**Triathlon/MultiSport 2023**

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. Hedgehog tri also organise a number of local events but their details have not been released as yet.

|  |  |  |  |
| --- | --- | --- | --- |
| **Event** | **Date** | **Details/Distance etc.** | **Link** |
| Tuff Fitty Frosty Aquathlon | March 5th | Littlehampton | [Frosty – Tuff Fitty Triathlon Club](https://www.tuff-fitty.co.uk/frosty/) |
| Steyning Triathlon | May (tbc) | Aquabike/Sprint & Standard Tri | [Steyning Triathlon - Raw Energy Pursuits](https://rawenergypursuits.co.uk/rep-news/steyning-triathlon/) |
| Arundel Lido Triathlon | May 21st | Sprint and Standard Tri | [[Arundel Lido Triathlon | Standard | Sprint | Relay](https://rawenergypursuits.co.uk/arundel-lido-triathlon-2021/)](https://rawenergypursuits.co.uk/arundel-lido-triathlon-2021/) |
| ***Club Champs (Virtual)*** | ***May 1-7th*** | ***Sprint Duathlon*** | ***Details to follow*** |
| Sussex Triathlon | June 5th | Sprint Tri and Aquathlon | [Sussex Family 'Sprint' Triathlon - TL Sports](https://tlsports.co.uk/sussex-triathlon/) |
| Eastbourne Triathlon | June 11th | Aquathlon/Triathlon | [Eastbourne Triathlon](https://www.eastbournetriathlon.co.uk/) |
| ***Club Champs MSTC*** | ***June 11th*** | ***Sprint Tri*** | [Mid Sussex Triathlon and Aquabike](https://midsussextriathlon.com/) |
| Arun 3.8k Swim | June 17th | Iron Distance Swim | [River Arun Swim 3.8km | Raw Energy Pursuits](https://rawenergypursuits.co.uk/river-arun-3-8km-swim/) |
| Festival of Endurance | July 9th | Various events | [Castle Race Series | Hever Castle FOE - Castle Race Series](https://www.castleraceseries.com/events/hever-castle-foe/) |
| IronBourne (Eastbourne) | July 9th | Long distance triathlon | [IronBourne Long Distance Triathlon](https://www.140.6miles.co.uk/) |
| Castle to Coast Triathlon | July 23rd | Dorney Lake to Brighton | [CASTLE TO COAST](https://castletocoasttri.com/) |
| ***Club Champs (Virtual)*** | ***July 10-16th*** | ***Aquathlon/Aquabike*** | ***Details to follow*** |
| 255 Triathlon (Goodwood) | July 30th | Super Long Distance Triathlon | [255 Triathlon - The World's Longest Single-Day Triathlon](https://www.255triathlon.com/) |
| ***Club Champs Bewl Tri*** | ***Aug 9th*** | ***Standard (and Sprint)*** | [Bewl Triathlon - TL Sports](https://tlsports.co.uk/bewl-triathlon/) |
| River Adur 5k Swim | Aug 19th | 5k Swim | [Open Water Swimming | River Adur 5km Swim](https://rawenergypursuits.co.uk/river-adur-5km-swim-shoreham-by-sea/) |
| Tuff Fitty Olympic | Aug 26th | Olympic Triathlon | [Tuff Fitty Triathlon Club](https://www.tuff-fitty.co.uk/) |
| River Adur beat the tide | Sept 2nd | 4.4k swim | [River Adur 'beat the tide' 4.4km Swim](https://rawenergypursuits.co.uk/river-adur-beat-the-tide-4-4km-swim-saturday-2nd-september-2023-start-1350hrs/) |
| Southwater Relays | Sept 3rd | Sprint tri relays (3 per team) | [Southwater Triathlon Relays](https://rawenergypursuits.co.uk/southwater-triathlon-relays-sunday-5th-september-2021-8am-start/) |
| B&H Triathlon | Sept 10th | Olympic/Sprint | [Brighton & Hove Triathlon](https://www.brightonandhovetriathlon.com/) |
| ***Club Champs (Club organised*** | ***Aug/Sep (tbc)*** | ***Standard Duathlon (maybe off road)*** | ***Details to follow*** |

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

<https://brightonphoenix.org.uk/our-events/phoenix-multisport-championship-2023/>

**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 2023/4 that age groupers can qualify for. This list is constantly changing so please keep checking:

<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 2023.

[Championships and Qualifiers – British Triathlon](https://www.britishtriathlon.org/events/championships-and-qualifiers)

**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. Locally thwere are the Ironbourne events listed in the calendar. 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 (12/3/23) 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!!**