



EAST MIDLANDS ADULT COUNTY CHAMPIONSHIPS 2005

ADULTS RACE SERIES

New for 2005, the East Midlands Race Series will comprise of 6 races only – the 5 County Championships below, plus the Regional Championships. The best 4 race points will count towards the Series results (please note that the Series provides opportunity for healthy competition, but no prizes will be awarded for Series winners this year). In the first year of County Championships, there will be no Club or Duathlon Championship competitions in 2005.

COUNTY	DATE	EVENT	ORGANISER
Northamptonshire	17 th April	Duston Sprint Triathlon	Just Racing
Nottinghamshire	12 th June	Mansfield Sprint Triathlon	One Step Beyond
Leicestershire	26 th June	Terrapin Sprint Triathlon	Biddie Foord
Derbyshire	24 th July	Hathersage Hilly Triathlon	High Peak Tri Club
Lincolnshire	17 th July	Spalding Sprint Triathlon	By Design & S. Holland DC

East Midlands Regional Championships

East Midlands	27 th August	Clumber Park Classics	One Step Beyond
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Rules of County Championships:

- The 5 races listed above each have County Championship status.
- Cost of entering the County Championship is included within the normal race fee
- Participants must live in the same County as the Championship event they compete in.
- Participants may enter all Championship events, but scores will only be counted for their County to gain honors for representing the County at the Regional Champs.
- Top 3 male and female in each County will have guaranteed selection into the Regional Championship, to represent their County
- The first 2 male and female reserves from each County will receive notification to be placed on stand-by
- Trophies will be awarded to County Winners and top 3 Regional Winners (male and female)
- Membership of British Triathlon is only essential for participants who have progressed into the Regional Championship.