

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.

Distances & Events	
Sprint distance	Bedford Super Sprint Series (Event 2) 400m pool swim/20k bike/5k run Sunday 12 th June 2016 (subject to confirmation) Event website http://www.galeforce-events.com/triathlon-events/
Standard distance	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 st July 2016 Event website http://www.boxendpark.com/watersports/tri-race.php Awards based on 1 st & 2 nd Male/Female, no age grading
Middle distance	Grafman Middle Distance Triathlon 1.2m lake swim/55m bike/13.1m run Sunday 22 nd May 2016 (entries open 1 st September 2015) Event website http://nicetrievents.com/events/grafman-middle-distance-triathlon-2016
Duathlon	Anglia Water Duathlon Race 1 (standard distance) Run 10km/Bike 40km/Run 5km Sunday 21 st February 2016 (entries open) Event website http://nicetrievents.com/events/anglian-water-duathlons-race-1-2016-etu-standard-distance-duathlon-qualifier/ Awards based on 1 st 2 nd & 3 rd Male/Female, no age grading
	Must enter as a Bedford Harrier
Kit	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 sprint and middle distances.
Subjective awards	Subjective awards at the discretion of the sub-committee to be decide by 30 th 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 23rd November 2015