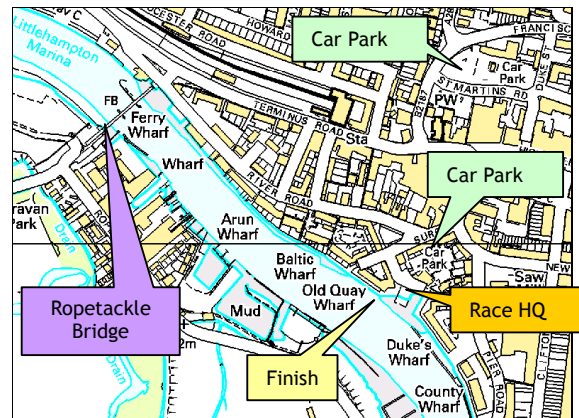
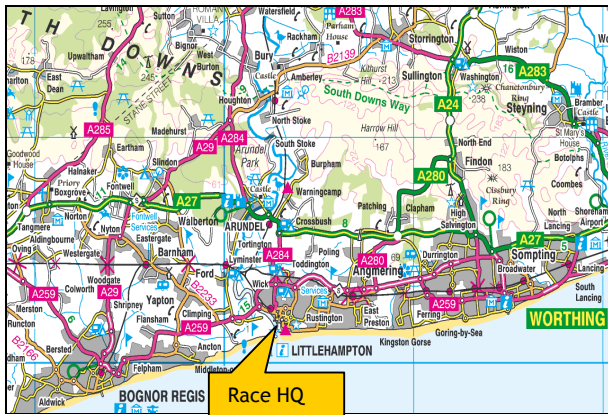


Raw Energy Pursuits

Ironman 3.8km Swim - River Arun, West Sussex. Saturday 26th June 2010 Race starts between 1230 & 1245hours (Tidal River).

Thank you for entering the Ironman Distance River Swim in the Arun, sponsored by L Guess Jewellers, Glaceau Vitamin Water – BLOC Eyewear and Fitstuff Running Store Guildford. The race is organised under the rules of the British Triathlon Federation. (BTF rules are available at www.britishtriathlon.org).

Event Location: Race HQ is the RNLI Lifeboat Station in Surrey Street, Littlehampton, West Sussex, BN17 3BL. 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 in the vicinity of the RNLI Station between 10:30 and 11:30hrs. 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. Collect your numbered 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 close to the RNLI Lifeboat Station at 11.30am. High Tide at Littlehampton is at 12.11hrs – High Tide at Ford Marina (start of the race) will be approximately 12.20hrs. THE RACE IS SCHEDULED TO START BETWEEN 1230-1245 DEPENDING ON RIVER CONDITIONS. PLEASE NOTE – IMPORTANT: It is also Armed Forces Day and there will be various planned displays on the beach and around the river including bands and face painting between 1030-1700hrs. Please leave plenty of time to park and register.

Race Timetable

1030 – 1130hrs Registration
1130hrs Race Briefing
1140hrs Congregate at Coach Pick Up Point
1145hrs Coaches leave Littlehampton for Ford Church
1150 -1215hrs Arrive at Ford Church (check-in) Portaloo's will be available
1230hrs Change into wetsuits and walk down to start
1230-1245hrs Start of race
1415hrs Prize giving near the RNLI Station

Following the race briefing between 1130-1140hrs, make your way to the designated pick up point which will be finalised on the day depending on road conditions. The coaches provided ARE FOR ATHLETES ONLY, although we will try and ferry spectators to the start too if time is available. Your race fee includes coach travel to the start and donations to the RNLI and the Ford Church (holding point). This year [Rabbit Skips](#) have kindly donated their open top double decker bus for the event. When you leave the RNLI you need to be wearing your swimwear, carrying your wetsuit and wearing suitable clothing to change from. New for 2010 – three Portaloo's will be positioned at the holding point (Ford Church)! Please do not under any circumstances use the verges as this will jeopardise the event next year. We will be using Ford Church as a holding point which is about 400metres from the start location. A last minute briefing will take place at the Church; please do not wander down to river when arriving at the church – we need to check you in and keep you in a holding pen prior to walking down to the start. You will need to bring flipflops or trainers to get to the start. We will provide you with a suitable numbered bag for your kit – please don't bring too much though! We will bring the bags back to the RNLI or Look & Sea Centre for you after the swim. Please remember to take a drinking bottle and any energy fuel with you. 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. Inconsiderate parking is also likely to jeopardise future swims at this location. Spectators can follow the swimmers along the river footpath or head for Rope Tackle Bridge or the Quay by the finish area where there are very good vantage points and numerous cafés and bars.

It is not advisable to swim in the River Arun without suitable safety cover as there can be extremely strong currents (Britain's second fastest flowing river). However, there is a 30 minute period of 'slack water' when the river is at its slowest and this is when you'll be swimming. Last year this was 10-15 minutes later than predicted and will depend on weather conditions. Wetsuits are compulsory for 2010 - 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.

River Swim 3.8km

Swimmers will be NOT BE PERMITTED TO ENTER THE WATER UNDER ANY CIRCUMSTANCES UNTIL DIRECTED BY THE STARTER. Once again we are under strict instructions at Ford Marina (Start ramp). Swimmers are not to hold onto the pontoon, there will be no nudity on the river bank; the marina ramp must be kept clear prior to the start of the race. The river temperature will be taken prior to the start of the race and temperatures during the week will be posted on the web. Any last minute briefing will be held on the river bank. Please be careful entering the water by the concrete ramp; the start will be in the water once everyone is lined up. Please seed yourself sensibly as there are swimmers in the race who have the potential to swim

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close to 45 minutes – others will take up to 90minutes. 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 rawenergypursuits@gmail.com

When the klaxon sounds make your way **DOWNSTREAM**. Last year the current was initially slightly against swimmers at the start which meant there was less resistance to the current by swimming close to the river bank where the current was not so strong. Once the current changes (probably after the first or second bend in the river), swim in the middle of the river as this will be the quickest area. The tidal flow, whilst you may not initially feel it will eventually change in your favour as you progress downstream. 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 before approaching Rope Tackle Footbridge. You may need to keep right under this bridge as directed by the Harbourmaster and safety kayaks as there may be other river traffic involved in Armed Force Day – this is opposite the Arun View Pub. The Harbour Master will control river traffic behind you and a Pilot Boat will control traffic ahead of you - 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 timing will be at the top of the RNLI ramp, so don't forget – it's not in the water! 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 Harbour Master will pick you up and bring you back to the RNLI. There will be numerous safety spotters and mountain bikers along the river bank and there will also be one Red Cross person on the river bank. 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. Whilst these instructions may seem imposing our overriding aim is make sure you all finish and enjoy the race. Adur District Council state the water quality is currently described as excellent.

Further maps of the course are available on www.rawenergypursuits.co.uk

Finish

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

Changing & Catering

The RNLI may be available for changing and cold showers after the race depending on visitor numbers. The Café will be open and there will be other food on offer on the outdoor patio, so please hang around for the presentation.

Presentation & Prizes

This will take place in the vicinity of the RNLI as soon as the last person crosses the line! Prizes will be awarded to the first three males and females and first male and female veterans plus other category prizes. We will also present your donation to the RNLI. Your age is based on 31st December 2010, NOT age on race day.

Parking

There is a Pay & Display NCP car park behind the RNLI Station and numerous car parks/street parking around the town. Limited street parking is also available.

Medical Advice

If you have any known medical condition, please inform us before the race and write your condition on the back of the number.

Toilets

There are toilets in the RNLI and Café.

Photographs

Race photographer Anthony Bliss and his team will be providing the shots for the day – you should be able to see them see them at www.sussexsportphotography.com

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

Results

Provisional results will be available by Saturday evening on our website www.rawenergypursuits.co.uk

Enjoy the day and have a good race.

Mick, Nigel & Steve.
Raw Energy Pursuits
www.rawenergypursuits.co.uk

Forthcoming REP Events:-

1. Littlehampton Boat House Aquathlon (800m swim + 8km coastal run) Tuesday 6th July 2010(7:15pm)
2. Worthing Standard Distance Triathlon (including Relay) Sunday 16th July 2010 (Start 7am – Mass Start) National Ranking Series.
3. Worthing International Birdman Rally Swim (1km and 2km Sea Swims) 15th August 2010 Approx 2pm
4. Firlie Beacon Half Marathon and 10km Trail Runs Sunday 26th September 2010

L GUESS JEWELLERS
Littlehampton

