

SPORTIVA EVENTS

English Riviera Triathlon



Competitor Information

Nb Race manual last updated 27th Jun 2025 & subject to minor corrections

EVENT English Riviera Triathlon / Sea swims
LOCATION The Kings Drive, Torquay, Devon, TQ2 5JE
WHAT3WORDS what3words.com/layers.sparks.force
DATE Sunday 5th July 2026

Transition is approximately 500m from the swim exit. We will permit those who wish to, to leave shoes by the swim exit.

6am Registration opens & is also open from 4-5pm on Saturday.

6am Transition opens (you need to rack your bikes on Sunday morning)

7.15am Transition closes for Standard competitors

9.30am Latest time that Sprint, supersprint & tristar competitors can rack their bikes

10.30am Earliest time that Standard Bike can be removed from transition.

Cat/time
Standard/Olympic Distance Triathlon 7.30am 1500 metre two lap swim, 40K bike (8 laps), 10K run (2 ¼ laps) It's a two lap swim. Hat colour: yellow
Sprint Distance Triathlon 10.00am 750 metre swim one lap swim, 20K bike (4 laps), 5K run (1 lap) It's a one lap swim, 4 lap bike, 1 lap run Hat colour: green
Supersprint Distance Triathlon 10:30am 300 metre one lap swim, 10K bike (2 laps), 2.5K run (1 lap) It's a one lap swim, 2 lap bike, 1 lap run Hat colour:red
Tristars 3 Distance Triathlon

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10:40am 300 metre one lap swim, 5K bike (1 laps), 2.5K run (1 lap)

It's a one lap swim, 2 lap bike, 1 lap run
Hat colour: orange

Tristars 2 Distance Triathlon

10:40am. 300 mtr one lap swim, 5km bike (1 lap), 2km run (1 lap)



Or [Click Here](#) to see the zoomable PDF of the map
And click here to [Study the Run maps](#) in detail

Relay Teams

Relay teams pass their timing chips & race numbers onto the next person in their team in transition.

It is IMPORTANT that you take time to read this document before you travel to ensure you fully understand the format of this event and the terms and conditions under which you participate. There is always an element of risk when participating in triathlons. This document provides the necessary information to minimise those risks and ensure you get the most out of your time with us.

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Route Maps

The [final route maps](#) are now available. The bike is based on a 5km closed road lap. You'll be doing 8, 4, 2 or 1 laps depending on the distance you've opted for. It's down to you to count your laps although we can provide lap stickers on request.

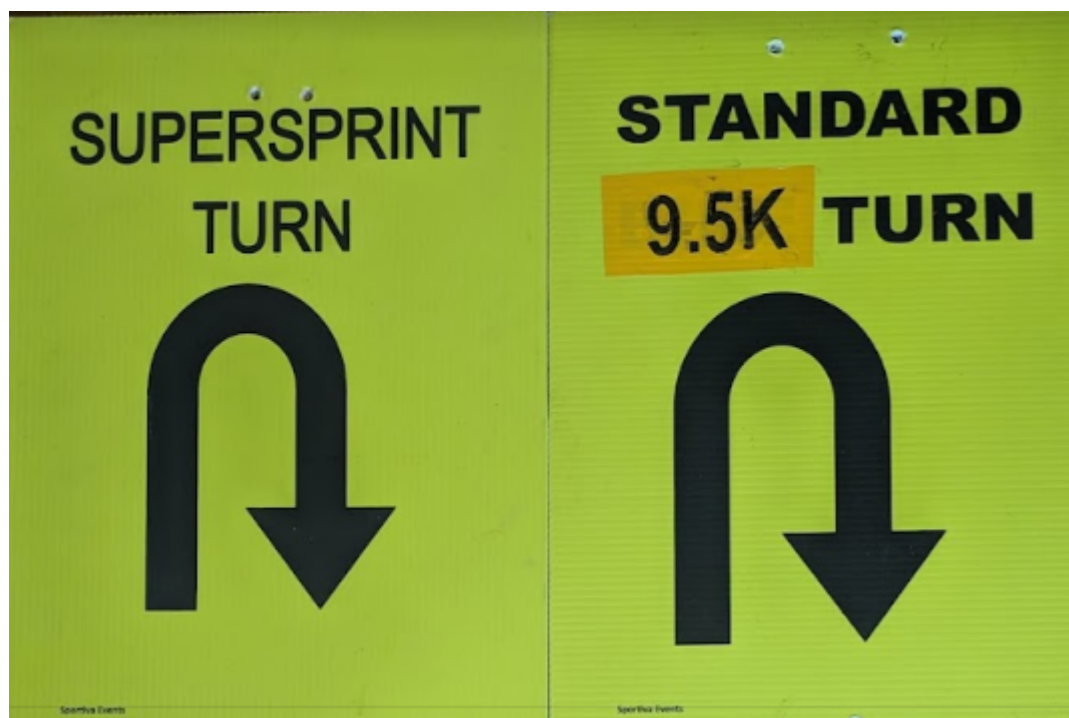
Run laps

We've made the runs as easy to follow as possible. It's two laps plus a quarter lap for the Standard, one lap for the Sprint & one shorter lap for the Supersprint, Tristar 3 and Tristar 2 races. However, do take the time to study the maps [HERE](#). Particularly for the 10K Standard distance it is possible to go wrong if you're not paying attention! Click on the run that you are doing & then check the direction of the run by sliding your pointer along the profile of the, mainly flat, run.

Feed stations

There are no feedstations on the bike course. On the run course there is one feedstation. Standard competitors pass this at 1.9K, 4.4K, 6.4K and 8.8K. Sprint competitors pass it at 1.9K and 4.4K.

There are run turn signs at either end of the run. Standard competitors also need to look out for this extra turn sign (below), which will be marshalled approx 500m before the finish. And Supersprint & Tristar 3 competitors need to look out for this turn sign (below), also marshalled, approx 500m before the finish.



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Parking

Please allow enough time for parking. Because of the road closure you may be a short walk or cycle from the transition area. Parking options are at the link below <https://www.torbay.gov.uk/parking/car-parks/>

Registration

All participants must register on arrival unless you opted to have your pack sent to you by post. Even if you did opt for pack-by-post you still need to collect your timing chip & swim hat although you don't need to join the main registration queue.

Registration is open from 4-5pm on Saturday afternoon or any time from 5.30am on Sunday

At registration you will receive:

- Sportiva Events silicone swim hat.
- A race number to attach to your back for the bike and to your front for the run. The easiest way to achieve this is to use a race belt. We have some on sale at the event.
- A seat post number. This is to go round the seat post of your bike. We'll match your seat post number to your race number before we let you out of transition with your bike.
- 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!**

Mandatory Pre-event briefing

All competitors will be required to attend the briefings. These will take place waterside 10 minutes before your start time.

Wetsuits: We don't insist on wetsuits but we do recommend them. You should definitely wear a wetsuit if you don't regularly swim 'skins' in open water and they will be compulsory if the water temperature is below 15.9C.

Wetsuits are permitted to be used until water temperature reaches 22C or 24.6C for over 60s (which it never does in the sea in the South West)

Dogs: Please note there are strictly no dogs allowed on Torre Abbey Sands. They are allowed on leads by Torre Abbey Gardens where transition/registration is located.

Massage

South Devon College are proud to offer free sports massage to participants and spectators from 6.45am

We have the skills and you deserve to benefit from them!

What we are offering:

Pre-event massage to help you to prepare physically and mentally for your race.

Post-event massage to help you to recover physically and mentally from your race.

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Pain/injury assessment for those who are not participating but would like information, advice and possibly treatment ...come and talk to us.

Help with stretching before or after the event.

Sports massage at this event is being managed by Stefan & Norah on behalf of South Devon College. All therapists are trainee Level 3 Sports Massage therapists or qualified Level 3 Sports Massage therapists who are trainee Level 4 Soft Tissue therapists.

We are happy to offer free massage as part of our commitment to health promotion, inclusivity and supporting our local community.

(Please note anyone under 18 needs to have a parent or guardian with them)

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

On the Day Contacts

Ben Tisdall, Race Organiser, 07866 567 894

Nigel Evans, chief marshal 07402 725 880

Helen Simcoe-Walker, Welfare Officer 077480 85524

Gardant Medicare will be providing first aid

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 English Riviera Triathlon. 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 has a growing list of top quality events so if you enjoy your experience please bring the family and enter another event.

Keep an eye on our website and remember to enter early. Sportivaevents.co.uk (note series discounts are available)

Nb Aquathlon & Triathlon are British Triathlon permitted. Swim Only is insured separately

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