

Thank you for entering the Lezyne Arundel Lido Triathlon. It's great to be back, albeit not quite at full speed yet. We've already had a couple of our events take place within COVID guidelines and both were very successful.

For this year and hopefully this year only, there's a slight change to the format of this event in order to comply with British Triathlon and Government guidelines:

- The swim will be a 'snake-style' (Zig-Zag up and down the lanes) to minimise passing & overtaking in the water. This will mean a 250m swim for everyone as Arundel has 5 lanes.
- Why? British Triathlon have stated that from the date public indoor pools reopened (12/4/21) to between 4-6 weeks thereafter the event should be on a 'participation' basis and not 'competition' (no prizes and results in alphabetical order). This is to protect competitor welfare with up to 4-6 weeks of uninterrupted access to training to regain swim fitness etc.
- Implications: While this is considerably less than our normal swim, we have to consider the knock-on effect of the swim on the run in respect of social distancing. Arundel is a busy tourist town and unfortunately there are quite a few pinch points on the run, especially the right hand turn on the bridge and some of the narrower sections towards Swanbourne Lake. The later we start the run the busier it gets, so to comply with what has been approved by the local council we need to get runners out on the course earlier than normal. The shortened swim will allow us to achieve this and then we can keep the bike and run sections the same. Alternative run routes have been considered, but they're not ideal; the river bank has an uneven surface and we want to avoid crossing busy roads.
- The Standard & Relay (Including the Standard Aquabike) will start first at 0600hrs followed by Sprint (& Sprint Aquabike) at 0700-0715hrs. We'll work out the swim order in the next few days, the slowest swimmers will start first based on your estimated times.
- No registration, we'll post numbers to you.
- No chip timing, instead we'll use the Results Base android system which we use at a number of other events; this provides live timing in the same way as chip timing. This also alleviates the need for marshals to remove athletes' chips after the race.

#### COVID-19 and Social Distancing Guidelines

- A reminder: We'll still be under the 'Rule of 6', so **social distancing must be maintained**. Arrive on time for your start to ensure that we fully comply with all guidelines and avoid the risk of any larger groups of people congregating.
- **No spectators** are permitted this year, so please don't bring family or friends.
- Please bring your own handwash/sanitiser, there will be some available at the finish / toilets.
- If you are feeling unwell on the day, **please don't attend**.
- At the finish, just keep walking through the wide funnel and into the finish zone or transition to collect your bike.

**PLEASE REMEMBER** There are **no water stations on the course** - you need to be self-sufficient on the bike and run. A bike bottle is straightforward and something most of you will carry anyway, the run is early morning so it's unlikely to be too hot. Most of the Sprint run is shaded, but the Standard is more exposed so bear this in mind and either carry another bottle or make sure you're hydrated before you get off the bike.

#### Summary

- Other than a shorter swim, it's more or less the same as normal, but with a big emphasis on social distancing and keeping safe.
- There is **no pre-race briefing**, all information will be online.
- Our legendary T-Shirts will be waiting for you at the finish.
- Free race photos will be supplied as with all REP events.
- No coffee barista or trade stands this year.
- The Lido Café will provide hot and cold drinks, snacks and food.

Race instructions and start times will be posted online soon.

We'll be making regular contact with you from now up until the event so keep an eye out for emails. Numbers will be posted next week.

Team Raw Energy.