

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*

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

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

Hereby the second Newsletter marathon in 2022.

NEWSLETTER 2022-2 November 2022

CONTENT

- World Games 2022
- Athlete column
- Winner Jørn Cronberg Award
- TIP camp 2022
- ITO exams 2023
- ITO nominations 2023
- Rules changings 2023
- Results World Cup/World Championships 2022
- World Series 2023
- Updated long-term calendar World Cup/World Championships

Athletes column in collaboration with Bridgette Hartley (Marathon Athletes Committee representative).

MELINA ANDERSSON (SWEDEN) -WINNER OF 2 GOLD, 1 SILVER AND 1 BRONZE MEDALS AT WORLD CHAMPIONSHIPS 2022



1. How did you get into canoe marathon?

I decided to do marathon because I wanted to do more international racing each year and try something new. The marathon community seemed very friendly and inviting to me so I wanted to see if it could motivate me to get even better at kayaking.

2. How do you keep your mind occupied during a race?

When I am racing I think a lot about how I am paddling and I try to execute my technique as perfect as possible. I also try to stay focused on my race plan and aware of my surroundings, so there is really no time to get bored during the races.

3. What has been your favourite canoe marathon venue so far?

I have not raced at so many marathon venues yet, but I really loved Ponte de Lima this year.

4. Do you think marathon should be in the Olympics, and what would it mean for the sport if it was?

Yes, I think it would be great if it was. It is really exciting to watch, both the marathon and the short track races. I think it would bring even more people to the sport because I think a lot of kayakers choose to focus on sprint because it is an Olympic sport. And in many countries, also in Sweden, it is easier to get financial support for an Olympic sport than a non-Olympic sport.

5. Did you plan in advance to take part in all the races at this year's marathon World Championships or only closer to the event?

Not really, I had it in mind that it would be a possibility since I did it at the European Championships in Silkeborg (but that was not planned in advance either). I decided to do all the events after the U23-marathon, and I decided to do it because I felt very motivated and my coaches and team supported me to do it.

MADS PEDERSEN (DENMARK) WINNER K1 MEN SHORT DISTANCE/2nd LONG DISTANCE WORLD GAMES AND 3rd WORLD CHAMPIONSHIPS.



1. How did you get into canoe marathon?

I started kayaking in 2008 in Silkeborg with a friend from school. The club has great traditions within canoe marathon, many legends to look up to and a good environment for kids to grow up. I quickly got hooked by marathon racing but also explored the sprint area.

2. How do you keep your mind occupied during a race?

I always try to enjoy the race as much as possible. For me to be able to go out there racing and doing what I love makes me feel very lucky. Therefore I try appreciate every race as much as possible, also the pain that comes with it.

3. What has been your favourite canoe marathon venue so far?

Silkeborg my town of birth. Racing the European Championship there while showing the world my town gave me a huge sense of pride. At the same time representing the city, my country and sponsors at home turf in such a nice atmosphere was a fantastic feeling.

Another of my favourite canoe marathon venues is Shaoxing from the World Championship back in 2019. The course that included paddling on a canal and also on the big lake in the park was an awesome combination. Together with all the bridges it gave a lot of tactical opportunities and a very interesting race.

4. Do you think marathon should be in the Olympics, and what would it mean for the sport if it was?

Canoe marathon has a great history. The question if it should be a part of the Olympics, is somewhat a dilemma for me. The pros is obviously that it would be a great stage to show the world our sport, it could increase competition and it could be a way to make our sport more commercial. This means it would be easier for athletes to be professionals.

But what concerns me is what changes it would do to our sport. Limited quotas and lots of politics is among my concerns.

JØRN CRONBERG AWARD WINNER 2022



The Jørn Cronberg Award honours an athlete, coach, team supporter, organiser, official or volunteer who has demonstrated integrity and good sportsmanship during the event and has shown the utmost respect for the sport.

The award is presented annually during the World Championships.

The selection committee consists of 1 judge, 1 CAM member, 1 team captain, 1 event official and 1 athlete.

The 2022 winner was **BEATRIZ CALDAS of Portugal**, the decision was unanimous.

She stopped her race to help a fellow canoeist who was capsize, she lost a few positions but continued her race and that is good sportsmanship. Very much deserved this award for Beatriz.

TIP development camp Marathon Ponte de Lima Portugal



The aim of the annual ICT marathon TIP camp is to give young paddlers and coaches from inexperienced countries (in marathon races) the chance to learn the basics of marathon paddling and compete in the World Championships.

The goal for me as a coach was to prepare these paddlers as well as possible for the World Championships and teach them marathon-specific parts, such as starting in a large group at a pontoon, taking turning points as efficiently as possible, portaging, wash riding in a group of paddlers, as well as how to prepare the boat, learning about marathon rules and tactics and drinking during the races.

Thanks to Arita and Jose Ramalho and Canoe Club Ponte de Lima for their help during the camp.

This seemed like a lot, but all participants from 6 countries and 4 continents, were able to learn most of the basics. All eight paddlers performed to the best of their ability at their first World Championships.

And as Ahmed from Egypt wrote to me: it was a very pleasant experience to participate in the TIP camp this year, it really helped me to reach my full potential.

And for now, they can practice at home what they have learnt and we hope to see them back at the start of the world championships in 2023.

(Bert Onnekes – TIP coach 2022)

ITO Exams 2023

National federations may nominate a candidate by sending an email to the Chairman of the marathon committee (ruud.heijselaar@canoeicf.com) with a copy to info@canoeicf.com not later than 30 days before the competition at which they will be assessed.

Candidates will be asked to take an online exam on the statutes (only for those candidates who are not already an ITO in another discipline) and rules no later than 5 days before the start of the competition.

During the competition, a candidate will work with existing ITOs to prove his/her competence in all tasks for the entire duration of the competition.

Transportation/lodging and other expenses are the responsibility of the candidate.
Accreditation and lunch will be provided by the organization.

Please note that sufficient knowledge of spoken English is required to pass the test.

The next confirmed exam time will be during the World Championships in Vejen, Denmark.

ITO nominations 2023

ITO Nominations for the 2023 World Cup 3 - 4 June, in Ruse (Bulgaria) and the World Marathon Championships 31 August - 3 September, in Jels (Denmark), **must be made by the NF by 31 December 2022.**

Rule changes for the 2023 season

There were only a small number of rule changes proposed to the 2022 ICF Congress and all were approved.

The first relates to the design of boats, limiting these to a single keel line to clarify the intention of the change made in 2021 which removed the limitation on concave hull sections. The same change has also been adopted for Sprint so that the same designs of boats can be used in both disciplines.

A new class for U23 Women C1 is being added to the World Championships program, to deliver gender equity in the C1 classes.

In the masters racing, it is now permitted for doubles boats to be made up of two athletes from different countries, to create more opportunities for racing particularly for athletes from countries with smaller teams.

Rules have been added which describe how support can be given to athletes on the portage. These rules reflect how this has been managed in recent years so do not represent any change. **But, new rules have also been added to control the conduct of supporters on the portage, with sanctions available for any who break these rules or cause problems for other athletes.**

A new section of rules has been added to govern the way that Marathon will be managed as part of the World Games in future years. These are based on the approach which was taken for the successful events in Birmingham earlier this year.

Covering the costs of ITOs at the World Championships

Another rule has been added, following the decision made by the Congress in 2021 that the cost of ITOs at World Championships in all disciplines should be covered by the participants at the event. We have looked at various possible options for how to do this. It has been decided for 2023 that the costs will be covered by a modest increase in the participation fee charged per athlete in the masters and the Senior/U23/Junior World Championships. This means that the National Federations will pay the same amount per athlete in their team.

It was decided to do it this way so that the contributions would be collected before the competition rather than asking for additional money afterwards, to simplify the job for the event organisation, team management and athletes where they cover the costs themselves.

This approach was modelled based on the costs and participation levels in 2022 and the outcome for 2023 will be reviewed to make sure it achieves the objective and to set the contribution level for 2024.

The Marathon World Series

A number of changes have been made to the World Series for future years which are intended to make the series more inclusive and more attractive to competitors and race organisers. One of the main changes is that all races in the series should be open to all competitors, not restricted to a small number for any one country, which means that the World Championships will not be included in the series but World Cups races over long and short distances can be included.

Detailed information is now available on the Marathon page of the [ICF website](#).

The deadline for events to apply to host a World Series race in 2023 has been extended but in future years it will return to 30 September in the year before the race to allow proper planning and communication to take place.

If you want more information or to discuss the possibility of including a race in the series then you should contact committee member **Brian Chapman whose email address is brchapman@mac.com**

LONG TERM CALENDAR (see also [ICF website](#))

2023

World Cup 1	RUSE - BULGARIA	03 – 04 June
Masters European Cup	SLAVONSKI BROD - CROATIA	10 - 11 July
European Championships https://www.facebook.com/ecaslavonskibrod2023 Link to the website		13 - 16 July
World Championships Masters – World Championships seniors/under 23/juniors https://www.canoemarathon.dk/ https://www.facebook.com/ICFMarathon2023/	JELS SØ - DENMARK	28 – 29 August 31/08 – 03/09

2024

World Cup 1	BRANDENBURG - GERMANY	DATES TBC
Masters European Cup European Championships	POZNAN - POLAND	Dates TBC
WORLD CHAMPIONSHIPS MASTERS WORLD CHAMPIONSHIPS (QUALIFICATION RACES WORLD GAMES)	METKOVIC - CROATIA	09 – 10 Sept. 12 – 13 Sept.
WORLD CUP 2	SARASOTA – FLORIDA (USA)	DATES TBC

2025

World Cup 1	????????	May/June
Masters European Cup European Championships	CRESTUMA – PORTUGAL	Dates TBC
WORLD GAMES	CHENGDU	In period 7 – 17 August
MASTERS WORLD CHAMPIONSHIPS WORLD CHAMPIONSHIPS	GYÖR - HUNGARY	DATE TBC
WORLD CUP 2	Shaoxing	Dates TBC

[Link video's 2022 races](#)

[World Games short distance](#)

[World Games long distance](#)

[World Championships Ponte de Lima](#)

[Day 1](#)

[Day 2](#)

[Day 3](#)

[Day 4](#)

If you have any questions regarding the content or have comments, please send an email or a WhatsApp to Ruud Heijselaar.

Next Newsletter in early April 2023.

Wishing you a very Happy Christmas!!!!

We hope the New Year brings much happiness and prosperity.

Stien
Verlinden

Brian
Chapman

Tim
Cornish

Andras
Faludy

Sergio
Ferreira

Stefan
Gustafsson

Ruud
Heijselaar