

# Raw Energy Pursuits

## “Birdman Swim” 1km and 2km Sea Swim

Sunday 15th August 2010 at 1:30pm

(Prior to the Worthing International Birdman Rally)

The second “*Birdman Swim*” will take place in the Sea at Worthing as the prelude to the World renowned “Birdman Rally” which last year attracted an estimated 25,000 spectators. “Flyers” either compete for the top prize money or raise money in fancy dress by launching themselves off a high platform at the end of the Pier - follow this link to see last years coverage on Sky <http://www.worthingbirdman.co.uk/> This year’s event is organised by Raw Energy Pursuits and sponsored by Jacobs Steel Estate Agents and Richard John Hair and Beauty Products. The swim will be subject to the rules of the British Triathlon Federation which are available at [www.britishtriathlon.org](http://www.britishtriathlon.org). Numbers are limited to 200 competitors (100 for the 1k and 100 for the 2k). Please bring family and friends along to support you for the swim and watch the ‘Birdmen’ fly off the Pier. Why not help raise money for Macmillan Cancer Support by donating into the collection buckets along the prom. If you know anyone who can assist with the collection for an hour during the afternoon please contact Steve at [energy@epc-southcoast.co.uk](mailto:energy@epc-southcoast.co.uk)

**Event Location:** Beach, adjacent (West side) of the Lido, Marine Parade, Worthing, BN11 3PP (approx. 150m West of the Pier).  
**Race HQ, Registration, Start, and Finish** are all on this part of the Beach.



### Registration:

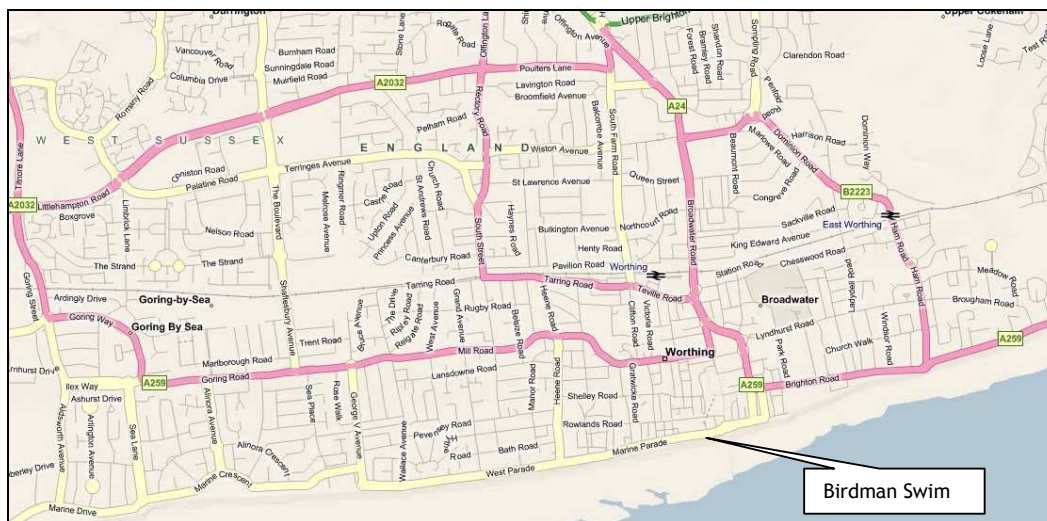
Sunday 15<sup>th</sup> August 2010 between 1200hrs and 1310hrs on the Beach west of the Lido

Please allow plenty of time to arrive and park in the town as it is likely to be busy. There is a large multi storey car park opposite the Lido and other town centre car parks or street parking.

Collect your numbered swim cap - Green 1km race and Yellow for the 2km race and ensure you have your race number written on both your hands; this assists the time keepers and photographer at the finish.

There will be an ‘Athletes Only’ Transition Area which will double as a kit compound - only athletes will be permitted in this area.

**Competitors must attend the compulsory Race Briefing which will take place in the Transition Area 15 minutes before the first 2km start (1315hrs)**



## Race timetable:-

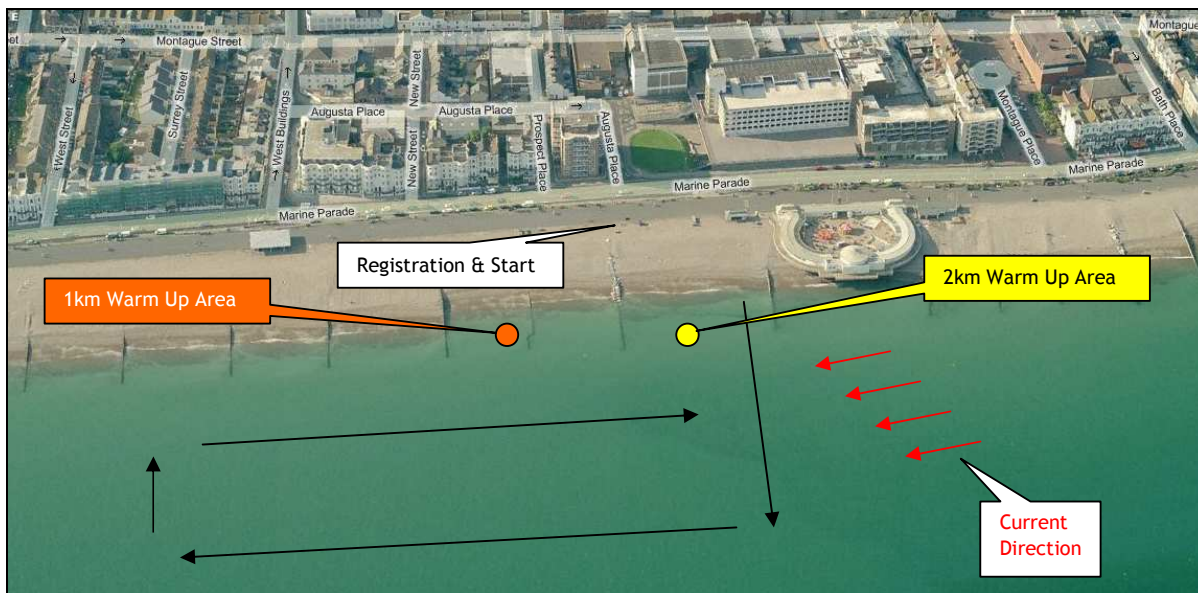
12:00-13:10 pm	Registration
13:15	Race Briefing
13:20	2km Swimmers warm up in the sea. 1km swimmers (green hat) please warm up in sea just west of start area (next Groyne)
13:25	2km Swimmers assemble on the water's edge for start.
13:30	2km race starts
13:35	1km swimmers assemble on the water's edge
13:40	1km race starts
13:45	Lead 2km swimmers start 2 <sup>nd</sup> lap
14:00	Winner of 1km race finishes
14:10	Winner of 2km race finishes
14:30	Swimmers remaining in the water after 1430hrs may be withdrawn at the discretion of the Race Director.
14:35	Prize Presentation during preparation of 'Birdman Flights'
14:50	Start of the International Birdman Rally

Please familiarise yourself with the course map and start area. The finish point for both races is on the beach and will be clearly marked. High tide is at 16:00hrs but there will be adequate water for swimming for the 13:30 start. Please bear in mind there is a moderate Westerly current so it would be advisable to either line up to the east of the first Buoy or aim 50m east (left) of the first buoy which will be 200m out at sea. **Last year the current increased during the second lap of the 2km race.** A last minute briefing will take place at the start of each race at the water's edge once everyone is lined up - a klaxon will signify the start. Please be careful entering the sea as there will be pebbles under the water. You'll need to seed yourself as there are swimmers who will swim under 15 minutes per km. Please consider your swimming ability and speed when entering your chosen race, we are not expecting swimmers to take longer than 60 minutes in view of distances involved (1km and 2km). If for any reason you think you are unable to achieve this time please let us know at [rawenergypursuits@gmail.com](mailto:rawenergypursuits@gmail.com)

Wetsuits are advisable for warmth and buoyancy. Wetsuits are usually available for hire through outdoor swimming centres in the south east. The sea temperature is taken daily by the Beach Office and will be announced before the race and in the days leading up to the race. The Beach Office can be contacted on 01903 238977. Please bear in mind the water will be considerably warmer than the official water temperature which is taken 5 miles offshore - the water warms up as the tide comes in across the sand.

Safety cover in the swim is paramount and there will be a number of kayaks and Safety Boat/s out during the swim. The kayaks are there to guide you and monitor your progress; 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. There will also be a number of safety spotters/lifeguards on the beach. 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 crew 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 finish timing point will be clearly marked on the Beach about 10m from the shoreline. Please show your race number (on your hand) to the time keepers and keep in order after the finish line. Drinking water will be available at the end of the finish funnel.

**You must notify a race official if you pull out at any stage of the swim once you have registered - swimmers will be counted into the swim on the shore.**



Limited showering should be available from a cold water hose the Beach Office but this will depend on how the final preparations are going for the Birdman Aviators.

## Presentation & Prizes

This will take place on the Beach at 2:35 pm. There are 10 prizes to compete for in each race; these will be awarded to:-

- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male
- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Female
- 1<sup>st</sup> Male over 40
- 1<sup>st</sup> Female over 40
- 1<sup>st</sup> Team of three

Your age is based on 31<sup>st</sup> December 2010, NOT age on race day.

There will be a large screen on the West side of the Lido (camera is on the Southern tip of the Lido) to show the Start and the Finish of the Birdman Swim. Following the Swim the Birdman Rally itself will start and continue through the afternoon, transmitting live coverage from cameras situated on the Pier and Lido. The Video crew are preparing a VRN (Video New Release) after the event to send to Meridian TV, BBC South and post on "You Tube"..... this is your big chance!

**Medical Advice**

If you have any known medical condition, please consider your suitability to participate and inform us before the race.

**Toilets**

There are toilets either side of the Lido; Ladies on the West side - Gents on the East side.

Race photographer Anthony Bliss and his team will be providing the shots for the day which will be available at [www.sussexsportphotography.com](http://www.sussexsportphotography.com)

**ACCOMMODATION:**

Please contact the Worthing Tourist Information for details, [www.visitworthing.co.uk](http://www.visitworthing.co.uk) 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. There are also two local campsites (20 min drive and 10 min drive away)

**Results**

Provisional results will be available by Sunday evening via [www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk)

Enjoy the day and have a good race.

*Mick, Steve & Nigel*  
*Raw Energy Pursuits*  
[www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk)



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Forthcoming Raw Energy Pursuits Events:-

Firle Beacon Half Marathon and 10km Trail Run Sunday 26<sup>th</sup> September 2010

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