

2023 New Zealand Canoe Marathon National Championships

20 - 21 May, Waitemata Canoe and Multisport Club

Waitemata Canoe & Multisport Club are proud to host the 2023 New Zealand Canoe Marathon National Champs on the 20th & 21st May 2023.

We look forward to welcoming kayakers of all ages and abilities from around NZ to compete in marathon distance racing. Can you go the distance??

What is Marathon racing?

The sport of canoe marathon is a true test of a paddler's tactics, endurance and athleticism. Similar to a running marathon, it is a long distance, endurance event- standard races can be up to 30km on a flatwater course, often with regular portages where the paddler must carry the kayak.



About the event

The 2023 NZ Canoe Marathon National Championships will include both individual and team boat marathon races on Henderson Creek in Te Atatu Peninsula, with distances ranging from 3km up to 29km, depending on age group/divisions. Age groups range from Under 12s up to Masters (70year+) and is open to Kayaks, multisport craft and ocean skis/surfskis. There is also a recreational division. Individual craft races will be held on Saturday, followed by team boat races on Sunday.

Event Schedule:

	Saturday 20th May – Singles	Sunday 21st May- Team boats
Registration	6.30-7.30am for seniors From 10am for U12/14/16 and recreational paddlers	7.00am
Briefing	7.30am for seniors 10.15am for U12/14/16 and recreational paddlers	7.30am
Race start	From 8am for seniors (see wave times below) 10.30am for U12/14/16 and recreational paddlers	From 8.00am (see wave times below)
Prizegiving	As soon as possible following the completion of racing.	

Entry details:

[Enter online here](#)

There will be no on the day entries, unless previously arranged with Event Manager

For more information, contact:

Event Manager: Sean Murphy 021 482 006



The Race Course

The Race course shall start and finish off the Pontoon. Both the start and finish will be on the water. The course is made up of a long lap approx. 4km, with a first short lap of 3km. There are no portages on the first lap, nor the last lap.

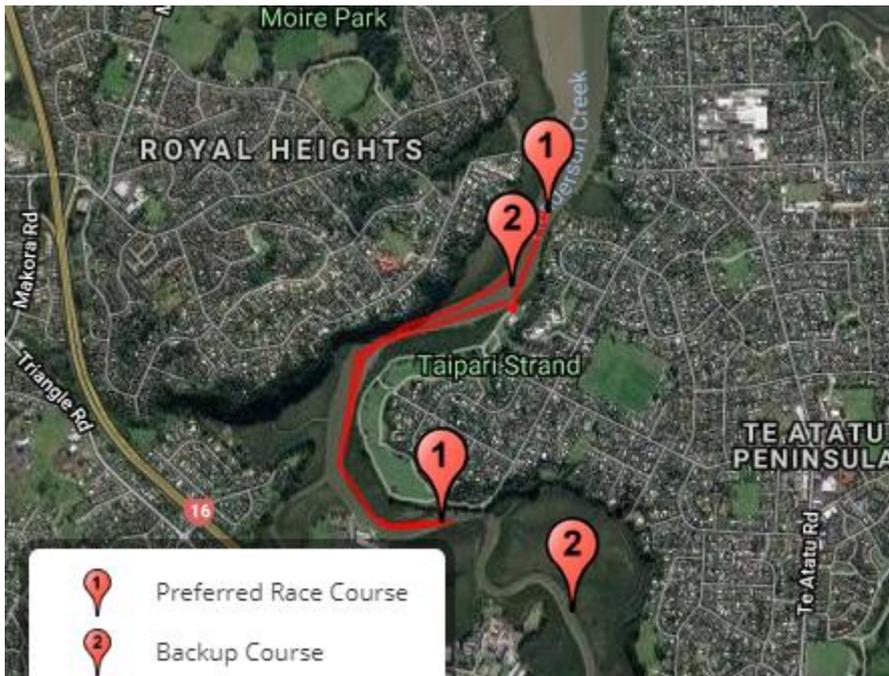
From the start, paddlers will race up river to the first turning buoy which will be located approximately 1.5km upriver from the pontoon. Paddlers will turn anti-clockwise, keeping to the right of the buoy. They will head back up towards the start/finish line- this will constitute the first 3km lap. No portage here.

Competitors will race through to the second turning buoy, which will be located mid river approximately 500m north of the pontoon. They will turn anticlockwise, proceed back upriver to the first buoy and back down to the pontoon where the paddlers will portage* off the pontoon and up the jetty then back down into the water off the boat ramp. This will constitute the second (4km) lap.

All following laps include a portage, except the last lap.

**not all divisions will portage. See division details below.*

The following Course Map shows the preferred course with turning buoys marked as 1.



Alternate course: If river and weather conditions are adverse then the backup option is to shorten the northern turning buoy to just off the pontoon and extend the upriver segment of the course up river, up to 1km. This will entirely be dependent upon the conditions on the day and a call on this will be made by 7.30am on each day by the event manager.

Portage Layout

Paddlers will portage off the pontoon and up the jetty then back down into the water off the boat ramp.

The following map shows the Portage layout for the races;



Race Divisions, Start times & Lap/Portage Details

<i>Saturday 20 May- K1/Single boat racing</i>					
Event/Divisions	Distance	Total Laps (Incl. first 3km lap)	Full Laps(4km)	Portages	RACE START TIMES
WAVE 1					
K1 Open Men	27km	7	6	4	8-00AM
WAVE 2					
K1 Open Women	23km	6	5	3	8-01AM
K1 U23 Men	23km	6	5	3	8-01AM
WAVE 3					
K1 Junior Men U18	23km	6	5	3	8-02AM
K1 U23 Women	23km	6	5	3	8-02AM
K1 Masters Men 35-39	23km	6	5	3	8-02AM
K1 Masters Men 40-44	23km	6	5	3	8-02AM
K1 Masters Men 45-49	23km	6	5	3	8-02AM
K1 Masters Men 50-54	23km	6	5	3	8-02AM
WAVE 4					
K1 Junior Women U18	19km	5	4	2	8-03AM
C1 Women	19km	5	4	2	8-03AM
K1 Masters Men 55-59	19km	5	4	NP	8-03AM
K1 Masters Men 60-64	19km	5	4	NP	8-03AM
M/S and Ski Men & Women	19km	5	4	NP	8-03AM
WAVE 5					
K1 Masters Women 35-39	15km	4	3	NP	8-04AM
K1 Masters Women 40-44	15km	4	3	NP	8-04AM
K1 Masters Women 45-49	15km	4	3	NP	8-04AM
K1 Masters Women 55-59	15km	4	3	NP	8-04AM
K1 Masters Women 60-64	15km	4	3	NP	8-04AM
K1 Masters Women 60-64	15km	4	3	NP	8-04AM
K1 Masters Men 65-69	15km	4	3	NP	8-04AM
K1 Masters Men 70+	11km	3	2	NP	8-04AM

K1 Masters Women 70+	11km	3	2	NP	8-04AM
WAVE 6					
ALL Recreational Craft	7km	2	1	NP	10-30am
U16 & U14 K1	7km	2	1	NP	10-30am
U12	3km	1	0	NP	10-30am
	NP: No portage for the following classes.				

<i>Sunday 21st May- K2/Team boats</i>					
Event/Divisions	Distance	Total Laps (Incl. first 3km lap)	Full Laps(4km)	Portages	RACE START TIME
WAVE 1					
K2 Open Men	27km	7	6	4	8-00AM
WAVE 2					
K2 Open Women	23km	6	5	3	8-01AM
K2 U23 Men	23km	6	5	3	8-01AM
K2 Junior Men U18	23km	6	5	3	8-01AM
K2 U23 Women	23km	6	5	3	8-01AM
K2 Masters Men/Women Combined Age Under 110yrs	23km	6	5	3	8-01AM
WAVE 3					
K2 Masters Men/Women Combined Age Over 110yrs	19km	5	4	NP	8-02AM
Double Ski/MS	19km	5	4	NP	8-02AM
K2 Junior Women U18	19km	5	4	2	8-02AM
	NP: No portage for the following classes.				

On-water Safety:

- There will be on-water safety boats on the course area to conduct rescues if required and ensure compliance of rules.
- Personal Flotation devices must be worn by paddlers in the U12 division, or paddlers who cannot swim.