

2026 Duathlon Series - Race 3 Start List (Challenge Distance)

Race No	Heat	Start Time	Race Category	Race Category (Age)	First Name	Last Name	Chinese Name	Club
641	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 20-24	King Hang	Chau	周景行	The Little Dolphin Swimming Training Center
642	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 20-24	Kin Hei	Wong	黃鍵熹	
643	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 25-29	君陶	梁	梁君陶	
644	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 25-29	Zac	Lee	李曜菖	
645	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 25-29	Long Hei Pascal	Wong	黃朗熙	
646	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 25-29	Long Kit	Chiu	趙朗傑	New Sports Triathlon
647	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 25-29	凱鉞	朱	朱凱鉞	
648	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 25-29	Yiu Ting	Yuen	阮耀庭	Sonic Sports Association
649	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 30-34	chun Hoi	Yuen	阮俊凱	
650	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 30-34	Cheuk Ting Plato	Luk	陸卓廷	
651	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 30-34	KA HEI	HO		Aqua Gym Sport Association
652	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 30-34	Ka Chun	Kwong		Crest Ray Recreation & Sports Club
653	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 30-34	Chun Wing	Wong	黃俊穎	AustSports Association
654	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 30-34	chun fung	wong	黃震鋒	
655	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 30-34	Chun Yin	Choi	蔡俊賢	
656	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 30-34	Ho Yan Bounty	Chen	陳浩恩	Energetic Triathlon Shatin
657	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 30-34	Bruce CM	Leung	梁綽文	
658	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 30-34	kam yip	wong	黃金業	South China Athletic Association
659	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 30-34	He Yi	HSIEH	謝合一	
660	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 35-39	Wai On	Liu	廖偉安	
661	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 35-39	CHI YEUNG	AU		Energetic Triathlon Shatin
662	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 35-39	Chun Ting Timothy	Ho	何俊廷	Energetic Triathlon Shatin
663	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 35-39	Lok Yu	Ma	馬樂愉	Hong Kong Fire Services Sports and Welfare Club
664	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 35-39	Hoi Ming Walden	Lam	林凱銘	Energetic Triathlon Shatin
665	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 35-39	Cheuk fung	cho		Energetic Triathlon Shatin
666	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 35-39	Jimmy	Wong	黃鑑堇	
667	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 35-39	Ka Lok	Chau		
668	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 35-39	Shek Lun	Li	李錫倫	Energetic Triathlon Shatin
669	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	CHO WAH	WAN		
670	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	KIN LIM	KWAN		Energetic Triathlon Shatin
671	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	Sean	Ma		Titan Triathlon
672	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	Ka Ho Lawrence	Wong	黃家灝	Sonic Sports Association
673	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	ka ho	chan	陳嘉豪	Tritons Triathlon Club
674	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	Tak Kiu	Pun	潘德翹	
675	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	chi fung	chow	周熾烽	First Ten Generation Team
676	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	Jonathan	Ip		Hong Kong Fire Services Sports and Welfare Club
677	7	10:00	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 40-44	TSZ CHUN	WAN	尹梓俊	
678	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 45-49	MAN YIU	LOU		Energetic Triathlon Shatin
679	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 45-49	TIN CHI KEN	LU		
680	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 45-49	Ernesto Xequé	Do Rosário		Energetic Triathlon Shatin
681	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 45-49	Wai Ming	Leung	梁偉明	
682	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 45-49	Tak Chung Keith	Lau	劉德忠	
683	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 45-49	Derek	Wong		Energetic Triathlon Shatin
684	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 45-49	Gump	Wong Yuk Hei	黃旭曦	
685	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 50-54	yosuke	oka	岡洋介	Energetic Triathlon Shatin
686	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 50-54	Pui Yuen	Wong	黃沛源	Pro-trinity Sports Club
687	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 50-54	Wai Hung	Chan	陳偉洪	Aqua Gym Sport Association
688	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 50-54	tik ho	chum	覃迪豪	

2026 Duathlon Series - Race 3 Start List (Challenge Distance)

689	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 50-54	CHING FAI	LEUNG		Energetic Triathlon Shatin
690	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 55-59	Vincent	Lee		AustSports Association
691	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 55-59	man kwong	cheung		Mango Swimming Club
692	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 60-64	Kenny	Leung		
693	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 60-64	Ho Seng	Wong	王皓生	Energetic Triathlon Shatin
694	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 60-64	YIN CHEONG	WONG		Energetic Triathlon Shatin
695	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 70 & Over	Heng Fan	Poon	潘恒奮	
696	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 70 & Over	Stephen King Che	Chan		Energetic Triathlon Shatin
697	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 70 & Over	King Yuen	Chan	陳景源	New Sports Triathlon
698	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Male Age Group 70 & Over	Fai Ming	Chan	陳揮明	AustSports Association
699	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 25-29	鏇滢	陳		Crest Ray Recreation & Sports Club
700	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 25-29	Shuk Yin Keren	Yeung		
701	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 30-34	Shum	Yuen Wa	沈婉樺	
702	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 35-39	Pui ling	Lee	李佩玲	
703	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 45-49	Nok Sze	Tse	謝諾思	
704	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 45-49	Wai Tong	Yip	葉慧棠	
705	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 45-49	Man Fung	Poon	潘文鳳	Energetic Triathlon Shatin
706	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 50-54	Nga Yee	Li	李雅怡	Energetic Triathlon Shatin
707	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 50-54	MAN YI MAY	LI		Energetic Triathlon Shatin
708	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 50-54	Chui Fong	Tang	鄧翠芳	
709	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 50-54	PUI YI ELIZABETH	TAM	譚佩儀	Crest Ray Recreation & Sports Club
710	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 55-59	HAU YI DORA	LI		Energetic Triathlon Shatin
711	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 55-59	Ching Yi	Li	李靜儀	Energetic Triathlon Shatin
712	8	10:45	Challenge Distance (Run 1.3km/ Bike 8km/ Run 2.1km)	Female Age Group 65-69	YUK CHING CHRISTINA	LEUNG		Energetic Triathlon Shatin