



Featuring

## The Box End Quadrathlon BQA National Championships & Quadkids Race 2 - Sunday 30.06.19

The National Championship event is suitable for both experienced and novice athletes just wanting to start out in the sport.

**Entry Details:** view our website, <http://www.quadracracing.co.uk/>

**Date:** The event takes place on Sunday 30th June 2019.

**Timing:** Registration on Saturday 29.06.19 is open from 17.00 to 18.00 and on Sunday 30.06.19 registration opens 06.00 to 07.15. Competitors are encouraged to register on the Saturday. Race briefing is at 07.45 in the transition area [compulsory to attend]  
The race will start at 08.00.

**Venue:** Box End Park, Box End, Kempston, Bedford, Beds, MK43 8RQ      Grid Ref: TL011485  
Directions available from Box End Water Ski Park website: <http://www.boxendpark.com/directions.php>

### Event Details

#### The Quadrathlon

750m open water swim  
4.8km kayak [4 laps]  
15km off-road bike course [3 laps]  
5km trail run [1 lap]

Wet suits are advisable but not compulsory unless low water temperatures.

#### Quadkids Race

250m open water swim  
1.2km kayak (1 lap)  
5km off-road bike (1 lap)  
2km

ENTRY FEES FOR QUAD	MINIMUM AGE : 14 Years
Individual Entry fee for BQA member	£30
Individual Entry fee for non BQA member	£35
On the day [at registration]	£5 extra
Limited kayak hire (pre-booking essential)	£5
Team for Quadrathlon	£60
Quadkids	£15

**Facilities available:** toilets, showers, changing areas, refreshments, camping, parking, bar, restaurant and café.

**CAMPING** – is available at Box End Park for all competitors. Caravans and campervan facilities available; apply directly to Box End – Telephone Number: 01234 846222, 07922 824678

**Event Rules:** the event will be run under the rules & guidelines set out by the World Quadrathlon Association. The rules can be viewed on the WQF website: <http://www.quadrathlon.com/p/world-cup.html> or download in pdf: <http://www.quadrathlon-online.de/wqf/WQF-Sport-Order.pdf>





## BOX END QUADRATHLON ENTRY FORM 2019

Please return the completed form to: Box End Park (Summer Quadrathlon) Box End, Kempston, Bedford, Beds, MK43 8RQ .  
An email confirmation will be sent out.

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

### Solo Entry Information or Team Captain

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

Address.....  
.....

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

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

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

Club..... I would like to hire a kayak at £5 Yes/ No  
Team Name (if applicable).....

Team Member Name.....DOB..... Signature.....

Team Member Name.....DOB..... Signature.....

Team Member Name.....DOB..... Signature.....

Quadrathlon Solo **Yes/No**, Quadrathlon Team **Yes/No** BQA Member **Yes/No** **Number:**.....

(Please clearly indicate your race as appropriate by circling the correct category)

BQA membership number.....

Amount payable [including kayak hire].....(cheques made payable to 'The Barbour Partnership')

Camping should be booked directly with Box End.

Your personal details will be kept on our database and will be used to send out race information / results or info about future events. Please indicate **if you do not** want to receive any information by email: .....

### **Disclaimer**

Minimum age of 14 on day for main Quad [Quadkids separate]

I am in good health and fit to compete in the above race.

I am a competent canoeist and proficient in deep water capsize drill [if under taking the quad].

I will wear a buoyancy aid during the canoe section [if under taking the quad] if conditions dictate.

I am aware that my cycle must be in roadworthy condition and that the wearing of an approved cycle helmet is mandatory.

I will undertake to read the race information and attend the race briefing and abide by any rules and regulations. I also agree to follow any instructions given by the organisers / race marshals.

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)

Closing date for all postal entries is the 23rd June 2019, all entries to be received by then. Any entries received after this date will be classed as late entries and charged as such. Race information is not posted out but can be found on our website:

[www.quadracrac racing.co.uk](http://www.quadracrac racing.co.uk)