



## ROYAL CANOE CLUB

### Sprint Regatta: Saturday 11<sup>TH</sup> July 2015

**VENUE** Royal Canoe Club Trowlock Way Teddington.  
Telephone number on the day – 020 8977 5254 (clubhouse payphone)

**RACES** 200M and 500M K1 Time Trials for all abilities  
200M and 500M K1 Races in ability groups determined by the time trial results  
2000M Races in K1 - if time permits  
Lightnings very welcome.

**TIMING** Checking in from 9.30 until 10.45  
Team Leaders meeting at 11.00

It is essential that all paddlers check in on time and be ready for the Time Trials that open the racing at 12.00. We will try to run a timetable in which paddlers get a race every half hour.

**ENTRIES** Please use the attached form for your entry details and email it to Miranda Churchill as soon as possible to make the building of the start lists a little easier (If email is not possible then post asap or as a last resort phone).

By whatever method of entering, please provide the information as per the attached entry form and state the sprint class or ability group for each paddler

Entries to:  
Miranda Churchill, 123 Granville Road, Southfields, London SW18 5SF  
[miranda@thechurchills.co.uk](mailto:miranda@thechurchills.co.uk) 020 8874 7827

**ENTRY FEE** £5 covers all races. Pay on the day, no late entry cost.  
Any cheques to be crossed and payable to *Royal Canoe Club*

**RULES** Vertical Numbers to be used so have a number slot on your boat and a clean number plate. You must carry your BCU card with you or have an Environment Agency Thames licence on your boat.

**SAFETY** Racing is on the Thames with only a half closure to river traffic.  
Team Leaders must assess conditions and act accordingly taking account of the ability of their paddlers.  
Team Leaders must attend the briefing.

**CATERING** Refreshments will be available throughout the day at reasonable cost

**PLEASE ALLOW FOR KINGSTON TRAFFIC WHEN PLANNING YOUR JOURNEY**  
**However the Hampton Court flower show is the previous weekend.**

