



Kirkcaldy Canoe Club

Forth & Clyde Marathon I

17th May 2015

Race Control: Auchinstarry Marina by Kilsyth OS Grid Ref: 64 / 721768

Start Times : Long & Short Courses **12:00** (divisions at 2 min intervals)
Mini & Lightning Courses **12:20** (divisions at 2 min intervals)

Entries: From 11:00am
Paddlers must be members of the SCA/BCU or take out SCA day membership (£5) on the day

Entry Fees : Seniors £5 Juniors £4
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Briefing: 11:40am for all courses

Course Details

Long Course: From Auchinstarry east to Wyndford, turn and return west to turn at Craigmarloch Bridge, east again to Wyndford and return to finish at Auchinstarry. **12 Miles**

Short Course: From Auchinstarry east to turn at Wyndford, return to finish at Auchinstarry. **7 Miles**

Mini Course: From Auchinstarry east for c.2km under Craigmarloch Bridge then continue 250m further east, turn and return to finish at Auchinstarry. **3 Miles**

Lightning Course: From Auchinstarry east for c.750m, turn and return to Auchinstarry. 2 circuits **c.3km**

Car Parking *Please ensure you use the designated car parking areas and do not park on the approach road.*

Launching *Boats must be only launched from the area around the launching ramp, canoeists must stay clear of boat moorings.*

Ranking: *Paddlers ranked in BCU Divisions 1-3 must paddle Long Course, 4 - 6 Short Course, 7 - 9 Mini Course. K2 crews race in the division calculated as the average of the 2 paddlers rankings (halves rounded down).*

Safety : *Buoyancy aids are compulsory for all lightning and mini course paddlers, Divs 7, 8 & 9. They are discretionary for other paddlers although **all** paddlers are advised to wear them. In adverse weather conditions the race organiser may require all paddlers to wear them.*

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.

The canal is open to traffic. Paddlers must take care particularly when negotiating bends and bridges. Paddlers must not obstruct the passage of other boats along the canal and should abide by the waterways code.

SCA membership : *Paddlers must be members of the SCA/BCU or take out SCA day membership (£5) on the day.*

For more information please contact : Neil Chalmers neil@kinghorn.org.uk