

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 a number of London and South East focused events, 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 two of the open events, these being the East Grinstead Triathlon for the Sprint and the Worthing Triathlon for the Olympic distance championships. Given the Club's entry in the London Triathlon League, all relevant 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.

You can only score in one age group, which is defined by the race organiser and not by the individual. If there is more than one relevant age group, the Points Trophy Co-ordinator (Rob Crozier) will determine the final result. You can only claim points for one race held as part of a race meeting.

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 Rob Crozier, 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.

SLH Tri Club members can only enter novice races if they have not completed in more than two novice events in the past. This is irrespective of whether participation was for the Club, the type of event (i.e. triathlon, duathlon or aquathon) and the date of the event.

#### Points:

- 5 points for finishing
- 10 points for finishing at any of these events: Morden 6n6, Hillingdon Tri (13<sup>th</sup> July), National relays - Nottingham, Southwater relays and Crystal Palace.

Equivalent points are also up for the taking for completing any National, European and World Championship races, i.e. National, European and/or World Age Group Triathlon (Sprint/Olympic), Aquathon or Duathlon races - see [www.britishtriathlon.org](http://www.britishtriathlon.org) for more details.

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

The person with the highest amount of points at the end of season will be awarded the Southall Cup. A running points tally will be available on the SLH Tri Club website ([www.slhtriclub.org.uk](http://www.slhtriclub.org.uk)). It all starts in March so you've not got long to get entered and organised!

Good luck!