

# The Awesome Foursome

## 2020 Quadrathlon

Like Shoreline Extreme Sports on Facebook for event up-dates

Saturday Sept 12th, 1.30 pm Start, The Lower Wharf, Bude Canal

- Last years results: [www.shorelineactivities.co.uk](http://www.shorelineactivities.co.uk)
- Confirmed entries will be displayed at [www.shorelineactivities.co.uk](http://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

9.30 am to 11.30 am Competitors check in  
12.30 pm Competitors and Marshals briefing  
1.30 pm 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 flexible pair (any combination or split) 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](mailto:info@shorelineactivities.co.uk)

## Application Form Awesome Foursome 2020 - 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 ten categories from the list below:-

Over 60 (60 - 69)  
competitors born in or between 1951 and 1960

Over 70  
competitors born in or before 1950

Over 50 (50 - 59)  
competitors born in or between 1961 and 1970

Youth (16-17)  
competitors born in or between 2003 and 2004

Over 40 (40 - 49)  
competitors born in or between 1971 and 1980

Juniors (18-19)  
competitors born in or between 2001 and 2002

Senior (23 to 39)  
competitors born in or between 1981 and 1997

Under 23 (20-22)  
competitors born in or between 1998 and 2000

Pair

Relay Team

**Pairs information**, flexible arrangement. Rules are that there must be two people and the course must be covered. You can alternate, do everything together, split every part up, do unequal amounts, share out your favorite bits. How do you plan to do the race:-

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 - £92 (ninety two); Pair - £70 (seventy); Individual - £47.50 (forty seven and 50p)**

**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.