

TriHK 2014 Aquathon Series Award

Eligibility: Athletes must have participated and finished in 3 of the Aquathon races.

Trophies will be awarded to the top 3 competitors with the highest overall score in each category.

Pos	Name	Category	No of Races	Total Time	AQ1	AQ2	AQ3	AQ4	AQ5	Aquathon Points
1	Lai Chun Ming	Boys 1999	5	01:11:14	90.48	100	100	118.18	77.78	486.44
2	Angus Chow	Boys 1999	5	01:15:06	95.24	75	90	106.37	88.89	455.5
3	Chow Ching Hung	Boys 1999	4	01:01:17	80.95	87.5	80	94.55		343
4	Anthony Ng Ho Yin	Boys 1999	5	01:21:41	61.9	62.5	70	59.09	55.56	309.05
5	Tse Tsz Kam	Boys 1999	4	01:04:02	85.71	37.5		82.73	66.67	272.61
6	Chui Shing Hang	Boys 1999	4	01:05:17	57.14		60	70.92	22.22	210.28
7	Lee Yuk Lam	Boys 1999	3	00:46:23	66.67		40	35.45		142.12
8	Wong Yat Long	Boys 1999	5	01:33:37	33.33	12.5	30	11.82	44.44	132.09
9	Chan Kwun Chung	Boys 1999	3	00:57:34	47.62	25	50			122.62
10	Cheng Tat Him	Boys 1999	3	01:17:20	4.76		10		11.11	25.87
1	Long Long Turner	Boys 2000	5	01:11:06	100	100	100	130	100	530
2	Chung Siu Ting	Boys 2000	5	01:16:23	96.15	93.33	92.31	120	89.47	491.26
3	Cheung Chin To	Boys 2000	5	01:26:06	92.31	46.67	84.62	100	78.95	402.55
4	Cheng Ming Tsun	Boys 2000	4	01:11:07	53.85	60		90	73.68	277.53
5	Wong Ching Nam	Boys 2000	4	01:12:21		66.67	76.92	70.01	57.89	271.49
6	Tsang Tsz Nok	Boys 2000	5	01:37:11	46.15	53.33	61.54	60	36.84	257.86
7	Chau Lok Hang	Boys 2000	4	01:10:52	57.69		46.15	50	47.37	201.21
8	Lau Yik Wan	Boys 2000	5	01:41:57	38.46	40	30.77	30	42.11	181.34
9	Tse Long Kiu	Boys 2000	4	01:31:09	30.77	20		19.99	31.58	102.34
10	Ryan Cheng Hon Yin	Boys 2000	4	01:38:56	19.23	33.33	7.69		26.32	86.57
1	Sung Ho Hin	Boys 2001	5	01:18:16	92	83.33	78.57	112.67	75	441.57
2	Lee Siu Fu	Boys 2001	4	00:59:05	100	100		121.33	83.33	404.66
3	Wong Ka Hei	Boys 2001	4	00:57:30	96		92.86	104	100	392.86
4	Angus Li Tsz Ho	Boys 2001	4	00:59:43		91.67	100	130	66.67	388.34
5	Lau Chung Hei	Boys 2001	5	01:23:59	84	66.67	64.29	86.67	58.33	359.96
6	Hung Tik Long	Boys 2001	3	00:44:52			71.43	95.33	91.67	258.43
7	So Chun Hei	Boys 2001	4	01:11:51	80		35.71	69.33	41.67	226.71
8	Ng Lok Him	Boys 2001	3	00:56:36	76	75	57.14			208.14
9	Cheung Kam Lun	Boys 2001	4	01:25:31	40	41.67	28.57		50	160.24
10	Yu Bai Xi	Boys 2001	3	01:05:02	28	50	50			128
11	Justin Christian Lau	Boys 2001	5	01:57:26	36	25	14.29	17.33	16.67	109.29
12	Samuel To Ming Chung	Boys 2001	3	01:12:04		16.67	21.43	26		64.1
1	Or Chun Yin	Boys 2002	5	01:21:58	95.92	100	71.43	125.19	95.45	487.99
2	Tao Chun Ngok	Boys 2002	5	01:22:55	83.67	89.47	100	120.37	90.91	484.42
3	Aidan Ho Hin Long	Boys 2002	5	01:23:05	100	94.74	66.67	130	77.27	468.68
4	Nigel Wong Long Ching	Boys 2002	5	01:25:41	89.8	78.95	85.71	96.29	72.73	423.48
5	Christopher Chan Yin Hei	Boys 2002	4	01:06:57	87.76	84.21	90.48	110.75		373.2
6	Ng Chi Kin	Boys 2002	4	01:10:38	79.59	52.63		105.92	100	338.14
7	Shum Kin Hang	Boys 2002	4	01:11:53		57.89	95.24	72.23	86.36	311.72
8	Chan Chun Hin	Boys 2002	4	01:11:31	85.71	68.42	61.9	91.48		307.51
9	Linus So Long Yin	Boys 2002	4	01:14:47	71.43	42.11	80.95	77.04		271.53
10	Cheng Ngo Lung	Boys 2002	3	00:51:44	81.63	73.68		115.56		270.87
11	Geoffrey Ng You Hooi	Boys 2002	3	00:48:16	77.55		76.19	101.11		254.85
12	Lorenzo Tripodoro	Boys 2002	3	00:48:07	75.51			86.67	81.82	244
13	Chan Chi Chun	Boys 2002	4	01:15:54	61.22	63.16	57.14	48.15		229.67
14	Ng Sheung Man	Boys 2002	3	00:57:37	73.47	47.37		67.41		188.25
15	Tiger Fung Ho Yin	Boys 2002	4	01:24:41	53.06		47.62	38.52	25	164.2
16	Lin Chun	Boys 2002	3	01:01:14		31.58	52.38	57.77		141.73
17	Yeung Wing Kit	Boys 2002	5	01:58:06	24.49	21.05	28.57	19.25	45.45	138.81
18	Terry Mak Ho Chit	Boys 2002	3	01:05:32	69.39	26.32	42.86			138.57
19	Wong Yat Chun	Boys 2002	3	01:00:54			23.81	33.71	54.55	112.07
20	Chan Yin On	Boys 2002	4	01:40:04		5.26	33.33	24.08	40.91	103.58
21	Wilton Chik	Boys 2002	3	01:21:34	42.86	15.79	4.76			63.41
1	Sin Hok Leung	Boys 2003	5	00:57:13	100	100	100	130	100	530
2	Anson Chu Man Shing	Boys 2003	4	00:50:26	98.18	83.33	95.45	123.5		400.46
3	Julian Chow Ching Hei	Boys 2003	4	00:45:14	96.36	91.67		117	90	395.03
4	To Chung Yin	Boys 2003	5	01:15:13	80	25	90.91	97.5	85	378.41
5	Lau Tsun Hei	Boys 2003	4	01:01:32		58.33	72.73	104	95	330.06
6	Wyat Leung Wai Hang	Boys 2003	4	00:59:42	87.27	66.67	81.82	91		326.76
7	William Lau	Boys 2003	5	01:20:01	78.18	16.67	63.64	78	85	321.49
8	Leung Chun Wong	Boys 2003	4	01:02:18	94.55	41.67	86.36	84.5		307.08
9	Law Chun Hei	Boys 2003	5	01:19:43	40	33.33	45.45	52	75	245.78
10	Sean Woo	Boys 2003	4	01:04:40	76.36	50	59.09	58.5		243.95
11	Chan Chak Hang	Boys 2003	3	00:44:14	89.09		68.18	65		222.27
12	Chan Tsz Lok	Boys 2003	3	00:41:11	69.09		50		70	189.09

13	Yung Pu Yu	Boys 2003	4	01:08:09	12.73		36.36	45.5	55	149.59
14	Chow Hoi Yui	Boys 2003	3	00:44:21	34.55			26	30	90.55
15	Yau Wing Yat	Boys 2003	3	00:49:36	25.45			13	45	83.45
16	Wong Kin To	Boys 2003	4	01:19:40	18.18		4.55	39	20	81.73
17	Chan Chun Yip	Boys 2003	3	01:20:20	3.64		18.18	6.5		28.32
1	Nick Yip Tak Long	Boys 2004	5	01:00:32	100	100	100	130	97.87	527.87
2	Jay Lee Chun Yin	Boys 2004	5	01:05:22	96.67	84.62	93.55	126.28	95.74	496.86
3	Ho Chung Hin	Boys 2004	5	01:04:34	95	92.31	96.77	118.86	89.36	492.3
4	Chan Yin Lok	Boys 2004	5	01:06:31	98.33	69.23	80.65	115.14	100	463.35
5	Hui Wan Kit	Boys 2004	5	01:08:07	93.33	73.08	74.19	122.58	93.62	456.8
6	Cheng Long Ching	Boys 2004	5	01:09:24	78.33	65.38	87.1	111.42	76.6	418.83
7	Tsang Tsz Yau	Boys 2004	4	00:53:46	80	88.46	70.97		85.11	324.54
8	Lo Tin Shun	Boys 2004	5	01:18:42	75	15.38	64.52	81.72	72.34	308.96
9	Sunny Siu Heung San	Boys 2004	4	00:54:52	83.33	96.15	54.84		57.45	291.77
10	Ngan Lok Tin	Boys 2004	5	01:20:20	71.67	19.23	45.16	78	68.09	282.15
11	Lucan Ching	Boys 2004	4	00:54:56	68.33	80.77	67.74		63.83	280.67
12	Philomon Neil Tang	Boys 2004	4	00:53:44	50	53.85		100.28	70.21	274.34
13	Gerard Poon	Boys 2004	4	00:55:59	76.67	42.31		70.58	55.32	244.88
14	Andrew To Ming Chun	Boys 2004	3	00:51:20		61.54	83.87	96.58		241.99
15	Alam Yeung Shun	Boys 2004	4	00:58:51	58.33		51.61	74.28	48.94	233.16
16	Lau Pak Muk	Boys 2004	3	00:46:34		76.92	61.29		91.49	229.7
17	Lai Hiu Long	Boys 2004	3	00:45:34	86.67	46.15	90.32			223.14
18	Lam Siu Hang	Boys 2004	4	01:08:59	51.67	50	41.94	63.14		206.75
19	Kam Ho Tin	Boys 2004	3	00:36:48	13.33			107.72	78.72	199.77
20	Michaelis Saar	Boys 2004	3	00:38:06	68.33			48.28	61.7	178.31
21	Zachary Too Jin Le	Boys 2004	4	01:02:29	40		32.26	66.86	36.17	175.29
22	Lau Ho Nam	Boys 2004	5	01:27:07	43.33	7.69	48.39	22.28	46.81	168.5
23	Harry Healy	Boys 2004	3	00:38:38	53.33	57.69			55.32	166.34
24	Chau Hui Lap	Boys 2004	4	01:11:38	46.67	38.46	25.81	33.42		144.36
25	Chiu Cheuk Kiu	Boys 2004	3	00:51:00	70	11.54		59.42		140.96
26	Tsui Tsz Ming	Boys 2004	4	01:13:27	43.33	26.92	35.48	26		131.73
27	Lam Chin Hin	Boys 2004	4	01:05:23	31.67		16.13	37.14	40.43	125.37
28	Li Ka Hei	Boys 2004	5	01:32:32	20	3.85	38.71	29.72	21.28	113.56
29	Liu Chak Lam	Boys 2004	3	00:45:33	35		29.03		46.81	110.84
30	Wong Wai Ching	Boys 2004	3	01:03:55		30.77	22.58	18.58		71.93
31	Chan Kin Wai	Boys 2004	4	01:18:18	5		3.23	11.14	38.3	57.67
32	Tsang Ho Yin	Boys 2004	3	01:02:57			9.68	14.86	8.51	33.05
33	Cheng Hon Ching	Boys 2004	3	00:53:21	15		6.45		10.64	32.09
1	Dewey Shiu	Boys 2005	5	01:15:22	89.19	72.73	75	95.78	89.66	422.36
2	To Hon Ming	Boys 2005	5	01:19:42	91.89	36.36	100	82.11	100	410.36
3	To Long	Boys 2005	4	01:03:37		81.82	85	123.16	93.1	383.08
4	Leung Yuk Fung	Boys 2005	4	00:52:35	89.19	90.91		109.47	79.31	368.88
5	Chan Pak Hoi	Boys 2005	4	01:04:00		100	90	68.42	82.76	341.18
6	Curtis Chiu Chung Kiu	Boys 2005	4	00:58:28	94.59		50	102.64	86.21	333.44
7	Choi Yik Lam	Boys 2005	3	00:45:03			95	130	96.55	321.55
8	Marvin Lin	Boys 2005	3	00:44:41	100		80	116.31		296.31
9	Leung Ka Yui	Boys 2005	5	01:28:33	81.08	45.45	20	47.89	68.97	263.39
10	Matthew Chung Man Wah	Boys 2005	4	01:12:50	83.78	18.18	65	75.26		242.22
11	Bryan Wong	Boys 2005	3	00:39:08	64.86			88.95	48.28	202.09
12	Yau Ping Cheung	Boys 2005	5	01:30:38	59.46	9.09	35	41.05	44.83	189.43
13	Choi Siu Hang	Boys 2005	3	00:50:11	75.68		45	54.74		175.42
14	Vico Lau Hoi Yat	Boys 2005	3	00:47:39	51.35	27.27			41.38	120
15	Bosco Lam Hon Man	Boys 2005	3	00:54:10	18.92			6.84	3.45	29.21
1	Fung Hong Ching	Boys 2006	5	01:10:09	100	100	100	130	100	530
2	Sean Yip Tsz Hin	Boys 2006	5	01:15:12	94.12	71.43	88.89	122.77	96.15	473.36
3	Hui Ching Ho	Boys 2006	5	01:21:18	97.06	57.14	66.67	115.56	92.31	428.74
4	Wong Tsun Hei	Boys 2006	5	01:22:33	91.18	42.86	77.78	93.89	88.46	394.17
5	Liu King Tin	Boys 2006	4	01:02:25	70.59		55.56	79.44	73.08	278.67
6	Chui Tsz Kan	Boys 2006	3	00:37:39	67.65			108.33	84.62	260.6
7	Chak Yat Kiu	Boys 2006	3	00:36:36	32.35	85.71		101.11		219.17
8	Bobby Wan Chak Lam	Boys 2006	3	00:41:59	58.82			65	61.54	185.36
9	Cheng Yue Hin	Boys 2006	3	00:57:30	82.35		22.22	72.23		176.8
10	Li Wai Ching	Boys 2006	3	00:42:15	82.35			50.56	42.31	175.22
11	Cheung Ka Wang	Boys 2006	3	00:53:30		28.57		86.67	57.69	172.93
12	Fu Pak Him	Boys 2006	3	00:44:39	11.76			57.77	50	119.53
13	Chau Hui Yat	Boys 2006	4	01:16:02	26.47		11.11	28.89	42.31	108.78
1	Kwan Ka Wan	Female 20-24	4	02:32:25	66.67	50		86.67	100	303.34
1	Winnie Chan	Female 25-29	4	02:52:31	66.67	100		65	25	256.67
2	Wong Yu Ting	Female 25-29	3	01:13:59	33.33			117	62.5	212.83
1	Sophia Lai	Female 30-34	3	01:19:14	100			130	100	330
2	Katherine Gatherer	Female 30-34	4	02:20:59	87.5	60		65	83.33	295.83
3	Wu Ka Wing	Female 30-34	3	01:37:38	81.25	100		97.5		278.75

1	Michelle Lau	Female 35-39	4	02:30:46	100	77.78		106.37	50	334.15
2	Rachel Tam Fong Wai	Female 35-39	3	01:58:12		88.89		118.18	83.33	290.4
3	Kellie Counsel	Female 35-39	3	01:53:50	92.31	100		82.73		275.04
4	Shirley Yam Wai Chi	Female 35-39	4	02:38:39	76.92	44.44		70.92	66.67	258.95
5	Amy Hui Ka Man	Female 35-39	3	02:04:03	84.62	66.67			16.67	167.96
6	Jerry Cheng Wing Sze	Female 35-39	3	02:14:24		22.22		59.09	33.33	114.64
1	Karen Lui Shuk Han	Female 40-44	4	02:21:11	100	100		130	100	430
2	Katrin Buchta	Female 40-44	3	01:59:09	83.33	75			90	248.33
3	Selina Leung Wing Sau	Female 40-44	4	02:45:23	75	50		65	50	240
4	Leung Yim Ting	Female 40-44	3	02:08:56	58.33	25			80	163.33
1	Peggy Lai Pik Kee	Female 45-49	4	02:41:27	57.14	100		130	80	367.14
2	Wu Mei Ling	Female 45-49	4	02:51:55	71.43	33.33		65	60	229.76
1	Lynda Coggins	Female 50-54	4	02:14:27	100	100		130	100	430
2	Janet Sy	Female 50-54	4	02:47:37	71.43	75		78	83.33	307.76
3	Tam Yuen Hung	Female 50-54	3	02:28:40	42.86	50		26		118.86
1	Wong Shun Ying	Female 55-59	4	03:04:52	100	100		130	100	430
1	Chow Kit Bing	Female 60 & Over	4	03:19:26	100	100		130	50	380
2	Frances Lam Siu Ling	Female 60 & Over	3	01:24:33	50			37.14	100	187.14
1	Chelsea Hung Cheuk Yi	Female Elite Junior	4	01:22:26	100	100	66.67	130		396.67
2	Tam Nga Man	Female Elite Junior	5	01:53:43	50	33.33	33.33	43.33	100	259.99
3	Vanessa Ng	Female Elite Junior	3	01:08:44		66.67	100	86.67		253.34
1	Tsang Ka Hung	Female Junior	5	01:46:57	100	100	100	130	100	530
2	Eliza Gilchrist	Female Junior	3	01:16:09		85.71		97.5	80	263.21
3	Fu Chiu Man	Female Junior	3	01:22:41		57.14	66.67	65		188.81
4	Lee Wing Sum	Female Junior	4	01:51:42	50	42.86		48.75	40	181.61
1	Kelly Law	Female Youth Open	3	01:11:44	62.5	100			75	237.5
2	Imogen Alexander	Female Youth Open	4	01:37:28	75	50		43.33	50	218.33
1	Nicola Gabrielle Ho	Girls 1999	4	01:11:28	90	100	100	130		420
2	Lau Pik Sum	Girls 1999	4	01:13:08	80		75	115.56	80	350.56
3	Kelly Chan Ka Yee	Girls 1999	4	01:14:34	70	66.67		101.11	100	337.78
4	Tang Sin Laam	Girls 1999	3	00:59:40	40			57.77	60	157.77
5	Or Siu Kwan	Girls 1999	3	01:06:51			25	43.33	20	88.33
1	Aneekah Styles	Girls 2000	4	01:04:52	100	100	88.89	130		418.89
2	Chau Man Wing	Girls 2000	5	01:37:57	90.91	75	77.78	59.09	62.5	365.28
3	Ivy Lam Yee Ching	Girls 2000	3	00:48:45			100	118.18	100	318.18
4	Chan Hei Man	Girls 2000	4	01:16:14		85.71	66.67	94.55	50	296.93
5	Lauren Faith Lau	Girls 2000	4	01:26:03	27.27		11.11	35.45	25	98.83
1	Wong Ching Lam	Girls 2001	5	01:19:50	100	100	100	130	100	530
2	Leung Ka Ching	Girls 2001	4	01:08:24	80	85.71		113.75	90.91	370.37
3	Anjali Khemlyani	Girls 2001	4	01:09:49	90		50	97.5	81.82	319.32
4	Ho Cheuk Yu	Girls 2001	3	01:01:40		71.43	87.5		63.64	222.57
5	Stefanie Yu Pui Ming	Girls 2001	4	01:16:38	40		37.5	65	54.55	197.05
6	Lee Sze Wing	Girls 2001	3	00:54:39	70		62.5	48.75		181.25
7	Kira Kuok Kwan Yee	Girls 2001	3	01:07:00	50	42.86	25			117.86
1	Ho Pui Kei	Girls 2002	5	01:21:53	100	100	100	121.88	91.67	513.55
2	Chan Hiu Yee	Girls 2002	5	01:23:27	96.3	92.86	92.31	130	100	511.47
3	Chan Hoi Ching	Girls 2002	5	01:29:23	81.48	85.71	76.92	105.63	66.67	416.41
4	Venis Lau Ji Ching	Girls 2002	5	01:32:34	74.07	50	69.23	89.38	58.33	341.01
5	Cheung Cheuk Lam	Girls 2002	4	01:12:36		57.14	84.62	113.75	83.33	338.84
6	Ng Yan Wa	Girls 2002	5	01:34:09	70.37	64.29	61.54	97.5	41.67	335.37
7	Arianna Shoranye Chan	Girls 2002	3	00:49:18	88.89			81.25	75	245.14
8	Leung Fuk Yee	Girls 2002	3	01:01:43	40.74	42.86		65		148.6
9	Hui Yat Nga	Girls 2002	3	00:58:31	44.44		38.46		50	132.9
10	Wong Chung Man	Girls 2002	3	00:55:25	48.15			40.63	33.33	122.11
11	Alison Liu Sin Hang	Girls 2002	3	01:07:19		21.43		56.88	25	103.31
12	Tsang Sze Ching	Girls 2002	4	01:33:39	22.22	28.57	30.77	8.13		89.69
1	Ashley Chan	Girls 2003	5	01:05:10	87.88	72.73	76.92	121.33	92.31	451.17
2	Gaile Lai Lok Yee	Girls 2003	5	01:02:35	100	63.64	100	86.67	100	450.31
3	Ines Ng Yee Wing	Girls 2003	5	01:03:30	84.85	90.91	92.31	95.33	84.62	448.02
4	Ho Hiu Yui	Girls 2003	4	00:54:29	90.91	81.82	84.62	112.67		370.02
5	Mia Roets	Girls 2003	3	00:33:50	96.97	100		130		326.97
6	Jennifer Lam Chak Yan	Girls 2003	5	01:16:21	48.48	36.36	53.85	60.67	61.54	260.9
7	Wong Ka Suet	Girls 2003	4	01:25:16	51.52	18.18	46.15	52	38.46	206.31
8	Leung Kuang Qiao	Girls 2003	4	00:54:01	45.45	27.27		78	53.85	204.57
9	Scarlet Lee	Girls 2003	3	00:44:06	78.79	54.55	61.54			194.88
10	Hillary Chan Hiu Laam	Girls 2003	3	00:51:56	54.55		15.38	43.33		113.26
11	Ocean Chan Hoi Yeung	Girls 2003	3	00:49:07	24.24	9.09			23.08	56.41
1	Kan Hoi Ching	Girls 2004	5	01:05:04	100	100	90.91	130	56.52	477.43
2	Shum Ching Yu	Girls 2004	5	01:09:53	97.22	62.5	63.64	91	95.65	410.01
3	Quincy Au Che Yiu	Girls 2004	5	01:09:42	83.33	37.5	81.82	104	73.91	380.56
4	Beatriz Wong Hang Wing	Girls 2004	5	01:12:26	91.67	50	54.55	65	86.96	348.18
5	Yip Tsz Yan	Girls 2004	3	00:34:12	83.33			117	78.26	278.59

	6	Kwok Yuen Ching	Girls 2004		4	01:02:20	88.89	75	36.36	78			278.25
	7	Laura Tan	Girls 2004		4	01:08:04		25	45.45	52	60.87		183.32
	8	Katie Lau Kai Yee	Girls 2004		4	01:03:16	44.44	12.5		13	26.09		96.03
	9	Waters Teo	Girls 2004		3	00:49:46	27.78		18.18		34.78		80.74
	1	Tamsin Liberty Dales	Girls 2005		5	01:10:07	100	57.14	100	117	82.35		456.49
	2	Sarah Chan Wing Chi	Girls 2005		5	01:12:18	92	100	60	130	52.94		434.94
	3	Barbara Carol Cheung	Girls 2005		5	01:12:16	88	71.43	80	91	94.12		424.55
	4	Lee Sam Wai	Girls 2005		5	01:14:47	84	28.57	90	65	100		367.57
	5	Choi Chak Yan	Girls 2005		5	01:15:49	72	42.86	70	104	76.47		365.33
	6	Chloe Chick	Girls 2005		5	01:20:29	64	14.29	50	52	88.24		268.53
	7	Iyana Lau	Girls 2005		4	00:59:49	56		40	78	64.71		238.71
	8	Nicolas Wong Tak Nga	Girls 2005		4	01:10:19	52		30	39	41.18		162.18
	9	Cheung Wai Yan	Girls 2005		3	00:45:22	40			26	47.06		113.06
	10	Stephy Yu Pui Hung	Girls 2005		4	01:32:29	12	20	20	13			65
	1	Samantha Chau	Girls 2006		5	01:16:43	100	100	100	130	81.82		511.82
	2	Wong Hoi Wai	Girls 2006		5	01:25:37	73.33	60	33.33	65	63.64		295.3
	3	Cheung Sin Yi	Girls 2006		5	01:24:54	80	40	66.67	43.33	54.55		284.55
	4	To Wing Yan	Girls 2006		3	00:47:48			83.33	108.33	72.73		264.39
	5	Naomi Brown	Girls 2006		4	01:23:38		80	50	86.67	9.09		225.76
	6	Yip Tsz Ying	Girls 2006		3	00:44:51	66.67			21.67	18.18		106.52
	1	Yuen Chi Hang	Male 20-24		5	02:24:28	100	100	92.86	117	100		509.86
	2	Ian Ho Ka Hei	Male 20-24		5	02:39:15	50	77.78	78.57	104	85.71		396.06
	3	Law Kai Wai	Male 20-24		3	01:34:29		88.89	100	130			318.89
	4	Cheng Tsz Yeung	Male 20-24		4	02:13:58	81.25	66.67	57.14	65			270.06
	5	Chow Hiu Cheng	Male 20-24		5	02:55:59	43.75	44.44	35.71	39	71.43		234.33
	6	Kenneth Wu Yee Lok	Male 20-24		3	01:54:05	62.5	33.33	28.57				124.4
	1	Tam Yau Yan	Male 25-29		4	02:20:31		90	92.31	92.86	88.89		364.06
	2	Herman Lai Hei Ming	Male 25-29		5	03:03:05	61.54	80	46.15	74.28	55.56		317.53
	3	Leung Ka Lun	Male 25-29		3	01:17:57	100			111.42	100		311.42
	4	Harvey Jiang Lik	Male 25-29		3	01:56:12	53.85	70	76.92				200.77
	5	Chan Ho Man	Male 25-29		3	01:51:28	46.15	50			44.44		140.59
	6	Wong Leung Lung	Male 25-29		3	02:10:48	30.77	40	38.46				109.23
	7	Leung Hin Long	Male 25-29		3	01:39:52	15.38			37.14	33.33		85.85
	1	Kevin Chow Tsz Ho	Male 30-34		5	02:24:01	100	95.24	100	130	92.31		517.55
	2	Tsang Chun Kit	Male 30-34		5	02:29:55	94.12	85.71	96.43	122.36	100		498.62
	3	Chan Tsz Leung	Male 30-34		4	02:08:01	88.24	80.95	92.86	114.71			376.76
	4	Gary Lui Kim Lun	Male 30-34		5	03:04:34	70.59	57.14	78.57	76.47	69.23		352
	5	Ronald Chau	Male 30-34		5	03:13:01	52.94	52.38	50	84.12	23.08		262.52
	6	Thomas Chan	Male 30-34		3	01:39:24	76.47		82.14	91.77			250.38
	7	Ao Cheuk Yin	Male 30-34		5	03:17:28	29.41	42.86	46.43	45.88	61.54		226.12
	8	Sak Kai Sheung	Male 30-34		3	02:12:13		33.33	60.71	53.53			147.57
	9	Lau Chi Ho	Male 30-34		4	03:00:23	23.53	23.81	32.14	38.23			117.71
	10	Cheung Ting Fung	Male 30-34		3	02:23:54	11.76		3.57	15.29			30.62
	1	Tam Chi Fai	Male 35-39		5	02:51:39	96.88	89.66	91.11	125	93.33		495.98
	2	Ho Chi Hong	Male 35-39		5	02:55:54	100	79.31	88.89	105	53.33		426.53
	3	Yeung Wai Kin	Male 35-39		5	03:11:25	50	58.62	68.89	100	60		337.51
	4	Mark Lee	Male 35-39		4	02:34:58		68.97	82.22	110.01	73.33		334.53
	5	David Sun Fat Yee	Male 35-39		3	01:37:14		96.55	100	130			326.55
	6	Daniel Palomar	Male 35-39		3	01:39:59	84.38		80	120			284.38
	7	Lok Lam Fung	Male 35-39		3	01:40:34	90.63		86.67		100		277.3
	8	Ip Chung Yin	Male 35-39		3	01:43:49	93.75		77.78		80		251.53
	9	James Whitman	Male 35-39		3	01:46:05	78.13	75.86			86.67		240.66
	10	Sze Wang	Male 35-39		3	01:19:27			73.33	86.67	66.67		226.67
	11	Ivan Chong Chi Hang	Male 35-39		4	02:32:44	21.88	55.17		84.99	46.67		208.71
	12	Wong Tin Kit	Male 35-39		5	03:35:44	28.13	27.59	31.11	80	33.33		200.16
	13	Raymond Ma	Male 35-39		3	02:09:56		72.41	71.11		40		183.52
	14	Fung Wang Tai	Male 35-39		4	03:00:16	31.25	24.14	26.67	75			157.06
	15	Chui Kwok Wing	Male 35-39		3	02:09:20	62.5	10.34			20		92.84
	16	Gary Ng Chung Ho	Male 35-39		3	02:17:35			13.33	40	26.67		80
	17	Chen Chi Ming	Male 35-39		3	02:36:50		6.9	20	45.01			71.91
	18	Poon Yin Nam	Male 35-39		4	03:05:44	9.38		4.44	25	13.33		52.15
	19	Mak Chun Yin	Male 35-39		3	02:37:54	3.13		2.22	10			15.35
	1	Wong Yee Keung	Male 40-44		5	02:47:33	90	88.24	93.75	111.42	96		479.41
	2	Andy Wong Kwok Chun	Male 40-44		5	02:51:55	86.67	85.29	78.13	105.24	92		447.33
	3	Ricky Wan Ting Yiu	Male 40-44		5	03:00:49	63.33	64.71	71.88	92.86	80		372.78
	4	Hong Chung Yin	Male 40-44		4	02:29:55		73.53	75	99.05	88		335.58
	5	Cheung Wai Kei	Male 40-44		3	01:42:00	100	94.12	96.88				291
	6	Lau Bik Wah	Male 40-44		3	01:55:11		82.35	81.25	117.62			281.22
	7	Lam Pik Chi	Male 40-44		3	01:47:06	83.33	91.18	84.38				258.89
	8	Leung Ka Ki	Male 40-44		5	03:19:43	50	47.06	40.63	37.14	72		246.83
	9	Fung Chi Yuen	Male 40-44		4	02:45:30		50	53.13	68.09	68		239.22
	10	Colin Wong	Male 40-44		3	01:41:21	80	61.76		74.28			216.04

11	Wong Pui Yuen	Male 40-44	3	02:06:03		55.88	59.38	80.47		195.73
12	Chan Wai Chuen	Male 40-44	3	02:05:55	46.67	52.94	56.25			155.86
13	To Shiu Chung	Male 40-44	4	02:58:06	26.67	35.29	28.13		48	138.09
14	Peter Tam	Male 40-44	3	01:58:59	43.33	41.18			52	136.51
15	Cornwall Karl Poon	Male 40-44	5	03:36:37	33.33	29.41	6.25	24.77	28	121.76
16	Lau Ben Hey	Male 40-44	4	02:39:41	36.67	20.59		30.95	24	112.21
17	Hon Man Wai	Male 40-44	4	03:07:58		17.65	3.13	49.53	12	82.31
18	Tam Chi Hung	Male 40-44	4	03:07:56	13.33	5.88	25	6.19		50.4
19	Tony Sung	Male 40-44	3	02:26:24	10	14.71	15.63			40.34
1	Jimmy Wan Shu Wah	Male 45-49	5	02:36:59	100	100	95.45	130	94.12	519.57
2	Scott James Burton	Male 45-49	5	02:40:00	90.91	95.65	100	107.06	88.24	481.86
3	Edward Wong Tak Wah	Male 45-49	5	02:47:50	72.73	91.3	90.91	114.71	82.35	452
4	Ma Chi Po	Male 45-49	5	03:00:11	68.18	82.61	86.36	84.12	47.06	368.33
5	Thomas Hardcastle	Male 45-49	3	01:20:30	77.27			122.36	100	299.63
6	Vincent Leung Kin Keung	Male 45-49	4	02:48:44	27.27	60.87	63.64	68.82		220.6
7	Ng Chor Fai	Male 45-49	4	02:47:40	50	56.52	68.18		29.41	204.11
8	Mak Tsz Wing	Male 45-49	4	02:49:52	36.36	43.48	50	61.18		191.02
9	Cheung Man Kwong	Male 45-49	3	01:46:32	59.09	78.26			52.94	190.29
10	Ide Tam Cho Yan	Male 45-49	3	01:54:20	40.91	65.22			41.18	147.31
11	Lam Wai Keung	Male 45-49	3	02:23:51		26.09	40.91	76.47		143.47
12	Ng To Lung	Male 45-49	3	03:00:37		4.35	4.55	7.64		16.54
1	Danny Sung Yan Wah	Male 50-54	4	02:02:22	100	100		130	100	430
2	Johnson Chan Ying Chiu	Male 50-54	4	02:18:57	53.85	71.43		86.67	60	271.95
3	Fergus Lam	Male 50-54	3	01:44:31	61.54	76.19			80	217.73
4	Tam Ka Kit	Male 50-54	4	02:27:37	30.77	38.1		43.33	30	142.2
5	Johnny Kwok Hak Man	Male 50-54	3	01:38:49	23.08			72.23	40	135.31
1	John Campbell	Male 55-59	4	01:56:45	100	100		130	100	430
2	Wong Cheuk Yin	Male 55-59	4	02:03:09	90	90		115.56	88.89	384.45
3	Wong Kam Tim	Male 55-59	4	02:24:13	60	70		72.23	66.67	268.9
4	Ma Yuk Fu	Male 55-59	3	01:34:29	70			101.11	77.78	248.89
5	Chan King Yuen	Male 55-59	3	01:54:28	30	80			55.56	165.56
6	Lau Kin Wah	Male 55-59	2	01:17:38	40	60			44.44	144.44
1	Spencer Cheung	Male 60 & Over	4	02:35:44	75	75		86.67	100	336.67
2	Nelson Leung Chi Hung	Male 60 & Over	3	01:46:25	100	100		130		330
3	Chan Fai Ming	Male 60 & Over	4	02:48:20	50	50		43.33	66.67	210
1	Wong Tsz To	Male Elite Junior	5	01:25:18	100	100	94.44	130	90	514.44
2	Kok Yu Hang	Male Elite Junior	4	01:09:06	90.91	90.91	88.89		100	370.71
3	Jeffrey Shuen Chun Kit	Male Elite Junior	3	00:54:45		95.45	83.33	111.42		290.2
4	Mark Yu Shing Him	Male Elite Junior	4	01:18:14		50	50	102.14	70	272.14
5	Tse Chun Yin	Male Elite Junior	4	01:13:11	81.82	72.73	66.67		50	271.22
6	Heung Chin Tung	Male Elite Junior	4	01:13:33	72.73	63.64	61.11		60	257.48
7	Michael Lam	Male Elite Junior	3	00:57:18		81.82	72.22		90	244.04
8	Henry Warren	Male Elite Junior	3	00:57:03		77.27	77.78	83.58		238.63
9	James Tan	Male Elite Junior	3	00:57:28		59.09	55.56	92.86		207.51
10	Chan Chi Lai	Male Elite Junior	5	01:36:57	54.55	31.82	27.78	46.42	40	200.57
11	Lee Tsun Kiu	Male Elite Junior	5	01:38:04	36.36	40.91	33.33	27.86	30	168.46
12	Chan Yat Chi	Male Elite Junior	4	01:15:06	63.64	45.45	22.22	37.14		168.45
13	Lukas Fan Long	Male Elite Junior	3	01:05:09	18.18	9.09	11.11			38.38
1	Chow Chun Pui	Male Elite Open	4	02:31:08		100	75	97.5	100	372.5
2	Woo Wai Kit	Male Elite Open	3	01:57:40		75	100	65		240
3	Jonathan Paul	Male Elite Open	3	01:46:53	100			32.5	50	182.5
1	Lau Tsun Ling	Male Junior	5	01:35:10	100	100	100	130	100	530
2	Chan Wai Hin	Male Junior	5	01:42:54	73.91	88.89	78.95	106.37	91.67	439.79
3	Tsoi Ka Cheuk	Male Junior	4	01:17:00	95.65	94.44	94.74	124.09		408.92
4	Wong Pui Sum	Male Junior	5	01:47:03	82.61	50	68.42	100.45	83.33	384.81
5	Chan Ling Tung	Male Junior	4	01:27:47	56.52	77.78	52.63	88.63		275.56
6	Koo Ho Huen	Male Junior	4	01:29:04	60.87	72.22		82.73	58.33	274.15
7	Chow Man Him	Male Junior	3	01:00:24	78.26	83.33		112.27		273.86
8	Keung Pok Man	Male Junior	5	01:56:16	52.17	44.44	47.37	76.82	25	245.8
9	Tse Long Hin	Male Junior	4	01:31:47	65.22	38.89		70.92	41.67	216.7
10	Chow Chaau Ning	Male Junior	3	01:05:23	91.3	33.33	57.89			182.52
11	Cheung Kiu Sam	Male Junior	3	01:12:34	43.48	27.78	42.11			113.37
12	Lai Yick Him	Male Junior	3	01:17:45	34.78	22.22		47.27		104.27
13	Wong Tsz Hin	Male Junior	3	01:43:35	8.7	5.56		5.92		20.18
1	Matthew Tan	Male Youth Open	5	01:34:37	100	100	100	130	100	530
2	Aaron Khemlyani	Male Youth Open	5	01:47:57	60	50	66.67	65	75	316.67