

# **R**aw Energy Pursuits

## The Worthing Triathlon & Relay Triathlon 2010

National Triathlon Ranking Series 2010

Thank you for entering the Worthing Triathlon organised by 'Raw Energy Pursuits'. Worthing Borough Council and Sussex Police have given the race their approval. The event is being held under the rules of the British Triathlon Federation and you should familiarise yourself with them. For further information on the rules phone BTF HQ on 01509 226161 or [www.britishtriathlon.org](http://www.britishtriathlon.org)

**New for 2010!** Man versus Woman versus Vets and an **EARLY START TIME**. Women will start first at 06:15:00hrs, then the Vets at 06:19:17 and finally the Men & Relays will start at 06:31:31. There's a cash prize on offer for the first across the line! The time difference is based on the 2009 winners times (Colin Dixon 1:59:53 and Sarah Wigmore 2:16:24). Race Timing Systems will be providing Chip timing for the event.

### Event Location

The event will be based by the Alinora Boat Ramp, Goring to the West of Worthing near the Yacht Club (Postcode BN12 4JE). Registration, transition and finish will all be at this location. Worthing is about 12 miles west of Brighton and 15 miles east of Chichester.

### Race Timings

**Saturday 17<sup>th</sup> July 2010.** 4pm to 6pm Registration.

In view of the earlier than normal start we would recommend you register on Saturday to avoid any last minute panicking on race day. Racking is only available on Sunday.

**Sunday 18<sup>th</sup> July 2010.**

4:45am to 5:50am Registration & Transition opens

**6:00am Race briefing in transition area**

6:15am Transition area closed.

6:10am Last minute briefing on the beach

6:15am Swim start all women.

6:19am Swim start all male Vets

6:31am Swim Start all Men (incl last year's winner) and Relay Teams

6:35am to 7:15am Swimmers exit

6:40am to 8:50am Cycle Section

7:45am to 9:30am Run Section

8:30am to 8:40am First finishers expected across the line

1000am-1020am Presentation on grass by Finish Area

### Registration

Please try and register on Saturday if possible. This will cut down time on Sunday morning bearing in mind the race starts at 6:15am. At registration you will need to show your BTF Licence. If you do not have it you will need to purchase a 'Day Licence' for £4. **There are no exceptions.** If you are not a member of the BTF you should have already paid the £4. Collect your race number, bike number, helmet number and T Shirt and familiarise yourself with the course. The race WILL start on time, so if you intend to register on Sunday, please make sure you have registered and have your bike racked and kit all ready for the race. You need to be present for the race briefing at 6am.

### Sea Swim

The main race briefing will be in transition area at 6:00am. Athletes will then be counted onto the beach prior to the male, female & Vet start times. **ONLY FEMALES** will be permitted to enter the water prior to the 6:15am and once their race has started Vets will be permitted to warm up. Vets need to be ready to go 4 minutes after the females start. The remaining Men and Relay Teams will be permitted to the east of the entry point. A final race briefing will be held on the beach for each wave.

1500 metres. The swim is a mass start for the Women, Vets and Men/Relay Teams. The sea may be chilly but wetsuits are unlikely to be compulsory unless the temperature falls below 14 degrees. (Updates on the sea temperature will be shown on [www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk) the week leading up to the event) The start will be on the beach. When the siren sounds make your way into the sea **CAREFULLY**. This is a shingle beach so please take care when entering. Swim straight out to the first buoy (**YOU NEED TO AIM AT LEAST 50M LEFT OF THE FIRST BUOY TO TAKE INTO ACCOUNT THE STRENGTH OF THE CURRENT**), turn right on the first buoy and then follow the coast to the turn round buoy in a small bay at Sea Lane Café. Turn right and follow the coast line to the wooden ramp where you'll be

helped out. Please note: You will be swimming WITH the current on the way out of the swim and against the current on the way back. The shoreline is fairly shallow so weaker swimmers should 'seed' themselves accordingly at the start of the race and if possible keep to the shoreline on the way back. You are advised to acclimatise to the water before the start, but please be on the beach for a last minute briefing. There will be plenty of lifeguards, canoes and safety boats during the swim. The canoes are there to guide you. If you get into difficulty, turn on your back and raise one arm. The safety boat or canoe will then 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 though. Our aim is make sure you all finish and enjoy the race. This section of coastline is relatively exposed and we may alter the swim course depending on the conditions. If the sea is 'choppy', consideration will be given to swimming WITH the current for the whole distance. This will entail walking down 1500 metres towards Worthing Yacht Club. Alternatively if the conditions are too rough, (beyond a Force 4 and the Safety Boats can't launch) the first swim will become a 5km run. The race referees decision will be final. Once the swim is completed, run up the ramp, (this will be matted) and then down the path into the transition. A digital clock will display your swim time at the top of the ramp, but your swim split will be taken as you start your bike. Water quality is tested daily and is currently described as excellent. **If you are competing in the relay triathlon you will be part of the mass start with the men at 06:31:31. When your swim is complete, run up the ramp and hand the timing chip over to your cyclist who will be waiting at the entrance to the transition area.**

### Transition

ONLY COMPETITORS ARE ALLOWED IN THE TRANSITION AREA. Collect your bike, BUT DO NOT remove it from the racking until your helmet is fastened. (2 MINUTE PENALTY) Mount in the 'designated area' on the road. Helmets must conform to BSI, ANSI or SNELL standards. **Relay cyclists, once you have tagged your swimmer you can THEN remove your bike from the racking once your helmet is fastened and make your way to the 'mount' area.**

### Cycle 43km

THIS IS A NON DRAFTING RACE. THERE WILL BE MOTORCYCLISTS AND REFEREES ON THE COURSE. In view of the mass start, please be sensible in the early stages of the bike. [A detailed route with photographs and profiles can be found on the REP website or via www.tri247.com 'Route of the Month'](#). A sweep up van will follow the course. The 43km bike course will then follow the coast road and turn RIGHT at Sea Lane Café, then NORTH to the roundabout by The Mulberry Pub where athletes will turn RIGHT and then immediately LEFT onto the Goring Road towards Goring. (There are two sets of Pelican Crossings on this section. In the unlikely event they are red you will need to stop.) Turn RIGHT at the roundabout over Goring Railway Bridge to the roundabout on the A259. Straight over (2<sup>nd</sup> Exit) to Titnore Lane. Follow this road NORTH to the first roundabout on the A27 and turn RIGHT (3<sup>rd</sup> exit) over the A27 and then straight over at the next roundabout onto the A280 towards Clapham Village. Climb Long Furlong, then descend to the Findon roundabout on the A24 where you turn left. CAUTION: Fast approach to roundabout. Cycle NORTH to Washington roundabout, straight over (2<sup>nd</sup> exit) NORTH to Ashington. **REMAIN ON THE A24 NORTH UNTIL YOU REACH THE SECOND EXIT ROAD TO ASHINGTON.** Turn LEFT off the slip, and LEFT again at the bottom of the slip road. At the next roundabout go all the way round (4<sup>th</sup> exit) & retrace your route **UNDER** the A24 to the next roundabout where you turn RIGHT to go SOUTH on the A24. Straight over at Washington roundabout, RIGHT at Findon roundabout, descend Long Furlong, over the A27 as before and south down Titnore Lane. Straight over (2<sup>nd</sup> exit) the A259, over the railway bridge at the next roundabout take the SECOND exit into Aldsworth Avenue (there are a number of humps in Aldsworth Avenue, please be careful) LEFT into Ilex Way (CAUTION UNEVEN ROAD) and RIGHT at the mini roundabout at Sea Lane, Goring, (2<sup>nd</sup> exit). Follow this to the Sea front, **LEFT (1<sup>st</sup> exit) at the roundabout and continue pass the transition area until you reach a mini roundabout at George V Avenue. CAUTION, THIS IS A DEAD TURN.** Circumnavigate the roundabout and return towards the transition area and dismount where directed by the marshals at the bike finish. **Please be careful on the main roads. The early start should mean traffic is fairly quiet.** Just to remind you THIS IS A NON DRAFTING RACE!

### Transition

Enter the transition, rack your bike and ONLY THEN remove your helmet. Exit the transition as indicated by the marshals. **Relay cyclists tag your runner at the exit of the transition ONCE you have racked your bike and removed your helmet.**

### Run 10km (Flat)

Exit the transition area from where you entered the swim and run up the path onto the promenade. Keep heading east, via Worthing Yacht Club, at which point you will start the two lap section of the course on the promenade. The turn round points are The Lido and George V Avenue (2km apart). The Lido will have water and George V Avenue will have a 'tag' to indicate you have completed one lap. Return to The Lido turn before making your way back towards the finish area. Remain on the coastal path by the transition area until you reach another footpath. Turn right down the path and then right again onto the grass and you will enter the start of the finish funnel. Please be careful when running on the prom. There are designated areas for skaters and roller bladders and you will certainly encounter the odd runner & plenty of dog walkers. Please be considerate to others using the 'Prom'. We'd like to come back next year. **PLEASE REMEMBER YOU MUST WEAR A RACE TOP AND DEFINITELY NO IPODS ETC FOR ANY PART OF THE RACE!**

## Finish

Finish is in front of the Transition area. Water will be available.

## Timing

The split timing will be as follows. The swim timing will be taken as athletes leave the transition with their bikes. (A digital clock will be positioned at the top of the wooden ramp as swimmers exit if you want to know your actual swim time. The bike split will be taken as you exit the transition and start your run. Please make sure your number is visible on the back for the bike and front for the run.

## Caterers

The 'Countryside Catering Company' will be happy to cook you breakfast after the race and will also have a variety of good quality cakes and snacks for your consumption. PLEASE TAKE YOUR LITTER HOME WITH YOU!

## Presentation & Prizes

This will take place by the finish area. Please wait for prize giving, the Mayor of Worthing should be presenting the prizes. We will endeavour to produce the results immediately after the last person has crossed the line. Prizes will be awarded to the first three male and female, then all BTF category winners. Your age is at 31<sup>st</sup> December 2010, not age on race day.

## Accommodation

There are numerous Hotels and B&B's in the area (contact Worthing Borough Council Tourist Office on 01903 221307) - There's a new Travel Lodge on the Seafront in Worthing, a Premier Inn at Angmering (4 miles away) and a Comfort Inn at Arundel (10 miles away). Unfortunately there is no camping in the area of the race start & finish. There's one about 8 miles north of Worthing at Washington (on the bike course): Washington Caravan & Camping Park, London Road, Washington, Pulborough, West Sussex, RH20 4AJ, 01903 892869 [washcamp@amservice.com](mailto:washcamp@amservice.com) [www.washcamp.com](http://www.washcamp.com) - travelling time is about 15mins to the race HQ. The other camp site is Ecclesden Farm Campsite, Water Lane, Angmering, West Sussex, BN16 4ER which is about 5-10 minutes drive away. Their website is [www.ecclesden.com](http://www.ecclesden.com) or Tel 07785 707485 – and their rates start from £7:50 a night.

## Parking

There are a number of car parks at Worthing Yacht Club and Sea Lane Café. There is also street parking on the coast road. PLEASE DO NOT PARK ANYWHERE NEAR THE BIKE MOUNT/DISMOUNT ZONE. THIS WILL BE CONED. In view of the fact you will be arriving between 4:30am and 05:50am, please be considerate to the local residents. If complaints are received about noise, the council may prohibit the event in the future.

## 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

A bank of Portaloos will be provided next to the Transition Area. In addition public toilets can be found 800 metres west at the Sea Lane Café.

## Results

Provisional results will be available on Sunday via our website [www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk). We hope you enjoy the race and hang around for the prize giving.

Geared Bikes will be at registration on Sunday morning for any last minute repairs or purchases.

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

Many thanks to our sponsors and in particular Worthing Borough Council & NCP Car parks who have fully supported the event



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