5K K1 and K2 Final.

Run in conjunction between Marsport and Banbury and District Canoe Club.

Saturday 20th August 2011.

Venue Marsport, Wokingham Waterside Centre, Thames Valley Park Drive, Reading, RG6 2PQ.

Categories Senior Men, Senior Women, Junior Men, Junior Women, Vetern Men, Vetern Women.

Entry fees: £5.00 for both races.

Valid BCU Membership required by all paddlers.

BCU Day ticket available at £3.00 for Non members. U18 Paddlers who are members of a BCU affiliated club do not require individual membership unless ranked above Div 6.

Late entries will be charged at £2.00 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 2011 under Marathon racing rules page (F16).

Note: Buoyancy Aids are required for all paddlers ranked Div 7, 8 and 9.

Times.

09.30 Check in.

10.30 Briefing.

11.00 K1 Start.

13.30 K2 Start.

Entries to. Graham Warland, 9 Woodhall Drive, Banbury, Oxon, OX16 9TY.

graham.warland@virgin.net or graham.warland @cooperindustries.com

Cheques made payable to Banbury and District Canoe Club.

Parking. At the Wokingham Watersports Centre car park or in the road. Please note that the local running club will be using the area until 10.00 so parking may be tight until that time.