

**NATIONAL MARATHON CHAMPIONSHIPS 2006
INFORMATION AND ENTRY PACK**

- DATE:** Saturday 12th and Sunday 13th August 2006
- HOSTS:** Reading Canoe Club
- VENUE:** Thames Promenade, Richfield Avenue, Caversham, Reading, RG1 8EQ
- DIRECTIONS:** Once in Reading follow signs to Caversham. Richfield Avenue is accessed from the roundabout immediately south of Caversham Bridge, adjacent to the Holiday Inn Hotel. The race site itself is accessed via the Rivermead Sports Centre on Richfield Avenue.
- PRIZES:** Medals will be awarded to 1st 2nd and 3rd places in all quorate races (3 or more boats starting). Winners of perpetual trophies will be presented with their trophy, but as the trophies are kept centrally by the Marathon Committee, a commemorative photograph will also be presented. Team trophies donated by the Marathon Committee will be presented to 1st 2nd and 3rd place teams in the team competition.
- FEES:** £6.00 per seat for seniors
£4.00 per seat for juniors (u18)
£3.00 per BCU event ticket for non BCU members
£2.00 per late entry (up to 1 hour before race)
£2.00 per Lightning Race entry
Cheques made payable to "**Reading Canoe Club**".
- ENTRIES:** Entries only on official entry forms with full payment to:
The Nationals, Reading Canoe Club, The Warren, Caversham, Reading
RG4 7TH.
- CLOSING DATE:** **Friday August 4th 2006**
- WEBSITE:** www.reading-canoe.org.uk
All up to date race information, including entry forms is available here.
- MISC:** All paddlers should hold current comprehensive BCU membership. Those paddlers who cannot provide evidence of their membership will have to pay an event fee (£3.00) or may join the BCU at the event. The exceptions are juniors ranked in Divisions 7, 8 & 9 who are members of clubs with a registered junior section.
- All paddlers with the exception of Hody K2 will score points towards the team trophy. **Paddlers must race in their club vest to be eligible for points.**
- Entries are welcome from overseas paddlers who are members of their own national federation.

ASSESSMENT RACES:

U18 and top senior classes are nominated as Assessment Races. Those paddlers wishing to be considered for international selection should enter the appropriate assessment race irrespective of divisional ranking or age group. Note that Assessment Races have laned starts according to allocated race number with the lowest number on the right bank beside the canoe club and highest

CHECK IN:

Team Leaders only may book in at Race Control at Reading Canoe Club on the north bank from 19.00 – 22.00 hrs on Friday evening and from 07.30 hrs on Saturday and Sunday mornings. No late entries can be accepted less than 1 hour before the start of that batch of races.

CLASSES:

In the event of a non-quorate class, paddlers will be transferred to the most appropriate class. Paddlers, especially those in less popular classes are advised to check that their class is quorate in case it has been transferred to another time or day.

BOAT NUMBERS:

Team leaders will be given a pack of pre-numbered vertical plates for all boats.

Paddlers must use these number plates.

PROMOTIONS:

The BCU Marathon Committee reserve the right under rules 26/27 to promote or demote on the basis of the results at this event.

BCU MARATHON MEETING:

The Marathon Racing Section ACM will take place at Reading Canoe Club at 18:30 on Saturday evening, August 12th. All are welcome.

HOTEL ACCOMMODATION:

Plenty is available in the Reading area, some very close to the site - check the link from our website.

CAMPING:

Is available on Friday and Saturday nights only within the marked area at the race site on Thames Promenade.

FACILITIES:

Male and female changing areas, toilets and stand-pipe water will be available on-site. Further changing areas and hot shower facilities are available at Reading Canoe Club on the north bank, accessible via ferry.

CAR PARKING:

This is available within the marked areas on the Thames Promenade. Note that there is no parking available at Reading Canoe Club, except for Team Leaders visiting Race Control.

SPECTATORS:

The course is lap-based. Race starts, finishes and portages may be viewed from the Thames Promenade site. The entire course is easily followed by bicycle.

REFRESHMENTS:

Paddler refreshments will be issued free to all competitors. Hot and cold refreshments will be available on the Thames Promenade site throughout the weekend. Waitrose Supermarket in Caversham is less than 10 minutes walk.

TSHIRTS:

Official T shirts will be available for sale at the event. They will also be available at various other events prior to the National Championships and can be pre-ordered for collection at the event – see form on our website.

RACING RULES:

This event will be run under the Marathon Racing Rules as per the Racing Handbook, specifically rules 1 – 17 and 41 – 48.

Specific attention should be paid to:

BUOYANCY AIDS: (Rule 5)

These are compulsory for all paddlers ranked in Division 7, 8 and 9. This applies across age categories and in singles and doubles. Team leaders should decide if other paddlers should wear them according to prevailing conditions.

All competitors in Lightning and Hody K2 races must wear buoyancy aids.

All boats shall have sufficient buoyancy to support the weight of the paddler.

All boats will be inspected by marshals prior to being allowed onto the water, and will not be allowed to race without suitable buoyancy.

DOUBLES CREWS: (Rules 43 and 45)

Paddlers in K2/C2 crews in the National Championship races (age categories) who are in different age categories must race in a category that applies to both of them. For example an u18 may race as an u23 or senior, but not as u16 or o35. Paddlers of K2/C2 in divisional races who are ranked in different divisions must race in a division as per Hasler rules.

Senior and Veteran Women may race in a double crew in Senior and Veteran Men Kayak races of the same or higher division.

AGES: (Rules 43 and 44)

Juniors must be under 10/12/14/16/18 as at 1st January 2006 and veterans must be aged 34/44/54 or over on 1st January 2006.

over 54 are those born on or before 1.1.52
over 44 are those born on or before 1.1.62
over 34 are those born on or before 1.1.72

under 23 are those born on or after 1.1.83
under 18 are those born on or after 1.1.88
under 16 are those born on or after 1.1.90
under 14 are those born on or after 1.1.92
under 12 are those born on or after 1.1.94
under 10 are those born on or after 1.1.96

TIMETABLE

FRIDAY 11th AUGUST 19:00 – 22:00

Booking in at Race Control (Team Leaders only)

SATURDAY 12th AUGUST

Late Entries must be made at least 1 hour before the start of that batch of races

07:30 onwards Booking in at Race Control (Team Leaders only)

09:00 Briefing for A Starts. 7 km

09:30 'A' Starts

A1	u14	Junior Men	K1
A2	u14	Junior Women	K1
A3	u14	Junior Men	C1
A4	Over 54	Veteran Men	K1
A5	Over 54	Veteran Women	K1
A6	Over 54	Veteran Men	C1
A7	Div 7/8	Open	K2/C2
A8	Div 9	Open	K2/C2

10.30 Briefing for B Starts. 19 km, 2 portages or 26 km, 3 portages

11.00 'B' Starts

B1	Assessment	Senior Men	K1	26 km
B2	Under 23	u23 Men	K1	26 km
B3	Assessment	u18 Men	K1	19 km
B4	Assessment	Senior Women	K1	26 km
B5	Assessment	Senior Men	C1	26 km
B6	Under 23	u23 Women	K1	26 km
B7	Under 23	u23 Men	C1	26 km
B8	Assessment	u18 Women	K1	19 km
B9	Assessment	u18 Men	C1	19 km
B10	Div 1/2	Open	K2/C2	19 km
B11	Div 3/4	Open	K2/C2	19 km
B12	Over 34	Veteran Men	K1	19 km
B13	Over 34	Veteran Women	K1	19 km
B14	Over 34	Veteran Men	C1	19 km

14:00 Lightning Starts 3 km

L1	u12	Boys	Lightning K1
L2	u12	Girls	Lightning K1
L3	u10	Boys	Lightning K1
L4	u10	Girls	Lightning K1

15.00 Briefing for C Starts. 14 km, 1 portage.

15:30 'C' Starts

C1	u16	Junior Men	K1
C2	u16	Junior Women	K1
C3	u16	Junior Men	C1
C4	Over 44	Veteran Men	K1
C5	Over 44	Veteran Women	K1
C6	Over 44	Veteran Men	C1
C7	Div 5/6	Open	K2/C2

17:15 Prize giving for Saturdays Races

18:30 BCU Marathon Annual Consultative Meeting

SUNDAY 13th AUGUST

Late Entries must be made at least 1 hour before the start of that batch of races

07:30 onwards Booking in at Race Control (Team Leaders only)

09:00 Briefing for D Starts. 7 km

09:30 'D' Starts

D1	u14	Junior Men	K2
D2	u14	Junior Women	K2
D3	u14	Junior Men	C2
D4	Over 54	Veteran Men	K2
D5	Over 54	Veteran Women	K2
D6	Over 54	Veteran Men	C2
D7	Div 7	Open	K1/C1
D8	Div 8	Open	K1/C1
D9	Div 9	Open	K1/C1

10:30 Briefing for E Starts. 19 km, 2 portages or 26 km, 3 portages

11:00 'E' Starts

E1	Assessment	Senior Men	K2	26 km
E2	Under 23	u23 Men	K2	26 km
E3	Assessment	u18 Men	K2	19 km
E4	Assessment	Senior Women	K2	26 km
E5	Assessment	Senior Men	C2	26 km
E6	Under 23	u23 Women	K2	26 km
E7	Under 23	u23 Men	C2	26 km
E8	Assessment	u18 Women	K2	19 km
E9	Over 34	Veteran Men	K2	19 km
E10	Div 1	Open	K1	19 km
E11	Div 2	Open	K1	19 km
E12	Div 3	Open	K1/C1	19 km
E13	Over 34	Veteran Women	K2	19 km
E14	Over 34	Veteran Men	K2	19 km
E15	Over 34		C2	19 km

14:00 Hody K2 Challenge. 2 km

H1	U12	Boys & Girls	Hody K2
H2	U10	Boys & Girls	Hody K2

14:30 Briefing for F Starts. 14 km, 1 portage

15:00 'F' Starts

F1	u16	Junior Men	K2
F2	u16	Junior Women	K2
F3	u16	Junior Men	C2
F4	Over 44	Veteran Men	K2
F5	Over 44	Veteran Women	K2
F6	Over 44	Veteran Men	C2
F7	Div 4	Open	K1/C1
F8	Div 5	Open	K1/C1
F9	Div 6	Open	K1/C1

COURSE INFORMATION

The warm up area is downstream of the Start/Finish (S/F).

All courses have an upstream start.

All turns are anticlockwise.

When racing upstream stay on the right hand bank.

All paddlers must stay river right of turn buoys and islands.

The portage is on the downstream leg by the S/F.

All finishes are downstream between 2 finish buoys.

Stay out of the finish lane unless you are finishing.

*The course is designed on a one-way basis and generally the fastest route for upstream paddlers is to stay on the right hand bank. **All paddlers must pass to the right hand side of the Promenade turn buoy 1km above the start and keep to the right bank from there to the Fisheries.***

26 km

	km
lap 1 S/F > Tilehurst turn > portage > De Montfort turn > S/F	(8)
lap 2 S/F > Tilehurst turn > portage > De Montfort turn > S/F	(8)
lap 3 S/F > Tilehurst turn > portage > De Montfort turn > S/F	(8)
lap 4 S/F > Promenade turn > Finish	(2)

19 km

	km
lap 1 S/F > Tilehurst turn > portage > De Montfort turn > S/F	(8)
lap 2 S/F > Tilehurst turn > portage > De Montfort turn > S/F	(8)
lap 3 S/F > Fisheries turn > Finish	(3)

14 km

	km
lap 1 S/F > Tilehurst turn > portage > De Montfort turn > S/F	(8)
lap 2 S/F > Tilehurst turn > Finish	(6)

7 km

	km
lap 1 S/F > Fisheries turn > De Montfort turn > S/F	(5)
lap 2 S/F > Promenade turn > Finish	(2)

3 km

	km
lap 1 S/F > Fisheries turn > Finish	(3)

