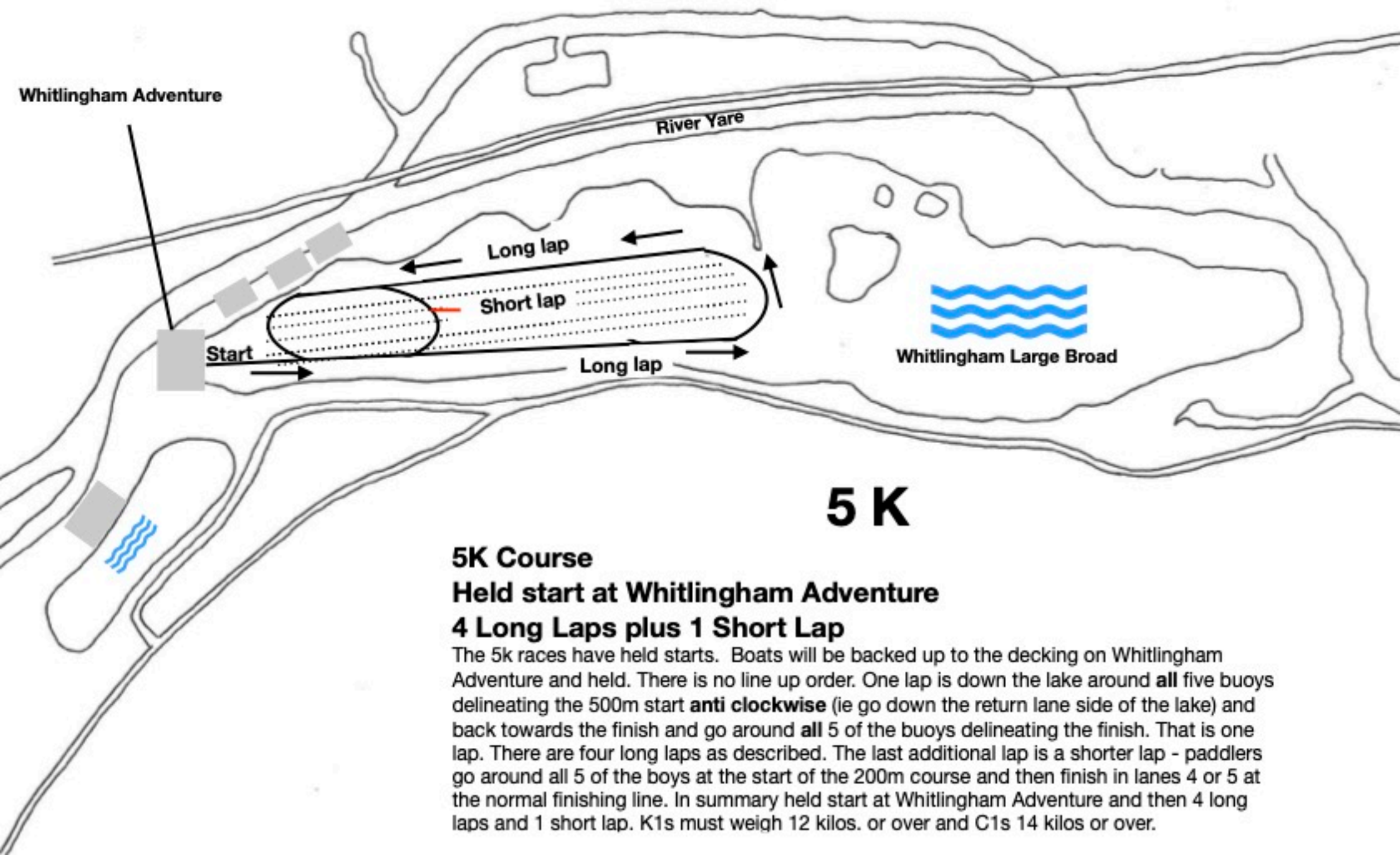


Scale

100 metres



## 5 K

### 5K Course

**Held start at Whitlingham Adventure**

**4 Long Laps plus 1 Short Lap**

The 5k races have held starts. Boats will be backed up to the decking on Whitlingham Adventure and held. There is no line up order. One lap is down the lake around **all** five buoys delineating the 500m start **anti clockwise** (ie go down the return lane side of the lake) and back towards the finish and go around **all** 5 of the buoys delineating the finish. That is one lap. There are four long laps as described. The last additional lap is a shorter lap - paddlers go around all 5 of the boys at the start of the 200m course and then finish in lanes 4 or 5 at the normal finishing line. In summary held start at Whitlingham Adventure and then 4 long laps and 1 short lap. K1s must weigh 12 kilos. or over and C1s 14 kilos or over.