Race Category	Race Category (Age)	First Name	Last Name	Chinese Name	Club
1578	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Open	Nathan Siu wo	Au Yeung	歐陽兆和	The Little Dolphin Swimming Training Center
1579	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Open	Shing Him	Yu	余承謙	Energetic Triathlon Shatin
1580	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Open	Tak Long	Yip	葉德朗	Energetic Triathlon Shatin
1581	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 1	Chun Hei	Wong	黃俊信	The Little Dolphin Swimming Training Center
1582	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 1	Wai Ching Jesse	Cheung	張維正	
1583	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 1	Yan Tao	Shum	沈恩途	Galaxy Sport Triathlon
1584	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 1	Ho Ting	Lee	李灝庭	AustSports Association
1585	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 1	Pak Long	Lai	黎栢朗	
1586	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 1	Tsz Leong louie	Cheng	鄭梓亮	
1587	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 1	Tsun Fung	Yim	嚴浚鋒	Sparkle Triathlon
1588	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 1	Nok Hei	Wong	王諾熙	
1589	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 1	Lok Shi	LAM	林樂仕	Energetic Triathlon Shatin
1590	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 1	Auscar	Tsang	曾竟瑋	Energetic Triathlon Shatin
1591	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 2	Po Shun Yemi	Yick	易甫鏞	Energetic Triathlon Shatin
1592	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 2	Tsz Hin	Yip	葉子軒	Energetic Triathlon Shatin
1593	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 2	Pak Yiu Anson	Wong	黃栢堯	Energetic Triathlon Shatin
1594	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 2	Chak Lam	Wan	溫澤林	Energetic Triathlon Shatin
1595	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 2	Dominic WT	Carson	簡焯晉	Energetic Triathlon Shatin
1596	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 2	Wang Hin Ian	Fok	霍泓軒	Energetic Triathlon Shatin
1597	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 2	Yung	Pu Chak	翁溥澤	The Little Dolphin Swimming Training Center
1598	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 2	Pak Fan	Mok	莫柏勛	
1599	1	7:00	Light Blue	Challenge Distance (Swim 1000m/Run 6km)	Male Elite Junior 2	Ka Ho	Wong	黃嘉豪	
1600	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Elite Open	Hoi Ching	Lam	林海晴	
1601	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Elite Open	Cheuk Yat	Lo	盧卓逸	Energetic Triathlon Shatin
1796	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Elite Junior 1	Sarah Elise	Modiano		South China Athletic Association
1602	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Elite Junior 1	Lok Tung	Wong	王樂彤	
1603	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Elite Junior 1	Oi Yin	Chan	陳愛妍	
1604	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Elite Junior 1	Wan Tung	Wong	黃允彤	Energetic Triathlon Shatin
1605	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Elite Junior 1	Lai Ki Nicole	Man	文麗淇	Energetic Triathlon Shatin
1606	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Elite Junior 1	Hayley	Tsang	曾熹兒	Energetic Triathlon Shatin
1607	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Elite Junior 2	Anson	Lun	倫柏翹	AustSports Association
1608	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 20-24	Yan Kiu	Kwok	郭恩喬	
1609	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 20-24	Jasmine	Hallworth		
1610	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 20-24	KA YING	MAK	麥嘉瑩	
1611	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 25-29	Yan Wing	To		
1612	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 25-29	Wing Yi	Cheng	鄭穎怡	Crest Ray Recreation & Sports Club
1613	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 25-29	Wai Ying Megan	Ng	吳蔚瑩	
1614	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 30-34	曉彤	周		Crest Ray Recreation & Sports Club
1615	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 30-34	Evian	Chau		Crest Ray Recreation & Sports Club
1616	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 30-34	Cassy	Koo		NL Triathlon Club
1617	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 30-34	ning	tan	陳寧生	
1618	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 30-34	Lai Man	Ng		
1619	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 30-34	Sze Long Sharon	Tsang	曾詩朗	Crest Ray Recreation & Sports Club
1620	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 30-34	HIU YAN	TONG	唐曉昕	Crest Ray Recreation & Sports Club
1621	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 30-34	Yu Lam	Wong	黃裕霖	
1622	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 30-34	WAI TING	SIN	冼慧婷	Crest Ray Recreation & Sports Club
1623	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 35-39	Elaine	Lui		
1624	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 35-39	Chung Kay Joyce	Wong	黃頌棋	Energetic Triathlon Shatin

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1625	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 35-39	Taryn	Thorne		
1626	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 35-39	Amber	Wan		
1627	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 35-39	Lin Yan	Chiu	邱蓮欣	
1628	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 35-39	Louise Ka Yiu	Lau	劉家瑤	
1629	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 40-44	Cheryl Jessica	Law		Sonic Sports Association
1630	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 40-44	Yee Man	Chan	陳綺雯	
1631	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 40-44	sophia	lai		Tritons Triathlon Club
1632	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 40-44	SooHee	Paik		
1633	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 40-44	Stephanie	Bina		
1634	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 45-49	Suk yee	Chow		
1635	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 45-49	Man Fung	Poon	潘文鳳	Energetic Triathlon Shatin
1636	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 45-49	Gi Wai Gigi	Wong		Sonic Sports Association
1637	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 50-54	MUI CHRISTINA	WONG	黃梅	Mango Swimming Club
1638	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 50-54	Amandine	Courret		South China Athletic Association
1639	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 55-59	Joan	Tsang		Sonic Sports Association
1640	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 55-59	HAU YI DORA	LI		Energetic Triathlon Shatin
1641	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 60-64	Angel Yin Ling	Tsoi		Energetic Triathlon Shatin
1642	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 65 & over	Shun Ying	Wong	王順英	AustSports Association
1643	2	7:05	Navy Blue	Challenge Distance (Swim 1000m/Run 6km)	Female Age Group 65 & over	Choi ping	CHAU	周彩萍	
1644	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 20-24	Ho Long	Wong	黃皓朗	
1645	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 20-24	Shun Fung	Wan	尹淳楓	
1647	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 20-24	WING SING FOSTER	CHOI		
1648	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 20-24	Abdulwadood Ashraf	Faazli		
1649	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 20-24	Ka Hang	Siu	蕭加行	Titan Triathlon
1650	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 20-24	Chun Hong	Tang	鄧俊匡	
1651	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 20-24	Chi Fung	Leung	梁智豐	First Ten Generation Team
1652	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 25-29	Kin Yip	Tang	鄧建業	Sonic Sports Association
1653	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 25-29	Ka Cheuk Samson	Lui	呂家焯	Crest Ray Recreation & Sports Club
1654	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 25-29	Pak Lai	Lam		
1655	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 25-29	Isaac John	Li		
1656	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 25-29	tszkit	tang	鄧梓杰	
1657	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 25-29	Wing Shun	Lau	劉穎淳	
1658	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 25-29	MAN CHING	NGAN		
1659	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 25-29	Ka Chun	LO	盧家進	
1660	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 25-29	Hin Cheuk	Chan		
1661	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 25-29	KA CHUN	LAU		
1662	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 25-29	James	Tan	陳明輝	South China Athletic Association
1663	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 30-34	wai leung	luk	陸偉樑	Titan Triathlon
1664	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 30-34	CHI YUEN	NGAN	顏志遠	
1665	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 30-34	Remi	Commercon		
1666	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 30-34	Pak Yue	Wong	王柏愉	
1667	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 30-34	Ho Tung Arthur	LEE		
1668	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 30-34	Chun Hoi	Yuen	阮俊凱	Sonic Sports Association
1669	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 30-34	PAK YU	NG	吳柏諭	
1670	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 30-34	KENNETH YEE LOK	WU	胡爾樂	Compass Sports Association
1671	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 30-34	Tsz Hin	Cheung		
1672	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 30-34	Hok yee Terence	Li	李學頤	Hong Kong Fire Services Sports and Welfare Club
1673	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 30-34	Jason	Lee		
1674	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 30-34	TSZ CHUN JASON	TSOI	蔡梓津	Hong Kong Fire Services Sports and Welfare Club

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1675	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 30-34	Pak Lun	Lam		
1676	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 30-34	KA HEI	HO		Aqua Gym Sport Association
1677	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 30-34	Dickson	Jim	詹迪生	Sonic Sports Association
1678	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 35-39	Cheung	To Cheung	張濤祥	
1679	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 35-39	TAI HANG	CHEUNG	張泰恒	Aqua Gym Sport Association
1680	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 35-39	Jonathan	Lam		Sonic Sports Association
1681	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 35-39	YING KIT	Tang	鄧英傑	First Ten Generation Team
1682	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 35-39	Ho Tun	Koo		
1683	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 35-39	Wa Chun	Lai	賴華進	
1684	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 35-39	Chun Ting Timothy	Ho	何俊廷	Energetic Triathlon Shatin
1685	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 35-39	Sean	Ma		Titan Triathlon
1686	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 35-39	Yiu Kwan	Chan	陳堯坤	NL Triathlon Club
1687	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 35-39	ALFRED KAR LOK	SIU		Sonic Sports Association
1688	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 35-39	Wing Fung	Lai	黎永鋒	NL Triathlon Club
1689	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 35-39	Kwok yin	Cheng	鄭國賢	
1690	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 35-39	Ka Fai	Chan	陳嘉輝	
1691	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 35-39	CHAM LAM	CHAN	陳湛林	
1692	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 35-39	Yau Yan	Tam	譚祐恩	AustSports Association
1693	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 35-39	Hon Kit	Kwok	郭漢傑	Aqua Gym Sport Association
1694	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 35-39	Richard	Portman		
1695	3	7:20	Yellow	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 35-39	KING HEI	KO	高敬希	Titan Triathlon
1696	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 40-44	Hong Ho Ronald	Lai		
1697	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 40-44	Man Kit	Tsui	徐文傑	
1698	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 40-44	Maxime	Dulondel		
1699	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 40-44	KIN WAI	SIU		
1700	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 40-44	Yeung	Yiu Lun		Crest Ray Recreation & Sports Club
1701	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 40-44	Kui Shing	Lam	林鉅成	
1702	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 40-44	Lap Ken Kenneth	Lee	李立勤	Sonic Sports Association
1703	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 40-44	chun long	hung	洪俊朗	
1704	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 40-44	Tsz Kin	So	蘇子健	
1705	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 40-44	Lee Yung	Wong	黃利勇	
1706	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 40-44	Hok Yee Harry	Yu	余學而	
1707	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 40-44	Wing Chung Jonathan	Tang	鄧穎聰	
1708	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 40-44	chi hang	chan		
1709	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 40-44	Gump	Wong Yuk Hei	黃旭曦	
1710	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 40-44	YAU	KA CHUN	邱嘉俊	
1711	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 40-44	Lai Hang	Wong	黃禮恆	
1712	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 45-49	max	wu		New Sports Triathlon
1713	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 45-49	Ka Kin	Chan		Energetic Triathlon Shatin
1714	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 45-49	Chun Pong David	Li	李振邦	NL Triathlon Club
1715	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 45-49	Wing-fai	NG	吳永輝	
1716	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 45-49	wai kit	woo	胡偉傑	Hong Kong Fire Services Sports and Welfare Club
1717	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 45-49	KIN SING	TO	杜建聲	
1718	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 45-49	KA MING	YEUNG		
1719	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 45-49	Marat	Bogatyrev		
1720	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 45-49	Wai Hung	Chan	陳偉洪	
1721	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 45-49	Pak-fai	CHAN	陳柏輝	
1722	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 45-49	Will	Dalling	Will Dalling	
1723	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 45-49	Kwok tung	Ho	何國東	

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1724	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 45-49	Robert	Small		
1725	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 45-49	LEUNG	Wilson	梁財輝	
1726	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 45-49	SAU FUNG	YIP	葉壽峰	
1727	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 45-49	Larry	Chan	陳俊豪	
1728	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 50-54	CHI WAI SIMON	NG		Energetic Triathlon Shatin
1729	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 50-54	Olivier	Courret		South China Athletic Association
1730	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 50-54	NG	KWOK WAI KEN	吳國偉	
1731	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 50-54	Tom	Trost		
1732	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 50-54	Lap Kei	Cheung		
1733	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 50-54	Atsushi	Matsuzawa	松澤厚	Energetic Triathlon Shatin
1734	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 50-54	KIN MAN	LEE	李健民	South China Athletic Association
1735	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 50-54	Yun Chung	IP		Alpha Zone Sports
1736	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 50-54	Mark	Tinker		
1737	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 50-54	Gary	LAI	黎志聰	
1738	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 50-54	Wing sing	Poon	潘永成	
1739	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 50-54	Vittorio	Trusso		Hong Kong Dragons Triathlon Club
1740	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 55-59	HO YIN	MOK		Energetic Triathlon Shatin
1741	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 55-59	HONG	AU YEUNG	歐陽康	Mango Swimming Club
1742	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 55-59	Bertram	Shi		Energetic Triathlon Shatin
1743	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 55-59	cheng	kwonglueng	郑光亮	Energetic Triathlon Shatin
1744	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 55-59	Juergen	Doerr		
1745	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 55-59	man kwong	cheung		Mango Swimming Club
1746	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 55-59	tungleong	Lo	勞東亮	
1747	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 60-64	yuk ming	kan	簡旭明	
1748	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 60-64	KENJI	UENO		
1749	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 60-64	Julius	Wang		Tritons Triathlon Club
1750	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 60-64	Alex	Lai	黎耀忠	AustSports Association
1751	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 60-64	CHUN SING	LAM	林振聲	
1752	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 60-64	Bood	Fung	馮渤	
1753	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 60-64	Scott	Burton		
1754	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 65 & over	Yuk Fu	Ma	馬育富	AustSports Association
1755	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 65 & over	WING KWONG	IP		Energetic Triathlon Shatin
1756	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 65 & over	Heng Fan	Poon	潘恒奮	
1757	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 65 & over	King Kai Spencer	Tang		
1758	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 65 & over	Check Yin	Wong	黃卓然	Mango Swimming Club
1759	4	7:35	Pink	Challenge Distance (Swim 1000m/Run 6km)	Male Age Group 65 & over	Fai Ming	Chan	陳揮明	AustSports Association
1762	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Elite Youth	Edison	Wong	黃子健	
1763	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Elite Youth	Lucas	Wong	王諾	Energetic Triathlon Shatin
1764	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Elite Youth	Chi Yan Ian	Chung	鍾智仁	
1765	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Elite Youth	Yik Hei	Lau	劉奕希	Energetic Triathlon Shatin
1766	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Elite Youth	Desmond Cheuk Yin	Chau	周卓賢	Energetic Triathlon Shatin
1767	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Elite Youth	CHEUK KIU	NG	吳卓翹	Energetic Triathlon Shatin
1768	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Elite Youth	Tze Kiu	Tam	譚子翹	Energetic Triathlon Shatin
1769	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Elite Youth	Yin Hang	Chan	陳彥衡	Aqua Gym Sports Association
1770	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Elite Youth	CHAK YAN	Wan	溫澤仁	Energetic Triathlon Shatin
1771	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Elite Youth	Hoi Fan	Ma	馬凱勳	
1772	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Elite Youth	Jasper	Ho	何頌朗	The Little Dolphin Swimming Training Center
1773	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Elite Youth	Hoi Jin	Lee	李鎧靖	Energetic Triathlon Shatin
1774	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Elite Youth	Ngai Chun	Ting	丁毅臻	Sparkle Triathlon

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1775	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Elite Youth	Yat Kiu	Leong	梁逸喬	The Little Dolphin Swimming Training Center
1776	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Junior 1	Chun Ming Marcus	Wu	胡晉銘	
1777	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Junior 1	Billy	Rudge		
1778	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Junior 1	Lok Ki	Chan	陳樂錡	Crest Ray Recreation & Sports Club
1779	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Junior 1	Shung Him	Lai	賴崇謙	AustSports Association
1780	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Junior 1	Tsz Yeung Ian	Shek	石梓暘	Galaxy Sports Triathlon
1781	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Junior 1	環霖	謝	謝環霖	
1782	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Junior 1	sin chak mega	sin	冼擇志	
1783	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Junior 1	Wai Yin	Chan	陳韋弦	Sparkle Triathlon
1784	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Junior 1	Pak Lam Cass	Man	文柏藍	AustSports Association
1785	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Junior 1	CHI HIM RYAN	YAU	丘志謙	Galaxy Sports Triathlon
1786	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Junior 1	YAT LONG	LAM	林日朗	
1787	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Junior 1	TSZ HIM	MOK	莫子謙	Galaxy Sports Triathlon
1788	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Junior 2	Jonathan	Lee	李瀚中	South China Athletic Association
1789	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Junior 2	景行	周	周景行	The Little Dolphin Swimming Training Center
1790	5	8:10	White	Sprint Distance (Swim 500m/Run 4km)	Male Junior 2	Yin	Kei	紀彥	Aqua Gym Sport Association
1791	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Elite Youth	Hiu Yau	Yeung	楊曉悠	
1792	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Elite Youth	Chung Ning	Shum	岑頌寧	Energetic Triathlon Shatin
1793	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Elite Youth	Heulwen	Chau	周焯慧	Energetic Triathlon Shatin
1794	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Elite Youth	Yuet Hei	Ng	吳悅曦	Energetic Triathlon Shatin
1795	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Elite Youth	Bertha	Ackber	區曉彤	
1797	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Junior 1	wai sum	Hung	洪蕙心	
1798	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Junior 1	Yin Alice	Au Yeung	歐陽彥	Mango Swimming Club
1799	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Junior 1	Adelyn	Wallace		Aqua Gym Sport Association
1800	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Junior 1	Samantha	Lee	李瀚心	South China Athletic Association
1801	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Junior 1	YAN LAM	WANG		
1802	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Junior 1	Anika	Yang		South China Athletic Association
1803	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Junior 2	Nicole	Chau		
1804	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Junior 2	Yi Kiu Zoe	Leung	梁爾蕎	
1805	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Junior 2	Hiu Tung	Tang	鄧曉桐	Crest Ray Recreation & Sports Club
1806	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 20-29	TSZ HUEN ALEXANDRA	WAN	溫子暄	
1807	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 20-29	CHUN WAI	CHIU		Sonic Sports Association
1808	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 20-29	SIU KWAN	OR		Energetic Triathlon Shatin
1809	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 20-29	Barbara	Walker		
1810	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 30-39	嘉靜	麥	麥嘉靜	
1811	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 30-39	Wing Yan Jennifer	Li	李穎欣	Crest Ray Recreation & Sports Club
1812	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 30-39	Carman	Liu		
1813	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 30-39	Hoi Ying	Cheung		
1814	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 30-39	Ching wan	Chu		
1815	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 30-39	Teen Wai Grace	Wong	黃天慧	
1816	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 30-39	Sin Ting	Shum	岑倩婷	
1817	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 30-39	Ruth	Johnstone		
1818	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 30-39	Victoria	Ben-Haim		Alpha Zone Sports
1819	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 30-39	Cheuk Wun Heddy	Yiu	姚卓媛	
1820	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 30-39	CHI YAN	KWONG	鄺止恩	
1821	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 30-39	YING LIN	LAM		Energetic Triathlon Shatin
1822	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 30-39	Anty	Fung	馮安媿	
1823	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 30-39	Wing Lam	Lau	劉穎霖	
1824	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 30-39	KAYIN	TONG		

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1825	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 40-49	Ho Sin	Lok		
1826	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 40-49	Pui Ying	Ng		
1827	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 40-49	Yeuk Lan	Poon		
1828	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 40-49	Rennie Teen Yan	Wong	黃天欣	
1829	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 40-49	Gobby	Chan		New Sports Triathlon
1830	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 40-49	Ka Man	Tsui		
1831	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 40-49	Sze Man Simone	Tam		Energetic Triathlon Shatin
1832	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 40-49	Chui Ting Tracy	Leung	梁翠婷	
1833	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 40-49	Man Lee	Chang	張敏莉	
1834	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 40-49	Sze Man	Yeung		Crest Ray Recreation & Sports Club
1835	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 40-49	Hoi Shan	Lee		
1836	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 40-49	Wing Lam	Chan		
1837	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 40-49	MAN YI MAY	LI		Energetic Triathlon Shatin
1838	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 50-59	Willa	WONG		Mango Swimming Club
1839	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 50-59	MEI LING	WONG	黃美玲	
1840	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 50-59	Koon Fong	Lee		
1841	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 50-59	SHUK HAN KAREN	LUI		Energetic Triathlon Shatin
1842	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 50-59	Man Ching	Lai	賴文清	Energetic Triathlon Shatin
1843	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 50-59	Pui Yi	Cheung		
1844	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 50-59	Ching Yi	Li	李靜儀	Energetic Triathlon Shatin
1845	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 50-59	Wai Fun	Liu		Sonic Sports Association
1846	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 60-69	Noel	Lau	劉敏而	
1847	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 60-69	LAI WA	LAU		Energetic Triathlon Shatin
1848	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 60-69	Porlin	Yeung		
1849	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 60-69	Cecilia	Wong	王嘉慧	Sonic Sports Association
1850	6	8:20	Light Blue	Sprint Distance (Swim 500m/Run 4km)	Female Age Group 60-69	YUK CHING CHRISTINA	LEUNG		Energetic Triathlon Shatin
1851	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 20-29	展能	謝	謝展能	
1852	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 20-29	Chun Ning Johnny	Ng	吳晉寧	
1853	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 20-29	SHI HIM JOSIAH	CHOI		
1854	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 20-29	Cheuk Lam	Chan		
1855	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 20-29	Ka Ming Zachary	Yeung		
1856	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 20-29	文軒	梁	梁文軒	Crest Ray Recreation & Sports Club
1857	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 20-29	Tin Long	Tang	鄧天朗	
1858	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 20-29	Ho	Cheuk Fan	何卓勳	
1859	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 20-29	Lok Ping	Tung	董樂平	Galaxy Sports Triathlon
1860	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 20-29	CHING YIU	CHAN	陳正堯	Galaxy Sports Triathlon
1861	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 20-29	Wing Chun	Lau	劉榮臻	Galaxy Sports Triathlon
1862	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 20-29	Man Chun	SHEK	石文俊	
1863	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	Hiu Cheng	Chow	周曉政	
1864	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	俊業	楊	楊俊業	
1865	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	King On	Li	李敬安	
1866	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	chi hong	chan	陳志康	
1867	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	Oliver	Haas		South China Athletic Association
1868	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	KA CHUN	KWONG		
1869	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	ching yi	to		The Little Dolphin Swimming Training Center
1870	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	Christopher	Wright		
1871	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	Chun Sum Samuel	Ho	何俊琛	Energetic Triathlon Shatin
1872	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	Chun yin	Lau	劉俊賢	
1873	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	Chu Tung Jetson	Lai	賴柱東	

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1874	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	Man Tung	Ho	何文彤	
1875	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	Yiu Chung	Pun		Aqua Gym Sport Association
1876	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	Ting Him	Ho	何庭謙	Blue & White Spirit Sports Club
1877	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	San Po	Tche	謝榮堡	
1878	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	Kai chung	Li		
1879	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	Kam Yeung	Yim		South China Athletic Association
1880	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	Chun Hong	LAM		Sonic Sports Association
1881	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	Fredrick Pak Kin	Man	文柏堅	
1882	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	Bruce CM	Leung		
1883	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	Stanley Cho Hei	Li		
1884	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	Ryan	Cheng		
1885	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 30-39	Cheuk Ki	Tse		
1886	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 60-69	LAI CHUNG	LEE		Mango Swimming Club
1887	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 60-69	YIN CHEONG	WONG		Energetic Triathlon Shatin
1888	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 60-69	Man Sing	Ma	馬敏昇	
1889	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 60-69	Chi Ming	Chiu	焦志明	
1890	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 60-69	TAK WA PAUL	KONG		Energetic Triathlon Shatin
1891	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 60-69	Kim Ping	Wai	韋劍平	
1892	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 60-69	Ho Seng	Wong	王皓生	Energetic Triathlon Shatin
1893	7	8:30	Navy Blue	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 60-69	AKIRA	IMAZU		
1894	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Son Keng	Leung	梁順敬	
1895	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Tiecheng	LI	李鉄成	
1896	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Ka Ho Lawrence	Wong	黃家灝	Sonic Sports Association
1897	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Wai Hoo	Kwong	鄺偉豪	Crest Ray Recreation & Sports Club
1898	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Nobuyasu	Kijima	木島 伸安	
1899	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Kin Kan Adrian	Ho		South China Athletic Association
1900	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Wai Kin	Lee	李偉堅	Hong Kong Fire Services Sports and Welfare Club
1901	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	horikawa	daisuke	堀川 大介	
1902	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Shabad	Thadani		
1903	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	yin tat jason	lau	劉彥達	
1904	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Tak Kiu	Pun	潘德翹	Tritons Triathlon Club
1905	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Kwong Kui	Leung	梁廣駒	
1906	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Yoshihiro	OTANI		
1907	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	HON SUEN	MOK	莫翰遜	Crest Ray Recreation & Sports Club
1908	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Yiu Kei	CHEUNG	張耀基	
1909	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Colin	Ng		
1910	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Hung yu	Ng	吳鴻裕	
1911	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	chan	man keung	陳文強	
1912	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Stanley	Wong	王俊昌	
1913	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	KUN LEI	LAM	林冠灃	The Little Dolphin Swimming Training Center
1914	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Ka kui	Cheng	鄭嘉駒	
1915	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	DEREK HING KWOK	MA		
1916	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	FU KEUNG STANLEY	WONG	王富強	
1917	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	TSZ WING	KO	高子榮	
1918	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Yin Wing, Jerry	Fu	符彥榮	
1919	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	HIROKAZU	OCHIAI		
1920	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Wai Lun	Chan		
1921	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 40-49	Man Kin	Leung	梁文健	
1922	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	KENNETH	WONG		

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1923	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	Chi Man	Kwan	關志文	New Target Sport Association
1924	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	志華	何	何志華	
1925	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	Man Fai	Law	羅文輝	
1927	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	King Lai, Jeffrey	LIU	廖敬禮	Mango Swimming Club
1928	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	Lai Wing Bobby	Ting	丁勵榮	The Little Dolphin Swimming Training Center
1929	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	Lewis	Yeung	楊曙光	
1930	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	Chi Kit	Chan	陳志傑	The Little Dolphin Swimming Training Center
1931	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	Wai yip	Chiu	招偉業	
1932	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	yoichiro	komata	古俣洋一郎	
1933	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	SHU WAH JIMMY	WAN	溫樹華	Energetic Triathlon Shatin
1934	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	Kar Chun Patrick	Cheung		
1935	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	Siu Tong	Tam	譚紹堂	
1936	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	KAR WAI	LAU		Energetic Triathlon Shatin
1937	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	Kin Hung	Chow	周建雄	
1938	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	Kwok Chung	Wong	黃國中	
1939	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	KA FAI KENNY	LEUNG		
1940	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	Che Hang Desmond	Lam	林智恒	
1941	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	Kwok Leung	Au Yeung	歐陽國樑	
1942	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	Arthur	Wong		
1943	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	Chi wah	Tang	鄧志華	
1944	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	Ka Ip Eric	Ng	吳家業	
1945	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	ka fai	tse	謝嘉輝	Crest Ray Recreation & Sports Club
1946	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 50-59	Koon Chor Ernest	Tse		
1947	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 70 & Over	Chi Ling Clement	Yeung	楊子凌	The Little Dolphin Swimming Training Center
1948	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 70 & Over	Stephen King Che	Chan		Energetic Triathlon Shatin
1949	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 70 & Over	KONG	SHEK	石江	AustSports Association
1950	8	8:40	Yellow	Sprint Distance (Swim 500m/Run 4km)	Male Age Group 70 & Over	Chi Hung	Leung	梁治洪	AustSports Association
1952	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2010	Pok Yin	Tsang		The Little Dolphin Swimming Training Center
1953	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2010	柏君	黃	黃柏君	
1954	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2010	Cheuk Long	Chun	陳卓朗	
1955	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2010	Chum	tsz ho	覃子皓	Aqua Gym Sport Association
1956	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2010	Jasper	Ho	何頌朗	The Little Dolphin Swimming Training Center
1957	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2010	KING TO	CHAN		Energetic Triathlon Shatin
1958	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2010	Pak Hei	Chan	陳柏僊	Galaxy Sports Triathlon
1959	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2010	Alban	Modiano	安班	South China Athletic Association
1960	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2010	兆剛	何		
1961	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2011	Tsz Long	Chan	陳子朗	Energetic Triathlon Shatin
1962	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2011	KaSing	Lai	賴嘉昇	Galaxy Sports Triathlon
1963	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2011	O	SHAM	岑敖	Galaxy Sports Triathlon
1964	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2011	Pak Yin	Chu	朱珀賢	Sparkle Triathlon
1965	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2011	Shing Hei	Ngan	顏承希	Energetic Triathlon Shatin
1966	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2011	Tsz Kin	Tse	謝梓健	Galaxy Sports Triathlon
1967	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2011	鈺正	吳	吳鈺正	
1968	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2011	Ching Kiu	Ng	吳政橋	AustSports Association
1969	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2011	Theodore	Zhang	张天维	Mango Swimming Club
1970	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2011	vincent	yee		
1971	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2012	Cheuk Yat Julien	Wong	黃焯一	Sparkle Triathlon
1972	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2012	Chak Hei Jeffrey	Tsang	曾澤禧	Energetic Triathlon Shatin
1973	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2012	Ian	Wong	王喆	Energetic Triathlon Shatin

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1974	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2012	俊稀	曾	曾俊稀	
1975	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2012	Yat Long Julian	Cho	曹日朗	
1976	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2012	Leong Yin	Au	歐亮言	Sparkle Triathlon
1977	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2012	YUI HANG	CHOI	蔡睿珩	
1978	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2012	WAI TING	LEE	李瑋庭	AustSports Association
1979	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2012	Leonard Oscar	Cheshire	卓司龍	Sparkle Triathlon
1980	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2012	Yik Hang	Fan	樊翊珩	Crest Ray Recreation & Sports Club
1981	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2012	Cheuk Nam Janko	Au	區卓嵐	Energetic Triathlon Shatin
1982	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2012	TSZ WUN XAVIER	CHEUNG	張子桓	Crest Ray Recreation & Sports Club
1983	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2012	Hao che	Chang	張浩哲	Crest Ray Recreation & Sports Club
1984	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	Tak Hei	Lam	林德熙	Blue & White Spirit Sports Club
1985	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	TING YAN MATTHEW	PANG	彭廷殷	Crest Ray Recreation & Sports Club
1986	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	Yik Sum, Sam	Kwok	郭奕琛	The Little Dolphin Swimming Training Center
1987	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	TANG	HO HIM	TANG	Energetic Triathlon Shatin
1988	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	CARLOS	CHAN		Energetic Triathlon Shatin
1989	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	TSZ LONG	TANG	鄧子朗	
1990	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	Chak Fung	Ng	吳澤豐	First Ten Generation Team
1991	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	Cheuk Hang	Ko	高焯恆	
1992	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	Chun Lam	Chu	朱俊霖	The Little Dolphin Swimming Training Center
1993	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	Savi Acorn	Mok	莫竣堯	
1994	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	Shun	Chong	莊信	
1995	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	Alfie Buddy	Cheshire	卓立天	Sparkle Triathlon
1996	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	Chun Hong Chaska	Poon	方俊匡	
1997	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	CHUN HIM LOUIS	WONG		Energetic Triathlon Shatin
1998	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	San Mau Jacob	Mak	麥宸畝	Sparkle Triathlon
1999	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	Lap Yan	Kei	紀立人	Sparkle Triathlon
2000	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	JIANGZHI	HU	胡江芷	Energetic Triathlon Shatin
2001	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	Sze Chai Damon	LAU	DAMON LAU	Energetic Triathlon Shatin
2002	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	Arvid Bela	Schulz		South China Athletic Association
2003	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	Ching Long	Yan	殷靖朗	Sparkle Triathlon
2004	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	pak long Casper	chan	陳柏朗	Energetic Triathlon Shatin
2005	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	Yi Chun Leonard	Wu	胡爾臻	
2006	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	Shun Hei	Wong	黃淳希	
2007	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	Oi Hei	Chan	陳愛希	Energetic Triathlon Shatin
2008	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2013	Shing Hang	Fok	霍承亨	Energetic Triathlon Shatin
2138	9	9:00	Pink	Discovery Distance (Swim 250m/Run 2 km)	Boys 2010	Ho Ching	Wang		Energetic Triathlon Shatin
2009	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2010	Yik Ching	Siu	蕭亦晴	
2010	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2010	Yik Nam	Siu	蕭亦嵐	
2011	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2010	Yi Chun	Chan	陳以臻	AustSports Association
2012	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2010	Hiu Tung	Leung	梁曉彤	
2013	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2010	Eliana	Blackman		
2014	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2011	Hong Ching	Wong	黃康晴	The Little Dolphin Swimming Training Center
2015	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2011	Tung Alison	Au Yeung	歐陽彤	Mango Swimming Club
2016	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2011	Tsz Yan	Hui	許芷欣	
2017	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2011	HEIDI	CHEUNG	張凱堤	Crest Ray Recreation & Sports Club
2018	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2012	Yee Ling	Yip	葉依凌	
2019	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2012	Cheuk Kiu	Chan	陳卓蕎	Sparkle Triathlon
2020	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2012	YI	MA	馬懿	
2021	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2013	yan yiu	Lam	林昕瑤	Crest Ray Recreation & Sports Club

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2022	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2013	Andrea	Bruchet		
2023	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2013	Yuen Lam	Liu	廖婉霖	Blue & White Spirit Sports Club
2024	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2013	CHING HEI	WONG		Energetic Triathlon Shatin
2025	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2013	Jessie	Ho	何泳悠	The Little Dolphin Swimming Training Center
2026	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2013	Hiu Tung Hazel	LEE		
2027	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2013	Tsz Shun	CHAN	陳梓淳	Blue & White Spirit Sports Club
2028	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2013	Yee Lam Emma	Ma	馬宜琳	
2029	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2013	Cin Yee Cydnee	Chung	鍾倩兒	
2030	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2013	Cheuk Lam	Chung	鍾焯琳	Energetic Triathlon Shatin
2031	10	9:05	White	Discovery Distance (Swim 250m/Run 2 km)	Girls 2013	Jessie	Ho	何泳悠	The Little Dolphin Swimming Training Center
2032	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2014	Tsz Ki	Chiu	趙梓棋	The Little Dolphin Swimming Training Center
2033	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2014	Mo Tung	Cheung		The Little Dolphin Swimming Training Center
2034	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2014	Tsz Yau Mavis	Yeung		Crest Ray Recreation & Sports Club
2035	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2014	Chin Yui	Chan	陳芊睿	AustSports Association
2036	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2014	Lok Yin Alicia	Lau	劉樂然	The Little Dolphin Swimming Training Center
2037	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2014	OLIVIA	LEE	李傲凝	
2038	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2014	Yuen Ora	Chan	陳願	
2039	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2014	Jess	Dalling		
2040	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2014	ERIN	SZE	施晴	Mango Swimming Club
2041	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2014	Ho Lam	Tsoi	蔡皓琳	
2042	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2014	Ceinwen	Chau	周翹慧	Energetic Triathlon Shatin
2043	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2014	JIANGQI	HU		Energetic Triathlon Shatin
2044	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2014	思澄	呂	呂思澄	Blue & White Spirit Sports Club
2045	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2014	Hanru	Dong		
2046	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2015	HEI SHUN ONA	LEUNG		Energetic Triathlon Shatin
2047	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2015	CHING	WAN		Energetic Triathlon Shatin
2048	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2015	Tsz Laam	Hui	許芷嵐	
2049	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2015	Yanes	Lam	林欣	
2050	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2015	Yat Tung	Wan	溫日彤	Sparkle Triathlon
2051	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2015	Ka Pik Abigail	Mak	麥珈璧	Sparkle Triathlon
2052	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2015	Cheryl	Lau	劉森芮	First Ten Generation Team
2053	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2015	Sze Yiu	Yeung	楊思瑤	
2054	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2016	Hau Yee Alisha	WU	胡巧兒	The Little Dolphin Swimming Training Center
2055	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2016	Hoi Yau	Cheung	張海悠	Compass Sports Association
2056	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2016	Tsz Yau	Yeung	楊子愆	Blue & White Spirit Sports Club
2057	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2016	TSZ YAU	NG	吳梓濠	First Ten Generation Team
2058	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2016	Cheuk Man	Ko	高焯雯	
2059	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2016	Wing sze	Chau	周穎詩	
2060	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2016	Amelia	Bogatyreva		
2061	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2017	Ning	Chan	陳甯	Galaxy Sports Triathlon
2062	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2017	Yuet Ching	Tang	鄧悅晴	First Ten Generation Team
2063	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2017	Wan Ching	Mok	莫韻澄	Energetic Triathlon Shatin
2064	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2017	Cheuk Lam	Leung	梁卓琳	
2065	10	9:05	White	TriKids Distance (Swim 250m/Run 2 km)	Girls 2017	HANG TING	LEE	李幸庭	
2066	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	Sum ho	Wong	黃琛皓	
2067	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	Yat Long Jay	Chan	陳逸朗	Energetic Triathlon Shatin
2068	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	Cheuk Yin	Lo	盧卓賢	The Little Dolphin Swimming Training Center
2069	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	Lok Tin Mike	Man	文洛天	AustSports Association
2070	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	wing shun	kong	江永惇	Sparkle Triathlon

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2071	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	Hok Sum	Au		Sparkle Triathlon
2072	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	CHUN ON AIDEN	LO		Energetic Triathlon Shatin
2073	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	YAU YAT	LEUNG		Energetic Triathlon Shatin
2074	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	Wan Hin	Mok	莫蘊軒	Energetic Triathlon Shatin
2075	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	FUNG	WONG	黃豐	
2076	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	Ho Wai	Tsui	徐昊緯	
2077	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	Zhao Feng Marcus	Li	李兆峰	
2078	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	Gareth Pak Kiu	Li		
2079	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	Craig dipam	Chan	陳麒丰	
2080	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	William Joshua	Harrod		Aqua Gym Sport Association
2081	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	Max	Muir		Aqua Gym Sport Association
2082	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	JADON	LI		
2083	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	Carson	LO	盧蒼哲	
2084	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	Tin Lap	Qu	邱天立	Sparkle Triathlon
2085	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	Karl	Cheung		AustSports Association
2086	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	James	Tinker		
2087	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	Yat to Travis	Li		Energetic Triathlon Shatin
2088	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	CHUNG YU	WONG		Energetic Triathlon Shatin
2089	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2014	駿	陳		
2090	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2015	Li Daren	Silbernagl	大仁	South China Athletic Association
2091	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2015	Ethan Andrew Vasileios	Papadopoulos		South China Athletic Association
2092	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2015	Hin Young	Kwok	郭顯揚	
2093	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2015	Cheuk Yin Dickies	NG	吳苟鋌	Crest Ray Recreation & Sports Club
2094	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2015	SEN YIK OTTO	WANG		Energetic Triathlon Shatin
2095	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2015	Liam	Wong		Energetic Triathlon Shatin
2096	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2015	Lap Yan Duncan	Chow	周立仁	The Little Dolphin Swimming Training Center
2097	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2015	Chi yin	Fan	范智然	
2098	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2015	Tin Hang	Qu	邱天行	Sparkle Triathlon
2099	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2015	Nick	Ng		
2100	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2015	CHI YIN IVIN	CHUNG	鍾至玆	
2101	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2015	Chun Kiu	Yu	虞竣喬	Sparkle Triathlon
2102	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2015	Yat Hei Isaac	Poon	潘日希	Sparkle Triathlon
2103	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2015	HO HEI	NG	吳皓熹	
2104	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2016	Hoi Yeung	Cheung	張海揚	Compass Sports Association
2105	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2016	Kak Scott	Yeung	楊格	Sparkle Triathlon
2106	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2016	YIU HENG DANIEL	LI		
2107	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2016	YIN HEI	NG	吳彥羲	
2108	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2016	Liam	Wright		
2109	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2016	Tsz Hin	Wong	黃子軒	
2110	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2016	HEI LONG OTIS	LEUNG		Energetic Triathlon Shatin
2111	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2016	Yuet Fung Nikan	Yiu	饒越風	The Little Dolphin Swimming Training Center
2112	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2016	Hayden	Woo	胡晨希	Titan Triathlon
2113	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2016	Tak Lam	Chan	陳德霖	
2114	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2016	George	Harrod		Aqua Gym Sport Association
2115	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2016	Nok Yi Jasper	Chan	陳諾一	
2116	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2016	Tin Hang	Wong	黃天行	Titan Triathlon
2117	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2016	JIN HARVEY	KWOK	郭臻	
2118	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2016	Hayling William Chan	Green	希寧	
2119	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2016	Kwun cheong	Tsang	曾冠倡	First Ten Generation Team
2120	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2016	Tsz Ho	Yan	殷梓賀	Sparkle Triathlon

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2121	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2017	Tang	Song		Mango Swimming Club
2122	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2017	謙佑	陳	陳謙佑	Titan Triathlon
2123	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2017	Morgan Muk	Yeung	楊目	Sparkle Triathlon
2124	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2017	Sum To	Chan	陳心陶	First Ten Generation Team
2125	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2017	Harvey	Leung	梁越	
2126	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2017	Chi Kin	CHO	曹知見	
2127	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2017	Hin Yat	Kwok	郭顯溢	
2128	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2017	Cheuk Him	Lo	盧卓謙	The Little Dolphin Swimming Training Center
2129	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2017	Tsz Fung	To	杜旨峰	
2130	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2017	Lok Chun	Wong	黃樂臻	First Ten Generation Team
2131	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2017	CHING KIU	WONG		Energetic Triathlon Shatin
2132	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2017	德富	李	李德富	Crest Ray Recreation & Sports Club
2133	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2017	Sze Lok	Chin	錢思樂	
2134	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2017	Cheuk Hei Amos	CHENG	鄭焯熙	
2135	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2017	Chau	Wing hong	周穎康	
2136	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2017	Yat To	Wan	溫日圖	Sparkle Triathlon
2137	11	9:10	Light Blue	TriKids Distance (Swim 250m/Run 2 km)	Boys 2017	Shu Yan Ethan	Mak	麥庶寅	Sparkle Triathlon