

Manningtree Town Regatta 2024

Hosted by Stour Sailing Club



Race across the River - Sunday 11 August

The race across the river is a longstanding part of the Regatta. In the not too distant past participants raced from the hard in front of the Sailing Club, down to the end of the hard, across the channel and through the mud to the Suffolk shore and back. The prize was traditionally a crate of beer.

Now we are a little kinder on participants and the race still takes runners down the hard and through the channel but then takes a turn around a moored boat before splashing back through the channel and back down the hard to Neptune.

The race is harder than it looks, and seasoned runners are often surprised how tricky it is to 'run' in mud and water!

So – who is brave enough to give it a go?

There is a race for men, one for women, and one for 16 and under (with honours to both the first boy and the first girl home).

Participants are asked to meet at the Sailing Club Marquee on Quay Street at 10am ready for the first start at approximately 10:30am. There is no charge for entries.

Publicity

- The competition is usually covered by the Press and by taking part competitors are deemed to have given consent to images being used in the press and other publicity

Safety Rules

- Shoes **must** be worn for the competition – these may be secured by gaffer tape
- Long trousers and gloves are advised (no-one knows what may be lurking in the mud)
- Be aware of fellow participants and be kind (no barging, tripping, dunking etc!)
- Bring a towel and spare clothes (mud is sticky and 'fragrant')
- Competitors take part at their own risk. Stour Sailing Club accepts no liability in the event of any accidents or injuries however caused.