

65TH FESTIVAL OF SPORT - 2022 AGE GROUP TRIATHLON Start List

Race no.	Heat	Start time	Cap	Last Name	First Name	Distance	Race Category	Club
1	1	06:00	Green	TANG	Tammy	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 20-24	First Ten Generation Team
2	1	06:00	Green	LUNG	Wan Chi	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 20-24	
3	1	06:00	Green	LEE	Wai Man	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 20-24	New Sports Triathlon
4	1	06:00	Green	CHAN	Hok Ming Adeline	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 25-29	Sonic Sports Association
5	1	06:00	Green	FONG	Oi Ning	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 25-29	Energetic Triathlon Shatin
6	1	06:00	Green	TSANG	Ka Hung	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 25-29	
8	1	06:00	Green	YEUNG	Tsz Han	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 30-34	South China Athletic Association
9	1	06:00	Green	NG	Chau Yu	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 30-34	South China Athletic Association
10	1	06:00	Green	CHENG	Ruby	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 30-34	
11	1	06:00	Green	SIU	Tsz Hang Rachel	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 30-34	
12	1	06:00	Green	LAI	Sophia	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 35-39	Energetic Triathlon Shatin
13	1	06:00	Green	HAI	Belle	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 35-39	Alpha Zone Sports
14	1	06:00	Green	TSANG	Wai Yan	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 35-39	Alpha Zone Sports
15	1	06:00	Green	PANG	Lok Man	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 35-39	Titan Triathlon
16	1	06:00	Green	PUN	Cin Lam Lisa	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 40-44	Sonic Sports Association
17	1	06:00	Green	POON	Man Fung	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 40-44	Energetic Triathlon Shatin
18	1	06:00	Green	LAU	Michelle	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 40-44	
19	1	06:00	Green	LIM	Ka Ling	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 45-49	
20	1	06:00	Green	TAM	Pui Yi Elizabeth	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 45-49	Crest Ray Recreation & Sports Club
21	1	06:00	Green	LI	Hau Yi Dora	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 50-54	Energetic Triathlon Shatin
22	1	06:00	Green	THOMAS	Chloe	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 50-54	Sonic Sports Association
23	1	06:00	Green	CHEUNG	Wing Yee	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 55-59	Alpha Zone Sports
24	1	06:00	Green	LOWE	Dilys	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 55-59	Energetic Triathlon Shatin
25	1	06:00	Green	LEUNG	Iris	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 55-59	
26	1	06:00	Green	TSOI	Angel, Yin Ling	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Female Age Group 60-64	Energetic Triathlon Shatin
27	2	06:05	Pink	WONG	Frankie	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 50-54	Alpha Zone Sports
28	2	06:05	Pink	YIM	See Long	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 50-54	Titan Triathlon
29	2	06:05	Pink	LUN	Tat Yin	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 50-54	
30	2	06:05	Pink	LIN	Chin Lung	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 50-54	Sonic Sports Association
31	2	06:05	Pink	CHENG	Andy	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 50-54	Alpha Zone Sports
32	2	06:05	Pink	YEUNG	Yam Ho	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 50-54	
33	2	06:05	Pink	TANG	Jerry	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 50-54	Sonic Sports Association
34	2	06:05	Pink	LAW	Wai Man	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 50-54	Alpha Zone Sports
35	2	06:05	Pink	YIU	Ka On	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 50-54	Sonic Sports Association
36	2	06:05	Pink	TAI	Kwun Kit	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 50-54	Pro-trinity Sports Club
37	2	06:05	Pink	WAN	Shu Wai	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 50-54	Titan Triathlon
38	2	06:05	Pink	YIU	Vor	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 50-54	
39	2	06:05	Pink	MIAO	Zhi	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 50-54	
40	2	06:05	Pink	MOK	Ho Yin	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 50-54	Energetic Triathlon Shatin
41	2	06:05	Pink	LEONG	Chung Ming	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 55-59	
42	2	06:05	Pink	LAM	Kam Ching	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 55-59	
43	2	06:05	Pink	KONG	Tak Wa Paul	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 55-59	Energetic Triathlon Shatin
44	2	06:05	Pink	MA	Ma Chi Po	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 55-59	New Sports Triathlon
45	2	06:05	Pink	HO	Kwong Ngai Eric	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 55-59	AustSports Association
46	2	06:05	Pink	LEUNG	Kin Keung	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 55-59	Energetic Triathlon Shatin
47	2	06:05	Pink	CHAN	Ka Lup	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 55-59	Alpha Zone Sports
48	2	06:05	Pink	LEE	Chun Keung	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 55-59	

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Race no.	Heat	Start time	Cap	Last Name	First Name	Distance	Race Category	Club
49	2	06:05	Pink	CHIH	Ming Yuen	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 55-59	Alpha Zone Sports
50	2	06:05	Pink	WONG	Yi Ming	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 55-59	
51	2	06:05	Pink	CHOI	Tai Wing	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 60-64	AustSports Association
52	2	06:05	Pink	YING	Sze Wai	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 60-64	
53	2	06:05	Pink	WONG	Ho Man Jonathan	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 60-64	AustSports Association
54	2	06:05	Pink	LEE	Kwok Ning	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 60-64	
55	2	06:05	Pink	CHUNG	Lui Hung Lawrence	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 60-64	Energetic Triathlon Shatin
56	2	06:05	Pink	NG	Davy	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 60-64	Aqua Gym Sport Association
57	2	06:05	Pink	POON	Kwok Wing	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 60-64	Energetic Triathlon Shatin
58	2	06:05	Pink	CHAN	King Yuen	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 65 & Over	New Sports Triathlon
59	2	06:05	Pink	CHAN	Fai Ming	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 65 & Over	AustSports Association
60	2	06:05	Pink	TSO	Kung Kin	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 65 & Over	AustSports Association
61	2	06:05	Pink	HOU	Ting Fun Stephen	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 65 & Over	
62	3	6:20	White	VAN DER FLIER	Vasco	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	Hong Kong Football Club Swimming and Triathlon Society
63	3	6:20	White	KAM	Chi Hang	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	
64	3	6:20	White	CHAN	Yi Ho	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	Titan Triathlon
65	3	6:20	White	NG	Mark	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	Energetic Triathlon Shatin
66	3	6:20	White	YIU	Wai	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	New Sports Triathlon
67	3	6:20	White	NGAI	Ho Shun	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	
68	3	6:20	White	CHOW	Kevin	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	
69	3	6:20	White	POON	Sze Chun	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	Sonic Sports Association
70	3	6:20	White	HO	Sung Sing	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	AustSports Association
71	3	6:20	White	HSIEH	Samuel	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	Alpha Zone Sports
72	3	6:20	White	CHAN	Chi Wai	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	Energetic Triathlon Shatin
73	3	6:20	White	WONG	Kwok Wah	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	AustSports Association
74	3	6:20	White	WONG	Yuk Hei Gump	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	
75	3	6:20	White	MOK	Chit	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	AustSports Association
76	3	6:20	White	MAK	Wai Lun	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	Alpha Zone Sports
77	3	6:20	White	LAU	Sheung Man	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	
78	3	6:20	White	CHENG	Wai Keung	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	AustSports Association
79	3	6:20	White	CHIU	Kin Sang	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	AustSports Association
80	3	6:20	White	DALLING	Will	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	
81	3	6:20	White	LAW	Chi Wai	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	
82	3	6:20	White	YUNG	Man Hon	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	AustSports Association
83	3	6:20	White	CHAN	Kam Ming	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	Alpha Zone Sports
84	3	6:20	White	WOO	Wai Kit	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 40-44	Excel Swim Sports Association
85	3	6:20	White	CHUNG	Chun Leung	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 45-49	
86	3	6:20	White	LAW	Kwai Sun	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 45-49	Titan Triathlon
87	3	6:20	White	CHAN	Wai Kwong Tsuyoshi	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 45-49	
88	3	6:20	White	WONG	Man Kit	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 45-49	New Sports Triathlon
89	3	6:20	White	LI	Ka Wing	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 45-49	Energetic Triathlon Shatin
90	3	6:20	White	LI	Chun Pong David	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 45-49	Sonic Sports Association
91	3	6:20	White	NG	Siu Hong	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 45-49	AustSports Association
92	3	6:20	White	LOK	Lam Fung	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 45-49	New Sports Triathlon
93	3	6:20	White	PAPALKAR	Jai	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 45-49	Sonic Sports Association
94	3	6:20	White	LAM	Chung Kei	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 45-49	
95	3	6:20	White	YEUNG	Alex	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 45-49	Alpha Zone Sports

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Race no.	Heat	Start time	Cap	Last Name	First Name	Distance	Race Category	Club
96	3	6:20	White	JIM	Samuel	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 45-49	New Sports Triathlon
97	3	6:20	White	LEUNG	Ching Fai	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 45-49	Energetic Triathlon Shatin
98	3	6:20	White	KWONG	Hoi Tik	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 45-49	Crest Ray Recreation & Sports Club
99	3	6:20	White	CHAN	Wai Lun	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 45-49	Titan Triathlon
100	3	6:20	White	CHAN	Pit Ho	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 45-49	Energetic Triathlon Shatin
101	3	6:20	White	YIP	Wang Pun	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 45-49	
102	3	6:20	White	HAR	Wai Ching	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 45-49	
103	3	6:20	White	TAN	James	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Elite Open	South China Athletic Association
104	3	6:20	White	WONG	Tsz To	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Elite Open	
105	4	6:55	Yellow	CHENG	Ka Nok Carlos	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 20-24	
106	4	6:55	Yellow	LIN	Cheuk Kiu Bryan	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 20-24	New Sports Triathlon
107	4	6:55	Yellow	CHEUNG	Chin To	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 20-24	The Little Dolphin Swimming Training Center
108	4	6:55	Yellow	SUNG	Chun Hin	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 20-24	
109	4	6:55	Yellow	SUNG	Ho Hin	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 20-24	
110	4	6:55	Yellow	WONG	Man To	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 25-29	
111	4	6:55	Yellow	WONG	Hui Wai	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 25-29	Energetic Triathlon Shatin
112	4	6:55	Yellow	CHING	Ho Kwong Billy	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 25-29	New Sports Triathlon
113	4	6:55	Yellow	TANG	Hon Man	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 25-29	Titan Triathlon
114	4	6:55	Yellow	LAW	Chun Yip	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 25-29	
115	4	6:55	Yellow	LAW	Leong Tim	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 25-29	First Ten Generation Team
116	4	6:55	Yellow	LAU	Tsun Ling	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 25-29	Dali Swimming Club
117	4	6:55	Yellow	YU	Shun Hong	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 25-29	Alpha Zone Sports
118	4	6:55	Yellow	CHAN	Yin Ming	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 25-29	
119	4	6:55	Yellow	HO	Chun Hei	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 25-29	
120	4	6:55	Yellow	LO	Yin Wai	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 30-34	Sonic Sports Association
121	4	6:55	Yellow	CHOW	Sik Hang	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 30-34	Titan Triathlon
122	4	6:55	Yellow	WONG	Chi Sum	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 30-34	Sonic Sports Association
123	4	6:55	Yellow	TSOI	Sheung Chuen	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 30-34	
124	4	6:55	Yellow	LO	Yat Him	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 30-34	
125	4	6:55	Yellow	LI	Ching	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 30-34	First Ten Generation Team
126	4	6:55	Yellow	CHEUNG	Fu Shiu	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 30-34	
127	4	6:55	Yellow	KO	King Hei	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 30-34	Titan Triathlon
128	4	6:55	Yellow	LAU	Crist	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 30-34	Titan Triathlon
129	4	6:55	Yellow	HO	Chun Sum Samuel	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 30-34	Energetic Triathlon Shatin
130	4	6:55	Yellow	WONG	Albert Hoi Fai	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 30-34	
131	4	6:55	Yellow	KWOK	Wai Yat	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 30-34	
132	4	6:55	Yellow	HO	Ming Hei	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 30-34	Energetic Triathlon Shatin
133	4	6:55	Yellow	LAI	Wa Chun	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 30-34	
134	4	6:55	Yellow	HO	Chun Ting Timothy	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 30-34	Energetic Triathlon Shatin
135	4	6:55	Yellow	MAN	Ho Yin	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 30-34	Excel Swim Sports Association
136	4	6:55	Yellow	HUI	Yau Yuen	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 30-34	Energetic Triathlon Shatin
137	4	6:55	Yellow	WONG	Derrick Ch	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 35-39	
138	4	6:55	Yellow	LEE	Wai Kin	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 35-39	
139	4	6:55	Yellow	LI	Ka Chun	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 35-39	Titan Triathlon
140	4	6:55	Yellow	MA	Siu Hang Dickson	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 35-39	Energetic Triathlon Shatin
141	4	6:55	Yellow	QUAN	Alec Kam Lek	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 35-39	AustSports Association
142	4	6:55	Yellow	HO	Kit Fung	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 35-39	

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Race no.	Heat	Start time	Cap	Last Name	First Name	Distance	Race Category	Club
143	4	6:55	Yellow	CHUNG	Chak Ki	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 35-39	Energetic Triathlon Shatin
144	4	6:55	Yellow	WONG	Ka Ho Lawrence	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 35-39	Sonic Sports Association
145	4	6:55	Yellow	PUN	Tak Kiu	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 35-39	AustSports Association
146	4	6:55	Yellow	SAU	Miu Cheung	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 35-39	Energetic Triathlon Shatin
147	4	6:55	Yellow	IP	Jonathan	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 35-39	Alpha Zone Sports
148	4	6:55	Yellow	HU	Daolong	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 35-39	Energetic Triathlon Shatin
149	4	6:55	Yellow	TSANG	Jim	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 35-39	Alpha Zone Sports
150	4	6:55	Yellow	HUI	Ka Wing	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 35-39	Alpha Zone Sports
151	4	6:55	Yellow	TO	Ming Shing	Challenge Distance (Swim 1500m/Bike 40km/Run 10km)	Male Age Group 35-39	Excel Swim Sports Association
152	5	7:30	Green	WAN	Chak Lam Bobby	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Male Elite Junior 1	Energetic Triathlon Shatin
153	5	7:30	Green	TSANG	Wai Chun	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Male Elite Junior 1	AustSports Association
154	5	7:30	Green	CHAN	Ho Kwan	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Male Elite Junior 2	New Sports Triathlon
155	5	7:30	Green	CHAU	Hui Yat	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Male Junior 1	First Ten Generation Team
156	5	7:30	Green	TUNG	Lok Ping	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Male Junior 1	
157	5	7:30	Green	CHIU	Man To	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Male Junior 1	
158	5	7:30	Green	LUI	Tsun Kiu	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Male Junior 1	
159	5	7:30	Green	LO	Hin Ching	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Male Junior 1	Energetic Triathlon Shatin
160	5	7:30	Green	FONG	Siu Wang	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Male Junior 2	Crest Ray Recreation & Sports Club
161	5	7:30	Green	YUNG	Ying Wat Wesley	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Male Junior 2	AustSports Association
162	5	7:30	Green	LEUNG	King Ching	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Male Junior 2	
163	5	7:30	Green	YIP	Shing Hei	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Male Junior 2	New Sports Triathlon
164	5	7:30	Green	KWAN	Tszfungjeffrey	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Male Junior 2	AustSports Association
165	5	7:30	Green	LUN	Paco Pak Hou	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Male Junior 2	AustSports Association
166	5	7:30	Green	YUEN	Hang Jing	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Male Junior 2	
167	5	7:30	Green	FONG	Siu Cheung	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Male Junior 2	Crest Ray Recreation & Sports Club
168	5	7:30	Green	LEUNG	Yan Ting Quaada	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Female Junior 1	
169	5	7:30	Green	CHIU	Kai On	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Female Junior 1	
170	5	7:30	Green	LEUNG	Tsz Long	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Female Junior 2	AustSports Association
171	5	7:30	Green	SWEETY	Woo	Sprint Distance (Swim 750m/Bike 20km/Run 5km)	Female Junior 2	
172	6	8:20	Pink	TSANG	Kwong Hei Anson	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Elite Youth	Energetic Triathlon Shatin
173	6	8:20	Pink	WONG	Pak Yiu Anson	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Elite Youth	First Ten Generation Team
174	6	8:20	Pink	LAM	Lok Shi	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Elite Youth	
175	6	8:20	Pink	WONG	Nok Hei	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Elite Youth	
176	6	8:20	Pink	YUNG	Pu Chak	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Elite Youth	The Little Dolphin Swimming Training Center
177	6	8:20	Pink	YIM	Tsun Fung	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Elite Youth	Sparkle Triathlon
178	6	8:20	Pink	TSANG	Auscar	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Elite Youth	Energetic Triathlon Shatin
179	6	8:20	Pink	CHOW	Yu Chak	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	Crest Ray Recreation & Sports Club
180	6	8:20	Pink	CHAN	Lok Ki	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	Crest Ray Recreation & Sports Club
181	6	8:20	Pink	LEUNG	John	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	
182	6	8:20	Pink	MAK	Jonathan Kwan King	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	AustSports Association
183	6	8:20	Pink	LO	Tsz Leong	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	
184	6	8:20	Pink	TSE	Tsz Yuen	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	
185	6	8:20	Pink	LAI	Pak Long	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	Sparkle Triathlon
186	6	8:20	Pink	KWOK	Kin Ting Francis	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	First Ten Generation Team
187	6	8:20	Pink	YICK	Po Shun	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	Sparkle Triathlon
188	6	8:20	Pink	AU	Ho Chun	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	Energetic Triathlon Shatin

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Race no.	Heat	Start time	Cap	Last Name	First Name	Distance	Race Category	Club
189	6	8:20	Pink	MOK	Tsz Him	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	
190	6	8:20	Pink	SHUM	Yan Tao	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	
191	6	8:20	Pink	TSANG	Yu On	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	
192	6	8:20	Pink	NG	Yat Long, Marcus	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	
193	6	8:20	Pink	YAU	Chi Him Ryan	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	
194	6	8:20	Pink	TAI	Chun Max	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	Pro-trinity Sports Club
195	6	8:20	Pink	LAW	Chi Yin	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	
196	6	8:20	Pink	CHIU	Hin Ka	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	
198	6	8:20	Pink	MOK	Pak Fan	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Youth	Energetic Triathlon Shatin
199	7	8:25	White	CHAN	Lik Hang	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 20-29	
200	7	8:25	White	LI	Jing Yi Andrew	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 20-29	
201	7	8:25	White	LAU	Ka Chun	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 30-39	
202	7	8:25	White	TASKER	Simon	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 30-39	
203	7	8:25	White	YU	Pui Kei Ram	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 30-39	Sparkle Triathlon
204	7	8:25	White	CHONG	Ting Piu	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 30-39	Titan Triathlon
205	7	8:25	White	WONG	Kwan Kit	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 30-39	Energetic Triathlon Shatin
206	7	8:25	White	FUNG	Kong Yau	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 30-39	Energetic Triathlon Shatin
288	7	8:25	White	LAU	Long Fung	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 30-39	New Sports Triathlon
207	7	8:25	White	KIT	Oet	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	The Little Dolphin Swimming Training Center
208	7	8:25	White	MAK	James	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	Hong Kong Dragons Triathlon Club
209	7	8:25	White	FOK	Kin Fung	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	
210	7	8:25	White	TING	Ho Lam Gary	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	
211	7	8:25	White	WAI CHI	Tse	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	
212	7	8:25	White	YEUNG	Wing Yin	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	Energetic Triathlon Shatin
213	7	8:25	White	LEUNG	Michael	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	
214	7	8:25	White	FU	Yin Wing, Jerry	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	
215	7	8:25	White	NG	Chi Wai Simon	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	Energetic Triathlon Shatin
216	7	8:25	White	LEE	Yuk Keung	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	Energetic Triathlon Shatin
217	7	8:25	White	CHAN	Ngok Pang Ronald	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	New Sports Triathlon
218	7	8:25	White	YIM	Chi Hang	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	
219	7	8:25	White	MA	Derek Hing Kwok	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	
220	7	8:25	White	AU	Tak Fai Albert	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	
221	7	8:25	White	CHEUNG	Man Kit	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	
222	7	8:25	White	LEUNG	Yau Tim	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	Sonic Sports Association
223	7	8:25	White	LEE	Yuk Tong Sirius	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	Energetic Triathlon Shatin
224	7	8:25	White	CHENG	Wing Shun Vincent	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	
225	7	8:25	White	CHOW	Lok Man	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	
226	7	8:25	White	HUNG	Tom	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	Energetic Triathlon Shatin
227	7	8:25	White	LAU	Jeremy	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	
228	7	8:25	White	DE GUZMAN	Johnny	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	
229	7	8:25	White	LAI	Chi Lai Anthony	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	Sonic Sports Association
230	7	8:25	White	KAM	Chi Tang Jacky	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	Alpha Zone Sports
231	7	8:25	White	KAMING	Wong	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	Energetic Triathlon Shatin
232	7	8:25	White	LAW	Kin Tak	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 40-49	Alpha Zone Sports
233	7	8:25	White	TSANG	King Timax	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	
234	7	8:25	White	CHAN	Kin Chong	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	
235	7	8:25	White	CHU	Wai Leung	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	

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Race no.	Heat	Start time	Cap	Last Name	First Name	Distance	Race Category	Club
236	7	8:25	White	TSOI	Wai Ming Tommy	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	
237	7	8:25	White	HO	Yiu Chung	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	
238	7	8:25	White	KWAN	Chi Man	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	New Target Sport Association
239	7	8:25	White	LEE	Kin Ming Felix	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	Energetic Triathlon Shatin
240	7	8:25	White	LUI	Kam Shing Benjamin	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	Energetic Triathlon Shatin
241	7	8:25	White	DO	Patrick	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	Pro-trinity Sports Club
242	7	8:25	White	CHAN	Ka Shing Andre	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	
243	7	8:25	White	LEE	Vincent	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	
244	7	8:25	White	WONG	Tony	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	Sonic Sports Association
245	7	8:25	White	WONG	Ivan	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	
246	7	8:25	White	POON	Po Wah	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	
247	7	8:25	White	YUNG	Kwok Leung	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	Alpha Zone Sports
248	7	8:25	White	YUE	Kwok Chung Andrew	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	Pro-trinity Sports Club
249	7	8:25	White	TSE	Chi Kin	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	AustSports Association
250	7	8:25	White	MIU	Kavin	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	
251	7	8:25	White	WONG	Yin Cheong	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	Energetic Triathlon Shatin
252	7	8:25	White	WAN	Shu Wah Jimmy	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	Energetic Triathlon Shatin
253	7	8:25	White	YEN	Ka Shun Sunny	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	Energetic Triathlon Shatin
254	7	8:25	White	KWOK	Yee Man	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	Alpha Zone Sports
255	7	8:25	White	SUEN	Chung Yin	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	Energetic Triathlon Shatin
256	7	8:25	White	BURTON	Scott	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 50-59	
257	7	8:25	White	POON	Heng Fan	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 60 & Over	
258	7	8:25	White	AU	Wai Leung	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 60 & Over	
259	7	8:25	White	WONG	Check Yin	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 60 & Over	Mango Swimming Club
260	7	8:25	White	IP	Wing Kwong	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 60 & Over	Energetic Triathlon Shatin
261	7	8:25	White	YEUNG	Chi Ling Clement	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Male Age Group 60 & Over	Alpha Zone Sports
262	8	8:30	Yellow	LAM	Sin Ching	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 20-29	New Sports Triathlon
263	8	8:30	Yellow	CHEN	Hei Ching	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 20-29	Titan Triathlon
264	8	8:30	Yellow	CHAN	Lok Ching	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 20-29	
265	8	8:30	Yellow	WAN	Tsz Ching Elizabeth	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 20-29	New Sports Triathlon
266	8	8:30	Yellow	LI	Tsz Yu	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 20-29	New Sports Triathlon
267	8	8:30	Yellow	LUNG	Yan Yin Krystal	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 30-39	New Sports Triathlon
268	8	8:30	Yellow	CHAN	Wai Hang Vivian	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 30-39	Alpha Zone Sports
269	8	8:30	Yellow	YEUNG	Judy	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 30-39	Sonic Sports Association
270	8	8:30	Yellow	FUNG	Kit Yi	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 30-39	
271	8	8:30	Yellow	WONG	Wing Yee	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 30-39	Alpha Zone Sports
272	8	8:30	Yellow	CHENG	Lai So	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 30-39	Energetic Triathlon Shatin
273	8	8:30	Yellow	LIU	Qian Si	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 30-39	
274	8	8:30	Yellow	CHUNG	Shui Ping	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 40-49	Energetic Triathlon Shatin
275	8	8:30	Yellow	YU	Chi Yan	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 40-49	Energetic Triathlon Shatin
276	8	8:30	Yellow	CHU	Shan Ling Thirty	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 40-49	Alpha Zone Sports
277	8	8:30	Yellow	CHOW	Echo	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 50-59	
278	8	8:30	Yellow	LEE	Koon Fong Jo	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 50-59	
279	8	8:30	Yellow	LAI	Ingrid	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 50-59	
280	8	8:30	Yellow	LUI	Shuk Han Karen	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 50-59	Energetic Triathlon Shatin
281	8	8:30	Yellow	LEUNG	Yuk Ching Christina	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Age Group 60 & Over	Energetic Triathlon Shatin
282	8	8:30	Yellow	LUN	Anson	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Elite Youth	AustSports Association

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Race no.	Heat	Start time	Cap	Last Name	First Name	Distance	Race Category	Club
283	8	8:30	Yellow	GREATON	Tess Evelyn	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Elite Youth	
284	8	8:30	Yellow	MAN	Lai Ki Nicole	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Elite Youth	Energetic Triathlon Shatin
285	8	8:30	Yellow	WONG	Wan Tung	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Elite Youth	Energetic Triathlon Shatin
286	8	8:30	Yellow	WONG	Lok Tung	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Youth	
287	8	8:30	Yellow	LAW	Ching Kiu	Super Sprint Distance (Swim 375m/Bike 10km/Run 2.5km)	Female Youth	