



Upton Beginners' Regatta

Sunday 8th Sept 2019

**Beginners events for
adult crews:**

Event 1

Up to one year's
experience (sweep)

Event 2

Up to one year's
experience (sculling)



Raced over 500m downstream

**All first round losers in both events will race in a separate 'Plate' event
thus guaranteeing a minimum of two races per crew per event**

Matched pairs of stable coxed 4+ and 4x+ boats with oars and sculls supplied

*These are stable boat events for people new to rowing held under Appendix E of
BR's rules of racing and its other rules.*

Rowers must:

- Be 18 or over on the day of the race
- For either event have taken up rowing since 1-9-2018
- For either event not previously have won a race in **any** qualifying event at a BR regatta
- Race in matching tee shirts or other tops, of the same colour

Crews can contain any combination of men and women.

A two second per woman handicap start will be given where there is an imbalance of
gender between competing crews.

Entries £8.00 per rowing seat. Entries close at midnight Sat. 31st Aug 2019

Entry is by using the attached form. More information can be found on our website

www.uptonrc.org.uk

Draw to take place at The Anchor Upton -7pm Monday 2nd Sept 2019

Email: regatta@uptonrc.org.uk