



BRITISHROWING



**500m sprint**

entries on the day  
- £2 per attempt,  
proceeds to a local  
charity

# CORNISH INDOOR ROWING CHAMPIONSHIPS

**Events start at 10am**

**Newquay Sports Centre**

**24<sup>th</sup> Jan 2015**

**• 2,000m Challenges**

Open & Lightweight, Rowability categories will be split in to the following if more than 2 entries:  
Year 12/13, open, 30-39, 40-49, 50-59, 60+

**• Junior categories**

Races in line with the national 'Go Race Indoors' framework:

Year 7 – 2mins,	Year 8 – 3mins,
Year 9 – 4mins,	Year 10 – 5 mins,
Year 11 – 6 mins	

**• Relay competition**

4 people in a team - Adult & Junior sections

£4 per junior/£8 per adult per event

Entry forms available at:

**[westregionrowing.blogspot.co.uk](http://westregionrowing.blogspot.co.uk)**

**\*\*NEW FOR 2015\*\***

## 1000m category

**Aimed at those who are new to indoor rowing – competing for the first time.**

**Male & Female categories - £4 entry fee**

Event kindly supported by



**Tempus**  
Making time for leisure

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