

The Awesome Foursome 2009

Sponsored by Shoreline Extreme Sports

Last years results and course maps: www.shorelineactivities.co.uk

Chip Timing for Individuals , Pairs and Relay Teams

Saturday Sept 26th, 11 am Start, The Lower Wharf, Bude Canal

Directions

Drive down into Bude from the A39. At the mini-roundabout next to the river turn left, crossing the river and then take the immediate left turn into the Crescent Car Park. Park here – ticket required. Check in on the other side of the road next to the canal. Toilets close by.

Time-table

7.00 am to 10 am Competitors check in

10.30 am Competitors briefing

11.00 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 start, finish, transition area and run route are all back to normal this year as works on the Bude Canal are now finished.

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 marshalled, however route finding is the competitors responsibility, bring a map and familiarise yourself with the route and the area. Routes are available from www.shorelineactivities.co.uk

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 hammond.family@virgin.net

Application Form – Awesome Foursome Quadrathlon 2009 – 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 _____

Optional Feedback on previous races _____

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

Over 50's – Competitors born in 1959 or before 1959

- Over 40 (40 – 49) – Competitors born in or between 1960 and 1969.
- Senior.
- Juniors (21 and under) – Competitors born in 1988 or after 1988.
- 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 £15 for kayak hire with your application form and circle the following:-

Kayak booked with Simon, £15 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)

Race Fees: £58 (fifty eight) Relay Team, £38 (thirty eight) Pair, £29 (twenty nine) individual

T-shirt to all finishers – Cheques to TNT Explosive Sports Club

Send the bottom of this form with your total payment and 1 SAE to.

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