



**Competitor
Information
Book 2019**

COMPETITOR INFORMATION

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WELCOME

Townsville Kayak Club welcomes you to the re-birth of the famous Three Weirs Paddle Race. This race was first run in 2010 thanks to Martin Wiltshire the president of the Kayak Club. Martin was responsible for several of the current club members getting into kayaking in the first place and continuing on to organise this 2019 event.

It has been several years since this event was last held and the hiatus was largely due to the choking up of the weirs making large areas of them unsuitable for paddling. Flooding in January this year has flushed the system and we are now effectively weed free and able to hold the race once again.

LOCATION

The Three weirs race will be run on the Ross River in Townsville, starting and finishing at the Riverview Tavern, 247 Riverside Bvd, Douglas. This will be the site of race HQ. The Tavern has an area set aside, overlooking the river, for spectators to hang out and for the presentations after the racing has concluded. Meals will be available as well as those all important post-race beers.

RACE PACK PICKUP

Race packs contain your race number can be collected at race headquarters, Riverview Tavern, between 6:00 am and 6:45 am on the morning of the race (6th October). Maps will be displayed, and the race director will be available to answer questions.

NOTE: You must **attend in person** to collect your race number and **sign indemnity forms**. There are **no registrations on race day**. Those who want to compete must **register online before Saturday the 5th October**. This is to ensure all correct paper work is completed and filed.

There will be **MANDATORY race briefings for competitors at ?? am on the morning of the race**. However, if you have any questions, please try and ask at least 30 minutes before race start.

THE RACES

Sunday 6th October 2019		Distance*
Junior paddle Adult short course SUP course		11 kilometres
Adult long course		20 kilometres

*Distances are a guide only and may be subject to change dependent on course conditions. Courses will be kept as close as possible to published maps however Townsville Kayak Club organisers reserve the right to alter courses to ensure the safety of all competitors should the need arise.

Race start and briefing times

Race	Briefing time	Start time
Junior	7:15 am	7:30 am
Adult short course	7:15 am	7:30 am
SUP course	7:15 am	7:30 am
Adult long course	6:45 pm	7:00 am

OUTSIDE SUPPORT

Although this is a fairly casual race event it is a self-supported race, therefore it is required that you carry your own water and nutrition etc. We will allow support crews to pass nutrition and water to competitors in the portage areas provided they are assisting with portage and are not impeding other competitors. We suggest **moving the boat to one side on land before launching** to re-stock nutrition and hydration.

Competitors receiving outside support other than in portage zones (this includes placing their own drops of water/nutrition on the course prior to the race) from anyone other than race officials will incur a penalty resulting in them being unable to podium in their nominated category. Support crew that impede other competitors will incur a similar penalty for their competitor.

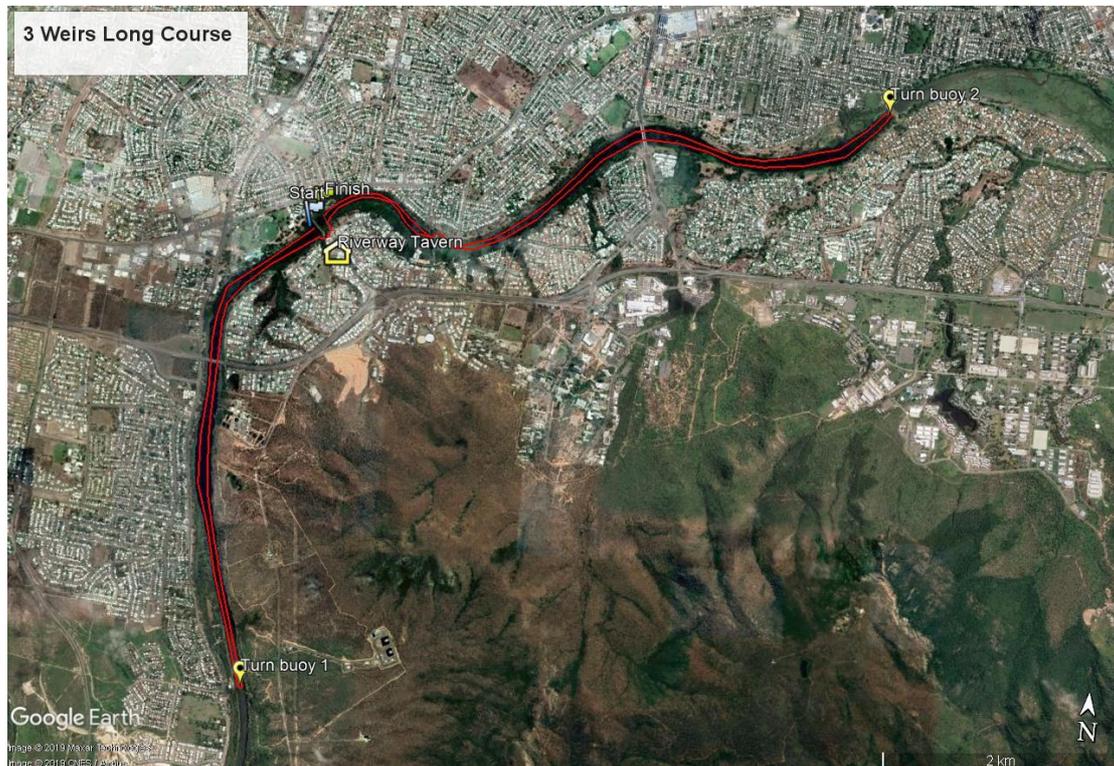
MAPS

Be sure to read over the map. The courses will be marked but it's a good idea to view the map to get an indication of how the route flows.

Junior/Short adult/SUP Course



Long course adult



Maps are also available online in Google maps. This is a good way to check out spectator options as well.

<https://www.google.com.au/maps/@-19.3284268,146.7399933,14z/data=!3m1!4b1!4m2!6m1!1s1fE5w0R6asr7lpbTZMB6tZqn87xzq9AN->

PORTAGES

We will have volunteers assisting at portage points. Please be patient if there is any holdup at these points, you will get assistance as soon as possible. You are welcome to carry/drag your own boat if you wish, or have support crew there to assist with portage but please ensure your support crew don't impede other competitors or you may incur a penalty for your paddler.

MANDATORY EQUIPMENT

It is mandatory that all juniors wear an approved Personal Floatation Device (PFD). This may be a full life jacket or a less bulky PFD but may not be a self-inflating PFD. Your floatation device needs to be foam filled.

First Aid

First Aid will be available at Race HQ. Water safety marshals on course will also have First Aid kits if you require first aid.

It is also recommended that competitors carry their mobile phone where possible with the emergency number **0402 394 268** programmed in. Make sure it is in a watertight container.

Medical Conditions

If you have a medical condition it is your responsibility to reduce any risk to yourself. You must carry on you any medications that you may require. Please detail in an email to ross@adventurethon.com.au any medical conditions/medications that we need to know about in the event of an emergency. If you have any other special requirements, please email Ross as well.

PARKING

We recommend that junior/short course/SUP competitors park in the Weir School carpark and launch their boats from the Weir School side before the race. Long course paddlers should use the carpark at Riverview Tavern.

SECURITY

Competitors participating in this event **need to be responsible** for the **security of their own equipment**. There will not be secure storage areas at the venue, so we suggest you pack equipment appropriate for securing your equipment, e.g. lockable straps or bike locks for your boats if you are leaving them around the start finish areas at any time. You can lock equipment to trees, etc., or to other boats to make them difficult to move.

ENVIRONMENTAL POLICY

Plastic

Townsville Kayak Club has a policy on plastic, they aim to reduce, reuse and recycle. Our club is proud of the country we live in and are committed to keeping our environment as clean as possible. For this reason we won't provide plastic cups, plastic water bottles or plastic bags etc. at our event. We ask our athletes to look at the positives of being green and support us by not bringing un-necessary plastic to our event (boats excepted!).

SPECTATORS

This is an awesome event for spectators. There is a pathway alongside the entire course, both sides. Spectators can view your progress from Nathan St Bridge, the pedestrian bridge at Aplin's Weir, the Federation bridge at Black Weir and the Vickers bridge under the motorway. We suggest you ride alongside and enjoy all the great vantage points along the way.

Photographs

We want to try and get as many photos of competitors as possible so if any spectators take photos or videos that they are happy for us to use them they can take them to Race HQ and we can copy them onto a computer (they will need to have photos on an SD card or have a USB cable for camera). If you have a Go Pro or similar we would love to have some footage of the course. If you cannot deliver images to us on the day please email ross@adventurethon.com.au to organize for us to collect images from you. We welcome **drone pilots** at our events but please talk to the event organisers at race HQ before deploying your craft and make sure you are complying with the strict regulations that apply along the Ross River. We will report breaches of the regulations to ensure the club is not held responsible for those breaches. If you do not know or fully understand the laws pertaining to drones in this area then leave the drone at home!