Take a break from the ergo or cold sessions on the river and join in - - -

# The Rowers' Running Race

## February 14th @ 2.30pm



### Course – 5 miles (approx) on Wimbledon Common

This year hosted by the Thames Hare and Hounds Club

who evolved out of Thames Rowing Club in 1868 as a form of winter training

#### Promoted by Westminster School BC and The Skiff Club

Prizes for all BR Junior, Senior and Masters Age Categories (subject to a minimum of 3 entries) Plus Heavyweight Seniors (Men 80kg+ Women 70kg+)

#### Entry £5

Entries by email to graememulcahy@ymail.com before 7<sup>th</sup> February stating club, gender, ages for junior / masters categories and weights if entering Heavyweight

Further details, including how to pay, will be sent after entries are received