



Pre race details

**Blithfield Sprint Aquathlon incorporating
2026 English & British Aquathlon Championships
– Sunday 16th August 2026**

Blithfield Reservoir, Waters Lane, Abbots Bromley, Staffordshire WS15 3DU

Supported by:



Welcome to PMA Racing's "**Blithfield Sprint Aquathlon**", which take place on Sunday 16th August 2026. 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 that accompanies this email:

Should these be incorrect then please contact PMA Racing via email by Wednesday 12th August. **Please note that our offices will be closed after 13th August.**

The Venue

The event HQ will be based at Blithfield Sailing Club in rural Staffordshire off Seedcroft Lane, which is located on the B5014 near Abbots Bromley with good access from the A50 & A38. The Sailing Club is signposted at the Seedcroft Lane entrance.

Please note that the site is on private land and so you will be unable to park at the Sailing Club nor run on part of the course prior to the event weekend.

The Sailing club address is:-

Blithfield Reservoir, Waters Lane, Abbots Bromley, Staffordshire WS15 3DU

See location map - <http://www.blithfield.org.uk/location/>

What3words = ///springing.stove.comically

Accommodation

<https://www.enjoystaffordshire.com/accommodation>

Camping

Unfortunately, there is strictly **no** camping available on site this year at the request of the landowners due to the high risk of fires. Should you wish to camp there are a number of campsites nearby, with some of them listed below:-

- The White Lodge site
- Rugeley Riverside Camping
- Forestside Farm

Car Parking

Competitor car parking will be in a field near to the left of the main Blithfield gates adjacent to the office building) and you will be directed by race marshals. Please arrive in plenty of time to avoid rushing around. Please do not park outside the office building. Follow directions for the short walk over the field to the PMA Registration tent (5-minute walk).

Vehicles will not be able to leave the site for safety reasons until the last cyclist is back at HQ, which we estimate to be around 10.30am. The main entry road will be closed from 7.30am so if spectators are planning to attend, please ensure they arrive by this time.

Toilets

There will be a number of toilets (in the Sailing club house), and temporary toilets located near to the Transition area, and these will be sign posted.

Changing/Showers

There will be changing facilities and hot showers available at the Sailing Club.

Drinks & Food

Hot drinks will be available in the Sailing Clubhouse from 6.30am and food will be available once the swim has started.

Dogs

Absolutely No Dogs are allowed (please don't put the event in jeopardy) and ensure you communicate this to family and friends.

Please leave your dogs at home due to the presence of livestock, wildlife and ground-nesting birds within the protected SSSI.

Registration

Registration will take place on the Sunday morning from 6.30am to 7.15am in the PMA large marquee situated next to the Transition area, which will be clearly signposted. Additionally, you will be able to register between 5.00pm and 6.00pm on the Saturday evening.

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 digital British Triathlon membership licence if you have paid the reduced BTF member's fee. If BTF members cannot provide a valid licence be prepared to pay the £8 levy to ensure race day insurance and to purchase through the BTF portal prior to registration. If you paid for a Race Day Pass when entering, there is no need to pay again.

If you do need to purchase a new race pass day license you can purchase this through the QR code below: -



You will be issued with 1 race number, a timing chip and a swim hat and a hat. It is imperative that your timing chip is securely fastened to your left ankle.

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

Race Briefing

There will be a mandatory race briefing near to the swim exit inflatable/transition area at 7.55am and will take approximately 10 mins.

Race Numbers

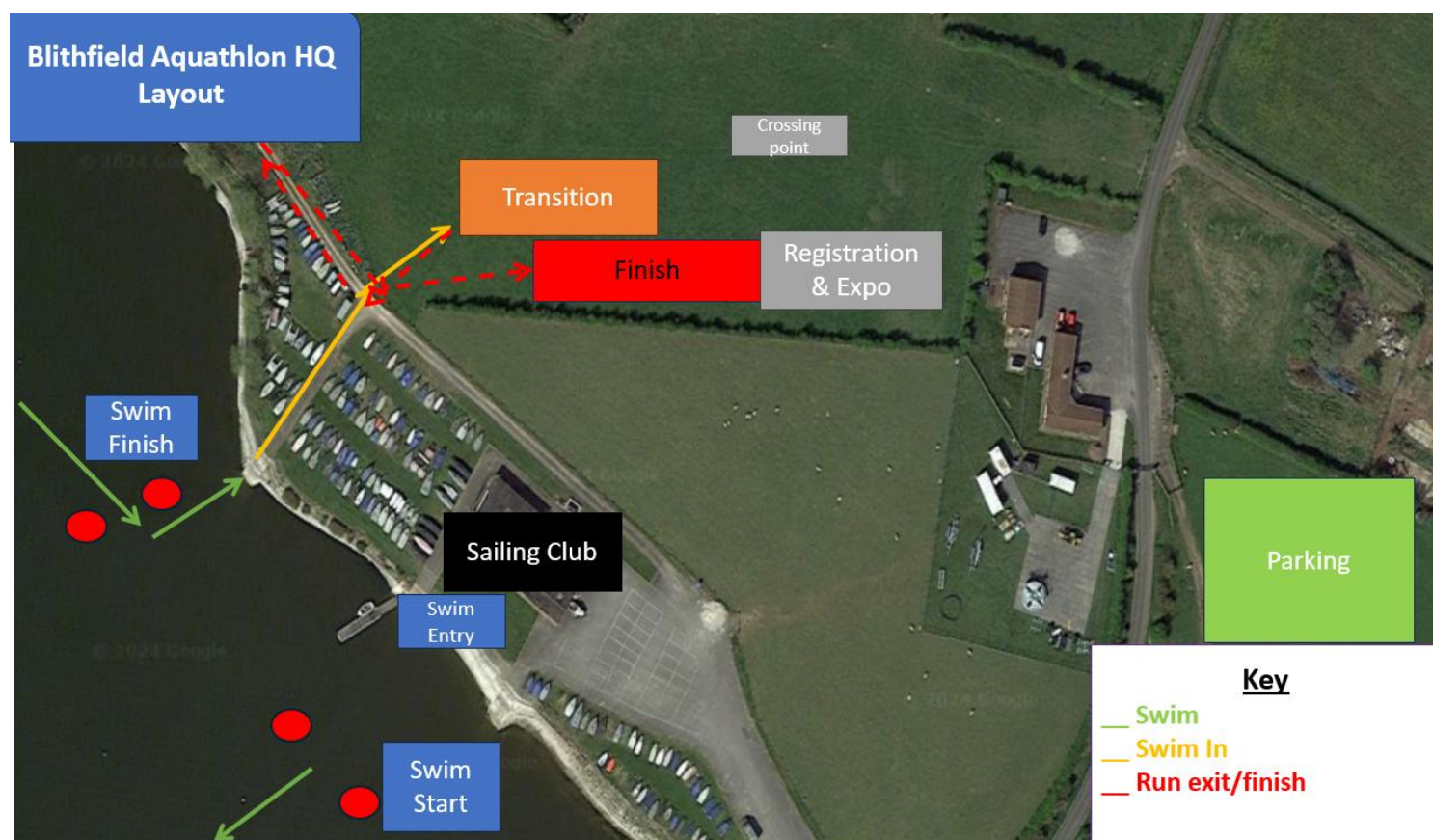
You will be issued with one number, which must be clearly visible on your front for the run. Elastic belts for race numbers are permitted but ensure your numbers are clearly visible. Do not cut or fold these race numbers, as penalties will be issued for number mutilation.

Emergency & medical information should be provided on the back of 1 of the numbers in the event of an accident.

Transition

The transition area is located in the field adjacent to the Sailing Club. Placing of your equipment will only be allowed once registration has taken place. Please ensure you have your race number displayed up upon entering Transition. 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. The transition area will open at 6.30am and close at 7.50am 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 11.30am at the latest.



Start Times

There will be 2 start waves for the Sprint Aquathlon wave following the Olympic Triathlon distance waves: -

Wave 3 - 0815 (all Female & Open over 70 competitors – Blue swim hats)

Wave 4 – 08:25 (all Open under 70 competitors – Green swim hats)

Swim – 750M (1 Lap)

The swim will start promptly depending on your wave in the water section to the left of the pontoon behind the Sailing clubhouse. Swimmers will be able to enter the water 10 minutes before the race start via the pontoon area

(DO NOT ENTER THE WATER AT ANY OTHER POINT).

The course is rectangular in shape and will be identifiable with large inflatable yellow swim buoys and you will be swimming in a clockwise direction. After completing 1 lap exit at the Red Huub buoy and run up the slip way straight into T1.

All competitors please note: United Kingdom inland waters are not completely safe for swimming, although risk of disease is 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, but we will operate in accordance with British Triathlon rules (see below) and measure the water temperature on race morning and communicate accordingly.

- a.) The use of wetsuits is forbidden or mandatory if the following combinations of distance and water temperature are attained:

Swim length	Age as at 31 December	Mandatory Below	Forbidden Above
Up to 1500m	up to and including age 59	15.9°C	22°C
Up to 1500m	age 60 and above	15.9°C	24.6°C
1501m and above	all ages	15.9°C	24.6°C

- b.) It is recommended that wetsuits are worn by all novices and Age-Groupers up to and including age 59 up to 22°C, and all novices and Age-Groupers age 60 and above up to 24.6°C;

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 or one of the safety boats. 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. You will need to wear a swimming hat as part of your registration pack for safety reasons.



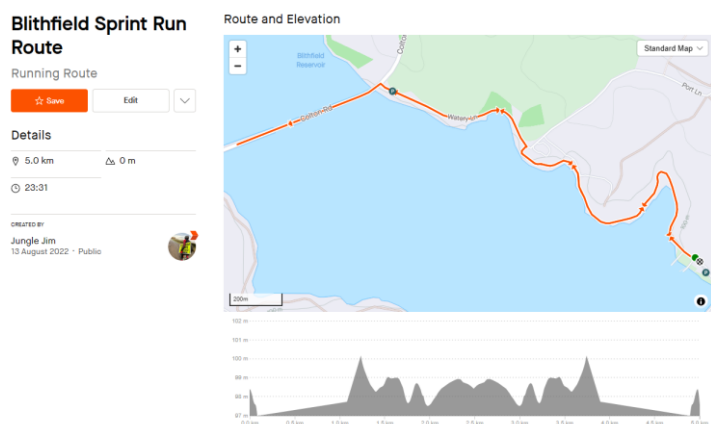
Run 5K (1 Lap)

Once racked exit T2 at the 'Run Out' and head out around the back of the field and towards the dam along the water's edge following the off road path and through the gate onto Watery Lane towards the causeway. At the end of the road

turn left onto the dam wall and continue along the pavement turning around the cone $\frac{3}{4}$ of the way along the causeway and retrace steps back towards the finish Inflatable. There will be a drinks station offering water & Active Root energy drink at the Watery Lane/Dam wall junction. There will therefore be a drinks station at 1.7K/3K.

<https://www.strava.com/routes/2993575376746361732>

There is a toilet located around 1K into the run should this be necessary.



Nutrition

There will be several feedstations on the course (end of swim) and on the run with water and Active Root Energy drink as well as a finish line feedstation.

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 email. 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!

Photography

There will be a professional photographer in attendance (Mick Hall Photo's) so please smile for the camera and will be free of charge following the event.

Prizes and Presentation

The Championship prize presentation will take place near the Transition area at approx. 10.00am with prizes being awarded to the Top 3 in each 5 year Age-Group for both the English & British Championships. Only those that have a valid BTF Race license will be eligible.

All competitors will receive a finishers medal 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 [Titanium Race Timing](#)

Race Day Programme

- 0630 Registration Opens
- 0630 Transition Opens
- 0715 Registration Closes
- 0750 Transition Closes
- 0755 Mandatory Race Briefing
- 0815 Wave 3 – All Female & Open over 70 competitors (Blue swim hats)
- 0825 Wave 4 – All Open under 70 competitors (Green swim hats)
- 0825 First swimmer exits water
- 0840 First Finisher
- 1000 Prize Presentation

Team GB

Aquathlon doesn't have a qualification race as such, but the British Champion should get a pre-qualification place on the team in every Age group and the times can be submitted to qualify for anyone who does not become British Champion.

Qualification for Aquathlon is by CV. This means you do not have to declare you want to qualify before you race and you can submit any event that meets criteria. You must meet one of the swim times and the 5k time for your age group, as well as be within 120% of the winner of your age group in the race you submit, to qualify.

Below is the link to the information

https://www.britishtriathlon.org/gb-teams/age-group/2027-world-aquathlon-championships-multisport-event-edmonton_20507

Acknowledgements - PMA Racing would like to thank:

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|---------------------------------|-------------------------|---------------------|
| • South Staffordshire Water PLC | Stafford Triathlon Club | Stafford Canoe Club |
| • Blithfield Sailing Club | Huub | Peak Tri Store |
| • British Triathlon Federation | Active Root Nutrition | |

Contacts

Any problems nearer the date please contact: PMA Racing, Website: www.pma-racing.co.uk, Email: events@pma-racing.co.uk, **Phone:** 07512 476837

Social Media

Please follow us on Twitter/facebook/Instagram @pmaracing for the latest event updates.

Please provide us with any positive feedback through Race Check that you may have on the event to help improve the event for future years.

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

Email

Following the event an email will be sent out sharing the link to the results and pictures.

Team PMA Racing