

**TriHK**



**TRIATHLON**  
三項鐵人

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

**This is to certify that**  
**Man Kwong Cheung**  
has successfully completed the  
**Aquathon Series - Race 5**  
on 18 November 2018 at  
**Golden Beach**  
with performance of

**Category:** Male 50-54  
**Position:** 3  
**Run1:** 00:08:35  
**T1:** 00:00:22  
**Swim:** 00:12:05  
**T2:** 00:00:24  
**Run2:** 00:09:21  
**Total Time:** 00:30:48

**Ruth Hunt**

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