

SPORTIVA EVENTS



Dawlish Triathlon 2026

Competitor Information

Manual last updated 6th Jan 2026 & subject to minor corrections

EVENT	Dawlish Triathlon
LOCATION	Dawlish Warren, Dawlish, EX7 0NF
DATE	Sunday 20th Sept 2026 @ 07h30

Anyone arriving after 7.30am on the Sunday for triathlons or swims MUST NOT drive through the tunnel but should park in the outside car park & walk through!

REGISTRATION You collect your race pack at registration. Saturday registration is from 3pm-4pm. On Sunday registration opens at 06h00 and closes at 7.45am, except for swimmers who can register until 8.45am.

To find it just go through the tunnel & park. You'll see Transition & Registration on your right after the tunnel.

CONTINGENCY PLAN FOR BAD WEATHER OR BAD WATER

If our water safety team deem it unsafe to go ahead due to sea conditions or fog, we will run this event as a duathlon starting with a 5K run instead of the swim.

Similarly if there is a pollution incident reported at Dawlish Warren Beach and advice against bathing (see link below). we will run the event as a duathlon.

http://environment.data.gov.uk/bwq/profiles/profile.html?_search=Dawlish%20Warren&site=ukk4306-22400

CHANGES FOR 24 (Repeated for 2026)

'Run Out' now goes over the footbridge about 300m to the West of transition & not through the tunnel. This helps keep runners away from bikes!

You can see the up-to-date transition map here - <https://sportivaevents.co.uk/wp-content/uploads/2024/09/Dawlish-Tri-2024.pdf>

SPORTIVA EVENTS

Cat/time	Distance
The Sprint race will start at 7.30am in 2 waves starting from 7.30am. Your wave time and hat colour will be emailed with the start list. The race briefings are 10 minutes before the swim starts by the water.	750m sea swim (1 lap), 24k bike (3 laps), 5k run (1 lap)
Supersprint race will start at 8.40am.	300m sea swim, 16k bike (2 laps,) 5k run (1 lap)

If you're in a **Relay Team** just your team name will appear on the start list. You will need to pass on the timing chip in Transition (biker will have number on back, runner will have number on front)

Registration

Unless the weather is very poor we plan to have registration outside.

All participants must register on arrival which opens from 06h00. Triathlon transition will close at 7.45am so you must rack your bike by then.

You can take a small bag into transition with you. We do not provide boxes in transition.

Please ensure that you have your British Triathlon membership with you if you are a member. Everyone else has already paid for a British Triathlon race pass when they entered.

Rack packs contain:

- Sportiva Events silicone swim hat.
- Race numbers 1 x large to be worn on your back for bike & front for run. The easiest way to achieve this is with a race belt. If you do not have a race belt we have some for sale (**also available to buy at registration for £7 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. **Chips must be attached with the supplied velcro strap to your left ankle. Please make sure your chip is facing outwards (see diagram below) and not covered by socks or a wetsuit or you may not get any times!**
- **Please make sure you return your timing chip at the end of the race.**

SPORTIVA EVENTS



Mandatory Pre-event briefings

All competitors will be required to attend the briefings. These will be repeated for each wave close to the swim start.

Important: the first wave will start at 7.30am to minimize 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. Wave 1 is the fastest swimmers. Waves 2 & 3 are mixed waves.

Timings & Waves

- Registration Opens 06.00 hrs to 08.00 hrs. Please register at least one hour before your start time! Registration will close for your event 30 minutes before it is due to start.
- Race Briefing at 7.25am waterside (and repeated for subsequent waves)
- **Prize Presentation 10.30-11.30 hrs (exact time to be advised on the day)**

Sustainability & Recycling

We take this very seriously. Please read [this article](#) on our website for all our initiatives. We give out excellent quality silicone Sportiva Events swim hats at our open water events. You are welcome to keep your hat but if you don't want it or already have ten, just leave it in transition or hand it in at our registration desk & it will be recycled at our next event.

SPORTIVA EVENTS

Kit List for Triathlon:

- Wetsuit (not compulsory but recommended, particularly for less confident or experienced 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 (on this course a time trial bike will be quickest if you have one)
- 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 - also 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.

Toilets :

There are public toilets within 10 meters of the transition, they will be open from 6am.

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 helen@sportivaevents.co.uk

All marshals receive £25 expenses or a £35 voucher towards 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.
- Toilets available from 6am on Sunday.
- Please take all your rubbish away with you!

SPORTIVA EVENTS

Sports Massage Therapy

We will have Kirstie Manning offering Sports Massage Therapy attending the event for post event massage at the Race Course. £10 for a 10 minute session.



Race Timings:

The race will be timed by Tim Mockford from Dart Data. Live times for the event will be available at this link <https://www.webscorer.com/sportiva?pg=results> We'll also email them to the address you provided when you registered.

It is your responsibility to count your Bike Laps!

- 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*

nb For any categories with 5 or fewer competitors 2 weeks before the event we will just award a prize for the winner. We have a one prize per competitor policy. eg If a Vet40 is on the overall podium they will not receive a Vet40 price.

SPRINT

- Top 3 Overall Open
- Top 3 Overall Female

SPORTIVA EVENTS

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

SUPERSPRINT

- Supersprint - Top 3 Open, Top 3 Female

Race prizes:

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

Refreshments:

We will be offering a 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.

Medical cover:

Gardant Medicare will be providing first aid.

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 much of the course is flat. However road bikes or mountain bikes are also permitted. The run is all on good surfaces so road running shoes are recommended. Please ensure bar ends are covered.

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.

SPORTIVA EVENTS

On the Day Contacts

Ben Tisdall, Race Director, 07866 567 894

Helen Simcoe-Walker 077480 85524

Bike Security & Swimmers area

The Transition Entrance will be manned from 06.45 hrs. Swimmers can also leave things in the designated swim area from this time. 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.

The Course:

The race begins with a 750m sea swim from the beach. The bike course is an anti-clockwise 8km loop. Sprint competitors will be doing 3 laps of this course & Supersprint competitors will be doing two laps. It's a relatively flat course (for Devon) and with generally quite good road surfaces.

You finish with a 5K lap which includes a fantastic section of coast path 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>

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

Environmental Impact & Sustainability

Trees Not Tees

For all the events where we include a t-shirt, we're now offering the option to plant a tree

SPORTIVA EVENTS

instead. We've partnered with [Treesnottees.com](https://treesnottees.com) to make this happen.

Avoiding Single Use Plastics

Since 2024 we have sourced new paper cups designed to be fully recycled back into high grade paper. They look and feel exactly the same as conventional plastic coated, or PLA coated cups - The key difference is that these cups are actually optimized to be recycled back into high grade paper using conventional paper recycling equipment [Paper mills do not need to change or invest in new machinery]. This supports a circular economy where the valuable cup paper fibre can be recycled many times.

We are also looking at going fully cup less on some of our longer events - watch this space.. Our [cycling events](#) are already largely cup less.

Zip Ties & waste

We use reusable zip ties wherever possible. We minimize our use of disposable plastic and sort rubbish from our events into the relevant categories for recycling.

Reducing Car use

In Devon where most of our events take place this is easier said than done. However at our Burrator 10K running race we offer a £5 discount to anyone who commits to walking or cycling to the event. We'll be looking to add this to other events in the future where feasible.

SPORTIVA EVENTS



SPORTIVA EVENTS

SPORTIVA EVENTS

DAWLISH TRIATHLON

SENIOR SPRINT / YOUTH & JUNIOR
SWIM - 750M
BIKE - 3 LAPS = 24KM
RUN - 1 LAP = 5KM

SUPERSPRINT
SWIM - 300M
BIKE - 2 LAPS = 16KM
RUN - 1 LAP = 5KM

DAWLISH WARREN

5K RUN

TRANSITION

FINISH LINE

START

Iron Footbridge