




*This is where
your 2011 starts*

 **maxifuel** Winter Duathlon & Run Series

Eton, Near Windsor, Dorney Lake

- January 23rd Sprint Distance **Duathlon** 5km/20km/5km
- January 23rd Super Sprint **Duathlon** 2.5km/12km/2.5km
- January 23rd 5km & 10km Fast Flat Fun **Runs**
- February 27th Sprint Distance **Duathlon** 5km/20km/5km
- February 27th Super Sprint **Duathlon** 2.5km/12km/2.5km
- February 27th 5km & 10km Fast Flat Fun **Runs**
- March 19th Pre London - **Half Marathon** - The flatest & fastest
- March 20th Sprint Distance **Duathlon** 5km/20km/5km
- March 20th Super Sprint **Duathlon** 2.5km/12km/2.5km
- March 20th 5km & 10km Fast Flat Fun **Runs**
- April 10th Sprint Distance **Duathlon** 5km/20km/5km
- April 10th Super Sprint **Duathlon** 2.5km/12km/2.5km
- April 10th 5km & 10km Fast Flat Fun **Runs**

Cycle Sportives

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|------------|--------------------------------|-----------------------|-----------------|
| April 17th | Chilterns BIG Dipper 100 mile | Cycle Sportive | Henley |
| April 17th | Chilterns Little Dipper 100 km | Cycle Sportive | Henley |
| April 17th | Chilterns Mini Dipper 60km | Cycle Sportive | Henley |
| April 10th | ProVO2 180km | Cycle Sportive | Dorney, Windsor |
| April 10th | ProVO2 90km | Cycle Sportive | Dorney, Windsor |
| April 10th | ProVO2 60km | Cycle Sportive | Dorney, Windsor |

Triathlons

- May - August **Triathletes** World 4th Annual Mid Week **Tri** Series
- May 29th Shiplake College (Near Henley) Sprint & Tri a tri **Triathlon**
- July 17th The Marlow River Olympic & Sprint **Triathlon**
- September 4th Henley On Thames Olympic & Sprint **Triathlon** Shiplake

Open Water Swimming

- June 5th Royal Windsor River **Swim** 950m, 1.9km, 3.8km
- July 16th BIG Marlow River **Swim** 750m, 1.5km, 3.0km
- August 20th BIG SOUTH **Swim** 950m, 1.9km, 3.8km, 5km
- September 3rd Henley - Shiplake River **Swim** 750m, 1.5km, 3.0km

www.f3events.co.uk