



## Revised Race Training Times

**Please note** the new training times for flatwater race training on Tuesday and Thursday evenings and Saturday mornings.

Thus the times of all sessions are:

**Monday 6k time trial:** starts from between 18:00 and 18:30: commences 28<sup>th</sup> March 2011

Tuesday Introduction to placid water: starts 09:30: Contact Liz Murnaghan

**Tuesday Coaching/training:** Starts 18:00: Finish by 19:30 Commences 29<sup>th</sup> March 2011

Thursday Training from Crookham Wharf: starts 09:30 Contact Charles Hicks

**Thursday Coaching/training:** Starts 18:00: Finish by 19:30 Commences 30<sup>th</sup> March 2011

**Saturday Coaching/training:** Starts 10:00: Finish by 11:30 **From Sat 12 February 2011**

The Hare & Hounds start times remain unchanged: i.e. based on your present handicap start times.

**We will be starting each session promptly so please be ready to be on the water at the start times listed.**

**Please keep your coach informed of when you will be and will not be attending.**

**The groups and group leaders/coaches will be circulated and also listed with the sessions activities on the FWRG (Flat Water Racing Group) changing room notice board shortly.**

Richard Somerset 01252 683584

11th February 2011