



# Raw Energy Pursuits

## Worthing Triathlon 2018



Thank you for entering the Worthing Triathlon organised by Raw Energy Pursuits. The event is being held under the rules of the British Triathlon and you should familiarise yourself with them. For further information on the rules phone BTF HQ on 01509 226161 or [www.britishtriathlon.org](http://www.britishtriathlon.org)

There are two races, the first will be the ETU Sprint Qualifier Triathlon starting at 07:00hrs and the second will be the 15<sup>th</sup> staging of the Standard and Relay Triathlon starting at 07:30hrs. Due to the number of competitors in this year's race we will not be holding our popular format of Man versus Woman, where the first across the line wins a £100 cash prize. This year all Standard competitors will be started in one wave at 07:30hrs.

### Event Location

The event will be based by the Alinora Boat Ramp, Goring to the West of Worthing near the Yacht Club (Postcode BN12 4JE). Registration, transition and finish will all be at this location. Worthing is about 12 miles west of Brighton and 15 miles east of Chichester, West Sussex.

### Race Timings

**Saturday 7<sup>th</sup> July 2018.** Registration 1600-1800hrs (4pm-6pm)

In view of the early start we would recommend you register on Saturday if possible.  
RACKING IS ONLY AVAILABLE ON SUNDAY.

### Sunday 8<sup>th</sup> July 2018.

05:00hrs – 06:30hrs Registration open

05.00hrs - 06:40hrs Transition open

06.25hrs Race briefing in transition

06:40hrs Transition area closes **FOR ALL COMPETITORS.** Standard/Relay please note.

06:40hrs Walk to beach holding pens in start order.

06:50hrs SPRINT Wave 1 swimmers tally counted out of holding pen (Age Group starts to be confirmed)

07:00hrs SPRINT Wave 1 start Age-Groups B, C, D & E.

07:04hrs SPRINT Wave 2 start Age-Groups F

07:08hrs SPRINT Wave 3 start Age-Groups G

07:12hrs SPRINT Wave 4 start Age-Groups H

07:16hrs SPRINT Wave 5 start Age-Groups I & J

07:20hrs SPRINT Wave 6 start Age-Groups K, L & M

07:35hrs STANDARD & RELAY Wave 7 start ALL MEN, WOMEN & RELAYS

**Removal of bikes from the transition area after the race will be managed to ensure the Standard & Relay competitors are not impeded. This is only likely to affect Sprint Triathletes. We will endeavour to get you away ASAP.**

11:00hrs Presentation by event marquee and trade stands

0600 –1200 Breakfast courtesy of Harrie's Coffee

British Triathlon Age-Groups are: B=17-18, C=19, D=20-24, E=25-29, F=30-34, G=35-39, H=40-44, I=45-49, J=50-54, K=55-59, L= 60-64, M=65-69.

### Registration

We strongly suggest you register on Saturday if possible as this will cut down time on Sunday morning bearing in mind the race starts early. If you're a member of BT you'll need to show your licence at registration. If you don't have it you will need to purchase a Day Licence for £5. **There are no exceptions.** If you are not a BTF member you would have already paid the £5 fee when you entered online. Collect your race number, bike number, helmet number, swim cap and T Shirt and familiarise yourself with the course. The race WILL start on time, so if you intend to register on Sunday, please make sure you have registered and have your bike racked and kit all ready for the race. You need to be present for the race briefing at 6:25am for the Sprint, Standard & Relay Triathlons.

### Sea Swim - Standard (1.5km) and Sprint (750m): (See maps on website)

Following race briefing, athletes will be counted onto the beach via the timing mat. Only the SPRINT race will be permitted to enter the water prior to 7:00am. Once the SPRINT race has started athletes doing the STANDARD & RELAY will be lined up in their Age Group and escorted to their warming up area on the beach. Please keep the start and finish area between the groynes clear at all times. The STANDARD & RELAY race need to ready to start by 07:30am – you can warm up after the Sprint race has started. Your acclimatisation in the water is only going to be the brief so please make sure you're ready to start at least 5 minutes before your allocated swim time. There will be plenty of lifeguards, canoes and safety boats covering the swim. The canoes are there to guide you, but if you get into difficulty, turn on your back and raise one arm and the safety boat or canoe will then assist you. If you appear to be struggling in the swim or have been in the water for a long time, you may be pulled out at the discretion of the safety crews; you will be allowed to finish the race, although your time will not be ratified. Our aim is make sure you all finish and enjoy the race.

The sea is likely to be chilly (generally 17-20 degrees) so wetsuits may be compulsory; they're certainly recommended in view of the wind chill factor on this section of coast. Updates on the sea temperature will be shown on our website and Facebook in the week leading up to the event. The start will be on the beach which is a mixture of shingle and sand, but mainly shingle. When the klaxon

sounds make your way into the sea carefully. Swimmers need to aim AT LEAST 50M LEFT OF THE FIRST BUOY TO TAKE INTO ACCOUNT THE STRENGTH OF THE CURRENT. You will be swimming with the current on the way out of the swim and against the current on the way back. Weaker swimmers should 'seed' themselves accordingly at the start of the race.

Swimmers will be started in waves and head out to the first buoy at 200m. For the **Standard/Relay** swimmers turn right and follow the coastline passing the other three buoys on your right-hand side until you reach a small bay opposite the Sea Lane Café. Turn on the 4th buoy and swim back parallel with the coastline but keeping the buoys to your right-hand side. You are strongly advised to remain out at sea until you can see the finish (just before the last buoy), otherwise you'll be fighting the current and heading inshore too soon. The **Sprint Triathlon** will follow the same route but turn on the second buoy which will be clearly marked and head diagonally back to the shore. On finishing the swim, run up the beach onto the matted ramp and then run down the path and onto the grass towards the transition. Your swim split will be taken as you enter the transition. Water quality is tested daily and is usually excellent. **If you are competing in the Relay Triathlon, when your swim is complete run into the HOLDING PEN by the transition area remove your timing chip from your ankle and hand it to your cyclist who will be waiting by their bike in the transition. Cyclists can only remove their bike from the racking once their helmet is fastened and the chip timing strap attached.**

### Transition

There is one transition area in the main car park. The STANDARD will use one racking row which will be marked and the SPRINT will use three marked racking rows. PLEASE SEE THE NEW TRANSITION LAYOUT MAPS ONLINE. ONLY COMPETITORS ARE ALLOWED IN THE TRANSITION AREA. Collect your bike, BUT DO NOT remove it from the racking until your helmet is fastened. (2 MINUTE PENALTY) Mount in the 'designated area' on the road. Helmets must conform to approved cycling safety helmets of ANSI Z90.4, SNELL B90, EN 1078 or an equivalent national standard must be worn by competitors. A CE mark is not an approval mark and should not be treated as approval. A CE mark is NOT an approval mark. **No transition boxes/large bags in the transition area. There'll be an area adjacent to transition set aside to leave them in.**

### Cycle

THIS IS A NON-DRAFTING RACE & THERE WILL BE MOTORCYCLISTS AND REFEREES ON THE COURSE.

### Cycle Section – Standard (40.72km) and Sprint (23.45km)

Both the Standard and Sprint Triathlons use the same course except the Sprint turns earlier. The course is rolling with no significant hills but a few long drags. Exit the transition and mount on the road as directed and then head along Marine Crescent. When you get to the roundabout at Sea Lane Café, turn right then NORTH to the roundabout by The Mulberry Pub. Athletes will turn LEFT into Ilex Way and the turn RIGHT into Aldsworth Avenue. Be prepared to give way here if necessary but we will try and call you through where possible. There are 8 speed humps in the road for about 200m please ensure your water bottle is secure. At the roundabout take the 2<sup>nd</sup> exit (straight over) and then ride over Goring Railway Bridge to the roundabout on the A259. Just prior to this there's a Pelican Crossing which will be marshalled. Take the 2<sup>nd</sup> exit (straight across) to Titnore Lane and start the gradual climb towards the A27. **This is a single carriageway and you will encounter other cyclists on the opposite side of the road so it's imperative there is no drafting and traffic can manoeuvre between you.** At the first roundabout turn RIGHT (3<sup>rd</sup> exit) OVER the A27 and then straight over (2<sup>nd</sup> exit) at the next roundabout onto the A280 towards Clapham Village. This is the start of long gradual climb up Long Furlong. Once over the top, please use EXTREME CAUTION as you descend to Findon roundabout on the A24. This is the point in the course where the STANDARD and SPRINT races turn in different directions.

The **Standard/Relay Tri** turns left (1<sup>st</sup> exit) and goes NORTH on the A24 and the **Sprint Tri** circumnavigates the roundabout and retraces the route back to the finish. The **Standard Tri** remains on the A24, which is dual carriageway and heads north over Washington roundabout (2<sup>nd</sup> exit) and then north to the village of Ashington. **REMAIN ON THE A24 NORTH UNTIL YOU REACH THE SECOND EXIT ROAD TO ASHINGTON.** Turn LEFT off the slip road and LEFT again at the bottom of the slip road. At the next roundabout go all the way around (4<sup>th</sup> exit) & retrace your route **UNDER** the A24 to the next roundabout where you turn RIGHT to go SOUTH on the A24. Ride straight over at Washington roundabout (2<sup>nd</sup> exit), RIGHT at Findon roundabout (3<sup>rd</sup> exit), then after a very short climb descend Long Furlong.

The return route for both the **Standard and Sprint** cycle is likely to be very fast so please take care. Ride over the A27 as before and then south down Titnore Lane. **THIS SECTION OF ROAD IS VERY FAST & LIKELY TO BE VERY BUSY WITH OTHER CYCLISTS SO PLEASE RIDE WITH CAUTION.** At the next roundabout go straight over the A259 (2<sup>nd</sup> exit), over the railway bridge at the next roundabout take the 2<sup>nd</sup> exit into Aldsworth Avenue and follow this to Ilex Way where you turn LEFT (CAUTION UNEVEN ROAD) and then RIGHT at the mini roundabout at Sea Lane, Goring, (2<sup>nd</sup> exit). Follow this to the Sea front, **LEFT (1<sup>st</sup> exit)** at the roundabout and continue along the sea front **and TURN RIGHT** into the transition area and dismount as directed by the marshals. **Please be careful on the main roads; the early start should mean traffic is fairly quiet.** THIS IS A NON-DRAFTING RACE!

### Transition

Enter the transition, rack your bike and ONLY THEN remove your helmet. Exit the transition as indicated by the marshals. **Relay cyclist's rack you bike first then tag your runner who'll be waiting in the Holding Pen which is where you hand over the timing chip; the bike must be racked first before handing over the timing chip.**

### Sprint Run 5km (Flat)

Exit the transition area from where you entered the swim and run up the path onto the promenade. Keep heading east, via Worthing Yacht Club, at which point you will start reach the wide section of the promenade. The turnaround point is on the prom adjacent to Queens Road. Retrace your steps back to the finish area by the transition area until you reach the footpath by the beach shelter. Turn right down the path and then right again onto the grass and you will enter the start of the finish funnel. There are designated areas for skaters and roller bladders on the prom and you will certainly encounter the odd runner & plenty of dog walkers.

### **Run 10km (Flat)**

Exit the transition area from where you entered the swim and run up the path onto the promenade. Keep heading east, via Worthing Yacht Club, at which point you will start the two-lap section of the course on the promenade. The turnaround points are The Lido and George V Avenue (2km apart). The Lido will have water and George V Avenue is the band collection point to indicate you have completed one lap. Return to The Lido as before and then make your way back towards the finish area (YOU DO NOT COLLECT ANOTHER BAND AT THIS POINT) Remain on the coastal path by the transition area until you reach another footpath. Turn right down the path and then right again onto the grass and you will enter the start of the finish funnel. Please be considerate to others using the 'Prom'. We'd like to come back next year.

### **Finish**

Finish is in front of the Transition area. Water will be available.

### **Timing**

The split timing will be as follows. The swim split timing will be taken as athletes enter the transition. The bike split will start when you leave the transition with your bike and finish as you re-enter. The run split is taken as you leave the transition. Please make sure your number is visible on the back for the bike and front for the run.

### **Caterers & Trade**

Caterers will be providing hot food before, during and after the race and will also have a variety of quality cakes and snacks for your consumption. PLEASE TAKE YOUR LITTER HOME WITH YOU!

### **Presentation & Prizes**

This will take place by the finish area after the last person has crossed the line. Prizes will be awarded to the first three male and females overall in each race and then 1<sup>st</sup> Relay Team plus 1<sup>st</sup> Vets, 1<sup>st</sup> Supervets, 1st Vintage and Juniors (Sprint). Your age is at 31<sup>st</sup> December 2018, not age on race day.

### **Accommodation**

There are numerous Hotels and B&B's in the area (contact Worthing Borough Council Tourist Office on 01903 221307) - There's a new Premier Inn on the Seafront in Worthing and one at Angmering (4 miles away) and a Comfort Inn at Arundel (10 miles away). Unfortunately, there is no camping in the area of the race start & finish. There's a camp site about 8 miles north of Worthing at Washington (on the bike course): Washington Caravan & Camping Park, London Road, Washington, Pulborough, West Sussex, RH20 4AJ, 01903 892869 [washcamp@amserve.com](mailto:washcamp@amserve.com) [www.washcamp.com](http://www.washcamp.com) - travelling time is about 15mins to the race HQ.

Other recommended campsites are:

Billycan Camping Arundel: <http://www.billycancamping.co.uk/> 12 min drive away

Knepp Safaris for Glamping and Camping are a 20 min drive away: [www.kneppsafaris.co.uk](http://www.kneppsafaris.co.uk)

Acorns camping: <http://www.ukcampsite.co.uk/> 10 min drive

Foxwood Camping – Angmering: <http://www.foxwoodcamping.co.uk/> 10 min drive

Ship & Anchor Camping Site – Ford Marina <http://www.ukcampsite.co.uk/> 15 min drive

Brighton is a 30-minute drive away.

### **Parking**

There is ample street parking on the coast road. PLEASE DO NOT PARK ANYWHERE NEAR THE BIKE MOUNT/DISMOUNT ZONE. THIS WILL BE CONED OFF and please under no circumstances block any residential driveways. Cars parked illegally will be towed away. In view of the fact you will be arriving between 5:00am and 6:00am, please be considerate to the local residents. If complaints are received about noise, the council may prohibit the event in the future.

### **Medical Advice**

If you have any known medical conditions, please inform us before the race and write your condition on the back of the number. If there is any medication you need during the race, please make sure it is clearly marked with your race number and hand it over to the medical team or Race Officials.

### **Toilets**

A bank of 12-14 portable toilets will be provided next to the Transition Area. In addition, public toilets can be found 800 metres west at the Sea Lane Café.

### **Results**

Live results will be screened via the Results Base screen at the finish, online at [www.resultsbase.net](http://www.resultsbase.net) or via your mobile device at [www.resultsbase.net/mobile/](http://www.resultsbase.net/mobile/) Provisional results will be available on Sunday via our website [www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk).

### **Photographs**

Your race entry fee includes FREE unlimited image downloads of the event from race photographer Anthony Bliss and his team at [www.sussexsportphotography.com](http://www.sussexsportphotography.com).

We hope you enjoy the race.

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