



# Scottish Marathon Lightning League 2019

## Events:

Linlithgow	5 <sup>th</sup> May
Forth & Clyde I	19 <sup>th</sup> May
Glasgow Green	9 <sup>th</sup> June
Perth, Willowbank	15 <sup>th</sup> August (K1 Championships)
Forth & Clyde II	22 <sup>nd</sup> September

## Age Groups:

Under 12, Under 10 and Under 8

## Distance :

Normally 2 – 4 km but may vary depending on local conditions.

## Points:

In each of the three age groups points will be awarded separately for boys and girls. Points will be awarded for each class in descending order, starting at 10, and all competitors will score at least 1 point.

## Geoff Sanders Memorial Trophy for Lightnings

This is also a league type event but divided into two phases; Regional then National. The Regional phase involves taking part in Lightning events in Scotland. The National phase involves taking part in the Lightning event at the Hasler Final, normally in England. At Regional events the winner of each class scores 20 points but, at the National Final the winner scores 40 points. There are only two age groups in this competition Under 12 and Under 10, with a class in each for boys and girls.

**Team Event:** At the end of August in each year each paddler's best three scores will be included to form their club's total point score for that year. The points won in the Lightning classes held with the Hasler Final in September of that year will be added to that total.