

# Deeside Pony Club Triathlon **PONY CLUB**



**Sunday 19<sup>th</sup> of January 2025.**

**Starts approx. 10.00am at Cults Academy.**

**Swimming, Running and Shooting at Cults Academy, Quarry Road, Cults, Aberdeen. AB15 9PT.**



CLASS	Ages of competitors will be from 1 January 2024	SHOOT	RUN	SWIMMING
1 & 2	JUNIOR BOYS AND GIRLS 12 – 14 years	7 metres, Turning targets. (1 handed)	1500 metres	3 Minutes
3 & 4	MINI BOYS AND GIRLS 10 & 11 years	7 metres, Turning targets. (2 handed)	1000 metres	2 Minutes
5 & 6	TADPOLE BOYS AND GIRLS 8 & 9 years	7 metres, Static targets (2 hands)	1000 metres	2 Minutes
7 & 8	BEANIE BOYS & GIRLS under 8	Bean bag throw 3m	500 metres	2 Minutes (can use a float)

**Entry Fee :- £18 (£12 for classes 7 & 8)**

**Entries should be made on the Deeside Branch of the Pony Club Page of the Clubentries.com website.**

<https://clubentries.com/deesidepc/>

**Please note that this event is open to all Pony Club members.**

**There will be trophies handed out to the overall winter league winner. This will be the person with the best 3 scores from the series of 3 events.**

**Entries Close 11<sup>th</sup> January.**

**Contact: [Deeside@pcuk.org](mailto:Deeside@pcuk.org) for further information**

**The main aim of these competitions is to introduce people to tetrathlon. We are here to help and happy to answer any questions you have about the competition.**

**There will be pistols available to borrow on the day, please state if you need a pistol on your entry.**

Competitors are required to bring their own pellets for shooting, they must be flat headed Pellets.

There will be some pellets available to purchase on the day. (£5 per Tin of 500 pellets)

### **Times**

These will be emailed out to the address provided on the entry form and posted on [www.ponyclubresults.com](http://www.ponyclubresults.com) on the Wednesday before the competition.

**There will be tea, coffee juice and home baking available to purchase on the day.**

### **Conditions of Entry**

#### **Legal Liability**

Save for the death or personal injury caused by the negligence of the organisers of this event or anyone for whom they are in law responsible, neither the organisers of this event or The Pony Club nor any agent, employee or representative of these bodies, nor the landlord or his tenant, accepts any liability for any accident, loss, damage, injury or illness to horses, owners, riders, spectators, land, cars, their contents and accessories, or any other person or property whatsoever, whether caused by their negligence breach of contract or in any other way whatsoever. Entries are only accepted on this basis.

#### **Health and Safety**

The organisers of this event have taken all reasonable precautions to ensure 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 by obeying instructions of the organiser, officials and stewards.

#### **General**

The competition will be run under the Pony Club Tetrathlon Rules 2024.

[Tetrathlon - The Pony Club Sports \(pcuk.org\)](http://pcuk.org)

#### **Shooting -**

Competitors in classes 1-6 must have received some shooting training prior to the competition, and be safe and competent to shoot.

All competitors must wear protective glasses while shooting. Long trousers are compulsory.

All guns must always be kept boxed and secure and in the possession of a responsible person over the age of 18 years except during the shooting competition when under the supervision of the shooting steward.

Anyone who would like shooting experience prior to the event can contact Vicky Flett [victoria239@hotmail.co.uk](mailto:victoria239@hotmail.co.uk)

#### **Running –**

The running will be done in mixed sex heats on the astro pitch at the back of the school. No Spikes are allowed.

#### **Swimming –**

The swimming phase is to swim as far as you can in the allowed time. If you are a weak swimmer you can request an outside lane so you can stop for a break, there is no penalty for this.

The Beanies (class 7 & 8) can use a float for the swimming and will not be penalised. They will swim at the shallow end with Junior competitors in the pool to help if needed.