

2026 Hong Kong Aqauthlon Championships - Sprint Distance Startlist

Race No	Heat	Lane	Start Time	Race Distance	Race Category	First Name	Last Name	Chinese Name	Club
600	29	0	10:30	Sprint Distance (Swim 400m/Run 3km)	Male Elite Junior 1	Cheng	Tsz Leong Louie	鄭梓亮	
601	29	1	10:30	Sprint Distance (Swim 400m/Run 3km)	Male Elite Junior 1	Chun	Cheuk Long	陳卓朗	
602	29	1	10:30	Sprint Distance (Swim 400m/Run 3km)	Male Elite Junior 1	Lee	Ho Ting	李灝庭	
604	29	2	10:30	Sprint Distance (Swim 400m/Run 3km)	Male Elite Junior 1	Wong	Lucas	王諾	Energetic Triathlon Shatin
605	29	2	10:30	Sprint Distance (Swim 400m/Run 3km)	Male Elite Junior 1	Chan	Yin Hang	陳彥衡	Aqua Gym Sport Association
606	29	3	10:30	Sprint Distance (Swim 400m/Run 3km)	Male Elite Junior 1	Wong	Chun Hei	黃俊偉	The Little Dolphin Swimming Training Center
607	29	3	10:30	Sprint Distance (Swim 400m/Run 3km)	Male Elite Junior 1	Lam	Yat Long	林日朗	
608	29	4	10:30	Sprint Distance (Swim 400m/Run 3km)	Male Elite Junior 1	Chan	King To	陳景滔	Energetic Triathlon Shatin
609	29	4	10:30	Sprint Distance (Swim 400m/Run 3km)	Male Elite Junior 1	Wong	Edison	黃子健	
610	29	5	10:30	Sprint Distance (Swim 400m/Run 3km)	Male Elite Youth	Lee	Hoi Jin	李鎧靖	Energetic Triathlon Shatin
611	29	5	10:30	Sprint Distance (Swim 400m/Run 3km)	Male Elite Youth	Ng	Cheuk Kiu	吳卓翹	Energetic Triathlon Shatin
612	29	6	10:30	Sprint Distance (Swim 400m/Run 3km)	Male Elite Youth	Wong	Shun Hei	黃淳希	
613	29	6	10:30	Sprint Distance (Swim 400m/Run 3km)	Male Elite Youth	Kei	Lap Yan	紀立人	Sparkle Triathlon
614	29	7	10:30	Sprint Distance (Swim 400m/Run 3km)	Male Elite Youth	Chang	Hao Che	張浩哲	Crest Ray Recreation & Sports Club
615	29	7	10:30	Sprint Distance (Swim 400m/Run 3km)	Male Elite Youth	Chung	Chi Yan Ian	鍾智仁	Energetic Triathlon Shatin
616	29	8	10:30	Sprint Distance (Swim 400m/Run 3km)	Male Junior 2	Lai	Shung Him	賴崇謙	AustSports Association
617	29	8	10:30	Sprint Distance (Swim 400m/Run 3km)	Male Junior 2	YAU	CHI HIM RYAN	丘志謙	Galaxy Sports Triathlon
618	29	9	10:30	Sprint Distance (Swim 400m/Run 3km)	Male Junior 2	Chun Hei Ryan	Chan	陳俊熹	Aqua Gym Sport Association
619	30	0	10:38	Sprint Distance (Swim 400m/Run 3km)	Male Junior 1	Chan	Pak Hei	陳柏僊	Galaxy Sports Triathlon
620	30	1	10:38	Sprint Distance (Swim 400m/Run 3km)	Male Junior 1	Yu	Ian		Mango Swimming Club
621	30	1	10:38	Sprint Distance (Swim 400m/Run 3km)	Male Junior 1	Wang	Erik	王昊程	Kwan Hung Sports Club
622	30	2	10:38	Sprint Distance (Swim 400m/Run 3km)	Male Junior 1	Man	Pak Lam Cass	文柏藍	AustSports Association
623	30	2	10:38	Sprint Distance (Swim 400m/Run 3km)	Male Junior 1	Wong	Marco	黃景烽	
624	30	3	10:38	Sprint Distance (Swim 400m/Run 3km)	Male Junior 1	Hung	Pak Lok Alfred	洪栢諾	The Little Dolphin Swimming Training Center
625	30	4	10:38	Sprint Distance (Swim 400m/Run 3km)	Male Junior 1	Ho	Rico	何兆剛	
626	30	4	10:38	Sprint Distance (Swim 400m/Run 3km)	Male Junior 1	tsz ho	Chum	覃子皓	Aqua Gym Sport Association
627	30	5	10:38	Sprint Distance (Swim 400m/Run 3km)	Male Junior 1	TANG	KWAN YEUNG JASPER	鄧君揚	
628	30	5	10:38	Sprint Distance (Swim 400m/Run 3km)	Male Junior 1	梁	積師		
629	30	6	10:38	Sprint Distance (Swim 400m/Run 3km)	Female Elite Junior 1	Chan	Oi Yin	陳愛妍	
630	30	6	10:38	Sprint Distance (Swim 400m/Run 3km)	Female Elite Junior 1	Ackber	Bertha	區曉彤	
631	30	7	10:38	Sprint Distance (Swim 400m/Run 3km)	Female Elite Junior 1	Shum	Chung Ning	岑頌寧	Energetic Triathlon Shatin
632	30	7	10:38	Sprint Distance (Swim 400m/Run 3km)	Female Elite Youth	Lee	Hiu Tung Hazel	李曉彤	
633	30	8	10:38	Sprint Distance (Swim 400m/Run 3km)	Female Elite Youth	Ma	Yi	馬懿	
634	30	8	10:38	Sprint Distance (Swim 400m/Run 3km)	Female Elite Youth	Wong	Hong Ching	黃康晴	The Little Dolphin Swimming Training Center
635	30	9	10:38	Sprint Distance (Swim 400m/Run 3km)	Femlae Elite Youth	Lau	Sin Yin Chloe	劉善然	New Sports Triathlon
636	31	0	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 20-29	郭	永熙	郭永熙	
637	31	1	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 20-29	Wong	Yik Hong		Crest Ray Recreation & Sports Club
638	31	1	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 20-29	Lau	Hoi Pak	劉海柏	
639	31	2	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 20-29	Tsang	Wai Chun	曾澤潛	
640	31	2	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 20-29	Yim	Chun Hei	嚴浚偉	
641	31	3	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 20-29	NG	SIU CHUNG		
642	31	3	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 20-29	Wong	Ka Ho Jonathan	黃家皓	
643	31	4	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 20-29	Tang	Kin Yip	鄧建業	Sonic Sports Association
644	31	4	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 30-39	Law	Leong Tim	羅亮添	Crest Ray Recreation & Sports Club
645	31	5	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 30-39	Ho	Chun Sum Samuel	何俊琛	Energetic Triathlon Shatin
646	31	5	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 30-39	Yuen	Chun kit	袁俊傑	
647	31	6	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 30-39	Ho	Ting Him	何庭謙	Blue & White Spirit Sports Club
648	31	6	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 30-39	Leung	Bruce CM	梁緯文	Energetic Triathlon Shatin

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Race No	Heat	Lane	Start Time	Race Distance	Race Category	First Name	Last Name	Chinese Name	Club
649	31	7	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 30-39	TANG	Chun Wai		
650	31	7	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 30-39	Yu	Chun Long		
651	31	8	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 30-39	TSOI	TSZ CHUN JASON	蔡梓津	Hong Kong Fire Services Sports and Welfare Club
652	31	8	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 30-39	WOO	CASPAR WILSON CHI LEUK	胡智略	
653	31	9	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 30-39	MA	PING KIT	馬秉杰	
654	31	9	10:48	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 30-39	Lee	Jason		
655	32	0	10:57	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Leung	Kwong Kui		
656	32	1	10:57	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	MA	DEREK HING KWOK		
657	32	1	10:57	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Ochiai	Hirokazu		Energetic Triathlon Shatin
658	32	2	10:57	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Pun	Tak Kiu	潘德翹	
659	32	3	10:57	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Ho	Ronnie	何智朗	Tritons Triathlon Club
660	32	3	10:57	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Wu	Sheung Kai Jonathan	伍尚楷	
661	32	4	10:57	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	CHAN	Felix	陈海劲	
662	32	5	10:57	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Pari	Giacomo		
663	32	5	10:57	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	SHIU	Man Kit		
664	32	6	10:57	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Leung	Wing Cheong	梁永昌	
665	32	6	10:57	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Wong	Cheong Lok	王昌諾	
666	32	7	10:57	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Wong	Tony Yee Pong		
667	32	8	10:57	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Lam	Sze Yui	林時銳	
668	32	8	10:57	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Isackson	Shane		
669	32	9	10:57	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Lee	Chun Nin	李進年	
670	33	0	11:06	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Leung	Ka Hin		
671	33	1	11:06	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Wong	Chung Kei		
672	33	1	11:06	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Feng	Xinyi		
673	33	2	11:06	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Ma	Chi Wo	馬志和	
674	33	3	11:06	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Shek	Manthaw	石曜綸	
675	33	3	11:06	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	TANG	PUI KIN SEAN	鄧沛堅	
676	33	4	11:06	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	chong	ting piu	chong ting piu	Titan Triathlon
677	33	5	11:06	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Chow	Wai Ming	周偉明	
678	33	5	11:06	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 40-49	Yip	Ka Ho Tonie		
679	33	6	11:06	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 70 & Over	Poon	Heng Fan	潘恒奮	
680	33	6	11:06	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 70 & Over	Leung	Chi Hung	梁治洪	AustSports Association
681	33	7	11:06	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 70 & Over	Yeung	Chi Ling Clement	楊子凌	The Little Dolphin Swimming Training Center
682	33	8	11:06	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 70 & Over	Chan	Stephen King Che	Chan Stephen King Ch	Energetic Triathlon Shatin
683	33	9	11:06	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 70 & Over	Kong	Shek	石江	AustSports Association
684	34	0	11:15	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 50-59	Chan	Wai Hung	陳偉洪	
685	34	1	11:15	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 50-59	Papadopoulos	George		South China Athletic Association
686	34	1	11:15	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 50-59	Nakagawa	Kiyoshi	中川 喜代志	
687	34	2	11:15	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 50-59	Chow	Chi Hoi Ocean	周志海	
688	34	2	11:15	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 50-59	Tong	Kai Ton	湯啟敦	
689	34	3	11:15	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 50-59	Chung	Sze Wang		Titan Triathlon
690	34	3	11:15	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 50-59	YEUNG	WING YIN	YEUNG WING YIN MIC	Energetic Triathlon Shatin
691	34	4	11:15	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 50-59	Pang	Kam Yau	彭金有	
692	34	4	11:15	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 50-59	LAU	GARY LAU	劉家偉	Energetic Triathlon Shatin
693	34	5	11:15	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 50-59	Matsuzawa	Atsushi	松澤厚	Energetic Triathlon Shatin
694	34	5	11:15	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 50-59	Ma	Michael		
695	34	6	11:15	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 50-59	Leung	Sze Moon		

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Race No	Heat	Lane	Start Time	Race Distance	Race Category	First Name	Last Name	Chinese Name	Club
696	34	6	11:15	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 60-69	KONG	TAK WA PAUL	KONG TAK WA PAUL	Energetic Triathlon Shatin
697	34	7	11:15	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 60-69	LEUNG	KENNY		
698	34	7	11:15	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 60-69	Choy	Benson		
699	34	8	11:15	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 60-69	Wong	Ho Seng	王皓生	
700	34	9	11:15	Sprint Distance (Swim 400m/Run 3km)	Male Age Group 60-69	TAM	SZE LUN	譚仕倫	
701	35	0	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Junior 1	Cheng	Lok Ching	鄭樂澄	Energetic Triathlon Shatin
702	35	0	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Junior 1	RAMSAY	Ruby		
703	35	1	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Junior 1	Lusher	Lauren		
704	35	1	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Junior 1	Chui	Letitia		
705	35	2	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Junior 2	Lee	Samantha	李瀚心	
706	35	2	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Junior 2	鄭	澤恩	鄭澤恩	South China Athletic Association
707	35	3	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Junior 2	Wong	Wing Tung		
708	35	3	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Junior 2	Apostolou	Antonia Zoi		
709	35	4	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Junior 2	Shek	Lok Sze Hannah Joy	石樂施	
710	35	4	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 20-29	Lai	Tsz Ching	黎芷晴	
711	35	5	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 20-29	Cheng	Yi Lam	鄭伊琳	Crest Ray Recreation & Sports Club
712	35	5	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 20-29	ho	Yuen shun	何沅鏘	
713	35	6	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 20-29	OR	SIU KWAN		
714	35	6	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 20-29	CHIU	CHUN WAI		
715	35	7	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 20-29	Tam	Venus		
716	35	7	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 20-29	Chic	Yuen Kei	植琬淇	Energetic Triathlon Shatin
717	35	8	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 20-29	Hiu Ki	Leung		
718	35	8	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 20-29	Chan	Yim Chi	陳艷姿	
719	35	9	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 20-29	Ip	Ho Kei Yuki		
720	35	9	11:25	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 20-29	Ngan	Sze Wing	顏詩穎	
721	36	0	11:35	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 30-39	Mackay	Jennifer	麥家恩	Energetic Triathlon Shatin
722	36	1	11:35	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 30-39	CHAN	SUK CHEE	陳淑芝	
723	36	1	11:35	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 30-39	Fong	Wing Yee		
724	36	2	11:35	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 30-39	Lum	Belinda		
725	36	2	11:35	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 30-39	YEUNG	TSZ KIU		
726	36	3	11:35	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 30-39	Lau	Chiu Yi		Sonic Sports Association
727	36	3	11:35	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 30-39	Tam	Noel		
728	36	4	11:35	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 30-39	Zavertaylo	Victoria		
729	36	4	11:35	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 30-39	Chan	Ka Lok	陳家樂	
730	36	5	11:35	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 30-39	FONG	YI LAN		
731	36	5	11:35	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 30-39	Wong	Suet Ling Joey	黃雪綾	Sonic Sports Association
732	36	6	11:35	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 30-39	Liu	Ka Wing		
733	36	6	11:35	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 30-39	Tang	Florence Wing Tsz		
734	36	7	11:35	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 30-39	Lo	Tsz Ching		
735	36	7	11:35	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 30-39	Fung	Cho Kiu		
736	36	8	11:35	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 30-39	CHAN	KA YAN	陳嘉欣	Energetic Triathlon Shatin
737	36	9	11:35	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 30-39	Jones	Madeline		
738	37	0	11:45	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 40-49	LO	KA KI	羅嘉琪	
739	37	1	11:45	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 40-49	TSE	SHI SUM JOAN		
740	37	1	11:45	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 40-49	Chan	Yu ki		
741	37	2	11:45	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 40-49	Cheung	Mei yee	張美儀	
742	37	3	11:45	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 40-49	POON	YEUK LAN		

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Race No	Heat	Lane	Start Time	Race Distance	Race Category	First Name	Last Name	Chinese Name	Club
743	37	4	11:45	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 40-49	Chik	Pun Kan	戚本芹	
744	37	5	11:45	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 40-49	Yau	Lok Lam Van		
745	37	6	11:45	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 40-49	Lee	Hoi Shan	李愷珊	
746	37	7	11:45	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 40-49	Wong	Wai ki	黃慧琪	
747	37	8	11:45	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 40-49	Lau	Yin Yung Carol	劉彥容	
748	37	9	11:45	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 40-49	Leung	Chui Ting Tracy	梁翠婷	
749	38	0	11:55	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 50-59	Wong	Flora Ka Yan	黃嘉恩	
750	38	1	11:55	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 50-59	Ramjahn	Hanifa	林沛思	
751	38	1	11:55	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 50-59	Cheung	Ka Fung	張嘉鳳	The Little Dolphin Swimming Training Center
752	38	2	11:55	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 50-59	LIU	wai fun		Sonic Sports Association
753	38	3	11:55	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 50-59	LUI	SHUK HAN KAREN		Energetic Triathlon Shatin
754	38	3	11:55	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 50-59	Cheung	Pui Yi		
755	38	4	11:55	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 50-59	Chui	Iris	徐恩婷	
756	38	5	11:55	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 50-59	Ho	Mabel		
757	38	5	11:55	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 50-59	Chan	Ka Tee		
758	38	6	11:55	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 50-59	LI	MAN YI MAY		Energetic Triathlon Shatin
759	38	7	11:55	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 50-59	Li	Ching Yi	李靜儀	Energetic Triathlon Shatin
760	38	7	11:55	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 50-59	Yip	Lai Chong	葉麗莊	NL Triathlon Club
761	38	8	11:55	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 60-69	LAU	LAI WA		Energetic Triathlon Shatin
762	38	9	11:55	Sprint Distance (Swim 400m/Run 3km)	Female Age Group 60-69	Wong	Cecilia	王嘉慧	Sonic Sports Association