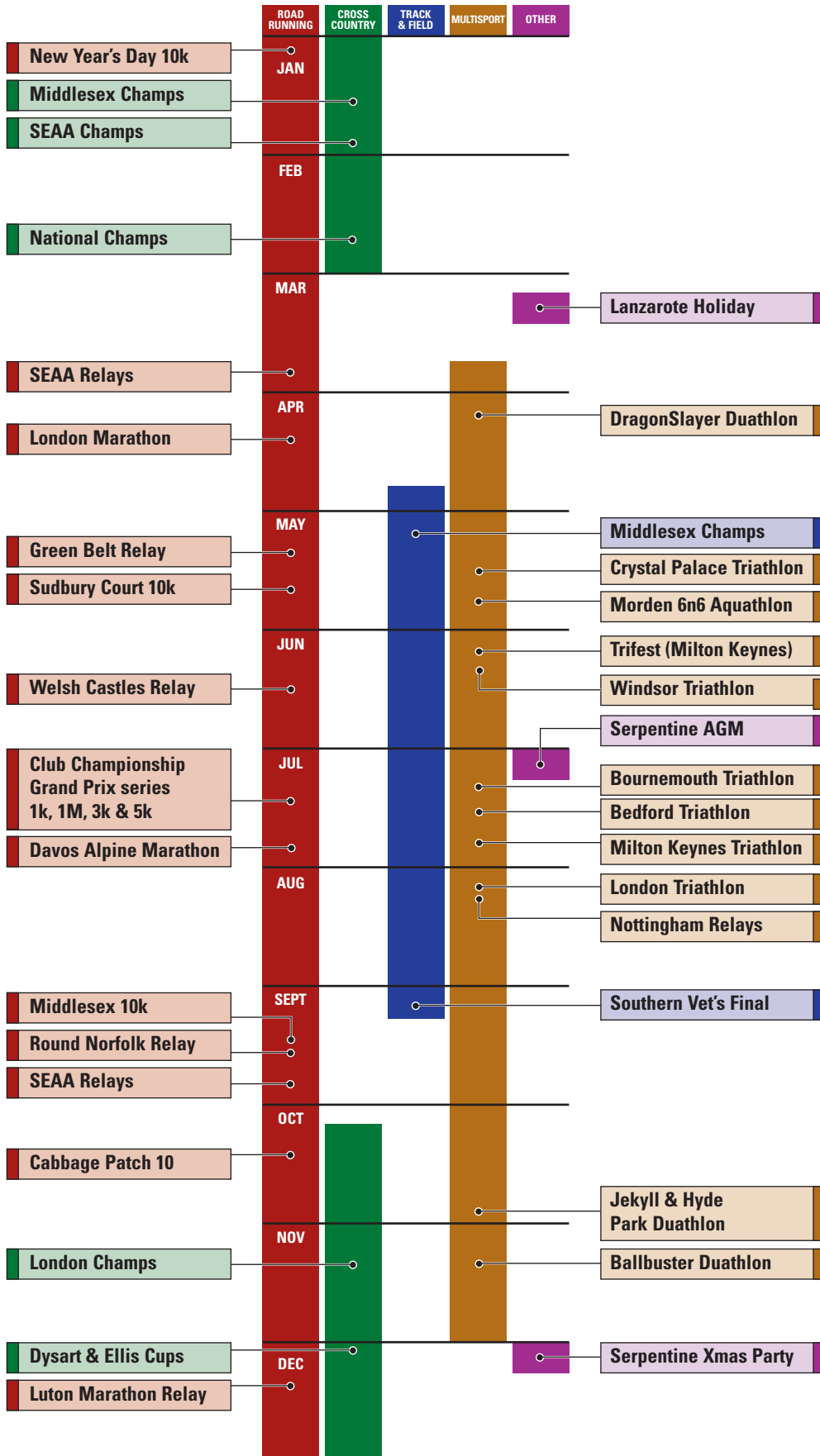


# SERPENTINE YEAR PLANNER

Plan your year with Serpentine using this quick reference guide which lists all the key events in the calendar. These are either races in which many other Serpies will be taking part, races which Serpentine will be sending teams to, or simply something else you shouldn't miss!



See the reverse to find out how to use the Serpentine website to plan your race year.

## League & Race Series

These happen every month or regularly during one part of the year.

### Last Friday of the Month 5k

Open 5k race in Hyde Park  
Every month

### Serpentine Handicap

In Hyde Park  
1st Saturday of every month

### Summer League 10k

Low key inter-club races  
Sundays, June to August

### Assembly League

5k inter-club races  
1st Thursday of summer months

### Thames Turbo Tri

Bank holiday Monday mornings  
April to August

### Triathlon London League

Annual inter-club multi-sport race series  
April to October

### Rosenheim T+F League

Wednesday evenings  
May to August

### Southern T+F Leagues

For both men and women  
Saturdays, April to August

### Southern Vet's League

Open to all vets  
Mondays, May to July

### Metropolitan League

The main X/C league  
Saturdays, October to February

### Sunday League

Low key X/C league  
October to February

### Club Championships

A series of road races from 1k to marathon, scheduled through the year to find the club champion at each distance and the overall age-graded champion.

### Club Triathlon Championships

Selected Sprint, Olympic, Middle-distance and Ironman races are chosen to find the club champion at each distance.

### Club Multi-sport Championships

The running and triathlon championship results, plus selected cross-country, duathlon and aquathlon races and other races are used to find the overall multi-sport club champion.

# Using the Serpentine website to plan your race year

There are four key tools on the Serpentine website [www.serpentine.org.uk](http://www.serpentine.org.uk) that will help you plan and record the races you want to do in the year ahead:

## 1. SerpieBase

## 2. Serpie Planner

## 3. My Events

## 4. Serpentine Results Database

### 1. SerpieBase

SerpieBase is the club membership database. Logging in to SerpieBase will allow you to view information only available to members, view or update your own personal profile, change your club mailing list preferences, view race results and use other tools on the website such as Serpie Planner and My Events.

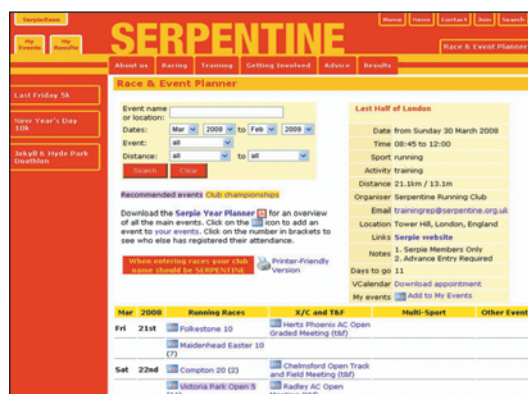
To log in to SerpieBase, click on the link in the top left corner of the website. From there, enter your first name, last name and password. If you do not yet have a password follow the directions for "I am a member of the club, but I have never had a password" on the same page.



### 2. Serpie Planner

Serpie Planner is an extensive list of races and events throughout the year. Recommended races are highlighted in pink and club championship races are highlighted in yellow. You can click on a race for more information eg where and when it will be held, a link to the race organiser's website or a previous race report.

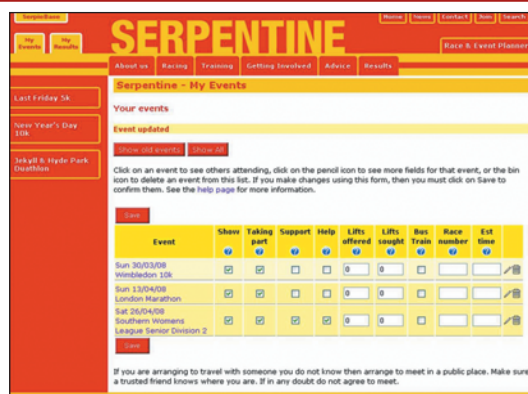
To access Serpie Planner, click on 'Race & Event Planner' in the top right corner of the website.



### 3. My Events

My Events allows you to maintain your own list of races and events you are planning on participating in. It also allows you and others to see who has signed up for which events. You can sign up as a participant, supporter (spectator) or helper for events – you can even provide information on how you are going to get there!

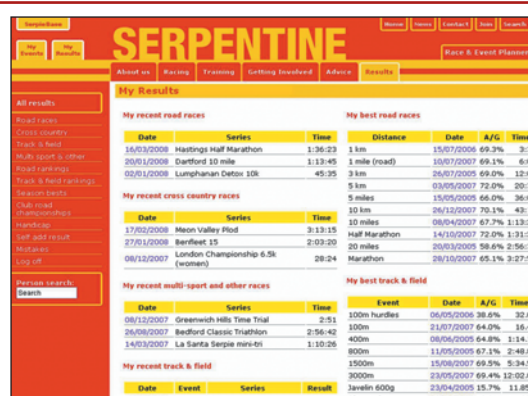
To use My Events, simply click on the link in the top left corner of the website or on the calendar icon next to the event listing in Serpie Planner and follow the instructions to save races to your list.



### 4. Results Database

Serpentine Results Database allows you to see your road running, cross country and other results at a glance in one place. It also shows your personal bests and best age-graded performances for each distance. If you've done a race and the results are not shown click on Add a Result in the left-hand menu.

To access Serpentine Results Database, click on the link in the top menu bar on the website, or on My Results in the top left corner.



**Happy race planning!**