

**HORSHAM AMPHIBIANS TRIATHLON (HAT)
2017 EVENTS CALENDAR**

Day	Date	Event name	Event Type	Distances	Location	Organised by / more info	GP series	
Sun	01-Jan-17	Hangover 5 Worthing	Off road run	5 miles	Worthing, Cissbury ring	www.sussexraces.co.uk		
Sat	07-Jan-17	Sussex XC Champs	Run	12k	Bexhill	www.sussexraces.co.uk		
Sat	14-Jan-17	Club AGM	**ALL MEMBERS TO ATTEND PLEASE** Tea, coffee and snacks provided				HAT (INTERNAL)	
Sat	21-Jan-17	Sussex Masters XC Champs	Run		Lancing	www.sussexraces.co.uk		
Sat	11-Feb-17	Sussex XC League (4 of 4)	Run	8k men, 5k ladies	Hickstead	www.sussexraces.co.uk		
Sun	19-Feb-17	Windsor Duathlon Series	Duathlon	various	Eton Dorney	http://www.f3events.co.uk/events/		
Sun	19-Feb-17	Hell of the Ashdown	Bike Event	107k		www.hell.gb.com		
Sun	05-Mar-17	Steyning Stinger	Run	half and full off-road	Steyning Leisure Centre	www.sussexraces.co.uk		
Frosty (GP)	05-Mar-17	Frosty (GP)	Aquathlon	800m pool swim/10k run	Littlehampton leisure centre	www.tuff-fitty.co.uk	Yes	
Sun	05-Mar-17	Frostbite (GP)	Aquathlon	400m pool swim/5k run	Littlehampton leisure centre	www.tuff-fitty.co.uk	Yes	
Sun	12-Mar-17	Spring onion	Bike Event	104k	Cobham, Surrey	www.maxbars.co.uk		
Sun	19-Mar-17	Windsor Duathlon Series	Duathlon	various	Eton Dorney	http://www.f3events.co.uk/events/		
Sun	19-Mar-17	Club Short Duathlon (GP)	Duathlon	5k run/18k bike/3k run	Southwater Country Park	HAT (INTERNAL)	Yes	
Sun	26-Mar-17	Mels Millers 10k	Run	10k	Christ's Hospital School	www.melsmillers.co.uk		
Sat	01-Apr-17	Sussex Road Relay Champs	run-relay	teams of 4, men and women	Christ's Hospital	www.sussexraces.co.uk		
Sat	01-Apr-17	Flanders	Bike Event	230,180, 130, 75km	Antwerp. Oudenaarde	www.werideflanders.com		
Sun	09-Apr-17	Washington 2-UP	Bike event	25 mile time trial	Washington	www.sussexca.org.uk		
Sun	09-Apr-17	Brighton Marathon	Run	42k	Brighton	www.sussexraces.co.uk		
Sat	15-Apr-17	Windsor Duathlon Series	Duathlon	various	Eton Dorney	http://www.f3events.co.uk/events/		
Sat	15-Apr-17	Club Training Day 1	Training / Coaching	Various activities	Christ's Hospital School	Chris Neilson		
Sat	22-Apr-17	Liege-Bastogne-Liege	Bike Event	276km, 160km or 79km	Bastogne, France			
Sun	23-Apr-17	London Marathon	Run	42k	London			
Sun	30-Apr-17	Steyning Triathlon (GP)	Sprint Triathlon	400m pool swim/20k bike/ 5k run	Steyning leisure centre	www.rawenergypursuits.co.uk	Yes	
Sun	30-Apr-17	Steyning Triathlon (GP)	Olympic Triathlon	800m pool swim/40k bike/ 10k run	Steyning leisure centre	www.rawenergypursuits.co.uk	Yes	
Sat	06-May-17	Windsor Duathlon Series	Duathlon	various	Eton Dorney	http://www.f3events.co.uk/events/		
Sat	06-May-17	Windsor Triathlon Series	Sprint	400m Swim/ 10km Bike/ 2.5km Run	Eton Dorney	http://www.f3events.co.uk/events/		
Sat	06-May-17	Club Training Day 2	Training / Coaching	Various activities	Christ's Hospital School	Chris Neilson		
Sat	13-May-17	Questars Adventure Race	Off road run/bike/kayak	5 hours / 6 hours time limit	Hove Park School	http://www.questars.co.uk/adventure-race-2		
Sun	14-May-17	East Grinstead Triathlon (GP - TESE)	Sprint Triathlon (TESE Series)	400m pool swim/26k bike/5k run	East Grinstead		Yes	
Sun	21-May-17	Arundel Lido Triathlon	Sprint Triathlon	400m pool swim/20k bike/5k run	Arundel lido	www.rawenergypursuits.co.uk		
Sun	21-May-17	Arundel Lido Triathlon	Olympic Triathlon	800m pool swim/38k bike/9k run	Arundel lido	www.rawenergypursuits.co.uk		
Fri	26-May-17	Club May Handicap	Handicap Triathlon	250m lake swim/10k bike/2k run	Southwater Country Park	HAT (Internal)		
Sat	27-May-17	Sufrida	Bike Event	196k	Malaga			
Sat	03-Jun-17	South Downs Way Relay	Run relay	100 miles per team	Eastbourne to Winchester	CONTACT Steve Wigmore		
Sun	04-Jun-17	Tour of Cambridgeshire	Bike Event	120km	Cambridge	www.tourofcambridgeshire.com		
Sun	11-Jun-17	Mid Sussex Triathlon (GP - TESE)	Sprint Triathlon (TESE Series)	400m pool swim/25k bike/5k run	Burgess Hill	www.midsussextriclub.com	Yes	
Sun	18-Jun-17	Club Sprint Triathlon (GP)	Sprint Triathlon	750m lake swim/18k bike/5k run	Southwater Country Park	HAT (INTERNAL)	Yes	
Sun	18-Jun-17	Luxembourg Tri	Half IM Triathlon	Half IM	Luxembourg			
Sat	24-Jun-17	Club Training Day 3	Training / Coaching	Various activities	Christ's Hospital School	Chris Neilson		
Sat	24-Jun-17	River Arun swim	Ironman Swim	3.8k river swim	Littlehampton	www.rawenergypursuits.co.uk		
Sun	25-Jun-17	Windsor Triathlon Series	Sprint/Olympic/Half IM	various	Eton Dorney	http://www.f3events.co.uk/events/		
Sun	25-Jun-17	Wimbledon	Half IM Triathlon	1900m/90km/21km	Exmoor	www.ironman.com/triathlon/events		
Fri	30-Jun-17	Club June Handicap	Handicap Triathlon	250m lake swim/10k bike/2k run	Southwater Country Park	HAT (Internal)		
Sun	02-Jul-17	Worthing Triathlon	Olympic Triathlon	1500m sea swim/40k bike/10k run	Goring	www.rawenergypursuits.co.uk		
Sun	02-Jul-17	Holkham IM	Half IM Triathlon	Half IM	Holkham, Norfolk	www.outlaw.co.uk		
Sun	09-Jul-17	Falmer Triathlon	Sprint Triathlon	400m pool swim/28k bike/5k run	Falmer			
Sun	09-Jul-17	Roth	Ironman	IM	Roth			
Sun	16-Jul-17	Windsor Triathlon Series	Sprint/Olympic/Half IM	various	Eton Dorney	http://www.f3events.co.uk/events/		
Sun	16-Jul-17	Arundel Castle Triathlon	Olympic Triathlon (ITU Qualifier)	Olympic	Arundel	www.rawenergypursuits.co.uk	Yes	
Sun	23-Jul-17	Redhill Triathlon (GP - TESE)	Sprint Triathlon (TESE Series)	750m lake swim/20k bike/5k run	Redhill		Yes	
Fri	28-Jul-17	Club July Handicap	Handicap Triathlon	250m lake swim/10k bike/2k run	Southwater Country Park	HAT (Internal)		
Sat	29-Jul-17	Breca Lake District	Swim/Run	40km run / 6km swim	Buttermere	www.brecaswimrun.com		
Sun	06-Aug-17	Club Supersprint (GP)	Supersprint Triathlon	250m lake swim/10k bike/2k run TWICE!	Southwater Country Park	HAT (INTERNAL)	Yes	
Sun	13-Aug-17	Club Olympic (GP)	Olympic Triathlon	1500m lake swim / 40k bike / 10k run	Southwater Country Park	HAT (INTERNAL)	Yes	
Sat	19-Aug-17	Ocean Lake (GP - TESE)	Sprint Triathlon (TESE Series)	750m lake swim/20k bike/5k run	Canterbury	www.oceanlaketri.co.uk	Yes	
Fri	25-Aug-17	Club August Handicap	Handicap Triathlon	250m lake swim/10k bike/2k run	Southwater Country Park	HAT (Internal)		
Sat	26-Aug-17	River Adur swim	2/3 Ironman Swim	5k river swim		www.rawenergypursuits.co.uk		
Sun	27-Aug-17	Vichy Triathlon	Triathlon	Half IM (sat) / IM (sun)	Vichy, France	www.ironman.com/triathlon/events		
Sat	02-Sep-17	Southwater Relays	Set up		Southwater Country Park	HAT		
Sun	03-Sep-17	Southwater Relays	Open - Relay	400m lake swim/18k bike/4k run	Southwater Country Park	HAT (open)		
Sun	10-Sep-17	Bacchus Fun run	Half Marathon	13.1 miles run	Denbies vineyard, Dorking	www.eventstolive.co.uk		
Sun	17-Sep-17	Windsor Triathlon Series	Sprint/Olympic/Half IM	various	Eton Dorney	http://www.f3events.co.uk/events/		
Sun	17-Sep-17	Brighton and Hove Triathlon	Triathlon various	Olympic/sprint/supersprint (sea swim)	Hove Lawns, Hove	www.resultsbase.net/event/3626		
Sun	24-Sep-17	Barns Green Half Marathon	Half Marathon & 10k run	13.1 miles / 10k	Barns Green	www.sussexraces.co.uk		
Sun	15-Oct-17	Club Long Duathlon (GP)	Duathlon	10k run/36k bike/5k run	Southwater Country Park	HAT (INTERNAL)	Yes	
Sat	02-Dec-17	Event Planning Get-together			TBC			
Sat	16-Dec-17	Club Christmas Dinner	Dinner and GP points must mean prizes		TBC	HAT (INTERNAL)		
OTHER REGULAR TRAINING SESSIONS/EVENTS								
WEEKLY								
	Mondays 8-9pm (Winter)	Club swim	Swim		Steyning Leisure Centre	HAT (INTERNAL)		
	Tuesday at 6:30pm	Club track training	Run		BBH Leisure Centre	HAT (INTERNAL)		
	Tues 7.30pm (Summer)	Horsham cycling	Cycle time trials		Faygate?	www.horshamcycling.co.uk		
	Wednesdays 8-9.30pm	Club swim	Swim		Christ's Hospital Sports Centre	HAT (INTERNAL)		
	Thursdays at 7pm	Horsham joggers	Run / Track		BBH Leisure Centre	www.horshamjoggers.co.uk		
	Thursdays at 7pm (Winter)	Up and Running	Off-road headtorch run	Approx 1 hour - easy/steady pace	various pubs in Sussex/Surrey	mdefrateschi@aol.co.uk		
	Fridays at 7pm	Dunsfold Park Cycle series	Cycle time trials		Dunsfold Park	www.surreyleague.co.uk		
	Saturdays 7.45-8.45am	Club swim & Social	Swim		Christ's Hospital Sports Centre	HAT (INTERNAL)		
	Sundays 8-9am	Club cycle	Cycle	bike ride 2-3 hours with café stop	Christ's Hospital Sports Centre	HAT (INTERNAL)		
	Sundays at 9am	Horsham cycling	Cycle		Carfax, Horsham	www.horshamcycling.co.uk		
	Sundays 5pm (Summer)	Club lake swim	Swim		Southwater Country Park	HAT (INTERNAL)		
MONTHLY								
	1st Saturday 9.30am	Club Committee meetings			Christ's Hospital Sports Centre	HAT (INTERNAL)		