



Adult Dragon Boat Championship

Sunday 25th September 2011

Our annual dragon boating fixture is open to all adult groups – a group of friends or perhaps as a team building with staff & clients, whilst networking with other businesses during the event. You don't need to be an expert paddler as the day starts with practice runs in the morning and we are encouraging complete novices to come and have a try – its team spirit that counts!

From 11am there will be practice sessions (not compulsory), the racing will take place from 1pm. You will race over a course of approximately 450m and in the competition there will be heats and repechages so all teams will have at least two races. The finals should be approximately 5pm depending on how many teams are taking part in total. There will be refreshments available all day from our onsite cafe.

This event will be tremendous fun, a perfect team building activity and as proceeds from this event will benefit the Longridge charity you can include the activity in your company's CSR strategy.

Dragon Boat Crew

A crew comprises of a minimum of 12 paddlers, maximum of 16, plus a drummer and a steersman – who must be 18 or over. Unless you have a qualified steersman, the steersman will be provided from a central pool made up of Longridge team members.

Half-Crews

Don't panic if you don't have a crew of 12, we always get a few half crews that we can join together, in fact even if you only have a quarter crew – it's worth applying and we will do our best to match you up.

Entries

Entry forms must be returned by 18th September 2011.

Cost

The cost per team of up to 16 paddlers plus a drummer and steersman is £320 or £20.00 per team member

Prizes

Medals and Prizes will be awarded for 1st, 2nd and 3rd place straight after the Finals.

ENTRY FORM

To be returned to Longridge by 18th September 2011.

TEAM/GROUP NAME

CONTACT/TEAM MANAGER

Name

Address

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Phone: Day Eve

E-mail

Number of crew:

Entry fee £20.00 per team member or £320 per team. Total £

Cheques made payable to 'Longridge'.

How did you hear about the event?

Would you be happy to receive further info on our other events? YES/NO

Longridge : Quarry Wood Road : Marlow : Bucks SL7 1RE
Tel: 01628 483252 : bookings@longridge-uk.org : www.longridge-uk.org

Registered Charity No, 1121239