

PHCC – Poole Harbour Circuit Race 2010



All competitors must be able to swim at least 50 metres in canoeing clothing, and must wear a buoyancy aid throughout the race. Entries of competitors under 18 years of age must be accompanied by signature of parent or guardian. It is strongly recommended that for the 15 & 8 mile courses you have a 3* standard of paddling ability.

By signing this form, you are confirming that you have read the following details of the event, the risks and hazards, and that you have the necessary ability and experience.

Paddler 1	
Name	
Signed (Parents too for U18)	
Sex	Male / Female
Club	
BCU No or £3 Day ticket a	/ £3

Paddler 2 (double crews)	
Male / Female	
/ £3	

Please Ring one item from each line

Age Group Age at 1 st Jan 2010	U12 born 98 or later	U14 born 96 or later	U16 born 94 or later	U18 born 92 or later	18+ born pre92	Vet born pre75	SuperVet born pre50
Fee per seat b	£4	£5	£6	£8	£12	£12	£12

Boat type	K1	K2	Racing Sea Kayak	Racing Ski Racing Canoe	Classic Sea Kayak	WWR or W'hopper	General Purpose or Canoe
Distance in miles or K boat Division	Div 1 2 3 -15 miles Div 4 5 6 - 8 miles Div 7 8 9 - 4 miles		15	8 or 15	8 or 15	4	4

Fee Due a + b	£	Double crew	£
----------------------	---	-------------	---

Emergency Contact details. Please check back in if you retire, we don't want to search the harbour.

Phone / Mobile

Boat No

Admin use

PHCC – Poole Harbour Circuit Race 2010

- RULES:** Standard rules in accordance with Rules of BCU Marathon Racing Committee plus these additional
NON-NEGOTIABLE RACE RULES:
- 1) Buoyancy aids are compulsory for all competitors: No buoyancy aid = No result
 - 2) All boats must have sufficient secured buoyancy to be unsinkable: Inadequate buoyancy = No start
 - 3) All competitors must check back in if you retire.
- Either Comprehensive BCU Membership or a £3 insurance day ticket is required. BCU Membership proof is required.
- SAFETY:** We strongly recommend that you wear a spray-deck and footwear with a rigid sole (Le Mans start) that will not pull off easily. We recommend you have a 3* standard of paddling ability for the 15 and 8 mile course. 1* for the 4 mile.
- GENERAL:** The 15 and 8 mile courses both involve large stretches of exposed open water, and if the wind picks up, conditions can get fairly interesting! For extra excitement (or irritation) additional hazards are placed at random around the course, just so you don't get too relaxed or complacent on the way round – e.g. jet skiers, water skiers, wash from large boats, moored boats, mooring lines, buoys etc.
To ensure no stopping, picnics or walk-about en-route, there is also plenty of shallow water with mud beneath.
BEWARE GETTING OUT TO EMPTY YOUR BOAT – Poole Harbour mud is extremely soft – more details of the shallow areas to avoid will be given at race briefing on the day.
- The 4 mile course is run close to the shore and has fewer of the hazards of the longer race.
- The race start will be 'Le Mans' style from the beach after briefing at 11.00 am*
- COURSES:** Racing Sea Kayak compete in 15 mile only
Classic Sea Kayak and Racing Ski compete in 8 or 15 mile.
WWR and Wavehopper compete in 4 mile only.
General Purpose compete in 4 mile only
Canoes are classified as Racing Ski's or General Purpose as appropriate.
K boat distances by division (K boat divisions listed below)
- | | | |
|---------------------------------|-------------------------|-------------------------|
| K1 – Divisions 2,3= 15 mile | Divisions 4,5,6= 8 mile | Divisions 7,8,9= 4 mile |
| K2 – Divisions 1/2,3/4= 15 mile | Divisions 5/6= 8 mile | Divisions 7/8,9= 4 mile |
- ENQUIRIES:** Andy Coomes, 49 Hayes Lane, Wimborne Dorset BH21 2JB, 01202 886203