



Pre event briefing notes – Northumberland Festival of Sport

Timing chip

All competitors will receive a timing chip at Registration, please attach the timing chip to your Left ankle if possible. You need to keep your timing chip on for the duration of the event to get a finish time / place.

The Swim

- **Sprint Distance 1 Lap.**
- **Standard Distance 2 Laps.**
- Anti-clockwise swim course keeping the swim marks to your left.
- 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.

Transition Area

- Your helmet must be securely fastened before you unrack your bike.
- You must rack your bike before unfastening your helmet.
- There are experienced marshals in the transition area, there to help. Please listen to them and follow their instructions.
- The bike mount and dismount area will be clearly marked; a marshal will be positioned here. Mount after the line and dismount before the line.
- Race numbers must be visible from the rear on the bike.
- As this event is a wave start event, please be considerate of your fellow competitors. Do not block routes or affect any other competitors' transit through transition.
- Transition is locked down during the event. The Senior Transition marshal will inform you when you will be allowed to enter transition as competitors may still be entering / exiting transition.

The Bike

- **Sprint Distance - 1 lap - 19k.**
- **Standard Distance - 2 laps- 38k. (Do not return to the park after your first lap!).**
- It is up to you to know the bike course and count your laps. All maps have been posted online and are in registration.
- All competitors must always obey the Highway Code. The course is fully sign posted and marshalled. *Road Safety – the course has 3 roundabouts. Competitors should exercise best caution at these roundabouts. Please take care, it is better for both your safety and for the race's future that you sacrifice a few seconds rather than risk your own safety and that of others.*
- *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 and listen to the very experienced marshals and their advice.

- Drafting will not be tolerated. Triathlon England Motorcycle Officials are in attendance on the bike course.
- Please be aware that there could be members of the public and cars coming into or exiting the park as the event is underway.
- 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.
- No, I Pods to be worn at any time during the event & do not litter.
- Be safe, Enjoy - but be cautious and obey the Highway Code.
- **Note from Northumbria Police: participants do not have any privileges regarding the use of the highway, and they must adhere to highway law.**
- **Any associated marshals/staff related to the event have no authority to direct traffic including pedestrians.**
- **Volunteers /marshals must not halt traffic including other pedestrians.**

The Run

- **Sprint Distance - 2 laps, 5.2km** – *Anti Clockwise* run around the footpath the surrounds the lake.
- **Standard Distance - 4 laps 10.4km** – *Anti Clockwise* run around the footpath the surrounds the lake.
- The course is fully signed; keep to the footpath unless otherwise instructed.
- Run on the inside of the path and overtake on the outside. 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** – Have your bib number on show at the front for the finish photos.
- Presentations from around 1130hrs.

MEDICAL COVER

Full medical cover will be available on site. if you have any medical conditions, please make sure you mark then on the back of your race number, so if in the event of a medical emergency we will receive the necessary medical attention as quickly as possible.