

## BCU PLACID WATER RACING AWARDS

This Leaflet gives the details and requirements for the BCU Placid Water Racing Awards;

- 1 Time Trial Awards; 2km to 10km
- 2 500m Sprint Awards
- 3 Marathon and Half Marathon Awards

The awards are intended to recognise and encourage improvement in canoe and kayak racing performance. They can be attempted in any canoe or kayak, although the aim is to encourage the use of straight running craft in an individual's progression to modern racing boats.

The 500m Award is particularly useful to determine the appropriate level of entry for paddlers into Marathon and Sprint Racing.

### Canoeing and the Environment:

Canoeing is an exciting, adventurous, competitive and recreational activity from which much of the enjoyment and adventure comes from the natural environment. Every canoeist must remember to respect all wildlife, and take care not to damage or destroy the environment, by observing the Canoeist's Code of Conduct.

### Assessing:

Any Level of BCU Coach (in current membership) or BCU Affiliated Club Official may test candidates for the Placid Water Racing Awards. The awards are administered by the Home Nation Associations on submission of individual Placid Water Racing Award Pass Slips (available from the Home Nation Associations).

### TIME TRIAL AWARDS:

Type of boat: Any canoe or kayak

Aim: To introduce and encourage new paddlers to club based competition

The Time Trial Award can be tested over any distance from 2,000 to 10,000 metres. It is awarded on the basis of speed (minutes per 1,000 metres) and can be attempted in any type of canoe or kayak. The award is designed to be flexible, to suit whatever placid water is available. Testing can be organised as part of a fun race, a club handicap race or specially organised time trial.

### STANDARDS:

Award	single kayak	double kayak	single canoe	double canoe
Blue	10	9	12	10
Bronze	9	8	11	9
Silver	8	7	10	8
Gold	7	6	9	7

*(Maximum time in minutes per 1,000 metres)*

## 500m SPRINT AWARDS:

*Type of boat:* Any canoe or kayak

*Aim:* To recognise and encourage improvement in racing performance  
To determine the level of entry into BCU Sprint and Marathon competition

Award	kayak men	kayak women	canoe
Green	4.00	4.20	5.00
Blue	3.30	3.45	4.00
Bronze	3.05	3.20	3.20
Silver	2.45	3.00	3.00
Gold	2.30	2.45	2.45

*(Time in minutes - single canoe / kayak)*

As a guide for coaches, team leaders and paddlers wishing to place an entry for the first time in a Divisional Marathon Race and/or a Sprint Regatta, the following levels, using the 500m award, are suggested to ensure new paddlers race with paddlers of similar ability;

Award	Discipline	Kayak men	Kayak women	Canoe
Blue	Marathon	Division 9	Division 9	Division 9
Bronze	Marathon	Division 8	Division 9	Division 9
	Sprint	Junior Men	Junior Women Veteran Men	
Silver	Marathon	Division 7	Division 8	Division 8
	Sprint		Senior Women	Junior Men Senior Men
Gold	Marathon	Division 6 Senior Men	Division 7	Division 7
	Sprint			

NB: Potential entrants for Sprint regattas should normally achieve their award in either a racing canoe in high kneeling position or racing kayak with a seat.

## MARATHON AND HALF MARATHON AWARDS:

*Type of boat:* Any canoe or kayak

*Aim:* To recognise and encourage improvement in Marathon racing performance

There are a number of races in the national calendar which provide a suitable venue for testing these awards. The standards may be adjusted to take account of courses slightly longer than the award distance, flow and portages (allow three minutes per portage).

Boat	Half Marathon (13 miles)			Marathon (26 miles)		
	Bronze	Silver	Gold	Bronze	Silver	Gold
Single canoe	Finish	3.15	2.45	Finish	6.30	5.30
Double canoe	Finish	2.45	2.15	Finish	5.30	4.30
Single kayak	Finish	2.45	2.15	Finish	5.30	4.30
Double kayak	Finish	2.15	2.00	Finish	4.30	4.00

*(Time in hours and minutes)*