

# SLH Tri Club Calendar 2009



Follow the weblinks for more information about the events and how to secure yourselves a place in the race.

Date	Event	Weblink	Event summary
<b>February</b>			
Saturday 28 <sup>th</sup>	SLH Swim Challenge (Caterham School)		3x1500m Relay Individual 1500m 1 hour Challenge 2 hour Challenge
<b>March</b>			
Sunday 29 <sup>th</sup>	Hillingdon Duathlon (1 <sup>st</sup> Junior LL)		
<b>April</b>			
Monday 13 <sup>th</sup>	Thames Turbo Sprint Triathlon (1 <sup>st</sup> LL)	<a href="#">Thames Turbo Triathlon Club</a>	Swim – 426m Bike – 21 km Run – 5 km
Saturday 18 <sup>th</sup>	Ful-on Duathlon (2 <sup>nd</sup> LL)	<a href="#">Ful-on Tri Club</a>	Run – 2.5 km Bike – 10 km Run – 1.5 km
Sunday 19 <sup>th</sup>	Dragon Slayer Duathlon (3 <sup>rd</sup> LL)	<a href="#">East London Triathletes</a>	Run - 3 miles Bike - 20 miles Run - 5 miles
<b>May</b>			
Sunday 10 <sup>th</sup>	Morden 6n6 (4 <sup>th</sup> LL)	<a href="#">Kingfisher Triathletes</a>	Swim – 600 metres Run - 6 miles
Sunday 10 <sup>th</sup>	Hatch End Triathlon (2 <sup>nd</sup> Junior LL)		
Sunday 31 <sup>st</sup>	Crystal Palace Triathlon (5 <sup>th</sup> LL + Club Sprint Champs)	<a href="#">Crystal Palace Triathletes</a>	Swim – 750m Bike – 20 km Run – 5 km
Sunday 31 <sup>st</sup>	Crystal Palace Triathlon (3 <sup>rd</sup> Junior LL)		
<b>June</b>			

Sunday 7 <sup>th</sup>	Southwater training day		Triathlon specific training followed by BBQ
Sunday 14 <sup>th</sup>	Bala Middle Distance Triathlon (Club Middle Champs)	<a href="#">Wreccsam Tri</a>	Open swim – 2 km Bike – 78.5 km Run – 20 km
Friday 19 <sup>th</sup>	SLH Aquathlon (Caterham School)		Swim – 400m Run – 4km
Sunday 21 <sup>st</sup>	Thames Turbo Aquathlon (4 <sup>th</sup> Junior LL)		
Sunday 28 <sup>th</sup>	Hillingdon Sprint Triathlon (6 <sup>th</sup> LL)	<a href="#">Hillingdon Triathletes</a>	Open swim – 600m Run – 6 km Bike - 25 km
<b>July</b>			
Saturday 4 <sup>th</sup>	Eton Open Water Triathlon (5 <sup>th</sup> Junior LL)		
Saturday 11 <sup>th</sup>	Upminster Triathlon (6 <sup>th</sup> Junior London League)		
<b>August</b>			
Saturday 15 <sup>th</sup>	Clash of the Tritons Aquathlon (7 <sup>th</sup> LL)	<a href="#">Greenwich Tritons Triathlon Club</a>	Swim – 500m Run – 5km
Sunday 16 <sup>th</sup>	Worthing Standard Triathlon (Club Olympic Champs)	<a href="#">Raw Energy Pursuits</a>	Swim – 1.5 km Bike – 43 km Run – 10 km
Saturday 22 <sup>nd</sup>	National Relay Champs (Nottingham)	<a href="#">Pacesetter Events</a>	Relay x 4: Swim – 500m Bike – 15km Run – 5km
Sunday 30 <sup>th</sup>	SLH Open Water Swim Champs (Southwater)		Swim – 1500m
<b>September</b>			
Sunday 6 <sup>th</sup>	South Water Relays	<a href="#">Amphibians 2 Triathlon Club</a>	Relay x 3: Lake swim – 400m Bike – 18.5km Run – 3.8km
Sunday 13 <sup>th</sup>	SLH Club Aquathlon Champs (Caterham School)		Swim – 400m Run – 4km
<b>October</b>			
Sunday 25 <sup>th</sup>	Jekyll and Hyde Park Duathlon (8 <sup>th</sup> LL)	<a href="#">Serpentine Triathletes</a>	Run – 8km Bike – 19.5km Run – 4.2km
<b>November</b>			
Saturday 7 <sup>th</sup>	Ballbuster Duathlon	<a href="#">Human Race</a>	Run – 8 miles Bike – 24 miles Run – 8 miles
Saturday 7 <sup>th</sup>	AGM and Social	<a href="#">Rayon Dor, Purley Way</a>	Beer – a few cheeky ones AGM Beer – until you drop!!