

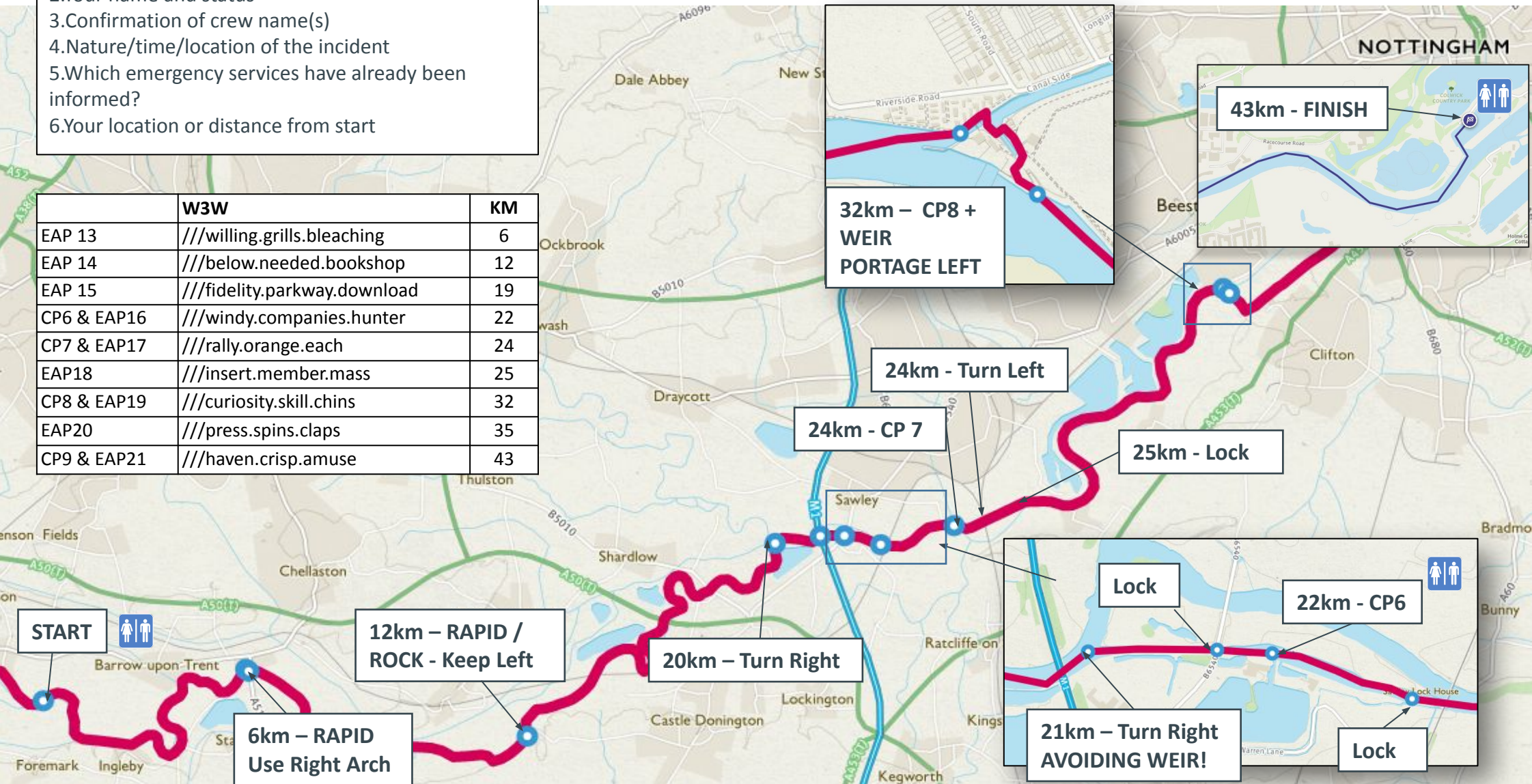
In the event of an emergency be prepared to provide the following information.

- 1.State IMMEDIATELY that the message is an Emergency
- 2.Your name and status
- 3.Confirmation of crew name(s)
- 4.Nature/time/location of the incident
- 5.Which emergency services have already been informed?
- 6.Your location or distance from start

Check In/Out: Give your Name and Team name at all Checkpoints

Withdrawing from event: Call 0800 140 4624. You MUST inform a Safety Marshal. Teams must not proceed until the paddler has been designated safe by the TRENT100 Crew.

	W3W	KM
EAP 13	///willing.grills.bleaching	6
EAP 14	///below.needed.bookshop	12
EAP 15	///fidelity.parkway.download	19
CP6 & EAP16	///windy.companies.hunter	22
CP7 & EAP17	///rally.orange.each	24
EAP18	///insert.member.mass	25
CP8 & EAP19	///curiosity.skill.chins	32
EAP20	///press.spins.claps	35
CP9 & EAP21	///haven.crisp.amuse	43



IN CASE OF EMERGENCY CALL 0800 140 4624 DIAL 999 FIRST IF LIFE IS IN DANGER