



## Woodhorn Museum Triathlon Sunday 5<sup>th</sup> July 2026



### Welcome

Hello and welcome to the Woodhorn Museum Triathlon.

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

### The Venue



Woodhorn Museum is approximately 14 miles North-East of Newcastle situated on the beautiful Northumbria coast.

### Event HQ

Woodhorn Museum, Queen Elizabeth II Country Park, Woodhorn, NE63 9YF  
[www.experiencewoodhorn.com](http://www.experiencewoodhorn.com)

### Car Parking

There is plenty of parking at the venue and the Museum Staff will direct you upon arrival. There is a £5 charge for parking, and this also gives you access into the Museum displays after the event. If you register on the Saturday and pay for parking, you will be given a parking voucher, and you do not have to pay for parking again on the Sunday.

*The Car Parks within the Museum is 'locked down' during the event. No cars will be allowed out of the car parks until the last cyclist is back in transition and on the run course.*

### Facilities

Toilets are available on site. There are no showering facilities and limited changing facilities on site.

### On Site Café - Refreshments

Hot and cold food & Drinks will be available at the café within the Museum.

### Weekend Event Schedule

#### Thursday 2<sup>nd</sup> July:

6.15pm – 7.30pm-Join us at our VO2Max QE2 open water swim training session. QE2 Country Park, Ashington NE63 9AT.

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

#### Saturday 4<sup>th</sup> July.

- 3pm - 5pm Registration open.

#### Sunday 5<sup>th</sup> July:

- 6.15am: Registration opens
- 6.30am: Transition opens
- 7am: Volunteer briefing
- 7.15am: Competitor Event Briefing in transition area.
- 7.30am Transition Closes & Event Starts.
- Wave 1: 7.30am: Sprint Distance Aquabike, Triathlon.
- Wave 2: 7.40am: Standard Distance Aquabike, Triathlon.
- Wave 3: 7.50am: Sprint & Standard 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: [Woodhorn Museum Triathlon 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 number 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 - 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:

[Woodhorn Museum Triathlon](#)

They will also be available to view at the Event HQ when registering.

It is the competitor's responsibility to know the course.

### **Aquabike competitors**

Sprint: Swim 750m- Bike 24km

Standard: Swim 1.5km - Bike 46km

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 6.4km.

Standard: Swim 1.5km - Run 9.6km

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 24km, Run 6.4km.

Standard: Swim 1500m, Bike 46km, Run 9.6km.

### **Relay Team Competitors**

All team members must present themselves at registration with ID. The team will be provided with a team timing chip and race numbers. The Timing chip is best worn around the left ankle. Two race numbers will be provided. One for the cyclist & one for the 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 in 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 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.
- Bib 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



- **Sprint** Distance 1 Lap.
- **Standard** Distance 2 Laps.
- Clockwise swim course keeping buoys to your Right always.
- Swim start is in the water at the end of the pontoon / Jetty.
- There is a dedicated warm up area available. There will be plenty of time to warm up before you start.
- Wetsuits are compulsory unless informed otherwise by the Triathlon England Technical Official.
- Water safety cover is provided, and swim exit marshals are located around the lakeside on the swim route at the 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



- **The roads are Live! and all competitors must obey the Highway Code.**
- **Sprint:** a single lap 24K bike course.



- **Standard:** This is a 2 lap 46K bike of the same course. (**Do not** come back into the museum road after first lap).
- The course has five roundabouts; competitors should exercise best caution and follow the Highway code.
- **Be Aware** at around 19k into cycle route on coast road at Lynemouth Bridge. It's a 20 metre long, narrow Bridge – please always obey the highway code. a marshal will be posted over West side of the bridge to warn traffic of oncoming cyclists, unfortunately marshals have no power to stop traffic.
- When you are overtaking a cyclist in front of you, please do not pull out to the centre of the road, always look behind first to see if it safe to overtake. please be aware of other road users during the event
- Exercise best caution when cycling in and out of the Museum. There is a long fast decent onto the main bike route.
- Marshals 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 - Standard: [HERE](#)

### **The Run**



Sprint Distance - 2 laps 6.4km

Standard Distance - 3 laps 9.6km

- The run is on the hard surface path that surrounds the lake.
- Run on 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.
- Bib number clearly visible on the front.
- It is the competitor's responsibility to know the course and count their own laps.

### **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.

### **The 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 the finish line at around 11.30am.

Medals will be handed out to:

Aquathlon Standard & Sprint 1<sup>st</sup> Female / Male.

Aquabike Standard & Sprint 1<sup>st</sup> Female / Male.

Triathlon Standard & Sprint

1st Female / Male in U20's, Seniors, Vet, Super Vet, Vintage Vet, Super Vintage Vet categories.

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 the results will be posted on their website following the event. [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**

Full and confirmed results will be published on the Timing Up North & Results Base event entry website by Wednesday 8<sup>th</sup> July 5pm.



### Previous Years Results

[2022](#) [2021](#) [2019](#) [2018](#) [2017](#) [2016](#) [2015](#)  
[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 Tri suit 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

There is a Premier Inn on the run route within the Southern part of the QE2 country parks.

[Ashington QE2 lake Premier Inn](#)

### Motor Homes/ Camping / Caravans /

Motor homes cannot stay overnight at the Museum. Camping / Caravan / Motor home overnight stays are allowed in other venues below, but please book directly with the relevant park.

- Sandy Bay Holiday Park Parkdean Resorts, Ashington, NE63 9YD.
- Church Point Holiday Park Parkdean Resorts, Newbiggin by the Sea, NE64 6DP.
- Cresswell Towers Holiday Park Parkdean Resorts, Cresswell – (on the bike course), NE61 5JT
- Tranwell Farm Camping and Caravanning Site, Morpeth, NE61 6BH
- Seddons Caravan Park, Morpeth, NE61 5DR

### Get in Contact

For any queries, please Email;  
[info@vo2maxracingevents.co.uk](mailto:info@vo2maxracingevents.co.uk)