



An **Invitation** To Rowing Competitors To Train On The **Clarence River**

New South Wales, Australia



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The Clarence River is one of Australia's largest waterways, stretching over 400kms from its source to the ocean. The wide expanses of pristine, uninterrupted water allow space and privacy for team and individual training providing the perfect preparation ground for the World Championships.

There are two major rowing clubs in the area; the City of Grafton and Maclean half an hour drive north of Grafton with plenty of accommodation in the area. Further facilities are available in the village of Iluka which is an hour's drive north of Grafton.

A Sailing and Cruising Guide on the Clarence is available either online or in print format and provides detailed maps, river infrastructure such as pontoons, boat ramps and amenities. To download a copy of this guide click [here](#) or email contactus@clarencetourism.com to have a copy mailed to you.

Located in the sub-tropical climate of Northern NSW, the Clarence Valley has an idyllic climate. It is just over an hour's flight from Sydney to either Coffs Harbour in the South or Ballina/Byron airport to the North. Coffs Harbour is an hour drive to Grafton and it is just over an hour drive from Ballina to Maclean.

Introduction





The river has over 95kms of calm stretches of water, particularly around the rowing bases of Grafton and Maclean. Rowing teams have the opportunity for endurance training on the river for many kilometres in either direction or timed trials on the registered course at Grafton.

The river is approx. 200m wide at Grafton, clean and slow flowing without the need to worry about strong tides and currents. The main channels of the river are wide enough for 9 eights to train alongside, although the narrower sections of the river are protected by the island arms which reduce tidal affects.

The eastern end of river around Maclean is used by a small fishing fleet during the months of December to June and local fishing authorities will work with teams to ensure long stretches of the river are available for training. Major shipping movements and commercial vessels on the river are negligible.

The Clarence River

One of the Best Rivers for Rowing Training in Australia





Rowing is popular in New South Wales, with 2 main clubs operating in the Clarence Valley at Grafton and Maclean with a third smaller club Iluka.

To cater for the World Championship training, clubs can access a large range of support services from suitable qualified medical practitioners, both on site and remote. Gym training equipment, massage and physiotherapy facilities are available in the local areas.

Boat storage is available on the Clarence River at Grafton and Maclean. This storage will be in existing modern clubhouses with full security and ease of access to the Clarence River.

The clubhouses have full change room and shower and bathing facilities within the building. Adjacent docks will provide easy access to the water with a minimum drop of 0.3m off the water. Coaching boats can also be provided at the two major rowing courses adjacent to the clubhouse with up to 20 horsepower engines.

Accommodation for teams can be easily accessed close to the rowing courses with meals and support facilities available at reasonable rates for all team and support members.

Rowing Support Service for the Region



Grafton Rowing Club

The historical city of Grafton has a population of approximately 19,000. It has a wide range of accommodation ranging from quality motels, self-contained apartments and group accommodation.

The friendly city of Grafton has all the facilities of a regional city with quality restaurants, museums and art gallery, 24hr gym, indoor and outdoor swimming pools, shopping centre, 10 pin bowling and a cinema complex.

The Grafton Rowing Club is the second oldest rowing club in Australia. It was established in 1882 and the club has six world title holders that have rowed on the mighty Clarence River. The rowing club facilities on the banks of the river include a shed with 6 bays, a full kitchen, bbq area with toilet and shower facilities. The river at Grafton is uncrowded and tranquil and has several straight 2000 metre areas of the river where coaches can time trial crews in addition to the registered course.

The Grafton Rowing Club are happy to assist any teams plan their training for the world Championships and interested teams should contact John Brien, president on 0417 679 511 or email graftonrc@graftonrowing.asn.au

Maclean Rowing Club

Maclean is proud of its Scottish heritage with 200 decorated tartan power poles, a Scottish Cairn and Highland Gathering festival each Easter. With a population of approximately 4,200 in Maclean and surrounding areas, it is small regional town that has access to a range of facilities including an outdoor Olympic size swimming pool open from September to April, a range of restaurants and cafes, clubs and motel accommodation.

In addition, the Rowing Club of Maclean, has accommodation for 45 people above the rowing club which has air conditioning, full kitchen, 6 shower and 4 toilets upstairs, one shower and toilet downstairs, laundry facilities, boat and trailer parking and wash down facilities. The price is \$12 per night per person or \$17 per night per person with air conditioning. The room can be divided with partitions. Further accommodation is available in the nearby town of Yamba.

For further information on the facilities available at Lower Clarence Rowing Club in Maclean, contact John West, president on +61 2 6645 3111 or email johnwest14@bigpond.com.

Visit www.clarencetourism.com for details on accommodation and things to see and do in the region, or email contactus@clarencetourism.com and any questions can be answered.



Rowing on the Clarence





Location

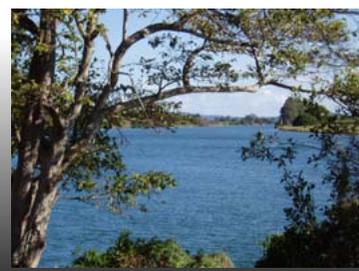


The Clarence Valley is located 650km north of Sydney, NSW and 400km south of Brisbane, QLD and is accessible by road, rail and air transport.

	Carrier	Approx flight time
Ballina	Jet Star / Virgin / Rex	1.25hr to 1.45hr
Coffs Harbour	Virgin / Qantas	1 to 1.15 hr
Grafton	Rex	2.10 hr

Weather

The Clarence has one of the best all year round climates with mild winters and ideal summer temperatures. Further information can be obtained from the Bureau of Meteorology on www.bom.gov.au.





Grafton Rowing Club

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Lower Clarence Rowing Club (Maclean)

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Iluka Rowing Club

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Clarence River Tourism

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Contact Details