

2025 Asia Triathlon Sprint Championships - Relay Team Start List

Race No	Heat	Swim Cap	Start Time	Race Category	Race Type	Team Name	First Name	Last Name	Chinese Name
600	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 1	Chi Lok Sophia	Lai	
600	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 1	Chun Shing Clive	Lam	
600	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 1	Kendrick	Cheung	
601	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 2	Manly	Lam	
601	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 2	Yin Tat	Leung	
601	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 2	Ching Yat	Hui	
602	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 3	Wing Yee	Lui	
602	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 3	Siu Lun	Ho	
602	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 3	Cheung Shing	Lam	
603	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 4	Pak Hei Jack	Wong	
603	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 4	Kin Ming	Chan	
603	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 4	Hoi Yan	Leung	
604	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 5	Chi Wah	Lau	
604	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 5	Siu Yee Clare	Lo	
604	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 5	Hank Daniel	Chan	
605	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 6	Wai Hing Idy	Chiu	
605	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 6	Kam Wing	Tang	
605	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 6	Eric	Tang	
606	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 7	Ling Shu	Wan	
606	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 7	Chi Wai	Suen	
606	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Corporate Cups' Team Relay	The Law Society of Hong Kong - Team 7	Yu Ting Trevor	Wong	
607	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	Immigration Team A	Man Yee Nora	Cho	
607	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	Immigration Team A	Ka Shun	Chu	
607	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	Immigration Team A	Man Shun	Siu	
608	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	Immigration Team B	Sze Hang	Ng	
608	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	Immigration Team B	Wai Kin	Lo	
608	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	Immigration Team B	Chun Kit	Lau	
609	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	HKP	Siu Ching	Tin	
609	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	HKP	Kam Ho Jimmy	Ngai	
609	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	HKP	Yung Yin	Ho	
610	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	HKP 2	Sin Hang	CHOY	
610	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	HKP 2	YUI MING	LI	
610	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	HKP 2	YEE KEUNG	WONG	
611	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	消防 (一) 隊	Tsz Ching	Chan	
611	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	消防 (一) 隊	Hin Pan Stanley	Leung	
611	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	消防 (一) 隊	Chi Kin	Tsui	
612	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	消防 (二) 隊	Cheuk Hei	Lee	
612	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	消防 (二) 隊	Ying Yeung	Wong	
613	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	消防 (二) 隊	Hoi Ting	Leung	
614	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	消防 (三) 隊	Hok Yee Terence	Li	
614	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	消防 (三) 隊	Pok Him Ron	Lau	
614	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	消防 (三) 隊	Yuen Kwan Flora	Leung	
615	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	消防 (四) 隊	CHUN PUI	CHOW	
615	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	消防 (四) 隊	KING MO	CHUNG	
615	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	消防 (四) 隊	YI CHING	NG	
616	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	Correctional Services Department	Lok Man June	Leung	
616	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	Correctional Services Department	Pak Lung	Ngan	
616	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	Correctional Services Department	Man Lit	Ho	
617	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	民安安全服務隊	CHI HO	NG	
617	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	民安安全服務隊	Vivian	CHAN	
617	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Disciplinary Force Relay	民安安全服務隊	MAN LUNG	TSE	

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618	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		邊曦	吳	吳逸曠
618	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Ka Ying	Fang	
618	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Tsz Him	Lee	
619	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Wai Man	Kwok	
619	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Siu Kit	Hung	
619	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Hei Wang	Yeung	
620	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		YIK Lung	YIU	麟奕龍
620	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Lap Yan	Wu	胡立人
620	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Fong kwan edna	Kwok	郭芳均
621	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Nga Yee	Li	李雅怡
621	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Kin Lim	Kwan	關健濂
621	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Ting Lok	Ngan	顏定樂
622	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Oi Ning	Fong	
622	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Man Ching	Lai	賴文清
622	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Ching Yuet	To	
623	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Chung Kay Joyce	Wong	黃頌棋
623	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Ken	Stuyt	
623	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Yat Pang	Tam	
624	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Pui ling	Lee	李佩玲
624	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Chung wai	Cheng	鄭頌懷
624	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Tsz chun	Wan	尹梓俊
625	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay	WRC Tri-toddlers	Yuen Tung Megan	Chan	
625	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay	WRC Tri-toddlers	Colin	Wong	
625	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay	WRC Tri-toddlers	Samson Yat Ting	Lai	黎逸庭
626	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay	Lion rock	John	Leung	梁璋
626	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay	Lion rock	Michael	Leung	梁運志
626	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay	Lion rock	Sonja	Dietz	
627	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Lok Ching	Chung	鍾樂晴
627	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Wai Him	Chung	鍾偉謙
627	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Kin Ting Francis	Kwok	郭建靈
628	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Robert	Turnbull	
628	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Peter	Thomas	
628	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		Adam	Rose	
629	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		文傑	王	
629	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		振輝	李	
629	6	White	08:30	Challenge Distance (Swim 750m/ Bike 18.5k/ Run 5k)	Open Relay		文憲	袁	
630	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Open Relay		兆坤	林	
630	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Open Relay		俊榮	吳	
630	5	Pink	08:10	Super Sprint Distance: (Swim 400m/ Bike 11.1k/ Run 2.5k)	Open Relay		惠珊	鄭	