

Athletes Race Information

Keyo Brigg Sprint 2025

07.09.2025

Version: 12.05.25



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.

I know some of you may have done the event many times before but please take Ten minutes just to read through the following information as we have made a few changes.

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

- [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.

The Events

Sprint Distance Quadrathlon and Sprint Distance Triathlon

Distances

Quad Swim: 750mtrs (please note should the river conditions be such we may be required to shorten or move the swim leg to the pool which will then be as er the Triathlon).

Triathlon Swim: 400mtr Pool swim

Cycle – 18k (11 miles) on Open roads

Kayak - 4k (Quadrathlon only)

Run - 5k multi surface

Organizer

- Lincsquad (lincsquad.co)
- Donna 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 defined by BQA)
- Teams

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.

Registration

- 01.06.2025
- from TBC
- location: Registration tent outside transition.

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.**
- Triathlon pack will contain two small stickers, one for your bike and one for your helmet and the Quadrathlon pack will contain a third for your paddle.
- Also, in the Quadrathlon pack will be one large stick-on number for your boat.
- A Transition wrist band. This must be worn to enter transition.
- Swim hat (Quadrathlon). We would be grateful if at the end of the race you return or leave these in transition. They will be washed and reused. This will help us to keep costs down and reduce our Carbon footprint. You are permitted to wear a second cap, but it must be underneath the official race cap.

Documentation required at Registration.

Quadrathlon: If you are a member then your current BQA licence.

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 who 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>.

Quadrathlon BQA Non-members: You do not require a Day Pass as this has all been taken care of by BQA, so why not return the favour and join.

Transition

- Opens: **TBC**.
- 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.

Quadrathlon: Kayaks, paddles, and buoyancy aids are all to be racked with your boat and will not be 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 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)

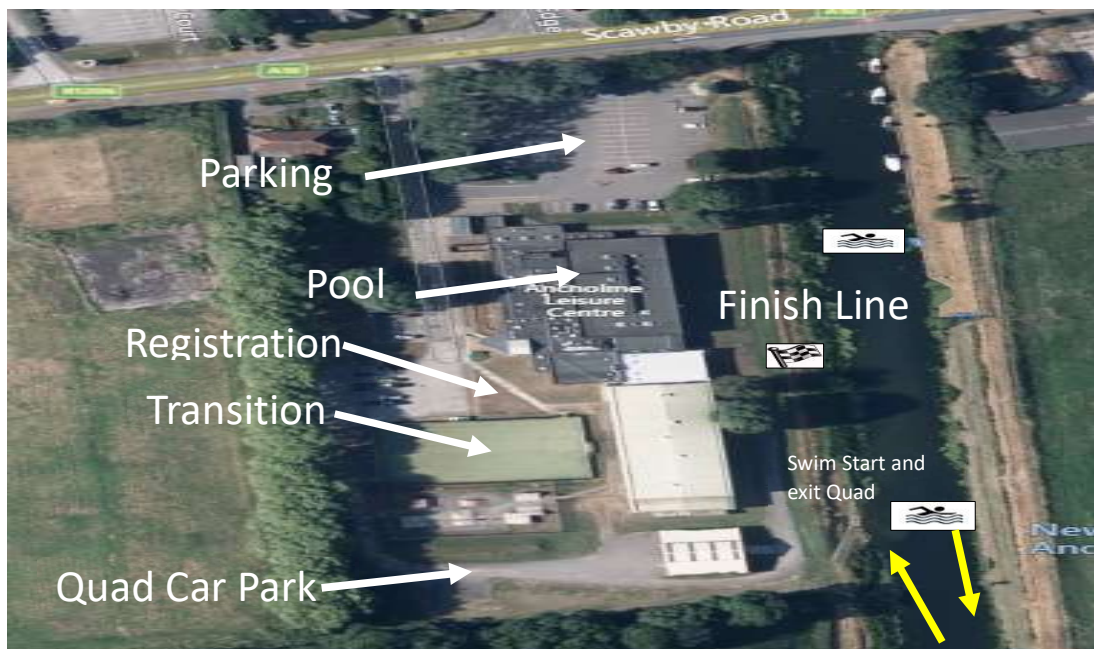
- This will form part of the overall briefing. We will complete an on the day brief prior to the event. This brief will cover any changes to any of the information given here and the main points for safety. It will not cover routes.
- The brief will be held at Swim start at **TBC**.

Race Start

The race start is on the Riverbank at the back of the Boat house for the Quadrathlon and in transition for the Triathlon.

- Brief **TBC**.

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.

Swim 750mtrs Quad

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.
- Race numbers are NOT to be worn

The swim start is to the rear of the Boat house.

No athlete will be permitted into the water until their race number has been given to the Bank top marshal.

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

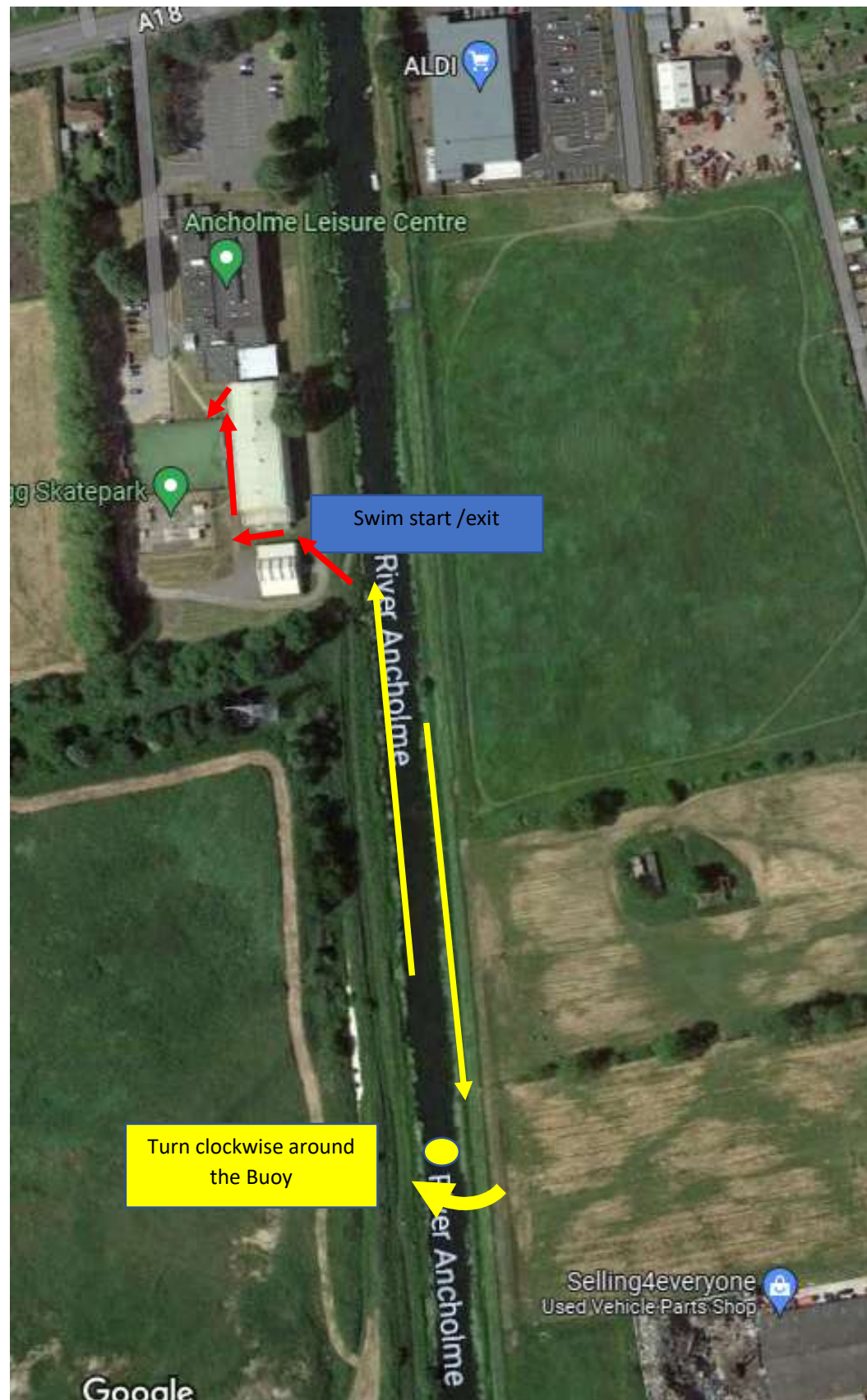
Turn at the large yellow buoy and head back towards the road bridge, again keeping to the left of the river.

Exit is at the same location as swim start. Please shout your race number to the marshal.

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.

NOTE: The Standard distance swimmers will be required to do 2 laps, the sprint distance is only one lap

Swim



Swim 400mtrs Triathlon

You will be required to complete 16 lengths of the pool.

Length counters will be in place but ultimately it is the athlete's responsibility to ensure the complete the distance.

It is a six-lane pool, and athletes will be set off in order of the projected swim time.

Two of the lanes have steps to exit should you require one of the lanes please let me know at lincsquadevents@gmail.com

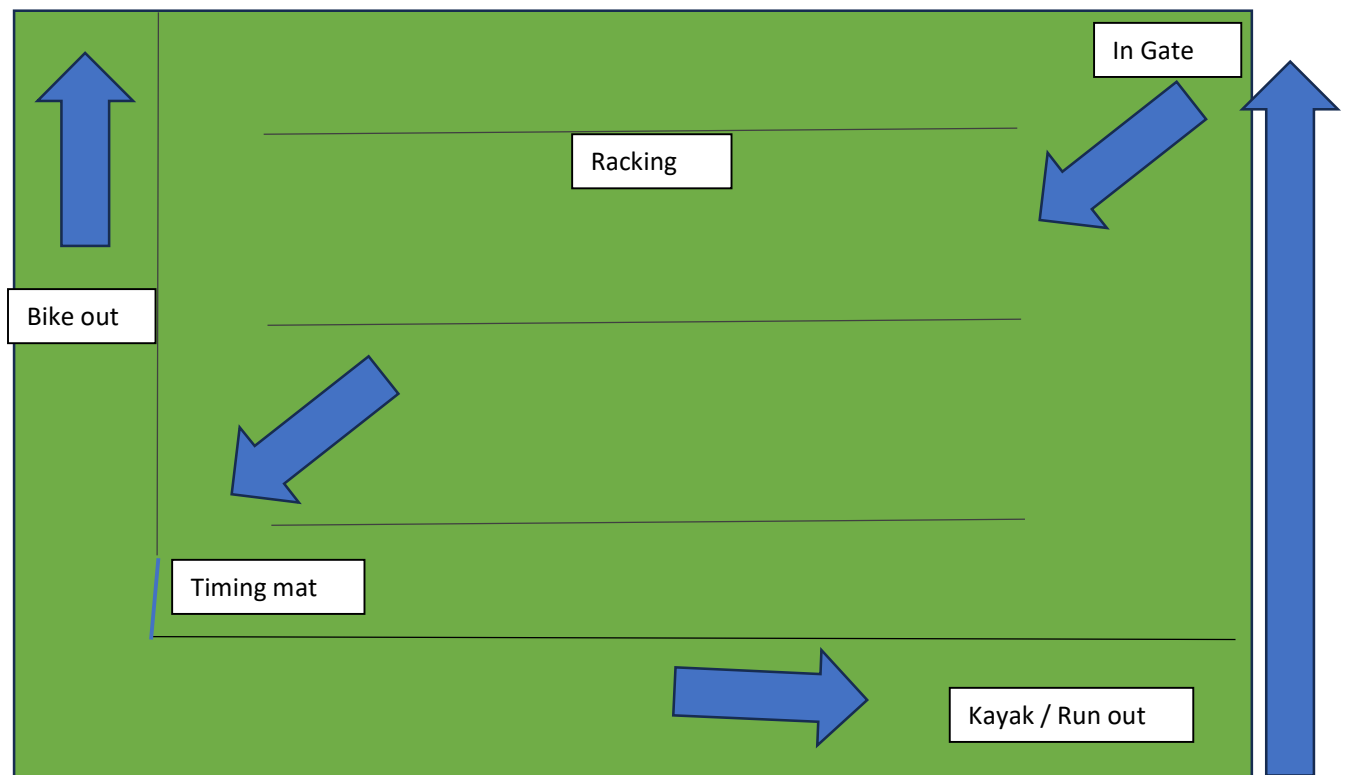
Transition

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.



Cycle 18km

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

Continue along 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 third exit (180 degrees) and head along the same route back to the leisure centre.

After the “s” bends in Hibaldstow there is a fork in the road, do not take the left-hand fork just continue along 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).

Just over the bridge there is a mini roundabout. 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. *Care should be taken as traffic may not be expecting you to turn.*

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.



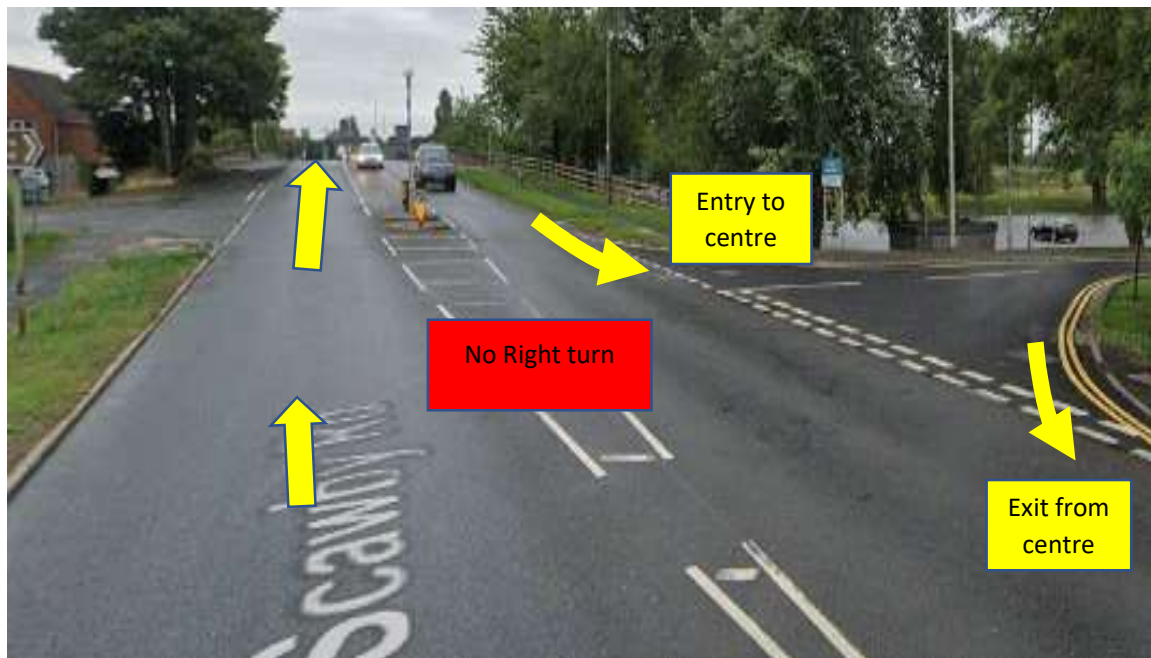
The Fork just after the "S" bends in Hibaldstow



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.



Kayak 4km (Quadrathlon only)

Location: 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.

NOTE: Buoyancy aids are not mandatory but depending on your level of experience are advisory.

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 TURN.**

You will pass under the motorway bridge.

Continue north (downstream) under a second set of bridges. This will be your turn point.

Turn in an anticlockwise direction. **NOTE: Please care when turning as the Standard distance paddlers will be continuing straight on at his point**

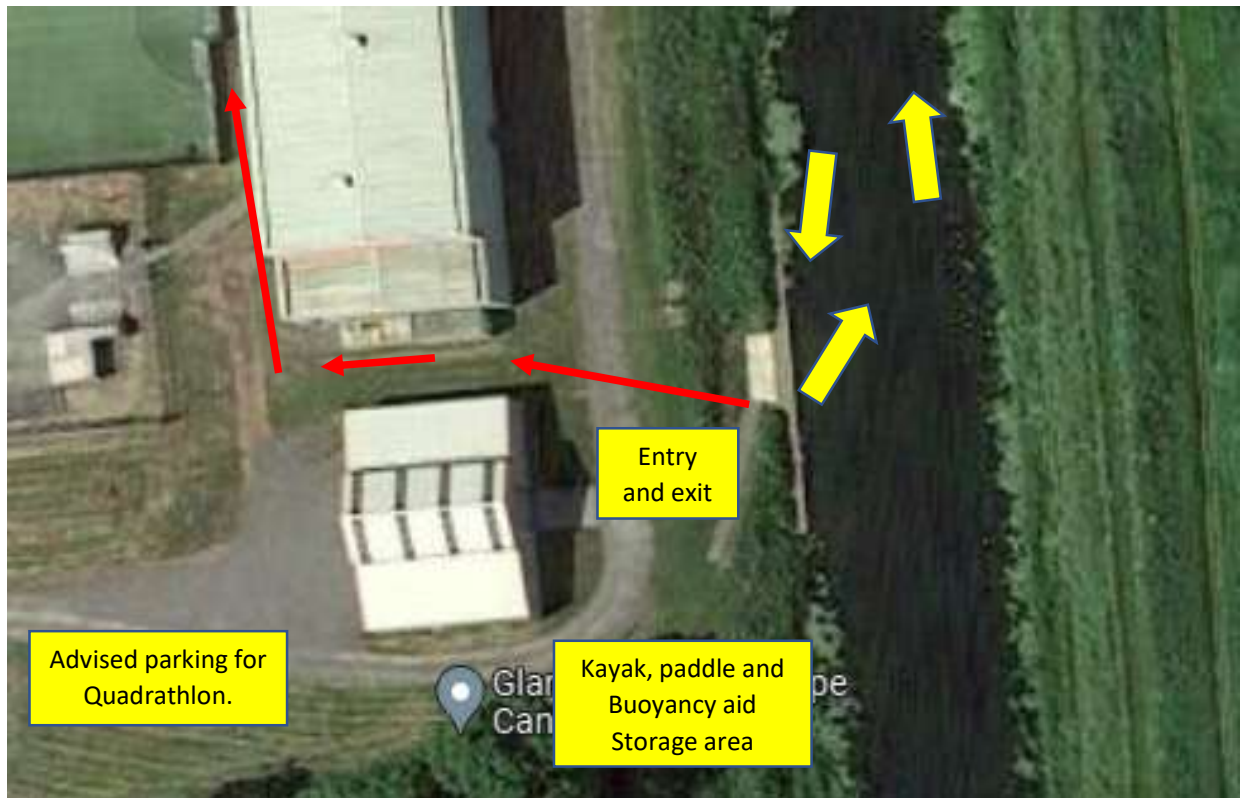
Now head back, follow the exact same route back to the Leisure Centre.

The Kayak exit is at the river access ramp, the same as the entry. Be careful when coming into the pontoon as other users maybe setting out.

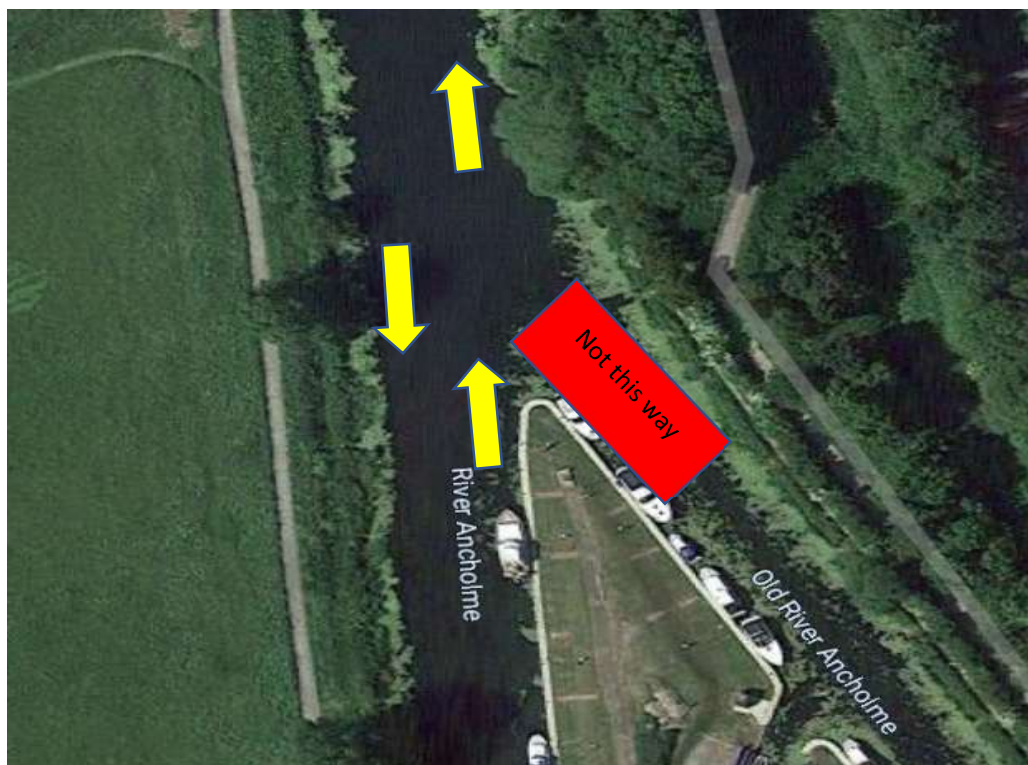
Marshal will assist with moving of all kayaks however paddles and buoyancy aids **must** be left with the boat.

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



Turn point for kayak



Run 5km

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.

You will turn left down a small slope and through a sectioned off portion of the front carpark.

Up a small slope and turn to your right. You are now on the public footpath.

Turn right out of the main entrance and head over the road bridge.

Be advised that you will be crossing several road junctions and a petrol station forecourt. The new Highway code rules do state that "Vehicles should give way to pedestrians, when safe to do so, at junctions". However very few drivers adhere to this so please take great care and if required 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 turn point, which will be signed and manned by a Marshal (close to the Red Bridge) retrace your steps all the way back to the leisure centre, NOTE: please take care when turning as there maybe Standard distance athletes who are continuing straight on at this point.

Take the finish shoot, under the gantry to complete your race.

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

Maps below



Crossing at Mini roundabout.



Mill Lane



Petrol station



West Terrace



Forrester Street



Manley Gardens



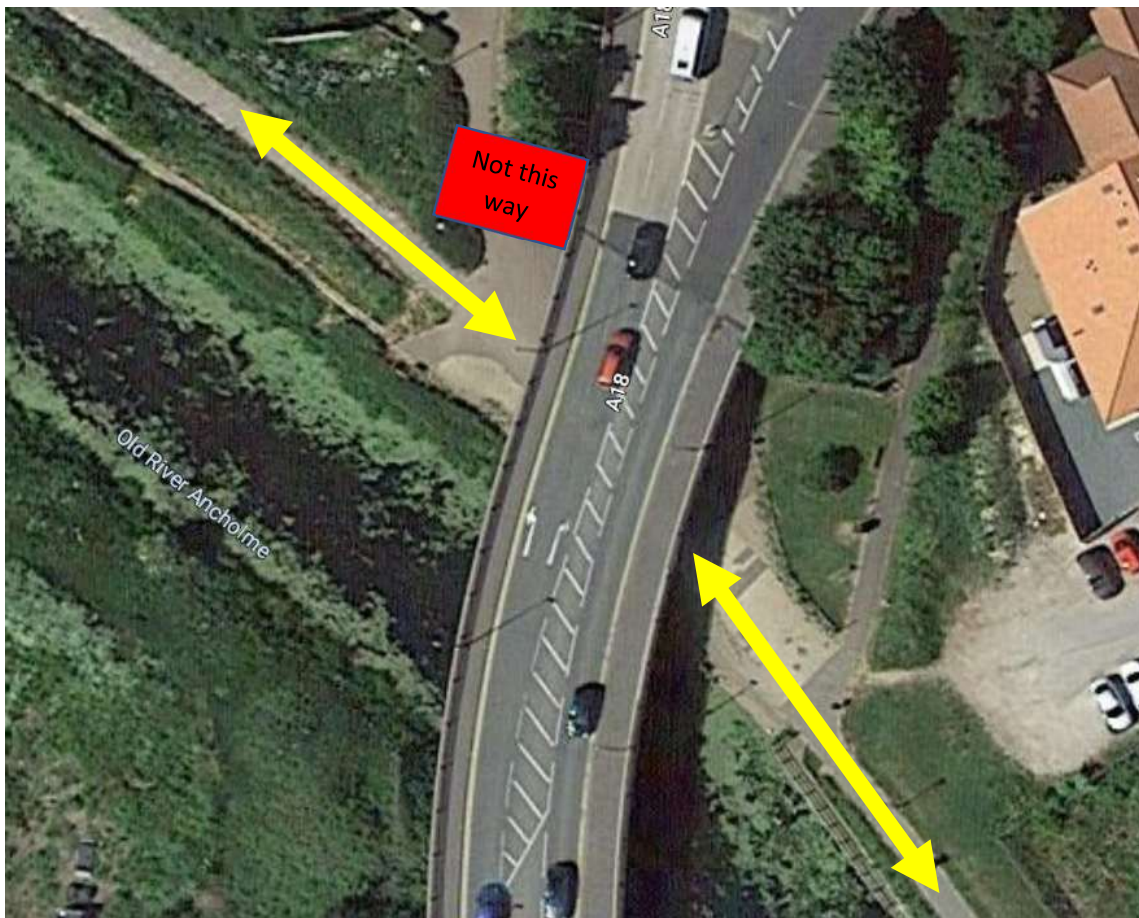
Bridge Street into town



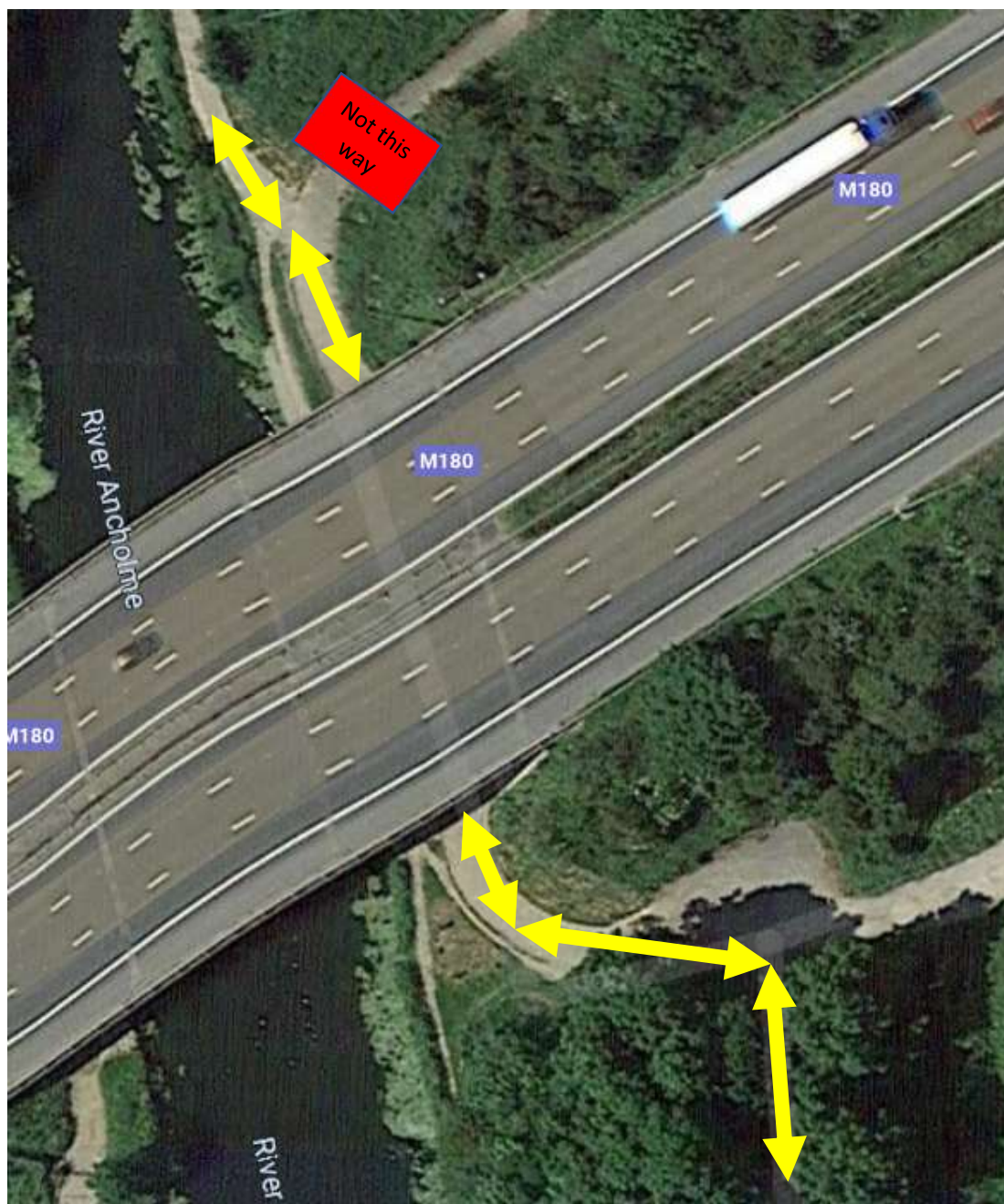
Steps down to the Towpath



Under the Road Bridge



Under the Motorway bridge



5K Turn point



Finish line

When coming along 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.

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

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: <https://lincsquad.co/Events/>

Ceremony

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

Rules

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

Also, the standard British triathlon rules <http://www.britishtriathlon.org>

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.

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

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 have a safe and enjoyable race.