

2025 Aquathlon Series - Race 3 Start List (4 July 2025)

Race No	Heat	Start Time	Cap	Race Category	Race Category (Age)	First Name	Last Name	Chinese Name	Club
511	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Elite Open	Nathan Siu wo	Au Yeung	歐陽兆和	The Little Dolphin Swimming Training Center
512	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 1	Chun Hei	Wong	黃俊僖	The Little Dolphin Swimming Training Center
513	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 1	Wai Ching Jesse	Cheung	張維正	
514	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 1	Yan Tao	Shum	沈恩途	Galaxy Sport Triathlon
515	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 1	Ho Ting	Lee	李灝庭	AustSports Association
516	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 1	Pak Long	Lai	黎栢朗	
517	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 1	Tsz Leong louie	Cheng	鄭梓亮	
518	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 2	Po Shun Yemi	Yick	易甫鏞	Energetic Triathlon Shatin
519	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 2	Tsz Hin	Yip	葉子軒	Energetic Triathlon Shatin
520	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 20-24	Rowan	Henderson		
521	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 20-24	Wing Sing Foster	Choi	蔡穎聲	
522	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 20-24	Hong-yo Sandy	Chow	周鴻祐	
523	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 20-24	Bryan Ting	丁	丁勵彭	The Little Dolphin Swimming Training Center
524	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 20-24	Jaw Ting Martin	Chang	張肇庭	
525	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Long Kit	Chiu	趙朗傑	New Sports Triathlon
526	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Chris Chung Hang	Kwan		Sonic Sports Association
527	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Kin Yip	Tang	鄧建業	Sonic Sports Association
528	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Hon Man	Tang	鄧翰文	
529	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	James	Tan	陳明輝	South China Athletic Association
530	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Ka Ho Jonathan	Wong	黃家皓	
531	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Isaac John	Li		
532	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Ka Cheuk Samson	Lui	呂家焯	Crest Ray Recreation & Sports Club
533	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Pak Lai	Lam		
534	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Po Yin	Tong	唐步然	NL Triathlon Club
535	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	文政	顏		
536	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Yui Hang	Fok	霍睿恒	
537	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Hok yee Terence	Li	李學頌	Hong Kong Fire Services Sports and Welfare Club
538	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Ho Kwan Daniel	Lui	呂浩昆	
539	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	David	Leigh		Hong Kong Dragons Triathlon Club
540	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	wai leung	luk	陸偉樑	Titan Triathlon
541	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Ho Tung Arthur	LEE		
542	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Dominic	Brettell		Sonic Sports Association
543	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	YAM CHUN	YUNG		
544	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Chun Hoi	Yuen	阮俊凱	Sonic Sports Association
545	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Sheung Chuen	Tsoi	蔡尚傳	Energetic Triathlon Shatin
546	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Lok Kwan	Yu		Crest Ray Recreation & Sports Club
547	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	chun fung	wong	黃震鋒	AustSports Association
548	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Shek	Wong		
549	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Pak Yue	Wong	王柏愉	
550	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Pak Lun	Lam		
551	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	KA HEI	HO		Aqua Gym Sport Association
552	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Marko	Stojanovic		
553	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Chi Wing Ryan	Fung	馮熾榮	
554	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Dickson	Jim	詹迪生	Sonic Sports Association
555	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 60-64	YING HO	LEE		Sonic Sports Association
556	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 60-64	Scott	Burton		
557	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 60-64	KENJI	UENO		
558	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 60-64	Tai Wing	Choi	蔡太榮	AustSports Association
559	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 60-64	Alex	Lai	黎耀忠	AustSports Association
560	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 60-64	Kim Ping	Wai	韋劍平	
561	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 60-64	WAH CHEUNG	CHOI		
562	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 60-64	Kris	Larsson		
563	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 60-64	Wing Man	Chan		
564	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 65 & over	WING KWONG	IP		Energetic Triathlon Shatin

2025 Aquathlon Series - Race 3 Start List (4 July 2025)

565	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 65 & over	Yuk Fu	Ma	馬育富	AustSports Association
566	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 65 & over	Check Yin	Wong	黃卓然	Mango Swimming Club
567	1	7:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 65 & over	King Yuen	Chan	陳景源	New Sports Triathlon
568	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	chi wai	chan	陳子為	
569	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Sik Lam	Chow	周錫霖	Titan Triathlon
570	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Sze Wang	Chung		Titan Triathlon
571	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Ka Kin	Chan		Energetic Triathlon Shatin
572	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Kevin	Chow		NL Triathlon Club
573	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Tuen Yeung	Lam		
574	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	wai yip (sony)	wu	胡偉業	Crest Ray Recreation & Sports Club
575	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Wing-fai	NG	吳永輝	
576	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Nelson Kam Hin	Yeung		
577	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	taichiro	motoyama	本山太一朗	
578	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Wai Hung	Chan	陳偉洪	
579	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Siu kin Alex	Tang		
580	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Pak-fai	CHAN	陳柏輝	
581	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Damon	Chen	陳鍵鈞	
582	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Chun Yin	Mak	麥振賢	
583	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Chi Kin, Anthony	Luk	陸志賢	Titan Triathlon
584	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Chi Lai Anthony	Lai		Sonic Sports Association
585	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	JASON	LEE		
586	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	kwok chiu	wu		
587	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Siu Cheong	Lai	黎兆昌	
588	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Ka Ming	Yeung		
589	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	John Ho Chuen	Lee	李浩銓	
590	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Jamie	Morgan		Hong Kong Dragons Triathlon Club
591	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Wai Ki	TSOI		Titan Triathlon
592	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	CHI WAI SIMON	NG		Energetic Triathlon Shatin
593	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Kwok Hau	Chu	朱國孝	
594	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Olivier	Courret		South China Athletic Association
595	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Christopher	Lee		
596	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Chun Yee Johnny	Lam	林俊而	NL Triathlon Club
597	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Jerry	Tang		Sonic Sports Association
598	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	tik ho	chum	覃迪豪	Aqua Gym Sport Association
599	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Vittorio	Trusso		
600	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Stephen	Kong		Sonic Sports Association
601	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Atsushi	Matsuzawa	松澤厚	Energetic Triathlon Shatin
602	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	shu wai	Wan		Titan Triathlon
603	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	federico	masin		Tritons Triathlon Club
604	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	ka fai	tse	謝嘉輝	Crest Ray Recreation & Sports Club
605	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Wing sing	Poon	潘永成	
606	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	CHI ON	CHAN	陳志安	Titan Triathlon
607	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Sunil	Shah		
608	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Chiu kelvin	Ko	高照	
609	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	KIN MAN	LEE	李健民	South China Athletic Association
610	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	KUEN CHAU	CHOY	蔡權秋	
611	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Tsz Yin	Leung		
612	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Jack	Yee		
613	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Wai Chung Christopher	Tong		Sonic Sports Association
614	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	WK	Lam		
615	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	TAK WING DAVY	LEE		Energetic Triathlon Shatin
616	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Bertram	Shi		Energetic Triathlon Shatin
617	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Yvan	Corno		Sonic Sports Association
618	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	HO YIN	MOK		Energetic Triathlon Shatin

2025 Aquathlon Series - Race 3 Start List (4 July 2025)

619	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	HONG	AU YEUNG	歐陽康	Mango Swimming Club
620	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Juergen	Doerr		
621	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Timothy	Greaton		
622	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	man kwong	cheung		Mango Swimming Club
623	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Chung Ming	Leong		
624	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Kam Yau	Pang	彭金有	
625	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	JAN	LAMB	林海峰	
626	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Rocky	Lam		
627	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	MASAHIDE	TAKAHASHI		
628	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Cyril	Daccord		
629	2	7:20	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Will	Dalling		
630	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Chung Shun	Lee	李宗舜	Sonic Sports Association
631	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Yau Yan	Tam	譚祐恩	AustSports Association
632	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Ho Lun	Leung	梁浩麟	
633	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	MING HEI	HO		
634	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	YING KIT	Tang	鄧英傑	First Ten Generation Team
635	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	TAI HANG	CHEUNG	張泰恒	Aqua Gym Sport Association
636	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Chun Kit	Au	區俊傑	Hong Kong Fire Services Sports and Welfare Club
637	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Thibault	Morenval		Hong Kong Dragons Triathlon Club
638	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	YING MING	LI	李英明	
639	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	KING HEI	KO	高敬希	Titan Triathlon
640	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Jonathan	Lam		Sonic Sports Association
641	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Sze Yu	Hung		Sonic Sports Association
642	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Romain	Cuchet		Sonic Sports Association
643	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Chun Ting Timothy	Ho	何俊廷	Energetic Triathlon Shatin
644	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Hidenori	Kusunoki		
645	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Wing Fung	Lai	黎永鋒	NL Triathlon Club
646	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Elliott	Chiu		
647	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Carl Anthony	Marks		NL Triathlon Club
648	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Ho Tun	Koo		
649	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Chun yin	Lau	劉俊賢	
650	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Chung	Ho	何冲	Crest Ray Recreation & Sports Club
651	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Hon Kit	Kwok	郭漢傑	Aqua Gym Sport Association
652	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	ALFRED KAR LOK	SIU		Sonic Sports Association
653	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Richard	Portman		
654	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Tsz Chung	Lee		
655	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Ryan chun hay	Leung		
656	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Andrei	Balabukha		
657	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Giorgio	Nigi		
658	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Hiu Kong	Choi	蔡曉剛	
659	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Ngok Pang Ronald	Chan	陳岳鵬	New Sports Triathlon
660	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Thomas	PUGET		
661	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Man Kit	Tsui	徐文傑	
662	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	cyril	gomez		
663	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Lap Ken Kenneth	Lee	李立勤	Sonic Sports Association
664	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Tok Fung Sam	Pun		Titan Triathlon
665	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Ka Ho Lawrence	Wong	黃家灝	Sonic Sports Association
666	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Tsz Long	Chan	陳子朗	
667	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	COLM	RAFFERTY		Hong Kong Dragons Triathlon Club
668	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Johnny	De Guzman		NL Triathlon Club
669	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Alexandre	Marly		South China Athletic Association
670	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	YU HONG IAN	WONG		
671	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Peter	Lu		
672	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Vasco	van der Flier		Hong Kong Football Club Swimming and Triathlon Society

2025 Aquathlon Series - Race 3 Start List (4 July 2025)

673	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Chan	Chi Hang		
674	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Tsz Kin	So	蘇子健	
675	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	chun long	hung	洪俊朗	
676	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	sze chun	poon	潘詩峻	Sonic Sports Association
677	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Cheuk Bun	Li	李焯斌	
678	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Tsz Leung	Chan	陳梓良	
679	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Gump	Wong Yuk Hei	黃旭曦	
680	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Johime	Lee	李祖謙	
681	3	7:40	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Wing Chung Jonathan	Tang	鄧穎聰	
682	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Elite Open	Hoi Ching	Lam	林海晴	
683	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Elite Junior 1	Lok Tung	Wong	王樂彤	
684	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Elite Junior 1	Oi Yin	Chan	陳愛妍	
685	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Elite Junior 1	Sarah	Madiano		South China Athletic Association
686	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 20-24	Pui Ling	Fong	方珮鈴	
687	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 20-24	Sherie	Chan	陳緯宜	
688	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 20-24	KA YING	MAK	麥嘉瑩	
689	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 25-29	Barbara	Walker		
690	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 25-29	Jodie	Crisp		Hong Kong Dragons Triathlon Club
691	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 25-29	Yuen ching moose cullen	Hung	熊苑靖	Aqua Gym Sport Association
692	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 25-29	Wing Yi	Cheng	鄭穎怡	Crest Ray Recreation & Sports Club
693	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 25-29	Wai Ying Megan	Ng	吳蔚瑩	
694	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 25-29	Ishka	Hildebrandt		
695	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Hoi Man	To	杜凱雯	
696	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	HIU YAN	TONG	唐曉昕	Crest Ray Recreation & Sports Club
697	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Kin Yan Karis	Ho		NL Triathlon Club
698	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Cassy	Koo		NL Triathlon Club
699	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Sze Long Sharon	Tsang	曾詩朗	Crest Ray Recreation & Sports Club
700	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	WAI TING	SIN	冼慧婷	Crest Ray Recreation & Sports Club
701	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Jueying	Lin		Titan Triathlon
702	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Lai Man	Ng		
703	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Yu Lam	Wong	黃裕霖	
704	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 35-39	Chung Kay Joyce	Wong	黃頌棋	Energetic Triathlon Shatin
705	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 35-39	Yan Yin Krystal	Lung	龍欣妍	New Sports Triathlon
706	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 35-39	Elaine	Lui		
707	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 35-39	Wai Shan Lily	Chu		Sonic Sports Association
708	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 35-39	Taryn	Thorne		
709	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 40-44	SooHee	Paik		
710	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 40-44	Cheryl Jessica	Law		Sonic Sports Association
711	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 40-44	Ka sin	Wong	黃嘉倩	
712	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 40-44	WAI KWEN	CHAN	陳慧君	
713	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 40-44	Yee Man	Chan	陳綺雯	
714	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 40-44	Ka Wing	wu		Hong Kong Football Club Swimming and Triathlon Society
715	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 40-44	Stephanie	Bina		
716	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	Ka Ling	Lim	林嘉玲	Titan Triathlon
717	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	Elisa	Carnini		
718	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	THUHA	TRAN		Hong Kong Dragons Triathlon Club
719	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	Sau Chu Eliza	Tam		
720	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	Ching Chi	Kwok		Sonic Sports Association
721	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	Gi Wai Gigi	Wong		Sonic Sports Association
722	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	Wing Yan Rouisa	Tse	謝詠恩	
723	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	Man Fung	Poon	潘文鳳	Energetic Triathlon Shatin
724	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	WAI CHONG HEIDI	TSE		
725	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	cin lam Iisa	pun	潘羨霖	Sonic Sports Association
726	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 50-54	MUI CHRISTINA	WONG	黃梅	Mango Swimming Club

2025 Aquathlon Series - Race 3 Start List (4 July 2025)

727	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 50-54	Mika	Yamaguchi		
728	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 50-54	Ellen Lai Chong	Yip		NL Triathlon Club
729	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 50-54	Amandine	Courret		South China Athletic Association
730	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 50-54	carmen	choi	蔡德鳴	Titan Triathlon
731	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 50-54	Wai-kwan Carina	LEE		Titan Triathlon
732	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 55-59	WAN	CHAU	周雲	
733	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 55-59	HAU YI DORA	LI		Energetic Triathlon Shatin
734	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 55-59	Joan	Tsang		Sonic Sports Association
735	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 55-59	Monet	Tsang		Titan Triathlon
736	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 60-64	Angel, Yin Ling	Tsoi		Energetic Triathlon Shatin
737	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 65 & over	Choi ping	CHAU	周彩萍	
738	4	8:00	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 65 & over	Shun Ying	Wong	王順英	AustSports Association
740	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Elite Youth	Hiu Yau	Yeung	楊曉悠	
741	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Elite Youth	Chung Ning	Shum	岑頌寧	Energetic Triathlon Shatin
742	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Elite Youth	Heulwen	Chau	周烜慧	Energetic Triathlon Shatin
743	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Elite Youth	Yuet Hei	Ng	吳悅曦	Energetic Triathlon Shatin
744	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Elite Youth	Bertha	Ackber	區曉彤	
745	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Junior 1	Sze Ki	Chan	陳詩淇	Blue & White Spirit Sports Club
746	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Junior 2	Nicole	Chau		
747	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Junior 2	Christy	Cheung		
748	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Junior 2	Yan To	Wong		
749	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Junior 2	Hiu Tung	Tang	鄧曉桐	Crest Ray Recreation & Sports Club
750	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 20-29	Nok Ting	Chan	陳諾婷	
751	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 20-29	TSZ HUEN ALEXANDRA	WAN	溫子暄	
752	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 20-29	Chiu Yi	Lau		
753	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 20-29	CHUN WAI	CHIU		Sonic Sports Association
754	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 20-29	SIU KWAN	OR		Energetic Triathlon Shatin
755	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 20-29	Kin Ting Katrina	Hung	熊健婷	
756	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	YU FAN	WONG		
757	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Long Heng	Lim		
758	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Tsz Yin Evelyn	Cheng		
759	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Sally	Shing		
760	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	WEIMIN	XIE		
761	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Taryn	Marks		
762	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Carman	Liu		
763	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	mei yan	wong	黃美欣	Excel Swim Sports Association
764	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Wing Yan Jennifer	Li	李穎欣	Crest Ray Recreation & Sports Club
765	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Wing Yin Venus	Man		
766	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Jing Kei	Lai		
767	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Wai Ching Nelly	Lam	林蔚澄	
768	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Yuen Kwan	LO	羅遠群	
769	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Teen Wai Grace	Wong		
770	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	CHIKAKO	INUKAI		
771	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Adeline	PUGET		Hong Kong Football Club Swimming and Triathlon Society
772	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Sze Man Simone	Tam		Energetic Triathlon Shatin
773	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Pui Ying	Ng		
774	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Hoi Shan	Lee	李愷珊	
775	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	YEUK LAN	POON		
776	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Chui Ting Tracy	Leung	梁翠婷	
777	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	MAN YI MAY	LI		Energetic Triathlon Shatin
778	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Rennie Teen Yan	Wong		
779	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	cheuk ying	HO	何卓盈	
780	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Sze Man	Yeung		Crest Ray Recreation & Sports Club
781	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	Willa	WONG		Mango Swimming Club

2025 Aquathlon Series - Race 3 Start List (4 July 2025)

782	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	Cheung	Pui Yi		
783	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	Man Ching	Lai	賴文清	Energetic Triathlon Shatin
784	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	Koon Fong	Lee		
785	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	SHUK HAN KAREN	LUI		Energetic Triathlon Shatin
786	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	Man Wai	SZE		
787	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	Shuk Yi	Lau	劉淑儀	
788	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	Chiu Kit Denise	Lam		
789	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	Ching Yi	Li	李靜儀	Energetic Triathlon Shatin
790	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 60-69	LAI WA	LAU		Energetic Triathlon Shatin
791	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 60-69	YUK CHING CHRISTINA	LEUNG		Energetic Triathlon Shatin
792	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 60-69	Porlin	Yeung		
793	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 60-69	Yuk Sim Murrenna	Law		
794	5	8:20	Navy Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 60-69	Cecilia	Wong	王嘉慧	Sonic Sports Association
795	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Sunny	Wan		
796	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	OCHIAI	HIROKAZU		
797	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Hon Yip	Chan	陳漢業	Blue & White Spirit Sports Club
798	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	CHI TANG JACKY	KAM	甘子騰	Alpha Zone Sports
799	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Lap tak david	Cheung		
800	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Stephen	Poon		
801	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	HON SUEN	MOK	莫翰遜	Crest Ray Recreation & Sports Club
802	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Yoshihiro	OTANI		
803	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Lok	Law		Titan Triathlon
804	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Alec Kam Lek	Quan		AustSports Association
805	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Chuen Yin James	Chan		
806	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	kin lun	chu	朱健倫	
807	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Kazuya	Kuribayashi	栗林和也	
808	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Daisuke	Horikawa	堀川大介	
809	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Yin Wing, Jerry	Fu	符彥榮	
810	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Bob	Yeung		
811	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	man ho	kwok		
812	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Sheung Man	Lau		NL Triathlon Club
813	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	DEREK HING KWOK	MA		
814	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	SIU WAH	KWOK	郭少華	
815	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Fai Wing Martin	Hui	許輝榮	South China Athletic Association
816	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Ching Ho	Yiu	姚政豪	
817	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	King Lai, Jeffrey	LIU	廖敬禮	Mango Swimming Club
818	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Ka Chun William	Hui	許嘉俊	
819	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	KAR WAI GARY	LAU		Energetic Triathlon Shatin
820	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	SHU WAH JIMMY	WAN	溫樹華	Energetic Triathlon Shatin
821	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Chi Kit	Chan	陳志傑	The Little Dolphin Swimming Training Center
822	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	komata	yoichiro	古俣洋一郎	
823	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	yosuke	oka	岡洋介	Energetic Triathlon Shatin
824	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Lai Wing Bobby	Ting	丁勵榮	The Little Dolphin Swimming Training Center
825	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	KA FAI KENNY	LEUNG	梁家輝	
826	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Hayden	Hui		
827	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Shu Kei	Ip	葉樹基	
828	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Masahiro	Takahashi	高橋正浩	
829	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 60-69	LAI CHUNG	LEE		Mango Swimming Club
830	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 60-69	Chi Ming	Chiu	焦志明	
831	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 60-69	YIN CHEONG	WONG		Energetic Triathlon Shatin
832	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 60-69	Man Sing	Ma	馬敏昇	
833	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 60-69	Ho Seng	Wong	王皓生	Energetic Triathlon Shatin
834	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 70 & Over	Ian	Brownlee		Sonic Sports Association
835	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 70 & Over	Chi Ling Clement	Yeung	楊子凌	The Little Dolphin Swimming Training Center

2025 Aquathlon Series - Race 3 Start List (4 July 2025)

836	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 70 & Over	Stephen	Hou		
837	6	8:35	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 70 & Over	KONG	SHEK	石江	AustSports Association
838	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Edison	Wong	黃子健	
839	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Lucas	Wong	王諾	Energetic Triathlon Shatin
840	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Chi Yan Ian	Chung	鍾智仁	
841	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Yik Hei	Lau	劉奕希	Energetic Triathlon Shatin
842	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Desmond Cheuk Yin	Chau	周卓賢	Energetic Triathlon Shatin
843	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	CHEUK KIU	NG	吳卓翹	Energetic Triathlon Shatin
844	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Tze Kiu	Tam	譚子翹	Energetic Triathlon Shatin
845	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Yin Hang	Chan	陳彥衡	Aqua Gym Sports Association
846	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	CHAK YAN	Wan	溫澤仁	Energetic Triathlon Shatin
847	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Hoi Fan	Ma	馬凱勳	
848	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Jasper	Ho	何頌朗	The Little Dolphin Swimming Training Center
849	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Yat Kiu	Leong	梁逸喬	
850	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Hoi Jin	Lee	李鎰靖	Energetic Triathlon Shatin
851	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	Shung Him	Lai	賴崇謙	AustSports Association
852	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	Hei Tung	Ng		Blue & White Spirit Sports Club
853	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	YAT LONG	LAM	林日朗	
854	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	Ching Nok	Chan	陳政諾	
855	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	Ho Chiu	Yiu	姚昊昭	Blue & White Spirit Sports Club
856	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	Wai Yin	Chan	陳韋弦	Sparkle Triathlon
857	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	TSZ HIM	MOK	莫子謙	Galaxy Sports Triathlon
858	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	CHI HIM RYAN	YAU	丘志謙	Galaxy Sports Triathlon
859	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	Pak Lam Cass	Man	文柏藍	AustSports Association
860	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Junior 2	Peter	Lin	林錦源	
861	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Junior 2	景行	周	周景行	The Little Dolphin Swimming Training Center
862	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Junior 2	Chun Kit	Lam	林俊傑	Blue & White Spirit Sports Club
863	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Junior 2	Yin	Kei	紀彥	Aqua Gym Sport Association
864	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	SHI HIM JOSIAH	CHOI		
865	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	Kung Ming Coleman	Leung		
866	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	Yu Hin	Ning	甯宇軒	Titan Triathlon
867	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Clement	Nolleau		
868	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Kam Yeung	Yim		South China Athletic Association
869	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Man Tung	Ho		
870	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Ryan	Cheng		
871	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	ching yi	to		The Little Dolphin Swimming Training Center
872	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Chu Hong	Chan	陳柱匡	
873	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Gordon	Kwong		
874	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Yiu Chuen	TO	杜曜全	
875	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Wai lun	Suen	孫偉倫	Sonic Sports Association
876	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	SHOTA	ANDO	安藤祥太	
877	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	YUK LUN	LAU		
878	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Tsz Fung	Chiu	趙子峰	Sonic Sports Association
879	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	sze chun	lui		
880	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Suzuki	Keisuke		
881	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Ho wing	ng		
882	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Kenneth	Liu		
883	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Wing Hong	Chan	穎康	
884	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Ting Him	Ho		
885	7	8:50	Light blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Yuk Lun	Pang	彭育麟	
888	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2010	Pok Yin	Tsang		The Little Dolphin Swimming Training Center
889	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2010	HO CHING	WANG		Energetic Triathlon Shatin
890	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2010	Chum	tsz ho	覃子皓	Aqua Gym Sport Association

2025 Aquathlon Series - Race 3 Start List (4 July 2025)

891	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2010	Cheuk Long	Chun	陳卓朗	
892	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2010	Hau	Ka Shun	侯家順	Blue & White Spirit Sports Club
893	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2010	Lok Wai	Lai	黎洛維	Blue & White Spirit Sports Club
894	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2010	Jasper	Ho	何頌朗	The Little Dolphin Swimming Training Center
895	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2010	KING TO	CHAN		Energetic Triathlon Shatin
896	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2010	Pak Hei	Chan	陳柏僖	Galaxy Sports Triathlon
897	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2011	Pak Yin	Chu	朱珀賢	Sparkle Triathlon
898	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2011	vincent	yee		
899	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2011	Shing Hei	Ngan	顏承希	Energetic Triathlon Shatin
900	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2011	Marvin Chi Ching	Chu	朱致澄	Blue & White Spirit Sports Club
901	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2011	Linus	Cheung	張睿澄	Blue & White Spirit Sports Club
902	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2011	Theodore	Zhang	张天维	Mango Swimming Club
903	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2011	Ching Kiu	Ng	吳政橋	AustSports Association
904	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	TSZ WUN XAVIER	CHEUNG	張子桓	Crest Ray Recreation & Sports Club
905	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	Ian	Wong	王喆	Energetic Triathlon Shatin
906	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	Leonard Oscar	Cheshire	卓司龍	Sparkle Triathlon
907	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	LUKAS	WONG		Energetic Triathlon Shatin
908	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	梓希	譚	譚梓希	Alpha Zone Sports
909	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	WAI TING	LEE	李璋庭	AustSports Association
910	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	Leong Yin	Au	歐亮言	Sparkle Triathlon
911	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	YUI HANG	CHOI	蔡睿珩	
912	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	Pak Hei	Lam	林柏希	Blue & White Spirit Sports Club
913	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	HOI JIN JAYDEN	LEE	李鎰靖	Energetic Triathlon Shatin
914	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	Ka Hin	Lee	李嘉軒	
915	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	Hao che	Chang	張浩哲	Crest Ray Recreation & Sports Club
916	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	Yat Long Julian	Cho	曹日朗	
917	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	Cheuk Nam Janko	Au	區卓嵐	Energetic Triathlon Shatin
918	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	CHUN HIM LOUIS	WONG		Energetic Triathlon Shatin
919	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	HO CHING ANGUS	LEUNG	梁皓程	The Little Dolphin Swimming Training Center
920	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	Chun Lam	Chu	朱俊熙	The Little Dolphin Swimming Training Center
921	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	Tak Hei	Lam	林德熙	Blue & White Spirit Sports Club
922	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	Alfie Buddy	Cheshire	卓立天	Sparkle Triathlon
923	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	TANG	HO HIM		Energetic Triathlon Shatin
924	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	Cheuk Hang	Ko	高焯恆	
925	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	TSZ LONG	TANG	鄧子朗	
926	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	JIANGZHI	HU	胡江芷	Energetic Triathlon Shatin
927	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	Shun	Chong	莊信	
928	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	Ching Long	Yan	殷靖朗	Sparkle Triathlon
929	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	Lap Yan	Kei	紀立人	Sparkle Triathlon
930	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	pak long Casper	chan	陳柏朗	Energetic Triathlon Shatin
931	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	San Mau Jacob	Mak	麥宸畝	Sparkle Triathlon
932	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	Chun Hong Chaska	Poon	方俊匡	
933	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	chi shing	cheng	鄭智誠	
934	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	CHI LOK NATHAN	WAN	溫子樂	
935	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	Shun Hei	Wong	黃淳希	
936	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	Sze Chai Damon	LAU		Energetic Triathlon Shatin
937	8	9:05	White	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	Oi Hei	Chan	陳愛希	Energetic Triathlon Shatin
939	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2010	Hiu Tung	Leung	梁曉彤	
940	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2011	HEIDI	CHEUNG	張凱堤	Crest Ray Recreation & Sports Club
941	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2011	Hong Ching	Wong	黃康晴	The Little Dolphin Swimming Training Center
942	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2011	Ying Sin	Cheung	張映善	Blue & White Spirit Sports Club
943	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2012	Wan Shun	Cheung	張繼淳	
944	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2012	Cheuk Kiu	Chan	陳卓蕎	Sparkle Triathlon
945	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2012	Yee Ling	Yip	葉依凌	

2025 Aquathlon Series - Race 3 Start List (4 July 2025)

946	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2012	Sze Ching	Lam	林思呈	Blue & White Spirit Sports Club
947	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2012	YI	MA	馬懿	
948	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2013	Savannah	Glover		South China Athletic Association
949	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2013	yilin	Ke	柯怡琳	Blue & White Spirit Sports Club
950	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2013	Yuen Lam	Liu	廖婉霖	Blue & White Spirit Sports Club
951	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2013	Lok Tung	Cheung	張銘桐	Blue & White Spirit Sports Club
952	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2013	Tsz Wan Ingrid	Fong		Crest Ray Recreation & Sports Club
953	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2013	Cheuk Lam	Chung	鍾焯琳	Energetic Triathlon Shatin
954	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2013	Tsz Shun	CHAN	陳梓淳	Blue & White Spirit Sports Club
955	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2013	Jessie	Ho	何泳悠	The Little Dolphin Swimming Training Center
956	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2013	Hiu Tung Hazel	LEE	李曉彤	
957	9	9:20	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2013	Cin Yee Cydnee	Chung	鍾倩兒	
960	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2014	Ceinwen	Chau	周翹慧	Energetic Triathlon Shatin
961	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2014	Ming Wai Charlie	Tong		
962	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2014	YUI YAN	NG		Energetic Triathlon Shatin
963	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2014	Lok Yin Alicia	Lau	劉樂然	The Little Dolphin Swimming Training Center
964	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2014	JIANGQI	HU		Energetic Triathlon Shatin
965	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2014	ERIN	SZE	施晴	Mango Swimming Club
966	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2014	思澄	呂	呂思澄	Blue & White Spirit Sports Club
967	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2014	Keira Joy	Leung	梁逸玥	First Ten Generation Team
968	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	Alicia	Li		
969	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	HEI SHUN ONA	LEUNG		Energetic Triathlon Shatin
970	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	HAYLIE	TSANG	曾希妍	The Little Dolphin Swimming Training Center
971	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	Tsz Yau Gwen	Fong		Crest Ray Recreation & Sports Club
972	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	Yat Tung	Wan	溫日彤	Sparkle Triathlon
973	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	Ka Pik Abigail	Mak	麥珈璧	Sparkle Triathlon
974	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	Cheryl	Lau	劉森芮	First Ten Generation Team
975	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	林欣恩	林	欣恩	
976	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2016	Tsz Yau	Yeung	楊子悠	Blue & White Spirit Sports Club
977	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2016	Cheuk Man	Ko	高焯雯	
978	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2016	CHEUNG	YUET CHING	蔣悅晴	First Ten Generation Team
979	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2016	Rebecca Mingnuo	Chen		Sparkle Triathlon
980	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2016	Michaela Grace	Leung	梁然知	First Ten Generation Team
981	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2017	Marilou	PUGET		
982	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2017	HANG TING	LEE	李幸庭	
983	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2017	Wan Ching	Mok	莫韻澄	Energetic Triathlon Shatin
984	10	9:35	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2017	Yuet Ching	Tang	鄧悅晴	First Ten Generation Team
985	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2014	Yat Shun	Cheung	張逸淳	
986	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2014	YAU YAT	LEUNG		Energetic Triathlon Shatin
987	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2014	Cheuk Yin	Lo	羅焯然	Alpha Zone Sports
988	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2014	Hok Sum	Au		Sparkle Triathlon
989	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2014	Wan Hin	Mok	莫蘊軒	Energetic Triathlon Shatin
990	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2014	oson	lau	劉啟辰	The Little Dolphin Swimming Training Center
991	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2014	Karl	Cheung		AustSports Association
992	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2014	Yat to Travis	Li		Energetic Triathlon Shatin
993	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2014	Yat Long	Cheung	蔣逸朗	First Ten Generation Team
994	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2014	Tin Lap	Qu	邱天立	Sparkle Triathlon
995	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2014	Gareth Pak Kiu	Li	李栢翹	
996	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2014	Zhao Feng Marcus	Li	李兆峰	
997	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2014	Yat Long Jay	Chan	陳逸朗	Energetic Triathlon Shatin
998	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2014	Lok Tin Mike	Man	文洛天	AustSports Association
999	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2014	駿	WONG		
1000	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2014	CHUNG YU	WONG		Energetic Triathlon Shatin

2025 Aquathlon Series - Race 3 Start List (4 July 2025)

1001	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	KIN YEUNG	CHAN	陳健揚	Mango Swimming Club
1002	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	CHUN TING	TSANG	曾俊廷	First Ten Generation Team
1003	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Sheldon	Sze		
1004	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Liam	Wong		Energetic Triathlon Shatin
1005	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	HO HIN	WOO		Energetic Triathlon Shatin
1006	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Kwan Yee Harry	Tam		
1007	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Tin Hang	Qu	邱天行	Sparkle Triathlon
1008	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Lap Yan Duncan	Chow	周立仁	The Little Dolphin Swimming Training Center
1009	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Chun Kiu	Yu	虞竣喬	Sparkle Triathlon
1010	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	CHI YIN IVIN	CHUNG	鍾至弦	
1011	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Yi Li	Wong	黃爾理	
1012	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Nathan Yin Chung	Yeung	楊賢中	
1013	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Caleb Ryan	Yu	于卓弘	
1014	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Yat Hei Isaac	Poon	潘日希	Sparkle Triathlon
1015	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Timothee	PUGET		South China Athletic Association
1016	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	HEI LONG OTIS	LEUNG		Energetic Triathlon Shatin
1017	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Jasper	Glover		South China Athletic Association
1018	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Hayden	Woo	胡晨希	Titan Triathlon
1019	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Kak Scott	Yeung	楊格	Sparkle Triathlon
1020	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Yuet Fung Nikan	Yiu	饒越風	The Little Dolphin Swimming Training Center
1021	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Tsz Ho	Yan	殷梓賀	Sparkle Triathlon
1022	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Alberto	Trusso		
1023	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	KEI YAN KAEGAN	WONG		
1024	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Hayling William Chan	Green	希寧	
1025	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Ajade Chin Hap	Lee	李千俠	
1026	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Nok Yi Jasper	Chan	陳諾一	
1027	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Kwun cheong	Tsang	曾冠倡	First Ten Generation Team
1028	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	JIN HARVEY	KWOK	郭瑋	
1029	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	TSZ SIN CASEY	YAU	邱籽善	
1030	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	Sum To	Chan	陳心陶	First Ten Generation Team
1031	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	Isaac Chongyi	Shi	石崇伊	Mango Swimming Club
1032	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	謙佑	陳	陳謙佑	Titan Triathlon
1033	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	Morgan Muk	Yeung	楊目	Sparkle Triathlon
1034	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	chi pui	Law	羅智培	
1035	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	Harvey	Leung	梁越	
1036	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	Yat To	Wan	溫日圖	Sparkle Triathlon
1037	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	Shu Yan Ethan	Mak	麥庶寅	Sparkle Triathlon
1038	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	Sze Lok	Chin	錢思樂	
1039	11	9:45	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	Cheuk Hei Amos	CHENG	鄭焯熙	