



Clwb Rhwyfo Aberteifi • Cardigan Rowing Club

Ras y Môr-forwyn • The Mermaid's Race 2018



Saturday 25th August 2018

Come and try to beat the record times set in 2010:

Fastest Men's crew:	Solva	1hr 28mins
Fastest Ladies' crew:	Newport	1hr 40mins
Fastest Mixed crew:	Langwm	1hr 32mins

The Race

- 11 mile (handicapped) race starting at Cardigan Old Bridge, around Cardigan Island and back. River and sea rowing at its best!
- Open to all coxed fixed-seat rowing craft.
- Classes: Men, Women, Mixed & Junior (over 16's)

Details

- Registration: 3.00-4.30pm
- Coxes briefing: 5.00pm
- Race starts: 6.00pm
- Cost: £5 per rower/cox
- Cost of entry also gains free entry after the race to the 'Quays Festival' (near the castle) with free food and a pint, music, fireworks etc. for all rowers/coxes.

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 before the race at registration.
- Free food and a pint for all rowers/coxes after the race at the 'Quays Festival'.
- Limited toilet facilities, but no showers, sorry.
- The Quays Festival starts at 10.00am and includes local craft and food producers.

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.

Important Notes

- For safety reasons the number of boats is limited so please send in registration forms (email is fine) asap and by Wednesday 22nd August at latest so we can provide sufficient safety cover and calculate handicaps.
- An alternative estuary course will be held in the event of adverse sea conditions.
- For further information, please contact Kev (07813 820401) or Wayne (07989 286881) or email: cardiganrowingclub@gmail.com



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Crew Registration Form

Club	
Crew Name	
Boat Name	
Boat Colour	
Boat Type	
Boat Number	(Longboat Race Number)
Class Entered	Men / Women / Mixed / Junior

Crew:

Cox	
Stroke	
(5)	
(4)	
3	
2	
Bow	

I declare that all crew are members of an affiliated club and registered with WSRA or ARA or otherwise insured.

Signed

Position