

2023 Overall Individual Series Awards

Awards Categories

Challenge Distance	
Male Elite Open (NS only)	Female Elite Open (NS only)
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
AQ: Challenge Distance DU&TRI: Sprint Distance	
Male Elite Junior 1 (NS only)	Female Elite Junior 1 (NS only)
Male Elite Junior 2 (NS only)	Female Elite Junior 2 (NS only)
Sprint Distance	
Male Junior 1	Female Junior 1
Male Junior 2	Female Junior 2
AQ&DU: Sprint Distance TRI: Discovery Distance	
Male Elite Youth (NS only)	Female Elite Youth (NS only)
Male Age Group 20-29	Female Age Group 20-29
Male Age Group 30-39	Female Age Group 30-39
Male Age Group 40-49	Female Age Group 40-49
Male Age Group 50-59	Female Age Group 50-59
Male Age Group 60 & Over	Female Age Group 60 & Over
Discovery Distance	
Boys 2008	Girls 2008
Boys 2009	Girls 2009
Boys 2010	Girls 2010
Boys 2011	Girls 2011
TriKids Distance	
Boys 2012	Girls 2012
Boys 2013	Girls 2013
Boys 2014	Girls 2014
Boys 2015	Girls 2015

2023 Overall Individual Series – Eligible Races

Date	Event	Venue	Point
2 April 2023	2023 TriKids Duathlon Series – Race 1	Po Kong Village Road Park	1
30 April 2023	66th Festival of Sport - 2023 Age Group Triathlon	Plover Cove, Tai Mei Tuk	1
28 May 2023	2023 Aquathlon Series – Race 1	Golden Beach	1
18 June 2023	2023 Aquathlon Series – Race 2	Tai Po Waterfront Park	1
9 July 2023	2023 Aquathlon Series – Race 3	Repulse Bay Beach	1
13 August 2023	2023 Duathlon Series – Race 1	Plover Cove, Tai Mei Tuk	1
27 August 2023	Hong Kong Summer Triathlon Challenge 2023	Plover Cove, Tai Mei Tuk	1
3 September 2023	2023 Aquathlon Championship	Pak Shek Kok	1
10 September 2023	2023 TriKids Duathlon Series – Race 3	Po Kong Village Road Park	1
17 September 2023	2023 Hong Kong Triathlon Championship	Plover Cove, Tai Mei Tuk	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 **one** Duathlon race, **two** Aquathlon races & **two** triathlon to be eligible for the Overall Individual Series Award.
- In the event, one or more participants having the same overall eligible score, the participants who finished with a higher position in the 2023 Hong Kong Triathlon Championship will rank in front of the other.

Category	Overall Individual Series
Challenge	Best 2 Aquathlon , 1 Duathlon , 2 Triathlon
Sprint	Best 2 Aquathlon , 1 Duathlon , 2 Triathlon
Discovery	Best 2 Aquathlon , 1 Duathlon , 2 Triathlon
TriKids	Best 2 Aquathlon , 1 Duathlon , 2 Triathlon

Latest updated: 17 January 2024