

Raw Energy Pursuits

L Guess Jewellers 3.8km River Arun Swim

Hi

Thank you once again to everyone who took part in the Arun swim this afternoon. We say it each year, but the look on people's faces when they finish and cross the line is great to see and there's always a real buzz after the event. The weather wasn't at its best so we couldn't dress the venue as we'd like, but nevertheless it didn't seem to make any difference to overall feel and virtually everyone finished within 90min. The oldest competitor was a very fit and young 82-year-old called Ray Blount from Eastbourne Swimming Club & the youngest 13 year old Kaja Simonsen Brickley from Bodyworks XTC, proof that you're never too old or young; their times were 1:12 and 55:46 respectively.

Roles were reversed this year and Kieran Lindars narrowly beat his partner Chloe Pollard, both from Bodyworks XTC, to snatch the title from her. Kieran finished in 45:16 and Chloe 45:26. Both duly cycled back to Eastbourne as part of their triathlon training! Chloe's impressive performance was no surprise as she was first female at the European Aquathlon Champs this year @chloenpollard

We're lucky to have the support of the RNLI, a positive Harbour Master, skilled RYA RIB crews from the Arun Youth Aqua Centre and our regular kayakers, & marshals for all our water based safety. Thanks to the Look & Sea Centre to allow us take over their café every year making it their busiest day each year. Finally, please make sure you pay a visit to our sponsor L Guess Jewellers from Littlehampton & Rustington who've been the main sponsor for the last 9 years.

Race results can be seen on www.rawenergypursuits.co.uk or www.resultsbase.net. If you have any timing queries please let us know. Click on your name if you want to see where you came and print off your certificate!

Don't forget your entry fee includes FREE unlimited image downloads from Sussex Sport Photography and they'll be live on Monday we understand as they have a pretty hectic schedule this weekend here: They have sent us a few PR images which we've put on our Facebook page so that you get a flavour of what's coming up <http://sspimg.com/REP-Arun-Swim-Gallery-2017>

The **Worthing Triathlon** is next weekend on the 2nd July. This year we're back to our Man v Woman format for the Standard Tri with the winner winning a cash prize and there are also Sprint & Relay options. We've moved the venue slightly to a more sheltered position by Worthing Sailing Club and have use if their facilities if the weather turns bad.

We're launching a new swim in the River Adur at Shoreham on Saturday 26th August. This one's a 5km swim we're calling the Fin Swim, with the current. We'll bus you up to the start by the old Cement Works and you can then meander through the river finishing by the old outdoor activity centre. There'll be different categories with the option to wear fins for a really quick swim and a great way to finish off the season.

We hope you have a great summer and look forward to seeing you again soon.

Team Raw Energy
www.rawenergypursuits.co.uk

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