



South Lakes Marathon – NEW VENUE – Lancaster Canal

NW Hasler Event

Sunday 28 April 2019

Organised by Duddon Canoe Club

Venue: Borwick Hall, Lancaster Canal. The race will begin and end at Borwick Hall, Borwick, LA6 1JX, running in Laps between Carnforth and Tewitfield. Showers, Changing Facilities and Toilet Facilities are provided within “The Stables” accommodation block.

Classes: Singles Divisions 1 to 10
Doubles Divisions 2 to 9
Lightning U10 M/F U12 M/F

Courses:	<u>Divisions</u>	<u>Distance</u>	<u>Portages</u>
	1, 2, 3 singles 2/3 doubles	21 kilometres	1
	4, 5, 6 singles 4, 5, 6 doubles	13 kilometres	1
	7, 8, 9 10 singles 7, 8, 9 doubles	6.5 kilometres	0
	Lightning	2 kilometres	0

NB distances may vary slightly according to water conditions on the day.

Timetable: Check-in between 09.00 and 11.00
Briefing 11.10
Start of Lightning race 11.30
Start of Divisional races 12.30

Refreshments: Light refreshments will be available for competitors after the race.

Rules: BC Marathon Racing Committee rules will apply.

All paddlers must show a valid comprehensive BC membership card at check-in.

Paddlers in divisions 1 to 6 who cannot show comprehensive membership will not be allowed to race.

Paddlers in divisions 7, 8 and 9 may buy an Event Ticket for a fee of £5, however only one Event Ticket is allowed per season.

Juniors who are registered members of the junior section of a club need not be comprehensive BC members providing they can show a valid British Canoeing junior section card.

Paddlers in doubles divisions must declare their singles ranking status at check-in or they will not qualify for Hasler points.

Approved buoyancy aids must be worn by all division 7, 8, 9 and 10 paddlers and Lightning racers.

The wearing of buoyancy aids by under 16 year old paddlers in other divisions is strongly advised but is ultimately at the discretion of team captains.

All paddlers are warned that there will be traffic in the area of the race and due care must be taken when racing.

Vertical number plates are compulsory for all except division 9/10 boats and the Lightning race.

Each boat must have sufficient buoyancy to remain afloat and support the paddler in the event of capsize.

Entries: Send entries via the HRM system or on the attached form together with the correct entry fees (cheques payable to Duddon Canoe Club) to;

Andy Longstaff
C/O Brow End, Great Urswick, , Nr Ulverston, LA120SX
07966 569730 browendal@gmail.com

Entry fees: £6 per seat senior
£4 per seat junior
£3 per seat Lightning
£5 Event Ticket
Late entries accepted until 10.30 am.

Prizes: Prize giving will take place as soon as possible after the end of racing. There will be a prize for the winner of each quorate race plus others as appropriate.

Notes: No dogs are allowed on the Borwick Hall owned section of the Canal start and Finish area. There is a public footpath on the opposite (western) side of the canal, where spectators with dogs are welcome.
Due to other activities at the hall, parking may be limited, and people are encouraged to car share when possible.

DCC South Lakes Marathon
28th July 2018

Entry Form

Return to:- Andy Longstaff

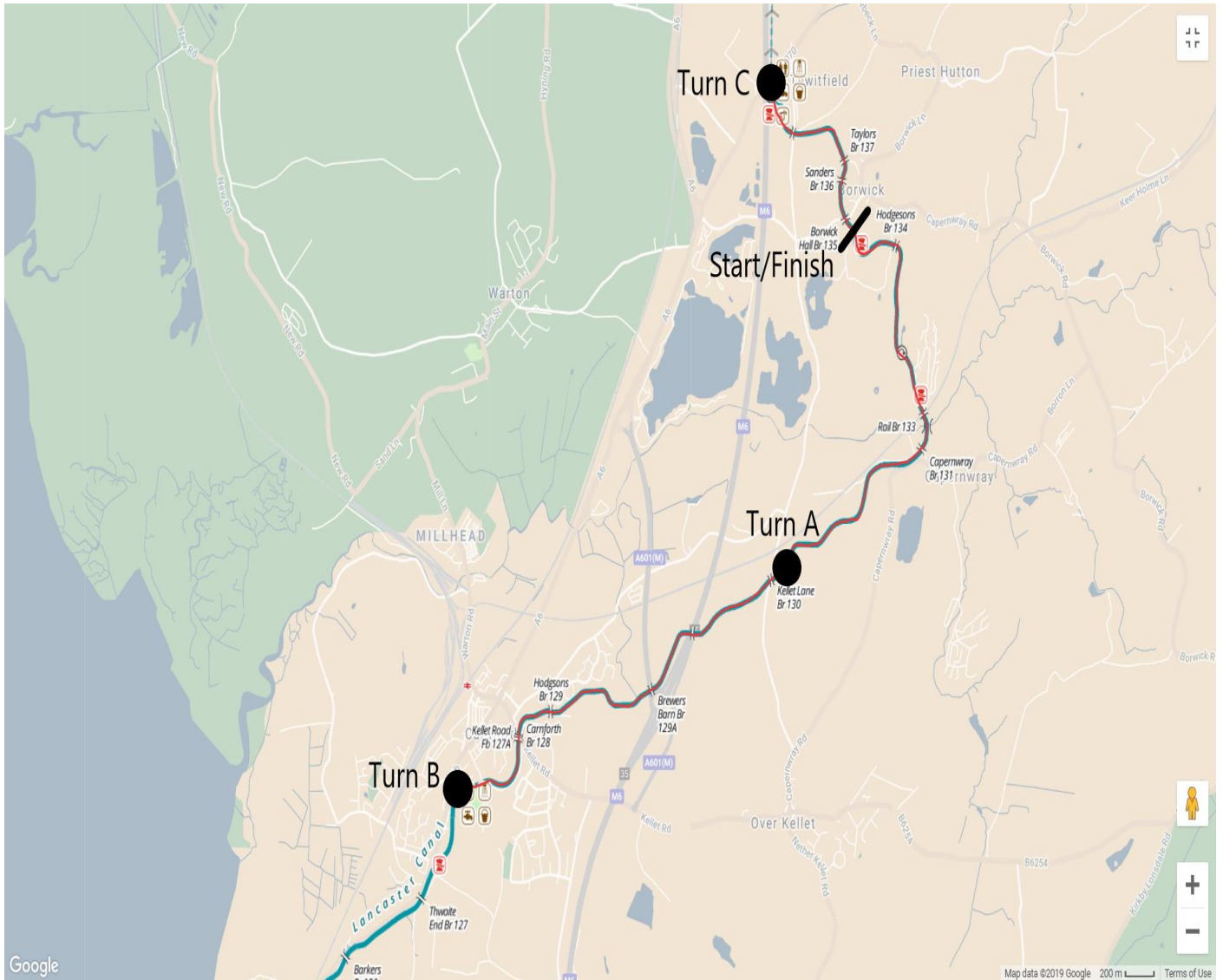
C/O Brow End, Great Urswick, , Nr Ulverston, LA120SX browendal@gmail.com

Name	Full BCU number	Expiry Date	Status J/S/L/V/C	Division entered	Singles Division if K2	Entry Fee enclosed

Name of club.....

Name, address & phone number of team leader...

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The race will be run as laps, within the boundaries of turn B and C.

6.5km Course - Start - Paddle to Turn A Paddle to Finish.

13km Course - Start – Paddle to Turn B, Paddle to Turn C, Paddle to Finish.

21km Course - Start – Paddle to Turn B, Paddle to Turn C, Paddle to Turn A, Paddle to Turn C Paddle to Finish.

Lightning Course – Start – Paddle to turn buoy in Canal Spur 1km from start, Paddle to Finish.

Camping and Accommodation

Accommodation is available at Borwick Hall, and may be booked direct using +44 (0)1524 732 508. <https://www.groupaccommodation.com/properties/borwick-hall-oec-carnforth-lancashire/youth>

The next pages shows a layout of The Stables accommodation and some pictures show what is offered. Accommodation is offered on a self-catering basis, and offers different size rooms, and a shared kitchen/lounge/showers/toilets facility. The cost is £24/pppn.

Camping is also available next to The Stables, and a cost of £6pppn, and includes use of the stables facilities.



Stables – Group name:

Date of course:

Please fill full names in boxes below *If extra beds, or rearrangement required, please let us know.*

Ramp

