



One Life Super Sprint Triathlon Relay

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

Saturday 15th 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 14:30** – Be aware there is a children's race happening at this time.
- Athletes can use any of the public car parks.
- This letter acts as a **parking voucher**. Failure to display this voucher will mean you will be charged for parking.
- The **pre-race briefing** will be held at **14:45** 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 Technogym trailer) to be given your numbers. British Triathlon members should present their membership cards on registration.
- **Registration will close at 14:45.**
- 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

Race organiser

www.makeitcount.org.uk

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



Swim 500m

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 3pm.

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.

The swimmer will tag your team cyclist BEFORE entering transition.

Bike 15km

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 single lap circuit. There are speed bumps on the road into and out of the Park.

The main road outside the park will NOT be closed to traffic. Cyclists will turn left onto the main road, follow this to the roundabout – complete a lap of the roundabout and follow the main road back to Amble – complete a lap of the roundabout, and follow the road back 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 HIGHWAY CODE.**

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

The cyclist will then tag their team runner AFTER racking their bike.

Run 3.3km

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 one complete lap.

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.

In addition to the events taking place above there will be other activities around the park on the Saturday. Activities such as: rock climbing, dance, Frisbee challenge, pole vault challenge and a technogym bus.

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.