



Woodhorn Museum Triathlon Challenge Swims Saturday 6th July 2024

Welcome

Hello and welcome to the Woodhorn Museum Triathlon & Challenge Swims.

The Venue

Woodhorn Museum
Queen Elizabeth II Country Park
Woodhorn, NE63 9YF
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 before the start of the event. There is free parking at the North end of the QE2 lake (next to premier inn hotel) about 10mins walk to Race HQ.

Toilets

Toilets are available on site.

Changing facilities

There are limited Changing facilities on site.

On Site Café - Refreshments

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

Full event information & Swim Course Routes:

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

[Woodhorn Museum Open water swim Challenge](#)

Weekend Event Schedule

Thursday 4th July:

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

Saturday 6th July:

- 1pm: Registration opens for challenge swims
- 1.45pm: Swim challenge Competitor Event Briefing.
- 2pm: Open Water Challenge Swim Events start.

Event Briefing

The Event briefing will be held at 1.45pm at the start area. All 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 Workshops Centre within the museum (Event HQ). At Registration, all competitors will receive essential items for the race:

- Coloured Swim hat (must be worn throughout the event)
- Timing chip – Please wear around your 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.



The Challenge Swims



Swim 750m - Swim 1.5km - Swim 3km

- 750m – 1 lap
- 1.5km – 2 laps
- 3k – 4 laps
- Clockwise swim course, always keeping the swim marks / buoys to your right.
- Swim start is at the end of the pontoon / Jetty.
- You will have 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 event Technical Official.
- Exit the lake at the left hand side of the Jetty / pontoon, 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.
- Swimmers will finish their event after Exiting the lake and crossing the finish timing line at the end of their swim.
- It is the competitor's responsibility to know the course and count their own laps.

Finish Line

Once you have finished your event, you will be asked to return your timing chip. The podium with a flag backdrop will be available at the finish for you to take your photo.

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

This will be held at Race HQ. Medals will be handed out to: 750m-1.5k -3k
1st – 2nd – 3rd Female / Male.

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.

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

info@timingupnorthltd.co.uk

Confirmed Results

Full and confirmed results will be published on the Timing Up North & Results Base on Wednesday 10th July.

<http://www.timingupnorthresults.co.uk/>

Accommodation

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

[Ashington QE2 lake Premier Inn](#)

Camping, Caravans & motorhomes

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

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.

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