

# Lightning & Junior K1 Racing and coaching day

Chester Canoe Club  
Sunday 25<sup>th</sup> October 2009



- 10.00 Registration. Entry Fee £2.50  
10.30 Forward Paddling DVD & technique session
- 2km race for Lightning's, 4km race for Junior K1s
  - 500m Sprints
- 13.00 Lunch
- Junior paddling session & crewboat training for Lightning paddlers

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](mailto:hatton@hkin.fsnet.co.uk)