

## Athletes Race Information

### WQF World Cup Race (full distance only)

Brigg, North Lincolnshire,  
Great Britain

29.05.2022



Version: 19.05.2022

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It is the athlete's responsibility to ensure that they have read and understood all the race information. This includes rules and course maps. Please take 10 minutes to read through the following race information. If you have any questions or concerns, please email [Lincsquadevents@gmail.com](mailto:Lincsquadevents@gmail.com).

Any changes or updates will be highlighted during the race brief.

Firstly a few people to thank

**Lincsquad Marshals.** These ladies, gents and kids give up their time free of charge so that athletes can feel safe and supported throughout the entire course. We ask that all athletes just say "thank you" as you pass (please do not try this whilst swimming as it may not end well).

**Keyo:** are main sponsor for their continued support

**Lincsquad committee** for their continued support and hard work behind the scenes organising the event.

**You the competitor.** We would like to thank you for choosing our event and we hope that you have a great time and a great race.

The full distance race forms part of the World Quadrathlon Federation World Cup series and WQF rules apply <http://wqf.quadrathlon.com/rules>. Your result will score points towards the overall trophies (male or female) and your age group. Your best four results will be totalled to decide the trophy winners. Full details can be found at <http://wqf.quadrathlon.com/world-cup>. To receive an award, you need to complete three races. Updated results will appear as soon as possible after the race".

# The Events

## Distances

### Swim Leg

Full distance: 1500mtrs (2 laps of 750mtrs)

Sprint Distance: 750mtrs (1 lap)

please note should the river conditions be such we may be required to shorten or cancel the swim leg

### Cycle Leg

Full distance: 40K (2 laps of 20K)

Sprint distance: 20K (1 lap)

### Kayak Leg

Full distance: 8k (2 laps of 4K)

Sprint distance : 4K (1 lap)

### Run Leg

Full distance: 10K (2 laps of 5K)

Sprint Distance: 5K (1 lap)

NOTE: the Quadrathlon will be run alongside a Standard distance Triathlon.

## Organizer

- Lincsquad (lincsquad.co)
- Jeff Chappill
- Emergency contact number 07850545790

## First Aid Team on-site

- Emergency contact number 07850545790

## Race location

- Ancholme Leisure Centre, Scawby Rd, Scawby, Brigg DN20 9JH
- Lat.: 28.998060199999998, Lon.: -13.5061784

## Categories

- Solo full distance (Age Groups as per WQF Rules)
- Solo Sprint distance (male + female first overall)
- Teams full distance (First overall)
- Awards in accordance with WQF and club guidelines.

Please Note: The race has been organised under the current government / BTF Covid guidelines

## Carparking



**Athletes carparking:** will be to the rear of the transition area close to the boat house. Please do not use the front leisure centre carpark as this is reserved for members of the public wishing to use the leisure centre.

**Spectator carparking:** we asked that all spectators park on the industrial estate on Island Carr road. Please do not use the front leisure centre carpark as this is reserved for members of the public wishing to use the leisure centre.

## Registration

- 29.05.2022
- from 6:30am to 8am
- location: Registration tent near the IN gate of transition
- If you are a BQA member please ensure you have your membership card with you at registration
- Your swim number will be written onto your upper left arm.

**As you register you will be issued your race number and given your race pack. This will contain**

- 1) Two race numbers, **the number with the timing chip built in must be worn to the front.** The second worn to the rear. **NOTE:** If you are using a race belt then you only need to use the Timing chip number.
    - **No Numbers to be worn in the swim leg.**
  - 2) Three small stickers,
    - one for your bike
    - one for your helmet and
    - a third for your paddle.
  - 3) One large stick on number for your boat.
  - 4) Transition wrist band. This must be worn to enter transition.
- 6) **Sprint distance:** You will also be issued with a wrist band indicating that you are competing in the sprint distance event. **This must be worn for the duration of the event**
- 7) **Swim Cap:** should you wish to wear an additional cap then the official one must be worn on the outside. This cap will be used to signify race entered (Full, sprint quad or Triathlon)

### Transition

- Opens 6:30 am - 8:00 am
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- The usual bike checks will be carried out. It is the athlete's responsibility to ensure that
- Their bike is in road worthy condition
  - It must have **two** working brakes
  - Both bar end stops.
- The transition area will be manned by a Marshal to ensure the security of kit. **This area is for athletes only.**
- The area will become sterile once the race is underway and will remain so until the last rider is back in. Then and only then will athletes be allowed to remove kit from the area. To do so you **MUST** produce your race number.
- With regards to Timing, your race number will register you crossing the timing matt. Due to the position of the matts your swim to bike transition will be in your swim time, your bike to Kayak time in your ride time and kayak to run will be in your Kayak time.
- If you are in transition with your number on, please avoid going close to the matts as it will give a false reading.
- Transition space is at a premium so please do not bring a suitcase full of kit, a small box is enough.

### Race Briefing (in English)

- The on the day brief will be held at **8:10am at Swim Start.** This brief will only cover any changes to the information given here and the main points for safety. It will not cover routes.

### Race Start

All athletes will be allowed into the water at 08:20am with race start at 08:30am

## Event Hub Overview



## Maps

There are several changes to our normal routes, including the swim start, bike and run route, please ensure that you have studied the information below and the maps provided. The course will be well signed and marshalled but ultimately it is the competitor's responsibility to know and understand the course. You will be briefed of any changes to these routes prior to race start.

### Swim 1500mtrs (full) / 750mtrs (sprint)

Location: The River Ancholme

- You will be advised as to the water temperature and if wetsuits will be Mandatory / Optional.
- Below 11degC the swim leg will be cancelled.
- Wet suit gloves and socks are **not** permitted.
- Neoprene hats can be worn if the official swim cap is on the outside.

The swim start is adjacent to the Canoe club building, entry via the launch pontoon. Your race number will be recorded prior to entry into the order. Please shout your number on exit.

The swim is up stream (southwards). Keeping to the left of the river with the small pink buoys to your right, heading towards the railway bridge.

Turn at the large yellow buoy and head back towards the start, again keeping to river left with the small pink Buoy's to your right.

**Full distance:** Turn at the yellow buoy and complete a second lap

**Sprint distance:** Exit the water at the launch pontoon

Head across the grass between the boat house and Leisure centre, you will go around the side of the transition area and through the "IN" gate.

## Transition

Public Nudity is not permitted.

Fasten your helmet before removing your bike from the racking.

Exit transition and mount your bike AFTER the mount line.

Teams: A designated tag area will be set up within transition. **NOTE: that the cyclist must not have their cycle shoes on or wear their helmet in the tag area.**

You will be required to “high Five” change from swim to bike. From bike to kayak you must swap numbers so the active competitor is wearing the timing number (if you do not have a race belt, one can be provided). Again for Bike to kayak swap numbers as with for Kayak to run. Please ensure that the athlete leaving transition for the next leg is wearing the timing chip number.

## Cycle 40km Full distance, 20K Sprint distance

Brigg – Hibaldstow – Redbourne - & return. Full Distance 2 laps, Sprint distance 1 lap

*All competitors are required to adhere to the Highway Code to ensure their own and other road user's safety.*

*Take extreme care at the level crossing between Brigg & Hibaldstow. If the barrier warning sounds, you MUST stop and wait, a marshal will be present to make a note of any time lost. This time will be taken from when you are stationary with at least one foot on the ground*

*The route contains several junctions where the rider will be joining a major road. Care should be taken at these and all intersection.*

Ride out of the leisure centre taking great care as you turn left onto the main road, A18.

When reaching the mini roundabout take the first exit onto the B1206. You must **give way to traffic from the right.**

Continue along this road. Crossing over the railway line.

On reaching Hibaldstow village there are a couple of sharp bends which will require you to adjust your speed.

Staying on the same road all the way through the village head towards Redbourne.

At the far end of Redbourne (having past the Red Lion Public house on your right) you will come to a small Roundabout, you will be looking to take the third exit (180 degree “U” turn) and heading back on the same route as you came out on. **Be aware that local traffic may not be expecting you to do a U turn and the roundabout and it is tight so please use the appropriate speed into and out.**

Head back towards Hibaldstow. Once again in Hibaldstow there are “S” bends which you will need to adjust your speed for.

After the “s” bends there is a fork in the road, do not take the left-hand fork just continue on the main road, back towards Brigg.

You will once again cross the railway tracks.

Continue along this road until you reach the mini roundabout. Take the second exit. Please remember to **give way to traffic from the right.**

Follow the A18 into Brigg **do not turn right into it the leisure centre, go straight past.**

At the new Aldi roundabout (50mtrs after the leisure centre, just over the river bridge, adjust your speed, as you need to take the fourth exist (180 degrees round). Please **give way to traffic from the right** Please ensure that you adjust your speed for the conditions and be aware that car drivers coming from the town centre may not be expecting you to be going all the way round

Head back towards the leisure centre

**Full Distance:** Continue past the leisure centre (only turning in once you have completed your second full lap).

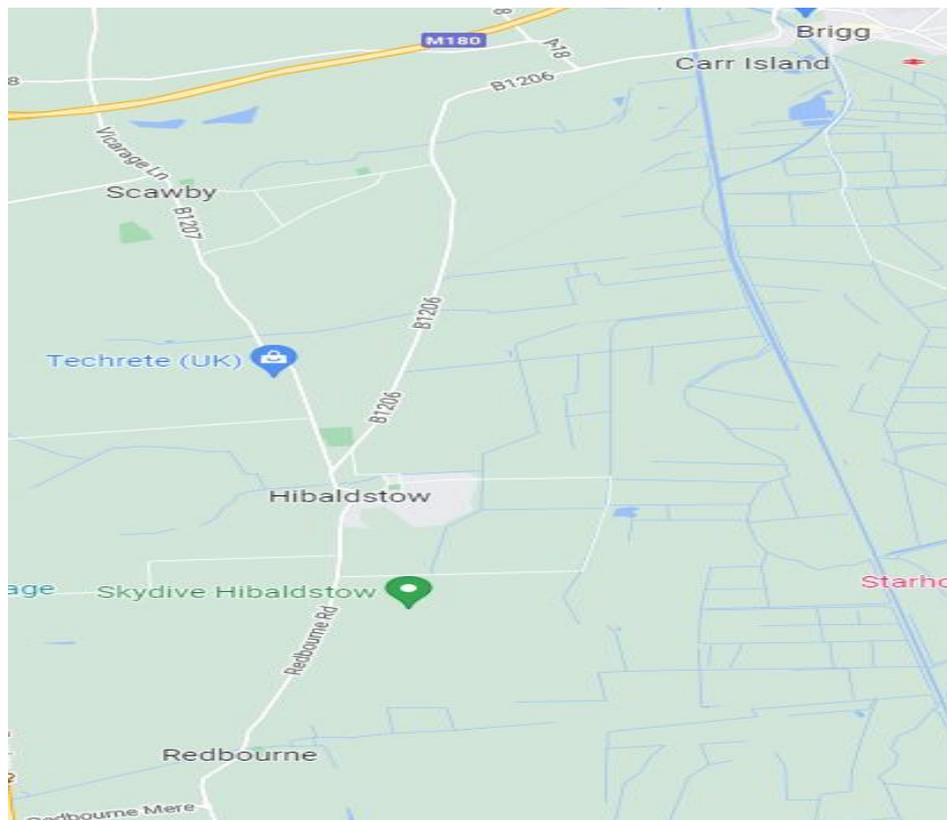
**Sprint Distance:** Turn left into the leisure centre having complete one full lap.

Dismount before the line.

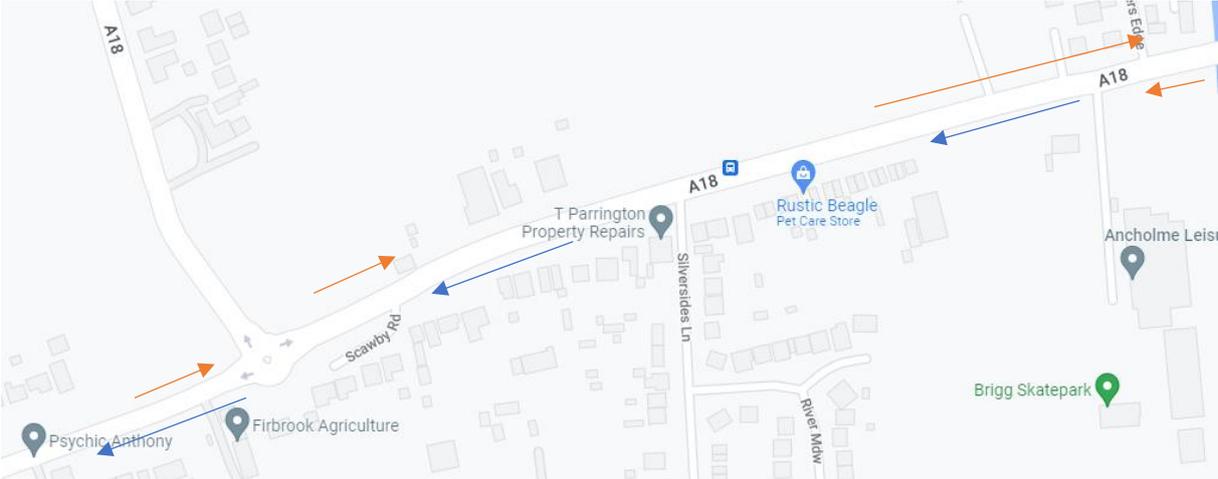
Go into transition via the IN gate

**Caution and clear indication of your direction towards other road users is advised at all roundabouts and remember you are responsible for your own safety.**

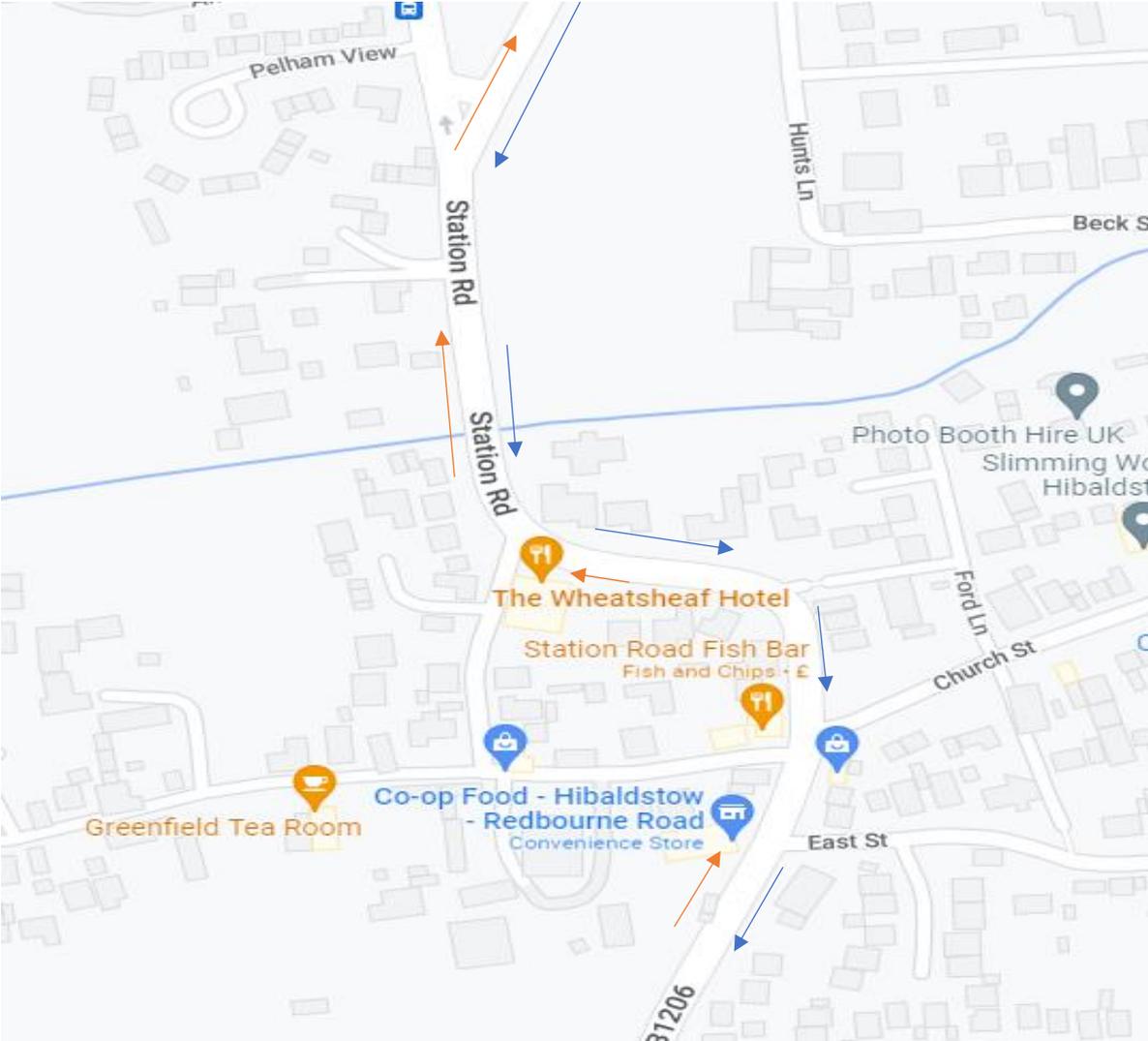
### Cycle route overview



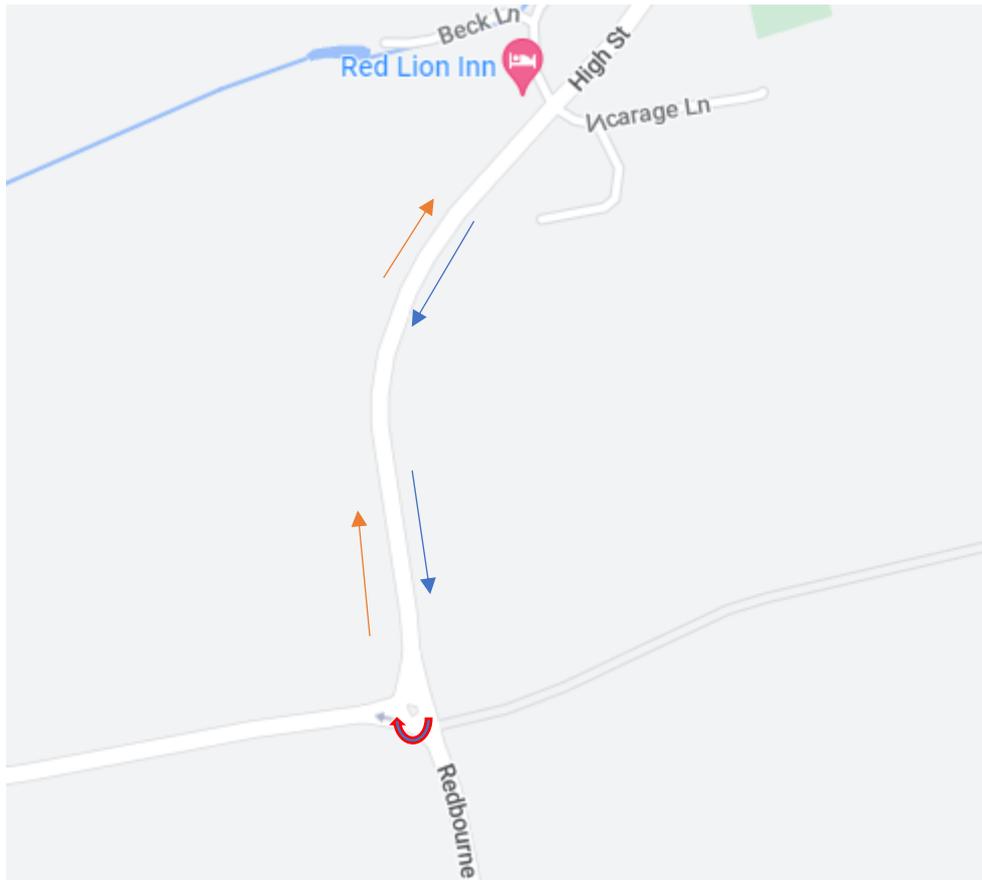
**Exit / Entry to Leisure centre & Mini Roundabout Scawby brook**



**“S” Bends Hibaldstow & Y Junction**



Turn point at the far end of Redbourne village



Turning point at the NEW ALDI Roundabout Due to Road works in Brigg



## Leisure centre junction



### Kayak:

**Full Distance 8K (2 laps of 4K)**

**Sprint Distance 4K (1 lap)**

Location: The River Ancholme

Entry / exit (same as swim) via the boat launch pontoon

Having racked your bike, collect your buoyancy aid (**NEW FOR THIS YEAR YOU WILL LEAVE YOUR PADDLE WITH YOUR BOAT PRIOR TO RACE START**). Exit through the OUT gate around the leisure centre to your kayak.

Head North (downstream opposite direction to swim) keeping to **RIVER LEFT**, this will lead you towards the Road bridge some 200mtrs away.

Continue to follow the left bank past the boat yard, do not take the right turn.

Continue north (downstream) until reaching the **Red** painted bridge, this will be your turn point. It will also be indicated by a "U" turn sign and a marshal (please shout your number to the marshal).

Now head back, paddling river left. Just after the Motorway road bridge and before the boat yard, there is a junction going off to the left **IGNORE THIS** and stay heading straight on back towards the road bridge outside the leisure centre.

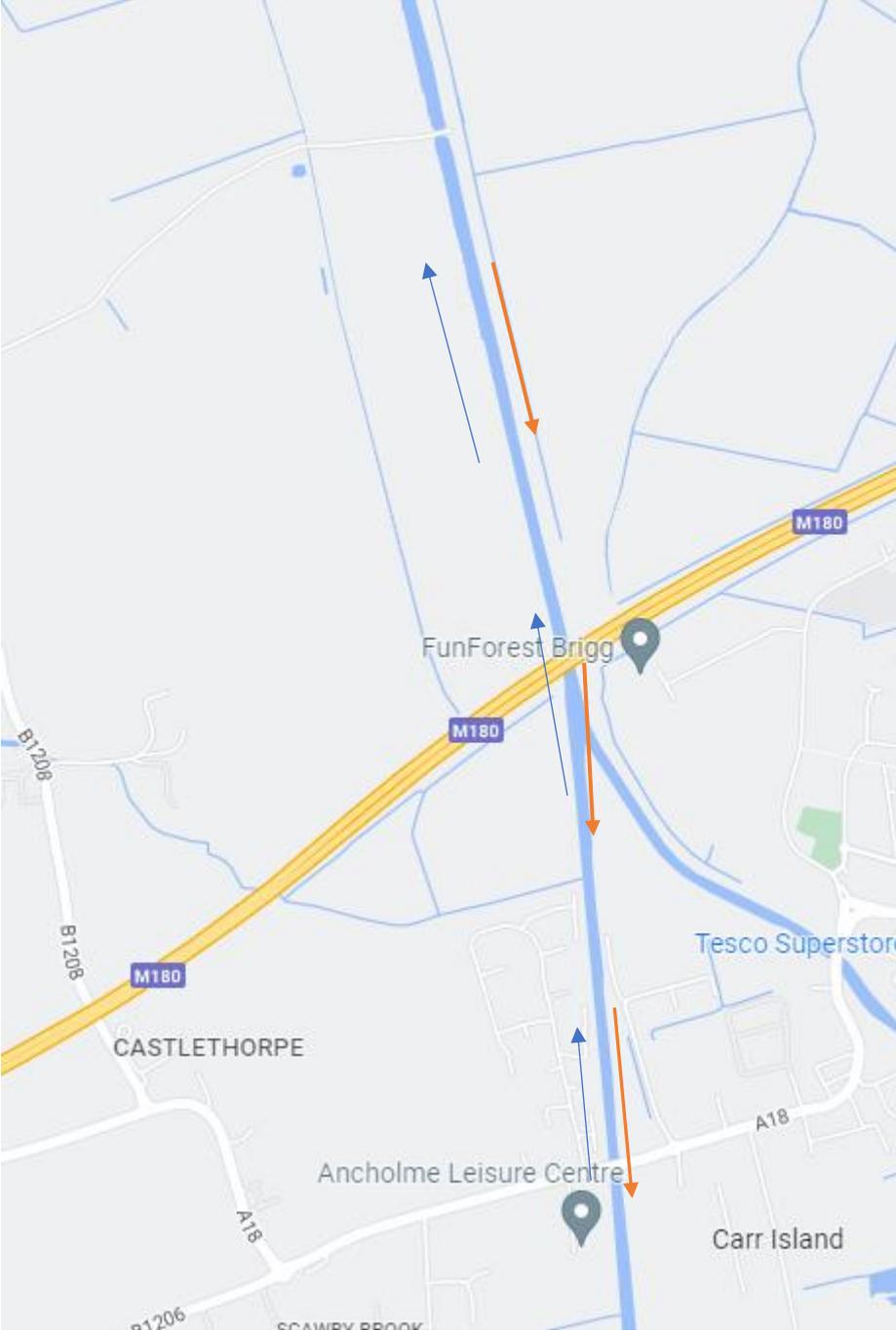
**Full Distance:** You **must** turn clockwise around the yellow buoy and repeat the course for a second time.

**Sprint Distance:** You **must** turn clockwise around the yellow Buoy and then make your way to the boat launch pontoon to exit.

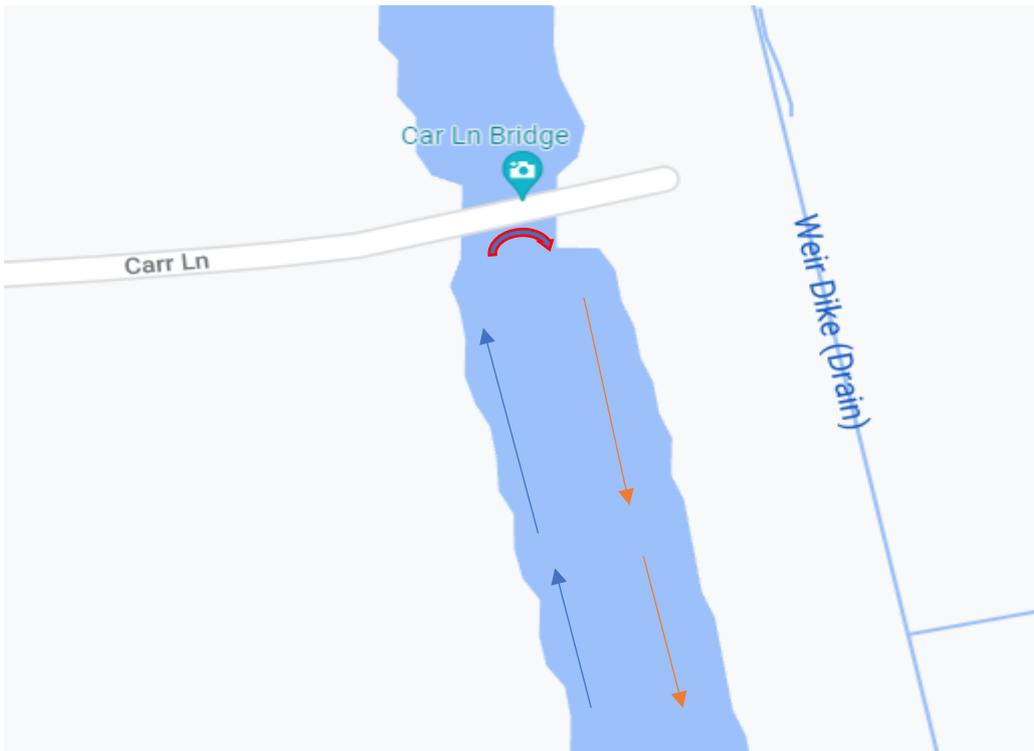
Marshals will assist with the moving of all kayaks **AND paddle's** however your buoyancy aids **must** be taken back to transition.

Follow the identical route you followed for the swim exit to the transition IN gate.

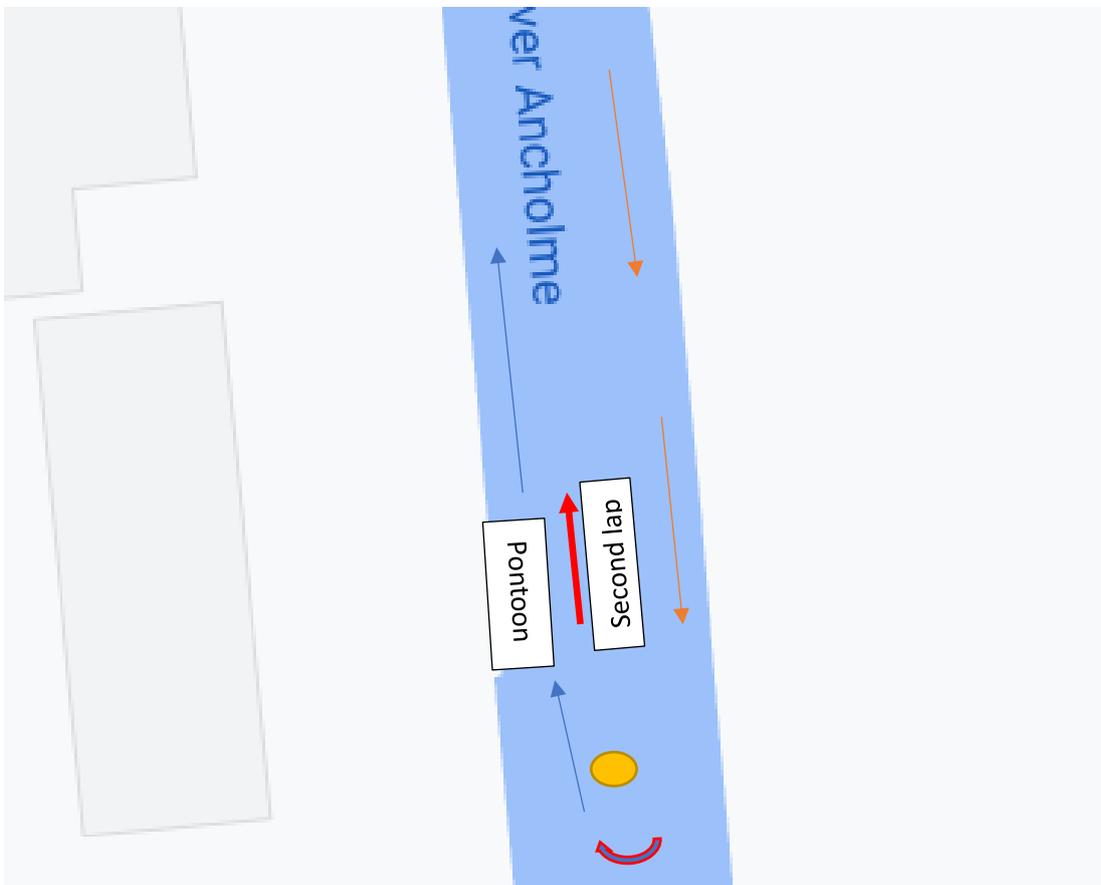
**Kayak Route overview map**



### Turn point Downstream



### Turn point at Leisure centre



## Run

### Full distance 10km (two 5k laps)

### Sprint distance 5K (1 lap)

Starting at the edge of transition run between the edge of the leisure centre and the boat house.

Following the tape, turn left and run along the riverbank towards the road.

After ascending the short climb up to the public foot path turn right and head towards the town centre.

**Be advised that you will be crossing several road junctions and a petrol station forecourt, it is the athlete's responsibility to give way to traffic.**

As the road bends to the left continue straight on following the line of the buildings

Head towards the precinct.

When reaching the small bridge (over the river) cross to the left-hand side, when safe to do so.

Having crossed the river bridge turn left and go down some wide shallow steps onto the tow path. Care should be taken at this point to avoid slips, trips, or falls.

The path itself is approximately 2mtrs wide, please keep to the right.

Keep the river on your left all the way along the tow path. Sticking to the wide path.

Go under the road bridge.

Go under the Motorway bridge.

Continue along the wide path, with the river on your left (never more than 10mtrs away).

When reaching the turn point (The red painted bridge as with the kayak) indicated by a traffic cone and a Marshal make a 180 degree turn

Follow the same route back to the leisure centre.

**Athletes should be aware of members of the public and other runners.**

When reaching the leisure centre do not turn down the bank, instead head past and into the leisure centre via the main entrance. Shortly after turning in, you will again turn left and down a small slope into a partitioned section of the carpark.

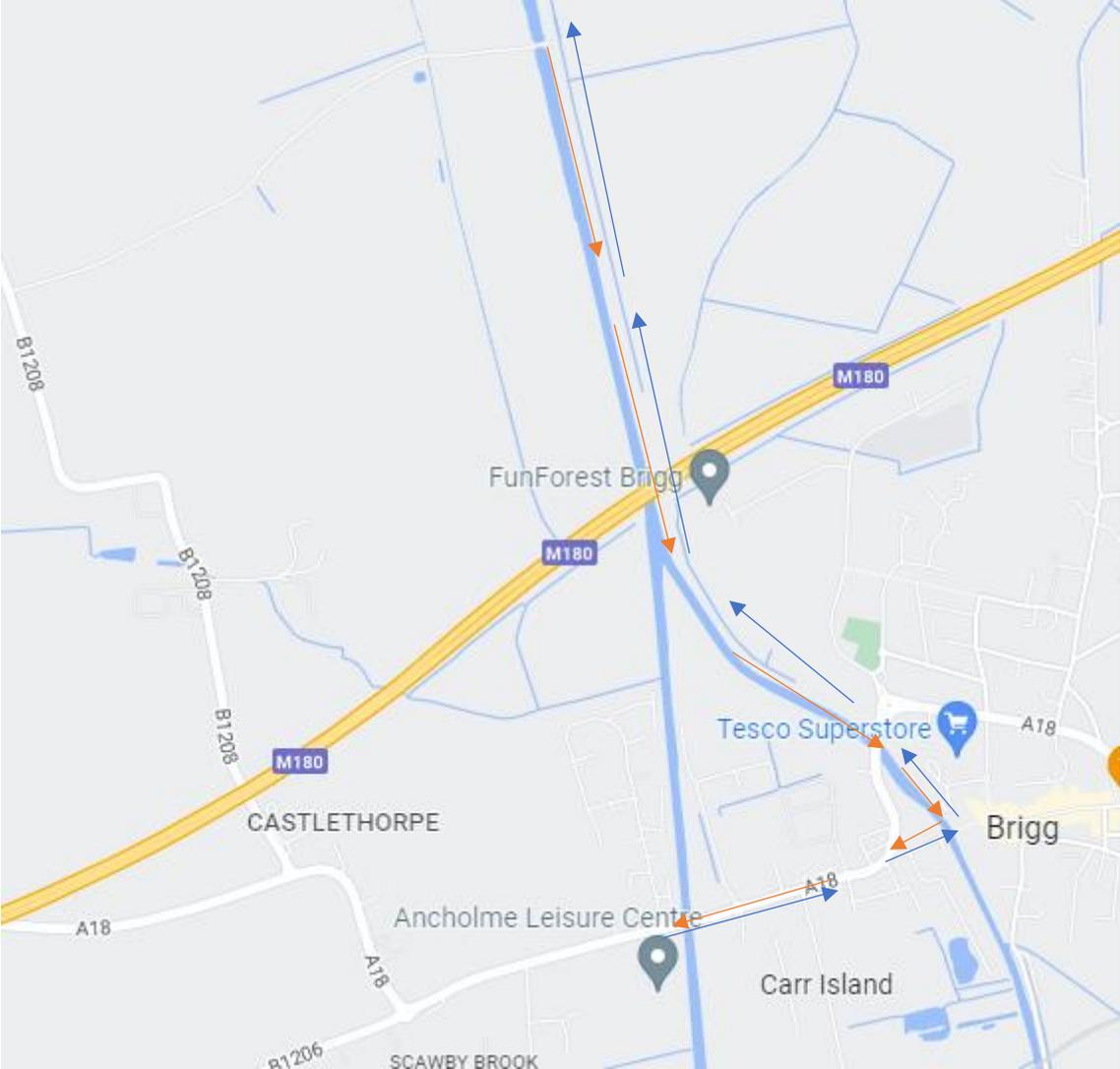
At the edge of the carpark

**Full distance:** you will be issued a lap band. Take the left fork, back up the slope and onto the path. Repeat route for a second lap

**Sprint distance:** At the edge of the carpark take the righthand fork back onto the bank and towards the finish line

**Run Section overview maps**

**Out and back route complete twice by Full distance and once by Sprint distance**





## Finish line

When coming along you the riverbank, runners maybe just starting out on their run, please take a second to give words of encouragement.

Your race will end when you cross the finish line under the gantry.

As the timing chip is attached to your race number these are not reusable.

## Refreshment

It is every athlete's responsibility to ensure that they keep themselves both hydrated and if necessary, take on board nutrition. Should conditions require we will provide hydration in the carpark.

On completion of the event, we will provide water and nutrition.

Unfortunately, there may not be a food van on site, however there is a cafeteria in the leisure centre and several shops in the town centre.

## Results

Results after the race: [www.lincsqquad.co/events/brigg-bomber](http://www.lincsqquad.co/events/brigg-bomber)

## Ceremony

The award ceremony for each distance will be held after all competitors (for that distance) have completed their race.

## Post-race party

We hope once again, after the disappointment of not being able to hold it last year, to be all meeting up for post-race drinks in Brigg. As this is not the bank holiday weekend we are aiming to organise something for the Friday or Saturday after the event. It would be great to see as many as you there as possible.

## Rules

Quadrathlon: is under the rules of the WQF: <https://www.quadrathlon-online.de/wqf/WQF-Sport-Order.pdf>

Abstract:

- 1) No-Drafting on the bike leg.
- 2) Helmets must be fastened prior to un-racking of bike.
- 3) No race-numbers under the wetsuit.
- 4) Not to throw anything away.
- 5) Life jacket can be obligatory (also short term).

No penalty box will be in place however penalties will be displayed on the penalty board.

## Finally

Lincsquad has worked extremely hard to get this event up and running this year. Please do all you can to assist us on the day.

Looking forward to seeing you have a safe and enjoyable race.

Jeff

Lincsquad events sec