



## Northumberland Festival of Sport Challenge Swims

**Saturday 1<sup>st</sup> 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.

### The Venue

The Visitor Centre  
Druridge Bay Country Park  
Morpeth  
NE61 5BX

### 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.

### 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](mailto: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.

### Weekend Event Schedule

#### Thursday 5<sup>th</sup> June:

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

#### Saturday 7<sup>th</sup> June.

- 1pm: Registration opens for challenge swims.
- 2pm: 3km Open Water swim Challenge start
- 2.30pm: 1.5km & 750m Open Water swim Challenge start.

### 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.

### Swim route:

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

[Northumberland Open water Swim Challenges - VO2Max Racing Events](#)

### The Challenge Swims

- 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 warm up area available.
- The wearing of a Wetsuit is advised.
- 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 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](mailto:info@timingupnorthltd.co.uk)

### **Previous Years Results**

[2021](#) [2022](#) [2023](#) [2024](#)

### **Medical Cover & Conditions**

Medical cover will be available on site. If you have any medical conditions, you should have declared this on your entry. 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](mailto:info@vo2maxracingevents.co.uk)