

**TriHK**



**TRIATHLON**  
三項鐵人

**香港三項鐵人總會**  
Hong Kong Triathlon Association

**This is to certify that  
James Whitman**

**has successfully completed the  
Aquathon Series - Race 5  
on 18 November 2018 at  
Golden Beach  
with performance of**

**Category:** Male 40-44  
**Position:** 2  
**Run1:** 00:08:01  
**T1:** 00:00:20  
**Swim:** 00:10:14  
**T2:** 00:00:20  
**Run2:** 00:08:40  
**Total Time:** 00:27:36

**Ruth Hunt**

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香港三項鐵人總會會長  
President, Hong Kong Triathlon Association