

2026 Hong Kong Aquathlon Championships - Challenge Startlist

Race No	Heat	Lane	Start Time	Race Distance	Race Category	First Name	Last Name	Chinese Name	Club
800	39	0	13:10	Challenge Distance (Swim 600m/Run 4km)	Male Elite Open	Au Yeung	Nathan Siu-Wo	歐陽兆和	The Little Dolphin Swimming Training Center
801	39	0	13:10	Challenge Distance (Swim 600m/Run 4km)	Male Elite Open	Wan	Chak Lam	溫澤林	Energetic Triathlon Shatin
802	39	1	13:10	Challenge Distance (Swim 600m/Run 4km)	Male Elite Open	Fok	Wang Hin Ian	霍泓軒	Energetic Triathlon Shatin
803	39	1	13:10	Challenge Distance (Swim 600m/Run 4km)	Male Elite Open	Wong	Ka Ho	黃嘉豪	Energetic Triathlon Shatin
804	39	2	13:10	Challenge Distance (Swim 600m/Run 4km)	Male Elite Open	Yip	Tsz Hin	葉子軒	
805	39	2	13:10	Challenge Distance (Swim 600m/Run 4km)	Male Elite Open	Ng	Jason Tai Long	伍泰龍	
806	39	3	13:10	Challenge Distance (Swim 600m/Run 4km)	Male Elite Open	Tsang	Cheung Sing Nicholas	曾祥星	Energetic Triathlon Shatin
807	39	3	13:10	Challenge Distance (Swim 600m/Run 4km)	Male Elite Open	Yip	Tak Long	葉德朗	
808	39	4	13:10	Challenge Distance (Swim 600m/Run 4km)	Male Elite Junior 2	Kei	Yin	紀彥	
809	39	4	13:10	Challenge Distance (Swim 600m/Run 4km)	Male Elite Junior 2	Wong	Chun Him	王俊謙	Energetic Triathlon Shatin
810	39	5	13:10	Challenge Distance (Swim 600m/Run 4km)	Male Elite Junior 2	Lam	Lok Shi	林樂仕	
811	39	5	13:10	Challenge Distance (Swim 600m/Run 4km)	Male Elite Junior 2	Mok	Pak Fan	莫柏勛	
812	39	6	13:10	Challenge Distance (Swim 600m/Run 4km)	Male Elite Junior 2	Shum	Yan Tao	沈恩途	Galaxy Sports Triathlon
813	39	6	13:10	Challenge Distance (Swim 600m/Run 4km)	Male Elite Junior 2	Tsang	Auscar	曾寬瑋	Energetic Triathlon Shatin
814	39	7	13:10	Challenge Distance (Swim 600m/Run 4km)	Male Elite Junior 2	Yick	Po Shun Yemi	易甫鯨	Energetic Triathlon Shatin
815	39	7	13:10	Challenge Distance (Swim 600m/Run 4km)	Male Elite Junior 2	Yim	Tsun Fung	嚴浚鋒	Sparkle Triathlon
816	39	8	13:10	Challenge Distance (Swim 600m/Run 4km)	Male Elite Junior 2	Yung	Pu Chak	翁溥澤	The Little Dolphin Swimming Training Center
817	39	8	13:10	Challenge Distance (Swim 600m/Run 4km)	Female Elite Open	Lam	Hoi Ching	林海晴	
818	39	9	13:10	Challenge Distance (Swim 600m/Run 4km)	Female Elite Open	Lo	Cheuk Yat	盧卓逸	
819	39	9	13:10	Challenge Distance (Swim 600m/Run 4km)	Female Elite Open	Choi	Yan Yin	蔡欣妍	
820	40	0	13:22	Challenge Distance (Swim 600m/Run 4km)	Female Elite Junior 2	Wong	Wan Tung	黃允彤	Energetic Triathlon Shatin
821	40	1	13:22	Challenge Distance (Swim 600m/Run 4km)	Female Elite Junior 2	Lun	Anson	倫柏翹	AustSports Association
822	40	1	13:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 20-24	李	昀浩	李昀浩	
823	40	2	13:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 20-24	Siu	Ka Hang	蕭加行	
824	40	2	13:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 20-24	Chau	King Hang	周景行	The Little Dolphin Swimming Training Center
825	40	3	13:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 25-29	AU	CHUN LOK ALAN		
826	40	3	13:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 25-29	Cheng	Yuan Andrew		
827	40	4	13:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 25-29	Ng	Alex Hin Ching		NL Triathlon Club
828	40	4	13:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 25-29	Wong	Ho Kiu	黃昊翹	
829	40	5	13:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 25-29	Choi	Seokgyun	崔碩均	
830	40	5	13:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 25-29	Ning	Yu Hin	甯宇軒	Titan Triathlon
831	40	6	13:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 25-29	Lock	Greg		
832	40	6	13:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 25-29	Tan	James	陳明輝	
833	40	7	13:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 25-29	Chan	Chun Hin Alex		New Sports Triathlon
834	40	7	13:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 25-29	Au	Tsz Fung	歐梓峯	
835	40	8	13:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 25-29	Chiu	Long Kit	趙朗傑	
836	40	8	13:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 25-29	Yeung	King To	楊敬滔	
837	40	9	13:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 25-29	Lee	Hon Lam Jasper		
838	41	0	13:37	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 30-34	Tsang	Chun Hin		Sonic Sports Association
839	41	1	13:37	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 30-34	Jingnie	Tang	唐靖曁	
840	41	1	13:37	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 30-34	LEE	KA CHUN	李嘉俊	
841	41	2	13:37	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 30-34	Yuen	chun Hoi	阮俊凱	
842	41	3	13:37	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 30-34	Chu	Chun Ting	朱晉廷	
843	41	3	13:37	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 30-34	Bonan	Mirto		South China Athletic Association
844	41	4	13:37	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 30-34	HSIEH	He Yi	謝合一	
845	41	5	13:37	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 30-34	Mallowes	Blake Geoffry		
846	41	5	13:37	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 30-34	Wan	Chun Wah		
847	41	6	13:37	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 30-34	Pun	Yiu Chung	潘耀中	
848	41	7	13:37	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 30-34	HO	KA HEI		South China Athletic Association
849	41	7	13:37	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 30-34	Jonathan	Kwok		
850	41	8	13:37	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 30-34	Wai	Ka Kei Gabriel	衛嘉麒	
851	41	9	13:37	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 30-34	Wu	Ka Ming		
852	42	0	13:52	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 35-39	Li	Man Lung Moses		Titan Triathlon
853	42	1	13:52	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 35-39	Pang	Hin Sing	彭衍昇	
854	42	1	13:52	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 35-39	TANG	Joshua Cho Yu	鄧祖瑜	
855	42	2	13:52	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 35-39	Ma	Toliver	馬守彰	

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Race No	Heat	Lane	Start Time	Race Distance	Race Category	First Name	Last Name	Chinese Name	Club
856	42	2	13:52	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 35-39	Fok	Chun Fung	霍俊峰	Aqua Gym Sport Association
857	42	3	13:52	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 35-39	Ho	Chun Ting Timothy	何俊廷	Energetic Triathlon Shatin
858	42	3	13:52	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 35-39	WU	KENNETH YEE LOK	胡爾樂	Compass Sports Association
859	42	4	13:52	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 35-39	Hung	Sze Yu		Sonic Sports Association
860	42	4	13:52	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 35-39	So	Man Hon	蘇文瀚	Hong Kong Football Club Swimming and Triathlon S
861	42	5	13:52	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 35-39	Lam	Frank	林卓彥	
862	42	6	13:52	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 35-39	Wong	Ka Keung	黃家強	
863	42	6	13:52	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 35-39	Tsoi	Wai kin	蔡偉健	
864	42	7	13:52	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 35-39	Jim	Dickson	詹迪生	Sonic Sports Association
865	42	8	13:52	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 35-39	CHEUNG	Ka Ping	張家平	
866	42	9	13:52	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 35-39	Lai	Wa Chun	賴華進	
867	43	0	14:07	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 40-44	CHUNG	Cheukyu		
868	43	1	14:07	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 40-44	Law	Yip Kan	羅業勤	
869	43	1	14:07	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 40-44	Law	Wai Lok	羅韋洛	
870	43	2	14:07	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 40-44	Ma	Sean		Titan Triathlon
871	43	2	14:07	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 40-44	tsang	kin	曾健文	
872	43	3	14:07	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 40-44	Tam	Yau Yan	譚祐恩	AustSports Association
873	43	3	14:07	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 40-44	Lam	David	林明瀚	
874	43	4	14:07	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 40-44	Wong	Lai Hang	黃禮恆	
875	43	4	14:07	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 40-44	LAM	KUN LEI	林冠灝	The Little Dolphin Swimming Training Center
876	43	5	14:07	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 40-44	Tang	Wing Chung Jonathan		
877	43	5	14:07	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 40-44	Ka Chun	Sat	薩嘉俊	AustSports Association
878	43	6	14:07	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 40-44	NG	SIU YU		
879	43	6	14:07	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 40-44	Lu	Peter		
880	43	7	14:07	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 40-44	Wong	Ka Ho Lawrence	黃家灝	Sonic Sports Association
881	43	7	14:07	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 40-44	Kuan	Ho Yin		
882	43	8	14:07	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 40-44	Kurmanov	Kanat		
883	43	9	14:07	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 40-44	BURFORD	James		
884	44	0	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 45-49	Tsui	Man Kit	徐文傑	Pro-trinity Sports Club
885	44	1	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 45-49	Li	Chun Pong David	李振邦	NL Triathlon Club
886	44	1	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 45-49	NG	Wing-fai	吳永輝	
887	44	2	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 45-49	Kwok	chen nien Tommy		
888	44	2	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 45-49	Lee	Kan ming	李根明	
889	44	3	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 45-49	Tsui	Wai Hang		
890	44	3	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 45-49	TO	KIN SING		
891	44	4	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 45-49	Yiu Man	Lau	劉耀文	
892	44	4	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 45-49	Wong	Shung Kin	黃崇堅	Alpha Zone Sports
893	44	5	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 45-49	Wong Yuk Hei	Gump	黃旭曦	Sonic Sports Association
894	44	5	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 45-49	Leung	Wing sum	梁榮森	
895	44	6	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 45-49	Yeung	Ivan		Sonic Sports Association
896	44	6	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 55-59	WU	HON FAI		South China Athletic Association
897	44	7	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 55-59	Trusso	Vittorio		Hong Kong Dragons Triathlon Club
898	44	7	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 55-59	Ng	Wai Bun Reuben	吳維斌	
899	44	8	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 55-59	Law	Kam fuk	羅金福	
900	44	8	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 55-59	Yeung	Yam Ho	楊任豪	Sonic Sports Association
901	44	9	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 55-59	MOK	HO YIN		Energetic Triathlon Shatin
902	44	9	14:22	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 55-59	cheung	man kwong		Mango Swimming Club
903	45	0	14:38	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 50-54	Wong	Tim Lung	黃添龍	
904	45	1	14:38	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 50-54	yen	shiau sin		
905	45	1	14:38	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 50-54	chui	bertrand		
906	45	2	14:38	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 50-54	Courret	Olivier	Olivier Courret	South China Athletic Association
907	45	2	14:38	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 50-54	chum	tik ho	韋迪豪	Aqua Gym Sport Association
908	45	3	14:38	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 60-64	Ng	Kam Keung Derek		
909	45	3	14:38	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 60-64	WONG	LIK KEUNG	王力強	
910	45	4	14:38	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 60-64	Shi	Bertram		Energetic Triathlon Shatin
911	45	4	14:38	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 60-64	Cheng	Kwong Leung	郑光亮	Energetic Triathlon Shatin

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Race No	Heat	Lane	Start Time	Race Distance	Race Category	First Name	Last Name	Chinese Name	Club
912	45	5	14:38	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 60-64	LEE	YING HO	LEE YING HO	Sonic Sports Association
913	45	5	14:38	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 60-64	WONG	YIN CHEONG	WONG YIN CHEONG	Energetic Triathlon Shatin
914	45	6	14:38	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 60-64	Clark	David James		
915	45	6	14:38	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 60-64	TSANG	HING KEUNG	曾慶強	
916	45	7	14:38	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 65 & over	Choi	Tai Wing	蔡太榮	AustSports Association
917	45	7	14:38	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 65 & over	Chan	King Yuen	陳景源	New Sports Triathlon
918	45	8	14:38	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 65 & over	Wong	Check Yin	黃卓然	Mango Swimming Club
919	45	8	14:38	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 65 & over	IP	WING KWONG	IP WING KWONG	Energetic Triathlon Shatin
920	45	9	14:38	Challenge Distance (Swim 600m/Run 4km)	Male Age Group 65 & over	Chan	Fai Ming	陳揮明	AustSports Association
921	46	0	14:54	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 20-24	Fong	Pui Ling	方珮鈴	
922	46	1	14:54	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 20-24	Ng	Amir Alexandra Cheuk Chi	伍淖芝	
923	46	1	14:54	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 25-29	lee	lok yin	李樂妍	
924	46	2	14:54	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 25-29	Chan	Jenny		
925	46	2	14:54	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 25-29	Kot	Amanda Yin Tung		
926	46	3	14:54	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 25-29	MAK	KA YING		
927	46	3	14:54	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 25-29	LIU	Xinran	劉欣冉	
928	46	4	14:54	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 25-29	Chan	Wai Tung Jocelyn	陳韋瞳	
929	46	4	14:54	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 30-34	Ho	Yan Wa		
930	46	5	14:54	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 30-34	Chue	Naomi Lois		
931	46	5	14:54	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 30-34	Yan	Gigi		Sonic Sports Association
932	46	6	14:54	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 30-34	meng	lu		
933	46	6	14:54	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 30-34	Cheung	Sarah	張倩行	
934	46	7	14:54	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 30-34	Kam	Hoi Hei	甘愷希	
935	46	7	14:54	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 30-34	Yuen	Ho Yi	袁可兒	
936	46	8	14:54	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 30-34	Ng	Ching Yi	吳靜怡	
937	46	9	14:54	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 30-34	Cheung	Fan	張帆	
938	47	0	15:10	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 35-39	Ko	Tiffany	高凱琳	
939	47	1	15:10	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 35-39	Perrault	Stephanie		
940	47	1	15:10	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 35-39	chow	ying karen		
941	47	2	15:10	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 40-44	Lui	Wing Yee	呂穎怡	
942	47	2	15:10	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 40-44	CHAN	WAI KWEN	陳慧君	
943	47	3	15:10	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 40-44	LAI	HOI YEE EMILY		
944	47	3	15:10	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 45-49	Zhang	Xue	张雪	
945	47	4	15:10	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 45-49	Poon	Man Fung	潘文鳳	Energetic Triathlon Shatin
946	47	4	15:10	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 45-49	Bina	Stephanie		Sonic Sports Association
947	47	5	15:10	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 45-49	Tang	Grace		
948	47	5	15:10	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 50-54	LO	CHI MING ERIC		
949	47	6	15:10	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 50-54	Courret	Amandine		South China Athletic Association
950	47	6	15:10	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 50-54	TAM	PUI YI ELIZABETH	譚佩儀	Crest Ray Recreation & Sports Club
951	47	7	15:10	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 55-59	CHENG	XUEZHAN	程学展	South China Athletic Association
952	47	7	15:10	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 55-59	LI	HAU YI DORA	LI HAU YI DORA	Energetic Triathlon Shatin
953	47	8	15:10	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 55-59	Richardson	Alex		
954	47	9	15:10	Challenge Distance (Swim 600m/Run 4km)	Female Age Group 65 & over	LEUNG	YUK CHING CHRISTINA		Energetic Triathlon Shatin