

# Athletes Race Information

## WQF World Cup Race

Brigg, North Lincolnshire,  
Great Britain

29.05.2022



Version: 07.01.2022

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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 [Lincsqadevents@gmail.com](mailto:Lincsqadevents@gmail.com).

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

Firstly a few people to thank

**Lincsqad 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).

**Lincsqad 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 – 32.5k Open road

Kayak - 7k

Run 10k multi surface

NOTE: the quadrathlon will be run alongside a Triathlon.

### Organizer

- Lincsqad (lincsqad.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 after WQF Rules)
- Teams
- Awards in accordance with WQF and club guidelines.

Please Note: That the Covid guidelines at the time of the event prevent us from having a presentation ceremony then the full results will be posted once all competitors have finished and awards will be either posted or delivered shortly after the event.

## 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

- 29.05.2021
- from 6:30am to 7:45 am
- location: Registration tent operating a one-way system

### Your race pack will contain

- 1) 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.**
  - 2) Three small stickers, one for your bike and 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.
  - 5) Timing chip, **must be worn in the left ankle**
- If you are a BQA member please ensure you have your membership card with you at registration

NOTE: Lincsqad will also be running a triathlon along side the Quadrathlon. The start will be 10 minutes after the final wave of Quadrathlon athletes have set off.

## Transition

- Opens 6:30 am - 8:15 am. **(You will be informed of any Covid requirements regarding the wearing of PPE prior to the event).**

The usual bike checks will not 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 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.

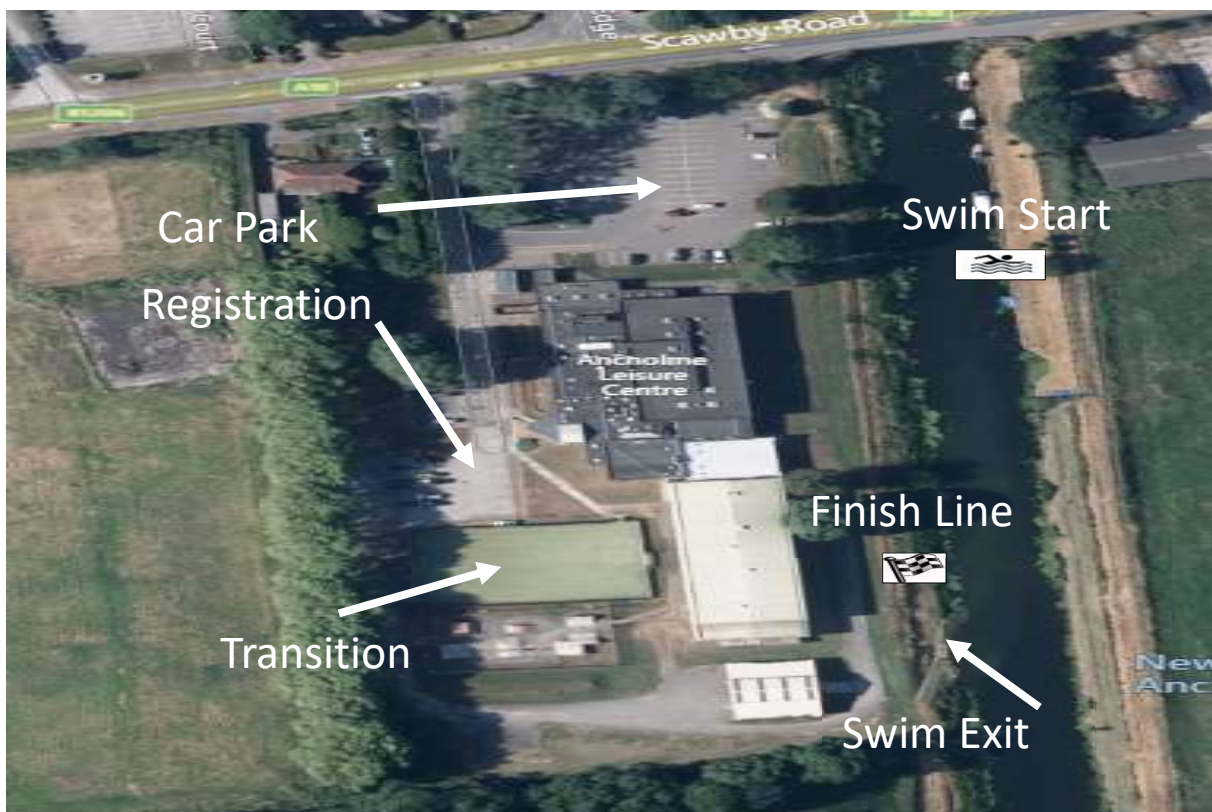
## Race Briefing (in English)

- 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.

## Race Start

- The race start will be close to the road bridge, down stream from the leisure centre. Please allow adequate time to reach the start to acclimatise.
- Depending on the level of entries the start may be split into two waves ten minutes apart, with the first wave in off at 8:30am (8:20am to acclimatise).

## 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.

## 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 towards the road bridge, 125mtrs from the kayak launch ramp.

The swim is up stream (southwards). Keeping to the left of the small pink buoy's, 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 small Bouy's.

Exit is at the kayak launch ramp not at the start line.

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.

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.**

## Cycle 32.5km

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 stationary 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.

Continue 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.

Continue 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 second exit (straight on). Give way to traffic from the right.

When you reach Brigg centre, you will go round a left-hand bend and start to climb up and over the river, get into the right-hand lane when it is safe to do so.

At the roundabout, adjust your speed, as you need to take the third exist (180 degrees round). Please give way to traffic from the right. This roundabout, in the past has seen rider's loose traction so please be careful. Gaining 5 seconds here is not worth the risk.

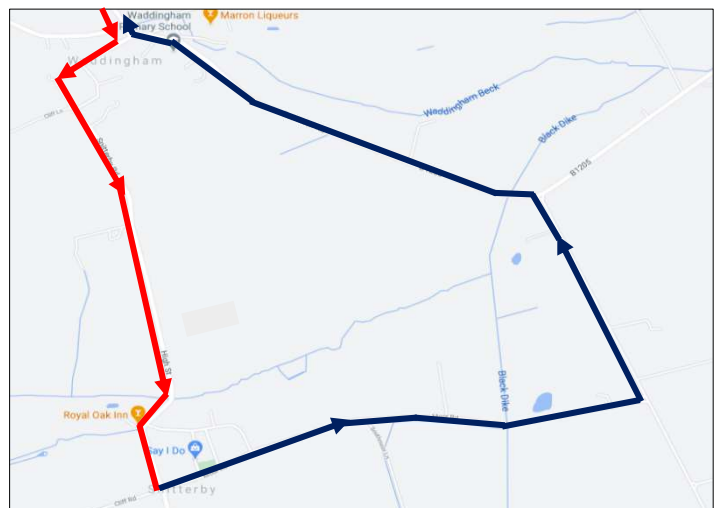
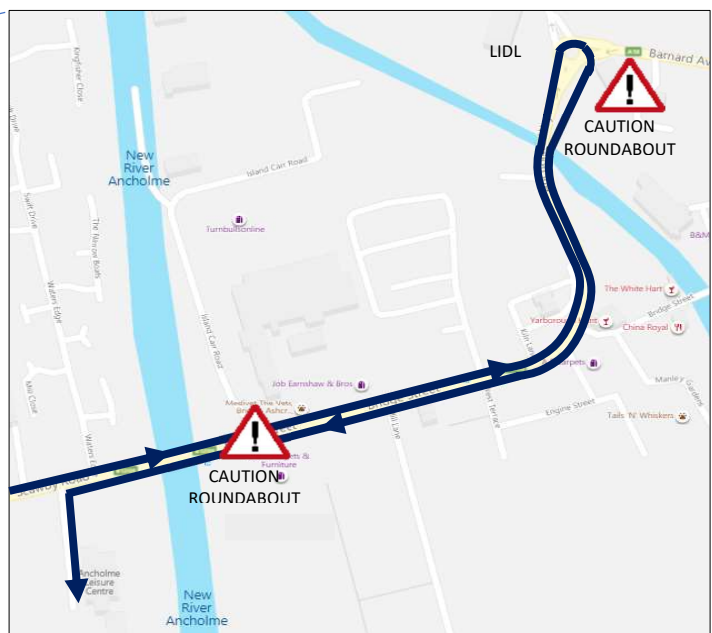
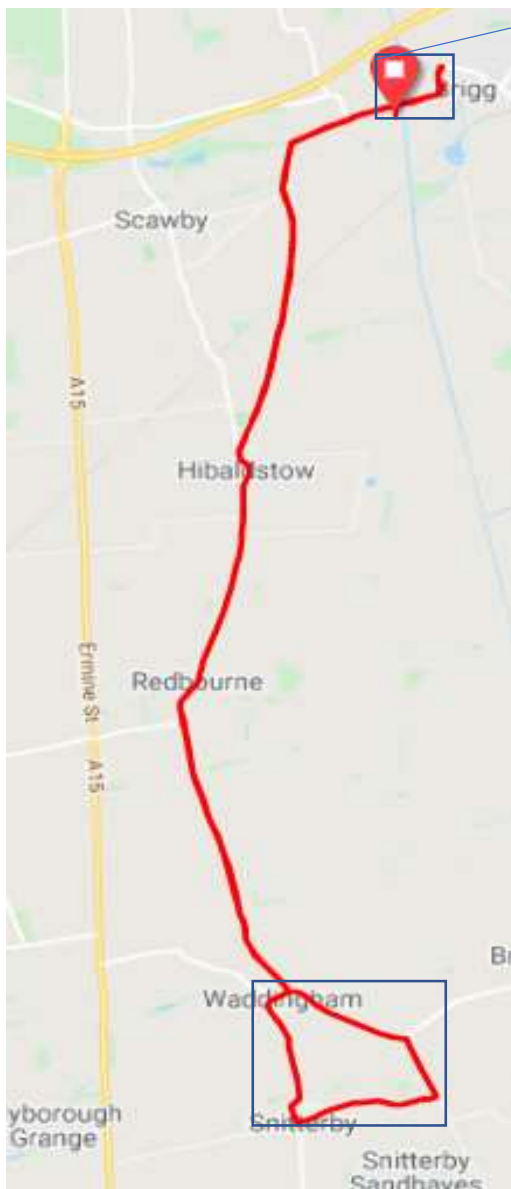
Head back towards the leisure centre, again going straight on at the Aldi roundabout, giving way to traffic from the right.

Turn left into the leisure centre.

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.**





## 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 the launch ramp outside the boat house and will be clearly marked.

Head south (upstream) keeping to your RIGHT as per usual waterways convention, this will lead you towards the Railway bridge some 750mtrs. Shortly after the bridge there is a turning to the left, take the turning. The kayak route then takes you around Island Carr and through the town centre.

At the next junction, just after the boat yard, you will once again join the main river, stay to the right-hand side and head North (downstream). You will pass under the motorway bridge.

Continue north (downstream) until reaching 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, just after the Motorway bridge stay to the right (Straight on) back 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 taken back to transition by the competitor.

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

## Run 10km – 1 lap.

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.

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 vehicle restriction barrier (approx..4.7km/ 2.9miles) turn left over the bridge. Follow the lane for 400m until the turn point.

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

**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 sectioned off portion of the carpark.**

**At the far edge of the carpark turn right back onto the river bank and head towards the finish line.**

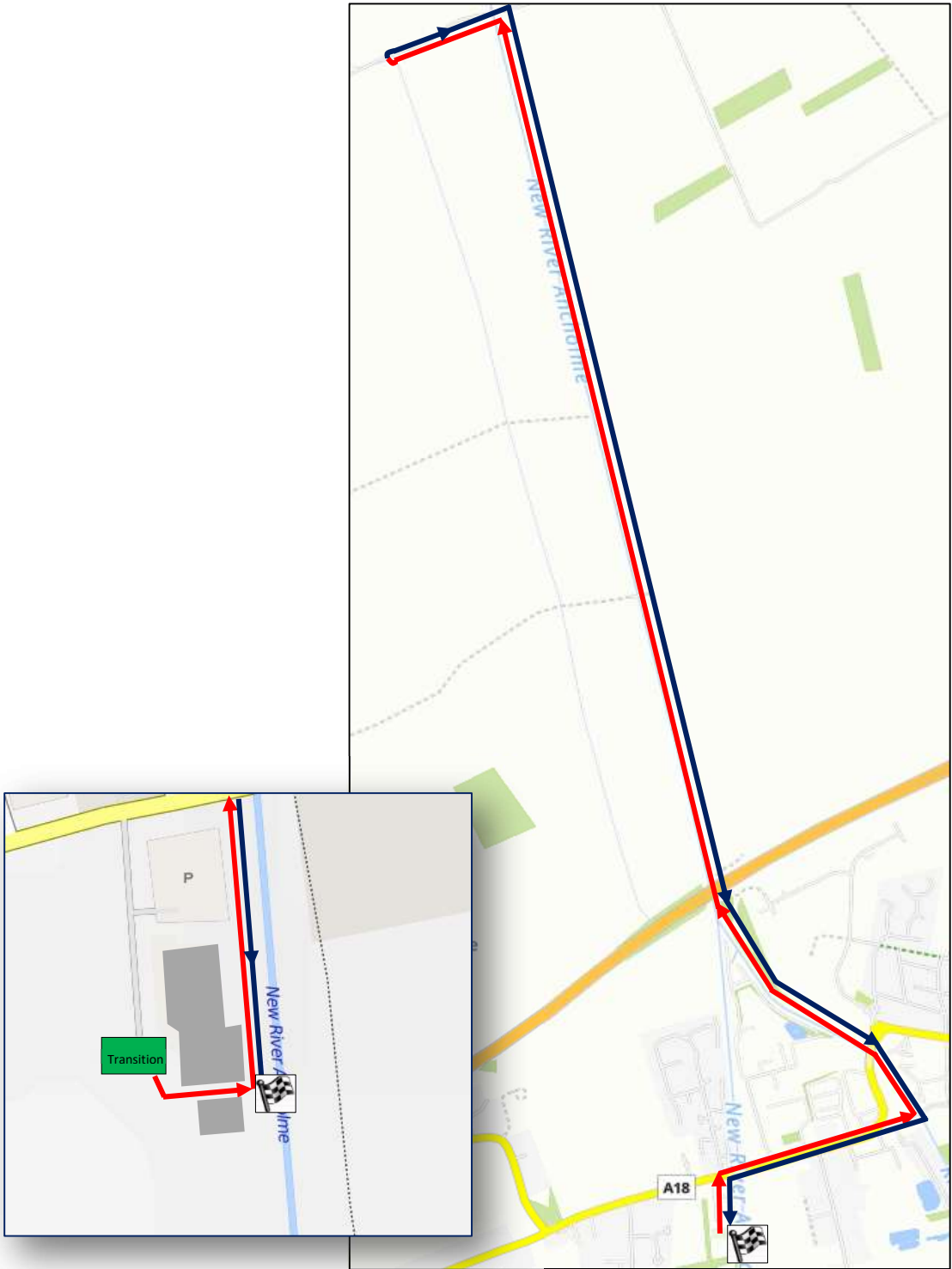
## Finish line

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.

As the race is timing chipped, please remove your chip and place it in the basket provided. Should you forget and take it home, or loose it then a fee to replace it may be charged.





## 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.

A food van will be on site should you wish to purchase anything post-race (never advisable to have a full English breakfast pre-race)

## Results

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

Lincsqquad 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.