



# THE QUINTIN HEAD

*Raced under the ARA Rules of Racing and in accordance with  
the Water Safety Code and Tideway Code of Practice*

- Date:** Saturday 24 January 2009
- Time:** 11.30 am
- Course:** Hammersmith Bridge to Chiswick Bridge (University Post)
- Distance:** Approximately 4000m with the tide
- Boat types:** Eights & octuples only
- Categories:** Open, Women & Mixed:  
Senior: E, S1, S2, S3, S4 & Novice  
Junior: J15, J16, J18  
Veteran: Vet B and all older age groups
- Prizes:** Tankards for members of fastest overall crew  
Pennant for fastest overall crew and for winning  
crew in each category with 3 or more entries
- Entry fee:** £61 per crew, including £5 returnable deposit on number  
Pay through OARA or by cheque payable to Quintin Boat Club
- Entries:** by 6pm Saturday 17 January  
on ARA forms to:  
Malcolm Cook  
15 Seychelle Court  
Foxgrove Road  
Beckenham  
Kent BR3 5XU  
or by e-mail to [head@quintinboatclub.org](mailto:head@quintinboatclub.org)  
or via OARA
- Enquiries:** 020 8658 0908 or [head@quintinboatclub.org](mailto:head@quintinboatclub.org)

The river will not be closed, so no more than 90 entries can be allowed