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## Event Overview

Two day race format - Nov 7<sup>th</sup> (long course) & 8<sup>th</sup> (technical course) SUP & Prone

Open all ages

U16

Seniors 28 – 35

Masters 35 – 49

Grand Masters 50+

One entry fee includes both races £35 all age categories over 16yrs

£20 for all under 16 yrs

Online entry only - [www.oceansportscentre.co.uk/events](http://www.oceansportscentre.co.uk/events)

**No entry's on the day**

Paddle clinics

Science in Paddle Sports Talk: Optimising Performance

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## Format

Building upon the success of the Euro Tour St'Ives Bay Celtic Cup the Ocean Sports Centre at Carbis bay will provide the venue for this years BSUPA National Championships - a selection event for next years ISA worlds. Aside from being a stunning location, we know because Jim Terrell said so! Carbis bay provides conditions suited to the developing paddler while able to push the best of the elite field.

The aim of the event is to mirror likely conditions and race formats faced at previous World Championships. What makes Carbis Bay special is not just its golden sand but the variety of conditions within close proximity of the beach. It can be flat within the bay, while ocean swells run past the sheltered cove toward Hawkes point providing a perfect rolling wave. Head toward the the town to the west and 200m runners can be chased along the harbour wall - while beyond the 'Island' the full force of the Atlantic can be felt giving race organisers plenty of options on race day.

Aside from selecting future National team athletes the event ethos aims to promote inclusion and developing skill and knowledge within the broader paddling community. Ocean skill workshops, board demo's and the influence of sports science will all form part of the event. If this isn't enough to take a weekend down South Carbis bay itself has one of the most spectacular views from its Cafe in St'Ives.

## IMPORTANT NOTICE - PLEASE READ BEFORE COMPLETING ENTRY FORM

In accordance with I.S.A Ruling all competitors wishing to enter BSUPA National SUP & Prone Championships must hold a valid British Passport.

Competitors are required to be a member of BSUPA. If they are not yet a member or membership needs renewing please visit: [www.bsupa.org.uk](http://www.bsupa.org.uk)

### Age Categories

Ages are taken from January 1st in the year of participation

e.g A Under 16 competitor must be 15 or under on January 1st in the year of competition.

### Terms & Conditions

- On-line entry will be available from 10am Sunday 21st September until Friday 6th November at 8pm 2015
- Entry fee's are non refundable
- Individuals cannot give their entry to another if they decide not to compete.
- Age of individual shall be taken from 1st of January of year of participation.
- All Competitors will be sent Schedule of Events and Criteria, once payment for entry has been confirmed

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## Event Overview

### Saturday 7<sup>th</sup> main long course (18km)

The six kilometre looped endurance race will follow a similar route to Euro Tour race turning within the heart of the town in clear view spectators. The course will entail only three turns maximising technical speed and endurance. Both the start and finish will be held on the beach at Carbis Bay. Ultimately the direction of travel around the course will be dictated by the prevailing wind conditions to maximise the longest down wind route.



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## Age Categories

To ensure a large domestic contingent we will also include a age related race categories - to maximise impact all age groups will start together. Classification will follow previous National event categories of Junior (shorter 6km course), Open (18km) and Masters (12km).

Divisions within main competition for Men and Women are as follows:

Jnr Under 16 Boys & Girls

Open all ages

Seniors 28 – 35

Masters 35 – 49

Grand Masters 50+

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## 12'6" Cruiser Class

The event will also have a cruiser class mixing it up with the best - although the emphasis is on fun and meeting new people. The cruiser class start at the one minute behind the racing board classes and will follow the same course but will complete only one 6km lap.

## Sunday 8<sup>th</sup> Technical (6km)

A short, fast and tight course within Carbis Bay for SUP and prone paddlers. The two kilometre course will follow an 'M' shape format with run transitions - all age categories will race at the same time with slightly staggered starts. Open will (male & female) will complete the full six kilometre with three two kilometre loops interspersed with short run transitions. Junior and cruiser classes will follow the same route however, they will start 30 seconds behind completing only one, two kilometre loop.

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### Car Parking Options

To view the Google map or use Google Street map to tour the area - [click here](#)

- Carbis Bay Hotel Beach Car Park: A daily rate applies. Parking right next to the beach. Very busy during high season ([Street map Link](#))

- Carbis Bay Branch Line Train Station Car Park - a small pay and display car park with a capacity of 20 cars close to the beach ([Street map Link](#))

- Porthrepta Road Council Car Park - up a steep hill from the beach, room for 200 cars, pay and display. Charge applies ([Street map Link](#))

- St Anta Church: On Porthrepta Road, during peak weeks, offers car parking for a small charge per day ([Street map Link](#))

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### Event Time Schedule

#### Saturday 7th

Event	Time
Registration (open from)	0930
Race Briefing	1100
Race Start	1200
Science in Paddling Forum, board demo & ocean skills workshop	1400

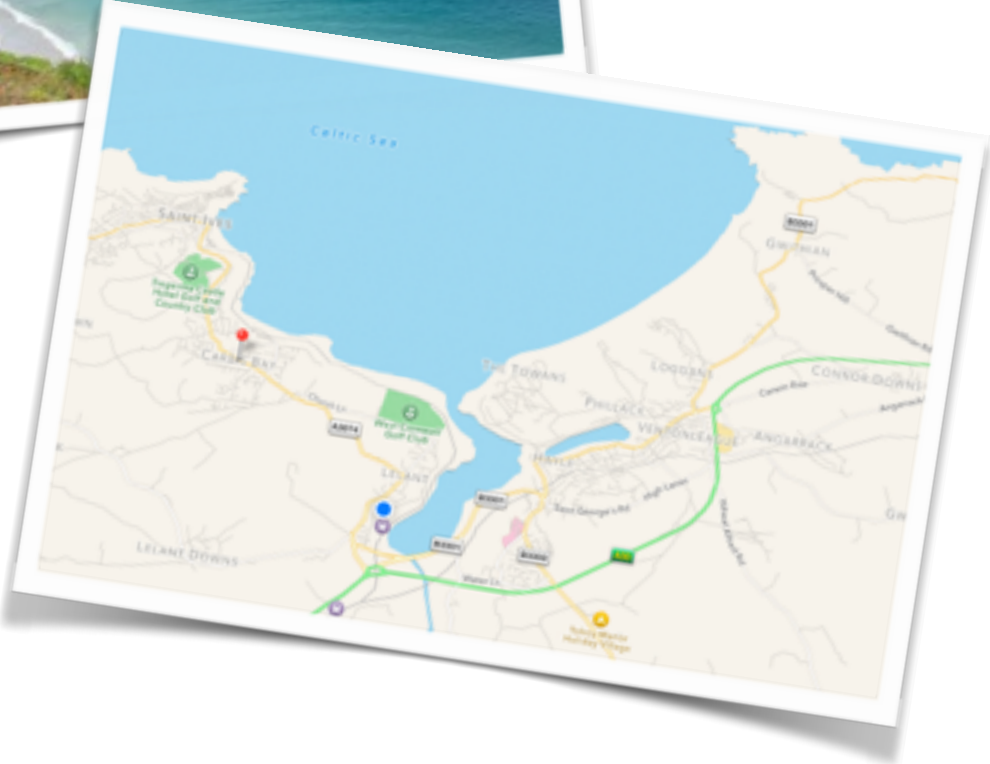
#### Sunday 8th

Event	Time
Registration (open from)	0900
Heat draw & Briefing	1000
Heat 1*	1045
Heat 2*	1145
Final	1400

\* number of heats dependent upon entrants

Where is it?

We are here! possibly one of the most beautiful small coves in St'Ives.



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## How to get there?

### Road

Road links are very good to St Ives with several options to choose from generally routes from London will either take the slightly less direct motorway option via the M4 and M5 or the more scenic A303 taking you past Stonehenge and the stunning Dorset coastline - both options ultimately converge with the A30 (the main road into Cornwall) at Exeter. Travel time from London (288 miles) can take as little as 4hrs 34 min, airport routes listed above range from Brighton (5hrs 36 min), Cardiff (3hrs 54 min), Bristol (3hrs 30 min) Exeter (1hr 54 min) and Newquay (45 mins).

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## Where to stay?

As a tourist destination St Ives (including Carbis bay) has a huge selection of accommodation depend upon budget and preference ranging from the heart of the town to more secluded rural spots.

### Hotel

#### In Carbis Bay

Carbis Bay Hotel ([click here](#))

Boskeris ([click here](#))

Borthalan ([click here](#))

The Atlantic ([click here](#))

### Apartments

#### In Carbis Bay

Carbis Bay Hotel Apartments ([click here](#))

#### In St Ives

### B&B

#### In Carbis Bay

Coast ([click here](#))

Headland ([click here](#))

Hawkes Point ([click here](#))

### Camping

Hellesveor Holidays: Caravan & Camping ([click here](#))

Polmanter Caravan & Camping ([click here](#))

Higher Pendaleath: Caravan & Camping ([click here](#))

Ayr ([click here](#))

For more information about accommodation or St Ives try these two sites:

St Ives Tourism Association ([click here](#))

Visit St Ives ([click here](#))