



# SOUTH MAROUBRA SURF LIFE SAVING CLUB INC

Po Box 69, Maroubra NSW 2023 | 1R Arthur Byrne Reserve Maroubra NSW 2023  
02 9341 0070 | office@southmaroubrasurfclub.com.au | www.southmaroubrasurfclub.com.au | ABN 20 186 191 094

1 August 2024

## Get Ready.....24 Hour Row 2024..... supporting Mental Fitness We invite you to sign up to row!



You don't have to be fast or be a rower – it is all about our goal to ensure we keep two of the rowing machines continually turning over for the entire 24 hours. You can pick what time suits you to come along to participate. Simple as! You just need to register to row.

We will have 5 rowing ergs available, so 5 rowers can be rowing at one time.

*Any rower under the age of 18 will require a parent or carer to attend and stay for the duration of their row.*

The event is live streamed around Australia registered to participate. Get involved, dress up, make a family or friends team, share the hour time slot or row yourself for an hour at a time.

**Venue :** *Heritage Room, South Maroubra Surf Club*  
**When :** *Saturday 7 September & Sunday 8 September, 2024*  
**Time :** *12 noon Saturday till 12 noon Sunday*

### How to get involved

**Register to Row here** [24 HR Row 2024 Registration Form SMSLSC](#)

*Once you have registered we will email you direct relevant information and continue to communicate with you up to event day.*

**Our fundraising page has been set up so please donate, share with family and friends on your socials**

<https://24hourrow.com.au/south-maroubra-slsc>

**To Donate – scan the QR code**



South Maroubra is proud to be part of this fundraising event in conjunction with GOTCHA4LIFE and we urge members to get involved.

Any questions can be directed to the club 24 Hour Row Organiser Linda Perrin  
[vp@southmaroubrasurfclub.com.au](mailto:vp@southmaroubrasurfclub.com.au)

GOTCHA4LIFE  
24HR ROW  
South Maroubra

### THANK YOU FOR YOUR SUPPORT

*Stats from our previous involvement*  
2021 WE RAISED \$4,446 AND ROWED 745 KM 2022 WE RAISED \$4,613 AND ROWED 830 KM  
2023 WE RAISED \$6,000 AND ROWED 1,010KM  
**LETS SET A NEW GOAL FOR 2024!**

For more information on GOTCHA4LIFE please refer to their website <https://www.gotcha4life.org/>