

Welsh Indoor Rowing Championships

Channel View Leisure Centre, Cardiff, CF11 7HB

2000m Categories

Event No.	Title	Event No.	Title	Event No.	Title	Event No.	Title
Men		Lwt Men		Women		Lwt Women	
1	Open	11	Open Lwt	18	Wms Open	28	Wms Open L
2	Student*	12	Student L*	19	W Student*	29	W Student L*
3	M30+	13	LM30+	20	W30+	30	LW30+
4	M40+	14	LM40+	21	W40+	31	LW40+
5	M50+	15	LM50+	22	W50+	32	LW50+
6	M60+	16	LM60+	23	W60+	33	LW60+
7	M70+	17	LM70+	24	W70+	34	LW70+
8	MJ18			25	WJ18		
9	MJ17			26	WJ17		
10	MJ16			27	WJ16		

500m Sprint Categories

37	Open	40	Open Lwt	42	W Open	45	W Open L
38	M40+	41	M40+ Lwt	43	W40+	46	LW40+
39	M60+			44	W60+	47	

100m Sprint Categories

48	Mens Open	49	Womens Open
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Student Fresher 1000m Categories

35	Mens Open Fresher* (1st year of rowing)	36	Womens Open Fresher* (1st year of rowing)
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3000m Team Categories (team of 4)

50	Mens Open Team	51	Womens Open Team
52	Mixed Open Team (max 2 men)		

Adaptive 1000m Categories**

Fixed Time Categories

Men			Junior			
Event No.	Title	Detail	Event No.	Title	Event No.	Title
53	AS	Mens Arms & Shoulders	59	MJ15	64	WJ15
54	TA	Mens Trunk & Arms	60	MJ14	65	WJ14
55	LTA	Mens Legs, Trunk & Arms	61	MJ13	66	WJ13
Women			62	MJ12	67	WJ12
Event No.	Title	Detail	63	MJ11	68	WJ11
56	WAS	Womens Arms & Shoulders				
57	WTA	Womens Trunk & Arms				
58	WLTA	Womens Legs, Trunk & Arms				

*Student events are for BUCS eligible students and must bring a student card as proof of eligibility.

**Student eligible Adaptive entries will be accepted as BUCS Champ, make this known at time of entry.
(Full T&C's are available at time of entry).



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Enter online at www.WIRC.wales to get your entry in now!