



Arundel Lido Triathlon Sunday 16th May 2021

Standard, Relay & Standard Aquabike Triathlons start at 6:00am
Sprint & Sprint Aquabike Triathlon at 7:15am

Thank you for entering the Lezyne Arundel Triathlon which is organised by Raw Energy Pursuits Ltd and sanctioned by the British Triathlon. The event is sponsored once again by our friends at Lezyne (www.lezyne.com), The Protein Ball Co & The Bike Side. The race location is Arundel Lido, Queen Street, Arundel, West Sussex, BN18 9LE. Please make sure you leave plenty of time to park, register and rack your bike before your allocated swim start.

COVID Safe Event: Following our email to you on 27/04/2021, you'll be aware of some format changes in order for us to comply with COVID guidelines set by British Triathlon and Arun District Council:

- **Social Distancing** – PLEASE make sure you SD wherever you can. Please wear a mask until you leave the transition and line up for the swim.
- **Shout your number** – We're taking a different approach to the event this year and doing our own Android timing. To help the timing crew, please shout your number to them as you pass through the various timing points. Results and splits will be available on Results Base as normal
- **Please remember** this year the event is regarded as 'participation' and not 'competitive' (Results will be in A-Z format as opposed to fastest first). We know everyone wants to race as fast as they can, but remember the majority of athletes will not have raced for over a year, so please take it easy!
- **No spectators** are allowed this year unfortunately
- **We will NOT be supplying swim caps this year. Please bring your own cap.**
- **REMEMBER THERE IS NO WATER ON THE COURSE – YOU NEED TO BE SELF SUFFICIENT THROUGHOUT THE RACE**
- **There is no formal race briefing.** These race details contain all the information you need. However, swimmers will be informally briefed while queuing on key points such as obeying the Highway Code, taking extreme caution on the bike and the mount/dismount area.
- Please bring your own handwash/sanitiser, there will be some available at the start / finish / toilets.
- If you are feeling unwell on the day, **please don't attend.**
- **YOU MUST COMPLETE THE COVID-19 HEALTH DECLARATION ONLINE BEFORE ARRIVING AT THE EVENT**

Rules: The race is organised under the rules of the British Triathlon and all competitors should familiarise themselves with them.

Timing:

- We will be using an Android timing system courtesy of Results Base.
- **Point 1:** Bike Exit (Swim + Transition Time)
- **Point 2:** Bike Return (Bike Split) (Finish point for the Aquabikes)
- **Point 3:** Finish (Transition time + Run)

Registration:

- Registration opens between **05:15 to 07:30hrs**
- Race numbers will be posted to competitors the week before the race. Race packs will contain two race numbers and a bike & helmet number. The two Tyvek race numbers need to be worn on the front and back and **VISIBLE**. If you're using a number belt, make sure the number is facing to the back on the bike and to the front on the run.
- When you arrive, head straight into the Lido for either the **STANDARD** or **SPRINT** check-in. Make sure your helmet is fastened to your head and your bike and helmet numbers are visible. If you're affiliated to British Triathlon, have your membership card ready and once the bike and helmet have been checked by the crew, rack your bikes on the designated row for your number. British Triathlon have confirmed current & valid memberships to us, so if your licence has expired or not been paid for you will be required to purchase a Day Licence from the gazebo outside the Lido as you arrive. We will contact the handful of BT members who need to renew their licence before the event. If you are not a member of British Triathlon your entry fee already includes Day Membership.

SWIM:

- **Standard Tri, including Relays and Standard Aquabike** will start between 0600hrs and 0717hrs.

- **Sprint Tri and Sprint Aquabike** will start around 0715hrs (dependant on the accuracy of estimated times).
- **SWIM START TIMES WILL BE POSTED ONLINE 7 days before the event.** Swimmers will be seeded according to their (original) estimated swim time, slowest first, unless someone has specifically asked for an early start.
- Please keep 2m from other swimmers when lining up outside the pool. The positions will be clearly marked with cones. If your swim estimate is incorrect present yourself at poolside around the time of similar ability swimmers. (See start list online)
- PLEASE MAKE SURE YOU ARE READY TO SWIM AT LEAST 5-10 MINUTES BEFORE YOUR ALLOCATED START TIME. You'll be called onto poolside one at a time and started every 30secs or when the swimmer in front of you reaches the end of the lane (1 length).
- This year you will be swimming the Zig-Zag method across the pool until you reach the other side. Swim up the left-hand side of the lane, turn, swim back in the same lane alongside the lane rope and when you get back to the end, you duck under the lane rope, push off and do the same thing in the next lane until you reach the opposite side of the pool.
- Climb out and head towards the transition area (Caution when leaving the pool as the surface will be wet & slippery)
- Your split time will be taken as you exit the bike transition, so if you want to know your swim split, you need to time this yourself.
- All swimmers follow the same format until they reach the end 5 x lanes = 250m.
- **LANE ETIQUETTE:** There should be ample room to overtake slower swimmers. A lane monitor may show you a 'Give Way to Swimmer' board if you haven't noticed one behind you. Stop at the end of the lane and let them pass and follow on behind.
- **Any unsporting impedance will be reported to the Race Referee.** PLEASE GIVE WAY TO FASTER SWIMMERS

Transition: (T1)

- A plan of your racking position will be posted online and displayed at both the Standard and Sprint bike check-ins.
- Please remember, we will have two bike check-ins, one for the Standard, Relay and Standard Aqua-bike and one for the Sprint and Sprint Aqua-bike. Make sure you're in the correct queue. This will help distance everyone prior to, during and after the race.
- **There will be no bike mechanic this year.** PLEASE make sure your bike is all set up, roadworthy and working properly before you arrive. There won't be time to do any last-minute repairs and don't forget to have a spare inner tube or tub in your bag and your handlebar ends are plugged.
- Please wear a mask at check in and around the transition area prior to the race and when you finish.
- **ONLY ATHLETES WILL BE PERMITTED IN THE TRANSITION AREA.** Please be aware there may be other athletes running in the transition while you are setting up, so please be considerate and make sure they have plenty of space to get past. In view of the staggered start there will be no formal race briefing other than this information sheet and a last-minute update as you queue for the swim.
- **Transition Swim to Bike** - DO NOT remove your bike from the racking until your helmet is fastened (2 MINUTE PENALTY). The run with your bike into the 'designated mount area'.
- **Transition Bike to Run** - DO NOT remove your helmet until your bike has been racked (2 MINUTE PENALTY). Helmets must conform to EN, ANSI, SNELL or other national standard. NO IPODS/MP3 Players.
- **Litter:** Please do not discard your gel sachets / energy bar wrappers anywhere on the course or in transition. Marshals will be reporting back to the referee if they see anyone littering! The referee may give an educational warning with Stop and Go once corrected; if not corrected, disqualification.

Mount & Dismount **NEW**

- **MOUNT:** Exit the transition and run across to the mount zone in the car park. Mount your bike and SLOWLY ride to the car park exit where the marshals will try and assist in calling you round when it's clear. YOU MUST BE PREPARED TO GIVE WAY TO TRAFFIC THOUGH as marshals CANNOT STOP oncoming traffic. A line of cones around the bend will be put in place to help you join the road. The car park will be swept and matted
- **DISMOUNT:** When returning on the bike you MUST GIVE WAY to oncoming traffic leaving Arundel. PLEASE also remember you are turning right into the car park **directly opposite the police station.** We have parking bay suspension notice with the council to help with visibility. This area will be signed, but traffic can build up at this location.

Cycle:

- **'Standard' & 'Relay' Triathlon (2 Laps) 37km (Undulating).**
- **'Sprint' Triathlon (1 Lap) 19km. (Undulating).**
- ALL RACES FOLLOW THE SAME COURSE.
- Please be careful on the main roads. The early start should mean traffic is quiet, but the A27 can be busy after 9am. Ride out of the car park and turn left until you reach the roundabout with the A27. Turn RIGHT, (2nd exit) and follow the A27 over the River Arun to the next roundabout. Turn RIGHT, (3rd exit) and start the long gradual climb up the A284 Arundel by Pass (London Road). This is a gradual climb of about 15-20 minutes; most of it can be done 'in the saddle' although there are a couple of slightly steeper sections. At the top of the hill, (Whiteways Lodge) turn LEFT (1st exit) and follow the A29 (fast downhill section) through Slindon until you reach the roundabout on the A27 at Fontwell. Turn LEFT, (1st exit) and remain on the A27 until you reach the roundabout by the River Arun (Extreme Caution as this is a fast-downhill section approaching the roundabout - later riders in the Sprint may find traffic queuing here).

- **COURSE SPLIT: IMPORTANT: IF YOU ARE DOING THE STANDARD, STANDARD AQUABIKE or RELAY TURN LEFT AND REPEAT YOUR FIRST LAP UP THE HILL on the A284.** IF YOU'RE DOING THE SPRINT OR SPRINT AQUABIKE carry **straight on** (3rd exit) across the river until you reach the first roundabout you started at and turn LEFT and then RIGHT back into the car park and transition area.
- For the Standard race, once you have finished your second lap return to the finish as described above.
- (This is a triangular course, regularly used for Time Trials)
- The marshals at this roundabout can only indicate the options to take. They will be unable to give you specific directions as they won't be able to tell what lap you're on or what race you're doing. THIS IS YOUR RESPONSIBILITY.
- Don't (necessarily) follow the cyclist in front of you as they may have already done their 2nd lap in the Standard or 1st lap in the Sprint.
- PLEASE MAKE SURE YOU ARE FAMILIAR WITH THIS ROUNDABOUT BEFORE THE RACE – IT IS YOUR RESPONSIBILITY TO NAVIGATE THE COURSE. THIS IS A NON-DRAFTING RACE, THERE WILL BE TWO DRAFTBUSTERS ON THE COURSE.

Transition: (T2)

- Enter the transition, rack your bike and ONLY THEN remove your helmet.
- Exit the transition as indicated for the Standard or Sprint – both runs leave down the ramp near the Lido entrance

Run:

- **Standard and Relay Triathlon 9km (Undulating)**
- **Sprint Triathlon 5.4km**
- **NEW STANDARD AND RELAY ONLY.** This is the same route as normal, but a different direction when you get to Offham Lodge. For 2021 head to South Stoke first, then when you return, enter Offham Lodge (where the water station used to be) and climb up the chalk track towards the trig point. **Do not** go all the way to the trig point on the single-track grass section. Instead, turn at the top of the chalk track and turn right descending down the grass hill to Offham Lodge.
- **Standard 9.23km Run:** Exit the transition area and run down the alleyway as onto Queen Street and turn right. Run over the river and then follow the avenue of trees (Mill Road) alongside the castle and river. Follow the signs **over the main ROAD BRIDGE (new this year)**, which emerges alongside Swanbourne Lake. Continue on this road passing the Bird Sanctuary on your right until you reach the Black Rabbit Pub. Keep left and follow the road up to Offham and then turn left and follow the road **round to the right as described above** (NEW for 2021 – This is a different direction to normal). Follow the undulating road to the village of South Stoke, run round the turn point, and then back to Offham Lodge where you **TURN RIGHT** and climb the track until you reach the top of the chalk track. Come back down the grass hill to Offham Lodge and then turn left then retrace your route back to Arundel, again **over the main ROAD BRIDGE**. Once in Arundel turn left at the main bridge, then left after 50m through the alleyway and the rear entrance of the Lido to finish (the finish area is within the grassed area of the Lido).
- **Sprint 5.4km Run.** Directions: Exit the transition area and run down the alleyway as onto Queen Street and turn right. Run over the river and then follow the avenue of trees (Mill Road) alongside the castle and river. Follow the signs **over the main ROAD BRIDGE (new this year)**, which emerges alongside Swanbourne Lake. Continue on this road passing the Bird Sanctuary on your right until you reach the Black Rabbit Pub. Keep left and follow the road up to Offham and then turn left and turn around the cone at Offham Lodge. Retrace your route back to the Lido making sure you run **over the main ROAD BRIDGE** at Swanbourne Lake. Once in Arundel turn left at the main bridge, then left after 50m through the alleyway and the rear entrance of the Lido to finish (the finish area is within the grassed area of the Lido).

RELAY TEAMS:

- Your cyclist wears the race number on their back
- Your runner wears the race number on their front
- **RELAY HOLDING PENS (NEW)**
- For 2021, there will be two holding pens and a 'VIRTUAL HANDOVER'.
- The Swimmer to Cyclist Relay handover is located at the entrance to the transition from the swim on the grass (See map)
- The Cyclist to Runner Relay handover is located near the run exit by the chalet. (See map)
- Relay swimmers, run towards the pen, identify your team mate (cyclist) and virtually handover to them. There are no chips to hand over this year. Your cyclist can be ready to go with shoes and helmets fitted if required.
- The Cyclist to Runner handover is completed once the cyclist has dismounted, racked their bike and removed their helmet. THEN run to the handover pen and 'virtually handover' to your runner who runs down the ramp and starts their run.

AQUABIKE STANDARD AND SPRINT:

- Aquabike athletes will be timed as they dismount from their bikes PRIOR to entering the transition

FINISH:

- When finishing, please keep moving through the wide and socially distanced finish funnel and find somewhere to recover away from other finishers.
- As you make your way through the finish area, you will be handed a race T-Shirt and some Protein Balls.

- As soon as you're ready to collect your bike, head back into transition, collect your belongings and have a safe journey home.
- Next year we'll hopefully be back to normal.

IT IS YOUR RESPONSIBILITY TO FAMILIARISE YOURSELF WITH THE COURSE.

Presentation & Prizes

As this year is 'Participation' and not 'Competitive' there will be NO PRIZES and results have to be in A-Z order according to the British Triathlon guidelines. Your age is at 31st December 2021, NOT age on race day.

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.

Toilets & Showers

Four portable toilets will be provided to the front of the Lido. There will be a sanitising station outside, please use it. There are also toilets, changing facilities and showers within the pool. Please note the Lido will be open to the public from 1000.

Results

Provisional results will be available on Sunday via www.resultsbase.net; there's also a direct link on www.rawenergypursuits.co.uk. 'Live' results will be streamed to their website during the race. Any queries you have about your time or splits should be directed straight to Results Base. Alternatively go to your smartphone/android/iPhone device via www.resultsbase.net/mobile/

Commentator:

Unfortunately, there will be no commentator this year as **NO SPECTATORS ARE PERMITTED**. The atmosphere will be different to our normal events, but at least we're on the road to racing again.

Catering:

Takeaway food and drinks will be available at the Lido café or in Arundel Town.

Parking

There are a number of car parks within Arundel and immediately outside the pool. There is also street parking close to Arundel Lido. **PLEASE DO NOT PARK ANYWHERE NEAR THE BIKE MOUNT/DISMOUNT ZONE. THIS WILL BE CONED OFF WITH A PARKING SUSPENSION NOTICE IN FORCE.** In view of the fact that you will be arriving between 5:15am and 7:30am, please be considerate to the local residents. If complaints are received about noise, the council may prohibit the event in the future. **The Lido car park is pay & display and there WILL be an attendant on duty. The cost is £4 for the day. Please make sure you get a ticket if using this car park.**

FREE Photographs

Your entry fee includes free unlimited image downloads from www.sussexsportphotography.com. These should be available on Monday or Tuesday.

We hope you enjoy the day at this great race location.

Raw Energy Pursuits

www.rawenergypursuits.co.uk



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