

Scottish Student Sport Virtual Duathlon

Dates: 29th October – 12th November

Cost: £3

Format:

This event will consist of 3 elements - a 5km run, a 20km cycle and another 3km run. The three components can be completed independently of each other and you can post multiple attempts of each element to get your best time. All disciplines can either be completed outside or indoors and must be posted on Strava.

How to Compete:

Step 1 - Join the Scottish Student Triathlon Strava Group: <https://www.strava.com/clubs/ssstriathlon>

Step 2 - Sign up on Azolve:

Step 3 - Upload your activities to Strava the relevant activity name:

SST Virtual Duathlon - 5km Run

SST Virtual Duathlon - 20km Cycle

SST Virtual Duathlon - 3km Run

You can do these activities in any order at any time over the 2 week period (**from 29th October to 12th November**)

We want everyone to have fun and play fair so there are the following rules in place:

- Run - We would like everyone to complete their runs on as flat a course as possible, downhill runs are discouraged and any run that the finishing elevation 25m lower than the starting elevation will be discounted
- Cycle - The cycle should ideally be completed outside on the road as an individual effort (no drafting). We will also accept activities completed on indoor trainers, provided they calculate speed from Power (i.e. Wattbike)

Rankings:

Entries will be monitored on Strava daily, a leaderboard will be shared with the clubs at the end of each week.

COVID-19/SGB guidelines:

We want everyone to have fun and compete safely. Please follow the latest guidance from your Institution as well as the guidance from Triathlon Scotland: <https://www.triathlonscotland.org/covid-19/>



Specific Terms and Conditions/Insurance:

To the fullest extent permitted by Scottish law, Scottish Student Sport makes no representations, undertakings or warranties about the Virtual Challenge or any content or information provided as a result of being a participant of the campaign. To the fullest extent permitted by Scottish law all representations, warranties and undertakings (express or implied) in respect of the Virtual Challenge are excluded.

Except in the case of fraud, death or personal injury caused by our negligence or other cases where by law liability cannot be excluded or limited, we exclude all liability to you in respect of your application for the Virtual Challenge or any information or other content obtained either directly or indirectly as a result of your participation, howsoever arising, in any circumstances and whether in contract, tort, negligence, misrepresentation or otherwise.

Under no circumstances shall we have any liability for any loss of profit, business opportunity, goodwill, anticipated savings or data or for any special, indirect, incidental or consequential loss or damages of whatsoever kind resulting from your application for the Virtual Challenge or any information or other content obtained either directly or indirectly as a result of your participation, howsoever arising, in any circumstances and whether in contract, tort, negligence, misrepresentation or otherwise.

If you are in any doubt regarding the insurance cover for any physical activity that you are participating in as part of the Virtual Challenge you can contact chris@scottishstudentsport.com.