

Worcester Canoe Club

K2 European Championships Assessment Day

Saturday 15th June 2019

VENUE Worcester Canoe Club, Grandstand Road, Worcester, WR1 3EF

CAR PARKING

There is no parking on Pitchcroft (race course) or at the canoe club

Please use BBC Radio Hereford & Worcester Car Park on the opposite side of the river. You will have to walk your boats over the footbridge to access the Canoe Club Site. Please allow plenty of time for this. The address is Henwick Road, Worcester, WR2 5WW.

Parking will be limited so please share cars where you can.

Some spaces will be reserved for Radio H&W staff please respect this space and do not use it, they are very good allowing us to use their car park.

<u>TIMINGS</u>	09:00hrs	Check-in
	10:00 hrs	Briefing
	10.30hrs	3.6km short races by class, as below
	12:00hrs	20K & 14K races, as below
	15:00hrs	5Km time trial, as below

CLASSES/DISTANCE & START TIMES

	3.6KM	20KM	13KM	5K TT
S & U23 MK2	10:30	12:00		From 15:00
S & U23 WK2	10:50	12:12		
S & U23 MC2	10:32	12:12		
S & U23 WC2	10:52		12:14	15:00
JMK2	10:34		12:10	
JMC2	10:54		12:14	
JWK2	10:54		12:14	
JWC2	10:54		12:14	

Juniors the Time Trial is a compulsory part of this assessment event.

****NB:** Timings are estimated based on an assumption that each of the C2 classes may not be quorate. If at least 3 athletes are present in any one of these classes, they will run separately and start times adjusted accordingly.

Start groupings may change dependent on number of entries – please check on the day.

RACE FORMAT

3.6Km, 3 laps with 2 portages. Starts in class.

20K race, 3 laps with 1 portage per lap. Starts in class.

14K race, 2 laps with 1 portage per lap. Starts in class.

5Km time trial, 1 lap no portage. Individual starts, slowest first based on aggregate times.

We are aware that earlier information did not include portages for the 3.6m course for K2s, however in the MRC have asked that portages be included.

ENTRY FEES

Seniors £10, Juniors £8 per seat.

All entries must be received by Wednesday 12th June , using the online entry and form at this link.
No late entries allowed.

Entrants must have a valid BC membership card to show at check-in, if the latest RACMAN ranking list does not show a valid expiry date. No card no race.

Payment on the day in cash or by cheque, made payable to Worcester Canoe Club.

RESULTS

Results will be posted at the event, and on the MRC website at canoeracing.org.uk/marathon the day after the event. Selections for GB teams for the European Championships and Sanabria K4 will be published on the same website by Friday 28th June, after the Reading K1/C1 race.

COMPETITORS SHOULD NOTE THE FOLLOWING:

Rules:

- 1. This race will be subject to the Marathon Racing Rules, available at <http://canoeracing.org.uk/marathon/wp-content/uploads/2019/02/2019-Racing-Rules-141218.pdf>**
2. All pre-entries must be received by 10pm Wednesday before the race, accompanied by a valid, on-the-water BC membership number, and the name of a coach, parent or club team leader for each athlete entry.
3. Team Leaders are responsible for ensuring that paddlers are properly equipped having taken into account the paddler's health, fitness, capability, the course, the prevailing conditions and other risks associated with this race.
4. The race organiser will have final say on any amendment to the rule or running of the event for safety reasons, as part of a dynamic risk assessment before or during the event. This may include modification to the schedule, courses or equipment requirements including the wearing of a buoyancy aid for those not otherwise required to under the Racing Rules.
5. Vertical number plates will be provided, £5:00 charge for lost numbers.
6. Club colours must be worn 'on top' when racing.

7. It is likely that paddlers will encounter other craft on the river. Rules of the river must be observed when racing – keep right.

8. Competitors must render their boats sufficiently buoyant to remain afloat and to support the crew in rough water in the event of capsizing. No boat will be deemed to be sufficiently buoyant purely as a result of its construction (*e.g. vac bagged/ sandwich or other construction*) to fulfil this requirement, additional buoyancy will be required in the form of foam, air bags and/or sealed bulkheads.

9. 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 supporters or team leader 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 from the competition.

10. Worcester Canoe Club and its nominated officials cannot be held responsible for any loss of life, injury or damage to equipment however caused.

11. You agree that we may publish your Personal Information as part of the results of the Event, GB Team availability and GB Team selections, and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, age category, and international race(s) sought or selected for.

Think of the Environment

Please bring your own re-useable cups/mugs etc.. We will have some plastic ones left in stock from previous races but our aim is not to use them.

Please wash your boat out before you leave your home waters.

Refreshments

We expect paddlers to bring their own food to eat between races. We will supply paddlers refreshments – biscuit, fruit and drink. There will be tea, coffee and milk, with hotwater on the go during the day on an honesty box basis. If you use up the hot water please top up the boiler.

We will provide jacket potatoes and cheese for paddlers who book it which will be available as you finish your time trials. Please book when entering – Cost £2.50 per person.

Turn it into a Training Weekend – Hereford Hasler race on Sunday

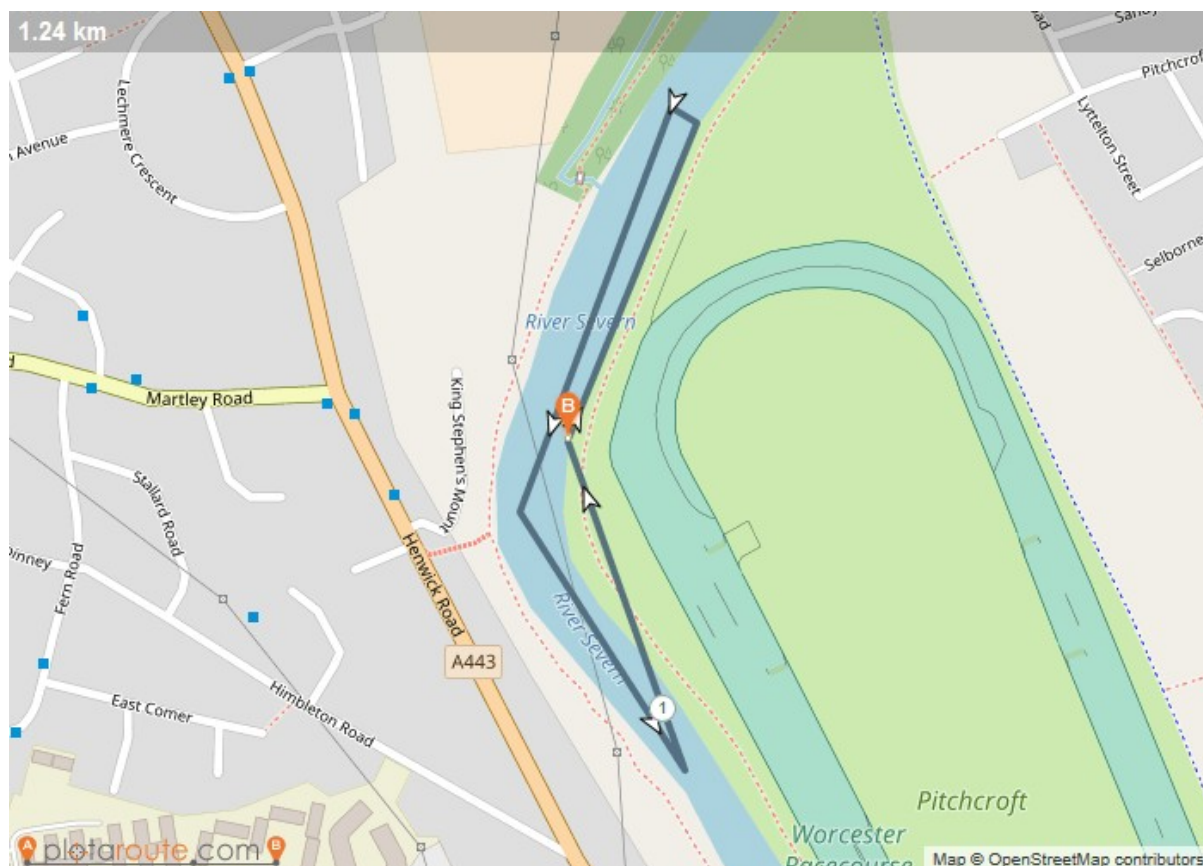
Hereford Hasler race is just 40 minutes drive away and takes place on a beautiful piece of the river Wye. Whilst you are all here how about a second day of race training in Hereford?

COURSE MAPS

3.6K short race

Start at Portage Get in , Anti-clockwise course

- 1.Upstream start to top turn
- 2.Proceed downstream to below portage turn at bottom turn
- 3.Proceed upstream, Portage on Pitchcroft bend
4. Repeat items 1 to 3
5. Repeat item 1
6. Proceed downstream to finish near portage Get in point (probably between two buoys) .



20k/13k long races

Start at Sabrina Footbridge

Finish at Club

Anti-clockwise course

Downstream start

Proceed downstream using the right hand arch of the road bridge facing downstream

Anticlockwise turn around buoy (just downstream of road bridge to make a wider arc)

Proceed upstream using the right hand arch of the road bridge facing upstream

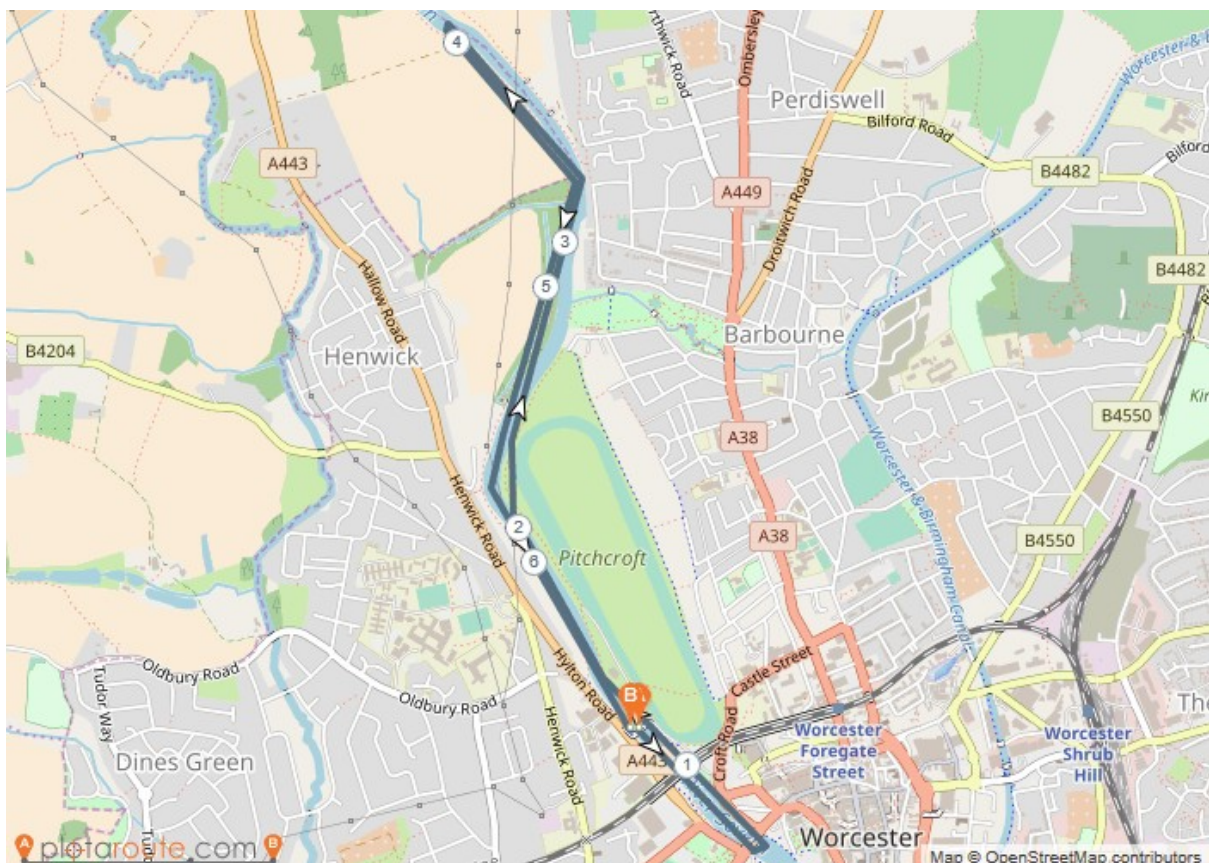
Proceed upstream past the Club to the beach portage on the right hand side

Proceed upstream to the top turn

Anti-clockwise turn

Proceed downstream past the start line and repeat the lap twice for 8mile course, 3 times for 12 mile course.

Finish outside the Club.



5k Time Trial

Start and finish on Club side

Upstream start

Anti-clockwise course

No portage, one lap

