

SPORTIVA EVENTS



The Donut Duathlon



EVENT	Sprint Duathlon,,GoTri (beginners) Tristars & Mini.
LOCATION	Clennon Valley & Torbay VeloPark
DATE	Sunday 22nd March 2020 at 10.30am (registration opens at 9.00am),

START TIMES

Mini Duathlon (aged 3-7) 625m run, 1.5km bike, 200m run (scooters do 900m lap)	Start time 10.30am (starting behind Tristar Starts) 1 lap run, 1 lap bike, out and back run
Tristar Start (aged 8 years) 625m run, 1.5km bike, 200m run	Start time 10.30am 1 lap run, 1 lap bike, out and back run
Tristar 1 (ages 9-10 years) 1.25k run, 6k bike, 625m run	Start time 10.50am 2 lap run, 4 lap bike, one lap run
Tristar 2 (ages 11-12 years) 1.25k run, 6k bike, 625m run	Start time 10.50am 2 lap run, 4 lap bike, one lap run
Tristar 3 (ages 13-14 years) 2.5k run, 7.5k bike, 1.25k run	Start time 12.20pm 1 lap run, 5 lap bike, 2 lap run
GoTri/Supersprint (ages 15+) 2.5k run, 7.5k bike, 1.25k run	Start time 12.20pm 1 lap run, 5 lap bike, 2 lap run
Sprint (ages 15+) 5k run - 15k bike - 2.5k run	Start time 12.20pm 2 lap run, 10 lap bike, 1 lap run

Mandatory Briefing 5 minutes before each race next to the transition areas. IT IS VERY IMPORTANT THAT ALL COMPETITORS KNOW HOW MANY LAPS THEY ARE DOING & ARE CLEAR ABOUT THE TWO RUN LOOPS (2.5K & 625M) WE RECOMMEND AT LEAST WALKING DOWN TO THE ASTRO-TURF PITCH WHERE THE TWO LAPS SPLIT.

Medal Presentations: Kids races at 12:00pm, Youth, Junior & Senior at 2.00pm.

- Medals & donuts for all competitors that finish!

Directions: *Sat Nav Postcode TQ4 5JR *

Triathlon HQ is located at the VeloPark, Penwill Way, Clennon Valley, Paignton, TQ4 5JR.

- From Paignton, take the coast road heading towards Brixham and the Leisure Centre/VeloPark is signed. Public parking available next to Sportive HQ.
- Free parking is available on the streets around the Leisure centre/ VeloPark area but public car park is charged at standard Torbay rate. You can pay by cash or mobile phone and card.

Registration: from 9.00am. Registration will be held at the VeloPark. Take the stress out of the big day and come early, have a chat, collect your registration pack, set up your bike in transition with plenty of time to spare!

What to expect at registration?

Collect your race pack which contains

- Race numbers 2 x large to be worn on body (front for run) and back for bike safety pins provided. You may use a race belt if you prefer but the number must be clearly visible to our timing team! **Relay teams please use one race number for each team member and attach to your front!**
- Bike number to go around seat post. These will be checked against your bike number before you can remove your bike from transition.
- 10 or 5 Race Lap Counter labels. These are to go on your handlebars and help you count the 5 or 10 laps you are riding. In testing we've found they work best if you fold over the end of each label before you stick it your handlebars so they peel off easily. Then when you complete the lap just move the label from the left of your bars to the right or vice versa. You don't have to use them. Some people prefer to just keep repeating the lap to themselves as they ride round.

Transition

The Transition Area is located just inside the gate at the Velopark. It will **open at 09.00am**. Transition is for competitors only. We will have helpers in transition to assist younger children with getting their bikes on and off the racks. Kids bikes can be removed from transition once the last child has finished the kids race.

Transition will be closed **15 minutes after** the last competitor has finished.

Please remove your bike promptly after the event. Bikes can only be collected from transition once all the bikes are in from the bike course (or once all competitors have finished for the kids races)

Bike racks are now numbered for all our events. And the design of transition means an equal chance for all. Children have been allocated numbers 1-150 which are the lower racks. You will

be required to show your race number, which will need to correspond with your bike number when exiting the transition area on completion of the race.

Timing

The 2020 race will be chip timed. We will confirm the timing company in due course.

It is your responsibility to count your laps for the bike leg although we are providing labels to help you with this. Paper race numbers must be displayed at all times for the runs. Our timing team need to be able to see your number to record your time.

All times will be posted on Facebook www.facebook.com/sportivaevents and on our website www.sportivaevents.co.uk/results

- Failure to Finish If you are unable to finish the event, you **MUST** report to an Official/Marshal to inform them of your actions.
- MP3 Players & iPods Unfortunately, due to health and safety reasons, no MP3 players, iPods or any other personal stereos are permitted to be used at any time.

Drafting is permitted in the main Sprint Race only

The main sprint distance race is a drafting race. We were originally going to ban time trial bikes & tri-bars. However we've now realised there are some duathletes who only own tri bikes so we are allowing them. As this is a mixed ability duathlon we don't envisage any large bunches forming (as is the case in elite drafting duathlon races)

Drafting rules: You may draft anyone you are racing against but you may not draft anyone who is a lap ahead or a lap behind. For all other races including the Go Tri & the Tristar races drafting is not permitted.

Kit and Bikes

For all races any roadworthy bike will do apart from recumbents including TT bikes, mountain bikes, hybrids or cyclocross bikes). Helmets are compulsory. The bike course is on smooth tarmac. The run course is over 90 percent on grass and is flat. Scooters are also permitted in the under 8s race only. Scooters do a shorter 900m lap of the bike track.

Kit list

Bike, cycling helmet, t-shirt, running or cycling top to put on in transition (with your race number already attached) for the bike & run legs, helmet, running shoes.

If you have bike shoes bring them. Also bring warm clothing to change into afterwards. Elastic laces on your running shoes will speed up your transition but are not essential. Most people don't bother with socks for a sprint triathlon (to save time) but you are welcome to put them on if you wish.

Environmental Impact

We are very lucky to be granted the relevant permissions to stage this event in the GEOPARK and surrounding area, so please help us by reducing the environmental impact as much as possible and take all your litter home.

We are also doing our bit by using PLA cold cups at our drinks stations during and at the end of the race. PLA is a bioplastic made from corn not oil and has a carbon footprint 78% lower than

oil based plastic and can be composted with food waste after use. Our race packs are in manila envelopes and easily recycled and we use paper numbers for our duathlons (not the Tyvek plastic numbers used by some organisers). All zip ties we use are the reusable type.

Marshals Required!

Please be advised that all the marshals are giving their time for free and without their assistance we would not be able to organise this event.

If you have a member of your support team (family or friends) that would like to marshal, please contact enquiries@sportivaevents.co.uk

All marshals receive drinks during the event and free entry into another Sportiva Events event or we'll give you **£20** cash to cover your expenses.

Catering

CODE-4 Coffee will be selling hot drinks plus you all get a donut. There is also a cafe in the Leisure Centre which sells hot food. Or if you want something more tasty, the Cantina Kitchen & Bar at Youngs Park is a short walk away.

Toilets & Showers

Event toilets are 100m from duathlon HQ in the Torbay Leisure Centre or 250m away in the centre of Goodrington Beach.

For the family

The track is very family friendly, bring your own bikes or hire on site and have a family ride before the event. Unlike some events there is a great opportunity for friends and family to watch this event.

Donut Duathlon

The Bike

The velopark has a smooth tarmac surface and is exactly 1500 m round. It has a couple of tight corners where care is needed. Remember to do your braking before you reach the corner!

The Runs - 2.5K circuit or 625metre circuit.

To keep things simple we are using just 2 run courses so all the run routes use one or two laps of these two courses. The long loop is 2.5K right around the park with an extra loop to make up the distance. To start the second lap you run back and turn around a cone just outside the gate of the Velopark. The other course is a 625 metre anti-clockwise loop on the grass around the astro-turf pitch which does a second lap of the astroturf pitch for the 1200 metre lap.

For detailed Maps and descriptions please visit

<http://sportivaevents.co.uk/events/donut-duathlon>

On the Day Contacts

Ben Tisdall, Race Director, 07866 567 894

Helen Simcoe-Walker, Safeguarding Manager, 07748 085 524

Kay Martin (First Aid), 0773 706 4960

Facebook Page & Strava Club

Please like our Facebook page www.facebook.com/sportivaevents as it's where we post news and the first place we'll post the race results.

We now have a [Strava Club](#). And we'll be doing a draw for a Spot Prize after the Donut Duathlon.. You just need to join our club and upload your run (recorded on phone or watch) to Strava soon after the race! www.strava.com/clubs/sportivaevents

SPORTIVA^{EVENTS}

STORBAY/DONUT DUATHLON

SENIOR SPRINT

RUN - 2 LAP 5KM

BIKE - 10 LAPS 15KM

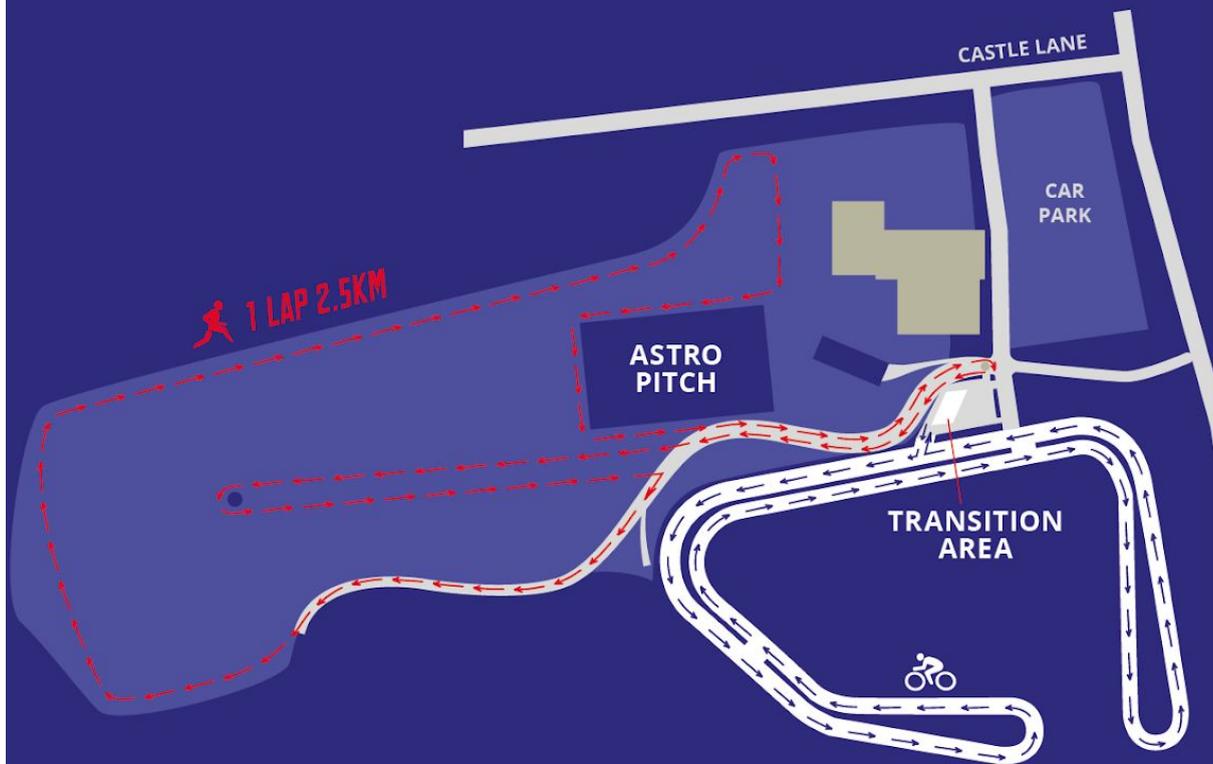
RUN - 1 LAP = 2.5KM

OO TRI AND TRI STAR 3

RUN - 1 LAP = 2.5KM

BIKE - 5 LAPS = 7.5KM

RUN - 2 LAP (ASTRO) = 1.25KM



SPORTIVA^{EVENTS}

STORBAY/DONUT DUATHLONS

TRISTAR 1 AND 2

RUN - 1.25K = 2 LAPS

BIKE - 6K = 4 LAPS

RUN - 625M = 1 LAP

TRISTAR START

RUN - 625M = 1 LAP

BIKE - 1.5K = 1 LAP

RUN - 200M = 1 LAP

MINI DUATHLON AGE 3-7

RUN - 625M,

SCOOTER - 925M OR BIKE - 1500M

RUN - 200M



SPORTIVA EVENTS

STORBAY/DONUT DUATHLON

SENIOR SPRINT

RUN - 2 LAP 5KM

BIKE - 10 LAPS 15KM

RUN - 1 LAP = 2.5KM

GO TRI AND TRI STAR 3

RUN - 1 LAP = 2.5KM

BIKE - 5 LAPS = 7.5KM

RUN - 2 LAP = 1.25KM

JUNIOR & YOUTH

RUN - 2 LAP 5KM

BIKE - 10 LAPS 15KM

RUN - 1 LAP = 2.5KM

TRISTAR 1 AND 2

RUN - 2 LAP = 1.25KM

BIKE - 4 LAPS = 6KM

RUN - 1 LAP = 625M

TRISTAR START AND MINI DUATHLON

RUN - 1 LAP = 625M

BIKE - 1 LAPS = 1500M OR SCOOTER - 925M

RUN - 1 LAP = 200M

