



## Southborough & District Wheelers - 2020 Online Club Championships

Doc last updated on 18/11 – please note highlighted sections in green for key changes from previous

After a great year of online racing we are pleased to announce the inaugural SDW Online Club Championships taking part this year on the Zwift platform on Saturday 21<sup>st</sup> November at 13:20.

### Format:

The champs will consist of a single race that allows for four Zwift racing categories – A, B, C and D. We will recognise SDW winners and placings in each category, so you are only competing against those in and around your level. **We will filter Women' results across categories to crown our Female club champ.**

Winners in each category will receive a trophy and be recognised as the first ever online club champs in the SDW record books. Special recognition may also be given for combativity and outstanding performances.

**The Overall club champion will be the first eligible Wheeler across the line - irrespective of category.**

### The Race:

**In a change from previous info, we will be joining the 3R Innsbrucking Flat Race at 13:20.** Sign-up to the race in your respective category using the following link: <https://www.zwift.com/events/view/1241003>

**In a change from previous info, there will be no delayed start and we will all be starting at the same time as all other riders from our respective category pens.** So, when the pen countdown reaches zero it's all go!

### The Course:

The race will consist of 5 laps of the Innsbrucking Flat route totalling 44km with total climbing of 385 m. The course is relatively flat asides for the short leg snapper climb which will threaten to split the groups. Full details on the course can be found [here](#) . For a course recce, visit ZwiftHacks.com for upcoming Innsbrucking Flat course events.

### Eligibility:

Anyone can enter the race however only First Claim SDW members will be eligible for the club champs results. First Claim membership is only £25 per year with lots of additional benefits. More info [here](#).

There is no separate Youth category, but Youth riders can participate alongside the adults in these champs. A separate Youth champs catering for age categories may be organised in due course.

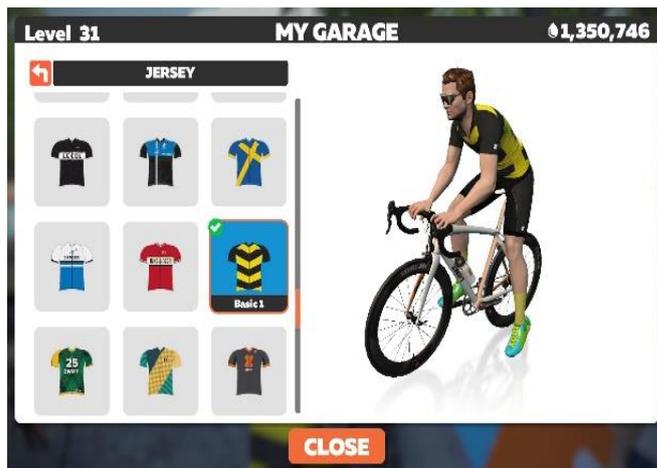


### Tags and Kit:

In a change from previous info, please can you add both SDW and your Cat to your Zwift and ZwiftPower tags e.g Simon Miller SDW B. With or without parenthesis is fine and no problems if other details are in your tag e.g. (SDW B Hornets).

Please select the Basic Kit 2 Jersey from your Zwift Garage (our adopted SDW Wasps kit).

Both of the above should assist in other racers identifying you and knowing who is in their cat to work with or against. It should also help viewers and your commentator.



### Requirements:

- A [Zwift](#) account (check your BC membership benefits for a 7-day free trial)
- A [ZwiftPower](#) profile will be used to determine official results (not needed if you just want to participate). Follow [this guide](#) to get set-up and then search for and join SDW in the teams section.

**Note** – if you are new to ZwiftPower then you will need to complete three races or group rides before 21<sup>st</sup> to gain a valid category. Please be sure to enter your correct weight and avoid sandbagging e.g. holding back on preceding three races to intentionally determine a lower category.

- A power enabled turbo set-up, either a smart trainer turbo or a dumb trainer with a power meter (cranks, pedals or other) and use of a connected heart rate monitor.

**Note:** You can still participate in the event without a ZwiftPower category or a trainer set-up without power or without heart rate monitor, however you will only be eligible for club champ results with all of the above.

### Viewing:

For those not participating, there will be a livestream of the event with some amateur commentary via YouTube. This will also be available to view after the event. <https://youtu.be/dMZwDxNEVdY>

### What's next:

Look out for any further updates on the [SDW](#) and [SDWasps eRacing Nest](#) Facebook Pages. In the meantime, don't hesitate to contact [Simon Miller](#) for further information.