



THE QUINTIN HEAD

*Raced under the British Rowing Rules of Racing and in accordance
with Row Safe and the Tideway Code of Practice*

- Date:* Saturday 30 January 2010
- Time:* 12.30 pm
- Course:* Hammersmith Bridge to Chiswick Bridge (University Post)
- Distance:* Approximately 4000m with the tide
- Boat types:* Eights & octuples only
- Categories:* Open, Women & Mixed:
Senior: Elite, Senior, IM1, IM2, IM3 & Novice
Junior: J15, J16, J18
Veteran: Veteran B and all older categories
- Prizes:* Tankards for members of fastest overall crew
Pennant for fastest overall crew and for winning
crew in each category with 3 or more entries
- Entry fee:* £65 per crew, including £5 returnable deposit on number
Pay through British Rowing Online Entry system
or by cheque payable to Quintin Boat Club
- Entries:* by 6pm Saturday 23 January
via British Rowing Online Entry system
or on British Rowing entry forms posted to
Malcolm Cook
15 Seychelle Court
Foxgrove Road
Beckenham
Kent BR3 5XU
or e-mailed to head@quintinboatclub.org
- Enquiries:* to Malcolm Cook, at 020 8658 0908 or head@quintinboatclub.org

The river will not be closed, so no more than 99 crews are allowed.

The 2009 race was over-subscribed: get your entry in early.