

CROESYCEILIOG CANOE CLUB USK RIVER RACE

28th June 2009

The Race starts at the Newbridge-on-Usk (GR 948384), and finishes at the St Julians Hotel, Caerleon (GR ST336896). The start time is 1130hrs and the paddling distance is 8 miles. The fastest time wins.

CATEGORIES Prizes will be awarded in the following categories:

Under 4m Kayaks:- Mens: O18, U18, U16, U14.

Ladies: O18, U18, U16, U14.

Veteran:- Over 35yrs

Over 4m Kayaks :- Mens: 1 Category, all ages

Ladies: 1 Category, all ages.

Kayak double (K2), Canadian double (C2) and Team.(see rule 5)

Fastest Scout or Guide (under 16).

Fastest Croesyceiliog Club Junior (under 16) and Senior.

(If you are a Scout & Croesyceiliog CC club member chose only 1 option)

RACE RULES

1. All competitors under 18 years **must** wear buoyancy aids or lifejackets. Experienced over 18 competitors who specifically request not to wear a buoyancy aid may do so on signing a form of indemnity. Helmets are optional.
2. Under 4m Class...The committee are aware that some slalom glass reinforced plastic canoes measure just over 4m in length and accordingly, the term "Under 4m" shall mean a single seater Kayak under 4.1m maximum length which has had no alterations to the original manufacturers specifications.
In the interest of competitive racing, therefore, no "cutdown" kayaks of any kind, will be allowed to enter the "Under 4m" class.
3. Wavehoppers are classified as Over 4m canoes: no time handicap applies.
4. All competitors should be prepared to go to the assistance of other canoeists.
5. For the team event a "Team" consists of 3 canoes, only one of which to be in the over 4m class.
6. THERE ARE NO PORTAGES.

ENTRY FEES

The entry fees this year are: ADULT £5.00, JUNIOR £3.00.

Entries can be obtained in advance of the race date from:-

Alan Baker 20, Larkfield Close, Caerleon South Wales NP18 3EX, or phone (01633) 421629, or on race day up to 30 minutes prior to the start.

ROUTE

Newbridge-on-Usk is best reached by road from Newport by the following route: M4 Junction 25 to Caerleon on the B4596 over the River Usk Bridge at Caerleon, through Caerleon (one way system) to the mini roundabout, straight across on to the Usk Road, after 3.5 miles turn right at the Cwrt Bleddyn Hotel to Tredunnoch and Newbridge-on-Usk. Continue through the village down the hill and cross the river. Turn right at the T junction, after 500m turn right into field. Follow the "RIVER RACE" signs.

CAR PARKS

From the Newbridge-on-Usk Inn competitors will now be directed across the river bridge to Whitehall Farm (map ref 950389) where the owner Mr Collin Phillips has given his kind permission for us to use the fields adjacent to the farm for parking and control. Competitors are kindly asked to please respect the parking arrangements and follow the "RIVER RACE" signs. There will be space for unloading and parking of trailers at the start

The finish car parks will be at the St Julian Hotel and a small compound opposite, both are limited in space. Please be aware this is a major road and exercise great care at all times.

STARTING

Competitors start numbers will be given on the day at the control from 1045hrs to 1200hrs. Access to the river will be across the fields adjacent to the farm (please keep to the track) to the field alongside the river. Competitors will be started in groups of 5 to 10 upstream of the bridge (depending on the water conditions), in numerical order. Groups will be started as soon as possible after one another, so we ask all competitors to be orderly under the control of "Mr Starter".

DISPLAY OF COMPETITORS NUMBERS

The Competitors number must be clearly displayed on the front **LEFT HAND** deck on a white disk or square i.e. slalom style. FAILURE TO DO SO MAY RESULT IN NO FINISH TIME RECORDED. White squares will be on sale at the start.

FINISH

This will be a whistle blast as you pass a line adjacent to the St Julian hotel. The access jetty is on river right, assistance will be available to help competitors get off the river.

**CROESYCEILIOG CANOE CLUB
USK RIVER RACE 2009**

ENTRY FORM

No.

First name:	Surname:
Address:	
Telephone No:	Date of Birth
Club / Organization / Scout troop (select 1 only) :	
Male:	Female:

CLASS (circle required class)

Under 4m Kayak:	Over 18	Under 18	Under 16	Under 14
Under 4m Kayak Veteran:	35yrs +			
Over 4m Kayak	All ages			
Doubles:	K2	C2		

TEAM EVENT

Team Name:	
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NOTE: Rule 5.- For the team event a "Team" consists of 3 canoes, only one of which to be in the over 4m class. The **Team Event** has **NO ENTRY FEE..**

If a Croesyceiliog C.C. entry, are you paddling a plastic canoe	Yes	No .
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Entry Fee:(Cheques made payable to:- **CROESYCEILIOG CANOE CLUB**)

“Canoeing and kayaking are assumed risk, water contact sports that may carry attendant risks, participants should be aware of and accept these risks and be responsible for their own action and involvement”

- * I agree not to hold the organisers responsible for any accident in which I may be involved.
- * I declare that I can swim and handle a canoe competently.

SIGNED:
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Paid:

PLEASE COMPLETE AND RETURN TO:-
Mr Alan Baker, 20, Larkfield Close, Caerleon, South Wales NP18 3EX.

Thank you!