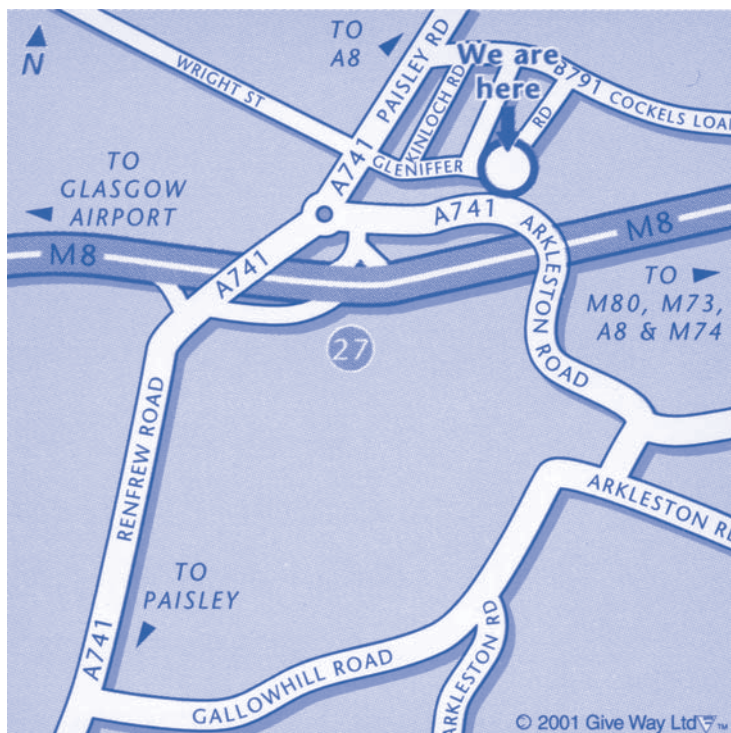


## David Lloyd Leisure Club

### How to get there:

The David Lloyd Leisure Club, Cockleshill Park, Arkleston Road, Renfrew PA4 0RA is situated off the M8 motorway near Junction 27. Junction 27 is also shown as A741, and is the junction before Glasgow Airport.



## First Annual S.A.R.A. Open Indoor Championships ~ 2003 ~

(organised by the Scottish Amateur Rowing Association  
web: [www.scottish-rowing.org.uk](http://www.scottish-rowing.org.uk))

### Be an S.A.R.A. Champion!

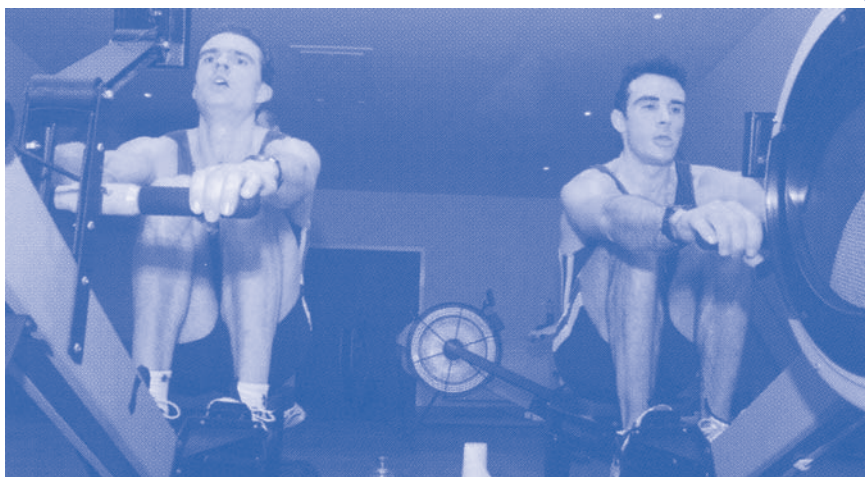
Gold, Silver and Bronze Championship Medals awarded for all events.  
In events noted University a Gold Medal will be awarded to the fastest student.  
All competitors will receive a certificate showing their official time.

on: **Sunday 26th January 2003**

**Venue: David Lloyd Club, Renfrew • [www.davidlloydleisure.co.uk](http://www.davidlloydleisure.co.uk)**

# First Annual S.A.R.A. Open Indoor Championships 2003

on Sunday 26th January 2003 at The David Lloyd Club, Renfrew



- Race Distance :** J10, J11, J12 all 1000m - all other events 2000m  
**Race Machine :** Concept 2 Indoor Rower  
**Qualification :** Anyone aged 10 or over  
**Entry Fee (per event):** Junior Events - £5.00 · All others £8.00  
**Entry Fees must accompany the Entry Form.**  
 Cheques to be made payable to  
 Scottish Amateur Rowing Association  
**Entry Forms :** e-mail: [callum.macdonald@scottish-rowing.org.uk](mailto:callum.macdonald@scottish-rowing.org.uk)  
 Telephone: 01698 250206 or downloadable from the  
 web at: [www.scottish-rowing.org.uk/eventso3.html](http://www.scottish-rowing.org.uk/eventso3.html)

Completed Entry Forms and Cheques should be posted to:  
**The National Rowing Academy**  
 (for the attention of Callum MacDonald)  
 Strathclyde Country Park  
 Motherwell ML1 3ED

- Closing Date :** Friday 17th January 2003  
**Spectators :** Free entry to event  
**Concept 2**  
**Product Information :** [www.concept2.co.uk](http://www.concept2.co.uk)  
 Tel: 0115 945 5522

Water supplied free of charge courtesy of David Lloyd Club  
 Food available in Café : Licensed Bar at David Lloyd Club

## EVENTS OFFERED

MEN
1. Open (incl. University)
2. U23 (incl. University)
3. Veteran A (27 - 35)
4. Veteran B (36 - 42)
5. Veteran C (43 - 49)
6. Veteran D (50 - 54)
7. Veteran E (55 - 59)
8. Veteran F (60 - 64)
9. Veteran G (65 - 69)
10. Veteran H (70+)
11. Junior 18
12. Junior 16
13. Junior 15
14. Junior 14
15. Junior 13
16. Junior 12
17. Junior 11
18. Junior 10
LT. WT. MEN (UP TO 75KG)
19. Open (incl. University)
20. U23 (incl. University)
21. Veteran A (27 - 35)
22. Veteran B (36 - 42)
23. Veteran C (43 - 49)
24. Veteran D (50 - 54)
25. Veteran E (55 - 59)
26. Veteran F (60 - 64)
27. Veteran G (65 - 69)
28. Veteran H (70+)

WOMEN
29. Open (incl. University)
30. U23 (incl. University)
31. Veteran A (27 - 35)
32. Veteran B (36 - 42)
33. Veteran C (43 - 49)
34. Veteran D (50 - 54)
35. Veteran E (55 - 59)
36. Veteran F (60 - 64)
37. Veteran G (65 - 69)
38. Veteran H (70+)
39. Junior 18
40. Junior 16
41. Junior 15
42. Junior 14
43. Junior 13
44. Junior 12
45. Junior 11
46. Junior 10
LT. WT. WOMEN (UP TO 61.5KG)
47. Open (incl. University)
48. U23 (incl. University)
49. Veteran A (27 - 35)
50. Veteran B (36 - 42)
51. Veteran C (43 - 49)
52. Veteran D (50 - 54)
53. Veteran E (55 - 59)
54. Veteran F (60 - 64)
55. Veteran G (65 - 69)
56. Veteran H (70+)

## NON CHAMPIONSHIP EVENT

(to be held immediately after Championship Events)

Have some fun(?) by entering a team of four - male; female or mixed  
 (2 male & 2 female) in a 5k race. Prizes for fastest team in all three categories.

**Entry Cost per Team : £10.00**

### General

A Veteran's age is that which he/she attains on or before 31st December of the current year. For the purpose of this competition a Junior will compete at the age he/she is on the day of the event, i.e. on 26th January 2003.