

**Are you looking for a new challenge?  
Take a unique opportunity to row across the  
English Channel.**

Are you interested in testing your abilities, getting fit, raising money for an important local London charity and, above all, achieving a once-in-a-lifetime feat that you will never forget?


**Take up the challenge**

In June 2010, two teams of London business men and women undertook a challenging and gruelling four-hour row across the English Channel in Thames Waterman Cutters. In the process, they raised sponsorship money for the AHOY Centre Charity and in doing so they have now set the bench mark for other teams to beat!



This year, the AHOY Centre is offering the unique opportunity for teams of dedicated men and women to do the Cross Channel Row and attempt to beat the previous record time. The Centre will provide boats, equipment, expert safety cover for the cross-channel row plus a fun and varied twelve-week training package designed to fit around your existing work commitments. All you need to do is commit to raising a minimum of £12,000 per boat for the charity.

**Interested?**

If you are interested in being part of a crew, or if you think your organisation or friends could enter a whole crew of six or seven people - read on 

### What 's it all about?

The AHOY Cross Channel Row Challenge is just that; a unique opportunity to take on the challenge to row from England to France in a Thames Waterman Cutter rowing boat. You will be taking on a challenge that very few have accomplished.

Within the challenge is firstly, completing the Cross Channel row plus the added element of competing for the fastest time and raising the most amount of sponsorship money.

The AHOY Centre Charity provides everything you need to take part and, in return, you are asked to commit to raising at least £12,000 in sponsorship money per crew.

### What happens to the money?

The AHOY Centre relies on money raised by people like you to run real life-changing sailing and rowing courses for people with disabilities or for young people disadvantaged by their home-life or background. All the money raised goes directly into running courses and keeping the charity going and has a direct impact on the lives of people who benefit from The AHOY Centre's activities.

### How many people do I need?

The boats require six rowers and a Cox. If six people want to row then AHOY will provide you with a Cox. In the past organisations have put together a company crew, friends have come together to form a crew, or crews have even been made up of near-strangers!

### How fit do I need to be?

The AHOY Centre will run a 12 week training programme that will give you the rowing skills you need as well as improve your fitness. Otherwise, a little basic fitness and determination is all you need.!

### Equipment needed?

None—as this is provided by AHOY - personal items of wear are 2 pairs of trainers (one pair will get wet), track suit, shorts, and T shirt

### PR?

There are opportunities for PR coverage for teams/companies being involved in the Challenge

### Can we challenge other people?

Absolutely—there is nothing better than to have a challenge within a challenge to give it the extra edge! We expect many teams will want to throw down the gauntlet either to departments/ work colleagues within the Company; to challenge a 'rival' or to challenge a customer/client.

### What will I need to do?

The AHOY Centre will provide boats and equipment during the training, all you need to do is come to the centre in Deptford for the sessions. On the day of the row, The AHOY Centre will organise everything from moving the boats to the starting point, getting permission from the French and British authorities and providing qualified pilots for the crossing.

### Where is AHOY?

The AHOY is based on the River Thames at Deptford. Deptford station is one stop from London Bridge (+ 8 minute walk) - Cutty Sark DLR (+ 11 minute walk) - River Bus to Greenwich Pier (+ 12 minute walk). Or there is the potential to come by the Meridian Duck (amphibian craft) direct from the centre of London to AHOY.

### What next?

If you're interested the next step is for you and the rest of your crew to sign the Pledge and give it to the person who gave you the leaflet or make direct contact with AHOY. The contact name is on the back of this leaflet. The AHOY Centre will work with you to organise training days and a date for the crossing.

# Pledge

We the undersigned pledge to raise a minimum sponsorship of £12,000 for The AHOY Centre. We understand that not only is the challenge to row the channel but also to help raise as much sponsorship as possible for the charity.

We understand that in return for signing this Pledge The AHOY Centre will arrange a 12 week training programme in preparation for our rowing challenge. The cost of the training, provision of the equipment and the cost of providing the pilot boats will be paid for by The AHOY Centre. A Just Giving page will be set up for the participants so that donations can easily be registered online.

Through this challenge we will be able to help others so that they have the opportunities that would not normally be available to them and ensure that The AHOY Centre is able to continue its work with changing peoples' lives through rowing & sailing.

We wish to help The AHOY Centre with its goal to provide support and inspiration for those that wish to better themselves in life so that they in turn can help others and for some help them to turn their lives around and to make a fresh start - In doing this we will help make this world a little more 'equal'

Over the next 12 weeks we pledge to raise/donate a minimum of (please tick box):

- £12,000  
  £15,000  
  £18,000  
  £24,000  
  other (please state) £.....

We look forward to being at the Trafalgar Night Dinner to celebrate the challenge on the 21<sup>st</sup> October.

**Team Name:**

**Team Leader:**

	Name	Signature	Date
1			
2			
3			
4			
5			
6			
7			

	Email	Contact Number
1		
2		
3		
4		
5		
6		
7		



## 'Changing Peoples Lives Through Sailing & Rowing'

*'AHOY will continue to develop and expand its facilities to create a flagship centre for water based activities that continue to breakdown social barriers and teach and train people to help others. By doing so more people will have the opportunity to benefit from the activities, courses and experiences, gaining confidence and broadening horizons. AHOY is changing people's lives through the medium of sailing & rowing.'*



### 'Help Us to Help Others'



**Contact:** Pat Farrell - Telephone: 020 8691 7502 or by Email: [Pat@ahoy.org.uk](mailto:Pat@ahoy.org.uk)