

2026 Aquathlon Series - Race 3 Startlist (24 June 2026)

Race No	Heat	Start Time	Cap	Race Category	Race Category (Age)	Last Name	First Name	Chinese Name	Club
1401	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 1	Wong	Edison	黃子健	
1402	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 1	Lucas	Wong	王諾	Energetic Triathlon Shatin
1403	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 1	Ting	Ngai Chun	丁毅臻	Sparkle Triathlon
1404	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 1	Ma	Hoi Fan	馬凱勳	
1405	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 1	Ho Ting	Lee	李灝庭	
1406	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 1	Yung	Pu Chak	翁溥澤	
1407	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 1	Wong	Chun Him	王俊謙	Energetic Triathlon Shatin
1408	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 1	Chun	Cheuk Long	陳卓朗	
1409	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 1	Louie	Cheng	鄭梓亮	
1410	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 1	Wong	Pak Yiu Anson	黃栢堯	Energetic Triathlon Shatin
1411	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 1	Carson	WT DOMINIC	簡焯晉	Energetic Triathlon Shatin
1412	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 1	Shum	Yan Tao	沈恩途	Galaxy Sports Triathlon
1413	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 2	Wong	Nok Hei	王諾熙	
1414	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 2	Lam	Lok Shi	林樂仕	Energetic Triathlon Shatin
1415	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 2	Kei	Yin	紀彥	Aqua Gym Sport Association
1416	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 2	Yim	Tsun Fung	嚴浚鋒	The Little Dolphoon Swimming Training Center
1417	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 2	Yick	Po Shun Yemi	易甫鏘	Energetic Triathlon Shatin
1418	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 2	Mok	Pak Fan	莫柏勳	Energetic Triathlon Shatin
1419	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Junior 2	Tsang	Auscar	曾竟瑋	Energetic Triathlon Shatin
1420	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Open	Fok	Wang Hin Ian	霍泓軒	
1421	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Open	WAN	Chak Lam		Energetic Triathlon Shatin
1422	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Open	Wong	Ka Ho	黃嘉豪	
1423	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Open	Chan	Yui Fung	陳睿烽	Energetic Triathlon Shatin
1424	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Open	AU-YEUNG	Nathan Siu-wo	歐陽兆和	The Little Dolphoon Swimming Training Center
1425	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Elite Open	Yip	Tsz Hin		Energetic Triathlon Shatin
1426	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 20-24	Siu	Ka Hang	蕭加行	Titan Triathlon
1427	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 20-24	Ho	Ethan	何俊彥	
1428	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 20-24	Chau	King Hang	周景行	The Little Dolphin Swimming Training Center
1429	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 20-24	Dong	Jun Han	董鈞涵	
1430	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 20-24	李	昀浩	李昀浩	
1431	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 20-24	Lui	Tsun Kiu	呂峻翹	Compass Sports Association
1432	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Chiu	Long Kit	趙朗傑	New Sports Triathlon
1433	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Yu	Cheuk Chun		
1434	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Lam	Pak Lai		
1435	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Li	John		
1436	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Tan	James	陳明輝	South China Athletic Association
1437	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	So	Pui Hang	蘇沛亨	Aqua Gym Sport Association
1438	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Wong	Ka Ho Jonathan	黃家皓	
1439	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Wong	Siu Fung Samuel	王兆峯	
1440	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Leung	Hin Long	梁軒朗	
1441	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	TAM	LOK KWAN		
1442	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Chan	Chun Hin Alex		
1443	1	7:00	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 25-29	Chang	Jaw Ting Martin	張肇庭	
1444	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Yuen	Chun Hoi	阮俊凱	Sonic Sports Association
1445	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Mallowes	Blake Geoffry		Aqua Gym Sport Association
1446	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	LEE	HO TUNG ARTHUR		
1447	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Chong	Hui Yeung	莊許揚	
1448	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Cheung	Chuen Yu	張川禹	
1449	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Yu	Lok Kwan		Crest Ray Recreation & Sports Club
1450	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	HO	KA HEI		Aqua Gym Sport Association

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Race No	Heat	Start Time	Cap	Race Category	Race Category (Age)	Last Name	First Name	Chinese Name	Club
1451	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Singh	Sonu		
1452	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Kwong	Ka Chun		Crest Ray Recreation & Sports Club
1453	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Fung	Chi Wing Ryan	馮熾榮	
1454	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 30-34	Stojanovic	Marko		
1455	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Ren	Juen		
1456	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Leung	Hin Fung	梁顯楓	
1457	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Rees	Jonny		
1458	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Suraagath	Ahmed		Sonic Sports Association
1459	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Ho	Chun Ting Timothy	何俊廷	Energetic Triathlon Shatin
1460	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Chiu	Tsz Fung	趙子峰	Sonic Sports Association
1461	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Pang	Hin Sing	彭衍昇	
1462	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Cheng	Sheung Ngai		NL Triathlon Club
1463	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Coombes	Matt		NL Triathlon Club
1464	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Lee	Dennis Nga Ching		
1465	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Lai	Chun Kit	黎俊傑	
1466	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Lai	Wa Chun	賴華進	
1467	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Ma	Toliver	馬守彰	Titan Triathlon
1468	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	CHEUNG	KA PING	張家平	
1469	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	WU	KENNETH YEE LOK	胡爾樂	Compass Sports Association
1470	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	YAU	KIT	丘政傑	
1471	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Wright	Henry		South China Athletic Association
1472	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Chu	Jonathan		
1473	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	CHUNG	FU SHING	鍾富城	
1474	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Haas	Oliver		South China Athletic Association
1475	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	CHUM	KIN MAN	覃健文	Crest Ray Recreation & Sports Club
1476	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	KO	KING HEI	高敬希	Titan Triathlon
1477	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Jim	Dickson	詹迪生	Sonic Sports Association
1478	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	NG	YAN HO JONATHAN	吳恩浩	Energetic Triathlon Shatin
1479	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Lui	Siu Fung		
1480	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Mclaughlin	Patrick		
1481	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Leung	Ryan chun hay		
1482	2	7:15	Light Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 35-39	Lee	Jason		
1483	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Tam	Yau Yan	譚祐恩	AustSports Association
1484	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	li	ka chun		
1485	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Maclay	Ally		Tritons Triathlon Club
1486	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Wong	Ka Ho Lawrence	黃家灝	Sonic Sports Association
1487	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	De Guzman	Johnny		NL Triathlon Club
1488	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	gomez	cyril		
1489	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	hung	chun long	洪俊朗	
1490	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	So	Tsz Kin	蘇子健	
1491	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Ma	Sean		Titan Triathlon
1492	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Chan	Tsz Long	陳子朗	
1493	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	NG	SIU YU		Energetic Triathlon Shatin
1494	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Li	Kenny		
1495	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Lee	Johime	李祖謙	
1496	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	lu	ping		
1497	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	CHI HONG	WONG	黃智康	Hoi Ngai Sports Association
1498	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Tang	Yu Hin Ice	鄧宇軒	
1499	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Tang	Wing Chung Jonathan		
1500	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Chung	Cheuk Yiu	鍾卓耀	
1501	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Ka Chun	Sat	薩嘉俊	AustSports Association

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Race No	Heat	Start Time	Cap	Race Category	Race Category (Age)	Last Name	First Name	Chinese Name	Club
1502	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	KWOK	SIU WAH	郭少華	
1503	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Wong	Kai Yin	黃啟然	Hong Kong Fire Services Sports and Welfare Club
1504	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	CHAN	CHIU MAN	陳釗文	
1505	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	David	cheung		
1506	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	poon	sze chun	潘詩峻	Sonic Sports Association
1507	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 40-44	Poon	Stephen		
1508	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	chan	chun fai	陳鎮輝	The Little Dolphin Swimming Training Center
1509	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	yeung	lin kit	楊連傑	
1510	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Wong	Derek		Energetic Triathlon Shatin
1511	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Feng	Hubert		
1512	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Ng	Fung Kei		
1513	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Wang	Sze	施泓	Sonic Sports Association
1514	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Tsui	Man Kit	徐文傑	Pro-trinity Sports Club
1515	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	LAM	TUEN YEUNG		
1516	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Yau	Pak To		Aqua Gym Sport Association
1517	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Yiu Man	Lau	劉耀文	
1518	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Ho	Chak Lam		The Little Dolphin Swimming Training Center
1519	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	NG	Wing-fai	吳永輝	
1520	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Akiba	Tsumugi		
1521	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	wu	wai yip (sony)	胡偉業	Crest Ray Recreation & Sports Club
1522	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Lee	Kan ming	李根明	
1523	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Chow	Sik Lam	周錫霖	Titan Triathlon
1524	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	KA HO	MAU	繆嘉浩	
1525	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Chow	Kevin		NL Triathlon Club
1526	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Chan	Kam hang	陳鑑恒	Crest Ray Recreation & Sports Club
1527	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	KAM	CHI TANG JACKY	甘子騰	Alpha Zone Sports
1528	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Leung	Wing sum	梁榮森	
1529	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Luk	Chi Kin, Anthony	陸志堅	Titan Triathlon
1530	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Li	Chun Pong David	李振邦	NL Triathlon Club
1531	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Yeung	Nelson		
1532	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	wu	kwok chiu		
1533	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Wong Yuk Hei	Gump	黃旭曦	Sonic Sports Association
1534	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Chan	Tsz Leung	陳梓良	
1535	3	7:30	Navy Blue	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 45-49	Mak	Chun Yin	麥振賢	
1536	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Wong	Pui Yuen	黃沛源	Pro-trinity Sports Club
1537	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	YEUNG	WING YIN		Energetic Triathlon Shatin
1538	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	chum	tik ho	韋迪豪	Aqua Gym Sport Association
1539	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Wan	Tin Lap	溫天立	Energetic Triathlon Shatin
1540	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Lo	Chi Ming Eric		
1541	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Chu	Kwok Hau	朱國孝	
1542	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Porter	Simon		Hong Kong Dragons Triathlon Club
1543	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Courret	Olivier		South China Athletic Association
1544	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Zainal Abidin	Yatim		Sonic Sports Association
1545	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	CHAN	CHI ON	陳志安	Titan Triathlon
1546	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	LEE	KIN MAN	李健民	
1547	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Chan	Terence	陳偉全	
1548	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	LEE	JASON		
1549	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Lai	Siu Cheong	黎兆昌	
1550	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Wong	chi kai		
1551	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 50-54	Kwok	Jeff	郭家輝	
1552	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Tse	Koon Chor Ernest		

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1553	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	LEE	TAK WING DAVY		Energetic Triathlon Shatin
1554	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Yue	Ngai Ho	余毅豪	
1555	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	MOK	HO YIN		Energetic Triathlon Shatin
1556	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Greaton	Timothy		South China Athletic Association
1557	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Tong	Wai Chung Christopher		Sonic Sports Association
1558	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Milward	Ross		Tritons Triathlon Club
1559	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Lam	Matthew	林逸生	
1560	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Ma	Michael		
1561	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	cheung	man kwong		Mango Swimming Club
1562	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Yeung	Yam Ho	楊任豪	Sonic Sports Association
1563	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	TAKAHASHI	MASAHIDE		
1564	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Doerr	Juergen Peter		
1565	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	Pang	Kam Yau	彭金有	
1566	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 55-59	LAMB	JAN	林海峰	
1567	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 60-64	Burton	Scott		
1568	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 60-64	LEE	YING HO		Sonic Sports Association
1569	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 60-64	Lai	Ying Fai		Tritons Triathlon Club
1570	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 60-64	Ho	Anthony		
1571	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 60-64	MA	MA CHI PO	馬志寶	New Sports Triathlon
1572	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 60-64	Liu	David	廖子平	
1573	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 60-64	Shi	Bertram		Energetic Triathlon Shatin
1574	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 60-64	Wai	Kim Ping	韋劍平	
1575	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 60-64	Cheng	Kwong Leung	鄭光亮	Energetic Triathlon Shatin
1576	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 65 & over	Wong	Check Yin	黃卓然	Mango Swimming Club
1577	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 65 & over	IP	WING KWONG		Energetic Triathlon Shatin
1578	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 65 & over	Choi	Tai Wing	蔡太榮	AustSports Association
1579	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 65 & over	Lee	Kwok Ning		
1580	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 65 & over	Li	Chik Wah	李植華	
1581	4	7:45	White	Challenge Distance (Swim 800m/Run 5km)	Male Age Group 65 & over	Chiu	Chi Ming		
1582	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Elite Junior 1	Ng	Yuet Hei	吳悅曦	Energetic Triathlon Shatin
1583	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 6km)	Female Elite Junior 1	Wong	Lok Tung	王樂彤	
1584	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 7km)	Female Elite Junior 1	Man	Lai Ki Nicole	文麗淇	Energetic Triathlon Shatin
1585	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 8km)	Female Elite Junior 1	Modiano	Sarah	Sarah	
1586	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 9km)	Female Elite Junior 1	Wong	Wan Tung		Energetic Triathlon Shatin
1587	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 10km)	Female Elite Junior 2	Lun	Anson	倫柏翹	AustSports Association
1588	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 11km)	Female Elite Open	Lam	Hoi Ching	林海晴	
1589	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 11km)	Female Elite Open	Lo	Cheuk Yat		Energetic Triathlon Shatin
1590	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 20-24	Tang	Hiu Tung	鄧曉桐	Crest Ray Recreation & Sports Club
1591	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 20-24	Fong	Pui Ling	方珮鈴	
1592	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 20-24	Li	Kexin		
1593	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 20-24	Wong	Ying Sum Alma	黃螢琛	
1594	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 20-24	Wong	Hee Tung	王煇桐	
1595	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 20-24	FAN	TSZ HEI	樊子晞	
1596	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 20-24	Ng	Tsz Ming	吳梓銘	
1597	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 25-29	CHIU	CHUN WAI		Sonic Sports Association
1598	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 25-29	Wernick	Anna		
1599	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 25-29	CHAN	TSZ CHING	陳芷晴	
1600	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 25-29	Grouard	Salomé		
1601	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 25-29	Chan	Wai Tung Jocelyn	陳韋瞳	
1602	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 25-29	Kwong	Chloe		

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Race No	Heat	Start Time	Cap	Race Category	Race Category (Age)	Last Name	First Name	Chinese Name	Club
1603	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 25-29	KWOK	YU YAN		
1604	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Ng	Ruby		
1605	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Zeng	Yuexin	曾悦心	Hong Kong Football Club Swimming and Triathlon Society
1606	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Ho	Kin Yan Karis		NL Triathlon Club
1607	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	HONG	CHUN KEI	康津崎	
1608	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	So	Ting Yuet	蘇庭悅	
1609	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Cheung	Hoi Ying		
1610	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Ng	Wai Ying Megan	吳蔚瑩	
1611	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Shum	Yuen Wa	沈婉樺	
1612	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	to	yan wing	杜昕穎	
1613	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Lai	Kwan Yee	黎君怡	
1614	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Ng	Yin Ting	伍彥婷	
1615	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Leung	Lok Man Coco	梁樂文	Energetic Triathlon Shatin
1616	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	wong	mei yan	黃美欣	
1617	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Fong	Oining		
1618	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Guinon	Sarah		
1619	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 30-34	Ho	Caci		
1620	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 35-39	Lee	Wing Ki		
1621	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 35-39	Cheng	Ruby		NL Triathlon Club
1622	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 35-39	Lim	Long Heng	林朗行	
1623	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 35-39	Oshima	Kotoe		
1624	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 35-39	Cheung	Chi Man	張志敏	
1625	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 35-39	Kwan	Natalie		South China Athletic Association
1626	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 35-39	Chan	Yat Bo	陳逸寶	Crest Ray Recreation & Sports Club
1627	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 35-39	Wong	Aileen		
1628	5	8:00	Yellow	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 35-39	Lin	Jueying		Titan Triathlon
1629	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 40-44	Humphreys	Elizabeth		Tritons Triathlon Club
1630	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 40-44	KWONG	CHI YAN		
1631	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 40-44	Liu	Yan hong	劉艷紅	
1632	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 40-44	Galani	Una		
1633	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 40-44	Chu	Wai Shan Lily		Sonic Sports Association
1634	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 40-44	wu	Ka Wing		Hong Kong Football Club Swimming and Triathlon Society
1635	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	Tam	Sze Man Simone		Energetic Triathlon Shatin
1636	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	Lau	Justine		Aqua Gym Sport Association
1637	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	Cuming	Michelle		
1638	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	Poon	Man Fung	潘文鳳	Energetic Triathlon Shatin
1639	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	MELVIN	Marie		
1640	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	TSE	WAI CHONG HEIDI		
1641	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	Wong	Kasin	黃嘉倩	
1642	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	Lim	Ka Ling	林嘉玲	Titan Triathlon
1643	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	Ka Chee	Au		
1644	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	Lin	Wing Yi		
1645	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 45-49	pun	cin lam lisa	潘羨霖	Sonic Sports Association
1646	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 50-54	Wong	JoLa		
1647	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 50-54	Cheung	Ka Yan		
1648	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 50-54	Li	Nga Yee	李雅怡	Energetic Triathlon Shatin
1649	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 50-54	Au Young	Clare		
1650	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 50-54	Yamaguchi	Mika	山口 美果	
1651	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 50-54	Lau	Tsz Ching	劉芷清	The Little Dolphin Swimming Training Center
1652	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 50-54	choi	carmen	蔡德鳴	Titan Triathlon
1653	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 50-54	TAM	PUI YI ELIZABETH	譚佩儀	Crest Ray Recreation & Sports Club

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Race No	Heat	Start Time	Cap	Race Category	Race Category (Age)	Last Name	First Name	Chinese Name	Club
1654	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 50-54	LEE	Wai-kwan Carina		
1655	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 50-54	Chan	Ka Pik	陳嘉碧	
1656	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 50-54	Courret	Amandine		South China Athletic Association
1657	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 50-54	Chang	Mary		
1658	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 55-59	Tsang	Joan		Sonic Sports Association
1659	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 55-59	Tsang	Pui Ha		Titan Triathlon
1660	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 55-59	LI	HAU YI DORA		Energetic Triathlon Shatin
1661	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 55-59	Chan	Bik Li	陳碧莉	
1662	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 55-59	Richardson	Alexandra		
1663	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 55-59	CHAU	WAN	周雲	
1664	6	8:15	Pink	Challenge Distance (Swim 800m/Run 5km)	Female Age Group 60-64	FUNG	ANITA SIU YING		
1665	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	XIE	WEIMIN		
1666	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	chu	ching wan		
1667	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Lee	Ho Yin	李皓然	
1668	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Man	Yuk Ying	文鈺瑩	
1669	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	YEUNG	TSZ KIU		
1670	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Koo	Cassy		NL Triathlon Club
1671	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Fong	Wing Yee		
1672	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Lum	Belinda		
1673	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	cheng	Tsz Yin Evelyn		
1674	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Marcos	Fhem		
1675	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Chan	Wai Tak Rita		
1676	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Wu	Vicky		
1677	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Yuen	Ming Ching	阮銘澄	
1678	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Li	Wing Yan Jennifer	李穎欣	Crest Ray Recreation & Sports Club
1679	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Ip	Wing Sze		
1680	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Yu	Hoi Man Vanessa		
1681	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 30-39	Fung	An Ty	馮安媿	
1682	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Yu Fan	WONG		
1683	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Chan	Winnie		
1684	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Ng	Pui Ying		Mango Swimming Club
1685	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Man	Ho Yan		
1686	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	HO	Cheuk Ying	何卓盈	
1687	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	TSE	SHI SUM JOAN		
1688	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Cheung	Amy Hiu Yan		
1689	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Tsui	Jaclyn		
1690	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Lau	Yin Yung Carol	劉彥容	
1691	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Lim	Katherine	林嘉琦	
1692	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Lee	Hoi Shan	李愷珊	
1693	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Bravo	Aileen		
1694	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Au Yeung	Wing Yan	歐陽穎欣	
1695	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Yeung	Sze Man		Titan Triathlon
1696	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Leung	Chui Ting Tracy	梁翠婷	
1697	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Chan	Wai Ming	陳慧明	
1698	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	POON	YEUK LAN		
1699	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 40-49	Wisniewski	Victoria		
1700	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	Wong	Ip Ching	黃葉菁	The Little Dolphin Swimming Training Center
1701	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	LI	MAN YI MAY		Energetic Triathlon Shatin
1702	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	Chan	Lai Mei		
1703	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	Lam	Po Ngan		Titan Triathlon
1704	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	LUI	SHUK HAN KAREN		Energetic Triathlon Shatin

2026 Aquathlon Series - Race 3 Startlist (24 June 2026)

Race No	Heat	Start Time	Cap	Race Category	Race Category (Age)	Last Name	First Name	Chinese Name	Club
1705	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	Ho	Mabel		
1706	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	NG	PO LIN PAULINE		Aqua Gym Sport Association
1707	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	Li	Ching Yi	李靜儀	Energetic Triathlon Shatin
1708	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	Ng	May	吳敏華	
1709	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	Sze	Man Wai	施文慧	
1710	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 50-59	Cheung	Pui Yi		
1711	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 60-69	LAU	LAI WA		Energetic Triathlon Shatin
1712	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 60-69	Yeung	Porlin		
1713	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 60-69	LEUNG	YUK CHING CHRISTINA		Energetic Triathlon Shatin
1714	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 60-69	LAW	YUK SIM		
1715	7	8:35	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 60-69	Wong	Cecilia	王嘉慧	Sonic Sports Association
1716	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Junior 1	Chan	Yi Chun	陳以臻	AustSports Association
1717	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Junior 1	Cheng	Lok Ching	鄭樂澄	Energetic Triathlon Shatin
1718	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Junior 1	chan	sze ki		Blue & White Spirit Sports Club
1719	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Junior 2	Chan	Sze Ki	陳詩淇	Blue & White Spirit Sports Club
1720	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Elite Youth	Chung	Cheuk Lam	鍾焯琳	Energetic Triathlon Shatin
1721	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Elite Youth	Ho	Jessie	何泳悠	The Little Dolphin Swimming Training Center
1722	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Elite Youth	Chau	Heulwen	周焯慧	Energetic Triathlon Shatin
1723	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Elite Youth	Chung	Cin Yee Cydnee	鍾倩兒	
1724	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Elite Youth	Wong	Hong Ching	黃康晴	
1725	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Elite Youth	Lee	Hiu tung hazel	李曉彤	
1726	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Elite Youth	Yeung	Hiu Yau	楊曉悠	
1727	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Elite Youth	Chung	Cheuk Lam	鍾焯琳	
1728	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Elite Youth	Ma	Yi	馬懿	
1729	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 20-29	ho	yuen shun	何沅鏞	
1730	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 20-29	Chiu	Ting Yan	趙廷茵	
1731	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 20-29	Wong	Chung Wai	黃頌惠	
1732	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 20-29	Kong	Wan Ki	江韻琪	
1733	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 20-29	Wong	Chin hang Ivana	黃千倬	
1734	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 20-29	Wu	Sunnie Wing Ching	胡詠晴	
1735	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Female Age Group 20-29	OR	SIU KWAN		Energetic Triathlon Shatin
1736	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	THAPA	AJAY		
1737	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	GURUNG	SUVAAN		
1738	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	Man	Pak Lam Cass	文柏藍	AustSports Association
1739	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	tsz ho	Chum	覃子皓	Aqua Gym Sport Association
1740	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	Wang	Erik	王昊程	Kwan Hung Sports Club
1741	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	Yiu	Ho Chiu	姚昊焯	Blue & White Spirit Sports Club
1742	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	Ho	Rico	何兆剛	
1743	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	LIAO	Juxiang		
1744	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	Lai	Lok Wai	黎洛維	Blue & White Spirit Sports Club
1745	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	Hung	Pak Lok Alfred	洪栢諾	The Little Dolphin Swimming Training Center
1746	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	Pandey	Ishan	N/A	
1747	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	Lai	lan	黎澤恩	
1748	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Junior 1	TANG	KWAN YEUNG JASPER	鄧君揚	
1749	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Junior 2	Lai	Shung Him	賴崇謙	AustSports Association
1750	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Junior 2	TIEN	EN-YU	田恩宇	
1751	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Junior 2	YAU	CHI HIM RYAN	丘志謙	Galaxy Sports Triathlon
1752	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Junior 2	Lam	Chun Kit	林俊傑	Blue & White Spirit Sports Club
1753	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Junior 2	Kwok	Wai Lun	郭偉倫	
1754	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Lee	Hoi Jin	李鎰靖	Energetic Triathlon Shatin

2026 Aquathlon Series - Race 3 Startlist (24 June 2026)

Race No	Heat	Start Time	Cap	Race Category	Race Category (Age)	Last Name	First Name	Chinese Name	Club
1755	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Wong	Shun Hei	黃淳希	
1756	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	WAN	CHAK YAN	溫澤仁	Energetic Triathlon Shatin
1757	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	NG	CHEUK KIU	吳卓翹	Energetic Triathlon Shatin
1758	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Ho	Jasper	何頌朗	The Little Dolphin Swimming Training Center
1759	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Lau	Yik Hei	劉奕希	Energetic Triathlon Shatin
1760	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Chung	Chi Yan Ian	鍾智仁	Energetic Triathlon Shatin
1761	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Lau	Sze Chai	劉思齊	Energetic Triathlon Shatin
1762	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Chau	Cheuk Yin Desmond	周卓賢	Energetic Triathlon Shatin
1763	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Tam	Tze Kiu	譚子翹	Energetic Triathlon Shatin
1764	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Kei	Lap Yan	紀立人	Sparkle Triathlon
1765	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Mak	San Mau Jacob	麥宸畝	Sparkle Triathlon
1766	8	8:45	Yellow	Sprint Distance (Swim 400m/Run 5km)	Male Elite Youth	Chang	Hao che	張浩哲	Crest Ray Recreation & Sports Club
1767	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Cheung	Chun Wa Brian	張振華	
1768	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Ng	Ho wing		
1769	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Koo	Ho Tun		
1770	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	KEISUKE	SUZUKI		
1771	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Lee	Hok Yan		
1772	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Lau	Chun yin	劉俊賢	
1773	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Wong	Tsz Kin		
1774	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Chow	Hiu Cheng	周曉政	
1775	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	TANG	Chun Wai	鄧振偉	
1776	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Kwok	Jonathan		
1777	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Lai	Yick Siu	黎億兆	
1778	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Chan	Lai Ho	陳禮豪	
1779	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Man	Sai Tung		
1780	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Chan	Ken	陳浩軒	
1781	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Sun	Hei chi	孫熙智	
1782	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Leung	Jeffrey		
1783	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Pun	Yiu Chung	潘耀中	Aqua Gym Sport Association
1784	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	sukhadeve	Pankaj Padmakar		NL Triathlon Club
1785	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Ho	Pan Leong	何斌亮	
1786	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Miu	Ki Fung Keith	苗其豐	
1787	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Cheung	Ka Chung		NL Triathlon Club
1788	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Yeung	Chi wing		Hong Kong Fire Services Sports and Welfare Club
1789	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Tso	Yuen Kiu Brian	曹遠橋	
1790	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Law	Leong Tim	羅亮添	Crest Ray Recreation & Sports Club
1791	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Lo	Andrew		
1792	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Choi	Jordan		
1793	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Law	Sau Nok	羅守諾	
1794	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Tse	Cheuk Ki	謝卓其	Titan Triathlon
1795	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	LAI	Kai	黎佳	
1796	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	AU	TOMMY		
1797	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Kwok	Hon Kit	郭漢傑	Aqua Gym Sport Association
1798	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Ho	Chun Sum Samuel	何俊琛	Energetic Triathlon Shatin
1799	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Kung	Alvin Yue Hin	龔宇軒	
1800	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Lee	Tin Lok Vincent		
1801	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Ho	Ting Him	何庭謙	Blue & White Spirit Sports Club
1802	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Spiteri	Luke		
1803	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Chandler	Matt		
1804	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Fong	Ka Chun Christopher		
1805	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	So	Kam Kong	蘇鑑江	

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Race No	Heat	Start Time	Cap	Race Category	Race Category (Age)	Last Name	First Name	Chinese Name	Club
1806	9	8:55	White	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 30-39	Leung	Bruce CM	梁緯文	Energetic Triathlon Shatin
1807	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	NAGAO	MASAHIRO		
1808	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Chu	Cheuk Wai	朱卓威	
1809	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	MOK	HON SUEN	莫翰遜	
1810	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Yeung	Wing Kent		
1811	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Pun	Tak Kiu	潘德翹	Tritons Triathlon Club
1812	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Wong	Chung kei	黃仲麒	
1813	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	OTANI	Yoshihiro		
1814	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Lau	kam chung	劉錦聰	First Ten Generation Team
1815	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Khan	Fahim		
1816	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Lo	Ting Kwun	盧廷觀	
1817	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Cheng	Wing Shun Vincent	鄭泳舜	
1818	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	TO	KIN SING	杜建聲	
1819	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Wong	Chi Kit	黃智傑	Crest Ray Recreation & Sports Club
1820	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Ho	Felix	何子偉	Sonic Sports Association
1821	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Pari	Giacomo		
1822	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Chan	Man		
1823	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Chan	Pak Hong	陳柏匡	
1824	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Leung	Wai Ming	梁偉明	
1825	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Fu	Yin Wing, Jerry	符彥榮	
1826	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Ochiai	Hirokazu		Energetic Triathlon Shatin
1827	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Chung	Chun Kit		
1828	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Chui	Wan Ngai		
1829	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Ma	Wah	馬國華	
1830	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Tam	Chong Yiu	譚創耀	
1831	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Leung	Kwong Kui		
1832	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	SAI HUNG	SETO		
1833	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Ho	Ronnie	何智朗	
1834	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Wu	Sheung Kai Jonathan		
1835	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Yip	Tsz Leung	葉子良	
1836	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	chong	ting piu		Titan Triathlon
1837	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Kwok	Man Ho		
1838	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Law	Wai Lok	羅韋洛	
1839	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	MA	DEREK HING KWOK		
1840	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Chan	Yun Ki		
1841	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Lui	Wai Keung Dennis		
1842	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Yiu	Oscar		
1843	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 40-49	Isackson	Shane		
1844	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 70 & Over	Yeung	Chi Ling Clement	楊子凌	The Little Dolphin Swimming Training Center
1845	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 70 & Over	HOU	TING FUN STEPHEN		
1846	10	9:05	Pink	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 70 & Over	Kong	Shek	石江	AustSports Association
1847	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	Au-Yeung	Ho Yat	歐陽浩一	
1848	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	AU-YEUNG	KIN YAT		
1849	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	陳	緯偉	陳緯偉	
1850	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	Wong	Yik Hong		Crest Ray Recreation & Sports Club
1851	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	CHOI	SHI HIM JOSIAH		
1852	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	Tang	Kin Yip	鄧建業	Sonic Sports Association
1853	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	Li	Pak Fai	李柏輝	
1854	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	Leung	Kwok Fung	梁國峰	

2026 Aquathlon Series - Race 3 Startlist (24 June 2026)

Race No	Heat	Start Time	Cap	Race Category	Race Category (Age)	Last Name	First Name	Chinese Name	Club
1855	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	LAI	KWOK YIN	黎國賢	
1856	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	WONG	Yat Hong	黃日康	
1857	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	Fong	Siu Cheung	方兆章	Crest Ray Recreation & Sports Club
1858	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	Mok	Wai Yiu	莫煒堯	Crest Ray Recreation & Sports Club
1859	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	Ning	Yu Hin	甯宇軒	Titan Triathlon
1860	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	Chan	Yat pan	陳逸彬	
1861	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	Wong	Ho Yin		
1862	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	Chen	Tak Sang	陳德生	
1863	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 20-29	Fok	Yui Hang	霍睿恒	
1864	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Chan	Wilson	陳偉信	
1865	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	WAN	SHU WAH JIMMY	溫樹華	Energetic Triathlon Shatin
1866	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Wong	Ho Yan	黃浩恩	
1867	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Hui	Ka Chun William	許嘉俊	
1868	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Papadopoulos	George		South China Athletic Association
1869	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Chong	Chi Hang	莊知行	Energetic Triathlon Shatin
1870	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Lam	Wing Kit Alvin	林永傑	
1871	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Kwan	Almon		
1872	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Leung	Siu Hung	梁兆雄	Crest Ray Recreation & Sports Club
1873	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Lau	Tsz Yiu Michael	劉子耀	
1874	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	CHAN	CHI KIT		
1875	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Tam	Kit Hung Thomas		
1876	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Chow	Chi Hoi Ocean	周志海	
1877	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	NAKAGAWA	KIYOSHI	中川 喜代志	
1878	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Matsuzawa	Atsushi	松澤厚	Energetic Triathlon Shatin
1879	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Chan	Wai Hung	陳偉洪	
1880	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Shah	Sunil		
1881	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Yu	Chun Wai Wilson	于震維	
1882	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 50-59	Lam	Desmond	林智恒	
1883	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 60-69	LEUNG	KENNY	梁家輝	
1884	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 60-69	WONG	YIN CHEONG		Energetic Triathlon Shatin
1885	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 60-69	TAM	SZE LUN	譚仕倫	
1886	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 60-69	Ma	Man Sing	馬敏昇	
1887	11	9:15	Light Blue	Sprint Distance (Swim 400m/Run 5km)	Male Age Group 60-69	Wong	Ho Seng	王皓生	Energetic Triathlon Shatin
1888	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2011	Bharambe	Atharav		
1889	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2011	Chan	Wei Him	陳維謙	Energetic Triathlon Shatin
1890	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2011	Lui	Lok Chun Titus	雷樂遵	Energetic Triathlon Shatin
1891	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2011	Ng	Ching Kiu	吳政橋	AustSports Association
1892	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2011	Chung	Jose Tian Lang	鍾天朗	
1893	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2011	Hung	Kei Chi	孔麒智	
1894	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2011	Liu	Chun Ho Jayden	劉????吳	
1895	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2011	Li	Shing Him	李承謙	Hoi Ngai Sports Association
1896	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2011	Mok	Yik Pui	莫奕培	Blue & White Spirit Sports Club
1897	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2011	Chu	Marvin Chi Ching	朱致澄	Blue & White Spirit Sports Club
1898	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	Lee	Earnest	李丞恩	
1899	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	WAN	IRON	溫可為	Energetic Triathlon Shatin
1900	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	Wong	Ian	王喆	Energetic Triathlon Shatin
1901	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	Lee	Ka Hin	李嘉軒	
1902	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	Au	Cheuk Nam Janko	區卓嵐	Energetic Triathlon Shatin
1903	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	Hung	Ling Chun	孔令臻	Hoi Ngai Sports Association
1904	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	LEE	WAI TING	李瑋庭	AustSports Association
1905	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	Chong	Shun Nam Oscar		Hoi Ngai Sports Association

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Race No	Heat	Start Time	Cap	Race Category	Race Category (Age)	Last Name	First Name	Chinese Name	Club
1906	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2012	Lam	Pak Hei	林柏希	Blue & White Spirit Sports Club
1907	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	LEUNG	HO CHING ANGUS	梁皓程	The Little Dolphin Swimming Training Center
1908	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	SOU	YUI HIM		Energetic Triathlon Shatin
1909	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	Ko	Cheuk Hang	高焯恆	
1910	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	CHAN	CARLOS		Energetic Triathlon Shatin
1911	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	梓銘	鄧	鄧梓銘	Hoi Ngai Sports Association
1912	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	Kwok	Yik Sum, Sam	郭奕琛	The Little Dolphin Swimming Training Center
1913	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	WONG	CHUN HIM LOUIS	黃俊謙	Energetic Triathlon Shatin
1914	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	Chu	Chun Lam	朱俊霖	The Little Dolphin Swimming Training Center
1915	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2013	chan	pak long Casper	陳柏朗	Energetic Triathlon Shatin
1916	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	Kwok	Sin Hang Brown	郭善恆	
1917	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	Cheng	Ming Ho Theo	鄭名皓	
1918	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	CHI	GAVIN	遲棣文	
1919	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	WANG	YU CHUN	王侑鈞	
1920	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	LIU	JUI HSUN	劉睿勳	
1921	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	LEUNG	YAU YAT		Energetic Triathlon Shatin
1922	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	Mok	Wan Hin	莫蘊軒	Energetic Triathlon Shatin
1923	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	Chan	Yat Long Jay	陳逸朗	Energetic Triathlon Shatin
1924	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	Man	Lok Tin Mike	文洛天	AustSports Association
1925	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	WONG	CHUNG YU		Energetic Triathlon Shatin
1926	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	Cheung	Yat Long	蔣逸朗	First Ten Generation Team
1927	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	Li	Yat to Travis		Energetic Triathlon Shatin
1928	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	Li	Gareth Pak Kiu		
1929	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	XI	JACO JIA SHEN	奚嘉霖	Aqua Gym Sport Association
1930	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	Qu	Tin Lap	邱天立	Sparkle Triathlon
1931	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	Hung	Ling Chim	孔令靄	Hoi Ngai Sports Association
1932	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	Cheng	Ho Yan	鄭皓仁	Hoi Ngai Sports Association
1933	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	TSUI	HO WAI	徐昊緯	
1934	12	9:30	Yellow	Discovery Distance (Swim 400m/Run 2.5km)	Boys 2014	wu	kwan yiu	胡鈞耀	Hoi Ngai Sports Association
1935	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2011	CHEUNG	HEIDI	張凱堤	Crest Ray Recreation & Sports Club
1936	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2011	IP	ellie	葉鎧霖	
1937	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2011	CHAN	HIU TUNG HENRIETTA	陳曉彤	AustSports Association
1938	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2011	Wong	Hailey Hei Ching	黃希晴	
1939	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2011	Grace Lok Wan	Lee	李樂筠	
1940	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2011	Cheung	Ying Sin	張映善	Blue & White Spirit Sports Club
1941	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2012	Fujimoto	Mika		
1942	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2012	Chan	Cheuk Kiu	陳卓薈	Sparkle Triathlon
1943	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2012	陸	玥羲	陸玥羲	
1944	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2012	Lam	Sze Ching	林思呈	Blue & White Spirit Sports Club
1945	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2012	chan	yu hei	陳雨希	Blue & White Spirit Sports Club
1946	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2012	Yip	Yee Ling	葉依凌	
1947	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2012	Santos	Rylee		
1948	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2013	Chan	Kelly	陳匡美	
1949	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2013	Chan	Amber	陳尚言	
1950	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2013	CHAN	Tsz Shun	陳梓淳	Blue & White Spirit Sports Club
1951	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2013	WONG	CHING HEI		Energetic Triathlon Shatin
1952	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2013	Lo	Pui Chi	羅珮之	
1953	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2013	Liu	Yuen Lam	廖婉霖	Blue & White Spirit Sports Club
1954	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2013	Lam	Pak Yu	林珀瑜	Hoi Ngai Sports Association
1955	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2014	LEE	OLIVIA	李傲凝	

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Race No	Heat	Start Time	Cap	Race Category	Race Category (Age)	Last Name	First Name	Chinese Name	Club
1956	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2014	Chau	Ceinwen	周翹慧	Energetic Triathlon Shatin
1957	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2014	呂	思澄	呂思澄	Blue & White Spirit Sports Club
1958	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2014	Lee	Hoi Ki	李鎧錡	
1959	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2014	CHIANG	YICHEN	蔣依辰	
1960	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2014	Chan	Chin Yui	陳芊睿	AustSports Association
1961	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2014	Sze	Erin	施晴	Mango Swimming Club
1962	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2014	hok yee cheryl	li	李學而	AustSports Association
1963	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2014	Zhu	Joyce Yue	朱悅	
1964	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2014	Tong	Ming Wai Charlie		
1965	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2014	Hui	Lok Yee Chloe	許樂宜	Hoi Ngai Sports Association
1966	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2014	Leung	Keira Joy	梁逸玥	First Ten Generation Team
1967	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2014	Lau	Lethe	劉傲晞	
1968	13	9:40	Navy Blue	Discovery Distance (Swim 400m/Run 2.5km)	Girls 2014	Brisco	Eloise		
1969	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	TSANG	CHUN TING	曾俊廷	First Ten Generation Team
1970	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	鍾	俊希	鍾俊希	Hoi Ngai Sports Association
1971	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Lo	Mason Kwan Long	盧鈞朗	
1972	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	WOO	HO HIN		Energetic Triathlon Shatin
1973	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Wong	Lok Hin		
1974	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Wong	Liam		Energetic Triathlon Shatin
1975	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	CHAN	kin yeung	陳健揚	
1976	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Poon	Yat Hei Isaac	潘日希	Energetic Triathlon Shatin
1977	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Lai	Chun Ho	黎晉皓	
1978	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	CHUNG	CHI YIN IVIN	鍾至瑛	Energetic Triathlon Shatin
1979	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Papadopoulos	Ethan Andrew Vasileios		South China Athletic Association
1980	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Ng	Man Chung	吳文聰	Titan Triathlon
1981	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Qu	Tin Hang	邱天行	Sparkle Triathlon
1982	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	WANG	SEN YIK OTTO		Energetic Triathlon Shatin
1983	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Wong	Cheuk hin luis	王焯軒	Hoi Ngai Sports Association
1984	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Ng	Nok Ching		
1985	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Yu	Chun Kiu	虞竣喬	Sparkle Triathlon
1986	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Yeung	Nathan		
1987	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Yu	Caleb	于卓弘	
1988	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2015	Mahmud	Augustus		
1989	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Chan	Quentin	陳哲桁	
1990	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	TSAI	XSHANG-JIE	蔡尚健	
1991	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	YANG	SHOUZHI	楊守智	
1992	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	LIU	YOU-YU	劉祐宇	
1993	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	LEUNG	TAK MAN	梁德忝	Energetic Triathlon Shatin
1994	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	LEUNG	HEI LONG OTIS		Energetic Triathlon Shatin
1995	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Yeung	Kak Scott	楊格	Sparkle Triathlon
1996	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Tsang	Kwun cheong	曾冠倡	Galaxy Sports Triathlon
1997	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Jian	Feitong	簡非同	
1998	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Chan	Pak Qiu	陳柏喬	Sparkle Triathlon
1999	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Lo	Lukas Jun		
2000	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Chan	Tak Lam	陳德霖	
2001	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Wong	Pak Kiu	黃栢喬	Crest Ray Recreation & Sports Club
2002	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Chong	Shun Lok Matthew		Hoi Ngai Sports Association
2003	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Chan	Yuk Yin	陳昱燃	Hoi Ngai Sports Association
2004	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Wong	Angus Yuk Hei	黃煜曦	Hoi Ngai Sports Association
2005	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	KWOK	JIN HARVEY	郭臻	
2006	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	家銘	梁	梁家銘	

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Race No	Heat	Start Time	Cap	Race Category	Race Category (Age)	Last Name	First Name	Chinese Name	Club
2007	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	YAU	TSZ SIN CASEY	邱紓善	
2008	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Chan	Nok Yi Jasper	陳諾一	
2009	14	9:50	White	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2016	Green	Hayling William Chan	希寧	Sparkle Triathlon
2010	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	WONG	Ho Ting Preston	黃昊靈	Sparkle Triathlon
2011	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	Chan	Connor	陳昊正	
2012	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	WONG	CHING KIU		Energetic Triathlon Shatin
2013	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	Leung	Harvey	梁越	
2014	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	Tsui	Sung Hin	徐崇軒	Pro-trinity Sports Club
2015	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	Yeung	Morgan Muk	楊日	Sparkle Triathlon
2016	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	Chan	Sum To	陳心陶	First Ten Generation Team
2017	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	Au	Dexter		
2018	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	Mak	Shu Yan Ethan	麥庶寅	Sparkle Triathlon
2019	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	Wong	Lok Chun	黃樂臻	First Ten Generation Team
2020	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	Wan	Yat To	溫日圖	Sparkle Triathlon
2021	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2017	CHENG	Cheuk Hei Amos	鄭焯熙	
2022	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2018	YU	HONGRUI	余紘睿	
2023	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2018	Lee	Lucas	李諾琛	
2024	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2018	Wong	Pan yin	王品然	Sparkle Triathlon
2025	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2018	Siu	Yui Ting	蕭睿廷	First Ten Generation Team
2026	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2018	高	子仁		
2027	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2018	Chan	Jamie	陳自然	
2028	15	9:55	Light Blue	TriKids Distance (Swim 200m/Run 1.5km)	Boys 2018	Leung	Pok Yin	梁博賢	First Ten Generation Team
2029	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	TSANG	HAYLIE	曾希妍	The Little Dolphin Swimming Training Center
2030	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	CHU	Miu Yan	朱妙欣	The Little Dolphin Swimming Training Center
2031	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	WAN	CHING		Energetic Triathlon Shatin
2032	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	LEUNG	HEI SHUN ONA		Energetic Triathlon Shatin
2033	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	Yau	Hiu Yung	尤曉蓉	
2034	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	Lam	Yanes	林欣	
2035	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	Ho Lam	Fong	方顥琳	
2036	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	Tse	Hei Ching	謝係澄	
2037	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	Li	Alicia		
2038	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	Mak	Ka Pik Abigail	麥珈璧	Sparkle Triathlon
2039	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	HEUNG	OI LAM	向藹琳	
2040	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	Lau	Cheryl	劉森芮	First Ten Generation Team
2041	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2015	Wan	Yat Tung	溫日彤	Sparkle Triathlon
2042	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2016	Cheng	Ming Shuk Theia	鄭名淑	
2043	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2016	Gu	Ching Ching	顧晴晴	The Little Dolphin Swimming Training Center
2044	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2016	LIU	PEI CHUN	劉沛淳	
2045	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2016	Ko	Cheuk Man	高焯雯	
2046	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2016	YUET CHING	CHEUNG	蔣悅晴	First Ten Generation Team
2047	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2016	Pao	Phoebe	包賢寧	
2048	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2016	Law	Siu Lam	羅筱琳	Hoi Ngai Sports Association
2049	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2016	Cheung	Yan Ching	張恩澄	Hoi Ngai Sports Association
2050	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2016	Leung	Michaela Grace	梁然知	First Ten Generation Team
2051	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2016	Lau	Lilith	劉傲喬	
2052	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2016	Chen	Rebecca Mingnuo		Sparkle Triathlon
2053	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2017	WONG	AMARACHI PRECIOUS	黃睿姿	Alpha Zone Sports
2054	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2017	Tang	Yuet Ching	鄧悅晴	First Ten Generation Team
2055	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2017	WU	LIEN	武理恩	
2056	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2017	Mok	Wan Ching	莫韻澄	Energetic Triathlon Shatin

2026 Aquathlon Series - Race 3 Startlist (24 June 2026)

Race No	Heat	Start Time	Cap	Race Category	Race Category (Age)	Last Name	First Name	Chinese Name	Club
2057	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2017	Cheung	Sumyu	張芯瑀	First Ten Generation Team
2058	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2017	LEE	HANG TING	李幸庭	AustSports Association
2059	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2017	Wong	Nga Yu	黃雅渝	
2060	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2017	WONG	PO YEE	黃寶怡	Hoi Ngai Sports Association
2061	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2017	leung	cheuk lam		
2062	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2018	Tong	Yik Yan	唐奕忻	Alpha Zone Sports
2063	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2018	Yan	Kai Nga	甄佳雅	
2064	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2018	Chau	Ching	周澄	
2065	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2018	CHEN	WANYI	陈宛仪	Sparkle Triathlon
2066	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2018	LIN	COCO	林可	Sparkle Triathlon
2067	16	10:00	Pink	TriKids Distance (Swim 200m/Run 1.5km)	Girls 2018	Wong	Ngo Ching	王傲晴	First Ten Generation Team