

## **SLH POINTS TROPHY 2009**

Participation is the name of the game, and we aim to encourage you to compete from March and hang on until November! For those who may be newer to Triathlon & Multi-sport, the Points Trophy race calendar will help you focus on races as there seem to be so many to choose from. We've chosen to include all the London League events and a number of other great races, including Triathlon's (Swim/Bike/Run), Duathlon's (Run/Bike/Run) and Aquathon's (Swim/Run) in addition to some discipline specific events. You do not have to do them all, but completion of any of the listed events will generate points. The mix of race types also ensures that there is something for everyone

Club Championship races are also incorporated into the points trophy – double points are on offer for these events. The club championship races are Crystal Palace for the sprint, Worthing for the Olympic and Bala for the middle distance. Given the Club's entry in the London Triathlon League, all races are included – we strongly encourage you to participate in these!!

### **The Rules:**

You are required to enter and pay for the races yourself. You must also enter as 'SLH Tri Club' on your entry form. Points will be awarded to a member that completes the event for the club and is listed in the results (if you start but for any reason do not finish, you will not receive any points). In order to help with Club identity and publicity, every effort must be made to wear Club kit.

If you take a fellow Club members place, you must make every effort to inform the race organiser in order to change your name and age group where possible and also inform Matt Chapman, no later than a week before the event. To help with ensuring that the results are correct, please inform the Points Trophy Co-ordinator of all races you have participated in and your result as soon as possible.

### **Points:**

§ 5 points for finishing;

§ 10 points for finishing at any of these events: Crystal Palace Sprint, Worthing Olympic, Bala Middle Distance, National Relays – Nottingham and Southwater Relays; and

§ 5 Points for marshalling an event.

Disputes should be raised with the Points Trophy Co-ordinator (Chris Costiff), whose decision is final.

The senior person with the highest amount of points at the end of season will be awarded the Southall Cup and the highest scoring junior will be awarded a prize at the end of season dinner. A running points tally will be available on the SLH Tri Club website ([www.slhtriclub.org.uk](http://www.slhtriclub.org.uk)). With the next race, and the start of the London League on the 13<sup>th</sup> April you've not got long to get entered and organised!

**Good luck!**