

Hi

We hope you're ready for Sunday? Please make sure you read the race details and maps on the event page (www.rawenergypursuits.co.uk), together with the **start times**. You will need to be on poolside 15 minutes before your start time. The start times are only as accurate as your estimated swim time so we could be running earlier (or later) than anticipated, but please be ready on time. Early starters should aim to get on poolside 20 minutes before their start in case there are any no shows. As soon as you've set up in transition head for the pool in case we can get you off earlier.

A reminder for everyone that there are no transition boxes/large bags in the transition area. We'll set an area aside for you to leave them in transition. The referee and marshals will be particularly hot on littering, so please do not discard your gel sachets / energy bar wrappers anywhere on the course.

Non BTF members can download their Day Licence from our event page; however, there is no requirement to bring it to registration.

The weather forecast for Sunday is looking quite good. Dry, light cloud & sun, but with a breezy south easterly winds (18mph); visibility is good. It'll be chilly for the Standard race which starts first (10°) but by the time the Sprint is underway it'll be between 10° - 12°. Please consider wearing light jacket for the cycle if you're an early starter.

Countryside Catering and Geared Bikes will be at Steyning along with our Physio Fitness & Wellbeing. Prize giving will follow the Sprint race which will be around 11am.

As in previous years we will be sharing part of the cycle course with a 25mile time trial on Sunday. Please make sure you know where you are going – there are marshals for both events on the roundabouts. In the Standard race please be aware when you emerge onto the A24 southbound from Ashington as the TT will also be on the road - please have your wits about you!

Parking is at the rear of the Leisure Centre in Steyning Grammer School; Shooting Field, Steyning, West Sussex BN44 3RX. You can walk through the back of the school and emerge right by the Cuthman Centre and registration.

We look forward to seeing you on Sunday. Don't forget to read the race details!

Team Raw Energy
Raw Energy Pursuits
www.rawenergypursuits.co.uk