



## Competitor Event Information Pack

### Northumberland Duathlon

Sunday 3<sup>rd</sup> April 2022

#### Distances:

Sprint: Run 5.75km- Bike 19km - Run 5.75km.

Long: Run 11.5km - Bike 38km - Run 5.75km



Full event information is available at the event website: [Northumberland Duathlon](http://Northumberland Duathlon)

#### 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

#### Toilets

Toilets are available on site.

#### Changing facilities

There are 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](mailto:druridgebay@northumberland.gov.uk)

Or call: 01670 760968

#### On Site Café - Refreshments

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



#### Event Briefings

There will be no Event briefing as all the event information you need is contained within this event information pack.

#### 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 – Sunday 3<sup>rd</sup> April

- Registration open 06:45am (closes at the start of the event)
- Transition opens 06:45am
- **Event start from 08:00am**

#### 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.

### **Day Licenses**

How to use the British Triathlon Day memberships for competitors who have purchased one: [British Triathlon Guide](#)

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 event start time

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.

### **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:

[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 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.

### The Start – 1<sup>st</sup> Run

The start of the Duathlon is opposite the finish line on the run through past transition.

- **Sprint:** 1<sup>st</sup> Run - 2 laps 5.75km
- **Standard:** 1<sup>st</sup> 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.

### 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

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

[British Triathlon Drafting Rules explained here](#)

### The 2<sup>nd</sup> Run (after the bike section)



- **Sprint:** 2<sup>nd</sup> Run - 2 laps 5.75km
- **Standard:** 2<sup>nd</sup> 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.
- 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.

### 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. Water & gels will be available for competitors during and after 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>

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

### Prize Ceremony

#### Results and Prize Ceremony

This will be held at Race HQ. Age group medals will be handed out in both events to:  
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.  
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 posted on their & Results base website following the event:  
<https://www.resultsbase.net/event/5851/results>

For any timing result queries, amendments or clarifications, please email Mark at:  
[mark.likeman@timingupnorthltd.co.uk](mailto:mark.likeman@timingupnorthltd.co.uk)

### Confirmed Results

Full and confirmed results will be published on Wednesday 6<sup>th</sup> April at 6pm.

### Penalties and Complaints Process

All complaints will be addressed by the Senior Triathlon England Technical Official. Penalties applied by the Senior Triathlon England Technical Official will be posted at the Finish before the result awards begin. Any appeals must be written and presented to the Senior Triathlon England Technical Official before result awards commence.

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