

Race No.	Last Name	First Name	Category	Distance	Heat Start
101	Birkby	Leah	Turbo F 16-19	Run 3km Swim 1200m Run 4.5km	0700
102	Lee	Wing Sum	Turbo F 16-19	Run 3km Swim 1200m Run 4.5km	0700
113	Morton	Samantha	Turbo F 16-19	Run 3km Swim 1200m Run 4.5km	0700
103	Ridley	Jemima	Turbo F 16-19	Run 3km Swim 1200m Run 4.5km	0700
104	Chong	Ice Suet Yee	Turbo F 20-34	Run 3km Swim 1200m Run 4.5km	0700
105	Miers	Daisy	Turbo F 20-34	Run 3km Swim 1200m Run 4.5km	0700
106	Razack	Annabelle	Turbo F 20-34	Run 3km Swim 1200m Run 4.5km	0700
107	Stevenson	Natalie	Turbo F 20-34	Run 3km Swim 1200m Run 4.5km	0700
108	Alfheim	Olivia	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
109	Buchta	Katrin	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
110	Chan	Lai Yin	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
111	Chan	Pui Zee Peggy	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
112	Chiu	Elaine	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
115	Fung	Wing Fai	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
116	Gentle	Sally	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
117	Goldberg	Hayley	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
118	Hanley	Deborah	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
119	Ho	Janet	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
120	Hudson	Christina	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
121	Kwan	Gloria	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
122	Lam	Hoi Yin	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
123	Leung	Yim Ting	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
124	Liu	Fenny	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
125	Lo	Kit Yee Grace	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
126	McFarland	Christina	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
127	Michael	Wendy	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
128	Rutherford	Kate	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
129	Tang	Mei Ngan	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
130	Wong	Gigi	Turbo F 35-49	Run 3km Swim 1200m Run 4.5km	0700
131	Coggins	Lynda	Turbo F 50+	Run 3km Swim 1200m Run 4.5km	0700
132	Lee-Parker	Tanya	Turbo F 50+	Run 3km Swim 1200m Run 4.5km	0700
133	Mok	Yuk Ming	Turbo F 50+		

201	Coggins	Oscar	Turbo M 16-19	Run 3km Swim 1200m Run 4.5km	0702
202	Tan	James	Turbo M 16-19	Run 3km Swim 1200m Run 4.5km	0702
203	Tan	Matthew	Turbo M 16-19	Run 3km Swim 1200m Run 4.5km	0702
204	Williams	Miles	Turbo M 16-19	Run 3km Swim 1200m Run 4.5km	0702
205	Fok	Sam	Turbo M 20-29	Run 3km Swim 1200m Run 4.5km	0702
206	Lee	Pak On	Turbo M 20-29	Run 3km Swim 1200m Run 4.5km	0702
207	Lo	Joseph	Turbo M 20-29	Run 3km Swim 1200m Run 4.5km	0702
208	Marc	Garcia	Turbo M 20-29	Run 3km Swim 1200m Run 4.5km	0702
209	Matsuo	Shu	Turbo M 20-29	Run 3km Swim 1200m Run 4.5km	0702
210	Warren	Henry	Turbo M 20-29	Run 3km Swim 1200m Run 4.5km	0702
211	Wong	Leung Lung	Turbo M 20-29	Run 3km Swim 1200m Run 4.5km	0702
212	Wong	Wai Ho	Turbo M 20-29	Run 3km Swim 1200m Run 4.5km	0702
213	Wright	Henry	Turbo M 20-29	Run 3km Swim 1200m Run 4.5km	0702
228	Bahamon	Jaime	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
220	Burton	Scott	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
221	Chan	Chu	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
222	Chan	Hon Hung	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
223	Chan	Wai Kee	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
224	Chan	Ying Chiu Johnson	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
225	Chan	Yun Keung	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
251	Chu	Kwok Keung Eric	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
226	Harrison	Michael	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
227	Ho	Kwong Ngai Eric	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
229	Kan	Pak kei, Vincent	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
231	Kong	Tak wa Paul	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
232	Kwok	Sui Wing	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
233	Lee	Ying Ho	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
234	Morton	Peter	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
235	So	Kwong Chuen, Raymond	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
236	Tan	Nicholas	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
237	Tsang	Kwok Fai Eric	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
238	Tsang	Wai Ling	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702

239	Yung	Tak Cheung	Turbo M 50-59	Run 3km Swim 1200m Run 4.5km	0702
240	Brownlee	Ian	Turbo M 60+	Run 3km Swim 1200m Run 4.5km	0702
241	Campbell	John	Turbo M 60+	Run 3km Swim 1200m Run 4.5km	0702
242	Chan	Fai Ming	Turbo M 60+	Run 3km Swim 1200m Run 4.5km	0702
243	Cheung	Ka Keung, Spencer	Turbo M 60+	Run 3km Swim 1200m Run 4.5km	0702
244	Collins	Alan	Turbo M 60+	Run 3km Swim 1200m Run 4.5km	0702
245	Dacre	Bikeman	Turbo M 60+	Run 3km Swim 1200m Run 4.5km	0702
246	Lam	King Sun Stephen	Turbo M 60+	Run 3km Swim 1200m Run 4.5km	0702
247	Leung	Chi Hung	Turbo M 60+	Run 3km Swim 1200m Run 4.5km	0702
249	Shek	Kong	Turbo M 60+	Run 3km Swim 1200m Run 4.5km	0702
250	Tai	Chi Chuen	Turbo M 60+	Run 3km Swim 1200m Run 4.5km	0702
301	Bucek	Michal	Turbo M 30-34	Run 3km Swim 1200m Run 4.5km	0710
302	Cheng	Kwong Yin	Turbo M 30-34	Run 3km Swim 1200m Run 4.5km	0710
303	Cheung	Chin Ting	Turbo M 30-34	Run 3km Swim 1200m Run 4.5km	0710
304	Ching	Wai Kin	Turbo M 30-34	Run 3km Swim 1200m Run 4.5km	0710
305	Chou	Cheuk Him	Turbo M 30-34	Run 3km Swim 1200m Run 4.5km	0710
306	Fai	Ming Hoi	Turbo M 30-34	Run 3km Swim 1200m Run 4.5km	0710
307	Fong	Wai Lim	Turbo M 30-34	Run 3km Swim 1200m Run 4.5km	0710
308	Lai	Ronald Hong Ho	Turbo M 30-34	Run 3km Swim 1200m Run 4.5km	0710
309	Leung	Kwok Shing	Turbo M 30-34	Run 3km Swim 1200m Run 4.5km	0710
310	Leung	Yan Wing	Turbo M 30-34	Run 3km Swim 1200m Run 4.5km	0710
311	Ng	Gary	Turbo M 30-34	Run 3km Swim 1200m Run 4.5km	0710
312	Patel	Rushi	Turbo M 30-34	Run 3km Swim 1200m Run 4.5km	0710
313	Pun	Tak Kiu	Turbo M 30-34	Run 3km Swim 1200m Run 4.5km	0710
314	Quan	Alec Kam Lek	Turbo M 30-34	Run 3km Swim 1200m Run 4.5km	0710
315	Sollier	Florent	Turbo M 30-34	Run 3km Swim 1200m Run 4.5km	0710
316	Wong	Yuk Hei	Turbo M 30-34	Run 3km Swim 1200m Run 4.5km	0710
317	Wright	Andrew	Turbo M 30-34	Run 3km Swim 1200m Run 4.5km	0710
318	Bird	Captain J	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
319	Chan	Tim	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
320	Chan	Woon Yew William	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
321	Cheng	Kam Hoe	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710

322	Cheung	Man Kin	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
323	Chow	Chi Man	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
324	Chow	Kevin	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
325	Chua	Jewell	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
326	Chung	D	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
327	Felbabel	Erich	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
328	Fong	Chi Wai	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
329	Fung	Chi Yeung	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
330	Lau	Gum Bong Gabriel	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
331	Lau	Wing Hang Vince	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
332	Lee	Chi Wo	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
333	Lee	Mark	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
334	Leung	Man Fung	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
335	Ng	Wing Fai	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
336	Sze	Wang	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
337	Tai	Ka Lok	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
338	Waterhouse	Simon	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
339	Whitman	James	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
340	Woo	Wai Kit	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
341	Wu	Sony	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
342	Yin	Cheuk Po	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
343	Yu	Hang	Turbo M 35-39	Run 3km Swim 1200m Run 4.5km	0710
344	Chan	Albert	Turbo M 35-49	Run 3km Swim 1200m Run 4.5km	0710
345	Chen	Chi Ming	Turbo M 35-49	Run 3km Swim 1200m Run 4.5km	0710
346	Lui	Wan Man	Turbo M 35-49	Run 3km Swim 1200m Run 4.5km	0710
401	Chan	Ho Chuen	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
402	Chan	Ka Lun	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
403	Chan	Li	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
404	Chau	Samuel	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
405	Cheung	Chung Yat Gary	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
406	Fung	Chi Pun	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
407	Hall	Richard	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712

408	Hung	Chi Man	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
409	Lee	Yiu Chung	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
410	Lee	Kin Lun Brian	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
411	Li	Sai Ho Shadow	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
412	Lung	Sai Kui	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
413	Lydiard	Adrian	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
414	Ng	Chi Wai	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
415	Osamu	Yamagata	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
416	Palomar	Daniel	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
417	Sayed	Jeff	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
418	Smith	Robert	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
419	Swan	Andrew	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
420	Szeto	Wing Kei	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
421	Tang	Ka Wai Alex	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
422	Tong	Siu Hong	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
423	Wong	Pui Yuen	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
424	Wong	Yee Keung	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
425	Yau	Wing Lun	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
426	Yeung	Michael	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
427	Yeung	Tsz Chau Thomas	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
428	Yuen	Kenneth	Turbo M 40-44	Run 3km Swim 1200m Run 4.5km	0712
429	Chih	Minv Yuen	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
430	Chung	Chun Bong Alex	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
431	Colin	Birkby	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
432	Goldberg	Peter	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
433	Hardcastle	Thomas	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
434	Hekstra	Wim	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
435	Kong	Johnson	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
436	Lai	Kin Sun Andy	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
437	Lam	Yat Ming	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
438	Lau	CF	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
439	Lee	Michael	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
440	Leo	Ho	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712

441	Leung	Chun Sing Alex	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
442	Leung	Kin Keung	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
443	Liu	Francis	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
444	Lyons	Steve	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
445	Murphy	Michael	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
446	Pang	Kam Yau	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
447	Pang	See Kit Alwyn	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
448	Pek	Wee Haur	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
449	Robert	Kushner	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
450	Shi	Bertram	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
451	Tam	Cho Yan Ide	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
452	Walsh	Damian	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
453	Wong	Edwin	Turbo M 45-49	Run 3km Swim 1200m Run 4.5km	0712
501	Alexander	Imogen	Flash F 13-15	Run 1.5km Swim 600m Run 3km	0720
502	Brown	Bailee	Flash F 13-15	Run 1.5km Swim 600m Run 3km	0720
503	Ho	Cheuk Yu, Kalea	Flash F 13-15	Run 1.5km Swim 600m Run 3km	0720
524	Leung	Fuk Yee	Flash F 13-15	Run 1.5km Swim 600m Run 3km	0720
504	Lin	Ashley Karenna	Flash F 13-15	Run 1.5km Swim 600m Run 3km	0720
523	Saunders	Jade	Flash F 13-15	Run 1.5km Swim 600m Run 3km	0720
505	Chong	Ice Suet Yee	Flash F 16-39	Run 1.5km Swim 600m Run 3km	0720
506	Dentry	Jennifer	Flash F 16-39	Run 1.5km Swim 600m Run 3km	0720
525	Frances	Steel	Flash F 16-39	Run 1.5km Swim 600m Run 3km	0720
507	Gilchrist	Eliza	Flash F 16-39	Run 1.5km Swim 600m Run 3km	0720
508	Lai	Godina	Flash F 16-39	Run 1.5km Swim 600m Run 3km	0720
509	Man	Pui Yan	Flash F 16-39	Run 1.5km Swim 600m Run 3km	0720
510	Pun	Cin Lam Lisa	Flash F 16-39	Run 1.5km Swim 600m Run 3km	0720
511	Tam	Eliza	Flash F 16-39	Run 1.5km Swim 600m Run 3km	0720
512	Yip	Stephanie	Flash F 16-39	Run 1.5km Swim 600m Run 3km	0720
513	Zahkna	Marit	Flash F 16-39	Run 1.5km Swim 600m Run 3km	0720
514	Alexander	Kellie	Flash F 40+	Run 1.5km Swim 600m Run 3km	0720
515	Chan	Vivian Wai Yan	Flash F 40+	Run 1.5km Swim 600m Run 3km	0720
516	Chan	Wai Fan	Flash F 40+	Run 1.5km Swim 600m Run 3km	0720

517	Chiu	Idy	Flash F 40+	Run 1.5km Swim 600m Run 3km	0720
518	Foster	Connie Lau	Flash F 40+	Run 1.5km Swim 600m Run 3km	0720
519	Hall	Elaine	Flash F 40+	Run 1.5km Swim 600m Run 3km	0720
520	Lai	Pik Kee Peggy	Flash F 40+	Run 1.5km Swim 600m Run 3km	0720
521	Lam	Cham	Flash F 40+	Run 1.5km Swim 600m Run 3km	0720
522	Poon	Jessica	Flash F 40+	Run 1.5km Swim 600m Run 3km	0720
567	Cheng	Ngo Lung	Flash M 13-15	Run 1.5km Swim 600m Run 3km	0720
530	Henderson	Owen	Flash M 13-15	Run 1.5km Swim 600m Run 3km	0720
531	Ho	Aidan Hin Long	Flash M 13-15	Run 1.5km Swim 600m Run 3km	0720
532	Kean	Gordon	Flash M 13-15	Run 1.5km Swim 600m Run 3km	0720
533	Otten	Ollie	Flash M 13-15	Run 1.5km Swim 600m Run 3km	0720
534	Saunders	Brendan	Flash M 13-15	Run 1.5km Swim 600m Run 3km	0720
535	Sin	Cheuk Fung	Flash M 13-15	Run 1.5km Swim 600m Run 3km	0720
536	Swan	Jesse	Flash M 13-15	Run 1.5km Swim 600m Run 3km	0720
537	Turner	Long Long	Flash M 13-15	Run 1.5km Swim 600m Run 3km	0720
540	Cheung	Chung Lok	Flash M 16-39	Run 1.5km Swim 600m Run 3km	0720
538	Chan	Ho Man Raymond	Flash M 16-39	Run 1.5km Swim 600m Run 3km	0720
539	Cheng	Ka Chun	Flash M 16-39	Run 1.5km Swim 600m Run 3km	0720
541	Cheung	Man Chung	Flash M 16-39	Run 1.5km Swim 600m Run 3km	0720
542	Chung	Ka Kin	Flash M 16-39	Run 1.5km Swim 600m Run 3km	0720
543	Lam	Wai Yip	Flash M 16-39	Run 1.5km Swim 600m Run 3km	0720
544	Lee	Raymond	Flash M 16-39	Run 1.5km Swim 600m Run 3km	0720
545	leung	hin long	Flash M 16-39	Run 1.5km Swim 600m Run 3km	0720
546	Leung	Hon Wing	Flash M 16-39	Run 1.5km Swim 600m Run 3km	0720
547	Ng	Shui Pan	Flash M 16-39	Run 1.5km Swim 600m Run 3km	0720
548	Otten	Frans	Flash M 16-39	Run 1.5km Swim 600m Run 3km	0720
549	Poon	Sze Chun	Flash M 16-39	Run 1.5km Swim 600m Run 3km	0720
550	Sat	Ka Chun	Flash M 16-39	Run 1.5km Swim 600m Run 3km	0720
551	Chan	Chi Wai	Flash M 40+	Run 1.5km Swim 600m Run 3km	0720
552	Cheung	Chun Fai	Flash M 40+	Run 1.5km Swim 600m Run 3km	0720
553	Chum	Tik Ho	Flash M 40+	Run 1.5km Swim 600m Run 3km	0720
554	Fan	Chi Wai Simon	Flash M 40+	Run 1.5km Swim 600m Run 3km	0720
555	Gilchrist	Brian	Flash M 40+	Run 1.5km Swim 600m Run 3km	0720

556	Lee	Vincent	Flash M 40+	Run 1.5km Swim 600m Run 3km	0720
557	Lee	Yui	Flash M 40+	Run 1.5km Swim 600m Run 3km	0720
558	Ng	Ming Kit	Flash M 40+	Run 1.5km Swim 600m Run 3km	0720
559	Nicolle	Keith	Flash M 40+	Run 1.5km Swim 600m Run 3km	0720
560	Osamu	Yamagata	Flash M 40+	Run 1.5km Swim 600m Run 3km	0720
561	Penaloza	Philip	Flash M 40+	Run 1.5km Swim 600m Run 3km	0720
562	Tam	Sze Lun Alan	Flash M 40+	Run 1.5km Swim 600m Run 3km	0720
563	Wong	Horace	Flash M 40+	Run 1.5km Swim 600m Run 3km	0720
564	Wong	Ka Wai	Flash M 40+	Run 1.5km Swim 600m Run 3km	0720
565	Yiu	Vor	Flash M 40+	Run 1.5km Swim 600m Run 3km	0720
566	Yue	Ngai Ho Kelvin	Flash M 40+	Run 1.5km Swim 600m Run 3km	0720
601	Brown	Naomi	Girl 8-10	Run 1..5km Swim 300m Run 1.5km	0730
602	Chick	Chloe	Girl 8-10	Run 1..5km Swim 300m Run 1.5km	0730
603	Hall	Sophie	Girl 8-10	Run 1..5km Swim 300m Run 1.5km	0730
604	Lau	Iyana	Girl 8-10	Run 1..5km Swim 300m Run 1.5km	0730
605	Lee	Sam Wai	Girl 8-10	Run 1..5km Swim 300m Run 1.5km	0730
606	Lee	Si Yao Peony	Girl 8-10	Run 1..5km Swim 300m Run 1.5km	0730
607	Morton	Eva	Girl 8-10	Run 1..5km Swim 300m Run 1.5km	0730
608	Pimlott	Leila	Girl 8-10	Run 1..5km Swim 300m Run 1.5km	0730
609	Saunders	Sienna	Girl 8-10	Run 1..5km Swim 300m Run 1.5km	0730
610	van den Heuvel	Marie	Girl 8-10	Run 1..5km Swim 300m Run 1.5km	0730
611	Chow	Wing Sum	Girl 11-12	Run 1..5km Swim 300m Run 1.5km	0730
612	Hall	Charlie	Girl 11-12	Run 1..5km Swim 300m Run 1.5km	0730
613	Issy	Lyons	Girl 11-12	Run 1..5km Swim 300m Run 1.5km	0730
614	Roets	Mia	Girl 11-12	Run 1..5km Swim 300m Run 1.5km	0730
615	Tan	Laura	Girl 11-12	Run 1..5km Swim 300m Run 1.5km	0730
616	Wing	Man	Girl 11-12	Run 1..5km Swim 300m Run 1.5km	0730
617	Wong	Hang Wing Beatriz	Girl 11-12	Run 1..5km Swim 300m Run 1.5km	0730
618	Yiu	Nam	Girl 11-12	Run 1..5km Swim 300m Run 1.5km	0730
620	Bull	Charlie	Boy 8-10	Run 1..5km Swim 300m Run 1.5km	0730
621	Bull	Thomas	Boy 8-10	Run 1..5km Swim 300m Run 1.5km	0730
622	Chiu	Man To	Boy 8-10	Run 1..5km Swim 300m Run 1.5km	0730

623	Fu	Pak Him	Boy 8-10	Run 1..5km Swim 300m Run 1.5km	0730
624	James	Joni	Boy 8-10	Run 1..5km Swim 300m Run 1.5km	0730
625	Lam	Chitt	Boy 8-10	Run 1..5km Swim 300m Run 1.5km	0730
626	Lee	Chiyu	Boy 8-10	Run 1..5km Swim 300m Run 1.5km	0730
627	Leung	Yuk Fung	Boy 8-10	Run 1..5km Swim 300m Run 1.5km	0730
628	Nicolle	Sam	Boy 8-10	Run 1..5km Swim 300m Run 1.5km	0730
629	Roets	Lex	Boy 8-10	Run 1..5km Swim 300m Run 1.5km	0730
630	Wong	Tsun Hei	Boy 8-10	Run 1..5km Swim 300m Run 1.5km	0730
631	Yau	Ping Cheung	Boy 8-10	Run 1..5km Swim 300m Run 1.5km	0730
632	Yip	Tsz Hin Sean	Boy 8-10	Run 1..5km Swim 300m Run 1.5km	0730
633	Bahamon	Daniel	Boy 11-12	Run 1..5km Swim 300m Run 1.5km	0730
634	Cheng	Cheuk Yin	Boy 11-12	Run 1..5km Swim 300m Run 1.5km	0730
635	Chow	Hin To	Boy 11-12	Run 1..5km Swim 300m Run 1.5km	0730
636	Coggins	Jasper	Boy 11-12	Run 1..5km Swim 300m Run 1.5km	0730
637	Ho	Chung Yin, Valen	Boy 11-12	Run 1..5km Swim 300m Run 1.5km	0730
638	Lau	William	Boy 11-12	Run 1..5km Swim 300m Run 1.5km	0730
639	Liu	Chak Lam	Boy 11-12	Run 1..5km Swim 300m Run 1.5km	0730
640	Lo	Tin Shun	Boy 11-12	Run 1..5km Swim 300m Run 1.5km	0730
641	Nicolle	Oliver	Boy 11-12	Run 1..5km Swim 300m Run 1.5km	0730
642	Sin	Hok Leung	Boy 11-12	Run 1..5km Swim 300m Run 1.5km	0730
643	Steains	Clancy	Boy 11-12	Run 1..5km Swim 300m Run 1.5km	0730
644	van den Heuvel	Boet	Boy 11-12	Run 1..5km Swim 300m Run 1.5km	0730
645	Yip	Tak Long Nick	Boy 11-12	Run 1..5km Swim 300m Run 1.5km	0730
701	Felbabel	Charline	Girl 6-7	Swim 100m Run 400m	0740
702	McFarland	Charlotte	Girl 6-7	Swim 100m Run 400m	0740
703	Tsang	Auscar	Boy 6-7	Swim 100m Run 400m	0740
706	Bull	Samuel	Boy 6-7	Swim 100m Run 400m	0740
704	van den heuvel	Mick	Boy 6-7	Swim 100m Run 400m	0740
705	Woo	Bono	Boy 6-7	Swim 100m Run 400m	0740
801	Lai	Wing Kiu	Turbo F 16-19	OWS 3000m	0935
802	Lee	Wing Sum	Turbo F 16-19	OWS 3000m	0935

806	Morton	Samantha	Turbo F 16-19	OWS 3000m	0935
803	Ridley	Jemima	Turbo F 16-19	OWS 3000m	0935
809	Alexander	Libby	Turbo F 35-49	OWS 3000m	0935
804	Anderson	Mary	Turbo F 20-34	OWS 3000m	0935
810	Buchta	Katrin	Turbo F 35-49	OWS 3000m	0935
805	Chan	Wing Suet Sandy	Turbo F 20-34	OWS 3000m	0935
811	Chan	Lau Yu	Turbo F 35-49	OWS 3000m	0935
812	Christina	McFarland	Turbo F 35-49	OWS 3000m	0935
813	Gentle	Sally	Turbo F 35-49	OWS 3000m	0935
815	Ho	Janet	Turbo F 35-49	OWS 3000m	0935
816	Kate	Rutherford	Turbo F 35-49	OWS 3000m	0935
820	Lawlor	Michelle	Turbo F 20-34	OWS 3000m	0935
814	Mak	Kimmy Hoi Ting	Turbo F 20-34	OWS 3000m	0935
817	Pazos	Christena	Turbo F 35-49	OWS 3000m	0935
807	Wong	So Fai	Turbo F 20-34	OWS 3000m	0935
808	Yim	Hoi Sze	Turbo F 20-34	OWS 3000m	0935
818	Coggins	Lynda	Turbo F 50+	OWS 3000m	0935
819	Lee-Parker	Tanya	Turbo F 50+	OWS 3000m	0935
878	Tam	Yuen Hung	Turbo F 50+	OWS 3000m	0935
821	Chau	Singha	Turbo M 16-19	OWS 3000m	0938
822	Coggins	Oscar	Turbo M 16-19	OWS 3000m	0938
823	McGrath	Ethan Joshua	Turbo M 16-19	OWS 3000m	0938
824	Tan	James	Turbo M 16-19	OWS 3000m	0938
825	Tan	Matthew	Turbo M 16-19	OWS 3000m	0938
826	Warren	Henry	Turbo M 16-19	OWS 3000m	0938
827	Boidin	Matthieu	Turbo M 20-29	OWS 3000m	0938
828	Jiang	Harvey	Turbo M 20-29	OWS 3000m	0938
829	Li	Ka Ho Alwyn	Turbo M 20-29	OWS 3000m	0938
830	Morris	Charlie	Turbo M 20-29	OWS 3000m	0938
831	Wang	Yat Ho	Turbo M 20-29	OWS 3000m	0938
832	Wright	Henry	Turbo M 20-29	OWS 3000m	0938
833	Yim	Jack Tsz Hong	Turbo M 20-29	OWS 3000m	0938
834	Ching	Wai Kin	Turbo M 30-34	OWS 3000m	0938

835	Day	Scott	Turbo M 30-34	OWS 3000m	0938
836	Sollier	Florent	Turbo M 30-34	OWS 3000m	0938
837	Brewster	Simon	Turbo M 35-39	OWS 3000m	0938
838	Lee	Chi Wo	Turbo M 35-39	OWS 3000m	0938
839	Leung	Man Fung	Turbo M 35-39	OWS 3000m	0938
840	Nortje	Craig	Turbo M 35-39	OWS 3000m	0938
841	Schilling	York	Turbo M 35-39	OWS 3000m	0938
842	Tait	Stuart	Turbo M 35-39	OWS 3000m	0938
843	Chan	Ringo	Turbo M 40-44	OWS 3000m	0938
844	Lydiard	Adrian	Turbo M 40-44	OWS 3000m	0938
845	Palomar	Daniel	Turbo M 40-44	OWS 3000m	0938
846	Sayed	Jeff	Turbo M 40-44	OWS 3000m	0938
847	Swam	Andrew	Turbo M 40-44	OWS 3000m	0938
848	Wong	Yee Keung	Turbo M 40-44	OWS 3000m	0938
850	Lai	Kin Sun Andy	Turbo M 45-49	OWS 3000m	0938
851	Letcher	Richard	Turbo M 45-49	OWS 3000m	0938
852	Leung	Chun Sing Alex	Turbo M 45-49	OWS 3000m	0938
849	Mattoli	Enrico	Turbo M 45-49	OWS 3000m	0938
853	Ng	Chor Fai	Turbo M 45-49	OWS 3000m	0938
854	Pek	Wee Haur	Turbo M 45-49	OWS 3000m	0938
855	Shi	Bertram	Turbo M 45-49	OWS 3000m	0938
856	Tam	Cho yan ide	Turbo M 45-49	OWS 3000m	0938
857	Wong	Edwin	Turbo M 45-49	OWS 3000m	0938
875	Bahamon	Jaime	Turbo M 50-59	OWS 3000m	0938
858	Burton	Scott	Turbo M 50-59	OWS 3000m	0938
859	Chan	Yun Keung	Turbo M 50-59	OWS 3000m	0938
869	Chung	Wan Chiu	Turbo M 50-59	OWS 3000m	0938
860	Farrands	Sam	Turbo M 50-59	OWS 3000m	0938
876	Kehoe	Andrew	Turbo M 50-59	OWS 3000m	0938
861	Kemppainen	Kurt	Turbo M 50-59	OWS 3000m	0938
862	Kong	Paul Tak wa	Turbo M 50-59	OWS 3000m	0938
870	Lau	Kam Tong	Turbo M 50-59	OWS 3000m	0938
863	Morton	Peter	Turbo M 50-59	OWS 3000m	0938

864	Thorley	Ken	Turbo M 50-59	OWS 3000m	0938
873	Tsoi	Kam Muk	Turbo M 50-59	OWS 3000m	0938
865	Tsui	Dominic	Turbo M 50-59	OWS 3000m	0938
866	Campbell	John	Turbo M 60+	OWS 3000m	0938
867	Chan	Fai Ming	Turbo M 60+	OWS 3000m	0938
868	Cheung	Ka Keung, Spencer	Turbo M 60+	OWS 3000m	0938
871	Leung	Chi Hung	Turbo M 60+	OWS 3000m	0938
877	Leung	Tat Wing	Turbo M 60+	OWS 3000m	0938
872	Polson	Ian	Turbo M 60+	OWS 3000m	0938
874	Wan	Charm Fun	Turbo M 60+	OWS 3000m	0938
901	Alexander	Imogen	Flash F 13-15	OWS 1500m	0945
902	Farrands	Inez	Flash F 13-15	OWS 1500m	0945
903	Kehoe	Ellie	Flash F 13-15	OWS 1500m	0945
904	Lau	Ji Ching Venis	Flash F 13-15	OWS 1500m	0945
905	Leven	Anna	Flash F 13-15	OWS 1500m	0945
906	Saunders	Jade	Flash F 13-15	OWS 1500m	0945
907	Adriano	Amanda	Flash F 16-39	OWS 1500m	0945
908	Davies	Estelle	Flash F 16-39	OWS 1500m	0945
910	Dentry	Jennifer	Flash F 16-39	OWS 1500m	0945
909	Gilchrist	Eliza	Flash F 16-39	OWS 1500m	0945
919	Stones	Nichola	Flash F 16-39	OWS 1500m	0945
911	Thorley	Abbey	Flash F 16-39	OWS 1500m	0945
912	Alexander	Kellie	Flash F 40-59	OWS 1500m	0945
913	Chan	Vivian Wai Yan	Flash F 40-59	OWS 1500m	0945
946	Goldberg	Hayley	Flash F 40-59	OWS 1500m	0945
914	Ho	Rina	Flash F 40-59	OWS 1500m	0945
916	Chan	Sau Lin	Flash F 60+	OWS 1500m	0945
917	Chan	Siu Hing	Flash F 60+	OWS 1500m	0945
918	Lam	Yun Kuen	Flash F 60+	OWS 1500m	0945
921	Chan	Yin Hei Christopher	Flash M 13-15	OWS 1500m	0945
922	Henderson	Owen	Flash M 13-15	OWS 1500m	0945
974	Mattoli	Luciano	Flash M 13-15	OWS 1500m	0945

923	McGrath	Connor Nicholas	Flash M 13-15	OWS 1500m	0945
924	Short	Temana	Flash M 13-15	OWS 1500m	0945
925	Swan	Jesse	Flash M 13-15	OWS 1500m	0945
926	Tan	Matthew	Flash M 13-15	OWS 1500m	0945
927	Thorley	Sam	Flash M 13-15	OWS 1500m	0945
928	Turner	Long Long	Flash M 13-15	OWS 1500m	0945
929	Chan	Ho Man Raymond	Flash M 16-39	OWS 1500m	0945
930	Cheung	Chung Lok	Flash M 16-39	OWS 1500m	0945
931	Chung	Ka Kin	Flash M 16-39	OWS 1500m	0945
944	Mullin	Alan	Flash M 16-39	OWS 1500m	0945
932	Ng	Shui Pan	Flash M 16-39	OWS 1500m	0945
933	Wong	Ryan	Flash M 16-39	OWS 1500m	0945
934	Yu	Hang	Flash M 16-39	OWS 1500m	0945
935	Chan	Pan	Flash M 40-59	OWS 1500m	0945
936	Fan	Chi Wai Simon	Flash M 40-59	OWS 1500m	0945
937	Gilchrist	Brian	Flash M 40-59	OWS 1500m	0945
945	Goldberg	Peter	Flash M 40-59	OWS 1500m	0945
938	Hardcastle	Thomas	Flash M 40-59	OWS 1500m	0945
939	Penaloza	Philip	Flash M 40-59	OWS 1500m	0945
940	Slatter	Paul	Flash M 40-59	OWS 1500m	0945
941	Wong	Horace	Flash M 40-59	OWS 1500m	0945
942	Dacre	Bikeman	Flash M 60+	OWS 1500m	0945
943	Geall	Mitch	Flash M 60+	OWS 1500m	0945
951	Chan	Wing Chi Sarah	Girl 8-10	OWS 1500m	0945
952	Chu	Wing Yan	Girl 8-10	OWS 1500m	0945
953	Ng	Yee Wing Ines	Girl 11-12	OWS 1500m	0945
954	Roets	Mia	Girl 11-12	OWS 1500m	0945
955	Tan	Laura	Girl 11-12	OWS 1500m	0945
961	Chan	Wang Hei Terence	Boy 8-10	OWS 1500m	0945
962	Chan	Yu Yam, Ian	Boy 8-10	OWS 1500m	0945
963	Fung	Hong Ching	Boy 8-10	OWS 1500m	0945
964	Hui	Ching Ho	Boy 8-10	OWS 1500m	0945
965	To	Long	Boy 8-10	OWS 1500m	0945

966	Yeung	Chi Kit	Boy 8-10	OWS 1500m	0945
967	Bahamon	Daniel	Boy 11-12	OWS 1500m	0945
968	Coggins	Jasper	Boy 11-12	OWS 1500m	0945
969	Ha	Siu Leung	Boy 11-12	OWS 1500m	0945
970	Hui	Wan Kit	Boy 11-12	OWS 1500m	0945
971	Lau	Yui Hin	Boy 11-12	OWS 1500m	0945
972	Thorley	Bill	Boy 11-12	OWS 1500m	0945
973	Ware	Jack Byron	Boy 11-12	OWS 1500m	0945