

2026 Duathlon Series - Race 3 Startlist (Trikids Distance)

Race No	Heat	Start Time	Race Category	Race Category (Age)	First Name	Last Name	Chinese Name	Club
529	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	Ching	Chau	周澄	
530	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	子昕	彭	彭子昕	Sparkle Triathlon
531	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	CHING YAU	CHAN		Energetic Triathlon Shatin
532	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	SAU YU HARRIES	CHENG	鄭修瑜	Energetic Triathlon Shatin
533	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	YIK YU	LAU	劉弈妤	First Ten Generation Team
534	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	Sze Yu	Chan	陳思瑜	The Little Dolphin Swimming Training Center
535	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	Matilda Cristina	Giga do Rosário	羅靄欣	
536	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	Queanna Pentinmaki	Man	文靖悠	
537	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	Chan	Ching Yee ALLY	陳靖兒	Titan Triathlon
538	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	Yuet Ching	Tang	鄧悅晴	First Ten Generation Team
539	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	Nga Yu	Wong	黃雅渝	
540	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	Ngo Ching	Wong	王傲晴	First Ten Generation Team
541	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 1	泱辰	周	周泱辰	First Ten Generation Team
542	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	CHING	WAN		Energetic Triathlon Shatin
543	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	lok tung	hung	洪樂桐	Kwan Hung Sports Club
544	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	HAYLIE	TSANG	曾希妍	The Little Dolphin Swimming Training Center
545	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Hei Ching	Tse	謝係澄	
546	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Fong	Ho Lam	方顥琳	
547	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Gina	chan	陳思羽	Alpha Zone Sports
548	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Cheuk Man	Ko	高焯雯	
549	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Ka Pik Abigail	Mak	麥珈璧	Sparkle Triathlon
550	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Yick Ling Venus	Lau	劉亦羚	Alpha Zone Sports
551	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Yat Tung	Wan	溫日彤	Sparkle Triathlon
552	3	8:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Female TriKids 2	Cheryl	Lau	劉森芮	First Ten Generation Team
553	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Tsz Lok	Chan	陳子榮	Aqua Gym Sport Association
554	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Chun Hang Jeremy	Chow	周駿鏗	First Ten Generation Team
555	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	HO SAU	LAM		Energetic Triathlon Shatin
556	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	CARSON SHING YIU	AU		Energetic Triathlon Shatin
557	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	YU HEI GARETH	WONG		Energetic Triathlon Shatin
558	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	HO LAM	LO		Energetic Triathlon Shatin
559	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	SZE CHAI JENSON	YING		Energetic Triathlon Shatin
560	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	JAKE ANDERS	CHAN		Energetic Triathlon Shatin
561	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Yuen Yui Andras	Li	李炫叡	The Little Dolphin Swimming Training Center
562	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Arthur Harmon Sun	Hui	許瀚文	
563	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Morgan Muk	Yeung	楊目	Sparkle Triathlon
564	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	謙佑	陳	陳謙佑	Titan Triathlon
565	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	An Sen	Lo	盧安森	
566	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Sum Long Ernest	Quan		Titan Triathlon
567	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Pak Lam	Cheung	張柏霖	The Little Dolphin Swimming Training Center
568	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Hoi Chun	Chan	陳凱晉	The Little Dolphin Swimming Training Center
569	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Worachai	Chan	陳彥名	
570	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Harvey	Leung	梁越	

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571	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Ho wang	Huen	禰皓泓	Titan Triathlon
572	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Hon Wah	Lee	李瀚華	
573	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Sze Ming	Hui	許詩名	
574	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	chi pui	Law	羅智培	
575	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	bruce	chan		Alpha Zone Sports
576	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	jim	ko	高瞻	First Ten Generation Team
577	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Shu Yan Ethan	Mak	麥庶寅	Sparkle Triathlon
578	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Chung Yu Caleb	Kwong	鄭頌儒	First Ten Generation Team
579	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	YIK HEI	NG	吳奕熙	Energetic Triathlon Shatin
580	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Yin Chun	Chu	朱延晉	First Ten Generation Team
581	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Yick Kiu	Kwong	鄭奕翹	Alpha Zone Sports
582	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Chi Lok	Ching	程治絡	
583	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	蔚然	岑	岑蔚然	
584	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Pok Yin	Leung	梁博賢	
585	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	Yat To	Wan	溫日圖	Sparkle Triathlon
586	4	08:45	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 1	PAK WING	LEUNG	梁柏榮	First Ten Generation Team
587	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Liam	Wong		Energetic Triathlon Shatin
588	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Tsz Kiu	Wong	黃梓僑	Sparkle Triathlon
589	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	YIN BONG FERGUS	WONG		Energetic Triathlon Shatin
590	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	HO HIN	WOO		Energetic Triathlon Shatin
591	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	SHEUNG HEI	YEUNG		Energetic Triathlon Shatin
592	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	LAP YIN EUGENE	WU		Energetic Triathlon Shatin
593	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	HONG PING AVERY	NG		Energetic Triathlon Shatin
594	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	LONG KIU	LOU		Energetic Triathlon Shatin
595	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Tin Hang	Qu	邱天行	Sparkle Triathlon
596	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	HEI LONG OTIS	LEUNG		Energetic Triathlon Shatin
597	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	CHI YIN IVIN	CHUNG	鍾至瑛	Energetic Triathlon Shatin
598	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Kak Scott	Yeung	楊格	Sparkle Triathlon
599	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Marco	Tsui	徐正軒	Hoi Ngai Sports Association
600	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Tristan Ching Ho	Lau	劉靖昊	
601	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	俊希	鍾	鍾俊希	
602	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Hayling William Chan	Green	希寧	
603	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Ho Shun	Chan	陳浩信	Alpha Zone Sports
604	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	TIN YU	CHEUNG	張天宇	First Ten Generation Team
605	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	CHUN TING	TSANG	曾俊廷	
606	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	TSUN YU	WONG	王浚宇	
607	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Yat Hei Isaac	Poon	潘日希	
608	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	TAK MAN	LEUNG	梁德恣	Energetic Triathlon Shatin
609	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Tsz Lok	Chim	詹梓樂	Excel Swim Sports Association
610	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Yin Pok	Woo	胡彥博	Alpha Zone Sports
611	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	hei yu	poon	潘邨渝	Sonic Sports Association
612	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Chun Kiu	Yu	虞竣喬	Sparkle Triathlon
613	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Kwun cheong	Tsang	曾冠倡	Galaxy Sports Triathlon

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614	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Pak Kiu	Tsang	曾柏嶠	Alpha Zone Sports
615	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Samuel	Ng	伍柏朗	Alpha Zone Sports
616	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Hei Chit	Chang	鄭希哲	Alpha Zone Sports
617	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	Tak Lam	Chan	陳德霖	
618	5	9:10	TriKids Distance (Run 600m/ Bike 3km/ Run 700m)	Male TriKids 2	SEN YIK OTTO	WANG		Energetic Triathlon Shatin