

# Llandaff Rowing Club is proud to present Splash & Dash Regatta 2019 28th - 29th September

*Registration night  
Thursday 22nd August*

*Training starting  
Wednesday 28th August*

All equipment and pre-regatta coaching will be provided by Llandaff Rowing Club

Crew Categories

men - women - mixed\* - veteran men (40+) - veteran women (40+)

\*mixed crews must consist of 2 members of each gender (or 3 female 1 male)

Entry fee £35 per person  
(Four people per crew)

Prizes for all the winners  
Plus special prize for best dressed crew

The event is also helping raising funds for 2 amazing local charities:

*"Keep Wales Tidy"  
and  
"Velindre Cancer  
Centre"*

Entry forms can be downloaded at  
[WWW.llandffrc.com](http://WWW.llandffrc.com)

Email:  
[splashanddash@llandaffrc.com](mailto:splashanddash@llandaffrc.com)

