



Triathlon in London

Get involved!



Keen to be a triathlete in London?

Triathlon is one of the fastest growing sports in the UK, with the largest number of participants in the sport coming from London. The Triathlon London region boasts over 50 triathlon clubs and 50 events locally, with many more clubs and events within easy reach of the Capital. The sport aims to be accessible to all, with a national programme for para-triathlon, including two events in London.

There are many reasons to take up triathlon – be it a personal challenge, a way of improving fitness, expanding your social network or an outlet for your competitive spirit. With the London 2012 Olympic triathlon event taking place in Hyde Park, there has never been a better time to get involved in the sport – either as a competitor or as a volunteer.

How to get involved

- Join your nearest triathlon club – check out the club map on the Triathlon London website;
- Take part in the **Triathlon London League**, an 8-race series of events where London clubs compete against each other in the region's rankings;
- Compete in the **Triathlon London Regional Championships** held at Dorney Lake or the many other triathlon events held in London – check out the event map on our website;
- Attend a triathlon taster session at a regional hub near you or get a regional development coach to come to your club by contacting Triathlon London's Regional Programme Managers;
- Get together with fellow triathletes from all over the region to celebrate at the **Triathlon London Annual Awards Party**;
- Set up a triathlon club in your area or gain club accreditation by contacting Triathlon London's Regional Programme Managers;
- Become a triathlon coach through our coach education courses, or further your coach development by attending Triathlon London's coaching seminar;
- Volunteer to work at major events within the London region, by registering your interest on our website;
- Train to become a race referee or technical official to improve the quality of events within the region.



Triathlon London's Regional Programme Managers:

Jon Train [E jontrain@britishtriathlon.org](mailto:jontrain@britishtriathlon.org) [T 07739 526558](tel:07739526558)

Stewart Ward [E stewartward@britishtriathlon.org](mailto:stewartward@britishtriathlon.org) [T 07860 695247](tel:07860695247)

Follow us on twitter... www.twitter.com/TriLondon



www.triathlonlondon.org