



Pre race Details

Locko Park Open Water Triathlon & Aquabike

Sunday 25th July 2021
Locko Park, Nr Spondon, Derby. DE21 7BW

Supported by:



Welcome to PMA Racing's inaugural "Locko Park Triathlon & Aquabike" which take place on Sunday 25th July 2021. 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:

There will be 4 waves, starting between 8:00am – 8:30am, the final start list and waves times will be published on our website on 19th July 2021 and will be access via the attached link:-

<https://pma-racing.co.uk/locko-park-start-list/>

Should these be incorrect then please contact PMA Racing HQ by Wednesday 21st July. [Please note that our offices will be closed after 21st July.](#)

The Venue

The event HQ will be based at Locko Park Estate just outside of Derby Nr Spondon. Please use the main entrance via Locko Road

Locko Park, Nr Spondon, Derby. DE21 7BW

Covid-19

The race will take place after freedom day. Hand sanitisers will be available at know hotspots (ie. Registration & toilets). Is won't be mandatory to wear a mask. Once we have further guidance from British Triathlon we will publish it on our website, in the meantime, please ensure personal responsibility at the race on Sunday for your own safety and wellbeing.

Camping

On-site camping is available on site (from 12.00 noon) and will be clearly signposted. There are limited facilities (toilets & water only) and this is charged at £5 per pitch. If you haven't pre-booked please email us at events@pma-racing.co.uk and pay on the day.

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.

Toilets

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

Changing/Shower

There will be no shower and changing facilities.

Drinks & Food

Hot food & drinks will be available to purchase near the transition area.

Ice Cream – Bluebells

'Bluebells Ice Creams are made on our family farm on the Locko Park Estate at Spondon, using the milk from our own cows. This creamy milk is combined with the very finest ingredients to give a delicious artisan ice cream- the same as Italian Gelato but with our own very British twist. Our Ice creams possess 13 Great Taste Awards, as well as The Varnelli Trophy in Italy, where we beat the Italians at Ice Cream making'

Dogs

Dogs are permitted but must be kept on a lead at all times.

Registration

Registration will take place on the Sunday morning from 6.00am to 7.15am at the main PMA marquee, which will be clearly signposted. You will be required to show your Triathlon England TA race licence electronically for those that have paid the reduced entry fee. The £5 levy will be charged if you cannot produce your Licence.

On arrival at registration please ensure you have your race number, which will be found on our website from 19th July via the attached link

<https://pma-racing.co.uk/locko-park-start-list/>

You will be issued with 2 race numbers, a timing chip, a swim hat and a set of stickers (bike, helmet & swim hat) and you must display your stickers 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 detailed recorded race briefing provided by Thursday evening and any last minute changes will be briefed 15 minutes ahead of your designated start time on the water's edge.

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 next to the lake. 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 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 11.00am at the latest.

Wave Times

Wave 1 – 8.00am (1-50) Navy Blue Hats

Wave 2 – 8.10am (51-100) White Hats

Wave 3 – 8.20am (101-150) Light Blue Hats

Wave 4 – 8.30am (151-200) Black Hats

Swim – 750M (2 laps)

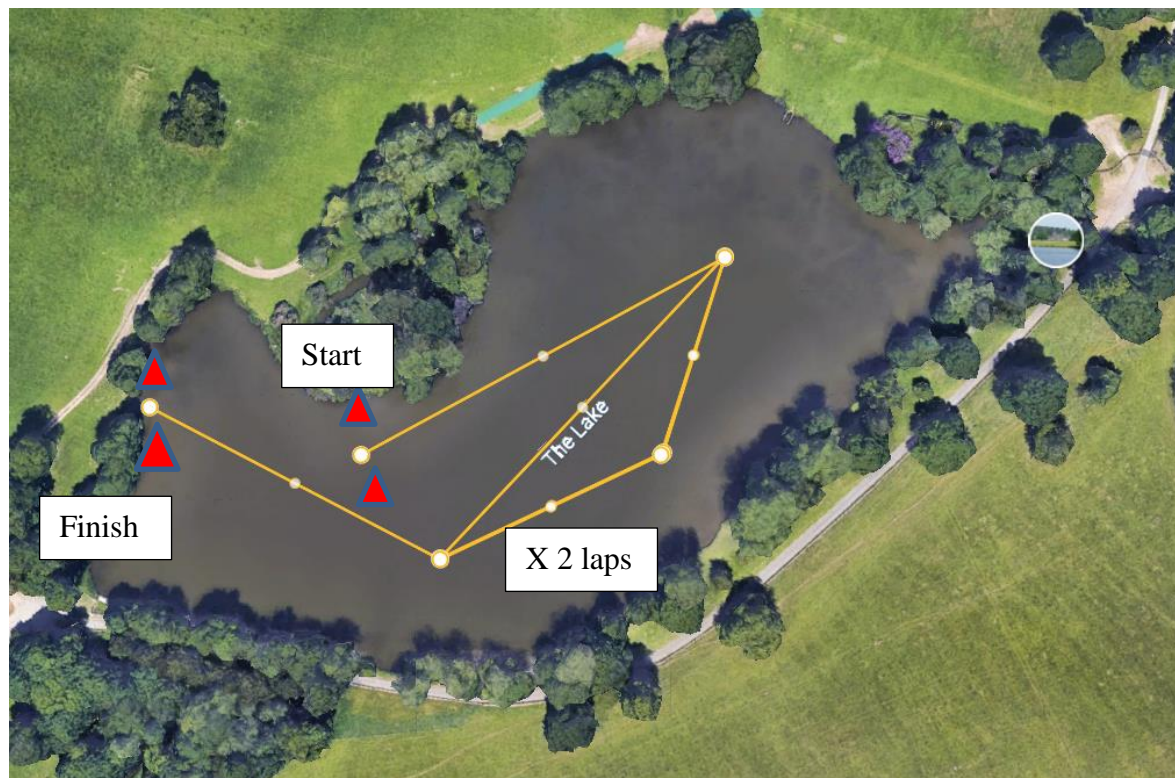
The swim will start depending on your wave in the water section to the right of the bank to the right approximately 70M from the swim finish. Swimmers will need to arrive 15 minutes before the designated wave start time and will be allowed into the water 8 minutes prior to the start time and be counted in. The course is rectangular and will be set off in small waves between the 2 Huub inflatable swim buoys and will swim in a clockwise direction identified by 3 large inflatable PMA swim buoys with the first buoy 150M from the start. After 2 laps proceed to the finish and swim between 2 (different Huub buoys) and exit the water. Marshalls will be on hand to help you exit the water, which is a little silty near the bank. Keep the PMA buoys on your right at all times.

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. 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 21K (One Lap)

The mount/dismount line will be immediately after exiting the field on the private road with a slight uphill so make sure that you are in an easy gear and exit out of the grounds to the main entrance.

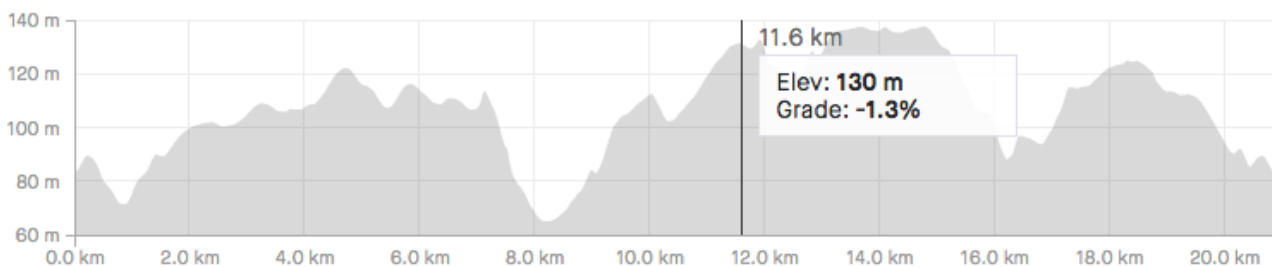
Turn left onto Locko Road and continue until turn left at Sancroft Lane (1.6K) and then proceed through the housing estate until turning onto the main Dale Road (2.6K) and then continue until turning left onto Cat & Fiddle Lane (7K). Continue until turn right (ensure caution) onto Station Road (8.9K) and continue to West Hallam before turning left onto Belper Road (10.1K) and continue to the traffic lights at the Rose & Crown pub junction (12.5K). A filter lane will be in operation with Traffic control measures but please be extra cautious as you will be descending. Continue along Main Road back into Oakwood before turning left at Lime Road (16.9K) and then continue until turning right (extra caution needed) onto Morley Road (18.5K) and turn left shortly back onto Locko Road (18.8K) and then turn left back into the Lock Park estate back along the private road (20.5K) before dismounting after the dismount lane.

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:-

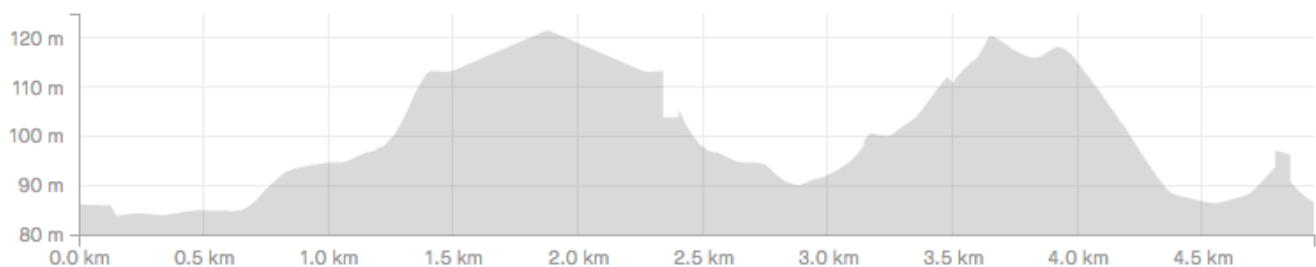
★ **Locko Park Bike Course PMA**

[Print](#)[Export GPX](#)[Export TCX](#)[Edit](#)[Duplicate](#)

Run (5K) (1 lap)

Once racked exit T2 at the 'Run Out' and follow the path out of the gate next to the bike exit and follow the private road section along the lake and upto the house along the drive and continue along the trail before turning around the cone and retrace turn steps. After the gate near the house turn right onto the field and follow the market out course for 1 lap of the field before finishing down the hill near to the Transition by the lake. There will be a feedstation (on a self serve basis) providing water and Active Root energy drink based near the gate at the 1K and 3K mark into the run.

★ **Locko Triathlon Run Course**

[Print](#)[Export GPX](#)[Export TCX](#)[Edit](#)[Duplicate](#)

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 by Optimum. Optimum Derby are a Sports Injury Clinic who emphasise the importance of finding the source of the problem not just assessing the symptoms. They have a team of therapists who

have vast experience and knowledge of working with GB track and field athletes, British Ski and Snowboard athletes and many more motorsport professionals. <http://www.optimum-derby.co.uk/>

Prizes and Presentation

The prize presentation will take place near the Transition area at approx. 11.00am.

- Senior Men – Top 3
- Senior Female – Top 3
- Winners in the following categories for Male & Female:-
- Junior
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70+
- Relay

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

Results

Results will be available on the PMA Racing website (www.pma-racing.co.uk) or on the Titanium race timing website <http://www.titaniumracetiming.co.uk>

Photos

There will be professional photographers out on the course and you will have an opportunity to buy the pictures following the event and these will be available within 48 hours of the event taking place.

<https://davebutteryphotography.zenfolio.com/p395762400>

(Add QR code)

Acknowledgements

PMA Racing would like to thank:

- Active Root Energy Drink
- Titanium Race Timing
- All volunteers
- Locko Park Estate
- 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

We are on Instagram, Twitter and Facebook so please find us @pmaracing and follow us for the latest updates.

Please provide us with any constructive feedback that you may have on the event to help improve the event for future years on Racecheck <https://racecheck.com/races/locko-park-triathlon/>

Next Races

Ashbourne Triathlon & Junior Aquathlon – 22nd August 2021

Derby Triathlon – 19th September 2021

Cycle Derby Spring Sportive – 24th April 2022

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

Team PMA

