



ANA ROWING CLUB CHALLENGE CUP REGATTA

SUNDAY 13TH MARCH, 2005

The ANA Rowing Club is holding the tenth running of its annual Challenge Cup rowing regatta on Sunday 13th March, 2005. The competition is aimed at work, social and sporting groups with no previous experience that are keen to give rowing a try. The regatta is a knockout style competition over 500 metres on the Swan River at Bayswater, with every crew getting at least two chances to race on the day.

Training

Every crew will have the opportunity to attend a maximum of five training sessions prior to the regatta, in order to master the basic skills of rowing and prepare for race day. Each training session lasts around 90mins and a coach will be provided to teach you the basics and get you up to speed.

Training commences from Saturday the 29th of January onwards and generally sessions are run in the following time slots:

- Weekdays
6am to 7:30am or 6pm to 7:30pm.
- Weekends
Between 7am and 11:30am

However, training times are flexible and every endeavour will be made to help crews who can't fit into the normal times.

Categories of Competition

Racing is open to Men's (Minimum of three males) and Women's (All female) crews. You do not need to supply a coxswain (to steer the boat) for training or racing, but if you wish to do so you can. Coxswain's can be either male or female and obviously, the lighter the better! Each crew will get at least two races on the day, with first round losers being given an extra chance.

Entry Fees

The entry fee is \$60 per person (\$240 for a crew of four people). The fee includes provision of an instructor and boat for each of the five 90 minute training sessions, as well as entry to the competition itself. This works out to be \$10 for each training session and entry to the regatta which is great value.

Full payment for each crew is required before the third training session. Cheques can be made payable to: ANA Rowing Club Inc.

Interested ?

Then get three other friends or colleagues together and contact Sue Greene
Challenge Cup Coordinator.
Mobile: 0417 862078
Email: Susan.Greene@unisa.edu.au

Alternatively, visit the club's website at www.anarowingclub.org.au for more information.

This year's entry will allow a maximum of 50 crews, so get in fast and secure your spot.

The regatta starts at 10:30 am with the finals being held at approximately 4pm. Food and drink will be on sale at the regatta and crews are welcome to bring down as many supporters as they can to cheer them on. Just remember on the day to bring your sunscreen and a hat.

Let's get started !!

Previous Rowing Experience: The regatta is for novice rowers only. No more than one member of the crew (not including the coxswain) may have

had any previous racing experience (including corporate style regattas) and that person shall not have participated in club or school competition in the last 10 years.

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