

2026 Duathlon Series - Race 1 Start List (updated on 21/01/2026)

Race No	Heat	Start Time	Race Category	Race Category (Age)	First Name	Last Name	Chinese Name	Club
2201	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 20-24	Caymus	Choi		
2202	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 20-24	King Hang	Chau	周景行	The Little Dolphin Swimming Training Center
2203	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 20-24	King Ching	Leung	梁景程	Galaxy Sports Triathlon
2204	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 20-24	Sze Lon	Cheuk		
2205	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 25-29	Yam	Yip	叶鑫	First Ten Generation Team
2206	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 25-29	Long Kit	Chiu	趙朗傑	New Sports Triathlon
2207	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 25-29	Chung On	Chu	朱頌安	
2208	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 30-34	Derrick Kong Hei	Chan		
2209	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 30-34	Chun Hoi	Yuen	阮俊凱	Sonic Sports Association
2210	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 30-34	Ying Yeung	WONG	黃英洋	Hong Kong Fire Services Sports and Welfare Club
2211	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 30-34	Kin Hang	Tsang	曾建恒	The Little Dolphin Swimming Training Center
2212	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 30-34	LONG YIN SIMON	TAM	譚朗彥	
2213	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Rhys	Johnson		
2214	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Wai lun	Suen	孫偉倫	Sonic Sports Association
2215	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Lok Yu	Ma	馬樂愉	Hong Kong Fire Services Sports and Welfare Club
2216	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Clement Joshua	Ip		
2217	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Jonathan	Chu		
2218	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Tsz Fung	Chiu	趙子峰	Sonic Sports Association
2219	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Quentin	DELESALLE		
2220	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Matt	Chandler		
2221	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Ka ming	Wan	雲家明	
2222	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Giorgio	Nigi		
2223	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Sean	Ma		Titan Triathlon
2224	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Ka Ho Gilbert	Chang	鄭家豪	Galaxy Sports Triathlon
2225	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Chung Chiu	Yeung	楊宗潮	
2226	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Hoi kit	Leung	梁凱傑	Galaxy Sports Triathlon
2227	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	YING KIT	Tang	鄧英傑	First Ten Generation Team
2228	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Chung Kan Ken	Chan	陳仲勤	Alpha Zone Sports
2229	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	kam chung	Lau	劉錦聰	First Ten Generation Team
2230	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	DAOLONG	HU		Energetic Triathlon Shatin
2231	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Ka Ho Lawrence	Wong	黃家灝	Sonic Sports Association
2232	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Simon	Belfitt		Tritons Triathlon Club
2233	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	KUN LEI	LAM	林冠灃	The Little Dolphin Swimming Training Center
2234	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	chi fung	chow	周熾烽	First Ten Generation Team
2235	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	TSZ CHUN	WAN	尹梓俊	
2236	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	HA LI	SEE	史慶利	The Little Dolphin Swimming Training Center
2237	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Michael	Leung	梁達志	
2238	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Kit Siu	Chan		
2239	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	YIU HUNG	NG	吳耀洪	First Ten Generation Team
2240	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	max	wu		New Sports Triathlon
2241	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Tak Ching	Kwong	鄺德政	Alpha Zone Sports
2242	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	wai hung	shek	石偉雄	Alpha Zone Sports
2243	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Ken	Lu		
2244	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	wai kit	woo	胡偉傑	Hong Kong Fire Services Sports and Welfare Club
2245	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Ka Yi	Leung	梁家怡	
2246	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Chun Sang	CHEUNG	張俊笙	
2247	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Gump	Wong Yuk Hei	黃旭曦	Sonic Sports Association
2248	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Ka Ho	Fan		The Little Dolphin Swimming Training Center
2249	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	Pui Yuen	Wong	黃沛源	Pro-trinity Sports Club
2250	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	CHING FAI	LEUNG		Energetic Triathlon Shatin
2251	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	James	Mak		
2252	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Yvan	Corno		Sonic Sports Association

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2253	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Richard	Hall		Hong Kong Football Club Swimming and Triathlon Society
2254	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	richard	roper		
2255	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	HONG	AU YEUNG	歐陽康	Mango Swimming Club
2256	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Hermann	Holst		
2257	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	man kwong	cheung		Mango Swimming Club
2258	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Juergen Peter	Doerr		
2259	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Wai Chung Christopher	Tong		Sonic Sports Association
2260	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 60-64	YING HO	LEE		Sonic Sports Association
2261	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 65 & over	King Yuen	Chan	陳景源	New Sports Triathlon
2262	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 65 & over	Fai Ming	Chan	陳揮明	AustSports Association
2263	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 65 & over	Kwok Ning	Lee		
2264	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 65 & over	James	Stewart		Mango Swimming Club
2266	1	7:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 30-34	Nai Lun	Mak	麥乃倫	
2265	2	7:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 25-29	Wan Chi	Lung	龍韻之	Galaxy Sports Triathlon
2267	2	7:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 35-39	Ruth	Johnstone		Sonic Sports Association
2268	2	7:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 35-39	Tiffany	Shek		
2269	2	7:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 35-39	Stephanie	Perrault		
2270	2	7:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 35-39	Pui ling	Lee	李佩玲	
2271	2	7:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 40-44	YUI MING	LI	李銳明	The Little Dolphin Swimming Training Center
2272	2	7:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 40-44	Wai Shan Lily	Chu		Sonic Sports Association
2273	2	7:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 45-49	Carina	Li		
2274	2	7:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 45-49	Sin Yi	Shek	石倩儀	
2275	2	7:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 50-54	Shuk	Lau		
2276	2	7:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 55-59	MUI CHRISTINA	WONG	黃梅	Mango Swimming Club
2277	2	7:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 55-59	HAU YI DORA	LI		Energetic Triathlon Shatin
2278	2	7:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 55-59	Miriam	Yeung	楊美俐	
2279	2	7:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 55-59	Ching Yi	Li	李靜儀	Energetic Triathlon Shatin
2280	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Tsz Ho	Yan	殷梓賀	Sparkle Triathlon
2281	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	PAK TING	HO		
2282	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Pak Ting	Ip	葉柏靈	
2283	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	子晉	彭	彭子晉	Sparkle Triathlon
2284	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	LONG KIU	LOU		Energetic Triathlon Shatin
2285	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Kak Scott	Yeung	楊格	Sparkle Triathlon
2286	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	SHEUNG HEI	YEUNG		Energetic Triathlon Shatin
2287	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	KING WANG DAMIEN	MA		Energetic Triathlon Shatin
2288	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	HEI LONG OTIS	LEUNG		Energetic Triathlon Shatin
2289	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	TAK MAN	LEUNG	梁德恣	Energetic Triathlon Shatin
2290	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Chun Fung Jonathan	Chan	陳進峰	The Little Dolphin Swimming Training Center
2291	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Tsun yu	Wong	王浚宇	
2292	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Hayling William Chan	Green	希寧	Sparkle Triathlon
2293	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Yat Long	Leung	梁日朗	Crest Ray Recreation & Sports Club
2294	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Ho Yeung	WONG	黃皓揚	
2295	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Hayden	Woo	胡晨希	Titan Triathlon
2296	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Tin Hang	Wong	黃天行	Titan Triathlon
2297	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	TIN YU	CHEUNG	張天宇	
2298	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Chun Kiu	Yu	虞竣喬	Sparkle Triathlon
2299	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Yuet Fung Nikan	Yiu	饒越風	The Little Dolphin Swimming Training Center
2300	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	CHUN TING	TSANG	曾俊廷	First Ten Generation Team
2301	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	HO HEI	NG	吳皓熹	
2302	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	SEN YIK OTTO	WANG		Energetic Triathlon Shatin
2303	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Tsz Ngo	cheung	張梓傲	The Little Dolphin Swimming Training Center

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2304	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Yat Hei Isaac	Poon	潘日希	
2305	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Chun Ho	Lin	連俊顯	First Ten Generation Team
2306	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Tsz Kiu	Wong	黃梓僑	Sparkle Triathlon
2307	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	CHI YIN IVIN	CHUNG	鍾至玟	
2308	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Tak Lam	Chan	陳德霖	
2309	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Lap Yan Duncan	Chow	周立仁	The Little Dolphin Swimming Training Center
2310	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Pak Kiu	Tsang	曾柏嶠	Alpha Zone Sports
2311	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Kwun cheong	Tsang	曾冠倡	Galaxy Sports Triathlon
2312	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	LAP YIN EUGENE	WU		Energetic Triathlon Shatin
2313	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Tsz Lok	Chim	詹梓樂	Excel Swim Sports Association
2314	3	7:15	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Matthew	Chau	周文博	The Little Dolphin Swimming Training Center
2315	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Hon Lam Adrain	Fong	方漢林	The Little Dolphin Swimming Training Center
2316	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Ho Ting Preston	WONG	黃昊靈	Sparkle Triathlon
2317	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	SZE CHAI JENSON	YING		Energetic Triathlon Shatin
2318	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	PAK LAM	HO		Energetic Triathlon Shatin
2319	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	TSUN TING	MOK		Energetic Triathlon Shatin
2320	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	XAVIER	CHAN		Energetic Triathlon Shatin
2321	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	CARSON SHING YIU	AU		Energetic Triathlon Shatin
2322	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	HO LAM	LO		Energetic Triathlon Shatin
2323	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	LIK, ETHAN	WONG		Energetic Triathlon Shatin
2324	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	JAKE ANDERS	CHAN		Energetic Triathlon Shatin
2325	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Morgan Muk	Yeung	楊目	Sparkle Triathlon
2326	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	CHING KIU	WONG		Energetic Triathlon Shatin
2327	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Sum Long Ernest	Quan		Titan Triathlon
2328	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	PUI KIU	TAM	譚沛翹	Aqua Gym Sport Association
2329	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Chun Hang Jeremy	Chow	周駿鏗	First Ten Generation Team
2330	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Cheuk Him	Lo	盧卓謙	The Little Dolphin Swimming Training Center
2331	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Tsz Lok	Chan	陳子犖	Aqua Gym Sport Association
2332	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Isaac Chongyi	Shi	石崇伊	Mango Swimming Club
2333	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Pak Lam	Cheung	張柏霖	The Little Dolphin Swimming Training Center
2334	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Shu Yan Ethan	Mak	麥庶寅	Sparkle Triathlon
2335	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Hoi Chun	Chan	陳凱晉	The Little Dolphin Swimming Training Center
2336	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Micah	Chau	周文謙	The Little Dolphin Swimming Training Center
2337	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Yui Ting	Siu	蕭睿廷	First Ten Generation Team
2338	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Yat To	Wan	溫日圖	Sparkle Triathlon
2339	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Hoi Yi	Yau	邱海懿	Aqua Gym Sport Association
2340	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Tang	Song		Mango Swimming Club
2341	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Lok Chun	Wong	黃樂臻	First Ten Generation Team
2342	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	謙佑	陳	陳謙佑	Titan Triathlon
2343	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Yin Chun	Chu	朱延晉	First Ten Generation Team
2344	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Yat Hei	Chiu	趙溢禧	
2345	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Pok Yin	Leung	梁博賢	First Ten Generation Team
2346	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Tin Yat	Ma	馬天一	
2347	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Kai Hin	Chui	徐啟獻	
2348	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	chi pui	Law	羅智培	
2349	4	7:17	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Yick Kiu Casper	Kwong	鄺奕翹	
2350	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	子昕	彭	彭子昕	Sparkle Triathlon
2351	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	SAU YU HARRIES	CHENG	鄭修瑜	Energetic Triathlon Shatin
2352	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	CHING YAU	CHAN		Energetic Triathlon Shatin
2353	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Yee Sum	Chung	鍾以心	First Ten Generation Team
2354	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Lok Yau	Man	文樂嫻	First Ten Generation Team

2026 Duathlon Series - Race 1 Start List (updated on 21/01/2026)

2355	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Nga Yu	Wong	黃雅渝	
2356	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	凱晴	葉	葉凱晴	
2357	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Yau	Hoi Yuet	邱海悅	Aqua Gym Sport Association
2358	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Ngo Ching	Wong	王傲晴	First Ten Generation Team
2359	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Yuet Ching	Tang	鄧悅晴	First Ten Generation Team
2360	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Chan	Ching Yee Ally	陳靖兒	Titan Triathlon
2361	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Sumyu	Cheung	張芯瑀	First Ten Generation Team
2362	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Sze Yu	Chan	陳思瑜	The Little Dolphin Swimming Training Center
2363	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	決辰	周	周決辰	First Ten Generation Team
2364	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	lok tung	hung	洪樂桐	
2365	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Hau Yee Alisha	WU	胡巧兒	The Little Dolphin Swimming Training Center
2366	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	CHING	WAN		Energetic Triathlon Shatin
2367	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	HEI SHUN ONA	LEUNG		Energetic Triathlon Shatin
2368	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Chin Yau	Tam	譚千柔	Crest Ray Recreation & Sports Club
2369	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Fong	Ho Lam	方顛琳	
2370	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Yui Chi	Li		
2371	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	CHEUNG	YUET CHING	蔣悅晴	First Ten Generation Team
2372	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Cheuk Man	Ko	高焯雯	
2373	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Cheuk Kiu	Cheung	張焯喬	The Little Dolphin Swimming Training Center
2374	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Yu Ching Charis	Chik	戚予晴	The Little Dolphin Swimming Training Center
2375	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Rebecca Mingnuo	Chen		Sparkle Triathlon
2376	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	TSZ YAU	NG	吳梓濠	First Ten Generation Team
2377	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Yat Tung	Wan	溫日彤	Sparkle Triathlon
2378	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Cheryl	Lau	劉森芮	First Ten Generation Team
2379	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Hei Ching	Tse	謝僑澄	Sparkle Triathlon
2380	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Michaela Grace	Leung	梁然知	First Ten Generation Team
2381	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Ka Pik Abigail	Mak	麥珈璧	Sparkle Triathlon
2382	5	7:40	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	HAYLIE	TSANG	曾希妍	The Little Dolphin Swimming Training Center
2383	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Siu Wo	Au Yeung	歐陽兆和	The Little Dolphin Swimming Training Center
2384	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Chak Lam	Wan	溫澤林	Energetic Triathlon Shatin
2385	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Ka Ho	Wong	黃嘉豪	
2386	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Ysz Hin	Yip	葉子軒	Energetic Triathlon Shatin
2387	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Wang Hin Ian	Fok	霍泓軒	Energetic Triathlon Shatin
2388	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Cheung Sing Nicholas	Tsang	曾祥星	
2389	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Shing Him	Yu	余承謙	Energetic Triathlon Shatin
2390	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Tak Long	Yip	葉德朗	Energetic Triathlon Shatin
2391	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Louis Coggins	Oscar	奧斯卡	
2392	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Tsz To	Wong	黃子圖	
2393	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Edison	Wong	黃子健	
2394	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Yin Hang	Chan	陳彥衡	Aqua Gym Sport Association
2395	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Lucas	Wong	王諾	Energetic Triathlon Shatin
2396	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Hoi Fan	Ma	馬凱勳	
2397	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Jasper	Ho	何頌朗	The Little Dolphin Swimming Training Center
2398	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Ngai Chun	Ting	丁毅臻	Sparkle Triathlon
2399	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Tsz Leong Louie	Cheng	鄭梓亮	
2400	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Chun Hei	Wong	黃俊僊	The Little Dolphin Swimming Training Center
2401	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Ho Ting	Lee	李灝庭	AustSports Association
2402	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Cheuk Long	Chun	陳卓朗	
2403	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	YAT LONG	LAM	林日朗	
2404	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	KING TO	CHAN	陳景滔	Energetic Triathlon Shatin
2405	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Po Shun Yemi	Yick	易甫鏗	Energetic Triathlon Shatin
2406	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Pu Chak	Yung	翁溥澤	The Little Dolphin Swimming Training Center

2026 Duathlon Series - Race 1 Start List (updated on 21/01/2026)

2407	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Pak Fan	Mok	莫柏勛	Energetic Triathlon Shatin
2408	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Yan Tao	Shum	沈恩途	Galaxy Sports Triathlon
2409	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Auscar	Tsang	曾竟瑋	Energetic Triathlon Shatin
2410	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Nok Hei	Wong	王諾熙	
2411	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Lok Shi	Lam	林樂仕	Energetic Triathlon Shatin
2412	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Tsun Fung	Yim	嚴浚鋒	Sparkle Triathlon
2413	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Pak Yiu Anson	Wong	黃栢堯	Energetic Triathlon Shatin
2414	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Dominic WT	Carson	簡煒晉	Energetic Triathlon Shatin
2415	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Goldberg	Aitan		Energetic Triathlon Shatin
2416	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Open	Hoi Ching	Lam	林海晴	
2417	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Open	Cheuk Yat	Lo	盧卓逸	Energetic Triathlon Shatin
2418	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Open	Bailee	Brown	彭詩雅	
2419	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Open	Yan Yin	Choi	蔡欣妍	
2420	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Chung Ning	Shum	岑頌寧	Energetic Triathlon Shatin
2421	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Ackber	Bertha	區曉彤	
2422	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Yuet Hei	Ng	吳悅曦	Energetic Triathlon Shatin
2423	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Sarah	Modiano		
2424	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Oi Yin	Chan	陳愛妍	
2425	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Lok Tung	Wong	王樂彤	
2426	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Hayley	Tsang	曾熹兒	Energetic Triathlon Shatin
2427	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 2	Anson	Lun	倫柏翹	AustSports Association
2428	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 2	Wan Tung	Wong	黃允彤	Energetic Triathlon Shatin
2429	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 2	Lai Ki Nicole	Man	文麗淇	Energetic Triathlon Shatin
2430	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Junior 1	凱旻	陳	陳凱旻	First Ten Generation Team
2431	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Junior 1	Yi Chun	Chan	陳以臻	AustSports Association
2432	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Junior 2	Nicole	Chau	Chau Lok	
2433	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 20-29	TSZ HUEN ALEXANDRA	WAN	溫子暄	
2434	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 40-49	nok sze	tse	謝諾思	
2435	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 50-59	Vilma Ching Yi	Li		Energetic Triathlon Shatin
2436	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 50-59	MAN YI MAY	LI		
2437	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 50-59	SHUK HAN KAREN	LUI		Energetic Triathlon Shatin
2438	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 60-69	YUK CHING CHRISTINA	LEUNG		Energetic Triathlon Shatin
2597	6	8:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Ian	Kei		Aqua Gym Sport Association
2439	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	梓濤	張	張梓濤	
2440	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Alban	Modiano		South China Athletic Association
2441	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Pok Yin	Tsang		The Little Dolphin Swimming Training Center
2442	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	CHEUK NAM KEAGAN	KWAN		Energetic Triathlon Shatin
2443	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	PAK HEI	TSANG	曾珀滙	Energetic Triathlon Shatin
2444	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Marcus	Tiu		Energetic Triathlon Shatin
2445	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	KIN TO KAYDEN	WONG	黃健韜	The Little Dolphin Swimming Training Center
2446	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	宇軒	梁	梁宇軒	
2447	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Pak Hei	Chan	陳柏信	Galaxy Sports Triathlon
2448	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Ian	Yu		Mango Swimming Club
2449	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Pak Lam Cass	Man	文柏藍	AustSports Association
2450	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Ching Yeung	Chan	陳清揚	
2451	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	裕濤	陳	陳裕濤	
2452	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Wai Yin	Chan	陳韋弦	Sparkle Triathlon
2453	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Wei Hei	Lau	劉偉希	
2454	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Rico	Ho	何兆剛	
2455	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	TSZ HIM	MOK	莫子謙	Galaxy Sports Triathlon
2456	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	峻勳	梁	梁峻勳	
2457	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	Yat Him	Chung	鍾日謙	Energetic Triathlon Shatin

2026 Duathlon Series - Race 1 Start List (updated on 21/01/2026)

2458	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	CHI HIM RYAN	YAU	丘志謙	Galaxy Sports Triathlon
2459	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	KA O	LO	盧加奧	Galaxy Sports Triathlon
2460	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 20-29	Ryan	Yu	余浚曦	Galaxy Sports Triathlon
2461	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 20-29	Ka Siu	Lai	賴珈兆	Crest Ray Recreation & Sports Club
2462	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 20-29	Ho Kwong Billy	Ching	程浩光	New Sports Triathlon
2463	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 20-29	Chung Hei	Wong	黃仲希	
2464	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 20-29	Kin Hei	Wong	黃鍵熹	
2465	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 20-29	Ming Chi	Chan	陳明志	
2466	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 20-29	弘哲	鄺	鄺弘哲	
2467	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Chun Yin	Choi	蔡俊賢	
2468	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Shek Lun	Li	李錫倫	
2469	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Kwun San Sun	Yau	邱冠榮	Aqua Gym Sport Association
2470	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Bruce CM	Leung		
2471	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Chun Lung Daniel	Tsoi		
2472	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Emil	Francisco		
2473	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Yau Yan	Tam	譚祐恩	AustSports Association
2474	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	King Man	Cheung	張競文	Crest Ray Recreation & Sports Club
2475	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	CHO WAH	WAN		Energetic Triathlon Shatin
2476	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Gerard	Chau	周志立	Energetic Triathlon Shatin
2477	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Tak Kiu	Pun	潘德翹	Tritons Triathlon Club
2478	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Gary	Tiu		Energetic Triathlon Shatin
2479	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	WING HON	WONG	王泳漢	
2480	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	HON SUEN	MOK	莫翰遜	
2481	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Chuen yin james	Chan		The Little Dolphin Swimming Training Center
2482	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Tommy Chi Kwan	Siu	蕭子鈞	First Ten Generation Team
2483	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	ting piu	chong		Titan Triathlon
2484	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Ka Hin	Leung		
2485	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	CHRIS	CHEEN		Energetic Triathlon Shatin
2486	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	SHU WAH JIMMY	WAN	溫樹華	Energetic Triathlon Shatin
2487	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	CHI HO ERIC	CHEUNG		Energetic Triathlon Shatin
2488	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	King Lai, Jeffrey	LIU	廖敬禮	Mango Swimming Club
2489	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Tse	Wai Chi	謝偉志	Galaxy Sports Triathlon
2490	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	HON FAI	wu		
2491	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Jonathan	Cummings		
2492	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	wa kay jimmy	chiu		
2493	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Jack	Yee		
2494	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Wai Hung	Chan	陳偉洪	
2495	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Vincent	Lee		AustSports Association
2496	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	Wah	Yau	邱華	
2497	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	Ho Seng	Wong	王皓生	Energetic Triathlon Shatin
2498	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	Ma	Man Sing	馬敏昇	
2499	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	LAI CHUNG	LEE		Mango Swimming Club
2500	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	LUI HUNG LAWRENCE	CHUNG		Energetic Triathlon Shatin
2501	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	YIN CHEONG	WONG		Energetic Triathlon Shatin
2502	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 70 & Over	Stephen King Che	Chan		Energetic Triathlon Shatin
2503	7	8:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 70 & Over	Chi Ling Clement	Yeung	楊子凌	The Little Dolphin Swimming Training Center
2504	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Elite Youth	Shun Hei	Wong	黃淳希	
2505	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Elite Youth	Chi Yan Ian	Chung	鍾智仁	
2506	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Elite Youth	Yik Hei	Lau	劉奕希	Energetic Triathlon Shatin
2507	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Elite Youth	Cheuk Kiu	Ng	吳卓翹	Energetic Triathlon Shatin
2508	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Elite Youth	Hoi Jin	Lee	李鎰靖	Energetic Triathlon Shatin
2509	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Elite Youth	Cheuk Yin Desmond	Chau	周卓賢	Energetic Triathlon Shatin

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2510	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Elite Youth	Tze Kiu	Tam	譚子翹	Energetic Triathlon Shatin
2511	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Elite Youth	Chak Yan	Wan	溫澤仁	Energetic Triathlon Shatin
2512	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Elite Youth	Sze Chai Damon	LAU	劉思齊	Energetic Triathlon Shatin
2513	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Shing Hang	Fok	霍承亨	Energetic Triathlon Shatin
2514	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Brandon	Gong	龔彥錫	First Ten Generation Team
2515	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	oson	lau	劉敖辰	The Little Dolphin Swimming Training Center
2516	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	CHUN YIN MATTHEW	CHEUK		Energetic Triathlon Shatin
2517	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	YAU YAT	LEUNG		Energetic Triathlon Shatin
2518	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Chet	Yung	翁節	Crest Ray Recreation & Sports Club
2519	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	chun teng aiden	chow	周駿騰	First Ten Generation Team
2520	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Hok Sum	Au		Sparkle Triathlon
2521	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	CHUNG YU	WONG		Energetic Triathlon Shatin
2522	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	YUI HIM	SOU		Energetic Triathlon Shatin
2523	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	HO CHING ANGUS	LEUNG	梁皓程	The Little Dolphin Swimming Training Center
2524	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Yat Long	Cheung	蔣逸朗	First Ten Generation Team
2525	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	pak long Casper	chan	陳柏朗	Energetic Triathlon Shatin
2526	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Atticus Fong Kok	Lui	雷枋楠	
2527	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Cheuk Hang	Ko	高焯恆	
2528	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Lap Yan	Kei	紀立人	Sparkle Triathlon
2529	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Yat to Travis	Li		Energetic Triathlon Shatin
2530	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Yik Sum, Sam	Kwok	郭奕琛	The Little Dolphin Swimming Training Center
2531	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Yuet Hei	Chan		Aqua Gym Sport Association
2532	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Wan Hin	Mok	莫蘊軒	Energetic Triathlon Shatin
2533	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Wing shun	Kong	江永惇	First Ten Generation Team
2534	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Chak Fung	Ng	吳澤豐	First Ten Generation Team
2535	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	CHUN HIM LOUIS	WONG	王俊謙	Energetic Triathlon Shatin
2536	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	JIANGZHI	HU	胡江芷	Energetic Triathlon Shatin
2537	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	CARLOS	CHAN		Energetic Triathlon Shatin
2538	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Jaxon	Lai	賴峻琛	First Ten Generation Team
2539	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Yat Long Jay	Chan	陳逸朗	Energetic Triathlon Shatin
2540	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Chun Hong Chaska	Poon	方俊匡	
2541	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Chun Lam	Chu	朱俊霖	The Little Dolphin Swimming Training Center
2542	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	San Mau Jacob	Mak	麥宸畝	Sparkle Triathlon
2543	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	chun lok	chu	朱俊諾	First Ten Generation Team
2544	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Shing Chung	Lee	李承聰	
2545	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Pok yan	Tang	鄧博仁	
2546	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	Ching Long	Yan	殷靖朗	Sparkle Triathlon
2547	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 1	TING YAN MATTHEW	PANG	彭廷殷	Crest Ray Recreation & Sports Club
2548	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	Pak Lam	Tsang	曾柏霖	
2549	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	TSZ WUN XAVIER	CHEUNG	張子桓	Crest Ray Recreation & Sports Club
2550	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	Ian	Wong	王喆	Energetic Triathlon Shatin
2551	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	Zurriel	Jiu	招希懌	
2552	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	邱	栢然	邱栢然	
2553	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	Tsz Kin	Tse	謝梓健	Galaxy Sports Triathlon
2554	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	Ngo Yin	Ng	吳傲然	First Ten Generation Team
2555	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	Leong Yin	Au	歐亮言	Sparkle Triathlon
2556	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	Wei Him	Chan	陳維謙	
2557	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	Tsz hin	Fan	樊梓軒	
2558	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	YUI HANG	CHOI	蔡睿珩	
2559	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	Pak Yin	Chu	朱珀賢	AustSports Association
2560	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	Yat Long Julian	Cho	曹日朗	
2561	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	Hao che	Chang	張浩哲	Crest Ray Recreation & Sports Club
2562	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	Cheuk Nam Janko	Au	區卓嵐	Energetic Triathlon Shatin

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2563	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	TSZ SHUN	WONG	黃梓淳	
2564	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	Theodore	Zhang	张天维	Mango Swimming Club
2565	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	CHEUK HIN	Kong	江卓軒	
2566	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	Ching Kiu	Ng	吳政橋	AustSports Association
2567	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	vincent	yee		
2568	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	Tsz Wang	Wong	黃梓宏	The Little Dolphin Swimming Training Center
2569	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	Earnest	Lee	李丞恩	
2570	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	Yik Hang	Fan	樊翊珩	Crest Ray Recreation & Sports Club
2571	8	8:30	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Male Youth 2	Chun Ching	Ting	丁進澄	Sparkle Triathlon
2572	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Elite Youth	Cin Yee Cydnee	Chung	鍾倩兒	
2573	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Elite Youth	Jessie	Ho	何泳悠	The Little Dolphin Swimming Training Center
2574	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Elite Youth	Cheuk Lam	Chung	鍾焯琳	Energetic Triathlon Shatin
2575	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Elite Youth	Hiu Yau	Yeung	楊曉悠	
2576	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Elite Youth	Heulwen	Chau	周烜慧	Energetic Triathlon Shatin
2577	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Elite Youth	YI	MA	馬懿	
2578	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Elite Youth	Hong Ching	Wong	黃康晴	The Little Dolphin Swimming Training Center
2580	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Elite Youth	Hiu Tung Hazel	LEE	李曉彤	
2581	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Youth 1	Tsz Ying Charlotte	Mak	麥芷凝	Crest Ray Recreation & Sports Club
2582	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Youth 1	Ceinwen	Chau	周翹慧	Energetic Triathlon Shatin
2583	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Youth 1	CHING HEI	WONG		Energetic Triathlon Shatin
2584	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Youth 1	思澄	呂	呂思澄	Blue & White Spirit Sports Club
2585	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Youth 1	Tsz Chin	Tsang	曾籽芊	
2586	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Youth 1	Mo Tung	Cheung		The Little Dolphin Swimming Training Center
2587	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Youth 1	Tsz Ki	Chiu	趙梓棋	The Little Dolphin Swimming Training Center
2588	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Youth 1	Chin Yui	Chan	陳芊睿	AustSports Association
2589	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Youth 1	JIANGQI	HU	胡江萋	Energetic Triathlon Shatin
2590	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Youth 1	Lok Yin Alicia	Lau	劉樂然	The Little Dolphin Swimming Training Center
2591	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Youth 1	Pok Nga	So	蘇博雅	AustSports Association
2592	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Youth 1	OLIVIA	LEE	李傲凝	
2593	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Youth 1	Keira Joy	Leung	梁逸玥	First Ten Generation Team
2594	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Youth 1	Tsz Shun	CHAN	陳梓淳+A403:X4	Blue & White Spirit Sports Club
2595	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Youth 2	Cheuk Kiu	Chan	陳卓蕎	Sparkle Triathlon
2596	9	8:35	Discovery Distance (Run 2km > Bike 10km > Run 2.2km)	Female Youth 2	HEIDI	CHEUNG	張凱堤	Crest Ray Recreation & Sports Club