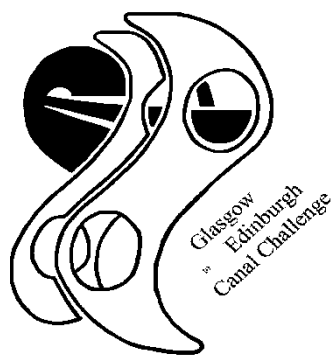


G-E 2026



PADDLE
SCOTLAND



Chief Official & Emergency Phone 07484655525

Event Rules (please read in conjunction with the G-E race information document and the Scottish Marathon Racing Rules of Competition [Scottish Marathon Racing Rules.docx](#))

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CLASSES

Entries will be accepted in the following classes:

A – K1/ C1- singles	1 paddler, paddling the whole course.
B – K2 / C2 - doubles	1 crew, paddling the whole course.
C – K1 / C1 Singles Relay	2 paddlers as a team, paddling alternate sections.
D – K2 / C2 Doubles Relay	2 crews as a team, paddling alternate sections.
E – K1 / C1 Singles Relay Team	Up to 6 paddlers as a team, paddling alternate sections.
F – K2 / C2 Doubles Relay Team	Up to 6 crews (12 paddlers) as a team, paddling alternate sections.
G - Open Team Relay	Up to 12 paddlers as a team, paddling alternate sections, using any combination of craft.

CRAFT

Entries will be accepted from Kayaks, Canoes, Skis and SUP's.

AGE

Paddlers for Classes A and B must be over 16 years of age on 1 January 2026.

Welfare – Team leaders are responsible for the welfare of all paddlers in their team. Nominated parents/carers/team leaders are **FULLY** responsible for supervising their children for the duration of the event, which includes on the water. A Parental consent form and emergency contact details should be held by the team leader for all team members under the age of 16 years who are not accompanied by a parent/carer.

COURSE

All competitors/teams are required to navigate the entire length of the canals covered by this event. Competitors may portage in places other than around locks or natural blockages but must at all times follow the route of the canal and in no way shorten the course.

EQUIPMENT

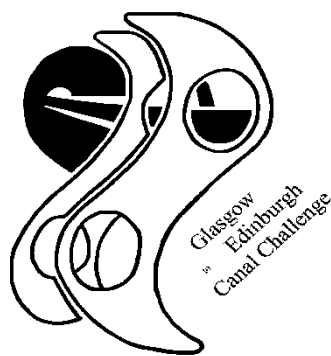
All craft should be registered at the start of the race and may not be replaced at any time. Paddles may be replaced at any time. Competitors and team leaders must ensure their craft have enough fitted buoyancy to keep them and their crew afloat in the event of capsizing or when full of water. ([Scottish Marathon Racing Rules.docx](#))

BUOYANCY AIDS

Buoyancy aids must be worn at all times by all paddlers in classes A & B, all novice/inexperienced paddlers and all paddlers under 16 on 1st January 2026. They are advised for all other competitors.

The Chief Official, event marshals and/or team leaders may require other paddlers to wear buoyancy aids as deemed appropriate.

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RACE NUMBERS

Each entry will be given a number sticker which must be displayed as instructed at all times.

START TIMES

SATURDAY – competitors should set their own start time, between 9:00am and 12:00 noon, taking into account their expected speed over the course so that they arrive in Falkirk within the finishing window (2:30pm to 4:30pm). Paddlers who fail to arrive in Falkirk by 4:30pm will not be able to take part on Sunday.

SUNDAY – Each competitor will be allocated a start time for Sunday based upon their elapsed time for Saturday. The slowest competitors will start first with quicker competitors starting later and the fastest will start at 11:30am. Competitors must start at the time allocated by the organisers. Competitors may request an earlier start time if they feel they will need more time. Competitors will not normally be allowed to start later than their allocated time and other than in exceptional circumstances their time will start at the allocated time even if they actually start paddling later. No competitors will be allowed to gain advantage by starting alongside a quicker crew.

RELAY CHANGE OVERS

Incoming paddlers in the Relay, Team Relay and Open Team Relay classes must ensure that their boat overlaps the outgoing paddler before the "baton" is handed over.

PORTAGES

All portages must follow the general line of the canal and should be made along the tow path. Competitors may portage in places other than around locks or natural blockages but must at all times follow the route of the canal and in no way shorten the course.

Relay and Team Relay paddlers may assist their own team members at portages. Relay and Team Relay boats which are not the active boat may be handled by non team members.

SUPPORT CREWS & ASSISTANCE

All paddlers should have a support crew and transport. Classes C,D,E,F and G may use their competing members as their support crew.

A competitor may receive assistance (eg. refreshments, repairs, clothing) from bank support crews, so long as it does not impede other competitors, but may not be progressed along the course in any way (without prior agreement).

A competitor who requires assistance to lift/carry their boat may, by prior agreement from the organiser, receive assistance from designated helpers.

PROTESTS and CONCERNS

Any protest should be notified, via team leaders, to Chief Official in person or by phone on the Event Emergency Phone Number within 30 minutes of the crew completing the event on the day concerned. Any other concerns should be notified as soon as reasonably practical to the Chief Official.

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RESPONSIBILITY

Canoeing is an outdoor water based sport and as such has inherent dangers which all participants should recognise.

The organisers do not accept any responsibility for equipment or persons during the race.

WITHDRAWAL

Withdrawals from the race must be reported to the Timekeepers/Marshals at the next mobile check point, or the Chief Official via the emergency phone number as soon as possible.

MARSHALS

There are both static and mobile marshals to check adherence to safety measures and other event rules by all competitors and their support crews. Marshals may, via team leaders or directly, ask paddlers to withdraw if it is felt they are not in a fit state to continue or if it is considered unsafe for them to continue due to darkness or weather conditions.