



Lezyne Arundel Triathlon

Hi

We hope your training has been going well and you're ready for the Lezyne Arundel Triathlon on the 5<sup>th</sup> August.

Please make sure you read the race details and are familiar with the maps on our event page <http://rawenergypursuits.co.uk/wp-content/uploads/2015/01/Race-Details-2018-V23.pdf> the current competitor list can still be seen on Results Base <https://www.resultsbase.net/event/4152/participants> It's likely there'll be a last minute surge of entries this year so if you're looking to qualify make sure you check those in your age group. We can't emphasise enough that timing is critical for this event in view of the strong current in the river, so please make sure you're ready to go in your allotted wave. Waves start from 06:40hrs to 06:54hrs.

If you're looking to qualify for the 2019 ETU Champs in Weert, Netherlands you need to register your interest with British Triathlon by Friday 3<sup>rd</sup> August. [https://www.britishtriathlon.org/gb-teams/age-group/2019-weert-etu-standard-distance-triathlon-european-championships\\_7826](https://www.britishtriathlon.org/gb-teams/age-group/2019-weert-etu-standard-distance-triathlon-european-championships_7826)

**Racking is only available on Sunday**, but registration is open on Saturday afternoon (4pm-6pm) and Sunday morning (4.30am to 6.00am) in the marquee by the transition. The current water temperature is 21.2 degrees, but it's usually a degree cooler than this in the mornings. **Please register on Saturday if possible to ease queues and save time on Sunday morning.**

The cycle section is a rolling course with one significant climb towards the end before a fast descent back into town. The run is stunning, but two tough laps around the town, castle, lake and countryside. We have authorised road closures and parking suspension notices in place for the town centre and crossing point just before the finish.

It is an early start due to the tide/current, but the roads around Arundel Town will become very busy after 9:30am.

Further emails will be sent over the next few days, but make sure you check out our Facebook page <https://www.facebook.com/RawEnergyPursuits/> and Twitter @rawenergyman for other updates.

See you on the 5th.

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