

# Scottish Championships K2 10km & 5km

Linlithgow Loch Sunday 22<sup>nd</sup> October

**Registration from 11:30am** Lowport Car Park

**Briefing : 12:15pm** Lowport Centre Car Park

**Starts from 1:00pm**

**10km** – Senior Men & Ladies, Veteran Men & Ladies,  
U18 boys & girls, U16 boys & girls

**5km** – Masters Men & Ladies, U14 boys & girls

**Entries in advance by email to Margaret Chapman:**  
[mhckayaking@aol.com](mailto:mhckayaking@aol.com) Names, SCA nos. class entering

**Entry Fees : Seniors £5 per paddler**

**Juniors £4 per paddler**

**TO BE ELIGIBLE FOR MEDALS PADDLERS MUST BE MEMBERS OF THE SCA**

**SCA membership :** *Paddlers must be members of the SCA/BCU or take out SCA day membership (£5) on the day.*

**Safety :** *Buoyancy aids are compulsory for all novice paddlers. They are discretionary for other paddlers although all paddlers are advised to wear them. In adverse weather conditions the race organiser may require all paddlers to wear them.*  
*All boats must be fitted with sufficient buoyancy to support the boat and crew in the event of a capsiz. Inherent buoyancy in composite boats is not sufficient to meet this requirement. Additional foam buoyancy or air bags must be fitted.*

The loch may be in use by other members at this time. Paddlers must take care and be respectful of other users. Detailed advice will be provided in the briefing.

**Organiser: Sprint Committee, Margaret Chapman, email: [mhckayaking@aol.com](mailto:mhckayaking@aol.com),**