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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*

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

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

Hereby the Newsletter 1 marathon 2023.

If you have any questions regarding this newsletter, contact
Ruud Heijseelaar

NEWSLETTER 2023-1 May 2023

CONTENT

- Continental Technical Advisors
- World Cup Ruse (BUL) 2023
- World Championships (DEN) 2023
- ITO World Championships travel expenses
- ITO exams 2023
- Summarize results Survey Team leaders World Championships 2022
- Summarize results Survey C boats
- Summarize results Survey Masters
- Preliminary schedule World Championships
- TIP camp 2023
- World Series 2024
- Updated long-term calendar World Cup/World Championships

Continental Technical Advisors Continent's

To give ICF CAM a complete picture of what happens regarding the marathon in all continents, we asked all continents to have a contact person (technical advisor) for the marathon in their continent.

For Asia this is Miki Bando, for Oceania Jerry Dunn and for Pan America Carlos Mulsow.
Europe and Africa are already represented on the marathon committee.

We are now in direct contact with marathon representatives from all continents, which also gives the opportunity to have a link in the continents to develop some strategies for the future.

World Cup Ruse (Bulgaria)

Organisers are busy preparing for the World Cup 1 to be paddled in Ruse, Bulgaria. It will be held on a beautiful course on Lake Lesopark Lipnik. The lake is only used for canoeing and rowing, so it is a great lake to hold this marathon here.

Thanks to the generous support of Sports Camps (official partner ICF) and the city of Ruse, we were able to invite the World Champions in the single (senior) classes.

Currently we have 3 world champions who will participate in this World Cup, Andy Birkett (South Africa) K1 men, Vanda Kiszli (Hungary) K1 women, Manuel Garrido (Spain) C1 men and also the vice-champion in men's K1 Jose Ramalho (Portugal) and C1 men Márton Kövèr (Hungary) are participating.

World champion in women's C1 Liudmyla Babak (UKR) will participate in the a selection race at the Ukrainian marathon championships on the weekend of 13/14 May and we expect her to compete as well.

Very special is that at this World Cup all the top paddlers of the 2022 World Championships will participate in short and long distance.

Nominal entries close May 24. For more information [see bulletin on the ICF website](#) or contact

World Championships Vejle (Denmark)



A special Viking experience in Denmark

This year's ICF Canoe Marathon World Championships will take place in a unique and traditional setting at Lake Jels in the municipality of Vejen, Denmark. The experienced Danish host is excited to offer participants and spectators a special experience in one of Denmark's central Viking areas where, to this day, many of the proud Viking traditions are passionately displayed. With an innovative approach to old traditions, the focus is on health, Nordic food, and sustainability.

Make sure to stay at the Athlete Village

The majority of the accommodations will be part of the Athlete Village. SportsCenter Denmark will be, in the best Olympic city style, a vibrant centre for the athletes' stay and catering. It is also SportsCenter Denmark who will be your contact for any and all accommodation needs.

Masters After-Party

Monday and Tuesday evening you can experience free live music at the Athlete Village. Sit back and relax with a nice meal and/or a local Danish beer.

Questions?

Find answers to all your questions at www.canoemarathon.dk or contact us at 2023@kano-kajak.dk.

Facebook page/Paddler of the month

Every month we have a paddler of the month, in April it was Jeromy Candy and for May and the following months follow the World Championships Facebook page. In collaboration with Bridgitte Hartley, chairperson athlete committee and also marathon representative on this committee, looks after this page regarding paddler of the month.

ITO nominations 2023

See the ICF website for the nominated ITOs for the World Cup in Ruse (Bulgaria) and the World Championships in Vejle (Denmark). [See ICF website](#)

ITO World Championships expenses

The approved travel costs of all designated Officials at the masters and elite competitions will be covered by a contribution which is already included in the entry fees for masters and a per-capita contribution from all elite athletes.

The elite athlete contribution due from each National Federations will be notified to them once the total costs and the number of elite athletes is known. This process is the same as for the equivalent sprint competitions.

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 who are already ITO in another discipline of ICF do not need to take the statutes exam, but all candidates must take the online marathon rules exam.

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.

Unfortunately, we only have room for 4 exam candidates (minimum 2 women), so please register as soon as possible. With more applications, candidates from outside the European continent will be given preference.

Team leaders Survey

Following the 2023 World Championships we surveyed the team leaders from each country and more than 20 responded with their feedback. A full analysis of the responses has been sent to all team leaders.

The responses included comments about logistics issues such as shuttles between hotels and the course and also the provision of meals at the course rather than at the hotels. **Planning for such a large number of people is always a challenge but suggestions have been passed on to future organisers to see where improvements can be made.**

Delays in providing information about the course and venue layout as well as details of accommodation arrangements were also noted. In part, the late confirmation of accommodation arrangements was due to late confirmation by teams of their requirements which affected the allocation of hotels. **All teams can help with this process by confirming their requirements as early as possible and not waiting for the final deadline.**

One of the biggest issues raised was the need to have access to water for training during competition days. Depending on the venue, this can be a real challenge given site layout and the amount of time required to fit in all the races **but we have made adjustments to the 2023 World Championships schedule to allow training slots each day except the Sunday (when it should not be necessary).** This arrangement does require good discipline from all athletes training during these slots to make sure they are off the water in time to allow the next scheduled race to start on time and it will be reviewed again after the 2023 Championship.

See for complete results survey at the [ICF website](#)

If you have any questions regarding survey team leaders contact Ruud Heijselaar

Masters Events Survey

Mixed Doubles Classes - The most commented on item was related to the Mixed doubles competition and the grouping of all the age groups into only two groups. 35- 49 and 50+.

We have motivated to add an additional class **for the non-portaging 65+ age groups.**

Entry System - There were a lot of comments about the entry system, questioning the need for double registration and the complex way entries had to be made.

For 2023, we have a reliable system made by the Danish canoe federation

Starts for Events - The starts and how they were handled received a lot of adverse comments. These are valid comments, and we need to do this better. An automatic start system is the best solution, but this is not always possible. *For the 2023 World Championships, there is an automatic start system.*

Status of Masters World Championships & Feeling that that masters are used to fund event but not being treated equally. - It is true that in the past the races have not been as well organised as Jun, U23 & Seniors and at times seem to be like a trial run for the main competition. However we think this has improved in recent years and we now appoint ICF Committee members or ITOs into all the key officials positions. It is not readily understood that the masters are level 4 event and not of equal status.

No access to the venue after masters races – We plan to make this possible through the purchase of additional accreditation if requested

No live streaming- This is purely a financial problem. It is a very costly exercise and is not always affordable. *For 2023, we have livestreaming for the masters races.*

*If you have any questions regarding survey masters contact Tim Cornish cornishtj@gmail.com
See for complete results survey at the [ICF website](#)*

C- boats World Championships survey

Have you C-boat men athletes?

Yes: 71% No: 29%

Does your Country participate in the marathon events with C-boats (World or Continental Championship)?

Yes: 62% No: 38%

If not, what is the reason for not participating in World or Continental Championships with C - men boats? Some answers:

- Very limited number of C boats paddler in general - and even less in Marathon
- Some years we have no C-athletes at the national team selection
- no equipment's, no interest from paddlers
- No money to participate with C boats in World Championships
- Tradition in kayak and no coach in canoe
- Their level is not high enough

Do you think reducing the number of laps for C men seniors and will result in more boats competing?

Yes: 52% No: 38% Not sure: 10%

With how many fewer laps for the seniors?

1 lap less: 67% 2 laps less: 33%

Do you think reducing the number of laps for C men U23 and will result in more boats competing?

Yes: 48% No: 43% Not sure: 9%

With how many fewer laps for the U23?

1 lap less: 71% 2 laps less: 29%

The Marathon Committee has decided that **Juniors, Seniors and Under 23 men will paddle one less lap at the** World Cup, European Championships and World Championships.

If you have still any question regarding the survey , contact Andras Faludy kvsc1977@gmail.com

See for complete results survey at the [ICF website](#)

Preliminary Time schedule World Championships

30 August	09:00-15:30	Training on the course	
	11:00	Team leaders meeting	
	12:30	Briefing ParaCanoe competition	
	15:45-17:15	Paracanoe races	Long distance
31 August	08:30	K1 women juniors	Long distance
	08:35	C1 women juniors	Long distance
	10:35-11:00	K1 women seniors	Heats short distance
	11:25-11:45	K1 men seniors	Heats short distance
	12:00-14:15	Training on the course	
	14:30	C1 men Juniors	Long Distance
	16:45-18:15	C1 women seniors, C1 men seniors, K1 women seniors and K1 men seniors	Finals short distance
1 September	08:50	K2 women juniors	Long distance
	08:55	C1 Men under 23	Long distance
	11:15-11:55	Paracanoe races	Long distance
	12:45-14:15	Training on the course	
	14:30	K1 women under 23	Long distance
	14:35	C2 men juniors	Long distance
	14:40	C1 women under 23	Long distance
	16:45	K1 men under 23	Long distance
2 September	8:50	K1 men juniors	Long distance
	8:55	C1 women seniors	Long distance
	11:00	C1 men seniors	Long Distance
	13:15-14:00	Training on the course	
	14:15	K1 women seniors	Long Distance
	16:30	K1 men seniors	Long Distance
3 September	8:50	K2 men juniors	Long Distance
	8:55	C2 men seniors	Long Distance
	11:00	K2 women seniors	Long Distance
	14:00	K2 men seniors	Long Distance
	16:15	Closing ceremony	

Talent Identification Program (TIP) Training Camp

The TIP will be held in connection with the Marathon World Championships in Vejen, Denmark from 24th August to 3rd September, 2023 and will include a training camp for approximately 7 days before the competition between 24 to 30 August.

The principal target of the TIP is to identify and promote talented athletes and coaches in canoe marathon from nations new to marathon who have potential for further improvement and who without the ICF and Danish Canoe Federation financial support wouldn't be able to participate in the World Championships.

The project provides priority for the men and women kayakers and canoe paddlers from countries, which are new to Marathon and have not taken part in a Marathon World Championships before! The invited athletes will participate in the Training Camp and in the Junior, U23 or possibly the Senior World Championships in Denmark with a coaches' assistance.

The coaching will include:

- Training information and programs
- preparation before a race
- nutrition and drinks, before, during and after the race
- Doping education and completion of ALPHA course
- marathon rules
- tactics in marathon racing

Applications can be sent by the national federations which have not entered the ICF Marathon World Championships before or have recently started to participate in marathon.

The age limit of the athletes is 15 to 23 of years. (Birth years are: 2000-2008)

Application including a CV of the athlete shall be sent with information on the proposed athletes to Tim Cornish at the e-mail address of cornishtj@gmail.com with a copy to ruud.heijselaar@canoeicf.com before 30th June 2023.

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 2024 is 30 September 2023 and for future years it will be 30th September in the year before the race to allow proper planning and communication to take place. Organisations do not need to wait until the deadline and applications can be made further in advance if details are known.

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
Asian Championships marathon	PHANG-NGA (THAILAND)	18 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 –	JELS SØ - DENMARK	28 – 29 August
World Championships seniors/under 23/juniors https://www.canoemarathon.dk/ https://www.facebook.com/ICFMarathon2023/		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

2026

World Cup 1	?????????	May
European Championships	Bascov	After appraisal
WORLD CUP 2		August
MASTERS WORLD CHAMPIONSHIPS WORLD CHAMPIONSHIPS/TOGETHER WITH SUP	SARASOTA - USA	DATE TBC

2027

World Cup 1	?????????	May/June
European Championships		
WORLD CUP 2		August
MASTERS WORLD CHAMPIONSHIPS WORLD CHAMPIONSHIPS	SILKEBORG -- DENMARK	DATE TBC

If you have any questions or comments, please send an e-mail or a WhatsApp to Ruud Heijselaar.

Next Newsletter in August 2023.

Stien
Verlinden

Brian
Chapman

Tim
Cornish

Andras
Faludy

Sergio
Ferreira

Stefan
Gustafsson

Ruud
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