**AREA 5 TETRATHLON COMMITTEE**

**In Conjunction With Cheshire Hunt North Branch of the Pony Club**

**TETRATHLON AND TRIATHLON**

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**TRIATHLON – DENBIGH LEISURE CENTRE - SUN 17 APRIL 2016**

Clwyd Ave, Ruthin Rd, Denbigh LL16 3HB

**ONE DAY EVENT – SMALLWOOD LIVERY CENTRE - SAT 7 MAY 2016**

**(Choice of full ODE or just Cross Country)**

Smallwood, Cheshire, CW11 2XE

# **CLASSES**

**1** BOYS PRE MINI (UNDER 8) Beanbags on targets, 500m run, 2 min swim. No ride

**2** GIRLS PRE MINI (UNDER 8) Beanbags on targets, 500m run, 2 min swim. No ride

**3** BOYS MINI (8 – 11 YEARS) 7m, 2 hand shoot, 1000m run, 2 min swim, 80cm XC

3a Triathlon only 3b Tetrathlon

**4** GIRLS MINI (8 – 11 YEARS) 7m, 2 hand shoot, 1000m run, 2 min swim, 80cm XC

4a Triathlon only 4b Tetrathlon

**5** BOYS JUNIOR (12 – 14 YEARS) 7m, 1 hand shoot, 1500m run, 3 min swim, 90cm XC

5a Triathlon only 5b Tetrathlon

**6** GIRLS JUNIOR (12 – 14 YEARS) 7m, 1 hand shoot, 1500m run, 3 min swim, 90cm XC

6a Triathlon only 6b Tetrathlon

**7** BOYS INTERMEDIATE (UNDER 26) 10m, 1 hand shoot, 2000m run, 3 min swim, 100cm XC

7a Triathlon only 7b Tetrathlon

**8** GIRLS INTERMEDIATE (UNDER 26) 10m, 1 hand shoot, 1500m run, 3 min swim, 100cm XC

8a Triathlon only 8b Tetrathlon

**9** SLIGHTLY CREASED (OVER 25) 7m, 2 hand shoot, 1000m run, 2 min swim. No ride

PRE MINI CLASS: Those who have not yet reached their 8th birthday.

Competitors aged 8 on the day enter the mini class. All other ages as on 1 Jan 2016

TEAMS (TRIATHLON ONLY): Branch/centre teams of three or four from classes 1 - 8, best three scores to count.

AWARDS: Individual and team rosettes to 6th place.

Medals for best run, shoot and swim in each class.

Mini girls will be split into age categories if there are sufficient entries

ENTRY FEE **All competitors to enter the Area 5 Triathlon**:

£13 per competitor (£1 reduction for 2nd and subsequent family members)

Cheques payable to Area 5 Tetrathlon Committee.

Closing date 12 April 2016 or earlier if classes full.

**Please send correct fee with entry to:-**

Mrs Penny Wingfield, Coedlyn, Rowen, Conwy LL32 8YL

Tel. 01492 650989 Mobile 07845 128109

Email - Area[5Tetrathlon@outlook.com](mailto:5Tetrathlon@outlook.com)

TETRATHLON ENTRY FEE: Please also use CHN’s entry form and send your cheque to them.

£50 if doing the whole One Day Event, £30 if just doing the Cross Country.

Rosettes for the top 6 in each class of the Tetrathlon will be presented at Smallwood.

Competitors may opt for the next lower level of cross country course for a penalty of 500 points.

Legal Liability: Neither the organisers, nor persons acting on their behalf, accept any liability for loss, damage, accident, injury or illness to competitors, spectators or any person or property whatsoever.

Health and Safety: The organisers of the event have taken reasonable precautions to ensure Health & Safety of everyone present. For these measures to be effective, everyone must take reasonable precautions to avoid and prevent accidents from occurring and must obey the Instructions of the organisers, officials and stewards.