



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:

- 0800 Registration opens - at Monmouth School Sports Centre
- 0915 Registration closes for Aquathlon
- 1000 Upstream Challenge (2km Swim) Start
- 1015 Downstream Challenge (1km Swim) start
- 1030 Monmouth Challenge Run start

After that we estimate:

- 1025 First Aquathlon runners start
- 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, swimming cap, timing chip, and a sticker with your number on. There will also be an 'info desk' for any changes of distance, name etc.

The transition zone will be at MSSC, about 30 meters from the swim-out point. This will be manned from 0800 to 1300. All running kit should be placed in the transition zone before the briefing at 0915. Following the swim start, bags with kit will be brought back to the transition zone.

You will then need to make your own way to Swim Start. The route will be marked.

At the swim start you can place your footwear and other clothing in a bag, and it will be brought to the transition zone for collection after the race. Do NOT place your running shoes in there – it won't be ready for you in time!



The Swim

The River Wye is warm enough in July to swim in without a wetsuit, so wetsuits are optional. You will need to wear footwear, and suitable clothing, for the walk from the race briefing to the start (which is around 1.2km).

The river is mainly shallow enough to stand up, most of the way across. In the area of a large warehouse-like building on the left bank it is (much) deeper, for about 200m. Towards the finish it becomes shallower, and there are some weeds.

Please KEEP LEFT during the swim, whether going up or downstream.

There will be a number of kayaking 'marshals', these will have whistles for raising alarm if necessary. Also SARA (Severn Area Rescue Association) will be providing safety cover with their Swift Water Rescue team. There will be at least one, probably two, powered craft, which will have a radio each.

NB For safety reasons there will be a cut-off for the Full Challenge swimmers as they swim upstream. There will be an intermediate buoy halfway to the turning mark. If a swimmer has not made that buoy within 25 minutes of the start then they will be told to turn around and head downstream to swim exit. That entrant will then be moved from the Full Challenge category to the Downstream Challenge category and will get a place in these results. In most years every full challenge swimmer would have made the cut-off.

Relay Runners

The relay 'baton' for relay team entrants will be the timing chip; this must be handed over inside the Transition Zone and the runner must exit the Zone via the RUN OUT exit. Runners for relay teams may wait at the Swim Out point, or in Transition. Teams requiring an exception for Accessibility Reasons, eg a paratriathlete, should agreed requirements in advance with the Race Director.

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, from Milano Pizza of Magor, 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

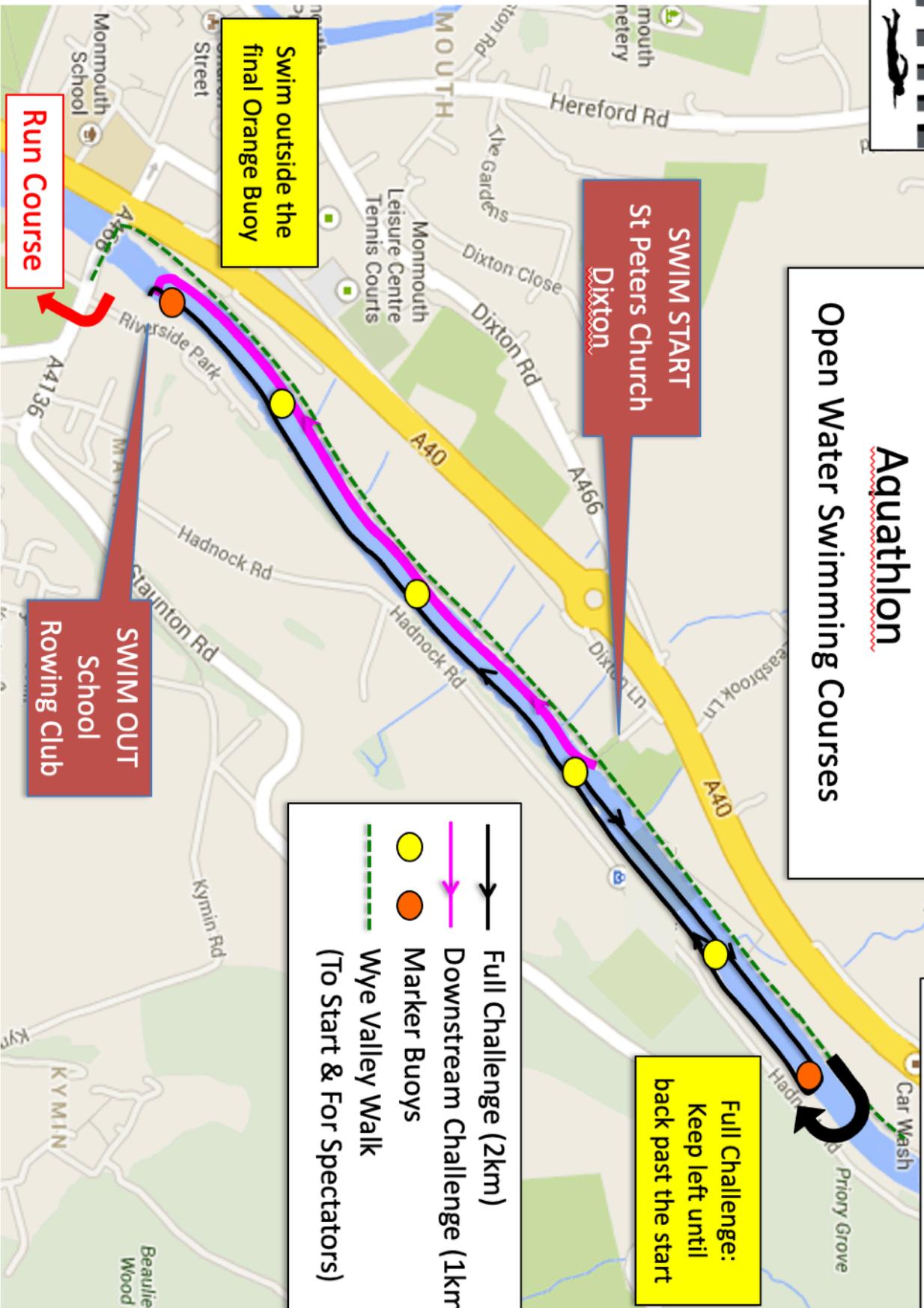
Prizes will also be awarded for the Monmouth Challenge Run

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



Monmouth Challenge Aquathlon

Open Water Swimming Courses



SWIM START
St Peters Church
Dixon

SWIM OUT
School
Rowing Club

Swim outside the
final Orange Buoy

Run Course

- Full Challenge (2km)
- Downstream Challenge (1km)
- Marker Buoys
- Wye Valley Walk (To Start & For Spectators)

Full Challenge:
Keep left until
back past the start

Monmouth Challenge Aquathlon & Run How to Find Race HQ

