



**Essex
Canoeing
Association**

Essex Canoeing Association Sprint Series 2011

Bishop's Stortford Regatta Sunday 18th September

Venue:

Bishop's Stortford CC Clubhouse, Styleman's Lane, off the Hallingbury Road (A1060), Bishop's Stortford.
See overleaf for directions.

Programme: *(dependant on weather and number of competitors)*

- 9:30 – 10:30 Booking in
- 10:30 Event Briefing
- 10:45 – 15:15 500m K1 – 1000m K2 – 1000m K1 (including lunch break)
- 15:15 – 15:30 Prize giving

Format:

There will be singles races over 500m and 1000m. Over each distance, there will be two rounds of heats leading to finals. There will also be races in crew boats. Medals and series points will be awarded on the day according to singles performance within each class (male and female u10, u12, u14, u16, u18, 18+, 35+). Points will be cumulated across the ECA Series for series class awards.

Booking and Fees:

The entry fee is £5.00 per seat for all classes (covers all races for the day).

All paddlers are required by British Waterways to have £5 million Public Liability insurance. Most paddlers will have this through membership of the BCU, or of a BCU-affiliated club or similar group. Otherwise, BCU day membership will be available for £2.50 on request.

Safety Notes:

Team leaders will be responsible for ensuring the competency of their team members, checking the safety and suitability of equipment and clothing, and ensuring that buoyancy aids are worn where they consider it necessary. Team leaders should ensure that their members are aware of the need for care in lifting and handling boats.

Competitors are reminded that Canoeing and Kayaking are "Assumed risk" "Water contact sports" that may carry attendant risks. Participants should be aware of and accept these risks, and be responsible for their own action and involvement. All competitors are recommended to wear foot protection. As with all river activities, there is a small risk of Weil's disease.

Contact:

If there are any queries please contact Gary Aldam on 01279 755089 or email info@StortfordCanoe.org.uk

ECA Sprint Regatta: Bishops Stortford, 18th September 2011

Directions:

The Clubhouse is located by Southmill Lock, to which vehicular access is via Styleman's Lane, off the Hallingbury Road (A1060). Please observe the strict 5mph speed limit along Styleman's Lane. There is limited parking at the clubhouse – if it becomes full, marshals will direct cars to an alternative car park at Twyford Lock (Pig Lane).

From the M11 leave at junction 8 for Bishop's Stortford. At the roundabout take the A120 Bishop's Stortford exit. At the next roundabout, take the first exit (Dunmow Road, A1250). Follow this road (over a couple of roundabouts) until you reach a major cross-roads with traffic lights –turn left (London Rd, B1383). At the mini roundabout go straight ahead (Hallingbury Rd, A1060). As the road begins to leave the town, and just after the National Speed Limit sign is the entrance to Styleman's Lane.

From the West come towards Bishop's Stortford on the A120. At the large roundabout on the outskirts of Stortford (near Tesco's) take the 2nd exit (Hadham Road). Follow this road down the hill crossing several mini-roundabouts. As you pass Waitrose, the road bears round to the right. Continue past the park and up the hill to the traffic lights at the major crossroads –turn right (London Rd, B1383). At the mini roundabout go straight ahead (Hallingbury Rd, A1060). As the road begins to leave the town, and just after the National Speed Limit sign is the entrance to Styleman's Lane.

From Chelmsford approach Bishop's Stortford on the A1060. As you near the town, the entrance to Styleman's Lane will be on your left directly after Darlington's Aggregates. The small turning is not easily identified from this direction, but there is the option of turning round at the mini-roundabout a little further on if you miss it.

Online maps can be seen at Google maps:

<http://maps.google.co.uk/maps?f=q&hl=en&q=stylemans+lane&ie=UTF8&ll=51.858895,0.168829&spn=0.023377,0.085831&om=1>

