



SCA Sprint and Marathon Committee

Scottish K1/C1 10K Championships SUNDAY 19TH JUNE 2016

CASTLE SEMPLE LOCH, LOCHLIP ROAD, LOCHWINNOCH
RENFREWSHIRE, PA12 4EA

REGISTRATION FROM 10:30 - BRIEFING AT 11:15 – RACING FROM 11:30

ADULTS £5.00/ JUNIORS £3.00

START 11:30

2K	CHAMPIONSHIP RACE	U12 LIGHTNING
2K	INTRODUCTORY RACE	U10 HODY K2

START 12:00

10K	CHAMPIONSHIP RACE	U16, U18, SENIOR M, SENIOR W, VET M, VET W
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START 12:02

10K	INTRODUCTORY RACE	SURF-SKI
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START 12:04

5K	CHAMPIONSHIP RACE	MASTERS M, MASTERS L, U14
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STARTS 12:06

5K	INTRODUCTORY RACE	SEA KAYAK
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START 12:30

2K	CHAMPIONSHIP RACE	U10 LIGHTNING
2K	INTRODUCTORY RACE	U8 LIGHTNING
2K	INTRODUCTORY RACE	U12 HODY K2

PLEASE NOTE : PRE-ENTRY ONLY Closing date for entries: Thursday 16th June

Please supply details requested on page 2

NOTE :

For the championship races all paddlers must be SCA members - including Div. 9 and lightning. Temporary SCA Day membership is available for an additional £5 but **note** that only full members of the SCA are eligible to receive SCA Championship medals. SCA membership is not required for the introductory race events provided paddlers are members of an affiliated BCU/SCA Club.

3 entries are required for Championship race class to be quorate and for medals to be awarded.



Entry details

Please enter in advance; the closing date for entries is Wednesday 17th June.

Email the info below to gbusby236@btinternet.com , could you title the email "K1 10K" please

Paddler: First Name / Second Name – SCA Number – Club – Age Group

Course - 10k, 5k or 2k - K1/C1/Lightning / SurfSki /Sea Kayak

Entry fees will be collected on the day.

Safety :

Buoyancy aids are **mandatory** for all U-16 paddlers and recommended for all. Weather conditions may require all paddlers to wear a buoyancy aid so please come prepared.

All boats used in racing must be fitted with sufficient buoyancy to support the boat and crew in the event of capsize. Inherent buoyancy in composite boats is not sufficient to meet this requirement. Additional foam buoyancy or air bags must be fitted.

A safety boat will be on the water and safety paddlers will follow the Lightning races.

Directions

Castle Semple Visitor Centre,

Lochlip Road, Lochwinnoch ,

Renfrewshire, PA12 4EA.

At the St James's Interchange on the M8, Glasgow Airport, follow signs for the **A737**, sign posted Irvine.

After approximately 3.5 miles turn right onto the **A760** at the roundabout, follow brown signs for Castle Semple.

Course

The course to be paddled will be indicated on the day at the briefing.

Facilities

There will be changing and shower facilities, a café and ample parking at visitor centre by the Loch.