



Arundel Lido Triathlon | Sunday 19th May 2024

Thank you for entering the Lezyne Arundel Triathlon which is organised by Raw Energy Pursuits Ltd and sanctioned by the British Triathlon. The event is sponsored once again by our friends at Lezyne (www.lezyne.com), The Protein Ball Co & The Bike Side. The race location is Arundel Lido, Queen Street, Arundel, West Sussex, BN18 9LE. Please make sure you leave plenty of time to park, register and rack your bike before your allocated swim start.

Start Time From 05:45hrs: Standard, Standard Aquabike and Standard Relay Triathlons

Start Time From 07:00hrs: Sprint & Sprint Aquabike Triathlon

750m Time	23-17 mins	17-15 mins	15-12 mins	12mins >	400 Time	20-10 mins	10-8 mins	8-7:00 mins	6:30 >
Approx Start	5.45-6:30am	6:30-7am	7- 7:30am	7:30-7:40am	Approx Start	7:15-8:00am	8:00-9am	9-9:00am	9:30

Rules: The race is organised under the rules of the British Triathlon and all competitors should familiarise themselves with them.

Timing:

- We will be using an Android timing system courtesy of Results Base. **Shout your number** – we’re continuing with our Android timing again this year so there won’t be any chip timing. To help the timing crew, please shout your number to them as you pass through the various timing points. Results and splits will be available on Results Base as normal
- **Point 1:** Bike Exit (Swim + Transition Time)
- **Point 2:** Bike Return (Bike Split) (Finish point for the Aquabikes)
- **Point 3:** Finish (Transition time + Run)

Registration:

- Registration opens between **05:00 to 08:00hrs**
- Race packs can be collected from registration on the morning of the event. These contain two race numbers and a bike & helmet number. The two Tyvek race numbers need to be worn on the front and back and they must be VISIBLE. If you’re using a number belt, make sure the number is facing to the back on the bike and to the front on the run.
- Arrival: Head straight into the Lido and round to the right where the marquee is located. This doubles as both registration and bike check in for transition. Make sure your helmet is fastened to your head and your bike and helmet numbers are visible. If you’re affiliated to British Triathlon, have your membership details visible and once the bike and helmet have been checked by the crew, rack your bikes on the designated row for your number. British Triathlon have confirmed current & valid memberships to us, so if your licence has expired or not been paid for you will be required to purchase a Day Licence.

Briefing:

Individual/group race briefings will take place on poolside as you queue for your swim start. This will be for key points such as obeying the Highway Code, taking extreme caution on the bike and the mount/dismount area. However, please make sure you read the race details online as these contain all the information you need.

SWIM:

750m (30 Lengths) Standard, Standard Aquabike and Standard Relay Triathlons

400m (16 Lengths) Sprint & Sprint Aquabike Triathlon

- **SWIM START TIMES WILL BE POSTED ONLINE 7 days before the event.** Swimmers will be seeded according to their estimated swim time, slowest start first, unless someone has specifically asked for an early start.
- PLEASE MAKE SURE YOU ARE READY TO SWIM AT LEAST 5-10 MINUTES BEFORE YOUR ALLOCATED START TIME. You'll be called onto poolside one at a time and when you're ready (and composed!) you can enter the water under the guidance of the swim coordinator. Swimmers start as soon as a swimmer exits the lane they're swimming in – generally 2 to 4 swimmers only per lane.
- Caution when leaving the pool as the surface will be wet & slippery.
- Your split time will be taken as you exit the bike transition, so if you want to know your swim split, you need to time this yourself.
- **LANE ETIQUETTE:** There should be ample room to overtake slower swimmers. A lane monitor may show you a 'Give Way to Swimmer' board if you haven't noticed one behind you. Stop at the end of the lane and let them pass and follow on behind.
- **Any unsporting impedence will be reported to the Race Referee.** PLEASE GIVE WAY TO FASTER SWIMMERS. **NO TUMBLE TURNS. NO HAND PADDLES.**

Transition: (T1)

- Racking positions will be posted online and displayed at the bike check-in.
- PLEASE make sure your bike is all set up, roadworthy and working properly before you arrive. There won't be time to do any last-minute repairs, don't forget to have a spare inner tube or tub in your bag and make sure that your handlebar ends are plugged.
- ONLY ATHLETES WILL BE PERMITTED IN THE TRANSITION AREA. Please be aware there may be other athletes running in the transition while you are setting up, so please be considerate and make sure they have plenty of space to get past.
- **Transition Swim to Bike** - DO NOT remove your bike from the racking until your helmet is fastened (2 MINUTE PENALTY). Then run with your bike into the 'designated mount area'.
- **Transition Bike to Run** - DO NOT remove your helmet until your bike has been racked (2 MINUTE PENALTY). Helmets must conform to national standards. NO IPODS/MP3 Players.
- **Litter:** Please do not discard your gel sachets / energy bar wrappers anywhere on the course or in transition. Marshals will be reporting back to the referee if they see anyone littering! The referee may give an educational warning with Stop and Go once corrected; if not corrected, disqualification.

Mount & Dismount

- **MOUNT:** Exit the transition and run across to the mount zone in the car park. Mount your bike and SLOWLY ride to the car park exit where the marshals will try and assist in calling you round when it's clear. YOU MUST BE PREPARED TO GIVE WAY TO TRAFFIC THOUGH as marshals CANNOT STOP oncoming traffic. A line of cones around the bend will be put in place to help you join the road. The car park will be swept and matted
- **DISMOUNT:** When returning on the bike you MUST GIVE WAY to oncoming traffic leaving Arundel. PLEASE also remember you are turning right into the car park **directly opposite the police station.** We have parking bay suspension notice with the council to help with visibility. This area will be signed, but traffic can build up at this location.

Cycle:

- **'Standard' & 'Relay' Triathlon 37km (2 Laps) (Undulating).**
- **'Sprint' Triathlon 19km (1 Lap). (Undulating).**
- ALL RACES FOLLOW THE SAME COURSE FOR THE FIRST LAP

- Please be careful on the main roads. The early start should mean traffic is quiet, but the A27 can be busy after 9:30am. Ride out of the car park and turn left until you reach the roundabout with the A27. Turn RIGHT, (2nd exit) and follow the A27 over the River Arun to the next roundabout. Turn RIGHT, (3rd exit) and start the long gradual climb up the A284 Arundel by Pass (London Road). This is a gradual climb of about 15-20 minutes; most of it can be done 'in the saddle' although there are a couple of slightly steeper sections. At the top of the hill, (Whiteways Lodge) turn LEFT (1st exit) and follow the A29 (fast downhill section) through Slindon until you reach the roundabout on the A27 at Fontwell. Turn LEFT, (1st exit) and remain on the A27 until you reach the roundabout by the River Arun (Extreme Caution as this is a fast-downhill section approaching the roundabout - later riders in the Sprint may find traffic queuing here).
- **COURSE SPLIT: IMPORTANT: IF YOU ARE DOING ANY OF THE STANDARD RACES TURN LEFT AND REPEAT YOUR FIRST LAP UP THE HILL on the A284.** IF YOU'RE DOING THE SPRINTS, carry **straight on** (3rd exit) across the river until you reach the first roundabout you started at and turn LEFT and then RIGHT back into the car park and transition area.
- Standard race, once you have finished your second lap return to the finish as described above.
- Marshals at this roundabout can only indicate the options to take. They will be unable to give you specific directions as they won't be able to tell what lap you're on or what race you're doing. THIS IS YOUR RESPONSIBILITY.
- Don't (necessarily) follow the cyclist in front of you as they may have already done their 2nd lap in the Standard or 1st lap in the Sprint.
- PLEASE MAKE SURE YOU ARE FAMILIAR WITH THIS ROUNDABOUT BEFORE THE RACE – IT IS YOUR RESPONSIBILITY TO NAVIGATE THE COURSE. THIS IS A NON-DRAFTING RACE, THERE WILL BE TWO DRAFTBUSTERS ON THE COURSE.

Transition: (T2)

- Enter the transition, rack your bike and ONLY THEN remove your helmet.
- Exit the transition as indicated for the Standard or Sprint – both runs leave down the ramp near the Lido entrance

Run:

- **Standard and Relay Triathlon 8.33km**
- Exit the transition area and run down the alleyway as onto Queen Street and turn right. Run over the river and then follow the avenue of trees (Mill Road) alongside the castle and river. Follow the signs **over the main ROAD BRIDGE**, which emerges alongside Swanbourne Lake. Continue on this road passing the Bird Sanctuary on your right until you reach the Black Rabbit Pub. Keep left and follow the road up to Offham and then turn left. Follow the road round to the right all the way South Stoke, BUT keep going through the village, past the church and onto the River Arun footbridge. THIS IS THE NEW TURN POINT WHICH WILL BE MARSHALLED. PLEASE SHOUT YOUR NUMBER AS YOU GET CLOSE. Retrace your route back to HQ and the finish. **YOU DON'T GO UP THE STEEP HILL AT OFFHAM LODGE AS IN PREVIOUS YEARS.** Water is at 2km by the Black Rabbit Pub, which you'll pass again at 6km on your way back to the finish.
- Once in Arundel turn left at the main bridge, then left after 50m through the alleyway and the rear entrance of the Lido to finish (the finish area is within the grassed area of the Lido).

- **Sprint 4.6km Run.**
- Exit the transition area and run down the alleyway as onto Queen Street and turn right. Run over the river and then follow the avenue of trees (Mill Road) alongside the castle and river. Follow the signs **over the main ROAD BRIDGE**, which emerges alongside Swanbourne Lake. Continue on this road passing the Bird Sanctuary on your right until you reach the Black Rabbit Pub. This is the NEW WATER STATION. Follow the road into the pub all the way down to the bottom of the car park alongside the river where there will be a marshal & turn cone. **PLEASE SHOUT YOUR NUMBER AS YOU GET CLOSE. Retrace your route back to HQ and the finish.** Once in Arundel turn left at the main bridge, then left after 50m through the alleyway and the rear entrance of the Lido to finish (the finish area is within the grassed area of the Lido).

RELAY TEAMS:

- Your cyclist wears the race number on their back
- Your runner wears the race number on their front
- **RELAY HOLDING PENS (NEW)**
- There will be one holding pen for the Swim to Bike and one for the Bike to Run.
- The Swimmer to Cyclist Relay handover is located at the entrance to the transition from the swim on the grass (See map)
- The Cyclist to Runner Relay handover is located near the run exit.
- Relay swimmers, run towards the pen, identify your team mate (cyclist) and tag them. There are no chips to hand over this year. Your cyclist can be ready to go with shoes and helmets fitted if required.
- The Cyclist to Runner handover is completed once the cyclist has dismounted, racked their bike and removed their helmet. THEN AND ONLY THEN run to the handover pen and tag your runner who runs down the ramp and starts their run.

AQUABIKE STANDARD AND SPRINT:

- Aquabike athletes will be timed as they dismount from their bikes PRIOR to entering the transition. This is your finish.

WATER: Black Rabbit Pub 2km. Standard will pass this twice, (2km and 6km) for Sprint once.

FINISH:

- When finishing, please keep moving through the finish funnel and help yourself to water and Protein Balls.
- As soon as you're ready to collect your bike, head back into transition, collect your belongings and have a safe journey home.

IT IS YOUR RESPONSIBILITY TO FAMILIARISE YOURSELF WITH THE COURSE.

Presentation & Prizes

- Prizes will be awarded to the first three male (Open) and female, then first Vets, Supervets, Aquabike and Relay Team. Your age is at 31st December 2024, NOT age on race day.

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.

Toilets & Showers

Four portable toilets will be provided to the front of the Lido. There are also toilets, changing facilities and showers within the pool. Please note the Lido will be open to the public from 10:30.

Results

Provisional results will be available on Sunday via www.resultsbase.net; there's also a direct link on www.rawenergypursuits.co.uk. 'Live' results will be streamed to their website during the race. Alternatively go to your smartphone/android/iPhone device via www.resultsbase.net/mobile/ Any queries you have about your time or splits please let us know.

Catering:

Coffee outlet and the Lido café are available for takeaway food and drinks or in Arundel Town.

Parking

There are a number of car parks within Arundel and immediately outside the pool. There is also street parking close to Arundel Lido. **PLEASE DO NOT PARK ANYWHERE NEAR THE BIKE MOUNT/DISMOUNT ZONE. THIS WILL BE CONED OFF WITH A PARKING SUSPENSION NOTICE IN FORCE.** In view of the fact that you will be arriving between 5:15am and 7:30am, please be considerate to the local residents. If complaints are received about noise, the council may prohibit the event in the future. **The Lido car park is pay & display (Ring Go) and there will be an attendant on duty from 0800hrs. The cost is £1:50 for 2hrs and £3 for 4hrs. Please make sure you get a ticket or register with Ring Go.**

FREE Photographs

Your entry fee includes free unlimited image downloads from www.sussexsportphotography.com. These should be available on Monday or Tuesday.

We hope you enjoy the day at this great race location.

Raw Energy Pursuits

www.rawenergypursuits.co.uk

