

## The Dirty League 2013

Date	Event	Distance	Club/Location	Cost	Notes
<b>Swim</b>					
25/05/2013	<a href="#">Open Water TT</a>	750m	Wakeboarding lake, Basildon	£5	Can be swum without wetsuit
31/08/2013	<a href="#">Open Water TT</a>	1500m	Wakeboarding lake, Basildon	£5	Can be swum without wetsuit
22/09/2013	<a href="#">Three Lakes Swim</a>	2000m	RG Active, Redricks Lake, CM21 0RL	£15	Swim, run, swim, run, swim
<b>Bike</b>					
27/01/2013	<a href="#">Maldon Cyclocross</a>	1Hr	Maldon CC, Rectory Lane, SS11 7QR	£3.50	<b>Done!</b>
24/02/2013	<a href="#">Maldon Cyclocross</a>	1Hr	Maldon CC, Rectory Lane, SS11 7QR	£3.50	<b>Done!</b>
21/04/2013	<a href="#">Mud Sweat &amp; Gears Round 2</a>	1Hr	Codham Park, Braintree, CM7 5JQ	£15	<b>Done!</b>
28/09/2013	<a href="#">Mud Sweat &amp; Gears Round 8</a>	1Hr	Olympic MTB Course, Hadleigh Farm, SS7 2PP	£15	Enter 'Open' category (1 hour) race
<b>Run</b>					
16/12/2012	<a href="#">Dunton</a>	6-8km	South East Essex XC League	£2	<b>Done!</b>
13/01/2013	<a href="#">Thorndon</a>	6-8km	South East Essex XC League	£2	<b>Done!</b>
03/02/2013	<a href="#">Weald Park</a>	6-8km	South East Essex XC League	£2	<b>Done!</b>
17/02/2013	<a href="#">Hadleigh Downs</a>	6-8km	South East Essex XC League	£2	<b>Done!</b>
<b>Aquathlon</b>					
Late 2013	Official Mob Match	1km/5km	TBC	TBC	
01/09/2013	<a href="#">Duck N Dash</a>	600m/6km	Outdoor Pool, Letchworth Garden City, SG6 4UF	£15	Enter 'The Drake' 600m/6km race
<b>Duathlon</b>					
17/02/2013	<a href="#">Fritton XC Sprint Duathlon</a>	3km/10km/1.5km	Fritton Lake, Great Yarmouth, NR31 9A	£15	<b>Done!</b>
21/09/2013	<a href="#">Nuclear Burn Duathlon</a>	5km/10km/5km	AR Essex, Kelvedon Hatch, CM15 0LB	£40	
27/10/2013	<a href="#">Essex Off road Duathlon</a>	4km/14km/2.5km	Multisport Management, Hylands Park	£36	
<b>Triathlon</b>					
26/05/2013	<a href="#">The Tearjerker</a>	750m/25km/5km	Elvedon Estate, IP24 3TZ	£45	
01/06/2013	<a href="#">Basildon Off road Triathlon #</a>	400m/10km/5km	EETC, Gloucester Park, SS14 3GR	£28	
07/09/2013	<a href="#">Clacton Sprint Triathlon</a>	750m/16km/5km	Holland Haven Country Park, Holland-on-sea	£30	

# A marshal must be provided in order to score league points at the Basildon Off road Triathlon