

**HORSHAM AMPHIBIANS TRIATHLON (HAT)**  
**2018 EVENTS CALENDAR**

| Day                                    | Date                      | Event name                      | Event Type   | Distances                            | Location                        | Organised by / more info   |
|--|---------------------------|---------------------------------|--|--------------------------------------|---------------------------------|--|
| Mon                                    | 01-Jan-18                 | Hangover 5 Worthing             | Off road run   | 5 miles                              | Worthing, Cissbury ring         | <a href="http://www.sussexraces.co.uk">www.sussexraces.co.uk</a>                               |
| Sat                                    | 06-Jan-18                 | Sussex XC Champs                | Run  | 12k                                  | Bexhill                         | <a href="http://www.sussexraces.co.uk">www.sussexraces.co.uk</a>                               |
| Sat                                    | 20-Jan-18                 | Club AGM                        | **ALL MEMBERS TO ATTEND PLEASE** Tea, coffee and snacks provided |                                      | CH Sports Centre                | HAT (INTERNAL)   |
| Sat                                    | 20-Jan-18                 | Sussex Masters XC Champs        | Run  |                                      | Lancing                         | <a href="http://www.sussexraces.co.uk">www.sussexraces.co.uk</a>                               |
| Sat                                    | 10-Feb-18                 | Sussex XC League (4 of 4)       | Run  | 8k men, 5k ladies                    | Stanmer                         | <a href="http://www.sussexraces.co.uk">www.sussexraces.co.uk</a>                               |
| Sun                                    | 04-Mar-18                 | Steyning Stinger                | Run  | half and full off-road               | Steyning Leisure Centre         | <a href="http://www.sussexraces.co.uk">www.sussexraces.co.uk</a>                               |
| Sun                                    | 04-Mar-18                 | Frosty (GP)                     | Aquathon   | 800m pool swim/10k run               | Littlehampton leisure centre    | <a href="http://www.tuff-fitty.co.uk">www.tuff-fitty.co.uk</a>                                 |
| Sun                                    | 04-Mar-18                 | Frostbite (GP)                  | Aquathon   | 400m pool swim/5k run                | Littlehampton leisure centre    | <a href="http://www.tuff-fitty.co.uk">www.tuff-fitty.co.uk</a>                                 |
| Sun                                    | 18-Mar-18                 | Club Short Duathlon (GP)        | Duathlon   | 5k run/18k bike/3k run               | Southwater Country Park         | HAT (INTERNAL)   |
| Sun                                    | 25-Mar-18                 | Spring Onion                    | Bike Event   | 104k                                 | Cobham, Surrey                  | <a href="http://www.bike4cancer.org">www.bike4cancer.org</a>                                   |
| Sun                                    | 25-Mar-18                 | Mels Milers 10k                 | Run  | 10k                                  | Christ's Hospital School        | <a href="http://www.melsmilers.co.uk">www.melsmilers.co.uk</a>                                 |
| Sun                                    | 08-Apr-18                 | Washington 2-UP                 | Bike event   | 25 mile time trial                   | Washington                      | <a href="http://www.sussexca.org.uk">www.sussexca.org.uk</a>                                   |
| Sat                                    | 14-Apr-18                 | Club Training Day 1             | Training / Coaching  | Various activities                   | Christ's Hospital School        | Chris Neilson  |
| Sun                                    | 15-Apr-18                 | Brighton Marathon               | Run  | 42k                                  | Brighton                        | <a href="http://www.sussexraces.co.uk">www.sussexraces.co.uk</a>                               |
| Sat                                    | 21-Apr-18                 | Liege-Bastogne-Liege            | Bike Event   | 276km, 160km or 79km                 | Bastogne, France                |  |
| Sun                                    | 22-Apr-18                 | London Marathon                 | Run  | 42k                                  | London                          |  |
| Sat                                    | 28-Apr-18                 | Medway Duathlon                 | Duathlon (TESE)  |                                      |                                 | <a href="http://www.medwaytri.com">www.medwaytri.com</a>                                       |
| Sun                                    | 06-May-18                 | Steyning Triathlon (GP)         | Sprint Triathlon   | 400m pool swim/20k bike/ 5k run      | Steyning leisure centre         | <a href="http://www.rawenergygpsuits.co.uk">www.rawenergygpsuits.co.uk</a>                     |
| Sun                                    | 06-May-18                 | Steyning Triathlon (GP)         | Olympic Triathlon  | 800m pool swim/40k bike/ 10k run     | Steyning leisure centre         | <a href="http://www.rawenergygpsuits.co.uk">www.rawenergygpsuits.co.uk</a>                     |
| Sat                                    | 12-May-18                 | Club Training Day 2             | Training / Coaching  | Various activities                   | Christ's Hospital School        | Chris Neilson  |
| Sun                                    | 20-May-18                 | Swashbuckler Middle Distance    | Half IM Triathlon  | 1900m/90km/22km                      | New Forest                      | <a href="http://www.racenewforest.co.uk/">www.racenewforest.co.uk/</a>                         |
| Sun                                    | 20-May-18                 | Arundel Lido Triathlon          | Sprint Triathlon (TESE)  | 400m pool swim/20k bike/5k run       | Arundel lido                    | <a href="http://www.rawenergygpsuits.co.uk">www.rawenergygpsuits.co.uk</a>                     |
| Sun                                    | 20-May-18                 | Arundel Lido Triathlon          | Olympic Triathlon  | 800m pool swim/340k bike/10k run     | Arundel lido                    | <a href="http://www.rawenergygpsuits.co.uk">www.rawenergygpsuits.co.uk</a>                     |
| Fri                                    | 25-May-18                 | Club May Handicap               | Handicap Triathlon   | 250m lake swim/10k bike/2k run       | Southwater Country Park         | HAT (Internal)   |
| Sat                                    | 02-Jun-18                 | South Downs Way Relay           | Run relay  | 100 miles per team                   | Eastbourne to Winchester        | CONTACT Steve Wigmore  |
| Sun                                    | 03-Jun-18                 | Tour of Cambridgeshire          | Bike Event   | 120km                                | Cambridge                       | <a href="http://www.golazocycling.com">www.golazocycling.com</a>                               |
| Sun                                    | 10-Jun-18                 | Dartford & White Oak Sprint Tri | Sprint Tri   |                                      |                                 | <a href="http://www.dartfordandwhiteoaktri.co.uk">www.dartfordandwhiteoaktri.co.uk</a>         |
| Sun                                    | 17-Jun-18                 | Club Sprint Triathlon (GP)      | Sprint Triathlon   | 750m lake swim/18k bike/5k run       | Southwater Country Park         | HAT (INTERNAL)   |
| Sat                                    | 23-Jun-18                 | Leeds Castle Sprint Tri         |  |                                      |                                 |  |
| Sat                                    | 23-Jun-18                 | River Arun swim                 | Ironman Swim   | 3.8k river swim                      | Littlehampton                   | <a href="http://www.rawenergygpsuits.co.uk">www.rawenergygpsuits.co.uk</a>                     |
| Sun                                    | 24-Jun-18                 | Wimbleball                      | Half IM Triathlon  | 1900m/90km/21km                      | Exmoor                          | <a href="http://www.ironman.com.com/triathlon/events">www.ironman.com.com/triathlon/events</a> |
| Fri                                    | 29-Jun-18                 | Club June Handicap              | Handicap Triathlon   | 250m lake swim/10k bike/2k run       | Southwater Country Park         | HAT (Internal)   |
| Sun                                    | 08-Jul-18                 | Worthing Triathlon              | Olympic Triathlon  | 1500m sea swim/40k bike/10k run      | Goring                          | <a href="http://www.rawenergygpsuits.co.uk">www.rawenergygpsuits.co.uk</a>                     |
| Sun                                    | 08-Jul-18                 | Club Aquabike (GP)              | swim/bike  | 750m lake swim/20k bike              | Southwater Country Park         | HAT (INTERNAL)   |
| Sun                                    | 08-Jul-18                 | Roth                            | Ironman  | IM                                   | Roth                            |  |
| Sun                                    | 15-Jul-18                 | Club Olympic (GP)               | Olympic Triathlon  | 1500m lake swim / 40k bike / 10k run | Southwater Country Park         | HAT (INTERNAL)   |
| Fri                                    | 27-Jul-18                 | Club July Handicap              | Handicap Triathlon   | 250m lake swim/10k bike/2k run       | Southwater Country Park         | HAT (Internal)   |
| Sat                                    | 28-Jul-18                 | Prague Half IM                  | Half IM Triathlon  | 1900m/90km/21km                      | Prague                          | <a href="http://www.challenge-prague.com">www.challenge-prague.com</a>                         |
| Sun                                    | 05-Aug-18                 | Arundel Castle Triathlon        | Olympic Triathlon (ITU Qualifier)                                | Olympic                              | Arundel                         | <a href="http://www.rawenergygpsuits.co.uk">www.rawenergygpsuits.co.uk</a>                     |
| Sun                                    | 05-Aug-18                 | Bewl Water Standard Tri         | Olympic Tri  | 1500m lake swim / 40k bike / 10k run | Bewl                            | <a href="http://www.bewltriathlon.co.uk">www.bewltriathlon.co.uk</a>                           |
| Fri                                    | 24-Aug-18                 | Club August Handicap            | Handicap Triathlon   | 250m lake swim/10k bike/2k run       | Southwater Country Park         | HAT (Internal)   |
| Sun                                    | 26-Aug-18                 | Vichy Triathlon                 | Triathlon  | Half IM (sat) / IM (sun)             | Vichy, France                   | <a href="http://www.ironman.com.com/triathlon/events">www.ironman.com.com/triathlon/events</a> |
| Sat                                    | 01-Sep-18                 | Southwater Relays               | Set up   |                                      | Southwater Country Park         | HAT  |
| Sun                                    | 02-Sep-18                 | Southwater Relays               | Open - Relay   | 400m lake swim/18k bike/4k run       | Southwater Country Park         | HAT (open)   |
| Sun                                    | 09-Sep-18                 | Bacchus Fun run                 | Half Marathon  | 13.1 miles run                       | Denbies vineyard, Dorking       | <a href="http://www.denbies.co.uk">www.denbies.co.uk</a>                                       |
| Sun                                    | 16-Sep-18                 | Brighton and Hove Triathlon     | Olympic Tri  | 1500m sea swim/40k bike/10k run      | Hove Lawns, Hove                | <a href="http://www.brightonandhovetriathlon.com">www.brightonandhovetriathlon.com</a>         |
| Sun                                    | 23-Sep-18                 | Barns Green Half Marathon       | Half Marathon & 10k run  | 13.1 miles / 10k                     | Barns Green                     | <a href="http://www.barnsgreen-half.org.uk">www.barnsgreen-half.org.uk</a>                     |
| Sun                                    | 14-Oct-18                 | Club Long Duathlon (GP)         | Duathlon   | 10k run/36k bike/5k run              | Southwater Country Park         | HAT (INTERNAL)   |
| Tue                                    | 06-Nov-18                 | Event Planning Get-together     |  |                                      | TBC                             |  |
| 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?                        | <a href="http://www.horshamcycling.co.uk">www.horshamcycling.co.uk</a>                         |
|  | Wednesdays 8-9.30pm       | Club swim                       | Swim   |                                      | Christ's Hospital Sports Centre | HAT (INTERNAL)   |
|  | Thursdays at 7pm          | Horsham joggers                 | Run / Track  |                                      | BBH Leisure Centre              | <a href="http://www.horshamjoggers.co.uk">www.horshamjoggers.co.uk</a>                         |
|  | Thursdays at 7pm (Winter) | Up and Running                  | Off-road headtorch run   | Approx 1 hour - easy/steady pace     | various pubs in Sussex/Surrey   | <a href="mailto:mdefrateschi@aol.co.uk">mdefrateschi@aol.co.uk</a>                             |
|  | Fridays at 7pm            | Dunsfold Park Cycle series      | Cycle time trials  |                                      | Dunsfold Park                   | <a href="http://www.surreyleague.co.uk">www.surreyleague.co.uk</a>                             |
|  | 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                 | <a href="http://www.horshamcycling.co.uk">www.horshamcycling.co.uk</a>                         |
|  | 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)   |