



Pre race Details Foremarke Hall Triathlon

FOREMARKE HALL SPRINT TRIATHLON – SUNDAY 2nd JULY 2017
Foremarke Hall School in Milton, South Derbyshire, DE65 6EJ

Supported by:



Pre-race information please read carefully

Welcome to the 7th running of the Foremarke Hall Triathlon located in Milton, South Derbyshire. This is a BTF sanctioned event and is promoted by PMA Racing. Please take the time to carefully study the pre-race information to ensure you have a smooth and enjoyable day.

Start times

Competitor start times will be listed on the website approximately 7 days before the event. Please remember your race number for registration.

Venue

The event will be based at Foremarke Hall School in Milton, South Derbyshire, which is located on the main Ingleby Road and is easily accessible from the A50 and A38.

The address is:-

Foremarke Hall
Repton Preparatory School
Milton
Derbyshire. DE65 6EJ

Car Parking

Parking will be located in the sports field just off the main Ingleby road, which will be clearly sign posted. Please use the new entrance between the HGV entrance and the school main entrance (signed HGV) and not the school main entrance, as this will be in use for the event. Please exit the car park at the new entrance at the end of the field adjacent to the lake. Please arrive in plenty of time to avoid rushing around!

Registration

Race registration will be in the PMA marquee on the top field near to the transition area and will be clearly sign posted. Registration will be open from 6:45am on Sunday. Please ensure that you register at least 45 minutes before your allocated start time.

Please show your BTF membership licence if you have paid the reduced BTF members fee. If BTF members cannot provide a licence be prepared to pay the £5 levy to ensure race day insurance.

You will be issued with 2 race numbers to be worn front and back and a bike sticker (this must be attached to your bike top tube for entry into the transition area).

You will also be issued with a race timing chip (this must be securely fastened to your left ankle).

Restrictions

No MP3 / ipod, or mobile phones may be used in transition or at any time you are racing

Pool based Triathlons - compression socks are not allowed.

Number Belts

Number belts for race numbers are permitted but ensure your numbers are clearly visible. Numbers should be visible on the back during the bike section and visible on the front during the run section. We advise that numbers are pinned 'back to back' avoiding the numbers to flap during the event.

Feed Stations

Science In Sport (SIS) are the official drinks sponsor of the Foremarke Hall Triathlon providing water and SIS energy drink. There will be feed stations on each lap of the run and at the finish area. There will be no feed station on the bike section and athletes are encouraged to use their own water bottle.

Transition Area (Opens at 07:00)

The transition area is located behind the hall on the large sports field and will be sign posted. This is where you will leave your race kit for the bike and run sections to change. The bike racking is numbered and competitors must rack accordingly.

Please ensure that you have your bike sticker clearly displayed on your frame before entering transition and that you have an approved hard shell helmet that must be worn for the duration of the cycle section. The race will be in progress from 8:00am to 11am so please be considerate to your fellow competitors whilst they are racing to avoid any congestion.

Once you have finished racing please remove your bike and clothing ASAP and remember that bikes can only be removed by showing your race number. Please take care of people that may still be racing. You must not unrack your bike until you have first fastened your helmet. After the bike section do not unfasten your helmet until your bike is racked. There is strictly no cycling in the transition area and bikes must be mounted/dismounted outside the area by instruction of a race official.

Relay teams

Only the cyclist will need to rack their bike, change-overs will take place at the allocated relay pen, which will be at the 'bike out' part of transition. Therefore the cyclist will perform both transitions and neither the swimmer, or the runner will enter the transition area. The swimmer will tag the cyclist - with one number attached to their back and the cyclist will tag the runner - the runner will have one number attached to their front.

Changing Facilities

The swimming pool changing areas are available to competitors only. Do not leave clothing and belongings in these areas.

Toilets

There will be a number of toilets located near to the Transition area and these will be clearly sign posted.

Race Briefing

There will be a number of race briefings throughout the course of the morning. These will take place near to the finish area and will be signed. This should take approximately 10 minutes. If this is your first triathlon it is recommended that you take this opportunity to listen to specific instructions where you can ask any last minute questions.

Briefings will be at the following times 7:45am, 8:30am, 9:15am

Spectators

Spectators will not be allowed on the poolside. No spectators will be allowed in transition and we ask that they avoid obstructing competitors or signs. The focus of the event will be near the transition area where the finish area, refreshments and trade stands will also be.

Spectators should not attempt to drive on the course, as this can be extremely dangerous.

Swim

Competitors should report to the poolside at least 10 minutes before your start time to allow for lane allocation. **If you miss your start you miss the race.** Do not forget your swim hat or timing chip provided at registration. Swimmers will be set off in waves of 6 (one in each lane). The swim is 400m (16 lengths) you will be responsible for counting your own lengths so please ensure that you do swim the correct number. Swim down one side of the lane and back down the other side as directed by the swim co-ordinator and only use the middle of the lane for overtaking. You will collect a swim hat on poolside and must return to the bucket prior to exiting the pool.

Swim to Bike Transition

You will exit the pool at the main entrance next to the mount/dismount line and follow the fenced path to the Transition area.

Bike section (20K) 1 lap

All major junctions will be both signposted and marshalled but cyclists should familiarise themselves with the route prior to competing.

Exit the grounds out of the main entrance, and turn left onto main Ingleby road. At Milton turn right (please take extra care) onto Milton Road continuing onto Brook end into Repton. At Repton island turn left onto Repton High Street, which leads onto Hartshorne Road and then Repton Road towards the village of Hartshorne. At the T-Junction turn left onto the A514 Ticknall Road to the village of Ticknall, onto the Ticknall Main Street. In Ticknall village turn left at the Church onto Ingleby Lane and continue to Ingleby, turn left at Ingleby cross roads onto Ingleby Road heading back to Foremarke Hall. Turn left into the grounds at the main gates back towards Transition. Dismount bike at the dismount line and rack bike in Transition.

You are reminded that the cycle is on open roads, so please ensure that you observe the rules of the road at all times. Time penalties will be issued by the race referee for infringements and experienced race officials will be on the course.

The cycle section is strictly a non-drafting/pacing event and is referred to in the British Triathlon rules which is available on the website www.britishtriathlon.org,

If a marshal tells you to stop at a junction or slow down leading up to a junction, it is for your safety.

Run section (5K) – 3 Laps

You must leave your helmet fastened until your bike has been racked. Then head for the 'Run Out' (opposite end to 'bike in') and proceed around the perimeter of the field and follow the run course around the lake. Please note that we have slightly changed the run course this year. After running past the main hall and SIS feedstation you will run back towards the transition area with the turnaround point being at the run out where you will collect a band and you will proceed to collect 2 bands. At the end of your third lap (you should be holding 2 bands) return back towards the finish chute under the PMA Racing inflatable gantry. This will be fully marshalled and sign posted.

Medical Advice

Please write all medical details and emergency contact numbers on the form, which is on the back of your race number. Whether you have a medical condition or not, if you feel unwell on race day – don't race!

Event Rules

The race is run in accordance with BTF rules, which can be seen on their website www.britishtriathlon.org or phone BTA HQ on 01509 226161. There will be a BTF race referee present throughout the day and any penalties will be at his discretion, these will be listed in the registration area.

Support

Please make this day one to remember and make a big effort to support fellow competitors to ensure everyone has an enjoyable day.

Marshalls

We are always in need of marshals on the course so if there are any partners or friends out there that are willing to help please get in touch with us.

Telephone 01332 513299.

Refreshments

Hot/cold drinks and light snacks will be available from 07:30 am near to the finish line.

Prizes and Presentation

We hope to have the prize presentation at approximately 12:00 near to the finish area. Prizes will be awarded in the following categories:

First 3 Overall Male and Female

First in each 10 year age group

First Relay team

Overall winners will not count for Age-Group prizes

PMA Race Multi Sports Series

Foremarke is race 1 of the PMA 2017 Multi Sports series and all competitors will be automatically entered into the series by completing a minimum of 3 out of the 4 events. There will be a Huub Archimedes (males) and Axena (females) wetsuit (worth £550) for the first male and female in the series as well as prizes for the top 3, vets and supervets winners.

Accommodation

Derby tourist information – Tel 01332 255802

Camping

Broomhills Farm (Sudbury) – Tel 01283 585390

Hill Farm (Barrow on Trent) – Tel 01332 705165

Results

Results will be available at www.pma-racing.co.uk soon after the event.

Please remember that all marshals are volunteers and are giving up their free time so that you can have a safe and enjoyable race.

Acknowledgements

PMA Racing would like to thank:

Foremarke Hall School

Huub

Science In Sport (SIS)
Total Fitness Nottingham (TFN)
Ultramedix
Triathlon England
All supporting marshals

PMA Racing

Email

events@pma-racing.co.uk

Phone

01332 513299

If you have any questions between now and the race day please either email us or call us on the above number.

Best of luck and we hope you have an enjoyable race.

Team PMA