



**The 1<sup>st</sup> Head of the 3 Harbours Coastal Rowing Race;**  
**An 8k 'pilot' race for Coastal Rowing Clubs & Boats**  
**in and around the 3 Harbours region for the 3 Harbours Trophy**  
**Coastal Quads; Doubles; Pilot Gigs; Bursledon Gigs; St Ayles Skiffs & other Coastal Boats**  
**From 10.00 on Sunday 1<sup>st</sup> October 2023 from**  
**Northney Marina to Hayling Island Sailing Club, Hayling Island**  
**Supported by; The Coastal Rowing Academy & Club; Sandy Point Watersports and HISC**



For more details & entry form visit [www.roundhaylingrowingrace.com](http://www.roundhaylingrowingrace.com);  
[www.sandypointwatersports.com](http://www.sandypointwatersports.com)  
or email [academymike@yahoo.com](mailto:academymike@yahoo.com); Tel 07767350512

