

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 Type	Team Name	First Name	Last Name	Chinese Name	Club
500	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	AMS	志恒	梁	梁志恒	
500	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	AMS	振民	林	林振民	
500	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	AMS	麗欽	許	許麗欽	
501	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	CSD	Ho Chun	Yan		
501	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	CSD	Pak Lung	Ngan		
501	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	CSD	Hoi Ting	Lam		
502	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	HKFSD 1	Tsz Ching	Chan		
502	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	HKFSD 1	Lok Yu	Ma		
502	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	HKFSD 1	Chi Kin	Tsui		
503	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	HKFSD 2	Cheuk Hei	Lee		
503	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	HKFSD 2	King Mo	Chung		
503	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	HKFSD 2	Yuen Kwan	Leung		
504	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	HKP 1	Yuk Yan	Wong		
504	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	HKP 1	Kam Ho Jimmy	Ngai		
504	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	HKP 1	Yuk Chuk	Kam		
505	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	HKP 2	Yee Keung	Wong		
505	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	HKP 2	Hoi Wo	Li		
505	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	HKP 2	Ka Man	Chau		
506	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	Immigration Team A	Hoi Tee Cherletee	Cheng		
506	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	Immigration Team A	Sai Cheing	Tai		
506	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	Immigration Team A	Man Shun	Siu		
507	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	Immigration Team B	Tsz Kiu	Yeung		
507	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	Immigration Team B	Tsz Ko	Tsui		
507	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Disciplinary Force Relay	Immigration Team B	Chun Kit	Lau		
508	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 1	Chi Lok Sophia	Lai		
508	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 1	Chun Shing Clive	Lam		Hong Kong Football Club Swimming and Triathlon Society
508	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 1	Ching Yat	Hui		
509	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 2	Ingrid	Lai		
509	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 2	Siu Lun	Ho	何兆麟	
509	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 2	Daniel	Chan		
510	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 3	Edmund	Wan	雲匡彥	
510	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 3	Hoi Yan	Leung	梁凱茵	
510	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Corporates' Cup Team Relay	The Law Society of Hong Kong - Team 3	Chi Wai	Suen	孫志偉	
511	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Open Relay	Go Goal Sports team 1	Nga Yee	Li	李雅怡	
511	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Open Relay	Go Goal Sports team 1	Wing Hin Monica	Leung	梁詠軒	
511	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Open Relay	Go Goal Sports team 1	Ting Lok	Ngan	顏定樂	
512	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Open Relay	Go Goal Sports team 2	Kin Lim	Kwan	關鍵灝	
512	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Open Relay	Go Goal Sports team 2	Cho Wah	Wan	溫祖華	Energetic Triathlon Shatin
512	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Open Relay	Go Goal Sports team 2	Hoi Ting	Chang	鄭凱婷	
513	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Open Relay		Michael	Leung	梁達志	
513	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Open Relay		John	Leung	梁璋	
513	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Open Relay		Sonja	Dietz	戴哲雅	

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514	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Open Relay		CHI YIU	YIM	嚴之耀	Kwan Hung Sports Club
514	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Open Relay		WING MAN	YIM	嚴詠雯	Kwan Hung Sports Club
514	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Open Relay		WING SUET	YIM	嚴詠雪	
515	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Open Relay		Wing Sum	Fung		
515	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Open Relay		Kam Yip	Wong		
515	9	9:00	Blue	Challenge Distance (Swim 750m/ Bike 18k/ Run 5k)	Open Relay		Tai Yin	Lau		