



Swakop Valley Stables

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Dear Riders

After the success of last year's triathlon, Swakop Valley Stables is organising another one for this year. We hope that you, your family and friends will all participate to ensure that this year's event is bigger and better than last years.

How the triathlon works

There are three classes from which to choose:

Classes	Equitation	Running (km)	Mountain biking (km)
1. Fun triathlon	SANEF 2007 CP3 dressage test and an obstacle course	2.5	5
2. Intermediate competition	SANEF 2007 P3 dressage test and 80cm jumping course	5	15
3. Advanced competition	SANEF 2007 N3 dressage test and 1m jumping course	10	30

Only riders that are registered at one of the riding clubs, private horse owners or riders with permission to ride a private horse will be able to participate in the equestrian event.

- Riders are encouraged to ask family members or friends to participate in the cycling and running events.
- In the **fun triathlon** participants may choose to do the triathlon individually, as a children's team or as a family team.
- We will also be inviting members of the Swakopmund running and cycling clubs to participate in the competitive events. So if you are an intermediate or advanced rider and you do not have running or cycling mates, give us your name and we will help make up a team for you.

Prizes

In the fun triathlon a first prize will go to the winners of the individual, children's and family categories.

In both the competitive events, the first three places will be awarded prizes.

Catering

SVS is renowned for its excellent cakes. So please make time to support the participants, whilst enjoying cake and coffee. We will also be offering brötchens for breakfast and a warm lunch. We request that you pre-book so that it is easier for us to cater efficiently.

Schedule

Time	Activity
08h00	Briefing
08h30	Run starts
10h00	Dressage starts
12h00	Lunch
13h00	Cycle starts
15h00	Jumping starts
17h00	Prize giving

Equipment

- *Equitation* - Club t-shirts or a smart t- shirt, long or short boots, cream, white or beige jodhpurs. Riding helmets are compulsory.
- Horses must be ridden in **snaffles**
- *Mountain biking* - Helmets are compulsory and cyclists must provide their own bicycles.
- *Running* - No specific equipment required although runners are encouraged to wear sunhats and takkies.

There will be water tables for both the running and cycling events

Entry fee

- It will cost N\$ 90 to enter a team (of three members) or an individual in the fun event.
- It will cost N\$ 120 to enter either the intermediate or advanced competitive events.
- All teams are to have registered by the 20 June. Forms are to be handed to your Stable or club manager or can be handed in at Desert Gems Swakopmund. SVS will collect the forms from the respective venues on the 20 June.
- Late entries will be taken on the day of the triathlon but the cost will be double that indicated above.

Medical Fee

We are hoping to secure a nurse for the day. Alternatively we will approach the paramedics. At this stage we have not included the cost of hiring a paramedic in the entry fee, although there is a slight chance that we may have to ask a little more to cover this service.

Paddocks for horses

Kathrin from Okakambe Trails will make paddocks available for visiting horses. A charge of N\$ 5.00 will be charged for the day and N\$ 20.00 if the horse stays overnight. Riders must provide their own water buckets, grass etc.

Pony rides

Pony rides will be available for all those young aspiring horse riders

The aim of the day

Besides having some good solid fun, SVS are raising funds to upgrade our jumping arena, so we encourage you to make as many teams as you can and to bring as many friends as you can along to support.

