

**THIS EVENT IS HOSTING A BRITISH CHAMPIONSHIP**

**BRITISH  
CHAMPIONSHIPS**



# **WANT TO BECOME A BRITISH CHAMPION?**

## **Make sure you're eligible here**

### **What are the British Championships?**

British Championships represent the top level of competition in Britain, giving athletes the best opportunity to race to their full potential and become a British champion.

### **There are 12 British Triathlon Championship disciplines:**

- ▶ **Aquabike**
- ▶ **Aquathlon**
- ▶ **Relay**
- ▶ **Sprint Distance Triathlon**
- ▶ **Standard Distance Triathlon**
- ▶ **Middle Distance Triathlon**
- ▶ **Long Distance Triathlon**
- ▶ **Cross Triathlon**
- ▶ **Sprint Distance Duathlon**
- ▶ **Standard Distance Duathlon**
- ▶ **Paraduathlon**
- ▶ **Paratriathlon**

Medals are awarded to the first three eligible competitors in each five-year age group within the female and open categories, with the exception of the Relay. To be eligible for a British Championship medal you must conform to the criteria in Section 24 of the British Triathlon Competition Rules:

**[www.britishtriathlon.org/competitionrules](http://www.britishtriathlon.org/competitionrules)**

You must hold a valid British Triathlon Home Nation membership with a race licence (Core or Ultimate membership) that is recognised by British Triathlon AND be a legal resident or citizen of the United Kingdom at the time of the event. This membership must be validated no later than 5pm, three working days before the Championship race.

You must also present your valid British Triathlon Home Nation membership at the event registration, failure to do so may result in you not being eligible to be awarded a British Championship medal.



**Scan the QR code  
for additional details  
or visit the website:  
[britishtriathlon.org/  
british-championships](http://britishtriathlon.org/british-championships)**

### **Relay**

\*1 Medals will be awarded to the first three eligible teams for Juniors, Seniors, Vet 40+ and Vet 50+