

There is limited parking at the start and finish so we may need to shuttle some cars to the Stanley mills car park! (PH1 4QF)

Briefing 11:00

Classic 11:30

Sprints 13:30-15:00 (may be moved earlier if enough consensus)

Lots of people at the event will have safeguard training and be happy to help with any issues. Calum Urqhart is the official event safeguarding officer and he can be called if there are any issues.

Standard WWR rules. Helmets, BAs, shoes, waiting at the finish for 2 more boats.

Doubling up is encouraged. No extra costs. We are trying to fit a lot into a day so might be entry dependent but limited to 2 classic runs and 4 sprint runs (your first 2 count per boat).

Classic

Starts will have an audio countdown 3 beeps on 45 seconds 2 beeps on 30 seconds 1 beep on 15 seconds then 5,4,3,2,1, and a longer beep on go. The timer sometimes trips up a little on the first of the 5 beeps so the 5th and 4th one may sound closer together. **I am going to be harsh on people jumping the start. You will be disqualified**, make sure you are aware of the starting procedure.

Finish in line with the cobble stone steps and get out a little further downstream on river right at the beach

Stanley Weir



Sprint

We will try and run the same course as last year but this may change with water level.
Get your runs in when you like in the time slot first two runs in any class count

Starts will have an audio countdown 3 beeps on 45 seconds 2 beeps on 30 seconds 1 beep on 15 seconds then 5,4,3,2,1, and a longer beep on go.

There is no warm up space on the sprint course as there are not many good eddies. Warming up can happen below the finish line, on the canal, or in the pool above the rapid. **During racing paddlers must get on the water at the start line, not paddle to it.**

The rapid can be accessed either by getting on the water at Stanley Mills (and paddling to the footpath before the left hand bend if racing has started) or by walking down from the Thistlebrig car park. By paddling across the river to the beach on river left the path is relatively obvious from here.

There will likely only be space at the start for the paddler about to race and one other person getting on the water. **Please arrive to the start early to help other paddlers get on the water** as the put on eddie may not be the best depending on water level.

The finish line has been intentionally set at an angle to make the best route to the finish by moving towards river left and through a gap in the stoppers

