

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

Race No	Heat	Start Time	Race Category	Race Category (Age)	First Name	Last Name	Chinese Name	Club
460	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Shun Hei	Wong	黃淳希	
461	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Hoi Jin	Lee	李鎰靖	Energetic Triathlon Shatin
462	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Tze Kiu	Tam	譚子翹	Energetic Triathlon Shatin
463	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Sze Chau	Lau	劉思齊	Energetic Triathlon Shatin
464	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Elite Youth	Cheuk Kiu	Ng	吳卓翹	Energetic Triathlon Shatin
465	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	TING YAN MATTHEW	PANG	彭廷殷	Crest Ray Recreation & Sports Club
466	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Yuet Hei	Chan		Aqua Gym Sport Association
467	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Wan Hin	Mok	莫蘊軒	Energetic Triathlon Shatin
468	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	CHUN ON AIDEN	LO		Energetic Triathlon Shatin
469	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Tin Lap	Qu	邱天立	Sparkle Triathlon
470	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Chun Hong Chaska	Poon	方俊匡	
471	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	JIANGZHI	HU	胡江芷	Energetic Triathlon Shatin
472	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	YUI HIM	SOU		Energetic Triathlon Shatin
473	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Yat Long Jay	Chan	陳逸朗	Energetic Triathlon Shatin
474	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	CHUN HIM LOUIS	WONG	黃俊謙	Energetic Triathlon Shatin
475	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	An Di	Lo	盧安迪	
476	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	HO CHING ANGUS	LEUNG	梁皓程	The Little Dolphin Swimming Training Center
477	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Chun Lam	Chu	朱俊霖	The Little Dolphin Swimming Training Center
478	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Chun Hei	Shin	冼峻熙	
479	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	CHUNG YU	WONG		Energetic Triathlon Shatin
480	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Yat to Travis	Li		Energetic Triathlon Shatin
481	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	YUK SEN	LEUNG	梁毓晨	The Little Dolphin Swimming Training Center
482	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	YU KWAN	LAM	林渝鈞	
483	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	pak long Casper	chan	陳柏朗	Energetic Triathlon Shatin
484	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	ngo lam	ng	吳傲藍	First Ten Generation Team
485	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Justus Geoffrey	Liu	廖格非	Mango Swimming Club
486	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Chi Hin	Chan	陳智軒	Excel Swim Sports Association
487	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	GAVIN	CHI	遲棣文	
488	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Fung Janson	Lau	劉楓	
489	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	JACO JIA SHEN	XI	奚嘉霖	Aqua Gym Sport Association
490	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Cheuk Hang	Ko	高焯恆	
491	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	CARLOS	CHAN		Energetic Triathlon Shatin
492	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	Lap Yan	Kei	紀立人	Sparkle Triathlon
493	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	San Mau Jacob	Mak	麥宸畝	Sparkle Triathlon
494	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	chun lok	chu	朱俊諾	First Ten Generation Team
495	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 1	SHUN AIDEN	LO	盧舜	
496	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Cheuk Nam Janko	Au	區卓嵐	Energetic Triathlon Shatin
497	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Wei Him	Chan	陳維謙	Energetic Triathlon Shatin
498	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Hao che	Chang	張浩哲	Crest Ray Recreation & Sports Club
499	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	嘉舜	葉	葉嘉舜	
500	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Earnest	Lee	李丞恩	

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501	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Theodore	Zhang	张天维	Mango Swimming Club
502	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	King Hei	Chan	陳敬希	Alpha Zone Sports
503	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Ian	Wong	王喆	Energetic Triathlon Shatin
504	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Shing Hei	Ngan	顏承希	Energetic Triathlon Shatin
505	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	YUI HANG	CHOI	蔡睿珩	
506	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Tsz Wang	Wong	黃梓宏	The Little Dolphin Swimming Training Center
507	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	WAI TING	LEE	李瑋庭	AustSports Association
508	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	Ching Kiu	Ng	吳政橋	AustSports Association
509	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	YC	W	黃耀進	
510	2	7:40	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Male Youth 2	TSZ SHUN	WONG	黃梓淳	
511	3	8:10	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Elite Youth	Jessie	Ho	何泳悠	The Little Dolphin Swimming Training Center
512	3	8:10	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Elite Youth	Hiu Tung Hazel	Lee	李曉彤	
513	3	8:10	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Elite Youth	Hong Ching	Wong	黃康晴	
514	3	8:10	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Elite Youth	Cin Yee Cydnee	Chung	鍾倩兒	Energetic Triathlon Shatin
515	3	8:10	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Elite Youth	Cheuk Lam	Chung	鍾焯琳	Energetic Triathlon Shatin
516	3	8:10	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Elite Youth	Heulwen	Chau	周烜慧	Energetic Triathlon Shatin
517	3	8:10	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Elite Youth	Yi	Ma	馬懿	
518	3	8:10	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Elite Youth	Hiu Yau	Yeung	楊曉悠	
519	3	8:10	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 1	Ceinwen	Chau	周翹慧	Energetic Triathlon Shatin
520	3	8:10	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 1	Pok Nga	So	蘇博雅	AustSports Association
521	3	8:10	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 1	tsz chin	tsang	曾籽芊	
522	3	8:10	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 1	JIANGQI	HU	胡江蕤	Energetic Triathlon Shatin
523	3	8:10	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 1	思澄	呂	呂思澄	Blue & White Spirit Sports Club
524	3	8:10	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 1	Margaret	Wong		
525	3	8:10	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 1	Chin Yui	Chan	陳芊睿	AustSports Association
526	3	8:10	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 2	Cheuk Kiu	Chan	陳卓蕎	Sparkle Triathlon
527	3	8:10	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 2	HIU TUNG HENRIETTA	CHAN	陳曉彤	AustSports Association
528	3	8:10	Discovery Distance (Run 600m/ Bike 5km/ Run 1.4km)	Female Youth 2	HEIDI	CHEUNG	張凱堤	Crest Ray Recreation & Sports Club