



Chevron Pembrokeshire Team Challenge & Quadrathlon

Competition Rules 2010

The Quadrathlon will be run under the rules of the British Quadrathlon Association together with the following.

The Chevron Pembrokeshire Team Challenge & Quadrathlon are charity, fun events and must be entered into in that spirit at all times. All people taking part must at the appropriate times curb their competitive instincts, whereby danger may be caused by not doing so. There is within each leg of the event, ample opportunity for individual and team effort and achievement without unnecessary risk being taken at times, where, to do so could cause injury to competitors or other road users, or damage to equipment.

You should note that in the interests of safety, there are a number of changes to the rules and format of the Challenge event from previous years. Please take the time to read through the following information so that you are familiar with how the event will run.

Registration

All participants must register within the following times. Registration will be open from 18:00 to 20:00 at Neyland Yacht Club on Friday 3rd September 2010. Last registration will be from 05:30 to 06:00 on Saturday 4th September.

A compulsory briefing will be given at 06:30 during which the course will be confirmed, boat numbers will be issued, launching/starting/finishing procedures will be run through and any other safety issues will be highlighted.

Timing.

The Quadrathlon will start at 07.00am and will be run in accordance with the normal rules of the British Quadrathlon Association following the format of swim, bike, kayak, run.

For the Challenge however, due to safety reasons cyclists will be set off individually (first cyclist off at 7.00am) at 20 second intervals for the bike leg and not in the four mass start waves as previous. For the same reason drafting is also not now allowed and any cyclist observed drafting faces time penalties and potential disqualification.

This has resulted in changes to the way the team times are calculated and the following was viewed as providing the fairest option that allows for a range of individual strengths within teams and also attempts to balance the weighting of each discipline so that no team from any particular background enjoys a particular advantage.

The start and finish points will be adjacent to the Neyland Yacht Club car park. The first member of every team will be set off before any of the teams' second members are set off. It is each competitor's responsibility to ensure that they are at the bike start line for their allotted time. The time of the fastest two cyclists and the last cyclist in any one team will count towards their total team time. The time that the last cyclist in each team crosses the transition line will be the start time for the row leg for that team. Competitors must make their way (on foot) from the transition area to the Yacht Club slip to access their boat.

The row time for the team will stop when the boat has completed the circuit(s) and pass the imaginary line described in the ROW section para 15 and a 20min "time out" will then start to allow teams to safely bring their boat ashore. The row time is multiplied by 3 to account for the time for each of the team members.

Competitors must then return to the Neyland Yacht Club car park (on foot) to the start line for the run where after the 20min "time out" period has passed, the time for the final leg (the 10k run) will then commence. The time of the fastest three runners only in any one team will count towards their total team time provided that the last runner completes the run course in under 90 minutes.

An example of how the timing will work in practice is shown below i.e.

Team X Competitor	Actual Bike Time	Row Time	Run Time
A	1.25	53.05	39.00
B	1.23 (discount)	53.05	40.30
C	1.21	53.05	42.00
D	1.15		45.00 (discount)
	4hrs. 01mins. 0 secs	2hrs.39mins.15secs	2hrs.01mins.30sec

Thus the time for team X above would be 4hrs 01mins plus 2hrs.39mins.15secs plus 2hrs.01mins.30sec i.e. 8 hours 41 minutes 45 seconds.

The Cycle ride.

1. All participants must wear and have fastened a correct standard cycle helmet for the duration of this part of the event. THIS IS COMPULSORY.
2. All participants' cycles must be in a roadworthy condition.
3. This event takes place on the public highway and as such rules of the road apply at all times. Do not rely upon officials to stop or slow traffic for you. You must observe instructions from marshals, police and traffic wardens.
4. It will be the responsibility of each team to provide their own transport for themselves and their cycles to the start.
5. To avoid undue congestion on the route road, only one vehicle per team may service the riders during this stage. The spirit of the event demands that all support crews must give reasonable assistance to members of all teams.
6. Competitors are not allowed to draft, i.e. take shelter behind or beside another competitor or motor vehicle during the cycling segment of races.

The Row.

1. The row will take place in either "Celtic Longboats" or "Pembrokeshire Longboats" as defined by the Welsh Sea Rowing Association. Other types of fixed seat, coxed, four (sweep) oared, sea rowing boats may be used subject to prior approval by the organising committee.
2. The same course will be used for the kayaks and the rowing boats although starting and finishing from different locations. The same "rules of the course" as they apply to mark rounding and overtaking will apply.
3. Each team will provide a Cox who must be over 16 years old on the day of the event and capable of taking responsibility for safely steering the boat throughout the rowing stage. It is essential that the Cox is competent in this role.
4. A coxes' briefing will be given at 7.30am during which, the course will be confirmed, boat numbers will be confirmed, launching/starting/finishing procedures will be run through and any other safety issues raised.
5. The row will start and finish at Neyland Yacht Club slip.

6. Each team, in consultation with the boat owner, must make arrangements for the transportation of their respective boats to Neyland Yacht Club slip by 07.00 on the morning of the event. Overnight secure storage has been arranged at Dale Sailing Company's yard at Brunel Quay for those teams wishing to transport their boats to the event site the day before. Liaison with Richard Incedon or Gwyn Phillips of the organising team is essential prior to arrival.
7. All boats and their trailers must be clearly marked with the teams name and race number and the Cox must be aware of their team and boat name.
8. Once the event is under way, the Cox for each team must remain with their boat until the arrival of all members of the team.
9. Each team's boat will remain on its trailer until their last cyclist passes a point on the cycle route approximately ten minutes from the finish. The boat section marshal will then arrange for the boat for that team to be launched. The team cox will then hold the boat in the water until the last member of the team arrives.
10. All teams, coxes and support crews will follow the directions given by the Boat Section Marshall, who will be responsible for the safe launching and fair departure of all crews on this leg.
11. All crews must have due regard for the safety of other crews.
12. During the rowing section the cox for each boat is responsible for the following:
 - The course steered will not bring them into contact with any other craft.
 - An overtaking craft must keep clear of a craft being overtaken
 - The craft being overtaken must steer a straight-line course to the next mark i.e. must not steer a weaving course to prevent a competitor overtaking.
 - When rounding marks of the course – overlapping craft on the inside of the course have right of way. Room must be allowed for any craft on the inside of the turn to make good their manoeuvre. If your boat is clear ahead (i.e. no overlap has been created) at a point three boat-lengths from the mark then you may take the turn as tight as you are able and **no craft shall try and force themselves between you and the mark.**
 - At all times on the water, the cox must wear a lifejacket
 - On passing through the finish line the cox must hold up and show the team number to the finisher who will be stationed in the starters cabin at the front of the Neyland Yacht Clubhouse
13. All crews must abide by the rules of the harbour and avoid any course that would interfere with any other craft on the water. **Note: Commercial craft always have right of way**

14. All crews must ensure that boats are not grounded either during launching or recovery – once boats are in the water, coxes will be expected to hold them in such a way that they do not touch the bottom.
15. At the end of this stage of the event, when arriving back at Neyland Yacht Club slip, there will be an imaginary line between the club main mast (painted white) and a large yellow marker approximately 75 metres off the shore. When boats pass this line, a timekeeper will sound a horn. Once this signal has been sounded, the team passing the line will stop competitive rowing. At this point that team will then have twenty minutes before they can commence the run section of the event. This time is to be used to ensure the safe handling of the boat by the support crews, allow time for any necessary change of footwear and allow competitors to make their way to the run start.
16. There will be a support crew in the water to handle the boats and assist in placing the boats on trailers. Each team must ensure that their support team and transport for the boats is available to take the boats from the water and safely away from the slip.
17. There will be easily identified rescue craft covering all points of the course including the turning markers. Should a potential hazard arise, any one of these rescue crews may instruct you to stop or alter course to avoid the hazard. Failure to observe these instructions may lead to disqualification.

The Kayak.

1. The kayak stage will be run under the rules of the British Quadrathlon Association together with the following.
2. The same course will be used for the kayaks and the rowing boats although starting and finishing from different locations. The same “rules of the course” as they apply to mark rounding and overtaking will apply.
3. Each competitor must make arrangements for his/her kayak to be placed at the transition point near the slip on the morning of the event. Overnight secure storage has been arranged at Dale Sailing Company’s yard at Brunel Quay for those competitors wishing to leave their kayaks at the event site the day before. Liaison with Richard Incedon or Gwyn Phillips of the organising team is essential prior to arrival.
4. All competitors and support crews will follow the directions given by the kayak section marshal, who will be responsible for the safe launching and fair departure of all crews on this leg.
5. All competitors must have due regard for the safety of other competitors including rowing crews who are using the same course.
6. During the kayak/row section each competitor is responsible for the following:

- Their course steered will not bring them into contact with any other craft - Kayak or longboat.
 - An overtaking craft must keep clear of a craft being overtaken
 - The craft being overtaken must steer a straight line course to the next mark, i.e. do not steer a weaving course to prevent a competitor overtaking.
 - When rounding marks of the course – overlapping craft on the inside of the course have right of way. Room must be allowed for any craft on the inside of the turn to make good their manoeuvre. If your craft is clear ahead (i.e. no overlap has been created) at a point three boat lengths from the mark then you may take the turn as tight as you are able and **no craft shall try and force themselves between you and the mark.**
7. All competitors must abide by the rules of the harbour and avoid any course that would interfere with any other craft on the water. **Note: Commercial craft always have right of way**
 8. There will be easily identified rescue craft covering all points of the course including the turning markers. Should a potential hazard arise, any one of these rescue crews may instruct you to stop or alter course to avoid the hazard. Failure to observe these instructions may lead to disqualification.

The Run.

1. The teams may start the run when informed by the timekeepers that the twenty minutes has elapsed. All runners from that team will start together.
2. All runners are to adhere strictly to the prescribed route.
3. The position of the team in the overall event will be calculated from the combined times of the first three runners. The fourth member of the team's time will not be taken as part of that calculation provided that that team member finishes with ninety minutes. It is important to note that this stage is to be completed as quickly as possible by **each team** member in order to obtain the best overall team result.
4. On finishing the run each team member must ensure that the timekeeper accurately notes his or her arrival. This includes the fourth finisher.

Substitutions.

□ No substitutions are allowed during the course of the event. However, if any participant is injured or cannot complete the full event for any other reason, then substitutions will be allowed so that the other team members can complete the event. This will, however, disqualify that team from the competitive element of the event.

IMPORTANT NOTE.

IT MUST BE NOTED BY ALL COMPETITORS THAT ANY MARSHAL, OTHER THAN THOSE IN POLICE UNIFORM, ARE ONLY THERE TO DIRECT YOU AND HAVE BEEN SPECIFICALLY BRIEFED NOT TO ATTEMPT TO STOP OR DIRECT OTHER TRAFFIC. IT IS YOUR RESPONSIBILITY TO RIDE AND RUN IN ACCORDANCE WITH THE PROVISIONS OF THE HIGHWAY CODE.

Categories.

There will be six prize categories

1. **Best male open team**
2. **Best female open team** (All competitors must be female)
3. **Best male veteran team** (To qualify as a veteran, male competitors must be 40 years of age or over on the day of the race)
4. **Best female veteran team** (To qualify as a veteran, female competitors must be 35 years of age or over on the day of the race)
5. **Best mixed team** (Mixed teams must consist of two male and two female competitors)
6. **Best uniform service team** (must be same service, except COX)
7. **Best Company Team** (All team members are employed by the same non uniform company or organisation / Employer, except COX)

The Trophies will be awarded in the above order. NO TEAM WILL WIN MORE THAN ONE TROPHY. For example if a veteran Police team were to win the event outright, they would be awarded the Best Open male prize, the next best veteran team would win the Veteran trophy etc.

Entrance Fee

The entrance fee for each **Team** will be **£200**. The entrance fee for the **Quadrathlon** is **£35** per competitor. This is all inclusive of T-shirts, trophies, lunch and will ensure a substantial donation to our charitable causes.

For teams to qualify for the event a completed application form, including the details of the boat that the team will be using must be submitted as soon as practicable. The full entry fee must be with the organisers by no later than **17th** **August 2010.**