



ELLEN
MACARTHUR
FOUNDATION

VAC

BBQ & CYCLOPS MARINE

COMPETITION



1830 onward, RORC,
Cowes



**SATURDAY
7TH SEPT 2024**



£28 - BBQ & DARK AND STORMY



**1830 ONWARDS,
RORC, COWES**

GET TICKETS

[https://rorc.org/cape31-j70-
vac-bbq](https://rorc.org/cape31-j70-vac-bbq)



FULL EVENT DETAILS

[VAC BBQ - tickets available here](#)

Dark n Stormy welcome drink on arrival
BBQ served from 7pm - Buy tickets by **3 September 2024**

Locally made organic sausages or vegetable sausages (v)
Garden Burger (V)
IOW Cheeseburgers or garden burgers (v)
Warm Local Organic New Potatoes with Rock Salt & Thyme
Fennel Slaw
Classic Greek Salad

Cyclops Workout Championships '24 for Cape 31 and J70 Classes **(Sat 7th Sept, RORC patio, Cowes, 7pm – 8,30pm)**

Who is the strongest and fittest? How quickly can you lift the weight Cape 31? The inaugural event to discover the powerhouses of the fleet and also raise money for charity. Each boat enters a team of 2 sailors into the "Cyclops VAC Workout Championships". Each boat can enter multiple teams. Enter at the RORC patio from 6.30pm on the evening (FOC entry, we want as many teams as possible).

Teams will play off against each other (i.e. 2 x sets of straps) to perform a TRX low row ([How to Perform The TRX LOW ROW - YouTube](#)). Using live effort data streaming from Cyclops sensors, the aim is for each team to lift the weight of a Cape 31 (1,770kg) as the effort in each rep is cumulatively added (this will be approx. 45 reps). The team members must swap halfway. The goal is to lift a Cape 31 in the shortest time.

Each Team member will get a free re-hydrating drink ticket after their exercise.

The winners will be deemed Cape 31 Workout Champions 2024. Additional prizes for Women's teams, mixed teams and spot prizes for Corinthians or Owner teams.

At the same time, we will be enabling the audience to place a £5 (min) bet on the winning time, all proceeds going to **Ellen MacArthur Cancer Trust** with prizes for the winning nominations. This is an outstanding charity and we want to raise as much as possible.