

2019 ICF | LONDON CANOE | SLALOM | WORLD CUP



LEE VALLEY, LONDON

14-16 June 2019

ITO BULLETIN 1

1 WELCOME



On behalf of British Canoeing and all our partners, I cordially welcome all participants to the 2019 ICF Canoe Slalom World Cup, London. It is our pleasure and privilege to welcome you.

We are proud to play our full part in the world wide community of Paddlesports. International events are at the competitive heart of the current British Canoeing Strategy with the UK already committed to building on the World Cup by hosting the 2020 ECA Canoe Slalom European Championships and the 2021 ICF Canoe Freestyle World Championships. We have ambitious plans for the growth of our sport nationally and internationally well into the 2020s.

British Canoeing has secured the full support of many key partners and agencies amongst whom we are pleased to thank in particular the UK Government through UK Sport, Lee Valley Regional Park Authority and Lee Valley White Water Centre.

The UK has proven success in delivering ICF Slalom events and continues to invest in infrastructure and resources to build on experience gained to date. We share a desire to work with the ICF to build on the London 2012 Olympic legacy and it is our earnest desire to see the ICF World Championships return to Lee Valley in the next Olympic cycle.

The hosting of the World Cup will provide the opportunity for international athletes to be challenged and excel on this first class course. In addition, it will provide a platform for the further development of grassroots paddling, the emergence of a new generation of committed paddlers and the promotion of wider public awareness, engagement and participation.

We are committed to ensuring the event is a great success and wish to ensure participants have the most positive of experiences.

Kind regards

A handwritten signature in black ink, which appears to read "John Coyne". The signature is written in a cursive, flowing style.

Professor John Coyne CBE
Chair, British Canoeing

2 GENERAL INFORMATION

2.1 Event title

2019 ICF Canoe Slalom World Cup, London

2.2 Event dates

Training period Monday 10 to Thursday 13 June 2019

Competition Friday 14 to Sunday 16 June 2019

2.3 Venue name/address

Lee Valley White Water Centre (LVWWC)

Station Road

Waltham Cross

Hertfordshire

EN9 1AB

www.gowhitewater.co.uk

2.4 Key Contacts

Event Director	Gemma Wiggs	events@britishcanoeing.org.uk
Technical Manager	Colin Woodgate	colinwoodgate@btinternet.com
Finance	Susan Hicks	finance.dept@britishcanoeing.org.uk
Accommodation	Lucy Williams	canoeslalomWC@cseplc.com
Transport	Lucy Williams	canoeslalomWC@cseplc.com
Media	Rob Knott	mediaenquiries@britishcanoeing.org.uk
Sponsorship	Gareth May	gareth.may@britishcanoeing.org.uk
Accreditation	Kellie Hathaway	kellie.hathaway@britishcanoeing.org.uk

British Canoeing +44 (0) 300 0119 500
National Water Sports Centre, Adbolton Lane, Holme Pierrepont,
Nottingham, NG2 2LU

Event website www.britishcanoeingevents.org.uk

3 LOCATION

Lee Valley White Water Centre is part of the Lee Valley Regional Park which stretches 26 miles along the leafy banks of the River Lee. The Lee Valley runs through London, Essex and Hertfordshire and includes London 2012 venues, heritage sites and over 10,000 acres of parkland. Just 40 minutes from the centre of London, Lee Valley White Water Centre is not only one of the best Canoe Slalom venues in the world but perfectly located for visitors to enjoy the capital city.

3.1 Location of airports, rail network and roads to the venue/city

By Air

London is one of the world's best-connected cities. With 5 international airports serving over 300 destinations, high-speed rail links to continental Europe and an extensive public transport network, London can effectively accommodate all participant and spectator needs no matter how they choose to get here.



There are 5 international airports located in and around London (distances from LVWWC):

- London Stansted 40 km (25 miles) 35 mins
- London Heathrow 66 km (41 miles) 45 mins
- London City 37 km (23 miles) 40 mins
- London Luton 50 km (31 miles) 40 mins
- London Gatwick 99 km (61 miles) 70 mins

By Boat

Ferry Terminals & Channel Tunnel (distances from LVWWC):

- Channel Tunnel – Folkestone 137 km (85 miles) 95 mins
- Dover Ferry Terminal 148 km (92 miles) 105 mins
- Ramsgate Ferry Terminal 139 km (87 miles) 105 mins
- Harwich Ferry Terminal 115 km (72 miles) 90 mins
- Portsmouth Ferry Terminal 166 km (103 miles) 115 mins

By Rail

Eurostar operates frequent daily high-speed services connecting Paris and Brussels to London taking around 2 hours. Trains arrive at St Pancras International station in central London.

LVWWC is well connected to central London with direct trains to Waltham Cross from London Liverpool Street, London Stratford and Tottenham Hale stations.

- Waltham Cross 1 km (1 mile) 2 mins (or 15-20 min walk) - Mainline Service to London Liverpool Street Station
- Loughton 10 km (7 miles) 13 mins - London Underground, Central Line to London Liverpool Street Station
- Tottenham Hale 14.5km (9 miles) 20 mins - London Underground, Victoria Line to Kings Cross/St Pancras Station.

By Bus

Local Bus Services - numerous local bus services 212, 213, 240, 250 and 251 all stop at the entrance to the LVWWC providing easy access to the surrounding area.

3.2 Weather in June

Mean Temperature 16.2°C (average ranges 12°C to 20°C)

Average hours sunshine 127.5

Average rainfall 95.9mm

3.3 Currency

The currency used in the UK is the Pound Sterling which has the international abbreviation GBP £.

3.4 Local Attractions

There are a wide array of social activities within the local area including (distances from LVWWC):

- Royal Gunpowder Mills 0.85 km (0.5 miles) 2 mins
- Lee Valley Park Farms 4.1 km (2.5 miles) 7 mins
- Myddelton House Gardens 5 km (3.1 miles) 8 mins
- Forty Hall 5.7 km (3.6 miles) 12 mins
- Paradise Wildlife Park 11.3 km (7 miles) 15 mins
- Epping Forest 15.4 km (9.6 miles) 21 mins
- Olympic Park 19.4 km (12.1 miles) 34 mins
- Hatfield House 23.7 km (14.7 miles) 26 mins
- Lakeside Shopping Centre 39.5 km (24.5 miles) 32 mins
- Knebworth House 43.2 km (26.8 miles) 34 mins
- Bluewater Shopping Centre 50.4 km (31.3 miles) 40 mins
- Cambridge University 74.8 km (46.5 miles) 55 mins.

In addition, Central London is within easy reach with its world class tourist and cultural attractions, including Museums, Theatres, Oxford Street, the London Eye and the Tower of London.

4 VENUE

4.1 Description of competition venue and sport infrastructure

The Lee Valley White Water Centre was the venue for the Canoe Slalom competition during the London 2012 Olympic Games. Located 30km north of the Olympic Park, within the 26-mile long, 10,000 acre Lee Valley Regional Park in Hertfordshire.



LVWWC is arguably one of the best courses in the world and an important Olympic legacy venue for ICF Canoe Slalom.

The venue consists of two canoe slalom courses:

- 300m Olympic course
- 160m legacy loop
- 10,000m² lake constructed.

The centre is a hive of activity for canoeing and kayaking for the local community and visitors, with suitability for beginners to elite athletes. The venue also serves as a major leisure attraction for White Water Rafting. Owned and funded by Lee Valley Regional Park Authority and managed by Lee Valley Leisure Trust Ltd the centre offers an extensive sports development programme and is also home to the British Canoeing Slalom Performance Programme.

4.2 Venue map



4.3 Presentation of the technical aspects of the course

The LVWWC was purpose built and designed in close collaboration with the IOC and ICF to host the Canoe Slalom events for the London 2012 Olympic Games.

The LVWWC was the first venue of its kind to have two white water courses. Both courses are pumped from the lake which is filled from an aquifer, guaranteeing clean white water at all times.

The Olympic Course – Grade IV rapids

- 300m long white water course, with a
- 5.5m descent from the start pool to the finish pool
- 5 pumps delivering/pumping up to 15m³/s

The Legacy Loop – Grade III rapids

- 160m long white water course, with a
- 1.6m descent from the start pool to the finish pool
- 3 pumps delivering/pumping up to 10.5m³/s

The Lake

- Total water 9000m³ filled from aquifer
- Depth 1.8 (1.2m when both courses running).

5 EVENT & COMPETITION PROGRAMME

5.1 Events

Slalom (CSL) – Men Kayak (MK1), Men Canoe (MC1), Women Kayak (WK1), Women Canoe (WC1) and Mixed Canoe Double (XC2)

Extreme Slalom (CSLX) – Men Kayak (MCSLX) and Women Kayak (WCSLX)

5.1 Outline Provisional Schedule

- The first ITO meeting will be held in the centre of the course, in the dedicated ITO lounge at 13:00 on Thursday 13th June. Please ensure that you book your travel to be on site in plenty of time for this meeting.
- The ITO meeting will be followed by the Extreme Slalom time trials and the technical rehearsal.
- The opening reception will be held on venue at 20:00 on Thursday 13th June to which ITOs are invited.
- The schedule concludes on Sunday 16th June at 16:00. Please do not arrange flights that need you to leave the venue before this time.
- A schedule for the entire competition will be available for all at the first ITO meeting, showing transport times, event timings and other hosting.

We will have a volunteer dedicated to answering your questions and looking after your needs during the competition period and look forward to welcoming you.

6 ACCOMMODATION

ITOs will be housed in shared rooms in the Marriott Waltham Abbey. Single rooms, and accommodation for those accompanying you are available, but will incur a cost of £65 per night. Please let Gemma Wiggs or Colin Woodgate know your requirements as soon as possible (latest by 1 April).



Marriott Waltham Abbey 4*

The Marriott Waltham Abbey offers elegant accommodation in a tranquil location within the woodlands of Epping Forest.

The hotel is located 3.5 miles from Lee Valley White Water Centre (LVWWC) which is the competition and training venue for our event. The journey time will be approximately 10 minutes.

The spacious bedrooms can be configured to either a twin room (two separate beds) or a double room (one large bed) to accommodate your team.

The hotel has 14 meeting rooms of various sizes which can be booked for team rooms at an additional cost subject to availability.

Guests have access to a fitness suite and indoor pool.



7 TRANSPORT

We will provide airport transfers and transport to and from hotels/venue for all ITOs. Please confirm your arrival and departure plans as soon as possible using the form at the end of this bulletin.

7.1 Airports

The main arrivals & departures (A&D) operation for the event will be operated from London Heathrow (LHR) and London Stansted (STN). Transport solutions can be offered from any alternative airport other than our official airports.

London Heathrow Airport (LHR)

Hounslow
TW6 2GW

London Heathrow Airport consists of four terminals which are referred to as T2, T3, T4 and T5. Passengers can easily walk via the pedestrian underpass between T2 & T3, average journey time is 10 minutes. T4 & T5 are served by free trains and buses which take approximately 20 minutes.

The journey time from London Heathrow Airport to your accommodation is approximately 1 hour however this is traffic dependent. It is to be noted that arrivals into London Heathrow during rush hour could result in a longer than usual transfer to your accommodation.

London Stansted Airport (STN)

Stansted
CM24 1QW

London Stansted Airport has one main passenger terminal and is situated 42 miles northeast of Central London.

The journey time from London Stansted Airport to your accommodation is approximately 45 minutes however this is traffic dependent. It is to be noted that arrivals into London Stansted during rush hour could result in a longer than usual transfer to your accommodation.

Other supported airport locations;

- London Gatwick Airport
- London City Airport
- London Luton Airport

8 VISA REQUIREMENTS

A UK 'Standard Visitor' Visa will be required for athletes, officials and support personnel from countries which UK Border Agency has categorised as 'Visa Nationals'.

Individuals can check if they require a UK visa by visiting: <https://www.gov.uk/check-uk-visa>

You can apply for a visa up to 3 months before your date of travel to the UK and should get a decision on your visa within 15 working days. To find out how long getting a visa might take in the country you are applying from visit www.gov.uk/visa-processing-times. *(Please note if a nation does not apply for their visas in due time, it cannot be guaranteed that their application will be processed in time and that additional charges may be applied by the UK Government for an express service).*

You must apply online for a visit visa at www.gov.uk/apply-uk-visa. After you have applied online, you will need to make an appointment to attend one of our visa application centres. Find your nearest centre at www.gov.uk/find-a-visa-application-centre

British Canoeing will issue an official invitation to athletes, officials and support personnel from National Federations where the participants are listed as 'Visa Nationals'. Please contact Kellie Hathaway, kellie.hathaway@britishcanoeing.org.uk to obtain a visa invitation.

9 UNIFORMS

All ITOs will be provided with two polo shirts, a waterproof jacket and a cap for the event. We ask you to wear dark trousers/shorts. In order for us to order the appropriate sizes please indicate your uniform sizes in the form at the end of this document.

10 TICKETING

Tickets went on sale to the public at the end of January 2019. Prices and information on purchasing tickets is available on the competition website www.britishcanoeingevents.org.uk.

Spectators are encouraged to purchase tickets online in advance of the event to guarantee availability.

11 MEDICAL SERVICES

The HOC will provide and cover medical services only for emergency cases (first aid and ambulance). All participants are responsible to arrange, at their cost, their own medical insurance policy.

12 EVENT PARTNERS & SPONSORS



ARRIVAL AND DEPARTURE FORM

Please return the form to colinwoodgate@btinternet.com

	Date	Time	From Airport	To Airport	Flight Number
Arrival	June 2019				
Departure	June 2019				

If you are travelling by any other means (e.g. Eurostar) please give details in the box below of any HOC transport requirements

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Do you have any special dietary requirements (e.g. Vegetarian, allergies, foods you cannot eat)

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Any special Accommodation requests (such as person accompanying you / single room request)

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Please select your uniform size (polo shirt/waterproof):

	Chest size	Selection
XXS	Up to 31"	
XS	Up to 34"	
S	Up to 35"	
M	Up to 37"	
L	Up to 40"	
XL	Up to 43"	
XXL	Up to 46"	
3XL	Up to 49"	
4XL	Up to 52"	