



THE NORTHUMBRIAN

RACE GUIDE



THE ULTIMATE TRIATHLON

FULL & HALF DISTANCE ULTRA TRIATHLON
30TH JUNE 2024 - KIELDER WATER



[THENORTHUMBRIAN.COM](https://thenorthumbrian.com)

NORTHUMBRIAN
WATER *living water*

runna

 **Big Bobble Hats**

 **KIELDER**
WATER & FOREST PARK

 **MAURTEN**

PARIA



ARE YOU READY TO CONQUER THE NORTHUMBRIAN?

This is the ultimate endurance test

The summer of 2024 welcomes the third edition of an event which combines scenery, fortitude, adventure and achievement. Conquer the beautiful waters, forests and terrain that give Northumberland and Kielder it's unique character.

There can be few greater tests of endurance and resilience, and no greater sense of pride and achievement, in completing such a challenge.

A MESSAGE FROM RACE FOUNDERS STEVE CRAM CBE AND MARCUS CRAM

We are delighted to welcome you to the 3rd edition of the amazing Northumbrian! Each year we have grown with your incredible support and we are excited about the future of this brilliant event. While the setting and the course undoubtedly provide an iconic stage for one of sports greatest challenges, it is all of you who are the star performers! We are always in awe of anyone who takes on this epic event so its important to all our team that we give you the best experience possible. They won't work quite as hard as you but wont be far behind.

So Swim Fast, Ride Hard and Run Smooth as you complete the ultimate endurance test in stunning surroundings and cross the line as a fully-fledged NORTHUMBRIAN!

Steve and Marcus



WELCOME

You've taken up the challenge, you've completed the hours of hard training, now it's time to taper and soak up the pre-race nerves and excitement as Race Day is just around the corner.

This guide contains everything you need to know ahead of race day. However, if you still have further questions then please get in touch at info@eventsofthenorth.com and our team will be happy to help.

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EVENT SCHEDULE

SATURDAY 29TH JUNE	
12:30	Kielder Waterside Event Village OPEN
13:00 – 19:30	Registration & Transition Open for Participants
15:00 - 17:00	Swim Familiarisation
SUNDAY 30TH JUNE	
04:30	Car Park & Site OPEN and Registration OPEN
05:45	Transition Closes
05:50	Race Briefing
06:00 – 06:10	Water Acclimatisation
06:15	Race Start – GOOD LUCK



HOW TO GET HERE... WHERE TO REST

Directions to Kielder Waterside

BY CAR

If you are using SATNAV please use the postcode and address for Kielder Waterside Park, Kielder, NE48 1BT.

Approximate travel times to Kielder:

From the A69 junction at Hexham
– 50 minutes

From Otterburn – 40 minutes

From Carlisle – 1 hour 30 minutes

CAR PARKING

The event centre is located at Kielder Waterside Park.

The event car park will be located in Greenside Car Park which is OPPOSITE the Kielder Waterside Entrance. This is a 10 minute walk to the Event Site.

Throughout Saturday we would recommend you use Greenside Car Park and familiarise yourself with the walk to the Event Village and start line ahead of race day.

Please ensure you allow enough time to park your car and get to the start line.

FUEL STATION

An unmanned fuel station is located at Kielder Village taking card payments only. This is open 7:00am – 7:00pm, seven days a week.

Bellingham garage is open 08:00am to 06:00pm, Monday to Friday, and 09:00am – 05:00pm on Saturdays and Sundays. There is also a fuel station in Hexham.

THE VENUE

Kielder Water is the largest man-made lake in Northern Europe by capacity, with Kielder Forest being England's largest working forest. The area is known for its breath taking beauty, wilderness and is a designated Dark Skies site.

The shore line, including Bakethin is 27 miles and has a surface area of 2,740 acres. At its deepest point, the reservoir is around 52 metre and is capable of holding 44,000 million gallons of water.

ACCOMMODATION

Being a registered dark skies site means Kielder Water is a hidden gem with only small towns and villages in close proximity. To find out more about the accommodation options, visit visitnorthumberland.com

Kielder Waterside is also home to a wide range of luxury log cabins that are available to hire for the full weekend. Please visit kielderwaterside.com to book directly.

Don't forget when you book a lodge at Kielder Waterside to let us know. We will make sure there is a FREE bottle of Prosecco waiting for you to help with those post-race celebrations.

CAMPING

Kielder Campsite - are offering 15% off for all participants kieldercampsite.co.uk

Stonehaugh Campsite - are offering 10% off for all participants. Just mention you are taking part in the event in the 'Additional info' box when booking stonehaughcampsite.com



ATHLETE REGISTRATION

SATURDAY

13:00 – 19:30

SUNDAY

04:30 – 05:45

Registration will be located in the Event Village at Kielder Waterside. ALL participants must check-in to registration prior to competing in the event. We would advise that you check in on Saturday afternoon and rack your bike in transition to avoid any delays on the race morning.

PLEASE NOTE: to participate in the swim familiarisation on Saturday, you will need to have registered to receive your swim hat; only event swim hats will be permitted and must be worn in the water at all times.

BTF LICENSE

All participants will need to confirm their British Triathlon Race Pass or show the British Triathlon Home Nations Membership card.

YOUR RACE BAG WILL INCLUDE

- Swim Cap
- The Northumbrian Paria Cycling Jersey / OR Cycling Cap for Teams
- Race Number
- Timing Chip
- Race stickers for bike and helmet
- Any pre-purchased merchandise

All individual entrants, and swim leg

participants in teams, must have their race number written on their hand at registration by event staff. If you have your own body pen you are welcome to write your number on your arm as well.

WET SUITS

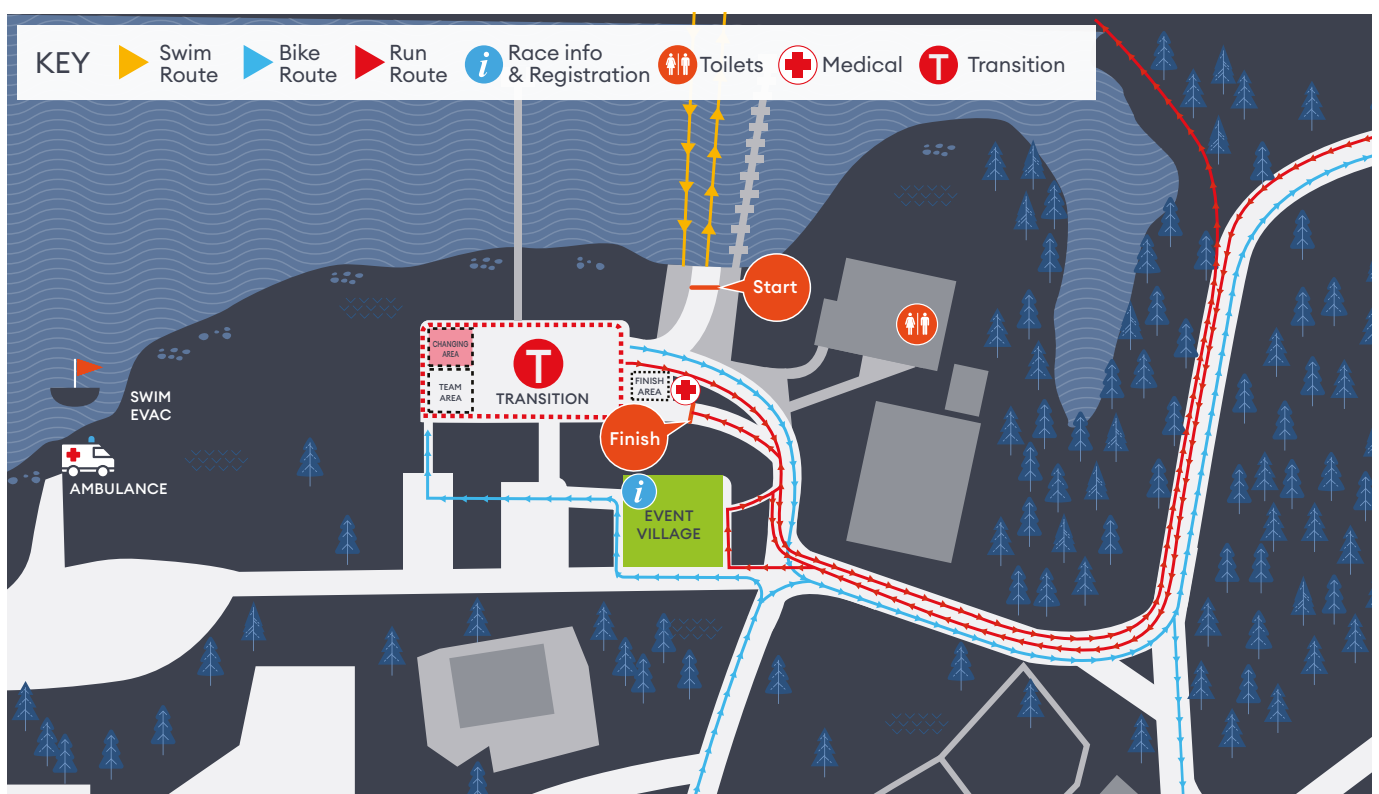
You will have your wetsuit checked at registration. Your wetsuit **MUST** be dry when registering. If it is not, it will be doused in disinfectant to prevent contamination of Kielder Water.

THE TEAM EVENT

Only one person is required to register the team at Registration, however please ensure that the team member has a copy of ALL the members of the team BTF Licenses. The swim leg participant must report to registration before race start to have their race number written on their hand.

When checking in to Transition, please make sure you rack in the 'TEAM TRANSITION ZONE'.

Each team will receive one timing chip that will act as a 'relay baton'. The team's cyclist is not allowed to touch their helmet or bike until they have received the chip from the swimmer.



TRANSITION

All athletes will be required to check-in at Transition. This is located on the lower car park next to Kielder Water and opposite The Forest Bar and Kitchen.

Transition is open from **13:00** until **19:30** on **SATURDAY 29th JUNE**; where possible we advise all athletes to rack their bikes during this period. All athletes will need to have registered before checking into transition.

On arrival at transition all athletes will be checked for the following:

- Bike numbers secured correctly
- Helmet number secured correctly
- Race number visual on hand [this will be written on at registration]

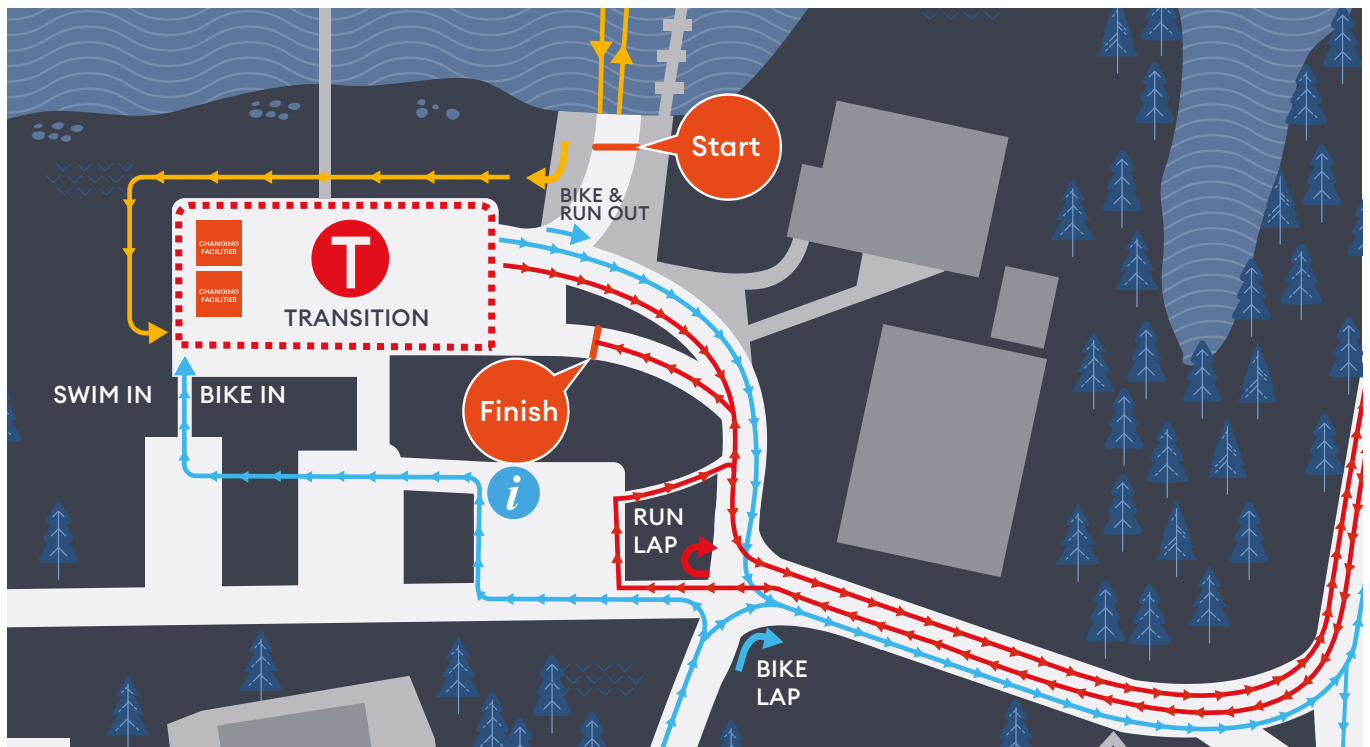
Helmets **MUST** be worn and fastened whenever you are handling your bike within the transition area.

Transition will also be open on Sunday AM from 4:30am until 05:45am; to enter transition you must show your race number. For those who are not able to rack their bikes on Saturday, please allow enough time for Registration AND Transition check-in prior to the race briefing at 05:50am.

Please note there are no changing facilities or showers available to competitors at the venue. Toilets are available in various locations.

BAGGAGE

There will be an area next to transition for you to leave a small bag/backpack, a numbered box will be available on request – bags will not be permitted in your rack area. Only kit required DURING the race should be left in your designated rack area. Please ensure your bag is clearly marked.



EVENT VILLAGE

The Event Village will be open on Saturday and Sunday. All of our Event Partners will be there with exclusive Northumbrian offers for you. Our Northumbrian Merchandise will also be available from the EOTN tent, go to thenorthumbrian.com/shop to browse the range. Items are available to purchase on the day but we'd advise ordering in advance for on the day pick up as stocks and sizes are limited. If you have already pre-ordered then you can pick up your event stash at registration.

We will have some other essential race items available to purchase including race belts. Refreshments will be available early on Sunday, plus the on-site food and drink offerings will be open from 10am for spectators.



OFFICIAL NORTHUMBRIAN MERCHANDISE

PRE-PURCHASE YOUR OFFICIAL MERCHANDISE FOR COLLECTION AT REGISTRATION



LIMITED
STOCK ON
THE DAY

BUY NOW

THE START

The official race briefing will take place at 05:50 at the assembly area located behind the start line; it is compulsory for all athletes to be present at this.

Before the start, athletes will be given a 10 minute window to go into the water and acclimatise before returning to the start assembly.

The start will be operated in waves, setting athletes off in waves of 10 every 6-8 seconds from the start gantry which will be located 5m from the water edge. Your swim time will begin as you cross the start timing mat. Please note there are no gun times for this event.

Full and Half distance competitors will be set off at the same time, you do not need to be in a specific wave for your distance.

IT IS YOUR RESPONSIBILITY TO COUNT YOUR OWN LAPS WHEN TAKING ON EACH DISCIPLINE.



THE COURSE

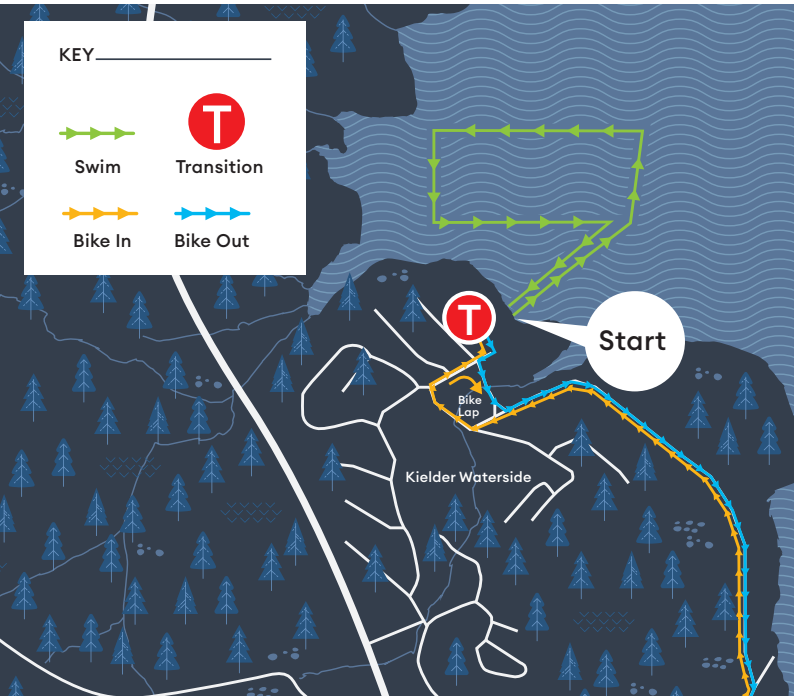
THE SWIM

The swim takes place in Kielder Water and consists of a rectangular 1km course which will be marked out by inflatable buoys. Wetsuits are mandatory. Each athlete will be required to complete the following laps:

HALF	1.2 MILES	2 LAPS
FULL	2.4 MILES	4 LAPS

The cut off time is 2 hours 20 minutes from your start time with a further 10 minutes to pass through T1.

After exiting the water, you will have a 50m run into transition.



Please note that the swim course is subject to change depending on wind direction. In this unlikely scenario, the new route will be communicated with you on the day of the event.

SATURDAY SWIM FAMILIARISATION

Due to the very rare opportunity we have been given to swim in Kielder Water, we would like to offer you the chance to familiarise yourself with the swim on Saturday 1500 - 1700. We are expecting water temperatures to be between 14 - 17 Celsius. Half of the swim route will be open to swimmers. Please note that we will only be allowing 60 swimmers in the water at one time and we will work on a one-in one-out basis. Entry to the water on Saturday will be a short walk away from the actual event start, please follow signage on the day. **You must register before entering the water.**

THAT WASN'T IT... THE COURSE CONTINUED

THE BIKE

Leaving transition the bike course heads out of Kielder Waterside Park and north up to the Scottish Borders where you will take on some challenging and inspiring roads. Whilst there is one section of road closure in place for safety, the majority of the route will be on fully open roads so please

proceed with caution at every junction, making your own judgement on where it is safe to proceed and abide by the Highway Code. Please note that there are some technical and narrow sections on the bike route, we will do our best to sign post any areas we see fit and we will flag any large potholes for your safety. If for any reason you are asked to slow down, or stop, please do so for your own safety and the safety of other athletes.

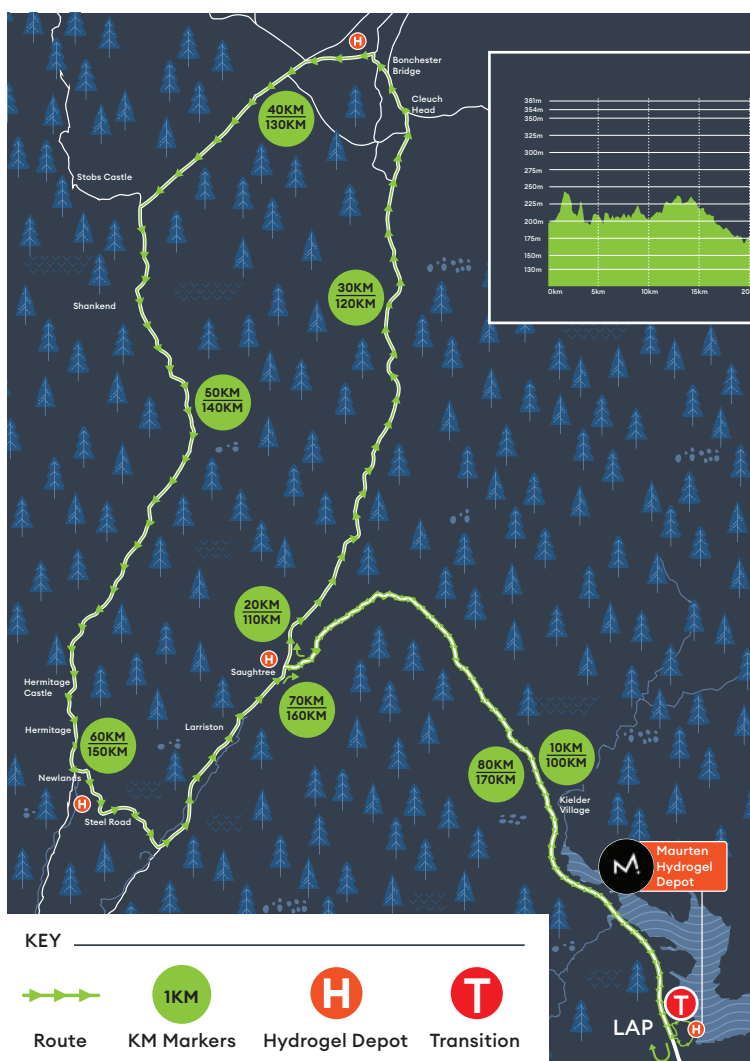
The course will be covered by Event Marshals, Medical and British Triathlon Motorbike Marshals. If you are in trouble at any point please flag down a motorbike marshal or stop at one of the event marshals; both of these will have communication with Event Control.

This is a NON-DRAFT LEGAL race – for the full rules on drafting [CLICK HERE](#)

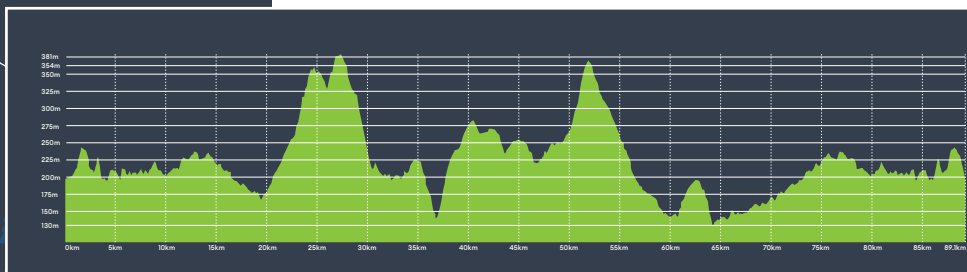
TT bikes are allowed. Most of the climbs are relatively shallow with longer descents. There are a few technical and narrow sections where extra caution should be taken. Rear lights are recommended, especially in adverse weather, but are not mandatory.

HALF	56 MILES	1 LAPS
FULL	112 MILES	2 LAPS

Cut off time: 10 hours 30 minutes from your start time



BIKE ELEVATION PER LAP



THAT WASN'T IT... THE COURSE CONTINUED

THE RUN

The run takes in the beauty of the Lakeside Way around Bull Crag peninsula; each lap will return to the event site to be cheered on by your supporters.

PLEASE NOTE: athletes are reminded that they are not allowed to throw litter, including bottles, onto the course at any point outside of the 'Litter Drop Zones'. Any athlete caught throwing litter will be disqualified.

HALF **13.1 MILES** **2 LAPS**
FULL **26.2 MILES** **4 LAPS**

Cut off time: 17 hours 45 minutes from your start time

RUN ELEVATION (PER LAP)



CUT OFF TIMES

If you are unable to make the following cut off times during the event, please respect our marshals and decision from the Event Directors who may ask you to leave the course. Any decision to ask you to do so is made due to health and safety and in accordance with the advertised cut off times you agreed to when registering. You are not permitted to continue in the event on your own or at your own risk. The following times are based on a 6.15am start time and will be adjusted on the day in the case of any delay to the start.

Full distance competitors who do not make the Swim or Bike cut offs will be allowed to continue and complete the Half distance for the remainder of the event.

	Total Time	Time of Day
SWIM Finish	2 hours 20 mins	08:35
BIKE Finish	10 hours 30 mins	16:45
RUN Finish	17 hours 45 mins	12:00

SOAK UP THAT FINISH

Take in what you have just achieved and soak up every second of that finishing straight. Our team will be on hand to celebrate and award you with your well-deserved medal and goodies.

Once you cross the line, event staff will be on hand to help you to remove your Chip BEFORE you leave the Finish Area. Please keep hold of your race bib as you will need to use this to access Transition and to collect any baggage.



BIKE COLLECTION

Please follow marshals instructions and respect other competitors who may still be in the middle of their race. To collect your bike you can access transition via a side entrance – please do not try to access via the live racing entrance/exit. You must show your race number to access transition, only you will be permitted access when it is safe to do so. You will be asked to show your race number and bike sticker on exit.

RACE RESULTS

New for 2024, your friends and family will be able to track you throughout the race using the following link: www.titaniumresults.co.uk Once you have crossed the finish line, you will also be able to get a print out of your results from the event information and timing tent located in the Event Village.

All results will be available through the above tracking link.

Keep your race number as a memento of the day!

PHOTOGRAPHS

Event photographers will be located and various positions on the bike and run courses, don't forget to smile for the camera when you see them! You can purchase your bundle of high-res images in advance at half price [HERE](#).

PRE-PURCHASE PHOTOS AT 50% OFF

PRESENTATIONS

There will be presentations for our top finishers in each discipline on the day, please listen out for announcements.

HYDROGEL DEPOTS AND SUPPORT CREW INFORMATION



We would like to thank event partner Maurten for providing your on course nutrition





Maurten is world-renowned for its endurance sports fuel and will be the Official Nutrition Partner for the event. We are extremely excited to be able to provide you with some of the best sports nutrition products available.

With the addition of Maurten to the event family, and working with them closely on our hydrogel depot plans. Maurten Hydrogel technology is trusted by the world's top endurance athletes - and to ensure you get the most out of it, we recommend checking out their Fuel Guides available below, and make sure you add Maurten into your training where you can. It is important to try nutrition products before race day so you know how your body is going to respond - and to dial in your race-fuelling strategy.



A variety of Maurten DRINK MIX and GELS will be available on both the bike and run courses and are show on the route maps included in this guide.

MAURTEN FUEL GUIDES FOR CYCLING AND RUNNING

BIKE ROUTE

LOCATION	ITEMS IT WILL INCLUDE:
20KM 110KM 	Water, Maurten 100 Hydrogels, 160 drink mix, Orange slices, Bananas, Flapjacks, Jelly Beans
38KM 128KM 	Water, Maurten 100 Hydrogels, 160 drink mix, Orange slices, Bananas, Flapjacks, Jelly Beans
61KM 151KM 	Water, Maurten 100 Hydrogels, 160 drink mix, Orange slices, Bananas, Flapjacks, Jelly Beans
Event Village 	Water, Maurten 100 Hydrogels, 160 drink mix, Orange slices, Bananas, Flapjacks, Jelly Beans

RUN ROUTE

LOCATION	ITEMS IT WILL INCLUDE:
FEED STATION 1 MILES 1, 7, 13, 19	Water, Maurten 100 Hydrogels, 160 drink mix, Coke, Orange slices, Bananas, Maurten Solid 225, Jelly Beans
FEED STATION 2 MILES 2, 8, 14, 20	Water, Maurten 100 Hydrogels, 160 drink mix, Coke, Orange slices, Bananas, Maurten Solid 225, Jelly Beans
FEED STATION 3 MILES 3, 9, 15, 21	Water, Maurten 100 Hydrogels, 160 drink mix, Coke, Orange slices, Bananas, Maurten Solid 225, Jelly Beans
FEED STATION 4  MILES 4, 10, 16, 22	Water, Maurten 100 Hydrogels, 160 drink mix, Coke, Orange slices, Bananas, Maurten Solid 225, Jelly Beans
FEED STATION 5 MILES 5, 11, 17, 23	Water, Maurten 100 Hydrogels, 160 drink mix, Coke Orange slices, Bananas, Maurten Solid 225, Jelly Beans
FEED STATION 6  MILES 6, 12, 18	Water, Maurten 100 Hydrogels, 160 drink mix, Coke, Orange slices, Bananas, Maurten Solid 225, Jelly Beans



Get used to it.



maurten.com

SUPPORT CREWS

This is going to be one tough but rewarding challenge, to help you get the best out of yourself, Support Crews are allowed for this event. This means that a designated team of a maximum of 3 people can provide you with nutrition whilst out on the course.

SUPPORT CREW RULES:

- Support crews can only be located at the designated feed stations as these have been identified as safe places to stop on an open road.
- Support crews must abide by the road closure that will be in place at 06:15 from Kielder Village to Saughtree; this means that any support crews that would like to be on the Bike Route Circuit north of Kielder Village need to cross the border before this time or use the diversion via the A68
- All support crews must register in advance with info@eventsofthenorth.com specifying which athlete they are supporting and their planned locations
- Athletes must not sit in support crew vehicles at any point of the race
- During the Run all support crews will need to access the route on foot
- Support Crews are not able to access transition

SPECTATORS

For spectators supporting in and around the Event Village area, please use the event parking indicated at Greenside Car Park opposite the Kielder Waterside entrance. This is a 10 minute walk from the start area. There are a small number of disabled bays available on site, please display your badge. Spectating of all disciplines is possible from the Event Village. You are welcome to walk out onto both the bike and run courses to spectate, please keep to the side and listen to marshals instructions and be aware of participants.

Refreshments will be available from The Northumberland Coffee Van from 5am on Sunday. On site food and drink offerings and indoor areas to sit include:

The Forest Bar & Kitchen – open 11am-3:30pm and 4:30pm-10pm on Saturday, **11am-3:30pm & 4:30pm-9pm** on Sunday

Shop – open 24/7 selling snacks, ice creams and pastries

Toilets are available inside the main building during opening times, there are also externally accessed toilets available to the back of the building when closed, as well as in the on-site shop. Please follow signage.



RULES TO KEEP IT FAIR

This event is licensed under the British Triathlon Federation; it is the competitor's responsibility to know and abide by the BTF rules. These can be downloaded [HERE](#).

AGE RESTRICTIONS

In line with the BTF Competition Rules, all athletes must be 18 or over on race day.

KEY RULES

1. LITTERING

All litter must be placed in bins or elsewhere specified by the Event Organiser

2. RACING CONDUCT

Everyone involved in your race is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Technical Officials, Event Organisers, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.

3. KNOW THE COURSE

Make sure you know which route to take – check out course maps and if it's unclear, ask the Event Organiser before race day. Marshals are there to ensure the safety of the event, not just to point you in the right direction!

4. RACE NUMBERS

Race numbers should not be worn during the swim, they should be left visible in your transition area. During the cycle stage, race

numbers must be visible from the back; during the run stage, race numbers must be visible from the front. Take care not to fold or damage your number.

5. ILLEGAL EQUIPMENT

Certain items are banned during the race – this includes MP3 players, mobile phones and personal video recording devices. Leave these outside transition.

6. HELMETS

Helmets must be clipped before the bike is touched, and remain done up until the bike is racked after the cycle stage.

7. DRAFTING

Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage. In middle and long distance events, the gap is 12 metres and the time allowed to pass through is 25 seconds. Full information about drafting can be found [HERE](#)

8. TRANSITION

Competitors should only bring into transition what is needed – a small bag can remain but large, bulky boxes are to be taken out of transition whilst the race is live.

PENALTIES

All penalties will be displayed in transition on the Penalty Board; these will be added to your race finish time unless a 3rd offence takes place which will result in disqualification and instant removal from the event.

	1st OFFENCE	2nd OFFENCE	3rd OFFENCE
MIDDLE LONG	5 mins penalty	5 mins penalty	DISQUALIFICATION

An appeal against a penalty can take place within ONE HOUR of your finish time. Please note appeals cannot be made against Technical Official's judgement calls which include but not limited to drafting and littering.

FURTHER INFORMATION | THANKS

MEDICAL

The safety of our athletes is our top priority; medical assistance will be available at all times athletes are on site. The MEDICAL AREA will be located adjacent to Transition and below the Event Village. There will be a medical presence at intervals around the route. If you are in need of assistance please speak to one of our marshals and they will contact our medical team for you.

RACE NUMBERS

All athletes will receive a race number when you register; this will need to be visible when you are on the BIKE and RUN legs. Your race number should be worn facing BACKWARDS on the bike and FORWARD on the run. We recommend a race number belt is used to allow for easy transfer of your race number.

ADDITIONAL BAGGAGE

Transition should be kept as clear as possible and only contain your race kit. There will be an additional baggage facility located next to transition for you to put your 'post race clothes' in.

You will receive a box which will have your race number allocated to it and will need your race number post event to collect your box from baggage.

WITHDRAWALS

If you withdraw from the race at any point from after you have registered and before you have started the swim, you need to inform RACE INFORMATION or email info@eventsofthenorth.com.

If you withdraw once you have started the event, please speak to a marshal and they will

report your withdrawal to event control. If you are out on the bike route, please withdraw at one of the feed stations and the Event Crew will arrange for your collection.

Please be aware that if you withdraw you will not be eligible for a Finishers Medal; this is a challenging event and the medal is a symbol of what has been achieved. We hope to see you return in future years to cross the finish line and conquer The Northumbrian.

RACE VOLUNTEERS

This event cannot take place without the support of our race volunteers; they are integral and help to support you through every part of the challenge. If you have friends and family supporting that may be willing to help with a feed station throughout the day then get in touch with volunteers@eventsofthenorth.com. All volunteers will receive food and drink, 2 items of Northumbrian kit, a free camping pitch, £25 towards petrol and a FREE entry into any of our Events of the North events*

*Free entry includes running events only, 50% discount is offered for The Northumbrian 2025 and Kielder Gravel Duathlon 2024.



**THANK YOU FROM ALL THE TEAM
AT EVENTS OF THE NORTH**



Please make sure to check the event website for the most up to date information.

THENORTHUMBRIAN.COM

Follow us on social media for live event updates:



@EVENTSOTN



/THENORTHUMBRIANTRI



@THENORTHUMBRIANTRI