

2009 Duathlon Series - Race 3  
Start List (24 April 2009)

Race No	Heat	Category	English Name	Club	Member
221	2	Course A - Female Age-Group 20-29	Stephanie Bina	Sonic Sports Association	Y
222	2	Course A - Female Age-Group 20-29	Echo Huang	Sonic Sports Association	Y
234	2	Course A - Female Age-Group 20-29	Saskia Willenbuecher	Energetic Triathlon Shatin	Y
223	2	Course A - Female Age-Group 30-39	Hui Ka Man	Energetic Triathlon Shatin	Y
224	2	Course A - Female Age-Group 30-39	Lui Shuk Han, Karen	Energetic Triathlon Shatin	Y
225	2	Course A - Female Age-Group 30-39	Susana Campuzano	Sonic Sports Association	Y
226	2	Course A - Female Age-Group 30-39	Chow Sau Yee	Titan Triathlon	Y
227	2	Course A - Female Age-Group 30-39	Wong Suet Fan	Titan Triathlon	Y
228	2	Course A - Female Age-Group 30-39	Lam Lai Po	Titan Triathlon	Y
240	2	Course A - Female Age-Group 30-39	Sarah Wheeler	Tung Chung Sport s Associaiton	Y
229	2	Course A - Female Age-Group 40 & Over	Janet Sy		N
230	2	Course A - Female Age-Group 40 & Over	Lam Sau Kwan	Energetic Triathlon Shatin	Y
231	2	Course A - Female Age-Group 40 & Over	Kimmie Hui	Titan Triathlon	Y
232	2	Course A - Female Age-Group 40 & Over	Chan Siu Yuk	Titan Triathlon	Y
233	2	Course A - Female Age-Group 40 & Over	Yeung Sai Hee	Titan Triathlon	Y
238	2	Course A - Female Age-Group 40 & Over	Tong Yuk Ling, Phoebe	Titan Triathlon	Y
116	2	Course A - Female Elite Open	Cheung Ting Yan	Energetic Triathlon Shatin	Y
117	2	Course A - Male Age-Group 20-24	Chung Ching Man	Ma On Shan Swimming and Triathlon Club	N
118	2	Course A - Male Age-Group 20-24	Au Wing Chun, Endless	Sonic Sports Associaiton	Y
119	2	Course A - Male Age-Group 20-24	Leung Ka Lun	Energetic Triathlon Shatin	Y
120	2	Course A - Male Age-Group 20-24	Leung Siu Kong	Energetic Triathlon Shatin	Y
121	2	Course A - Male Age-Group 20-24	Wan Zhen Hao	Titan Triathlon	Y
122	2	Course A - Male Age-Group 25-29	Chan Kit Bun, Erik	Tung Chung Triathlon Association	Y
123	2	Course A - Male Age-Group 25-29	Tang Wing Kei	Tung Chung Triathlon Associaiton	Y
124	2	Course A - Male Age-Group 25-29	Li Ka Yip	Energetic Triathlon Shatin	Y
126	2	Course A - Male Age-Group 25-29	Justin Persuitti	Hong Kong Dragons Triathlon Club	y
127	2	Course A - Male Age-Group 25-29	Tang Wing Kit		n
128	2	Course A - Male Age-Group 25-29	Ho Ren Hua	Sonic Sports Association	Y
129	2	Course A - Male Age-Group 25-29	Lam Tsz Wai	Energetic Triathlon Shatin	Y
130	2	Course A - Male Age-Group 25-29	Wong Hon Bun, Ryan	Energetic Triathlon Shatin	Y
131	2	Course A - Male Age-Group 25-29	Cheung Sing Long	Energetic Triathlon Shatin	Y
132	2	Course A - Male Age-Group 25-29	Ho Siu Lun	Energetic Triathlon Shatin	Y
133	2	Course A - Male Age-Group 25-29	Lee Yuk Tong	Energetic Triathlon Shatin	Y
134	2	Course A - Male Age-Group 25-29	Wong Ka Ming	Energetic Triathlon Shatin	Y
135	2	Course A - Male Age-Group 25-29	Wong Wai Tung	Energetic Triathlon Shatin	Y
136	2	Course A - Male Age-Group 25-29	Wong Yat Tung	Titan Triathlon	Y
137	2	Course A - Male Age-Group 25-29	Sak Kai Yau	Hoi Ngai Sport Associaiton	Y
138	2	Course A - Male Age-Group 30-34	Tai Tak Wah	Tung Chung Triathlon Association	Y
139	2	Course A - Male Age-Group 30-34	Jarrad Brownlee	Sonic Sports Associaiton	Y

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141	2	Course A - Male Age-Group 30-34	Leung Ka Yi		y
142	2	Course A - Male Age-Group 30-34	Adam Tejpaal		y
143	2	Course A - Male Age-Group 30-34	Frederic Beaujean	Sonic Sports Association	Y
144	2	Course A - Male Age-Group 30-34	Sebastien Stoffel	Sonic Sports Association	Y
145	2	Course A - Male Age-Group 30-34	Cheung Man Kit	Energetic Triathlon Shatin	Y
146	2	Course A - Male Age-Group 30-34	Chow Chi Man	Energetic Triathlon Shatin	Y
147	2	Course A - Male Age-Group 30-34	Lee Yuk Keung	Energetic Triathlon Shatin	Y
148	2	Course A - Male Age-Group 30-34	Li Chun Pong	Energetic Triathlon Shatin	Y
149	2	Course A - Male Age-Group 30-34	Sin Chun Kwong	Energetic Triathlon Shatin	Y
150	2	Course A - Male Age-Group 30-34	Yam Chi Wai	Titan Triathlon	Y
151	2	Course A - Male Age-Group 35-39	Craig Dally	Tung Chung Triathlon Associaiton	Y
152	2	Course A - Male Age-Group 35-39	Richard Hall	Hong Kong Dragon Associaiton	Y
153	2	Course A - Male Age-Group 35-39	Christopher Tong	Sonic Sports Associaiton	Y
155	2	Course A - Male Age-Group 35-39	Cheung Kit Lun		N
156	2	Course A - Male Age-Group 35-39	Cheung Wai Kei		y
157	2	Course A - Male Age-Group 35-39	James Mak		n
158	2	Course A - Male Age-Group 35-39	Ricky Yuen	Health Guide Sports Association Company Limited	n
159	2	Course A - Male Age-Group 35-39	Wong Po Kin, Kent	Sonic Sports Associaiton	Y
160	2	Course A - Male Age-Group 35-39	Lee Kin Lun, Brian	Sonic Sports Association	Y
161	2	Course A - Male Age-Group 35-39	Lee Ming Yeung	Energetic Triathlon Shatin	Y
162	2	Course A - Male Age-Group 35-39	Wong Chung Man	Energetic Triathlon Shatin	Y
163	2	Course A - Male Age-Group 35-39	Wong Hon Wei	Energetic Triathlon Shatin	Y
164	2	Course A - Male Age-Group 35-39	Yeung Wing Yin, Michael	Energetic Triathlon Shatin	Y
166	2	Course A - Male Age-Group 35-39	Wan Ting Yiu, Ricky	Energetic Triathlon Shatin	Y
167	2	Course A - Male Age-Group 35-39	Chan Li	Titan Triathlon	Y
168	2	Course A - Male Age-Group 35-39	Wong Siu Yuen	Titan Triathlon	Y
169	2	Course A - Male Age-Group 35-39	Lai Kin Sun	Titan Triathlon	Y
170	2	Course A - Male Age-Group 35-39	Cheng Wai Ho	Titan Triathlon	Y
171	2	Course A - Male Age-Group 35-39	Yip Shing Yan	Titan Triathlon	Y
172	2	Course A - Male Age-Group 35-39	Lee Yiu Ming	Sonic Sports Associaiton	Y
236	2	Course A - Male Age-Group 35-39	Wah Lun, Alain	Titan Triathlon	Y
173	2	Course A - Male Age-Group 40-44	Lam Kam Ching	Tung Chung Triathlon Associaiton	Y
174	2	Course A - Male Age-Group 40-44	Anthony Pringle	Tung Chung Triathlon Associaiton	Y
175	2	Course A - Male Age-Group 40-44	Kong Yuen Keung	Tung Chung Triathlon Association	Y
176	2	Course A - Male Age-Group 40-44	Mak Wing Yiu		N
177	2	Course A - Male Age-Group 40-44	Christophe Lee	Energetic Triathlon Shatin	Y
178	2	Course A - Male Age-Group 40-44	Chu Wai Leung		n
179	2	Course A - Male Age-Group 40-44	Darren Dunnett	Sonic Sports Association	y
180	2	Course A - Male Age-Group 40-44	Hermann Holst		n

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Race No	Heat	Category	English Name	Club	Member
181	2	Course A - Male Age-Group 40-44	Alwyn Pang	Tung Chung Triathlon Association	y
182	2	Course A - Male Age-Group 40-44	Tong Chi Hung	Energetic Triathlon Shatin	y
183	2	Course A - Male Age-Group 40-44	Wong Bing Yiu		n
184	2	Course A - Male Age-Group 40-44	Wong Kin, Kenny	Energetic Triathlon Shatin	y
185	2	Course A - Male Age-Group 40-44	Yeung Yam Ho	Energetic Triathlon Shatin	y
186	2	Course A - Male Age-Group 40-44	Wong Ho Ming, Edwin	Sonic Sports Association	Y
187	2	Course A - Male Age-Group 40-44	Mak Tak Cheung	Ma On Shan Swimming and Triathlon Club	Y
189	2	Course A - Male Age-Group 40-44	Chan Chik Kin	Energetic Triathlon Shatin	Y
190	2	Course A - Male Age-Group 40-44	Sung Yan Wah	Titan Triathlon	Y
191	2	Course A - Male Age-Group 40-44	Lo Lam Por	Hoi Ngai Sport Associaiton	Y
239	2	Course A - Male Age-Group 40-44	Chiu Kok Fu	Titan Triathlon	Y
192	2	Course A - Male Age-Group 45-49	Chiu Lap Wing	Energetic Triathlon Shatin	Y
193	2	Course A - Male Age-Group 45-49	Rolf Kambli		Y
194	2	Course A - Male Age-Group 45-49	Kwok Sui Wing		y
195	2	Course A - Male Age-Group 45-49	Li Sai Kit		n
196	2	Course A - Male Age-Group 45-49	Li Ka Wo	New Wave Swimming Club	y
197	2	Course A - Male Age-Group 45-49	David John Tonks		n
198	2	Course A - Male Age-Group 45-49	Tsang Hon Min	Sonic Sports Association	y
199	2	Course A - Male Age-Group 45-49	Chan Wai Kee, Eric	Sonic Sports Associaiton	Y
200	2	Course A - Male Age-Group 45-49	Lee Ying Ho	Sonic Sports Association	Y
201	2	Course A - Male Age-Group 45-49	Chan Po Kwok	Ma On Shan Swimming and Triathlon Club	Y
202	2	Course A - Male Age-Group 45-49	Chan Ka Keung	Energetic Triathlon Shatin	Y
203	2	Course A - Male Age-Group 45-49	Chung Lui Hung, Lawrence	Energetic Triathlon Shatin	Y
204	2	Course A - Male Age-Group 45-49	Lam Chi Choi	Titan Triathlon	Y
205	2	Course A - Male Age-Group 45-49	Tsang Chung Ming	Titan Triathlon	Y
207	2	Course A - Male Age-Group 45-49	Choy Ying Keung	Hoi Ngai Sport Associaiton	Y
208	2	Course A - Male Age-Group 45-49	Lam Chi Wing	Hoi Ngai Sport Associaiton	Y
237	2	Course A - Male Age-Group 45-49	Chau Ho Ming	Energetic Triathlon Shatin	Y
206	2	Course A - Male Age-Group 50 -54	Armando Osmani	Titan Triathlon	Y
209	2	Course A - Male Age-Group 50 -54	Yu Kam Choi		N
210	2	Course A - Male Age-Group 50 -54	Wu Chi Wai		Y
211	2	Course A - Male Age-Group 50 -54	Chan Wing Fu		N
212	2	Course A - Male Age-Group 50 -54	Ma Yuk Fu		Y
213	2	Course A - Male Age-Group 50 -54	Philip Penaloza		y
214	2	Course A - Male Age-Group 50 -54	Chan King Yuen	Titan Triathlon	Y
215	2	Course A - Male Age-Group 50 -54	Wong Kwok Wah	Titan Triathlon	Y
216	2	Course A - Male Age-Group 55& Over	Ian Brownlee	Sonic Sports Association	y
217	2	Course A - Male Age-Group 55& Over	Chan Fai Ming		y
218	2	Course A - Male Age-Group 55& Over	Christopher Gunns	Hong Kong Dragons Triathlon Club	y

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Race No	Heat	Category	English Name	Club	Member
219	2	Course A - Male Age-Group 55& Over	Lau Shiu Lon	Energetic Triathlon Shatin	Y
220	2	Course A - Male Age-Group 55& Over	Chan Ho Kee	Titan Triathlon	Y
110	2	Course A - Male Elite Open	Ho King Fun	Titan Triathlon	Y
111	2	Course A - Male Elite Open	Hsieh Chun Shing, Jason	Titan Triathlon	Y
112	2	Course A - Male Elite Open	James McCurdy		Y
113	2	Course A - Male Elite Open	Chan Ye Ko, Ricco	Energetic Triathlon Shatin	Y
114	2	Course A - Male Elite Open	Lau Ching Yin, Lemuel	Energetic Triathlon Shatin	Y
115	2	Course A - Male Elite Open	Leung Ching Yin, Samuel	Titan Triathlon	Y
1	1	Course B - Male Elite Junior	Perry Wong	Energetic Triathlon Shatin	Y
2	1	Course B - Male Elite Junior	Wong Ka Ho, Vicko	Titan	Y
3	1	Course B - Male Elite Junior	Ng Ka Lok, Jason	Energetic Triathlon Shatin	Y
4	1	Course B - Male Elite Junior	Li Tsz Hei	Energetic Triathlon Shatin	Y
6	1	Course B - Male Elite Junior	Law Leong Tim		Y
7	1	Course B - Male Elite Junior	Cheung Tsz Hei	Energetic Triathlon Shatin	Y
8	1	Course B - Male Elite Junior	Sin Long Hin	Titan Triathlon	Y
9	1	Course B - Male Elite Junior	Lo Kin Cheung	Ma On Shan Swimming and Triathlon Club	Y
10	1	Course B - Male Elite Junior	Chan Chun Lung, Alan	Titan Triathlon	Y
5	1	Course B - Female Elite Junior	Lam Sin Ching	Compass Sports Association	Y
11	1	Course B - Female Elite Junior	Wan Tsz Ching	Energetic Triathlon Shatin	Y
12	1	Course B - Female Elite Junior	Wu Sum Yi	Energetic Triathlon Shatin	Y
13	1	Course B - Female Elite Junior	Naomi Wai	Titan Triathlon	Y
109	1	Course B - Female Elite Junior	Choi Yan Yin	Energetic Triathlon Shatin	
76	1	Course B - Female Junior	Chan Long Ching		Y
80	1	Course B - Female Junior	Lo Si Wing	Ma On Shan Swimming and Triathlon Club	Y
81	1	Course B - Female Junior	Chan Lok Yi	Energetic Triathlon Shatin	Y
82	1	Course B - Female Junior	Lee Yuk Ying	Titan Triathlon	Y
83	1	Course B - Female Junior	Mok Nga Ting	Titan Triathlon	Y
84	1	Course B - Female Open	Lisa Ziebart		y
85	1	Course B - Female Open	Tong Carlay	Energetic Triathlon Shatin	Y
86	1	Course B - Female Open	Phoebe Tang	Titan Triathlon	Y
87	1	Course B - Female Open	Leung Shuk Kuen	Titan Triathlon	Y
88	1	Course B - Female Open	Yip Kwan Yau	Titan Triathlon	Y
125	1	Course B - Female Open	Ann Gillian Chu	Energetic Triathlon Shatin	Y
89	1	Course B - Female Veteran	Cheung Yuk Kam	Energetic Triathlon Shatin	Y
14	1	Course B - Male Junior	Leung Pok Yin	Energetic Triathlon Shatin	Y
15	1	Course B - Male Junior	Lau Tsun Ling	Titan Triathlon	Y
16	1	Course B - Male Junior	Cheung Tsz Kit	Energetic Triathlon Shatin	Y
17	1	Course B - Male Junior	Luk Hong Sze		y
18	1	Course B - Male Junior	Wong Hui Wai	Energetic Triathlon Shatin	Y

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19	1	Course B - Male Junior	Leung Tsz Chun	Energetic Triathlon Shatin	Y
20	1	Course B - Male Junior	Li Cheuk Ki	Energetic Triathlon Shatin	Y
21	1	Course B - Male Junior	Cheng Tsz Yeung	Titan Triathlon	Y
22	1	Course B - Male Junior	Au Chi Hin	Titan Triathlon	Y
23	1	Course B - Male Junior	Cheung Ling Fung	Titan Triathlon	Y
24	1	Course B - Male Junior	Chow Yat Sing	Titan Triathlon	Y
25	1	Course B - Male Junior	Chu King Long	Titan Triathlon	Y
26	1	Course B - Male Junior	Andrew Fawls	Titan Triathlon	Y
27	1	Course B - Male Junior	Fung King Hong	Titan Triathlon	Y
28	1	Course B - Male Junior	Hui Siu Kit	Titan Triathlon	Y
29	1	Course B - Male Junior	Jorge Kento	Titan Triathlon	Y
30	1	Course B - Male Junior	Justin Kiatrongcharoen	Titan Triathlon	Y
31	1	Course B - Male Junior	Shaun Kiatvongcharoen	Titan Triathlon	Y
32	1	Course B - Male Junior	Kun Chi Hin	Titan Triathlon	Y
33	1	Course B - Male Junior	Kwok Wing Kan	Titan Triathlon	Y
34	1	Course B - Male Junior	Lai Ching Ho	Titan Triathlon	Y
35	1	Course B - Male Junior	Lau Kwun Ki	Titan Triathlon	Y
36	1	Course B - Male Junior	Lau Chak Fung	Titan Triathlon	Y
37	1	Course B - Male Junior	Lee Yik Hin	Titan Triathlon	Y
38	1	Course B - Male Junior	Leung Yat Yin	Titan Triathlon	Y
39	1	Course B - Male Junior	Leung Yat Lai	Titan Triathlon	Y
40	1	Course B - Male Junior	Leung Fu Kwong	Titan Triathlon	Y
41	1	Course B - Male Junior	Li Chun Ting	Titan Triathlon	Y
42	1	Course B - Male Junior	Lo Man Lap	Titan Triathlon	Y
43	1	Course B - Male Junior	Lui Hei Yeung	Titan Triathlon	Y
44	1	Course B - Male Junior	Sam Brian Mitchelmore	Titan Triathlon	Y
45	1	Course B - Male Junior	Ng Tsz Kit	Titan Triathlon	Y
46	1	Course B - Male Junior	Poon Lik Shing	Titan Triathlon	Y
47	1	Course B - Male Junior	Siu Ming Kit	Titan Triathlon	Y
48	1	Course B - Male Junior	Tang Ho Fai	Titan Triathlon	Y
49	1	Course B - Male Junior	Tong Lai Hin	Titan Triathlon	Y
50	1	Course B - Male Junior	Tung Tak Ho	Titan Triathlon	Y
51	1	Course B - Male Junior	Wu Tsz Lok	Titan Triathlon	Y
52	1	Course B - Male Junior	Yim Ho Wai	Titan Triathlon	Y
53	1	Course B - Male Junior	Yu Kin Hei	Titan Triathlon	Y
54	1	Course B - Male Junior	Chiu Wai Chun	Titan Triathlon	Y
55	1	Course B - Male Junior	Mok Wai Chuen	Titan Triathlon	Y
56	1	Course B - Male Junior	Chan Hon Man, Alfred		Y
57	1	Course B - Male Junior	Chan Hok Man, Arthur		Y

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58	1	Course B - Male Junior	Chu Long San, Elvis	Energetic Triathlon Shatin	Y
59	1	Course B - Male Junior	Nam Pok Lai, Ryan	Compass Sports Associaiton	Y
108	1	Course B - Male Junior	Leung Po Yan	Titan Triathlon	
60	1	Course B - Male Open	Chan Ka Lun		n
61	1	Course B - Male Open	Chan Sui Fung		n
62	1	Course B - Male Open	Gary Tiu	Energetic Triathlon Shatin	Y
63	1	Course B - Male Open	Cheung Cheuk Wah	Energetic Triathlon Shatin	Y
64	1	Course B - Male Open	Lam Chung Kei	Titan Triathlon	Y
65	1	Course B - Male Open	Lok Lam Fung	Titan Triathlon	Y
66	1	Course B - Male Open	Tang King Man	Titan Triathlon	Y
67	1	Course B - Male Open	Kevin Clark	Energetic Triathlon Shatin	Y
68	1	Course B - Male Open	Tsoi Chun Ming	Energetic Triathlon Shatin	Y
77	1	Course B - Male Open	Lin On Tai Anthony		n
78	1	Course B - Male Open	So Che Fung		n
79	1	Course B - Male Open	Yung Leong Sang	Titan Triathlon	y
140	1	Course B - Male Open	Ho Kam Tim		N
154	1	Course B - Male Open	Leung Tsz Wing		N
165	1	Course B - Male Open	So Chi Wai	Energetic Triathlon Shatin	Y
188	1	Course B - Male Open	Wan Shu Wah, Jimmy	Energetic Triathlon Shatin	Y
69	1	Course B - Male Veteran	Chow Chiu Kin		N
70	1	Course B - Male Veteran	Poon Siu Man	Titan Triathlon	Y
71	1	Course B - Male Veteran	Chow Sai Kin	Titan Triathlon	Y
72	1	Course B - Male Veteran	Chau Sai Ho	Titan Triathlon	Y
73	1	Course B - Male Veteran	Lau Siu Kan	Titan Triathlon	Y
74	1	Course B - Male Veteran	Wong Yin Cheong	Titan Triathlon	Y
75	1	Course B - Male Veteran	Ma Chi Po	Titan Triathlon	Y
102	1	Course C - Female Open (Mountain Bike)	Lui Lai-han Dennex	Energetic Triathlon Shatin	Y
103	1	Course C - Female Open (Mountain Bike)	Ng Lai Ming	Energetic Triathlon Shatin	Y
235	1	Course C - Female Open (Mountain Bike)	Ho Kit Ying	Titan Triathlon	Y
90	1	Course C - Male Junior (Mountain Bike)	Choi Sze Kam	Energetic Triathlon Shatin	Y
107	1	Course C - Male Junior (Mountain Bike)	Yim Ho Yin	Titan Triathlon	Y
91	1	Course C - Male Open (Mountain Bike)	Chan Yuk Fai		N
92	1	Course C - Male Open (Mountain Bike)	To Chun Leung Eric		n
93	1	Course C - Male Open (Mountain Bike)	Chow Hoi Tat	Titan Triathlon	Y
105	1	Course C - Male Open (Mountain Bike)	Ho Kam Tong		N
106	1	Course C - Male Open (Mountain Bike)	Tsang Wai Leam		N
94	1	Course C - Male Veteran (Mountain Bike)	Chau Chak Wai		N
95	1	Course C - Male Veteran (Mountain Bike)	Li Chi Leung		N
96	1	Course C - Male Veteran (Mountain Bike)	Wong Yuk Sing		N

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97	1	Course C - Male Veteran (Mountain Bike)	Chang King Fun	Titan Triathlon	Y
98	1	Course C - Male Veteran (Mountain Bike)	Lau Chi Wai		n
99	1	Course C - Male Veteran (Mountain Bike)	Chan Kun Ying	Energetic Triathlon Shatin	Y
100	1	Course C - Male Veteran (Mountain Bike)	Tsoi Hon Kuen	Energetic Triathlon Shatin	Y
101	1	Course C - Male Veteran (Mountain Bike)	Wong Tak Wah, Edward	Energetic Triathlon Shatin	Y
104	1	Course C - Male Veteran (Mountain Bike)	Chan Kwong Ming		N
			Fong Chi Wai	Titan Triathlon	Y