

**L Guess Jewellers 3.8km River Arun Swim, Littlehampton, West Sussex.
Saturday 22nd June 2024 Start 13:30 (Tidal River).**

Thank you for entering the Ironman Distance River Swim in the Arun, sponsored by L Guess Jewellers, together with 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.
- Swimmers can collect their race packs from the RNLI. Each pack contains a coloured swim cap, coloured kit bag, two wrist bands and a bag tag. There is a likelihood queues will form, so **PLEASE DON'T LEAVE IT TO THE LAST MINUTE TO ARRIVE.**
- **PLEASE NOTE:** This event was always designed to be a race. Whilst it's also a great social gathering, we must ensure where possible everyone is finished within 90 minutes. The Harbour Master issues a Notice to all Mariners informing them that the river is closed to vessels for the duration of the race. Generally speaking, swimmers are usually within the 90min deadline.
- Please leave plenty of time to park as the town and quay will 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). Seaside cafes and toilets are also at this location.
- REP Crew members will write your race number on both hands at the RNLI or as you board/queue for the coaches. **THIS IS COMPULSORY** for safety reasons.
- Race briefing will take place at 1200hrs at the RNLI and 1300hrs at the holding area (Ford Church / Ford Marina). High Tide at Littlehampton is at 1216hrs – High Tide at Ford Marina 30-60min later.

Race Timetable

- 1000hrs -1150 Registration Help Desk (RNLI)
- 1200hrs Race briefing 1 at RNLI
- 1215hrs Walk down to Ferry Road to board the first 5 coaches from Littlehampton Marina to Ford Church Holding Point.
- 1245hrs Second batch of 5 coaches leave Littlehampton Marina for Ford Church Holding Point
- 1315hrs Wetsuits on & race briefing
- 1320hrs Walk down to start – Swim caps **MUST** be worn and wetsuits on.
- 1330hrs Mass start
- 1415hrs First finisher
- 1500hrs Last finisher
- 1505hrs Prize-giving

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 and relayed by the race day commentator.

General Information

- **NEW: You have TWO wristbands this year. These must be attached outside your wetsuit so that they're visible to the safety crew and finish team. One wristband will have your race number which corresponds to your bag number. The other has a bar code which is used by Sussex Sport Photography to quickly identify you when indexing the photos.**
- 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 the RNLI 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! Do not take too much luggage – **you need to be able to fit all your kit in the bag provided – this DOES NOT include taking a holdall and tying it to your bag!** 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 1315hrs. 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.
- 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.

- 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 cafés and bars.

SAFETY:

- There will be kayaks/SUPs, 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

Depending on the weather, three changing gazebos will be positioned close to the RNLI.

Presentation

Prize presentation will follow immediately after the last person finishes the race.

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. There will also be portaloos near the RNLI. The toilets in the café are for customers use only, which you're more than welcome to use if you purchase something.

Photographs

Your race fee includes FREE unlimited image downloads from www.sussexsportphotography.com.

Accommodation

Please contact the Littlehampton or Arundel Tourist Office for details. There are numerous hotels and B&Bs 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

Results

Provisional results will be available live via www.resultsbase.net or via your mobile device www.resultsbase.net/mobile and on our website www.rawenergypursuits.co.uk

Enjoy the day and have a good race.

Team REP, Raw Energy Pursuits Ltd www.rawenergypursuits.co.uk