



## Aberdeen Inter-Company Row 2018

Aberdeen Boat Club  
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### Aberdeen Inter-Company Row 2018

Your company is invited to take part in the 34<sup>th</sup> annual Aberdeen Inter-Company Row – the most successful event of its kind in Britain!

Every year competitors from up to 40 north-east organisations take to the River Dee to try their hand at one of Britain's most successful Olympic sports, progressing from enthusiastic novices to spirited competitors on regatta day. The most successful crews take away a range of prizes - all crews take away happy memories of healthy team working in a new sport. Many decide to carry on rowing.

### Will you be a winner in 2018?

Crews of 4 will ideally comprise two men and two women, however the event is open to all-male and all-female crews and handicaps are applied. Organisations may enter as many crews as they wish. Crew members should not have any previous rowing experience. The crews are coached by experienced Aberdeen Boat Club coaches at evenings or weekends by arrangement. The training leads to the challenge and excitement of racing at the Aberdeen Inter-Company Regatta on Saturday 30<sup>th</sup> June – a fun day out, not just for the crews, but for supporters, colleagues, family and friends.

Entries for the 2018 event are now being accepted. All you need is a crew, a £280 entry fee and the enthusiasm to throw yourselves into the six 1 ½ hour training sessions before the regatta.

We hope you will take up this challenge and join the many workplaces which enjoy the Aberdeen Inter-Company Row year after year.

For entries, please complete and return the enclosed entry form to Tina Buchanan of Aberdeen Boat Club at the above address or alternatively email her directly at: [abcintercompanyrow@gmail.com](mailto:abcintercompanyrow@gmail.com) or call 07511 537 993.

For more information see our website – [www.abc-dee.co.uk](http://www.abc-dee.co.uk)

See you on the water!

Matthew Burnett  
Aberdeen Boat Club Captain