



## Woodhorn Museum Junior Aquathlon Saturday 6<sup>th</sup> July 2024

### Welcome

Hello and welcome to the Woodhorn Museum Triathlon.

We are pleased to announce that the junior Aquathlon is part of the 2024 North East Junior race series.

**Full event information** is available at the event website here [VO2Max Racing events](https://www.v02max.com/racing-events)

### The Venue & Event HQ

Woodhorn Museum, Queen Elizabeth II Country Park, Woodhorn, NE63 9YF  
[www.experiencewoodhorn.com](http://www.experiencewoodhorn.com)



### Car Parking

There is plenty of parking at the venue and the Museum Staff will direct you upon arrival. There is a £5 charge for parking, and this also gives you access into the Museum before the start of the event. There is free parking at the North end of the QE2 lake (next to premier inn hotel) about 10mins walk to Race HQ.

### Toilets

Toilets are available on site.

### Changing facilities

There are limited changing facilities on site.

### On Site Café - Refreshments

Hot and cold food & Drinks will be available at the café within the Museum.

### Event Schedule

#### Thursday 4<sup>th</sup> July:

6pm – 7.30pm-Join us at our QE2 open water swim training session. QE2 Country Park, Ashington NE63 9AT.

#### Event Day, Saturday 6<sup>th</sup> July:

- **2pm** -Registration open.
- **3.30pm** - Transition opens.
- **4pm** – Start of Junior Aquathlon

### Event Distances (Approximate)

Tristar Start (Age 8) - Swim 100m & Run 600m

Tristar 1 (Ages 9-10) - Swim 200m & Run 1.5km

Tristar 2 (Ages 11-12) - Swim 300m & Run 2km

Tristar 3 (Ages 13-14) - Swim 400m & Run 3km

### Registration

Registration is at the Workshops Centre within the museum (Event HQ). 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:

- Race numbers (these must be worn throughout the event)
- Swim hats, compulsory for the swim, please use the one provided at Registration
- 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**

There will be a pre-event briefing at the swim start before the start of each age group wave.

### **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, Tee shirt, Swimsuit or Tri suit (to be worn under your wetsuit)
- Running shoes
- Number belt if you use one

### **Race Belts**

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 front on the run.

### **Event Course Route Maps**

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

[Woodhorn Museum Junior Aquathlon](#)

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

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

### **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 swim exit.

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. After the event, yourself and your companion **only** will be able to retrieve your equipment from transition using your event number as ID.

The Transition volunteers will let you gain access to your 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.



## The Swim



- Clockwise swim course keeping buoys to your Right always.
- Swim start is in the water at the end of the pontoon / Jetty.
- There is a dedicated warm up area available. There will be plenty of time to warm up before you start.
- Wetsuits are compulsory unless informed otherwise by the Triathlon England Technical Official.
- 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 Run

- The run is on the hard surface path that leads out of the QE2 and that surrounds the Museum with full signage.
- Run on 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.

## 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/>

## Prize Ceremony

This will be held at Race HQ. presentations will be handed out to 1<sup>st</sup> – 2<sup>nd</sup> – 3<sup>rd</sup> Girl / Boy 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 posted on their website following the event:

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

[info@timingupnorthltd.co.uk](mailto:info@timingupnorthltd.co.uk)

## Confirmed Results

Full and confirmed results will be published on the Timing Up North & Results Base website by Wednesday 10<sup>th</sup> July.

## Previous Years Results

[2022](#) [2021](#) [2019](#) [2018](#) [2017](#) [2016](#) [2015](#)  
[2023](#)

## 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.



### **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**

There is a Premier Inn on the run route within the Southern part of the QE2 country parks.

[Ashington QE2 lake Premier Inn](#)

### **Motor Homes**

Motor homes cannot stay overnight at the Museum, but they are allowed to stop in the Car park within the QE2 lake, next to the Premier Inn which is on the run route. There is no electric hook up or access to water access points. facilities are available within the Premier inn.

### **Camping / Caravans /**

Camping / Caravan / Motor home overnight stays are allowed in other venues below, but please book directly with the relevant park.

- Sandy Bay Holiday Park Parkdean Resorts, Ashington, NE63 9YD.
- Church Point Holiday Park Parkdean Resorts, Newbiggin by the Sea, NE64 6DP.
- Cresswell Towers Holiday Park Parkdean Resorts, Cresswell – (on the bike course), NE61 5JT
- Tranwell Farm Camping and Caravanning Site, Morpeth, NE61 6BH
- Seddons Caravan Park, Morpeth, NE61 5DR

**Get in Contact;** For any queries, please Email;  
[info@vo2maxracingevents.co.uk](mailto:info@vo2maxracingevents.co.uk)