

THE BULLETIN



ROWING WA AND ROWING AUSTRALIA WOULD LIKE TO EXTEND AN INVITATION TO:

All Masters Rowers to compete at the 2010 Poralu Marine Engineered Water Systems Australian Masters Rowing Championships.

The championships will be held from **Thursday 3rd to Sunday 6th of June, 2010** at the newly constructed Champion Lakes Regatta Centre in Armadale

The Venue: Champion Lakes Regatta Centre

Nestled within the City of Armadale, Champion Lakes Regatta Centre (CLRC) is just 23kms from the heart of Perth's CBD. The CLRC is easily accessed via road, with a quick 30 minute drive from the city via the Kwinana Freeway or the Albany and Tonkin Highways. There is also access to Perth's rail network close by, with 3 train stations being with in 3kms of the course's facilities.

The \$34 million Champion Lakes Regatta Centre facility was completed in 2007 and is one of only two purpose built rowing courses in Australia. The design of the course incorporates a 700m warm-up/cool-down lake, a fully buoyed 2000 metre course and brand new athlete and spectator facilities. There is also a purpose built events path that runs the length of the course, for use by coaches and the media during the event.

Raised grass embankments run the length of the western side of the course and provide an excellent view of the whole course for spectators.

READ ON FOR NEW IMPORTANT INFORMATION SURROUNDING THE 2010 AMRC!!

This bulletin includes hot new information that is important to all interested in attending the 2010 Australian Masters Rowing Championships. Bulletin 2 includes new information regarding Competitor Requirements (pg. 5), Saturday BBQ, Programs on ROMS, updated seat fees and also interstate events (pg. 4)

READ ON FOR THIS HOT NEW INFORMATION!

HOT NEW INFORMATION

REGATTA RACING PROGRAM

The indicative order of events for the regatta program is **now** available on the Rowing WA website http://www.rowingwa.asn.au/masters2010_competition.html.

This is available for viewing and entries on ROMS as of **1 April 2010**.

Entries close 4 weeks prior to the event on 6 May 2010 and late entries will not be accepted.

Please be aware that if there are no entries for any event it will be removed from the program and if there are 3 or fewer entries in any event it may be combined with another age category.

MEDALS FOR OLDER DIVISIONS

Where there is **not** an advertised event in your age group nominate for the division below and the event will be raced as a combined event. Everyone will start off go and medals will be awarded to each division within the race provided there are 2 or more entrants in each division. In the case of only one entry for any division the start will be handicapped and that entrant will race against the next division.

Where there is an advertised event in your age division and you choose to row in another division as well or instead of your own you are classed under the division you nominate for. The combined event rule only applies where there was no advertised event, or if we combine events due to lack of entries.

Any queries regarding this direct to Debbie Mason debbie15@westnet.com.au.

NEED ASSISTANCE TRAVELING TO PERTH?

Stage & Screen are a travel agent who specifically assist rowers with travel plans.

Contact Caylee Ibbs on:

phone - 03 8696 7048

email - cibbs@stageandscreen.com.au .

SEAT FEES

The seat fee per event will be \$40.

SPIT ROAST DINNER

Saturday night, June 5, there will be a Spit Roast at the course after racing.

MORE DETAILS TO COME!

GAGE ROAD BEER

We are also proud to announce that our sponsor Gage Road Beer will be providing their new premium ale, which will be available for purchase.



BOAT HIRE

As previously advertised there are some boats in WA available for hire, however we are also encouraging clubs to band together to trailer boats to the regatta.

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HOW TO GET TO PERTH:

All major airlines including QANTAS, Jet Star, Virgin and Tiger fly direct to Perth from most capital cities.

WHAT ACCOMMODATION IS AVAILABLE

There is a wide range of accommodation available close to the course. The organising committee suggests the following regions to find accommodation.

Armadale Region:

The Champion Lakes Regatta Centre is located in the Armadale region so the links below will assist in finding accommodation close to the course.

[Armadale and Surrounding Areas Accommodation Listing](http://www.rowingwa.asn.au/news/news/2009/champion_lakes_accommodation.pdf)

http://www.rowingwa.asn.au/news/news/2009/champion_lakes_accommodation.pdf

[Visit Armadale Website](http://www.visitarmadale.com.au/)

<http://www.visitarmadale.com.au/>

[City of Armadale Tourism Website](http://www.armadale.wa.gov.au/tourism)

<http://www.armadale.wa.gov.au/tourism>

Fremantle Region:

If you're looking for an area to stay with a great mix of entertainment, shopping, history and arts, then Fremantle (or Freo to the locals) is the place. The Fremantle Visitor Centre can book accommodation for you directly and can be contacted on (08) 9431 7878 or via their website listed below:

[Fremantle Visitor Centre](http://www.fremantlewa.com.au/)

<http://www.fremantlewa.com.au/>

[Visit Fremantle Website](http://www.visitfremantle.com.au/)

<http://www.visitfremantle.com.au/>

[Freo Focus Website](http://www.freofocus.com.au/)

<http://www.freofocus.com.au/>

Group Accommodation:

If you have a group coming to the AMRC together and would like self-catered accommodation then the **BIG4 Discovery Holiday Park at Forrestfield** is approx 15 minutes drive from Champion Lakes and has a variety of cabins at reasonable prices.

<http://perth-international-tourist-park.wa.big4.com.au/accommodation-and-pricing/cabins/15635/family-holiday-villa.aspx>

FANTASTIC OFFER ON HIRE CARS:

One of our sponsors, Thrifty, is offering all participants coming to the AMRC 2010 a 10% discount off their best daily rate from 4 of their depots. This means if any of their cars are already discounted, you are entitled to a further 10%.

Depots Include:

Welshpool
Bassendean
Fremantle
Osborne Park

Unfortunately they are unable to give this discount from the airport.

To access this special deal, participants will need to quote WA010 at the time of the booking.

Just Call:

136 139 (within WA)

Or

(08) 9464 7322 (outside WA)



OTHER INFORMATION ABOUT PERTH:

City of Perth:
www.cityofperth.wa.gov.au

WA Visitors Centre:
www.wavisitorscentre.com.au

Swan Valley Visitors Centre:
www.swanvalley.com.au

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RETAIL PRECINCT:

At the event we will have a retail precinct. Some of the businesses who have confirmed they will be on site include:

DESIGNER PAINTWORKS

Custom Clothing and Rowing Gear
www.designerpaintworks.com.au

CROKER OARS

www.crokeroars.com

JET CYCLES KELMSCOTT

Variety of bicycles and riding accessories

JOHNSTON RACING

www.johnstonracing.com.au

ALLSPORTS TROPHIES

On hand to digitally engrave your medals

PRIME BOATS

www.primeboats.com.au

ROWGEAR

Suppliers of Rowing Parts and Accessories

Watch this space for more names each Bulletin.



BOAT HIRE

If you are interested in hiring boats contact Debbie Mason

Email:

debbie15@westnet.com.au

Mobile:

0418 953 415

Hiring Rates:

1X, 2X & 2-:

\$20/seat per event (heat, semi & final)

4X, 4+/-, 8+:

\$10/seat per event (heat, semi & final)

Training time:

Seat price per hour

If your club is bringing boats that can be hired and would like us to coordinate this for you also contact Debbie. Monies paid for boat hire is returned to the club or school owning the boat.

MASTERS AGE CATEGORIES

The 2010 Australia Masters Rowing Championships are to be conducted in accordance with Rowing Australia rules of racing which can be viewed on the Rowing Australia website http://www.rowingaustralia.com.au/comp_rules.shtm

As per the rules, Masters Rowers are those athletes who are over the age of 27 and are included in the following age categories:

- A Minimum age: 27 years
- B Average age: 36 years or more
- C Average age: 43 years or more
- D Average age: 50 years or more
- E Average age: 55 years or more
- F Average age: 60 years or more
- G Average age: 65 years or more
- H Average age: 70 years or more
- I Average age: 75 years or more

INTERSTATE MASTERS RACES AT ARMC 2010

To encourage maximum participation in all the Interstate Races at Champion Lakes, for the 2010 Regatta, State Crews can race in either the 'C' or 'D' category, with the standard age handicap applying to any 'C' grade entries

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CONTACT DETAILS:

Further information relating to the Championships can be found on the Rowing WA website, located in ROMS or alternatively can be provided by the Organising Committee on the following contact details:

PIERRE PUGHNAULT:

Operations Manager
Rowing WA
(08) 9364 3905
executiveofficer@rowingwa.asn.au

IMPORTANT NOTE TO COMPETITORS

Competitors requirements:

“Rowing Australia strongly recommend that all competitors consider their overall state of health and fitness - and ensure it allows them to compete at a level commensurate with the competition level of their particular event. They strongly recommend that each competitor and team official carry appropriate health, accident and property (boats etc) insurance for the event.”

