

Race Information

WQF World Cup Race

Brigg, North Lincolnshire,
Great Britain

30.05.2021



Version: 13.02.2021

Distance

1.5k Swim - 38k Cycle - 7k Kayak - 10k Run

Organizer

- Lincsquad
- Jeff Chappill
- LincsquadEvents@gmail.com
- www.lincsquad.co/events/brigg-bomber

Race location

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

Categories

- Solo (Age Groups after WQF Rules)
- Relay
- Awards for 1st, 2nd, 3rd place of total men/women, relay and each age group men/women

Registration

- Individuell £55
- Relay £75 (2 Persons), £95 (3 Persons), £105 (4 Persons)
- Registration page: www.lincsquad.co/events/brigg-bomber
- Starting list: Will be published within 5 days of the event start date.
- Results after the race: www.lincsquad.co/events/brigg-bomber

Timetable

- Pick up Race Numbers	29.05. 4:00 pm - 5:00 pm	Transition Area
	30.05. 6:30 am - 7:30 am	Transition Area
- Check-IN	7:30 am - 8:00 am	Transition Area
Race Briefing (in English)	8:00 am	Transition Area
- Race Start	8:30 am	River Ancholme
- Ceremony	1:00 pm ((or 15min after the last finisher)	Held at the finish line or inside the boat house if bad weather)
- Post-race party	7:00 pm	TBC

Maps

The race routes are well signed and marshalled, the mandatory race briefing will be focused on rules & safety reminders, it is therefore important that you have an understanding of the route as this will not be discussed in the race briefing. Full details with maps will be sent to all competitors within 1 week of the start of the event.

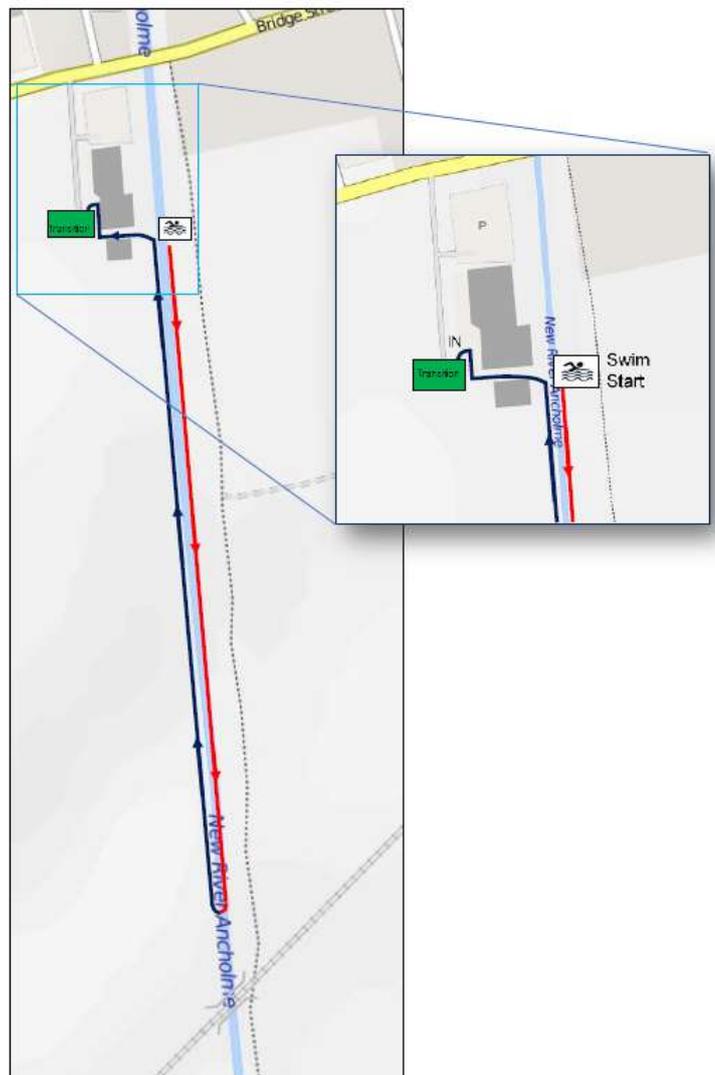
Swim 1500m

The River Ancholme

Wetsuits are mandatory. If the water temperature falls between 14 & 13degC the leg will be shortened to 750m. Below 13degC the swim leg will be cancelled. Wet suit gloves and socks are permitted at low temperatures. Neoprene hats can be worn as long as the official swim cap is on the outside.

The swim start is behind the leisure centre at the kayak access ramp. The swim is up stream (southwards & keeping to the LEFT) towards the railway bridge, turn at the buoy and return (keeping to your LEFT) toward the leisure centre.

Exit at the ramp, with a short run across the grass (taking care for approaching athletes) you will go around side of the transition area and into transition through the "IN" gate. Nudity in the transition area is not allowed.



Cycle 38km 2 laps

Brigg – Hibaldstow – Redbourne loop & return (2 lap circuit).

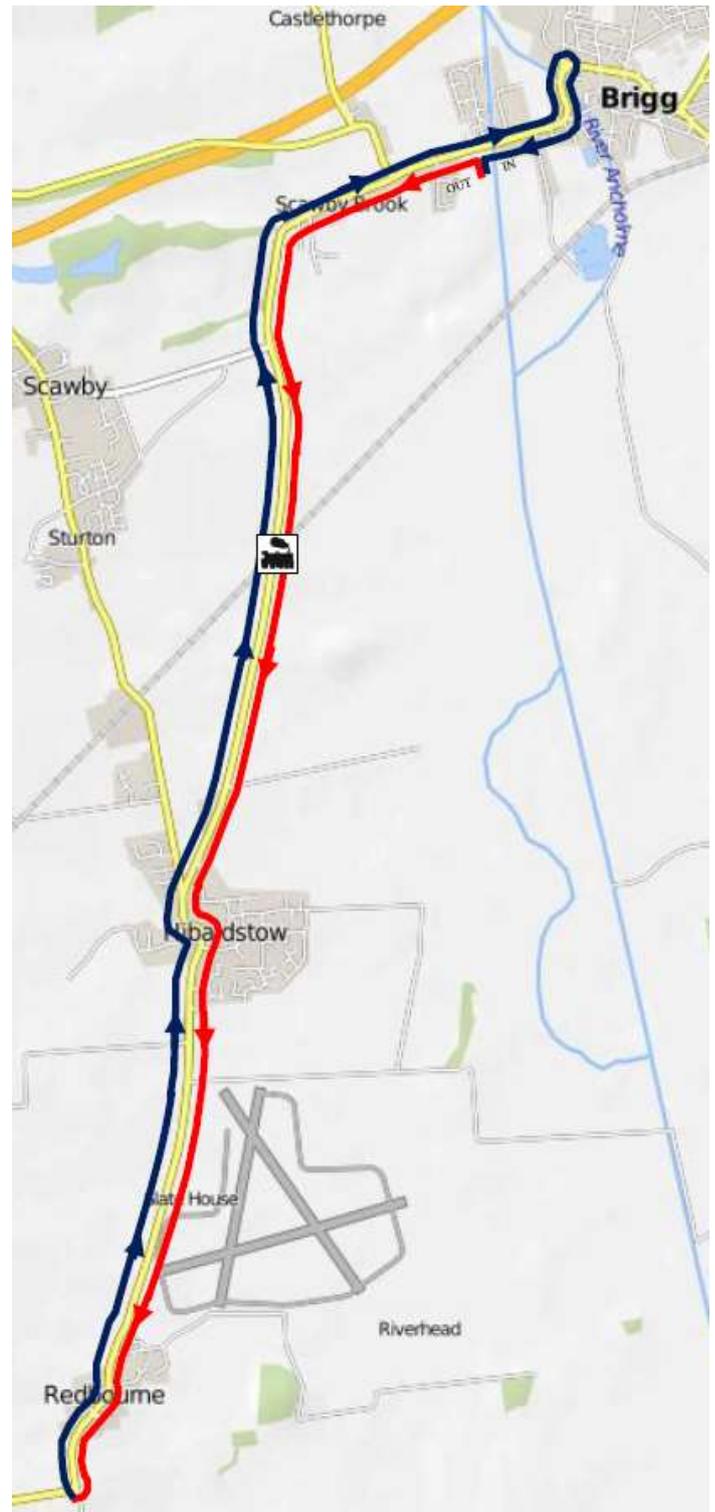
Fasten your helmet before removing your bike from the racking, exit transition and mount your bike AFTER the mount line, ride out of the leisure centre taking great care as you turn left onto the main road out of the leisure centre, follow the signs directing you around the bike course, a marshal will be placed at the furthest location to ensure all competitors complete the full course. (Please shout out your race number on this left turn).

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.

On return into Brigg go straight past the leisure centre towards the town centre. Turn back at the Lidl roundabout and return towards the leisure centre. Continue past the leisure centre for a 2nd lap. 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.

Marshalls are present to warn and ensure safety of all road users NOT to stop traffic.

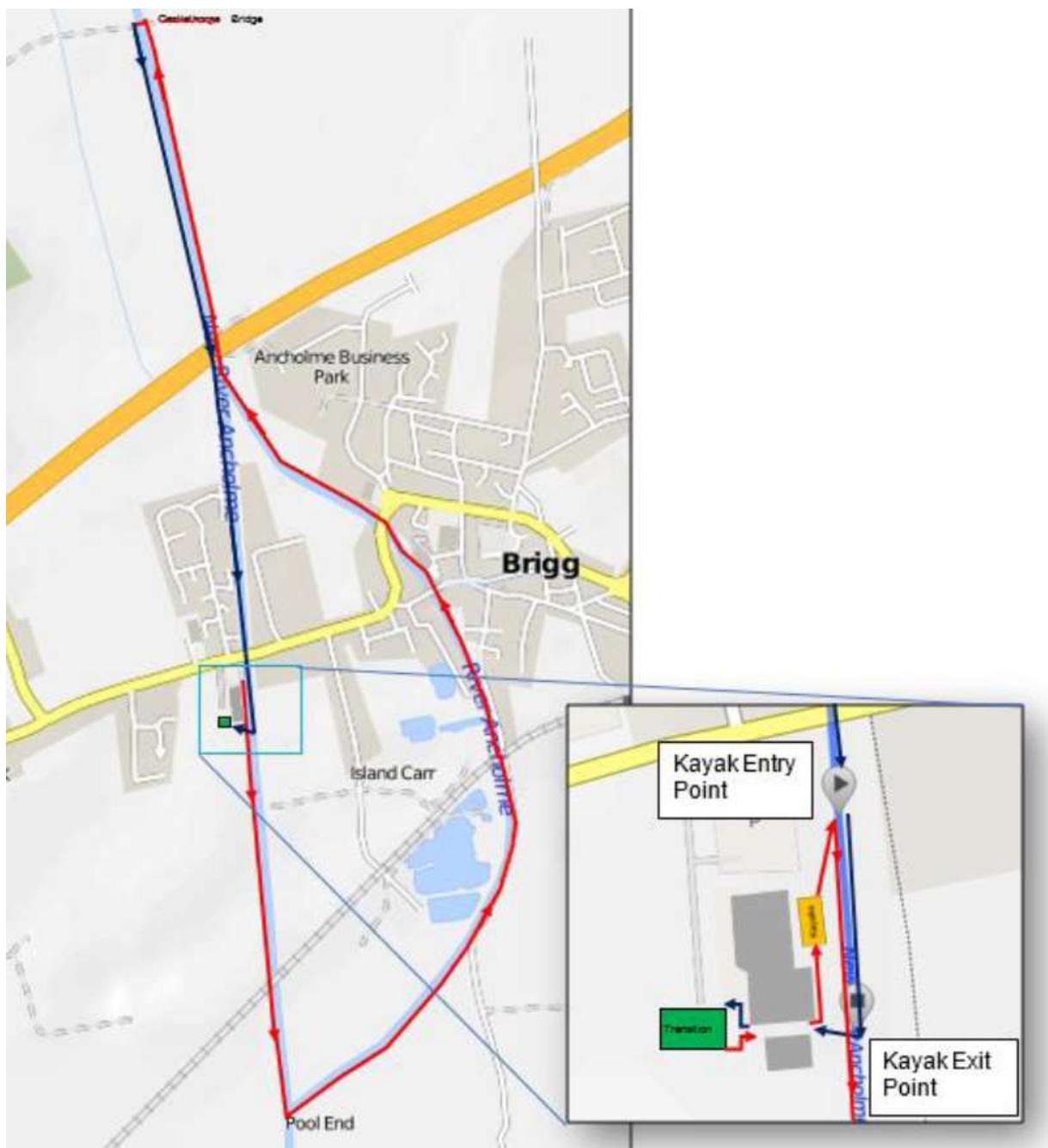
Having completed 2 laps return into the leisure centre taking care & slowing down, continue up to the dismount line, then run to transition with your bike through the IN gate, rack your bike before removing your helmet.



Kayak 7km

The River Ancholme

Rack your bike then collect your paddle & buoyancy aid in transition. Exit through the OUT gate around the leisure centre to your kayak. Entry points for the kayak leg will be clearly marked. Head south keeping to your RIGHT as per usual waterways convention, along the same direction as the swim route. When the river splits you will take the left route. The kayak route then takes you around Island Carr and through the town centre. At the next junction turn right and continue under the motorway bridge. At the second bridge you will see a Turn Arrow and marshal which will indicate your turn point (you must shout your number to the marshal on turning around). Now heading back, once at the junction take the right hand split heading towards the Leisure Centre, on return, exit at the river access ramp as you did for the swim exit. In the unlikely event swimmers are still present please give them room, marshals will be present to warn you. Follow the identical route you followed for the swim exit to the transition IN gate.



Run 10km – 1 lap **NEW FOR 2021**

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 river bank towards the road.

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

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

Having crossed the river bridge turn left and go down some wide shallow steps onto the tow path.

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

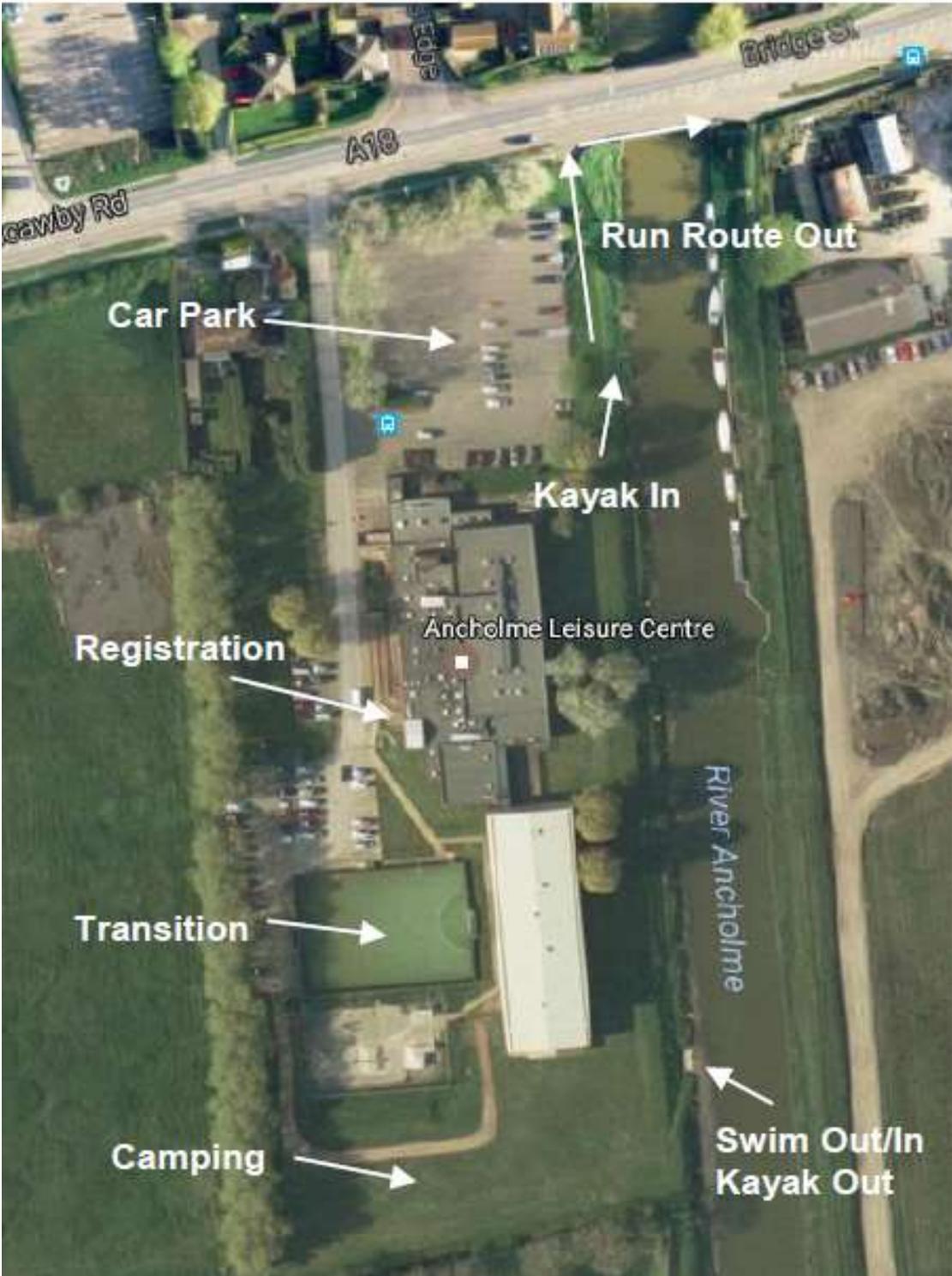
When reaching the vehicle restriction barrier (approx. 4.7km/ 2.9miles) turn left over the bridge.

Follow the lane for 300m until the turn point.

This is an out and back route.



Event Hub Overview Map



Refreshment

Rules

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

Abstract: No-Drafting at the bike, Helm must close at the bike, no race-number under the wetsuit, not to throw anything away, Life jacket can be obligatory (also short term).

Relay teams

- Relay changeovers will take place in the designated “relay tag pen” within the transition area.
- On entering transition through the IN gate, relay members will proceed directly to the “relay tag pen”, where they will pass the timing band (issued in the registration pack) to their team mate who will then for;
 - o Swim to Bike handover: call at their numbered racking to collect helmet, cycle shoes & bike before heading to the BIKE OUT gate. Cycle shoes cannot be worn at the relay tag pen due to potential injury to other athletes. These must be kept at your transition area.
 - o Bike to Kayak handover: call at their numbered racking, rack bike then hand over tag before the next team member collects paddle & buoyancy jacket before heading to the KAYAK OUT gate
 - o Kayak to Run handover: rack paddle and buoyancy jacket, hand over tag to next team member before heading to the RUN OUT gate
- Please take care for other competitors when entering & exiting the “relay tag pen” area.

Rental

- We have a limited selection of kayaks available. Please email LincsquadEvents@gmail.com to check availability, stating level of proficiency.
- A hire agreement form must be completed prior to race start, with any hire fee's paid.

Others

- A standard distance triathlon will also run alongside the quadrathlon, competitors in this event will start in a second wave at 8:40 am. These competitors will be identified by different coloured race numbers.
- If you are a BQA member please ensure you have your membership card with you at registration
- All competitors, marshals & supporters are invited to the “T-Shirt tour” on Sunday evening. Come along have a few drinks on the bank holiday weekend. Venue to be confirmed

- Results will be available on the day at the timing van and will also be posted with live updates to the timing website. A link will be sent prior to the event so family and friends can track your progress.
- The Lincsquad committee has worked extremely hard to ensure that the race is a success; please do all you can to assist us on the day. Looking forward to seeing you on the day, have a safe and great race.