

The Awesome Foursome

2019 Quadrathlon

Like Shoreline Extreme Sports on Facebook for event up-dates

Saturday Sept 21st, 10 am Start, The Lower Wharf, Bude Canal

- Last years results: www.shorelineactivities.co.uk
- Confirmed entries will be displayed at www.shorelineactivities.co.uk
- Like us on Facebook to stay in touch - Shoreline Extreme Sports

Directions

Drive down into Bude from the A39. At the mini-roundabout next to the river turn left, cross the river and then take the next right by the side of the corner shop. Follow this road around to the left, drive in front of the fire station and park near the canal. Check-in area is behind the Fire Station. Toilets close by.

Time-Table

8 am to 9 am Competitors check in
9.30 am Competitors briefing
10 am Start

This is an extreme race & should only be attempted by competent athletes

The Course

The event starts with an **800 m sea swim**, a double loop within Summerleaze bay, protected by the breakwater. Next a **30 km cycle** following the coast road to Widemouth, Wanson Mouth and Millook before meeting the A39 at Wainhouse Corner and returning to Bude. Then a **10 km Kayak paddle**, which is a double loop of the Bude canal. And finally a **10 km run** along the canal towpath to Helebridge, following the marked footpath across the fields to Widemouth and returning to Bude via the coastal path. The course will be exactly the same as it was last year.

Participation

This is an extreme event where each discipline should only be attempted by competent athletes. The event can be completed by individuals, as a pair each completing any 2 disciplines each or as a relay team where each team member completes a single discipline.

Rules and Suggestions

Swimmers can wear wetsuits and should be competent in open water conditions. Cyclists must wear approved helmets and abide by the rules of the road, beyond Widemouth the route becomes extremely hilly, low gears are essential. Paddlers will be allowed to use any type of Kayak or Ski, Under 18's will have to wear a buoyancy jacket. The route will be marked and marshaled, however route finding is the competitors responsibility, bring a map and familiarize yourself with the route and the area.

Kayaks for hire

We have a range of Kayaks that we are happy to hire out for a small fee. Contact Simon directly if you are interested and to check availability. Tel 01288 364039 or email info@shorelineactivities.co.uk

Application Form Awesome Foursome 2019 - Post with 1 SAE's and all fees

Name _____ Male / Female Age on race day _____

Home town & County _____ Tel _____

Job and interesting info _____

Date of Birth _____ Email _____

Select (circle) one of the seven categories from the list below:-

Over 50 (50 - 59)
competitors born in or between 1960 and 1969

Over 60's
competitors born in or before 1959

Over 40 (40 - 49)
competitors born in or between 1970 and 1979

Youth (19 and under)
competitors born in 2000 or sooner

Senior (20 to 39)
competitors born in or between 1980 and 1999

Pair

Relay Team

Pairs information, Who will:-

Swim _____ Cycle _____ Canoe _____ Run _____

Relay Team information, Who will:-

Swim _____ Cycle _____ Canoe _____ Run _____

Name of Team _____

Kayak Hire

Do you need to hire a kayak for the event? If so contact Simon in advance to reserve your kayak. Once reserved please enclose £25 for kayak hire with your application form and circle the following:-

Kayak booked with Simon, £25 enclosed

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.

signed _____ date _____ (parent/guardian if under 18)

Fees: Relay Team - £88 (eighty eight); Pair - £66 (sixty six); Individual - £44.99 (forty four and 99p)

All Cheques to be made payable to TNT Explosive Sports

Send this form with total payment and 1 SAE (for next years application form) to:

Simon Hammond, 11a Crooklets Beach, Bude, Cornwall, EX23 8NE, Tel 01288 354039.