

2026 Duathlon Series - Race 2 Start list (Updated on 06/03/2026)

Race No	Heat	Start Time	Race Category	Race Category (Age)	First Name	Last Name	Chinese Name	Club
1	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Female Challenge Open	ning	tan	陳寧生	
2	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Female Challenge Open	Tiffany	Shek		Energetic Triathlon Shatin
3	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Female Challenge Open	Julie Jasmin	Middendorp		NL Triathlon Club
4	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Female Challenge Open	Carina	Li		
5	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	Chi Hei Haysan	Sham	沈子滸	
6	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	Juen	Ren		
7	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	Austin	Cheng		
8	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	Kim	lu		
9	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	Ka Chung	Cheung		NL Triathlon Club
10	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	Michael	Leung	梁達志	
11	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	Giorgio	Nigi		
12	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	David	Carreno Cerrillo		NL Triathlon Club
13	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	Chi Wai	Lee	李智偉	
14	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	Ka Chun	Ho	何家俊	
15	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	Yiu Chuen	TO	杜曜全	NL Triathlon Club
16	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	Christopher	Carter		NL Triathlon Club
17	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	Ruben	Duk		NL Triathlon Club
18	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	冬平	陈	陈冬平	
19	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	WAI FUNG	MAK	麥璋峰	
20	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	Chun Wing	Wu	鄔俊榮	
21	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	Sidhant	Gupta		
22	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	HoLam	Lo	羅浩霖	
23	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	Ken	LU		
24	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	TSZ CHUN	WAN	尹梓俊	
25	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	Johnny	De Guzman		NL Triathlon Club
26	1	6:40	Challenge Open Distance (Run 2km > Bike 40km > Run 8km)	Male Challenge Open	Matthew	Pine	松國慶	NL Triathlon Club
27	1	6:40	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 25-29	Wan Chi	Lung	龍韻之	Galaxy Sports Triathlon
28	1	6:40	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 30-34	Yen Yee Tiffany	Chow		NL Triathlon Club
29	1	6:40	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 35-39	Ruth	Johnstone		Sonic Sports Association
30	1	6:40	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 40-44	YUI MING	LI	李銳明	The Little Dolphin Swimming Training Center
31	1	6:40	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 45-49	WAI CHONG HEIDI	TSE		
32	1	6:40	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 45-49	KA MAN	LEUNG	梁家敏	Galaxy Sports Triathlon
33	1	6:40	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 45-49	Wai Tong	Yip	葉慧棠	
34	1	6:40	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 50-54	PUI YI ELIZABETH	TAM	譚佩儀	Crest Ray Recreation & Sports Club
35	1	6:40	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 55-59	Mei Lei	Yeung	楊美俐	
36	1	6:40	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 55-59	wai fun	LIU		Sonic Sports Association
37	1	6:40	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 55-59	HAU YI DORA	LI		Energetic Triathlon Shatin
38	1	6:40	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 55-59	MUI CHRISTINA	WONG	黃梅	Mango Swimming Club
39	1	6:40	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 55-59	Joan	Tsang		Sonic Sports Association
40	1	6:40	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 55-59	Pui Ha	Tsang		Titan Triathlon
41	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 20-24	Ryan	Yu	余浚曦	Galaxy Sports Triathlon
42	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 20-24	King Hang	Chau	周景行	The Little Dolphin Swimming Training Center
43	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 20-24	Kin Hei	Wong	黃鍵熹	
44	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 20-24	Lee	Jacob Yan Chak	李恩澤	
45	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 25-29	Yam	Yip	叶鑫	First Ten Generation Team
46	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 25-29	祖杰	liao	廖祖杰	
47	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 25-29	Long Kit	Chiu	趙朗傑	New Sports Triathlon
48	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 25-29	Long Hei Pascal	Wong	黃朗熙	
49	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 30-34	chun fung	wong	黃震鋒	AustSports Association
50	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 30-34	Chun Hoi	Yuen	阮俊凱	Sonic Sports Association

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51	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 30-34	旭鋒	陳	陳旭鋒	
52	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 30-34	KA HEI	HO		Aqua Gym Sport Association
53	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 30-34	Ying Yeung	WONG	黃英洋	Hong Kong Fire Services Sports and Welfare Club
54	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Clement	Ip		
55	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Cheuk fung	cho		
56	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Jonathan	Chu		
57	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Creighton	Connolly		Hong Kong Dragons Triathlon Club
58	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Tsz Fung	Chiu	趙子峰	Sonic Sports Association
59	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Matt	Chandler		
60	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Chun Ting Timothy	Ho	何俊廷	Energetic Triathlon Shatin
61	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Wing Fung	Lai	黎永鋒	NL Triathlon Club
62	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Kwok Fan	Li		Titan Triathlon
63	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Jonathan	Ip		Hong Kong Fire Services Sports and Welfare Club
64	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	chi fung	chow	周熾烽	First Ten Generation Team
65	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	DAOLONG	HU		Energetic Triathlon Shatin
66	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	YING KIT	Tang	鄧英傑	First Ten Generation Team
67	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Wai Ming	Leung	梁偉明	
68	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Wai Man	Li		
69	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Ka Ho	Fan		The Little Dolphin Swimming Training Center
70	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	wai kit	woo	胡偉傑	Hong Kong Fire Services Sports and Welfare Club
71	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Gump	Wong Yuk Hei	黃旭曦	Sonic Sports Association
72	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Wong	Kaming	黃家明	Energetic Triathlon Shatin
73	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	Kim	Iu		
74	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	YAN KIT JAMES	HO		Energetic Triathlon Shatin
75	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	Jerry	Tang		Sonic Sports Association
76	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	CHRIS	CHEN		Energetic Triathlon Shatin
77	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	Jonathan	Cummings		
78	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	CHING FAI	LEUNG		Energetic Triathlon Shatin
79	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	Christopher	Lee		Sonic Sports Association
80	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	PUI YIN ANDREW	LEE		
81	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	Alexander	Liauw		
82	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Vittorio	Trusso		Hong Kong Dragons Triathlon Club
83	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Wai Chung Christopher	Tong		Sonic Sports Association
84	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	HONG	AU YEUNG	歐陽康	Mango Swimming Club
85	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	man kwong	cheung		Mango Swimming Club
86	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	richard	roper		
87	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 60-64	Bertram	Shi		Energetic Triathlon Shatin
88	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 65 & over	LUI HUNG LAWRENCE	CHUNG		Energetic Triathlon Shatin
89	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 65 & over	WING KWONG	IP		Energetic Triathlon Shatin
90	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 65 & over	Fai Ming	Chan	陳揮明	AustSports Association
91	2	6:45	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 65 & over	King Yuen	Chan	陳景源	New Sports Triathlon
92	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Wang Chin	chan	陳宏展	First Ten Generation Team
93	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Cham Yin, Andres	Wong	黃湛然	
94	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Yat Long	Leung	梁日朗	Crest Ray Recreation & Sports Club
95	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Lap Yan Duncan	Chow	周立仁	The Little Dolphin Swimming Training Center
96	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Kak Scott	Yeung	楊格	Sparkle Triathlon
97	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	LAP YIN EUGENE	WU		Energetic Triathlon Shatin
98	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	LONG KIU	LOU		Energetic Triathlon Shatin
99	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	SHEUNG HEI	YEUNG		Energetic Triathlon Shatin
100	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	HEI LONG OTIS	LEUNG		Energetic Triathlon Shatin
101	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Yuet Fung Nikan	Yiu	饒越風	The Little Dolphin Swimming Training Center

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102	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Tsz Ho	Yan	殷梓賀	Sparkle Triathlon
103	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	启杰	唐	唐启杰	
104	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	柏希	李	李柏希	The Little Dolphin Swimming Training Center
105	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Tsz Lok	Chim	詹梓樂	Excel Swim Sports Association
106	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Daren	Silbernagl	李大仁	
107	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Ho Shun	Chan	陳浩信	Alpha Zone Sports
108	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Kei Yin	Pan	潘紀言	Alpha Zone Sports
109	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	倬宏	馮	馮倬宏	Aqua Gym Sport Association
110	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Yin Pok	Woo	胡彥博	Alpha Zone Sports
111	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Pak Kiu	Tsang	曾柏嶠	Alpha Zone Sports
112	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Tsz Ngo	cheung	張梓傲	The Little Dolphin Swimming Training Center
113	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Chun Ho	Lin	連俊顯	First Ten Generation Team
114	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Kwun cheong	Tsang	曾冠倡	Galaxy Sports Triathlon
115	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	HO HEI	NG	吳皓熹	
116	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Ethan Andrew Vasileios	PAPADOPOULOS		South China Athletic Association
117	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Chun Fung Jonathan	Chan	陳進峰	The Little Dolphin Swimming Training Center
118	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	CHUN TING	TSANG	曾俊廷	First Ten Generation Team
119	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Hayling William Chan	Green	希寧	Sparkle Triathlon
120	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	CHI YIN IVIN	CHUNG	鍾至瑛	
121	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Samuel	Ng	伍柏朗	Alpha Zone Sports
122	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	TSUN YU	WONG	王浚宇	
123	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	TIN YU	CHEUNG	張天宇	
124	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Yat Hei Isaac	Poon	潘日希	
125	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Enzo	Chen	陳恩澤	
126	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Tsz Kiu	Wong	黃梓僑	Sparkle Triathlon
127	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Tin Hang	Qu	邱天行	Sparkle Triathlon
128	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Tak Lam	Chan	陳德霖	
129	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Chun Kiu	Yu	虞竣喬	Sparkle Triathlon
130	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	SEN YIK OTTO	WANG		Energetic Triathlon Shatin
131	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	TAK MAN	LEUNG	梁德恣	Energetic Triathlon Shatin
132	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	HONG PING AVERY	NG		Energetic Triathlon Shatin
133	3	7:00	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	PAK TING	HO		
134	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Pak Lam	Cheung	張柏霖	The Little Dolphin Swimming Training Center
135	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	CHING KIU	WONG		Energetic Triathlon Shatin
136	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	HO LAM	LO		Energetic Triathlon Shatin
137	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	HO SAU	LAM		Energetic Triathlon Shatin
138	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Morgan Muk	Yeung	楊目	Sparkle Triathlon
139	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	SZE CHAI JENSON	YING		Energetic Triathlon Shatin
140	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	PAK LAM	HO		Energetic Triathlon Shatin
141	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	JAKE ANDERS	CHAN		Energetic Triathlon Shatin
142	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	LIK, ETHAN	WONG		Energetic Triathlon Shatin
143	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Kwok Hin Stefan	Hung	洪國軒	
144	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	KAI BOK MARTIN	WONG	黃啟博	Energetic Triathlon Shatin
145	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	YU HEI GARETH	WONG		Energetic Triathlon Shatin
146	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Isaac Chongyi	Shi	石崇伊	Mango Swimming Club
147	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	PUI KIU	TAM	譚沛翹	Aqua Gym Sport Association
148	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	NOK HEI ODIN	YAU	丘諾滸	
149	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Tsz Lok	Chan	陳子壘	Aqua Gym Sport Association
150	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Ho Ting Preston	WONG	黃昊霆	Sparkle Triathlon
151	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Cheuk Him	Lo	盧卓謙	The Little Dolphin Swimming Training Center
152	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Yin Chun	Chu	朱延晉	First Ten Generation Team

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153	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Kai Hin	Chui	徐啟獻	
154	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	謙佑	陳	陳謙佑	Titan Triathlon
155	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Sum To	Chan	陳心陶	First Ten Generation Team
156	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Hoi Chun	Chan	陳凱晉	The Little Dolphin Swimming Training Center
157	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Chi Lok	Ching	程治絡	Alpha Zone Sports
158	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Lai yin	Lam		
159	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Tang	Song		Mango Swimming Club
160	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Hon Lam Adrian	Fong	方漢林	The Little Dolphin Swimming Training Center
161	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Chun Hang Jeremy	Chow	周駿鏗	First Ten Generation Team
162	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Ryan	Hung	孔令添	Alpha Zone Sports
163	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Lok Chun	Wong	黃樂臻	First Ten Generation Team
164	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	jim	ko	高瞻	First Ten Generation Team
165	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Tin Yat	Ma	馬天一	
166	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	蔚然	岑	岑蔚然	Alpha Zone Sports
167	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Yui Ting	Siu	蕭睿廷	First Ten Generation Team
168	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Shu Yan Ethan	Mak	麥庶寅	Sparkle Triathlon
169	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Yat Hei	Chiu	趙溢禧	
170	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	chi pui	Law	羅智培	
171	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Yat To	Wan	溫日圖	Sparkle Triathlon
172	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	man him	ho		
173	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Kwong	Yick Kiu Casper	鄭奕翹	
174	4	7:02	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Pok Yin	Leung	梁博賢	First Ten Generation Team
175	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	CHING YAU	CHAN		Energetic Triathlon Shatin
176	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	SAU YU HARRIES	CHENG	鄭修瑜	Energetic Triathlon Shatin
177	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Sze Yu	Chan	陳思瑜	The Little Dolphin Swimming Training Center
178	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Chan	Ching Yee ALLY	陳靖兒	Titan Triathlon
179	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Hui Ching	Chan	陳煦晴	First Ten Generation Team
180	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Lok Yau	Man	文樂嫻	First Ten Generation Team
181	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Yuet Ching	Tang	鄧悅晴	First Ten Generation Team
182	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Yee Sum	Chung	鍾以心	First Ten Generation Team
183	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Nga Yu	Wong	黃雅渝	Energetic Triathlon Shatin
184	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	泱辰	周	周泱辰	First Ten Generation Team
185	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Ngo Ching	Wong	王傲晴	First Ten Generation Team
186	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Hoi Ching	Yip	葉凱晴	
187	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Yu Ching Charis	Chik	戚予晴	
188	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Hau Yee Alisha	WU	胡巧兒	The Little Dolphin Swimming Training Center
189	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	HEI SHUN ONA	LEUNG		Energetic Triathlon Shatin
190	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	CHING	WAN		Energetic Triathlon Shatin
191	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	CHEUNG	YUET CHING	蔣悅晴	First Ten Generation Team
192	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	TSZ YAU	NG	吳梓濠	First Ten Generation Team
193	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Kei Tung	Pan	潘紀彤	Alpha Zone Sports
194	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Haylis	Ng	吳禧漩	Aqua Gym Sport Association
195	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Fong	Ho Lam	方靚琳	
196	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Rebecca Mingnuo	Chen		Sparkle Triathlon
197	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Hei Ching	Tse	謝僑澄	
198	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	lok tung	hung	洪樂桐	Kwan Hung Sports Club
199	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Ka Pik Abigail	Mak	麥珈璧	Sparkle Triathlon
200	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Cheryl	Lau	劉森芮	First Ten Generation Team
201	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Michaela Grace	Leung	梁然知	First Ten Generation Team
202	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Yat Tung	Wan	溫日彤	Sparkle Triathlon
203	5	7:30	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Chin Yau	Tam	譚千柔	Crest Ray Recreation & Sports Club

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342	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	King To	Chan	陳景滔	Energetic Triathlon Shatin
230	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	YAT LONG	LAM	林日朗	
229	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Cheuk Long	Chun	陳卓朗	
204	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Siu Wo	Au Yeung	歐陽兆和	The Little Dolphin Swimming Training Center
206	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Ka Ho	Wong	黃嘉豪	
207	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Ysz Hin	Yip	葉子軒	Energetic Triathlon Shatin
208	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Wang Hin Ian	Fok	霍泓軒	Energetic Triathlon Shatin
209	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Shing Him	Yu	余承謙	Energetic Triathlon Shatin
210	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Tak Long	Yip	葉德朗	Energetic Triathlon Shatin
211	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Tai Long Jason	Ng	伍泰龍	
212	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Robin	Elg		
213	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Lucas	Wong	王諾	Energetic Triathlon Shatin
214	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Ngai Chun	Ting	丁毅臻	Sparkle Triathlon
215	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Tsz Leong Louie	Cheng	鄭梓亮	
216	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Chun Hei	Wong	黃俊偉	The Little Dolphin Swimming Training Center
217	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Ho Ting	Lee	李灝庭	AustSports Association
218	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Pu Chak	Yung	翁澤澤	The Little Dolphin Swimming Training Center
219	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Pak Fan	Mok	莫柏勛	Energetic Triathlon Shatin
220	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Yan Tao	Shum	沈恩途	Galaxy Sports Triathlon
221	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Auscar	Tsang	曾竟瑋	Energetic Triathlon Shatin
222	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Nok Hei	Wong	王諾熙	
223	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Lok Shi	Lam	林樂仕	Energetic Triathlon Shatin
224	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Tsun Fung	Yim	嚴浚鋒	Sparkle Triathlon
225	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Pak Yiu Anson	Wong	黃栢堯	Energetic Triathlon Shatin
226	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Vatsal	Runthala		
227	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Chung Hei	Lam	林頌熹	The Little Dolphin Swimming Training Center
228	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Chun Yiu	Hui	許竣堯	The Little Dolphin Swimming Training Center
231	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Marcus	Tiu		Energetic Triathlon Shatin
232	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Pak Hei	Chan	陳柏偉	Galaxy Sports Triathlon
233	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Pok Yin	Tsang		The Little Dolphin Swimming Training Center
234	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Ching Yeung	Chan	陳清揚	
235	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Ethan	Lee	李懿行	
236	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Wai Yin	Chan	陳韋弦	Sparkle Triathlon
237	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Tsz Yeung Ian	Shek	石梓暘	Galaxy Sports Triathlon
238	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Wong	Kin To Kayden	黃健韜	The Little Dolphin Swimming Training Center
239	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Rico	Ho	何兆剛	
240	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Pak Lam Cass	Man	文柏藍	AustSports Association
241	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Ernie	Ip	葉濤琛	
242	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Alban	Modiano	安班	South China Athletic Association
243	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	Chi Sheung	Wong	黃智尚	
244	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	Hei	Kwok	郭曦	
245	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	Shung Him	Lai	賴崇謙	AustSports Association
246	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	CHI HIM RYAN	YAU	丘志謙	Galaxy Sports Triathlon
247	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	LOK YIN	KONG	鄺樂賢	
248	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	Yu Hin	Lau	劉宇軒	
249	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	KA O	LO	盧加奧	Galaxy Sports Triathlon
250	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Open	Hoi Ching	Lam	林海晴	
251	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Chung Ning	Shum	岑頌寧	Energetic Triathlon Shatin
252	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Yuet Hei	Ng	吳悅曦	Energetic Triathlon Shatin
253	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Sarah	Modiano		
254	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Oi Yin	Chan	陳愛妍	

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255	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Lok Tung	Wong	王樂彤	
256	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 2	Anson	Lun	倫柏翹	AustSports Association
257	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 2	Wan Tung	Wong	黃允彤	Energetic Triathlon Shatin
258	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 2	Lai Ki Nicole	Man	文麗淇	Energetic Triathlon Shatin
259	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Junior 1	Yi Chun	Chan	陳以臻	AustSports Association
260	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 20-29	Hoi Lam	Yam	任海霖	
261	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 20-29	鏗濤	陳		Crest Ray Recreation & Sports Club
262	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 20-29	Ananya	Sony		
263	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 30-39	Evian	Chau		Crest Ray Recreation & Sports Club
264	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 30-39	曉彤	周		Crest Ray Recreation & Sports Club
265	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 30-39	Pui ling	Lee	李佩玲	
266	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 30-39	Cassy	Koo		NL Triathlon Club
267	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 40-49	Hoi Lam	Fung	馮凱琳	
268	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 40-49	nok sze	tse	謝諾思	
269	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 50-59	SHUK HAN KAREN	LUI		Energetic Triathlon Shatin
270	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 50-59	MAN YI MAY	LI		Energetic Triathlon Shatin
271	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 50-59	Ching Yi	Li	李靜儀	Energetic Triathlon Shatin
272	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 60-69	YUK CHING CHRISTINA	LEUNG		Energetic Triathlon Shatin
273	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 60-69	LAI WA	LAU		Energetic Triathlon Shatin
419	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Open	Cheuk Yat	Lo	盧卓逸	Energetic Triathlon Shatin
420	6	8:00	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Hayley	Tsang		Energetic Triathlon Shatin
274	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 20-29	CHEE HONG BRIAN	FUNG	馮梓匡	Crest Ray Recreation & Sports Club
275	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 20-29	Tsz Chun	Law	羅子駿	
276	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 20-29	Wang Chit	Kwong	鄺弘哲	
277	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 20-29	Chi Fung	Leung	梁智豐	First Ten Generation Team
278	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Bok Hin Victor	Choi	蔡博軒	
279	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Matthew	Chau	周家裕	Crest Ray Recreation & Sports Club
280	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Wai Fung	Tang	鄧偉鋒	
281	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Man kit	Chan	陳文傑	
282	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Chun Yin	Choi	蔡俊賢	
283	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Shek Lun	Li	李錫倫	
284	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Bruce CM	Leung		
285	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	YUK LUN	LAU		
286	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Ho Tun	Koo		
287	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Hiu yeung	Lam		
288	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Kwun San Sun	Yau	邱冠燦	Aqua Gym Sport Association
289	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	YIU HUNG	NG	吳耀洪	First Ten Generation Team
290	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	CHO WAH	WAN		Energetic Triathlon Shatin
291	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Yau Yan	Tam	譚祐恩	AustSports Association
292	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	TSZ CHUN	WONG	王梓駿	Energetic Triathlon Shatin
293	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Tak Kiu	Pun	潘德翹	Tritons Triathlon Club
294	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Gary	Tiu		Energetic Triathlon Shatin
295	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	YAT SING	PUN	潘日升	
296	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	kwok on	chim	詹國安	Excel Swim Sports Association
297	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Ka Ho Lawrence	Wong	黃家灝	Sonic Sports Association
298	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Gerard	Chau	周志立	Energetic Triathlon Shatin
299	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	HON SUEN	MOK	莫翰遜	
300	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Ki fung	Cheung	蔣淇峰	First Ten Generation Team
301	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Ka Hin	Leung		
302	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Tommy Chi Kwan	Siu	蕭子鈞	First Ten Generation Team
303	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	ting piu	chong		Titan Triathlon

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304	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Hagikit	WONG		
305	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	kam chung	Lau	劉錦聰	First Ten Generation Team
306	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Chuen yin james	Chan		The Little Dolphin Swimming Training Center
307	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Kwok hang	Tse	謝國亨	
308	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Tim	Chiu		
309	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	TAK WING DAVY	LEE		Energetic Triathlon Shatin
310	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	CHI HO ERIC	CHEUNG		Energetic Triathlon Shatin
311	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	SHU WAH JIMMY	WAN	溫樹華	Energetic Triathlon Shatin
312	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Wai Hung	Chan	陳偉洪	
313	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	CHI KIT	CHAN		
314	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Chung Ming	Wong	黃頌銘	
315	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Chi Hang	Chong	莊知行	Energetic Triathlon Shatin
316	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	SIU SANG	LEE	李紹生	Energetic Triathlon Shatin
317	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	GARY LAU	LAU	劉家偉	Energetic Triathlon Shatin
318	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Vincent	Lee		AustSports Association
319	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	HON FAI	WU		South China Athletic Association
320	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Jack	Yee		
321	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Almon	Kwan		
322	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Tse	Wai Chi	謝偉志	Galaxy Sports Triathlon
323	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	Chiu Kau	Lin	練超球	
324	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	WAI MING WARMAN	CHENG	鄭偉明	
325	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	Wai Leung	Chu	朱偉亮	
326	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	YIN CHEONG	WONG		Energetic Triathlon Shatin
327	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	Ka Yam	Ip		
328	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	TAK WA PAUL	KONG		Energetic Triathlon Shatin
329	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	Ho Seng	Wong	王皓生	Energetic Triathlon Shatin
330	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 70 & Over	HON KUEN	TSOI	蔡漢權	Energetic Triathlon Shatin
331	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 70 & Over	Heng Fan	Poon	潘恒奮	
332	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 70 & Over	Stephen King Che	Chan		Energetic Triathlon Shatin
333	7	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 70 & Over	Chi Ling Clement	Yeung	楊子凌	The Little Dolphin Swimming Training Center
334	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Elite Youth	Shun Hei	Wong	黃淳希	
335	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Elite Youth	Yik Hei	Lau	劉奕希	Energetic Triathlon Shatin
336	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Elite Youth	Cheuk Kiu	Ng	吳卓翹	Energetic Triathlon Shatin
337	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Elite Youth	Hoi Jin	Lee	李鎰靖	Energetic Triathlon Shatin
338	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Elite Youth	Cheuk Yin Desmond	Chau	周卓賢	Energetic Triathlon Shatin
339	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Elite Youth	Tze Kiu	Tam	譚子翹	Energetic Triathlon Shatin
340	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Elite Youth	Sze Chai	Lau	劉思齊	Energetic Triathlon Shatin
341	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Elite Youth	Chun Ching	Ting	丁進澄	Sparkle Triathlon
343	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Wang Chun	Chan	陳宏晉	First Ten Generation Team
344	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Yik Sum, Sam	Kwok	郭奕琛	The Little Dolphin Swimming Training Center
345	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	YAU YAT	LEUNG		Energetic Triathlon Shatin
346	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Ching Long	Yan	殷靖朗	Sparkle Triathlon
348	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Yuet Hei	Chan		Aqua Gym Sport Association
349	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Ngai Carlos	Fan		The Little Dolphin Swimming Training Center
350	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	chun lok	chu	朱俊諾	First Ten Generation Team
351	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	JIANGZHI	HU	胡江芷	Energetic Triathlon Shatin
352	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Chak Fung	Ng	吳澤豐	First Ten Generation Team
353	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	YUI HIM	SOU		Energetic Triathlon Shatin
354	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	oson	lau	劉敖辰	The Little Dolphin Swimming Training Center
355	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Shing Hang	Fok	霍承亨	Energetic Triathlon Shatin
356	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	鎮銘	孫	孫鎮銘	

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357	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Tang Pok Yan	鄧	博仁	
358	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Shing Chung	Lee	李承聰	
359	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	chun teng aiden	chow	周駿騰	First Ten Generation Team
360	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	奕乔	王	王奕乔	
361	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Wan Hin	Mok	莫蘊軒	Energetic Triathlon Shatin
362	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	CHUN HIM LOUIS	WONG	王俊謙	Energetic Triathlon Shatin
363	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Yat Long Jay	Chan	陳逸朗	Energetic Triathlon Shatin
364	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	一杭	高	高一杭	
365	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	无忌	邓	邓无忌	
366	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	pak long Casper	chan	陳柏朗	Energetic Triathlon Shatin
367	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	JACO JIA SHEN	XI	奚嘉霖	Aqua Gym Sport Association
368	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Tin Lap	Qu	邱天立	Sparkle Triathlon
369	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	San Mau Jacob	Mak	麥宸畝	Sparkle Triathlon
370	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	CHUNG YU	WONG		Energetic Triathlon Shatin
371	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Chun Hong Chaska	Poon	方俊匡	
372	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Lap Yan	Kei	紀立人	Sparkle Triathlon
373	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Chun Lam	Chu	朱俊霖	The Little Dolphin Swimming Training Center
374	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Yat to Travis	Li		Energetic Triathlon Shatin
375	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	TING YAN MATTHEW	PANG	彭廷殷	Crest Ray Recreation & Sports Club
376	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Lok Chun Titus	Lui	雷樂遵	Energetic Triathlon Shatin
377	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	ka kiu	yeung	楊傢喬	The Little Dolphin Swimming Training Center
378	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Wai Chun	Au	區偉俊	
379	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	YUI HANG	CHOI	蔡睿玟	
380	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Leong Yin	Au	歐亮言	Sparkle Triathlon
381	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	WAI TING	LEE	李瑋庭	AustSports Association
382	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Pak Yin	Chu	朱珀賢	AustSports Association
383	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Earnest	Lee	李丞恩	
384	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	vincent	ye		
385	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	IRON	WAN	溫可為	Energetic Triathlon Shatin
386	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	袖清	叶	叶袖清	
387	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Cheuk Nam Janko	Au	區卓嵐	Energetic Triathlon Shatin
388	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Hao che	Chang	張浩哲	Crest Ray Recreation & Sports Club
389	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Ching Kiu	Ng	吳政橋	AustSports Association
390	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Yat Long Julian	Cho	曹日朗	
391	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Kei Chi	Hung	孔麒麟	
392	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	ian	Wong	王喆	Energetic Triathlon Shatin
393	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Theodore	Zhang	張天維	Mango Swimming Club
394	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Tsz Wang	Wong	黃梓宏	The Little Dolphin Swimming Training Center
395	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Chak Hei Jeffrey	Tsang	曾澤禧	First Ten Generation Team
396	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	TSZ WUN XAVIER	CHEUNG	張子桓	Crest Ray Recreation & Sports Club
397	8	8:10	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Tsz Kin	Tse	謝梓健	Galaxy Sports Triathlon
398	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Elite Youth	Cin Yee Cydnee	Chung	鍾倩兒	
399	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Elite Youth	Jessie	Ho	何泳悠	The Little Dolphin Swimming Training Center
400	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Elite Youth	Cheuk Lam	Chung	鍾焯琳	Energetic Triathlon Shatin
401	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Elite Youth	Hiu Yau	Yeung	楊曉悠	
402	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Elite Youth	Yi	Ma	馬懿	
403	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Elite Youth	Hiu Tung Hazel	Lee	李曉彤	
404	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 1	CHING HEI	WONG		Energetic Triathlon Shatin
405	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 1	JIANGQI	HU	胡江蕪	Energetic Triathlon Shatin
406	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 1	Tsz Chin	Tsang	曾籽芊	
407	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 1	Chin Yui	Chan	陳芊睿	AustSports Association

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408	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 1	Ceinwen	Chau	周翹慧	Energetic Triathlon Shatin
409	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 1	Pok Nga	So	蘇博雅	AustSports Association
410	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 1	Tsz Shun	CHAN	陳梓淳	Blue & White Spirit Sports Club
411	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 1	Lok Yin Alicia	Lau	劉樂然	The Little Dolphin Swimming Training Center
412	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 1	Keira Joy	Leung	梁逸玥	First Ten Generation Team
413	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 1	OLIVIA	LEE	李傲凝	
414	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 1	思澄	呂	呂思澄	Blue & White Spirit Sports Club
415	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 2	Hong Ching	Wong	黃康晴	The Little Dolphin Swimming Training Center
417	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 2	Cheuk Kiu	Chan	陳卓菁	Sparkle Triathlon
418	9	8:15	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 2	HEIDI	CHEUNG	張凱堤	Crest Ray Recreation & Sports Club