

# Raw Energy Pursuits

Lezyne Arundel Triathlon

Hi

We hope you're all set for this weekend's race. The forecast for Sunday is looking good, light cloud, light north easterly winds and an air temperature of 17-22 degrees up until 10:00hrs, so not too hot. The river is currently around 21 degrees; wetsuits are forbidden over 22 degrees.

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

**PLEASE MAKE SURE YOU READ THE RACE DETAILS ON THE WEBSITE:** <http://rawenergypursuits.co.uk/?p=3944>

1. 06:35hrs Wave 1 swimmers tally counted onto pontoon
2. 06:40hrs Wave 1 Males & Females 20-29 years
3. 06:42hrs Wave 2 Males & Females 30-34 years
4. 06:44hrs Wave 3 Males & Females 34-39 years
5. 06:46hrs Wave 4 Males & Females 40-44 years
6. 06:48hrs Wave 5 Males & Females 45-49 years
7. 06:50hrs Wave 6 Males & Females 50-54 years
8. 06:52hrs Wave 7 Males & Females 55-59 years
9. 06:54hrs Wave 8 Males & Females 60 -78 years + Relay Teams

**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 we 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.**

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.

**Saturday registration:** The town will be busy, but follow the signs (Mill Road, Arundel, West Sussex, BN18 9PA) Head towards the grass overflow car park alongside the river and you'll see us.

**Toilets:** 16 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!

**Spectator** viewing on the river bank by the start is limited due to the reeds. Better viewing is on the opposite side of the river.

**Cut off times:** We're not anticipating having to enforce these, but the swim will be **07:50hrs** (remember you'll be swimming with the current for part of it). The bike is **09:45hrs** back in transition and the run (start of lap 2) by **10:15hrs**

**The transition closure and Race Briefing times are important**

**06.10hrs Race briefing in transition area**

**06:15hrs Transition area closes and the walk to start point begins:** Make sure you have suitable footwear albeit you'll be on firm trails. It's 800m from Race HQ – approx. 8-10min walking time. Athletes make their way to the start in wave start order to speed up the process once at the swim holding point, Wave 1, Wave 2, Wave 3 etc.

Wave 1 will head straight into the holding pen & onto the pontoon after kit bags have been dropped into the numbered zones. Kit bags are provided for foot wear/top and brought back to Race HQ

**06:35hrs Wave 1 swimmers tally counted onto pontoon**

The current competitor list and bid numbers can be seen on Results Base, <https://www.resultsbase.net/event/4152/participants>

Your entry includes free race day photos via [www.sussexsportphotography.com](http://www.sussexsportphotography.com)

<https://sspimg.com/REP-Arundel-Castle-Tri-2018-Gallery>

**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. **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](http://www.rawenergypursuits.co.uk)