

Hong Kong Summer Triathlon Challenge 2023  
start list

Race No.	Heat	Start Time	Cap	Last Name	First Name	Race Category	Race Category (Age)	Club
1476	1	5:50	Blue	LEUNG	Chin Fung	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male 2 Men Team Relay	
1476	1	5:50	Blue	LAU	Chi Wai	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male 2 Men Team Relay	
1477	1	5:50	Blue	LUI	Tsun Kiu	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male 2 Men Team Relay	Compass Sports Association
1477	1	5:50	Blue	CHEUNG	Ting Ho	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male 2 Men Team Relay	Compass Sports Association
1478	1	5:50	Blue	WONG	Ying Sun	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male 2 Men Team Relay	
1478	1	5:50	Blue	WONG	Ching Kong	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male 2 Men Team Relay	
1479	1	5:50	Blue	SHEK	Yan Sin	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female 2 Men Team Relay	New Sports Triathlon
1479	1	5:50	Blue	LI	Tsz Yu	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female 2 Men Team Relay	New Sports Triathlon
1480	1	5:50	Blue	LAU	Wai Yin	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female 2 Men Team Relay	
1480	1	5:50	Blue	LIU	Wai Ting	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female 2 Men Team Relay	
1481	1	5:50	Blue	CHAN	On Ki	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female 2 Men Team Relay	New Sports Triathlon
1481	1	5:50	Blue	LAM	Sin Ching	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female 2 Men Team Relay	New Sports Triathlon
1482	1	5:50	Blue	CHAN	Hiu Yee	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 20-24	
1483	1	5:50	Blue	TANG	Sin Laam	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 20-24	
1484	1	5:50	Blue	TANG	Tammy	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 20-24	First Ten Generation Team
1485	1	5:50	Blue	CRISP	Jodie	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 25-29	Hong Kong Dragons Triathlon Club
1486	1	5:50	Blue	FONG	Oi Ning	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 25-29	Energetic Triathlon Shatin
1487	1	5:50	Blue	BENTLEY	Gillian	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 30-34	Sonic Sports Association
1488	1	5:50	Blue	LUNG	Yan Yin Krystal	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 30-34	New Sports Triathlon
1489	1	5:50	Blue	NG	Chau Yu	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 30-34	South China Athletic Association
1490	1	5:50	Blue	HUNG	Shirley	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 35-39	Excel Swim Sports Association
1491	1	5:50	Blue	LAU	Maggie	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 35-39	Sonic Sports Association
1492	1	5:50	Blue	HANLEY	Deborah	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 40-44	Hong Kong Football Club Swimming and Triathlon Society
1493	1	5:50	Blue	LAI	Sophia	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 40-44	Energetic Triathlon Shatin
1494	1	5:50	Blue	LI	Wai Kwan Carina	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 40-44	
1495	1	5:50	Blue	WU	Ka Wing	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 40-44	Tritons Triathlon Club
1496	1	5:50	Blue	FU	Lai Ying	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 45-49	Tritons Triathlon Club
1497	1	5:50	Blue	PUN	Cin Lam Lisa	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 45-49	Sonic Sports Association
1498	1	5:50	Blue	CLARK	Justine	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 50-54	
1499	1	5:50	Blue	LI	Hau Yi Dora	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 50-54	Energetic Triathlon Shatin
1500	1	5:50	Blue	WONG	Mui Christina	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Female Age Group 50-54	Mango Swimming Club
1501	2	5:55	Green	CHOW	Derek	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	
1502	2	5:55	Green	DESCURE	Charles	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	
1503	2	5:55	Green	EDWARDS	Jason	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	Hong Kong Dragons Triathlon Club
1504	2	5:55	Green	LAM	Yat Sang	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	Energetic Triathlon Shatin
1505	2	5:55	Green	MOK	Ho Yin	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	Energetic Triathlon Shatin
1506	2	5:55	Green	POON	Chi Chiu Alex	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	Energetic Triathlon Shatin
1507	2	5:55	Green	SHUM	James	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	Sonic Sports Association
1508	2	5:55	Green	TONG	Wai Chung Christopher	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	Sonic Sports Association
1509	2	5:55	Green	YASIN	Ricci	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	Hong Kong Dragons Triathlon Club
1510	2	5:55	Green	YIU	Ka On	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 50-54	Sonic Sports Association
1511	2	5:55	Green	AU YEUNG	Hong	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	Mango Swimming Club
1512	2	5:55	Green	CHEUNG	Man Kwong	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	Mango Swimming Club
1513	2	5:55	Green	CHU	Kwok Keung Eric	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	
1514	2	5:55	Green	CHU	Wai Leung	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	
1515	2	5:55	Green	HO	Kwok Lun	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	
1516	2	5:55	Green	LEONG	Chung Ming	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	
1517	2	5:55	Green	LEUNG	Kin Keung	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	Energetic Triathlon Shatin
1518	2	5:55	Green	MA	Ma Chi Po	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	New Sports Triathlon
1519	2	5:55	Green	PERRIN	Jonathan	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	Hong Kong Football Club Swimming and Triathlon Society
1520	2	5:55	Green	SHI	Bertram	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	Energetic Triathlon Shatin
1521	2	5:55	Green	YEE	Jack	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 55-59	
1522	2	5:55	Green	CHUNG	Lui Hung Lawrence	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 60-64	Energetic Triathlon Shatin
1523	2	5:55	Green	KONG	Tak Wa Paul	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 60-64	Energetic Triathlon Shatin
1524	2	5:55	Green	LEE	Ying Ho	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 60-64	Sonic Sports Association

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Race No.	Heat	Start Time	Cap	Last Name	First Name	Race Category	Race Category (Age)	Club
1525	2	5:55	Green	LEUNG	Lung Kei	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 60-64	
1526	2	5:55	Green	BROWNLEE	Ian	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 65 & Over	Sonic Sports Association
1527	2	5:55	Green	CHAN	Fai Ming	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 65 & Over	AustSports Association
1528	2	5:55	Green	CHAN	King Yuen	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 65 & Over	New Sports Triathlon
1529	2	5:55	Green	HOU	Ting Fun Stephen	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 65 & Over	
1530	3	6:00	Pink	CHAN	Chi Wai	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Energetic Triathlon Shatin
1531	3	6:00	Pink	CHAN	Ngok Pang Ronald	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	New Sports Triathlon
1532	3	6:00	Pink	CHIU	Kin Sang	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	AustSports Association
1533	3	6:00	Pink	CHOW	Kevin	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Tritons Triathlon Club
1534	3	6:00	Pink	CHOW	Sik Lam	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	
1535	3	6:00	Pink	LAU	Frankie	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	
1536	3	6:00	Pink	LAU	Sheung Man	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	
1537	3	6:00	Pink	LAU	Yiu Man	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	
1538	3	6:00	Pink	LAW	Alan	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	
1539	3	6:00	Pink	LEE	Chi Kin Bernard	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	
1540	3	6:00	Pink	LEE	Lap Ken Kenneth	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Sonic Sports Association
1541	3	6:00	Pink	LI	Wai Sum Brandon	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Sonic Sports Association
1542	3	6:00	Pink	POON	Sze Chun	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Sonic Sports Association
1543	3	6:00	Pink	RAMABUTR	Suphathorn	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Tritons Triathlon Club
1544	3	6:00	Pink	TSANG	Jim	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Alpha Zone Sports
1545	3	6:00	Pink	VAN DER FLIER	Vasco	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	Hong Kong Football Club Swimming and Triathlon Society
1546	3	6:00	Pink	WONG	Kwok Wah	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	AustSports Association
1547	3	6:00	Pink	WONG YUK HEI	Gump	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	
1548	3	6:00	Pink	WOO	Wai Kit	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	
1549	3	6:00	Pink	YUNG	Man Hon	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 40-44	AustSports Association
1550	3	6:00	Pink	CHAN	Ka Lai	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	
1551	3	6:00	Pink	CHAN	Pak-Fai	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	
1552	3	6:00	Pink	CHAN	Wai Lun	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Titan Triathlon
1553	3	6:00	Pink	CHUI	Wai Yin	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	
1554	3	6:00	Pink	DALLING	Will	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	
1555	3	6:00	Pink	GEBERT	Benjamin	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	
1556	3	6:00	Pink	HAR	Wai Ching	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	
1557	3	6:00	Pink	HUI	Charles	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Sonic Sports Association
1558	3	6:00	Pink	LAI	Chi Lai Anthony	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Sonic Sports Association
1559	3	6:00	Pink	LAM	Chung Kei	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	
1560	3	6:00	Pink	LAU	Man Cheung	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Energetic Triathlon Shatin
1561	3	6:00	Pink	LEUNG	Ka Yi	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Sonic Sports Association
1562	3	6:00	Pink	MOLNAR	Christopher	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	
1563	3	6:00	Pink	NG	Mark	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	
1564	3	6:00	Pink	VAID	Mayank	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Hong Kong Football Club Swimming and Triathlon Society
1565	3	6:00	Pink	WONG	Jason	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Tritons Triathlon Club
1566	3	6:00	Pink	WONG	Pui Yuen	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Pro-trinity Sports Club
1567	3	6:00	Pink	YIP	Kwok Koon	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	Excel Swim Sports Association
1568	3	6:00	Pink	YU	Wai Yin	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 45-49	
1569	4	6:30	Green	HUNG	Tik Long	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Elite Open	New Sports Triathlon
1570	4	6:30	Green	CHAN	Ho Kwan	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Elite Open	
1571	4	6:30	Green	TAN	James Alexander Ming Fai	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Elite Open	South China Athletic Association
1572	4	6:30	Green	TSANG	Cheung Sing Nicholas	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Elite Open	
1573	4	6:30	Green	YU	Shing Him	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Elite Open	Energetic Triathlon Shatin
1574	4	6:30	Green	CHENG	Ka Nok Carlos	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 20-24	Compass Sports Association
1575	4	6:30	Green	HUI	Kwok Wai Desmond	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 20-24	AustSports Association
1576	4	6:30	Green	KWAN	Tszfungjeffrey	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 20-24	AustSports Association
1786	4	6:30	Green	WONG	Kai Lun	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 20-24	AustSports Association
1577	4	6:30	Green	CHAN	Hing	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	Excel Swim Sports Association

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Race No.	Heat	Start Time	Cap	Last Name	First Name	Race Category	Race Category (Age)	Club
1578	4	6:30	Green	CHING	Ho Kwong Billy	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	New Sports Triathlon
1579	4	6:30	Green	HO	Chun Hei	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	
1580	4	6:30	Green	LAM	Timothy Tianlun	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	
1581	4	6:30	Green	LIN	Cheuk Kiu Bryan	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	New Sports Triathlon
1582	4	6:30	Green	MILLER	Lawrence	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	Hong Kong Dragons Triathlon Club
1583	4	6:30	Green	NG	Ka Wai	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	AustSports Association
1584	4	6:30	Green	TANG	Hon Man	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	
1585	4	6:30	Green	WONG	Hei Yeung George	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	Sonic Sports Association
1586	4	6:30	Green	YAU	Ka Kam	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 25-29	
1587	4	6:30	Green	CARRENO CERRILLO	David	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	Hong Kong Dragons Triathlon Club
1588	4	6:30	Green	CHAN	Yin Ming	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	
1589	4	6:30	Green	CHENEVIER	Antoine Philippe Jean Marie	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	
1590	4	6:30	Green	CHENG	Tsz Yeung	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	Titan Triathlon
1591	4	6:30	Green	CHIU	Tsz Fung	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	Sonic Sports Association
1592	4	6:30	Green	FU	Tsz Kin	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	
1593	4	6:30	Green	GRASSI	Gianluca	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	Hong Kong Dragons Triathlon Club
1594	4	6:30	Green	HUNG	Sze Yu	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	Sonic Sports Association
1595	4	6:30	Green	KUSUNOKI	Hidenori	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	
1596	4	6:30	Green	LAU	Crist	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	Titan Triathlon
1597	4	6:30	Green	LAU	Ka Chun	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	
1598	4	6:30	Green	LAU	Tsz Him	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	
1599	4	6:30	Green	LEMAIRE	Thibaud	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	Sonic Sports Association
1600	4	6:30	Green	MAN	Ho Yin	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 30-34	
1601	4	6:30	Green	CHAN	Cheuk Man	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	Titan Triathlon
1602	4	6:30	Green	CHAN	Lai Ho	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	
1603	4	6:30	Green	ELLIOTT	Thomas	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	Hong Kong Dragons Triathlon Club
1604	4	6:30	Green	KO	King Hei	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	Titan Triathlon
1605	4	6:30	Green	KWONG	Wai Hoo	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	
1606	4	6:30	Green	LAM	Hugo	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	Alpha Zone Sports
1607	4	6:30	Green	LI	Roger	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	Titan Triathlon
1608	4	6:30	Green	LIM	Jia Jie	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	Tritons Triathlon Club
1609	4	6:30	Green	MA	Sean	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	
1610	4	6:30	Green	NGAI	Ian	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	Sonic Sports Association
1611	4	6:30	Green	OKURA	Kazuya	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	
1612	4	6:30	Green	SAU	Miu Cheung	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	Energetic Triathlon Shatin
1613	4	6:30	Green	SUEN	Wai Lun	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	
1614	4	6:30	Green	TAM	Yau Yan	Challenge Distance (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)	Male Age Group 35-39	AustSports Association
1615	5	7:00	Blue	CARSON	WT Dominic	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Elite Junior 1	Energetic Triathlon Shatin
1616	5	7:00	Blue	CHAN	Yui Fung	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Elite Junior 1	Energetic Triathlon Shatin
1617	5	7:00	Blue	FOK	Wang Hin Ian	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Elite Junior 1	Energetic Triathlon Shatin
1618	5	7:00	Blue	KWAN	Lok Chun Andrew	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Elite Junior 1	
1619	5	7:00	Blue	LO	Hin Ching Cyrus	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Elite Junior 1	Energetic Triathlon Shatin
1620	5	7:00	Blue	MOK	Pak Fan	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Elite Junior 1	Energetic Triathlon Shatin
1621	5	7:00	Blue	TSANG	Wai Chun	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Elite Junior 1	AustSports Association
1622	5	7:00	Blue	WAN	Chak Lam	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Elite Junior 1	Energetic Triathlon Shatin
1623	5	7:00	Blue	WONG	Ka Ho Gary	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Elite Junior 1	
1624	5	7:00	Blue	WONG	Pak Yiu Anson	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Elite Junior 1	First Ten Generation Team
1625	5	7:00	Blue	YIP	Tsz Hin	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Elite Junior 1	Energetic Triathlon Shatin
1626	5	7:00	Blue	YUNG	Pu Chak	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Elite Junior 1	The Little Dolphin Swimming Training Center
1627	5	7:00	Blue	CHAN	Pak Hoi	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Elite Junior 2	
1628	5	7:00	Blue	CHU	Yan Ho Philip	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Elite Junior 2	South China Athletic Association
1629	5	7:00	Blue	YIP	Tak Long	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Elite Junior 2	Energetic Triathlon Shatin
1630	5	7:00	Blue	LIU	King Tin Alvin	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Junior 1	Energetic Triathlon Shatin
1631	5	7:00	Blue	CHOW	Yu Chak	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Junior 1	Crest Ray Recreation & Sports Club
1632	5	7:00	Blue	YICK	Po Shun	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Junior 1	Sparkle Triathlon

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Race No.	Heat	Start Time	Cap	Last Name	First Name	Race Category	Race Category (Age)	Club
1633	5	7:00	Blue	AU YEUNG	Siu Wo	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Junior 2	The Little Dolphin Swimming Training Center
1634	5	7:00	Blue	BATER	Alexander	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Junior 2	
1635	5	7:00	Blue	CHONG	Justin	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Junior 2	
1636	5	7:00	Blue	HENDERSON	Rowan	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Junior 2	
1637	5	7:00	Blue	TSANG	Kwok Chun	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Junior 2	AustSports Association
1638	5	7:00	Blue	YUNG	Ying Wat Wesley	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Male Junior 2	AustSports Association
1639	5	7:00	Blue	CHAU	Nicole	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Female Junior 1	
1640	5	7:00	Blue	WONG	Rachel, Kwan Kiu	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Female Junior 1	AustSports Association
1641	5	7:00	Blue	KOO	Hiu Lam	Sprint Distance (Swim 750m/Bike 10km Bride's Pool Road/Run 4km)	Female Junior 2	Energetic Triathlon Shatin
1642	6	7:15	Pink	AU	Ho Chun	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Energetic Triathlon Shatin
1643	6	7:15	Pink	CHAN	Ka Hei Cyrus	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	
1644	6	7:15	Pink	CHAN	Yui Hei Mason	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Energetic Triathlon Shatin
1645	6	7:15	Pink	GOLDBERG	Aitan	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Energetic Triathlon Shatin
1646	6	7:15	Pink	LAI	Pak Long	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Sparkle Triathlon
1647	6	7:15	Pink	TING	Ngai Chun	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Sparkle Triathlon
1648	6	7:15	Pink	TSANG	Auscar	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Energetic Triathlon Shatin
1649	6	7:15	Pink	WONG	Nok Hei	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	
1650	6	7:15	Pink	YIM	Tsun Fung	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Elite Youth	Sparkle Triathlon
1651	6	7:15	Pink	LIU	Sung Tin Alton	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Energetic Triathlon Shatin
1652	6	7:15	Pink	CHAN	Pak Hei	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	
1653	6	7:15	Pink	CHAN	Tsz Long	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Energetic Triathlon Shatin
1654	6	7:15	Pink	CHAN	Yat Hay Sky	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Energetic Triathlon Shatin
1655	6	7:15	Pink	CHAU	Cheuk Yin Desmond	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Energetic Triathlon Shatin
1656	6	7:15	Pink	CHUNG	Ian Chi Yan	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Sparkle Triathlon
1657	6	7:15	Pink	NG	Cheuk Kiu	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Energetic Triathlon Shatin
1658	6	7:15	Pink	PANG	Ethan	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	
1659	6	7:15	Pink	SHAM	O	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	
1660	6	7:15	Pink	SHUM	Mathis Hin Lun	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	
1661	6	7:15	Pink	TAI	Chak Marc	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Pro-trinity Sports Club
1662	6	7:15	Pink	TAM	Tze Kiu	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Energetic Triathlon Shatin
1663	6	7:15	Pink	TSE	Tsz Fung	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	
1664	6	7:15	Pink	WAN	Chak Yan Bosco	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Energetic Triathlon Shatin
1665	6	7:15	Pink	WONG	Lucas	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	Energetic Triathlon Shatin
1666	6	7:15	Pink	YEE	Vincent	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	
1785	6	7:15	Pink	CHU	Pak Yin	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 1	AustSports Association
1667	6	7:15	Pink	CHAN	Wai Yin	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	Sparkle Triathlon
1668	6	7:15	Pink	CLARK	Michael	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	Energetic Triathlon Shatin
1669	6	7:15	Pink	KWOK	Ching Ho	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	Crest Ray Recreation & Sports Club
1670	6	7:15	Pink	LEUNG	John	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	
1671	6	7:15	Pink	MAN	Pak Lam Cass	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	AustSports Association
1672	6	7:15	Pink	MOK	Tsz Him	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	
1673	6	7:15	Pink	SHUM	Yan Tao	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	
1674	6	7:15	Pink	SULLIVAN	Braedan	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	AustSports Association
1675	6	7:15	Pink	TAI	Chun Max	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	Pro-trinity Sports Club
1676	6	7:15	Pink	WONG	Chun Hei	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	The Little Dolphin Swimming Training Center
1677	6	7:15	Pink	WONG	Tin Chak	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	
1678	6	7:15	Pink	WU	Chun Ming Marcus	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	
1679	6	7:15	Pink	YAU	Chi Him Ryan	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	
1680	6	7:15	Pink	CHEN	Bo Jun	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Youth 2	
1681	7	7:20	Green	CHIU	Long Kit	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 20-29	New Sports Triathlon
1682	7	7:20	Green	LI	Jing Yi Andrew	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 20-29	
1683	7	7:20	Green	LI	Shing	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 20-29	
1684	7	7:20	Green	NG	Ka Nok	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 20-29	
1685	7	7:20	Green	TSANG	Faan Wing	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 20-29	

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Race No.	Heat	Start Time	Cap	Last Name	First Name	Race Category	Race Category (Age)	Club
1686	7	7:20	Green	WONG	Hoi Hang	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 20-29	
1687	7	7:20	Green	WONG	Long Ching Nigel	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 20-29	Energetic Triathlon Shatin
1688	7	7:20	Green	LAM	Kai Yin	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 20-29	
1689	7	7:20	Green	LEUNG	Yiu Hei	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 20-29	
1690	7	7:20	Green	HAAS	Oliver	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 30-39	South China Athletic Association
1691	7	7:20	Green	HO	Chun Ting Timothy	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 30-39	Energetic Triathlon Shatin
1692	7	7:20	Green	NIGI	Giorgio	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 30-39	
1693	7	7:20	Green	YU	Chung Wa Dennis	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 30-39	Pro-trinity Sports Club
1694	7	7:20	Green	AU	Tak Fai Albert	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	
1695	7	7:20	Green	CHONG	Ting Piu	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	Titan Triathlon
1696	7	7:20	Green	FU	Yin Wing, Jerry	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	
1697	7	7:20	Green	KOK	Mang Hin	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	
1698	7	7:20	Green	LAM	Chung Sang	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	Energetic Triathlon Shatin
1699	7	7:20	Green	LEUNG	Elton	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	Sonic Sports Association
1700	7	7:20	Green	LEUNG	Michael	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	
1701	7	7:20	Green	LOK	Lam Fung	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	New Sports Triathlon
1702	7	7:20	Green	MOK	Hon Suen	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	
1703	7	7:20	Green	SMALL	Robert	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	
1704	7	7:20	Green	TSE	Chung Wai	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	
1705	7	7:20	Green	YEUNG	Ka Wai Kevin	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	
1706	7	7:20	Green	YUNG	Joy Shing	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 40-49	
1707	7	7:20	Green	CHAN	Chi Hung	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	
1708	7	7:20	Green	CHENG	Kwong Leung	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	
1709	7	7:20	Green	CHOW	Chiu Kin	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	Energetic Triathlon Shatin
1710	7	7:20	Green	CHU	Chiu Shan	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	
1711	7	7:20	Green	LP	Chi Kong	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	
1712	7	7:20	Green	LEE	Vincent	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	AustSports Association
1713	7	7:20	Green	MATSUZAWA	Atsushi	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	
1714	7	7:20	Green	OKA	Yosuke	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	
1715	7	7:20	Green	TAI	Kwun Kit	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	Pro-trinity Sports Club
1716	7	7:20	Green	WAN	Shu Wah Jimmy	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 50-59	Energetic Triathlon Shatin
1717	7	7:20	Green	CHAN	Stephen King Che	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 60 & Over	Energetic Triathlon Shatin
1718	7	7:20	Green	CHUNG	Chun Kwong	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 60 & Over	
1719	7	7:20	Green	TAKATOSHI	Iwata	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 60 & Over	
1720	7	7:20	Green	TSANG	Chung-Ming	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 60 & Over	
1721	7	7:20	Green	WONG	Check Yin	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 60 & Over	Mango Swimming Club
1722	7	7:20	Green	WONG	Yin Cheong	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Male Age Group 60 & Over	Energetic Triathlon Shatin
1723	8	7:25	Blue	ONG	Michelle Tsui	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 20-29	Aqua Gym Sport Association
1724	8	7:25	Blue	MIAO	Amy	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 30-39	South China Athletic Association
1725	8	7:25	Blue	YUEN	Persephone	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 30-39	
1726	8	7:25	Blue	TSE	Wai Chong Heidi	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 40-49	Energetic Triathlon Shatin
1727	8	7:25	Blue	TSUI	On Sai	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 40-49	
1728	8	7:25	Blue	WONG	Nga Yan	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 40-49	
1729	8	7:25	Blue	LUI	Shuk Han Karen	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Age Group 50-59	Energetic Triathlon Shatin
1730	8	7:25	Blue	CHAN	Oi Yin	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Elite Youth	
1731	8	7:25	Blue	MAN	Lai Ki Nicole	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Elite Youth	Energetic Triathlon Shatin
1732	8	7:25	Blue	MODIANO	Sarah Elise	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Elite Youth	South China Athletic Association
1733	8	7:25	Blue	STAMENOVIC	Petra	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Elite Youth	
1734	8	7:25	Blue	TSANG	Hayley	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Elite Youth	Energetic Triathlon Shatin
1735	8	7:25	Blue	WONG	Lok Tung	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Elite Youth	
1736	8	7:25	Blue	WONG	Wan Tung	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Elite Youth	Energetic Triathlon Shatin
1737	8	7:25	Blue	CHAN	Yi Chun	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 1	AustSports Association
1738	8	7:25	Blue	CHAU	Heulwen	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 1	Energetic Triathlon Shatin
1739	8	7:25	Blue	CHEUNG	Tavia	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 1	Alpha Zone Sports
1740	8	7:25	Blue	HUNG	Ching Yau Enya	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 1	Alpha Zone Sports

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Race No.	Heat	Start Time	Cap	Last Name	First Name	Race Category	Race Category (Age)	Club
1741	8	7:25	Blue NG	Yuet Hei	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 1	Energetic Triathlon Shatin	
1742	8	7:25	Blue BATER	Imogen	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 2		
1743	8	7:25	Blue LAM	Tsz Yee	Discovery Distance (Swim 300m/Bike 10km Bride's Pool Road/Run 2km)	Female Youth 2	Energetic Triathlon Shatin	
1744	9	8:30	Pink CHAN	Nok Norman	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	The Little Dolphin Swimming Training Center	
1745	9	8:30	Pink CHAN	Yat Long Jay	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Energetic Triathlon Shatin	
1746	9	8:30	Pink CHUNG	Chi Yin Ivvin	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Sparkle Triathlon	
1747	9	8:30	Pink HUNG	Man Ding	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	AustSports Association	
1748	9	8:30	Pink LAI	Chun Yin Jairus	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Sparkle Triathlon	
1749	9	8:30	Pink LAI	Jaxon	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	First Ten Generation Team	
1750	9	8:30	Pink LAM	Immanuel Yimai	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Energetic Triathlon Shatin	
1751	9	8:30	Pink LI	Yat To Travis	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	AustSports Association	
1752	9	8:30	Pink MAN	Lok Tin Mike	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	AustSports Association	
1753	9	8:30	Pink TSANG	Chun Ting	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	First Ten Generation Team	
1754	9	8:30	Pink WONG	Chung Yu	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Energetic Triathlon Shatin	
1755	9	8:30	Pink YU	Chun Kiu	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Sparkle Triathlon	
1756	9	8:30	Pink AU	Hok Sum	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 1	Sparkle Triathlon	
1757	9	8:30	Pink AU	Cheuk Nam Janko	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Energetic Triathlon Shatin	
1758	9	8:30	Pink AU	Leong Yin	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Sparkle Triathlon	
1759	9	8:30	Pink CHAN	Pak Long Casper	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Energetic Triathlon Shatin	
1760	9	8:30	Pink CHEUNG	Tsz Wun Xavier	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Crest Ray Recreation & Sports Club	
1761	9	8:30	Pink FOK	Shing Hang	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Energetic Triathlon Shatin	
1762	9	8:30	Pink KEI	Lap Yan	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Sparkle Triathlon	
1763	9	8:30	Pink KWOK	Sam	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Alpha Zone Sports	
1764	9	8:30	Pink LAU	Damon	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Energetic Triathlon Shatin	
1765	9	8:30	Pink MAK	San Mau Jacob	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Sparkle Triathlon	
1766	9	8:30	Pink SOU	Yui Him	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Energetic Triathlon Shatin	
1767	9	8:30	Pink TING	Chun Ching	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Sparkle Triathlon	
1768	9	8:30	Pink WONG	Cheuk Yat Julien	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Sparkle Triathlon	
1769	9	8:30	Pink WONG	Chun Him Louis	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Energetic Triathlon Shatin	
1770	9	8:30	Pink WONG	Ian	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Energetic Triathlon Shatin	
1771	9	8:30	Pink ZHENG	Troy	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Male TriKids 2	Energetic Triathlon Shatin	
1772	10	8:33	Green BRAR	Niesha	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 1	First Ten Generation Team	
1773	10	8:33	Green CHAN	Chin Yui	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 1	AustSports Association	
1774	10	8:33	Green CHAU	Ceinwen	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 1	Energetic Triathlon Shatin	
1775	10	8:33	Green LAU	Cheryl	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 1	First Ten Generation Team	
1776	10	8:33	Green LEUNG	Keira Joy	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 1	First Ten Generation Team	
1777	10	8:33	Green MAK	Ka Pik Abigail	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 1	Sparkle Triathlon	
1778	10	8:33	Green NG	Hei Kiu	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 1	AustSports Association	
1779	10	8:33	Green CHUNG	Cin Yee Cydnee	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	Sparkle Triathlon	
1780	10	8:33	Green LAI	Jacey	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	First Ten Generation Team	
1781	10	8:33	Green LEUNG	Sze Yan	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2	The Little Dolphin Swimming Training Center	
1782	10	8:33	Green PANG	Ellie	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2		
1783	10	8:33	Green TAN	Xiao Chen	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2		
1784	10	8:33	Green YEUNG	Hiu Yau	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2		
1787	10	8:33	Green CHAN	Chin Nam	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2 Men Team Relay	Energetic Triathlon Shatin	
1787	10	8:33	Green LEUNG	Hei Shun Ona	TriKids Distance (Swim 200m/Bike 4km Main Dam/Run 2km)	Female TriKids 2 Men Team Relay	Energetic Triathlon Shatin	