

# 2019

## LOWER LIFFEY DESCENT

CMI Ribadesella Ranking series

Sunday 1<sup>st</sup> September  
Midday Start  
SLCC to Canoe Centre

**Start time:** 12.00

**Long Course:** 22k approx

Salmon Leap Canoe Club, Leixlip to Canoe Centre  
2 Lake Laps + 1 Portage + 5 Wiers

**Short Course:** 14k approx

Salmon Leap Canoe Club, Leixlip to Canoe Centre  
1 Portage + 5 Wiers

**Entry Fee:** €20 Senior, €10 Student/Junior,  
€30 Double, €40 Treble. Non Members  
additional €10. Family Rate €45

**Entries:** From 09.30am at SLCC Clubhouse

**Last Entries Onsite:** 11.00am

**Classes**

**Long: 22k**

K1: DIV 1

K1: DIV 2

**Short: 14k**

K2/T2

Division 3

Division 4

Division 5 Open

Division 5 Womens

Division 6

Division 7 (U15)

Open Canadian

Any queries or if you wish to volunteer

contact: Mark Hoare on 01 6264363 or email: [mark.hoare@canoecentre.ie](mailto:mark.hoare@canoecentre.ie)

CI/CANI/BCU membership cards must be presented when entering | Neither the organisers nor the CI accept responsibility for any damage or loss | Rough water course with Grade 1 / Grade 2 rapids | CI Safety Rules Apply | This race is not suitable for Novices/ Beginners. River will be in flood | All Junior, GP and Canadian paddlers must wear helmets | Neither the organisers nor Canoeing Ireland accept any responsibility for any damage or loss to persons or equipment.