

**Maldon Gig Rowing Club
Training July-Sept 2019**

Date	Day	High Water	Training Time	Gig	FYI	Notes
06-Jul	Sat	16.05	14.20			Wivenhoe Reg
07-Jul	Sun	16.50	15.00			
13-Jul	Sat	10.40	8.50			
14-Jul	Sun	11.35	9.50			
20-Jul	Sat	15.30	13.30			Round Canvey
21-Jul	Sun	16.00	14.00			
26-Jul	Fri	19.35	17.30			
27-Jul	Sat	8.30	6.45		low	Harwich Sea Festival
28-Jul	Sun	9.45	8.00		low	
03-Aug	Sat	15.05	13.00			
04-Aug	Sun	15.50	13.45			
08-Aug	Thurs	19.05	17.00			
09-Aug	Fri	20.15	18.15			
10-Aug	Sat	9.00	7.00			
11-Aug	Sun	10.10	8.15			
17-Aug	Sat	14.35	12.35			
18-Aug	Sun	15.05	13.05			
24-Aug	Sat	18.55	17.10		low	
25-Aug	Sun	20.05	18.20		low	
26-Aug	Mon	9.00	19.15		low	Aug Bank Hol
31-Aug	Sat	14.00	12.00			
01-Sep	Sun	14.45	13.00			Southend Pier Race
07-Sep	Sat	19.35	17.50			
08-Sep	Sun	8.20	6.20			
14-Sep	Sat	13.40	11.35			Great River Race
15-Sep	Sun	14.10	12.10			
21-Sep	Sat	17.35	15.35			Castle to Crane Glasgow
22-Sep	Sun	18.30	16.30			
28-Sep	Sat	12.55	10.55			
29-Sep	Sun	13.40	11.35			