

# BEDFORD HARRIERS A.C.

www.bedfordharriers.co.uk

patron: W.J. JORDAN, Esq.

## Club Address

Bedford International  
Athletic Stadium  
Barkers Lane  
Bedford  
MK42 9SA  
Tel 01234 351115

## Chair

Steve Crane

## Vice Chair

Zoe Willett

## Hon. Treasurer

Richard Watson



## Vice Presidents

Richard Canvin

Barry Whitmore

Rob Burrells

## Hon. Secretary

Zoe Willett

## Triathlon/Duathlon Club Championship Rules & Events for 2016

Age categories	Male & female	
Based on BTF rules	-30	E
	+30	F
	+35	G
	+40	H
	+45	I
	+50	J
	+55	K
	+60	L
	+65	M
	+70	N
	+75	P

**The Triathlon Club Championship for 2016 will be held at the events and dates as detailed below.**

<b>Distances &amp; Events</b>	
<b>Sprint distance</b>	Bedford Super Sprint Series (Event 2) 400m pool swim/20k bike/5k run Sunday 14 <sup>th</sup> June 2016 (subject to confirmation) Event website <a href="http://www.galeforce-events.com/triathlon-events/">http://www.galeforce-events.com/triathlon-events/</a>
<b>Standard distance</b>	No standard distance for 2016, replaced with Box End Park Evening Tri Series Event 3 750m open water swim/10K Bike ride (2 laps off road)/5K run Thursday 21 <sup>st</sup> July 2016 Event website <a href="http://www.boxendpark.com/watersports/tri-race.php">http://www.boxendpark.com/watersports/tri-race.php</a> Awards based on 1 <sup>st</sup> & 2 <sup>nd</sup> Male/Female, no age grading
<b>Middle distance</b>	Grafman Middle Distance Triathlon 1.2m lake swim/55m bike/13.1m run Sunday 22 <sup>nd</sup> May 2016 (entries open 1 <sup>st</sup> September 2015) Event website <a href="http://nicetrievevents.com/events/grafman-middle-distance-triathlon-2016">http://nicetrievevents.com/events/grafman-middle-distance-triathlon-2016</a>
<b>Duathlon</b>	Anglia Water Duathlon Race 1 (standard distance) Run 10km/Bike 40km/Run 5km Sunday 21 <sup>st</sup> February 2016 (entries open) Event website <a href="http://nicetrievevents.com/events/anglian-water-duathlons-race-1-2016-etu-standard-distance-duathlon-qualifier/">http://nicetrievevents.com/events/anglian-water-duathlons-race-1-2016-etu-standard-distance-duathlon-qualifier/</a> Awards based on 1 <sup>st</sup> 2 <sup>nd</sup> & 3 <sup>rd</sup> Male/Female, no age grading
	Must enter as a Bedford Harrier
<b>Kit</b>	Club kit does not have to be worn

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Club championship winner calculation	Club championship winners will be calculated on an age graded basis and will result in a male and female winner for the <b>sprint</b> and <b>middle</b> distances.
Subjective awards	Subjective awards at the discretion of the sub-committee to be decide by 30 <sup>th</sup> November.
Members responsibility	1) To check their results are included and correctly calculated. 2) Must be a fully paid up member of Bedford Harriers before the event begins. Fully paid up means the Club's Treasurer must have received payment by cash or cheque, or if by bank payment, funds must be in the Bedford Harriers account, before the event begins. If cheque is returned by the paying bank or stopped by the cheque issuer the member is considered as not fully paid up.

Version 3 23<sup>rd</sup> November 2015