

2022 Aquathlon Series-Race 1 Start List

Race no.	Heat	Start time	Last Name	First Name	Race Category	Race Category (Age)	Club
1	1	7:00	WAN	Chak Lam Bobby	Challenge Distance (Swim 600m/Run 5km)	Male Elite Junior (NS only)	Energetic Triathlon Shatin
2	1	7:00	CHAN	Ho Kwan	Challenge Distance (Swim 600m/Run 5km)	Male Elite Junior (NS only)	New Sports Triathlon
3	1	7:00	KWAN	Lok Chun Andrew	Challenge Distance (Swim 600m/Run 5km)	Male Elite Junior (NS only)	
4	1	7:00	YIP	Tak Long	Challenge Distance (Swim 600m/Run 5km)	Male Elite Junior (NS only)	Energetic Triathlon Shatin
5	1	7:00	YIP	Tsz Hin	Challenge Distance (Swim 600m/Run 5km)	Male Elite Junior (NS only)	
6	1	7:00	TSANG	Wai Chun	Challenge Distance (Swim 600m/Run 5km)	Male Elite Junior (NS only)	AustSports Association
7	1	7:00	WONG	Ka Ho	Challenge Distance (Swim 600m/Run 5km)	Male Elite Junior (NS only)	First Ten Generation Team
8	1	7:00	CHAN	Yui Fung	Challenge Distance (Swim 600m/Run 5km)	Male Elite Junior (NS only)	Energetic Triathlon Shatin
9	1	7:00	TSANG	Cheung Sing Nicholas	Challenge Distance (Swim 600m/Run 5km)	Male Elite Open (NS only)	
10	1	7:00	TAN	James	Challenge Distance (Swim 600m/Run 5km)	Male Elite Open (NS only)	South China Athletic Association
11	1	7:00	NG	Jason	Challenge Distance (Swim 600m/Run 5km)	Male Elite Open (NS only)	
12	1	7:00	COGGINS	Oscar	Challenge Distance (Swim 600m/Run 5km)	Male Elite Open (NS only)	
13	1	7:00	ELG	Robin	Challenge Distance (Swim 600m/Run 5km)	Male Elite Open (NS only)	
14	1	7:00	YU	Shing Him	Challenge Distance (Swim 600m/Run 5km)	Male Elite Open (NS only)	Energetic Triathlon Shatin
15	1	7:00	HUNG	Tik Long	Challenge Distance (Swim 600m/Run 5km)	Male Elite Open (NS only)	
16	1	7:00	WONG	Tsz To	Challenge Distance (Swim 600m/Run 5km)	Male Elite Open (NS only)	
17	1	7:00	FOK	Wang Hin Ian	Challenge Distance (Swim 600m/Run 5km)	Male Elite Junior (NS only)	
170	1	7:00	CHU	Yan Ho Philip	Challenge Distance (Swim 600m/Run 5km)	Male Elite Junior (NS only)	South China Athletic Association
18	2	7:02	WRIGHT	Cade Cameron	Challenge Distance (Swim 600m/Run 5km)	Female Elite Junior (NS only)	
19	2	7:02	COURRET	Pauline	Challenge Distance (Swim 600m/Run 5km)	Female Elite Junior (NS only)	
20	2	7:02	WRIGHT	Tallulah Taye	Challenge Distance (Swim 600m/Run 5km)	Female Elite Junior (NS only)	
21	2	7:02	METAIS	Zoe	Challenge Distance (Swim 600m/Run 5km)	Female Elite Junior (NS only)	
22	2	7:02	BROWN	Bailee	Challenge Distance (Swim 600m/Run 5km)	Female Elite Open (NS only)	
23	2	7:02	CHO	Wing To Cheri	Challenge Distance (Swim 600m/Run 5km)	Female Elite Open (NS only)	
24	2	7:02	CHOI	Yan Yin	Challenge Distance (Swim 600m/Run 5km)	Female Elite Open (NS only)	
215	2	7:02	LO	Cheuk Yat	Challenge Distance (Swim 600m/Run 5km)	Female Elite Junior (NS only)	
308	2	7:02	HALL	Charlotte Emily	Challenge Distance (Swim 600m/Run 5km)	Female Elite Junior (NS only)	
25	3	7:30	TANG	Tammy	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 20-24	First Ten Generation Team
26	3	7:30	KWOK	Yu Yan	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 20-24	Titan Triathlon
27	3	7:30	CHAN	Hok Ming Adeline	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 25-29	Sonic Sports Association
28	3	7:30	TSANG	Ka Hung	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 25-29	
29	3	7:30	LAM	Sin Ching	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 25-29	New Sports Triathlon
30	3	7:30	SUEN	Althea	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 25-29	
31	3	7:30	WAN	Tsz Ching Elizabeth	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 25-29	New Sports Triathlon
32	3	7:30	YEUNG	Judy	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 30-34	Sonic Sports Association
33	3	7:30	YEUNG	Tsz Han	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 30-34	South China Athletic Association
34	3	7:30	REINFRANK	Alkira Lee	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 30-34	
35	3	7:30	LUNG	Yan Yin Krystal	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 30-34	New Sports Triathlon
36	3	7:30	BENTLEY	Gillian	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 30-34	Sonic Sports Association
37	3	7:30	NG	Chau Yu	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 30-34	South China Athletic Association
38	3	7:30	SIU	Tsz Hang Rachel	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 30-34	
39	3	7:30	CHHAN	Valerie	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 30-34	Sonic Sports Association
40	3	7:30	CHAN	On Ki	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 30-34	New Sports Triathlon
41	3	7:30	PANG	Lok Man	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 35-39	Titan Triathlon
42	3	7:30	CHAU	Chiu Nam	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 35-39	
43	3	7:30	IRVINE	Janet Anne	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 40-44	Sonic Sports Association
44	3	7:30	WONG	Gi Wai Gigi	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 40-44	Sonic Sports Association
45	3	7:30	KWOK	Sze Man Dora	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 40-44	
46	3	7:30	ALFHEIM	Olivia	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 40-44	
47	3	7:30	WU	Ka Wing	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 40-44	Sonic Sports Association
48	3	7:30	POON	Man Fung	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 40-44	
49	3	7:30	LEE	Janice	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 40-44	Sonic Sports Association
50	3	7:30	PUN	Cin Lam Lisa	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 40-44	Sonic Sports Association
51	3	7:30	HUI	Ka Man Amy	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 45-49	Energetic Triathlon Shatin
52	3	7:30	TAM	Pui Yi Elizabeth	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 45-49	Crest Ray Recreation & Sports Club
53	3	7:30	COURRET	Amandine	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 45-49	South China Athletic Association
54	3	7:30	LI	Hau Yi Dora	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 50-54	Energetic Triathlon Shatin
55	3	7:30	LUI	Shuk Han Karen	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 50-54	Energetic Triathlon Shatin
56	3	7:30	LAI	Ingrid	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 55-59	
57	3	7:30	CHOW	Echo	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 55-59	
58	3	7:30	CHEUNG	Wing Yee	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 55-59	Alpha Zone Sports
59	3	7:30	TSOI	Angel, Yin Ling	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 60-64	Energetic Triathlon Shatin
60	3	7:30	CHAU	Choi Ping	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 60-64	
61	3	7:30	YEUNG	Sai Hee Sally	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 65 & Over	New Sports Triathlon
62	3	7:30	LEUNG	Yuk Ching Christina	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 65 & Over	Energetic Triathlon Shatin
103	3	7:30	CHOW	Chi Ngan	Challenge Distance (Swim 600m/Run 5km)	Female Age Group 40-44	Energetic Triathlon Shatin
63	4	8:00	TAI	Kwun Kit	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 50-54	Pro-trinity Sports Club
64	4	8:00	SZETO	Wing Kei	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 50-54	Energetic Triathlon Shatin
65	4	8:00	CHAN	Chak Sang Raymond	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 50-54	
66	4	8:00	FAN	Xiaowen	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 50-54	Energetic Triathlon Shatin
67	4	8:00	MOK	Ho Yin	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 50-54	Energetic Triathlon Shatin
68	4	8:00	YEUNG	Yam Ho	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 50-54	
69	4	8:00	WONG	Frankie	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 50-54	Alpha Zone Sports
70	4	8:00	TANG	Jerry	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 50-54	Sonic Sports Association
71	4	8:00	YIU	Ka On	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 50-54	Sonic Sports Association
72	4	8:00	WU	Wai Ki	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 55-59	Energetic Triathlon Shatin
73	4	8:00	HO	Kwong Ngai Eric	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 55-59	AustSports Association
74	4	8:00	KONG	Tak Wa Paul	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 55-59	Energetic Triathlon Shatin
75	4	8:00	BURTON	Scott	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 55-59	
76	4	8:00	LEUNG	Kin Keung	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 55-59	Energetic Triathlon Shatin
77	4	8:00	MA	Ma Chi Po	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 55-59	New Sports Triathlon
78	4	8:00	CHAN	Hon Hung	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 60-64	
79	4	8:00	CHOI	Tai Wing	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 60-64	AustSports Association
80	4	8:00	LEE	Kwok Ning	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 60-64	
81	4	8:00	WONG	Ho Man Jonathan	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 60-64	AustSports Association
82	4	8:00	CHUNG	Lui Hung Lawrence	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 60-64	Energetic Triathlon Shatin
83	4	8:00	CHAN	King Yuen	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 65 & Over	New Sports Triathlon
84	4	8:00	TSO	Kung Kin	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 65 & Over	AustSports Association
85	4	8:00	CHAN	Stephen King Che	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 65 & Over	Energetic Triathlon Shatin
86	4	8:00	POON	Heng Fan	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 65 & Over	
87	4	8:00	LEUNG	Chi Hung	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 65 & Over	AustSports Association
88	4	8:00	SHEK	Kong	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 65 & Over	AustSports Association
89	4	8:00	WONG	Check Yin	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 65 & Over	Mango Swimming Club
90	4	8:00	CHAN	Fai Ming	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 65 & Over	AustSports Association
91	5	8:25	WONG	Chi Sum	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 30-34	Sonic Sports Association

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92	5	8:25	LI	Ching	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 30-34	First Ten Generation Team
93	5	8:25	WU	Kenneth Yee Lok	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 30-34	
94	5	8:25	LAU	Long Fung	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 30-34	New Sports Triathlon
95	5	8:25	MAN	Ho Yin	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 30-34	Excel Swim Sports Association
96	5	8:25	YUEN	Chun Hoi	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 30-34	
97	5	8:25	CHENG	Tsz Yeung	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 30-34	Titan Triathlon
98	5	8:25	HO	Chun Sum Samuel	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 30-34	Energetic Triathlon Shatin
99	5	8:25	HO	Chun Ting Timothy	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 30-34	Energetic Triathlon Shatin
100	5	8:25	KO	King Hei	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 30-34	Titan Triathlon
101	5	8:25	HO	Ming Hei	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 30-34	Energetic Triathlon Shatin
102	5	8:25	CHAN	Chun Lung Alan	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 30-34	New Sports Triathlon
104	5	8:25	CHAN	Ngok Pang Ronald	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 40-44	New Sports Triathlon
105	5	8:25	FU	Yin Wing, Jerry	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 40-44	
106	5	8:25	MA	Derek Hing Kwok	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 40-44	
107	5	8:25	MAK	Tak Chuen Paul	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 40-44	
108	5	8:25	WOO	Wai Kit	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 40-44	Excel Swim Sports Association
109	5	8:25	TSE	Anthony	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 40-44	
110	5	8:25	AU	Siu Ming	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 40-44	The Little Dolphin Swimming Training Center
111	5	8:25	CHENG	Wing Shun Vincent	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 40-44	
112	5	8:25	LAU	Kin Wai	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 40-44	Titan Triathlon
113	5	8:25	CHOW	Kevin	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 40-44	
114	5	8:25	MAK	Chun Yin	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 40-44	
115	5	8:25	TSOI	Hiu Fai	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 40-44	Sonic Sports Association
116	5	8:25	LEE	Yuk Tong Sirius	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 40-44	Energetic Triathlon Shatin
117	5	8:25	POON	Sze Chun	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 40-44	Sonic Sports Association
118	5	8:25	ELLISON	Paul	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 45-49	
119	5	8:25	OKA	Yosuke	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 45-49	
120	5	8:25	CHAN	Pak-Fai	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 45-49	
121	5	8:25	LEE	Kin Man	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 45-49	South China Athletic Association
122	5	8:25	CHAN	Yu Hoi	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 45-49	Energetic Triathlon Shatin
123	5	8:25	LAU	Chi Bun William	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 45-49	
124	5	8:25	NG	Chi Wai Simon	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 45-49	Energetic Triathlon Shatin
125	5	8:25	COURRET	Olivier	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 45-49	South China Athletic Association
126	5	8:25	CHOI	Shing Min	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 45-49	Energetic Triathlon Shatin
127	5	8:25	NG	Wing-Fai	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 45-49	
128	5	8:25	LOK	Lam	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 45-49	New Sports Triathlon
129	5	8:25	LAM	Chung Kei	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 45-49	
130	5	8:25	LI	Chun Pong David	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 45-49	Sonic Sports Association
131	5	8:25	PAPALKAR	Jai	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 45-49	Sonic Sports Association
132	5	8:25	KWONG	Hoi Tik	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 45-49	Crest Ray Recreation & Sports Club
133	6	8:50	CHEUNG	Chin To	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 20-24	The Little Dolphin Swimming Training Center
134	6	8:50	CHEUNG	Kiu Sam	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 20-24	The Little Dolphin Swimming Training Center
135	6	8:50	TANG	Kin Yip	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 20-24	Sonic Sports Association
136	6	8:50	LIN	Cheuk Kiu Bryan	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 20-24	New Sports Triathlon
137	6	8:50	TSANG	Chi Lai	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 25-29	Alpha Zone Sports
138	6	8:50	NG	Ka Wai	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 25-29	AustSports Association
139	6	8:50	ABADIR	Alexandre	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 25-29	Sonic Sports Association
140	6	8:50	WONG	Perry	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 25-29	New Sports Triathlon
141	6	8:50	WONG	Ying Sun	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 25-29	
142	6	8:50	LAW	Chun Yip	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 25-29	
143	6	8:50	HO	Chun Hei	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 25-29	
144	6	8:50	WONG	Hui Wai	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 25-29	Energetic Triathlon Shatin
145	6	8:50	LAW	Leong Tim	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 25-29	First Ten Generation Team
146	6	8:50	TANG	Hon Man	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 25-29	Titan Triathlon
147	6	8:50	KWOK	Wun Loi	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 35-39	
148	6	8:50	CHEUNG	Wai Hang Zenki	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 35-39	
149	6	8:50	HU	Daolong	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 35-39	Energetic Triathlon Shatin
150	6	8:50	WRIGHT	Henry	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 35-39	
151	6	8:50	PUN	Tak Kiu	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 35-39	AustSports Association
152	6	8:50	LI	Ka Chun	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 35-39	Titan Triathlon
153	6	8:50	NG	Ting Kwong Johnny	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 35-39	AustSports Association
154	6	8:50	LEE	Wai Kin	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 35-39	
155	6	8:50	DULONDEL	Maxime	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 35-39	
156	6	8:50	TSANG	Jim	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 35-39	Alpha Zone Sports
157	6	8:50	LEE	Kwan Yu Brian	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 35-39	Energetic Triathlon Shatin
158	6	8:50	SAU	Miu Cheung	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 35-39	Energetic Triathlon Shatin
159	6	8:50	TAM	Yau Yan	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 35-39	AustSports Association
160	6	8:50	WONG	Ka Ho Lawrence	Challenge Distance (Swim 600m/Run 5km)	Male Age Group 35-39	Sonic Sports Association
161	7	9:15	TSANG	Anson	Sprint Distance (Swim 300m/Run 5km)	Male Elite Youth (NS only)	Energetic Triathlon Shatin
162	7	9:15	KAN	Carson	Sprint Distance (Swim 300m/Run 5km)	Male Elite Youth (NS only)	Energetic Triathlon Shatin
163	7	9:15	LAM	Lok Shi	Sprint Distance (Swim 300m/Run 5km)	Male Elite Youth (NS only)	
164	7	9:15	WONG	Nok Hei	Sprint Distance (Swim 300m/Run 5km)	Male Elite Youth (NS only)	
165	7	9:15	WONG	Pak Yiu Anson	Sprint Distance (Swim 300m/Run 5km)	Male Elite Youth (NS only)	First Ten Generation Team
166	7	9:15	YIM	Tsun Fung	Sprint Distance (Swim 300m/Run 5km)	Male Elite Youth (NS only)	Sparkle Triathlon
167	7	9:15	YUNG	Pu Chak	Sprint Distance (Swim 300m/Run 5km)	Male Elite Youth (NS only)	The Little Dolphin Swimming Training Center
168	7	9:15	HUNG	Wang To	Sprint Distance (Swim 300m/Run 5km)	Male Junior 1	
169	7	9:15	LIU	King Tin	Sprint Distance (Swim 300m/Run 5km)	Male Junior 1	Energetic Triathlon Shatin
171	7	9:15	TUNG	Lok Ping	Sprint Distance (Swim 300m/Run 5km)	Male Junior 1	
172	7	9:15	CHIU	Man To	Sprint Distance (Swim 300m/Run 5km)	Male Junior 1	
173	7	9:15	LUI	Tsun Kiu	Sprint Distance (Swim 300m/Run 5km)	Male Junior 1	
174	7	9:15	VOLAVKA	Charlie Bear	Sprint Distance (Swim 300m/Run 5km)	Male Junior 1	Aqua Gym Sport Association
175	7	9:15	LO	Hin Ching	Sprint Distance (Swim 300m/Run 5km)	Male Junior 1	Energetic Triathlon Shatin
176	7	9:15	CHEUNG	Chun Wai	Sprint Distance (Swim 300m/Run 5km)	Male Junior 2	AustSports Association
177	7	9:15	LAU	Siu Yat	Sprint Distance (Swim 300m/Run 5km)	Male Junior 2	AustSports Association
178	7	9:15	FONG	Siu Wang	Sprint Distance (Swim 300m/Run 5km)	Male Junior 2	Crest Ray Recreation & Sports Club
179	7	9:15	POON	Pui Hin	Sprint Distance (Swim 300m/Run 5km)	Male Junior 2	
180	7	9:15	LUN	Paco Pak Hou	Sprint Distance (Swim 300m/Run 5km)	Male Junior 2	AustSports Association
181	7	9:15	MAK	Pak Luen	Sprint Distance (Swim 300m/Run 5km)	Male Junior 2	
182	7	9:15	HUI	Kwok Wai Desmond	Sprint Distance (Swim 300m/Run 5km)	Male Junior 2	
183	7	9:15	KWAN	Tszfungjeffrey	Sprint Distance (Swim 300m/Run 5km)	Male Junior 2	AustSports Association
248	7	9:15	TSANG	Auscar	Sprint Distance (Swim 300m/Run 5km)	Male Elite Youth (NS only)	Energetic Triathlon Shatin
184	8	9:40	KIT	Miracle	Sprint Distance (Swim 300m/Run 5km)	Male Master	Alpha Zone Sports
185	8	9:40	AU	Tak Fai Albert	Sprint Distance (Swim 300m/Run 5km)	Male Master	
186	8	9:40	LEE	Lap Ken Kenneth	Sprint Distance (Swim 300m/Run 5km)	Male Master	
187	8	9:40	TSUI	Stephen	Sprint Distance (Swim 300m/Run 5km)	Male Master	Sparkle Triathlon
188	8	9:40	LAU	Sheung Man	Sprint Distance (Swim 300m/Run 5km)	Male Master	
189	8	9:40	TASKER	Simon	Sprint Distance (Swim 300m/Run 5km)	Male Master	

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190	8	9:40	CRAWFORD	Sean	Sprint Distance (Swim 300m/Run 5km)	Male Master	
191	8	9:40	WONG	Siu Hon	Sprint Distance (Swim 300m/Run 5km)	Male Master	
192	8	9:40	LEUNG	Michael	Sprint Distance (Swim 300m/Run 5km)	Male Master	
193	8	9:40	CHEUNG	Sing Long	Sprint Distance (Swim 300m/Run 5km)	Male Master	
194	8	9:40	LAU	Man Cheung	Sprint Distance (Swim 300m/Run 5km)	Male Master	Energetic Triathlon Shatin
195	8	9:40	LEE	Yuk Keung	Sprint Distance (Swim 300m/Run 5km)	Male Master	Energetic Triathlon Shatin
196	8	9:40	QUAN	Alec Kam Lek	Sprint Distance (Swim 300m/Run 5km)	Male Master	AustSports Association
197	8	9:40	CHONG	Ting Piu	Sprint Distance (Swim 300m/Run 5km)	Male Master	Titan Triathlon
198	8	9:40	LAI	Chi Lai Anthony	Sprint Distance (Swim 300m/Run 5km)	Male Master	Sonic Sports Association
199	8	9:40	WONG	Gump Yuk Hei	Sprint Distance (Swim 300m/Run 5km)	Male Master	
200	8	9:40	SMITH	Robert	Sprint Distance (Swim 300m/Run 5km)	Male Master	Energetic Triathlon Shatin
201	8	9:40	LIU	Jian Feng	Sprint Distance (Swim 300m/Run 5km)	Male Open	
202	8	9:40	YUEN	Kai Hong	Sprint Distance (Swim 300m/Run 5km)	Male Open	
203	8	9:40	LI	Jing Yi Andrew	Sprint Distance (Swim 300m/Run 5km)	Male Open	
204	8	9:40	CHAN	Ken Ho Hin	Sprint Distance (Swim 300m/Run 5km)	Male Open	
205	8	9:40	CHAN	Cheuk Man	Sprint Distance (Swim 300m/Run 5km)	Male Open	Titan Triathlon
206	8	9:40	LI	Hok Yee Terence	Sprint Distance (Swim 300m/Run 5km)	Male Open	Titan Triathlon
207	8	9:40	KWOK	Yee Man	Sprint Distance (Swim 300m/Run 5km)	Male Veteran	Alpha Zone Sports
208	8	9:40	IP	Wai Kit	Sprint Distance (Swim 300m/Run 5km)	Male Veteran	Mango Swimming Club
209	8	9:40	WONG	Tony	Sprint Distance (Swim 300m/Run 5km)	Male Veteran	Sonic Sports Association
210	8	9:40	WAN	Shu Wah Jimmy	Sprint Distance (Swim 300m/Run 5km)	Male Veteran	Energetic Triathlon Shatin
211	8	9:40	LEE	Vincent	Sprint Distance (Swim 300m/Run 5km)	Male Veteran	
212	8	9:40	IP	Wing Kwong	Sprint Distance (Swim 300m/Run 5km)	Male Veteran	Energetic Triathlon Shatin
213	9	10:05	LUN	Anson	Sprint Distance (Swim 300m/Run 5km)	Female Elite Youth (NS only)	AustSports Association
214	9	10:05	MAN	Lai Ki Nicole	Sprint Distance (Swim 300m/Run 5km)	Female Elite Youth (NS only)	
217	9	10:05	WONG	Wan Tung Esme	Sprint Distance (Swim 300m/Run 5km)	Female Elite Youth (NS only)	Energetic Triathlon Shatin
218	9	10:05	GREATON	Tess Evelyn	Sprint Distance (Swim 300m/Run 5km)	Female Elite Youth (NS only)	
219	9	10:05	TANAKA	Miu	Sprint Distance (Swim 300m/Run 5km)	Female Junior 1	
220	9	10:05	CHIU	Kai On	Sprint Distance (Swim 300m/Run 5km)	Female Junior 1	
221	9	10:05	TANG	Hiu Tung	Sprint Distance (Swim 300m/Run 5km)	Female Junior 1	
222	9	10:05	YU	Chi Yan	Sprint Distance (Swim 300m/Run 5km)	Female Master	Energetic Triathlon Shatin
223	9	10:05	CHIU	Cece	Sprint Distance (Swim 300m/Run 5km)	Female Master	
224	9	10:05	LI	Nga Yee	Sprint Distance (Swim 300m/Run 5km)	Female Master	
225	9	10:05	WONG	Sze Wan Vivian	Sprint Distance (Swim 300m/Run 5km)	Female Open	Alpha Zone Sports
226	9	10:05	CHAN	Lok Ching	Sprint Distance (Swim 300m/Run 5km)	Female Open	
227	9	10:05	LI	Tsz Yu	Sprint Distance (Swim 300m/Run 5km)	Female Open	New Sports Triathlon
228	9	10:05	HO	Natalie	Discovery Distance (Swim 300m and Run 2.5km Girls 2007)		
229	9	10:05	WANG	Yan Lam	Discovery Distance (Swim 300m and Run 2.5km Girls 2008)		First Ten Generation Team
230	9	10:05	CHAN	Oi Yin	Discovery Distance (Swim 300m and Run 2.5km Girls 2009)		
231	9	10:05	YU	Hiu Tung Natalie	Discovery Distance (Swim 300m and Run 2.5km Girls 2009)		Energetic Triathlon Shatin
232	9	10:05	LI	Yu Qing	Discovery Distance (Swim 300m and Run 2.5km Girls 2009)		
233	9	10:05	TSANG	Hayley	Discovery Distance (Swim 300m and Run 2.5km Girls 2009)		Energetic Triathlon Shatin
234	9	10:05	WONG	Lok Tung	Discovery Distance (Swim 300m and Run 2.5km Girls 2009)		
235	9	10:05	SIU	Yik Ching	Discovery Distance (Swim 300m and Run 2.5km Girls 2010)		
236	9	10:05	SIU	Yik Nam	Discovery Distance (Swim 300m and Run 2.5km Girls 2010)		
237	9	10:05	LEUNG	Hiu Tung	Discovery Distance (Swim 300m and Run 2.5km Girls 2010)		AustSports Association
238	9	10:05	CHAN	Yi Chun	Discovery Distance (Swim 300m and Run 2.5km Girls 2010)		AustSports Association
239	10	10:30	CHIU	Hin Ka	Discovery Distance (Swim 300m and Run 2.5km Boys 2007)		
240	10	10:30	CHOW	Yu Chak	Discovery Distance (Swim 300m and Run 2.5km Boys 2007)		Crest Ray Recreation & Sports Club
241	10	10:30	DULONDEL-GRANDE	Maxime Ernesto	Discovery Distance (Swim 300m and Run 2.5km Boys 2007)		
242	10	10:30	YICK	Po Shun	Discovery Distance (Swim 300m and Run 2.5km Boys 2007)		Sparkle Triathlon
243	10	10:30	CHAN	Tsz Ho Shaun	Discovery Distance (Swim 300m and Run 2.5km Boys 2007)		First Ten Generation Team
244	10	10:30	LAI	Pak Long	Discovery Distance (Swim 300m and Run 2.5km Boys 2008)		Sparkle Triathlon
245	10	10:30	TAI	Chun Max	Discovery Distance (Swim 300m and Run 2.5km Boys 2008)		Pro-trinity Sports Club
246	10	10:30	CLARK	Michael	Discovery Distance (Swim 300m and Run 2.5km Boys 2008)		Energetic Triathlon Shatin
247	10	10:30	NG	Yat Long, Marcus	Discovery Distance (Swim 300m and Run 2.5km Boys 2008)		
249	10	10:30	CHAN	Ka Hei Cyrus	Discovery Distance (Swim 300m and Run 2.5km Boys 2008)		
216	10	10:30	MOK	Pak Fan	Discovery Distance (Swim 300m and Run 2.5km Boys 2007)		
250	11	10:40	YIP	Atlas	Discovery Distance (Swim 300m and Run 2.5km Boys 2009)		Crest Ray Recreation & Sports Club
251	11	10:40	WONG	Chun Hei	Discovery Distance (Swim 300m and Run 2.5km Boys 2009)		The Little Dolphin Swimming Training Center
252	11	10:40	KWOK	Ching Ho	Discovery Distance (Swim 300m and Run 2.5km Boys 2009)		Crest Ray Recreation & Sports Club
253	11	10:40	CHUNG	Cheuk Ki	Discovery Distance (Swim 300m and Run 2.5km Boys 2009)		AustSports Association
254	11	10:40	LEUNG	John	Discovery Distance (Swim 300m and Run 2.5km Boys 2009)		
255	11	10:40	AU	Cheuk Yiu Janos	Discovery Distance (Swim 300m and Run 2.5km Boys 2009)		Energetic Triathlon Shatin
256	11	10:40	WONG	Tin Chak	Discovery Distance (Swim 300m and Run 2.5km Boys 2009)		First Ten Generation Team
257	11	10:40	AU	Ho Chun	Discovery Distance (Swim 300m and Run 2.5km Boys 2009)		Energetic Triathlon Shatin
258	11	10:40	MAN	Pak Lam Cass	Discovery Distance (Swim 300m and Run 2.5km Boys 2009)		AustSports Association
259	11	10:40	LIU	Sung Tin Alton	Discovery Distance (Swim 300m and Run 2.5km Boys 2010)		Energetic Triathlon Shatin
260	11	10:40	TAI	Chak Marc	Discovery Distance (Swim 300m and Run 2.5km Boys 2010)		Pro-trinity Sports Club
261	11	10:40	YANG	Bo Yuan Alexander	Discovery Distance (Swim 300m and Run 2.5km Boys 2010)		
262	11	10:40	SHUM	Mathis Hin Lun	Discovery Distance (Swim 300m and Run 2.5km Boys 2010)		Tritons Triathlon Club
263	11	10:40	LI	Chun Hei	Discovery Distance (Swim 300m and Run 2.5km Boys 2010)		
264	11	10:40	TING	Ngai Chun	Discovery Distance (Swim 300m and Run 2.5km Boys 2010)		Sparkle Triathlon
265	11	10:40	WONG	Lucas	Discovery Distance (Swim 300m and Run 2.5km Boys 2010)		
266	11	10:40	CHAN	Yui Hei Mason	Discovery Distance (Swim 300m and Run 2.5km Boys 2010)		Energetic Triathlon Shatin
267	12	10:55	PANG	Kai Lok	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2011	Energetic Triathlon Shatin
268	12	10:55	SHAM	O	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2011	
269	12	10:55	CHAN	Yat Hay Sky	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2011	AustSports Association
270	12	10:55	NG	Max	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2011	Energetic Triathlon Shatin
271	12	10:55	CHAU	Cheuk Yin Desmond	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2011	AustSports Association
272	12	10:55	TAM	Tze Kiu	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2011	AustSports Association
273	12	10:55	WONG	Ching Yu	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2011	
274	12	10:55	WAN	Chak Yan Bosco	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2011	Energetic Triathlon Shatin
275	12	10:55	CHUNG	Ian Chi Yan	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2011	Sparkle Triathlon
276	12	10:55	NG	Hun Man	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2012	Sparkle Triathlon
277	12	10:55	CHANG	Hao Che	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2012	Crest Ray Recreation & Sports Club
278	12	10:55	CHANG	Yuk Tong Uto	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2012	
279	12	10:55	AU	Cheuk Nam Janko	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2012	
280	12	10:55	CHOI	Yui Hang	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2012	
281	12	10:55	TING	Chun Ching	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2012	Sparkle Triathlon
282	12	10:55	TSUI	Yuen Ying Max	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2012	
283	12	10:55	WONG	Cheuk Yat Julien	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2012	Sparkle Triathlon
284	12	10:55	AU	Leong Yin	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2012	Sparkle Triathlon
285	13	11:00	HU	Jiangzhi	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2013	Energetic Triathlon Shatin
286	13	11:00	KEI	Lap Yan	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2013	Sparkle Triathlon

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287	13	11:00	HSIEH	Kurtis Yi Hon	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2013	
288	13	11:00	LEUNG	Hugo	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2013	
289	13	11:00	MAK	Chung Luen	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2013	
290	13	11:00	FOK	Shing Hang	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2013	
291	13	11:00	CHAN	Oi Hei	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2013	
292	13	11:00	MAK	San Mau Jacob	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2013	Sparkle Triathlon
293	13	11:00	LAU	Damon	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2013	Energetic Triathlon Shatin
294	13	11:00	CHAN	Yat Long Jay	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2014	AustSports Association
295	13	11:00	LI	Yat To Travis	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2014	AustSports Association
296	13	11:00	KWAN	Ho Him	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2014	
297	13	11:00	AU	Hok Sum	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2014	Sparkle Triathlon
298	13	11:00	LAI	Chun Yin Jairus	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2014	Sparkle Triathlon
299	13	11:00	HSIEH	Kyrus Shing Hin	TriKids Distance (Swim 200m and Run 1.5km)	Boys 2014	
300	14	11:05	CHAU	Heulwen	TriKids Distance (Swim 200m and Run 1.5km)	Girls 2011	Energetic Triathlon Shatin
301	14	11:05	CHEN	Qinuo Kelly	TriKids Distance (Swim 200m and Run 1.5km)	Girls 2011	
302	14	11:05	YEUNG	Miuji	TriKids Distance (Swim 200m and Run 1.5km)	Girls 2012	
303	14	11:05	LEUNG	Ka Yan	TriKids Distance (Swim 200m and Run 1.5km)	Girls 2012	
304	14	11:05	CHUNG	Cin Yee Cydnee	TriKids Distance (Swim 200m and Run 1.5km)	Girls 2013	Sparkle Triathlon
305	14	11:05	CHUNG	Cheuk Lam	TriKids Distance (Swim 200m and Run 1.5km)	Girls 2013	
306	14	11:05	HU	Jiangqi	TriKids Distance (Swim 200m and Run 1.5km)	Girls 2014	Energetic Triathlon Shatin
307	14	11:05	CHAU	Ceinwen	TriKids Distance (Swim 200m and Run 1.5km)	Girls 2014	Energetic Triathlon Shatin