



Upton Pubs, Clubs & Firms Regatta

10 am SUNDAY 8th June 2008

An Invitation: Beginners Crews of Four*

- Have fun and get fitter in 2008!
- Crews start training around Easter (early April) and will have between **8** and **12** outings before the race
- Crews may be gender mixed. Substitutes allowed
- Min. age 18 yrs, in good health, able to carry 25Kg and swim
- The event is for sweep oar rowing – ie one oar per person
- Crews will be coached and coxed by a Club member
- 350m downstream course with the finish by the Kings Head
- All racing will take place using equipment supplied by the Club.

Each crew is guaranteed two races with the first round losers entering a plate competition

The fee includes tuition from Upton Rowing Club members and a **free transfer** onto our 'Learn to Row' course (saving £10) aiming to graduate by early September 2008

Prize mementos awarded to the two first crews

Fees: £50 per seat (£200 per boat)

Closing date for entries: Saturday 30th March 2008

Cheques payable to:

Upton Rowing Club

Please send entries to:

c/o Anna Bailey
3 Coverfield
Hanley Swan
WR8 0EG

Tel: 0777.556.3208
Fax: 01684 594142

w: 01684.592.266

email: anna.bailey@stratascan.co.uk
web site: www.uptonrc.org.uk

Entry forms can be obtained
at the Kings Head and from
the web site below

* in some circumstances we may be able to team your people with others to make up a crew