



## The Box End Off Road Quadrathlon and Triathlon Sunday 2 August 2009

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. The quadrathlon also features as "The British short course Championships" and a qualifying race in the national series.

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

**Date:** The event takes place on Sunday 2 August 2009

**Timing:** Registration on Saturday 1 August 2009, registration opens from 16.30 to 19.00  
Also race day - registration opens 07.00 to 08.30. Competitors are encouraged to register on the Saturday. Race briefing 08.45 @ transition [compulsory attendance].  
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 (those aged 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)	£10
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, T-shirts and goodie bags for all competitors.

**CAMPING** – available at Box End Park for all competitors at £5 per person per night, from Fri 31<sup>st</sup> July. Caravans and campervan facilities available; apply directly to Box End – Telephone Number 07922 824678

**Contact details:** Quadrac Racing, c/o Richard Piron, 4 Lodge Avenue, Kempston, Bedford MK42 7DD,  
E-mail: [richardpiron@hotmail.co.uk](mailto:richardpiron@hotmail.co.uk) Or phone Mark on 07982 252798



box end park

# BOX END QUADRATHLON / TRIATHLON ENTRY FORM

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.....

Contact Tel No:..... E-mail.....

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

Club..... T-Shirt size S / M / L / XL

Team Name (if applicable).....

Team Member Name.....DOB.....T-Shirt size: S/M/L/XL Signature.....

Team Member Name.....DOB.....T-Shirt size: S/M/L/XL Signature.....

Team Member Name.....DOB.....T-Shirt size: S/M/L/XL Signature.....

Please note - T-shirts for all team members will be dependant on quantity available.

Please clearly indicate your race as appropriate

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

Amount payable.....(cheques made payable to 'Quadrac Racing')

I would like to book ..... person(s) for camping on 31<sup>st</sup> and/or 1<sup>st</sup>, (delete as appropriate), at £5 per person per night. All monies for camping to be paid directly to Box End Park on arrival.

Return Completed form to: Quadrac Racing, c/o Richard Piron, 4 Lodge Avenue, Kempston, Bedford MK42 7DD 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, [www.quadracracing.co.uk](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].

Closing date for all postal entries is the 30<sup>th</sup> July 2009, 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. BQA membership cards must be shown at registration. Race day entries accepted at the relevant fees

## 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)

