



PARTICIPANTS GUIDE 2023

Basecamp

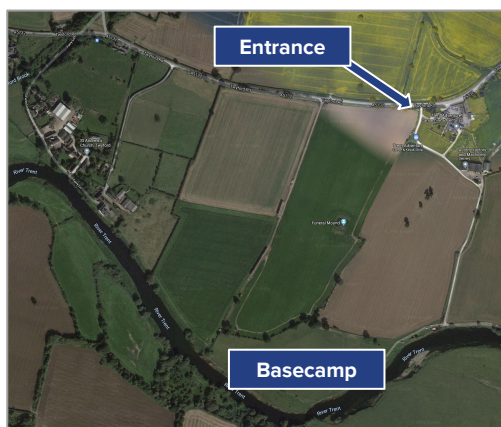


Trent Adventure Poplars Farm, Derby DE73 7HJ

Look for Orange Canoe Hire signs

Facilities onsite:

- Toilets
- Showers
- Camping field (no electric hook up)
- Phone / device charging
- Drinking water
- Massage therapy
- Marquees for bad weather



Fires:

Camping stoves, open fires and BBQ's may be banned depending on conditions on the day, this excludes in vehicle stoves. Listen out for further announcements.

Included

- Breakfast Friday
- Dinner Friday
- Breakfast Saturday
- Dinner Saturday
- Breakfast Sunday
- Camping
- Showers
- Transport to Start
- Transport from Finish

Extras (Please bring cash)

- Thursday food stands
- Scruffy Thomas coffee
- Bar (Saturday night only)
- Massages

Basecamp opens at 4pm Thursday and Closes Midday Sunday.

TRENT 100

Schedule

Thursday 20th

- **4:00pm** Basecamp opens (**NOT BEFORE**)
- Pitch your tent / park your camper (no electric hook ups provided)
- **7:00pm - 9:00pm** - Visit registration and collect wristband, GPS tracker & route cards
- Prep your gear ready for tomorrow / label any gear to be returned from the start line by our transport
- **6:00pm - 10:00pm** - Food stands (pizza, gyros & loaded fries)
- Site closes midnight, if you are going to be late arriving please let us know on 0800 140 4624

Friday 21st

- **5:00am - 6:00am** Group A breakfast
- **6:00am - 7:00am** Group B breakfast
- **6:30am** - Group A buses leave for start line
- **7:30am** - Group B buses leave for start line
- **7:30am - 8:00am** Group A board and kit preparation
- **8:00am - 9:00am** - Group A staggered start
- **8:30am - 9:00am** Group B board and kit preparation
- **9:00am - 10:00am** - Group B staggered start
- **6:00pm - 8:30pm** - Evening Meal

Saturday 22nd

- **6:00am - 7:30am** Breakfast
- **8:00am** - Paddler update briefing
- **8:10am - 9:40am** - Staggered start (first in last out)
- **3:00pm - 5:30pm** Transport back to Basecamp
- **7:00pm - 12:00am** - Dinner and Finishers Party

Sunday 23rd

- **9:00am - 10:30am** - Breakfast
- **11:45am** - Event Close, until next time !

The Paddle

Day 1 = 57km Day 2 = 43km

Conditions

- First 30km is shallow / narrow, some sections overgrown, most of this section is fairly remote
- There are currently no blockages
- After this its a larger river, still watch out for shallows, they occur over the length of the course
- 2 portages day 1, 2 or 4 portages day 2 depending on river levels

Checkpoints & Marshals

- We have checkpoints roughly every 10km
- Shout your name and team name to the marshals, you cannot proceed past until they tell you so
- It is not mandatory to stop at a checkpoint, some can get quite congested, so consider snacking whilst floating on river - you will make better time doing this. Also check when the next checkpoint is, some are close (e.g CP4 and CP4B).
- **Water / Snacks available at CP3, CP4, CP4B, CP6, CP7, CP8 only.**
- We will take your rubbish off you at checkpoints

Route

<https://explore.osmaps.com/route/12427402/trent100--2023>

2 x Laminated route guides (see next pages in this guide) will be issued at registration.

- Guide includes toilet locations
- 10 hour cut off time on Friday

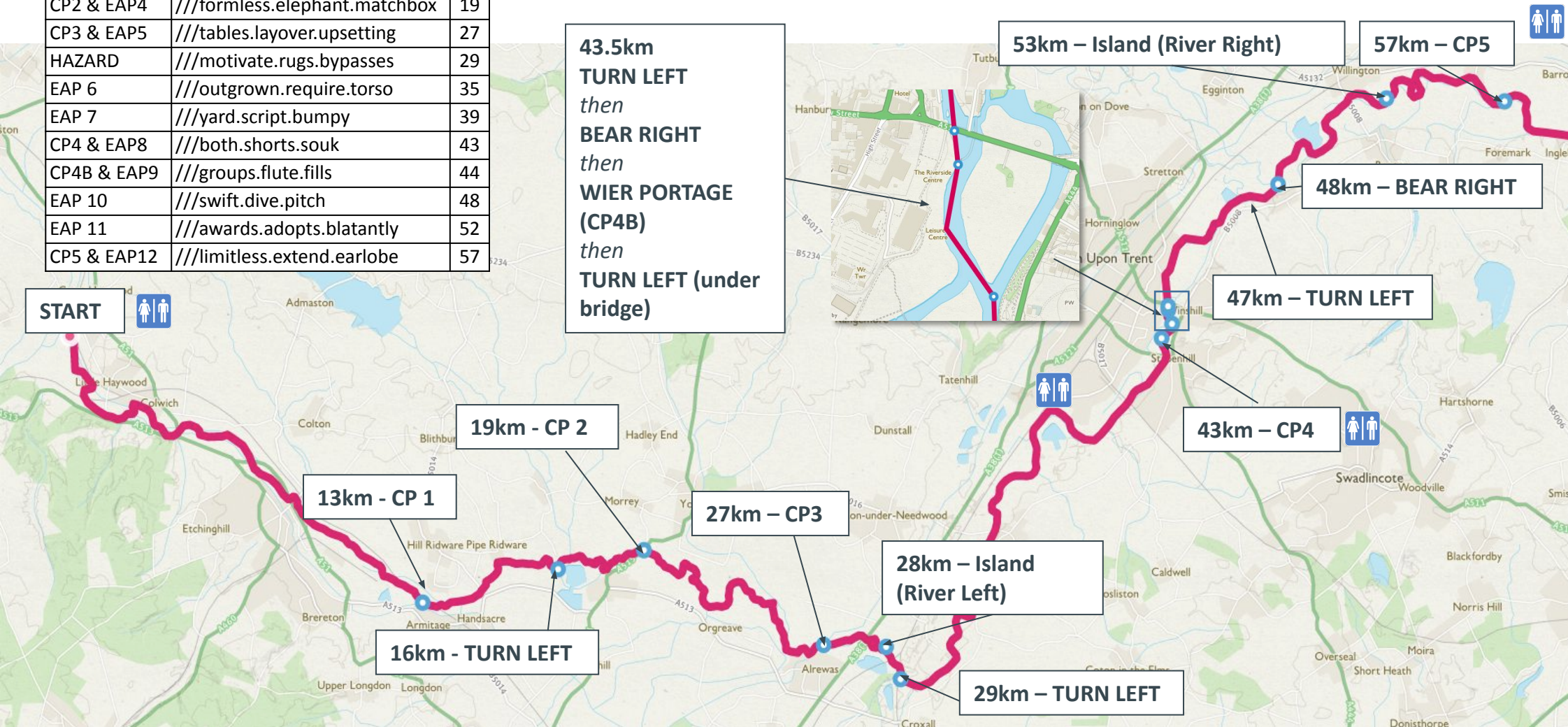
Risks

- Highest risk catching fin and nose diving, use a river fin, go on knees as soon as it looks to be getting shallow
- Be careful around trees and debris in the river, the flow around a bend can take you straight into a tree.
- Stay on course - some wrong turns end in danger!
- Space out between paddlers in tight sections, be extra careful if drafting
- Stomach illness from river water - Always clean hands use a covered hydration mouthpiece.
- Weils Disease - Rare but serious illness, don't drink river water, sanitise hands before eating, drinking touching face etc.

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	W3W	KM
HAZARD	///sheet.saddens.lunging	2
HAZARD	///users.sounds.emporium	4
EAP 1	///asterisk.cuter.scarcey	5
HAZARD	///jumped.zips.club	7
CP1 & EAP2	///majority.lighters.infect	13
EAP 3	///bead loafing.eventful	14
CP2 & EAP4	///formless.elephant.matchbox	19
CP3 & EAP5	///tables.layover.upsetting	27
HAZARD	///motivate.rugs.bypasses	29
EAP 6	///outgrown.require.torso	35
EAP 7	///yard.script.bumpy	39
CP4 & EAP8	///both.shortcuts.souk	43
CP4B & EAP9	///groups.flute.fills	44
EAP 10	///swift.dive.pitch	48
EAP 11	///awards.adopts.blatantly	52
CP5 & EAP12	///limitless.extend.earlobe	57

PFD & QR Leash: Must be worn always.
Storm: Pull off the water until the storm passes
Weil's Disease: Please clean hands before eating
Pass Traffic: River right



IN CASE OF EMERGENCY CALL 0800 140 4624 DIAL 999 FIRST IF LIFE IS IN DANGER

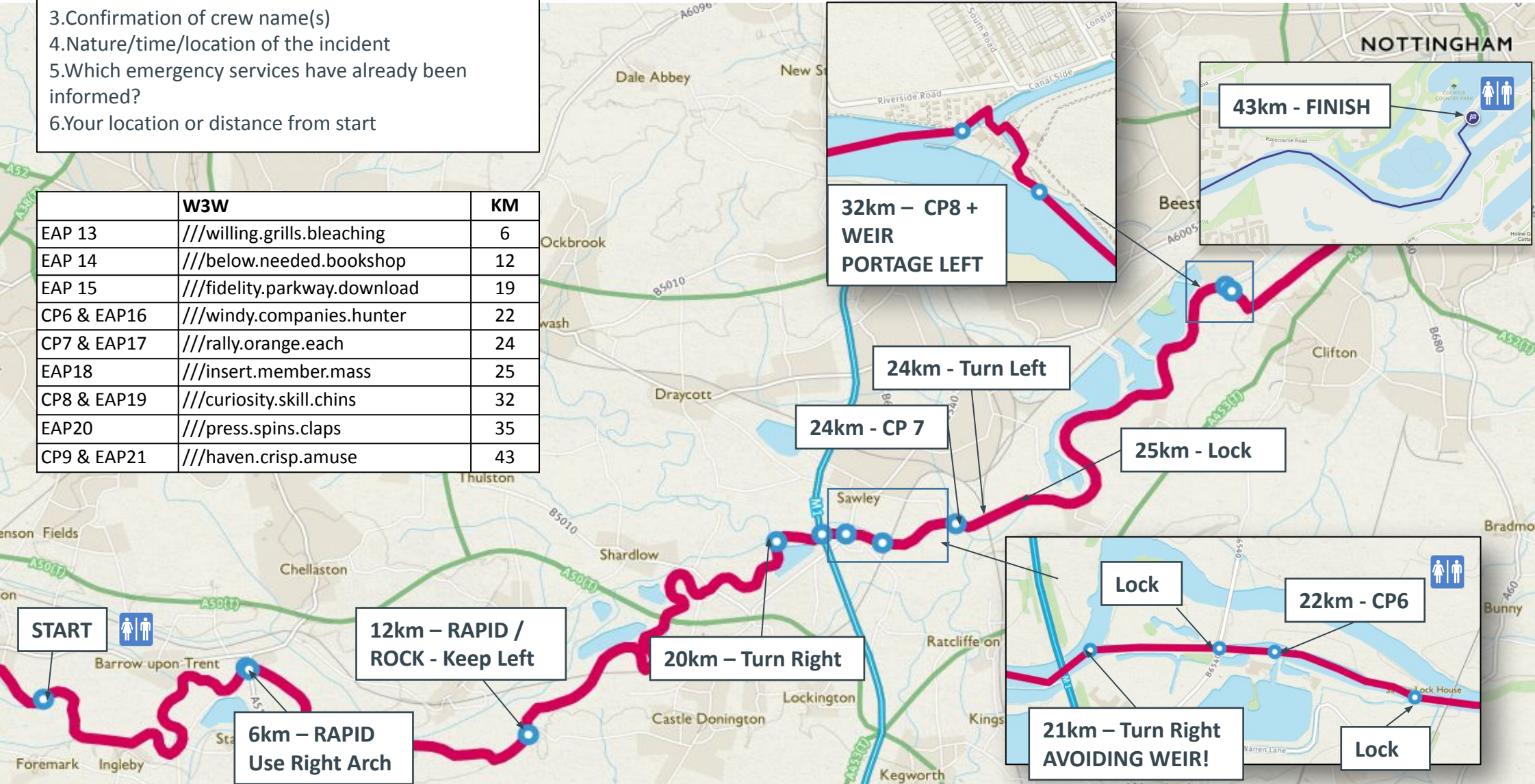
In the event of an emergency be prepared to provide the following information.

- 1.State IMMEDIATELY that the message is an Emergency
- 2.Your name and status
- 3.Confirmation of crew name(s)
- 4.Nature/time/location of the incident
- 5.Which emergency services have already been informed?
- 6.Your location or distance from start

Check In/Out: Give your Name and Team name at all Checkpoints

Withdrawing from event: Call 0800 140 4624. You MUST inform a Safety Marshal. Teams must not proceed until the paddler has been designated safe by the TRENT100 Crew.

	W3W	KM
EAP 13	///willing.grills.bleaching	6
EAP 14	///below.needed.bookshop	12
EAP 15	///fidelity.parkway.download	19
CP6 & EAP16	///windy.companies.hunter	22
CP7 & EAP17	///rally.orange.each	24
EAP18	///insert.member.mass	25
CP8 & EAP19	///curiosity.skill.chins	32
EAP20	///press.spins.claps	35
CP9 & EAP21	///haven.crisp.amuse	43



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The Rules

Ethos

- The TRENT100 is a **Team** Challenge
- It's not a race, no prizes are given for speed!
- Sit back enjoy the paddle and soak up the good times..

Rules

- You must be able to swim a minimum of 100 meters
- Minimum of 3 in a team and a maximum of 8
- You must achieve the paddle within time limits
- You must complete all sections and be accounted for at all checkpoints
- You must paddle with your team, you must pass through checkpoints together
- Leave no trace, look after the environment you are paddling in
- You must have the mandatory kit
- You must have a canal and river trust license
- No night paddling
- No alcohol until saturday night party
- No shooting weirs
- No drafting or wash hang of any vessels
- Keep river right when passing other river traffic
- Take a wide route around anglers

Full rules are here: <https://www.trent100.com/rules>

Although it has been done before we do not recommend hardboards, this is a river with shallow sections / rocks and it's easy to damage hardboards. **We only provide transport for inflatables.**

Mandatory Kit

- **Closed toe shoes** - per paddler
- **PFD** - per paddler (on person)
- **Safety blanket** - per paddler (on person)
- **Mobile phone** - per paddler (on person)
- **Spare dry clothes** - per paddler
- **Throwline** - 2 per team
- **River knife** - 2 per team (on person)
- **GPS Tracker (Supplied)** - 1 per team (on person)
- **Route map (Supplied)** - 1 per team
- **Waterproof first aid kit** - 1 per team

Recommended Kit

- Rope for portages
- Hand Sanitiser
- Food and drink for paddle
- Camping equipment
- Chairs / lazybeds
- Insect repellent
- Hat
- Sun screen
- Spare paddle
- Spare fin
- ISUP repair kit
- Clothes - layers
- Sunglasses
- GPS watch
- Phone
- Battery power bank (we provide a charging station.
- Party gear!

TRENT 100

Leash Rules

Over the last 5 years we have mandated the wearing of Quick Release Leashes, however this year we are now **banning the use of leashes all together** including quick release leashes. This decision has not been taken lightly and we realise that this may cause some backlash as in general we are all taught to use leashes whenever we paddle, the easy thing for us to do would be to continue as we have, but after significant discussions and reviewing of risks we have come to the conclusion that for the TRENT100, it's safer to ban the use of leashes. Please continue reading so you can understand how we reached this conclusion.

We have consulted a number of experts and governing bodies for advice. We are not alone, a number of SUP river events in the U.S (e.g Californian River Quest) have now also banned the wearing of any type of leash.

Why do we normally wear a leash whilst paddling?

Your board is a flotation device, if you fall off then you can retrieve your board to help keep you afloat.
Your board may have safety / survival gear on it, so you want to be able to access this in an emergency.
A leash can help you to get your board out or in at portages (incorrect use of a leash).

What problems does leash wearing cause on a river?

It is recognised that a leash should be worn for all types of paddling, with the use of a quick release belt for moving water applications.
Being tethered to your board can lead to entanglement in river debris such as trees, which are abundant on the TRENT100.
Entanglement is extremely dangerous in moving water, due to the forces of the water flow and can lead to drowning.

Doesn't a quick release leash solve this problem?

We believe that it is very difficult in an emergency situation for paddlers to locate a quick release toggle, which can often get hidden or confused by PFD's, and hydration packs. We have tested this before with random paddlers and its not been easy for them to locate their release toggles effectively without physically looking for it.

The solution.

All paddlers must wear a PFD at all times, so the need to rely on your board for floatation is a non issue.
We will ask paddlers to keep a mobile phone and safety blanket on their person so you can still access if you are separated from your board.
The TRENT100 is a team event, we also have over 250 paddlers on the water, so the retrieval of a board is going to be easy.
The River Trent is a relatively small river, making getting back to dry land quite easy without a board.
We suggest carrying a small piece of rope with a carabiner attached to help you at portages, our marshals will also be carrying these.

To be clear, the TRENT100 team do not endorse paddling leash free at any other time, these findings apply specifically to the TRENT100 event only.

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Supporters

Come and join the food, party and vibe of the TRENT100 without the hassle of paddling!

What's Included?

- Breakfast Friday
- Dinner Friday
- Breakfast Saturday
- Dinner Saturday
- Breakfast Sunday
- Camping
- Showers
- Finishers Party
- On road route guide

Tickets available

<https://www.trent100.com>

Team Tracking

<https://track.trail.live/event/trent-100-2023>



No access to basecamp to supporters without a valid ticket.

TRENT 100

Useful Stuff

Team Tracking

[Live event tracking link](#)



Links

[Safety Briefing](#)

[OS Maps and GPX download](#)

[Rules](#)

[Emergency Response Plan](#)

[British Canoeing Membership](#) for River license

Addresses

Basecamp: Trent Adventure, Poplars Farm, Derby, DE73 7HJ

Start: Clifford Arms, Great Hayward, ST18 0SR

Finish: Colwick Marina, River Rd, Colwick, Nottingham NG4 2DW

Supporter route guides are supplied at event which includes all checkpoint addresses and maps.

Primary Contacts

Event Control 0800 140 4624

Event Organisers:

Dave Mistry Pain 07966754625

Helen Dennison 07968994663

info@trent100.com

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Whats Next

To Do

- 1 Finalise your team
- 2 Sort your kit & ensure you have a river license
- 3 Register your supporters
- 4 Complete online [safety briefing](#)
- 5 Attend virtual zoom Q&A - Thursday 8th June 2023 7:30pm [Zoom Link](#)

Safety Briefing

- [Safety Briefing](#)
- Please watch and sign event waiver
- Challengers must complete to participate

See you at Basecamp! Dave, Helen X

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