

## Multi- Sport Race Dates 2010

Race Name	Race Type	Registration	Race	Swim	Swim type
Winchester Fast Twitch Triathlon	Triathlon		Sun 18 April	400m	Pool
New Forest Triathlon	Triathlon		Sun 2 May	1100m	Lake
Salisbury Fast Twitch Triathlon	Triathlon	Morning start	Sun 16 May	400m	Pool
Fareham	Triathlon	Afternoon start	Sun 16 may	400m	Pool
Ineos Swashbuckler at Beaulieu	Triathlon (Middle D)	Sat 22 May	Sun 23 May	1900m	River
Weymouth Middle Distance Triathlon	Middle Distance	Sat 5 June	Sun 6 June	1900m	Sea
Weymouth Sprint Triathlon	Sprint Distance	Sat 5 June	Sun 6 June	750m	Sea
Milton Keynes (UK Sprint Championships)	Sprint		Sun 6 june	750m	Lake
Ineos Beaulieu Sprint	Triathlon		Sun 6 June	750m	River
Blenheim Sprints / Supersprints	Triathlon	Sat 5 June	Sun 6 June		Lake
Windsor Olympic	Triathlon	Sat 12 June	Sun 13 June	1500m	River
Bala, N Wales (UK Middle Distance Championships)	Triathlon	Sat 12 June	Sun 13 June	2000	Lake
Bournemouth Beach Aquathlon	Aquathlon		Wed 23 June		Sea
Forestman (Iron distance)	Triathlon	Sat 26 June	Sun 27 June	4000m	Lake
Marlborough Fast Twitch Triathlon	Triathlon		Sun 27 June	400m	Pool
Bournemouth Beach Aquathlon	Aquathlon		Wed 23 June		Sea
Bournemouth International Triathlon	Olympic Triathlon	Sat 3 July	Sun 4 July	1500m	Sea
Bournemouth International Triathlon	Sprint Distance	Sat 3 July	Sun 4 July	750m	Sea
Chichester "Tri a Tri" Triathlon	Triathlon	SGRAC SPRINT CHAMPS	Sun 18 July	400m	Pool
Chichester Triathlon	Triathlon	SGRAC OLYMPIC CHAMPS	Sun 18 July	600m	Pool
Bournemouth Beach Aquathlon	Aquathlon		Wed 21 July		Sea
Tidworth Fast Twitch Triathlon	Triathlon		Sun 25 July	400m	Pool

Ironman UK; Bolton	Triathlon	Sat 31 July	Sun 1 August	3800m	Lake
London: supersprint/sprint/olympic	Triathlon	Sat 7 August	Sun 8 August		Dock
Swanage Olympic Triathlon	Olympic Triathlon	Sat 7 Aug	Sun 8 Aug	1500m	Sea
Swanage Sprint Triathlon	Sprint Distance	Sat 7 Aug	Sun 8 Aug	750m	Sea
Bedford (UK Olympic Distance Championships)	Olympic Triathlon	Sat 14 Aug	Sun 15 Aug	1500	River
Southampton Fast Twitch Triathlon	Triathlon		Sun 22 Aug	400m	Pool
Holme Pierrepont (National Club Relay Championships)	Sprint	Sat 21 Aug	Sun 22 Aug		Lake
Littledown Fast Twitch Triathlon	Triathlon		Sun 5 Sept	400m	Pool
New Forest Middle Distance	Triathlon	SGRAC MIDDLE DISTANCE CHAMPS Sat 18 Sept	Sun 19 Sept	1900m	Lake
West Wight (IOW tri)	Triathlon		Sun 19 Sept	600m	Pool
Thruxton Mass Attack Duathlon	Duathlon		Sun 17 Oct	5 K	

Concept sports events in blue, **Racenewforest events in red**

Other events in black