

# DALE & LLANGWM ROWING CLUBS MARATHON ROW



Saturday 31<sup>st</sup> July 2010

22 miles down river

From Haverfordwest to Dale

Entry fee £5 per person

Each boat to carry a cox & passenger

B.B.Q at finish

Registration at Picton Fields (by County Hall) from 8.30 am.

First boat away 10.30am.