

Marathon Canoe Nationals

READING



RACE BRIEFING

Reading Canoe Club 10/11th July

WELCOME

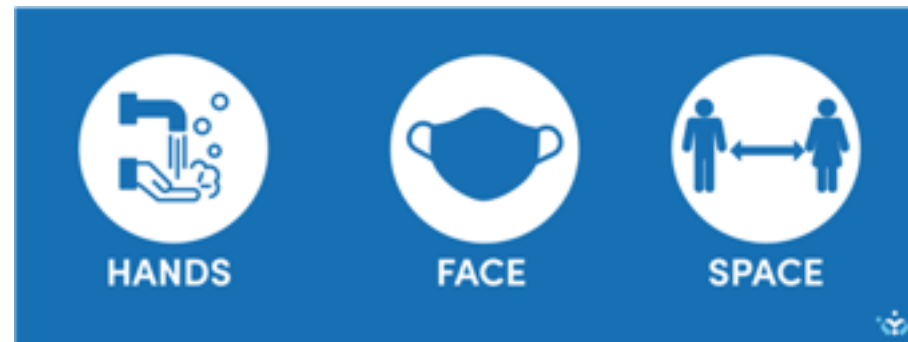


- Covid safe event
- The site and how it will work
- How to follow us on social media/live streaming
- Water Safety
- Start procedure: including seeded starts
- Assessment rules for those in starts D & G
- Timetable & start order
- Courses

COVID SAFE EVENT

Please **DO NOT** attend if you, or any member of your household or support bubble, have any Covid symptoms or you have been asked to self isolate.

- Take advantage of free COVID testing program
 - In the FOP keep groups to a minimum of 30
- Listen to marshals and keep Prom clear for the public
 - No spectators
 - No access to the Canoe club



THE SITE



SOCIAL MEDIA

Live streaming can be found on You Tube

@

Reading Canoe Club Official

Follow the event on the MRC social media

@

Instagram is @mrccanoemarathon

Twitter is @CanoeMrc

SAFETY



- All below Div 7 and below to wear buoyancy aids
- Check you boat has buoyancy & has been through boat control
- Please be aware of other river users
- The rules of the river are to stick to the right.
- Pass rowing boats & motor boats to the right
- Rowers can't always see you! Shout Heads. You are more manoeuvrable.
- Look out for other competitors, check they are ok
- This is a none contact sport



STARTS



- Line up in as per the start order
- First pre-starter will call you down
- Hold a neat line and wait to be called to the second pre-starter
- Paddle slowly to the second pre-start
- You will be held there until the starter is ready for you to come onto the start line
- We only start if you are in control. You may be asked to STOP.
- If the starter says there is 1 min, there is.
- Hold a neat line & listen to the starter
- Any start pushing will result in warnings being issued.
- After 2 warnings, penalties will be issued of 2 mins
- Continued pushing & or false start will result in a DSQ



SEEDED STARTS

U16 Men

Two lines:

- Div 1 – 4
- Div 5 - 9

Mix K2

Three lines:

- Div 1 – 3
- Div 4 – 5
- Div 6 to 9

- Form your lines with the pre starters
- First line wait to be called down to the starter
- The first line will be asked to STOP at the starter
- Second/third line will be held by the pre starters and given clear instructions
- You will all be started together

LISTEN TO THE INSTRUCTIONS

ASSESSMENT RULES (D&G STARTS)



NO WASH HANGING OUTSIDE OF YOUR CLASS

- Race vests must be worn
 - Unless you are racing independant
- Disposable drink systems:
 - Put your boat number on it
 - Do not throw away at the portage or in the water
 - Give to a member of your support crew
- Supporting
 - Possible at Mapledurham portage
 - Ensure you stay out of the way of the other crews & the public
 - Possible on the prom as required

Failure to follow any of the above may result in a time penalty or DSO



TIMETABLE & START ORDER



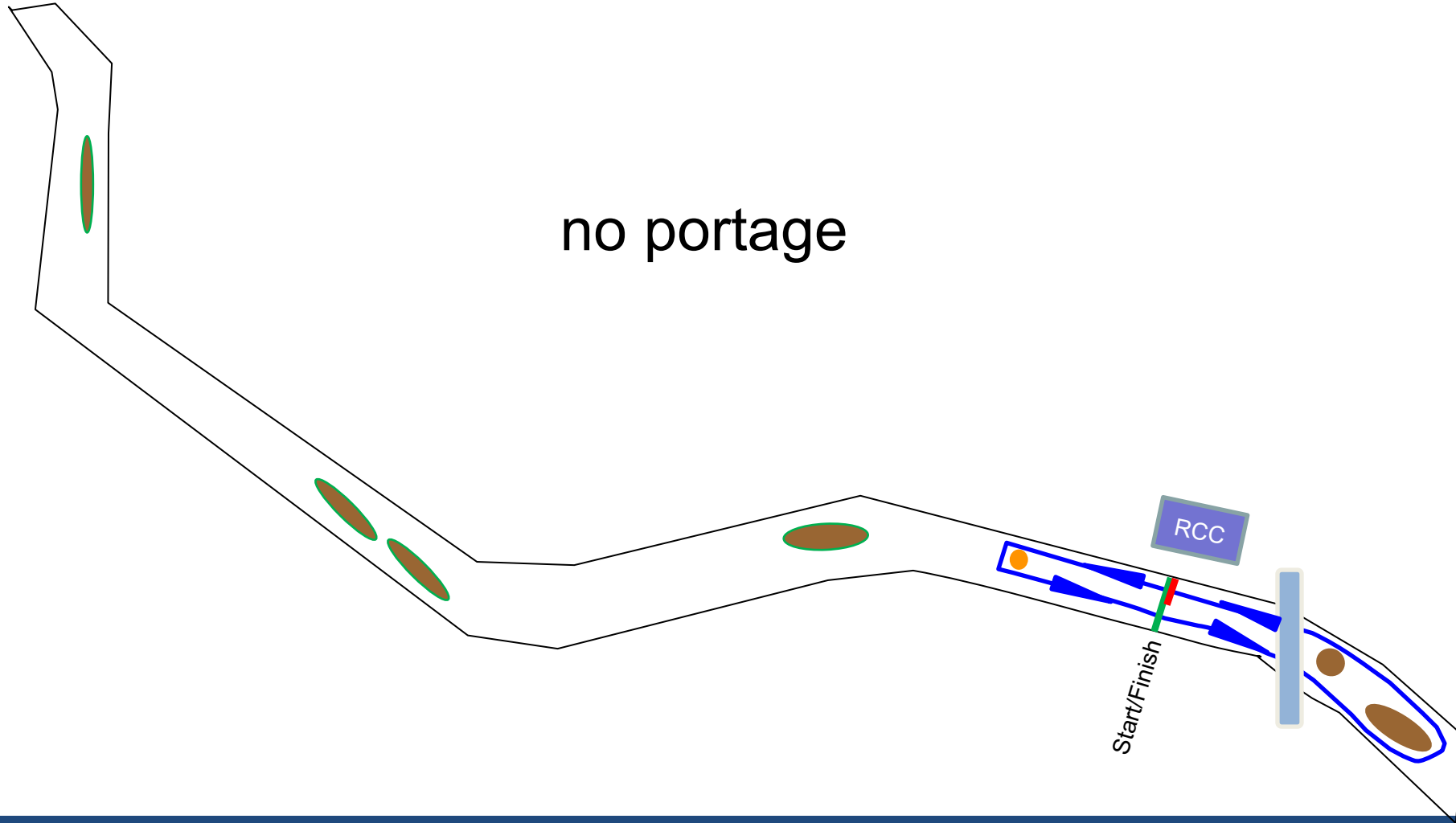
Time		Distance
7:00	Carpark open	
7:30	Race Control Open	
9:00	K1 - Over 34 Men	20K
	K1 - Over 39 Men	20K
	K1 - Over 44 Men	13K
	K1 - Over 49 Men	13K
	K1 - Over 34 Women	13K
	K1 - Over 39 Women	13K
	K1 - Over 44 Women	13K
	K1 - Over 49 Women	13K
	C1 - Senior Men	13K
	C1 - Senior Women	13K
9:15	K1 – Under 10 Men	3.5K
	K1 – Under 10 Women	3.5K
	Mini/Lightening K1 - U12 Introductory fun race	3.5K
11:30	K1 - Over 54 Men	6.5K
	K1 - Over 59 Men	6.5K
	K1 - Over 64 Men	6.5K
	K1 - Over 69 Men	6.5K
	C1 - Under 18	6.5K
	K1 - Over 54 Women	6.5K
	K1 - Over 59 Women	6.5K
	K1 - Over 64 Women	6.5K
	K1 - Over 69 Women	6.5K
13:30	K1 - Under 14 Men	6.5K
	K1 - Under 14 Women	6.5K
	K1 - Under 12 Men	6.5K
	K1 - Under 12 Women	6.5K
15:00	K1 - Senior Men	26K
	K1 - Under 23 Men	26K
	K1 - Under 18 Men	20K
	K1 - Senior Women	26K
	K1 - Under 23 Women	26K
	K1 - Under 18 Women	20K
	K1 - Under 16 Men	13K
	K1 - Under 16 Women	13K

Time		Distance
7:00	Carpark open	
7:30	Race Control Open	
8:30	K2 - Over 34 Men	20K
	K2 - Over 44 Men	13K
	K2 - Over 34 Women	13K
	K2 - Over 44 Women	13K
	C2 - Senior Men	13K
	C2 - Senior Women	13K
8:45	K2 – Under 10 Men	3.5K
	K2 – Under 10 Women	3.5K
	Mini/Lightening K2 - U12 Introductory fun race	3.5K
10:45	K2 - Over 54 Men	6.5K
	K2 - Over 64 Men	6.5K
	K2 - Under 14 Men	6.5K
	K2 - Under 14 Women	6.5K
	K2 - Under 12 Men	6.5K
	K2 - Under 12 Women	6.5K
	C2 - Under 18	6.5K
	K2 - Over 54 Women	6.5K
	K2 - Over 64 Women	6.5K
12:30	K2 - Senior Men	26K
	K2 - Senior Women	26K
	K2 - Under 18 Men	20K
	K2 - Under 18 Women	20K
	K2 - Under 16 Men	13K
	K2 - Under 16 Women	13K
15:30	K2 - Mixed A (Div 1 - 3)***	13K
	K2 - Mixed B (Div 4 - 6)	13K
	K2 - Mixed C (Div 7 +)	13K

3.5 km: U10 and Mini K1

(Actual=3.3km)

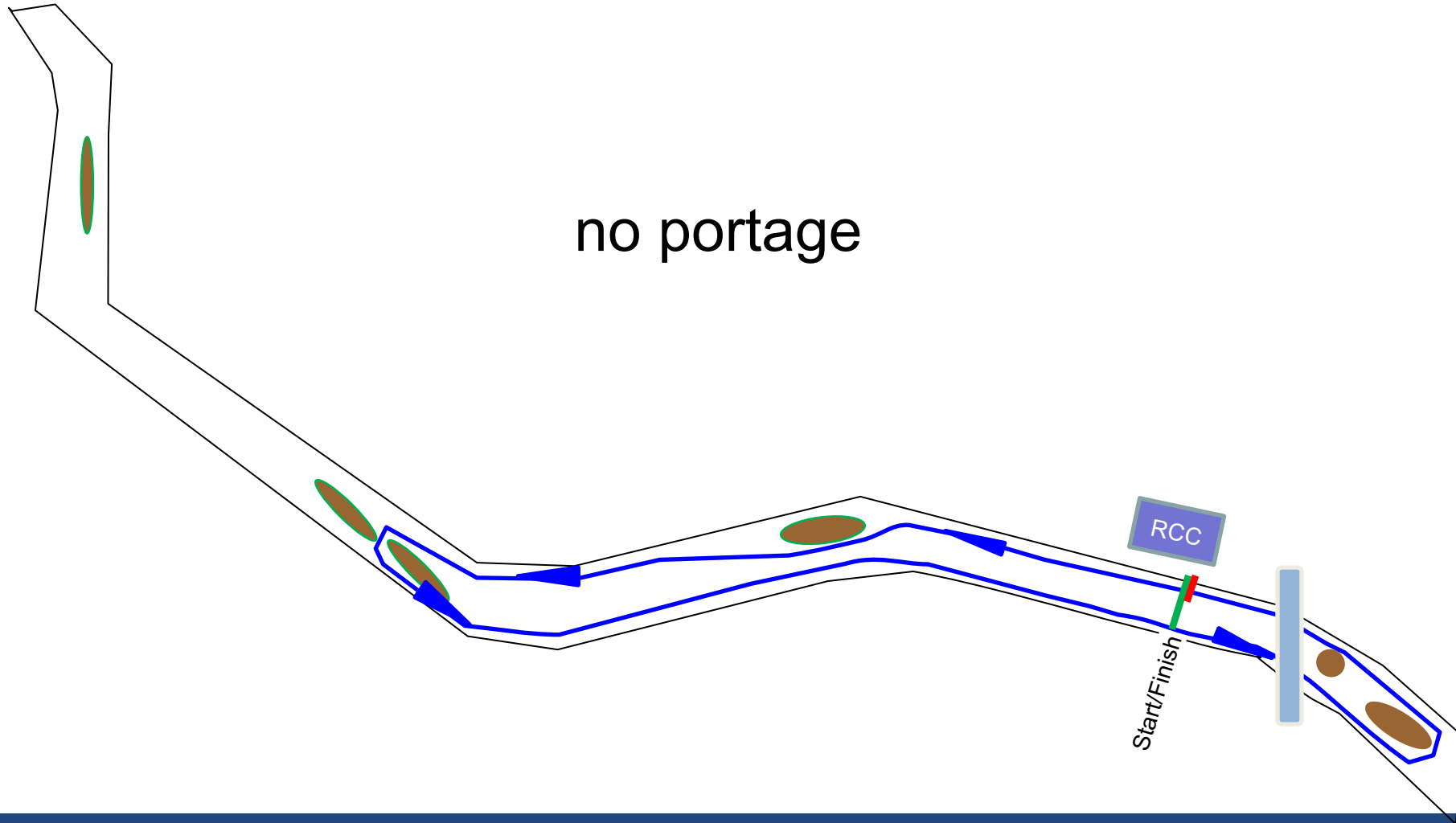
no portage



6.5 km course

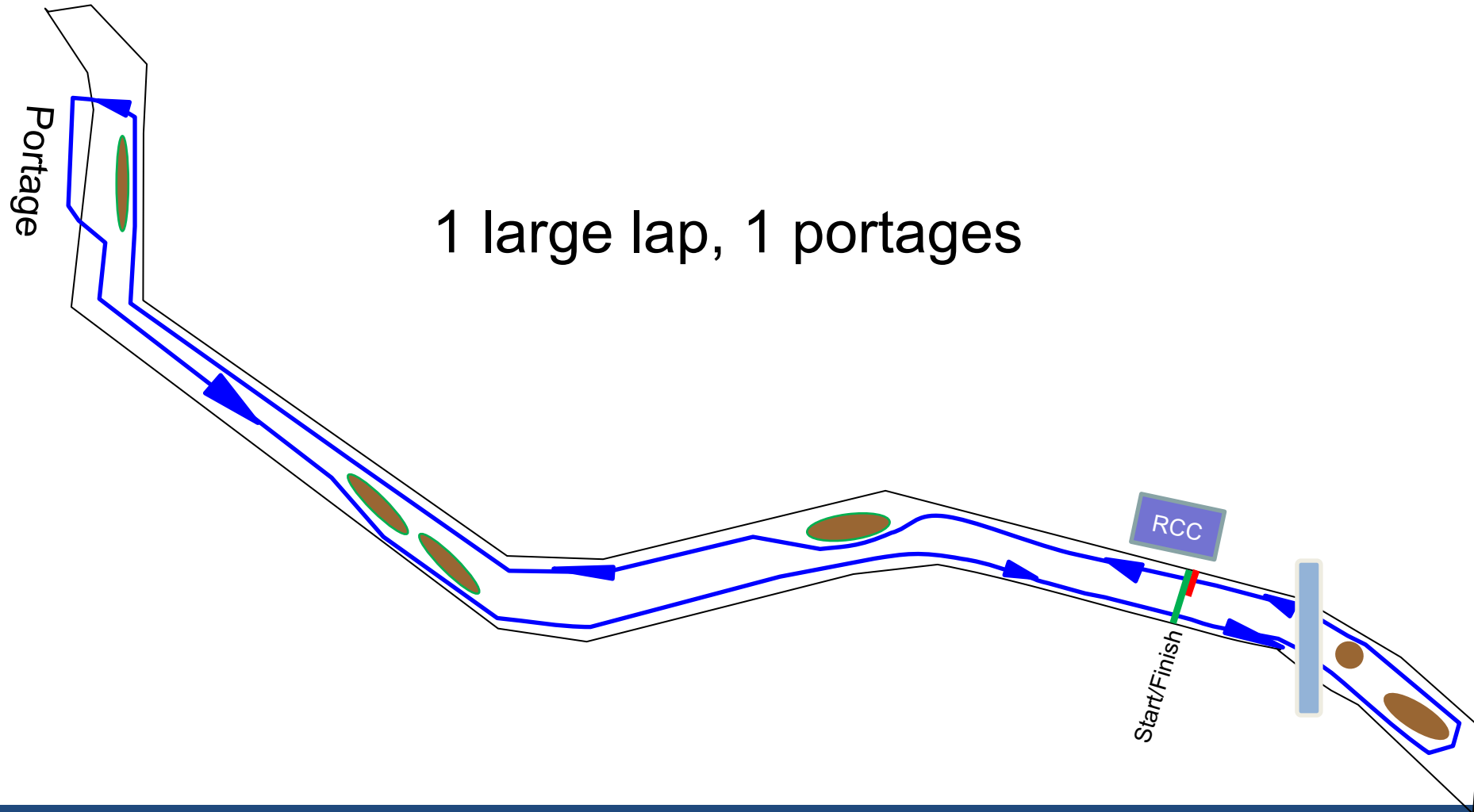
(Actual = 8 km)

no portage



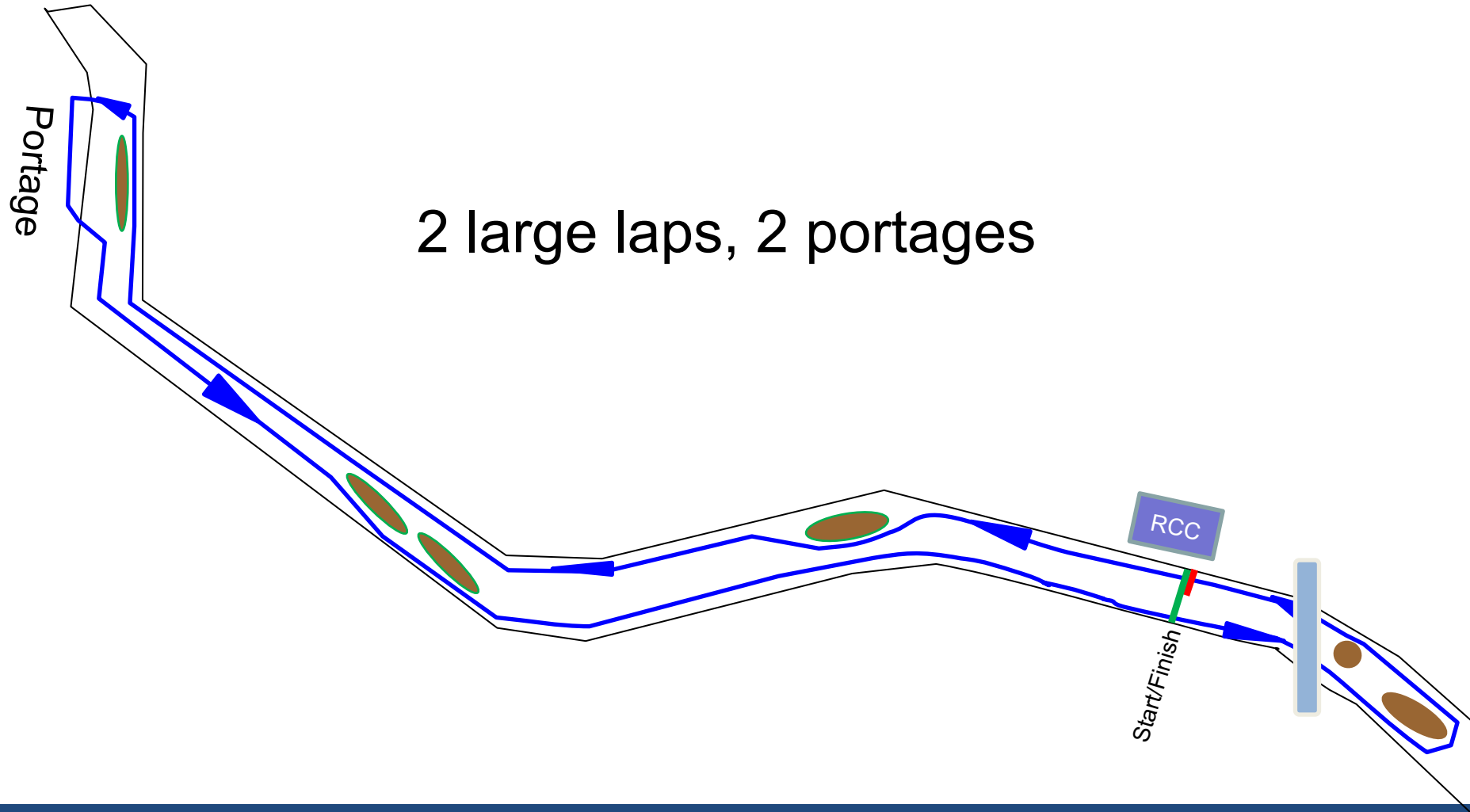
13 km course

(Actual = 12.6 km)



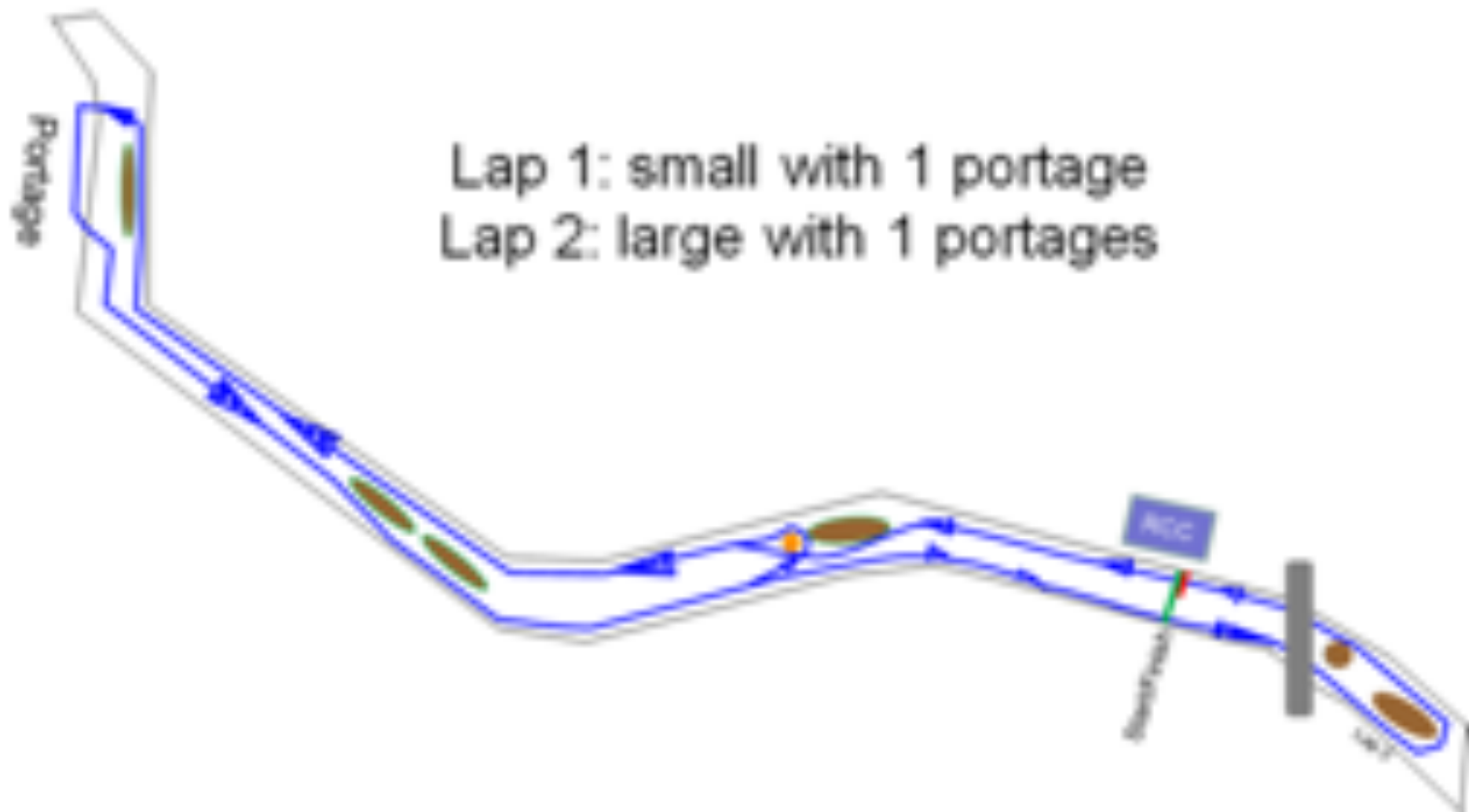
26 km course

(Actual = 25.2 km)



20 km course

(Actual = 21 km)



GOOD LUCK!

