



MONTFORD CHALLENGE ROW

Saturday - 30th March 2019



Open to Celtic & Pembroke longboats - Other fixed seat tubs may apply - Coxes can swap. No passengers.

After the success of last year's 2 stage time trial we have tweaked the format to have the start & finish in same location slightly extending the upstream leg 1st stage but reduces trailer logistics.

The first stage is an 8 mile time trial upstream on the River Severn from the centre of Shrewsbury to finish at the most northerly point of The Isle known to SARC as "North Pole". At this marshalled location boats turn downstream for a 2 mile "rest" row giving way to race boats travelling upstream. This will allow time for all crews to be upstream of the second stage start point.

The second stage begins at marshalled location known to SARC as "Doctors One". It is a 6 mile time trial downstream to finish at the Pengwern Boat Club in the centre of Shrewsbury.

Stage times will be combined to determine class winners. Dependant on river & weather conditions overall race duration will be 2.45 - 4hrs

The race start & finish venue is The Pengwern Boat Club, Kingsland, Shrewsbury, Shropshire SY3 7BD. This is a Victorian boathouse overlooking the Quarry and river in central Shrewsbury. It is a great venue with large elevated terrace to view the event. Pre-race breakfast / post-race food, bar, male & female changing and shower facilities are available.

There is parking for trailers & towing cars only at the Pengwern. All other vehicles are to be parked in car parks / streets nearby - details to follow.

**Race fee is £10.00 per crew member to include post-race food.
Use the following Link to register online via the SARC website**

<https://www.adventurerowingclub.co.uk/mcr-2019-entry-form>

The Pengwern Boathouse



Timetable

Time	Activity	Location
09.45 – 10.45	Crews arrive at the start area & unload	Pengwern Boat Club
10.00 – 11.15	Boat preparation	Pengwern Boat Club
9.45 – 10.45	Registration	Pengwern Boat Club
10.00 – 11.30	Breakfast rolls / hot and cold drinks available	Pengwern Boat Club
11.15	RACE BRIEFING– All coxes must attend	Pengwern Boat Club
11.30 - 12.30	Stage 1 Time trial - RACE START Boats away at 3 minute intervals	Pengwern Boat Club
13.30 – 14.30	Stage 2 Time Trial- RACE START Boats cross start line opposite Doctors House	“Doctors One” Nr Bicton
13.00 onwards	Bar open	Pengwern Boat Club
14.15 – 16.00	Crews finish / Boats retrieved Etc.	Pengwern Boat Club
14.30 – 16.45	Race food for rowers / food available to purchase	Pengwern Boat Club
17.00	Race Presentation	Pengwern Boat Club
18.00 - onwards	Curry?? / Bar / Social	Pengwern Boat Club

Contact and Communication Information:

1. Race control - VHF Communication Channel – (TBC at the race briefing)
2. Race Control - dedicated emergency mobile phone number – for use during race only – (TBC at the race briefing)
3. Shropshire Adventure Rowing Club Organiser – Justin Reynolds - 07973 823472 – justinjohnreynolds@gmail.com
4. Shropshire Adventure Rowing Club Organiser – Geoffrey Barton - 07921 894921
5. Shropshire Adventure Rowing Club Commodore – Quentin Shaw - 07843 982332
6. Shropshire Adventure Rowing Club Safety Officer – Bev Scragg - 07813 751550
7. Shrewsbury Hospital - 01743 261000