



## Woodhorn Museum Triathlon Saturday 5<sup>th</sup> & Sunday 6<sup>th</sup> July 2025



### Welcome

Hello and welcome to the Woodhorn Museum Triathlon.

*We are pleased to announce that the 2025 Woodhorn Museum Sprint Distance Triathlon has been selected to host an Age Group Qualifier for the 2026 World Triathlon Championships.*

**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.*

### On Site Café - Refreshments

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

### Weekend Event Schedule

#### Thursday 3<sup>rd</sup> July:

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

#### Saturday 5<sup>th</sup> July.

- 12.30pm: Registration opens for Junior Aquathlon & challenge swims
- 1pm Volunteer Briefing.
- 1.30pm: Junior Aquathlon transition closes.
- 1.30pm: Junior Aquathlon events start. Start waves will be approximately 10mins apart.
- 1.45pm: challenge Swim Competitor Briefing.
- 2pm: 3k Challenge Swim start.
- 2.15pm 1.5km & 750m Challenge Swims Start.
- 4.15pm – 5.45pm Registration opens for Sunday's events.



### Sunday 6<sup>th</sup> July:

- 6.15am: Registration opens
- 6.30am: Transition opens
- 7am: Volunteer briefing
- 7.10am: Competitor Event Briefing (transition area)
- 7.30am Transition Closes
- 7.30am Events Start.
- Wave 1: 7.30am: Sprint Distance Aquabike Male & Triathlon Male Seniors Age groups 17-39yrs old – ORANGE Swim Caps
- Wave 2: 7.35am: Sprint Distance Aquabike Female & Triathlon Female Seniors Age groups 17-39yrs old – PINK Swim Caps
- Wave 3: 7.40am: Sprint Distance Aquabike Male & Triathlon Male Vet Age groups 40+ – YELLOW Swim Caps
- Wave 4: 7.45am: Sprint Distance Aquabike Female & Triathlon & Sprint tri-Relay Female Vet Age groups 40+ – WHITE Swim Caps
- Wave 5: 7.50am Standard Distance Aquabike & Triathlon - RED Swim Caps
- Wave 6: 7.55am Aquathlon Standard Distance - GREEN Swim caps & Aquathlon Sprint Distance – ORANGE Swim Caps.

### Registration

Registration is at the Workshops Centre within the museum (Event HQ). All competitors must present photographic identification at registration. Triathlon England & Home nations members must present their race licence (preferably in electronic form) or purchase an online British Triathlon Race Pass.

At registration, all competitors will receive essential items for the race:

- Race numbers (these must be worn throughout the event)
- Bike race number sticker (must be affixed before entering transition)
- Helmet race number sticker

- Timing chip – Please wear around your left 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.

We recommend you use a race belt for your race numbers. If you are not using a race belt, then ensure the race number is visible from the rear on the bike & front on the run.



### British Triathlon

This is a British Triathlon sanctioned event and is being held under British Triathlon competition rules.

[British Triathlon competition rules available here](#)

### **British Triathlon Race Pass**

How to use the British Triathlon Race passes for competitors who have purchased one:

[British Triathlon Race Pass Guide](#)

### **Illegal Equipment**

Certain items are banned during the event – this includes MP3 players, mobile phones, and personal video recording devices.

Leave these outside transition

### **Littering**

All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly



## **British Triathlon**

### **What is Age Group racing? What are World Triathlon and Europe Triathlon Qualifiers?**

The Great Britain Age Group Team offers British Triathlon Home Nation members a unique opportunity to represent Great Britain at continental and international events in triathlon, duathlon, and other multisport disciplines. If you qualify for the team, you can represent Great Britain and enjoy the experience of racing at a World Triathlon World Championship or Europe Triathlon European Championship.

### **Age Group Qualifiers - How to Qualify?**

Qualifiers are held annually across Britain for triathlon and duathlon races, with athletes qualifying for Championship events the following year. This event is a qualifier, and results will be shared with British Triathlon for Great Britain Age Group Team selection. If you intend to qualify for the Great Britain Age Group Team, you must be a member of British Triathlon through your Home Nation and register your intent to qualify by 5pm on the Friday (for Sunday races) or 5pm on the Thursday (for Saturday races) before race day.

Additional details can be found here:

<https://www.britishtriathlon.org/age-group>

## **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.

## **Junior Aquathlon: Saturday 5<sup>th</sup> July 1.30pm**

We are pleased to announce that the Northumberland Festival of Sport junior Aquathlon is part of the 2025 North East Junior race series

## **Junior Event Distances (Approximate)**

Tristar Start (Age 8) Swim 100m & Run 600m  
Tristar 1 (ages 9-10) Swim 200m & Run 1.5k.  
Tristar 2 (Ages 11-12) Swim 300m & Run 2k.  
Tristar 3 (Ages 13-14) Swim 400m & Run 3km.

## **Junior Event Briefing**

An Event Briefing will be held before the start of each swim wave start. We advise all competitors

to attend the briefing as all safety notices will be issued here together with any course amendments. The Race Director and Race Official will talk you through the course and the rules. It is also your chance to ask any questions you may have regarding the event

## **Juniors Previous Years Results**

[2024](#)

## **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 crossing the timing point coming into transition on (T2). Please keep moving as to not block the T2 area. feel free to make your way through transition and get a photo crossing the finish line.

## **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 the 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 number on their back.
- Runners must wear the 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 (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.

## **Transition**



- Bikes must be racked in the numbered spot allocated.
- Your helmet must be securely fastened before unranking 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.
- Event 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 race 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 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 always obey the Highway Code.*
- This is a non-Drafting event. TT Bikes are allowed. Drafting will not be tolerated.
- **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 cyclist, but Marshalls 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.
- 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.
- 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](#)

#### **Drafting**

This is a non-Drafting event. Drafting will not be tolerated. Triathlon England Motorcycle Officials will be officiating that this event.

[British Triathlon Drafting Rules explained here](#)

#### **The Run**



**Sprint** Distance - 2 laps 6.40km

**Standard** Distance - 3 laps 9.60km

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

#### **Run Strava Segments:**

Run – Sprint: [HERE](#)

Run – Standard: [HERE](#)

#### **Run water station.**

There is a water station on the run course after passing the transition / finish line after each run lap.

#### **The Finish Line!**



Once you have finished your event, you will be asked to return you timing chip

#### **Prize Ceremony**

This will be held at the finish line for Sprint triathlon & Aquabike, Standard Aquabike & Relays from 11.15am.

Standard Triathlon presentation from 11.30am.

Medals will be handed out to:

Sprint & Standard Triathlon,

1<sup>st</sup> – 2<sup>nd</sup> – 3<sup>rd</sup> Female / Male, U20's, Seniors, Vet, Super Vet, Vintage Vet, Super Vintage Vet.

Sprint & Standard Aquabike: 1<sup>st</sup> – 2<sup>nd</sup> – 3<sup>rd</sup> Female / Male overall.

Standard Relay Team: 1<sup>st</sup> – 2<sup>nd</sup> – 3<sup>rd</sup>.

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. Provisional results will be posted on their website immediately following the event;

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

### **Confirmed Results**

Full and confirmed results for Age Group qualification will be published on the Timing Up North & Results Base event entry website by Wednesday 9<sup>th</sup> July 5pm.

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

The Full and confirmed Age group qualification results will also be sent to the Age group team manager for verification.

### **Previous Years Results**

[2022](#) [2021](#) [2019](#) [2018](#) [2017](#) [2016](#) [2015](#)  
[2023](#) [2024](#)

### **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.

### **Toilets**

Toilets are available on site.

### **Changing facilities**

There are limited Changing facilities on site.

### **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

### **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.

### **Photos**

We do have a photographer attending the event. We will share the link. The photos will be free to download.

If you have your won photos - Please feel free to share them on our social media pages here:

<https://www.facebook.com/vo2maxracing>

<https://www.instagram.com/vo2maxracing/>

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