



49th **100 Mile Canoe Test**

27th – 31st May 2011

River Wye

Glasbury to Monmouth

booking form / event information pack

300 canoeing places available (first come first served)
only **£25** per person, plus transport and food costs

Additional cost to non CYP affiliated groups/individuals

welcome

Thank you for expressing an interest in taking part in Clubs for Young People's most challenging and exhilarating event: the 100 mile canoe test. The following pages give you the information you need to make a decision to enter, but if you require further clarification on any points please do not hesitate to get in touch.

The 100 mile canoe test is a **personal challenge**, not a race. Participants call on their skill, determination and stamina to achieve the 100 mile target over four days of paddling. The achievement brings a sense of personal fulfilment that will remain with the individual for life. The British Canoe Union is working closely with Clubs for Young People to add value to the canoeing experience by advising and assisting groups with their preparation. This includes training in qualifications, local contacts with registered canoe groups and developing skills at all levels.

- where** River Wye Glasbury to Monmouth
- when** Participants should arrive at the campsite by 7pm on Friday 27th May. The test will finish on Tuesday 31st May with a presentation ceremony at the Monmouth Rowing Club. This will be concluded by 3pm.
- cost** Canoeists/canoe leaders: **£25.00**. Base camp/support personnel: **£15.00** CYP Affiliated Clubs/Groups
(non CYP affiliated clubs/groups Canoeists/Leaders £35.00 Base camp/support personnel £20.00)
This does not include your own transport and food costs.
- who it is for** This event is for groups of young people and staff who are members of a club affiliated to Clubs for Young People or The British Canoe Union. They must be able to control their canoe/kayak on moving water and be able to **swim 50 metres** unaided. The recommended **minimum age is 14 years**, however, it is down to the discretion of the canoe leader as to the ability of younger members to participate in the test.

how it works

Each day the canoeists leave the base camp and head off to the river to paddle a specified stretch of water. Groups are checked on and off the water and their progress is monitored and supported by both water and land marshals. While on the water all groups stay together with their canoe leaders being responsible for their safety and control. A briefing meeting for all group leaders is held each evening at approximately 10pm.

what you need

All groups attending the event must have adequate staff and personnel to support the canoeists, and the camping equipment, canoe equipment and transport required to be self sufficient throughout the test.

itinerary

| | | |
|---------------------|---|------------|
| 1 st Day | Glasbury to Byford | 24 miles |
| 2 nd Day | Byford to Hole in The Wall (PGL Centre) | 33 miles |
| 3 rd Day | Hole in the Wall to Whitebrook Farm | 28.5 miles |
| 4 th Day | Kerne Bridge to Monmouth | 14.5 miles |

how to get involved

Every club/member organisation must complete and return the enclosed forms, via their Clubs for Young People affiliated member organisation office, by **Friday 20th May 2011**

Entry fees (made payable to LCYP) must be included with the forms. All groups participating in the test must read carefully and accept the enclosed conditions and details. Final joining instructions, a map to the base camp and the youth work pack will be sent out on receipt of your application. Details of the river route and water access points can be found on the PADDLEPLUS website. www.paddleplus.co.uk/100mwye.html

Enter now and be part of Clubs for Young People's 49th 100 mile canoe test

100 mile canoe test 2011 CYP Afilliated Clubs/Groups **entry form**

Use one form per group, and photocopy if necessary. **This form must reach Leicestershire Clubs for Young People by Friday 20th May 2011 (address details on page 6)**

Name of club/team

Address for correspondence

.....

Email address

Name of group leader

Telephone number (day) (evening)

Name of canoe leader: _____

Number of canoeists: _____ Number of Back up Crew/supporters: _____

Fee enclosed, made payable to LCYP (£25 per canoeist, £15 base camp crew/supporter)

I agree to abide by the rules of the event.

signed

position

please send this to your constituent organisation for endorsement.

signature of county organiser

date

100 mile canoe test 2011— NON CYP Affiliated Entry Form

Use one form per group, and photocopy if necessary. [This form must reach Leicestershire Clubs for young people by Friday 20th May 2011](#)

Name of club/group/individual

Address for correspondence

.....Post Code.....

Email address

Name of group leader

Telephone number (day) (evening) Mobile:07.....

Name of canoe leader:_____

Number of canoeists:_____ Number of Back up Crew/supporters:_____

Fee enclosed, **made payable to LCYP** (£35 per canoeist, £20 base camp crew/supporter)

I agree to abide by the rules of the event.

signed

position

If you are an individual / family member of BCU send it direct to LCYP office

All correspondence to:

Leicestershire Clubs for Young People

Training Centre

Warwick Road

Whetstone

Leicestershire

LE8 6LW

Telephone: 0116 2750489

BASE CAMP Address

Fownhope Recreation Field

Capler Lane

FOWNHOPE

Herefordshire

HR1 4PJ

OS grid Ref: SO 579 342

Further information

Alison Jolley at LCYP office alison.jolley@lcyp.org.uk

Graham Cornish graham.cornish@sky.com



OS Maps required to cover this event on the River Wye numbers

148

149

161

162



Single bank Glasbury Bridge start

Group Arrival:

Please ensure you arrive after 12.00 midday on Friday 27th May

Group Departure: You can if you need leave your camp up on the Tuesday 31st May and return to site from the finish, to clear up and make your journey home.

Allocation of camping area will be given upon your arrival to site

group leader information

Every group participating in the canoe test must be self sufficient and have a nominated group leader to be the main point of contact for event staff. The canoe test is run by a team of volunteers responsible for the overall coordination of a well organised and safe event for the groups to participate in. Each group leader is responsible for their group's own operation and welfare.

Each group leader must:

- be responsible for the safety and welfare for the members of the group
- ensure that the group behaves responsibly at all times
- ensure attendance at the evening briefing meetings
- ensure that the group acts responsibly and legally in relation to the consumption of alcohol and other substances
- hold onsite consent forms containing personal and health information on each of their group members
- provide first aid cover for their group
- provide all members of their group with relevant information from this information pack
- ensure that their young people are supervised at all times, particularly during the evenings on base camp
- ensure that their back up teams, canoe leaders and base camp staff are all fully aware of the conditions laid down in this information pack, and work within them
- make all participants and leaders aware of the 'event charter', included in this pack, taking responsibility for the group's actions and consequences of their actions both on and off the water

canoe leader information

Each group must have a canoe leader responsible for their group, including safety and behaviour, while on the water.

The canoe leader must:

- be over 18 , **BCU Level 2 Coach** and suitably experienced in: leading groups on rivers; dealing with and spotting hazardous and dangerous situations and possible emergencies that can arise; rescue techniques on both still and moving water
- satisfy themselves that all participants have undertaken appropriate and adequate training that must include experience of moving water prior to the event and have the potential to complete 100 miles
- if leading a group of more than eight, have appropriate and experienced adult support staff upto: 8 = one canoe leader; 8–12 = two canoe leaders; 12-18 = three canoe leaders; groups must not consist of more than 18 canoeists)
- follow the instructions given by land and water marshals and ensure that group numbers are given at each checkpoint
- carry the stated safety equipment, including a first aid kit
- ensure that all their canoeists have the appropriate equipment, clothing, food and drinks
- continually check visually and verbally the physical and mental condition of their canoeists, paying particular attention to the dangers of hypothermia in cold, windy conditions and heat stroke or sunburn in hot weather
- arrange predetermined meeting with the back up team
- comply with any safety instructions given by the water marshals and ensure that the whole group adheres to them: canoe leaders must be an example of safe practice to the members of their group

canoe leader information (continued)

- ensure that their group respects the environment and other river users by complying with the Canoeists Code
 - o canoeists should give way to other craft
 - o if approaching anglers, pass where directed, in single file
 - o avoid damaging river banks
 - o take rubbish with you
 - o avoid making loud noises
 - o be courteous and considerate at all times
 - o keep well clear of wild fowl
- ensure that their group has read and understood the event charter

canoeist equipment

canoe with bow and stern; buoyancy and loops or toggles
paddle

*Buoyancy Aid

**Canoe Helmet

spray deck (optional)

canoe clothing and footwear (essential)

towel and dry clothes (to be left in the back up vehicle)

windproof cagoule / waterproof jacket

waterproof container for food (carrying extra rations, sweets, etc)

flask and plastic bottle

baseball cap/hat AND sun block/sun cream

plasters

all canoes and equipment will be checked by a water marshal before you are allowed on the water

additional canoe leader equipment (in addition to that for canoeists)

first aid kit

throw line/safety rope

spare paddle

flask and hot drink

tow line

*Buoyancy aid or life jacket

All buoyancy aids or life jackets must comply with European Safety Standards and have the appropriate kite mark. Any buoyancy aid or Life jacket not bearing a safety mark should be tested, or preferably disposed of, prior to the event.

**Canoe helmets

All canoeists **must** have a canoe helmet. The wearing of helmets will be left to the discretion of group canoe leaders except on occasions when the Water Marshals reserve the right to insist that helmets are worn

Backup Crews

Each group MUST have a backup personnel team to ensure that canoeists are supported whilst on the river.

- The backup crew transports the canoeists and equipment to and from each day's start and finish. It must be available to collect any group member retiring from the canoeing.
- The backup crew should shadow the canoeists during the day, monitoring their progress and ensure that they meet up with their group at pre-determined rendezvous points. Locations at bridges may well be busy as the WYE RAFT race is taking place and on day 1 we will run the with at similar times..so alternative parking may be required.

Backup vehicles should carry the following: -

Canoe Test Itinerary Sheet(obtainable from paddleplus web site)

List of canoeists and numbers

Enough spare hot and cold drinks and food, for the paddlers in your team.

O.S. Maps: 148, 149,161 & 162

Check point map references

Canoeists dry clothing for the end of the day

First Aid Kit, exposure bag and blankets

Group name on the vehicle windscreen

A good road map of the area

A mobile phone

Back-up teams are responsible for ensuring that vehicles **and trailers** are legal. Canoes must be secured in transit at all times and NO-ONE is allowed to travel either on a trailer, or on top of, nor hanging on, to any vehicle. Seatbelts must be worn at all times and vehicle doors must be kept closed when in motion.

When travelling to start and end points, for each day, please observe any one way systems which we have put into place. This is, not only for safety but, to make sure that we don't end up with major congestion at these points, as many of the roads are only the width of one vehicle, with passing sections. **PLEASE DRIVE WITH CAUTION and an awareness of the speed locals drive at.**

GENERAL SITE GUIDELINES

GENERATORS:

You are welcome to use generators, but due to the location to residential housing at the end of the field, can you ensure all generators are turned off by 11.00pm

DOGS:

You are welcome to bring dogs, please ensure they are on a lead at all times, as locals walk the field with their animals. You can exercise in the lower parts of the site. CLEAR up your DOGS MESS PLEASE.

DRIVING in and around FOWNHOPE:

Please drive at the correct speeds in and around the village and also on approaching the site. Park whilst on site, in the scheduled area.

CAMP SITE:

You can organise games with other groups whilst on site, there is plenty of space, ideal for kite flying.

BASE CAMP

Location: Fownhope Recreation Ground, Capler Lane, FOWNHOPE, HEREFORDSHIRE, HR1 4PS grid ref: SO579342

Base camp times

The base camp will open at 12 noon on Friday 27th May. Groups can register from 5.00pm. All groups are asked to ensure that the site is clear by 12 noon on Tuesday 31st May. Vehicles can be left in the car park but all equipment must be cleared up and moved off the camping area.

As this event can be very demanding on each individual taking part, a good night's sleep is essential. **The campsite is therefore a quiet zone between the hours of 11.00pm and 06.00am.**

Facilities

The toilets and showers onsite are clearly marked. Due to the nature of the site, some toilets may be locked and taped off; this is due to the capabilities of the sewerage system. Please do not use these, as it will cause the system to overload meaning that we have NO toilet facilities. Please make sure that your group leave them clean and tidy after use. In the interests of safety, the organisers strongly recommend that adults use the showers at different times to young people, and that no single adult allows themselves to be in the showers alone with young people.

Local Facilities

Within the village of Fownhope, there is a small convenience store and newsagents, which carries some small essentials. The nearest supermarkets are Tesco's, (HR4 0BW) and Morrisons (HR1 1DN), in Hereford.

There is a public swimming/leisure pool in nearby Hereford, which offers open swim sessions. They also have shower and changing facilities. This may offer your group the chance to relax, at the end of the day, and more convenient shower facilities. Included in this pack, is a timetable detailing the session times they offer.

Pool Address:

Hereford Leisure Pool, St Martins Avenue, Hereford, Herefordshire. HR2 7RQ.

Emergencies & Contacts

Should you or any member of your group suffer an accident, please make sure it is reported to the event organisers. If your group retires from the days paddle, at any point before the designated end point, please inform the event organisers immediately. The nearest hospital with accident and emergency facilities is listed below. If the accident is potentially life threatening, please contact the emergency services immediately on 999 or 112. After this please inform the event organisers as soon as practically possible.

Local Hospitals (Accident & Emergency)

Hereford Hospital

The County Hospital
Union Walk
Hereford
HR1 2RE

Nevill Hall Hospital

Brecon Road
Abergavenny
NP7 7EG

Gloucestershire Royal Hospital

Great Western Road
Gloucester
Gloucestershire
GL1 3NN

Event Organisers –

Alison Jolley LCYP 0116 2750489
Graham Cornish 07899326211
Graham Pote 07732376092

Water Marshalls –

To be confirmed

Land Marshalls –

To be confirmed



Hay on Wye Bridge 5.6 miles



Whitney Toll Bridge 10.2 miles



Bredwardine Bridge 19.1 miles



Monnington Falls 22.7 miles



Slabs on river right -falls river left



Hereford road bridge 33.9 miles



Even Pits/ Holme Lacy Bridge B4399 41.6 miles



Outside of Hereford been here since 1990



Approaching Capler woods(Left)
46.5 miles



Demolished railway bridge
CAREY 48.4 miles



Hoarwithy Bridge HALFWAY POINT
50miles



Byford Bridge



Kerne Bridge 67.2 miles



Ross on Wye Wilton Bridge 62.1 miles



Waterside Inn-Lydbrook 69.8 miles



Huntmans Bridge 74.1 miles



Symonds Yat East 76.5 miles



Rope Ferry before the mighty YAT



Symonds Yat East, top of rapids, now has new formation of rocks to create eddies. . look out for play boaters 76.5 miles



Watch out there's paddlers about



Biblins Bridge 77.7 miles



Redbrook old Rail Bridge 84.5 miles



On route to Monmouth
Nearly there



Monmouth Bridge DON'T pass this point
You will have gone past the finish at
the rowing club

Daily Travel mileages direct between start and finishes (approx mileages)

Day 1: Base Camp: to Start 31.5 miles
 Glasbury to Byford 14 miles
 Byford to Fownhope 15 miles Total: 60.5 miles

Day 2: Fownhope to Byford 15 miles
 Byford to Hole in the Wall 20 miles
 Hole in the wall to Fownhope 6 miles Total: 41 miles

Day 3: Fownhope to Hole in the Wall 6 miles
 Hole in the Wall to Whitebrook 21 miles
 Whitebrook to Fownhope 26 miles Total: 53 miles

Day 4: Fownhope to Kerne Bridge 13 miles
 Kerne Bridge to Monmouth 7 miles
 Monmouth to Fownhope 19 miles Total: 39 miles

Total:193.5

Canoe trailers needed to collect from Whitebrook on finish of Day 3 (short section of river done twice)



DATES for your dairy

2012 is the 50th anniversary of the Canoe Test
It is taking place on the River Wye and we are hoping
to secure Fownhope as our base once again.



The 2012 event is a major milestone in canoeing terms, we are therefore inviting as many people as possible who have had an experience of this event, be they now granddads /grandmothers/father and mothers/ sister or brothers and of course young people

Dates to remember

**Friday 25th May to Tuesday 29th
May 2012**

If you have any ideas on how we should celebrate the 2012 event, please let us know..we are already in the planning stages

PLEASE COPY THESE DOCUMENTS AND FILE SAFELY FOR NEXT YEAR