



Wynnum Redlands Canoe Club

Tingalpa Trot

For 30 years paddlers have raced from the mouth of Tingalpa Creek through 'the narrows' and 'down the straight' to the centre of Capalaba.

On 8th March 2020

It's your turn!

Choose: 5km or 10km distance

Enjoy: BBQ food and drinks at the finish

Share in: Prizes presented by – WRCC

Let us assist: With transport from the finish back to the start



Welcome to all Ages and craft

Registration 7.30am
WRCC Club Room - Railway Parade Thorneside

Briefing 8.30am
WRCC Club for both 10km & 5km

Start 9.00am

Finish
John Fredericks Park
Old Cleveland Road, Capalaba

Distances
10km Railway Parade to JF Park
5km Railway Pde to Chadwell St

\$10 PQ Juniors
\$15 PQ Members,
\$35 Non QC Member

Entries & Questions
Contact: Andrew Bennet
Registration is now open
<https://www.registernow.com.au/secure/Register.aspx?E=38030>
Phone or SMS: 0419 634 180