

Ross Warland Memorial Relay Canal Challenge Sunday 26th November 2017



The race is held in memory of Ross Warland and other young people who did not have the opportunity to reach their full potential in life. Ross, who died of bone cancer in February 2000 at the age of 21, was an active and popular member who first joined the club when he was 8 years old. When no longer able to paddle he devoted his time to coaching and training the club members. His attitude and courage towards his illness was an inspiration to all those that met him.

- **In the interests of public safety there will be no running the Banbury Lock portage. However a gentle, controlled jog will be permitted. This will be enforced and the offenders disqualified by the marshals that will be present.**

Classes

- K1 full distance (20 miles)
- K2 full distance (20 miles).
- K1 relay teams. No more than 2 paddlers per team.
- K2 relay teams. Two pairs per team.
- Note: paddlers under 16 years of age may compete only as part of relay teams.

Race Details.

Distance: 20 miles, 12 portages.

Timetable

Booking in will be from 8 am. The first start time will be at 9-30am, for unranked and divisions 7-9 and 10-00am for divisions 1-6. Paddlers will be set off at regular intervals there after; with the last start time being 11am. The finish will close at 2.30 pm. Paddlers will need to base their start time on their calculated paddling speed. For those paddlers who will record slower times please ensure that you are on the start line early in order have your finish time recorded.

- **Start:** Banbury Canoe Club, Cropredy Wharf, Cropredy OX17 1PJ. Four miles north of Banbury. Follow A423 Southam Road from Banbury. Signpost pointing right to Great Bourton and Cropredy. O/S map 151 ref. (468, 465).
- **Turn point:** Nell Bridge, Aynho Lock at 10 miles. O/S map 151 Explorer ref (484, 342)
- **Finish:** Banbury Canoe Club, Cropredy Wharf, Cropredy, OX17 1PJ.

Changeovers.

There is the possibility of 2 designated changeover points depending on the distance that the relay team wish to paddle at in one go ie 4.5 miles or 10 miles.

- **Banbury Lock** near the Spiceball Sports Centre & Castle Quay Shopping Centre at 4.5 miles from Cropredy. O/S map 191 Explorer ref (458, 408).
- **Nell Bridge at Aynho Lock** at 10 miles. O/S map 151 Explorer ref (484, 342).

Rules

- As per the Racing Yearbook 2017. All division 7, 8 and 9 paddlers must wear approved buoyancy aids. Team Leader to decide on juniors outside these divisions.
- Banbury Lock portage situated in Castle Quay Shopping Centre. **In the interests of public safety there will be no running this portage. Marshals will be on hand to observe and if necessary penalise those paddlers that are irresponsible. However in order not to impinge on the race itself we will allow a light run/jog on the portage but no sprinting or irresponsible running please as the portage cuts across a footpath used by shoppers including children.**
- How teams use the changeovers is down to them.
- Each team may need a support team to transfer their boats between stages.
- Competitors and team leaders should note that competitors participate at their own risk, and that Banbury and District Canoe Club cannot be held responsible for any loss or injury to person or property however caused. Suitable footwear advisable. The organisers will reserve the right to refuse access to the water to paddlers that they deem are not wearing sufficient clothing for the conditions of the day.
- All paddlers may be required to wear buoyancy aids if the organiser deems it necessary due to the prevailing conditions.

- Junior teams must have a support crew in attendance.

Fees

Adults: £6.00 per seat. Juniors: £5.00 per seat. British Canoeing membership card will be required. Day tickets at £5.00 per seat as per the British Canoeing ruling. Note the club does not retain any of the monies from day tickets.

Refreshments.

Entry fee includes refreshments (bacon rolls, veggie rolls & soup plus hot & cold drinks). They are also free to support crews and spectators. However please feel free to donate to Clic Sargent who provide, such a tremendous support service, not only for children suffering from cancer but also their families.

Entries to: Graham Warland, 9 Woodhall Drive, Banbury, Oxon, OX16 9TY. Tel 01295 256130. Mobile 07983113597 e-mail graham.warland@gmail.com and tamsen.flack@btinternet.com
Please provide a contact phone number and/or e-mail in case of late cancellation. If not please monitor the club website www.banburycanoeclub.com

Parking. Please do not park in the vicinity of the canal bridge or cause any obstruction to residents in the village. Please park in the Sports Club car park. If the car park is full, then please park responsibly in the village itself, taking care not cause an obstruction with passing traffic or causing issues with the local residents. Remember please, that we will be here next week and hopefully for years to come and we do not want to suffer the wrath of the local residents and authorities.

Changing facilities. Changing facilities including hot showers and toilets will be available at the Sports Club.

Towpath. For those that are either cycling or running the route in support of their crews, please note that in parts there are potholes and bank erosion in some sections that cannot be seen easily due to leaves etc.

Portages. Note that with the exception of Banbury Lock all portages are on the left hand side on the downward stretch.

Support Team driving directions from Cropredy.

Banbury Lock:

Leave start turning right out of the club and taking the left turn at the T junction for Great Bourton. Turn left on the A423 towards Banbury proceeding directly over the first roundabout and then taking the first turn left at the next roundabout Hennef Way (Tesco's store on right hand side). Proceed along Hennef Way turning right at the next roundabout Ermont way following the signs for Spiceball Sports centre. Go past the Sports centre as this will take you directly to Banbury Lock.

Nell Bridge, Aynho Lock (turn point).

Drive back to Ermont Way turning right at roundabout, signposted, Adderbury. Follows signs for Adderbury proceeding over 3 sets of traffic lights. At tee junction turn left on the B43100 sign posted Oxord/Adderbury/Deddington. Turn left on the B4100 signposted, Bicester/Aylesbury for one mile looking for lay-by situated on the left hand side just before the railway bridge. Do not go past the "Oxfordshire" sign.

Finish. Banbury and District Canoe Club is on the Canal Bridge through the white gates.

Useful website: <http://easyweb.easynet.co.uk/jim.shead/Oxford-Canal.html#OXFS>



Start and finish.

Turn.

