

Rowers Information

The Rowing for Life Charity Coastal Row will be rowed in coxed quad Coastal rowing boat (four people sculling and a coxswain).

It is intended that other supporting rowers will take part in this event, like a relay up the East Coast of the country. Ian Hamilton intends to be in the Coastal rowing boat for the entire journey. Other supporting rowers will fill the other rowing seats and coxswain seat.

The coastal quad is twice as wide and more stable than a standard rowing boat. Daily legs will be approximately 40km. Each supporting rower is expected to be able to row at least 10km. The coastal rows undertaken in this boat so far have averaged 10km/hr rating 18-20 strokes/minute. The progress of the row can be followed on the website from the live tracker.

There will be a daily briefing at 6.30am before each row with the intention to start at 7am on days where rowing can take place.

A full crew will start from the shore and the next rowers and coxswain to change over will go onboard the support boat(s). One of the support boats will tow an Inflatable Rescue Boat (IRB) and this will be used to transfer two rowers at a time in and out of the Coastal rowing boat and back to the support boat. There could be more than one rower change over depending on the length of the daily leg and rowers' abilities. All rowers will be taken back to shore at the finish point of the daily leg or the closest safe landing position.

The support boats arranged so far for the initial legs are Stabicraft boats and small fishing boats. These will be able to hold approximately 3 or 4 rowers each plus the skipper so there will be limited room for gear. Rowers need to bring one gear bag with a change of clothes, towel and food and drink for the duration of the rowing leg. There will likely only be a small porta potty for toilet on the support boats.

The Coast Guard boat will also be joining the support boats for the first two legs from Bluff to Curio Bay. There may be other vessels along the journey that will also accompany this event.

It is intended that rowers can arrange their own transport/driver to pick them up from the finish point of the daily rowing leg. However, it would be appreciated if your driver could drive some of the other rowers/support boat drivers back to the start to get their vehicles too.

Information about this Journey including the [spreadsheet of rowers and supporters](#), and our [estimated arrival dates](#) up the Islands will be up on the website. More regular updates about the journey and charity activities will be provided on our Rowing For Life NZ [Facebook page](#).

Registration of rowers.

If you can partake in part of this journey, please fill in the details on the website. When you've completed these details we'll email you some more information such as some Health and Safety forms, and ask for a brief explanation about your personal rowing experience and current abilities.