



INVERNESS CANOE CLUB

CLUB CURACH INBHIR NIS

Paddling around the Highlands of Scotland...

THE 7TH NESS MARATHON 2011 AN 7^{MH} MARATON ABHAINN NIS 2011

SUNDAY 24th July

RACE INFORMATION

The Ness marathon is open to all paddlers in any type of kayak. This event is continuing to grow in popularity and encourages all ages and abilities to participate. There is a long course for regular racers or those desiring a challenge and also a short course for those looking for a fun race and an introduction to marathon paddling. All paddlers should hold a minimum of old 2 star/new 1 star experience in their chosen boat and have been down rivers before. The river Ness is a grade 1 – 2 river and is in the SCA rivers guide for more information. We do not require competitors to hold 1 or 2 star certificates.

MEETING POINT

All paddlers are to meet at the Scout hall Muirtown Basin (IV3 8LS for satnav) at 10.30am to register/check-in. Event briefing will take place at 11.30am sharp and will include arranging vehicle shuttles for all. Due to limited parking please use the parking areas on both sides of the canal as well as the scout hall.

EQUIPMENT

Buoyancy aids are compulsory for all, helmets should also be worn by all paddlers on the short course, though it is accepted SCA ranked racers will race in their normal style/equipment. Plastic wavehoppers can be made available for those wishing to try a racing boat as can some other types of kayak/canoe, please email the canoe club (nessmarathon@invernesscc.org.uk).

LONG COURSE 15km

From the top of the Muirtown locks, up the Caledonian canal to Dochgarroch and the start of Loch Ness, and back down onto the River Ness, finishing at the Greig street bridge. Paddlers will need to portage Dochgarroch lock and both Dochgarroch weir and Torvean Weir to prevent damage to boats. Plastic craft can run the weirs if the paddlers ability level allows them to safely.

SHORT COURSE 7km

From Dochgarroch locks 500 meters up the canal to portage Dochgarroch weir at the start of the river Ness and then downriver to the Greig Street pedestrian Bridge. Paddlers can opt out of running the bottom weir and can avoid the rapid 'fast eddy'.

ENTRIES

It is preferred all paddlers pre register as this will help in the organization of the event and reduce admin on the day. However late entries shall be accepted up till 11.30am. £5-00 senior and £3.50 junior/ Cheques payable to the 'Scottish Canoe Association'.

TIMINGS

Registration/Check-in opens - 10.30am, Registration closes - 11.30am, Race briefing - 11.30 am
Long and short course start – 1pm, Prize giving – 4.00pm

This is not a SCA ranked marathon event but is part of the Highland mini series.

For further information, please contact: Susan Luurtsema (Inverness Canoe Club)

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