



Event Briefing Notes – Woodhorn Museum Triathlon

Welcome!

Timing chip

All competitors will have received a timing chip at Registration, which should be attached to your Left ankle using the chip strap provided. You need to keep your timing chip on for the duration of the event to get a finish time / place etc. Please hand your timing chip and strap to the finish marshals before you leave the finish area.

Relay Team Competitors

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 is best to worn around the left ankle to work. Two race numbers provided.

- Cyclists wear the number on their back. Runners wear the number on their front. It is recommended that a race belt is used for ease and convenience.
- Changeover of baton / timing chip will be in transition; the cyclist waits for swimmer at a designated position and then runner waits for cyclist at that same point.

Aquabike competitors

All Aquabike competitors will follow the same Swim & Bike course as the Triathlon competitors. Aquabike competitors will finish their event after exiting transition (T2) and following a short run, crossing the timing point at the finish line. ***(New rule change 2022: the final short run is to connect the transition area to the finish line).***

The Swim

- **Sprint distance 1 Lap, Standard Distance 2 Laps.**
- Clockwise swim course, always keeping Marks / buoys to your Right.
- The Swim start is in the water at the end of the pontoon / Jetty.
- There is a dedicated warm up area available.
- Give yourself 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 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.



Transition Area

- Your helmet must be securely fastened before unranking 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, and a marshal will be positioned at the line to keep you right. 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.
- At the end of your event, you must show your race numbers to the transition marshals before any kit is removed from the area.
- 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 and going out on the run course.

The Bike

- **Sprint:** a single lap cycle course.
- **Standard:** This is a 2-lap cycle of the same course. (**Do not** come back into the museum road after first lap).
- *The roads are Live! and all competitors must always obey the Highway Code.*
- The course has five roundabouts, competitors should exercise best caution and follow the Highway code.
- **Neutral / No overtaking Zone** – 19k into cycle on coast road at Lynemouth Bridge. This is 20 metres long and a Marshal will be posted to direct you over the bridge- please listen to the marshal's instructions.
- 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.
- 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.
- It is the competitor's responsibility to know the course and count their own laps.
- 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. Please be considerate towards them.



- No, I Pods to be worn at any time during the event, please do not litter.
- Be safe, Enjoy - but be cautious and obey the Highway Code.

The Run

Sprint - 2 laps

Standard - 3 laps

- The run is on the hard surface path that surrounds the lake and Museum and is fully sign posted.
- Run on the inside or 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.
- Race number clearly visible on the front.
- It is the competitor's responsibility to know the course and count their own laps.
- **Finish** – Have your race number on show at the front for the finish photos & commentary, and SMILE!

MEDICAL COVER

Full medical cover will be available on site and ready to respond to any incident on the race route. If you do have any medical conditions, please make sure you mark them on the back of your race number as if in the event of a medical emergency we will need to get you the correct medical attention as quickly as possible.

Be safe, always obey the highway code whilst out on the bike. Enjoy your event, your visit to Northumberland and good luck if you are going for age group qualification