

3.8km River Arun Swim, Littlehampton, West Sussex. Saturday 20th June 2020 Start 12:00 (Tidal River).

Thank you for entering the Ironman Distance River Swim in the Arun, sponsored by L Guess Jewellers, Littlehampton with our partners The Protein Ball Company.

Event Location: Race HQ is the RNLI Lifeboat Station in Surrey Street, Littlehampton, West Sussex, BN17 5BL. The registration and finish will all be at this location. Littlehampton is about 16 miles west of Brighton and 8 miles east of Chichester.

Registration will take place at the RNLI Station between 09:00 and 10:30hrs. 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 aim to park at Coastguard Road, BN17 5LH, which is the close to Harbour Park Amusements** (See map on website). From here it's only a short walk to the RNLI; just follow the river upstream, it's a much easier location to depart from. Collect your swim cap and bag for your kit and familiarise yourself with the course maps. You will also need to have your race number written on your hand. You must attend the compulsory race briefing which will take place at the event start (Ford Church / Ford Marina). High Tide at Littlehampton is at 11:30hrs – High Tide at Ford Marina is usually between 12:00-12:15hrs depending on the type of tide and weather conditions.

Race Timetable

0900-1030hrs Registration RNLI

1030hrs Race briefing 1 at RNLI

1040hrs First 3 coaches leave the RNLI for Ford Church Holding Point.

1100hrs Second 3 coaches leave the RNLI for Ford Church Holding Point

1115-1120hrs Wetsuits on & Race briefing

1130hrs Walk down to start – Swim caps **MUST** be worn and wetsuits on.

1200hrs Mass start

1245hrs First finisher

1330hrs Last finisher

1345hrs Prize-giving

There is no chip timing as such, but athletes will be timed using several android devices at the start and finish. Results will be streamed live to www.resultsbase.net/mobile

Following a general race briefing, make your way to the designated pick up point for the 3.8km swim which will be finalised on the day depending on road conditions. The coaches provided ARE FOR ATHLETES ONLY, although we will also try and ferry spectators to the start after the athletes have all departed – we cannot bring spectators back to the finish. Your race fee includes coach travel to the start and donations to the RNLI, Ford Church (holding point 3.8km Swim) and other local charities. When you leave the RNLI 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. 8-10 portable toilets will be positioned at the holding point at Ford Church and 2-4 at the RNLI. PLEASE DO NOT use the verges near the church or boathouses!

The holding point at Ford Church is about 400metres from the start location for the 3.8km swim. A last-minute briefing will take place at the church. Those on the first batch of coaches to the holding point can check out the start location, but only from the river bank as opposed to the Marina which is private. Ford Marina allow us each year to start the race from their ramp so please be polite & considerate to any local resident. It's unlikely there'll be enough time for the second batch of coached athletes to recce the river start as the process of moving of 450 swimmers takes some time. We will provide you with a numbered bag for your kit and bring it back to the RNLI. Please remember to take a drinking bottle and any energy fuel with you – water will be provided. Friends and family should make their own way to the venue if possible but please bear in mind there is very limited parking at Ford Church. Please do not use the Ship & Anchor Pub at Ford Marina as this is reserved for their customers. Inconsiderate parking is also likely to jeopardise future swims at this location. Spectators can follow the swimmers along the river footpath or head for footbridge at Ferry Road by the Marina or the Quay by the finish area; both are very good vantage points with café's and bars.

The River Arun is the UK's second fastest flowing river so it is not advisable to swim in the River Arun without suitable safety cover as there are extremely strong currents. There is a 30-minute period of 'slack water' when the river is at its slowest and this is when athletes will be swimming. For the last few years this was 10-15 minutes later than predicted so our aim for 2018 is to start the race once the river has started to flow in your favour – times are likely to be quicker! **Wetsuits are compulsory** - the water temperature will be checked prior to the start of the race PLEASE NOTE: THERE MAY BE SLIGHT CHANGES TO THE START TIME DEPENDING ON THE CONDITION OF THE RIVER.

Swimmers will be NOT BE PERMITTED TO ENTER THE WATER UNDER ANY CIRCUMSTANCES UNTIL DIRECTED BY THE STARTER and we are under strict instructions to keep the start ramps clear if craft are launching. The river temperature will be taken prior to the start of the race and temperatures will be posted on the web. Please be careful entering the water by the concrete ramp/pontoon; the start will be in the water once everyone is lined up. Please seed yourself sensibly and do not line up on the front row unless you feel you are able to stay there – the front two rows are 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 the 3.8km swim 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. The Ford Marina ramp (3.8km race) must be kept clear prior to the start of the race.

There will be one mass start as the tide is heading south which will make for quicker times, but we can then start across the entire width of the river. After 400m and the first right hand bend, you will then move to the right-hand side so the safety crews can manoeuvre down the left-hand side. Keep to the right-hand river bank and only move to the middle of the river as you go around a bend. **IMPORTANT:** You must not stray to the left-hand side of the river as we need to keep this clear for emergency and safety craft. Follow the river all the way into Littlehampton and when you reach the last kilometre, you'll swim under the A259 road bridge and then pass Littlehampton Marina on your right before approaching Rope Tackle Footbridge. You will need to keep right under this bridge as directed by the Harbourmaster and safety kayaks as there may be other river traffic – this is opposite the Arun View Pub. Then head to the left alongside the pontoon and follow this to the finish. The Harbour Master will control river traffic ahead of you in their launch, the safety kayaks will move between you and direct 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 at the top of the RNLI ramp, not in the water! Sighting on the finish is difficult, but once you pass under the red footbridge you know you're only 470m from the finish and with the current! There will be plenty of kayaks and a Safety Boat/Harbour Master 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 numerous safety spotters and a mountain biker along the river bank and there will also be one Red Cross person on the river bank for each race. The river is no more than about 20 meters across and if you need to exit the water before the end of the swim **YOU NEED TO DO THIS ON THE RIGHT-HAND SIDE** as this is where the footpath is. **Important - You must notify a race official if you pull out of the race.** 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 to make sure everyone finishes and enjoys the race. The water quality is currently described as excellent/good. **Final maps of the course will be available the week before the race on www.rawenergypursuits.co.uk**

Finish

The finish is at the top of the ramp in front of the Look & Sea Café by the RNLI Station. Water will be available.

Changing & Catering

The RNLI may be available for changing and cold showers after the race depending on visitor numbers. The new Harbour Lights Café will be open, so please hang around for the presentation.

Presentation & Prizes

This will take place near the RNLI as soon as the last person crosses the line! Prizes will be awarded to the first three males and females and the prizes for the male and female Veterans, Supervets, Vintage and Juniors. We will also present your donation to the RNLI. Your 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 in the RNLI and Café and holding point.

Photographs

Your race fee includes FREE unlimited image downloads from www.sussexsportphotography.com. We'll let you know the link nearer the time.

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 or better still The Arun View Pub near the finish.

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.