



RATHO-LINLITHGOW MARATHON

Sunday 24th April 2016

Long Course **Ratho to Linlithgow Basin - 12 miles**

Start approx 150m West of Ratho Bridge, finishing approx 50m before the bridge at the entry to Linlithgow basin.
No Portages.

Briefing 12.30 p.m. Start 1.00 p.m.

Short Course **Circular course from Linlithgow - 8.6 miles**

The course will start approximately 50m West of Linlithgow Basin heading West and turning at the Lightning turn. Returning East to the winding hole past Park Farm just before Bridge 39 (Fairniehill). Again turning at around a buoy and returning to Linlithgow basin, the finish line being approximately 50m before the bridge at the entry to the basin.

Briefing 1.30 p.m. Start 2.00 p.m.

Mini Course **Circular Course from Linlithgow - 4 miles**

The course will start approximately 50m West of Linlithgow Basin, heading West and turning at the buoy in the winding hole beyond bridge 48 (Woodcockdale). Returning East towards Linlithgow basin, the finish line will be approximately 50m before the entry to the basin.

Briefing 1.30 p.m. Start 2.40 p.m.

Lightning (& Mini Mini) Course **Circular Course from Linlithgow 2 miles**

The course will start approximately 50m West of Linlithgow Basin, heading West and turning at the buoy in the broad section of canal adjacent to the golf course (opposite Leisure Centre and approx 600m beyond "black pipe" which crosses over the canal). Returning East towards Linlithgow basin, the finish line will be approximately 50m before the entry to the basin.

Briefing 1.30 p.m. Start 2.50 p.m.

Entry fees Seniors £5.00 Juniors £4.00

Important notes:

Buoyancy aids are compulsory for all lightning and mini course paddlers, and for Marathon Div's 7, 8 & 9 (and Sprint D). They are discretionary for all 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.

You **must** be an SCA / BCU member to enter this event (Please make sure you bring along your membership card and number or proof of membership, otherwise an "Event Ticket" must be purchased at a cost of £5. Please also ensure that you are aware of the current Marathon Rules as these have recently been up-dated.

Please also note that **parking at Linlithgow Basin is very limited**. It is therefore recommended that boats are dropped off (there is a large grassy area just below the basin) and that cars are then parked elsewhere. There are numerous side streets along with the Low Port Centre, Railway Station and the Tesco car Park where cars can be parked. (Note there is a maximum time limit of 2hrs at the Tesco car Park).

Early entry before the day would be appreciated by the organiser Alan Fletcher
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