

BCU North West LIGHTNING & JUNIOR (U14) K1 SPECIAL EVENT

SUNDAY 29th MARCH 2009

**ADELPHI MILL, BOLLINGTON
Macclesfield & District Canoe Club**



PROGRAMME

10.00: REGISTRATION

10.30: RUNNING ORDER FOR THE DAY

10.45: WARM-UP & STRETCHING

11.00: 2km LIGHTNING & 4km JUNIOR K1 RACES

Followed by short break before Lightning and Junior K1
500m Sprints

12.30: LUNCH

Free homemade soup for paddlers, parents and helpers

1.00: FUN COACHING SESSION + EXTRAS

2.30: PRIZEGIVING + FREE PARENT'S RAFFLE

Entry Fee: £2.50 per paddler

For more information contact Neil Evans 0161 436 1086

or email neil.e.vans@clara.co.uk

Directions to Adelphi Mill:

From the M6

- If travelling north, exit Junction 17, follow the A534 to Congleton, then take the A536 to Macclesfield
- If travelling south, exit Junction 19 and follow the A537 to Macclesfield
- Pass through Macclesfield, following the A523 towards Stockport
- At the 2nd roundabout on the dual carriageway, take the 3rd exit signposted Bollington
- Approximately 1 mile after entering Bollington, the road goes downhill
- At the bottom of the hill, turn right by the 'Bayleaf Lounge' restaurant.
- Take the 2nd turning on your right (just before the overhead canal bridge)

<http://www.multimap.com/maps/?zoom=16&countryCode=GB&lat=53.2915&lon=-2.1067>