

CEDRIC AVERY WINTER SERIES MINI-MARATHON | **THE LEGACY CONTINUES 2025/26**

Location: Rickmansworth Sailing Club, WD3 9YB | **Distances:** 2.4KM, 5.6KM, 10.4KM |
Format: Hunter VS Hunted - Chase The Pack | www.thesharks.org.uk



The Harefield Mini-MaraFUN is back — bold, defiant, and ready to test the spirit of paddlers across the region.

This isn't just racing. It's a movement that carries us through the winter, pushes us beyond our limits, and builds the next generation of paddlers. On this water, every race matters, every rivalry counts, and every effort fuels something bigger.

- **Challenge Yourself** — fight for PBs, test your endurance, and take on the winter head-on.
- **Develop Together** — race side by side, push your teammates, and grow as a squad.
- **Race for Legacy** — your efforts fuel your club's tally, your progress inspires others, and your story helps shape the future of paddlesport.

The Cedric Avery Winter Series isn't just about who's fastest — it's about who dares to show up, step forward, and define their winter. Together, we race. Together, we grow. Together, we write the next chapter of Cedric's legacy.

Race Format:

Chase the Pack - Be the Hunter *and* the Hunted! Every paddler will be **seeded** based on previous race times (or estimated ability if new). This creates a race that's always alive with rivalry and energy:

- You'll always have someone **ahead to chase down**
- And someone **behind, fighting to catch you**

This isn't just a time trial — it's a **living, breathing pursuit** where every stroke counts. The thrill of being hunted. the **fire of closing the gap**.

No paddler is ever left alone on the course.



Winter Series Dates:

October 31st - Series Start | November 29th | December 27th |
January 31st | February 28th | **March 28th – Series Finale (Prize Giving)**

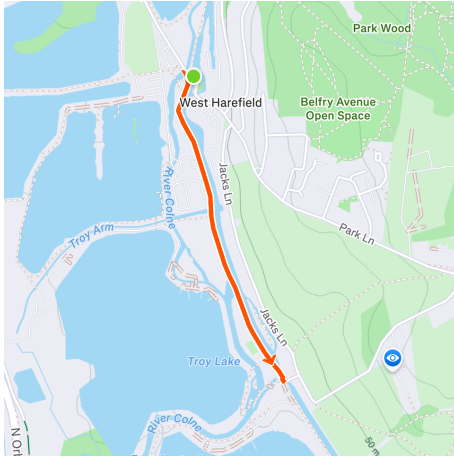
Choose your distance:

- **The Starter 1.5 miles (2.4km)** – No portages, perfect for new paddlers.
- **The Challenger 3.5 miles (5.6km)** – A great challenge with 2 portages.
- **The Legendary 6.5 miles (10.4km)** – 5 portages and a real test of endurance.

Control Opens: 10:00 AM | Race Start 11:00 AM

The Courses:

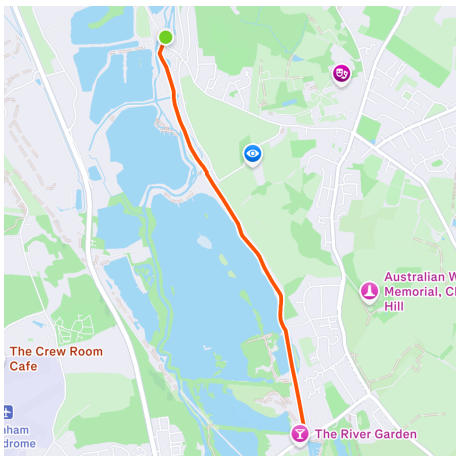
Each course is designed to challenge, inspire, and reward paddlers at every level. Choose your distance, chase your rivals, and set your mark against the fastest times from last year.



1.5 MILES (2.4KM) – The Starter

Out-and-back to **Black Jack's Lock**. A scenic stretch of canalised river with wildlife, bridges, and countryside backdrops.

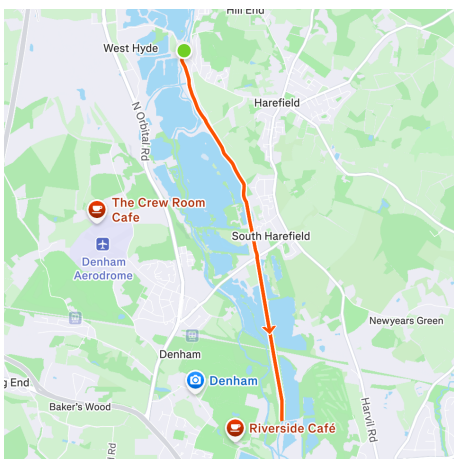
- **Perfect For:** New paddlers or those racing in *Lightnings, SUPs, Mini-K2s, GPs, or Slalom boats*.
- **Strava Map >>>**
- **Fastest Times (2025):**
 - 25:12.77 – Senior Slalom Women
 - 29:10.00 – J12 K1 Lightning



3.5 MILES (5.6KM) – The Challenger

Portage **Black Jack's Lock**, then paddle into winding, tree-lined waters before bursting into a semi-urban riverside stretch, turning back at **Wildwater Lock**.

- **Ideal For:** Paddlers stepping up into Racing *Kayaks/Canoes, Touring Craft, WWRs, or SUPs*
- **Strava Map >>>**
- **Fastest Times (2025):**
 - 38:56.94 – J14 K1M
 - 38:04.99 – C2 Men



6.5 MILES (10.4KM) – The Legendary

Push to **London Lane Horseshoe Bridge** near Ickenham. A long, straight grind under the HS2 bridge tests stamina and focus. Chase down rivals, hang onto a wash, and fight fatigue – the toughest test of grit and glory.

- **Strava Map >>>**
- **Fastest Times (2025):**
 - 52:44.00 – J18 K1M
 - 73:59.98 – Vet 55

All Craft Welcome!

You don't need to be an expert or own a top-tier boat – **this series is for everyone**. Bring your own craft or borrow one on the day – just turn up and paddle!

- **Junior Craft:** Lightnings / Minis / Mini-K2s / Other...
- **Racing Kayaks:** K1s / K2s
- **Racing Canoes:** C1s / C2s
- **Paracanoe:** Kayak / Va'a (Outrigger Canoe)
- **Specialist Composites:** Slalom boats / Wild Water Racers / Surfskis
- **Recreational Boats:** General Purpose Kayaks / Open Canoes / Sit-on-Tops / Plastic Boats
- **SUPs** (Stand Up Paddle Boards)

If you'd like to borrow a boat, please let us know in advance.

Who Can Enter?

Everyone. From complete beginners to confident competitors, the Cedric Avery Winter Series is designed to be **open, inclusive, and supportive** – whether you're chasing medals, building club points, or simply enjoying a fun race on the water.

Race Categories:

This series is open to **all paddling crafts** – from high-performance racing kayaks to recreational boats. Categories ensure that every paddler has a place to compete, challenge themselves, and grow.

- **Kayak Singles (K1):** Men / Women / None-binary
 - **Canoe Singles (C1):** Men / Women / None-binary
 - **Canoe Doubles (C2):** Men / Women / Mixed / None-binary
 - **Kayak Doubles (K2):** Men / Women / Mixed / None-binary
 - **Paracanoe – Kayak:** KL1 / KL2 / KL3
 - **Paracanoe – Va'a:** VL1 / VL2 / VL3
 - **Specialist Composites:** Slalom boats / Wild Water Racers / Surfskis
 - **Recreational Boats:** GPs, Sit-on-Tops, Minis, Lightnings, Plastic Kayaks
 - **SUPs (Stand Up Paddle Boards):** Men / Women / None-binary
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Age Categories

Junior 8 | J10 | J12 | J16 | J18 | Under 23s
Seniors | Masters 35 | M40 | M45 | M50 | M55 | M60
Vets 70 | V80 | V90 | V100+

*Categories are based on your age from **1st January each year**.*

The Cedric Avery Winter Series Club Shield

The pride of every paddler. The glory of every club.

The **Cedric Avery Winter Series Mini-Marathon Shield** is awarded to the club with the most accumulated points across the whole series.

- Every paddler's points **add to their club total**.
- More paddlers = more chances to score.
- Mix crews? No problem — we can organise **K2s, C2s, and shared boats** if needed.

Big or small, every club has a chance to climb the leaderboard. It's about testing yourselves, supporting each other, and bringing more paddlers into the sport. Rival clubs will be pushing hard — so gather your team, come race, and see how far you can go together.

🌟 **Certificates for all finishers**, with your recorded times throughout the season — track your journey, show your progress, and celebrate the effort.

This is more than racing. It's about **club tenacity, development, and shared competition** — coming together through the winter to challenge, grow, and celebrate paddlesport.

Prizes & Awards

🏅 **Medals** will be awarded at the series finale to the fastest paddlers and top points scorers in each age category and craft.

🏆 **Trophies** for the overall fastest Men's, Women's, and Non-Binary paddlers across each distance and craft.

🛡️ **Clubs** will also compete for the coveted **Cedric Avery Winter Series Mini-Marathon Shield** — earned through determination, teamwork, and points accumulated across the series.

📜 **Certificates** will be awarded to all finishers at the final, showing their recorded race times throughout the season — a lasting record of progress and achievement.

🌟 **Special Shoutouts** for paddlers who stand out!

Facilities & Refreshments

- **Parking:** Troy Lake, Rickmansworth Sailing Club, WD3 9YB. From here, paddle down the Troy Cut to the Grand Union Canal, turn left, and follow the water up to the start line at Coppermill Lock.
- **Boat Drop-Off:** Coy Carp Pub, Copper Mill Lane, Harefield, UB9 6HZ. (Parking at the pub is for customers only and ANPR monitored.)
- Need a **warm drink or a post-race bite?** The **Coy Carp Pub**, right next door, serves excellent teas, coffees, cakes, and food — all overlooking the canal and the river as the action unfolds.

Personal Safety & Event Safety

Racing hard doesn't mean racing careless — in this series, **safety is part of the challenge**. Every paddler has a role to play: protecting yourself, respecting the river, and looking out for each other. That's how we race.

Buoyancy & Boats

- **Under 18s:** Buoyancy aids are compulsory.
- **Adults:** Strongly advised to wear buoyancy aids — self-assessment applies.
- **Boat Buoyancy:** Every boat must have airbags or equivalent fitted to ensure recovery. Random checks will be carried out to maintain standards.

Courses & Support

- **Starter (1.5 miles):** Designed for juniors and new paddlers. Supported with on-water safety and bankside escort all the way to Black Jack's Lock and back.
- **Challenger (3.5 miles) & Legendary (6.5 miles):** No dedicated safety boats. Here, the code is simple: *paddlers look after paddlers*. If someone capsizes or shows distress, you stop to check. If they're fine, race on. If not, you help. **That is non-negotiable.**

The Weir

- A defining feature of this course and one to be treated with respect.
- **Starter race:** avoids the weir completely, starting and finishing below.
- **Challenger & Legendary races:** cross above the weir with safety cover in place. You may choose to run the flow or portage — the decision is yours.

Portages & Footwear

- Portages are part of the race. Surfaces can be rough: gravel, mud, nettles, even glass.
- Solid footwear is essential — shoes with proper soles that can handle the ground.

Winter Conditions

- This is winter racing: dress for the season. Thermals, spray decks, hats, and reliable shoes will keep you safe and comfortable.
- At the finish, warm kit and blankets will be on hand for anyone dealing with cold or fatigue.

The Ethos

Safety isn't separate from racing — it's woven into the spirit of the Cedric Avery Winter Series. We race hard, we race fair, and we race together.

Entry & Payment

- **Entry Fee:** £7 per paddler, per seat, per event
- **Payment:** Cash or card on the day
- Pre-registration & Questions: canoeing@thesharks.org.uk

Bank Details

Account Name: The Sharks Sports Group CIC

Account Number: 67417911

Sort Code: 08-92-99

Organiser Details

Club: The Sharks

Organiser: Grant Underwood

Email:

Phone: 07951 770241

Address: 3 Nettleton Drive, Upper Heyford, Bicester, OX25 5TP

Build the Legacy

The Cedric Avery Winter Series Mini-Marathon is more than a race series — it's a legacy in motion. By taking part, you're not only chasing medals and points; you're shaping the sport for today and the next generation.

Every stroke builds resilience. Every race builds confidence. Every paddler builds the community. From first-timers in lightnings to seasoned competitors chasing gold, this series unites us all in one cause: to challenge, to grow, and to celebrate paddlesport.

At the finale, medals, trophies, and the coveted Club Shield will be awarded — but the true prize is the journey you take, the rivalries you forge, and the memories you carry forward.

This is grassroots sport at its boldest.

This is about inclusivity, rivalry, and shared development.

This is about building the future of paddlesport, together.

Be bold.

Shape the story.

Become the legacy.

www.thesharks.org.uk