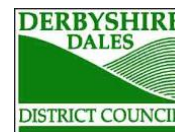




Pre race Details
Ashbourne Triathlon
19th May 2019

Ashbourne Leisure Centre, Ashbourne, Derbyshire

Supported by:



Pre-race information please read carefully

Welcome to the Ashbourne Triathlon 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/pre-race-details-start-list/>

Waves will start based on your submitted estimated swim time for 400M in descending order.

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

Venue

The race HQ is Ashbourne Leisure Centre

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! There is parking at Sainsbury's but this is limited to 2 hours only.

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 6.30am 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 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)

Feed Stations

There will be 1 feed station on the Tissington Trail near the Cycle Centre (0.5 mile and 2.5 mile) and also at the finish line offering water and 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 in Station Road, which will be closed for traffic during the morning of the race between the traffic lights and Church Street, which 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 not numbered, and competitors can rack anywhere. 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 8am to 12pm 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.

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 always) 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 unless the lockers are used. 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 several 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: -

Race Briefing 1 = 7.30am Race Briefing 2 = 9.00am

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.

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 5 (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 front crawl 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 located in Station Road.

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 always during the bike and run.

Nudity is not permitted and will result in disqualification.

Prior to unstrapping 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.

Bike section (17K) 1 lap

Upon leaving the transition area turn immediate left onto the A515 (Church Street) and continue to roundabout and take 2nd exit onto A52 towards Swinscoe (note other cyclists finishing the bike ride and do not follow these to the finish). Turn left onto B5032 to Middle Mayfield and follow the road and continue through Calwich, Ellastone leading onto the B5033 and Norbury before turning left onto Sides Lane and taking a left-hand turn (still on Sides Lane) to Clifton. At the T-junction turn left onto A515 and continue to roundabout and take 1st exit onto A52 for a short distance until the Ashbourne roundabout and take the 2nd exit back into Ashbourne (note that this is also used at the start of the bike course). Continue along A515 and turn right into transition (Station Road).

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)

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 towards the leisure centre and turn immediate right onto the Tissington Trail. The entire run is along the Tissington Trail and is simply 2.5K out and back. Please note other users of the trail maybe a potential hazard along with running through the tunnel that can be dark in places. At the end of the trail continue to the finish line which will be visible and located in the Leisure centre car park.

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

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 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. 12.30pm 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 10-year age group for Male and Female.

1st Relay

Ashbourne Triathlon Club

Ashbourne Triathlon Club are supporting 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)
Ashbourne Triathlon Club (marshals)
UltraMedix – Medical Assistance
Derbyshire Dales District Council
Bobblehat
StuWeb Timing

Results

Results will be available immediately after the event for your individual times through our timing partner Stu-Web with 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 [#ashbournetri2019](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 or call us on the above number. Best of luck and we hope you enjoy your PMA experience.

Our offices will be closed after Thursday 16th May and we will be unable to make any changes after this time.

Next Races

July 21st 2019- Bitfield Triathlon (open water) (Sprint including Aquabike) (0.75K/20K/5K) and standard distance (1.5K/40K/10K)

September 15th – 28th Derby Triathlon (Etwall) (400M/18K/5K)

Links to the Course Maps for the Bike & Run

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

<http://www.pma-racing.co.uk/ashbourne-triathlon/ashbourne-triathlon-run-course/>