

# Biathlon Notice

The next biathlon is being held at Salt Ayre Sports Centre, Lancaster, on Sunday 28<sup>th</sup> February 2010. Entry forms and details are attached.

Please note you **MUST** be a member of the Modern Pentathlon Association (MPAGB) to enter this competition. MPAGB Membership is £7.00 per year and membership forms are attached.

Team entries should be given to myself by Sunday 7<sup>th</sup> February 2010.

Should you have any queries please see me, or email me via the club website.

Thanks

Jill Holden



# North West

# Open Tetrathlon,

# Triathlon & Biathlon

Salt Ayre Sports Centre,  
Lancaster

Sunday, 28<sup>th</sup> February 2010

The competition is open to all age groups from Youth E to Masters, however classes may be combined depending on the number of entries. Individuals may be entered for biathlon only, triathlon (includes biathlon) or tetrathlon (includes biathlon & triathlon for Youth C and below). Combined Event is planned for Youth A, B, Junior and Senior tetrathlon.

There will also be a team competition for groups of 3 athletes competing in the same class. All competitors entering these Championships must be members of Pentathlon-GB.

The Pentathlon-GB 2009 rule book will apply to this competition. Trophies will be awarded depending on entry numbers in accordance with rule 2.17.2.

Please contact :

**Martin Highton, tel : 01254 823983 or email : [martin.highton@orpheusmail.co.uk](mailto:martin.highton@orpheusmail.co.uk)**  
for further details.

**P T O** for individual entry form.



Chairman:  
Mr G Lewis  
47 Whitehall Drive  
Hartford  
NORTHWICH  
CW8 1SJ  
Tel: 01606 79841  
E-mail: geoff.lewis@tiscali.co.uk  
sshaw@caterware.co.uk

Secretary:  
Mr S Shaw  
12 Bescot Way  
THORNTON-CLEVELEYS  
Lancs  
FY5 3QA  
Tel: 01253 824759  
E-mail:

Dear Team Manager

Friday, 1st January 2010

## North West Open Tetrathlon, Triathlon and Biathlon

Please find enclosed entry forms for the North West Open Tetrathlon, Triathlon and Biathlon to be held at Salt Ayre Sports Centre, Lancaster on Sunday 28th February 2010.

Individuals may be entered for biathlon only, triathlon (includes biathlon) or tetrathlon (includes biathlon and triathlon for Youth C and below). Combined Event is planned for Youth A, B, Junior and Senior tetrathlon.

A team competition will be included for groups of 3 athletes competing in the same class and category. Trophies will be awarded depending on entry numbers as outlined in the Pentathlon-GB Handbook.

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

The shoot and run will operate as a Combined Event for Youth B tetrathletes, 2 x 1000m, 10 shots; and Youth A, Junior and Senior tetrathletes, 3 x 1000m, 15 shots; subject to viable entry numbers.

The Pentathlon-GB 2009 rule book will apply for this competition. Age groups and points tables are listed overleaf. All competitors entering these Championships must be members of 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.

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 nominates at least three officials on the entry form to assist with the run, shoot and swim.

**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**

Entries should be addressed to : **Martin Highton 22 King Street Whalley CLITHEROE Lancashire BB7 9SL** before the closing date of **Monday 15th February 2010**. Please note that late entries will not be accepted.

Final Instructions will be sent out by email one week before the event, if you need a copy by post, please include a stamped self addressed envelope.

I look forward to seeing you in Lancaster,

Regards

*MARTIN*

# AGE GROUPS & SCORING

## SWIM

Masters Men Over 35	MM	100m in 1 min 30 secs = 1000pts ± 8pts 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 ± 8pts per 0.33 sec
Youths D 11 to 12	YDB	50m in 40 secs = 1000pts ± 12pts per 0.33 sec
Youths E 10 Years	YEB	50m in 40 secs = 1000pts ± 12pts per 0.33 sec
Masters Women Over 35	MW	100m in 1 min 30 secs = 1000pts ± 8pts per 0.33 sec
Senior Women Over 21	SW	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Junior Women 19 to 21	JW	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Youths A 17 to 18	YAG	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Youths B 15 to 16	YBG	200m in 2 min 30 secs = 1000pts ± 4pts per 0.33 sec
Youths C 13 to 14	YCG	100m in 1 min 14 secs = 1000pts ± 8pts per 0.33 sec
Youths D 11 to 12	YDG	50m in 40 secs = 1000pts ± 12pts per 0.33 sec
Youths E 10 Years	YEG	50m in 40 secs = 1000pts ± 12pts 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 10 min 00 secs = 1000pts ± 4pts per sec
Junior Women 19 to 21	JW	3000m in 10 min 00 secs = 1000pts ± 4pts per sec
Youths A 17 to 18	YAG	3000m in 10 min 00 secs = 1000pts ± 4pts per sec
Youths B 15 to 16	YBG	2000m in 6 min 40 secs = 1000pts ± 4pts per sec
Youths C 13 to 14	YCG	1000m in 3 min 10 secs = 1000pts ± 8pts per sec
Youths D 11 to 12	YDG	1000m in 3 min 40 secs = 1000pts ± 8pts per sec
Youths E 10 Years	YEG	1000m in 3 min 40 secs = 1000pts ± 8pts per sec

### **Ages as at 31st December 2010**

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

## 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 and E** 10 competition shots, 3, 3 then 4 shots per target, 20 seconds allowed per shot

86 Target Points = 1000pts ± 12 pts per Target Point

**Youth A, B, Junior,** 20 competition shots, 4 shots per target, 20 seconds allowed per shot

**Senior and Masters** 172 Target Points = 1000pts ± 12 pts per Target Point

## FENCE

Epee fencing in a poule unique. One hit in one minute. If no fencer scores a hit within the time limit, a double defeat will be recorded. 70% of bouts won = 1000 pts.

Each victory over or under = typically 28 pts (will vary depending on number of competitors).

Full fencing kit must be worn; Pentathlon-GB recommends that this should be FIE standard. Any kit which does not comply with this standard must be CEN 1 minimum, in good condition and is used at the competitors own risk, however an 800N under-plastron and for the girls a full chest protector are mandatory. Please note that any blades which the referee considers to be unsafe will be confiscated.

Age groups may be combined depending on the number of entries.

North West Open Tetrathlon, Triathlon and Biathlon  
Salt Ayre Sports Centre, Lancaster Sunday 27th February 2010

INDIVIDUAL ENTRY FORM

Name			
Address			
E-mail address		Tel No.	
Pentathlon-GB Number			
Age at 31.12.2010		Class	
Category (please circle)	Tetrathlon	Triathlon	Biathlon
Swim Time for relevant distance			
Club			
Team competition for groups of 3 athletes competing in the same class and category.			
Please name the other two team members that have completed individual entry forms.			
1.		2.	

**Entry fees**

Biathlon	£8
Triathlon (includes biathlon)	£10
Tetrathlon (includes biathlon & triathlon for Youth C and below)	£20
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 the 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 the 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 **Monday 15th February 2010.**

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



## Team Entry Form

Class.....	Bi/Tri/Tet
Names	

Class.....	Bi/Tri/Tet
Names	

Class.....	Bi/Tri/Tet
Names	

Number	Category	Unit Cost	Subtotal
	Biathlon	£8	
	Triathlon (includes biathlon)	£10	
	Tetrathlon (includes biathlon & triathlon for Youth C and below)	£20	
	Family (all biathlon or triathlon entries from one family)	£20	
	Team entry (per team per category)	£6	
<b>TOTAL</b>			

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

Team Manager Address	
E-mail address	Tel No.

The following nominations are available to officiate and will report to the OIC before the start of the discipline.

Shoot	Fence	Swim	Run

Signed ..... Team Manager