

# TRI-ING TIMES

The newsletter of SLHTriCLub.

[www.slhtriclub.org.uk](http://www.slhtriclub.org.uk)

## Great Britain Qualification

It gives me great delight, so early in the season, to report that we have 3 members that have successfully qualified for the GB Team in their age groups for the Duathlon World and European championships. Extremely well done to Dave Parkinson (M60-65), Phil Scarles (M45-50) and Andy Collins (M40-45). Good luck in the Champs.

## Starmark

SLHTriClub committee are currently collecting and collating vast amounts of evidence to achieve accreditation from the British Triathlon Association. Once complete, your club will be awarded a STARMARK thus showing to any newcomers/outside the standards that SLHTriClub work within and regularly maintain.

## London League

We have made a good start to the London league season. We are currently in third place, but know we can do better. There are four events left in the series, next one being Morden 6X6. Get your entries in. Speak to Rob for details.

## Dates for your diary

Club informal Aquathlon	2pm 5/5/07	Caterham Pool
Cycle Training Camp	15 <sup>th</sup> -22 <sup>nd</sup> May	Pyrennes
Tri Training w/e	tbc	Lechlade
Club informal Aquathlon	2pm 16 <sup>th</sup> June	Caterham Pool
Tour de France Prologue	7 <sup>th</sup> July	London
Tour de France Stage 1	8 <sup>th</sup> July	London-C'bury
Club informal Aquathlon	2pm 21 <sup>st</sup> July	Caterham Pool
Tri training w/e (IMUK)	17/18/19 August	Sherbourne
Southwater Training day	tbc	Southwater

For further details please refer to the website or ask Nigel, Rob, Andy, Lorraine, Chris

## Training times

### Swim

Pool.....Mondays 8:15pm-9:15pm & Fridays 7:45pm-8:45pm Caterham  
Open water...Some Wednesdays through summer ask for details, Southwater

### Bike

Main ride Sundays 9am SLH Clubhouse. Thursdays 6:45 SLH Clubhouse  
Midweek TT's ask for details.

### Run

Tuesdays 6:45 SLH Clubhouse & Crystal Palace track  
Thursdays 6:45 SLH Clubhouse. w/e's ask for details.