



Wadenhoe Winter Challenge Series 2009-2010 Off-Road Quadrathlon and Run-Bike-Run

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

OFF Road Quadrathlon, consists off:

3 mile Cross Country Run (Spikes, studs are strongly recommended if wet)

2 mile River Kayak (**buoyancy aids are compulsory**)

6 mile Off-Road Cycle [hilly, technical and can be very wet – **helmets compulsory**]

1 Mile Cross Country Run (As above)

There will also be a **Run-Bike-Run** 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 of the 4 races to count. Awards will therefore only be made after the final race. 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. All four races will take place on Wadenhoe Church Field with awards for male/female winners and 6 age group winners including under 21's. (Age is taken to be that at 31st December 2009)

Race no 1 - Sunday 29th November 2009 – 10.30am start. Registration opens @ 09.00 for all races

Race no 2 - Sunday 17th January 2010 – 10.30am start

Race no 3 – Sunday 7th February 2010 – 10.30am start

Race no 4 – Sunday 28th February 2010 – 10.30am start

Minimum age 14 years, unless agreed with parent and organiser. Entry fee is £12.00 per race or for British Quadrathlon Association [BQA] members £10.00. On the day entries £2.00 extra for all. Kayak hire [general purpose kayaks] is available at £5.00 per boat.

Cheques made payable to **“Quadrac Racing”** and forwarded with entry form to: Richard Piron, 4 Lodge Avenue, Kempston, Bedfordshire, MK42 7DD or email richardpiron@hotmail.co.uk for any enquires.

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 event and all standard of competitors are welcome. It is 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. After the race all are invited for our famous home cooked food, at very reasonable prices, that will be served in the nearby village hall after the event.

Wadenhoe Winter Challenge 2009-2010

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 2009.....

BQA Member? Y/N Sports Club (First Call).....

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

Kayak/Cycle/Run	Race 1.....	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 organizer 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