

**2026 Asia Triathlon Junior and U23 Championships - Hong Kong - Individual (Updated on 12/03/2026)**

Race No	Heat	Start Time	Swim Cap	Race Category	Race Category (Age)	First Name	Last Name	Chinese Name	Club
100	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Siu Wo	Au Yeung	歐陽兆和	The Little Dolphin Swimming Training Center
101	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Ka Ho	Wong	黃嘉豪	
102	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Shing Him	Yu	余承謙	Energetic Triathlon Shatin
103	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Tai Long Jason	Ng	伍泰龍	
104	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Robin	Elg		
105	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Tsun Fung	Yim	嚴浚鋒	Sparkle Triathlon
106	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Lucas	Wong	王諾	Energetic Triathlon Shatin
107	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Ngai Chun	Ting	丁毅臻	Sparkle Triathlon
108	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Tsz Leong Louie	Cheng	鄭梓亮	
109	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Ho Ting	Lee	李灝庭	AustSports Association
110	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Yin	Kei	紀彥	Aqua Gym Sport Association
111	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Po Shun Yemi	Yick	易甫鏞	Energetic Triathlon Shatin
112	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Yin Hang	Chan	陳彥衡	Aqua Gym Sport Association
113	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Hoi Fan	Ma	馬凱勳	
114	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Jasper	Ho	何頌朗	The Little Dolphin Swimming Training Center
115	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	King To	Chan	陳景滔	Energetic Triathlon Shatin
116	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Yat Long	Lam	林日朗	
117	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Chak Lam	Wan	溫澤林	Energetic Triathlon Shatin
118	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Yat Long	Lam	林日朗	
119	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Open	Cheuk Long	Chun	陳卓朗	
120	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Youth	Shun Hei	Wong	黃淳希	
121	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Youth	Yik Hei	Lau	劉奕希	Energetic Triathlon Shatin
122	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Youth	Cheuk Kiu	Ng	吳卓翹	Energetic Triathlon Shatin
123	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Youth	Hoi Jin	Lee	李鎰靖	Energetic Triathlon Shatin
124	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Youth	Cheuk Yin Desmond	Chau	周卓賢	Energetic Triathlon Shatin
125	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Youth	Tze Kiu	Tam	譚子翹	Energetic Triathlon Shatin
126	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Youth	Sze Chai	Lau	劉思齊	Energetic Triathlon Shatin
127	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Youth	Chun Ching	Ting	丁進澄	Sparkle Triathlon
128	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Youth	Chi Yan Ian	Chung	鍾智仁	
129	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Youth	Chak Yan	Wan	溫澤仁	Energetic Triathlon Shatin
130	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Youth	Diego Jose L.	Dimayuga		
131	1	7:00	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Elite Youth	Pio Mishael G.	Latonio		
132	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Age Group 20-29	Man Ka Meagan	Lo	羅曼珈	
133	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Age Group 30-39	Jessica Wenjia	Zhu	朱文嘉	Energetic Triathlon Shatin
134	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Age Group 40-49	Helen SW	Yu		
135	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Age Group 40-49	Wai Tong	Yip	葉慧棠	
136	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Age Group 50-59	SHUK HAN	LUI	呂淑嫻	Energetic Triathlon Shatin
137	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Age Group 50-59	Lai Kuen Angel	Fu	傅麗娟	
138	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Age Group 50-59	MAN YI MAY	LI	李敏儀	Energetic Triathlon Shatin
139	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Age Group 50-59	Ching Yi	Li	李靜儀	Energetic Triathlon Shatin
140	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Age Group 50-59	WILLA	WONG	王韋娜	Mango Swimming Club
141	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Age Group 50-59	Ying Rosanna	Wong	黃英	
142	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Elite Open	Ackber	Bertha	區曉彤	
143	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Elite Open	Oi Yin	Chan	陳愛妍	
144	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Elite Open	Cheuk Yat	Lo	盧卓逸	
145	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Elite Open	Hayley	Tsang	曾熹兒	Energetic Triathlon Shatin
146	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Elite Youth	Cin Yee Cydnee	Chung	鍾倩兒	Energetic Triathlon Shatin
147	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Elite Youth	Jessie	Ho	何泳悠	The Little Dolphin Swimming Training Center
148	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Elite Youth	Cheuk Lam	Chung	鍾焯琳	Energetic Triathlon Shatin

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149	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Elite Youth	Hiu Yau	Yeung	楊曉悠	
150	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Elite Youth	Yi	Ma	馬懿	
151	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Elite Youth	Hiu Tung Hazel	Lee	李曉彤	
152	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Elite Youth	Hong Ching	Wong	黃康晴	
153	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Elite Youth	Heulwen	Chau	周烜慧	Energetic Triathlon Shatin
154	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Elite Youth	Lauren Lee C.	Tan		
155	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Elite Youth	Alaina Francisca Marguerite	Bouffaut		
156	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Elite Youth	Naomi G.	Rozeboom		
157	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 1	朝莹	付	付朝莹	
158	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 1	Jiangqi	Hu	胡江萋	Energetic Triathlon Shatin
159	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 1	Lok Yin Alicia	Lau	劉樂然	The Little Dolphin Swimming Training Center
160	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 1	Ceinwen	Chau	周翹慧	Energetic Triathlon Shatin
161	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 1	Keira Joy	Leung	梁逸玥	First Ten Generation Team
162	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 1	CHING HEI	WONG		Energetic Triathlon Shatin
163	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 1	xizhen	zeng	曾奚楨	
164	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 1	语桐	胡	胡语桐	
165	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 1	Suki	Peng	彭诗淇	
166	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 1	Pok Nga	So	蘇博雅	AustSports Association
167	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 1	思澄	呂	呂思澄	Blue & White Spirit Sports Club
168	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 1	Tsz Shun	Chan	陳梓淳	Blue & White Spirit Sports Club
169	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 1	OLIVIA	LEE	李傲凝	
170	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 2	Heidi	Cheung	張凱堤	Crest Ray Recreation & Sports Club
171	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 2	TSANG	YU Ching	曾予晴	
172	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 2	Cheuk Kiu	Chan	陳卓蕎	Sparkle Triathlon
173	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 2	Tung Alison	Au Yeung	歐陽彤	Mango Swimming Club
174	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 2	高程	杨		
175	2	7:10	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Female Youth 2	PUI U	WONG	黃霈瑜	
176	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	Chang hao che	Chang	張浩哲	Crest Ray Recreation & Sports Club
177	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	Yat Long Julian	CHO	曹日朗	
178	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	TSZ WANG	WONG	黃梓宏	The Little Dolphin Swimming Training Center
179	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	Ching Vince	Cheng	鄭晴	
180	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	IRON	WAN	温可為	Energetic Triathlon Shatin
181	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	YUI HANG	CHOI	蔡睿珩	
182	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	Peter Pak Yin	Ho	何栢研	
183	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	Theodore	Zhang	张天维	Mango Swimming Club
184	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	Wei Him	Chan	陳維謙	Energetic Triathlon Shatin
185	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	鈺朗	莊	莊鈺朗	
186	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	鈺楠	莊	莊鈺楠	
187	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	Earnest	Lee	李丞恩	
188	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	Kei Chi	Hung	孔麒智	
189	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	Ching Kiu	Ng	吳政橋	AustSports Association
190	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	棕淇	杨		
191	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	HOU SON	CHAU	周浩信	
192	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	Wai lam	Pong	龐瑋霖	
193	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	CARSON	LEE	李子燊	
194	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	嘉昊	何	何嘉昊	
195	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	杰	李	李杰	
196	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	Grissom James	Plaspohl		
197	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	lat Long	Lou	勞日朗	

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198	3	7:20	Blue	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 2	Ian	Wong	王喆	Energetic Triathlon Shatin
199	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	Yuehan	Yin	殷悅涵	
200	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	Lap Yan	Kei	紀立人	Sparkle Triathlon
201	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	Chun Him Louis	Wong	黃俊謙	Energetic Triathlon Shatin
202	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	Mok	Wan Hin	莫蘊軒	Energetic Triathlon Shatin
203	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	San Mau Jacob	Mak	麥宸畝	Sparkle Triathlon
204	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	Tin Lap	Qu	邱天立	Sparkle Triathlon
205	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	Jiangzhi	Hu	胡江芷	Energetic Triathlon Shatin
206	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	Yat Long Jay	Chan	陳逸朗	Energetic Triathlon Shatin
207	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	Rafael	Fok	霍承亨	Energetic Triathlon Shatin
208	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	Chaska	Poon	方俊匡	
209	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	Yat to Travis	Li	李溢韜	Energetic Triathlon Shatin
210	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	JACO JIA SHEN	XI	奚嘉霖	Aqua Gym Sport Association
211	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	Ching Long	Yan	殷靖朗	Sparkle Triathlon
212	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	YUI HIM	SOU		Energetic Triathlon Shatin
213	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	pak long Casper	chan	陳柏朗	Energetic Triathlon Shatin
214	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	chun teng aiden	chow	周駿騰	First Ten Generation Team
215	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	Long Him Octavio	Sam	沈朗謙	
216	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	IN CHEONG	CHAN	陳彥彰	
217	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	澤宇	陈	陈泽宇	
218	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	DAREN	FANG	方煜煊	
219	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	Chun Lam	Chu	朱俊霖	The Little Dolphin Swimming Training Center
220	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	彦曦	陈		
221	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	全仁	全	全仁	
222	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	昊楠	林	林昊楠	
223	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	CHENHE	HU	胡宸赫	
224	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	Carlos	Chan	陳柏維	Energetic Triathlon Shatin
305	4	7:30	White	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Youth 1	Gavin	CHI	遲棣文	
225	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 20-29	Tsz Chun	Law	羅子駿	
226	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 20-29	King Hang	Chau	周景行	The Little Dolphin Swimming Training Center
227	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 20-29	Mengruo	Li	李孟若	
228	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 20-29	LI	ZHU	朱力	
229	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 30-39	Sze Yu	Hung		Sonic Sports Association
230	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 30-39	Hoi Ming Walden	Lam	林凱銘	Energetic Triathlon Shatin
231	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 30-39	Chun Sum Samuel	Ho	何俊琛	Energetic Triathlon Shatin
232	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 30-39	Bruce CM	Leung		
233	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 30-39	CHI YUEN	NGAN	顏志遠	
234	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 40-49	MOK	HON SUEN	莫翰遜	
235	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 40-49	Ting Piu	Chong	莊庭彪	Titan Triathlon
236	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 40-49	Marco Mang Hin	Kok		
237	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 40-49	KA HO	YAU	邱家豪	
238	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 40-49	Yin Wing, Jerry	Fu	符彥榮	
239	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 40-49	Chi Lai Anthony	Lai		Sonic Sports Association
240	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 40-49	Chung Wai	Tse		
241	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 50-59	cheung	kai man	張佳文	The Little Dolphin Swimming Training Center
242	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 50-59	Chi hang ivan	Chong	莊知行	Energetic Triathlon Shatin
243	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 50-59	King Lai, Jeffrey	LIU	廖敬禮	Mango Swimming Club
244	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 50-59	Chi kong	IP	葉志剛	

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Race No	Heat	Start Time	Swim Cap	Race Category	Race Category (Age)	First Name	Last Name	Chinese Name	Club
245	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 60-69	YIN CHEONG	WONG		Energetic Triathlon Shatin
246	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 60-69	HEUNG MING	WONG	黃享明	
247	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 60-69	Lai Chung	Lee	李勵聰	Mango Swimming Club
248	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 60-69	WING KWONG	IP		Energetic Triathlon Shatin
249	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 70 & Over	HENG FAN	POON	潘恒奮	
250	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 70 & Over	Chi Ling Clement	Yeung	楊子凌	The Little Dolphin Swimming Training Center
251	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 70 & Over	Ian	Brownlee		Sonic Sports Association
252	5	7:40	Pink	Discovery Distance (Swim 400m/ Bike 10.8k/ Run 2.5k)	Male Age Group 70 & Over	Stephen King Che	Chan		Energetic Triathlon Shatin
300	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	Tak Lam	Chan	陳德霖	
301	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	Yat Hei Isaac	Poon	潘日希	
302	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	SEN YIK OTTO	WANG	王宸奕	Energetic Triathlon Shatin
303	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	CHI YIN IVIN	CHUNG	鍾至瑛	
304	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	Ethan Andrew Vasileios	Papadopoulos		South China Athletic Association
306	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	Tin Hang	Qu	邱天行	Sparkle Triathlon
307	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	Chun Kiu	Yu	虞竣喬	Sparkle Triathlon
308	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	Ajade Chin Hap	Lee	李千俠	
309	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	Kak Scott	Yeung	楊格	Sparkle Triathlon
310	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	Yuet Fung Nikan	Yiu	饒越風	The Little Dolphin Swimming Training Center
311	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	Kwun Cheong	Tsang	曾冠倡	Galaxy Sports Triathlon
312	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	Lap Yan Duncan	Chow	周立仁	The Little Dolphin Swimming Training Center
313	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	吳霖	楊	楊昊霖	
314	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	Martin	Peng	彭宥友	
315	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	CHUN TING	TSANG	曾俊廷	First Ten Generation Team
316	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	TAK MAN	LEUNG	梁德恣	Energetic Triathlon Shatin
317	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	Archie	Su	苏輝祺	
318	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	HEI LONG OTIS	LEUNG		Energetic Triathlon Shatin
319	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	子晉	彭	彭子晉	Sparkle Triathlon
320	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	Yang	Yang	楊洋	
321	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	Daren	Silbernagl	李大仁	
322	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	Marcus xingzhong	Yang	楊行中	
323	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	Hayling William Chan	Green	希寧	Sparkle Triathlon
324	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	Declan Haoting	Yang Tang		
325	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	BOYAN	YANG		
326	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	SHANGKUN	LIU	刘尚坤	
327	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	BORUI	CHEN	陳博睿	
328	6	8:00	Blue	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 2	星	李	李星	
329	7	8:10	White	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 1	Shu Yan Ethan	Mak	麥庶寅	Sparkle Triathlon
330	7	8:10	White	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 1	Yat To	Wan	溫日圖	Sparkle Triathlon
331	7	8:10	White	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 1	Muk Morgan	Yeung	楊目	Sparkle Triathlon
332	7	8:10	White	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 1	CHING KIU	WONG		Energetic Triathlon Shatin
333	7	8:10	White	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 1	Xavier	Zeng	曾奚融	
334	7	8:10	White	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 1	Ho Ting Preston	WONG	黃昊霆	Sparkle Triathlon
335	7	8:10	White	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 1	Aaron	史	史恒溢	
336	7	8:10	White	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 1	Hongbo Aiden	Lin	林泓博	
337	7	8:10	White	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 1	Pok Yin	Leung	梁博賢	First Ten Generation Team
338	7	8:10	White	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 1	嘉沛	何	何嘉沛	
339	7	8:10	White	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 1	裕涛	周	周裕涛	
352	7	8:10	White	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Male TriKids 1	Tsz Ho	Yan	殷梓賀	Sparkle Triathlon

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Race No	Heat	Start Time	Swim Cap	Race Category	Race Category (Age)	First Name	Last Name	Chinese Name	Club
340	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 1	Sum Yu	Cheung	張芯瑀	First Ten Generation Team
341	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 1	子昕	彭	彭子昕	Sparkle Triathlon
342	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 1	YIMO	YANG		
343	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 1	Ngo Ching	Wong	王傲晴	First Ten Generation Team
344	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 1	Yuet Ching	Tang	鄧悅晴	First Ten Generation Team
345	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 1	云心	刘	刘云心	
346	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 1	ZhenYi	Xue	薛綦宜	
347	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 1	蘅	赵	赵蘅	
348	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 2	Ka Pik Abigail	Mak	麥珈璧	Sparkle Triathlon
349	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 2	Yat Tung	Wan	温日彤	Sparkle Triathlon
350	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 2	Rebecca Mingnuo	Chen	陳銘諾	Sparkle Triathlon
351	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 2	Hau Yee Alisha	Wu	胡巧兒	The Little Dolphin Swimming Training Center
353	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 2	Hei Shun	Leung	梁熙純	Energetic Triathlon Shatin
354	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 2	Hei Ching	Tse	謝係澄	
355	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 2	HAYLIE	TSANG	曾希妍	The Little Dolphin Swimming Training Center
356	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 2	Fong	Ho Lam	方顯琳	
357	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 2	琬熙	吴	吴琬熙	
358	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 2	ZHIXI	LIAO	廖芷熙	
359	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 2	Cheryl	Lau	劉森芮	First Ten Generation Team
360	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 2	子乔	朱	朱子乔	
361	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 2	恬	袁	袁恬	
362	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 2	Cheuk Man	Ko	高焯雯	
363	8	8:20	Pink	TriKids Distance (Swim 200m/ Bike 7.2k/ Run 1.5k)	Female TriKids 2	Michaela Grace	Leung	梁然知	First Ten Generation Team
516	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Junior 1	Yin Alice	Au Yeung	歐陽彥	Mango Swimming Club
517	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Junior 2	Carina Nok Yin	Koo	顧諾妍	
518	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Junior 2	Leia	tong	唐子洛	
519	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 20-24	Hiu Tung	Tang	鄧曉桐	Crest Ray Recreation & Sports Club
520	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 25-29	Shuting	Zhang	张舒婷	
521	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 30-34	ning	tan	陳寧生	
522	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 30-34	曉彤	周		Crest Ray Recreation & Sports Club
523	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 30-34	Yen Yee Tiffany	Chow		NL Triathlon Club
524	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 30-34	Evian	Chau		Crest Ray Recreation & Sports Club
525	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 35-39	Ruth	Johnstone		Sonic Sports Association
526	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 35-39	Tiffany	Shek		Energetic Triathlon Shatin
527	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 35-39	UN IAN	NG	吳婉欣	
528	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 40-44	Wai Shan Lily	Chu	朱惠珊	Sonic Sports Association
529	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 40-44	YUI MING	LI	李銳明	The Little Dolphin Swimming Training Center
530	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 40-44	Hiu Tung	Lau	劉曉彤	
531	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 45-49	THUHA	TRAN		Hong Kong Dragons Triathlon Club
532	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 45-49	璐璐	王	王璐璐	
533	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 50-54	PUI YI ELIZABETH	TAM	譚佩儀	Crest Ray Recreation & Sports Club
534	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 50-54	KUAI HEONG	CHAN	陳桂香	
535	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 50-54	Shuk Yi Angela	Lau	劉淑儀	South China Athletic Association
536	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 55-59	Mui Christina	Wong	黃梅	Mango Swimming Club
537	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 55-59	HAU YI DORA	LI		Energetic Triathlon Shatin
538	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 55-59	伟芬	曹	曹伟芬	
539	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 65 & Over	Yuk Ching Christina	Leung	梁玉貞	Energetic Triathlon Shatin
617	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Female Age Group 25-29	Winky	Leong		Hong Kong Dragons Triathlon Club

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Race No	Heat	Start Time	Swim Cap	Race Category	Race Category (Age)	First Name	Last Name	Chinese Name	Club
540	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 40-44	Yau Yan	Tam	譚祐恩	AustSports Association
541	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 40-44	Jason	HSIEH	謝竣丞	Sonic Sports Association
542	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 40-44	Daolong	Hu	胡道龍	Energetic Triathlon Shatin
543	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 40-44	Man Kin	Leung	梁文健	
544	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 40-44	Yiu Kwan	Chan	陳堯坤	NL Triathlon Club
545	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 40-44	Ki fung	Cheung	蔣淇峰	First Ten Generation Team
546	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 40-44	Chiu	King Him Louis		
547	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 40-44	Wing Fung	Lai	黎永鋒	NL Triathlon Club
548	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 40-44	Alan	Chan		
549	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 40-44	Kwok Fan	Li		Titan Triathlon
550	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 40-44	Johnny	De Guzman		NL Triathlon Club
551	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 45-49	Himothy	Liu		
552	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 45-49	Gregoire	Andrieu		Hong Kong Dragons Triathlon Club
553	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 45-49	Kin Tak	Law	羅建德	The Little Dolphin Swimming Training Center
554	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 45-49	Leslie	LI	李永軒	
555	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 45-49	Gump	Wong Yuk Hei	黃旭曦	Sonic Sports Association
556	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 45-49	Christian	Wyborn		Hong Kong Dragons Triathlon Club
557	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 45-49	Ka Shing	Chick		
558	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 45-49	Sik Lam	Chow	周錫霖	Titan Triathlon
559	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 45-49	David	Rundle		Hong Kong Dragons Triathlon Club
560	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 45-49	Chun Hei	Cheung	張駿禧	First Ten Generation Team
561	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 50-54	Tik ho	Chum	覃迪豪	Aqua Gym Sports Association
562	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 50-54	Pui Yuen	Wong	黃沛源	Pro-trinity Sports Club
563	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 50-54	Alexander	Liauw		
564	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 50-54	CHI ON	CHAN	陳志安	Titan Triathlon
565	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 50-54	Sze Wang	Chung		Titan Triathlon
566	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 50-54	Malcolm	green		Sparkle Triathlon
567	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 50-54	Jerry	Tang		Sonic Sports Association
568	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 50-54	Duncan	Black		Hong Kong Dragons Triathlon Club
569	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 50-54	Wai Ching	Har	夏偉正	
570	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 50-54	John Ho Chuen	Lee	李浩銓	
571	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 50-54	Olivier	Courret		South China Athletic Association
572	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 55-59	HON FAI	WU	胡漢輝	South China Athletic Association
573	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 55-59	Hong	Au Yeung	歐陽康	Mango Swimming Club
574	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 55-59	Tsz Cheung	Lam	林子祥	Tritons Triathlon Club
575	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 55-59	Christopher Wai Chung	Tong	湯惠聰	Sonic Sports Association
576	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 55-59	Vittorio	Trusso		Hong Kong Dragons Triathlon Club
577	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 55-59	HO YIN	MOK		Energetic Triathlon Shatin
578	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 55-59	federico	masin		Tritons Triathlon Club
579	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 55-59	Andreas	Buchenthal		
580	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 55-59	Juergen	Doerr		
581	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 65 & Over	Ying Kwong Jimmy	Chau	周應光	South China Athletic Association
582	10	9:25	White	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 65 & over	King Yuen	Chan	陳景源	New Sports Triathlon
583	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Junior 1	Alban	Modiano	安班	South China Athletic Association
584	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Junior 1	Pak Hei	Chan	陳柏僊	Galaxy Sports Triathlon
585	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Junior 1	Pak Lam Cass	Man	文柏藍	AustSports Association
586	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Junior 1	毅帆	赵		
587	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Junior 1	睿哲	池	池睿哲	
588	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Junior 1	HIO SENG	LAO	劉曉昇	

**2026 Asia Triathlon Junior and U23 Championships - Hong Kong - Individual (Updated on 12/03/2026)**

Race No	Heat	Start Time	Swim Cap	Race Category	Race Category (Age)	First Name	Last Name	Chinese Name	Club
589	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Junior 1	子峻	武	武子峻	
590	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Junior 2	CHI HIM RYAN	YAU	丘志謙	Galaxy Sports Triathlon
591	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Junior 2	Kaiden	Lo	罗后轩	
592	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Junior 2	圣东	徐	徐圣东	
593	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 20-24	Chi Fung	Leung	梁智豐	First Ten Generation Team
594	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 20-24	Long Ching Nigel	Wong	黃朗程	Energetic Triathlon Shatin
595	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 20-24	CHON IP	CHAN	陳雋擘	
596	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 20-24	CHEOK HEI	LAO	劉卓晞	
597	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 25-29	Wai Sheung Sean Anthony	Liu		Hong Kong Dragons Triathlon Club
598	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 25-29	Long Kit	Chiu	趙朗傑	
599	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 25-29	Po Yin	Tong	唐步然	NL Triathlon Club
600	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 25-29	Yu Hin	Ning	甯宇軒	Titan Triathlon
601	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 25-29	HO WING	CHEUNG	張浩永	
602	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 25-29	Kin Yip	Tang	鄧建業	Sonic Sports Association
603	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 30-34	Benjamin	Le crom		
604	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 30-34	Keilong	Ng	吳祈朗	
605	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 30-34	Remi	Commercon		
606	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 30-34	Yuen Chun Hoi	Yuen	阮俊凱	Sonic Sports Association
607	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 30-34	Chin Hang	Lee	李展鏗	
608	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 30-34	靖聂	唐	唐靖聂	
609	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 30-34	Jonathan	Thompson		Hong Kong Dragons Triathlon Club
610	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 30-34	Nikolas	Moser		NL Triathlon Club
611	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 35-39	KA Chung	Cheung	張家頌	NL Triathlon Club
612	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 35-39	Chun Ting Timothy	Ho	何俊廷	Energetic Triathlon Shatin
613	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 35-39	Matt	Coombes		NL Triathlon Club
614	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 35-39	Creighton	Connolly		Hong Kong Dragons Triathlon Club
615	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 35-39	Ho Yin	MAN		Hong Kong Fire Services Sports and Welfare Club
616	11	9:50	Pink	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Male Age Group 35-39	Wa Chun	Lai	賴華進	