



## Gael Force Marine Ness Marathon 2015

<http://www.gaelforcemarine.co.uk/>

### SUNDAY 12<sup>th</sup> July 2015 - Race Information

**RACE INFORMATION** – The tenth Ness Marathon (Maraton Abhainn Nis) has been Sponsored by Gael Force Marine and is organised and hosted Nairn Kayak Club, with assistance from Inverness canoe club. It is a SCA ranked Hasler Qualifier event and is part of the Highland mini-series. This is the eleventh annual event with growing participation.

This year we shall be offering 4 different courses, there is a long course for regular racers up the canal and Loch Dochfour to the head of Loch Ness, then turns back around and down the river. Note the Loch Dochfour part of the course is back in this year as flood prevention works in the town mean we have to finish at the Ness Islands. More distance, more racing, more sweat blood and tears, much more fun !!!

A short course for those looking for a fun race downriver only for those 14 plus (or any ranked paddlers under 14) or paddlers in crew boats, ideal for a family challenge, slower boats or those just wishing a good old river race.

An expansion this eleventh anniversary year in the addition of a canal based mini course for those new to racing on flat water. This race is from Muirton Locks and follows the canal up towards Dochgarroch for 4 km, turn and back to Muirton Locks and the race finish Line, then back to the hall for tea and cakes. A flatwater only event, ideal for new racers and beginners and older fitter children. Ages are a guide for this, please decide what's best for you

The Bairns race for this event is a under 14 / under 12 Lightning \ K1 marathon race (for Div 9 paddlers). Starting at Inverness Rowing club back to Muirtown locks, Juniors will be escorted from the locks up to the start and will then race back allowing full safety and supervision throughout.

The River Ness is a grade 1 - 2 river; see the SCA Rivers Guide for more information. All paddlers should have experience in their chosen boat and have been down rivers before if they chose the long or the short course. If racers chose mini or Bairns course it is canal based only. We do not require competitors to hold 1 or 2 star certificates.

This year the long and short courses will finish at the first white pedestrian bridge as you reach the Ness Islands due to flood prevention works in this town making egress difficult \ parking not possible.

#### MEETING POINT

All paddlers should meet at the Scout Hall, Muirtown Basin, Inverness (IV3 8LS for satnav) at 10.30am to register/check-in. Event briefing will take place at 11.00am sharp. Due to limited parking at the Scout Hall, please use the parking areas on both sides of the canal, east of Muirtown Bridge - and, if these are full, the nearby retail park and Co-op car parks. Event organisers vehicles only in the scout car park.

#### EQUIPMENT

As with previous years, reasonable extra buoyancy (in excess of the 12.5kg equivalent) bow and stern is required. All boats used in marathon racing must be fitted with sufficient buoyancy to support the boat and crew in the event of a capsized.

Inherent buoyancy in composite boats is not sufficient to meet this requirement. Additional foam buoyancy or air bags must be fitted. All paddlers who are ranked in divisions 7,8 or 9 must wear an approved buoyancy aid (compliant with EN 393, EN 395, ISO 12402-5 or ISO 12402-6) for all marathon races in

singles or crew boat races.

Race organizers have the right to refuse entry to the race should they deem any craft unfit for purpose. Sea Kayaks with bulkheads and hatches are deemed to comply with the buoyancy requirements. Buoyancy aids are compulsory for all paddlers. Crash-hats are required for any competitors in closed cockpit boats (e.g. White Water Racers), and recommended for all. Buoyancy aids are compulsory for all.

Plastic wavehoppers can be made available for those wishing to try a racing boat or flying in for the day, email [macksteve@btinternet.com](mailto:macksteve@btinternet.com) if so.

Note: any paddler, any craft, any course not wearing a buoyancy aid will not be marked or ranked – no matter how far they go. Buoyancy aids are a requirement of this race.

### **LONG COURSE, 22Km ( DIV 1,2,3) – Canal, Portages, Loch then Grade 1 / 2 river**

From the top of the Muirtown locks, up the Caledonian Canal to Dochgarroch, up Loch Dochfour to the head of Loch Ness, back down onto the River Ness, finishing at the first Ness Islands pedestrian bridge, Bught park. Paddlers will need to portage Dochgarroch lock and have a choice at both Dochgarroch weir and Torvean weir – boats can get damaged at these weirs – it is up to the individual to choose if they want to portage their boat at these obstacles. Depending on water levels, the organisers have the right to make any of these obstacles a compulsory portage. Plastic craft can run the weirs if the paddlers' ability level allows them to do so safely.

### **SHORT COURSE, 9km ( Div 4,5,6) – Grade 1 \ 2 river**

From the eddy below Dochgarroch weir at the start of the River Ness and then downriver to the first Ness Islands pedestrian Bridge at Bught Park Street pedestrian bridge. Paddlers can opt out of running the bottom Torvean weir and Portage on land on the right hand bank or down the cobbles on the bend next to the sluice gates. It is up to the individual to choose if they want to portage their boat at this obstacle. Depending on water levels, the organisers have the right to make any of these obstacles a compulsory portage.

### **Mini Course , 8km ( Div 7.8.9) – Canal based flat water**

This race is from Muirton Locks and follows the canal up towards Dochgarroch for 4 km, turn and back to Muirton Locks.

### **Bairns - Under 14 \ 12 \ 10 Lightning \ wavehopper \ K1 course – 2,5 Km canal based flat water**

Inverness Rowing club pontoons back to Muirtown Locks – flat water canal race, no portage and young races will paddle and be escorted to the race start.

### **ENTRIES**

Entries will be accepted up till 11.00am on the day. All entries to be made on the day £10-00 senior and £5.00 junior. Please make cheques payable to the 'Scottish Canoe Association'.

### **Liability and Scottish Canoe Association**

Racers who are not BCU \ CANI \ WCA or SCA members are required to take a one day SCA day membership at an additional cost of £5-00 as per the Scottish Canoe Association event rules.

### **TIMINGS**

Registration/Check-in: 10.00-11.30am. - Race briefing: - High Noon, 12 midday  
Long and short course starts : 13:00pm. Mini and Bairns course starts 13:30hrs  
Prize giving: 4.30pm.

For further information, please view and post on the Ness Marathon face-book events page – full information will be available from the events team on the day – it's the tenth race, we've done it before. Alternately email [macksteve@btinternet.com](mailto:macksteve@btinternet.com) , phone 07775682034 Steve Mackinnon, or your local race organiser to pass your query onto us

Search for Ness Marathon 2015 on facebook or link to NKC, Nairn Kayak Club for info.

### **Race categories**

Long Course – K1 \ K2 Sprint \ Marathon \ WWR K1, Sea kayaks, K2,s, Tandem Open canoes, doubles

Short course – **K1 \ K2 Sprint \ Marathon**, River \ GP kayak, Wavehoppers, solo, plastic sea kayaks, slalom K1, Solo open canoe, Sit on tops, touring kayaks

Mini Course – K1 \ K2 Sprint \ marathon, WWR K1, River \ GP kayak, Wavehoppers, solo, plastic sea kayaks, slalom K1, Solo open canoe, Sit on tops, touring kayaks

Bairns Course – Lightnings, Wavehoppers, K1s, GP kayaks

Anything other boat \ category required – query us on Facebook and ask us to add it in, lets get you racing



# ***Whitiness Project***

**The Racing Arm of Nairn Kayak Club - Smarter, Stronger, Faster**

