



# Pre race Details

## 29th Annual Derby Triathlon

### Etwall Leisure Centre, Derby

### 13th September 2020

**Supported by:**



### **Pre-race information please read carefully**

Welcome to the 29th 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. This event will be organised with Covid-19 measures so please take note of these changes.

#### **Start times**

Start times will be listed on the site 7 days before the event.

Please make sure you have your race number written on your hand in preparation for registering.

There will not be a list at 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/>

#### **Spectators**

Due to Covid-19 measures we need to mitigate this as much as possible and reduce the number of people to a minimum and therefore we are actively discouraging any spectators.

## **Health Questionnaire**

Please ensure you complete the Health Questionnaire link via the link on the website for anyone entering the grounds at Etwall (athletes, spectators & marshalls) and this must be completed on-line no later than Friday 11<sup>th</sup> September at 9pm.

## **Face coverings**

Whilst it is not mandatory to wear a face covering in the outside area of the grounds we encourage the use of face coverings at key pinch points (registration, transition security, toilet etc).

## **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

We will be operating a one-way system within the grounds so please follow the signs and avoid 'passing'.

## **Car Parking**

Parking is within the school grounds but this will be limited (with a new one way system in operation) and this will be filled very quickly.

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

**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.**

## **Arrival at the Leisure Centre**

Upon arrival at the Leisure Centre entrance each athlete will be temperature checked by a hands-free infra-red thermometer, and checked that the Health Questionnaire has been completed. Under NHS guidance a fever is considered above 38 degrees. If you display symptoms of COVID-19, please do not race.

<https://www.nhs.uk/conditions/fever-in-adults/>

If you develop symptoms within 14 days after the event and are tested positive, please contact us at [events@pma-racing.co.uk](mailto:events@pma-racing.co.uk)

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

## **Registration**

Race registration will be in the PMA Marquee next to the Leisure Centre and will be open from 6:15am onwards on Sunday.

Please ensure that you register within your allocated registration and this will allow sufficient time ahead of your race start.

Please ensure you write your race number on your hand since the registration team will be unable to do this with the new guidelines

**Please show your TE membership licence (either card or electronic) if you have paid the reduced TE members fee.**

**If TE members cannot provide a licence (either by card or electronic version) 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 and a bike sticker.

Please complete your emergency information/allergies on one of the race numbers. Do not do this at

registration, move away from registration once you have collected your race pack.

### **Timing Chip**

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

At the finish area, please remove your timing chip and strap and place them into the buckets provided. The volunteers cannot do this for you due to social distancing measures

**Please be aware that any Unreturned timing chips will incur a fee of £50 each!**

### **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!).

### **Safety Pins**

No safety pins will be available on race day. Please ensure you bring your own.

### **Feed Stations**

There will be 1 feed station on the run and it is located at the end of Sutton lane (1 mile and 2 mile) and also at the finish line. There will be water & energy drink and you must help yourself to the cups and not self serve from the drinks barrells. Our volunteers on the feed stations will fill the cups with water but cannot hand it to you.

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

### **Active Ginger**

"Natural Ginger Sports Drink Active Root will be providing hydration at this year's Derby Triathlon!

"If you want to try Active Root before your race, you can get your free sachet

here: <https://activeroot.co.uk/pages/pmaracing>

"And if you end up loving it and get a PB on race day, make sure you use the exclusive discount code 'PMARACING' to get 15% off any Active Root order!"

### **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, 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 numbered and competitors must rack accordingly. Please ensure that you have your bike sticker clearly displayed on your frame before entering transition and you are wearing an approved standard of helmet.

No Helmet - No Race!

Racking will be more spread out to adhere to social distancing.

The race will be in progress from 7:30am to 11.30am 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.

There is no separate bag drop area so please leave your items near your racking slot.

Once you have finished racing please remove your bike and belongings and exit the 'Transition Out' at the opposite end of the Transition area near to the finish line.

### **Relay teams**

As the relay teams are all family members, you can pass the timing chip between you, 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.

The timing chip will be placed into a small box in the relay changeover area and each relay team will have their own small box with their race number.

### **Changing Facilities**

There will be no changing areas in operation either before or after the event and you must arrive 'race ready' underneath your clothing.

There will be temporary toilets available between the registration and the finish area and will be signposted.

### **Race Briefing**

**This can be accessed via the attached link**

<https://youtu.be/oTtZTvHIUXk>

### **Music**

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

### **Compression Items (socks/calf or arm)**

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

### **Spectators**

There will be no access to spectators in the pool area.

**Spectators should not attempt to drive on the course, as this can be extremely dangerous.**

### **Swim**

**If you miss your start you miss the race.**

Competitors should report to the swim start (outside the Leisure centre near the main doors 10 minutes before your start time and follow the queue (2m in line with social distancing - you will move to the next point every 30 seconds). No swim caps will be provided and you can bring your own, however, they are NOT mandatory.

Swimmers will be set off in 30 second intervals in Lane 1 in the water with no dive starts swimming anti-clockwise. The swim is reduced to 300m (12 lengths) and will take the snake formation so each swimmer will swim 2 lengths in each lane so 2 lengths in lane 1, dip under the lane rope, swim 2 lengths in lane 2 etc and exit from the shallow end in lane 6. 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 unranking 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 (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.

### **Finish Area**

Pre filled cups will be available at the finish area. Please serve yourself to the cups. Do not use the water barrels.

Please ensure you remove your timing chip and Velcro strap and return them into the correct bucket at the finish area.

Our finish line volunteers will be wearing PPE (face covering and gloves) but will not be able to assist you in removing your timing chip and strap.

### **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.

### **Refreshments**

Due to being a COVID-compliance race and to ensure that there are as little gathering as possible there will not be any refreshments ie burger van, ice cream man on site.

### **Prizes and Presentation**

There will be no formal prize presentation this year but prizes (a trophy and Huub prize) will be awarded to the first finisher in each 10 year age-group and the overall top 3 male and female finishers. The top 3 finishers do not count as an AG winner.

Once all the competitors have completed racing we will keep a list of the race winners at the registration tent and so if you think you have won please ask at registration and we can pass on your prize or make necessary arrangements for you to collect your prize.

### **Acknowledgements**

PMA Racing would like to thank:

Huub (wetsuit & accessory provider)  
British Triathlon Federation  
Derby Triathlon Club (marshalls)  
Active Root (Nutrition)  
UltraMedix – Medical Assistance  
Active Nation (Etwall Leisure Centre)  
StuWeb Timing

### **2021 Derby Triathlon**

The 30<sup>th</sup> edition is provisionally set as Sunday 19<sup>th</sup> September 2021 – keep it free in your diary!

### **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)

You will not be able to print off your results but your results will be sent to your mobile phone through SMS within 30 minutes of you completing the race.

### **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)

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

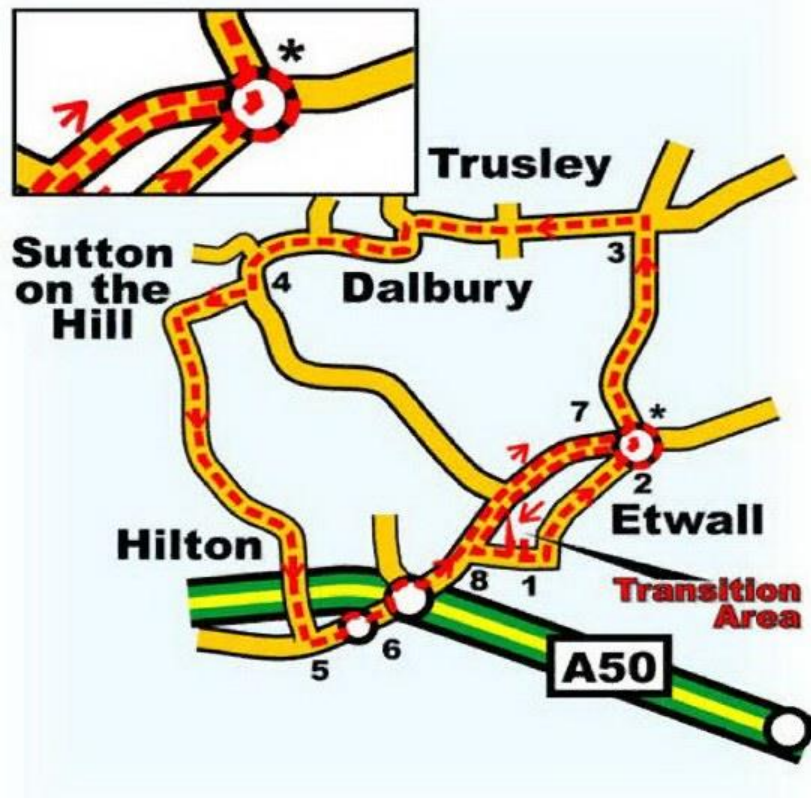
**Twitter** – follow us @pmaracing #derbytri2020

**Mobile:** 07585 380215

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. #derbytri2020

Our offices will be closed after Thursday 11<sup>th</sup> September and we will be unable to make any changes after this time.

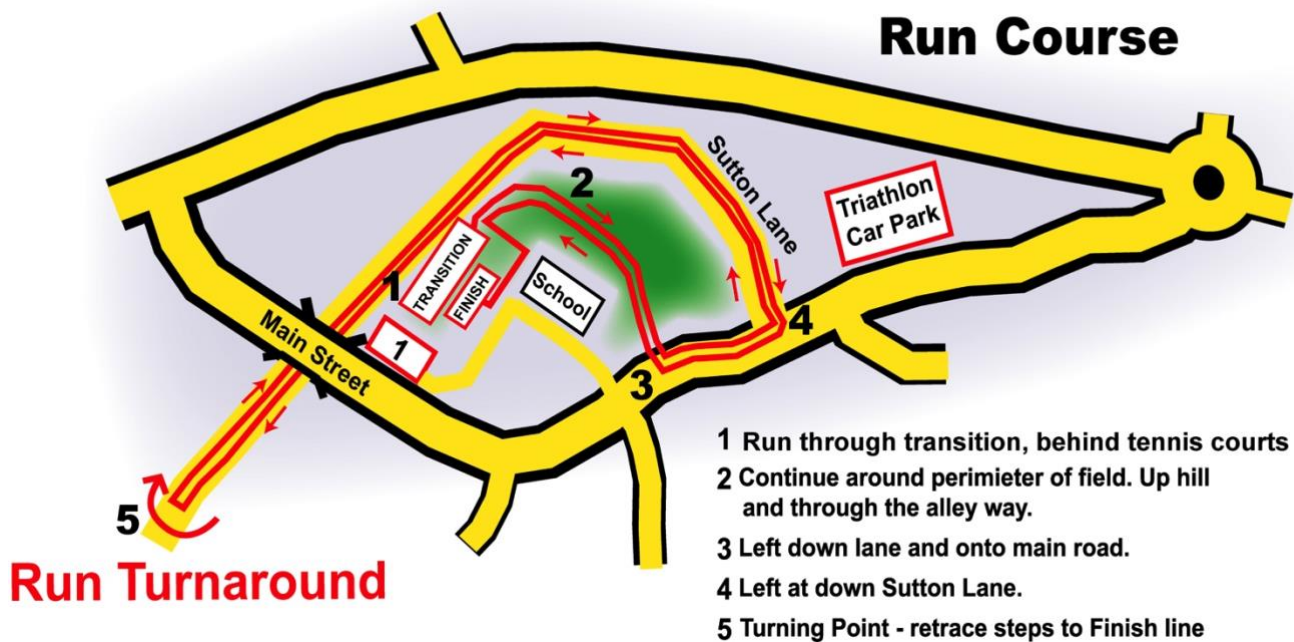
# **Course Map – Bike**



- 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

### Run Course



- 1 Run through transition, behind tennis courts
- 2 Continue around perimeter of field. Up hill and through the alley way.
- 3 Left down lane and onto main road.
- 4 Left at down Sutton Lane.
- 5 Turning Point - retrace steps to Finish line