



The British National Quadrathlon Short Course Championships
AND Off Road Triathlon
Sunday July 29th 2007

Both of the above events are suitable for those 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 FORM

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/>

We are fortunate to have the use of the all new water ski park at Box End which makes an idyllic location to hold the British National Quadrathlon Short Course Champs and Off Road Triathlon. The water events are based on the twin water ski lakes which are clear, clean and fed with natural spring water. The off-road biking and trail running will utilise the varied terrain around the park (traffic free)..

The Quadrathlon [09.15 start]

750m open water swim
4.4km kayak [2 laps & 2 portages]
13.2km off-road bike course [3 laps]
5km trail run

The Triathlon [09.00 start]

400m open water swim
13.2km off-road bike course
5km trail run

ENTRANCE FEES for Quad and Tri Races

Minimum age: 16 years

BQA member	£20
Non-member	£25
On the day entry fee	£5 extra
Limited kayak hire (pre-booking essential)	£10
Team quadrathlon	£38

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

Facilities available – toilets, showers, changing areas, refreshments, BBQ, camping, parking
T-shirts and goodie bags for all competitors. Prizes include a water ski tow and age category prizes for both races.

CAMPING – available at Box End Park for all competitors at £5 per person per night, from Fri 27th.

Caravans and campervan facilities available; apply directly to Box End – Telephone Number 07922 824678

BBQ – after the event a BBQ will be available for all competitors / spectators at £5 a head

Both camping and BBQ to be paid directly to Box End Park on arrival. Please indicate on the form below if you intend to camp and participate in the BBQ.

Contact details: Quadrac Racing, c/o Richard Piron, 4 Lodge Avenue, Kempston, Bedford MK42 7DD E-mail: richardpiron@hotmail.co.uk and www.bedfordharriers.co.uk 'Fixtures'.





BOX END QUADRATHLON / TRIATHLON ENTRY FORM

Return to: Quadrac Racing, c/o Richard Piron, 4 Lodge Avenue, Kempston, Bedford MK42 7DD together with an A5 SAE

Solo Entry Information or Team Captain

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

Address.....

Tel No: Daytime..... Evening.....

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

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

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

Team Name (if applicable).....

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

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

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

Quadrathlon Solo	Yes/No	Quadrathlon Team	Yes/No	Triathlon	Yes/No	BQA Member	Yes/No
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(Please tick as appropriate)

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

I would like to book person(s) for camping on 27th and/or 28th, (delete as appropriate), at £5 per person per night.

I would like to participate in the post-race BBQ, please reserve tickets at £5 per head.

I understand that all monies owed for camping and BBQ are to be paid on arrival to 'Box End Water Ski Park'.

Disclaimer

Minimum age of 16 on day

I declare that I am fit to compete, and will abide by the rules set out by the organisers

I am a competent canoeist and proficient in deep water capsize drill

I will wear a buoyancy aid during the canoe section

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 100 per race. Closing date for postal entries to be received by 11th July 2007. 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.