

# Winter Time Trials 2018/19

## LINLITHGOW – well near !!



**11<sup>th</sup> Nov 2018**  
**16<sup>th</sup> Dec 2018** (early start)  
**20<sup>th</sup> Jan 2019**  
**17<sup>th</sup> Feb 2019**  
**17<sup>th</sup> Mar 2019**

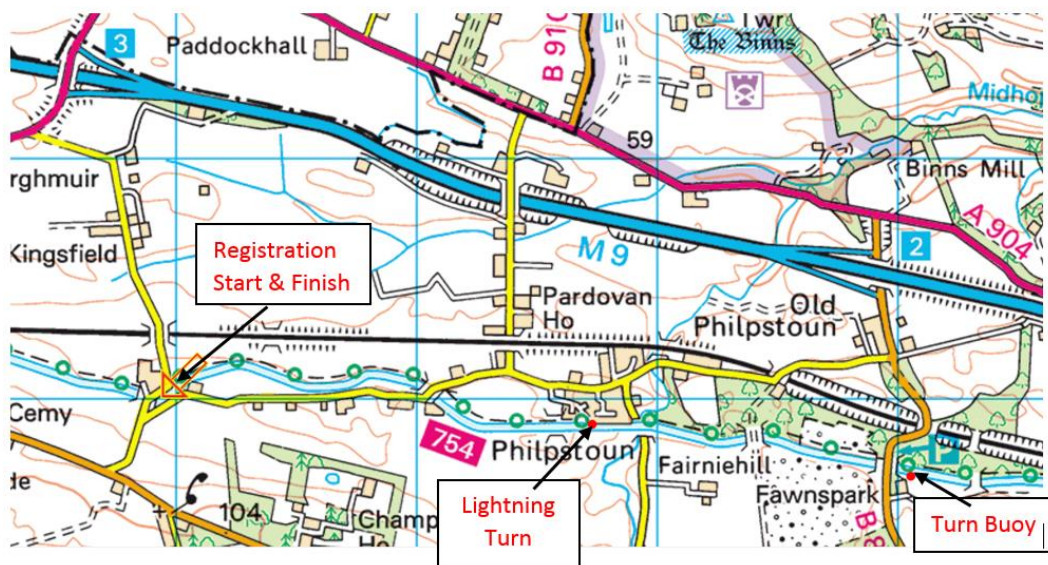


# Change of Location!!

## To Park Farm

Due to Scottish Canals Maintenance Works the canal will be de-watered through Linlithgow for around 14 weeks – they have pulled the plug out ;-)  
Registration, the Start & Finish have been relocated to Park Farm, Bridge 41, EH49 6QY to the East of Linlithgow by the Park Bistro

<http://streetmap.co.uk/map.srf?X=302932&Y=677002&A=Y&Z=115>



## Keep tabs on how your winter training is progressing!

These time trials take place on the Union Canal to the East of Linlithgow at **Park Farm** - EH49 6QY. Starts are all handicapped with the slowest paddlers starting first. Start times are from 1pm (12 Noon in December) and if handicaps are correct the finish time of all paddlers should be around 2pm (1pm in December). Handicaps are recalculated after each time trial which should ensure interesting paddling and close finishes.

The time trial will be run to the East with the turn buoy located at Fawnsark winding hole, just east of Bridge 38 (on the B8046). This will make the total distance around 6.4km (a little shorter than the normal 7km).

There will be a lightning course which will be around the usual 4km.

Parking is available on both side of the canal and we request that you **do not** use the car park for the Park Bistro.

Registration is at **Park Farm**, EH49 6QY, from 12.30 onwards (11:30 in December) and registration must be completed before 1pm (12 Noon in December).

Online entries would be helpful via CanoeScotland (will close at 23:59 on the Saturday before the event) entries & fees will be taken on the day.

Entry: £3.00 & non-SCA members will also require a SCA day membership for £5.

Important: The canal does freeze from time to time. Please check the SCA website which will have up-to-date information on whether the time trial will run or not.

Also note that in the event of poor weather conditions, novice & lightning paddlers may be excluded on safety grounds and in extreme weather the event may be cancelled.

Please remember that these events take place over the winter and therefore appropriate clothing for the weather conditions is essential. Buoyancy Aids are recommended for all paddlers and mandatory for novice (U16 or Div 7, 8, 9, D and Lightning paddlers). All boats used in racing must be fitted with sufficient buoyancy to support the boat and crew in the event of a capsize. Inherent buoyancy in composite boats is not sufficient to meet this requirement - additional foam buoyancy or air bags must be fitted.

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