



Area 10 Tetrathlon Committee



Winter Triathlon Series

Sunday 15th January (National Qualifiers: Open, Junior and Minimus), Sunday 5th February and Sunday 5th March 2023 at Monmouth School Sports Club, Hadnock Road, Monmouth, NP25 3NG.

Class	Class Name	Age	Shoot	Swim	Run
1	Beanie Girls	7 & Under	Beanbag Throw	N/A	500m
2	Beanie Boys	7 & Under	Beanbag Throw	N/A	500m
3	Tadpole Girls	8 & 9 Yrs	Static Target, two hands, 7m	2mins	1000m
4	Tadpole Boys	8 & 9 Yrs	Static Target, two hands, 7m	2mins	1000m
5	Minimus Girls	11yrs & under	Turning Targets, two hands, 7m	2mins	1000m
6	Minimus Boys	11yrs & under	Turning Targets, two hands, 7m	2mins	1000m
7	Junior Girls	14yrs & under	Turning Targets, one hand, 7m	3mins	1500m
8	Junior Boys	14yrs & under	Turning Targets, one hand, 7m	3mins	1500m
9	Open Girls	25yrs & under	Turning Targets, one hand, 10m	3mins	1500m
10	Open Boys	25yrs & under	Turning Targets, one hand, 10m	4mins	3000m

*Please note that for all classes, ages are as 01/01/2023.

The Winter Triathlon final will take place on the 26th March 2023 at Stoke Mandeville Stadium. The run will take place on a track.

Organisers

Pony Club Area 10 Tetrathlon

Entry Fees

Classes 3-10 £20 per event or £50 for all three, if paid in advance.

Classes 1 & 2 £15 per event or £40 for all three, if paid in advance.

Entries to be made via the link below

<https://form.jotform.com/222973229572362>

Closing Dates:

January event - 6th January, February event – 27th January and March event – 24th February

No late entries.

Enquiries can be made to:

Nick Thompson
Tyla Glas Farm
Bedlinog,
Treharris
CF46 6SN
nickthompsonityla@gmail.com

Conditions of Entry:

- Any breach of safety rules may result in disqualification.
- To be run in accordance to the 2022 Pony Club Tetrathlon Rules. Minimus rules and scoring apply to Beanie, Intro and Minimus Classes. The decision of the judges are final throughout.
- For insurance purposes, all competitors must be paid-up members of their Pony Club branch.
- Strictly Pony Club Branch tops/sweatshirts are to be worn in the shooting phase and prize-giving.
- Each club entered requires a minimum of two (2) volunteers for the entire day. These must be named and contact numbers provided.
- Any allergies must be declared upon entry.

Withdrawals:

- Before closing date 100% refund. After closing date and before times are issued: refund less £5 admin fee if space can be filled. After times are issued, regret that there is no refund.

Shoot:

- Guns must be brought to tables in their boxes and opened only on command of the firing point steward. They must be boxed again before the competitor leaves the firing point. Guns may only be carried by those over 18yrs old or under the supervision of a person over 21yrs old. when not in use, guns must be stored in a secure place (ie in a vehicle & out of sight). Any breach of safety rules may result in disqualification. Please ensure competitors are aware that footwear must not cover the ankle (ie no boots, ankle boots or hi-top trainers). Long trousers must be worn. Guns should be then kept in a 'locked' vehicle.
- Protective or prescription glasses are recommended at all levels and are mandatory for shooting at 7metres.
- Any type of sound producing or communication system is prohibited.
- Sound reducing devices (ear defenders or ear plugs), visors, caps, eye patches, corrective lenses or filter may be worn.
- Please state if you shoot with your left hand on the entry form.

Swimming:

- Please could team managers ensure all competitors are strong enough swimmers to complete at least one length of the pool (25m) confidently. It simply isn't fair to put non-swimmers into a competitive situation.
- Please mark entry form if outside lane is required.
- Please provide accurate details of swim distance on the entry form.
- Swimmers using the start blocks must have achieved to the level of ASA Competitive Start Award. Otherwise they must dive using the pool side or start in the water.

Running:

- This will be conducted in groups.

- Prior to the event, start times will be provided to allow competitors to have an effective warm-up.

Health and Safety

The organisers have taken responsibility to ensure that the health and safety of everyone present. For these measures to be effective, everyone must take all reasonable precautions to avoid and prevent accidents occurring and must obey the instructions of all officials and stewards.

No Dogs Allowed

Liability

Participants attend at their own risk. Neither the organisers, landowners or the Pony Club accept any liability for any loss, damage, accident, illness or injury to competitors, spectators or any person or property whatsoever. Application for entry to this event constitutes as acceptance of these conditions. Please remember we can only run this event by depending on the kindness of volunteers, so please treat them with respect and courtesy.

PC HQ Reminder

Photographic Rights – competitors and their guardians give permission for any photographic and/or film or TV footage taken of persons or horses/ponies taking part in Pony Club events to be used and published in any media whatsoever for editorial purposes, press information or advertising by or on behalf of The Pony Club and/or official sponsors of The Pony Club.