



CYCLE EVENTS & HOLIDAYS

An event by Letsgovelos
www.letsgovelos.co.uk



SALCOMBE BREWERY SPRINT TRI INFORMATION PACK



INTRODUCTION

WHAT WE'RE ABOUT

The Salcombe Brewery Sprint Triathlon is all about bringing people together in the spirit of community, challenge, and enjoyment. While the event has a competitive edge for those looking to test themselves, the heart of the triathlon lies in having fun, embracing the atmosphere, and celebrating the simple joy of taking part.

Set against the stunning backdrop of Salcombe's coastline and countryside, the course is designed not just as a race, but as an opportunity to soak up the natural beauty of the landscape — from the sparkling water to the rolling hills and scenic trails.

Whether you're a seasoned triathlete or giving it a go for the first time, the ethos of the event is about camaraderie, smiles, and making memories in one of the most picturesque corners of Devon.



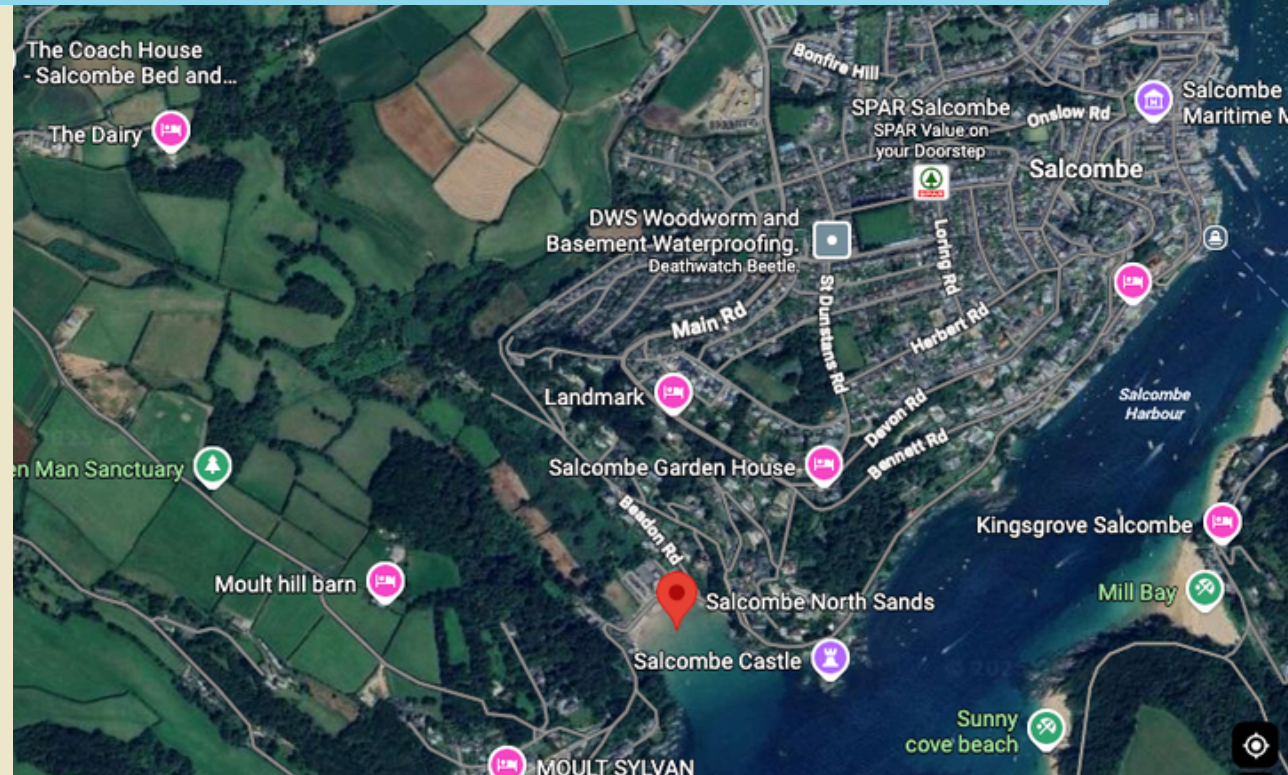
THE ESSENTIALS

GETTING THERE

POST CODE - TQ8 8LD

North Sands is located just outside Salcombe town centre, a short 15–20 minute walk down Cliff Road.

By car, please arrive via Sandhills Road and not via Cliff road to make car parking management easier.



CAR PARKING

Car parking is available at North Sands Car Park (payment required), though spaces are limited.

Additional parking can be found along Sand Hills Road, where there are minimal parking restrictions.



WHAT TO BRING

- ID in case of an incident
- Food and energy drink
- Money/credit card
- Mobile phone
- Basic tools
- Pump, tyre levers and spare inner tubes (we always carry a couple of spare tubes).
- Helmet (mandatory). If you do not have your cycle helmet we cannot let you ride.
- Clothing appropriate for the weather and time of year.
- GPX device or mobile phone with maps. We will also have some printed versions of the route available at the rider registration tent on the day.



MEDICAL SUPPORT/COVER

There is a dedicated First Aider on the event. They will be vehicle based, both based at the transition area and out on the course and will be able to attend to any incidents,

In the event of an incident on the route, for minor issues call the main event mobile numbers which are printed on the maps.

For more serious incidents call 999 immediately. It is essential that all riders carry a (charged) mobile phone during the ride for this eventuality.

If you see another participant who is struggling or needs assistance - please call for medical support.





MECHANICAL SUPPORT

Riders must be self-sufficient in the case of minor mechanical incidents such as punctures, and we recommend that you should carry at least two spare inner tubes, tyre levers and a working pump, together with a simple multi-tool.

There will be no bike mechanic on the day.

PHOTOGRAPHY

There will be a photographer at the event from Charles Whitton Photography. The photographer will get out on course and will be taking photos during the ride. We cannot promise that all riders will be photographed. Charles Whitton Photography will be showcasing and selling prints from their website: www.charleswhittonphotography.co.uk

If you have any images from the day then please feel free to share them through social media tagging @letsgovelo and using the hashtag #salcombesprinttri when posting your images.

PRE-START

RACE DAY REGISTRATION

Registration is on Sunday 28nd Sept and will be open from 7am. It is organised in alphabetical categories based on your surname, please proceed to the registration desk appropriate for the first letter of your surname. Collect your numbers and your timing tag. You are allocated a wave for the swim here which will be written on your hand.

If you have a British Triathlon membership you will need to show this at registration.

Please also check your contact details are correct at the registration desk.

REALLY IMPORTANT - It is essential if you are a Non-British Triathlon Member that you purchase a Race Pass from the link below **BEFORE** race day. Please bring proof of purchase on the day

SAFETY BRIEFING

A safety briefing will be given to competitors immediately before the start of the race when everyone is gathered on North Sands Beach, reminding you of the main safety issues along the course and any other issues to be aware of on the day. This should last no more than two minutes.



TRANSITION

Transition will be open from 7.00am on Sunday, you cannot rack your bike on Saturday.

When you've registered please go to your racking number where each row is marked with a rack number to aid location during the race, find your number and rack your bike. Please rack your bike so that your shoes and bike are on the same side of the racking as your number. You may not mark your position in any way.

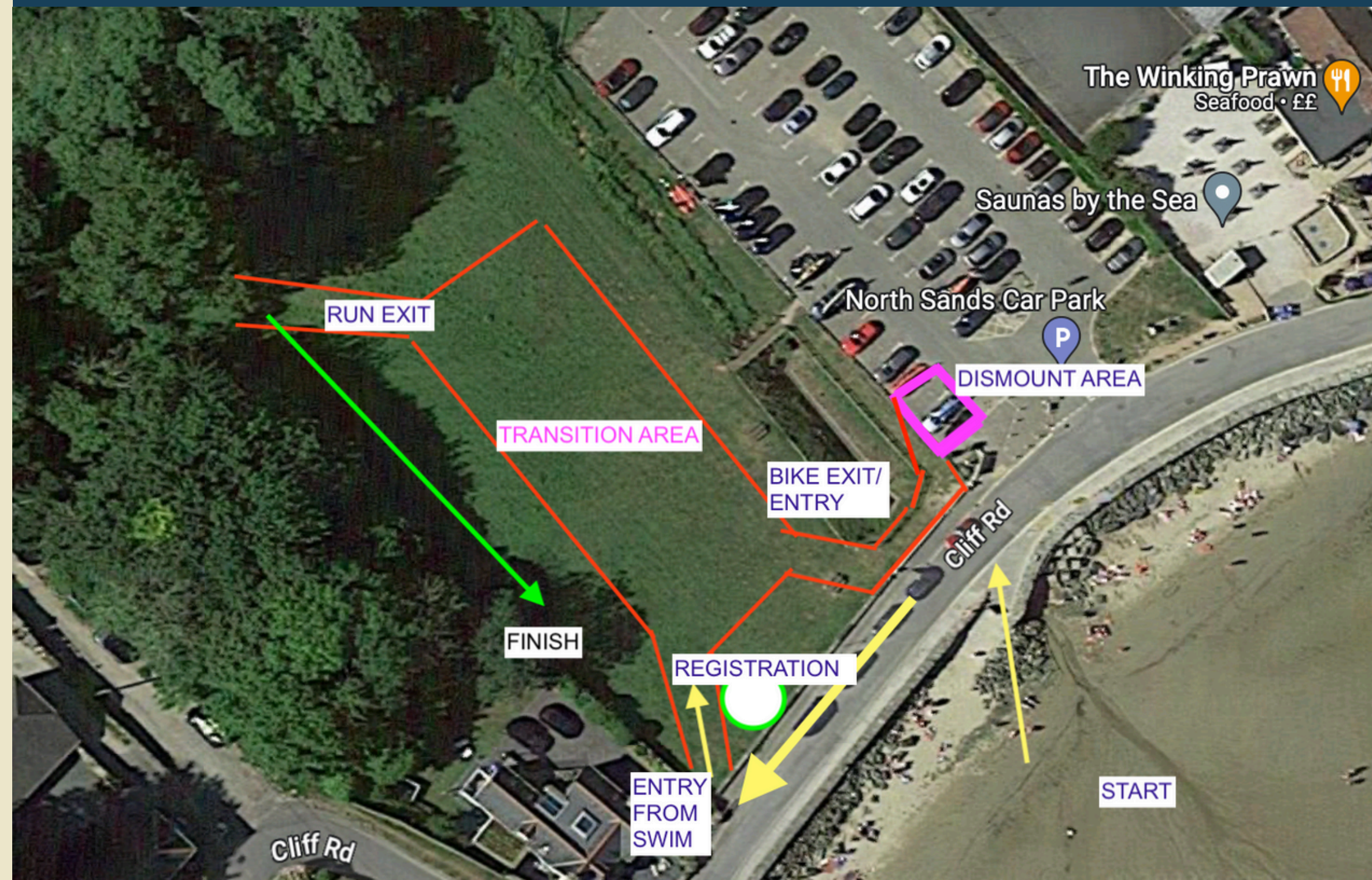
You should aim to rack your bike 20-30mins before your race start.

You may only enter through the ENTRANCE gate, you must ensure the number on your bike matches that on your running vest and hand.

When finishing the event you will be able to retrieve your bike through the EXIT gate, the transition marshals will indicate when this is possible. You will have to show your race number in order to leave transition with your bike. Please show the marshal on the EXIT gate your number.

Please only bring your transition clothes and equipment in a large bag and not a box so that if you have parked on Sand Hills Rd you can ride with your bike and bag to the transition area.

TRANSITION MAP



SWIM START

700M

For the swim discipline it is advised that you wear a wetsuit but not compulsory.

Please assemble on the beach at the Swim Start point 10 mins before the start time of 9am. You will be set off in waves of 30 competitors with 3 mins in between each wave. You will be given your wave number at the registration tent which will be written on your hand.

Please be advised you will need to run 20/30 meters from the swim start in order to reach a suitable depth to start swimming.

When you have exited the beach please follow the signs to enter the transition area from the correct point. A marshall will also help you cross the road and guide you in the correct direction.

There will be two buoys stationed out in the bay. You will be required to swim around both buoys and exit at the same area you entered the beach..

If for whatever reason you need assistance during the swim, please lie on your back and raise your arms. Coast to Coast SW Water Safety are providing trained lifeguards on paddle boards and they will be on hand to help anyone out if they need it.



CYCLE 19KM

Please ensure you put your helmet on before taking your bike, you should leave your area tidy and not impede others with your discarded equipment. Ensure your number is visible on your back and proceed to the Bike Out exit. You may only mount your bike once you cross the mount line which is clearly indicated.

The bike route is fully signposted with a few marshals out on the course. The entire cycle route is open roads and normal highway rules apply. Anyone seen riding dangerously will be disqualified. Please also be aware that as the event is taking place in a remote area of South Devon that the route is mainly quiet lanes and therefore extra care needs to be taken around corners and down hills. Where appropriate we will endeavour to put up caution signs before steep descents.

The race is a non drafting race. If you are caught drafting you will receive a penalty. On returning to transition please rack your bike in your area before removing your helmet. Proceed to Run Out following the directional signs, please be aware that as you move through transition you may have to cross the paths of other competitors. Runners should give way to cyclists in the transition area.



TRAIL RUN 3KM

The run route consists of a trail run out the back of Norths Sands into the valley and up to Lower Collaton and back down the trail to the finish line. Please be aware this is a trail path and its uneven and steep at times so please take care when running the course.



SIGNAGE AND ROUTES

The cycle and the run routes will be fully signed. The event signage is a black arrow on a yellow background. The main signage has event branding on the directional signs, an example of these event direction signs is below.

These direction signs will be supported by further plain direction arrows which are black arrows on a yellow background. Examples of the signage will be shown to you as part of the rider briefing on the day.

Warning signage will be placed around the route, at key locations where we consider you need to take extra caution.

We will have marshals on the cycle and run route.

You can view and download the route GPXs below

<https://letsgovelo.eventrac.co.uk/e/salcombe-brewery-co-sprint-triathlon-12288/route-maps>



POST RIDE & CHIP TIMING

When you've completed the course, you'll receive a medal and a Salcombe Brewery voucher that entitles you to a free drink on the day of the event only. This is redeemable from their Tap House on Island Street.

The award ceremony will be taking place at the Winking Prawn around 11.30am. We will be handing out the prizes for 1st, 2nd and 3rd placed male and female competitors.

Emit Uk timing are responsible for chip timing this year. Please wear your chip on the left ankle, facing outwards and not to cover it with a wetsuit or anything else.

Results will be viewable live at www.emit-uk.com/results

We're proud to work with a brilliant group of partners who help make the Salcombe Brewery Sprint Triathlon such a memorable day out,

EVENT PARTNERS

Salcombe Brewery

A massive thank you to Salcombe Brewery for their support in helping promote the event as well as provide some of the prizes .

South Sands Hotel

We're also very grateful to the wonderful South Sands Hotel for offering promotional support for this great event as well as providing prizes for 1st placed male and female.

Quokka Coffee

Quokka's award-winning speciality instant coffee will be served up at the coffee station at the event HQ. Whether you're after a pre-ride caffeine boost or a post-ride cup to help you unwind, it's the perfect brew to bookend your ride.

Charity Partner

The Salcombe Sprint Triathlon is in support of the Salcombe RNLI as Letsgovelos has a strong affinity to the South Coast being based nearby. As such Letsgovelos will donate 5% of the revenue from the event to the Salcombe RNLI charity fund.

Each participant is encouraged to fundraise to the amount of £50 which you can easily do by setting up a RNLI Salcombe Just Giving page. See event webpage.

WHAT ELSE WE DO

While our events are at the heart of what we do, our passion for creating unforgettable cycling experiences goes far beyond.

We specialise in bespoke cycling events and corporate trips, working closely with businesses and organisations to design and deliver tailor-made rides. You bring us the scope – whether it's team building, client entertainment, or something unique – and we bring it to life with energy, creativity, and meticulous care.

We also offer private group cycling holidays for those looking to ride somewhere extraordinary. Planning a trip to Corsica with your mates? We'll take care of everything – from route planning and luggage transfers to guiding and on-the-road support – to ensure you enjoy a fully supported, VIP-level adventure from start to finish.

Wherever you want to ride, we're here to make it happen.

To arrange an initial meeting, please contact Toby at toby@letsgovelo.co.uk or call 07877 526297.



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