

Lezyne Worthing Triathlon 2017

Thank you for entering the Worthing Triathlon organised by Raw Energy Pursuits. The event is being held under the rules of 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

There are two races, the first will be the Sprint Triathlon starting at 06:30hrs and the second will be the 14th staging of the Standard and Relay Triathlon starting at 06:45hrs. This year we're back to our popular format of Man versus Woman for the Standard race, where the first across the line wins a £100 cash prize; women start 11min 15seconds ahead of the men based on the winning times from last year (Andrew Greenleaf Serpentine Running Club 1:57:43 and Emily McLoughlin East Grinstead Tri Club 2:08:58).

Event Location

The event will be based IN A NEW LOCATION FOR 2017 on the grass behind Worthing Sailing Club, Marine Crescent, Goring to the West of Worthing (**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. The location is 400m east from previous years.

Race Timings

Saturday 1st July 2017. Registration 1600-1800hrs (4pm-6pm)

In view of the early start we would recommend you register on Saturday if possible, although not essential. RACKING IS ONLY AVAILABLE ON SUNDAY.

Sunday 2nd July 2017.

Registration 0515-0615

05:30hrs Transition opens for Standard & Sprint

06:15hrs Race briefing in transition area (ALL RACES)

06:20hrs Transition area closed – (ALL RACES)

06:30hrs **Sprint** Swim starts **WAVE 1**

06:45hrs Standard Women start **WAVE 2**

06:56:15hrs Standard Men & Relay start **WAVE 3**

10:00hrs Presentation by event marquee and trade stands

0600 –1030 Breakfast courtesy of Countryside Catering

Geared Bikes & Alan Law Physio Team

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 the BTF 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 have already paid the £5 fee when you entered. 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 6:15am 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 6:30am. Once the SPRINT race has started athletes doing the STANDARD & RELAY will be allowed to warm up in an adjoining groin but you must be ready for your wave start. We suggest women warm up after the Sprint wave has gone and then the Men will have plenty of time to warm before their start time. Please keep the start and finish area between the groynes clear. Acclimatisation in the water is only going to be brief so please make sure you're out of the water and 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 16-20 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. When the klaxon sounds make your way into the sea carefully. Swimmers need to be aware the current, although slack will push them away from the first buoy which is a LEFT turn. Unlike previous years, the outbound section of the swim will be slower as you'll be swimming against the current, but it will be considerably faster on the way back. Weaker swimmers should 'seed' themselves accordingly at the start of the race.

Swimmers will be started in THREE waves (Sprint, Women, Men + Relay). Head out to the first buoy at 200m (there are four buoys in total). For the **Standard/Relay** swimmers turn left and follow the coastline passing the other three buoys on your left-hand side until you pass the Waterwise Gardens on the prom. Turn on the 4th buoy and swim back parallel with the coastline but keeping the buoys to your Left-hand side. You are advised to remain out at sea and swim parallel with the shore as opposed to heading back diagonally as you're likely to drift ashore before you reach the finish. We also plan to drop an additional red ZONE 3 buoy into the water in addition to the 4 orange buoys if weather conditions allow. This will help you get the possible line into the finish area and once you pass it head towards the shore and the Crow's Nest on the jetty. The **Sprint Triathlon** will follow the same route but turn on the second buoy which will be clearly marked with a black line 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 into the Sailing Club yard and follow the road back into 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 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. There is no holding pen and you can only put your helmet on once you have the timing chip attached to your LEFT ankle.**

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 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. **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 (41.36km) and Sprint (24.09km) NEW DISTANCES FOR 2017

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, 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 2nd 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 2nd 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 (3rd exit) OVER the A27 and then straight over (2nd 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 (1st 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 (2nd 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 (4th 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 (2nd exit), RIGHT at Findon roundabout (3rd 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 (2nd exit), over the railway bridge at the next roundabout take the 2nd 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, (2nd exit). Follow this to the Sea front, **LEFT (1st 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 by your bike 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 directly opposite The Lido entrance. Retrace your steps back to the finish area by the transition area where the finish is located. 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 on the prom at which point you will start the two-lap section of the course on the promenade. The turnaround points are NEW FOR 2017 and are The Pier (water stop) and George V Avenue is the band collection point to indicate you have completed one lap. Return to The Pier 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 and turn right just before the Sailing Club and enter the finish funnel. Please be considerate to others using the 'Prom'. We'd like to come back next year.

Finish

Finish is in alongside 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

'Countryside Catering' will be providing bacon and sausage rolls before, during and after the race and will also have a variety of quality cakes and snacks for your consumption. Geared Bikes & Alan Law Physio will be at the venue on Sunday. 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, then prizes for Vets, Supervets and Vintage categories for each race plus the 1st & 2nd Relay Team. Your age is at 31st December 2017, 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 www.washcamp.com - travelling time is about 15mins to the race HQ. The other camp site is Ecclesden Farm Campsite, Water Lane, Angmering, West Sussex, BN16 4ER which is about 5-10minute drive away. Their website is www.ecclesden.com or Tel 07785 707485 – and their rates start from £7:50 a night.

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

Brighton is a 30-minute drive away.

Parking

Parking is available at the Alinora Boat Ramp/Marine Crescent car park this year. There is also 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 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 10 portable toilets will be provided next to the Transition Area. In addition, public toilets can be found 1200 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 or via your mobile device at www.resultsbase.net/mobile/ Provisional results will be available on Sunday via our website 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.

We hope you enjoy the race.

Team Raw Energy
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