

Pre race details

Blithfield Sprint Distance Triathlon incorporating 2023 Sprint Distance Triathlon English Championships

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

Supported by:



STAFFORD
TRIATHLON CLUB



Welcome to PMA Racing's "Blithfield Standard Triathlon & Aquabike", which take place on Sunday 20th August 2023. 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:

<https://pma-racing.co.uk/wp-content/uploads/2022/11/SPRINT-UPDATED-START-LIST-14-AUGUST-2023.pdf>

Should these be incorrect then please contact PMA Racing via email by Wednesday 16th August. [Please note that our offices will be closed after 16th 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/>

Accommodation

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

Camping

Camping is available on the Saturday night only with set up from 3pm. Please enter the field signposted on the right handside before the Office buildings (see layout map). There is limited facilities (Toilets only) and there is no need to book or pay.

Car Parking

Competitor car parking will be in a field near to the race start (right hand side before 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.

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 0615 and food will be available once the swim has started.

Dogs

Dogs are permitted but must be kept on a lead at all times and are not allowed into the Sailing clubhouse.

Registration

Registration will take place on the Sunday morning from 6.00am to 7.40am in the PMA large marquee situated next to the Transition area, which will be clearly signposted. Additionally you will be able to register between 4.30pm and 5.30pm on the Saturday evening.

You will be required to show your Triathlon England TA race licence for those that have paid the reduced entry fee so please ensure you download a picture beforehand as wifi connection is intermittent.

The £6 levy will be charged if you cannot produce your Licence.

You will be issued with 2 race numbers, a timing chip, a swim hat and a bike sticker that must be displayed 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.

Relays

The relay changeover points is at the start of the transition area and the timing chip must be passed to your team member. The team cyclist will perform both transitions and must leave their helmet with their bike before tagging.

Race Briefing

There will be a mandatory race briefing near to the race start/transition area at 8.15am and will take approximately 10 mins.

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.

You will also be issued with sticker race numbers for your bike (to be attached to your seat pin) and your helmet to be attached to the front of your helmet.

Transition

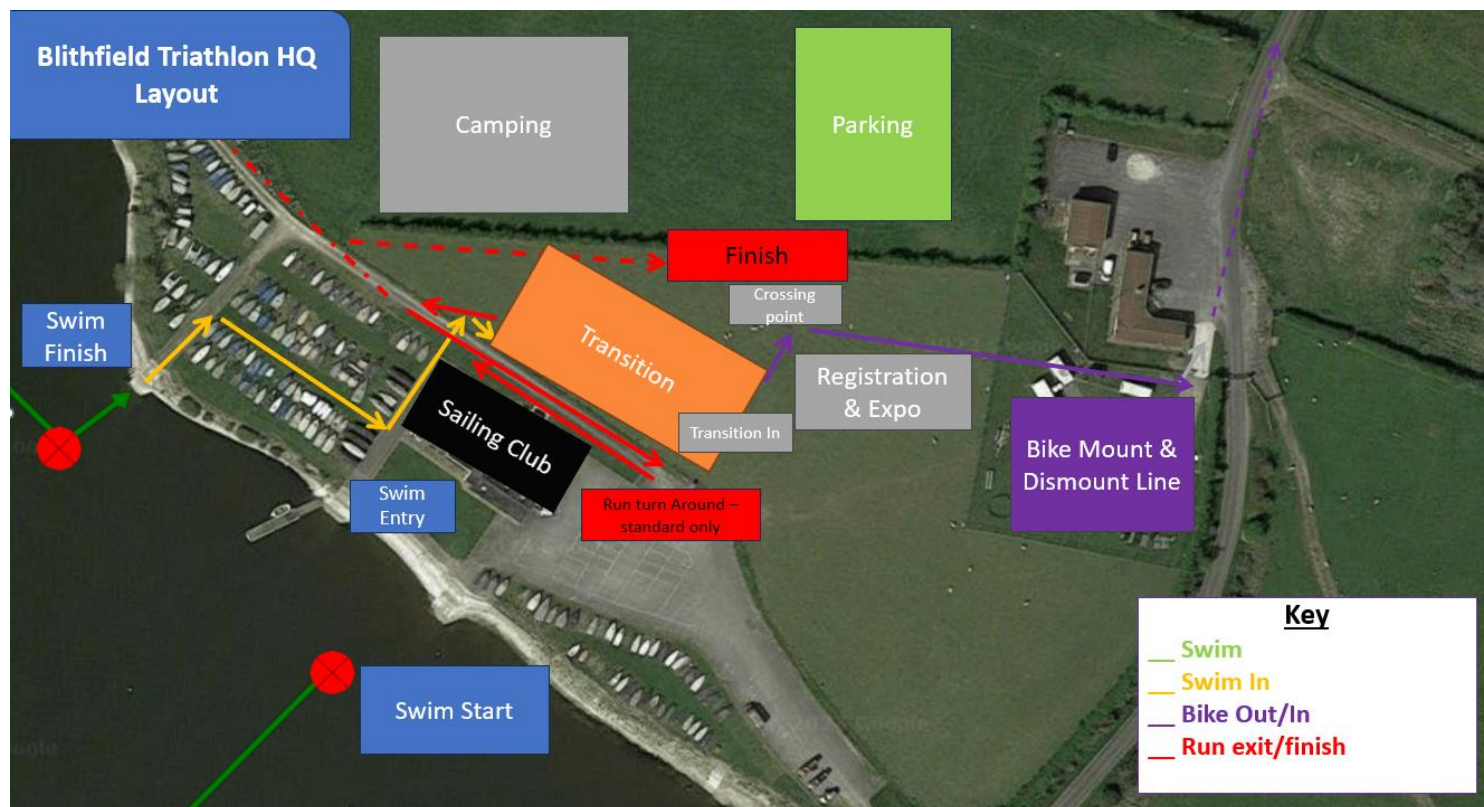
The transition area is located in the field adjacent to the Sailing Club. Racking of your equipment will only be allowed once registration has taken place and a bike sticker for security reasons is clearly displayed on your bike (seat post). Please ensure you have your helmet fastened up upon entering Transition with your helmet sticker race number clearly displayed on the front.

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 close at 7.40am 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 12.00pm at the latest.



Start Times

There will be 2 mass start waves for the Sprint wave: -

Wave 3 - 0830 = All Open (Male) Age-Groups

Wave 4 - 0835 = All Female Age-Groups & Relay Teams

Swim – 750M (1 Lap)

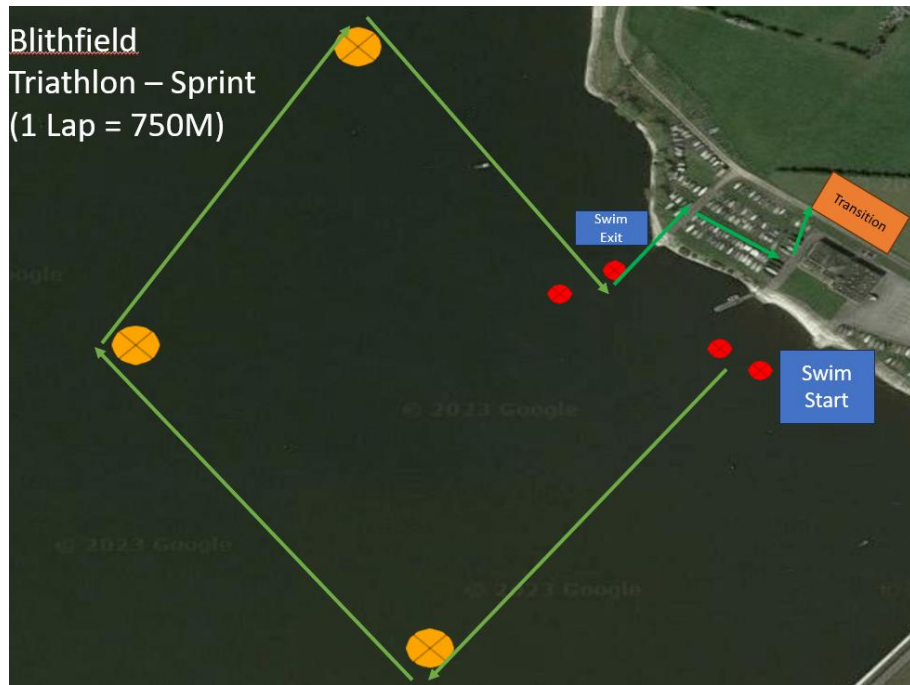
The swim will start promptly depending on your wave in the water section to the left of the pontoon behind the Sailing clubhouse. Swimmers will be able to enter the water 10 minutes before the race start via the pontoon area **(DO NOT ENTER THE WATER AT ANY OTHER POINT)**.

The course is rectangular in shape and will be identifiable with large inflatable yellow PMA 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 and past the Sailing boats into T1.

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 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.



Bike - One Lap 21K (194M elevation)

After leaving transition and mounting bike in the Sailing Club car park turn left to the end of the private road onto Waters Lane and head out of the Sailing Club.

At the junction turn right along Seedcroft Lane (note this is a single track road and caution should be used) until arriving at the main cross roads and turn left onto the main Lichfield Road (B5014), which takes you through the village of Abbotts Bromley through the High Street & Baggott Street. Note that cars are parked up on side of the road.

Please note that there are 3 sets of chicanes through the village.

Continue along Uttoxeter Road before making a left hand turn (signposted Rugely) onto the B5013 and over the main dam wall through the centre of Blithfield Reservoir and continue for approx. 2 miles through Admaston and continue onto Colton Road (6 miles) before turning left at the Yorkshireman pub onto Blithbury Road (7.5 miles). Continue on the windey lanes for 2.5 miles before turning left at Blithbury crossroads back onto Uttoxeter Road (B5014), which continues onto Lichfield Road.

Cyclists will continue on Lichfield Road to Seedcroft Lane signposted Finish towards the Sailing Club turning left down to Waters Road back into the Sailing Club.

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 20 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:-

<https://www.strava.com/routes/2974438204447865008>

Blithfield Sprint Bike Course

Cycling Route

Save Edit

Details

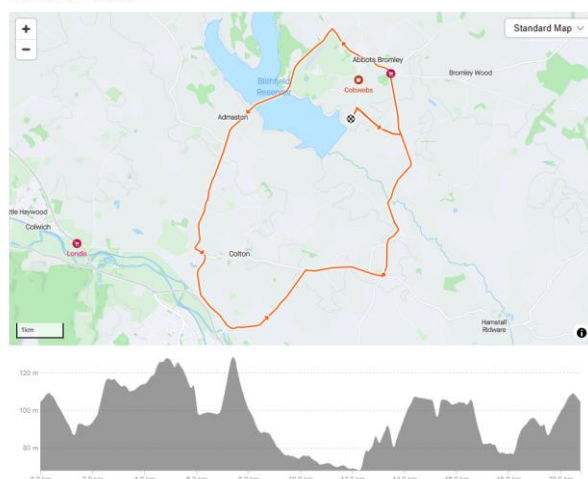
20.77 km 194 m

51:28

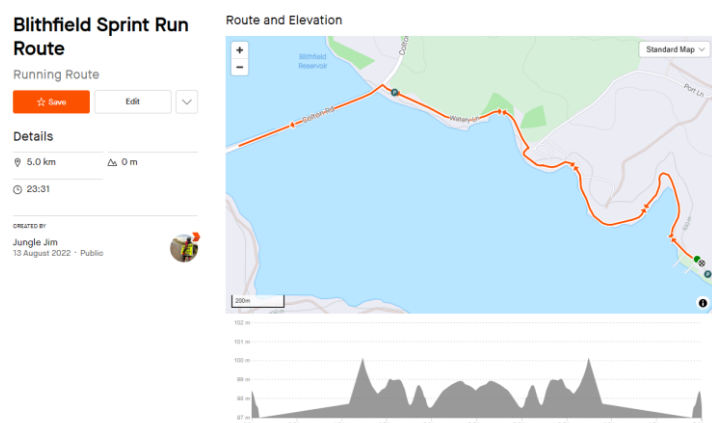
CREATED BY
Jungle Jim
21 June 2022 • Public



Route and Elevation



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. **Active Root, hydration partners of PMA Race Events. Use code 'PMARACING' to get 15% off your order.** [CLICK HERE Collections – Active Root](#)

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!

Prizes and Presentation

The prize presentation will take place near the Transition area at approx. 10.30am for the 2023 English Sprint distance Championships awarded to the Top Individual in each 5 Year category and 1st Relay team.

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 <https://www.titaniumracetiming.co.uk/TRT/>

Race Day Programme

0600	Registration Opens
0615	Transition Opens
0740	Registration Closes
0815	Mandatory Race Briefing
0815	Transition Closes
0830	Wave 1 – All Open competitors
0835	Wave 2 – All Female competitors
0840	First swimmer exits water
0900	Last swimmer arrives in T1
0910	First Cyclist finishes and starts run
0928	First finisher
1000	Last Cyclist finishes and starts run
1030	Prize Presentation

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 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.

Team PMA Racing