

Competitor Event Information Pack

Northumberland Duathlon

Sunday 7th April 2024

Hello and welcome to the Northumberland Duathlon.

We are pleased to announce that the Standard Distance Duathlon has been selected as a World Standard Distance Duathlon Age Group Qualifier for the 2025 World Duathlon Championships.

Full event information is available at the event website: [Northumberland Duathlon](https://www.northumberland.gov.uk/visitors-centre/visiting-us/visiting-us-for-a-triathlon-event)

Distances:

Sprint: Run 5.75km- Bike 19km - Run 5.75km.
Standard: Run 11.5km - Bike 38km - Run 5.75km.

Event Venue & Race HQ

The Visitor Centre
Druridge Bay Country Park
Red Row, Morpeth NE61 5BX



Toilets

Toilets are available on site.

Changing / showering facilities

There are changing & showering facilities on site.

Car Parking

Car parking charges operates within the Country Parks, they are:

Up to 1 hour – free parking

Up to 2 hrs - £1.60

All day - £3.00

Please Park in the car parks provided. You can pay for parking online via phone or by cash at the machine on site

Note: Sunday 7th April - due to the early event start time, car parking charges are waived until 12.00pm. Please pay the car parking charges if you wish to stay in the park after the Sunday event.

Camping / Caravans / Motor Homes

Camping / Caravan / Motor home overnight stays are allowed within the country park.

Electricity and water points are available for motor homes and caravans at the park.

Please book directly with the park staff.

To book your overnight stay:

email: druridgebay@northumberland.gov.uk

Or call the Visitors Centre on 01670 760968

On Site Café - Refreshments

Hot and cold food/drinks will be available from the onsite café within the Visitors Centre.

Event Schedule

Event Day – Sunday 7th April

- 6.45am Registration open
- 6.45am Transition opens
- 7.40am Event Briefing
- 8.00am Start - Standard Distance
- 8.05am Start - Sprint Distance

Registration

Registration is at the Visitors Centre (Event HQ) from 6.45am on event day.

All competitors must present photographic identification at registration. Triathlon home nations members must present their race licence (preferably in electronic form) or purchase a British Triathlon race pass.

Registration – British Triathlon race pass
How to use the British Triathlon race pass for competitors who have purchased one:
[British Triathlon race pass guide](#)

At Registration, all competitors will receive essential items for the race:

- Race numbers (these must be worn throughout the event)
- Bike race number sticker (must be affixed before entering transition)
- We recommend you use a race belt for your race numbers. If you are not using a race belt, then ensure the race number is visible from the rear on the bike & front on the run
- Helmet race number sticker
- Timing chip – Please wear around your ankle for the duration of the event and please return to appropriate place at the Finish Line at the end of your event. If you fail to return your timing chip you will be charged £10 for its replacement

Event Briefing

The event briefing will be held at 7.40am in transition on the morning of the event. All event information, course routes and instructions are contained within this event information pack. Any last-minute event / course changes will be relayed to competitors at registration and at the event briefing prior to the start of the event.

British Triathlon

This is a British Triathlon sanctioned event and is being held under British Triathlon competition rules.

[British Triathlon competition rules available here](#)

Illegal Equipment

Under British Triathlon rules, Certain items are banned during the event – this includes MP3 players, mobile phones, and personal video recording devices. Leave these outside transition.

Littering

Please make sure all litter is to be placed in bins or elsewhere specified by the Event Organiser.

British Triathlon Age group racing

This event will be hosting the World Standard Distance Duathlon Age Group Qualifier for the 2025 World Championship.

What is Age Group racing? What are World Triathlon and Europe Duathlon Qualifiers?

The Great Britain Age Group Team offers British Triathlon Home Nation members a unique opportunity to represent Great Britain at continental and international events in triathlon, duathlon, and other multisport disciplines.

If you qualify for the team, you can represent Great Britain and enjoy the experience of racing at a European Duathlon Championship.

Age Group Qualifiers - How to Qualify?

Qualifiers are held annually across Britain for triathlon and duathlon races, with athletes qualifying for Championship events the following year. This event is a qualifier and results will be shared with British Triathlon for Great Britain Age Group Team selection. If you intend to qualify for the Great Britain Age Group Team, you must be a member of British Triathlon through your Home Nation and register your intent to qualify by 5pm on the Friday (for Sunday races) or 5pm on the Thursday (for Saturday races) before race day. Additional details can be found here:

<https://www.britishtriathlon.org/age-group>

Event Course Route Maps

All Course Route maps are available for download on the event website:

[Northumberland Duathlon Route Maps](#)

The route maps will also be available to view at the Event HQ when registering. It is the competitor's responsibility to know the course routes.

Transition



- Bikes must be raked in the numbered spot allocated.
- Your helmet must be securely fastened before unranking your bike.
- You must rack your bike before unfastening your helmet.
- There are experienced Volunteers in the transition area, there to help you! Please listen to them and follow their instructions.
- Event numbers must be visible from the rear of the cycle leg.

After the event, you will **only** be able to retrieve your bike and equipment from transition when it is safe to do so, using your race number as ID. Please respect other competitors and give them time and space to continue their event.

The Start – 1st Run

The start of the Duathlon is on the road within the park, opposite the main event field approximately 300m from transition.

- **Sprint:** 1st Run - 2 laps 5.75km
- **Standard:** 1st Run - 4 laps 11.5km:
- The run is on the hard surface path that surrounds the lake with full signage.
- Run on the inside of the path and overtake on the right.
- Please be aware of any members of the public on the footpath as it is a public area.
- Race number clearly visible on the front.
- It is the competitor's responsibility to know the course and count their own laps.

Run Course Strava Segment maps

Run course: [HERE](#)

The Bike

- **Sprint: 19K** - 1 lap of the bike course.
- **Standard: 38k** – 2 laps of the bike course (Do not return to the park after your first lap!).
- The roads are live! and all competitors must always obey the Highway Code.
- The course has three roundabouts, competitors should exercise best caution and follow the Highway code.
- When you are overtaking a cyclist in front of you, please do not pull out to the centre of the road, please be aware of other road users during the event.
- Exercise best caution when cycling in and out of the country parks. There are speed humps in the middle of the road of the country parks that you can get safely around at the side of the road. There is a long fast decent into transition and to bike dismount, please slow down.
- Volunteers are located at key areas around the course but are NOT allowed to direct or stop traffic. It is up to the competitor to follow the highway code and **stop** if required.
- Be safe, Enjoy the bike ride - but be cautious and obey the Highway Code.
- It is the competitor's responsibility to know the course and count their own laps.
- Event numbers must be visible from the rear on the bike.

Bike Course Strava Segment maps

Bike course : Coast road loop & in / out of Country parks: [HERE](#)

Bike course : Coast road loop only: [HERE](#)

Drafting

Triathlon England Motorcycle Officials will be officiating at this event & drafting will not be tolerated. No Drafting allowed!

[British Triathlon Drafting Rules explained here](#)

The 2nd Run (after the bike section)



- **Sprint:** 2nd Run - 2 laps 5.75km
- **Standard:** 2nd Run - 2 Laps 5.75km
- The run is on the hard surface path that surrounds the lake with full signage.
- Run on the inside or the left of the path and overtake on the right.
- Please be aware of any members of the public on the footpath as it is a public area.
- Race number clearly visible on the front.
- It is the competitor's responsibility to know the course and count their own laps.

Run Course Strava Segment maps

Run course: [HERE](#)



Run / finish Line feed station.

There is a water station on the run course after passing the transition / finish line.

Prize Ceremony

This will be held at Race HQ. Medals will be handed out in both events to:

1st – 2nd – 3rd Female / Male, U20's, Seniors, Vet, Super Vet, Vintage Vet, Super Vintage Vet. Medals must be collected on the day. We cannot post Medals out after the event.

Timing & Results

This will be undertaken by Timing Up North. Provisional results will be 'live' during the event and then posted on the Timing Up North website & Results base website following the event:

For any timing result queries, amendments, or clarifications, please email Mark at: info@timingupnorthltd.co.uk

Confirmed Results

Confirmed results for Age Group qualification will be published by 6pm on Wednesday 10th April. The Age group qualification results will also be sent to the team manager for verification.

Penalties and Appeals Process

An appeal is a request for a review of a penalty decision made by a Technical Official.

Appeals cannot be made against penalties resulting from a Technical Official's judgement call which include, but are not limited to, drafting and littering. A competitor may ask the Chief Technical Official for explanation of these judgement calls; however, no appeal can be made and will not be admitted.

Previous year's results

[2022](#) [2023](#)

Event Photos

Aptitude media will attend this event. All photos will be free to download after the event. We will send the link out to all competitors after the event.

If you have your own event photos, please feel free to share / post them on our social media pages here:

<https://www.facebook.com/vo2maxracing>

<https://www.instagram.com/vo2maxracing/>

Medical Cover & Conditions

Medical cover will be available on site. If you have any medical conditions, you should have declared this on your entry, but please write this on the reverse of your race number. If you have any medical issues during the event, the medical team will check first before any emergency treatment is performed.

Accommodation around the area

For other accommodation there is a Premier Inn situated approximately 8 miles away at QE2 country parks.

[Ashington QE2 lake Premier Inn](#)

Get in Contact; For any queries, please Email;
info@vo2maxracingevents.co.uk