

2026 Duathlon Series - Individual Result

First name	Last name	Age Category	Club	DU 1	DU 2	DU 3	Total
CHALLENGE DISTANCE (BEST 2)							
Wan Chi	Lung	Female Age Group 25-29	Galaxy Sports Triathlon	100.0	100.0		200.0
Yen Yee Tiffany	Chow	Female Age Group 30-34	NL Triathlon Club		100.0		100.0
Ruth	Johnstone	Female Age Group 35-39	Sonic Sports Association	33.3	100.0		133.3
Tiffany	Shek	Female Age Group 35-39		100.0			100.0
Stephanie	Perrault	Female Age Group 35-39		66.7			66.7
YUI MING	Li	Female Age Group 40-44	The Little Dolphin Swimming Training Center	50.0	100.0		150.0
Wai Shan Lily	Chu	Female Age Group 40-44	Sonic Sports Association	100.0			100.0
Carina	Li	Female Age Group 45-49		100.0			100.0
KA MAN	LEUNG	Female Age Group 45-49	Galaxy Sports Triathlon		100.0		100.0
Sin Yi	Shek	Female Age Group 45-49		50.0			50.0
Wai Tong	Yip	Female Age Group 45-49			50.0		50.0
Shuk	Lau	Female Age Group 50-54		100.0			100.0
PUI YI ELIZABETH	TAM	Female Age Group 50-54	Crest Ray Recreation & Sports Club		100.0		100.0
HAU YI DORA	LI	Female Age Group 55-59	Energetic Triathlon Shatin	100.0	40.0		140.0
Joan	Tsang	Female Age Group 55-59	Sonic Sports Association		100.0		100.0
MUI CHRISTINA	WONG	Female Age Group 55-59	Mango Swimming Club	66.7	20.0		86.7
wai fun	LIU	Female Age Group 55-59	Sonic Sports Association		80.0		80.0
Pui Ha	Tsang	Female Age Group 55-59	Titan Triathlon		60.0		60.0
Miriam	Yeung	Female Age Group 55-59		33.3			33.3
King Ching	Leung	Male Age Group 20-24	Galaxy Sports Triathlon	100.0			100.0
Kin Hei	Wong	Male Age Group 20-24			100.0		100.0
Lee	Jacob Yan Chak	Male Age Group 20-24			75.0		75.0
Sze Lon	Cheuk	Male Age Group 20-24		66.7			66.7
King Hang	Chau	Male Age Group 20-24	The Little Dolphin Swimming Training Center	33.3	25.0		58.3
Yam	Yip	Male Age Group 25-29	First Ten Generation Team	100.0	50.0		150.0

2026 Duathlon Series - Individual Result

Long Kit	Chiu	Male Age Group 25-29	New Sports Triathlon	50.0	100.0		150.0
Long Hei Pascal	Wong	Male Age Group 25-29			75.0		75.0
祖杰	liao	Male Age Group 25-29			25.0		25.0
Ying Yeung	WONG	Male Age Group 30-34	Hong Kong Fire Services Sports and Welfare Club	100.0	75.0		175.0
KA HEI	HO	Male Age Group 30-34	Aqua Gym Sport Association		100.0		100.0
Chun Hoi	Yuen	Male Age Group 30-34	Sonic Sports Association	83.3			83.3
Kin Hang	Tsang	Male Age Group 30-34	The Little Dolphin Swimming Training Center	66.7			66.7
Derrick Kong Hei	Chan	Male Age Group 30-34		50.0			50.0
chun fung	wong	Male Age Group 30-34	AustSports Association		50.0		50.0
LONG YIN SIMON	TAM	Male Age Group 30-34		33.3			33.3
旭鋒	陳	Male Age Group 30-34			25.0		25.0
Nai Lun	MAK	Male Age Group 30-34		16.7			16.7
Tsz Fung	Chiu	Male Age Group 35-39	Sonic Sports Association	83.3	66.7		150.0
Lok Yu	Ma	Male Age Group 35-39	Hong Kong Fire Services Sports and Welfare Club	100.0			100.0
Clement Joshua	Ip	Male Age Group 35-39		50.0	50.0		100.0
Cheuk fung	cho	Male Age Group 35-39			100.0		100.0
Jonathan	Chu	Male Age Group 35-39		66.7	16.7		83.4
Chun Ting Timothy	Ho	Male Age Group 35-39	Energetic Triathlon Shatin		83.3		83.3
Wai lun	Suen	Male Age Group 35-39	Sonic Sports Association	33.3			33.3
Creighton	Connolly	Male Age Group 35-39	Hong Kong Dragons Triathlon Club		33.3		33.3
Matt	Chandler	Male Age Group 35-39		16.7			16.7
YING KIT	Tang	Male Age Group 40-44	First Ten Generation Team	69.2	80.0		149.2
Simon	Belfitt	Male Age Group 40-44	Tritons Triathlon Club	100.0			100.0
Kwok Fan	Li	Male Age Group 40-44	Titan Triathlon		100.0		100.0
chi fung	chow	Male Age Group 40-44	First Ten Generation Team	53.8	40.0		93.8
Sean	Ma	Male Age Group 40-44	Titan Triathlon	92.3			92.3
Ka Ho Lawrence	Wong	Male Age Group 40-44	Sonic Sports Association	84.6			84.6
Ka Ho Gilbert	Chang	Male Age Group 40-44	Galaxy Sports Triathlon	76.9			76.9
Chung Kan Ken	Chan	Male Age Group 40-44	Alpha Zone Sports	61.5			61.5
Wing Fung	Lai	Male Age Group 40-44	NL Triathlon Club		60.0		60.0
TSZ CHUN	WAN	Male Age Group 40-44		46.2			46.2
DAOLONG	HU	Male Age Group 40-44	Energetic Triathlon Shatin	38.5			38.5

2026 Duathlon Series - Individual Result

Giorgio	Nigi	Male Age Group 40-44		30.8			30.8
KUN LEI	LAM	Male Age Group 40-44	The Little Dolphin Swimming Training Center	23.1			23.1
DAOLONG	HU	Male Age Group 40-44	Energetic Triathlon Shatin		20.0		20.0
Hoi kit	Leung	Male Age Group 40-44	Galaxy Sports Triathlon	15.4			15.4
Chung Chiu	Yeung	Male Age Group 40-44		7.7			7.7
Gump	Wong Yuk Hei	Male Age Group 45-49	Sonic Sports Association	100.0	83.3		183.3
wai kit	woo	Male Age Group 45-49	Hong Kong Fire Services Sports and Welfare Club	0.0	100.0		100.0
wai hung	shek	Male Age Group 45-49	Alpha Zone Sports	88.9			88.9
Ka Ho	Fan	Male Age Group 45-49	The Little Dolphin Swimming Training Center	55.6	33.3		88.9
max	wu	Male Age Group 45-49	New Sports Triathlon	77.8			77.8
Wong	Kaming	Male Age Group 45-49	Energetic Triathlon Shatin		66.7		66.7
Ken	Lu	Male Age Group 45-49		66.7			66.7
Wai Ming	Leung	Male Age Group 45-49			50.0		50.0
HA LI	SEE	Male Age Group 45-49	The Little Dolphin Swimming Training Center	44.4			44.4
Kit Siu	Chan	Male Age Group 45-49		33.3			33.3
Tak Ching	Kwong	Male Age Group 45-49	Alpha Zone Sports	22.2			22.2
Wai Man	Li	Male Age Group 45-49			16.7		16.7
Chun Sang	CHEUNG	Male Age Group 45-49		11.1			11.1
CHING FAI	LEUNG	Male Age Group 50-54	Energetic Triathlon Shatin	100.0	75.0		175.0
Kim	lu	Male Age Group 50-54			100.0		100.0
Alexander	Liauw	Male Age Group 50-54			87.5		87.5
Jonathan	Cummings	Male Age Group 50-54			62.5		62.5
Pui Yuen	Wong	Male Age Group 50-54	Pro-trinity Sports Club	50.0			50.0
YAN KIT JAMES	HO	Male Age Group 50-54	Energetic Triathlon Shatin		50.0		50.0
Christopher	Lee	Male Age Group 50-54	Sonic Sports Association		37.5		37.5
CHRIS	CHEN	Male Age Group 50-54	Energetic Triathlon Shatin		25.0		25.0
PUI YIN ANDREW	LEE	Male Age Group 50-54			12.5		12.5
richard	roper	Male Age Group 55-59		80.0	100.0		180.0
HONG	AU YEUNG	Male Age Group 55-59	Mango Swimming Club	60.0	75.0		135.0
Richard	Hall	Male Age Group 55-59	Hong Kong Football Club Swimming and Triathlon Society	100.0			100.0
Vittorio	Trusso	Male Age Group 55-59	Hong Kong Dragons Triathlon Club		50.0		50.0
man kwong	cheung	Male Age Group 55-59	Mango Swimming Club	40.0			40.0

2026 Duathlon Series - Individual Result

Wai Chung Christopher	Tong	Male Age Group 55-59	Sonic Sports Association		25.0		25.0
Yvan	Corno	Male Age Group 55-59	Sonic Sports Association	20.0			20.0
YING HO	LEE	Male Age Group 60-64	Sonic Sports Association	100.0			100.0
Bertram	Shi	Male Age Group 60-64	Energetic Triathlon Shatin		100.0		100.0
King Yuen	Chan	Male Age Group 65 & Over	New Sports Triathlon	66.7	100.0		166.7
Fai Ming	Chan	Male Age Group 65 & Over	AustSports Association	33.3	66.7		100.0
Kwok Ning	Lee	Male Age Group 65 & Over		100.0			100.0
WING KWONG	IP	Male Age Group 65 & Over	Energetic Triathlon Shatin		33.3		33.3
SPRINT DISTANCE (BEST 2)							
錢滄	陳	Female Age Group 20-29	Crest Ray Recreation & Sports Club		100.0		100.0
Hoi Lam	Yam	Female Age Group 20-29			50.0		50.0
TSZ HUEN ALEXANDRA	WAN	Female Age Group 20-29		0.0			0.0
Cassy	Koo	Female Age Group 30-39	NL Triathlon Club		100.0		100.0
Pui ling	Lee	Female Age Group 30-39			75.0		75.0
Evian	Chau	Female Age Group 30-39	Crest Ray Recreation & Sports Club		50.0		50.0
曉彤	周	Female Age Group 30-39	Crest Ray Recreation & Sports Club		25.0		25.0
nok sze	tse	Female Age Group 40-49		100.0	50.0		150.0
Hoi Lam	Fung	Female Age Group 40-49			100.0		100.0
SHUK HAN KAREN	LUI	Female Age Group 50-59	Energetic Triathlon Shatin	100.0	100.0		200.0
MAN YI MAY	LI	Female Age Group 50-59	Energetic Triathlon Shatin	33.3	66.7		100.0
Vilma Ching Yi	Li	Female Age Group 50-59	Energetic Triathlon Shatin	66.7	33.3		100.0
YUK CHING CHRISTINA	LEUNG	Female Age Group 60-69	Energetic Triathlon Shatin	100.0	100.0		200.0
LAI WA	LAU	Female Age Group 60-69	Energetic Triathlon Shatin		0.0		0.0
Sarah	Modiano	Female Elite Junior 1		100.0			100.0
Oi Yin	Chan	Female Elite Junior 1		0.0	100.0		100.0
Yuet Hei	Ng	Female Elite Junior 1	Energetic Triathlon Shatin	80.0			80.0
Chung Ning	Shum	Female Elite Junior 1	Energetic Triathlon Shatin	60.0			60.0
Hayley	Tsang	Female Elite Junior 1	Energetic Triathlon Shatin		50.0		50.0

2026 Duathlon Series - Individual Result

Lok Tung	Wong	Female Elite Junior 1		40.0			40.0
Ackber	Bertha	Female Elite Junior 1		20.0			20.0
Lai Ki Nicole	Man	Female Elite Junior 2	Energetic Triathlon Shatin	100.0			100.0
Wan Tung	Wong	Female Elite Junior 2	Energetic Triathlon Shatin	50.0			50.0
Bailee	Brown	Female Elite Open		100.0			100.0
Cheuk Yat	Lo	Female Elite Open	Energetic Triathlon Shatin		100.0		100.0
Yan Yin	Choi	Female Elite Open		66.7			66.7
Hoi Ching	Lam	Female Elite Open		33.3			33.3
Yi Chun	Chan	Female Junior 1	AustSports Association	100.0	100.0		200.0
凱旻	陳	Female Junior 1	First Ten Generation Team	50.0			50.0
Nicole	Chau	Female Junior 2		100.0			100.0
Wang Chit	Kwong	Male Age Group 20-29		80.0	100.0		180.0
Chung Hei	Wong	Male Age Group 20-29		100.0			100.0
Tsz Chun	Law	Male Age Group 20-29			75.0		75.0
Ryan	Yu	Male Age Group 20-29	Galaxy Sports Triathlon	20.0	50.0		70.0
Kin Hei	Wong	Male Age Group 20-29		60.0			60.0
Chi Fung	Leung	Male Age Group 20-29	First Ten Generation Team		50.0		50.0
Ka Siu	Lai	Male Age Group 20-29	Crest Ray Recreation & Sports Club	40.0			40.0
CHEE HONG BRIAN	FUNG	Male Age Group 20-29	Crest Ray Recreation & Sports Club		25.0		25.0
Chun Yin	Choi	Male Age Group 30-39		100.0	100.0		200.0
Shek Lun	Li	Male Age Group 30-39		83.3	90.9		174.2
Kwun San Sun	Yau	Male Age Group 30-39	Aqua Gym Sport Association	66.7	81.8		148.5
Bruce CM	Leung	Male Age Group 30-39		50.0	72.7		122.7
Wai Fung	Tang	Male Age Group 30-39			63.6		63.6
Man kit	Chan	Male Age Group 30-39			54.5		54.5
YUK LUN	LAU	Male Age Group 30-39			45.5		45.5
Hiu yeung	Lam	Male Age Group 30-39			36.4		36.4
Chun Lung Daniel	Tsoi	Male Age Group 30-39		33.3			33.3
Matthew	Chau	Male Age Group 30-39	Crest Ray Recreation & Sports Club		27.3		27.3

2026 Duathlon Series - Individual Result

Ho Tun	Koo	Male Age Group 30-39			18.2		18.2
Emil	Francisco	Male Age Group 30-39		16.7			16.7
Bok Hin Victor	Choi	Male Age Group 30-39			9.1		9.1
ting piu	chong	Male Age Group 40-49	Titan Triathlon	100.0	91.7		191.7
HON SUEN	MOK	Male Age Group 40-49		90.9	75.0		165.9
Tak Kiu	Pun	Male Age Group 40-49	Tritons Triathlon Club	72.7	83.3		156.0
Yau Yan	Tam	Male Age Group 40-49	AustSports Association	81.8	66.7		148.5
Gary	Tiu	Male Age Group 40-49	Energetic Triathlon Shatin	63.6	58.3		121.9
Ka Ho Lawrence	Wong	Male Age Group 40-49	Sonic Sports Association		100.0		100.0
Tommy Chi Kwan	Siu	Male Age Group 40-49	First Ten Generation Team	36.4	41.7		78.1
King Man	Cheung	Male Age Group 40-49	Crest Ray Recreation & Sports Club	54.5			54.5
CHO WAH	WAN	Male Age Group 40-49	Energetic Triathlon Shatin	18.2	33.3		51.5
Ki fung	Cheung	Male Age Group 40-49	First Ten Generation Team		50.0		50.0
WING HON	WONG	Male Age Group 40-49		45.5			45.5
Chuen yin james	Chan	Male Age Group 40-49	The Little Dolphin Swimming Training Center	27.3			27.3
Gerard	Chau	Male Age Group 40-49	Energetic Triathlon Shatin	9.1	16.7		25.8
YIU HUNG	NG	Male Age Group 40-49	First Ten Generation Team		25.0		25.0
TSZ CHUN	WONG	Male Age Group 40-49	Energetic Triathlon Shatin		8.3		8.3
Ka Hin	Leung	Male Age Group 40-49		0.0	0.0		0.0
Hagikit	WONG	Male Age Group 40-49			0.0		0.0
YAT SING	PUN	Male Age Group 40-49			0.0		0.0
kwok on	chim	Male Age Group 40-49	Excel Swim Sports Association		0.0		0.0
Kwok hang	Tse	Male Age Group 40-49			0.0		0.0
SHU WAH JIMMY	WAN	Male Age Group 50-59	Energetic Triathlon Shatin	100.0	100.0		200.0
Wai Hung	Chan	Male Age Group 50-59		80.0	90.9		170.9
Jack	Yee	Male Age Group 50-59		60.0	72.7		132.7
Vincent	Lee	Male Age Group 50-59	AustSports Association	90.0			90.0
SIU SANG	LEE	Male Age Group 50-59	Energetic Triathlon Shatin		81.8		81.8
Jonathan	Cummings	Male Age Group 50-59		70.0			70.0
CHI HO ERIC	CHEUNG	Male Age Group 50-59	Energetic Triathlon Shatin	30.0	36.4		66.4
Chi Hang	Chong	Male Age Group 50-59	Energetic Triathlon Shatin		63.6		63.6
Chung Ming	Wong	Male Age Group 50-59			54.5		54.5
wa kay jimmy	chiu	Male Age Group 50-59		50.0			50.0

2026 Duathlon Series - Individual Result

TAK WING DAVY	LEE	Male Age Group 50-59	Energetic Triathlon Shatin		45.5		45.5
CHRIS	CHEN	Male Age Group 50-59	Energetic Triathlon Shatin	40.0			40.0
HON FAI	wu	Male Age Group 50-59		10.0	18.2		28.2
Tim	Chiu	Male Age Group 50-59			27.3		27.3
"King Lai, Jeffrey"	LIU	Male Age Group 50-59	Mango Swimming Club	20.0			20.0
CHI KIT	CHAN	Male Age Group 50-59			9.1		9.1
Tse	Wai Chi	Male Age Group 50-59	Galaxy Sports Triathlon	0.0	0.0		0.0
Almon	Kwan	Male Age Group 50-59			0.0		0.0
Ho Seng	Wong	Male Age Group 60-69	Energetic Triathlon Shatin	100.0	85.7		185.7
YIN CHEONG	WONG	Male Age Group 60-69	Energetic Triathlon Shatin	80.0	57.1		137.1
TAK WA PAUL	KONG	Male Age Group 60-69	Energetic Triathlon Shatin		100.0		100.0
Ka Yam	Ip	Male Age Group 60-69			71.4		71.4
LUI HUNG LAWRENCE	CHUNG	Male Age Group 60-69	Energetic Triathlon Shatin	60.0			60.0
Wai Leung	Chu	Male Age Group 60-69			42.9		42.9
Wah	Yau	Male Age Group 60-69		40.0			40.0
WAI MING WARMAN	CHENG	Male Age Group 60-69			28.6		28.6
Ma	Man Sing	Male Age Group 60-69		20.0			20.0
Chiu Kau	Lin	Male Age Group 60-69			14.3		14.3
LAI CHUNG	LEE	Male Age Group 60-69	Mango Swimming Club	0.0			0.0
Stephen King Che	Chan	Male Age Group 70 & Over	Energetic Triathlon Shatin	100.0	100.0		200.0
Heng Fan	Poon	Male Age Group 70 & Over			75.0		75.0
Chi Ling Clement	Yeung	Male Age Group 70 & Over	The Little Dolphin Swimming Training Center	50.0			50.0
HON KUEN	TSOI	Male Age Group 70 & Over	Energetic Triathlon Shatin		50.0		50.0
Chi Ling Clement	Yeung	Male Age Group 70 & Over	The Little Dolphin Swimming Training Center		25.0		25.0
YAT LONG	LAM	Male Elite Junior 1		90.9	83.3		174.2
Tsz Leong Louie	Cheng	Male Elite Junior 1		36.4	66.7		103.1
Chun Hei	Wong	Male Elite Junior 1	The Little Dolphin Swimming Training Center	100.0			100.0
Ngai Chun	Ting	Male Elite Junior 1	Sparkle Triathlon		100.0		100.0
Ho Ting	Lee	Male Elite Junior 1	AustSports Association	45.5	50.0		95.5
Yin Hang	Chan	Male Elite Junior 1	Aqua Gym Sport Association	81.8			81.8
Hoi Fan	Ma	Male Elite Junior 1		72.7			72.7
KING TO	CHAN	Male Elite Junior 1	Energetic Triathlon Shatin	63.6			63.6

2026 Duathlon Series - Individual Result

Cheuk Long	Chun	Male Elite Junior 1		27.3	33.3		60.6
Jasper	Ho	Male Elite Junior 1	The Little Dolphin Swimming Training Center	54.5			54.5
Lucas	Wong	Male Elite Junior 1	Energetic Triathlon Shatin	9.1	16.7		25.8
Edison	Wong	Male Elite Junior 1		18.2			18.2
Nok Hei	Wong	Male Elite Junior 2		100.0			100.0
Dominic WT	Carson	Male Elite Junior 2	Energetic Triathlon Shatin	90.0			90.0
Pak Fan	Mok	Male Elite Junior 2	Energetic Triathlon Shatin	80.0			80.0
Pak Yiu Anson	Wong	Male Elite Junior 2	Energetic Triathlon Shatin	70.0			70.0
Yan Tao	Shum	Male Elite Junior 2	Galaxy Sports Triathlon	60.0			60.0
Lok Shi	Lam	Male Elite Junior 2	Energetic Triathlon Shatin	50.0			50.0
Po Shun Yemi	Yick	Male Elite Junior 2	Energetic Triathlon Shatin	40.0			40.0
Pu Chak	Yung	Male Elite Junior 2	The Little Dolphin Swimming Training Center	30.0			30.0
Auscar	Tsang	Male Elite Junior 2	Energetic Triathlon Shatin	20.0			20.0
Goldberg	Aitan	Male Elite Junior 2	Energetic Triathlon Shatin	10.0			10.0
Ka Ho	Wong	Male Elite Open		14.3	100.0		114.3
Siu Wo	Au Yeung	Male Elite Open	The Little Dolphin Swimming Training Center	28.6	75.0		103.6
Tak Long	Yip	Male Elite Open	Energetic Triathlon Shatin	100.0			100.0
Ysz Hin	Yip	Male Elite Open	Energetic Triathlon Shatin	85.7			85.7
Cheung Sing Nicholas	Tsang	Male Elite Open		71.4			71.4
Wang Hin Ian	Fok	Male Elite Open	Energetic Triathlon Shatin	57.1			57.1
Shing Him	Yu	Male Elite Open	Energetic Triathlon Shatin		50.0		50.0
Louis Coggins	Oscar	Male Elite Open		42.9			42.9
Chak Lam	Wan	Male Elite Open	Energetic Triathlon Shatin		25.0		25.0
Pak Lam Cass	Man	Male Junior 1	AustSports Association	100.0	100.0		200.0
Wai Yin	Chan	Male Junior 1	Sparkle Triathlon	93.3	84.6		177.9
Pak Hei	Chan	Male Junior 1	Galaxy Sports Triathlon	86.7	61.5		148.2
Pok Yin	Tsang	Male Junior 1	The Little Dolphin Swimming Training Center	80.0	53.8		133.8
Rico	Ho	Male Junior 1		53.3	46.2		99.5
Alban	Modiano	Male Junior 1	South China Athletic Association	0.0	92.3		92.3
Ching Yeung	Chan	Male Junior 1			76.9		76.9
宇軒	梁	Male Junior 1		73.3			73.3
Marcus	Tiu	Male Junior 1	Energetic Triathlon Shatin	33.3	38.5		71.8

2026 Duathlon Series - Individual Result

Tsz Shun	CHAN	Female Youth 1	Blue & White Spirit Sports Club	100.0	100.0		200.0
Lok Yin Alicia	Lau	Female Youth 1	The Little Dolphin Swimming Training Center	92.9	90.0		182.9
Keira Joy	Leung	Female Youth 1	First Ten Generation Team	85.7	80.0		165.7
JIANGQI	HU	Female Youth 1	Energetic Triathlon Shatin	64.3	70.0		134.3
思澄	呂	Female Youth 1	Blue & White Spirit Sports Club	71.4	60.0		131.4
Ceinwen	Chau	Female Youth 1	Energetic Triathlon Shatin	78.6	50.0		128.6
CHING HEI	WONG	Female Youth 1	Energetic Triathlon Shatin	50.0	30.0		80.0
Chin Yui	Chan	Female Youth 1	AustSports Association	57.1	20.0		77.1
OLIVIA	LEE	Female Youth 1		35.7	40.0		75.7
Tsz Chin	Tsang	Female Youth 1		42.9			42.9
Mo Tung	Cheung	Female Youth 1	The Little Dolphin Swimming Training Center	28.6			28.6
Tsz Ki	Chiu	Female Youth 1	The Little Dolphin Swimming Training Center	21.4			21.4
Pok Nga	So	Female Youth 1	AustSports Association	7.1	10.0		17.1
Tsz Ying Charlotte	Mak	Female Youth 1	Crest Ray Recreation & Sports Club	14.3			14.3
Cheuk Kiu	Chan	Female Youth 2	Sparkle Triathlon	50.0	100.0		150.0
HEIDI	CHEUNG	Female Youth 2	Crest Ray Recreation & Sports Club	100.0			100.0
Tze Kiu	Tam	Male Elite Youth	Energetic Triathlon Shatin	88.9	100.0		188.9
Yik Hei	Lau	Male Elite Youth	Energetic Triathlon Shatin	66.7	87.5		154.2
Sze Chai Damon	LAU	Male Elite Youth	Energetic Triathlon Shatin	55.6	50.0		105.6
Chak Yan	Wan	Male Elite Youth	Energetic Triathlon Shatin	100.0			100.0
Hoi Jin	Lee	Male Elite Youth	Energetic Triathlon Shatin	33.3	62.5		95.8
Cheuk Kiu	Ng	Male Elite Youth	Energetic Triathlon Shatin	44.4	37.5		81.9
Chi Yan Ian	Chung	Male Elite Youth		77.8			77.8
Chun Ching	Ting	Male Elite Youth	Sparkle Triathlon		75.0		75.0
Shun Hei	Wong	Male Elite Youth		22.2	25.0		47.2
Cheuk Yin Desmond	Chau	Male Elite Youth	Energetic Triathlon Shatin	11.1	12.5		23.6
San Mau Jacob	Mak	Male Youth 1	Sparkle Triathlon	100.0	100.0		200.0
Lap Yan	Kei	Male Youth 1	Sparkle Triathlon	97.1	96.7		193.8
CHUN HIM LOUIS	WONG	Male Youth 1	Energetic Triathlon Shatin	94.3	86.7		181.0
pak long Casper	chan	Male Youth 1	Energetic Triathlon Shatin	85.7	93.3		179.0
JIANGZHI	HU	Male Youth 1	Energetic Triathlon Shatin	82.9	90.0		172.9
Chun Hong Chaska	Poon	Male Youth 1		91.4	76.7		168.1

2026 Duathlon Series - Individual Result

Wan Hin	Mok	Male Youth 1	Energetic Triathlon Shatin	74.3	80.0		154.3
Shing Hang	Fok	Male Youth 1	Energetic Triathlon Shatin	80.0	63.3		143.3
Yat Long Jay	Chan	Male Youth 1	Energetic Triathlon Shatin	71.4	70.0		141.4
Chun Lam	Chu	Male Youth 1	The Little Dolphin Swimming Training Center	57.1	83.3		140.4
Yat to Travis	Li	Male Youth 1	Energetic Triathlon Shatin	65.7	73.3		139.0
TING YAN MATTHEW	PANG	Male Youth 1	Crest Ray Recreation & Sports Club	77.1	60.0		137.1
YUI HIM	SOU	Male Youth 1	Energetic Triathlon Shatin	68.6	56.7		125.3
CHUNG YU	WONG	Male Youth 1	Energetic Triathlon Shatin	54.3	53.3		107.6
chun lok	chu	Male Youth 1	First Ten Generation Team	60.0	43.3		103.3
Ching Long	Yan	Male Youth 1	Sparkle Triathlon	42.9	46.7		89.6
Chet	Yung	Male Youth 1	Crest Ray Recreation & Sports Club	88.6			88.6
chun teng aiden	chow	Male Youth 1	First Ten Generation Team	34.3	50.0		84.3
Tin Lap	Qu	Male Youth 1	Sparkle Triathlon		66.7		66.7
Yat Long	Cheung	Male Youth 1	First Ten Generation Team	62.9			62.9
Yuet Hei	Chan	Male Youth 1	Aqua Gym Sport Association	28.6	33.3		61.9
Chak Fung	Ng	Male Youth 1	First Ten Generation Team	25.7	26.7		52.4
Jaxon	Lai	Male Youth 1	First Ten Generation Team	51.4			51.4
HO CHING ANGUS	LEUNG	Male Youth 1	The Little Dolphin Swimming Training Center	48.6			48.6
CARLOS	CHAN	Male Youth 1	Energetic Triathlon Shatin	45.7			45.7
Hok Sum	Au	Male Youth 1	Sparkle Triathlon	40.0			40.0
无忌	邓	Male Youth 1			40.0		40.0
Brandon	Gong	Male Youth 1	First Ten Generation Team	37.1			37.1
奕乔	王	Male Youth 1			36.7		36.7
"Yik Sum, Sam"	Kwok	Male Youth 1	The Little Dolphin Swimming Training Center	22.9	13.3		36.2
Atticus Fong Kok	Lui	Male Youth 1		31.4			31.4
YAU YAT	LEUNG	Male Youth 1	Energetic Triathlon Shatin	14.3	16.7		31.0
Wang Chun	Chan	Male Youth 1	First Ten Generation Team		30.0		30.0
JACO JIA SHEN	XI	Male Youth 1	Aqua Gym Sport Association		23.3		23.3
Shing Chung	Lee	Male Youth 1		11.4	10.0		21.4
Pok yan	Tang	Male Youth 1		20.0			20.0
Tang Pok Yan	鄧	Male Youth 1			20.0		20.0
Cheuk Hang	Ko	Male Youth 1		17.1			17.1
oson	lau	Male Youth 1	The Little Dolphin Swimming Training Center	5.7	3.3		9.0
CHUN YIN MATTHEW	CHEUK	Male Youth 1	Energetic Triathlon Shatin	8.6			8.6
镇铭	孙	Male Youth 1			6.7		6.7

2026 Duathlon Series - Individual Result

Wing shun	Kong	Male Youth 1	First Ten Generation Team	2.9			2.9
一杭	高	Male Youth 1			0.0		0.0
Hao che	Chang	Male Youth 2	Crest Ray Recreation & Sports Club	95.5	100.0		195.5
Ching Kiu	Ng	Male Youth 2	AustSports Association	77.3	95.5		172.8
Leong Yin	Au	Male Youth 2	Sparkle Triathlon	90.9	81.8		172.7
Pak Yin	Chu	Male Youth 2	AustSports Association	86.4	72.7		159.1
Theodore	Zhang	Male Youth 2	Mango Swimming Club	68.2	86.4		154.6
Yat Long Julian	Cho	Male Youth 2		59.1	77.3		136.4
YUI HANG	CHOI	Male Youth 2		81.8	54.5		136.3
Ian	Wong	Male Youth 2	Energetic Triathlon Shatin	63.6	63.6		127.2
TSZ WUN XAVIER	CHEUNG	Male Youth 2	Crest Ray Recreation & Sports Club	45.5	59.1		104.6
Earnest	Lee	Male Youth 2		31.8	68.2		100.0
Chun Ching	Ting	Male Youth 2	Sparkle Triathlon	100.0			100.0
Cheuk Nam Janko	Au	Male Youth 2	Energetic Triathlon Shatin		90.9		90.9
TSZ SHUN	WONG	Male Youth 2		72.7			72.7
vincent	yee	Male Youth 2		27.3	31.8		59.1
CHEUK HIN	Kong	Male Youth 2		54.5			54.5
Tsz hin	Fan	Male Youth 2		50.0			50.0
Kei Chi	Hung	Male Youth 2			50.0		50.0
WAI TING	LEE	Male Youth 2	AustSports Association		45.5		45.5
Wei Him	Chan	Male Youth 2		40.9			40.9
IRON	WAN	Male Youth 2	Energetic Triathlon Shatin		40.9		40.9
Tsz Wang	Wong	Male Youth 2	The Little Dolphin Swimming Training Center	18.2	22.7		40.9
Wai Chun	Au	Male Youth 2			36.4		36.4
Ngo Yin	Ng	Male Youth 2	First Ten Generation Team	36.4			36.4
Lok Chun Titus	Lui	Male Youth 2	Energetic Triathlon Shatin		27.3		27.3
Yik Hang	Fan	Male Youth 2	Crest Ray Recreation & Sports Club	22.7			22.7
ka kiu	yeung	Male Youth 2	The Little Dolphin Swimming Training Center		18.2		18.2
Zuriel	Jiu	Male Youth 2		13.6			13.6
Chak Hei Jeffrey	Tsang	Male Youth 2	First Ten Generation Team		13.6		13.6
柚清	叶	Male Youth 2			9.1		9.1
Pak Lam	Tsang	Male Youth 2		9.1			9.1
Tsz Kin	Tse	Male Youth 2	Galaxy Sports Triathlon	4.5	4.5		9.0

TRIKIDS DISTANCE (BEST 2)

2026 Duathlon Series - Individual Result

Yuet Ching	Tang	Female TriKids 1	First Ten Generation Team	92.9	100.0		192.9
Ngo Ching	Wong	Female TriKids 1	First Ten Generation Team	78.6	90.9		169.5
Nga Yu	Wong	Female TriKids 1		85.7	81.8		167.5
Chan	Ching Yee ALLY	Female TriKids 1	Titan Triathlon	71.4	72.7		144.1
Yee Sum	Chung	Female TriKids 1	First Ten Generation Team	50.0	63.6		113.6
子昕	彭	Female TriKids 1	Sparkle Triathlon	100.0			100.0
CHING YAU	CHAN	Female TriKids 1	Energetic Triathlon Shatin	42.9	54.5		97.4
Lok Yau	Man	Female TriKids 1	First Ten Generation Team	28.6	45.5		74.1
凱晴	葉	Female TriKids 1		64.3			64.3
泱辰	周	Female TriKids 1	First Ten Generation Team	21.4	36.4		57.8
Sumyu	Cheung	Female TriKids 1	First Ten Generation Team	57.1			57.1
SAU YU HARRIES	CHENG	Female TriKids 1	Energetic Triathlon Shatin	35.7	18.2		53.9
Hoi Ching	Yip	Female TriKids 1			27.3		27.3
Sze Yu	Chan	Female TriKids 1	The Little Dolphin Swimming Training Center	7.1	9.1		16.2
Yau	Hoi Yuet	Female TriKids 1	Aqua Gym Sport Association	14.3			14.3
Hui Ching	Chan	Female TriKids 1	First Ten Generation Team		0.0		0.0
Ka Pik Abigail	Mak	Female TriKids 2	Sparkle Triathlon	100.0	100.0		200.0
Yat Tung	Wan	Female TriKids 2	Sparkle Triathlon	87.5	92.9		180.4
Cheryl	Lau	Female TriKids 2	First Ten Generation Team	75.0	85.7		160.7
Rebecca Mingnuo	Chen	Female TriKids 2	Sparkle Triathlon	81.3	78.6		159.9
Hei Ching	Tse	Female TriKids 2	Sparkle Triathlon	68.8	71.4		140.2
CHING	WAN	Female TriKids 2	Energetic Triathlon Shatin	62.5	57.1		119.6
HEI SHUN ONA	LEUNG	Female TriKids 2	Energetic Triathlon Shatin	56.3	50.0		106.3
Cheuk Man	Ko	Female TriKids 2		93.8			93.8
Fong	Ho Lam	Female TriKids 2		25.0	64.3		89.3
CHEUNG	YUET CHING	Female TriKids 2	First Ten Generation Team	43.8	42.9		86.7
Hau Yee Alisha	WU	Female TriKids 2	The Little Dolphin Swimming Training Center	37.5	28.6		66.1
HAYLIE	TSANG	Female TriKids 2	The Little Dolphin Swimming Training Center	50.0			50.0
lok tung	hung	Female TriKids 2		31.3	14.3		45.6
Michaela Grace	Leung	Female TriKids 2	First Ten Generation Team	0.0	35.7		35.7
TSZ YAU	NG	Female TriKids 2	First Ten Generation Team		21.4		21.4
Chin Yau	Tam	Female TriKids 2	Crest Ray Recreation & Sports Club	18.8			18.8
Yui Chi	Li	Female TriKids 2		12.5			12.5
Kei Tung	Pan	Female TriKids 2	Alpha Zone Sports		7.1		7.1

2026 Duathlon Series - Individual Result

Cheuk Kiu	Cheung	Female TriKids 2	The Little Dolphin Swimming Training Center	6.3			6.3
Morgan Muk	Yeung	Male TriKids 1	Sparkle Triathlon	100.0	100.0		200.0
Shu Yan Ethan	Mak	Male TriKids 1	Sparkle Triathlon	97.1	97.6		194.7
Yat To	Wan	Male TriKids 1	Sparkle Triathlon	94.3	95.1		189.4
chi pui	Law	Male TriKids 1		88.6	90.2		178.8
Pok Yin	Leung	Male TriKids 1	First Ten Generation Team	74.3	92.7		167.0
Tin Yat	Ma	Male TriKids 1		85.7	80.5		166.2
Yin Chun	Chu	Male TriKids 1	First Ten Generation Team	80.0	85.4		165.4
Cheuk Him	Lo	Male TriKids 1	The Little Dolphin Swimming Training Center	77.1	82.9		160.0
謙佑	陳	Male TriKids 1	Titan Triathlon	91.4	63.4		154.8
Chun Hang Jeremy	Chow	Male TriKids 1	First Ten Generation Team	71.4	78.0		149.4
Isaac Chongyi	Shi	Male TriKids 1	Mango Swimming Club	65.7	70.7		136.4
Lok Chun	Wong	Male TriKids 1	First Ten Generation Team	45.7	75.6		121.3
CHING KIU	WONG	Male TriKids 1	Energetic Triathlon Shatin	62.9	56.1		119.0
Tang	Song	Male TriKids 1	Mango Swimming Club	48.6	61.0		109.6
PAK LAM	HO	Male TriKids 1	Energetic Triathlon Shatin	60.0	48.8		108.8
HO LAM	LO	Male TriKids 1	Energetic Triathlon Shatin	57.1	46.3		103.4
Kai Hin	Chui	Male TriKids 1		37.1	65.9		103.0
Ho Ting Preston	WONG	Male TriKids 1	Sparkle Triathlon	22.9	73.2		96.1
Hoi Chun	Chan	Male TriKids 1	The Little Dolphin Swimming Training Center	51.4	39.0		90.4
Kwong	Yick Kiu Casper	Male TriKids 1			87.8		87.8
JAKE ANDERS	CHAN	Male TriKids 1	Energetic Triathlon Shatin	31.4	53.7		85.1
Yick Kiu Casper	Kwong	Male TriKids 1		82.9			82.9
"LIK, ETHAN"	WONG	Male TriKids 1	Energetic Triathlon Shatin	42.9	34.1		77.0
Hoi Yi	Yau	Male TriKids 1	Aqua Gym Sport Association	68.6			68.6
HO SAU	LAM	Male TriKids 1	Energetic Triathlon Shatin		68.3		68.3
SZE CHAI JENSON	YING	Male TriKids 1	Energetic Triathlon Shatin	28.6	31.7		60.3
Kwok Hin Stefan	Hung	Male TriKids 1			58.5		58.5
Yui Ting	Siu	Male TriKids 1	First Ten Generation Team	40.0	17.1		57.1
Micah	Chau	Male TriKids 1	The Little Dolphin Swimming Training Center	54.3			54.3
Yat Hei	Chiu	Male TriKids 1		17.1	36.6		53.7
蔚然	岑	Male TriKids 1	Alpha Zone Sports		51.2		51.2
man him	ho	Male TriKids 1			43.9		43.9
Lai yin	Lam	Male TriKids 1			41.5		41.5

2026 Duathlon Series - Individual Result

Hon Lam Adrain	Fong	Male TriKids 1	The Little Dolphin Swimming Training Center	11.4	24.4		35.8
TSUN TING	MOK	Male TriKids 1	Energetic Triathlon Shatin	34.3			34.3
NOK HEI ODIN	YAU	Male TriKids 1			29.3		29.3
PUI KIU	TAM	Male TriKids 1	Aqua Gym Sport Association	20.0	7.3		27.3
Chi Lok	Ching	Male TriKids 1	Alpha Zone Sports		26.8		26.8
CARSON SHING YIU	AU	Male TriKids 1	Energetic Triathlon Shatin	25.7			25.7
jim	ko	Male TriKids 1	First Ten Generation Team		22.0		22.0
YU HEI GARETH	WONG	Male TriKids 1	Energetic Triathlon Shatin		19.5		19.5
Tsz Lok	Chan	Male TriKids 1	Aqua Gym Sport Association	14.3	4.9		19.2
Sum To	Chan	Male TriKids 1	First Ten Generation Team		14.6		14.6
Pak Lam	Cheung	Male TriKids 1	The Little Dolphin Swimming Training Center		12.2		12.2
KAI BOK MARTIN	WONG	Male TriKids 1	Energetic Triathlon Shatin		9.8		9.8
XAVIER	CHAN	Male TriKids 1	Energetic Triathlon Shatin	8.6			8.6
Sum Long Ernest	Quan	Male TriKids 1	Titan Triathlon	5.7			5.7
Pak Lam	Cheung	Male TriKids 1	The Little Dolphin Swimming Training Center	2.9			2.9
Ryan	Hung	Male TriKids 1	Alpha Zone Sports		2.4		2.4
Chun Kiu	Yu	Male TriKids 2	Sparkle Triathlon	100.0	100.0		200.0
CHI YIN IVIN	CHUNG	Male TriKids 2		96.9	97.6		194.5
Kwun cheong	Tsang	Male TriKids 2	Galaxy Sports Triathlon	93.8	92.7		186.5
CHUN TING	TSANG	Male TriKids 2	First Ten Generation Team	90.6	87.8		178.4
Kak Scott	Yeung	Male TriKids 2	Sparkle Triathlon	84.4	90.2		174.6
Tak Lam	Chan	Male TriKids 2		81.3	78.0		159.3
HEI LONG OTIS	LEUNG	Male TriKids 2	Energetic Triathlon Shatin	75.0	80.5		155.5
SEN YIK OTTO	WANG	Male TriKids 2	Energetic Triathlon Shatin	68.8	85.4		154.2
Tsz Kiu	Wong	Male TriKids 2	Sparkle Triathlon	71.9	73.2		145.1
Chun Fung Jonathan	Chan	Male TriKids 2	The Little Dolphin Swimming Training Center	62.5	65.9		128.4
Pak Kiu	Tsang	Male TriKids 2	Alpha Zone Sports	53.1	70.7		123.8
Hayling William Chan	Green	Male TriKids 2	Sparkle Triathlon	50.0	68.3		118.3
HO HEI	NG	Male TriKids 2		56.3	48.8		105.1
Tsun yu	Wong	Male TriKids 2		46.9	56.1		103.0
Tsz Ngo	cheung	Male TriKids 2	The Little Dolphin Swimming Training Center	43.8	53.7		97.5
Tin Hang	Qu	Male TriKids 2	Sparkle Triathlon		95.1		95.1
TAK MAN	LEUNG	Male TriKids 2	Energetic Triathlon Shatin	40.6	51.2		91.8
子晉	彭	Male TriKids 2	Sparkle Triathlon	87.5			87.5

2026 Duathlon Series - Individual Result

Wang Chin	chan	Male TriKids 2	First Ten Generation Team		82.9		82.9
Yat Hei Isaac	Poon	Male TriKids 2		78.1			78.1
Yuet Fung Nikan	Yiu	Male TriKids 2	The Little Dolphin Swimming Training Center		75.6		75.6
Ho Yeung	WONG	Male TriKids 2		65.6			65.6
Daren	Silbernagl	Male TriKids 2			63.4		63.4
PAK TING	HO	Male TriKids 2		18.8	43.9		62.7
Tsz Ho	Yan	Male TriKids 2	Sparkle Triathlon		61.0		61.0
Matthew	Chau	Male TriKids 2	The Little Dolphin Swimming Training Center	59.4			59.4
SHEUNG HEI	YEUNG	Male TriKids 2	Energetic Triathlon Shatin	34.4	24.4		58.8
Ethan Andrew Vasileios	PAPADOPOULOS	Male TriKids 2	South China Athletic Association		58.5		58.5
Yat Long	Leung	Male TriKids 2	Crest Ray Recreation & Sports Club	21.9	29.3		51.2
"Cham Yin, Andres"	Wong	Male TriKids 2			46.3		46.3
LAP YIN EUGENE	WU	Male TriKids 2	Energetic Triathlon Shatin	25.0	17.1		42.1
Enzo	Chen	Male TriKids 2			41.5		41.5
柏希	李	Male TriKids 2	The Little Dolphin Swimming Training Center		39.0		39.0
Hayden	Woo	Male TriKids 2	Titan Triathlon	37.5			37.5
启杰	唐	Male TriKids 2			36.6		36.6
Kei Yin	Pan	Male TriKids 2	Alpha Zone Sports		34.1		34.1
TIN YU	CHEUNG	Male TriKids 2		12.5	19.5		32.0
Yin Pok	Woo	Male TriKids 2	Alpha Zone Sports		31.7		31.7
KING WANG DAMIEN	MA	Male TriKids 2	Energetic Triathlon Shatin	31.3			31.3
Tin Hang	Wong	Male TriKids 2	Titan Triathlon	28.1			28.1
倬宏	馮	Male TriKids 2	Aqua Gym Sport Association		26.8		26.8
Lap Yan Duncan	Chow	Male TriKids 2	The Little Dolphin Swimming Training Center	15.6	9.8		25.4
HONG PING AVERY	NG	Male TriKids 2	Energetic Triathlon Shatin		22.0		22.0
LONG KIU	LOU	Male TriKids 2	Energetic Triathlon Shatin	6.3	12.2		18.5
Ho Shun	Chan	Male TriKids 2	Alpha Zone Sports		14.6		14.6
Tsz Lok	Chim	Male TriKids 2	Excel Swim Sports Association	9.4	4.9		14.3
Chun Ho	Lin	Male TriKids 2	First Ten Generation Team	0.0	7.3		7.3
Pak Ting	Ip	Male TriKids 2		3.1			3.1
Samuel	Ng	Male TriKids 2	Alpha Zone Sports		2.4		2.4