

RAW ENERGY PURSUITS

5km River Adur Swim | Shoreham-by-Sea | West Sussex | Saturday 11th July 2026
Race starts at 10:00 hours upstream. (Tidal River).

Thank you for entering the River Adur 5km Swim at Shoreham.

- **Event Location:** Race HQ is on the grass viewing area close to the Sea Cadets HQ - the postcode is BN43 5LT. Please note we no longer use the Adur Centre, Shoreham-by-Sea. The location will be well signed and marshalled, so just head for the postcode which will bring you into your parking location on the Adur Rec. This is a large grass field used for various events and boot fairs with plenty of space. Shoreham is about 8 miles west of Brighton and 7 miles east of Worthing.



- **Registration** will take place at on the banks of the river between 07:30hrs & 09:00hrs. Familiarise yourself with the course maps/finish area and have your race number written on both hands. You must attend the compulsory race briefing which will take place by the gazebos at 09:00. High tide at Shoreham is 09:00hrs, so 5km upstream high tide will be around 10:00hrs. **Swim caps, bags and bag tags can be collected from registration on the day.**
- **Race Timetable**
 - 0730 hrs – 0900hrs Registration
 - 0900 hrs - Race Briefing
 - 0910 hrs - Coaches leaves Race HQ for the swim start - A283 opposite Dacre Gardens, Upper Beeding. There will be 4 buses transporting swimmers to the start in two shuttles.
 - 1000 hrs – Start
 - 1100 hrs – First swimmer expected at finish
 - 1140 hrs – Last swimmers expected at finish
 - 1145 hrs - Prize giving at Race HQ
- The Swim IS **WETSUIT ONLY & NO TOW FLOATS**. All swimmers are to wear a full length, ankle-to-wrist neoprene swimming wetsuit. If you want to wear any variation of a full length, ankle-to-wrist neoprene swimming wetsuit (e.g. no arms, short legs) then please email us to seek permission. Please do not attempt this swim in a surf wetsuit – the drag, buoyancy and lack of flexibility will be a hindrance to yourself and the safety crew. Under no circumstances can swimmers remove their wetsuit once the race has started (this happened in 2018). We do not allow tow-floats for this event as they make sighting for swimmers harder, by doubling the number of brightly coloured objects in the water and may entangle other swimmers. There are no feeding stations on this swim, other than at the finish. If you need food or have personal medication, then please tuck it up the sleeve of your wetsuit.

- The water temperature will be checked the week before the race and prior to the start – it is not expected to be much more than 18 degrees. PLEASE NOTE: THERE MAY BE SLIGHT CHANGES TO THE START TIME DEPENDING ON THE CONDITION OF THE RIVER.
- The format for this race will be the same as our Ironman Swim in the River Arun in June. Following the race briefing, make your way to the designated pick-up point. The coaches provided is FOR ATHLETES ONLY, although time and space permitting, we will also try and ferry spectators to the start after all the athletes have left– we cannot bring spectators back to the finish though. Please note we cannot guarantee spectator arrival time and as mentioned the walk back is along a 5k riverbank footpath to HQ. When you leave Race HQ you need to be wearing your swimwear, carrying your wetsuit and wearing suitable clothing to change from. Please do not take too much luggage – you need to be able to fit all your kit in the bag provided (390 x 420mm). THERE ARE NO TOILETS AT THE START, so please make sure you've used the facilities before you leave. Unlike our Ironman swim, once you're dropped off at the bus stop at Upper Beeding (opposite Dacre Gardens), it's only a very short walk to the river bank and start. Once at the start location, put your wetsuits on and head towards the entry point of the river. Fin Swimmers will start on one side of the river, all together. No floating buoyancy aids are permitted for this race. Please be careful entering the water. There is a shallow & gradual sloping bank of sand/mud. Once in the water acclimatise yourself and seed yourself sensibly as there are swimmers of all abilities. It could be rough and frenetic at the front of the pack so if you prefer to see clear water then you would be advised to stay to the side or back of the pack.
- The race will take place just before a period of slack water. The tide will still be incoming slightly, but as you progress down the river it'll ebb back towards Shoreham in your favour. **We are not expecting any swimmers to take more than 1hr40min in view of the tidal nature of the river, but if for any reason you think you are unable to achieve this time, then you should not enter.** When the klaxon sounds swim downstream towards Shoreham, there will be safety kayaks in the river and river bank spotters at designated areas of the swim. You may encounter one or two sandbanks prior to the first bridge at the A27 these will be marked on the map at registration. Whether the sandbanks are visible to you will depend on what time you swim by them; they may be just below the level of the water, but if you run aground, simply head back towards the middle of the river.
- There is one sandbank just before the historic Tollbridge which is in the MIDDLE of the river, so you are advised to keep left as it'll give you a better line through the narrow sections of the bridge. Once under the Tollbridge keep to the middle of the river and slightly right as the finish is not far from the railway bridge which you'll also swim under.
- **IMPORTANT:** Swimmers should swim in the middle of the river for majority of the race and then head just right of centre from the Tollbridge as we need to keep the left-hand side clear for emergency and safety craft. Any river traffic which is in front of you and behind you will be monitored by the REP water safety team - the safety kayaks will move between you and direct you if necessary.
- **Mariners Notice:** All local river users will be notified of the race. There will be plenty of kayaks and a RIB in the river 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 crew will assess your situation. There are Access Points near the pontoons and Ropetackle Arts Centre depending on what stage the race is at.
- In addition to the water safety crew, there will be numerous safety spotters, and enhanced first aiders along the river bank. The edges of the river are a mixture of mud and sand. **Important - You must notify a race official if you withdraw from the race once you've registered.** 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. Whilst these instructions may seem imposing our overriding aim is make sure you all finish and enjoy the race. The water quality in this area has been excellent now for many months.



View taken from Tollbridge looking towards sandbank between A27 bridge and Tollbridge



Tollbridge



View looking from Tollbridge towards Railway Bridge (marker post on left hand side of river – avoid!)

Finish

The finish will be the other side of the Railway Bridge, before you reach the pontoon and moored boats.

**Presentation & Prizes**

This will take place within 10 minutes of the last finisher. Prizes will be awarded to the 1st, 2nd & 3rd Male and Females, 1st Veterans (Over 40), 1st Supervets (Over 50), 1st Vintage (Over 60), 1st Juniors (under 18) and 1st Male and Females in the Fin Swim. Age is based on your age on race day.

Medical Advice

If you have any known medical condition, please inform us before the race.

Toilets

There are toilets close to Race HQ & public toilets are opposite the Adur Centre in the gravel car park.

Photographs

Your race fee includes FREE unlimited image downloads of the event from the team at www.sussexsportphotography.com.

Results

Provisional results will be live during the race via Results Base.

Enjoy the day and have a good race.

Team Raw Energy
Raw Energy Pursuits
www.rawenergypursuits.co.uk