

Raw Energy Pursuits

“Birdman Swim” 1km and 2km Sea Swim

Sunday 14th August 2011 at 10:15am

(Prior to the Worthing International Birdman Rally at Middy)

The third “*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. 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 The Swimming Gardener’ Steve White who is trying to raise £22,000 for the Chestnut Tree House and the RNLI. Donating buckets will be along the prom.

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 14th August 2011 between 0900hrs and 1000hrs 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 - **White** for the 1km race and **Orange** 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 (1000hrs)



Race timetable:-

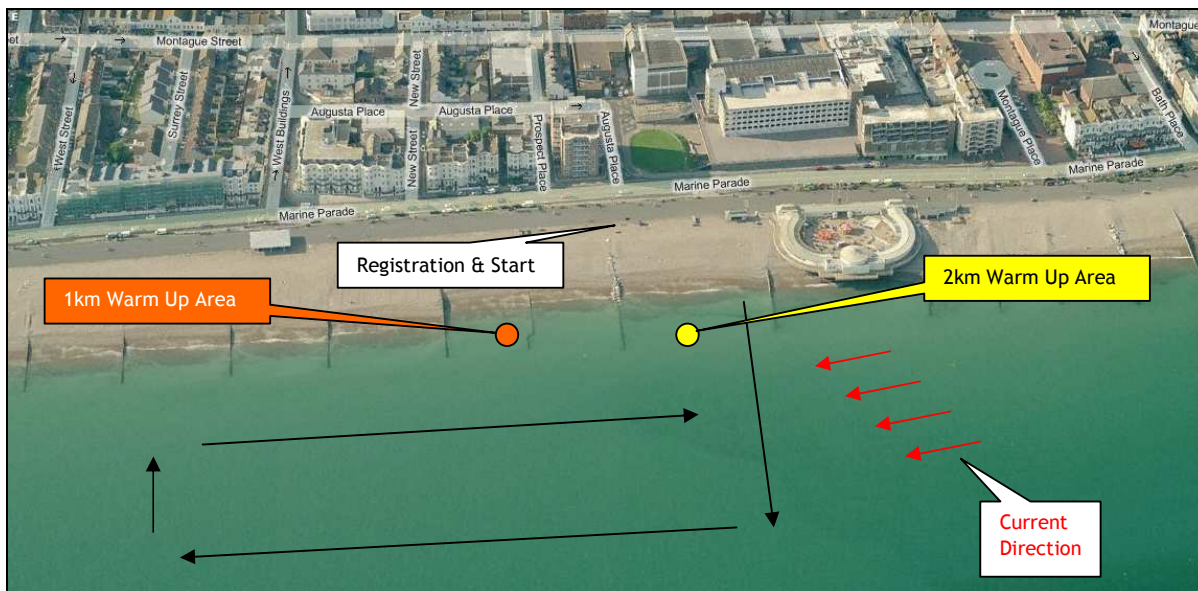
09:00-10:00 pm	Registration
10:00	Race Briefing
10:05	2km Swimmers warm up in the sea. 1km swimmers (green hat) please warm up in sea just west of start area (next Groyne)
10:10	2km Swimmers assemble on the water's edge for start.
10:15	2km race starts
10:15	1km swimmers assemble on the water's edge
10:20	1km race starts
10:35	Winner of 1km race finishes
10:40	Winner of 2km race finishes
11:05	Swimmers remaining in the water after 1105hrs may be withdrawn at the discretion of the Race Director.
11:45	Prize Presentation during preparation of 'Birdman Flights'
12:00	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 12:40hrs but there will be adequate water for swimming for the 10:15 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

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. It is expected to be between 18 & 20 degrees.

Safety cover in the swim is paramount and there will be a number of kayaks and Safety Boat/s out during the swim. The kayakers 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 to 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. Safety is our first concern but this is a fun event so please enjoy yourselves but act responsibly!

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 - please ask at registration and we will confirm on the day.

Presentation & Prizes

This will take place on the Beach at 11:45 am. There are 10 prizes to compete for in each race; these will be awarded to:-

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

Your age is based on 31st December 2011, 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 "YouTube"..... 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 images for the day which will be available at www.sussexsportphotography.com. We have included these in your race fee and there will be free unlimited image downloads.

ACCOMMODATION:

Please contact the Worthing Tourist Information for details, 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

Enjoy the day and have a good race.

Mick, Steve & Nigel
Raw Energy Pursuits
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