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### **1** WELCOME

We welcome you to the ECA Cup 6, British Classic Championship and Welsh Open Classic & Sprint 2024 in Llangollen, Wales, UK. This is the second ECA cup event to the hosted by GBR as we try to bring international Wild Water racing back into the UK.

The event is being held in the beautiful town of Llangollen, a riverside town situated on the River Dee, Llangollen in Denbighshire, Wales. The River Dee winds its way through the steep sides of the Dee Valley in what is classed as a National Area of Outstanding Natural Beauty. The town has many interesting shops, café's and restaurants to cater for all paddlers and visitors.



At the same time we are also inviting British Rafting to share the course during the event to give their paddlers experience of some of the natural waters around the UK.



## **2** GENERAL INFORMATION

## **2.1** Outline Schedule

## **Saturday ECA Cup 6**

Time	Saturday Sprint
09.30	Check-in
10.00	Free Practice
13.00	Race Briefing
13.30	1 <sup>st</sup> Run
14.30	2 <sup>nd</sup> Run
15.30	Team Run
18.00	Prize Giving

# **Sunday British and Welsh Open Classic**

Time	Sunday Classic
09.30	Check-in
10.00	Briefing
10.30	K1 Start
11.30	C1/C2 Start
12.30	Team Starts
14.00	Prize Giving

#### 2.2 Location

The event will be run on the section of river alongside the Chainbridge Hotel. Competitors and visitors must use the Llantysilio Green car park (also known as Horseshoe Falls Car Park) and walk down to the Chainbridge Hotel to access the water.

The car park & toilet post code is LL20 8BT (what 3 words "skirting.pursue.ruin")

Unfortunately, there is no overnight parking and camping is not permitted. Charges will apply to the car park, up to 2 hours: £2.00 and All day: £5.00.

Free Parking for National Trust members displaying valid Trust membership card / sticker clearly in car window.

## 2.3 Key Contacts

Event Lead Rob Guest rob@k1-solutions.co.uk

Tel +44 (0) 7816 657 255

Visas/Accreditation Macauley Allen <u>macauley.allen@paddleuk.org.uk</u>

Paddle UK +44 (0) 300 0119 500

National Water Sports Centre, Adbolton Lane, Holme Pierrepont,

Nottingham, NG2 2LU

#### 3 THE COURSE

The course is on the River Dee starting around the Chainbridge hotel. The course is on a natural river and under normal water conditions the course will be classified as Grade 3/4 water (Serpents Tail section) incorporating the Serpents tail section. Here the river narrows to a gorge with two bends that give it its name. The length of the Sprint Course is approximately 300mts long and end at the end of the Serpents Tail.

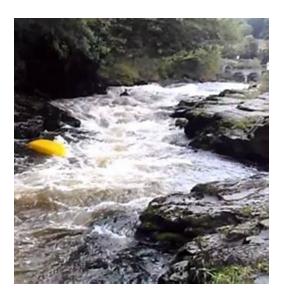
This race is not recommended for any novice paddlers due to the grade of water

#### **ECA Cup 6 Sprint Race**

Access to the river for paddlers to egress the water and for spectators is down some steps and onto a rocky riverbed, but this is not assessable in high water. Caution must be exercised when walking on the rocky riverbed as there is a risk of slipping.

The sprint course starts at the Chain Bridge hotel and includes the Serpents Tail section of the river where the water narrows into a narrow gorge.





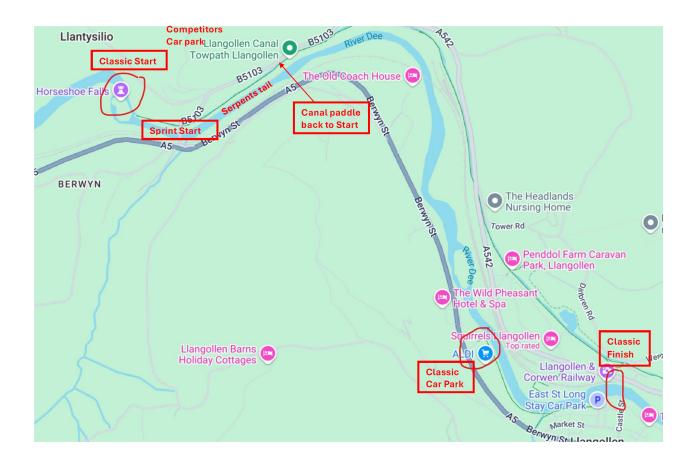
The Serpents Tail – note the rocks on the right which can be accessed for spectators.

During practice paddlers can egress the water at the bottom of the Serpents Tail and walk back to the road where they can paddle back to the start on a short section of narrow canal if they so wish.

## **Classic race & British Championships**

The classic race will start river right below the Horseshoes falls which just above the Chain Bridge and race through the Serpents Tail to just above the Town Falls in Llangollen (near the Corn Exchange) a distance of approximately 3.5km.

Parking at the end of the Classic race will be in the Aldi Car Park just 200mts before the Town Falls, but the finish can be accessed via the riverside footpath.







Views of Horseshoe falls at the start of the Classic race and of the Town Falls at the end. The finish is BEFORE town falls on river left so that paddlers can walk approx. 200mts back to the Aldi car park.

### **4 ABOUT LLANGOLLEN**

Llangollen is best accessed via good road links to some of the major cities, however there is little or no rail access to the town. If international competitors need help with transport, please contact Rob Guest.

### 4.1 Weather in November

The weather in November is normally between 5°C and 10°C. We can usually guarantee a good amount of rain and wind so please come prepared.

The river has a constant flow meaning that it is always navigable for racing at low rainfall levels, and even in high waters it can still be paddled without too many problems. In extreme circumstances where the river encroaches into the trees along the bank, we will have to assess these conditions separately.

#### 4.2 Local Attractions

Langollen, a charming town tucked away in the beautiful hills of North Wales, is a hidden gem waiting to be explored. With its rich history, stunning natural beauty, unique culinary scene, vibrant markets, and exciting festivals, Llangollen offers something for everyone. Whether you're a history buff, nature enthusiast, food lover, or culture seeker, this complete guide will help you make the most of your visit to Llangollen.

Llangollen boasts a fascinating history that dates back centuries. Its strategic location, nestled along the banks of the River Dee, has made it a significant site throughout Welsh history. The town's name itself, which means "sacred church of Collen," alludes to its ancient origins.

Llangollen's history is a tapestry woven with threads of conquest, culture, and legend. The town's story begins with early Celtic tribes who roamed the lush valleys and rugged mountains of the region. As the centuries passed, Llangollen felt the footsteps of Roman legions and the influence of Norman conquerors, each leaving their mark on the landscape and the people.

For more information visit https://llangollen.org.uk/

#### **5** EVENT & COMPETITION DETAILS

#### **5.1** Bookings

All bookings for this event can be found on the Wild Water booking system

Categories: K1 Men, K1 Women, Junior K1 Men, Junior K1 Women, C1 Men, C1 Women, OC1.

### **Booking Information**

Total number of places- Unlimited (though due to the short days if numbers are high then these may be limited)

Entries to: www.wildwater.org.uk

Entry Fees: £20 for all races; or £10 for ECA cup only entry

#### Requirements

You need to have one of the below to enter this event.

- Any UK National Association On the Water membership or equivalent
- Any UK National Association Club Associate
- Single Event Membership at £5

### 5.2 Rafting



The British Rafting members will be joining the event to give paddlers the opportunity to try raft racing experiences on natural rivers to practice their racing disciplines. We are encouraging collaboration with the rafting teams to help share water facilities across the UK.

**Rafting Competition Schedule** 

The timing schedule with kayaks is yet to be finalised and will be published in due course.

#### **5.3** Water Safety

Athletes must follow the venue protocols when training and practicing prior to the event. Water safety is the responsibility of individuals with the use of a buddy system by water users supporting each other.

During competition qualified Water Stadia Rescue personnel will be water side throughout the competition.

#### **6** WATER QUALITY

The water facilities on the river Dee are supplied mainly from the Snowdonia hills and Bala lake and water quality is classed as good. The water serves a number of cities and communities with drinking water . The vast majority of people using the watersports facilities have no ill effects at all however to reduce the risk of illness it is suggested that paddlers avoid swallowing the water, cover minor scratches with a plaster, wash or shower as soon as possible and before eating/drinking, rinsing kit and washing hands after handling kit.

If you fall ill with symptoms after watersports, particularly from 3-19 days following, then see a doctor immediately.

With the event held in the winter with moderate river levels we anticipate good water quality but would always recommend water users to have strong hygiene protocols.

#### 7 ACCOMMODATION

#### 7.1 Accommodation & Camping

Carrog Station Campsite Corwen, Denbighshire, Wales
Greener Glamping Cynwyd, Corwen, Denbighshire, Wales
CampUs, Cefn Coed, Glyn Ceiriog, Llangollen, Wrexham, Wales, LL20 7BY

There are a number of hotels in and around the town and in nearby Oswestry . Prices range from £50 per room per night crash pad at a  $4^*$  hotel, £70 per room per night for  $3^*$  accommodation, through to more expensive rooms at  $4^*$  hotels.

For international teams please contact Rob Guest if you need assistance with accommodation.

### **8** MEDICAL SERVICES

Any urgent medical attention call 999

On-site medical support will be on site throughout training and competition periods.

Local Hospitals are:

Wrexham Maelor Hospital (9.2 miles from Llangollen)
Major acute hospital with Major A&E unit with 24h service
Croesnewydd Road
Wrexham
LL13 7TD
01978 291100

Oswestry Health Centre (10.2 miles from Llangollen) Open 08:30 - 18:00. Open 8:30 - 13:00 Saturday and Sunday

Community hospital Non-24h

Thomas Savin Road Off Gobowen Road Oswestry SY11 1GA