

2025 Overall Individual Series Awards

Awards Categories

Male Age Group 20-24	Female Age Group 20-24
Male Age Group 25-29	Female Age Group 25-29
Male Age Group 30-34	Female Age Group 30-34
Male Age Group 35-39	Female Age Group 35-39
Male Age Group 40-44	Female Age Group 40-44
Male Age Group 45-49	Female Age Group 45-49
Male Age Group 50-54	Female Age Group 50-54
Male Age Group 55-59	Female Age Group 55-59
Male Age Group 60-64	Female Age Group 60-64
Male Age Group 65 & Over	Female Age Group 65 & Over
Male Elite Open	Female Elite Open
Male Elite Junior 1	Female Elite Junior 1
Male Elite Junior 2	Female Elite Junior 2
Male Junior 1	Female Junior 1
Male Junior 2	Female Junior 2
Male Elite Youth	Female Elite Youth
Male Youth 1 (12-13)	Female Youth 1 (12-13)
Male Youth 2 (14-15)	Female Youth 2 (14-15)
Male TriKids 1 (8-9)	Female TriKids 1 (8-9)
Male TriKids 2 (10-11)	Female TriKids 2 (10-11)
Male Age Group 20-29 (Mainly Short Distances)	Female Age Group 20-29 (Mainly Short Distances)
Male Age Group 30-39 (Mainly Short Distances)	Female Age Group 30-39 (Mainly Short Distances)
Male Age Group 40-49 (Mainly Short Distances)	Female Age Group 40-49 (Mainly Short Distances)
Male Age Group 50-59 (Mainly Short Distances)	Female Age Group 50-59 (Mainly Short Distances)
Male Age Group 60-69 (Mainly Short Distances)	Female Age Group 60-69 (Mainly Short Distances)
Male Age Group 70 & Over (Mainly Short Distances)	Female Age Group 70 & Over (Mainly Short Distances)

2025 Overall Individual Series – Eligible Races

Event	Elite Open	Elite Junior	Elite Youth	Age Group (Long Distance)	Age Group (Short Distance)	Junior 1/2	2010 - 2013	2014 - 2017	Point
2025 Aquathlon Series – Race 1	Challenge	Challenge	Sprint	Challenge	Sprint	Sprint	Discovery	TriKids	1
2025 Aquathlon Series – Race 3	Challenge	Challenge	Sprint	Challenge	Sprint	Sprint	Discovery	TriKids	1
2025 Aquathlon Championships	Challenge	Challenge	Sprint	Challenge	Sprint	Sprint	Discovery	TriKids	1
2025 Duathlon Series – Race 1	Sprint	Sprint	Discovery	Challenge	Sprint	Sprint	Discovery	TriKids	1
2025 Duathlon Series – Race 2	Sprint	Sprint	Discovery	Challenge	Challenge	Sprint	Discovery	TriKids	1
2025 Duathlon Series – Race 3	Sprint	Sprint	Discovery	Challenge	Challenge	Sprint	Discovery	TriKids	1
68th Festival of Sports - 2025 Age Group Triathlon	Sprint	Sprint	Discovery	Challenge	Discovery	Sprint	Discovery	TriKids	1
2025 Hong Kong Triathlon Championships	Sprint	Sprint	Discovery	Challenge	Discovery	Sprint	Discovery	TriKids	1

- Trophies will be awarded to the top 3 competitors with the highest overall eligible score in the above races. These trophies will be presented at the Annual Awards Ceremony.
- Athletes must participate and finish in at least **two** Duathlon (one for Age Group short distance) & **two** Aquathlon & **two** Triathlon races to be eligible for the Overall Individual Series Award. However, there will no longer be an Overall Individual Series. Award this year if less than two to three overall races be held for whatever reason.
- The overall ranking in each category will be determined by adding the scores (The 2 highest score races of Aquathlon, Triathlon races and Duathlon races/one for Duathlon races for short distance), The winner being the one with the highest total score.
- In the event, one or more participants having the same overall eligible score, the participants who finished with a higher position in the 2025 Hong Kong Triathlon Championships will rank in front of the other.

Latest updated: 4 August 2025