



# QE2 Sprint Triathlon



**Tri Northumberland** invite you to Northumberland to take part in a sprint triathlon which in it's inaugural year was described as "**Exemplar**" by British Triathlon.



This is one of the first open water triathlons in the regions' calendar and has a superb venue. The QEII Country Park at Woodhorn near Ashington has a warm shallow sporting lake and extensive footways meandering through trees to the lake perimeter. This is a fast course which is **ideal for beginners and experienced triathletes alike** and starts with a 750m open water lake swim. The bike course follows a flat 23Km route

skirting the beautiful Northumbria Coastline and the event finishes with a 2 lap 5K run around the lake on well surfaced footpaths. All our events are pure and simple triathlons **focussed on the competitor** and this one is no exception. It's compact, has great balance and is set in a beautiful location. Once you've done it, we are sure, it will be at the top of your list for next season. There are good viewing points for spectators lots to do in the immediate area, so why not bring the family and make it fun weekend away.

In the weeks prior to this event, there will be coached sessions for all abilities, from beginners to experienced seniors.

Coaching will be provided by the regions' Swim Coach Specialist.



**The QEII Country Park** and the surrounding area has a wide variety of accommodation with options from camping and caravanning to B&B and excellent quality hotels. There's something to suit everyone's needs. Visit <http://www.visitnorthumberland.com/>



**Woodhorn Museum** is right next door. Loads to see and lots to do. Visit <http://www.experiencewoodhorn.com/welcome.htm>



There's a nice hotel and restaurant at the QEII Country Park. Visit <http://www.brewersfayre.co.uk/restaurants/details/?id=3555>

**For information and to enter <http://trinorthumberland.sweat365.com/>**