

# G-E 2018



Chief Official & Emergency Phone 07593781372

## Event Information

### COURSE

The start on Saturday 6<sup>th</sup> October 2018 is at Speirs Warf, Port Dundas, Glasgow. The finish is at the Millennium Wheel, Falkirk. The distance is approximately 23.5 miles. Portages are required around the locks between Banknock and Bonnybridge in the last 5 miles of this stage.

The start on Sunday 7<sup>th</sup> October is above the Millennium Wheel and the locks of the new Falkirk Interchange on the Union Canal. The finish is just before Lochrin Basin, Edinburgh. The distance is approximately 31 miles and as this is a contour canal there are no locks to portage.

All competitors are required to navigate the entire length of the canals. There will be mobile checkpoints in place to ensure that this is done. Competitors may portage in places other than around locks or natural blockages but at all times must follow the route of the canal and in no way shorten the course.

### CLASSES

Entries will be accepted in the following classes:

A – K1/ C1	One paddler, paddling the whole course.
B – K2 / C2	One crew, paddling the whole course.
C – K1 / C1 Relay	2 paddlers as a team, paddling alternate sections.
D – K2 / C2 Relay	2 crews as a team, paddling alternate sections.
E – K1 / C1 Relay Team	up to 6 paddlers as a team, paddling alternate sections.
F – K2 / C2 Relay Team	up to 6 crews as a team, paddling alternate sections.
G - Open Team Relay	up to 12 paddlers as a team, paddling alternate sections using any combination of canoe &/or kayak.

### AGE

Paddlers for Classes A and B must be over 16 years of age on 1 January 2018. There is no minimum age for paddlers in other classes, but care should be taken to ensure that paddlers are not over stretched, particularly in adverse weather conditions.

Team leaders are responsible for ensuring that a Parental consent form and emergency contact details are held for all team members under the age of 16 years who are not accompanied by a parent/carer.

### ENTRIES

Entries should be made online **at** :

The closing date for entries is Monday 24<sup>th</sup> September 2018.

Advance entries are essential to ensure the t-shirts can be available at the prize giving.

#### Entry fees

£15 per adult paddler and £10 per Junior (U18) should be paid by Friday 28<sup>th</sup> September.

Details for electronic payment will be sent with confirmation of entries.

**Alternatively**, Cheques payable to Kirkcaldy Canoe Club should be sent to:

M Chapman, Lochtyknowe, 193 Binniehill Road, Balloch, Cumbernauld G68 9JH (tel 01236 457081)

## **SUPPORT CREWS**

All paddlers must have a support crew and transport. Relay Classes C,D,E,F and G may use their competing members as their support crew.

A competitor may receive assistance (eg. refreshments, repairs, clothing) from bank support crews, as long as it does not impede other competitors, but may not be progressed in any way.

Competitors who require assistance to lift/carry their boat should contact the organiser prior to the event to arrange this.

## **STARTS**

Saturday 6<sup>th</sup> October : Check in : from 8:00am at Spiers Warf, Port Dundas, Glasgow.

Start Window : 9:00am to 12:00noon

Finish Window : 2:30pm to 5:00pm

Paddlers should select their own start time to ensure they arrive in Falkirk while the finish window is open. Those who anticipate taking 7 – 8 hours should start between 9am and 10am, while those who think they will take only 3 – 4 hours should be starting close to noon.

Sunday 7<sup>th</sup> October : 8:30 to 11:30am – Starts staggered with the slowest paddlers starting first. Start times will be advised at the finish on Saturday.

Start at the Falkirk Interchange, Union Canal.

## **CAR PARKING AT START & FINISH AREAS**

The normal car parking arrangements for the start and finish of each day are outlined below however, these could be subject to change on the weekend of the event.

### **Saturday Start**

There is limited car parking at the start on Saturday and it is important that the local parking restrictions around the housing are observed.

### **Saturday Finish**

The most convenient parking area on Saturday is on the North side of the canal rather than in the Falkirk Wheel Visitor Centre car parking on the south side. Access to this car park is by following the Park & Ride signs at the roundabout on the outskirts of Falkirk on the A803 and A883. Continue past the Park and Ride and into the public car park.

### **Sunday Start**

On Sunday morning there is a walk of c.400m along rough track to get to the canal. Through advance contact with the event organizer it is possible to arrange vehicular access to the towpath for paddlers with mobility difficulties.

### **Sunday Finish**

If you wish to do a shuttle at the start of the day on Sunday and leave your car in Edinburgh the British waterways personnel on duty at Leamington Lift Bridge will allow you into the parking area along the canal side. The Scottish Canals phone No. for access early morning is 07795 827712.

When driving along the canal side you must put on your hazard lights as this is primarily a footpath.

## **RACE NUMBERS**

Each entry will be given a number bib or board which must be displayed as instructed at all times. The bib must be handed to and worn as instructed by successive paddlers in the Relay and Team Relay Classes. Racing Number Boards will be used for Classes A & B.

## CHANGE OVERS

Incoming paddlers in the Relay, Team Relay and Open Team Relay classes must ensure that their boat overlaps the outgoing paddler before the bib is handed over.

### **Parking at change overs**

Care should be taken to avoid inconvenience or danger to other road users. Care should also be taken to ensure that vehicles and/or support crew do not obstruct the tow path in any way as this may cause problems for paddlers who are portaging or for other canal and towpath users.

### **Wyndford Lock (the first portage)**

Please could you ensure that support crews do not park on the south side of the Forth and Clyde Canal at Wyndford Lock, the access on this side from Wyndford Road is private.

There is parking for three to four vehicles at the east end of Wyndford Lock on the north side of the Canal (the towpath side) and there is further parking along the track approximately 150 metres west of the Lock Keeper's cottage on the same side which should be ample. Please do not to park close to the Cottage on the track

## TEAM LEADERS DUTIES

**Buoyancy aids** – It is the responsibility of the team leader to ensure that all team members under 16 years on 1<sup>st</sup> January are wearing buoyancy aids. Team leaders can require any other paddler in their team to wear a buoyancy aid in the interest of safety.

**Buoyancy in boats** - It is the responsibility of team leaders and competitors to ensure their craft have enough fitted buoyancy to keep them and their crew afloat in the event of capsize or when full of water.

**Young and Novice paddlers** – It is the responsibility of team leaders to ensure that young and novice paddlers are not over stretched taking into account conditions throughout the event.

**Welfare and First Aid** – Team leaders are responsible for the welfare of all paddlers in their team. A Parental consent form and emergency contact details should be held for all team members under the age of 16 years who are not accompanied by a parent/carer. Involvement of Emergency Services must be notified to the Event Organiser as soon as reasonably practical.

**Emergency phone no.** – Team leaders should ensure that all their support crew and team members are aware of the event Emergency Phone Number.

**Withdrawals** – Team leaders must ensure that withdrawals from the race are reported to the Timekeepers / Marshalls at the next mobile checkpoint, or by phone to the Chief Official as soon as possible

## PROTESTS and CONCERNS

Any protest or concerns should be made via team leader to Chief Official in person or by phone on the Event Emergency Phone Number.

## WITHDRAWAL

Withdrawals from the race must be reported to the Timekeepers / Marshalls at the next mobile checkpoint, or by phone to the Chief Official as soon as possible.

## RESPONSIBILITY

Canoeing is an outdoor water based sport and as such has inherent dangers which all participants should recognise. The organisers do not accept any responsibility for equipment or persons during the race.

## PRIZES

Limited edition T-Shirts will be awarded to all those who complete the course. Trophies will be awarded to the winners of each of the seven classes A - G.