

2010 Local Race Calander

Race Type	Date	Link	Distances	Location
Aquathlon	11-Apr-10	<a href="#">Hockley</a>	400m/5km	East Essex Tri,Hockley
Duathlon	18-Apr-10	<a href="#">Dragonslayer</a>	7.5km/40km/5km	East London Tri, Redbrige Cycle Centre, Hainault
Duathlon	02-May-10	<a href="#">Cambridge</a>	7km/40km/7km	Cambridge Triathlon Club,Bottisham Village College
Sprint Triathlon	09-May-10	<a href="#">Waveney Valley</a>	400m/20km/3.2km	Tri Anglia,Bungay, Norfolk
Sprint Triathlon	09-May-10	<a href="#">Hatch End</a>	400m/17km/3.5km	Jetstream Tri,Harrow, Middx
Sprint Triathlon	16-May-10	<a href="#">Basildon</a>	400m/10km/4km	Born 2 Tri,Basildon, Essex
Sprint Triathlon	16-May-10	<a href="#">Newmarket Triathlon</a>	200m/22km/4km	Newmarket Triathlon Club,Newmarket Leisure Centre,Suffolk
Standard Distance Triathlon	16-May-10	<a href="#">Merchant Taylor</a>	1500m/40km/10km	Triathlon Zone,Merchant Taylors' School
Sprint Triathlon	23-May-10	<a href="#">Crystal Palace</a>	750m/20km/5km	Chrystal Palace Tri,Crystal Palace National Sports Centre
Sprint Triathlon	29-May-10	<a href="#">Fritton Lake</a>	400m/20km/5km	Fritton Lake,Fritton Lake, Great Yarmouth
Standard Distance Triathlon	30-May-10	<a href="#">Fritton lake</a>	1500m/40km/10km	Fritton Lake,Fritton Lake, Great Yarmouth
<b>Duathlon</b>	<b>06-Jun-10</b>	<b><a href="#">Benfleet Duathlon</a></b>	<b>3 Mile / 15 Mile / 2 Mile</b>	<b>See Website or Mike For Details</b>
Sprint Triathlon	06-Jun-10	<a href="#">Braintree</a>	400m/20km/5km	Born 2 Tri,Halstead, Essex
Sprint Triathlon	13-Jun-10	<a href="#">Bedford Trakors Tri</a>	400m/24km/5km	Galeforce Events,Robinson Pool, Bedford
Sprint Triathlon	20-Jun-10	<a href="#">Safron Walden</a>	750m/25km/5km	Waldren Tri,Saffron Walden, Essex
Sprint Triathlon	26-Jun-10	<a href="#">Harwich</a>	300m/24.2km/5km	Harwich Tri,Harwich, Essex
Sprint Triathlon	27-Jun-10	<a href="#">Lakeside Triathlon</a>	750m/20km/5km	One Step Beyond, Lakeside shopping centre Thurrock
Standard Distance Triathlon	27-Jun-10	<a href="#">Harwich</a>	1500m/40km/10km	Harwich Tri,Harwich, Essex
Sprint Triathlon	04-Jul-10	<a href="#">Southend Pier Triathlon</a>	400m/20km/5km	Southend Hospital Charity, Southend
Standard Distance Triathlon	04-Jul-10	<a href="#">Norwich</a>	1500M/39km/10km	Tri Anglia,Norwich
Sprint Triathlon	18-Jul-10	<a href="#">Grays</a>	400m/20km/5km	East Essex Tri,Grays, Essex
Sprint Triathlon	25-Jul-10	<a href="#">Culford</a>	300m/21km/4.5km	Ipswich Tri,Culford School, Suffolk
Aquathlon	TBA	<a href="#">Havering 90</a>	400m/5km	Upminster, Essex
Standard Distance Triathlon	08-Aug-10	<a href="#">London</a>	1500m/40km/10km	London Triathlon,Docklands, London
Standard Distance Triathlon	15-Aug-10	<a href="#">Cambridge</a>	1500m/40km/10km	Cambridge Tri,Cambridge
Sprint Triathlon	30-Aug-10	<a href="#">Thames Turbo</a>	246m/21km/5km	Thames Turbo Tri,Hampton, Middlesex
Aquathlon	TBA	<a href="#">E.Anglia</a>	400m/2.8km	Tri Anglia,Norwich
Duathlon	12-Sep-10	<a href="#">Newmarket</a>	5km/23km/5km	Newmarket Cycling Triathlon,Mildenhall, Suffolk
Duathlon	26-Sep-10	<a href="#">Ipswich</a>	5km/23km/5km	Ipswich Tri,Alton Water Leisure Park
Sprint Triathlon	12-Sep-10	<a href="#">Blackwater</a>	400m/21km/6km	Blackwater Tri,Maldon, Essex
Sprint Triathlon	19-Sep-10	<a href="#">Sevenoaks</a>	400m/27km/8km	Seven Oaks Tri,Sevenoaks, Kent
Standard Distance Triathlon	26-Sep-10	<a href="#">Clacton</a>	1500m/40km/10km	Clacton Tri,Clacton-on-Sea, Essex
Hever Castle - Anne Boleyn	26-Sep-10	<a href="#">Hever Castle</a>	400m ow/20km/8km	Hever Castle - Anne Boleyn
Hever Castle - Henry 8th	27-Sep-10	<a href="#">Hever Castle</a>	800m ow/40km/8km	Hever Castle - Henry 8th
Duathlon	18-Oct-10	<a href="#">Chelmsford Duathlon</a>	4km/13km/2.5km	GP Triathlon, Hylands Park,Chelmsford