

2024 World Triathlon Cup - Hong Kong Relay Team Start List (19 March 2024)

Race No	Heat	Start Time	Swim Cap	Race Category	Race Type	Team Name	First Name	Last Name	Chinese Name
393	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Brian	Lai	
393	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Chun Yip	Law	羅晉業
393	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Wen Yee Teresa	Cheng	鄭允怡
394	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		WING HANG	KONG	
394	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Ka Chun	Fung	馮嘉俊
394	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Yun Hei	Lam	
395	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Wing Hang	LAU	
395	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Chi Kit	NG	
395	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Zhi Jun	PAN	
396	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Tow Lu	Lim	
396	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Marco	Wong	
397	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Scott	Chen	
397	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Patrick	Ngan	
397	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Vince	Lien	
397	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Patrick	Tsang	
398	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Rachael	Guan	
398	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Wai Bik	Har	
398	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Wai Ning May	Lau	
399	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Craig	Nortje	
399	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Fred	Clatworthy	
399	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Caitriona	Jennings	
400	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Oi Ning	Fong	
400	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Cheuk Yin	Wong	
400	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Hui Tung Gabriel	Li	
401	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Sze Wing	Chan	
401	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Kwun Ting	Chan	
401	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Cheuk Hin Matthew	Tam	
402	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		James	Burford	
402	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		alex	murchie	
402	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		jonathan	hamilton	
403	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Davinia	Ng	
403	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Joanne	Ma	
403	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Elana	Chow	
404	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Henry	Wright	
404	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		James	Tan	
404	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Open Relay		Michael	Smith	
405	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 1	Shui Nin Ingrid	Lai	黎瑞年

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405	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Corporates' Cup Team Relay		Ka Chun	Fong	方家進
405	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Corporates' Cup Team Relay		Kang	Ngai	魏賡
406	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 2	Hong Yin Edmund	Wan	
406	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 2	Siu Yee Clare	Lo	
406	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 2	Wai Tat Andrew	Fung	
407	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 3	Albert Hoi Fai	Wong	
407	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 3	Kin Ming	Chan	
407	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 3	Daniel	Chan	
408	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 4	Wing Yee	Lui	呂穎怡
408	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 4	Gabriel Angelo Gar Fai	Brettell	
408	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 4	Sor Lam Danis	Wong	
409	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Corporates' Cup Team Relay	CHK SPORTS TEAM	Chi Kong	Wong	
409	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Corporates' Cup Team Relay	CHK SPORTS TEAM	Koon Chung	Nip	
409	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Corporates' Cup Team Relay	CHK SPORTS TEAM	Vincent	Leung	
410	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	TEAM A HKPF	Yee Keung	Wong	
410	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	TEAM A HKPF	Kam Ho Jimmy	Ngai	
410	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	TEAM A HKPF	Man Wah	Tang	
411	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	TEAM B HKPF	Pui Keung	Fo	
411	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	TEAM B HKPF	Man Kit	Wan	
411	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	TEAM B HKPF	Yung Yin	Ho	
412	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	TEAM C HKPF	Wan Hung Andy	Leung	
412	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	TEAM C HKPF	Chun Pong	Man	
412	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	TEAM C HKPF	Kam Ling	Pun	
413	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	Immigration Department - Team 1	Lai Kit Anthony	Lam	
413	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	Immigration Department - Team 1	Sai Cheong	Tai	
413	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	Immigration Department - Team 1	Chun Kit	Lau	
414	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	Immigration Department - Team 2	Tsz Hung	Fok	
414	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	Immigration Department - Team 2	Tsz Ko	Tsui	
414	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	Immigration Department - Team 2	Man Shun	Siu	
415	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	消防(一)隊	Hok Yee Terence	Li	
415	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	消防(一)隊	Lok Yu	Ma	
415	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	消防(一)隊	Chi Kin	Tsui	
416	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	消防(二)隊	Chun Pui	Chow	
416	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	消防(二)隊	Shiu Chun Jonathan	Ip	
416	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	消防(二)隊	Wai Kin	Lee	
417	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	香港海關	Yun Sam	Fok	
417	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	香港海關	Ka Fai	Wong	
417	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	香港海關	Hing Wai	Tsang	

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418	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	懲教署	Lok Yan	Chan
418	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	懲教署	Pak Lung	Ngan
418	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	懲教署	Tung Hoi	Yip
419	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	廉政公署	Chin Fung	Leung
419	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	廉政公署	Siu Ming	Chan
419	5	13:30	Yellow	Sprint Distance (Swim 750m/ Bike 18km and Run 5km)	Disciplined Services Team Relay	廉政公署	Ka Yin	Chan