

SPORTIVA EVENTS



Dawlish Triathlon 2020

Competitor Information

Covid Screening Question

You should not attend the event if you can answer yes to any of these questions on Saturday 26th Sept (we will email this questionnaire on that morning)

Have you tested positive for COVID-19 in the last 7 days?

Are you waiting for a COVID-19 test or the results?

Do you have any of the following symptoms: New, continuous cough*; High temperature or fever; Loss of or change in, sense of smell or taste?

Do you live with someone who has either tested positive for COVID-19 or had symptoms of COVID-19 in the last 14 days?

EVENT Dawlish Triathlon
LOCATION Dawlish Warren, Dawlish, EX7 0NF
DATE Sunday 27th Sept 2020 @ 07h30 (registration opens at 06h00 and closes at 7.45am)

If you're local we recommend you register on Saturday 26th Sept between 4-6pm. To find it just go through the tunnel & park. You'll see Transition & Registration on your right after the tunnel.

Last Updated 15 Sept 2020 & may be subject for further updates.

Cat/time	Distance
The Sprint race will be a time trial start from 7.30am setting off at 10 second intervals. We will publish the start times with the start list the Tuesday before the race.	750m sea swim (1 lap), 24k bike (3 laps), 5k run (1 lap)

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If you're in a **Relay Team** just one member of your team will appear on the start list. Your race numbers will have your team name printed on them & you will need to pass on the timing chip in Transition (biker will have number on back, runner will have number on front)

Registration & Social Distancing

Unless the weather is very poor we plan to have registration outside. Please maintain social distancing of 2m while you are queuing up to register & use the hand sanitizer we have provided. If we do move registration indoors due to poor weather, we will ask everyone to wear a facemask.

All participants must register on arrival which opens from 06h00. If you register on Saturday afternoon (recommended) you will just need to collect your timing chip on Sunday morning. Please ensure that you have your British Triathlon membership with photo ID (day memberships also available on the day for £5 unless you pre-paid £4 when you registered. Rack packs contain:

- Sportiva Events silicone swim hat.
- Race numbers 2 x large to be worn on your back for bike & front for run. Safety pins supplied for anyone who needs them.. You may use a race belt if you prefer (**also available to buy at registration for £5 or pre-ordered see sportivaevents.co.uk/shop/**)
Bike number attached to the seat-post of your bike and checked when you remove your bike from transition.
- You will also be given your timing chip at registration, please ensure the chips are returned immediately after you have finished your race. **Chips must be attached with the supplied velcro strap to your left ankle. The active chips we use cost £40 each so make sure your chip is securely fastened!**

Mandatory Pre-event briefings

All competitors will be required to attend the briefings. These will be repeated at regular intervals close to the swim start.

Important: the first wave will start at 7.30am to minimise the impact of traffic on the bike leg. Wetsuits are unlikely to be compulsory (we will check the water temperature the day before). Please check your wave on the start list and advise us by email if you think you are in the wrong wave.

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Timings & Waves

- Registration Opens 06.00 hrs to 08.00 hrs. We recommend you register at least one hour before your start time!

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- Race Briefing at 7.25am waterside (and repeated at regular intervals)
- Due to Covid-19 & to keep things simple we are not running the GO Tri event this year..
- **Prize Presentation 11.00-11.30 hrs**

Kit List for Triathlon:

- Face mask & hand sanitizer
- Wetsuit (not compulsory but recommended particularly for less confident swimmers) see <https://sportivaevents.co.uk/faqs/>
- Swim goggles
- Tri-suit (or swimming costume + t-shirt)
- Extra layer for bike leg in case of cold or wet conditions
- Bike
- Bike helmet
- Energy drink bottle on bike
- Pump, inner tube, levers & inner tube or spare tub if you are on tubulars.
- Towel to mark space in transition
- Running shoes
- Change of clothes for after the event (including some warm clothing)
- Race Belt highly recommended for Relay teams so they can pass on the race numbers.
- Plus optional extras: Gels, extra drinks, race belt, cycling shoes, cycling gloves, sun glasses, sun cream, flashing rear light for bike, socks, elastic laces on your trainers (to avoid fumbling with cold fingers), second swim hat or neoprene hat (under event hat) to improve insulation.

Marshalls:

Please be advised that all the marshals are giving their time 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 ben@sportivaevents.co.uk

All marshals receive £20 expenses or free entry into a future Sportiva Events event

Parking and event rules:

Your entry fee does not include parking. If you're parking at Dawlish Warren you will need to pay the correct fees at the Council machines.

- Dogs are permitted in designated areas. Please keep them on leads at all times to avoid any conflict with competitors.

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- Toilets available from 6am on Sunday.
- Please take all your rubbish away with you! Or if you must leave some put it in the correct bin! We have 3 different ones.

Race Timings:

The race will be timed by Rogueracer.co.uk. Printed times will be available immediately after your event and also on the Sportiva Events website and facebook page.

It is your responsibility to count your Bike Laps. Our timing company are only counting laps to settle disputes if someone does an extra lap or misses a lap. How hard can counting up to three be :-)

- 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.

Race Categories & Prizes:

- Top 3 Overall Male
- Top 3 Overall Female
- Top 3 Veteran (40-49) Male
- Top 3 Veteran (40-49) Female
- Top 3 Super Veteran (50-59) Male
- Top 3 Super Veteran (50-59) Female
- 1st Vet (60+) Male
- 1st Vet (60+) Female
- Relay Team (open age & gender)

Race prizes:

We aim to do the prize presentation between 11.00-11.30am on the day of the race. Please stay for the presentation as we will not be posting out uncollected prizes after the event.

Refreshments:

Due to Covid-19 we will not be offering our usual selection of finish line snacks. Please carry a bottle of fluid on your bike. We will have a water/gel station on the run & our marshals will pour a cup of water for people on request only. Or you can grab a gel as you go past.

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However Cockwood primary school will have a small stall selling hot drinks & cakes. All proceeds go to the school.

Medical cover:

Our First Aid team leaders is tbc

Mechanical support:

There is NO mechanical support. In accordance with the BTF regulations, participants must maintain their own bike and are strongly advised to carry a spare tub or inner tube + tyre levers and a pump. Otherwise you may have a longish wait before we can get our van to pick you up!

Bikes & running shoes:

A time trial or triathlon bike will be fastest on this course as after the initial climb much of the course is flat or downhill. However road bikes or mountain bikes are also permitted. The run is on good surfaces so road running shoes are recommended.

Please do not loiter in the road or around the finish arch. Respect the other competitors and ensure they have a clear passage to transition and the finish line.

On the Day Contacts

Ben Tisdall, Race Director, 07866 567 894

Helen Simcoe-Walker, Covid 19 Officer 077480 85524

Bike Security:

The Transition Entrance will be manned from 06.45 hrs. Until this time, the security of your bike rests with you. Once you have placed your bike into transition you will NOT be permitted to remove it until 10:30 hrs. There are two reasons for this. (1) security of the bikes (2) uninterrupted and fair racing conditions for all competitors including avoiding cars exiting the site while bikers are still finishing their laps.

Photographs

'No photo' stickers will be available for all competitors at registration for those who do not want their photo taken. **Please also make yourself known to our official photographer

Teignmouth Life Saving Club are supervising and providing the safety cover for the swim.

Environmental impact

We are very lucky to have permission to stage this race in such a beautiful setting. Please and take all your litter home.

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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 paper envelopes and easily recycled. All the zip ties we use are reusable.

WE ASK YOU TO DO YOUR BIT BY PUTTING RUBBISH IN THE CORRECT BINS & NOT USING SINGLE USE PLASTIC WATER BOTTLES OR SINGLE USE ENERGY DRINK BOTTLES.

The Course:

The race begins with a 750m sea swim from the beach. The bike course is an anti-clockwise 8km loop. Unfortunately we were not able to revive the old course through Star Cross due to local opposition. Sprint competitors will be doing 3 laps of this course & GO TRI competitors will be doing one lap. It's a relatively flat course (for Devon) and with generally quite good road surfaces.

You finish with a 5K lap which includes a section along the sea wall from the west. Ensure you stay on the left for the Sea wall stretch.

See maps at the bottom of this document or you may find our Komoot collection easier <https://www.komoot.com/collection/1029776/-dawlsh-triathlon>

Go Tri - not taking place in 2020 but will return in 2021

Our Go Tri triathlon is ideal for novices or those who are daunted by a 750 metre sea swim. After your 300m swim you'll do one lap of the bike course & then 2 laps of a spectator friendly 1.25K run course close to the beach.

Facebook page and Strava Club:

Please like our Facebook page www.facebook.com/sportivaevents and join our Facebook group www.facebook.com/groups/sportivaevents/ Facebook is where we post news and event photographs and the first place we'll post the race results. Also join our Strava Club to compare your training with other triathletes across the South West www.strava.com/clubs/sportivaevents

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