

Northumberland Festival of Sport

Saturday 21st May 2022

&

Sunday 22nd May 2022

Welcome

Hello and welcome to the 2022 Northumberland Festival of Sport. The event team are really hoping for this to be a fantastic experience for you and hope you enjoy every moment of the race. **We are pleased to announce that the 2022 Standard Distance Aquabike has been selected as a World Standard Distance Aquabike Age Group Qualifier for the 2023 World Aquabike Championships.**

Full event information is available at the event website: www.vo2maxracingevents.co.uk

The Venue



Event HQ

The Visitor Centre
Druridge Bay Country Park
Morpeth
NE61 5BX
[Druridge Bay country Parks](http://www.druridgebaycountryparks.co.uk)

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: Sunday 22nd May – due to the early event start time, car parking charges are waived until 12.00pm. Please pay the car parking charges 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
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. The café will be open until 7pm on Saturday 21st May.

Accommodation Partner

The Radcliffe Lodges are situated approximately 13-minute drive from Druridge bay. Based on a stunning waterfront estate in the heart of amble, the lodges consist of 9 private rooms sleeping 48. The location is perfect for those who also would like to experience the Northumberland coast with the national cycle route running directly in front of the lodge.



<https://www.cablequay.co.uk/luxury-bunkhouse/>

Weekend Event Schedule

Saturday 21st May.

- Registration opens for 750m, 1.5k & 3k swim from 1pm.
- Registration opens for Junior triathlon from 1.45pm. (Separate event information pack for junior triathlon).
- Registration opens for Sunday's events from 2.45pm.
- 2pm - Open Water Challenge Swim Events start.
- 3.30pm - Junior triathlon events start. (Please note: partial road closures operating within the park during the junior event).

Sunday 22nd May

- Registration open 06:15am
- Transition opens 06:30am
- 7.10am - Competitor Event Briefing (transition area)
- 7.30am - Sprint Distance Aquabike. Aquathlon & Triathlon events start.
- 7.35am - Standard Distance Aquathlon & Triathlon (+Relays) events start.
- 7.40am - Standard Distance Aquabike event start.

Event Briefing

An Event briefing will be held at 7.10am in transition on the morning of the event. All event information, course routes and instructions are contained within this event information pack. Any last-minute event / course changes will be relayed to competitors at registration and at the event briefing prior to the start of the event.

Registration

Registration is at the Visitors Centre (Event HQ). Registration for the Aquabike & Triathlon will be available on Saturday 21st May from 2.45pm – 6pm.

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
- 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.



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

[British Triathlon competition rules available here](#)

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

This event is hosting a Qualifying event 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:

<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.

Open water Swim competitors

Swim 750m - Swim 1.5km - Swim 3km

All Open water swim competitors will follow the same Swim course as the Triathlon competitors. Open water swim competitors will finish their event after Exiting the lake and crossing the finish timing line at the end of their swim.

Aquabike competitors

Sprint: Swim 750m- Bike 19km

Standard: Swim 1.5km - Bike 38km

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. (New rule change 2022: the final short run is to connect the transition area to the finish line).***

Aquabike competitors, please be aware of other competitors on the run through past transition when you exit. Marshal will be there to assist with this.

Aquathlon competitors

Sprint: Swim 750m - Run 5.75km.

Standard: Swim 1.5km - Run 11.5km

All Aquathlon competitors will follow the same Swim & Run course as the Triathlon competitors. Aquathlon competitors will finish their event after crossing the finish line at the end of the run.

Triathlon Competitors (individual & Relay)

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

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

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

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

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.
- 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

- **Sprint:** A single 19K lap.
- **Standard:** This is a 2 lap 38k of the same 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.

Bike Course Strava Segment maps

Bike course 1 - full loop in / out of Country parks - [HERE](#)

Bike course 2, 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 Run



Sprint Distance - 2 laps 5.75km

Standard Distance - 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.
- It is the competitor's responsibility to know the course and count their own laps.

Run Course Strava Segment maps

Run course : [HERE](#)

Run 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 your Photos 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. Medals will be handed out to:

Aquathlon Standard & Sprint 1st Female / Male.

Aquabike Sprint 1st Female / Male.

Aquabike Standard, Triathlon Standard & Sprint: 1st – 2nd – 3rd Female / Male, U20's, Seniors, Vet, Super Vet, Vintage Vet, Super Vintage Vet.

Standard Distance Triathlon Relay:

1st – 2nd – 3rd Relay teams.

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 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

Confirmed Results

Full and confirmed results for Age Group qualification will be published on the Timing Up North & Results Base event entry website.

[Northumberland Festival of Sport 2022 results.](#)

on Wednesday 25th May at 6pm. The Full and confirmed Age group qualification results will also be sent to the team manager for verification.



**GREAT BRITAIN
AGE-GROUP
2023 TEAM QUALIFIER**



Previous Years Results

[2014](#) [2015](#) [2016](#) [2017](#) [2018](#) [2019](#) [2021](#)

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.

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.

Activities in the park over the festival weekend!

Coquet Shore base trust will have a full weekend schedule of water-based activities for all the family, please check out their website here:

[Coquet Shorebase Trust](#)

Accommodation around the area

For other accommodation there is a Premier Inn situated approximately 8 miles away at QE2 country parks.

[Ashington QE2 lake Premier Inn](#)

Get in Contact; For any queries, please Email;
info@vo2maxracingevents.co.uk