

Race Information

WQF World Cup Race

Shrewsbury Sprint Great Britain

03.09.2023

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Distance

500m Swim – 4km Kayak - 23k Cycle – 5km run

Organizer

- SYTri - Shrewsbury Triathlon Club
- Phil Holden
- phil.holden90@yahoo.com
- +447772 541206
- There is no cut off time for our event.
- <https://www.sytri.org/races/shrewsbury-sprint-tri-and-quad/>

Race location

The West Midlands Showground, Shrewsbury, SY1 2PF

The medieval town of Shrewsbury welcomes you to the staging of the 12th Shrewsbury Sprint Quadrathlon, Triathlon, Aquathlon and Aquabike.

SYTri (Shrewsbury Triathlon Club) stage the event which strives to improve year on year and provides the unique 500m (downstream - wetsuit required) river swim, 4k kayak followed by a 23k fast undulating bike course on country roads. Finishing with a flat & fast traffic free 5k run inside the showground (your supporters are never far away) on mixed surface paths. Excellent race for both beginners and experienced athletes looking for a PB!

Please be advised that this event has sold out in previous years and we are expecting high demand in 2023.

Categories

- Ladies and Men Solo (Age Groups WQF Rules)
- Awards: medals for 1-3 places in every category

Timetable

- | | |
|-------------------------------|--|
| - Pick up Race Numbers: | Sunday at Check in |
| - Check-In: | 7:00 – 8:00 at Showground (check race pack supplied) |
| - Race Briefing (in English): | 8.15 River side. West Mid Showground |

- Race Start: 8.30 River side, West Mid Showground
- NO Cut off Time:
- Medal Ceremony: After last Athlete has finished

Registration

Junior 18-19

- Under 23 20-22
- Senior 23-39
- Masters 40 -49
- Masters 50-59
- Masters 60 -69
- Over 70
- Registration page <https://www.sytri.org/races/shrewsbury-sprint-tri-and-quad/>
- Results after the race: <https://www.sytri.org/races/shrewsbury-sprint-tri-and-quad/>

Course

Shrewsbury Quadrathlon starts and finishes on the showground, with a large Swim/Bike/run transition Area and a separate Swim /Kayak Transition area by the river.

SWIM – A 500m downstream swim (wetsuit required) river running alongside showground, usually a slight flow, but will depend on rainfall leading up to the event.

KAYAK – A 4km paddle, takes place on the river, starting from a small beach just after the swim exit, 2km downstream and 2km back upstream. A lovely picturesque river going under a couple of bridges towards Shrewsbury town centre and back.

BIKE – Leave the showground and turn left out to Baschurch a straight out and back course. A fast 23K bike, slightly undulating on a good tarmac road then back to inside the showground for the run.

RUN - Finally a 5km run, a flat fast traffic free 5k run inside the showground on mixed surface paths. 3 loops (with wrist bands picked up after 1st and 2nd loops)

Rules

- The race is under the WQF rules: <https://www.quadrathlon-online.de/wqf/WQF-Sport-Order.pdf>
- IMPORTANT
 - o No-Drafting at the bike
 - o Helmets must be worn on the bike
 - o no crossing of the middle line of the road on the bike
 - o no race-number under the wetsuit
 - o not to throw anything away
 - o Life jacket can be obligatory

Rental

We have access to some K1 race kayaks (generally more stable boats) owned by Shrewsbury Canoe Club and may be able to arrange hire Contact Phil Holden, as above

Maps of the Area

