

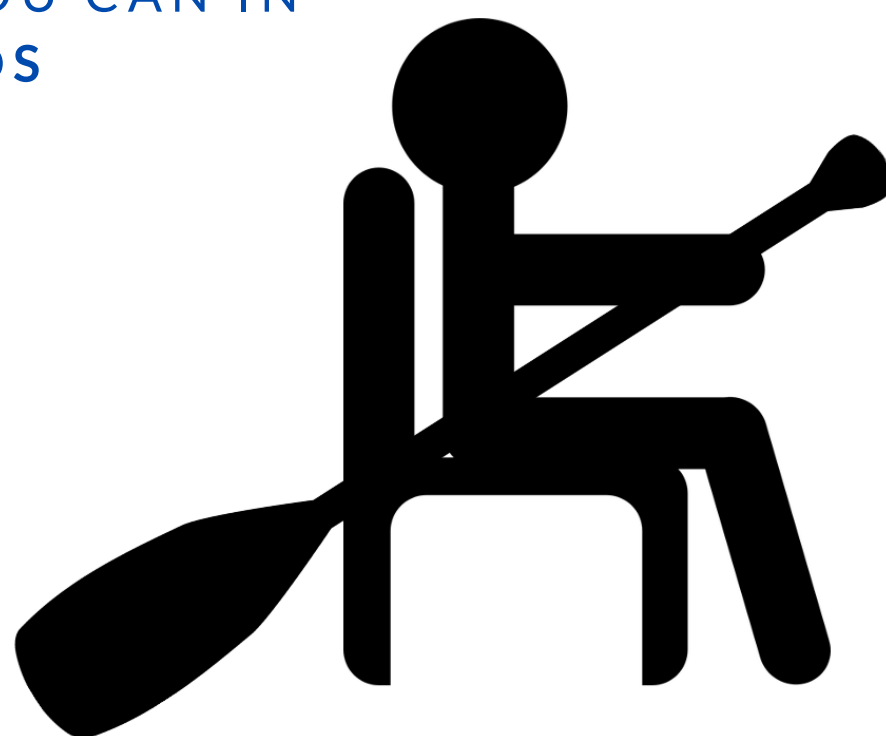
Daybreak VIRTUAL BOAT RACE

The Row

- SIT IN YOUR FAVOURITE CHAIR (OR BOAT)
- HAVE A FRIEND OR FAMILY MEMBER FILM AND TIME YOUR ATTEMPT
- ROTATE YOUR ARMS BACKWARDS IN A CLOCKWISE MOTION AS IF YOU WERE ROWING
- ONE FULL 360° ROTATION EQUALS ONE REP
- COMPLETE AS MANY REPETITIONS AS YOU CAN IN 20 SECONDS

How to take part

- CLICK [THIS](#) QUICK FORM TO REGISTER
- POST ON SOCIAL MEDIA AND TELL YOUR FRIENDS AND FAMILY
- GAIN SPONSORS AND DONATIONS USING THE LINK BELOW (PLEASE SHARE!), OR BY GOING TO THE DAYBREAK WEBSITE.
- COMPLETE AS MANY REPETITIONS AS YOU CAN IN 20 SECONDS AND SEND IN ATTEMPT VIA EMAIL



PRIZE

HOME BAKED CAKE DELIVERED TO WINNER!

INFO

DEADLINE FOR ATTEMPT:	28TH MARCH
DONATION LINK:	HTTPS://BIT.LY/37DNPQZ
REGISTRATION FORM LINK:	HTTPS://FORMS.GLE/6FG4NEJ7O8NJYJKO9
CONTACT:	TOBY COULES
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