

2008 NSW MARATHON SERIES

RACE 8

LANE COVE



Host Club: Lane Cove River Kayakers

Sunday September 14 2008

Registration and Start/Finish: Blackman Park, Lloyd Rees Drive, Lane Cove

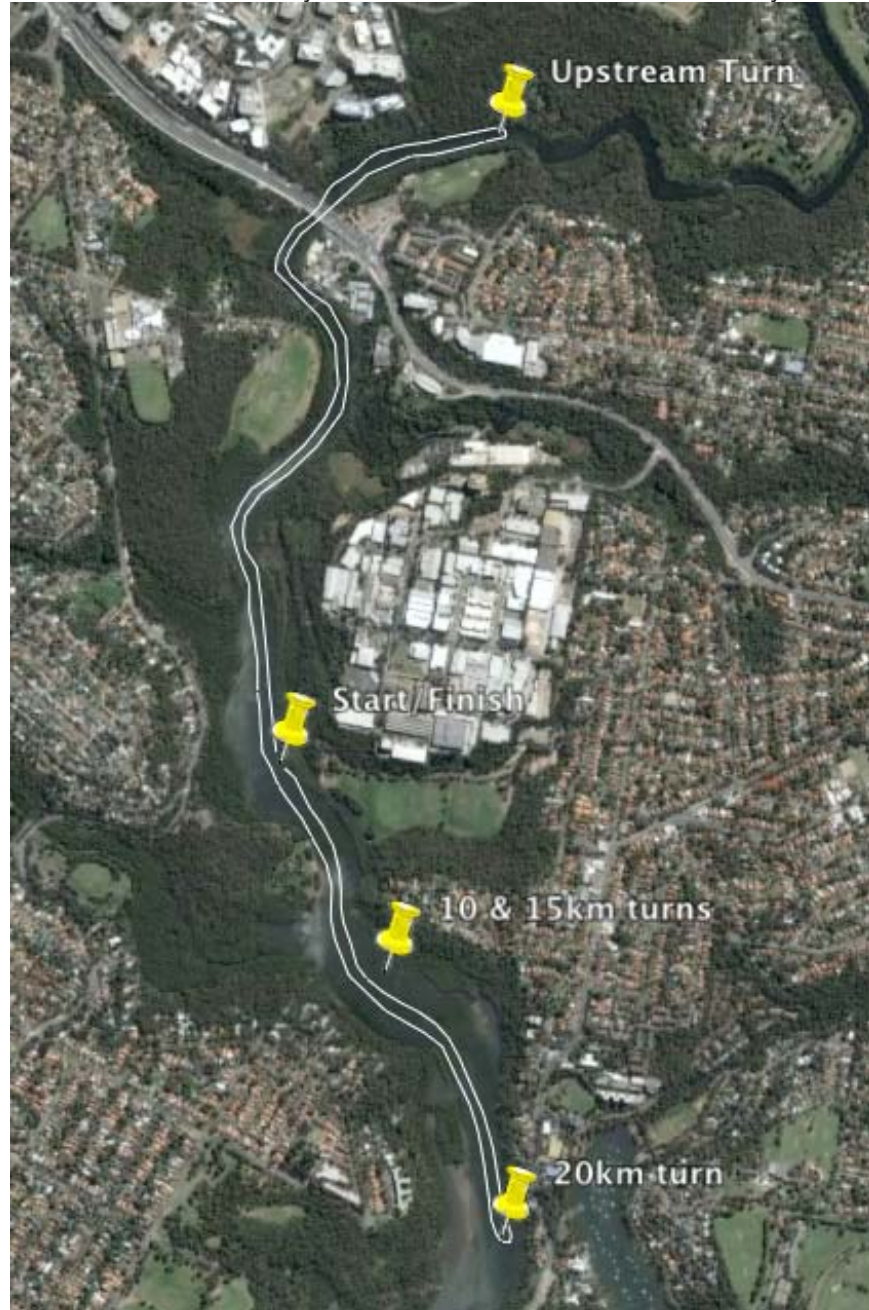


Entries: 9.00am to 10.30am

Briefing: 10.30am

Starting Time: 11.00am

Course: **LANE COVE RIVER**
Each turn is clearly marked with 3 fluorescent marker buoys



Marathon course is run anticlockwise, upstream start
20km course is 3 full laps 15km course is 3 short laps 10 km course is 2 short laps

Contact: Ian Hofstetter 0418 205 169 ihphoto@bigpond.net.au

Enjoy our legendary post-race barbeque in picturesque Blackman Park
LCRK Wednesday Evening 12km Time trials
Every Wednesday at 6.30pm, Lane Cove River Kayakers hold a 12km time trial.
This is excellent training for the Marathon Series, and starts at Willoughby Athletics track,
Mowbray Rd, Willoughby (near Epping Rd) www.lcrk.org.au