



Northumberland Festival of Sport Challenge Swims

Saturday 1st June 2024

Welcome

Hello and welcome to the Northumberland Festival of Sport. The event team anticipate for this to be a fantastic weekend for you.

Full event information is available at the event website: 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 - £1.60

All day - £3.00

Please Park in the car parks provided. You can pay for parking online via phone or by cash at the machine on site.

Note for Sunday 2nd June competitors: 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. Water and electric hook up are available. please book directly with the Country Park on; email: druridgebay@northumberland.gov.uk
Or call the Visitors Centre on 01670 760968

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 30th May:

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

Saturday 1st June.

- 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 Visitors Centre (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.

Swim route:

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

<https://www.vo2maxracingevents.co.uk/>

The Challenge Swim



Swim 750m - Swim 1.5km - Swim 3km

- 750m – 1 lap
- 1.5km – 2 laps
- 3k – 4 laps
- Anti-clockwise swim course keeping buoys to your left always.
- 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 in front of race HQ, 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

Results and 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

Results will be 'live' on the day, & also published on Timing Up North / Results Base event website.

Previous Years Results

[2021](#) [2022](#) [2023](#)

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.

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