

Race Information

Keyo Brigg Bomber Hosted by LincsQuad

European Middle Distance Championship event

1st June 2025



Scawby Rd, Scawby Brook, Scawby,

Brigg DN20 9JH

England

Version: 11.03.2025

Distance

1.5k river swim, 30k bike, 7.8k kayak & 9.8k run.

Organizer

- LincsQuad.
- LincsquadEvents@gmail.com
- <https://lincsquad.co/>

Race location

- Scawby Rd, Scawby Brook, Scawby, Brigg DN20 9JH
- Google Maps : <https://www.google.com/maps/place/Ancholme+Leisure+Centre>

Categories

- Solo (Age Groups after WQF Rules)
- Teams options :
- Awards: Finisher medals to all participants
- Special podium prizes for 1-3 places overall ranking
- Special podium prizes for the 1st Male and female per age group

Timetable <https://Lincsquad.co>

Sunday, June 1st, 2025

All details are subject to change. It is the athlete's responsibility to read the final race pack which will be sent out via email in the week prior to the race.

- 6:45 a.m. – 7:45 a.m.: Registration and bike racking
- 8:00 a.m.: Briefing 20 minutes before race start.

- Presentation will be held for each distance once the last athlete has crossed the line, and all times have been verified.

Entry.

- Entry deadline is 1 week prior to race start 25th May 2025
- Entry page: lincsquad.co
- Results after the race: <https://lincsquad.co>

Maps

- All routes are subject to change.
- All route details can be found via a link on the event page
- <https://lincsquad.co/events/>

Refreshment

Refreshment in the Leisure centre. It is the athletes responsibility to ensure they keep adequately Hydrated and fuelled for the race.

Rules

- The race is under the rules of the WQF: <https://www.quadrathlon-online.de/wqf/WQF-Sport-Order.pdf>
- Organisers rules : These are run under the british triathlon rules (excluding the kayak) <https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2024.pdf>
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- Abstract:
 - o No-Drafting on the bike
 - o Helmet must be fastened prior to removing the bike from the racking. Hey 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 No race-number under the wetsuit. The race number must be visible from the rear on the bike and the front on the run.
 - o No littering.
 - o Buoyance aid is not mandatory.
 - o No verbal or physical abuse towards any official or marshal will be tolerated.

Others

- This event is run alongside a Middle-distance Triathlon as well as both sprint distance Quadrathlon and Triathlon. Also, this year there will be a Duathlon.
- There are showers and toilets onsite.