



GLOUCESTER LONG DISTANCE HEAD

Sunday 2 November 2008

Approx 6000m on still water

The event will be held under the ARA rules of racing on the Gloucester-Sharpness canal between Parkend Bridge and Sims Bridge.

Entries will be accepted for all boat types for Veteran and Senior competitors and Junior crews at J15 and above.

Medals will be awarded for the winners of all contested events.

How to Enter:

1. OARA entries only by Saturday 25 October at 5pm
2. Payment online through OARA only.
3. Entry fees £8 per seat excluding coxes, £4 per seat for time only in uncontested events.
4. Please make a note in OARA entry comments if you are unwilling to be moved up to the nearest contested event.

Coaches and Captains should be aware that crews will need to paddle 9km in addition to the 6km race and Novices and Juniors should be competent to cover these distances easily, in safety and without holding up the race.

For any enquiries contact Mark Pollard
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