



Wadenhoe Quadmire Challenge Series 2010-2011 Off-Road Quadrathlon and Run-Bike-Run [Duathlon]

Exhilarating racing in the Raw!

Venue: Church Field, Wadenhoe, Nr Oundle, Peterborough, Grid Ref: TL006833

OFF Road Quadrathlon, consists off:

3 mile Cross Country Run, 2.5 laps (spikes, studs are recommended) includes a quagmire.

2 mile River Kayak, out and back on the River Nene (**Buoyancy Aids are compulsory**)

6 mile Off-Road Cycle, 6 laps [undulating course, can be very wet] – **Helmets compulsory**. MTB/cyclocross bike

1 Mile Cross Country Run, 1 lap (as above)

The **Run-Bike-Run** [2m-6m-2m] will race over the same course (without the kayak section).

For the kayak section you must be capable to perform a safe capsized drill and swim 50m in clothing, there are no safety boats on the water. Due to the time of year and cold water, the kayak section is not suitable to complete novice kayakers, if in doubt then please ask.

The series consists of 4 races with the joint times of the best 2 to count. Awards will therefore only be made after the final race [age groups based on your age on 31st December 2011]. You must compete in at least 2 races to qualify for awards, but if you can only make one race you are more than welcome.

Race no 1 - Sunday 7th November 2010 – 10.00am start. **Registration opens @ 08.45 for all races**

Race no 2 - Sunday 5th December 2010 – 10.00am start

Race no 3 – Sunday 16th January 2011 – 10.00am start

Race no 4 – Sunday 6th February 2011 – 10.0am start

Minimum age 14 years, unless agreed with parent and organiser.

Entry fee is **£12.00** per race, BQA members **£10.00**, on the day entries **£2.00** extra, kayak hire [general purpose kayak] is available at **£5.00** per boat [limited number, first booked basis].

Cheques made payable to **“Quadrac Racing”** and forwarded with entry form to: Mark Pryor, 16 The Buntings, Bedford, MK41 7LA or email richardpiron@hotmail.co.uk for any enquires. View: www.quadracracing.co.uk

The organisers accept no responsibility for any injury and/or loss or damage to personal property during the race. This is a very low key friendly event and all standard of competitors are welcome. It can be a tough and possibly wet, soggy and muddy course. The varied terrain and conditions make for an interesting and exhilarating race.

There are no showers, but there is a cold water tap at the finish, toilet in village hall [300m walk]. After the race all are invited for home cooked food, at very reasonable prices, that will be served in the nearby village hall after the event.

Wadenhoe Quadmire Challenge 2010-2011

Please fill in clearly using bold capitals in pen

Surname.....Forename.....

Address.....

Telephone Day.....Email.....

Mobile Telephone evening.....

Date of birth.....Male/Female.....Age @ **31st Dec 2011**.....

BQA Member? Yes/ No

Sports Club (First Call).....

I would like to hire a Kayak [at £5.00].....Yes/ No

Please indicate which race[s] you want to enter:

Kayak/Cycle/Run	Race1.....	Race 2.....	Run/Bike/Run	Race1.....	Race 2.....
	Race 3.....	Race 4.....		Race 3.....	Race 4.....

I enclose a cheque for £..... [Cheques made payable to “Quadrac Racing”]

I acknowledge that I compete entirely at my own risk and will not hold the organiser responsible for any injuries sustained or any loss of or damage to personal equipment. I am able to perform a safe capsized drill and swim 50m in clothing [if you are competing in the quadrathlon]

Signature Date.....
Parent/Guardian if under 18