



Women and Girls
in Paddlesport 



Women in Canoe

Training Morning
and

Mixed Sprint Regatta in the afternoon

Sunday 15th August- Wokingham CC

9am-12pm: Training Day for women.

1pm-4pm: 100m and 200m C1 and C2 Races. Women and Men will race in separate classes for C1 and C2 depending on numbers.

Sprint Regatta Programme:

Check-in at 12.30

C1 and C2 200m and 100m Time trials for all paddlers

Small Break

Women's and Men's C1 and C2 200m and 100m Timed Races

All abilities welcome. We will provide as many boats as possible.
Please bring your own boats with you if you have any.

If you have any questions about the day or would like to book a place for the morning or the races, please contact Sam Rippington either by phone or e-mail.

Contact: Sam Rippington

Tel: 07816 075096 E-mail: c1paddler@hotmail.com

Venue: Wokingham Canoe Club, Thames Valley Park Drive, RG61PQ

