

**L Guess Jewellers 3.8km River Arun Swim, Littlehampton, West Sussex.  
Saturday 26<sup>th</sup> June 202 Start 14:10 (Tidal River).**

Thank you for entering the Ironman Distance River Swim in the Arun, sponsored by L Guess Jewellers, together with our partners Zone 3 and Protein Ball.

- **Event Location:**

Race HQ is in front of the RNLI Lifeboat Station in Surrey Street, Littlehampton, West Sussex, BN17 5BL. Littlehampton is about 16 miles west of Brighton and 8 miles east of Chichester.

- There will be NO REGISTRATION this year. Instead, race packs containing a coloured swim cap and numbered kit bag will be posted out the week before the event. This alleviates long queues forming at the RNLI.
- Please leave plenty of time to park as the town and quay may be busy - there are numerous car parks in and around the town. **We suggest you park at Coastguard Road, BN17 5LH, which is close to Harbour Park Amusements** (See map on website). This is more or less next to Banjo Road which is where the coaches leave for the start, so an ideal location. Seaside cafes and toilets are also at this location.
- We're trying to keep the quayside at the RNLI as clear as possible due to COVID restrictions, but if you need to visit the Help Desk there for any reason, it'll be open between 1130-1215hrs. This'll give you plenty of time to get back to the Banjo Rd coach pick-up point. First coaches leave at 1300hrs. There will also be a REP Crew member at Banjo Rd if you have any queries.
- REP Crew members will write your race number on both hands at Banjo Rd whilst queuing for the coaches. We'll sanitise your hands first and then write your number. THIS IS COMPULSORY for safety reasons.
- Race briefing will take place at 1400hrs at the holding area (Ford Church / Ford Marina). High Tide at Littlehampton is at 1322hrs – High Tide at Ford Marina is usually between 1400-1430hrs depending on the type of tide and weather conditions.

- **Race Timetable**

- 1130-1215hrs Help Desk open RNLI
- 1300hrs First 3 coaches leave the RNLI for Ford Church Holding Point.
- 1330hrs Second 3 coaches leave the RNLI for Ford Church Holding Point
- 1340-1400hrs Wetsuits on & race briefing Ford Church Holding Point
- 1400hrs Walk down to start – Swim caps MUST be worn and wetsuits on.
- 1415-1425hrs Mass start
- 1505hrs First finisher
- 1550hrs Last finisher
- Unfortunately, there will be no race commentary & prizegiving this year. This is to reduce groups of swimmers and spectators congregating on the quay near the RNLI. Prizes will be posted to winners.
- **Timing**
- There is no chip timing, but athletes will be timed using our android devices at the start and finish. Results will be streamed live to [www.resultsbase.net/mobile](http://www.resultsbase.net/mobile)

- **General Information**

- The coaches provided ARE FOR ATHLETES ONLY. Coaches do not return to the finish after dropping off swimmers at Ford Church. Your race fee includes coach travel to the start and donations to the RNLI, Ford Church (holding point) and other local charities. When you leave Banjo Road at Littlehampton you need to be wearing your swimwear and the clothes you'll be changing into at the finish. Don't forget your wetsuit! Please do not take too much luggage – you need to be able to fit all your kit in the bag provided. Your numbered kit bag will be brought back to the finish at the RNLI. Please remember to take a drinking bottle and any energy fuel with you – water will be provided.
- The holding point at Ford Church is about 400metres from the start location. 8-10 portable toilets will be located here. A compulsory race briefing will take place at 1400hrs. Ford Marina kindly allow us to start the race from their ramp each year, so please be polite & considerate to local residents and boat owners. Swimmers are NOT BE PERMITTED TO ENTER THE WATER UNTIL DIRECTED BY THE STARTER. Please keep the start ramp clear if craft are launching or landing and be careful entering the water. Once everyone is in the water the race will begin.
- Swimmers have been seeded according to their estimated swim time. However, please seed yourself sensibly and do not line up on the front few rows unless you are confident in your ability. The front is likely to be extremely rough so if you are not an experienced swimmer, we suggest you stay towards the back of the field and to the side. We are not expecting many swimmers to take over 90 minutes in view of the tidal nature of the river, if for any reason, you think you are unable to achieve this time please let us know at [info@rawenergypursuits.co.uk](mailto:info@rawenergypursuits.co.uk).
- Mass start. Make sure you spread across the entire width of the river for the first 400m. Then at the first right hand bend, move over to the right-hand side so safety crews can manoeuvre down the left-hand side. Please keep to the right and only move to the middle of the river when navigating bends. DO NOT STRAY TO THE LEFT-HAND SIDE
- Follow the river downstream. During the last kilometre, you'll swim under the A259 road bridge and pass Littlehampton Marina on your righthand side before approaching Rope Tackle Footbridge (Red Bridge). Keep in the centre of the river at this point as directed by the safety crew. This is opposite the Arun View Pub. Once under the 'Red Bridge' keep to the centre initially and then move to the left alongside the pontoon and follow this to the finish. Two Zone 3 orange buoys will guide you up the swim ramp. From the 'red footbridge' to the finish is 470m. The Harbour Master and Maritime Volunteers will control river traffic ahead of you.
- Once you get to the finish by the RNLI ramp exit the swim (Caution for unseen objects under the water); the finish line is a few steps up RNLI ramp, not in the water!
- The River Arun is the UK's second fastest flowing river. There is a 30-minute period of 'slack water' when the river is at its slowest and this is when athletes will start to swim. The current will increase in speed as you make your way to the finish.
- **Wetsuits are compulsory** - the water temperature will be checked prior to the start of the race (21/6/21 16.4 degrees)
- Spectators must not park at Ford Church or Ford Marina (Ship & Anchor Pub) under any circumstances. Inconsiderate parking is likely to jeopardise the future of the swim. Whilst spectators can follow the

swimmers along the river footpath, it is recommended they head for the footbridge at Ferry Road by the Arun View Pub which is close to the finish area; both are good vantage points with café's and bars.

- **SAFETY:**
- There will be 10-13 kayaks, two experienced RYA RIB crews, a Maritime Crew RIB and the Harbour Masters RIB during the swim. The kayaks are there to monitor your progress and guide you where necessary. If you get into difficulty, turn on your back and raise one arm and a kayak will then assist you. DO NOT grab the kayak, but, if necessary, hold onto the rear toggle and the Safety RIB will pick you up and bring you back to the RNLI or Emergency Holding Point near the Arun View Pub. There will be 8-10 safety spotters (Sussex Search & Rescue Team) and a Paramedic along the river bank.
- **It is not advisable to exit the river unless it is an emergency.** If for any reason you feel you need to exit DO THIS ON THE RIGHT-HAND SIDE by the footpath and **notify a race official immediately**. 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 and organisers – this decision will be final. Our overriding aim is making sure everyone finishes safely and enjoys the race. The water quality is good.
- **Changing**
- Three changing gazebos will be positioned close to the RNLI. Due to COVID restrictions, we are unable to use the RNLI boat house as in previous years.
- **Prizes will be posted to competitors this year. There will be no presentation. Sorry**
- **Medical Advice**
- If you have any known medical condition, please inform us before the race.
- **Toilets**
- There are toilets at Harbour Park (car parking area) and Ford Church.
- **Photographs**
- Your race fee includes FREE unlimited image downloads from [www.sussexsportphotography.com](http://www.sussexsportphotography.com).
- **Accommodation**
- Please contact the Littlehampton or Arundel Tourist Office for details. There are numerous hotels and B & B's in the area if you have any queries, please let us know and we'll try to help. For those looking for something special near Ford why not try [www.brooklandsbarn.co.uk](http://www.brooklandsbarn.co.uk)
- **Results**
- Provisional results will be available live via [www.resultsbase.net](http://www.resultsbase.net) or via your mobile device [www.resultsbase.net/mobile](http://www.resultsbase.net/mobile) and on our website [www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk)

Enjoy the day and have a good race.

Team REP

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