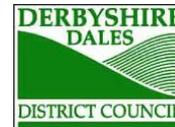




Pre-race Details
Ashbourne Aquathlon
19th May 2019
Ashbourne Leisure Centre
Ashbourne, Derbyshire

Supported by:



Pre-race information please read carefully

Welcome to the Ashbourne Aquathlon located in Ashbourne, Derbyshire.

This is a Triathlon England (TE) sanctioned event and is promoted by PMA Racing and supported by Ashbourne Triathletes. Please take the time to carefully read the pre-race information to ensure you have a smooth and enjoyable day.

Start times

Start times will be listed on the site 6 days before the event. Please remember your race number for registration. On-line entry/cashing of your cheque will act as confirmation of your race entry.

Your actual start time can be found on the link below:-

<http://www.pma-racing.co.uk/ashbourne-junior-aquathlon/>

Waves will start based on your submitted estimated swim time.

Tristar (8) – 12pm (50M Swim/600M Run)

Tristar 1 (9-10) – 12.05pm (150M Swim/1.5K Run)

Tristar 2(11-12) – 12.35pm (250M swim/2K Run)

Youth & TS3 (13-16) – 1.45pm (400M Swim/3K Run) (last wave at 3:05pm)

Please note that age is at 31/12/2019.

Venue

The race HQ is Ashbourne Leisure Centre – there is no parking at the actual venue.

The address is:- Ashbourne Leisure Centre, Station Road, Ashbourne, DE6 1AA

Car Parking

Please car share wherever possible to save fuel & take care of the environment. There are several 'pay and display' car parks in the Town, all within walking distance of the race HQ. Please ensure you arrive in plenty of time to park and make your way to Ashbourne Leisure Centre.

Car Parking information as below which includes the location, postcode and number of spaces:

LOCATION	POSTCODE	SPACES
Bus Station	DE6 1BW	39
Cattle Market	DE6 1ED	50
Clifton Road	DE5 1AA	36
Cokayne Ave	DE6 1EJ	119
Fishpond Meadow	DE6 1FN	125
Market Place	DE6 1ES	48
Shawcroft	DE6 1GD	191

There is limited amount of parking (300 spaces) at Waterside Retail Park nearby on Clifton Road (A515) but this is a short stay car park (max 4 hours free). Please don't get a parking fine!

Registration

Race registration will be in the PMA Marquee in the car park between the leisure centre and the finish area and will be open from 10.30am onwards on Sunday. Please ensure that you register at least 60 minutes before your allocated start time (after this period your race slot will be issued to the reserve list of competitors).

Please show your TE membership licence (card or online version) if you have paid the reduced TE members fee. If TE members cannot provide a licence be prepared to pay the £1 levy to ensure race day insurance.

East Midlands Series

Ashbourne Aquathlon is part of the East Midlands series and all members of Triathlon England are automatically entered to the series. It is imperative that your Triathlon England membership number was provided with your entry for the series co-ordinator to provide your scoring. If unsure please contact us beforehand or talk to us at registration on the day.

Parents

We realise parents can get very excited, but please bear in mind the event is for the children to enjoy themselves. Please do not follow you child on any sections of the course as this will only make it harder for marshals.

What to wear

Everyone must wear either a top/shorts or trisuit/costume.

Swim Trunks, swim costume or Trisuit, goggles (not compulsory)

Run T-shirt, vest which you will need to attach your number to or you can use a race number belt (essential if wearing a trisuit), shoes, shorts, socks (if required), towel if you want to dry off before putting trainers on.

Race Pack

Race Number (provided at registration)

In your race pack you will be issued with 2 race numbers to be worn on your front and back. Please complete your emergency information/allergies on one of the race numbers.

Timing Chip (provided at registration)

Race timing chip (this must be securely fastened to your left ankle)

Finisher Race T-shirt (you will receive this on completion of the race)

PMA Racing Event T-shirt (which you can wear with pride when you have finished racing!).

Feed Stations

There will be feed stations at the start of the run offering water only and after the tunnel on the run. TS1, TS2 TS3 and Youth will pass this.

Changing Facilities

The swimming pool changing areas are available to competitors only with secure lockers to leave any valuables. Do not leave clothing and belongings in these areas. Further temporary toilets will be available between the registration and the finish area and will be signposted. You are no longer permitted to leave bags or boxes in your personal transition area, however there will be a designated secure baggage area within the transition area.

Race Briefing

There will be a number of race briefings throughout the day depending on your age-category. These will take place near to the back of the leisure centre at the Transition area (Skateboard park) and will be sign posted. This should take approx. 10 minutes.

It is mandatory that all competitors attend the registration.

Briefings will be at the following times:-

TS1 & TS = 11.40AM

TS2 = 12:10PM

TR3 & YOUTH = 1.10PM

Spectators

Spectators will not be allowed on the poolside, but may view the swim from the spectator area. 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.

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.

Swimmers will be set off in waves of 5 (one in each lane) in the water with no dive starts being allowed.

The swim distances vary according to the category, and 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. Tumble turns are permitted.

Tristart – 50m 2 lengths	Tristar1 – 150m 6 lengths	Tristar2 – 250m 10 lengths	Youth & TS3 – 400m 16 lengths
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If you get into difficulty during the swim you can gain assistance from the walls or lane ropes

ONLY Frontcrawl and Breaststroke are permitted.

Swim to Run Transition

You will leave the pool through the rear door at the shallow end of the pool, out of the side door this will take you around the rear of the building and into the transition area.

Transition Area (Opens at 11.15am)

Please leave your running shoes, and any clothing in this area before you start.

A top and shorts or tri/swim suit must be worn at all times during the run.

The transition area is located in the area behind the leisure centre near the skateboard park

Nudity is not permitted and will result in disqualification.

Run section (Various Distances)

Tri Start (8) = 600M Run

TriStar 1 (9-10) = 1500M Run

TriStar 2 (11-12) = 2K Run

TriStars 3 & Youth (13-16) 3K Run

Event Rules

The race is run in accordance with BTF rules, which can be seen on their website www.britishtriathlon.org or phone BTF 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.

Photography

This event is being run in accordance with the BTF's Child Protection Policy. As such, anyone (parents, friends, coaches etc) wishing to take photos or videos at this event will be required to register (at registration) and wear identification through the race.

Sports Sunday will be in attendance and will provide free of charge photo's to all competitors, these will be available to download mid week following the race at www.sportsunday.co.uk

Refreshments

Hot/cold drinks and light snacks will be available near the registration/finish area.

Prizes and Presentation

We hope to have the prize presentation near the registration area. Prizes will be awarded in the following categories:

TS & TS1 Approximately 1.30pm

TS2 Approximately 2.45pm

Youth / TS3 Approximately 4.15pm

Prizes will be award to the Top 3 competitors (Boy & Girl) in each category (TS/TS1/TS2/TS3/Youth)

Ashbourne Triathlon Club

Ashbourne Triathlon Club will be in attendance where you will be able to discuss Triathlon, join the club or just get any information on the sport of Triathlon.

Acknowledgements

PMA Racing would like to thank:

Huub (wetsuit & accessory provider)

Ashbourne Triathlon Club

Bobble Hat Man

Derbyshire Dales Council

UltraMedix – Medical Assistance

StuWeb Timing

Results

Results will be available immediately after the event for your individual times through our timing partner Stu-Web with a full results listing on the Sunday evening at www.pma-racing.co.uk

PMA Racing Communications

Email events@pma-racing.co.uk

Web – www.pma-racing.co.uk

Twitter – follow us @pmaracing #ashbournetri2019 (get trending)

Facebook (Like our page at - <https://www.facebook.com/pmaracing>)

If you have any questions between now and the race day please either email us. Best of luck and we hope you enjoy your PMA experience. #ashbournetri2019

However, please note that our offices will be closed after Thursday 16th May and we will be unable to make any changes after this time.

Next PMA Racing Events

21st July - Blithfield Triathlon

750m Swim | 20k Bike | 5k Run 1500m Swim | 40k Bike | 10k Run

Ages are 15 & over with ages 15-19 there is a 50% discount.

15th Sept – Derby Triathlon

400m Pool Swim | 18k Bike | 5k Run

Ages are 15 & over with ages 15-19 there is a 50% discount.