



# Triathlon/MultiSport 2021

This document brings together most of the multisport and triathlon events/races taking place locally (including the virtual events forming part of the Club MultiSport Championship. It provides links to where members can search for other events nationally, and links to the major British Triathlon Federation events taking place this year. It also has links to the GB age-group qualification process and events, and the two main providers of middle and long distance triathlon events. There are also links to the main organisers of cycling and swimming events.

## Local Event List

This list is not exhaustive but events on here will have had BTF approval (obviously not our Club champs though!). Please note that many are awaiting Covid-19 go ahead, so may be tbc...keep checking! Those in italics are events that are included in the Club Multisport Championship.

Event	Date	Details/Distance etc.	Link
<b>Club Champs (Virtual)</b>	<b>19-25 April</b>	<b>Sprint Duathlon</b>	<b>Details to follow</b>
Uckfield Spring Triathlon and Duathlon	25 April	Super Sprint/Sprint/Standard/Duathlon	<a href="https://hedgehogtri.co.uk/uckfield.php">https://hedgehogtri.co.uk/uckfield.php</a>
Steyning Triathlon	2 May	Aquabike/Sprint & Standard Tri	<a href="https://rawenergypursuits.co.uk/steyning-triathlon-2021/">https://rawenergypursuits.co.uk/steyning-triathlon-2021/</a>
Arundel Lido Triathlon	16 May	Aquabike/Sprint and Standard Tri	<a href="https://rawenergypursuits.co.uk/arundel-lido-triathlon-2021/">https://rawenergypursuits.co.uk/arundel-lido-triathlon-2021/</a>
<b>Club Champs (Virtual)</b>	<b>May/June (tbc)</b>	<b>Aquathlon</b>	<b>Details to follow</b>
Eastbourne Triathlon	5-6 June	Aquathlon/Triathlon	<a href="https://www.eastbournetriathlon.co.uk/">https://www.eastbournetriathlon.co.uk/</a>
Ardingly Whitebird Triathlon and Duathlon	6 June	Aquabike/various triathlon/duathlon	<a href="https://hedgehogtri.co.uk/ardingly.php">https://hedgehogtri.co.uk/ardingly.php</a>
Sussex Triathlon	13 June	Sprint Tri and Aquathlon	<a href="https://tlsports.co.uk/sussex-triathlon/">https://tlsports.co.uk/sussex-triathlon/</a>
<b>Mid Sussex Triathlon (Club Champs)</b>	<b>13 June</b>	<b>Sprint Tri</b>	<a href="https://midsussextriathlon.com/">https://midsussextriathlon.com/</a>
Ardingly Swim the Lake	23 June	Swim (various distances)	<a href="https://hedgehogtri.co.uk/ardswim.php">https://hedgehogtri.co.uk/ardswim.php</a>
Arun 3.8k Swim	26 June	Iron Distance Swim	<a href="https://rawenergypursuits.co.uk/river-arun-3-8km-swim/">https://rawenergypursuits.co.uk/river-arun-3-8km-swim/</a>
Festival of Endurance (Castle Triathlon Series)	3-4 July	Middle and Long Distance Aquabike/Duathlon/Triathlon	<a href="https://www.castletriathlonseries.co.uk/the-series/festival-of-endurance/">https://www.castletriathlonseries.co.uk/the-series/festival-of-endurance/</a>
<b>Club Champs (Virtual)</b>	<b>5-11 July</b>	<b>Aquabike</b>	<b>Details to follow</b>
East Grinstead Triathlon	18 July	Sprint/Super Sprint	<a href="https://www.egtriclub.com/copy-of-egtc-triathlon-2021">https://www.egtriclub.com/copy-of-egtc-triathlon-2021</a>
IronBourne (Eastbourne)	18 July	Long distance triathlon	<a href="https://www.140.6miles.co.uk/">https://www.140.6miles.co.uk/</a>
<b>Bewl Triathlon</b>	<b>7-8 August</b>	<b>Swims and Sprint/Standard Tri (Club Champs)</b>	<a href="https://tlsports.co.uk/bewl-triathlon/">https://tlsports.co.uk/bewl-triathlon/</a>
255 Triathlon (Goodwood)	8 Aug	Super Long Distance Triathlon	<a href="https://www.255triathlon.com/">https://www.255triathlon.com/</a>
South Coast Triathlon (Seaford)	21 Aug	Standard, Sprint, Super Sprint	<a href="https://uktriathlon.co.uk/events/south-coast-triathlon">https://uktriathlon.co.uk/events/south-coast-triathlon</a>
Southwater Sprint Relay Tri	5 Sept	Teams (400, 18.5, 3.8)	<a href="https://rawrunning.co.uk/events/southwater-triathlon-relays-2021">https://rawrunning.co.uk/events/southwater-triathlon-relays-2021</a>
Sussex 'Original' Tri	5 Sept	Sprint/Standard Tri	<a href="https://tlsports.co.uk/sussex-original-triathlon/">https://tlsports.co.uk/sussex-original-triathlon/</a>
XBourne Cross Tri	5 Sept	1000 Swim, 22 MtB, 8.5 XC run	<a href="https://www.xbourne.com/">https://www.xbourne.com/</a>
River Adur 5k Swim	11 Sept	5k Swim	<a href="https://rawenergypursuits.co.uk/river-adur-5km-swim-shoreham-by-sea/">https://rawenergypursuits.co.uk/river-adur-5km-swim-shoreham-by-sea/</a>
B&H Triathlon (Sprint distance worlds qualifier)	12 <sup>th</sup> Sept (tbc)	Olympic/Sprint	<a href="https://www.brightonandhovetriathlon.com/">https://www.brightonandhovetriathlon.com/</a>
Worthing (Triathlon England)	19 Sept	National Aquathlon Championships (tbc)	<a href="https://rawenergypursuits.co.uk/national-aquathlon-championships-worthing/">https://rawenergypursuits.co.uk/national-aquathlon-championships-worthing/</a>
<b>Ringmer Duathlon</b>	<b>19 Sept</b>	<b>Standard Duathlon</b>	<a href="https://hedgehogtri.co.uk/ringmer.php">https://hedgehogtri.co.uk/ringmer.php</a>
Hever Castle Triathlon	25-26 Sept	Variety of events/distances	<a href="https://www.castletriathlonseries.co.uk/the-series/hever-castle/">https://www.castletriathlonseries.co.uk/the-series/hever-castle/</a>

The scoring, rules and conditions for entering the Club Multisport Championship can be found here...

<https://brightonphoenix.org.uk/our-events/phoenix-multisport-championship/>

## **British Triathlon Federation (BTF)**

The link below takes you to the BTF event search page. Here you can find a variety of events (including those above) across the country, in all areas of MultiSport. It is possible to search by event type, date, region etc. This is a useful place to find the larger triathlon and multisport events.

<https://www.britishtriathlon.org/events/search>

## **GB Age-Group Triathlon**

The Great Britain Age-Group Team offers all home nation members an opportunity to qualify and compete at International Level in Triathlon and range of other MultiSports including Duathlon, Aquathlon and Aquabike among others, and in a range of distances. Many club members have qualified in the past...do consider applying and contact the Club Rep/Coaches if you need any help/advice about this.

Here is the link to the BTF Age Group qualification page which provides information on how to go about qualifying for different events <https://www.britishtriathlon.org/age-group>

In the link below are all the events currently scheduled for 2021 and 2022 that age groupers can qualify for. This list is constantly changing so please keep checking. Some of the qualifying events organised locally have been included in the Club fixture list.

[https://www.britishtriathlon.org/gb-teams/age-group/age-group-events?event\\_name=&date\\_from=&date\\_to=](https://www.britishtriathlon.org/gb-teams/age-group/age-group-events?event_name=&date_from=&date_to=)

## **BTF Major Events**

Age Group Major Events Programme and Schedule 2021. The link below takes you to a document that lists all the major BTF events currently planned for 2021.

<https://www.britishtriathlon.org/britain/documents/events/champs-and-quals/2021/v3-2021-british-triathlon-major-events-programme-2021.pdf>

## **Middle and Long Distance Triathlon**

Some members are interested in longer distance triathlon. The two main providers of these events are Ironman and the Challenge Family. Their events (middle 70.3 and long distance 140.6) can be found in the two links below. Again, many events are awaiting confirmation so keep checking and maybe delay booking until confirmed.

Ironman 70.3 and 140.6 <https://www.ironman.com/races>

Challenge Family 70.3 and 140.6 <https://www.challenge-family.com/races/>

## **Cycling Time Trial/Sportive Events**

Some members do local time trials and sportives. There are numerous events to choose from locally, with something on most weekends. To search for local time trials it is worth registering here <https://www.cyclingtimetrials.org.uk/> also <https://eastsussexca.org.uk/> is a good place to look and there is a list of Sussex events/competitions here <https://www.sussexca.org.uk/competitions.html>. There are many organisers of Sportives...links to a couple of the major ones <https://www.ukcyclingevents.co.uk/events/> and <https://www.sientries.co.uk/index.php?page=L>

The Puncheur from Ditchling (25/4/21) has been popular among Phoenix cyclists in previous years and is challenging, locally run and independent <http://puncheur.co.uk/>

## **Swimming Events**

There a few local outdoor swimming events in the list above. The following links are good places to search others, and are also useful places to search multisport and cycling events <https://findarace.com/open-water-swimming> and <https://www.timeoutdoors.com/events/swims/open-water?rid=19&v=2>

**Happy racing!!**