

# The British National Open Marathon Racing Individual and Team Championships 2016

<b>DATES</b>	<b>Saturday 23 &amp; Sunday 24 July 2016</b>
<b>HOSTED BY</b>	<b>Reading Canoe Club</b>
<b>VENUE</b>	<b>Thames Promenade, Richfield Avenue, Caversham, Reading, RG1 8EQ <a href="#">Map</a></b>
<b>ENTRIES</b>	Where possible please make entries via club team leaders using the Hasler Race Management (HRM) system. A club sign-up sheet is contained in this pack and <a href="#">here</a>
<b>FEES</b>	£10.50 per seat for Adults £8.50 per seat for Juniors (18 yrs & under on 1 Jan 2016) £5.50 per seat for Lightning K1 and Hody K2 (Under 12 yrs & Under 10 yrs on 1 Jan 2016)  From the entry fee, 50p per seat will be donated to RCC's nominated charities, Headway <a href="https://www.headway.org.uk/">https://www.headway.org.uk/</a> and Blood Bikes <a href="http://www.thenabb.org.uk/">http://www.thenabb.org.uk/</a>  Payment for pre-entries  Cheques payable to: Reading Canoe Club Send to: Nationals Coordinator Reading Canoe Club The Warren Reading, RG4 7TH
<b>LATE ENTRIES</b>	Entries received after Friday 15 July will be subject to a late entry fee of £5 per seat.  Deadlines for late entries: 22:00 Friday 22 July for Saturday races 17:45 Saturday 23 July for Sunday races
<b>ENTRY CHANGES</b>	Crew changes are permitted a minimum of 1.5 hours prior to race start at Race Control
<b>BOOKING IN</b>	Team Leaders only may book in at Reading Canoe Club on the north bank from 19:30 – 22:00 on Friday evening and from 07:30 on Saturday morning at Race Control on the Thames Promenade.

## CLASSES

<u>Distance</u>	<u>Vehicle</u>	<u>Class</u>
3.5 km (Actual 3.3 km)	Lightning K1	Under 10 Men, Under 10 Women Under 12 Men, Under 12 Women
	Hody K2	Under 10, Under 12
6.5 km (Actual 8 km)	K1	Under 12 Men, Under 12 Women Under 14 Men, Under 14 Women Over 54 Men, Over 54 Women Over 59 Men, Over 59 Women Over 64 Men, Over 64 Women Over 69 Men, Over 69 Women
	K2	Under 12 Men, Under 12 Women Under 14 Men, Under 14 Women Over 54 Men, Over 54 Women Over 64 Men, Over 64 Women
	C1	Under 18
13 km (Actual 12.6 km)	K1	Under 16 Men, Under 16 Women Over 34 Women, Over 39 Women Over 44 Men, Over 44 Women Over 49 Men, Over 49 Women
	K2	Mixed K2, Under 16 Men, Under 16 Women, Over 44 Men, Over 44 Women, Over 34 Women
	C1	Senior
	C2	Senior
20 km (Actual 21 km)	K1	Under 18 Men, Under 18 Women Over 34 Men, Over 39 Men
	K2	Under 18 Men, Under 18 Women Over 34 Men
26 km (Actual 25.2 km)	K1	Senior Men, Senior Women Under 23 Men, Under 23 Women
	K2	Senior Men, Senior Women Under 23 Men, Under 23 Women

All ages are calculated at 1<sup>st</sup> January 2016

There must be at least 5 entries for a National Championship race to take place. Hody K2 classes are not National Championship races but the same quorum rules will apply.

Where a race is inquorate the paddler may transfer to another class for which they are eligible [see rule 43a]. If the paddler does not wish to race they are entitled to an entry fee refund if the organiser is notified within 1 hour of the planned class start time.

**PADDLER ELIGIBILITY** Paddlers may compete in races specified for those of a higher ranking but will not be allowed to compete in races specified for those of a lower ranking. (E.g. an Under 18 may race as an Under 23 or Senior but not as an Under 16 or Over 34.)

Senior and Veteran Women paddlers may compete in a doubles crew in Senior and Veteran Men kayak races of the same or higher ranking.

**AFFILIATION** All paddlers must prove current comprehensive BC/SCA/CW/CANI with membership or youth membership of an affiliated club.

All competitors must be valid members on race day.

Proof needs to be confirmed by Team leaders before sending entries to race organiser through HRM or with copy of membership card.

Individual entries should send a copy of their membership with their entry form and payment.

New memberships or those expiring between entry and race day must bring proof of valid membership to the event, otherwise the competitor will not be allowed to race.

A competitor who has not raced before may buy an Event Ticket, but only one Event Ticket per season.

A competitor claiming to have membership but unable to provide evidence may also purchase an Event Ticket.

**OVERSEAS PADDLERS** Entries are welcome from overseas paddlers who are members of their own ICF affiliated federation.

**NATIONAL CHAMPIONSHIP TITLE ELIGIBILITY** An athlete must be a member of BC/SCA/CW/CANI as well as been a member of a UK club for a minimum of 2 years, regardless of whether they hold a British Passport or not.

**SELECTION RACES** The following National Championship races will be used to assess paddlers for selection for the World Championships in Brandenburg as part of the ongoing assessment series of races that have taken place during 2016.

Senior Men K1	Senior Men K2
Senior Women K1	Senior Women K2
Under 23 Men K1	Under 18 Men K2
Under 23 Women K1	Under 18 Women K2
Under 18 Men K1	
Under 18 Women K1	

If an Under 23 wishes to be assessed on their performance at the Nationals for the SENIOR team then they will have to enter the Senior race. If they wish to be

assessed for the Under 23 team then they should race in that race. This will also enable them to compete for the Under 23 National Championship title.

In the interests of clarity if an Under 23 chooses to race in seniors they will still be considered for Under 23 selection based on their performance in the senior race along with their performance throughout the season.

All junior kayak paddlers seeking selection for the World Championships should enter the appropriate Under 18 Men or Under 18 Women race. Under 16s wishing to be considered for World Championship selection should race in Under 18 classes or rely on their performances earlier in the season. Performance in Under 16 classes at the National Championships will NOT be considered.

All canoe paddlers seeking selection for the World Championships should enter the appropriate Senior Women kayak or Under 18 Women kayak race.

As always the process of assessment is continuous from results achieved throughout the year and the final selection will be made to achieve the best possible team, taking into account all performances.

All paddlers are reminded that a Marathon Racing Online Availability Form must have been completed and submitted by 23rd July 2016 for consideration for selection.

## **RACING RULES**

The Marathon Nationals is a GROUP A Divisional race and all of Part A rules 1-18 and rules 42-48 in the [Canoe Sprint & Marathon Handbook](#)

## **CLUB VESTS**

Paddlers must race in their club vest to be eligible for points and trophies.

## **PROMOTIONS/ DEMOTIONS**

The British Canoeing Marathon Committee reserves the right under [rules 32-33](#) to promote or demote on the basis of the results at this event.

## **BOAT NUMBERS**

Team leaders will be given a pack of pre-numbered vertical plates for all boats. Paddlers must only use these number plates.

**Number plates must be returned to race control after respective races.**

## **DISPOSABLE DRINK SYSTEMS**

All paddlers using disposable drinks systems are required to mark them with their boat number. Paddlers will not be allowed to proceed through boat control with un-numbered bags and un-numbered bags will not be allowed in the feeding lane at the portage. Paddlers found with un-numbered bags at any time on the water will be asked to leave the course.

During the course of a competition any items discarded by a competitor anywhere other than in a proper bin, must be recovered by the athlete, their support crew or coach immediately. It is the athlete's responsibility to ensure that this has happened.

An event official witnessing non-compliance with this rule shall report the infringement to the race organiser and the offending competitor will be disqualified from the competition.

Any repeat infringements by the same competitor shall be subject to disciplinary proceedings by the Marathon Racing Committee.

## **BUOYANCY AIDS**

These are compulsory for all paddlers Under 10 and Under 12 paddlers and those ranked in Division 7, 8 and 9 irrespective of the race you are entered in.

This applies in singles and doubles races. Team leaders should decide if other paddlers should wear them according to prevailing conditions. Life jackets must comply with either the European Standard 'EN393 or 395 or the International Standard 'ISO 12402'. RCC Race organisers may require life jackets or buoyancy aids and spray covers to be worn and will have the FINAL say as to who should wear them (except where this is covered by rule 5a(v)) depending on weather and water conditions. Such equipment must be provided by the competitors. The penalty for infringing any safety rule is disqualification from the race.

## **BOAT CHECKING**

All paddlers and boats must go through boat control before racing.

All boats must display the correct race number.

All boats must have sufficiently buoyant to remain afloat and to support the crew in rough water in the event of capsize. No boat will be deemed to be sufficiently buoyant purely as a result of its construction (e.g. vac bagged/sandwich or other construction) to fulfil this requirement, additional fixed buoyancy will be required in the form of foam, air bags and/or sealed bulkheads.

Once boats have been checked they must all remain in the pre-race holding/launching area.

If you are taking part in the 'B' races, do not present your boat for checking before the 'A' races have started, 'C' races before 'B' race starts and so on.

Once a boat has passed through boat checking it will be assumed that the paddler starts their race. If a paddler does not then race it is their responsibility to notify race control.

**Failure to notify control will result in your club incurring a penalty point. Failure to go through boat checking will result in disqualification from the race.**

## **RETIREMENTS**

Please let race control know ASAP if you retire.

Failure to do so will delay results being processed and your club will incur a penalty point for any notification not received.

## **GENERAL SAFETY**

Competitors must be able to swim adequately in the waters on which the race is being held.

All paddlers are required to render assistance to other competitors in distress.

## THE VENUE

### DIRECTIONS

Once in Reading follow signs to Caversham. Richfield Avenue is accessed from the roundabout immediately south of Caversham Bridge, adjacent to the Crowne Plaza Hotel. The race site is accessed via the public car park next to the Crowne Plaza Hotel on Richfield Avenue.

### CAR PARKING

This is available within the marked areas on the Thames Promenade (£2 per vehicle, per day).

Car Park gate will be locked at 22:00 Pedestrian access only after this time. Gate will re-open at 07:00.

If you require disabled parking please contact the organiser in advance to ensure that suitable space can be made available.

Note that there is no parking available at Reading Canoe Club, except for Team Leaders booking in on Friday evening.

### ACCOMMODATION

Plenty of accommodation is available in the Reading area, some very close to the site. [Accommodation search](#). A few options close by:

[Crowne Plaza](#)

[Premier Inn Richfield Avenue](#)

[Premier Inn Central Reading](#)

[Ibis Hotel](#)

[Reading Hotel](#)

[Crown Lodge](#)

[Rainbow Lodge](#)

[The New Inn Kidmore End](#)

[Joe Daisy Guesthouse](#)

### CAMPING

Available on Friday and Saturday night only (£2 per head) within the marked area at the race site on Thames Promenade. Officially open from 19:00 Friday. Earlier access by arrangement only.

Breakfast baps and drinks will be available for purchase at the catering tent on Saturday and Sunday morning from 08:00.

### FACILITIES

Toilets and stand-pipe water will be available on site.

Disabled toilets will be available on site on the Promenade and at RCC.

Changing rooms and hot shower facilities are available at Reading Canoe Club on the north bank, accessible via canoe ferry, also at Rivermead Leisure Centre next to the event site car park (£2.40)

Dogs are allowed on site but please keep them under control especially around the portage area and ensure any fouling is cleared up.

### SPECTATOR ACCESS

The courses are lap-based. Race starts, finishes and one portage may be viewed from the Thames Promenade site.

The majority of the course can be followed by bicycle.

### REFRESHMENTS

Paddler refreshments will be issued free to all competitors.

Hot and cold refreshments will be available to purchase on the Thames Promenade site throughout the day.

Waitrose Supermarket and Tesco Express in Caversham are less than 10 minutes' walk.

## TIMETABLE

### Friday 22 July

Reading Canoe Club, The Warren, Reading, RG4 7TH

19:30-22:00 Booking in – Race control - Team leaders only

### Saturday 23 July

Thames Promenade, Richfield Avenue, Reading, RG1 8EQ

07:30 Booking in opens - Race control

08:30 Briefing A Starts

09:00 **A Starts**

**3.5km:**

Lightning K1 - Under 10 Men, Under 12 Men; Under 10 Women, Under 12 Women

09:40 Briefing B Starts

10:00 **B Starts**

**6.5 km:**

K1 - Under 12 Men, Under 12 Women, Under 14 Men, Under 14 Women, Over 54 Men, Over 54 Women, Over 59 Men, Over 59 Women  
Over 64 Men, Over 64 Women, Over 69 Men, Over 69 Women  
C1 - Under 18

11:15 Briefing C Starts

11:40 **C starts**

**26 km:**

K1 - Senior Men, Senior Women, Under 23 Men, Under 23 Women

**20 km:**

K1 - Under 18 Men, Under 18 Women

12:00 Prize giving – Lightning classes

14:15 Briefing D Starts

14:40 **D starts**

**20 km:**

K1 - Over 34 Men, Over 39 Men

**13 km:**

K1 - Under 16 Men, Under 16 Women, Over 34 Women, Over 39 Women

Over 44 Men, Over 44 Women, Over 49 Men, Over 49 Women

C1 - Senior

17:15 Prize giving B, C, D Starts

17:45 Booking in closes

18:00 **MRC Annual Consultative Meeting\* - Club Room, Reading Canoe club**

## Sunday 24 July

Thames Promenade, Richfield Avenue, Reading, RG1 8EQ

- 07:30 Booking in opens - Race control – Team leaders only
- 08:30 Briefing E Starts
- 09:00 **E Starts**  
**3.5km:**  
Hody K2 - Under 10, Under 12
- 09:40 Briefing F Starts
- 10:00 **F Starts**  
**6.5 km:**  
K2 - Under 12 Men, Under 12 Women, Under 14 Men, Under 14 Women  
Over 54 Men, Over 54 Women, Over 64 Men, Over 64 Women
- 11:15 Briefing G Starts
- 11:40 **G starts**  
**26 km:**  
K2 - Senior Men, Senior Women, Under 23 Men, Under 23 Women  
**20 km:**  
K2 - Under 18 Men, Under 18 Women
- 12:00 Prize giving - Hody
- 14:15 Briefing H Starts
- 14:40 **H starts**  
**20 km:**  
K2 - Over 34 Men  
**13 km:**  
K2 - Mixed, Under 16 Men, Under 16 Women, Over 44 Men, Over 44 Women,  
Over 34 Women  
C2 - Senior
- 17:15 Prize giving F, G, H Starts

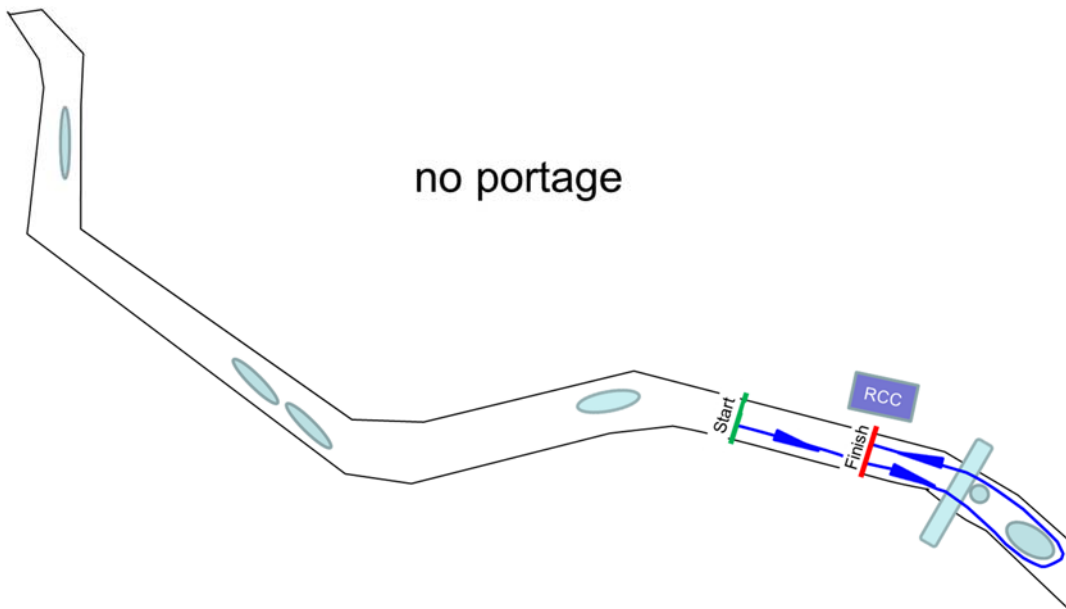
\*The Marathon Racing Committee Annual Consultative Meeting is open to all. Clubs are encouraged to send at least one representative. It is your club's opportunity to hear key updates from the Committee about ongoing projects and plans to develop the sport and to ask questions, raise any issues you may have. MRC committee members are also elected by the clubs at this meeting. More information about the current committee and administration can be found [here](#).

Further details regarding election of committee members and agenda items will be circulated in due course.

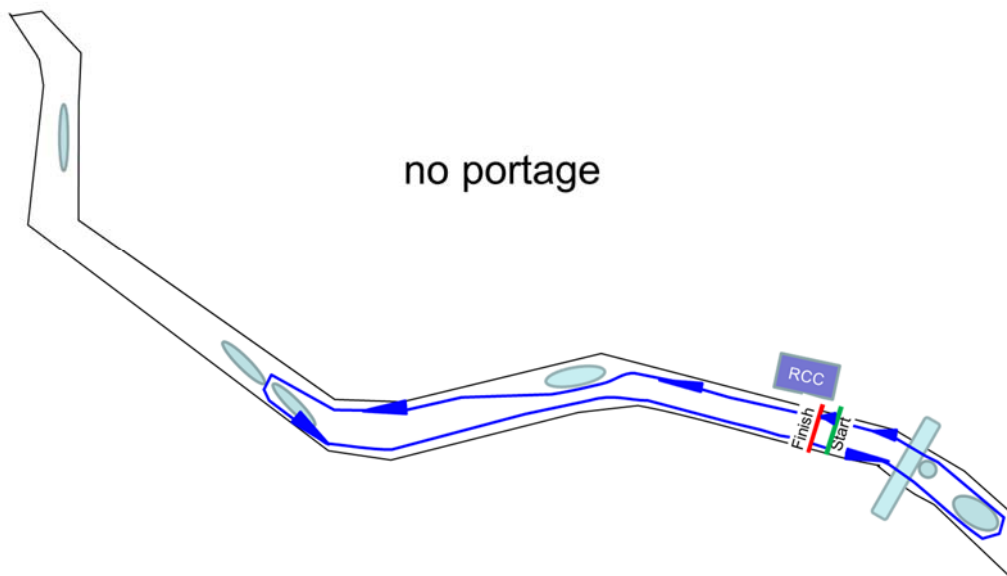


# 2016 British National Open Marathon Racing Individual Team Championships COURSE MAPS

## 3.5 km: Lightning, Hody (Actual=3.3km)



## 6.5 km course (Actual = 8 km)



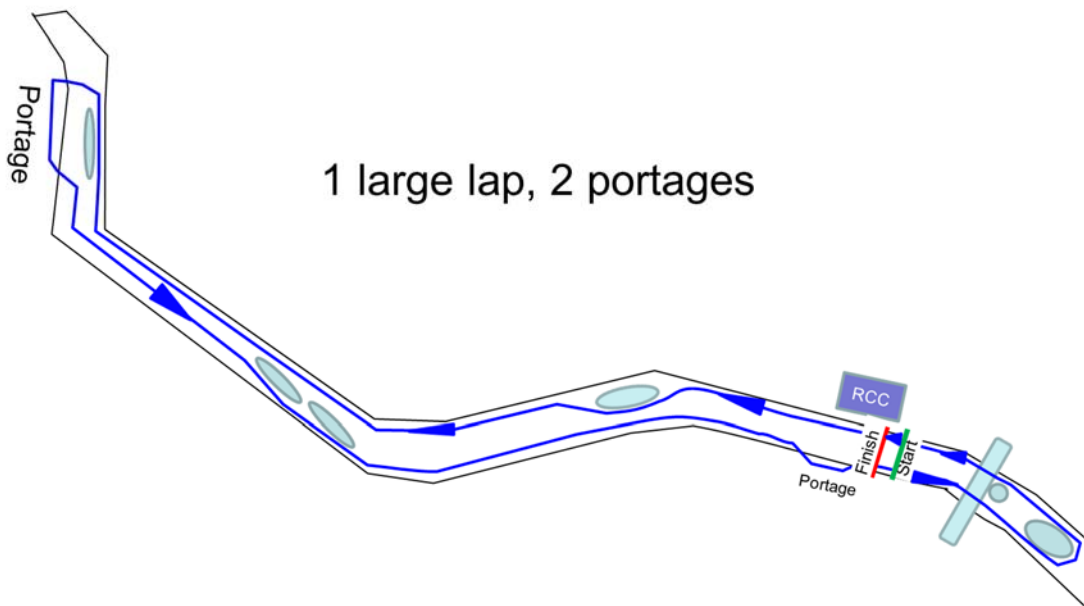
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# 2016 British National Open Marathon Racing Individual Team Championships

## COURSE MAPS

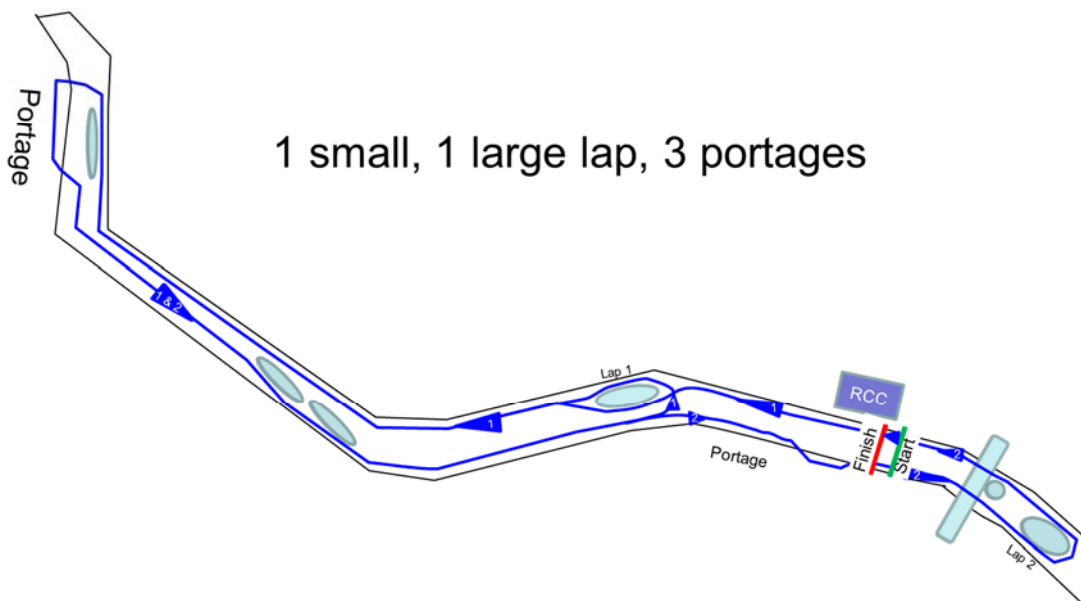
### 13 km course

(Actual = 12.6 km)



### 20 km course

(Actual = 21 km)



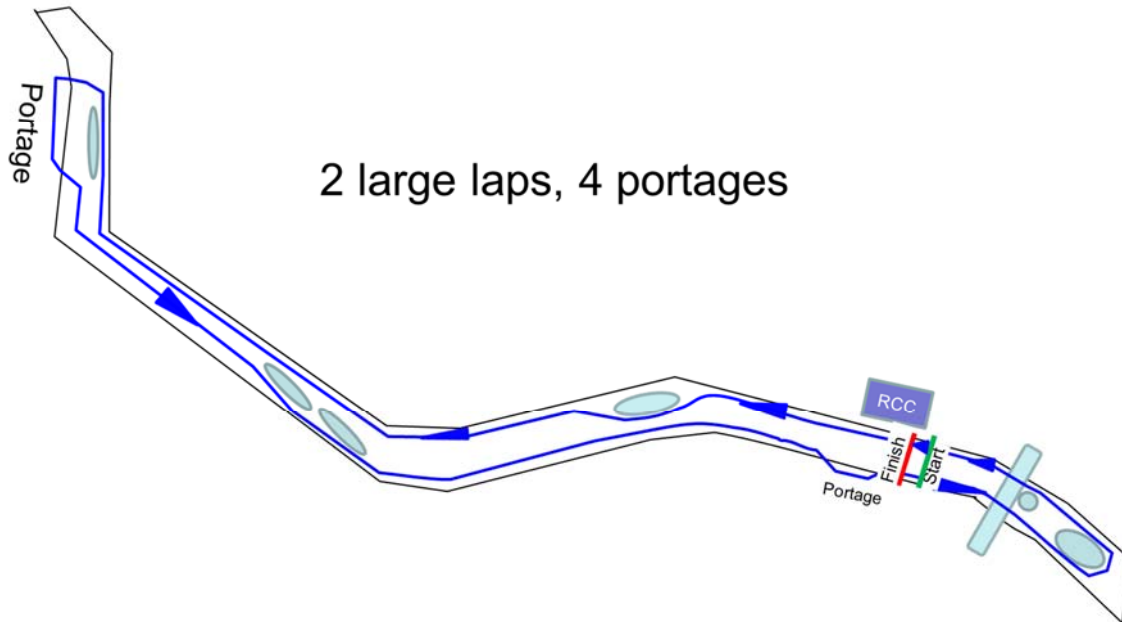
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# 2016 British National Open Marathon Racing Individual Team Championships

## COURSE MAPS

### 26 km course

(Actual = 25.2 km)



Not to scale

# The British National Open Marathon Racing Individual and Team Championships 2016

Entry Form



First name	Last name	M/F	Age group	K1/K2/C1/C2/ Lightning/Hody	Division	Affiliation Membership number	Fee
<b>Total</b>							

Age groups:

**Lightning K1:** Under 10 Men, Under 10 Women, Under 12 Men, Under 12 Women

**Hody K2:** Under 10, Under 12

**C1:** Under 18, Senior

**C2:** Senior

**K1:** Under 12 Men, Under 12 Women, Under 14 Men, Under 14 Women, Under 16 Men, Under 16 Women, Under 18 Men, Under 18 Women, Under 23 Men, Under 23 Women, Senior Men, Senior Women, Over 34 Men, Over 34 Women, Over 39 Men, Over 39 Women, Over 44 Men, Over 44 Women, Over 49 Men, Over 49 Women, Over 54 Men, Over 54 Women, Over 59 Men, Over 59 Women, Over 64 Men, Over 64 Women, Over 69 Men, Over 69 Women

**K2:** Under 12 Men, Under 12 Women, Under 14 Men, Under 14 Women, Under 16 Men, Under 16 Women, Senior Men, Senior Women, Under 23 Men, Under 23 Women, Over 34 Women, Over 44 Men, Over 44 Women, Over 54 Men, Over 54 Women, Over 64 Men, Over 64 Women, Mixed K2

Paddlers may compete in races specified for those of a higher ranking but will not be allowed to compete in races specified for those of a lower ranking. (E.g. an U18 may race as an U23 or Senior but not as an U16 or O34.)

Paddler eligibility:

Senior and Veteran Women paddlers may compete in a doubles crew in Senior and Veteran Men's kayak races of the same or higher ranking

All ages are calculated at 1<sup>st</sup> January 2016. Lightning & Hody paddlers must be ranked below division 8.

Entry Fees: Adults - £10.50 per seat Juniors - £8.50 per seat (18 yrs & under on 1 Jan 2016) Lightning K1 & Hody K2 £5.50 per seat (Under 12 yrs & Under 10 yrs on 1 Jan 2016).

**From the entry fee, 50p per seat will be donated to RCC's nominated charities, Headway <https://www.headway.org.uk> and Blood Bikes <http://www.thenabb.org.uk>**

**Cheques made payable to Reading Canoe Club please**

**Entries received after Friday 15 July will be subject to late entry fee of £5 per seat**

**Deadlines for entries: 22:00 Friday 22 July for Saturday races, 17:45 Saturday 23 July for Sunday races**

Please email using HRM where possible, thank you

**Club:**.....

**Team Leader name:**.....

**Contact number:**.....

**Email Address:**.....