

MILTON KEYNES ROWING CLUB



Rowathlon

2nd January 2009

From 11am

Starting and finishing
at the Sailing Club on
Caldecotte South Lake

- Start the year with a challenge.
- Blow out the Christmas cobwebs
- Purge the New Year hangover
- Open to members and friends of all Caldecotte Lake water sports clubs
- Prizes for first man, woman, juniors and seniors

Part 1

2000m row on Concept 2
rowing machines

Part 2

12km cycle on public roads
(mountain bikes only)

Part 3

4km run around south lake
on redways

Only £3 to enter

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