

DATE	RACE	DISTANCE	LOCATION	WEBSITE/CONTACT
www.t3performance.co.uk				
Legend	Sportive			
	Duathlon			
	Run			
	Open Water Swim			
	Aquathlon			
	Sprint Triathlon			
	Olympic Triathlon			
	IM 70.3			
Ironman				
Non Standard Mult Sport				
06/02/11	Bookham 10km Corss Country	Run 10km	Bookham Surrey	http://www.dmvac.org.uk/
20/02/11	Kentish Killer	Sportive 75km & 116km	Brands Hatch Kent	www.kentishkiller.ning.com/
27/02/11	Hell of the Ashdown	Sportive FULL	FULL	FULL
05/03/11	Ballbuster Duathlon Spring	Dua 8m 24m 8m (RBR)	Boxhill, Surrey	www.humanrace.co.uk
06/03/11	Surrey Rumble	Sportive 91km/ 123km	Downside Cobham	www.surreyrumble.co.uk/index.html?var1=http://www.surreyrumble.co.uk/cont
27/03/11	Asics Kingston Running Festival	Run 8M, 16M & 26.2M (R)	Kingston, Surrey	www.humanrace.co.uk
17/04/11	New Forest Sportive Std and Long	Sportive 135k	New Forest	www.ukcyclingevents.co.uk/events/new-forest-spring-sportive/
17/04/11	The Chilterns LITTLE DIPPER & MINI DIPPER Sportive	Sportive 100km & 60km	Henley on Thames	http://www.f3events.co.uk/race_view.php?i=105
17/04/11	Princes Risboro Sunday Sportive	Sportive 133 km 112 km 79 km	Prince Risborough High Wycombe	www.southern sportive.com/
24/04/11	Ful-ON Tri Duathlon	Dua 5k/20k/5k	Kempton Park Racecourse	www.fulontri.com
25/04/11	Cotswold Spring Classic	Sportive 100k & 160k	Cirencester	www.cotswoldspringclassic.co.uk/
30/04/11	Lisboa Long Distance International	70.3 1.9k 90k 21k (SoBR)	Lisbon, Portugal	http://www.lisboatriathlon.com/
01/05/11	Ups and Downs Sportive (39/70/ 101 mile options)	Sportive 112k	Dorking Surrey	www.ukcyclingevents.co.uk/events/ups-downs-sportive/
02/05/11	Thames Turbo Race Series 2	Sprint 426m 21k 5k (SBR)	Hampton Pool, Middlesex	www.thamesturbo.co.uk
07/05/11	Open Water Aquathlon Series (Openwater Swim UK)	Aqthln 750m 5k (OSR)	Liquid Leisure Windsor	http://www.clubsonline.com.au/site/index.cfm?fuseaction=display_main&OrgID
07/05/11	Mallorca Triathlon	Oly 1.5k 38k 10k (SoBR)	Majorca	http://www.mallorca-triathlon.com/
07/05/11	Galeforce Events Swim Series	Swim 750m up to 5km	Bedfordshire	http://www.galeforce-events.com/enterrace.htm
08/05/11	Morden 6 by 6	Aqthln 600m 10k (SR)	Morden Park Pool, Surrey	www.kingfishertriathletes.co.uk
08/05/11	Morden 6 by 6	Aqthln 600m 10k (SR)	Morden Park Pool, Surrey	www.kingfishertriathletes.co.uk
08/05/11	Volcano Triathlon	Oly 1.5k 40k 10k (SoBR)	Club La Santa, Lanzarote	www.clublasanta.com
08/05/11	Fred Whitton Challenge Ride	Sportive 114M (B)	Lake District	www.fredwhittonchallenge.org.uk
08/05/11	Wild swim Series Erne Estuary	Swim 3 miles	South Dartmoor	http://www.endurancelife.com/event.asp?series=48&location=116
14/05/11	Ironman 70.3 Mallorca	70.3 2k 90k 20k (SoBR)	Alcudia, Mallorca, Spain	http://ironman.com/events/ironman70.3#axzz19zA9qJPD
14/05/11	Eton Super Sprints 1 Saturday	Sprint 400m 20k 5k (SoBR)	Dorney Lake, Eton	www.humanrace.co.uk
15/05/11	Eton Super Sprints 2 Sunday	Sprint 400m 20k 5k (SoBR)	Dorney Lake, Eton	www.humanrace.co.uk
18/05/11	F3 Mid Week Sprint Triathlon Race 1	Sprint 750m 23k 5k (SoBR)	Dorney Lake, Eton	www.f3events.co.uk
20/05/11	VO2 Max Sportive	Sportive 120km and 65km	Tonbridge Kent	http://www.thevo2sportive.co.uk/
21/05/11	Open Water Aquathlon Series (Openwater Swim UK)	Aqthln 750m 5k (OSR)	Liquid Leisure Windsor	http://www.clubsonline.com.au/site/index.cfm?fuseaction=display_main&OrgID
21/05/11	Ironman Lanzarote	IM 3.8k 180k 42k (SoBR)	Lanzarote	www.ironmanlanzarote.com
22/05/11	Ironman 70.3 Austria	70.3 2k 90k 20k (SoBR)	St. Pölten/Vienna	http://ironman.com/events
22/05/11	ITU Sprint Distance Qualifier (Beijing)	Sprint 750m 20k 5k (SoBR)	Dorney Lake, Eton	www.humanrace.co.uk
22/05/11	Crystal Palace Triathlon	Sprint 750m 20k 5k (SBR)	Crystal Palace, London	www.crystalpalace-tri.co.uk
28/05/11	Tour of Wessex Cycle Ride	Sportive 527 km) in 3 days	Sutton Montis, Nr Yeovil, Somerset	http://www.pendragon-sports.com
29/05/11	ITU Olympic Qualifier Beijing 2011 The Bridge Triathlon	Oly 1.5k 40k 10k (SoBR)	Dartford	www.bridgetriathlon.co.uk
29/05/11	Nat Sprint Champs & Qualifier for Beijing	Sprint 750m 20k 5k (SoBR)	Belvoir Castle, Leics	http://www.justracinguk.com
30/05/11	Thames Turbo Race Series 3	Sprint 426m 21k 5k (SBR)	Hampton Pool, Middlesex	www.thamesturbo.co.uk
01/06/11	Tooting Bec Lido Aquathlon 1	Aqthln 1000m 7.25k (SR)	Tooting Bec Lido	http://www.slsc.org.uk
01/06/11	Tooting Bec Lido Aquathlon 1	Aqthln 1000m 7.25k (SR)	Tooting Bec Lido	http://www.slsc.org.uk
04/06/11	Blenheim Triathlon	Sprint 750m 20k 5k (SoBR)	Blenheim Palace, Oxfordshire	www.theblenheimtriathlon.com
04/06/11	River Arun West Sussex	Swim 3.8km IM Swim	West Sussex	http://www.rawenerovpursuits.co.uk/events/swimming/ironman-swim-river-arun/
05/06/11	Ironman 70.3 Switzerland	70.3 2k 90k 20k (SoBR)	Rapperswil-Jona, Lake of Zurich	http://ironman.com/events/ironman70.3#axzz19zA9qJPD
05/06/11	Weymouth Middle Distance Traithlon	70.3 2k 90k 20k (SoBR)	Weymouth	www.conceptsport.co.uk
05/06/11	ITU Olympic Qualifier Beijing 2011 Shropshire	Oly 1.5k 40k 10k (SoBR)	Shropshire	
05/06/11	Dragon Ride	Sportive 100k & 150k (B)	Bridgend, South Wales	www.dragonride.co.uk
05/06/11	Chiltern 100	Sportive 171km 112k 78k	Great Missenden Bicks	http://www.chiltern-hundred.org.uk/
05/06/11	Blenheim Triathlon	Sprint 750m 20k 5k (SoBR)	Blenheim Palace, Oxfordshire	www.theblenheimtriathlon.com
05/06/11	Windsor River Swim	Swim 950m 1.9km 3.8km	Windsor	http://www.f3events.co.uk/race_view.php?i=133
07/06/11	ITU World Cup Age Group Race	Oly 1.5k 40k 10k (SoBR)	London	http://www.wcs.triathlon.org/age_group/
11/06/11	Wild swim Series Cornwall	Swim 4miler	Cornwall	http://www.endurancelife.com/event.asp?series=48&location=117
11/06/11	Great Swim Series - East	Swim 0.5m/ 1m / 2m	Alton Water Ipswich	http://www.greatswim.org
11/06/11	Great Swim Series - London	Swim 1m	Albert Dock Docklands	http://www.greatswim.org
12/06/11	Ironman 70.3 Italy	70.3 2k 90k 20k (SoBR)	Pescara, Italy	http://ironman.com/events/ironman70.3#axzz19zA9qJPD
12/06/11	Windsor Triathlon	Sprint Sprint: 750m 30k 5k	Windsor, Buckinghamshire	www.humanrace.co.uk
12/06/11	RNLI Long Swim Series 2011	Swim 3.8km	South Cerney Glos.	http://www.votwo.co.uk
15/06/11	Tooting Bec Lido Aquathlon 2	Aqthln 1000m 7.25k (SR)	Tooting Bec Lido	http://www.slsc.org.uk
15/06/11	Tooting Bec Lido Aquathlon 2	Aqthln 1000m 7.25k (SR)	Tooting Bec Lido	http://www.slsc.org.uk

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	Ironman			
	Non Standard Mult Sport			
15/06/11	F3 Mid Week Sprint Triathlon Race 2	Sprint	750m 23k 5k (SoBR)	Dorney Lake, Eton www.f3events.co.uk
18/06/11	ITU Olympic Qualifier Beijing 2011 Dambuster	Oly	1.5k 40k 10k (SoBR)	Rutland Water
18/06/11	Great Swim Series - Lake District	Swim	1m	Windermere http://www.greatswim.org
18/06/11	Galeforce Events Swim Series	Swim	750m up to 5km	Bedofrdshire http://www.galeforce-events.com/enterrace.htm
19/06/11	Ironman 70.3 U.K.	70.3	2k 90k 20k (SoBR)	Wimbledon UK http://ironman.com/events/ironman70.3#axzz19zA9qJPD
22/06/11	Evening Sprint-Race 1	Sprint	750m 20k 5k (SoBR)	Dorney Lake, Eton www.humanrace.co.uk
23/06/11	Thames Turbo Aquathlon	Aqthln	5k 426m/7.5k 852m (RS)	Hampton Pool, Middlesex www.thamesturbo.co.uk
23/06/11	Thames Turbo Aquathlon	Aqthln	5k 426m/7.5k 852m (RS)	Hampton Pool, Middlesex www.thamesturbo.co.uk
25/06/11	Open Water Aquathlon Series (Openwater Swim UK)	Aqthln	750m 5k (OSR)	Liquid Leisure Windsor http://www.clubsonline.com.au/site/index.cfm?fuseaction=display_main&OrgID
26/06/11	Ironman France	IM	3.8k 180k 42k (SoBR)	Nice, France www.ironmanfrance.com
26/06/11	Henley Swim (0430am start!)	Swim	2.1km	Henley on Thames http://www.henleyswim.com/default.asp
27/06/11	Seahorse Swim Swanage Dorset	Swim	3.8km	Dorset
29/06/11	Tooting Bec Lido Aquathlon 3	Aqthln	1000m 7.25k (SR)	Tooting Bec Lido http://www.slsc.org.uk
29/06/11	Tooting Bec Lido Aquathlon 3	Aqthln	1000m 7.25k (SR)	Tooting Bec Lido http://www.slsc.org.uk
02/07/11	La Marmotte	Sportive	174k (B)	Bourg d'Oisans to Marmotte www.sportcommunication.com
02/07/11	Eton Women Only events	Sprint	Various	Dorney Lake, Eton www.humanrace.co.uk
03/07/11	Middle Distance Triathlon UK Champs COWMAN	70.3	2k 90k 20k (SoBR)	Milton Keynes www.big-cow.com
03/07/11	Ironman Austria	IM	3.8k 180k 42k (SoBR)	Klagenfurt, Austria www.ironmanaustria.com
03/07/11	Bournemouth	Oly	1.5k 40k 10k (SoBR)	Bournemouth www.conceptsport.co.uk
03/07/11	Bedford Classic	Oly	1.5k 40k 10k (SoBR)	Bedford http://www.galeforce-events.com/enterrace.htm
03/07/11	Steelman Triathlon - Olympic & Longer	Oly	1.5k 40k 10k (SoBR)	Dorney Lake, Eton www.humanrace.co.uk
06/07/11	Evening Sprint-Race 2	Sprint	750m 20k 5k (SoBR)	Dorney Lake, Eton www.humanrace.co.uk
09/07/11	Paris Triathlon	Oly	1.5k 40k 10k (SoBR)	Paris http://www.triathlondeparis.fr
09/07/11	Upton Tri	Oly	1.5k 40k 10k (SoBR)	Upton www.uptontriathlon.com
09/07/11	Bananaman & Triathlon London Team Time Trial (TBC)	Sprint	800m 30k 7.5k (SoBR)	Dorney Lake, Eton www.humanrace.co.uk
10/07/11	Gatorade Big Half Triathlon	70.3	2k 90k 20k (SoBR)	Trentham Gardens, Staffordshire www.trentham-triathlon.co.uk
10/07/11	Ironman Switzerland	IM	3.8k 180k 42k (SoBR)	Zurich, Switzerland www.ironman.ch
10/07/11	Worthing Triathlon	Oly	1.5k 40k 10k (SoBR)	Worthing www.rawenergypursuits.co.uk
10/07/11	Gatorade Standard Triathlon	Oly	1.5k 40k 10k (SoBR)	Trentham Gardens, Staffordshire www.trentham-triathlon.co.uk
11/07/11	Ulswater Open Water Swim	Swim	500m, a mile and 3.8km	Cumbria http://www.outdoorswimmingsociety.com/index.php?p=events&s=&iid=62#May_2011
13/07/11	Tooting Bec Lido Aquathlon 4	Aqthln	1000m 7.25k (SR)	Tooting Bec Lido http://www.slsc.org.uk
13/07/11	Tooting Bec Lido Aquathlon 4	Aqthln	1000m 7.25k (SR)	Tooting Bec Lido http://www.slsc.org.uk
13/07/11	F3 Mid Week Sprint Triathlon Race 3	Sprint	750m 23k 5k (SoBR)	Dorney Lake, Eton www.f3events.co.uk
16/07/11	Great Marlow River Swim	Swim	750 metres, 1.5km 3k	Marlow http://www.f3events.co.uk/race_view.php?i=138
17/07/11	Marlow Olympic Distance Triathlon	Oly	1.5k 40k 10k (SoBR)	Marlow http://www.f3events.co.uk
17/07/11	L'étape du tour	Sportive	206km	France www.letapedutour.com
17/07/11	Wild Swim Series Dart Estuary	Swim	5 Miles	River Dart Devon http://www.endurancelife.com/event.asp?series=48&location=118
17/07/11	Bournemouth Pier to Pier Swim	Swim	1.4miles	Bournemouth http://www.bhf.org.uk/get-involved/events/view-event.aspx?ps=1001036
17/07/11	RNLI Long Swim Series 2011 (Date TBC)	Swim	3.8km	Box End Beds http://www.votwo.co.uk
23/07/11	Open Water Aquathlon Series (Openwater Swim UK)	Aqthln	750m 5k (OSR)	Liquid Leisure Windsor http://www.clubsonline.com.au/site/index.cfm?fuseaction=display_main&OrgID
24/07/11	Ironman 70.3 Antwerp	70.3	2k 90k 20k (SoBR)	Antwerp, Belgium http://ironman.com/events/ironman70.3#axzz19zA9qJPD
24/07/11	Ironman Germany	IM	3.8k 180k 42k (SoBR)	FrankfurtRheinMain, Germany www.ironman.de
24/07/11	USN Dorney Lake Triathlon	Oly	1.5k 40k 10k (SoBR)	Dorney www.votwo.co.uk
24/07/11	Brownsea Island Swim	Swim	5km	Dorset http://www.edowsc.org/ed/
27/07/11	Evening Sprint-Race 3	Sprint	750m 20k 5k (SoBR)	Dorney Lake, Eton www.humanrace.co.uk
28/07/11	EDF Alpe D'Huez Triathlon	Tri	Long & Shorter avail	Alpe D'Huez France http://www.alpe-triathlon.com/2011
30/07/11	London Triathlon	Oly	1.5k 40k 10k (SoBR)	London
31/07/11	Ironman UK	IM	3.8k 180k 42k (SoBR)	Bolton www.ironmanuk.com
31/07/11	British Triathlon Standard Distance Champs	Oly	1.5k 40k 10k (SoBR)	Milton Keynes www.big-cow.com
06/08/11	ITU World Cup Age Group Race	Oly	1.5k 40k 10k (SoBR)	London http://www.wcs.triathlon.org/age_group/
06/08/11	Galeforce Events Swim Series	Swim	750m up to 5km	Bedofrdshire http://www.galeforce-events.com/enterrace.htm
07/08/11	South Coast VO2 3.8km Open Water Swim	Swim	3.8km	Bournemouth
10/08/11	Evening Sprint-Race 4	Sprint	750m 20k 5k (SoBR)	Dorney Lake, Eton www.humanrace.co.uk
14/08/11	Ironman 70.3 European Championship Wiesbaden	70.3	2k 90k 20k (SoBR)	Wiesbaden/Rheingau-Taunus-Kreis, Germany http://ironman.com/events/ironman70.3#axzz19zA9qJPD
14/08/11	Swanage Classic	Oly	1.5k 40k 10k (SoBR)	Swanage, Dorset www.conceptsport.co.uk
14/08/11	RNLI Long Swim Series 2011	Swim	3.8km (Sea)	Bournemouth http://www.votwo.co.uk

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	Olympic Triathlon				
IM 70.3					
Ironman					
Non Standard Mult Sport					
15/08/11	South Coast Classic & Sprint	Sprint	Sprint	Seaford, Near Brighton	www.southcoast-triathlon.co.uk
17/08/11	F3 Mid Week Sprint Triathlon Race 4	Sprint	750m 23k 5k (SoBR)	Dorney Lake, Eton	www.f3events.co.uk
20/08/11	The Annual F3 Events Classic Olympic Triathlon	Oly	1.5k 40k 10k (SoBR)	Dorney	http://www.f3events.co.uk/race_view.php?i=98
20/08/11	The Big South Swim	Swim	950m, 1.9km & 3.8km	Dorney Lake	http://www.f3events.co.uk/race_view.php?i=100
24/08/11	Evening Sprint-Race 5	Sprint	750m 20k 5k (SoBR)	Dorney Lake, Eton	www.humanrace.co.uk
27/08/11	Open Water Aquathlon Series (Openwater Swim UK)	Aqthln	750m 5k (OSR)	Liquid Leisure Windsor	http://www.clubsonline.com.au/site/index.cfm?fuseaction=display_main&OrgID
27/08/11	National Sprint & Team Triathlon Champs	Sprint	Various	Holme Pierrepont, Nottingham	www.pacesetterevents.com
27/08/11	Galeforce Events Swim Series	Swim	750m up to 5km	Bedofrdshire	http://www.galeforce-events.com/enterrace.htm
28/08/11	Ironman Canada	IM	3.8k 180k 42k (SoBR)	Penticton, British Columbia, Canada	www.ironman.ca
29/08/11	Thames Turbo Race Series 4	Sprint	426m 21k 5k (SBR)	Hampton Pool, Middlesex	www.thamesturbo.co.uk
03/09/11	Vitruvian Half Ironman	70.3	1.9k 84k 21k (SoBR)	Rutland Water, Leicestershire	www.pacesetterevents.com
03/09/11	Henley On Thames River Thames Swim	Swim	750 metres, 1.5km	Henley on Thames	http://www.f3events.co.uk/race_view.php?i=75
04/09/11	Ironman 70.3 Ireland	70.3	2k 90k 20k (SoBR)	Galway, Ireland	http://ironman.com/events/ironman70.3#axzz19zA9qJPD
04/09/11	Henley on Thames River Triathlon	Oly	1.5k 40k 10k (SoBR)	Henley	
04/09/11	Burgh Island Swim	Swim	1 mile	Dorset	
10/09/11	Open Water Aquathlon Series (Openwater Swim UK)	Aqthln	750m 5k (OSR)	Liquid Leisure Windsor	http://www.clubsonline.com.au/site/index.cfm?fuseaction=display_main&OrgID
11/09/11	London Duathlon	Dua	10k 20k 5k (RBR)	Richmond Park, London	www.thelondonduathlon.com
11/09/11	Ironman Wales	IM	3.8k 180k 42k (SoBR)	Lake Placid, NY, USA	www.ironmanusa.com
11/09/11	Bala Standard Tri	Oly	1.5k 40k 10k (SoBR)	Penllyn Leisure Centre, Bala	www.wrecsamtri.org.uk
11/09/11	ITU Triathlon World Championships Beijing	Oly	1.5k 40k 10k (SoBR)	Beijing	
11/09/11	BustinSkin Weymouth Classic Triathlon	Oly	1.5k 40k 10k (SoBR)	Weymouth	
12/09/11	Perranporth Surf Challenge Triathlon	Oly	1.5k 40k 10k (SoBR)	Perranporth, Cornwall	http://www.perranporthslsc.org.uk
18/09/2011	Ironman 70.3 Syracuse	70.3	2k 90k 20k (SoBR)	Syracuse, New York, USA	www.ironman.com
24/09/11	Legs of Steel	Sportive	CycloSportive	Surrey Hills	http://www.fulontri.com
25/09/11	Ironman 70.3 Pays d'Aix France	70.3	2k 90k 20k (SoBR)	Provence, France	http://ironman.com/events/ironman70.3#axzz19zA9qJPD
25/09/11	USN Dorney Lake Triathlon	Oly	1.5k 40k 10k (SoBR)	Dorney	www.votwo.co.uk
25/09/11	Hever Castle Olympic Tri	Oly	1.5k 40k 10k (SoBR)	Hever Kent	
25/09/11	RNLI Long Swim Series 2011	Swim	3.8km	Dorney Lake	http://www.votwo.co.uk
02/10/11	Autumn Epic CycloSportive	Sportive	155k	Brecon Wales	http://www.cycloSportives.co.uk/epicHome.htm
02/10/11	New Forest Sportive (44 66 100 mile options)	Sportive	105km	New Forest	http://www.ukcyclingevents.co.uk/events/new-forest-100-sportive/
04/10/11	Rowers Revenge	Tri	4k 25k 7.5k (Row BR)	Marlow, Buckinghamshire	www.rowersrevenge.co.uk
30/10/11	Jekyll & Hyde Park Duathlon	Dua	7.5k 18.2k 4k (RBR)	Hyde Park, London	www.serpentine.org.uk/events/duathlon
05/11/11	Ironman Florida	IM	3.8k 180k 42k (SoBR)	Panama Beach, FL, USA	www.ironmanflorida.com
31/12/11	DATE TO BE CONFIRMED - Hampton Court Swim	Swm	3.65km	Hampton Court	http://www.humanrace.co.uk/events/open-water-swimming/thames-swim-2011
TBC	The Lost Sheep Half Ironman	70.3	1.9k 90k 21k (SoBR)	Kenmare, Co Kerry, Ireland	www.corktri.com