

Lightning & Junior K1 Racing and coaching day

**Chester Canoe Club
Sunday 9th November 2008**



- 10.00 Registration. Entry Fee £2.50
10.30 Talk by Ian Tordoff on how he broke the Cross Channel record for the fastest crossing in a kayak
- Warm up and stretching routine
 - 2km race for Lightning's, 4km race for Junior K1s
 - Video technique session
- 13.00 Lunch
- Video technique analysis in the Clubhouse

For more information contact John Hatton 01244 660840

Please note the race is subject to river level and weather conditions, please phone to confirm or email hatton@hkin.fsnet.co.uk