

`Warmseal Festival of Sport` 23rd May 2021

Event Information

Welcome

The event team want this to be a fantastic experience for you and hope you enjoy every moment of the event.

Event Venue & Race HQ

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

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

Spectators

Due to Current Government Guidelines and British Triathlon Guidance, Spectators are not allowed to attend the event, except for parents and guardians for under-18s acting in a safeguarding role.

Finish and Post-Race

Competitors are actively encouraged to leave the event `area` site as soon as possible after they have finished and recovered their event

Prize Ceremony

There will be NO Prize Ceremony at this event due to Current Government Covid-19 & British Triathlon Guidance.

Awards will be available for:

Standard & Sprint Distance Triathlon:

1st 2nd & 3rd Female & Male

Standard & Sprint Distance Relay Triathlon

1st Team

Standard & Sprint Distance Aquabike

1st Female & Male

Long & Short Distance Duathlon

1st Female & Male

Award winners can either pick up their awards once the results have been verified at the end of

the event or at our Thursday evening Open water swimming session at the QE11 6pm – 8pm.

All finisher will receive Event T Shirt, merchandise at the end of the event.

Toilets

Toilets are available on site.

Changing facilities

There are NO changing facilities on site.

Camping / Caravans / Motor Homes

Camping / Caravan / Motor home overnight stays are allowed in the country parks, but please book directly with the Park staff. To book your overnight stay, email:

druridgebay@northumberland.gov.uk

The event has its own dedicated area, there is cold water / toilet access, but no electric.

On Site Café - Refreshments

Hot and cold food/drinks will be available for takeaway only at the café within the Visitors Centre. A covid-19 compliant one-way system is in operation.

Competitor Pre-event health declaration

All Competitors are required to complete a pre-event health declaration electronically in the week leading up the event. Competitors are required to declare that they have carried out a self-assessment for Covid-19 symptoms, are not displaying any symptoms.

Please note, The Pre-event health declaration could be shared with the NHS track and trace if requested to do so by the NHS Test and Trace service. Competitor information will be shared to aid the prevention of further spread of infection.

Pre-event health declaration form here:

<https://docs.google.com/forms/d/e/1FAIpQLSeGmqxnjKHAG1jBLSDLQ5RMtldKW54yd6RjzcMRn9l8HUA9g/viewform>

Event Briefings

The Event Briefings will be held online in the week prior to the event. Attendance is not mandatory, but if you are new to the events, it may be worth joining. Joining instructions here:

Tuesday 18th May, 8.30pm – 9pm:

<https://us02web.zoom.us/j/86516399058?pwd=ZGljSlpYN3RKaml6NW5WQkpOZlE0dz09>

Wednesday 19th May 12.30pm – 1pm:

<https://us02web.zoom.us/j/84274137689?pwd=MWEyL2RCM2Q3QkpwZDkvYjlkKcGdDZz09>

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

The day Before - Saturday 22nd May

Registration will be available at Event HQ from 2pm – 5pm. We recommend you please try and register on the Saturday.

Event Day – Sunday 23rd May

- Registration open 06:30am (closes at the start of the event)
- Transition opens 06:30am
- ***Aquabike, Duathlon & Triathlon events start from 07:30am***

Event Start Time – Sunday 23rd May

Aquabike, Duathlon & Triathlon events start from 07:30am. Your start time will be published in the week prior to the event, it will also be available to view on the event webpage, in registration.

Event starting order - Sunday 23rd May

Duathlon – 7.30am: 10 second intervals between competitors. Long distance first by age groups, Oldest to youngest in age group order, female then Male. Then Short distance duathlon as above. The Start of the Duathlon first Run is opposite the finish line on the run laps run through.

Aquabike & Triathlon individual & Relay 7.30am:

10 second intervals between competitors.

Standard distance first by age groups, Oldest to youngest, Female then Male. Then Sprint distance as above.

Give yourself plenty of time to make your way to your start area where the Volunteers will assist you.

Registration

Registration is at the Visitors Centre (Event HQ). All competitors must present photographic identification at registration. Triathlon England & Home nations members must show their race licence or purchase a day licence.

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

- Race numbers
- 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.
- Your start times

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.

Pre-Event Bag Drop

There will be a `bag drop` within the Registration area available on your way to the swim start. This will be for a small bag only and a `keyboard` will be available for use for your personal keys.

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

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.

British Triathlon

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

[British Triathlon competition rules available here](#)

Event Course Route Maps

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

<https://www.vo2maxracingevents.co.uk/>

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

Aquabike competitors

Sprint: Swim 750m- Bike 19km

Long: Swim 1.5km - Bike 38km

Please see the course maps. Aquabike competitors will finish their event after the bike section and after crossing the timing point into the transition area (T2).

After finishing please make your way to the main finish area to return your timing chip.

Duathlon Competitors

Short: Run 2.65km- Bike 19km - Run 5.75km.

Long: Run 2.65km - Bike 38km - Run 11.5km

Please see the course maps:

The start of the Duathlon is opposite the finish line. The first run is 1 lap of the lake for both Short & Long-Distance competitors. Competitors will start at 10 second intervals.

Triathlon Competitors (individual & Relay)

Sprint: Swim 750m- Bike 19km - Run 5.75km.

Standard: Swim 1.5km - Bike 38km - Run 11.5km

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. 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.

- 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 on the bike.

The Swim

- Standard Distance 2 Laps.
- Sprint Distance 1 Lap.
- Anti-clockwise swim course keeping buoys to your left always.
- You will allocated a swim start time in the week leading up to the event.
- Swim start is at the end of the pontoon / Jetty.
- 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

- Duathlon Short & Triathlon Sprint: 19K - 1 lap of the bike course.
- Duathlon Long & Triathlon 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.

Drafting

Drafting will not be tolerated. Triathlon England Motorcycle Officials will be officiating that this event.

[British Triathlon Drafting Rules explained here](#)

The Run

Duathlon Short & Long - 1st run - 2.65k 1lap.

Duathlon Short - 2nd Run - 2 laps 5.75km

Duathlon Long - 2nd Run - 4 laps 11.5km

Triathlon Sprint - 2nd Run - 2 laps 5.75km

Triathlon Long - 2nd Run - 4 laps 11.5km

- 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.
- Finish and Post-Race, Competitors are actively encouraged to leave the event site as soon as possible after they have finished and recovered their event
- It is the competitor's responsibility to know the course and count their own laps.

No Run feed station.

Unfortunately, due to Current Government Covid-19 & British Triathlon Guidance at this time, we cannot operate a feed station. You must be self-sufficient during the event

Finish Line

Once you have finished your event, you will be asked to return your timing chip and move forward to collect your event merchandise. The podium with a flag backdrop will be available at the end of the finish funnel for you to take your photo with your event merchandise and a big smile!

Please feel free to share / post them on our social media pages here:

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

Timing & Results

This will be undertaken by Results Base Ltd.
Provisional results will be posted on their website immediately following the event;
<https://www.resultsbase.net/event/5151/results>

For any result query or amendment, please email Results Base at; timingcrew@resultsbase.net

Confirmed Results

Full and confirmed results will be published on the Results Base event entry website.
<https://www.resultsbase.net/event/5151/results>
on Wednesday 26th May at 5pm

Event Course Route Maps

All Course Route maps are available here:
<https://www.vo2maxracingevents.co.uk/>
It is the competitor's responsibility to know the course routes.

Strava Segment maps

Bike course 1 - full loop in / out of Country parks
https://www.strava.com/segments/22709586?invite=true&fbclid=IwAR3bOBoOKNfn5DxMChXzqpL_l2gZmmqn1iVKmCPeXoT2z42dIAWHrBtmVg&branch_match_id=863350585907583226

Bike course 2 coast road loop only
https://www.strava.com/segments/22706045?invite=true&fbclid=IwAR2AHHMaOBttI4Dy0WCQrM53Kp5qEFAQnj_3CKs5BzOmn9WITUEjtVKtZ2I&branch_match_id=863350585907583226

Run course.
https://www.strava.com/segments/28227614?invite=true&fbclid=IwAR2vte6rYi1OMIAFDIDmzPBy1HDT9IOQyJh4f62cK_cdkRFlaUIpAIQ-vC4&branch_match_id=863350585907583226