

Lezyne Worthing Triathlon – 8<sup>TH</sup> July 2018

Hi

We hope you're all set for next weekend's race on the South Coast!

Please make sure you read the race details and are familiar with the updated maps on our event page <http://rawenergypursuits.co.uk/?p=3935>, the current competitor list can still be seen on Results Base <https://www.resultsbase.net/event/4151/participants>

There will no doubt be a last-minute surge of entries this weekend, the start list will be finalised on Wednesday. Timing is critical for this event in view of the neap tide this year, so please make sure you're ready to go in your allotted wave which has now been confirmed. Waves start from 07:00hrs to 07:20hrs for the Sprint and the Standard and Relay wave is at 07:35hrs. Timing is courtesy of Results Base <https://www.resultsbase.net/event/4151>.

07:00hrs SPRINT Wave 1 Age-Groups B, C, D & E  
07:04hrs SPRINT Wave 2 Age-Groups F  
07:08hrs SPRINT Wave 3 Age-Groups G  
07:12hrs SPRINT Wave 4 Age-Groups H  
07:16hrs SPRINT Wave 5 Age-Groups I & J  
07:20hrs SPRINT Wave 6 Age-Groups K, L & M  
07:35hrs STANDARD & RELAY Wave 7 ALL MEN, WOMEN & RELAYS

Registration: In view of the early start we recommend you try to register on Saturday between 4pm & 6pm. RACKING IS ONLY AVAILABLE ON SUNDAY. Registration is open on Sunday 5am to 6:30am

If you intend to qualify at Worthing for the 2019 ETU Sprint Tri you must register your intent to qualify by 5pm Friday 6th July 2018 [https://www.britishtriathlon.org/gb-teams/age-group/2019-etu-sprint-distance-triathlon-european-championships\\_7825](https://www.britishtriathlon.org/gb-teams/age-group/2019-etu-sprint-distance-triathlon-european-championships_7825)

If you've not done this race before the start of the bike section is through a residential area. The road surface is okay, but there are a few uneven sections which will be marked and signed. The bike course for both races is an out and back rolling course.

When arriving back at transition you'll head onto the run course and complete either one or two laps depending on which race you've entered. Water and lap bands will be located at each turn point for the Standard and a turn point will be provided for the Sprint. Full details of the courses and updated maps are on the website.

The sea temperature is currently 18.4 degrees which is taken 2 miles out to sea, so it'll be slightly warmer inshore; wetsuits are still recommended due to the wind chill on this section of coastline.

Further emails will follow over the next few days. The long-term weather forecast for next Sunday is looking good with sunshine, light winds & 21 degrees air temp; a lot can change in a week though! Make sure you check out our Facebook page <https://www.facebook.com/RawEnergyPursuits/> and Twitter @rawenergyman and Instagram <https://www.instagram.com/rawenergyman/> for other updates.

South Downs Bikes will be at registration on Sunday morning. If you need anything attended to urgently on Saturday afternoon their shop is a stone's throw from Race HQ here: 301 Goring Rd, Worthing BN12 4NX 01903 244644. Eleven Sportswear <https://www.eleven-sportswear.co.uk/> will be at the race for great functional clothing as will Cool Towels <https://slcooltowel.com/>, Alan Law Physio & Massage and Harries Coffee and food.

As with all our events, we provide free unlimited race day photos via the top team at [www.sussexsportphotography.com](http://www.sussexsportphotography.com)

Team Raw Energy  
[www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk)