



Pre race Details

Ashbourne Triathlon

17th May 2026

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 separate attached start list.

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

Please note that age is at 31/12/2026.

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 so do not attempt to park at the Leisure Centre.

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.

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

LOCATION	POSTCODE	SPACES
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 Sainsburys but this is limited to 2 hours only. Please don't park on nearby roads as this will only add to the traffic congestion at the start & end of the bike.

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 of your designated start time to ensure you have sufficient time to put your numbers on your kit, rack and arrive on poolside.

Please ensure you know your race number and have a digital copy of your British Triathlon membership card (should you have indicated this on your entry) to avoid complications at registration. If you had elected to buy a Race Pass when you originally entered you will be covered but if you stated that you are a BTF member and you have a non valid license be prepared to buy a Race Pass beforehand.

The Race Pass (formerly Day Membership) is a British Triathlon membership product. All participants who enter a race at a permitted event must be a Core or Ultimate annual British Triathlon member or purchase a Race Pass. A Race Pass includes:

- A race licence
- Membership to the sport on the day of the event
- Third-party public liability insurance

Please show your British Triathlon membership licence if you have paid the reduced BTF members fee.

If BTF members cannot provide a valid licence be prepared to pay the £8 levy to ensure race day insurance to purchase through the BTF portal prior to registration.

If you do need to purchase a new race pass day license (should you have paid the discounted entry when you entered and not actually have a valid license) you can purchase this through the QR code below:-



Race Briefing

There will be various in person race briefings in the Transition area (near the swim exit) which will be signposted at the following times:-

Race Briefing 1 – 7.15am

Race Briefing 2 – 8.15am

Race Briefing 3 – 9.15am

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. If you pre-purchased an event T-shirt then you will collect at registration.

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 at the back of the pool, with access at the side gate near to the Transition In/Out and will be clearly signposted.

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 bikes and specific race kit in the designated area. 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 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 within the transition area and will be clearly signposted.

The cyclist will perform both transitions (this includes leaving the helmet with the bike always). 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.

Music

No personal music, mobile phones or handheld camera devices 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 immediately 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 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 a short run (approx.200M) at School Lane.

Bike section (17K) 1 lap

Upon mounting your bike continue up School Lane before turning left onto Mayfield Road and continue to roundabout and take 1st exit onto Carnation Way (note other cyclists finishing the bike ride and do not follow these to the finish). At the large island take the 3rd exit onto the A515 on Clifton Road towards Uttoxeter and continue for approx.5K passing Darley Moor and then turn right onto Cockshead Lane signposted to Ellastone.

Continue for 4K before turning right onto Sides Lane and taking a left-hand turn (still on Sides Lane) to Clifton Take care as this is a fast descent. At the T-junction turn left onto A515 and continue to roundabout and take 1st exit onto A52 for a short distance until the Ashbourne roundabout and take the 2nd exit back into Ashbourne (note that this is also used at the start of the bike course). Continue along Mayfield Road before turning right onto School Lane and dismounting your bike at the dismount line.

Run along the pavement and across the car park in the designated area before entering Transition.

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.

Run section (5K)

Head for the 'Run Out' sign and proceed towards the finish area, staying on the right hand side of the finish area onto the Tissington trail. The entire run is along the Tissington Trail and is a 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 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 complimentary photographs, which will be available to download a few days after the event.

<https://search.mickhall-photos.com/galleries/pma-ashbourne-tri>

Refreshments

Hot/cold drinks and light snacks will be available from 07:00 am near the registration/finish area.

Finish

On completion of the event you will be provided with a custom finisher medal & refreshments. Please also ensure that you remove your timing chip in the box provided.

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 and you must be in attendance to collect your prize or make arrangements for someone to collect on your behalf:

Top 3 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)
Derbyshire Dales District Council
British Triathlon

Ashbourne Triathlon Club (marshals)
Peak Tri Store
Active Root (nutrition)

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

PMA Racing Communications

Email events@pma-racing.co.uk

Web – www.pma-racing.co.uk

Twitter – follow us @pmaracing #ashbournetri2026

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

Instagram @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

www.peaktristore.co.uk or find us on instagram @peaktristore

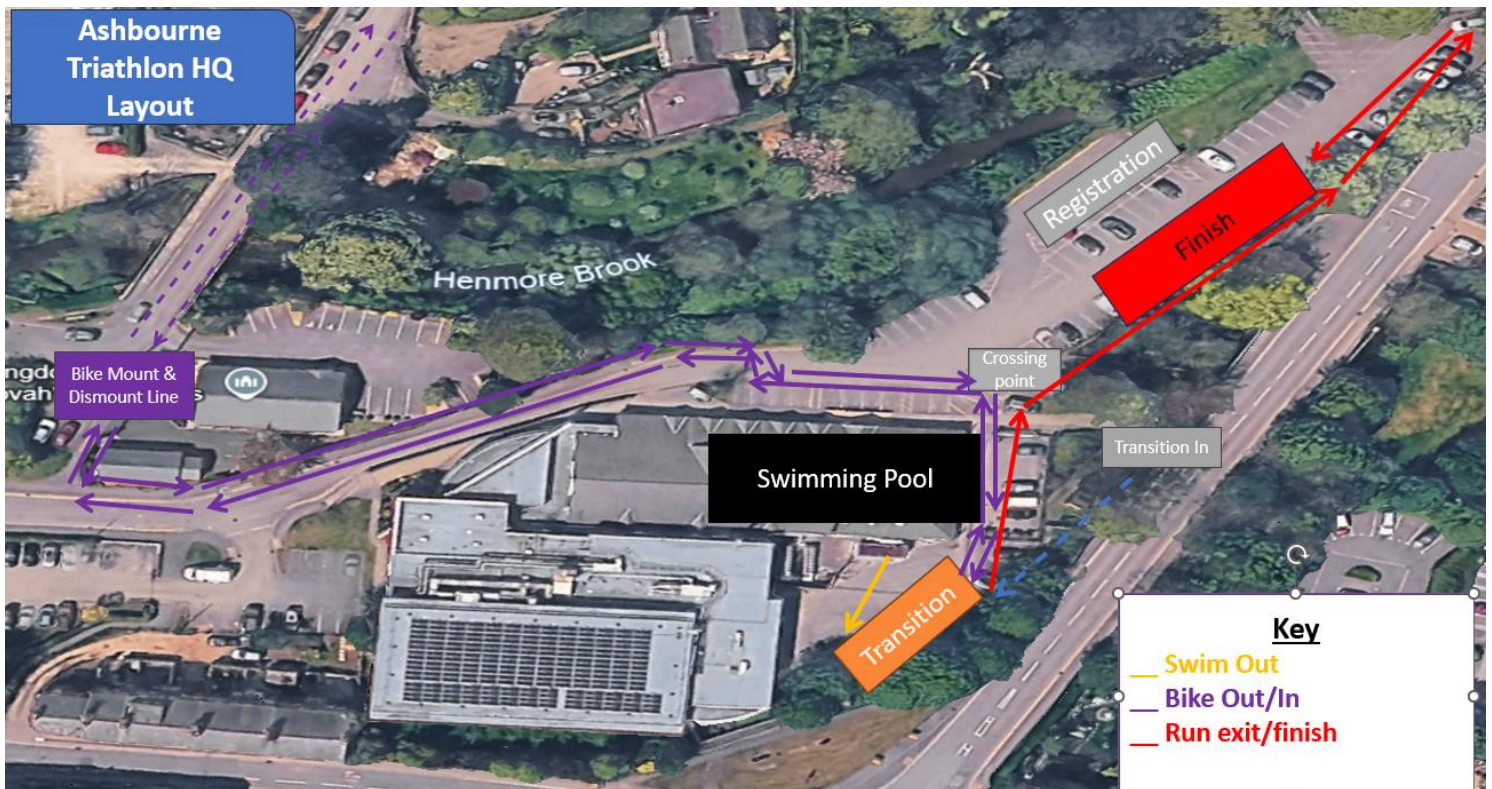
If you have any questions between now and the race day, please either email us or call us on the above number. Best of luck and we hope you enjoy your PMA experience.

Our offices will be closed after Thursday 14th May and we will be unable to make any changes after this time.

Next Races

August 17th – Blithfield (open water) Triathlon & Aquabike (1.5K swim/40K Bike/10K Run) or British & English Aquathlon Championships (750M swim/5K run)

September 13th – 35th Derby pool Triathlon (Etwall) (400M swim/18K Bike/5K Run)



Course Maps

Ashbourne Triathlon 2026 Bike Course

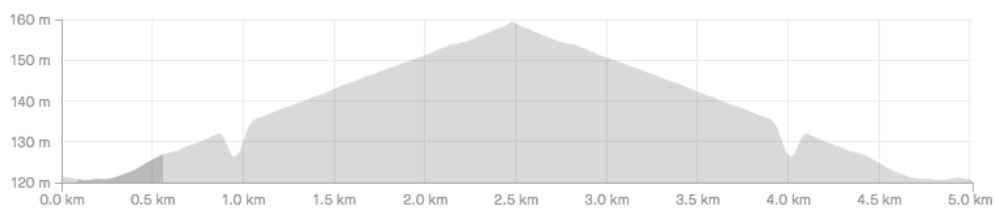
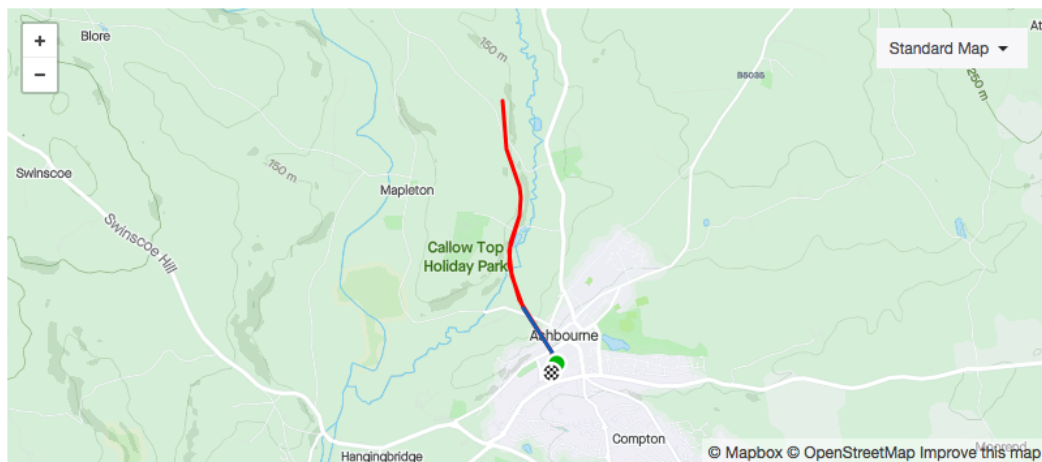
Type  Distance 18.0 km Elev Gain 181 m



<https://www.strava.com/routes/3488601874944301832>

★ Ashbourne Tri - Run course

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



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

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