



Leighton Buzzard Canoe Club

Marathon

Sunday 18 June 2023

VENUE	Leighton Buzzard Canoe Club Cedars School / Tiddenfoot Leisure Centre, Mentmore Road, Leighton Buzzard, LU7 2AE	
PARKING	Free parking is available at the rear of Cedars School, adjacent to the astroturf football pitches or in the Tiddenfoot Leisure Centre car park. Marshals will be present.	
CLASSES	Singles: Division 1, 2, 3, 4, 5, 6, 7, 8, 9 Doubles: Division 2, 3, 4, 5, 6, 7, 8, 9 Geoff Sanders Marathon Singles: Div A, B & C Geoff Sanders Marathon Doubles: (K2 Open & K2 Mini)	
COURSES	Divisions 1, 2, 3 Singles; 2, 3 Doubles	12 miles, 6 portages
	Divisions 4, 5, 6 Singles; 4, 5, 6 Doubles	8 miles, 2 portages
	Divisions 7, 8, 9, 10 Singles; 7, 8, 9 Doubles	4½ miles, no portages
	Geoff Sanders Marathon Singles & Doubles	2 miles, no portages

TIMING **PLEASE NOTE THE SPLIT START TIMES.**

Check-in	Start	
09:30– 10:30 (Team Leaders Only)	11:00	Divisions 7, 8, 9 Doubles Divisions 7, 8, 9, Divisions A, B & C
	12:30	Divisions 1, 2, 3 Singles Divisions 2, 3, 4, 5, 6 Doubles Divisions 4, 5, 6 Singles K2 Open (A&B) K2 Mini (B&C)

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NUMBERS Pre-printed number boards will be supplied at check-in on the day. Team leaders are to collect their race numbers from their designated box.

RULES Races will be held in accordance with British Canoeing Marathon Committee Rules. Approved buoyancy aids must be worn by all paddlers ranked in Divisions 7, 8, 9 irrespective of the race in which they are entered and also by all participants in Divisions A, B & C. It is recommended that all under 16 paddlers in divisions 1 to 6 also wear buoyancy aids.

RACE BRIEFING 1030 for Div 7,8,9,A,B,C.
1200 for Div 1,2,3,4,5,6 followed by mini K2

WEBSITE Updates and information will be published on the LBCC website www.lbcc.org.uk

AWARDS Prize giving will take place as soon as the results have been collated.

RESULTS Results will be published on the LBCC website.

FEES Division 1 to 10 Singles and Doubles: Seniors: **£10.00 per seat**
Juniors: **£9.00 per seat**
Geoff Sanders Marathon: **£3.00 per seat**
Geoff Sanders K2 Race: **£ FREE**

Geoff Sanders K2 The Geoff Sanders K2 Race is an optional extra FREE race for Division A,B & C paddlers. K2 Open (highest combines ranking of A & B). K2 Mini (highest combined ranking of B & C)

CLUB COLOURS Club colours must be worn in all races. Paddlers that do not visibly wear their club colours will not earn their club Hasler points.

REFRESHMENTS Hot food, cakes and drinks will be available all day. Paddlers' food will also be available.

PARTICIPATION Canoeing and Kayaking are "Assumed risk water contact sports" that may carry attendant risks. Participants should be aware of and accept these risks and be responsible for their own actions and involvement.

WEIL'S DISEASE We would like to bring to the attention of all participants of the event the dangers of water-borne diseases particularly Weil's Disease.

Unlike tap water, the water in canals, rivers and reservoirs is untreated and micro-organisms are naturally present. However, although the risk of contracting illness (including the much publicised but rare condition Weil's Disease) is extremely small, sensible precautions should be taken as follows:

- Avoid full immersion in the water
- Cover all cuts and abrasions with waterproof dressings before contact with the water
- Wash all exposed skin after contact with the water and before eating
- Do not put wet ropes, fishing lines or other objects in your mouth.

Should any illness occur within 2 weeks of contact, you should seek medical advice and inform your doctor you have been in contact with untreated water.

BUOYANCY

Competitors must render their boats sufficiently buoyant to remain afloat and to support the crew in rough water in the event of capsize.

ENTRIES CLOSED

8pm Friday 16th June 2023. NO LATE ENTRIES.

All entries via entries.gbcanoemarathon.co.uk/entries

CANCELLATION

In the event of the cancellation of this event, team leaders will be contacted, and an announcement will be made on the Leighton Buzzard Canoe Club website www.lbcc.org.uk

CONTACT

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