

## Triathlon England National Aquathlon Championships 2019

Thank you for entering the National Aquathlon Championships organised by Raw Energy Pursuits. The event is being held under the rules of the British Triathlon and you should familiarise yourself with them. For further information on the rules phone BT HQ on 01509 226161 or [www.britishtriathlon.org](http://www.britishtriathlon.org)

Arundel is a stunning location on the banks of the River Arun; the UK's second fastest flowing river! The market town has an impressive castle within the boundaries of the South Downs National Park, rivalled only perhaps by Windsor in terms of its historic appeal. It also has a cathedral and many other attractions such as Museum, Arundel Ghost Experience, Swanbourne Lake, Childrens Play Areas, Boat Trips, Arundel Jailhouse, Arundel Lido, Wetlands Centre, Walking tours, Treasure Hunts & Pitch & Putt. There are numerous cafes, bars, restaurants and shops in the town, many of which will provide spectators with a great view during the event. There are 10 Hotels, 33 Bed & Breakfasts, 2 camping & caravan sites, 12 Self-Catering or Youth Hostels all within 5 miles of Arundel. Breakfast is likely to be served by many of the cafes in the town on the Sunday morning. For more information on what the town has to offer visit <http://www.arundel.org.uk/>

### Event Location

The event will be based at The Black Rabbit pub on the banks of the River Arun, Mill Road, Arundel, West Sussex BN18 9PB. Registration and the transition will be at this location. Parking at the Black Rabbit Pub is limited so you're advised to park in Mill Road and walk up to the pub or park in the main car park at Arundel opposite the Castle entrance. A bus shuttle will operate from here to ferry competitors to the pub. Other parking options may become available and we will notify competitors of these. If you arrive in Arundel on Saturday afternoon the town is likely to be very busy, the easiest place to park is likely to be behind the museum by the entrance to the Castle (Mill Road, Arundel, BN18 9PA)

### Race Timings

#### Sunday 8<sup>th</sup> September 2019.

07:00hrs – 08:40hrs Registration open

07.05hrs - 08:45hrs Transition open

08.40hrs Race briefing in transition

08:45hrs Transition area closes

08:50hrs Walk to the holding point in Wave order before being counted onto the pontoon for the start. Athletes make their way to the start in wave start order to speed up the process once at the swim holding point, Wave 1, Wave 2, Wave 3 etc. Wave 1 will head straight onto the pontoon after being tally counted.

09:00hrs Wave 1 Males & Females (Age Groups Youth, Junior, 20-29) Yellow & Blue Caps

09:02hrs Wave 2 Males & Females (Age Groups 30-39) Purple & Orange Caps

09:04hrs Wave 3 Males & Females (Age Groups 40-49) Pink & Silver Caps

09:06hrs Wave 4 Males & Females (Age Groups 50-59) Red Caps

09:08hrs Wave 5 Males & Females (Age Groups 60-80) White Caps

10:15hrs -10:45hrs Presentation at Race HQ

11:00hrs Breakdown Race HQ

### Registration

Please register on Sunday and make sure you show your Federation Card at registration. If you do not have it you will need to purchase a Day Licence for £5. **There are no exceptions.** If you are not a member of British Triathlon you will have already paid the £5 when you entered online. Collect your race pack, T-Shirt, race number & swim cap and familiarise yourself with the course. The race WILL start on time and you need to be present for the race briefing at 8:45am in transition. **Members of Triathlon Wales, Scotland and Ireland can still get a podium place in the overall event, but you will NOT be eligible for a podium for the Triathlon England Championship.**

### 750m River Swim (See map on website)

The swim will take place during a 30-40min period of slack water where there is very little flow. Timing for the start of the race is critical and can vary slightly depending on weather conditions. Please be ready to go for your allotted wave start. Athletes will be counted onto the swim pontoon and into the water. You will only be permitted to warm up for a very short time in the water before the race in view of the currents. Swimmers will head downstream for 350m keeping on the right-hand side (buoys will be on your left) before making a U-turn on the buoy and returning on the opposite side of the river. **The river is likely to be fairly warm (17-21 degrees), but we would recommend wearing a wetsuit in case the weather is inclement. It is highly unlikely we'll reach 22 degrees where the Race Referee can forbid the use of wetsuits.** Updates on the water temperature will be shown on

www.rawenergypursuits.co.uk the week leading up to the event. A klaxon will signify the start of each wave. You will be swimming at slack water with a very slight current.

There will be plenty of riverbank spotters, kayaks and safety boats during the swim. The kayaks are there to guide you. If you get into difficulty, turn on your back and raise one arm and a kayak or spotter will assess the situation and then consider calling a safety boat to 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 pontoon for the race will be constructed by Pontoonworks who built the Olympic pontoon in 2012. When exiting the swim **it's important that you swim up the slope to the top of the pontoon** before our safety crew can then get you onto the static pontoon and up the steps in front of the pub. The steps have a good surface but remember to watch where you are going and then run along the tarmac drive and into the transition area.

Your swim split will be taken as you enter the transition area. Water quality is regularly tested by the environment agency and generally described as good or excellent.

### Transition

ONLY COMPETITORS ARE ALLOWED IN THE TRANSITION AREA. Each swim wave will have its own designated area with corresponding cap colour. After the swim, enter the transition area as directed, collect your shoes and head off onto the run as indicated by the marshals.

### Run 5km

The run is stunning and more or less flat. Exit the transition area passing the front of the pub and run onto Mill Road passing the Wetland Centre on your left hand side. Then head past Swanbourne Lake keeping to the left-hand side and over the bridge onto the beautiful tree lined avenue of Mill Road. The turn point is just opposite the putting green; cross the road and head back up the other side of Mill Road alongside the Castle Moat towards the bridge again. The crossing point and Mill Road has a Road Closure in force and will be manned by experienced marshals although traffic will be allowed to pass through. Run over the bridge then turn left into Swanbourne Lake and complete a clockwise lap of the lake before emerging back on Mill Road. **There are a couple of sections on the run that have a very smooth but firm chalk surface which can get slippery when wet. Extreme caution here please.** Once out of Swanbourne Lake turn left and head back towards the Wetlands Centre before running back into the pub and finish area which will be located in front of the pub entrance. Make sure you keep an eye out just before the finish line for a shallow speed ramp. Traffic wanting to pass through the closed sections will be managed by the marshals.

**PLEASE REMEMBER YOU MUST WEAR A RACE TOP, ZIP IT UP AND NO IPODS ETC FOR ANY PART OF THE RACE.**

### Finish

The finish will be at the Black Rabbit Pub. Water will be available. All competitors will receive their overall finish time and splits courtesy of Results Base who will be based at this location.

### Timing

The swim timing will be taken as athletes enter and leave the transition area. Please make sure your number is visible on the front for the run.

### Caterers & Trade

Catering & hot drinks will be available the Pub. There are also a number of cafes in town for breakfast after the race. Eleven Sportswear, the Protein Ball Company & Alan Law Physiotherapy will be at the venue on Sunday.

### Presentation & Prizes

This will take place at the Black Rabbit. We will produce the results immediately after the last person has crossed the line. Prizes will be awarded to the first three male and females & then the TE age categories. Your age is at 31<sup>st</sup> December 2019, not age on race day. British Triathlon Age-Groups are: B=17-18, C=19, D=20-24, E=25-29, F=30-34, G=35-39, H=40-44, I=45-49, J=50-54, K=55-59, L= 60-64, M=65-69, N=70-74, O=75-79, P=80-84.

### Accommodation

There are numerous Hotels and B&B's in the area. Unfortunately, there is no camping in the area of the race start & finish. Washington Caravan & Camping Park, London Road, Washington, Pulborough, West Sussex, RH20 4AJ, 01903 892869 [washcamp@amservice.com](mailto:washcamp@amservice.com) [www.washcamp.com](http://www.washcamp.com) - travelling time is about 20mins to the race HQ. The other camp sites 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](http://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

There are the usual hotel chains in and around the area: <https://www.premierinn.com/gb/en/hotels/england/west-sussex/arundel/arundel.html> and <https://www.comfortinnarundel.com/> and then a bit further afield is the Travel Lodge at Fontwell.

### **Parking VERY IMPORTANT**

There is plenty of parking in Arundel. The easiest place to park is the main tarmac car park by the Castle Entrance and behind the museum (Mill Road, Arundel, BN18 9PA). PLEASE REMEMBER TO PAY AND DISPLAY. **We will be running a bus shuttle from the castle car park with A & A Travel which will cruise up and down Mill Road from 0630hrs, dropping off at the Black Rabbit car park. PLEASE DO NOT TRY AND PARK ANYWHERE NEAR THE BLACK RABBIT PUB.** In addition, there are roughly 50 free parking spaces just past Swanbourne Lake. In view of the fact you will be arriving between before 7:00am, please be considerate to the residents.

### **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 Medical Team or Race Officials.

### **Toilets**

A bank of portable toilets will be provided next to the Transition Area.

### **Results**

Provisional results will be available on Sunday via our website [www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk). 'Live' ticker results will be available via Results Base in the race marquee and streamed their website immediately after the race.

### **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](http://www.sussexsportphotography.com).

We hope you enjoy the race.

Team Raw Energy  
Raw Energy Pursuits  
[www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk)