

**TRI-FORCE RACE SERIES 2011**

Week Begin	SPRINT TRIATHLONS	OLYMPIC	HALF IM	WINTERRACE SERIES	AQUATHON	DUATHLON SERIES
03-Jan						
10-Jan				Wadenhoe Quadmire 16th Jan		
17-Jan						
24-Jan						
31-Jan				Watford 1/2 6th Feb		
07-Feb						
14-Feb						
21-Feb						
28-Feb						
07-Mar				Adventure X 12th March		
14-Mar						
21-Mar						
28-Mar						
04-Apr						
11-Apr						Duathlon 1 of 6
18-Apr						
25-Apr	"Where" Tri 1st May					
02-May	HSV Tri 8th May					
09-May						Duathlon 2 of 6
16-May						
23-May						
30-May	MK Sprint 1 5th June					
06-Jun						Duathlon 3 of 6
13-Jun		Dambuster 18th June Oly BC, ITU, ETU				
20-Jun					Aquathon 22nd June	
27-Jun			Big Cow Cowman 3 July BC			
04-Jul						Duathlon 4 of 6
11-Jul						
18-Jul						
25-Jul						
01-Aug						Duathlon 5 of 6
08-Aug		Cambridge Date TBC				
15-Aug						
22-Aug						
29-Aug	Thames Turbo Sprint Race 4 29th Aug					Duathlon 6 of 6
05-Sep	HSV Tri 11th Sept					
12-Sep	Club Champs 18th Sept					
19-Sep			New Forest Middle Distance 25th Sept			
26-Sep						

**Notes**

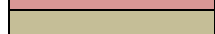
Novice series open to 1<sup>st</sup> or 2<sup>nd</sup> year athletes, or athletes doing only sprint races – 3 best results to count  
 Club Series open to all – 3 best results and only one sprint to count.  
 50 points for winning TF member, 49 points for second etc...  
 50 bonus points for anyone completing a full Ironman (this to be 1 of the 3 results)  
 10 bonus points for anyone taking part in Club Relays or Eastern Region  
 10 bonus points for marshalling at either of the HSV Tris or the Aquathlon  
**PRIZES – NOVICE SERIES, CLUB SERIES, DUATHLON**

ETU = European qualifiers

ITU = world qualifiers

BC = British Championship

 = race series

 = marshalls required