

Event	Day	Date	Run by	Event type	Events available	Swim	Notes	Website
VeloPark East London Triathletes Children's Duathlon, Lee Valley VeloPark, E20 3AB	Sunday	12th February 2017	VeloPark Duathlon	Duathlon (run, cycle, run)	Tri-Start (8years), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs)	N/A		http://www.veloparkduathlon.com
GoTri St Mary's Tri Aquathlon 3, Bexhill-on-Sea, TN40 2JG	Sunday	19th February 2017	St Mary's Tri	Aquathlon (swim, run)	Novice (8-10yrs, Novice 2 (11-14yrs), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs)	Pool	GoTri is an initiative across the country to encourage people to try a triathlon. Suitable for all.	https://www.britishtriathlon.org/events/go-tri-st-mary%27s-tri-aquathlon-1_7749
VeloPark London Fields TC Children's Duathlon, Lee Valley VeloPark, E20 3AB	Sunday	12th March 2017	VeloPark Duathlon	Duathlon (run, cycle, run)	Tri-Start (8years), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs)	N/A	Ideal for your first duathlon, off road.	http://www.veloparkduathlon.com
Hillingdon March Family Duathlon, Hillingdon Cycle Circuit, UB4 0	Sunday	26th March 2017	Hillingdon Triathletes	Duathlon (run, cycle, run)	Novices, Tri-Start (8years), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs)	N/A	Ideal for your first duathlon, off road.	http://www.hillingdontriathletes.co.uk
Spring Duathlon at Goodwood, Chichester, PO18 0PX	Sunday	2nd April 2017	Portsmouth Triathletes	Duathlon (run, cycle, run)	Novices, Tri-Start (8years), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs)	N/A	Ideal for your first duathlon, off road.	http://www.portsmouthtriathletes.co.uk
Bodyworks Aquathlon	Saturday	16th April 2017	Medway Tri	Aquathlon (swim, run)	Novice, Tri-Start (8years), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs)	Pool	Part of the SE series, but also open to beginners and experienced athletes alike. A novice wave with a 50m swim & 600m run (open to all ages), and a second novice wave with a 100m swim & 1200m run (for 11-14 year olds) for those new to swimming who want to try a multi-sport event.	https://www.britishtriathlon.org/events/Bodyworks-Easter-Aquathlon_7879
SE Qualifier Kingfisher Aquathlon, Morden, SM4 SHE	Sunday	23rd April 2017	Kingfisher Triathletes	Aquathlon (swim, run)	Tri-Start (8years), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs), Junior (17-19)	Pool	SE qualifier, can be very competitive (age as a 31/12/17)	https://www.britishtriathlon.org/south-east/take-part/race-series/junior-series
Hillingdon Grassman Novice Triathlon, Uxbridge, UB8 1ES	Sunday	30th April 2017	Hillingdon Triathletes	Triathlon	Novices, Tri-Start (8years), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs)	Pool	A novice triathlon, great one to start with.	http://www.hillingdontriathletes.co.uk
SE Qualifier Medway Tri Duathlon, Kent, DA11 7NP	Saturday	6th May 2017	Medway Tri	Duathlon (run, cycle, run)	Tri-Start (8years), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs), Junior (17-19)	N/A	SE qualifier, can be very competitive (age as a 31/12/17)	https://www.britishtriathlon.org/south-east/take-part/race-series/junior-series
Crystal Palace Triathlon, London, SE19 2BB	Sunday	14th May 2017	Hillingdon Triathletes	Triathlon	Tri-Start (8years), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs)	Pool	A friendly event for triathletes organised by triathletes.	http://crystalpalace-tri.co.uk
Kidstri East Grinstead, RH19 3LN	Sunday	21st May 2017	Kidstri	Triathlon	Novice (8-10yrs, Novice 2 (11-14yrs), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs)	Pool	Hedgehog Kidstri events. Laps of field for bike and run. Kids/parents responsible for counting laps	http://www.hedgehogtri-events.co.uk/kidstri/eg_tri.html
Lough Cutra, Ireland	Sunday	28th May 2017	Castle Series Triathlon	Triathlon	Children (8-10yrs), Children (11-12yrs), Junior (13-15yrs). ALSO Family mixed relay and Junior mixed relay	Lake	Well organised event, lots of volunteers in lake to help children, have boogie boards for any children that need assistance, one parent can help in transition for 8-10yr age group. Age determined at 31st December.	http://www.castletriathlonseries.co.uk/the-series/lough-cutra-castle/
SE Qualifier The Bridge, Dartford, DA1 5PF	Sunday	18th June 2017	Triathlon Dartford	Triathlon	Tri-Start (8years), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs), Junior (17-19)	Lake	SE qualifier, can be very competitive (age as a 31/12/17)	https://www.britishtriathlon.org/south-east/take-part/race-series/junior-series
Kidstri Horsham, RH12 2DF	Sunday	18th June 2017	Kidstri	Triathlon	Novice (8-10yrs, Novice 2 (11-14yrs), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs)	Pool	Hedgehog Kidstri events. Laps of field for bike and run. Kids/parents responsible for counting laps	http://www.hedgehogtri-events.co.uk/kidstri/horsham.html
Cholmondeley Castle, Cheshire, SY14 8HN	Saturday	24th June 2017	Castle Series Triathlon	Triathlon	Family mixed relay and Junior mixed relay	Lake	Well organised event, lots of volunteers in lake to help children, have boogie boards for any children that need assistance, one parent can help in transition for 8-10yr age group. Age determined at 31st December.	http://www.castletriathlonseries.co.uk/the-series/cholmondeley-castle/
Leeds Castle Junior Aquathlon	Saturday	24th June 2017	Leeds Castle	Triathlon	Tri Start (8yrs), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs)	Lake	Lake swim followed by a run in the grounds.	http://triathlon.leeds-castle.com/Race%20Information?id=junior
Goodman Masson Diamond, Dorny Lake, SL4 6QP	Sunday	25th June 2017	Human Race	Triathlon	Taster Triathlon Ages 11-17	Lake	Taster triathlon, suitable for those wanting to try a lake swim. Distance 200m swim, 5.3km bike, 1.8km run	http://humanrace.co.uk/event/diamond-triathlon/
Cholmondeley Castle, Cheshire, SY14 8HN	Sunday	25th June 2017	Castle Series Triathlon	Triathlon	Children (8-10yrs), Children (11-12yrs), Junior (13-15yrs)	Lake	Well organised event, lots of volunteers in lake to help children, have boogie boards for any children that need assistance, one parent can help in transition for 8-10yr age group. Age determined at 31st December.	http://www.castletriathlonseries.co.uk/the-series/cholmondeley-castle/
SuperTri, Dorny Lake, SL4 6QP	Saturday	1st July 2017	Human Race	Triathlon	Tri-Start (8years), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs). Scootathlon & Parent & Child Scootathlon relay for the younger ones!	Lake	High performance drafting event. IRC Qualifier for South East and some other regions for Tri Star 2 and above. For Tri Star 1, Tri Start and Scootathlon a great introduction/flat event.	http://humanrace.co.uk/event/supertri-childrens-youth-junior-open-water-triathlon/

Trinity Triathlon, Croydon, CR9 7AT	Sunday	2nd July 2017	Trinity School	Triathlon	Tri Start (8yrs), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs)	Pool	Event on closed roads, spectator friendly.	http://www.trinity-school.org/trinity-triathlon
SE Qualifier Chicester, PO19 1RJ	Saturday	8th July 2017	Chicester Tri	Triathlon/Aquathlon	Tri-Start (8years), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs)	Pool	SE qualifier, can be very competitive (age as a 31/12/17)	https://www.britishtriathlon.org/south-east/take-part/race-series/junior-series
Lidl BananaMan Triathlon	Saturday	8th July 2017	Human Race	Triathlon	Taster Triathlon Ages 11-17	Lake	Taster triathlon, suitable for those wanting to try a lake swim. Distance 200m swim, 5.3km bike, 1.8km run	http://humanrace.co.uk/event/lidl-bananaman-triathlon/
Kidstri Billingshurst, R14 9RY	Sunday	23rd July 2017	Kidstri	Triathlon	Novice (8-10yrs, Novice 2 (11-14yrs), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs)	Pool	Hedgehog Kidstri events. Laps of field for bike and run. Kids/parents responsible for counting laps	http://www.hedgehogtri-events.co.uk/kidstri/billingshurst.html
Castle Howard, Yorkshire, YO60 7DA	Saturday	22nd July 2017	Castle Series Triathlon	Triathlon	Family mixed relay and Junior mixed relay	Lake	Well organised event, lots of volunteers in lake to help children, have boogie boards for any children that need assistance, one parent can help in transition for 8-10yr age group. Age determined at 31st December.	http://www.castletriathlonseries.co.uk/the-series/castle-howard/
Castle Howard, Yorkshire, YO60 7DA	Saturday	22nd July 2017	Castle Series Triathlon	Triathlon	Children (8-10yrs), Children (11-12yrs), Junior (13-15yrs). ALSO Family mixed relay and Junior mixed relay	Lake	Well organised event, lots of volunteers in lake to help children, have boogie boards for any children that need assistance, one parent can help in transition for 8-10yr age group. Age determined at 31st December.	http://www.castletriathlonseries.co.uk/the-series/castle-howard/
SE Qualifier Bri Tri Kids, BN44 3RX	Saturday	19th August 2017	Brighton Tri Club	Triathlon	Novice (8-10yrs, Novice 2 (11-14yrs), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs)	Pool	SE qualifier, can be very competitive, age as a 31/12/16)	http://brightontri.org/kidstri/
Château de Chantilly, France	Saturday	27th August 2017	Castle Series Triathlon	Triathlon	Children (8-10yrs), Children (11-12yrs), Junior (13-15yrs)	Lake	Well organised event, lots of volunteers in lake to help children, have boogie boards for any children that need assistance, one parent can help in transition for 8-10yr age group. Age determined at 31st December.	http://www.castletriathlonseries.co.uk/the-series/chateau-de-chantilly/
Woburn Abbey Triathlon	Sunday	10th September 2017	Tri4Life	Triathlon	Junior (9-12yrs and 13-16yrs) and a scootathlon (ages 4-8yrs)	Lake	A good introduction in a lovely location. 9-12yrs	http://humanrace.co.uk/event/lidl-bananaman-triathlon/
SE Qualifier Deal Duathlon, Deal, CT14 0BF	Sunday	17th September 2017	Deal Tri	Duathlon (run, cycle, run)	Tri-Start (8years), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs)	N/A	SE qualifier, can be very competitive, age as a 31/12/16)	http://www.dealtri.co.uk/events/junior-senior-open-duathlon-race-2016
Kidstri Bognor Regis, PO22 8ED	Sunday	17th September 2017	Kidstri	Triathlon	Novice (8-10yrs, Novice 2 (11-14yrs), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs)	Pool	Hedgehog Kidstri events. Laps of field for bike and run. Kids/parents responsible for counting laps	http://www.hedgehogtri-events.co.uk/kidstri/bognor.html
Hever Castle, TN8 7NG	Saturday	23rd September 2017	Castle Series Triathlon	Triathlon	Children (8-10yrs) ONLY	Lake	Well organised event, lots of volunteers in lake to help children, have boogie boards for any children that need assistance, one parent can help in transition for 8-10yr age group. Age determined at 31st December.	http://www.castletriathlonseries.co.uk/the-series/hever-castle/
Hever Castle, TN8 7NG	Sunday	24th September 2017	Castle Series Triathlon	Triathlon	Junior (13-15yrs), Children (11-12yrs)	Lake	Well organised event, lots of volunteers in lake to help children, have boogie boards for any children that need assistance, one parent can help in transition for 8-10yr age group. Age determined at 31st December.	http://www.castletriathlonseries.co.uk/the-series/hever-castle/
Hillingdon November Family Duathlon, Hillingdon Cycle Circuit, UB4 0LP	Sunday	12th November 2017	Hillingdon Triathletes	Duathlon (run, cycle, run)	Novices, Tri-Start (8years), Tri-Star 1 (9-10yrs), Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs)	N/A	Great for novices and families.	http://www.hillingdontriathletes.co.uk
SuperTri, Dornay Lake, SL4 6QP	TBA	Last year Sunday 4th September 2016	Human Race	Triathlon	Tri-Star 2 (11-12yrs), Tri-Star 3 (13-14yrs), Youth (15-16yrs).	Lake	A good intro to lake swim triathlons, all off road and flat route.	http://humanrace.co.uk/event/steelman/

SE Qualifiers (advanced events) <https://www.britishtriathlon.org/south-east/take-part/race-series/junior-series/>

Hedgehog Kidstri (suitable for all) <http://www.hedgehogtri-events.co.uk/kidstri/index.html>

Castle TriathlonSeries (suitable for all, but lake swim) <http://www.castletriathlonseries.co.uk/take-part/juniors/>

Tristart - Youth categories

Series winners (3 out of 4 events) in Tri-Star and Youth categories

Series prize for top times 3 out of 5 races

For all levels

Kids Tri are good for those starting out as they have novice events and Tri start, so unlike Castle Series, an 8 year old will be in their own age group. However, these are not so well organised and often run late. They are pool swims, good for those nervous of lake swims. The bike **The Castle Series** are great for those new to triathlons, particularly the younger ones. Really well organised events and all about fun, especially for children. The waves are not big and there are loads of adults in the lake to help and assist the kids. They have adults on boogie boards

More competitive/experienced Events

A number of events across the South East. These are generally more competitive and not recommended as an introduction. To register to be part of the South East Series you will need you register through the website (<https://www.britishtriathlon.org/south-east/take-part/race-series/junior-series/>). Those that do well across the series are invited to represent the South East in an inter-regional duathlon against London in October (Tri Star 1 up). There are also IRC qualifying events for Tri Star 2 and above.