



# Copeland Canoe Club



## 7<sup>th</sup> Ravenglass Seaquest

Sunday 12<sup>th</sup> May 2013

Start 1145am      HW 1332    7.7m

A navigation event on the 3 beautiful estuaries at Ravenglass

Competitors, in kayaks or canoes, visit as many controls as they can, in the time limit of 3 hours.

An event for everyone, take your time and enjoy lunch alongside the Esk, or set yourself a challenge and join the competitive racers.



Many thanks to Annette for all her previous work, and advice in this, our first year running this fantastic event.

Last year, Ravenglass Seaquest donated £200 to Living Seas NW and £130 to Cumbria Canoeists Coaching.

Entry fees for 2013 are £5 single: £3 Under 16: £10 per family

For entry forms and more information, please visit the CopelandCanoe Club website:  
[www.copelandcanoe.org.uk](http://www.copelandcanoe.org.uk)