



Pre race Details

30th Annual Derby Triathlon

Etwall Leisure Centre, Derby

19th September 2021

Supported by:



Pre-race information please read carefully

Welcome to the 30th 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 will act as confirmation of your race entry (please ensure you check the entry list beforehand).

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/>

Covid-19 Guidelines

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

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

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

The Race HQ is at the Leisure Centre with signage directing athletes to the registration tent.

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 timeslot as this will allow sufficient time ahead of your race start.

Please ensure you write your race number on your hand since there will be no competitor listing displayed in the registration area.

Please show your TE membership licence (electronic) 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, a bike sticker & helmet sticker. There will be **no** pins at registration so please bring your own.

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).

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!).

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 (Active Root) and you must help yourself to the

cups and not self serve from the drinks barrels.

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!"

Transition Area (Opens at 06:30) NEW LAYOUT 2021

The transition area is located behind the swimming pool on the overflow car park (tarmac surface). 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

Please remove the timing chip at the relay changeover point in the transition 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.

Changing Facilities

There will be access to the changing toilets in the leisure centre to get changed - please do not use the temporary toilets to get changes because this causing unnecessary queues.

Race Briefing

This will be posted on line by Sunday 12th September 2021

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 (400M/16 Lengths)

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 3 minutes). No swim caps will be provided and you can bring your own, however, they are NOT mandatory.

Swimmers will be set off in waves of 6 every 3 minutes and must start in the water (shallow end) and complete the 400M and remain in the same lane swimming in the prescribed direction at the start of the event. Any overtaking should be made in the middle of the lane and you should be swimming with similar abilities providing you have submitted an accurate swim time. 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. (This year it is a much shorter run into Transition).

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 uncracking 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

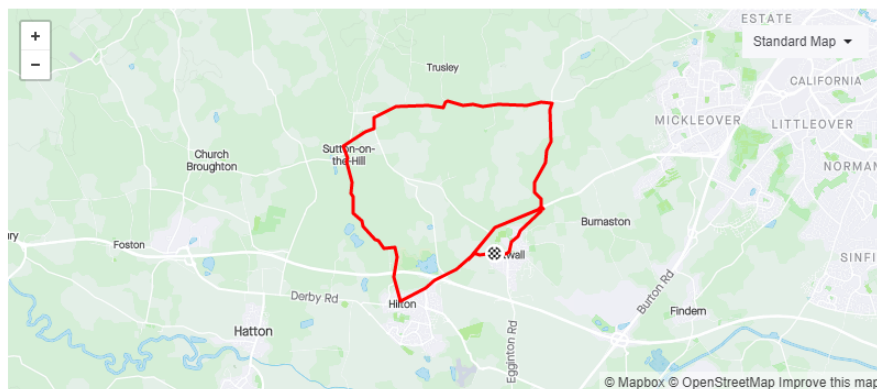
Upon leaving the school grounds (side entrance) turn left through Etwall village (please note pedestrian crossing). As you cycle through Etwall village please ensure that you cycle on the outside of the cones (runners in the event will be inside the cones). At the A516 roundabout take 2nd exit, **extreme 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

If a marshal tells you to stop at a junction or slow down leading up to a junction, it is for your safety.

★ Derby Triathlon Bike Course

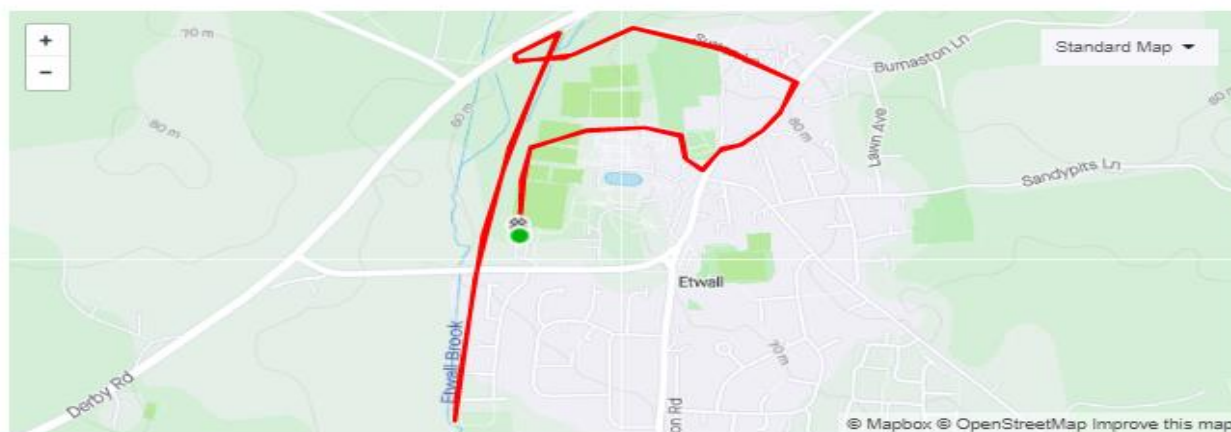
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Run section (5K)

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.

★ Derby Triathlon Run Course

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

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.

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.

Refreshments

Posh Nosh will be on site and have hot and cold drinks & food available to purchase throughout the morning.

Prizes and Presentation

We estimate that we can have a prize presentation around 12.15pm in the PMA Registration Marquee just outside the leisure centre. Prizes will be awarded to the first finisher in each 5 year age-group and the overall top 3 male and female finishers. The top 3 finishers do not count as an AG winner.

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 (Etwell Leisure Centre)
StuWeb Timing
Big Bobble Hat

2022 Derby Triathlon

The 31st edition is provisionally set as Sunday 18th September 2022 – 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

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.

Photography

There will be a photographer in attendance and will provide, for a small fee, photographs, which will be available to download a few days after the event.

PMA Racing Communications

Email events@pma-racing.co.uk

Web – www.pma-racing.co.uk

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

Twitter – follow us @pmaracing #derbytri2021

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. #derbytri2021

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