

**Erg with Emma Twigg
Erg for Clean Water
Erg for Kafue**



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What? A one hour erg

When? Monday 21st December 2015

What time? Any time between 6am - 10pm, you choose!

Why? Good question and it's not because you love erging. It's because Emma, as a World Rowing Ambassador for the Kafue River & Rowing Centre, has sent out the challenge to erg for one hour and help fundraise for Kafue, because we want the world to know that rowers care about clean water for everyone.

How? Enter to erg by giving a donation of 10CHF to Kafue (that's about \$14 NZD). This can be done through the 'Donate Now' button [here](#). Make sure you add your club name in the 'purpose' field when you make the payment.

What's in it for me? Well, apart from the feeling of satisfaction from erging for a whole hour, you will go into a draw to win World Rowing merchandise.

And, to whet your appetite, here's some one hour World Records owned by Kiwis:

19-29 year old male: Hamish Bond, 18 443m

30-39 year old male: George Bridgewater, 18 259m

80-89 year old female: Molly Flanagan, 9 366m

Give it a shot. Do it for clean water. Challenge your friends.

For more information:

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Share your photos through social media **#ergwithemma**

[Rowing New Zealand](#), [World Rowing](#), [Emma Twigg](#)