

## Athletes Race Information

### WQF European Championships World Cup Race

Brigg, North Lincolnshire,  
Great Britain

02.06.2024



Version: 07.11.2023

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).

**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 Events

### Distance

Swim 1500mtrs (please note should the river conditions be such we may be required to shorten or cancel the swim leg)

Cycle – 30.2k (18.75 miles) on Open roads

Kayak - 7k

Run 9.3k multi surface.

NOTE: the Triathlon will be run alongside a Quadrathlon.

### 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 (Age Groups as per WQF Rules)
- Teams
- Awards in accordance with WQF and club guidelines.

## Start List

- Starting list: Will be published within 5 days of the event start date. Please look out for this in your emails. A list will also be available, to view, on the day.

**Timetable: All athletes will be informed as to the registration process / requirements which may be dictated by the current Covid guidelines prior to and on the day of the event.**

## Registration

- 02.06.2024
- from 6:30am to 7:50 am
- location: Registration tent operating a one-way system.

### **Your race pack will contain.**

- Two race numbers, one to be worn on the front and one to the rear (should you have a race belt then you must ensure that the numbers is shown to the rear on the ride section and to the front on the run). **Numbers are not to be worn in the swim leg. One of these numbers will contain your timing chip.**
- Three small stickers, one for your bike and one for your helmet and a third for your paddle (Quadrathlon only).
- One large stick on number for your boat (Quad only).
- Transition wrist band. This must be worn to enter transition.
- If you are a BQA member, please ensure you have your membership card with you at registration.
- If you are a BTF member, please make sure you have your membership card with you.
- If you have purchased a day licence through BTF please bring receipt of purchase with you.
- Swim Hat. We would appreciate it if at the end of the race these are left in transition or given to a marshal. As we would like to be able to recycle these thus helping to keep costs down and reduce are carbon footprint.

## Transition

- Opens 6:30 am - 8:00 am. **(You will be informed of any Covid requirements regarding the wearing of PPE prior to the event).**

The usual bike checks will be carried out. However, it is the athlete's responsibility to ensure that

- A) Their bike is road worthy.
- B) They have two working brakes.
- C) Both end stops are in the handlebars.

Kayaks, paddles and buoyancy aids are all to be racked at the riverbank and are not permitted in transition.

- 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 a sterile area 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.

## Race Briefing (in English)

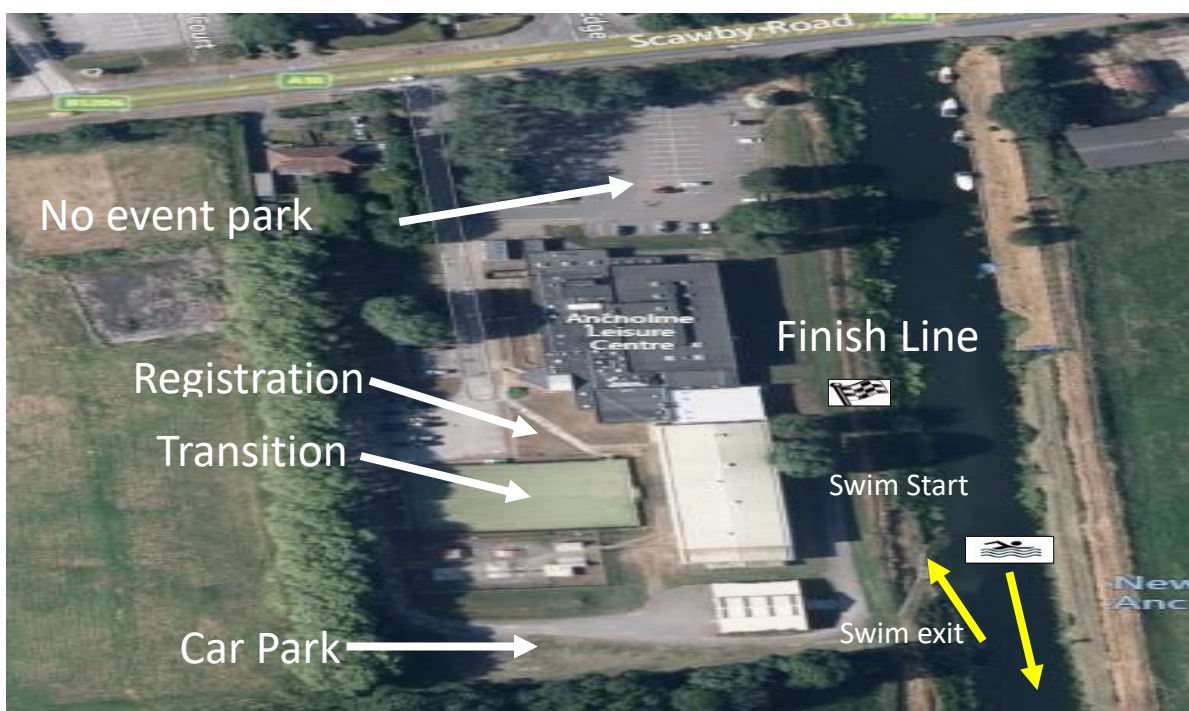
- This will form part of the overall briefing. If Covid restrictions allow, then we will complete an on the day brief prior to the event. This brief will cover any changes to any of the information given here and the main points for safety. It will not cover routes.
- The brief will take place on the bank top at Swim start.
- Brief will be at 8:10am for all Quadrathlon athletes and 08:30am for the Triathlon.

## Race Start

The race start is from the bank top outside the canoe club.

- The Quadrathlon athletes will be permitted into the water at 08:20 with a start time of 8:30.
- The Triathlon athletes will be permitted to enter the water at 08:40 with a start time of 08:50

## Event Hub Overview



## Maps

There are several changes to our normal routes, including the swim start, kayak entry, 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. Any changes to these routes will be advertised on a board in registration.

**It is your responsibility to ensure that you complete the full Standard distance course. Failure to do so may lead to disqualification.**

### Swim 1500mtrs

Location: The River Ancholme

- Wetsuits are mandatory.
- Below 11degC the swim leg will be cancelled.
- Wet suit gloves and socks are permitted at low temperatures.
- Neoprene hats can be worn if the official swim cap is on the outside.

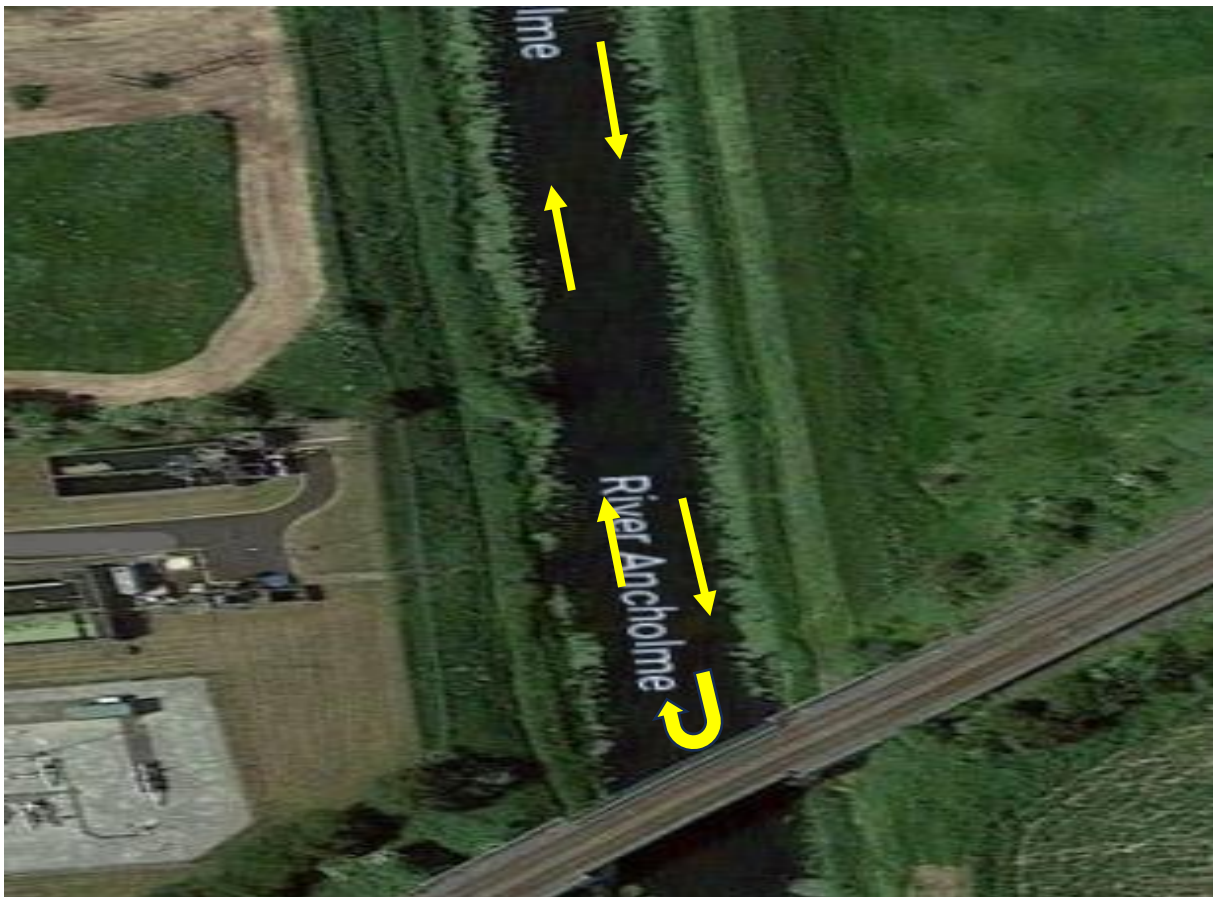
The swim start is behind the Leisure centre on the bank top.

The swim is up stream (southwards). Keeping to the left of the river, heading towards the railway bridge.

Turn at the large yellow buoy, under the Rail bridge, and head back towards the road bridge, again keeping to the left of the river.

Exit is at the pontoon.

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



## Transition

Public Nudity is not permitted.

Fasten your helmet before removing your bike from the racking.

Ensure that your race number is on and visible to the rear.

Exit transition and mount your bike AFTER the mount line.

Teams: Tag can be done at the cycle racking. Please ensure that the athlete has the timing chip number on when the exit on to their leg or no time will be recorded.

## Cycle 30.2km

Brigg – Hibaldstow – Redbourne - Waddingham loop & return.

*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 stationery with at least one foot on the ground*

*The course contains a right turn, a marshal shall be present at the junction to give advice to riders, they are not permitted to stop traffic.*

*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, through Hibaldstow village (note that there are a couple of sharp bends in the village which will require you to adjust your speed.

Continuing on the same road out of the village towards and through Redbourne. At the end of the village, you will come across a small roundabout, take the first exit towards Waddingham

On entering Waddingham village take the second right turn. NOTE: This right turn is on a bend and visibility is obstructed so please adjust your speed and give way to traffic.

Continuing on this road towards Snitterby.

At the far end of Snitterby you will take a left turn onto Moor Road. A marshal will be situated at the turn to take your number.

Stay on moor road until you reach the T junction. Turn left taking care as you join the main road.

At the T junction again turn left onto the B1205 back towards Waddingham. Take care as you join the main road.

In Waddingham please be aware of the sharp righthand bend. There will be riders looking to turn across your path at this point.

Head out of the village, on the same road as you came in on.

At the small roundabout take the second exit towards Redbourne



Stay on this road towards Hibaldstow. Please note in Hibaldstow there is an “S” bend 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 same road as you came in on back towards Scawby Brook / Brigg.

You will 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 and go straight past the leisure centre (do not turn right into it).

At the roundabout outside the Aldi take the third exit, this in effect will be a 180-degree turn. Ensure that you give way to traffic from the right.

Head back towards the leisure centre, and turn left onto the approach road, back to transition.

Dismount before the line.

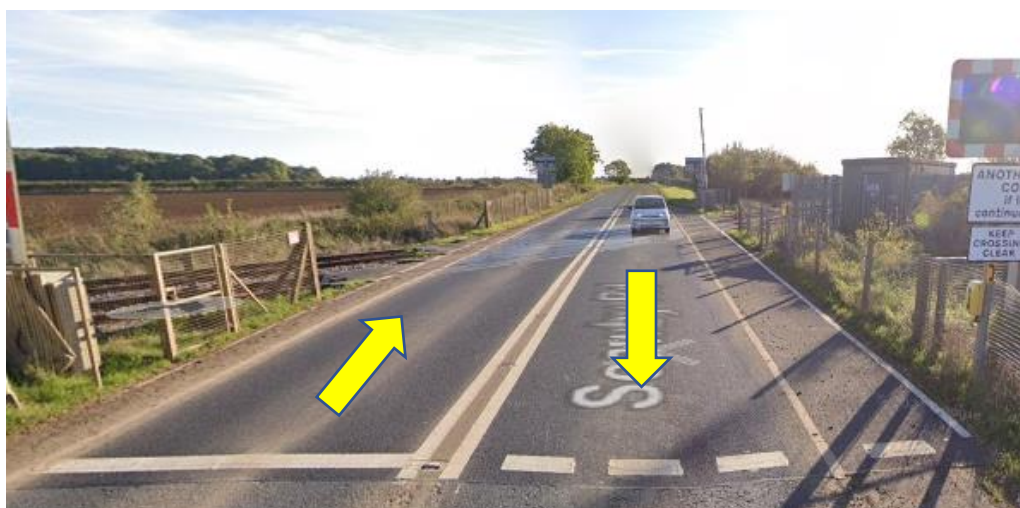
Go into transition via the IN gate

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.

Scawby Brook mini roundabout



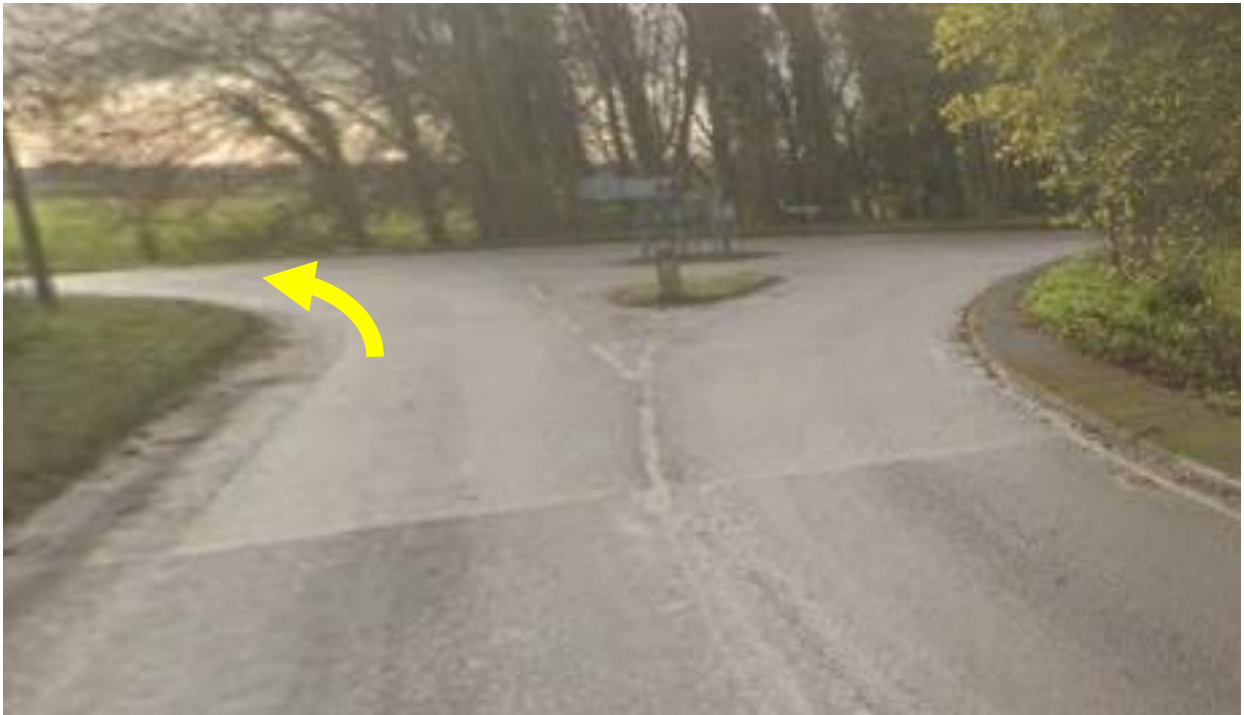
Train crossing



Start of the Hibaldstow "S" bends



The mini roundabout on the far side of Redbourne village.





Along Redbourne road.



Waddingham village, crossroads. Straight on. Beware that you will be taking a right hand turn 50 meters after the crossroads





Right turn in Waddingham. **You must give way to traffic**



Top of the High Street



Snitterby road.





Junction Snitterby road and the Wolds



High Street Snitterby



High Street Snitterby onto Moor Road



Moor Road



Junction at the end of Moor Road. Give way to traffic from the right.





Junction back onto Common road, back towards Waddingham. Give way to traffic from the right.



Main Road in Waddingham





Sharp right-hand bend in Waddingham, re-joining the outbound route

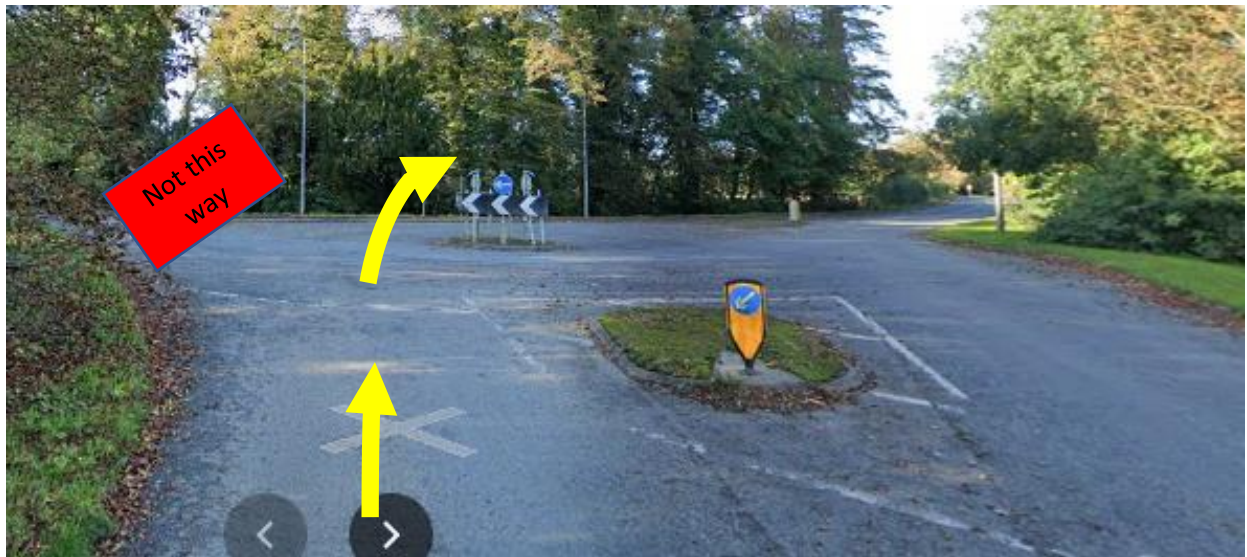


Crossroads in Waddingham



YOU ARE BACK ONTO THE OUTBOUND ROUTE HEADING BACK TO REDBOURNE

Mini roundabout at Redbourne. Give way to traffic from the right.



HEAD BACK THROUGH HIBALSTOW.

The Fork just after the "S" bends in Hibaldstow

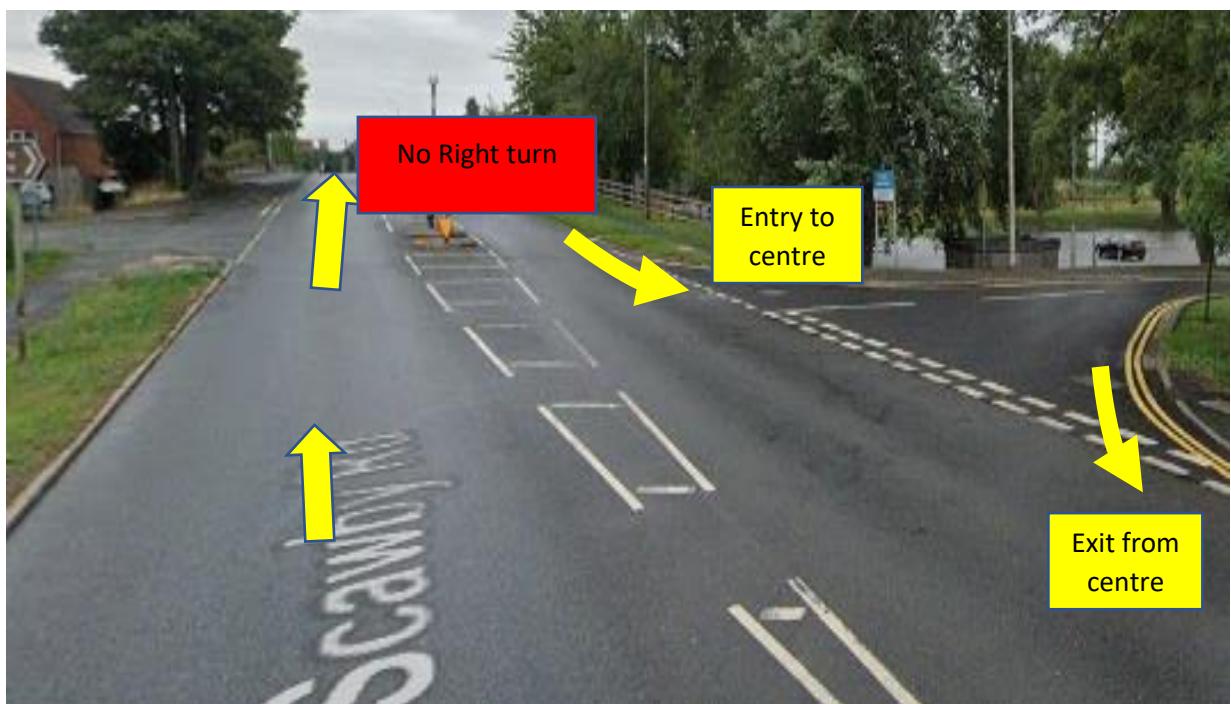




Scawby Brook mini roundabout heading back to Leisure centre. (Second Exit)



Outside the Leisure centre. **Do not turn right into the centre, go over the bridge.**



The final screen shot show the riders going past the leisure centre to the small new roundabout just over the river bridge and then coming back on themselves to turn left into the leisure centre.



### Kayak 7km Quad only

The River Ancholme

Rack your bike then exit through the OUT gate, ensuring that you still have your chipped race number on. Go around the leisure centre to your kayak, this is the reverse route of swim out.

Your paddle and buoyancy aid must be left with your kayak not in transition.

Entry points for the kayak leg will be the launch ramp outside the boat house and will be clearly marked.

Head North (downstream) keeping to your RIGHT as per usual waterways convention, this will lead you towards the road bridge, the opposite direction from the swim.

Continue to follow the right bank passed the Boat yard and under the motorway bridge DO NOT TAKE THE RIGHT HAND FORK.

You will pass under the motorway bridge.

Continue north (downstream) under a second set of bridges.

Keep going until you come to Broughton bridge, this is of wooden construction.

There will be a U Turn Arrow and marshal which will indicate your turn point (you must shout your number to the marshal on turning around).

Now head back, follow the exact same route back to the Leisure Centre.

The Kayak exit is at the river access ramp, the same as the entry.

Marshal will assist with moving of all kayaks however paddles and buoyancy aids **must** be left with the boat.

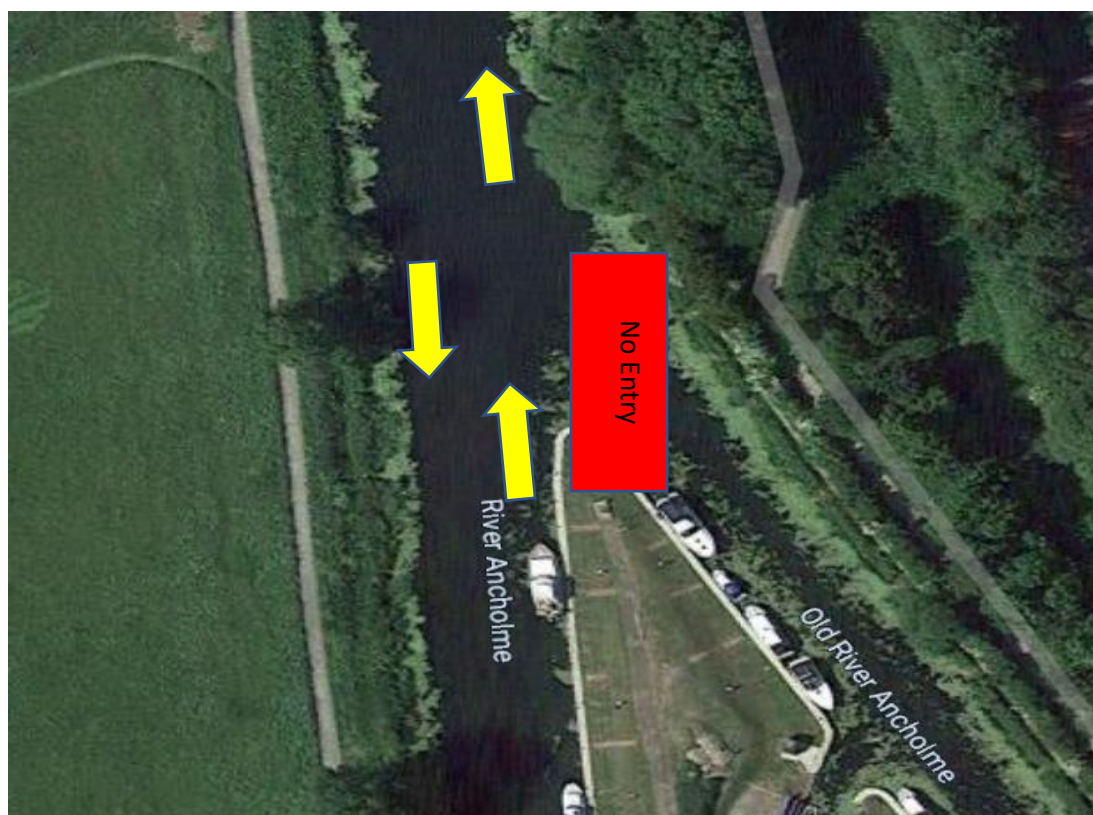
Follow the identical route you followed for the swim exit to the transition IN gate.



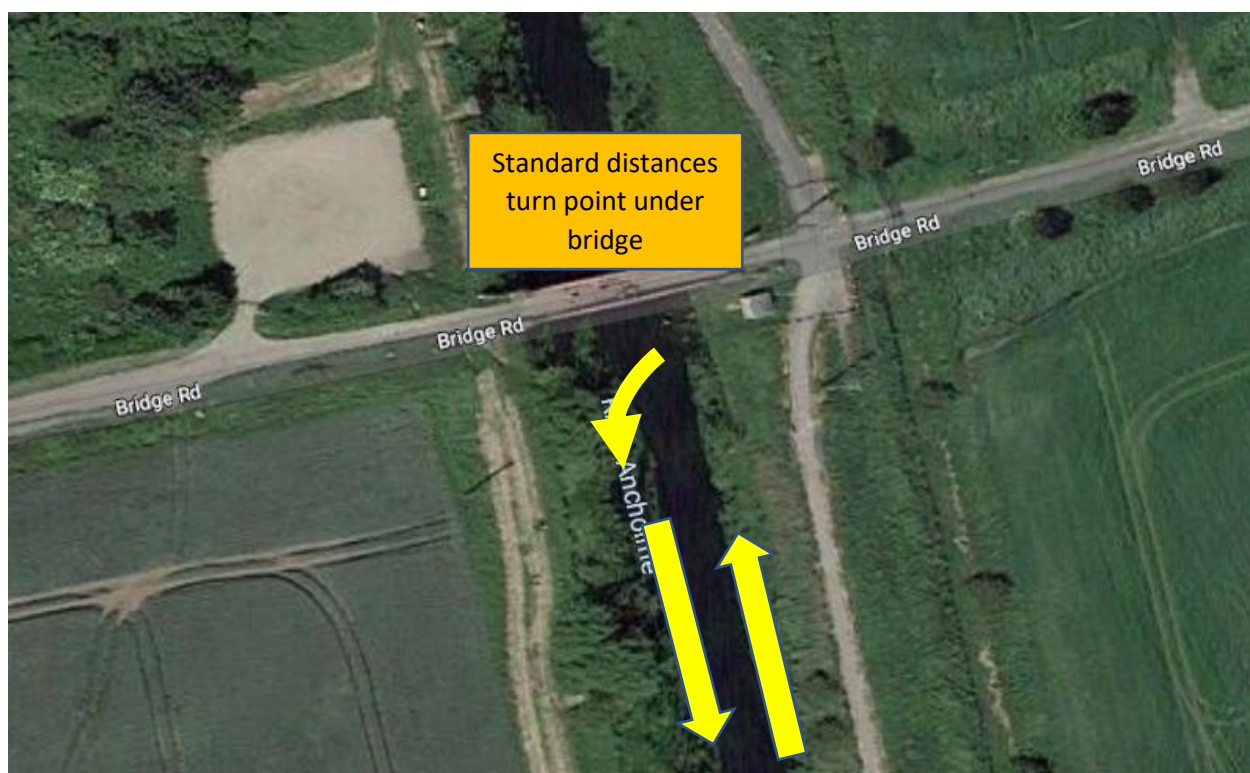
Leisure centre, including kayak entry and exit point



Fork in River



Kayak Motorway bridge



HEAD ALL THE WAY BACK KEEPING THE RIVERBANK TO YOUR RIGHT. Exit is at the Pontoon



## Run 9.3km .

Brigg – Broughton Bridge - Brigg

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.

Where the run routes split at the edge of the carpark take the lefthand split into the carpark.

Follow it across the barriered off area, up the small incline onto the path.

Turn right towards the main road, then turn right onto the main path.

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 it 'self 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 vehicle restriction barrier this will be your turn point

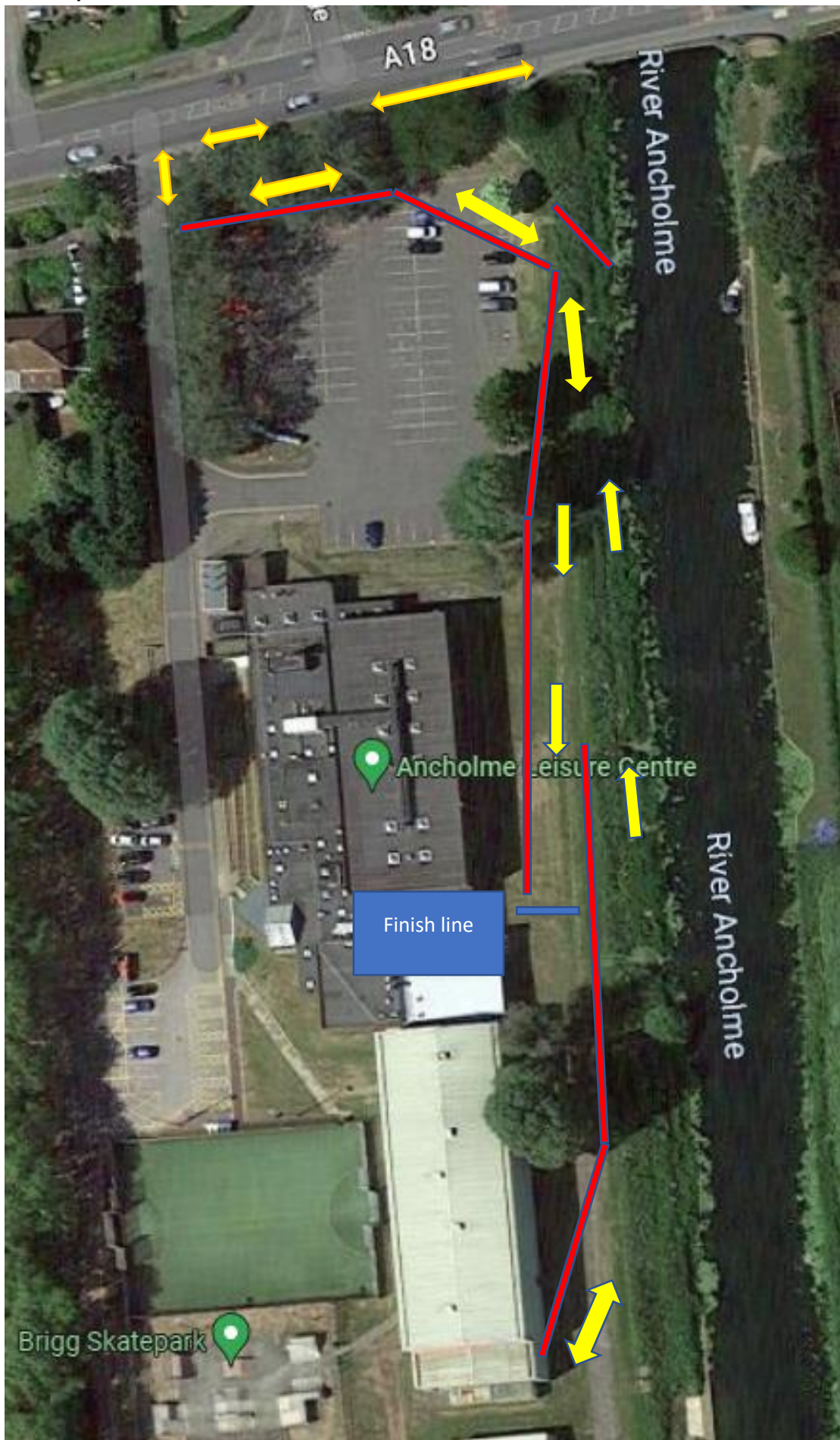
This is an out and back route so just retrace your steps.

When reaching the leisure centre do not turn down the bank, head towards the Leisure centre car entrance. Having turned left into the leisure centre, turn left down the bank and into the barriered area across the car park.

At the edge of the carpark turn right towards the finish line.

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

Bank top







Crossing at Mini roundabout.





Mill Lane



Petrol station



West Terrace





**Forrester Street**



**Manley Gardens**

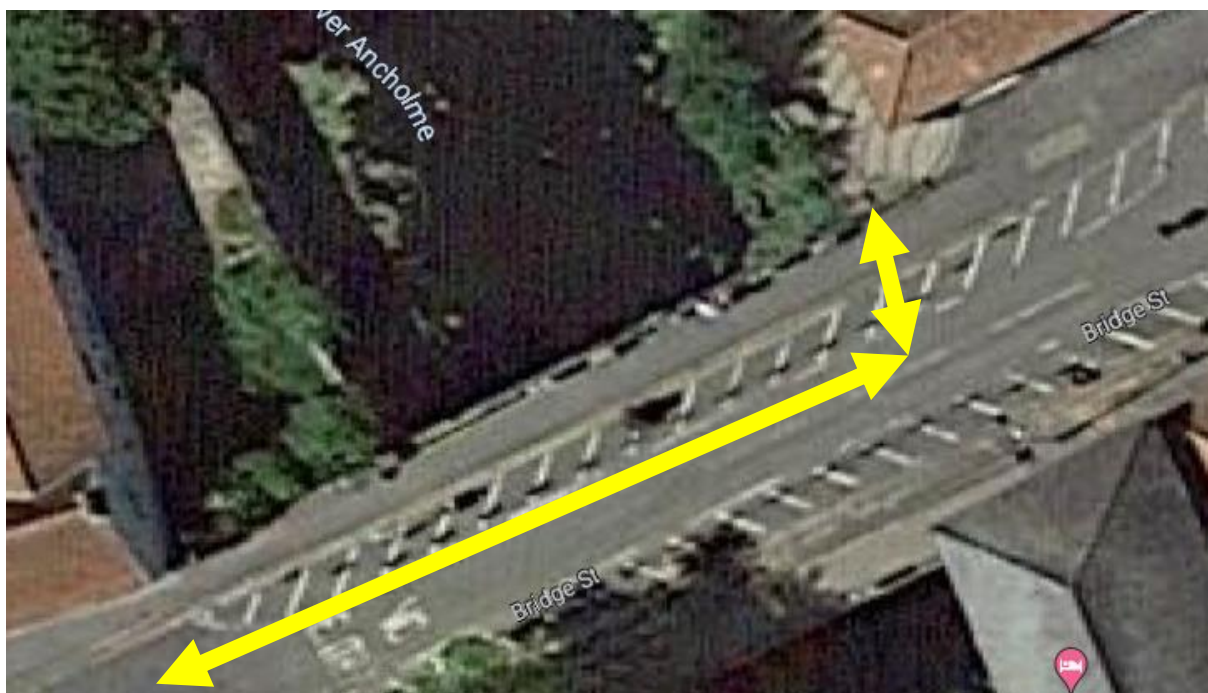


**Bridge Street into town**

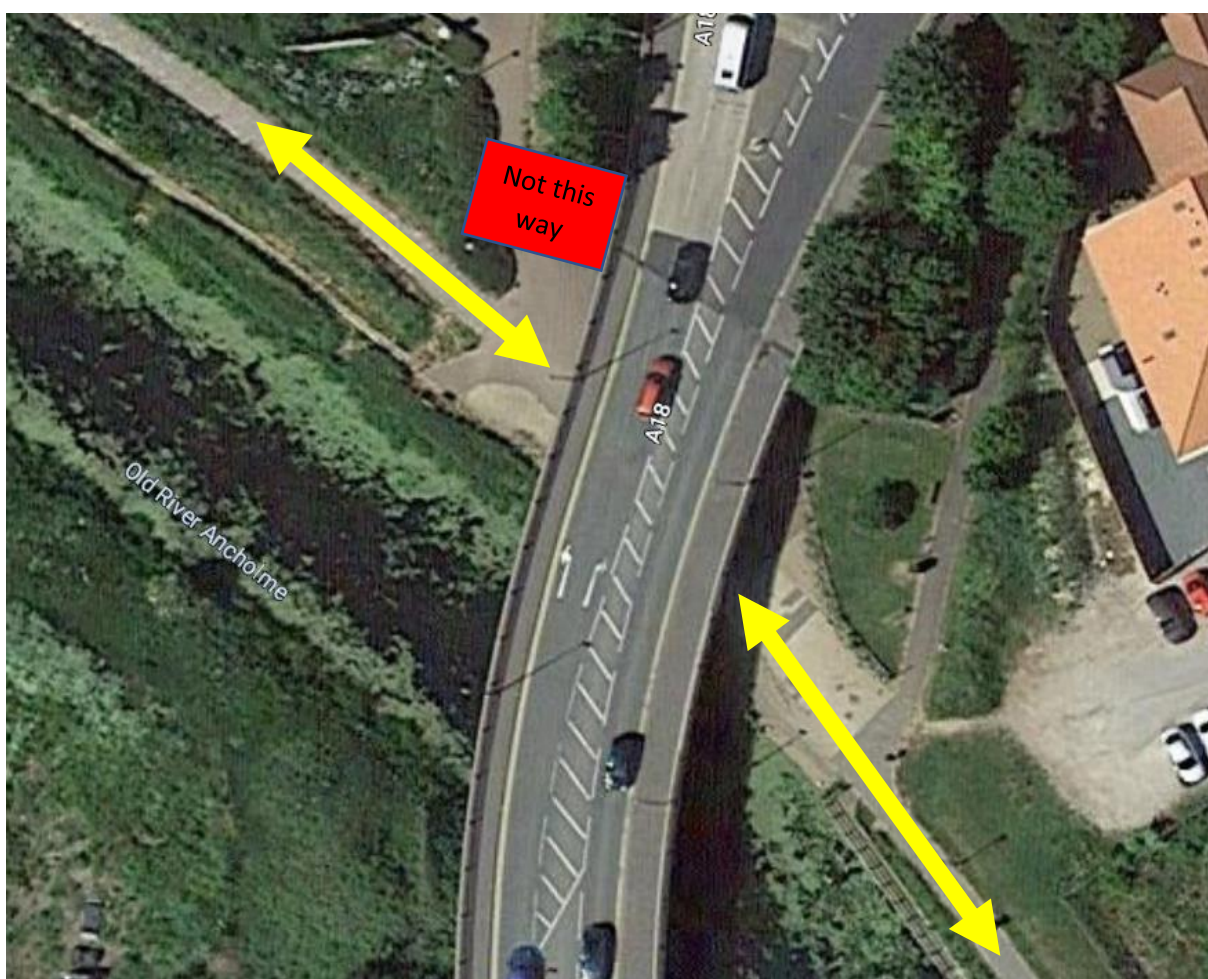




### Steps down to the Towpath

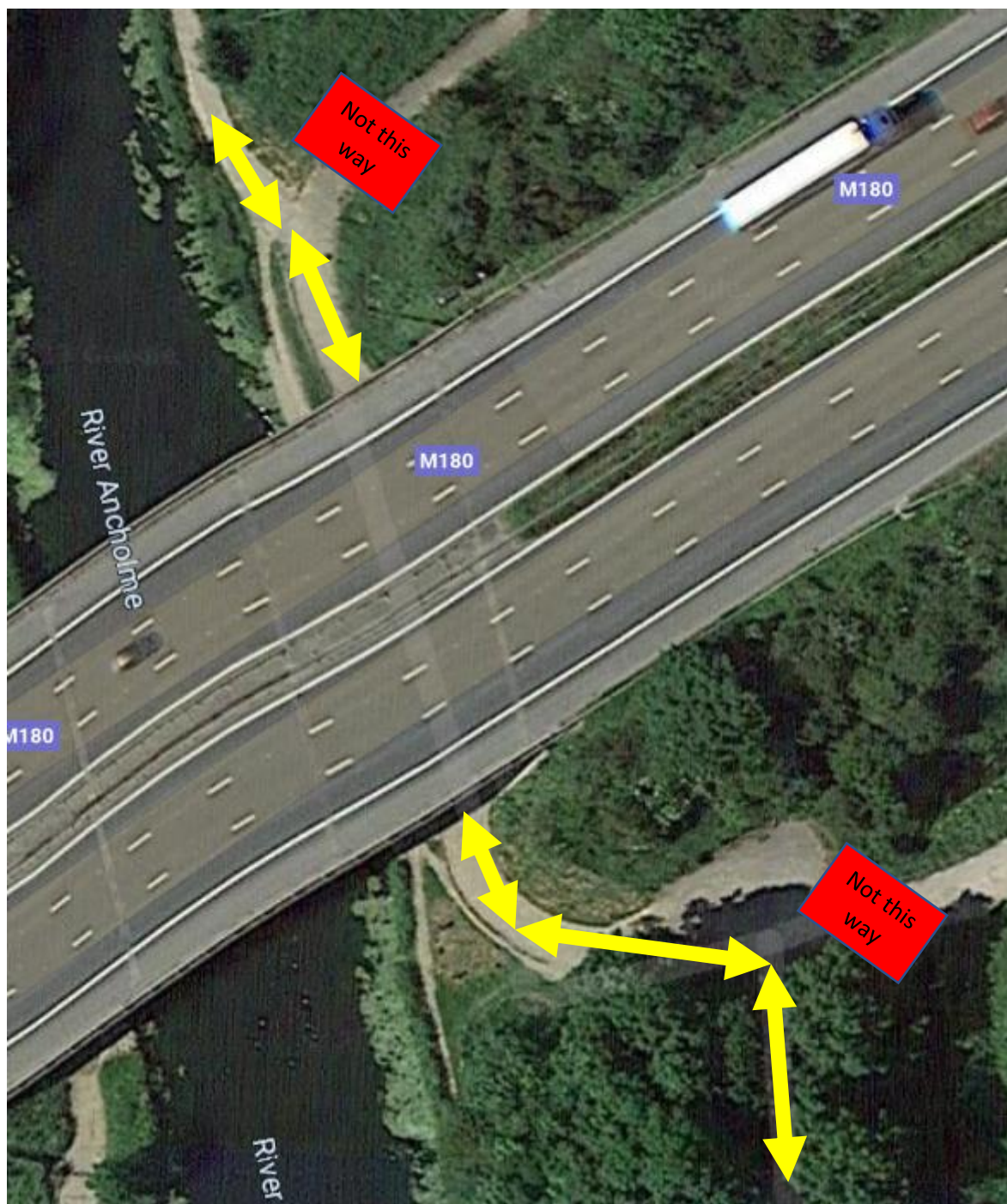


### Under the Road Bridge





## Under the Motorway bridge

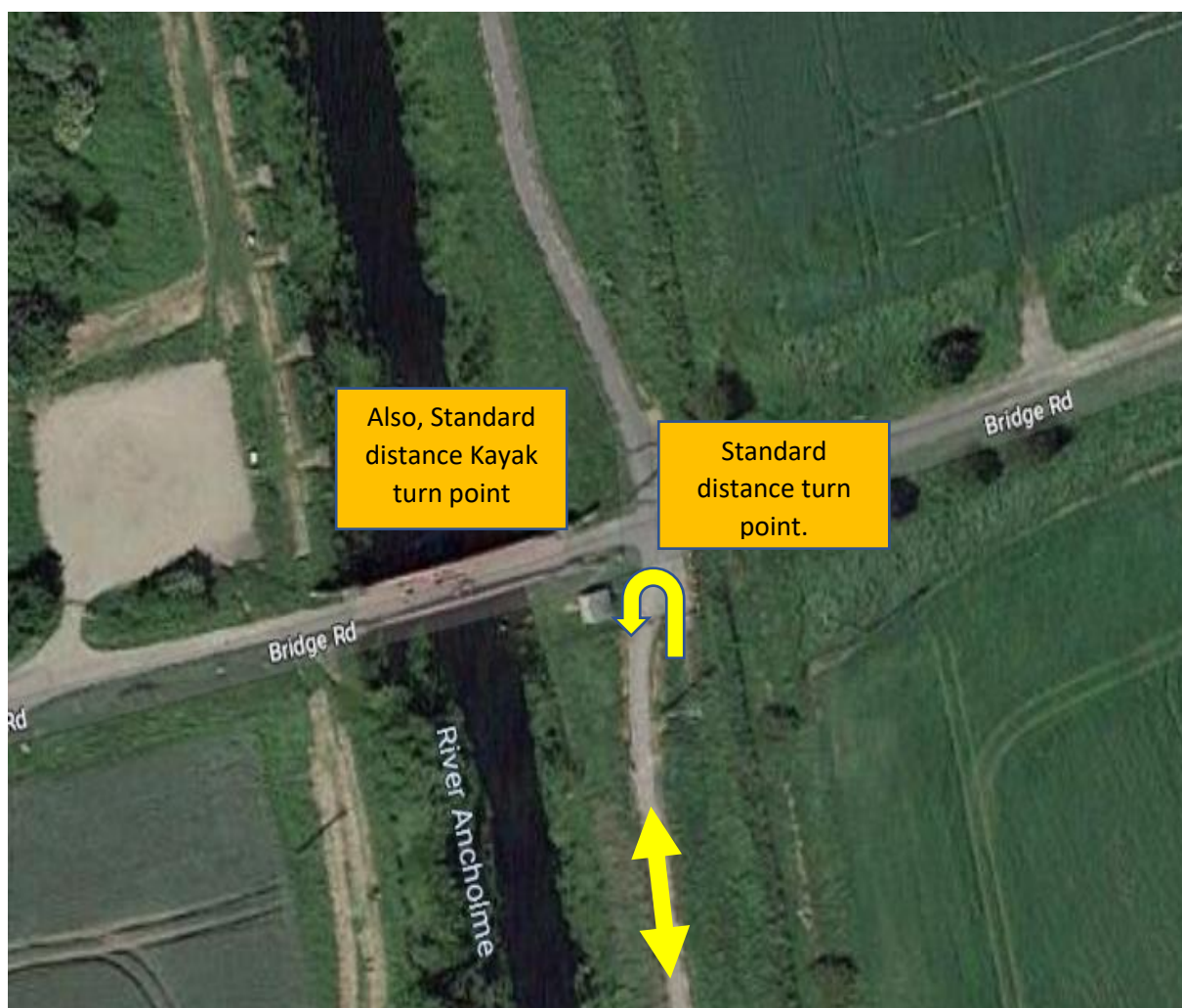




Carr Lane bridge



Broughton Bridge on Bridge Road



Retrace your steps all the way back to the Finish line.

## 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.

## 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 at the turn point of the run.

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

This is a cafeteria in the leisure centre should you wish to purchase anything post-race (never advisable to have a full English breakfast pre-race)

## Results

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

## Ceremony

The award ceremony will be held after all competitors have completed the event.

## 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 later in the evening. 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 at the bike.
- 2) Helmet must be fastened prior to un-racking of bike.
- 3) No race-number 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.