

2012 : A selection of Duathlons and Triathlons

Date	Location / event	Swim I(ndoor) or O(utdoor)	Bike	Run	Organiser
11 Feb	Althorp (Northampton) duathlon	10k (run) OR 5k (run)	40k 20k	5k 5k	Onyour marks events
10 MArch	Rutland water: dambuster duathlon (run,bike,run)	10k (run)	42k	5k	Pacesetter Events
22 April	Duston (Northampton)	400m p	20k	5k	Just Racing
13 May	Grendon (Northampton)	750m o	20k	5k	Just Racing
20 May	St Neots	750m o	20k	5k	Nice Tri
26 -27 May	Belvoir Castle	1900 o OR 750 o OR 1500 o	74k 20k 40k	Half mthn 5k 10k	Just racing
27 May	Emberton (Milton Keynes)	750m o	20k	5k	Big Cow
3 June	Hinchinbrooke aquathon (ie no bike)	200m i		2.5k	TriBRJ
10 June	Corby	350m i Or 750m i	16k 28k	3.2k 4.8k	Just Racing
16 June	Rutland water ("dambuster")	1500m o	42k	10k	Pacesetter
17 June	St Neots	750m o	20k	5k	Nice Tri
24 June	Northampton	1500m o Or 750m	40k 20k	10k 5k	Just Racing
8 July	Emberton (Milton Keynes)	750m o	20k	5k	Big Cow
15 July	Thame (Northampton)	400m p	20k	5k	Just Racing
15 July	Birmingham	Various o	various	various	Unsure
22 July	Kimbolton	400m p	20k	5k	Just Racing
22 July	Grafham: aquathon (ie no bike)	3800m o OR 3000 m o OR 1500m o OR 750m o		9mile 10k 5k 3k	
12 Aug	Grafham Water	1900m o OR 1500m	78k 42k	20k 10k	Nice Tri
19 Aug	Emberton (Milton Keynes)	1900m o	40k	10k	Big Cow
2 Sept	St Neots	750m o	20k	5k	Nice Tri
9 Sept	Emberton (Milton Keynes)	750m o	20k	5k	Big Cow
30 Sept	Roade (Northampton)	414k i OR 201k i	20k 10k	4.5k 2k	Just Racing

Also PACTRAC summer series on Wednesday nights in Oundle June, July, August