

Longridge 5k

13 March 2010

Longridge Quarry Wood Road Marlow Bucks SL7 1RE

Invitation to the first Longridge 5k race on the Thames at the Longridge centre, Marlow. This is a new initiative from the marathon racing committee to develop paddler skills. Paddlers are encouraged to race in both K1 and K2 races.

Please check the Longridge canoe club website before travelling. The race may be postponed if river levels are too high.

www.longridgecanoeclub.org

Check in from 0900

11.00am singles K1, C1	11.15am K2, C2
Senior male, junior male, veteran male	Senior women, junior women, veteran women

11:30am Fun Race (non racing canoes & kayaks) around the island

1.00pm K2, C2	1.15pm K1, C1
Senior male, junior male, veteran male	Senior female, junior female, veteran female

Fees

Seniors and veterans £5 per seat, juniors £3 per seat

Email entries to ollieharding@mac.com and pay fee on race day, no late entry fee.

Valid BCU membership required by all paddlers.

Not a member? BCU Day Ticket available at £3 for Non Members.

U18 Paddlers who are members of a BCU affiliated club youth section do not require individual membership unless ranked above Div 6.

Rules

Racing is held under the rules and regulations of the British Canoe Union (BCU), Marathon Racing Committee. Rules can be found in the racing handbook 2010 under marathon racing rules page (F16).

Cheques payable to Longridge canoe club

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