

Winter Time Trials 2015/16

LINLITHGOW



29th Nov 2015

20th Dec 2015

17th Jan 2016

14th Feb 2016

13th Mar 2016

Keep tabs on how your winter training is progressing!

These time trials take place on the Union Canal in Linlithgow at the Canal Centre, Manse Road Basin. Starts are all handicapped with the slowest paddlers starting first. Start times are from 1pm and if handicaps are correct the finish time of all paddlers should be around 2pm. Handicaps are recalculated after each time trial which should ensure interesting paddling and close finishes.

Boats paddle westwards to the winding hole just beyond the bridge after the Sea Scouts building at Woodcockdale, turning anticlockwise around a buoy and returning to Manse Road Basin.

Lightning paddlers also paddle westwards but only to the basin just beyond the 2km mark passed the golf course, turning anticlockwise (a marker board will be located at the side of the canal) and returning to Manse Road Basin. Registration is at Manse Road Basin, Linlithgow from 12.30 onwards and registration must be completed before 1pm (you can pre-register by contacting me by e-mail before-hand and I should also be able to advise you of your start time).

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.

Parking / Access arrangements etc:

There is limited parking on Strawberry Bank adjacent to Manse Road Basin & on Manse Road. There is parking available in the long stay car park adjacent to Tesco with a short walk required to get back up to the canal. However it is advisable to first drop off canoes and kayaks at the canal. Careful -Tesco's car park itself is time limited to 2 hours.

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 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 capsizing. 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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