



***One Life Standard Distance Triathlon
(North East Regional Championships)***

***Part of the
Northumberland Triathlon Festival***

Sunday 16th September 2007

Dear Triathlete,

Thank you for your entry. Please find enclosed your competitor's information. So that the event runs smoothly on the day, please ensure that you have read its contents carefully.

- All competitors should arrive at Druridge Bay Country Park **by 8:00am**.
- **Parking** is available in the any public car park at the Country Park near the visitors centre.
- This letter acts as a **parking voucher**. Failure to show this voucher will mean you will be charged for parking.
- The **pre-race briefing** will be held at **8:45am** at the transition area immediately before the start.

All competitors must attend this compulsory briefing.

- On arrival, please **report promptly to the registration marquee** (near the officials car park) to be given your numbers. British Triathlon members should present their membership cards on registration.
- **Registration will close at 8:30am**.
- Competitors should ensure that their cycles are in good working order before the triathlon. One Life cannot be held responsible for any accidents or injuries sustained as a result of mechanical failure.

We hope you enjoy the event and have a good race.

Kind regards,

Paul Jones

Event organiser
www.makeitcount.org.uk

Ladyburn Lake, Druridge Bay Country Park, Morpeth, NE61 5BX



Swim 1500m

The swim will take place in Ladyburn Lake. It will be a one lap circuit of the lake. The swim will be a deep water start promptly at 9am.

Wetsuits will be compulsory. Please be sensible, if you are a weaker swimmer move towards the back of the mass start. The exit from the lake will be up a ramp, be careful the ramp may be slippery.

At the exit of Transition you must have your number on your back, number belts are allowed.

Bike 40km

Hard hats are mandatory and must be worn for the cycle. Please ensure that you are familiar with the route and pay careful attention to the Highway Code and be aware of other road users at all times. Failure to do so could lead to your disqualification or even place the future of this event and other events in jeopardy.

On leaving the transition area push your bike to the mount line. At the exit of transition, you will ride to the exit of park and onto the closed road circuit. There are speed bumps on the road into and out of the Park.

The main road outside the park will be closed to traffic. You will complete 7 laps of the circuit and then return into the park and back to transition.

This is a non-drafting event. The route will be well signed and marshalled. **YOU MUST KEEP TO THE LEFT HAND SIDE OF THE ROAD.**

There will be a flag system in place for emergencies – although the roads are closed we will still need to get emergency vehicles to the scene of the accident. In the event of a serious accident it may be necessary to stop the race.

All cyclists must be off the bike course by 11:30 – if you have not completed the cycle section by then you will not be allowed to complete the event.

DO NOT undo your helmet until you have placed your bike in transition. If you do it will be a 2 minute penalty.

Run 10km

On exiting the transition area you will be directed onto the run route. The run is on a gravel path, which circulates the lake. It will be anticlockwise around the lake for three laps.

Numbers must be worn on the front for the run.
The finish will be near the transition area.



Weekend Information

The idea behind the Northumberland Triathlon Festival is to make the weekend an all inclusive event so there is something to do for all the family.

There will be camping available within the country park which is £5.00 per two man tent for larger tents please ask for information, and the intention is to make it a social weekend as well as a competitive one.

Race information for all the events over the weekend and the results will be available on the One Life Club website: www.makeitcount.org.uk

Have a great race.