



MBD Cycling CHAMPIONSHIPS

Feb/Mar 23

TIME TRIAL
HILL CLIMB
SPRINT
SCRATCH RACE
CATEGORY CHAMP



OUR SPONSORS



HAVE YOU GOT WHAT IT TAKES TO BE THE BEST RIDER AGAINST THE CLOCK, BEST CLIMBER, BEST SPRINTER, BEST ALL ROUNDER AND/OR THE OVERALL RWB GC CHAMPION?

RWB in association with our sponsors, kKN Transport, Powderly Solicitors, MBD Building Services & Leinster Ground Screws, welcomes you all to its 2023 inaugural RWB eRacing Championship.

You may have raced with your teammates in ZRL, now you're racing for yourself, challenging yourself against the best, going all out to finish high up the leaderboard, and maybe even podium your favourite discipline.

This championship offers a rider everything, 4 disciplines, each with its podium awards, and at the end of which rwb will crown it overall GC champion. A prestigious honour indeed.

We have podium trophies in all categories for each of the four disciplines. We have random spot prizes for race entrants. We guarantee you top-class racing, bragging rights, fun, pain, prestige of taking a podium trophy, and ultimately a GC champion.

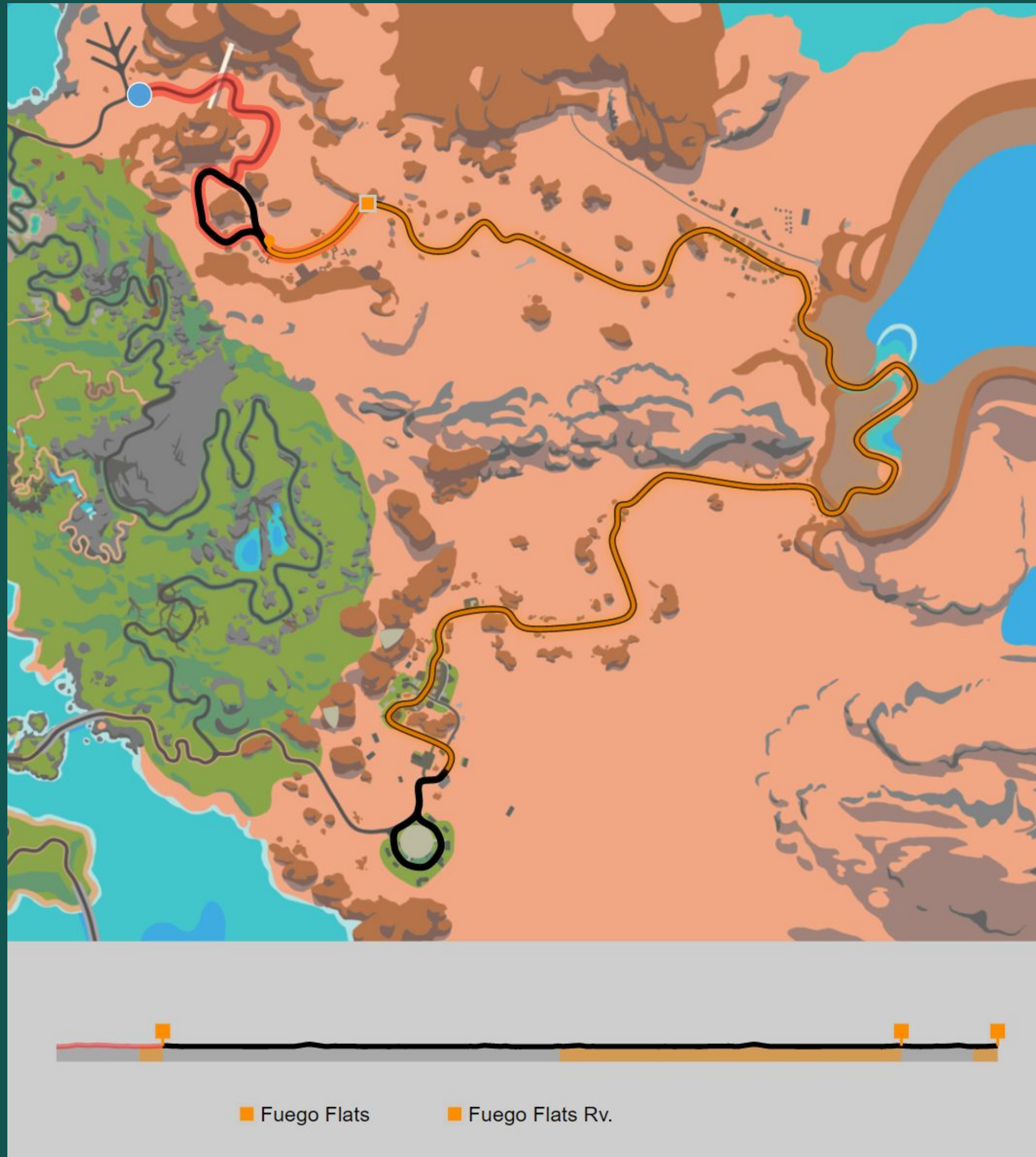
Zwifters do not miss it, it will be an epic championship. We look forward to seeing you there .

Ride on .



INDIVIDUAL TIME TRIAL | 17TH FEBRUARY | 19:00GMT

TEMPUS FUGIT - WATOPIA



RACE INFO

“Tempus Fugit” is Latin for “time flees (or flies)”, and this is certainly a flat, fast route. It is designed as an out and back TT race course, with the lead-in from the desert start pens making the course come in right around 20km in length. Fastest time against the clock will become the TT Champ!

BIKE SELECTION

This route is nearly pan-flat, so aero rules the day. Get the most slippery TT frame and wheels you can afford!

ROUTE SUMMARY

Distance: 17.23 km

Ascent: 25.6 m

Lead-in distance: 2.36 km

Lead-in ascent: 6.2 m

Draft: Disabled

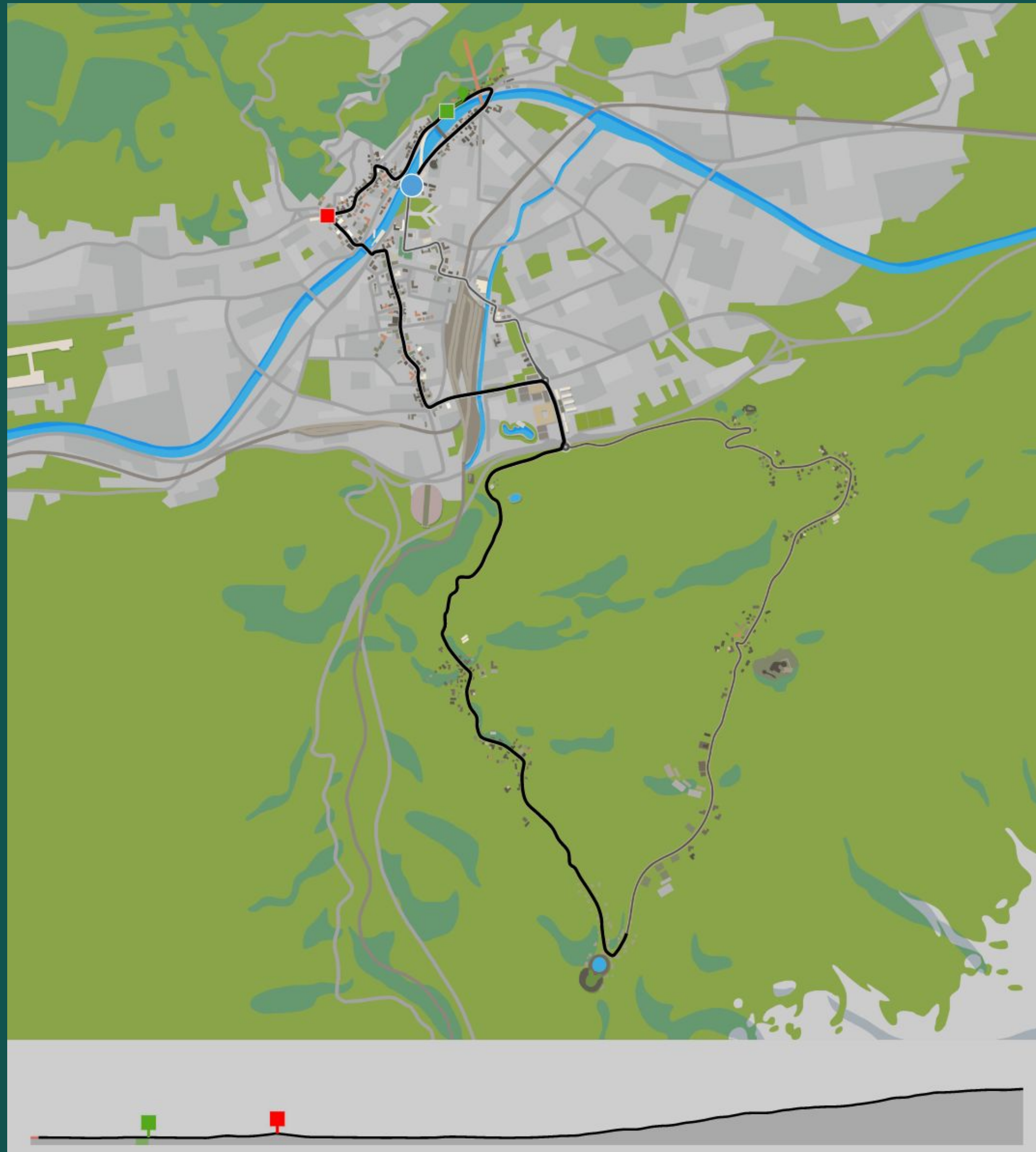
TT Bikes: Allowed

Laps: 1



HILL CLIMB | 24TH FEBRUARY | 19:00GMT

CONTINENTALS HILL CLIMB - INNSBRUCK



RACE INFO

Created to host the Continental Qualifiers for the 2023 UCI Cycling Esports World Championships, this route starts flat enough... but the entire second half is all uphill all 5.8km at 6.9%. Best time to the top is crowned the Hill Climb Champ!

RACE INFO

The lightest frame and wheel combo you can afford!

ROUTE SUMMARY

Distance: 12.48 km

Ascent: 479.7 m

Lead-in distance: 0.46 km

Lead-in ascent: 0.1 m

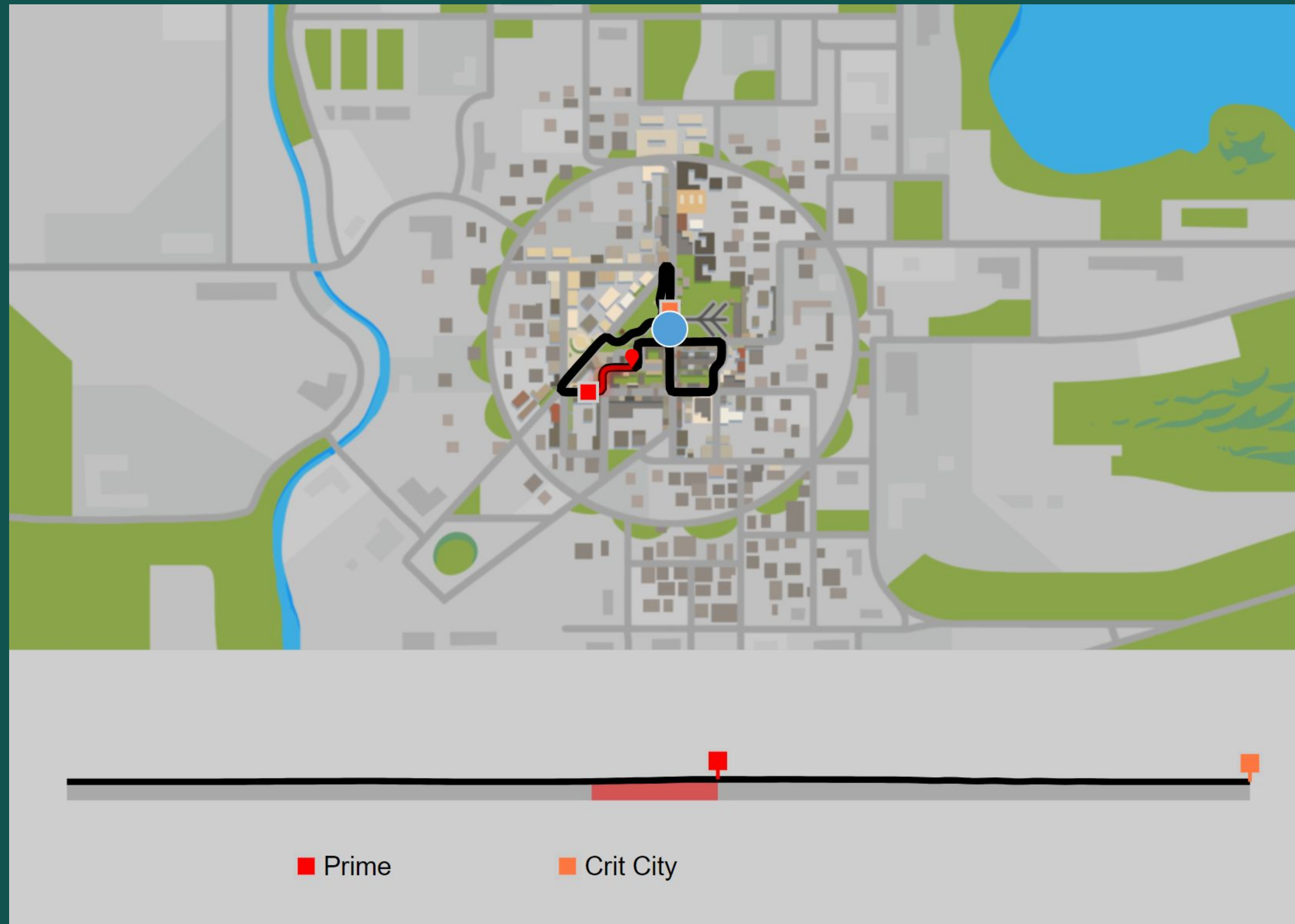
Draft: Disabled

Laps: 1



SPRINT RACE | 3RD MARCH | 19:00GMT

DOWNTOWN DOLPHIN - CRIT CITY



RACE INFO

Featuring dead turns, an uphill prime section, a lap counter, and sharp corners with sightlines on city streets, this route's layout nicely replicates the visuals of a downtown crit.

RACE INFO

This route is mostly flat, so aero rules the day. Get the most slippery aero frame and wheels you can afford!

ROUTE SUMMARY

Distance: 1.9 km

Ascent: 8.0 m

Lead-in distance: 0.1 km

Lead-in ascent: 0 m

Laps: 10 (CAT A & B) 8 (CAT C & D)



SCRATCH RACE | 10TH MARCH | 19:00GMT

THE MUCKLE YIN - SCOTLAND



RACE INFO

I think the best way to describe this is pointy. This will be a great circuit to finish out the RWB eRacing Tournament. This offers everything, rollers, KQOMS and a sprint finish. Inspired by the bucolic Scottish landscape, the city of Glasgow's distinctive architecture, and the surrounding areas.

RACE INFO

This route seems like an all rounder bike to get the job done!

ROUTE SUMMARY

Distance: 23.4 km
Ascent: 282 m
Lead-in distance: 0.2 km
Lead-in ascent: 0 m
Laps: 2



- Loch Loop
- Breakaway Brae
- Sgurr Summit North
- Breakaway Brae Rv
- Loch Loop Rv.
- Sgurr Summit South
- The Clyde Kicker
- Champion's Sprint



POINT SCORING

INDIVIDUAL TIME TRIAL

- Can't get any more simple than post the fastest time and be crowned White Time Trial Champ in your category.

HILL CLIMB

- Ascend and post the fastest time and be crowned Polka Dot Hill Climb Champ in your category.

SPRINT RACE

- Score points at every sprint prime for both FAL and FTS and score points at the FINISH. Accumulate the most points and be crowned the Green Sprint Champ in your Category.

SCRATCH RACE

- Score points at every prime for both FAL and FTS and bonus FINISH points, accumulate the most points and be crowned the Red Scratch Champ in your Category.

PRIME POINTS FOR SPRINT & SCRATCH

FAL: 5,4,3,2,1

FTS: 8,5,3,2,1

FINISH: 20, 19, 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

OVERALL GC

Win your race in your category and you will be crowned champion in that discipline and earn yourself 20 GC points, the rider with the most GC points will take away the coveted GC Winner Title.

GC POINTS PER RACE

- 20, 19, 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1



POINT SCORING

SCRATCH RACE POINT STRUCTURE

LAPS	1 FAL	1 FTS	2 FAL	2 FTS
BREAKAWAY BRAE	5,4,3,2,1	8,5,3,2,1	5,4,3,2,1	8,5,3,2,1
SGURR SUMMIT NORTH	5,4,3,2,1	8,5,3,2,1	5,4,3,2,1	8,5,3,2,1
BREAKAWAY BRAE REV	5,4,3,2,1	8,5,3,2,1	5,4,3,2,1	8,5,3,2,1
SGURR SUMMIT SOUTH	5,4,3,2,1	8,5,3,2,1	5,4,3,2,1	8,5,3,2,1
THE CLYDE KCIKER	5,4,3,2,1	8,5,3,2,1	5,4,3,2,1	8,5,3,2,1
CHAMPIONS SPRINT	5,4,3,2,1	8,5,3,2,1	5,4,3,2,1	8,5,3,2,1
FINISH LINE POINTS	20,19,18, 17, 16, ... 3, 2, 1		20,19,18, 17, 16, ... 3, 2, 1	

SPRINT RACE POINT STRUCTURE

LAPS	1	2	3	4	5 (A&B)
CRIT CITY FAL PRIME	5,4,3,2,1	5,4,3,2,1	5,4,3,2,1	5,4,3,2,1	5,4,3,2,1
CRIT CITY FTS PRIME	8,5,3,2,1	8,5,3,2,1	8,5,3,2,1	8,5,3,2,1	8,5,3,2,1
FINISH LINE POINTS	20,19,18 ... 1	20,19,18 ... 1	20,19,18 ... 1	20,19,18 ... 1	20,19,18 ... 1

INDIVIDUAL STAGE POINT STRUCTURE

STAGE	ITT	HILL	SPRINT	SCRATCH	5 (A&B)
FINISH LINE POINTS	20,19,18 ... 1	20,19,18 ... 1	20,19,18 ... 1	20,19,18 ... 1	20,19,18 ... 1



RULES

- The Points for Primes are First Across the Line (FAL) and the top 10 Fastest Timed Segments (FTS). Some routes having multiple chances to best your time or beat a rival.
- Category Enforcement will be used.
- Hardware Enforcement will be used - no virtual power
- Riders must be registered on zwiftpower.com to appear in results.
- Heart rate monitors MUST be worn by all participants.
- No TT bikes permitted except for individual Time Trial on Race 1
- Power ups permitted.
- We reserve the right to DQ riders based on unsportsmanlike conduct of rider or team or ask for verification in specific cases.

HARDWARE REQUIREMENT ENFORCEMENT

Hardware Requirement is a new race rule from Zwift that allows Zwifters to race against others that are using similar trainers to them. For example: Zwifters using smart trainers/power meters can race together and Zwifters using zPower can race together, but they will be prohibited from racing with one another in these events.

Zwift is able to restrict who can participate in certain events based on the devices (trainer, power meter, heart rate monitor) they are using.

For the RWB eRacing Tournament the below requirements must be met to enter the race:

- Smart Trainers/Power Meters + Heart Rate Monitor (HRM) only allowed



CATEGORY ENFORCEMENT

- Category Enforcement is a crucial part of fair community racing Zwift, since it forces riders to enter the correct race category.
- Zwift uses your last 60 days of riding activity on the platform to build a 2-50 minute power curve profiling your fitness as a rider. Every ride is used, whether you save the activity or not.
- This power data is used to compute your zMAP and zFTP, and you can see these values by logging into my.zwift.com.
- zMAP and zFTP are used to determine your minimum race category (see category boundaries below). When signing up for a race that uses Category Enforcement, you are only allowed to sign up for that minimum category or higher.
- New or returning Zwifters who don't have enough recent activity data in their account are placed in the "E" category of Category Enforcement races so they won't interfere with properly-classified riders. So if you want to be considered for the correct category it's vital you get some races in ahead of the eRacing Tournament start date on the 10th Feb!

CATEGORY BOUNDARIES

The following Category Enforcement boundaries are used to determine the minimum race category for riders in open or "mixed" races (where both men and women can participate) and women only races. Note: exceeding just one of the thresholds (zMAP or zFTP) will bump you up to the next category. You don't need to exceed both to be upgraded.

MIXED	ZMAP	ZFTP
CATEGORY A	≥5.4W/KG	≥4.2W/KG AND ≥250W
CATEGORY B	≥4.2W/KG	≥3.36W/KG AND ≥200W
CATEGORY C	≥3.3W/KG	≥2.625W/KG AND ≥150W
CATEGORY D	<3.3W/KG	<2.625W/KG OR <150W
CATEGORY E	N/A	N/A

WOMEN ONLY	ZMAP	ZFTP
CATEGORY A	≥5W/KG	≥3.88W/KG
CATEGORY B	≥4.2W/KG	≥3.36W/KG
CATEGORY C	≥3.5W/KG	≥2.625W/KG
CATEGORY D	<3.5W/KG	<2.625W/KG
CATEGORY E	N/A	N/A



PRIZES

*(*ALSO SPOT PRIZES EACH WEEK)*

<u>RACE</u>	 <u>1ST</u>	 <u>2ND</u>	 <u>3RD</u>
ITT	RWB ITT TROPHY	MEDAL	MEDAL
HILL CLIMB	RWB HILL CLIMB TROPHY	MEDAL	MEDAL
SPRINT	RWB SPRINT TROPHY	MEDAL	MEDAL
SCRATCH RACE	RWB SCRATCH RACE TROPHY	MEDAL	MEDAL
GC CHAMP	RWB GC TROPHY	MEDAL	MEDAL

