



Dirty League Update - April 2013



As one of the principles behind TDL is to offer a slightly different spin on the swim/bike/run format, I have been wracking my brains to come up with a new twist for the 'swim' element. The RG Active 3-lakes swim fits the bill but the early May date has been cancelled (the September event is still on but please note the changed date) and I wanted to offer something for people who don't have a wetsuit. So there will now be two swim time trials on the league *which can be done without wetsuits* at the Festwake Lake in Basildon. The swim can also be completed with a wetsuit but I would encourage without (the plan was to say that it had to be swum without a wetsuit for league points but after consideration I thought this might put more people off rather than encourage them to have a go!). The two league swims will be held on the last Saturdays in May and August.

There is now only one chance left to complete a DL cycle event and it's 'the big one' - a mountain bike race at the Olympic mountain bike course at Hadleigh Farm. The organisers have promised that there will be easier alternatives to all of the obstacles so this is a great chance to ride a piece of London 2012 history. The open race (1 hour) is the one to sign up for if you are chasing league points.

The second aquathlon has been confirmed as the 'Duck N Dive' at Letchworth Garden City. It uses an open air pool and an off-road run. Make sure you enter the 600m/6km version.

The remaining duathlons and all three triathlons are still on and on the same dates as previously advertised.

Upcoming Races

First and foremost, the club is hosting the Basildon Off Road triathlon on 1st June and there are 27 places left as of the end of April. This race is a good one for spectators as well as competitors with viewing available during all three stages of the event: the swimming pool has seating for 400, a portion of the cycle stage will be visible three times (once per lap) from the track area, and the run comes past the back of the grandstand after lap 1 before finishing on the athletics track, so bring your friends and family along as well!

On the 25th May will be the first of the swim time trials, as mentioned above, at the Festwake lake (Aquatels) behind Festival Leisure Park. The 26th May sees the first triathlon event of the league, the Tearjerker at Thetford Forest. Thetford is well known for its mountain bike trails (despite being in the decidedly unmountainous county of Norfolk!) so this promises to be a great event. The following week sees the second triathlon, Basildon Off Road Tri, on 1st June (I may have mentioned this already!)

The Dirty League then takes a summer break while the standard triathlon season takes centre stage and will return at the end of August. If you have any questions about the dirty league then get in touch: martin@east-essex-tri-club.co.uk

