



GLOUCESTER LONG DISTANCE HEAD

Sunday 1st November 2009

Race start at 11.30am

7000m on still water

The event will be held on the Gloucester – Sharpness canal between Parkend Bridge & Gloucester Rowing Club under British Rowing Rules of Racing & RowSafe guidelines.

Entries for all boat types are invited from Senior, Veteran & Junior (J15 and older) crews. Medals will be awarded to the winners of all contested events.

Entries must be made online via OARA with payment either online or by cheque made payable to Gloucester Rowing Club at the address below. Entries close at 2pm on Sunday 25th October 2009

Entry fees are £8 per seat excluding coxwains.

Crews in uncontested events will be moved up in status to the nearest contested event unless a comment is made with the entry that the crew does not wish to change status.

Coaches & Captains should be aware that the crews will need to paddle 9km in addition to the 7km race. All crews should be competent to cover these distances easily & navigate through bends & bridges in safety & without holding up the race

For any enquiries please contact Jonathan Garner
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