

AUTUMN/WINTER SERIES 2026



Series Qualification Requirements:

The goal is to accumulate as many points as possible. Qualification for the series requires an athlete to complete 5 events consisting of at least **1 multi events; 1 swim, 1 bike and 1 run**. **Additionally, the points from any other 1 event of the series will also count towards the series**. The highest scoring qualifying events will be used to calculate an athlete's series points. Multi-discipline events do not count towards individual-discipline event requirements.

Example Points Allocation

Athlete	Finish Position	Points
1	1	50
2	2	49
3	3	48
4	4	47

Qualifies for Points	5 Event	Completed
1	Swim	☐
1	Bike	☐
1	Run	☐
1	Your choice	☐
1	Multi	☐

Event Number	Date	Type	Location	Discipline	Completed
1	21/09/26-25/9/26	TRI WEEK: Tri Distance Run/Swim and Bike Tri Distance Run 21/9 Swim 22/9 Bike 25/9 (Must do all 3 events) Combined overall time for the multi.	Thornes Park, WF2 8TY/ Sun Lane Leisure Centre, WF1 1JD/ BKCAT, WF2 6AE	Multi	☐
2	1/10/26-1/11/26	Park Run Junior 2km Park Run: TS, T1, T2 and T3 Adult 5km Park Run Youth and Junior	Any Park Run	Run	☐
3	05/10/2026	Bleep Test Multi-stage fitness test	Thornes Park	Run	☐
4	16/10/26	Bike Hill Laps Age group races on the hill with varied numbers of laps depending on age	BKCAT, WF2 6AE	Bike	☐
5	20/10/2026	Swim Event TBC	Sun Lane Leisure Centre, WF1 1JD	Swim	☐
6	02/11/26-6/11/26	Sprint Tri Week 400m Run, 100m (50m TS) Swim, 1 lap Bike Must do all 3 events, combined overall time for the multi	Thornes Park, WF2 8TY/ Sun Lane Leisure Centre, WF1 1JD/ BKCAT, WF2 6AE	Multi	☐
7	15/11/2026	Pontefract Cyclocross External event need to pre-register	Pontefract Race-course WF8 4RD	Bike	☐
8	20/11/2026	RBRBR Run/Bike/Run/Bike/Run	BKCAT, WF2 6AE	Multi	☐
9	22/11/2026	Swim Gala Fun, Multi stroke event	Scissett Baths HD8 9HU	Swim	☐
10	4/12/26	Bike Skills Course Bikability, short course twists and runs, penalties will be given	BKCAT, WF2 6AE	Bike	☐
11	08/12/2026	Tri-distance Swim	Sun Lane Leisure Centre, WF1 1JD	Swim	☐
12	14/12/2026	Torch Mud Run Head Torches, mud and Christmas fancy dress	Thornes Park WF2 8TY	Run	☐

Age Categories		
Categories	Years old	Born in
TriStar	7-8	2018 -2019
TriStar 1	9-10	2016-2017
TriStar 2	11-12	2014-2015
TriStar 3	13-14	2013-2014
Youth	15-16	2010-2011
Juniors	17-19	2008-2009

Triathlon Distances		
Swim (Pool)	Cycle (Tarmac)	Run
50m	1.5km	600m
150m	4km	1.2 km
200m	6km	1.8km
300m	8km	2.4km
400m	10km	3km
400m	10km	3km