



ENDEAVOUR (Four Stages)

Is open to all-male, female or mixed crews, of any nationality, aged 18 years or over on the 1st of January in the year of the race.

Day 1	Devizes to Newbury	34 miles	Good Friday
Day 2	Newbury to Marlow	36 miles	Easter Saturday
Day 3	Marlow to Teddington	38 miles	Easter Sunday
Day 4	Teddington to Westminster	17 miles	Easter Monday

Crews must report on day one for Kit Check one hour prior to intended start time

In addition to clothing worn by crews at the start, the following SERVICEABLE equipment must be carried, crews will not be allowed to start without these items. This kit will be inspected at the start and may be inspected at the finish; it may also be inspected at any point or points along the course, for which a time allowance may be given. Penalties will be imposed in respect of items missing.

QTY	ITEMS	PENALTY
1 per person	Plastic (not foil) survival bag (not space blanket) 78" x 30"	30 minutes
1 per person	Complete tracksuit/thermal underwear to fit (with sleeves)	30 minutes
1 per person	Whistle – attached to buoyancy aid	20 minutes
200gms p.p	Chocolate or equivalent weight in energy bar(s)	20 minutes
300mls p.p.	Emergency drinking fluid	20 minutes
1 per person	Head covering capable of covering the ears (wool/thermal)	10 minutes
1 per person	Spraydeck (kayaks only) Above Teddington Below Teddington	10 minutes Disqualification

Start times are as follows:

Devizes	0700 - 1000	As directed
Newbury & Marlow	0900 - 1000	As directed, at intervals, slowest first.
Ham	Around High Tide, exact times to be advised during weekend. Paddlers must go through the Control Gate at Thames Young Mariners	As directed

Finishes

Friday	Newbury	Finish canal right at the Northcroft Leisure Centre
Saturday	Marlow	Finish river right at Longridge Scout Camp.
Sunday	Ham	Finish river right at Thames Young Mariners
Monday	Westminster	The Finish Line is river right below Westminster Bridge

Crews should not stop paddling until they hear the finish signal; an air-horn, bell or whistle.

Crews finishing more than 10 hours after their start time will not be permitted to start again on the following day and will be deemed to have retired.

Crews may either leave the course between each day's racing or camp on site. Those using the sites will rise in time to pack up, clean their quarters and place all refuse in the bins.