



The Box End Off Road Quadrathlon and Triathlon Sunday 04.07.10

Both of the above events are suitable for experienced and novice athletes just wanting to start out in the sports, due to their relative short distances. You will need a basic level of fitness and bags of enthusiasm to compete.

Entry Details View our website, <http://www.quadracracing.co.uk/>

Date: The event takes place on Sunday 04.07.10.

Timing: Registration on Saturday 03.07.10, registration opens from 17.00 to 18.00 & on Sunday 04.07.10 registration opens 07.30 to 08.30. Competitors are encouraged to register on the Saturday. Race briefing 08.45 at transition [compulsory to attend]
Both races start at 09.00.

Venue: Box End Water Ski Park, Box End, Kempston, Bedford, Beds. Grid Ref: TL011485
Directions available from Box End Water Ski Park website: <http://www.boxendpark.com/>

Event Details

The Quadrathlon

750m open water swim
4.4km kayak [2 laps & 2 portages]
15km off-road bike course [3 laps]
5km trail run

The Triathlon

400m open water swim
15km off-road bike course
5km trail run

In both events juniors, under 18, will only complete 2 bike laps, 10km. Wet suits are advisable but not compulsory unless low water temperatures.

ENTRANCE FEES for Quad and Tri Races

Minimum age: 14 years

BQA [British Quadrathlon Association] member	£20
Non-member	£25
On the day entry fee [late entry]	£5 extra
Limited kayak hire (pre-booking essential)	£5
Team for quadrathlon	£38

Age categories – overall male / female winners, U18 U23, MS, V40, V50, V60, FU18, FU23, FS, FV40, FV50, FV60 in both Tri and Quad. The organisers reserve the right to withdraw categories if there are insufficient numbers.

Facilities available – toilets, showers, changing areas, refreshments, camping, parking, bar restaurant and snack foods.

CAMPING – available at Box End Park for all competitors at £5 per person per night. Caravans and campervan facilities available; apply directly to Box End – Telephone Number 07922 824678

Additional Info. : : richardpiron@hotmail.co.uk Or phone Mark on 07982 252798





BOX END QUADRATHLON / TRIATHLON ENTRY FORM 2010

Return to: Quadrac Racing, c/o Mark Pryor, 16 The Buntings, Bedford, MK41 7LA. Together with an A5 SAE if you require the race information posted. We will encourage all competitors to view and print the race information from our website, <http://www.quadracracing.co.uk/>
No confirmation of entry is normally sent out; however a start list can be viewed on our website [as above].

Please complete the form in bold clear capitals to enable us to read the information correctly.

Solo Entry Information or Team Captain

Surname.....

Forename.....

Address.....

.....

Tel No: Daytime.....

Evening.....

Mobile..... E-mail.....

Age..... Date of birth.....

Club..... I would like to hire a kayak at £5 Yes/ No

Team Name (if applicable)..... [limited number, book early]

Team Member Name.....DOB..... Signature.....

Team Member Name.....DOB..... Signature.....

Team Member Name.....DOB..... Signature.....

Quadrathlon Solo	Yes/No	Quadrathlon Team	Yes/No	Triathlon	Yes/No
BQA Member	Yes/No				

(Please clearly indicate your race as appropriate)

Amount payable [including kayak hire].....(cheques made payable to 'Quadrac Racing')

Disclaimer

Minimum age of 14 on day [unless special arrangements made with the organisers]

I am in good health and fit to compete in the above race.

I am a competent canoeist and proficient in deep water capsize drill [if under taking the quad].

I will wear a buoyancy aid during the canoe section [if under taking the quad].

I am aware that my cycle must be in roadworthy condition and that the wearing of an approved cycle helmet is mandatory.

I will under take to read the race information and attend the race briefing and abide by any rules and regulations. I also agree to follow any instructions given by the organisers/ race marshals.

I accept that the organisers and their friends and their associates are not liable for any loss, damage, claim, injury (including fatal) or expense that may arise in consequence of my participation in this event

Signature..... Date.....

(U18 signature of parent or guardian)

Closing date for all postal entries is the 29th June 2010, all entries to be received by then. Any entries received after this date will be classed as a late entry and charged as such. Race information will not be able to be posted for late entries.

Race day entries accepted at the relevant fees