

## TeamMK Triathlon

A very quiet year due to Covid-19 on all fronts training and racing. A few members did manage to compete in some local races once out of lockdown. There were plenty of virtual races going on to keep us all out of trouble.

We had to change our Club Champions league and Club Championship to a virtual event (<https://www.teammk.com/forum/d/1007-teammk-club-champions-league-relaunch>). If you competed in this don't forget to send race results to me at [tri-coach@teammk.org](mailto:tri-coach@teammk.org).

Swim training and youth running when not in lockdown has been going ahead. If you want to swim you need to use the online booking system (<https://resultsbase.net/event/5535>) and have returned your Covid-19 questionnaire.

Next year we hope we can all start training and racing together again. So why not let me know which races you are targeting and we can see if we can get a big TeamMK turn out, I am also looking at team events for us to enter, let me know if you have any ideas for which ones we could target.

I hope to run the Teammk Club Championship & Champions League in 2021 and once I know which races are running and people are entering will post criteria.

One race already in the calendar and open for entry is the Youth Duathlon at MK Bowl on Saturday 15<sup>th</sup> May 2021. Book via the BTF website: [https://www.britishtriathlon.org/events/team-mk-kids-duathlon-2021\\_12325](https://www.britishtriathlon.org/events/team-mk-kids-duathlon-2021_12325)

We will be relaunching the Tuesday night runs with a few twists and some great new ideas for training and racing. Watch this space for updates.