



Tuesday 9th Decemeber 2008

Dear Competitor,

The Scottish Amateur Rowing Association is pleased to invite you to the 2009 Scottish Indoor Rowing Championships in Edinburgh on Sunday the 1st of February 2009. The championships will again be held at the Centre for Sport and Exercise at Heriot Watt University.

The Championships will offer an open category of racing over 2000m and 20 age group categories racing over 1 mile. We hope this slightly shorter and unusual event will encourage more entries. As with last years Championships any competitor entering the 'Mile' category will be entitled to free entry in the open 2000m category. Over 20 other Junior and Team events are also available.

The event will also incorporate the Scottish Universities Indoor Rowing Championships, with universities from throughout the UK warmly invited to attend and compete.

Entry is now open with entry forms available from the SARA and Concept2 websites. Competitors may also enter via the online entry system which will be available from the beginning of December.

A list of local accommodation and travel information is provided below.

We look forward to seeing you in Edinburgh in February.

Regards

Event Organising Committee



Scottish Amateur Rowing Association

Scottish Indoor Rowing Championships 2009

Centre for Sport & Exercise, Heriot-Watt University, Edinburgh, EH14 4AS

Selected Accommodation in the Area

NOTE: Please note that prices may vary from below & that special offers may apply at time of booking

Hotel	Address & Phone No.	Price
Edinburgh Conference Centre Heriot-Watt University (on campus) www.edinburgh-conference.com/stay 0 miles from venue	Heriot-Watt University Riccarton Edinburgh EH14 4AS Tel: 0131 451 3669	Limited availability Call for price
Marriot Dalmahoy Hotel & Country Club www.marriott.co.uk 3.1 miles from venue	Kirknewton Edinburgh, EH27 8EB Tel: 0131 333 1845	Rooms from: £80.00 per night
Hilton, Edinburgh Airport www.hilton.co.uk/edinburghairport 4.2 miles from venue	Edinburgh Airport Edinburgh, EH28 8LL Tel: 0131 519 4400	Rooms from: £58.50 per night
Travelodge, Edinburgh (Haymarket / Edinburgh Central) www.travelodge.co.uk 4.6 / 6.0 miles from venue	24 Eglinton Crescent Edinburgh, EH12 5BY Tel: 0871 984 6365 33 St Mary's Street Edinburgh, EH1 1TA Tel: 0871 984 6137	Rooms from: £75.00 per night
Budget Backpackers, Hostel www.budgetbackpackers.co.uk 6.2 miles from venue	37-39 Cowgate, Edinburgh, EH1 1JR Tel: 0131 226 6351	Beds from: £14.00 per night



Directions to Heriot-Watt University, Edinburgh

Road Map: www.hw.ac.uk/maps/edinburgh-road.pdf
Campus Map: www.hw.ac.uk/maps/detailed-campus-map.pdf

By car

Heriot-Watt University's Edinburgh Campus is easily accessible by car, both from the centre of Edinburgh (6 miles) and from all major routes leading to the city.

The University is half a mile from the Calder Junction of the A720 City of Edinburgh By-Pass and the A71 (there are signs for Heriot-Watt University on the approach to Calder Junction). On the M8, from Glasgow, turn right at Hermiston Gait roundabout following the signs for the A71. The A720 is a dual carriageway which skirts Edinburgh and can be accessed from all the major routes entering and leaving the city: A90 (North), M8 and M9 (West), A702 (South and M6), A7 and A68 (Borders and South), A1 (South and East).

For the SIRC 2009, please park all cars in Visitor Car Par C (see campus map above)

By taxi

Central Radio Taxis telephone 0131 229 2468 (24 hrs)

By local bus

Lothian Buses telephone 0131 555 6363 (24 hrs) www.lothianbuses.co.uk

The journey to Heriot-Watt University by bus takes approximately 30 to 45 minutes from the city centre. **Lothian Buses** offers services **25, 25X, 34, 45** and **N25** to Heriot-Watt University. The **25** departs from Princes Street, via Haymarket, Gorgie Road and Sighthill.

The 25 is the most frequent bus to the Edinburgh Campus, leaving the city centre every 15 minutes during the day, and every 30 minutes after 20.30.

The 25 runs until midnight, after which time Lothian Buses operate the N25, an hourly night bus to the Edinburgh Campus from Waverly train station via Princes Street, Haymarket, Balgreen and Sighthill.

By air

Edinburgh Airport telephone 0870 040 0007 www.edinburghairport.com

Edinburgh International Airport is served by scheduled national and international flights. The airport is on the west of the city, just three miles from the campus. The journey by taxi takes about 10 minutes.

By bus, the Airlink service (number 100 bus) links the airport and the city centre and takes approximately 25 minutes. The service runs 7 days a week from 05.00 to 00.20. For further information, telephone 0131 555 6363 or visit www.flybybus.com