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Distribution

All Sqn's
All W
OC Wing

Please reply to Officer Commanding

Your reference:
Our reference: BC/AT/Can07
Date: 14 August, 2007

KAYAK 25 MILE MARATHON 2007

- The event will take place at Priory Lake, Bedford on Saturday 1st September 2007.
- Teams should arrive at the Priory Sailing Club for a briefing at 0930hrs. The event will start at 1030hrs.
- Each team of five should contain at least one female member.
- The names of the five paddling team members should be submitted on the attached form on the day of the event.
- All paddling participants must have parental consent forms. These should be handed to the organiser on the day of the event. A copy is attached for your use.
- The format will be a relay over a circuit of 1/2 mile length.. The paddlers may change after each 1/2 mile circuit or each paddler may paddle for 2 laps i.e 1 mile. The paddler **MUST** change after 1 mile.
- The objective is for the team to complete the 25 miles in the shortest time.
- Each competing team may be supported by staff, cadets and civilian committee members from their squadron.
- Each team will be expected to provide a person who will assist the organisers by acting as a lap counter. These duties will be shared between the teams with each lap counter being required for approximately 1/2 an hour.
- Relay change overs will only be made in a defined area adjacent to the Priory sailing club. The toilets and changing facilities of the club will be available for our use.
- It is strongly recommended that each team provides themselves with some old carpet or similar material to offer some knee protection to team members during the change overs. Teams will be responsible for the removal of all such material at the end of the event.
- Kayaks, paddles and safety equipment will be provided for each team. The kayaks used will be from the Wing training fleet and similar types from Bedfordshire Kayaking Association (BCA).
- There will be an entry fee of £15.00 per team to cover the use of the Priory Sailing Club facilities.

Charles Dicks

Charles Dicks
SqnLdr RAFVR(T)
Wing Adventure Training Officer

KAYAK 25 MILE MARATHON 2007 – Saturday 1 September 2007

No _____ (_____)Sq n

TEAM LIST

Rank	Name	Family Name	Date of Birth

Nominated Person for Lap Counting

This form should be accompanied by parental consent forms for all applicants.
All padding participants must hold a swimming proficiency certificate.

Squadron Commanders Signature _____

Date _____