



The Alan Gallop 10 Seat Challenge



The aim of the 10 Seat Challenge is to broaden your paddling horizons, ability and stamina.

To take the challenge, members must be able to launch correctly unaided and complete the course without capsizing, avoid other river users and obey all river rules (eg keeping to the right).

The challenge consists of a two lap course of approximately 800 metres, within sight of the club house, turning around coaches/observers both clockwise and anticlockwise. Lap 1 is highlighted in yellow in the picture below with the change for lap 2 in red

Challenge runs may take place when they're not likely to disrupt rowers. To qualify, runs must be set up and observed by a committee member or coach who will sign off successfully completed runs.

Seats can be scored through the following craft and positions:

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|------------------|---------------------|----------------------|
| Canadian (front) | Canadian (rear) | White Water Kayak |
| Touring Kayak | Standup Paddleboard | Canadian (solo) |
| Wild Water Racer | K1 | K2 (front) K2 (rear) |

