



## MOB MATCH DUATHLON

**REDBRIDGE CYCLE CENTRE**, Forest Road, Hainault, Ilford, IG6 3HP

**SUNDAY 22<sup>nd</sup> OCTOBER 2017 9AM-11AM**

We want to encourage members of all abilities to participate. This is a team event and everyone will contribute towards the team score.

**DISTANCE:** 4km Run (2 laps)  
18km Bike (9 laps)  
2km Run (1 lap)

**FORMAT:** This is a team event with individuals scoring points towards the team score. The team with the highest score will win the event. This year we are trialing a new points system to incentivize participation across all abilities. There will be 3 waves of points with the 2<sup>nd</sup> and 3<sup>rd</sup> waves determined by 5 minute intervals from the time of the first person past the line. For example:

- J *Wave A:* 1st place scores 15 points, 2<sup>nd</sup> 12 points, 3<sup>rd</sup> 9 points, 4<sup>th</sup> 6 points, 5<sup>th</sup> and up to 5 minutes after the 1<sup>st</sup> place 3 points; then
- J *Wave B (5 minutes after the 1st place time):* 1<sup>st</sup> 10 points, 2<sup>nd</sup> 8 points, 3<sup>rd</sup> 6 points, 4<sup>th</sup> 4 points, 5<sup>th</sup> and everyone up to 5 minutes after 1<sup>st</sup> place of Wave B 2 points;
- J *Wave C (10 minutes after 1<sup>st</sup> place time):* 1st 5 points, 2<sup>nd</sup> 4points, 3<sup>rd</sup> 3 points, 4<sup>th</sup> 2 points and thereafter 1point.

East Essex Tri has kindly agreed to provide the timing system and chips for the event.

**COST:** This is a British Triathlon Approved Event. A Day License of £3 is payable on the day. Free to members of British Triathlon but please bring your membership card.

**LOCATION:** Redbridge Cycling Centre is a tarmacked, off road course reserved exclusively for this event.

**PARTICIPANTS:** Clubs invited are Tri-Sport Epping; East Essex Tri; Havering Tri Club; Harlow Tri Club; Bishop's Stortford Triathlon Club. We encourage as many participants to join in the fun, the only provision being all competitors must be 16 or older.

**TIME:** Registration from 8.30am; race briefing at 8.45 am; race starts at 9am prompt.