

## 2026 Summer Triathlon Challenge Sprint Distacne Start List

| Race No | Heat | Start Time | Cap       | Race Category                                                   | Race Category (Age)   | Last Name | First Name      | Chinese Name | Club                                        |
|---------|------|------------|-----------|-----------------------------------------------------------------|-----------------------|-----------|-----------------|--------------|---------------------------------------------|
| 1023    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Elite Junior 1   | Wong      | Lucas           | 王諾           | Energetic Triathlon Shatin                  |
| 1024    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Elite Junior 1   | Ting      | Ngai Chun       | 丁毅臻          | Sparkle Triathlon                           |
| 1025    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Elite Junior 1   | Ho        | Jasper          | 何頌朗          | The Little Dolphin Swimming Training Center |
| 1026    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Elite Junior 1   | Cheng     | Tsz Leong Louie | 鄭梓亮          |                                             |
| 1027    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Elite Junior 1   | Chun      | Cheuk Long      | 陳卓朗          |                                             |
| 1028    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Elite Junior 1   | Lee       | Ho Ting         | 李灝庭          |                                             |
| 1029    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Elite Junior 1   | Ma        | Hoi Fan         | 馬凱勳          |                                             |
| 1030    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Elite Junior 1   | Wong      | Edison          | 黃子健          |                                             |
| 1031    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Elite Junior 2   | Kei       | Yin             | 紀彥           | Aqua Gym Sport Association                  |
| 1032    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Elite Junior 2   | Wong      | Chun Him        | 王俊謙          |                                             |
| 1033    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Elite Junior 2   | EN-YU     | TIEN            | 田恩宇          |                                             |
| 1034    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Elite Open       | Wan       | Chak Lam        | 溫澤林          | Energetic Triathlon Shatin                  |
| 1035    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Elite Open       | Au Yeung  | Nathan Siu-Wo   | 歐陽兆和         |                                             |
| 1036    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Junior 1         | Chum      | tsz ho          | 覃子皓          | Aqua Gym Sport Association                  |
| 1037    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Junior 1         | Man       | Pak Lam Cass    | 文柏藍          | AustSports Association                      |
| 1038    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Junior 1         | Chan      | Pak Hei         | 陳柏僊          | Galaxy Sports Triathlon                     |
| 1039    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Junior 1         | Wang      | Erik            | 王昊程          | Kwan Hung Sports Club                       |
| 1040    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Junior 1         | Chan      | Wai Yin         | 陳韋弦          | Sparkle Triathlon                           |
| 1041    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Junior 1         | LIAO      | Juxiang         |              |                                             |
| 1042    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Junior 1         | Ho        | Rico            | 何兆剛          |                                             |
| 1043    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Junior 1         | Kevin     | Hao             |              |                                             |
| 1044    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Junior 2         | YAU       | CHI HIM RYAN    | 丘志謙          | Galaxy Sports Triathlon                     |
| 1045    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Junior 2         | Chad      | Marcus          |              |                                             |
| 1046    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Junior 2         | Li        | Yik Long        | 李奕樂          |                                             |
| 1047    | 6    | 6:55       | White     | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Male Junior 2         | Shung Him | Lai             | 賴崇謙          | AustSports Association                      |
| 1048    | 7    | 7:00       | Dark Blue | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Female Elite Junior 1 | Shum      | Chung Ning      | 岑頌寧          | Energetic Triathlon Shatin                  |
| 1049    | 7    | 7:00       | Dark Blue | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Female Elite Junior 1 | Chan      | Oi Yin          | 陳愛妍          |                                             |
| 1050    | 7    | 7:00       | Dark Blue | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Female Elite Junior 1 | Ackber    | Bertha          | 區曉彤          |                                             |
| 1051    | 7    | 7:00       | Dark Blue | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Female Elite Junior 2 | Wong      | Wan Tung        | 黃允彤          | Energetic Triathlon Shatin                  |
| 1052    | 7    | 7:00       | Dark Blue | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Female Elite Open     | Lo        | Cheuk Yat       |              | Energetic Triathlon Shatin                  |
| 1053    | 7    | 7:00       | Dark Blue | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Female Elite Open     | Lam       | Hoi Ching       | 林海晴          |                                             |
| 1054    | 7    | 7:00       | Dark Blue | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Female Junior 1       | Lok Ching | Cheng           | 鄭樂澄          | Energetic Triathlon Shatin                  |
| 1055    | 7    | 7:00       | Dark Blue | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Female Junior 1       | Yik Nam   | Siu             | 蕭亦嵐          |                                             |
| 1056    | 7    | 7:00       | Dark Blue | Sprint Distance (Swim 750m/Bike 20km Bride's Pool Road/Run 4km) | Female Junior 1       | Yik Ching | Siu             | 蕭亦晴          |                                             |