



Forth Canoe Club's Great Edinburgh Paddle Race

Sunday 25th September 2016

Meet at car park at Meggetland (EH14 1DD) on the North side of the canal not Colinton Road. Briefings (Jnr/Med/Short) 10:30am

Long Course Start 10.00am (estimated max time 2 hrs) BRIEFING at 9.50am

Start at Meggetland double bridges, going east towards city centre, turn just before the Leamington lift bridge about 100m from the city centre end of the canal, paddle back out of town to a turn point just after crossing the Edinburgh By-Pass about 400m past Bridge 8 – **expect a portage** Target 18 km.

**Juniors – (U12) Lightnings Start 10.45pm, Under 12, Under 10, Under 8
Lightning K1 (estimated max time 30 mins)**

Mass start at double bridges for each age group, going east, turn at the bay after Ashley Bridge, paddle back to the bay where rowers turn and paddle to the finish 100m west (out of town) of the double bridges - distance app. 3km. **Juniors must wear buoyancy aid.**

- Winners medals for top 3 Boys/Girls in each class and trophies for fastest Boy/Girl U12

Medium Course Start 11:30am (estimated max time 1 hr 15 mins)

Start at Meggetland double bridges, going east towards city centre, turn just before the Leamington lift bridge about 100m from the city centre end of the canal, paddle back to the bay where the rowers turn. **2 laps**.... finish 100m west (out of town) of the double bridges
Target 12 km.

Short Course Start 11:40am, (estimated max time 45 mins)

Start at Meggetland double bridges, going east towards city centre, turn just before the Leamington lift bridge about 100m from the city centre end of the canal, paddle back to the bay where the rowers turn - finish 100m west (out of town) of the double bridges. **1 lap**....
Target 6 km. **Buoyancy aid advised.**

Entry fee Seniors £4.00 Juniors £3.00

Note you must be a SCA / BCU member to enter this event as this is required for insurance purposes.

***** Day membership is available for £5 extra *****

Any questions please contact Mick James, 7 Harrison Road Edinburgh EH11 1EG Tel: 07850501394 e-mail: mjames@rgare.com



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