

Scottish Amateur Rowing Association

Scottish Indoor Rowing Championships 2007

The Time Capsule, 100 Buchanan Street, Coatbridge

Dear Competitor,

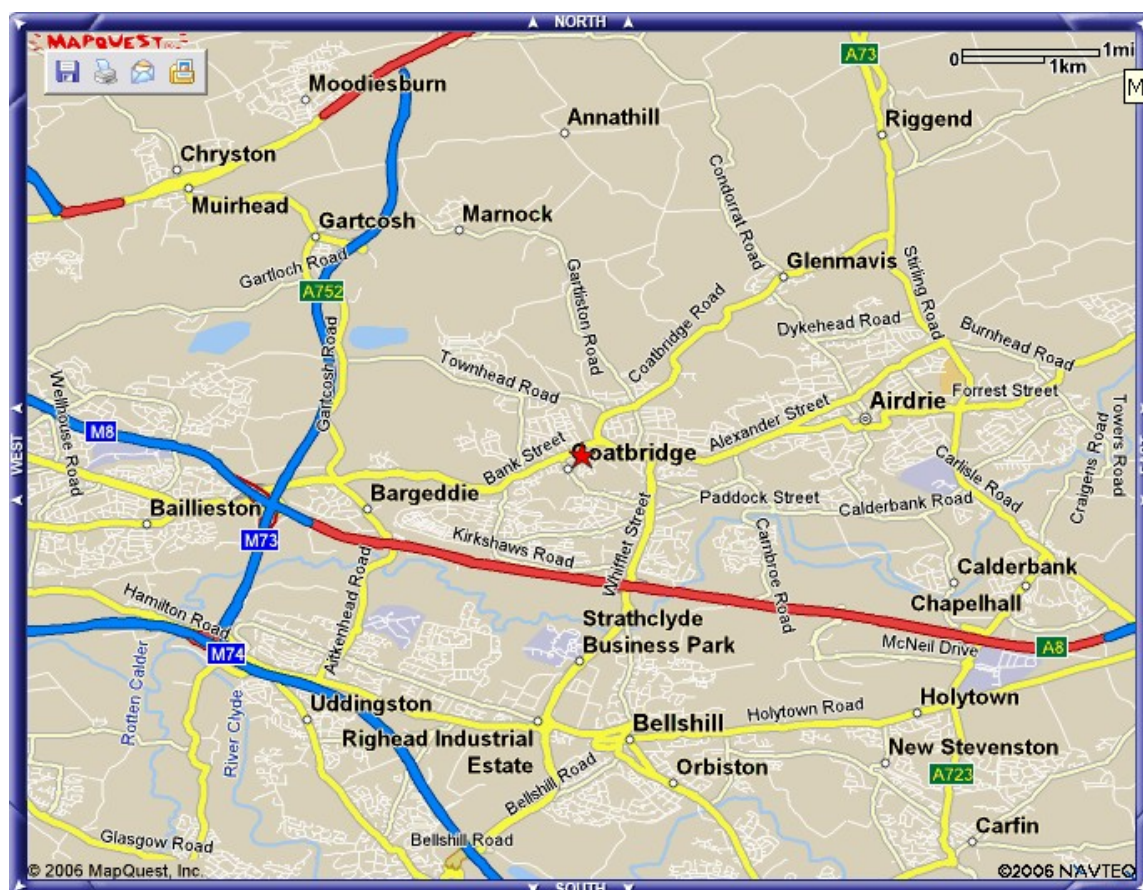
Please find below some general information about the Scottish Indoor Rowing Championships that are being held on Sunday 11th February 2007. Included in this information is the detailed race schedule, a map of how to get to the Time Capsule and a list of local hotels. We look forward to seeing you at the event,

The Organising Team

General Information

1. The SARA Open Indoor Rowing Championships will be held at the Time Capsule, 100 Buchanan Street, Coatbridge.
2. The first race will start at 10.00am. The registration point will open at 9.00am. All competitors must register their intention to race at least one hour before the race. Lightweight competitors must register between 1 and 2 hours before their race time – at this point they will be officially weighed in their race kit. Please remember to keep your registration card with you at all times. Any lightweight who does not make the required weight may take part for a time only, but will not receive a medal.
3. Medal Ceremonies will be held at regular intervals throughout the day. Please do not wander off until the official times have been announced for your particular event.
4. There are changing rooms at the Sports Centre and these will be clearly marked.
5. The Time Capsule has a cafeteria where food and drinks may be purchased.
6. Please ensure that you bring water with you.

Directions (Time Capsule marked by the star)



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Accommodation in the area

Hotel	Address & Phone No.	Price
Centre Lodge	144 – 166 Main Street Coatbridge ML5 3BJ Tel: 0845 273 5555	£45.95 per room only £5.50 for breakfast
Alona Hotel www.alonahotel.com	Strathclyde Country Park Motherwell ML1 3RT Tel: 01698 333888	Superior Double - £79.00 per night (VAT included)
Express by Holiday Inn www.ichotelsgroup.com	Strathclyde Country Park Hamilton Road Motherwell ML1 3RB Tel: 01698 858585	£65 per night
Old Mill Hotel www.oldmillhotel.activehotels.com	Mill Road Motherwell ML1 1HD Tel: 01698 261418	From £45 per night
Premier Travel Inn (Hamilton) http://www.premiertravelinn.com	Hamilton Motorway Service Area M74 Northbound Lanarkshire ML3 6JW Tel: 08701 977 124	Weekends: £46.95 per room
Premier Travel Inn (Motherwell) http://www.premiertravelinn.com	Edinburgh Road Newhouse Motherwell ML1 5SY Tel: 08701 977 164	Weekends: £46.95 per room
The Moorings Hotel www.themooringshotel.activehotels.com	114 Hamilton Road Motherwell ML1 3DG Tel: 01698 258131	<i>Special Price:</i> £30 per person sharing a twin or double room