



Pre race Details

Blithfield Open Water Triathlon & Aquabike

Blithfield Standard & Sprint Distance Triathlon – Sunday 21st July 2019
Blithfield Reservoir, Waters Lane, Abbots Bromley, Staffordshire WS15 3DU

Supported by:



Welcome to PMA Racing's "Blithfield Triathlons & Aquabikes" where we are organising 2 events, which take place on Sunday 21st July 2019. Please read the race instructions below to ensure the event runs smoothly and you are well prepared beforehand and ensure that your race details are correct on the start list:

<http://www.pma-racing.co.uk/blithfield-triathlon/blithfield-triathlon-pre-race-details-start-list/>

Should these be incorrect then please contact PMA Racing HQ by Wednesday 17th July. **Please note that our offices will be closed after 17th July.**

The Venue

The event HQ will be based at Blithfield Sailing Club in rural Staffordshire off Seedcroft Lane, which is located on the B5014 near Abbots Bromley with good access from the A50 & A38. The Sailing Club is signposted at the Seedcroft Lane entrance. The Sailing club address is:-

Blithfield Reservoir, Waters Lane, Abbots Bromley, Staffordshire WS15 3DU

See location map - <http://www.blithfield.org.uk/location/>

Accommodation

Contact the East Staffordshire Tourist Office on 01283 508111 or go to <http://www.enjoyeaststaffs.co.uk/>

Camping

On-site camping is available on site and will be clearly signposted. There are limited facilities (toilets & water only) and this is free of charge. There is no need to book – just turn up and pitch in the designated area.

Car Parking

Competitor car parking will be in a field near to the race start and you will be directed by race marshals. Please arrive in plenty of time to avoid rushing around. Please do not park outside the office building.

Toilets

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

Changing/Showers

There will be changing facilities and hot showers available at the Sailing Club.

Drinks & Food

Hot drinks will be available in the Sailing Clubhouse from 0615 and food will be available once the swim has started.

Dogs

Dogs are permitted but must be kept on a lead at all times and are not allowed into the Sailing clubhouse.

Registration

Registration will take place on the Sunday morning from 6.00am to 7.15am in the main Blithfield Sailing Club, which will be clearly signposted. Additionally you will be able to register between 4.30pm and 5.30pm on the Saturday evening.

You will be required to show your Triathlon England TA race licence for those that have paid the reduced entry fee. Either by card or electronic version. The £5 levy will be charged if you cannot produce your Licence.

On arrival at registration please find your race number on the lists provided displayed on the blue boards.

You will be issued with 2 race numbers, a timing chip, a swim hat and a bike sticker that must be displayed on your bike to enter the transition area for security reasons. It is imperative that your timing chip is securely fastened to your left ankle.

Race Briefing

There will be a mandatory race briefing near to the race start/transition area at 7.40am and will take approximately 10 mins.

Race Numbers

You will be issued with two 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.

Emergency & medical information should be provided on the back of 1 of the numbers in the event of an accident.

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.

Aquabike

We will be incorporating an Aquabike (swim/bike) into both events with competitors starting in the main race and will simply complete the same and after T2 will run straight for the finish line. Should you be unlucky with an injury and are unable to run then why not change to the Aquabike.

Transition

The transition area is located in the field adjacent to the Sailing Club. Racking of your equipment will only be allowed once registration has taken place and a bike sticker for security reasons is clearly displayed on your bike frame.

Race equipment can be placed in the transition area prior to the race start (only on the perimeter of the fencing and not near your own area). The racking is numbered so please rack against your corresponding race number. Please ensure your bike is in a roadworthy condition and that you have an approved hard shell helmet that must be worn for the duration of the cycle section. No competitor will be able to leave the transition area without first securing their helmet and must not be unfastened until the bike has been 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.

The transition area will open at 6.15am and close at 7.40am and you will not be allowed to remove personal belongings whilst the race is in progress. Evidence of your race number must be shown to gain access in and out of the transition area for security reasons. Your race number sticker must be clearly visible on your bike.

Please ensure your bike and personal belongings are removed after the race and by 12.00pm at the latest.

Swim

Sprint Distance – 750M One Lap

Standard Distance - 1500M Two Laps

The swim will start promptly depending on your wave in the water section to the right of the pontoon to the right of the Sailing clubhouse. Swimmers will be able to enter the water 10 minutes before the race start via the jetty near to the swim exit area where you will be counted in. The course is rectangular in shape and will be identifiable with large inflatable yellow PMA 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 18-22°C and wetsuits are likely to be optional. For weaker swimmers we suggest wearing a wetsuit for safety (and speed) reasons.

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 or one of the safety boats. 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 20K

Sprint Distance 20k One Lap

Standard Distance 40k Two Laps

After leaving transition and mounting bike in the Sailing Club car park turn left to the end of the private road onto Waters Lane and head out of the Sailing Club.

At the junction turn right along Seedcroft Lane (note this is a single track road and caution should be used) until arriving at the main cross roads and turn left onto the main Lichfield Road (B5014), which takes you through the village of Abbots Bromley through the High Street & Baggott Street. Please note that there are 3 sets of chicanes through the village.

Continue along Uttoxeter Road before making a left hand turn (signposted Rugely) onto the B5013 and over the main dam wall through the centre of Blithfield Reservoir and continue for approx.2 miles through Admaston and continue onto Colton Road (6 miles) before turning left at the Yorkshireman pub onto Blithbury Road (7.5 miles). Continue on the windey lanes for 2.5 miles before turning left at Blithbury crossroads back onto Uttoxeter Road (B5014), which continues onto Lichfield Road.

Cyclists will continue on Lichfield Road past Seedcroft Lane and repeat the course for lap 2. After reaching Seedcroft Lane on the main Lichfield Road turn left back up Seedcroft Lane towards the Sailing Club turning left down to Waters Road back into the Sailing Club.

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

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 **ten** (10) 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 TE rules are enforced and also for safety cover.

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

Bike course Map is below:-

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

Run

Sprint Distance 5k One Lap

Standard Distance 10k Two Laps

Once racked exit T2 at the 'Run Out' and head out around the back of the field and towards the dam along the waters edge following the off road path and through the gate onto Watery Lane towards the causeway. At the end of the road turn left

onto the dam wall and continue along the pavement turning around the cone ¾ of the way along the causeway and retrace steps back towards the finish area. The run turnaround will be just before the finish area and athletes will complete 2 laps. There will be a drinks station offering water only at the Watery Lane/Dam wall junction. There will therefore be a drinks station at 1.7K/3K/6.5K & 8.1K.

Upon completion of the 2nd lap athletes will finish along the finishing chute under the PMA Racing Inflatable gantry near to the Transition area.

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

There is a toilet located around 1K into the run should this be necessary.

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!

Sports Massage

Pre and post race massage will be provided for a small cost to aid recovery or deal with any injuries.

Prizes and Presentation

The prize presentation will take place near the Transition area at approx. 11.00am for the Sprint & 12.00pm for the Standard distance with a prize awarded to the main categories for both events.

- Senior Men – Top 3
- Senior Female – Top 3
- Vet Men (40-49) – Top 3
- Vet Female (40-49) – Winner
- Super Vet Men (50-59+) – Winner
- Super Vet Women (50-59) – Winner
- Ultra Vet Men (60+69) – Winner
- Ultra Vet Female (60+) - Winner
- Ultra Ultra Vet Male(70+) - Winner
- Junior Male Winner (Sprint only)
- Junior Female Winner (Sprint only)
- Relay

All competitors will receive a finishers t-shirt once they cross the line!!

Start Times

There will be three mass start waves: -

Wave 1 – 0800 = All Male Senior Competitors (Under 40) and All Female competitors (Standard Wave) **Blue** Swim hats (includes Aquabike and Relays)

Wave 2 – 0808 = All Male Vet competitors (Over 40) (Standard Wave) **Red** Swim hats

Wave 3 – 0835 = All Male and Female Sprint competitors **Blue** Swim hats (includes Aquabike and Relays)

Results will be available on the PMA Racing website (www.pma-racing.co.uk) or on the Stu Web race timing website (www.stuweb.co.uk)

Race Day Programme

0600 – Registration Opens

0615 – Transition Opens

0715 – Registration Closes

0740 – Mandatory Race Briefing (waters edge)

0740 – Transition Closes

0800 – Wave 1 start All Male Senior Competitors (Under 40) and All Female competitors (Standard Wave) **Blue** Swim hats (includes Aquabike and Relays)

0808 - Wave 2 - All Male Vet competitors (Over 40) (Standard Wave) **Red** Swim hats

0809 – First swimmer exits water

0835 – All Male and Female Sprint competitors **Blue** Swim hats (includes Aquabike and Relays)

0910 – Last swimmer arrives in T1
0920 – First Cyclist finishes and starts run
0935 – First Finisher (SPRINT)
1005 – First finisher (STANDARD)
1030 – Last Cyclist finishes and starts run
1130 – Last Finishers (approximate time)
1130 – Transition Area broken down – bikes & equipment to be removed
1200 – Prize Presentation

Acknowledgements

PMA Racing would like to thank:

- South Staffordshire Water PLC
- Stafford Triathlon Club
- Blithfield Sailing Club
- Huub Wetsuits
- British Triathlon Federation

Contacts

Any problems nearer the date please contact:

PMA Racing, Website: www.pma-racing.co.uk, Email: events@pma-racing.co.uk, Phone: 07493 045260

Social Media

Please follow us on Twitter @pmaracing with #blithfieldtri19 for trending

Please provide us with any positive feedback that you may have on the event to help improve the event for future years.

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

Team PMA