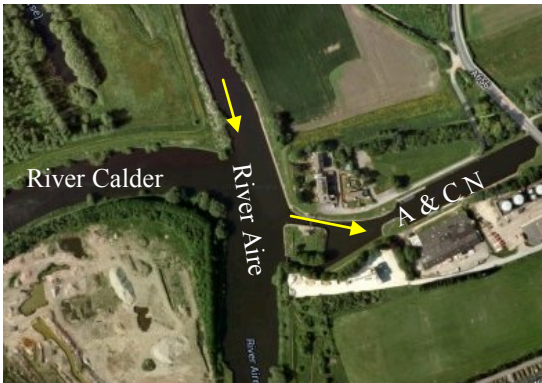


**British Rowing Tour 2016**  
**Friday 2nd September a.m.**  
**Leeds RC—Castleford 12.4 km**

Turn left into  
Aire & Calder Navigation



**LUNCH**

Castleford  
Flood Lock

5.2 km

Lemonroyd Lock

2.2 km

Woodlesford Lock

1.4 km

Fishpond Lock

3.6 km

Leeds RC

**START**

