



Scottish K1/C1 Marathon Championship

Introduction

The Scottish K1/C1 Marathon Champion is determined over a single race over the championship course.

Course and Race Rules

The championship courses will be of minimum length as shown below.

Class	Course Length	Portages
Mini K1 U10 (inc. Lightnings)	Over 3km (max 5km)	0
U12		
U14	Over 5km (max 7km)	0
Master Ladies (49 and Over)		
Masters (64 and Over)	Over 10km	As determined by organiser
U16		
U18		
Senior		
Veteran (34 and Over)		
Master Men (49 and Over)		

The age is that on 1 January of the year in which the race is held.

Depending on race conditions, the organiser may amend or shorten the course as required to allow safe racing.



All entrants racing over the same course will start racing at the same time irrespective of class. If there are too many entrants to allow a fair start for all, then the start may be split as appropriate.

Paddle Scotland Marathon Racing Rules (the Rules) will apply. Where there is any conflict between the Rules and this document, this document will prevail.

Safety

All paddlers must be able to swim adequately in the waters on which the race is being held

All boats must be fitted with sufficient buoyancy to support the boat and crew in the event of a capsize. **Inherent buoyancy in composite boats is not sufficient to meet this requirement.** Additional foam buoyancy or air bags must be fitted.

All paddlers who are ranked in divisions 7,8,9, and paddlers without a marathon ranking (for clarity, younger paddlers participating in the Geoff Saunders series are considered unranked) must wear a PFD (compliant with EN393, EN395, ISO12402-5 or ISO12402-6). The PFD must be worn in accordance with manufacturer's instructions at all times on the water. Team Leaders/Club coaches, or in the absence of these, the individual (or in the case of junior paddlers, their parent or guardian) shall determine if a paddler racing in the higher divisions must wear a PFD.

The organisers may require other/all competitors to wear a PFD and/or impose additional safety requirements depending on local conditions. The organiser's decision is final.

Any competitors failing to comply with these rules will not be allowed to participate in the race.

Eligibility



Only members of Paddle Scotland are eligible for Championship medals and Trophies. Visiting paddlers are welcome to race, however they will not count towards class numbers.

Classes

Paddlers enter the overall championship and their age category (class). Paddlers can choose to enter any age category for which they are eligible ie racing up.

It is not permitted to race down. To be clear, racing up means (from left to right): -

U10 > U12 > U14 > U16 > U18 > U23 > Senior
Masters > Veteran > Senior

As an example, an O49 master could choose to race as 049, 034 or Senior.

Once a paddler has chosen and entered their class, they are not allowed to change.

There will be no consolidation or amalgamation of classes.

Prizes and Trophies

Perpetual trophies are awarded as follows: -

Senior Man	Gijon Vase
Senior Woman	Senior Woman Championship Trophy
Junior Man	Junior Man Championship Trophy
Junior Woman	Junior Woman Championship Trophy

The male and female Scottish Marathon Champion will be the first male and female finisher over the long (10km+) course.



The male and female Scottish Junior Marathon Champion will be the first male and female finisher under 18 over the long (10km+) course.

There must be a minimum of 3 paddlers competing in the appropriate category for any trophy to be presented; for example, for the Junior Man Trophy to be awarded, there must be 3 U16/U18 men competing. For the Gijon Vase, there must 3 men competing (any combination from U16 to Masters).

Juniors are eligible for senior trophies.

Medals will be awarded for each class with the appropriate number of entrants. To be eligible for a medal, paddlers must complete the race.

Gold – 1 finisher per class

Gold and silver - 3 starters per class

Gold, silver and bronze – 5 starters per class

Paddlers can win both Class medals and overall trophies.



Change History

Date	Details
May 2022	Separate course added for O49 women. “Lightnings” replaced by “mini K1”
Nov 2022	Rewritten to remove amalgamation of classes
Feb 2023	Updated to reflect U12 changes to open
Mar 2023	U12 course length changed. Champion categories amended to trophies only (ie Junior and Senior over long course), all others are classes
Feb 2025	Separate class added for O64. SCA updated to Paddle Scotland
April 2025	Update to safety requirements in line with Scottish Marathon Racing Rules