



# NOMINATED CREW - 2010

Please list your principle crew members for the forthcoming season in the table below.

Please note that any changes to this crew during the season will be subject to the rules as detailed in the Guernsey Rowing Club Rules.

CREW NAME:	
CLASS:	
CREW MEMBERS	
1 (rower)	
2 (rower)	
3 (rower)	
4 (rower)	
5 (cox)	

**In addition, please provide details of your nominated guardboater for the forthcoming season. He/she will be contacted by the Race Secretary and may be asked to provide cover for GRC races.**

Guardboater Name:	
Boat Name:	
Contact Number:::	

**Please note that this form must be submitted PRIOR to the first race of the season.**

**Please return your completed form to:**

**Lois Rawlings, La Retraite, Rue Motet, St Martins, Guernsey GY4 6ED**