

## 2010 Hong Kong ITU Triathlon Asian Cup Age Group Start List

Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Olympic Distance	2	2	06:40	2168	Female Age Group 45-49		Abate Sian	
Olympic Distance	2	3	07:00	2303	Male Age Group 45-49		Abecassis Marc	
Sprint Distance	2	10	09:40	3459	Male Age Group 30-34		acar capan	
Sprint Distance	2	10	09:40	3387	Male Age Group 30-34		Adam Tejpaul	
Olympic Distance	2	5	07:40	2592	Male Age Group 35-39		ADAMS STEPHEN	
Olympic Distance	2	2	06:40	2153	Female Age Group 40-44		Adorian Caitrin	
Olympic Distance	2	3	07:00	2305	Male Age Group 45-49		Ajmal Victor Samuel	
Olympic Distance	2	4	07:20	2467	Male Age Group 40-44		Albury Daryl	
Olympic Distance	2	3	07:00	2210	Male Age Group 45-49		Alcock Brent	
Olympic Distance	2	2	06:40	2132	Female Age Group 30-34		Alexa Towersey Alexa	
Sprint Distance	2	8	09:00	3033	Female Age Group 35-39		Alija Inma	
Sprint Distance	2	10	09:40	3324	Male Age Group 20-24		Allen Lee	
Olympic Distance	2	1	06:20	2019	Male Open		Allen Martin	
Olympic Distance	2	6	08:00	2726	Male Age Group 30-34		Ameen Ramadan	张爱民
Olympic Distance	2	1	06:20	2015	Male Open		ANDERSON AJ	
Sprint Distance	2	9	09:20	3132	Male Age Group 35-39		Anderson Neil	
Sprint Distance	2	9	09:20	3194	Male Age Group 45-49		Andrew Oliver	Andy
Sprint Distance	2	10	09:40	3363	Male Age Group 30-34		Andy Luk	陸智恒
Olympic Distance	2	2	06:40	2178	Female Age Group 50-54		Anne Knecht-Boyer	
Olympic Distance	2	6	08:00	2729	Male Age Group 30-34		Aramburu Ernesto	
Olympic Distance	2	5	07:40	2559	Male Age Group 35-39		Arthur Randall	
Sprint Distance	2	10	09:40	3416	Male Age Group 30-34		ASHLEY JAMES	
Olympic Distance	2	7	08:20	2842	Male Age Group 25-29		Ashworth Simon	
Youth & Fun Distance	1	10	10:00	1635	Male Age Group 30-39		Au Chun To, Evan	
Sprint Distance	2	9	09:20	3134	Male Age Group 35-39		Au Kin Wing	區建榮
Sprint Distance	2	10	09:40	3337	Male Age Group 25-29		Au Vincent Che Tim	
Ultrakids Distance	1	5	08:50	1028	Girls 1999		Au Yan Tung	區欣桐
Sprint Distance	2	9	09:20	3212	Male Age Group 50-54		Au Yau Kit, Simon	區有傑
Ultrakids Distance	1	5	08:50	1000	Girls 1999		Au Yeung Hok Ka	歐陽學珈
Youth & Fun Distance	1	10	10:00	1535	Male Age Group 30-39		AU YEUNG SHEK	歐陽錫偉
Olympic Distance	2	5	07:40	2593	Male Age Group 35-39		Averill Peter	
Olympic Distance	2	4	07:20	2414	Male Age Group 40-44		Baillet Olivier	
Olympic Distance	2	6	08:00	2662	Male Age Group 30-34		BARC JAREK	
Olympic Distance	2	1	06:20	2022	Male Open		Baring Esmond	
Olympic Distance	2	3	07:00	2259	Male Age Group 50-54		Barnard Gawain	
Olympic Distance	2	3	07:00	2271	Male Age Group 50-54		Bartlett Jeremy	
Olympic Distance	2	5	07:40	2541	Male Age Group 35-39		Barton Richard	
Sprint Distance	2	10	09:40	3437	Male Age Group 30-34		Beattie Craig	
Olympic Distance	2	5	07:40	2578	Male Age Group 35-39		Beaujean Frederic	
Olympic Distance	2	4	07:20	2472	Male Age Group 40-44		Bell David	
Olympic Distance	2	3	07:00	2211	Male Age Group 45-49		Belling Phillip	
Olympic Distance	2	3	07:00	2315	Male Age Group 45-49		Bemet Steven	
Sprint Distance	2	10	09:40	3353	Male Age Group 25-29		Benoit Paul Raymond	容培諾

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Sprint Distance	2	10	09:40	3391	Male Age Group 30-34		Benz Wong	黃治平
Olympic Distance	2	3	07:00	2298	Male Age Group 55 & Over		BERNIE RYAN	
Olympic Distance	2	3	07:00	2212	Male Age Group 45-49		Berrisford Carl	
Olympic Distance	2	4	07:20	2367	Male Age Group 40-44		Best Philip	
Sprint Distance	2	10	09:40	3381	Male Age Group 30-34		BILLAL NAVEED	
Ultrakids Distance	1	6	08:55	1139	Boys 2001		Billington Alex	
Olympic Distance	2	4	07:20	2392	Male Age Group 40-44		Billington Ashley	
Olympic Distance	2	2	06:40	2107	Female Age Group 25-29		Bina Stephanie	
Youth & Fun Distance	1	9	09:55	1413	Female Age Group 30-39		Blanco Vivian	
Olympic Distance	2	7	08:20	2849	Male Age Group 20-24		Blervaque Thomas	托马斯
Olympic Distance	2	4	07:20	2422	Male Age Group 40-44		Boddington Stephen	
Olympic Distance	2	7	08:20	2835	Male Age Group 25-29		Boelen Marc	
Sprint Distance	2	10	09:40	3447	Male Age Group 25-29		Bohnacker Ciaran	
Olympic Distance	2	3	07:00	2229	Male Age Group 45-49		Bolger Liam	
Ultrakids Distance	1	6	08:55	1160	Boys 2000		BOO HOK HIM,	巫學謙
Olympic Distance	2	5	07:40	2519	Male Age Group 35-39		Boothe Brandon	
Olympic Distance	2	2	06:40	2120	Female Age Group 30-34		Bowland Erin	
Sprint Distance	2	10	09:40	3445	Male Age Group 25-29		Brac Arnault	
Sprint Distance	2	9	09:20	3193	Male Age Group 45-49		Bradley Stephen	N/A
Olympic Distance	2	5	07:40	2542	Male Age Group 35-39		Braems Bernhard Paul	
Olympic Distance	2	4	07:20	2433	Male Age Group 40-44		Bramham Shaun	
Olympic Distance	2	5	07:40	2564	Male Age Group 35-39		Bremner Murray	
Olympic Distance	2	6	08:00	2663	Male Age Group 30-34		Bridges Gareth	喬敦興
Olympic Distance	2	6	08:00	2659	Male Age Group 30-34		BROWLEE JARRAD	
Ultrakids Distance	1	5	08:50	1032	Girls 2000		Brown Bailee	
Olympic Distance	2	4	07:20	2368	Male Age Group 40-44		Brown Daniel	
Olympic Distance	2	2	06:40	2189	Female Age Group 45-49		Brown Georgia	
Olympic Distance	2	3	07:00	2313	Male Age Group 55 & Over		Brownlee Ian	
Olympic Distance	2	2	06:40	2138	Female Age Group 35-39		Bruce Emma	
Olympic Distance	2	5	07:40	2520	Male Age Group 35-39		Bruce Thorsten	
Sprint Distance	2	8	09:00	3050	Female Age Group 40-44		Brunner Adele	
Olympic Distance	2	4	07:20	2369	Male Age Group 40-44		Brunner Piers	
Youth & Fun Distance	1	10	10:00	1627	Male Age Group 20-29		Bucek Michal	
Olympic Distance	2	7	08:20	2857	Male Age Group 25-29		Bucek Michal	
Olympic Distance	2	6	08:00	2731	Male Age Group 30-34		Buchanan James	
Sprint Distance	2	8	09:00	3085	Female Age Group 35-39		Buck Jennifer	
Olympic Distance	2	3	07:00	2230	Male Age Group 45-49		Bulbeck David	
Ultrakids Distance	1	5	08:50	1001	Girls 1999		BURTON	
Olympic Distance	2	3	07:00	2239	Male Age Group 45-49		Burton Scott James	
Olympic Distance	2	2	06:40	2106	Female Age Group 25-29		BUTLER KATIE	
Olympic Distance	2	4	07:20	2463	Male Age Group 40-44		CAMERON HUGH	
Youth & Fun Distance	1	9	09:55	1442	Female Age Group 40-49		Campion Fiona	
Sprint Distance	2	8	09:00	3041	Female Age Group 35-39		Campuzano Susana	

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Ultrakids Distance	1	6	08:55	1122	Boys 2000		Carstensen Bo	
Olympic Distance	2	4	07:20	2370	Male Age Group 40-44		Carstensen Jan	
Youth & Fun Distance	1	7	09:40	1215	Girls 1998		Carstensen Nia	
Olympic Distance	2	4	07:20	2429	Male Age Group 40-44		Castley Simon	
Sprint Distance	2	9	09:20	3104	Male Age Group 35-39		Chamberlain Robert	
Sprint Distance	2	10	09:40	3395	Male Age Group 30-34		Chan Wai Man	
Sprint Distance	2	10	09:40	3354	Male Age Group 25-29		Chan Ying Ming	陳英銘
Youth & Fun Distance	1	8	09:45	1311	Boys 1995		CHAN ADAM CHEUK	陳卓文
Youth & Fun Distance	1	8	09:45	1357	Male Open Youth		Chan Alfred Hon Man	陳翰文
Youth & Fun Distance	1	8	09:45	1358	Male Open Youth		Chan Arthur Hok Man	陳學文
Ultrakids Distance	1	5	08:50	1012	Girls 2000		Chan Carin	陳家允
Ultrakids Distance	1	6	08:55	1145	Boys 2002		CHAN CARTON	陳家騰
Ultrakids Distance	1	6	08:55	1105	Boys 1999		Chan Chak Hei	陳澤熙
Youth & Fun Distance	1	9	09:55	1405	Female Age Group 20-29		CHAN CHAU WUN	
Sprint Distance	2	9	09:20	3232	Male Age Group 45-49		Chan Cheung Kong	
Ultrakids Distance	1	6	08:55	1104	Boys 1999		CHAN CHI LAI	陳致禮
Olympic Distance	2	4	07:20	2351	Male Age Group 40-44		Chan Chik Kin	陳植堅
Olympic Distance	2	6	08:00	2710	Male Age Group 30-34		Chan Chin Hung	陳展雄
Sprint Distance	2	10	09:40	3421	Male Age Group 20-24		CHAN CHIN LUNG	
Olympic Distance	2	3	07:00	2206	Male Age Group 45-49		Chan Chu	陳珠
Ultrakids Distance	1	5	08:50	1026	Girls 2000		CHAN CHUN	陳臻
Olympic Distance	2	4	07:20	2439	Male Age Group 40-44		Chan Chun Chung	陳振宗
Ultrakids Distance	1	6	08:55	1149	Boys 2002		CHAN CHUN HIN	陳駿軒
Olympic Distance	2	6	08:00	2684	Male Age Group 30-34		Chan Chun Tak	陳俊德
Olympic Distance	2	4	07:20	2423	Male Age Group 40-44		Chan Daryl	
Sprint Distance	2	9	09:20	3164	Male Age Group 40-44		Chan Eddie	陳耀宗
Olympic Distance	2	3	07:00	2290	Male Age Group 55 & Over		Chan Fai Ming	陳揮明
Sprint Distance	2	10	09:40	3366	Male Age Group 30-34		CHAN FUK HONG	
Ultrakids Distance	1	5	08:50	1030	Girls 2001		CHAN HANG KI,	陳幸琪
Sprint Distance	2	8	09:00	3005	Female Age Group 25-29		Chan Hau Man	陳巧汶
Olympic Distance	2	3	07:00	2231	Male Age Group 45-49		CHAN HING FAI	陳慶輝
Olympic Distance	2	7	08:20	2848	Male Age Group 20-24		Chan Hing Kui, KK	
Ultrakids Distance	1	5	08:50	1022	Girls 2002		CHAN HIU YEE	陳曉儀
Ultrakids Distance	1	6	08:55	1142	Boys 2001		CHAN HO FUNG	陳浩鋒
Olympic Distance	2	3	07:00	2292	Male Age Group 55 & Over		Chan Ho Kee	陳浩基
Olympic Distance	2	7	08:20	2812	Male Age Group 25-29		CHAN Ho Wai Howard	陳灝璋
Ultrakids Distance	1	5	08:50	1023	Girls 2002		CHAN HOI YAN	陳凱昕
Youth & Fun Distance	1	8	09:45	1373	Boys 1997		CHAN HON LAM	
Ultrakids Distance	1	6	08:55	1162	Boys 2001		CHAN HON SUM	
Olympic Distance	2	4	07:20	2393	Male Age Group 40-44		CHAN HON WA	陳康華
Youth & Fun Distance	1	10	10:00	1631	Male Age Group 30-39		Chan Jimmy Wai Kiu	
Youth & Fun Distance	1	10	10:00	1536	Male Age Group 30-39		CHAN Joe	陳志軒
Olympic Distance	2	3	07:00	2200	Male Age Group 45-49		Chan Johnson	

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Youth & Fun Distance	1	8	09:45	1323	Boys 1997		Chan Ka Chun	陳家駿
Sprint Distance	2	10	09:40	3338	Male Age Group 25-29		CHAN KA HANG	陳嘉衡
Olympic Distance	2	3	07:00	2309	Male Age Group 45-49		Chan Ka Keung	陳嘉強
Olympic Distance	2	1	06:20	2016	Male Open		CHAN KA LUN	陳嘉麟
Youth & Fun Distance	1	8	09:45	1362	Male Open Youth		Chan Ka Lung	陳嘉龍
Youth & Fun Distance	1	7	09:40	1209	Girls 1997		Chan Ka Ying	陳嘉盈
Sprint Distance	2	8	09:00	3059	Female Age Group 45-49		CHAN KAM LAN	
Youth & Fun Distance	1	8	09:45	1343	Boys 1998		Chan Kam Po	陳金寶
Sprint Distance	2	10	09:40	3444	Male Age Group 25-29		CHAN KEITH	陳展基
Ultrakids Distance	1	6	08:55	1177	Boys 2001		CHAN KING HO,	陳敬皓
Olympic Distance	2	3	07:00	2293	Male Age Group 55 & Over		Chan King Yuen	陳景源
Olympic Distance	2	6	08:00	2724	Male Age Group 30-34		Chan Kit Bun, Erik	陳傑斌
Sprint Distance	2	8	09:00	3043	Female Age Group 35-39		Chan Kwai Wah	陳桂華
Youth & Fun Distance	1	7	09:40	1207	Girls 1997		CHAN KWAN HO	陳筠灝
Youth & Fun Distance	1	10	10:00	1565	Male Age Group 40-49		CHAN KWOK WAI	陳國威
Ultrakids Distance	1	6	08:55	1115	Boys 1999		CHAN KWUN HO	陳官昊
Olympic Distance	2	5	07:40	2605	Male Age Group 35-39		Chan Li	陳利
Sprint Distance	2	8	09:00	3034	Female Age Group 35-39		Chan Ling	
Youth & Fun Distance	1	10	10:00	1508	Male Age Group 20-29		CHAN LOK KI,	陳樂麒
Youth & Fun Distance	1	9	09:55	1412	Female Age Group 30-39		Chan Lok Yan	陳樂欣
Youth & Fun Distance	1	7	09:40	1202	Girls 1995		Chan Lok Yi	陳樂怡
Youth & Fun Distance	1	7	09:40	1220	Female Open Youth		Chan Long Ching	陳朗澄
Olympic Distance	2	7	08:20	2845	Male Age Group 25-29		Chan Man Ho	陳文灝
Youth & Fun Distance	1	9	09:55	1429	Female Age Group 40-49		CHAN MAN MEI	陳曼薇
Sprint Distance	2	10	09:40	3367	Male Age Group 30-34		Chan Ming Kin	陳銘健
Sprint Distance	2	8	09:00	3002	Female Age Group 16 – 19		Chan On Ki	陳安琪
Olympic Distance	2	5	07:40	2571	Male Age Group 35-39		Chan Pak Wing, Tim	陳柏榮
Youth & Fun Distance	1	9	09:55	1425	Female Age Group 30-39		Chan Peggy Pui Zee	曾佩芝
Olympic Distance	2	4	07:20	2458	Male Age Group 40-44		CHAN PETER	
Olympic Distance	2	4	07:20	2427	Male Age Group 40-44		Chan Ping Kwong	陳炳光
Youth & Fun Distance	1	10	10:00	1566	Male Age Group 40-49		CHAN Sai Bo	陳細寶
Sprint Distance	2	9	09:20	3143	Male Age Group 40-44		CHAN SAN NGAI	
Sprint Distance	2	8	09:00	3089	Female Age Group 45-49		CHAN SIU YUK	陳肖玉
Sprint Distance	2	8	09:00	3016	Female Age Group 25-29		CHAN SUET YING	
Sprint Distance	2	10	09:40	3368	Male Age Group 30-34		Chan Tat Cheung	陳達祥
Youth & Fun Distance	1	10	10:00	1528	Male Age Group 30-39		Chan Thomas	陳欽輝
Olympic Distance	2	4	07:20	2371	Male Age Group 40-44		CHAN TIN CHI	
Ultrakids Distance	1	6	08:55	1110	Boys 1999		Chan Ting Hei	陳庭曦
Olympic Distance	2	4	07:20	2394	Male Age Group 40-44		CHAN TZE CHUNG	
Olympic Distance	2	3	07:00	2245	Male Age Group 45-49		Chan Wai Kee, Eric	陳偉基
Youth & Fun Distance	1	8	09:45	1319	Boys 1996		Chan Wai Shun,	陳慧信
Youth & Fun Distance	1	8	09:45	1327	Boys 1997		CHAN WING	陳永昌
Sprint Distance	2	10	09:40	3406	Male Age Group 30-34		Chan Wing Kit	陳穎傑

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Ultrakids Distance	1	6	08:55	1108	Boys 1999		Chan Wing Tsun	陳穎浚
Youth & Fun Distance	1	9	09:55	1410	Female Age Group 30-39		Chan Wing Yee	陳詠怡
Sprint Distance	2	10	09:40	3396	Male Age Group 30-34		Chan Woon Yew	曾煥耀
Olympic Distance	2	3	07:00	2302	Male Age Group 45-49		Chan Yee Cheong	
Ultrakids Distance	1	6	08:55	1127	Boys 2000		Chan Yik Ming, Ricky	陳易明
Youth & Fun Distance	1	10	10:00	1505	Male Age Group 16 – 19		Chan Yin Ming	陳彥銘
Youth & Fun Distance	1	10	10:00	1537	Male Age Group 30-39		CHAN Zhi Cheng	陳智成
Olympic Distance	2	2	06:40	2112	Female Age Group 30-34		Chapman Claire	
Olympic Distance	2	6	08:00	2658	Male Age Group 30-34		Chapman James	
Sprint Distance	2	9	09:20	3244	Male Age Group 35-39		CHARLES H.R.	
Olympic Distance	2	4	07:20	2459	Male Age Group 40-44		CHAU CHE CHIU,	周志超
Olympic Distance	2	2	06:40	2103	Female Age Group 25-29		Chau Chiu Nam	周俏男
Olympic Distance	2	7	08:20	2832	Male Age Group 25-29		Chau Chun Kit	周俊傑
Olympic Distance	2	2	06:40	2163	Female Age Group 45-49		Chau Gloria Chai Hiu	
Youth & Fun Distance	1	10	10:00	1589	Male Age Group 50 & Over		Chau Ho Ming	鄒浩明
Sprint Distance	2	9	09:20	3202	Male Age Group 50-54		Chau Ho Ming	鄒浩明
Youth & Fun Distance	1	10	10:00	1605	Male Age Group 30-39		CHAU HONG YU	
Olympic Distance	2	7	08:20	2833	Male Age Group 25-29		CHAU Kin Lung	鄒健龍
Olympic Distance	2	7	08:20	2847	Male Age Group 25-29		Chau Kin Yuk	周鍵毓
Youth & Fun Distance	1	8	09:45	1314	Boys 1996		Chau Man Kei	鄒文棋
Ultrakids Distance	1	5	08:50	1013	Girls 2000		Chau Man Wing	鄒文詠
Ultrakids Distance	1	6	08:55	1165	Boys 1999		Chau Sing Ha	周盛夏
Olympic Distance	2	3	07:00	2268	Male Age Group 50-54		Chau Ying Kwong	周應光
Olympic Distance	2	4	07:20	2356	Male Age Group 40-44		Chaudhry Ali	
Olympic Distance	2	3	07:00	2213	Male Age Group 45-49		CHE Meng Kong	謝明光
Youth & Fun Distance	1	7	09:40	1217	Girls 1998		Chelesa Mumba	蒙卓絲
Sprint Distance	2	9	09:20	3105	Male Age Group 35-39		Chen Rodney	
Sprint Distance	2	10	09:40	3430	Male Age Group 30-34		CHEN Terry	
Olympic Distance	2	5	07:40	2543	Male Age Group 35-39		chen yufeng	陈宇峰
Olympic Distance	2	6	08:00	2698	Male Age Group 30-34		Cheng Ching	
Youth & Fun Distance	1	8	09:45	1355	Boys 1998		CHENG CHING WEI	鄭清為
Ultrakids Distance	1	6	08:55	1117	Boys 1999		CHENG CHING YIN	鄭清然
Olympic Distance	2	6	08:00	2656	Male Age Group 30-34		CHENG CHO CHUEN	鄭祖銓
Sprint Distance	2	10	09:40	3448	Male Age Group 25-29		Cheng Heung Wing	鄭向榮
Youth & Fun Distance	1	8	09:45	1306	Boys 1995		Cheng Ho Yin	鄭皓賢
Sprint Distance	2	9	09:20	3265	Male Age Group 50-54		Cheng hon kam	Zheng han jin
Olympic Distance	2	3	07:00	2214	Male Age Group 45-49		Cheng Kwok Hung	鄭國雄
Youth & Fun Distance	1	9	09:55	1414	Female Age Group 30-39		cheng mei chi	鄭美姿
Ultrakids Distance	1	6	08:55	1100	Boys 1999		Cheng On Sum	鄭安深
Sprint Distance	2	9	09:20	3106	Male Age Group 35-39		Cheng Wai Tung	鄭維東
Sprint Distance	2	8	09:00	3001	Female Age Group 16 – 19		CHENG WANG,	鄭泓
Ultrakids Distance	1	6	08:55	1158	Boys 1999		Cheng Yan Chak	鄭恩澤
Youth & Fun Distance	1	8	09:45	1371	Boys 1996		Cheng Yan Lok	鄭恩烙

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Sprint Distance	2	10	09:40	3407	Male Age Group 30-34		CHEUNG YING KIT	鄭英傑
Olympic Distance	2	7	08:20	2813	Male Age Group 25-29		Cheng Yiu Ting	
Olympic Distance	2	2	06:40	2126	Female Age Group 30-34		Cheong Adelyn	張麗娟
Sprint Distance	2	9	09:20	3205	Male Age Group 50-54		Cheong Veng Va	昌榮華
Sprint Distance	2	10	09:40	3457	Male Age Group 30-34		Cheuk Chun Kit	卓俊傑
Youth & Fun Distance	1	8	09:45	1307	Boys 1995		Cheung Tsun Hang	
Olympic Distance	2	4	07:20	2435	Male Age Group 40-44		Cheung Alan	
Sprint Distance	2	9	09:20	3206	Male Age Group 50-54		Cheung Bun Chi	
Youth & Fun Distance	1	10	10:00	1637	Male Age Group 30-39		Cheung Chi Wai, Chris	張志偉
Olympic Distance	2	3	07:00	2278	Male Age Group 50-54		Cheung Chi Wing	張志榮
Youth & Fun Distance	1	10	10:00	1610	Male Age Group 40-49		CHEUNG Chi-kwong	張志光
Youth & Fun Distance	1	10	10:00	1567	Male Age Group 40-49		Cheung Eddie	張家明
Youth & Fun Distance	1	10	10:00	1624	Male Age Group 20-29		Cheung Gary Chung	
Sprint Distance	2	9	09:20	3217	Male Age Group 55 & Over		Cheung He	張禧
Ultrakids Distance	1	6	08:55	1174	Boys 2001		Cheung Ho Kwan	張皓鈞
Sprint Distance	2	10	09:40	3455	Male Age Group 30-34		cheung ho yin	張浩賢
Youth & Fun Distance	1	10	10:00	1513	Male Age Group 20-29		Cheung Jeremy	
Youth & Fun Distance	1	8	09:45	1352	Boys 1998		CHEUNG KA CHUN	張迦雋
Sprint Distance	2	9	09:20	3230	Male Age Group 40-44		Cheung Ka Wai	
Sprint Distance	2	9	09:20	3170	Male Age Group 40-44		Cheung Kai Shui	張啓瑞
Youth & Fun Distance	1	10	10:00	1568	Male Age Group 40-49		cheung kin ming	張建明
Youth & Fun Distance	1	10	10:00	1590	Male Age Group 50 & Over		CHEUNG KOON YING	
Olympic Distance	2	1	06:20	2003	Male Open		Cheung Man Kit	張文傑
Youth & Fun Distance	1	10	10:00	1561	Male Age Group 40-49		Cheung Man Kwong	張文光
Olympic Distance	2	2	06:40	2148	Female Age Group 35-39		Cheung Ngarsze	張雅詩
Youth & Fun Distance	1	10	10:00	1538	Male Age Group 30-39		Cheung Philip	
Sprint Distance	2	8	09:00	3051	Female Age Group 40-44		Cheung Phoebe	
Sprint Distance	2	10	09:40	3422	Male Age Group 20-24		Cheung Thomas YF	張耀升
Youth & Fun Distance	1	9	09:55	1403	Female Age Group 20-29		CHEUNG TIK KA	張迪嘉
Sprint Distance	2	10	09:40	3369	Male Age Group 30-34		Cheung Waai Leong	
Youth & Fun Distance	1	10	10:00	1621	Male Age Group 20-29		Cheung Wah Kit	張樺傑
Olympic Distance	2	5	07:40	2558	Male Age Group 35-39		Cheung Wai Kei	張偉基
Ultrakids Distance	1	6	08:55	1121	Boys 2000		Cheung Wai Yin,	張煒彥
Olympic Distance	2	5	07:40	2513	Male Age Group 35-39		Cheung Wen Ping	張穩平
Sprint Distance	2	9	09:20	3189	Male Age Group 45-49		Cheung Wing Yung	
Youth & Fun Distance	1	10	10:00	1608	Male Age Group 40-49		CHEUNG YIU TONG	
Sprint Distance	2	8	09:00	3058	Female Age Group 45-49		Cheung Yuk Bing	張玉冰
Youth & Fun Distance	1	9	09:55	1439	Female Age Group 50 & Over		Chi Yin Har Winnie	汲燕霞
Olympic Distance	2	6	08:00	2735	Male Age Group 30-34		Chiam Choon Wei,	詹尊瑋
Olympic Distance	2	3	07:00	2317	Male Age Group 45-49		Childs Simon	
Sprint Distance	2	9	09:20	3255	Male Age Group 40-44		CHIM HING WAI	詹興幃
Sprint Distance	2	10	09:40	3360	Male Age Group 30-34		Chim Kwok On	詹國安
Youth & Fun Distance	1	8	09:45	1363	Male Open Youth		Ching Kwan Long	程鈞朗

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Ultrakids Distance	1	6	08:55	1106	Boys 1999		Ching Kwan Yeung	程鈞洋
Youth & Fun Distance	1	10	10:00	1563	Male Age Group 40-49		CHING WAI KIN	程偉健
Youth & Fun Distance	1	10	10:00	1564	Male Age Group 40-49		CHIU CHIM KEUNG	趙漸強
Youth & Fun Distance	1	10	10:00	1603	Male Age Group 30-39		CHIU CHUNG KWAN	
Olympic Distance	2	4	07:20	2448	Male Age Group 40-44		Chiu Kok Fu	趙國富
Sprint Distance	2	9	09:20	3122	Male Age Group 35-39		CHIU SIN WAI	趙善偉
Sprint Distance	2	9	09:20	3144	Male Age Group 40-44		Chiu Sui Fai	
Sprint Distance	2	9	09:20	3107	Male Age Group 35-39		Chiu Sui Yin	
Youth & Fun Distance	1	10	10:00	1615	Male Age Group 16 – 19		Chiu Sze Chun	
Olympic Distance	2	6	08:00	2685	Male Age Group 30-34		CHIU WENG CHON	趙詠俊
Sprint Distance	2	9	09:20	3108	Male Age Group 35-39		Chiu Yu Heng Gordon	趙汝珩
Olympic Distance	2	6	08:00	2686	Male Age Group 30-34		Cho Eddie	曹秀榮
Olympic Distance	2	7	08:20	2856	Male Age Group 25-29		Cho Kwan Yin	曹君彥
Ultrakids Distance	1	5	08:50	1020	Girls 2001		Cho Wing To, Cheri	曹詠淘
Youth & Fun Distance	1	10	10:00	1539	Male Age Group 30-39		Choi Daniel	蔡學鈞
Youth & Fun Distance	1	7	09:40	1227	Female Open Youth		Choi Len	
Sprint Distance	2	10	09:40	3349	Male Age Group 25-29		Choi Pui Nang	蔡沛能
Youth & Fun Distance	1	7	09:40	1203	Female Open Youth		Choi See Chung	蔡思聰
Olympic Distance	2	3	07:00	2215	Male Age Group 45-49		Choi Sek Tong	徐錫棠
Olympic Distance	2	7	08:20	2802	Male Age Group 20-24		Choi Sze Kam	蔡詩鑫
Youth & Fun Distance	1	10	10:00	1602	Male Age Group 30-39		Choi Tin O Alvin	
Sprint Distance	2	9	09:20	3218	Male Age Group 55 & Over		Choi Yin Chee	蔡賢治
Olympic Distance	2	7	08:20	2814	Male Age Group 25-29		Chong Chi Seak	鍾子石
Sprint Distance	2	9	09:20	3258	Male Age Group 40-44		Chong Tung Hing	莊東興
Olympic Distance	2	6	08:00	2687	Male Age Group 30-34		Choo Justin	
Ultrakids Distance	1	6	08:55	1155	Boys 2002		Chow Aidan	
Ultrakids Distance	1	6	08:55	1118	Boys 1999		Chow Angus	周侃滔
Olympic Distance	2	4	07:20	2445	Male Age Group 40-44		Chow Billy	周捷恆
Ultrakids Distance	1	6	08:55	1101	Boys 1999		Chow Chi Hei	周志禧
Olympic Distance	2	1	06:20	2001	Male Open		Chow Chi Man	周志文
Youth & Fun Distance	1	10	10:00	1576	Male Age Group 40-49		Chow Chiu Kin	
Sprint Distance	2	10	09:40	3319	Male Age Group 20-24		CHOW CHUN HEI	
Youth & Fun Distance	1	10	10:00	1532	Male Age Group 30-39		Chow Hoi Tat	周海達
Ultrakids Distance	1	6	08:55	1138	Boys 2001		Chow kin lun	周澐倫
Youth & Fun Distance	1	8	09:45	1305	Boys 1995		Chow Man Him	周文謙
Sprint Distance	2	8	09:00	3014	Female Age Group 25-29		CHOW PUI FAN	
Sprint Distance	2	10	09:40	3397	Male Age Group 30-34		Chow Sai Kit	周世傑
Youth & Fun Distance	1	8	09:45	1303	Boys 1995		CHOW SIN KI	鄒善騏
Sprint Distance	2	9	09:20	3257	Male Age Group 40-44		Chow Wai Leung	
Youth & Fun Distance	1	8	09:45	1345	Boys 1998		Choy Fu Kwong,	蔡富光
Youth & Fun Distance	1	8	09:45	1328	Boys 1997		Choy ho cheong	蔡浩鏘
Olympic Distance	2	3	07:00	2299	Male Age Group 45-49		Choy Stephen	
Sprint Distance	2	9	09:20	3175	Male Age Group 45-49		Choy Ying Whye	

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Sprint Distance	2	10	09:40	3364	Male Age Group 30-34		Chris Barton	
Olympic Distance	2	6	08:00	2704	Male Age Group 30-34		Chu Adrian	
Olympic Distance	2	6	08:00	2664	Male Age Group 30-34		Chu Bond	朱銘邦
Olympic Distance	2	7	08:20	2831	Male Age Group 25-29		Chu Hing Cheung	朱興祥
Sprint Distance	2	10	09:40	3315	Male Age Group 16 – 19		Chu King Long	朱璟朗
Olympic Distance	2	5	07:40	2504	Male Age Group 35-39		Chu Kwok Leung	朱國亮
Youth & Fun Distance	1	8	09:45	1302	Boys 1995		Chu Long San	朱朗燊
Olympic Distance	2	3	07:00	2204	Male Age Group 45-49		Chu Shiu Kay,	朱兆麒
Youth & Fun Distance	1	8	09:45	1301	Boys 1995		Chu Shiu Lun	朱兆麟
Ultrakids Distance	1	5	08:50	1002	Girls 1999		Chu Tsz Wai	朱芷蕙
Olympic Distance	2	4	07:20	2446	Male Age Group 40-44		CHU Wai Kit	朱偉傑
Youth & Fun Distance	1	9	09:55	1444	Female Age Group 16 – 19		Chu Wing Sze	朱詠詩
Youth & Fun Distance	1	7	09:40	1225	Girls 1997		CHU YAN LAM	
Olympic Distance	2	6	08:00	2738	Male Age Group 30-34		CHUI KEN	徐紹基
Youth & Fun Distance	1	10	10:00	1503	Male Age Group 16 – 19		CHUI TSZ CHUNG	徐梓聰
Olympic Distance	2	5	07:40	2556	Male Age Group 35-39		Chum Tik Ho	覃迪豪
Youth & Fun Distance	1	10	10:00	1569	Male Age Group 40-49		CHUN KING HOI	
Sprint Distance	2	10	09:40	3320	Male Age Group 20-24		CHUNG CHO YIU	鍾祖耀
Sprint Distance	2	9	09:20	3155	Male Age Group 40-44		Chung Chun Bong	
Youth & Fun Distance	1	8	09:45	1341	Boys 1998		Chung Ho Tsit	鍾皓哲
Olympic Distance	2	5	07:40	2570	Male Age Group 35-39		CHUNG Hyun Chang	
Olympic Distance	2	4	07:20	2460	Male Age Group 40-44		CHUNG KIM FUNG,	
Sprint Distance	2	9	09:20	3176	Male Age Group 45-49		CHUNG KIN LEUNG	鍾健良
Olympic Distance	2	3	07:00	2300	Male Age Group 45-49		CHUNG KWOK WING	鍾國榮
Ultrakids Distance	1	6	08:55	1171	Boys 2000		CHUNG MAN HIN	鍾文軒
Olympic Distance	2	3	07:00	2249	Male Age Group 45-49		Chung Rayson	鍾冠國
Sprint Distance	2	10	09:40	3304	Male Age Group 16 – 19		CHUNG TAI WAI	
Sprint Distance	2	8	09:00	3081	Female Age Group 25-29		Chung Vicky	鍾詠琪
Olympic Distance	2	4	07:20	2372	Male Age Group 40-44		Chung Wai Lap	鍾偉立
Youth & Fun Distance	1	10	10:00	1553	Male Age Group 30-39		Chung Wan Yeung Ian	鍾韻揚
Sprint Distance	2	9	09:20	3263	Male Age Group 45-49		CHUNG Wing shing	鍾永盛
Youth & Fun Distance	1	10	10:00	1570	Male Age Group 40-49		CHUNG Wing-shing	鍾永盛
Ultrakids Distance	1	5	08:50	1014	Girls 2000		CHUNG YUEN TUNG,	鍾婉彤
Olympic Distance	2	5	07:40	2614	Male Age Group 35-39		Church Michael	
Olympic Distance	2	2	06:40	2164	Female Age Group 45-49		Claire Darke	
Sprint Distance	2	9	09:20	3140	Male Age Group 40-44		Clayton Paul	
Olympic Distance	2	2	06:40	2185	Female Age Group 45-49		Coen Fernandez	
Sprint Distance	2	9	09:20	3243	Male Age Group 35-39		Coffeng John	
Olympic Distance	2	3	07:00	2288	Male Age Group 55 & Over		Collins Alan	
Olympic Distance	2	6	08:00	2660	Male Age Group 30-34		Collins Mark	
Sprint Distance	2	10	09:40	3449	Male Age Group 30-34		Coloma Jon	
Olympic Distance	2	1	06:20	2020	Male Open		Connolly Tom	
Sprint Distance	2	9	09:20	3250	Male Age Group 40-44		Conway John	

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Sprint Distance	2	8	09:00	3056	Female Age Group 40-44		COOKE ALISON	
Sprint Distance	2	8	09:00	3019	Female Age Group 30-34		Coombs Caroline	
Sprint Distance	2	8	09:00	3006	Female Age Group 25-29		Cosgrove Antje	
Olympic Distance	2	6	08:00	2665	Male Age Group 30-34		Cosgrove Edward	
Sprint Distance	2	9	09:20	3109	Male Age Group 35-39		COURRET Olivier	
Olympic Distance	2	5	07:40	2544	Male Age Group 35-39		Cruikshanks Stuart	
Olympic Distance	2	6	08:00	2728	Male Age Group 30-34		Cunningham James	
Olympic Distance	2	1	06:20	2023	Male Open		Currie Christopher	
Olympic Distance	2	3	07:00	2286	Male Age Group 55 & Over		Dacre Iain	
Olympic Distance	2	4	07:20	2434	Male Age Group 40-44		DAHL MARK	
Olympic Distance	2	6	08:00	2703	Male Age Group 30-34		Dailly Karl	
Olympic Distance	2	5	07:40	2557	Male Age Group 35-39		Dale Andrew	
Olympic Distance	2	5	07:40	2598	Male Age Group 35-39		DALLY CRAIG	
Olympic Distance	2	6	08:00	2719	Male Age Group 30-34		Dane Cantwell	
Sprint Distance	2	10	09:40	3399	Male Age Group 30-34		Daniel Little	
Olympic Distance	2	5	07:40	2517	Male Age Group 35-39		d"Arcy Paul	
Olympic Distance	2	3	07:00	2253	Male Age Group 45-49		Dargan Nick	
Sprint Distance	2	10	09:40	3335	Male Age Group 25-29		David TUTHILL	
Youth & Fun Distance	1	9	09:55	1415	Female Age Group 30-39		Davies Juliana	
Sprint Distance	2	9	09:20	3224	Male Age Group 35-39		Davies Michael	
Sprint Distance	2	8	09:00	3032	Female Age Group 30-34		Davies Rachel Louise	
Olympic Distance	2	5	07:40	2573	Male Age Group 35-39		DAVISON STEPHEN	
Olympic Distance	2	6	08:00	2666	Male Age Group 30-34		Day Barry Matthew	
Sprint Distance	2	9	09:20	3145	Male Age Group 40-44		De Ruijter Leo	
Olympic Distance	2	2	06:40	2167	Female Age Group 45-49		DELARIVA	
Sprint Distance	2	9	09:20	3156	Male Age Group 40-44		Denmark Michael	
Sprint Distance	2	10	09:40	3392	Male Age Group 30-34		Dennis Wong	
Olympic Distance	2	5	07:40	2511	Male Age Group 35-39		DePree Oliver Harry	
Sprint Distance	2	10	09:40	3359	Male Age Group 30-34		Derek Wong	黃秉康
Olympic Distance	2	5	07:40	2507	Male Age Group 35-39		Derrick Simon	
Olympic Distance	2	2	06:40	2151	Female Age Group 35-39		DESSEIGNE	
Sprint Distance	2	9	09:20	3110	Male Age Group 35-39		Dick Veilen	狄惠良
Olympic Distance	2	2	06:40	2139	Female Age Group 35-39		Dickson Rebecca	
Sprint Distance	2	9	09:20	3111	Male Age Group 35-39		DING YI (GORDON)	丁毅
Olympic Distance	2	4	07:20	2395	Male Age Group 40-44		dingley paul	
Olympic Distance	2	4	07:20	2428	Male Age Group 40-44		Dingley Paul	
Sprint Distance	2	9	09:20	3177	Male Age Group 45-49		Dirks Joachim	
Sprint Distance	2	9	09:20	3226	Male Age Group 40-44		Doerr Richard	
Olympic Distance	2	5	07:40	2563	Male Age Group 35-39		Donne Jonathan	
Olympic Distance	2	7	08:20	2815	Male Age Group 25-29		Douglas Andrew	
Olympic Distance	2	3	07:00	2257	Male Age Group 50-54		Douma John	
Sprint Distance	2	10	09:40	3308	Male Age Group 16 – 19		Dreyfus Koo	
Olympic Distance	2	4	07:20	2469	Male Age Group 40-44		Dru Drury Guy	

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Sprint Distance	2	8	09:00	3072	Female Age Group 35-39		Duncan Dana	
Olympic Distance	2	6	08:00	2709	Male Age Group 30-34		DURY MARK	
Olympic Distance	2	4	07:20	2396	Male Age Group 40-44		Dyer Ashley	
Olympic Distance	2	2	06:40	2174	Female Age Group 35-39		Dyer Cordelia	
Youth & Fun Distance	1	8	09:45	1379	Boys 1995		DZEDZEJ CLEMENT	
Sprint Distance	2	9	09:20	3251	Male Age Group 40-44		DZEDZEJ VINCENT	
Olympic Distance	2	2	06:40	2147	Female Age Group 35-39		Eastman Alicia	
Sprint Distance	2	9	09:20	3130	Male Age Group 35-39		EDWARDS MARK	
Sprint Distance	2	9	09:20	3174	Male Age Group 45-49		Edwards Otis	歐天思
Sprint Distance	2	8	09:00	3020	Female Age Group 30-34		Elena Batalla	
Olympic Distance	2	4	07:20	2364	Male Age Group 40-44		Emsley Matthew	
Olympic Distance	2	3	07:00	2289	Male Age Group 55 & Over		Endicott John	
Olympic Distance	2	6	08:00	2700	Male Age Group 30-34		Ensminger-Law Ben	Ben Law
Youth & Fun Distance	1	10	10:00	1582	Male Age Group 40-49		Escueta Carlitos	N/A
Olympic Distance	2	1	06:20	2005	Male Open		Etherington Lee	
Youth & Fun Distance	1	9	09:55	1437	Female Age Group 30-39		Evers Skye	
Sprint Distance	2	10	09:40	3411	Male Age Group 30-34		Fai Ming Hoi, LEO	費明海
Olympic Distance	2	2	06:40	2156	Female Age Group 40-44		Fairley Karen	
Youth & Fun Distance	1	8	09:45	1374	Boys 1997		FAN LUKAS LONG	范朗
Sprint Distance	2	9	09:20	3112	Male Age Group 35-39		Fan Sai Hung Camus	樊世雄
Olympic Distance	2	2	06:40	2129	Female Age Group 30-34		FELBABEL BJ	
Olympic Distance	2	1	06:20	2018	Male Open		FELBABEL ERICH	艾力克
Olympic Distance	2	4	07:20	2397	Male Age Group 40-44		Fellows Simon	
Ultrakids Distance	1	6	08:55	1123	Boys 2000		FENG JINYUAN	冯劲源
Olympic Distance	2	7	08:20	2816	Male Age Group 25-29		Ferguson Mark	
Sprint Distance	2	8	09:00	3079	Female Age Group 40-44		Fernandes Martins	
Olympic Distance	2	3	07:00	2307	Male Age Group 45-49		Fernandez Marc	
Olympic Distance	2	3	07:00	2216	Male Age Group 45-49		Fernando Nascimanto	施明道
Sprint Distance	2	8	09:00	3074	Female Age Group 35-39		Ferreira Pinto Luisa	
Youth & Fun Distance	1	9	09:55	1406	Female Age Group 20-29		Ferretti Laura	none
Olympic Distance	2	4	07:20	2398	Male Age Group 40-44		Fesche Anthony	
Olympic Distance	2	4	07:20	2432	Male Age Group 40-44		Flanagan Christopher	
Sprint Distance	2	8	09:00	3018	Female Age Group 30-34		Fletcher Lucy	
Olympic Distance	2	5	07:40	2512	Male Age Group 35-39		Fletcher Luke	
Sprint Distance	2	9	09:20	3260	Male Age Group 45-49		Flynn Tony	
Sprint Distance	2	10	09:40	3328	Male Age Group 20-24		Fok Chi Kong	霍志慷
Olympic Distance	2	2	06:40	2186	Female Age Group 55 & Over		FONG CHOI YING,	
Olympic Distance	2	7	08:20	2827	Male Age Group 25-29		FONG CHUN WING	
Youth & Fun Distance	1	10	10:00	1626	Male Age Group 20-29		Fong Wai Lim	
Sprint Distance	2	10	09:40	3423	Male Age Group 25-29		FOOK KAI LEE	
Olympic Distance	2	6	08:00	2733	Male Age Group 30-34		Ford Leonard	
Youth & Fun Distance	1	10	10:00	1578	Male Age Group 40-49		FORD-McNICOL Mark	霍邁能
Youth & Fun Distance	1	10	10:00	1502	Male Age Group 16 – 19		Ford-McNicol Rory	Rory

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Olympic Distance	2	6	08:00	2688	Male Age Group 30-34		FRASIER JR JOSEPH	
Sprint Distance	2	9	09:20	3178	Male Age Group 45-49		Friedlander Michael	
Youth & Fun Distance	1	7	09:40	1218	Girls 1998		Fu Chiu Man	傅昭文
Youth & Fun Distance	1	10	10:00	1591	Male Age Group 50 & Over		Fung Cheuk Sing	
Sprint Distance	2	9	09:20	3266	Male Age Group 50-54		Fung Cheuk Sing	
Sprint Distance	2	10	09:40	3370	Male Age Group 30-34		Fung Chi Man	馮志文
Olympic Distance	2	6	08:00	2689	Male Age Group 30-34		Fung Chi Yeung	
Olympic Distance	2	6	08:00	2650	Male Age Group 30-34		Fung Ka Fai	馮嘉輝
Sprint Distance	2	10	09:40	3321	Male Age Group 20-24		Fung Ka Ming	馮嘉明
Youth & Fun Distance	1	9	09:55	1402	Female Age Group 20-29		Fung Kit Yi	馮潔怡
Sprint Distance	2	8	09:00	3035	Female Age Group 35-39		Fung Ophelia	
Olympic Distance	2	5	07:40	2545	Male Age Group 35-39		Fung Ronald Chi Pun	
Youth & Fun Distance	1	10	10:00	1577	Male Age Group 40-49		Fung Wai Chung	馮偉聰
Sprint Distance	2	9	09:20	3190	Male Age Group 45-49		Fung Wai Chung	馮偉聰
Youth & Fun Distance	1	8	09:45	1332	Boys 1997		Fung Yat To	馮逸滔
Olympic Distance	2	5	07:40	2521	Male Age Group 35-39		Gagliardi Carlos	
Olympic Distance	2	3	07:00	2240	Male Age Group 45-49		Galliford Neil Peter	
Olympic Distance	2	3	07:00	2263	Male Age Group 50-54		Gamblin Clive,	
Olympic Distance	2	5	07:40	2514	Male Age Group 35-39		GARCIA XAVIER	
Sprint Distance	2	9	09:20	3146	Male Age Group 40-44		Garman Robert	
Ultrakids Distance	1	6	08:55	1178	Boys 2002		Gaw Gabriel	
Sprint Distance	2	9	09:20	3252	Male Age Group 40-44		GAW Goodwin	吳繼偉
Sprint Distance	2	9	09:20	3204	Male Age Group 50-54		Gawain Barnard	
Olympic Distance	2	5	07:40	2546	Male Age Group 35-39		Gaylard Oliver	
Olympic Distance	2	5	07:40	2509	Male Age Group 35-39		Gething David	
Olympic Distance	2	4	07:20	2431	Male Age Group 40-44		GIAMPORCARO	
Sprint Distance	2	10	09:40	3305	Male Age Group 16 – 19		Giard Guillaume	
Sprint Distance	2	9	09:20	3181	Male Age Group 45-49		Giard Philippe	
Olympic Distance	2	4	07:20	2470	Male Age Group 40-44		Gibb David	
Olympic Distance	2	3	07:00	2217	Male Age Group 45-49		Gilchrist Brian	
Olympic Distance	2	4	07:20	2373	Male Age Group 40-44		Gildemeister Rudolf	
Sprint Distance	2	10	09:40	3432	Male Age Group 30-34		Girvan Adam	Adam
Olympic Distance	2	6	08:00	2667	Male Age Group 30-34		Glassock Lee	
Olympic Distance	2	5	07:40	2609	Male Age Group 35-39		Gloor Thierry	
Olympic Distance	2	5	07:40	2522	Male Age Group 35-39		Glossoti Mark	
Olympic Distance	2	7	08:20	2830	Male Age Group 25-29		Gourlay Ben	Ben
Sprint Distance	2	8	09:00	3077	Female Age Group 40-44		Grafton Rachael	
Sprint Distance	2	9	09:20	3113	Male Age Group 35-39		Gravatt Breon	
Olympic Distance	2	5	07:40	2575	Male Age Group 35-39		Gray Simon	
Olympic Distance	2	6	08:00	2668	Male Age Group 30-34		Grenon Benjamin	
Olympic Distance	2	2	06:40	2149	Female Age Group 35-39		Griffiths Jane	
Olympic Distance	2	1	06:20	2017	Male Open		Griffiths rupert	
Ultrakids Distance	1	6	08:55	1129	Boys 2000		GUAN YUE	關岳

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Olympic Distance	2	4	07:20	2374	Male Age Group 40-44		Guenther Hans	
Olympic Distance	2	3	07:00	2281	Male Age Group 55 & Over		Gunns Christopher	
Olympic Distance	2	7	08:20	2817	Male Age Group 25-29		GUO ZHIJUN	过智俊
Olympic Distance	2	3	07:00	2310	Male Age Group 50-54		HALKES ADRIAN	
Olympic Distance	2	7	08:20	2852	Male Age Group 25-29		HALKES MICHAEL	
Olympic Distance	2	5	07:40	2510	Male Age Group 35-39		Hall Richard	
Olympic Distance	2	3	07:00	2218	Male Age Group 45-49		Hallworth Tim	
Olympic Distance	2	5	07:40	2523	Male Age Group 35-39		Hamilton Reid	
Olympic Distance	2	5	07:40	2524	Male Age Group 35-39		Han Ji Chian	
Sprint Distance	2	8	09:00	3070	Female Age Group 30-34		Hanley Debbie	
Olympic Distance	2	3	07:00	2272	Male Age Group 50-54		Hanselman	
Olympic Distance	2	6	08:00	2699	Male Age Group 30-34		Hardman Thomas	tom
Olympic Distance	2	4	07:20	2421	Male Age Group 40-44		Harmer Scott	
Olympic Distance	2	2	06:40	2161	Female Age Group 45-49		Harris Jane	
Olympic Distance	2	3	07:00	2208	Male Age Group 45-49		Harris Jeremy	
Sprint Distance	2	9	09:20	3264	Male Age Group 45-49		Harris Jeremy	
Olympic Distance	2	2	06:40	2154	Female Age Group 40-44		Harris Sarah	
Olympic Distance	2	2	06:40	2170	Female Age Group 45-49		Harris Tania	
Sprint Distance	2	8	09:00	3090	Female Age Group 45-49		Harris Tania	
Sprint Distance	2	10	09:40	3450	Male Age Group 30-34		Hartrick Douglas	
Olympic Distance	2	4	07:20	2455	Male Age Group 40-44		HARVEY MARC	
Sprint Distance	2	8	09:00	3007	Female Age Group 25-29		Hatherell Tracey	
Sprint Distance	2	9	09:20	3127	Male Age Group 35-39		Hau William	侯正廉
Olympic Distance	2	4	07:20	2357	Male Age Group 40-44		hayman mark	
Sprint Distance	2	10	09:40	3339	Male Age Group 25-29		HE JIAHAO	
Youth & Fun Distance	1	10	10:00	1520	Male Age Group 20-29		He Yinliang	何吟亮
Olympic Distance	2	1	06:20	2006	Male Open		Hesry Sebastien	
Youth & Fun Distance	1	8	09:45	1337	Boys 1997		Heung Chin Tung	香展東
Olympic Distance	2	3	07:00	2297	Male Age Group 50-54		Hill Desmond	
Olympic Distance	2	6	08:00	2690	Male Age Group 30-34		Hirst Gareth	
Olympic Distance	2	4	07:20	2444	Male Age Group 40-44		Ho Bernard	何志亮
Olympic Distance	2	3	07:00	2202	Male Age Group 45-49		Ho Chak	何澤
Sprint Distance	2	10	09:40	3412	Male Age Group 30-34		HO CHI HONG	何志康
Olympic Distance	2	5	07:40	2586	Male Age Group 35-39		Ho Chi Hung	何志雄
Sprint Distance	2	10	09:40	3300	Male Age Group 16 – 19		HO CHUN	何晉
Sprint Distance	2	10	09:40	3420	Male Age Group 20-24		HO CHUN WAN	何駿昀
Ultrakids Distance	1	6	08:55	1168	Boys 2000		HO CHUN YIN,	何俊諺
Ultrakids Distance	1	5	08:50	1007	Girls 2000		Ho Chun Yiu	何津瑤
Sprint Distance	2	10	09:40	3317	Male Age Group 20-24		Ho Chung	何冲
Ultrakids Distance	1	6	08:55	1161	Boys 2001		ho chung hang jason	何仲恆
Youth & Fun Distance	1	8	09:45	1320	Boys 1996		Ho Fuk Hung	何福鴻
Youth & Fun Distance	1	8	09:45	1338	Boys 1997		HO Ho Lim	何皓廉
Sprint Distance	2	10	09:40	3373	Male Age Group 30-34		HO HOK MAN	何學文

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Sprint Distance	2	9	09:20	3271	Male Age Group 45-49		Ho Joel	
Ultrakids Distance	1	6	08:55	1132	Boys 2001		Ho KA CHUN,	何家俊
Ultrakids Distance	1	6	08:55	1133	Boys 2001		Ho Ka Kit, Kelvin	何家傑
Youth & Fun Distance	1	10	10:00	1625	Male Age Group 20-29		Ho Ka Wing	
Sprint Distance	2	8	09:00	3087	Female Age Group 35-39		Ho Kit Ying	何潔瑩
Youth & Fun Distance	1	10	10:00	1525	Male Age Group 30-39		Ho LAM FAI	何霖輝
Youth & Fun Distance	1	8	09:45	1380	Boys 1996		Ho Matthew Chi Yan	何智仁
Youth & Fun Distance	1	9	09:55	1416	Female Age Group 30-39		Ho NGA WAI Sherin	
Ultrakids Distance	1	6	08:55	1103	Boys 1999		HO PAK LOK,	何柏洛
Olympic Distance	2	7	08:20	2838	Male Age Group 25-29		Ho Ren Hua	何仁樺
Youth & Fun Distance	1	10	10:00	1580	Male Age Group 40-49		Ho Siu Lam	何兆霖
Ultrakids Distance	1	6	08:55	1176	Boys 2001		HO TREVOR	何丞昊
Olympic Distance	2	6	08:00	2669	Male Age Group 30-34		Ho Tsz Kin	何子健
Sprint Distance	2	10	09:40	3361	Male Age Group 30-34		Ho Tung Yin	何東賢
Youth & Fun Distance	1	8	09:45	1378	Male Open Youth		HO WAI NAM	何煒楠
Youth & Fun Distance	1	9	09:55	1407	Female Age Group 20-29		Ho Winnie Wing Yee	何穎怡
Sprint Distance	2	10	09:40	3441	Male Age Group 25-29		Hoare Charles	
Olympic Distance	2	7	08:20	2844	Male Age Group 25-29		Holder Garth	何健華
Olympic Distance	2	4	07:20	2450	Male Age Group 40-44		Holdsworth Robin Tom	
Olympic Distance	2	4	07:20	2359	Male Age Group 40-44		Holland Matthew	
Olympic Distance	2	4	07:20	2375	Male Age Group 40-44		Holst Hermann	
Sprint Distance	2	8	09:00	3073	Female Age Group 35-39		Holyoak Samantha	
Olympic Distance	2	6	08:00	2708	Male Age Group 30-34		Hon Jack	韓浩祥
Youth & Fun Distance	1	9	09:55	1426	Female Age Group 30-39		Hon Joanne	
Sprint Distance	2	10	09:40	3425	Male Age Group 25-29		hon kwun chung	韓冠鐘
Olympic Distance	2	5	07:40	2561	Male Age Group 35-39		Hoogerwerf Martijn	
Sprint Distance	2	10	09:40	3443	Male Age Group 25-29		Hooper Scott	
Olympic Distance	2	4	07:20	2376	Male Age Group 40-44		Horn Mark	
Olympic Distance	2	4	07:20	2358	Male Age Group 40-44		Horne Guy	
Olympic Distance	2	3	07:00	2284	Male Age Group 55 & Over		Horne James	
Olympic Distance	2	6	08:00	2732	Male Age Group 30-34		Horton Neil	
Olympic Distance	2	3	07:00	2238	Male Age Group 45-49		Howell David	
Olympic Distance	2	5	07:40	2566	Male Age Group 35-39		Hric Juraj	
Olympic Distance	2	5	07:40	2565	Male Age Group 35-39		Hrycyk Jason	
Olympic Distance	2	3	07:00	2219	Male Age Group 45-49		hu qinghe	
Sprint Distance	2	9	09:20	3114	Male Age Group 35-39		Huang Eddie	黃崇智
Olympic Distance	2	7	08:20	2803	Male Age Group 20-24		Huang Zihao	黃紫顛
Olympic Distance	2	2	06:40	2175	Female Age Group 35-39		Hughes Caron	
Olympic Distance	2	5	07:40	2601	Male Age Group 35-39		Hughes Owen	
Olympic Distance	2	5	07:40	2547	Male Age Group 35-39		Hughes Sebastian	
Olympic Distance	2	3	07:00	2220	Male Age Group 45-49		Hui Chee Sum	
Sprint Distance	2	10	09:40	3410	Male Age Group 30-34		Hui Chun Yu, Charles	許震宇
Youth & Fun Distance	1	10	11:00	1640	Male Age Group 40-49		Hui Henry Kwok	許國銓

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Olympic Distance	2	7	08:20	2801	Male Age Group 20-24		Hui Ka Cheong	許家鏘
Youth & Fun Distance	1	10	10:00	1620	Male Age Group 20-29		Hui Ka Cheong	許家鏘
Olympic Distance	2	2	06:40	2111	Female Age Group 30-34		Hui Ka Man	許家敏
Sprint Distance	2	8	09:00	3021	Female Age Group 30-34		Hui Mo Yi	
Olympic Distance	2	6	08:00	2654	Male Age Group 30-34		HUI SZE YUEN	許思遠
Sprint Distance	2	9	09:20	3147	Male Age Group 40-44		Hui Tze Hang	許子衡
Youth & Fun Distance	1	7	09:40	1219	Girls 1998		HUNG Cheuk Yi	洪緯怡
Ultrakids Distance	1	6	08:55	1141	Boys 2001		HUNG TIK LONG	洪迪朗
Youth & Fun Distance	1	7	09:40	1204	Girls 1996		HUNG TSZ TO	洪正濤
Sprint Distance	2	9	09:20	3256	Male Age Group 40-44		HUNG YUK CHUNG	洪育忠
Olympic Distance	2	3	07:00	2221	Male Age Group 45-49		Hyams Daniel	
Youth & Fun Distance	1	8	09:45	1325	Boys 1997		Ip Ho Lam	葉灝霖
Ultrakids Distance	1	6	08:55	1119	Boys 2000		Ip Poe Lam	葉溥霖
Sprint Distance	2	8	09:00	3042	Female Age Group 35-39		IP PUI FAN MOMIE	葉佩芬
Ultrakids Distance	1	6	08:55	1137	Boys 2001		IP SHUN HEI	葉信晞
Sprint Distance	2	9	09:20	3138	Male Age Group 40-44		IP TO KWAN	葉道坤
Youth & Fun Distance	1	9	09:55	1435	Female Age Group 30-39		ip vivian	
Sprint Distance	2	10	09:40	3436	Male Age Group 30-34		IP WAI MAN	葉偉文
Youth & Fun Distance	1	10	10:00	1540	Male Age Group 30-39		IP WAI TAK	葉偉德
Sprint Distance	2	9	09:20	3203	Male Age Group 50-54		IP Yee-Chiu	葉以超
Youth & Fun Distance	1	10	10:00	1571	Male Age Group 40-49		Jackson Ian	
Youth & Fun Distance	1	10	10:00	1572	Male Age Group 40-49		James Peter	
Sprint Distance	2	9	09:20	3221	Male Age Group 55 & Over		James Vickers	
Sprint Distance	2	10	09:40	3322	Male Age Group 20-24		Jarett Goldman	高嘉瑞
Sprint Distance	2	10	09:40	3386	Male Age Group 30-34		Jason Tan	
Olympic Distance	2	4	07:20	2474	Male Age Group 40-44		Jeffery Paul	
Olympic Distance	2	5	07:40	2548	Male Age Group 35-39		Jelfs Patrick	
Olympic Distance	2	7	08:20	2851	Male Age Group 25-29		jenkinson colin	
Olympic Distance	2	4	07:20	2399	Male Age Group 40-44		Jenks Cameron	
Olympic Distance	2	2	06:40	2104	Female Age Group 25-29		Jennison Tracey	
Olympic Distance	2	2	06:40	2181	Female Age Group 35-39		Jenno Josephine	
Olympic Distance	2	2	06:40	2109	Female Age Group 25-29		Jentschura Eva	
Olympic Distance	2	7	08:20	2837	Male Age Group 25-29		Jia Jason	
Sprint Distance	2	10	09:40	3365	Male Age Group 30-34		Joan Brugues	
Olympic Distance	2	4	07:20	2456	Male Age Group 40-44		John Justin	
Olympic Distance	2	1	06:20	2004	Male Open		johnson james	long xuan
Youth & Fun Distance	1	8	09:45	1381	Boys 1997		JOHNSTON JAMES	
Olympic Distance	2	3	07:00	2222	Male Age Group 45-49		Jon Steve	
Olympic Distance	2	2	06:40	2134	Female Age Group 35-39		Jones Lisa	
Sprint Distance	2	9	09:20	3157	Male Age Group 40-44		JORDAN David	
Sprint Distance	2	8	09:00	3053	Female Age Group 40-44		JORDAN Michelle	
Sprint Distance	2	10	09:40	3372	Male Age Group 30-34		Justin Grayer	N/A
Ultrakids Distance	1	6	08:55	1152	Boys 2002		KA Tung wai	賈棟淮

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Olympic Distance	2	4	07:20	2377	Male Age Group 40-44		KAI KUNNASMAA	
Youth & Fun Distance	1	8	09:45	1382	Boys 1997		Kam Chun Him	甘俊謙
Olympic Distance	2	5	07:40	2525	Male Age Group 35-39		Kawakita Tad	
Olympic Distance	2	4	07:20	2453	Male Age Group 40-44		Kearney Mark	
Sprint Distance	2	8	09:00	3093	Female Age Group 40-44		KEIR THUBRON	
Sprint Distance	2	10	09:40	3394	Male Age Group 30-34		Keith Yeung	
Sprint Distance	2	10	09:40	3379	Male Age Group 30-34		Ken Lo	
Olympic Distance	2	3	07:00	2308	Male Age Group 45-49		Kennedy Grant	
Sprint Distance	2	10	09:40	3348	Male Age Group 25-29		Kenneth Cheung	
Sprint Distance	2	9	09:20	3148	Male Age Group 40-44		Kennish Robin	
Olympic Distance	2	2	06:40	2122	Female Age Group 30-34		KEOGH-PETERS	
Youth & Fun Distance	1	8	09:45	1356	Boys 1998		Keung Pok Man	姜博民
Sprint Distance	2	9	09:20	3115	Male Age Group 35-39		Khan Shuebbur	
Youth & Fun Distance	1	10	10:00	1636	Male Age Group 30-39		Khan Swadiq	
Olympic Distance	2	6	08:00	2691	Male Age Group 30-34		Kibar Timur	
Olympic Distance	2	4	07:20	2465	Male Age Group 40-44		Kim Joel	
Olympic Distance	2	3	07:00	2244	Male Age Group 45-49		Kim Young Ho	
Olympic Distance	2	5	07:40	2568	Male Age Group 35-39		Kind Anders	
Sprint Distance	2	9	09:20	3220	Male Age Group 55 & Over		Klaus-Werner Ullrich	
Olympic Distance	2	4	07:20	2473	Male Age Group 40-44		Klock Kevin	
Olympic Distance	2	6	08:00	2727	Male Age Group 30-34		Knebel Jess	
Sprint Distance	2	8	09:00	3078	Female Age Group 40-44		Knoop-Burggraaf	
Sprint Distance	2	10	09:40	3463	Male Age Group 25-29		KO MAN FAI	高文輝
Olympic Distance	2	4	07:20	2419	Male Age Group 40-44		Ko Po Hung	高寶鴻
Youth & Fun Distance	1	10	10:00	1642	Male Age Group 30-39		Ko Tsz Chun	高梓俊
Olympic Distance	2	4	07:20	2400	Male Age Group 40-44		Koh John	
Olympic Distance	2	1	06:20	2007	Male Open		kok chi wai	郭志瑋
Olympic Distance	2	5	07:40	2597	Male Age Group 35-39		KOLB ALEXANDER	
Sprint Distance	2	9	09:20	3149	Male Age Group 40-44		Kong Bruce	鄺盛通
Youth & Fun Distance	1	8	09:45	1354	Boys 1998		Kong Cheuk Hei	江卓熹
Youth & Fun Distance	1	7	09:40	1205	Girls 1996		Kong Yan Pui	江欣蓓
Sprint Distance	2	10	09:40	3440	Male Age Group 16 – 19		Koo Nicholas	
Sprint Distance	2	9	09:20	3116	Male Age Group 35-39		KOO THOMAS	
Sprint Distance	2	8	09:00	3008	Female Age Group 25-29		Kossidis Alexandra	
Olympic Distance	2	4	07:20	2401	Male Age Group 40-44		Kremer Tim	
Youth & Fun Distance	1	7	09:40	1208	Girls 1997		Kriesel Bridget	
Youth & Fun Distance	1	8	09:45	1309	Boys 1995		Kriesel Joshua	
Olympic Distance	2	3	07:00	2223	Male Age Group 45-49		Kris Larsson	
Olympic Distance	2	7	08:20	2818	Male Age Group 20-24		Ku Lap Chou	古立進
Olympic Distance	2	7	08:20	2819	Male Age Group 25-29		Ku Lap In	古立賢
Olympic Distance	2	4	07:20	2402	Male Age Group 40-44		Kung Hin Cheung	龔顯璋
Youth & Fun Distance	1	9	09:55	1417	Female Age Group 30-39		Kung Kwun Yi	龔觀怡
Youth & Fun Distance	1	8	09:45	1321	Boys 1996		Kwok Chak Yu	郭澤宇

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Sprint Distance	2	10	09:40	3418	Male Age Group 16 – 19		KWOK CHIN CHING	郭展程
Sprint Distance	2	9	09:20	3117	Male Age Group 35-39		KWOK Ching Kwong	郭正光
Sprint Distance	2	8	09:00	3009	Female Age Group 25-29		Kwok Ching Yee	郭靜儀
Olympic Distance	2	5	07:40	2576	Male Age Group 35-39		KWOK CHUN HONG	郭俊航
Olympic Distance	2	3	07:00	2270	Male Age Group 50-54		Kwok Sui Wing	郭瑞榮
Youth & Fun Distance	1	10	10:00	1521	Male Age Group 20-29		Kwok Ting Pong	
Youth & Fun Distance	1	8	09:45	1312	Boys 1995		Kwok Wing Kan	郭穎勤
Olympic Distance	2	7	08:20	2806	Male Age Group 20-24		KWOK YAN WING,	郭恩榮
Youth & Fun Distance	1	10	10:00	1501	Male Age Group 16 – 19		KWONG LOK MAN	鄺樂民
Olympic Distance	2	2	06:40	2145	Female Age Group 35-39		Kynaston Rebecca	
Olympic Distance	2	5	07:40	2526	Male Age Group 35-39		LaBelle Joel	
Youth & Fun Distance	1	8	09:45	1350	Boys 1998		LAI CHEUK YIN	黎卓賢
Sprint Distance	2	10	09:40	3356	Male Age Group 25-29		Lai Chi Ho, Marco	黎志豪
Sprint Distance	2	9	09:20	3268	Male Age Group 50-54		LAI CHIU CHEONG	
Sprint Distance	2	10	09:40	3336	Male Age Group 25-29		Lai Chun Ming	賴振明
Olympic Distance	2	6	08:00	2723	Male Age Group 30-34		Lai Marshall	黎錫豪
Youth & Fun Distance	1	10	10:00	1601	Male Age Group 30-39		Lai Niki	
Ultrakids Distance	1	6	08:55	1109	Boys 1999		LAI NOK HEI	黎諾曦
Olympic Distance	2	2	06:40	2182	Female Age Group 40-44		Lai Peggy	
Sprint Distance	2	10	09:40	3452	Male Age Group 30-34		lai tak chiu	
Youth & Fun Distance	1	10	10:00	1530	Male Age Group 30-39		Lai Wing Yin	黎永賢
Olympic Distance	2	3	07:00	2247	Male Age Group 45-49		Lai Wut Sun Johnny	賴活新
Sprint Distance	2	9	09:20	3242	Male Age Group 35-39		LAI YAU WAI	黎有為
Ultrakids Distance	1	5	08:50	1015	Girls 2000		LAI YI SUM	黎懿心
Youth & Fun Distance	1	8	09:45	1342	Boys 1998		LAI YICK HIM	黎奕謙
Youth & Fun Distance	1	9	09:55	1427	Female Age Group 30-39		Lai Yuen Ki Anita	黎婉琪
Olympic Distance	2	1	06:20	2008	Male Open		Laight Matthew	
Sprint Distance	2	8	09:00	3082	Female Age Group 30-34		Lalime Crystal	
Olympic Distance	2	3	07:00	2275	Male Age Group 50-54		LAM CHI CHAM	林熾參
Sprint Distance	2	9	09:20	3198	Male Age Group 45-49		Lam Chi Choi	林子財
Olympic Distance	2	3	07:00	2277	Male Age Group 50-54		Lam Chi Wing	林志榮
Sprint Distance	2	8	09:00	3022	Female Age Group 30-34		Lam Ching Man	林靜雯
Sprint Distance	2	9	09:20	3233	Male Age Group 45-49		Lam Edwin	林展輝
Youth & Fun Distance	1	10	10:00	1514	Male Age Group 20-29		Lam Eric	
Sprint Distance	2	9	09:20	3129	Male Age Group 35-39		Lam Eric	林国东
Sprint Distance	2	9	09:20	3238	Male Age Group 50-54		Lam Fergus	林贊輝
Olympic Distance	2	4	07:20	2425	Male Age Group 40-44		LAM HING YIN	林興賢
Olympic Distance	2	7	08:20	2820	Male Age Group 25-29		Lam Hiu Tin	林曉天
Sprint Distance	2	8	09:00	3064	Female Age Group 50-54		Lam Ho Sally Suk Ping	林何淑萍
Youth & Fun Distance	1	10	10:00	1607	Male Age Group 30-39		Lam Joseph	
Youth & Fun Distance	1	7	09:40	1221	Female Open Youth		Lam June	林婕
Youth & Fun Distance	1	8	09:45	1304	Boys 1995		Lam Jung Yee	林頌宜
Sprint Distance	2	9	09:20	3137	Male Age Group 40-44		LAM KA FAI, TERRY	

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Sprint Distance	2	10	09:40	3435	Male Age Group 30-34		Lam Ka Shun	
Youth & Fun Distance	1	10	10:00	1628	Male Age Group 30-39		LAM KAI LUN	林啓倫
Sprint Distance	2	9	09:20	3171	Male Age Group 40-44		Lam Kam Ching	林金清
Youth & Fun Distance	1	10	10:00	1586	Male Age Group 40-49		Lam Kam Ching	林金清
Youth & Fun Distance	1	10	10:00	1515	Male Age Group 20-29		LAM Kenny	
Olympic Distance	2	4	07:20	2417	Male Age Group 40-44		LAM Kevin Ying Wai	林應威
Sprint Distance	2	9	09:20	3163	Male Age Group 40-44		Lam Kim Ming,	林劍明
Youth & Fun Distance	1	8	09:45	1334	Boys 1997		Lam Michael	林朗星
Sprint Distance	2	8	09:00	3091	Female Age Group 30-34		LAM NGA YI, MOYO	
Sprint Distance	2	9	09:20	3231	Male Age Group 40-44		lam poon fai	林本輝
Olympic Distance	2	3	07:00	2264	Male Age Group 50-54		Lam Shing Man Otto	林醒文
Olympic Distance	2	2	06:40	2140	Female Age Group 35-39		LAM SIU YUNG	
Youth & Fun Distance	1	9	09:55	1433	Female Age Group 50 & Over		Lam Teresa Yuen Fun	
Youth & Fun Distance	1	10	10:00	1506	Male Age Group 20-29		Lam Tsz Wai	林梓維
Olympic Distance	2	7	08:20	2809	Male Age Group 25-29		Lam Tsz Wai	林梓維
Youth & Fun Distance	1	10	10:00	1533	Male Age Group 30-39		LAM TUEN YEUNG	林端揚
Sprint Distance	2	10	09:40	3433	Male Age Group 30-34		Lam Wai Hang	林偉恆
Olympic Distance	2	7	08:20	2821	Male Age Group 25-29		Lam Wai Ho, Vincent	
Ultrakids Distance	1	6	08:55	1153	Boys 2002		LAM WAI LOK	林瑋灝
Ultrakids Distance	1	6	08:55	1156	Boys 2002		LAM YAT HIM ANGUS	
Youth & Fun Distance	1	7	09:40	1210	Girls 1997		Lam Yin Tung	林彥彤
Ultrakids Distance	1	6	08:55	1120	Boys 2000		Lam Yin Wang	林彥宏
Olympic Distance	2	5	07:40	2527	Male Age Group 35-39		Lambriks Robbert	
Olympic Distance	2	2	06:40	2171	Female Age Group 50-54		Lange Christiane	
Olympic Distance	2	1	06:20	2009	Male Open		Lao Kin Chong	劉健中
Ultrakids Distance	1	5	08:50	1024	Girls 2002		LAU CATHY	劉倩杏
Ultrakids Distance	1	6	08:55	1157	Boys 2002		LAU CHUN HEI	劉俊希
Ultrakids Distance	1	6	08:55	1147	Boys 2002		LAU Chun Hin Oscar	劉竣軒
Ultrakids Distance	1	6	08:55	1136	Boys 2001		LAU Chun Ip Robot	劉竣業
Olympic Distance	2	7	08:20	2805	Male Age Group 20-24		Lau Chun Ngai	劉俊毅
Olympic Distance	2	6	08:00	2714	Male Age Group 30-34		Lau Gum Bong Gabriel	劉錦邦
Ultrakids Distance	1	5	08:50	1008	Girls 2000		LAU HIN YEE	劉軒怡
Ultrakids Distance	1	6	08:55	1170	Boys 2000		Lau Ho	
Sprint Distance	2	9	09:20	3179	Male Age Group 45-49		Lau Kim Cheong	
Youth & Fun Distance	1	10	10:00	1614	Male Age Group 40-49		Lau Koon Yan	劉冠仁
Sprint Distance	2	10	09:40	3408	Male Age Group 30-34		Lau kwok chung	劉國忠
Sprint Distance	2	10	09:40	3309	Male Age Group 16 – 19		LAU Kwun Ki	
Sprint Distance	2	10	09:40	3311	Male Age Group 16 – 19		Lau Long Fung	劉朗鋒
Ultrakids Distance	1	5	08:50	1018	Girls 2001		Lau Man	劉敏
Olympic Distance	2	6	08:00	2670	Male Age Group 30-34		LAU MING WAI	劉鳴煒
Youth & Fun Distance	1	9	09:55	1408	Female Age Group 20-29		Lau On Yue	
Sprint Distance	2	8	09:00	3010	Female Age Group 25-29		Lau On Yue	
Sprint Distance	2	9	09:20	3191	Male Age Group 45-49		LAU SEK WA	劉錫華

## 2010 Hong Kong ITU Triathlon Asian Cup Age Group Start List

Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Sprint Distance	2	10	09:40	3426	Male Age Group 25-29		LAU SHEUNG FOON,	
Olympic Distance	2	3	07:00	2279	Male Age Group 55 & Over		Lau Shiu Lon	劉兆麟
Sprint Distance	2	9	09:20	3197	Male Age Group 45-49		LAU Siu Kan	
Sprint Distance	2	9	09:20	3262	Male Age Group 45-49		Lau Stephen	
Sprint Distance	2	10	09:40	3358	Male Age Group 30-34		Lau Tak Hung	柳德鴻
Sprint Distance	2	10	09:40	3323	Male Age Group 20-24		LAU TING CHEUNG	
Youth & Fun Distance	1	8	09:45	1364	Male Open Youth		Lau Tsun Ling	劉峻峻
Youth & Fun Distance	1	8	09:45	1310	Boys 1995		Lau Tsun Yat	劉峻逸
Youth & Fun Distance	1	10	10:00	1588	Male Age Group 50 & Over		Lau Wai Kwong	劉偉光
Sprint Distance	2	10	09:40	3374	Male Age Group 30-34		Lau Wing Hang Vince	
Youth & Fun Distance	1	10	10:00	1554	Male Age Group 30-39		Lau Wing Yat	劉永溢
Ultrakids Distance	1	5	08:50	1003	Girls 1999		LAU YAN WING	劉欣穎
Ultrakids Distance	1	6	08:55	1134	Boys 2001		Lau Yu Hon	劉宇航
Youth & Fun Distance	1	8	09:45	1317	Boys 1996		Lau Yue Hin	劉裕軒
Sprint Distance	2	8	09:00	3080	Female Age Group 20-24		Laura Coppen	
Ultrakids Distance	1	5	08:50	1009	Girls 2000		LAW KELLY	
Sprint Distance	2	9	09:20	3158	Male Age Group 40-44		LAW WAI HONG	
Sprint Distance	2	10	09:40	3434	Male Age Group 30-34		Law Wai Kei	
Olympic Distance	2	3	07:00	2205	Male Age Group 45-49		Lawrence Chung Lui	鍾侶雄
Olympic Distance	2	1	06:20	2010	Male Open		Lawson Matthew	
Olympic Distance	2	2	06:40	2169	Female Age Group 45-49		Le Clue Sophie	
Olympic Distance	2	4	07:20	2362	Male Age Group 40-44		Lebeda Bruno	
Youth & Fun Distance	1	9	09:55	1434	Female Age Group 20-29		LeBlanc Michaela	
Sprint Distance	2	10	09:40	3375	Male Age Group 30-34		LEE CHI HO	
Youth & Fun Distance	1	10	10:00	1558	Male Age Group 40-49		LEE CHI MAN	李志文
Sprint Distance	2	10	09:40	3350	Male Age Group 25-29		Lee Chiu Ho	李釗毫
Olympic Distance	2	2	06:40	2160	Female Age Group 40-44		Lee Christina	李頌儀
Youth & Fun Distance	1	8	09:45	1316	Boys 1996		LEE CHUN	李雋
Olympic Distance	2	5	07:40	2528	Male Age Group 35-39		Lee Chun Fan	
Olympic Distance	2	4	07:20	2403	Male Age Group 40-44		Lee Chun Keung	
Olympic Distance	2	3	07:00	2224	Male Age Group 45-49		LEE Chung-wah	李仲華
Sprint Distance	2	9	09:20	3128	Male Age Group 35-39		Lee Greg	
Sprint Distance	2	9	09:20	3180	Male Age Group 45-49		LEE HING LOK	
Ultrakids Distance	1	6	08:55	1166	Boys 1999		Lee Ho Chang	李浩章
Olympic Distance	2	2	06:40	2108	Female Age Group 25-29		Lee Janice	李芷螢
Youth & Fun Distance	1	10	10:00	1541	Male Age Group 30-39		LEE JOHNNY YAT	
Ultrakids Distance	1	6	08:55	1140	Boys 2001		LEE KA HIM,	李嘉謙
Youth & Fun Distance	1	8	09:45	1329	Boys 1997		Lee Ka Kei, Gareth	李嘉琦
Sprint Distance	2	9	09:20	3196	Male Age Group 45-49		Lee Kai Chuen	李啓全
Olympic Distance	2	4	07:20	2378	Male Age Group 40-44		Lee Kelvin Chun Hong	利振航
Youth & Fun Distance	1	10	10:00	1542	Male Age Group 30-39		LEE Kin chung	李建忠
Sprint Distance	2	9	09:20	3123	Male Age Group 35-39		Lee Kin Ming	李健明
Sprint Distance	2	8	09:00	3049	Female Age Group 35-39		Lee King Chui, Connie	李勁翠

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Youth & Fun Distance	1	10	10:00	1594	Male Age Group 50 & Over		Lee King Man	
Ultrakids Distance	1	5	08:50	1010	Girls 2000		LEE KING TUNG	李傲腫
Youth & Fun Distance	1	10	10:00	1585	Male Age Group 40-49		LEE KIT FAYE	李傑飛
Youth & Fun Distance	1	9	09:55	1418	Female Age Group 30-39		Lee Koon Fong	李冠芳
Olympic Distance	2	3	07:00	2243	Male Age Group 45-49		Lee Kwok Ning	
Ultrakids Distance	1	5	08:50	1011	Girls 2000		Lee Lella	
Ultrakids Distance	1	6	08:55	1143	Boys 2002		LEE MAN HEI	李文希
Youth & Fun Distance	1	8	09:45	1340	Boys 1998		LEE MAN SUM	李文心
Olympic Distance	2	3	07:00	2225	Male Age Group 45-49		Lee Meng Hong	
Olympic Distance	2	1	06:20	2021	Male Open		Lee Michael Kin To	
Olympic Distance	2	5	07:40	2502	Male Age Group 35-39		Lee Ming Yeung	李銘揚
Olympic Distance	2	7	08:20	2840	Male Age Group 25-29		Lee Ning Kit	李寧傑
Youth & Fun Distance	1	9	09:55	1440	Female Age Group 40-49		Lee Suet	
Olympic Distance	2	5	07:40	2580	Male Age Group 35-39		Lee Tak Ling George	李德霖
Sprint Distance	2	10	09:40	3424	Male Age Group 25-29		LEE WING FUNG	
Sprint Distance	2	9	09:20	3169	Male Age Group 40-44		Lee Wing Kwong	李榮光
Youth & Fun Distance	1	7	09:40	1211	Girls 1997		Lee Wing Sum	李詠琛
Olympic Distance	2	3	07:00	2246	Male Age Group 45-49		Lee Ying Ho	李英豪
Olympic Distance	2	4	07:20	2379	Male Age Group 40-44		LEE YIU KEE, ERIC	李耀基
Olympic Distance	2	4	07:20	2440	Male Age Group 40-44		Lee Yiu Ming	李耀明
Youth & Fun Distance	1	10	10:00	1529	Male Age Group 30-39		Lee Yue Hong	李裕康
Olympic Distance	2	1	06:20	2000	Male Open		Lee Yuk Keung	李玉強
Olympic Distance	2	6	08:00	2652	Male Age Group 30-34		Lee Yuk Tong	李玉堂
Youth & Fun Distance	1	7	09:40	1222	Female Open Youth		Lee Yuk Ying Aggie	李鈺盈
Olympic Distance	2	5	07:40	2529	Male Age Group 35-39		Lei Kuok Hong	李國雄
Olympic Distance	2	2	06:40	2172	Female Age Group 55 & Over		Leitao Ana	
Sprint Distance	2	10	09:40	3380	Male Age Group 30-34		Leon Lobo	
Olympic Distance	2	5	07:40	2572	Male Age Group 35-39		Leong Clinton	
Sprint Distance	2	10	09:40	3340	Male Age Group 25-29		Leong Jonathan	
Olympic Distance	2	6	08:00	2706	Male Age Group 30-34		Lepeu Julien	
Sprint Distance	2	9	09:20	3219	Male Age Group 55 & Over		Les Collett	
Sprint Distance	2	8	09:00	3047	Female Age Group 35-39		Leung Cecilia	梁立詩
Olympic Distance	2	3	07:00	2294	Male Age Group 55 & Over		Leung Chi Hung,	梁治洪
Olympic Distance	2	5	07:40	2574	Male Age Group 35-39		Leung Ching Fai	梁正輝
Youth & Fun Distance	1	8	09:45	1333	Boys 1997		LEUNG CHING HANG	梁正行
Ultrakids Distance	1	5	08:50	1027	Girls 2000		Leung Ching In	梁靜妍
Youth & Fun Distance	1	8	09:45	1324	Boys 1997		Leung Chun Sun	梁晉笙
Ultrakids Distance	1	6	08:55	1111	Boys 1999		Leung Chung Pak,	梁頌拍
Youth & Fun Distance	1	10	10:00	1522	Male Age Group 20-29		LEUNG CHUNG WAI	
Ultrakids Distance	1	6	08:55	1135	Boys 2001		LEUNG DATHAN	梁皓喬
Sprint Distance	2	10	09:40	3427	Male Age Group 25-29		LEUNG HO MAN	
Youth & Fun Distance	1	10	10:00	1543	Male Age Group 30-39		Leung Hon Kuen	梁漢權
Olympic Distance	2	3	07:00	2232	Male Age Group 45-49		Leung Hung Sun	梁鴻桑

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Olympic Distance	2	7	08:20	2800	Male Age Group 20-24		Leung Ka Lun	梁嘉倫
Youth & Fun Distance	1	10	10:00	1507	Male Age Group 20-29		Leung Ka Lun	梁嘉倫
Sprint Distance	2	10	09:40	3404	Male Age Group 30-34		LEUNG KA YI	梁家怡
Sprint Distance	2	9	09:20	3208	Male Age Group 50-54		LEUNG KAI MING	
Youth & Fun Distance	1	10	10:00	1544	Male Age Group 30-39		Leung Kam Shing	梁錦成
Olympic Distance	2	6	08:00	2692	Male Age Group 30-34		Leung Keating	
Sprint Distance	2	9	09:20	3222	Male Age Group 35-39		LEUNG KIN FUNG,	
Olympic Distance	2	6	08:00	2693	Male Age Group 30-34		Leung Kin Yui	
Sprint Distance	2	10	09:40	3453	Male Age Group 30-34		leung man fung	梁文峰
Youth & Fun Distance	1	10	10:00	1639	Male Age Group 40-49		Leung Man To,	梁文滔
Youth & Fun Distance	1	9	09:55	1441	Female Age Group 40-49		Leung Michelle	
Sprint Distance	2	8	09:00	3028	Female Age Group 30-34		Leung Oi Sze Elsie	梁愛思
Youth & Fun Distance	1	8	09:45	1359	Male Open Youth		Leung Po Yan	梁普恩
Youth & Fun Distance	1	8	09:45	1365	Male Open Youth		Leung Pok Yin	梁博賢
Sprint Distance	2	9	09:20	3240	Male Age Group 55 & Over		leung raymond	
Youth & Fun Distance	1	8	09:45	1360	Male Open Youth		Leung Sheung Hang	梁上行
Olympic Distance	2	2	06:40	2128	Female Age Group 30-34		Leung Shuk Kuen	梁淑娟
Olympic Distance	2	6	08:00	2702	Male Age Group 30-34		Leung Siu Fai	梁兆輝
Youth & Fun Distance	1	10	10:00	1526	Male Age Group 30-39		Leung Siu Fai	梁兆輝
Ultrakids Distance	1	6	08:55	1114	Boys 1999		Leung Siu Hin	梁兆軒
Ultrakids Distance	1	6	08:55	1128	Boys 2000		Leung Tak Lun	梁德綸
Olympic Distance	2	3	07:00	2291	Male Age Group 55 & Over		LEUNG TAT WING	梁達榮
Sprint Distance	2	10	09:40	3376	Male Age Group 30-34		Leung Tik Sang	梁迪生
Youth & Fun Distance	1	10	10:00	1516	Male Age Group 20-29		Leung Tony	梁健邦
Sprint Distance	2	10	09:40	3301	Male Age Group 16 – 19		Leung Tsz Chun	梁梓俊
Youth & Fun Distance	1	10	10:00	1623	Male Age Group 20-29		Leung Tsz Kin	
Olympic Distance	2	4	07:20	2353	Male Age Group 40-44		Leung Wah Tat Keith	梁華達
Youth & Fun Distance	1	8	09:45	1335	Boys 1997		Leung Wai Yan	梁瑋殷
Sprint Distance	2	8	09:00	3000	Female Age Group 16 – 19		Leung Wing Hin	梁詠軒
Youth & Fun Distance	1	8	09:45	1370	Boys 1995		Leung Yat Lai	梁逸禮
Olympic Distance	2	6	08:00	2671	Male Age Group 30-34		LEUNG YAT SING	梁日昇
Youth & Fun Distance	1	10	10:00	1583	Male Age Group 40-49		LEUNG YAU HONG	梁祐康
Olympic Distance	2	7	08:20	2810	Male Age Group 25-29		Leung Yau Tim	梁友添
Youth & Fun Distance	1	10	10:00	1592	Male Age Group 50 & Over		Leung Yau Yin	梁有賢
Olympic Distance	2	3	07:00	2226	Male Age Group 45-49		LEWIS JOHN	
Olympic Distance	2	7	08:20	2834	Male Age Group 25-29		Li Adrian	
Youth & Fun Distance	1	10	10:00	1587	Male Age Group 50 & Over		Li Andrew	李樹麟
Sprint Distance	2	9	09:20	3215	Male Age Group 55 & Over		Li Andrew	李樹麟
Sprint Distance	2	8	09:00	3044	Female Age Group 35-39		LI CHI YAN	李智恩
Olympic Distance	2	6	08:00	2651	Male Age Group 30-34		Li Chun Pong	李振邦
Sprint Distance	2	9	09:20	3150	Male Age Group 40-44		Li Hung Man	李雄文
Youth & Fun Distance	1	8	09:45	1372	Boys 1997		LI KA TSUN	
Youth & Fun Distance	1	10	10:00	1545	Male Age Group 30-39		LI Ka wing	李家榮

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Youth & Fun Distance	1	10	10:00	1596	Male Age Group 50 & Over		Li Ka Wo	李家和
Sprint Distance	2	9	09:20	3211	Male Age Group 50-54		Li Ka Wo	李家和
Sprint Distance	2	10	09:40	3351	Male Age Group 25-29		Li Ka Yip	李嘉業
Sprint Distance	2	9	09:20	3131	Male Age Group 35-39		LI KIN TUNG	李鍵東
Sprint Distance	2	9	09:20	3209	Male Age Group 50-54		Li Man Yee, Nick	
Sprint Distance	2	8	09:00	3054	Female Age Group 40-44		Li Pui Yi	李佩儀
Sprint Distance	2	10	09:40	3341	Male Age Group 25-29		LI QUANWEI	
Olympic Distance	2	2	06:40	2184	Female Age Group 45-49		LI Itania Ka Wing	李嘉榮
Youth & Fun Distance	1	8	09:45	1366	Male Open Youth		Li Tsz Hei	李祉熹
Ultrakids Distance	1	6	08:55	1131	Boys 2001		LI TSZ HO, ANGUS	李子浩
Youth & Fun Distance	1	10	10:00	1617	Male Age Group 20-29		LI WAI CHEONG	
Youth & Fun Distance	1	7	09:40	1224	Girls 1996		LI WAI SUM	
Sprint Distance	2	10	09:40	3342	Male Age Group 25-29		Li Ying	李莹
Olympic Distance	2	6	08:00	2718	Male Age Group 30-34		LIAM COHEN RUHLE	
Youth & Fun Distance	1	10	10:00	1562	Male Age Group 40-49		Liang Anthony Ka	梁家強
Olympic Distance	2	5	07:40	2590	Male Age Group 35-39		Liew Arthur	
Sprint Distance	2	9	09:20	3247	Male Age Group 35-39		Lightbound Richard	
Sprint Distance	2	8	09:00	3060	Female Age Group 45-49		Lin Joanna	
Sprint Distance	2	8	09:00	3025	Female Age Group 30-34		Ling Kar Man	凌嘉敏
Olympic Distance	2	2	06:40	2141	Female Age Group 35-39		Linsel Wencke	
Sprint Distance	2	9	09:20	3254	Male Age Group 40-44		Liptak John	
Olympic Distance	2	3	07:00	2265	Male Age Group 50-54		LIU CHON KA	廖俊佳
Olympic Distance	2	2	06:40	2116	Female Age Group 30-34		Liu Hoi-Yin	廖凱欣
Olympic Distance	2	4	07:20	2380	Male Age Group 40-44		Liu Jian	
Sprint Distance	2	10	09:40	3352	Male Age Group 25-29		Liu Kar Ho	
Sprint Distance	2	8	09:00	3023	Female Age Group 30-34		Liu Marie Xia	
Youth & Fun Distance	1	10	10:00	1622	Male Age Group 20-29		Liu Shing Tat	
Ultrakids Distance	1	5	08:50	1025	Girls 2002		LIU SIN HANG,	
Sprint Distance	2	8	09:00	3011	Female Age Group 25-29		Liu Ting Ting	
Sprint Distance	2	10	09:40	3454	Male Age Group 30-34		Liu Yau Ivan	廖山河
Olympic Distance	2	7	08:20	2843	Male Age Group 25-29		Liu Ying Wai Ryan	廖英偉
Sprint Distance	2	10	09:40	3377	Male Age Group 30-34		Liu Zandrew	
Olympic Distance	2	2	06:40	2133	Female Age Group 30-34		Llorca Veronica	
Sprint Distance	2	8	09:00	3086	Female Age Group 35-39		Lo Grace	羅潔怡
Sprint Distance	2	10	09:40	3378	Male Age Group 30-34		Lo Joseph Shing Kai	羅承佳
Olympic Distance	2	6	08:00	2672	Male Age Group 30-34		LO KIM FONG	羅儉豐
Olympic Distance	2	4	07:20	2447	Male Age Group 40-44		LO Kit Hung Eric	
Sprint Distance	2	9	09:20	3192	Male Age Group 45-49		LO KWOK WAH	
Sprint Distance	2	10	09:40	3314	Male Age Group 16 – 19		Lo Man Lap	羅民立
Sprint Distance	2	10	09:40	3318	Male Age Group 20-24		LO NING YAN	盧寧恩
Youth & Fun Distance	1	10	10:00	1546	Male Age Group 30-39		lo wai yin	
Olympic Distance	2	6	08:00	2717	Male Age Group 30-34		Lok Lam Fung	駱林鋒
Olympic Distance	2	2	06:40	2102	Female Age Group 20-24		Lollieron-Bernard	

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Youth & Fun Distance	1	8	09:45	1331	Boys 1997		Loo Tsz Hei	盧子希
Youth & Fun Distance	1	10	10:00	1547	Male Age Group 30-39		loo wing kei	
Youth & Fun Distance	1	9	09:55	1419	Female Age Group 30-39		Loo Yun Ming	羅潤明
Sprint Distance	2	8	09:00	3036	Female Age Group 35-39		Lu Rihong	
Olympic Distance	2	5	07:40	2549	Male Age Group 35-39		Lueddecke Mark	
Sprint Distance	2	10	09:40	3313	Male Age Group 16 – 19		Lui Hei Yeung	呂曦陽
Olympic Distance	2	7	08:20	2808	Male Age Group 25-29		Lui Kim Lun Gary	呂劍倫
Olympic Distance	2	2	06:40	2152	Female Age Group 40-44		Lui Shuk Han, Karen	呂淑嫻
Youth & Fun Distance	1	9	09:55	1428	Female Age Group 40-49		Lui Shuk Han, Karen	呂淑嫻
Sprint Distance	2	10	09:40	3325	Male Age Group 20-24		Lui Siu Ting	
Olympic Distance	2	4	07:20	2430	Male Age Group 40-44		LUI TSZ HIN	劉子軒
Youth & Fun Distance	1	10	10:00	1555	Male Age Group 30-39		LUI WAI KIT	呂偉傑
Sprint Distance	2	10	09:40	3461	Male Age Group 30-34		Lui Wan Man	呂允文
Sprint Distance	2	8	09:00	3076	Female Age Group 40-44		LUI YU PIK KITTY	
Ultrakids Distance	1	6	08:55	1148	Boys 2002		Lum CHING HIM	林正謙
Olympic Distance	2	4	07:20	2454	Male Age Group 40-44		Lupton Ed	
Olympic Distance	2	4	07:20	2404	Male Age Group 40-44		Lyons Steve	
Sprint Distance	2	9	09:20	3168	Male Age Group 40-44		Ma Chi Po	馬志寶
Youth & Fun Distance	1	8	09:45	1348	Boys 1998		Ma Clarence	馬靖朗
Youth & Fun Distance	1	8	09:45	1318	Boys 1996		Ma Clement	馬卓朗
Sprint Distance	2	9	09:20	3253	Male Age Group 40-44		Ma Wing Tak Terry	
Sprint Distance	2	9	09:20	3213	Male Age Group 50-54		MA YUK FU	馬育富
Sprint Distance	2	9	09:20	3248	Male Age Group 35-39		Macintosh Alexander	
Olympic Distance	2	1	06:20	2024	Male Open		Mackevicius Clinton	
Olympic Distance	2	7	08:20	2850	Male Age Group 25-29		MacLean Hunter	
Olympic Distance	2	4	07:20	2405	Male Age Group 40-44		Macpherson Andrew	
Olympic Distance	2	2	06:40	2142	Female Age Group 35-39		Macpherson Imee	
Olympic Distance	2	7	08:20	2841	Male Age Group 25-29		Maes Nicolas	
Olympic Distance	2	5	07:40	2577	Male Age Group 35-39		Mak Cheuk Man Jacky	麥卓民
Sprint Distance	2	10	09:40	3413	Male Age Group 30-34		Mak Chi Chung	麥志聰
Youth & Fun Distance	1	10	10:00	1531	Male Age Group 30-39		Mak Chi Chung	麥志聰
Youth & Fun Distance	1	10	10:00	1527	Male Age Group 30-39		Mak Chun Yin Tony	麥振賢
Olympic Distance	2	5	07:40	2562	Male Age Group 35-39		Mak James	
Olympic Distance	2	2	06:40	2100	Female Age Group 20-24		Mak So Ning, Tania	麥素寧
Youth & Fun Distance	1	9	09:55	1401	Female Age Group 20-29		Mak So Ning, Tania	麥素寧
Sprint Distance	2	8	09:00	3027	Female Age Group 30-34		Mak Teresa	麥翠珊
Sprint Distance	2	10	09:40	3451	Male Age Group 30-34		Mak Wai Lun	麥偉倫
Olympic Distance	2	4	07:20	2381	Male Age Group 40-44		Mak William Wing Yiu	
Olympic Distance	2	5	07:40	2505	Male Age Group 35-39		Man Ka Kee	文家祺
Olympic Distance	2	7	08:20	2854	Male Age Group 25-29		man lok tin	萬樂天
Sprint Distance	2	9	09:20	3210	Male Age Group 50-54		Manson So	
Olympic Distance	2	5	07:40	2567	Male Age Group 35-39		Mark te Riele Mark	
Olympic Distance	2	3	07:00	2258	Male Age Group 50-54		Marriott Frank	

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Olympic Distance	2	7	08:20	2846	Male Age Group 25-29		MART RAUDVEE	
Ultrakids Distance	1	6	08:55	1124	Boys 2000		MARTIN JACK	
Olympic Distance	2	5	07:40	2518	Male Age Group 35-39		Martin Paul	
Olympic Distance	2	5	07:40	2560	Male Age Group 35-39		Masin Federico	
Sprint Distance	2	8	09:00	3045	Female Age Group 35-39		Mazaraki Josephine	
Olympic Distance	2	2	06:40	2143	Female Age Group 35-39		mccosh susie	
Youth & Fun Distance	1	9	09:55	1438	Female Age Group 40-49		McDonald Fiona	
Olympic Distance	2	5	07:40	2516	Male Age Group 35-39		McFee Daniel	麦朝辉
Olympic Distance	2	5	07:40	2607	Male Age Group 35-39		McIntosh Ian	
Olympic Distance	2	4	07:20	2406	Male Age Group 40-44		McIntosh Rodney	
Olympic Distance	2	6	08:00	2673	Male Age Group 30-34		McLeish Euan	
Sprint Distance	2	8	09:00	3037	Female Age Group 35-39		McMahon Nicole	
Olympic Distance	2	6	08:00	2707	Male Age Group 30-34		Meens Lodewijk	
Ultrakids Distance	1	6	08:55	1164	Boys 1999		Metz Matthew	Ying Yeung
Olympic Distance	2	3	07:00	2267	Male Age Group 50-54		Metz Stephen	麥士徒
Youth & Fun Distance	1	8	09:45	1376	Boys 1998		Metz Timothy	Hiu Yeung
Olympic Distance	2	4	07:20	2382	Male Age Group 40-44		Mexia João	
Olympic Distance	2	5	07:40	2530	Male Age Group 35-39		Meyers Justin	
Olympic Distance	2	2	06:40	2123	Female Age Group 30-34		Miki Busscher	
Olympic Distance	2	6	08:00	2734	Male Age Group 30-34		Mikula Pavel	
Sprint Distance	2	8	09:00	3031	Female Age Group 30-34		Miles Alanna Moira	
Olympic Distance	2	5	07:40	2599	Male Age Group 35-39		Millar Luke	
Olympic Distance	2	5	07:40	2600	Male Age Group 35-39		Miller Lachlin	
Olympic Distance	2	4	07:20	2383	Male Age Group 40-44		Miller Samantha	
Olympic Distance	2	3	07:00	2233	Male Age Group 45-49		Mills Larry	
Youth & Fun Distance	1	8	09:45	1336	Boys 1997		Mitchelmore	麥銘源
Youth & Fun Distance	1	8	09:45	1367	Male Open Youth		Mitchelmore Sam	麥森源
Youth & Fun Distance	1	10	10:00	1573	Male Age Group 40-49		MO KIN WAI , RAY	巫建偉
Sprint Distance	2	9	09:20	3199	Male Age Group 45-49		MOK KING KUEN	莫景權
Sprint Distance	2	10	09:40	3310	Male Age Group 16 – 19		Mok Wai Lun	莫偉倫
Olympic Distance	2	5	07:40	2615	Male Age Group 35-39		Molnar Christopher	
Sprint Distance	2	9	09:20	3246	Male Age Group 35-39		Moore Ashley	
Olympic Distance	2	3	07:00	2209	Male Age Group 45-49		Moran Simon	
Olympic Distance	2	6	08:00	2674	Male Age Group 30-34		Morel Laurent	
Olympic Distance	2	4	07:20	2420	Male Age Group 40-44		Morgan Alan	
Ultrakids Distance	1	6	08:55	1159	Boys 2000		MUI HIN HO	
Sprint Distance	2	8	09:00	3063	Female Age Group 50-54		Mui Kit Mei	
Olympic Distance	2	4	07:20	2360	Male Age Group 40-44		Mullineaux Anthony	
Olympic Distance	2	2	06:40	2150	Female Age Group 35-39		Munk Annemarie	
Olympic Distance	2	4	07:20	2464	Male Age Group 40-44		Myers Paul	
Olympic Distance	2	3	07:00	2280	Male Age Group 55 & Over		Nafte Anthony	
Sprint Distance	2	9	09:20	3165	Male Age Group 40-44		Nagler Greg	
Olympic Distance	2	5	07:40	2581	Male Age Group 35-39		Ng Wai Chi Daniel	

## 2010 Hong Kong ITU Triathlon Asian Cup Age Group Start List

Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Ultrakids Distance	1	6	08:55	1102	Boys 1999		Ng Chi Him	伍智謙
Ultrakids Distance	1	6	08:55	1144	Boys 2002		NG CHI KIN	伍智鍵
Sprint Distance	2	9	09:20	3261	Male Age Group 45-49		NG DAVY	
Olympic Distance	2	1	09:20	2027	Male Open		Ng Douglas	
Olympic Distance	2	2	06:40	2188	Female Age Group 40-44		Ng Fenella	
Sprint Distance	2	8	09:00	3094	Female Age Group 40-44		Ng Fenella	
Olympic Distance	2	6	08:00	2715	Male Age Group 30-34		NG KA LOK	吳家諾
Sprint Distance	2	10	09:40	3302	Male Age Group 16 – 19		NG KA LOK, JASON	吳迦諾
Olympic Distance	2	5	07:40	2550	Male Age Group 35-39		Ng Ka-Lai	伍家禮
Sprint Distance	2	10	09:40	3405	Male Age Group 30-34		Ng Kar Fai	吳家暉
Youth & Fun Distance	1	9	09:55	1409	Female Age Group 20-29		Ng Keilem	
Sprint Distance	2	9	09:20	3234	Male Age Group 50-54		NG KWOK HO	
Ultrakids Distance	1	6	08:55	1175	Boys 2001		NG Lewis Chun Hon	吳俊慷
Sprint Distance	2	9	09:20	3239	Male Age Group 55 & Over		NG MOK KWAI	
Sprint Distance	2	10	09:40	3382	Male Age Group 30-34		Ng Shu Fai	吳樹輝
Youth & Fun Distance	1	10	10:00	1612	Male Age Group 40-49		NG WAI MAN	
Sprint Distance	2	9	09:20	3241	Male Age Group 55 & Over		NG WING KIT	
Sprint Distance	2	10	09:40	3446	Male Age Group 25-29		Ng Yin Man	吳彥文
Olympic Distance	2	4	07:20	2415	Male Age Group 40-44		Ng Yu Wai	吳裕偉
Olympic Distance	2	4	07:20	2416	Male Age Group 40-44		NG Yuen Fu	吳源富
Youth & Fun Distance	1	7	09:40	1206	Female Open Youth		Ng Yui Lam	吳睿琳
Olympic Distance	2	5	07:40	2531	Male Age Group 35-39		NG Yun Lung	伍潤龍
Youth & Fun Distance	1	10	10:00	1629	Male Age Group 30-39		Ngai Cheuk Lun	
Olympic Distance	2	7	08:20	2855	Male Age Group 25-29		NGAI HO SHUN	魏豪遜
Sprint Distance	2	9	09:20	3151	Male Age Group 40-44		Ngai James A.	
Olympic Distance	2	6	08:00	2694	Male Age Group 30-34		Ngan Chiu Wik	顏昭域
Olympic Distance	2	2	06:40	2101	Female Age Group 20-24		Ngan Ka Yan	顏家欣
Youth & Fun Distance	1	8	09:45	1346	Boys 1998		Ngan Ming Yin, Joshua	顏銘然
Olympic Distance	2	5	07:40	2611	Male Age Group 35-39		ngo tong heng	
Youth & Fun Distance	1	9	09:55	1420	Female Age Group 30-39		Nguyen Mai	
Olympic Distance	2	2	06:40	2158	Female Age Group 40-44		Nicolle Penny	
Olympic Distance	2	4	07:20	2424	Male Age Group 40-44		Nixon Charles	
Sprint Distance	2	10	09:40	3442	Male Age Group 25-29		NOGUERO KWIK	
Olympic Distance	2	3	07:00	2234	Male Age Group 45-49		O'Hara Paul	
Olympic Distance	2	3	07:00	2260	Male Age Group 50-54		O'Neill Mike	
Olympic Distance	2	2	06:40	2183	Female Age Group 40-44		Ong Eu Lin Kathy	
Sprint Distance	2	8	09:00	3057	Female Age Group 40-44		Ong Eu Lin Kathy	
Olympic Distance	2	3	07:00	2312	Male Age Group 55 & Over		Ong Jin Seng	
Olympic Distance	2	3	07:00	2295	Male Age Group 55 & Over		ONG Joseph	王阳乐
Olympic Distance	2	3	07:00	2227	Male Age Group 45-49		ORegan Andrew	
Olympic Distance	2	5	07:40	2595	Male Age Group 35-39		Oschetti Andrea	
Sprint Distance	2	9	09:20	3269	Male Age Group 50-54		Osmani Armando	
Sprint Distance	2	8	09:00	3012	Female Age Group 25-29		Ou Lorraine	

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Youth & Fun Distance	1	10	10:00	1548	Male Age Group 30-39		Padraig Walsh	
Olympic Distance	2	4	07:20	2457	Male Age Group 40-44		Pang Alwyn See Kit	彭思杰
Sprint Distance	2	9	09:20	3159	Male Age Group 40-44		PANG KAM YAU	彭金有
Youth & Fun Distance	1	10	10:00	1633	Male Age Group 30-39		Pang Tik On, Eddie	
Sprint Distance	2	8	09:00	3013	Female Age Group 25-29		Pannell Yu Miki	
Olympic Distance	2	3	07:00	2304	Male Age Group 45-49		Parker Clayton	
Olympic Distance	2	5	07:40	2596	Male Age Group 35-39		Parker Douglas	
Sprint Distance	2	8	09:00	3038	Female Age Group 35-39		Parker Nicole	
Olympic Distance	2	3	07:00	2316	Male Age Group 55 & Over		Parmelee William	包立宏
Olympic Distance	2	4	07:20	2466	Male Age Group 40-44		Partnow Philip	彭菲力
Olympic Distance	2	1	06:20	2011	Male Open		Partnow Philip	彭菲力
Olympic Distance	2	6	08:00	2675	Male Age Group 30-34		Pattison Charles	
Olympic Distance	2	3	07:00	2269	Male Age Group 50-54		Penaloza Philip	蔡偉立
Olympic Distance	2	4	07:20	2384	Male Age Group 40-44		Penders Stijn	
Olympic Distance	2	3	07:00	2242	Male Age Group 45-49		Perrin Jonathan Rhys	
Youth & Fun Distance	1	10	10:00	1509	Male Age Group 20-29		Persuitti Justin	彭嘉霆
Olympic Distance	2	5	07:40	2591	Male Age Group 35-39		Pesci John	
Sprint Distance	2	9	09:20	3188	Male Age Group 45-49		Philip CHANG	
Olympic Distance	2	6	08:00	2721	Male Age Group 30-34		Piachaud James	
Olympic Distance	2	5	07:40	2532	Male Age Group 35-39		Picazo Paolo	
Olympic Distance	2	1	06:20	2012	Male Open		Picut Arnaud	
Sprint Distance	2	9	09:20	3173	Male Age Group 45-49		Pies John	
Olympic Distance	2	2	06:40	2125	Female Age Group 30-34		PINATO MICHELLE	
Olympic Distance	2	4	07:20	2385	Male Age Group 40-44		Plat Jeroen Hans	
Olympic Distance	2	5	07:40	2533	Male Age Group 35-39		Polidano Dan	
Youth & Fun Distance	1	10	10:00	1641	Male Age Group 30-39		Poon Chee Hang	
Olympic Distance	2	5	07:40	2613	Male Age Group 35-39		POON Albert	
Olympic Distance	2	4	07:20	2468	Male Age Group 40-44		Poon Che Wai	潘志威
Sprint Distance	2	10	09:40	3429	Male Age Group 30-34		poon chun keung	潘振強
Olympic Distance	2	7	08:20	2839	Male Age Group 25-29		Poon King Yip, Peter	潘競業
Olympic Distance	2	2	06:40	2121	Female Age Group 30-34		Poon Man Fung	潘文鳳
Youth & Fun Distance	1	8	09:45	1322	Boys 1996		Poon Tsz Tung	潘梓東
Sprint Distance	2	10	09:40	3383	Male Age Group 30-34		Poon Tung Shan	潘動山
Sprint Distance	2	9	09:20	3102	Male Age Group 35-39		POON Wai On	潘維安
Sprint Distance	2	9	09:20	3118	Male Age Group 35-39		Poon Wing Sing	潘永成
Youth & Fun Distance	1	10	10:00	1616	Male Age Group 16 – 19		POON YIU CHUNG	
Olympic Distance	2	2	06:40	2136	Female Age Group 35-39		Pope Victoria	
Sprint Distance	2	8	09:00	3030	Female Age Group 30-34		Porteous Julie	
Sprint Distance	2	10	09:40	3438	Male Age Group 30-34		Preston Haslam	
Sprint Distance	2	9	09:20	3172	Male Age Group 40-44		Pringle Antony	
Youth & Fun Distance	1	9	09:55	1431	Female Age Group 40-49		Pringle Lesia	
Sprint Distance	2	9	09:20	3267	Male Age Group 50-54		pun ho-shun	
Olympic Distance	2	4	07:20	2407	Male Age Group 40-44		Pye Bruce	

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Olympic Distance	2	3	07:00	2261	Male Age Group 50-54		PYNE JONATHAN	
Olympic Distance	2	3	07:00	2228	Male Age Group 45-49		Qian Lei	錢雷
Sprint Distance	2	9	09:20	3152	Male Age Group 40-44		Quarmby David	
Sprint Distance	2	8	09:00	3017	Female Age Group 25-29		Quek Evangeline	郭懿聆
Olympic Distance	2	4	07:20	2386	Male Age Group 40-44		Quigley Garrett	
Olympic Distance	2	6	08:00	2695	Male Age Group 30-34		Rake Jonathan	
Olympic Distance	2	5	07:40	2551	Male Age Group 35-39		Ramirez Quintanilla	
Olympic Distance	2	7	08:20	2858	Male Age Group 25-29		Rana Joseph	
Olympic Distance	2	5	07:40	2612	Male Age Group 35-39		Reader Michael	
Sprint Distance	2	9	09:20	3201	Male Age Group 45-49		Renato Peixoto	renato
Olympic Distance	2	4	07:20	2387	Male Age Group 40-44		REX ENGELKING	
Olympic Distance	2	5	07:40	2569	Male Age Group 35-39		Richard Casey	
Olympic Distance	2	3	07:00	2306	Male Age Group 45-49		Rickards Andrew	
Olympic Distance	2	5	07:40	2515	Male Age Group 35-39		Rigg Graeme	
Olympic Distance	2	2	06:40	2113	Female Age Group 30-34		Rigg Nerida	
Ultrakids Distance	1	6	08:55	1167	Boys 2000		Roberts Cameron	
Olympic Distance	2	5	07:40	2589	Male Age Group 35-39		Roberts Jamie	
Youth & Fun Distance	1	8	09:45	1308	Boys 1995		Roberts Lewis	
Olympic Distance	2	2	06:40	2159	Female Age Group 40-44		Roberts Petra	
Olympic Distance	2	2	06:40	2157	Female Age Group 40-44		Rosemary Chan	陈煜晨
Olympic Distance	2	5	07:40	2534	Male Age Group 35-39		Rowland Phil	
Ultrakids Distance	1	6	08:55	1169	Boys 2000		Royds Oscar	
Sprint Distance	2	10	09:40	3428	Male Age Group 30-34		RUIZ DE GAUNA ITZA	
Olympic Distance	2	3	07:00	2255	Male Age Group 45-49		Russell Keith	
Sprint Distance	2	8	09:00	3046	Female Age Group 35-39		Russo Niccola	
Olympic Distance	2	2	06:40	2135	Female Age Group 35-39		Rutherford Kate	
Sprint Distance	2	10	09:40	3371	Male Age Group 30-34		RYAN GONSALVES	
Olympic Distance	2	4	07:20	2408	Male Age Group 40-44		Sadler Michael	
Olympic Distance	2	6	08:00	2655	Male Age Group 30-34		Sak Kai Yau	石啓右
Olympic Distance	2	6	08:00	2676	Male Age Group 30-34		Saliba Mathew	
Sprint Distance	2	10	09:40	3384	Male Age Group 30-34		Sam Sandiford	
Youth & Fun Distance	1	9	09:55	1421	Female Age Group 30-39		Sang Kuan-Chin	
Sprint Distance	2	10	09:40	3431	Male Age Group 30-34		Santos Gabriel Jose	
Olympic Distance	2	2	06:40	2144	Female Age Group 35-39		Sarah Wheeler	
Olympic Distance	2	7	08:20	2822	Male Age Group 25-29		Särkkinen Tommi	
Olympic Distance	2	4	07:20	2388	Male Age Group 40-44		schuermann claus	
Olympic Distance	2	2	06:40	2131	Female Age Group 30-34		Seabrook Caroline	
Olympic Distance	2	1	08:20	2026	Male Open		Sekiya Yasuhiko	
Olympic Distance	2	2	06:40	2173	Female Age Group 30-34		Senn Nora	
Olympic Distance	2	2	06:40	2146	Female Age Group 35-39		Sercombe Vikki	
Youth & Fun Distance	1	9	09:55	1422	Female Age Group 30-39		Sham Pui Man Vivian	沈珮雯
Youth & Fun Distance	1	10	10:00	1517	Male Age Group 20-29		SHAM SIU HANG	岑兆恒
Sprint Distance	2	8	09:00	3048	Female Age Group 35-39		Shammall Cindy	

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Olympic Distance	2	3	07:00	2301	Male Age Group 45-49		Sharp Mark	
Olympic Distance	2	3	07:00	2235	Male Age Group 45-49		Sheldon Jeremy	
Olympic Distance	2	6	08:00	2722	Male Age Group 30-34		Shelley Dan	
Sprint Distance	2	9	09:20	3136	Male Age Group 40-44		Shi Bertram	
Olympic Distance	2	4	07:20	2389	Male Age Group 40-44		Shirley Phil	-
Sprint Distance	2	9	09:20	3124	Male Age Group 35-39		Shiu Yao Nien	
Youth & Fun Distance	1	8	09:45	1326	Boys 1997		SHUEN CHUN KIT	孫鎮傑
Sprint Distance	2	9	09:20	3133	Male Age Group 35-39		Shum James	
Ultrakids Distance	1	5	08:50	1029	Girls 2000		Shute Imogen	
Sprint Distance	2	9	09:20	3200	Male Age Group 45-49		Siegfried Verheijke	
Youth & Fun Distance	1	9	09:55	1423	Female Age Group 30-39		Siew Suet Peng	
Olympic Distance	2	5	07:40	2603	Male Age Group 35-39		Silva Miguel Angel	
Youth & Fun Distance	1	7	09:40	1223	Girls 1995		Sin Pui Yan	冼珮欣
Olympic Distance	2	2	06:40	2117	Female Age Group 30-34		Sit Debbie	
Sprint Distance	2	8	09:00	3004	Female Age Group 20-24		Sjöholm Christina	
Olympic Distance	2	5	07:40	2535	Male Age Group 35-39		SLACK NATHAN	
Olympic Distance	2	2	06:40	2105	Female Age Group 25-29		Smit Corinne	
Olympic Distance	2	7	08:20	2811	Male Age Group 25-29		Smith David	
Youth & Fun Distance	1	8	09:45	1349	Boys 1998		SMITH JAKE	
Olympic Distance	2	3	07:00	2241	Male Age Group 45-49		Smith Tim	
Ultrakids Distance	1	5	08:50	1031	Girls 2002		SO CHUI HONG	蘇翠航
Sprint Distance	2	10	09:40	3462	Male Age Group 30-34		SO KA SHUN	蘇家順
Sprint Distance	2	9	09:20	3237	Male Age Group 50-54		SO KAM FAN	
Olympic Distance	2	3	07:00	2282	Male Age Group 55 & Over		So Martin	蘇若禹
Youth & Fun Distance	1	10	10:00	1518	Male Age Group 20-29		Sobral John	
Olympic Distance	2	4	07:20	2409	Male Age Group 40-44		SOU IAO KEONG	蘇有強
Olympic Distance	2	5	07:40	2552	Male Age Group 35-39		Southall Luke	
Sprint Distance	2	8	09:00	3055	Female Age Group 40-44		Spanton Kate	
Sprint Distance	2	9	09:20	3236	Male Age Group 50-54		STANLEY HUGH	
Sprint Distance	2	9	09:20	3153	Male Age Group 40-44		Stanley Mark	
Sprint Distance	2	8	09:00	3084	Female Age Group 30-34		Stanton Julia	
Olympic Distance	2	2	06:40	2177	Female Age Group 40-44		Stead Abigail	
Olympic Distance	2	4	07:20	2451	Male Age Group 40-44		Steinhauer Peter	
Olympic Distance	2	6	08:00	2730	Male Age Group 30-34		stevens anthony	
Ultrakids Distance	1	6	08:55	1126	Boys 2000		Stewart Charlie	
Olympic Distance	2	3	07:00	2287	Male Age Group 55 & Over		Stewart James	
Ultrakids Distance	1	6	08:55	1179	Boys 2002		Stewart Nicolas	
Sprint Distance	2	8	09:00	3067	Female Age Group 25-29		Steyn Karen	
Olympic Distance	2	6	08:00	2713	Male Age Group 30-34		Stoffel Sebastien	
Olympic Distance	2	4	07:20	2452	Male Age Group 40-44		Stokes Edmund	
Olympic Distance	2	3	07:00	2236	Male Age Group 45-49		Straatemeier Brett	
Sprint Distance	2	10	09:40	3362	Male Age Group 30-34		Stuart Elliott	
Olympic Distance	2	5	07:40	2579	Male Age Group 35-39		Su Aki	蘇鵬飛

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Olympic Distance	2	7	08:20	2823	Male Age Group 25-29		Su Sheng	苏生
Olympic Distance	2	4	07:20	2410	Male Age Group 40-44		Suh Eugene	
Sprint Distance	2	8	09:00	3039	Female Age Group 35-39		Sullivan Zoe	
Youth & Fun Distance	1	10	10:00	1619	Male Age Group 20-29		Sum Kok Ping	沈國平
Olympic Distance	2	5	07:40	2553	Male Age Group 35-39		Sun Cho kan	辛祖勤
Olympic Distance	2	5	07:40	2594	Male Age Group 35-39		Sun Eugene	孙群
Olympic Distance	2	6	08:00	2716	Male Age Group 30-34		SUN FAT YEE	辛法義
Olympic Distance	2	3	07:00	2250	Male Age Group 45-49		Sung Yan Wah	宋仁華
Olympic Distance	2	5	07:40	2606	Male Age Group 35-39		Sutch Jeremy R P	
Youth & Fun Distance	1	9	09:55	1432	Female Age Group 40-49		SY Janet	薛美莉
Sprint Distance	2	8	09:00	3062	Female Age Group 45-49		SY Janet	薛美莉
Ultrakids Distance	1	6	08:55	1173	Boys 2000		SZETO YAT HEI	司徒日曦
Sprint Distance	2	8	09:00	3088	Female Age Group 40-44		TAI LAI CHUN	戴麗珍
Olympic Distance	2	3	07:00	2256	Male Age Group 50-54		Tam Fai Kin	譚輝健
Youth & Fun Distance	1	10	10:00	1593	Male Age Group 50 & Over		Tam Fu Ling	
Ultrakids Distance	1	5	08:50	1021	Girls 2001		TAM HEI TUNG	譚曦彤
Sprint Distance	2	9	09:20	3182	Male Age Group 45-49		TAM KA KIT	譚嘉傑
Olympic Distance	2	5	07:40	2616	Male Age Group 35-39		Tam Kwok Keung	譚國強
Youth & Fun Distance	1	9	09:55	1430	Female Age Group 40-49		Tam Mei Ling	譚美玲
Youth & Fun Distance	1	8	09:45	1377	Boys 1998		TAM MING HON	
Ultrakids Distance	1	5	08:50	1004	Girls 1999		Tam Nga Man	譚雅文
Sprint Distance	2	8	09:00	3092	Female Age Group 35-39		TAM PUI YI,	
Sprint Distance	2	9	09:20	3166	Male Age Group 40-44		Tam Vincent Kwok	
Olympic Distance	2	7	08:20	2859	Male Age Group 20-24		Tam Yau Yan	譚祐恩
Olympic Distance	2	2	06:40	2166	Female Age Group 45-49		TAM YUEN HUNG	譚婉紅
Sprint Distance	2	10	09:40	3385	Male Age Group 30-34		Tan Choon Lang	
Olympic Distance	2	5	07:40	2554	Male Age Group 35-39		Tan Thomas	
Olympic Distance	2	4	07:20	2441	Male Age Group 40-44		Tan Wing On	鄧永安
Olympic Distance	2	6	08:00	2677	Male Age Group 30-34		Tanaka Shunsuke	
Olympic Distance	2	5	07:40	2588	Male Age Group 35-39		TANG ANDY	鄧智勇
Sprint Distance	2	8	09:00	3083	Female Age Group 30-34		Tang Candy	
Sprint Distance	2	8	09:00	3003	Female Age Group 20-24		TANG CHEUK HANG	鄧卓衢
Youth & Fun Distance	1	9	09:55	1404	Female Age Group 20-29		TANG CHEUK HANG	鄧卓衢
Youth & Fun Distance	1	10	10:00	1609	Male Age Group 40-49		TANG FUNG WAH	
Youth & Fun Distance	1	10	10:00	1638	Male Age Group 30-39		Tang Keith	
Sprint Distance	2	9	09:20	3125	Male Age Group 35-39		Tang Seaman	
Youth & Fun Distance	1	10	10:00	1512	Male Age Group 20-29		Tang Yuen Hung	鄧遠雄
Ultrakids Distance	1	6	08:55	1150	Boys 2002		TAO CHUN NGOK	杜臻岳
Olympic Distance	2	3	07:00	2296	Male Age Group 50-54		Tateyama Yoshiki	
Olympic Distance	2	3	07:00	2283	Male Age Group 55 & Over		Tavares Angelo	
Youth & Fun Distance	1	10	10:00	1510	Male Age Group 20-29		Tay Pak Kei Kevin	戴柏基
Sprint Distance	2	8	09:00	3066	Female Age Group 25-29		Taylor Erin	
Sprint Distance	2	9	09:20	3141	Male Age Group 40-44		Taylor Tony	

## 2010 Hong Kong ITU Triathlon Asian Cup Age Group Start List

Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Sprint Distance	2	8	09:00	3069	Female Age Group 30-34		Teh Su Mei	鄭淑媚
Olympic Distance	2	3	07:00	2314	Male Age Group 45-49		Telford Chris	
Youth & Fun Distance	1	10	10:00	1581	Male Age Group 40-49		ten brink jan	,
Olympic Distance	2	5	07:40	2536	Male Age Group 35-39		Thirlwall Oliver	
Olympic Distance	2	4	07:20	2361	Male Age Group 40-44		Thompson Paul	
Olympic Distance	2	4	07:20	2363	Male Age Group 40-44		Thornton Richard	
Olympic Distance	2	2	06:40	2179	Female Age Group 30-34		THE JI XI	泰吉西
Sprint Distance	2	9	09:20	3227	Male Age Group 40-44		TIM STEVENS	
Olympic Distance	2	6	08:00	2736	Male Age Group 30-34		Tiu Gary	刁家駿
Youth & Fun Distance	1	10	10:00	1556	Male Age Group 30-39		Tiu Tai Wai David	
Ultrakids Distance	1	6	08:55	1113	Boys 1999		TO CHEUK HEI	杜棹熙
Olympic Distance	2	6	08:00	2678	Male Age Group 30-34		TOBIAS SMITH-	
Youth & Fun Distance	1	9	09:55	1436	Female Age Group 30-39		Tolhoek Francesca	
Olympic Distance	2	4	07:20	2366	Male Age Group 40-44		Tolhoek Patrick	
Sprint Distance	2	10	09:40	3398	Male Age Group 30-34		Tom Gaffney	
Olympic Distance	2	2	06:40	2110	Female Age Group 30-34		Tong Carlay	湯嘉麗
Sprint Distance	2	10	09:40	3456	Male Age Group 30-34		tong chi chung	唐賜聰
Olympic Distance	2	3	07:00	2201	Male Age Group 45-49		Tong Chi Hung Philip	湯志雄
Sprint Distance	2	9	09:20	3119	Male Age Group 35-39		TONG CHING FAI	
Olympic Distance	2	4	07:20	2437	Male Age Group 40-44		Tong Christopher	湯惠驪
Sprint Distance	2	8	09:00	3040	Female Age Group 35-39		Tong Nerissa	
Sprint Distance	2	10	09:40	3400	Male Age Group 30-34		TONG WAI MAN	湯偉文
Olympic Distance	2	7	08:20	2824	Male Age Group 25-29		TONG YU FUNG	唐宇鋒
Sprint Distance	2	9	09:20	3187	Male Age Group 45-49		Tony Yang	楊銘祥
Olympic Distance	2	3	07:00	2254	Male Age Group 45-49		Torre Graeme	
Olympic Distance	2	4	07:20	2426	Male Age Group 40-44		Trede Volker	
Olympic Distance	2	3	07:00	2207	Male Age Group 45-49		Tremblay Jean-	
Olympic Distance	2	6	08:00	2720	Male Age Group 30-34		Trevino Berlanga	
Olympic Distance	2	4	07:20	2390	Male Age Group 40-44		Tripodoro Alejandro	
Olympic Distance	2	3	07:00	2273	Male Age Group 50-54		Trodd Tim	
Sprint Distance	2	10	09:40	3343	Male Age Group 25-29		Tsang Pak Kei	曾柏基
Olympic Distance	2	6	08:00	2701	Male Age Group 30-34		Tsang Chi Leung	曾志良
Ultrakids Distance	1	5	08:50	1005	Girls 1999		Tsang Ching Sze	曾靖斯
Sprint Distance	2	10	09:40	3439	Male Age Group 30-34		Tsang Chong Ki	曾創奇
Youth & Fun Distance	1	10	10:00	1549	Male Age Group 30-39		Tsang Chris	
Olympic Distance	2	7	08:20	2836	Male Age Group 25-29		TSANG CHUN KIT	曾進傑
Olympic Distance	2	5	07:40	2584	Male Age Group 35-39		Tsang Hin Lap	曾憲立
Youth & Fun Distance	1	7	09:40	1200	Girls 1995		TSANG KA HUNG	曾嘉紅
Youth & Fun Distance	1	7	09:40	1226	Girls 1997		Tsang Ka Lok	曾嘉樂
Ultrakids Distance	1	6	08:55	1130	Boys 2000		TSANG NGO CHING	曾傲程
Youth & Fun Distance	1	10	10:00	1523	Male Age Group 20-29		TSANG PO YUEN	
Olympic Distance	2	6	08:00	2696	Male Age Group 30-34		TSANG SAI BUN	
Olympic Distance	2	4	07:20	2418	Male Age Group 40-44		Tsang Valentine	曾晃祥

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Olympic Distance	2	6	08:00	2679	Male Age Group 30-34		TSANG Wai Man	曾偉文
Sprint Distance	2	8	09:00	3068	Female Age Group 30-34		TSANG WING KEY	
Youth & Fun Distance	1	8	09:45	1330	Boys 1997		TSANG YIN LUNG	曾彥龍
Olympic Distance	2	7	08:20	2829	Male Age Group 25-29		Tsang Yin Ting	曾彥庭
Ultrakids Distance	1	5	08:50	1016	Girls 2000		Tsang Ying Chi	曾映之
Youth & Fun Distance	1	10	10:00	1550	Male Age Group 30-39		TSE CHI KIN	謝志堅
Ultrakids Distance	1	6	08:55	1107	Boys 1999		Tse Chun Luen,	謝鎮鸞
Youth & Fun Distance	1	8	09:45	1361	Male Open Youth		TSE CHUN NOK	謝俊諾
Ultrakids Distance	1	6	08:55	1163	Boys 2001		TSE HOFF MAN	
Ultrakids Distance	1	5	08:50	1017	Girls 2000		Tse Hoi Yan, Gloria	謝愷恩
Olympic Distance	2	6	08:00	2697	Male Age Group 30-34		TSE LOK WAI	謝樂威
Olympic Distance	2	3	07:00	2252	Male Age Group 45-49		Tse Michael	
Sprint Distance	2	9	09:20	3160	Male Age Group 40-44		TSE SHU YUNG	謝樹榕
Sprint Distance	2	10	09:40	3460	Male Age Group 30-34		TSE TIN CHEE	謝天賜
Olympic Distance	2	1	07:20	2025	Male Open		Tse Wei-Mun	
Sprint Distance	2	9	09:20	3216	Male Age Group 55 & Over		TSOI HON KUEN	
Youth & Fun Distance	1	8	09:45	1313	Boys 1995		Tsoi Ka Cheuk	蔡家焯
Youth & Fun Distance	1	10	10:00	1504	Male Age Group 16 – 19		Tsoi Ka Hei	蔡家熙
Youth & Fun Distance	1	8	09:45	1339	Boys 1997		Tsoi Ka Kit	蔡家傑
Sprint Distance	2	10	09:40	3344	Male Age Group 25-29		Tsui Chi-chung	徐志聰
Youth & Fun Distance	1	10	10:00	1606	Male Age Group 30-39		TSUI KIN YUE	徐健榆
Sprint Distance	2	9	09:20	3183	Male Age Group 45-49		Tullis George	
Sprint Distance	2	10	09:40	3331	Male Age Group 20-24		Tung Kak	董格
Sprint Distance	2	8	09:00	3061	Female Age Group 45-49		TUNG Ting fong	董婷芳
Sprint Distance	2	9	09:20	3229	Male Age Group 40-44		Tye Simon	
Olympic Distance	2	2	06:40	2130	Female Age Group 30-34		Tyrrrell Abigail Jean	
Olympic Distance	2	1	06:20	2013	Male Open		Van Buuren Bas	
Olympic Distance	2	6	08:00	2680	Male Age Group 30-34		Van der Heijden	
Olympic Distance	2	6	08:00	2705	Male Age Group 30-34		vanderWalt Schalk	
Sprint Distance	2	10	09:40	3458	Male Age Group 30-34		VELASCO MARC	
Olympic Distance	2	5	07:40	2610	Male Age Group 35-39		Wade Dylan	
Youth & Fun Distance	1	10	10:00	1632	Male Age Group 30-39		Wai Keung Leung	梁偉權
Youth & Fun Distance	1	10	10:00	1630	Male Age Group 30-39		Wai Siu Wah	
Olympic Distance	2	3	07:00	2251	Male Age Group 45-49		Walker Phillip	
Olympic Distance	2	2	06:40	2137	Female Age Group 35-39		Waller Ciara	
Olympic Distance	2	2	06:40	2162	Female Age Group 45-49		Walsh Laura	
Sprint Distance	2	10	09:40	3388	Male Age Group 30-34		Wan Chi Kin	
Youth & Fun Distance	1	8	09:45	1368	Male Open Youth		Wan Ching Hin	溫政軒
Olympic Distance	2	5	07:40	2602	Male Age Group 35-39		WAN PONG YIN, BON	
Sprint Distance	2	9	09:20	3135	Male Age Group 40-44		Wan Shu Wah	溫樹華
Youth & Fun Distance	1	10	10:00	1559	Male Age Group 40-49		Wan Shu Wah	溫樹華
Olympic Distance	2	5	07:40	2500	Male Age Group 35-39		Wan Tin Lap	溫天立
Olympic Distance	2	4	07:20	2355	Male Age Group 40-44		Wan Ting Yiu, Ricky	尹庭耀

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Youth & Fun Distance	1	7	09:40	1212	Girls 1997		Wan Tsz Huen	溫子暄
Sprint Distance	2	10	09:40	3389	Male Age Group 30-34		Wang Austin Jesse	汪浩然
Olympic Distance	2	3	07:00	2248	Male Age Group 45-49		Wang Zhe Shen,	王哲身
Olympic Distance	2	5	07:40	2608	Male Age Group 35-39		Warner Warren	
Sprint Distance	2	10	09:40	3390	Male Age Group 30-34		Wat Kin Chiu	屈健釗
Sprint Distance	2	9	09:20	3184	Male Age Group 45-49		WAT WAI HUNG	
Ultrakids Distance	1	6	08:55	1172	Boys 2000		Watabe Rei	渡部 黎
Olympic Distance	2	2	06:40	2118	Female Age Group 30-34		Watson Mandy	
Olympic Distance	2	1	06:20	2014	Male Open		Watson Michael	
Olympic Distance	2	4	07:20	2365	Male Age Group 40-44		Watts David	
Youth & Fun Distance	1	10	10:00	1600	Male Age Group 20-29		Weber Christopher	
Olympic Distance	2	4	07:20	2411	Male Age Group 40-44		Wehry Eduard	
Sprint Distance	2	9	09:20	3103	Male Age Group 35-39		WEIS MARK	
Olympic Distance	2	7	08:20	2807	Male Age Group 20-24		Welburn Phillip	
Olympic Distance	2	6	08:00	2661	Male Age Group 30-34		Wells Jason	
Olympic Distance	2	6	08:00	2657	Male Age Group 30-34		White Trevor	
Olympic Distance	2	2	06:40	2114	Female Age Group 30-34		White Trilby	
Olympic Distance	2	2	06:40	2115	Female Age Group 30-34		White Trilby	
Olympic Distance	2	6	08:00	2725	Male Age Group 30-34		Whitman James	
Sprint Distance	2	9	09:20	3207	Male Age Group 50-54		William Koo	Tung Wah
Sprint Distance	2	9	09:20	3154	Male Age Group 40-44		Williams Paul	
Olympic Distance	2	5	07:40	2508	Male Age Group 35-39		Willmott Steve	
Youth & Fun Distance	1	10	10:00	1551	Male Age Group 30-39		wing kin wong	黃永健
Olympic Distance	2	2	06:40	2155	Female Age Group 40-44		Wo Shui Fan, Biebie	胡瑞芬
Olympic Distance	2	4	07:20	2461	Male Age Group 40-44		WOLFSGRUBER	
Sprint Distance	2	8	09:00	3065	Female Age Group 55 & Over		WONG AMY	王雪芳
Olympic Distance	2	5	07:40	2506	Male Age Group 35-39		Wong Andy	黃國駿
Sprint Distance	2	9	09:20	3142	Male Age Group 40-44		WONG ANDY	黃煒卓
Sprint Distance	2	9	09:20	3139	Male Age Group 40-44		WONG BOK WAI,	王博偉
Youth & Fun Distance	1	10	10:00	1557	Male Age Group 30-39		Wong Cheuk Ki	黃卓奇
Youth & Fun Distance	1	10	10:00	1597	Male Age Group 50 & Over		Wong Cheuk Yin	黃卓然
Olympic Distance	2	6	08:00	2681	Male Age Group 30-34		Wong Chi Hou	黃志濠
Youth & Fun Distance	1	10	10:00	1634	Male Age Group 30-39		Wong Chi On, Otto	
Sprint Distance	2	10	09:40	3326	Male Age Group 20-24		Wong Chi Yip	
Youth & Fun Distance	1	10	10:00	1511	Male Age Group 20-29		Wong Chin Hang	黃展恒
Sprint Distance	2	10	09:40	3355	Male Age Group 25-29		Wong Chin Hang	黃展恒
Ultrakids Distance	1	5	08:50	1019	Girls 2001		WONG CHING LAM	黃靖琳
Sprint Distance	2	9	09:20	3126	Male Age Group 35-39		Wong Chun Kit	黃俊傑
Sprint Distance	2	9	09:20	3195	Male Age Group 45-49		Wong Chung Hon Ivan	黃松漢
Olympic Distance	2	5	07:40	2501	Male Age Group 35-39		Wong Chung Man	黃仲文
Youth & Fun Distance	1	10	10:00	1524	Male Age Group 30-39		Wong Derek	黃秉康
Sprint Distance	2	9	09:20	3161	Male Age Group 40-44		Wong Geoffrey	
Sprint Distance	2	8	09:00	3026	Female Age Group 30-34		Wong Gi Wai	

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Olympic Distance	2	2	06:40	2176	Female Age Group 35-39		Wong Grace	王思思
Sprint Distance	2	10	09:40	3333	Male Age Group 20-24		Wong Ho Him	黃浩謙
Sprint Distance	2	10	09:40	3312	Male Age Group 16 – 19		Wong Ho Kan	黃浩勤
Youth & Fun Distance	1	10	10:00	1552	Male Age Group 30-39		Wong Ho Kong	
Olympic Distance	2	4	07:20	2438	Male Age Group 40-44		Wong Ho Ming	黃浩明
Sprint Distance	2	8	09:00	3029	Female Age Group 30-34		WONG HOI YAN	王海茵
Olympic Distance	2	1	06:20	2002	Male Open		Wong Hon Bun, Ryan	黃漢彬
Olympic Distance	2	3	07:00	2285	Male Age Group 55 & Over		Wong Hon Chio	黃漢釗
Olympic Distance	2	5	07:40	2503	Male Age Group 35-39		Wong Hon Wei	黃漢威
Youth & Fun Distance	1	8	09:45	1347	Boys 1998		Wong Hong Tai	黃康泰
Youth & Fun Distance	1	8	09:45	1300	Boys 1995		Wong Hui Wai	黃煦蔚
Olympic Distance	2	5	07:40	2537	Male Age Group 35-39		Wong Joseph	王声禾
Sprint Distance	2	10	09:40	3345	Male Age Group 25-29		Wong Ka Ki	黃家祺
Olympic Distance	2	6	08:00	2653	Male Age Group 30-34		WONG KA MING	黃家明
Olympic Distance	2	7	08:20	2853	Male Age Group 25-29		Wong Ka Shing	黃嘉成
Sprint Distance	2	9	09:20	3185	Male Age Group 45-49		Wong Kai Chung	
Olympic Distance	2	3	07:00	2274	Male Age Group 50-54		Wong Kam Tim	黃錦添
Olympic Distance	2	7	08:20	2825	Male Age Group 25-29		Wong Karlson	黃嘉信
Sprint Distance	2	10	09:40	3417	Male Age Group 30-34		WONG KIN CHUNG	黃建中
Youth & Fun Distance	1	10	10:00	1534	Male Age Group 30-39		WONG KIN CHUNG	黃建中
Olympic Distance	2	5	07:40	2538	Male Age Group 35-39		Wong Kin Wah	黃健華
Olympic Distance	2	4	07:20	2350	Male Age Group 40-44		Wong Kin, Kenny	黃健
Youth & Fun Distance	1	7	09:40	1201	Girls 1995		WONG KWAN IN	
Sprint Distance	2	9	09:20	3235	Male Age Group 50-54		wong kwok shing	
Olympic Distance	2	3	07:00	2276	Male Age Group 50-54		Wong Kwok Wah	黃國華
Sprint Distance	2	9	09:20	3228	Male Age Group 40-44		Wong Lai Man	
Youth & Fun Distance	1	7	09:40	1213	Girls 1997		Wong Lok Ching,	黃樂澄
Olympic Distance	2	6	08:00	2712	Male Age Group 30-34		Wong Lok Shun	黃諾信
Ultrakids Distance	1	6	08:55	1146	Boys 2002		WONG LONG CHING,	黃朗程
Youth & Fun Distance	1	10	10:00	1613	Male Age Group 40-49		WONG LUNG SING	
Olympic Distance	2	4	07:20	2442	Male Age Group 40-44		Wong Ming Fae	王鳴輝
Olympic Distance	2	5	07:40	2604	Male Age Group 35-39		WONG PUI YUEN	
Sprint Distance	2	8	09:00	3075	Female Age Group 35-39		Wong Quen Yee	
Youth & Fun Distance	1	8	09:45	1375	Boys 1998		WONG SA CHI	
Sprint Distance	2	9	09:20	3225	Male Age Group 40-44		Wong Shi Man	黃仕文
Sprint Distance	2	10	09:40	3415	Male Age Group 30-34		Wong Sing Wah, Eric	黃星華
Olympic Distance	2	5	07:40	2583	Male Age Group 35-39		Wong Siu Yuen	黃兆元
Sprint Distance	2	8	09:00	3052	Female Age Group 40-44		WONG SO FONG	黃素芳
Olympic Distance	2	2	06:40	2127	Female Age Group 30-34		Wong Suet Fan	王雪芬
Sprint Distance	2	10	09:40	3346	Male Age Group 25-29		Wong Sui Hang	黃遂恒
Sprint Distance	2	9	09:20	3186	Male Age Group 45-49		WONG SUN KEUNG	
Youth & Fun Distance	1	10	10:00	1618	Male Age Group 20-29		Wong Sze Kit	
Ultrakids Distance	1	5	08:50	1006	Girls 1999		WONG SZE KIU	黃櫻璇

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Sprint Distance	2	10	09:40	3414	Male Age Group 30-34		Wong Tak Kai	黃德楷
Olympic Distance	2	4	07:20	2354	Male Age Group 40-44		WONG TAK WAH,	黃德華
Youth & Fun Distance	1	10	10:00	1560	Male Age Group 40-49		WONG TAK WAH,	黃德華
Youth & Fun Distance	1	8	09:45	1383	Boys 1997		Wong Tsz Shing	黃梓誠
Youth & Fun Distance	1	8	09:45	1351	Boys 1998		WONG TSZ TO	黃子圖
Sprint Distance	2	10	09:40	3306	Male Age Group 16 – 19		WONG WAI CHUNG	
Sprint Distance	2	10	09:40	3329	Male Age Group 20-24		WONG WAI HO	
Sprint Distance	2	9	09:20	3120	Male Age Group 35-39		WONG WAI MAN	
Youth & Fun Distance	1	10	10:00	1500	Male Age Group 16 – 19		WONG WAI TUNG	黃煒東
Sprint Distance	2	10	09:40	3303	Male Age Group 16 – 19		WONG WAI TUNG	黃煒東
Sprint Distance	2	9	09:20	3167	Male Age Group 40-44		WONG WING HIM,	黃穎謙
Youth & Fun Distance	1	8	09:45	1353	Boys 1998		Wong Wing Yin	黃永彥
Olympic Distance	2	5	07:40	2587	Male Age Group 35-39		Wong Yat Leung,	黃一樑
Sprint Distance	2	10	09:40	3332	Male Age Group 20-24		WONG YAT WING	黃逸榮
Youth & Fun Distance	1	10	10:00	1574	Male Age Group 40-49		WONG Yau tak	王右德
Youth & Fun Distance	1	10	10:00	1584	Male Age Group 40-49		Wong Yin Cheong	黃賢昌
Olympic Distance	2	2	06:40	2165	Female Age Group 45-49		WONG YUEN MEI	
Olympic Distance	2	6	08:00	2682	Male Age Group 30-34		Woo Douglas	
Sprint Distance	2	10	09:40	3393	Male Age Group 30-34		WOO WAI KIT	胡偉傑
Sprint Distance	2	9	09:20	3245	Male Age Group 35-39		Woods Alexander	
Youth & Fun Distance	1	10	10:00	1579	Male Age Group 40-49		Woods Jim	
Olympic Distance	2	3	07:00	2237	Male Age Group 45-49		Wray Martin	
Youth & Fun Distance	1	10	10:00	1595	Male Age Group 50 & Over		WU Chi-wai	鄔志偉
Olympic Distance	2	3	07:00	2266	Male Age Group 50-54		WU Chi-wai	鄔志偉
Sprint Distance	2	10	09:40	3347	Male Age Group 25-29		WU CHUN YU	胡震宇
Sprint Distance	2	10	09:40	3307	Male Age Group 16 – 19		WU Kenneth Yee-lok	
Olympic Distance	2	6	08:00	2737	Male Age Group 30-34		WU PAI HONG	
Sprint Distance	2	9	09:20	3270	Male Age Group 35-39		WU PING MAN	
Youth & Fun Distance	1	10	10:00	1598	Male Age Group 16 – 19		Wu Tsz Fung	胡梓鋒
Ultrakids Distance	1	6	08:55	1154	Boys 2002		WU ZHI JIAN MARCO	鄔智堅
Youth & Fun Distance	1	8	09:45	1369	Male Open Youth		Wu Zi Juan, Joe	鄔梓浚
Olympic Distance	2	7	08:20	2826	Male Age Group 25-29		Xiao Bin	肖斌
Sprint Distance	2	8	09:00	3024	Female Age Group 30-34		YAM HOI SZE	任凱詩
Youth & Fun Distance	1	10	10:00	1604	Male Age Group 30-39		YAN KAI HUNG,	
Ultrakids Distance	1	6	08:55	1151	Boys 2002		YAN LOK MICHAEL	甄樂
Sprint Distance	2	8	09:00	3071	Female Age Group 30-34		Yau Cecilia Mei See	
Sprint Distance	2	10	09:40	3334	Male Age Group 20-24		Yau Kwun San	邱冠燊
Youth & Fun Distance	1	10	10:00	1599	Male Age Group 16 – 19		YAU LOK YIN,	游樂然
Sprint Distance	2	9	09:20	3214	Male Age Group 50-54		Yau Wah	邱華
Olympic Distance	2	6	08:00	2683	Male Age Group 30-34		Yen Shiau Sin	
Olympic Distance	2	5	07:40	2555	Male Age Group 35-39		Yeung Chi Yat	
Ultrakids Distance	1	6	08:55	1116	Boys 1999		Yeung Chun Kit	楊峻杰
Olympic Distance	2	6	08:00	2711	Male Age Group 30-34		Yeung Ka Ming, Ivan	楊家明

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Sprint Distance	2	9	09:20	3249	Male Age Group 35-39		Yeung Ka Wing	楊家榮
Olympic Distance	2	4	07:20	2412	Male Age Group 40-44		YEUNG LARRY	
Sprint Distance	2	9	09:20	3259	Male Age Group 45-49		Yeung Thomas	楊德望
Sprint Distance	2	9	09:20	3100	Male Age Group 35-39		Yeung Wing Yin,	楊永賢
Olympic Distance	2	4	07:20	2352	Male Age Group 40-44		Yeung Yam Ho	楊任豪
Sprint Distance	2	9	09:20	3223	Male Age Group 35-39		YICK CHECK KAI,	
Sprint Distance	2	10	09:40	3357	Male Age Group 30-34		YICK MAN LUNG	易敏龍
Youth & Fun Distance	1	8	09:45	1315	Boys 1996		Yim Ho Yin	嚴浩然
Olympic Distance	2	7	08:20	2828	Male Age Group 25-29		YIM TAT YIP	嚴達業
Sprint Distance	2	9	09:20	3162	Male Age Group 40-44		Ying Marcus	英偉亮
Sprint Distance	2	10	09:40	3327	Male Age Group 20-24		YIP CHI CHUEN	
Olympic Distance	2	4	07:20	2391	Male Age Group 40-44		Yip Chun Fai	葉俊輝
Sprint Distance	2	10	09:40	3409	Male Age Group 30-34		Yip Chun Kit	葉俊傑
Olympic Distance	2	4	07:20	2449	Male Age Group 40-44		YIP HO MING	葉浩明
Ultrakids Distance	1	6	08:55	1125	Boys 2000		Yip Kun Fung	葉灑峰
Sprint Distance	2	9	09:20	3121	Male Age Group 35-39		Yip Marco	葉家麟
Olympic Distance	2	7	08:20	2804	Male Age Group 20-24		YIP Pak Kwan	葉伯鈞
Olympic Distance	2	4	07:20	2462	Male Age Group 40-44		Yip Shing Yan	葉承恩
Olympic Distance	2	5	07:40	2539	Male Age Group 35-39		Yip Timothy	
Youth & Fun Distance	1	7	09:40	1214	Girls 1997		Yip Wing Chin Tracy	葉穎鈺
Sprint Distance	2	10	09:40	3401	Male Age Group 30-34		Yiu Ka-Lun	姚家倫
Sprint Distance	2	10	09:40	3316	Male Age Group 20-24		Yiu Kwok Keung	
Youth & Fun Distance	1	10	10:00	1519	Male Age Group 20-29		Yiu Wai Lam	姚瑋霖
Olympic Distance	2	4	07:20	2443	Male Age Group 40-44		Yong Richard	楊量光
Olympic Distance	2	4	07:20	2471	Male Age Group 40-44		Ypersiel Vincent	
Youth & Fun Distance	1	9	09:55	1411	Female Age Group 30-39		Yu Cherlotte	余雪朗
Youth & Fun Distance	1	7	09:40	1216	Girls 1998		YU KA YIU	俞嘉瑤
Olympic Distance	2	3	07:00	2262	Male Age Group 50-54		YU Kam-choi	余錦材
Sprint Distance	2	10	09:40	3419	Male Age Group 16 – 19		Yu Kin Hei	余建熹
Youth & Fun Distance	1	8	09:45	1344	Boys 1998		Yu King Chun	余璟晉
Sprint Distance	2	9	09:20	3101	Male Age Group 35-39		Yu Let Pen	余力平
Youth & Fun Distance	1	9	09:55	1443	Female Age Group 40-49		Yu Pik Yuk Julie	余碧玉
Ultrakids Distance	1	6	08:55	1112	Boys 1999		Yu Shing Him, Mark	
Sprint Distance	2	10	09:40	3402	Male Age Group 30-34		Yu wing hang	余永恆
Olympic Distance	2	5	07:40	2617	Male Age Group 35-39		Yue Jeffrey	余智宏
Youth & Fun Distance	1	10	10:00	1575	Male Age Group 40-49		Yuen Honmy	
Olympic Distance	2	3	07:00	2203	Male Age Group 45-49		Yuen Kai Ming	阮啓明
Olympic Distance	2	5	07:40	2582	Male Age Group 35-39		Yuen Kenneth	
Sprint Distance	2	10	09:40	3403	Male Age Group 30-34		YUEN KOK SANG	阮覺生
Youth & Fun Distance	1	10	10:00	1611	Male Age Group 40-49		Yuen Kwok Ming	袁國明
Sprint Distance	2	8	09:00	3015	Female Age Group 25-29		Yuen Kwok Ting	
Sprint Distance	2	10	09:40	3330	Male Age Group 20-24		Yuen Kwong Lung	袁廣隆
Olympic Distance	2	5	07:40	2585	Male Age Group 35-39		YUNG Leong Sang	容量生

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Race Distance	Day	Wave	Start Time	Race No	Category	TeamName	Name	Chinese Name
Olympic Distance	2	3	07:00	2311	Male Age Group 50-54		Yung Tak Cheung	
Olympic Distance	2	4	07:20	2436	Male Age Group 40-44		Yvan Corno	
Youth & Fun Distance	1	9	09:55	1424	Female Age Group 30-39		Zee Jennifer	
Olympic Distance	2	4	07:20	2413	Male Age Group 40-44		ZHANG XIAOFEI	
Olympic Distance	2	5	07:40	2540	Male Age Group 35-39		Zhong Huiyu	钟辉宇
Olympic Distance	2	2	06:40	2119	Female Age Group 30-34		Zhou Bei	
Olympic Distance	2	2	06:40	2124	Female Age Group 30-34		Zhu Dandan	
Youth & Fun Distance	1	7	09:40	R100	Boys Secondary School Relay	Austsport		
Youth & Fun Distance	1	7	09:40	R101	Boys Secondary School Relay	YY2一隊		
Youth & Fun Distance	1	7	09:40	R102	Boys Secondary School Relay	YY2二隊		
Youth & Fun Distance	1	7	09:40	R141	Boys Secondary School Relay	DIOCESAN BOYS' SCHOOL - EBB		
Youth & Fun Distance	1	7	09:40	R142	Boys Secondary School Relay	培橋男子2隊		
Youth & Fun Distance	1	7	09:40	R143	Boys Secondary School Relay	培橋男子1隊		
Olympic Distance	2	7	08:20	R200	Corporate Relay	DAMAR TEAM		
Olympic Distance	2	7	08:20	R201	Corporate Relay	HSBC-TEAM A		
Olympic Distance	2	7	08:20	R202	Corporate Relay	MT BIKER		
Youth & Fun Distance	1	9	09:55	1400	Female Age Group 16 – 19			
Youth & Fun Distance	1	7	09:40	R144	Girls Secondary School Relay	培橋女子2隊		
Youth & Fun Distance	1	7	09:40	R145	Girls Secondary School Relay	培橋女子1隊		
Olympic Distance	2	7	08:20	R203	Open Realy	GLORIOUS BASTARDS		
Olympic Distance	2	7	08:20	R204	Open Realy	Special Moments		
Olympic Distance	2	7	08:20	R205	Open Realy	ORH		
Olympic Distance	2	7	08:20	R206	Open Realy	Li Man Chun		
Olympic Distance	2	7	08:20	R207	Open Realy	KIWI-CANDY-HONKIE		
Olympic Distance	2	7	08:20	R208	Open Realy	t1		
Olympic Distance	2	7	08:20	R209	Open Realy	BULL BIKE		
Olympic Distance	2	7	08:20	R210	Open Realy	COG2		
Olympic Distance	2	7	08:20	R211	Open Realy	TWO CHICKS AND A DUDE		
Olympic Distance	2	7	08:20	R212	Open Realy	TEAM EXPANDABLES		
Olympic Distance	2	7	08:20	R213	Open Realy	COG1		
Olympic Distance	2	7	08:20	R214	Open Realy	MT Biker @ AustSports - Plus		
Olympic Distance	2	7	08:20	R215	Open Realy	Skillful		
Olympic Distance	2	7	08:20	R216	Open Realy	HSBC - MBA		
Olympic Distance	2	7	08:20	R217	Open Realy	Tse Chung Wai		
Olympic Distance	2	7	08:20	R218	Open Realy	Tse Sai Chung		
Olympic Distance	2	7	08:20	R219	Open Realy	TEAM OF PHECDA		
Olympic Distance	2	7	08:20	R220	Open Realy	CARRIE TRADE		
Olympic Distance	2	7	08:20	R221	Open Realy	HSBC ROCKETS		
Olympic Distance	2	7	08:20	R222	Open Realy	MT Biker @ AustSports - Elite		
Olympic Distance	2	7	08:20	R223	Open Realy	G-FORCE		
Olympic Distance	2	7	08:20	R224	Open Realy	COG3		
Youth & Fun Distance	1	9	09:55	R103	Open Relay	MI Biker @ AustSports - Team A		
Youth & Fun Distance	1	9	09:55	R104	Open Relay	Octs		
Youth & Fun Distance	1	9	09:55	R105	Open Relay	HSBC - Team 3		

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Youth & Fun Distance	1	9	09:55	R106	Open Relay	黃金三人組		
Youth & Fun Distance	1	9	09:55	R107	Open Relay	HSBC - HTSA		
Youth & Fun Distance	1	9	09:55	R108	Open Relay	MT BIKER @ AUSTSPORTS - TEAM C		
Youth & Fun Distance	1	9	09:55	R109	Open Relay	笑口組		
Youth & Fun Distance	1	9	09:55	R110	Open Relay	DAREVIL		
Youth & Fun Distance	1	9	09:55	R111	Open Relay	MT BIKER VIGOR		
Youth & Fun Distance	1	9	09:55	R112	Open Relay	HSBC - Tri L		
Youth & Fun Distance	1	9	09:55	R113	Open Relay	MT BIKER @ AUSTSPORTS - TEAM B		
Youth & Fun Distance	1	9	09:55	R114	Open Relay	HSBC - RRV		
Youth & Fun Distance	1	9	09:55	R115	Open Relay	Team SIP		
Youth & Fun Distance	1	9	09:55	R116	Open Relay	RVC		
Youth & Fun Distance	1	9	09:55	R117	Open Relay	HONEYMOON		
Youth & Fun Distance	1	9	09:55	R118	Open Relay	SSR		
Youth & Fun Distance	1	9	09:55	R119	Open Relay	Ready To Retire		
Youth & Fun Distance	1	9	09:55	R120	Open Relay	香港交通安全隊- 新界南總區G隊		
Youth & Fun Distance	1	9	09:55	R121	Open Relay	香港交通安全隊- 新界南總區F隊		
Youth & Fun Distance	1	9	09:55	R122	Open Relay	香港交通安全隊- 新界南總區E隊		
Youth & Fun Distance	1	9	09:55	R123	Open Relay	香港交通安全隊- 新界南總區D隊		
Youth & Fun Distance	1	9	09:55	R124	Open Relay	香港交通安全隊- 新界南總區C隊		
Youth & Fun Distance	1	9	09:55	R125	Open Relay	香港交通安全隊- 新界南總區B隊		
Youth & Fun Distance	1	9	09:55	R126	Open Relay	香港交通安全隊- 新界南總區A隊		
Youth & Fun Distance	1	9	09:55	R127	Open Relay	SIC Men		
Youth & Fun Distance	1	9	09:55	R128	Open Relay	SIC Family		
Youth & Fun Distance	1	9	09:55	R129	Open Relay	SIC Youth		
Youth & Fun Distance	1	9	09:55	R130	Open Relay	SIC Boy		
Youth & Fun Distance	1	9	09:55	R131	Open Relay	代表隊		
Youth & Fun Distance	1	9	09:55	R132	Open Relay	VFA		
Youth & Fun Distance	1	9	09:55	R133	Open Relay	SAC Ministers		
Youth & Fun Distance	1	9	09:55	R134	Open Relay	SAC Couples GG		
Youth & Fun Distance	1	9	09:55	R135	Open Relay	SAC Friday GG Boys		
Youth & Fun Distance	1	9	09:55	R136	Open Relay	SAC Friday GG Girls		
Youth & Fun Distance	1	9	09:55	R137	Open Relay	SAC Ladies Team		
Youth & Fun Distance	1	9	09:55	R138	Open Relay	SAC 2020 Team 1		
Youth & Fun Distance	1	9	09:55	R139	Open Relay	SAC 2020 Team 2		
Youth & Fun Distance	1	9	09:55	R140	Open Relay	SAC 2020 Team 3		
Youth & Fun Distance	1	9	09:55	R146	Open Relay	SIC smart boy		
Youth & Fun Distance	1	9	09:55	R147	Open Relay	CHUNGS		
Youth & Fun Distance	1	9	09:55	R148	Open Relay	Pedal Power (Team A)		
Youth & Fun Distance	1	9	09:55	R149	Open Relay	Pedal Power (Team B)		
Youth & Fun Distance	1	9	09:55	R150	Open Relay	TL2		
Youth & Fun Distance	1	10	10:55	R151	Open Relay	HONG KONG DISNEYLAND RESORT (Team 2)		
Youth & Fun Distance	1	10	11:55	R152	Open Relay	HONG KONG DISNEYLAND RESORT		
Youth & Fun Distance	1	10	12:55	R153	Open Relay	看不見的翅膀		

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Olympic Distance	2	7	08:20	R225	Open Relay	Nilabo		
Olympic Distance	2	7	08:20	R226	Open Relay	The Giant 3s		
Olympic Distance	2	7	08:20	R227	Open Relay	In a Relationship		
Olympic Distance	2	7	08:20	R228	Open Relay	SOUTH CHINA ATHLETIC ASSOCIATION		
Olympic Distance	2	7	08:20	R229	Open Relay	Tri-Harder 3		
Olympic Distance	2	7	08:20	R230	Open Relay	Toothless Dragons		
Olympic Distance	2	7	08:20	R231	Open Relay	LAMMA TRI TRIO		