PADDLE UK

MARATHON

MARATHON RACING RULES

UPDATED OCTOBER 2026

Marathon Racing Committee

The table below outlines the roles of each elected and co-opted member of the MRC. Bold shading indicates that this person is the primary contact for the area in question. Enquiries may be directed to the Secretary (marathon.secretary@vol.paddleuk.org.uk) or directly to any Committee member using the contact details below.

GOVERNANCE

Chair	Stan Missen
Vice-Chair	
Secretary	Sally Hartland
Treasurer	Joe Fitzpatrick
Comms	Holly Mobbs
Safeguarding	Holly Mobbs
Equality	Bryn Price
Coaching	
Club Support	

DOMESTIC COMPETITION

Rules	Bryn Price, Evan Shephard
Major Events	**Dan Seaford*,** Holly Mobbs, Evan Shephard, Lee Barnett
Regional Advisors - Coordinator	
Race Records	Graham Warland
Race Management	**Dan Seaford***, Evan Shephard
Calendar	Graham Warland
Rankings	**Roland Lawler**
Event Safety	
Trophies	Sally Hartland
Environmental Issues	Bryn Price

Co-opted members:

Kat Wilson, Dan Seaford

INTERNATIONAL COMPETITION

Senior Development Dan Seaford

Junior Development Holly Mobbs

Logistics Graham Warland, Kat Wilson

Kit Joe Fitzpatrick

Masters Bryn Price

Event Hosting Brian Chapman**

SELECTION COMMITTEE

Chair

Voting Members: Tom Sharpe (RIC), Lizzie Broughton (RIC)

Fay Lamph (WEY

Matthew Enoch (NOT)

Non-voting, Independent Members: , Richard Ramsdale (Paddle UK)

*Indicates that this person is a co-opted member of the MRC
**Indicates that this person is Paddle Scotland representative

CONTACT DETAILS

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Regional Marathon Advisers

EASTERN Matthew Lodge mjlodge@live.co.uk

LONDON & SE Jim Rossiter jimrossiter1@sky.com

NORTH WEST	Phil Roberts Philip.roberts20@btinternet.com
SCOTLAND	Brian Chapman brchapman@mac.com
SOUTHERN	Evan Shephard evan.shephard@gmail.com
SOUTH WEST	Emma Riley emapearce@msn.com Vicky Simmons vbullen08@gmail.com
WEST & EAST MIDLANDS	Mick Nadal mick.nadal2@gmail.com
YORKSHIRE	Graham Simpkin gands.simpkin@btinternet.com
WALES	Claire Dallimore caroline@dallimore.org.uk

Regional Marathon Advisors are usually elected annually by the active racing clubs in their region. Full details of their role and the process of their election are at the end of section F. (Part G)

The Marathon Racing Regulations and Administration document can be downloaded from the Marathon website

https://canoemarathon.org.uk/governance/marathon-racing-committee/

or from the Secretary, contact details above.

PART A: RULES FOR COMPETITION

General Rules Applying to All Races

1) DEFINITION

A marathon race can be raced over any distance: usually between 3km and 200km. All competitors must race the correct course as determined by the race organiser, must go round all turn buoys and must exit and enter the water at a portage within the designated areas.

2) BEHAVIOUR

a) Canoeing is a non contact sport and competitors shall race in a safe and fair manner.

b) At all events those involved at all levels and in all roles do so within the recommendations of Paddle UK Safeguarding advice (https://paddleuk.org.uk/category/safeguarding/)

c) Racing shall be conducted in a manner that considers the safety of officials, spectators, paddlers and members of the public.

d) When a canoe or kayak is overtaking another canoe or kayak it is the duty of the overtaking craft to keep clear of other competitors at all times.

e) When a canoe or kayak is racing in a group of competitors it is the duty of all the competitors in the group to keep clear of other competitors at all times. This rule applies to any manoeuvring within the group.

f) All paddlers will wear appropriate clothing when racing. This is a minimum of singlet and shorts. These should preferably be in club racing colours.

g) 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. Any repeat infringements by the same competitor shall be subject to disciplinary proceedings by the Marathon Racing Committee.

3) THE RACING STRUCTURE

a) The marathon racing system has been designed to encourage all levels of competitor from the raw beginner to top class internationals. Rules 4) to 19) apply to all Group A & Group C races. Rules 20) -33) apply to the Divisional system specifically. The designation GST relates to the Geoff Sanders Trophy events & races for Under 14 competitors not yet promoted to the Divisional system. They are ranked GS-DivA, GS-DivB & GS-DivC . Rules 49) – 54) apply to them specifically and the scheme is explained at the end of this section after Rule 65) – Under 14 Development Racing: Geoff Sanders Trophy.

b) GROUP A (Higher Level) There are five categories of race: -

i) These races will appear in the calendar published on the MRC website. For these races the race levy must be paid and competitors must be Paddle UK, CW, PS or PNI On the Water or Associate Members.(see Rule 12). Division 7, 8 & 9 paddlers may use an Event Ticket.

ii) Divisional races registered by the Marathon Committee. Promotions will be calculated by the race management system (RMS) program for these races, with input from the Rankings Officer.

iii) Races and time trials registered by the Marathon Committee but not in the divisional system such as stage marathons, descents, Royal K1, Richmond K2, Thameside etc.

iv) The National Championships.

v) Promotions between divisions may take place based on the results of all group A races.

c) GROUP B (Lower Level)

i) Those races in the regions and at clubs that do not appear in the calendar. These will include handicap and fun marathons. No promotions will take place at these races. Clubs are encouraged to hold handicap races throughout the year as an introduction to competing in the divisional system. These should be over a 3-10km course with handicaps based on age, experience and type of boat.

d) GROUP C (Lower Level)

i) All Under 14 GST races and Junior K2 races forming part of the Geoff Sanders Trophy or held at Regional Hasler events, the National Marathon Championships or the Hasler Final registered by the Marathon Racing Committee – see rules 49-58. For these races:

(1) All competitors must be Paddle UK , Canoe Wales, Paddle Scotland or Paddle Northern Ireland On the Water or Associate Members.

(2) No race levy will be payable.

4) CLUB MEMBERSHIP

The racing year shall be from 1st September of any year to 31st August of the following year. When a competitor is a member of more than one club, they shall declare before 1st September to the Race Records Officer of the Marathon Committee the name of the club for whom they will race the following racing year. When a competitor changes their club in mid-season, they are permitted to compete for their new club, instead of their old one, provided that prior consent of the old club is obtained. This consent shall not be withheld unreasonably, particularly in the case of a change of residence from one area to another. The agreed change must be advised to the Race Records Officer in writing before points can be allocated to the new club in club competitions. Members of the Services are not included, as they may be required to race for their Service at some events, but may be permitted to race for a club at others. The MRC cannot interfere with this requirement.

5) SAFETY

a) At all events those involved at all levels and in all roles do so within the recommendations of Paddle UK Paddlesafer (https://paddleuk.org.uk/wp-content/uploads/shared-files/british-canoeing-central-documents/Paddlesafer-V7-2024.pdf)

b) Competitor responsibility

i) Competitors shall render their boats sufficiently buoyant to remain afloat and to support the crew in the event of capsize. Buoyancy must be fixed in the boat reasonably sufficiently to satisfy rule 27 of the ICF Marathon Rules which states that: 'Each boat must carry sufficient buoyancy, either in the construction of the boat or fixed subsequently, to keep the boat floating level when filled with water.' Paddle UK Marathon Committee rules interpretation of this is that inherent buoyancy provided by

'Vac-bag' or 'sandwich' construction is not alone sufficient and must be supplemented by adequate fixed additional flotation material or by the provision of sealed bulkheads.

ii) On open water, or in rough conditions, the wearing of adequate spray covers is strongly advised.

iii) The wearing of life jackets or buoyancy aids is compulsory for all paddlers ranked in divisions 7, 8, 9 & GST ranked paddlers irrespective of the race they are entered in. This applies to singles and doubles races.

iv) Life jackets shall comply with either the European Standard 'EN393 or 395 or the International Standard 'ISO 12402'.

v) Competitors are expected to be able to swim adequately in the waters on which the race is being held. It is the responsibility of each competitor (or of a parent in the case of a junior) to inform their team leader of any medical condition that may affect this. If the competitor is entering an event where they have no team leader, it is their responsibility (or of a parent in the case of a junior) to take appropriate precautions and inform the organiser.

vi) All paddlers are required to render assistance to other competitors in distress.

c) Team Leader responsibility and in the absence of a team leader, the individual.

i) Team Leaders are expected to decide if paddlers in the higher divisions should wear life jackets or buoyancy aids

ii) Should a member of your team (or a parent in the case of a junior with no team leader) inform you of any medical condition that may affect their safety, you should ensure that they take appropriate precautions.

iii) Team Leaders are expected to ensure their paddler's ability and experience is appropriate for the course and conditions particularly in the case of young or less experienced paddlers.

iv) Team Leaders &/or coaches are expected to attend any briefing by the organiser and pass on essential information to any team member who did not attend, particularly when relating to safety or the course.

d) Race Organiser responsibility

i) Race organisers may require life jackets or buoyancy aids and spray covers to be worn and will have the FINAL say as to who should wear them (except where this is covered by rule 5a(v)) depending on weather and water conditions. Such equipment must be provided by the competitors.

ii) The penalty for infringing any safety rule, or disregarding instructions from an appointed race official, is disqualification from the race.

iii) Should a team leader, an individual paddler (or parent in the case of a junior with no team leader), inform you of a pre-existing medical condition prior to a race, Race Organisers are advised to seek assurances that they have taken appropriate measures to take part safely in the event, and to do so under the existing Risk Assessment/Safety plan. Organisers must include risk assessment for GST races, taking into account their age & experience, provide adequate safety cover (e.g. rescue boats and signage) over the whole course where considered necessary. It is the organiser's responsibility to ensure that all paddlers are safely off the course at the end of the race using an equipped accompanying boat. (possible nutrition, hydration and basic first aid &

clothing where considered necessary.) Marshals at turns and portages should carry safety equipment including an absolute minimum of space blanket or similar, throw line and mobile phone. Where possible a checklist of boat numbers will help marshals tick off those who have passed them.

iv) Race organisers shall ensure that race briefings state what safety measures have been taken, such as marshals or accompanying boats particularly for GST or Div 9 races.

Canoeing and Kayaking is by its nature an unpredictable sport and therefore inherently involves an element of risk.

6) DISCIPLINE

Marathon racing is subject to Paddle UK Marathon Racing Committee Disciplinary Regulations and to Paddle UK Disciplinary Code. See https://paddleuk.org.uk/our-policies-and-procedures/

These apply to all PUK Marathon races.

For the avoidance of doubt, any complaint that an individual member of Paddle UK (competitor or non-competitor) has behaved in a manner described in clause 1.1 of the Disciplinary Regulations shall in the first instance, where possible, be lodged with the Race Protest Committee in the manner described in Marathon Racing Rule 18(g) (i) and (ii). The Protest Committee shall determine what action, if any, shall be taken. If the Protest Committee decides that the complaint should be referred to the Marathon Committee, the race organiser shall report the matter to the Secretary within three working days. The Marathon Committee will consider the matter in accordance with the Disciplinary Regulations.

Race Organisers should note the powers in clause 2.1 of the Procedures to apply immediate discipline where members or competitors have displayed violent or unreasonable behaviour.

When behaviour is deemed unacceptable or unfair advantage is gained, organisers & marshals may determine that penalties shall be imposed. This will include: deviation from the course such as missing navigation or turn buoys; intentional contact at portages; ignoring instruction from the starter after 2 warnings; failing to stop to render assistance to someone in need.

Race organisers may impose time penalties for infringements reported by marshals or race officials. This will normally be in the form of time added to elapse times, At some events determined by the MRC such as major competitions or assessments, the use of a “penalty box” may be introduced.

There are 3 levels of penalties:

- 15 seconds
- 30 seconds
- Disqualification

Allowances may also be made in some circumstances for paddlers stopping to render assistance. These will be determined by organisers.

It is considered unsporting behaviour to wash hang a paddler who has abandoned their race. Organisers will disqualify paddlers taking a wash from a paddler in any division who has retired and not completed their race, but is still on the course.

7) ANTI-DOPING

Marathon racing is subject to the ICF and UK Anti-Doping Rules

See https://paddleuk.org.uk/anti-doping-paddle-clean/

8) BROKEN PADDLES / BOAT

A competitor must not change boats during a race, but may change paddles in the case of breakage.

9) WASH HANGING

a) Competitors must not hang on the washes of powered craft.

b) In an assessment race wash hanging or interfering with any other boat or competitor who is not in your own class/race is not permitted. Anything that may be construed as interference, such as wash hanging or assisting another competitor/crew will result in disqualification of all involved, if proven. Furthermore, it is expected that when being caught by faster competitors from another class/race, paddlers will show good sporting behaviour by staying at least 3m clear, and giving up the racing line to avoid suggestion that any advantage was gained by either party.

10) ASSISTANCE TO COMPETITORS

A competitor may receive food and drink during a race. Competitors with a disability may receive assistance at portages, but no other assistance unless permitted before the race by the organiser.

11) BOAT DESIGNS

Any type of canoe or kayak can be used.

Kayaks shall be propelled solely by means of double bladed paddles.

Canoes shall be propelled solely by means of single bladed paddles.

The paddles must not be attached to the boat in any way, being supported only by the hands. Disabled Paddlers may use agreed prosthetics designed for their needs.

For **GROUP A** races boats must comply with the ICF regulations as detailed below with the detailed exception:-

single kayak	*max length*	*520cm (unless it is a recognised surf ski design)*
double kayak	*max length*	*650cm (unless it is a recognised surf ski design)*
single canoe	*max length*	*520cm (unless it is a sit & switch boat of a recognised design up to 6m)*
double canoe	*max length*	*650cm (unless it is a sit & switch boat of a recognised design up to 7m)*

Organisers may accept entries from SUPs as a single C1 provided that it is propelled with a single paddle and the organiser is satisfied that it does not compromise the risk assessment for their event.

Kayaks over 460cm in length must not have concave sections unless classified as Wild Water Racing boats and falling within the ICF regulations for such boats. Canoes of recognised design may also have concave sections.

(At such time in the near future that the ICF publish modifications to their rules relating to design, these rules will also be simplified in line with them as required.)

12) PADDLE UK MEMBERSHIP

a) All competitors in GROUP A and Group C races must be On the Water members of Paddle UK, or Associate Members, CW, PS or PNI members. Membership numbers must appear on entries and results. Juniors ranked in divisions 7, 8, 9 and GST competitors who are members of clubs affiliated to PUK must have their membership registered by their club.

b) At all Regional Hasler events:

i) All competitors in divisions 1 to 6 must have had their membership verified at time of entry. A competitor who has not raced in the last 5 years may buy Single Event Membership. (SEM) See PART C Para 9e for further explanation.

ii) All competitors in divisions 7, 8, 9 must have had their membership verified or have had their club membership registered with PUK as Associate Members at the time of entry. Any competitor unable to do so will be required to buy Single Event Membership (SEM) See PART C Para 9e for further explanation.

c) At National Championships (including Short Course Nationals) all competitors in divisions 7, 8, 9 must have valid membership when entries are made. A competitor who has not raced before must have their Affiliate Membership registered by their club.

13) RACE LEVY SCHEME

At all GROUP A races, published in the calendar published on the MRC website, there will be a race levy of £3.00 for each senior and veteran paddler by age, as recognized by their Paddle UK CW, PS or CANI membership, and £2.00 for each junior paddler by age, as recognized by their membership. At Major events such as National Championships including Short Course Nationals & Hasler Finals, the levy shall be £4 for each senior or veteran paddler & £3 for each junior paddler. The levy to be charged on all paddlers checked in irrespective of whether they start or finish the race. The race levy for all categories of races is to be remitted by the Race Organiser to the Treasurer within 7 days of the race. Cheques should be made payable to "PUK Marathon Racing Committee" and sent to Joe Fitzpatrick, 94, Sheering Road, Harlow, Essex CM17 0JW

Those clubs wishing to pay the levy by electronic transfer should remit to

Barclays Bank Sort Code:20-63-33 Account No: 73066665

Account name Paddle UK.

When making electronic transfers please also email Joe Fitzpatrick with the race name and amount of levy to j.fitzpatrick93@outlook.com

14) RACE REGISTRATION

The organiser of a GROUP A race must apply to the Calendar Organiser for that race to be registered. This must be done by the autumn of the year preceding the event. The event must be organised and run under the Marathon Racing Rules. Registered races may advertise through Paddle UK and may appeal through the Marathon Committee in cases of dispute or difficulty. Refer to Paddle UK Disciplinary Code at https://paddleuk.org.uk/our-policies-and-procedures/

The registration fee will be the race levy described in rule 13 and the organiser must comply with the requirements of rule 18.

15) BOAT NUMBERING

At all GROUP A races competitors shall number their boat in the following manner. Paddlers racing in divisions 1-8 **must** display vertical number plates secured to the boat number holder with a pin or clip.

ALL numbering of vertical boards will be on both sides of the board and numbered in one of two acceptable formats:

a) digital style format numbering, created from **black** insulating tape, no less than **12mm** wide. The digits should be formed from small strips of tape in **50mm** and **100mm** lengths to make up the numbers. The number must be presented on an **OPAQUE WHITE** number board measuring **150mm** in height and **280mm** in length, with rounded top corners. Hand written crayon and felt tip pen numbering is **not** acceptable.

b) **Alternatively** an **OPAQUE WHITE** number board measuring **150mm** in height and **200mm** in length, **PRE-PRINTED** and issued by the event organiser is also acceptable.

Race organisers will be able to refuse entry to a race where these rules are not complied with.

Yellow number boards will **not** be acceptable.

Paddlers ranked in Division 9, club and fun race paddlers may alternatively use 225mm diameter white discs which should be displayed on fore and aft decks or as directed by the organiser.

Any paddler not displaying a number plate at the start of any race, or whose number is not clearly legible, will not score club points. If the number becomes detached from the boat, it is the paddler's responsibility to make sure the marshals and finish judges know their number to ensure inclusion in the results.

16) FINISHES

A competitor is deemed to have finished a race when the bow of the canoe or kayak has crossed the finishing line on the water with the competitor(s) in it.

17) ASSESSMENT RACES

The Marathon Committee will co-ordinate with race organisers to determine assessment race venues and the dates will be shown in the Racing Calendar on the MRC Website. At these races, assessment classes may be separated from other race classes and may be run over the same or different courses. Club colours must be worn at assessment races. In the case of foreign nationals racing for selection at assessment races, the rules applying to this are specified in PART F at the end of this section.

18) ORGANISATION OF GROUP A RACES

a) Clubs hosting races **must** be affiliated to Paddle UK .

b) The race shall be open to canoeists who are members of an ICF affiliated federation.

c) The race shall be properly advertised and the organisers shall issue adequate instructions on request, up to one month before the event, to prospective competitors or interested group leaders.

d) Organisers shall provide Team Leaders with their Risk Assessment should this be requested.

e) In the event of circumstances which render it impossible or unsafe to run the race as planned, the Race Organiser shall take all reasonable steps to inform the competitors and supporters at the earliest possible moment.

f) Race Organisers shall charge an entry fee for each competitor to include the levy cost. This fee may be reduced for juniors and augmented for late entries.

g) Changes of class/division shall be permitted if the organiser so wishes. Information regarding class/division changes should be available to competitors at least 30 minutes before the start time of the class/division concerned.

h) Where a River Authority or other outside agency imposes a navigation rule, paddlers will be informed in any briefing and the organiser shall provide a marshal(s) to ensure that this is enforced. Organisers should not introduce additional navigation rules they cannot marshal or enforce.

i) The Race Organiser shall provide a Protest Committee consisting of three officials or members of the organising body to hear and settle all protests by any competitor in that event. The following rules will be observed:-

- **i)** The protests must be received within 30 minutes of completion of the relevant race and before the announcement of the final results. Failure to observe this will invalidate the protest.
- **ii)** The protest must be in writing to the Race Organiser and must give full details of the alleged infringement of the rules.
- **iii)** The Protest Committee must meet immediately to hear all the evidence and to consider the protest's validity in accordance with Paddle UK and Marathon Racing Rules.
- **iv)** The organiser shall retain the details and outcome of the protest, together with any appeal and also inform their RMA who will collate the information with other protests in their region.

j) A protest against an organising body may only be dealt with by the Marathon Committee. Any such protest must be made within 3 working days in writing to the Secretary of the

Marathon Committee and give full details of the alleged infringement of the rules. The person making the protest must also inform the secretary of the club or body concerned within 3 working days. Failure to comply with these conditions will invalidate the protest.

k) Appeals against the decision of the Protest Committee are permitted and these will be heard by the Marathon Committee.

l) Within 2 working days of the race the results are to be emailed to the Rankings Officer, the Race Records Officer, the Regional Marathon Advisor and to marathonresults@canoeracing.org.uk, so that promotions can be ratified and the results uploaded onto the marathon website. See Useful Addresses at the start of Section F.

m) **Within 7 days of the race** the Race Organiser must remit the race levy together with the race results in accordance with rule 13.

19) ORGANISATION OF GROUP B RACES

a) For these races competitors do not have to be Paddle UK, CW, PS or PI members, there is no levy and no requirement to submit results to the race records officer. Race advertising, entry fees and classes are at the discretion of the organiser. The formal requirements to register club membership and for protest procedures are not necessary.

b) Rules 1, 2, 5, 6, 7, 8, 9, 10, and 11 shall apply to all GROUP B races.

Rules Applying to Regional Divisional Hasler Races

20) Regional divisional Hasler races are GROUP A races and all of rules 1 -18 above shall apply.

21) REGIONS

a) The regions are determined by the Marathon Racing Committee for England plus Scotland and Wales. Each region will run its own league championships throughout the year and will decide how many results are to be counted by clubs. In regions running up to 7 races, all scores will count for each club. In regions running more than 7 races only the best 7 scores from the total number of races will count for each club.

b) Clubs wishing to be included in the regional league and score Hasler points must be affiliated to Paddle UK, have registered their club colours, have provided a contact email address and been assigned a unique 3 letter club abbreviation. This process is done via the Regional Marathon Advisor.

22) THE DIVISIONAL SYSTEM

a) Entry into the divisional system should be based on the standards detailed in the "Racing Standards appendix" to be found at the end of these rules.

b) Club coaches are responsible for ensuring the ranking status of their paddlers and where necessary to ensure they are re-ranked appropriately.

c) The divisional system is arranged into 9 separate singles divisions and eight separate doubles divisions numbered 2, 3, 4, 5, 6, 7, 8 and 9. Race Organisers must offer the following races at all events except where varied as agreed with the Regional Marathon

Adviser. Geoff Sanders Trophy Races (GST) are open to paddlers aged Under 14 at 1st January and not ranked in Higher Divisions.

i) Division 2 & 3 doubles race over 20 km.

ii) Singles races for each of divisions 1 to 9

iii) Doubles races for each of divisions 4 to 9

d) A list of all padders ranked in each of Divisions 1-8 is published on the MRC website at canoeracing.org.uk/marathon and updated continuously. Following promotions and demotions

e) At the end of each racing season, the ranking list is checked and any paddler not having competed for two successive seasons is removed from the list. Each autumn clubs are asked to submit a list of the paddlers who will not be active for the coming season and where appropriate, to amend a draft of the proposed divisional lists.

23) THE HASLER TROPHY

The Hasler Trophy is the National Team League Championships and is competed for throughout the season on a regional basis. The Hasler season is defined by the races designated 'H' in the Racing Calendar of this Handbook. Races relating to the following season are designated 'H2024.

24) TYPES OF COURSE

Whilst there will be some variations due to local conditions and types of course available, the normal distances will be:-

Div.1, 2 & 3 Singles and 2 & 3 Doubles

Full senior course of about 20km with any degree of severity.

Div.4, 5 & 6 Singles and 4, 5 and 6 Doubles

Course of about 13km which may include portages and/or weir shoots.

Div.7, 8 & 9 Singles and 7, 8 & 9 Doubles

Course of about 6.5km with the minimum practical hazards.

25) COMPETITORS

a) Each club will be allowed as many competitors as it wishes.

b) A paddler can only compete in one race in a qualifying event.

26) SEPARATE STARTS

Each quorate race of six or more starters must be started separately. Two or more quorate races of less than six starters (i.e. with 3 or 4 or 5 starters) over the same distance may be started together, but for all other purposes are treated as separate races.

27) SYSTEM FOR AMALGAMATION DUE TO LOW ENTRIES

If there are fewer than three entries in a division then they will be started with a race of the same distance but will not be combined for the purposes of results or club points. If no race of the same distance is available, they should be started (but not combined) with the nearest possible race below.

It will still be the case that some divisions will be inquorate particularly in smaller regions. The practice of clubs communicating with each other about entries, in advance of events, to avoid inquorate classes, particularly in the higher divisions, is to be commended.

28) COMPETING IN A CREW BOAT

a) When competing in doubles events the competition ranking shall normally be an average of the individual paddlers' rankings (all halves rounded down). *Example: division 4 paddler and division 5 paddler average 4 (ignoring the half), race in 4_4 K2.*

b) Paddlers ranked in division 1, 2 or 3 must race over the 20km course.

c) Paddlers ranked 4, 5 or 6 must race over the 13km course, but may also race up in the 20km when partnering a Div 1, 2 or 3 paddler

d) There is no Division 1_1 K2 at regional races *(which also means there is no K2 race for a Division 2 paddler racing with a Division 1 paddler. A Division 1 paddler may race with a Division 3 paddler in Division 2_2 K2 and so on using the two principles above.)*

e) All paddlers competing in crew boats must show their singles ranking on the entry form and these rankings must be shown on the results.

f) Paddlers ranked in GST Divisions may race with higher ranked paddlers and will be counted as Div 9.. Division 1-3 paddlers may only race 20km races with lower ranked paddlers.

29) SPECIAL PRIZES

Race organisers are strongly encouraged to give prizes for individual groups of paddlers within Divisions. **The MRC consider the inclusion particularly important where there are gender differences, Juniors, Canoes or specialist groups of paddlers included in the race. e.g. first under 16, first C1. In particular they are strongly recommended to give a prize for at least the first woman in each division and for the highest placed Canoe.** This kind of encouragement is particularly important in the divisional system, but will differ from venue to venue according to what variations there may be.

30) POINTS

a) In regional races only those clubs within the region will score points. Paddlers from other regions will not be taken into account when calculating points except that their time will be used for the 110% calculations if they are the fastest boats not promoted.

b) To be included for points, clubs must be registered within their region as described at Rule 21b).

c) All competitors in both singles and doubles must show their singles ranking at race entry.

d) Only competitors racing in their club colours will score points. In a crew boat, if one paddler wears club colours and one does not, only the paddler wearing the colours will receive points.

e) The points system will be as follows.

i) Divisions 1-9 in singles and 2 – 9 doubles will count for points.

ii) Points will be awarded to each paddler in both singles and doubles - 50 for 1st, 49 for 2nd, 48 for 3rd and so on down to 2 points to all paddlers who finish within 110% of the time of the fastest boat not promoted in a singles race and within 110% of the winners' time in a doubles race. One point only will be awarded for paddlers who finish outside the 110% limit irrespective of their position. In a K2, each paddler will receive the points allocation, so 1st boat 100 points, 2nd boat 98 points, 3rd boat 96 points and so on.) This to apply to all races except divisions 9 singles and 9 doubles which will receive 50 for 1st, 49 for 2nd, 48 for 3rd and so on down to 2 points for all paddlers who finish.

iii) Paddlers starting with a different division under the provisions of rule 27 will count for Hasler points but their times will not be used for the 110% calculations.

iv) Paddlers in a separate assessment race at a Regional Hasler event will not score Hasler points.

v) Each club will count its twelve best scoring paddlers from any divisions in any combination of K1/C1/K2 or C2. Doubles boats can be counted even if some of these boats contain just one paddler who is eligible for Hasler points for a particular club.

vi) At each event the club with the highest score will get 10 regional points in the regional competition, 9 for 2nd and so on.

vii) Paddlers may have an "additional" ranking to their usual one if accompanying a disabled paddler in a double, to allow them to compete in a 4 mile race. The accompanying paddler will be classed as GUI (Guide Paddler) and will not score points. The disabled paddler will score normal points. This rule will allow paddlers above Div 7 to act as Guide Paddlers.

31) RACE RESULTS

Race Organisers must report their results using the RMS computer program. Race Organisers must use the RMS program at the race to complete entries and calculate results at the meeting. If this is not practicable, results must be recorded later onto the RMS for reporting to the MRC in compliance with rules 18 j) and k).

32) PROMOTIONS

a) Promotions between the divisions throughout the season will be based on the table "Standards for Racing" applied by the RacMan software. Details are available from MRC on request (see below.)

b) Promotions will be calculated on the following principles on the basis of singles results subject to the other provisions of this rule 32;

Divs 1, 2, 3 & 4	There are no automatic promotions to divisions 1, 2 & 3. Promotion times will be shown in the race file but promotions will not be indicated on any results printed on the day. The Rankings Officer in consultation with the Regional Marathon Adviser must ratify these for publishing with the official results on the Marathon Website.
Divs 4 and 5	Promotions to divisions 4 and 5 will be calculated by taking the times at each race of the mid-placed paddler in divisions 4, 5 and 6 divided by the Mean Factor for each of these three divisions. The average of these calculations will be multiplied by the Promotion Factor for divisions 3, 4, and 5 to give the times for promotion to divisions 5 and above.
Divs 6, 7 and 8	Promotions to divisions 6, 7, and 8 will be calculated by taking the times of the mid-placed paddler in divisions 7 and 8 divided by the Mean Factor for each of these two divisions. The average of these calculations will be multiplied by the Promotion Factor for divisions 6, 7 and 8 to give the times for promotion to divisions 8 and above.
Div 9	For paddlers racing in GST Divisions, Promotions to Division 9 will be based on the separate rules for GST events. Promotion will be limited to 1 division. Promotions will be monitored by the RMA in discussion with the Club Team Leader or Coach particularly where a paddler is aged Under 10.

[The above is an outline description of the promotion process. The detailed bases for calculations are available by post or email from the Secretary, Marathon Racing Committee]

c) Promotions may take place on either singles or doubles performances. Performances in doubles divisions will be monitored by the Ranking Officer and promotions made under Rule 32(j) where considered appropriate. Promotions within mixed division crew boats will normally be given to the lower (slower) ranked paddler. If a team leader believes the promotion should be taken by the higher (faster) ranked paddler they should contact their RMA. Such an adjustment will normally be accepted but the ranking officer reserves the right to uphold the original decision if believed to be more appropriate.

d) Status in canoe will not affect status in kayak and vice versa.

e) No automatic promotions will be made under Rule 32 (b) where there are fewer than 5 starters in any race. However, the Ranking Officer in consultation with the Regional Marathon Adviser may amend or dispense with this limit if persistently low numbers in a division are clearly preventing the promotion system from operating as intended.

f) Promotions are not limited to one division. For example, a division 9 paddler with a time faster than that required for promotion to division 7, would be promoted straight to division 7. However, it is the responsibility of the Team Leader, coach and/or the individual to try as accurately as possible to enter a new paddler into the correct division for his/her ability. Accordingly, those paddlers promoted more than one division above the race they entered will forfeit Hasler points from that race.

g) Where the RMS computer results system is used at a race, automatic promotions will be shown on the race results and take immediate effect. The only exceptions are those for division 1, 2 & 3 which must first be ratified by the Rankings Officer. All promotions (automatic and others) will be confirmed on the race results posted on the marathon

website. It is the responsibility of paddlers and coaches to check these and ensure they are implemented with immediate effect.

h) Once promoted, paddlers must race in their correct division, or higher division, except under the provisions of rules 27 and 28. Any competitor found racing in a lower division, singles or doubles, except under the provisions of rules 27 and 28, may be disqualified from the event and be banned from the next three Hasler races in the competitor's region. The exception is for promotions awarded at races held at the beginning of a new racing season and before the Hasler Final held in that year. These promotions will not apply at the Hasler Final of the current season but will apply to all other races. (E.g. A div. 6 paddler promoted to div. 5 in September 2023 at a race designated as H2024 can still race in div. 6 at the 2023 Hasler Final but must race in div. 5 at all other races.)

i) All paddlers, both from within the region and from other regions are eligible for promotions.

j) The Marathon Committee has discretion to promote or to withhold promotion at any time it is found to be necessary. This discretion is delegated to the Ranking Officer.

33) DEMOTIONS

a) Divs. 1, 2 and 3 — Demotions from Divisions 1, 2 and 3 will be made by the Rankings Officer in consultation with the Regional Marathon Adviser.

b) Divs. 4 to 9 — Application for demotion from Divisions 4 to 8 **may be made to the Regional Marathon Adviser by the club coach or team leader.** The Regional Marathon Adviser shall confirm his decision in writing/email/message to the **club coach/team leader and to the Race Records Officer** after agreeing this with the Rankings Officer.

c) Demotions will be limited to one division.

d) Demotions may be based on singles or doubles performances. Performances in doubles divisions will be monitored by the Ranking Officer and demotions made under Rule 33h) where considered appropriate.

e) Status in canoe will not affect status in kayak and vice versa.

f) Once demoted paddlers may nonetheless choose to race in any higher division. Paddlers competing in the Hasler Final shall race in the division according to their ranking status at the close of the prior season (normally 31 August). Thus demotions awarded in the new racing season immediately prior to the Hasler Final will not apply at that Hasler Final.

g) All paddlers, both from within the region and from other regions are eligible for demotions.

h) The Marathon Committee has discretion to demote or to withhold demotion at any time it is found to be necessary. This discretion is delegated to the Ranking Officer.

Rules Applying to the Hasler Final

34) The Hasler Final is a GROUP A Divisional race and all of rules 1-16 and rules 18, 24, 26, 31, 32 and 33 above shall apply.

35) CLUB ELIGIBILITY

The top scoring clubs from each region as determined by the regional Hasler competitions, plus a team from the Combined Services, may compete in the Hasler Final at the end of the season. The number of clubs from each region will be based on the number of affiliated clubs who have actively participated in the previous season, as indicated by Hasler Race results recorded on the MRC Website. Each region will automatically have 2 qualifying places, irrespective of the number of active clubs. Each region will receive an extra qualifying place for each 3 clubs in excess of 4.

Active Clubs	Qualifying places	Active Clubs	Qualifying places	Active Clubs	Qualifying places	Active Clubs	Qualifying places
1-6	2	7-9	3	10-12	4	13-15	5
16-18	6	19-21	7	22-24	8	25-27	9

a) Additionally a team from the host club (or from each host club if there are two organising clubs) may compete if they have **not** qualified from the regional competition.

b) Each eligible club will be allowed as many competitors in the final as it wishes.

36) PADDLER ELIGIBILITY

a) A paddler must complete 3 qualifying events during the season to be eligible for the final. There are exceptions for Div.1 senior men's kayak, Div.2 and above junior men's kayak, Div.3 and above women kayak, Div.4 and above junior women kayak and Div.3 and above canoe, and for paddlers in the Combined Services, who must complete 2 qualifying events.

b) Qualifying events are regional Hasler races and all assessment races for that season. During an assessment race any paddler lapped may be required to retire by the organiser, but will be deemed to have completed a qualifying race. This does not include races designated for the following Hasler season. Also a paddler may count completing a National Championships race on one or both days as one qualifying race. A paddler may count either the Long Course or the Short Course Nationals but not both as a qualifying event. The previous Hasler Final does not count as a qualifying race.

c) The qualification must be in the same type of boat (i.e. canoe or kayak).

d) Paddlers are only eligible to paddle in a singles race at the Hasler Final if they have completed 3 qualifying events in singles. The exceptions in rule 36(a) apply equally in this rule.

e) A paddler can only compete in one race at the final.

f) The Regional Marathon Adviser will check the eligibility of paddlers from his region for the final. This will include holding current Paddle UK, or equivalent, membership. Team Leaders will be able to access the results of their paddlers via the online entry system to assist with eligibility of their club members.

37) CLASSES

There will be races for each singles division 1 to 9 and each doubles division 1 to 9.

38) COMPETING IN CREW BOATS

At the Hasler Final where crew members in doubles races are ranked in separate divisions they must race in the classification of the higher ranked paddler.

39) POINTS

a) All competitors in singles and doubles must show their singles ranking at time of entry. Competitors not doing so will not score points.

b) Only competitors racing in their club colours will score points.

c) Point scoring at the final will be as described in rule 30e (i), (ii), (iii).

d) Each club will count its six best scoring singles boats and its three best scoring doubles boats, provided that both of the crew are members of the same club.

40) TROPHIES

a) **The Hasler Trophy** will be awarded to the club scoring the most points at the final

b) **The Adam Thomasson Trophy** will be awarded to the winner of the Div.2 race at the final.

c) **The Ross Warland Memorial Trophy** will be awarded to the highest placed junior in the Division 4 race at the final.

d) **The Committee Cup** will be awarded to the highest placed junior woman K1 in the highest division at the final.

e) **The Ken Pereira Cup** will be awarded to the highest placed junior C1 in the highest division at the final.

f) **The Rhodes White Trophy** will be awarded to the senior man K1 with the fastest time over the 12 mile course.

g) **The David Shankland Trophy** will be awarded to the senior or junior woman K1 with the fastest time over the 12 mile course.

h) **The Barber Trophy** will be awarded to the junior K1 with the fastest time over the 12 mile course.

i) **The Bill Sparks Trophy** will be awarded to the highest placed veteran K2 in the highest division at the final.

Rules Applying to the National Championships

41) The National Championships is a GROUP A race and all of rules 1-18 above shall apply.

42) DEFINITION

a) The National Championships shall be called **The British National Open Marathon Racing Individual and Team Championships** and will identify the various National Champions.

b) All classes will take place where there are entries for them.

c) Team points and prizes will be awarded in all classes that take place.

d) If there are low entries in a class it will be started with other appropriate classes of the same distance where possible.

e) If there are high entries in a class the start will be seeded.

f) All decisions about combined starts or seeding will be made by the MRC Major Events Sub-committee in partnership with the organising committee and be appropriate to venue/conditions. Further details will be included in the Event Pack.

43) PADDLER ELIGIBILITY

a) 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 U18 may race as an U23 or Senior but not as an U16 or O34.)

b) Senior and Veteran Women paddlers may compete in a doubles crew in Senior and Veteran Men's kayak races of the same or higher ranking.

c) All ages are calculated at 1st January of the year of the Championships.

d) In the case of foreign nationals racing for at National Championships, the rules applying to this are specified in PART F at the end of this section.

44) NATIONAL CHAMPIONSHIP CATEGORIES

a) There will be separate races for men's kayak, women's kayak and senior canoe.

b) **Senior paddlers** in kayaks will race over a course of approximately 26km, in singles and doubles. The winners of these races shall be deemed the:

i) Senior Men's National Kayak Marathon Champion of Great Britain

ii) Senior Women's National Kayak Marathon Champion of Great Britain.

iii) **Senior paddlers** in canoes will race over a course of approximately 13km. The winners shall be deemed the:

(1) Senior Men's National Canoe Marathon Champion of Great Britain. (for singles)

(2) Senior Women's National Canoe Marathon Champion of Great Britain. (for singles)

(3) Senior National Canoe Marathon Champion of Great Britain. (Doubles open to men and women)

c) **Paddlers aged under 23** in kayaks will race over a course of approximately 26km, in singles. The winners of these races shall be deemed the:

i) Under 23 Men's National Kayak Marathon Champion of Great Britain.

ii) Under 23 Women's National Kayak Marathon Champion of Great Britain.

d) **Paddlers aged under 18** in kayaks will race over a course of approximately 20km, in singles and doubles. The winners of these races shall be deemed the:

i) Under 18 Men's National Kayak Marathon Champion of Great Britain.

ii) Under 18 Women's National Kayak Marathon Champion of Great Britain

iii) **Paddlers aged under 18** in canoes will race over a course of approximately 6.5km in singles. The winner shall be deemed the:
(1) Under 18 National Canoe Marathon Champion of Great Britain.

e) **Paddlers aged under 16** in kayaks will race over a course of approximately 13km, in singles and doubles. The winners of these races shall be deemed the:

i) Under 16 Men's National Kayak Marathon Champion of Great Britain.

ii) Under 16 Women's National Kayak Marathon Champion of Great Britain

f) **Paddlers aged under 14** in kayaks will race over a course of approximately 6.5km, in singles and doubles. The winners of these races shall be deemed the:

i) Under 14 Men's National Kayak Marathon Champion of Great Britain.

ii) Under 14 Women's National Kayak Marathon Champion of Great Britain

g) **Paddlers aged under 12** in kayaks will race over a course of approximately 6.5 km, in singles and doubles. The winners of these races shall be deemed the:

i) Under 12 Men's National Kayak Marathon Champion of Great Britain

ii) Under 12 Women's National Kayak Marathon Champion of Great Britain.

h) **Paddlers aged under 10** in kayaks will race over a course of approximately 3.5 km, in singles and doubles. The winners of these races shall be deemed the:

i) Under 10 Men's National Kayak Marathon Champion of Great Britain

ii) Under 10 Women's National Kayak Marathon Champion of Great Britain

i) **Paddlers aged 34 or over:** Kayak men will race over a course of approximately 20km and kayak women over a course of approximately 13 km in singles and doubles. The winners of these races shall be deemed the:

i) Veteran Men's National Kayak Marathon Champion of Great Britain.

ii) Veteran Women's National Kayak Marathon Champion of Great Britain.

j) **Paddlers aged 39 or over:** Kayak men will race over a course of approximately 20km and kayak women over a course of approximately 13 km in singles. The winners of these races shall be deemed the:

i) Over 39 Veteran Men's National Kayak Marathon Champion of Great Britain.

ii) Over 39 Veteran Women's National Kayak Marathon Champion of Great Britain.

k) **Paddlers aged 44 or over** in kayaks will race over a course of approximately 13km, in singles and doubles. The winners of these races shall be deemed the:

i) Over 44 Veteran Men's National Kayak Marathon Champion of Great Britain.

ii) Over 44 Veteran Women's National Kayak Marathon Champion of Great Britain.

l) **Paddlers aged 49 or over** in kayaks will race over a course of approximately 13km, in singles. The winners of these races shall be deemed the:

i) Over 49 Veteran Men's National Kayak Marathon Champion of Great Britain.

ii) Over 49 Veteran Women's National Kayak Marathon Champion of Great Britain.

m) **Paddlers aged 54 or over** in kayaks will race over a course of approximately 6.5km, in singles and doubles. The winners of these races shall be deemed the:

i) Over 54 Veteran Men's National Kayak Marathon Champion of Great Britain.

ii) Over 54 Veteran Women's National Kayak Marathon Champion of Great Britain.

n) **Paddlers aged 59 or over** in kayaks will race over a course of approximately 6.5km, in singles. The winners of these races shall be deemed the:

i) Over 59 Veteran Men's National Kayak Marathon Champion of Great Britain.

ii) Over 59 Veteran Women's National Kayak Marathon Champion of Great Britain.

o) **Paddlers aged 64 or over** in kayaks will race over a course of approximately 6.5km, in singles and doubles. The winners of these races shall be deemed the:

i) Over 64 Veteran Men's National Kayak Marathon Champion of Great Britain.

ii) Over 64 Veteran Women's National Kayak Marathon Champion of Great Britain.

p) **Paddlers aged 69 or over** in kayaks will race over a course of approximately 6.5km, in singles and doubles. The winners of these races shall be deemed the:

i) Over 69 Veteran Men's National Kayak Marathon Champion of Great Britain.

ii) Over 69 Veteran Women's National Kayak Marathon Champion of Great Britain.

q) **Mixed Crews:** There will be a Mixed K2 race for paddlers ranked in divisions 1 – 9 over a course of approximately 13km. This is open to all seniors, veterans and juniors. Crews must consist of one female and one male paddler. The winners of this race shall be deemed the Mixed National Marathon Champions of Great Britain.

r) Where crew members in doubles races are in different categories they must race in a category for which they are both eligible.

45) UNDER 12 INTRODUCTORY CATEGORIES

a) Organisers may offer an introductory race for Under 12 paddlers in both Mini K1 and Mini K2.

b) These Races should be held over a course of approximately 3.5km.

c) These races are intended for those Under 12 who are not ready to race over the longer course. As such Under 10 paddlers are expected to enter the National Championship races which will be of the same length.

d) Paddlers may not enter both the introductory Races and the National Championship races classes.

e) Paddlers in the introductory races will not score points.

46) TEAM COMPETITION

a) Points will be awarded per paddler both in singles and doubles races for National Championship categories - 50 points for the winner then 49, 48, 47 etc. down to one point for each finisher.

b) All competitors in singles and doubles **must show** their singles ranking to be eligible for team points.

c) Only competitors racing in their club colours will score points.

d) A trophy, The Spanish House, will be awarded to the club scoring the most points at the National Championships counting all categories in Rule 44.

e) A trophy, **The Spanish Galleon**, will be awarded to the club scoring the most points in the Junior age categories (Rule 44(d-h).

f) **The National Marathon Ladies K1 Team Trophy** will be awarded to the club scoring the highest number of points. For each club points will be calculated based on

i) The highest scoring paddlers in the following 3 categories (3 total - 1 from each)

(1) Senior Ladies (Senior Ladies K1 and U23 Ladies K1)

(2) Junior Ladies (U18 Ladies K1, U16 Ladies K1, U14 Ladies K1, U12 Ladies K1 and U10 Ladies K1)

(3) Veteran Ladies (O34 Ladies K1, O39 Ladies K1, O44 Ladies K1, O49 Ladies K1, O54 Ladies K1, O59 Ladies K1, O64 Ladies K1, O69 Ladies K1 and O74 Ladies K1)

ii) Where a club has recorded a scoring paddler in all 3 of the above categories, they will also count the next 3 highest scoring Ladies K1 paddlers from any of the relevant K1 races.

47) PROMOTIONS & DEMOTIONS

Although no automatic promotions will take place at the championships, the Marathon Committee may exercise their right under rules 32 and 33 to promote or demote on the basis of the results.

48) HASLER QUALIFICATION

The event will not count as a Regional Hasler event nor be used to allocate points for Regional Hasler competitions. However, it may be counted by a paddler as a qualifying race for the Hasler Final.

Rules applying to the Geoff Sanders Memorial Trophy (these rules replace Lightning rules)

49) THE SERIES

a) Race organisers of regional Hasler races are expected to include GST Series races in their programme. These races will qualify for the Geoff Sanders Series in which teams compete for the Geoff Sanders Memorial Trophy. Races can also be run at other times as part of an inter-club event.

b) The Series will run from 1st September to 31st August the following year.

c) Races in the Series will not be awarded Hasler points.

d) GST races only will be included in the programme of the Hasler Final, but will not be used in scoring for the Hasler Trophy.

e) For further information or details contact Evan Shephard at evan.shephard@gmail.com

50) QUALIFICATION, COURSE, CLASSES, POINTS, PRIZES

All rules applying to the series are in the section titled Under 14 Development Racing after rule 65) (below)

51) RESULTS

a) Results of all races in the Series should be forwarded to Evan Shephard, the Geoff Sanders Coordinator. Email: evan.shephard@gmail.com

52) SAFETY

a) The wearing of life jackets or buoyancy aids is compulsory for all paddlers.

b) The requirements of Rule 5 must be observed in all respects.

c) Race organisers must conduct a specific risk assessment for GST races and, taking into account their age and experience, provide adequate safety cover (e.g. rescue boats and signage) over the whole course where considered necessary.

53) RACING IN THE HASLER COMPETITION

a) The Geoff Sanders Trophy (GST) Series aims to introduce young paddlers into marathon racing but it is important that they do not remain too long in the class. The Series is designed to make the transition to Hasler Divisions when paddlers are sufficiently experienced and able.

54) RACE LEVY / SINGLE EVENT MEMBERSHIP

a) GST races are classed as Group C races: no race levy will be charged.

b) Paddlers who are not Paddle UK members or not members of a Paddle UK affiliated club shall be issued with a Single Event Membership to provide insurance cover. Paddle UK has agreed not to make a charge for the Single Event Membership for GST paddlers.

c) To promote racing at this introductory level, the MRC recommends a standard entry fee of £2.50.

Rules applying to Short-Course races

55) THE FORMAT

The Short-Course has been introduced to international competition by the ICF as a way of showcasing marathon skills in a faster and shorter race format. The format involves a course of 3.6km, raced in single kayaks and canoes over three laps, with a portage at the end of the first and second laps.

56) RACES

The Committee aims to organise a National Championships, and to encourage each region to organise local races in the same format.

57) RULES

a) Short-course racing will be governed by the rules of Paddle UK Marathon Committee as set out in the Marathon Racing Rules.

b) These races fall under rule 3)b)ii) 'Races and time trials approved by the Marathon Committee but not in the divisional system'.

c) Any time penalties imposed in a race shall be added to the elapsed time of the competitor and not served as a penalty stop during the race.

58) RACE LEVY/PUK MEMBERSHIP

a) The race levy must be paid. The levy will apply to the event, not the number of races a paddler competes in on that day.

b) Entrants must be on-the-water or Club Associate members of Paddle UK.

c) Membership must be confirmed with entry or at time of booking in.

59) THE COURSE

a) The course will be as close as possible to 3.6 kilometres, with a lap length of approximately 1.2km. A GPS should be used to measure the length of the course, to enable time comparisons to be made throughout the country.

b) There will be two turning points. There should be three buoys marking the turn in an even arc. Races may involve using both turning points on all three laps, or a shorter final lap where the paddlers finish in the opposite direction to how they started and miss out the second turn.

c) There will be one portage, to be completed at the end of the first and second laps. This should allow as much space as possible for groups of paddlers to enter and leave, and wide enough for paddlers to pass one another on the run.

d) The course can be on any kind of water, but bear in mind the basic objective of teaching paddlers to race in large groups. Therefore, wherever possible, there should be as large an expanse of water as possible.

60) CATEGORIES

a) The following classes will be run with separate Female and Male championship events at the National Championships:-

i) Open Senior C1

ii) Open Senior K1

iii) Open Para (any recognised para class single craft)

iv) U18 K1

v) U16 K1

vi) Over 35 (Veteran) K1

vii) Over 50 (Masters) K1

b) Race organisers may offer additional classes where entry numbers permit

c) Races will normally be contested as heats and finals, with progression to finals dependent on finishing position in the heats.

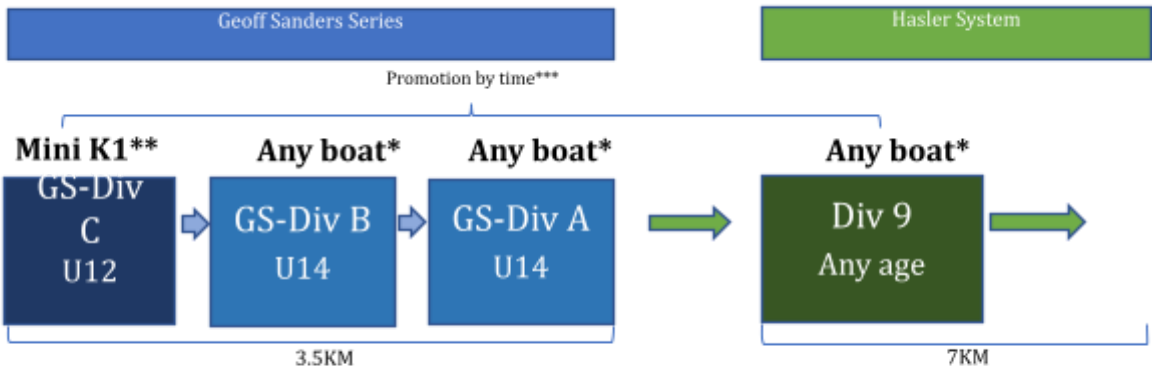
d) Optimal numbers for a race start will depend on the dimensions of the course, however these should be at least six paddlers to ensure a good level of competition. The Race Organiser has discretion either to split starts into smaller groups or to combine starts where it is considered the numbers of competitors or the nature of the course make this appropriate.

e) Race organisers will not merge male and female classes in short-course racing.

61) RANKINGS

The Short-Course series is an age and gender based racing format and does not use divisional rankings to decide classes. The exception to this rule would be where race entries are too large to run a single class for any individual age/gender combination, in which case the Race Organiser may split this class into separate starts based on marathon divisional ranking.

U14 Development Racing: Geoff Sanders Trophy Series



*Any boat that is normally permitted to race in Hasler races

** Restricted to any "Mini" K1.

***Promotions are on time, but will also be on advice from the paddler's club race captain

1) RULES & POINTS

a) Racing in this series will be open to U14 paddlers (see b.) not previously promoted to Div 9 or higher

- **i)** These races are intended as introductory races and team leaders are required to enter athletes in the division they believe to be most appropriate. There is no expectation to start at the bottom. Paddlers MUST enter the division that is most appropriate for their ability

b) GS-DivC will be for U12 paddlers only, GS-DivA and GS-DivB are open to U14 paddlers.

- **i)** GS-DivA and GS-Div B are open to all paddlers U14, including faster U12 and U10 paddlers.
- **ii)** Promotion through the divisions is based on speed not age

c) Boat Type

- **i)** Paddlers in GS-DivA or B races may use any craft that is eligible in a Hasler singles class (including lightnings and other mini K1s)
- **ii)** Paddlers in GS-DivC races must use a Mini K1

d) Starts will be in class and prizes to be given for the fastest three paddlers in each class.

- **i)** Other discretionary prizes are actively encouraged. Some suggestions below; this list is not exhaustive and will be at the race organisers' discretion.
  - **(1)** First Female
  - **(2)** Fastest U10 Boy / Girl

(3) Fastest U12 Boy / Girl

e) Starts can be combined, as appropriate.

i) This is actively encouraged where races are not quorate.

ii) It is acknowledged that larger races produce a better learning experience, and organisers may choose to combine starts that are quorate to increase the field size

iii) Where races are combined results will still be calculated separately

2) PROMOTIONS/DEMOTIONS

a) Promotions are based on time. Promotions should be accepted unless in exceptional circumstances. If you feel a promotion is incorrect the Team Leader only should contact their RMA

b) Promotion from GS-DivA will be restricted to Div 9 and no higher

c) There will be no demotion back into GS-DivA from Div 9

d) Demotion within these 3 divisions should be rare, no D notices will be issued. If a Team leader feels there is cause for an exception, the Team leader only should contact their RMA.

e) It is expected that Team Leaders will place their paddlers in the correct division in their first race. This is especially important for U14 paddlers as this is only for beginners and those not capable of racing Div 9. Any paddler placed in too low a division will be promoted following that race and contact will be made with the RMA. This is a system of trust and should not be abused.

3) K2 IN HASLER DIVISIONS

a) Any U14 paddlers (not yet in Div 9 or above) will be treated as Div 9 in K2 for divisional calculation purposes.

i) Two GS paddlers may race together in Div 9 or with other paddlers as per normal Hasler Rules.

ii) Unless promoted, Paddlers retain their GS ranking for K1 racing.

iii) Two GS-DivA paddlers racing in Div 9 K2 are actively encouraged to enable them to gain experience over 4 miles.

iv) Promotions for Paddlers racing in Hasler K2s either with other GS paddlers or higher ranked paddlers will be as per normal Hasler race rules

v) Paddlers, Parents and Team Leaders are reminded that mixed division K2s often produce promotions. The likelihood of a promotion and the ability of the paddler to cope with one should be considered prior to entry.

4) GEOFF SANDERS K2 CLASS

a) Race organisers are encouraged but not required to offer GSK2 races

b) Where possible it is preferred that these races are at a separate start time to allow GS paddlers to race both GSK1 and GSK2 at the same event. (NB a paddler may not race in both GS and Hasler races at the same event).

c) GSK2 will be split into classes

i) GSK2 (Open) - open for all U14 paddlers with a maximum crew ranking of GS-DivA and GS-DivB (two GS- DivA paddlers should race Div9K2). Both Mini K2s and standard K2s are allowed.

ii) GSMiniK2 - open to paddlers with crew rankings of GS-DivB with a GS-DivC or 2 GS-Div C paddlers. Only Mini K2s may be used

iii) It is recognised that entries for these races will often be low and starts should be combined wherever possible.

d) Where a GSK2 race is starting at the same time as GSK1s the organiser may combine starts as they deem best. For example, combining with GSK1 DivA with GSK2 Open

e) There will be no promotions from GSK2 races

5) GEOFF SANDERS MEMORIAL TROPHY

a) Points will be scored towards the Geoff Sanders Trophy, with a paddler's 3 best scores in the season to be carried forwards to their club's total.

b) In addition, a 10 point bonus will be awarded for any paddler promoted into the Hasler system

i) The RMA in conjunction with the ranking officer may withhold these bonus points if it is felt a paddler was entered into too low a class.

c) Once in the Hasler Divisions, paddlers will not score points for the Geoff Sanders trophy but will in the Hasler system as per all Hasler paddlers.

Transition from old system

Authors note - Trying to re-rank existing paddlers into the new classes would have been difficult but probably possible. However, with the Covid19 interruptions to racing it is felt a mass reranking would produce inconsistent results, as paddlers will have progressed at different rates. The below guidance should encourage a consistent approach for coaches and team leaders to rank their paddlers in the new divisions. If a paddler sits between classes please do what you think will produce the best learning experience for your athlete.

- *These guidelines are based upon a study of average race time since 2010.*
- *The average race distance in this time period is unknown but times suggest it is towards the shorter end of the recommended 2 - 4km, significantly shorter than the 3.5km recommended in the Nationals rules*
- *The intention is for Promotion from GS-DivA to allow a paddler to be immediately comfortable in Div 9 (top third of the division).*
- *The promotion times identified have been selected to create an even split of the available athletes across the three divisions.*
    - *It is unknown what percentage of paddlers will choose to paddle K1 over mini K1 initially but it is expected that Lightings will be raced in all 3 divisions. With speed-based divisions they should have a good racing experience regardless of boat choice.*

Provisional recommended standards

Time to complete 3.5km	Recommended Division	
Faster than 24:30	Hasler Series (Division 9 or above)	Faster than 07:00 per km
24:30 - 26:15 mins	GSK1 Div A	07:00 - 07:30 per km
26:15 – 28:45 mins	GSK1 Div B	07:30 - 08:15 per km
Slower than 28:45 mins	GSK1 Div C	Slower than 08:15 per km

These times will be under constant review and updated as required. Times are thought to be conservative and it is anticipated they will be revised faster as more data is generated.

For further information or details contact Evan Shephard at evan.shephard@gmail.com

PART B: THE STARTING OF ASSESSMENT RACES, NATIONAL CHAMPIONSHIPS RACES AND HASLER FINALS RACES

There is a necessity to maintain the standard of starting at assessment races and major championships. The following will apply to all assessment races, to all races at the National Championships and to all races at the Hasler Finals.

1) REQUIREMENTS

a) The start line should be clearly defined on both banks.

b) A clearly defined marshalling line must be established behind the start line.

c) The race must be started by a person drawn from the approved starters list, who will have an experienced assistant.

d) The marshalling line should be controlled by at least two experienced officials.

e) The above should all be equipped with PA equipment or loud hailers that it is the responsibility of the race organiser to provide.

2) STARTING PROCEDURE

a) The starter shall ensure all craft are lined up on the starting line as stationary as possible for the water conditions. When the starter is satisfied the line(s) is correctly positioned he/she shall give the signal to start by a shot, starting horn or the word 'go'.

b) If a competitor commences paddling or attempts to start before any instruction to do so, he/she has made a false start.

c) A competitor who crosses the line before the starter's start signal shall also be deemed to have made a false start.

d) Refusing to obey the starter's instructions will also constitute an unfair start.

e) A competitor who attempts a false or unfair start will be warned a maximum of two times. A third offence will result in the imposition of a two-minute penalty. A further offence by the same competitor will result in disqualification from the event. The disqualified paddler must leave the water immediately.

3) APPROVED STARTERS

Starters for National Championships, Assessment Races, or Hasler Finals must be approved in advance by the MRC.

4) STARTERS' ADVISORY NOTES

a) In starting ANY race the following advisory notes should be applied by the race organiser and starter to achieve consistency:

i) The start of any race is critical and fairness and consistency are our aim. It is therefore highly important that you carry out procedures and endeavour to ensure everybody has a fair start.

ii) It is vital that all participants have a fair chance to understand the starter's instructions. With this in mind an appropriate PA System or loud hailer should be available for

starters to use at all but the smallest of venues. Organisers should consider there may be those with limited hearing at their events and amplification may be required even at small venues. It should be considered best practice to plan events with this adaptation in place.

iii) The rules that will apply for major competition are laid out below. They can and should equally apply to ANY race. Once competitors who push the line or jump the start realise that that will get a 2-minute penalty, or be disqualified and asked to leave the start line, they will start to comply with your instructions.

iv) Our aim is to make these rules the standard to which every race organiser works.

v) Some important points come from these rules, which should be noted and applied, on all starts:

vi) If you control the boats at no more than 'walking pace' as they come up to the line, then it is more likely you will control them on the line.

vii) Make sure that your 'marshalling line' is not too close to the actual start line.

viii) Do not 'hold' paddlers on the start line for too long - this will merely result in them 'pushing' it. Bring them very slowly up to the line and start the race quickly when there.

ix) If the majority of boats advance over the line - the only way to bring them back is to get them ALL to paddle round and start again.

x) Do not penalise those who comply with your instructions and are on the line by starting the race when others are clearly in front of the line. Bring the non-compliant paddlers back round. Be prepared to warn twice and then penalise with a 2-minute penalty or disqualify.

xi) Refer to boats by their numbers or by the club colours not by the paddlers name and be prepared to record – or have an assistant record – any penalties given by boat number.

xii) If you issue a penalty it must apply – it cannot then be ignored or withdrawn. If you disqualify a paddler do not start the race until he/she has removed himself from the line and from the water. It is not permitted for the disqualified paddler to paddle round with the other racers.

xiii) Do not tell paddlers that there is ' 1 minute to go' and then start them before a full minute has elapsed. Be consistent, if you say you will not start them for 2 minutes make sure it is a full two minutes before you do start them.

xiv) Have a whistle ready to blow if there is a false start and you are recalling the whole race. Make sure that the paddlers know that is what a whistle means: STOP, there has been a total false start, come back to the line.

xv) If you have paddlers 'hanging back' well behind the actual start line give them the opportunity once to come up to the line. If they are unwilling to do so after being asked, then concentrate on the front line to retain control and accept that those behind the line are more comfortable in the 'second line' position.

xvi) You are within your rights as the starter of an event to 'warn' coaches and spectators who are blatantly trying to encourage their paddlers to ignore your instructions and 'push' the start. Do not be afraid to do so.

BY BEING CONSISTENT AT ALL RACES AND ACROSS ALL STARTS PADDLERS WILL LEARN WHAT IS EXPECTED OF THEM.

PART C: RECOMMENDATIONS

These recommendations are to help clubs run well-organised races. You should not attempt to run a race without having attended others first.

1) INITIAL CHECKLIST

a) Ensure club PUK Affiliation is up to date

b) Appoint Safety Officer & Welfare Officer for the event

c) Produce Risk Assessment and Safety Plan

d) Produce Advance Information to competitors and invitation to enter

e) Produce Marshalling Instructions

f) Refer to the full checklist "Advice on Running a Hasler Race" to be found on the MRC Website at https://canoemarathon.org.uk/race-organisation/race-organisers-pack/

2) ADVANCE INFORMATION

Advance information should at least contain the following details.

a) Name, date and status of the race.

b) Name of the organising body.

c) Closing date for entries and whether or not late entries will be accepted.

d) Person to whom entries and enquiries should be sent, with address, phone number and email.

e) Entry fees and to whom these should be payable.

f) An entry form asking for full details of competitors, though entries using the RMS system should be encouraged.

g) Welfare Statement

h) Locations of start and finish, and directions for getting to these places.

i) Check-in, briefing and start times as applicable.

j) Brief description of the course indicating any specific safety issues with a map showing their location on the course, together with start, finish access points for viewing & turns all clearly indicated.

k) Indication of communication method in event of cancellation, or postponing.

l) Any special regulations that competitors should be aware of before they arrive.

m) Any major changes since last year.

NOTE – several of the above points could be covered by providing a link to club website or appropriate Facebook group, but consideration should be given to paddlers who may not have access to these.

3) SAFETY

Safety measures are largely at the discretion of the organiser, since courses and conditions vary considerably. All paddlers ranked in Divisions 7, 8, & 9 or competing in GST and fun races must wear a buoyancy aid [Rules 5 (a)(v) and 56 (a)]. Make sure you have adequate safety cover for all GST and Div 9 races. On the open sea it is wise to insist on buoyancy aids for all. On open water, rescue boats are very important. Ensure that no one is stranded or lost halfway round the course; it is important to account for all competitors. On calm water it is usually sufficient to have a back marker paddling the course. Marshals at turns and portages must carry safety equipment including an absolute minimum of space blanket or similar, throw line and mobile phone. Where possible a checklist of boat numbers will help marshals tick off those who have passed them. Marshals should also carry a method of recording incidents. (Boat numbers & type of incident should be recorded.)

All Race organisers shall appoint a Safety Officer, prepare a Risk Assessment and Safety Plan well ahead of their event and put in hand appropriate safety measures. Risk Assessments must be forwarded to the Regional Marathon Advisor before the event.

4) BRIEFING AND CONTROL

a) Deliver a briefing shortly before the race. Explain the starting procedure; starting order; describe any special features and hazards of the race course and emphasise any special regulations. Remind team leaders/coaches that they should ensure their paddlers are sufficiently competent for the course/conditions/arrangements.

b) Check that all boats are numbered clearly. It does make the finishers' job easier if number plates are legible.

c) Use the starting order listed in Section 4.

d) Make sure the course is clearly marked at all points where there could be doubt. Turn buoys should be clearly identifiable and distinguishable from navigation or other buoys. Position marshals at turning points to check against a start list. Have clearly identifiable marshals at portages and shoots. The marshals should keep the passage clear for competitors, keep spectators and competitors off forbidden land and report any misdemeanours to race control. A marshal's directions should override any prior instructions.

e) It is expected that queries and concerns from team leaders or parents at the briefing or during the event will be addressed diplomatically and effectively especially where young paddlers are concerned.

5) STARTING ORDER

a) The start order of the various classes or divisions can have a significant effect on the race results. The general principle is to start the fastest classes first and the slowest classes last. This minimises the chance of fast boats paddling through slower classes, picking up stragglers on the wash and dragging them back to the class leaders.

b) The following is the recommended start order. Not all these classes will necessarily run at any one race.

Division 2 K2	Division 5 K2	Division 8 K2
Division 1 K1	Division 4 K1	Division 7 K1
Division 3 K2	Division 6 K2	Division 9 K2
Division 2 K1	Division 5 K1	Division 8 K1
Division 4 K2	Division 7 K2	Division 9 K1
Division 3 K1	Division 6 K1	

6) STARTING

It is vital that all participants have a fair chance to understand the starter's instructions. With this in mind an appropriate PA System or loud hailer should be available for starters to use at all but the smallest of venues. Organisers should consider there may be those with limited hearing at their events and amplification may be required even at small venues. It should be considered best practice to plan events with this adaptation in place.

Please also refer to 4) Starters Advisory Notes from **PART B: THE STARTING OF ASSESSMENT RACES, NATIONAL CHAMPIONSHIPS RACES AND HASLER FINALS RACES (above)** as some of the best practice detailed should be incorporated into all Hasler Races.

a) Ensure that all paddlers can hear your instructions clearly.

b) Ensure your start position is such that you can see the boat numbers and if necessary have a helper as a spotter.

c) You or your helper should have a pen/paper to write down any number warnings and penalties.

d) If the paddlers do not obey instructions then the rule must be followed with appropriate penalties. (See rule 6 Discipline)

e) In the event of a false start use a whistle to recall the paddlers. The use of the whistle should be included in pre-race briefing.

f) Try to ensure the paddlers approach the line very slowly.

g) An upstream start is preferable if possible.

h) If you make a requirement or statement as to what you are going to do, do not back down or change it under paddler or time pressure.

i) Record accurate start times for all races – these will be needed for the RMS program.

7) TURNS

a) Clearly mark all turns. Use a buoy or buoys at each turn. Make sure these are clearly distinguishable. A clear description and location of the turn buoys must be given at the briefing.

b) All turns should be properly marshalled. Each turn marshal should have a list of the race numbers that started and be responsible for checking that each boat properly completes the turn. A list of boats that did not complete the turn and a written report of the incidents at the turn must be provided promptly to the race control.

8) FINISHING & RESULTS

a) Have a clearly marked finishing line. Signify a crossing of the line audibly by bell, whistle or hooter.

b) Have a reliable, readable clock and a back-up in case of malfunction.

c) Have a shelter in case it rains.

d) **Recording the finishing times and positions is the most important job you will do.**

e) **Prepare in advance with numbered sheets. Have spare pens/pencils.**

f) Record the number and order of every boat as it passes the finishing line. Two tried and tested methods are:

i) Have lined sheets, marked into two columns with one person writing the boat numbers and another the finish time. If possible have a third person calling out the finishing times. Number all finish pages to avoid confusion, OR

ii) Have a team of three. Two work together, one calling boat numbers whilst the other records the number and time. The third person works independently recording the numbers in finishing order.
We do not recommend having the times written on one set of sheets and the numbers separately written on another set and then trying to match these together.

g) A further fail-safe is to have a tape recorder at the finish line. Give the recorder to one of the finish team and tell them to 'talk' every boat over the line, giving number and time.

h) At all Hasler events you must use the Hasler Race Management computer program (RMS) to produce your results. If possible use the RMS at the race. This will automatically calculate the elapsed time and finishing order of all boats, all singles promotions and the Hasler points. The results will be produced in the format required by the Race Records Officer. The RMS is designed for Hasler races and can be downloaded from the Marathon Canoeing website. If you want any help with the RMS please contact your Regional Adviser.

i) Whether using the RMS or a manual system, have someone indoors to produce the results. Arrange a system for displaying the results as soon as you know them. Errors can be queried before prize giving. Hold the prize giving as soon as possible.

9) AFTER THE EVENT

a) After the event is over the final result sheet needs to be produced. Keep all manual start and finish sheets as back-up.

b) If you have run a Hasler event you must return your results using the RMS. This automatically produces the results in the correct format.

c) Send results by email to the Rankings Officer, the Regional Marathon Advisor, the Race Records Officer within 2 working days so that promotions can be ratified and the results can be uploaded onto the marathon website. For all addresses, see page F3.

d) The race levy should be sent to the Marathon Racing Committee treasurer. See rule 13. Levy to be remitted within 7 days.

e) Event tickets are replaced by Single Event Memberships (SEM) which can be purchased from Paddle UK; there is a direct link within the entry system for this purpose. The organiser submitting a list after the event is no longer required as this is included in the online system. Where an organiser takes an entry on the day of the event or outside the entry system they are still required to check and see proof that Membership is valid or a SEM has been purchased

PART D: VENUE AND ORGANISATIONAL CRITERIA FOR THE NATIONAL CHAMPIONSHIPS AND THE HASLER FINALS

The Marathon Committee will look to the following ideal criteria when considering applications for the hosting of the National Championships and the Hasler Finals. Any club wishing to host the National Championships or the Hasler Finals will be expected to make a short presentation to the Annual Consultative Meeting or to the Marathon Committee outlining their proposals for the course and organisation to meet these criteria.

1) THE COURSE

a) The course should be wide enough at the start to provide a fair start for all paddlers. It should also be wide enough throughout its length for competitors to overtake and pass each other in opposite directions.

b) The course should be capable of being paddled in an understern rudder boat.

c) Portages ideally should allow a minimum of 12 metres at the 'get out' and 'get in' points. It is appreciated that this may not be feasible on all courses. Portages should not be of excessive number or length.

d) Access to portage areas for spectators should be good with adequate parking, or pool transport should be provided.

e) The course should be reasonably accessible for spectator viewing.

f) There should not be too many other conflicting water users.

2) ORGANISATION

a) The organising club(s) should have a proven track record in organising normal Divisional marathons.

b) The venue should have good access by road and not be too far for the majority of paddlers to travel.

c) There should be adequate camping facilities nearby, particularly for the two day National Championships.

d) There should be adequate parking at the start and finish.

e) There should be adequate covered checking-in and refreshment areas at the start and finish and a results display area.

f) There should be adequate toilet facilities at the start and finish areas.

g) There should be an adequate PA system at the start, briefing and prize giving areas.

h) There should be adequate First Aid cover in appropriate areas.

i) The starting of all races is to be as the procedure set out in PART C.

j) There should be a computerised results facility capable of showing class results and team scores immediately after the races.

k) Prizes at the National Championships will be the official PUK National Marathon Championship medals and Divisional medals.

l) Prizes at the Hasler Finals will be the official PUK Hasler Finals medals.

PART E: PADDLE UK MEMBERSHIP AND ASSOCIATE MEMBERSHIP

All seniors and veterans must be full On the Water members of Paddle UK if they wish to race in a Marathon event that has been advertised in the Calendar. Juniors who are ranked in division 6 or above must also hold individual or family On the Water Paddle UK membership.

It is the responsibility of an **Affiliated Club** to register all its **Associate Members** using the Club Online Portal (https://paddleuk.org.uk/justgo-club-portal/)

A club member need not be a full On the Water member of Paddle UK in order to race in the lower divisions (7,8 & 9) of the Marathon racing system or in the other 2 categories of marathon races. He / she must, however, be a member of a PUK Affiliated club that has registered their Associate Membership and have a PUK number used for his or her identification. Note that Event Tickets no longer exist for all paddlers who are neither Paddle UK members nor a member of an Affiliated club who has registered their Associate Membership. They are replaced by Single Event Membership. (SEM)

Any junior promoted into a higher division (6 & upwards) must then become a full On the Water member of Paddle UK.

Clubs must ensure that competitor's Associate membership is registered **before** making a race entry. On The Water Members must ensure their membership is up to date **before** they or their club make a race entry. Event Tickets when needed, must be purchased **before** making an entry.

The system is now as follows:

1) Non-members of PUK not registered as Associate Members by an Affiliated Club at the entry level only of National Competitions requiring membership for Divisional Racing need to join online as part of the entry process and purchase Single Event Membership as explained in PART C Para 9e above.

2) There is no longer a responsibility for Race Organisers to collect details and membership fees as this should be done online by the person making race entries.

PART F: STATEMENT ON FOREIGN NATIONALS PARTICIPATING IN COMPETITION.

1) ELIGIBILITY FOR TEAM SELECTION

a) Must be a Member of Paddle UK. (including, PS, CW & CANI)

b) For International Competitions the ICF competition rules will apply*. These are as follows:

i) An athlete who has competed internationally at any level in the last 3 years requires authorisation from the ICF and the national federation of the original country in order to change sporting nationality.

ii) For an athlete to be eligible for a change of sporting nationality they must have lived in that country for the last two years.

iii) The request for the change of nationality must be made in writing to the ICF no later than 30 November the year before the competitor wants to compete (e.g 30 November 2017 to be eligible for Paddle UK from 1 January 2018).

iv) For the Olympic Games the Olympic Charter rules will be applied for nationality issues. For athletes to be eligible for the Olympic and Paralympic Games they must hold citizenship/nationality of the country that they participate for at the time of the qualification event.

v) A competitor may not compete for more than one Federation in any calendar year (1 January to 31 December) in canoeing.

c) The same procedure and rules apply, should the Competitor decide he/she wants to change back to compete for his/her Federation of origin:

i) The Competitor will not be able to do so if they have already competed internationally at any level in that calendar year and will have to wait until the following year.

ii) The Competitor will need to obtain a release/approval in writing from the Federation they have been competing for.

iii) The release/approval will be submitted by Paddle UK to the ICF for its approval (submitted by 30 November) for the Competitor to compete for a new country in the following year.

d) In order to be eligible to be on a UK Sport funded programme an athlete must possess a valid British Passport or be in the process of applying for British Citizenship. (If an Athlete is not a British Passport holder and their long-term ambition is to compete in the Olympic or Paralympic Games for GB they need to be aware that they will only be eligible for funding and able to compete if they hold a current British passport. Therefore they should be actively pursuing and, likely to achieve a successful, application for a British passport).

2) ELIGIBILITY FOR TEAM SELECTION

a) In order to be eligible to win a title in National Championships a Competitor must:

i) Be a British Citizen and be a current member of Paddle UK (including, PS, CW & CANI - Juniors registered with On the Water family membership, do not need full Canoeing membership) and not currently representing or in the selection process to represent another country;

OR

ii) Have been resident in the United Kingdom and a member of Paddle UK, (includingPS, CW & CANI - Juniors registered with family membership, do not need full Paddle UK membership) for at least 2 (two) years. For clarification, it is the 2 years immediately preceding the relevant event and as soon as the individual is at the point of renewing for a third year they shall have satisfied this condition.

b) In entering a National Championship competitors agree to abide by this Eligibility Policy. Any competitor winning a title may, at the absolute discretion of the organisers, be requested to supply proof that they satisfy B1 a) or B 1 b). Any competitor not complying with this requirement within a reasonable time will be liable to disqualification from receiving a National Championship title and will only be eligible to receive a race placing. Any disqualifications under this clause B2 will be subject to specific race rules and if applicable the Paddle UK dispute resolution policy.

c) If a Competitor is not a British Citizen and has not been Resident in the United Kingdom and a member of Paddle UK, (including, PS, CW & PNI) for the necessary 2 (two) years (in accordance with 1.b. above) and there are exceptional circumstances then they may apply to the Head of Governance and Compliance requesting discretion to be exercised. Any applications should be submitted at least four weeks prior to any National Championships which they wish to compete in.

d) Decisions are final and in the absolute discretion of the Paddle UK Chief Executive who shall consider each case on its own merits and decisions not create a precedent for any future cases.

PART G: REGIONAL MARATHON ADVISORS

ELECTION OF REGIONAL MARATHON ADVISOR

1) Under the current Marathon Racing Rules, the Regional Marathon Advisor is an elected post.

2) The election will take place each year between the Hasler Final and the end of November so that details can be included in the Racing Handbook. The election will be called by the RMA. If for any reason it is not appropriate to hold an election at this time, the MRC must be kept informed of the circumstances via the RMA Liaison.

3) All clubs in the region registered as participating in marathon racing, must be invited to be involved in the process of election, with each club nominating one voting representative.

4) The process will vary between regions according to local circumstances and may take place by email or at a meeting.

5) The process must involve the proposal of candidates and voting. Independent tellers may be used if necessary. The RMA may offer themselves for re-election. All candidates must have seen the document – Regional Marathon Advisors Role. In some regions it may be

appropriate to split the role and elect joint RMAs or for the elected RMA to nominate an assistant.

6) The RMA must inform the MRC of the outcome, with any changes to contact details, once the election has taken place.

PADDLE UK MARATHON

Racing Standards Appendix

K1 and C1 times on a fast course

Marathon	HC		National Sprint Racing Class		1000m	500m	200m
Div 1			*World Champion Men K1*		**3.26**	**1.36**	**35.00**
		0			**3.30**	**1.38**	**35.66**
		1	**Men A Kayak**		**3.34**	**1.40**	**36.33**
		2			**3.38**	**1.42**	**37.00**
		3			**3.42**	**1.44**	**37.66**
	P	**4**			**3.46**	**1.46**	**38.33**
Div 2			*World Champion C1 / Women K1*				
	D	**5**	**Men B Kayak**		**3.50**	**1.48**	**39.00**
		6	**Boys A Kayak**		**3.54**	**1.50**	**39.66**
		7	**Women A Kayak**		**3.58**	**1.52**	**40.33**
		8	**Men A Canoe**		**4.02**	**1.54**	**41.00**
	P	**9**	**Masters A Kayak**		**4.06**	**1.56**	**41.66**
Div 3							
	D	**10**	**Men C Kayak**	**Masters B Kayak**	**4.10**	**1.58**	**42.33**
		11	**Boys B Kayak**		**4.14**	**2.00**	**43.00**
		12	**Women B Kayak**	**Girls A Kayak**	**4.18**	**2.02**	**43.66**
		13	**Men B Canoe**		**4.22**	**2.04**	**44.33**
	P	**14**	**Boys A Canoe**		**4.26**	**2.06**	**45.00**
Div 4							
	D	**15**	**Men D Kayak**	**Masters C Kayak**	**4.30**	**2.08**	**45.66**
		16	**Boys C Kayak**		**4.34**	**2.10**	**46.33**
		17	**Women C Kayak**	**Girls B Kayak**	**4.38**	**2.12**	**47.00**
		18	**Women Masters A**		**4.42**	**2.14**	**47.66**
	P	**19**	**Men C Canoe**	**Boys B Canoe**	**4.46**	**2.16**	**48.33**
			Women A Canoe				
Div 5							
	D	**20**	**Masters D Kayak**	**Boys D Kayak**	**4.50**	**2.18**	**49.00**
		21	**Women D Kayak**	**Girls C Kayak**	**4.54**	**2.20**	**49.66**
		22	**Women Masters B**		**4.58**	**2.22**	**50.33**
		23	**Women B Canoe**	**Girls A Canoe**	**5.02**	**2.24**	**51.00**
	P	**24**	**Men D Canoe**	**Boy C Canoe**	**5.06**	**2.26**	**51.66**
Div 6							
	D	**25**	**Women C Canoe**	**Girls B Canoe**	**5.10**	**2.28**	**52.33**
		26	**Boys D Canoe**		**5.14**	**2.30**	**53.00**
		27			**5.18**	**2.32**	**53.66**
		28	**Girls D Kayak**		**5.22**	**2.34**	**54.33**
	P	**29**			**5.26**	**2.36**	**55.00**
Div 7	**D**	**30**	**Women D Canoe**	**Girls C Canoe**	**5.30**	**2.38**	
		31			**5.34**	**2.40**	
		32	**Regional Regattas recommended**		**5.38**	**2.42**	
		33			**5.42**	**2.44**	
	P	**34**			**5.46**	**2.46**	
Div 8	**D**	**35**			**5.50**	**2.48**	
		36	**Girls D Canoe**		**5.54**	**2.50**	
		37			**5.58**	**2.52**	
		38	**Regional Regattas recommended**		**6.02**	**2.54**	
	P	**39**			**6.06**	**2.56**	
			Minimum Mini Sprint A			**3.30**	
			Minimum Mini Sprint B			**4.00**	

Promotions (P) and demotions (D) are possible on 1000m, 500m, 200m and marathon results. The handicap (HC) is the number of seconds longer that it takes to paddle the distance a zero paddler covers in one minute.