



## Northumberland Festival of Sport

### Junior Triathlon Saturday 21<sup>st</sup> May 2022

#### Welcome

Hello and welcome to the 2022 Northumberland Festival of Sport.

VO2Max Racing Events & North Shields Polytechnic Junior Triathlon Club have teamed up to organise this junior triathlon at the Festival of Sport. We are really hoping for this to be a fantastic experience for you and hope you enjoy every moment of the event.

***We are pleased to announce that the 2022 Northumberland Festival of Sport junior triathlon is part of the North East Junior race series.***



North Shields Polytechnic Junior Triathlon Club is an established club, based in North Tyneside, that provides triathlon-focused swimming, cycling, and running sessions for children from the age of 6 years. Regular activities during the summer months also include open water swim sessions and transition training. To find out more please visit the [NSP junior tri club website](#)

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

#### The Venue



#### Event HQ

The Visitor Centre  
Druridge Bay Country Park  
Morpeth  
NE61 5BX  
[Druridge Bay country Parks](#)

#### 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 Sunday 22nd May 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. The `new` dedicated overnight area (20 bays) has recently just opened, if that area is full, there are lots of other areas that motorhome / caravan / camping can use within the park.

To book your overnight stay, email:

[druridgebay@northumberland.gov.uk](mailto: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 Briefings

The Event Briefings 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 21<sup>st</sup> May

- Registration open 1.45pm
- Transition opens 2pm
- Transition Closes 3.25pm
- **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 7.5K / Run 2100m

### Registration

Registration is at the Visitors Centre (Event HQ). Registration will be available from 1.45pm.

Please ensure you arrive in plenty of time to register, have your bike roll out, checked, and set up in transition.

If you are TS2 or 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 race day licence.

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](#)

### **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

### **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



### **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.

### **Transition**



The Transition area is located on the grassed area near the visitors 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 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



- Tristar Start (Age 8) Swim 100m
- Tristar 1 (Ages 9-10) Swim 200m
- Tristar 2 (Ages 11-12) Swim 300m
- Tristar 3 (Ages 13-14) Swim 400m
- 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

- Tristar Start – 1.5km
- Tristar 1 – 3k
- Tristar 2 – 5k
- Tristar 3 – 7.5k
- 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 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.
- It is the competitor's responsibility to know the course and count their own laps.

### Drafting

Drafting will not be tolerated.

[British Triathlon Drafting Rules explained here](#)



## The Run



- Tristar Start (Age 8) Run 600m
  - Tristar 1 (Ages 9-10) Run 1100m
  - Tristar 2 (Ages 11-12) Run 1600m
  - Tristar 3 (Ages 13-14) Run 2100m
- 
- 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/>

## Prize Ceremony

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

[Northumberland Festival of Sport 2022 provisional 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 the Timing Up North & Results Base event entry website.

[Northumberland Festival of Sport 2022 results.](#) on Wednesday 26<sup>th</sup> May at 6pm.

## Previous Years Results

(First year for junior triathlon)

## Penalties and Complaints Process

All complaints will be addressed by the 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.

## 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](mailto:info@vo2maxracingevents.co.uk)