

Raw Energy Pursuits

Thank you for entering the L Guess Jewellers 3.8km River Arun Swim on Saturday 24th June 2017 – Start 12:45hrs

Please read the race details and look at the maps on the website. It's a mass start again this year so we'll start as the tide begins to ebb back out to the sea which will obviously make for quicker times, but also you can spread out across the entire width of the river. After 400m and the first right hand bend, please move to the right-hand side of the river so the safety crews can manoeuvre up and down the left-hand side. We have seeded swimmers according to their estimated time and this is solely to make sure the faster swimmers are at the front and don't have to swim over anyone. If you think you're faster than your estimated time there'll be plenty of room to move to the front of your group once in the water. We'll publish the order in which you'll line up at holding point in the next few days and you will be fully briefed at Ford Church. Please remember open water swimming is likely to be rough at the front and in the middle, so if you prefer a calmer swim with clear water we suggest you stay towards the back and sides; we want you all to enjoy the swim! To allay your fears of an overcrowded swim, please see the image on the event page of the website from last year's event. There's plenty of room and by the time you reach the first bend you'll be spread out. **IF YOU WITHDRAW FROM THE RACE ON RACE DAY YOU MUST INFORM ONE OF THE ORGANISERS.** If for any reason you appear to be struggling the race crew can withdraw you from the race.

On arrival at Littlehampton, we suggest you aim for the car parks highlighted on the maps on the website particularly as its Armed Forces Day on the quay and likely to be very busy.

<http://www.visitlittlehampton.co.uk/whats-on/armed-forces-day/>

There is unlikely to be any parking available behind the RNLI this year, but all other car parks are within a 10min walk of the RNLI. **DO NOT LEAVE IT TO THE LAST MINUTE TO REGISTER AS THE COACHES WILL BE LEAVING ON TIME.** There will inevitably be some queuing to collect your race pack and get marked up. There's a great café at the finish and registration (Look & Sea Centre) so please make use of this while waiting for the coaches. We have been asked by the Café to remind swimmers that the seats are for their customers only, so please make sure you purchase something before sitting down. Similarly, the toilets are for their customers so please use our fresh portable loos provided by the side of the RNLI!

The water temperature is currently 18.4° which is much warmer than previous years but **WETSUITS ARE STILL COMPULSORY.** The long-term weather forecast for Saturday looks okay, light cloud with some sun and 17-19° air temperature.

Registration will be open from 09:30hrs to 11:25hrs.

Your finish time will be recorded at the finish line and streamed live to www.resultsbase.net Results can also be seen live via your mobile device at www.resultsbase.net/mobile

The main briefing will take place at the holding point at Ford Church where there are 10 portable toilets and water. Sussex Sport Photography will be there capturing your team and individual images which are included in your race fee together with various charitable donations. Do not make your own way to the start ramp until you are counted through and please don't take too much luggage, your change of clothing must fit in the bag we provide. Please be ready to walk down to the start when instructed and ensure your wetsuit is on and you're wearing the swim cap provided. If you have a medical condition that we need to know about and you haven't already declared it please let us know ASAP – info@rawenergypursuits.co.uk

Team Raw Energy
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www.rawenergypursuits.co.uk