



## Northumberland Festival of Sport

Saturday 30<sup>th</sup> May 2026

&

Sunday 31<sup>st</sup> May 2026



### Welcome

Hello and welcome to the Northumberland Festival of Sport.

***We are pleased to announce that the 2026 Standard Distance Triathlon has been selected as the 2026 English Standard Distance Triathlon championship event and serves as a British Triathlon Age Group Standard Distance Triathlon Qualifier for the 2027 European Triathlon Championships.***

**Full event information** is available at the event website: [www.vo2maxracingevents.co.uk](http://www.vo2maxracingevents.co.uk)

### The Venue

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

### Car Parking

Car parking charges operates within the Country Parks, they are:  
Up to 1 hour – free parking  
Up to 2 hrs - £2.50  
All day - £4.50

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 31<sup>st</sup> 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.***

### Facilities

Changing, Showers & toilets are available 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.

To book your overnight stay:

email: [druridgebay@northumberland.gov.uk](mailto:druridgebay@northumberland.gov.uk)

or call the Visitors Centre on 01670 760968

or book online: [Druridge Bay Country Park & visitor centre](#)

### On Site Café - Refreshments

Hot and cold food/drinks will be available from the café within the Visitors Centre. The café will be open late on the festival of sport weekend.

### Weekend Event Schedule

#### Thursday 28<sup>th</sup> May:

6pm – 7.30pm-Join us at our QE2 open water swim training session. QE2 Country Park, Ashington NE63 9AT.

Info here: [Open water swimming training](#)

#### Saturday 30<sup>th</sup> May.

- 12pm Registration opens for Junior Aquathlon.
- 12.30pm: Volunteer briefing
- 1pm: Junior Aquathlon Transition closes before start of Aquathlon events.
- 1pm: Junior Aquathlon Tri Star Start then waves approximately every 10mins.
- 1.30pm: 3km Open Water swim Challenge Start.
- 2pm: 1.5km & 750m Challenge swim & 10K Trail Run Start.
- 2.15pm: 5K Trail Run Start.
- 3.30pm – 5.30pm: Registration opens for Sunday's events.

#### Sunday 31<sup>st</sup> May.

- 6.15am: Registration opens
- 6.30am: Transition opens
- 7am Volunteer Briefing
- 7.15am: Competitor Event Briefing in Transition area.
- 7.30am: Event Start – Waves tbc nearer event day.



- ***Based on the last few years of the event, below wave timings are provisional and will be confirmed after entries close.***
- Wave 1: 7.30am: Sprint Distance Aquabike & Triathlon.
- Wave 2: 7.35am: Standard Distance Aquabike Male & Triathlon Male Seniors Age groups 17-39yrs old.
- Wave 3: 7.40am: Standard Distance Aquabike Female & Triathlon Female Seniors Age groups 17-39yrs old.
- Wave 4: 7.45am: Standard Distance Aquabike Male & Triathlon Male Vet Age groups 40+.
- Wave 5: 7.50am: Standard Distance Aquabike Female, Female Triathlon Vet Age groups 40+ & All Standard tri-Relay teams.
- Wave 6: 7.55am Standard & Sprint Distance Aquathlon.

#### **Registration: Triathlon England & home nations members.**

Registration is at the Visitors Centre (Event HQ). Triathlon England & home nations members will be asked to show their home nation race licence or purchase a British triathlon race pass. no exceptions. Please have your home nation membership card saved to your phone, screen shot is best.

#### **Registration – British Triathlon race pass**

The Triathlon, Aquathlon & Aquabike events are permitted through British triathlon, if you are not a `Core` or `Ultimate` member of any triathlon home nation i.e. Triathlon, England / Scotland etc, you should have purchased a British Triathlon race pass on event entry.

The link to purchase the British triathlon race pass is here: [Northumberland Festival of sport Race Pass.](#)

If you purchase a British triathlon race pass you will be asked to show the race pass confirmation when registering. Please have your race pass confirmation saved to your phone, screen shot is best.

How to use the British Triathlon race pass for competitors who have purchased one: [British Triathlon race pass guide](#)

At Registration, all competitors will receive essential items for the race:

- Timing chip – Please wear around your ankle for the duration of the event
- Bib numbers must be worn throughout the event.
- We recommend you use a race belt for your bib numbers. If you are not using a race belt, then ensure the bib number is visible from the rear on the bike & front on the run.
- Bike race number sticker which must be affixed to your bike before entering transition.
- Helmet race number sticker which must be affixed to your cycle helmet before entering transition.

#### **British Triathlon**

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

[British triathlon competition rules.](#)

#### **British Triathlon – Championship event**

*We are pleased to announce that the 2026 Standard Distance Triathlon at the Northumberland Festival of Sport is the 2026 English Standard Distance Triathlon championship event.*

#### **British Triathlon Age group racing**

*We are pleased to announce that the 2026 Standard Distance Triathlon at the Northumberland Festival of Sport is a World Standard Distance Triathlon Age Group Qualifier for the 2027 World Championship.*

#### **What is Age Group racing? What are World Triathlon and Europe Duathlon 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 European or World 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>

### **British Triathlon - Illegal Equipment**

Under British Triathlon rules, Certain items are banned during the event – this includes MP3 players, mobile phones, and personal video recording devices. Leave these items outside transition

### **British Triathlon – Littering policy**

All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of your litter until you can dispose of it properly.



### **Event Course Route Maps**

All Course Route maps are available to view or download on the event website: <https://www.vo2maxracingevents.co.uk/>  
The course maps will also be available to view at the event HQ when registering.  
It is the competitor's responsibility to know the course routes.

### **Junior Aquathlon: From 1pm**

We are pleased to announce that the Northumberland Festival of Sport junior Aquathlon is part of the 2026 North East Junior race series.

### **Junior Event Distances (Approximate)**

Tristar Start (Age 8) Swim 100m & Run 600m

Tristar 1 (ages 9-10) Swim 200m & Run 1100m.

Tristar 2 (Ages 11-12) Swim 300m & Run 1600m.

Tristar 3 (Ages 13-14) Swim 400m & Run 2100m.

### **Junior Event Briefing**

An Event Briefing will be held before the start of each swim wave 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.

### **Juniors Previous Years Results**

[2022](#) [2023](#) [2024](#) [2025](#)

### **Northumberland Trail Runs: From 2pm**

5K & 10km Trail Runs from 2pm

The route is fully signed will marshal will be located at key points along the route. There will be a safety / route brief at the start line.

### **Open water Swim challenges: From 1.30pm**

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. The 3km swim has a 2hr cut off point.

### **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 entering transition (T2) ...but please keep moving through transition and feel free to make your way to the finish line for a photo. Please be aware of other competitors on the run through & past transition when you exit.***

### Aquathlon competitors

Sprint: Swim 750m - Run 5.2km.

Standard: Swim 1.5km - Run 10.4km

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 5.2km.

Standard: Swim 1.5km, Bike 38km, Run 10.4km

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. All relay team members will be provided with a timing chip. It must always be worn around the ankle to work. Two race numbers will be provided for the bike & run team members. A race belt is ideal for the relay team as you can pass this between the cyclist and runner

- Cyclists must wear the bib number on their back.
- Runners must wear the bib 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 (most likely transition), the cyclist waits for swimmer at a designated position and then runner waits for cyclist at that same point. Cycle helmets must remain on until after tagging the runner.

### Transition



- Bikes must be racked in the numbered spot allocated.
- Your helmet must be securely fastened before unracking 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.
- After the event, you will only be able to retrieve your bike and equipment from transition using your bib 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.

### 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](#)

### Event Briefing

If needed an event briefing will be held at 7.15am 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.

### Drafting

Triathlon England Motorcycle Officials will be officiating at this event & drafting will not be tolerated. No Drafting allowed!

[British Triathlon rules Explained.](#)

### The Run



Sprint Distance - 2 laps 5.2km

Standard Distance - 4 laps 10.4km

- The run is on the hard surface path that surrounds the lake with full signage.
- 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.
- 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 will be a water station on the run course after passing the finish line. Water & gels will be available for competitors during and after the event.



### **Finish Line**

Once you have finished your event, have a drink, cool down and recover. The podium with a flag backdrop will be available at the end of the finish funnel for you to take your photo with a big smile!

### **Prize Ceremony**

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

Open water Swims 750-1.5k -3k

1st – 2nd – 3rd Female / Male.

Aquathlon Standard & Sprint

1st – 2nd – 3rd Female / Male.

Aquabike Standard & Sprint

1st – 2nd – 3rd Female / Male.

Triathlon Standard & Sprint

1st – 2nd – 3rd Female / Male, U20's, Seniors, Vet, Super Vet, Vintage Vet, Super Vintage Vet.

Standard & Sprint Distance Triathlon Relay:

1st place Relay team.

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. Results will be `live` throughout the event and provisional results will be posted on their website following the event at.

[Timing up North Results](#)

For any timing result queries, amendments, or clarifications, please email Mark at:

[info@timingupnorthltd.co.uk](mailto:info@timingupnorthltd.co.uk)

### **Confirmed Results**

Confirmed results for Triathlon England Championship & Age Group qualification will be published by 6pm on Wednesday 3<sup>rd</sup> June. The Age group qualification results will also be sent to the team manager for verification.

### **Previous Years Results**

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

[2022](#) [2023](#) [2024](#) [2025](#)

### **Penalties and Appeals Process**

An appeal is a request for a review of a penalty decision made by a Technical Official.

Appeals cannot be made against penalties resulting from a Technical Official's judgement

call which include, but are not limited to, drafting and littering. A competitor may ask the Chief Technical Official for explanation of these judgement calls; however, no appeal can be made and will not be admitted.

### **Event Photos**

Aptitude media will attend this event. All photos will be free to download. We will send the download link out to all competitors after the event.

If you have your own event photos, Please feel free to share your event photos on our social media pages [Instagram](#) & [Facebook](#).

### **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 these 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.

### **Event Equipment – what do you need?**

You may need to bring the following items for your event:

- Wetsuit - (It is compulsory to wear a wetsuit for the open water swim. Unless we have a very warm summer and the TE official deems it optional.
- 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 tri-suit.
  - Cycle helmet, without any damage and that fits!
  - Running shoes.
  - Number belt if you use one.

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