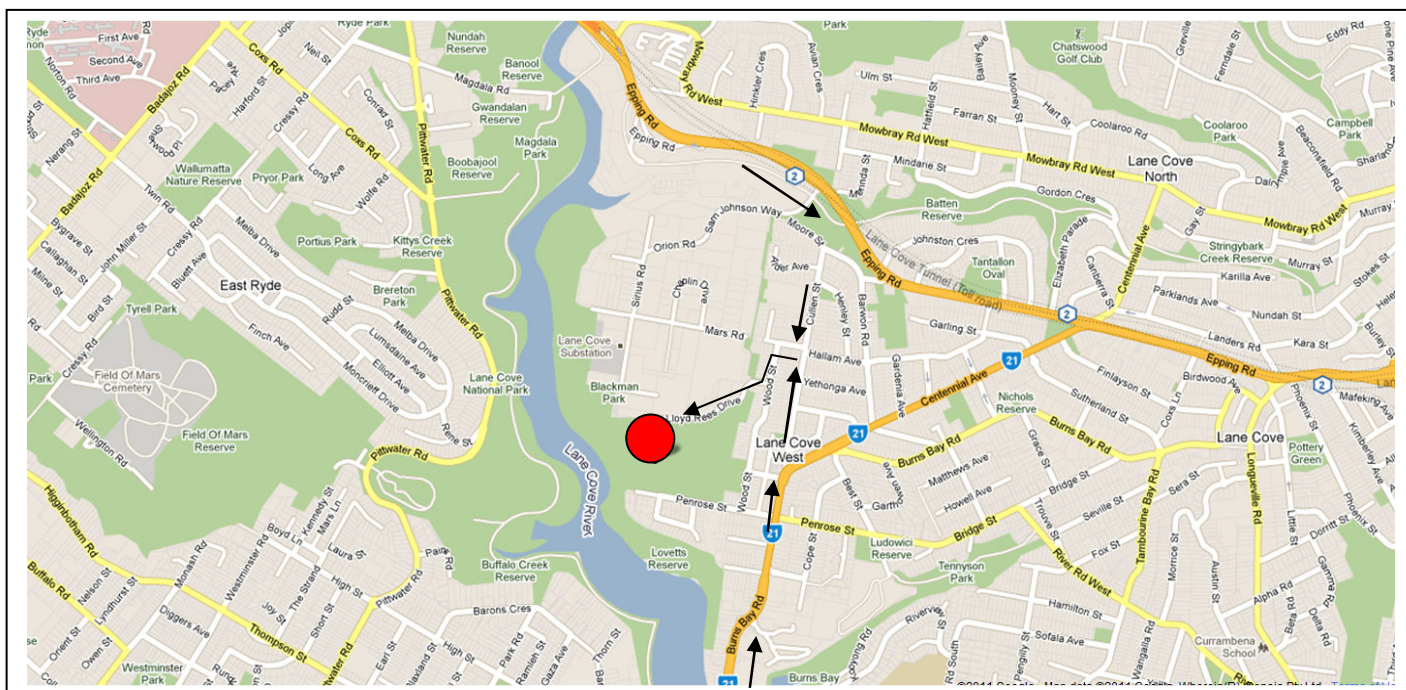


PNSW Vajda Marathon 9 series
Hosted by Lane Cove River Kayaks
www.lcrk.org.au

Marathon Race 7 – 2012
Sunday 9th September 2012



Location:

Blackman Park - Lane Cove River - Sydney

Free Parking in marked bays. Parking to be shared with other park users.

Please park as directed and maintain clear access at all times. Plenty of room for boat prep on grassed areas. Toilets on site.

Schedule:

Start / Finish: Blackman Park, Lane Cove West. Enter via "Lloyd Rees Drive"
Entries open : from 0800 – 0900 am. Online Entry is encouraged via "Register Now"
Briefing : 09.30 am
Start : from 10:00 am at 2 min increments Div 1 – Div 9 Div 6 starts first.

Course Notes:

All paddlers start upstream on 5km lap.

Div 1 - 6 20km = 4 laps

Div 7 15km = 3 laps

Div 8 + 9 10km = 2 laps

Turns marked with 3 x yellow buoys. Separations marked with single pink buoys – stay right.

Rescue boats located at top and bottom marks. All turns anti clockwise (left hand turn).

Please refer to the Race Rules for Marathon 9 Series on PNSW website.

Catering:

LCRK will provide a BBQ / food stall on site selling sausages, steak sandwiches, cakes, pastries, tea, coffee, soft drinks etc.