

NATIONAL SHORT-COURSE MARATHON CHAMPIONSHIPS 2022

OVERVIEW

The MRC is pleased to announce that the first National Short-Course Marathon Championships will be held at Gunwade Lake, Nene Park, Peterborough on Saturday 30th April 2022.

Races will be held over the ICF short distance of 3.6km, comprising 3 laps and 2 portages (no portages for the Para classes).



DETAILS

DATES	Saturday 30 th April 2022
HOSTED BY	Marathon Racing Committee
VENUE	Gunwade Lake, Nene Park, Peterborough

ENTRIES

Pre-entry at <https://entries.gbcanoemarathon.co.uk/> only. Entries will be closed on 1st April, with no late entries accepted. The organisers may re-open entries after this date for any inquorate classes.

The race entry system will check the status of your BC/SCA/WCA or CANI membership for the date of the race, therefore it may deny you entry if your membership expires between the time you enter and race day. It is simple to extend your membership early online, and the entry system will be updated automatically. You may also upload proof, or bring it on the day. We cannot accept entries from paddlers without a valid full membership for 30th April 2022. "Day Tickets" will not be offered.

Fees are £15 per head for all paddlers. Athletes will race at least twice, in a heat and seeded final, and possibly a non-championship team race (to be confirmed)

Payment for entries must be made by 7th April using BACS to the MRC bank account below.

BC Marathon Racing Committee
Barclays Bank
Sort Code: 20-63-33
Account No: 73066665

If making an individual entry, please add a payment reference prefaced with "SCN" for Short Course Nationals as per this example: "SCN Smythe J"

If making a group or team entry, please add a payment reference such as "SCN Chelmsford CC" email david.enoch2@btopenworld.com with the list of paddlers the payment relates to.

No refunds will be made, **except** in the event of event/race cancellations, if individuals are obliged to withdraw due to COVID rules, or if the organiser refuses an entry on the grounds of not meeting the minimum standards (see below)

The organisers reserve the right to cap entries if any individual class exceeds 40 boats. Entries will be accepted on a first come, first served basis.

CLASSES

The following classes will be offered, with separate Female and Male categories within each:-

Open C1
Senior K1
U18 K1
U16 K1
Para Va'a
Para K1
Over 34 K1
Over 49 K1

Entries will only be accepted for paddlers ranked in Div 6 or above for Marathon, or ranked in the National Sprint Rankings, following the April 2022 regatta. This measure is to ensure the smooth running of the timetable.

Paddlers are permitted to race in classes with a higher “ranking”, specifically the Open/Senior races for all, U18 races for U16s, and O34 races for O50s.

Where permitted by the timetable, paddlers may race in more than one class at no additional cost. Requests must be made by email to the organizer in advance of the entry deadline (james7270@me.com). Paddlers should choose their primary class when entering in the first instance. The race organizer will confirm additional entries at the earliest possible opportunity after entries close. Where a class reaches its entry limit priority will be given to paddlers not racing in other classes and then on a first come first served basis. **If a paddler chooses this option, it will be compulsory to complete both heat and final for any class they choose. Failure to finish a heat or final will result in the paddler being disqualified from any other finals for which they have qualified.**

To qualify for a National Championship title or medal, a paddler must meet the criteria described in the Marathon Racing Rules for National Championships, in the 2022 Racing Handbook.

TEAM LEADERS A Team Leaders Meeting will be held via zoom on Friday 29th April at 7pm. All email addresses provided with entries will receive a link to the meeting, which will also be publicised on canoeracing.org.uk/marathon

BRIEFING The race briefing will be online only, and made available via canoeracing.org.uk/marathon during w/c 25th April. Any changes to the briefing will be communicated at the Team Leaders’ Meeting. It is the athletes’ and team leaders’ responsibility to ensure they are familiar with all aspects of the briefing and final arrangements.

COVID The event will operate within national COVID restrictions in place at the time, and the risk assessment made for the event. You are required to abide with the policies and procedures. Please DO NOT attend if you, or any member of your household or support bubble, test positive or have been asked to self-isolate.

All participants will be required to guarantee that they will have taken and passed a home lateral flow test within 24 hours prior to the race event, before travelling to the venue.

Phone numbers must be provided on entry: all contact information will be retained for 21 days for test and trace purposes. NB: if you are entering on behalf of someone else, you are responsible for having contact information for those

individuals that you can provide to Test and Trace if required.

If you are unable to attend for this reason a refund of your entry will be given, please email james7270@me.com.

FACILITIES

Nene Park offers good male and female changing and toilet facilities. Additionally, there are public toilets in the car park nearest the centre.

Drinking water may be obtained from the centre. Paddler refreshments will be issued free to all competitors, with hot and cold refreshments available for purchase from the café.

In the event of COVID restrictions limiting the use of the centre, changing tents will be made available if permitted within COVID guidelines.

RULES

The Marathon Racing Rules in the 2022 Racing Handbook will apply to this event, with sanctions applied to anyone breaking those rules. Short-course racing is fast and close with several turns and portages, and the rules allow for time penalties in the event of collisions or course infractions.

The organisers reserve the right to introduce event-specific rules which would be detailed in the online Briefing.

FORMAT

All classes with over 15 entries will involve heats and qualification to seeded finals. The number of boats qualifying from each heat to each final will be published once entry numbers are known. All boats will complete heat and final rounds.

Start lists for heats will be seeded, using marathon divisions as a basis, to ensure balance between heats.

Classes with fewer than 15 entries may run as a straight final, at the discretion of the race organisers.

The course is broadly described below. However, the course description given at the Race Briefing must be considered as the definitive version, and the description below only provisional.

All courses are 3.6km in length. Paddlers will start in a stationary line and proceed roughly 600m to Turn A, taken anti-clockwise. From there, they will race roughly 600m to the anti-clockwise Turn B, and, with the exception of Para classes (see below), from there around 50m into the portage.

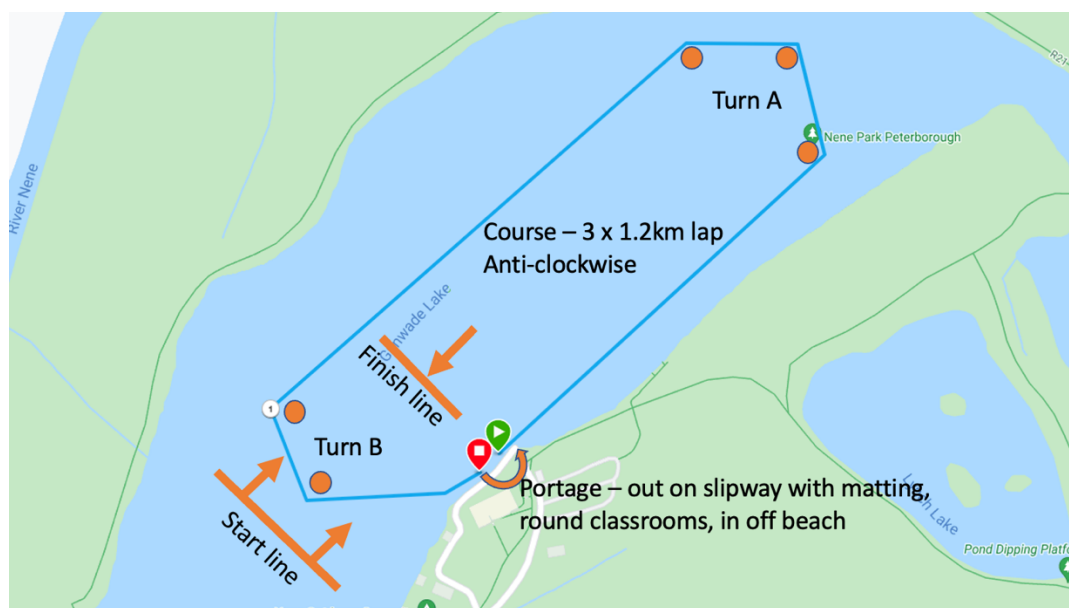
The portage is around 80m on concrete and sand surfaces. Exit from the water will be straight onto a slipway protected by triathlon matting, which will allow for paddlers to exit in shallow water without grounding. The run is mostly on concrete,

before re-entry to the water off a sandy beach.

From the portage exit, it is roughly 500m to Turn A again. On completion of the second portage, paddlers will go around Turn A and straight to the finish line without going to Turn B.

All classes with the exception of Para classes will complete the following course:
Start – Turn A – Turn B – Portage – Turn A – Turn B – Portage – Turn A - Finish

Para classes will not portage, completing the following course:
Start – Turn A – Turn B – Turn A – Turn B – Turn A – Finish



PRIZES

Paddlers finishing in the top three positions of their respective Final A will receive National Championship medals, and the winners will be the Short Course National Champion for their classes. The organisers are hoping to attract some international entries for the Open and Senior classes, in which case only the first three British or qualifying paddlers (see 'Classes' above) will earn medals and/or the title, with separate prizes for any international entrant finishing in the top three.

COLOURS

All paddlers must race for the club listed in their entry in the [Marathon Ranking List](#), and wear the marathon racing colours associated with that club. Paddlers who race as Independents must wear an all-white top. In the event that poor weather requires the use of extra layers or buoyancy aids, club colours should be worn on top. This is a rule, and paddlers not following it will incur a 15 second time penalty for the race in question.

NUMBERS

Boat numbers will be issued for the whole event and should be handed back in when paddlers leave the water after their final race. Paddlers racing more than one class may be issued with separate numbers for each class. In the event of a

number being lost or damaged the paddler should inform the organiser at the first opportunity.

SAFETY

All paddlers are expected to be able to swim or stay afloat in their paddling clothing. Boats must be equipped with adequate buoyancy to stay afloat in the event of a capsize, and boats will be checked before embarkation.

The organiser reserves the right to direct a paddler to leave the course and not finish the race if they have concerns for their safety or the effective running of the event. This may apply to a paddler who capsizes and loses enough time to interfere with other races on the timetable.

The organiser also reserves the right to make buoyancy aids compulsory if deemed necessary due to conditions on the day. Even where buoyancy aids are not compulsory paddlers and team leaders should consider if an individual should be wearing a buoyancy aid to support them in the conditions on the day. In these circumstances a buoyancy aid should be worn.

BOAT CHECKS

All paddlers and boats must go through boat control before getting on the water for the first time. Entry lists will be checked to ensure that all boats starting have passed.

All boats must display the correct race number. Where a paddler has been issued two race numbers for different classes they are responsible for ensuring the correct number is used for each race. In this instance they must go through boat control with all numbers.

All boats must have sufficient buoyancy to remain afloat and to support the paddler in rough water in the event of capsize. 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 fixed buoyancy will be required in the form of foam, air bags and/or sealed bulkheads.

RETIREMENTS

Paddlers retiring from a race should endeavour to exit the water at the boat park and notify the marshals of their withdrawal.

SPECTATORS

There is excellent sight of the whole course from along the bank and the centre café. Spectators may only cross the cordoned-off portage area under the guidance of a portage marshal.