

RICHMOND CANOE CLUB



Frank Luzmore Memorial K2 Race 2019

Date	Sunday 6 th January 2019
Check-in Time	08:30 - 09:45 Check in 10:00 Briefing
Race Start Time	10:20 Start A Divisions 7/8/9 10:30 Start B Divisions 4/5/6 10:40 Start C Divisions 1/2/3 Boats wishing to race up may do so providing that they clear it through the race organizer prior to the start.
Entries & costs	Entries via http://richmondcanoeclub.com £12 per seat (senior and Junior) payable online at time of entry using PayPal or credit/debit card (no registration required). Late Entry after 5pm 3rd January an extra £8 - (£20) BCU day ticket for non BCU members £5
Classes	Prizes will be awarded for the fastest boat in the following category: Senior Men A (D1-3*) Senior Ladies Senior Men B (D4-6*) Junior Ladies U18* Senior Men C (D7-9*) Junior Ladies U16* Junior Men U18* Veteran (both over 35) Junior Men U16* Mixed Canoe Pairs (C2) Junior / Vet * For Senior crews the average of the two marathon divisions rounded up determines the racing class. For Junior crews the oldest paddler defines the overall class.
Course	12 miles, 3 portages Start: Elmbridge Canoe Club, Walton Lane, Weybridge KT13 8LU Finish: Richmond Canoe Club (parking on River Lane, TW10 7AG)
Organiser	Richard Hendron 07866589691 Marathon@richmondcanoe.club

Venue and Parking

Start parking is provided at Elmbridge Canoe Club, Walton Lane, Weybridge KT13 8LU. There is no parking at Richmond Canoe Club. Finish parking is available nearby at the Poppy Factory, 20 Petersham Rd, TW10 6UR, Nightingale Lane, Richmond, TW10 6UZ and at River Lane, Petersham, TW10 7AG, Or further up at Ham Car Park Please park considerately and do not park on double yellow lines or in any private car park.

Supporters please note there is very limited parking available on the public highway nearby Sunbury and Molesey locks. Please consider using public parking at Elmbridge Leisure Centre (for Sunbury) or parking off Graburn Way (Molesey). Ample parking is available on Riverside Drive, Ham for access to Teddington Lock. You should allow 5-10 minutes walk to reach the lock after parking.

Time penalties may be applied to crews where support crews' actions cause an obstruction or inconvenience to other road or river users or where vehicles have been parked illegally.

IMPORTANT SAFETY RULES

Buoyancy Aids

ALL paddlers should bring buoyancy aids. Division 7-9 paddlers **must** wear buoyancy aids, regardless of the class entered. Buoyancy aids may be also declared compulsory on the day for some or ALL other classes depending on conditions. This includes Division 1 paddlers.

All juniors must wear buoyancy aids with the exception of paddlers ranked in Division 6 and above where the paddler's Team Leader or Parent has agreed that a buoyancy aid need not be worn.

Team leaders should decide if other paddlers should wear them according to prevailing conditions.

The race organisers may request that all or some paddlers in addition to the above may need to wear buoyancy aids, the race organisers' decision is final.

Team leaders must also bring to the race organisers attention any paddlers that are known to suffer with medical conditions that could adversely affect their safety. The race organizer will then decide what if any extra control measures to put in place to ensure the safety of the paddler.

Kit Requirements

In the event of cold weather, paddlers considered by the race organisers to be too lightly dressed will not be permitted to take part. The safety marshall's decision in this matter will be final.

Boat Buoyancy

All boats must carry sufficient buoyancy secured in both ends to support their own weight plus that of crew members in the water, e.g. inflated airbags or fixed buoyancy blocks. Boats may be inspected before the start and any boats not meeting the requirements will not be allowed to race.

Retirements

All paddlers who fail to finish must report to a Marshal and inform them of their boat number and the fact that they have retired.

Other Notes

Should circumstances require the abandonment of the race whilst in progress, the following procedure will apply:

Crews on hearing continuous short blasts on air horns and/or being instructed by marshals will immediately STOP. They will wait to be instructed on how and where to proceed by a marshal. Crews must be aware that other crews may not have heard or seen the warnings, and must pass on instructions received to any such crew who they see still racing.

Depending on crews' locations, whether or not the Race has started and the number of crews still being marshalled, they may be asked to either paddle to a specified get-out point, or turn towards one of the banks and await further instructions.

Competitors should be aware that the lower Thames can be busy with pleasure cruisers, rowers and other craft. Competitors must be mindful of these and other hazards. Competitors must follow any direction given by Port of London Authority Officers, Environment Agency Officials or Race Marshals.

All portages are over boat rollers and may be slippery. Care should be taken while getting in and out. Please do not run over the rollers.

Competitors must provide support to any other paddler in distress and should attempt to raise the attention of one of the safety boats or Marshals along the course.

The River Thames can experience sudden increases in pollution, especially after heavy rainfall. Any paddler who feels ill after the race should draw this to the attention of their medical practitioner.

Canoeing and Kayaking in all its forms is an 'Assumed Risk – Water Contact' sport. The organisers have done their very best to provide a safe racing environment, but competitors are reminded of their duty of care to themselves and all other competitors. Safety is a shared responsibility.