



Friday 14^h September 2018 At the Pengwern Boat Club, Shrewsbury.

Thank you very much for entering a team in the Macmillan Coracle World Championship. We hope you will have a very enjoyable afternoon splashing about on the river, while helping Macmillan support local people with cancer. The following information should help you and your team to make the most of the event.

Please can you make sure all of your team members have the following information:

Before the day:

- Time and location of the race.
- Have read the safety rules.
- You let family, friends and colleagues know that you are mad enough to join in the Macmillan Coracle World Championships. Ask them to sponsor you and come along and support you on the day.
- Register your team on just giving, make sure you let everyone know how to sponsor you.
<http://campaign.justgiving.com/charity/macmillan/world-coracle>
- Read the enclosed Macmillan top tips for getting sponsorship, Please don't forget gift aid - this raises an extra 25p in the £1, which makes a huge difference to us
- Why not let the media know your company or team are entering, pop it on your company's website/ social media. Remember to add your Justgiving link.
- Maybe you want to put out a challenge to another group of friends or competitors?
- Let us know your team members and team name, this will be used in the race card and over the tannoy on the day.
- Do you fancy other teams wearing your company name on their bibs, or on the coracle. This year we are offering sponsorship on the bibs and coracles.
- Advertising in the race card booklet, please contact us about costs and format for advertising.
- For more information contact : coracleworldchampionships@gmail.com

On the day – 14th September 2018:

There will be no parking at the Pengwern Boat Club, however, please let us know if you require a disabled access pass. Please find enclosed a map of the boat club and suggested local pay and display parking.

Registration and disclaimer forms. On arrival at the boat club please report to the registration desk. It is the team captain's responsibility to ensure that the whole team has read the rules (enclosed) and to make sure all of the team members have individually signed the team disclaimer.

PLEASE NOTE, TEAMS WILL NOT BE ALLOWED ON THE WATER WITHOUT ALL OF THE INDIVIDUALLY SIGNED DISCLAIMER FORM. (AVAILABLE ON THE DAY)

Practice sessions 12-2.30 pm:

We will be providing practice session for all teams between 12-2.30pm on the 14th September. Team captains must ensure all team members are registered and have signed a disclaimer before entering the water. Please contact us if you wish to register for a practice session.

Race time:

All team members must be registered by 2.15pm

2.30pm Race and safety briefing for all teams.

After briefing Races start, please listen to tannoy messages for your team name before approaching the pontoon and donning lifejackets. This year we have coracles with team colours to match the bibs. Please check the race card to find out your team colour.

There will be evening entertainments, with prize giving.

Fancy dress:

We will be awarding a prize for the best fancy dress so go wild and see what your team can put together. Obviously you will need to be able to paddle a coracle and wear a lifejacket in it!

Safety:

- Safety boats will be on site to deal with any medical emergencies. We will also have fully qualified lifeguards and will provide life jackets for all participants.
- Please take extra care when near the river, and do not enter the pontoon without a lifejacket.
- Please be considerate of people walking on the towpath.
- All team members must be able to swim at least 200 metres fully clothed.

Fundraising:

- Please find enclosed a Macmillan sponsorship form and fundraising top tips , We ask that all teams try to raise money for Macmillan Cancer Support. Please bring your completed sponsor forms, cash and cheques (Made payable to **Macmillan Cancer Support**) on the day. However if you have further funds to give us after the day then please send to; Coracle, Cliffe House, Ruyton-XI-Towns, Shrewsbury, SY4 1LF, by the 31st October 2018.
- We will be holding a fantastic raffle for Macmillan as part of the event.

Advertising:

On the day feel free to bring a small teardrop banner to create a team base on the riverside. We will not accept any other banners or posters at the Pengwern Boat house.

If you would like to support Macmillan by putting an advert in the race booklet or sponsoring the bib or coracles please contact us for more information.

We look forward to seeing you, your family and friends on Friday 14th September for a fun afternoon, raising much needed funds, for Macmillan Cancer Support. Good luck with your fundraising and the race itself! Don't forget there will be refreshments, a BBQ, Pimms, tea and coffee and a bar available at the Boat Club. Why not bring your children after school to join in the fun.

Best wishes the MacCoracle Committee.

Rules, Safety & Race Conduct for Macmillan Coracle Relay World Championship

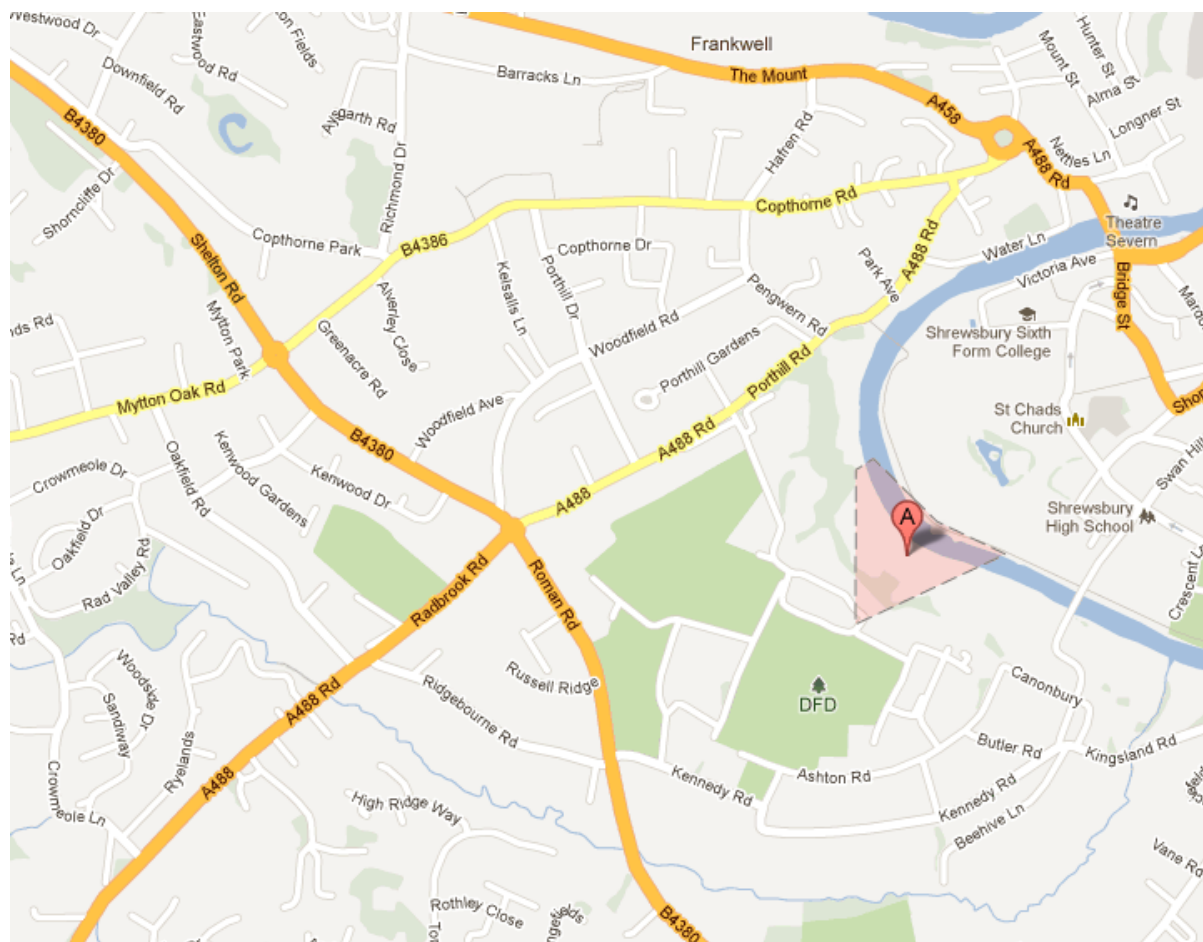
1. Every competitor must have signed the disclaimer

2. Every competitor must wear a buoyancy aid / lifejacket
3. Every competitor must be able to swim 200 metres clothed
4. Competitors must be completely sober and not under the influence of alcohol or drugs
5. Safety boats and lifeguards will be on hand throughout to assist if necessary
6. Every competitor must wear trainers or be barefoot
7. Every competitor must wear their bibs whilst racing
8. Each of the four team members must race
9. Team members must stay the same for the heats and any finals
10. Non attendance for start risks disqualification
11. On completion of the races lifejackets must be returned immediately to the lifejacket issuing point.
12. On completion of the races, bibs must be immediately returned to the team marshal
13. Only one person is allowed in the coracle at any one time
14. No team members apart from the pair handing over must be on the pontoon.
15. Racers will not be allowed to touch another team's coracles with either paddles or body
16. Racers must touch the far side of the bank with either part of their body or a paddle before returning
17. If racers capsize they must clearly signal with a "thumbs up" to the marshals and lifeguards that they are OK before proceeding. Should anyone need assistance after a capsize they must raise their arm, otherwise we will assume self rescue.
18. Capsized racers can re-embark with assistance at the nearest bank
19. Capsized racers can seek assistance from a safety boat to help them to the pontoon
20. Capsized racers, if swimming to a bank with a Coracle, will forfeit their position if they overtake other coracles
21. If anyone should capsize be prepared for "cold water shock" which can incapacitate quickly. Concentrate on stabilising breathing if affected.
22. Anyone developing flu like symptoms after the event should attend their GP and advise that they have been in or near the river. Weil's disease is particularly nasty and begins with what appears to be flu symptoms.
23. The organisers reserve the right to stop a race before all team members of all teams have finished. This will only be done if a clear winner has emerged and if the race is taking so long that it threatens to hold up the programme.
24. The Stewards decision is final

The Coracles cost money. Please look after them.

Pengwern Boat Club – Map and Directions
Address - Kingsland, Shrewsbury, SY3 7BD

The club is marked on the map below with a red 'A'



By foot

If you start in the centre of Shrewsbury town, simply walk down to the river. Follow the path around the quarry and either go over Kingsland Bridge or the Suspension Bridge by the Boat House Inn. Then follow the path towards the boat house on the far side of the river from the town. It takes about 10 minutes to walk to the club from the town centre.

By car

The Pengwern Boat Club is situated opposite The Quarry Park and just below Shrewsbury School. Access is easiest from the A5 bypass and then taking the A488 into Shrewsbury. Carry on straight over two roundabouts and then down Porthill. The Pengwern is located down a single track to the right with rather awkward access just by a pedestrian crossing. Continue into town to park in designated car parks or find unrestricted roadside parking in nearby residential roads. There is no parking at the Pengwern Boat Club for competitors. Disabled access is available.

See map below for nearby pay and display car parks for those driving



**Pengwern
Boat Club**