Saturday 14th March 2020
Ladies - men's - mixed

The Race
- Ladies 2.5 mile race 10.00am start
- Men's 3.5 mile race
- Mixed 3.5 mile race
- Celtics welcomed

Details
- Registration: 8.30am to 9.30am
- Coxes briefing: 9.30am
- Race starts: 10.00am
- Cost: Teifi skiffs free
- Celtics   £10.00

Celtics welcomed
Support your Teifi skiff rowers on the water.

Directions/Parking (SA43 3AD)
- Entering Cardigan from the 'Fishguard' roundabout (on A487 just south of the river), take the 'Town Centre' exit. Travel down the hill and turn right just before the old bridge. This takes you into the Pentood Industrial Estate (SA43 3AD).
- Parking and registration can be found 100m past 'Jewsons' on the left hand side.

Refreshments/Facilities
- Refreshments will be available to purchase throughout the morning.
  Toilet facilities, but no showers, sorry.
- Pubs and restaurants are close by for the rugby latter on in the day

Camping
There is a lovely campsite overlooking Cardigan Island and the Teifi Estuary just a mile out of Cardigan. Details can be found at: cardigancaravansite.co.uk.
www.airbandb/cardigan-stdogmaels

Important Notes
- For safety reasons Cardigan Rowing Club reserves the right to cancel the race at any time.
- All boats must be registered at registration.
- A Painter must be attached to the bow of all Teifi Skiffs.
- On the water coxes to wear lifejackets at all times.
- For further information, please contact Richard (07738052932)

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Crew Registration Form

Club	
Crew Name	
Boat Name	
Boat Colour	
Boat Type	
Boat Number	
Class Entered	Men / Women / Mixed

Crew:

Cox	
Stroke	
(3)	
(2)	
Bow	

I declare that all crews are members of an affiliated club and registered with Welsh Sea Rowing or similar and insured through their own associations.	
Signed	Position