



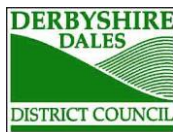
# Pre race Details

## Ashbourne Triathlon

### 14th May 2023

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**

Please remember your race number for registration. On-line entry will act as confirmation of your race entry. Your actual start time can be found on the link below: -

<https://pma-racing.co.uk/ashbourne-triathlon/>

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

**Please note that age is at 31/12/2023.**

## **Venue**

The race HQ is Ashbourne Leisure Centre

The address is: - Ashbourne Leisure Centre, Station Road, Ashbourne, DE6 1AA

**There is no parking at the actual venue.**

## **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. If you are parking in the town centre please access the HQ/Registration at the walkway entrance next to the Leisure Centre and proceed past the crossing point.

Car Parking information as below which includes the location, postcode and number of spaces:

<b>LOCATION</b>	<b>POSTCODE</b>	<b>SPACES</b>
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 Sainbury'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 6.15am onwards on Sunday. Please ensure that you register within 60 minutes to ensure you have sufficient time to put your numbers on your kit, rack and arrive on poolside.

**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 £6 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. Race belts are allowed and we recommend placing your race numbers together but the number must be visible on your bike during the cycle section & on the front during the run.

### **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 seat pin)

### **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 Active Root 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 06:20am)**

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 seat pin before entering transition and you are wearing (clipped) an approved standard of helmet. No Helmet - No Race!

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. The transition area will be dismantled and the road opened again by 1pm.

### **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**

**This will be uploaded to the website 3 days before the event**

### **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 (accessed through the main reception) 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 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 (17K) 1 lap**

Upon leaving the transition area turn immediate left onto the A515 (Church Street) and continue to roundabout and take 2<sup>nd</sup> 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 1<sup>st</sup> exit onto A52 for a short distance until the Ashbourne roundabout and take the 2<sup>nd</sup> 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](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 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](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.

### **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**

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.

[Ashbourne tri \(Mick Hall Photos\) \(photohawk.com\)](http://photohawk.com)

### **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. 11.45am near the registration area. Prizes will be awarded in the following categories:

Top 3 in Overall Open and Female (do not qualify for age group prize)

1st in each 10-year age group for Open 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.

<http://www.ashbournetriathlonclub.co.uk/>

### **Acknowledgements**

PMA Racing would like to thank:

Huub (wetsuit & accessory provider)

UltraMedix – Medical Assistance

Bobblehat

British Triathlon

Ashbourne Triathlon Club (marshals)

Derbyshire Dales District Council

Titanium Timing

## **Results**

Results will be available immediately after the event for your individual times through our timing partner Titanium Racing with full results listing on the Sunday evening at [www.pma-racing.co.uk](http://www.pma-racing.co.uk)

## **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)

**Twitter** – follow us [#ashbournetri2023](https://twitter.com/pmaracing)

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

## **Peak Tri Store**

At Peak Tri Store we offer top-quality products for your cycling and triathlon events. Located in the Peak District, we offer a large range of different products, including entry and pro level bikes, wetsuits, running shoes, nutrition, recovery equipment and much more. With a full workshop for cycle repairs and servicing.

For more information visit our website

<http://peaktristore.co.uk> or find us on instagram @peaktristore

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 11<sup>th</sup> May and we will be unable to make any changes after this time.

## **Next Races**

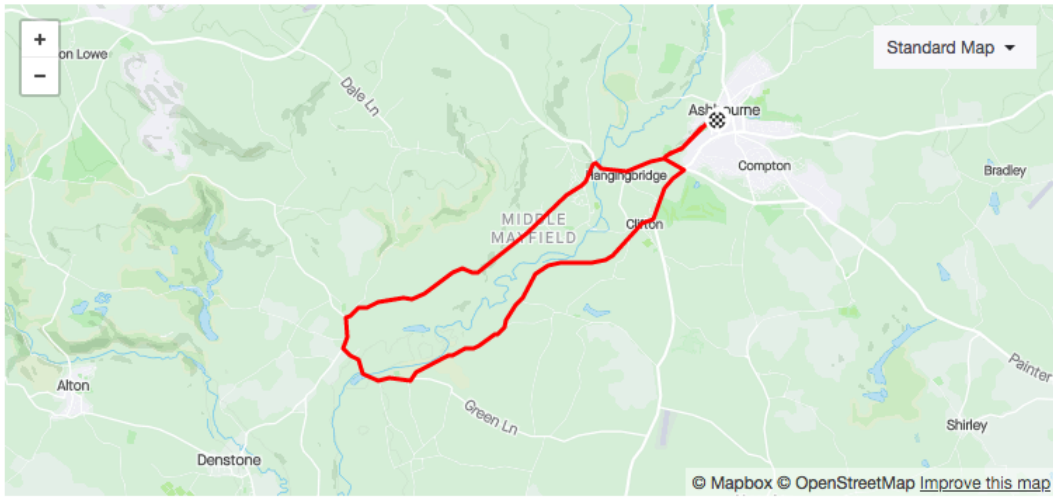
August 20<sup>th</sup> – Blithfield (open water) Triathlon & Aquabike (750M swim/21K Bike/5K Run) or (1.5K swim/40K Bike/10K Run)

September 17<sup>th</sup> – 31<sup>st</sup> Derby pool Triathlon (Etwall) (400M swim/18K Bike/5K Run)

## Course Maps

### ☆ Ashbourne Tri - Bike course

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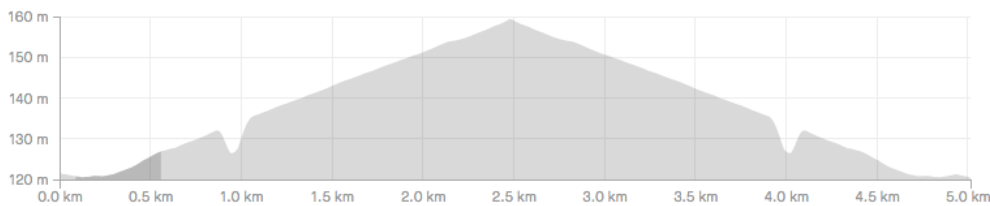
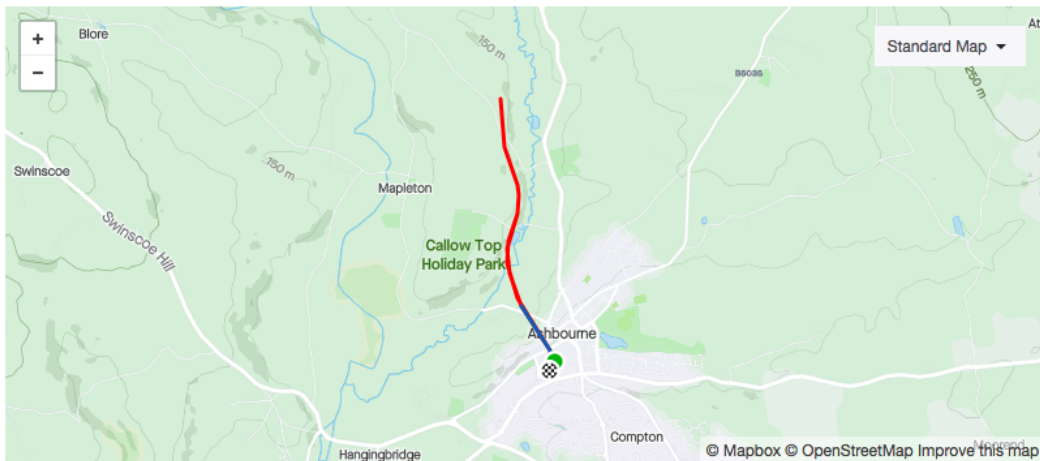
<https://www.strava.com/routes/11788444>

Surface – Road  
Elevation – 248M

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

### ★ Ashbourne Tri - Run course

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<https://www.strava.com/routes/2859360360424279954>

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