

NORTHUMBERLAND TRIATHLON

Sunday 2nd June 2019

Welcome

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



The Event

The Northumberland Sprint and Standard Triathlons provide an excellent opportunity to participate in one of the fastest growing sports in Europe and Druridge Bay Country Park is a first class venue for a first class event.

The Venue



Druridge Bay Country Park is 20 miles North of Newcastle upon Tyne and 3 miles south of the fishing village of Amble adjacent to the famous Druridge Bay coastline, protected as an area of outstanding natural beauty.



The Course

Sprint Distance

Swim 750m- Bike 20km - Run 5.75km.

Standard Distance

Swim 1.5km - Bike 40km - Run 11.5km.

Race HQ

At the visitor centre, NE61 5BX. There's an outdoor children's play area next to Race HQ and lovely beach just a short walk away.

Summary of Schedule

- Registration open 06:30: closes 07:30
- Transition opens 06:30
- Race briefing 07:35
- Sprint distance race start: from 08:00
- Standard distance race start: 08:10

- Results & awards around 11:15

Registration, Changing and Toilets

Registration is at Race HQ. **All competitors must present photographic identification at registration, no exceptions.**

BTF members must show their race licence or purchase a day licence, no exceptions.

Changing area and toilets are available at race HQ. 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
- Swim Cap
- Timing chip – Please wear around your left ankle and return to the Finish Line team at the end of your event.

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.

Registration is also available on Saturday 14:00 to 16:00 at race HQ. You can also practice the swim course on that day but please note there will be no safety cover provided.

Weather Conditions

The weather is something we cannot control and occasionally race conditions will be poor. We will always endeavour to provide you with a quality event but will not compromise the safety of Participants or Marshals.

If the weather or conditions 'on the day' are unfavourable, we may need to alter the event format to suit. In an extreme case it may be necessary to cancel the event. This decision would be a last resort, would not be taken lightly and will be only be made with the agreement of the race official. If an event is cancelled 'on the day' we regret that we would not be able to offer any refunds.

Relay Teams

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 be worn around the left ankle at all times to work. Two race numbers will be provided. Please use safety pins to attach to your shirt or use a race belt.

- 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 is in transition (cyclist waits for swimmer at their numbered position and then runner waits for cyclist). Helmets must remain on the bike until after tagging.

Aquabike competitors

All Aquabike competitors will follow the same course as Triathlon competitors but will finish after the bike section and after crossing the timing point into the transition area (T2)

Music

Please note the use of iPods, Mp3 players or other music players or mobile phones are **prohibited in transition and during the race.**

Race Briefing: 0735hrs in transition area

Everyone must attend race briefing; safety information and any last minute changes will be announced. Q&A opportunity follows briefing.

Transition

Transition is only 30m from the lake and ensures a fast transition from the swim. 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 marshals will check. There will be **NO ACCESS** to transition while the bike section of the race is in progress, please respect other competitors and give them time and space to continue their race.

Only race wear and equipment required for the event must be placed in this area. Do not block nor mark the thoroughfare. Items creating a safety hazard will be removed at your risk. Transition marshal's instructions must be followed. A **secure area** will be available in transition. It will be marshalled but we do not guarantee full security. Belongings are left competitor's risk. It is not weather-proof.

Maps

All high quality maps on the event website – please familiarise yourself with all routes.

The Swim

Anti-clockwise swim course, keeping buoys to your left at all times. The **Sprint** is a single lap, 750m swim in the shallow warm lake and a deep

water start will operate – Beginners are advised to keep to the rear or side at the start. The **Standard** is 2 laps of the same course.

Swim hats are provided and it is compulsory for them to be worn and visible throughout the swim. It is also compulsory to wear wetsuits. The expected lake temperature will be 17 degrees Celsius. You will exit the lake in front of transition and large flags will guide you safely to the shore.

Full safety cover is provided and if you do happen to get into any difficulties, please roll onto your back, raise one arm into the air, and you will be attended to by the safety crew.

If you have a medical issue that could develop during the event, PLEASE let us know at registration and you will be provided with a different coloured swim cap.

The Bike

Sprint: This is a single lap 20K fast bike course on the wide road adjacent to the park extending from Widdrington to Amble.

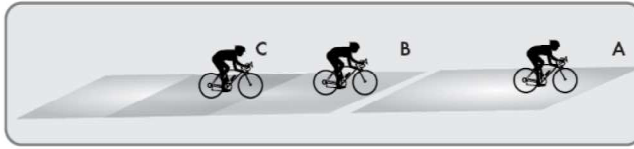
Standard: This is 2 laps of the sprint course.

Road Safety

Please note that the roads are not closed and all competitors must obey the Highway Code at all times, noting the course has several roundabouts, competitors should exercise best caution. You will be reminded of this at the race briefing. Marshals will be posted at key roundabout locations but cannot guarantee that it will be safe to proceed when you approach. Therefore please be aware and **stop** if required. Please take care. It is better to sacrifice a few seconds than to risk your own safety and that of others. We have the full co-operation of the local community, police and authorities and would like to retain their goodwill for the benefit of future years.

Note – drafting will not be tolerated. Experienced marshals will be posted around the course and Motorcycle Referees will patrol the course.

Drafting rules apply:



There is a 10m exclusion zone from the leading edge of the front wheel, except when overtaking. Competitor A and B are not drafting as they are maintaining separation. Competitor C is **not** attempting to pass Competitor B and is drafting.

Bike Dismount is at the end of a downward stretch of road - you must slow down before the dismount line. Failure to do so, resulting in dangerous cycling, is an automatic DQ.

The Run

This is 2 laps of the lake for Sprint distance and 4 laps for the Standard distance. It's a hard surface footpath around the lake with a water feed station available on each lap. Please use the litter bin station positioned just after the feed station or tuck wrappers into your clothing. Dropping litter will incur a time penalty. Please be aware that there could be pedestrians on the footpath as it is a public area. There will be a lot of people around the finish area and their cheering will hopefully inspire you to a personal best and to finish with a big smile!

Finish and Post-Race

Results and awards presented at race HQ. Please ensure you return your timing chip at the finish.

Refreshments Hot and cold food/drinks are available at the Visitor Centre.

General Information

This is a British Triathlon sanctioned event and is being held under BTF competition rules available at www.britishtriathlon.org noting all competitors must have insurance, no exceptions, no BTF licence then you must purchase a day licence.

BTF General Advice for Open Water Swimming

Whilst water quality tests provide an indication of the suitability of a venue for open water swimming they do not mean that there is a complete absence of potential pathogens. There are simple practices that swimmers should be advised to adopt to minimise risk of infections further:

- Cover all cuts and abrasions, however minor, with sticking plasters. You should consider not swimming if you have deep cuts.

- Wash hands in fresh water before eating after swimming.
- Take a full shower at the earliest opportunity.
- Try not to ingest water while swimming
- In addition all swimming kit (wetsuit, costume, goggles, hat etc) should be washed in clean water and thoroughly dried prior to the next session/event.
- If you are unwell, don't race. If you have immune system issues, ensure you take appropriate care.

Medical Conditions and Cover

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 medical team will check first before any emergency treatment is performed.

We take medical cover very seriously and full medical cover will be available on site and ready to respond to any incident on the race route before, during and after the event. Please take care.

Results and Prize Ceremony

This will be held at Race HQ. Trophies will be handed out to:

1st – 2nd – 3rd Female / Male, U20's, Seniors, Vet, Super Vet, Vintage Vet, Super Vintage Vet. Prizes must be collected on the day. We cannot post out trophies after the event.

Penalties and Complaints Process

All complaints will be addressed by organisers and referee. Penalties applied by the BTF Race Referee will be posted at the Finish before the result awards begin. Any appeals must be written and presented to the BTF Race Referee before result awards commence.

Timing

This will be undertaken by Results Base Ltd. An industry leading company providing timing services to events. (If it moves then they can time it!) Provisional results will be posted on their website immediately following the event; <https://www.resultsbase.net/event/4618/results>

All results displayed will be classed as provisional initially. Any result query or amendment must be directed to Results Base for verification at timingcrew@resultsbase.net

2018 Results

Interested to see how you did last year? **2018** results are here

<https://www.resultsbase.net/event/4097/results>

Parking

A large area for parking is available on the grass adjacent to transition. See plan on website.

Please **DO NOT** leave your vehicle on the road leading into the park as this will obstruct the bike course. A fee may be payable to NCC staff (TBC)

Camping

Overnight camping is allowed in the country parks, but please book direct with the Park warden / visitor centre on 01670 760968 or email druridgebay@northumberland.gov.uk

The Park Warden and his staff control the overnight camping.

Lost Children

The lost child point will be transition. This is a secure area and general public are excluded. The Senior Transition marshal has radio contact and can alert the team.

Location and Travel Information

Druridge Bay is approximately 20 miles North-East of Newcastle situated on the beautiful Northumbria coast. From the North and South exit the A1 at Amble exit and then follow signs to the venue posted from Amble. The nearest train station is Morpeth or Alnmouth on the East Coast main line.

Accommodation

www.visitnorthumberland.com

Acknowledgements

Delivering a triathlon event takes a huge effort and it's the culmination of a year's planning. The organisers really do appreciate all the help and support received especially from all the volunteers (safety crew, medics and marshals) leading up to, and on the day of the event.

Please be courteous to all volunteers, without them, there would be no events.

PLEASE RESPECT THIS VENUE. KEEP IT CLEAN & TIDY, DO NOT DROP LITTER ANYTIME.

Maps & more information available on the event website: www.vo2maxracingevents.co.uk

Email: info@vo2maxracingevents.co.uk