



CHELMSFORD SPRINT REGATTA

SUNDAY 5TH MAY 2024

INFORMATION PACK





CHELMSFORD SPRINT REGATTA

Venue: Chelmsford Canoe Club

Where is Chelmsford? Chelmsford is to the East of London just off the M25, some examples of approximate travel times from other clubs are below;

Bishops Stortford	25 Miles	00:40
Barking & Dagenham	35 Miles	00:45
Cambridge	47 Miles	01:00
Tonbridge	50 Miles	00:55
Royal / Richmond	70 Miles	01:25
Leighton Buzzard	72 Miles	01:35
Elmbridge	75 Miles	01:15
Wey	76 Miles	01:15
Viking Bedford	80 Miles	01:45
Norwich	82 Miles	01:54
Reading	90 Miles	01:40
Falcon Oxford	100 Miles	01:40
Nottingham	150 Miles	02:30

PARKING

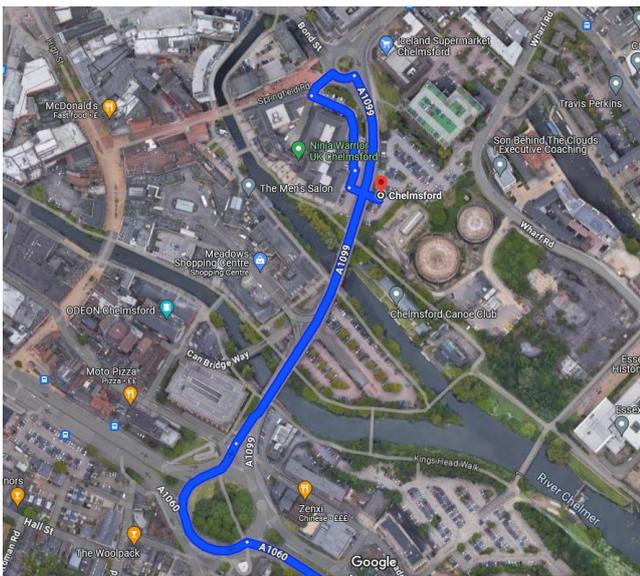
Parking is available in two locations depending on vehicle height

Vehicles over 2m Tall - Baddow Road Long Stay Surface carpark, CM2 7PJ

Vehicles under 2m Tall (Please remember roof rack and boats!) - Meadows Retail (Surface Car park)

<https://maps.app.goo.gl/UJUGduKoFEv1N9waA>

See Map below as Meadows Retail Car Park



With our City Centre location and limited club space we are unable to offer Free Parking.

We have limited space for Accessible Parking on site, please contact us if you have a specific requirement.

Trailer parking must be pre-arranged with the club, please advise us of any requirement when submitting your entries.

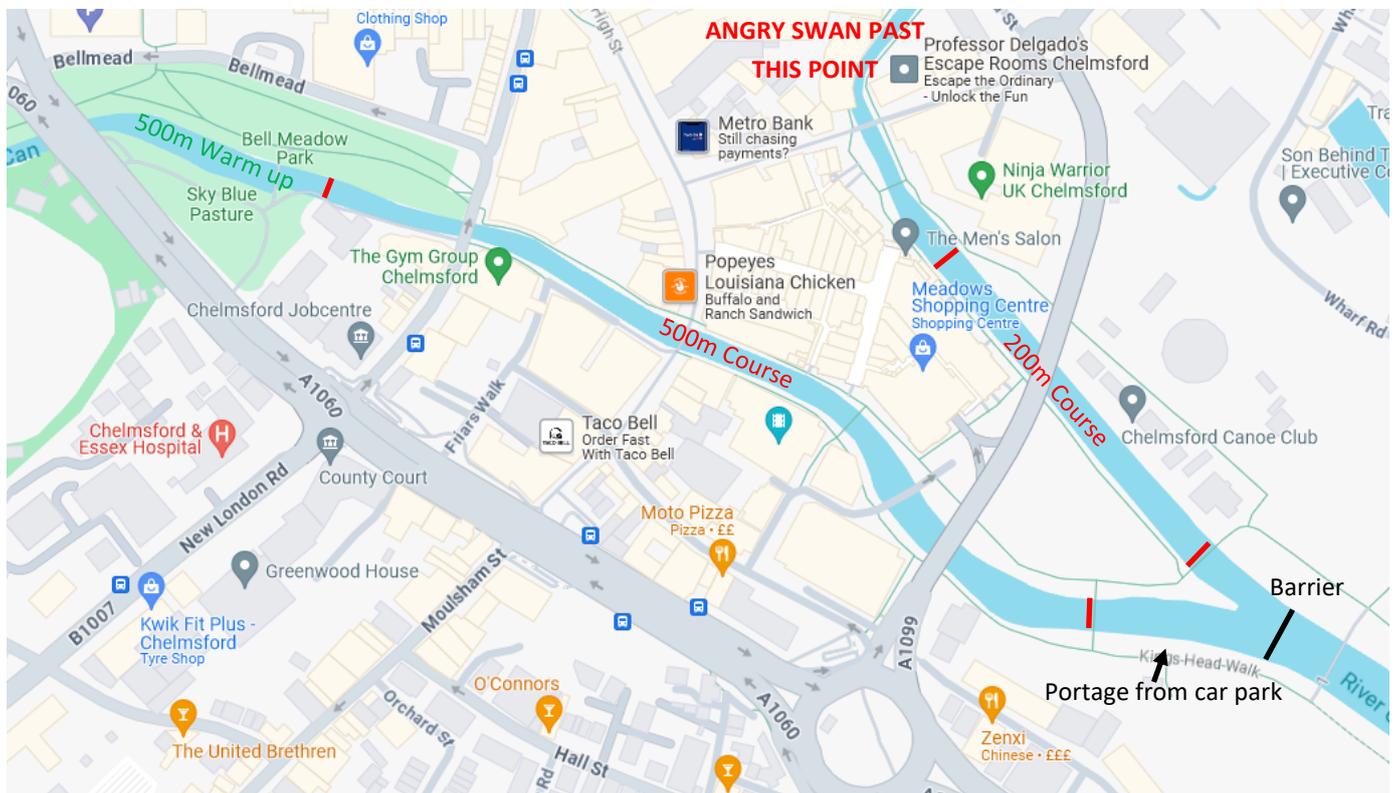


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Event Timings:

Check In:	9:00 – 09:45
Briefing:	10:00
Boat Checks:	From 10:10
500m Heat 1 and 2	10:30
200M Heat 1 and 2	11:30
Lunch	12:30
Mixed Crew boat 100m races	13:00
Prize Giving for 500/200m:	14:00

Race Area



There is a number of low bridges though the city centre that C1s may need to duck for, SUPs will need to go under some bridges in a kneeling position. Please speak to Race Organiser to discuss options.

All facilities including the mandatory boat check will be on the Canoe Club Site,

Fire Safety: If the fire alarm sounds, please exit the club house via the nearest exit and club grounds and head to the muster point just under the High Bridge.

Toilets: We have 4 toilets on site, 2 Men's on the left hand side of the Kitchen Area and 2 Ladies' on the right hand side of the Kitchen.

Accessible Facilities: We also have separate accessible changing and toilet facilities for anyone that this is more suitable for.

Food: There will be a BBQ, Cakes and Drink for sale at the Club



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Entries, Rules and Fees

Fees:	Senior:	£10.00 per seat
	Junior:	£5.00 per seat
	Late Entry:	+£2.00 per seat

The above fees include Paddle UK race Levies

Entries: To be received by midnight on **Friday 3rd May 2023** using the provided entry spreadsheet.

Payment for entries will only be accepted on the day, cash, card or cheque. Please do not post cash or cheques.

Entries should be accompanied with proof of membership of Paddle UK, any not provided in advance will be checked on the day.

Please enter your team entries to: chelmsfordraceentries@gmail.com

BC Sprint Rules apply as per the racing year book, Rules:

Canoe Sprint is a non-contact sport, any reports will be investigated and penalties including time penalties and disqualification. Serious incidents will be reported to Paddle UK in line with incident reporting protocols.

Approved life jackets or buoyancy aids must be worn by all paddlers that are not ranked Sprint Division A,B C or ranked Division 6 or higher. Any paddler should wear buoyancy aid if directed to by their team leaders. In certain circumstances buoyancy aids may be made compulsory for all competitors if conditions dictate.

All boats must carry sufficient buoyancy to remain afloat and support their crew in the event of capsize. In all cases there should be visible additional Buoyancy on Inspection.

All boats will be subject to a boat check prior to access to the water being granted, any boats not being or meeting additional buoyancy standards will not be allowed access to the water.

Acceptable buoyancy can include;

- Visible air bags
- Bulkheads
- Appropriate foam buoyancy

Event Communication

Information will be sent out by the Race Organiser (Owen Shephard-Wyatt) by email (chelmsfordraceentries@gmail.com) or Chelmsford Canoe Club website. Information will also be shared via relevant Social Media, but if unsure please contact Race Organiser on the email above.

Safety

Please note there is currently lots of building development around the area of the club, so please take extra care.

Due to this works the banks and the tow paths around the river may be more slippery, uneven.

We kindly request that all competitors clean down their boats to remove organic material to help prevent the spread of invasive species.