



CHEVRON PEMBROKESHIRE TEAM CHALLENGE & QUADRATHLON

4th SEPTEMBER 2010, 7AM AT NEYLAND, PEMBROKESHIRE

These are extreme events and should only be attempted by competent athletes.

Location

Set in the beautiful Pembrokeshire countryside on and near the Milford Haven Waterway. The venue for both races is Neyland.

Events

There are three events, the Individual Challenge, Team Challenge and Quadrathlon. The Quadrathlon is the Welsh leg (Round Six) of the British Quadrathlon Association National Trophy.

There are three legs in the Individual challenge: cycle, Kayak and run.

There are three legs in the team challenge: cycle, longboat rowing and run.

There are four legs in the quadrathlon: swim, cycle, kayak and run.

Descriptions of routes are on the event brochure, and maps will be downloadable from www.ptcq.co.uk

Longboat rowing

If you would like details of a longboat rowing club where you can learn and train, or to find out about use of a boat for the challenge, please contact Richard Incedon telephone 01646 601499 (home), 01437 775541 (work), mobile 07854 243549, email RichardIncedon@aol.com.

Eligibility

Please see event brochure for details.

Rules

You can download event details and rules from www.ptcq.co.uk

The Quadrathlon will be run under the rules of the British Quadrathlon Association (BQA) together with the rules of the Chevron Pembrokeshire Team Challenge & Quadrathlon. For the BQA rules please see www.quadrathlon.com.

Costs & deadline for entries

Please see event brochure and website for details.

How to enter:

Send completed entry form together with a cheque payable to **Pembrokeshire Challenges** for the appropriate amount to:

Kate Lindley, Experience Pembrokeshire's Waterway, PLANED, The Old School, Station Road, Narberth, SA67 7DU

You will receive confirmation and further details.

If you have any queries, please contact Kate Lindley telephone 01834 862109, mobile 07771617502, email katel@planed.org.uk

Registration

Competitors are encouraged where possible to register at Neyland Yacht Club on Friday evening 3rd September between 6.00pm and 8.00pm, instead of on Saturday morning. For those competitors unable to register on Friday evening, registration will take place on Saturday morning 4th September from 5.30am to 6.00am.

Entry Form

Chevron Pembrokeshire Team Challenge 2010

Team Name

Tick category: see Chevron Pembrokeshire Team Challenge rules for categories

Open Male

Open Female

Veteran Male

Veteran Female

Mixed Team

Uniformed Serviced
(must be same service, except COX)

Company Team

(must be employed by same Company/Employer, except COX)

Interesting information for commentator *(continue on reverse if required)*

Team Leader

PLEASE PRINT CLEARLY

Name	<i>Please circle</i> Male Female
Address	Age on race day
	Date of birth
Postcode	
Email address	Telephone number
Name and contact tel. no. of next of kin	T shirt size <i>(please circle)</i> S M L XL XXL

Team Member No. 2*PLEASE PRINT CLEARLY*

Name	<i>Please circle</i> Male Female
Address	Age on race day
	Date of birth
Postcode	
Email address	Telephone number
Name and contact tel. no. of next of kin	T shirt size (<i>please circle</i>) S M L XL XXL

Team Member No. 3*PLEASE PRINT CLEARLY*

Name	<i>Please circle</i> Male Female
Address	Age on race day
	Date of birth
Postcode	
Email address	Telephone number
Name and contact tel. no. of next of kin	T shirt size (<i>please circle</i>) S M L XL XXL

Team Member No. 4*PLEASE PRINT CLEARLY*

Name	<i>Please circle</i> Male Female
Address	Age on race day
	Date of birth
Postcode	
Email address	Telephone number
Name and contact tel. no. of next of kin	T shirt size (<i>please circle</i>) S M L XL XXL

DECLARATION

I understand that the Chevron Pembrokeshire Team Challenge is a very physically demanding event and I declare that there is no physical or medical reason to prevent me participating. I am fit to complete all three disciplines in the event. I do not suffer from any medical condition that would prevent me completing the event. I declare that I enter and intend completing at entirely my own risk.

- I agree to abide by the Rules of the Event and the directions of the Event Organisers at all times.
- I understand that the Event Organisers, its Sponsors, Promoters and Neyland Yacht Club will not be held responsible for any claim due to accident, loss or damage as a consequence of my participation in this event.
- In the event of cancellation or amendments to the event due to severe weather or other matters beyond the organisers' control, any refunds will be at the organisers' discretion.
- All bicycles used in this event will be suitably equipped and maintained and an approved helmet will be worn.
- I give my consent for any photographic or electronic images taken during the race to be used for either printed or electronic publicity.

PLEASE ENSURE YOUR TEAM SIGNS

Signed

Team leader	Team member no. 2
Team member no. 3	Team member no. 4
Date	

The boat that we will be using complies with the criteria set out in the rules.

Boat name	Owner
Contact name and tel. no. of owner	