



Row 4a Reason!

Heybridge Basin 'Round the Island Row'
Saturday 5th September 2009

This year we are supporting:

**Essex Air Ambulance and Little Havens Childrens Hospice
and Marie Curie Cancer Care**



'999' Challenge

(Open to Police, Fire, Rescue, Ambulance, Armed Forces etc)

We have a new 999 Emergency Services Challenge trophy up for grabs and we are challenging you to take part!

All you needs to do is ...

- Enter an Emergency Services boat (ask around maybe a colleague is a rower or boat owner)
- Encourage your colleagues to have a go (between 2-6 people would be ideal depending on boat size).
- Entry is £5 per rower with minimum sponsorship of £10 per person
- Decorate your boat, wear team colours or fancy dress and show everyone who is the First Emergency Service!!

**Race Starts at 1300 hrs on Saturday 5th September
at the lock area, Heybridge Basin, Maldon, Essex
Race Check In starts at 1100 hours.**

If you would like more information or need help sourcing a boat then please do get in touch with us ... we're here to help.

Go on try something different!

Tina Cottis on 01621 841976 or email: tina@row4areason.org