



## Box End Off Road Duathlon 2009



### Run 5km Bike 15km Run 5km



Quadrac racing will be organising an off Road Duathlon on **Sunday 18<sup>th</sup> October 2009** at Box End Water Ski Park.

**On the day entries are taken.**

**Venue:** Box End Water Ski Park, Box End, Kempston, Bedford, Beds. Grid Ref: TL011485

Directions available from Box End Water Ski Park website: [www.boxendpark.com](http://www.boxendpark.com)

**Timing:** Registration & transition opens at 07.30. Race briefing is at 09.15 [compulsory for all to attend]. The race starts at 09.30. Prize giving is straight after the race.

**Cost:** £15 per entry. All postal entries to be received by 15.10.09 after this date a £3 late entry fee will be charged. Age limit for race is 14yrs, under 18's must have parent/guardian consent and who must be in attendance at the race. All juniors [under 18] will only do a 10km bike leg.

**Facilities:** Toilets, showers, changing rooms, refreshments and bar all available on site in the all new Box End club house

**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) website - [www.quadracracing.co.uk](http://www.quadracracing.co.uk) Or phone Mark on **07982 252798**

**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

**Course details:** The off-road biking and trail running will utilise the varied terrain around the park.

**The Bike:** **The wearing of an approved helmet is compulsory.** Please note that the bike course is off road on grass/gravel tracks with some obstacles i.e. suitable for mountain/cyclocross bikes. It is not suitable for expensive road bikes and competitors use their bikes at their own risk. **The run route** follows the same course as the bike; it is a trail run not a road race.

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### Box End Off Road Duathlon [18.10.09] Entry Form

Return 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 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].

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

Title\_\_\_\_\_ Forename\_\_\_\_\_ Surname\_\_\_\_\_ Age\_\_\_\_\_

D.O B\_\_\_\_\_ Club\_\_\_\_\_

Address\_\_\_\_\_

Post Code\_\_\_\_\_ E mail \_\_\_\_\_

Mobile\_\_\_\_\_ Alternative Contact Number\_\_\_\_\_

#### Disclaimer

Minimum age of 14 on day

I declare that I am fit to compete, and will abide by the rules set out by the organisers. I will wear an ANSI/SNELL approved helmet during the cycle section. 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)

Please note:

Race limit 150. Any entries received after 15.10.09 will be classed as a late entry and charged as such. Race information may not be able to be posted for late entries and any goody bag cannot be guaranteed

**RUN BIKE RUN**