



GLENGOWER HOTEL

3 VICTORIA TERRACE
THE PROMENADE
ABERYSTWYTH
SY23 2DH

THE RULES!!

The raft has to be made by hand using whatever materials you can get your hands on, no engines, sails, pumps or propellers are allowed. All you can use is your own brute strength and oars.

The race starts on the beach directly outside The Glengower.

You have to row around the rocks up to the wooden jetty where a member of the Glengower's staff will be waiting. You have to **PADDLE** up to the jetty to receive your halfway bonus to keep you going on the way back, **WITH YOUR RAFT** - swimming up to the jetty is not allowed.

Once your bonus is safe in your raft, the first one to **PADDLE** back to dry land at the starting point is the winner, not walking down the prom carrying your raft in mid air.

How simple is that!

To enter a team, all you need to do is complete the enclosed application form along with £10 entry fee, and return it to The Glengower by Wednesday 20th May.

If you require any further details don't hesitate to ask. You can call into The Glengower, or phone on 01970 626191.

Previous years have seen a lot of people gathering on the prom, including supporters to the rowers, customers from the pub, and of course, passers by just being nosy.

Remember, all proceeds go to local charities and it really is a great day.

Looking forward to seeing you all on the day

The Glengower