

## 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

08.45hrs Race briefing in transition

08:55hrs Transition area closes

09:00hrs 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 into the holding pen & onto the pontoon.

09:00hrs Wave 1 swimmers tally counted onto pontoon

09:04hrs Wave 1 Males & Females 20-29 years

09:08hrs Wave 2 Males & Females 30-34 years

09:12hrs Wave 3 Males & Females 34-39 years

10:30hrs -10:45hrs Presentation at Race HQ

11:00hrs Breakdown Race HQ

### Registration

Please register on Sunday and make sure you show your TE Licence 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 goody bag, 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.**

### 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 especially (18-21 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](http://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.

Once the swim is completed, run up the steps 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.

### **Transition**

Enter the transition, rack your bike and ONLY THEN remove your helmet. Exit the transition as indicated by the marshals.

### **Run 5km**

The run is stunning and more or less flat. Exit the transition area as directed by the marshals and run onto Mill Road passing the Wetland Centre and Swanbourne Lake before heading onto the beautiful tree lined avenue along the Castle Moat. Cross Mill Road and head through the car park and onto The Klondike Lane, then Pecky's Lane before returning up the other side of Mill Road and the Black Rabbit. Road closure orders will be in place for the Mill Road crossing point. Traffic wanting to pass though 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. Zone 3 & 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 crosses 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.

### **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@amserve.com](mailto:washcamp@amserve.com) [www.washcamp.com](http://www.washcamp.com) - travelling time is about 20mins to the race HQ. The other camp site is Premier Inn on the Seafront in Worthing and one at Angmering (4 miles away) and a Comfort Inn at Arundel (10 miles away). Other recommended campsites 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

### **Parking**

There is plenty of parking in Arundel. The easiest place to park is likely to be behind the museum by the entrance to the Castle (Mill Road, Arundel, BN18 9PA). PLEASE REMEMBER TO PAY AND DISPLAY. **PLEASE DO NOT TRY AND PARK ANYWHERE NEAR THE BLACK RABBIT PUB.** In view of the fact you will be arriving between from 7:00am, please be considerate to the local 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)