Race No	Wave	Start Time	Cap	Race Distance	Category	Name of Team	Last Name	First Name	Chinese Name
535	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Hong Kong Police Force	Hong Kong Police Force - Team 1	Wong	Yuk Yan	
535	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Hong Kong Police Force	Hong Kong Police Force - Team 1	Wan	Man Kit	
535	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Hong Kong Police Force	Hong Kong Police Force - Team 1	Ho	Yung Yiu	
536	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Hong Kong Police Force	Hong Kong Police Force - Team 2	Chan	Ho Hin Ken	
536	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Hong Kong Police Force	Hong Kong Police Force - Team 2	Lee	Siu Tai	
536	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Hong Kong Police Force	Hong Kong Police Force - Team 2	Tsang	Wai Ming	
537	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Hong Kong Police Force	Hong Kong Police Force - Team 3	Wong	Yee Keung	
537	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Hong Kong Police Force	Hong Kong Police Force - Team 3	Liu	Wai Ting	
537	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Hong Kong Police Force	Hong Kong Police Force - Team 3	Wong	Wai Ho	
538	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Civil Aid Service	CAS IRON TEAM	伍	志豪	伍志豪
538	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Civil Aid Service	CAS IRON TEAM	黃	秋艷	黃秋艷
538	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Civil Aid Service	CAS IRON TEAM	蔡	志鵬	蔡志鵬
539	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Immigration Deparment	Immigration Team A	Lee	Hin Yan	
539	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Immigration Deparment	Immigration Team A	Fung	Sze Ho	
539	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Immigration Deparment	Immigration Team A	Siu	Man Shun	
540	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Immigration Deparment	Immigration Team B	Sze	Yat Yee	
540	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Immigration Deparment	Immigration Team B	Poon	Chun Leung	
540	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Immigration Deparment	Immigration Team B	Lau	Chun Kit	
541	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Correctional Services Department	Correctional Services Department	Leung	Lok Man	梁樂雯
541	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Correctional Services Department	Correctional Services Department	Ngan	Pak Lung	顏伯龍
541	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Correctional Services Department	Correctional Services Department	Kwok	Chun Tat	郭駿達
542	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Hong Kong Fire Services Department	消防(一)隊	Chan	Tsz Ching	
542	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Hong Kong Fire Services Department	消防(一)隊	Lau	Pok Him	
542	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Hong Kong Fire Services Department	消防(一)隊	Lau	Chal Kuen	
543	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Hong Kong Fire Services Department	消防(二)隊	Tsoi	Tse Chun	
543	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Hong Kong Fire Services Department	消防(二)隊	Leung	Him Pan	
543	7	8:45	Blue	Discliplinary Force Relay(Swim750m/ Bike 18km/ Run 5km)	Hong Kong Fire Services Department	消防(二)隊	Ng	Yi Ching	
544	7	8:45	Blue	Para Relay Team	China Hong Kong Paralympic Committee	China Hong Kong Paralympic Committee	Ng	Cheuk Yan	
544	7	8:45	Blue	Para Relay Team	China Hong Kong Paralympic Committee	China Hong Kong Paralympic Committee	Kong	Man Pok	
544	7	8:45	Blue	Para Relay Team	China Hong Kong Paralympic Committee	China Hong Kong Paralympic Committee	Chiu	Ka Yin	
545	7	8:45	Blue	Mixed Team Relay			ZHONG	ZI YU	钟子瑜
545	7	8:45	Blue	Mixed Team Relay			左	申华	左申华
545	7	8:45	Blue	Mixed Team Relay			杨	奥富	杨奥富
546	7	8:45	Blue	Mixed Team Relay			Lai	Brian	黎萃明
546	7	8:45	Blue	Mixed Team Relay			Sun	Natalie	孫嘉瑩
546	7	8:45	Blue	Mixed Team Relay			Sun	Li Lok	孫禮樂
547	7	8:45	Blue	Mixed Team Relay		Energetic Triathlon Shatin / Casus Alley Sports Limited	Fung	Kong Yau	
547	7	8:45	Blue	Mixed Team Relay		Energetic Triathlon Shatin / Casus Alley Sports Limited	Fung	Kong Ching	
547	7	8:45	Blue	Mixed Team Relay		Energetic Triathlon Shatin / Casus Alley Sports Limited	So	Ting Yuet	
548	7	8:45	Blue	Corporates' Cup Team Relay	Swire Coca-Cola HK Limited	Swire Coca-Cola HK	Pang	Chun Sun Jason	
548	7	8:45	Blue	Corporates' Cup Team Relay	Swire Coca-Cola HK Limited	Swire Coca-Cola HK	Mau	Tsz Ho	
548	7	8:45	Blue	Corporates' Cup Team Relay	Swire Coca-Cola HK Limited	Swire Coca-Cola HK	Yeung	Wing Ling	
549	7	8:45	Blue	Corporates' Cup Team Relay	The Law Society of Hong Kong	The Law Society of Hong Kong - Team 1	Wong	Sor Lam Danis	
549	7	8:45	Blue	Corporates' Cup Team Relay	The Law Society of Hong Kong	The Law Society of Hong Kong - Team 1	Lai	Sophia	
549	7	8:45	Blue	Corporates' Cup Team Relay	The Law Society of Hong Kong	The Law Society of Hong Kong - Team 1	Ting	Joshua Sheung Chi	

Race No	Wave	Start Time	Cap	Race Distance	Category	Name of Team	Last Name	First Name	Chinese Name
550	7	8:45	Blue	Corporates' Cup Team Relay	The Law Society of Hong Kong	The Law Society of Hong Kong - Team 2	Lam	Chun Shing Clive	林俊成
550	7	8:45	Blue	Corporates' Cup Team Relay	The Law Society of Hong Kong	The Law Society of Hong Kong - Team 2	Yeong	Wing Chun	
550	7	8:45	Blue	Corporates' Cup Team Relay	The Law Society of Hong Kong	The Law Society of Hong Kong - Team 2	Kwong	Jacqueline	邝恺茵
551	7	8:45	Blue	Corporates' Cup Team Relay	The Law Society of Hong Kong	The Law Society of Hong Kong - Team 3	LAU	CHI WAH	劉志華
551	7	8:45	Blue	Corporates' Cup Team Relay	The Law Society of Hong Kong	The Law Society of Hong Kong - Team 3	KWOK	YIN KWAN	
551	7	8:45	Blue	Corporates' Cup Team Relay	The Law Society of Hong Kong	The Law Society of Hong Kong - Team 3	Knight	Angela Wing Shang	