

## **Race Brief: Paddle NSW Marathon Race 1 - Wagga Wagga Saturday 4<sup>th</sup> February, 2023**

Wagga Bidgee Canoe Club would like to welcome all paddlers and their families to Wagga Wagga, for the Bidgee Bash on Saturday 4<sup>th</sup> (Race 1 Paddle NSW Marathon Series) and the Bidgee Dash on Sunday 5<sup>th</sup> (Criterium Race).

**Race Director/Chief Official:** Angela Farrell (WBCC)

**Technical/Safety :** Merridy Fairchild (WBCC)

**Timers:** Lyn Wilson (WBCC) and Sarah Danckert (WBCC)

### **RULES**

It is the entrants/competitors responsibility to know the rules of the competition. Any entrant/competitor who is unsure of any detail should contact the Chief Official Angela Farrell, who will direct you to the appropriate person or document for clarification.

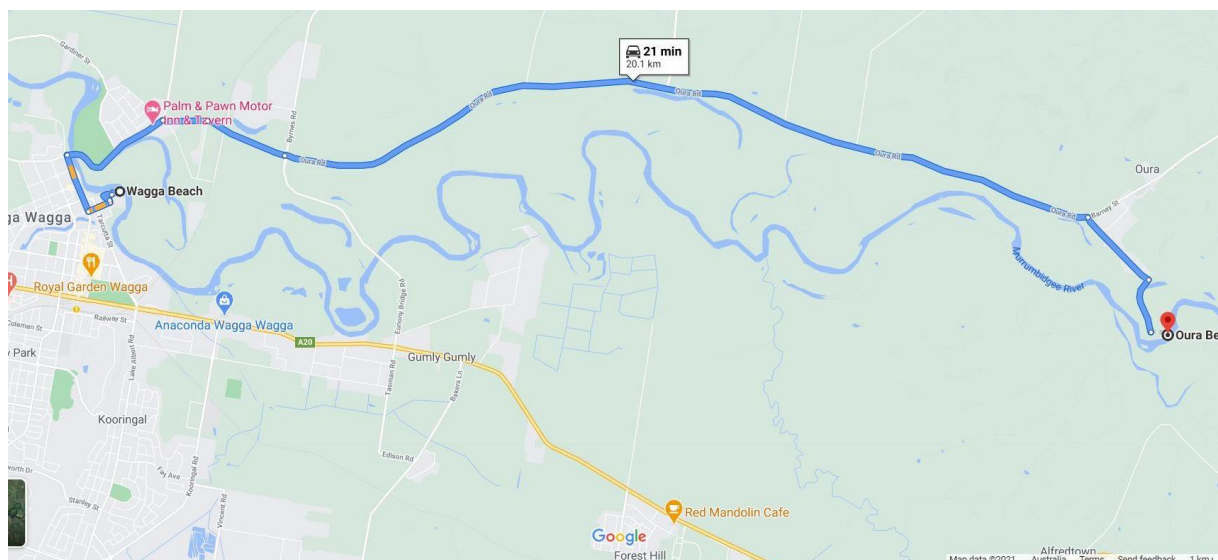
### **FORMAT AND COURSE**

This will be the third year of running the one-way, down river format on the Murrumbidgee River. There are courses for all Divisions, with 3 different starting locations.

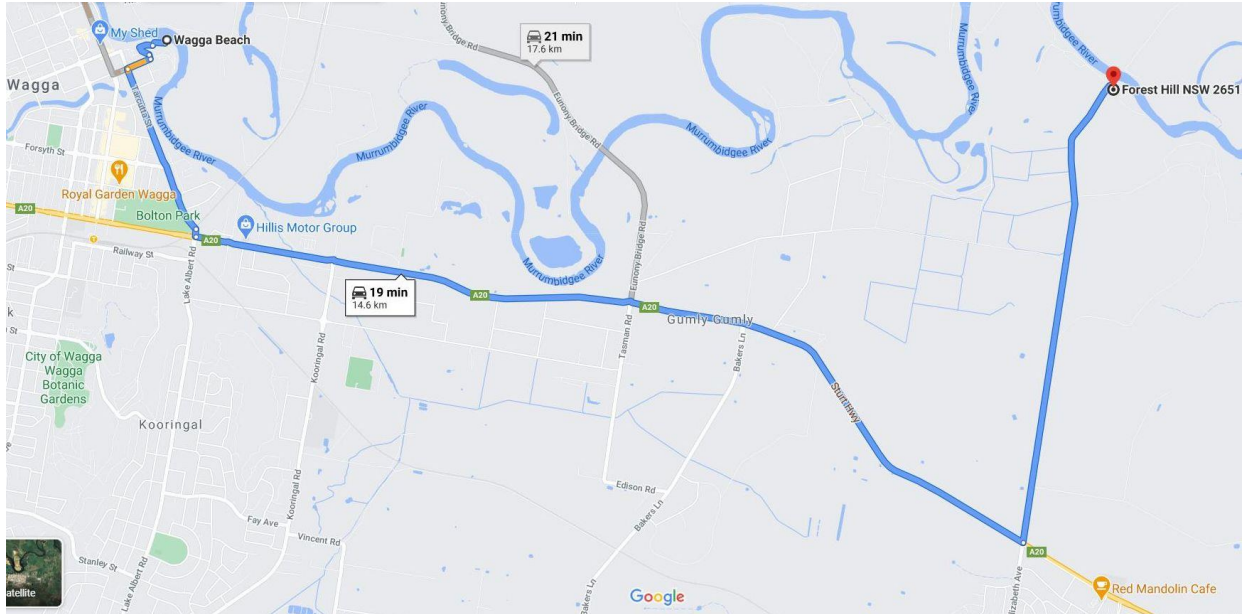
The courses below should give times comparable to the standard divisions used at other races for 20, 15 and 5 kilometre distances. Unfortunately, this format does not readily support a 10 km equivalent course, so rather than shorten the distance (and reduce the enjoyment of a down river run) we've set the 10km Divisions to run on the 17km course.

The **start time** will be 11:00am for all divisions with the exceptions of Division 7, starting at 10:30am, Division 6 starting at 10:40am and Division 5 starting at 10:50am. All times are in local AEDT

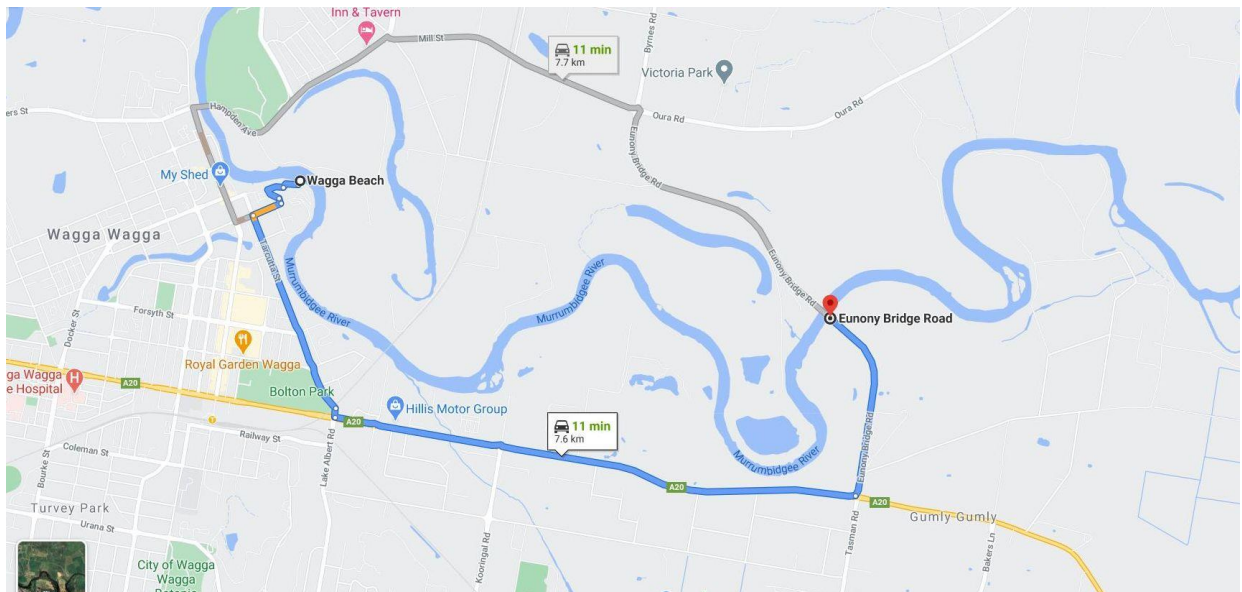
**Divisions 1-7** will race from Oura Beach, Oura, to Wagga Beach (26 Km all downstream)



**Divisions 8-12** will race from Braehour Reserve, Braehour Road, Forest Hill, to Wagga Beach (17 Km all downstream)



**Division 13** will race from Eunony Bridge Reserve, Wagga, to Wagga Beach (7.5 Km all downstream)



## **COVID SAFETY**

- Please **DO NOT** attend if you are experiencing any cold or flu like symptoms, or if you are supposed to be in isolation for any reason

## **REGISTRATION AND STARTS**

Please go directly to your start location and report to the race official who will mark you off and hand you your race number. Please remember to hand your race number in at the end.

WBCC Race Officials will be at each start location 45 minutes before the start (9:45am at Oura and 10:15am at Braehour and Eunony).

The Race Starter at each location will give a series of 3 pre start verbal warnings to each Division/starting group. These will be at the 3 minute, 2 minute and 1 minute mark. After the 1 minute pre start warning, the Division/starting group will be asked to move into a straight line across the river and behind the starting buoys. Once satisfied with the line, the Race Starter will issue the instruction "Ready, Go".

Please remain to **the right of any red/pink buoys** that you see on the river. There will be some near Braehour to separate Oura paddlers from the start groups at Braehour.

## **RIVER LEVELS, CONDITIONS AND HAZARDS**

Extensive rainfall in the river catchments throughout winter, spring and summer has seen steady water releases from both Blowering and Burrinjuck Dams. The Murrumbidgee River around Wagga experienced moderate flooding in August (river peaked at 8.74m) and again in October/November (river peaked at 9.72m). This has made for excellent flow and great paddling conditions in recent months, however please be aware that there are new sand deposits, logs and trees along some sections of the course that were not there last time you may have paddled it.

The **river height over the weekend will be somewhere between 2.8 and 3 metres**. By comparison for those who raced in 2021, the river height was 2.21 metres and in 2022 it was 3.2m. Ideal paddling conditions await you!

At this height, there will be plenty of width on all sections of the river and ample room to pass other paddlers and get around logs. There will be no problematic corners or gravel races, just the occasional swirl and eddy. Beware of submerged snags, trees and rocks. These are easily identified by a "V" or hump in the water.

Downstream paddling has water pushing from the rear quarter. Make your direction change decisions early and expect a little sideways push at the back of the boat. When paddling into strong eddies, keep paddling as they will often self correct. If you get turned around, it's often better to go with it and loop back around, rather than fight it and end up in an unsafe position.

If you capsize a sit in kayak, immediately get upstream of your boat. When floating along with your boat, have your feet downstream and raised, to avoid impact and entanglement. Avoid the willows and there

will always be a small beach not too far away. Sometimes floating with your boat a little further may be more sensible than going straight to the nearest bank. Launch and recover your boat with the nose upstream and into the shore.

The temperature is forecast for fine and partly cloudy conditions with a top temperature of **23 degrees on Saturday**. Although this is well below the average day time temperature in Wagga for this time of year, please carry enough water with you, to remain adequately hydrated during the race. For those doing the Criterium Race on Sunday morning, temperatures will be ideal at around 16-18 degrees at that time of the day.

#### Saturday 4 February



Min **9** Max **23**

**Partly cloudy.**

Chance of any rain: **0%** □□□□□□□□

Partly cloudy. Light winds becoming west to southwesterly 15 to 25 km/h during the morning then becoming light during the evening.

Sun protection recommended from 9:20 am to 5:20 pm, UV Index predicted to reach 11 [Extreme]

#### Sunday 5 February



Min **10** Max **27**

**Mostly sunny.**

Chance of any rain: **0%** □□□□□□□□

Mostly sunny. Light winds.

### SAFETY

The VRA and Wagga Bidgee Canoe Club members will be on hand to support the event. There will be 3 safety boats positioned on the course. One behind the last paddler, one at the finish line and one other located between Braehour and Eunony, to provide assistance to paddlers if needed. All safety boats will be able to administer basic first aid and will have phone and radio coverage to coordinate a rescue if required. You may encounter an occasional small tinny fishing boat, so keep an eye out for their fishing lines.

The WBCC Race Officials at Braehour and Eunony will remain there until all paddlers and the sweep boats have passed that location. If you need to withdraw from the race for any reason, these 2 locations are good places to do that. If you require other land based support, where possible go to the southern bank (left hand side) as vehicle access is much easier from there.

**Lifejackets (PFD's) must be worn by all paddlers at all times.**

Any paddler in difficulty must be assisted by those in the vicinity, and any time taken to assist a paddler in difficulty will be considered through normal redress processes.

## **PASSING**

When a verbal warning is given to a boat about to be passed, that boat should not deviate from its course, and should allow the approaching boats to pass with safety. Boats should pass on the port (left) side unless there is no other option, and must give the slower boat adequate clearance so their progress is not hindered. Responsibility rests with the overtaking boat to do so in the safest possible manner.

## **PRIZES FOR DIVISION WINNERS**

First place in each division will be awarded at the Dinner and presentation on Saturday night. Those paddlers will be given one of the highly sought after, Bidgee Bash cheeseboards. Be sure to thank Laurie Fitzpatrick for his handiwork, who has crafted these again this year.

## **SHUTTLE BUS**

There will be a mini bus at Wagga Beach for those paddlers requiring transport back to any of the 3 start locations to collect their vehicles. **The shuttle bus will leave from the Wagga Beach car park near the exercise equipment, on the hour at 12:45pm, 1:45pm, 2:45pm and 3:45pm** (if required). Competitors using the shuttle bus may need to consider carrying their car keys with them during the race. Kayaks can be left safely at the beach whilst you collect your car.

## **FOOD AND DRINKS**

Cold drinks will be available for purchase from the Wagga Bidgee Canoe Club canteen at Wagga Beach. There will also be a sausage sizzle on Saturday and Bacon and Egg Rolls for sale on Sunday at the Criterium Race. Both cash and card will be accepted. The new Riverside Precinct at the beach also has a food van located near the playground equipment with coffee and other refreshments available for purchase.

## **SATURDAY NIGHT DINNER**

If you are staying the night in Wagga Wagga after the race, please feel free to join us **from 5:30pm at the Palm and Pawn Hotel**, 68 Hampden Ave, North Wagga Wagga for drinks and dinner. WBCC has made a booking in the large outdoor area. In addition to delicious meals, the pub also has accommodation and a courtesy bus that operates from 5:30pm until close.

## **SUNDAY CRITERIUM RACE**

The **Bidgee Dash** Criterium Race will run on Sunday morning from 9am – 10am, with registrations open from 8:15am. On the day entries will be taken for those who forgot to enter online. Entry Fee is \$5.

The Bidgee Dash format will be 3 x 1.5/2km Criterium races, starting and finishing at the Wagga Beach. Paddlers will be handicapped for Race 1 based on their Saturday finishing time. Race 2 and 3 will be handicapped off Race 1 and Race 2 finishing times.

Points will be allocated on finishing positions in each race, with points weighted for each of the 3 Races. This ensures that all paddlers are in with a chance to share in the \$300 prize money kitty, which will be allocated as follows:

**1<sup>st</sup>: \$100**

**2<sup>nd</sup>: \$60**

**3<sup>rd</sup>: \$30**

**1<sup>st</sup> in Heat 1: \$30**

**1<sup>st</sup> in Heat 2: \$30**

**1<sup>st</sup> in Heat 3: \$30**

**Fastest Lap time from any heat: \$20**

**Thanks for travelling and we hope you enjoy your weekend in Wagga Wagga**

