

Marathon Racing in Scotland FAQs

How does it work for children? Children in the under 8, under 10 and under 12 age groups (as of 1st of January) practice and race in a particular design of smaller and more stable racing kayaks. These Lightning kayaks allow young paddlers to develop their skills on an equal footing, typically racing 2—4 km in an event.

And what about adults? Adults and young people who are under 14 and above use longer boats of varying designs. The courses raced vary from around 6 km for a “mini” course to 13 km for a “short” course and to 20 km for a “long” course.

How do I know which course to do? Each race organiser selects their courses based on the ‘feel’ they want for the event. There is a divisional system which is not based on age or gender. Competitors new to the sport may start in Division 9 and through good performances can work up to Division 1. The lower divisions (9, 8, 7) race a mini course, divisions 6, 5 and 4 a short course, and divisions 3, 2 and 1 a long course. Promotion to a higher division (and demotion) can be gained throughout the season and is based on times in races.

Can I win a prize at each race? Competing in races gains the competitor and their club points towards qualification of the Hasler Finals and for the SCA awards. Most races award small prizes after the race depending on the event and the number of competitors.

Is each race an individual event? Yes, but some races count towards a series. For example the Highland Series and Scottish Racing Week. The Scottish Marathon Championships is a stand alone event which is classified by age and gender rather than the divisional system. Age is no limit with some Scottish competitors who are over 70 still competing internationally. The details of how prizes are awarded at the end of the season can be found on the SCA website.

What’s this Hasler I keep hearing about? Races marked ‘HQ’ in a calendar are events at which individuals and their club as a whole qualify to enter and compete at the annual Hasler Final which is usually held in the south of England. The spectacle of over 1,000 canoes and kayaks racing in their various divisions is an amazing experience, yet there is care taken to ensure that even the youngest Lightning paddlers have a safe and enjoyable experience. These are the international competitors of the future!

How do I find out more information? For more information on everything related to marathon kayaking go to www.canoescotland.org/disciplines/marathon

Kayak and Canoe

Marathon Racing

Information

2018



Scottish Canoe Association
Comann Curach na h-Alba

Introduction to Marathon Racing

As soon as you have picked up the basics of paddling in a racing kayak or canoe you are ready to race. A coach or a fellow paddler in your canoe club will be able to suggest a suitable race for you to start with. This may well be one of the flat water races listed across the page. Most of these are on canals where there are no currents or technical sections to worry about.

You don't have to be part of a canoe club to race as anyone can enter the races, but there are lots of benefits to being in a canoe club - coaching, support at events, sharing transport etc. At races which are part of what's called the 'Hasler Series' (marked HQ in the calendar) competing gains you points to earn your club and you a place in the annual Hasler Final event. You will also gain points for various Scottish trophies and medals. You will also have to either join the SCA or pay for day membership to be able to compete in any race.

The main UK Canoe and Kayak Marathon racing season runs from April to October, with events somewhere most weekends. During the summer there are some weekday events and your club may have their own races as well as the regular training nights. The races range from about 6 km (less for younger children) one Scottish event of 87 km, and the epic annual Devizes to Westminster race of 200 km. The majority of Scottish races are around 6—20 km. Most races are held on canals or lochs within the central belt, with a few river races further north.

The basic information for this season is in this leaflet. Find out more by talking to people in your club and look at the Scottish Canoe Association website (www.canoescotland.org). Look under the 'Discipline' tab for Marathon or the 'Events' tab. For most events you can enter online or on the day, but check the requirements online for each event.

On the back of this leaflet are some FAQs about Marathon Racing in Scotland. Ask at your club or get in touch with the SCA Marathon Committee – details and email addresses can be found on the SCA website.

www.canoescotland.org/disciplines/marathon

| Flat water races—2018 dates | |
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| April 22nd | Linlithgow Marathon, Union Canal HQ |
| May 20th | Forth & Clyde Canal, Auchinstarry HQ |
| June 10th | Glasgow Canal Marathon, Forth & Clyde Canal HQ |
| Aug 5th | Perth Marathon, River Tay (<i>Scottish K1 Championships</i>) HQ |
| Aug 11th | Stirling Marathon, River Forth HQ |
| Sept 23rd | Forth & Clyde Canal, Bonnybridge HQ 2019 |

| Descent races—2018 dates | |
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| May 6th | Spey Marathon, Aberlour |
| July 8th | Ness Marathon, Inverness |
| Aug 19th | Grand – Dunk Marathon, R Tay, Grandtully to Dunkeld |
| Sept 16th | Leukaemia Marathon, Loch Tay to Grandtully |
| Oct 28th | Dee Marathon, Maryculter—Aberdeen |

| Other Races and Events in 2018 | |
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| Lowport Summer Series 10K, <i>suitable for novices</i> | A series of 5 events held on Thursday evenings once a month from May to Sept. 2km, 6km & 10km. |
| Scottish Racing Week <i>suitable for novices</i> | A series of 5 events held over a week in August. 2 marathon and 3 10km events. Includes the K1 Scottish Championships. |
| Hasler Final—Norwich, September | Final of the British Nationals Club Championship. Clubs and paddlers need to qualify for this event. See the back page for more information. |
| Sea Races – <i>Experience of sea paddling required</i> | Moray Firth Sea Kayak Challenge (July), Great Cumbrae Sea Race (Aug), Tail o' the Bank Sea Race (Sept) |
| K2 Championships | Specific K2 Scottish Championships, held at Glasgow Green in October. |
| Glasgow to Edinburgh Canal Challenge <i>suitable for novices</i> | Glasgow to Edinburgh Canal Challenge. A 2 day, 54 mile event, complete it individually or in a relay team. |