

Hi,

We hope you are looking forward to Sunday. The weather forecast is looking great, which really shows off the venue at its best.

It could be warm, so please ensure you have a water bottle on your bike, to take in hydration during the bike section. There will be water after each lap on the run (1 mile) but if you are dehydrated by the time you hit the run, it is too late!

Few points that were not included in the competitor information (Please read!) found at www.sussextriathlon.co.uk.

1. No Dogs

Ashburnham Place have asked us to remind people that dogs are NOT PERMITTED on the grounds. It is a Christian retreat, and they have groups staying on site this weekend. So please do not bring your pets!

2. Race Photos assistance

We are using the same race photo service. The professional photography companies wont turn up unless events have 300+ athletes, so we are going to use www.snappyraces.co.uk It works by anyone uploading photos and allocating to our event. If there are any photos of athletes you want to purchase it is simply £2.50 per photo. £1 of that will be given back to our chosen charity, which is psoriatic arthritis papaa.org, a charity that has had a direct impact on me and my family over the past 2 years. So please any budding photographers coming along, take some great photos of athletes and the day and upload them.

3. Race T-Shirts.

There was an error with purchasing t-shirts for this race during registration, but we will have some stock of various sizes on the day. There is a new 2018 Finishers design, and will be on display when you arrive. The T-shirts are £12, but please bring cash if you are considering purchasing one.

3. Water temperature.

Wetsuits are optional between 15 degrees to 22 degrees, water temperature has been 17-19 recently. Our advice for any open water venue is come prepared for a wetsuit and non-wetsuit swim. Under permit rules if the temperature is above 22 degrees for a sprint race then wetsuits are not allowed, but that shouldn't happen this year. The registration team will let you know when you arrive.

4. Aquathlon transitions

This will be situated on the bank as you exit the water. This worked really well last two years, there was plenty of space and lots of spectators cheering athletes on. There will be marshals there on the day to guide you and everything will be explained in the race briefing. A top of some kind must be worn on the run, and your race number must be displayed on the front, so either your trisuit and race number belt, t-shirt put on after the swim, or some of the little ones ran in their shortie wetsuits last year.

5. Camping

If you plan to camp out on the Saturday night, just arrive and pitch up on the race lawns. We are all camping over the whole weekend so will see you when you arrive. Ashburnham Charge £10

per tent / camper. One of the race team will walk around and collect at some point Saturday evening.

Also - DW Sports Therapy will be onsite for massages pre and post race. They can be found next the registration tents. Runners Retreat will have a stand of various race essentials, and the food van will be open from 7am for spectators and athletes.

Any last minute questions or worries, please call or text Jo on 07885 980233. Text advisable from Friday afternoon onwards, as the reception at race venue can be limited.

See you Sunday.
Paul & Jo