



**9<sup>th</sup> Port of DUBLIN**  
**MALAHIDE SEA SCOUTS**  
**1919-2021**  
**Wednesday Troop (Founded 1975)**

## Sea Scout Triathlon 2021

Dear Scouter,

The Annual Sea Scout Triathlon will take place on Sunday, 26<sup>th</sup> September 2021 at Malahide Sea Scout Den. Race details are outlined below.

**Venue:** Malahide Sea Scout Den, St James's Terrace, Malahide, Co. Dublin.

<b>Times:</b>	Registration	11:00 – 12:00
	Leader Briefing	12:00
	First Race	12:30
	Prize Giving	Following Each Race

**Course Distances:**

Swim	80 metres
Run	800 metres
Kayak	800 metres

**Entry Fee:** €15 per team & €10 per Ironman/Ironwoman. To limit numbers, each troop may only enter one team per race. There will be no BBQ this year.

**Trophies:** Prizes for each category. (Please remember to return trophies won last year)  
Perpetual Maori Warrior Trophies for Ironman and Ironwoman Winners.  
Malahide centenary trophy for the overall fastest team/individual.

**Categories:** U13s, U15 Female, U15 Male, U17 Female, U17 Male & Over 18s  
Ironman/Ironwoman Race (must be aged 15 or over to enter)

**Race Format:**

**Teams of 3**

Swimmer will swim the opening leg, handing over to the Runner at the top of pier. Runner will then run from pier to marker on Malahide Beach and return handing over at pier to Kayaker who paddles to marker and return.

**Ironman/Ironwoman**

Will do all three legs. This is a separate race open to all scouts aged 15 and over.

Troops will be required to provide own kayaks and relevant equipment. Scouters should ensure all entrants are competent swimmers/kayakers. Wetsuits are recommended for the swim.

**Entries:** To be made on the google form before Wednesday September 22<sup>nd</sup>  
<https://forms.gle/W8QP2TsWqnDDwwDa6>