**Reading K1 & K4 5K race Saturday 17th July 2010**

**VENUE:** Reading Canoe club, The Warren, Caversham, Reading. RG4 7TH  
Please park with care in the Warren.

**Categories:** K1 senior men, senior women, junior men, junior women, veteran men and veteran women.  
K4 will be mixed teams, we will make up the teams, so that each K4 has approximately the same total marathon ranking.

**ENTRY FEES**  
Seniors £5.00, juniors £3.00 per seat, one fee for 2 races.

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.

**Late entries will be charged an extra £3.00 per seat**

**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).

**TIMES**

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<tbody>
<tr>
<td>12:00hrs</td>
<td>Check-in</td>
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<tr>
<td>12:30hrs</td>
<td>Briefing</td>
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<tr>
<td>13:00</td>
<td>Starts K1</td>
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<tr>
<td>14:30</td>
<td>Starts K4</td>
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**ENTRIES TO:**

Reading 5K Race Organiser  
C/o Reading Canoe Club  
The Warren  
Caversham  
Reading  
RG4 7TH

Or email entry to [info@reading-canoe.org.uk](mailto:info@reading-canoe.org.uk)

Cheques made payable to Reading Canoe Club  
Please enclose a SAE for results

Results will be posted on our web site at: [www.reading-canoe.org.uk](http://www.reading-canoe.org.uk)