



BARTON MARINA TRIATHLON
SUNDAY 15th June 2014
500M Lake Swim
18K Bike
5K Run

Welcome to PMA Racing's Inaugural "*Barton Marina Sprint Triathlon*", which takes place on Sunday 15th June 2014.

Please read the race instructions below to ensure that you are well prepared and have a great race!

The Venue

Barton Marina is Staffordshire's unique canal-side attraction with something for everyone is situated on the Trent & Mersey canal and whether you arrive by car or boat it's a truly wonderful place to explore. It is not only the home to some fantastic eateries but also boasts super shopping and fabulous walks around the lakes and woodlands.

It is located less than 1 mile from the Barton under Needwood junction on the A38 between Lichfield and Burton on Trent in Staffordshire.

Barton Marina

Barton Turns

Barton Under Needwood

Staffordshire. DE13 8DZ

The Race

The Start List

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

Start Time

There will be one mass wave start, which will begin at 8am in the water. Swimmers will be checked into the water immediately after the race briefing and must wear the swim hat provided, race timing chip and race numbers.

Registration

Race registration will be in the High 5 marquee near to transition and will be open from 6.15am to 7.15am on Sunday morning only.

You will be required to show your BTF TA race licence for those that have paid the reduced entry fee and if this is not produced you will be required to pay the £5 levy charged by the BTF.

Please find your race number from the lists displayed before registering. You will be provided with a registration pack, this will include two race numbers, (numbers must be clearly visible on the front for the run and on the back for the bike), swim hat and a bike sticker. You will also collect your timing chip, please make sure this is securely fastened to your ankle. For relay teams the team captain will need to register, two numbers only will be provided (one for the runner and one for the cyclist).

Transition

Race equipment should be placed in the transition area prior to your race start. Please rack as directed by the race marshall, the racking will be numbered so please rack in your allocated space. Please ensure your bike is in a roadworthy condition and that you have an approved standard of helmet, this must be worn for the duration of the cycle section. You must not remove your bike from the racking without first securing your helmet and must not unfasten your helmet until your bike has been racked at the end of the cycle section. There is strictly no cycling in the transition area and bikes must only be mounted / dismounted in the designated area.

You will need your race number to gain access into and out of the transition area. Your bike frame sticker must be clearly visible on the top tube of your bike for security when entering and leaving transition.

The race will be in progress from 8:00am to 10am so please be considerate of your fellow competitors whilst they are racing to avoid any congestion.

Once you have finished racing please remove your bike and clothing but please take care around other competitors that are still racing.

Race Numbers

You will be issued with two body numbers, which must be clearly visible on your back for the bike and your front for the run. Elastic 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). Do not cut or fold these race numbers, as penalties will be issued for number mutilation. Relay Teams will be issued with 2 numbers with the cyclist wearing one number on their back and the runner wearing one number on their front. Please shout your race number when leaving transition.

Swim – 500M One Lap

Swimmers will be able to enter the water 10 minutes before the race start to warm up. The course is around the perimeter of the lake swimming in an anti-clockwise direction and will be identifiable with large inflatable orange swim buoys.

There will be a lead canoe and canoe safety cover located throughout the swim section so please ensure that you keep the canoeists on your left at all times.

All competitors please note: United Kingdom inland waters are not completely safe for swimming, although risk of disease are low and risks of serious infection are small, swimmers may be susceptible to infection through immune suppression, particularly if they are not in good health at the time of swimming. Therefore if you are unwell you should seriously consider the implications of racing

The lake temperature is likely to be 16-17°C and wetsuits are mandatory.

Canoes will be on hand to guide you and provide safety cover. If you get into difficulty, turn on your back and raise one arm; a canoe will then escort you to the bank. If you appear to be struggling in the swim, or if you have been in the water for a long time you may be pulled out.

Bike 18K – One Lap

All major junctions will be both signposted and marshalled but cyclists should familiarise themselves with the route prior to competing. Please find attached both a visual map route and a detailed descriptive route.

You are reminded that the cycle section is on open roads, so please ensure that you observe the rules of the road at all times. Any reported infringements, such as crossing white centre lines or failing to take due care will result in a DQ. Please ride on the left and overtake briefly on the right before returning to ride on the left.

The draft zone is a rectangle measuring **seven** (7) metres long by **three** (3) metres wide which surrounds every cycle on the cycle course. The front edge of the front wheel defines the centre of the leading three (3) metre edge of the rectangle." Athletes will have 15 seconds to move through the draft zone with overtaken cyclists ensuring that they drop back outside the zone once overtaken.

Time penalties will be issued by the race referee for infringements and motorcycle draft busters will be on the course ensuring that the BTF rules are enforced and also for safety cover.

Motorcycle referees will be in attendance to ensure the rules are adhered to.

Upon exiting transition onto the road adjacent to the mini-island within the Marina cyclists will continue out of the estate and turn left onto Barton Turn before turning left onto the main B5016 (Station Road) and through the village of Barton Under Needwood with cyclists being aware of parked cars and traffic calming measures. Cyclists continue along the main B5016 until Yoxhall and then turning left at the T junction onto the A515 (Bond End) before turning all the way around at the mini island and retracing steps back along the A515 back to Yoxhall and past the original turning point continuing along Main Street and King Street on the A515 and back to Yoxhall before turning left back onto the B5016. Cyclists will then head back towards Barton Under Needwood and continuing past the Barton Marina junction to the island and retrace steps back into the Marina grounds. The dismount will be immediately after the small island prior to running into Transition.

<http://www.pma-racing.co.uk/barton-marina-triathlon/barton-marina-triathlon-bike-course/>

Run 5K (2 laps)

Upon leaving transition through the 'run out' exit athletes will run in a clockwise direction around the large lake until $\frac{3}{4}$ of the way around will turn left and run along the path for 250M and run around a cone before retracing steps along the path and continuing along the waters edge. At the end of the big lake runners will run over the small bridge and run a lap around the small lake in a clockwise direction and back over the bridge and run back towards the transition. Runners will complete 2 laps and on completion of 2 laps will run down the finish chute under the PMA Racing inflatable gantry.

Race Briefing

There will be a race briefing at 07:40am at the waters edge. This should last approx. 10 minutes, all competitors are recommended to attend.

Race Day Programme

0615 – Registration Opens
0620 – Transition Opens
0715 – Registration Closes
0730 – Transition Closes
0740 – Mandatory Race Briefing (waters edge)
0750 – Swimmers warm up
0800 – Race Start
0807 – First swimmer exits water
0820 – Last swimmer exits water
0835 – First cyclist hits T2
0850 – First Finisher
1000 – Last Finishers (approximate time)
1030 – Prize Presentation

Feed stations

There will be a feedstation at the finish area and on the run offering High Five energy drink and water. There will be no feed station on the bike section and athletes are encouraged to use their own water bottle.

Facilities on site

Car Parking There is plenty of car parking at Barton Marina and there is no charge.

Toilets There are toilets at Barton Marina and will be open from 6am and duly signposted.

Medical Advice

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin etc) please inform us prior to the race by letter. Please write all medical details on the back of your race number and put a small indelible red cross on the front of your race number. Whether you have a medical condition or not, if you feel unwell on race day – don't race!

Marshalls

We are always in need of marshalls on the course so if there are any partners or friends out there that are willing to help please get in touch with via the contact details listed below.

Prizes and Presentation

The prize presentation will take place near the Transition area at approx. 10.30 with prizes awarded to the main categories for both events.

- 1st Junior (male & female under 20)
- 1st 20-29 Age-Group (male & female)
- 1st 30-39 Age-Group (male & female)
- 1st 40-49 Age-Group (male & female)
- 1st 50+ Age-Group (male & female)
- 1st Team (3 combined teams from same team/club)
- 1st Relay Team

Race Results

Results will be available on the PMA Racing website by Sunday evening via the Stu-Web timing systems

Race Day Photography

Will be provided by Sports Sunday www.sportsunday.co.uk

Acknowledgements

PMA Racing would like to thank:

Barton Marina (Waterfront)

Huub

High Five

TFN (Total Fitness Nottingham)

St Johns Ambulance

British Triathlon Federation (Robert Orgill)

All supporting marshalls

Contact Details

Website: www.pma-racing.co.uk

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tfn.

HIGH5
SPORTS NUTRITION