



Lamerton Hunt Pony Club Winter Triathlon

Saturday 5th December 2026

Shoot & Swim: Holsworthy Leisure Centre, 2 Well Park, Holsworthy EX22 6DH

Run: Holsworthy Community College, Victoria Hill, Holsworthy EX22 6JD

**Parking: Well Park Long Stay Car Park – adjacent to Shoot/Swim, short walk to Run
(payment by cash/card/RingGo - location code: 54514)
what3words: inhaled.twee.gear**

Approx. start times: Run 10am; Shoot 12 noon; Swim 1.30pm

Catering on the day by Lamerton Hunt Pony Club

Class		Competitor age on 1st Jan 2026	Run	Beanbags/Shoot	Swim
1	Mixed Beanies*	7 and under	500m	Beanbags 3m	2 min
2	Mixed Tadpoles	8 and 9 years	1,000m	Shoot 7m (static 2-handed)	2 min
3a	Minimus Girls	11 and under	1,000m	Shoot 7m (turning 2-handed)	2 min
3b	Minimus Boys	11 and under	1,000m	Shoot 7m (turning 2-handed)	2 min
4a	Junior Girls	14 and under	1,500m	Shoot 7m (turning 1-handed)	3 min
4b	Junior Boys	14 and under	1,500m	Shoot 7m (turning 1-handed)	3 min
5a	Open Girls	25 and under	1,500m	Shoot 10m (turning 1-handed)	3 min
5b	Open Boys	25 and under	3,000m	Shoot 10m (turning 1-handed)	4 min

*Class 1 may be split by age, if entries allow.

Run

A 500m running course will be marked out on grass at the Holsworthy Community College playing field. Runners in each heat will start as a group and will be awarded points based on how quickly they complete their run (the faster the run, the more points awarded).

Please see a run steward in advance of your heat to declare yourself.

Beanbags

Pony Club beanbag targets will be taped flat on the floor (no frame) in the sports hall at Holsworthy Leisure Centre. Each competitor will have 5 practice throws at the target from a distance of 3 metres, followed by 2 sets of 5 throws that will be scored. Throws will be commanded.

Maximum possible score = 1,000.

Shoot

Competitors wishing to shoot must be aged 8 or over on the day of the competition and should have received shoot training through the Pony Club prior to the competition. The range will be housed in the sports hall at Holsworthy Leisure Centre. Competitors will take up to 5 practice shots, followed by two sets of 5 shots that will be scored.

Maximum possible score = 1,000.

Guns must be brought to the range boxed and safety-flagged, and may only be unboxed upon the Range Officer's command. Guns must remain flagged at all times except when flag removal is authorised by the Range Officer. Guns may only be carried by those over 18 years of age, or under the supervision of a person over 21 years of age. When not in use, guns must be securely stored (i.e. in a vehicle, out of sight). Competitors must wear long trousers and should be made aware that footwear covering the ankles (to include boots, ankle boots, or hi-top trainer) is not permitted. Protective eyewear is mandatory for competitors shooting at 7 metres, and is recommended at all levels. Sound-producing or communication systems are prohibited. Sound-reducing devices, visors, caps, eye patches, corrective lenses, or filters may be worn. Only black-coloured, open pistol sights are permitted. All mobile telephones and other communication devices must be switched off when in the range and range environs.

Please indicate when submitting your entry if a competitor is left-handed, or if they will be sharing a gun with another competitor.

Please arrive at the shoot venue in advance of your allocated beanbag/shoot time, giving your name to a steward.

Swim

The swim will take place in a 25m pool at Holsworthy Leisure Centre. Competitors will complete a timed swim, with points awarded based on the distance covered within the time (the greater the distance covered, the more points awarded).

Swimmers using the start blocks must have achieved the ASA Competitive Start Award, which must be registered in Pelham in advance of the competition. Please indicate when submitting your entry if a competitor has a **genuine need** of an outside lane. Flotation devices are permitted in Class 1 (Mixed Beanies) only. We will do our best to fulfil all outside lane requests, but please be advised that it may not be possible to fulfil them all.

Please arrive in good time for your allocated swim warm-up, and see the swim steward poolside to declare yourself.

Prizes

Individual and team rosettes to 8th place; rosettes for Best Shoot/Best Swim/Best Run for each class; special rosette to each Beanie competitor. Teams to comprise 3 or 4 members from the same Pony Club Branch (across multiple classes if necessary), with the top three scores to count.

Entries

£25 per competitor

£2 discount for LHPC members

All entries via Entrymaster (and team declarations via Entrymaster Team Manager login or by email to lamerton@pcuk.org) by midnight on **Sunday 29th November**.

<https://lamertonpc.entrymaster.online/index.php?id=1#event563>

Please address any requests for Entrymaster Team Manager access, or any Entrymaster team management queries/problems to Jo at Entrymaster (07799 065098).

Times

Times will be published on the Pony Club Results website on Thursday 3rd December.

Enquiries

Contact Rebecca Ogborne on 07875 175772 or rebeccapotter91@gmail.com.

Rules

The competition will be run under the rules set out in the [Pony Club Tetrathlon Rulebook 2026](#). Any queries arising in the course of the event relating to scoring or other aspects of the competition must be submitted for resolution *on the day* via an official Query Form, which will be made available at the event.

Conduct

Members and their parents/supporters will be expected to uphold the Pony Club Codes of Conduct, as outlined here:

[Pony Club Code of Conduct for Members](#)

[Pony Club Code of Conduct for Parents and Persons with Parental Responsibility](#)

Health & Safety

Organisers of this event have taken 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 and must obey the instructions of the organisers, officials and stewards.

Legal Liability

Save for the death or personal injury caused by the negligence of the organisers, 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. Entries are only accepted on this basis.