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Dear COLT member

Saturday, May 2nd, 2009

## North of England Summer Biathlon & Triathlon Championships

Please find enclosed entry forms for the North of England Winter Championships to be held at Leigh Sports Village on Sunday 5th July 2009.

The run will take place on the **400m synthetic athletic track** with every competitor completing the relevant number of laps for their run distance. The swim and the shoot will be held in the Indoor Sports Centre.

The Pentathlon-GB 2005 rule book for biathlon and triathlon will apply. Youth A, B, Junior and Senior will have 20 competition shots, 172 target points = 1000 triathlon points. All other age groups will have 10 competition shots, 86 target points = 1000 triathlon points. Age groups and points tables are listed overleaf.

All affiliated clubs in the region have been sent a form to nominate volunteers for officiating at competitions. Please ensure that this has been completed and returned before submitting your entries.

**It is essential that each club with multiple entries has at least one official available for each of the three disciplines, please confirm on your entry form if you are able to provide an official.**

**Please note that no part of the competition will be started without the full number of officials as required by the risk assessment for the event**

Individuals may be entered for biathlon or both biathlon and triathlon competitions. There will also be a team competition for groups of 3 athletes competing in the same class. Trophies will be awarded depending on entry numbers as outlined in the MPAGB Handbook and classes may be amalgamated should there be a low entry in any particular class. All competitors entering these Championships must be members of the Pentathlon-GB. Membership forms can be obtained from the website [www.pentathlongb.org](http://www.pentathlongb.org) or the organizer. The current rate for Junior membership is £7 per annum (£6 by direct debit). Completed forms and payment can be included with entries.

Entries should be addressed to : **Jennie Hodgson**

before the closing date of **Friday 12h June 2009**. Please note that late entries will not be accepted.

Regards

Jennie

# AGE GROUPS & SCORING

## SWIM

Masters Men Over 35	MM	100m in 1 min 30 secs = 1000pts ± 4pts per 0.33 sec
Senior Men Over 21	SM	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Junior Men 19 to 21	JM	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Youths A 17 to 18	YAB	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Youths B 15 to 16	YBB	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Youths C 13 to 14	YCB	100m in 1 min 14 secs = 1000pts ± 4pts per 0.33 sec
Youths D 11 to 12	YDB	100m in 1 min 20 secs = 1000pts ± 4pts per 0.33 sec
Youths E 10 Years	YEB	50m in 40 secs = 1000pts ± 4pts per 0.33 sec
Masters Women Over 35	MW	100m in 1 min 40 secs = 1000pts ± 4pts per 0.33 sec
Senior Women Over 21	SW	200m in 2 min 40 secs = 1000pts ± 4pts per 0.33 sec
Junior Women 19 to 21	JW	200m in 2 min 40 secs = 1000pts ± 4pts per 0.33 sec
Youths A 17 to 18	YAG	200m in 2 min 40 secs = 1000pts ± 4pts per 0.33 sec
Youths B 15 to 16	YBG	200m in 2 min 40 secs = 1000pts ± 4pts per 0.33 sec
Youths C 13 to 14	YCG	100m in 1 min 20 secs = 1000pts ± 4pts per 0.33 sec
Youths D 11 to 12	YDG	100m in 1 min 20 secs = 1000pts ± 4pts per 0.33 sec
Youths E 10 Years	YEG	50m in 40 secs = 1000pts ± 4pts per 0.33 sec

## RUN

Masters Men Over 35	MM	2000m in 7 min 40 secs = 1000pts ± 4pts per sec
Senior Men Over 21	SM	3000m in 10 min 00 secs = 1000pts ± 4pts per sec
Junior Men 19 to 21	JM	3000m in 10 min 00 secs = 1000pts ± 4pts per sec
Youths A 17 to 18	YAB	3000m in 10 min 00 secs = 1000pts ± 4pts per sec
Youths B 15 to 16	YBB	2000m in 6 min 40 secs = 1000pts ± 4pts per sec
Youths C 13 to 14	YCB	1000m in 3 min 10 secs = 1000pts ± 8pts per sec
Youths D 11 to 12	YDB	1000m in 3 min 40 secs = 1000pts ± 8pts per sec
Youths E 10 Years	YEB	1000m in 3 min 40 secs = 1000pts ± 8pts per sec
Masters Women Over 35	MW	1000m in 4 min 00 secs = 1000pts ± 8pts per sec
Senior Women Over 21	SW	3000m in 11 min 20 secs = 1000pts ± 4pts per sec
Junior Women 19 to 21	JW	3000m in 11 min 20 secs = 1000pts ± 4pts per sec
Youths A 17 to 18	YAG	3000m in 11 min 20 secs = 1000pts ± 4pts per sec
Youths B 15 to 16	YBG	2000m in 7 min 40 secs = 1000pts ± 4pts per sec
Youths C 13 to 14	YCG	1000m in 3 min 40 secs = 1000pts ± 8pts per sec
Youths D 11 to 12	YDG	1000m in 4 min 00 secs = 1000pts ± 8pts per sec
Youths E 10 Years	YEG	1000m in 4 min 00 secs = 1000pts ± 8pts per sec

## SHOOT

4.5mm (.177") calibre compressed air or CO<sub>2</sub> pistol fired at a standing target from a distance of 10 metres.

**Youth C, D, E and Masters** 10 competition shots, 3, 3 then 4 shots per target, 40 seconds allowed per shot  
86 Target Points = 1000pts ± 12 pts per Target Point

**Youth A, B, Junior and Senior** 20 competition shots, 4 shots per target, 40 seconds allowed per shot  
172 Target Points = 1000pts ± 12 pts per Target Point

Men and women in the Masters classes are given bonus points over the scratch age of 40.

**Ages as at 31st December 2009**

# North of England Summer Biathlon & Triathlon Championships

## Leigh Sports Village, Sunday 5th July 2009

### INDIVIDUAL ENTRY FORM

Name	
Address	
E-mail address	Tel No.
Pentathlon-GB Number	
Age at 31.12.2009	Class
Category (please circle)	<input type="radio"/> Biathlon Only <span style="margin-left: 200px;"><input type="radio"/> Biathlon &amp; Triathlon</span>
Swim Time for relevant distance	
Club COLT	

#### Entry fees

Biathlon Only	£7
Biathlon & Triathlon	£10
Team entry (per team per category)	£6
<b>TOTAL</b>	

Cheques should be made payable to **MPAGB (North West)**

I certify that I agree to be bound by the rules of the competition and that Pentathlon-GB and competition organisers will not accept any responsibility, financial or other for any loss, injury or illness of any person during the competition.

Signed:..... Countersigned:..... Date:.....  
 (Signature of parent or guardian if under 18 years of age.)

All individuals entering the competition must be members of Pentathlon-GB.

Entries should be addressed to :  
 Martin Highton  
 22 King Street  
 Whalley  
 CLITHEROE  
 Lancashire  
 BB7 9SL  
 Tel. 01254 823983  
 Email: martin.highton@orpheusmail.co.uk

before the closing date of **Friday 12th June 2009.**

A stamped self addressed envelope must be included if you require Final Instructions by post.