



Commonwealth Rowing Association Beach Sprints Championship

**Walvis Bay, Namibia
2-4 December 2022**

The Commonwealth Rowing Association (CRA), in conjunction with the Namibian Canoe & Rowing Federation (NamCanRow), is delighted to announce that the precise venue for the 2022 CRA Beach Sprint Championships has been identified. The event will be hosted by the Namibian Canoe & Rowing Federation at Independence Beach, Walvis Bay.

Independence Beach is 19km from Walvis Bay International Airport and 5-7km from Walvis Bay town center. Swakopmund lies 30km to the north.

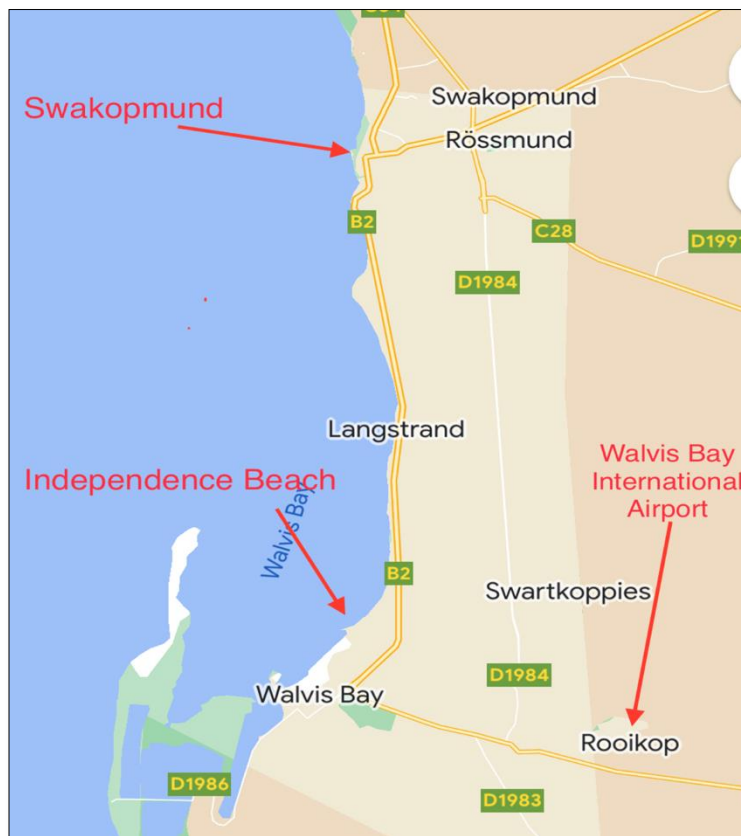


Figure 1: Location of venue relative to Swakopmund and Walvis Bay

The site has been chosen with the safety and fairness of racing in mind and allows for two parallel lanes to run straight out and perpendicular to the shoreline. The racing will comprise a beach sprint to the boat, 250m rowing out, slaloming through buoys, a turn around the top buoy, then 250m back to the beach, and a beach sprint to the finish (see Figure 2). The format will follow World Rowing Rules of Racing. However, the CRA reserves the right to alter the rules of racing subject to local conditions and requirements.

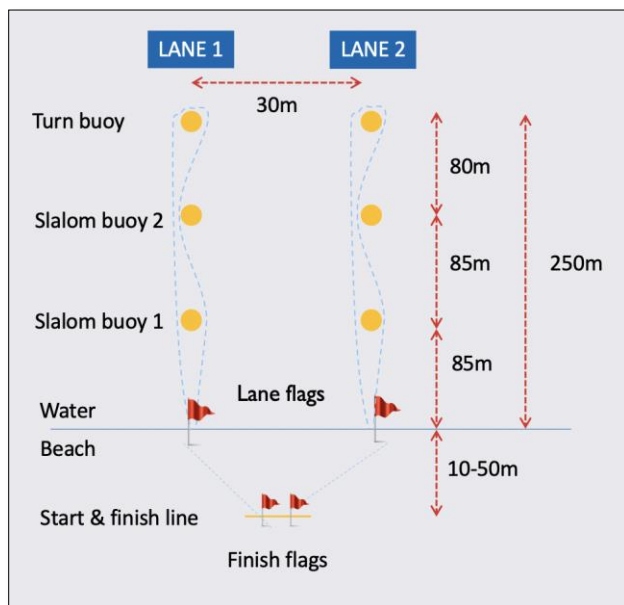


Figure 2: Racing course layout.

Coach Development and Pre-race Training and Familiarisation

As stated above, the dates of racing are 2nd - 4th December 2022.

World Rowing (WR) and Olympic Solidarity will be supporting a Level 1 Coastal Coach Development Course on the days prior to this (26th Nov-1st Dec) with NTO training, Coastal Race Module, running 27th Nov-1st Dec. Time-slots will also be available for teams to train and familiarise themselves with the course and conditions during these days.

N.B. WR/CRA will release an additional Development Programme bulletin to nations in need of support to attend the coaching education and NTO training.

Eligibility: The 2022 Commonwealth Rowing Association Beach Sprints Championships (CRABS) shall be open to competitors who are authorized to compete by their member federation and who are eligible under the relevant rules. To represent a Member Federation at the 2022 Commonwealth Rowing Association Beach Sprints Championships, a rower must be a citizen and hold a current passport of the country they are representing (in the case of teams from the nations of the UK, a British passport must be held). In addition, the Member Federation must be a member in good standing with the Commonwealth Games Federation and a member in good standing with World Rowing and adhere to the World Rowing statutes and rules of racing in this regard.

Team Size: A maximum of 1 national team from each member country may be entered. Each team will be allowed up to 4 competitors: 2 women and 2 men and a support team of up to 2 additional personnel for a maximum team size of six people. Any additional personnel should be expected to act as boat handlers for their own teams and potentially other teams as well. Countries that do not send additional personnel will be supported by volunteers to act as boat handlers, etc.

Event Categories: There will be 4 event categories offered at the 2022 Commonwealth Rowing Association Championships:

- CW1x
- CM1x
- CMix2x
- Team Relay

Entries: Details of how to enter will be posted soon on www.commonwealthrowing.org and <https://worldrowing.com/events/coastal-events/>

Equipment: World Rowing, CRA, and NamCanRow have secured new boats for the event from Swift. All equipment will be provided by the Organizing Committee (OC). All teams must use the OC-supplied boats for racing; oars will also be provided but teams can provide their own oars if they choose to travel to Namibia with them. A schedule will be set up to allow teams to train in these boats before the commencement of the competition.

Travel to Namibia: The nearest airport is the Walvis Bay International Airport (WVB), which is shown in Figure 1. The Walvis Bay Airport is serviced by the South African airline Airlink, linking through Cape Town and Johannesburg with daily flights. International airlines flying into Cape Town and Johannesburg include Lufthansa, Ethiopian Air, Qatar, and Emirates.

The Hosea Kutako International Airport in Windhoek (WDH) has more direct flights and is 405km to the east of Walvis Bay and would require a c.5-hour onward drive. Several international airlines are servicing Windhoek including British Airways, Lufthansa, Eurowings, Qatar Air, and KLM. Regional airlines serving Windhoek include Airlink and WestAir Aviation.

Airport transfers: The OC can arrange transfers from both airports, there will be a cost to teams, but it is hoped that this approach will keep those costs down. Teams should arrange their flights and then contact Maike Diekmann at diekmann.mh@gmail.com so that group travel can be coordinated for groups arriving at similar times.

Local travel: The OC will provide shuttle bus travel between Swakopmund and Independence Beach (c.30 minutes travel time), this will run from 29th November to 4th December.

Accommodation: Swakopmund is a popular holiday destination and has a wide array of accommodations available from 5* Hotels to self-catering apartments, all bookable through the internet either directly with them or through booking.com or similar. Teams are encouraged to book as soon as they are able. A list of possible options is included in the Appendix to this bulletin. This list is not exhaustive, but gives some indication of what is available and the likely costs:

A Championships rate has been negotiated with the MTC Dome High-Performance Centre in Swakopmund (<https://thedomenamibia.com/>). This will be the hub for the Development Programme

attendees and there are a limited number of low-cost rooms remaining. Teams who have smaller budgets should contact Anna Mguni at anna.mguni@worldrowing.com to discuss booking these remaining rooms.

Cost: All efforts are being made to keep the costs of attending the event in Namibia as reasonable as possible.

Various funding sources are being explored to support/subsidize the cost of travel and accommodation for CRA member federations. Nations entering teams are encouraged to contact their respective National Olympic Committee and/or Commonwealth Organisation to explore possible local funding streams.

General Enquiries: If you have any further enquiries please contact Maike Diekmann at diekmann.mh@gmail.com or Dorothy Roberts at DRoberts-CRA@outlook.com .

APPENDIX

Sample accommodation options in Swakopmund (all prices shown in Namibian Dollars)

| Hotel name | Single room /night | Twin Room /night | Double room /night | Breakfast included | Lunch /person | Dinner /person | Website |
|--------------------------|--------------------|----------------------------------|--------------------------------------------------------------------------------------|--------------------|----------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| Hansa Hotel | N\$ 935.00 | N\$ 1320.00 (two adults sharing) | | Yes | N\$210.00 (2-course) | N\$325.00 (3-course) | https://www.hansahotel.com.na/accommodation/ |
| Beach Hotel Swakopmund | | | N\$ 2700.00 (two adults sharing) N\$ 1550.00 (one adult) | Yes | A la carte menu | A la carte menu | https://www.beach-hotel-swakopmund.com/services-4 |
| Swakopmund Plaza Hotel | | | N\$ 2400.00 (two adults sharing incl. dinner) N\$1550.00 (one adult incl. dinner) | Yes | No in house restaurant (Possibility to arrange catering) | No in house restaurant (Possibility to arrange catering) | https://www.swakopmund-plaza-hotel.com/accommodation |
| Hotel A la Mer | | | N\$ 1780.00 (two adults sharing) N\$1250.00 (one adult) | Yes | No in house restaurant (Possibility to arrange catering) | No in house restaurant (Possibility to arrange catering) | http://www.pension-a-la-mer.com/ |
| Artemis Hotel Swakopmund | | | N\$2200.00 (two adults sharing) N\$1400.00 (one adult) | Yes | Only cater for groups of 10-15 people, buffet style | Only cater for groups of 10-15 people, buffet style | https://www.artemis.com.na/ |