



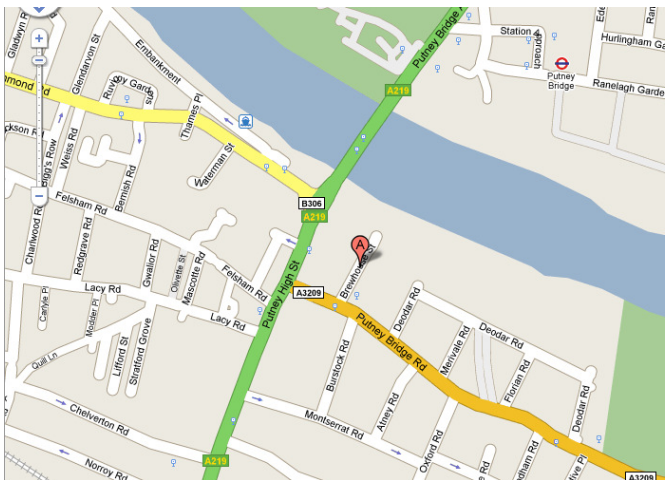
IMPORTANT EVENTS UPDATE

Women's Head of the River Race WEHRR (Sat 7th March) & Men's Head of the River HORR (Sat 21st March)

The Head of the River Races are the longest and most physically challenging of the Head Race season; starting from Mortlake and finishing in Putney. The course is perhaps best known as the battleground on which Oxford and Cambridge fight it out during The Boat Race, albeit in reverse. Boating will take place along Putney Embankment for the women's event and from St. Paul's School in Hammersmith for the men's event. This includes both senior and novices squads. Both events are unlike any other, with the Thames packed full of hundreds of crews racing the long, grueling course one after another. Thousands of spectators usually stand along The Lower Mall, on Hammersmith Bridge, Barnes Bridge and Chiswick Bridge to name but a few.

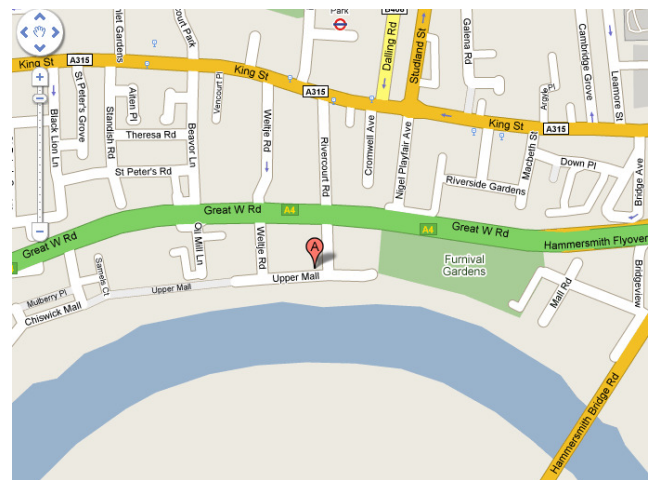
WEHRR 07/03/09 11.10am-4.30pm

UBBC cordially invites all parents and friends to join post-race celebrations at the **Boathouse Pub**, Brewhouse Street, Putney, London, SW15 from 4.30pm onwards.



HORR 21/03/08 10.30am-5.30pm

UBBC cordially invites all parents and friends to join post-race celebrations at **The Dove** 19 Upper Mall, Hammersmith, London, W6 9TA from 5pm onwards.



Wallingford to Henley; a Charity Marathon

On Saturday 28th March, the UBBC men and women will row a sponsored marathon distance of 41.32km in a VIII from Wallingford to Henley-upon-Thames.

Wallingford Head is the first major head race of the rowing calendar, and Henley Royal Regatta is the pinnacle ending event of the rowing season. The proceeds will be split towards Cancer Research and UBBC.

While half of this charity squad rows, the other half will cycle alongside the riverbank down bridle paths and cycle tracks, with rowers and cyclists

interchanging in and out of the boat at designated landing stages along the way; Pangbourne, Reading, Shiplake and so on. Sponsorship and support is vital to make this event possible!



Please join us in this challenging event by coming to watch and cheer us on! This event is set to tie in with the Auction of Promises; more details will follow nearer the time via email/post.



CALENDAR OF RACES/TRAINING

Spring/Summer Terms

Senior Training Camp	Banyoles	2nd - 9th January 2009	Senior squads
Start of Term Mini Training Camp	Saltford	9th, 10th, 11th January 2009	Men's Novices
Quintin Head of the River Race	Tideway, London	24th January 2009	All
BUCS Head of the River Race	River Nene, Peterborough	14th February 2009	All
Reading University Head Race	Reading	28th February 2009	All
The Womens Head of the River Race (WEHARR)	Tideway, London	7th March 2009	Women's Squads
Hammersmith Head Race	Tideway, London	8th March 2009	Men's squads
The Head of the River Race (HARR)	The Tideway, London	21st March 2009	Men's squads
Easter Training Camp	Saltford	12th - 19th April 2009	Men's Novices
Bristol v UWE Varsity Boat Race	Floating Harbour, Bristol	25th April 2009	All
BUCS Regatta	Holme Pierrepont, Nottingham	2nd, 3rd, 4th May 2009	All
The Metropolitan Regatta	Dorney Lake, Eton	30th, 31st May 2009	All
Reading Amateur Regatta	Reading	13th, 14th June 2009	All
Women's Henley	Henley-on-Thames	19th - 21st June 2009	Women's Squads
Marlow Regatta	Dorney Lake, Eton	20th, 21st June 2009	All
Henley Royal Regatta Qualifying Races	Henley-on-Thames	26th June 2009	Men's Squads
Henley Royal Regatta	Henley-on-Thames	1st - 5th July 2009	Men's Squads