

Why enter St Neots Charity Dragon Boat Race?

- ✓ Help us to raise much needed funds for local charities.
- ✓ No experience necessary, all ages (16+) and fitness levels welcome (participants must be able to swim)
- ✓ St Neots provides the premier race venue in the region, taking place alongside the picturesque Regatta Meadow.
- ✓ St Neots is the only charity dragon boat event offering free training sessions for all entered crews.
- ✓ Crew entry fees are lower than other regional charity races Cambridge, Milton Keynes, and Peterborough.
- ✓ A fun day out guaranteed for competitors and spectators alike with plenty of bankside entertainment on offer including live race commentary, food stalls, licensed bar, children's activities and more.

How many people do I need to form a Dragon Boat Crew?

Crews must form 8-10 paddlers plus a drummer. Crews can be mixed, all female or all males. All equipment is provided – boats, paddles, and buoyancy aids. Crew members must be confident swimmers and compete entirely at their own risk.

What safety measures are in place for the race?

Qualified helms, buoyancy aids and water safety boats are provided for race day by the contracted event organisers New Wave Ltd. New Wave is an approved operator of the British Dragon Boat Racing Association (BDA). All participants are given a full safety briefing prior to entering the water and must also sign a participant consent form and disclaimer prior to race day.

Each team will compete in three qualifying heats during the day, against different opponents and where possible in different lanes. After each race, the times are put up on the results board at Event Control and read out over the PA system. Once the qualifying heats have all been run, each team's fastest time is used to determine the Grand Finalists.

What is the format for race day?

Each crew will compete in three qualifying heats over a 200-metre course during the day. After each race, the times are displayed on a results board and announced over the PA system. Once the qualifying heats have all been run, each team's fastest time decides the finalists. The winning teams are presented with medals at the race day award ceremony and the champions also have their crew's name engraved on the St Neots Charity Dragon Boat Cup.



How do I book a training session in advance of race day?

St Neots Dragon Boat Team (event co-organisers) offer all entered crews the opportunity to book an advance training session with their dedicated coaches ahead of race day. The hour-long session covers all aspects of water safety, paddle technique and the chance to experience being in a dragon boat, working as a team on the river. Several dates are scheduled in the weeks leading up to the event and can be booked directly with St Neots Dragon Boat Team (details of how-to book are supplied to confirmed crews). Standard entry crews receive one complimentary training session and sponsors receive two.

How does the event raise money for local causes?

This event was founded in 2013 to raise funds for local charities supported by the Rotary Club of St Neots St Mary's and the Mayor of St Neots' Charity Fund. Rotary and the Mayor of St Neots support several local charities each year and all charitable donations raised through this event are divided equally between the charities.

Standard Crew entry does not include a charitable donation. As part of entry into the charity race, all crews are encouraged to raise charitable funds in addition to the entry costs. A sponsorship form is issued to all confirmed crews at the point of sign up and Rotary has a dedicated online donation page for the event.