



SUNDAY 1st MAY 2016

12.00 pm

EAST OF ENGLAND INDOOR ROWING CHAMPIONSHIPS

Register online at;

Individuals

<https://arc2012.wufoo.com/forms/p1yjs0c50oqtssu/>

Teams

<https://arc2012.wufoo.com/forms/x1trt8za0bpvsti/>



Hosted by Alton Rowing Club

**Adults Race Over
2000m**

**Juniors Race a Set
Time/Distance**

**Lightweight
Categories
Available
(75kg Men & 60kg
Women)**

Team Events

**£5 Entry Fee
FREE for
Spectators**

Prizes for Winners!

Join us at;

Peninsula Sports Centre
Holbrook Academy
Ipswich Road
IP9 2QX

Call - 07508 470238 for
further details or e-mail

altonrc2012@outlook.com