



R I V E R L A N D P A D D L I N G M A R A T H O N
6th to 8th June 2015

P r o g r a m

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West Lakes Canoe Club Inc

www.westlakes.canoe.org.au

Located at Aquatic Reserve, Bower Road West Lakes

WLCC provides the following Facilities to members:

Club Boats, Coaching, Come and try Events, Easy Parking, Shower and toilet facilities, Training Programs.

Holdfast Bay Canoe Club SA

Located at Anderson Avenue,
Glenelg North
Members are predominantly
involved in Sprint and
Marathon Racing
www.holdfastbaycanooclubsa.com



Encounter Paddling Inc.

located at Encounter Lakes, Victor Harbor, with the ocean at our door step

The club is involved in flatwater canoe sprint & marathon paddling, opportunities for sea kayaking and recreation
President Cathy Venning 0408 803 896

Email: cathy.venning123@gmail.com

Marc Brehin 0418 812 142,

Email: irrigationsos@bigpond.com

Onkaparinga Canoe Club (established 1972)

located on the Onkaparinga River at Wearing Street, Port Noarlunga
The club is involved in Flatwater Canoe Sprint and Marathon Paddling

Contact: Nick Tucker, 145 Murray Rd, Port Noarlunga, SA, 5169
(08)83264885 or 0403 582 081: nicktucker@adam.com.au

Contact: Neil Thomson 0421 058 425: knysna@adam.com.au



TEAM PADDLE CHALLENGE

24th and 25th October 2015

Hawkesbury Canoe Classic

24-25 October 2015

Supporting
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The Marathon Canoe Club of South Australia Inc

www.mcc.canoe.org.au

2014 – 2015 Committee

President: Andrew Stoodley, **Treasurer:** Michael Arthur
Emily Rozee, Bob Phillips, Roger French, Adele Bain and Ray Spargo

Race Director: Martin Finn (08) 8443 7881 martin.finn@spotless.com.au

Registration Secretary: Bob Phillips MarathonCanoeClubofSA@live.com.au

Well here we are again! The 28th year of the Riverland Paddling Marathon (**RPM**).

I would like to take this opportunity to welcome all Paddlers, Ground Crews, Volunteers, Sponsor's & Supporters to **Australia's Coolest Paddling Marathon**. If your unclear why we call it that, you're about to find out!

Whether you're here for your Rookie Year or your 22nd (if anyone has done more please let me know), I'm sure you will agree by the end of the weekend that an amazing job has been done by the Committee & Volunteers to make this event happen each year on a shoestring budget.

The RPM began when a group of paddlers thought it would be *fun* to paddle 208km over a long weekend stopping at campgrounds, with a pub/club nearby, evenly spaced along the way.

You can still camp at The Start, Martins Bend. Day 1 End, Day 2 Start, Moorook (Visit Moorook General Store). We are hoping the Campground at Day 2 End, Day 3 Start, Waikerie will be open again this year. (Visit Havenhand Chocolates & Try the Waikerie Hotel for an amazing dinner). But with the soft beds & warm showers available at Waikerie Hotel Motel, Waikerie CV Park or Kingston-on-Murray CV Park available do you really want to rough it?

PADDLERS- the choices of events cater for all levels of paddlers on any river-worthy craft that can be paddled. Canoe, Kayak, Ski, SUP, Dragonboats. We even welcome surf Boats.

If you're up for the 200, *see you at the start*, 200 Relay, *did it last year with a few mates*, or 100 *with Brian*, Pick a Craft & an Age Group & set about beating or setting a record. Our oldest Remaining Records are from 1989 but new Records are set & others broken EVERY YEAR.

We also have the 35KM & 50KM, over 3 days, & Single Day Event, for those who want to spend some time off the water? You may have noticed that the committee of this race are paddlers also. 5 of the committee will be on the water with you all weekend. That leaves 2 on the shore, to do all the hard work, under the capable supervision of Volunteer Race Director Martin Finn, *if he wasn't here we couldn't be on the water having all the fun!*

Martin, Ray & Adele don't do all the work. Say G'day to all the Volunteers you see along the way as well, & there will be many more you won't see that are keeping an eye on you from Safety Boats, the clifftops, or at registration, checkpoints & the finish line. Many of these are from local Community Groups & many others travel from far & wide to assist.

We WILL have a race dinner at the Cobdogla Club this year on the Sunday night where you can catch up with people you have met on the river.

PLEASE PLAN TO STAY at the finish line for Lions BBQ, Trophies & Orange Hat Awards before you hit the road. We will start presentations within 10 mins of the last boat crossing the line & we don't puff our chests up & waffle. We also draw the raffle here with many great prizes & if your tickets not here you can't win!

BUT remember this is a challenging event & your safety comes first so please listen to directions & check with the qualified Medics if you have any issues with blisters or Health.

Remember, never paddle past someone in the water without checking that they are OK! We will give you your time corrections but we can't get to everyone that has a swim before the cold sets in.

Enjoy the Riverland!

Andrew Stoodley President



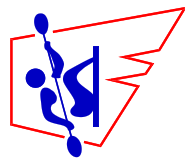
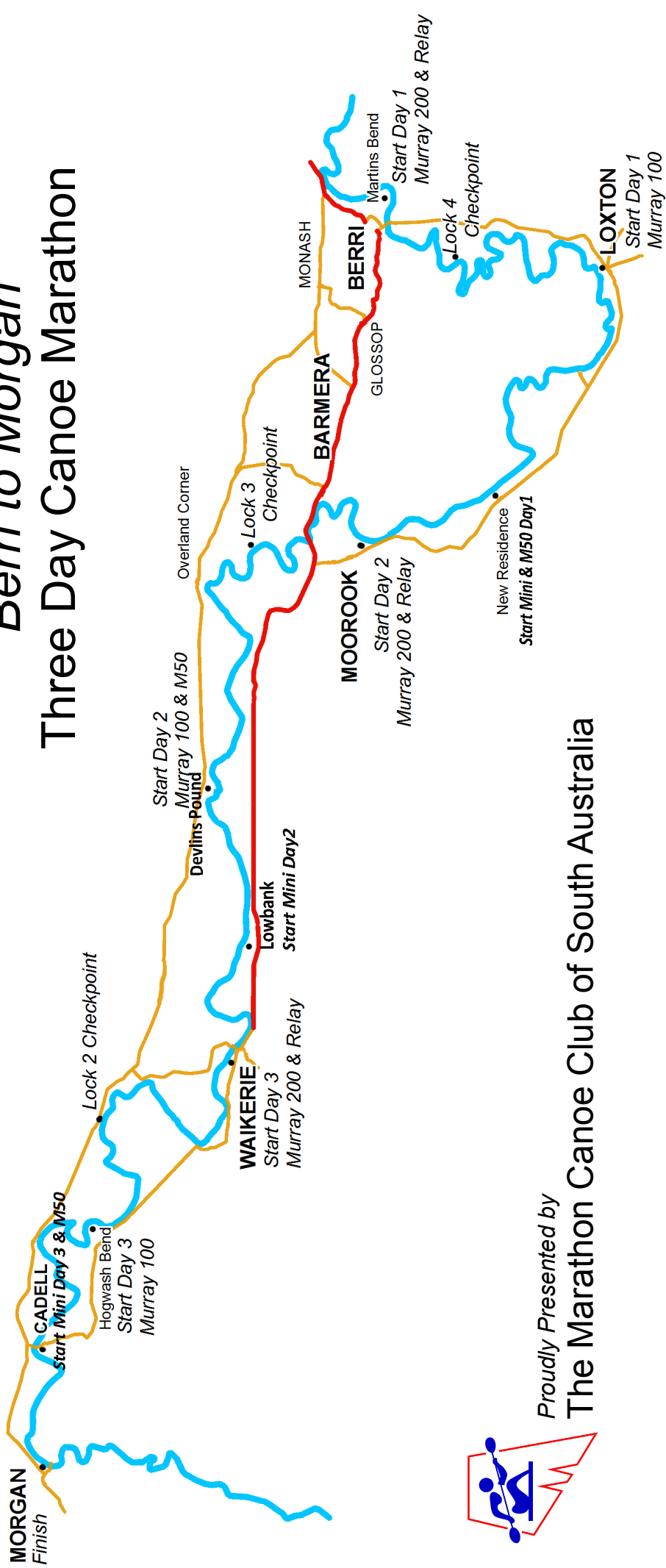
Martin Finn Race Director



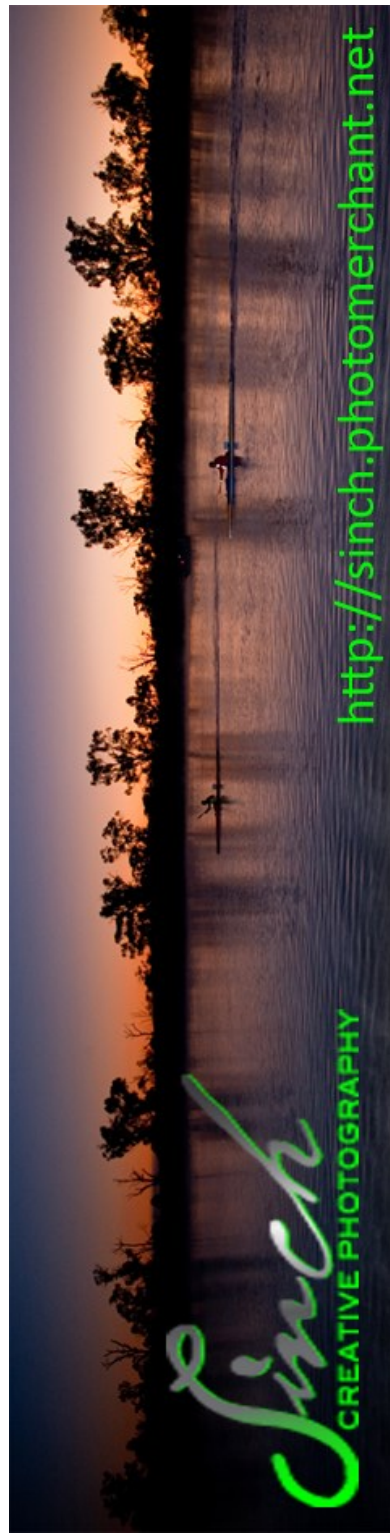
Riverland Paddling Marathon

Berri to Morgan

Three Day Canoe Marathon



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PROGRAM

The Murray 200 and 200 Relay

The Murray 200 is the ultimate endurance challenge covering 208 km of the Lower Murray River between Berri and Morgan, over 3 days.

Murray 200

	Start	Finish	Distance (km)
Day 1	Martins Bend (Berri)	Moorook	76
Day 2	Moorook	Waikerie	69
Day 3	Waikerie	Morgan	63
Total			208

Murray 200 Relay

The 200 Relay is a team event. Following the same course as the Murray 200, teams swap crews for each leg of the course. Slower, non-competitive, teams can arrange for early starts on each leg in order to comfortably finish each day.

	Start	Finish	Distance (km)
DAY 1			
Leg 1	Martins Bend	Lock 4	12
Leg 2	Lock 4	Loxton	27
Leg 3	Loxton	New Residence	26
Leg 4	New Residence	Moorook	11
DAY 2			
Leg 1	Moorook	Lock 3	20
Leg 2	Lock 3	Devlin Pound	23
Leg 3	Devlin Pound	Waikerie	26
DAY 3			
Leg 1	Waikerie	Lock 2	20
Leg 2	Lock 2	Cadell	31
Leg 3	Cadell	Morgan	12

Registration and Scrutineering, Day 1

6.00am – 6.30am Martins Bend Berri.

Compulsory Daily Briefing

Day 1 - Martins Bend Berri - **06.30am.**
Day 2 – Moorook – **06.30am**
Day 3 Waikerie – **05.45am**

Starts

First start follows the briefing each morning, with class starts as nominated by the Race Director and may vary from day to day.

*Early starts may be arranged. However paddlers requiring such concession should consult the Race Director as early as possible.

The Murray 100 and Single Day

The Murray 100 is a popular event with mid-morning starts over 3 days finishing each day at the same point as the Murray 200. The Single day is **Day 2** (Sunday) of the 100.

	Start	Finish	Distance (km)
Day 1	Loxton	Moorook	37
Day 2	Devlin Pound	Waikerie	26
Day 3	Hogwash Bend	Morgan	30
Total			93

Registration and Scrutineering, Day 1

9.00am to 9.30am Loxton Boat Ramp.

Registration – Single Day

9.30am to 10.00am Devlins Pound.

Compulsory Daily Briefing

Day 1 Loxton Boat Ramp - **10.00am**
Day 2 Devlins Pound - **10.00am**
Day 3 Hogwash Bend – **09.30am**

Starts

First start follows the briefing each morning, with class starts as nominated by the Race Director and may vary from day to day.

*Early starts may be arranged.

The Mini Marathon

The Mini Marathon allows junior and novice paddlers to participate in the weekends activities at a distance that they feel comfortable with.

	Start	Finish	Distance (km)
Day 1	New Residence	Moorook	11
Day 2	Lowbank	Waikerie	12
Day 3	Cadell	Morgan	12
Total			35

Registration and Scrutineering, Day 1

10.00am to 10.30am Loxton Boat Ramp.

Compulsory Daily Briefing

Day 1 New Residence – **12:30pm**
Day 2 Lowbank – **12:30pm**
Day 3 Cadell - **12:00pm**

Starts

First start follows the briefing each day and start times may vary each day.

Murray 50

The Murray 50 provides an additional challenge beyond the Mini. Paddling the same distance as the mini on days 1 and 3 the 100 distance on day 2.

	Start	Finish	Distance (km)
Day 1	New Residence	Moorook	11
Day 2	Devlin Pound	Waikerie	26
Day 3	Cadell	Morgan	12
Total			49

Registration and Scrutineering, Day 1

10.00am to 10.30am Loxton Boat Ramp.

Compulsory Daily Briefing

Day 1 New Residence - **12:30pm**
Day 2 Devlins Pound - **10:00am**
Day 3 Cadell - **12:00pm**

Starts

First start follows the briefing each day and wave start times may vary each day.

Land Crew

It is mandatory that competitors have nominated a land crew. The support of land crews and their responsibilities extend far beyond just driving the vehicle from the start to finish each day.

This is a very demanding race in the middle of winter so it is important that those supporting competitors are prepared for all eventualities. The race officials are there to ensure everyone has a safe and successful three days. Check your mobile phone in case officials try to contact you if your paddler has pulled out and needs to be picked up. Do ask for help if you are unsure of anything, they can "buddy" you with someone if you don't know where to go.

- Be prepared, read the information on hypothermia and be aware of any special medical condition which might affect your paddler.
- Listen to the race briefings each day, some of the information is for land crew. Make sure your paddler is aware of any changed conditions.
- Display your copy of the paddler's boat number clearly in your car.
- Be at the start on time and make sure you are at the finish with dry clothes when your paddler is due to arrive.
- Be at checkpoints on time and be aware of the rules about assistance

Assistance

All craft may be assisted by land crew from the water to the closest land.

No assistance from non-competing people is permitted, except to:

- Render first aid.
- Provide food or drink or dry clothes.
- Assist with repairs or replacement of equipment.

No exchange or substitution of craft is permitted except according to the rules for Relay Challenge. In the event of capsizing, a paddler may receive aid to empty the craft and to regain seating position.

- In an emergency you will need to be available to pick up your paddler with dry clothes and a warm drink if he/she pulls out. If you will not be available for some reason make sure you inform the officials or make arrangements with another ground crew to meet your responsibilities. Emergency evacuation points marked on maps and by signage on main roads.
- At the end of the day land crew must be responsible for collecting all the paddling gear and the boat number when the competitor comes off the water. Equipment and clothing will need to be checked and in good condition for the race the next day.
- Land crews should encourage competitors to eat and have a warm drink after paddling; get them into warm clothing as soon as possible.
- Have any injuries treated by the St John volunteers and have the campsite set up so they can go and rest.

Please note: If you volunteer to drive anyone else's car you are responsible for that vehicle. Make sure you are insured in the case of an accident. Read the club's policy on volunteer drivers as outlined in the Policy, Rules and Conditions section.



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THE MURRAY 200 RELAY

Supplementary Information

Relay Rules

1. The following team classes may be entered: TC1, TC2, TK1, TK2, K1, K2, C1, C2, C4, Recreational Kayaks, Surf Skis and Ocean Racing Skis. Other classes will be considered at the discretion of the Race Director.
2. Each team may have 2 or more craft of the same class. If different classes of craft are used the entry is recorded as that of the faster class.
3. Teams may consist of 2 to 4 people for singles, or 4 to 8 people for doubles. Mixed crews are allowed.
4. Each crew will paddle a leg of the SA Murray Relay Challenge, from checkpoint to checkpoint, in their boat. Crew changes during a leg will result in the team being reclassified 'non-competitive' (see Policy, Rules & Conditions for definition).
5. Only 2 identical numbers and one baton will be issued to each team.
6. Upon arrival at the checkpoint the incoming paddler(s) will pass the baton, hand to hand, to the waiting, outgoing canoe. Mid-river baton changes are allowed.
7. The incoming craft will then notify the checkpoint officials of their number.
8. At the locks, the outgoing craft must be ready for changeover as per Race Director's instructions.
9. The outgoing paddler(s) must take the baton, hand to hand, from the arriving boat and proceed to the next checkpoint. The incoming craft must notify the officials of their number.
10. A team captain or coach may switch the paddling order each day but no paddler shall paddle 2 consecutive sections.
11. Please pay attention to instructions from checkpoint officials.



Relay Legs

The table below details the relay legs for each day of the Murray Relay Challenge. Please note that there are four (4) legs on Saturday.

	Start	Finish	Distance (km)
DAY 1			
Leg 1	Martins Bend	Lock 4	12
Leg 2	Lock 4	Loxton	27
Leg 3	Loxton	New Residence	26
Leg 4	New Residence	Moorook	11
DAY 2			
Leg 1	Moorook	Lock 3	20
Leg 2	Lock 3	Devlin Pound	23
Leg 3	Devlin Pound	Waikerie	26
DAY 3			
Leg 1	Waikerie	Lock 2	20
Leg 2	Lock 2	Cadell	31
Leg 3	Cadell	Morgan	12

Slower Relay Teams

To enable slower relay teams to meet each day's cut off times comfortably the Race Director will allow the following start times regardless of baton change. Please refer to table below.

	Start Time	Start Location	Distance (km)
DAY 1			
Leg 1	6:45 am	Martins Bend	12
Leg 2	8:30 am	Lock 4	27
Leg 3	10:30 am	Loxton	26
Leg 4	2:00 pm	New Residence	11
DAY 2			
Leg 1	6:45 am	Moorook	20
Leg 2	9:00 am	Lock 3	23
Leg 3	10:30 am	Devlin Pound	26
DAY 3			
Leg 1	6:00 am	Waikerie	20
Leg 2	8:30 am	Lock 2	31
Leg 3	12:00 noon	Cadell	12

These arrangements and any further alterations must be made with and agreed by the Race Director.

Please note the teams that do not make the closing time for any leg shall be deemed to be non-competitive for class placings. Checkpoint closing times are shown on each day's map on the following pages.

Bernard Goble 203 Unley Road UNLEY 5061

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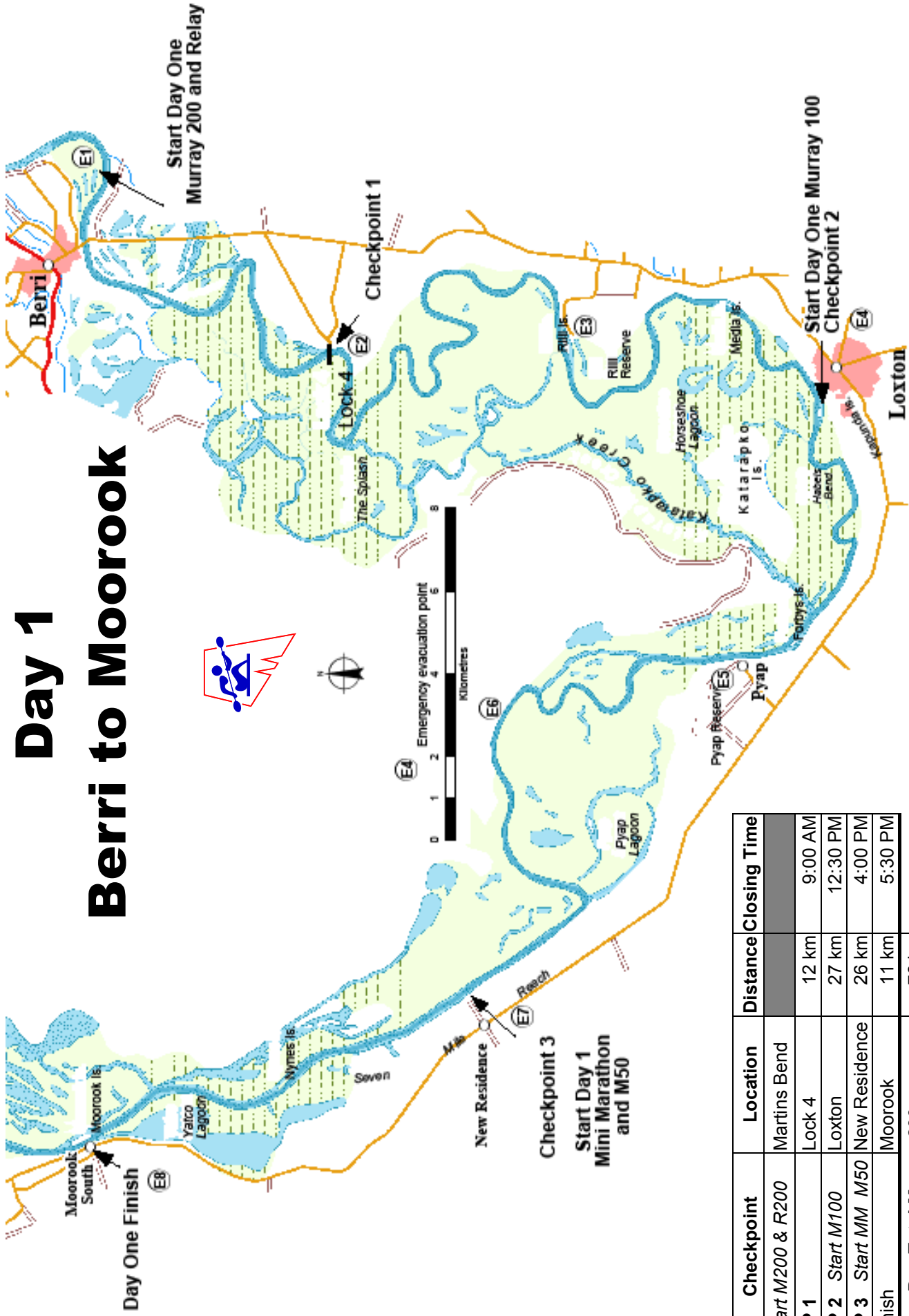
Specialising in Fine Furniture Making & Quality Restorations

- Commission Furniture Specialist
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Tel/Fax: 8272 7501

Email: oxfordantique@internode.on.net

Day 1 Berri to Moorook



Checkpoint	Location	Distance	Closing Time
Start M200 & R200	Martins Bend		
CP 1	Lock 4	12 km	9:00 AM
CP 2 Start M100	Loxton	27 km	12:30 PM
CP 3 Start MM M50	New Residence	26 km	4:00 PM
Finish	Moorook	11 km	5:30 PM
Day Total Murray 200		76 km	
Day Total Murray 100		37 km	
Day Total Mini Marathon & M50		11 km	

Land Crew Directions - DAY 1

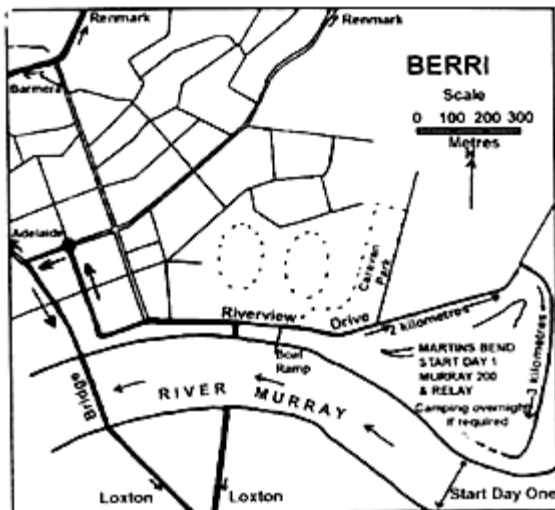
These directions are provided for Land crews to assist in navigation between key points. Along the way there will be Canoe Race signs and arrows placed at turning points to assist you with directions.



Murray 200 & Relay Start

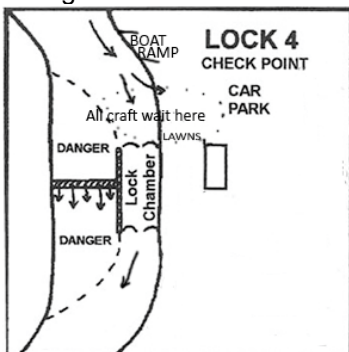
Martins Bend to Lock 4 (Checkpoint 1)

As you leave **Martins Bend**, turn left onto the roadway to Berri and cross the bridge. Proceed approximately 6km to the **Lock 4** turn off. Turn right and travel approx. 2km along the road to Checkpoint 1 at Lock 4.



IMPORTANT

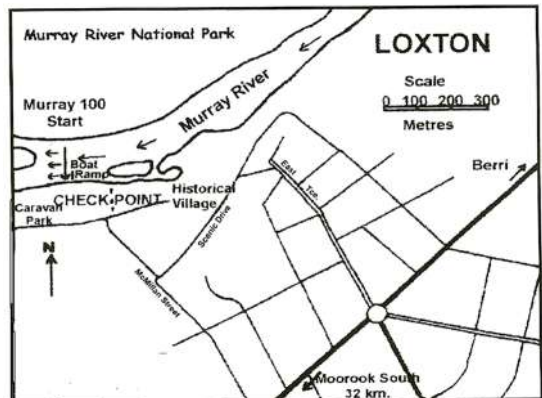
All Murray 200 and Relay paddlers will have times recorded on arrival at the lock. The time spent waiting at and in the lock will be deducted from the paddler's time. They will then be asked to wait on the high river side of the Lock before being directed through the Lock in one or more groups



Lock 4 to Loxton (checkpoint 2)

Go back the same way from Lock 4 and turn right onto the highway to **Loxton**. Turn right at the roundabout into East Terrace, Loxton's main street. Proceed to end and turn left toward Caravan Park. Proceed past Historical Village and turn right at next intersection towards the river and CP 2 at the **boat ramp**.

Murray 100 Start



Loxton to New Residence (checkpoint 3)

Proceed back up East Terrace, (Loxton's main shopping street) to the large roundabout and turn right. Travel approx 21km straight along the highway and turn right at the **New Residence** sign. Proceed approx. 1km down gravel road to New Residence, checkpoint 3.

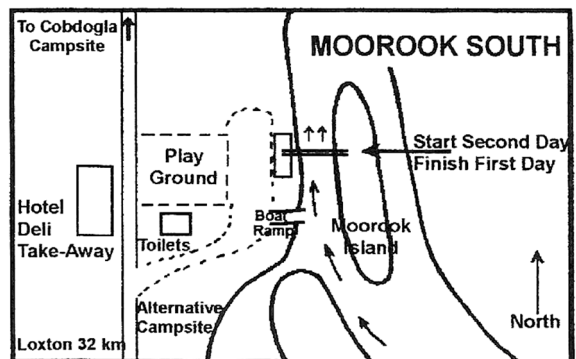
Mini Marathon and M50 Start

21 km west of Loxton turn right at New Residence sign (or approx 12 km SE of Moorook turn left) and proceed approx 1km down gravel road.

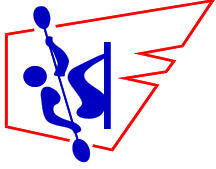
See **Program** for daily briefing times.

New Residence to Moorook (Finish Day1)

Go back up the gravel road to the highway. Turn right and travel approx. 12km to the boat ramp, on the right in the centre of **Moorook South**, where all events finish.



Day 2 Moorook to Waikerie

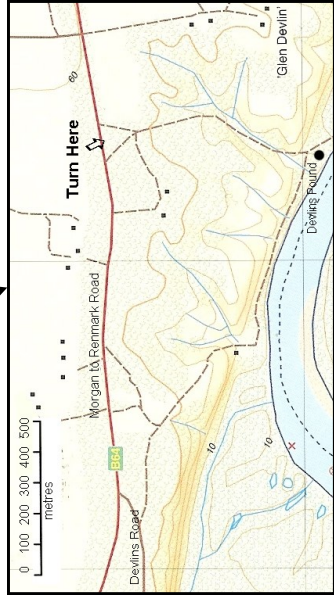
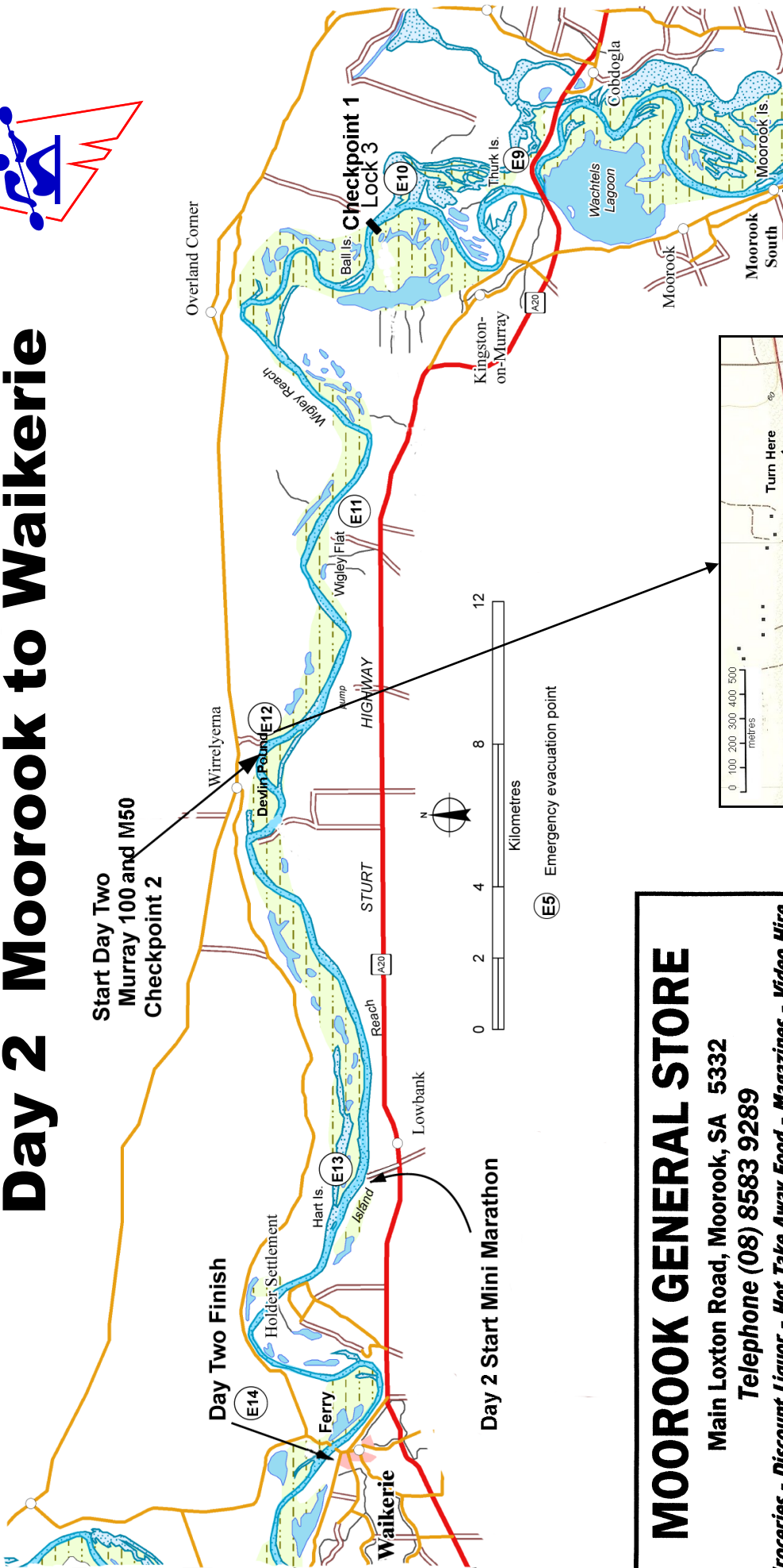


Start Day Two
Murray 100 and M50
Checkpoint 2

Day Two Finish

Day 2 Start Mini Marathon

Start Day Two
Murray 200 and Relay



Inset-Devlins Start

MOOROOK GENERAL STORE
 Main Loxton Road, Moorook, SA 5332
 Telephone (08) 8583 9289
Groceries - Discount Liquor - Hot Take Away Food - Magazines - Video Hire
Bait - Ice - Fuel

Checkpoint	Location	Distance	Closing Time
Start M200 & R200	Moorook		
CP 1	Lock 3	20 km	10:15 AM
CP 2	Devlin Pound	23 km	1:30 PM
Start MM	Lowbank Landing	14 km	
Finish	Waikerie	12 km	5:00 PM
Day Total Murray 200		69 km	
Day Total Murray 100 and M50		26 km	
Day Total Mini Marathon		12 km	

Land Crew Directions - DAY 2

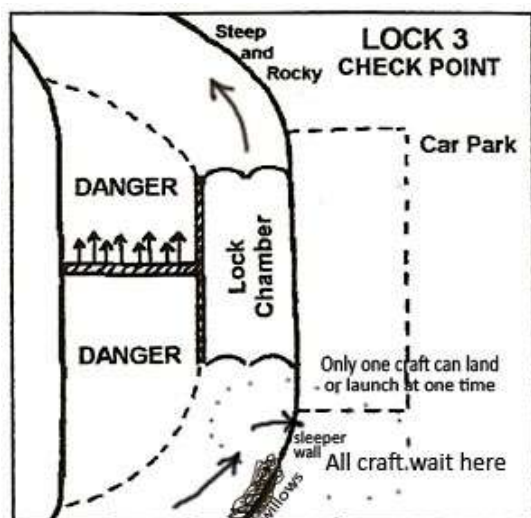
Murray 200 & Relay Start

Moorook to Lock 3 (Checkpoint 1)

Turn right onto the highway and proceed approx 9km to the "T" junction. Turn right and travel 6km over the **Kingston on Murray Bridge** and turn left at the **Overland Corner** sign. Proceed approx 13km to the **Lock 3** sign. Turn left to the lock approx 3km down the road.

IMPORTANT

All Murray 200 and Relay paddlers will have times recorded on arrival at the lock. The time spent waiting at and in the lock will be deducted from the paddler's time. They will then be asked to wait on the high river side of the Lock before being directed through the Lock in one or more groups.



Lock 3 to Devlins Pound (Checkpoint 2)

Proceed back up the gravel road to the highway and turn left. Travel approx 17km until you see the Canoe Race Arrow immediately after the grapevines, opposite the 140km-road marker. Turn left down the gravel road. Be careful, as this road is very steep and rough. Travel approx 1km to the checkpoint and start of the Murray 100. **See map insert.**

Murray 100 and M50 Start

Devlins Pound to Waikerie (finish day 2)

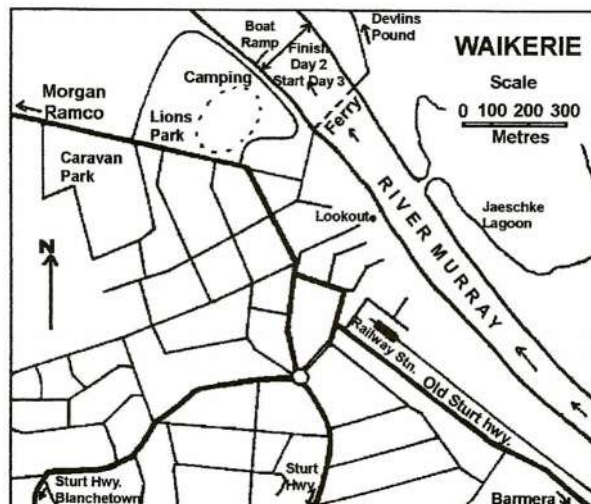
Travel back to the highway and turn left. Proceed 1km (approx) and turn left or continue. Either will lead, after approx 21km, to the **Waikerie ferry**. When across the river proceed up to the main street and turn right down to the **Lions Park and oval**, turn right into the park and proceed around to the boat ramp finish line.



Mini Marathon Start - Lowbank

Approximately 8.5km east of Waikerie turn off Sturt Highway on the Waikerie side of Lowbank and proceed approx. 1.5km to the Lowbank Landing water ski club ramp.

See **Program** for daily briefing times. Finish at Waikerie.



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THE RACE DINNER

On Sunday 7th June from 6pm

At the Cobdogla & District Club (13 Rowe St, Cobdogla)

Please fill out the form at registration so we can book for the right number of people.

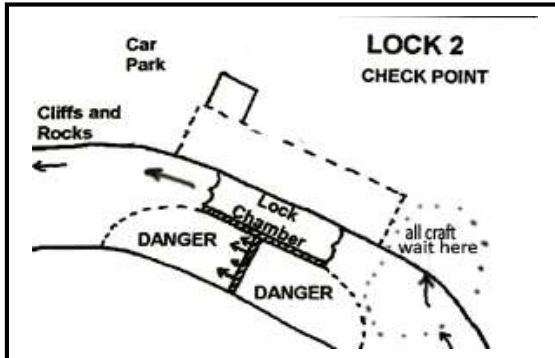
ALL WELCOME

Land Crew Directions – DAY 3

Murray 200 & Relay Start

Waikerie to Lock 2 (checkpoint 1) – either side of the Lockmaster’s House

Proceed back **across the ferry** and travel in the direction of Taylorville. At the junction of the Barmera to Morgan road (approx 10km) turn left. It is then 5km to the entrance to Lock 2 on the left. Enter the **Lock 2** grounds and take the track to the left before the lockmaster’s house. Keep going down the track to the checkpoint and follow the officials’ instructions.



IMPORTANT

All Murray 200 and Relay paddlers will have times recorded on arrival at the lock. The time spent waiting at and in the lock will be deducted from the paddler’s time. They will then be asked to wait on the high river side of the Lock before being directed through the Lock in one or more groups

Lock 2 to Cadell (checkpoint 2)

Return to the highway and **turn left**. Proceed approx. 18km to the **Cadell Ferry** sign and turn left. Once **across the river** turn the first right, then right again and then right again down to the checkpoint on the river.

Cadell to Morgan (Finish line)

Either:

Go back across the river via the **Cadell ferry**, up the hill and turn left. Travel approx. 10km to Morgan. Turn left at the very large Ferry sign, down the hill to the reserve on the left (see map). Park as indicated by officials.

OR:

Drive into Cadell and take the road on the right towards Morgan. Cross on the **ferry at Morgan** and turn into the reserve on the right as you travel away from the river.



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Murray 100 Start

Waikerie to Murray 100 start, Hogwash Bend

From Waikerie turn right onto the **main road to Ramco**. Do **not** cross the river.

Proceed 21km to the **Hogwash Bend** sign. Turn right, the start line is approx. 1.5km down the road.

Hogwash Bend to Cadell

Go back towards the highway and turn right.

Proceed to Cadell approx. 11km. Turn left before the ferry and right at the checkpoint.

Mini Marathon and M50 Start

Start at Cadell checkpoint, southern side of the river downstream of the ferry.

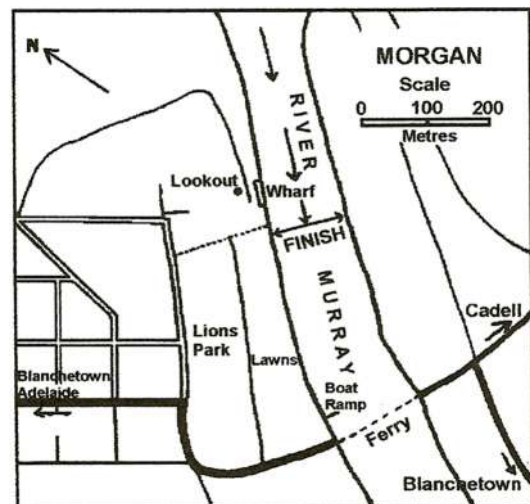
Cadell to Morgan (Finish Line all events)

Either:

Cross the river via the **Cadell ferry**. Go up the hill and turn left. Travel approx. 10km to Morgan. Turn left at the very large ferry sign, down the hill to the reserve on the left (see map). Park as indicated by officials.

OR:

Drive into Cadell and take the road on the right towards Morgan. Cross on the **ferry at Morgan** and turn into the reserve immediately on the right as you travel away from the river.



Welcome to the RPM200 Communications Team

While the main focus of this event is the paddlers, it does take a sizeable support team with a large variety of skills in order to help make your event run smoothly. One key aspect is communications. With so many paddlers on the water at once, spread out over up to 20-30km long stretches of the River Murray, it is vitally important that the organisers keep track of where people enter and leave the river, and that they have an efficient means of raising and coordinating help should it be required.



Photo: Taken above Adelaide @ 35km (110,000ft+) altitude from a Project Horus weather balloon flown by members of AREG

The Communications Network

With much of this section of the river bounded by high cliffs, covering the route with a communications network is no small feat. Mobile telephone coverage certainly isn't continuous and so it falls back to specially designed and constructed radio networks in order to maintain continuous contact with all checkpoints and support vessels across the event.

To achieve this, the Marathon Canoe Club in 2015 has again approached the Amateur Radio Experimenters Group (AREG) in order to provide this vital communications coverage from the start in Berri through to the finish in Morgan. AREG, which is based in Adelaide, has in turn sought additional help from the Riverland Amateur Radio Club (RARC) in order to provide this network.

So who are the Amateur Radio Experimenters Group? We are a group of people all with a common interest in radio communications. Some members have backgrounds in professional radio communications and engineering, while others are students, retirees, farmers, security guards or work in manufacturing. We are all licensed Amateur Radio Operators (also known as ham radio operators) with qualifications, training, experience and equipment that allows us to communicate effectively over the challenging environment that is the River Murray. The volunteer amateur radio operators building and operating this network bring many years' experience and often thousands of dollars' worth of equipment to bear to make sure everyone stays in touch.

What does it mean to you?

For this event, you will find an Amateur Radio operator able to link any participant back to the race director via the AREG communications centre on average every 10-15km along the river, as well as at the start and finish of each major section of the event (the start of the 200, 100 and mini marathon each day as well as the finish line). The communications centre also maintains contact with the surface support boats at all times as well as the medics and race director.

Should you require assistance at any stage of the event, you can rest assured that if you pull up to one of the radio checkpoints or stop and make contact with one of the support craft, that there is a radio network behind them that will get your message through, not only to the race director but to your support crew as well (which is why it is important that you provide support crew telephone contact details to the MCC prior to the event).

We are not hard to find either! Just look for the people wearing bright safety green shirts and for cars covered in antennas carrying the AREG COMMS logo!

This sounds Interesting - Want to know more?

This event is just one aspect of the hobby of Amateur Radio. The members of AREG and RARC take part in a host of other interesting activities as well throughout the year. Amateur Radio operators can for instance communicate with the International Space Station, send digital pictures around the world without using the Internet or telephone network, talk to stations in diverse and far flung corners of the planet via Shortwave Radio (High Frequency Radio) or closer to home even run their own digital television stations - and this is but the tip of the iceberg in what is a huge global hobby.

If you would like to learn more about amateur radio and what is going on behind the scenes at this event and others, why not get in touch with AREG (in Adelaide), RARC (in the Riverland) or the Wireless Institute of Australia (if you come from other parts of the country) who can put you in touch with your local radio club.

We get to design, build then use a complete communications network, so you get to paddle down the river.

The following websites can help you: www.areg.org.au www.rrc.org.au www.wia.org.au

Please support the Sponsors who support the RPM

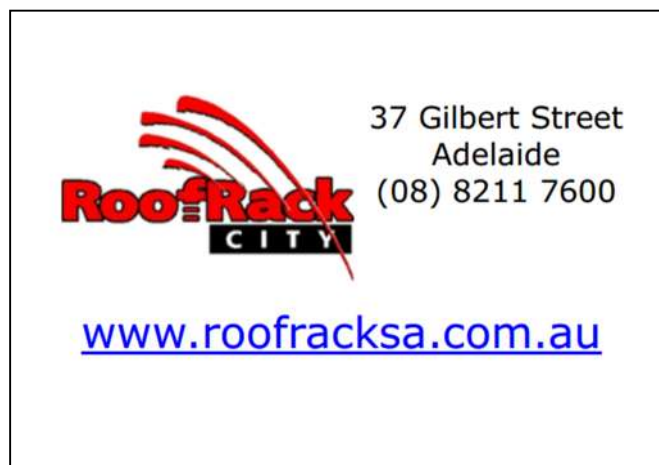


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CANOE & KAYAK BOAT CLASSES

Over the course of the weekend you will see many different types of boat and the variety increases every year. The fastest and most competitive paddlers will generally be competing in one of the internationally recognised types of racing craft. Here are a few of the different types of boats you may see over the weekend.



Racing Canoes and Kayaks - C1, C2, C4; K1, K2 and K4 boats are recognised as being the fastest type of craft and their specifications are determined by the ICF (International Canoe Federation) and are uniform throughout the world. They have specified minimum and maximum lengths, K boats may have a rudder but C boats cannot.



Touring Canoes and Kayaks TC1, TC2, TC4, TK1, TK2.

The specifications for these canoes and kayaks are as approved by the Marathon Committee of Australian Canoeing. They have minimum and maximum lengths plus a minimum waterline beam. TK craft are permitted a trailing rudder but TC boats may not have a rudder.



Recreational Classes

There are a number of variations in the recreational boat classes but they are divided into short medium and long for competition purposes with defined maximum and minimum lengths and minimum beam. All recreation boats except for short are permitted to have a rudder. You will see the biggest diversity in crafts in the recreation class.



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Contact us for your accommodation needs and camping bookings for the RPM over the June Long weekend and other times

Surf Skis are craft that meet the Surf Lifesaving Association specification and **Ocean Racers** are all other surf ski craft.



Outrigger Canoes are regulated by specifications laid down by the Australian Outrigger Canoe Racing Association Incorporated (AOCRA).



For further information on boat classes see the Australian Canoeing website – www.canoe.org.au

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Paddler Safety

So you've done all your preparation. You've been training for months and increasing your distances. The weather looks okay, not perfect - cold with possible rain and light head winds. During the first day things are going well until suddenly one of the rudder wires breaks and the boat skews into the middle of the river and is caught by a wave. You tip in. When you swim back to the bank you can't find a place to repair the boat so you stand in waist deep water and make a temporary repair – 10 minutes. You are then very cold and manage to get back in the boat and continue. The rudder wire breaks again – you've not warmed from last time and the rudder looks beyond repair.....

The RPM has a number of measures in place to ensure your experience is as safe as possible. Please be aware of the following safety measures to help you in times of trouble.

Preparation

The RPM takes place during winter and can be very wet, windy and cold. Wear adequate clothing to stay warm and dry. **All paddlers are required to carry additional warm dry clothes, a windproof & water proof jacket, a space blanket and high energy food and drink.** If you are forced off the water before the end of the day, stay warm and eat something to recover. While the RPM officials will make every effort to render timely assistance, the nature of the course means that you need to be prepared and self-reliant.

Emergency Points

There are Emergency Points located every 10 km along the course. These are manned by RPM officials to observe boats as they pass. Display your boat number clearly so that officials can see it from the bank. **The Emergency Points are marked on the course maps in this book.** These points are accessible by road and are well sign posted from the main road. If you need to withdraw from the event try to get to one of these points.

Rescue Boats

The rescue boats provide an invaluable service in ensuring paddler safety. They are manned with experienced staff and can help you re-enter your craft or pick you and your boat up if you have withdrawn between emergency points. If you require their assistance, please hail them down – it is sometimes difficult to see a paddler on the bank.

First Aid

Qualified First Aiders are on hand at checkpoints to help with urgent medical requirements and injuries. Please ensure your medical details are up to date as this will help the first aiders to provide the quickest care.

If you are driving

Please be careful driving. We share road access to the river with others. Ensure your boats are secure on the car or trailer before driving. If you are tired, let someone else do the driving or rest. Your team vehicle must have the supplied paper boat number displayed clearly on the windscreen.

COLD WEATHER MARATHON PADDLING

The cold and wet conditions that often confront paddlers during winter adds an extra dimension to the challenge of Marathon canoeing/kayaking. Cold conditions can undermine the performance of even the strongest paddlers. Everyone is at risk of hypothermia and exhaustion, however, with training, planning and preparation you can be comfortable, safe and competitive in most adverse conditions.

*The RPM events are extremely demanding and medical emergencies may occur. For your safety and wellbeing we ask you to fill out the **Confidential Medical Form** to enable immediate and appropriate treatment to be given should it be required.*

HYPOTHERMIA

Hypothermia is a potentially fatal reduction in the body's core temperature below 35°C due to a failure of its warming mechanisms to maintain a normal temperature. Victims may show signs of severe shivering, glassy stare, apathy, abnormal or poor coordination and stumbling, slurred speech, irritability and pale, cool skin.

Predisposing factors that contribute to the onset of hypothermia include:

- Hunger,
- Dehydration,
- Fatigue,
- Exertion,
- Low body fat,
- Low ambient temperature,
- Wind (high wind chill),
- Inadequate clothing (ineffective insulation, unprotected head),
- Wet clothes (rain, immersion, sweat, spray),
- Alcohol,
- Underlying disease or illness,
- Age < 14 years or > 50 years,
- Injury.

Preventing Hypothermia - Planning & Preparation

1. Know your limitations and those of your paddling partner.

- Have you trained for this distance?
- Have you trained in these conditions?
- Have you experienced river paddling?
- Is your seat comfortable?

2. Are you prepared to pull out?

- If you are unwell?
- If you are unsure of your ability?
- If you are uncomfortable with your boat?

3. Have you "read" the river conditions?

- Is it likely to be a head wind?
- Will there be waves you can cope with?
- Will it rain?
- Will I cope if I have to paddle alone?

4. Have you got the right gear?

- Do you have the appropriate PFD?
- Will your clothing keep you warm?

- Will your spray jacket keep you dry and protected from wind?
- Will your spray deck shed wave wash?

5. Is your boat in good order?

- Have you checked for leaks lately?
- Is your floatation adequate?
- Is your rudder system maintained and working reliably?

6. Are you in good order?

- Have you eaten adequately to support the distance and to stay warm?
- Are you carrying enough of the "energy" liquid and food you have been training on, to sustain you for extended periods of effort in adverse conditions?

Tips for Paddlers

Participants are required to carry food and drink to sustain them during each stage of the event. Have a good breakfast before the beginning of each stage, ideally with foods of low GI (glycemic index) such as oats, cereals, nuts, etc. While paddling, food and drink with high energy are good, such as sugary drinks or energy bars, biscuits etc. Don't make sudden or radical changes to your regular diet before the race.

Wear your water resistant and windproof paddling jacket if it is windy. If it is cold, wear a hat or a beanie – most of the body's heat loss radiates from the head. Warm, close fitting thermal layers, ideally made of polypropylene, polyester or wool is best for winter paddling as these fabrics continue to insulate when wet. Avoid cotton clothing for winter paddling.

In addition to PFD, food, drink and paddling attire, paddlers are required to carry the following items in a waterproof container- see "Rules and Conditions"

- An additional energy snack
- An extra thermal top layer
- A windproof/water resistant jacket (if not already wearing)
- Thermal emergency blanket



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POLICY, RULES AND CONDITIONS

The Race Director reserves the right to disqualify, refuse entry to, or impose time penalties for any breach of these rules.

Relay crews; please refer to **Murray Relay Challenge - Supplementary Information** earlier in this booklet for additional relay specific rules.

1. Entries

Entry to the Riverland Paddling Marathon (RPM) is granted on the condition that participant has correctly completed all of the following:

- An entry form to Murray 200 / 100 or Relay.
- Each paddler has signed an Event Entry Declaration.
- Each paddler has completed Medical information.
- Race fee and Donation is paid in full.

No entries will be accepted after the close of registration on the Wednesday immediately prior to the race unless circumstances are exceptional.

1.1 Boat Classes

The Riverland Paddling Marathon provides for International and Touring classes for competition craft as well as Recreational craft. All boat classes are as per the 'Defining Boat Classes' pages on the MCC website.

2. Paddler's Status

2.1 Competitive This is the usual status that a paddler receives upon entry to the Riverland Paddling Marathon. Paddlers with competitive status will have their time recorded, will receive a finishing medal upon completing their event and are eligible for recognition in both class placings and fastest recorded times.

2.2 Non-Competitive Paddlers with non-competitive status will have their time recorded, will receive a finishing medal upon completing their event, but will not be eligible for recognition in class placing nor best times. Paddlers with non-competitive status are still considered to be part of the Riverland Paddling Marathon and will continue to receive full safety backup throughout the event.

2.3 Disqualified Paddlers who are disqualified are no longer considered to be part of the Riverland Paddling Marathon from the time of disqualification. Disqualified paddlers will not have their time recorded, will not receive a finishing medal, are not eligible for recognition in class placing nor best time and may not receive safety coverage from the Riverland Paddling Marathon. There will be no refund of race fee or donation.

3. Withdrawals

Paddlers withdrawing shall hand in their canoe number to race officials at the checkpoint of withdrawal or to support boat officials. Failure to notify the officials may result in an unnecessary search for the withdrawn craft.

Any change of crew during a leg renders the craft non-competitive.

Once a craft has withdrawn, it will not be permitted to enter the Riverland Paddling Marathon that day, but may resume (as a non-competitive craft) on subsequent days. Any new substitute paddler shall complete the race indemnity form and pay an insurance levy if required. Paddlers who withdraw from the event and do not wish to continue will not be refunded race fee or donation.

4. Class Age Limit

4.1 Junior Classes (U16 & U18)

The paddler shall be at least 15 years old on the race day. The last time that a paddler may compete as Under 16 is in the year of their 16th birthday and the last time that a paddler may compete as Under 18 is in the year of

their 18th birthday. Paddlers under 15 shall apply in writing to the committee; the application shall include a letter of support from a coach or responsible adult. This application may be accepted at the discretion of the Race Director.

4.2 Veteran Class

The Veteran paddler shall turn 35 (or older) in the year of the event. The same criterion applies to all other veteran age divisions.

4.3 Open class,

The paddler shall be over 18 years in the year of the event.

5. Timekeeping

Times recorded for paddlers are elapsed times from the gun at their respective start to the paddler crossing the finish line. Except where stated elsewhere in these rules, adjustment of a paddlers time will render that paddler non-competitive. Paddler's time spent waiting at and in the locks will be deducted from their total time.

5.1 Best Times

Best times are recognised for all divisions of classes in the Murray 200, 100 and Relay Challenge events.

5.2 Dead Heats

Some competitors paddling together wish to record the same finishing time. If paddlers crossing the line together wish to be credited with the same time they should indicate this as they cross the finishing line or immediately on reaching the shore. This can only be the case on day one or day two.

5.3 Cut Off Times

Failure to pass checkpoints before the cut-off times listed in the race book will result in the craft being withdrawn from the water at that checkpoint. Providing this instruction is followed, the craft may re-enter the event the following day. Failure to abide by an instruction to withdraw will result in a disqualification for the remaining days of the event. The Race Director will consider that anyone disobeying an instruction to withdraw, is no longer a part of the race and safety backup may be withdrawn.

6. Craft

No exchange or substitution of craft is permitted except according to the rules for Relay Challenge. All craft shall have sufficient fixed buoyancy to remain floating when full of water. Buoyancy will be assessed during scrutineering and if found to be inadequate the craft will be automatically disqualified from the race.

7. Compulsory Equipment

For both Legal and safety reasons each paddler shall wear a Level 50 or 50S Personal Flotation Device (PFD) that complies with the Australian Standard during the Riverland Paddling Marathon at all times on the water or risk immediate disqualification.

Each paddler shall have the following:

- Pea-less whistle attached to PFD
- Sufficient food and drink to sustain the paddler between checkpoints,
- Canoe numbers (supplied) shall be visible on the craft. If lost or damaged a replacement cost of \$10 will be charged,
- Protective clothing and creams to avoid sunburn,
- Warm clothing as required,

- A thermal blanket and/or dry clothing in a waterproof container in case of emergency.

8. Scrutineering

All craft entered in the race shall be identified as having been "scrutineered" by displaying an official sticker.

9. Briefing

All events have a daily briefing which is compulsory for all paddlers. Paddlers and Land Crew should attend. The briefing times vary each day and are as indicated in the program.

10. Position on River

10.1 Starboard Shore

It is a requirement of the Harbours and Navigation Regulations (1994) in South Australia that all craft must keep to the starboard shore. All paddlers shall keep to the starboard (right hand) bank whenever it is safe and practical to do so. This means **KEEP TO THE RIGHT**.

10.2 Channel Markers

In order for shipping (and canoes) to avoid hidden obstacles, red and/or green channel markers are used to indicate the safe limits of a channel. For craft going downstream (that's us) keep the green triangles on your left and red squares on your right.

11. Overtaking

The leading craft has right of way at all times. The onus is on any overtaking craft to do so with safety. Wash riding of other competitors is permitted.

12. Rendering Assistance

In the event of capsizing; **at least one** passing paddler/crew must stop to render assistance and not proceed until the capsized craft paddler/s is/are back in the craft and underway. Event officials would prefer two paddlers/crews to provide assistance to paddlers/crews who have capsized or otherwise are considered to be in difficulty. Any paddler who renders assistance to another paddler in difficulty may apply to the Race Director for an adjustment (deduction) to their race time without change to the paddler's competitive status.

13. Portage

Since 2011 for safety reasons portage around the locks has not been allowed.

14. Protests

Protests shall be addressed in writing to the Race Director within one hour after the paddler completes or withdraws from the Riverland Paddling Marathon. This shall be accompanied by a \$20 fee, which will be refunded if the protest is upheld.

15. Land Crews

No entry will be accepted without a land crew except relay teams who can land crew for themselves. The land crew must undertake to provide assistance for their paddler at the start, major checkpoints, finish and be prepared to pick up their paddler should he/she withdraw for any reason.

15.1 Volunteer Drivers – Disclaimer

While it is a race condition that all competitors are supported by their own ground crew, a situation may arise when a competitor appeals for a volunteer to drive a vehicle during the Riverland Paddling Marathon. In such a case the Race Director or Race Officials wherever possible will make announcements for paddlers or ground crew who are looking for a volunteer. Any such arrangements are wholly between the vehicle owner and

any person who offers to act as driver. The Marathon Canoe Club of SA Inc. will not take any responsibility for any damage or loss sustained by a vehicle owner or a volunteer driver. It is the responsibility of the volunteer driver to ensure that the vehicle they are being asked to drive has appropriate insurance cover.

16. Consideration for Others

At all times paddlers and their crews are expected to consider the rights and feelings of others. In response to feedback, it is expected that all campers will be quiet by 11.00pm at Martins Bend (Berri) on the Friday and by 10.30pm at the Marathon Camps (Moorook, and Waikerie) on the other days. Failure to show such consideration is likely to result in penalties.

17. General

The Race Director reserves the right, for whatever reason, to shorten or abandon the Riverland Paddling Marathon and to make subsequent decisions regarding results and placings, the awarding of medallions and trophies.

All paddlers must obey all directions given by Race Officials. In the event of a cancellation prior to the start, an attempt to contact every paddler will be made.

Policy Regarding Race Cancellation

The Race Director will not cancel the Riverland Paddling Marathon unless Extreme Circumstances prevail. It is stressed however, that individuals have the right and the responsibility to withdraw at any time if the situation demands it. This may be due to such situations as illness, injury, fatigue, wind or cold.

If competitors withdraw during a day's paddling it is advisable to do so at a checkpoint or emergency evacuation point. If this is not possible, wait in a visible position on the riverbank until a safety boat arrives. Emergency evacuation points are located at approximately 10km intervals (see maps earlier in this document) and will be staffed by event officials.

Refund Policy

Refunds may be made if entrants are unable to commence the race. Notification of withdrawal up until the Start of the Riverland Paddling Marathon *may* result in a refund of entry fee portion but NOT the donation. No refund will be available to entrants who withdraw after the events have started. Entrants wishing to withdraw should contact the Race Secretary or Race Director.



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AWARDS AND INCENTIVES

In addition to the regular class & age category prizes, the Riverland Paddling Marathon offers a number of incentive awards.

C2 MEN'S OPEN - RICHARD BRAYNE MEMORIAL TROPHY.

Paddlers in the **Murray 200 C2 Men's Open** will again be competing for the C2 Richard Brayne Memorial Trophy, which is presented perpetually with a replica retained by the winners each year. The trophy is to celebrate the life of Richard Brayne who died suddenly in December 2001. He and John Hammer set the fastest time for the Murray 200 C2MO in 1990, which held for 22 years. We would again like to thank Gerry, Flo and family for their thoughtful gesture in donating this award.

Trophy winners:

2002	Rod Clark & Terry Culbertson	time	22:28:35
2003	Rod Clark & Tony Bond	time	21:14:54
2005	Rod Clark & Fred Tanner (MV45)	time	20:59:06
2007	Fred Tanner & Peter Carr	time	22:19:19
2011	R. French & N. Seelander(MV45)	time	18:23:41
2012	R. French & N. Seelander	time	17:24:00
2013	R. French & N. Seelander	time	21:13:44
2013	R. French & H. Stewart	time	20:33:24



THE JUNIOR INCENTIVE PRIZE

All Junior paddlers (entered in the 200, 100 or Relay) will be considered for this prize. The Award is presented to the paddler whose performance during the RPM and their commitment to Marathon paddling is notable. The recipient is selected at the discretion of the Race Director and Race Secretary. **The Incentive prize is a \$200 voucher for paddling gear.**

The winner in 2014 was Fergus Clarcken

Junior paddlers who are under 15 on Jan 1st this year must apply in writing to the Committee to participate in the race. The application must include a letter of support from a coach or other responsible adult. The application may be accepted at the discretion of the Race Director.

MURRAY 200 "HALL OF FAME"

~ 4000 km ~

Bill Robinson (Victoria) 21 events

The following paddlers have received plaques for completing at least ten Murray 200 events:

~ 2000 km ~

Fred Lamprecht	12 events
Neil Richardson	12 events
John Hales	11 events
Ted Jackson (QLD 1921-2006)	11 events
Leo Hosi (Victoria)	11 events
Roger Magor	10 events
Graham Mitchell	10 events
Rod Clark (Victoria)	10 events
Graeme Bowes (Victoria)	10 events
Gerald Wilson (Victoria)	10 events

The following paddlers have received medals for completing at least five Murray 200 events:

~ 1000 km ~

Bill Griffin	9 events
Ron Blum	5 events
Tony Peach (Victoria)	5 events
Stewart Rock (Victoria)	5 events
Graham Voss	5 events
Phillip Williams	5 events
Emily Rozee	5 events

~ Murray 100 Medal ~

This new medal is for paddlers who have completed 11 or more Murray 100 races

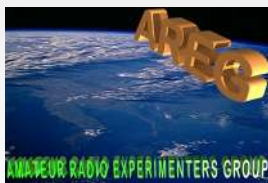
If you have qualified or expect to qualify for any award this year, then please advise the RPM committee.

Outstanding Paddler Trophy

This trophy has been donated by Gerry Brayne and will be awarded by the Race Director and Race Committee to the Paddler who has been outstanding in their RPM event.

The 2014 winner was Bill Robinson





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