



Gael Force Marine Ness Marathon 2016

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

SUNDAY 10th July 2016 - Race Information

RACE INFORMATION – The eleventh 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 part of the Highland mini-series and counts for club points towards the Series trophy. This is the eleventh annual event with growing participation.

This year we shall be offering 2 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 in this year and the First portage at The top locks on the canal has been lengthened by 100 meters to the end of the grass banking, and the Torvean Weir will require a compulsory portage for all due to new Bridge works across the river and canal at Torvean.

A short course for those looking for anyone else, a fun race downriver only for those 14 plus in solo boats, paddlers in crew boats, ideal for a families with under 14's chaperoning them down, slower boats or those just wishing a good old river race.

Both courses will continue down through the Ness Islands and through the town finishing at the Final white pedestrian Bridge (second Bridge after passing Inverness Castle and the town centre. Egress from the river is immediately after the finish Bridge on the left hand bank, Pick up cars should be parked and waiting along this bank.

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. We do not require competitors to hold 1 or 2 star certificates.

MEETING POINT

All paddlers should meet at the Scout Hall, Muirtown Basin, Inverness (IV3 8LS for satnav) at 10.00am to 11:00 to register. Event briefing will take place at 11:30 am. 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 capsiz. Inherent buoyancy in composite boats is not sufficient to meet this requirement. Additional foam buoyancy or air bags must be fitted. . Sea Kayaks with bulkheads and hatches are deemed to comply with the buoyancy requirements

All paddlers 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.

Helmets are required for any competitors in closed cockpit boats (e.g. White Water Racers), and recommended for all

Footwear Is required for both portages, this is over rough Ground so K1 \ K2 paddlers will need footwear on or some quick to put on sandal \ shoe for portaging.

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

LONG COURSE, 23 Km– 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 town centre white pedestrian bridge, (fourth Bridge you pass under). Paddlers are required to portage Dochgarroch lock on the way up the canal and turn round at the Loch Ness final single bouy, then back down to the river. This year there will also be compulsory portages at Dochgarroch Weir and Torvean weir – boats can get damaged at these weirs and due to build works we cannot paddle Torvean Weir. So this year we have a standard race with an exact matching route for all competitors, Ensure you have footwear as the Torvean wier portage will be through the build area and is likely to be rough ground and a distance of 300 to 500 meters, exact route to be agreed the week before with the build company, but will be clearly mine taped and obvious with guides and helpers on hand.

SHORT COURSE, 10 km– Grade 1 \ 2 river

From the eddy below Dochgarroch weir at the start of the River Ness and then downriver Passing the first hidden Island on the right hand channel, second Islands on either channel, onwards past and avoiding Fast Eddy, the dragons tail onto the Torvean Weir – which requires a compulsory portage on the river right hand bank of 300 to 500 meters and then down through ness islands and onto the town centre - to the Last white pedestrian Bridge after passing ness castle (fourth bridge you go under) and the race finish shortly before the river meets the moray firth.

Depending on water levels, the organisers have the right to make any of these obstacles a compulsory portage.

ENTRIES

Entries will be accepted up till 11.00am on the day. All entries to be made on the day £5-00 per entry. Please make cheques payable to the 'Scottish Canoe Association'.

Liability and Scottish Canoe Association

Racers who are not BCU \ CANI \ WCA \ SCA or SCA Affiliated club 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: 10.00-11.00am. - Race briefing: - 1130hrs,
Long and short course start : 12:30 pm. - Prize giving: 4.00pm.

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 , phone 07775682034 Steve Mackinnon, or your local race organiser to pass your query onto us

Facbook event page - <https://www.facebook.com/events/916617435132999/>

Search for Ness Marathon 2016 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, SUP

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

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