



2026 Hong Kong Summer Triathlon Challenge

2026 香港夏日三項鐵人挑戰賽

Race Date: Sunday, 2 August 2026
Race Venue: Plover Cove
Race Start: 06:00 (By Wave)
Quota: 500

比賽日期: 2026年8月2日(星期日)
比賽地點: 大尾篤
比賽時間: 06:00 (分組出發)
比賽名額: 500

Race Category 組別

Challenge Distance 挑戰賽程 (Swim 1500m/Bike 30km Bride's Pool Road/Run 8km)			
Male/Female Age Group 20-24	男子/女子 20 至 24 歲分齡組	Born in 2002 – 2006	2002 - 2006 年出生
Male/Female Age Group 25-29	男子/女子 25 至 29 歲分齡組	Born in 1997 – 2001	1997 - 2001 年出生
Male/Female Age Group 30-34	男子/女子 30 至 34 歲分齡組	Born in 1992 – 1996	1992 - 1996 年出生
Male/Female Age Group 35-39	男子/女子 35 至 39 歲分齡組	Born in 1987 – 1991	1987 - 1991 年出生
Male/Female Age Group 40-44	男子/女子 40 至 44 歲分齡組	Born in 1982 – 1986	1982 - 1986 年出生
Male/Female Age Group 45-49	男子/女子 45 至 49 歲分齡組	Born in 1977 – 1981	1977 - 1981 年出生
Male/Female Age Group 50-54	男子/女子 50 至 54 歲分齡組	Born in 1972 – 1976	1972 - 1976 年出生
Male/Female Age Group 55-59	男子/女子 55 至 59 歲分齡組	Born in 1967 – 1971	1967 - 1971 年出生
Male/Female Age Group 60-64	男子/女子 60 至 64 歲分齡組	Born in 1962 – 1966	1962 - 1966 年出生
Male/Female Age Group 65 & over	男子/女子 65 歲或以上分齡組	Born in 1961 or before	1961 年或以前出生
Mixed Team Relay	男子女子混合接力	Born in 2010 or before	2010 年或以前出生
Sprint Distance 半奧運賽程 (Swim 750m/Bike 20km Bride's Pool Road/Run 4km)			
Male/Female Elite Open (NS only)	男子/女子精英公開組 (只限港隊)	Born in 2006 or before	2006 年或以前出生
Male/Female Elite Junior 1 (NS only)	男子/女子精英青年 1 組 (只限港隊)	Born in 2009 – 2010	2009 - 2010 年出生
Male/Female Elite Junior 2 (NS only)	男子/女子精英青年 2 組 (只限港隊)	Born in 2007 – 2008	2007 - 2008 年出生
Male/Female Junior 1	男子/女子青年 1 組	Born in 2009 – 2010	2009 - 2010 年出生
Male/Female Junior 2	男子/女子青年 2 組	Born in 2007 – 2008	2007 - 2008 年出生
Discovery Distance 體驗賽程 (Swim 375m/Bike 10km Bride's Pool Road/Run 2km)			
Male/Female Elite Youth (NS only)	男子/女子精英少年組 (只限港隊)	Born in 2011 – 2013	2011 - 2013 年出生
Male/Female Youth 1	男子/女子少年 1 組	Born in 2013 – 2014	2013 - 2014 年出生
Male/Female Youth 2	男子/女子少年 2 組	Born in 2011 – 2012	2011 - 2012 年出生
Male/Female Age Group 20-29	男子/女子 20 至 29 歲分齡組	Born in 1997 – 2006	1997 - 2006 年出生
Male/Female Age Group 30-39	男子/女子 30 至 39 歲分齡組	Born in 1987 – 1996	1987 - 1996 年出生
Male/Female Age Group 40-49	男子/女子 40 至 49 歲分齡組	Born in 1977 – 1986	1977 - 1986 年出生
Male/Female Age Group 50-59	男子/女子 50 至 59 歲分齡組	Born in 1967 – 1976	1967 - 1976 年出生
Male/Female Age Group 60-69	男子/女子 60 至 69 歲分齡組	Born in 1957 – 1966	1957 - 1967 年出生
Male/Female Age Group 70 & Over	男子/女子 70 歲或以上分齡組	Born in 1956 or before	1956 年或以前出生
TriKids Distance 小鐵人賽程 (Swim 200m/Bike 4km Main Dam/Run 2km)			
Male/Female TriKids 1	男子/女子小鐵人 1 組	Born in 2017 – 2018	2017 - 2018 年出生
Male/Female TriKids 2	男子/女子小鐵人 2 組	Born in 2015 – 2016	2015 - 2016 年出生
TriKids Mixed Team Relay	小鐵人混合接力	Born in 2011 – 2018	2011 - 2018 年出生

Remarks:

This competition is only open to holders of a valid Hong Kong Identity Card or individuals working in Hong Kong, except for international competitions.

本賽事僅接受持有有效香港居民身份證或在香港工作的人士報名參加，國際比賽除外。

All National Squad members except 12 or under must enter Elite Category.

所有香港集訓隊之成員必須參加精英組(12歲或以下除外)。

Folding bike is not allowed in any race category.

各組別賽事禁止使用摺車作賽。

Minimum wheel size requirement is 24 inches, except TriKids.

車輪必須為24吋或以上方可作賽，小鐵人除外。

Only traditional drop handlebars are permitted. The handlebars must be plugged. Clip-ons are not allowed.

參賽者只可使用公路車把手。不可使用附加把手。

Mixed Team Relay may consist of 2-3 persons, with at least one female and one male. Teams can decide who is responsible for which course (swimming, cycling, or running) on their own. One team member can be responsible for one or two courses, and the other one or two members are responsible for the remaining one or two courses. However, the order of the events must be swimming, cycling, then running, and cannot be changed.

混合接力可由 2-3 人組成，至少一名女性和一名男性。隊伍可以自行決定由誰負責那一個項目（游泳/騎車/跑步），一名隊員可以負責一個或兩個項目，另外的隊員負責剩餘的各一個或兩個項目。但比賽項目的順序必須是游泳、腳踏車、跑步，不得更改。

Entry Fee 報名費	Challenge Distance 挑戰賽程	Sprint Distance 半奧運賽程	Discovery Distance 體驗賽程	TriKids Distance 小鐵人賽程
TriHK Affiliated Club Member 中國香港三項鐵人總會屬會會員	HKD \$450 港幣 \$450	HKD \$400 港幣 \$400	HKD \$350 港幣 \$350	HKD \$300 港幣 \$300
TriHK Individual Member 中國香港三項鐵人總會個人會員	HKD \$500 港幣 \$500	HKD \$450 港幣 \$450	HKD \$400 港幣 \$400	HKD \$350 港幣 \$350
Non-Member 非會員	HKD \$550 港幣 \$550	HKD \$500 港幣 \$500	HKD \$450 港幣 \$450	HKD \$400 港幣 \$400
Mixed Relay Team 混合接力組	Relay Teams may consist of 2-3 persons, each team HK\$ 600 接力組可包括 2-3 名隊員，每組報名費港幣\$600			
Deadline for Entry 截止報名日期	22 July 2026, 11:59pm (Wednesday) 2026 年 7 月 22 日晚上 11:59 分(星期三)			
Late Entry Charge 逾期報名費	HK\$100 surcharge will be levied for any late entries which have been accepted. Late Entry only be accepted until Monday 10:00 am , 27 July 2026. 經接受之逾期報名，需加付行政費港幣\$100。 逾期報名截止日期為 2026 年 7 月 27 日上午 10 點，星期一。			
Awards 獎項	<p>Finisher Medal & Certificates 完成獎牌及證書 E-Certificate of Participation and Finisher Medal will be issued to athletes who finished races. 完成賽事的運動員，將會獲頒發電子成績證明書及完成獎牌。</p> <p>Individual 個人組 The top 3 in each category will be presented with a Trophy. Other positions entitled to an award will be presented with medals based on the below criteria: 每組頭 3 名將獲頒獎座一個，而其餘名次將依據下述計算方法頒發獎項：</p> <p>Awards will be presented to the Top 3 finishers if the number of entries in</p>			

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that category is 3- 30.

如該組別參加者為 3-30 人，則只頒發獎項給前 3 名

Awards will be presented to the Top 5 finishers if the number of entries in that category is 31 or above.

如該組別參加者為 31 人或以上，則只頒發獎項給前 5 名

Relay Team 接力組

Awards will be presented to the Top 3 Relay Team, if the number of teams in that category is 3 -14

如該組別參加者為 3-14 隊，則只頒發獎項給前 3 名接力隊伍

Awards will be presented to the Top 5 Relay Team, if the number of teams in that category is 15 & Over

如該組別參加者為 15 隊或以上，則只頒發獎項給前 5 名接力隊伍

Individual and Club Series Scoring Method 個人及屬會聯賽評分方法

For detailed information, please visit: www.triathlon.com.hk

詳細資料請瀏覽：www.triathlon.com.hk

The Association will not arrange bike hire service, should you require bike hire, you may contact the below company or any other bike shop to arrange it.

Lung Kei Bike Shop

Mr. Law Tel: 9309 8988 /9010 1889

Elite Sports Limited

Mr. Ho Tel: 9686 7656

大會不設租單車服務，如需要租用單車，可聯絡任何租單車服務公司或以下公司作安排

龍記單車有限公司

羅先生 電話：9309 8988 /9010 1889

精英體育發展有限公司

何先生 電話 9686 7656

Non-refund Policy 不退款政策

The TriHK operates a “Non -refund Policy”. Once your entry is accepted, your entry fee is not refundable nor transferable. If an event has been cancelled due to inclement weather or other reason beyond the control of TriHK, the race will not be re-scheduled, and your entry fee will not be refunded nor can it be transferred.

中國香港三項鐵人總會實行“不退款”政策，報名一經接納，報名費將不獲退回，不得轉讓。如賽事因天氣惡劣或其他原因而取消，中國香港三項鐵人總會不會安排任何補賽，亦不會作任何退款之安排。有關之報名費亦不得轉讓。

Local Event Inclement Weather Policy 惡劣天氣安排

If Typhoon Signal No.8 or above is hoisted at any time from 12:00 noon on the day before the race, the race will be cancelled without any more rescheduled race and the race entry fees will not be refunded.

如於比賽前一天中午十二時懸掛八號颱風訊號或以上，賽事將取消而不再補賽及報名費用不會退回。

If the Typhoon Signal No.3 / Red Rainstorm/ Black Rainstorm warning be hoisted at any time after 04:00 a.m. on race morning, the race will be cancelled without any more rescheduled race and the race entry fees will not be refunded.

如在比賽日早上 4 時正或以後仍然懸掛三號颱風訊號/紅雨/黑雨警告，賽事將取消而不再補賽及報名費用不會退回。

Should the above Inclement Weather / Condition Warnings be raised after the commencement of the race, the Race Director has the right to change the course distance or arrangement or to stop the race. If the race is stopped, the race will either be cancelled or be adjusted.

如比賽進行中天氣惡劣或懸掛上述任何警告，賽事總監有權將比賽賽程改變或取消正在進行中的比賽。被取消之賽事將不設補賽。

Entry Fees of cancelled races will not be refunded, nor can they be transferred to cancelled race

被取消之賽事之報名費不設退款，亦不得轉讓。

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