



2025 EVENTS

TIME TRIALS



Thursday 24th April 18:30

10 mile Cycle Time Trial Race 1

Minet Park Cycle Circuit

Thursday 29th May 19:30

10 mile Cycle Time Trial Race 2

Great Missenden

Thursday 19th Jun 19:30

10 mile Cycle Time Trial Race 3

Great Missenden

Thursday 4th Sep 18:15 / 18:30

10 mile Cycle Time Trial Race 4

Minet Park Cycle Circuit

WEST LONDON COMBINED

(Not included within the Super League)

Sunday 2nd Mar 08:30

10 mile Cycle Time Trial

Minet Park Cycle Circuit

Hosted by Hillingdon Triathletes

Sunday 16th Mar 14:00

10 mile Cycle Time Trial

Minet Park Cycle Circuit

Sunday 13th Apr 07:00

25 mile Cycle Time Trial

Great Missenden

Sunday 18th May 07:00

25 mile Cycle Time Trial

Great Missenden

Sunday 8th Jun 07:00

50 mile Cycle Time Trial

Great Missenden

Sunday 17th Aug 07:00

25 mile Cycle Time Trial

Great Missenden

Sunday 7th Sep 07:30

10 mile Cycle Time Trial

Knowl Hill

Sunday 5th Oct 09:00

Hill Climb – Wooburn Green

DUATHLONS



Sunday 23rd Mar 08.30

Spring Family Duathlon - Open to Public

Sprint: 3km run - 15k bike - 1.5k run

Various Distances for Juniors

Hillingdon Cycle Circuit, Hayes

HILLINGDON TRIATHLETES CLUB EVENTS

(open only to full club members, affiliate members and event only members)

Thursday 15th May 19:00

Evening Duathlon 1: 3km run - 15k bike - 1.5k run

Super Sprint: 3km run - 9k bike - 100m run

Hillingdon Cycle Circuit, Hayes

Thursday 3rd Jul 19:00

Evening Duathlon 2: 3km run - 15k bike - 1.5k run

Super Sprint: 3km run - 9k bike - 100m run

Hillingdon Cycle Circuit, Hayes

Thursday 31st Jul 19:00

Evening Duathlon 3: 3km run - 15k bike - 1.5k run

Super Sprint: 3km run - 9k bike - 100m run

Hillingdon Cycle Circuit, Hayes

Sunday 12th Oct 08:30

Morning Duathlon 4: 3km run - 15k bike - 1.5k run

Super Sprint: 3km run - 9k bike - 100m run

Hillingdon Cycle Circuit, Hayes

AQUATHLONS



Friday 23rd May 19:00

Splash & Dash: 200m swim & 40m walk/jog

Repeat for as long as you can within 60minutes
Hillingdon Sports & Leisure Complex (Lido/Pool)

Followed by a mini social event (sandwiches & a drink) at the Cricket Club

Thursday 12th Jun 19:15

Evening Aquathlon 1: 750m swim & 5km run

Super Sprint: 400m swim & 2.5km run

Hillingdon Sports & Leisure Complex (Lido/Pool)

Thursday 17th Jul 19:30

Evening Aquathlon 2: 750m swim & 4.6km run

Super Sprint: 400m swim & 2.3km run

Merchant Taylors School Lake (Open water)

Thursday 14th Aug 19:30

Evening Aquathlon 3: 750m swim & 5km run

Super Sprint: 400m swim & 2.5km run

Hillingdon Sports & Leisure Complex (Lido/Pool)

TRIATHLONS



Saturday 12th Jul Morning

Club Championship Triathlon & Aquabike

Hosted by Arctic One & Active Training World

Sprint Distance / Super Sprint / Aquabike

Dorney Lake

Saturday 30th Aug All Day

National Triathlon Club Relays

National Water Sport Arena, Nottingham

TRAIL RUNS



Tuesday 1st Apr Evening

Navigation Trail Run – Harefield

Tuesday 7th Oct Evening

Night Orienteering – Harefield

Times and dates may vary, please check the website for details:

hillingdontriathletes.co.uk

