

Race No	Heat	Start Time	Race Category	Race Category (Age)	Last Name	First Name	Chinese Name	Club
401	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	Zhang	Jeff		
402	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	CHAN	YIN LAM		Energetic Triathlon Shatin
403	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	MOK	TSZ HIM	莫子謙	Galaxy Sports Triathlon
404	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	Lau	Shun Hei	劉信義	
405	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	NG	YUI FUNG	吳睿峰	
406	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	Ng	Yat Long, Marcus	伍溢朗	Galaxy Sports Triathlon
407	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	Kei	Yin	紀彥	Aqua Gym Sport Association
408	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	YIM	TSUN FUNG	嚴浚鋒	Sparkle Triathlon
409	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	LO	TSZ LEONG	羅梓亮	
410	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	Wu	Chun Ming Marcus	胡晉銘	
411	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	YAU	CHI HIM RYAN	丘志謙	Galaxy Sports Triathlon
412	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	Dominic	Carson WT	簡煒晉	Energetic Triathlon Shatin
413	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	Wong	Pak Yiu Anson	黃栢堯	Energetic Triathlon Shatin
414	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	Yung	Pu Chak	翁溥澤	The Little Dolphin Swimming Training Center
415	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	Mok	Pak Fan	莫柏勛	Energetic Triathlon Shatin
416	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	Yick	Po Shun Yemi		
417	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	Chow	Yu Chak		Crest Ray Recreation & Sports Club
418	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	Chan	Ka Hei Cyrus		
419	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	Lam	Lok Shi		Energetic Triathlon Shatin
420	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	Tsang	Auscar		Energetic Triathlon Shatin
421	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	Wong	Nok Hei		
422	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	Yim	Tsun Fung		Sparkle Triathlon
423	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	Lai	Pak Long		Sparkle Triathlon
424	1	7:00:00	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 16-17	Shum	Yan Tao		
425	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 18-19	Tung	Lok Ping	董樂平	Galaxy Sports Triathlon
426	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 18-19	Cheung	Lap Fai	張立輝	Aqua Gym Sport Association
427	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 18-19	Au Yeung	siu wo	歐陽兆和	The Little Dolphin Swimming Training Center
428	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 18-19	Wu	Rui Xin	吳睿鑫	First Ten Generation Team
429	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 18-19	Chu	Yan Ho		South China Athletic Association
430	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 18-19	Chan	Pak Hoi		Dali Swimming Club
431	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 18-19	Fok	Wang Hin Ian		Energetic Triathlon Shatin
432	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 18-19	Chan	Yui Fung		Energetic Triathlon Shatin
433	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 18-19	Tsang	Wai Chun		AustSports Association
434	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 18-19	Wong	Ka Ho		
435	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Male Aged 18-19	Yip	Tsz Hin		Energetic Triathlon Shatin
436	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Female Aged 16-17	Chau	Nicole		
437	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Female Aged 16-17	Wu	Yuk Ki		Aqua Gym Sport Association
438	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Female Aged 16-17	CHEN	Christa		Energetic Triathlon Shatin
439	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Female Aged 16-17	Lun	Anson		AustSports Association
440	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Female Aged 16-17	Man	Lai Ki Nicole		Energetic Triathlon Shatin
441	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Female Aged 16-17	Stamenovic	Petra		
442	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Female Aged 16-17	Wong	Wan Tung		Energetic Triathlon Shatin
443	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Female Aged 18-19	KOO	HIU LAM	顧曉琳	Energetic Triathlon Shatin
444	2	7:00:30	Sprint Distance (Run 1.2km/ Bike 6km/ Run 1.4km)	Female Aged 18-19	Tang	Hiu Tung	鄧曉桐	

Race No	Heat	Start Time	Race Category	Race Category (Age)	Last Name	First Name	Chinese Name	Club
445	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Au	Ho Chu		Energetic Triathlon Shatin
446	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Kwok	Ching Ho		Crest Ray Recreation & Sports Club
447	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Wong	Chun Hei		The Little Dolphin Swimming Training Center
448	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Cheung	Wai Ching Jesse		
449	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Ting	Ngai Chun		
450	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Modiano	Alban	安班	South China Athletic Association
451	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	WU	SAU YIN	胡守賢	Galaxy Sports Triathlon
452	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Leung	John	梁璋	
453	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	CHEUNG	WAN NOK		Energetic Triathlon Shatin
454	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	KWAN	CHEUK NAM KEAGAN		Energetic Triathlon Shatin
455	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	歐陽	殷豪	歐陽殷豪	Aqua Gym Sport Association
456	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Long Yat	Tsang	曾朗一	First Ten Generation Team
457	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Yu	Ian		Mango Swimming Club
458	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	LAU	HONG NAM	劉康楠	Alpha Zone Sports
459	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Chan	Wai Yin	陳韋弦	Sparkle Triathlon
460	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	hui	chun yiu	許竣堯	
461	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Sheinker	Adrian		Aqua Gym Sport Association
462	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Kwong	Kwan Ho, Harold	鄺君濤	
463	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Tsang	Pok Yin		Alpha Zone Sports
464	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	tsz ho	chum	鞏子皓	Aqua Gym Sport Association
465	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	LAM	YAT LONG	林日朗	
466	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Wong	Tin Chak	黃天澤	
467	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Shum	Mathis Hin Lun	沈衍輪	Galaxy Sports Triathlon
468	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Tsang	Lok Tin	曾樂天	
469	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Wong	Lucas	王諾	Energetic Triathlon Shatin
470	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Man	Pak Lam Cass	文柏藍	AustSports Association
471	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Chan	Pak Hei	陳柏偉	Galaxy Sports Triathlon
472	3	7:40:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 14-15	Chan	King To		Energetic Triathlon Shatin
473	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 12-13	WU	TSZ CHING	胡芷菁	Galaxy Sports Triathlon
474	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 12-13	Zheng	Wenxi	鄭文熙	
475	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 12-13	Yuen	Yee Tung	袁漪彤	Galaxy Sports Triathlon
476	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 12-13	Chan	Kwan Yuen	陳崑緣	Galaxy Sports Triathlon
477	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 12-13	Chau	Heulwen	周烜慧	Energetic Triathlon Shatin
478	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 12-13	Lai	Jacey	賴朗恩	First Ten Generation Team
479	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 12-13	Wan	Liz		
480	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 12-13	MA	YI	馬懿	
481	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 12-13	Yeung	Hiu Yau	楊曉悠	
482	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 14-15	Chan	OI Yin		
483	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 14-15	Tsang	Hayley		Energetic Triathlon Shatin
484	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 14-15	Wong	Lok Tung		
485	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 14-15	Modiano	Sarah Elise		South China Athletic Association
486	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 14-15	Ng	Yuet Hei		Energetic Triathlon Shatin
487	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 14-15	Hung	Ching Yau Enya	孔菁滄	Alpha Zone Sports
488	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 14-15	Siu	Yik Ching	蕭亦晴	
489	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 14-15	Siu	Yik Nam	蕭亦嵐	
490	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 14-15	Chung	Hoi Kiu	鍾凱喬	Hoi Ngai Sports Association

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491	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 14-15	Lee	Tsz Yau	李紫悠	
492	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 14-15	Wallace	Adelyn		Aqua Gym Sport Association
493	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 14-15	Chan	Yi Chun	陳以臻	AustSports Association
494	4	7:40:30	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Girls Aged 14-15	Yang	Anika		South China Athletic Association
495	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Wan	Chak Yan Bosco		Energetic Triathlon Shatin
496	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Tam	Tze Kiu		Energetic Triathlon Shatin
497	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Chau	Cheuk Yin Desmond		Energetic Triathlon Shatin
498	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Ng	Cheuk Kiu		Energetic Triathlon Shatin
499	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Chung	Chi Yan Ian		
500	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Ting	Chun Ching		Sparkle Triathlon
501	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Zheng	Troy		Energetic Triathlon Shatin
502	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	譚	景謙		Aqua Gym Sport Association
503	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Leung	Philip	梁飛	
504	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	張	英暘	張英暘	Aqua Gym Sport Association
505	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	ng	long ho	吳朗豪	
506	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	SHAM	O	岑敖	Galaxy Sports Triathlon
507	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	FUNG	Ching Nok	馮靖諾	
508	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Fan	Hin Curtis	范騫	Alpha Zone Sports
509	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Ashok Vaid	Devat		
510	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Wong	Cheuk Yat Julien	黃焯一	Sparkle Triathlon
511	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	CHOI	YUI HANG	蔡睿珩	
512	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	NG	HUN MAN	吳煊文	Sparkle Triathlon
513	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Wong	Hong Wang Hayden	黃康弘	First Ten Generation Team
514	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	KING	HO YUET	金可悅	
515	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Zhang	Theodore	張天維	Mango Swimming Club
516	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	li	sze yuen	李思源	
517	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Mak	Tsz Tim	麥梓添	Crest Ray Recreation & Sports Club
518	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	CHEUNG	TSZ WUN XAVIER	張子桓	Crest Ray Recreation & Sports Club
519	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Au	Cheuk Nam Janko	區卓嵐	Energetic Triathlon Shatin
520	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Chan	Yat Hay Sky	陳逸希	Energetic Triathlon Shatin
521	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Chang	Hao che	張浩哲	Crest Ray Recreation & Sports Club
522	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Ngan	Shing Hei	顏承希	Energetic Triathlon Shatin
523	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Wong	Ian	王喆	Energetic Triathlon Shatin
524	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Lau	Yik Hei	劉奕希	Energetic Triathlon Shatin
525	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Chan	Tsz Long	陳子朗	Energetic Triathlon Shatin
526	5	8:15:00	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Boys Aged 12-13	Au	Leong Yin	歐亮言	Sparkle Triathlon
527	6	8:15:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 10-11	Chung	Cin Yee Cydnee		
528	6	8:15:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 10-11	CHAN	ELIZABETH ADA		Energetic Triathlon Shatin
529	6	8:15:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 10-11	WONG	CHING HEI		Energetic Triathlon Shatin
530	6	8:15:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 10-11	Yiu	Mong Ching Alki	饒望晴	Alpha Zone Sports
531	6	8:15:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 10-11	HE	SHIQI	何詩琪	
532	6	8:15:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 10-11	Chung	Cheuk Lam	鍾焯琳	Energetic Triathlon Shatin
533	6	8:15:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 10-11	Cheung	Mo Tung		Alpha Zone Sports
534	6	8:15:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 10-11	Chiu	Tsz Ki	趙梓棋	Alpha Zone Sports

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535	6	8:15:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 10-11	Ho	Jessie	何泳悠	The Little Dolphin Swimming Training Center
536	6	8:15:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 10-11	Chau	Ceinwen	周翹慧	Energetic Triathlon Shatin
537	6	8:15:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 10-11	Ng	Hei Kiu	吳浣僑	AustSports Association
538	6	8:15:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 10-11	Chan	Chin Yui	陳芊睿	AustSports Association
539	6	8:15:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 10-11	Leung	Keira Joy	梁逸玥	First Ten Generation Team
540	6	8:15:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 10-11	Lau	Lok Yin Alicia	劉樂然	The Little Dolphin Swimming Training Center
541	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	XI	JACO JIA SHEN	奚嘉霖	Aqua Gym Sport Association
542	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	ng	ngo lam	吳傲藍	First Ten Generation Team
543	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Leung	Pui Hin kenan	梁沛軒	
544	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Lai	Chun Yin Jairus	賴駿賢	Sparkle Triathlon
545	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Fok	Shing Hang	霍承亨	Energetic Triathlon Shatin
546	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	TANG	YIU		Energetic Triathlon Shatin
547	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Man	Lok Tin Mike	文洛天	AustSports Association
548	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	LEUNG	YAU YAT		Energetic Triathlon Shatin
549	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	LO	CHUN ON AIDEN		Energetic Triathlon Shatin
550	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	譚	頌一	譚頌一	Galaxy Sports Triathlon
551	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	LI	SUI HEI	李帥羲	
552	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	SOU	YUI HIM		Energetic Triathlon Shatin
553	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Fan	Ngai Carlos		Alpha Zone Sports
554	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Wu	Xianda	巫賢達	The Little Dolphin Swimming Training Center
555	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Chan	Nok Norman	陳諾	The Little Dolphin Swimming Training Center
556	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	CHOI	PAK HIN	蔡柏軒	
557	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Chan	Oi Hei	陳愛希	
558	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	chan	pak kwan	陳柏均	Galaxy Sports Triathlon
559	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Au	Hok Sum		Sparkle Triathlon
560	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Kwok	Yik Sum, Sam	郭奕琛	Alpha Zone Sports
561	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	LAU	Sze Chai Damon		Energetic Triathlon Shatin
562	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	choi	tin yui tyrus	蔡天睿	Aqua Gym Sport Association
563	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Lo	Cheuk Yin	盧卓賢	Alpha Zone Sports
564	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	LEUNG	YUK SEN	梁毓晨	Alpha Zone Sports
565	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	蔣	逸朗	蔣逸朗	First Ten Generation Team
566	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Lai	Jaxon	賴峻琛	First Ten Generation Team
567	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Yan	Ching Long	殷靖朗	
568	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Kei	Lap Yan	紀立人	Sparkle Triathlon
569	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	chow	chun teng aiden	周駿騰	First Ten Generation Team
570	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Li	Yat to Travis		
571	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	PANG	TING YAN MATTHEW	彭廷殷	Crest Ray Recreation & Sports Club
572	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	cheung	lui	張磊	Alpha Zone Sports
573	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Poon	Ko Yat Aden	潘高溢	Alpha Zone Sports
574	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Hung	Man ding	洪民定	AustSports Association
575	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Yung	Chet	翁節	Crest Ray Recreation & Sports Club
576	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	To	Ming Chun	杜銘浚	Dali Swimming Club
577	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Chan	Lap (Alexander)	陳訥	Dali Swimming Club
578	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Yam	Pak Yu Jesper	任柏宇	Sparkle Triathlon
579	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Chan	Yat Long Jay	陳逸朗	Energetic Triathlon Shatin
580	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Ko	Cheuk Hang	高焯恆	

Race No	Heat	Start Time	Race Category	Race Category (Age)	Last Name	First Name	Chinese Name	Club
581	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Chan	Wang Ching	陳弘正	First Ten Generation Team
582	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	chu	chun lok	朱俊諾	First Ten Generation Team
583	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Lam	Ho Him	林浩謙	
584	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Lam	Ho Fung	林浩峰	
585	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	chan	pak long Casper	陳柏朗	Energetic Triathlon Shatin
586	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	WONG	CHUN HIM LOUIS		Energetic Triathlon Shatin
587	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	Mak	San Mau Jacob	麥宸畝	Sparkle Triathlon
588	7	8:45:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 10-11	LAU	Pak Hei	劉栢希	Crest Ray Recreation & Sports Club
589	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	Wong	Ho Yeung	黃皓楊	
590	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	LAU	Chun-sing Murphy	劉俊昇	
591	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	FANG	DAVID		Energetic Triathlon Shatin
592	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	WOO	HO HIN		Energetic Triathlon Shatin
593	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	Leung	Desmond	梁泰彰	Galaxy Sports Triathlon
594	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	WANG	SEN YIK OTTO		Energetic Triathlon Shatin
595	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	LEE	OWEN		Energetic Triathlon Shatin
596	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	WU	LAP YIN EUGENE		Energetic Triathlon Shatin
597	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	CHUNG	PAK HIM		Energetic Triathlon Shatin
598	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	NG	HONG PING AVERY		Energetic Triathlon Shatin
599	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	LEUNG	HEI LONG OTIS		Energetic Triathlon Shatin
600	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	Lee	Kwan Ho Asher	李鈞皓	Galaxy Sports Triathlon
601	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	Kak Scott	Yeung	楊格	Sparkle Triathlon
602	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	Santram vaid	Kavi		
603	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	chung	hei lok	鍾曦樂	Energetic Triathlon Shatin
604	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	Wong	Chun yuen	黃雋元	
605	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	Wong	Tsun Yu	王浚宇	
606	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	Tang	Shun	鄧舜	
607	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	choi	kwan long klay	蔡君朗	Aqua Gym Sport Association
608	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	Yan	Tsz Ho	殷梓賢	
609	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	Kei	Chi Hang	紀知行	Sparkle Triathlon
610	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	Chung	Cheuk Nam	鍾卓霖	Crest Ray Recreation & Sports Club
611	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	cheung	Tsz Ngo	張梓傲	Alpha Zone Sports
612	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	李	柏希	李柏希	Alpha Zone Sports
613	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	Leung	Yun Fung Clinton	梁潤峯	New Sports Triathlon
614	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	Yu	Chun Kiu	虞竣喬	Sparkle Triathlon
615	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	TSANG	CHUN TING	曾俊廷	First Ten Generation Team
616	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	Yiu	Yuet Fung Nikan	饒越風	Alpha Zone Sports
617	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	Chan	Tak Lam	陳德霖	
618	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	YAN	JEREMY	顏心槩	
619	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	CHEUNG	TIN YU	張天宇	
620	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	Tsang	Kwun cheong	曾冠倡	First Ten Generation Team
621	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	Poon	Yat Hei Isaac	潘日希	Sparkle Triathlon
622	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	Pak Him	Lau	劉	Crest Ray Recreation & Sports Club
623	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	CHUNG	CHI YIN IVIN	鍾至瑛	
624	8	9:10:00	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Boys Aged 8-9	LEUNG	TAK MAN	梁德恣	Energetic Triathlon Shatin
625	9	9:10:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 8-9	CHUNG	HAI CHING		Energetic Triathlon Shatin

Race No	Heat	Start Time	Race Category	Race Category (Age)	Last Name	First Name	Chinese Name	Club
626	9	9:10:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 8-9	WAN	CHING		Energetic Triathlon Shatin
627	9	9:10:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 8-9	LEUNG	HEI SHUN ONA		Energetic Triathlon Shatin
628	9	9:10:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 8-9	Cheung	Cheuk Kiu	張焯喬	Alpha Zone Sports
629	9	9:10:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 8-9	Leung	Michaela Grace	梁然知	First Ten Generation Team
630	9	9:10:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 8-9	Tse	Hei Ching	謝佈澄	Sparkle Triathlon
631	9	9:10:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 8-9	Ko	Cheuk Man	高焯雯	
632	9	9:10:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 8-9	Lau	Cheryl	劉森芮	First Ten Generation Team
633	9	9:10:30	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Girls Aged 8-9	Mak	Ka Pik Abigail	麥珈璧	Sparkle Triathlon
634	10	10:00:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 50-54	oka	yosuke	岡洋介	
635	10	10:00:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 50-54	Yiu	Ka On	姚家安	Sonic Sports Association
636	10	10:00:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 50-54	Wong	Pui Yuen	黃沛源	Pro-trinity Sports Club
637	10	10:00:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 50-54	CHAN	CHI KIT		
638	10	10:00:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 55-59	cheung	Man Kwong		Mango Swimming Club
639	10	10:00:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 55-59	LIU	King Lai, Jeffrey	廖敬禮	Mango Swimming Club
640	10	10:00:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 55-59	WAN	SHU WAH JIMMY	溫樹華	Energetic Triathlon Shatin
641	10	10:00:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 55-59	Cheng	Kwong leung	鄭光亮	
642	10	10:00:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 55-59	Lee	Davy		
643	10	10:00:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 55-59	Lai	Ying Fai		Tritons Triathlon Club
644	10	10:00:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 60-64	LEE	LAI CHUNG		Mango Swimming Club
645	10	10:00:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 60-64	WONG	YIN CHEONG		Energetic Triathlon Shatin
646	10	10:00:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 60-64	Lee	Kwok Ning		
647	10	10:00:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 65 & Over	Chan	King Yuen	陳景源	New Sports Triathlon
648	10	10:00:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 65 & Over	Wong	Check Yin	黃卓然	Mango Swimming Club
649	10	10:00:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 65 & Over	SHEK	KONG	石江	AustSports Association
650	10	10:00:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 65 & Over	Chan	Fai Ming	陳揮明	AustSports Association
651	11	10:00:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Female Aged 20-24	TANG	TAMMY	鄧盈双	
652	11	10:00:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Female Aged 30-34	LEUNG	WING HIN MONICA		Energetic Triathlon Shatin
653	11	10:00:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Female Aged 30-34	Lung	Yan Yin Krystal	龍欣妍	New Sports Triathlon
654	11	10:00:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Female Aged 30-34	lee	amy wing yi		
655	11	10:00:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Female Aged 30-34	Ng	Chau Yu	伍紉瑜	South China Athletic Association
656	11	10:00:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Female Aged 30-34	WU	HOYEE	胡浩兒	
657	11	10:00:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Female Aged 45-49	Poon	Man Fung	潘文鳳	Energetic Triathlon Shatin
658	11	10:00:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Female Aged 45-49	Li	Nga Yee	李雅怡	Energetic Triathlon Shatin
659	11	10:00:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Female Aged 50-54	WONG	Willa		Mango Swimming Club
660	11	10:00:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Female Aged 50-54	LUI	SHUK HAN KAREN		Energetic Triathlon Shatin
661	11	10:00:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Female Aged 50-54	Li	Ching Yi	李靜儀	Energetic Triathlon Shatin
662	11	10:00:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Female Aged 50-54	TAM	PUI YI ELIZABETH	譚佩儀	Crest Ray Recreation & Sports Club
663	11	10:00:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Female Aged 55-59	Cheung	Wing Yee		Alpha Zone Sports
664	11	10:00:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Female Aged 55-59	LI	HAU YI DORA		Energetic Triathlon Shatin
665	11	10:00:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Female Aged 60-64	Tsoi	Angel, Yin Ling		Energetic Triathlon Shatin
666	11	10:00:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Female Aged 65 & Over	LEUNG	YUK CHING CHRISTINA		Energetic Triathlon Shatin
667	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 20-24	Chan	Lok Tin	陳樂天	First Ten Generation Team
668	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 20-24	Kwan	TszFungJeffrey	關梓烽	AustSports Association

Race No	Heat	Start Time	Race Category	Race Category (Age)	Last Name	First Name	Chinese Name	Club
669	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 20-24	Lam	James Zhile	林之樂	
670	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 25-29	Yip	Yam	叶鑫	First Ten Generation Team
671	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 25-29	Tsang	Faan Wing	曾繁穎	Crest Ray Recreation & Sports Club
672	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 25-29	Li	Jing Yi Andrew	李景怡	Energetic Triathlon Shatin
673	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 25-29	Leung	Bruce CM		
674	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 25-29	Tsang	Ho Ching	曾皓程	
675	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 30-34	Hung	Sze Yu		Sonic Sports Association
676	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 30-34	Luk	Cheuk Ting Plato	陸卓廷	
677	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 30-34	CHAN	HON LEUNG	陳漢樑	
678	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 30-34	Wong	Martin		
679	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 30-34	Choi	Sze Kam		Aqua Gym Sport Association
680	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 30-34	Lam	Hoi San Jason		
681	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 35-39	Ma	Sean		Titan Triathlon
682	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 35-39	Ho	Chun Sum Samuel	何俊琛	Energetic Triathlon Shatin
683	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 35-39	Ho	Chun Ting Timothy	何俊廷	Energetic Triathlon Shatin
684	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 35-39	Lam	Wai Leung	林瑋樑	
703	12	10:45:00	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 20-24	Cheuk	Chun Him		Energetic Triathlon Shatin
685	13	10:45:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 40-44	TSANG	Jim		Excel Swim Sports Association
686	13	10:45:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 40-44	Kwok Man	Pang		
687	13	10:45:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 40-44	Chick	Ka Shing		
688	13	10:45:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 40-44	Chan	Ngok Pang Ronald	陳岳鵬	New Sports Triathlon
689	13	10:45:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 40-44	Leung	ho kit Jacky	梁豪傑	Aqua Gym Sport Association
690	13	10:45:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 40-44	Leung	Yu Kin		First Ten Generation Team
691	13	10:45:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 40-44	Tsang	Kin Lung	曾健龍	First Ten Generation Team
692	13	10:45:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 40-44	Cheung	Ki Fung	蔣淇峰	First Ten Generation Team
693	13	10:45:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 40-44	NOYELLE	Sebastien		Hong Kong Dragons Triathlon Club
694	13	10:45:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 40-44	chong	ting piu		Titan Triathlon
695	13	10:45:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 40-44	Wong Yuk Hei	Gump	黃旭曦	
696	13	10:45:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 45-49	Leung	Michael	梁達志	
697	13	10:45:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 45-49	CHEN	CHRIS		Energetic Triathlon Shatin
698	13	10:45:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 45-49	YIU	YIK Lung	饒奕龍	Alpha Zone Sports
699	13	10:45:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 45-49	KAM	CHI TANG JACKY	甘子騰	Alpha Zone Sports
700	13	10:45:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 45-49	LAW	KIN TAK	羅建德	Alpha Zone Sports
701	13	10:45:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 45-49	chum	tik ho	覃迪豪	Aqua Gym Sport Association
702	13	10:45:30	Challenge Distance (Run 1.2km/ Bike 8km/ Run 2.1km)	Male Aged 45-49	Lai	Wan Fung	賴耘峯	First Ten Generation Team