



## Woodhorn Museum Triathlon Saturday 6<sup>th</sup> & Sunday 7<sup>th</sup> July 2024



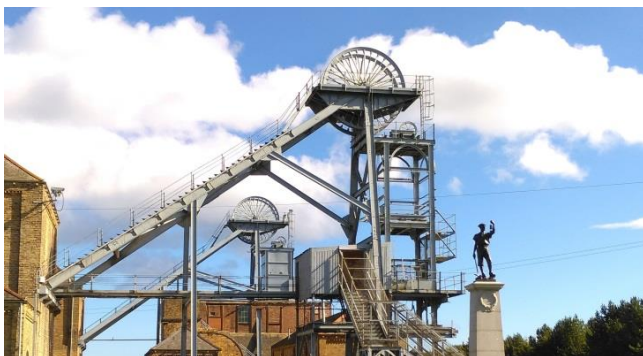
### Welcome

Hello and welcome to the Woodhorn Museum Triathlon.

*We are pleased to announce that the 2024 Woodhorn Museum Standard Distance Triathlon has been selected to host an Age Group Qualifier for the 2025 World Triathlon Championships.*

Full event information is available at the event website: [www.vo2maxracingevents.co.uk](http://www.vo2maxracingevents.co.uk)

### The Venue



Woodhorn Museum is approximately 14 miles North-East of Newcastle situated on the beautiful Northumbria coast.

### 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 displays after the event. If you register on the Saturday and pay for parking, you will be given a parking voucher and you do not have to pay for parking again on the Sunday.

*The Car Parks within the Museum are 'locked down' during the event. No cars will be allowed out of the car parks until the last cyclist is back in transition and on the run course.*

### Weekend 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.

#### Saturday 6<sup>th</sup> July.

- 1pm: Registration opens for challenge swims
- 1.45pm: Swim challenge Competitor Event Briefing.
- 2pm: Open Water Challenge Swim Events start.
- 2pm: Registration opens for Junior Aquathlon & Sundays event.
- 3.45pm: Registration closes.
- 4pm: Junior Aquathlon events start.
- 5.30- 6.30pm Registration re-opens for Sunday's events.



## Sunday 7<sup>th</sup> July:

- 6.15am: Registration opens
- 6.30am: Transition opens
- 7am: Volunteer briefing
- 7.10am: Competitor Event Briefing (transition area)
- **Wave 1:** 7.30am – Sprint Distance Triathlon, Aquabike & sprint relay events start.
- **Wave 2:** 7.40am - Standard Distance Aquabike Male (All) & Triathlon MALE Seniors Age groups 17- 39yrs old.
- **Wave 3:** 7.43am - Standard Distance Aquabike Female (All) & Triathlon FEMALE Seniors Age groups 17- 39yrs old.
- **Wave 4:** 7.46am - Standard Distance Triathlon MALE VET 40+ AGE GROUPS.
- **Wave 5:** 7.50am - Standard Distance Triathlon FEMALE VET 40+ AGE GROUPS & Standard Relays – WHITE Swim Caps.
- **Wave 5:** 7.50am - Standard Distance Aquathlon -WHITE SWIM CAPS & Sprint Distance Aquathlon.

## 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 race day licence.

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)
- Helmet race number sticker
- 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 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](#)

## **Illegal Equipment**

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

## **Littering**

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

## British Triathlon

The Standard Distance Triathlon is also an age group Qualifier for the Great Britain Age Group Team.

## **What is Age Group racing? What are World Triathlon and Europe Triathlon 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 World Triathlon World Championship or Europe Triathlon European 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 to view or download on the event website:

[Woodhorn Museum Triathlon](#)

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

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

#### **Aquabike competitors**

Sprint: Swim 750m- Bike 24km

Standard: Swim 1.5km - Bike 46km

All Aquabike competitors will follow the same Swim & Bike course as the Triathlon competitors. Aquabike competitors will finish their event after exiting transition (T2) and following a short run, crossing the timing point at the finish line.

#### **Triathlon Competitors (individual & Relay)**

Sprint: Swim 750m, Bike 24km, Run 6.4km.

Standard: Swim 1500m, Bike 46km, Run 9.6km.

#### **Relay Team Competitors**

All team members must present themselves at registration with ID. The team captain will be provided with the team timing chip and race numbers. One timing chip with a Velcro strap will

be provided at registration. The timing chip is your baton, which must be passed between team members together with the Velcro band. It must always be worn around the left ankle to work. Two race numbers will be provided.

- Cyclists must wear the number on their back.
- Runners must wear the number on their front. It is recommended that a race belt is used for ease and convenience.
- The bike sticker must be attached to the team cyclist's bike, and this must be on your bike before you go to transition.
- Changeover will be in a spacious area (transition), the cyclist waits for swimmer at a designated position and then runner waits for cyclist at that same point. Helmets must remain on the bike until after tagging.

#### **Transition**



- Bikes must be racked in the numbered spot allocated.
- 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
- After the event, you will **only** be able to retrieve your bike and equipment from transition using your race 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.

## The Swim



- **Sprint** Distance 1 Lap.
- **Standard** Distance 2 Laps.
- 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 Bike



- *The roads are Live! and all competitors must always obey the Highway Code.*
- This is a non-Drafting event. TT Bikes are allowed. Drafting will not be tolerated.
- **Sprint:** a single lap 24K bike course.
- **Standard:** This is a 2 lap 46K bike of the same course. (**Do not** come back into the museum road after first lap).
- The course has five roundabouts, competitors should exercise best caution and follow the Highway code.
- **Neutral / No overtaking Zone** – 19k into cycle on coast road at Lynemouth Bridge. This is 20 metres long and a Marshal will be posted to direct you over the bridge– please listen to the marshal's instructions
- When you are overtaking a cyclist in front of you, please do not pull out to the centre of the road, always look behind first to see if it safe to overtake. please be aware of other road users during the event
- Exercise best caution when cycling in and out of the Museum. There is a long fast decent onto the main bike route.
- 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.

### **Bike Course Strava Segment maps:**

Bike - Standard: [HERE](#)

### **Drafting**

This is a non-Drafting event. Drafting will not be tolerated. Triathlon England Motorcycle Officials will be officiating that this event.

[British Triathlon Drafting Rules explained here](#)

### **Bike course mechanic / maintenance**

Williams Cycleworks and Velo28 will be present at transition on race day and can help with any pre-race/last minute issues and adjustments. They'll do what they can, but time and resources will be limited. Little tweaks are on them. but more serious work is at your expense! All parts and accessories must be paid for.

There will also be a bike mechanic on the course, and you can flag them down if you have a more serious mechanical problem. They can help and, if necessary, transport your bike back to transition. You should carry basic cycle repair kit, as they are not out to repair a puncture!

### **The Run**



**Sprint** Distance - 2 laps 6.40km

**Standard** Distance - 3 laps 9.60km

- The run is on the hard surface path that surrounds the lake and 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.

### **Run Strava Segments:**

Run - Sprint: [HERE](#)

Run - Standard: [HERE](#)

### **Run water station.**

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

### **The Finish Line!**



Once you have finished your event, you will be asked to return you timing chip

### **Prize Ceremony**

This will be held at the finish line for Sprint triathlon & Aquabike, Standard Aquabike & Relays from 1130am.

Standard Triathlon presentation from 8pm.

Medals will be handed out to:

Sprint & Standard Triathlon,

1<sup>st</sup> – 2<sup>nd</sup> – 3<sup>rd</sup> Female / Male, U20's, Seniors, Vet, Super Vet, Vintage Vet, Super Vintage Vet.



Sprint & Standard Aquabike: 1<sup>st</sup> – 2<sup>nd</sup> – 3<sup>rd</sup> Female / Male overall.

Standard Relay Team: 1<sup>st</sup> – 2<sup>nd</sup> – 3<sup>rd</sup>.

Medals must be collected on the day. We cannot post Medals out after the event.

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

#### **Accommodation**

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

[Ashington QE2 lake Premier Inn](#)

#### **Timing & Results**

This will be undertaken by Timing Up North Ltd. Provisional results will be posted on their website immediately following the event;

<http://www.timingupnorthresults.co.uk/>

#### **Confirmed Results**

Full and confirmed results for Age Group qualification will be published on the Timing Up North & Results Base event entry website by Wednesday 10<sup>th</sup> July 5pm.

<http://www.timingupnorthresults.co.uk/>

The Full and confirmed Age group qualification results will also be sent to the Age group team manager for verification.

#### **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.

#### **Toilets**

Toilets are available on site.

#### **Changing facilities**

There are limited Changing facilities on site.

#### **On Site Café - Refreshments**

#### **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

#### **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.

#### **Photos**

We do have a photographer attending the event. We will share the link. The photos will be free to download.

If you have your won photos - Please feel free to share them on our social media pages here:

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



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

**Get in Contact;** For any queries, please Email;  
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