

# The Dinas Head Challenge 2017

Saturday 22nd July 2017

**An 8 mile row against the clock from Goodwick Harbour to  
Newport Boat Club Parrog.**

**Race registration: 3 pm- 4:30pm**

**Race Briefing 5:00 pm**

**Boats launched 5:20 pm**

**First Boat start 5:45 pm**

**Categories x 10:**

**Ladies, Ladies (Vet), Men, Men (Vet), Supa Vets,  
Mixed, Juniors, Open, Yole Single, Yole Double.**

**£5.00 per rower / cox. To include entry fee and end of race meal.**

**Parking available for trailers and vehicles on the green at Parrog adjacent to Newport Boat Club.**

**BBQ and outside Bar**

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