

COMPETITORS' INSTRUCTIONS 2016

These notes and instructions, together with the event's [Safety Instructions](#) are designed to help you get the most out of your day with us. Please help us by reading and complying with the following.

Safety

Safety is the priority for all Race Officials. All competitors must read the [Safety Instructions](#).

In accordance with advice from the Environment Agency, all river users need to comply with the [Thames Navigation Licensing and General Byelaws 1993](#).

All boats must be appropriately registered and must display the registration plate issued by the Environment Agency, or other appropriate identification indicating that they are registered through the Environment Agency agreement with British Rowing. Competitors must ensure boats are registered in advance directly with British Rowing. For details, competitors should go to www.britishrowing.org/boat-licences

Coaches and teachers in charge of junior competitors must ensure that they are competent and are aware of safety requirements.

All competitors should note arrangements in the Safety section on stopping or suspending racing, and comply with instructions given by Marshals.

Parking

Wallingford town will be holding their annual Christmas Fair on Sun 4 December from 12pm. Please park in the SODC car park in Crowmarsh Gifford and avoid using Wallingford town centre car parks so as to ease congestion in the town.

We kindly ask you approach access for parking from the A4074/A4130 round-about through Crowmarsh Gifford (along *The Street*) rather than driving through Wallingford town centre. This is particularly important for trailers as there is no left-hand turn into access road to trailer park.

TRAILER PARKING:

Address for boat trailer parking:

The St, Crowmarsh Gifford, Wallingford, Oxon OX10 8EB

- Only boat trailer parking is permitted in the riverside car park. (Boat rigging can be done in the field located on the other side of the bridge from the riverside car park).
- **Please note that longer boat trailers will not be able to park in the boat trailer park due to new height barriers at the entrance. Trailers carrying an 8+ which is not split will not fit through the entrance gate due to the lack of turning space.**
- There is no access to the boat trailer park the day prior to racing as a height barrier at the entrance will be locked preventing access.

COMPETITOR and SPECTATOR PARKING

Address for competitor parking:

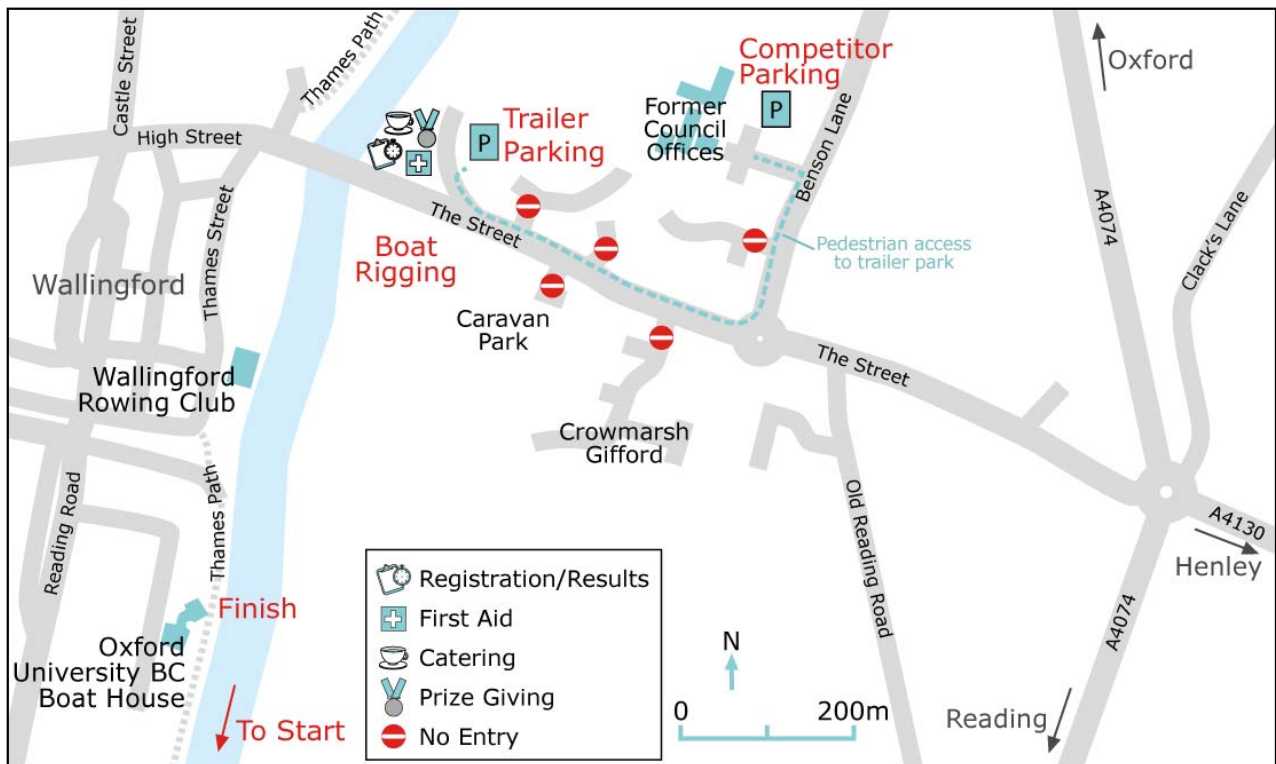
South Oxfordshire District Council (SODC former council offices), Benson Lane, Crowmarsh Gifford, Wallingford, Oxon OX10 8ED

NB this car park will be locked up at 16.00 after the event. Please remove your vehicle in good time after racing and derigging.

All non-boat trailer vehicles must use the car park at the former South Oxfordshire District Council (SODC) offices. Please allow approx. 10 mins to walk from the car park to the boating area.

To access the river, proceed out of the main car park entrance and turn right and walk along the road until you reach the mini roundabout by The Queens Head pub. Then turn right and walk along the road towards Wallingford. This will lead you straight down to the river and boat trailer park. Please try to avoid using the public footpath which cuts through the residential areas especially if it is dark as this is not lit. We would also like to avoid disturbing our neighbours as much as possible.

- Both car parks are free on the day.
- Disabled parking will be allowed in the trailer park area.
- As a courtesy to local residents and shoppers, competitors are requested not to park in town or on grass verges.
- Please do not park in any residential areas and side-roads in Crowmarsh Gifford.



Registration

Registration will be open from 08.00.

On arrival please report to Crew Registration situated under one of the bridge arches. You must bring your British Rowing Racing Licence (points card) to registration - random checks will be performed before crew numbers are issued to you. Please register as early as possible to ease congestion.

Race Numbers

Crews will be issued with 2 large paper numbers and 2 smaller self-adhesive numbers when they register. Large paper numbers must be pinned to the back of the warm-up kit and racing kit of the bowman using safety pins for each corner. If not all corners are pinned securely, the number may fold in half making it difficult to make out and this could lead to no time being recorded. The two self-adhesive numbers should be attached to the

forward portion of the saxboard on each side of the boat. If boats are to be used in both divisions, please remove the race number from the previous division.

If race numbers are not visible, no time will be taken or recorded.

Course Map

A PDF version of the Course Map is [available here](#).
 Please use the boating times on the [Start Order page](#).

Practice Outings

Practice outings are not permitted.

Boating

Individual crew boating times will be published with the draw.

	Boating commences	Start time
Div 1	08.50	10.30
Div 2	12.00	13.30

The rafts are located immediately downstream of Wallingford Bridge. With such a large entry, adhering to the boating schedule is vital. Two times are given in the schedule.

- **The first time** is when you should join the queue near the rafts so that your boat can be checked by the control commission. (As a reminder you must have the following: a secure bowball, heel-restraints and hatch covers fitted. All boats must display a boat identification code in accordance with the rules of British Rowing).
- **The second time** given is when you should be on the water, crews not on the water by this time may not be allowed to boat. **Crews which boat late can lead to the race start time being delayed unnecessarily.**

The boating order has been set to minimise the amount of time that the majority of crews will be on the water - even so, high numbered boats should expect to be on the water for at least 3 hours for each division. Please take sufficient kit and water with you for this length of outing. Marshals will be on the bank and the rafts to help you boat in a safe and quick manner, please listen to their instructions.

Course

The course is 4,500m. The start is located just upstream of the Brunel Railway Bridge. The finish is located at OUBC's boathouse, 500m downstream of the boating rafts. Beyond the start, downstream of the railway bridge is another 4,500m of river to Cleeve Lock, giving plenty of space to warm up.

Getting to the start

Normal rules of navigation apply at all times during the event (as laid out in the [Byelaws](#), see above). Proceed downstream with your bow-side blades closest to the bank. The river is not closed to other traffic during the event: please respect their right to enjoy the river just as much as you do. Perceived hazards (i.e. hidden tree branches beneath surface) along the course will be marked with buoys.

Marshalling Positions

All boats will be marshalled downstream of the Brunel Railway Bridge at the start, use the centre arch of the bridge when travelling downstream. There will be marshals on the bank and afloat to help you find your

position. Whilst waiting to start you should turn and point your bows upstream, marshalling in race number order.

Start arrangements

Once all boats have passed downstream of the start, the starter will set crews off at approximately 10-15 second intervals. Marshals will instruct you to move up towards the start - please make sure you have removed any excess kit and are ready to race well before you reach the start. In the last 100m before the start you may be asked to ease for a few seconds or, conversely, to row at increased pressure to open or close the gap on the crew in front. Please listen for and react immediately to any such instruction. Your time will be taken from when you cross the timing line, about 50m (i.e. 5-10 strokes) upstream of the Starter.

Proper Racing Line

Throughout the race you must keep to the correct half of the river for navigational purposes i.e. bow-side blades closest to the bank. At certain corners on the course (marked on the [map](#)), and in the approach to the finish, there are buoys laid mid-river. The hull of your boat must pass to bow-side/right-as-a-cox-would-look-at-it of every buoy. After the finish you must keep paddling at light pressure away from the finish.

Overtaking

Normal Course

The Wallingford stretch may be narrower and more twisting than you are used to. Good steering is essential, as is compliance with the following requirements in order to overtake safely.

If being overtaken, in general you should move over to allow the overtaking boat to follow the faster line by moving to the centre of the river, or, on a bend, moving to the outside of the bend.

On the straight, and on clockwise/right-handed bends, you are required to move to the centre of the river and to leave space between you and the east bank for the faster boat to pass.

On the three bends marked by buoys (see [map](#)) which are anti-clockwise/left-handed bends, you should move to the outside of the bend, i.e. the east bank, to allow the overtaking boat to follow the shorter line. Marshals on the bends (marshal positions 2, 3 and 9) will give appropriate instructions, especially on the approach to these three bends.

If there is a conflict between these rules, and the marshal's instructions, always follow the marshal's. Once you have been overtaken, move back onto the east half of the river. If several boats come together in one overtaking manoeuvre then the following rules apply. If boat 2 is trying to overtake slower boat 1, and simultaneously boat 3 is trying to overtake both, boat 2 should ease off the pressure slightly and remain behind boat 1 in order to allow the faster boat 3 through, and then resume the overtaking manoeuvre on boat 1.

The principle is always that the fastest boat should be given the clearest run up the course. However the overtaking boat does have a responsibility not to force a slower boat off the course, or into the bank. Marshals will give instructions to help overtaking, but safety is their first priority, and you may be stopped from overtaking, especially in the S-bends.

After you cross the finish line

After you have crossed the finish line please continue to paddle on beyond Wallingford Rowing Club so you do not hinder crews following you.

Please do not row through the bridge but following race marshals and return to the boating rafts.

No crews may return back over the finish line to return to the OUBC boat house pontoons whilst there are other crews still racing. This is a safety issue as crews hinder racing crews and cause obstructions in the finish area.

Any crew who attempts to do this risks disqualification.

Time penalties

You may be given time penalties for failing to comply with marshal's instructions, for being late at the start, for each and every buoy passed on the wrong side, for failing to give way to a faster overtaking boat and/or for any use of language or gestures likely to bring the sport into disrepute. Remember that this event is held in a public place and that there will be spectators who have no connection with rowing. We expect the highest standards of sportsmanship from each and every one of you. Individual penalties will be added together, but the size of any penalty awarded will not be disclosed. In extreme cases, disqualification may be a more appropriate penalty.

Refreshments

Refreshments will be available in the boating area from 8am until racing has finished. The bar at Wallingford RC will also be open from midday.

Toilets and showers

There are toilets in the boating area. Further toilets and changing facilities are available at Wallingford RC on the other side of the river from the boating area.

Results

Provisional results will be made available at Wallingford RC and in the boating area about 60 minutes after the last crew has crossed the finish line. Results will be posted on the event's website on the evening of the event.

Prizegiving

Prizes will be presented in the boating area (near catering tent) after the second division results have been published.