



Monmouth Challenge Aquathlon 2019

We look forward to welcoming you to Monmouth for the sixth Monmouth Challenge Aquathlon on Sunday 7 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) and Wild Trail (based in Monmouth) 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
- 0910 Registration closes for Aquathlon
- 0915 Race Briefing - at MSSC Registration Area
- 0930 Depart to walk up to the start
- 1000 2km Swim Start
- 1015 1km Swim start

After that we estimate:

- 1025 First runners start
- 1115 First runners finish
- 1220 Prize-Giving
- 1300 Last runners finish

Registration and Transition Zone

Registration will be in the sports hall at MSSC. Here you will receive a race number, swimming cap, timing chip, and a black bin bag with your number on a sticker. Prize-giving will be in the same location.

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, black bags with kit will be brought back to the transition zone.



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).

At registration you will be given a black bag with a sticker with your race number. At the swim start you can place your footwear and other clothing in the 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 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, off-road for most of its length. Only short sections could be actually muddy if the weather has been unkind. The first 6km follows the Wye Valley Walk; the first 3km are mainly on grass and the second 3km (mainly in England!) are on a footpath through woods, so please wear appropriate footwear and be prepared to encounter walkers.

After 6km the route enters the Biblins Campsite. where it crosses back into Wales over the Biblins Suspension Bridge - running is not allowed over the bridge, and there is a maximum limit of 6 people on the bridge at a time.

After the bridge there will be a water point. The route then follows the former Ross-Monmouth railway line, now the Peregrine Way cycle track which is hard-packed gravel, for 4km and the final 2km are down the tarmaced Hadnock Road.



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, closer to Biblins Bridge there is no mobile coverage and marshals will have whistles for raising alarm. The marshals at Biblins will have a radio, and the Biblins Tea Room has a landline phone we can use for emergencies.

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, and remain near the Town Rowing Club to watch the first part of the run. There is a small car park at the far end of Hadnock Rd (2km before the finish); please be mindful of runners on Hadnock Rd.

Biblins Bridge is accessible by (off-road) cycle from Hadnock Rd car park (4km) or alternatively from Symonds Yat (either side, 2km). There is a cafe at Biblins Bridge there, next to the refreshment point.

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

This will be in the Hall. 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

Course Records

The two swim courses have always been the same, although of course the river conditions vary. The run course was changed after 2014 and has been consistent since then. 2019 will be the same course as 2018.

Current course records are as follows:

Full Challenge:	Male:	Samuel Wade	1.11.58	(2016)
	Female:	Caroline Jones	1.28.58	(2016)
Downstream Challenge:	Male:	Martyn Helliker	51.44	(2017)
	Female:	Isabelle Godfrey	1.13.03	(2015)
Full Challenge Relay:	Team H		1.16.22	(2016)
DS Challenge Relay:	Rhys Thomas + Gerry Gormley		1.02.45	(2017)
Full Challenge Swim Section:	Male:	Samuel Wade	24.40	(2014)
	Female:	Caroline Jones	28.53	(2016)
Downstream Swim Section:	Male:	Steven Bridges	12.37	(2015)
	Female:	Victoria Moore	14.03	(2016)
Run Section:	Male:	Samuel Wade	46.17	(2016)
	Female:	Caroline Jones	54.11	(2016)



An impression of the Course...



The River Wye at Monmouth, looking upstream. The Swim finish is on the right. The run starts by crossing the bridge behind the camera position, and heading up the left bank past the rowing club



Around 2km into the run, looking north, where the Wye Valley Walk is a well-worn track through grassy fields. The return route is on the opposite bank, hidden in the trees



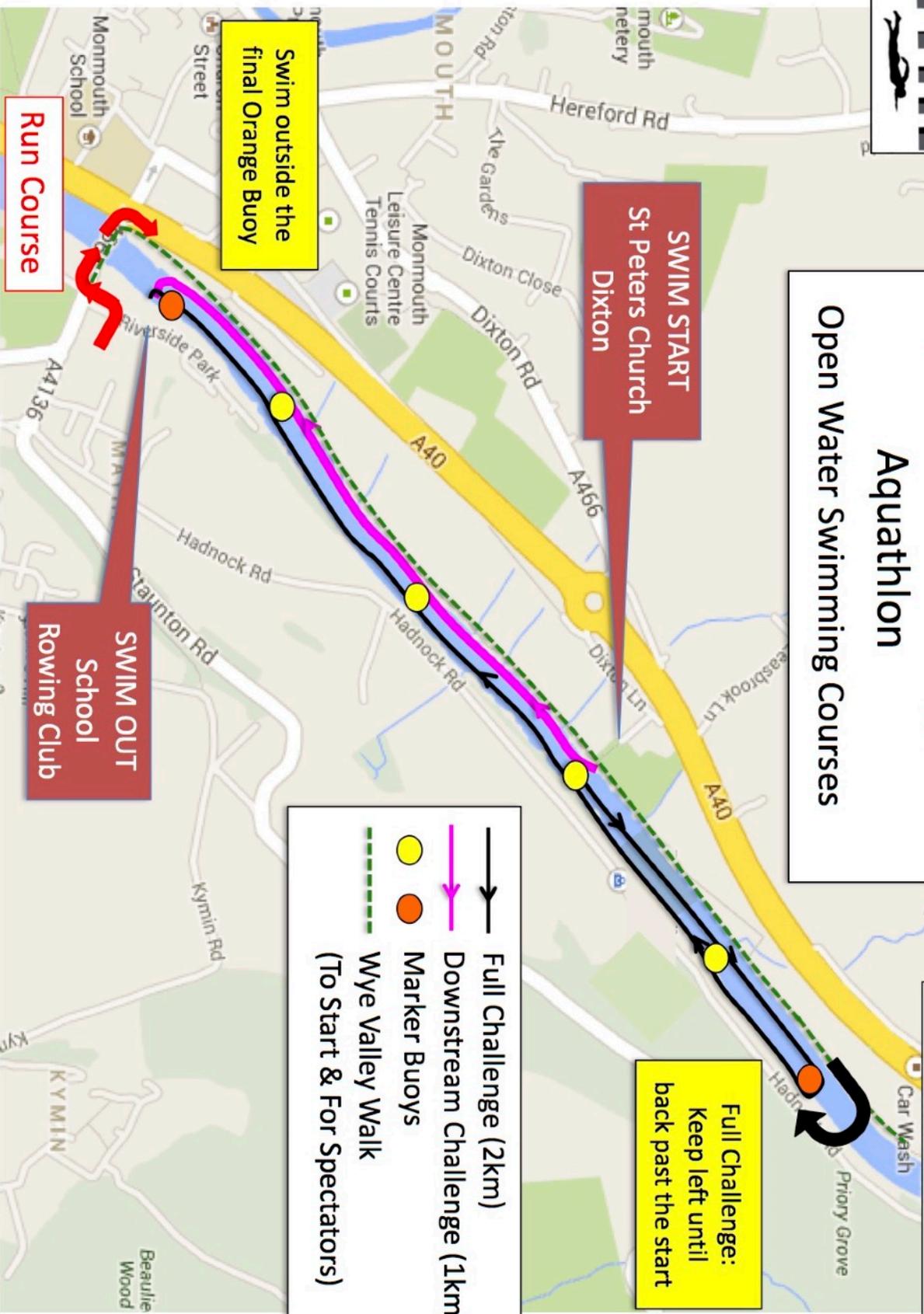
Further along, the route is more of a traditional footpath, with occasional glimpses of the river. It is a good quality path but of course can become muddy and slippery when wet.



The Biblins Suspension Bridge is the 'far end' of the course, where the route crosses the Wye back to Wales and turns back towards Monmouth along the hard-packed Peregrine Way cycle path



Monmouth Challenge Aquathlon Open Water Swimming Courses



SWIM START
St Peters Church
Dixon

Swim outside the
final Orange Buoy

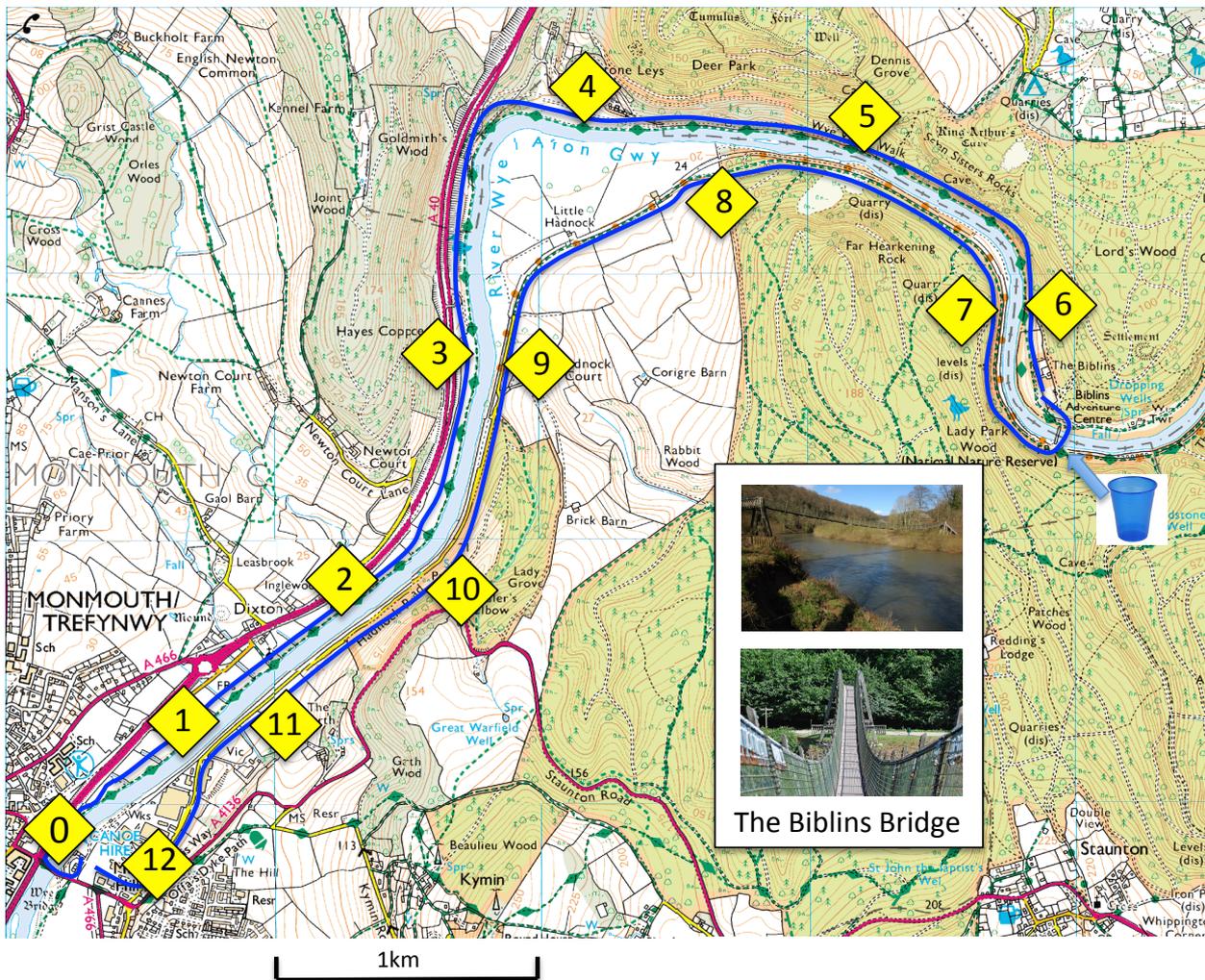
Run Course

SWIM OUT
School
Rowing Club

Full Challenge:
Keep left until
back past the start

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

Monmouth Challenge Aquathlon: 12.5km Run Course

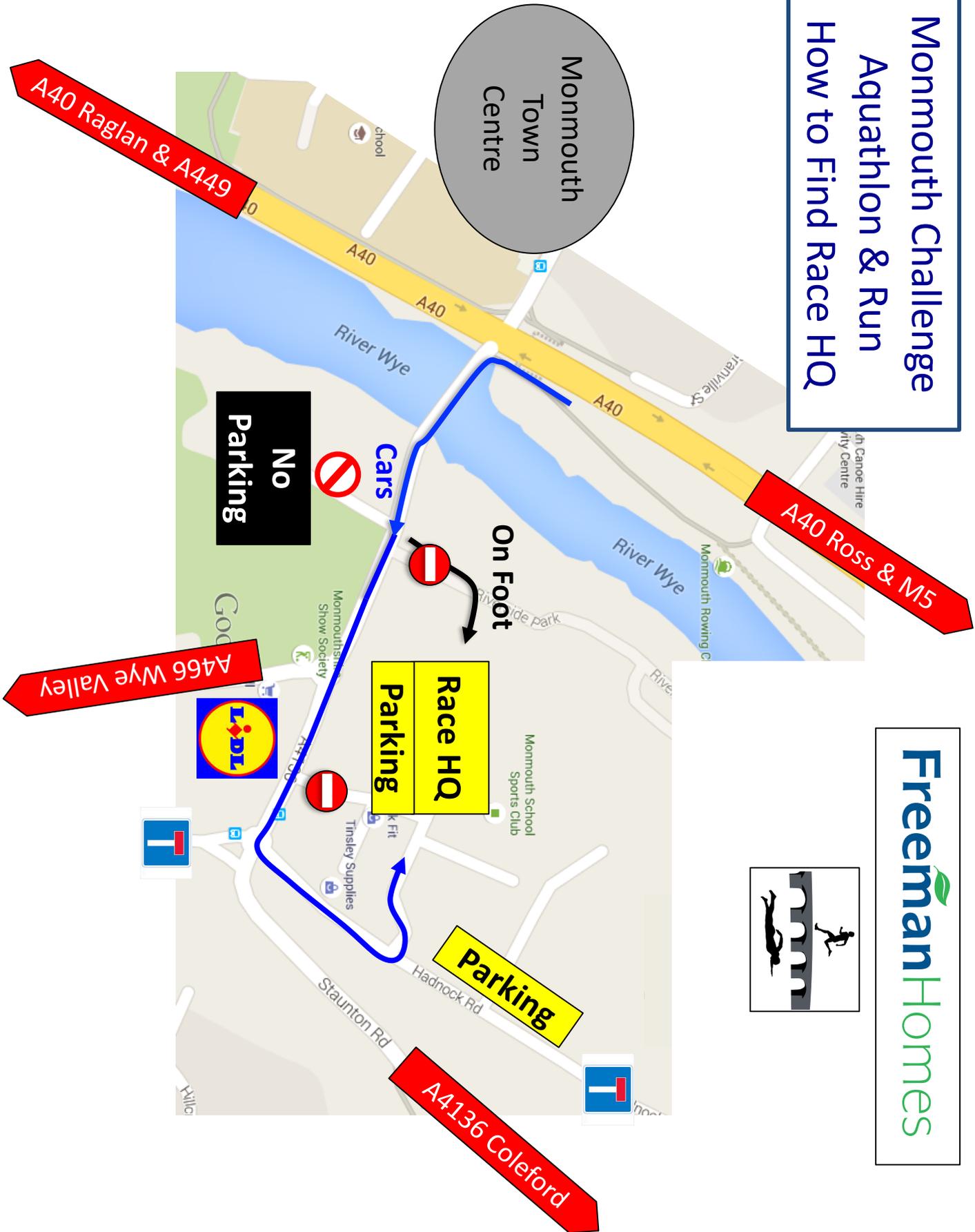


The route from the Transition Zone at MSSC crosses the Wye on the road bridge, and then follows the Wye Valley Walk footpath (entirely off-road) to The Biblins bridge. The first 2km are on flat grassy paths with a number of field gates, then there are wooded sections involving some short climbs and descents, and another 2km of flat paths alongside the river below The Doward hills.

The route crosses the Wye again on The Biblins suspension bridge – No Running on the Bridge! – and then turns back downstream. This section is flat, following the former Ross-Monmouth railway which is now a cycletrack. Mainly this is a gravel track, with the last 2km being on a slightly undulating tarmac road.

It is marked in km from the start of the Challenge Run (which is 300m from Transition).

Monmouth Challenge Aquathlon & Run How to Find Race HQ





Mommouth Challenge Aquathlon & Run Race HQ Layout

FreemanHomes

