

Keyo Brigg Bomber 2025

Hosted By LincsQuad



Race Information

Event: Duathlon / 2's Up Duathlon

Event Date: 7th Sept 2025

Event Location: Scawby Rd, Scawby Brook, Scawby, Brigg DN20 9JH

England.

Google Maps : <https://www.google.com/maps/place/Ancholme+Leisure+Centre>

Organizer / Contacts / Reference

- Donna Chappill.
- LincsqquadEvents@gmail.com
- <https://lincsqquad.co/>

Categories

- Solo
- Age Groups, roll down will be applied

Timetable:

Sunday, Sept 7th, 2025

All details are subject to change.

- Registration open TBC
- Transition open TBC
- Registration Closes TBC
- Transition Closes TBC
- Briefing on the riverbank at race start TBC
- Race start TBC

Presentation will be held for each distance once times have been verified.

Rules

- Organisers rules: The event is permitted by British Triathlon, LincsQuad therefore adhere to their Rules and regulations.
<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2024.pdf>
- Abstract:
 - o No-Drafting on the bike (**this excludes the 2s up competitors, it is the riders responsibility to ensure they are safe and confident to do so**)
 - o **For the 2's up competitors should remain within 50mtrs of each other**
 - o Helmet must be fastened prior to removing the bike from the racking. They must remain fastened for the duration of the race and only unclipped once the bike has been returned to its racking position.
 - o No crossing of the middle line of the road on the bike (unless turning right).
 - o The race number must be visible from the rear on the bike and the front on the run.
 - o No littering.
 - o No verbal or physical abuse towards any official or marshal will be tolerated.

Distances

- 2.5K run (out and back)
- 18k bike on open roads,
- 5k Multi terrain run (out and back).

First Aid Team on-site

- Emergency contact number 07850545790

Start List

- Start list: Will be published within 3 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.

Results

- The results list can be found at <https://lincsquad.co/Events/>

Onsite Facilities

Toilets:

- A Portaloo will be position just in front of transition.
- Two sets of both ladies and gent's toilets inside the leisure centre (open from 06:30)
 - First set, go through the main doors and to the left of reception, you will find them just around the corner on your left
 - Second set, go in through the main doors and to the right of reception, follow the corridor around to the right handsy, passed the gym, and through a set of double doors. Ladies on the left and gent's just around the corner.

Showers:

- Are available in the pool changing area or the Ladies and Gents changing rooms at the bottom end of the corridor, just passed the gym. If unsure please ask at reception.

Café:

- Go in front the main entrance and to the left of reception. Go passed the toilets and through a set of double doors. Follow the corridor and you will find a small café that sells hot and cold drinks as well as cold sandwiches and snacks.

Registration

Location: Registration tent outside transition.

Documentation required.

- **British Triathlon member:** If you are a member of BTF then you will be required to produce your race licence. We will endeavour to confirm in advance with BTF who from the start list holds a valid race licence to try to make the registration process easier.
- **Triathlon BTF Non-members:** British triathlon made changes in the way in which we must ensure that all athletes are insured to race. They introduce the Day Pass licence. These must have been purchased directly from BTF before race day. If you do not have either a valid membership or a day licence, then you will not be allowed to register. These can be purchased at <https://www.britishtriathlon.org/membership>.

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). **One of these numbers will contain your timing chip.**
- Duathlon pack will contain two small stickers, one for your bike and one for your helmet.
- A Transition wrist band. This must be worn to enter transition.

Transition

The usual bike checks will be carried out. 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.
- 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.

Race Briefing (in English)

This will form part of the overall briefing. 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.

Race Start

The race start is on the Riverbank at the back of the leisure centre under what will become the finish arch.

See Below for Race Details

Race Details

We would like to take this opportunity to thank you all very much for choosing are event. We are looking forward to seeing you on the day and hope to get to talk to you in person, please accept our apologies if not, as you can imagine it will be an extremely busy day for us all.

This is the first time that LincsQuad have hosted this event so please bear with us. Kindly take ten minutes just to read through the following information.

It is the athlete's responsibility to ensure that they have read and understood all the race information. This includes rules and course maps. If you have any questions or concerns, please email Lincsquadevents@gmail.com.

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

Firstly a few people to thank

- **Lincsqquad 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).
- **Lincsqquad committee** for their continued support and hard work behind the scenes organising the event.

Event Hub Overview



Maps

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 and highlighted as part of the "on day" brief.

Run 2.5km.

Starting under what will become the finish line on the bank top at the rear of the leisure centre.

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

Dropping down a small slope into a section of barriered off carpark and 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), and it is safe to do so, cross to the left-hand side.

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 wider path.

Go under the road bridge.

You will reach a Marshal and a turnaround cone

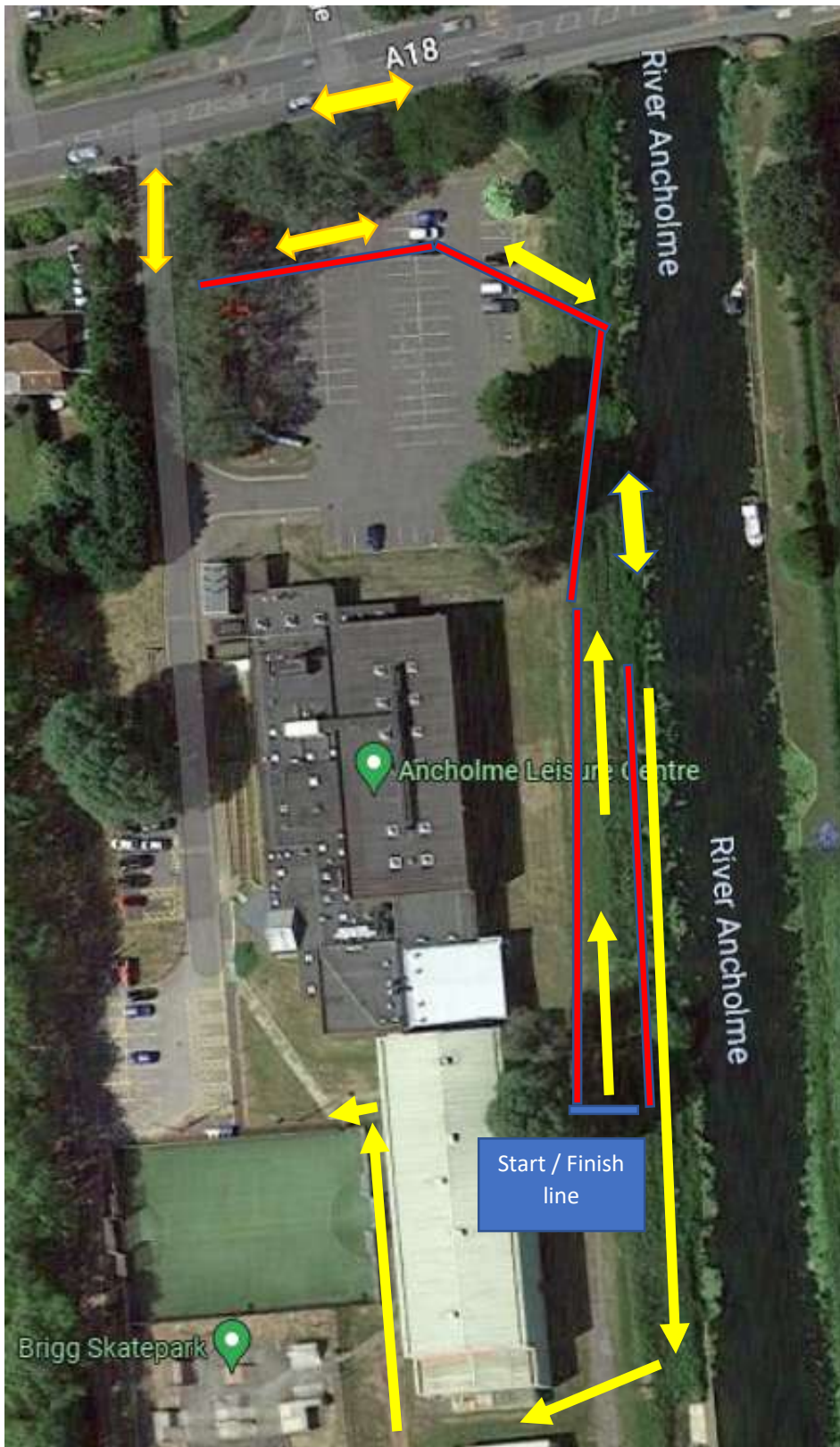
This is an out and back route so just retrace your steps.

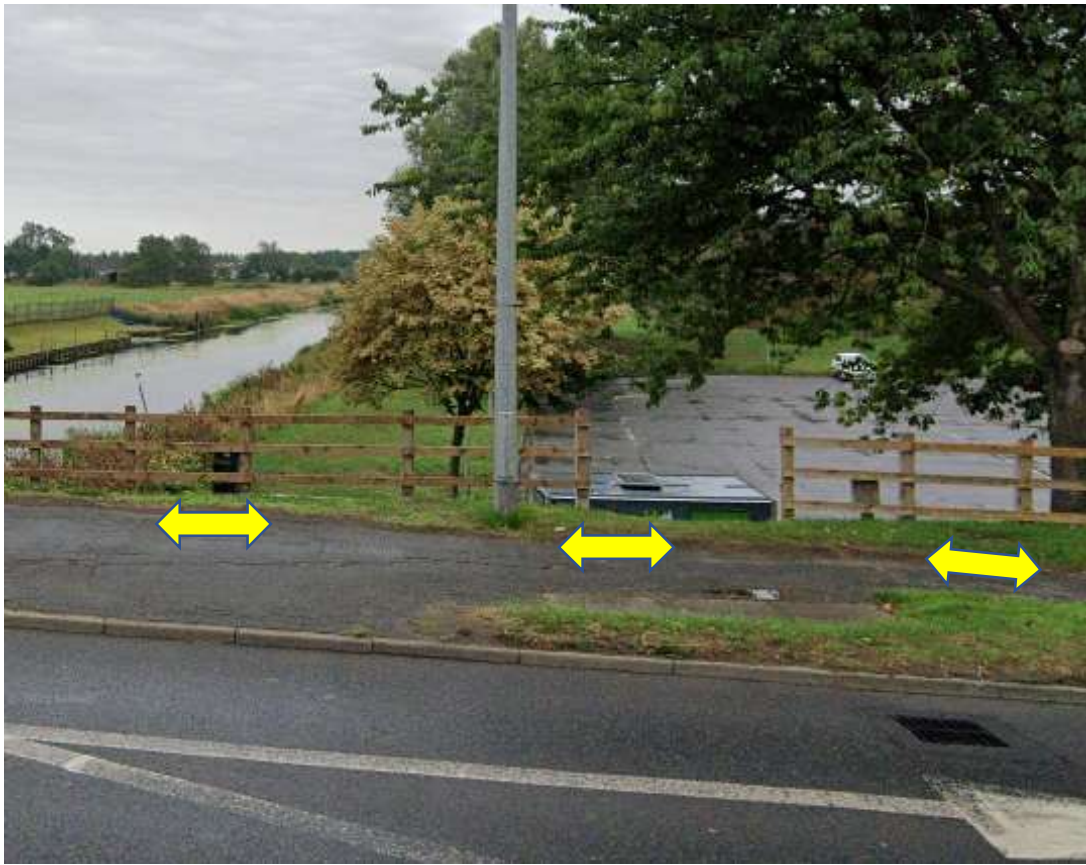
Once you have crossed the carpark and are back on the river bank, follow it along towards the Start / Finish line .

Go past, not under the finish line and turn right between the boat house and the main building, turn right again along the footpath and into transition via the in gate.

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

SEE MAPS BELOW





Crossing at Mini roundabout.



Mill Lane



Petrol station



West Terrace



Forrester Street



Manley Gardens



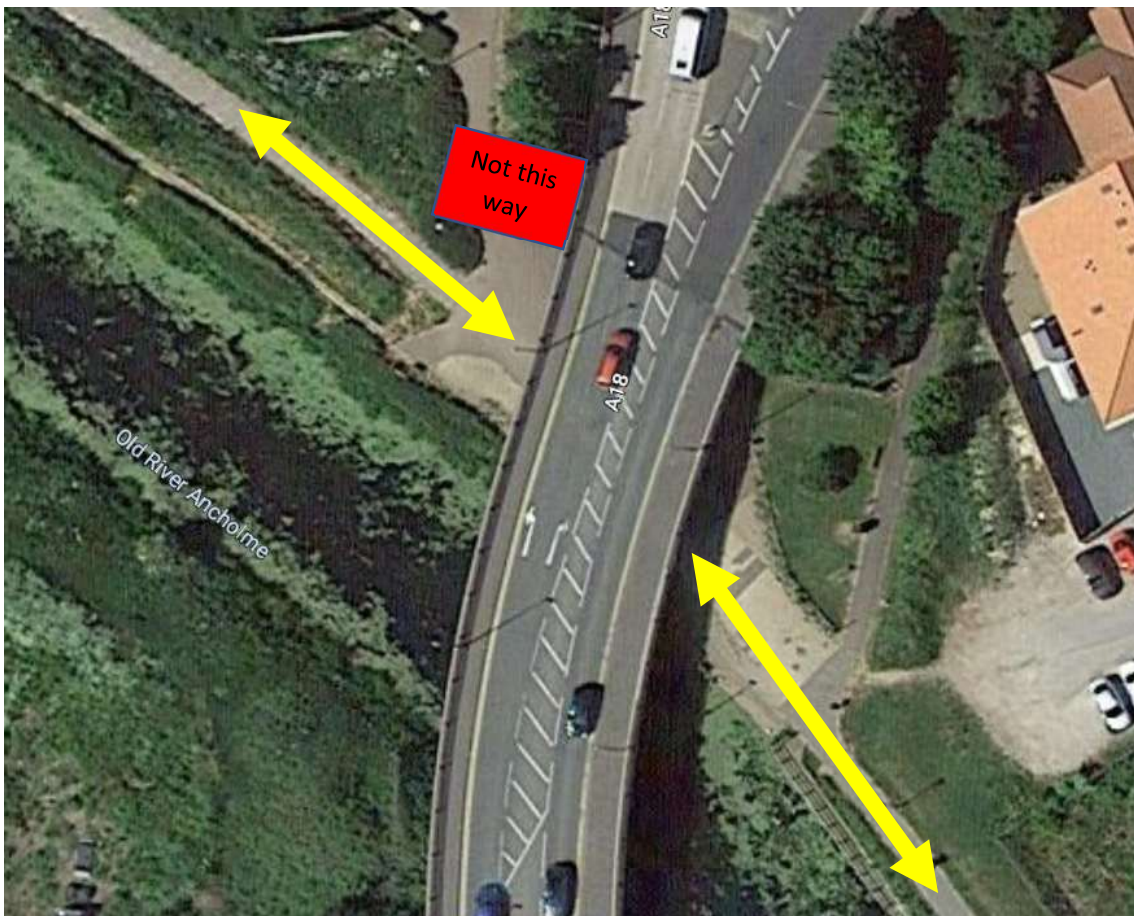
Bridge Street into town



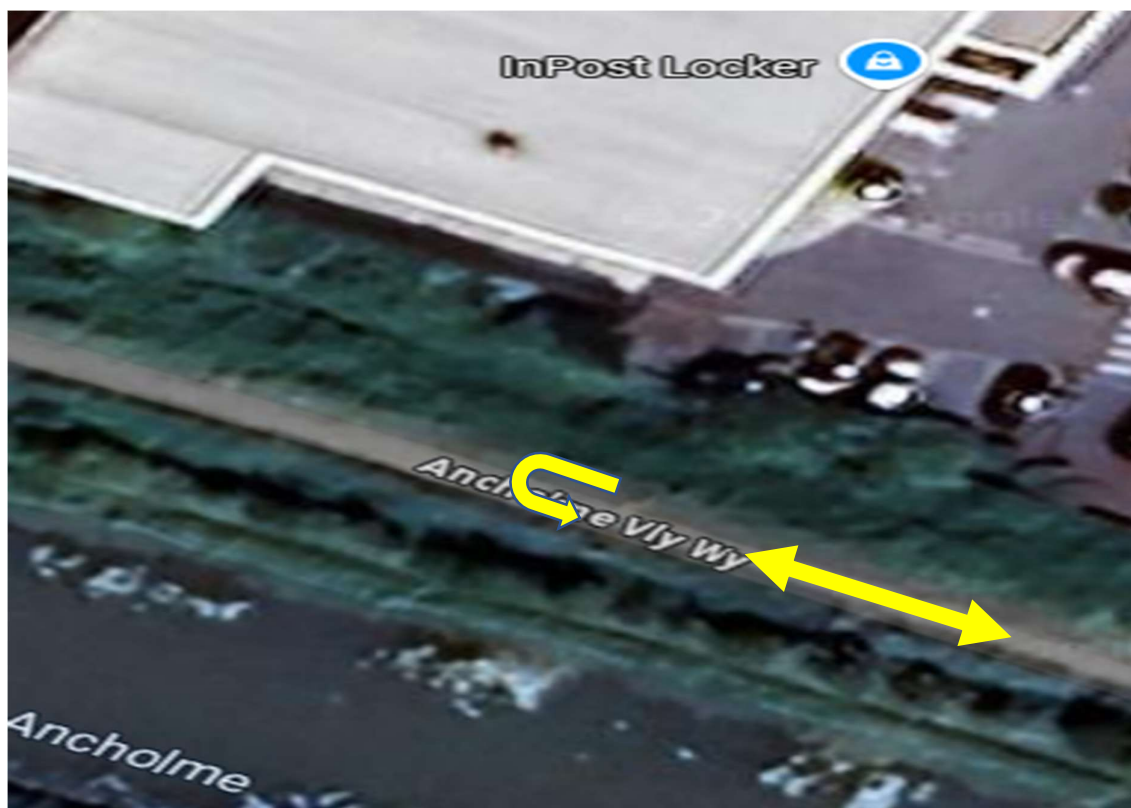
Steps down to the Towpath



Under the Road Bridge



Turn point



Retrace your steps all the way back to Transition.

When you reach the leisure centre, after completing the first run, DO NOT go under the finish line instead head through to transition



Transition

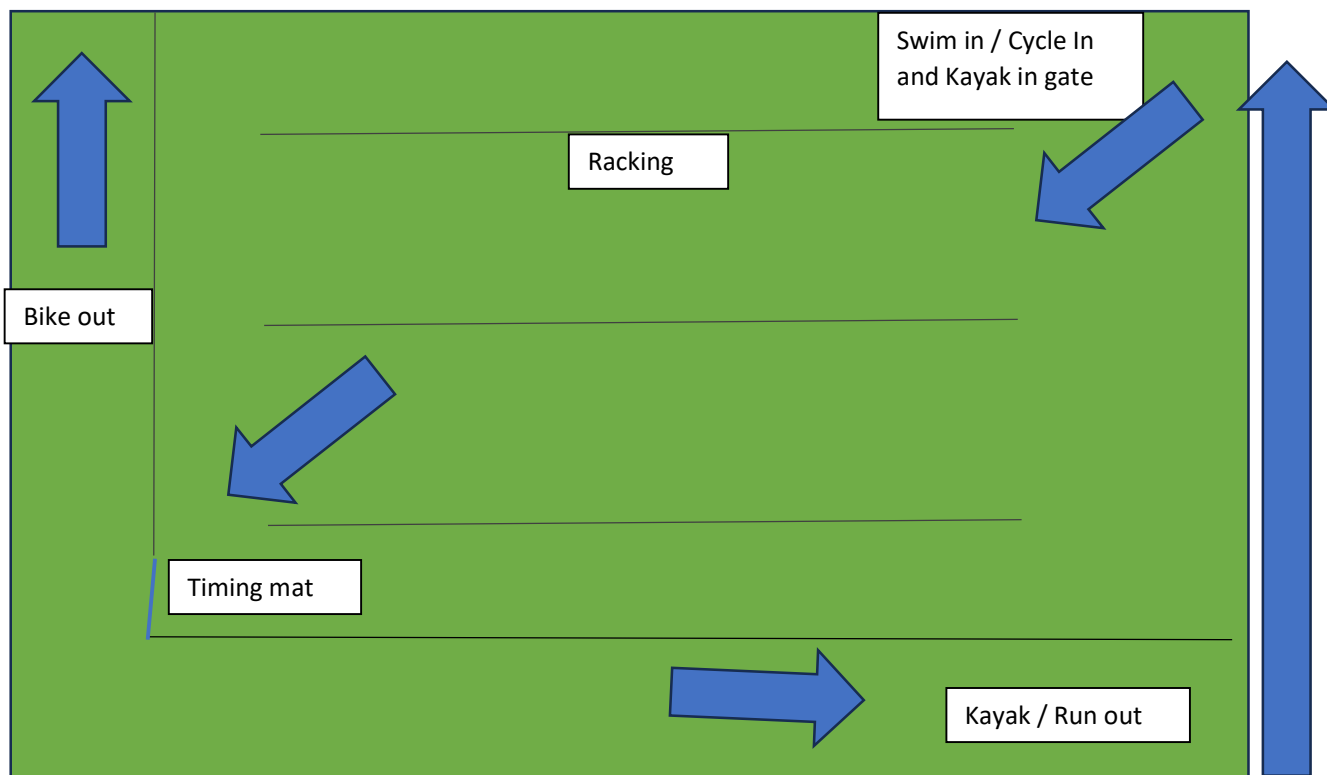
Public Nudity is not permitted.

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.

See Diagram below



Cycle 18km

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, this will be your turn point. Take the third exit and headback towards Hibaldstow

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.

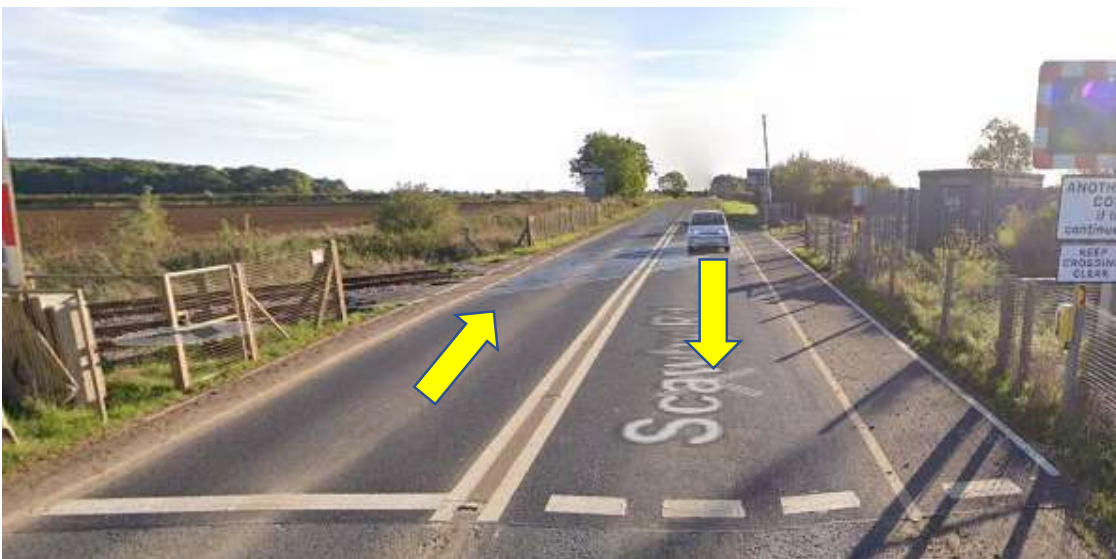
Go into transition via the IN gate

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. This is the turn point. Take third exit.



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.



Run 5km.

There will be a feeling of Deya-vu for the first part of this run, as you follow the exact same route as you did on the first 5K.

The following route should be used in conjunction with the first 5K run maps above.

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 wider path.

Go under the road bridge.

Go past your original run turn point and continue to follow the tow path.

Go under the Motorway bridge.

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

You will then come to the 5K turn point.

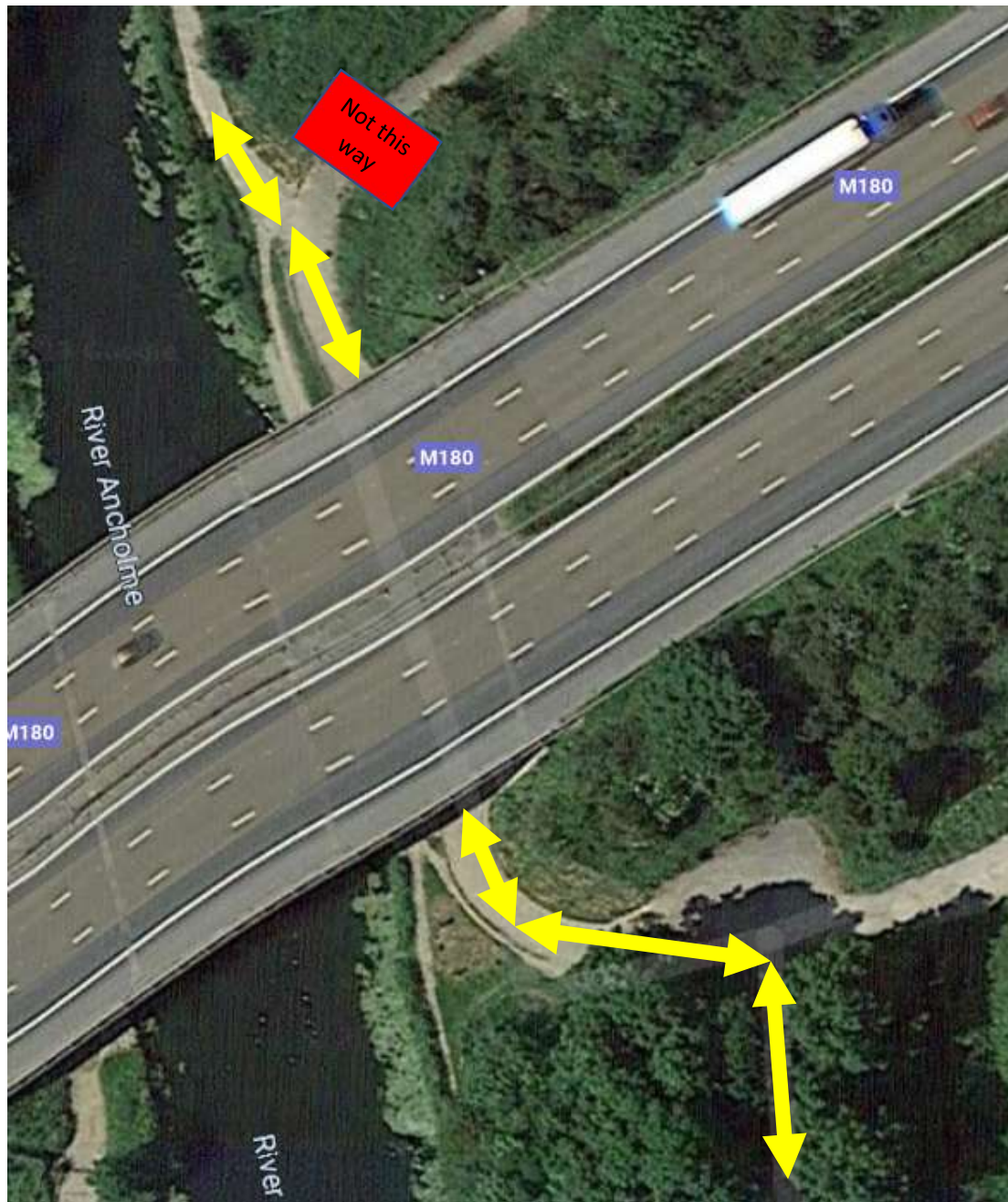
This is an out and back route so just retrace your steps.

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.

Under the Motorway bridge



5K Turn point



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.

Finish line Goodies

You will be given your finish line pack which will contain a snack (something along the lines of a banana and Haribo) as well as water.

You will also be given your finishers medal. NOTE for teams there will be one medal for every competitor.

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.

There 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

Ceremony

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

Finally

Lincsquad have 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 and have a safe and enjoyable race.