

Date	Day	Time	Event	Location	Description
1 Jan	-	-	Membership		
28 Jan	Sunday	19:00	Annual General Meeting	Hillingdon Athletics Club	Members only. Review of 2023 and election of committee for 2024
3 Mar	Sunday	07:30	10 mile cycle Time Trial (WLC)	Knowl Hill	WLC Time Trial 1
17 Mar	Sunday	07:00	25 mile cycle Time Trial (WLC)	Great Missenden, H25/4	WLC Time Trial 2
19 Mar	Tuesday	PM	Navigation Trail Run	The Old Orchard, Harefield	
24 Mar	Sunday	AM/PM	Spring Family Duathlon	Minet Park, Hayes	Spring Duathlon for kids and adults
14 Apr	Sunday	07:00	25 mile cycle Time Trial (WLC)	Great Missenden, H25/4	WLC Time Trial 3
26th-28th Apr	Weekend		Wye Valley Weekend	Wye Valley	
2nd May	Thursday	19:00	10 mile cycle Time Trial	Minet Park, Hayes	TT Series Event 1
12th May	Sunday	07:00	25 mile cycle Time Trial (WLC)	Great Missenden, H25/4	WLC Time Trial 4
16th May	Thursday	19:00	Evening Duathlon	Minet Park, Hayes	Evening Duathlon Series Event 1: Sprint 3k run - 15k bike - 1.5k run // Super Sprint 3k run - 9k bike - 100m run
23rd May	Thursday	19:15	10 mile cycle Time Trial	Great Missenden, H10/4	TT Series Event 2
6th June	Thursday	19:15	Aquathlon - Pool	Hillingdon Sports & Leisure Complex	Aquathlon Event 1 - Sprint 750m swim & 5km run // Super Sprint 400m swim & 2.5km run - Lido/pool
9th June	Sunday	07:00	50 mile cycle Time Trial (WLC)	Great Missenden, H50/4	WLC Time Trial 5
20th June	Thursday	19:00	Evening Duathlon	Minet Park, Hayes	Evening Duathlon Series Event 2: Sprint 3k run - 15k bike - 1.5 run // Super Sprint 3k run - 9k bike - 100m run
4th July	Thursday	18:30	10 mile cycle Time Trial	Minet Park, Hayes	TT Series Event 3
13th Jul	Saturday	AM	Club Championship Triathlon & Aqua Bike	Eton Dorney	Sprint Distance/Super Sprint/ Aquabike
18th Jul	Thursday	19:15	Aquathlon - Open Water	Merchant Taylor School	Aquathlon Event 2 - Sprint 750m swim & 4.6km run // Super Sprint 400m swim & 2.3km run - Open Water
26th July	Friday	20:00	Splash & Dash	Hillingdon Sports & Leisure Complex	Splash & Dash - 200m swim, 20 metre walk - as many times in 60 minutes
1st Aug	Thursday	19:00	Evening Duathlon	Minet Park, Hayes	Evening Duathlon Series Event 3: Sprint 3k run - 15k bike - 1.5k run // Super Sprint 3k run - 9k bike - 100m run
4th Aug	Sunday	07:15	Aquathlon - Open Water	Merchant Taylor School	Aquathlon Event 3 - Super Sprint 400m swim & 2.3km run - Open Water
4th Aug	Sunday	07:45	Aquathlon - Open Water	Merchant Taylor School	Aquathlon Event 3 - Sprint 750m swim & 4.6km run - Open Water
9th Aug	Friday	19:15	10 mile cycle Time Trial	Minet Park	TT Series Event 4
15th Aug	Thursday	19:15	Aquathlon - Pool	Hillingdon Sports & Leisure Complex	Aquathlon Event 4 - Sprint 750m swim & 5km run // Super Sprint 400m swim & 2.5km run - Lido/pool
18th Aug	Sunday	07:00	25 mile cycle Time Trial (WLC)	Great Missenden, H25/4	WLC Time Trial 6
24th Aug	Saturday	All Day	Club Relays	Nottingham	
5th Sep	Thursday	19:00	10 mile cycle Time Trial	Minet Park, Hayes	TT Series Event 5
8th Sep	Sunday	07:30	10 mile cycle Time Trial	Great Missenden, H10/4	WLC Time Trial 7
6th Oct	Sunday	09:00	Hill Climb	Wooburn Green	WLC Time Trial 8
8th Oct	Tuesday	PM	Night Orienteering	The Old Orchard, Harefield	
20th Oct	Sunday	09:30	Morning Duathlon	Minet Park, Hayes	Morning Duathlon Series Event 4: Sprint 3k run - 15k bike - 1.5k run // Super Sprint 3k run - 9k bike - 100m run

print at your own risk - this is a live document and subject to change

Date	Day	Time	Race	Location	Description
1 Jan	-	-	Membership		
29 Jan	Sunday	19:00	Annual General Meeting TBC	Hillingdon Athletics Club	Members only. Review of 2022 and election of committee for 2023
5 Mar	Sunday	08:00	10 mile cycle Time Trial (WLCC)		WLCC Time Trial 1
19 Mar	Sunday	08:00	25 mile cycle Time Trial (WLCC)	Great Missenden, H25/4	WLCC Time Trial 2
26 Mar	Sunday	AM/PM	Spring Family Duathlon	Minet Park, Hayes	Spring Duathlon for kids and adults
28 Mar	Tuesday	PM	Navigation Trail Run		
16 Apr	Sunday	07:30	25 mile cycle Time Trial (WLCC)	Great Missenden, H25/4	WLCC Time Trial 3
23 Apr	Sunday	13:00	Transition Training Duathlon	Minet Park, Hayes	Transition Training
27 Apr	Thursday	19:15	10 mile cycle Time Trial	Great Missenden, H10/4	TT Series Race 1
5th - 7th May	Weekend		Wye Valley Weekend	Wye Valley	
11 May	Thursday	19:15	Evening Duathlon	Minet Park, Hayes	Evening Duathlon Series Race 1: 3k run - 15k bike - 1.5k run
14 May	Sunday	07:30	25 mile cycle Time Trial (WLCC)	Great Missenden, H25/4	WLCC Time Trial 4
18 May	Thursday	19:15	10 mile cycle Time Trial	Great Missenden, H10/4	TT Series Race 2
25 May	Thursday	19:00	Aquathlon	Hillingdon Sports & Leisure Complex	Aquathlon Race 1 - 750m swim & 5km run // Super Sprint 400m swim & 2.5km run - Lido/pool
8 Jun	Thursday	19:00	Evening Duathlon	Minet Park, Hayes	Evening Duathlon Series Race 2: 3k run - 15k bike - 1.5 run
8 Jun	Thursday	19:00	Evening Super Sprint Duathlon	Minet Park, Hayes	2k run - 10k bike - 1k run
18 Jun	Sunday	07:30	50 mile cycle Time Trial (WLCC)	Great Missenden, H50/4	WLCC Time Trial 5
22 Jun	Thursday	19:15	10 mile cycle Time Trial	Minet Park, Hayes	TT Series Race 3
6 Jul	Thursday	19:00	Evening Duathlon	Minet Park, Hayes	Evening Duathlon Series Race 3: 3k run - 15k bike - 1.5k run
10 Jul	Monday	19:00	10 mile cycle Time Trial	Minet Park, Hayes	TT Series Race 4
16 Jul	Sunday	AM	Club Championship Triathlon & Aqua Bike	Dorney	Sprint Distance/Super Sprint/ Aquabike
20 Jul	Thursday	19:30	Aquathlon	Merchant Taylor School	Aquathlon Race 1 - 750m swim & 4.6km run // Super Sprint 400m swim & 2.3km run
3 Aug	Thursday	19:00	10 mile cycle Time Trial	Great Missenden, H10/4	TT Series Race 5
13 Aug	Sunday	AM	25 mile cycle Time Trial (WLCC)	Great Missenden, H25/4	WLCC Time Trial 6
17 Aug	Thursday	19:00	Aquathlon	Hillingdon Sports & Leisure Complex	Aquathlon Race 2 - 750m swim & 5km run // Super Sprint 400m swim & 2.5km run - Lido/pool
26 Aug	Saturday	All Day	Club Relays	Nottingham	
2 Sep	Saturday	11:00	Aquathlon	Merchant Taylor School	Aquathlon Race 2 - 750m swim & 4.6km run // Super Sprint 400m swim & 2.3km run
3 Sep	Sunday	08:00	10 mile cycle Time Trial	Great Missenden, H10/4	WLCC Time Trial 7
7 Sept	Thursday	19:00	10 mile cycle Time Trial	Minet Park, Hayes	TT Series Race 6 - Handicap Race
24 Sep	Sunday	AM	Duathlon	Minet Park, Hayes	Duathlon Series Race 4: 3k run - 15k bike - 1.5k run
24 Sep	Sunday	AM	Super Sprint Duathlon	Minet Park, Hayes	2k run - 10k bike - 1k run
1 Oct	Sunday	09:30	Hill Climb Time Trial (WLCC)	Windsor Hill	WLCC Time Trial 8
10 Oct	Tuesday	PM	Night Orienteering	Harefield	
12 Nov	Sunday	AM/PM	Autumn Duathlon	Minet Park, Hayes	Autumn Duathlon for kids and adults
print at your own risk - this is a live document and subject to change					

Date	Day	Time	Race	Location	Description	Series	Unaffiliated SINGLE Entry Adult	Member/BTF SINGLE Entry Adult	Unaffiliated SERIES Entry Adult	Member/BTF SERIES Entry Adult	Entry on the day Adult	Unaffiliated SINGLE Entry Child	Member/BTF SINGLE Entry Child
1 Jan			Membership					£40					
30 Jan	Sunday	19:00	Annual General Meeting TBC	Hillingdon Athletics Club	Members only. Review of 2021 and election of committee for 2022	-							
6 Mar	Sunday	08:00	10 mile cycle Time Trial (WLCC)	Knowl Hill, H10/2	WLCC Time Trial 1	WLCC TT	£4	Free					
20 Mar	Sunday	08:00	25 mile cycle Time Trial (WLCC)	Great Missenden, H25/4	WLCC Time Trial 2	WLCC TT	£4	Free					
27 Mar	Sunday	AM	Spring Family Duathlon	Minet Park, Hayes	Spring Duathlon for kids and adults	-	£23	£20				£10	£8
10 Apr	Sunday	07:30	25 mile cycle Time Trial (WLCC)	Great Missenden, H25/4	WLCC Time Trial 3	WLCC TT	£4	Free					
21 Apr	Thursday	19:00	Evening Duathlon	Minet Park, Hayes	Evening Duathlon Series Race 1: 1m run - 5m bike - 0.5m run - 5m bike - 1m run	Evening Duathlon	£18	£15	£72	£60	£20	£10	£10
1 May	Sunday	AM	GrassMan Novice Triathlon	Hillingdon Sports & Leisure Complex	For kids and adults. Indoor pool swim - bike and run on grass		£18	£15					
12 May	Thursday	19:30	10 mile cycle Time Trial	Great Missenden, H10/4	TT Series Race 1	Time Trial	£4	Free					
15 May	Sunday	07:30	25 mile cycle Time Trial (WLCC)	Great Missenden, H25/4	WLCC Time Trial 4	WLCC TT	£4	Free					
19 May	Thursday	19:00	Evening Duathlon	Minet Park, Hayes	Evening Duathlon Series Race 2: 2m run - 10m bike - 1m run	Evening Duathlon	£18	£15	£72	£60	£20		
26 May	Thursday	19:00	Aquathlon	Hillingdon Sports & Leisure Complex	Aquathlon Race 1 - 750m swim & 5km run. Lido pool	Aquathlon	£18	£15	£54	£45	£20		
26 May	Thursday	19:00	Novice Aquathlon	Hillingdon Sports & Leisure Complex	Aquathlon Race 1 - 400m swim & 2.5km run. Lido pool	Aquathlon	£15	£12					
2 Jun	Thursday	09:00	10 mile cycle Time Trial	Great Missenden, H10/4	TT Series Race 2	Time Trial	£4	Free					
16 Jun	Saturday	19:30	Evening Duathlon	Minet Park, Hayes	Evening Duathlon Series Race 3: 2m run - 10m bike - 1m run	Evening Duathlon	£18	£15	£72	£60	£20		
19 Jun	Sunday	07:30	50 mile cycle Time Trial (WLCC)	Great Missenden, H50/4	WLCC Time Trial 5	WLCC TT	£4	Free					
30 Jun	Thursday	19:00	10 mile cycle Time Trial	Great Missenden H10/4	TT Series Race 3	Time Trial	£4	Free					
7 Jul	Thursday	19:30	Evening Duathlon	Minet Park, Hayes	Evening Duathlon Series Race 4: 1m run - 10m bike - 2m run	Evening Duathlon	£18	£15	£72	£60	£20		
16 Jul	Saturday	AM	Club Championship Triathlon & Aqua Bike - Arctic One	Dorney	Sprint Tri - 750m Swim / 20km Bike / 5km Run		£54	£48					
16 Jul	Saturday	AM	Club Championship Triathlon & Aqua Bike - Arctic One	Dorney	Aquabike - 750m Swim / 20km Bike		£43	£38					
21 Jul	Thursday	19:30	10 mile cycle Time Trial	Great Missenden, H10/4	TT Series Race 4	Time Trial	£4	Free					
28 Jul	Thursday	19:30	Evening Duathlon	Minet Park, Hayes	Evening Duathlon Series Race 5: 2m run - 10m bike - 1m run	Evening Duathlon	£18	£15	£72	£60	£20		
4 Aug	Thursday	19:30	10 mile cycle Time Trial	Great Missenden, H10/4	TT Series Race 5	Time Trial	£4	Free					
11 Aug	Thursday	19:30	Aquathlon	Merchant Taylor School	Aquathlon Race 2 - 750m swim & 4.6km run.	Aquathlon	£18	£15	£54	£45	£20		
11 Aug	Thursday	19:15	Novice Aquathlon	Merchant Taylor School	Aquathlon Race 2 - 375m swim & 2.5km run.	Aquathlon	£15	£12					
14 Aug	Sunday	AM	25 mile cycle Time Trial (WLCC)	Great Missenden, H25/4	WLCC Time Trial 6	WLCC TT	£4	Free					
15 Aug	Thursday	19:15	10 mile cycle Time Trial	Great Missenden, H10/4	TT Series Race 6	Time Trial	£4	Free					
20 Aug	Saturday	10:00	Aquathlon	Merchant Taylor School	Aquathlon Race 3 - 750m swim & 5km run.	Aquathlon	£18	£15	£54	£45	£20		
20 Aug	Saturday	10:00	Novice Aquathlon	Merchant Taylor School	Aquathlon Race 3 - 400m swim & 2.5km run.	Aquathlon	£15	£12					
20 Aug	Saturday	10:00	OW Swim	Merchant Taylor School	Open Water Swim - 1500m	Swim	£13	£10					
27 Aug	Saturday	All Day	Club Relays	Nottingham									
4 Sep	Sunday	08:00	10 mile cycle Time Trial (WLCC)	Great Missenden, H10/4	WLCC Time Trial 7	WLCC TT	£4	Free					
8 Sep	Thursday	18:45	Aquathlon	Hillingdon Sports & Leisure Complex	Aquathlon Race 4 - 750m swim & 5km run. Lido pool	Aquathlon	£18	£15	£54	£45	£20		
8 Sep	Thursday	18:45	Novice Aquathlon	Hillingdon Sports & Leisure Complex	Aquathlon Race 4 - 400m swim & 2.5km run. Lido pool	Aquathlon	£15	£12					
2 Oct	Sunday	09:30	Hill Climb Time Trial (WLCC)	Windsor Hill	WLCC Time Trial 8	WLCC TT	£4	Free					
13 Nov	Sunday	08:00	Autumn Duathlon	Minet Park, Hayes	Autumn Duathlon for kids and adults	-	£23	£20				£10	£8

print at your own risk - this is a live document and subject to change

TT 2nd June Queens Platinum holiday, day off

Date	Day	Time	Race	Location	Description	Series	Unaffiliated SINGLE Entry Adult	Member/BTF SINGLE Entry Adult	Unaffiliated SERIES Entry Adult	Member/BTF SERIES Entry Adult	Entry on the day Adult	Unaffiliated SINGLE Entry Child	Member/BTF SINGLE Entry Child
1 Jan					Membership	-	-	E40					E25
21 Feb	Sunday	19:00	Annual General Meeting TBC	Hillingdon Athletics Club	Members only. Review of 2020 and election of committee for 2021	-	-						
7 Mar	Sunday	08:00	10 mile cycle Time Trial (WLCC)	Great Missenden, H254	WLCC Time Trial 1	WLCC TT	E4	Free					
23 Mar	Sunday	08:00	25 mile cycle Time Trial (WLCC)	Great Missenden, H254	WLCC Time Trial 2	WLCC TT	E4	Free					
23 Mar	Thursday	18:45	TrailQuest/Orienteering	Coy Camp - Harpenden	TrailQuest/Orienteering event for walkers/runners/MTB	-	Individual E40 Team (of 2) E16				Individual E12 Team (of 2) E20		
28 Mar	Sunday	13:00	Spring Family Duathlon	Minet Park, Hayes	Spring Duathlon for kids and adults	-	E20	E20				E10	E8
4 Apr	Sunday	07:30	25 mile cycle Time Trial (WLCC)	Great Missenden, H254	WLCC Time Trial 3	WLCC TT	E4	Free					
20 Apr	Thursday	19:00	Evening Duathlon	Minet Park, Hayes	Evening Duathlon Series Race 1 - 1m run - 5m bike - 0.5m run - 5m bike - 1m run	Evening Duathlon	E18	E16	E60	E70	E60		
29 Apr	Thursday	19:00	Evening Duathlon - TRAINING	Minet Park, Hayes	Evening Duathlon Series Race 2 - 1m run - 10m bike - 2m run - TRAINING	Evening Duathlon	-	FREE	E80	E70	-		
7-10 May	Fri - Mon	All week	Cycle Weekend	Wye Valley	Social club weekend away	-							
13 May	Thursday	19:30	10 mile cycle Time Trial	Great Missenden, H104	TT Series Race 1	Time Trial	E4	Free					
16 May	Sunday	07:30	25 mile cycle Time Trial (WLCC)	Great Missenden, H254	WLCC Time Trial 4	WLCC TT	E4	Free					
20 May	Thursday	19:00	Duathlon	Minet Park, Hayes	Evening Duathlon Series Race 3 - 2m run - 10m bike - 1m run	Evening Duathlon	E18	E15	E80	E70	E20		
27 May	Thursday	19:00	Aquathlon	Hillingdon Sports & Leisure Complex	Aquathlon Race 1 - 750m swim & 5km run. Lido pool	Aquathlon	E18	E15	E55	E45	E20		
3 Jun	Thursday	19:30	10 mile cycle Time Trial	Great Missenden, H104	TT Series Race 2	Time Trial	E4	Free					
6 Jun	Sunday	07:30	50 mile cycle Time Trial (WLCC)	Great Missenden, H504	WLCC Time Trial 5	WLCC TT	E4	Free					
10 Jun	Thursday	19:00	Aquathlon	Hillingdon Sports & Leisure Complex	Aquathlon Race 2 - 750m swim & 5km run. Lido pool	Aquathlon	E18	E15	E55	E45	E20		
17 Jun	Thursday	19:30	10 mile cycle Time Trial	Great Missenden, H104	TT Series Race 3	Time Trial	E4	Free					
8 Jul	Thursday	19:30	Evening Duathlon	Minet Park, Hayes	Evening Duathlon Series Race 4 - 1m run - 10m bike - 2m run	Evening Duathlon	E18	E15	E80	E70	E20		
15 Jul	Thursday	19:30	10 mile cycle Time Trial	Great Missenden, H104	TT Series Race 4	Time Trial	E4	Free					
22 Jul	Thursday	19:30	10 mile cycle Time Trial	Great Missenden, H104	TT Series Race 5	Time Trial	E4	Free					
25 Jul	Sunday	07:45	GrassMan Novice Triathlon	Hillingdon Sports & Leisure Complex	For kids and adults. Indoor pool swim - bike and run on grass		E18	E15					E10
29 Jul	Thursday	19:00	Aquathlon Open Water	Merchant Taylor School	Aquathlon OW Race 3 - 750m OW swim & 5km run	Aquathlon	E18	E15	E55	E45	E20		
5 Aug	Thursday	19:30	10 mile cycle Time Trial	Great Missenden, H104	TT Series Race 6	Time Trial	E4	Free					
15 Aug	Sunday	07:30	25 mile cycle Time Trial (WLCC)	Great Missenden, H254	WLCC Time Trial 6	WLCC TT	E4	Free					
24 Aug	Tuesday	19:00	Aquathlon	Hillingdon Sports & Leisure Complex	Aquathlon Race 4 - 750m swim & 5km run. Lido pool	Aquathlon	E18	E15	E55	E45	E20		
2 Sep	Thursday	19:00	Evening Duathlon	Minet Park, Hayes	Evening Duathlon Series Race 5 - 2m run - 10m bike - 1m run	Evening Duathlon	E18	E15	E80	E70	E20		
5 Sep	Sunday	08:00	10 mile cycle Time Trial (WLCC)	Great Missenden, H104	WLCC Time Trial 7	WLCC TT	E4	Free					
9 Sep	Thursday	18:45	Evening Duathlon	Minet Park, Hayes	Evening Duathlon Series Race 6 - 1m run - 5m bike - 5m bike - 1m run Relay	Evening Duathlon	E4	E5	Free	E80	E70	E5	
3 Oct	Sunday	09:30	Hill Climb Time Trial (WLCC)	Windor Hill	WLCC Time Trial 8	WLCC TT	E4	Free					
14 Oct	Thursday	18:45	TrailQuest/Orienteering	The Old Orchard - Harpenden	TrailQuest/Orienteering event for walkers/runners/MTB	-	Individual E40 Team (of 2) E16				Individual E12 Team (of 2) E20		
14 Nov	Sunday	08:00	Autumn Duathlon	Minet Park, Hayes	Autumn Duathlon for kids and adults	-	E20	E20				E10	E8

print at your own risk - this is a live document and subject to change