

Cheshire Ring Race – Briefing Notes

June 2018, these notes will be updated and emailed to entrants in the week before the race.

NEW FOR 2018

- The link for the live tracking data is: <http://live.opentracking.co.uk/madccring18/> .
- Contact details: given in point 17 below. Some of these have changed (e.g. the Raynet contact no.) so if you still have last year's numbers, please check and update.
- The current forecast is for hot dry conditions. Don't forget hats, sunscreen, hay fever remedies and to drink plenty of fluids.
- There are no currently reported stoppages on the canals that should interfere with the race.
- There is a new rule (no. 7) that imposes a 15hr cut-off time for reaching The Old Broken Cross pub. See the rule for more details
- Contingency Planning.
 - During the race, if officials need to contact competitors, this will be done by text or voice message to the mobile phones of support crews. Please check for messages regularly. The facebook and website pages will not be updated officially during the event.
 - In the unlikely event that the event has to be stopped early then it will be considered a valid race if competitors are able to reach The Old Broken Cross pub.
 - If a team encounters an incident or obstacle of which they have not been warned about then: - if progress past the incident is not safe and practical, paddlers should leave the canal at a road access point, record the clock time at which they left the water, alert the Ring Control Officer (or other race official) and await further instructions.
 - Further details are given in the Event Safety Plan.
- Tunnel Top changeover point. The pub and its car park have shut, so don't bank on eating here. Also, parking may be difficult. Be prepared to drop crews and boats off and then move your transport somewhere else. Please remember that other crews and support vehicles will also be coming and going.
- Parking at Wheelock. There are parking restrictions on the area closest to the canal access. There are signs and you may get a parking fine if you park there (someone did last year). There is parking available on the opposite side of the road.
- Light Sticks – We will supply each competitor with a light stick, so there is no need to source your own.
- Trophies etc. Finishers' mugs will be distributed at the finish. Certificates will be posted soon after the event. Trophies will be posted out.

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1. These notes are to be read in conjunction with the Race Rules, the Guidance Notes and details of Changeover Points.

2. The usual rules and recommendations for paddling on canals apply. Please be considerate to other users; keep right of oncoming traffic and pass on the left; do not compete with other boats for narrow bridge spaces.
3. When portaging, be alert for trip hazards, be aware of pedestrians etc. and understand that they will not know that you are racing and may not react quickly or make way for you.
4. Be aware of health risks associated with open water and take suitable precautions with open wounds and hand hygiene when eating.
5. Check in Procedures
 - a. BCU cards must be shown for all paddlers claiming membership. There is a £5 charge for race insurance for non-members (or failure to produce a current card).
 - b. MADCC recommends that competitors ensure that their support crews are aware of any relevant medical conditions prior to the race. You are reminded to bring any medications with you.
 - c. Junior Consent forms, where applicable: if possible, please download the form from the website and send electronically to the Entry Organiser in advance. Otherwise complete at check in.
 - d. Confirm or update your support crew contact details.
 - e. All paddlers must wear an approved lifejacket or buoyancy aid when paddling or portaging. Other safety equipment requirements are specified in the rules. There will be kit check prior to the start. All boats and equipment to be used during the course of the event must be presented for this scrutineering.
 - f. You will be given number board(s) for the craft you will be using. These can be displayed vertically using number board holders or taped to the deck/gunwales of canoe(s)/kayak(s).
 - g. You will also be handed a lanyard with a tracker device attached. These need to be carried by the paddler(s) and passed between the crews for each relay leg. You are responsible for the safe return of the tracker (£150 each for non-returns) so, if you need to retire, you must make arrangements with the organisers to hand it over.
6. Please allow at least 30 mins for check in and scrutineering. Please be on the water 5 mins before your start time.
7. The Miners Arms at the start will be opening from 08:00 on the Saturday morning for use of toilets and to sell food and drink. Please support them by making some purchases. (Similarly, for other pubs en route if you use their parking facilities).
8. Your support crew must be well equipped. E.g. in addition to any kit etc. you plan to use, a good first aid kit, extra dry clothes, plenty of water, the ability to make a hot drink.
9. Your support crew must carry the contact phone numbers for the race organisers and should have the ability to transport boat(s) in case of retirement.
10. Support crews should park considerately and take care to collect all their belongings (including any litter) before moving on. Please keep the noise down, especially at night and early morning. Remember to phone the timekeeper when your crew begins the last section.
11. Support crews can keep up to date with the position of their crew through the tracking website <http://www.opentracking.co.uk> A link to the race tracking page will be provided via the MADCC website.
12. Please remember that for much of the race you will be self-dependent. You are reminded of the rule that "The support party must be available to and in touch with the boat throughout the entire time of the race". You are expected to offer assistance

to any other paddlers in distress. Time allowances can be made (at the discretion of the race organiser) if necessary. We expect to have marshals at Hyde Bank and Ducie St. There will be RayNet personnel at changeover points during the hours of darkness. Please give them your boat no. as you pass and your support crew are encouraged to talk them as they have a long night to get through. Roving marshals may be present at any of the changeover points, but not throughout the race. There should always be a MADCC official that can be contacted (first aid certified and suitably equipped) but for serious accidents or emergencies call an ambulance. For any welfare issues before, during or after the race please contact the MADCC Welfare Officer.

13. All tunnels must be portaged.
14. Navigation. If in doubt on the water, if there is a choice, keep left. There are a couple of places where this could lead you quickly to a dead end. These are normally obvious and we have not known of people going wrong in this way. If it did happen, just turn around and take the next left turn and you will not have gone far off course. Turning right can, however, lead you well astray. For drivers, parking details are given in the Guidance Notes and Description of Changeover Points.
15. Paddling at night. Paddlers must have an activated light stick attached to their buoyancy aid during darkness. They must also have a torch/headtorch available. The support crew must carry spares.
16. At various point roads will need to be portaged. These will not be marshalled and your support crew does not have authority to stop traffic. Use due care and attention.
 - a. On section 2 when passing down Marple Locks. Stockport Road, busy with two-way traffic.
 - b. On section 4 at lock 7, the towpath changes from left to right. One option is to cross Alan Turing Way. A busy dual carriage way with fast moving traffic. It is possible to pause safely in the central reservation, but remember to prevent your boat obstructing traffic. (See Race Guidance Notes for other options).
 - c. On section 5 when portaging the Rochdale Locks you will encounter various minor roads to either to cross or make use of the pavement. You also pass down Canal St which will probably have many pedestrians and people sitting/standing at outdoor bar tables.
 - d. Between sections 8 and 9 you cross the A533 while portaging Preston Brook Tunnel. Two-way traffic, probably not very busy but will be moving quickly.
 - e. On section 17 there is a low swing bridge. If you choose to portage you have to cross a minor road.
17. Contact Details
 - a. Andrew Millest: Race Control Officer, Starter and Hyde Bank Marshal, 07984 440727.
 - b. Quentin Blagg and Alan Tonge, Ducie St Marshal, 07534 557182, 07528 962940.
 - c. Alan Birchall, Castlefield Junction Marshal 07901 556331.
 - d. Rosemarie Cragg: Timekeeper, 07595 173926.
 - e. Andrew Gage, Marple Junction Marshal, 07976 282580.
 - f. Graham Cooke: Old Broken Cross Marshal / 15hr Cut-Off Monitor, 07888 080815.
 - g. Adrian Fisher: Roving Marshal, 07745 020502.
 - h. George Barrett-Hauge, Roving Marshal, 07534 044003

- i. Mrs Pat Davison: MADCC Welfare Officer, 01625 527503. Only for welfare issues, in case of urgent need for action contact Race Control Officer or other MADCC official on duty.
 - j. Andrew Millest: At home, point of last resort, 07984 440727, 01625 619271. Overnight, this no. is only to be used if you are unable to make contact with anyone else.
 - k. RayNet: From dusk to Dawn, from Preston Brook to Sutton. The contact is Phil Baguley, 07845 145623.
 - l. Police, for non-emergencies Tel 101.
 - m. Hospitals with Accident and Emergency Departments
 - Macclesfield & District general hospital, Victoria Road, Macclesfield, SK10 3BL.
 - Stepping Hill hospital, Poplar Grove, Hazel Grove, Stockport, Cheshire SK2 7JE.
 - Tameside General Hospital, Fountain St, Ashton-under-Lyne, Lancashire OL6 9RW.
 - Manchester Royal Infirmary, Oxford Rd, Manchester M13 9WL.
 - Warrington Hospital, Lovely Lane, Warrington WA5 1QG.
 - Royal Stoke University Hospital, Newcastle Road, Stoke-on-Trent, ST4 6Q.
18. We wish you a safe, successful and enjoyable Cheshire Ring.