



# RACE PACK

SATURDAY 22 & SUNDAY 23  
JULY 2023

NATIONAL  
CANOE MARATHON  
CHAMPIONSHIPS  
2023 NORWICH

## National Marathon Championships 2023

*Date: Saturday and Sunday 22 & 23 July 2023*

### General Information

A copy of this programme and further updates will be posted to the event website <https://nationals.norwichcanoecub.co.uk>

### Merchandising

A range of merchandising is available for pre-order, there will be very limited amounts available over the weekend.

Order at: <https://nationals.norwichcanoecub.co.uk>

**Venue:** Norwich Canoe Club, Whitlingham Country Park, Whitlingham Lane, Trowse, Norwich, Norfolk, NR14 8TR.

What3words: fade.slime.sailor

Click here for details of where we are:

<https://norwichcanoecub.co.uk/contact-us/location/>

### Getting to Norwich Canoe Club

#### Directions

From the A47 Southern Bypass (heading east) turn off at the A146 Junction, signposted A146 Norwich/Trowse. Once on the slip road, turn left at the lights at the bottom heading for Norwich into the right-hand lane and turn right at the lights towards Norwich. Follow the road for around 1/3 mile and turn right at the Colman's roundabout heading for Trowse. Follow into the village turning first left into Whitlingham Lane. The Canoe Club is approx 1/2 mile on your left.

Postcode **NR14 8TR** works well for Sat Navs. What3words: fade.slime.sailor

## Contacts:

[vicechair@norwichcanoecub.co.uk](mailto:vicechair@norwichcanoecub.co.uk)

Race Coordinator: Sarah Walker

[coaching@norwichcanoecub.co.uk](mailto:coaching@norwichcanoecub.co.uk)

Course Umpire: Dyson Pendle

[marathon@norwichcanoecub.co.uk](mailto:marathon@norwichcanoecub.co.uk)

Entries & Payment Enquiries: Joshua Forster

[secretary@norwichcanoecub.co.uk](mailto:secretary@norwichcanoecub.co.uk)

General Enquiries, Trade Stands, Catering & Site

Management including para parking:

Jackie & Clive Kilbourn

[healthandsafety@norwichcanoecub.co.uk](mailto:healthandsafety@norwichcanoecub.co.uk) Safety Officer: Steven Mableson

[paddleability@norwichcanoecub.co.uk](mailto:paddleability@norwichcanoecub.co.uk)

Para and paddle ability queries: Tim Scott

[publicity@norwichcanoecub.co.uk](mailto:publicity@norwichcanoecub.co.uk)

Publicity, Media & Sponsorship queries:

Anna Carrington

[welfare@norwichcanoecub.co.uk](mailto:welfare@norwichcanoecub.co.uk)

Welfare and wellbeing: Fiona Grady

## Classes Age calculated at 01 January 2023

Distance	Boat	Class
3.5 km	K1	Under 10 Boys, Under 10 Girls
	Mini K1 Introductory non championship	Under 12 Boys Mini K1 (non championship) Under 12 Girls Mini K1 (non championship)
	K2	Under 10 Under 12
6.5 km	K1	Under 12 Boys, Under 12 Girls Under 14 Boys, Under 14 Girls Over 54 Men, Over 54 Women Over 59 Men, Over 59 Women Over 64 Men, Over 64 Women Over 69 Men, Over 69 Women, Over 74 Men, Over 74, Women
	K2	Under 10 Boys, Under 10 Girls 12 Boys, Under 12 Girls Under 14 Boys, Under 14 Girls Over 54 Men, Over 54 Women Over 64 Men, Over 64 Women Over 74 Men, Over 74, Women
	C1	Under 18 Men Under 18 Women
	C2	Under 18 Men Under 18 Women
13 km	K1	Under 16 Boys, Under 16 Girls Over 34 Women, Over 39 Women, Over 44 Women, Over 44 Men, Over 49 Men, Over 49 Women Va'a and kayak combined start,
	Para	Va'a and kayak combined start
	K2	Under 16 Boys, Under 16 Girls Over 44 Men, Over 44 Women Mixed K2, Over 34 Women

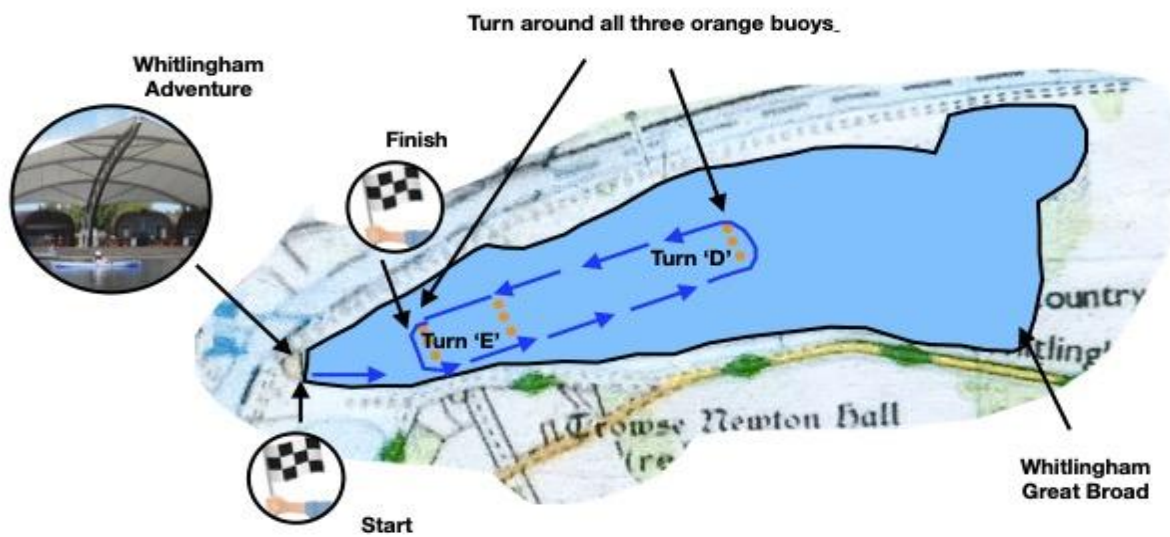
	C1	Senior Men, Senior Women
	C2	Senior Men, Senior Women
19 km	K1	Under 18 Boys, Under 18 Girls Over 34 Men, Over 39 Men
	K2	Under 18 Boys, Under 18 Girls Over 34 Men
26 km	K1	Senior Men, Senior Women Under 23 Men, Under 23 Women
	K2	Senior Men, Senior Women

### Quorate Rules

If there are low entries in a class it will be started with other appropriate classes of the same distance where possible refer to MRC racing handbook 42D

## Courses

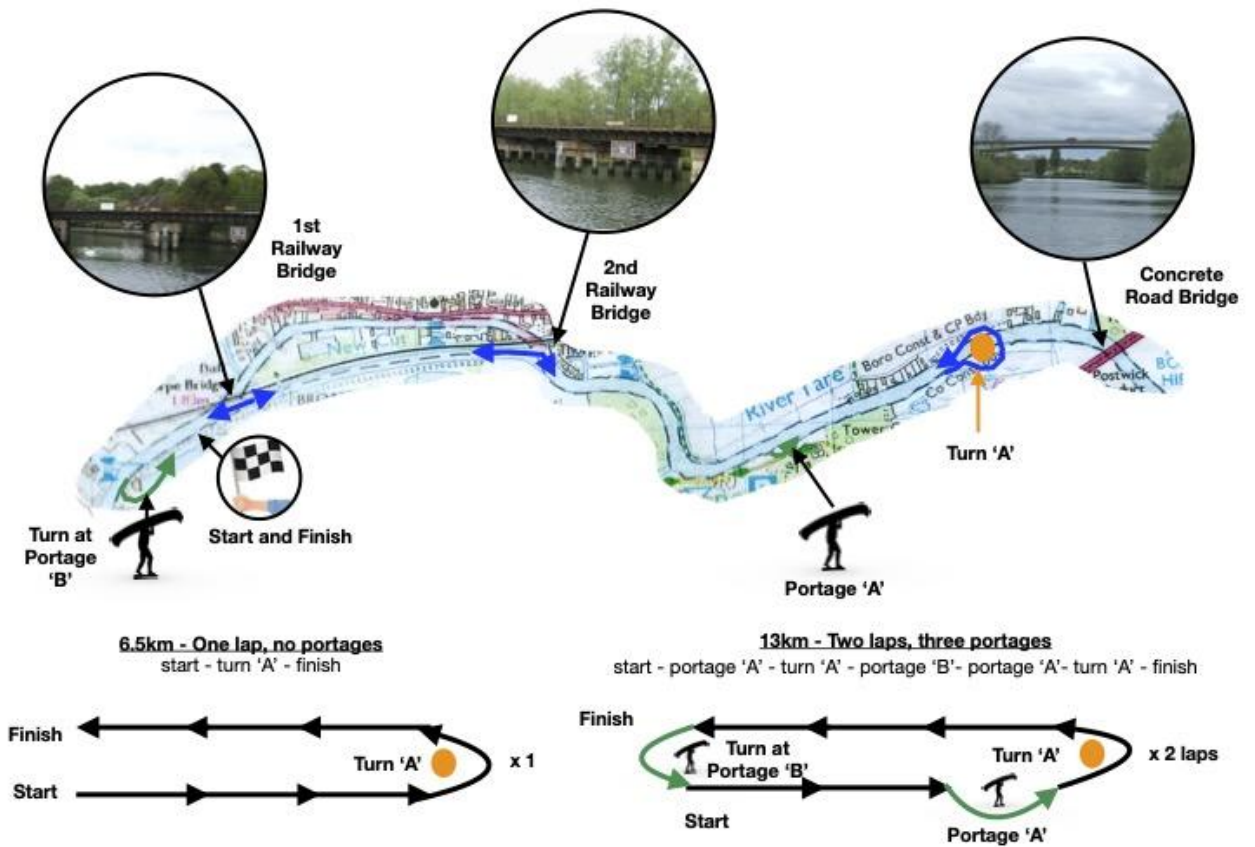
### 3.5 km on Great Broad. Three laps



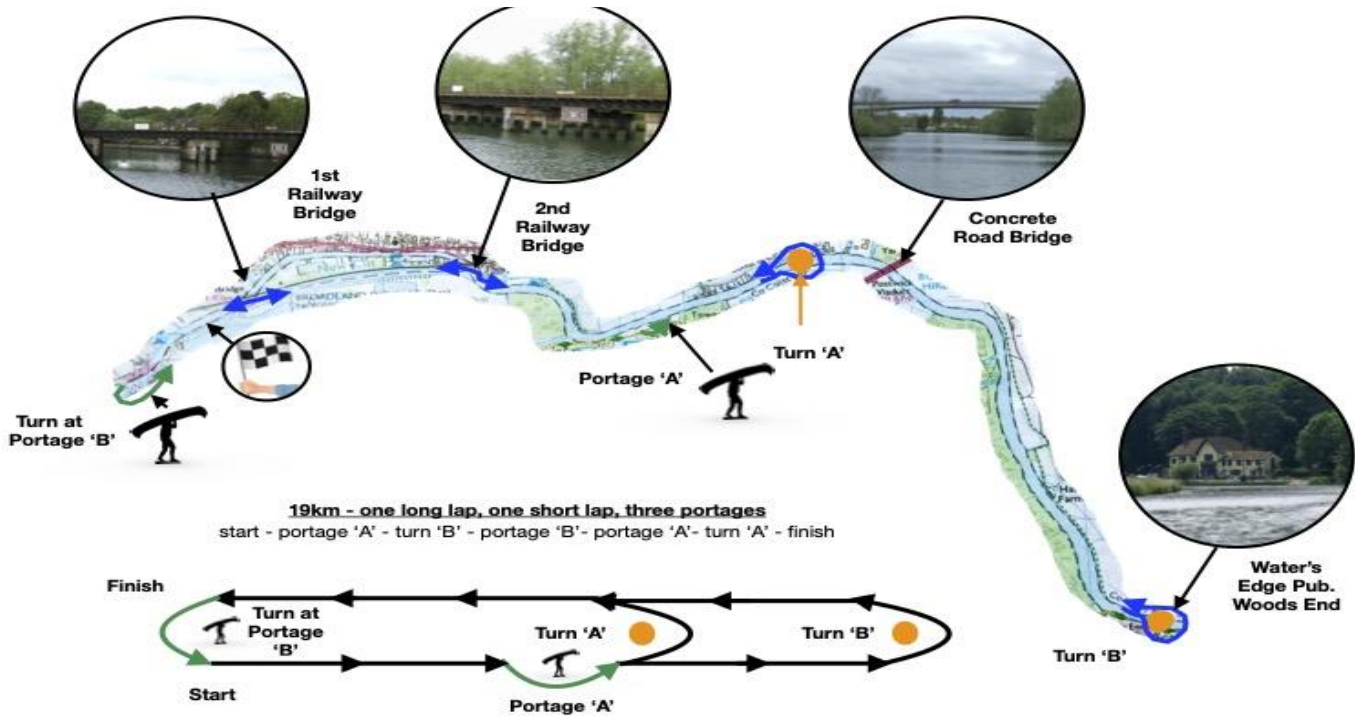
**3.5km - Three laps**  
start - turn 'D' - turn 'E' - turn 'D' -  
turn 'E' - turn 'D' - finish

6.5km on river. One short lap

13km on river. Two short laps, three portages

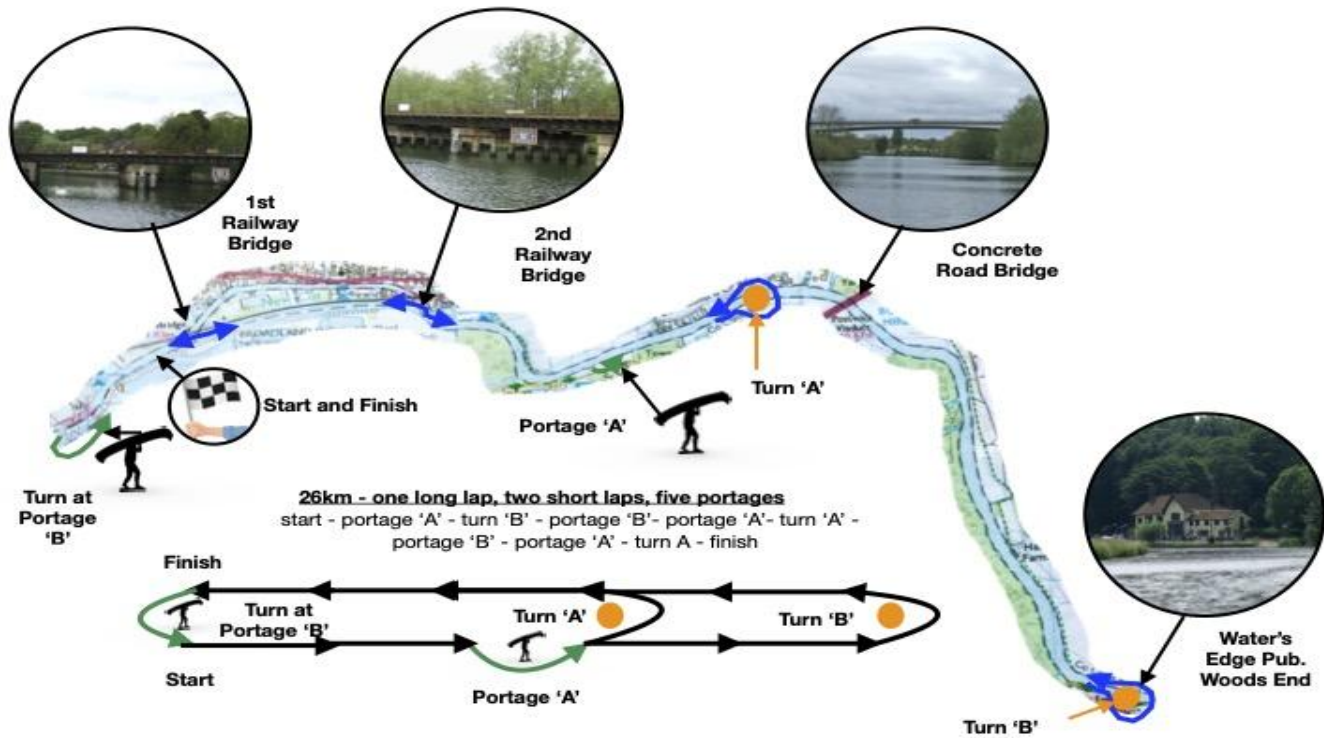


19k on river. One long lap, one short lap, three portages





26km on river. One long lap, two short laps, five portages



## Entries

### Fees

Adults	£17 per seat
Juniors <18 on 01 Jan 2023	£12 per seat

All entrants must either carry British Canoeing membership or their club must be covering the day entrant insurance

### Deadline for Entries

Entries must be submitted via <https://entries.gbcanoemarathon.co.uk/entries> with payment by close of business Sunday 16th July. There will be no late or entries on the day (read in conjunction with Late Entries and swaps).

For enquiries please contact [marathon@norwichcanoecub.co.uk](mailto:marathon@norwichcanoecub.co.uk).

### Payment

Payment must be made at the time of entry or the entry is not valid.

### Late entries

Modifications after the deadlines above are permitted for scratches and swaps between singles and doubles of previously-entered crew members, e.g. in the event of illness or unavailability of one member of a K2 crew.

Under 12 and Under 10 changes and additional entries are possible up to two hours before the races.

Changes must be requested by Team Leaders only via email to:  
[marathon@norwichcanoecub.co.uk](mailto:marathon@norwichcanoecub.co.uk) before 6pm on Thursday 20th July.

### Checking In

Checking in must be completed by Team Leaders only, and can be done either on the evening of Friday 21 July from 6-9pm at Norwich Canoe Club Boathouse or on the day on site at the Racing Desk (see site map) from 07.30am. Check-in for a race will close 1hr before briefing.

In order to check in, Team Leaders must have provided the following:

1. Personal contact details, acceptance of the race rules and conditions have been confirmed via the online form
2. Full payment received for all paddlers from their club

When all required items have been provided Team Leaders will be supplied with a pack of number boards for their crews and also the competitors food, which they are then responsible for allocating correctly to their paddlers and for ensuring that numbers are safely returned afterwards.

A charge of £5 per board will be applied for any missing number boards not returned.

## **Results**

Live results will be available on-site on the day.

Provisional results will be published live to the event website at <https://nationals.norwichcanoecub.co.uk> on the day. Final results will be published on the website and the Marathon Canoeing site within 7 days following the race.

## **Prizes**

National Marathon Championship Medals will be awarded to 1st, 2nd and 3rd all in a quorate National Championship races.

Winners of perpetual trophies will be presented with their trophy, be aware however that trophies are kept centrally by the Marathon Racing Committee.

Norwich Canoe club is pleased to share that British Canoeing CEO Ashley Metcalf will be presenting the prizes on Saturday 22nd July.

## **Guidance and Eligibility**

Paddlers may compete in races specified for those of a higher ranking but will not be allowed to compete in races specified for those of a lower ranking (e.g. an Under 18 may race as an Under 23 or Senior but not as an Under 16 or Over 34). Senior and Veteran Women paddlers may compete in a doubles crew in Senior and Veteran Men kayak races of the same or higher ranking.

All paddlers must prove current comprehensive BC/SCA/CW/CANI with membership or associate membership of an affiliated club. Entries are welcome from overseas paddlers who are members of their own ICF affiliated federation. All competitors must be valid members on race day.

## **Racing Rules**

The Marathon Nationals will be run under the rules of the Canoe Sprint & Marathon Handbook.

<https://canoemarathon.org.uk/governance/marathon-racing-rules/>

The British Canoeing Marathon Committee reserves the right to promote or demote on the basis of the results at this event.

## **Club Vests**

Paddlers must race in their club vest to be eligible for points and trophies.

## **Number Boards**

Team Leaders will be given a pack of pre-numbered boards (which will be chipped for timing) for all boats and must be used. The use of any other number boards may result in your result not being counted.

All paddlers must use these number boards which MUST be held securely with a pin. This will be checked at boat control. It is the TEAM LEADERS responsibility to ensure that each athlete uses their correct number and to ensure the boards are returned after racing.

## **Retirements**

All competitors who fail to finish must report to a Marshal and inform them of their boat number and the fact that they have retired. Failure to do so will delay results being processed and your club will incur a penalty point for any notification not received.

## **Supporters**

The area around the clubhouse and clubhouse portage has a good view of the river and the portage. There is a limited view of the river from the path. There is a good view of the Under 12 and Under 10 Course on the Large Broad.

## **Kit Requirements**

Competitors must wear appropriate clothing for the weather conditions on the day. In the event of cold weather, paddlers considered by the race organisers to be too lightly dressed will not be permitted to take part.

In order to protect against injury it is strongly recommended that all competitors wear shoes with a suitable rubber sole when getting on and off the water and when racing.

## **Disposable Drinks Systems and consumable items taken on the water**

All paddlers using disposable drinks systems and are required to mark them with their boat number. Paddlers will not be allowed to proceed through boat control with un-numbered drinks systems and un-numbered drinks systems will not be allowed in the feeding lane at the portage. Paddlers found with un-numbered bags at any time on the water will be asked to leave the course. We ask that other food and drink items such as gel packs and packaged snacks taken on the water are also labeled with your boat number so we can trace items discarded.

During the course of a competition any items discarded by a competitor anywhere other than in a proper bin, must be recovered by the athlete, their support crew or coach immediately. It is the athlete's responsibility to ensure that this has happened.

An event official witnessing non-compliance with this rule shall report the infringement to the race organiser and the offending competitor will be disqualified from the competition. Any repeat infringements by the same competitor shall be subject to disciplinary proceedings by the Marathon Racing Committee.

## **General Safety**

Competitors must be able to swim adequately in the waters on which the race is being held. All paddlers are required to render assistance to other competitors in distress.

## **First Aid**

The club has on-call first aiders available during both days. Please contact them via Betty's Bar. An AED ( defibrillator) is also located on the front of our building. All team leaders or the ambulance service know the code to open it.

## **Buoyancy aids**

Buoyancy aids are compulsory for all paddlers ranked in Division 7, 8 and 9 irrespective of the class entered. This applies across age categories and in singles and doubles.

All competitors in the Under 12 & Under 10 must wear buoyancy aids.

It is the responsibility of Team Leaders to allow suitably able junior paddlers in Divisions 1-6 to be exempted from wearing buoyancy aids. There is no requirement to inform the Race Desk of such exemptions but Team Leaders must immediately inform us of any of their crews not wearing buoyancy aids who they believe should be.

In the event of significant adverse weather on the day it may be required that other groups wear buoyancy aids whilst on the water, e.g. all juniors, all Div 4-6 paddlers or all crews. Such equipment must be provided by the competitors.

**It is the responsibility of Team Leaders to determine which of their paddlers should wear buoyancy aids based on these safety rules, on paddlers' abilities and according to conditions on the day, and to ensure that this is carried out. Team Leaders must also bring to the race organisers' attention any competitors that are known to suffer with medical conditions that could adversely affect their safety. The race organiser will then decide what, if any, extra control measures to put in place to ensure the safety of these competitors. Team Leaders will be assumed to have read and understood this policy by completing the Team Leader registration.**

## **Boat Buoyancy**

Boats must contain sufficient buoyancy to remain afloat and support the crew in rough water in the event of a capsize. Sandwich construction boats are not presumed to have sufficient inherent buoyancy and must carry additional foam or other non-porous buoyant material. Closed and watertight compartments built in by the original manufacturer may be accepted at the organisers' discretion but all boats must have adequate buoyancy at both ends.

Marshals may inspect boats at any time for adequate buoyancy. The penalty for any non compliant boat is disqualification of the crew.

## **Boat Checking and Boat Park**

A Boat Check area will be located outside the Whitlingham boathouse. (See site map)

All crews must pass through the Boat Check with their boat and race number board before getting on the water.

Crews should present boats for checking at least an hour before their race starts.

At the boat check, boats will be inspected for adequate buoyancy, structural integrity and for the correct type of craft, as defined by Rule 5 of the marathon rules. Any boats not meeting the requirements laid down there will not be permitted on the water.

After completing the boat check, crews must pass through with their boat to the Boat Park area.

Marshals may inspect boats at any time before, during or after the race to ensure compliance with these safety rules. The maximum penalty for breaches is disqualification (Rule 6 c(ii)).

## **Briefing**

Competitor Briefings will take place 45 minutes before the start of the relevant races outside the clubhouse if weather is good. The Under 12 and Under 10 Briefing will take place 30 minutes before the races.

All competitors must attend the briefing on the day, where up to date course information, hazards and obstructions will be made available, in addition to or in place of the information in the race programme.

## **Getting on the Water**

Crews must obey the instructions of marshals at all times when getting on or getting off the water.

## **General Safety**

The race organisers reserve the right to CANCEL the event up to and including on the day in the case of incident, emergency or conditions. We will do our best to notify Team Leaders but please check the website for the latest information.

In the very unlikely event the race has to be abandoned whilst in progress, marshals will inform all competitors at a convenient place along the race route. Depending on crews' locations, whether or not the Race has started and the number of crews still being marshaled, they may be asked to either paddle to a specified get-out point, or turn towards one of the banks and await further instructions.

Competitors should be aware that the river can be busy with pleasure cruisers, rowers and other craft. Competitors must be mindful of these and other hazards. Competitors must follow all instructions given by Race Marshals. Please also be aware that the quay heading is shared with the other 4 clubs in the group and may be used by rowers during the two day event.

Competitors must provide support to any other paddler in distress and should attempt to raise the attention of the safety boats or Marshals along the course.

Canoeing and Kayaking in all its forms is an 'Assumed Risk – Water Contact' sport. The organisers have done their very best to provide a safe racing environment, but competitors are reminded of their duty of care to themselves and all other competitors. Safety is a shared responsibility.

To report any emergencies on the day please telephone 07984 540606. Please do not use this for any other purposes.

## **National Championship Title Eligibility**

An athlete must either be a British Citizen and a current member of British Canoeing; or have been both a resident in the United Kingdom and a member of British Canoeing for at least two years. Please look in the Racing Handbook for clarification.



## **Assessment races**

As part of the ongoing assessment series of races that have taken place during 2023, the National Championship races will be used to assess paddlers for selection for the World Championships in Vejlen Denmark as well as the French National Championships as outlined in the MRC Marathon Selection Policy.

## **Selection policy web address**

<https://canoemarathon.org.uk/race-organisation/international-selection/>

## **Food and Drink**

Competitors refreshments will be issued when your Team Leader checks in. Betty's Bar at the clubhouse will be serving hot food and refreshments all weekend from 8.30am with a selection of hot/cold drinks, full English, cakes and snacks. As part of our commitment to the environment we do not sell plastic water bottles or take away cups, however you can bring your own sports bottles and fill up at the outside tap. We can also provide your coffee in your own reusable cups.

## Getting to Norwich Canoe Club

### Directions

From the A47 Southern Bypass (heading east) turn off at the A146 Junction, signposted A146 Norwich/Trowse. Once on the slip road, turn left at the lights at the bottom heading for Norwich into the right-hand lane and turn right at the lights towards Norwich. Follow the road for around 1/3 mile and turn right at the Colman's roundabout heading for Trowse. Follow into the village turning first left into Whitlingham Lane. The Canoe Club is approx 1/2 mile on your left. Postcode **NR14 8TR** works well for Sat Navs. What3words: fade.slime.sailor

### Parking

Those using the campsite please note that you can leave your vehicles all weekend on the campsite.

Otherwise vehicle parking is available on Whitlingham Lane in the large field on the right hand site. **Note: the country park has several events being held the weekend of Nationals, the pay and display car parks will be busy and we have been asked not to use them. A field is being made available specifically for our event and will be clearly signed with flags and marshaled. The parking is being subsidised by Norwich Canoe club. There is NO overnight parking on this field.**

Please note there are cameras on the exit and entry gates for the official car parks. Cars CANNOT park at the boat/club house.

### Parking for those with Disabilities

There is designated parking for blue badge holders, please advise that you require disabled parking before the event. Email [secretary@norwichcanoecub.co.uk](mailto:secretary@norwichcanoecub.co.uk) in advance to ensure a suitable space is reserved.

### Parking fees

£6 per day

£10 for the weekend

Payment can be made on the gate via card or **cash** (please bring cash if you can, this is Norfolk and there might not be a signal on the gate for the card machine).

**Trailer parking** will be available at the clubhouse; again it would be good to know who is bringing a trailer and if you are arriving on Friday night or Saturday morning (contact Clive Tel: 07709 387878 or [secretary@norwichcanoecub.co.uk](mailto:secretary@norwichcanoecub.co.uk) Cars CANNOT unload at the clubhouse, use the field car park and walk across the road to the lane opposite and walk to the clubhouse via the track.

## **Overnight Boat Storage**

For your convenience there will be a small field location available for overnight storage of boats near to the trailers. Note this is not secure storage and Norwich Canoe club takes no responsibility for any items left in this area overnight.

## **Site Facilities**

Norwich Canoe Club boathouse has toilets on site as well as showers and disabled facilities.

## **Camping & Local Accommodation (with parking)**

**Whitlingham Broad Campsite** 07794 401591

<https://www.whitlinghambroadcampsite.com/canoe-campsite.html>

Fergus and Lynda have their campsite in the ideal situation for canoeists, they are open all year and will take Tents and Campervans. You can hire Yurts, Shepherds huts, fire pits etc.

### **Holiday Inn**

Ipswich Rd, Norwich, NR4 6EP, Tel: 0333 320 9343

3 miles from Whitlingham Park.

### **Holiday Inn**

Carrow Rd, Norwich, NR1 1HU, Tel: 01603 751340

2 miles from Whitlingham Park.

### **Premier Inn**

Norwich Nelson City Centre. Prince of Wales Rd, Norwich, NR1 1DX, Tel: 0333 321 1369

2 miles from Whitlingham Park.

### **Premier Inn**

Duke Street, Norwich, Norfolk NR3 3AP 0333 321 1369

### **Norwich Tourist Information**

<http://www.visitnorwich.co.uk/places-to-stay.aspx>

### **Local Pubs, Restaurants and Shops:**

**Trowse:** White Horse and Crown Point Pubs. Both serve food. Small newsagent / shop. Directions - Turn left out of Whitlingham Lane for these.

**Norwich:** Riverside Complex (approx 1 ½ miles from Canoe Club), Morrisons supermarket (with chemist), shops, restaurants, bars.

Directions - Turn right out of Whitlingham Lane, over the roundabout, proceed up Bracondale and turn right into King Street.

<http://www.riversidecentrenorwich.co.uk/web/>

Start Order Starts will commence approximately every two minutes from the first start in each set of races. The start order will be as per the recommendations in the racing handbook.

Saturday	Time	Where	Order	Distance	Portages
Start A	09:00	River	Over 54 Men K1 Over 59 Men K1 Under 14 Boys K1 Under 14 Girls K1 Under 12 Boys K1 Under 12 Girls K1 Under 18 Men C1 Under 18 Women C1 Over 64 Men K1 Over 54 Women K1 Over 59 Women K1 Over 64 Women K1 Over 74 Men, Over 74, Women	6.5K (one lap)	None
Start B	10:30	River	Senior Men K1 Under 23 Men K1 Under 18 Boys K1 Senior Women K1 Under 23 Women Under 18 Girls K1	24k (one long 2 short laps) 24k (one long 2 short laps) 19k (one long one short lap) 24k (one long 2 short laps) 24k (one long 2 short laps) 19k (one long one short lap)	5 5 3 5 5 3
Start C	13:00	Great Broad	Under 10 Boys Under 10 Girls  Under 12 Boys Introductory Mini K1 Race Under 12 Girls Introductory Mini K1 Race	3.5K (3 laps)  3.5K (3 laps) 3.5K (3 laps)	None  None None

Start D	13:30	River	Under 16 Boys K1 Under 16 Girls K1 Senior C1 Para Va'a and Kayak. (Combine start unless large entry)	13K (two laps)	3
Start E	15:15	River	Over 34 Men K1 Over 39 Men K1 Over 44 Men K1 Over 49 Men K1 Over 34 Women K1 Over 39 Women K1 Over 44 Women K1 Over 49 Women K1	18K (three laps) 18K (three laps) 13K (two laps) 13K (two laps) 13K (two laps) 13K (two laps) 13K (two laps) 13K (two laps)	5 5 3 3 3 3 3 3 None
	17:30	Boathouse	Prize Giving		
Start F	19:00	Broad	Under 12 Rocket K4	3.5 (3 laps)	None

Sunday	Time	Where	Order	Distance	Portages
Start G	09:00	River	Over 54 Men K2 Under 14 Boys K2 Under 14 Girls K2 Under 12 Boys K2 Under 12 Girls K2 Under 18 C2 Over 64 Men K2 Over 49 Women K2 Over 54 Women K2 Over 64 Women K2 Over 74 Men K2 Over 74 Women K2	6.5K (one lap)	None
Start H	10:15	River	Senior Men K2  Under 18 Boys K2  Senior Women K2  Under 18 Girls K2	24k (one long 2 short laps)  19k (one long one short lap)  24k (one long 2 short laps)  19k (one long one short lap)	5  3  5  3
Start I	12:00	Broad	Under 10 K2 Under 12 Mini K2 Non Championship race	3.5K (3 laps)	None
Start J	12:30	River	Over 34 Men K2 Under 16 Men K2 Over 44 Men K2 Under 16 Girls K2 Over 34 Women K2 Over 44 Women K2 Senior C2	19K (one long one short lap) 13K (two laps) 13K (two laps) 13K (two laps) 13K (two laps) 13K (two laps) 13K (two laps)	3 3 3 3 3 3 3
Start K	14:30	River	Mixed K2	13K (two laps)	3