

## 2025 Duathlon Series - Race 3 Start list (Updated on 3 October 2025)

Race No	Heat	Start Time	Race Category	Race Category (Age)	First Name	Last Name	Chinese Name	Club
1777	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Open	Siu Wo	Au Yeung	歐陽兆和	The Little Dolphin Swimming Training Center
1778	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Open	Cheung Sing Nicholas	Tsang	曾祥星	
1779	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Open	Tai Long Jason	Ng	伍泰龍	
1780	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Open	Shing Him	Yu	余承謙	Energetic Triathlon Shatin
1781	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Open	Tak Long	Yip	葉德朗	Energetic Triathlon Shatin
1782	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 1	Tsz Leong Louie	Cheng	鄭梓亮	
1783	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 1	Chun Hei	Wong	黃俊偉	The Little Dolphin Swimming Training Center
1784	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 1	Ho Ting	Lee	李灝庭	AustSports Association
1785	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 1	Yan Tao	Shum	沈恩途	Galaxy Sports Triathlon
1786	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 1	Auscar	Tsang	曾竟瑤	Energetic Triathlon Shatin
1787	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 1	Wai Ching Jesse	Cheung	張維正	
1788	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 1	Nok Hei	Wong	王諾熙	
1789	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 1	Lok Shi	Lam	林樂仕	Energetic Triathlon Shatin
1790	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 1	Tsun Fung	Yim	嚴浚鋒	Sparkle Triathlon
1791	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 2	Po Shun Yemi	Yick	易甫鏗	Energetic Triathlon Shatin
1792	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 2	Chak Lam	Wan	溫澤林	Energetic Triathlon Shatin
1793	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 2	Pak Yiu Anson	Wong	黃柏堯	Energetic Triathlon Shatin
1794	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 2	WT Carson	Dominic	簡煒晉	Energetic Triathlon Shatin
1795	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 2	Pu Chak	Yung	翁溥澤	The Little Dolphin Swimming Training Center
1796	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 2	Pak Fan	Mok	莫柏勳	Energetic Triathlon Shatin
1797	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 2	Ka Ho	Wong	黃嘉豪	
1798	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 2	Ysz Hin	Yip	葉子軒	Energetic Triathlon Shatin
1799	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Elite Junior 2	Wang Hin Ian	Fok	霍泓軒	Energetic Triathlon Shatin
1800	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	KA O	LO	盧加奧	Galaxy Sports Triathlon
1801	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	PAK HEI	TSANG	曾珀滙	Energetic Triathlon Shatin
1802	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	天樂	梁	梁天樂	
1803	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	Chun Lok Mickey	Man	萬俊樂	First Ten Generation Team
1804	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	Ka Hei	Lam	林家希	First Ten Generation Team
1805	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	Tsz Kiu	Wu	胡梓翹	First Ten Generation Team
1806	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	KIN TO KAYDEN	WONG	黃健韜	The Little Dolphin Swimming Training Center
1807	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	Tsz Yeung Ian	Shek	石梓暘	Galaxy Sports Triathlon
1808	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	Wai Yin	Chan	陳韋弦	Sparkle Triathlon
1809	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	Kwok Hei	Kwok	郭曦	
1810	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	Yat Him	Chung	鍾日謙	Energetic Triathlon Shatin
1811	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	TSZ HIM	MOK	莫子謙	Galaxy Sports Triathlon
1812	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	Pak Lam Cass	Man	文柏藍	AustSports Association
1813	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	CHI HIM RYAN	YAU	丘志謙	Galaxy Sports Triathlon
1814	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 1	YAT LONG	LAM	林日朗	
1815	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 2	Chi Sheung	Wong	黃智尚	
1816	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 2	Yin	Kei	紀彥	Aqua Gym Sport Association
1817	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 2	Ka Siu	Lai	賴珈兆	Crest Ray Recreation & Sports Club
1818	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 2	景行	周	周景行	The Little Dolphin Swimming Training Center
1819	1	7:00:00	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Male Junior 2	Lok Yin	Kong	鄺樂賢	
1820	2	7:00:30	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Female Elite Open	Hoi Ching	Lam	林海晴	
1821	2	7:00:30	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Female Elite Open	Cheuk Yat	Lo	盧卓逸	Energetic Triathlon Shatin
1822	2	7:00:30	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Female Elite Junior 1	Wan Tung	Wong	黃允彤	Energetic Triathlon Shatin

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1823	2	7:00:30	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Female Elite Junior 1	Sarah	Modiano		
1824	2	7:00:30	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Female Elite Junior 1	Lai Ki Nicole	Man	文麗淇	Energetic Triathlon Shatin
1825	2	7:00:30	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Female Elite Junior 1	Oi Yin	Chan	陳愛妍	
1826	2	7:00:30	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Female Elite Junior 1	Lok Tung	Wong	王樂彤	
1827	2	7:00:30	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Female Elite Junior 1	Hayley	Tsang	曾熹兒	Energetic Triathlon Shatin
1828	2	7:00:30	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Female Elite Junior 2	Anson	Lun	倫柏翹	AustSports Association
1829	2	7:00:30	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Female Junior 1	Tin Nam	Chak	翟天嵐	
1830	2	7:00:30	Sprint Distance (Run 1.3km/ Bike 6km/ Run 1.4km)	Female Junior 2	Hiu Tung	Tang	鄧曉桐	Crest Ray Recreation & Sports Club
1832	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Chi Yan Ian	Chung	鍾智仁	
1833	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Yik Hei	Lau	劉奕希	Energetic Triathlon Shatin
1834	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Cheuk Kiu	Ng	吳卓翹	Energetic Triathlon Shatin
1835	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Edison	Wong	黃子健	
1836	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Yin Hang	Chan	陳彥衡	Aqua Gym Sport Association
1837	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Yat Kiu	Leung	梁逸喬	
1838	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Hoi Jin	Lee	李鎧靖	Energetic Triathlon Shatin
1839	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Cheuk Yin Desmond	Chau	周卓賢	Energetic Triathlon Shatin
1840	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Tze Kiu	Tam	譚子翹	Energetic Triathlon Shatin
1841	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Lucas	Wong	王諾	Energetic Triathlon Shatin
1842	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Hoi Fan	Ma	馬凱勳	
1843	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Jasper	Ho	何頌朗	The Little Dolphin Swimming Training Center
1844	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Chak Yan	Wan	溫澤仁	Energetic Triathlon Shatin
1845	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Ngai Chun	Ting	丁毅臻	Sparkle Triathlon
1846	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Shun Hei	Wong	黃淳希	
1847	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Oi Hei	Chan	陳愛希	Energetic Triathlon Shatin
1848	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	LUKAS	WONG		Energetic Triathlon Shatin
1849	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	TSZ WUN XAVIER	CHEUNG	張子桓	Crest Ray Recreation & Sports Club
1850	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	CHUN HIM LOUIS	WONG		Energetic Triathlon Shatin
1851	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	CARLOS	CHAN		Energetic Triathlon Shatin
1852	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	TING YAN MATTHEW	PANG	彭廷殷	Crest Ray Recreation & Sports Club
1853	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	TANG	HO HIM		Energetic Triathlon Shatin
1854	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Yik Sum, Sam	Kwok	郭奕琛	The Little Dolphin Swimming Training Center
1855	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Pak Lam	Tsang	曾柏霖	
1856	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Cheuk Hang	Ko	高焯恆	
1857	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	IRON	WAN	溫可為	Energetic Triathlon Shatin
1858	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Pak Yu Jesper	Yam	任柏宇	First Ten Generation Team
1859	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	JIANGZHI	HU	胡江芷	Energetic Triathlon Shatin
1860	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Chet	Yung	翁節	Crest Ray Recreation & Sports Club
1861	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Cheuk Yat Julien	Wong	黃焯一	Sparkle Triathlon
1862	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Leong Yin	Au	歐亮言	Sparkle Triathlon
1863	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	chun lok	chu	朱俊諾	First Ten Generation Team
1864	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Chun Ching	Ting	丁進澄	Sparkle Triathlon
1865	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Pak San	Cheung	張柏榮	First Ten Generation Team
1866	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	King Hei	Chan	陳敬希	Alpha Zone Sports
1867	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	梓希	譚	譚梓希	Alpha Zone Sports
1868	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	chung hei	Hou	侯仲熹	Alpha Zone Sports
1869	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	YUI HANG	CHOI	蔡睿珩	
1870	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	CHING VINCE	CHENG	鄭晴	

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1871	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Yat Long Julian	Cho	曹日朗	
1872	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Cheuk Nam Janko	Au	區卓嵐	Energetic Triathlon Shatin
1873	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Ian	Wong	王喆	Energetic Triathlon Shatin
1874	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Hei Shek	Leung	梁希碩	
1875	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	HO CHING ANGUS	LEUNG	梁皓程	The Little Dolphin Swimming Training Center
1876	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Chun Lam	Chu	朱俊霖	The Little Dolphin Swimming Training Center
1877	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Chun Hong Chaska	Poon	方俊匡	
1878	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Hao che	Chang	張浩哲	Crest Ray Recreation & Sports Club
1879	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	pak long Casper	chan	陳柏朗	Energetic Triathlon Shatin
1880	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Lap Yan	Kei	紀立人	Sparkle Triathlon
1881	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	TSZ SHUN	WONG	黃梓淳	
1882	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	San Mau Jacob	Mak	麥宸畝	Sparkle Triathlon
1883	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Sze Chai Damon	LAU		Energetic Triathlon Shatin
1884	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	O	SHAM	岑敖	Galaxy Sports Triathlon
1885	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Pok Yin	Tsang		The Little Dolphin Swimming Training Center
1886	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Lok Chun Titus	Lui	雷樂遵	Energetic Triathlon Shatin
1887	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Chung Hei	Cheung	鄭頌希	First Ten Generation Team
1888	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Ka Kit	Fung	馮家傑	First Ten Generation Team
1889	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Ka Hang	Yan	殷嘉亨	First Ten Generation Team
1890	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Alban	Modiano	安班	South China Athletic Association
1891	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	CHEUK NAM KEAGAN	KWAN		Energetic Triathlon Shatin
1892	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Chum	tsz ho	覃子皓	Aqua Gym Sport Association
1893	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Ngo Yin	Ng	吳傲然	First Ten Generation Team
1894	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Pak Hei	Chan	陳柏僖	Galaxy Sports Triathlon
1895	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Cheuk Hin	Kong	江卓軒	
1896	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Chun Yiu	Hui	許竣堯	The Little Dolphin Swimming Training Center
1897	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Ian	Yu		Mango Swimming Club
1898	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	KING TO	CHAN		Energetic Triathlon Shatin
1899	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Theodore	Zhang	張天維	Mango Swimming Club
1900	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Ching Kiu	Ng	吳政橋	AustSports Association
1901	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Pak Yin	Chu	朱珀賢	Sparkle Triathlon
1902	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Elite Youth	Hiu Yau	Yeung	楊曉悠	
1903	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Elite Youth	Heulwen	Chau	周焯慧	Energetic Triathlon Shatin
1904	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Elite Youth	Chung Ning	Shum	岑頌寧	Energetic Triathlon Shatin
1905	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Elite Youth	Bertha	Ackber	區曉彤	
1906	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Elite Youth	Yuet Hei	Ng	吳悅曦	Energetic Triathlon Shatin
1907	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 1	Cin Yee Cydnee	Chung	鍾倩兒	
1908	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 1	Jessie	Ho	何泳悠	The Little Dolphin Swimming Training Center
1909	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 1	Cheuk Lam	Chung	鍾焯琳	Energetic Triathlon Shatin
1910	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 1	Tsz Ying Charlotte	Mak	麥芷凝	Crest Ray Recreation & Sports Club
1911	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 1	CHING HEI	WONG		Energetic Triathlon Shatin
1912	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 1	Tasia	Fan	范諱雅	
1913	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 1	Tsz Shun	CHAN	陳梓淳	Blue & White Spirit Sports Club
1914	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 1	HIU TUNG HAZEL	LEE	李曉彤	
1915	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 1	Mong Ching Alki	Yiu	饒望晴	Alpha Zone Sports
1916	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 2	凱旻	陳	陳凱旻	First Ten Generation Team
1917	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 2	Hong Ching	Wong	黃康晴	The Little Dolphin Swimming Training Center

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1918	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 2	HEIDI	CHEUNG	張凱堤	Crest Ray Recreation & Sports Club
1919	4	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 2	Yi Chun	Chan	陳以臻	AustSports Association
1922	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	hei yu	poon	潘裕渝	Sonic Sports Association
1923	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Tristan Ching Ho	Lau	劉靖昊	
1924	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Yat To	Wan	溫日圖	Sparkle Triathlon
1925	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	PUI KIU	TAM	譚沛翹	Aqua Gym Sport Association
1926	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Hoi Yi	Yau	邱海懿	Aqua Gym Sport Association
1927	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Sum To	Chan	陳心陶	First Ten Generation Team
1928	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	OWEN	LEE		Energetic Triathlon Shatin
1929	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	SZE CHAI JENSON	YING		Energetic Triathlon Shatin
1930	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	YIN WANG	PUN		Energetic Triathlon Shatin
1931	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	HONG PING AVERY	NG		Energetic Triathlon Shatin
1932	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	HEI LONG OTIS	LEUNG		Energetic Triathlon Shatin
1933	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	CHING KIU	WONG		Energetic Triathlon Shatin
1934	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Cheuk Him	Lo	盧卓謙	The Little Dolphin Swimming Training Center
1935	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Tsz Ho	Yan	殷梓賀	Sparkle Triathlon
1936	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Morgan Muk	Yeung	楊目	Sparkle Triathlon
1937	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Kak Scott	Yeung	楊格	Sparkle Triathlon
1938	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Chun Yan Adrian	Lee	李俊殷	
1939	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Yuk Kin	Kwong	鄺旭健	
1940	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Hayling William Chan	Green	希寧	
1941	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Tang	Song		Mango Swimming Club
1942	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Hong Yui	Lau	劉康睿	The Little Dolphin Swimming Training Center
1943	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Chan	Tak Lam	陳德霖	
1944	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Yin Chun	Chu	朱延晉	First Ten Generation Team
1945	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	HO YEUNG	WONG	黃皓揚	
1947	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	TAK MAN	LEUNG	梁德恣	Energetic Triathlon Shatin
1948	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Tin Yat	Ma	馬天一	
1949	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Ho Wang	Huen	禰皓泓	
1950	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Tsz Kiu	Wong	黃梓僑	
1951	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Ho Shun	Chan	陳浩信	Alpha Zone Sports
1952	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	bruce	chan		Alpha Zone Sports
1953	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Chung Him	Leung	梁頌謙	
1954	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Harvey	Leung	梁越	
1955	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Tsz Lok	Chim	詹梓樂	Excel Swim Sports Association
1956	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	蔚然	岑	岑蔚然	Alpha Zone Sports
1957	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Isaac Chongyi	Shi	石崇伊	Mango Swimming Club
1958	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Lok Chun	Wong	黃樂臻	First Ten Generation Team
1959	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Pak Kiu	Tsang	曾柏嶠	Alpha Zone Sports
1960	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Tsz Ngo	cheung	張梓傲	The Little Dolphin Swimming Training Center
1961	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Chun Hang Jeremy	Chow	周駿鏗	First Ten Generation Team
1962	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	lai yin	lam		
1963	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Bevis	Yu		
1964	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Kwun cheong	Tsang	曾冠倡	First Ten Generation Team
1965	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Pak Wing	Leung	梁柏榮	First Ten Generation Team
1966	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Samuel	Ng	伍柏朗	Alpha Zone Sports
1967	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Hoi Chun	Chan	陳凱晉	The Little Dolphin Swimming Training Center

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1968	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Shu Yan Ethan	Mak	麥庶寅	Sparkle Triathlon
1969	5	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Yuet Fung Nikan	Yiu	饒越風	The Little Dolphin Swimming Training Center
1970	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Liam	Wong		Energetic Triathlon Shatin
1971	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Yat Long	Leung	梁日朗	Crest Ray Recreation & Sports Club
1972	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	YUK SEN	LEUNG	梁毓晨	The Little Dolphin Swimming Training Center
1973	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	頌一	譚	譚頌一	Galaxy Sports Triathlon
1974	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Chit Hei Torres	Li	李喆晞	
1975	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Yuet Hei	Chan		Aqua Gym Sport Association
1976	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	SHEUNG HEI	YEUNG		Energetic Triathlon Shatin
1977	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	LAP YIN EUGENE	WU		Energetic Triathlon Shatin
1978	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	CHUN ON AIDEN	LO		Energetic Triathlon Shatin
1979	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	CHUN YIN MATTHEW	CHEUK		Energetic Triathlon Shatin
1980	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	YAU YAT	LEUNG		Energetic Triathlon Shatin
1981	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	SEN YIK OTTO	WANG		Energetic Triathlon Shatin
1982	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Yat to Travis	Li		Energetic Triathlon Shatin
1983	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Chun-sing Murphy	LAU	劉俊昇	
1984	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	James	Cameron		
1985	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	ngo lam	ng	吳傲藍	First Ten Generation Team
1986	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Yu Kwan	Lam	林渝鈞	
1987	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Chun Kiu	Yu	虞竣喬	Sparkle Triathlon
1988	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	JADON	LI		
1989	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Chun Yuen	Wong	黃雋元	
1990	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	TIN YU	CHEUNG	張天宇	
1991	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	GAVIN	CHI	遲棣文	
1992	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Hok Sum	Au		Sparkle Triathlon
1993	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Lap Yan Duncan	Chow	周立仁	The Little Dolphin Swimming Training Center
1994	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	oson	lau	劉敖辰	The Little Dolphin Swimming Training Center
1995	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Tin Lap	Qu	邱天立	Sparkle Triathlon
1996	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Tin Hang	Qu	邱天行	Sparkle Triathlon
1997	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Cham Yin, Andres	Wong	黃湛然	
1998	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Jaxon	Lai	賴峻琛	First Ten Generation Team
1999	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	柏希	李	李柏希	The Little Dolphin Swimming Training Center
2000	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	CHUN TING	TSANG	曾俊廷	First Ten Generation Team
2001	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Hei Nok	Wong	黃希諾	The Little Dolphin Swimming Training Center
2002	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	CHUNG YU	WONG		Energetic Triathlon Shatin
2003	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Nok Norman	Chan	陳諾	The Little Dolphin Swimming Training Center
2004	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Ethan Andrew Vasileios	Papadopoulos		South China Athletic Association
2005	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Yat Long	Cheung	蔣逸朗	First Ten Generation Team
2006	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Justus	Liu	廖格非	
2007	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Wan Hin	Mok	莫蘊軒	Energetic Triathlon Shatin
2008	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Carson	LO	盧蒼哲	
2009	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	chun teng aiden	chow	周駿騰	First Ten Generation Team
2010	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	HO HEI	NG	吳皓熹	
2011	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Yat Long Jay	Chan	陳逸朗	Energetic Triathlon Shatin
2012	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Fung Janson	Lau	劉楓	
2013	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	CHI YIN IVIN	CHUNG	鍾至玆	
2014	6	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Yuehan	Yin	殷悅涵	

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2015	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	Yee Sum	Chung	鍾以心	
2016	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	YAN NAM	LEUNG	梁甄藍	The Little Dolphin Swimming Training Center
2017	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	YAT YEE	LAW	羅逸懿	Galaxy Sports Triathlon
2018	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	Hau Yee Alisha	WU	胡巧兒	The Little Dolphin Swimming Training Center
2019	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	SAU YU HARRIES	CHENG	鄭修瑜	Energetic Triathlon Shatin
2020	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	Yu Ching Charis	Chik	戚予晴	The Little Dolphin Swimming Training Center
2021	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	Mila	McMillan		
2022	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	Cheuk Man	Ko	高焯雯	
2023	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	Yuet Ching	Tang	鄧悅晴	First Ten Generation Team
2024	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	Nga Yu	Wong	黃雅渝	
2025	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	AMARACHI PRECIOUS	WONG	黃睿姿	Alpha Zone Sports
2026	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	CHEUNG	YUET CHING	蔣悅晴	First Ten Generation Team
2027	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	Tsz Ling Valerie	Hung	洪芷羚	Alpha Zone Sports
2028	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	泱辰	周	周泱辰	First Ten Generation Team
2029	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	Michaela Grace	Leung	梁然知	First Ten Generation Team
2030	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Do Do Lenna	Hui	許多多	Mango Swimming Club
2031	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Chin Yau	Tam	譚千柔	Crest Ray Recreation & Sports Club
2032	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	HAYLIE	TSANG	曾希妍	The Little Dolphin Swimming Training Center
2033	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Mo Tung	Cheung		The Little Dolphin Swimming Training Center
2034	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	CHING	WAN		Energetic Triathlon Shatin
2035	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	HEI SHUN ONA	LEUNG		Energetic Triathlon Shatin
2036	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	JIANGQI	HU	胡江蕙	Energetic Triathlon Shatin
2037	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Ceinwen	Chau	周翹慧	Energetic Triathlon Shatin
2038	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Yat Tung	Wan	溫日彤	Sparkle Triathlon
2039	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Yui Kiu	Poon		
2040	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Gina	chan	陳思羽	Alpha Zone Sports
2041	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Lok Yin Alicia	Lau	劉樂然	The Little Dolphin Swimming Training Center
2042	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Hei Ching	Tse	謝雋澄	Sparkle Triathlon
2043	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Cheuk Kiu	Cheung	張焯喬	The Little Dolphin Swimming Training Center
2044	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Tsz Chin	Tsang	曾籽芊	
2045	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Keira Joy	Leung	梁逸玥	First Ten Generation Team
2046	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Cheryl	Lau	劉森茵	First Ten Generation Team
2047	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Chin Yui	Chan	陳芊睿	AustSports Association
2048	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	OLIVIA	LEE	李傲凝	
2049	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Tin Wai	Chak	翟天蔚	
2050	7	9:35:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Ka Pik Abigail	Mak	麥珈璧	Sparkle Triathlon
1946	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Male SuperKids	Yui Ting	Siu	蕭睿廷	First Ten Generation Team
2052	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Male SuperKids	HO SAU	LAM	林號修	Energetic Triathlon Shatin
2053	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Male SuperKids	Tsz Lok	Chan	陳子犖	Aqua Gym Sport Association
2054	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Male SuperKids	PAK LAM	HO	何柏霖	Energetic Triathlon Shatin
2055	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Male SuperKids	YAN NAP	HO	何恩納	Energetic Triathlon Shatin
2056	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Male SuperKids	NOAH	CHEUNG	張烙靈	Energetic Triathlon Shatin
2057	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Male SuperKids	JAKE ANDERS	CHAN	陳卓謙	Energetic Triathlon Shatin
2058	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Male SuperKids	Blake	McMillan		
2059	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Male SuperKids	CHUN YU MARCUS	LI	李雋宇	
2060	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Male SuperKids	YIK HEI	NG	吳奕熙	

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2061	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Male SuperKids	WING FUNG	LO	盧穎鋒	
2062	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Male SuperKids	Yick Kiu Casper	Kwong	鄭奕翹	
2063	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Male SuperKids	CHAN	KAI HENG CALEE	陳啓恆	
2064	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Male SuperKids	Chi Lok	Ching	程治絡	Alpha Zone Sports
2065	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Male SuperKids	Pok Yin	Leung	梁博賢	First Ten Generation Team
2066	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Male SuperKids	洛銘	張	張洛銘	
2067	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Female SuperKids	Hoi Yuet	Yau	邱海悅	Aqua Gym Sport Association
2068	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Female SuperKids	Sheung Yin	Wong	黃相然	
2069	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Female SuperKids	Hoi Ching	YIP	葉凱晴	
2070	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Female SuperKids	Ngo Ching	Wong	王傲晴	First Ten Generation Team
2071	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Female SuperKids	Sze Yu	Chan	陳思瑜	The Little Dolphin Swimming Training Center
2072	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Female SuperKids	Lok Yau	Man	文樂嫻	First Ten Generation Team
2073	8	10:00:00	SuperKids Distance (Run 600m/ Bike 2km/ Run 100m)	Female SuperKids	YIK YAN	TONG	唐奕忻	Alpha Zone Sports
2075	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	Son Keng	Leung	梁順敬	
2076	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	Kui Shing	Lam	林鉅成	
2077	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	KIN LIM	KWAN		Energetic Triathlon Shatin
2078	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	Tak Kiu	Pun	潘德翹	Tritons Triathlon Club
2079	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	CHO WAH	WAN	溫祖華	
2080	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	Jean Remi	Lopez		
2081	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	Ka Kit	WONG	黃嘉傑	
2082	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	WING HON	WONG	王泳漢	
2083	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	kam chung	Lau	劉錦聰	First Ten Generation Team
2084	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	Gump	Wong Yuk Hei	黃旭曦	
2085	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	Sin Hang	Chan		
2086	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	Man Chun	Wong		
2087	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	Ka Ho Lawrence	Wong	黃家灝	Sonic Sports Association
2088	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 45-49	Kim	lu		
2089	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 45-49	Shun Cheong	Huen	信昌	
2090	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 45-49	chi wai	chan	陳子為	
2091	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 45-49	Ting Lok	Ngan	顏定樂	Energetic Triathlon Shatin
2092	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 45-49	lin kit	yeung	楊連傑	
2093	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 45-49	Tommy Chi Kwan	Siu	蕭子鈞	First Ten Generation Team
2094	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 45-49	Wai Hung	Chan	陳偉洪	
2095	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 45-49	Ka Ming	Lai	黎家銘	AustSports Association
2096	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 45-49	HON SUEN	MOK	莫翰遜	Crest Ray Recreation & Sports Club
2097	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 45-49	Michael	Leung	梁達志	
2098	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 45-49	YIK Lung	YIU	饒奕龍	The Little Dolphin Swimming Training Center
2099	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 50-54	CHING FAI	LEUNG		Energetic Triathlon Shatin
2100	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 50-54	Pui Yuen	Wong	黃沛源	Pro-trinity Sports Club
2101	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 50-54	tik ho	chum	覃迪豪	Aqua Gym Sport Association
2102	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 50-54	yosuke	oka	岡洋介	Energetic Triathlon Shatin
2103	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 50-54	Chi Kit	Chan	陳志傑	The Little Dolphin Swimming Training Center
2104	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 50-54	WA KAY JIMMY	CHIU		
2105	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 50-54	CHAN	CHI KIT		
2106	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 50-54	zhenjun	tan		
2107	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 50-54	Kwok king	Chiu	趙國經	
2108	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 55-59	SHU WAH JIMMY	WAN	溫樹華	Energetic Triathlon Shatin

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2109	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 55-59	Ricci	Yasin		Hong Kong Dragons Triathlon Club
2110	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 55-59	King Lai, Jeffrey	LIU	廖敬禮	Mango Swimming Club
2111	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 55-59	Vincent	Lee		AustSports Association
2112	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 55-59	man kwong	cheung		Mango Swimming Club
2113	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 60-64	YIN CHEONG	WONG		Energetic Triathlon Shatin
2114	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 60-64	LAI CHUNG	LEE		Mango Swimming Club
2115	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 60-64	TAK WA PAUL	KONG		Energetic Triathlon Shatin
2116	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 60-64	Ho Seng	Wong	王皓生	Energetic Triathlon Shatin
2117	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 65-69	Yuk Fu	Ma	馬育富	AustSports Association
2118	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 65-69	富齡	譚	譚富齡	
2119	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 65-69	WING KWONG	IP		Energetic Triathlon Shatin
2120	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 65-69	Heng Fan	Poon	潘恒奮	
2121	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 70 & Over	Chi Ling Clement	Yeung	楊子凌	The Little Dolphin Swimming Training Center
2122	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 70 & Over	King Yuen	Chan	陳景源	New Sports Triathlon
2123	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 70 & Over	Ting Fun Stephen	HOU		
2124	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 70 & Over	KONG	SHEK	石江	AustSports Association
2125	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 70 & Over	Chi Hung	Leung	梁治洪	AustSports Association
2126	9	10:30:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 70 & Over	Stephen King Che	Chan		Energetic Triathlon Shatin
2127	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 20-24	Yuen Hei	Chung		
2128	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 20-24	Hei Man Herman	Lai	黎曦文	
2129	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 20-24	Lok Ping	Tung	董樂平	Galaxy Sports Triathlon
2130	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 20-24	皓陽	方	方皓陽	
2131	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 20-24	伊航	羅	羅伊航	
2132	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 20-24	Yu Hin	Ning	甯宇軒	Titan Triathlon
2133	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 20-24	Wai Shing	Tsang	曾煒城	
2134	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 20-24	Kin Hei	Wong	黃鍵熹	
2135	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 20-24	浩剛	陳	陳浩剛	
2136	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 25-29	HON SUM	TONG		
2137	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 25-29	Long Kit	Chiu	趙朗傑	New Sports Triathlon
2138	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 25-29	Ho Kwong Billy	Ching	程浩光	New Sports Triathlon
2139	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 25-29	Zhanbo	HE		
2140	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 25-29	Kwan To	Leung	梁君陶	
2141	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 25-29	Hin Cheuk	Chan		
2142	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 25-29	tszkit	tang		
2143	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 25-29	Ngai	Chan	陳毅	
2144	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 30-34	Bruce CM	Leung		
2145	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 30-34	Nai Lun	Mak	麥乃倫	
2146	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 30-34	chun fung	wong	黃震鋒	AustSports Association
2147	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 30-34	Ling hang	Yuen	鉉令行	
2148	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 30-34	REMI	COMMERCON		
2149	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 30-34	Benjamin	Le Crom		
2150	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 35-39	Lee Chiu	NGAI	魏利超	
2151	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 35-39	SHEK CHUNG	MAK		Energetic Triathlon Shatin
2152	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 35-39	Chun Ting Timothy	Ho	何俊廷	Energetic Triathlon Shatin
2153	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 35-39	Kwai On	Mo		
2154	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 35-39	Shek Lun	Li	李錫倫	
2155	10	11:15:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 35-39	marlon gallardo	trinidad		

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2156	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 30-34	ning	tan	陳寧生	
2157	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 35-39	YAN	YU		Energetic Triathlon Shatin
2158	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 35-39	stephanie	Perrault		
2159	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 35-39	Pui ling	Lee	李佩玲	
2160	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 35-39	rica yumang	santos		
2161	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 40-44	KA MAN	LEUNG	梁家敏	Galaxy Sports Triathlon
2162	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 40-44	Suet Ying Rachel	Chan	陳雪盈	
2163	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 40-44	Hoi Lam	Fung	馮凱琳	
2164	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 40-44	Hang Chu	Chung		
2165	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 40-44	Hoi Ying Micheel	Chau	周愷瑩	
2166	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 40-44	Persephone	Yuen		
2167	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 45-49	WAI YI	NG	伍慧兒	First Ten Generation Team
2168	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 45-49	CHIKAKO	INUKAI	犬飼 千佳子	
2169	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 45-49	MAN YI MAY	LI		Energetic Triathlon Shatin
2170	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 45-49	NOK SZE	TSE	謝諾思	
2171	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 45-49	Wai Tong	Yip	葉慧棠	
2172	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 45-49	Elaine	Fu		
2173	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 50-54	Shuk Yi Angela	Lau	劉淑儀	South China Athletic Association
2174	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 50-54	Kee Yu	Li	李紀如	
2175	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 50-54	Nga Yee	Li	李雅怡	Energetic Triathlon Shatin
2176	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 50-54	Ching Yi	Li	李靜儀	Energetic Triathlon Shatin
2177	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 50-54	PUI YI ELIZABETH	TAM	譚佩儀	Crest Ray Recreation & Sports Club
2178	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 55-59	SHUK HAN KAREN	LUI		Energetic Triathlon Shatin
2179	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 55-59	Willa	WONG		Mango Swimming Club
2180	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 55-59	MEI LEI	YEUNG	楊美俐	
2181	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 55-59	HAU YI DORA	LI		Energetic Triathlon Shatin
2182	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 55-59	wai fun	LIU		Sonic Sports Association
2183	11	11:15:30	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 65-69	YUK CHING CHRISTINA	LEUNG		Energetic Triathlon Shatin