

# DERBY SPRINT

# TRIATHLON

10.09.2017

# 26<sup>TH</sup>

400M SWIM - 18K BIKE - 5K RUN

**Pre race Details**  
**26th Annual Derby Triathlon**  
**Etwall Leisure Centre, Derby**  
**10th September 2017**

**Supported by:**

**tfn.**



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EVENT PHOTOGRAPHY

**ACTIVE**  
NATION

**Pre-race information please read carefully**

Welcome to the 26th Derby Triathlon located in Etwall, South Derbyshire.

This is a Triathlon England (TE) sanctioned event and is promoted by PMA Racing in conjunction with Derby Triathlon Club. 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 7 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/derby-sprint-triathlon/derby-sprint-triathlon-pre-race-details-start-list/>

### **Venue**

The race HQ is Etwall Leisure centre at John Port School, Etwall. The leisure centre is accessed by walking around the perimeter of John Port School. This will be clearly signed. Etwall is about 6 miles southwest of Derby off the A516 and is easily accessible from the A50 and A38.

The address is:- Etwall Leisure Centre, Hilton Rd, Etwall, Derby DE65 6HZ

### **Car Parking**

Parking is just off the main Etwall road on the edge of the village. This is a large field which will be sign posted.

There will be very limited parking within the school grounds (with a new one way system in operation) and this will be filled very quickly. **Do not park on the main road or in the church car park** (next to school) **as this will jeopardise the safety of all competitors and road users.**

### **Registration**

Race registration will be in the PMA Marquee next to the Transition area accessed between the football and tennis courts, and will be open from 6:15am onwards on Sunday. Please ensure that you register at least 45 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 if you have paid the reduced TE members fee.**  
**If TE members cannot provide a licence be prepared to pay the £5 levy to ensure race day insurance.**

### **Race Pack**

#### **Race Number**

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

#### **Timing Chip**

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

#### **Bike Sticker**

Bike sticker (which should be attached to your bike top tube)

#### **Finisher Race T-shirt (you will only 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, at the end of Sutton lane (1 mile and 2 mile) and also at the finish line offering water and Science In Sport Energy drink, who are the official nutritional sponsors of the event.

There won't be any feed station on the bike section and athletes are encouraged to use their own water bottle.

### **Transition Area (Opens at 06:30)**

The transition area is located behind the football pitches and can be accessed through the gate between the football pitches and tennis courts and the finish area, this 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 you have an approved standard of helmet.

No Helmet - No Race!

The race will be in progress from 7:30am to 1.00pm 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 race kit as soon as possible, always showing courtesy to other competitors who are still racing.

### **TFN (Retailer of the Year 2007-2016)**

Should you need any equipment beforehand give them a call on 0115 9222226, visit them at the shop in Beeston or visit their website [www.tfn.uk.com](http://www.tfn.uk.com)

### **Relay teams**

You will need to pass the timing chip between competitors, please make sure the chip is securely fastened on your ankle before you start your leg of the Race. Only the cyclist will need to rack their bike, change-overs will take place at the allocated relay area which will be at the far side of transition towards the bottom of the field.

The cyclist will perform both transitions (this includes leaving the helmet with the bike at all times) 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. 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 morning. These will take place near to the leisure centre/registration and will be sign posted. This should take approx. 10 minutes.

If this is your first triathlon it is recommended that you take this opportunity to listen to specific instructions, which are provided at the Race Briefing and where you can ask any last minute questions.

Briefings will be at the following times:-

***7:00am, 8:00am, 9:00am, 10:00am, 11:00am & 12noon***

### **Music**

No personal music or mobile phones may be used in transition or at any time you are racing.

### **Compression Socks**

Compression socks cannot be worn during the swim in pool based triathlons but can be put on in transition and worn on the bike and run.

### **Spectators**

Spectators will not be allowed on the poolside, but may view the swim from the spectator area or behind the back of the pool.

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.**

Swimmers will be set off in waves of 6 (one in each lane) in the water with no dive starts being allowed.

The swim is 400m (16 lengths) 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.

## **Only frontcrawl and breaststroke are permitted.**

### **Swim to Bike 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**

Please leave your bike, cycling shoes, running shoes, helmet, shades 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 bike and run.

Nudity is not permitted and will result in disqualification.

Prior to uncracking your bike you must ensure that your helmet is fastened and your race numbers are clearly displayed on your **back for the bike section and front for the run section**. Race number belts are allowed but we recommend that the numbers are attached 'back to back' and twisted around for each of the bike and run sections.

Please do not ride your bike within the transition area as a time penalty will be given. Do not mount your bike until the mount / dismount line, which is outside the transition area.

### **PMA Multi Sports Series**

Derby Triathlon is race 3 in 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 or Axena wetsuit for the first male and female in the series as well as prizes for the Top 3, and 1st vet and supervet.

The current standing after 2 races can be found on the link below:-

<http://www.pma-racing.co.uk/pma-race-series/>

### **Bike section (18K) 1 lap**

Upon leaving the school grounds (side entrance) turn left through Etwall village (please note pedestrian crossing). As you cycle through Etwall village please ensure that you cycle on the outside of the cones (runners in the event will be inside the cones). At the A516 roundabout take 2nd exit, **extreme caution**, this will take you down a country lane to a cross roads where you turn left onto Radbourne Lane. Continue down Radbourne Lane until Sutton On the Hill where where you take a right hand turn (landmark: church on right hand side) this will take you through the village and over the A50.

At T junction (Hilton) turn left onto A516. You will cycle over three roundabouts back towards Etwall. At Etwall island turn around (caution for oncoming cyclists) and retrace route back along A516. Taking first left back into Etwall village and enter transition area. This will be fully marshalled and sign posted

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](http://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)**

On returning to the transition area cyclist must dismount at the line. You must leave your helmet fastened until your bike has been racked. Then head for the 'Run Out' (opposite end to 'bike in') entrance and proceed around the perimeter of the grounds past the tennis courts and up the hill through the side path by the church. This brings you out at the front of the school in the village. Turn Left running on the inside of the cones and then take a left hand turn down Sutton Lane. The turning point is about 1 mile down this lane where you will retrace steps back towards the transition area and turn left to Finish. This will be fully marshalled and sign posted.

### **Event Rules**

The race is run in accordance with BTF rules, which can be seen on their website [www.britishtriathlon.org](http://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 a day to remember and make a big effort to support fellow competitors to ensure everyone has an enjoyable day.

### **Photography**

Race day photography will be provided by our friends at Sports Sunday, who will be able to capture such special moments so remember to smile.

Photographs this year are being provided free of charge courtesy of PMA Racing and will be available to be downloaded from the Sports Sunday website [www.sportsunday.co.uk](http://www.sportsunday.co.uk) after the Event.

### **Refreshments**

Hot/cold drinks and light snacks will be available from 07:00 am near the registration/finish area.

### **Prizes and Presentation**

We hope to have the prize presentation at approx. 2.30pm near the registration area. Prizes will be awarded in the following categories:

Top 3 in Overall Male and Female (do not qualify for age group prize)

1st in each 5 year age group for Male and Female.

1st Club (3 to count)

1st Corporate team (3 individuals to count – enter under same corporate team)

1st Relay

### **Derby Triathlon Club**

Derby Triathlon Club the hosts of this race 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)  
Total Fitness Nottingham (TFN – Triathlon retailer)  
Derby Triathlon Club (marshalls)  
Science In Sport (nutritional sponsor)  
UltraMedix – Medical Assistance  
Active Nation (Etwall Leisure Centre)  
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](http://www.pma-racing.co.uk)

### **PMA Racing Communications**

**Email** [events@pma-racing.co.uk](mailto:events@pma-racing.co.uk)

**Web** – [www.pma-racing.co.uk](http://www.pma-racing.co.uk)

**Twitter** – follow us [#derbytri2016](https://twitter.com/pmaracing) (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. #derbytri2017

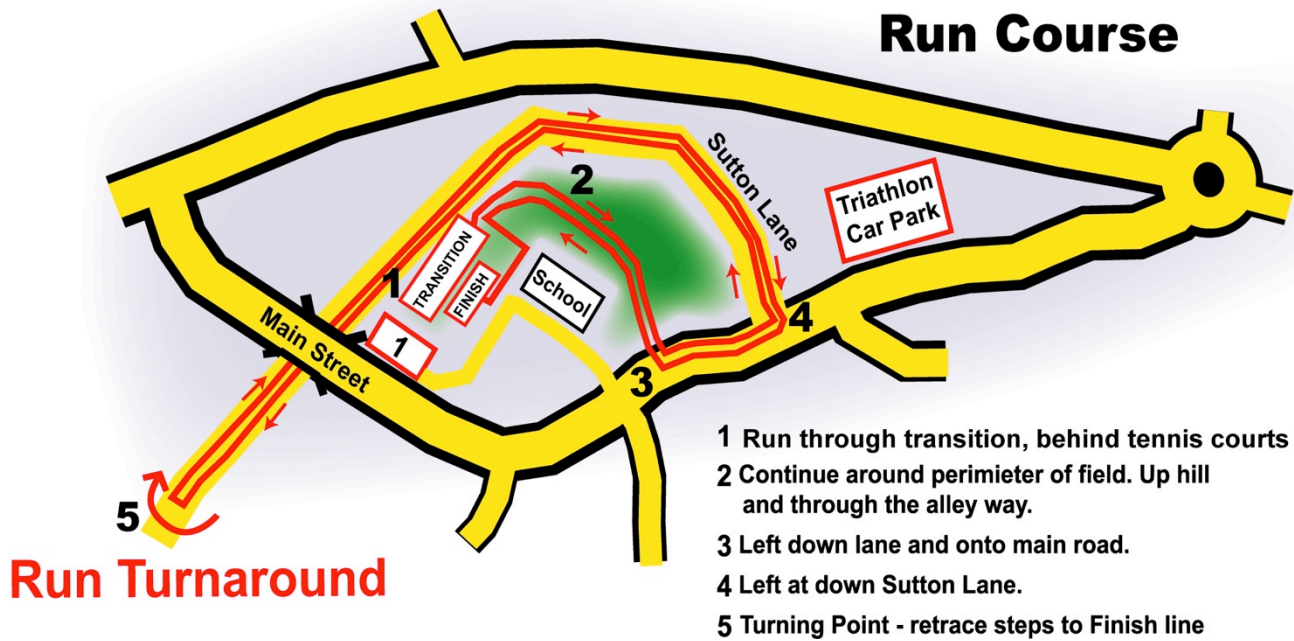
Our offices will be closed after Thursday 7<sup>th</sup> September and we will be unable to make any changes after this time.

# Course Map – Bike



- 1** Leave transition and turn left on to road
- 2** At Island go straight over (2nd exit)
- 3** T-Junction turn left
- 4** Turn right into Sutton on the Hill
- 5** Left into Hilton
- 6** Straight over at both islands
- 7** Turnaround at island back down dual carriage way
- 8** Left at T-Junction towards and left back into transition

# Course Map - run



**Next PMA Racing Event  
Carsington Duathlon,  
Carsington Water  
Ashbourne  
Derbyshire  
8th October 2017**