



Selection of 2020 TSR races

The 2020 race selection method is the same as in 2019.

- 1- Races are picked from various sources on December 31, 2019
- 2- Full distance must be above 20km and below 100km
- 3- No individual race
- 4- No first-timer race
- 5- No invitational race
- 6- Minimum of 20 finishers (all categories) in 2019
- 7- Results from 2019 must be available and processable (first name and last name of each team member, category and position)
- 8- Maximum of 10 races per country, if more, the most attended (number of finishers) are selected
- 9- If more than one race format, only the longest will be selected

47 races, 19 countries in 2020

| Race | Date | Km | R1 | R2 | R3 | R | Country |
|------------------------|--------|----|-----|-----|-----|-----|-------------|
| Saint Raphaël | 14 Mar | 23 | 400 | 155 | 38 | 593 | France |
| Cyprus | 5 Apr | 25 | 400 | - | 20 | 420 | Cyprus |
| Breca Bay of Islands | 5 Apr | 38 | 400 | 153 | 70 | 623 | New Zealand |
| Lake James | 18 Apr | 28 | 400 | - | 22 | 422 | USA |
| Costa Brava | 18 Apr | 41 | 400 | 154 | 35 | 589 | Spain |
| Ötillö Hvar | 19 Apr | 41 | 400 | 159 | 74 | 633 | Croatia |
| Anjou | 3 May | 25 | 400 | 135 | 64 | 599 | France |
| Amphiman LLEH | 10 May | 40 | 400 | - | 20 | 420 | Belgium |
| Monsaraz | 17 May | 21 | 400 | - | 16 | 416 | Portugal |
| Jeziorak | 23 May | 35 | 400 | 200 | 38 | 638 | Poland |
| Ötillö Utö | 24 May | 43 | 400 | 103 | 110 | 613 | Sweden |
| Breizh | 31 May | 31 | 400 | - | 27 | 427 | France |
| Borås | 31 May | 34 | 400 | 152 | 53 | 605 | Sweden |
| Stockholm | 6 Jun | 27 | 400 | 200 | 63 | 663 | Sweden |
| Ötillö Isles of Scilly | 14 Jun | 38 | 400 | 154 | 70 | 624 | England |
| Breca Gower | 14 Jun | 42 | 400 | 73 | 37 | 510 | Wales |
| Authieman | 20 Jun | 40 | 400 | 50 | 44 | 494 | France |
| Rheinsberg | 21 Jun | 23 | 400 | - | 21 | 421 | Germany |
| Kustjagaren | 27 Jun | 31 | 400 | 44 | 136 | 580 | Sweden |
| Ötillö Engadin | 5 Jul | 47 | 400 | 200 | 54 | 654 | Switzerland |
| Kalmar | 11 Jul | 22 | 400 | 35 | 62 | 497 | Sweden |
| Breca Coniston | 11 Jul | 45 | 400 | - | 31 | 431 | England |
| Island challenge | 18 Jul | 22 | 400 | 45 | 97 | 542 | Sweden |
| Amfibiemannen | 25 Jul | 0 | 400 | 66 | 74 | 540 | Sweden |
| Bologna | 26 Jul | 40 | 400 | - | 14 | 414 | Italy |
| Öloppet | 1 Aug | 40 | 400 | 74 | 66 | 540 | Sweden |
| Rockman | 8 Aug | 38 | 400 | - | 30 | 430 | Norway |
| Ångaloppet | 8 Aug | 22 | 400 | 48 | 112 | 560 | Sweden |
| Breca Buttermere | 8 Aug | 43 | 400 | 65 | 74 | 539 | England |
| Casco Bay | 9 Aug | 36 | 400 | 175 | 43 | 618 | USA |
| To the worlds end | 22 Aug | 61 | 400 | - | 18 | 418 | Norway |
| Ötillö Worlds | 31 Aug | 75 | 500 | 127 | 98 | 725 | Sweden |
| Breca Jersey | 5 Sep | 54 | 400 | - | 27 | 427 | Jersey |
| Emeraude | 11 Sep | 25 | 400 | 80 | 114 | 594 | France |
| Solina | 12 Sep | 47 | 400 | - | 17 | 417 | Poland |
| Solvalla | 19 Sep | 46 | 400 | - | 18 | 418 | Finland |
| Ötillö 1000 lakes | 20 Sep | 43 | 400 | 84 | 64 | 548 | Germany |
| Carcassonne | 26 Sep | 21 | 400 | 156 | 45 | 601 | France |
| Côte de Beauté | 26 Sep | 27 | 400 | 134 | 36 | 570 | France |
| Orcas Island | 27 Sep | 34 | 400 | - | 32 | 432 | USA |
| Epic Landus | 4 Oct | 35 | 400 | - | 15 | 415 | Spain |
| Gravity Annecy | 10 Oct | 42 | 400 | - | 28 | 428 | France |
| Marnaton Cap de Creus | 26 Oct | 23 | 400 | 97 | 66 | 563 | Spain |
| Swimrun NC | 25 Oct | 28 | 400 | 41 | 66 | 507 | USA |
| Réunion | 15 Nov | 27 | 400 | 101 | 74 | 575 | France |
| Ötillö Malta | 24 Nov | 40 | 400 | 168 | 112 | 680 | Malta |
| Xterra Moorea | 28 Nov | 35 | 400 | - | 32 | 432 | France |