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# NEWSLETTER CANOE MARATHON RACING

*For  
National Team Leaders,  
ICF Canoe Marathon Event organisers,  
National Federations,  
International Technical Officials, and  
All other persons interested in Canoe Marathon*

## **NEWSLETTER 2022-1 March 2022**

### **CONTENT**

- Introduction new elected marathon Committee
- Main Rule Changings
- 2022 Calendar International
- World Cup Prague
- The World Games Birmingham (Alabama – USA)
- World Championships Ponte de Lima (Portugal)
- ADEL certificate 2022
- World Series 2022
- Updated long-term calendar World Cup/World Championships

**ICF website for Canoe Marathon where you can find more information:**

<https://www.canoeicf.com/discipline/canoe-marathon>

*Hereby the first Newsletter marathon in 2022. Due to all problems in the World with corona and now with unstable situation and dangerous situation in East Europe is it difficult concentrate the best for our sport but let's hope that the World turned "normal" soon.*

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### **In memory, James Smythe, team leader Team Britain marathon**

The ICF Marathon Committee was deeply saddened to hear that James Smythe has died after a short and courageous battle against cancer.

James has been involved in marathon racing for many years, as an international athlete at Junior and Senior level and continuing racing with distinction at UK events as a veteran.

But James has made a positive contribution to our sport in many different ways, as secretary of the UK marathon committee, chair of their selection committee for several years and instigator of many innovative changes to the racing environment in the UK and more widely.

As the British team manager at many international events James has been well known not only for his organisation and support of the British team but also his generosity in encouraging many team leaders and athletes from other countries, helping them to recognise their potential and to strive to achieve all that they can.

His input to the organisation of events, out in the open or behind the scenes has been much appreciated.

James had an enthusiasm for our sport and incredible energy to put his ideas into operation that was often challenging to others around him and will be missed and our sport has lost one of its best people with his passing.

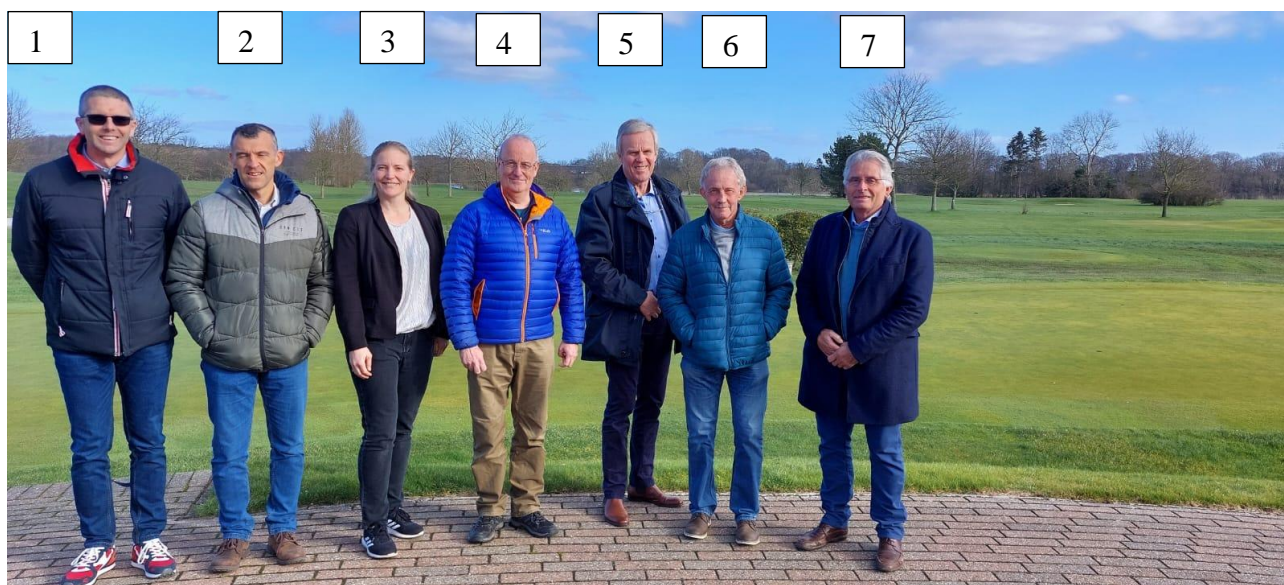
The committee wish to record our sympathy to everyone who is affected by James' premature passing, in particular his wife Catherine and their son Ollie of whom James was always very proud.



Photo is courtesy of Carolyn Cooper (James with the Union Flag)

After the election of Ruud Heijselaar as Chair of the committee at the ICF congress, a new Marathon Committee has been appointed. To have an idea who is who and who is doing what in the committee, hereby an introduction of the members with their task in the committee

## **Marathoncommittee 2021 - 2024**



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### **(7) Chair is elected by Congress, is Ruud Heijselaar (Netherlands)**

- Chairing and overall planning committee activities
  - Overall Strategy Manager.
  - Supporting all other CAM members when needed or appropriate,
  - Contact with ICF board and Executive, NF's and Continental Associations,
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### **(3) Member, Stien Verlinden (Belgium)**

- Development Oceania with a continental representative
  - Assist Brian Chapman with the ranking races/World series races
  - Together with Andras Faludy responsible for ITO education.
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### **(1) Andras Faludy (Hungary)**

- Development East Europe
  - ITO education with Stien Verlinden
  - Social Media
  - C-boats development
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### **(2) Sergio Ferreira (Portugal) -- advisor**

- Development Latin America together with Ruud Heijselaar
  - Webmaster, our Digital Media Strategy
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#### **(4) Brian Chapman (Great-Britain)**

- For the World Cups and World Championships taking care of cooperating with organizers concerning bulletins, entries, competition forms, course concept, **competition programme, together with Ruud Heijsselaar for events in Europe.**
  - Together with Ruud Heijsselaar responsible for the newsletter.
  - Development Asia together with Ruud Heijsselaar
  - Ranking manager/World Series races
  - Sport Presentation together with Stefan Gustafsson
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#### **(5) Stefan Gustafsson (Sweden) – advisor**

- Development North America with a continental representative
  - Sports Presentation together with Brian Chapman
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#### **(6) Tim Cornish**

- For the World Cups and World Championships taking care of cooperating with organizers concerning bulletins, entries, competition forms, course concept, competition programme, together with Ruud Heijsselaar for other than European continent.
  - Development Africa with a continental representative
  - Collector of news, photo's and video's for the website.
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### **Main Rule changings 2022**

#### **Rules update for the 2022 season.**

At the ICF Congress in November 2021 a number of rule changes were approved which come into effect for the 2022 season. The main changes are:

#### **Boat construction:**

Old rule 3.2.3, which prohibited concave sections has been deleted.

The primary reasons for this were a view that following the removal of the minimum width requirement a few years ago the rule was not required and to enable a further rule change to permit weed deflectors. Retaining the rule could also cause issues for any boats which have concave sections as a result of previous damage or wear which was not the purpose of the rule.

Following discussion it has been decided to clarify this rule with a further change being proposed to the next congress. This proposed rule will specify that boats may only have a single keel line, reducing the opportunity for radical boat designs which may produce an unfair advantage. If approved this clarification will become effective from the 2023 season.

New rule 3.3.3, which allows kayaks to have weed deflectors fitted to the hull in front of the rudder and specifies the maximum dimensions for such deflectors.

#### **Anti-doping training**

**Rule 1.10.3 - Athletes, coaches and medical personnel entered in an ICF competition or continental championships must complete the ICFs anti-doping education programme or equivalent before the competition. This rule applies to all age categories, including masters.**

## **Supporters at portages**

Following some unfortunate incidents at recent events it has been decided to introduce sanctions against supporters on the portage who do not behave correctly. Behaviour will be monitored by the officials on the portage. If any supporter behaves inappropriately they will initially be warned after a first and if necessary second incident but if they get it wrong again the supporter will be excluded from the portage for the remainder of the championships and their country will lose one of the supporter bibs for the remainder of the racing session during which the third incident occurs.

Communication between team leaders and competition committee:

The process for communicating penalties, protests and final decisions has been updated so team leaders are advised to familiarise themselves with the new processes set out in sections 10.12 and 11 of the rules.

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## **MAIN EVENTS 2022**

### **WORLD CUP PRAGUE 28/29 May.**

More information <https://www.praguecanoeamarathon.cz/info/>

### **DEADLINE NOMINAL ENTRIES 18<sup>TH</sup> of MAY**

All team entries (numerical and nominal) must be made online through SDP system from ICF.

Link: <https://icf.msl.es/icf/main.jsp>

Entries can only be submitted by the National Federation through the online entries system SDP by the specified closing date (midnight European time / European summer time GMT +1 or GMT +2).

Anyone having issues accessing the system should email [sdp@canoeicf.com](mailto:sdp@canoeicf.com) and specify their NF and the specific issue encountered, in advance of the closing date for entries.



## WORLD GAMES BIRMINGHAM (ALABAMA) USA

### Qualified countries – 1 athlete per country per class

	MEN'S K1	WOMEN'S K1
1	South Africa	South Africa
2	Argentina	Argentina
3	Japan	Japan
4	Denmark	Hungary
5	Poland	Portugal
6	Spain	Great Britain
7	France	Spain
8	Hungary	Ireland
9	Norway	Chile
10	Great Britain	Norway
11	Portugal	Italy
12	Czech Republic	Denmark
13	Sweden	Germany
14	Germany	Czech Republic
15	Ukraine	Ukraine
16	Netherlands	Poland
17	Italy	Sweden
18	Slovakia	France
19	Belgium	Romania
20	USA	USA

**(Alabama time is 7 hours later than with CET (Amsterdam time))**

### **July 11<sup>th</sup>**

2 heats of 10 boats – best 5 of each heat and additional 5 best times of both heats going to the final, so 15 boats in the final. (short distance 3 laps, 2 portages =total 3,4km)

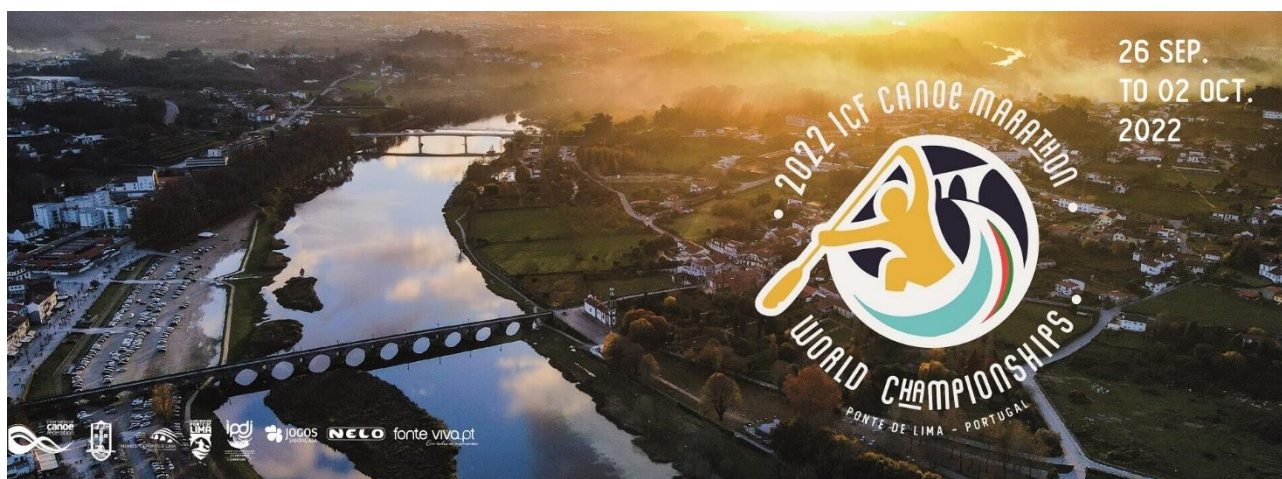
09:00 – 09:30	K1 short distance women Heat 1
09:30 – 10:00	K1 short distance women Heat 2
10:00 – 10:30	K1 short distance men Heat 1
10:30 – 11:00	K1 short distance men Heat 2
16:00 - 16:30	K1 short distance women Final
16:30 - 16:40	Award ceremony K1 short distance women
17:00 - 17:30	K1 short distance men Final
17:30 – 17:40	Award ceremony K1 short distance men

### **July 12<sup>th</sup>**

(long distance, 10 long laps + 1 additional short lap, 8 portages = 21 km)

09:00	K1 long distance Women (21 km, 10 laps, 8 portage)
11:00 – 11:10	Award ceremony K1 Women long distance
11:15	K1 long distance Men (21 km, 10 laps, 8 portages)
13:05 – 13:15	Award ceremony K1 men long distance

## WORLD CHAMPIONSHIPS PONTE DE LIMA (PORTUGAL)



(click on the banner [for more information](#))



### **For masters:**

See information on the website of the organisation

Day	Time	Activity
Sunday, 25 September	08:00 - 19:00	Arrival of Teams Access period Begins Opening of Accreditation
Monday, 26 September	08:00 - 19:00	Arrival of Teams Access period Begins Opening of Accreditation Masters Day 1
Tuesday, 27 September	08:00 - 19:00	Arrival of Teams Accreditation Masters Day 2 Free training between Master's event
Wednesday, 28 September	08:00 - 19:00	Arrival of Teams Accreditation Free training between Master's event Team Leaders Meeting
Thursday, 29 September	08:00 - 19:00	Day 1 of competition
Friday, 30 September	08:00 - 19:00	Day 2 of competition
Saturday, 1 October	08:00 - 19:00	Day 3 of competition
Sunday, 2 October	08:00 - 16:00	Day 4 of competition

We are working closely with the Para committee to have an exhibition race for Para Canoe paddlers. More information in Bulletin 2.

Closing dates

numerical entries: August 15<sup>th</sup>  
nominal entries: September 19<sup>th</sup>

Booking accommodation:

As soon as possible but before 30<sup>th</sup> of August.

## CALENDAR 2022

DATES					Website/EMAIL
<b>MAY</b>					
		WORLD MASTERS GAMES	JPN	KANSAI	POSTPONED TO A LATER YEAR
28/05	29/05	2022 ICF CANOE MARATHON WORLD CUP PRAGUE	CZE	PRAGUE	<a href="http://www.praguecanoemarathon.cz/">http://www.praguecanoemarathon.cz/</a>
<b>JUNE</b>					
12/06	12/06	53 DESCENSO DEL RÍO MIÑO DE OURENSE	ESP	OURENSE	fgptesorero@fegapi.org
24/06	26/06	39TH BUDEJOVICE - PRAHA CANOE MARATHON RACE	CZE	CESKE BUDEJOVICE - PRAGUE	<a href="http://budejovicepraha.cz/">http://budejovicepraha.cz/</a>
<b>JULY</b>					
02/07	02/07	LX TRAVESÍA RÍA DE FOZ	ESP	FOZ, LUGO	clubkayakfoz@gmail.com
11/07	12/07	THE WORLD GAMES 2022 - CANOE MARATHON	USA	BIRMINGHAM ALABAMA	<a href="https://twg2022.com/">https://twg2022.com/</a>
16/07	16/07	GRAN PREMIO INTERNACIONAL K4 DE CYL TROFEO CIUDAD DE VALLADOLID	ESP	VALLADOLID	info@fedpcyl.com
17/07	17/07	REGATA INTERNACIONAL DE "SANABRIA 2022"- GRAN PREMIO INTERNACIONAL K4	ESP	SANABRIA, LEÓN	info@fedpcyl.com
25/07	26/07	2022 ECA MASTERS CANOE MARATHON EUROPEAN CUP	DEN	SILKEBORG	<a href="https://www.canoemarathon.dk/">https://www.canoemarathon.dk/</a>
28/07	31/07	2022 ECA CANOE MARATHON EUROPEAN CHAMPIONSHIPS	DEN	SILKEBORG	<a href="https://www.canoemarathon.dk/">https://www.canoemarathon.dk/</a>
<b>AUGUST</b>					
06/08	06/08	84 DESCENSO INTERNACIONAL DEL RÍO SELLA	ESP	RIBADESELLA, ASTURIAS	codis@descensodelsella.com
07/08	07/08	II DESCENSO OURENSE PROVINCIA TERMAL	ESP	ORENSE	kayak-canoa@fegapi.org
13/08	13/08	LI DESCENSO INTERNACIONAL DEL RÍO MIÑO	ESP	TUI, PONTEVEDRA	
14/08	14/08	XXVIII BAIXADA INTERNACIONAL DO RIO UMIA	ESP	RIBADUMIA, PONTEVEDRA	kayak-canoa@fegapi.org
15/08	15/08	56 DESCENSO INTERNACIONAL DEL PISUERGA	ESP	ALAR DEL REY (PALENCIA)	secretariatecnica@fedpcyl.com
21/08	21/08	XXIV DESCENSO INTERNACIONAL DEL CINCA	ESP	FRAGA, MEQUINENZA	informacion@bajocinca.es



27/08	27/08	55 BAIXADA DO EUME EN PIRAGUA	ESP	PONTEDEUME, A CORUÑA	<a href="mailto:firrete@yahoo.es">firrete@yahoo.es</a>
<b>SEPTEMBER</b>					
10/09	10/09	62 LIFFEY DESCENT	IRE	KILDARE/ DUBLIN	<a href="http://www.liffeydescent.ie">http://www.liffeydescent.ie</a>
10/09	10/09	54 DESCENSO INTERNACIONAL DEL RÍO SIL	ESP	O BARCO DE VALDEORRAS, ORENSE	
24/09	24/09	MUR-CHALLENGE RIVER MARATHON 2022	AUT	LEOBEN	<a href="https://www.facebook.com/murchallenge/">https://www.facebook.com/murchallenge/</a>
26/09	27/09	2022 ICF MASTERS CANOE MARATHON WORLD CHAMPIONSHIPS	POR	PONTE DE LIMA	<a href="https://canoemarathonportugal.com/">https://canoemarathonportugal.com/</a>
29/09	02/10	2022 ICF CANOE MARATHON WORLD CHAMPIONSHIPS	POR	PONTE DE LIMA	<a href="https://canoemarathonportugal.com/">https://canoemarathonportugal.com/</a>
<b>OCTOBER</b>					
	TBC	World Cup	CHN		
08/10	09/10	VIGEVANO PAVIA MARATHON	ITA	PAVIA - ITALY	<a href="https://www.vigevanopavia.com/it/">https://www.vigevanopavia.com/it/</a>
16/10	16/10	ADIGEMARATHON	ITA	PESCANTINA	<a href="https://www.adigemarathon.com/">https://www.adigemarathon.com/</a>
		World Cup	CHN		Place and date must be determined
<b>NOVEMBER</b>					
12/11	13/11	MARATHON INTERNATIONAL DES GEORGES DE L'ARDECHE	FRA	VALLON PONT D'ARC	<a href="http://vallonpleinair.org">http://vallonpleinair.org</a>

## **ANTI-DOPING EDUCATION**

For the ICF World Championships, ICF World Cups and ICF ranking races, every athlete (including masters), coach and support personnel must pass the anti-doping online course. The course can be accessed here:

<https://www.canoeicf.com/anti-doping-education>

Athletes must complete the ALPHA course: The **Athlete Learning Program about Health and Anti-Doping (ADEL)** gives athletes information about the dangers of doping, the importance of anti-doping controls and promotes positive attitudes to avoiding doping.

It consists of eight sessions and takes two hours to complete. Athletes are encouraged to take the course in several stages. Progress is then saved from one visit to another. A pre- and post-course anti-doping knowledge test and attitude survey is included to evaluate the effectiveness of the program.

A score of 80% or higher is required for ALPHA certification, though athletes with insufficient scores are able to repeat the program until they achieve the minimum 80% score. **Those who have completed the programme in previous years do not need to redo it.**

*Coaches and support personnel must complete the CoachTrue course: CoachTrue provides anti-doping education for coaches of elite and recreational-level athletes. It has different modules covering all anti-doping processes as well as tutorials, scenario-based activities and quizzes.*

Please enter the correct identity information while creating an account, as the completion of the course will be recorded.

For more information contact: [michel.alarcon@canoeicf.com](mailto:michel.alarcon@canoeicf.com)

## **WORLD SERIES RACES 2021 -2022**

It has been decided to review the World Series concept to make better use of the variety of races available around the world and to encourage more regular participation. There will not be a World Series ranking during 2022 but the series will be relaunched in time for the 2023 season.

Past organisers of World Series races and team leaders will be contacted to gather their views on how the series should work but anyone who wants to input to this review is invited to send your thoughts to Brian Chapman brchapman@mac.com

It would be helpful if any federation that would like to organise a World Series race in 2023 or later years could also let Brian know.

**For more information concerning World Series, see website ICF, [click here](#).**

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### **PROMOTION VIDEO's**

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#### **WORLD GAMES 2022 BIRMINGHAM ALABAMA/USA**

Beginners guide marathon <https://fb.watch/1GjIFJOS4C/>

#### **PROMOTION VIDEO WORLD GAMES 2025 CHENGDU/CHN**

<https://www.facebook.com/iwga.theworldgames/videos/2790123397943003>

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#### **TEST EVENT OCTOBER 2020 WORLD GAMES MASTERS**

<https://youtu.be/NvIG5-aKfk4>

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## UPDATED LONG-TERM CALENDAR

### 2021

WORLD CUP SHAOXING	POSTPONED TO 2023	Exact date to TBC
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### 2022

World Cup 1	Prague	28 – 29 May
World Games <a href="https://twg2022.com/">https://twg2022.com/</a>	Birmingham, Alabama / USA	11 – 12 July
Masters European Cup 18 - 19 July European Championships 21- 24 July <a href="https://www.canoemarathon.dk/">https://www.canoemarathon.dk/</a>	Silkeborg /DEN	18 – 24 July
World Championships Masters – 26 – 27 September  World Championships seniors/under 23/juniors 29 September – 2 October <a href="https://canoemarathonportugal.com/">https://canoemarathonportugal.com/</a>	Ponte de Lima / POR	26 September - 2 October
World Cup 2	China (more information next newsletter)	October

### 2023

World Cup 1		
Masters European Cup European Championships <a href="https://www.facebook.com/ecaslavonskibrod2023/">https://www.facebook.com/ecaslavonskibrod2023/</a>	Slavonski Brod/ CRO	Dates TBC
World Championships, 28 August - 4 September	Vejen, Kolding /DEN	Confirmed
World Cup 2	Shaoxing/CHN	Dates TBC

### 2024

World Cup 1	Ruse (BUL)	After appraisal
Masters European Cup European Championships World Cup 2	Poznan/ (POL) Brandenburg (GER)	Dates TBC
World Championships	Metkovic/CRO	Confirmed
World Cup 3	Sarasota (USA)	Dates TBC

**We hope to meet you during 2022**

Stien  
Verlinden

Brian  
Chapman

Tim  
Cornish

Andras  
Faludy

Sergio  
Ferreira

Stefan  
Gustafsson

Ruud  
Heijselaar

