

Cornish indoor rowing championships

Sunday 7 March 2010



The twelfth annual Cornish Open is once again being held at the friendly Phoenix Leisure Centre in picturesque Launceston. The event will be hosted using Concept 2 Model D & E rowing machines.

The leisure centre is set in Coronation Park and boasts a 25-metre indoor swimming pool, squash court and a newly expanded and improved fitness suite so why not bring the family and make a day of it? If you are thinking of travelling from further afield, call Launceston Tourist Information on 01566 772333 for details of local accommodation.

Glendorgal 500

Following the success last year of the Glendorgal 500, sponsored by Glendorgal health spa, Newquay, the event will be running again this year. Entrants are free to enter at any time during the day. There is a £2.00 fee per attempt (you can have as many goes as you like). Proceeds go to Newquay Tretherras School indoor rowing club.

Newevents

Attention all children! This year we are creating a whole new set of junior events. Age groups will follow the format used in the National Junior IRC. Year 7 children will row for 2 minutes; year 8, 3 minutes; year 9, 4 minutes; year 10, 5 minutes; year 11, 6 minutes. A trophy will be given for the boy and girl in each age group who covers the greatest distance. There will also be Year 12 and Year 13 girls and boys 2000m events.

This year we have split the 2000m open event into a separate competition. This way you can enter the open and your age group too, if you so wish.

How to enter

Adults £8 per event. Juniors £4. Entry fee required with entry form. All entries to be posted to Phoenix Leisure Centre, Coronation Park, Launceston, Cornwall PL15 9DQ and must be received by no later than 21 February. Entries received after 20th February will be returned. Please do not send cash, cheques only. **No entries will be accepted on the day of the event, except for the Glendorgal 500.**



Checking in

The check-in and weigh-in desk will open at 9.30 a.m. and the first race will commence at 10 o'clock. Please aim to check in at least 30 minutes before the start of your race. Weighing-in will only be necessary for those registered as Lightweight. Those registered as Lightweight, but ineligible on the day may enter the Heavyweight classes if they choose. Extra Concept 2 Indoor Rowers will be available for warming up before your race. There will be no heats, but races will be split if there are more competitors than machines.

Prizes- all event winners will receive a trophy, all entrants will receive a goody bag

How to find us

From the A30 westbound: Cross into Cornwall and take the first exit, marked Launceston. At the first roundabout, take the 4th exit, towards the town centre. Turn right at the first traffic lights and follow the road to Launceston College. Turn right immediately after the college and follow the signs to the leisure centre.

From the A30 eastbound: Take the Launceston exit (approx. 21 miles past Bodmin). Turn left towards the town centre. Turn right at the first traffic lights and follow the road to Launceston College. Turn right immediately after the college and follow the signs to the leisure centre.

From Bude & North Devon: Take the B3254 towards Launceston town centre. At Launceston Castle, follow the road round to the right and continue to the traffic lights. Turn left at the lights and follow the road to Launceston College. Turn right immediately after the college and follow the signs to the leisure centre.

☎ 01566 772551
www.cornwall.gov.uk



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Application form



Name:

Address:

Postcode:

Telephone number:

Email:

Age on 7 March 2010:

School year (if applicable):

Gender: Male Female

Weight (not junior): Heavy Light (male under 75kg / female under 61.5kg)

Note: Lightweight competitors must weigh in at least half an hour before race time.
If you are over the weight limit you may still enter as a heavyweight.

Event to enter (tick at least one): Junior 2000m 2000m open

Adults expected 2000m time: min sec

Event start times will be available on our website from Monday 1 March 2010. Go to www.cornwall.gov.uk and follow the links to leisure and culture, then to the Phoenix leisure Centre.

I hereby state that I am in good physical health and know of no medical reason why I should refrain from entering this event.

Signature:

(Parent or guardian if entrant under 18 years of age)

Date:

**Note: All sections of this form must be completed for entry to be valid.
Strictly no entries will be allowed after 21 February 2010.**

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