

MARATHON RACING

PART A: RULES FOR COMPETITION

General Rules Applying to All Races

1) DEFINITION

A marathon race can be raced over any distance: usually between 3km and 200km. All competitors must race the correct course as determined by the race organiser, must go round all turn buoys and must exit and enter the water at a portage within the designated areas.

2) BEHAVIOUR

- a) Canoeing is a non contact sport and competitors shall race in a safe and fair manner.
- b) At all events those involved at all levels and in all roles do so within the recommendations of British Canoeing Safeguarding advice (<https://www.britishcanoeing.org.uk/guidance-resources/safeguarding/policies-guidance-and-templates>)
- c) Racing shall be conducted in a manner that considers the safety of officials, spectators, paddlers and members of the public.
- d) When a canoe or kayak is overtaking another canoe or kayak it is the duty of the overtaking craft to keep clear of other competitors at all times.
- e) When a canoe or kayak is racing in a group of competitors it is the duty of all the competitors in the group to keep clear of other competitors at all times. This rule applies to any manoeuvring within the group.
- f) All paddlers will wear appropriate clothing when racing. This is a minimum of singlet and shorts. These should preferably be in club racing colours.
- g) 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. Any repeat infringements by the same competitor shall be subject to disciplinary proceedings by the Marathon Racing Committee.

MARATHON RACING

3) THE RACING STRUCTURE

- a) The marathon racing system has been designed to encourage all levels of competitor from the raw beginner to top class internationals. There are five categories of race: -
- b) **GROUP A** - These races will appear in the Racing Handbook calendar and/or the calendar published on the MRC website. For these races the race levy must be paid and competitors must be British Canoeing, WCA, SCA or CANI On The Water members (see Rule 13).
 - i) Divisional races registered by the Marathon Committee. Promotions will be calculated by the race management system (RMS) program for these races, with input from the Rankings Officer.
 - ii) Races and time trials registered by the Marathon Committee but not in the divisional system such as stage marathons, descents, Royal K1, Richmond K2, Thameside etc.
 - iii) The National Championships.
 - iv) Promotions between divisions may take place based on the results of all group A races.
- c) **GROUP B**
 - i) Those races in the regions and at clubs that do not appear in the calendar. These will include handicap and fun marathons. No promotions will take place at these races. Clubs are encouraged to hold handicap races throughout the year as an introduction to competing in the divisional system. These should be over a 3-10km course with handicaps based on age, experience and type of boat.
- d) **GROUP C**
 - i) All Lightning and Junior K2 races forming part of the Geoff Sanders Trophy or held at Regional Hasler events, the National Marathon Championships or the Hasler Final registered by the Marathon Racing Committee – see rules 49-58. For these races:
 - (1) All competitors must be British Canoeing, Canoe England, WCA, SCA or CANI comprehensive members.
 - (2) No race levy will be payable.

MARATHON RACING

4) CLUB MEMBERSHIP

The racing year shall be from 1st September of any year to 31st August of the following year. When a competitor is a member of more than one club, he shall declare before 1st September to the Race Records Officer of the Marathon Committee the name of the club for whom he will race the following racing year. When a competitor changes his club in mid season, he is permitted to compete for his new club, instead of his old, provided that prior consent of the old club is obtained. This consent shall not be withheld unreasonably, particularly in the case of a change of residence from one area to another. The agreed change must be advised to the Race Records Officer in writing before points can be allocated to the new club in club competitions.

5) SAFETY

a) **At all events** those involved at all levels and in all roles do so within the recommendations of British Canoeing Paddlesafer

(<https://www.britishcanoeing.org.uk/guidance-resources/safety-1/paddlesafe>)

b) Competitor responsibility

- i) Competitors shall render their boats sufficiently buoyant to remain afloat and to support the crew in the event of capsize. Buoyancy must be fixed in the boat reasonably sufficiently to satisfy rule 27 of the ICF Marathon Rules which states that: 'Each boat must carry sufficient buoyancy, either in the construction of the boat or fixed subsequently, to keep the boat floating level when filled with water.' British Canoeing Marathon Committee rules interpretation of this is that inherent buoyancy provided by 'Vac-bag' or 'sandwich' construction is not alone sufficient and must be supplemented by adequate fixed additional flotation material or by the provision of sealed bulkheads.
- ii) On open water, or in rough conditions, the wearing of adequate spray covers is strongly advised.
- iii) The wearing of life jackets or buoyancy aids is compulsory for all paddlers ranked in divisions 7, 8 and 9 irrespective of the race they are entered in. This applies to singles and doubles races.
- iv) Life jackets shall comply with either the European Standard 'EN393 or 395 or the International Standard 'ISO 12402'.

MARATHON RACING

- v) Competitors are expected to be able to swim adequately in the waters on which the race is being held. It is the responsibility of each competitor (or of a parent in the case of a junior) to inform their team leader of any medical condition that may affect this. If the competitor is entering an event where they have no team leader, it is their responsibility (or of a parent in the case of a junior) to take appropriate precautions and inform the organiser.
 - vi) All paddlers are required to render assistance to other competitors in distress.
- c) Team Leader responsibility and in the absence of a team leader, the individual.**
- i) Team Leaders are expected to decide if paddlers in the higher divisions should wear life jackets or buoyancy aids
 - ii) Should a member of your team (or a parent in the case of a junior with no team leader) inform you of any medical condition that may affect their safety, you should ensure that they take appropriate precautions.
 - iii) Team Leaders are expected to ensure their paddlers ability and experience is appropriate for the course and conditions particularly in the case of young or less experienced paddlers.
- d) Race Organiser responsibility**
- i) 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.
 - ii) The penalty for infringing any safety rule, or disregarding instructions from an appointed race official, is disqualification from the race.
 - iii) Should a team leader, an individual paddler (or a parent in the case of a junior) with no team leader, inform you of any medical condition that may affect their safety, you shall ensure that they have taken appropriate precautions and that these fall within the compass of your risk assessment before accepting the entry. Organisers must include risk assessment for Div 10 races, taking into account their age & experience, provide adequate safety cover (e.g. rescue boats and signage) over the whole course where considered necessary

MARATHON RACING

- iv) Race organisers shall ensure that race briefings state what safety measures have been taken, such as marshals or accompanying boats particularly for Lightening or Div 9/10 races.

Canoeing and Kayaking is by its nature an unpredictable sport and therefore inherently involves an element of risk.

6) DISCIPLINE

Marathon racing is subject to British Canoeing Marathon Racing Committee Disciplinary Regulations and to British Canoeing Disciplinary Code. See

<http://canoeracing.org.uk/marathon/index.php/disciplinarymatters/>.
These apply to all BC Marathon races.

For the avoidance of doubt, any complaint that an individual member of British Canoeing (competitor or non-competitor) has behaved in a manner described in clause 1.1 of the Disciplinary Regulations shall in the first instance, where possible, be lodged with the Race Protest Committee in the manner described in Marathon Racing Rule 18(g) (i) and (ii). The Protest Committee shall determine what action, if any, shall be taken. If the Protest Committee decides that the complaint should be referred to the Marathon Committee, the race organiser shall report the matter to the Secretary within three working days. The Marathon Committee will consider the matter in accordance with the Disciplinary Regulations.

Race Organisers should note the powers in clause 2.1 of the Procedures to apply immediate discipline where members or competitors have displayed violent or unreasonable behaviour.

7) ANTI-DOPING

Marathon racing is subject to the ICF and UK Anti-Doping Rules
See <https://www.britishcanoeing.org.uk/olympic-paralympic/how-we-work/anti-doping/>

8) BROKEN PADDLES / BOAT

A competitor must not change boats during a race, but may change paddles in the case of breakage.

MARATHON RACING

9) WASH HANGING

- a) Competitors must not hang on the washes of powered craft.
- b) **In an assessment race** wash hanging or interfering with any other boat or competitor who is not in your own class/race is not permitted. Anything that may be construed as interference, such as wash hanging or assisting another competitor/crew will result in disqualification of all involved, if proven. Furthermore, it is expected that when being caught by faster competitors from another class/race, paddlers will show good sporting behaviour by staying at least 3m clear, and giving up the racing line to avoid suggestion that any advantage was gained by either party.

10) ASSISTANCE TO COMPETITORS

A competitor may receive food and drink during a race. Competitors with a disability may receive assistance at portages, but no other assistance unless permitted before the race by the organiser.

11) BOAT DESIGNS

Any type of canoe or kayak can be used.

Kayaks shall be propelled solely by means of double bladed paddles.

Canoes shall be propelled solely by means of single bladed paddles.

The paddles must not be attached to the boat in any way, being supported only by the hands.

For GROUP A races boats must comply with the ICF regulations as detailed below:-

single kayak	max length 520cm (unless it is
a recognised surf ski design)	
double kayak	max length 650cm
single canoe	max length 520cm
double canoe	max length 650cm

Boats over 460cm in length must not have concave sections unless classified as Wild Water Racing boats and falling within the ICF regulations for such boats.

12) BRITISH CANOEING MEMBERSHIP

- a) All competitors in GROUP A and Group C races must be COMPREHENSIVE British Canoeing, Canoe England, WCA, SCA or

MARATHON RACING

- CANI members. Membership numbers must be quoted on entries and results and a valid membership card or photocopy **must** be produced at race check in. Juniors ranked in divisions 7, 8, 9 & 10 and Lightning competitors who are members of clubs with registered junior sections, should produce their registered junior section card instead.
- b) At all Regional Hasler events:
- i) All competitors in divisions 1 to 6 must produce a valid membership card or photocopy at race check in. A competitor who has not raced in the last 5 years may buy an Event Ticket, but only one Event Ticket per season.
 - ii) All competitors in divisions 7, 8, 9 & 10 must produce a valid membership card or photocopy at race check in or, if junior, produce their registered junior section card. Any competitor unable to do so will be required to buy an Event Ticket but only one Event Ticket purchase is allowed per season.
 - iii) Race results may be checked for valid membership. Club points will be deducted and the race shall not be counted as a Hasler qualifying race where:
 - (1) Any competitor is found subsequently to have competed without a valid up-to-date membership, or
 - (2) A competitor in divisions 7, 8, 9 & 10 is found to have bought more than one Event Ticket per season.
 - iv) An event ticket only provides temporary insurance cover to take part in a single event and is not a “day membership” or boat license for the use of waterways, as provided for most waters, with full British Canoeing membership.
- c) At National Championships all competitors in divisions 7, 8, 9 & 10 must produce a valid membership card or photocopy at race check in or when entries are made. 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.

13) RACE LEVY SCHEME

At all GROUP A races, published in the Racing Handbook and/or the calendar published on the MRC website, there will be a race levy of £3.00 for each senior and veteran paddler by age, as recognized by their British Canoeing, Canoe England, WCA, SCA or CANI membership, and £2.00 for

MARATHON RACING

each junior paddler by age, as recognized by their membership. The levy to be charged on all paddlers checked in irrespective of whether they start or finish the race. The race levy for all categories of races is to be remitted by the Race Organiser to the Treasurer **within 7 days of the race**. Cheques should be made payable to “BC Marathon Racing Committee” and sent to David Enoch, 102 Bingham Road, Radcliffe-on-Trent, Nottingham NG12 2GT.

Those clubs wishing to pay the levy by electronic transfer should remit to Barclays Bank Sort Code:20-63-25 Account No: 73066665
Account name BC Marathon Racing Committee.

When making electronic transfers please also email David Enoch with the race name and amount of levy to david.enoch2@btopenworld.com

14) RACE REGISTRATION

The organiser of a GROUP A race must apply to the Calendar Organiser for that race to be registered. This must be done by the autumn of the year preceding the event. The event must be organised and run under the Marathon Racing Rules. Registered races may advertise through British Canoeing and may appeal through the Marathon Committee in cases of dispute or difficulty. Refer to British Canoeing Disciplinary Code at <http://canoeracing.org.uk/marathon/index.php/disciplinary-matters/>

The registration fee will be the race levy described in rule 13 and the organiser must comply with the requirements of rule 18.

15) BOAT NUMBERING

At all GROUP A races competitors shall number their boat in the following manner. Paddlers racing in divisions 1-8 **must** display vertical number plates secured to the boat number holder with a pin or clip.

ALL numbering of vertical boards will be on both sides of the board and numbered in one of two acceptable formats:

- a) digital style format numbering, created from **black** insulating tape, no less than 12mm wide. The digits should be formed from small strips of tape in 50mm and 100mm lengths to make up the numbers. The number **must** be presented on an **OPAQUE WHITE** number board measuring **150mm** in height and **280mm** in length, with rounded top corners. Hand written crayon and felt tip pen numbering is not acceptable.

MARATHON RACING

b) **Alternatively** an **OPAQUE WHITE** number board measuring **150mm** in height and **200mm** in length, **PRE-PRINTED** and issued by the event organiser is also acceptable.

Race organisers will be able to refuse entry to a race where these rules are not complied with.

Yellow number boards will **not** be acceptable.

Paddlers ranked in Division 9, 10, Lightning, club and fun race paddlers may alternatively use 225mm diameter white discs which should be displayed on fore and aft decks or as directed by the organiser.

Any paddler not displaying a number plate at the start of any race, or whose number is not clearly legible, will not score club points. If the number becomes detached from the boat, it is the paddler's responsibility to make sure the marshals and finish judges know their number to ensure inclusion in the results.

16) FINISHES

A competitor is deemed to have finished a race when the bow of the canoe or kayak has crossed the finishing line on the water with the competitor(s) in it.

17) ASSESSMENT RACES

The Marathon Committee will co-ordinate with race organisers to determine assessment race venues and the dates will be shown in the Racing Handbook. At these races, assessment classes may be separated from other race classes and may be run over the same or different courses. Club colours must be worn at assessment races. In the case of foreign nationals racing for selection at assessment races, the rules applying to this are specified in PART F at the end of this section.

18) ORGANISATION OF GROUP A RACES

- a) Clubs hosting races **must** be affiliated to British Canoeing.
- b) The race shall be open to canoeists who are members of an ICF affiliated federation.
- c) The race shall be properly advertised and the organisers shall issue adequate instructions on request, up to one month before the event, to prospective competitors or interested group leaders.

MARATHON RACING

- d) In the event of circumstances which render it impossible or unsafe to run the race as planned, the Race Organiser shall take all reasonable steps to inform the competitors and supporters at the earliest possible moment.
- e) Race Organisers shall charge an entry fee for each competitor to include the levy cost. This fee may be reduced for juniors and augmented for late entries.
- f) Changes of class/division and late entries shall be permitted if the organiser so wishes. Information regarding late entries and class/division changes should be available to competitors at least 30 minutes before the start time of the class/division concerned.
- g) The Race Organiser shall provide a Protest Committee consisting of three officials or members of the organising body to hear and settle all protests by any competitor in that event. The following rules will be observed:-
 - i) The protests must be received within 30 minutes of completion of the relevant race and before the announcement of the final results. Failure to observe this will invalidate the protest.
 - ii) The protest must be in writing to the Race Organiser and must give full details of the alleged infringement of the rules.
 - iii) The Protest Committee must meet immediately to hear all the evidence and to consider the protest's validity in accordance with British Canoeing and Marathon Racing Rules.
- h) A protest against an organising body may only be dealt with by the Marathon Committee. Any such protest must be made within 3 working days in writing to the Secretary of the Marathon Committee and give full details of the alleged infringement of the rules. The person making the protest must also inform the secretary of the club or body concerned within 3 working days. Failure to comply with these conditions will invalidate the protest.
 - i) Appeals against the decision of the Protest Committee are permitted and these will be heard by the Marathon Committee.
 - j) Within 2 working days of the race the results are to be emailed to the Rankings Officer, the Race Records Officer, the Regional Marathon Advisor and to marathonresults@canoeracing.org.uk, so that promotions can be ratified and the results uploaded onto the marathon website. See Useful Addresses page F3.
- k) **Within 7 days of the race** the Race Organiser must remit the race levy together with the race results in accordance with rule 13.

MARATHON RACING

19) ORGANISATION OF GROUP B RACES

- a) For these races competitors do not have to be British Canoeing, Canoe England, WCA, SCA or CANI members, there is no levy and no requirement to submit results to the race records officer. Race advertising, entry fees and classes are at the discretion of the organiser. The formal requirements to register club membership and for protest procedures are not necessary.
- b) Rules 1, 2, 5, 6, 7, 8, 9, 10, and 11 shall apply to all GROUP B races.

Rules Applying to Regional Divisional Hasler Races

- 20) Regional divisional Hasler races are GROUP A races and all of rules 1 -18 above shall apply.

21) REGIONS

- a) The regions are determined by the Marathon Racing Committee for England plus Scotland East, Scotland West, and Wales. Each region will run its own league championships throughout the year and will decide how many results are to be counted by clubs. It is hoped that eventually there will be enough races in each region for clubs to count their best 8 or 9 results from the total number of races.
- b) Clubs wishing to be included in the regional league and score Hasler points must be affiliated to British Canoeing, have registered their club colours, have provided a contact email address and been assigned a unique 3 letter club abbreviation. **This process is done via the Regional Marathon Advisor.**

22) THE DIVISIONAL SYSTEM

- a) Entry into the divisional system should be based on the standards detailed in the "Standards for Racing" (page D1).
- b) Club coaches are responsible for ensuring the ranking status of their paddlers and where necessary to ensure they are re-ranked appropriately.
- c) The divisional system is arranged into 10 separate singles divisions 1-10 and eight separate doubles divisions numbered 2, 3, 4, 5, 6, 7, 8

MARATHON RACING

and 9. Race Organisers must offer the following races at all events except where varied as agreed with the Regional Marathon Adviser. Division 10 is only open to paddlers aged Under 12 at 1st January and not ranked in Higher Divisions.

- i) Division 2 & 3 doubles race over 20 km.
 - ii) Singles races for each of divisions 1 to 10
 - iii) Doubles races for each of divisions 4 to 9
- d) Each year a divisional list will be published in the Racing Handbook for singles divisions 1-8. These lists are checked and any paddler not having competed for two successive seasons is removed from the lists. Each autumn clubs are asked to submit a list of the paddlers who will not be active for the coming season and where appropriate, to amend a draft of the proposed divisional lists.

23) THE HASLER TROPHY

The Hasler Trophy is the National Team League Championships and is competed for throughout the season on a regional basis. The Hasler season is defined by the races designated 'H' in the Racing Calendar of this Handbook. Races relating to the following season are designated 'H2019.

24) TYPES OF COURSE

Whilst there will be some variations due to local conditions and types of course available, the normal distances will be:-

Div.1, 2 & 3 Singles and 2 & 3 Doubles

Full senior course of about 20km with any degree of severity.

Div.4, 5 & 6 Singles and 4, 5 and 6 Doubles

Course of about 13km which may include portages and/or weir shoots.

Div.7, 8 & 9 Singles and 7, 8 & 9 Doubles

Course of about 6.5km with the minimum practical hazards.

25) COMPETITORS

- a) Each club will be allowed as many competitors as it wishes.
- b) A paddler can only compete in one race in a qualifying event.

26) SEPARATE STARTS

Each quorate race of six or more starters must be started separately.

Two or more quorate races of less than six starters (i.e. with 3 or 4 or 5

MARATHON RACING

starters) over the same distance may be started together, but for all other purposes are treated as separate races.

27) SYSTEM FOR AMALGAMATION DUE TO LOW ENTRIES

If there are fewer than three entries in a division then they will be started with a race of the same distance but will not be combined for the purposes of results or club points. *If no race of the same distance is available, they should be started (but not combined) with the nearest possible race below.*

It will still be the case that some divisions will be inoperative particularly in smaller regions. The practice of clubs communicating with each other about entries, in advance of events, to avoid inoperative classes, particularly in the higher divisions, is to be commended.

28) COMPETING IN A CREW BOAT

- a) When competing in doubles events the competition ranking shall normally be an average of the individual paddlers' rankings (all halves rounded down). Example: *division 4 paddler and division 5 paddler average 4 (ignoring the half), race in 4_4 K2.*
- b) Paddlers ranked in division 1, 2 or 3 must race over the 20km course.
- c) There is no Division 1_1 K2 at regional races (*which also means there is no K2 race for a Division 2 paddler racing with a Division 1 paddler. A Division 1 paddler may race with a Division 3 paddler in Division 2_2 K2 and so on using the two principles above.*)
- d) All paddlers competing in crew boats must show their singles ranking on the entry form and these rankings must be shown on the results.
- e) Paddlers ranked Division 10 may race with higher ranked paddlers. *Division 4 paddlers may only race 8 mile races with lower ranked paddlers. Division 1-3 paddlers may only race 12 mile races with lower ranked paddlers.*

29) SPECIAL PRIZES

Race organisers are encouraged to give prizes for special groups of paddlers e.g. first under 16, first C1. In particular they are strongly recommended to give a prize for the first woman in each division and for the highest placed TC2. This kind of encouragement is particularly important in the divisional system.

MARATHON RACING

30) POINTS

- a) In regional races only those clubs within the region will score points. Paddlers from other regions will not be taken into account when calculating points except that their time will be used for the 110% calculations if they are the fastest boats not promoted.
- b) To be included for points, clubs must be registered within their region as described at Rule 21b).
- c) All competitors in both singles and doubles **must** show their singles ranking at race check-in. Competitors not doing so will not score points in the regional competition and may not count the race as eligibility to compete in the final.
- d) **Only competitors racing in their club colours will score points.** In a crew boat, if one paddler wears club colours and one does not, only the paddler wearing the colours will receive points.
- e) The points system will be as follows.
 - i) Divisions 1-10 in singles and 2 – 9 doubles will count for points.
 - ii) Points will be awarded to each paddler in both singles and doubles - 20 for 1st, 19 for 2nd, 18 for 3rd and so on down to 2 points to all paddlers who finish within 110% of the time of the fastest boat not promoted in a singles race and within 110% of the winners' time in a doubles race. One point only will be awarded for paddlers who finish outside the 110% limit irrespective of their position. This to apply to all races except divisions 9 & 10 singles and 9 doubles which will receive 20 for 1st, 19 for 2nd, 18 for 3rd and so on down to 2 points for all paddlers who finish.
 - iii) Transferred paddlers starting with a different division under the provisions of rule 27 will count for Hasler points but their times will not be used for the 110% calculations.
 - iv) Paddlers in a separate assessment race at a Regional Hasler event will not score Hasler points.
 - v) Each club will count its twelve best scoring paddlers from any divisions in any combination of K1/C1/K2 or C2. Doubles boats can be counted even if some of these boats contain just one paddler who is eligible for Hasler points for a particular club.
 - vi) At each event the club with the highest score will get 10 regional points in the regional competition, 9 for 2nd and so on.

MARATHON RACING

31) RACE RESULTS

Race Organisers must report their results using the RMS computer program. Race Organisers are encouraged to use the RMS program at the race to complete entries and calculate results at the meeting. If this is not practicable, results must be recorded later onto the RMS for reporting to the MRC in compliance with rules 18 j) and k).

32) PROMOTIONS

- a) Promotions between the divisions throughout the season will be based on the table “Standards for Racing” (“the Table”) [See page D1 of 2016 Racing Handbook]. Column HC of the Table assumes a World Champion takes 60 seconds to paddle a given course and ranks paddlers in singles divisions from 1 to 9 based on the number of additional seconds it would take for competitors to cover that same course. P/D Factor expresses these same times as factors. For example, a top ranking paddler in division 7 would be expected to take 90 seconds giving a P/D Factor of 1.5.

- b) Promotions will be calculated on the following principles on the basis of singles results subject to the other provisions of this rule 32;

Divs.1, 2, 3 & 4

There are no automatic promotions to divisions 1, 2 & 3. Promotion times will be shown in the race file but promotions will not be indicated on any results printed on the day. The Rankings Officer in consultation with the Regional Marathon Adviser must ratify these for publishing with the official results on the Marathon Website.

Divs 4 and 5

Promotions to divisions 4 and 5 will be calculated by taking the times at each race of the mid-placed paddler in divisions 4, 5 and 6 divided by the Mean Factor for each of these three divisions. The average of these calculations will be multiplied by the Promotion Factor for divisions 3, 4, and 5 to give the times for promotion to divisions 5 and above.

Divs 6, 7 and 8

Promotions to divisions 6, 7, and 8 will be calculated by taking the times of the mid-placed paddler in divisions 7 and 8 divided by the Mean

MARATHON RACING

Factor for each of these two divisions. The average of these calculations will be multiplied by the Promotion Factor for divisions 6, 7 and 8 to give the times for promotion to divisions 8 and above.

Div 9

For paddlers racing in Open Under 12 Division 10, Promotions to Division 9 will be based on the time of the mid placed paddler in Division 7 & 8, not promoted to Division 6 or above. (Where there are fewer than 5 Division 7 & 8 paddlers, no promotion will take place. Where there are an even number of Division 7 & 8 paddlers used for calculation, the time halfway between the 2 mid placed paddlers will be used.) Promotion will be limited to 1 division. Promotions will be monitored by the **RMA** in discussion with the **Club Team Leader or Coach** particularly where a paddler is aged Under 10.

[The above is an outline description of the promotion process. The detailed bases for calculations are available by post or email from the Secretary, Marathon Racing Committee]

- c) Promotions may take place on either singles or doubles performances. Performances in doubles divisions will be monitored by the Ranking Officer and promotions made under Rule 32(j) where considered appropriate.
- d) Status in canoe will not affect status in kayak and vice versa.
- e) No automatic promotions will be made under Rule 32 (b) where there are fewer than 5 starters in any race. However, the Ranking Officer in consultation with the Regional Marathon Adviser may amend or dispense with this limit if persistently low numbers in a division are clearly preventing the promotion system from operating as intended.
- f) Promotions are not limited to one division. For example, a division 9 paddler with a time faster than that required for promotion to division 7, would be promoted straight to division 7. However, it is the responsibility of the Team Leader, coach and/or the individual to

MARATHON RACING

- try as accurately as possible to enter a new paddler into the correct division for his/her ability. Accordingly, those paddlers promoted more than one division will forfeit Hasler points from that race.
- g) Where the RMS computer results system is used at a race, automatic promotions will be shown on the race results and take immediate effect. The only exceptions are those for division 1, 2 & 3 which must first be ratified by the Rankings Officer. All promotions (automatic and others) will be confirmed on the race results posted on the marathon website. It is the responsibility of paddlers and coaches to check these and ensure they are implemented with immediate effect.
 - h) Once promoted, paddlers **must** race in their correct division, or higher division, except under the provisions of rules 27 and 28. Any competitor found racing in a lower division, singles or doubles, except under the provisions of rules 27 and 28, may be disqualified from the event and be banned from the next three Hasler races in the competitor's region. The exception is for promotions awarded at races held at the beginning of a new racing season and before the Hasler Final held in that year. These promotions will not apply at the Hasler Final of the current season but will apply to all other races. (E.g. A div. 6 paddler promoted to div. 5 in September 2018 at a race designated as H2019 can still race in div. 6 at the 2018 Hasler Final but must race in div. 5 at all other races.)
 - i) All paddlers, both from within the region and from other regions are eligible for promotions.
 - j) The Marathon Committee has discretion to promote or to withhold promotion at any time it is found to be necessary. This discretion is delegated to the Ranking Officer.

33) DEMOTIONS

- a) Divs. 1, 2 and 3 Demotions from Divisions 1, 2 and 3 will be made by the Rankings Officer in consultation with the Regional Marathon Adviser.
- b) Divs. 4 to 9 Application for demotion from Divisions 4 to 8 may be made to the **Regional Marathon Adviser by the club coach or team leader**. The Regional Marathon Adviser shall confirm his decision in writing/email/message to the **club coach/team**

MARATHON RACING

leader and to the Race Records Officer after agreeing this with the Rankings Officer.

- c) Demotions will be limited to one division.
- d) Demotions may be based on singles or doubles performances. Performances in doubles divisions will be monitored by the Ranking Officer and demotions made under Rule 33h) where considered appropriate.
- e) Status in canoe will not affect status in kayak and vice versa.
- f) Once demoted paddlers may nonetheless choose to race in any higher division. Paddlers competing in the Hasler Final shall race in the division according to their ranking status at the close of the prior season (normally 31 August). Thus demotions awarded in the new racing season immediately prior to the Hasler Final will not apply at that Hasler Final.
- g) All paddlers, both from within the region and from other regions are eligible for demotions.
- h) The Marathon Committee has discretion to demote or to withhold demotion at any time it is found to be necessary. This discretion is delegated to the Ranking Officer.

Rules Applying to the Hasler Final

- 34)** The Hasler Final is a GROUP A Divisional race and all of rules 1-16 and rules 18, 24, 26, 31, 32 and 33 above shall apply.

35) CLUB ELIGIBILITY

The top scoring clubs from each region as determined by the regional Hasler competitions, plus a team from the Combined Services, may compete in the Hasler Final at the end of the season. The number of clubs from each region will, be based on the number of affiliated clubs who have actively participated in the previous season, as indicated by Hasler Race results recorded on the MRC Website. Each region will automatically have 2 qualifying places, irrespective of the number of active clubs. Each region will receive an extra qualifying place for each 3 clubs in excess of 4.

MARATHON RACING

Active Clubs	Qualifying places	Active Clubs	Qualifying places	Active Clubs	Qualifying places	Active Clubs	Qualifying places
1-6	2	7-9	3	10-12	4	13-15	5
16-18	6	19-21	7	22-24	8	25-27	9

- a) Additionally a team from the host club (or from each host club if there are two organising clubs) may compete if they have **not** qualified from the regional competition.
- b) Each eligible club will be allowed as many competitors in the final as it wishes.

36) PADDLER ELIGIBILITY

- a) A paddler must complete 3 qualifying events during the season to be eligible for the final. There are exceptions for Div.1 senior men's kayak, Div.2 and above junior men's kayak, Div.3 and above women kayak, Div.4 and above junior women kayak and Div.3 and above canoe, and for paddlers in the Combined Services, who must complete 2 qualifying events.
- b) Qualifying events are regional Hasler races and all assessment races for that season. This does not include races designated for the following Hasler season. Also a paddler may count completing a National Championships race on one or both days as **one** qualifying race. The previous Hasler Final does **not** count as a qualifying race.
- c) The qualification must be in the same type of boat (i.e. canoe or kayak).
- d) Paddlers are only eligible to paddle in a singles race at the Hasler Final if they have completed 3 qualifying events in singles. The exceptions in rule 36(a) apply equally in this rule.
- e) A paddler can only compete in one race at the final.
- f) The Regional Marathon Adviser will check the eligibility of paddlers from his region for the final. This will include holding current British Canoeing, or equivalent, membership. The Race Records Officer will be able to produce listings on request to help clubs and Marathon Advisers carry out this task.

37) CLASSES

MARATHON RACING

There will be races for each singles division 1 to 10 and each doubles division 1 to 9.

38) COMPETING IN CREW BOATS

At the Hasler Final where crew members in doubles races are ranked in separate divisions they must race in the classification of the higher ranked paddler.

39) POINTS

- a) All competitors in singles and doubles **must** show their singles ranking on the entry form. Competitors not doing so will not score points.
- b) Only competitors racing in their club colours will score points.
- c) Point scoring at the final will be as described in rule 30e (i), (ii), (iii).
- d) Each club will count its six best scoring singles boats and its three best scoring doubles boats, provided that both of the crew are members of the same club.

40) TROPHIES

- a) **The Hasler Trophy** will be awarded to the club scoring the most points at the final
- b) **The Regional Trophy** will be awarded to the region with the highest aggregate score at the final from their three highest scoring clubs.
- c) **The Adam Thomasson Trophy** will be awarded to the winner of the Div.2 race at the final.
- d) **The Ross Warland Memorial Trophy** will be awarded to the highest placed junior in the Division 4 race at the final.
- e) **The Committee Cup** will be awarded to the highest placed junior woman K1 in the highest division at the final.
- f) **The Ken Pereira Cup** will be awarded to the highest placed junior C1 in the highest division at the final.
- g) **The Rhodes White Trophy** will be awarded to the senior man K1 with the fastest time over the 12 mile course.
- h) **The David Shankland Trophy** will be awarded to the senior or junior woman K1 with the fastest time over the 12 mile course.
- i) **The Barber Trophy** will be awarded to the junior K1 with the fastest time over the 12 mile course.
- j) **The Bill Sparks Trophy** will be awarded to the highest placed veteran K2 in the highest division at the final.

MARATHON RACING

Rules Applying to the National Championships

41) The National Championships is a GROUP A race and all of rules 1-18 above shall apply.

42) DEFINITION

- a) The National Championships shall be called **The British National Open Marathon Racing Individual and Team Championships** and will identify the various National Champions.
- b) There must be at least 5 entries for a National Championship race to take place.
- c) Where a race is inquorate the paddler may transfer to another class for which they are eligible [see rule 43a].

43) PADDLER ELIGIBILITY

- a) 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.)
- b) 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.
- c) All ages are calculated at 1st January of the year of the Championships.
- d) In the case of foreign nationals racing for at National Championships, the rules applying to this are specified in PART F at the end of this section.

44) NATIONAL CHAMPIONSHIP CATEGORIES

- a) There will be separate races for men's kayak, women's kayak and senior canoe.
- b) **Senior paddlers** in kayaks will race over a course of approximately 26km, in singles and doubles. The winners of these races shall be deemed the:
 - i) Senior Men's National Kayak Marathon Champion of Great Britain
 - ii) Senior Women's National Kayak Marathon Champion of Great Britain.**Senior paddlers** in canoes will race

MARATHON RACING

over a course of approximately 13km. The winners shall be deemed the:

- iii) Senior Men's National Canoe Marathon Champion of Great Britain. (for singles)
 - iv) Senior Women's National Canoe Marathon Champion of Great Britain. (for singles)
 - v) Senior National Canoe Marathon Champion of Great Britain. (Doubles open to men and women)
- c) **Paddlers aged under 23** in kayaks will race over a course of approximately 26km, in singles. The winners of these races shall be deemed the:
- i) Under 23 Men's National Kayak Marathon Champion of Great Britain.
 - ii) Under 23 Women's National Kayak Marathon Champion of Great Britain.
- d) **Paddlers aged under 18** in kayaks will race over a course of approximately 20km, in singles and doubles. The winners of these races shall be deemed the:
- i) Under 18 Men's National Kayak Marathon Champion of Great Britain.
 - ii) Under 18 Women's National Kayak Marathon Champion of Great Britain
- Paddlers aged under 18** in canoes will race over a course of approximately 6.5km in singles. The winner shall be deemed the:
- iii) Under 18 National Canoe Marathon Champion of Great Britain.
- e) **Paddlers aged under 16** in kayaks will race over a course of approximately 13km, in singles and doubles. The winners of these races shall be deemed the:
- i) Under 16 Men's National Kayak Marathon Champion of Great Britain.
 - ii) Under 16 Women's National Kayak Marathon Champion of Great Britain
- f) **Paddlers aged under 14** in kayaks will race over a course of approximately 6.5km, in singles and doubles. The winners of these races shall be deemed the:
- i) Under 14 Men's National Kayak Marathon Champion of Great Britain.

MARATHON RACING

- ii) Under 14 Women's National Kayak Marathon Champion of Great Britain
- g) **Paddlers aged under 12** in kayaks will race over a course of approximately 6.5 km, in singles and doubles. The winners of these races shall be deemed the:
 - i) Under 12 Men's National Kayak Marathon Champion of Great Britain
 - ii) Under 12 Women's National Kayak Marathon Champion of Great Britain.
- h) **Paddlers aged 34 or over:** Kayak men will race over a course of approximately 20km and kayak women over a course of approximately 13 km in singles and doubles. The winners of these races shall be deemed the:
 - i) Veteran Men's National Kayak Marathon Champion of Great Britain.
 - ii) Veteran Women's National Kayak Marathon Champion of Great Britain.
- i) **Paddlers aged 39 or over:** Kayak men will race over a course of approximately 20km and kayak women over a course of approximately 13 km in singles. The winners of these races shall be deemed the:
 - i) Over 39 Veteran Men's National Kayak Marathon Champion of Great Britain.
 - ii) Over 39 Veteran Women's National Kayak Marathon Champion of Great Britain.
- j) **Paddlers aged 44 or over** in kayaks will race over a course of approximately 13km, in singles and doubles. The winners of these races shall be deemed the:
 - i) Over 44 Veteran Men's National Kayak Marathon Champion of Great Britain.
 - ii) Over 44 Veteran Women's National Kayak Marathon Champion of Great Britain.
- k) **Paddlers aged 49 or over** in kayaks will race over a course of approximately 13km, in singles. The winners of these races shall be deemed the:
 - i) Over 49 Veteran Men's National Kayak Marathon Champion of Great Britain.
 - ii) Over 49 Veteran Women's National Kayak Marathon Champion of Great Britain.

MARATHON RACING

- l) **Paddlers aged 54 or over** in kayaks will race over a course of approximately 6.5km, in singles and doubles. The winners of these races shall be deemed the:
 - i) Over 54 Veteran Men's National Kayak Marathon Champion of Great Britain.
 - ii) Over 54 Veteran Women's National Kayak Marathon Champion of Great Britain.
- m) **Paddlers aged 59 or over** in kayaks will race over a course of approximately 6.5km, in singles. The winners of these races shall be deemed the:
 - i) Over 59 Veteran Men's National Kayak Marathon Champion of Great Britain.
 - ii) Over 59 Veteran Women's National Kayak Marathon Champion of Great Britain.
- n) **Paddlers aged 64 or over** in kayaks will race over a course of approximately 6.5km, in singles and doubles. The winners of these races shall be deemed the:
 - i) Over 64 Veteran Men's National Kayak Marathon Champion of Great Britain.
 - ii) Over 64 Veteran Women's National Kayak Marathon Champion of Great Britain.
- o) **Paddlers aged 69 or over** in kayaks will race over a course of approximately 6.5km, in singles and doubles. The winners of these races shall be deemed the:
 - i) Over 69 Veteran Men's National Kayak Marathon Champion of Great Britain.
 - ii) Over 69 Veteran Women's National Kayak Marathon Champion of Great Britain.
- p) **Mixed Crews** There will be a Mixed K2 race for paddlers ranked in divisions 1 – 9 over a course of approximately 13km. This is open to all seniors, veterans and juniors. Crews must consist of one female and one male paddler. The winners of this race shall be deemed the Mixed National Marathon Champions of Great Britain.
- q) Where crew members in doubles races are in different categories they must race in a category for which they are both eligible.

45) LIGHTNING CATEGORIES

- a) **There will be no Lightning races for paddlers ranked Under 12 in Lightning. These will race Under 12 as in Rule 44g) above.**

MARATHON RACING

- b) **Lightning Paddlers aged under 10 not yet promoted to Division 9 or above** may race over a course of approximately 3.5 km. **Lightning Paddlers aged under 10 not yet promoted may alternatively opt to race Under 12 classes as 44g) above. They may not race both Lightning and Under 12 singles.** The only competitors eligible for this event are paddlers in Lightning K1s ranked below Division 9. The winners of these races shall be deemed the:
- i) Under 10 Men's Lightning Marathon Champion of Great Britain.
 - ii) Under 10 Women's Lightning Marathon Champion of Great Britain.
- c) Points will be awarded to count towards the Spanish Galleon team trophy for Lightning paddlers at the National Championships, These do not count towards the Geoff Sanders Trophy.
- d) Points will not be awarded for any mini K2 or K4 races arranged by the event organisers.
- e) Paddlers who enter Lightning races may enter Under 12 doubles as 44g) above.

46) TEAM COMPETITION

- a) Points will be awarded per paddler both in singles and doubles races for National Championship categories - 20 points for the winner then 19, 18, 17 etc. down to one point for each finisher.
- b) All competitors in singles and doubles **must** show their singles ranking to be eligible for team points.
- c) Only competitors racing in their club colours will score points.
- d) A trophy, **The Spanish House**, will be awarded to the club scoring the most points at the National Championships counting all categories in Rule 44.
- e) A trophy, **The Spanish Galleon**, will be awarded to the club scoring the most points in the under 10 age Lightning categories (Rule 45(b)).

47) PROMOTIONS & DEMOTIONS

Although no automatic promotions will take place at the championships, the Marathon Committee may exercise their right under rules 32 and 33 to promote or demote on the basis of the results.

48) HASLER QUALIFICATION

MARATHON RACING

The event will not count as a Regional Hasler event nor be used to allocate points for Regional Hasler competitions. However, it may be counted by a paddler as a qualifying race for the Hasler Final.

Rules applying to the Geoff Sanders Memorial Trophy

49) THE SERIES

- a) Race organisers of regional Hasler races are encouraged to include Lightning and Mini K2 races in their programme. These races will qualify for the Geoff Sanders Series in which teams compete for the Geoff Sanders Memorial Trophy. Races can also be run at other times as part of an inter-club event.
- b) The Series will run from 1st September to 31st August the following year.
- c) Races in the Series will not be awarded Hasler points.
- d) Lightning races only will be included in the programme of the Hasler Final, but will not be used in scoring for the Hasler Trophy.

50) QUALIFICATION

- a) To qualify paddlers must compete in a Pyranha Lightning K1 or, in specified races, in a Mini K2 (maximum length 5.6m, minimum width 50cm).
- b) Those who compete in other craft will not be eligible for points. Race organisers will need to show these as a separate 'Fun Race' if they wish to include these craft.
- c) Paddlers with a marathon ranking of Division 10 or above shall not be eligible to compete in the regional Series once promoted. (See rule 57)
- d) Lightning races at the Hasler Final are open to Lightning paddlers as described at e), f) & g) below, whether their club has qualified or not.
- e) Paddlers who have not yet been promoted from Lightnings.
- f) Paddlers Under 10, promoted from Lightning, but not yet promoted to Division 8 or above, may choose to race the appropriate Lightning class.
- g) Paddlers Under 12, promoted from Lightning but not yet promoted to Division 8 or above, may choose to race Lightning in the season of their promotion only.
- h) Paddlers **may not** enter both a Lightning Race and a Divisional Race.

MARATHON RACING

51) COURSE

- a) The course shall be 2-4 kilometres in length with no hazards.

52) CLASSES

- a) There will be four K1 classes in the Series: Boys under 10, Girls under 10, Boys under 12 and Girls under 12 and two K2 classes: under 12 and under 10.
- b) All ages as at January 1st preceding each race.
- c) Teams must inform the Series Coordinator (See rule 55) of the date of birth of each paddler.

53) POINTS

- a) Points shall be awarded in each class at each event with 20 points for the winner, 19 points for second and so on, down to 1 point for each paddler who completes the course.
- b) Points shall be awarded in each class at the Geoff Sanders Trophy Final event, with 20 points to the winner, 19 points for second and so on down to 1 point for each paddler who completes the course.
- c) Points are awarded in crew boats on a per seat basis.
- d) Points shall be awarded to all paddlers in the Series irrespective of whether the paddler is out of region.
- e) At August 31st each paddler's three best scores from the season will be counted towards their team's total. This will be added to the points won in the Lightning class held at the Hasler Final.
- f) The winner of the Geoff Sanders Memorial Trophy will be the team with the highest score as determined in e) above.

54) PRIZES

- a) Race organisers are encouraged to award prizes for the first three places in each class when holding a race. Marathon Committee certificates are available on the MRC Website or from Regional Marathon Advisors to give to all entrants, to encourage participation.
- b) The Marathon Racing Committee will provide medals for the first three places in each class at the Geoff Sanders Final which takes place alongside the Hasler Final event.

55) RESULTS

MARATHON RACING

- a) Results of all races in the Series should be forwarded to Peter Jones, the Geoff Sanders Coordinator. Email: petercjones@blueyonder.co.uk.

56) SAFETY

- a) The wearing of life jackets or buoyancy aids is compulsory for all paddlers.
- b) The requirements of Rule 5 must be observed in all respects.
- c) Race organisers must conduct a specific risk assessment for Lightning and Mini K2 races and, taking into account their age and experience, provide adequate safety cover (e.g. rescue boats and signage) over the whole course where considered necessary.

57) RACING IN THE HASLER COMPETITION

- a) The Geoff Sanders Series aims to introduce young paddlers into marathon racing but it is important that they do not remain too long in the class. Coaches and parents are best placed to decide when a junior is ready to race in the Hasler Series and the decision is for them to take.
- b) As part of their long term development paddlers in all Lightning categories are encouraged to compete in Division 9 K1 or K2. However, should the paddler be promoted to division 8 or higher from either a K1 or a K2 race in the Hasler Series or at the National Championships he/she will no longer be eligible to compete in the Geoff Sanders Series.
- c) Paddlers who are promoted to Division 8 or higher from any race in all Lightning categories at the National Championships **are** allowed to race in the Geoff Sanders competition at that year's Hasler Final. They will not be eligible to compete in the following season's Geoff Sanders Series.

58) RACE LEVY / EVENT TICKET

- a) Lightning races are classed as Group C races: no race levy will be charged.
- b) Paddlers who are not British Canoeing members or not members of a British Canoeing affiliated club with a registered youth section shall be issued with an Event Ticket to provide insurance cover. British

MARATHON RACING

Canoeing has agreed not to make a charge for the Event Ticket for Lightning paddlers.

- c) To promote racing at this introductory level, the MRC recommends a standard entry fee of £2.50.

Rules applying to the 5K Series

59) THE SERIES

The Series was introduced in 2010 and the main objectives are:

- a) Mass starts to teach paddlers to get off the line quickly and get into an appropriate group as soon as possible, in a bumpy water environment.
- b) Larger groups to teach paddlers to race effectively in groups.
- c) Minimum administration.
- d) Minimum number of classes.

60) RACES

The Committee aims to have at least two races in each region and to hold a national Final in the summer. Details of races will be publicised in the marathon calendar and on the website.

61) RULES

- a) 5K racing will be governed by the rules of British Canoeing Marathon Committee as set out in the Flatwater Racing Handbook.
- b) These races fall under rule 3)b)ii) 'Races and time trials approved by the Marathon Committee but not in the divisional system'.

62) RACE LEVY/BC MEMBERSHIP

- a) The race levy must be paid. The levy will apply to the event, not the number of races a paddler competes in on that day.
- b) Entrants must be comprehensive members of British Canoeing or junior members of a club with a registered youth section.
- c) Membership must be confirmed with entry or at time of booking in.

63) THE COURSE

- a) The course will be as close as possible to 5 kilometres. A GPS should be used to measure the length of the course, to enable time comparisons to be made throughout the country.

MARATHON RACING

- b) There will be a minimum of one and a maximum of two turning points that will be in an anti-clockwise direction. There should be three buoys marking the turn in an even arc. It is acceptable for one of the turning points to be used twice.
- c) The course can be on any kind of water, but bear in mind the basic objective of teaching paddlers to race in large groups. Therefore, wherever possible, there should be as large an expanse of water as possible.
- d) The recommended race day is Saturday, although this is not compulsory.

64) CATEGORIES

- a) There will be the following categories: senior men, senior women, junior men, junior women, veteran men and veteran women.
- b) All categories will be able to compete in the following craft: K1, K2, C1 and C2.
- c) There will be two sets of starts for singles and doubles, to allow all paddlers to enter both races should they so wish.
- d) To achieve mass starts four starts are recommended:
 - In the first set of starts -
 1. Junior, senior and veteran men K1;
 2. Junior, senior and veteran women K1 plus C1;
 - In the second set of starts -
 3. Junior, senior and veteran men K2;
 4. Junior, senior and veteran women K2 plus C2.

The Race Organiser has discretion either to split starts into smaller groups or to combine starts where it is considered the numbers of competitors or the nature of the course make this appropriate.

65) RANKINGS

- a) Results including times will be sent to Sue Hawthorn to enable her to compile a rankings list on a time-elapsed basis, initially for K1.
- b) The ranking list will be updated and published on the marathon website as soon as possible after an event.
- c) The top ranking paddler in each category will receive a trophy provided by the MRC at the end of each season. The season will be the same as the Hasler season.

MARATHON RACING

PART B: THE STARTING OF ASSESSMENT RACES, NATIONAL CHAMPIONSHIPS RACES AND HASLER FINALS RACES

There is a necessity to maintain the standard of starting at assessment races and major championships. The following will apply to all assessment races, to all races at the National Championships and to all races at the Hasler Finals.

1) REQUIREMENTS

- a) The start line should be clearly defined on both banks.
- b) A clearly defined marshalling line must be established behind the start line.
- c) The race must be started by a person drawn from the approved starters list, who will have an experienced assistant.
- d) The marshalling line should be controlled by at least two experienced officials.
- e) The above should all be equipped with PA equipment or loud hailers that it is the responsibility of the race organiser to provide.

2) STARTING PROCEDURE

- a) The starter shall ensure all craft are lined up on the starting line as stationary as possible for the water conditions. When the starter is satisfied the line(s) is correctly positioned he/she shall give the signal to start by a shot, starting horn or the word 'go'.
- b) If a competitor commences paddling or attempts to start before any instruction to do so, he/she has made a false start.
- c) A competitor who crosses the line before the starter's start signal shall also be deemed to have made a false start.
- d) Refusing to obey the starter's instructions will also constitute an unfair start.
- e) A competitor who attempts a false or unfair start will be warned a maximum of two times. A third offence will result in the imposition of a two-minute penalty. A further offence by the same competitor

MARATHON RACING

will result in disqualification from the event. The disqualified paddler must leave the water immediately.

3) APPROVED STARTERS LIST

Brian Chapman	Ollie Harding	Paul Ralph	Paul Wells
Margaret Chapman	Roland Lawler	Andy Rawson	Stuart West
Kevin Dennis	Alan Laws	Jim Rossiter	Alan Williams
David Enoch	Dyson Pendle	Melvin Swallow	

4) STARTERS' ADVISORY NOTES

In starting ANY race the following advisory notes should be applied by the race organiser and starter to achieve consistency.

The start of any race is critical and **fairness and consistency** are our aim. It is therefore highly important that you carry out procedures and endeavour to ensure everybody has a fair start.

The rules that will apply for major competition are laid out below. They can and should equally apply to ANY race. Once competitors who push the line or jump the start realise that that will get a 2-minute penalty, or be disqualified and asked to leave the start line, they will start to comply with your instructions.

Our aim is to make these rules the standard to which **every race** organiser works.

Some important points come from these rules, which should be noted and applied, on all starts:

If you control the boats at a no more than 'walking pace' as they come up to the line, then it is more likely you will control them on the line.

Make sure that your 'marshalling line' is not too close to the actual start line.

Do not 'hold' paddlers on the start line for too long - this will merely result in them 'pushing' it. Bring them very slowly up to the line and start the race quickly when there.

MARATHON RACING

If the majority of boats advance over the line - the only way to bring them back is to get them ALL to paddle round and start again.

Do not penalise those who comply with your instructions and are on the line by starting the race when others are clearly in front of the line. Bring the non-compliant paddlers back round. Be prepared to warn twice and then penalise with a 2-minute penalty or disqualify.

Refer to boats by their numbers or by the club colours not by the paddlers name and be prepared to record – or have an assistant record – any penalties given by boat number.

If you issue a penalty it must apply – it cannot then be ignored or withdrawn. If you disqualify a paddler do not start the race until he/she has removed himself from the line and from the water. It is not permitted for the disqualified paddler to paddle round with the other racers.

Do not tell paddlers that there is '1 minute to go' and then start them before a full minute has elapsed. Be consistent, if you say you will not start them for 2 minutes make sure it is a full two minutes before you do start them.

Have a whistle ready to blow if there is a false start and you are recalling the whole race. Make sure that the paddlers know that is what a whistle means: STOP, there has been a total false start, come back to the line.

If you have paddlers 'hanging back' well behind the actual start line give them the opportunity **once** to come up to the line. If they are unwilling to do so after being asked, then concentrate on the front line to retain control and accept that those behind the line are more comfortable in the 'second line' position.

You are within your rights as the starter of an event to 'warn' coaches and spectators who are blatantly trying to encourage their paddlers to ignore your instructions and 'push' the start. Do not be afraid to do so.

BY BEING CONSISTENT AT ALL RACES AND ACROSS ALL STARTS PADDLERS WILL LEARN WHAT IS EXPECTED OF THEM.

MARATHON RACING

PART C: RECOMMENDATIONS

These recommendations are to help clubs run well-organised races. You should not attempt to run a race without having attended others first.

1) INITIAL CHECK LIST

- a) Appoint Safety Officer & Welfare Officer for the event
- b) Produce Risk Assessment and Safety Plan
- c) Produce **Advance Information** to competitors and invitation to enter
- d) Produce Marshalling Instructions
- e) Refer to the full checklist “Advice on Running a Hasler Race” to be found on the MRC Website at <http://canoeracing.org.uk/marathon/index.php/race-organisers-checklist-2018/>

2) ADVANCE INFORMATION

Advance information should at least contain the following details.

- a) Name, date and status of the race.
- b) Name of the organising body.
- c) Closing date for entries and whether or not late entries will be accepted.
- d) Person to whom entries and enquiries should be sent, with address, phone number and email.
- e) Entry fees and to whom these should be payable.
- f) An entry form asking for full details of competitors, though entries using the RMS system should be encouraged.
- g) Welfare Statement
- h) Locations of start and finish, and directions for getting to these places.
- i) Check-in, briefing and start times.
- j) Brief description of the course indicating any specific safety issues with a map if necessary
- k) Indication of communication method in event of cancellation, or postponing.
- l) Any special regulations that competitors should be aware of before they arrive.
- m) Any major changes since last year.

MARATHON RACING

NOTE – several of the above points could be covered by providing a link to club website or appropriate Facebook group, but consideration should be given to paddlers who may not have access to these.

3) SAFETY

Safety measures are largely at the discretion of the organiser, since courses and conditions vary considerably. All paddlers ranked in Divisions 7, 8, 9 & 10 or competing in Lightning and fun races must wear a buoyancy aid [Rules 5 (a)(v) and 56 (a)]. Make sure you have adequate safety cover for all Lightning and Div 9 & 10 races. On the open sea it is wise to insist on buoyancy aids for all. On open water, rescue boats are very important. Ensure that no one is stranded or lost halfway round the course; it is important to account for all competitors. On calm water it is usually sufficient to have a back marker paddling the course. Marshals at turns and portages should carry safety equipment including space blanket or similar, throw line and mobile phone.

All Race organisers shall appoint a Safety Officer, prepare a Risk Assessment and Safety Plan well ahead of their event and put in hand appropriate safety measures. Risk Assessments must be forwarded to the Regional Marathon Advisor before the event.

4) BRIEFING AND CONTROL

- a) Deliver a briefing shortly before the race. Explain the starting procedure; starting order; describe any special features and hazards of the race course and emphasise any special regulations. Remind Team leaders/coaches that they should ensure their paddlers are sufficiently competent for the course/conditions/arrangements.
- b) Check that all boats are numbered clearly. It is the competitor's responsibility to number his boat, but it does make the finishers' job easier if number plates are legible. Provide large permanent marker pens at check-in.
- c) Use the starting order listed in Section 4.
- d) Make sure the course is clearly marked at all points where there could be doubt. Position marshals at turning points to check against a start list. Have clearly identifiable marshals at portages and shoots. The marshals should keep the passage clear for competitors, keep spectators and competitors off forbidden land and report any misdemeanours to race control. A marshal's directions should override any prior instructions.

MARATHON RACING

- e) It is expected that queries and concerns from team leaders or parents at the briefing or during the event will be addressed diplomatically and effectively especially where young paddlers are concerned.

5) STARTING ORDER

- a) The start order of the various classes or divisions can have a significant effect on the race results. The general principle is to start the fastest classes first and the slowest classes last. This minimises the chance of fast boats paddling through slower classes, picking up stragglers on the wash and dragging them back to the class leaders.
- b) The following is the recommended start order. Not all these classes will necessarily run at any one race.

Division 2 K2	Division 5 K2	Division 8 K2
Division 1 K1	Division 4 K1	Division 7 K1
Division 3 K2	Division 6 K2	Division 9 K2
Division 2 K1	Division 5 K1	Division 8 K1
Division 4 K2	Division 7 K2	Division 9 K1
Division 3 K1	Division 6 K1	Division 10 K1

6) STARTING

- a) Ensure that the paddlers can hear your instructions clearly.
- b) Ensure your start position is such that you can see the boat numbers and if necessary have a helper as a spotter.
- c) You or your helper should have a pen/paper to write down any number warnings and penalties.
- d) If the paddlers do not obey instructions then the rule must be followed with appropriate penalties.
- e) In the event of a false start use a whistle to recall the paddlers. The use of the whistle should be included in pre-race briefing.
- f) Try to ensure the paddlers approach the line very slowly.
- g) An upstream start is preferable if possible.
- h) If you make a requirement or statement as to what you are going to do, do not back down or change it under paddler or time pressure.
- i) Record accurate start times for all races – these will be needed for the RMS program.

7) TURNS

MARATHON RACING

- a) Clearly mark all turns. Use a buoy or buoys at each turn. Make sure these are clearly distinguishable. A clear description and location of the turn buoys must be given at the briefing.
- b) All turns should be properly marshalled. Each turn marshal should have a list of the race numbers that started and be responsible for checking that each boat properly completes the turn. A list of boats that did not complete the turn and a written report of the incidents at the turn must be provided promptly to the race control.

8) FINISHING & RESULTS

- a) Have a clearly marked finishing line. Signify a crossing of the line audibly by bell, whistle or hooter.
- b) Have a reliable, readable clock and a back-up in case of malfunction.
- c) Have a shelter in case it rains.
- d) **Recording the finishing times and positions is the most important job you will do.**
- e) **Prepare in advance with numbered sheets. Have spare pens/pencils.**
- f) Record the number and order of every boat as it passes the finishing line. Two tried and tested methods are:
 - (i) Have lined sheets, marked into two columns with one person writing the boat numbers and another the finish time. If possible have a third person calling out the finishing times. Number all finish pages to avoid confusion, OR
 - (ii) Have a team of three. Two work together, one calling boat numbers whilst the other records the number and time. The third person works independently recording the numbers in finishing order.

We do not recommend having the times written on one set of sheets and the numbers separately written on another set and then trying to match these together.
- g) A further fail-safe is to have a tape recorder at the finish line. Give the recorder to one of the finish team and tell them to 'talk' every boat over the line, giving number and time.
- h) At all Hasler events you must use the Hasler Race Management computer program (RMS) to produce your results. If possible use the RMS at the race. This will automatically calculate the elapsed time and finishing order of all boats, all singles promotions and the Hasler points. The results will be produced in the format required by the Race Records Officer. The RMS is designed for Hasler races and can

MARATHON RACING

be downloaded from the Marathon Canoeing website. If you want any help with the RMS please contact your Regional Adviser.

- i) Whether using the RMS or a manual system, have someone indoors to produce the results. Arrange a system for displaying the results as soon as you know them. Errors can be queried before prize giving. Hold the prize giving as soon as possible.

9) AFTER THE EVENT

- a) After the event is over the final result sheet needs to be produced. Keep all manual start and finish sheets as back-up.
- b) If you have run a Hasler event you must return your results using the RMS. This automatically produces the results in the correct format.
- c) Send results by email to the Rankings Officer, the Regional Marathon Advisor, the Race Records Officer and to marathonresults@canoeracing.org.uk within 2 working days so that promotions can be ratified and the results can be uploaded onto the marathon website. For all addresses, see page F3.
- d) . The race levy should be sent to the Marathon Racing Committee treasurer. See rule 13. Levy to be remitted within 7 days.
- e) Send Event Ticket money to British Canoeing HQ, Nottingham together with the name, post code etc. of those who have paid for an event ticket, on the form provided by British Canoeing.

PART D: VENUE AND ORGANISATIONAL CRITERIA FOR THE NATIONAL CHAMPIONSHIPS AND THE HASLER FINALS

The Marathon Committee will look to the following ideal criteria when considering applications for the hosting of the National Championships and the Hasler Finals. Any club wishing to host the National Championships or the Hasler Finals will be expected to make a short presentation to the Annual Consultative Meeting or to the Marathon Committee outlining their proposals for the course and organisation to meet these criteria.

1) THE COURSE

- a) The course should be wide enough at the start to provide a fair start for all paddlers. It should also be wide enough throughout its length for competitors to overtake and pass each other in opposite directions.

MARATHON RACING

- b) The course should be capable of being paddled in an understern rudder boat.
- c) Portages should allow a minimum of 12 metres at the 'get out' and 'get in' points. Portages should not be of excessive number or length.
- d) Access to portage areas for spectators should be good with adequate parking, or pool transport should be provided.
- e) The course should be reasonably accessible for spectator viewing.
- f) There should not be too many other conflicting water users.

2) ORGANISATION

- a) The organising club(s) should have a proven track record in organising normal Divisional marathons.
- b) The venue should have good access by road and not be too far for the majority of paddlers to travel.
- c) There should be adequate camping facilities nearby, particularly for the two day National Championships.
- d) There should be adequate parking at the start and finish.
- e) There should be adequate covered checking-in and refreshment areas at the start and finish and a results display area.
- f) There should be adequate toilet facilities at the start and finish areas.
- g) There should be an adequate PA system at the start, briefing and prize giving areas.
- h) There should be adequate First Aid cover in appropriate areas.
- i) The starting of all races is to be as the procedure set out in PART C.
- j) There should be a computerised results facility capable of showing class results and team scores immediately after the races.
- k) Prizes at the National Championships will be the official BC National Marathon Championship medals and Divisional medals.
- l) Prizes at the Hasler Finals will be the official BC Hasler Finals medals.

PART E: BRITISH CANOEING MEMBERSHIP AND EVENT TICKETS

All seniors and veterans must be full members of British Canoeing if they wish to race in a Marathon event that has been advertised in the Calendar. Juniors who are ranked in division 6 or above must also hold individual comprehensive British Canoeing youth membership.

A junior club member need not be a full member of British Canoeing in order to race in the lower divisions (7,8 & 9) of the Marathon racing system or in the

MARATHON RACING

other 2 categories of marathon races. He / she must, however, be a member of a club with a registered junior section and the number used for his or her identification will be the club's affiliation number followed by the paddler's own individual club number. However, the club abbreviation followed by the paddler's club number is easier and preferred by the Records Officer, both for identification and ease of recording. i.e. LIN/005, CHE/017. Note that event tickets are also required for Lightning paddlers who are neither British Canoeing members nor a member of a club with a registered junior section but the Event Ticket is issued to Lightning paddlers without charge. Any junior promoted into a higher division (6 & upwards) must then become a full member of British Canoeing.

Race Organisers MUST still check that a competitor's membership is current either by photocopy of the membership card with the entry or by seeing the card on the day of the race.

If the card is unavailable or forgotten the paddler must purchase an "Event Ticket" as a "stop gap" but only once per season. The records officer carries out a check on event ticket issue for all race results and those paddlers abusing this system will be penalised.

The system is as follows:

1. The tickets are for use by non-members at the entry level only of National Competitions requiring membership e.g. Divisional Racing.
2. For use at a British Canoeing event when the organiser believes a participant may be a member but the member cannot provide proof by way of a membership card.
3. Event organisers charge the current rate set by British Canoeing, which will be sent to British Canoeing HQ, Nottingham within 7 working days of the event.
4. Event Ticket fees are not refundable.
5. The overall consideration is to encourage, in the best possible way, membership of the Country's Governing Body for Canoe sport.

PART F

Statement on Foreign Nationals participating in competition.

A. Eligibility for National Team Selection

1. Must be a Member of British Canoeing. (including, SCA, CW & CANI)

MARATHON RACING

2. For International Competitions the ICF competition rules will apply*. These are as follows:
 - a. An athlete that has competed internationally at any level in the last 3 years requires authorisation from the ICF and the national federation of the original country in order to change sporting nationality.
 - b. For an athlete to be eligible for a change of sporting nationality they must have lived in that country for the last two years.
 - c. The request of the change of nationality must be made in writing to the ICF no later than 30 November the year before the competitor wants to compete (e.g 30th November 2017 to be eligible to for British Canoeing from 1 January 2018).
 - d. For the Olympic Games the Olympic Charter rules will be applied for nationality issues. For athletes to be eligible for the Olympic and Paralympic Games they must hold citizenship/nationality of the country that they participate for at the time of the qualification event.
 - e. A competitor may not compete for more than one Federation in any calendar year (1 January to 31 December) in canoeing.
3. The same procedure and rules apply, should the Competitor decide he/she wants to change back to compete for his/her Federation of origin:
 - a. The Competitor will not be able to do so if they have already competed internationally at any level in that calendar year and will have to wait until the following year.
 - b. The Competitor will need to obtain a release/approval in writing from the Federation they have been competing for.
 - c. The release/approval will be submitted by British Canoeing to the ICF for its approval (submitted by 30th November) for the Competitor to compete for a new country in the following year.
4. In order to be eligible to be on a UK Sport funded programme an athlete must possess a valid British Passport or be in the process of

MARATHON RACING

applying for British Citizenship. (If an Athlete is not a British Passport holder and their long term ambition is to compete in the Olympic or Paralympic Games for GB they need to be aware that they will only be eligible for funding and able to compete if they hold a current British passport. Therefore they should be actively pursuing and, likely to achieve a successful, application for a British passport).

B. Eligibility for National Championships Titles.

1. In order to be eligible to win a title in National Championships a Competitor must:

- a. Be a British Citizen and be a current member of British Canoeing (including, SCA, CW & CANI - Juniors registered with family membership, do not need full British Canoeing membership) and not currently representing or in the selection process to represent another country;
or
- b. Have been resident in the United Kingdom and a member of British Canoeing, (including, SCA, CW & CANI - Juniors registered with family membership, do not need full British Canoeing membership) for at least 2 (two) years. For clarification, it is the 2 years immediately preceding the relevant event and as soon as the individual it is at the point of renewing for a third year they shall have satisfied this condition.

2. In entering a National Championship competitors agree to abide by this Eligibility Policy. Any competitor winning a title may, at the absolute discretion of the organisers, be requested to supply proof that they satisfy B1 a) or B 1 b). Any competitor not complying with this requirement within a reasonable time will be liable to disqualification from receiving a National Championship title and will only be eligible to receive a race placing. Any disqualifications under this clause B2 will be subject to specific race rules and if applicable the British Canoeing dispute resolution policy.

MARATHON RACING

3. If a Competitor is not a British Citizen and has not been Resident in the United Kingdom and a member of British Canoeing, (including, SCA, CW & CANI) for the necessary 2 (two) years (in accordance with 1.b. above) and there are exceptional circumstances then they may apply to the Head of Governance and Compliance requesting discretion to be exercised. Any applications should be submitted at least four weeks prior to any National Championships which they wish to compete in.
4. Decisions are final and in the absolute discretion of the British Canoeing Chief Executive who shall consider each case on its own merits and decisions not create a precedent for any future cases.

PART G

Election of Regional Marathon Advisor

1. Under the current Marathon Racing Rules, the Regional Marathon Advisor is an elected post.
2. The election will take place each year between the Hasler Final and the end of November so that details can be included in the Racing Handbook. The election will be called by the RMA. If for any reason it is not appropriate to hold an election at this time, the MRC must be kept informed of the circumstances via the RMA Liaison.
3. All clubs in the region registered as participating in marathon racing, must be invited to be involved in the process of election, with each club nominating one voting representative.
4. The process will vary between regions according to local circumstances and may take place by email or at a meeting.
5. The process must involve the proposal of candidates and voting. Independent tellers may be used if necessary. The RMA may offer themselves for re-election. All candidates must have seen the document – Regional Marathon Advisors Role. In some regions it may be appropriate to split the role and elect joint RMAs or for the elected RMA to nominate an assistant.
6. The RMA must inform the MRC of the outcome, with any changes to contact details, once the election has taken place.

PART H

MARATHON RACING

Under 12 Racing Development – Guidance - September 2018

It is important that both Team Leaders and Race Organisers are familiar with this guidance.

SAFETY

It is expected that:

- should **Team Leaders** have doubts about the ability of their young paddlers, delaying promotion will be discussed with the **RMA**.
- **Race Organisers** will consider the safety of Under 12 paddlers at briefings, in marshalling and the provision of course safety whatever class or division they enter.

- To encourage progress to Divisions for paddlers aged under 12
- To ease transition from Lightning classes to Divisions
- Div 10 will be an open Under 12 class. The class will include paddlers previously ranked both Under 10 or Under 12. It will include male and female paddlers like other divisions. They will race over a 4 mile course.
- Paddlers may use Lightnings, other mini K1s or full length K1s.
- Under 12 paddlers may start in Lightning classes U10F, U10M, U12F & U12M or straight into Division 10. They may also start in Div 9 or higher if their coach or team leader thinks they are already at that stage. (as now)
- Numbering will be from 1001. (Lightnings from 2001, 3001, 4001 & 5001)

Promotion from Lightning classes

- Paddlers in Under 10 Lightning classes will be indicated for promotion to Div 10 once they have scored 100 points. (This would be 5 races minimum if they won every race & 6 or more if they didn't.) Paddlers in Under 12 Lightning classes will be indicated for promotion to Div 10 once they have scored 60 points. (This would be 3 races minimum if they won each one & 4 or more if they didn't.)
- Paddlers will not start from 0 again if the points span 2 or more seasons.
- However, paddlers moving from Under 10 to Under 12 on January 1st may start their points at 0 as they move on.

MARATHON RACING

- If a club coach or team leader feels that the promotion is too soon, the **Team Leader only** should discuss delaying promotion with the **RMA**.
- Lightning points will continue to be scored in Lightning classes as now, with a paddler's 3 best scores in one season carried forward to the Geoff Sanders Memorial Trophy total for the club.
- Division 10 paddlers will score points towards the club's regional standing and Hasler qualification.

Promotion from Div 10 & higher

- Once an under 12 paddler has been promoted to Div 10 they will be promoted to Division 9 using HC 45 extended from the table on page D1. The calculation will be from the mid point of Divisions 7 & 8 in the same way that Div 9 promotions are calculated.
- The **Team Leader only** may discuss this with the **RMA** if there are compelling reasons not to promote.
- Promotion from Div 9 and higher is in the normal way. As now, a **Team Leader** may discuss this with the **RMA** if there are compelling reasons not to promote.
- Paddlers Under 12 who have raced in Div 9 (not yet promoted to Div 8 and above) at the start of season 2018/2019 may move to Div 10 if they wish.

Demotions

As now, a **Team Leader** may discuss with the **RMA** if there are compelling reasons to demote a paddler. No paddler will be automatically demoted back to Lightning classes. The exception to them entering Lightning classes will be at National Championships and the Geoff Sanders Memorial Trophy Final. (see conditions below)

Points

- Division 10 will score points at regional Hasler races in the same way that Division 9 paddlers do – there is no cut-off at 110%.

K2s

- There will be no Division 10 K2.
- A Division 10 paddler may enter Div 9 K2 with another Div 10 or a Div 9 paddler.
- A Division 10 paddler may enter higher Division K2 races in the normal way with the following conditions: *Div 4 paddlers may only*

MARATHON RACING

enter 8 mile or 12 mile races. Div 1-3 paddlers may only enter 12 mile races.

Geoff Sanders Memorial Trophy

- The change will take place for the season 2018/19 starting 1st September 2018 for the Hasler Final in 2019.
- Any Under 12 paddler who has started the season in a Lightning and not been promoted above Div 9 may race in the Geoff Sanders Trophy Final. As now, any paddler who has been promoted to Div 8 or higher during the season **may not** enter the Geoff Sanders Final except under rule 57c relating to promotion at National Championships. (higher means Div 8 , 7 , 6 etc. in this context)
- This means that paddlers still in Lightnings, Div 10 or Div 9 may enter the Geoff Sanders Memorial Trophy Final if they raced Lightning in the season. They may only paddle in a Lightning. No other boat is permitted.
- There will be no double points for the final. Points will be awarded 20, 19, 18 etc. down to 1 point. All eligible paddlers entering will score a minimum of 1 point if they finish.
- Any one paddler may only carry forward a maximum of 60 points (their 3 best scores) to the total score for their club at the Geoff Sanders Memorial Trophy Final. (as now)
- Each club's score at the Final will be added to the points carried forward from the season.

Qualification for Hasler Final (from 2019)

- Paddlers may count Lightning races in the season towards 3 qualifying races for Hasler Final qualification if they are promoted at the end of the season. (as now)
- There will be no Div 10 K2 at the Hasler Final. Lightning paddlers or Div 10 paddlers may enter Div 9 K2 or above with normal Hasler Final K2 rules applying. (as now)

National Championships (from 2019)

- Lightning paddlers and those in Divisions 9 or 10 who started the season in Lightnings, may enter Under 12 National Championship races, or a Lightning race if offered by the organiser, but not both.
- Only Lightnings may be used in the Lightning classes.