

# DURHAM CITY ALLCOMERS REGATTA SUNDAY 18<sup>TH</sup> SEPTEMBER 2016

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## FOR THOSE WHO HAVE NEVER ROWED BEFORE!

- Crews consist of four rowers & a cox  
(cox & coach provided by the club)
- Race over a 300 meter course
- One experienced rower permitted
- Male, female and mixed crews
- Four practice sessions in advance of the day
- Each crew guaranteed at least 2 races
- Previous Allcomers winners count as experienced
- Unsuccessful competitors can re-enter

**Entries Close Wednesday 7<sup>th</sup> September**



**Teams of four  
workmates or  
friends**

**Why not do it in  
fancy dress?**

**Family fun day  
activities!**

**Bar and BBQ**

**£80 Entrance Fee  
per Boat**

For more information  
contact:

Durham Amateur  
Rowing Club

0191 3866431

[www.durham-arc.org.uk](http://www.durham-arc.org.uk)

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