



# Cuff Miller (Ford) Arundel Triathlon

## Sunday 29th May 2011



Standard & Relay Triathlons start at 6:00am and Sprint Triathlon at 8:00am

Thank you for entering the L Guess Jewellers Arundel Triathlon which is organised by Raw Energy Pursuits and sanctioned by the British Triathlon Federation. The event is sponsored once again by our partners Cuff Miller - Ford Dealers from Littlehampton, L Guess Jewellers, Glaceau Vitamin Water, BLOC Eyewear, RouteBuddy, Geared Bikes from Chichester and Clif Bar. 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.

**SWIM START TIMES WILL BE POSTED ON [www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk) one week before the event.** Swimmers will be seeded according to their estimated swim time, slowest first, unless someone has specifically asked for an early start. Swimmers will be allowed in the pool when a place becomes available; as a general rule there will be no more than 4 swimmers at any one time in each lane. PLEASE MAKE SURE YOU ARE ON POOLSIDE AT LEAST 10-15 MINUTES BEFORE YOUR ALLOCATED START TIME. There are three races; the Standard and Relay Triathlon which start at 6:00am, followed by the Sprint race at 7:50am. The roads around Arundel start to become busy after 10:30am, so our aim is to get you all finishing the cycle by that time. **We will supply swim caps which have been provided by our colleagues at Human Race.** The table below shows the approximate start times for the Standard and Relay and the **Sprint Triathlon**. Start times will be posted on the website the week before the event.

<b>800m Time</b>	23-17 mins	17-15 mins	15-12 mins	12mins >	<b>400 Time</b>	20-10 mins	10-8 mins	8-6:30 mins	6:30 >
Approx Start	6-6:30am	6:30-7am	7- 7:30am	7:30-8am	Approx Start	8-8:30am	8:30-9am	9-9:30am	9:30-9:45am

We will be using a chip timing system courtesy of Race Timing Systems. Please make sure the chip is attached securely throughout the race but especially during the swim section.

**Registration: Saturday 5pm to 6:30pm. Sunday 5:20am to 8:30am.**

If you're starting early on Sunday please try and register on Saturday (5:00pm to 6:30pm) at the Lido as this will save time on Sunday morning (anyone can register on Saturday though). Registration on Sunday is from 5:20am to 8:30am. You will need to show your BTF Licence or purchase a 'Day Licence' for £4; **there are no exceptions**. If you are not a member of BTF you will already have paid the £4 for the 'Day Licence' in your entry fee. Collect two race numbers, timing chip, bike & helmet numbers, goody bag (including your technical T Shirt) **BEFORE** racking your bike. You will not be allowed in the transition area until your bike and helmet numbers are attached. **ONLY ATHLETES WILL BE PERMITTED IN THE TRANSITION AREA.** Please be aware there will be other athletes running in the transition while you are setting up so please be considerate. In view of the staggered start there is no formal race briefing other than this information sheet. If you have any other queries about the race please speak to someone at registration or to one of the Race Organisers. The race **WILL** start on time, so if you intend to register on Sunday, please make sure you have registered, racked your bike and your kit is all ready for the race. The race is organised under the rules of the British Triathlon Federation and all competitors should be familiarise themselves with them.

**Swim: Standard and Relay Triathlon 800m (32 Lengths) - Sprint Triathlon 400m (16 Lengths).**

Swimmers will be seeded according to their estimated swim time, as a general rule there will be no more than 4 swimmers at any one time in each lane. **PLEASE MAKE SURE YOU ARE ON POOLSIDE 15 MINUTES BEFORE YOUR ALLOCATED START TIME.** Slower swimmers will be the first to start in each race. You will be instructed on poolside which lane and direction to swim in. Lane counters will indicate when there are 2 lengths to go by tapping you on the head with a swim float. Exit the pool and enter the transition area. (Caution when leaving the pool as the surface will be wet & slippery) **LANE ETIQUETTE:** Lane counters are there to make sure you swim the correct number of lengths, but it is your responsibility to count. If a swimmer behind you touches your toes please let them pass at the end of that length. Any unsporting impedance will be reported to the Race Referee. **To assist the lap counters there will be No Tumble Turns.** (Relay competitors will hand over to their cyclist at the entrance to the transition under the Leylandii hedge)

### Transition

**ONLY COMPETITORS ARE ALLOWED IN THE GRASSED TRANSITION AREA. DO NOT** remove your bike from the racking until your helmet is fastened (2 MINUTE PENALTY). Run with your bike onto the 'designated mount area'. Helmets must conform to EN, ANSI, SNELL or other national standard. **NO IPODS/MP3 Players.**

**Cycle: 'Long' & 'Relay' Triathlon (2 Laps) 37km - 'Sprint' Triathlon (1 Lap) 19km. Both courses are undulating.**

**THIS IS A NON DRAFTING RACE AND THERE WILL BE TWO DRAFTBUSTERS ON THE COURSE.**

Please be careful on the main roads. The early start should mean traffic is fairly quiet but the A27 can be busy. Ride out of the Car park and turn left until you reach the roundabout with the A27. Turn RIGHT, (2<sup>nd</sup> exit) and follow the A27 over the River Arun to the next roundabout. Turn RIGHT, (3<sup>rd</sup> 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 (1<sup>st</sup> exit) and follow the A29 (fast downhill section) through Slindon until you reach the roundabout on the A27 at Fontwell. Turn LEFT, (1<sup>st</sup> 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). **IF YOU ARE DOING THE LONG RACE OR THE RELAY TURN LEFT AND REPEAT YOUR FIRST LAP UP THE HILL.** If you're doing the Sprint race carry **straight on** (3<sup>rd</sup> 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. For the long race, once you have finished your second lap return to the finish as described above. (This is a triangular course, regularly used for Time Trials) The marshals at this point will be unable to give you directions as there is likely to be a slight overlap with the later starters in the LONG race and the first starters in the SPRINT - PLEASE MAKE SURE YOU ARE FAMILIAR WITH THIS ROUNDABOUT BEFORE THE RACE - IT IS YOUR RESPONSIBILITY TO NAVIGATE THE COURSE.

### Transition

Enter the transition, rack your bike and **ONLY THEN** remove your helmet. Exit the transition as indicated.

### Run:

**Long and Relay Triathlon 9.25km (Undulating) - 'Sprint' Triathlon 5.26km**

**9.25km Run.** (Relay competitors only: Cyclists to hand over to your runner at the run exit of the transition)

Exit the transition area and run as directed onto Queen Street. Run over the river and then follow the avenue of trees (Mill Road) alongside the castle and river. Follow the signs over a wooden footbridge which emerges alongside Swanbourne Lake. Continue on this road passing the Bird Sanctuary until you reach the Black Rabbit Pub keeping left. Follow the road up to Offham and then turn left and follow the road into Offham Lodge on the Arundel Castle Estate. Climb the track until you reach the trig point. This is an extremely hard climb and we will allow walking - but there are great views at the top! Retrace your route back to Offham Lodge and then turn left and follow the undulating road to the village of South Stoke, run round the turn point,

then retrace your route back to Arundel (you do not climb the trig point again). Once in Arundel return on the same route back to the river entrance of the Lido to finish (the finish area is new for 2009 - within the grassed area of the Lido). There is a Water Station at Offham Lodge which you will pass twice.

**5.26km Run.** Exit the transition area and run as directed onto Queen Street. Run over the river and then follow the avenue of trees (Mill Road) alongside the castle and river. Follow the signs over a wooden footbridge that brings you out alongside Swanbourne Lake. Continue on this road passing the Bird Sanctuary, until you reach the Black Rabbit Pub. Follow the road up to Offham until you reach the turn point at Offham Lodge and the retrace your route back to the finish at the car park. (You don't have to go to the trig point!) There is a Water Station at Offham Lodge.

### Finish

The finish area is and within the grassed area of the Lido where water and refreshments will be available.

### IT IS YOUR RESPONSIBILITY TO FAMILIARISE YOURSELF WITH THE COURSE.

### Timing

The split timing will be as follows. The swim timing will be taken as athletes leave the transition with their bikes. The bike split will be taken as you exit the transition and start your run. **TWO RACE NUMBERS TO BE WORN**, unless you have a race belt in which case YOU must ensure the number is worn on the back for the bike and front for the run - **ESPECIALLY AT THE FINISH**.

### Arundel - Tourist Town

Arundel is steeped in history and there are loads of things to do including the Castle trip so why not bring your family. The Lido is likely to offer discounted rates for athlete's families wishing to use the pool after the swim section - these will be posted on the website once confirmed. For full details of what to see in Arundel please go to [www.arundel.org.uk](http://www.arundel.org.uk)

### Caterers

Countryside Catering will be at the Arundel Triathlon once again providing bacon and sausage rolls, tea, coffee, cakes and much more! **PLEASE TAKE YOUR LITTER HOME WITH YOU!**

### Presentation & Prizes

This will take place by the trade stands and Raw Energy Pursuits Gazebo. Prizes will be awarded to the first three male and female, then the first two Vets and first Supervet and First Relay Team. There may also be some spot prizes from one of our sponsors. Your age is at 31<sup>st</sup> December 2011, **NOT** age on race day. Prize giving for the Sprint will be as soon as possible after the last person from that race crosses the line and the same for the Long & Relay race.

### 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

A bank of highly desirable Portaloos will be provided. There are also toilets, changing facilities and showers within the pool. Please note the Lido will be open to the public from Midday and should you wish to use the facilities with your family after this time you will be asked to pay a special discounted rate. The showers will be available until 11:45am.

### Results

Provisional results will be available later the same day on [www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk) and [www.tri247.com](http://www.tri247.com). Please let us know if you have any timing queries and we'll look into them.

### 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 BIKE MOUNT/DISMOUNT ZONE. THIS WILL BE CONED.** In view of the fact you will be arriving between 5:30am and 8:00am, 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 and there WILL be an attendant on duty. The cost is £4 for the day. Please make sure you get a ticket if using this car park.**

### FREE Photographs

REP has negotiated free unlimited image downloads from [www.sussexsportphotography.com](http://www.sussexsportphotography.com). These should be available on Monday or Tuesday.

### ACCOMMODATION:

Please contact the Arundel Tourist Office [www.arundel.org.uk](http://www.arundel.org.uk) 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 why not try [www.brooklandsbarn.co.uk](http://www.brooklandsbarn.co.uk)

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

Raw Energy Pursuits

[www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk)

### Forthcoming REP Events:-

1. River Arun Ironman Swim Saturday 4<sup>th</sup> June 2011 (Sold Out - Waiting List)
2. Worthing Standard Distance Triathlon (including Relay) Sunday 10<sup>th</sup> July 2011 (Start 6.30am - Man v Woman).
3. British Aquathlon Championships at Littlehampton Boat House Marina (750m swim + 5km run) Saturday 30<sup>th</sup> July 2011 (Midday)
4. International Birdman Swim (1km and 2km Sea Swims) Sunday 14<sup>th</sup> August 2011 (25,000 spectators and Sky TV!)