



Monmouth Challenge Aquathlon 2021

We look forward to welcoming you to Monmouth for the seventh Monmouth Challenge Aquathlon on Sunday 4 July. We are again grateful to Freeman Homes, winners of Gloucestershire Business of the Year, for making the race possible. Also to Lucozade Ribena Suntory (based in Coleford) for supporting the race.

Monmouth Tri Club will be making a donation from the proceeds to MIND Monmouthshire (mindmonmouthshire.org.uk), a local charity that aims to empower and support anyone living with a mental health problem.

Race HQ

The race is based at Monmouth School Sports Centre (MSSC), Hadnock Road, Monmouth NP25 3NG. This is on the left (east) bank of the Wye, at the foot of the Kymin Hill and the junction of the A466 and A4136. Here you will find changing rooms with showers and lockers.

There should be adequate parking at MSSC, overflow parking is available further along Hadnock Road beyond the turning into MSSC. Please do not park at the pavilion on the downstream side of the A466.

The key timings are as follows:

- 0830 Registration opens - at Monmouth School Sports Centre
- 0915 (Registration closes for Aquathlon)
- 1000 (Upsteam Challenge (2km Swim) Start)
- 1015 Registration closes for Monmouth Challenge Run
- 1030 Monmouth Challenge Run start

After that we estimate:

- 1115 First runners finish
- 1300 Last runners finish

Registration and Transition Zone

Registration will be in the car park at MSSC. Here you will receive a race number and timing chip.

There will also be an 'info desk' for any changes of distance, name etc.

The Run

The run is, as advertised, DIFFERENT FROM RECENT YEARS. It is still predominantly off-road for most of its length. Only short sections could be actually muddy if the weather has been unkind.

The first 2km are a little 'bitty', exiting the Sports Club field, on a short stretch of footpath, then across a metal former railway bridge, more footpath, through a small housing estate, a short pavement stretch and then through Troy Farm. Once out the back of the farm there's a cattle field and then the course settles down onto a footpath.



This path takes you down to Redbrook, alternating woods with fields. There are a few field gates, please do try to close the gates - annoying as that might be - if everyone does it it's still fair. Please be prepared to encounter walkers.

At Redbrook there will be a water point, close to another railway bridge that takes you briefly back into England, for about 300m. The route then follows the Wye Valley Walk back up to Monmouth, again with some fields and some woods - with quite narrow sections of path towards the railway bridges.

The finish will be back in MSSC, past the transition zone at the edge of the car park.

First Aid and Emergencies

SARA (the Severn Area Rescue Association) will be providing first aid cover, with a 4x4 able to reach most of the course very quickly. The running course will have marshals every 2km or closer. Some marshals will be able to contact Race HQ directly by mobile or radio

Runners should look out for each other, as usual, and inform the next marshal of any injuries.

SARA are, of course, grateful for any support. See www.sara-rescue.org.uk for more information

Timing and Results

Chip timing, including transition splits, will be available, and should be available as a printout on completion. The results will be posted online.

Spectators

Spectators are welcome at the Swim Start, and can then easily watch the swim from the bank, or they can watch the swimmers exit.

Alternatively, Redbrook is easily accessible by road and the Boat Inn, across the river by the railway bridge which the course uses, is a very convivial place to wait and watch the runners coming through.

Refreshments

A good variety of refreshments will be available at Race HQ / Monmouth School Sports Centre. Our refreshment van will be on site from 0830, serving refreshments for all.

Prize-Giving

Prizes will be awarded for:

Full Challenge Solo and Downstream Challenge Solo:

First and second male and female overall

First and second, male and female, 40 or over

First and second, male and female, 50 or over

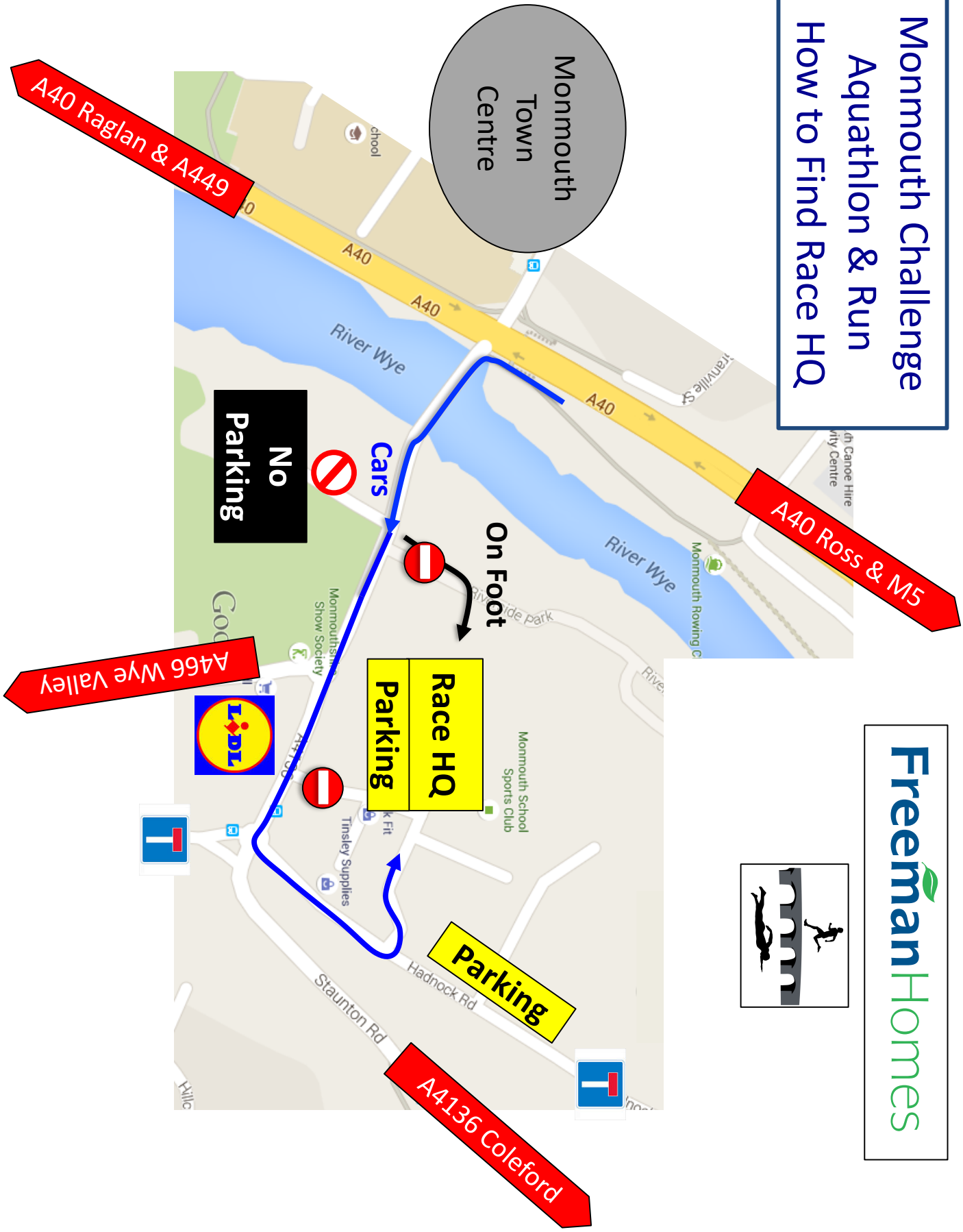
Full Challenge Relay and Downstream Challenge Relay:

First and second overall

Prizes will also be awarded for the Monmouth Challenge Run

NB with the changed run course this year there are no course records to be broken!

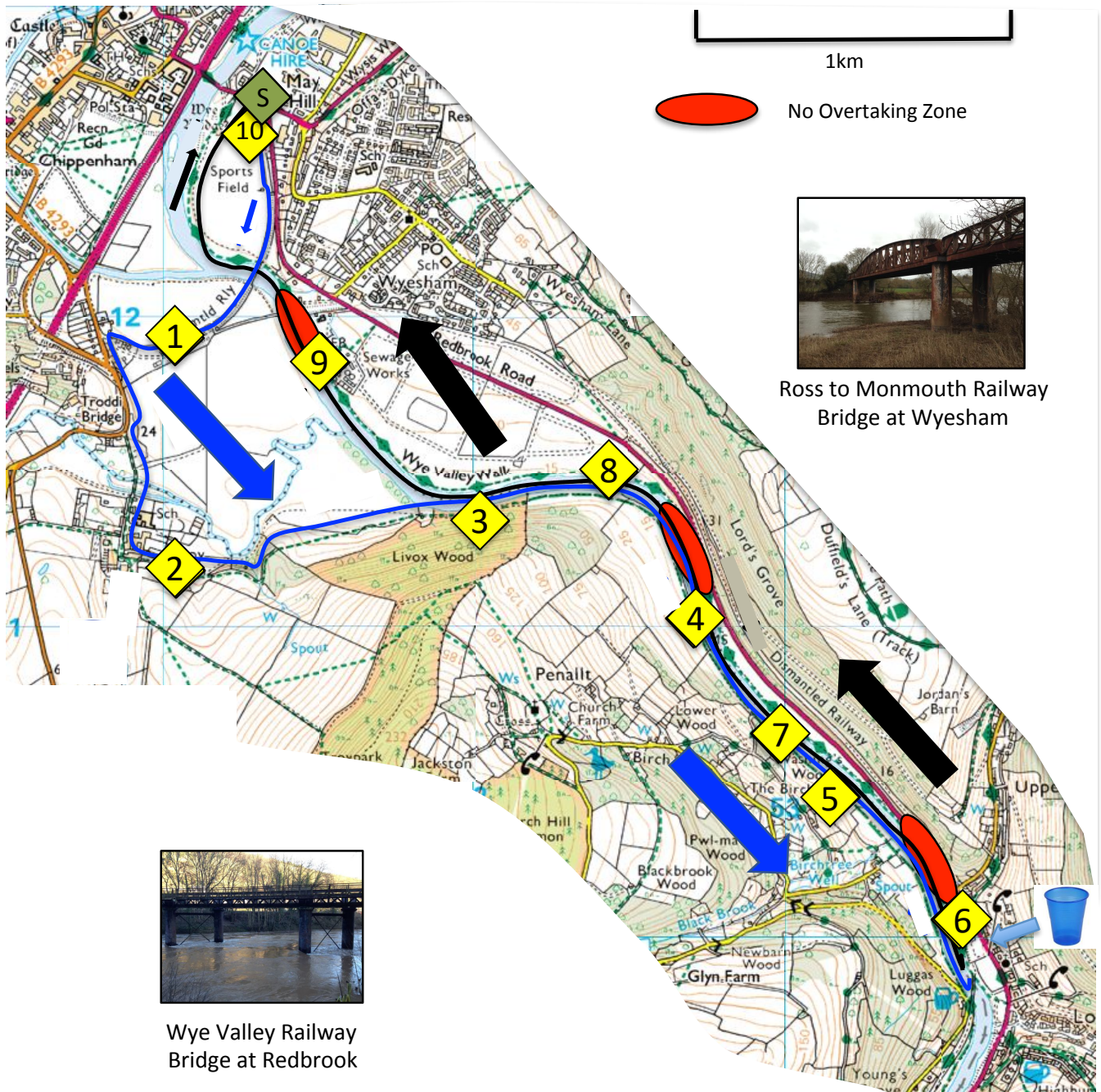
Monmouth Challenge Aquathlon & Run How to Find Race HQ



FreemanHomes



Monmouth Challenge Aquathlon: 10km Run Course



The route starts off by crossing the metal railway bridge and bed of the old railway to Troy Gardens. This is followed by a short stretch on pavements and then a track through Troy Farm, out onto a field. From there it follows the footpath to Redbrook, alternating between woodland and fields. At Redbrook it crosses the railway bridge and returns to Monmouth up the Wye Valley Walk, with a short section alongside the road at Redbrook and thereafter entirely off road, back to Monmouth passing under the outward course.