



## CHEVRON PEMBROKESHIRE TEAM CHALLENGE & QUADRATHLON

4<sup>th</sup> 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](http://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](mailto:RichardIncedon@aol.com).

### Eligibility

Please see event brochure for details.

### Rules

You can download event details and rules from [www.ptcq.co.uk](http://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](http://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](mailto:katel@planed.org.uk)

### Registration

Competitors are encouraged where possible to register at Neyland Yacht Club on Friday evening 3<sup>rd</sup> 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 4<sup>th</sup> September from 5.30am to 6.00am.

RACE NUMBER..... CATEGORY..... (Official Use)

## Entry Form Chevron Pembrokeshire **Quadrathlon** 2010

*PLEASE PRINT CLEARLY*

Name	<i>Please circle</i> <b>Male</b> <b>Female</b>
Address	Age on race day
	Date of birth
Postcode	Telephone no.
Email address	T shirt size ( <i>please circle</i> ) <b>Only available for Pre-Entries</b> <b>S      M      L      XL      XXL</b>
Name and contact tel. no. of next of kin	Are you a BQA member? <b>Yes                  No</b>
What is your first claim sports club (if applicable)?	
Interesting information for commentator ( <i>continue on reverse if necessary</i> )	

**DECLARATION**

I declare that to the best of my knowledge I am fit to take part in this event and agree that the organisers are not responsible for any injury, including fatal injury, loss, accident or damage sustained to either my person or member of the public or property as a result of my participation in this event. I will not take part in this event if the conditions on the day are beyond my ability.

- 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.
- For the quadrathlon only - I have the necessary kayaking skills and will wear an approved buoyancy aid.
- I give my consent for any photographic or electronic images taken during the race to be used for either printed or electronic publicity.

Signed	Date
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