



**Norwich  
Canoe Club**

# Norwich Hasler

## Sunday 19th May 2019

### TIMETABLE AND CLASSES

#### **Lightnings DIV's 7,8,9,10 K1 & DIV's 7,8,9 K2**

Check in: 09:00 until 10:15 (Team Leaders Only)

Race Briefing: 10:15

Race Starts from 10:45

#### **DIV's 1,2, 3, 4, 5, 6 K1 & Div's 2, 3, 4, 5, 6 K2**

Check in: 09:00 until 10:15 (Team Leaders Only)

Race Briefing: 12.00

Race Starts from 12.30

### VENUE

Norwich Canoe Club, Whitlingham Lane,

### FEES

Per seat Seniors - £10

Juniors - £8

Lightnings - £4

### PRIZES

In all classes

1st, 2nd, 3rd (>6 starters)

1st, 2nd (4-5 starters)

1st (1 -3 starters)

### CAR PARKING

Country Park Car Parks are pay and display.

There is a 450 m walk to the club. **Blue**

**Badge Holders** should contact the club in advance to arrange closer parking on

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

There is also **trailer parking** close to the club. Please arrange trailer parking in advance via email

### COURSES

Divisions **K1** 1,2,3 **K2** 2,3 **19.5 km 5 portages**

Divisions **K1** 4,5,6 **K2** 4,5,6 **13 km 3 portages**

Divisions **K1** 7,8,9,10 **K2** 7,8,9 **6.5 km 0 portages**

**Lightnings 3 km 0 portages**

(K1 U10 Boys, U10 Girls, U12 Boys, U12 Girls)

### BRITISH CANOEING MEMBERSHIP

BC membership cards or 'junior section' cards are required for all competitors. One event ticket at £5.00 may be purchased prior to becoming a BC member.

### RULES

The race will be run in accordance with BC Marathon Racing Committee Rules. All Division 7, 8, 9 & 10 and Lightning paddlers must wear an approved buoyancy aid irrespective of the race they are entered into, and BA's are recommended for all paddlers who are U16. Race organisers reserve the right to insist that all competitors wear buoyancy aids should

### ENTRIES

Please send entries to: -

[marathonrep@norwichcanoeclub.co.uk](mailto:marathonrep@norwichcanoeclub.co.uk) by

midnight Thursday 16<sup>th</sup> May 2019. Club entries by HRM please. Individual entry forms via email. Online payments to be made by Thursday 16 May, otherwise cash or cheques will be accepted on the day.

Late entries / changes received after this date will be charged an additional £4.00 per seat.





## **NUMBER BOARDS**

Regional Number Boards will be supplied and must be displayed on the boat, fixed with a pin or other secure fitting. Lost Boards will be chargeable to the paddler.

**Race colours must be worn to earn Hasler points.**

## **SAFETY**

**It is highly recommended that footwear is worn by any paddlers required to portage.**

If any paddler has any medical condition or other pre-disposition that could compromise the paddler's safety on the water it is Norwich Canoe Club Policy that they **MUST** wear a buoyancy aid at all times whilst on the water regardless of their age, ability or the weather conditions on the day. It is the responsibility of the individual paddlers themselves (or their guardians if they are a junior) to ensure they adhere to this rule.

Additionally if any visiting Team Leader is aware of any paddler from their own club who they feel should be wearing a buoyancy aid because they have a medical condition or other medical pre-disposition that could compromise that paddlers safety on the water it is that Team Leader's responsibility to automatically ban that paddler from getting on the water until he/ she complies with the above rule.

## **DIRECTIONS:**

**Venue:** Norwich Canoe Club, Whitlingham Lane, Trowse, Norwich, NR14 8TR Longitude and Latitude for the Car Park is Northing 52°37'14.7" Easting 1°19'39.8"

**Directions:** From the Norwich Southern Bypass (A47), turn off at the exit with the A146 Lowestoft Road and follow signs for City Centre & Trowse. At the roundabout take the exit signposted Trowse. After approximately 450 metres take the left turning into Whitlingham Lane, this is also signposted 'Ski Club'. This turning is opposite a church. Follow this lane for approximately 1.2 km until you reach a car park on the left. Please note Norwich Canoe Club is only accessible by foot from the car parks





## Participation

Kayak/Canoe racing is an "Assumed risk" activity. Participants and people with Parental/ legal responsibility for a participant should be aware of and accept these risks. Participants should accept responsibility for their own actions and involvement.

To the extent permitted by applicable laws, Norwich Canoe Club accept no liability for any direct, indirect, incidental, special or consequential loss or damage to anybody (whether arising in contract, tort including negligence or otherwise) arising out of or in connection with any of its activities except for personal injury or death of any person caused by negligence

Norwich Canoe Club may take and use pictures of the event and individual competitors to promote the activities of the Club and the sport. This will be done in accordance with British Canoeing Guidelines for use of Photographic & Filming Equipment.

## Environment

There are environmental restrictions in place preventing general vehicles from coming down to the Boathouse so please use the car parks. We can accommodate club boat trailers and vehicles for Disabled Blue Badge holders at the boathouse. If you wish to bring a trailer or vehicle to the boathouse please contact the Secretary [secretary@norwichcanoecub.co.uk](mailto:secretary@norwichcanoecub.co.uk)

Please ensure you wash and dry your boat before travelling to Norwich. This is to help prevent the spreading of unwanted species across the inland waterways.





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

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

## **First Aid**

The club has on call first aiders available. Please contact them via Betty's bar. An AED ( defibrillator) is also located on the front of our building.

## **Boat checking**

Crews should present boats for checking at least an hour before their race starts. At the boat check boats will be inspected for adequate buoyancy, structural integrity and for the correct type of craft, as defined by Rule 5 of the marathon rules. Any boats not meeting the requirements laid down there will not be permitted on the water.

## **Cancellation**

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

[www.norwichcanoecub.co.uk](http://www.norwichcanoecub.co.uk)