

Sprint and Marathon Racing Handbook

2006



Special Olympics

Special Olympics is an International Organisation for athletes with learning disability with members in every country world-wide. It holds a World Summer Games and a World Winter Games

every four years similar to the Olympics but in the year prior. In GB a Summer Games is held two years before the World Summer Games.



Special Olympics



Shaun Baker presenting medals at the 2006 Summer Games in Glasgow

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for people eight years of age and older with learning disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics' athletes and the community.

Sprint Kayak was introduced as a demonstration event at the World Summer Games held in Dublin in 2003.

Races were over 200 metres. At the GB Summer Games in Glasgow in 2005 races were held over 200 metres and 500 metres. For the next World Summer Games to be held in Shanghai in 2007 there will be races over 200 and 500 metres and potential K2 races over 500 metres.

The Regatta scheduled to be part of the BCU Regatta in Nottingham on the weekend of June 3rd and 4th will be the first National Regatta for Special Olympics Kayak Racers.



For more information contact Dr Geoff Smedley on 024 7640 2753 or geoffrey.smedley@virgin.net

See also www.specialolympicsgb.org

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RACING CALENDAR 2006/7

Date	Race name	Region	Organiser	Note (see page 5)
8 Jan 2006	Frank Luzmore K2	LSE	MA1504	1*
19 Feb 2006	Waterside A	S	TR1270	3*
26 Feb 2006	Thameside 1	S	RE1424	4*
5 Mar 2006	Northwich	NW	MO1130	K1 H2006
5 Mar 2006	Waterside B	S	TR1270	5*
11 Mar 2006	Weaver 10k	NW	MA1503	14*
12 Mar 2006	Thameside 2	S	RE1424	6*
19 Mar 2006	Waterside C	S	TR1270	8*
19 Mar 2006	Gailey	M	PR1242	K1 H2006
26 Mar 2006	Lincoln	M	MY1136	K1 H2006
26 Mar 2006	Royal K1/K2 (K1 Assessment)	LSE	EV1068	2*
2 Apr 2006	Mid Weaver	NW	MO1130	K2 H2006
2 Apr 2006	Waterside D	S	TR1270	10*
2 Apr 2006	Brigg	YH	PE1312	K2 H2006
2 Apr 2006	Forth & Clyde	SCA	HU1427	
2 Apr 2006	Cam	E	ST1404	K1 H2006
8-9 Apr 2006	National Sprint Regatta	National	MO1132	Sprint
9 Apr 2006	Spey Marathon	SCA	SC1549	
14 Apr 2006	Richmond Sprints	LSE	WE1214	Sprint
14-17 Apr 2006	Devizes to Westminster	National	DW1513	11*
22-23 April 2006	Boulogne Regatta	International		Sprint
23 Apr 2006	Ratho	SCA	FL1530	
23 Apr 2006	Fal	SW	MA1124	K2 H2006
23 Apr 2006	Anker Valley	M	FL1418	K1 H2006
23 Apr 2006	Calder 1	YH	KE1334	K1 H2006
23 Apr 2006	Maidstone	LSE	OR1365	K1 H2006
23 Apr 2006	Leaside	E	SM1539	K2 H2006
23 Apr 2006	Oxford Duathlon	S	TR1201	*
29 Apr 2006	Conwy Ascent	Wales	WI1477	13*
29-30 Apr 2006	Glasgow-Edinburgh Challenge	SCA	CH1238	
30 Apr 2006	Bedford	E	TI1397	K2 H2006
30 Apr 2006	Worcester (K2 Assessment)	M	PA1536	K2 H2006
7 May 2006	Weaver Descent	NW	MO1130	9*
7 May 2006	Tamar circuit	SW	RO1171	K1 H2006
6-7 May 2006	National Sprint Regatta	National	MO1132	Sprint
10 May 2006	Lowport 10km	SCA	CH1415	23*
13 May 2006	Elmbridge Sprints	LSE	LA1107	Sprint
13 May 2006	Linthgow Regatta	SCA	MA1534	Sprint
14 May 2006	Adlington 1	NW	BO1018	K1 H2006
14 May 2006	1066 Hastings	LSE	FI1431	K1 H2006
14 May 2006	Basingstoke Canal	S	GA1074	K1 H2006
14 May 2006	Waveney	E	SH1475	K1 H2006
14 May 2006	Hayton	YH	PA1366	K2 H2006
14 May 2006	Leukaemia Tay	SCA	YO1467	
14 May 2006	Exe Circuit	SW	WA1206	K1 H2006
14 May 2006	Nottingham (K2 Assessment)	M	MA1505	K2 H2006
19-21 May 2006	Piestany Regatta	International		Sprint
20-21 May 2006	Gent Regatta	International		Sprint
20 May 2006	Isla to Thistlebrig	SCA	MO1407	21*
21 May 2006	Broadland	E	SC1495	K2 H2006
21 May 2006	RLS	M	HE1089	K1 H2006
21 May 2006	Boroughbridge	YH	TW1000	K1 H2006
21 May 2006	Grand Dunk	SCA	MC1535	22*
21 May 2006	Chester 1 (K1 Assessment)	NW	SW1446	K2 H2006

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Date	Race name	Region	Organiser	Note (see page 5)
23 May 2006	Loch Lomond Balmaha	SCA	MA1120	23*
25 May 2006	Forth/Clyde 10km Dullatur	SCA	HU1427	23*
26-28 May 2006	Duisburg Regatta	International		Sprint
27 May 2006	Loch Lubnaig	SCA	KI1104	3pm start
28 May 2006	Reading Circuit	S	RE1424	K2 H2006
28 May 2006	Loch Lubnaig 10km K1	SCA	YO1467	
3-4 June 2006	National Sprint Regatta	National	MO1132	Sprint
11 Jun 2006	Broadwood Regatta	SCA	HU1427	Sprint
11 Jun 2006	Windsor Vets	S	CA1029	15*
11 Jun 2006	Bristol	SW	BE1308	K2 H2006
11 Jun 2006	Royal	LSE	EV1068	K2 H2006
10-11 Jun 2006	Marathon World Cup 1	International	RO1172	24*
11 Jun 2006	Soar Valley	M	PR1545	K2 H2006
14 Jun 2006	Lowport 10km	SCA	CH1415	23*
17 Jun 2006	Wokingham Sprints	S	HA1514	Sprint
17-18 June 2006	Bochum Regatta	International		Sprint
18 Jun 2006	LBZ	E	WH1538	K1 H2006
18 Jun 2006	York	YH	JE1238	K1 H2006 !
18 Jun 2006	Kirkcaldy Regatta	SCA	CH1238	Sprint
18 Jun 2006	Burton	M	LA1110	K2 H2006
18 Jun 2006	Tonbridge	LSE	NE1336	K1 H2006
18 Jun 2006	Oxford	S	TR1201	K1 H2006
18 Jun 2006	Lower Exe and Estuary	SW	WA1206	K2 H2006
24 Jun 2006	Royal Paddling Challenge	LSE	EV1068	*
25 Jun 2006	Thames Valley	S	WO1517	K2 H2006
25 Jun 2006	Scottish Sprint Championship	SCA	YO1467	Sprint
24-25 Jun 2006	Cheshire Ring	NW	KA1531	16*
25 Jun 2006	Hereford	M	BU1024	K1 H2006
9 Jul 2006	Macclesfield 2	NW	MI1129	K2 H2006
5-8 July 2006	Racice Regatta	International		Sprint
8-9 Jul 2006	Marathon World Cup 2	International	RO1172	25*
9 Jul 2006	Wey	LSE	MO1132	K2 H2006
12 Jul 2006	Lowport 10km	SCA	CH1415	
16 Jul 2006	Reading K4	S	RE1424	*
15 Jul 2006	Royal Junior Sprint Regatta	LSE	EV1068	Sprint
16 Jul 2006	Runcorn	NW	MA1503	K1 H2006
23 Jul 2006	Inverness	SCA	MA1533	
22-23 Jul 2006	National Sprint Regatta	National	MO1132	Sprint
27-30 July 2006	European Champs. Athens	International		Sprint
6 Aug 2006	Medway	LSE	NE1336	K2 H2006
9 Aug 2006	Lowport 10km	SCA	CH1415	
12-13 Aug 2006	Marathon National Championship	National	RE1424	Reading
17-20 Aug 2006	Szeged Regatta	International		Sprint
19 Aug 2006	Bath to Bradford	SW	PH1494	20*
20 Aug 2006	Bradford Circuit	SW	PH1494	K1 H2006
20 Aug 2006	Tay Descent	SCA	CH1408	27*
27 Aug 2006	Southampton	S	HI1515	K2 H2006
27 Aug 2006	Kirkcaldy Regatta	SCA	CH1238	Sprint
2-3 Sep 2006	Inter Club National Regatta	National	MO1132	Sprint
2 Sep 2006	Adlington 2	NW	BO1018	K2 H2006 !
3 Sep 2006	Camel's Hump	SW	BA1468	K1 H2007
3 Sep 2006	Bristol Avon Descent	SW	BE1308	19*

RACING CALENDAR 2006/7

Date	Race name	Region	Organiser	Note (see page 5)
9-10 Sep 2006	Sobeka Regatta	International		Sprint
10 Sep 2006	Ratho East Marathon	SCA	PA1537	
10 Sep 2006	Henley	S	NU1142	K1 H2007
10 Sep 2006	Calder 2	YH	KE1334	K2 H2007
10 Sep 2006	Ironbridge	M	TA1193	K2 H2007
13 Sep 2006	Lowport 10km	SCA	CH1415	23*
17 Sep 2006	Hasler Final	National	TI1397	Bedford
17 Sep 2006	Poole Harbour Circuit	SW	AC1000	*
24 Sep 2006	Chester 2	NW	MA1118	K1 H2007
24 Sep 2006	Huntingdon	E	ST1404	K2 H2007
24 Sep 2006	Tees	YH	CA1544	K1 H2007
23-24 Sep 2006	World Marathon Championships	International	RO1172	26*
1 Oct 2006	River Isla	SCA	CH1415	
1 Oct 2006	Elmbridge	LSE	LA1107	K1 H2007
1 Oct 2006	Macclesfield 1	NW	MI1129	K1 H2007
7 Oct 2006	Royal Cadet & Junior K2	LSE	EV1068	*
7 Oct 2006	Reading K4	S	RE1424	*
8 Oct 2006	Chelmer	E	MO1360	K1 H2007
8 Oct 2006	Fladbury	M	TR1268	K1 H2007
8 Oct 2006	Pangbourne	S	LE1473	K1 H2007
8 Oct 2006	Bollington Cut	NW	NI1492	*
15 Oct 2006	LBZ K2 half marathon	E	WH1538	7*
15 Oct 2006	Fowey River Race	SW	BA1468	K2 H2007
15 Oct 2006	Windsor	S	DA1528	K2 H2007
15 Oct 2006	Dee	SCA	BR1542	
22 Oct 2006	Marlow	S	LY1116	K1 H2007
22 Oct 2006	Griffon	SW	SA1448	K1 H2007
22 Oct 2006	Wolfreton	YH	JE1238	K2 H2007
22 Oct 2006	Hemel Hempstead	E	CA1543	K1 H2007
22 Oct 2006	Richmond	LSE	MA1504	K2 H2007
22 Oct 2006	Scottish K2 10km Championship	SCA	YO1467	
29 Oct 2006	Banbury	S	WA1453	K2 H2007
29 Oct 2006	Trent K2	M	EN1067	12*
12 Nov 2006	Shipley	YH	TW1000	K1 H2007
12 Nov 2006	Avon Descent	M	WO1218	K2 H2007
19 Nov 2006	The Yak Exe Descent	SW	WA1206	17*
26 Nov 2006	Ross Warland Canal Challenge	S	WA1453	*
3 Dec 2006	Stour Descent	SW	CA1441	18*
7 Jan 2007	Frank Luzmore K2	LSE	MA1504	1*
11 Feb 2007	Waterside A	S	TR1270	3*
18 Feb 2007	Thameside 1	S	RE1424	4*
25 Feb 2007	Waterside B	S	TR1270	5*
4 Mar 2007	Thameside 2	S	RE1424	6*
11 Mar 2007	Waterside C	S	TR1270	8*
18 Mar 2007	Royal K1/K2	LSE	EV1068	2*
25 Mar 2007	Waterside D	S	TR1270	10*
1 Apr 2007	Lincoln	M	MY1136	K1 H2007
6-9 Apr 2007	Devizes to Westminster	National	DW1513	11*

NOTES FOR RACING CALENDAR 2006-07

- * Indicates that this is not a standard divisional race. These may involve Open classes, mixed classes or one race distance for all.
- ! This race date is provisional, please contact the race organiser before travelling
- K1 Indicates there will be a Div 1 K1 class, but no Div 1/2 K2 class.
- K2 Indicates there will be a Div 1/2 K2 class, but no Div 1 K1 class.
- H2006 Indicates a Hasler qualifying race for 2006/2007 for the region shown.
- H2007 Indicates a Hasler qualifying race for 2007/2008 for the region shown.
- 1 13 Miles and 3 portages. Shepperton to Richmond K2s only.
- 2 24 miles and 8 portages. Windsor to Teddington. K1s compete for the Eve Watkin Cup. The Bernard Watkin Cup is awarded to the winning team. Open to K1, K2, C1 and C2. Juniors in K2 only. Assessment Race for K1.
- 3 13.5 miles and 21 portages time trial. Great Bedwyn to Newbury.
- 4 14 miles and 14 portages time trial. Aldermaston to Reading.
- 5 18.5 miles and 23 portages time trial. Newbury circuit.
- 6 18 miles and 8 portages. Reading to Marlow.
- 7 13 miles and 4 portages on canal from Milton Keynes to Leighton Buzzard, for K2s only. U18, U16, U14, U12 boys, girls and mixed. Senior open for men, women and veterans.
- 8 22.5 miles and 30 portages time trial. Pewsey to Newbury.
- 9 17 miles and 9 portages on canal/river. K1, C1, K2, C2 straight through/relay.
- 10 34.5 miles and 30 portages time trial. Devizes to Newbury.
- 11 54 miles canal, 54 miles Thames and 17 miles Tideway with 76 portages. Non-stop for senior doubles. Junior doubles and singles race in 4 stages over 4 days.
- 12 18 miles + 3 portages downstream from Castle Donnington to Nottingham. For K2 and C2s only. Classes for seniors, juniors, U16s, men, women, mixed.
- 13 10 miles of tidal estuary on flood tide - can be rough. Divs 1-7 only plus tourist trial. Buoyancy aids compulsory.
- 14 10km and 5km K1 race. Open event with handicap based on Sprint / marathon rankings
- 15 Now Sunday only. K1 and K2 Veteran class races.
- 16 95 mile circular canal race through the night. K1 and K2 non-stop and relay plus 10 paddler double tourer relay.
- 17 Classic descent from Tiverton to Exeter, 19 miles with weirs and rapids. Over 16 years only.
- 18 15 mile river descent for all boats.
- 19 10.25 miles and 6 weir shoots or portages. Classes for K1/K2 Divs 1-3 and 4-9. WWRs, C2 racing and touring, slalom and touring.
- 20 12 miles and 5 portages for divs 1-3, 8 miles and 3 portages for divs 4-9.
- 21 4pm start, non-ranking.
- 22 Grandtully to Dunkeld
- 23 7.30pm start
- 24 World Cup 1 at Zamora, Spain
- 25 World Cup 2 at Tremcin, Slovakia
- 26 World Marathon Championships at Tremolat, France
- 27 Dunkeld to Perth

C = Coach (Squad) M = Marathon Racing Committee O = Official (Regattas) S = Sprint Racing Committee T = Team Leader

AC1000	Acreman	Malcolm	POO	282 Rempstone Rd, Merley, Wimborne, Dorset, BH21 1SZ acreman@suema.freemove.co.uk	01202 841432	RT
BA1468	Bardsley	Barbara	FOY	9 Graham Avenue, St Austell, Cornwall PL25 4LZ club_mum@yahoo.co.uk	01726 68726	RT
BA1485	Bates	Diane	ELM	11 Cranley Road, Walton-on-Thames, Surrey KT12 5BX diane.bates@btinternet.com	01932 244473	MO
BE1308	Bennett	Steve	BRI	50 Snowdon Road, Fishponds, Bristol BS16 2EY garethbevan@ntlworld.com	0117 9659608	R
BL1014	Bland	Peter	ICF	4 Gibbs Close, Lower Moore, Pershore, Worcs WR10 2NQ	01386 861317	O
BL1013	Bland	Teresa	BCU	4 Gibbs Close, Lower Moore, Pershore, Worcs WR10 2NQ	01386 861317	O
BO1018	Bortfield	Neil	ADL	26 Egerton Grove, Chorley, Lancs PR7 2HQ neil-bortfield@supanet.com	01257 410000	RT
BR1542	Bragg	Mark		The Heathers, Cammachmore, Aberdeen AB39 3NR	01569 730204	R
BR1020	British Canoe Union		BCU	John Dudderidge House, Adbolton Lane, West Bridgford, Notts NG2 5AS	0115 982 1100	
BR1021	Brooks	Martin	BCU	Loddon Lodge, 2 Highley Park, Netherton, Bridgnorth, Salop WV16 6NJ martin@brooks1912.fsworld.co.uk	01746 861813	O
BR1547	Brown	David	ELM	33 Severn Drive, Walton-on-Thames, Surrey KT12 3BH	01932 881035	S
BU1024	Burgoyne	Alan	HER	128 Grandstand Road, Westfields, Hereford HR4 9NR alanburgoyne@yahoo.co.uk	01432 270341	ORT
CA1029	Capps	Duncan	WIN	9 Mill Ride, Ascot, Berks SL5 8LE	01344 882778	RT
CA1543	Carter	Chris	HEM	29 Pretoria Road, Watford WD18 0RL	01923 460508	R
CA1441	Carter	P.	SW	118 York Road, Broadstone, Dorset BH18 8EY svcc@thesharpend.co.uk	01202 265372	R
CA1544	Carter	S	NED	69 Stump Cross, Guisborough, Cleveland TS14 6NH	01287 639453	RT
CA1259	Caven	Shaun	NOT	The Elms, Adbolton Lane, Nottingham NG12 2LU	0115 9822094	C
CH1415	Chalmers	Neil	SCA	3 Abden Avenue, Kinghorn, Fife, KY3 9TQ neil_chalmers@hotmail.com	01592 890367	R
CH1238	Chapman	Mrs M.	SCA	193 Binniehill Road, Balloch, Cumbernauld, Scotland G68 9JH mhckayaking@aol.com	01236 457081	R
CH1408	Chapman	Brian	SCA	193 Binniehill Road, Balloch, Cumbernauld, Scotland G68 9JH brian.chapman@kpmg.co.uk	01236 457081	R
CO1485	Collier	Ken	GLS	95 Shipton Road, Scunthorpe, DN 16 3HJ	01724 337958	R
CO1480	Coulson	David	RDG	3 Woodlands Road, Sonning Common, Reading RG4 9TD david.coulson@gbcaneing.org.uk	0118 972 1233	C
CO1484	Cox	Di	NOT	18 Covert Crescent, Radcliffe on Trent, Nottingham NG12 2HP	0115 910 9446	O
CO 1511	Cox	Stan	NOT	18 Covert Crescent, Radcliffe on Trent, Nottingham NG12 2HP	0115 910 9446	S
CR1490	Crooks	Colin	LBZ	6 Kendal Gardens, Linslade, Leighton Buzzard LU7 2QZ colin@bunchofcrooks.co.uk	01525 850352	OR
DA1412	Darby-Dowman	Ken	ELM	22 Walton Park, Walton-on-Thames, Surrey KT12 3EU	01932 223912	S

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DA1051	Davey	Peter	BCU	Woodstock, Barrow Lane, Pilton, Shepton Mallet, Somerset BA4 4BJ	01749 890206	O
DA1528	Davies	Syd	WIN	10 Homers Road, Windsor, Berks, SL4 5RG	01753 861150	R
DO1510	Dodson	Andy	ADS	26 Warren Road, New Haw, Surrey KT15 3UA	01932 347695	T
DU1540	Duncan	Ken	BSF	2 Oudle Lane, Much Hadham, SG10 6DQ		T
DW1513	DW Organisation Ltd			bsfl11@yahoo.com Wokingham Waterside Centre, Thames Valley Park Drive, Reading, Berks info@dwrace.org.uk	02076 200298	R
ED1551	Ede	Phil	RDG	207 Henley Road, Caversham, Reading RG4 6LJ ede_phil@yahoo.co.uk	0118 954 5308	T
EN1067	Enoch	David	NOT	102 Bingham Road, Radcliffe on Trent, Notts NG12 2GT david.enoch@gbcanoeing.org.uk	0115 933 2258	MRT
EV1068	Evans	Janet	ROY	41 Compton Crescent, Chessington, Surrey KT9 2HD janetanddougrevans@btinternet.com	0208 397 4675	R
FA1508	Farrell	Eric	BCU	Bankside, Towpath, Shepperton, Middx TW17 9LJ	07802 825530	C
FE1507	Ferguson	Anne	BCU	WC Performance, BCU, Adbolton Lane, West Bridgford, Nottingham NG2 5AS	0115 982 2094	
FI1431	Fisher	Diana	HAS	14 St Matthews Gdns, St Leonards on Sea TN38 0TS diana.fisher@btconnect.com	01424 712879	RT
FL1418	Fleeson	Charles	ANK	44 Bronze Close, Nuneaton, Warks CV11 4YD chas.f@tesco.net	02476 345938	RT
FL1530	Fletcher	Alan	LGW	19 Lovells Glen, Linlithgow, EH49 7HZ alan@scotia-thermal.co.uk	01506 671105	RT
GA1074	Gandy	Brian	BAS	32 Florence Road, Fleet, Hants GU52 6LQ gandy@adslmail.newnet.co.uk	01252 622630	MR
GR1078	Gray	Rosy	ICF	48 Willow Road, West Bridgford, Notts NG2 7AY colin@colinrosy.wanadoo.co.uk	0115 923 4867	O
HA1514	Harding	Ollie	CKP	12 maidenhead Court Park, Maidenhead, Berks SL6 8HN ollioo@yahoo.com	01628 626795	OT
HA1328	Hardy	Mr & Mrs B		113 St Johns Ave, Kidderminster, Worcs DY11 6AX	01562 753597	O
HA1546	Harris	Steve	ELM	26 Spurfield, West Molesey, Surrey KT8 1RS steveharris@greenlightadventure.co.uk	07796 982277	M
HE1502	Head	Mike	CLM	33 Lawling Avenue, Heybridge, Malden, Essex CM9 4YT mike@headzone.freemove.co.uk	01621 859379	M
HE1089	Herbert	Tibor	RLS	4 Chiltern Leys, Coventry CV6 1BL	01203 592247	T
HI1515	Hinves	James	SOU	244 Ringwood Road, Totton, Southampton SO40 8EB james.hinves@bcu.org.uk	02380 863612	MRT
HO1230	Hoile	Anne	LBZ	24 Knaves Hill, Linslade, Leighton Buzzard, Beds LU7 7UD	01525 379921	OS
HO1385	Hornby	Suzy	BCU	2 Victoria Close, West Molesey, Surrey KT8 1BQ suzyss@compuserve.com	0208 941 2714	
HU1094	Hughes	Phil	BCU	4 Lyndon Avenue, Long Eaton, Notts NG10 1AD pipki.hughes@rya-online.net	0115 849 2719	O

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HU1359	Hunter	Trevor	ROY	71 Waldegrave Road, Teddington, Middx TW11 8LA	0208 408 3834	C
HU1427	Hutt	Jonathan	C&K	18 Myvot Road, Condorrat, Cumbernauld G67 4NA	01236 720760	RT
				jonathan.hutt@btinternet.com		
JE1238	Jennison	Angela	KKC	26 Parcevall Dr, Kingswood, Hull, E Yorks, HU7 3EU	01482 827836	RT
				thejennisons@supanet.com		
JO1487	Jones	Chris	LBZ	43 Rowley Furrows, Linslade, Leighton Buzzard, Beds LU7 2SH	01525 370970	ST
JO1100	Jones	Peter	WM	173 Longmore Road, Shirley, Solihull B90 3EL	0121 745 3415	M
JO1101	Jones	Rowland	ICF	5 Fabricius Avenue, Droitwich, Worcs WR9 8RR	01905 774828	O
				rowland.kayak@virgin.net		
JO1103	Jones	Steve	LBZ	8 Calder Gardens, Linslade, Leighton Buzzard, Beds LU7 7XE	01525 374359	O
				sljones@talk21.com		
KA1531	Kavanagh	John	MAD	80 South West Avenue, Bollington, Macclesfield, Cheshire	01625 574093	R
				jk-rjk@hotmail.com		
KE1356	Kelly	Andrew	KEN	Millview, Grayrigg, Kenall, Cumbria LA8 9BU	01539 824634	T
KE1334	Kendrick	Viv	PAD	8 Yew Grove, Huddersfield, West Yorks HD4 5XG	01484 460154	RT
				viv.kendrick@wunrush.co.uk		
KI1541	Kilbourn	Robert	NOR	60 Silver Road, Norwich NR3 4TU	01603 618174	T
				killbs@hotmail.co.uk		
KI1104	Kinninmonth	Mrs M.	KIR	19 Forth Park Gardens, Kirkaldy, Fife KY2 5TD	01592 205655	RT
LA1107	Lawler	Di	ELM	93 Chertsey Lane, Staines, Middx TW18 3LQ	01784 454772	RO
				diandroland@hotmail.com		
LA1109	Lawler	Roland	ELM	93 Chertsey Lane, Staines, Middx TW18 3LQ	0208 979 4993	MST
LA1110	Lawrenson	Bill	BUR	9 Malvern Street, Burton on Trent, Staffs DE15 9DY	01283 542324	RT
LA1111	Laws	Alan	ICF	4 Red Lion Street, Boston, Lincs PE21 6NY	01205 311344	MS
LE1473	Lemin	J.	PAN	Adventure Dolphin, Whitchurch Rd, Pangbourne, Berks RG8 7DA	01189 843162	R
LE1506	LeRoux	Claudine	BCU	WC Performance, BCU, Adbolton Lane, West Bridgford NG2 5AS	0115 982 2094	C
LI1520	Lines	Rob	NOR	4 Barn Meadow, Trowse, Norwich NR14 8UB	01603 619846	T
				roblines@yahoo.com		
LY1116	Lyddiatt	David	MLO	The Hobbit, 6 Southside, Gerrards Cross, Bucks SL9 8NQ	01753 887773	RT
				david@lyddiatt.plus.com		
MA1533	Mackinnon	Steve	SCA	Dunringle, Viewhill, Culloden Moor, Inverness, Scotland IV2 5EA	01667 404725	R
				macksteve@btinternet.com		
MA1118	Madeley	Dave	CHE	6 The Crescent, Gayton, Heswall, Wirral CH60 3RL	0151 342 1028	R
MA1120	Manzie	Drew	SCA	15 High Road, Castlehead, Paisley, PA2 6AP	0141 8872401	R
				drewmanzie@fsmail.net		
MA1503	Marnell	Stephen	RUN	36 Chatteris Park, Sandymoor, Runcorn, Cheshire WA7 1XE	01928 579182	RT
				stephen.marnell@virgin.net		
MA1534	Marshall	Derek	SCA	22 Kettilstoun Crescent, Linlithgow, EH49 6PR	01506 842546	R
				derek@kettliithgow.freemove.co.uk		

C = Coach (Squad) M = Marathon Racing Committee O = Official (Regattas) S = Sprint Racing Committee T = Team Leader

MA1504	Martin	Sean	RIC	Richmond Canoe Club, Petersham Rd, Richmond, Surrey wjmartin@mac.com	07936 201551	R
MA1505	Mason	Norman	NOT	Field House, Church Lane, Upper Broughton, Melton Mowbray, Leics LE14 3BD	01664 822536	R
MA1124	May	John	TRU	24 Trelawney Avenue, Treskerby, Redruth, Cornwall TR15 1RH	01209 216943	RT
MC1457	McKeever	D.	BOA	14 Farleigh Wick, Bradford on Avon, Wilts BA15 2PU	01225 865392	T
MC1535	McMorrin	Brian	SCA	99 Pettycur Road, Kinghorn, Fife, KY3 9RP seascapebmcm@aol.com	01592 891481	R
MI1129	Millest	Andrew	MAD	1 Charnwood Close, Macclesfield, Cheshire SK10 3NR andrew_millest@hotmail.com	01625 619271	R
MO1130	Moore	Dave	FRE	41 West Avenue, Rudheath, Northwich, Cheshire CW9 7ER sgurfiona@aol.com	01606 48917	RT
MO1132	Morley	Peter	WEY	17 Springfield Road, Guildford, Surrey GU1 4DW peter.c.morley@btinternet.com	01483 571996	OT
MO1407	Morton	Andy	SCA	3 Park Place, Dollar, FK14 7AA amorton3pp@aol.com	01259 742288	R
MO1360	Moule	Mo	CLM	30 Hill View Road, Springfield, Chelmsford CM1 5RX mo@cld.freemove.co.uk	01245 261073	ST
MO1371	Moule	Peter	CLM	30 Hill View Road, Springfield, Chelmsford CM1 5RX	01245 261073	O
MU1134	Murray	Mr & Mrs B		4 Hawk Close, Whitestone, Nuneaton, Warks CV11 6TG	02476 385846	O
MY1136	Mylett	Dave	LIN	61 Birchwood Avenue, Lincoln LN6 0JA info.lincolncc@ntlworld.com	01522 685479	RT
NE1336	Neale	Clive	TON	9 Handel walk, Tonbridge, Kent TN10 4DG	01732 361759	ORT
NE1138	Newman	Paul	MAI	20 The Rise, Hempstead, Gillingham, Kent ME7 3SS	01634 376420	T
NI1505	Nikonorov	Alex	BCU	WC Performance, BCU, Adbolton Lane, West Bridgford NG2 5AS	0115 982 2094	C
NI1492	Nixon	Simon	MAD	1 Chestnut Drive, Congleton, Cheshire CW12 4UD karen.davies@bcunw.freemove.co.uk	01260 275776	R
NU1142	Nutt	Kevin	EBC	123 South View Avenue, Caversham, Berks RG4 5BB	0118 948 1425	RT
OL1146	Oliver	Laurence	LIN	Cotswold, 48 High St, Reepham, Lincoln LN3 4DP	01522 751798	S
OR1365	Orford	Geoff	MAI	43 Park Road, Redhill, Surrey RH1 2AH gforford@ntlworld.com	01737 766435	R
PA1536	Parker	John	WOR	1 Riverlands, Astley Burf, Stourport, Worcester, DY13 0RZ john.parker@baggeridge.co.uk	01299 824344	RT
PA1366	Pashley	Hugh	SHE	14 Folds Crescent, Sheffield, S8 0EQ h.pashley@btopenworld.com	0114 2351508	R
PA1537	Patterson	Ian	SCA	44 Dalmahoy Crescent, Kirkcaldy, KY2 6SZ ianpat62@msn.com	01592 204673	R
PE1312	Pell	Shirley	GLS	309 Messingham Road, Scunthorpe, Lincs DN17 3QZ	01724 867341	RT
PE1317	Pendle	Dyson	NOR	Jasmine Cottage, Chapel Rd, Dilham, Nr Walsham, Norfolk NR28 9PZ	01692 535625	M
PH1494	Phillips	Andrew	BOA	40 Greenhill, Neston, Corsham, Wilts SN13 9SQ email@andyzog.co.uk	01225 812626	R

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PR1394	Prestwood	Bob	GAI	11 Girtton Road, Cannock, Staffs WS11 3EB	01543 579717	T
PR1242	Prestwood	Christine	GAI	11 Girtton Road, Cannock, Staffs WS11 3OB gaileycc@aol.com	01543 579717	R
PR1545	Price	Stephen	SOA	89 Boundary Road, Mountsorrel, Loughborough, Leics LE12 7EP	07843 567976	RT
RA1405	Rawson	Andy	RDG	9 Bramley Green Road, Bramley, Tadley, Hants RG26 5UE	01256 881162	M
RE1424	Reading CC		RDG	The Warren, Caversham, Reading, Berks RG4 7TH info@reading-canoe.org.uk	0118 947 7643	R
RO1171	Rose	P.	PLY	Plymouth College, Ford Park, Plymouth, Devon PL4 6RN	01752 203300	RT
RO1172	Rossiter	Jim	WEY	101 Whyteleafe Road, Caterham, Surrey CR3 5EJ jimrossiter@bcuinternet.com	01883 346631	MR
SA1448	Sanders	Keith	GRI	41 Larklease, Longwell Green, Bristol, BS30 9BJ keith.sanders@tclarke-bristol.co.uk	01179 093860	R
SC1495	Schofield	Chris	NOR	13 Highland Crescent, Trowse, Norwich NR14 8EA chris-schofield@tiscali.co.uk	01603 627722	R
SC1549	Scott	Claire	SCA		01540 661911	R
SC1179	Scottish Canoe Association		SCA	Caledonia House, South Gyle, Edinburgh EH12 9DQ		
SH1475	Sheldrake	Mark	WAV	1 Malthouse Farm Cottages, Swainsthorpe, Norwich NR14 8PD marksheldrake@btopenworld.com	01508 471169	RT
SM1539	Smythe	James	LEA	1 Crescent Lodge, 177 Crescent Road, New Barnet, Herts EN4 9RP	0208 440 5962	MR
ST1404	Stagg	Richard	CAM	165 Gilbert Road, Cambridge CB4 3PA	01223 503414	RT
SU1190	Sunderland	Neville	BCU	7 Raylawn Street, Mansfield, Notts NG18 3LY	01623 405812	O
SW1548	Swallow	Melvin	CHE	25 Meadow Lane, Huntingdon, Chester CH3 6DQ	01244 314214	T
SW1446	Swallow	Sarah	CHE	25 Meadow Lane, Huntingdon, Chester CH3 6DQ	01244 314214	OR
TA1193	Tarback	Sharon	WOL	2 Mullett Road, Wednesfield, Wolverhampton WV11 1DD peter@white956.co.uk	01922 476646	RT
TH1550	Thomas	Hilary	BAN	20 Colesbourne Road, Bloxham, Banbury OX15 4TB	01295 722934	T
TI1397	Tilford	Geoff	VIK	82 Whitworth Way, Wilstead, Bedfordshire MK45 3DY geoff.tilford@ntlworld.com	01234 404136	RT
TR1268	Train	Steve	FLA	Glen Villa, Paynes Lane, Fladbury, Pershore, Worcs WR10 2QH stevetrain@btinternet.com	01386 861034	RT
TR1201	Travis	Peter	FOX	3 Fane Road, Old Marston, Oxford OX3 0RZ petertravis@ukonline.co.uk		R
TR1270	Treadgold	James	NBY	Anderby, Gore End, Newbury, Berks RG20 0PH jamestreadgold@watersides.fsnet.co.uk	07789 043725	R
TW1000	Twiggs	Mike	PEN	38 Badger Gate, Threshfield, Skipton BD23 5EN mike.twiggs@hotmail.com	01756 753812	R
WA1206	Walls	Dennis	SW	71 Butts Road, Exeter, Devon EX2 5BG den@walls71.fsnet.co.uk	01392 433811	R
WA1209	Ward	Richard	BCU	5 Linhay Park, Sandford, Crediton, Devon EX17 4LL		

C = Coach (Squad) M = Marathon Racing Committee O = Official (Regattas) S = Sprint Racing Committee T = Team Leader

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BRITISH CANOE UNION ANTI-DOPING POLICY

The aims and purpose of the British Canoe Union (BCU) Anti-Doping policy are to:

- Uphold and preserve the ethics of Sport
- Safeguard the physical health and mental integrity of the athletes
- To ensure that all Athletes have an opportunity to compete equally

Therefore, the policy of the BCU is to promote Canoeing as a drug-free sport and that the BCU is committed to educate and inform all athletes, coaches and support personnel about the dangers of drugs and to test athletes to confirm and maintain their drug-free status.

Full details of the current BCU and ICF Anti-Doping rules together with additional information and advice relating to the BCU Anti-Doping policy can be found on the BCU website – www.bcu.org.uk – Within the "About Us" Directory.

Andy Goodsell
Anti-Doping Officer
British Canoe Union
andy@bcu.org.uk

ATHLETE RESPONSIBILITIES

Your role as an Athlete carries with it many responsibilities, and your responsibility to compete cleanly and fairly is fundamental. Be responsible: Under the rules of the World Anti-Doping Code and the BCU Anti-Doping rules you are ultimately responsible for any prohibited substance found in your system. This is referred to as **Strict Liability**.

Who do you trust?

You are responsible for whom you trust to take advice from about substances, medication and supplements and you are accountable for those you entrust with access to your food and drink.

This means that if you take medication from your doctor (GP or sports doctor) and do not check whether it is permitted you are at fault. Likewise, if you take a supplement that is contaminated, even after getting a guarantee from the manufacturer, you are still responsible for choosing to use that product.

Here are 5 key responsibilities you must fulfil:

- Stay up to date with the latest Prohibited List of Substances and Methods
- Check the status of any substance before you use it – **It is still considered an Anti-Doping offence if a Prohibited Substance is found in your system – despite how it came to be there**
- Inform all medical personnel responsible for your health and well being that you compete under specific Anti-Doping rules and ensure that medical treatment received does not violate Anti-Doping rules
- Submit a Therapeutic Use Exemption (TUE) for any Prohibited Substance and/or Method you are prescribed for a legitimate medical condition, prior to competing – **International, National and Domestic Testing Pool Athletes Only**
- Provide accurate whereabouts details of Out of Competition testing if required by the BCU, ICF or UK Sport – you will receive notification of the information you must provide – **International and National Testing Pool Athletes Only**

BCU ATHLETE TESTING POOLS

INTERNATIONAL TESTING POOL – Athletes selected for the International Testing pool will be notified in writing and controlled by the ICF and subject to:

- In Competition testing
- Out of Competition testing at Squad training
- Out of Competition testing of Individuals

BRITISH CANOE UNION ANTI-DOPING POLICY

NATIONAL TESTING POOL – Athletes selected for the National Testing pool will be notified in writing and controlled by UK Sport and subject to:

- In Competition testing
- Out of Competition testing at Squad training
- Out of Competition testing of Individuals

The National Testing pool will include the following athletes:

- All athletes included within the International Testing pool
- All World Class Performance Athletes
- Other Athletes identified by UK Sport and/or the BCU

DOMESTIC TESTING POOL – Athletes selected for the Domestic Testing pool will be controlled by the BCU and subject to:

- In Competition testing
- Out of Competition testing at Squad training

The Domestic Testing pool will include the following athletes (except those selected for the International and National Testing pools):

- All World Class Potential Athletes, including:
 - Talented Athlete Programme (Scotland)
 - Elite Cymru (Wales)
- All World Class Start Athletes
- All National Squad Members for:
 - Canoe Polo
 - Canoe Slalom
 - Freestyle
 - Marathon Racing
 - Sprint Racing
 - Wild Water Racing
- Any Athlete in receipt of the following Grants:
 - Talented Athlete Scholarship Scheme
 - SportsAid

Additionally, any Athletes entering the following Discipline Specific Events are advised to comply with the key responsibilities detailed above:

- Canoe Polo – Any athlete ranked in Division 1
- Canoe Slalom – Any athlete ranked in Premier or Division 1
- Marathon Racing – Any athlete ranked in the following Divisions or higher:
 - Men = Division 1, Junior Men = Division 2 and all Women = Division 3
- Sprint Racing – Any athlete ranked in Men's, Women's, Boy's or Girl's A
- Wild Water Racing – Any athlete ranked in Division A
- Any athlete competing in any designated Selection or Assessment event in any Competition Discipline, including Canoe Sailing and Surf

Any athlete entering any BCU competition or event, irrespective of whether they meet the Testing pool criteria outlined above, may be subject to a Drug Test. All athletes competing at the Domestic Testing pool level are to provide current contact details to the BCU Anti-Doping Officer at all times (Address, Telephone and E-mail details). Should you require further information on the BCU Testing Pools or any other Anti-Doping matter, please contact the BCU Anti-Doping Officer (andy@bcu.org.uk).

LEPTOSPIROSIS

LEPTOSPIROSIS AND THE CANOEIST

Leptospirosis

This is an animal infection, but after recovery the animal continues to excrete the organisms in the urine. These survive for days or even weeks in moist conditions, but for only a few hours in salt water. Humans catch the infection by direct contact with the urine or the urine polluted environment. Bacteria enter through skin abrasions or via the eyes, nose or mouth.

The Illness

The usual incubation is 7 to 12 days. Normally 'flu-like illness occurs which resolves in 2 -3 weeks. There may be fever, severe headache, pains in the back and calves and prostration. A few cases develop jaundice, when the condition is known as Weil's disease. Although death may occur in about 15% of the jaundiced patients, death without jaundice is virtually unknown. Antibiotics during the first few days may help to limit the infection. Many cases recover without specific treatment.

What to do

If you think you may have the infection, go to your doctor and tell him or her that there may be a risk of Leptospirosis. The diagnosis is by clinical suspicion. Blood tests can rarely confirm the illness in time to affect treatment, though they may subsequently confirm it. The microbiologist at your local hospital is the best source of advice.

Prevention

1. Cover all cuts and abrasions with waterproof plasters
2. Always wear footwear to avoid cutting the feet.
3. Avoid capsize drill or rolling practice in inland waters.
4. Shower as soon as possible after canoeing.
5. If in doubt, consult your doctor early.

Remember that simple precautions can reduce your risk.



ELMBRIDGE CANOE CLUB

INVITE YOU TO TAKE PART IN THEIR 2006 PROGRAMME

Details on WWW.ELMBRIDGECANOECLUB.CO.UK

**Easter
Sunday
April 16th
2006**

HALF MARATHON TIME TRIAL - K1 only

For paddlers aged under 16

Field on the Wey Navigation Canal,

Guildford to Weybridge

Classes - Boys and Girls under 12, 13, 14, 15, & 16

(Age as at January 1st 2006)

**Saturday
13th May
2006**

FUN REGATTA AND TIME TRIALS

200m and 500m K1 time trials and races

3000m K1 and K2 races for all groups

Good introduction to sprint racing for all standards

Coaching Scheme Certificates of Standard awarded

**Sunday
October 1st
2006**

DIVISIONAL MARATHON

(LSE Hasler event for 2007)

Division I - K1

Details from:

Di Lawler, Secretary, Elmbridge Canoe Club,

93, Chertsey Lane, Staines, Middx TW18 3LQ

TEL: 01784 454772

Email: diandroland@hotmail.com



ROYAL CANOE CLUB

RACE PROGRAMME 2006

Full Details on www.royalcanoeclub.com

Sunday
26th March 2006

K1/K2 MARATHON – Runnymede to Teddington

Sunday
11th June 2006

DIVISIONAL MARATHON (LSE Hasler Event for 2006)
Division 1 K2

Saturday
24th June 2006

PADDLING CHALLENGE CUP – 10K race
First raced for in 1874
Additional races for the Ladies cup, masters event,
Juniors and Lightnings. Various distances. K1s only.

Saturday
15th July 2006

JUNIOR SPRINT REGATTA
part of the Grand Prix Series

Saturday
7th October 2006

JUNIOR K2 RACE (Including Hody K2s)
Boys and Girls 16 or under on 1st January 2006
Division 8 and 9 paddlers only please.

For further details please contact
Janet Evans – 41 Compton Crescent, Chessington, Surrey, KT9 2HD
Janetanddougevans@btinternet.com or 020 8397 4675

SPRINT SECTION

Chairman's Foreword

2012 Olympics Games – London

This is a once in a lifetime chance to upgrade the status of canoe racing as a sport in Great Britain. While sporting enthusiasm is high, while there is real investment in sporting projects, we must work to show off our sport at its best.

As from 2008 we are planning to host top class International events. If our experiences of 1981, when we held the World Sprint Championships at Nottingham, are any guide, other countries will come here to check out the venues and conditions. This will be a wonderful opportunity for us all to see for ourselves the World's best paddlers in action.

There will enormous pressure on our professional Performance Department and the funded athletes to produce medals in 2012. This is inevitable when we consider the huge amount of lottery money already invested in our sport coupled with the Government's target of Britain to rank in the top 4 countries at the London Games. There are twelve racing events and thirty-six medals up for grabs: we will be expected to justify the investment.

Our voluntary regatta organisers and officials will be equally challenged and will have extra demands made upon their time as preparations move forward.

The athletes who will contest the Games in 2012 are most probably already in the system and will be nurtured accordingly. Canoeing life must however go on post 2012. Clubs are still the backbone of the sport and our future is invested in them. The danger in the next few years is that their interests may be sacrificed or sidelined in the run up to the London Games.

If the worst scenario occurs and we don't achieve the targets set by the Government and Sport England there is a real possibility that the funding at the top will cease.

However, on a more cheerful note, we are now enjoying an injection of funding at the base level of our sport. Clubs are just beginning to feel the benefits of the Community Club Development Scheme, which has, in the last few years, helped with building projects, provision of equipment and now is gradually introducing the Community Sports Coach. This support is very welcome, but can only be really successful if linked with high quality volunteers in our clubs.

I would like to encourage all clubs to take advantage of the opportunities offered by way of training for volunteers and coaches; enhance your skills and build stronger clubs. Do it now, while there is money in sport to back you; there are never too many coaches and there is always something new to learn. Give your club a better chance of producing Olympic Athletes in the future.

Roland Lawler
December 2005

SPRINT SECTION

Sprint Racing Committee 2005/6:

Chairman:	Roland Lawler
Vice Chairman:	Ken Darby-Dowman
Secretary:	Cathy Wynne
Treasurer:	Mo Moule
	David Brown
	Stan Cox
	Chris Jones
	Laurence Oliver
	Alan Williams
	Anne Hoile (Co-opted)
	Alan Laws (Co-opted)

Sprint Racing Regatta Committee

Regatta Organiser:	Peter Morley
Chief Official:	Peter Davey
Treasurer:	Martin Brooks
Secretary:	Joyce Sunderland
ICF Rep:	Peter Bland
SRC Rep:	Stan Cox
Registration:	Peter Morley

SPRINT SECTION – NOTTINGHAM REGATTAS

National Regattas 2006

Held at The National Water Sports Centre, Holme Pierrepont, Adbolton Lane,
Nottingham

Telephone 0115 982 1212

www.nationalwatersportsevents.co.uk

April 8/9	National Regatta	(entries close Mar 22)
May 6/7	National Regatta	(entries close April 19)
June 3/4	Summer Regatta	(entries close May 17)
July 22/23	National Championships	(entries close July 5)
Sept 2/3	Inter Club Regatta	(entries close Aug 16)

Hours of Racing at NWSC

Saturday 09.30 to 19.00

Sunday 08.30 to 17.00

Directions to Holme Pierrepont

The National Water Sports Centre is situated just off the main A52 road from Nottingham to Grantham. It is signposted on all main roads leading into Nottingham.

Accommodation

Bed & Breakfast is available on site - Bunks, Standard and En Suite, although this gets booked up very quickly.

Lunches and snacks are available from the Centre Cafeteria and Snack Bars.

There are many hotels of different sizes and cost in Nottingham, several in the vicinity of the NWSC. Nottingham council's own website at www.nottinghamcity.gov.uk lists a large number of hotels, B&Bs, farmhouses etc. at all prices.

Camping

There is an excellent camp site run by N.W.S.C. just across the road from the course. Facilities include a toilet, washing and shower block; water points; waste disposal; electric hook-up points and a shop.

The site is open to all competitors, officials and supporters. No booking is required.

Boat Storage

There is no overnight canoe storage available in the boathouses. We advise that all canoes should be removed on Saturday night. All canoes on the outside racks at the Centre are left entirely at the owner's risk.

Regatta Programmes

Programmes will be on sale at the Watersports Centre and the campsite on the Friday evening before the Regatta and on Saturday at the Centre.

SPRINT SECTION – NOTTINGHAM REGATTAS

National Regattas 2006

Entries must be submitted through your Club Team Leader –
See Team Leaders Handbook pages A13 to A19.

Guidelines for entry into Sprint Racing To promote fair racing and as a guide for coaches, team leaders and paddlers, the following standards, based on the "Sprint (500m) Awards", are suggested as the entry levels into Sprint Regattas held at the National Watersports Centre. (See also Racing Standards on pages B1 – B5)

Men	Kayak Gold
Women and Veteran Men	Kayak Silver
Girls and Boys	Kayak Bronze
Canadian Paddlers	Canoe Gold

In each case the paddler must equal or beat the times below to achieve the standard.

Note: Time in minutes and seconds – in single canoe or kayak

Award	Kayak Men	Kayak Women	Canoe
Green	4.00	4.20	5.00
Blue	3.30	3.45	4.00
Bronze	3.05	3.20	3.20
Silver	2.45	3.00	3.05
Gold	2.30	2.45	2.45

All paddlers must be current members of the British Canoe Union and have registered as sprint racing competitors.

Some fees for this season have been increased and the charge bands are as follows:-

Group	K1/C1	K2/C2	K4/C4
Senior Events	£4.00 (late £5.00)	£8.00 (late £9.00)	£12.00(no late fee)
Junior Events	£3.00 (late £4.00)	£6.00 (late £7.00)	£10.00(no late fee)

Lightning & Bell Boat: Fixed fee of £5 per paddler per day to include both craft.

Please note that K4 fees include the cost of boat hire.

Club colours must be worn by all competitors in all events.

All kayaks and canoes must have **adequate buoyancy**, be fitted with a number slot and comply with current regulations as to weight. Boat Control will be carried out during regattas.

Paddlers must supply their own lane numbers (1-9).

SPRINT SECTION – NOTTINGHAM REGATTAS

Regatta Officials Training

The training of officials is a highly important area of our activities from both a National and Regional point of view. Anyone interested in assisting at National regattas at Nottingham is encouraged to come and sit alongside more experienced officials to learn what is involved. Each year in November we meet at the N.W.S.C. for a weekend of discussion, debriefing, and training, plus our annual dinner. Through officiating at our own National and International Regattas any official can progress to a standard where they become eligible to take the International Canoe Federation examination, thus becoming qualified to officiate at World Championships.

Newcomers are welcome and, if there is sufficient interest, we are happy to run a basic course aimed at complete beginners – no previous knowledge or experience is assumed. All aspects of regatta organisation would be covered in a basic and practical way, including the organisation of low key, local events of all kinds. This course would be followed by practical experience at regattas, working alongside a more practised official to gain knowledge and experience. Additional training can be given in specialised fields for those aiming to take the I.C.F. examination.

There may also be discussion groups of more experienced officials who meet to iron out any problems which have arisen during the season and find methods of solving them.

Further details of the Officials Weekend in November 2006 will be available nearer the time. **If you want to find out more contact the Regatta Organiser, Peter Morley, 17 Springfield Road, Guildford, Surrey GU1 4DW Tel: 01483 571996 email: peter.c.morley@btinternet.com**

ICF Officials

Peter Bland	Rosy Gray	Rowland Jones	Peter Moule	Cathy Wynne
BCU Officials				
Robin Avery	Di Cox	Rosy Gray	Brian Kelly	Joyce
Diane Bates	Stan Cox	Ollie Harding	Di Lawler	Sunderland
Paul Bates	Jean Coleman	Carol Hardy	Margaret	Neville
Peter Bland	Colin Crooks	Brian Hardy	Millington	Sunderland
Teresa Bland	Peter Davey	Linda Heath	Peter Morley	Sarah Swallow
Lee Bradshaw	Andrew	Anne Hoile	Peter Moule	Gordon
Martin Brooks	Dearden	Philip Hughes	Elaine Murray	Wycherley
Alan Brookes	Jim Davison	Andy Holmes	Barry Murray	Denise
Alan Burgoyne	Derrick Dobbie	David Jones	Mick Moran	Whitehead
Richard Clarke	David Etheridge	Steve Jones	Clive Neale	Cathy Wynne
		Rowland Jones	Alan Reese	George Wynne

Boat Drivers

Peter Bland	Alan Brookes	Peter Davey	David Jones	Peter Moule
Lee Bradshaw	Alan Burgoyne	Derrick Dobbie	Steve Jones	Barry Murray
Martin Brooks	Stan Cox	Dave Etheridge	Margaret	Neville
		Philip Hughes	Millington	Sunderland

SPRINT SECTION – NOTTINGHAM REGATTAS

The Racing Registration Scheme

The Scheme also enables the committee to establish how many active racing canoeists there are in the country at any one time, and provides a means of communicating with them.

The Registration Number is the unique numerical identification for each paddler, and is used in computer programmes when programming a regatta. Only Registered Paddlers will be allowed to compete in B.C.U. events at the National Watersports Centre. Entries submitted without a Registration Number will not be accepted.

Initial Registration

This may be done in one of two ways:-

1. At any N.W.S.C. Regatta, at the Secretary's desk.
2. By post with the Registration Officer (Send S.A.E. please).

In all cases the following are required:

1. Full Name and Address.
2. Date of Birth.
3. Club.
4. Your ranking (if known).
5. A Coaching Scheme Certificate of Standard for 500m which states the actual time taken for your trial.
6. Proof of current B.C.U. Membership (a photocopy of your card is acceptable).

Renewal of Registration

Competitors will remain on the active register until such time as they have not competed for two years, or their B.C.U. membership has lapsed. On production of a current B.C.U. card, anyone not listed on the active register may apply to be reinstated.

Current Lists of Registered Paddlers are intended as 'working' lists and only include paddlers who have raced during the last two years and those who are fairly certain to race in the current season. Anyone who does not appear on the lists will have been transferred to the storage file and can be brought back to the 'live' file at any time they return to racing.

Youth paddlers who initially registered as Cadet Members will remain on the register but should join the B.C.U. as full Youth members at the end of the first year. They should inform the Registration Officer of any change of number.

The Registration Officer, 17 Springfield Road, Guildford, Surrey GU1 4DW
When registering by post please send S.A.E. for the return of your B.C.U. card and the Registration Number.

SPRINT SECTION – NOTTINGHAM REGATTAS

REGATTA REGISTRATION APPLICATION

Full Name

Telephone No

Address

Post Code

Date of Birth

Club

500m Time

BCU Membership Number

Valid test and membership certificates or photocopies are required to accompany this form.

Please return this form with a stamped self addressed envelope to:

Registration Officer

P.Morley, 17 Springfield Road, Guildford, Surrey GU1 4DW

Registration Number Issued

Date

Regatta Racing Class

SPRINT SECTION – NOTTINGHAM REGATTAS

	BCU National Canoe/Kayak Flatwater Racing Regatta											
	National Water Sports Centre Nottingham											
	8 – 9 April 2006											
Closing Date	Wednesday 22nd March 2006											

Men's Kayak	200m			500m			1000m			5km / 2.5km		
	K1	K2	K4	K1	K2	K4	K1	K2	K4	K1	K2	K4
Senior A	✓ O	✓ O	✓ O	✓	✓	✓	✓	✓	✓	✓ O		
Senior B				✓	✓	A/B	✓	✓	A/B			
Senior C				✓	✓	✓	✓	✓	✓			
Senior D				✓	C/D	C/D	✓	C/D	C/D			
Masters A				✓	✓	✓	✓	✓	✓			✓ N
Masters B				✓		A/B	✓	A/B	A/B			A/B

Men's Canoe	200m			500m			1000m			5km / 2.5km		
	C1	C2	C4	C1	C2	C4	C1	C2	C4	C1	C2	C4
A Senior	✓ O	✓ O		✓	✓	✓	✓	✓	✓	✓ O		
B Senior				✓	✓		✓	✓				
C Junior				✓		✓	✓		✓			

Women's Kayak	200m			500m			1000m			5km / 2.5km		
	K1	K2	K4	K1	K2	K4	K1	K2	K4	K1	K2	K4
Senior A	✓ O	✓ O	✓ O	✓	✓	✓	✓	✓	✓	✓ O		
Senior B				✓	✓	✓	✓	✓	✓			
Senior C				✓	✓	B/C/D	✓	✓	B/C/D			
Senior D				✓	C/D		✓	C/D				

Junior Kayak				500m			1000m			5km / 2.5km		
				K1	K2	K4	K1	K2	K4	K1	K2	K4
Boys A				✓	✓	✓	✓	✓	✓			U18 N
Boys B				✓	✓	✓	✓	✓	✓		✓	
Boys C				✓	✓	B/C	✓	✓	B/C		✓	
Boys D				✓	✓	✓		✓			✓	
Girls A				✓	✓	✓	✓	✓	✓			U18 N
Girls B				✓	✓	A/B/C	✓	✓	A/B/C		✓	
Girls C				✓	✓		✓	✓			✓	
Girls D				✓	✓	✓		✓	✓		✓	

Padability	✓	✓		✓	✓		✓		
TC2					✓		✓		
Lightning U12				nil	nil		nil		nil nil
Lightning U10				nil	nil		nil		nil nil

O = Open Event N = National Championship Event S = Class Championship Event

SPRINT SECTION – NOTTINGHAM REGATTAS

	BCU National Canoe/Kayak Flatwater Racing Regatta
	National Water Sports Centre Nottingham
	6 – 7 May 2006
	Closing Date Wednesday 19th April 2006

Men's Kayak	200m			500m			1000m			5km / 2.5km		
	K1	K2	K4	K1	K2	K4	K1	K2	K4	K1	K2	K4
Senior A	✓O	✓O	✓O	✓	✓	✓	✓	✓	✓	✓O		
Senior B				✓	✓	A/B	✓	✓	A/B			
Senior C				✓	✓	✓	✓	✓	✓			
Senior D				✓	C/D	C/D	✓	C/D	C/D			
Masters A				✓	✓	✓	✓	✓	✓	✓N		
Masters B				✓	A/B	A/B	✓	A/B	A/B	✓S		

Men's Canoe	200m			500m			1000m			5km / 2.5km		
	C1	C2	C4	C1	C2	C4	C1	C2	C4	C1	C2	C4
A Senior	✓O	✓O	✓O	✓	✓	✓	✓	✓	✓	✓O		
B Senior				✓	✓		✓	✓				
C Junior				✓		✓	✓		✓			

Women's Kayak	200m			500m			1000m			5km / 2.5km		
	K1	K2	K4	K1	K2	K4	K1	K2	K4	K1	K2	K4
Senior A	✓O	✓O	✓O	✓	✓	✓	✓	✓	✓	✓O		
Senior B				✓	✓		✓	✓				
Senior C				✓	✓	B/C/D	✓	✓	B/C/D			
Senior D				✓	C/D		✓	C/D				

Junior Kayak				500m			1000m			5km / 2.5km		
				K1	K2	K4	K1	K2	K4	K1	K2	K4
Boys A				✓	✓	✓	✓	✓	✓	U18N		
Boys B				✓	✓	✓	✓	✓	✓			
Boys C				✓	✓	B/C	✓	✓	B/C	U16N		
Boys D				✓	✓	✓		✓	✓	U14N		
Girls A				✓	✓	✓	✓	✓	✓	U18N		
Girls B				✓	✓	A/B/C	✓	✓	A/B/C			
Girls C				✓	✓		✓	✓		U16N		
Girls D				✓	✓	✓		✓	✓	U14N		

Padability	✓	✓		✓	✓		✓					
Touring C2					✓		✓					
Youth												
U12Lightning				✓	✓		✓			✓	✓	
U10Lightning				✓	✓		✓			✓	✓	

O = Open Event N = National Championship Event S = Class Championship Event

SPRINT SECTION – NOTTINGHAM REGATTAS

	BCU National Canoe/Kayak Flatwater Racing Regatta									
	National Water Sports Centre Nottingham									
	3 – 4 June 2006									
	Closing Date Wednesday 17th May 2006									

Men's Kayak	200m			500m			1000m			5km / 2.5km		
	K1	K2	K4	K1	K2	K4	K1	K2	K4	K1	K2	K4
Senior A	✓ O	✓ O	✓ O	✓	✓	✓	✓	✓	✓	✓ O		
Senior B				✓	✓	A/B	✓	✓	A/B			
Senior C				✓	✓	✓	✓	✓	✓			
Senior D				✓	C/D	C/D	✓	C/D	C/D			
Masters A				✓	✓	✓	✓	✓	✓		✓ N	
Masters B				✓	A/B	A/B	✓	A/B	A/B		✓ S	

Men's Canoe	200m			500m			1000m			5km / 2.5km		
	C1	C2	C4	C1	C2	C4	C1	C2	C4	C1	C2	C4
A Senior	✓ O	✓ O	✓ O	✓	✓	✓	✓	✓	✓		✓ N	
B Senior				✓	✓		✓	✓			✓ S	
C Junior				✓		✓	✓		✓		✓ N	

Women's Kayak	200m			500m			1000m			5km / 2.5km		
	K1	K2	K4	K1	K2	K4	K1	K2	K4	K1	K2	K4
Senior A	✓ O	✓ O	✓ O	✓	✓	✓	✓	✓	✓		✓ N	
Senior B				✓	✓	✓	✓	✓	✓		✓ S	
Senior C				✓	✓	B/C/D	✓	✓	B/C/D		✓ S	
Senior D				✓	C/D		✓	C/D			C/D	

Junior Kayak				500m			1000m			5km / 2.5km		
				K1	K2	K4	K1	K2	K4	K1	K2	K4
Boys A				✓	✓	✓	✓	✓	✓		U18N	
Boys B				✓	✓	✓	✓	✓	✓			
Boys C				✓	✓	B/C	✓	✓	B/C		U16N	
Boys D				✓	✓	✓	✓	✓	✓		U14N	
Girls A				✓	✓	✓	✓	✓	✓		U18N	
Girls B				✓	✓	A/B/C	✓	✓	A/B/C			
Girls C				✓	✓		✓	✓			U16N	
Girls D				✓	✓	✓	✓	✓	✓		U14N	

Padability	✓	✓		✓	✓		✓					
Special Olympics	✓	✓		✓	✓							
Touring C2					✓		✓					
Youth												
Lightning U12				✓	✓		✓			✓	✓	
Lightning U10				✓	✓		✓			✓	✓	

O = Open Event N = National Championship Event S = Class Championship Event

SPRINT SECTION – NOTTINGHAM REGATTAS

	BCU National Canoe/Kayak Flatwater Sprint Racing Championships											
	National Water Sports Centre Nottingham											
	22 – 23 July 2006											
	Closing Date Wednesday 5th July 2006											

Men's Kayak	200m			500m			1000m			5km / 2:5km		
	K1	K2	K4	K1	K2	K4	K1	K2	K4	K1	K2	K4
Senior A	✓N	✓N	✓N	✓N	✓N	✓N	✓N	✓N	✓N			
Senior B	✓S	✓S		✓S	✓S	A/B	✓S	✓S	A/B			
Senior C	✓S	✓S		✓S		✓S	✓S	✓S	✓S			
Senior D	✓S			✓S	C/D	C/D	✓S	C/D	C/D			
Masters A				✓N	✓N	✓N	✓N	✓N	✓N			
Masters B				✓S	A/B	A/B	✓S	A/B	A/B			

Men's Canoe	200m			500m			1000m			5km / 2:5km		
	C1	C2	C4	C1	C2	C4	C1	C2	C4	C1	C2	C4
A Senior	✓N	✓N	✓N	✓N	✓N	✓N	✓N	✓N	✓N			
B Senior	✓S			✓S	✓S		✓S	✓S				
C Junior				✓N		✓N	✓N		✓N			

Women's Kayak	200m			500m			1000m			5km / 2:5km		
	K1	K2	K4	K1	K2	K4	K1	K2	K4	K1	K2	K4
Senior A	✓N	✓N	✓N	✓N	✓N	✓N	✓N	✓N	✓N			
Senior B	✓S	✓S		✓S	✓S	B/C/D	✓S	✓S	B/C/D			
Senior C	✓S			✓S	C/D		✓S	C/D				
Senior D	✓S			✓S			✓S					

Junior Kayak				500m			1000m			5km / 2:5km		
				K1	K2	K4	K1	K2	K4	K1	K2	K4
Boys U18				✓N	✓N	✓N	✓N	✓N	✓N			
Boys U16				✓N	✓N	✓N	✓N	✓N	✓N			✓N
Boys U14				✓N	✓N	✓N	✓N	✓N	✓N			✓N
Girls U18				✓N	✓N	✓N	✓N	✓N	✓N			
Girls U16				✓N	✓N	✓N	✓N	✓N	✓N			✓N
Girls U14				✓N	✓N	✓N	✓N	✓N	✓N			✓N

Youth	200m			500m			1000m			1km		
Lightning U12				✓	✓		✓			✓	✓	
Lightning U10				✓	✓		✓			✓	✓	
Padability	✓	✓		✓	✓		✓					
Touring C2					✓		✓					

N = National Championship Event

S = Class Championship Event

SPRINT SECTION – NOTTINGHAM REGATTAS

	BCU Inter Club & Inter Services Flatwater Racing Regatta											
	National Water Sports Centre Nottingham											
	2 – 3 September 2006 - MacGregor Paddle											
Closing Date	Wednesday 16 August 2006											

Men's Kayak	200m			500m			1000m			5km / 2.5km		
	K1	K2	K4	K1	K2	K4	K1	K2	K4	K1	K2	K4
Senior A	✓O	✓O	✓O	✓	✓	✓	✓	✓	✓			
Senior B				✓	✓	A/B	✓	✓	A/B			
Senior C				✓	✓	✓	✓	✓	✓			
Senior D				✓	C/D	C/D	✓	C/D	C/D			
Masters A				✓	✓	✓	✓	✓	✓			
Masters B				✓	A/B	A/B	✓	A/B	A/B			

Men's Canoe	200m			500m			1000m			5km / 2.5km		
	C1	C2	C4	C1	C2	C4	C1	C2	C4	C1	C2	C4
A Senior	✓O	✓O	✓O	✓	✓	✓	✓	✓	✓			
B Senior				✓	✓		✓	✓				
C Junior				✓		✓	✓		✓			

Women's Kayak	200m			500m			1000m			5km / 2.5km		
	K1	K2	K4	K1	K2	K4	K1	K2	K4	K1	K2	K4
Senior A	✓O	✓O	✓O	✓	✓	✓	✓	✓	✓			
Senior B				✓	✓	✓	✓	✓	✓			
Senior C				✓	✓	B/C/D	✓	✓	B/C/D			
Senior D				✓	C/D		✓	C/D				

Junior Kayak				500m			1000m			5km / 2.5km		
				K1	K2	K4	K1	K2	K4	K1	K2	K4
Boys A				✓	✓	✓	✓	✓	✓	✓		
Boys B				✓	✓	✓	✓	✓	✓	✓		
Boys C				✓	✓	B/C	✓	✓	B/C	✓		
Boys D				✓	✓	✓	✓	✓	✓	✓		
Girls A				✓	✓	✓	✓	✓	✓	✓		
Girls B				✓	A/B	A/B/C	✓	A/B	A/B/C	✓		
Girls C				✓	✓		✓	✓		✓		
Girls D				✓	✓	✓	✓	✓	✓	✓		

Youth				500m			1000m			1km		
Lightning U12				✓	✓		✓			✓	✓	
Lightning U10				✓	✓		✓			✓	✓	
Padability				✓	✓		✓					
Touring C2					✓		✓					

O = Open Event

NOTTINGHAM REGATTAS – TEAM LEADER'S HANDBOOK

Team Leader's Summary of Responsibilities

1. At the Club

- a) Ensure that club members achieve the relevant standard to qualify for competing at National Regattas.
- b) Advise the Colours Registration Officer of their appointment, and include details of any changes in the Club Racing Colours.
- c) **Check that all boats have adequate buoyancy.**

2. Entries

- a) Advertise the Regatta to all club members, collate entries, and return Entry Form by closing date accompanied by the correct entry fees.
- b) Check Timetable for clashes & problems.
- c) Ensure that paddlers are conversant with the Rules of Racing for Competition & Conduct as shown in the Handbook, and hold current membership of the British Canoe Union. Ensure that all paddlers have been registered.
- d) Encourage paddlers to purchase their own Racing Handbooks.

3. Before the start of Racing

- a) Collect and check the detailed regatta programme ensuring that every entry made is shown correctly.
- b) Arrive on time for the Team Leaders' Meeting. All scratches, crew changes, and late entries should be made during the meeting.
- c) Advise paddlers of any changes and/or alterations to the programme.
- d) Ensure that paddlers and their boats are adequately dressed and equipped for the conditions.
- e) Ensure that all paddlers are fully aware of safety measures.

4. During Competition

- a) Ensure that paddlers arrive in time for their races, wearing club colours, and with the correct lane number.
- b) Ensure that K4s, if required, are booked in advance. Boat hire is included in the Race Entry Fee.
- c) Be available to receive notification of disqualifications, and deal with any problem involving paddlers from their club.
- d) Collect from, and promptly return to, the Secretary's Desk all Long Distance Numbers. A deposit of £10.00 is required.
- e) Hand in S.A.E. to the Regatta Secretary for a copy of the results.

5. After the Regatta

- a) Return Long Distance numbers promptly to the Secretary's Desk.
- b) Display results on club notice board.
- c) Note promotions of Club paddlers.

NOTTINGHAM REGATTAS – TEAM LEADER’S HANDBOOK

1. Appointment

Club Secretaries must inform the Colours Registration Officer who is the Team Leader for their club (and if you wish a nominated reserve), before January 1st each year. If a club is to be represented by another person at the N.W.S.C. the regatta organiser should be informed by the registered Team Leader, preferably when the entries are submitted.

2. Communication

At all regattas, the organisers will only communicate with the Club Team Leader or his/her nominated reserve, in respect of:-

- Making entries
- Making late entries.
- Communication from the organisers to his/her club paddlers - including disqualifications.
- Making protests.
- Receiving results.

3. Safety

The Team Leader is primarily responsible for the safety of his club members. Team Leaders should ensure that paddlers are:-

- suitably dressed for the weather, water and race conditions.
- able to perform basic capsiz drills and are briefed on what to do when approached by a umpire boat.
- able to swim at least 50 metres in wet clothing without a lifejacket.
- that all canoes are fitted with buoyancy, sufficient to ensure that the canoe will remain afloat and support the crew in the event of a capsiz.
- that all competitors in Junior or Youth classes are in possession of a lifejacket or buoyancy aid which conforms to the standard of the I.C.F or S.B.B.N.F.

In the event of cold and/or windy conditions the organisers may at their discretion cancel or postpone a race, or insist on the wearing of buoyancy aids.

4. Entries

Please note all the information given on the completion of the Official Entry Form which appears on the following page.

All entries must be made on the Official Form. Please do not break up the form. Send the complete form, even if you are making only one entry. Please ensure that you use the correct form.

Some fees for this season have been increased and the charge bands are as follows:-

Group	K1/C1	K2/C2	K4/C4
Senior	£4.00 (late £5.00)	£8.00 (late £9.00)	£12.00(no late fee)
Junior	£3.00 (late £4.00)	£6.00 (late £7.00)	£10.00(no late fee)

Lightning and Bell Boat: fixed fee of £5 per paddler per day to cover both craft.

- All entries for an N.W.S.C. Regatta must be made on the Official Entry Form, or a photocopy. A blank form is included on the entry form for this purpose.
- One page for each class** must be used.
- At the top of each page, enter the names of **all** the paddlers who are to be entered in that class. Indicate the paddler's Initial, Name, and Club as shown below. If, in a crew boat, you include a paddler who is registered in the name of another club, make sure that his name & club are shown.
- Use the first four figures of the box for the paddler's Registration Number.
A full list of these is shown in Section B.

NOTTINGHAM REGATTAS – TEAM LEADER'S HANDBOOK

- e) If a paddler has a 3 figure Registration Number, e.g. 027, prefix it with another zero e.g. 0027. **No entry will be accepted without a Registration Number**
- f) Enter A.N.Other and four zeros for unknown crew members.
- g) Do not use one page for more than 12 names. Photocopy or use the spare page at the back of the entry booklet.
- h) Telephone Entries are not accepted.
- i) The closing date for entries is normally the Friday fifteen days before the event. Any entries arriving after the closing date must be made by the Team Leader at the Team Leaders Meeting.
- j) Entries made without the correct fee(s) will be charged as Late Entries.

EXAMPLE

Registration No	I n	Name	Club
1 2 3 4	A	S I S T E R	C L U
5 6 7 8	B	B R O T H E R	C L U
4 5 6 7	A	C H A R L I E	C L U

ENTER PADDLERS REGISTRATION NUMBERS BELOW																2 0 0 M	5 0 0 M	1 0 0 M	L D I S T		
K1													1	2	3	4		X	X	X	£20.00
													4	5	6	7		X	X		
K2									5	6	7	8	1	2	3	4	X	X	X	X	£64.00
									4	5	6	7	1	2	3	4	X	X	X	X	
K4	2	3	4	5	3	4	5	6	5	6	7	8	1	2	3	4		X	X		£24.00
Page Total																£ 108.00					

5. Notes on Classes

- a) Kayak competitors are divided into three age groups, Youth, Senior and Veteran. These three kayak classes are then divided into Men and Women. These two subdivisions then being further divided into ability groups. Canadian paddlers are divided into three ability groups.
- b) Youth Paddlers will paddle in the four youth divisions according to their individual ability. Promotions within these classes will be done on the basis of improvement in standard of performance. When applying for registration the time certificate submitted should show the time recorded on the 500m test in order that new paddlers can be classified correctly. Beginners do **not** automatically start in the "D" group.

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- c) The chart 'Standards for Racing' on page B1 demonstrates the way in which the subdivisions are made according to speed.
- d) The status of a paddler in a kayak class has no bearing on his status in a canoe.
- e) Mixed Events, in which male and female competitors race together in the Men classes, are permitted, provided the races are of parallel standard to that of their designated classes.
- f) Open Events - In order to facilitate programming we reserve the right to combine classes in any distance at any regatta, with the exception of National Championship events, which will all start separately provided there are sufficient entries.
- g) Paddlers must race ONLY in their designated class for singles events (K1 and C1) at N.W.S.C. Regattas. Competitors may race above their designated class in crew boats only. Exceptions may be made when O.R.S. coaches wish to enter squad paddlers in higher classes.
- h) A Youth paddler may race in crew boats in a senior class equivalent or above the standard of his own youth standard. E.g. BAK= MBK (see chart).
- i) All paddlers will be graded into classes according to the standards set out in the Standards for Racing. Coaches should use the Coaching Scheme 500m Racing Tests as preparation for paddler's entry into racing.
- j) Youth National Championships

Youth Paddlers will race in the following Age Groups

UNDER 18 (BORN 1988 or 1989)

UNDER 16 (BORN 1990 or 1991)

UNDER 14 (BORN 1992 or later)

A youth paddler, who has been promoted to Senior Status on ability, may for National Championship Events only race in his/her youth age group.

k) Promotions/Demotions

- Will be made throughout the year on the basis of standards laid down, and using the race results.
- Are not automatic, and need to be ratified by the S.R.C nominee before taking effect.
- Will be notified on the regatta results and should take effect at the next regatta.

l) Veterans

Paddlers born before 1971 may compete in the Veteran class unless Men's A or B

6. **Check your Programme**

Prior to the Team Leaders Meeting, it is essential for each Team Leader to make a careful check of all his entries. It is best to keep a copy of your entry for this purpose. If there are any omissions or if you wish to make substitutions, mark your programme: the Team Leaders Meeting goes very quickly, and leaves no time for hesitation.

It is not uncommon for the regatta organisers to make a few mistakes with the entries, but it is your responsibility to check the programme. Once a race has been passed during a meeting it is not normal to go back.

The event organisers will do their best to arrange the programme so that all races in each class are well spaced out, giving a minimum rest period of 40 minutes between races. Any competitor racing outside his designated class in crew boats cannot depend on the programme accommodating this situation satisfactorily.

7. **Team Leaders Meeting**

It is intended to hold only one meeting per regatta, at 0800 hrs on the Saturday morning (unless otherwise stated) in the Lecture Room. If the meeting cannot be completed in a reasonable time it will be adjourned and the time of the reconvened meeting announced. Each club must nominate one representative to deal with alterations and late entries at the meeting. This nominated representative will be responsible for all the money owed for the entries he submits. This money must be paid by 4.00 p.m. on Saturday. Failure to pay on time will incur a £10.00 surcharge that must be paid by the end of racing on

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Saturday. Failure to meet this deadline will result in all paddlers from that club being disqualified from Sunday’s racing.

Procedure

- a) Team Leader signs in on arrival.
- b) Meeting commences promptly at 8.00 a.m.
- c) Technical announcements.
- d) If there are any objections to the programmed order of events they must be raised at this stage.
- e) Late entry provision:-
 - i. Events will be dealt with in order.
 - ii. The Competition Organiser will call out in order each set of heats (or finals, if there are no heats). Team Leaders should scratch any competitors who do not intend to race, or make suitable substitutions. They should call out the lane number first then the competitors name(s).
 - iii. If there are any vacant lanes the Competition Organiser will then ask Team Leaders to raise one hand for each late entry they wish to make. If there are more late entries required than there are vacant lanes available, a draw will take place.
 - iv. It is not permitted to return to an event that has been concluded.

8. Entries after the Team Leaders Meeting

Entries after the meeting for laned races will only be accepted in exceptional circumstances and at the discretion of the Competition Organiser. **Any such entries will be charged a double entry fee.**

Late entries will be accepted for long distance events (2.5 km, 5 km, 10 km.), up to one hour before the race, on payment of the appropriate late entry fee. Entries can be made on the form available from the regatta secretary’s desk.

9. Club Colours

Club colours must be worn by all competitors in all events at the N.W.S.C. regattas.

- a) In K4 crews where more than one club is represented, paddlers must wear the colours for the club in whose name they are registered.
- b) Clubs racing for the first time at an N.W.S.C. regatta may request exemption from this rule by application to the Regatta Organiser; but the competitors should wear a plain white shirt with no markings. The club must then register its colours before taking part in subsequent events.

10. Numbers

- a) It is a requirement that clubs should provide their own lane numbers as prescribed in the Racing Rules for races up to 1000m in length.
- b) Sets of numbers 1-9, and suitable mounting brackets for kayaks and canoes, are available for sale from the regatta secretary’s desk.
- c) For races over 1000m in length, the competition organisers will issue numbers. These will be of a type that fix into a slot on the deck of the boat, all competitors must ensure that their boats are fitted with these slots.
- d) Numbers for long distance racing must be obtained from the regatta secretary’s desk and may be collected by Team Leaders ONLY. A deposit of £10.00 must be left by every club collecting numbers, regardless of how many numbers are required. This money can be reclaimed at the end of the day when all numbers are returned; alternatively it can be left at the desk to cover for numbers which will be required for Sunday’s racing, and would then be returned Sunday evening when all numbers were collected in.
- e) Lost Numbers will be charged at £5.00 per number, and the amount deducted from the deposit before it is returned.
- f) A form will be available at the meeting on which the Team Leaders should order the numbers required for the day’s long distance races in advance. This form should be handed in to the regatta secretary’s desk. He will then make up your requirements for

NOTTINGHAM REGATTAS – TEAM LEADER'S HANDBOOK

collection later in the morning, (after 11.00).

ALL CANOES AND KAYAKS MUST BE FITTED WITH NUMBER SLOTS

11 K2/K4 Crew Names

Notification of crew names must be made at the Regatta Office at least 30 minutes before the race. Any crew which has not notified the full set of names will be allowed to start the race but will not appear in the results, nor will they go forward to the next round of the competition. Paddlers who take the place of other paddlers without the proper substitution will be allocated 1 penalty point and disqualified from the event.

12 K4s

- a) They will be stored on racks outside the boathouse.
- b) Crews must not sit in the K4s *except when they are on the water*.
- c) Young paddlers must be supervised by a responsible adult when handling the K4s onto and off the water. The K4 Official reserves the right to refuse the boat to any youth crew that is not accompanied by an adult.
- d) Check your K4 before you use it. If it is not in order please report the fact to the Official. The crew that previously used the boat will be held responsible.
- e) K4s can be booked for any race during the course of the day as soon as the boathouse is open and the K4 Official is present.
- f) Crews must supply their own wing-nuts and toggles when they report to collect the boat they have booked.
- g) Crews must use the boat allocated.

13 Protests & Disqualifications

- a) Notification of disqualification will always be made to the Team Leader or his nominated reserve.
- b) In a National Championship event, a protest must be made by the paddler's Team Leader.
- c) Team Leaders should realise that it is impossible to adequately umpire all races in every regatta. Where infringements are observed by an umpire, these will be reported to The Chief Official who will, if necessary, inform the offending paddler's Team Leader.
- d) Often however, infringements will not be observed by the umpires, and Team Leaders should realise that they have a responsibility to explain the situation to young paddlers who may easily become frustrated by what might seem to be an arbitrary system of justice.

14 Results

If a copy of the results is required, please send a S.A.E. marked RESULTS with your entry, or leave an addressed envelope and the appropriate postage at the Regatta Office. A fee of £1.00 is payable for each copy.

15 Car Parking

Team Leaders MUST take an active part to see that club members observe the car parking lines. Parked cars must not obstruct the launching access for K4s to the concrete pontoons in front of the boathouses. Particular attention should be paid to the access road in the vicinity of the Centre Buildings. Access for emergency vehicles must NOT be impeded.

The pontoon on the seating side of the tower on the waterfront is a No Parking Area, and must not be used by competitors. This area is solely for the use of umpire boats.

NOTTINGHAM REGATTAS – TEAM LEADER'S HANDBOOK

BCU Regatta "Liability" Statement

Canoeing and Kayaking are assumed-risk water-contact sports. Participation in these sports carries an inherent risk of injury to competitors and damage to property. Participants should be aware of the risks involved in these sports and are responsible for their own actions and their involvement in these sports.

In all cases competitors compete entirely at their own risk.

Each of the Regatta Organisation, the Sprint Racing Executive, the British Canoe Union exclude liability for any loss or damage that may occur to competitors or property during participation in canoeing and kayaking to the fullest extent permitted by law.

All competitors must be current comprehensive members of the British Canoe Union except for juniors ranked in 'Girls D' or 'Boys D' who are members of clubs with registered juniors sections.

Regatta Entries are accepted on the basis that each competitor and Parent/Guardian of a junior is aware of and has accepted the above conditions. Team Leaders are requested to ensure that all of their club competitors are aware of and accept the above statements.

Particular attention is drawn to safety requirements, especially the need for adequate buoyancy in all boats.

Sufficient fixed buoyancy must be securely fitted to all boats before they are allowed on the water. Severe penalty points (and disqualification) will be incurred by all those ignoring this requirement. This is intended to ensure the safety of all those on the water.

System for the membership for Juniors of a B.C.U. Affiliated Club.

A junior club member need not be a full member of the B.C.U. in order to race in Junior D Classes. He or she must be a member of his or her club, and the number used for his or her identification will be the club's affiliation number followed by his or her own individual club number.

Should he or she be promoted, however, to 'C' or above, he or she must then become a full member of the B.C.U. in his or her own right.

It is the responsibility of the Team Leader to advise the Registration Officer of the full B.C.U. Number.

'Tiddly Winks' and Boards

Coloured counters (known affectionately as Tiddly Winks) are awarded for the first three places in all Finals 1 in junior classes. These can be collected by the paddler from the Secretary's desk.

Also available, at a cost of approximately £4.50, is a small engraved wooden board on which the self adhesive counters can be mounted for posterity!

SPRINT SECTION - NOTTINGHAM REGATTAS

THE MCGREGOR PADDLE

The Inter Club Trophy contested at the September Regatta

Under the following system most clubs should have an equal opportunity to achieve a winning score:

1. Each Club will automatically score 1 point for every paddler competing in the Inter Club Regatta.
2. Each Club will score 1 point for each promotion accredited to their paddlers during the four previous Regattas i.e. April, May, June, & July of the same year.
3. The scoring at the Inter Club Regatta will be on the following basis:
Each Club will score its best

12	K1/C1 results in all finals
6	K2/C2 results in all finals
3	K4 results in all finals

Scores will be awarded, provided there are at least three crews participating, on the following basis:

- | | |
|-----|------------------|
| 1st | 20 points |
| 2nd | 19 points |
| 3rd | 18 points....etc |

Penalty points accrued by paddlers during the season's five regattas will be deducted from their team's score.

4. Notes:
 - a) Composite crews, with members from more than one Club, do not score.
 - b) At least 50% of the crew must be registered in the class in which they are racing.
i.e. 2 paddlers K4 and 1 paddler K2. Crews may be made up with paddlers from a lower ability group with the following exceptions:
 - i) Men may not paddle in Women's races.
 - ii) Boys may not paddle in Girls races.
 - iii) Seniors may not paddle in Junior races.
 - c) No one may enter any singles class other than their designated class as shown on the Registration File.

SPRINT SECTION - NOTTINGHAM REGATTAS

Disciplinary Procedures

Offences Incurring Penalty Points

The Chief Official will be solely responsible for all disciplinary matters of a minor nature, under the operation of a penalty points system. At his/her discretion, he/she may issue one penalty point to each paddler involved in each of the following offences. These offences are considered to be detrimental to the efficient operation of regattas and/or potentially hazardous.

- Racing in incorrect colours
- Racing with incorrect or missing number
- Failure to observe water zoning procedures
- Unauthorised substitution for another paddler
- Failure to report, having qualified, for semi-finals or finals
- Conduct during racing likely to cause injury or damage to equipment
- Use of offensive language
- Underweight boat (see note 1)
- Failure to report for boat weighing immediately (see note 2)
- Insufficient buoyancy (see note 3)

Notes

1. Weights must be properly fixed to the boat or seat. Stones in bags or any other temporary system will not be accepted.
2. Boats required for weighing will be notified either shortly before the start of the race or shortly after the finish of the race.
3. Buoyancy will be checked by both systematic and random inspections at launching points. If a boat is found to have insufficient buoyancy, it will be turned back.

Accumulation of Penalty Points and Penalty Fines

1. When a paddler accumulates a total of 4 or more penalty points, he/she is liable for a fine of £10 per point in excess of 3 points.
2. Fines are to be paid at the Regatta Office.
3. A paddler liable for a fine cannot race until the fine has been paid.
4. Penalty points are accumulated over 4 consecutive regattas and are not restricted to a single year. Thus, for example, penalty points incurred in the last regatta of the year will remain active until the start of the 4th regatta of the following year.

Notification

Team leaders will be notified when a penalty point has been issued to a paddler from his/her team. This notification will also be recorded on the end of regatta results sheet.

Disciplinary Matters of a More Serious Nature.

In respect to all other disciplinary matters the Chief Official, Competition Committee and the Competition Jury must act as described in the Racing Rules which include penalties in accordance with B.C.U. Rules or the Racing Section Disciplinary Regulations.

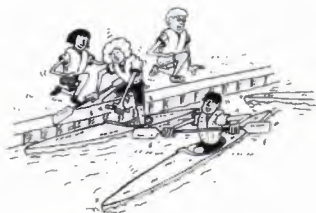
N.B. A reported incidence of dissent/abuse towards a Regatta Official, another competitor or their equipment, or a spectator must be treated as conduct prejudicial to the interests of the sport and dealt with under the Section Disciplinary Regulations.

LIGHTNINGS

The Lightning Series 2006

The Lightning Series is a series of four regattas timed to run alongside the National Sprint Regattas held at Holme Pierrepont in Nottingham.

The events take place during the May, June, July and September regattas with racing now fully integrated into the regatta programme. Paddlers compete over 500m and 1000m in Lightning K1, as well as having the opportunity to participate in Hody K2 races.



The Lightning series has been specifically developed to suit the needs of younger children, aged under 12 years, to set the foundation to help them progress into whichever discipline of canoeing they like! The programme has taken into account that full sized K1s are too big for kids, so together with Pyranha, we developed the Lightning K1!

The BCU is working with clubs around the country to provide a quality-assured Lightning programme, run by BCU qualified coaches, in as many clubs as possible. This training paired with regional and national competitions, will support and nurture the development of Young People who enjoy the challenge of racing.

2005 saw entries exceeding 80 paddlers on one single day and we hope to see even more throughout the 2006 season - we will see you there!!

LIGHTNING SPRINT CUP

Points will be awarded for each event culminating in the final event where double points will be awarded

6/7 May	Spring Regatta, Nottingham
3/4 June	Summer Regatta, Nottingham
22/23 July	Lightning National Championships, Nottingham
2/3 Sept	Lightning Finals - Inter Club Regatta, Nottingham

For further information please contact Ollie Harding
home 01628 626795 mobile 07886 010288 fax 07092865655 ollieharding@mac.com

Don't forget to sign up for the email newsletter for the latest news on the Lightning Sprint Cup via the web site www.lightnings.co.uk

LIGHTNINGS

LIGHTNING SPRINT CUP RULES -2006 Points are accumulated at each nominated event leading to a final at the Inter Club Championships in September. The Sprint Cup includes overall prizes for both individuals in each category and overall club prize. Details are as follows:

Lightning Categories

- Boys U10
- Girls: U10
- Boys U12
- Girls U12

Note: Age on 1st January 2006

Events

May, June, July and Finals Inter Club September Regatta 2006

Points scoring:

- All National winners (individual) are awarded on the same system – 2 best regatta scores added to their Inter Club score.
- Points scored will count towards the Team & Individual event
- National Regattas (May, June, July): 500m & 1000m
1st place scores 10 points, 2nd place scores 9 points etc. down to 10th place where everyone after that scores 1 point
- Inter Club Regatta (September): 500m & 1000m
1st place scores 20 points, 2nd place scores 19 points etc. down to 20th place where everyone after that scores 1 point.

Team event: New for rules 2006

- The points scoring system is based on each club's best 2 regatta results scores added to their Inter Club's points score.
- Points are based on each club's best 4 scoring boats from any of the age/gender groups over 500m or 1000m.

Promotions:

- Promotion into Boys D and Girls D is based on normal regatta entry guidelines. See Racing Handbook pp B1 and B2 for details

Prizes:

- 1st, 2nd & 3rd will be awarded for all categories for the series
- Certificates for all participants in all events

For further information please contact Ollie Harding

home 01628 626795 mobile 07886 010288 fax 07092865655 ollieharding@mac.com

SPRINT SECTION – REGIONAL DEVELOPMENT REGATTAS

The Sprint Racing Committee would like to offer support to any club wishing to hold a regional regatta.

The scheme below outlines various levels of support for different types of event.

There are three main areas where we would hope to have more regional Sprint competitions.

1. **Large Regional Sprint competitions:** At present there simply aren't any.
2. **Medium sized events:** There are quite a few of these in the stronger regions but many regions don't have this level of Sprint competition.
3. **Sprint events for local clubs:** There are a reasonable number of these but scope to expand in all regions.

The aim of all these schemes is to help and encourage more clubs to organise a regional sprint event.

The Sprint Racing Committee is keen to give an early response to any application, particularly the larger events. Racing Committee meetings are already scheduled for 25th February and 8th April 2006, therefore any club who would like to apply for support from the SRC for an event in 2006 please do so as soon as possible.

Applications, please contact the Sprint Racing Committee secretary on secretarysrc@yahoo.co.uk

1. Large Regional Competitions for 10-15 Clubs.

Support here would be aimed at Clubs who have already run successful regional sprint events and would like to organise larger regional events but are unable to due to the costs and risks to club funds. These clubs could be eligible to apply to the SRC for support to organise a larger regional sprint competition. This type of competition should attract 10-15 clubs and between 100-200 paddlers depending on the region.

The SRC would offer grant aid to clubs wishing to hold this level of event. The grant could be used for the provision of facilities, prizes and organisation. The level of grant would depend on the circumstance and needs in the region. Grants for this level of competition would normally be between £250 and £1000.

Clubs wishing to apply for support in running a large regional Sprint Competition should apply to the SRC secretary at least six months prior to the date of the competition. They should include an outline programme of the proposed competition and a simple budget. They should also prepare a simple plan showing the target clubs as an estimate of the likely number of competitors.

2. Medium sized events:

This scheme is aimed at encouraging clubs to organise and attend more Sprint Competitions. The SRC will provide support by donating cash prizes which encourage clubs to attend regional events. Clubs compete with any size team and score points for their best 4-8 paddlers depending on the size of the competition. The level of support varies according to the size of the competition. SRC will donate cash prizes for 4-6 regional Sprint Competitions.

SPRINT SECTION – REGIONAL DEVELOPMENT REGATTAS

Sprint Competition with more than 100 Competitors (Minimum of 6 clubs)		Teams of 8 paddlers
First Prize	£150	
Second Prize	£100	
Third Prize	£50	
Sprint Competition with more than 50 Competitors (Minimum of 4 clubs)		Teams of 6 paddlers
First Prize	£100	
Second Prize	£75	
Third Prize	£50	
Sprint competition with less than 50 competitors (Minimum of 3 clubs)		Teams of 4 paddlers
First Prize	£100	

These Sprint events can use any combination of recognised sprint racing discipline or distance.

1. The competition will be open to all BCU affiliated clubs.
2. Clubs can enter any size team with the results from the best 4-8 competitors scoring points.
3. There is no restriction on the number of races a competitor can enter but only the best three results can be used to score points.
4. Points are awarded with 20 points for a first place, 19 for a second etc in singles.
5. Points in doubles are scored 40 points for a first place, 38 points for a second etc.
6. At the end of the competition the team leaders declare the results of their best 4-8 paddlers.
7. The organisers check these scores and award prizes as above.

3. Sprint events for local clubs: Minimum of 3 clubs

The SRC is keen to give financial assistance to clubs who want to develop Sprint events in new regions. Clubs in these areas can be put off organising competitions because they have little or no funding to provide services or buy prizes. The SRC would like to hear from clubs who haven't held a sprint event before or who want to hold a new sprint event.

Any club wishing to hold a regional sprint event could apply to the SRC for a small grant. This grant could be used to provide prizes or facilities as required. Grant for this type of competition would be between £50 and £100.

These Sprint events can use any combination of recognised sprint racing discipline or distance. The competition should aim to attract a minimum of thirty entries from at least three clubs.

Any club wishing to hold one of these regional regattas should apply to the SRC secretary before 1st April 2006. Clubs should declare the number of competitors they expect to attract when making their application. In the event there are more competitions than the SRC has budget for, the committee will nominate the events it will support in 2006. Prize funding paid will be in line with the number of competitors entered in the competition.



Richmond Canoe Club

Founded 1944 - Britain's Biggest Canoe Club

Race Programme 2006/7

Good Friday 14th April 2006 - Richmond Sprint Regatta
- Venue t.b.a.

Sunday 22nd October 2006 - Richmond Divisional Marathon
- Start and finish at Richmond

Sunday 7th January 2007 - Frank Luzmore K2 Marathon
-Shepperton to Richmond

Richmond Canoe Club
Landsdowne Boathouse
Petersham Road
Richmond upon Thames
Surrey TW10

All race details and club info posted at:

www.richmondcanoeclub.com

RACING STANDARDS AND COACHING

STANDARDS FOR RACING

K1/C1 times on a fast course

MARATHON		HC	1000m	500m	SPRINT
Div 1	1.033		0	3.34	<World Champion K1 Mens A Kayak
			1	3.38	
			2	3.42	
			3	3.46	
Men	1.067	P	4	3.50	1.48
Div 2	1.083	D	5	3.54	World Champ. C1 & WK1 Mens B Kayak Boys A Kayak Womens A Canadian A
			6	3.58	
	1.117		7	4.02	
			8	4.06	
Boys	1.150	P	9	4.10	1.58
	1.167	D	10	4.14	Mens C Kayak Boys B Kayak Canadian B Womens B & Girls A Masters A
			11	4.18	
Div 3	1.200		12	4.22	
			13	4.26	
Women	1.233	P	14	4.30	2.08
Div 4	1.250	D	15	4.34	Mens D Kayak Boys C Kayak Canadian C Womens C & Girls B Masters B
			16	4.38	
	1.283		17	4.42	
			18	4.46	
Girls	1.317	P	19	4.50	2.18
Div 5	1.333	D	20	4.54	Boys D Kayak Girls C Kayak Womens D
			21	4.58	
	1.367		22	5.02	
			23	5.06	
Div 6	1.400	P	24	5.10	2.28
	1.417	D	25	5.14	Girls D Kayak
			26	5.18	
Div 7	1.450		27	5.22	
			28	5.26	
	1.483	P	29	5.30	2.38
Div 8	1.500	D	30	5.34	2.40
			31	5.38	
	1.533		32	5.42	
			33	5.46	
Div 9	1.567	P	34	5.50	2.48
	1.583	D	35	5.54	2.50
			36	5.58	
Div 10	1.617		37	6.02	
			38	6.06	
	1.650	P	39	6.10	2.58

1.667 D

P (Promotions) / D (Demotions) are possible on 1000m and/or 500m and marathon results.

The H.C. is the number of seconds longer that it takes to paddle the distance a zero paddler covers in one minute. Placid Water Racing Tests show recommended starting standards.

RACING STANDARDS AND COACHING

1. Introduction

The Placid Water Progression was set up as a coaching scheme to develop marathon racing, sprint racing and fast touring.

2. The Placid Water Progression

Outlined below are the current **skill, racing and coaching awards** designed to support a progressive coaching & paddling scheme for clubs based on placid water using open cockpit canoes and kayaks.

2.1 Skill Development Awards for paddlers

The Placid Water Star tests provide four progressive levels of award for canoe and kayak. They can be used either as a basis to encourage skill development for paddlers or as an indicator of the appropriate level of skill for aspirant coaches in the instructional coaching awards.

Details of the complete syllabus is contained in a free leaflet "Placid Water Star Tests for Kayak and Canoe" (ref: CT011/00/1) available from BCU Office.

2.2 Racing Awards for paddlers

The Racing Tests are designed to encourage paddlers to improve performance and recognise their progress in racing kayak and canoe. The Sprint Awards also provide a useful guide to indicate the class or division to which paddlers should enter into sprint and marathon racing.

The awards can be examined by any BCU Coach (Level 1-5) or Club Official and can be taken in any canoe or kayak

There are three types of Racing Award:

- **The Sprint (500m) Awards**

In each case the paddler must equal or beat the times below to achieve the standard.

Award	Kayak Men	Kayak Women	Canoe
Green	4.00	4.20	5.00
Blue	3.30	3.45	4.00
Bronze	3.05	3.20	3.20
Silver	2.45	3.00	3.05
Gold	2.30	2.45	2.45

Note: Time in minutes and seconds – in single canoe or kayak

Guidelines for entry into Sprint & Marathon Racing

To promote fair racing and as a guide for coaches, team leaders and paddlers, the following standards, based on the "Sprint (500m) Awards", are suggested as the entry levels into Divisional Marathons and Sprint Regattas held at the National Watersports Centre, Holme Pierrepont:

Award	Marathon			Sprint
	Kayak men	Kayak Women	Canoe	
Green	Fun/Lightning	Fun/Lightning	Fun	Lightning
Blue	Div 9	Div 9	Div 9	Lightning
Bronze	Div 8	Div 9	Div 9	Junior M & F & Veterans
Silver	Div 7	Div 8	Div 8	Senior Women & Canoes
Gold	Div 6	Div 7	Div 7	Senior Men

RACING STANDARDS AND COACHING

Note: To qualify for National Regattas, the standards must be achieved in a modern racing single canoe (in high kneeling position) or single kayak (with seat). See Team Leaders' Section for more details.

- **The Marathon, Half Marathon**

Details of the standard times are available in a free leaflet "The Placid Water Racing Awards" (CT/012/00/1).

- **The Time Trial Awards**

Details of the standard times are available in a free leaflet "The Placid Water Racing Awards" (CT/012/00/1).

For a copy of leaflet CT/012/00/1, contact BCU Head Office.

2.3 Coaching Awards

The Placid Water coaching awards are split into two closely linked coaching progressions; recreational coaching and competition coaching.

The recreational awards are geared to support those coaches introducing instructing, leading and organising a Placid Water Club or Centre. The syllabus requires the coach to have personal paddling skills as well as coaching skills – where the coach would normally instruct from a canoe or kayak.

The competition awards are intended to support those people who wish to help paddlers improve their performance in Sprint and Marathon racing (it does not require the coach to have any personal paddling skills).

The suggested entry point into coaching for new coaches is as a Level 1 Placid Water Coach (and / or Bell Boat Helm). It is possible for non-paddlers to enter directly into the Level 2 Racing Coach, but it is hoped that they will follow up their training with a Level 1 Placid Water Coach Award in due course.

	Instructional	Competition
Level 1	Bell Boat Helm & Placid Water Coach A basic introduction to PW coaching for all. Club / Centre based – especially non-established paddlers.	No award
Level 2	Placid Water Coach Aimed at those instructing paddlers at clubs / centres. Entry point to coaching (instructional) for established paddlers	Racing Coach Aimed at those coaching paddlers (senior and junior) in Marathon Divisions 9 – 5 (men), 9 – 6 (women) and or the sprint equivalent.
Level 3	Placid Water Coach Aimed at those instructing leading and organising at a club / centre based on Placid Water. Coaches at this level will require a broad knowledge and experience of PW including Competition	Racing Coach Aimed at those coaching paddlers in Marathon Division 2 - 5 (senior men), Divisions 4 – 6 (senior women) or the sprint equivalent and juniors involved in the World Class Start Programme.

RACING STANDARDS AND COACHING

Level 4	PW Coach Aimed at those taking on a wider developmental role either in coach education or regional / national level in Placid Water paddlesport	Racing Coach Aimed at those coaching national squad level athletes as part of the national squad system or as club / personal coach.
Level 5	No Award	Racing Coach (new award) Senior National Coaches only

Note: for each course a full syllabus is available free of charge from BCU Head Office

3. BCU Coach Update

The BCU has an update programme designed to help coaches develop their skills after they have gained a coaching award. The update programme aims to provide:

- A system to enable long term training support for coaches
- A means to share good practice
- Improved BCU Coaching Service contact and communication with coaches

"Coach Update" now involves all BCU coaches – competition and recreation and it requires coaches to put in a minimum of 6 hours of training in any 3-year period to stay up to date. There are four ways for coaches to become updated:

- Attending a BCU Regional or Local Coach Update Forum
- Participating in a BCU Coaching Course
- Completing a "Continuous Coach Development Record" and sending it in to BCU Head Office
- Completing the above form online, via the BCU website www.bcu.org.uk/coaching

4. First Aid for Racing & Placid Water Coaches

All coaches are now required to hold a current First Aid Certificate to maintain their BCU Coaching Award. The level of First Aid Training is as follows:

4 hour Certified Course:

Bell Boat Helm, Placid Water Level 1 & 2 Coach, Level 2 Racing Coach.

8 hour Certified Course:

All Level 3, 4 & 5 Coaches (Placid Water or Racing)

For BCU Coaches to maintain the BCU insurance cover they must hold an up to date and certificated First Aid qualification (appropriate level of their award). Most First Aid awards have a 3-year lifespan. It is the responsibility of each coach to make sure the BCU Coaching Service is sent a photocopy of his or her new certificate when the qualification is renewed.

5. The Future of BCU Awards

During 2007 it is planned to replace all existing BCU Coaching Awards with a new Programme of awards. There will still be 5 levels and existing coaches will retain their existing BCU Awards.

RACING STANDARDS AND COACHING

We will be working hard to ensure that racing coaches will have better opportunities to develop their coaching awards as a result of the change. The new BCU Awards will be part of the United Kingdom Coaching Certificate which is a government initiative to improve the training of coaches.

Further details are available to coaches through CoDe and via the BCU Website.

6. More information

To set up a coaching course or to discuss club coaching issues there are a number of Coaching Development Officers covering a large section of the country who are available to assist voluntary officers in supporting coaching. They are:

CDO North:	Nigel Timmins Tel / fax 01768 480084 Email: nigelt@bcu.org.uk
CDO Midlands:	Howard Blackman Tel 0115 982 1100 ext 218 Fax 0115 982 6265 Email: howard@bcu.org.uk
CDO South:	James Hinvies Tel 023 8031 9815 Email: james@bcu.org.uk

Further details of all aspects of the Placid Water Coaching Progression are available from:

English Coaching Development Manager:

Richard Ward
BCU, Adbolton Lane,
West Bridgford,
Nottingham NG2 5AS
Tel: 0115 982 1100 ext 4219
Fax: 0115 982 6265
Email: rward@bcu.org.uk

SPRINT CLUB ABBREVIATIONS

4AS	Four AS CC	LOP	Leicester Outdoor Pursuits
ACU	Army Canoe Union	LWC	Lord Wandsworth College
ADL	Adington	MAD	Macclesfield & District
ADS	Addlestone Canoe Club	MAI	Maidstone
ANK	Anker Valley	MER	Meridian
ARG	Argyll Kayak Club	MLO	Marlow
BAD	Barking & Dagenham	NBY	Newbury
BAN	Banbury & District	NED	North East Disability Canoe Club
BAS	Basingstoke Canel	NEW	Newham Canoe Club
BEJ	Bourne End Junior	NIR	Northland Ireland
BKW	Blackwater Valley	NOR	Norwich Canoe Club
BOA	Bradford on Avon	NOT	Nottingham Kayak Club
BRI	Bristol	NWK	4 A's Kayaks Club
BRY	Bryanston School	ORS	Olympic Racing Squad
BSF	Bishops Stortford	PAN	Pangbourne
BTH	Bath	PEN	Pennine C C
BUR	Burton Canoe Club	PLY	Plymouth
CAM	Cambridge Canoe Club	PNZ	Penzance CC
CEL	Celbridge Paddlers (Eire)	RAF	Royal Air Force
CGQ	Castlegate Quay CC	RDG	Reading Canoe Club
CHE	Chester Sail & Canoe Club	RIC	Richmond Canoe Club
CLM	Chelmsford Canoe Club	RLS	Royal Leamington Spa
DCP	Dyffryn Conwy	RNK	Royal Navy
EAL	Ealing Canoe Club	ROY	Royal Canoe Club
ELM	Elmbridge Canoe Club	RUN	Runcorn Canoe Club
EXE	Exeter Canoe Club	SCW	Stafford Canoe W/S
FLA	Fladbury P C	SDS	Scottish Development Squad
FOX	Falcon (Oxford)	SHO	Shoreham
FOY	Fowey River	SHP	Shropshire Paddlersport
GAI	Gailey	SLP	Salmon Leap (Eire)
GRI	Griffon	SOA	Soar Valley
HAS	Hastings	SOL	Solihull Canoe Club
HEM	Hemel Hempstead	SOU	Southampton Canoe Club
HER	Hereford	TAU	Taunton CC
HHC	Hazel Hatch Canoe (Eire)	TEE	Teeside
HOP	Harlow Outdoor Pursuits	TMR	Tamar CC
ICU	Irish Canoe Union (Eire)	TON	Tonbridge Canoe Club
IRV	Irvine	TRU	Truro & Hayle Canoe Club
KEN	Kendal	TTN	Thomastown CC
KIR	Kirkaldy Canoe Club	VIK	Viking
LBZ	Leighton Buzzard Canoe Club	WCR	Winchester
LEA	Leaside	WES	Westel
LEI	Leicester Canoe Club	WEY	Wey Kayak Club
LGW	Linlithgow Kayak Racing	WIN	Windsor
LIC	Lichfield	WOK	Wokingham
LIN	Lincoln Canoe Club	WOR	Worcester Canoe Club

SPRINT RANKINGS

Mens A

1835	ALMASI	PETER	ELM	05	1975
0671	AULERT	DANIEL	WEY	07	1977
1683	BAKER	STEPHEN	ELM	01	1971
2536	BRABANTS	TIMOTHY	NOT	01	1977
3510	BROWN	BEN	ELM	03	1986
2932	BURGOYNE	PAUL	HER	04	1980
3526	COX	EDWARD	WEY	07	1985
0310	DANIELS	ANDREW	RDG	09	1988
3712	DANIELS	THOMAS	RDG	05	1986
2534	DARBYDOWNMAN	PAUL	ROY	11	1977
3094	DARBYDOWNMAN	RICHARD	ELM	05	1982
3701	ELDRIDGE	GLENN	TRU	11	1971
3329	FARRELL	BEN	ELM	10	1983
3528	FENNEMORE	SIMON	WEY	04	1983
3507	FLEMING	NEIL	CEL	01	1984
3002	FOULGER	MATTHEW	NOT	06	1978
2527	FOWLER	NICHOLAS	ROY	01	1977
2898	GOLDER	DANIEL	ELM	03	1978
3617	GOODALL	MICHAEL	ELM	04	1985
1021	HASTINGS	STUART	NOT	05	1988
3530	HEATH	LIAM	WEY	08	1984
3656	JOHNSON	MALCOLM	NOT	08	1974
3227	JOHNSON	NATHAN	ELM	03	1981
3654	KELLY	ANDREW D	ROY	09	1983
3006	KENNEDY	ADAM	ROY	01	1981
0441	LAWLER	IVAN	ELM	11	1966
3411	MALONEY	BRENDON	SLP	11	1979
2669	MALONEY	CONNOR	SLP	09	1972
2323	MAWER	GARRY	SLP	12	1969
3646	McKEEVER	EDWARD	BOA	08	1983
3221	MOULE	KEITH	CLM	06	1980
3853	MUMFORD	TIM	BUR	11	1982
4318	OWEN	MICHAEL	ADS	07	1986
3367	PRESTWOOD	PAUL R	GAI	10	1980
3680	QUANE	MICHAEL	ELM	06	1970
3299	SABBERTON	ROSS	NOR	10	1978
3663	SAWERS	JOHN	ELM	12	1985
3864	SCHOFIELD	JONATHAN	SOR	05	1985
2199	SLATER	PAUL	GAI	05	1974
3644	SPENCER	ALLEN	HER	10	1987
3893	WYCHERLEY	PAUL	WEY	05	1986
1911	WYNNE	IAN	ROY	11	1973

Mens B

3550	ANDERSON	GRANT	SOR	11	1983
2239	ASTBURY	JOHN	LIN	04	1984
1398	BAKER	RALPH	NOT	11	1985
1169	BANKS	MALCOLM	SLP	02	1962
3313	BARNES	MATTHEW	ACU	01	1980
2505	BEAZLEY	DANNY	BAD	12	1974
2375	BELBIN	DAVID	NOT	04	1965
2973	BIRD	JONATHAN	WOR	01	1969
2993	BITCOM	DOUG	RIC	08	1971
0603	BLACKMAN	NEIL	SOR	04	1963
3645	BRIODY	JASON	SLP	08	1980
2705	BULLOCK	RICHARD	EXE	06	1975
3226	BURBRIDGE	PETER	RDG	09	1979
2725	BURGOYNE	MARK	HER	03	1976
1363	BUTLER	JAMES	NOT	01	1969
2978	CAVEN	SHAUN	NOT	09	1967
2894	CHAPMAN	DAMIAN	NOT	07	1979
2819	CHRISTIE	JAMIE	SOR	04	1972
3310	COLE	MARK	CLM	08	1978
3631	DALTON	ASHLEY	CAM	01	1983
1432	DARK	SIMON	BOA	10	1968
3131	DAVIES	PAUL	HER	08	1979
0319	DAWSON	ANDREW	CHE	02	1964

3855	DEAN	EDWARD	NOR	02	1983
0473	DIMMOCK	PAUL	WEY	03	1959
4637	DOUGALL	JAMES	LBZ	03	1987
3301	DUFF	DAVID	RAF	12	1970
4293	EASTERLING	SIMON	WEY	05	1974
3427	EDWARDS	GREGORY	WOR	06	1983
3412	EGAN	PETER	SLP	07	1979
3297	ELKINGTON-COLE	RUPERT	RIC	01	1979
2486	ENOCH	MATTHEW	NOT	03	1976
1287	ENOCH	PAUL	NOT	09	1969
3506	FLEMING	CIARAN	CEL	02	1987
4916	foland	jonathan	SOR	01	1999
3495	FUDGER	MICHAEL	WOR	02	1972
1729	GALLIMORE	DAVID	RAF	12	1968
1423	GAMBLE	COLIN	SLP	05	1981
3429	GIDDINGS	DUNCAN	ELM	10	1978
2905	GOLDER	RICHARD	NOT	02	1976
4217	GUNNEY	PHIL	WEY	05	1971
2030	Gustafsson	Daniel	IND	09	1977
4104	GUY	MATTHEW	LBZ	02	1987
4752	HARDING	OLIVER	WOK	09	1956
4009	HEMMING	JAMES	ELM	08	1987
0621	HERBENT	ATTILA	RLS	04	1977
1966	HOBROUGH	PAUL	WEY	05	1972
2411	HOILE	MARK	ROY	05	1977
3514	HUDSON	DERMOT	SLP	03	1976
1592	HYMAN	SAM	RIC	12	1986
5093	IRVINE	BRETT	RIC	11	1979
3905	ISBELL	OLLIE	RIC	03	1984
3237	JONES	NIGEL	NOT	08	1978
0901	KEANE	DAVID	CEL	02	1985
3343	KELLY	ANDREW	KEN	12	1958
3466	KEMPER	SCOTT	SCW	07	1981
3870	KING	ROBERT	HER	06	1975
0734	KING	STEVE	HER	02	1973
1919	LANG	DAVID	EXE	05	1968
0868	LEWIS	RICHARD	BOA	01	1966
1847	LOFTUS	HOWARD	ROY	03	1976
0485	LORENZI	MARC	ELM	06	1970
3737	MILLAN	HAYDEN	FLA	09	1985
0875	MARTIN	THOMAS	NOT	09	1983
0945	MAYCOCK	ANDREW	EXE	05	1969
0944	MAYCOCK	PETER	EXE	08	1967
1069	MAYERS	JAMES	RUN	06	1974
1325	McKEAND	GRAHAM	LEA	08	1966
2512	MORTON	DWAYNE	ELM	05	1985
3220	MOULE	STEVE	CLM	02	1979
3988	munro	david	RIC	10	1978
1684	NEALE	CLIVE	TON	04	1969
5142	needham	justin	whr	01	1979
3723	NEGUS	ROSS	ELM	03	1987
3641	O'CONNOR	DAVID	SLP	07	1982
3414	o'cuinn	shane	RIC	09	1971
3321	O'DRISCEOIL	DEAGLAN	HHC	06	1965
2986	O'REGAN	GRAHAM	ROY	02	1978
3739	PARKER	GEORGE	WOR	03	1985
1374	PARKER	JOHN	WOR	08	1977
3697	PEAKE	OWEN	BOA	08	1981
4971	PEDLAR	DAVID N.	WOR	12	1976
0252	pendle	dyson	NOR	06	1957
0855	PERIERA	CHRIS	ADS	12	1987
3542	PHILLIPS	ANDREW	BOA	10	1970
2062	PIERCE	KEVIN	HHC	10	1977
3516	PRINGLE	DAVID	SLP	10	1980
4045	RESSEL	MARK	EXE	05	1970
2728	ROESER	DUNCAN	WEY	02	1968
3696	ROSIER	ALISTAIR	BTH	01	1982
3129	ROWLEY	GARY	BAD	06	1981
2886	SEAFORD	DANNY	RDG	05	1979

SPRINT RANKINGS

2118	SEARS	CHRIS	ROY	01	1986
3271	SHAW	GARY	RIC	01	1967
3894	SIMMONS	JONATHAN	WEY	04	1986
2581	sims	oliver	RIC	04	1987
2914	SORENY	RICHARD	HER	07	1976
3240	SOWRY	TIMOTHY	ELM	07	1982
3647	STREVEN	ROGER	SLP	10	1978
3065	STREVEN	ADAM	SLP	05	1976
3479	SURRAGE	JOE	BSF	08	1981
4296	THOMPSON	ANDREW	LEA	01	1984
0622	THROWER	SHAUN	HER	01	1961
2097	TINGAY	STEPHEN	LBZ	04	1975
3360	TOFIELD	ALEX	NOR	12	1980
2995	VANLONKHUYZEN	SIMON	SLP	05	1976
2642	WAINWRIGHT	BARNEY	NOT	03	1978
0424	WALSH	FERGAL	CEL	06	1986
1313	WATKINS	HOWARD	SLP	10	1951
2440	WATKINS	PAUL	HER	09	1974
1404	WEST	STUART	WOR	12	1970
4810	WHITE	STEPHEN	LBZ	06	1987
0891	WIDDERSHOVEN	TIMOTHY	TRU	05	1981
1459	WILLIAMS	GARETH	CHE	11	1986
1923	WILLIAMS	ROB	WEY	12	1958
3667	WINSTANLEY	RICHARD	LIN	03	1984
1889	YATES	JONATHAN	TON	03	1976

Mens C

3331	BAYLISS	ALAN	ROY	05	1983
3742	BELL	DAVID	FLA	08	1985
4518	BONE	ANDREW	BAD	06	1986
0853	BRENNAN	MICHAEL	TTN	04	1986
1180	BRITNELL	NEAL	FOX	08	1964
0350	BUCKSEY	CHRIS	RDG	06	1985
1305	BUGGY	GRAHAM	CEL	11	1985
0197	BURRELL	JAMES	BTH	11	1986
4382	BYRES	KELVIN	RIC	07	1976
4999	CARLOW	GILES	RIC	08	1974
3765	COLLINS	MICHAEL	EXE	02	1984
3813	COULSON	DAVID	RDG	04	1967
0089	CROSSFIELD	MARK	NOR	05	1974
3856	DEAN	SIMON	BUR	05	1984
5007	Drummond	John	RDG	10	1974
2745	ede	leander	RDG	01	1985
3562	ETHERIDGE	RICHARD	WEY	06	1986
2265	FAIRHURST	PAUL	RUN	07	1973
4210	FLEESON	CHARLES	ANK	03	1976
1386	FRENCH	ANDREW	EAL	10	1985
3346	HEAD	TOM	CLM	10	1980
3611	HENDRON	RICHARD	RIC	12	1980
2181	HERBERT	DOUGLAS	ACU	10	1975
5006	HICKS	SHAUNE	NOT	08	1986
3600	HINVES	JAMES	SOU	12	1973
3773	HOLLAND	DEREK	RAF	11	1975
4931	HOLT	RICHARD	RIC	06	1966
3736	HUNT	KIERAN	FLA	12	1985
2731	JONES	CHRIS'R	LBZ	08	1976
4943	JONES	GRAHAM	RDG	03	1985
2301	KILBOURN	ROBERT	NOR	09	1975
3857	LAWRENSEN	TIM	BUR	10	1985
5156	LEAHY	CARL	ADS	01	1984
0118	LEWIS	JIM	ACU	06	1975
0015	LOFTUS	KENNETH	ROY	04	1978
1349	LYNCH	ANDREW	SLP	01	1984
2089	MARNELL	STEPHEN	RUN	09	1967
4530	McNALLY	THOMAS	SLP	06	1976
2877	MEYER	RICHARD	NOT	07	1975
4882	MONK	ADAM	WEY	06	1986
0480	MUNGOVAN	JORDAN	RIC	09	1986
5191	PEDERSON	IVAN	FOX	03	1979

5055	PEDERSON	IVAN	FOX	03	1979
3410	RALPH	TIM	RDG	07	1980
2774	REESE	BRENDON	ACU	04	1977
1511	ROGERS	PAUL	WES	09	1983
4998	SARGENT	DAVID	NOT	02	1968
2380	SCARFE	MATTHEW	SOR	07	1985
0228	SHARP	ALLAN	LBZ	08	1986
0334	SLIGHT	MARK	LBZ	02	1986
0533	SMITH	JASON	RAF	02	1973
3115	SMITH	ROBERT	CAM	01	1966
4929	stead	brendon	RIC	07	1984
0331	SWALLOW	MELVIN	CHE	10	1951
5136	THOMAS	RENNY	ELM	02	1973
4180	TOOZE	SEAN	RIC	01	1986
2753	TRICKETT	ADRIAN	FOX	07	1967
3196	TUNE	JONATHAN	SOL	04	1976
2443	WATKINS	BARRY	HER	03	1971
3228	WATT	CRAIG	ELM	04	1980
0369	wickens	andrew	ELM	01	1976
4245	WIDDERSHOVEN	BEN	TRU	10	1983
0917	WILLIAMS	JAMIE	CAM	03	1983
2586	wright	michael	RDG	01	1985

Mens D

3914	AVERY	SIMON	FLA	10	1986
3915	BELL	RICHARD	FLA	05	1987
4403	BRENNAN	DONNACHA	TTN	11	1984
4915	bullimore	simon	RIC	10	1972
0166	bullimore	simon r	RIC	10	1972
4036	burbridge	james	ROY	04	1986
4266	CARTWRIGHT	ANTHONY	ANK	08	1985
4643	CARTWRIGHT	ROBERT	ANK	02	1984
3607	CHAMBERS	CRAIG	BAD	06	1985
4117	COLE	PAUL	CLM	10	1976
3477	COOLEY	DAREN	BSF	05	1979
1346	COOPER	DANIAL	SOR	01	2000
0768	COOPER	JASON	SOR	04	1977
1417	COOPER	MATTHEW	SOR	01	1982
5105	currie	s	nor	12	2004
0283	CURRIE	SAM	FOX	11	1981
5005	darling	simon	BOA	01	1962
5068	DAVIDSON	RUSS	BUR	04	1970
1018	DAVIES	LEWIS	ANK	10	1985
4747	DODWELL	BEN	BAN	07	1975
4621	DUCEK	MILOS	RIC	07	1974
3465	FERGUSON	GARETH	GAI	05	1979
1054	FERRIS	ANDREW	TRU	08	1978
1816	FOLWER	SIMON	BAN	11	1981
1433	fowler	eddie	BAN	10	1984
1410	FRANCOIS	TIM	WEY	09	1986
4906	FREEMAN	JOE	EXE	06	1987
2158	GALEA	PIERRE	FOX	11	1976
4126	GALLAGHER	JOHN	SLP	03	1983
4758	GILES	LUKE	BOA	10	1987
0219	GOLDING	MARK	SLP	01	1987
5031	GOODCHILD	SAMUEL	HER	04	1982
3054	green	jason j	BAD	04	1987
3458	GREEN	MARK	BAD	11	1984
3552	GUNNING	JOHN'N	NIR	09	1987
4972	HARDLEY	WILLIAM	BTH	09	1987
0951	HAUPT	CRAIG	RIC	03	1977
1790	HAYNES	MATTHEW	HER	02	1972
1387	HOARE	LEIGH	LBZ	05	1975
4529	JENNINGS	MATTHEW	ANK	10	1987
2874	jones	francis	CGQ	08	1986
4830	KELLY	DECLAN	TTN	06	1981
1644	KITCHEN	PHILLIP	ANK	07	1987
4722	KNIGHT	ROBERT	BAN	03	1986
2401	KURUNIS	LEO	BOA	12	1987

SPRINT RANKINGS

4281 LEAPER	CRAIG	FOX	03	1971
3096 LILLY	ANGUS	RAF	05	1980
0595 LLOYD	NICK	RIC	02	1974
3418 LUCK	CHRIS'R	WEY	04	1980
3540 MASON	ANTONI	NOT	03	1984
4473 MAXWELL	KEITH	NIR	12	1983
3699 McKEEVER	THOMAS	BOA	08	1980
3763 METCALFE	MICHAEL	BTH	08	1985
0849 mumford	andrew	SOR	08	1987
0155 NEWSOME	ROBIN	TTN	02	1974
4856 O'MUIRE	FIACHRA	CEL	11	1986
3741 PARKER	JAMES P	WOR	06	1982
4354 PERCHMAN	BERNARD	RIC	12	1972
4363 PHILLIPS	CHRIS	BOA	06	1987
1551 PRICE	ANDREW	SOR	12	1982
0190 PRICE	SCOTT	SOR	06	1981
4406 SCHOFIELD	CHRIS'R	NOR	12	1965
4191 shaw	alex	FLA	03	1986
0067 SHEPHARD	EVAN	CLM	07	1985
2022 SILLITOE	NEIL	LBZ	08	1973
1461 SIMONS	TYSON	BAS	03	1987
0598 SPEIGHT	RICHARD	PEN	07	1984
4979 STONE	ANDREW	ROY	08	1974
4014 sullivan	neil	WOR	06	1985
5204 thompkins	terry	MAI	05	1978
4172 TODD	DYLAN	RIC	09	1977
2371 TUPLIN	CHRIS'R	SOR	09	1977
2223 TURZA	JOZSEF	RIC	06	1976
0408 WARLAND	CARL	BAN	10	1979
3916 WATSON	JONATHON	WOR	06	1987
1238 watts	andy	CLM	06	1975
0222 WERNDLÉ	LAURENCE	FOX	04	1974
2299 WILSON	ALEX	FOX	06	1981
3075 WISE	RICHARD	ANK	11	1987
4148 WITHALL	MARK	SOR	11	1977
2912 WOODHEAD	DARRELL	ACU	09	1976
4924 WYATT	SIMON	BAN	12	1977

Masters A

0612 ADAMS	MARK A	BSF	01	1968
4475 AVERY	ROBIN	MAD	12	1948
3009 BLACKMAN	HOWARD	BUR	05	1965
0641 BOWERBANK	KEVIN	BTH	10	1960
0071 BROWN	DAVID	ELM	06	1955
4372 CHAPMAN	COLIN	WEY	12	1954
1445 COLE	PETER	NIR	12	1965
1894 COX	RICHARD	RUN	04	1953
0786 DAVIES	SIMON	WOR	05	1957
2710 ENGLAND	RICHARD	BSF	10	1955
1228 EPPS	ALAN	NOR	08	1959
3749 FORD	PETER	TON	05	1970
2289 GANDY	MICHAEL	WOR	10	1961
5108 garner	n	ric	12	2004
3531 HAYWARD	IAN	NOR	07	1967
4677 HUNTSMAN	IAN	CAM	09	1965
1851 ISAAC	JASON	LEA	01	1965
0919 JACOBS	MARTIN	ADS	03	1966
2397 LEWIS	ALLEN	RAF	09	1969
1681 LINES	ROBERT	NOR	06	1968
3817 LOVELL	RICHARD	WOK	05	1963
3438 MARTIN	MICHAEL	LBZ	10	1965
0494 MIDDLEHURST	TIM	RIC	09	1958
5069 NICHOLSON	ANDY	WEY	02	1962
4852 NICHOLSON	LEON	SOU	08	1963
5134 PHILIPS	TIM	WOR	05	1950
3034 PRIDMORE	MALCOLM	TRU	04	1967
4582 PRINGLE	IAN O	SLP	01	1953
0121 RALPH	PAUL	RDG	12	1951
2967 RAWSON	ANDREW	RDG	04	1964

0865 ROWE	RAY	NIR	07	1952
2137 SAUNDERS	JEREMY	WOR	05	1965
0827 SMYTHE	JAMES	LEA	02	1970
2645 TREADGOLD	JAMES	RDG	12	1965
3879 WILKINSON	IAN	NIR	10	1962
4334 WILLIS	STEVEN	SOU	07	1958

Masters B

2243 abbatello	david	WOR	01	1964
2638 ASHPOLE	MARTIN	NOR	02	1960
3487 BAINBRIDGE	GEOFF	KEN	09	1956
0940 BARATTA	FRANCISCO	RIC	05	1970
1070 BARKWAY	ANDREW	CLM	03	1970
2454 BARKWAY	RICHARD	NOR	04	1968
2258 BARNES	PETER	RIC	11	1952
3383 BARRELL	STEPHEN	LBZ	08	1959
0625 bartram	graham	CGQ	01	1959
0488 BAYLISS	ALISTAIR	WEY	12	1955
3896 BEADLE	DAVID	WEY	04	1962
1529 BEAVER	TIM	LEI	03	1963
3807 BELL	MICHAEL	FLA	05	1959
098 BELL	ROGER	RDG	11	1949
5139 bennett	peter	CHE	06	1959
4186 BEVAN	GARETH	CAM	10	1961
2930 BIDDLE	GRAHAM	NOR	07	1950
5165 BOWDITCH	IAN	EAL	04	1959
3041 BRADSHAW	LEE	BAD	06	1961
0395 BRAGG	ANDY	CLM	11	1954
5126 bragg	m	sds	12	2004
5099 BRAGG	MARK	kir	09	1966
5096 BRIAN	CHAPMAN	KIR	12	1958
5118 BROADHEAD	JOHN	MAD	07	1970
0617 BROOKES	PAUL	RUN	07	1967
1291 BROWN	DEREK	ARG	02	1951
4708 BROWN	JAMES	GAI	12	1947
4087 BROWN	JULIAN	LBZ	01	1958
3093 BROWN	MATT	WOR	06	1956
0963 BUCHAM	PHILIP	RIC	08	1969
5050 BULL	JOHN	PEN	01	1900
4797 BULMER	GRAHAM	CHE	01	1947
2724 BURGOYNE	ALAN	HER	03	1948
2103 BYRNE	BERNARD	SLP	11	1960
3767 CARPENTER	MICHAEL	EXE	02	1950
5125 chapman	b	sds	12	2004
0997 CHILDSTONE	MICHAEL	WEY	07	1959
3858 CIANCHI	DAVID	HER	08	1966
4610 CLIVE	JOHN	GAI	09	1965
3474 COOLEY	EDDIE	BSF	08	1945
4688 COULTER	ROBERT	NIR	04	1953
4073 CRAIGIE	BRIAN	RDG	07	1962
4239 CROWSON	DOMINIC	BRI	07	1968
4312 CURTIS	ALAN	CLM	09	1964
0050 DAINES	RONALD	BAD	12	1952
1695 DANIELS	NICHOLAS	RDG	02	1954
2693 DAVIES	NEIL	HER	10	1957
5115 Davison	Chris	MAD	06	1970
2069 DOBBIE	DERRICK	LBZ	12	1954
1639 DODSON	ANDY	ADS	06	1963
3314 DONNISON	MARK	ADS	09	1964
3214 EDWARDS	ROGER	CLM	05	1947
4440 ELSTON	PAUL	MAI	11	1958
5119 EVANS	NEIL	MAD	03	1956
4896 EVERATT	PAUL	FLA	10	1964
5057 FARMER	ANDREW	FOX	09	1956
4533 FARQUHARSON	STEWART	NOR	04	1940
4831 FENNEMORE	PETER	WEY	01	1951
5116 Fisher	Adrian	MAD	05	1961
1086 FOODY	CARL	CLM	03	1963
1381 FORD	DAVID	WIN	04	1964

SPRINT RANKINGS

1413	FRANKLAND	NIGEL	RDG	05	1960
0796	GALLAGHER	BRIAN	SLP	06	1952
4177	GARSON	BILL	WEY	01	1938
0731	GARVERY	KARL	RIC	09	1968
3882	GIDDINGS	MARK	ELM	04	1947
0777	GOODALL	MALCOLM	PEN	03	1964
4928	GOODLAD	STEPHEN	LBZ	11	1958
0374	GRADY	DEAN	NOR	04	1970
2091	graham	brian	CGQ	04	1952
2306	GREASBY	COLIN	RIC	08	1938
1384	GREEN	JOHN	BAD	09	1955
1336	GREENHAM	BRIAN	RDG	02	1950
0524	GRIMWOOD	ANDREW	LIN	03	1967
2974	GUY	MALCOLM	LBZ	06	1951
4833	HALL	JEREMY	WOK	08	1957
0594	HAMPTON	KEITH	LEI	10	1959
5206	harrigan	killien	MAI	03	1962
5205	harrigan	roanan	MAI	09	1965
4321	HAWS	DAVID	WEY	08	1964
2544	hawthorn	michael	WOR	11	1953
3345	HEAD	MIKE	CLM	02	1951
4346	heald	steven	CGQ	03	1959
1630	HETHERINGTON	PHILLIP	SOU	09	1967
2032	HEWITT	EARL	WOK	01	1964
2720	HICKS	ANDREW	NOR	02	1961
1143	HOLE	CHRIS	FOX	05	1970
0856	HOLMES	ANDY	WOR	01	1959
0323	HOOTON	ANTHONY	ANK	10	1958
0292	HORNSBY	ALISTAIR	FLA	05	1965
1969	HOWE	GRAHAME	CLM	10	1957
0333	HOWE	DAVID	WEY	09	1945
2226	HUGHES	STEVEN	HER	03	1968
3632	HULME	RICHARD	CAM	02	1955
0342	HUMPHREYS	COLIN	LEA	01	1969
3850	HUNT	MALCOLM	BSF	05	1949
1458	HUTT	PJ	SDS	05	1954
2088	ILLIDGE	GRAHAM	RUN	03	1959
2859	INCE	ARTHUR	TON	04	1958
2379	JEFFERIES	DAVID	PEN	01	1964
1982	JENNISON	NEIL	KKC	03	1968
0543	JOINER	TIM	RIC	05	1957
4526	JONES	STEPHEN	DCP	02	1958
2564	JORDAN	DEAN	MAI	02	1959
5117	KAVENAH	JOHN	MAD	04	1955
2729	KILBOURN	CLIVE	NOR	05	1947
0522	KING	MARK	RDG	02	1961
2600	KIRK	MARK	BAN	12	1963
1596	LAWRENSON	BILL	BUR	04	1955
1462	LEE	ROBERT	WOR	02	1949
1495	LENNOX	STUART	RAF	06	1967
5194	MAINPRIZE	PETER	RDG	06	1957
0668	MALLET	JOHN	CAM	10	1954
0114	MASON	NORMAN	NOT	07	1952
0330	McLAUGHLIN	PAUL	NIR	12	1969
0307	MORAN	MICHAEL	WOR	06	1958
1976	MORLEY	PETER	WEY	12	1952
3219	MOULE	PETER	CLM	09	1954
010	NADAL	MICK	NOT	05	1951
3888	NEVITT	ANDY	WOR	09	1955
0557	NOLAN	ANTHONY	WOR	03	1940
3908	NORMAN	MICHAEL	CAM	12	1947
0200	OLIVER	LAURENCE	LIN	01	1943
0649	OLIVER	RICHARD	LIN	01	1947
4742	palmer	glen	WOR	03	1945
2518	PARKER	JAMES	WOR	11	1948
1043	PARKER	PAUL	CLM	08	1956
0741	PARKINSON	ANDREW	CHE	05	1939
3352	PEARCE	MARK	RIC	12	1962
4647	PEMBLE	DOUG	RIC	11	1964

1170	PHILLIPS	DAVID	NOT	08	1957
1747	POULTER	PHILLIP	FLA	04	1955
4024	PUTNAM	TERRY	ROY	02	1947
5143	RANCE	STEVE	SOU	12	1959
1181	REEVES	NICK	ADS	03	1960
1867	REMINGTON	RICHARD	FOX	09	1970
3890	RICHARDSON	DAVID	MAI	04	1951
5121	RILEY	JOHN	ANK	04	1967
2838	ROBERTSON	DON	LIN	11	1936
2657	ROBINSON	NIGEL	SOR	06	1968
3261	ROWLEY	IAN	BAD	11	1952
2184	SACKMAN	DAVID Z	RDG	06	1962
5000	SCHANDELMAYER	JOHN	RIC	07	1948
4809	SCHOLEY	ROBERT	CHE	05	1945
4834	seward	d	WOK	12	2004
1072	SHAW	CHARLIE	FLA	08	1960
2257	SKELLERN	CHRIS'R	WOR	01	1950
1218	SMITH	DUNCAN	LEA	02	1967
0044	sokolov	anthony	WEY	02	1942
4300	SOLWAY	ANDREW	FOX	12	1956
4967	SORENY	ERVIN	RLS	06	1932
5090	SOUTER	ROY	FOX	09	1967
4789	STAGG	RICHARD	CAM	10	1960
1068	STONEHOUSE	GRAHAM	RIC	06	1964
4970	STONEHOUSE	GRAHAM G	RIC	06	1964
4760	STONEHOUSE	NEVILLE	RIC	11	1960
0328	STUART	PETER	LEA	12	1962
3544	SURRAGE	PAUL	BSF	11	1955
4248	TALBOT	JON	WOR	11	1938
4190	TAYLOR	JOHN	CAM	03	1962
2153	TERRY	PATRICK	MAI	07	1958
0924	THOMAS	NEIL	RIC	10	1962
4164	TOOMEY	PAUL	RDG	01	1953
1157	TORRANCE	PAUL	FOX	02	1965
4795	TWIGGS	MICHAEL	PEN	05	1942
1710	uth	carsten	RIC	05	1968
1444	uth	carsten r	RIC	05	1967
0344	VINCENT	RICHARD	LEI	12	1957
1518	WALKER	MICHAEL	BUR	03	1951
3485	WALKER	TIM	EXE	09	1965
0793	WARD	RICHARD	EXE	06	1963
5053	WARLAND	GRAHAM	BAN	01	1948
1380	WEST	NEIL	ELM	11	1961
4459	westbrook	graham	CGQ	06	1948
0001	WETHERALL	TREVOR	RIC	02	1948
3627	WHIPP	STEVEN	BSF	10	1963
2562	WIBREW	MICHAEL	MAI	03	1953
0694	WILKINSON	PHILIP	LIN	07	1963
023	WILLIAMS	ALAN X	ROY	04	1954
3114	WILLIAMS	DEAN	clm	11	1967
3022	WILLIAMS	ROGER	CHE	08	1960
1119	WINDSOR	ROB	LEA	02	1965
1477	WOOD	DAVID	WOR	07	1963
3574	WOODCOCK	RICHARD	BSF	06	1950
2116	WRIGHT	ANT	BSF	10	1961

Canadian A

0182	TRAIN	STEPHEN	FLA	02	1962
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Canadian B

3913	AVERY	DANIEL	FLA	10	1986
2514	BADELEK	JOHN	WEY	01	1974
1446	BOURKE	WESLEY	SLP	12	1977
3806	BROWN	MATTHEW	WOR	06	1956
1185	CARPENTER	NEIL	EXE	11	1987
1549	CARTWRIGHT	COLIN	CHE	09	1978
1286	CHAMBERS	STEVEN	BAD	04	1959
3354	COX	ERIC	LIN	04	1937

SPRINT RANKINGS

4327	COZENS	WILLIAM	CLM	04	1951
2202	CROOKS	RICHARD	LBZ	06	1986
2236	CROWTHER	ANTHONY	FLA	03	1974
2403	CROWTHER	STUART	FLA	12	1975
3470	DROMARD	ROBIN	BSF	04	1943
3756	HICKMAN	GAVIN	BSF	02	1987
3869	HOWE	CHRIS	CLM	06	1987
3295	LAWRENCE	MATTHEW	LBZ	08	1982
2466	MARSHALL	MICHAEL	PAN	11	1956
0194	MONOGHAN	NOEL	SLP	01	1930
0234	O'DONOVAN	ROSS	SLP	01	1930
4057	RUSSELL	PAUL	CEL	07	1987
2968	SACKMAN	DAVID	RDG	06	1962
0862	SHEPARD	OWEN	CLM	03	1987
4436	SHIPP	TERRY	CLM	03	1961
3287	TRAIN	JAMES	FLA	05	1986
1726	WALSH	MICHAEL	WEY	07	1987
4470	WATSON	LEE	NOT	06	1985
1152	west	ray	ADS	12	1949
0087	WINGFIELD	JAMES	DCP	08	1959
5144	WYLIE	ROB	SOU	12	2004
2751	YURKWICH	KARL	RLS	01	1977

Canadian C

5130	CALVERT	CHRIS	FLA	02	1991
5062	DUCK	MATT	RIC	11	1990
5132	GLADWIN	JAMES	FLA	10	1991
5080	GONZALEZ	TONY	BAN	02	1969
5190	HERBENT	TIBOR	RLS	08	1937
5008	HOLLIS	DEAN	SDS	12	2004
5128	HOME	ALISTAIR	FLA	11	1992
0381	JEFFRIES	RICHARD	FLA	11	1987
5060	KILBY	EDDIE	RIC	09	1990
1552	POULTER	ED	FLA	10	1987
5129	SMITH	JAMES	FLA	04	1991
5061	SMYTHE	JOSH	RIC	06	1990
5131	SOUTHOM	CHRIS	FLA	09	1992
4704	WEIR	ROGER	BAN	01	1991
5133	WOOD	PHILLIP	FLA	02	1992

Canadian Touring

5157	deacon	dave	ads	06	1953
5054	JEFFERIES	DAVE	CLM	12	2004
0335	neville	daniel	BAD	08	1988
5002	ROWLINSON	MICHAEL	BAN	10	1968
5003	stone	keith	BAN	12	2004
5044	ROWLINSON	MICHAEL	BAN	10	1968
5045	STONE	KEITH	BAN	12	2004

Womens A

4101	BRAITHWAITE	SHUNA	NOT	06	1986
0212	BRANNSTEN	HEGE	NCF	01	
3194	COULSON	ABIGAIL	RDG	02	1981
1863	DAVEY	TRICIA	RIC	04	1973
2555	WAINWRIGHT	LUCY	NOT	05	1978
2326	HEMMINGS	ANNA	ELM	05	1976
1756	TRAIN	BECKY	ROY	01	1976
1757	TRAIN	RACHEL	ROY	03	1978

Womens B

3080	BAPTY	SONJA	ACU	04	1976
3233	BATES	JOANNE	ELM	01	1981
2250	CAMPBELL	BETH	NOT	11	1976
2389	CHEYNE	LOUISE	NOT	09	1977
3568	DALE	ZARA	ELM	10	1985
3428	DAWSON	KIMBERLEY	CHE	08	1986
3777	EGAN	JENNY	SLP	03	1987
2475	FORD	Yael	TON	05	1974

2280	fowler	sue	ACU	01	1930
3771	HOLMES	ELIZABETH	CHE	04	1981
2120	HYNDS	CLAIRE	ELM	05	1974
3876	mason	hayleigh	NOT	09	1986
2836	McGEE	KELLY	BAD	04	1977
3946	MORAN	CLAIRE	WOR	09	1987
4735	MORAN	LAURA	WOR	09	1987
3653	NUTT	TARA	ELM	05	1986
3376	SPENCER	JENNY	HER	06	1983
3178	TAYLOR	NICKY	ELM	03	1982

Womens C

3328	BATES	ROS	ELM	01	1983
058	blackwell	hayley	WOK	12	1987
3722	BRIXEY	RACHEL	ELM	10	1984
2453	BURRELL	NICOLA	BTH	09	1984
2569	DUFF	KERRY	NOR	08	1977
3877	FARISH	HARRIET	NOT	03	1986
3724	GILLBE	CELIA	WEY	12	1986
3330	GILLBE	CLARE	WEY	06	1982
3547	GRAY	SUSAN	RDG	05	1965
3171	HANNON	CLAIRE	WEY	04	1982
4031	HUNTER	FIONA	NOR	01	1973
3270	HUNTER	REBECCA	ROY	04	1983
3402	KELLY	NANETTE	RIC	08	1984
3815	NEGUS	FRANKIE	ELM	07	1985
3929	RUTHERFORD	CAROLINE	ELM	10	1986
1599	SCHOFIELD	REBECCA	NOR	02	1981
3340	SURRAGE	VICKY	BSF	08	1981
0736	WISE	ANNA	ROY	07	1984

Womens D

5202	addy	jane	MAI	08	1959
5081	ANDERSON	DEBBIE	BAN	12	2004
3468	ARMISHAW	LOUISE	GAI	12	1981
4516	BACK	SUSAN	RIC	06	1973
2428	BALLEM	KATE	FOX	12	1979
2353	BARKWAY	KELLY	CLM	06	1972
0883	BATTISON	GAIL	RDG	05	1966
4718	BEE	GILLIAN	NOR	11	1975
1339	BENNETT	ANITA	BSF	06	1978
1940	BETHERIDGE	ZOE	BTH	08	1977
1647	BLAKEBOROUGH	ADELE	CHE	07	1972
2686	BOSKOVA	ZDENKA	RIC	02	1990
3153	BOURKE	JODIE	ROY	12	1987
1539	BROUGHTON	ELEANOR	RIC	09	1985
2919	BROWN	SUE	LBZ	05	1971
1719	burbridge	antonja	ROY	09	1987
3766	CARPENTER	HOLLIE	EXE	01	1985
5095	CHAPMAN	MARGARET	KIR	12	1961
4542	CHILDRESTONE	AMANDA	WEY	07	1957
2013	CHURCHILL	MIRANDA	ADS	03	1960
1531	COLLEY	SHARON	HER	01	1970
4058	COOPER	ANITA	RDG	09	1968
2722	CRAIGIE	JANE	RDG	01	1962
3675	DANIELS	WIKTORIA	RDG	07	1973
3565	DAVIES	BETHAN	WEY	02	1983
3397	DAVIES	HELEN	HER	08	1987
0115	DEAL	KATIE	BOA	11	1987
3637	DEVOY	SHEENA	CEL	07	1985
1618	DILAI	MAGGIE	PEN	04	1986
0133	DONE	REBECCA	NOR	07	1981
5107	DOODS	TRACY	RLS	05	1973
0620	DRESCH	TRACY	FLA	10	1962
3809	DUNCAN	MELANIE	BSF	05	1987
5180	DUNN	ANGELA	CLM	05	1981
3642	DUNN	CHERYL	clm	05	1983
5179	EADE	JANE	CLM	09	1960

SPRINT RANKINGS

5187	edwards	jo	CLM	12	2004
5186	edwards	susan	CLM	12	2004
3534	ETHERIDGE	JOANNE	WEY	07	1985
1209	EVERATT	SUE	FLA	01	1999
2908	FELINGEROVA	RADKA	ROY	01	1978
095	FORD	DAISY	ADS	06	1973
1983	FRANKLIN	ELIZABETH	ANK	02	1958
1852	GALAGHER	MARY	NOT	09	1987
3017	GALLAGHER	HANNAH	NOT	09	1987
0227	gibson	fiona	NOT	05	1978
4437	GRAY	JULIE	NWK	10	1962
2362	GREASBY	ELIZABETH	RIC	10	1971
3269	GRIFFIN	DONNA	NOT	03	1970
5188	HAMPTON	ANGLA	LEI	05	1963
3610	HANDLEY	SARAH	WOR	03	1985
3140	HANNON	SARAH	WEY	10	1978
5203	harrigan	alison	MAI	08	1970
3922	HART	LAURA	FLA	11	1987
0484	HAWKEY	JENNA	TRU	04	1986
2545	hawthorn	susan	WOR	11	1963
0566	HICKS	JULIE	NOR	11	1962
1353	hide	laura	WES	12	1986
4911	higgs	michelle	NOT	01	1968
2157	HOILE	ANN	LBZ	08	1949
4863	HORNSBY	JANE	FLA	06	1961
1524	HUTT	JENNY	SDS	07	1986
2141	HUTT	FIONA	SDS	02	1963
5085	JACKSON	ALISON	BOA	05	1966
2579	JANNE	CLAUDIA	RIC	02	1975
4207	JOHNSTON	SARAH	RIC	06	1973
4414	jones	ann	CGQ	03	1952
5032	JONES	JENNIE	LEI	01	1981
0249	JONES	PAT	LBZ	09	1947
5201	jordan	tina	MAI	10	1961
5233	judge	alexandra	BSF	01	1984
3362	KELLEY	YOLANDA	BTH	05	1982
1752	KELLY	TINA	TTN	11	1978
3921	LANCASTER	CLAIRE	FLA	12	1987
4161	lane	grace	FOX	06	1971
1146	LANG	SARAH	TTN	12	1975
5103	LITTLEWOOD	JULIE	NOT	08	1968
4559	LO-	HELEN	SOU	12	1973
1115	MANT	SARAH	ADS	09	1970
1932	MARA	GILLIAN	CLM	11	1961
0781	MARTIN	KARI	LBZ	07	1974
1802	MATTHEWS	DEBBIE	LBZ	04	1969
2197	MAYERS	RACHEAL	RUN	05	1975
4259	McDILL	HELEN	BTH	11	1986
4805	McDONALD	RUTH	RUN	02	1982
0536	MEAD	CATHERINE	LIN	01	1962
3005	MEIKLE	ISOBEL	FLA	01	1958
5098	MOESSNER	SUSANNE	kir	04	1976
4265	MONK	HANNAH	WEY	09	1984
0878	MORAN	JAYNE	WOR	01	1959
1300	MURPHY	HEATHER	BAN	06	1986
5046	MURPHY	MELANIE	BAN	01	1962
3949	MYLETT	JOANNA	LIN	08	1986
0359	NADAL	KATHY	NOT	08	1954
2827	NEALE	LOUISE	TON	07	1970
1102	NORGATE	REBECCA	HER	07	1983
3794	O'TOOLE	CIARA	CEL	05	1987
2136	PARSONS	TINA	NOT	08	1963
5192	PAULINI	EVA	FOX	12	1974
0418	PEMBLE	CAROLINE	RIC	08	1975
3672	PENDLE	ALI	NOR	09	1961
1550	PEREIRA	WENDY	ADS	06	1952
0102	PHIPPS	TAMSIN	RDG	06	1962
0677	POTTS	MURIEL	ANK	10	1943
5058	POWELL	BRENDA	FOX	06	1970

3920	PRESTIDGE	CATHERINE	FLA	09	1987
3731	RICHARDS	LAURA	CLM	05	1987
5094	RIPPINGTON	SAMANTHA	WOK	11	1984
1819	SANDERSON	FRANCES	FOX	03	1967
0168	SAVAGE	CHARLOTTE	TRU	01	1982
4608	SCHEDITZKI	DORIS	FOX	05	1980
4360	SEN	KAMALA	DCP	07	1966
3658	SILLITOE	AMANDA	LBZ	02	1965
4122	SMITH	MICHELLE	FOX	02	1974
1256	SOAR	KATE	WOR	01	1978
1046	SPENCER	BERYL	HER	12	1956
4675	STEWART	GRACE	WEY	07	1986
3386	SUTTLE	LISA	CLM	10	1980
3676	SWALLOW	VICTORIA	CHE	11	1986
1454	swart	nina	ROY	05	1975
3975	THOMAS	HILARY	BAN	10	1958
0205	TILT	JACQUI	FLA	11	1968
5193	TRICKETT-BORN	ANDREA	FOX	08	1970
2054	WALL	LYN	ADS	02	1961
0276	walsh	margaret	ADS	09	1953
2329	WEARN	ELIZABETH	FOX	04	1974
1510	WEST	CHRISTINE	BAD	07	1951
5232	WETHERALL	FRANCES	RIC	02	1952
3296	WETHERALL	KIMBERLEY	RIC	01	1984
3285	WETHERALL	SAMANTHA	RIC	05	1982
2777	WHEELER	ROSEY	FOX	11	1973
3387	WILCOX	TRACEY	CLM	04	1983
2593	WINGFIELD	PENELOPE	DCP	03	1966
5039	WOOD	JULIE	BAN	03	1963

Boys A

3109	BENNETT	STUART	RDG	11	1988
0440	boyton	jonathon	ROY	06	1988
3936	BRADSHAW	BEN	BAD	06	1988
4990	EDE	PIP	RDG	09	1990
4349	GUY	ANDREW	LBZ	02	1989
0739	HAYNES	BEN	LBZ	04	1989
2965	HIDE	MATT	ADS	03	1988
3334	HIDE	THOMAS	ADS	01	1990
2421	HOLMES	BEN	WOR	05	1989
2646	humphries	timothy	ROY	06	1989
2969	LAYNG	MARTIN	RUN	05	1988
4832	MARCHETTI	SEAN	CEL	07	1988
4286	MAURISSEN	BERNARD	BOA	05	1988
1891	OWEN	ASHLEY	ADS	02	1989
0605	parfitt	ben	ELM	02	1990
2793	reeves	kristian	ADS	06	1989
0584	RUTHERFORD	EDWARD	ELM	06	1990
0679	THOROGOOD	PHILIP	ELM	03	1989
3778	WATKINS	B Q	SLP	04	1989
1361	WHITAKER	JORDAN	lbz	12	1989
4513	williams	neil	ROY	09	1989
2658	WOOD	ANDREW	WOR	07	1989

Boys B

0902	ATWLL	JAMES	BOA	03	1990
1975	BAINBRIDGE	SIMON	KEN	01	1988
4425	BARBER	DANIEL	ELM	01	1990
2770	beer	robert	ELM	11	1989
1378	BRIDGE	TOM	WEY	09	1989
2605	CHILDERSTONE	MARK	WEY	01	1991
2426	dixon	stephen	ROY	04	1992
2985	ELLIS	WILLIAM	CEL	08	1990
0727	FLEMING	DARRAGH	CEL	05	1990
2090	gibson	oliver	ROY	04	1991
4002	HAMPTON	MARK	LEI	03	1991
4179	HETHERINGTON	ADAM	CEL	05	1989
1354	kelly	anthony	RDG	10	1989

SPRINT RANKINGS

4678	KEOGH	BRIAN	SLP	04	1989
4669	LADDS	JOE	NOT	05	1989
0670	lang	ollie	RDG	10	1988
4201	LOWE	TOM	LBZ	02	1989
4224	LYNCH	ROBERT	SLP	06	1988
4301	MITCHELL	F	CEL	01	2000
0364	pearse	philip	CKP	07	1988
1142	PEARSE	TIMOTHY	CKP	07	1988
0308	PENDLE	TIM	NOR	07	1989
4736	PLEECE	MATTHEW	ELM	01	1988
1372	POOLE	ROBERT	LBZ	03	1989
0385	RAINEY	SAM	LEA	01	1990
0735	RILEY	STEVE	ANK	10	1989
2495	ROWELL	GARY	LEA	06	1988
1673	saunders	jake	WOR	07	1990
1775	sealey	chris	RDG	10	1989
1216	SIMMONDS	TOM	BOA	03	1991
0752	SLIGHT	DANIEL	LBZ	11	1989
4444	TAYLOR	ROBERT	CLM	08	1990
1193	TERRY	DEAN	MAI	01	1991
1712	THOMAS	MARK	BAN	05	1988
4411	THOROGOOD	GLENN	ELM	03	1989
3931	WHITEHEAD	DANIEL	CLM	03	1988

Boys C

5171	allen	lewis	NOR	07	1990
3464	BEYER	JAMES	ADS	01	1991
2497	BRADLEY	DALE	WOR	10	1988
0247	BUGGY	DAVID	CEL	05	1990
4997	BURKE	KEITH	CEL	06	1988
5038	capellaro	alex	WES	03	1990
2769	COWBURN	JOSH	CHE	09	1990
4881	COX	SAM	LBZ	02	1989
4538	cross	stephan	CLM	01	1988
4593	DEARDEN	JOHN	WOR	01	1988
2807	EAGLE	JAMES	CKP	03	1989
1399	ELLIS	D	CEL	01	1999
2743	fox	adam	LBZ	04	1989
3933	FREESTONE	MATTHEW	LEA	06	1988
4626	HARRIS	JOSH	TRU	05	1988
2288	HOBIN	BEN	CKP	05	1988
0978	HUSSEY	DANIEL	LBZ	03	1990
4869	JORDAN	AARON	MAI	03	1990
5078	KELLY	JONATHON	RDG	12	1990
5079	MAINPRIZE	TOM	RDG	09	1991
1909	MARTIN	PADDY	SLP	02	1989
0506	mullins	guy	WEY	06	1988
1964	OAKLEY	BEN	BTH	07	1988
1997	O'SULLIVAN	LUKE	SLP	11	1989
5075	rawlings	james	WOR	01	1988
1041	SAYERS	TIM	ELM	01	1990
4717	SEALEY	JACK	RDG	01	1992
3086	SILLITOE	CALLUM	LBZ	07	1990
2848	SIMAN	JOSEPH	CKP	08	1988
5036	staddon	jack	ROY	03	1990
0137	WEST	MITCHELL	ADS	06	1990
2003	white	michael	LBZ	11	1989
0299	WHITEHEAD	ALEX	WEY	07	1990

Boys D

4877	AZIMI	FOAD	MAI	08	1988
2594	BAKER	ALEX	BTH	09	1993
0455	BAKER	IAN	BTH	12	1989
1612	BANKS	LIAM	SLP	07	1992
2134	BARRETT	MATTHEW	BAD	08	1988
3280	BARTOLI	MICHAEL	LBZ	07	1990
0258	BENNET	LEWIS	WOR	07	1988
1259	Bennett	Gary	WOK	06	1993

5140	BENNETT	JASON	CHE	02	1989
5069	bentley	ross	BUR	12	2004
076	BLACKWELL	MATTHEW	WOK	05	1990
5033	BOLTON-WAUGH	BRYNN	LEI	07	1989
1392	BOWERBANK	MATTHEW	BTH	03	1990
5152	boylan	raymond	cel	10	1990
5015	BOYLE	DAVID	SLP	11	1990
5097	BRADBEER	GRANT	kir	04	1992
5164	bradley	kelvin	wor	09	1992
5016	BRENNAN	TOM	SLP	09	1992
5091	BRETT	TONY	BSF	10	1991
5073	BROOKS	EDWARD	CKP	10	1990
3111	BRYANT	PETER	RDG	08	1990
5023	BURBRIDGE	PATRICK	SLP	06	1990
0604	BYARD	THOMAS	LBZ	08	1992
5011	BYRNE	PHILLIP	SLP	07	1992
5234	cave	robert	wor	06	1993
5092	CAYFORD	ANTHONY	BSF	10	1991
0790	CHAPMAN	CALLUM	BAN	10	1992
0325	CLARK	MATTHEW	ROY	05	1993
4113	CLIVE	MARK	GAI	06	1993
0322	CONNELLY	MICHAEL	LEI	03	1991
4241	CONWAY	FINBAR	NOR	01	1993
2255	COOKNELL	MATTHEW	BAN	03	1990
5014	CORRIGAN	JACK	SLP	12	1990
2962	CREAL	JO	WEY	01	1999
1249	DEARDEN	CHRIS'R	WOR	08	1989
5012	DEEGAN	LUKE	SLP	06	1990
5158	dines	kieran	elm	03	1989
4139	DIXON	ADAM	LBZ	11	1989
0892	DOCHERTY	K	SLP	05	1990
2576	DRESCH	ALEX	FLA	07	1991
5185	DUFFIELD	LEWIS	CLM	08	1995
4295	DUFFIELD	MAX	CLM	08	1991
0573	DUNNE	JONATHON	TTN	01	1990
5167	EARL	GARY	EAL	03	1988
5024	FEELY	LORCAN	SLP	01	1992
5153	finnegan	conor	cel	10	1990
5025	FITZSIMONS	MICHAEL	CEL	09	1993
5071	FORREST	TIM	CKP	08	1990
1489	FRANCOIS	STIJN	WEY	11	1990
1452	FREEMAN	SAM	EXE	04	1990
4430	GARSIDE	NATHAN	LBZ	04	1993
5022	GLEESON	THOMAS	SLP	03	1992
1525	GOODLAD	LAURIE	LBZ	05	1990
1504	GRATTON	CHRIS	EXE	12	1990
5030	GRAVES	BRADLEY	BSF	08	1989
5072	GREEN	BEN	CKP	02	1990
4060	GREEN	IAN	BAD	06	1990
4085	GRIFFITHS	SAM	WOR	10	1991
4324	gwynn	michael	WES	07	1990
0311	HICKMAN	SHEA	BSF	03	1992
5237	hirons	alex	wor	06	1993
5178	HSU	MICHAEL	NOT	12	1993
3917	HUNT	GARETH	FLA	09	1988
4634	HUTT	ALASDAIR	SDS	05	1988
2324	jefferies	robert	PEN	01	1993
0438	JENNISON	IAIN	KKC	01	1991
1931	LAMPH	MARK	WEY	10	1991
4693	LANG	JACOB	RDG	07	1990
0487	LEITCH	JAMES	LBZ	12	1991
5026	LEITCH	MARK	LBZ	11	1988
0858	LUNN	MATTHEW	LEI	09	1991
0831	MAHER	PHILLIP	CEL	07	1988
2394	MAPELY	MICHAEL	LBZ	07	1991
1570	MARNELL	JAMES	RUN	02	1990
1780	MATTERSON	JOSH	LBZ	01	1990
3266	MATTERSON	MATTHEW	LBZ	11	1991
5101	McCAIG	LEE	kir	05	1988

SPRINT RANKINGS

5172	mcdonnell	andrew	NOR	03	1998
5043	MCLEAN	MATTHEW	BAN	06	1988
5004	McLEAN	MATTHEW	BAN	06	1988
045	McLEAN-HALL	OLIVER	LBZ	04	1989
5100	McMORRIN	COLIN	SDS	07	1988
2042	MEIKLE	DUNCAN	FLA	09	1990
021	MITCHELL	D	CEL	01	2000
4156	mittchell	daniel	PEN	12	1989
3051	MILLS	MATTHEW	LEA	01	1990
2760	MOVWCZAN	JOSEPH	RDG	11	1992
1855	MURPHY	ADAM	LBZ	10	1991
5013	MURPHY	JOE	SLP	07	1992
3039	NEEDHAM	CRAIG	NOT	07	1989
3155	NEWBUTT	GREG	NOT	03	1990
1082	OSBORNE	DANIEL	LBZ	06	1992
4380	PATMAN	DANIEL	LBZ	01	1989
5051	PATTERSON	SCOTT	SDS	04	1990
0661	PHILLIPS	JOSH	NOT	04	1991
1545	pogson	bob	CGQ	09	1989
0463	RAINEY	JOSH	LEA	04	1992
4560	REEVES	ALEX	ADS	08	1993
5070	reif	fred	CKP	08	1990
4937	renwick	william	PEN	01	1999
5077	RIDDLE	TOM	RDG	04	1990
5177	ROWBOTHAM	DAVID	NOT	08	1989
1901	SHARPE	TOM	EXE	04	1990
2035	SHAW	GILES	FLA	04	1990
5076	SHIRES	JOSH	RDG	12	1990
5183	SMEATON	TOM	CLM	02	1992
4628	SOKOLOV	ALEXANDERWEY	02	1993	
0230	STALEY	MATTHEW	LEI	10	1990
5037	steel	zac	ROY	02	1990
2123	STONE	JULIAN	BAN	06	1991
4615	STRIDE	JASPER	LEA	03	1988
1814	STYAN	JAMES	FLA	03	1990
1731	THOMAS	ALEX	BAD	12	1989
1250	thorpe	liam	PEN	03	1990
0128	TRAIN	MATTHEW	FLA	11	1992
0921	TYE	JON	WOR	01	1993
4329	VINCENT	ROBERT	LEI	08	1990
0618	VON BENSON	PETER	FLA	06	1988
4954	WALKINSHAW	RYAN	BSF	03	1992
1827	waller	adam	CGQ	05	1988
5066	WALTERS	MICHAEL	BUR	12	2004
0443	WARBY	ANDREW	RDG	05	1992
5174	webster	james	BOA	01	1993
0980	WEBSTER	RICHARD	LIN	12	1989
4750	WEIR	IAIN	BAN	01	1992
2999	welch	matthew	WEY	11	1991
1050	WHITEHEAD	DAVID	WEY	10	1991
5236	wickens	josh	wor	03	1993
5029	WILKES	MARK	CLM	02	1992
2270	WILKES	PETER	CLM	02	1992
1029	WILKINSON	JOSHUA	LIN	07	1991
5235	williams	anthony	wor	06	1993
4945	WILLIAMS	PHILLIP	CHE	08	1990
5087	WILLIAMS	TOM	LBZ	12	1989
4097	WILLIS	SAM	SOU	11	1991
1956	YULE	PHILLIP	PEN	08	1989

Girls A

0457	broughton	lizzie	RIC	03	1988
3937	BROWN	LEANNE	BAD	07	1988
0743	CAWTHON	RACHEL	WEY	11	1988
4825	GALLOWAY	ALISON	RDG	07	1988
2834	KING	AMORET	RDG	03	1991
4899	SAWERS	LOUISE	ELM	05	1988
1844	SPENCER	CLAIRE	HER	01	1989
0801	WALKER	JESSICA	ROY	06	1990

Girls B

1873	BATTISON	ROHAN	RDG	04	1988
1973	BEARDSSELL	LENA	CKP	01	1989
1882	CHURCHILL	OLIVA	ROY	03	1989
2048	DOUGALL	EMMA	LBZ	04	1990
4774	GODSAVE	LAUREN	WEY	01	1989
1326	HALL	KATHRYN	RIC	07	1989
4478	HILDERLEY	ELEANOR	WEY	01	1999
0932	LAMPH	FAY	WEY	05	1988
1126	PASCOE	RACHEL	TRU	02	1988
3166	purnel	amelia	ROY	12	1989
1468	ROWLANDS	CAROLINE	CHE	04	1991
0298	SWALLOW	JENNY	CHE	05	1991

Girls C

1784	BEER	SARAH	ROY	04	1992
4061	BODIMEADE	IMOGEN	ROY	02	1992
2684	BROWN	HANNAH	BTH	02	1990
2442	BROWN	KATIE	BTH	09	1990
4370	CLARK	EMILY	ROY	10	1991
3230	CLIVE	STEPHANIE	GAJ	12	1988
2132	farrington	polly	ROY	08	1989
1567	FARRINGTON	ROSIE	ROY	07	1992
1276	FERGUSON	LAURA	BAN	01	1992
1032	HALL	MEGAN	BSF	12	1988
1436	HOLMES	STEPHANIE	WOR	03	1992
4599	KELLY	ELIZABETH	KEN	07	1990
2521	O CALLAGHAN	MEGAN	ELM	11	1990
0341	O'TOOLE	ORIA	CEL	01	1991
2552	UGHTON	JESS	BTH	11	1988
5027	OXTOBY	ELLA	LBZ	06	1990
1074	preece	alex	NOR	05	1988
1103	REESE	HEYLEY	HER	11	1989
5035	staddon	cressida	ROY	03	1990
2994	THOMAS	GEORGIA	BSF	09	1991
3939	WHITEHEAD	KATIE	CLM	08	1990
1220	WHYSALL	NATALIE	NOT	11	1988

Girls D

5162	andrews	eleanor	wor	08	1993
5198	BAKER	ALICE	WOK	06	1992
2404	BANKS	CATHERINE	SLP	07	1990
5123	BARAS	ANDREA	ANK	07	1990
2660	BARTRAM	SARAH	CGQ	02	1988
4738	BEAGANT	ROSE	LBZ	07	1990
4712	BEAUCHAMP	NATASHA	FLA	09	1990
0789	BEAUCHAMP	NICOLE	FLA	09	1990
5141	BENNETT	NATALIE	CHE	12	1990
4330	BLUNDELL	HELLEN	NOR	04	1988
4268	BOND	MARTHA	NOR	03	1990
4982	BOURKE	ROISIN	ROY	07	1989
5166	BOWDITCH	AMY	EAL	07	1989
1281	BRAGG	ANDREA	CLM	02	1992
2056	BRAGG	LAURA	CLM	11	1990
4059	BRAGG	NICOLE	CLM	02	1992
0520	BURBIDGE	FRANCESCA	ROY	11	1989
5207	BURGESS	LUCY	CHE	04	1994
0198	BURTON	RHIANNON	WOR	02	1990
5028	BYARD	REBECCA	LBZ	05	1991
5145	CHANDLER	AMY	SOU	09	1991
4222	CHILDERSTONE	HAZEL	WEY	10	1993
1235	CHURNSIDE	AMELIA	RDG	01	1991
1428	CHURNSIDE	CHARLOTTE	RDG	04	1993
2348	Clark	Jessica	ROY	11	1989
2585	COLLINS	IMOGEN	RDG	12	1993
4387	collins	jessica	RDG	07	1991
5074	COXON	LIZIE	NOT	01	1992

SPRINT RANKINGS

5068	coxon	lizzie	NOT	12	2004
5019	COYNE	JANE	SLP	08	1990
5020	COYNE	SARAH	SLP	08	1990
5086	creamer	C	LBZ	12	2004
4251	DOYLE	CLODAGH	TTN	02	1990
5151	durkan	paula	cel	05	1992
0959	FARRINGTON	ROSE	ROY	07	1992
1488	FEARY	GEORGINA	ROY	10	1991
0534	FLEMING	AINE	CEL	07	1991
2706	GOODLAD	BETHANY	LBZ	04	1988
1722	GROOMBRIDGE	LAUREN	NOT	06	1991
1694	GUY	CATHARINE	LBZ	09	1990
2168	HARFIELD	EMMA	LBZ	06	1990
1778	HAROLD	DANIELLE	NOT	03	1990
4080	HAWS	ALICE	WEY	07	1993
1988	healy	alisa	PEN	04	1993
0711	HILL	LISA	ROY	08	1992
5034	hoffman	georgina	ROY	02	1990
0176	HOOTON	EMMA	ANK	10	1990
5163	hopper	connie	wor	01	1993
5195	HOUNSELL	KIRSTY	WOK	12	1989
4128	HUSSEY	LAURA	LBZ	09	1992
1824	HYDE	EMILY	ADS	12	1991
1737	ILLIDGE	JENNY	RUN	05	1992
0237	ILLIDGE	JOANNE	RUN	06	1989
2765	ILLINESI	EMILY	ELM	01	1993
1939	ILLINESI	JENNY	ELM	01	1992
4194	JABOBS	KATE	ADS	02	1993
4184	JEWEL-KIRKBY	GEMMA	NOT	07	1988
1751	LAFFERTY	ZOE	BAN	04	1988
5169	lambert	ruby	NOR	06	1992
2892	LAUREN	HALL	BSF	06	1991
4405	LEACH	KATHY	LBZ	04	1989
5160	lewis	emily	wor	05	1993
5170	linnell	emily	NOR	01	1991
5168	linnell	louise	nor	06	1988
5066	lunn	bethany	LEI	08	1990
1205	MARNELL	LAUREN	RUN	08	1992
2841	MATTHEW	SAM	NOR	11	1992
2023	MENDHAM	CHARLOTTE	FLA	01	1990
4607	MENDHAM	CLARE	FLA	08	1991
3119	MIDDLEHURST	MARIA	ADS	09	1991
4003	MORGAN	COLETTE	NOT	09	1990
1093	MUNGOVAN	GEMMA	RIC	07	1988
5052	MURPHY	ALICE	BAN	11	1992
5109	murphy	rachel	BAN	06	1990
1830	NASH	SARAH	NOT	01	1991
5155	newman	lisa	ads	06	1989
1854	ollerenshaw	abigail	PEN	04	1993
5159	orme	hannah	wor	02	1992
1263	OXToby	LYDIA	LBZ	09	1992
4500	PARKER	SHELLEY	CLM	05	1988
5184	PARKER	SOPHIE	CLM	06	1990
0226	PURDUE	JESSIE	ROY	03	1988
1668	REES	ABIGAIL	ROY	05	1992
5122	RILEY	KATIE	ANK	11	1990
2863	ROBERTSON	MHAIRI	ANK	04	1989
0419	ROBINSON	AMY	RUN	01	1992
3783	ROONEY	SOPHIE	BAN	10	1992
5047	ROONY	SOPHIE	BAN	10	1992
5135	SCOTT	HARRIETT	WOR	11	1992
2031	SETH-KAPOOR	SHOBHANAA	NOT	05	1991
0860	SHEPARD	HANNA	FLA	03	1991
2352	SHEPARD	SARAH	FLA	03	1991
0433	SILLITOE	CHLOE	LBZ	06	1993
066	SIMMINS	CHRISTINA	WEY	02	1992
5106	simmons	hannah	BOA	01	1993
2174	SIMMONS	JESSICA	WEY	11	1990
0193	SMITH	BETSY	ROY	10	1993

2808	STYAN	KATHRYN	FLA	09	1991
5018	SWEENEY	MARIANA	SLP	08	1990
5017	SWEENEY	SABRINA	SLP	03	1991
5124	SYKES	JENNY	ANK	02	1992
5041	TASKER	ROSIE	BAN	09	1990
5001	TASKER	ROSIE	BAN	09	1990
1212	THURLEY	PHILLIPPA	TEXE	12	1989
1659	TOWLER	HARRIET	WEY	03	1989
0717	TRAIN	KATIE	FLA	12	1989
5088	TROTTER	KATHERINE	ELM	01	1993
5182	TURNER	CATHERINE	CLM	02	1988
0355	TURNER	EMILY	SLP	02	1989
4867	WADSWORTH	REBECCA	ROY	01	1990
3081	WALKER	BETHANY	NOT	01	1991
5181	WALKINTON	HOLLY	CLM	01	1993
0513	WALSH	FIONNULA	CEL	03	1988
5161	walter	poppy	wor	01	1993
4356	WARD	VANESSA	WEY	09	1988
0565	WEBB	JENNIFER	NOT	11	1990
2975	WEBSTER	CATHERINE	LIN	04	1991
0378	WHELAN	ANJA	CKP	04	1989
3008	WHELAN	NIAMH	TTN	07	1990
3732	WILCOX	LINDSEY	CLM	02	1988
2901	WILLIAMS	KATIE	ELM	01	1992
0165	WISE	ISOBEL	RDG	06	1992
077	WOOD	KATIE	BAN	09	1989
5042	WOOD	MEGAN	BAN	05	1992

Lightning A

5239	adair	daniel	wor	05	1995
5240	adair	michael	wor	10	1998
2655	addy	kerrie	PEN	02	1994
5084	ADDY	MATTHEW	PAN	12	1995
5200	bannister	peter	MAI	12	1994
5238	bird	william	wor	01	1993
2307	BLACKWELL	LAUREN	WOK	04	1994
5065	bowley	matthew	BUR	12	2004
4549	BURBRIDGE	ELEANOR	ROY	03	1993
5148	chandler	glen	SOU	03	1994
5082	CHIODO	NICHOLAS	PEN	05	1993
5154	deacon	tom	ads	04	1993
0456	FEARY	LOUISA	ROY	07	1994
4794	GOURLAY	TOM	LIN	02	1994
3986	Hall	David	WOK	07	1995
0264	HAWTHORN	EMMA	WOR	01	1993
1643	HICKS	ALBERT	NOR	01	1994
4033	HIGGINS	OLIVER	LTA	11	1994
3236	HILL	STEPHEN	ROY	03	1995
5067	hunt	ryan	LEI	08	1995
2636	JACOBS	KATE	ADS	02	1993
4407	jefferies	matthew	PEN	08	1995
5064	JONES	JACK	WOR	01	1993
2801	KERR	ANDREW	BAD	06	1994
5199	kingston	tom	MAI	02	1994
5138	LANG	HARRY	RDG	05	1994
5196	LORD	DANIEL	WOK	11	1993
2286	MARNELL	KATIE	RUN	03	1995
1123	O'Brien	finty	PEN	03	1994
2904	potter	elizabeth	PEN	08	1994
1519	potter	luke	PEN	01	1999
1868	potter	stephen	PEN	01	1999
5197	PRICE	ANNALISE	WOK	03	1995
5149	rance	mary	SOU	06	1994
5150	rance	michelle	SOU	11	1995
4489	REES	SUSANNAH	ROY	08	1993
5176	saika	rebecca	BDC	12	1994
1753	SEALEY	HANNA	RDG	07	1994
5048	SEIKA	REBECCA	BAN	12	1994
5189	stannard	jamie	RLS	01	1995

SPRINT RANKINGS

5040	STONE	KATHRYN	BAN	03	1995
5083	SYKES	THOMAS	PEN	11	1994
4653	THOMAS	JESSICA	BAD	09	1994
5049	WARREN	REBECCA	BAN	08	1995
5175	webster	steven	BOA	01	1995
4827	WELCH	CHARLIE	WEY	03	1994
5146	willis	louie	SOU	02	1995
5147	worthington	joshua	SOU	07	1995

Lightning B

0680	BROOKES	CHELSEA	RUN	01	1999
1355	CHILDERSTONE	JACK	WEY	07	1996
5058	GOURLAY	EMILY	LIN	12	2004
2825	HAWS	EDMUND	WEY	04	1996
5104	hayward	mathew	nor	08	1997
5059	HICKS	HARRIETTE	NOR	12	1996
3344	MARNELL	MATTHEW	RUN	03	1997
4983	OWEN	BETHAN	ADS	02	1996
5063	WIGNAL	AMY	RUN	02	1996

Paddlability

2176	BAINES	MATTHEW	NWK	05	1992
3319	BROOME	JONATHON	NWK	01	1976
0572	BROWN	TRACEY	PEN	06	1977
4649	BROWN	WILLIAM	PAD	04	1974
1026	BULL	ALISON	PEN	09	1975
0587	CARTER	STUART	NED	07	1953
2712	chiodo	christopher	PEN	02	1990
5241	COTTON	CHLOE	NWK	05	1994
5010	Fenwick	Dean	PEN	11	1987
5102	GARDENER	EDWARD	NED	05	1951
5009	Gardner	Lucy	PEN	08	1978
4895	GARRETT	ALISON	PAD	03	1986
3834	GARTON	GAVIN	NWK	09	1985
4439	hassell	karl	NWK	03	1996
0361	hewitt	luke	NWK	08	1982
018	hewitt	matthew	NWK	07	1979
0251	LAZAR	ALAN	PEN	08	1975
0462	DISON	STEVEN	NWK	03	1981
1328	MILLS	CHRIS	PAD	06	1977
4008	mittchell	ian	PEN	09	1977
2608	NEVILL	DAVID	PEN	05	1971
4332	newman	craig	NWK	01	1989
3831	OLDHAM	JAMES	NWK	01	1985
0490	osmond	heather	NWK	12	1984
4438	richardson	brendon	NWK	08	1981
3835	ROE	RACHEL	NWK	06	1987
3832	SAVAGE	ADAM	NWK	01	1984
2074	sheppard	a	NWK	08	1987
4313	stephen	james	PEN	10	1968
4278	TAYLOR	MAGGIE	MAI	04	1961
3774	TAYLOR	RICHARD	PEN	12	1973
0192	THORNTON	JAMIE	NWK	06	1993
1799	TINKER	JOHN	PEN	05	1955
2215	VALLELY	STUART	NED	03	1960
4666	WATSON	SAM	RDG	05	1989
3845	WEIR	FRANCES	BAN	08	1987
3384	WOOD	RICHARD	NWK	10	1982
3686	YOST	KEVIN	PAD	02	1968
1460	YOUNG	JASON	PEN	01	1974
0996	YULE	LAUREN	PEN	09	1991

ACU



ARMY
Maroon with
Yellow stripes

ADL



ADLINGTON
Red Shirt with
Yellow band

ADS



ADDLESTONE

Navy Blue Shirt
with White stripe

ANK



ANKER VALLEY

Sky Blue with
Red stripes

ARG



Argyll

BAD



**BARKING &
DAGENHAM**

Blue Shirt with
White Band

BAN



Banbury & District

Jade Blue Shirt
with Sky Blue Logo

BAS



BASINGSTOKE

Black Shirt with
Blue & Red bands

BED



Bedford School

BEJ



BOURNE END JUNIOR

Navy Blue Shirt
with Gold Logo

BKW



BLACKWATER VALLEY

Black Shirt with
Gold chevron

BOA



BRADFORD-ON-AVON

White Shirt with
two Red bands

BRI



BRISTOL

Yellow & Blue
Shirt vertical

BRY



BRYANSTON SCHOOL

Navy Blue Shirt
with Yellow stripe

BSF



BISHOP'S STORTFORD

Yellow Shirt with
Blue stripe & logo

BTH



BATH

BUD



Bude

BUR



BURTON

Red Shirt with
Black trim

CAM



CAMBRIDGE

Black Shirt with
Yellow band

CEL



CELBRIDGE

Pale Green with
White text/Logo

CHE



CHESTER

Sky Blue Shirt
with Blue logo

CKP



Cokethorpe School

Blue Shirt
Yellow Panel/Logo

CLM



CHELMSFORD

Yellow/Black Shirt
with White bottom

DAU



DAUNTSEYS SCHOOL

DCP



DYFFRYN CONWY

Navy Shirt with
Jade Green logo

EAL



EALING

Grey Shirt with
Green & Red band

EBC



EYOT BOAT

ELM



ELMBRIDGE

Green Shirt with
White/Green/Red

EXE



EXETER

Red Shirt with
Black text

FLA



FLADBURY

Navy Blue Shirt
with White Logo

FOX



FALCON

Black Shirt with
Yellow logo

FOY



FOWEY RIVER

Red Shirt with
White/Black/White

FRE



FREESTYLE

GAI



GAILEY

Jade Green with
Black logo/text

GLS



Glanford & Scunthorpe

GRI



GRIFFON

Jade Green Shirt
Black logo & text

HAS



HASTINGS

Green Shirt with
Red/Yellow band

HEM



HEMEL HEMPSTEAD

Red Shirt with
White text & logo

HER



HEREFORD

Cerise Shirt with
Black stripe

HHC



HAZEL HATCH

HOP



HARLOW OUTDOOR PURSUITS

Yellow Shirt with
Green band

HUL



HULL

Red Shirt with
White stripe

ICU



IRISH CANOE UNION

IRV



IRVINE

Blue Shirt with
White bands

KEN



KENDAL

Maroon Shirt

KIM



KIMBOLTON SCHOOL

KIN



KINGSTON KAYAK

KIR



KIRKCALDY

White Shirt with
Blue band & text

LBZ



LEIGHTON BUZZARD

Yellow Shirt with
Brown text & logo

LEA



LEASIDE

Tricolour Shirt with
Sky/White/Navy

LGW



LINLITHGOW

LIC



LICHFIELD

Black Shirt with
Red text & logo

LIN



LINCOLN

Kingfisher Blue
with White logo

LOP



**LEICESTER OUTDOOR
PURSUITS**

Grey Shirt with
Maroon text

LWC



LORD WANDSWORTH COLLEGE

MAD



MACCLESFIELD

Yellow Shirt with
Blue text

MAI



MAIDSTONE

White Shirt with
Blue stripe

MER



MERIDIAN

Black & Red Shirt

MLO



MARLOW

Blue Shirt with
Yellow trim

NBY



NEWBURY

Yellow Shirt with
Grey stripes

NEW



NEWHAM

Sky Blue with
Red stripes

NIR



NORTHERN IRELAND

White Shirt with
Green & Red logo

NOR



NORWICH

Green Shirt with
White/Yellow band

NOT



NOTTINGHAM

Red Shirt with
Green & White stripe
Black & White Logo

PAN



PANGBOURNE

Maroon Shirt with
Blue/Yellow band

PEN



PENNINE

PLY



PLYMOUTH

Red Shirt with
Black/Red/Black

PER



Perivale

POO



POOLE HARBOUR

RAF



ROYAL AIR FORCE

Sky Blue Shirt
Red/Blue stripe

RDG



READING

White Shirt with
Blue stripes

RIC



RICHMOND

Red Shirt with
White trim/text

RIP



Rabbit Independent Paddlers

RLS



ROYAL LEAMINGTON SPA

Yellow Shirt with
Blue text/logo

RMC



Royal Marines

RNK



ROYAL NAVY

Blue Shirt with
White stripes

ROY



ROYAL

Blue Shirt with
White trim/logo

RUN



RUNCORN

White Shirt with
Pale/Dark Blue band

SCW



STAFFORD

Yellow Shirt with
Blue Logo

SDS



SCOTTISH DEVELOPMENT

Yellow Shirt with
Red text/logo

SHO



SHOREHAM

Gery Shirt with
Blue/Yellow/Blue band

SLP



SALMON LEAP

Black Shirt with
Yellow band/logo

SOA



SOAR VALLEY

Yellow & Black Shirt

SOL



SOLIHULL

Grey Shirt with
Black text/logo

TAU



TAUNTON

TEE



TEESIDE

White Shirt with
Green text

TON



TONBRIDGE

White Shirt with
Black/Yellow/Black

TRU



TRURO

Maroon Shirt with
Black/Yellow/Black

VIK



VIKING

Black Shirt with
Gold/Black/Gold

WAV



WAVENEY VALLEY

WCR



WINCHESTER

Green Shirt with
Yellow band

WES



WESTEL

White / Black Shirt
Black logo



WEY
Amber Shirt with
two Blue stripes



WINDSOR
Gold Shirt with
Black text



WOKINGHAM
Black shirt with
Gold Logo



WOLVERHAMPTON



WORCESTER
White Shirt with
Green band/text



WARREN
Red Shirt with
White stripe



WHITE WATER KAYAK
White Shirt with
Black bands

Colours Registration Officer

Peter Morley

17 Springfield Road

Guildford

Surrey

GU1 4DW

Tel 01483 571996

Email peter.c.morley@btinternet.com

West Thames Region

2006 Youth Events and Grand Prix

Grand Prix 200m, 500m time trial and race

Richmond sprints *

14 April at (to be confirmed)

contact: trevorwetherall@hotmail.com

Elmbridge regatta *

13 May at Elmbridge Canoe Club

contact: diandroland@hotmail.com

Elmbridge half marathon

Sunday 16th April - River Wey

contact: diandroland@hotmail.com

Wokingham / Reading regatta *

17 June at Wokingham Canoe Club

contact: ollieharding@mac.com

Youthfest

9 July at Eton, Dorney

contact: james.hinves@bcu.org.uk

Royal regatta *

15th July at Royal Canoe Club, Teddington

contact: janetanddougevans@btinternet.com

Wey regatta *

date to be confirmed at Wey Kayak Club

check <http://www.veykayak.co.uk/>

Grand Prix events – 200m, 500m time trial and race

Events that count for Grand Prix points are marked with a *

Competitors score points in age groups

U12, U14, U16, U18 (boys and girls)

Classes for: K1, K2, Lightnings, Hody K2s

Image supplied by D. Leathborough,
Focused on Adventure



HOLME PIERREPONT COURSE RECORDS

OPEN

Distance	Crew	Country	Time	Date
Men				
K1 500m	Ian Wynne	GBR	1.39.73	09.05.04
K2 500m	Darby Dowman/Wynne	GBR	1.31.70	09.05.04
K4 500m	Felix/Bishof/Marg/Meuller	DDR	1.25.54	20.06.82
C1 500m	A.Volkov	URS	1.52.36	19.06.83
C2 500m	Sarus/Hajdu	HUN	1.43.01	19.06.83
C4 500m	Cestra/Moguzzi/Caldon/Chiarentin	ITA	1.45.54	07.07.91
K1 1000m	T.Brabants	GBR	3.33.12	13.04.02
K2 1000m	Sabberton/P.Darby Dowman	GBR	3.17.76	15.05.99
K4 1000m	Brabants/R.Darby Dowman/ Eldridge/Fowler	GBR	3.01.05	08.06.02
C1 1000m	S.Antipov	URS	4.01.28	10.07.77
C2 1000m	Train/Train	GBR	3.37.24	01.01.81
C4 1000m	Hoffman/Tackas/Jakab/Salanki	HUN	3.38.95	08.08.89
Women				
K1 500m	T.Davey	GBR	1.55.11	16.05.99
K2 500m	Efremova/Kalashnikova	URS	1.45.67	19.06.83
K4 500m	Kalashnokova/Golubeva/?/?	URS	1.37.97	19.06.83

HOLME PIERREPONT COURSE RECORDS

Domestic

Distance	Crew	Club	Time	Date
Men				
K1 200m	T.Brabants	ELM	37.21	07.07.01
K2 200m	Bourne/Tingay	ROY/LBZ	34.21	13.05.00
K4 200m	Clark/Vansomeran/Wynne/Roeser	ORS	32.20	16.05.98
K1 500m	I.Wynne	ROY	1.39.73	09.05.04
K2 500m	P.Darby Dowman/Wynne	ROY	1.31.70	09.05.04
K4 500m	Clark/Vansomeran/Wynne/Roeser	ORS	1.26.58	17.05.98
K1 1000m	T.Brabants	ELM	3.33.12	13.04.02
K2 1000m	Sabberton/P.Darby Dowman	ORS	3.17.58	02.06.01
K4 1000m	Brabants/R.Darby Dowman/ Eldridge/Fowler	ORS	3.01.15	08.06.02
C1 200m	T.Love	RLS	44.80	06.06.98
C2 200m	Train/Crowther	ORS	40.96	06.06.98
C4 200m	Train/Crowther/Yurkwich/Lane	ORS	37.27	16.05.98
C1 500m	E.Jamieson	WEY	1.56.13	17.06.92
C2 500m	Train/Train	FLA	1.50.37	14.06.87
C4 500m	Train/Driscoll/Train/Train	FLA	1.47.81	07.07.91
C1 1000m	E.Jamieson	WEY	4.01.54	16.07.92
C2 1000m	Train/Train	FLA	3.37.24	01.07.94
C4 1000m	Jamieson/Williams/Train/Train	GBR	3.44.80	08.07.89
Women				
K1 200m	A.Hemmings	ELM	41.31	12.05.01
K2 200m	Train/Train	ORS	38.27	13.05.00
K4 200m	Dallaway/Dresser/Thorogood/Train	ORS	36.62	02.07.95
K1 500m	T.Davey	RIC	1.55.11	16.05.99
K2 500m	Cattle/Hardy	RDG/NOT	1.48.50	09.05.04
K4 500m	Dresser/Dallaway/Troop/Thorogood	ORS	1.38.74	17.05.92
K1 1000m	T.Davey	RIC	4.02.52	15.05.99
K2 1000m	Train/Train	ORS	3.54.33	02.06.01

PERPETUAL TROPHIES

The following Trophies are awarded annually by the Racing Committee:

Unwin Bowl					
To the winner of the Senior A Men's K1 10,000 m at the National Championship Event					
1981	Richard Lucas	GAI	1991	Ivan Lawler	ELM
1982	Alan Williams	ROY	1992	Ivan Lawler	ELM
1983	Alan Williams	ROY	1993	Grayson Bourne	ELM
1984	Alan Williams	ROY	1994	Grayson Bourne	ELM
1985	Not awarded		1995	Grayson Bourne	ELM
1986	Jeremy West	ROY	1996	Ivan Lawler	ELM
1987	Grayson Bourne	ROY	1997	Not awarded	
1988	Grayson Bourne	ROY	1998	James Block	NOT
1989	Grayson Bourne	ROY	1999	Greg Slater	LIC
1990	Graham Burns	ELM	2000	Not awarded	

Unwin Bowl					
Reassigned – Winner Men's A K1 500m at National Championship Event					
2001	Timothy Brabants	ELM	2004	Edward McKeever	BOA
2002	Timothy Brabants	ELM	2005	Ian Wynne	ROY
2003	Richard Darby Dowman	ELM			

Farnham Cup					
To the winner of the Senior A Men's K1 1000m at the National Championship Event					
1981	Neil Robson	FLA	1994	Grayson Bourne	ELM
1982	Kevin Smith	WAR	1995	David Smith	ELM
1983	Kevin Smith	WAR	1996	Ivan Lawler	ELM
1984	Grayson Bourne	ROY	1997	Ross Sabberton	NOR
1985	Kevin Smith	WAR	1998	Timothy Brabants	ELM
1986	Grayson Bourne	ROY	1999	Matthew Foulger	NOT
1987	Grayson Bourne	ROY	2000	Richard Darby Dowman	ELM
1988	Ivan Lawler	ELM	2001	Timothy Brabants	ELM
1989	Grayson Bourne	ELM	2002	Timothy Brabants	ELM
1990	Grayson Bourne	ELM	2003	Richard Darby Dowman	ELM
1991	Grayson Bourne	ELM	2004	Timothy Brabants	NOT
1992	Patrick Holmes	RIC	2005	Peter Almasi	ELM
1993	Graham Burns	ELM			

PERPETUAL TROPHIES

Sidney Rowe Cup

To the winner of the Senior A C1 1000 m at the National Championship Event

1979	W Reichenstein	IRV	1993	Andrew Train	FLA
1980	W Reichenstein	IRV	1994	Stephen Train	FLA
1981	Stephen Train	FLA	1995	Eric Jamieson	WEY
1982	Marcus Gohar	RIC	1996	Derek Hall	RDG
1983	Marcus Gohar	RIC	1997	Stephen Train	FLA
1984	Andrew Train	FLA	1998	Stephen Train	FLA
1985	Andrew Train	FLA	1999	Stephen Train	FLA
1986	Andrew Train	FLA	2000	Stephen Train	FLA
1987	No event		2001	Anthony Crowther	FLA
1988	No event		2002	No event	
1989	Andrew Train	FLA	2003	No event	
1990	No event		2004	No event	
1991	Andrew Train	FLA	2005	James Train	FLA
1992	Stephen Train	FLA			

Doug Saxby Trophy

To the winner of the Senior A C1 500 m at the National Championship Event

1999	Stephen Train	FLA	2003	No event	
2000	Stephen Train	FLA	2004	No event	
2001	Karl Yurkwich	RLS	2005	Matthew Lawrence	LBZ
2002	Matthew Lawrence	LBZ			

Adjutants Cup

To the winner of the Under 18 C1 500m at the National Championship Event

1981	Andrew Train	FLA	1992	Thomas Love	RLS
1982	Michael Train	FLA	1993	Jonathon Love	RLS
1983	Warren Ashman	FLA	1994	Karl Yurkwich	RLS
1984	Miles Broadbent	FLA	1995	Karl Yurkwich	RLS
1985	Jonathan Summers	EXE	1996	Jonathon Love	RLS
1986	Paul Parker	WYR	1997	Toby Shipway	LBZ
1987	Mark Parsloe	FLA	1998	Matthew Lawrence	LBZ
1988	Mark Parsloe	FLA	1999	Toby Shipway	LBZ
1989	Alex Martin	FLA	2000	Matthew Lawrence	LBZ
1990	Alex Martin	FLA	2001	Lee Watson	RLS
1991	Thomas Love	RLS			

Adjutants Cup

Reassigned – Junior Paddler with best C1 performance at National Championship Event

2002	James Train	FLA	2004	James Train	FLA
2003	Simon Avery	FLA	2005	Gareth Hunt	FLA

PERPETUAL TROPHIES

Femina Trophy

To the most meritorious performance by a lady Senior A at the National Championship Regatta

1981	Sue Hornby	WES	1992	Alison Thorogood	NEW
1982	Lesley Smithier	LEA	1993	Andrea Dallaway	ELM
1983	Lesley Smithier	LEA	1994	Hilary Dresser	RIC
1984	Debbie Watson	LBZ	1995	Becky Train	FLA
1985	Susie Perrett	RLP	1996	Alison Thorogood	NEW
1986	Susie Perrett	RLP	1997	Tricia Davey	RIC
1987	Angela Dawson	ADL	1998	Becky Train	FLA
1988	Susie Perrett	RLP	1999	Alison Thorogood	LEA
1989	Sandra Troop	NOT	2000	Abigail Cattle	RDG
1990	Hilary Dresser	ROY	2001	Rebecca Hunter	ROY
1991	Andrea Dallaway	ELM	2002-		
			2005	No event	

Bruce Lucas Trophy

To the winner of the Women's A K1 6000m at the National Championship Event

1984	Anne Plant	LIC	1992	Alison Thorogood	NEW
1985	Anne Plant	LIC	1993	Andrea Dallaway	ELM
1986	Susie Perrett	RLP	1994	Andrea Dallaway	ELM
1987	Susie Perrett	RLP	1995	Alison Thorogood	NEW
1988	Susie Perrett	RLP	1996	Anna Hemmings	ELM
1989	Susie Perrett	RLP	1997-		
1990	Hilary Dresser	ROY	2000	No event	
1991	Andrea Dallaway	ELM	2001	Anna Hemmings	ELM

Bruce Lucas Trophy

Reassigned – Winner of Women's A K1 500m at the National Championship Event

2002	Beth Campbell	NOT	2004	No event	
2003	No event		2005	Abigail Coulson	RDG

Lee & Joan Davies Memorial Trophy

For the best Women's B performance at the National Championship Regatta

1998	Kerry Watts	NOR	2002	Beth Campbell	NOT
1999	Laura Blair	LEA	2003	Beth Campbell	NOT
2000	Elizabeth Homes	CHE	2004	Joanne Bates	ELM
2001	Jackie Eastwood	RIC	2005	Anna Hemmings	ELM

PERPETUAL TROPHIES

The Dennis Smith Trophy

To the winner of the Girls A K1 500m at the National Championship Event

1990	Tricia Davey	RIC	1998	Elaine Appleby	LBZ
1991	Helen Gilby	ELM	1999	Abigail Cattle	RDG
1992	Sue Bennett	FLA	2000	Jenny Spencer	HER
1993	Emily Ormerod	RIC	2001	Rosalind Bates	ELM
1994	Lucy Hardy	FLA	2002	Zara Dale	ELM
1995	Rachel Train	FLA	2003	Shuna Braithwaite	SDS
1996	Sarah Griffith	FLA	2004	Tara Nutt	ELM
1997	Jenny Lumb	LBZ	2005	Louisa Sawers	ELM

Rhodes Trophy

To the winner of the Under 18 K1 500m at the National Championship Event

1981	Nicholas Gregory	WAR	1994	Andrew Morgan	FLA
1982	Michael Smith	SHE	1995	Daniel Greaves	LEA
1983	Toby Mundy	TON	1996	Phillip Murphy	GAI
1984	Steven Adams	ROY	1997	Damian Chapman	NOT
1985	Mark Adams	ARM	1998	Craig Watt	ELM
1986	James Butler	NOT	1999	Owen Peake	BOA
1987	Ian Livesey	EXE	2000	Andrew Kelly	ELM
1988	Chris Dorrell	TON	2001	Simon Fennemore	WEY
1989	Simon Ricketts	ANK	2002	Liam Heath	WEY
1990	Paul Slater	LIC	2003	Edward Cox	WEY
1991	Paul Slater	LIC	2004	Ben Brown	ELM
1992	Paul Slater	LIC	2005	Matthew Guy	LBZ
1993	Stephen Tingay	LBZ			

Jones Cup

To the Junior Racing Canoeist of the Year, as voted by the members of the Junior Olympic Racing Squad

1981	Nicholas Gregory	WAR	1994	Timothy Brabants	ELM
1982	David Battershell	WEY	1995	Paul Darby Dowman	ELM
1983	Gregory Slater	LIC	1996	Daniel Golder	BAN
1984	Susie Perrett	RLP	1997	Abigail Cattle	RDG
1985	Gary Quittenton	LIN	1998	Richard Darby Dowman	ELM
1986	Andrea Dallaway	LIC	1999	Richard Darby Dowman	ELM
1987	Paul Enoch	NOT	2000	Richard Darby Dowman	ELM
1988	Jason Wilson	ANK	2001	Jenny Spencer	HER
1989	Simon Ricketts	ANK	2002	Liam Heath	WEY
1990	Tony Richardson	ROY	2003	Edward Cox	WEY
1991	Tricia Davey	RIC	2004	Paul Wycherley	WEY
1992	Anthony Crowther	FLA	2005	Allen Spencer	HER
1993	Stuart Crowther	FLA			

PERPETUAL TROPHIES

Dexter Trophy

For the best Senior B performance at the National Championship Regatta

1981	Richard Lucas	GAI	1994	Paul Evans	HER
1982	Russell Jones	FLA	1995	Matthew Enoch	NOT
1983	Roland Lucas	RIC	1996	Gary Shaw	ELM
1984	Peter Evans	LIN	1997	Paul Enoch	NOT
1985	Paul Gadd	RIC	1998	Malcolm Starkey	FOX
1986	Trevor Melham	ROY	1999	David Coulson	RDG
1987	Peter Maycock	EXE	2000	David Duff	RAF
1988	Simon Horsley	NBY	2001	Stuart West	WOR
1989	Gavin Turrell	RIC	2002	Stuart West	WOR
1990	Brian Saunt	ADL	2003	Mark Hoile	ROY
1991	Roger Masters	ROY	2004	Paul Prestwood	GAI
1992	Chris Dorrell	TON	2005	Jonathon Schofield	SOR
1993	Ed Shaw	ROY			

The James Cup

To the winning crew of the Under 18 K4 6000m at the National Championship Event

1981	Evans/Brevitt	LIN/LIC	1987	Barnett/Unsted	ELM/GAI
	Slater/Morley	STA		Farnham/Taylor	
1983	Piercey/McLachlan	RLP/RLS	1988	Lodge/Hutton	EXE/ANK
	Rainsford/Bradley			Richardson/Wynne	ROY/TON
1984	Adams/Bibby	ROY/MER	1990	Slater/Bradbury	LIC
	Burns/Miller	ELM		Yates/Ilson	ADL/WOR
1985	Crawford/Adams	GAI/ARM	1991	Richardson/Wynne	ROY/TON
	Rust/Topham	LBZ/WAR		Slater/Jenson	LIC/RIC
1986	Gibbins/Livsey	EXE/RLP	1992	Jenson/Slater	ORS
	Boxshall/Elliott			Sargeant/Smith	

The James Cup

Reassigned – Winning crew of the Veteran K4 at the National Championship Event

2001	Davies/Hawthorn	WOR	2004	Adams/Martin/	BSF
	Parker/Grandy			England/Hall	
2002	Davies/Hawthorn	WOR	2005	Adams/Martin	BSF
	Parker/Saunders			Terry/Jordan	LBZ/MAI
2003	Grimwood/Oliver	LIN/RUN			
	Oliver/Brookes				

PERPETUAL TROPHIES

The Boulogne Cup

To the winning crew of the Women's A K4 500m at the National Championship Event

1981	Perrett/Hornby	RLP/WES	1991	Dallaway/Davey	ORS
	Perrett/Crawley	NEW		Troop/Thorogood	
1982	Perrett/Smither	RLP/LEA	1992	Dallaway/Davey	ORS
	Craske/Crawley	FLA/NEW		Thorogood/Troop	
1983	Smither/Parker	LEA/NOT	1993	Dresser/Gilby	ORS
	Craske/Crawley	FLA/NEW		Dallaway/Bennett	
1984	Smither/Lawler	LEA/ELM	1994	Thorogood/Green	ORS
	Perrett/Watson	LIC		Hemmings/Gilby	
1985	Plant/Clough	RLP/LIN	1995	Hardy/Cheyne	ORS
	Perrett/Troop			Train/McGee	
1986	Lawler/Perrett	ELM/RLP	1996	Gilby/Hemmings	ELM/WEY
	Crawley/Plant			Hynnds/Burns	
1987	Thorogood/Lawler	NEW/ELM	1997	Cattle/Jones	ORS
	Dawson/Eastwood	ROY/ELM		Bale/Hannon	
1988	No event		1998	Davey/Train	RIC/FLA
1989	No event			Gilby/Thorogood	ELM/LEA
1990	Dresser/Dallaway	ELM	1999	Train/Campbell	ORS
	Lawler/Barry			Bapty/Thorogood	

MacGregor Paddle

For the winning club at the Inter-Club Championship Regatta

1977	Fladbury Paddle Club	1994	Fladbury Paddle Club
1978	Fladbury Paddle Club	1995	Wey Kayak Club
1979	Fladbury Paddle Club	1996	Wey Kayak Club
1980	Fladbury Paddle Club	1997	Elmbridge Canoe Club
1981	Fladbury Paddle Club	1998	Elmbridge & Wey – Joint Winners
1982	Fladbury Paddle Club		
1983	Richmond Canoe Club	1999	Richmond Canoe Club
1984	Richmond Canoe Club	2000	Elmbridge Canoe Club
1985	Fladbury & Lincoln – Joint Winners	2001	Elmbridge Canoe Club
1986	Fladbury Paddle Club	2002	Elmbridge Canoe Club
1987	Richmond Canoe Club	2003	Elmbridge Canoe Club
1988	Lincoln Canoe Club	2004	Leighton Buzzard C.C.
1989	Richmond Canoe Club	2005	Elmbridge Canoe Club
1990	Richmond Canoe Club		
1991	Elmbridge Canoe Club		
1992	Fladbury Paddle Club		
1993	Richmond Canoe Club		



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WORLD CLASS DIRECTORATE

'To be the No.1 Canoeing nation with strength and depth at all levels'

Review 2005

Senior Team

In 2005 World Class Programmes supported senior teams at 10 major international competitions. These included teams for six major Sprint Competitions and four Marathon events.

At the four major Sprint Competitions our seniors made no fewer than 16 finals and won two Bronze medals. At the World Championships in Zagreb 75% of the team achieved a personal best time.

Given that the average age of the senior teams last year was just 22 years old, these results show great promise and potential to improve over the coming Olympic cycle.

U23s

Great Britain won its second medal at U23 level this year as Paul Wycherley and Ben Farrell narrowly missed out on silver and had to be content with a bronze in the K2 1000m event. The GB U23 team had an excellent showing, making 4 other finals.

Juniors

A young junior team competed at the Junior European and Junior World Championship events, with four of the five athletes making a final. This bodes well for our 2006 campaign.

Canoeing was included in the European Youth Olympic Games for the first time in 2005. We sent a team of 7 boys and girls aged 15 and 16. The standard of competition was very high with our best results coming in the boys K4 event where the crew qualified for the final, finishing in 7th place.

Congratulations to Andrew Daniels and Allen Spencer who won a silver medal at the Marathon Junior World Championships.

At the end of 2005, Laurence Oliver retired from his position as Junior Team Manager. We would like to offer a huge thank you to Laurence for all his commitment, guidance and enthusiasm in supporting the juniors over the last 20 years.

WORLD CLASS

programmes

SPRINT RACING INTERNATIONAL PERFORMANCE COMPARISON - 2005

	SENIOR WORLD CHAMPS (ZAGREB)		SENIOR EUROPEAN CHAMPS (POZNAN)		UNDER 23 EUROPEAN CHAMPS (PLOVDIV)		JUNIOR EUROPEAN CHAMPS (PLOVDIV)		JUNIOR WORLD CHAMPS (SZEGED)	
	TIMES		TIMES		TIMES		TIMES		TIMES	
	GOLD MEDAL	FASTEST GB	GOLD MEDAL	FASTEST GB	GOLD MEDAL	FASTEST GB	GOLD MEDAL	FASTEST GB	GOLD MEDAL	FASTEST GB
500m										
K1 MEN	01:37.0	01:38.3	01:38.5	01:45.6	01:39.3	NO BOAT	01:41.1	01:46.8	01:39.5	01:47.8
C1 MEN	01:48.4	NO BOAT	01:48.5	NO BOAT	01:50.7	NO BOAT	01:53.9	NO BOAT	01:53.0	NO BOAT
K1 WOMEN	01:50.4	02:02.0	01:51.9	NO BOAT	01:55.0	01:59.9	01:54.4	02:08.7	01:54.0	02:10.2
K2 MEN	01:27.6	01:34.3	01:28.9	NO BOAT	01:28.9	01:31.7	01:32.7	01:39.3	01:32.6	01:37.6
C2 MEN	01:39.9	01:49.2	01:41.7	NO BOAT	01:41.6	01:49.0	01:45.5	NO BOAT	01:46.3	NO BOAT
K2 WOMEN	01:39.7	01:49.4	01:42.0	01:50.7	01:42.9	NO BOAT	01:45.3	NO BOAT	01:46.0	NO BOAT
K4 MEN	01:20.9	01:29.4	01:21.3	NO BOAT	01:20.3	NO BOAT	01:22.8	NO BOAT	01:25.0	NO BOAT
C4 MEN	01:30.6	NO BOAT	01:33.1	NO BOAT	01:32.9	NO BOAT	01:35.8	NO BOAT	01:37.0	NO BOAT
K4 WOMEN	01:31.7	NO BOAT	01:33.5	NO BOAT	01:32.7	01:40.4	01:35.7	NO BOAT	01:37.1	NO BOAT
1000m										
K1 MEN	03:29.2	03:38.0	03:27.3	03:40.4	03:31.4	NO BOAT	03:36.2	03:50.3	03:31.6	03:47.9
C1 MEN	03:57.1	NO BOAT	03:49.7	NO BOAT	03:54.1	NO BOAT	04:01.7	NO BOAT	03:55.3	NO BOAT
K1 WOMEN	04:00.5	NO BOAT	03:58.6	NO BOAT	03:58.6	04:17.1	03:59.5	04:24.9	03:55.8	04:06.6
K2 MEN	03:18.7	03:21.8	03:12.4	NO BOAT	03:13.8	03:15.6	03:18.6	03:25.6	03:14.8	03:33.7
C2 MEN	03:37.0	03:45.8	03:31.3	NO BOAT	03:36.3	04:44.8	03:42.1	NO BOAT	03:35.0	NO BOAT
K2 WOMEN	03:40.9	NO BOAT	03:36.2	03:43.9	03:40.6	03:54.1	03:42.5	NO BOAT	03:36.1	NO BOAT
K4 MEN	02:56.3	03:04.5	02:49.8	03:06.1	02:50.8	NO BOAT	02:57.7	NO BOAT	02:55.7	NO BOAT
C4 MEN	03:17.4	NO BOAT	03:17.1	NO BOAT	03:15.7	NO BOAT	03:23.6	NO BOAT	03:20.4	NO BOAT
K4 WOMEN	03:20.7	NO BOAT	03:15.1	NO BOAT	X	NO RACE	X	NO RACE	X	NO RACE

Comparative GB times to World Standards 2005

We have included the above table to give an indication of international standards.

2006 Targets

World Championships:	2 x finals, 1 top 5 or above
European Championships:	2 x Finals including 1 x medal
U23 European Championships:	2 x Finals including 1 x medal
Junior European Championships:	2 finals including 1 top 5 place

Our Strategy for 2006

Re branding

In 2006 the World Class Programmes will be rebranded. We are moving away from the previous titles of Performance, Potential and Start to the following:

- Olympic Performance – typically the senior team
- Olympic Development - typically the senior and junior development athletes competing in U23 and junior events.

Training and Competition

We will continue to commit to supporting a 2 centre system, with coaches based at Nottingham and West Thames.

We will be aiming to maximise our team opportunities for 2006 with competitions for different age and ability groups. As the racing calendar shows, the three major events are just a few weeks apart. This makes it impossible to race at all three. It's likely that our senior team will race at the Senior European championships and World Championships while younger athletes will focus on the European U23 Championships.

Staffing

Alan Williams is the National Performance Manager. He will monitor and review the BCU World Class Programme and make recommendations to the Performance Director. He will support senior teams, acting as team manager at major internationals. The Performance Manager is also Chairman of the International Panel (Selection Committee).

Shaun Caven – based at Royal CC, is head coach for the senior men's kayak class.

Alex Nikonorov – based at Royal CC, will be working with Shaun to support programme athletes in the Thames catchment area.

Trevor Hunter – will continue to support Shaun and Alex on a part time basis.

Krassi Ivanov – Senior Women's Class coach, is based in Nottingham and is also responsible for Nottingham centre athletes.

Claudine Le Roux – Development Programmes Coach. Will continue to provide some support to the Senior Development Programme and also be providing coaching support to the junior racing programme.

David Coulson – National Junior Coach, has the responsibility for delivering the junior racing programme on a year by year basis.

Mark Hoile - Junior Coach, will continue to support the Talent Search project in the Guildford area and is committing a significant amount of time to support the national junior programme.

Olympic Performance Programme

(formerly World Class Performance)

The Sprint athletes recommended to UK Sport for programme as at 1 January 2006 are:

Peter Almasi
Tim Brabants
Ed Cox

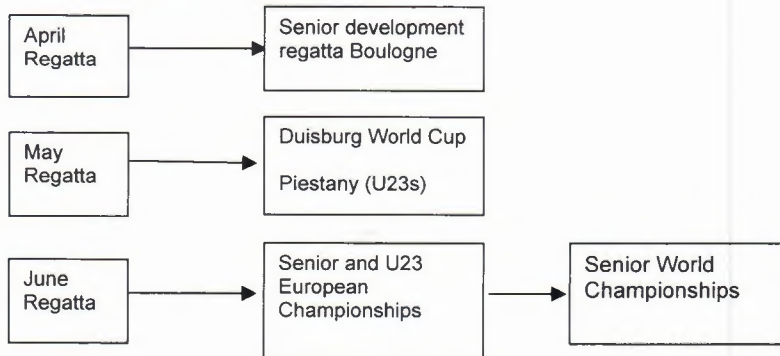
Ben Farrell
Matt Lawrence
Ed McKeever
James Train

Ian Wynne
Paul Wycherley
Abi Coulson
Lucy Wainwright

Useful contacts:

World Class Office	The Elms, NWSC, Adbolton Lane, Nottingham NG12 2 LU	Tel: 0115 9822094
Alan Williams	National Performance Manager	Tel: 0208 398 3818
Shaun Caven	Head Coach – Senior Mens kayak (London)	Tel: 0208 977 9004
Alex Nikonorov	London Performance Centre coach	Tel: 07815198186
Trevor Hunter	London Performance Centre coach	Tel: 07903 419633
Krassi Ivanov	Nottingham Performance Centre Coach/ Senior Womens Squad Coach	Tel: 0115 9822094
Gordon Burton	Sports Science	Tel: 07971 011932
Gitte Nielsen	Physiotherapist	Tel: 0208 977 9004

2006 - Key Races for Senior Athletes are:





Olympic Development Programmes

(formerly WCPI and WCS)

The Olympic Development Programmes are split into the Senior Development Programme and the Junior Programme. Both are currently funded by Sport England. The goal of the programmes is 'to identify and prepare the athletes likely to be contenders in London Olympic Games in 2012 and beyond'.

The athletes to be included in the **senior development** group from 1 Nov 2005 for the 2006 season are:

MK1

Tom Daniels
Ben Brown
Allen Spencer

+Scottish athlete

WK1

Jenny Spencer
Shuna Braithwaite +
Tara Nutt
Hayleigh Mason

Junior athletes who have achieved the World Class Programme funding matrix and receive a personal award from the programme are:

Andrew Daniels

Stuart Hastings

Louisa Sawers

A junior squad containing the athletes above plus others, who have been selected from their performances in 2005 and ongoing training assessment during the winter, operates below senior development level.

Useful coach contacts:

Claudine Le Roux
David Coulson
Mark Hoile

Development Programmes Coach
National Junior Coach
Junior Coach

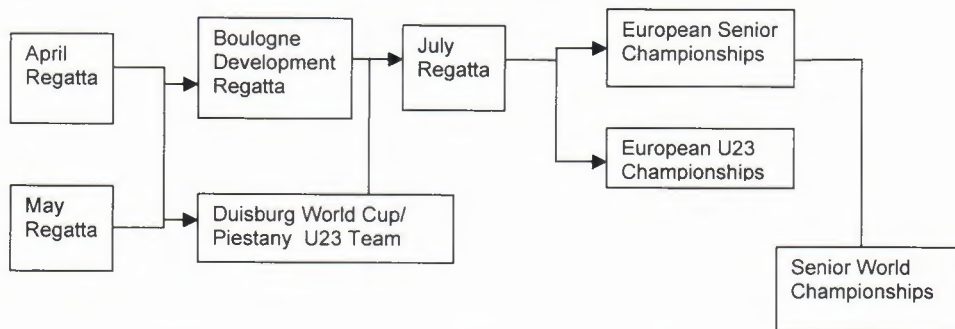
Tel: 07968 278845
Tel: 0118 972 1233
Tel: 07855 313636

Strategy

The focus of the Development programme coaches will be quality delivery. Much work will be undertaken with the clubs and athletes in developing crew boats and technique.

The key events for the year are the Junior European Championships, the European Youth regatta (most likely for athletes born in 90 & 91) plus the Olympic Hopes regatta. The latter two are late season events and will ensure that the juniors continue training and racing throughout the summer. For senior development athletes, they will follow a similar path to the senior programme until the point where those who are following the Senior World Championship path, diverge.

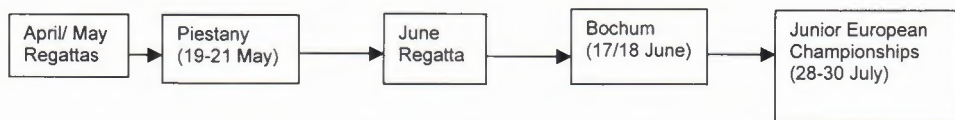
2006 Key Races for Assessing Senior Development Performance – U23s



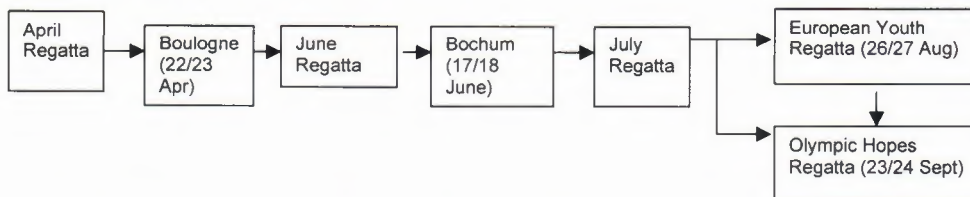
There may be other races included from time to time - for further information please speak to Shaun Caven, Krassi Ivanov or Claudine Le Roux.

2006 Key races for Assessing Junior Performance:

GB U18 team



GB U17/16 teams



There may be other races supported at junior development level but which are subject to funding. For further guidance, please speak with David Coulson.

Principles and Criteria for inclusion onto the Olympic Development Programmes 2006/2007

The senior development programme will consist of athletes who are typically 17-22 and at a level to represent GBR at World/European Championship level. They are expected to be medal prospects at World and Olympic level within the next 8 years, delivering Olympic Performance Programme standards typically from the age of 23 onwards. All athletes are expected to attend the identified selection races applicable to their age group if they are to be considered for inclusion on the programme. If a junior athlete is achieving the performance standards for an athlete of 18 or older, then they will be eligible for identified additional opportunities appropriate to their stage of development.

The number of athletes included within the programme at any one time is dependent upon the finance and resources allocated by Sport England and Lottery Funding.

Sprint Racing results remain the priority selection criteria, however Marathon results from World Championships will be taken into account to support Sprint racing results.

Criteria for Inclusion

The main ways of inclusion onto the Development squad are:

1. Selection for and performance at the Senior European and World Championships in 2005
2. Selection for and performance at the European U23 Championships in 2006
3. Selection for and performance at the Junior European Championships in 2006
4. Selection for and performance at other designated international races as may be agreed by the International Panel

An athlete may qualify their position on the programme, **typically** based on the following race positions. Note: Other factors considered will be age, time behind winner and strength of class

Men's Kayak	Junior		Under 23					Senior
Event/Age	≤17	18	19	20	21	22	23	24
European/World Championships (K1)	Top 15	Top 10	Top 13	Top 10	Top 8	Top 5	Top 4	Top 12-15 Olympic events
European/World Championships (K2)	Top 15	Top 10	Top 10	Top 7	Top 5	Top 4	Medal	

Women / Canoe	Junior		Under 23					Senior
Event/Age	≤17	18	19	20	21	22	23	24
European/World Championships (K1/C1)	Top 15	Top 10	Top 13	Top 10	Top 8	Top 5	Top 4	Top 12-15 Olympic events
European/World Championships (K2/C2)	Top 15	Top 10	Top 10	Top 7	Top 5	Top 4	Medal	

5. Year end review 2006

The main review will take place at the end of each season, when all of the international results will be taken into account. The coaches will take into account:

- a) Position in finals
- b) Age
- c) Strength of class
- d) Time

NOTE: Attitude and Commitment

Any athlete to be included MUST demonstrate the appropriate attitude towards training and the programme and be fully committed to training to the level required.

Athletes are reminded that inclusion on the programme or GB team is subject to:

- Athletes being a CURRENT BCU member
- Acceptance of the Athlete Agreement and conditions
- Funding Resources

Junior Programme Inclusion Principles and Criteria

Criteria

Athletes are generally expected to have achieved the following levels to be considered for the junior squads.

JUNIOR MEN				
Event / Age	15	16	17	18
World / European Championships			Top 18	Top 12
Domestic	Boys A	Boys A top 10	Boys A top 6	Mens A
500m	1.55	1.52	1.48	1.46
1000m	4.08	3.58	3.52	3.48
Marathon	Division 2/3	Mid Division 2	Top 25% Division 2	Top 5 Division 2

JUNIOR WOMEN / CANOE				
Event / Age	15	16	17	18
World / European Championships			Top 15	Top 10
Domestic	Girls A	Girls A top 6	Girls A top 4	Womens A
500m	2.10	2.06	2.03	2.00
1000m	4.40	4.30	4.20	4.15
Marathon	Mid Division 5	Top Division 5	Division 4	Top 25% Division 4

PLEASE NOTE: These positions are for guidance only as to typical levels expected.

JUNIORS (age range: 13 – 14)			
500m Mens K1	2:00 - 2:10	1000m Mens K1	4:10 - 4:32
500m Womens K1	2:16 - 2:25	1000m Womens K1	4:42 - 5:00
500m C1	2:16 - 2:28	1000m C1	4:42 - 5:10



Please note: All of the above times are for **GUIDANCE ONLY**

The National Junior Coach will also take into account factors such as:

- b) Age
- c) Commitment to the programme
- d) Rate of Progression during both summer and winter training
- e) Future Potential
- f) Resources

Athletes are reminded that inclusion on the programme and representing GB is subject to:

- Athletes being a CURRENT BCU member
- Acceptance of the Athlete Agreement and conditions

So what does being 'on a programme' mean?

National Training: - Any athlete in the World Class squads will have their progress monitored by the junior coaching staff and be offered assistance as appropriate to their needs. As your performances improve, you may be invited to take part in national training events and camps.

Athlete Personal Awards: - The Programmes offer Personal Awards paid by the Programme for athletes achieving results as per the new Olympic Development Programmes Matrix (Copies available from the WC Directorate). For younger athletes who do not have the opportunity to achieve matrix positions, we can utilise a number of other sources to assist where possible such as TASS or SAF schemes. For more information on TASS see below.

If you have any questions or queries, please speak to David Coulson or a member of the junior coaching team.

Talented Athlete Scholarship Scheme

What is the Talented Athlete Scholarship Scheme?

The Talented Athlete Scholarship Scheme, or TASS as it is better known, is a Government funded programme that represents a unique partnership between sport and higher and further education.

TASS is about developing talent today for sporting success tomorrow.

TASS bridges the gap in sport's talent development pathway between junior representative sport and world-class levels for our most talented 16 to 25 year old sports people.

The TASS programme has been created to help hundreds to fulfil their sporting potential by maintaining a sensible balance between academic life or employment whilst training and competing as a performance athlete.

Who is eligible for TASS?

The TASS scheme operates only in England and there are two main strands to the scheme
TASS Scholarships are for 18 to 25 year olds (extended upper age limit of 35 for scholar with a disability) who are undertaking higher or further education; and
TASS Bursaries are for 16 to 19 year olds (extended upper age limit of 35 for bursar with a



disability) who are undertaking further education or have left education to pursue a career.

How does TASS apply to Flat Water Racing?

Currently the SRC Chair (Roland Lawler) and BCU World Class Development Programmes (Anne Ferguson) manage the scheme on behalf of flat water racing

Each year the criteria are revised and published in advance of the selection race series (junior and senior) for the yearly intake which happens in September. Information on the criteria is available from any of the World Class programmes and appears on the GB Canoeing website. www.gbcanoeing.org.uk.

Applications are submitted (closing date is usually early September) and the awards made soon after (subject to ratification by TASS). The award is for the period through to 31 July of the following year.

TASS athletes who are awarded a scholarship will receive sporting services up to the value of £3,000 (though this may be lower) and those awarded a bursary will receive sporting services to the value of £1,000.

In September 2005, 4 Scholarships and 13 bursaries were awarded. It is hoped to operate the scheme again in 2006.

Who is on the scheme?

Kim Dawson
John Sawers
Chris Sears
Frankie Negus
Ben Bradshaw
Ben Haynes

Matt Hide
Tom Hide
Ashley Owen
Matt Guy
Jon Boynton
Kristian Reeves

Leanne Brown
Claire Spencer
Gareth Hunt
Tim Pendle
Chris Pereira

Sprint Racing Selection Policy: (International Panel)

Dated: 23/12/05

1. General Notes on Selection

As an outdoor sport that can be affected by weather conditions and lane draws, it will be necessary to operate a policy of continuous assessment within an agreed and published framework (This framework is shown in the Racing Handbook). Athletes achieving satisfactory results at National events can be considered for selection to GBR and English teams

2. Eligibility for Selection

Any athlete wishing to be considered for selection must be a member of the BCU. They must also complete the BCU Sprint Racing availability form and athletes' Charter. These forms are available from the BCU Performance Office.

3. International Panel (Selection Committee)

The SRC will be responsible for making recommendations to the BCU Board for the appointment of suitably qualified members to work on the international panel for Sprint Racing. The final authority for appointing international panels rests with the BCU Board. However for the purpose of management control the panel will report to the Sprint Racing Committee. The international panel will be responsible for proposing and agreeing the selection policy on an annual basis, and for selecting international teams.

Members of the international panel will be selected on the basis of experience and competency. They will have first hand experience of the sport at national and international level. There is no requirement for international teams to be ratified by the discipline committee but they will be informed of nominations for major internationals and given the opportunity to discuss any concerns prior to the team being published.

There will be 4 core members of the international Panel and for the 2006 season the nominations are:

- John Anderson: BCU Performance Director.
- Roland Lawler: BCU Chairman of SRC
- Alan Williams: BCU Performance Manager (Chairman)
- Shaun Caven: BCU National Coach

Additional Panel Members:

National coaches: A maximum of 4 coaches may be nominated to assist with the selection of senior and junior teams. These members will have voting rights related to the class or age group they work with.

4. Competition Programme

The National Performance Manager for Sprint Racing in conjunction with the National Performance Coach will prepare a draft training and competition programme for approval by the BCU Performance Director and the Sprint Racing Committee. This Programme will be published in the Racing Handbook.

5. Teams for Major Internationals

Teams for all major international events, World Cups, World and European Championships must comply with the rules of the International Canoe Federation and the European Canoe Association. Entry to these events is restricted to National Governing bodies affiliated to the ICF and the ECA. Restrictions apply to the number of entries each country may place.

6. Teams for Minor Internationals

The International Panel may nominate a panel of up to four coaches to select teams for minor internationals or development events. Minor teams selected by nominated coaches will be ratified by the chairman of the international panel.

7. Special Rules for Olympic Games

Entry to the Olympic Games is subject to qualification rules as agreed between the International Canoe Federation and the IOC. The International Panel as defined at 3. will select a G.B. Olympic Canoe and Kayak Sprint Racing Team. This team will be submitted to the British Olympic Association for approval.

8. Funding

International team selections are subject to available funding which means that funding could influence the size and number of our international teams. Athletes who are not on World Class Programmes may be asked to contribute an amount determined by the National Performance Manager and approved by the BCU Racing Committee. These contributions will normally be used to support the international Competition Programme.

9. World Class Programmes:

These Programmes can only support athletes who have been nominated and accepted as part of the World Class Programmes. The criteria for recommending and approving athletes for World Class Programmes will be published in the Racing Handbook.

The BCU Racing Committee may, subject to available funding, support athletes who are not yet funded through World Class Programmes.

10. The aims of the Selection Policy are:

- To select the best possible Teams for major competitions.
- To employ an open and fair selection process that allows athletes to challenge for selection.
- To ensure that this process does not unduly affect the preparation of established athletes preparing for major competitions.

Note:

1. Development Competitions The international panel may wish to nominate some events as development competitions. This means that the panel would consider other factors such as age and location before selecting these teams. Entry to these competitions may be on potential rather than actual results.

2. Appeals At present the only grounds for appeal are that the International panel did not adhere to the agreed format and time table for selecting teams. This policy is currently under review.

Additional information for athletes wishing to compete for Selection.

Any athlete wishing to be considered for selection to an international team should read the SRC selection policy in detail. This policy is published in the Sprint Racing Handbook. The policy will be accompanied by a timetable of assessment events and supplementary information concerning the development of crew boats.

At the end of the 2005 season a review process took place for all World Class Programme athletes. The reviews look at 2005 results and the athlete's future profile for improvement is assessed. Following these reviews athletes who can be profiled as future Olympians will be nominated for the BCU World Class Performance or Potential programmes.

Athletes accepted for these programmes will be required to sign an athletes' charter which outlines the commitment required for WC programme athletes. Athletes signing this agreement will receive financial support, in line with achieved performance in 2005 and a comprehensive development and competition programme for the 2005-6 seasons.

The focus of WC programmes is to prepare athletes for the highest levels of international competition (*Junior and Senior European Championships, World Championships and Olympic Games*) focusing on the Olympic events at senior level competitions.

World Class Programme staff will work with the Sprint Racing Committee (SRC) to provide for non programme athletes and those competing in non Olympic events. It should be noted that SRC support will be limited by available finance.

Framework to continuous assessment process:

Senior Teams will be selected on proven ability. It is expected to send teams of an appropriate level to international events. Appropriate level means having the ability to meet standards recognised by the World Class Programmes. A guide to probable times is shown below:

- A guide to International Standards for 2005 is shown in the table below.
- The fastest 2005 world championships times are shown in brackets.
- If these times are followed by the word fast or slow the target times will have been adjusted

200m approx plus 3 secs				500m approx plus 5 secs				1000m approx plus 8 secs			
K1	200	38.50	(35.3)	K1	500	1.41	(1.36)fast	K1	1000	3.38	(3.30)
K2	200	35.50	(32.3)	K2	500	1.33	(1.28)	K2	1000	3.17	(3.18)slow
K4	200	33.50	(30.2)	K4	500	1.26	(1.20)	K4	1000	2.58	(2.56)slow
C1	200	43.50	(39.3)	C1	500	1.55	(1.48)fast	C1	1000	4.02	(3.57)slow
C2	200	41.00	(37.0)	C2	500	1.46	(1.39)fast	C2	1000	3.45	(3.37)
C4	200	37.00	(33.9)	C4	500	1.38	(1.30)fast	C4	1000	3.30	(3.17)fast
LK1	200	43.50	(40.8)	LK1	500	1.55	(1.50)	LK1	1000	4.02	(4.00)slow
LK2	200	41.00	(37.1)	LK2	500	1.46	(1.39)fast	LK2	1000	3.45	(3.40)slow
LK4	200	38.00	(35.2)s	LK4	500	1.38	(1.31)fast	LK4	1000	3.30	(3.20)

The international panel recognises that U23 athletes may not be able to achieve these times and that they will generally be between 1% and 3% slower than the published guide time. The priority for U23 athletes with results below the guide time will be the U23 European Championship.

The International Panel will also review results by athletes in non-Olympic events.

The international panel reserves the right to vary selection dates if unforeseen circumstances disrupt the selection timetable. If this becomes necessary every effort will be made to inform athletes as soon as possible. Athletes and coaches should be aware that the ICF and the countries organising international competition often make changes that affect our competition programme.

Additional information concerning crew boats will be available from the senior national coaches.

Shaun Caven	Senior Men
Krassi Ivanov	Senior Ladies
David Coulson	Juniors (all classes)

Sprint Racing Senior International Competitions 2006

Assessment - Competition and selection dates for Senior Internationals:

International Competitions	Events that will be used as assessments	Date of Selection Meeting
Boulogne 22-23 April	2005 international Results Plus 8-9 April Nottingham Regatta	Selection Meeting. 9 th April 2006 Boulogne & Piastany are for development teams.
Piastany International 19-21 May Duisburg World Cup 26-28 May	2005 international Results Plus 6-7 May Nottingham Regatta	Selection Meeting: 7 th May 2006
Racice July 5-8 Senior European Championships	International results from Duisburg plus 6-7 May Nottingham Regatta 3-4 June Nottingham Regatta	Selection Meeting 4 th June 2006
U23 European Championships Greece 27-30 July	International results 2006 plus 6-7 May Nottingham Regatta 3-4 June Nottingham Regatta	Selection Meeting 4 th June 2006
Szeged 17-20 August Senior World Championships	International results 2006 plus 6-7 May Nottingham Regatta 3-4 June Nottingham Regatta	Selection Meeting to follow senior European Championships. 10 th or 11 th July

Athletes should be aware that in the process of continuous assessment the international panel will review results from the competitions listed in column two above. The panel will also assess each athlete and crew on their improvement profile in 2006 competitions.

Sprint Racing Junior International Competitions 2006

Great Britain U18 GBR Teams

International Competition	Events that will be used as assessments	Date of selection meeting and notes
Piestany 13-15 May	2005 competition results, April & May Regatta	7 th May 2006
Bochum 17-18 June	2006 international results April Regatta & June Regatta	4 th June 2006
Junior European Championships Athens Greece 27-30 July	2006 international results April Regatta & June Regatta	20 th June following Bochum

BCU – U17/U16 Junior Development Teams

International Competition	Events that will be used as assessments	Date of selection meeting and notes
Boulogne 22-23 April	2005 competition results, April Regatta	9 th April 2006
Bochum 17-18 June	2006 international results April Regatta & June Regatta	4 th June 2006
U16 Euro. Olympic Youth Festival 26-27 Aug U17 Olympic Hopes Regatta (GER 16-17 Sept?)	2006 international results June Regatta & July Regatta	23 rd July 2006
Trasona 4-15 Aug Loire 23-24 Sept	2006 results & coaches' recommendations	20 th June (Trasona), 23 rd July (Loire) Both events subject to available funding

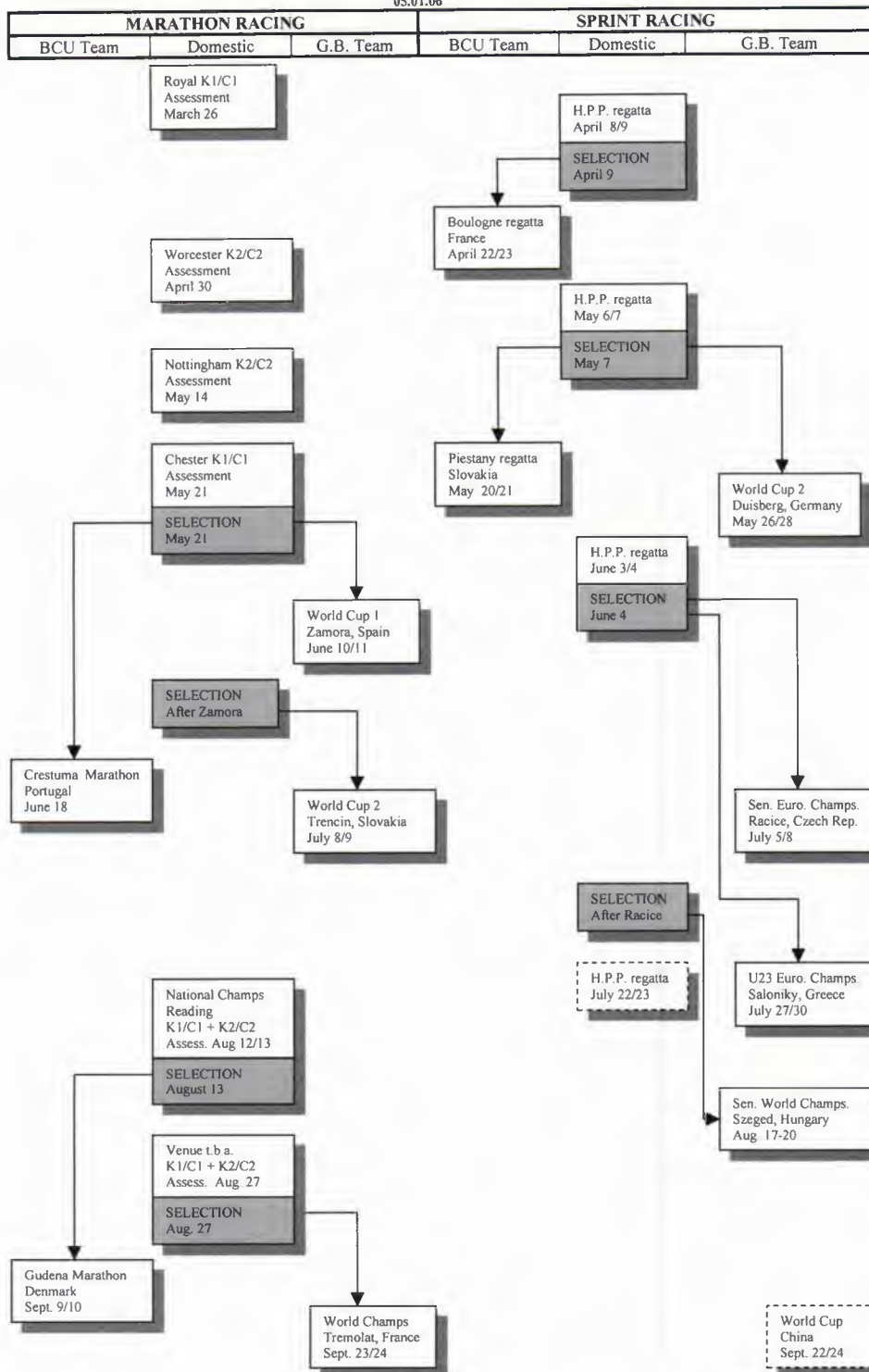
BCU – U15/U14 Junior Development Teams

International Competition	Events that will be used as assessments	Date of selection meeting and notes
Gent 20-21 May	April Regatta & May Regatta	7 th May 2006
Bochum 17-18 June	2006 international results April, May & June Regattas	4 th June 2006
Sobeka 9-10 Sept	2006 results & coaches' recommendations	23 rd July 2006
Trasona 4-15 Aug Loire 23-24 Sept	2006 results & coaches' recommendations	20 th June (Trasona), 23 rd July (Loire) Both events subject to available funding

Athletes should be aware that in the process of continuous assessment the international panel will review results from the competitions listed in column two above. In addition to results the panel will assess crews on improvement in 2006 competitions.

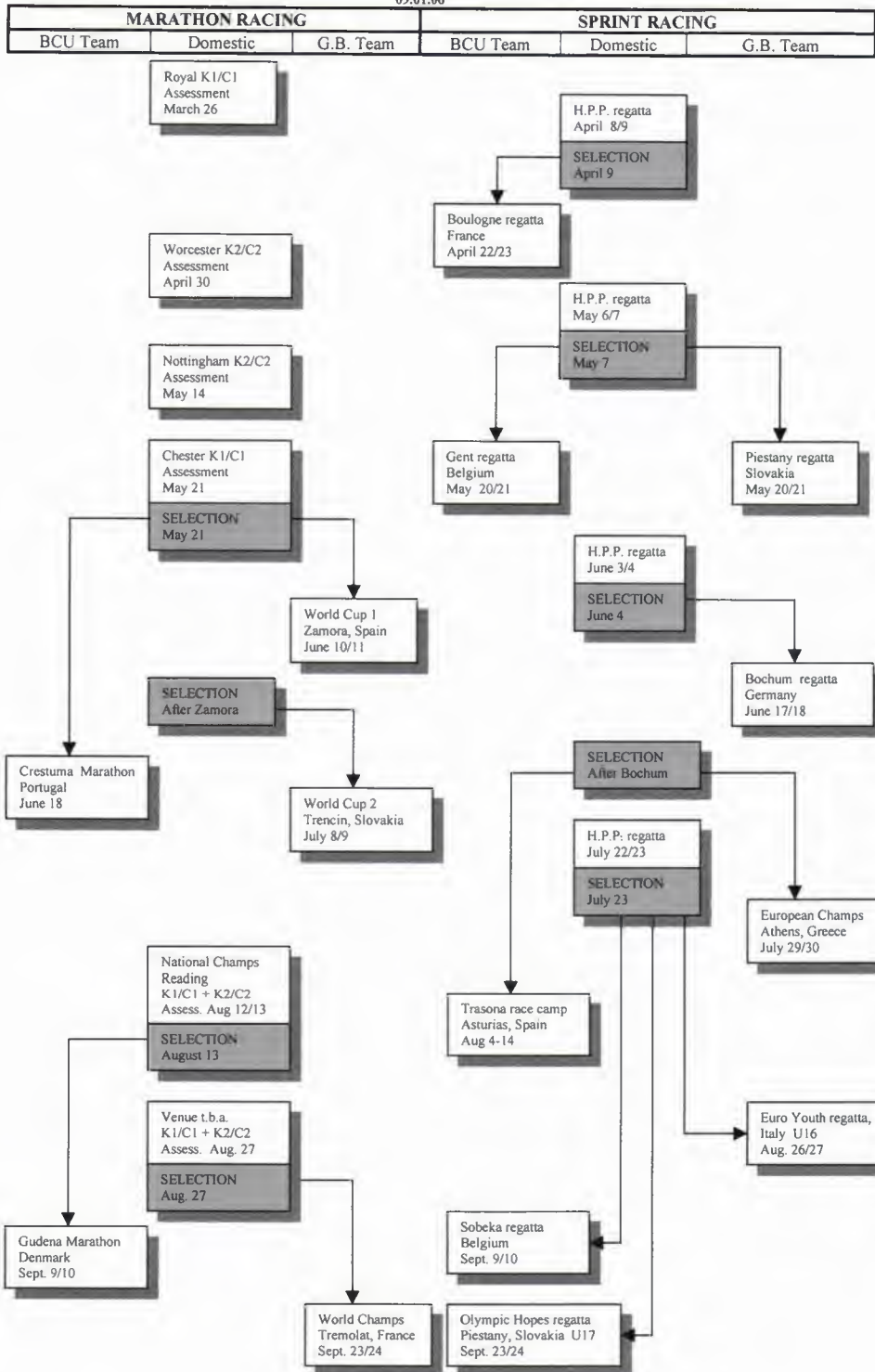
SENIOR & U23 INTERNATIONALS 2006 SELECTION TIMETABLE

05.01.06



JUNIOR INTERNATIONALS 2006 SELECTION TIMETABLE

09.01.06



SPRINT REGULATIONS AND ADMINISTRATION

These regulations are bound to the Articles of Association of the British Canoe Union. ("BCU") and were approved by the Board of the BCU ("Board") in December 2004.

1. Title

- 1.1 The Committee shall be called the BCU Sprint Racing Committee.

2. Objectives

- 2.1 The Committee interests itself in all matters arising out of and in connection with canoe and kayak sprint racing in Great Britain. Sprint racing is held over distances up to and including 5000 metres on racing courses which are designed to be as flat and still as possible.
- 2.2 The Committee's objectives are to encourage club, regional, national and international sprint races.
- 2.3 Its primary responsibilities are: -
- (a) To organise and conduct National Championships and other competitions on behalf of the BCU.
 - (b) To set and publish competition rules and make recommendations for the conduct of national and regional regattas.
 - (c) To give advice, guidance, and encouragement to sponsors of sprint racing in Great Britain.
 - (d) To select, train and administer teams representing Great Britain in international events.
 - (e) To select, train and administer teams representing England in international events.
 - (f) To train competition officials.
 - (g) To develop good coaching within regions and clubs.
 - (h) To maintain disciplinary regulations.
 - (i) To act as final authority in disputes, protests and appeals with regard to sprint racing rules and competitions.

3. Committee

- 3.1 The Committee shall comprise up to 12 persons, being Full Individual Members of the BCU. This total shall include the Chairman, Secretary and Treasurer but does not include national delegates, co-opted members or the representative from the Regional Development Teams.
- 3.2 Members of the Committee shall serve for approximately two years and shall be eligible to stand for re-election at alternate Annual Consultative Meetings. One half of the elected members shall retire at each Annual Consultative Meeting.
- 3.3 The Chairman of the Committee shall be elected at the Annual Consultative Meeting and shall serve until the next Annual Consultative Meeting and be eligible to stand for re-election.

SPRINT REGULATIONS AND ADMINISTRATION

- 3.4 Persons who are employees of the BCU or National Associations may serve as members of the Committee with the consent of the Board.
- 3.5 The Committee shall appoint from within their membership (including co-opted members), a Secretary, a Treasurer and such other officers the Committee considers necessary for its administration and representation on other committees.
- 3.6 The Chairman has a seat on the World Class Management Group and the Committee shall appoint a representative to sit on the Sports Management Committee (SMC).
- 3.7 One representative of the sprint racing representatives on the English Regional Development Teams shall be entitled to attend meetings of the Committee as a non-voting member.
- 4. Co-options**
 - 4.1 Committee may co-opt not more than three Full Individual Members to serve on the Committee until the next Annual Consultative Meeting. Co-opted members shall have the same voting rights as other Committee members.
- 5. Nominations**
 - 5.1 Nominations of candidates for election at the Annual Consultative Meeting shall be made to the Secretary of the Committee in writing supported by the signatures of two Full Individual Members of the BCU and must reach the Secretary by 1st August prior to the Annual Consultative Meeting.
- 6. Proceedings of the Committee**
 - 6.1 The Committee shall meet at least twice in each calendar year and shall report to the SMC, which in turn shall report to the Board.
 - 6.2 At least seven days notice of meetings shall be given in writing (by post, email or fax) to all members of the Committee.
 - 6.3 The Secretary shall keep minutes of the proceedings of the Committee and of the Annual Consultative Meeting. Copies of the minutes shall be sent to the SMC. Copies of the agenda and minutes shall be sent to the regional sprint racing representatives.
 - 6.4 Six of the members entitled to attend and vote at a meeting shall form a quorum of the Committee. Voting shall be by show of hands only and each member shall have one vote.
 - 6.5 The Treasurer shall keep such books of account as the Board and the Committee may from time to time direct. The accounts of the Committee shall be submitted annually to the SMC, made up to 31 October. Approved costs of members attending meetings shall be paid.

SPRINT REGULATIONS AND ADMINISTRATION

7. General Meetings

- 7.1 The Annual Consultative Meeting shall be held during the final National Regatta of the season which is usually in September.
- 7.2 At least 21 clear days' notice of the date, time and place of General Meetings shall be given to each affiliated club that has registered its interest in sprint racing with the Committee. Clubs register an interest by competing at any national or regional regatta in the period since the last Annual Consultative Meeting. The agenda for a General Meeting, details of the business to be discussed at the meeting and of the persons nominated for election shall accompany the notice of meeting.
- 7.3 The business of the Annual Consultative Meeting shall be:
 - (a) to receive the report of the Chairman;
 - (b) to receive a summary statement of accounts;
 - (c) to elect persons nominated to serve on the Committee, including the Chairman.
 - (d) to consider any items included in the notice of meeting. Any conclusions reached on such items shall stand as recommendations for further consideration by the Committee.
- 7.4 Only business notified in the notice of meeting shall be transacted.
- 7.5 Any item for the agenda at the Annual Consultative Meeting shall be submitted to the Secretary of the Committee in writing supported by the signatures of two Full Individual Members of the BCU and must reach the Secretary by 1st August prior to the Annual Consultative Meeting. Other items may be discussed at the discretion of the Chairman.
- 7.6 No business shall be transacted at any General Meeting unless a quorum of members is present at the time the meeting proceeds to do business. A quorum shall be eight Voting Members.
- 7.7 The Chairman of the Committee shall preside at General Meetings. If the Chairman is known to be unable to attend or if he remains absent 30 minutes after the schedule start time of the meeting, the voting members present may choose a voting member to take the chair.
- 7.8 "Voting Member" means any club or organisation affiliated to the BCU who participate in and have registered an interest in sprint racing. Each voting member represented at a General Meeting by a Full Individual Member shall be entitled to one vote.
- 7.9 The Chairman shall not be entitled to vote other than when a casting vote is required.

SPRINT REGULATIONS AND ADMINISTRATION

- 7.10 Voting shall be by a show of hands unless two or more voting members are present or the Chairman requests a poll.
- 7.11 A General Meeting may be called at any time at the discretion of the Committee or by notice in writing to the Secretary by not less than 10 voting members. Such notice must state in the form of a motion the business to be discussed and be signed on behalf of the voting members. The Committee shall convene a General Meeting within 60 days of receipt of such notice.
- 8. Sub-committees**
- 8.1 The Committee may, with the prior approval of the SMC, appoint a sub-committee, standing or otherwise, for a specific period and with a specific brief. The Committee shall appoint one of its number to chair the sub-committee and all members shall be Full Individual Members of the BCU. The Committee shall supervise and be responsible to SMC for the work of its sub-committees and shall fund its sub-committees from within its set approved budget.
- 9. Financial Budget**
- 9.1 The Committee shall set a specific annual budget each year for approval by the SMC.
- 10. Trophies**
- 10.1 The Committee shall approve the list of trophies which are the property of the committee and are awarded each year. The Committee shall also determine and publish the basis for competition for these trophies.
- 11. National Championships**
- 11.1 Each year the Committee shall organise or nominate a National Championship Regatta.
- a) This regatta shall include races for the majority of the National Championship classes and distances.
 - b) Any National Championship races not included in the National Championships Regatta shall be included in the other National Sprint Regattas held that season.
 - c) The winners of the classes shall be considered the National Sprint Racing Champions in their respective classes.

BCU FLATWATER RACING COMPETITION RULES

Issue date: 1 January 2004

Introduction

The purpose of this document is to provide the Rules that govern:

- a) Flatwater Racing
- b) The conduct of that Racing

It follows as closely as possible the wording and sequence in Version 4.00 of the International Canoe Federation Flatwater Racing Competition Rules issued on 1 January 2003. However, it also contains some additional regulations or changes to those rules as determined from time to time by the BCU Racing Committee.

The following words, acronyms and abbreviations are referred to in this document:

BCU British Canoe Union (the Governing Body for Canoeing in Great Britain)

BOA British Olympic Association (the National Olympic Committee for Great Britain)

ICF International Canoe Federation

IOC International Olympic Committee

NOC National Olympic Committee

RS Racing Section of the BCU (responsible to the BCU for the control of Flatwater Racing competitions in canoes and kayaks over distances up to and including 5000 metres)

RC Racing Committee (elected by the Racing Section to carry out the objectives of the Section on a day-to-day basis).

Regatta Committee (a sub-committee of the RC responsible for organising and conducting National Championships and other competitions on behalf of the BCU)

Aims and Definition of Flatwater Racing

The aim of a canoe race competition is for people to race each other in kayaks and canoes over a clearly defined unobstructed course in the shortest possible time according to the rules. The course should be as flat and still as can be obtained. Although the course length may be any distance up to and including 5,000 metres and competition organised for any craft, the official events and distances recognised by the BCU and ICF are the following:

For men:	K1, K2, K4, C1, C2, C4	200, 500 and 1000 metres
	K1, K2, K4, C1, C2	5000 metres but only 2500 for some Junior events
For women:	K1, K2, K4	200, 500 and 1000 metres
	K1, K2	5000 metres but only 2500 for some Junior events

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Part I - GENERAL REGULATIONS

There are three levels of competition: - International, National Status and Club.

1. International Competitions

- 1.1 The ICF has ruled that all International Competitions must take place in accordance with the ICF Flatwater Racing Competition Rules. All competitions organised by either the BCU or a BCU Club are considered international if competitors of a foreign country are invited to participate.
- 1.2 These competitions must be supervised or managed by at least one accredited official in possession of a valid ICF Flatwater Racing Official card.

1.3 Foreign Nationals

- 1.3.1 No member of a foreign Federation or club may compete or be invited to compete in an open or national competition within the United Kingdom without permission from the RC.
- 1.3.2 Only the members of clubs or associations affiliated with an ICF Member Federation have the right to participate in an international competition.
- 1.3.3 A competitor is always allowed to take part individually in an international competition but must in each case obtain special permission from his/her national federation.
- 1.3.4 A competitor may take part on behalf of the BCU provided they are domiciled in the UK, if he/she obtains the authorisation of his/her Federation of origin. This authorisation has to be sent before 30th November prior to the year concerned to the ICF Headquarters with a copy to the Chairman of the ICF Flatwater Racing Committee.

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- 1.3.5 If he/she has lived for 2 (two) years or more in the UK, the approval of his/her Federation of origin is no longer required.
- 1.3.6 A competitor may not compete for more than one Federation in any calendar year in the sport of canoeing. This rule does not apply in the case of a competitor who leaves his/her country of origin to marry and live in another country. He/she can, in this case compete for his/her new Federation without awaiting the delay of 2 years.

2. National Status Competitions

- 2.1 All competitions announced as National Status competitions shall be held in accordance with the Flatwater Racing Competition Rules of the BCU.
- 2.2 National Status Competitions are those at which promotions within the National Divisions take place.
- 2.3 National Status Competitions are organised on behalf of the BCU.
- 2.4 All competitors at National Status Competitions must be registered with the RC and must be BCU members or, if racing in a Junior "D" class, a member of a club which has a registered youth section and is affiliated to the BCU.
- 2.5 Organisers of National Status Competitions shall declare that the competition is being held under BCU rules.
- 2.6 National Status Competitions require a permit from the RC. Application for a Regatta permit shall be directed to the Secretary of the RC. Such a permit shall require:
 - a) Observance of the BCU Flatwater Racing Competition Rules.
 - b) Inclusion the words "Under BCU Rules" on all printed matter issued in connection with the competition.
 - c) Compliance with Part III Rule 13.5 regarding Regatta Officials.
- 2.7 National Status Competitions will be included in the official BCU Calendar of events.
- 2.8 Within 14 days of the close of a competition a completed regatta programme with results and signed by the Competition Secretary shall be sent to the Records Officer of the RC.

3. Club Regattas

- 3.1 BCU members are allowed to participate with non BCU members.
- 3.2 No promotions will be made at Club Regattas. Performance will not affect National Ranking.
- 3.3 The Rules and Classes may be altered to suit Club requirements.
- 3.4 Organisers of Club Regattas may advertise their events in the Year Book on payment of the appropriate fee.
- 3.5 Organisers are asked to encourage all who take part to become BCU members. Where fees are charged, BCU members should be charged a reduced fee.
- 3.6 To ensure uniformity, organisers are asked to follow the BCU Flatwater Racing Competition Rules as far as possible.
- 3.7 Organisers are asked to make it clear in all literature what the events and rules will be.
- 3.8 A booklet 'Organising a Club Regatta' will be available.

4. Competing outside of the United Kingdom

No Club or member of a Club or individual member of the BCU may compete outside the United Kingdom without permission from the RC. See Rules 1.3.2 to 1.3.6, which are also the rules of the ICF and apply to all Member Federations.

5. Membership of more than one club or change of club

When a competitor is a member of two or more clubs he shall, by March 1st have declared the name of the club in whose colours he will race that year in individual events. A person joining a second club after March 1st must continue to race for his first club. A competitor who has changed his club is not permitted to race for his new club, unless prior consent of his old club has been obtained. The consent shall not be withheld in the case of a change of residence from one area to another.

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6. Athlete Eligibility and Sponsorships

The rules of the International Canoe Federation or the National Olympic Committee shall apply to all matters relating to Amateur Status. At present there are no regulations specific to Amateur Status other than as broadly listed in 6.2.

6.1 Foreign Teams

Foreign Teams may receive compensation/assistance authorised by the BCU to cover financial expense to participate in an UK competition. Under no circumstances shall any payment exceed the sum of actual expenditure.

6.2 A Canoeist/Competitor may not:

- a) In the practice of sport and in the opinion of the BCU manifestly contravene the spirit of fair play in the exercise of sport, particularly by the use of doping or violence.
- b) Have allowed his person, name, picture or sport performance to be used for advertising, except when the BCU or its Committees enter into a contract for sponsorship or equipment. All payments must be made to the BCU and not to the individual. (See also 6.6.2)
- c) Participate in any competition on condition of a financial consideration.

6.3 A Canoeist/Competitor may:

Accept, during a period of preparation and/or actual competition which shall be limited by the rules of the BCU and its Committees:

- a) Assistance administered through the BOA or the BCU World Class Performance Programme: living expenses, insurance cover in respect of accidents, illness and disability; personal property, sports equipment and clothing; cost of medical treatment, physiotherapy and authorised coaches.
- b) Compensation authorised by his or her NOC or the BCU World Class Performance Programme, in the case of necessity, to cover financial loss resulting from his or her absence from work or basic occupation in the Olympic Games and sports competition or other canoeing activities. In no circumstances shall payment made under this provision exceed the sum which the competitor would have earned in the same period. The compensation may be paid with the approval of the BCU or the BOA at their discretion.
- c) Accept prizes won in competition or other canoeing activities, within the rules established by the BCU and its Committees and the ICF.

6.4 In all cases which are not covered by the above regulations (6.2 and 6.3), the corresponding rules of the ICF or the BOA shall apply.

6.5 Procedures To Be Undertaken By Those Seeking, Obtaining, and Disbursing Sponsorships, Sports Scholarships and Awards.

6.5.1 Details of all personal sponsorship arrangements, sports sponsorships and other awards, offered to or negotiated by individuals or organisations, must be submitted by beneficiaries to the BCU Committee responsible for administering the particular activity, for registration and approval. When doubt exists regarding the appropriate Committee to whom information should be furnished, BCU Headquarters will arrange for the necessary action to be undertaken.

6.5.2 A central registry of all personal sponsorship arrangements will be maintained by the BCU Headquarters, and will be available for inspection by authorised officers of the BCU.

6.5.3 The term "personal sponsorship arrangements negotiated by beneficiaries" shall include: Payments made to athletes selected through the UK Sport Performance Matrix and administered by the BCU Performance Director. Sponsorship provided by individuals (not family), commercial, industrial, and public authorities, National and Regional Sports Aid Foundations, Local Authorities, Trust Funds, Educational Institutions and agencies, Clubs and other miscellaneous supportive groups.

6.6 Advertising on Boats and Equipment

6.6.1 Advertising of any tobacco, tobacco related products or strong spirit drinks on boats or equipment is not permitted by the BCU.

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6.6.2 The IOC and the Olympic Charter regulate use of athlete images during the period of the Olympic Games. Except as permitted by the IOC Executive Board, no competitor who participates in the Olympic Games may allow his person, name, picture or sports performance to be used for advertising during the Olympic Games except where:

- a) The NOC of the athlete has given its express prior written consent to each such use, and
- b) That, in any event, such use is not in relation to the athlete's performance at such Games.

7. Classification of Paddlers

7.1 **Junior:** A Junior is a competitor under 18 years of age at the beginning of the current calendar year. A Junior will have junior racing status unless promoted to senior racing status. Each Junior status competitor will be nominated to compete in one of the Junior classes as laid down from time to time by the RC. Juniors who have Senior status may race in the appropriate Junior class for National Championship events.

7.2 **Senior:** A Senior is a competitor who is over 18 years of age at the beginning of the calendar year, and will have Senior racing status. Each Senior status competitor will be nominated to compete in one of the Senior Classes as laid down from time to time by the RC.

7.3 **Veteran:** The first year a Veteran can compete is the year that his (her) thirty-fifth (35th) birthday falls in provided that he is not already nominated to compete in Mens A or B.

7.4 **Promotions:** Entry to and promotion between classes will be at the discretion of the RC and will be based on results gained in competition at regatta venues nominated by the RC. A competitor may, at the discretion of the RC, be permitted to revert to a lower class at the end of a regatta season.

7.5 **Mixed Events:** Mixed events where male and female competitors take part in the same boat are permitted.

7.6 **Status:** Status in Kayaks has no bearing on status in Canadian Canoes and the converse i.e. a premier Senior Class competitor in Canadian Canoes may be a lower Senior Class in Kayak.

7.7 **Special Rules for Kayak Fours:** Senior status competitors may not compete in fours events of a lower senior class than that for which they are nominated as individuals. Senior Class competitors may be members of fours crews competing in higher senior classes than their own without losing their individual Senior Class status. a win in a fours event does not affect the status of the members of the crew.

8. National Championship Entries:

Entries for these events shall be restricted to British Nationals who are members of the BCU. Aliens resident in Great Britain for at least two years may be permitted to enter for a National Championship event. There is no time restriction in the case of men/women competitors who conform to the conditions contained in Rule 1.3.6.

Part II - CLASSES AND BUILDING REGULATIONS

9. Limitations

K1	K2	K4	C1	C2	C4	
520	650	1100	520	650	900	max.length
12	18	30	16	20	30	min.weight
Measurements in cm - Weights in kg						

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10. Trademarks

Boats, accessories and clothing may carry trademarks, advertising symbols and written text.

All advertising material should be placed in such a way that it does not interfere with competitors' identification and does not effect the outcome of the race.

The advertising of tobacco smoking and strong spirit drinks will not be accepted.

N.B. *These rules do not apply to the Olympic Games where there are specific limitations.*

See 7.5 of the ICF Flatwater Racing Competition Rules.

Any boat, accessory, or article of clothing, which does not comply with the above conditions, will be ineligible for use during a competition. Teams and competitors are responsible for their own equipment.

11. Construction

11.1 The Hull

Section and longitudinal lines of the hull of the kayak and canoe shall not be concave (only horizontal and vertical).

11.2 The Deck

The deck construction may not be higher on any horizontal point than the highest point of the front edge of the first cockpit.

11.3 No foreign substance may be added to boats which give competitors an unfair advantage.

11.4 All electric, electronic devices are forbidden in a boat when racing, this to include:

- pumps
- speed measuring devices
- strain gauges
- heart monitors

Kayaks

11.5 Boats may have one rudder. Over-stern rudders may not be thicker than 10mm for K1 and K2, or 12mm for a K4.

The boat to be designed as to be a sit-in (Kayak type) not a sit-on (Surf Ski type).

Canoes

11.6 The canoe must be built symmetrically upon the axis of its length.

Steering rudders or any guiding apparatus directing the course of the canoe is banned. A keel, if any, must be straight, shall extend over the whole length of the canoe and not project more than 30mm below the hull.

The C1 and C2 may be entirely open. The minimum length of the opening shall be 280cm and the edge of the side of the craft (gunwale) can extend maximum 5cm into the craft along the whole defined opening. The boat can have maximum three strengthening bars with a width of 7cm each.

The C4 canoe may be entirely open. The minimum length of the opening shall be 390cm and the edge of the side of the craft (gunwale) can extend maximum 6cm into the craft along the defined opening. The boat can have maximum four strengthening bars with a width of maximum 7cm each.

12. Boat Control

12.1 The length of a kayak or a canoe shall be measured between the extremes of the stern and the stern. Stem-bands or other projections of the stern or stern, if any, are to be included. Any rudder forming a continuation of the length of a kayak is not to be included in the measurement.

12.2 No alterations in canoes and kayaks are permitted after the measuring and weighing and before the competition has taken place.

Before Weighing the Boat:

12.3 All loose outfit shall be removed. Permanent knee rests attached in a definitive way to the floorboard and buoyancy attachments consisting of water absorbing material must be

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absolutely dry at the first weighing prior to the race. Three or more boats according to the decision of the Competition Committee and on a random system shall be recontrolled immediately after the race.

Part III - ORGANISATION OF COMPETITIONS

13. Officials

- 13.1 If its nature and extent demand, each competition shall be held under the supervision of the following officials:

Chief Official	Technical Organiser
Competition Organiser (or Competition Manager)	
Competition Secretary	Starter(s)
Aligner(s)	Course Umpire(s)
Finishing Line Judge(s)	Turning Point Umpire(s)
Boat Measurer(s)	Timekeeper(s)
Media Officer	Announcer

- 13.2 If circumstances permit, one person may function in two of the above positions.

- 13.3 The Chief Official, Competition Organiser, Starter, Umpires, and Chief Judge should, if possible, be registered BCU Officials.

- 13.4 Unauthorised persons must not enter any official's area unless the Competition Committee or the Jury send for officials or team officials in order to solve problems.

- 13.5 **Competition Committee:** The competition is to be Managed by a Competition Committee consisting of:

- 1) Chief Official
- 2) Competition Organiser / Manager
- 3) One additional person. This person may be one of the officials listed in 13.1 providing their duty is at or near the finishing line at all times. The Competition Organiser / Manager appoints this person.

For status competitions two members of the competition committee must be registered Regatta Officials of the BCU Racing Committee.

For an international regatta two members of the Competition Committee must be in possession of a valid International Flatwater Racing Official card.

13.6 **The Competition Committee must:**

- a) Organise and supervise the competition.
- b) In the event of inclement weather or other unforeseen circumstances which make it impossible to carry out the competition, postpone the competition and decide on another time when it may be held.
- c) Hear any protests that may be made and settle any disputes that may arise.
- d) Decide matters concerning disqualification in cases where the regulations are broken during a race.
- e) Should a competitor be injured during a heat, the Committee may allow him to participate in another heat.
- f) The decision of the Committee shall be based on the BCU Flatwater Racing Competition Rules.
- g) Penalties in accordance with the BCU Rules or the RC Disciplinary Regulations may also be imposed i.e. disqualification for a longer period than the duration of the competition in question.
- h) Before any decision is made regarding any infraction of the rules, hear the opinion of the Umpire who controlled the race in which the infraction was said to have occurred. The Committee is to seek the opinion of other officials supervising the race, if it is felt to be of importance in clearing up the alleged offence.

13.7 **The Competition Jury:**

- a) Final authority for National Championship Competitions shall rest with a Jury composed of a Chairman and four members.

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- b) The members of the Jury shall be appointed by a quorum of the RC prior to the commencement of the competition. (In the event of a quorum not being present, the Chairman, Vice Chairman, or another official of the RC and two Committee members may appoint the Jury).
- c) The Chairman of the Jury will be the Chairman or Vice-Chairman of the RC or an elected RC member.
- d) Subordinate to this Jury are the Chief Official and other officials shown in Rule 13.1.
- e) A protest made during the competition must be handed to the Competition Committee not later than 20 minutes after publication of the results.
- f) An appeal against a decision of the Competition Committee must be addressed to the Chairman of the Jury and handed in not later than 20 minutes after the Team Leader has been informed, in writing by the Chairman of the Competition Committee, of the decision against the competitor or crew and has signed the receipt.
- g) The decision of the Jury is final.

13.8 Duties of Officials

- 13.8.1 **The Chief Official**, who is also the Chairman of the Competition Committee, decides all matters arising during the actual contest, which is not dealt with in these rules. *With the confirmation of the Competition Committee, he may disqualify any competitor who behaves improperly or who, by his conduct or speech, shows contempt towards the competition officials, other competitors or onlookers (see Rule 32.7). All officials are responsible to the Chief Official.*
- 13.8.2 **The Technical Organiser** deals with all technical electronic equipment of the Regatta-Course. (Automatic start system / Photo/Timing system / Score board / Radio connections / Boat traffic before and during the races / Boat checking, etc.)
- 13.8.3 **The Competition Organiser / Manager** supervises the races and is responsible for ensuring that the programme is followed without unnecessary delay. He shall inform the officials concerned punctually before a new race starts. He has to deal also with the good function of the competition administration of the races, (programme, drawings, results, technical documents, boat control, press, protests, etc.) He is responsible for producing the competition programme and should chair the Team Leaders Meeting. When required to do so by the Competition Committee (or Jury in the case of National Championship Competitions) he shall, with the assistance of the measurer, ensure that regulations concerning measurements are complied with. He shall make certain that the announcer gives all the necessary information about the races such as the start order, the name of any competitor failing to start and the results.
- 13.8.4 **The Competition Secretary** reports to the Competition Organiser / Manager and shall be responsible for recording the results of the races, arranging the draws for intermediate rounds and finals and distributing the results and draws to those Officials who require them.
- 13.8.5 **The Starter** decides all questions concerning the start of the races, and is alone responsible for decisions as to false starts. His decision is final. He shall see that the starting equipment is in good working order. He shall communicate with the Competition Committee and after having received a signal from them that all is ready, he shall order the competitors to their places and carry out the start according to the Racing Rules.
- 13.8.6 **The Aligner** the duty of the aligner is to bring the boats to the starting line with the least possible delay, to check the competitor's attire and the competition number on the back and the number of the boats. When all boats are aligned he shall notify the starter by raising a white flag.
- 13.8.7 **The Course Umpire** shall see to it that during a race the rules are complied with. If the rules are broken, the Umpire shall report immediately the infraction to the Competition Committee.
 - a) The Competition Committee shall decide whether any of the competitors concerned shall be disqualified or not. If the Umpire has a report of an infraction of the rules he shall show a red flag after the race and shall make a written report before the next race

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takes place. In such a case, the Competition Committee shall make known its decision immediately and before the result of the race is announced.

- b) If there is no infraction to report, the Umpire shall show a white flag.
 - c) In races of 500 and 1,000 metres, the Umpire shall follow the race in a motorboat.
 - d) He shall be completely unhampered during the race. No one except the Umpire and the driver shall be admitted to the boat reserved for him.
 - e) In long distance races with many competitors, more than one Umpire may be nominated. One of the Umpires shall, if possible, follow the leading group in the race, but without disturbing the other competitors.
 - f) In case of hindrances the Course Umpire must stop the competition passing all boats in the race and waving the red flag or using a sound signal until all boats have stopped paddling. After this all boats shall return to the start. The Course Umpire shall report immediately the infraction to the Competition Committee.
 - g) When a motorboat is not used, one or more Umpires shall be placed in such positions from which they can ensure that the rules are being complied with
- 13.8.8 **The Turning Point Umpires**, when a race is run along a course with one or more turning points, one or more Umpires and one recorder must be stationed at each turning point, where they gain the best view of the turn. The Turning Point Umpire shall see that the competitors turn according to the rules. The recorder shall make a list of all who pass the turning point. Immediately after the race, the Turning Point Umpire shall report to the Competition Committee as to who has turned and if any infraction of the rules has taken place.
- 13.8.9 **The Finishing Line Judges** decide the order in which the competitors passed the finishing line. The Judges shall be placed in a position where all lanes at the finish line can be clearly seen. If the Judges differ regarding the placing of two or more competitors, a simple majority shall decide the dispute, in the absence of photo finish. In the case of equal voting, the Chief Judge has the casting vote. When the photo finish is used the result determined by the Finish Line Judges shall be compared with it, with the photo finish being decisive. Video films are not a substitute for photo finish.
- 13.8.10 **The Timekeepers** are responsible for recording the times. This shall be done by means of stopwatches or suitable electronic equipment. It is the responsibility of the Chief Timekeeper to ensure that the timing equipment is working correctly. The Chief Timekeeper shall divide the work amongst the timekeepers. At the end of each race, he shall compare the official times with the other timekeepers and immediately inform the Competition Organiser (or Manager) of them. Each race shall be timed by at least two watches. When the watches have not recorded the same time, the longest (worst) time shall be taken as correct. The stopwatches are to be started when the electronic or optical signal from the start is received. Timekeepers may also officiate as Finish Line Judges.
- 13.8.11 **The Boat Measurer(s)** shall assist the Technical Organiser to test the craft taking part in the race. Should any of the boats not fulfil the BCU requirements concerning classification (Rules 9 to 12), they shall be excluded from the competition.
- 13.8.12 **The Announcer** shall, on the instructions of the Competition Organiser, announce the start of each race, the order of the starting and the position of the competitors during the race. After the race is finished, he will announce the results.
- 13.8.13 **The Media Officer** must supply all the necessary information to the representatives of the press, radio and television about the race and its progress. He is authorised therefore to ask for information from the different Officials who must procure for him as soon as possible the copies from the official results.
14. **Invitations**
An invitation to an Open Regatta shall contain the following information:
- a) Time and place of the regatta.
 - b) Situation and plan of the course.
 - c) Classes and distance of the races.

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- d) Whether the races are to be held on still or running water, up or down stream.
- e) Amount of entry fee.
- f) Address to which entries should be sent and the final date for receiving entries. This date shall not be earlier than 14 days prior to the first day of the competition.

15. Entries

Entries for Open Regattas can only be made in accordance with the regulations given in the invitation. An entry shall, however, always contain the following information:

- a) Name and address of competitor or crew.
- b) Name of club to which competitor or crew belong.
- c) Classes and distances in which the competitor or crew propose to compete.
- d) Similar details of reserves if any.
- e) The Racing Registration number of each competitor, member of the crew or reserves.
- g) All entries should be in writing (Letter, Fax, Email, Telegram, Telex, etc). Where verbal communication is used, it must also be confirmed in writing by the given deadline (midnight on the due date). In the event of conflicting information, the information with letterhead and/or signature will take precedence.
- h) Late entries shall not normally be accepted. The acceptance of late entries shall be at the discretion of the Competition Committee who may charge up to double the entry fee.

15.1 Racing Colours

When making the entries, Clubs must give the colours of the clothing worn by the competitors and these colours must not be changed during the competition. **N.B.** Every racing club must register their racing colours with the RC (and any changes thereto). All competitors from a club must wear the correct colours at all times.

16. Heats and Finals

- 16.1 At least three kayaks or canoes must be entered before a race can be held. If the number of entries in race up to and including 1,000 metres is so great that heats are necessary, the number of kayaks or canoes in each heat and in the final must not exceed nine (9).

- 16.2 The division of competitors into heats shall be determined by drawing lots.

- 16.3 Where the width of the course permits, eight or nine kayaks or canoes shall participate in the final if more than this number has been entered in the entire race, as follows:

3 to 9 entries	Direct final.
10 to 18 entries	Two heats, three from each to final A, 4/7 (+ 8th best time if possible) to one semi-final and from the semi-final three first to final A
19 to 27 entries	3 heats, 1 from each to final A, 2nd to 7th to the semi-finals, rest out Two semi-finals three first to final A. 4th to 7th (+ 8th best time if possible) to final B
over 27 entries	Required number of heats and semi-finals. By three semi-finals first three from each of the semi-finals to final A and 4th to 6th to final B By four semi-finals first 2 (+ 3rd best time if possible) to final A and 3rd and 4th (- 3rd best time) + 2 best next time to final B

- 16.3.1 A "B" final will only be held when there are more than 18 boats in that particular event.

- 16.4 When making the draw, the difference between the number of competitors in the heats of the race shall not exceed one. If the number of competitors in the heats varies, the earlier heats shall have the largest numbers.

- 16.5 Any crew which has not taken part in a heat as instructed shall not be allowed to compete in the final.

- 16.6 The composition of a crew which has qualified for semi-finals or for the final must not be changed. Heats and the final shall be run on the same stretch of water.

BCU FLATWATER RACING COMPETITION RULES

- 16.7 For races of more than 1,000 metres, heats shall not be held, and all boats taking part shall start simultaneously.
- 16.8 Should the width of water not permit a simultaneous start, starts at regular intervals shall be permitted.
- 16.9 The procedure for selecting competitors to race in finals will be on the basis of one of two criteria: either times or positions obtained in heats. The criterion used for each event will be decided by the RC and published in advance of the event.
17. **Acceptance of Entries**
Confirmation that the entry has been accepted, together with notification of the result of the draw and time of events, shall be sent to the entrant on written request by him and on production by the entrant to the Competition Organiser of a "stamped addressed" envelope.
18. **Team Leaders' Meeting**
At least 2 hours before the first race of the competition (12 hours for an International Competition), the team leaders' meeting is to be held. At this meeting the names of team leaders should be advised. The organisers will describe the regatta course and all other arrangements, which should be adhered to for the duration of the competition. The Chief Official will describe the regatta programme and ask for any changes to the entries.
19. **Alterations to Entries and Withdrawals**
- 19.1 Any competitor named in the final entry or at the Team Leaders Meeting may substitute for any other in the given type of racing (kayak men, kayak ladies, canoe men). Notification of alterations in the entries must be given in written form to the Chief Official at least one hour before the first race of the morning or afternoon session.
- 19.2 The withdrawal from a race is considered final and no renewed entry of the same crew is allowed.
- 19.3 Every competitor whose entry has been confirmed by his own club, at the time of the meeting of the team leaders, called for this purpose, is obliged to take part in the due event. If the competitor does not start, and has no valid reason approved by the Competition Committee, he shall be disqualified for the whole regatta. A competitor, who arrives too late at the start, shall be considered to have voluntarily withdrawn and shall be disqualified under this rule.
- 19.4 The refunding of entry fees for entries withdrawn not less than 24 hours before the competition is at the discretion of the Competition Committee.
20. **Alterations in the sequence of events**
The sequence of races given in the programme and the intervals between races as given in the racing programme are binding on the organisers. Alterations cannot be made unless the respective Team Managers at the competition give their consent.
21. **Courses**
- Marking Signs**
- 21.1 For National Championships and where possible for other competitions the turning points shall be marked by at least six flags (or buoys) which shall be readily distinguishable and shall, if possible be diagonally divided with one half in red and the other half in yellow.
- 21.2 Both the start and the finishing lines shall be marked with red flags or buoys, at the points where these lines intersect the outer limits of the course.

BCU FLATWATER RACING COMPETITION RULES

Layout

- 21.3 Before the start of the races the racing course shall be measured and marked by means of clearly visible flags mounted on buoys.
- a) The course at the start shall permit a clear width where possible, of at least 5 metres for each boat.
 - b) For National Championships the starting and finishing lines shall be at right angles to the course.
 - c) The finishing line shall be at least 45 metres long and be marked by two flags. The Finishing Line Judges must be placed as near to the finishing line as possible.
 - d) For National Championship races up to 1,000 metres, the course must be straight and in one direction.
- 21.4 For races exceeding 1,000 metres turning points are permitted. For National Championship races exceeding 1,000 metres the following conditions should be fulfilled, if possible:
- a) The distance between the starting line and the first flag of the first turning point (1st leg) shall be straight and at least 1,859.25 metres.
 - b) The distance between the last flag of the first turning point and the first flag of the second turning point (2nd leg) shall be straight and maximum 1759.25 metres.
 - c) The distance between the last flag of the second turning point and the first flag of the third turning point (3rd leg) shall be a maximum of 500 metres.
 - d) The specifications of all other stretches shall be in accordance with point "c".
 - e) The radius of each turn should, if possible be at least 40.5 metres.
 - f) Both the start and the end of the race shall be in front of the Finishing Tower.
 - g) The red flags of the finish line shall be placed as much to the outside possible in order to get the widest feasible finish line.
 - h) The starting pontoons for the 500 metre races are to be removed.
- 21.5 For competitions, including the National Championships, these conditions should be complied with, unless a special dispensation for the course has been obtained from the RC through the Secretary.

22. Canoe Numbers

All kayaks and canoes shall carry a vertical number plate made of non-transparent material marked with black numbers on white background (for Internationals) or yellow background indicating the lane. The numbers on the plate must measure 15 cm in height and 25 mm in thickness. The plates shall be placed on the centre line of the after deck (Canadian Canoe foredeck). The approximate size of the number plate shall be 18 x 20 cm. The personal numbers provided by the organisers shall be placed on the back of the competitor only.

23. Instructions for Competitors

Written instructions shall be available for competitors 2 hours before the start of the competition, containing the following information:

- a) Detailed information on the courses and their markings
- b) Starting time
- c) Starting line
- d) Finishing line
- e) Competitors racing number
- f) Type of boat control

Part IV - RACING REGULATIONS

24. Means of Propulsion

- 24.1 Kayaks shall be propelled solely by means of double-bladed paddles.
- 24.2 Canadian Canoes shall be propelled solely by means of single-bladed paddles.

BCU FLATWATER RACING COMPETITION RULES

- 24.3 The paddles may not be fixed on the boat in any way.
- 24.4 If a paddle is broken a competitor may not be provided with a new one by a supporter.
25. **Start**
- 25.1 Lots shall be drawn to determinate in the heats the lanes of boats at the start. Number one shall be on the left, then number two and so on.
- 25.2 In competitions where heats are required, lots must be drawn separately for each heat.
- 25.3 Competitors shall be at the starting area in time to allow a satisfactory preparation for the start. The start shall be given without reference to absentees. The position of the boats at the start shall be such that the bows of the competing boats are on the starting line.
- 25.4 Boats must be stationary.
- 25.5 The Starter will announce to the competitors the time remaining to the start by "START WITHIN TEN SECONDS", when he is satisfied he will give the starting signal by a shot or a short powerful sound.
- 25.5.1 In the long distance races the starter shall declare "START WITHIN ONE MINUTE" when he is satisfied he will give the starting signal by a shot or a short powerful sound.
- 25.5.2 The starting signal can also be the word "GO".
- 25.5.3 If the Starter is not satisfied with the line-up he will call "STOP", and hand over to the Aligner for repositioning.
- 25.6 If the competitor starts paddling ahead after the words "START WITHIN TEN SECONDS or ONE MINUTE", and before the starting signal has been given, he has made a false start.
- 25.6.1 The starter must immediately fire two shots and warn the offending competitor/s. If two false starts are made by the same competitor/s the starter must exclude him/them from the race. A warning and subsequent disqualification by the starter applies only to the boat/competitor which/who caused the false start.
26. **Interruptions**
- 26.1 The Umpire has the right to interrupt a correctly started race if unforeseen hindrances arise. The course umpires with a red flag and sound signal may effect such an interruption. Competitors must immediately stop paddling and await further instructions.
- 26.2 If a race is declared null and void, no change of the composition of a crew is permitted at the new start.
- 26.3 In the event of a capsize the competitor or crew is eliminated from the race if he/she or they are not able to get in again without outside help.
27. **Pacing and Wash Riding**
- 27.1 Taking pace or receiving assistance from boats not in the race or by any other means is not permitted.
- 27.2 When a race is in progress crews not taking part in the race are strictly forbidden to proceed over whole or part of the course, even outside the marking buoys.
- 27.3 Races up to 1,000 metres.
In races up to 1,000 metres competitors must keep to their lane from the start to the finish of the course. They shall keep as far as possible the centre of their lane. No boat must come nearer than five metres in any direction to another competitor.
- 27.4 Races of more than 1,000 metres.
In races of more than 1,000 metres competitors may deviate from their lane providing they do not impede other competitors.
- 27.5 In long distance races every competitor shall be warned by a sound signal (e.g. a bell), when he passes a point 1000 meters from the finishing line

BCU FLATWATER RACING COMPETITION RULES

28. Turns

- 28.1 When a race is run on a course with turning points these shall be passed to port (i.e. in an anti-clockwise direction).
- 28.2 When going around a turning point, the competitor on the outer course must leave room for the competitor on the inner course if that competitor has the bow of his boat at least level with the front edge of the cockpit of the boat on the outer course. With respect to K2 and K4, this refers to the fore-cockpit. With respect to C1, it refers to the level of the competitor's body, and for C2 it refers to the level of the body of the foremost member of the crew.
- 28.3 A competitor will not be disqualified for touching a turning buoy, unless, in the opinion of the Turning Point Umpires, an advantage has been gained therefrom. In making a turn, the boat shall follow as closely as possible the course as marked by the buoys at the turning points.

29. Overtaking

- 29.1 When a canoe or kayak is overtaking another canoe or kayak in a race, it is the duty of the overtaking craft to keep clear at all times of the boat being overtaken.
- 29.2 On the other hand, the craft being overtaken must not alter its course to make difficulties for the overtaking craft.

30. Collision or Damage

Any competitor who is responsible for a collision or who damages the canoe or kayak or paddle of another can be disqualified and can be required to pay damages.

31. Finish

- 31.1 The boat has finished the race when its bow crosses the finish line with all crew members in it.
- 31.2 If two or more boats reach the finishing line at the same time they are awarded the same classification in the final. In the case of a dead heat finish for any position, which determines the advance to the next level of the competition the following rules will apply:
 - a) Wherever there are sufficient number of lanes available in the next level of the competitions, drawing of lots will determine to which race each boat will advance. If possible it may use also lane number 10.
 - b) Wherever there are not enough lanes available there will be a re-race between the boats involved 30 minutes after the race (and for International Competitions one hour after the last race of the day, or half day programme)
 - c) In the case of a dead heat in the re-race, drawing of lots will determine the outcome.

32. Disqualifications

- 32.1 Any competitor who attempts to win a race by any other than honourable means, who breaks the Racing Regulations, or who disregards the honourable nature of the Racing Regulations, shall be disqualified for the duration of the race concerned.
- 32.2 Should a competitor have completed a race in a kayak or canoe which is shown upon inspection not to conform with the classifications (see Rules 9-12), he shall be disqualified from the race in question.
- 32.3 It is prohibited to receive external assistance during a race.
- 32.4 No crew may be accompanied along and adjacent to the racecourse by other boats while the race is in progress.
- 32.5 No crew may receive assistance by using objects thrown into the course. Any of the above infractions will result in the disqualification of the competitor(s) concerned.
- 32.6 All disqualifications by the Competition Committee have to be confirmed in writing immediately with the reasons. The Team Leader has to acknowledge the receipt on a copy with the exact time, which is the start of the protest time.

BCU FLATWATER RACING COMPETITION RULES

- 32.7 The Competition Committee may discipline any competitor or Official whose behaviour is detrimental to the good order and conduct of the competition. The Competition Committee may after repeated action by the offender disqualify him/her for that competition.
33. **Protests**
- 33.1 A protest against a crew to compete in a race shall be advised to a member of the Competition Committee not later than one hour before the start of the race. A protest made later - within 30 days from the date when the race in question was held - is only permitted if the officials of the club of the competitor making the protest can prove that the facts on which the protest is based came to their knowledge later than one hour before the start of the race.
- 33.2 A late protest shall be referred to the RC accompanied by the prescribed fee (see below).
- 33.3 A protest made during a competition must be addressed to the Competition Committee not later than 20 minutes after the Team Leader has been informed on the decision against his/her competitor or team and has signed the receipt.
- 33.4 All protests must be made in writing and be accompanied by a fee of £5.00 (International Competitions £15.00). The fee will be refunded if the protest is upheld. *If the protest is not upheld the fee may not be refunded, at the discretion of the Competition Committee or RC hearing the protest.*
- 33.5 When a protest or a report is made against an athlete or a team, the team leader of the athlete/team in question shall be presented with the protest or report to read.
34. **Appeals**
- Competitors have the right to appeal to the RC through their club or team management against a decision of the Competition Committee, within 30 days from the date when the race was held. In the case of National Championship Competitions the appeal must be made to the Competition Jury in accordance with Rule 13.7. A fee of £15.00 shall accompany the appeal. The fee will be refunded if the appeal is upheld. The BCU RC (or Jury in the case of a National Championship) shall pronounce the final decision.

Part V - SPECIAL RULES FOR NATIONAL CHAMPIONSHIP EVENTS

35. Only members of the BCU who qualify under Rule 8 may participate in National Championship events. The only exceptions to this rule are those exempted under Rule 1.3.
36. All canoes and kayaks must comply with the classes and building rules as laid down in Part II of these rules.
37. Officials: Fully in accordance with Rules 13.1 to 13.4.
38. Competition Committee: Fully in accordance with Rule 13.5.
39. Competition Jury: Fully in accordance with Rules 13.7 and 34.
40. Marking signs: In accordance with Rule 21.
41. Courses: In accordance with rule 21.
42. Disqualifications: In accordance with Rule 32.
43. **Heats and Finals:**
In the event of there being fewer than three boats in a National Championship event then no medals will be awarded. If three boats are in an event then only a Gold Medal will be awarded. If four or more boats are in an event then Gold, Silver & Bronze medals will be awarded.

BCU FLATWATER RACING COMPETITION RULES

Notes to the BCU Flatwater Racing Competition Rules

Races Exceeding 1,000 Metres at the National Water Sports Centre Nottingham, Rules 21.4 and 21.5

Because of limitations at the National Water Sports Centre - mainly the start pontoon being fixed for the Start of two 5000 metre and one 2500 metre events - it is not possible to comply with the Rule and provide the three courses required. The 2nd leg under the Rule is 47.75 metres too long. The requirements given in the Rule are those of the ICF, which the BCU must shadow in its own Rules.

Long Distance Courses at the National Water Sports Centre, approved by the RC

To provide flexibility there are four turning points with the start and finish of the turns as follows:

1. 10 metres beyond the finish line
2. 450 metres from the finish line
3. 1123 metres from the finish line
4. 1796 metres from the finish line.

International Rules Course - 1 long lap + 1 short lap

(Avoiding pontoons at 500 metres which would need to be parked as far back as possible)

a) Between the start line and first flag of the first turning point =	1902.25 metres
b) Between the last flag of first turn and first flag of second turn =	1806.00
c) Between last flag of second turn and first flag of third turn =	460.00
d) Between last flag of third turn and the finish =	450.00
e) Three turns of 127.25 metres each =	381.75
	<u>5000.00</u>

Domestic Course - 2 medium laps

a) Between the start line and first flag of the first turning point =	1229.25 metres
b) Between the last flag of first turn and first flag of second turn =	1133.00
c) Between last flag of second turn and first flag of third turn =	1133.00
d) Between last flag of third turn and the finish =	1123.00
e) Three turns of 127.25 metres each =	381.75
	<u>5000.00</u> metres

Short Course for Juniors - 1 lap of Domestic Course - 2500 metres

a) Between the start line and first flag of the turning point =	1229.25 metres
b) Between the last flag of the turn and the finish =	1123.00
c) One turn of =	127.25
	<u>2479.50</u> metres

NB With a fixed start position and by using the same turning buoys for the 5000 metre course an exact 2500 metre course cannot be obtained. It is 20.5 metres short.

Interpretation of Rule 27.3 - Races up to 1000 metres (including the 5 metre rule)

The rule requires competitors to keep to their lane from the start to the finish of the course and for their boat not to come nearer than five metres in any direction to another boat. Rule 42.1 in the Rules for World Championships requires the lanes along the length of the course to be marked by buoys not more than 25 metres apart.

This means that the competitor may progress along the course in any part of their lane provided

BCU FLATWATER RACING COMPETITION RULES

that their boat does not come within five metres of another boat. Their boat must pass between all the buoys that mark their lane along the length of the course.

For a boat to momentarily deviate out of the line marked by the buoys but still pass between all the buoys is not an infraction provided that the boat does not come within five metres of another boat. However, it is reportable and a red flag must be shown at the end of the race with a written report in the normal way.

The rule also says, "They shall keep as far as possible the centre of their lane." The wording appears to conflict with the first part of the rule - "Keep their lane." However, it is not intended to. Competitors are not permitted to race down the side of their lane following the line of buoys that mark the lane. They must follow a line as close to the centre of the lane as they find they are able to do. If a competitor should race very close to the buoy line for 100 metres or more, that is an infraction.

From: *Basic Guides to Officiating* by Rowland Jones

BCU Racing Section - DISCIPLINARY REGULATIONS

By a directive of the BCU Council, these regulations may be applied without alteration to any Specialist Section of the BCU by means of a resolution passed by a general meeting of the Section Specialist Committee. The Racing Section adopted this code of practice at a Special General Meeting in April 1989.

General procedure

- 1.1 A complaint that an individual member of the Union has behaved in a manner that is, or is likely to be, prejudicial to the conduct of a Section event or of a Section training facility, or to the interests of the Section, or to the general interests of canoeing, may be lodged by means of a statement of complaint signed as provided below and setting out the facts on which this complaint is grounded.
- 1.2 A complaint by an affiliated club or by a committee organising an event or training facility shall be signed by two members of the club or organising committee who are BCU members, one of whom must be the chairman or secretary of the club or committee.
- 1.3 A complaint by any other person shall be signed by the person concerned and state that person's address.
2. The complaint shall be sent to the chairman or secretary of the Specialist Executive Committee, who shall take immediate steps to convene the Executive Committee within 30 days to consider the complaint and any rebutting or mitigating statement furnished by the alleged offender.
3. The Section Executive Committee shall ensure that a copy of the complaint is or has been handed personally to the individual member to whom it relates, or has been sent by recorded delivery post to that member, together with an invitation to furnish in writing within 21 days any rebutting facts or mitigating explanation or submission and a notification of the date when the Section Executive will meet to consider them. At the same time the member shall be asked whether he wishes to be present, in which case he may be asked questions, when the complaint is being considered, and informed that if no reply is received within a period of 21 days the section Executive will consider the complaint in his absence on the basis of the facts and statements in their possession. The Section Executive may invite the complainant to comment on the member's reply, and shall supply a copy of any such comments to the member before the meeting.
4. At the meeting the Section Executive Committee shall consider the complaint and any statement made in writing or orally by the member concerned. If the member has asked to be present at the meeting he must have been invited to attend. The Section Executive Committee may question either party, if present, or call on them to supply additional evidence. If the section Executive Committee has not completed its consideration of the complaint within 30 days from the date of the meeting referred to in Regulation 2. above it

BCU FLATWATER RACING COMPETITION RULES

shall be taken to have rejected it, but the complainant may in that event address a complaint to the BCU Council for consideration under Article 8 of the Articles of Association of the British Canoe Union.

5. On completing consideration the Section Executive Committee shall draw up its findings of fact, and may decide:
 - 5.1 To reject the complaint.
 - 5.2 To warn or reprimand the individual member concerned.
 - 5.3 To suspend the individual member from participating in specified section events or training facilities either -
 - 5.3.1 For a period not exceeding 3 months, starting at least 10 days after notification of the decision to the member, or
 - 5.3.2 For a specified number of such events or facilities, not exceeding five in number, consecutively where all that number would not have taken place within the period specified in 5.3.1 above.
 - 5.4 To recommend to the BCU Council that a suspension should be for a longer period, or that the member should be suspended from all BCU membership rights, or expelled from the Union, or that some other specified penalty should be imposed by the Council.

Where the complaint was originally lodged by the Section Executive Committee itself, it shall not impose a penalty under 5.3 above, but may recommend that the penalty be imposed by Council.
6. The Section Executive Committee shall notify the member by recorded deliver post of its findings of fact and of its decision or recommendation and shall inform him of his right of appeal under regulation 8 below, where applicable, and shall send a copy of the notification to the BCU Council.
7. In the case of a decision falling under regulation 5.3.1 or 5.3.2 or involving a recommendation under regulation 5.4, the individual member concerned may appeal to the BCU Council within 10 days of the date of notification, setting out the grounds for appeal in writing: where an appeal is made the penalty shall be treated as in abeyance pending consideration of the appeal by Council
8. The BCU Council shall consider, within 30 days of being notified of the complaint, the Section Executive Committee's findings and decision and give the member an opportunity within a specified time to make orally any further explanation or defence that he desires to submit.
9. The BCU Council's functions under regulation 8. may be performed by a standing Committee appointed for the purpose under Article 42 of the Articles of Association of the BCU.

10. Immediate Discipline

Organisers of events or training facilities in the Section's programme may, without prejudice to the making of complaints under Regulations 1. to 9. above, summarily exclude or disqualify members or competitors for violent or very unreasonable behaviour from the event or session concerned or from subsequent events or facilities held at the same site within 2 months of the offence.

The BCU Racing Committee adopted additional regulations on 1 January 2001 as follows:

11. Code of Ethics

Everyone within the BCU Racing Section is subject to the conditions and ethics as given in Section 5 of the BCU 'Coaching Code' published by the BCU UK Coaching Service, and are required to operate under the same general Sport and Recreation Code of Ethics.

12. Regatta Officials

- 12.1 It is vital for the honourable nature of the Sport that Officials are not subjected to any act that may compromise their position.
- 12.2 Regatta Officials must not be threatened or subjected to harassment, intimidation or abuse. No attempt should be made to persuade Regatta Officials to take an action which is

BCU FLATWATER RACING COMPETITION RULES

dishonest or contrary to the Official's code of ethics or honourable nature of the Racing Regulations. This applies at anytime, in or out of competition. It is incumbent on each Official to report all such acts.

- 12.3 The report should be in writing and sent without delay to the Racing Committee (through the Section Secretary) who will consider the matter in accordance with the Section's Disciplinary Regulations.
- 12.4 In the event of an action taken immediately prior to or during a BCU Regatta, the Official should hand their written report to the Chief Official. The Chief Official with the Regatta Committee must take action in accordance with the Section's Disciplinary Regulations.



ELMBRIDGE CANOE CLUB

INVITE YOU TO TAKE PART IN THEIR 2006 PROGRAMME

Details on www.elmbridgecanoeclub.org.uk

**Easter
Sunday
April 16th
2006**

HALF MARATHON TIME TRIAL - K1 only

For paddlers aged under 16

Held on the Wey Navigation Canal,
Guildford to Weybridge

Classes - Boys and Girls under 12, 13, 14, 15, & 16
(Age as at January 1st 2006)

**Saturday
13th May
2006**

FUN-REGATTA AND TIME TRIALS

200m and 500m K1 time trials and races

3000m K1 and K2 races for all groups

Good introduction to sprint racing for all standards

Coaching Scheme Certificates of Standard awarded

**Sunday
October 1st
2006**

DIVISIONAL MARATHON

(LSE Easter event for 2007)

Division F - K1

Details from:

Di Lawler, Secretary, Elmbridge Canoe Club,
93, Chersey Lane, Staines, Middx TW18 3LQ
TEL 01784 454772
Email: diandroland@hotmail.com

MARATHON RACING

Chairman's Foreword

It is always pleasing to report successes at International races. GB was well represented in 2005 by teams at three major competitions and I thank all those who raced, together with the management teams that supported them. My congratulations go to everyone who raced but I must give a special mention to Anna Hemmings, Andy Daniels and Allen Spencer. Anna's successes have been widely reported. She had excellent races at the European Championships and at the World Championships in Perth in October, where she regained the World Champion title she held in 1999 and 2001. It was also great to see that she won the Champions Award at The Sunday Times Sportswoman of the Year awards. Andy Daniels and Allen Spencer gained two silver medals with superb performances, firstly at the World Cup Race in Crestuma in June and then at the World Championships in Perth where they were pipped at the post by just one second.

On the domestic scene we have a full racing calendar in place for 2006 with over 60 regional Hasler races and 25 other races in the calendar plus many local races outside the calendar. Attendances have been high in some regions, especially in the South. Larger fields place a greater demand on organisers for smooth and efficient race administration. Adequate preparation and good procedures for starts, marshalling and especially results turn a good race into an enjoyable one. Achieve it and numbers are likely to be maintained or increased in future. It is worth all of us refreshing our procedures in an attempt to get the admin as good as we can.

Central to this is the correct and universal use of the HRM computer programme. From 2006 the HRM programme will be used to calculate all promotions and demotions. I would like to see it used at all races. So, if you do not use it at your race or if you want assistance or have any questions, please contact your Regional Hasler Adviser. Having used the HRM programme, please back it up by sending your results in promptly so that all paddlers can quickly be kept abreast of promotions and demotions.

By contrast to the South, clubs in several regions struggle to get attendances above 50 at their races. I repeat my message at the Annual Consultative Meeting and say that the contribution of these clubs to racing is equally valued and I warmly acknowledge the enthusiasm and commitment organisers and competitors in these regions continue to give to the sport.

We have had changes on the Marathon Committee this year. David Green has retired having given long service to the Committee. Graham Simpkin also retired having been calendar compiler in recent years. I thank them both for all that they have given to racing. In their place we welcome Dyson Pendle and Steve Harris who have been elected to the Committee and Diane Bates and James Hinvies have been co-opted.

Finally, I thank everyone who has contributed to the sport of Marathon this past year, coaches, organisers and paddlers. I wish you success in 2006 but most of all that you enjoy your racing.

Brian Gandy
Chairman
December 2005

MARATHON RACING

Marathon Racing Committee

Brian Gandy	Chairman: Selection Committee Chairman Racing Handbook Co-ordinator	GA1074
David Enoch	Secretary: National Champs. Co-ordinator: Trophies	EN1067
Tamsin Phipps	Treasurer	PH1155
Steve Harris		HA1546
Mike Head	Divisional Ranking Officer	HE1502
Peter Jones	Lightnings & Youth Development	JO1100
Roland Lawler	Coach	LA1109
Alan Laws	Newsletter Editor	LA1111
Dyson Pendle		PE1317
Andy Rawson	Hasler Final Co-ordinator	RA1405
Jim Rossiter	GB Team Manager	RO1172
James Smythe	Race Organiser's Information : Calendar Compiler	SM1539

Co-opted Members

Diane Bates	BA1485
James Hinves	HI1515
Alan Williams	WI1215

Selection Committee

Brian Gandy, John Anderson, Alan Williams, Jim Rossiter
David Enoch, Steve Harris, Roland Lawler, Alan Laws,

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Useful Addresses

CHAIRMAN	Mr B Gandy, 32 Florence Road, Church Crookham, Fleet, Hants, GU52 6LQ. e-mail gandy@adslmail.newnet.co.uk
SECRETARY	Mr D Enoch, 102 Bingham Road, Radcliffe-on-Trent, Notts NG12 2GT e-mail david.enoch@gbc canoeing.org.uk david.enoch2@btoopenworld.com
RACE RECORDS OFFICER	Mrs C M Laws, WRL Ltd, Red Lion Street, Boston, Lincs. PE21 6NY. 01205 311344 e-mail christinelaws@lineone.net
RANKINGS OFFICER	Mr M Head, 33 Lawling Avenue, Heybridge, Malden, Essex, CM9 4YT. 01621 859379 e-mail Mike@headzone.freemove.co.uk
CALENDAR COMPILER	Mr J Smythe, 1 Crescent Lodge, 177 Crescent Road, New Barnet, Herts EN4 9RP e-mail James.Smythe@gcapmedia.com

Regional Hasler Advisers

EASTERN	Mike Head, As above.
LONDON & SE	Jim Rossiter, 101 Whyteleafe Road, Caterham, Surrey, CR3 5EJ. 01883 346631
NORTH WEST	Dave Moore, 41 West Avenue, Rudheath, Northwich, Cheshire, CW9 7ER. e-mail sgurfiona@aol.com
SCOTLAND	Brian Chapman, 193 Binniehill Road, Balloch, Cumbernauld, Scotland, G68 9JH. 01236 457081 e-mail brian.chapman@kpmg.co.uk
SOUTHERN	Andy Rawson, 9 Bramley Green Road, Bramley, Hants, RG26 5UE e-mail andy.Rawson@integralis.com
SOUTH WEST	Mr J May, 24 Trelawney Avenue, Treskerby, Redruth, Cornwall. TR15 1RH. 01209 216943
WEST & EAST MIDLANDS	Peter Jones, 173 Longmore Road, Shirley, Solihull West Midlands, B90 3EL. 0121 7453415
YORKSHIRE	Frank Healy, 46 Manor Park Way, Lepton, Huddersfield, HD8 0AJ 01484 604985
NORTHERN WALES	Unknown at time of going to print. Unknown at time of going to print.

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PART A – REGULATIONS AND ADMINISTRATION

These regulations are bound to the Articles of Association of the British Canoe Union. ("BCU") and were approved by the Board of the BCU ("Board") in December 2004.

1. Title

- 1.1 The Committee shall be called the BCU Marathon Racing Committee.

2. Objectives

- 2.1 The Committee interests itself in all matters arising out of and in connection with canoe and kayak marathon racing in Great Britain.
- 2.2 The Committee's objectives are to encourage club, regional, national and international marathon events.
- 2.3 Its primary responsibilities are:
- a) To organise and conduct National Championships and other competitions on behalf of the BCU.
 - b) To set and publish competition rules and make recommendations for the conduct of national and regional marathons.
 - c) To give advice, guidance, and encouragement to sponsors of marathon racing in Great Britain.
 - d) To select, train and administer teams representing Great Britain in international events.
 - e) To select, train and administer teams representing England in international events.
 - f) To maintain disciplinary regulations.
 - g) To act as final authority in disputes, protests and appeals with regard to marathon racing rules and competitions.

3. Committee

- 3.1 The Committee shall comprise up to 12 persons, being Full Individual Members of the BCU. This total shall include the Chairman, Secretary and Treasurer but does not include national delegates, co-opted members or the representative from the Regional Development Teams.
- 3.2 Members of the Committee shall serve for approximately two years and shall be eligible to stand for re-election at alternate Annual Consultative Meetings. One half of the elected members shall retire at each Annual Consultative Meeting.
- 3.3 The Chairman of the Committee shall be elected at the Annual Consultative Meeting and shall serve until the next Annual Consultative Meeting and be eligible to stand for re-election.
- 3.4 Persons who are employees of the BCU or National Associations may serve as members of the Committee with the consent of the Board.
- 3.5 The Committee shall appoint from within their membership (including co-opted members), a Secretary, a Treasurer and such other officers the Committee considers necessary for its administration and representation on other committees.
- 3.6 The Chairman has a seat on the World Class Management Group and the Committee shall appoint a representative to sit on the Sports Management Committee (SMC).
- 3.7 One representative of the marathon racing representatives on the English Regional Development Teams shall be entitled to attend meetings of the Committee as a non-voting member.

4. Co-Options

- 4.1 Committee may co-opt not more than three Full Individual Members to serve on the Committee until the next Annual Consultative Meeting. Co-opted members shall have the same voting rights as other Committee members.

5. Nominations

- 5.1 Nominations of candidates for election at the Annual Consultative Meeting shall be made to the Secretary of the Committee in writing supported by the signatures of two Full Individual Members of the BCU and must reach the Secretary not less than 30 days prior to the Annual Consultative Meeting.

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6. Proceedings of the Committee

6.1 The Committee shall meet at least twice in each calendar year and shall report to the SMC, which in turn shall report to the Board.

6.2 At least seven days notice of meetings shall be given in writing (by post, email or fax) to all members of the Committee.

6.3 The Secretary shall keep minutes of the proceedings of the Committee and of the Annual Consultative Meeting. Copies of the minutes shall be sent to the SMC. Copies of the agenda and minutes shall be sent to the regional marathon racing representatives.

6.4 Six of the members entitled to attend and vote at a meeting shall form a quorum of the Committee. Voting shall be by show of hands only and each member shall have one vote.

6.5 The Treasurer shall keep such books of account as the Board and the Committee may from time to time direct. The accounts of the Committee shall be submitted annually to the SMC, made up to 31 October. Approved costs of members attending meetings shall be paid.

7. General Meetings

7.1 An Annual Consultative Meeting shall be held in each calendar year at the National Marathon Championships.

7.2 At least 21 clear days' notice of the date, time and place of General Meetings shall be given to each affiliated club that has registered its interest in marathon racing with the Committee. The agenda for a General Meeting, details of the business to be discussed at the meeting and of the persons nominated for election shall accompany the notice of meeting.

7.3 The business of the Annual Consultative Meeting shall be:

- (a) to receive the report of the Chairman;
- (b) to receive a summary statement of accounts;
- (c) to elect persons nominated to serve on the Committee, including the Chairman.
- (d) to consider any items included in the notice of meeting. Any conclusions reached on such items shall stand as recommendations for further consideration by the Committee.

7.4 Only business notified in the notice of meeting shall be transacted.

7.5 Any item for the agenda at the Annual Consultative Meeting shall be submitted to the Secretary of the Committee in writing supported by the signatures of two Full Individual Members of the BCU and must reach the Secretary not less than 30 days prior to the Annual Consultative Meeting. Other items may be discussed at the discretion of the Chairman.

7.6 No business shall be transacted at any General Meeting unless a quorum of members is present at the time the meeting proceeds to do business. A quorum shall be eight Voting Members.

7.7 The Chairman of the Committee shall preside at General Meetings. If the Chairman is known to be unable to attend or if he remains absent 30 minutes after the scheduled start time of the meeting, the voting members present may choose a voting member to take the chair.

7.8 "Voting Member" means any club or organisation affiliated to the BCU who participate in and have registered an interest in marathon racing. Each voting member represented at a General Meeting by a Full Individual Member shall be entitled to one vote.

7.9 The Chairman shall not be entitled to vote otherwise than when a casting vote is required.

7.10 Voting shall be by show of hands unless two or more voting members are present or the Chairman request a poll.

7.11 A General Meeting may be called at any time at the discretion of the Committee or by notice in writing to the Secretary by not less than 10 voting members. Such notice must state in the form of a motion the business to be discussed and be signed on behalf of the voting members. The Committee shall convene a General Meeting within 60 days of receipt of such notice.

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8. Sub-committees

- 8.1 The Committee may, with the prior approval of the SMC, appoint a sub-committee, standing or otherwise, for a specific period and with a specific brief. The Committee shall appoint one of its number to chair the sub-committee and all members shall be Full Individual Members of the BCU. The Committee shall supervise and be responsible to SMC for the work of its sub-committees and shall fund its sub-committees from within its set approved budget.

9. Financial Budget

- 9.1 The Committee shall set a specific annual budget each year for approval by the SMC.

10. Trophies

- 10.1 The Committee shall approve the list of trophies which are the property of the committee and are awarded each year. The Committee will also determine and publish the basis for competition for these trophies.

11. National Championships

- 11.1 Each year the Committee shall organise or nominate a Championship Marathon event.
- h) The course must be typical of present courses.
 - i) The winners of the classes shall be considered the National Marathon Racing Champions in their respective classes.
 - j) Clubs wishing to stage the National Marathon Racing Championships should apply to the Committee (by the end of May two years preceding the Championships). The venue for the following year shall be announced at each National Championships.
 - k) The Committee shall appoint a Chief Official from outside the organising club to oversee the running of the National Championships. He/she will be the liaison between the Committee and the organising club, and will be empowered to approve such things as courses, entry fees, distance and the difficulty of courses, start times etc.
 - l) The organising club will provide a set of accounts of the event to the Committee by the end of December.
 - m) Sponsorship deals for the event shall be approved by the Committee.
 - n) The event shall be called the British National Open Marathon Racing Individual and Team Championship.

PART B - 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.

2. BEHAVIOUR

- a. Canoeing is a non contact sport and competitors shall race in a fair manner.
- b. 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.
- c. 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.
- d. All paddlers will wear appropriate clothing when racing. This is a minimum of singlet and shorts. These should preferably be in club racing colours.

3. THE RACING STRUCTURE

The marathon racing system has been designed to encourage all levels of competitor from the raw beginner to top class internationals. There are five categories of race: -

GROUP A

These races will appear in the Racing Handbook calendar. For these races the race levy must be paid and competitors need to be BCU, WCA, SCA or CANI comprehensive members (see Rule 13).

- a) Divisional races approved by the Marathon Committee.

Promotions between divisions will take place based on the results of these races.

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- b) Races and time trials approved by the Marathon Committee but not in the divisional system such as stage marathons, descents, Royal K1, Richmond K2, Thameside etc.
- c) The National Championships.

GROUP B

- d) Those races in the regions and at clubs that do not appear in the calendar. These will include handicap and fun marathons and junior *Lightning* races [see Rules 49-57]. 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.

GROUP C

- e) Races approved by the Marathon Committee but organised by outside bodies such as the D.W. Committee.

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, he shall declare before 1st September to the Race Records Officer of the Marathon Committee the name of the club for whom he will race the following racing year. When a competitor changes his club in mid season, he is permitted to compete for his new club, instead of his old, 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.

5. SAFETY

Competitor responsibility

- a) Competitors must render their boats sufficiently buoyant to remain afloat and to support the crew in rough water in the event of capsizing.
- b) Competitors must be able to swim adequately in the waters on which the race is being held.
- c) On open water adequate spray covers must be worn.
- d) All paddlers are required to render assistance to other competitors in distress.
- e) The wearing of life jackets or buoyancy aids is compulsory for all paddlers ranked in divisions 7, 8 and 9 irrespective of the race they are entered in. This applies to singles and doubles races.
- f) Life jackets and buoyancy aids will conform to BCU/BCMA STANDARD BA83.

Team Leader responsibility

- g) Team Leaders should decide if paddlers under 16 years of age in the higher divisions should wear life jackets or buoyancy aids.

Race Organiser responsibility

- h) 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 5e) depending on weather and water conditions. Such equipment must be provided by the competitors.
- i) The penalty for infringing any safety rule is disqualification from the race.

6. DISCIPLINE

Marathon racing is subject to the BCU Disciplinary Code and to the Disciplinary Regulations, clauses 1–12.4 inclusive, [see D21-D23]. These apply to all marathon races.

For the avoidance of doubt, any complaint that an individual member of the Union (competitor or non-competitor) has behaved in a manner described in clause 1.1 of the Disciplinary Regulations shall be lodged with the race Protest Committee in the manner described in Marathon Racing Rule 17(h) (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.

7. DRUGS

Marathon racing is subject to the BCU Doping Control Rules [see Pages 12 & 13 at front of Handbook].

8. BROKEN PADDLES / BOAT

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

9. WASH HANGING

Competitors must not hang on the washes of powered craft.

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.

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

single kayak	max length 520cm
double kayak	max length 650cm
single canoe	max length 520cm
double canoe	max length 650cm
double touring canoe	max length 550cm

Boats 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.

12. BCU MEMBERSHIP

All competitors in GROUP A and Lightning races must be COMPREHENSIVE BCU, WCA, SCA or CANI members. Membership numbers must be quoted on entries and results and a valid membership card or photocopy **must** be produced at race check in. Those unable to prove membership will be required to pay an extra Event Fee of a minimum of £2.50 and a maximum of £5.00. This covers the organisers for insurance purposes. The exceptions are juniors ranked in divisions 7, 8 & 9 and Lightning competitors who are members of clubs with registered junior sections who should produce their registered junior section card instead.

Upon promotion to Division 6 there is a period of grace of 4 weeks during which a junior, racing with a registered junior section card, must become an individual comprehensive member of the BCU/WCA/SCA/CANI.

13. RACE LEVY SCHEME

At all GROUP A races, published in the Racing Handbook, there will be a race levy of £1.00 for each senior and veteran paddler by age, as recognised by their BCU, WCA, SCA or CANI membership, and 50p for each junior paddler by age, as recognised by their membership. The levy to be charged on all paddlers booked 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 together with the race results to the Race Records Officer. **All levies to be sent within 7 days of the race.** Cheques should be made payable to the BCU Marathon Racing Committee. Race results may be e-mailed to the Race Records Officer but **if so please do not forget to send a cheque for the race levy by post.**

14. RACE REGISTRATION

The organiser of a GROUP A race must apply 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 the Union and may appeal through the Marathon Committee in cases of dispute or difficulty. *[See also BCU Disciplinary Code].*
The registration fee will be the race levy described in rule 13.

15. BOAT NUMBERING

At all GROUP A races competitors shall number their boat for a race in the following manner. Paddlers racing in singles divisions 1-8 and all K2 divisions must display vertical number plates. The number plate must be yellow or white and displayed vertically in a slot placed on the middle of the back deck about 15cm behind the cockpit in the case of kayaks and on the front deck in the case of canoes. The slot will be fitted with a locking pin. The dimensions of the plate will be 200mm long x 150mm high with the top corners rounded to a 10mm radius.

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Paddlers ranked in Division 9, Lightning, 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. The characters on the vertical number plate will be the same standard as a car number plate and **MUST** be **CLEARLY LEGIBLE** from 25 metres. This applies to both sides of vertical number plates.

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.

16. ASSESSMENT RACES

Assessment races will be picked by the Marathon Committee as the most suitable races for determining the members of British teams and the race organisers will be advised by March 1st each year via the Canoe Racing Handbook. At these races, assessment classes may be separated from other race classes and may be run over the same or different courses.

17. ORGANISATION OF GROUP A RACES

- a) Race Organisers **must** be affiliated to the British Canoe Union.
- b) The race shall be open to amateur 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) After the race the Race Organiser shall issue complete results sheets to all competitors who provide stamped, addressed envelopes.
- 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 or augmented for late entries.
- g) **Within 7 days of the race** the Race Organiser must remit the race levy together with the race results in accordance with rule 13.
- h) Changes of class/division and late entries shall be permitted if the organiser so wishes. Information regarding late entries and class/division changes should be available to competitors at least 30 minutes before the start time of the class/division concerned.
- i) The Race Organiser shall provide a Protest Committee consisting of four 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 the BCU and Marathon Racing Rules.
- 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.

18. ORGANISATION OF GROUP B RACES

- a) For these races competitors do not have to be BCU, WCA, SCA or CANI 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 Races

19. Regional divisional races are GROUP A races and all of rules 1 -17 above shall apply.

20. THE DIVISIONAL SYSTEM

- a) At a divisional event there are separate singles races for each of divisions 1 - 9 and separate doubles races for divisions 1/2, 3/4, 5/6, 7/8 and 9.

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- b) It is recommended that entry into the divisional system should be based on the standards detailed in the Sprint Section "Standards for Racing".
- c) Each year a divisional list will be published in the Racing Handbook for divisions 1-8. These lists are checked and any paddler not having competed for two successive seasons is removed from the lists. 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.

21. 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, 1/2 & 3/4 Doubles

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

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

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

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

Course of about 6.5km with the minimum practical hazards.

22. SPECIAL PRIZES

Race organisers are encouraged to give prizes for special groups of paddlers e.g. first under 16, first C1. In particular they are strongly recommended to give a prize for the first woman in each division and for the highest placed TC2. This kind of encouragement is particularly important in the divisional system.

23. SEPARATE STARTS

Each class of six or more starters must start separately.

24. HANDICAP SYSTEM FOR LOW ENTRIES

If there are less than three entries in a division then the organiser will transfer those entries to another division. Where possible they should be transferred to a race of the same distance so that paddlers are not required to race further than they originally entered. Where there is a choice, transfer to a lower division is preferable to transfer to a higher division. A handicap (if moved down) or an allowance (if moved up) will be used to calculate the results. Transferred paddlers racing in a different division will count for prizes but will be ignored in calculating promotions and 'D' notices. The handicap or allowance, per division moved, to be:-

20km course	3 minutes for singles ; 6 minutes for doubles
13km course	2 minutes for singles ; 4 minutes for doubles
6.5km course	1 minute for singles ; 2 minutes for doubles

25. COMPETING IN A CREW BOAT

A paddler is normally ranked on singles performances. However when competing in doubles events the competition ranking shall be the average of the paddlers individual rankings (all halves rounded down). All paddlers competing in crew boats must show their singles ranking on the entry form and these rankings **must** be shown on the results.

eg. Paddler A = Div.5 and Paddler B = Div.8. $5 + 8 = 13$, average = $6\frac{1}{2}$ so the competition ranking = 6 and the entry would be div.5/6

26. PROMOTIONS

- a) Promotions between the divisions throughout the season will be based on the table "Standards for Racing" set out on page {B1} ("the Table"). Column HC of the Table assumes a World Champion takes 60 seconds to paddle a given course and ranks paddlers in singles divisions from 1 to 9 based on the number of additional seconds it would take for competitors to cover that same course. P/D Factor expresses these same times as factors. For example, a top ranking paddler in division 7 would be expected to take 90 seconds giving a P/D Factor of 1.5.

- b) Promotions will be calculated on the following principles on the basis of singles results subject to the other provisions of this rule 26;

Divs. 1, 2

Promotions to divisions 1 and 2 will be calculated by taking the times at each race of the mid-placed paddler in divisions 1, 2 and 3 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 1 and 2 to give the times for promotion to divisions 1 and 2.

Divs 3, 4 and 5

Promotions to divisions 3, 4 and 5 and above 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

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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.

[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 26(k) where considered appropriate.
- d) Status in canoe will not affect status in kayak and vice versa.
- e) Generally no woman or canoe paddler will be promoted higher than division 3; no male junior kayak paddler higher than division 2 and no female junior paddler higher than division 4.
- f) No promotions will be made under Rule 26 (b) where there are fewer than 5 starters in any race. However, the Ranking Officer in consultation with the Regional Hasler 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.
- g) 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.
- h) Where the HRM computer results system is used at a race, promotions will be immediate from the day of the race. Where the HRM system is not used at a race, a promoted paddler is deemed to be promoted when his club receives written notification from the Race Records Officer. All promotions, including those at races where the HRM is not used, will be advised to Team Leaders by the Race Records Officer as soon as practicable.
- i) Once promoted, paddlers **must** race in their correct division, or higher division, except under the provisions of rules 24 or 25. Any competitor found racing in a lower division, singles or doubles, except under the provisions of rules 24 and 25, 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 2006 at a race designated as H2007 can still race in div. 6 at the 2006 Hasler Final but must race in div. 5 at all other races.)
- j) All paddlers, both from within the region and from other regions are eligible for promotions. The only exceptions are paddlers transferred from another division under rule 24 (handicap system for low entries).
- k) 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

27. DEMOTIONS

- a) Demotions between the divisions throughout the season will be based on the table "Standards for Racing" set out on page {B1} ("the Table").
- b) Demotions will be calculated on the following principles on the basis of singles results subject to the other provisions of this rule 27;

Divs. 2, 3 and 4

Demotions to divisions 2, 3 and 4 will be calculated by taking the times at each race of the mid-placed paddler in divisions 1, 2 and 3 divided by the Mean Factor for each of these three divisions. The average of these calculations will be multiplied by the Demotion Factor for divisions 2, 3 and 4 to give the times for demotion to divisions 2, 3 and 4.

Divs 5, 6 and 7

Demotions to divisions 5, 6 and 7 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 Demotion Factor for divisions 5, 6, and 7 to give the times for demotion to divisions 5, 6 and 7.

Divs 8 and 9

Demotions to divisions 8 and 9 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 Demotion Factor for divisions 8 and 9 to give the times for demotion to divisions 8 and 9.
[The above is an outline description of the demotion process. The detailed bases for

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calculations are available by post or email from the Secretary, Marathon Racing Committee.]

- c) Demotions may take place on either singles or doubles performances. Performances in doubles divisions will be monitored by the Ranking Officer and demotions made under Rule 27(j) where considered appropriate.
- d) Status in canoe will not affect status in kayak and vice versa.
- e) No demotions will be made under Rule 27(b) where there are fewer than 5 starters in any race. However, the Ranking Officer in consultation with the Regional Hasler Adviser may amend or dispense with this limit if persistently low numbers in a division are clearly preventing the demotion system from operating as intended.
- f) Demotions arising from the result of any one race will be limited to one division.
- g) Where the HRM computer results system is used at a race, demotions will be immediate from the day of the race. Where the HRM system is not used at a race, a demoted paddler is deemed to be demoted when his club receives written notification from the Race Records Officer. All demotions, including those at races where the HRM is not used, will be advised to Team Leaders by the Race Records Officer as soon as practicable.
- h) Once demoted, paddlers **may** race in that lower division, or choose to race in a higher division, except under the provisions of rules 24 or 25. The exception is for demotions awarded at races held at the beginning of a new racing season and before the Hasler Final held in that year. These demotions will not apply at the Hasler Final of the current season but will apply to all other races. (E.g. A div. 6 paddler demoted to div. 7 in September 2006 at a race designated as H2007 must race in div. 6 at the 2006 Hasler Final but may race in div. 7 at all other races.)
- i) All paddlers, both from within the region and from other regions are eligible for demotions. The only exceptions are paddlers transferred from another division under rule 24 (handicap system for low entries).
- j) 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 Regional Hasler Races

28. Regional Hasler races are GROUP A Divisional races and all of rules 1-17 and 19-27 above shall apply.

29. 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 'H2007'. There is a national Hasler Final which in 2006 will be held on September 17th at Bedford.

30. REGIONS

The regions are defined as the BCU regions for England plus Scotland East, Scotland West, 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. It is hoped that eventually there will be enough races in each region for clubs to count their best 8 or 9 results from the total number of races.

31. DIVISIONS

Race Organisers must offer races for either division 1 singles or division 1/2 doubles and for singles divisions 2-9 and doubles divisions 3/4, 5/6, 7/8 and 9 at all events except where varied as agreed with the Regional Hasler Adviser.

32. 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.

33. 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% or 115% calculations if they are the fastest boats not promoted.
- b) To be included for points, clubs must be affiliated to the British Canoe Union.
- c) All competitors in both singles and doubles **must** show their singles ranking at race check-in. Competitors not doing so will not score points in the regional competition and may not count the race as eligibility to compete in the final.
- d) The points system will be as follows.
 - i) Divisions 1-9 singles and 1/2, 3/4, 5/6, 7/8 & 9 doubles will count for points.

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- ii) Points will be awarded per paddler in both singles and doubles - 20 for 1st, 19 for 2nd, 18 for 3rd and so on down to 2 points for all paddlers who finish a singles race within 110% of the time of the fastest boat not promoted or who finish a doubles race within 115% of the time of the fastest boat not promoted. One point only for paddlers who finish outside the 110% or the 115% limit irrespective of their position. This to apply to all races except division 9 singles and doubles which will receive 20 for 1st, 19 for 2nd, 18 for 3rd and so on down to 2 points for all paddlers who finish.
- iii) Transferred paddlers racing in a different division under the provisions of rule 24 will count for Hasler points.
- iv) Paddlers in a separate assessment race at a Regional Hasler event will not score Hasler points.
- v) Each club will count its six best scoring singles boats from any divisions and its three best scoring doubles boats from any divisions. Only the scores from three 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.

Rules Applying to the Hasler Final

34. The Hasler Final is a GROUP A Divisional race and all of rules 1-17 and 19-27 above shall apply except rule 25 (crew boats) that is replaced by rule 38.

35. CLUB ELIGIBILITY

- a) The top 4 scoring clubs from each region (8 clubs from the combined Midlands region) as determined by the regional Hasler competitions, plus a team from the Combined Services and from the Isle of Wight, may compete in the Hasler Final at the end of the season. 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 compete in 3 qualifying events at his or her current ranking, during the season to be eligible for the final. The exceptions are Div.1 senior kayaks, Div.2 junior kayaks, Div.3 women kayaks and Div.3 canoes who must compete in 2 qualifying events.
- b) Qualifying events are regional Hasler races and all assessment races for that season. This does not include races designated for the following Hasler season. Also a paddler may count competing in the National Championships on one or both days as one qualifying race. 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 competed in 3 qualifying events in singles. The exceptions are paddlers already ranked in their highest division (Div.1 senior kayaks, Div.2 junior kayaks, Div.3 women kayaks and Div.3 canoes) although they must still comply with rule 36a.
- e) Regional Champions are eligible to compete in the final, provided they have complied with rules 36a-d, even if their club has not qualified for the final. Regional Champions are eligible for medals and trophies but will not score Hasler Final points. They will be ignored in calculating the Hasler Trophy clubs competition results.
- f) A paddler can only compete in one race at the final.
- g) The Regional Hasler Adviser will check the eligibility of paddlers from his region for the final. The Race Records Officer will be able to produce listings on request to help clubs and Hasler Advisers carry out this task.

37. CLASSES

There will be races for singles divisions 1-9 and doubles divisions 1/2, 3/4, 5/6, 7/8 & 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 on the entry form. Competitors not doing so will not score points.
- b) Point scoring at the final will be as described in rule 33d (i), (ii), (iii) & (v).

40. TROPHIES

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- a) The *Hasler Trophy* will be awarded to the club scoring the most points at the final
- b) The *Regional Trophy* will be awarded to the region with the highest aggregate score at the final from their three highest scoring clubs.
- c) The *Adam Thomasson Trophy* will be awarded to the winner of the Div.2 race at the final.
- d) The *Ross Warland Memorial Trophy* will be awarded to the highest placed junior in the Division 4 race at the final.
- e) The *Committee Cup* will be awarded to the highest placed junior woman K1 in the highest division at the final.
- f) The *Ken Pereira Cup* will be awarded to the highest placed junior C1 in the highest division at the final.
- g) Individual Senior, Woman and Junior Regional Champions will be identified from the regional Hasler competitions. These will be the individuals scoring the highest number of points, in the appropriate division for the final trophy award, in their own regional races. These Regional Champions are eligible for the following trophies at the final:-
 - i) The *Rhodes White Trophy* will be awarded to the Senior Regional Champion who gains the most points in Div.1 at the final.
 - ii) The *David Shankland Trophy* will be awarded to the Woman Regional Champion who gains the most points in Div.3 at the final.
 - iii) The *Barber Trophy* will be awarded to the Junior Regional Champion who gains the most points in Div.2 at the final.
- h) The *Bill Sparks Trophy* will be awarded to the highest placed Veteran K2 at the final.

Rules Applying to the National Championships

41. The National Championships is a GROUP A race and all of rules 1-17 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) There must be at least 3 entries for a National Championship or Divisional Championship race to take place.

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 Mens kayak races of the same or higher ranking.
- c) All ages are calculated at 1st January of the year of the Championships.

44. NATIONAL CHAMPIONSHIP CATEGORIES

- a) There will be separate races for men's kayak, women's kayak and men's canoe in all age categories in both singles and doubles except the U12 and U10 categories where there are only kayak singles classes.
- b) **Senior paddlers** will race over a course of approximately 26km. The winners of these races shall be deemed the:-
 - Senior Men's National Kayak Marathon Champion of Great Britain.*
 - Senior Women's National Kayak Marathon Champion of Great Britain.*
 - Senior Men's National Canoe Marathon Champion of Great Britain.*
- c) **Paddlers aged under 23** will race over a course of approximately 26km. The winners of these races shall be deemed the:-
 - Under 23 Men's National Kayak Marathon Champion of Great Britain.*
 - Under 23 Women's National Kayak Marathon Champion of Great Britain.*
 - Under 23 Men's National Canoe Champion of Great Britain.*
- d) **Paddlers aged under 18** will race over a course of approximately 20km. The winners of these races shall be deemed the:-
 - Under 18 Men's National Kayak Marathon Champion of Great Britain.*
 - Under 18 Women's National Kayak Marathon Champion of Great Britain.*
 - Under 18 Men's National Canoe Marathon Champion of Great Britain.*
- e) **Paddlers aged under 16** will race over a course of approximately 13km. The winners of these races shall be deemed the:-
 - Under 16 Men's National Kayak Marathon Champion of Great Britain.*
 - Under 16 Women's National Kayak Marathon Champion of Great Britain.*
 - Under 16 Men's National Canoe Champion of Great Britain.*

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- f) **Paddlers aged under 14** will race over a course of approximately 6.5km. The winners of these races shall be deemed the :-
Under 14 Men's National Kayak Marathon Champion of Great Britain.
Under 14 Women's National Kayak Marathon Champion of Great Britain.
Under 14 Men's National Canoe Marathon Champion of Great Britain.
- g) **Paddlers aged under 12** will race over a course of approximately 3.5 km. The only competitors eligible for this event are paddlers in Lightnings ranked below Division 8. The winners of these races shall be deemed the:-
Under 12 Men's National Kayak Marathon Champion of Great Britain
Under 12 Women's National Kayak Marathon Champion of Great Britain.
- h) **Paddlers aged under 10** will race over a course of approximately 3.5 km. The only competitors eligible for this event are paddlers in Lightnings ranked below Division 8. The winners of these races shall be deemed the:-
Under 10 Men's National Kayak Marathon Champion of Great Britain.
Under 10 Women's National Kayak Marathon Champion of Great Britain.
- i) **Paddlers aged 34 or over** will race over a course of approximately 20km. The winners of these races shall be deemed the :-
Veteran Men's National Kayak Marathon Champion of Great Britain.
Veteran Women's National Kayak Marathon Champion of Great Britain.
Veteran Men's National Canoe Marathon Champion of Great Britain.
- j) **Paddlers aged 44 or over** will race over a course of approximately 13km. The winners of these races shall be deemed the :-
Over 44 Veteran Men's National Kayak Marathon Champion of Great Britain.
Over 44 Veteran Women's National Kayak Marathon Champion of Great Britain.
Over 44 Veteran Men's National Canoe Marathon Champion of Great Britain.
- k) **Paddlers aged 54 or over** will race over a course of approximately 6.5km. The winners of these races shall be deemed the :-
Over 54 Veteran Men's National Kayak Marathon Champion of Great Britain.
Over 54 Veteran Women's National Kayak Marathon Champion of Great Britain.
Over 54 Veteran Men's National Canoe Marathon Champion of Great Britain.
- l) Where crew members in doubles races are in different categories they must race in a category for which they are both eligible.

45. DIVISIONAL CATEGORIES

- a) There will be separate races in singles for each of divisions 1-9 and in doubles for divisions 1&2, 3&4, 5&6, 7&8 and 9.
- b) Paddlers will race in their ranked division irrespective of age, sex or boat type.
- c) Paddlers in singles divisions 1, 2 & 3 and in doubles divisions 1&2 and 3&4 shall race over a course of approximately 20km.
- d) Paddlers in singles divisions 4, 5 & 6 and in doubles divisions 5&6 shall race over a course of approximately 13km.
- e) Paddlers in singles divisions 7, 8 & 9 and doubles divisions 7&8 and 9 shall race over a course of approximately 6.5km.
- f) The winners of these races shall be deemed *Divisional Champions*.
- g) Where crew members in a doubles race are ranked in different divisions the competition ranking shall be determined in accordance with rule 25.
- h) Where a race is inquorate [see rule 42b] the paddlers may transfer to another division as allowed by rule 24 but they will not be eligible for the Divisional Champion title or medals.

46. TEAM COMPETITION

- a) Points will be awarded per paddler both in singles and doubles races - 20 points for the winner then 19, 18, 17 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) A trophy, *The Spanish House*, will be awarded to the club scoring the most points at the National Championships counting all categories in Rules 44 and 45.
- d) A trophy, *The Spanish Galleon*, will be awarded to the club scoring the most points in the under 12 and under 10 age categories (Rules 44 (g) and (h)).

47. PROMOTIONS & DEMOTIONS

Although no automatic promotions will take place at the championships, the Marathon Committee may exercise their right under rules 26 and 27 to promote or demote on the basis of the results.

48. HASLER QUALIFICATION

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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 Marathon Lightning Series

49 THE SERIES

- a) Race Organisers of Regional Hasler Trophy events are encouraged to include Lightning races that qualify for the Marathon Lightning Series in which teams compete for the Geoff Sanders Memorial Trophy.
- b) The series will run from 1 September each year for 12 months.
- c) The series will run alongside the Hasler series events but is not part of the Hasler Series.
- d) Races for the four classes will be included at the Hasler Final, but will not qualify for Hasler Trophy points.

50 QUALIFICATION

- a) To qualify for the series, paddlers must compete in a Pyranha Lightning Junior K1.
- b) Race organisers may allow junior paddlers to compete in boats other than Lightnings but these boats must be separately identified in the results to ensure Lightning points are correctly recorded.
- c) There is no minimum qualification for a paddler to race at the Hasler Finals event and paddlers may enter that event regardless of whether or not their club has qualified for the Hasler Trophy Finals.
- d) All ages are calculated as at 1st January preceding the date of each race.

51 COURSE

Courses to be 2 - 4 Km. with no hazards.

52 CLASSES

- a) There will be four classes: boys under 10; girls under 10; boys under 12; girls under 12.
- b) Only paddlers ranked below division 8 are eligible to compete in Lightning races.
- c) Race organisers are expected to award medals to the first three places in each class.

53 POINTS

- a) Points will be awarded for all four classes at regional races: 10 points for the winner, 9 for second and so on down to 1 point for 10th and all other paddlers who finish.
- b) Points will be awarded at the Hasler Finals for all four classes: 20 points for the winner, 19 for second and so on down to 2 points for all other paddlers who finish.
- c) All paddlers entering a regional race qualify for points, including those paddling out of region.
- d) At the end of August each individual paddler's best two scores from regional races will be included in their club's total for the year to which will be added points awarded at the Hasler Finals race held in the September of that same year.
- e) The club team with the most points will be awarded the Geoff Sanders Memorial Trophy at the end of races at the Hasler Finals.

54 RESULTS

Results of all Lightning races should be forwarded to the Lightning Co-ordinator, Peter Jones, 173 Longmore Road, Shirley, Solihull, B90 3EL to compile the Lightning Team Trophy results

55 SAFETY

- a) The wearing of life jackets or buoyancy aids is compulsory for all paddlers
- b) The requirements of Rule 5 above must be observed in all respects.
- c) Race organisers must conduct a specific risk assessment for Lightning class races and provide adequate safety cover over the whole course (e.g. rescue boats) where considered necessary.

56 PROMOTIONS

The Lightning programme aims to introduce young paddlers into marathon racing and it is important that paddlers do not remain too long in the class. Paddlers in the under 12 age group will therefore be monitored and, having scored more than 40 points in a season, be recommended by the Lightning Marathon Co-ordinator to transfer to Division 9 K1.

As part of their long term development young paddlers are encouraged to compete in Division 9 races without affecting their eligibility to race in Lightnings. For this reason the Marathon Committee declined to recommend separate junior Hody K2 races.

57 RACE LEVY/EVENT TICKET

Lightning races are classed as Group B races and thus no race levy will be charged. However, paddlers

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who are not BCU registered members or members of a club with a registered youth section should purchase an Event Ticket to provide insurance cover. To promote racing at this introductory level, the MRC recommends a standard entry fee of £2.50, to include where necessary the Event Ticket charge.

PART C - 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 hailer that it is the responsibility of the race organiser to provide.

2. STARTING PROCEDURE

- a) An audible warning will be given 5 minutes before the first start. From that time on, no paddler is to pass in front of the marshalling line. All paddlers who are already in front of the marshalling line have 3 minutes to get behind it.
- b) A second audible warning will be given 2 minutes before the first start. Any paddler in front of the marshalling line will be penalised. No paddler is to go in front of the marshalling line until instructed by the marshal.
- c) Once released by the marshal, the paddlers will be under the starter's control. Any paddler going in front of the start line before the 'GO' will be penalised.
- d) For each contravention of the above rules, a 2 minute penalty will be imposed.
- e) Note that the Marathon Team selectors have been instructed by the Executive Committee that they should use the results INCLUDING any penalty, as the basis for selection.

3. APPROVED STARTERS LIST

Roland Lawler	Andy Rawson	David Green	Shaun Caven
Paul Ralph	Brian Chapman	Alan Laws	Margaret Chapman
George Oliver	Jim Rossiter	Tamsin Phipps	Melvin Swallow
Brian Greenaway	Dave Phillips	Alan Williams	Sarah Swallow
Andrew Dawson	Alan Feldus		

PART D - RECOMMENDATIONS

These recommendations are intended to guide organisers and others in the provision of acceptable races.

1. ADVANCE INFORMATION

Do not attempt to run a race without visiting a few to find out how things work. Advance information sent out to competitors and clubs should at least set out 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) Address to which entries and enquiries should be sent, and if possible a corresponding telephone number.
- e) Entry fees and to whom these should be payable.
- f) Locations of start and finish, and directions for getting to these places.
- g) Time of start and closure of checking in.
- h) Brief description of the course, sufficient to give a newcomer the general picture of the type of course and warning of any details of the course that they should inspect in advance.
- i) Any special regulations that competitors should be aware of before they arrive.
- j) Any major changes since last year.
- k) An entry form asking for full details of competitors.

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2. SAFETY

Safety measures are largely at the discretion of the organiser, since adequate measures vary considerably with course and conditions. Unnecessary precautions are wasteful and irksome, but inadequate precautions can lead to disaster. It is a stipulation that all paddlers ranked in Divisions 7, 8 and 9 or competing in Lightning and fun races wear a buoyancy aid [Rules 5 (e) and 55 (a)]. On the open sea it is probably wise to insist on buoyancy aids for all. On open water, rescue boats are very important. It does not take long to paddle half a mile out to sea, but it takes a long time to swim back, especially in cold water. A weir may be trivial to a fresh paddler but a different story to one who has just raced 15 miles. It is sometimes a good idea to position frogmen below a weir to pull people and equipment out as they drift past, but make sure that all rescuers are competent. An incompetent rescuer can be more of a hindrance than a help.

An important precaution is to make sure that no-one is stranded or lost halfway round the course. On open water races it is important to account for everyone. On calm water it is usually sufficient to have a back marker paddle over the course at the tail of the race.

3. BRIEFING AND CONTROL

- a) There may be a wide range of ambitions present at the race - some people go for a pleasant paddle, some with Olympic hopes. Try not to let them stumble over each other. Both parties are aggravated when a fast crew is confronted by a slow crew blocking a critical portage. Let the fast classes start first. Local conditions and variations in the course for different classes should be taken into consideration when arranging the start order.
- b) Every boat should be inspected at check-in to ensure it is numbered clearly, correctly and durably. Although it is the competitor's responsibility to number their boat, it is human nature that some will fail in this responsibility. Have with you the wherewithal to number boats and use it when the occasion demands.
- c) It is customary to deliver a briefing shortly before the race. This is the time to explain the starting procedure and order, to describe any special features of the race course and to emphasise any special regulations.
- d) Ensure that the course is clearly marked at all points where there could be doubt. Marshals should be positioned at turning points, and should tick off numbers on a check list. It is desirable to position marshals at portages and shoots. The marshals should keep the passage clear for competitors, keep spectators and competitors off forbidden land and report any misdemeanors to race control. A marshal's directions should override any prior instructions. A marshal should be clearly identifiable.

4. STARTING ORDER

- a. The order in which the various classes or divisions are started 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. In practice, a perfect start order is not possible because of the wide variety of speeds within any one class and sometimes the complicating factor of multi lap courses.
- b. The following is the recommended start order. Not all of these classes will necessarily run at any one race.

- | | |
|-------------------------------------|-------------------------------------|
| 1. Senior Men K2 Assessment race | 14. Division 3 Singles |
| 2. Division 1/2 K2 | 15. Division 4 Singles |
| 3. Junior Men K2 Assessment race | 16. Senior Men C1 Assessment race |
| 4. Senior Men K1 Assessment race | 17. Junior Men C1 Assessment race |
| 5. Division 1 K1 | 18. Junior Women K1 Assessment race |
| 6. Division 3/4 Doubles | 19. Division 5 Singles |
| 7. Division 2 K1 | 20. Division 7/8 Doubles |
| 8. Junior Men K1 Assessment race | 21. Division 6 Singles |
| 9. Senior Women K2 Assessment race | 22. Division 7 Singles |
| 10. Senior Men C2 Assessment race | 23. Division 9 Doubles |
| 11. Junior Women K2 Assessment race | 24. Division 8 Singles |
| 12. Division 5/6 Doubles | 25. Division 9 Singles |
| 13. Senior Women K1 Assessment race | |

5. STARTING

- a. A clean start is important and difficult to achieve. Most people can start the lower ranks of competitors in order but a strong personality is needed to keep those in higher divisions in good order. The starter must never lose control of the start, either through physical inability to make himself heard or through

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weakness of will. Preferably get an experienced racer to start your race and supply him with a megaphone. Do not be bullied by the competitors. They often try out the strength of the starter while waiting on the line. In the very last resort you can disqualify on the spot. On the other hand do not keep the competitors hanging around unnecessarily. They are often nervous before a race, may be getting cold or just plain bored. In fast water or wind it is often difficult for them to hold their positions. If you have got them into a fair line then start without delay. Say 'READY GO'.

- b. Massed starts are good value for bullfighting addicts but can be bad for competitors. Do not start classes together if it means overcrowding the start line. In Regional Divisional races each class of six or more boats must start separately (Rule 23).
- c. Record the start time of each class. Do not use a system which relies on a set start time. You cannot guarantee starting on the exact second.

6. TURNS

- a. All turns should be clearly marked. It is usual to use a buoy or buoys around which the competitors must turn, but these should be clearly distinguishable from other existing buoys which are nothing to do with the race. A clear description and location of the turn buoys must be given at the briefing.
- b. It is important that all turns are properly marshaled. Each turn marshal should be provided with a list of the race numbers which started and is responsible for checking that each boat properly completes the turn. A list of boats which did not complete the turn and a written report of the incidents at the turn must be provided promptly to the race control.

7. FINISHING & RESULTS

- a. Mark the finishing line clearly and signify a crossing of the line audibly by bell, whistle or some such device. It is not always obvious to the paddler exactly where the finishing line is, particularly as they may be exhausted.
- b. Have a reliable clock which is readable and have a back up in case of malfunction. Make a record of the finishing order of every boat as it passes the finishing line. Have one person make an independent list of boat numbers. Another should make a list of boat numbers and finishing times - this person should have a pad of paper with each sheet numbered in advance so that you will know later if any sheet has been mislaid. On each sheet mark say ten lines. When a boat finishes, record its number and finishing time alongside. Never mind computation at this stage, your hands will be full recording the finishing order correctly. When a page is full pass it to someone else to analyse.
- c. It is useful to have a portable cassette recorder running constantly at the finish line. You can record everything that happens at the finish and the tape can be used to check the finish order and timing if for any reason the finishing team becomes overwhelmed by mass finishes. Give the recorder to one of the finish team and tell them to 'talk' every boat over the line, giving number and time.
- d. You are strongly requested to use the Hasler Race Management computer programme (HRM) to produce your results. This will automatically calculate all promotions and demotions which will apply from the day of your race, together with your Hasler points. The results will be produced in the format required by the Race Records Officer. The HRM has been specially designed for Hasler races and is distributed free on CD to all race organisers. If you require a further updated copy or any help with using the system please contact any member of the committee. If you would like to use the HRM at your race but are nervous about using it for the first time, the committee can arrange for an experienced operator to attend your race and guide you through the process.
- e. Whether using the HRM or a manual system, have someone out of the wind and rain and away from possible distraction from paddlers to analyse your finishing results. Arrange a system for displaying the results as soon as you know them. If there are any errors the paddlers will usually spot them and they can be queried before prize giving. Have a results display system that is not dependant on good weather. The thing that competitors want to see quickly is a list of finishing orders with overall times. Other details such as start and finish times are essentially irrelevant and only clutter the display. Have the prize giving as soon as possible and announce any divisional promotions at this stage.

8. AFTER THE EVENT

- a. After the event is over, buckle to and get the final result sheet sorted out. If you put it off your memory will dim, pieces of paper will get lost, your enthusiasm will wane and competitors will get very cross.
- b. If you are using the HRM your results will automatically be produced in the correct format. If using a manual system the result sheets should be arranged by divisions in finishing order and should show position, name, division ranking, club, BCU number, points and promotions to higher divisions. Totals of points scored by clubs should also be shown although these will be verified by the Hasler Adviser. The race organiser should record at the top of the result sheet the number of paddlers who have entered the race.
- c. Where possible, please send results by e-mail. For regional Hasler races send your results to the Regional Hasler Adviser and Rankings Officer as soon as possible after your race. If sending hard

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copies by post, please send three copies of the results to the Regional Hasler Adviser and one copy direct to the Rankings Officer. The race levy should be sent directly to the Race Records Officer. For other races please send a copy of the results and the levy to the Race Records Officer. Results and levy in either case to be sent within the 7 days stipulated [Rule 13].

Please remember that if you have e-mailed the results you still need to send the levy by post.

- d. Send Event Ticket money to the BCU HQ, Nottingham together with a schedule of names, post code etc or BCU number of those who have paid for and event ticket, on the form provided by the BCU.

PART E - 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 should allow a minimum of 12 metres at the 'get out' and 'get in' points. 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 BCU National Marathon Championship medals and Divisional medals.
- l) Prizes at the Hasler Finals will be the official BCU Hasler Finals medals.

BCU MEMBERSHIP AND EVENT TICKETS

All seniors and veterans must be full members of the BCU 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 full youth membership.

A junior club member need not be a full member of the BCU 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 must, however, be a member of a club with a registered junior section and the number used for his or her identification will be the club's affiliation number followed by his own individual club number. This method of recording the juniors' numbers on the result sheet has proved cumbersome so it is advised that the club abbreviation followed by the paddler's club number is easier and preferred by the Records Officer, both for identification and ease of recording. i.e. LIN/005, CHE/017. Note that event tickets are also required for Lightning paddlers who are neither BCU members nor a member of a club with a registered junior section.

MARATHON RACING

Should the junior be promoted into a higher division (6 & upwards) he must then become a full member of the BCU in his own right.

Race Organisers **MUST** still check that a competitor's membership is current either by photocopy of the membership card with the entry or by seeing the card on the day of the race.

If the card is unavailable or forgotten the paddler must purchase an "Event Ticket" as a "stop gap" but only once per season. The records officer carries out a check on event ticket issue for all race results and those paddlers abusing this system will be penalised.

The system is as follows:

1. The tickets are for use by non-members at the entry level only of National Competitions requiring membership e.g. Divisional Racing.
2. For use at a BCU event when the organiser believes a participant may be a member but the member cannot provide proof by way of a membership card.
3. Event organisers set fees, minimum £2.50 and maximum £5.00. In every case £2.50 will be sent to the BCU HQ, Nottingham and any balance kept by the organising club.
4. Event Ticket fees are not refundable.
5. The overall consideration is to encourage, in the best possible way, membership of the Country's Governing Body for Canoesport.

READING CANOE CLUB 2006

22nd Feb Thameside I (14 Miles)

7th Mar Thameside II (18 Miles)

2nd May Reading Circuit (Hasler)

26th Jun Junior Regatta

17th Jul Reading Vets

13/14th Aug National Championships

9th Oct Reading K4

Reading Canoe Club, The Warren, Caversham, RG4 7TH

www.reading-canoe.org.uk

info@reading-canoe.org.uk

MARATHON RANKINGS SYSTEM

The divisional lists have continued to be updated over the past year with the addition of first names and checking of BCU and club junior memberships. Promotions and Demotions are regularly updated onto the Hasler Race Programme website for downloading by race organisers before running their race so they have the most up to date information.

However this information is only as good as the information given to me by the club Marathon Team Leaders. The annual return of this information has slightly improved this year with 67 lists out of 100 returned by the closing date. So the information in the following lists is not as accurate as it could be! If the your information is incorrect check with your Team Leader and find out if they returned the form. Has the club not informed me of a change, is the information getting through? Any one reading this please consider, do you know who your club Marathon Team Leader is, do receive notification of promotions and demotions, do you see a copy of the Flat Water Newsletter? If the answer to any of these questions is 'no' please follow up and let me know if there have been changes in your club officials that I have not been told of.

The promotion and demotion rules are changing slightly this year (details in the rules section of this handbook) but the purpose remains the same to have every paddler competing in the correct division for his/her personal ability and thereby gaining maximum advantage from their racing.

Race Organisers - please make use of the Hasler Race Programme available to you, if you need help please ask. Email your results to your regional advisor, the divisions officer and myself in their basic form before you alter them to your own design for sending out to the clubs. Do not forget to send the race levy in the post to your Hasler Advisor or even direct to me.

Christine Laws
Marathon Records Officer

MARATHON CLUB ABBREVIATIONS

4AS	Four As CC	LEA	Leaside Canoe Club
ACU	Army Canoe Union	LGW	Linlithgow Canoe Club
ADJ	ADJ Canoe Club	LIN	Lincoln Canoe Club
ADL	Addlington Canoe Club	LOP	Leicester Canoe Club
ADS	Addlestone Canoe Club	LWC	Lord Wandsworth College
ANK	Anker Valley Canoe Club	MAD	Macclesfield & District Canoe Club
BAD	Barking and Dagenham Canoe Club	MAI	Maidstone Canoe Club
BAN	Banbury & District Canoe Club	MLO	Marlow Canoe Club
BAS	Basingstoke Canal Canoe Club	NED	North East Disability Canoe Club
BED	Bedford School	NOR	Norwich Canoe Club
BEJ	Bourne End Junir Sports Club	NOT	Nottingham Kayak Club
BKW	Blackwater Valley Canoe Club	NTH	Northampton Canoe Club
BOA	Bradford on Avon Canoe Club	NWK	Newark Canoe Club
BRI	Bristol Canoe Club	PAN	Pangbourne Canoe Club
BRY	Bryanston School Canoe Club	PEN	Penine Canoe Club
BSF	Bishopd Stortford Canoe Club	PLY	Plymouth College Canoe Club
BTH	Bath Canoe Club	PNZ	Penzance Canoe Club
BUD	Bude Canoe Club	POO	Poole Harbour Canoe Club
BUR	Burton Canoe Club	RAF	Royal Air Force Canoe Association
CAM	Cambridge Canoe Club	RDG	Reading Canoe Club
CEL	Celbridge Canoe Club	RIC	Richmond Canoe Club
CGQ	Castlegate Quay Canoe Club	RIP	Rabbit Individual Paddlers
CHE	Chester Canoe & Sail Club	RLS	Royal Leamington Spa Canoe Club
CKP	Cokethorpe School	RM	Royal Marines Canoe Club
CLM	Chelmsford Canoe Club	RNK	Royal Navy Kayak Association
CNL	Canalside Canoe Club	ROY	Royal Canoe Club
DCP	Dyffryn Conway Canoe Club	RUN	Runcorn Canoe Club
EAL	Ealing	SHP	Shropshire Paddlesport
EBC	Eyot Boat Club	SLP	Salmon Leap Canoe Club
ELM	Elmbridge Canoe Club	SOA	Soar Canoe Club
EXE	Exeter Canoe Club	SOL	Solihull Canoe Club
FLA	Fladbury Paddle Club	SOU	Southampton Canoe Club
FOX	Falcoln (Oxford)	TAU	Taunton Canoe Club
FOY	Fowey River Canoe Club	TNG	Tring Canoe Club
FRE	Freestyle Canoe Club	TON	Tonbridge Canoe Club
GAI	Gailey Canoe Club	TRU	Truro & Hayle Canoe Club
GLS	Glanford & Scunthorpe Canoe Club	TTN	Thomastown Paddlers
GRI	Griffon Canoe Club	VIK	Viking Kayak Club
HAS	Hastings Canoe Club	WAV	Waveney Valley Canoe Club
HEM	Hemel Hempstead Canoe Club	WCR	Winchester Canoe Club
HER	Hereford Canoe Club	WES	Wesel Canoe Club
HUL	Hull & District Canoe Club	WEY	Wey Kayak Club
KEN	Kendal Canoe Club	WIN	Windsor Canoe Club
KIM	Kimbolton School	WOK	Wokingham Canoe Club
KIN	Kingston Kayak Club (Hull)	WOL	Wolverhampton Canoe Club
KIR	Kirkcaldy Canoe Club	WOR	Worcester Canoe Club
LBZ	Leighton Buzzard Canoe Club	WRL	White Rose Canoe Club (Leeds)
		WRN	Warren Canoe Club

MARATHON RANKINGS

Div	Surname	Name	Club	Age	BCU no.	Div	Surname	Name	Club	Age	BCU no.
1	BAKER	STEVE	ELM	S	71179/F	2	HALLAM	DAVE	LEA	V	10023/F
1	BEAZLEY	DANIEL	LEA	S	39378/F	2	HASTINGS	STUART	RDG	J	111917/Y
1	BRABANTS	TIM	NOT	S	37973/F	2	HAYNES	BEN	LBZ	J	115345/Y
1	BROWN	BEN	ELM	S	96913/Y	2	HEATH	LIAM	WEY	S	69174/Y
1	BULLOCK	RICHARD	EXE	S	30594/F	2	HENDRON	HENRY	RIC	S	113134/S
1	BURGOYNE	PAUL	HER	S	43048/F	2	HENDRON	RICHARD	RIC	S	73633/F
1	COX	EDWARD	WEY	S	69175/Y	2	HENSON	ADRIAN	WEY	V	16041/F
1	DANIELS	TOM	RDG	S	96747/C	2	HERBERT	DOUGLAS	ACU	S	26387/F
1	DARBY-DOWMAN	PAUL	ROY	S	37066/F	2	HIDE	MATT	ADS	J	114364/Y
1	DARK	SIMON	BOA	V	30369/F	2	HOBROUGH	PAUL	WEY	S	24699/F
1	DUFF	DAVID	NOR	S	23542/F	2	HYNDS	SCOTT	ELM	S	39592/F
1	ELDRIDGE	GLEN	TRU	V	78145/F	2	KELLY	ANDREW	KEN	V	55243/F
1	ENOCH	MATTHEW	NOT	S	35512/F	2	KENNEDY	ADAM	ROY	S	49980/F
1	ENOCH	PAUL	NOT	V	7917/F	2	KENT	RICHARD	SOU	V	16495/F
1	FARRELL	BEN	ELM	S	97180/C	2	KING	ROBERT	HER	S	71202/F
1	FENNEMORE	SIMON	WEY	S	97743/F	2	KING	STEVEN	HER	S	108648/F
1	GOLDER	DANIEL	ELM	S	44466/F	2	LANIGHAN	PAUL	FOX	V	31320/F
1	GOLDER	RICHARD	NOT	S	44374/F	2	LEWIS	NEIL	RDG	V	25104/F
1	GOODALL	MICHAEL	ELM	S	82238/F	2	LEWIS	RICHARD	BOA	V	6811/F
1	JOHNSON	NATHAN	ELM	S	55922/F	2	LORENZI	MARC	ELM	S	111218/F
1	LAWLER	IVAN	ELM	S	7701/F	2	LOVE	TOM	RLS	S	28525/F
1	MAYCOCK	ANDY	EXE	S	ICU 2914	2	MARNELL	STEPHEN	RUN	V	8216/F
1	MAYERS	JAMES	RUN	S	32720/F	2	MARTIN	MIKE	LBZ	V	84125/F
1	MCKEEVER	EDWARD	BOA	S	69271/F	2	MAURISSEN	BERNARD	BOA	J	118618/Y
1	MOULE	KEITH	CLM	S	80147/F	2	MAYCOCK	PETER	EXE	S	ICU 6962
1	PRESTWOOD	PAUL	GAJ	S	43606/F	2	MEYER	RICHARD	NOT	S	44429/F
1	QUANE	MICHAEL	ELM	S	29488/F	2	NEALE	CLIVE	TON	V	4903/F
1	SABBERTON	ROSS	NOR	S	58021/F	2	NEGUS	ROSS	ELM	S	78988/Y
1	SAWERS	JOHN	ELM	S	76015/Y	2	OWEN	ASHLEY	ADS	J	112731/Y
1	SEAFORD	DANIEL	RDG	S	47188/F	2	OWEN	MICHAEL	ADS	J	110552/Y
1	SLATER	PAUL	GAJ	S	29883/F	2	PEAKE	OWEN	BOA	S	97125/F
1	TORDOFF	IAN	CHE	V	SCA 6388	2	PEDLAR	DAVE	WOR	S	51947/F
1	WEST	STUART	WOR	V	106967/F	2	PENDLE	DYSON	NOR	V	36/F
1	WYCHERLEY	PAUL	WEY	S	82383/Y	2	PENDLE	TIM	NOR	J	105284/C
1	WYNNE	IAN	ROY	S	23605/F	2	POOLE	ROBERT	LBZ	J	113621/Y
						2	REESE	BRENDAN	ACU	S	45655/F
2	ADAMS	MARK	BSF	V	44306/F	2	RESSEL	MARK	EXE	S	116424/F
2	BELBIN	DAVID	NOT	V	18674/F	2	ROSIER	ALISTAIR	BTH	V	67370/F
2	BENNETT	STUART	WOK	J	109366/Y	2	ROWELL	GARY	LEA	J	117212/Y
2	BITCON	DOUG	RIC	S	114684/F	2	ROWLEY	GARY	LEA	S	81966/F
2	BLACKWELL	OLIVER	EXE	S	76752/F	2	RUTHERFORD	EDWARD	ELM	J	115494/Y
2	BLOCK	JAMES	NOT	V	8112/F	2	SHARP	ALLAN	LBZ	S	107785/Y
2	BLYTH	DUNCAN	WOK	V	12123/F	2	SHELLEY	PIRAN	RIC	S	59173/F
2	BRADSHAW	BEN	BAD	J	116650/Y	2	SIMMONS	JONATHAN	WEY	S	84393/Y
2	BREWSTER	ADAM	NOT	V	65481/F	2	SIMS	OLLIE	RIC	J	114020/Y
2	BURGOYNE	MARK	HER	S	42864/F	2	SLIGHT	MARK	LBZ	S	108869/Y
2	BUTLER	JAMES	NOT	V	96528/F	2	SOWRY	TIM	ELM	S	57796/F
2	CHAPMAN	DAMIEN	NOT	S	46708/F	2	SPENCER	ALLEN	HER	S	75335/Y
2	COULSON	DAVID	RDG	V	9231/F	2	STEAD	BRENDAN	RIC	S	23635/?
2	COX	AARON	IND	S	118309/F	2	SWALLOW	MELVIN	CHE	V	2665/F
2	COX	EWAN	WEY	V	34016/F	2	TOFIELD	ALEXANDER	NOR	S	60048/F
2	CROUCHER	ADRIAN	WEY	S	12402/F	2	TORDOFF	ALAN	STR	V	SCA 3373
2	DANIELS	ANDREW	RDG	J	96745/C	2	UNSTEAD	SPENCER	ELM	S	106182/F
2	DARBY-DOWMAN	RICHARD	ELM	S	53115/F	2	WATT	CRAIG	ELM	S	59979/F
2	DAVIES	PAUL	HER	S	48125/F	2	WILLIAMS	NEIL	ROY	J	118252/Y
2	DOUGALL	JAMES	LBZ	S	106658/C	2	WILLIAMS	ROBIN	WEY	V	6297/F
2	FIELDUS	ROY	WEY	V	111208/F	2	WRIGHT	MICHAEL	RDG	S	110207/Y
2	FOLLAND	JOHN	SOA	S	109553/F	2	YATES	JONATHAN	TON	S	109025/F
2	FOULGER	MATTHEW	NOT	S	WCA 1125						
2	GALLIMORE	DAVID	NOR	V	73684/F	3	ALAN-WILLIAM: ANTHONY	POO	V	ETX1 MLO	
2	GUNNEY	PHIL	WEY	S	26585/F	3	ANDERSON	GRANT	SOA	S	80139/F
2	GUY	MATTHEW	LBZ	S	109874/C	3	AVERY	ROBIN	MAD	V	76606/F

MARATHON RANKINGS

Div	Surname	Name	Club	Age	BCU no.	Div	Surname	Name	Club	Age	BCU no.
3	BAGSHAW	STEVEN	NOT	V	20148/F	3	HUNTER	REBECCA	ROY	F	96564/F
3	BAKER	GARETH	RAF	S	62430/F	3	HYNDS	CLAIRE	ELM	F	60318/F
3	BAKER	PAUL	RM	S	108934/F	3	ISAAC	JASON	LEA	V	74287/F
3	BARNES-HOLT	RICHARD	RIC	V		3	JONES	NIGEL	NOT	S	44535/F
3	BATES	JOANNE	ELM	F	55918/F	3	JONES	PAUL	HER	V	124473/F
3	BEER	ROBERT	ELM	J	117855/Y	3	KELLY	ANDREW	ROY	S	75707/F
3	BENNETT	STEVE	BRI	V	26460/F	3	KELLY	CHRIS	LEA	S	116341/F
3	BIRD	JONATHAN	WOR	S	8920/F	3	KILBOURN	ROBERT	NOR	S	32926/F
3	BLACKMAN	NEIL	SOA	V	39746/F	3	LAYNG	MARTIN	RUN	J	118058/Y
3	BOYTON	JONATHON	ROY	J	120380/Y	3	MASON	HAYLEIGH	NOT	F	85033/C
3	BRIDGE	TOM	WEY	J	126209/Y	3	MASON	NORMAN	NOT	V	35607/F
3	BROOKES	PAUL	RUN	V	84867/F	3	MAYHEW	SP	WIN	V	44155/Y
3	BURBRIDGE	PETER	LEA	S	57718/F	3	MCKEAND	GRAHAM	LEA	V	37800/F
3	BURRELL	JAMES	BTH	S	109842/F	3	MCSWEENEY	CHRISTOPHER	WOR	S	21026/F
3	BYATT	ANDREW	TRU	S	ETX1 FAL	3	MISSEN	STAN	BOA	V	7909/F
3	CAMPBELL	BETH	NOT	F	32593/F	3	MORLEY	SEAN	TRU	V	84993/F
3	CANHAM	CHRIS	ROY	S	81880/F	3	MORTON	ANDREW	KIR	V	SCA 007
3	CAPPS	DUNCAN	ACU	V	98591/F	3	MOULE	STEVE	CLM	S	76425/F
3	CARPENTER	NEIL	EXE	S	97642/C	3	NEL	ETTienne	WOK	V	119988/F
3	CHAPMAN	SIMON	ACU	S	108743/F	3	NELSON	BEN	IND	S	43565/F
3	CHORLEY	CHRIS	BTH	S	22827/F	3	O'REAGAN	GRAEME	ROY	S	118531/F
3	CHRISTIE	JAMES	SOA	S	24086/F	3	OWEN	KEITH	BOA	V	15820/F
3	COLEMAN	NEIL	ELM	S	26440/F	3	PANAYI	MARCUS	LEA	V	46604/F
3	CORDON	JAMES	IND	S	ETX1TNTK2	3	PARFITT	BEN	ELM	J	118606/Y
3	COULSON	ABIGAIL	RDG	F	59738/F	3	PARKER	GEORGE	WOR	S	77343/Y
3	CROSSFIELD	MARK	NOR	S	84414/F	3	PARKER	JOHN	WOR	S	80544/F
3	DALTON	ASHLEY	CAM	S	72969/F	3	PEARCE	MARK	RIC	V	58064/F
3	DANIELS	NICK	RDG	V	52444/F	3	PEARSE	PHILIP	CKP	J	111052/Y
3	DAVEY	TRISHA	RIC	F	40335/F	3	PEARSE	TIM	CKP	J	111051/Y
3	DAVIES	MARK	BRI	V	ETX1 BRI	3	PEREIRA	CHRIS	ADS	J	114018/Y
3	DAVIES	SIMON	WOR	V	1188/F	3	PHILLIPS	MARK	RNK	V	106445/F
3	DAWSON	ANDY	CHE	V	17132/F	3	PHILLIPS	TIM	WOR	V	129533/F
3	DEAN	EDDY	BUR	S	71760/F	3	ROSS	JAMES	ACU	V	32980/F
3	DIMMOCK	PAUL	WEY	V	54869/F	3	ROYLE	JONATHAN	ADL	S	8830/F
3	DOYLE	MICHAEL	ELM	S	115653/F	3	SAUNDERS	JEREMY	WOR	S	108760/F
3	DRUMMOND	JOHN	RDG	S	109008/F	3	SCHOFIELD	CHRIS	NOR	V	18943/F
3	EASTERLING	SIMON	WEY	S	40088/F	3	SCHOFIELD	JOHN	SOA	S	71199/F
3	EDE	PIP	RDG	J	112706/Y	3	SIMPSON	STUART	IND	V	SCA 6503
3	EDWARDS	PAUL	WOK	V	105341/F	3	SIMS	RICHARD	TRU	V	9187/F
3	ETHERIDGE	RICHARD	WEY	S	69364/Y	3	SMITH	JASON	RAF	S	77687/F
3	EVANS	PAUL	HER	S	ETX1 HER	3	SMITH	STUART	IND	V	SCA 8973
3	FARISH	HARRIET	NOT	F	74251/Y	3	SMYTHE	JAMES	LEA	V	23979/F
3	FLYNN	DAVE	TAU	V	110396/F	3	SPECK	JOHN	STR	V	SCA 5540
3	FORBES	RICHARD	SOL	S	50323/F	3	SPENCER	JENNY	HER	F	66095/F
3	FORD	PETER	TON	V	60479/F	3	SURRAGE	JOE	BSF	S	96867/F
3	FREEMAN	SAM	EXE	J	126311/Y	3	TAYLOR	NICKY	ELM	F	57004/F
3	FUDGER	MICHAEL	WOR	S	55225/F	3	THOROGOOD	GLENN	ELM	J	115452/Y
3	GARBETT	SIMON	TRU	V	73513/F	3	THOROGOOD	PHILIP	ELM	J	115453/Y
3	GARNER	NICK	RIC	S	34124/F	3	THROWER	SHAUN	HER	V	83895/F
3	GOHAR	MARCUS	RIC	V	10803/F	3	TILFORD	GEOFF	VIK	V	75978/F
3	GREENHAM	BRIAN	RDG	V	50852/F	3	TINGAY	STEVE	LBZ	S	39445/F
3	GRIMWOOD	ANDY	LIN	V	4636/L	3	TREADGOLD	JAMES	RDG	V	18747/F
3	GUY	ANDREW	LBZ	J	117972/C	3	WALKER	RICHARD	ACU	S	36143/F
3	HARDING	OLIVER	WOK	V	29824/F	3	WATKINS	BARRY	HER	S	34523/F
3	HAWTHORN	MIKE	WOR	V	980/F	3	WEST	NEIL	ELM	V	103968/F
3	HEMMINGS	ANNA	ELM	F	35265/F	3	WHITE	STEPHEN	LBZ	S	111679/Y
3	HERBERT	ATTILA	RLS	S	118352/F	3	WIBREW	MICHAEL	MAI	V	7886/F
3	HIDE	TOM	ADS	J	117072/Y	3	WICKENS	ANDREW	ELM	S	120100/F
3	HINVES	JAMES	SOU	S	54853/F	3	WIDDERSOVER	TIM	TRU	S	116524/F
3	HOGAN	MARK	LEA	V	73736/F	3	WILLIAMS	GARETH	CHE	S	112257/Y
3	HOLMES	BENJAMIN	WOR	J	110549/Y	3	WILLIAMSON	KEVIN	BRI	S	33007/F
3	HOLT	RICHARD	RIC	S	113500/F						

MARATHON RANKINGS

Div	Surname	Name	Club	Age	BCU no.	Div	Surname	Name	Club	Age	BCU no.
4	ABBATIello	GRAZIANO	WOR	V	28117/F	4	DUSEK	MILOS	RIC	S	109526/F
4	ALEXANDER	MARK	POO	S	48718/F	4	EASEY	GRAHAM	WEY	S	20389/F
4	ALLINSON	PATRICK	NOT	V	8715/F	4	EAST	NICK	EXE	V	ETX1 LEXE
4	APPLEBY	PAUL	WOK	V	105853/F	4	EDYVEAN	JOHN	FOY	S	105477/F
4	ASTBURY	JOHN	LIN	S	82890/F	4	ELKINGTON-CC	RUPERT	RIC	S	60299/F
4	ASTRIDGE	RICHARD	ACU	S	69868/F	4	ELLIOTT	JOHN	BOA	V	8358/F
4	BAILEY	MATTHEW	ACU	V	45543/F	4	ELSTON	PAUL	MAI	V	85358/F
4	BAKER	PAUL	RNK	S	79805/F	4	EMBREY	JOHN	BUR	V	5412/F
4	BAKER	RALPH	NOT	S	122882/F	4	EPPS	ALAN	NOR	V	14930/F
4	BARBER	DANIEL	ELM	J	121086/Y	4	EVANS	DAVE	RAF	V	47854/F
4	BARNES	MATTHEW	ACU	S	61902/F	4	EYQUEEN	PAUL	RIC	V	ETX1 ROY
4	BARNES	PETER	RIC	V	27584/F	4	FAIRHURST	PAUL	RUN	S	84219/F
4	BATES	ROSALIND	ELM	F	60932/F	4	FARRINGTON	ROY	FOX	S	109611/F
4	BATTISON	ROHAN	RDG	JF	107002/C	4	FAY	NICHOLAS	RIC	S	ETX1
4	BAYLISS	ALASTAIR	WEY	V	4093/F	4	FIELDEN	PAUL	TAU	V	24497/F
4	BEARD	RICHARD	VIK	V	159/F	4	FIRMAN	LEWIS	EXE	S	73834/F
4	BELL	ROGER	RDG	V	8147/F	4	FITCHET	ANGUS	POO	V	8721/F
4	BLACKMAN	BRUCE	GAI	V	126208/F	4	FITZPATRICK	PAUL	RNK	V	72060/F
4	BLACKMAN	HOWARD	BUR	V	19313/F	4	FLEESON	CHARLES	ANK	S	51870/F
4	BLACKWELL	HAYLEY	WOK	JF	108320/C	4	FORD	DAVID	WIN	V	59235/F
4	BLAKE	GUY	ACU	S	29326/F	4	FORD	YAEI	TON	F	52954/F
4	BLAKEBOROUGH	ADELE	CHE	F	33333/F	4	FORREST	SIMON	BAS	S	44365/L
4	BLATCHLY	MARK	NOT	S	15468/F	4	FOWLER	NICHOLAS	ROY	S	39134/F
4	BRADBURN	DAVID	CHE	V	33391/F	4	FREESTONE	MATTHEW	LEA	J	118589/Y
4	BRITNELL	NIGEL	FOX	V	124075/F	4	GALLOWAY	ALISON	RDG	JF	111825/Y
4	BRIXEY	RACHEL	ELM	F	79082/Y	4	GANDY	MICHAEL	WOR	S	30889/F
4	BROUGH	HEATHER	WIN	VF	19168/F	4	GIBSON	OLIVER	ROY	J	128890/Y
4	BROUGHTON	LIZZIE	RIC	JF	122013/Y	4	GOODEY	JOHN	TAU	V	5881/F
4	BROWN	DAVID	ELM	V	118679/F	4	GREEN	MARK	BAD	S	68667/Y
4	BROWN	LEANNE	BAD	JF	108181/Y	4	GREENAWAY	BRIAN	FOY	V	2964/F
4	BROWN	MATTHEW	WOR	V	29780/F	4	GUEST	ROBERT	LIN	V	10793/F
4	BULLMORE	SIMON	RIC	S	121546/B	4	HAMMOND	SIMON	BUD	S	29815/F
4	BURGESS	GRAEME	RIP	V	31811/F	4	HANNON	CLAIRE	WEY	F	56048/F
4	BYRES	KEVIN	RIC	S	113923/B	4	HARDY	LUCY	NOT	F	40046/F
4	CARLOW	GILES	RIC	S	127738/F	4	HEMMING	JAMES	ACU	S	111419/Y
4	CARPENTER	MIKE	EXE	V	70381/F	4	HEWLINGS	DAVID	NOT	V	30723/F
4	CARTER	CHRIS	NOT	V	22326/F	4	HICKMAN	GAVIN	BSF	J	81132/Y
4	CARTER	CHRISTOPHE	HEM	S	27258/F	4	HICKS	SHAUNE	NOT	S	128227/F
4	CARTWRIGHT	COLIN	CHE	C	59403/F	4	HIGHLAND	MARK	RNK	S	116618/F
4	CARTWRIGHT	ROBERT	ANK	S	84251/F	4	HOILE	MARK	ROY	S	68622/F
4	CAUNT	PHIL	NOT	S	WCA 808	4	HOLE	CHRIS	FOX	S	70666/F
4	CAVEN	SHAUN	NOT	V	SCA 625	4	HOLLAND	DEREK	RAF	S	75679/F
4	CHALMERS	NEIL	KIR	S	SCA 6665	4	HOLMES	ELIZABETH	CHE	F	81204/F
4	CHANDLER	MICHAEL	RAF	S	7844/F	4	HOLMES	GRAHAM	RIP	V	697/F
4	CHANNON	MIKE	WES	V	85732/F	4	HOPE	PETER	ROY	V	103284/F
4	CHAPMAN	COLIN	WEY	V	49121/F	4	HOWE	CHRIS	CLM	S	77116/Y
4	CHEYNE	LOUISE	NOT	F	31856/Y	4	HOWELL	MATTHEW	TON	S	123206/B
4	CHILDERSTONE	MARK	WEY	J	129513/C	4	HOWIE	DAVE	WEY	V	31267/F
4	CHISHOLM	GORDON	KIR	S	SCA 6937	4	HUMPHRIES	TIM	ROY	J	130592/Y
4	CHUDLEY	COLIN	BRI	V	409/F	4	HUNT	KIERAN	FLA	S	77670/Y
4	CLARK	IAN	NOT	S	50848/F	4	HYMAN	SAM	RIC	J	109662/C
4	CLARK	JAMES	ROY	S	33940/F	4	ILLIDGE	GRAHAM	RUN	V	107236/F
4	CLARKE	IAN	CHE	V	ETX2 RUN	4	ISBELL	OLIVER	RIC	S	82262/Y
4	COLLINGS	DAVID	WEY	V	106699/F	4	JACOBS	MARTIN	ADS	V	115285/F
4	CROWTHER	ANTHONY	SHP	C	31260/F	4	JAMES	PETER	BRI	S	ETX1 BRI
4	DALE	ZARA	ELM	F	77836/Y	4	JENKINS	PHILLIP	NOR	V	54505/F
4	DAVEY	ANDY	TON	S	INST HAS	4	JESSON	MICHAEL	RLS	S	29684/F
4	DAVIS	RICHARD	ITV	V	1172/F	4	JOHNSON	MALCOLM	NOT	S	48121/F
4	DAVISON	RUSS	BUR	S	51835/F	4	JONES	LUKE	CHE	S	WCA 3379
4	DODD	PETER	WES	V	111788/F	4	JONES	STEVEN	DCP	V	WCA 3280
4	DUNN	STUART	LEA	S	30222/F	4	KEANE	STEPHEN	EXE	V	24340/F
4	DUNROY	NORMAN	RIC	S	71246/F	4	KEMPER	SCOTT	GAI	S	ETX2 HER

MARATHON RANKINGS

Div	Surname	Name	Club	Age	BCU no.	Div	Surname	Name	Club	Age	BCU no.
4	KING	AMORET	RDG	JF	118198/C	4	PURCHASE	JAMES	SOU	S	98272/C
4	KING	JAMES	ACU	S	109251/F	4	QUILL	PHILLIP	SOU	V	3059/F
4	KINGMAN	PAUL	BOA	S	42561/F	4	RAINEY	SAM	LEA	J	12188/Y
4	LADDS	JOE	NOT	J	130376/Y	4	RALPH	PAUL	WOK	V	2620/F
4	LAMPH	FAY	WEY	JF	127374/Y	4	RANCE	STEVE	SOU	V	14236/F
4	LANG	DAVID	EXE	V	122245/F	4	RANDALL	ALASTAIR	FOY	S	32903/F
4	LAWRENCE	SIMON	TRU	V	ETX1 FAL	4	RAWSON	ANDY	RDG	V	45226/F
4	LAWRENSON	TIM	BUR	S	95995/Y	4	RICHARDSON	DAVID	MAI	V	26786/F
4	LE ROUX	CLAUDINE	WIN	F	96256/C	4	RILEY	STEVE	ANK	J	124595/C
4	LEWIS	JAMES	RM	S	85442/F	4	RIMMER	CHIP	POO	V	83849/F
4	LILLY	ANGUS	RAF	S	61147/F	4	RINGER	ALISTAIR	CAM	S	ETX1 CAM
4	LINES	ROBERT	NOR	V	22482/F	4	RINVOLUCRI	MARTIN	NOT	V	47208/F
4	LITTLEWOOD	REX	NOT	V	128212/C	4	ROGERS	PAUL	WES	S	67067/F
4	LLOYD	ROSS	RIC	V	69992/F	4	ROGERS	RICHARD	RIP	S	39956/F
4	LODGE	THERON	BRI	V	30951/F	4	ROSE	MICHAEL	WHI	V	17011/F
4	LOFTUS	HOWARD	ROY	S	114956/F	4	RUTHERFORD	CAROLINE	ELM	F	115492/Y
4	LOFTUS	KEN	ROY	S	114957/F	4	SACKMAN	DAVID	RDG	V	25521/F
4	LONGMOOR	STEVE	RAF	V	31902/F	4	SANDERS	KEITH	GRI	V	44587/F
4	LOVELL	GEOFF	ROY	S	8092/F	4	SAWERS	LOUISA	ELM	JF	112617/Y
4	LOVELL	RICHARD	WOK	V	18205/F	4	SCARFE	MATTHEW	SOA	S	85380/Y
4	LOWE	TOM	LBZ	J	114507/Y	4	SCARR	PETER	ELM	S	114115/F
4	MARTIN	NICK	NOT	V	72295/F	4	SCHOFIELD	BECKY	NOR	F	83203/F
4	MARTIN	SEAN	RIC	V	19025/F	4	SCOTT	TIM	NOR	V	82381/F
4	MARTIN	STEVE	HER	S	124474/F	4	SEALEY	CHRIS	RDG	S	128049/Y
4	MARTIN	TOM	NOT	S	85381/F	4	SEARS	CHRISTOPHE	WOK	S	110801/Y
4	MASON	ANTONI	NOT	S	84658/C	4	SHARPE	TOM	EXE	J	127495/Y
4	MCGEE	KELLY	LEA	F	47954/F	4	SHAW	EDWARD	ROY	S	26913/F
4	MCMORRIN	COLIN	KIR	J	SCA 6515	4	SHEPARD	OWEN	CLM	S	77712/Y
4	MERRIFIELD	CLIVE	TAU	S	4661/F	4	SILLITOE	CALLUM	LBZ	J	119410/C
4	MEYER	RUSSELL	SOU	S	40148/F	4	SIMAN	JOSEPH	CKP	J	111735/Y
4	MIDDLEHURST	TIM	ADS	V	ETX1 ELM	4	SIMMONS	TOM	BOA	J	130371/Y
4	MILLER	DAVID	EXE	V	118386/F	4	SKELLERN	CHRISTOPHE	WOR	V	29189/F
4	MORAN	CLAIRE	WOR	F	107492/Y	4	SLIGHT	DANIEL	LBZ	J	120610/Y
4	MORAN	LAURA	WOR	F	110676/Y	4	SMITH	DAVID	ROY	S	49165/F
4	MORLEY-DAWES	LINDA	TRU	F	ETX1 FOY	4	SMITH	ROBERT	CAM	V	20159/F
4	MORRIS	JAMES	WDB	V	4465/F	4	SMITH	SP	CGQ	S	32009/F
4	MORTON	WAYNE	ELM	S	106865/F	4	SPENCER	CLAIRE	HER	JF	123920/C
4	MUMFORD	ANDREW	SOA	J	1116171/Y	4	SQUIRES	TROY	RIC	S	ETX1 WEY
4	MUMFORD	TIM	BUR	S	74065/F	4	STAGG	RICHARD	CAM	V	11991/F
4	MUNGOVAN	JORDAN	RIC	J	103922/Y	4	STANFORD	MARK	TON	V	48032/F
4	MURRAY	ROBIN	MAD	V	15489/F	4	STANLEY	AR	NOR	V	8155/F
4	MUSSON	TONY	SOU	V	2472/F	4	STEELE	RODNEY	MAN	V	80371/F
4	NEEDHAM	JUSTIN	WRL	S	129900/F	4	STUART	PETER	LEA	V	21669/F
4	NEGUS	FRANCESCA	ELM	F	85482/Y	4	SURRAGE	VICKY	NOT	F	96866/Y
4	NICHOLSON	ANDY	WEY	V	76849/F	4	SWADLING	GRAHAM	NOT	V	10064/F
4	NICHOLSON	LEON	SOU	V	26817/F	4	TAYLOR	DAVID	NWK	V	7848/F
4	NUTT	TARA	ELM	F	76059/Y	4	TAYLOR	JULES	BRI	V	115262/F
4	OAKLEY	BEN	BTH	J	114610/Y	4	TERRY	DEAN	J	J	112127/Y
4	OLIVER	DAVID	LIN	S	ETX1 LIN	4	TERRY	PATRICK	V	V	20595/F
4	OLIVER	MATTHEW	LIN	S	ETX1 LIN	4	THOMAS	MARK	BAN	J	111602/Y
4	OUGHTON	JAMIE	SOA	J	84954/C	4	THOMAS	RENNY	ELM	S	127982/F
4	OUGHTON	JES	SOA	V	81703/F	4	THOMPSON	ANDREW	LEA	S	84702/F
4	PARKER	JAMES(FESS	WOR	V	32697/F	4	THOROGOOD	ALISON	LEA	VF	96231/C
4	PARSONS	TINA	NOT	VF	25523/F	4	THOROGOOD	RONNIE	LEA	V	27130/F
4	PEAKE	STEPHEN	IND	V	61283/F	4	TIMMINS	LES	TRU	V	71309/F
4	PEARSON	STEPHEN	CHE	S	76186/F	4	TODD	DYLAN	RIC	S	125488/F
4	PLEECE	MATTHEW	ELM	J	122127/Y	4	TONKIN	MIKE	SOU	V	111777/F
4	PRESTON	ANDREW	KIR	S	SCA 5599	4	TOOMEY	PAUL	RDG	V	18086/F
4	PRESTON	CHRIS	HEM	S	121740/F	4	TORRENCE	PAUL	FOX	S	112669/F
4	PRICE	JULIAN	ELM	S	WCA 2028	4	TRAIN	ANDREW	FLA	C	15089/F
4	PRICE	STEPHEN	SOA	S	72983/F	4	TRAIN	JAMES	FLA	C	75179/C
4	PURCHAS	MIKE	BOA	V	61438/F	4	TRAIN	RACHEL	ROY	F	59298/F

MARATHON RANKINGS

Div	Surname	Name	Club	Age	BCU no.	Div	Surname	Name	Club	Age	BCU no.
4	TRAIN	STEVE	FLA	C	14327/F	5	BURRELL	NICOLA	NOT	F	114839/F
4	TURNER	TRISTRAM	BRI	S	60210/F	5	CAPELLARO	ALEX	WES	J	130802/Y
4	TURNER	WILLIAM	ACU	S	73263/F	5	CARNEGIE	CHRISTOPHE	RIC	S	118661/F
4	UNWIN	NIGEL	BOA	V	43866/F	5	CARPENTER	HOLLIE	EXE	F	97641/C
4	URQHART	CALLUM	INV	V	SCA 636	5	CARRIER	MICHAEL	TRU	V	49850/F
4	VAN SOMEREN	KEN	ROY	S	33791/F	5	CARTER	STEPHEN	RIP	V	15644/F
4	VON BENZON	PETER	FLA	J	116452/Y	5	CARTWRIGHT	ANTHONY	ANK	S	84252/Y
4	WALKER	JESSICA	ROY	JF	117215/Y	5	CATTO	JOHN	ACU	S	46221/F
4	WARDELL	JAMIE	RIC	S	ETX1 WEY	5	CAVE	JONATHAN	WOR	V	47835/F
4	WEBB	MICHAEL	ROY	S	53420/F	5	CHALMERS	MICHAEL	KIR	S	SCA 6666
4	WEST	JONATHAN	WEY	V	96327/C	5	CHAMBERS	CRAIG	BAD	S	75283/Y
4	WHITAKER	JORDAN	LBZ	J	117769/Y	5	CHILDERSTON	MICHAEL	WEY	V	9472/F
4	WHITE	IAN	WOK	V	68786/F	5	CLIVE	JOHN	GAJ	V	84484/F
4	WILLIAMS	ALAN	ROY	V	4482/F	5	COLLEY	SHARON	HER	VF	104338/F
4	WILLIAMS	CLIVE	ACU	V	14219/F	5	CORDON	TOM	NOT	S	ETX2 TNTK
4	WILLIAMS	JAMIE	CAM	S	85148/F	5	COSH	ALAN	GRI	V	ETX1 GRI
4	WILSON	ALEX	FOX	S	103695/F	5	COWBURN	JOSH	CHE	J	127661/Y
4	WINDMILL	STEVE	POO	V	25556/F	5	COX	SAM	LBZ	J	124677/Y
4	WINDSOR	ROBERT	LEA	V	82696/F	5	CRAIGIE	BRIAN	RDG	V	77530/F
4	WINGFIELD	JAMES	DCP	V	WCA 1124	5	CROSSMAN	MIKE	RDG	V	58306/F
4	WISE	ANNA	ROY	F	111167/F	5	CRUSE	ANDY	RDG	V	81484/F
4	WOODBIDGE	CHRIS	HER	S	WCA 5161	5	DANIELS	WIKI	RDG	F	96746/C
4	WOODHEAD	DARREL	LEA	S	51073/F	5	DAVIES	BETHAN	NOT	F	53501/F
4	WOODHEAD	DYLAN	NOT	S	115533/C	5	DAVIES	DAMAN	SHP	J	115696/Y
4	WOODHEAD	GORDON	MAD	V	115532/F	5	DAVISON	CHRIS	MAD	S	117689/F
4	WORTH	ANDREW	EXE	V	82753/F	5	DAWSON	KIMBERLEY	CHE	F	96111/C
4	WRIGHT	SIMON	LIN	S	28006/F	5	DAWSON	PAUL	HAS	S	105137/F
4	YURKWICH	KARL	RLS	C	38011/F	5	DE GRUCHY	AUBIN	TRU	V	129835/F
5	ACREMAN	MALCOLM	POO	V	38932/F	5	DEAN	SIMON	BUR	S	71761/Y
5	ALLEN	JOHN	SOL	S	61938/F	5	DEARDEN	JOHN	WOR	J	111919/D
5	ARCHONDAKIS	ALAN	BEJ	V	104040/F	5	DICKSON	DAVID	LGW	V	SCA 9000
5	ATWILL	JAMES	BOA	J	130684/Y	5	DONE	REBECCA	NOR	F	79361/F
5	AUSTIN	JAMES	WOK	V		5	DONNISON	MARK	ADS	V	63236/F
5	BAINBRIDGE	GEOFF	KEN	V	62062/F	5	DOUGALL	EMMA	LBZ	JF	106657/C
5	BAINBRIDGE	IAN	EXE	V	33965/F	5	DOWLING	TERRY	WIN	V	123020/F
5	BAINBRIDGE	SIMON	KEN	J	114253/D	5	DOWMAN	PAUL	CLM	V	126567/F
5	BAPTY	SONIA	ACU	F	45858/F	5	DUFF	KERRY	NOR	F	38806/F
5	BARRELL	STEVE	LBZ	V	59915/F	5	DYER	IAN	RDG	S	75493/F
5	BARRY	MICHAEL	CLM	V	69039/F	5	EDE	LEANDER	RDG	S	108980/Y
5	BATCHELAR	NICK	RM	S	112566/F	5	ELWIN	GEORGE	FOX	V	96279/C
5	BATCHELOR	PAUL	BAS	V	61013/F	5	EMBREY	IAIN	BUR	J	95992/C
5	BEADLE	DAVID	WEY	V	77489/F	5	ENGLAND	RICHARD	BSF	V	117225/F
5	BEARDALL	HUGH	WEY	S	53145/F	5	ENOCH	DAVID	NOT	V	12315/F
5	BEAVER	TIM	LOP	V	15794/F	5	ESCOTT	JOHN	WLT	V	7889/F
5	BELL	ANDREW	HEM	S	39010/F	5	ETHERIDGE	JOANNE	WEY	F	69713/Y
5	BELL	RICHARD	FLA	J	111484/Y	5	EVANS	NEIL	MAD	V	75366/F
5	BENNETT	JOHN	HEM	V	8019/F	5	FERGUSON	GARETH	GAJ	S	52007/F
5	BERRIMAN	DUNCAN	KIN	V	125798/F	5	FEUILLADE	AARON	PAN	J	108101/Y
5	BEST	STEPHEN	BOA	V	70983/F	5	FISHER	ADRIAN	FRE	V	80179/F
5	BETTERIDGE	ZOE	BRI	F	83261/F	5	FISHER-DODD	NICK	BRY	S	115223/Y
5	BOWERBANK	KEVIN	BTH	V	103615/F	5	FITZSIMONS	MICHAEL	MCA	J	26518/F
5	BRADBURN	JILL	CHE	F	96313/C	5	FLETCHER	ALAN	LGW	V	SCA 1474
5	BRETT	STEVE	NOT	S	ETX1 TK2	5	FOWLER	SUE	ACU	F	35625/F
5	BROADHEAD	JOHN	FRE	V	27840/F	5	FRAYNE	IAN	WOK	V	112876/F
5	BRODERKIT	CHRISTOPHE	RIC	V	ETX1 BAN	5	FREEMAN	JOE	EXE	S	118472/Y
5	BRUWER	GIDEON	ELM	S	114313/F	5	FREEMAN	NEIL	WIN	V	122124/F
5	BRYCE	KENNETH	GRY	S	SCA 1173	5	FREER	ALAN	WOK	V	105657/F
5	BUCKINGHAM	MAX	WES	S	104361/F	5	GALLOP	ALAN	GRI	V	1679/F
5	BUCKSEY	CHRIS	IND	S	113875/F	5	GARTON	LAURENCE	NOT	S	105776/Y
5	BULMER	GRAHAM	CHE	V	39417/F	5	GILLBE	CELIA	WEY	JF	98072/Y
5	BURNES	PAUL	WOK	V	108796/F	5	GILLBE	CLARE	WEY	F	64787/F
						5	GLOSTER	MARTIN	WOR	V	47789/F

MARATHON RANKINGS

Div	Surname	Name	Club	Age	BCU no.	Div	Surname	Name	Club	Age	BCU no.
5	GORDON	KEN	ACU	V	79933/F	5	MORRISSEY	TIM	RIC	S	ETX1
5	GOUGH	EDWARD	BTH	S	114504/F	5	MUNCEY	NEIL	RIC	S	SCA 2501
5	GRADWELL	CHARMAIN	RIC	VF	59637/F	5	NEVITT	ANDREW	WOR	V	76583/F
5	GRAY	SUE	RDG	VF	31828/F	5	NOLAN	ANTHONY	WOR	V	22350/F
5	HADDON	MARK	FOX	V	55412/F	5	NORMAN	MICHAEL	CAM	V	34443/F
5	HALL	ANDREW	BSF	V	ETX1 HEM	5	O'CALLAGHAN	MEGAN	ELM	JF	116372/Y
5	HALL	ANDREW	WEY	V	14617/F	5	OLIVER	GEORGE	NOT	V	27863/F
5	HALL	KATHRYN	RIC	JF	109443/C	5	OLIVER	RICHARD	LIN	V	9065/F
5	HALL	PHIL	WOK	S	68471/F	5	OWEN	ROBERT	CHE	V	WCA 4602
5	HAMPTON	MARK	LOP	J	122220/C	5	PADDOCK	STEVE	CHE	S	74891/F
5	HANNON	SARAH	WEY	F	51022/F	5	PAGE	DAVID	WIN	S	WCA 3197
5	HAYNES	MATTHEW	HER	S	107779/F	5	PAGON	NICK	BRI	V	104015/F
5	HAYWARD	IAN	NOR	V	9070/F	5	PALMER	GLEN	WOR	V	120007/F
5	HEWETT	EARL	WOK	V	58885/F	5	PARKER	DAVID	NOT	V	97420/C
5	HICKS	ANDY	NOR	V	96647/C	5	PARKER	JAMES	WOR	S	108723/F
5	HISSETT	IAIN	BRI	S	81220/F	5	PARKER	JAMES(GING	WOR	S	77342/F
5	HOBIN	BEN	CKP	J	116021/Y	5	PEASE	CHRISTOPHE	TRU	V	20149/F
5	HOLMES	ANDREW	WOR	V	111542/F	5	PEDERSON	IVAN	FOX	S	128866/F
5	HOSKINS	NIGEL	WTH	S	ETX2 EXE C	5	PENDLE	ALI	NOR	VF	96009/C
5	HOWE	BARRY	CLM	V	80558/F	5	PERKINS	RICHARD	BRY	S	67706/F
5	HOWE	GRAHAME	CLM	V	79201/F	5	PHILLIPS	ANDY	BOA	S	9370/F
5	HOWELL	ROBIN	TRU	S	ETX1 FAL	5	PHILLIPS	DAVE	NOT	V	1705/F
5	HUGHES	JIM	HER	S	ETX2 HER	5	POTTS	DAVE	RAF	S	50379/F
5	HUGHES	STEVEN	HER	V	82822/F	5	PRESTWOOD	ROBERT	GAI	V	34494/F
5	HULME	JAMIE	CAM	V	31708/F	5	PRICE	NICHOLAS	MAD	V	97347/F
5	HUNTER	FIONA	NOR	F	117090/F	5	PROUT	STEPHEN	WOR	V	58584/F
5	HUSSEY	DANIEL	LBZ	J	118977/C	5	PRYOR	MARK	VIK	V	46948/F
5	HUTCHINGS	CJ	WCR	S	45768/F	5	RALPH	TIM	WOK	S	95967/F
5	HUTT	JONATHAN	C&K	V	SCA 4411	5	REEVES	KIRSTIAN	ADS	J	113462/E
5	INCE	JOHN	TON	V	43540/F	5	REMMINGTON	RICHARD	FOX	S	117032/F
5	JONES	GRAHAM	IND	S	82227/F	5	REVILLA	FERRAN	SOU	S	202994/F
5	JONES	SIMON	BRY	S	46389/F	5	RICHARDSON	ADAM	FRE	J	96512/C
5	JORDAN	AARON	MAI	J	109858/Y	5	RIDDLE	MICHAEL	TRU	V	84837/F
5	JORDAN	DEAN	MAI	V	78897/F	5	RIMINGTON	HUAN	SOL	S	127516/Y
5	KELLY	NANETTE	RIC	F	67584/Y	5	ROOKS	ROBERT	TAU	S	34724/F
5	KER	ALAN	WEL	V	108952/F	5	ROSS	ANDREW	RAF	S	51765/F
5	KNOTT	ROBERT	BRI	S	ETX3 FOY	5	RUSSELL	PHILLIP	SHP	V	18131/F
5	LABBETT	JOHN	SOU	V	18598/F	5	RYDIN	PHILLIP	EXE	S	115939/F
5	LANE	JOE	EXE	S	ETX1 EXE C	5	SANDOR	GEORGE	RIC	S	ETX1 TON
5	LANG	OLIVER	RDG	J	127379/Y	5	SAWYER	ROBIN	WAV	S	39052/F
5	LAWRENSEN	BILL	BUR	V	6035/F	5	SCHNEPP	PHILIP	WOK	V	122131/F
5	LEMIN	JAMES	PAN	V	44457/F	5	SCHOLEY	ROBERT	CHE	V	1573/F
5	LEMKE	GRANT	RIC	S	106705/F	5	SEDGWICK	MARTYN	WIN	V	ETX2 WIN
5	LENNOX	STUART	RAF	V	82925/F	5	SHELDRAKE	MARK	WAV	V	58759/F
5	LEWIS	ALLEN	RAF	V	112624/F	5	SHEPPERSON	FRED	NOT	V	70429/F
5	LEWIS	HOWARD	ANK	V	WCA 442	5	SHERMAN	STUART	IND	V	ETX2 LBZ
5	LITTLEHALES	KEVIN	BRI	V	WCA 5631	5	SLATER	IAN	RUN	V	81647/F
5	LLOYD	NICK	RIC	S	104077/F	5	SMITH	COLIN	CHE	V	7999/F
5	LUCAS	ROLAND	RIC	S	12533/F	5	SMITH	DUNCAN	LEA	V	8843/F
5	LUCK	CHRIS	WEY	S	55307/F	5	SOMERSET	RICHARD	BAS	V	61580/F
5	LUNT	TIM	TON	S	109416/F	5	SOUTHWAY	MIKE	TAU	V	62906/F
5	MACKINTOSH	ALAN	KIR	V	SCA 258	5	SPILLER	ANDY	IND	V	ETX1 MLO
5	MAINPRIZE	TOM	RDG	J	129287/Y	5	SPRING	NAT	FOX	S	ETX1 FLA
5	MCCULLOUGH	ANDREW	ACU	V	33072/F	5	STEVENSON	NIGEL	NWK	V	12432/F
5	MCKEEVER	THOMAS	BTH	S	79648/F	5	STONEHOUSE	GRAHAM	RIC	V	104808/F
5	MCNULTY	BRIAN	CHE	V	80637/F	5	STONEHOUSE	NEVIL	RIC	V	104838/F
5	MILES	DARREN	BAN	V	56233/F	5	STRICKLAND	BOB	WTH	S	63454/F
5	MILLER	GORDON	BKW	V	41494/F	5	STUART-HILL	BRUCE	MAI	V	125933/F
5	MIMMS	GREG	EXE	S	ETX1 FOY	5	SUTHERLAND	ROBERT	WOK	V	62267/F
5	MORAN	MICK	WOR	V	108663/F	5	SWALLOW	VICKY	CHE	F	95970/C
5	MORLEY	PETER	WEY	V	10711/F	5	TALBOT	JOHN	WOR	V	80574/F
5	MORRISSEY	CONNOR	RIC	S	ETX1	5	TAYLOR	ROBERT	CLM	J	126648/Y

MARATHON RANKINGS

Div	Surname	Name	Club	Age	BCU no.	Div	Surname	Name	Club	Age	BCU no.
5	TAYLOR	STUART	NOT	S	108825/F	6	BURTON	ALLAN	WEY	V	42952/F
5	THOMASSON	EDWARD	PLY	S	7794/F	6	BUTLER	BRIAN	ADJ	V	65142/F
5	TILT	NICOLA	NOT	F	853050/F	6	CARROLL	PAUL	RAF	V	1825/F
5	TREW	MICHAEL	POO	S	83759/F	6	CAWTHORN	RACHEL	WEY	JF	201228/Y
5	TRICKETT	ADRIAN	FOX	V	124163/F	6	CHAPMAN	BRIAN	KIR	V	SCA 0001
5	UNDERWOOD	NEAL	IND	S	119506/F	6	CHAPMAN	MARGARET	KIR	VF	SCA 327
5	VAN NIEKERK	STEVE	RM	S	ETX1 EXE/C	6	CHARLES	MELISSA	RIC	F	ETX1 WIN
5	VATER	MIKE	WOR	V	43397/F	6	CHORLEY	STEVE	CHE	V	13305/F
5	VINCENT	RICHARD	SOA	S	122748/F	6	CHRISTIE	DOUGLAS	MAD	S	35581/F
5	WALKER	TIM	EXE	V	67111/F	6	CHURCHILL	OLIVIA	ROY	JF	107993/Y
5	WATT	ANDREW	FOX	S	112696/F	6	CLARKE	DARREN	RM	S	52257/F
5	WESLEY	JOHN	NOT	V	35774/F	6	CLARKE	ROSALIND	CHE	VF	4620/F
5	WESTBROOK	GRAHAM	CGQ	V	68855/F	6	COHEN	LUCAS	ACU	S	80462/F
5	WETHERALL	KIMBERLEY	RIC	F	95955/C	6	COLLIER	KEN	GLS	V	107957/F
5	WETHERALL	SAMANTHA	RIC	F	95954/F	6	CONGRAN	RICHARD	LEA	V	ETX1 HEM
5	WHIPP	STEVE	BSF	V	64036/F	6	COTTLE	GRAHAM	BOA	V	57653/F
5	WHITE	GAYLE	LEA	F	84359/F	6	CROOKES	RICHARD	CLM	C	105428/Y
5	WHITE	MICHAEL	LBZ	J	119644/Y	6	CROWLEY	RUSSELL	TON	V	105766/F
5	WHITEHEAD	DANIEL	CLM	J	109754/Y	6	CROWTHER	STUART	FLA	S	35955/F
5	WIGGLESWORTH	MARK	PAN	J	114735/C	6	CURRIE	SAM	NOR	S	120085/F
5	WILCOX	TERRY	RM	S	58841/F	6	DARK	ADRIAN	BOA	V	23632/F
5	WILKINS	STEVE	CLM	V	126649/F	6	DARLING	SIMON	BOA	S	118730/F
5	WILLIAMS	DEAN	CLM	V	107756/F	6	DAVIDSON	ALAN	KIR	V	SCA 793
5	WILLIAMS	ROGER	CHE	V	110927/F	6	DAVIES	HUGO	EXE	S	110280/Y
5	WILLIS	STEVE	SOU	V	123169/F	6	DAWKINS	RUSSELL	RIC	S	80427/F
5	WITHALL	MARK	SOA	S	108703/F	6	DAY	JACKIE	ROY	F	78261/B
5	WOOD	ANDREW	WOR	J	123296/C	6	DEARDEN	CHRIS	WOR	J	111920/D
5	WOOLTORTON	NIGEL	MCA	V	11944/F	6	DILAI	MAGGIE	PEN	F	112820/F
6	ABSOLOM	PETE	BAS	V	25029/F	6	DODDS	TRACEY	RLS	F	129406/F
6	ADAIR	JOHN	WOR	V	111401/F	6	DODSON	ANDY	ADS	V	74419/F
6	ADAMS	MATTHEW	RM	S		6	DODSON	HENRY	BRY	S	121096/Y
6	ALLEN	LEWIS	NOR	J	NOR/002	6	DODSON	MICHAEL	VIK	S	68530/F
6	ARMISHAW	LOUISE	GAI	F	55448/F	6	DUDLEY	PAUL	HUL	V	34609/F
6	ARTHURS	BARRY	EXE	V	81802/F	6	DUNCAN	MELANIE	BSF	JF	98589/C
6	ASHFORD	STEPHEN	WES	S	78214/F	6	EDGAR	DUNCAN	SOL	C	61484/F
6	AVERY	DANIEL	FLA	C	114010/Y	6	EDGAR	STUART	SOL	C	59964/F
6	AVERY	SIMON	FLA	C	114009/Y	6	ELLIOT	GRAHAM	CGQ	S	56414/F
6	BADELEK	JOHN	WEY	C	37224/F	6	ELSTON	MARTIN	TAU	S	33248/F
6	BALLEM	KATE	FOX	F	ETX1 PAN	6	EMBREY	CHRISTOPHE	BUR	J	95993/C
6	BALLER	PAUL	RIC	S	ETX1 WIN	6	EMERY	MARK	BOA	V	61118/F
6	BARKWAY	RICHARD	NOR	V	33978/F	6	FANNING	PAM	WOK	F	111772/F
6	BEARDSELL	LENA	CKP	JF	123465/Y	6	FERGUSON	ANDY	GAI	S	43686/F
6	BEE	GILLIAN	NOR	F	106681/C	6	FERRIS	DAVID	BEJ	S	73680/F
6	BELL	MICHAEL	FLA	V	77704/F	6	FILLINGHAM	MALCOLM	WOK	V	42835/F
6	BEYER	JAMES	ADS	J	119582/Y	6	FINCH	MARK	MAD	V	79946/F
6	BIDLE	GRAHAM	NOR	V	50697/F	6	FIRMAN	DAVE	EXE	V	69747/F
6	BIE	ANDREW	CHE	S	ETX2 CHE	6	FOODY	CARL	CLM	V	55984/F
6	BIRCH	KATHERINE	WOK	VF	110359/F	6	FRANKLAND	NIGEL	RDG	V	28675/F
6	BISHOP	JAMES	BTH	S	12345/S	6	FRENCH	ANDREW	EAL	S	112950/Y
6	BLACKMORE	RUSSELL	TAU	V	11867/F	6	FRENCH	PETER	HEM	V	6166/F
6	BOWLES	PHILIP	MAI	V	27406/F	6	GARDNER	DONALD	LGW	S	SCA 921
6	BRACEWELL	STEPHEN	MLO	V	110489/F	6	GARVEY	KARL	RIC	S	119370/F
6	BRAGG	MARK	ITG	S	SCA 5665	6	GAUL	CHRISTIAN	ANK	S	ETX1 BAN
6	BRETT	PETER	IND	V	127915/F	6	GAUNT	TIM	PLY	S	64861/F
6	BRIGGS	ROY	WEY	V	28132/F	6	GENT	KEVIN	EXE	S	ETX1 DRT
6	BRIMFIELD	EDWARD	BRY	J	BRY/???	6	GERMISHUYS	QUINTEN	ELM	S	74516/F
6	BRISTOW	GRAHAM	PNZ	S	25013/F	6	GIDDINGS	MARK	ELM	V	81131/F
6	BRISTOW	NICOLA	PNZ	F	96204/C	6	GILL	PAUL	MAD	S	59109/F
6	BROPHY	PAT	RIC	S	ICU	6	GODSAVE	LAUREN	WEY	JF	127522/Y
6	BROWN	JAMES	GAI	V	42513/F	6	GOODALL	KATIE	ACU	F	ETX1 BAS
6	BUCHAN	PHILIP	RIC	S	117655/F	6	GOODALL	MALCOLM	PEN	V	105456/F
6	BUGBY	LESLEY	WES	VF	116066/E	6	GOODCHILD	SAMUEL	HER	S	66639/F
						6	GORDON	JAY	ACU	S	ETX1 NCH

MARATHON RANKINGS

Div	Surname	Name	Club	Age	BCU no.	Div	Surname	Name	Club	Age	BCU no.
6	GORE	CHRISTOPHE	CLM	V	103346/F	6	MENDHAM	NEIL	FLA	V	109049/F
6	GRAHAM	JAMES	LWC	J	105710/Y	6	MILLEST	ANDREW	MAD	V	23241/F
6	GRATTON	CHRIS	EXE	J	130142/Y	6	MILLEST	SARAH	MAD	JF	96190/C
6	GRATTON	SAM	EXE	J	EXE/004	6	MILLS	MATTHEW	LEA	J	109786/C
6	GREASBY	ELIZABETH	RIC	F	32758/F	6	MOESSNER	SUSI	ITG	F	SCA 8709
6	GREEN	JOE	EXE	S	ETX2 BRI	6	MONTGOMERY	BARRY	IRV	S	
6	GRIFFIN	DONNA	NOT	F	61998/F	6	MORRIS	ANTHONY	WCR	V	59228/F
6	HADLEY	WILLIAM	BTH	J	122486/Y	6	NADAL	MICK	NOT	V	1664/F
6	HANCOX	JOHN	PAN	V	118037/F	6	NEWBUTT	BRYAN	NOT	V	48664/F
6	HARMSEN	LINDY	RIC	F	125702/C	6	NICHOLLS	GERALD	WOR	V	107468/F
6	HARMSEN	MARIUS	RIC	S	125701/F	6	NIXON	SIMON	MAD	S	55152/F
6	HARRIS	ROBERT	WIN	S	ETX1 WIN	6	OLDHAM	JAMES	PEN	S	78422/F
6	HARRY	M	WIN	V	ETX1WIN	6	OLIVER	LAURENCE	LIN	V	1987/F
6	HAUPT	CRAIG	RIC	S	115975/F	6	OUGHTON	JESSICA	SOA	JF	112256/C
6	HAWTHORN	SUE	WOR	VF	96033/C	6	OUTWIN	PETER	GLS	V	80680/F
6	HAYNES	ROY	LBZ	V	19436/F	6	PARKER	CAMERON	TON	S	ETX1MEDW
6	HEAD	MIKE	CLM	V	59628/F	6	PARKER	JEFFREY	IND	S	13560/F
6	HENRY	PATRICK	LIN	S	ETX1 LIN	6	PARKINSON	ANDREW	CHE	V	25722/F
6	HETHERINGTON	PHILLIP	RNK	V	59274/F	6	PARKINSON	GARY	BUD	V	96326/C
6	HILDERLEY	ELLIE	WEY	JF	200633/Y	6	PARRY	ANDREW	RIC	V	122019/F
6	HILL	NIGEL	TON	V	ETX2 HAS	6	PATTERSON	CAROLINE	RAF	F	ETX1 BOA
6	HOLLAND	PHILLIP	RUN	S	70225/F	6	PATTERSON	SCOTT	KIR	J	SCA 8898
6	HORSMAN	BILL	IND	S		6	PEARCE	KEVIN	FOY	V	107054/F
6	HORSMAN	NONIE	IND	F		6	PEMBERTON	TAFLIN	RIC	S	119767/C
6	HOWES	MARTIN	MAI	V	12195/L	6	PERCHMAN	BERNARD	RIC	S	107030/F
6	HOWSON	PETER	ACU	V	120237/F	6	PHILLIPS	TIM	RIC	V	
6	HUTCHINSON	PAUL	LIN	V	ETX1 LIN	6	PHILLIS	BEN	RIC	S	ETX1 WIN
6	HUTT	JENNY	RIC	JF	SCA 4411	6	PIGOTT	MIKE	RIC	S	83249/F
6	HYSLOP	MAITLAND	HEX	V	108258/C	6	PIKE	CHRISTOPHE	WEY	V	71765/F
6	HYSLOP	SANDRA	HEX	JF	108259/C	6	QUINTON	STUART	PAN	V	ETX1 TVC
6	JACKS	PETER	HOP	V	60366/F	6	RICHARDSON	TONY	ROY	S	120201/F
6	JENNISON	IAIN	KIN	J	114154/C	6	RICHMAN	MIKE	NBY	V	ETX1 PAN
6	JENNISON	NEIL	KIN	V	110533/F	6	RIDDLE	TOM	RDG	J	RDG/023
6	JOINER	TIM	RIC	V	109350/F	6	RIGBY	ADRIAN	ADL	S	109260/F
6	JONES	RUSSELL	FLA	V	7318/F	6	RILEY	CRAIG	ANK	V	123723/F
6	KAVANAGH	JOHN	MAD	V	52634/F	6	RILEY	GORDON	ANK	S	129155/F
6	KER	JOHN	WEL	S	108953/C	6	ROBERTSON	DON	LIN	V	34430/F
6	KEWLEY	RYAN	RIC	S	119740/F	6	ROBINSON	RALPH	PLY	J	108024/Y
6	KEWLEY	STEVEN	RIC	S	119739/F	6	ROGERS	JERRY	BKW	V	30446/F
6	KIRBY	ROBERT	WOL	V	50655/F	6	ROUTLEDGE	CYRIL	ANK	V	25392/F
6	KNIGHT	ANDY	WIN	S	ETX1 WIN	6	ROWLANDS	CAROLINE	CHE	JF	129326/Y
6	KNOWLES	RICHARD	WOK	S	105804/F	6	RUDD	DAVE	TON	V	111776/F
6	KOTZE	PIETER	BAN	V	ETX1 HEN	6	RYMELL	MARK	WEY	S	15101/F
6	LABBATT	ALBERT	EXE	S	ETX1 DRT	6	SAMPDON	L	BUD	V	ETX1 CMLF
6	LANG	JACOB	RDG	J	RDG/010	6	SCHNEPP	WERNER	WOK	V	122131/F
6	LEAHY	CARL	ADS	S	72803/F	6	SEALEY	JACK	RDG	J	128289/C
6	LEE	ROBERT	WOR	V	108717/F	6	SEWARD	DAVID	WOK	V	17952/F
6	LEE	STEVE	WOK	V	129758/F	6	SHARP	CLAIRE	RAF	F	82539/F
6	LEFFLER	MELISSA	RIC	F	46776/F	6	SHEPHARD	EVAN	CLM	S	74560/F
6	LEITCH	JAMES	LBZ	J	125688/Y	6	SILLITOE	NEIL	LBZ	S	42106/F
6	LOTTER	DEON	BAN	V	126253/F	6	SIMONS	TYSON	BAS	S	121403/Y
6	LOVE	TOM	RLS	C	28525/F	6	SMEDLEY	RAB	ACU	S	ETX1 ROY
6	LOWTHORPE	ANDREW	KIN	J	117393/Y	6	SMITH	MARTIN	SOU	V	104075/F
6	LUND	MALCOLM	LEA	V	107372/F	6	SPENCER	ANTHONY	HER	V	203/F
6	MACKINTOSH	URSULA	KIR	VF	SCA 258	6	STADDON	JACK	ROY	J	ROY/034
6	MAPELEY	MICHAEL	LBZ	J	120040/Y	6	STANWAY	PETER	RDG	V	25437/F
6	MARSHALL	DEREK	LGW	V	SCA 348	6	STOPFORTH	KIERON	PAN	J	111501/C
6	MARSHALL	MIKE	PAN	VC	ETX1 FLA	6	SURRAGE	PAUL	BSF	V	55059/F
6	MASSAM	PAUL	BAS	S	54835/F	6	SWALLOW	JENNY	CHE	JF	126197/C
6	MATTHEWS	DAVID	PLY	J	107988/Y	6	TARBUCK	DAVID	WOL	V	684/F
6	MAY	JOHN	TRU	V	22447/F	6	TARKANYI	J	EXE	V	ETX1 BRI
6	MAYERS	RACHEL	RUN	F	114340/C	6	TAYLOR	LEE	BRI	S	98634/Y
6	MCCAIG	LEE	KIR	J	SCA 8344Y	6	TEMPLETON	SUE	ITV	VF	1656/F

MARATHON RANKINGS

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6	THORPE	ANTHONY	WCR	V	59222/F	7	BURBIDGE	JAMES	ROY	S	ROY/026
6	TRAIN	KATIE	FLA	JF	117123/Y	7	BURGOYNE	ALAN	HER	V	36860/F
6	TRAIN	STEVE	FLA	V	14327/F	7	BYARD	TOM	LBZ	J	124670/C
6	TREW	T	BEJ	S	ETX1 BRI	7	CALDERWOOD	COLIN	ACU	V	64352/F
6	TRIEGAARDT	KAREN	RIC	F	128003/F	7	CAMPBELL	ROBERT	BED	V	46050/F
6	TUFFLEY	NIGEL	POO	V	26430/F	7	CAREY	KEVIN	IND	V	49977/F
6	VEEVERS	NICHOLAS	RIC	S	43309/F	7	CARSON	ANDREW	ELM	J	128179/Y
6	VON BACKSTROI	ANDRE	ELM	S	74515/F	7	CARTER	STUART	NED	V	78364/F
6	WAITE	MATTHEW	DCP	V	WCA 5505	7	CHERRY	CHRISTOPHE	TON	V	108999/F
6	WALKER	ANDREW	PAN	V	200026/C	7	CHISHOLM	MALCOLM	KIR	V	SCA 908
6	WALKER	MICHAEL	BUR	V	39456/F	7	CHRISTIE	DONALD	MAD	V	24619/F
6	WALKER	RICHARD	PLY	S	34794/F	7	CHURNISIDE	AMELIA	RDG	JF	RDG/005
6	WALSH	MICHAEL	WEY	S	129056/Y	7	CIANCHI	DAVE	HER	V	45843/F
6	WARLAND	GRAHAM	BAN	V	51532/F	7	CLARKE	STUART	CHM	J	112124/Y
6	WATSON	JEAN	WOK	VF	110516/F	7	CLEAVER	CHRIS	MAD	V	34796/F
6	WAUGH	DAVID	ADL	S	ETX1 ADL	7	CLIVE	STEPHANIE	GAI	JF	GAI/002
6	WEG	JAQUES	RUN	S	ETX1 CHE2	7	COLE	BERNARD	BRI	V	1105/F
6	WELCH	MATTHEW	WEY	J	130706/Y	7	COLLETT	ALAN	TRU	V	ETX1 FOY
6	WELFORD	ROBIN	WOR	V	63047/F	7	COLLINS	JESSICA	RDG	JF	126269/Y
6	WERNER	PHILLIP	WOK	V	122131/F	7	COLYER	DANIEL	RDG	J	RDG/031
6	WHITE	P	WOL	V	113284/F	7	COOKNELL	MATTHEW	BAN	J	BAN/043
6	WHITEHEAD	KATIE	CLM	JF	115585/Y	7	COOLEY	DARREN	BSF	S	68280/F
6	WILKES	PETER	CLM	J	CLM/614	7	COOMBER	RUPERT	FOY	S	ETX1 FOY
6	WILLIAMS	CARL	CLM	V	30996/F	7	COOPER	MATT	SOA	V	80806/F
6	WILLIAMS	KEVIN	EXE	S	ETX1 DRT	7	CORRIN	MIKE	MAD	V	80876/F
6	WOOD	DAVE	WOR	V	117429/F	7	COURTMAN-ST	PAUL	BSF	S	129034/F
6	YANNIERERK	STEVE	ROY	S	WA521	7	CRAWFORD	ROGER	RIC	V	ETX1 ELM
6	YATES	KEITH	WOL	V	3953/F	7	CRISP	PAUL	EAL	V	8205/F
7	ABSLOM	CHRISTOPHE	BAS	S	105011/F	7	CROSS	STEFAN	CLM	J	CLM/786
7	ADAMS	TOM	ELM	J	129082/Y	7	DACK	GRACIE	EXE	JF	ETX2 GRI
7	ALLEN	DAVID	EXE	S		7	DAINS	RONALD	BAD	V	4403/F
7	ANDERSON	PHIL	MAD	V	69203/F	7	DAMANT	SIMON	TON	V	84120/F
7	ANDREWS	KENNETH	SOL	V	46988/F	7	DAVIDSON	EDWARD	KIR	V	SCA 0793
7	ARMISHAW	ROBERT	GAI	V	56450/F	7	DAVIES	PAUL	ANK	V	69957/F
7	BACK	SUE	RIC	F	115108/F	7	DAVIES	STEPHEN	MAD	S	82257/F
7	BAKER	IAN	GRI	J	120340/Y	7	DAVIES	VERONICA	ANK	VF	97606/C
7	BARTOLI	MICHAEL	LBZ	J	127979/Y	7	DEAVES	MARTIN	WOK	V	115552/F
7	BATES	DUNCAN	BRI	S	ETX1 GRI	7	DINES	KIERAN	ELM	J	126611/Y
7	BAZLEY	ANDREW	ACU	S	109152/F	7	DIXON	PETER	KIN	V	121332/F
7	BEER	SARAH	ROY	JF	ROY/014	7	DIXON	STEVEN	ROY	J	129921/Y
7	BENNETT	ANITA	HOP	F	36541/F	7	DOHERTY	RICHARD	CAM	S	119886/B
7	BENNETT	JASON	CHE	J	CHE/009	7	DRESCH	ALEX	FLA	J	FLA/023
7	BERENSEN	KAJ	SOU	S	110973/F	7	DRESCH	TRACEY	FLA	VF	113372/F
7	BIRD	ANDREW	LGW	S		7	DUBBER	ROD	KIN	V	30909/F
7	BLACKWELL	LINDA	WOK	F	108319/C	7	DUFF	COLIN	TON	V	111331/F
7	BLACKWELL	MATT	WOK	J	108322/C	7	DUFFIELD	MAX	CLM	J	CLM/703
7	BLAKEBOROUGH	MARGARET	CHE	VF	28215/F	7	DUFFY	KATIE	EXE	F	96848/C
7	BLATCHLEY	IAN	PAN	V	79062/F	7	DUNNE	ROXANNE	RIC	VF	105865/F
7	BLOWERS	MALCOLM	MDN	V	71466/F	7	EAGLE	JAMES	CKP	J	119699/Y
7	BOSKOVA	ZDENKA	RIC	F	117254/F	7	EDWARDS	MARK	ACU	V	71088/F
7	BOSWORTH	WILLIAM	EXE	S	110151/Y	7	EMMETT	SHANNON	RIC	F	ETX1 ROY
7	BOWDITCH	IAN	EAL	V	15284/S	7	ESSEX	ANDREW	BRI	V	ETX2 BOA
7	BOWERBANK	MATTHEW	BTH	J	BTH/002	7	EVANS	CAROL	IND	F	66961/F
7	BOWLES	KYLE	SOL	J	82062/Y	7	FARNELL	NEIL	CAM	S	65512/F
7	BRADLEY	DALE	WOR	J	WOR/006	7	FARQUHARSOI	STEWART	NOR	V	110904/F
7	BRADLEY	NATHAN	MAD	S	84242/Y	7	FARRINGTON	POLLY	ROY	JF	119854/C
7	BRENNAN	SHAUN	ADL	V	ETX2 CHE	7	FELINGEROVA	RADKA	ROY	F	116570/F
7	BROUGHTON	ELEANOR	RIC	JF	RIC/009	7	FERGUSON	LAURA	BAN	JF	202111/Y
7	BROWN	HANNAH	BTH	JF	125835/Y	7	FOSTER	ALEX	WES	J	WES/R01
7	BROWN	JULIAN	LBZ	V	6033/F	7	FOULGER	JUDE	DCP	VF	WCA 1223
7	BROWN	OLIVER	PLY	J	108025/Y	7	FREEMAN	ADRIAN	EXE	V	126310/F
7	BUCHAN	PHILIP	RIC	S	117655/F	7	FROST	BARRY	CHE	S	ETX1 CHE
						7	FRYER	CHERRY	TNG	CF	

MARATHON RANKINGS

Div	Surname	Name	Club	Age	BCU no.	Div	Surname	Name	Club	Age	BCU no.
7	FRYER	DAVID	TNG	VC	115892/F	7	LANDER	PETER	BOA	V	50491/F
7	GALLOP	PETER	GRI	V	78174/F	7	LANGLANDS	TRACY	WOK	F	129551/F
7	GATES	BARRY	HER	V	3645/F	7	LAWRENCE	RICHARD	ELM	V	127962/F
7	GILBERT	NICK	KIM	S	115685/F	7	LAWS	ALAN	EXE	V	1877/F
7	GILBERT-JOHNS	RICHARD	SOU	V	63155/F	7	LEPLEY	JUDY	KIR	VF	SCA 4415
7	GILLESPIE	JOHN	PAN	J	115791/Y	7	LISTER	MATTHEW	WRL	J	114855/C
7	GLEDHILL	CARL	KIN	V	123057/F	7	LO	HELEN	SOU	F	ETX1 BAS
7	GOHAR	MARCUS	RIC	VC	10803/F	7	LORENTZEN	ULRIK	RIC	V	130562/F
7	GOODLAD	BETHANY	LBZ	JF	123428/C	7	LOWE	JULIE	4AS	F	77746/F
7	GRADY	DEAN	NOR	S	120353/F	7	LUCK	MICHAEL	WEY	V	63048/F
7	GRAVES	BRADLEY	BSF	J	126695/Y	7	MACGILLIVRAY	RICHARD	BKW	V	117632/F
7	GREEN	DAVID	EXE	V	6137/F	7	MACKENZIE	NEIL	WOR	V	106388/F
7	GREEN	DAVID	IND	V	ETX2 SHIP	7	MACKINTOSH	SARAH	LEA	F	54884/F
7	GREEN	IAN	BAD	J	BAD/055	7	MADELEY	DAVID	CHE	V	43117/F
7	GREEN	SARAH	MAD	F	55034/F	7	MAINPRIZE	PETER	RDG	V	129743/F
7	GWYNNE	MICHAEL	WES	J	WES/004	7	MAMMAD		WOL	S	ETX1 IRON
7	HALL	JEREMY	WOK	V	57011/L	7	MANT	PAUL	BAS	V	50041/F
7	HALL	MEGAN	BSF	JF	111666/Y	7	MARKS	ROY	TON	V	27423/F
7	HAMBLEY	ANDREW	FOY	S	80188/F	7	MARNELL	JAMES	RUN	J	RUN/006
7	HAMER	CATHRYN	MAD	F	97703/F	7	MARSHALL	ALISTAIR	LGW	S	SCA348
7	HAMILTON	JAMES	KIN	J	117495/Y	7	MARSHALL	CHRISTINE	FOX	VF	123110/C
7	HARDWICK	NEALE	RLS	V	59780/F	7	MARSHALL	PETER	FOX	V	58835/F
7	HARRISON	MARTYN	EXE	V	ETX1 EXEC	7	MARTIN	RICKY	NOT	J	NOT/001
7	HART	ROD	WOK	S	115436/F	7	MATTHEWS	DEBBIE	LBZ	VF	108913/F
7	HASKEY	ARTHUR	FOX	VC	23645/F	7	MATTHEWS	MARTIN	NOR	V	7842/F
7	HAYES	MARK	MAD	V	82294/F	7	MAYLAND	ANDREW	MAD	V	80406/F
7	HAYNES	ANDREW	GAI	S	123026/F	7	MEIKLE	ISOBEL	FLA	VF	113373/F
7	HAYNES	CHRIS	RIC	V	121520/F	7	MERRON	JASON	RIC	S	ETX1 ROY
7	HAYNES	TREVOR	WRN	V	1860/F	7	METCALFE	VICKY	PAN	VF	58497/F
7	HILL	D	ACU	F	ETX1NTCH	7	MILES	JOHN	ACU	S	100981/F
7	HILTON	PAUL	PLY	S	113514/F	7	MULLER	TIM	CKP	J	202018/Y
7	HIRST	RICHARD	NOM	S	83563/F	7	MULLINS	GUY	WEY	J	WEY/045
7	HITCHINS	BENJAMIN	LEA	S	77828/Y	7	MUNGOVAN	GEMMA	RIC	JF	RIC/012
7	HOBDAY	JULIA	BUD	VF	34345/F	7	MUNSLow	TIM	WOR	V	43582/F
7	HODKIN	JACK	WOK	V	84151/F	7	MYANT	NIALL	SOU	S	ETX1 WOM
7	HOLDEN	ROBERT	GRI	S	ETX1 GRI	7	NEALE	LOUISE	TON	F	95988/C
7	HOLMES	STEPHANIE	WOR	JF	WOR/062	7	NEVILLE-JONE	GEORGE	IND	J	115220/F
7	HUBBARD	MARK	FOY	J	112030/Y	7	NEWMAN	IAN	CAM	V	56355/F
7	HUDD	ALISON	GRI	F	71225/F	7	NORAIKA	DANIEL	EAL	V	43675/F
7	HUGHES	DAVID	BEJ	V	37592/S	7	NOSWORTHY	SARAH	RIC	S	200564/F
7	HUISMAN	MARTINE	SOU	F	96855/C	7	OXToby	ELLA	LBZ	JF	124553/C
7	HUMPHREYS	COLIN	LEA	S	42553/F	7	PARKER	ANDREW	LWC	V	80287/F
7	HUNT	GARETH	FLA	JC	243045/Y	7	PATERSON	FIONA	RIC	F	117633/F
7	HUNTER	JON	MAI	S	72619/F	7	PATTERSON	ROSS	ANK	V	24614/F
7	HUSSEY	LAURA	LBZ	JF	118978/C	7	PEARCE	RAY	BAN	V	79460/F
7	HUTCHINSON	I	ACU	S	30063/F	7	PECKOVER	GARY	NOT	S	37701/F
7	HUTCHINSON	STEPHEN	WOR	V	49981/F	7	PEREIRA	WENDY	ADS	VF	68819/F
7	HUTT	FIONA	C&K	VF	SCA 4411	7	PERRIDGE	IAN	HER	S	ETX1 HER
7	JACKSON	ALISON	BOA	VF	112324/F	7	PERRY	MICHAELA	TAU	F	76862/F
7	JACKSON	JOHN	MCA	S	84162/F	7	PHILLIPS	JOSH	NOT	J	NOT/010
7	JEFFERIES	DAVID	PEN	V	117870/F	7	POSTILL	PAUL	TRU	V	112303/F
7	JEFFERIES	JULIE	SOU	F	97189/C	7	PRENTICE	MARK	BOA	V	58986/F
7	JOHNSTON	SARAH	RIC	F	118984/F	7	PRICE	SCOTT	SOA	S	72982/F
7	JONES	CHRIS	BAN	V	67520/F	7	PRICE	STEPHEN	RDG	V	114399/F
7	KASPEROWICZ	ANTHONY	RAF	S	70975/F	7	PUNCHARD	NEIL	GRI	S	116133/F
7	KELLY	ELIZABETH	KEN	JF	117116/Y	7	PUNTER	MICHAEL	BAN	V	62075/F
7	KELLY	TOM	BRY	J	BRY/???	7	RAWLINGS	JAMES	WOR	S	WOR/116
7	KENDALL	ARAN	NTH	J	122263/Y	7	READEY	JOHN	PLY	S	51786/F
7	KILBOURN	CLIVE	NOR	V	45052/F	7	REEVES	ALEX	ADS	J	119257/Y
7	KILGALLON	AMY	WOR	JF	WOR/052	7	REEVES	NICHOLAS	ADS	V	85746/F
7	KILVERT	CHRIS	SHP	S	111350/F	7	REIF	FRED	CKP	J	129897/Y
7	KNIGHT	ROBERT	BAN	S	122978/F	7	RICHARDSON	GEORGE	ROY	V	15659/F
7	LAMBERT	MICHAEL	BAS	J	BAS/041	7	ROSE	PAUL	PLY	V	29374/F

MARATHON RANKINGS

Div	Surname	Name	Club	Age	BCU no.	Div	Surname	Name	Club	Age	BCU no.
7	ROSSITER	JAMES	WEY	V	1489/F	7	WOOD	GLENN	LEA	S	103324/F
7	ROWBOTHAM	DAVID	NOT	J	NOT/510	7	WOOD	JOANNE	MCA	F	65738/F
7	SAYERS	TIM	ELM	J	128332/D	7	WOOD	KATIE	BAN	JF	BAN/049
7	SELWOOD	PETER	BEJ	V	103665/F	7	WYATT	SIMON	BAN	S	81923/F
7	SEN	KAMALA	DCP	VF	WCA 3571	7	YATES	PAUL	ADL	S	ETX1 ADL
7	SEWELL	FREDERICK	BSF	V	46168/F	7	YOUNG	MICHAEL	BSF	V	68365/Y
7	SHARP	CHRISTOPHE	WAV	V	60747/F	8	ALLIN	RUTH	IND	F	104522/F
7	SHARPE	WILLIAM	EXE	V	ETX6 BOA	8	ASHLEY	JEAN	CHE	VF	
7	SHAW	ALEX	FLA	S	ETX1 FLA	8	ASHPOLE	MARTIN	NOR	V	35297/F
7	SHEFFIELD	ROBERT	WOR	V	44536/F	8	AYRE	NICHOLAS	ACU	S	ETX1 HEN
7	SHELMERDINE	R	PLY	S	ETX2CMLH	8	BAILEY	CHRISTINA	ROY	F	118214/F
7	SHELSTON	PETER	SHP	J	113404/F	8	BALLARD	JULIA	WOR	VF	96284/C
7	SHIRES	JOSH	RDG	J	RDG/022	8	BANNISTER	MICHAEL	MAI	V	68271/F
7	SILCOCK	JAMES	BRY	J	BRY/???	8	BARATTA	FRANCISCO	RIC	S	119544/F
7	SIMPSON	KEITH	WRN	V	ETX1 HEN	8	BARROW	IAN	PAN	V	110872/F
7	SIMS	MICHAEL	NOT	J	117056/Y	8	BARROW	JONATHON	PAN	J	110873/C
7	SMART	ALEX	FOX	S	ETX1 PAN	8	BATES	DIANE	ELM	VF	81395/F
7	SMITH	COLIN	CHE	VC	7999/F	8	BATTISON	GAIL	RDG	VF	72211/F
7	SMITH	RICHARD	CAM	S	115236/F	8	BATTS	BOB	SHP	V	108575/B
7	SMITH	SUE	RIC	F	118341/F	8	BAUGH	WILLIAM	ACU	S	116310/F
7	SPENCER	BERYL	HER	VF	111732/C	8	BELCHER	SARAH	MLO	F	79506/Y
7	STAINSBY	JON	TON	V	ETX1	8	BELL	ANNIE	FLA	VF	83675/F
7	STALLWORTHY	RODNEY	CHE	V	823/F	8	BELL	SUSAN	WCR	VCF	67055/F
7	STAMP	RAY	CHE	V	119057/B	8	BENNETT	OLIVER	BEJ	S	69391/Y
7	STEED	PAUL	NOT	V	ETX1 FLA	8	BENNETT	PETER	CHE	V	IN POST
7	STONE	JULIAN	BAN	J	BAN/047	8	BLAKE	NICOLA	ACU	JF	ETX2 BAS
7	SUTTLE	LISA	CLM	F	82736/F	8	BLATCHLEY	ANTHONY	PAN	J	124986/Y
7	SWALLOW	SARAH	CHE	VF	95971/C	8	BLUNDELL	HELEN	NOR	JF	115825/Y
7	TAYLOR	JOHN	CAM	V	112395/F	8	BOWLER	MARK	BEJ	S	120078/F
7	THOMAS	CHERYL	NOR	F	30928/F	8	BRADLEY	MARGARET	MAD	VF	68731/F
7	THOMAS	GEORGIA	BSF	JF	BSF/046	8	BRETT	TONY	BSF	J	BSF/044
7	THOMAS	PETER	SOU	V	49685/F	8	BRIGGS	DAVID	GAI	V	9819/F
7	THOMAS	ROGER	TRU	V	22755/F	8	BROOKS	EDWARD	CKP	J	128913/Y
7	THOMPSON	JOHN	ADL	J	73275/F	8	BROWN	SUE	LBZ	F	117901/C
7	TILT	JACQUI	FLA	F	96001/C	8	BURBIDGE	ANTONIA	ROY	F	ROY/008
7	TURZA	JOZSEF	RIC	S	107806/F	8	BURKE	ANTHONY	CNL	S	116775/F
7	TWIGGS	MICHAEL	PEN	V	7431/F	8	BYARD	REBECCA	LBZ	JF	200182/C
7	TYLER	BEN	CHM	J	112125/Y	8	CARLISLE	JOHN BARRII	KIN	V	25690/F
7	VINCENT	ROBERT	SOA	J	122308/Y	8	CARMICHAEL	ANDREW	EXE	V	68429/F
7	WAKELING	MATTHEW	BOA	S	115560/F	8	CARTWRIGHT	GARY	ANK	V	108304/F
7	WALKER	DEREK	BOA	V	68019/F	8	CAYFORD	ANTHONY	BSF	J	120891/Y
7	WALKER	GRAHAM	FRE	V	75332/F	8	CAYFORD	DAVID	BSF	V	126864/F
7	WALKER	KEITH	EBC	V	1569/F	8	CHAPMAN	CALLUM	BAN	J	BAN/042
7	WALKER	PETER	PAN	V	119872/F	8	CHILDERSTON	AMANDA	WEY	VF	96040/C
7	WALKER	PHILIPPA	EXE	JF	84610/C	8	CHRISTOPHER	JAMES	ACU	J	ETX1 HAS
7	WALKINSHAW	RYAN	BSF	J	116469/D	8	CHRISTILL	MIRANDA	ADS	VF	115754/F
7	WALMSLEY	JOSEPH	RAF	V	34701/F	8	CLIVE	MARK	GAI	J	GAI/001
7	WARD	TIM	MLO	V	1601/F	8	COATS	I	ACU	S	127606/F
7	WARLAND	CARL	BAN	S	112390/F	8	COLEMAN	LIS	BAS	VF	34270/F
7	WATT	FRASER	BEJ	J	108365/Y	8	COLLINS	DAVID	EXE	V	ETX2 GRI
7	WEST	MITCHELL	ADS	J	ADS/004	8	COLLINS	GLYNIS	EXE	VF	ETX2 EXE
7	WETHERALL	TREVOR	RIC	V	1561/F	8	COLLINSON	JEANETTE	POO	F	52993/F
7	WHEELER	ADRIAN	PAN	V	121457/F	8	COOPER	ANITA	RDG	VF	76974/F
7	WHITCOMB	ROBERT	SOL	V	55042/F	8	COOPER	ED	PAN	V	117604/F
7	WHITTAL	MARK	WOR	C	83399/B	8	CORBY	MARTIN	ACU	S	
7	WILKENS	PAUL	SOA	S	116822/F	8	CORLESS	TRICIA	RDG	F	118892/B
7	WILKINSON	PHILIP	LIN	V	122785/F	8	COSH	DAWN	GRI	VF	ETX1 GRI
7	WILLIAMS	ALAN	NTH	V	22228/F	8	COULTON	GARY	RIC	S	104723/B
7	WILLIAMS	KATE	ELM	JF	120277/Y	8	COX	ALBERT	WOR	V	45020/B
7	WILLIAMS	PHILIP	CHE	J	CHE/004	8	CRAIGIE	JANE	RDG	VF	98278/C
7	WILLIS	JAMES	CHM	S	74078/F	8	CREW	P	RIC	V	115788/F
7	WILLOX	DAVID	LEA	V	25552/F	8	CROPPER	PETER	BTH	S	44349/F
7	WINGFIELD	PENNY	DCP	VF	WCA 3290						

MARATHON RANKINGS

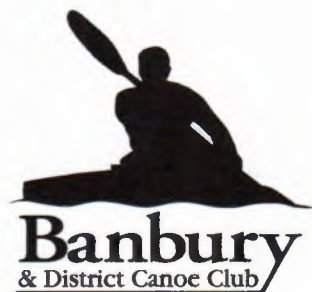
Div	Surname	Name	Club	Age	BCU no.	Div	Surname	Name	Club	Age	BCU no.
8	CURTIS	ALAN	CLM	V	122765/F	8	HOILE	ANN	LBZ	VF	35082/F
8	DALRYMPLE	DANIEL	ITV	V	2624/F	8	HOOTON	ANTHONY	ANK	V	108636/F
8	DARLING	WAYNE	ACU	S	116125/F	8	HORSLEY	GRAHAM	WEY	V	80290/F
8	DAVIES	KAREN	MAD	F	45256/F	8	HOSFORD	BENJAMIN	BRY	J	ETX1 EXEC
8	DAVIES	NEIL	HER	V	116245/F	8	HOUSE	ANDREW	GRI	V	83919/F
8	DAVIS	RON	BAD	S	ETX1 CAM	8	HOWARD	DARREN	WOR	V	55361/F
8	DAVIS	SARAH	TON	F	5379/F	8	HOWELL	CATHY	NOT	F	128119/F
8	DAVISON	PAUL	MAD	V	53985/F	8	HOWSON	LEE	ACU	J	120238/C
8	DEAL	KATIE	BOA	JF	BOA/R08	8	HUDSON	KEN	ELM	V	64777/F
8	DELANEY	RALPH	PAN	J	126744/Y	8	HUGHES	MARTIN	BEJ	V	77790/F
8	DIXON	KIMBERLEY	LBZ	V	119777/F	8	HUNTER	ANDREW	SOA	S	116872/F
8	DOBBIE	DERRICK	LBZ	V	84212/F	8	HYDE	ROBERT	SOL	V	111667/F
8	DOMMISSEE	ADRIAN	RIC	S	126262/F	8	ILLINESI	JENNY	ELM	JF	120501/Y
8	DRAPER	KEVIN	BEJ	V	110469/F	8	INSTALL	CLAIRE	WOR	JF	84804/F
8	EDWARDS	ASHLEY	PAN	S	79626/F	8	JARY	KARL	RIC	S	ETX1
8	EDWARDS	ROGER	CLM	V	38140/F	8	JEFFERIES	ROBERT	PEN	J	PEN/???
8	ELLIOTT	JAMES	ACU	S	ETX1 BAS	8	JOHNSTON	BENJAMIN	PLY	J	113648/Y
8	ESCOTT	ROBERT	WLT	J	WLT/023	8	JOHNSTONE	IVOR	RUN	S	ETX2 RUN
8	FALLOWS	MICHELLE	MAD	JF	110219/D	8	JONES	PAT	LBZ	VF	59941/F
8	FARRINGTON	ROSIE	ROY	JF	ROY/005	8	JONES	ROD	PAN	V	117169/F
8	FIELDING	LAWRENCE	RLS	J	117784/Y	8	KEARTLAND	GUY	RIC	S	126706/F
8	FENNEMORE	PETER	WEY	V	71771/F	8	KEEBLE	JAMES	BEJ	S	79448/F
8	FENSOME	KEITH	ACU	S	121465/F	8	KILBY	EDWARD	RIC	JC	127875/Y
8	FEUILLADE	ALEC	PAN	J	108102/Y	8	KIRK	MARK	BAN	V	107498/F
8	FEUILLADE	ALECIA	PAN	VF	108100/C	8	KITCHING	DAVID	WEY	V	50700/F
8	FISHER	SARAH	MAD	JF	MAD/001	8	LANE	GRACE	FOX	F	124226/F
8	FLEET	CATRIONA	BRY	JF	121095/Y	8	LARWOOD	EMMA	GAI	JF	GAI/003
8	FORD	DAISY	ADS	F	109324/F	8	LEWIS	MICHAEL	CLM	V	1944/F
8	FORREST	TIM	CKP	J	128934/Y	8	LINGS	KEITH	IND	V	ETX1BRIGC
8	FRANKLIN	ELIZABETH	ANK	VF	54664/F	8	LISTER	DAVID	WRL	V	79889/F
8	GALLAGHER	HANNAH	NOT	JF	NOT/502	8	LITTLEWOOD	JULIE	NOT	VF	128211/F
8	GALLAGHER	LIAM	MAD	V	55911/F	8	LUMB	JENNY	NOR	F	46780/F
8	GALLAGHER	MARY	NOT	JF	NOT/501	8	MACKAY	DAVID	WCR	V	11951/F
8	GALLOP	ALAN	GRI	VC	1679/F	8	MADELEY	PHIL	CHE	S	ETX1 CHE
8	GALLOP	STEVE	ACU	S	ETX2 PAN	8	MALCOLM	ANTHONY	NOT	V	110398/F
8	GANDY	BRIAN	BAS	V	20172/F	8	MALLET	JOHN	CAM	V	81949/F
8	GARNER	ADRIENNE	HEM	VF	42975/F	8	MARTIN	ALISON	RIC	F	ETX1 TV
8	GARSIDE	NATHAN	LBZ	J	126419/Y	8	MATTERSON	MATTHEW	LBZ	J	LBZ/049
8	GARSON	WILLIAM	WEY	V	54958/F	8	MAYLAND	JOANNE	MAD	F	46782/C
8	GAUNT	PATRICK	PLY	J	108833/C	8	MCCARTHER	N	EXE	V	ETX1 EXEC
8	GAUNT	SAM	PLY	J	108832/C	8	MCLEAN	MATTHEW	BAN	J	BAN/060
8	GEYER	MIKE	BEJ	V	117857/F	8	MCLELLAN	ROBIN	WOR	S	85027/F
8	GOODLAD	STEVE	LBZ	V	106637/F	8	MCMANUS	KATE	NOT	VF	ETX3 LIN
8	GRACE	CHARLES	RIC	S	ETX1 WIN	8	MCNULTY	BRIAN	CHE	VC	80637/F
8	GREEN	BEN	CKP	J	120213/Y	8	MEIKLE	DUNCAN	FLA	J	124716/C
8	GUY	MALCOLM	LBZ	V	109789/F	8	METCALFE	ANDREW	PAN	J	82828/Y
8	HAMILTON	DAVID	KIN	V	115247/F	8	METCALFE	GEORGINA	PAN	JF	82829/Y
8	HANLON	CHRIS	ELM	J	ELM/035	8	MIDDLEHURST	MARIA	ADS	JF	ADS/014
8	HANLON	MIRIAM	ELM	JF	ELM/004	8	MILLS	NICK	EXE	V	ETX3 BRI
8	HANNIGAN	KILIAN	MAI	V	126561/F	8	MONK	HANNAH	WEY	F	116032/F
8	HARDEN	GARY	RAF	S	39213/F	8	MOON	ADAM	WES	S	73610/F
8	HARDIE	STUART	IRV	S		8	MOORE	DAVE	FRE	VC	22949/F
8	HARFIELD	EMMA	LBZ	JF	200962/Y	8	MORAN	JAYNE	WOR	VF	108664/C
8	HARRIS	DENISE	DCP	VF	ETX1 CHE	8	MORTON	ANDREW	WOK	S	ETX1 BAS
8	HAUGHTON	MARTIN	WRL	V	13329/F	8	MORTON	NICK	RIC	S	ETX1
8	HEIJNIS	CHARLOTTE	RIC	F	112637/F	8	MOULE	PETE	CLM	V	96996/C
8	HICKMAN	SHEA	BSF	J	109544/Y	8	MOWATT	DIANE	LEA	VF	18889/F
8	HICKS	JULIE	NOR	VF	49704/F	8	MURNAGHAN	LIZ	BAS	VF	26107/F
8	HIGGS	KATE	GAI	VF	107460/F	8	MURPHY	ADAM	LBZ	J	124522/Y
8	HILEY	ROGER	BAN	V	70651/F	8	MURPHY	DOM	BAN	V	110498/F
8	HILL	HARRY	WEY	V	60378/F	8	MURPHY	MELANIE	BAN	VF	110499/C
8	HOARE	LEIGH	VIK	S	112334/F	8	MURR	ANTHONY	SHP	V	75227/F
8	HODSON	LINDA	RIC	F	112636/F	8	MYCHAJLUK	GUY	GLS	J	85265/D

MARATHON RANKINGS

Div	Surname	Name	Club	Age	BCU no.	Div	Surname	Name	Club	Age	BCU no.
8	MYLETT	DAVE	LIN	V	5147/F	8	STAGG	RICHARD	CAM	VC	11991/F
8	NERCESSIAN	TONY	RIC	S	200496/F	8	STALLWOOD	CHRISTOPHE	BEJ	V	81819/F
8	NEWALL	MATTHEW	IND	J	ETX1	8	STANWAY	MARK	MAD	V	120556/F
8	NEWBUTT	GREG	NOT	J	NOT/031	8	STEEL	MARCUS	WOR	V	21423/F
8	NICHOLSON	BRIAN	RLS	S	81466/F	8	STEWART	MARK	RIC	S	
8	NORRIS	KEVIN	KIN	J	KIN/015	8	STOCKER	BASIL	PNZ	V	2266/F
8	NUTT	KEVIN	EBC	V	102454/S	8	STOPFORTH	IAN	PAN	V	111499/F
8	O'BRYNE	DOM	RDG	V	125516/F	8	STRIDE	JASPER	LEA	J	96548/C
8	OLIVER	DAVID	NOT	V	110184/F	8	STUART	PAUL	LEA	V	79096/F
8	OSBORNE	DANIEL	LBZ	J	125862/Y	8	STUBBS	TOM	MAD	J	112042/Y
8	PALMER	IAN	PAN	V	118002/F	8	STYAN	JAMES	FLA	J	FLA/022
8	PARKER	GRAHAM	PAN	V	18461/F	8	SUSSMANN	RICARDO	WEY	V	49507/F
8	PARKER	PAUL	CLM	V	117619/F	8	SUTHERLAND	ELIZABETH	WOK	F	128289/E
8	PARKER	SOPHIE	CLM	JF	CLM/794	8	SUTTON	NICK	HUL	S	80589/F
8	PARKINSON	DAVID	SHP	V	110692/F	8	SWART	NINA	ROY	F	116791/C
8	PARKINSON	NIALL	FOY	J	ETX3 CMLH	8	SWIFT	DEREK	ADL	V	ETX1 ADL
8	PARSONS	SAM	WES	J	WES/003	8	SYMONS	RICHARD	PLY	J	118249/Y
8	PEARCE	RYAN	FOY	J	118087/E	8	THOMAS	NEIL	RIC	V	112705/F
8	PEATMAN	JOHN	LWC	J	115672/Y	8	TOMKINS	KENNETH	PAN	V	52006/F
8	PEDLAR	KATE	WOR	F	112424/F	8	TOMPKINS	TERRY	MAI	S	201006/F
8	PEMBLE	CAROLINE	RIC	F	74859/F	8	TROTTER	KATHERINE	ELM	JF	122412/Y
8	PHILLIPS	STEPHEN	ADJ	V	74579/F	8	TURCAN	TOM	RIC	V	201083/F
8	PHIPPS	TAMSIN	RDG	VF	96010/F	8	TURNER	MARK	WOK	V	109980/F
8	POTTS	MURIEL	ANK	VF	58167/F	8	TYE	JOHNATHAN	WOR	J	WOR/020
8	POULTER	EDWARD	FLA	C	FLA/015	8	UTH	CARSTEN	RIC	V	117252/E
8	POULTER	PHILLIP	FLA	V	111483/F	8	UTH	CLAUDIA	RIC	F	117251/F
8	POWELL	ROBIN	WOR	V	1996/F	8	VATER	AMBER	WOR	F	ETX1 HER
8	PREECE	ALEX	NOR	JF	NOR/005	8	VIOLINO	IVAN	ACU	S	121966/F
8	PRICE	PAULA	RIC	F	ETX1 HEN	8	WADSWORTH	BETHANY	ROY	JF	ROY/037
8	PURKISS	ROSEMARY	POO	F	2922/F	8	WADSWORTH	REBECCA	ROY	JF	ROY/036
8	PURNELL	AMELIA	ROY	JF	ROY/039	8	WALKER	CHRISTOPHE	PLY	J	108683/C
8	RAINEY	JOSHUA	LEA	J	121889/Y	8	WALKER	HAZEL	PLY	F	96332/C
8	REES	WYNNE	RAF	S	76438/F	8	WALKER	NIGEL	PLY	V	85004/F
8	REESE	HAYLEY	HER	JF	HER/014	8	WALL	LYN	ADS	VF	117554/F
8	RIPPINGTON	SAMANTHA	WOK	F	107742/F	8	WALTERS	MICHEAL	BUR	J	BUR/501
8	ROGERS	DAVID	KIN	V	ETX1 SHIP	8	WARE	PHIL	TON	J	128705/Y
8	ROGERS	KERRIAN	MAD	V	40641/F	8	WATSON	MARTIN	ROG	V	114659/F
8	ROGERS	LIAM	KIN	J	KIN/021	8	WEBSTER	JAMES	BOA	J	BOA/R25
8	ROOSE	KATH	RIC	F	ETX3 WEY	8	WEBSTER	PETER	LIN	V	111567/F
8	ROSSER	MATTHEW	SHP	J	129188/Y	8	WEIR	IAIN	BAN	JC	BAN/037
8	RYAN	ANDREW	ACU	S	ETX1 BAS	8	WEIR	ROGER	BAN	JC	BAN/038
8	RYAN	MARK	IND	S	SCA 9593	8	WESTALL	CLARE	PAN	F	98080/F
8	SACKMAN	DAVID	RDG	VC	25521/F	8	WHITAKER	LYNN	PAN	VF	83130/F
8	SAMPSON	PHILLIP	WEY	V	43665/F	8	WHYSALL	NATALIE	NOT	JF	NOT/503
8	SAWERS	RICHARD	ELM	V	ETX1 ELM	8	WILCOX	LINDSEY	CLM	JF	CLM/039
8	SCHMIDT	HEIDI	RIC	F	ETX1 ROY	8	WILLIAMS	CRAIG	WOK	S	ETX1 HEN
8	SCOGGINS	JENNY	WAV	F	119179/F	8	WILLIS	SAM	SOU	J	123170/C
8	SEAGER	LAURA	SHP	JF	SHP/003	8	WRIGHT	ANT	BSF	V	111414/F
8	SEAGER	MIKE	SHP	V	111814/F	8	WRIGHT	STEWART	FOY	S	ETX2 TMR
8	SELWOOD	CARLY	BEJ	JF	106392/Y	8	WYLIE	ROBERT	SOU	C	53361/F
8	SHAW	CHARLES	FLA	V	117370/F						
8	SHAW	GILES	FLA	J	FLA/029						
8	SHEPPARD	AJ	4AS	J	116555/Y						
8	SHIPWAY	DAVID	LBZ	V	49686/F						
8	SILLITOE	CHLOE	LBZ	JF	119411/C						
8	SIMPSON	MICHAEL	BAS	V	18417/F						
8	SMITH	LUKE	HUL	J	121419/C						
8	SMITH	MICHELLE	FOX	F	119173/F						
8	SOKOLOV	ANTHONY	WEY	V	125744/F						
8	SONNEX	EDWARD	LWC	J	115865/Y						
8	STADDON	CRESSIDA	ROY	JF	ROY/041						
8	STAFFORD	WILLIAM	BEJ	V	103441/F						
8	STAFFORD	WILLIAM	BRY	J	BRY/???						

**Banbury and District
Canoe Club.
Cropredy, Nr Banbury,
Oxfordshire.**

www.banburycanoe.org.uk



Banbury Marathon.

Sunday October 29th 2006.

Details from Graham Warland. Phone 01295 256130.

9 Woodhall Drive, Banbury, Oxon. OX16 9TY.

E-mail: graham.warland@virgin.net

Ross Warland Memorial Canal Challenge.

Sunday 26th November 2006.

- Start: Thrupp (6 miles north of Oxford).
- Finish: Banbury Canoe Club, Cropredy (5 miles north of Banbury).
- Distance: 25.1 miles, 16 portages.

Classes

- K1 full distance (25.1 miles)
- K2 full distance (25.1 miles).
- K1 relay teams. No more than 4 paddlers per team.
- K2 relay teams. Two pairs per team.

Details from Hilary Thomas, 20 Colesbourne Road, Bloxham, Banbury, Oxon.

OX15 4TB

Tel 01295 722934.

Email: hilary-j.thomas@virgin.net

MARATHON SECTION – PERPETUAL TROPHIES

K2 Shield		Presented to the Senior K2 National Champions	
1957	J.Nicholls	E.Carmichael	West London C.C.
1958	J.Shelston	R.Lowery	Richmond C.C.
1959	J.Shelston	R.O'Keefe	Richmond C.C.
1960	R.Payne	Y.Allen	22nd SAS C.C.
1961	B.R.Smith	J.L.P.Dalton	C.T.C.
1962	A.Aked	D.C.Arnold	Royal Marines C.C.
1963	L.Oliver	M.Parker	Lincoln C.C.
1964	S.Hollier	R.Wade	Hatfield Y.C.
1965	L.Oliver	M.Parker	Lincoln C.C.
1966	T.Kirkby	M.Bosher	Royal C.C.
1967	A.Miller	T.Sowman	Harlow C.C.
1968	A.Edwards	L.Oliver	Lincoln C.C.
1969	M.Mean	L.Bolam	
1970	C.Evans	A.Alun-Williams	R.M.C.C.
1971	M.Bosher	B.Greenaway	Richmond C.C.
1972	N.Mason	T.Speaight	Nottingham K.C.
1973	N.Jackson	D.Smith	Grap./Worcs.
1974	J.Fowler	A.Williams	Royal C.C.
1975	J.Fowler	A.Williams	Royal C.C.
1976	J.Fowler	A.Williams	Royal C.C.
1977	S.Brown	B.Haynes	Notts./Royal
1978	J.Fowler	A.Williams	Royal C.C.
1979	J.Fowler	A.Williams	Royal C.C.
1980	J.Fowler	A.Williams	Royal C.C.
1981	J.Fowler	A.Williams	Royal C.C.
1982	A.Williams	C.Canham	Royal C.C.
1983	A.Williams	S.Jackson	Royal/Army
1984	A.Williams	S.Jackson	Royal/Army
1985	P.Wells	A.Croucher	Richmond/Wey
1986	I.Lawler	A.Williams	Elmbridge/Royal
1987	I.Lawler	G.Burns	Elmbridge C.C.
1988	P.Wells	M.Wells	Richmond C.C.
1989	C.Ballard	R.Kinch	Lichfield/Oxford
1990	P.Wells	G.Dresser	Richmond/Royal
1991	C.Ballard	G.Slater	Lichfield
1992	I.Lawler	G.Bourne	Elmbridge C.C.
1993	J.Butler	S.Bagshaw	Nottingham K.C.
1994	I.Lawler	S.Harris	Elmbridge C.C.
1995	S.West	J.Butler	RLS/Nottingham
1996	I.Lawler	S.Harris	Elmbridge C.C.
1997	J.Block	J.Butler	Nottingham K.C.
1998	S.Baker	S.Harris	Elmbridge C.C.
1999	I.Lawler	C.Holmes	Elmbridge C.C.
2000	S.Dark	D.Coulson	BOA/Reading
2001	C.Holmes	J.Block	Elmbridge/Nottingham
2002	Paul Slater	Paul Prestwood	Gailey
2003	Paul Slater	Paul Prestwood	Gailey
2004	Paul Slater	Paul Prestwood	Gailey
2005	Ivan Lawler	Ben Brown	Elmbridge

MARATHON SECTION – PERPETUAL TROPHIES

Wilkinson Sword

Presented to the Senior K1 National Champion

1979	Brian Greenham	Reading & LP	1994	Gary Mawer	Richmond
1980	K.Smith	Warren	1995	Simon Dark	Bradford/Avon
1981	K.Smith	Warren	1996	Ivan Lawler	Elmbridge
1982	Alan Williams	Royal	1997	James Butler	Nottingham
1983	Alan Williams	Royal	1998	Greg Slater	Lichfield
1984	Alan Williams	Royal	1999	Ivan Lawler	Elmbridge
1985	Alan Williams	Royal	2000	Conor Holmes	Elmbridge
1986	Ivan Lawler	Elmbridge	2001	Conor Holmes	Elmbridge
1987	Ivan Lawler	Elmbridge	2002	Ivan Lawler	Elmbridge
1988	Ivan Lawler	Elmbridge	2003	Paul Slater	Gailey
1989	Duncan Blythe	Royal	2004	Paul Slater	Gailey
1990	Duncan Blythe	Royal	2005	Ivan Lawler	Elmbridge
1991	I.Timbrell	Fowey River			
1992	Ivan Lawler	Elmbridge			
1993	James Butler	Nottingham			

The Long Distance Racing Challenge Trophy

Presented to the Winner of Division 1 K1 at the National Championships

1956	C.Cautier	Weston Bay	1982	Alan Williams	Royal C.C.
1957	A.Waterhouse	Royal C.C.	1983	Alan Williams	Royal C.C.
1958	R.O'Keefe	Richmond	1984	Alan Williams	Royal C.C.
1959	B.Smith	C.T.C.	1985	Alan Williams	Royal C.C.
1960	D.Shankland	Llandaff	1986	Ivan Lawler	Elmbridge
1961	J.Richards	Worcester	1987	Ivan Lawler	Elmbridge
1962	Alan Edwards	Worcester	1988	Ivan Lawler	Elmbridge
1963	S.Smith	Worcester	1989	Duncan Blythe	Royal C.C.
1964	S.Smith	Worcester	1990	Duncan Blythe	Royal C.C.
1965	P.Gardner	Riverside	1991	I.Timbrell	Fowey
1966	C.Evans	Royal C.C.	1992	Ivan Lawler	Elmbridge
1967	C.Evans	Royal C.C.	1993	James Butler	Nottingham
1968	P.Lawler	Royal C.C.	1994	Gary Mawer	Richmond
1969	N.Jackson	Grappenhall	1995	Simon Dark	Bradford/Avon
1970	N.Jackson	Grappenhall	1996	Ivan Lawler	Elmbridge
1971	N.Jackson	Grappenhall	1997	James Butler	Nottingham
1972	Norman Mason	Nottingham	1998	Greg Slater	Lichfield
1973	D.Lawrence	Royal C.C.	1999	Ivan Lawler	Elmbridge
1974	Norman Mason	Nottingham	2000	Conor Holmes	Elmbridge
1975	Norman Mason	Nottingham	2001	Conor Holmes	Elmbridge
1976	Norman Mason	Nottingham	2002	Ivan Lawler	Elmbridge
1977	Brian Greenham	Reading & L.P.	2003	Paul Slater	Gailey
1978	Brian Greenham	Reading & L.P.	2004	Paul Slater	Gailey
1979	Brian Greenham	Reading & L.P.	2005	Ivan Lawler	Elmbridge
1980	K.Smith	Warren C.C.			
1981	K.Smith	Warren C.C.			

MARATHON SECTION – PERPETUAL TROPHIES

Nottinghamshire County Council Cup

Presented to the Senior Lady K1 National Champion

1995	S.Bennett	Fladbury Canoe Club
1996	Anna Hemmings	Elmbridge Canoe Club
1997	Tricia Davey	Richmond Canoe Club
1998	Lucy Hardy	Fladbury Canoe Club
1999	Tina Parsons	Nottingham Kayak Club
2000	Andrea Dallaway	Elmbridge Canoe Club
2001	Anna Hemmings	Elmbridge Canoe Club
2002	Yael Ford	Tonbridge Canoe Club
2003	Joanne Bates	Elmbridge Canoe Club
2004	Joanne Bates	Elmbridge Canoe Club
2005	Tricia Davey	Richmond Canoe Club

Ladies Plate

Presented to the Senior Ladies K2 National Champions

1995	Tamsin Phipps	W.Lester	Reading
1996	Helen Gilby	Alison Thorogood	Elmbridge/Newham
1997	Sonia Bapty	Tricia Davey	Reading/Richmond
1998	Andrea Dallaway	Helen Gilby	Elmbridge Canoe Club
1999	Sonia Bapty	Alison Thorogood	Reading/Leaside
2000	Andrea Dallaway	Helen Gilby	Elmbridge Canoe Club
2001	Andrea Dallaway	Abigail Cattle	Elmbridge/Reading
2002	Joanne Bates	Rosalind Bates	Elmbridge Canoe Club
2003	No Race		
2004	Joanne Bates	Claire Hynds	Elmbridge Canoe Club
2005	Joanne Bates	Nicola Taylor	Elmbridge Canoe Club

The Spanish House

National Championships Team Trophy

1990	Nottingham Kayak Club
1991	Nottingham Kayak Club
1992	Army Canoe Union
1993	Nottingham Kayak Club
1994	Nottingham Kayak Club
1995	Nottingham Kayak Club
1996	Nottingham Kayak Club
1997	Kimbolton School
1998	Nottingham Kayak Club
1999	Nottingham Kayak Club
2000	Elmbridge Canoe Club
2001	Elmbridge Canoe Club
2002	Leighton Buzzard Canoe Club
2003	Leighton Buzzard Canoe Club
2004	Leighton Buzzard Canoe Club
2005	Leighton Buzzard Canoe Club

MARATHON SECTION – PERPETUAL TROPHIES

Ken Periera Memorial Trophy

Presented to the Senior C1 National Champion

1989	K.Young	Nottingham Kayak Club
1990	No Race	
1991	A.Martin	Fladbury Canoe Club
1992	A.Martin	Fladbury Canoe Club
1993	No Race	
1994	D.Hall	Reading Canoe Club
1995	M.Lane	Royal Leamington Spa C.C.
1996	J.Lee	Basingstoke Canoe Club
1997	J.Lee	Basingstoke Canoe Club
1998	S.Train	Fladbury Canoe Club
1999-		
2003	No Race	
2004	Richard Crooks	Leighton Buzzard Canoe Club
2005	No Race	

Open Canoe Association Shield

Presented to the Open TC2 National Champions(from 1996 C2)

1990	K.Yurkwich	A.Herbent	Royal Leamington Spa
1991	Not Awarded		
1992	Not Awarded		
1993	Not Awarded		
1994	J.Bromley	T.Herbent	Royal Leamington Spa
1995	Not Awarded		
1996	J.Badelek	D.Hall	Wey / Reading
1997	J.Lee	M.Parsons	Basingstoke / Wey
1998	Not Awarded		
1999	Not Awarded		
2000	M.Lawrence	T.Shipway	Leighton Buzzard
2001	M.Lawrence	J.Train	LBZ / Fladbury
2002-			
2005	No Race		

Junior K2 Shield

Presented to the U18 Mens K2 National Champions

1995	A.Morgan	Nick Fowler	Banbury / Reading
1996	Daniel Golder	Damien Chapman	Banbury / Nottingham
1997	Damien Chapman	Peter Burbridge	Nottingham / Reading
1998	Paul Prestwood	Daniel Matthews	Gailey
1999	Adam Kennedy	Tim Sowry	Fladbury / Elmbridge
2000	Ed McKeever	Alistair Rosier	Bradford on Avon
2001	Andrew Kelly	Simon Fennemore	Royal / Wey
2002	Ben Brown	Paul Wycherley	Elmbridge / Wey
2003	John Sawers	Michael Goodall	Elmbridge Canoe Club
2004	James Dougall	Matthew Guy	Leighton Buzzard C.C.
2005	Andrew Daniels	Allen Spencer	Reading / Hereford

MARATHON SECTION – PERPETUAL TROPHIES

The Sella Cup		
Presented to the U18 Men's K1 National Champion		
1990	A. Richardson	Royal Canoe Club
1991	S. Jenson	Richmond Canoe Club
1992	Paul Slater	Lichfield Canoe Club
1993	M. Bull	Nottingham Kayak Club
1994	Richard Golder	Banbury Canoe Club
1995	Lee Pilgrim	Barking & Dagenham C.C.
1996	Damien Chapman	Nottingham Kayak Club
1997	Damien Chapman	Nottingham Kayak Club
1998	Craig Watt	Elmbridge Canoe Club
1999	Scott Kemper	Gailey Canoe Club
2000	Andrew Kelly	Elmbridge Canoe Club
2001	Andrew Kelly	Royal Canoe Club
2002	Paul Wycherley	Wey Kayak Club
2003	Paul Wycherley	Wey Kayak Club
2004	Allen Spencer	Hereford Canoe Club
2005	Andrew Daniels	Reading Canoe Club

Silver Birdbath			
Presented to the Under 14 Boys K2 National Champions			
1981	M. Adams	S. Rust	Royal/Leicester
1982	M. Adams	S. Rust	Royal/Leicester
1983	G. Lovell	G. Adams	Royal C.C.
1984	S. Day	A. Barkway	Sta./N.S.S.
1985	J. Wilson	C. Murray	Anker Valley
1986	A.M. Richardson	J. Farnham	Royal/Elmbridge
1987	A.M. Richardson	J. Farnham	Royal/Elmbridge
1988	S. Jenson	P. Slater	Richmond/Gailey
1989	Brian Hemmings	David Smith	Elmbridge
1990	David Smith	Ian Sargeant	Elmbridge
1991	Nick Fowler	B. Reece	Fladbury
1992	Daniel Golder	J. Perrier	Banbury /Bishop Stortford
1993	Damien Chapman	Joel Wilson	Nottingham/Chester
1994	Joel Wilson	Adam Kennedy	Chester/Fladbury
1995	Dean O'Conner	Adam Kennedy	Barking/Fladbury
1996	Richard Darby Dowman	Ben Farrell	Elmbridge C.C.
1997	Greg Edwards	Tom Bainbridge	Worcester/Harlow
1998	A. Barry	James Garlick	Chelmsford/L. Buzzard.
1999	James Garlick	Ed Cox	L. Buzzard./Wey
2000	Tom Daniels	Richard Etheridge	Reading/Wey
2001	Gavin Hickman	Allen Spencer	Chelmsford/Hereford
2002	Christian Pegley	Andrew Daniels	Elmbridge/Wokingham
2003	Ben Holmes	Pip Ede	Worcester/Reading
2004	Edward Rutherford	Daniel Barber	Elmbridge Canoe Club
2005	Dean Terry	Mark Childerstone	Maidstone / Wey

MARATHON SECTION – PERPETUAL TROPHIES

The Espada Cup			
Presented to the Under 14 Girls K2 National Champions			
1977	D.Sellwood	C.Darling	B.O.A.C.C./Chichester
1978	Perrett	D.Sellwood	
1979	Holness	Lewis	
1980	Holness	Lewis	
1981	Holness	Lewis	
1982	N.Burns	A.Dawson	Elmbridge/Preston Bridge
1983	H.Rainsford	C.Kemp	Leighton B./Fladbury
1984	A.Dallaway	C.Kemp	Lichfield/Fladbury
1985	A.Jennings	C.Kemp	Leighton B./Fladbury
1986	J.Fisher	R.Leverett	Lincoln C.C.
1987	T.Davey	J.Miller	Richmond/Shoreham
1988	R.Giles	B.Cambell	Fladbury C.C.
1989	K.Russell	A.Hemmings	Elmbridge C.C.
1990	A.Hemmings	J.Dyball	Elmbridge C.C.
1991	R.Train	L.Hardy	Fladbury C.C.
1992	S.Griffith	C.Andrews	Fladbury/Solihull
1993	C.Andrews	E.Appleby	Solihull/Leighton Bzd.
1994	C.Jones	E.Appleby	Leighton Buzzard C.C.
1995	C.Jones	A.Cattle	Leighton B/Reading
1996	S.Hayday	N.Taylor	Barking & Dagenham C.C.
1997	J.Spencer	R.Hunter	Hereford/Royal
1998	Z.Burgess	J.Etheridge	Solihull/Wey
1999	J.Etheridge	L.Smith	Wey/Barking & Dagenham
2000	H.Mason	H.Farish	Nottingham K.C.
2001	L.Sawers	R.Battison	Elmbridge/Reading
2002	Alison Galloway	Rohan Battison	Reading
2003	Katie Whitehead	Jessica Walker	Chelmsford/Royal
2004	Emma Dougall	Jessica Walker	Leighton Buzzard / Royal
2005	Jenny Swallow	Caroline Rowlands	Chester

The Spanish Galleon	
Inter-Club K4 Racing	
1991	Hereford K.C.
1992	Elmbridge C.C.
1993	Hereford C.C.
1994	Elmbridge C.C.
1995	Nottingham K.C.
1996	Nottingham K.C.
1997	Nottingham K.C.
1998 – 2003	No Race

The Spanish Galleon	
(re-assigned)	
National Championships Lightning Team Trophy	
2004	Banbury Canoe Club
2005	Banbury Canoe Club

MARATHON SECTION – PERPETUAL TROPHIES

The Regional Trophy

awarded to the Region with the highest aggregate score from their three highest scoring clubs at the Hasler Final

1990	London & South East Region
1991	London & South East Region
1992	Southern Region
1993	Midlands Region
1994	Southern Region
1995	Scotland East
1996	Eastern Region
1997	London & South East Region
1998	London & South East Region
1999	Midlands Region
2000	Eastern Region
2001	London & South East Region
2002	Southern Region
2003	Southern Region
2004	Southern Region
2005	Southern Region

Rhodes-White Trophy

Presented to the Senior Regional Champion with the most points in Division 1 at the Hasler Final

1962	S.Smith	Worcester CC	1983	P.R.Wells	Richmond CC
1963	R.Wade	C.T.C.	1984	P.R.Wells	Richmond CC
1964	P.Hastings	C.U.CC	1985	R.Belcher	Adlington CC
1965	W.Machin	Gailey CC	1986	I.Lawler	Elmbridge CC
1966	S.Kitson	Dewsbury	1987	G.Dresser	Royal CC
1967	D.Clarke	C.U.CC	1988	G.Slater	Lichfield CC
1968	B.Greenaway	Richmond CC	1989	N.Brevitt	Lichfield CC
1969	B.Gilliver	Soar Valley CC	1990	I.Timbrell	Fowey River CC
1970	R.Davis	Itchin Valley CC	1991	G.Slater	Lichfield CC
1971	D.Smith	Worcester CC	1992	G.Slater	Lichfield CC
1972	T.Fieldus	Wey KC	1993	G.Slater	Lichfield CC
1973	K.Topham	Viking KC	1994	G.Slater	Lichfield CC
1974	G.A.Truelove	Lichfield CC	1995	P.Maycock	Exeter CC
1975	R.G.Haynes	Riverside CC	1996	D.Pendle	Norwich CC
1976	K.Owen	B on a RC	1997	C.Holmes	Elmbridge CC
1977	P.C.Watson	B on a RC	1998	D.Golder	Falcon CC
1978	S.Missen	B on a RC	1999	G.Slater	Lichfield CC
1979	J.Rosling	B on A RC	2000	I.Tordoff	Chester CC
1980	T.J.Cornish	Richmond CC	2001	I.Tordoff	Chester CC
1981	R.J.Belcher	Mercia CC	2002	Steven Baker	Elmbridge CC
1982	Robin Belcher	Mercia C.C	2003	Steven Baker	Elmbridge CC
			2004	Steven Baker	Elmbridge CC
			2005	Steven Baker	Elmbridge CC

MARATHON SECTION – PERPETUAL TROPHIES

Adam Thomasson Trophy

Presented to the Winner of Division 2 K1 at the Hasler Final

1986	P.Evans	Lincoln Canoe Club
1987	S.Horsley	Deeside
1988	G.Quittenton	Lincoln Canoe Club
1989	N.Mason	Nottingham Kayak Club
1990	J.Elliot	Reading & Leighton Park
1991	Ian Tordoff	Chester
1992	David Smith	Elmbridge Canoe Club
1993	Steve Tingay	Leighton Buzzard C.C.
1994	Tim Brabants	Elmbridge Canoe Club
1995	A.Grimwood	Lincoln Canoe Club
1996	P.Darby Dowman	Elmbridge Canoe Club
1997	Damien Chapman	Nottingham Kayak Club
1998	Nigel Jones	Nottingham Kayak Club
1999	Nathan Johnson	Elmbridge Canoe Club
2000	Andrew Kelly	Elmbridge Canoe Club
2001	Simon Fennemore	Wey Kayak Club
2002	Tom Daniels	Reading Canoe Club
2003	Ben Brown	Elmbridge Canoe Club
2004	Ben Brown	Elmbridge Canoe Club
2005	Andrew Daniels	Reading Canoe Club

Barber Trophy

Presented to the Junior Regional Champion who gains the most points in Division 2 at the Hasler Final

1973	G.Holmes	HOVE	1989	Simon Ricketts	ANK
1974	K.Whitehurst	LPCC	1990	Tony Richardson	ROY
1975	S.Missen	BOARC	1991	Tony Richardson	ROY
1976	S.Swaffield	AYL	1992	Not Awarded	
1977	K.Salisbury	RLP	1993	David Smith	ELM
1978	K.Salisbury	RLP	1994	Richard Golder	BAN
1979	K.Salisbury	RLP	1995	Not Awarded	
1980	N.Gregory	WAR	1996	Peter Burbridge	RDG
1981	Nicholas Gregory	WAR	1997	Not Awarded	
1982	D. Battershell	WEY	1998	Tim Ralph	RDG
1983	Not Awarded		1999	Nathan Johnson	ELM
1984	Not Awarded		2000	Andrew Kelly	ELM
1985	Fergus Murray	RIC	2001	John Sawers	ELM
1986	John Elliott	RLP	2002	Tom Daniels	RDG
1987	Oliver Morgan	ROY	2003	Tom Daniels	RDG
1988	Stuart West	ROY	2004	Tom Daniels	RDG
			2005	Andrew Daniels	RDG

MARATHON SECTION – PERPETUAL TROPHIES

David Shankland Trophy

Presented to the Lady Regional Champion who gains the most points in Division 3 at the Hasler Final

1966	M.Tucker		1986	Janine Lawler	ELM
1967	A.Huskisson		1987	Susie Perrett	RLP
1968	P.Squires		1988	Sandra Troop	NOT
1969	P.Squires		1989	Anna Ballard	LIC
1970	E.Staden		1990	Anna Ballard	LIC
1971	H.Woodhouse		1991	Bernadette Pagon	BRI
1972	S.Burnett		1992	Bernadette Pagon	BOA
1973	S.Wright		1993	Anna Ballard	LIC
1974	S.Burnett		1994	Margaret Chapman	KIR
1975	K.Nadal		1995	Not Awarded	
1976	L.Perrett		1996	Sonja Bapty	RDG
1977	L.Perrett		1997	Helen Gilby	ELM
1978	W.Clapham		1998	Not Awarded	
1979	G.Clough		1999	Abigail Cattle	RDG
1980	L.Perrett		2000	Andrea Dallaway	ELM
1981	Lucy Perrett	RLP	2001	Abigail Cattle	RDG
1982	Anne Plant	LIC	2002	Not Awarded	
1983	Lucy Perrett	RLP	2003	Not Awarded	
1984	Heather Brough	WOR	2004	Hayleigh Mason	NOT
1985	Anne Plant	LIC	2005	Anna Hemmings	ELM

Ross Warland Memorial Trophy

Presented to the highest placed Junior in the Division 4 race at The Hasler Final

2000	John Sawers	Elmbridge Canoe Club
2001	Ben Brown	Elmbridge Canoe Club
2002	Andrew Daniels	Wokingham Canoe Club
2003	Matthew Guy	Leighton Buzzard Canoe Club
2004	Neil Williams	Royal Canoe Club
2005	Tim Pendle	Norwich Canoe Club

The Committee Cup

Presented to the highest place junior woman K1 in the highest division at The Hasler Final

2003	Louisa Sawers	Elmbridge Canoe Club
2004	Hayleigh Mason	Nottingham Kayak Club
2005	Louisa Sawers	Elmbridge Canoe Club

MARATHON SECTION – PERPETUAL TROPHIES

Ken Periera Cup

Presented to the highest placed junior C1 on the highest division at The Hasler Final

2003	Richard Crooks	Leighton Buzzard Canoe Club
2004	James Train	Fladbury Canoe Club
2005	Roger Weir	Banbury Canoe Club

Bill Sparks Trophy

Presented to the highest placed veteran K2 in the highest division at The Hasler Final

2003	Leon Nicholson	James Hinves	Woodmill C.C.
2004	Mike Hawthorn	Simon Davies	Worcester C.C.
2005	James Treadgold	Nick Daniels	Reading C.C.

Geoff Sanders Trophy

Presented to the club with the best Lightning results across the season, including the Hasler Final

2005	Banbury Canoe Club
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THE HASLER TROPHY



The story behind the Hasler Trophy

One of the most daring raids of World War Two took place on the night of 11 December 1942 in the enemy-occupied port of Bordeaux in France. Operation Frankton involved 12 men in six canoes being taken by submarine to a position 10 miles south of the Gironde estuary on 7th December. One of the canoes was ripped passing through the hatch of the submarine, but the other five then had an 85 mile paddle ahead of them. Two boats were lost in the tidal race and the remaining three carried on for three days, paddling in darkness and lying up during the day. One more boat hit a submerged rock and sank and the final two boats went on to Bordeaux harbour, where they attached their limpet mines and, assisted by the ebb tide, paddled silently back down the river. The mines detonated and severely damaged four vessels and sunk one. The four remaining men beached before reaching the sea, scuttled their canoes and travelled

overland to try to reach safety. Two were captured, but Major 'Blondie' Hasler and Marine Bill Sparks made their way to Spain – the only two of the original ten who survived. Hasler was awarded the DSO and Sparks the DSM.

After the war, Hasler went on to found the Single Handed Transatlantic Yacht race after a bet with his friend Francis Chichester. The Hasler Trophy was presented by Lloyds Underwriters to commemorate the raid of the so-called 'Cockleshell Heroes' and has been competed for since 1957. Major Hasler died in 1987 and Bill Sparks died on 30th November 2002, only ten days short of the sixtieth anniversary of the raid. In 2003 the Marathon Committee decided to inaugurate a new trophy named in honour of Bill Sparks, which goes to the highest placed veteran K2 in the highest division at the Hasler Final.

Hasler Trophy

For Marathon Racing between clubs in annual competition under the auspices of the British Canoe Union

1957 Canoe Touring Club	1981 Fladbury Canoe Club
1958 Richmond Canoe Club	1982 Wey Kayak Club
1959 Royal Leamington Spa C.C.	1983 Richmond Canoe Club
1960 Royal Leamington Spa C.C.	1984 Wey Kayak Club
1961 Worcester Canoe Club	1985 Elmbridge Canoe Club
1962 Worcester Canoe Club	1986 Richmond Canoe Club
1963 Royal Canoe Club	1987 Worcester Canoe Club
1964 Lincoln Canoe Club	1988 Harlow Outdoor Pursuits
1965 Lincoln Canoe Club	1989 Richmond Canoe Club
1966 Lincoln Canoe Club	1990 Wey Kayak Club
1967 Lincoln Canoe Club	1991 Worcester Canoe Club
1968 Harlow Canoe Club	1992 Worcester Canoe Club
1969 Richmond Canoe Club	1993 Wey Kayak Club
1970 Richmond Canoe Club	1994 Not Awarded
1971 Richmond Canoe Club	1995 Kirkcaldy Canoe Club
1972 Wey Kayak Club	1996 Elmbridge Canoe Club
1973 Nottingham Kayak Club	1997 Elmbridge Canoe Club
1974 Nottingham Kayak Club	1998 Elmbridge Canoe Club
1975 Nottingham Kayak Club	1999 Kirkcaldy Canoe Club
1976 Reading & Leighton Park	2000 Elmbridge Canoe Club
1977 Fladbury Canoe Club	2001 Elmbridge Canoe Club
1978 Nottingham Kayak Club	2002 Elmbridge Canoe Club
1979 Nottingham Kayak Club	2003 Elmbridge Canoe Club
1980 Reading & Leighton Park	2004 Elmbridge Canoe Club
	2005 Elmbridge Canoe Club

INTERNATIONAL MARATHON RACING

INTERNATIONAL MARATHONS

SELECTION POLICY FOR GREAT BRITAIN REPRESENTATIVE TEAMS

Objectives

- 1 To win medals at World and European Championships, and World Cup events.
- 2 To maintain a position as a top nation in international competition.
- 3 To ensure the long-term athlete development required for international success.

This policy may be amended or supplemented by the BCU Marathon Racing Committee at its discretion in order to achieve the above objectives to cover exceptional circumstances. Every effort will be made to ensure as much notice as possible is given to all persons affected by any change.

Process of Selection

- 1 Each year, the ICF publish an International Calendar from which a programme of International Events to be attended, is selected. Due regard being given to the Objectives and to budgets. Some events may be designated "Development". The programme is specified in the Racing Handbook.
- 2 The basic team composition for each event will be detailed in the Racing Handbook. Changes may be necessary to suit all the factors affecting team size and budgets.
- 3 The selection of teams for **all** internationals will be made on a **continuous assessment, open-to-all basis**. The composition of the team for each event will depend entirely on paddlers being and proving that they are of sufficiently high standard.

(The system of **continuous assessment**, as opposed to a system of 'first past the post' at a nominated selection event, has been in operation for several years and has worked very well. It allows the selectors to consider an athlete who has under performed in any one race. This could be due to illness or equipment failure. It also means that consideration can be given to improving athletes who may not be winning but show potential for the future.)

- 4 Teams will be selected from results at the Assessment races, as detailed in the Racing Handbook, while accepting that there can be many variations of circumstances to affect performance. In marginal cases, previous competition results may be taken into consideration.
- 5 All Senior and Junior Kayak Men should race in the Assessment classes, and Senior and Junior Women, and Canoes, in Division 3 unless otherwise instructed.
- 6 Athletes wishing to be considered for International Events must comply with the following conditions.
 - 6.1 They must be Comprehensive BCU members, throughout the year.

INTERNATIONAL MARATHON RACING

- 6.2 Having due regard to their availability for selection and their preferred programme, they should apply to the Team Manager, by completing fully, the Application Form, and returning it by the dates specified in the Racing Handbook.
 - 6.3 They should be prepared to meet all assembly costs and pay a contribution towards food, as detailed in the Racing Handbook
 - 6.4 They should be prepared to travel and be accommodated in the best interest of the team.
 - 6.5 They must be prepared to accept the Team Coach's direction with regard to training and racing while abroad.
 - 6.6 They must be prepared to dress and conduct themselves in a manner befitting a British Team representative, and promote the good name of British canoeing both at home and abroad.
 - 6.7 They should be prepared to give support to the Sport UK, Sport England and the Lottery in promotional aspects, in return for the Grant Aid received.
 - 6.8 They should wear the GB tracksuit and team clothing provided, on all suitable occasions.
 - 6.9 They should compete in the appropriate Assessment events.
- 7 The principles guiding the Selection Committee will be as follows.
- The best team available to represent Great Britain will be selected having regard to the following.
- A Winning medals at World and European Championships, and World Cup events.
 - B Gaining National Team points.
 - C Experience enhancement and development potential commensurate with the level of the Competition.
 - D Available budget for an event that supports the overall Marathon programme.
- 8 The Selection Committee shall consist of the following
- The BCU Marathon Racing Committee selectors comprising
- Chairman BCU Marathon Racing Committee who will Chair all selection meetings
 - Marathon Team Manager
 - Up to 4 additional members nominated by the BCU MRC
 - The BCU Performance Director
 - The BCU Flat Water National Performance Manager

Selectors are required to make every effort to attend all Domestic Assessment events, to ensure that a true and accurate assessment of current abilities can be made.

INTERNATIONAL MARATHON RACING

2006 INTERNATIONAL PROGRAMME

The Committee will provide as full a programme as possible in 2006, but this is subject to the funding we receive. At the time of going to press the funding we are to receive from the Lottery and BCU exchequer fund is not known. The intended programme for the year is set out below, but it must be understood that the events supported and the sizes of teams may change depending upon funding.

The main events for the year, for both Seniors and Juniors, are

World Cup 1	Zamora, Spain	June 10/11
World Cup 2	Trencin, Slovakia	July 8/9
World Championships	Tremolat, France	Sept. 23/24

The World Cup Trophy will be awarded for the best total results from the two events. Each country can enter 3 crews, (2 at World Championships) in each class, with only the first finisher to count. In the Junior World Cup there are classes for Men K2, K1, C1 and Women K1& K2.

In addition to the 3 main events, we plan to send small teams to Crestuma and the Pontrevedra K4 Series together with development teams to a training camp in Spain and the Tour de Gudena in Denmark, all depending on the assistance we receive from the organisers. We will also support other events where the organisers provide total finance.

Marathon Committee Support

The Marathon Committee will assist all potential team members in seeking personal sponsorship.

Winter and Early Season Training Events

January 8	Richmond Frank Luzmore	K2/C2
February 19	Waterside A - Time Trial	K1/C1

Assessment Events

March 26	Royal	K1/C1
April 30	Worcester	K2/C2
May 14	Nottingham	K2/C2
May 21	Chester	K1/C1
June 10/11	Zamora World Cup 1	ALL
July 8/9	Trencin World Cup 2	ALL
August 12/13	Reading - National Championships	K1/C1 & K2/C2
August 27	Venue to be decided	K1/C1 & K2/C2

Availability Forms

There are separate forms for Seniors and Juniors.

The Senior Forms should be returned, **fully completed** and signed, to the Marathon Team Manager, Jim Rossiter by:-

March 26 (Royal) for all events prior to the World Championships.

August 12 (Nationals) for the World Championships and Tour de Gudena.

The Junior Forms should be returned to the World Class Programmes Office by March 26.

INTERNATIONAL MARATHON RACING

2006 Athlete Contribution

A sum of £50 will be charged for the World Cups and World Championships. The charge for other international events will be detailed in the event information.

PROPOSED INTERNATIONAL COMPETITIONS

(The final team size will depend on the finances available.)

MAJOR EVENTS

Spain – Zamora – World Cup 1 June 10/11

Thursday June 8 to Monday June 12.

A team of 15 Seniors and Juniors plus officials.

Selection - following Chester on May 21.

Trencin – Slovakia – World Cup 2 July 8/9

Thursday July 6 to Monday July 10.

A team of 15 Seniors and Juniors plus officials.

Selection - following World Cup 1 on or about June 15.

France – Tremolat – World Championships September 23/24

Thursday September 21 to Monday September 25.

A team of 20 Seniors and Juniors plus officials.

Selection - following assessment race on August 27.

SUPPORTING EVENTS

Portugal – Crestuma June 18

Team and travel by invitation.

Selection – following Chester on May 21.

Spain – Pontevedra K4 series August 10 (Provisions!)

Team and travel by invitation.

Selection - following World Cup 2 on July 9.

DEVELOPMENT EVENTS

Spain – Trasona – Junior Training Camp August 4/14

This is a joint venture with the World Class Development Programme for a combined sprint and marathon race camp.

A squad of 12 Juniors plus staff.

Friday August 4 to Monday August 14.

Selection - following Bochum Regatta on June 20.

Denmark – Tour de Gudena September 9/10

Wednesday September 6 to Monday September 11.

A development team of about 12 paddlers plus staff.

Selection - following National Championships on August 13.

ADDITIONAL EVENTS

The MRC receives, from time to time, invitations to additional international events.

INTERNATIONAL MARATHON RACING

Teams will be selected for these events, provided the event organisers meet all funding. Selection for these events will be made after an appropriate Assessment event.

PRIVATE ENTRIES COMPETING ABROAD

Any competitor wishing to compete abroad outside the British team must apply to do so via the Governing Body, the BCU (ICF ruling). For practical purposes these applications must reach the Team Manager, (Alan Laws for Sella Descent by 1 July latest) by the final selection date for the event. The applicant will be liable for any costs incurred, e.g. entry fees (even if he/she does not subsequently compete). It is regretted that the Marathon Committee can make no private travel or accommodation arrangements.

OTHER INTERNATIONAL EVENTS ON THE CALENDAR

NETHERLANDS – WATERLANDS (K1)	APRIL 16
NETHERLANDS – WORMER (Open K1 Champs)	JULY 2
SPAIN – SELLA	AUGUST 5
DENMARK – TOUR DE GUDENA	SEPTEMBER 9/10
FRANCE – LOIRE	SEPTEMBER 17
NETHERLANDS - De RIJP – DUTCH K4	OCTOBER 8
FRANCE – ARDECHE	NOVEMBER 11

INTERNATIONAL MARATHON RACING

Marathon World Cups and World Championships			
1982	1st World Cups Remich- Grevenmacher Luxembourg	Mens K1 1 st Robin Belcher 2 nd Paul Wells Women's K1 2 nd Kath Nadal 3 rd Heather Brough C1 3 rd Ken Periera	Mens K2 1 st Paul Dimmock/Robin Ayres 3 rd Rod Kinch/John Day Women's K2 1 st Jane Jacobs/Lynne Davies
1983	2nd World Cups Copenhagen Denmark	Mens K1 1 st Robin Belcher	Mens K2 2 nd Rod Linch/Paul Lanighan Women's K2 1 st Ann Plant/Wendy Clapham
1984	3rd World Cups Shannon Ireland	Mens K1 1 st Rod Kinch 2 nd Alan Williams Women's K1 1 st Ann Plant C1 2 nd Steve Smith	Mens K2 1 st Paul Wells/Duncan Blythe 2 nd Adrian Croucher/Chris Ballard Women's K2 2 nd Gaye Clough/Wendy Clapham 3 rd Tracey Phillips/Heather Brough C2 3 rd Steve Train/Andy Train
1985	4th World Cups Remich- Grevenmacher Luxembourg	Mens K1 3 rd Robin Belcher Womens K1 1 st Ann Plant C1 3 rd Steve Smith	Mens K2 3 rd Chris Ballard/Greg Slater Women's K2 2 nd Christine Belcher/Gaye Clough C2 3 rd Marcus Gohar/Robin Williams
1986	5th World Cups Hardenburg Netherlands	Mens K1 2 nd Paul Wells Womens K1 1 st Ann Plant C1 2 nd Marcus Gohar 3 rd Robin Williams	Mens K2 2 nd Robin Belcher/Guy Dresser Women's K2 1 st Suzy Perett/Janine Lawler
1987	6th World Cups Shannon Ireland	Women's K1 1 st Ann Plant 2 nd Jackie Eastwood C1 2 nd Marcus Gohar 3 rd Robin Williams	Mens K2 2 nd Ivan Lawler/Graham Burns
1988	1st World Championships Nottingham England		Mens K2 2 nd Ivan Lawler/Graham Burns C2 1 st Steve Train/Andy Train
1989	7th World Cups Crestuma Portugal	Mens K1 2 nd Duncan Blythe Women's K1 2 nd Anne Ballard	Mens K2 1 st Ivan Lawler/Graham Burns Women's K2 2 nd Janine Lawler/Jackie Eastwood C2 1 st Steve Train/Andy Train
1990	2nd World Championships Copenhagen Denmark		Mens K2 2 nd Ivan Lawler/Graham Burns

INTERNATIONAL MARATHON RACING

Marathon World Cups and World Championships			
1991	8th World Cups Berlin Germany		Mens K2 1 st Ivan Lawler/Graham Burns Women's K2 3 rd Sandra Troop/Maria Blumenthal C2 1 st Steve Train/Andy Train
1992	3rd World Championships Brisbane Australia	Mens K1 1 st Ivan Lawler	Women's K2 2 nd Sandra Troop/Maria Blumenthal
1993	9th World Cups Maribo Denmark	Mens K1 1 st Ivan Lawler Women's K1 3 rd Andrea Dallaway	
1994	4th World Championships Amsterdam Netherlands		Mens K2 1 st Ivan Lawler/Steve Harris C2 2 nd Steve Train/Andy Train
1995	10th World Cups Unquera Spain	Women's K1 2 nd Anna Hemmings 3 rd Sonja Bapty	Mens K2 1 st Ivan Lawler/Steve Harris C2 1 st Steve Train/Andy Train
1996	5th World Championships Vaxholm Sweden	Women's K1 2 nd Anna Hemmings	Mens K2 1 st Ivan Lawler/Steve Harris C2 1 st Steve Train/Andy Train
1997	World Cups Final Bagsvard Denmark	Mens K1 3 rd Tim Brabants Women's K1 1 st Anna Hemmings	Mens K2 2 nd Ivan Lawler/Steve Harris Women's K2 1 st Sonja Bapty/Tricia Davey C2 1 st Steve Train/Andy Train
1998	6th World Championships Cape Town South Africa	Mens K1 1 st Ivan Lawler Women's K1 2 nd Anna Hemmings	Mens K2 2 nd Tim Brabants/Conor Holmes Women's K2 3 rd Andrea Dallaway/Helen Gilby C2 1 st Steve Train/Andy Train
1999	7th World Championships Gyor Hungary	Mens K1 1 st Ivan Lawler Women's K1 1 st Anna Hemmings	
2000	8th World Championships Dartmouth Canada		

INTERNATIONAL MARATHON RACING

2001	9th World Championships & 1st Junior World Championships Stockton-on-Tees England	Women's K1 1 st Anna Hemmings	Women's K2 1 st Anna Hemmings/Helen Gilby
2002	10th World Championships & 2nd Junior World Championships Zamora Spain		
2003	11th World Championships & 3rd Junior World Championships Valladolid Spain	Women's K1 3 rd Jenny Spencer Junior Mens K1 1 st Ben Brown Junior Women's K1 3 rd Hayleigh Mason	
2004	12th World Championships & 4th Junior World Championships Bergen Norway	Junior Mens K1 1 st Paul Wycherley	
2005	13th World Championships & 5th Junior World Championships Perth Australia	Women's K1 1 st Anna Hemmings	Junior Mens K2 2 nd Andrew Daniels / Allen Spencer

Racing Handbook 2007

Publication February 2007

To reserve your copy of next year's Handbook, please send a cheque (made payable to BCU Racing Committee) for £6.00 to include postage and packing.

Name _____

Address _____

Post Code _____

Return to:

Diane Bates
Lesters, 11 Cranley Road
Burwood Park
Walton-on-Thames
Surrey KT12 5BX

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## **Contributors to the 2006 Racing Handbook**

|                 |                |               |
|-----------------|----------------|---------------|
| Howard Blackman | Brian Gandy    | Jim Rossiter  |
| Peter Davey     | Rowland Jones  | James Smythe  |
| David Enoch     | Roland Lawler  | Richard Ward  |
| Anne Ferguson   | Christine Laws | Alan Williams |
|                 | Peter Morley   | Cathy Wynne   |

Many thanks to all the clubs who have advertised, in addition to the continuing support from Kirton Kayaks.  
Picture of Steve Baker on back cover courtesy of Ben Brown.

Diane Bates, Editor     January 2006

# WANT TO BUILD A BRIGHT FUTURE FOR YOUR CLUB?

**The British Canoe Union's Top Club and Sport England's Clubmark accreditations are signs to the world that you have a quality club.**

As nationally recognised awards, they show that you have a good activity programme backed by strong coaching, effective management and that you take child protection and equity issues seriously

To find out more about how your club could benefit from Top Club and Clubmark visit the youth pages of our web site [www.canoe-england.co.uk](http://www.canoe-england.co.uk). Further details are available from your local Paddlesport Development Officer or from [youth@bcu.org.uk](mailto:youth@bcu.org.uk)

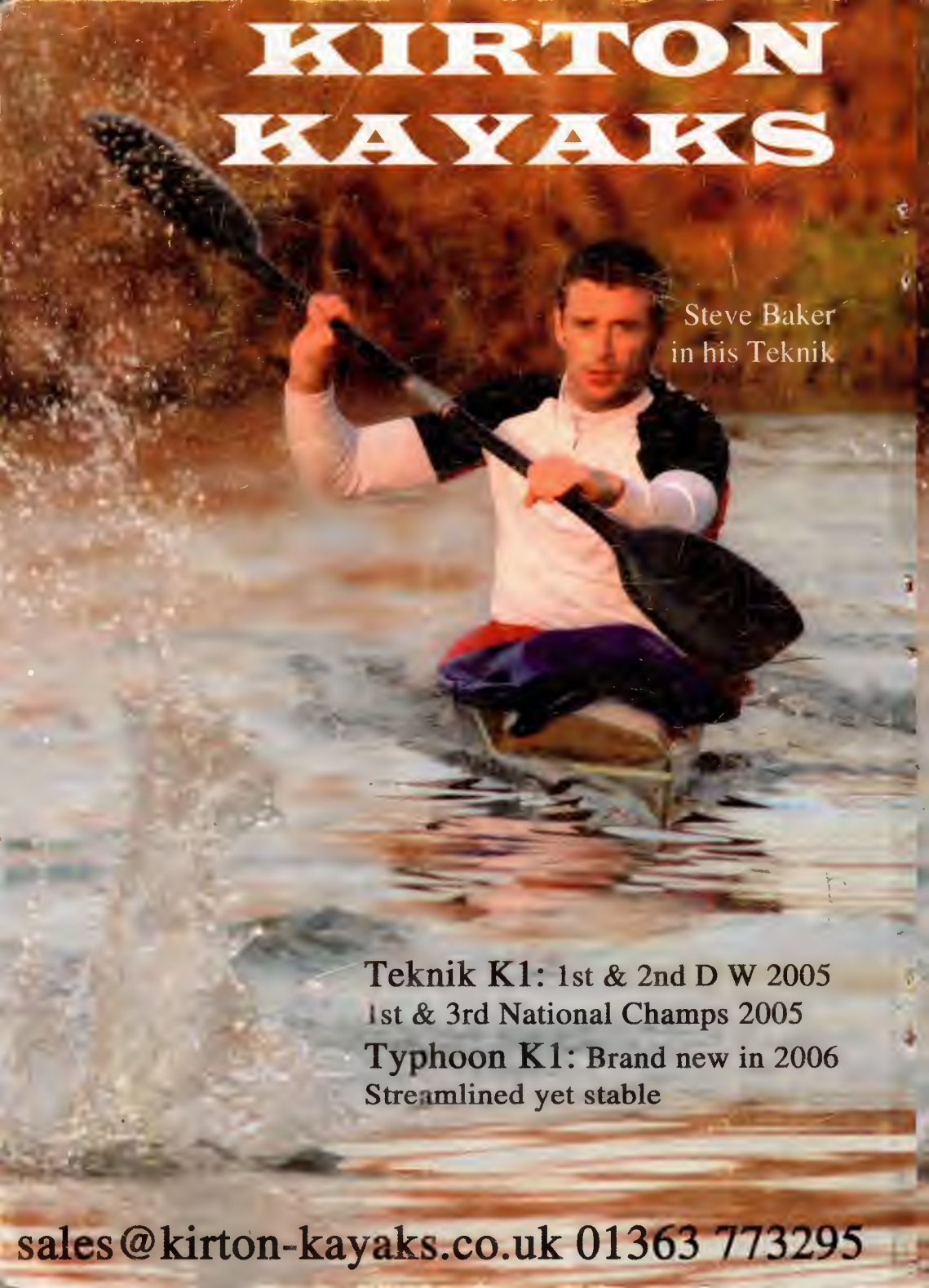
## CONGRATULATIONS TO ALL THE CLUBS WHO HAVE NOW ACHIEVED TOP CLUB AND CLUBMARK

Banbury and District CC  
Basingstoke Canal CC  
Bradford and Bingley CC  
Burton CC  
Chelmsford CC  
Coquet CC  
Elmbridge CC  
Green Star  
Halifax CC  
Itchen South District Scout CC  
Kingston CC  
Leighton Buzzard  
Macclesfield & District CC

Mike Jones School of Sailing  
Norwich CC  
Penzance CC  
Richmond CC  
Royal CC  
Salford WS Centre  
Shropshire Paddlesport  
Sutton Bingham & District CC  
Tamar Canoe Asso.  
Tandridge Canoe Polo  
Wey KC  
White Rose CC



# KIRTON KAYAKS

A man in a white and black long-sleeved shirt and a purple kayak is shown in the middle of a powerful stroke, splashing water. The background is a blurred riverbank with trees.

Steve Baker  
in his Teknik

Teknik K1: 1st & 2nd D W 2005  
1st & 3rd National Champs 2005  
Typhoon K1: Brand new in 2006  
Streamlined yet stable

**sales@kirton-kayaks.co.uk 01363 773295**