



# Aberdeen Boat Club

## Intercompany Row 2024

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ENTRY INFORMATION PACK

# Intercompany Row Regatta Day: 22nd June 2024

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## LEARN TO ROW WITH ABERDEEN BOAT CLUB

Do you want to help your organisation promote health & wellbeing whilst improving team spirit?

Are you looking to promote your business & network with others around the city?

Then the Aberdeen Boat Club Intercompany Row could be for you! The Intercompany Row, run by Aberdeen Boat Club, is one of the biggest and most successful corporate rowing events in the UK. Each year competitors from organisations across the north-east take to the river Dee to try their hand at one of Britain's most successful Olympic sports.

## Who Are We...

Founded in 1865, Aberdeen Boat Club (ABC) is Scotland's largest senior rowing club and one of the longest established clubs in the UK. A thriving, not for profit sports club with more than 100 members, we cater for a wide range of rowing abilities & ages, from complete beginner to elite.

At Aberdeen Boat Club we are completely inclusive and support anyone who wants to row regardless of gender, age, race, religion or disability.





# ENTRIES ARE NOW INVITED FOR THE 2024 EVENT!

This event is for crews of four (*mixed or same sex*) who will receive six lessons from Aberdeen Boat Club coaches & coxes, commencing from early May. The skills learned are then put to the test at the Intercompany Regatta day where all crews will compete against each other in a series of races. As well as being great exercise and good fun, the training is an excellent opportunity for team building.

## Who Can Enter?

Whilst the event is most popular with corporate groups, persons from any local organisation or even groups of friends or family can enter this annual rowing event. Crews of 2 men and 2 women are preferred but a handicap system is used at the Regatta for crews of different combinations. Groups may enter more than one crew, but as the event is strictly for new oarsmen and oarswomen, participants must not have any prior water rowing experience. All crew members must be able to swim at least 50 meters and commit to a minimum of 4 water based lessons.

# Intercompany Row 2024

## How Much Does It Cost?

The entry fee for 2024 is **£440** per crew. This fee not only entitles you to six on the water lessons, use of all necessary equipment, gym facilities and entry to the Regatta; but also gives you social membership to make use of our members bar at Aberdeen Boat Club until end of July 2024.

## What Can You Expect?

Coaching starts from the beginning of May where your crew will be allocated an experienced cox and receive six 90-minute lessons, plus an introduction to rowing techniques in the club's well-equipped gym. These sessions can be worked around you & your cox's availability and are conducted outside normal working hours i.e., evenings or weekends in accordance with tidal restrictions.

## Event Launch Day

An event launch day will be held at the end of April to allow all competitors to come along and get a tour of the facilities as well as hear some more information about what they are going to learn as well as meet some of the coaches.



# Intercompany Row 2024

## The Race

The Regatta day itself will be held on [Saturday 22nd June 2024](#) and is a whole day of activity. The course is 500 meters long and takes about three minutes to row. Each crew will have a minimum of three races in the 'round robin' stage before the fastest progress to the knock-out stages and the eventual winner is crowned!

## Entertainment

During the day of the regatta extensive snack and bar facilities are available. The event is a great opportunity for colleagues to support their company crew and cheer them on! It's also a fantastic opportunity to meet like minded people, networking across the city with different sectors & organisations. There is a BBQ followed by a party at the Boat Club in the evening which all rowers, friends and supporters are welcome & encouraged to attend.

## Prizes

Prizes are awarded to the winning and 2<sup>nd</sup> placed crews as well as for the Best Named Crew and the Best Dressed Crew.

## More Benefits

If you are bitten by the bug (and many are) the club has a programme in place so you can keep rowing after the Regatta and compete in a further race in August/September. Many Intercompany rowers have gone on to enjoy great success in rowing and become permanent members of Aberdeen Boat Club.



# Intercompany Row 2024

## APPLY NOW TO SECURE YOUR PLACE!

To take part in the event please visit our dedicated Intercompany Row webpage [www.abc-dee.co.uk/Intercompany-row](http://www.abc-dee.co.uk/Intercompany-row) and complete the online registration form.

Upon receipt of your entry form, account details shall be provided for bank transfer of the entry fee or, if preferred, you are welcome to pop into the club any evening or weekend and pay directly by card at the bar.

This event is very popular so please apply early to avoid disappointment and to start your training in good time!

## Entries & General Enquiries to:

Intercompany Row Coordinator

Aberdeen Boat Club

Email: [intercompanyrow.abc@gmail.com](mailto:intercompanyrow.abc@gmail.com)

