

Thank you for entering the Lezyne Arundel 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 BT HQ on 01509 226161 or www.britishtriathlon.org

Arundel is a stunning location on the banks of the River Arun; the UK's second fastest flowing river! The market town has an impressive castle within the boundaries of the South Downs National Park, rivalled only perhaps by Windsor in terms of its historic appeal. It also has a cathedral and many other attractions such as Museum, Arundel Ghost Experience, Swanbourne Lake, Childrens Play Areas, Boat Trips, Arundel Jailhouse, Arundel Lido, Wetlands Centre, Walking tours, Treasure Hunts & Pitch & Putt. There are numerous cafes, bars, restaurants and shops in the town, many of which will provide spectators with a great view during the event. There are 10 Hotels, 33 Bed & Breakfasts, 2 camping & caravan sites, 12 Self-Catering or Youth Hostels all within 5 miles of Arundel. Breakfast is likely to be served by many of the cafes in the town on the Sunday morning. For more information on what the town has to offer visit <http://www.arundel.org.uk/>

Event Location

The event will be based in the grass overflow car park in the shadow of Arundel Castle, Mill Road, Arundel, West Sussex, BN18 9PA. The registration marquee and transition will be at this location. If you arrive in Arundel on Saturday afternoon the town is likely to be very busy, head for the museum by the bridge and you'll see a large car park by one of the castle entrances. Drive through this car park and you'll see Race HQ (Mill Road, Arundel, BN18 9PA)

Race Timings

Saturday 4th August 2018. 4pm to 6pm Registration. In view of the early start please register on Saturday if you can. RACKING IS ONLY AVAILABLE ON SUNDAY.

Sunday 5th August 2018.

04:30hrs Car Park open

04:35hrs – 06:00hrs Registration open

04:45hrs - 06:15hrs Transition open

06:10hrs Race briefing in transition

06:15hrs Transition area closes

06:15hrs Walk to start point on river bank on firm paths (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 vans. Kit bags are provided for foot wear/top and brought back to Race HQ

06:35hrs Wave 1 swimmers tally counted onto pontoon

06:40hrs Wave 1 Males Junior to 24 years + Relay Teams

06:42hrs Wave 2 Males 24 to 29 years

06:44hrs Wave 3 Males 30-34 years

06:46hrs Wave 4 Males 34-39 years

06:48hrs Wave 5 Males 40-44 years

06:50hrs Wave 6 Males 45-49 years

06:52hrs Wave 7 Males 50-54 years

06:54hrs Wave 8 Males 55-59 years

06:56hrs Wave 9 Males 60 -78 years

06:58hrs Wave 10 Females 20-24 years

07:00hrs Wave 11 Females 25-29 years

07:02hrs Wave 12 Females 30-39 years

07:04hrs Wave 13 Females 40-49 years

07:06hrs Wave 14 Females 50-78 years

SWIM SECTION ACTIVE: 06:45 to 07:40hrs

BIKE SECTION ACTIVE: 07:05 to 09:15hrs

RUN SECTION ACTIVE: 08:05 to 10:30hrs

CUT OFF TIMES IN OPERATION

10:30hrs -10:45hrs Presentation at Race HQ and trade village

11:00hrs Breakdown Race HQ

Registration

Please register on Saturday as this will cut down time on Sunday morning bearing in mind the very early start. You will need to show your BTF Licence at registration. If you do not have it you will need to purchase a Day Licence for £5. **There are no exceptions.** If you are not a member of the BTF you will have already paid the £5 when you entered online. Collect your T Shirt, kit bag for foot wear, and race pack which will include your race numbers, bike number, helmet number, swim cap, 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 5:25am in transition.**

1.5km River Swim (See map on website)

The swim will take place during a 30-40min period of slack water where there is very little flow. Timing for the start of the race is critical and can vary slightly depending on weather conditions. Please be ready to go for your allotted wave start. Athletes will be counted onto the swim pontoon and into the water. You will only be permitted to warm up for a very short time in the water before the race in view of the currents. Swimmers will head upstream for 200m, U-turn on the buoy, swim 200m downstream back passing the start on your right and continue downstream for the remaining 1100m. NB * On this 400m out & back section please ensure you keep to the left-hand side of the river as safety crews will occupy the centre of the river. Once swimmers have passed the start pontoon downstream they should keep to the right-hand side of the river to allow the safety crews access on the left-hand side. Your point of focus after the last bend in the river will be Arundel Castle which will lead you to the exit ramp. The river is likely to be fairly warm (17-19 degrees), but we would recommend wearing a wetsuit in case the weather is inclement. Updates on the water temperature will be shown on www.rawenergypursuits.co.uk the week leading up to the event. A klaxon will signify the start of each wave. You will be swimming at slack water with a very slight current.

There will be plenty of riverbank spotters, kayaks and safety boats during the swim. The kayaks are there to guide you. If you get into difficulty, turn on your back and raise one arm and a kayak or spotter will assess the situation and then consider calling a safety boat to 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.

Once the swim is completed, run up the ramp (which will be matted), across the scaffold bridge & into the main grass car park and transition area. Your swim split will be taken as you enter the transition area. Water quality is regularly tested by the environment agency and generally described as good or excellent.

Transition

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 BSI, ANSI or SNELL standards and **your bike must be race legal. MAKE SURE YOU ARE AWARE OF THE NEW BT RULES AS THIS MAY HAVE AN IMPACT IF YOU INTEND TO QUALIFY.**

Cycle

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

40km Cycle (37.73km Actual)

This is a ONE LAP course and not the same as our Arundel Lido Triathlon in May. The course is rolling with one significant climb towards the end of the bike. There are a few rolling hills and a long drag up Long Furlong. A sweep van will follow the course. Exit the car park in Mill Road and head over the bridge and onto the main A27 by the first roundabout. Pass Arundel Station and then climb a short incline until you reach a flat section of the A27 at Crossbush. Continue on the A27 (dual carriageway) until you reach the slip road for the A280 which is signposted for Horsham and London. DO NOT MISS THIS TURNING otherwise you'll end up in Worthing. At the top of the slip road take the 2nd exit onto the A280 (Long Furlong). This is a long gradual climb towards the South Downs. At the top, take care as you descend to the Findon roundabout on the A24 as you'll be approaching the roundabout at speed. Cycle NORTH on the A24 to Washington roundabout, then take the 1st exit (left) towards Storrington on the A283. Caution also as you approach the village of Storrington. Take the 1st exit at the mini roundabout **EXTREME CAUTION ON THE MINI ROUND ABOUT, your descent to the roundabout is fast and cars joining the roundabout from the right cannot see you as you approach.** Then go through the village taking care around the pedestrian crossings. Once you reach the roundabout opposite the Tesco Garage turn left (2nd exit) onto the B2139 towards Amberley and Houghton. This is a fast roller coaster road on the north side of the South Downs. Once you reach the village of Houghton and cycle over the bridge at the River Arun, you'll start to climb Houghton Hill to top of the South Downs (Whiteways Lodge), this is a tough climb. Once at the roundabout at the top (A29), take the 1st exit signposted A284 to Arundel. **EXTREME CAUTION ON THIS ROAD – STEEP DOWNHILL SECTION** back into town and susceptible to cross winds. **Do not underestimate this road – IT IS VERY FAST!** At the bottom by the roundabout take the 2nd exit (A27), over the bridge at the River Arun and onto the Arundel bypass and then 1st exit at the next roundabout and head back to the finish. Caution passing the Cooperative store as this may be busy. Turn right (2nd exit) at the mini roundabout (DO NOT CUT ACROSS THE MINI ROUNDABOUT, **YOU WILL GET A 2 MINUTE PENALTY AND YOU'LL JEOPARDISE THE FUTURE OF THE EVENT**). Then turn right back into Mill Road car park via the same access point you exited from and back to transition. **Please be careful on the main roads; the early start should mean traffic is 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.

Run 10km (2 x 5km laps)

The run is stunning but very tough. Exit the transition area as directed by the marshals and run onto Mill Road. This is a beautiful tree lined avenue along the Castle Moat which heads towards Swanbourne Lake. Remain on the footpath until directed to cross the road. Run over the bridge by the Mill and into the main entrance to Swanbourne Lake. Turn left into the lake and follow the gravel track which is hard packed until you reach the private Arundel Estate. Head into the estate through a gate and then follow the track uphill to the impressive Hiorne Tower. This is a tough and long gradual climb. Once you've passed the tower its downhill all the way. Then turn left into London Road. **Please be careful along London this section can be very busy even early in the morning, both near St Nicholas Church with parishioners arriving, and through a section without pavement which is open to two-way traffic.** Then descend the High St from Arundel Castle, into The Square and then turn left onto Mill Road by the Post Office and Castle entrance before re-joining the tree lined avenue for a second lap but this time you'll be on the opposite side of the road. Water and wrist band collection is just passed this point. Complete Lap 2 the same as Lap 1. When you reach the water/band collection point turn right across Mill Road as directed by the marshals** and enter the track that leads to the rear of the race field and the finish. ** Road closure orders are in place at bottom of the High St and the crossing point in Mill Road. Traffic wanting to pass though the closed sections will be managed by the marshals

PLEASE REMEMBER YOU MUST WEAR A RACE TOP, ZIP IT UP AND NO IPODS ETC FOR ANY PART OF THE RACE.

Finish

Finish is in the field by Race HQ. Water will be available. All competitors will receive their overall finish time and splits courtesy of Results Base who will be based at this location.

Timing

The swim timing will be taken as athletes enter the transition and leave the transition with their bikes. The bike split will be taken as you enter the transition & run split 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

Catering will be provided at Race HQ and there are also a number of cafes in town for breakfast after the race. Zone 3, Geared Bikes, Alan Law Physiotherapy will be at the venue on Sunday.

Presentation & Prizes

This will take place at Race HQ. We will produce the results immediately after the last person has crosses the line. Prizes will be awarded to the first three male and females, then Veterans (Over 40), Supervets (Over 50), Vintage (Over 60). Your age is at 31st December 2018, not age on race day.

Accommodation

There are numerous Hotels and B&B's in the area. Unfortunately, there is no camping in the area of the race start & finish. Washington Caravan & Camping Park , London Road, Washington, Pulborough, West Sussex, RH20 4AJ, 01903 892869 washcamp@amserve.com www.washcamp.com - travelling time is about 20mins to the race HQ. The other camp site is Premier Inn on the Seafront in Worthing and one at Angmering (4 miles away) and a Comfort Inn at Arundel (10 miles away). 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
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

Parking

There are many car parks within Arundel. PLEASE REMEMBER TO PAY AND DISPLAY if you don't use the designated race car park. The most convenient is situated right by the transition area in an overflow car park. There is also street parking in Mill Road. **PLEASE DO NOT PARK ANYWHERE NEAR BIKE MOUNT/DISMOUNT ZONE. THIS WILL BE CONED.** In view of the fact you will be arriving between before 5:00am, please be considerate to the 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 Red Cross or Race Officials.

Toilets

A bank of portable toilets will be provided next to the Transition Area. In addition, public toilets can be found 400 metres away by the museum and swim start – you will need 20p to use these.

Results

Provisional results will be available on Sunday via our website www.rawenergypursuits.co.uk. 'Live' ticker results will be available via Results Base in the race marquee and streamed their website immediately after the race.

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.

We hope you enjoy the race.

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

