



Foyle Paddlers Canoe Club

Paddle 4 Sport 2019 - The Foyle Race

Date: Sunday 9th June

A Flat Water Race from Prehen Boathouse & around the bridges.

Registration from: 11.00am

Races Start: 12.00 Noon

Race 1 - Long Race 10 Km

Prehen - Foyle Bridge – Prehen

Age Categories - Under 16, U18 and Seniors / Masters / Veterans

(Paddlers should be min 2 star standard or capable of paddling this distance independently, as this race includes some exposed sections).

Race 2 - Peace Bridge 3.5 Km

Prehen – Peace Bridge – Prehen

Age Categories - Under 12, 14, 16, U18s, Seniors / Masters / Veterans

Race 3 - Short Race 2 Km

Prehen – Craigavon Bridge – Prehen

Age Categories - Under 12, 14, 16, U18s and Seniors / Masters / Veterans

Boat Categories – Any boat from Sea Kayaks to GPs / K Boats / Open Boats and Doubles accepted!

Male / Females and Mixed Crews

*New Categories for 2019 in Short Race - **Stand up Paddleboards** (SUP) and **Sit on Tops** (SOTs)

* **Medals will be awarded in all race categories + Prizes Awarded to overall winners in each race ... (Throw bags, paddle-sport books, slings, etc)**

Special Olympics Event

500 metre Sprint ...

Entry Fee: Juniors £3 / Seniors £5

Refreshments will be served to all competitors and their supporters!

Hope to see you all there for a great day out – check our website for any updates.

Contact: pstrawbridge@hotmail.co.uk or enda.cummins@hotmail.co.uk