

Rock Estate Runners & Riders

2012 Events list

February:

26th Fritton Lake off road duathlon, 3k run, 10k bike, 3k run

March:

18th Fritton Lake X country $\frac{1}{2}$ marathon,

April:

1st Diss Duathlon, 5k run, 30k bike, 5k run.

22nd East Coast Tri, 250m / 16k / 3k

29th Somerleyton Hall 5k run

May:

10th Fritton Lake Aquathlon, round 1.

13th Waveney 1 Tri, 400m / 20k / 3k

20th St Felix Junior Tri.

27th Broadside Big Swim, Southwold, 1 mile open water.

31st Fritton Aquathlon, Round 2.

June:

9th North Norfolk Junior Tri.

16th Fritton Sprint and Super sprint Tri.

17th Fritton Olympic Tri.

28th Fritton Aquathlon, Round 3.

July:

1st Norwich Sprint and Olympic Triathlon,

1st Rob Mclean, Cambridge Youth Tri

8th Norwich River Swim,

8th Gosfield Lake, Olympic distance Tri

15th North Walsham Victory Triathlon, 300m/20k/3k

26th Fritton Aquathlon, Round 4.

August:

5th Sea Palling Reef Swim, 1 mile open water.

23rd Fritton Aquathlon, Round 5

September:

2nd North Norfolk Tri, Olympic distance.

9th Fritton Lake Big swim, 2 mile open water.

9th Waveney 2 Tri, 400m /20k / 3k

22nd Fritton Lake X Country Tri, 1000m/20k/8k

23rd Fritton Viking Tri, 2500m/82k/20k

October:

Date TBC, Norwich Sports Park relay Tri.

Other events to be added may include; Eastern region Relay, Lotus Cycle racing, ARREST Ride, Scores Race, Pier to pier swim.

Other events are available please feel free to add to the list.