

**TriHK**



**TRIATHLON**  
三項鐵人

香港三項鐵人總會  
Hong Kong Triathlon Association

**This is to certify that  
Thomas Hardcastle  
has successfully completed the  
2015 Hong Kong ASTC Sprint Triathlon Asian Cup  
on 1 November 2015  
at Sunny Bay with performance of**

<b>Category:</b>	Male 45-49
<b>Position:</b>	4
<b>Swim Time:</b>	00:14:32
<b>Bike Time:</b>	00:36:58
<b>Run Time:</b>	00:20:47
<b>Total Time:</b>	01:18:10

Fenella Ng

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