

Raw Energy Pursuits

Lezyne Arundel Triathlon

Hi

We hope you're all set for this weekend's race. The forecast is looking good, light cloud, light south westerly winds and an air temperature of 17-19 degrees first thing in the morning. The river is warmer and currently between 19-20 degrees; wetsuits are forbidden over 23 degrees but we're unlikely to reach that temperature. The sea at Littlehampton which feeds the River Arun is currently 20.2 degrees.

There are some important details in this email which you need to read.

- 1. PLEASE MAKE SURE READ THE RACE DETAILS ON THE WEBSITE:** This is the link <http://rawenergypursuits.co.uk/?p=3944>
- 2.** Wave start times are now available and been updated onto the main race info sheet.
- 3.** 05:50hrs Wave 1 swimmers tally counted onto pontoon
06:00hrs Wave 1 Males 30-39 years
06:03hrs Wave 2 Females 50-77 years
06:06hrs Wave 3 Females 40-49 years
06:09hrs Wave 4 Females 20-39 years
06:12hrs Wave 5 Males 55-77 years
06:15hrs Wave 6 Males 50-54 years + Relay Teams
06:18hrs Wave 7 Males 45-49 years
06:21hrs Wave 8 Males 40-44 years
06:24hrs Wave 9 Males Junior to 29 years
- 4. The swim start is very important.** We're on a tight schedule as you can see so it's imperative you're prepared for the swim as you enter the holding pen. The River Arun has the second fastest current in the UK and if miss our period of 'slack water' you'll find yourself surfing all the way to the English Channel! **We cannot wait for any late comers so if you're not in the holding pen when you should be any qualification could be in jeopardy; you need to be ready on time.**
- 5.** When arriving at the transition on Sunday make sure your helmet & bike numbers are stuck where they should be and you have your race number ready as we need to speed you all into the transition.
- 6. Legal Bike** – Does your bike conform to the new BT rules? Make sure you don't miss out on qualification:
<http://rawenergypursuits.co.uk/wp-content/uploads/2015/01/Illegal-Bikes-Triathlon.pdf>
<http://rawenergypursuits.co.uk/wp-content/uploads/2015/01/Illegal-Bikes-Competitor-Information.pdf>
- 7. Parking:** Collect a Tyvek band on Saturday at registration or when you enter the car park first thing on Sunday and we'll pay your parking fee on Sunday. You're right on top of Race HQ here so please make use of it.
- 8. Saturday registration:** The town will be busy, but follow the signs (Mill Road, Arundel, West Sussex, BN18 9PA)
- 9. Toilets:** 12 portable toilets will be located next to the Transition Area. In addition, 7 public toilets can be found less than 140 metres away by the museum. You'll have passed them

when you entered the car park; you will need 20p to use these. The council are cleaning them Saturday night ready for you!

10. Spectators wishing to see the swim start should walk up the river bank as opposed to the athlete's track.

The current competitor list can still be seen on Results Base, we'll be adding our own AG version tomorrow. <https://www.resultsbase.net/event/3749/participants>

Your entry includes free race day photos via www.sussexsportphotography.com
<http://sspimg.com/REP-Arundel-Castle-Tri-Gallery-2017>

Racking is only available on Sunday, but registration is open on Saturday afternoon (4pm-6pm) and Sunday morning (3.50am to 5.15am) in the marquee by the transition. **Please register on Saturday if possible to ease queues and save time on Sunday morning.**

See you at the weekend.

Team Raw Energy
www.rawenergypursuits.co.uk

