



Northumberland Festival of Sport Junior Triathlon Saturday 1st June 2024

Welcome

Hello and welcome to the Northumberland Festival of Sport.

We are pleased to announce that the Northumberland Festival of Sport junior triathlon is part of the 2024 North East Junior race series.

The Venue



Event HQ

The Visitor Centre
Druridge Bay Country Park
Morpeth
NE61 5BX
[Druridge Bay country Parks](https://www.northumberland.gov.uk/DruridgeBayCountryPark)

Car Parking

Car parking charges operate 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: for adult competitors on Sunday 2nd June only – due to the early event start time, car parking charges are waived until 12.00pm. Please pay the car parking charges at any other times or if you wish to stay in the park after the Sunday event.



Toilets

Toilets are available on site.

Changing facilities

There are limited changing facilities on site.

Camping / Caravans / Motor Homes

Camping / Caravan / Motor home overnight stays are allowed within the country parks, but please book directly with the park staff@
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 café within the Visitors Centre

Event Briefing

The Event Briefing will be held just before the start of each event at the swim start. We advise all competitors to attend the briefing as all safety notices will be issued here together with any course amendments. The Race Director and Race Official will talk you through the course and the rules. It is also your chance to ask any questions you may have regarding the event.

Last Minute Event Changes

Any last-minute event / course changes will be relayed to competitors at registration and or in the transition area prior to the start of the event.





Event Schedule

Event Day – Saturday 1st June

- Registration open 2pm
- Transition opens 2.30pm
- Transition Closes 3.30pm
- **Junior Triathlon events start from 3.30pm**

Event Distances (Approximate)

Tristar Start (Age 8)

Swim 100m / Bike 1.5k / Run 600m

Tristar 1 (Ages 9-10)

Swim 200m / Bike 3K / Run 1100m

Tristar 2 (Ages 11-12)

Swim 300m / Bike 5K / Run 1600m

Tristar 3 (Ages 13-14)

Swim 400m / Bike 5K / Run 2100m

Registration

Registration is at the Visitors Centre (Event HQ). Registration will be available from 2pm. Please ensure you arrive in plenty of time to register, have your bike roll out, checked, and set up in transition.

If you are TS3, as per British Triathlon recommendations, you will need to have your gears restricted / checked prior to entering transition. [British Triathlon – gear restrictions guidelines](#) ***It is your responsibility to get your gears restricted prior to the event. If your gears are not restricted, you will not be able to compete***

All competitors must present photographic identification at registration. Triathlon England & Home nations members must present their race licence (preferably in electronic form) or purchase a British Triathlon Race Pass.

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

- Your start times
- Race numbers (these must be worn throughout the event)
- Bike race number sticker (must be affixed before entering transition)
- Helmet race number sticker
- Swim hats, compulsory for the swim, please use the one provided at Registration.

- Timing chip – Please wear around your left 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.

We recommend you use a race belt for your race numbers. If you are not using a race belt, then please ensure the race number is visible from the rear on the bike & front on the run.

British Triathlon

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

[British Triathlon competition rules available here](#)

British Triathlon Race Pass

How to use the British Triathlon Race passes for competitors who have purchased one:

[British Triathlon Race Pass Guide](#)

Event Equipment – what do you need?

You will need to bring the following items for your race:

- Wetsuit - (It is compulsory to wear a wetsuit for the open water swim. You will not be allowed to start without one)
- Goggles
- Shorts, Swimsuit or Trisuit (to be worn under your wetsuit)
- Bike – (in road-worthy condition, with handlebar end caps fitted. Checks will be carried out before your bike is allowed into the Transition area)
- Cycle/run T Shirt (unless you are wearing a trisuit)
- Cycle helmet (without any damage and that fits!)
- Running shoes
- Number belt if you use one



Event Course Route Maps

All Course Route maps will be available to view or download on the event website:

[Northumberland Festival of Sport Event course maps download](#)

they will also be available to view at the Event HQ when registering.

It is the competitor's responsibility to know the course routes.

Photography

Our event photographer will be taking photographs around the course and at the race presentation. These photos may be used for publicity of this event, and future events via newspapers and social media. If you do not want photographs of your child to be used, please ensure that you indicate this on your competitor consent form.

Anyone intending to take personal photos at the event must ensure they have signed the photography register in the Registration area. A sticker will be provided to show you have signed. Please place the sticker so that it is clearly visible while you are on site.

Illegal Equipment

Certain items are banned during the event – this includes MP3 players, mobile phones, and personal video recording devices.

Leave these outside transition

[British Triathlon competition rules available here](#)

Littering

All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly



Transition



The Transition area is located on the grassed area near the visitor's center.

Access to the Transition area is restricted to competitors only, Except for Tristar 1 who are allowed one companion to help you set up your equipment. Bikes must be racked in the numbered spot allocated. After the event, yourself and your companion **only** will be able to retrieve your bike and equipment from transition using your event number as ID. The Transition volunteers will let you gain access to your bike and belongings when you finish and when it is safe to do so. Please respect other competitors and give them time and space to continue their race.

- Your helmet must be securely fastened before unracking 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 on the bike.

The Swim



- Anti-clockwise swim course always keeping the marker buoys to your left
- Give yourself plenty of time to warm up before you start.



- There is a dedicated warm up area available.
- Wetsuits are compulsory unless informed otherwise by the Triathlon England Technical Official.
- Exit the lake in front of transition and large flags on the lakeside will guide you safely to the exit point.
- Water safety cover is provided, and swim exit marshals are located around the lakeside on the swim route at nearest point to the side of the lake.
- If for whatever reason you happen to get into any difficulties during the swim section, please roll onto your back, raise one arm into the air, and you will be attended to by the safety crew.
- It is the competitor's responsibility to know the course and count their own laps

The Bike

- The roads will be closed, but all competitors must always obey 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 and back towards transition. To the bike dismount, please slow down.
- Volunteers are located at key areas around the bike course.
- It is the competitor's responsibility to know the course and count their own laps.

The Run

- The run is on grass and the hard surface path that surrounds the lake with full signage.
- Run on the inside or the left of the course / 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.

Finish Line

A Big Smile! And once you have finished your event, you will be asked to return your timing chip. The podium with a flag backdrop will be available for you to take your photo.

Please feel free to share your Photos on our social media pages here:

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

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

Full event information is available on the event website; [Northumberland Festival of Sport](#) & on our social media [Facebook page](#)

Prize Ceremony

This will be held at Race HQ. presentations will be handed out in to 1st – 2nd – 3rd Female / Male in Tristar Start, Tristar 1, Tristar 2 & Tristar 3 categories.

Timing & Results

This will be undertaken by Timing Up North Ltd.

Provisional results will be 'live' & also posted on their website following the event:

For any timing result queries, amendments or clarifications, please email Mark at:

info@timingupnorthltd.co.uk



Confirmed Results

Full and confirmed results will be published on the Timing Up North & Results Base event entry website by Wednesday 5th June 6pm.

Previous Years Results

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

Penalties and Complaints 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.

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.

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