



# Pre race Details

## 33rd Annual Derby Triathlon

### Etwall Leisure Centre, Derby

### 15th September 2024

Supported by:

# HUB



Pre-race information please read carefully

Welcome to the 33<sup>rd</sup> edition of the 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.

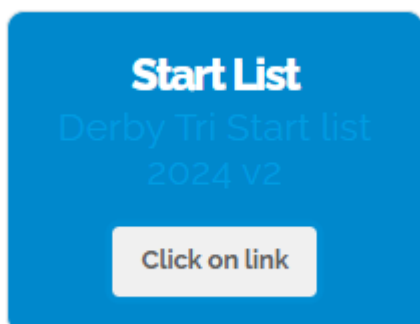
### Start times

Start times will be listed on the site 7 days before the event.

Please make sure you have noted your race number 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).



[Derby-Tri-Start-list-2024-v5.pdf \(pma-racing.co.uk\)](#)

Your actual start time can be found on our website, via the link above

## 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

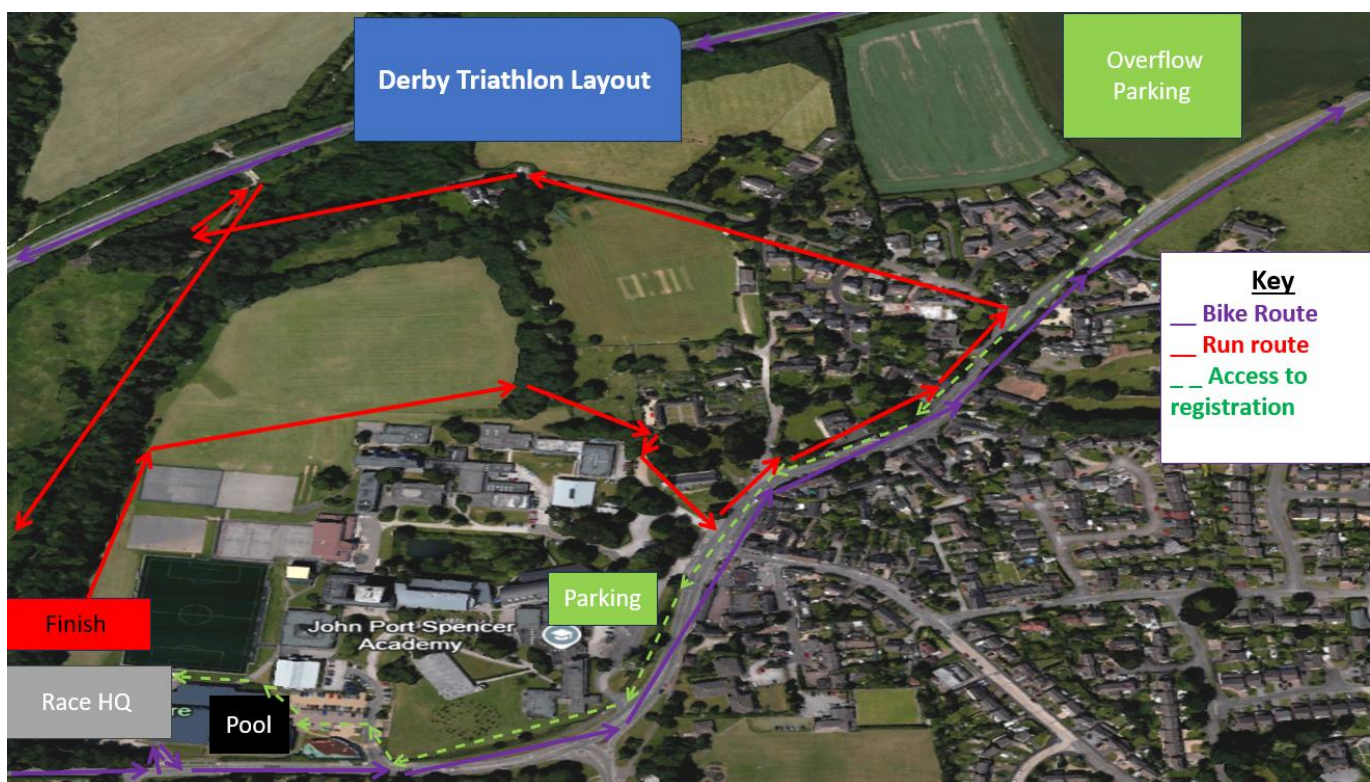
## Car Parking

The main overflow is located just off the main Etwall road on the edge of the village (if you are arriving from the Seven Wells Island or you will need to drive through the village if you are arriving via the other entrances). This is a large field which will be sign posted. There is no parking at the Leisure centre and limited parking at the school (this is likely to be full by 8am)

**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, which will be accessed through the main Leisure centre entrance and past the pool and football pitches. See layout on the map below:-



## Registration

Race registration will be in the PMA Marquee near to the finish & Transition area and will be open from 6:15am onwards on Sunday. Please ensure that you register within plenty of time and we recommend at least 1 hour before your designated start time as this will allow sufficient time ahead of your race start.

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.

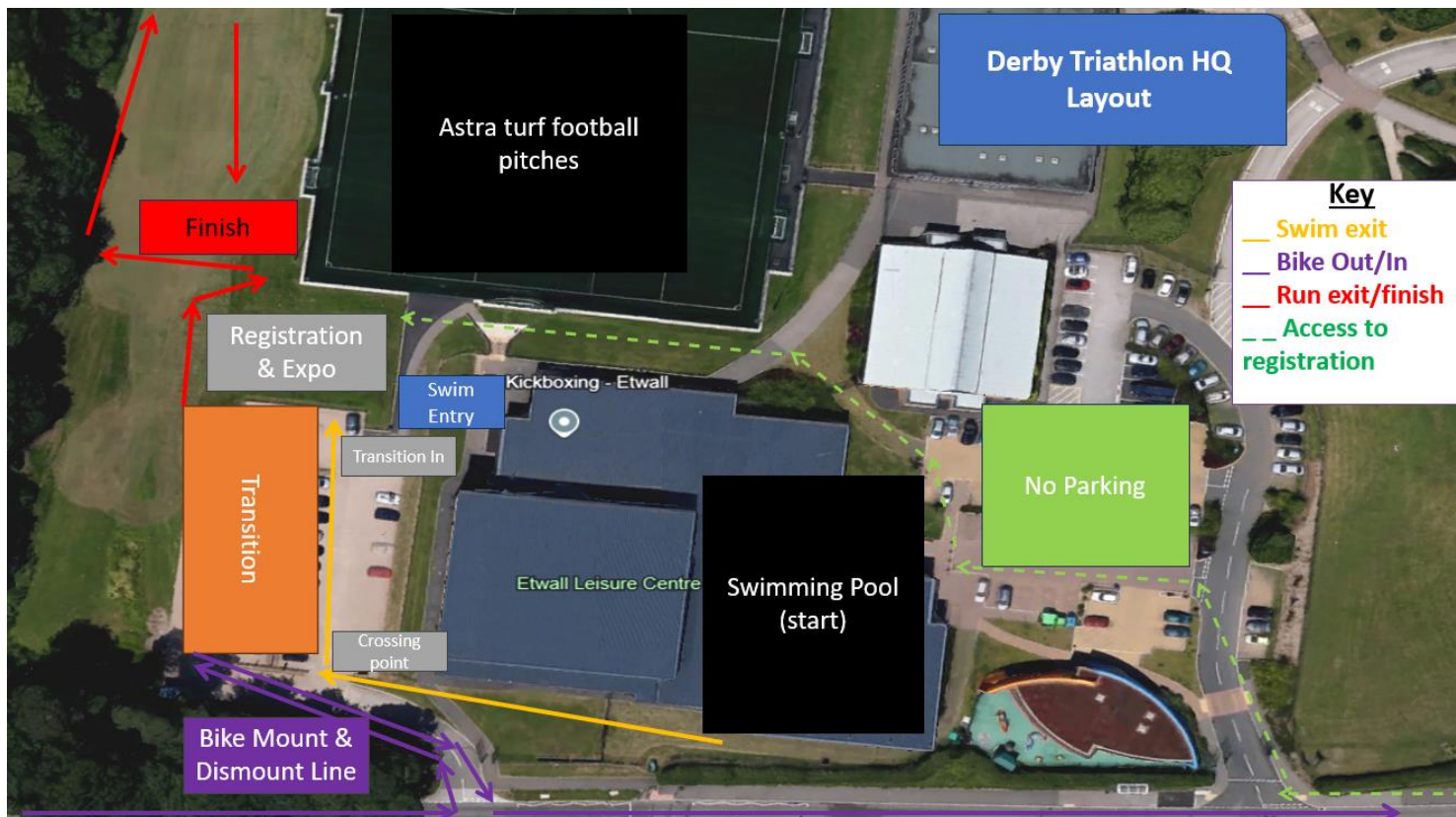
If you entered prior to Race Pass being implemented ie, 2023 and earlier and as long as your purchased the old day pass then you won't be required to buy a new race pass licence.

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



### Race Pack

In your race pack you will be issued with 2 race numbers to be worn front and back, a bike sticker & race timing chip. We will have swimming caps available at registration but this is not a mandatory requirement so you can choose to use your own hat or no hat at all. 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. See layout map below:-



### **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.

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

### **Finisher Medal**

You will receive your Finisher medal (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). 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 06:30)**

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 (clipped). *No Helmet - No Race!*

The race will be in progress from 7:30am to 12pm 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, and exit via 'Transition Out'.

### **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 nor 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. Lockers will also be available.

### **Race Briefing**

There will be a number of race briefing's at the swim entry point to the Leisure centre covering all you need to know about the format of the event and the opportunity to ask any questions:-

Briefing 1 – 7.15am  
Briefing 2 – 8.15am  
Briefing 3 – 9.15am

### **Music**

No personal music or mobile phones may be used in transition or at any time during your 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**

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.**

Access to the pool is from the rear entrance to the Leisure centre near to the Transition area

Competitors should report to the swim start (pool side, accessed through the changing rooms 10 minutes before your start time and follow the queue. No swim caps will be provided, and you can bring your own, however, they are NOT mandatory (see note in the registration section).

Swimmers will be set off in waves of 6 every 4 or 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. You will be responsible for counting your own lengths (note that random checks will be taking place).

Tumble turns are permitted. You cannot wear your race number in the water.

**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.

### **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. Footwear can be left outside the pool exit area only.

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 Heage 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](http://www.britishtriathlon.org) (You must remain at least 10 metres/3 bike lengths and make the pass within 20 seconds). Should you need to download the route please visit the Derby Triathlon page on the PMA site.

**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

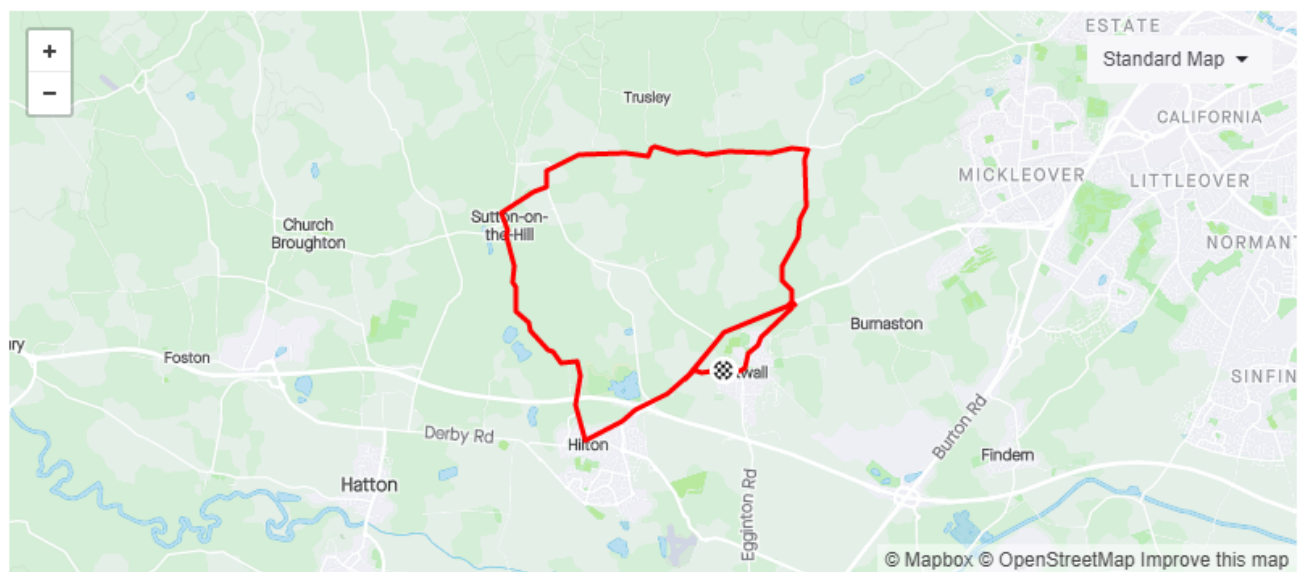
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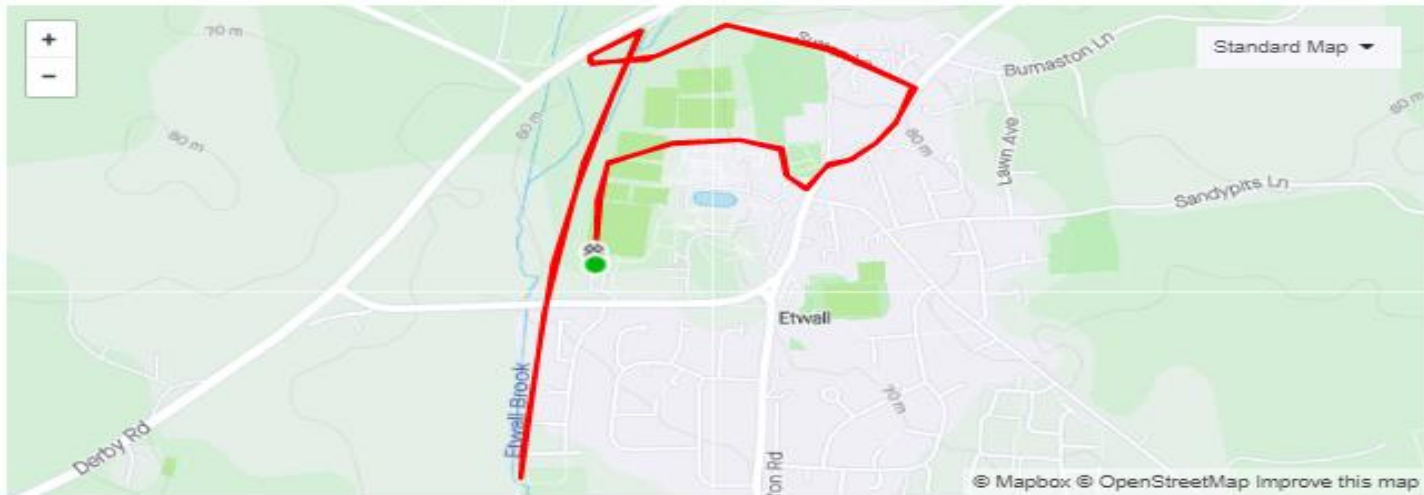
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## Run section (5K)

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**

Drinks (water and Active Root) will be available at the Finish area, and you will be able to collect your race finisher medal. 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](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.

## **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 12pm at the PMA Registration Marquee. Prizes will be awarded to the first finisher only in each 5-year age-group.

## **Acknowledgements**

PMA Racing would like to thank:

Huub (wetsuit & accessory provider)  
British Triathlon Federation  
Derby Triathlon Club (marshalls)  
Active Root (Nutrition)  
Peak Tri Store (for all your triathlon equipment needs)  
Everyone Active (Etwell Leisure Centre)  
Titanium Race Timing

## **2025 Derby Triathlon**

The 34th edition is set as Sunday 14<sup>th</sup> September 2025 – keep it free in your diary!

## **Results**

Results will be available immediately after the event for your individual times through our timing partner Titanium Race Timing with a full results listing on the Sunday evening at [www.pma-racing.co.uk](http://www.pma-racing.co.uk) OR [Titanium Race Timing - Chip Timing in the East Midlands:](#)

## **Photography**

There will be a photographer in attendance to capture your achievement so smile for the camera. These will be free to download from the Mick Hall website later on the Sunday evening.

## **Feedback**

We will be using Race Check to provide an opportunity to review your race experience and help us make the event even better for future years. Please take the opportunity to review the race following the link. [Derby Triathlon reviews | Racecheck](#)

## **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)

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

X – follow us @pmaracing #derbytri

Instagram - @pmaracing

If you have any questions between now and the race day, please email us. Best of luck and we hope you enjoy your PMA experience. #derbytri

Our offices will be closed after Thursday 12<sup>th</sup> September, and we will be unable to make any changes after this time and have limited access to emails.