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ATHLETES SHINE IN TRIPLE-SPORT 2025 UIPM SOUTHEAST ASIA CHAMPIONSHIPS IN YOGYAKARTA (IND)



The 2025 UIPM Southeast Asia Championships, held from May 10-16 in Yogyakarta, Indonesia, showcased the growing talent and competitiveness of pentathletes across three UIPM Sports.

Building on the momentum from the 2023 championships in Pattaya, Thailand, where over 80 athletes from 15 nations competed, the Yogyakarta event featured Laser Run, Biathlon, and Triathlon disciplines across U17, U19, Junior and Senior categories, including Mixed Team events.

Competition highlights included:

- **Laser Run** on May 12, where athletes demonstrated precision and endurance, setting the tone for the championships.
- **Biathlon** on May 13, enabling competitors to showcase their power in the Run-Swim-Run format, with several close finishes adding drama to the day's events.
- **Triathlon** on the final day, May 14, featured the demanding Run-Swim-Shoot discipline, culminating in thrilling races across all age groups.

The final medal tally was dominated by host nation **Indonesia**, while Vietnam also claimed a gold medal and there were silver and bronze rewards for **Malaysia** and **Singapore** and six bronzes for **Thailand**. The other competing nation was **Timor-Leste**, whose athletes gained valuable experience.



Jawid Khawar, UIPM Executive Board Member for Development, said: “Hosting such regional championships is a vital step in showcasing the rising talent of pentathletes in the region, and I am confident that in just a few years, these athletes — and their names — will shine at the highest levels of our sport.

“Just a few years ago, becoming a pentathlete was only a dream for many in these countries, but now it is a realistic and achievable goal. The new Obstacle discipline has unlocked fresh opportunities by being more accessible, affordable and sustainable for developing nations.

“This has not only inspired a new generation of athletes but also motivated National Federations to take their first decisive steps. That is why, within the UIPM Executive Board, we are working to categorise our National Federations — so we can tailor support to their specific needs and accelerate a more inclusive and equitable development pathway. The success in Yogyakarta is just the beginning.”

For detailed results and more information, please visit the [UIPM website](#).