

### **How the Ana Leaf Duathlon League works**

There are four duathlons which count towards the League. Each race you can score between 1 and 50 points if you finish (50 for the winner with the remaining points being spread evenly between 49 and 1). Your position in the league will be determined by the sum of your two best races (in terms of league points) with 100 being the maximum score. The exact formula to calculate your league points in any race is:  $\text{=ROUND}((50/N)*(N-P-1),0)$  where N is the number of competitors who start and P is your position (ie 2 for 2<sup>nd</sup>). For the avoidance of doubt, if you finish you will score at least 1 point, if you DNF you will score zero but will still count towards the N for other competitors, relay teams will not be counted in the league but will score points in the races as if they were an individual and finally only the winner will score 50 in any race.

### **Marshals to thank**

#### **Dougie Smith – Race Director**

Demri Mitchell

Toby Edwards

Sarah Mutimer

Sarah Corcoran

Colin Hidrio

Della Roderick

Nick Thorne

Emma Speller

Dale Quenault

Stephen Hargreaves

Normandy Rescue