

COMPETITORS' INSTRUCTIONS 2018 V2.0

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 <https://www.britishrowing.org/knowledge/club-support/managing-your-club/ea-boat-registration/>

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

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 Street, 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.**
- **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

!!NEW CAR PARKING LOCATIONS!!

There will be 2 car parks available for competitors and spectators to use on the day.

Car Park 1 – Howbery Business Park - approx. 1.2km / 10-12 mins walk to river
Postcode/Sat Nav Ref: OX10 8BA, Howbery Park, Benson Lane, Wallingford, Oxon.
Please only park on the gravel car park area as directed by car park marshals.

Directions to river from Howbery Park by foot:

- From gravel car park walk back along main approach road and take first right turn (past Froude Modelling Hall). There is a green footpath sign marking this route.
- Follow footpath until you reach a second green footpath sign and turn left along a well laid gravel path. This bends round to the right out of the car park.
- Follow this gravel path, which runs between the back of Centre for Ecology building and solar panel field until you reach metal gate. Continue straight through and walk across/around Crowmarsh playing field.
- To the right of the tennis courts is a narrow, wood-chipped path which will take you all the way to the Riverside carpark and boat trailer parking. Please avoid walking through housing estate beyond the pavilion to your left.
- Alternatively, you can walk all the way out of the Howbery Business Park to Benson Lane. Turn right and walk along the road until you reach mini roundabout. Turn right and this will take you down to Wallingford Bridge and the Riverside car park.

Car Park 2 - Centre for Ecology & Hydrology – approx. 1km / 5-6mins walk to the river
Maclean Building, Benson Lane, Crowmarsh Gifford, Wallingford, Oxfordshire, OX10 8BB

Please only park in allocated parking spaces or to spaces where the car park marshals have directed you to.

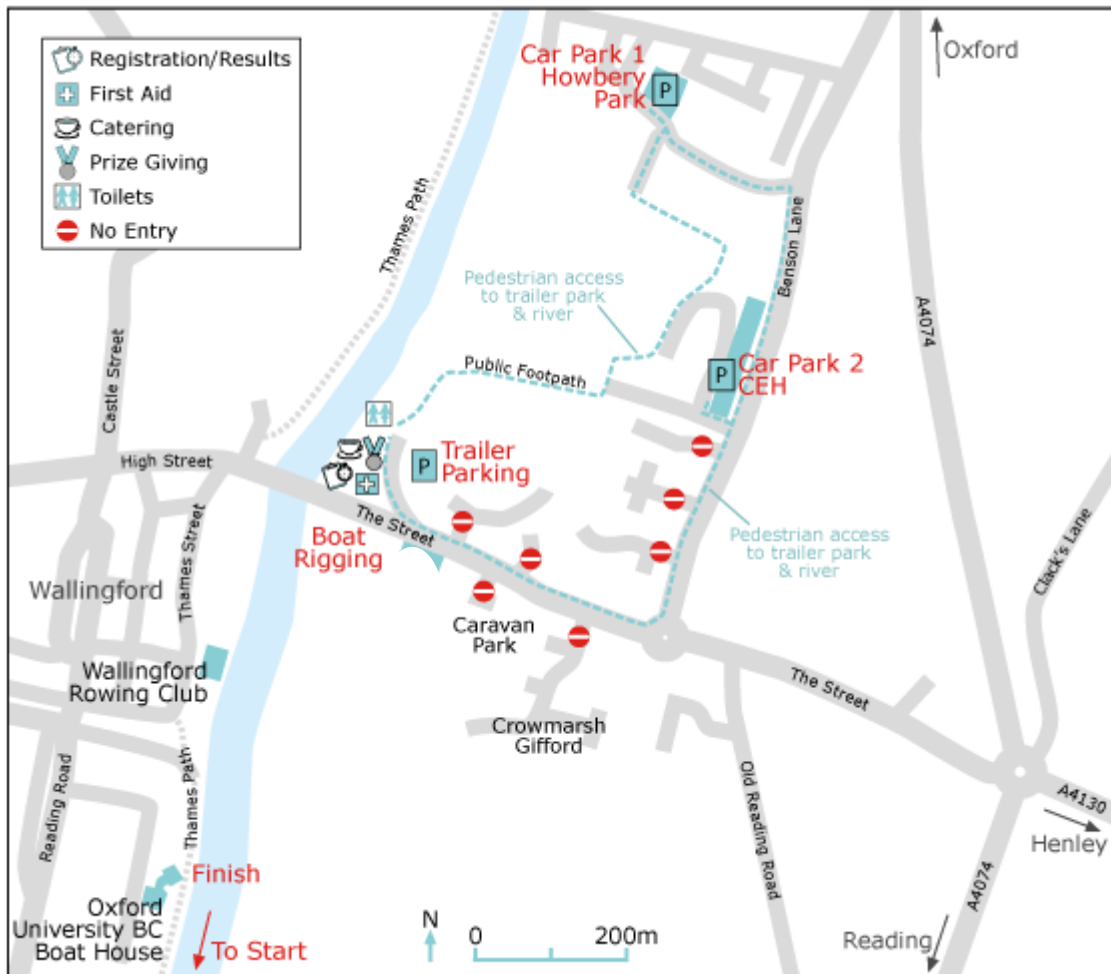
Directions to River from CEH by foot:

- Option 1 - walk out of main entrance gate, turn right and walk along the road until you reach mini roundabout. Turn right and this will take you down to Wallingford Bridge and the Riverside carpark.
- Option 2 – if you have parked at the back of CEH, there are a couple of access gates to a public footpath. With CEH behind you, turn left and follow the well laid gravel path, until you reach metal gate. Continue straight through and walk across/around Crowmarsh playing field.
- To the right of the tennis courts is a narrow, wood-chipped path which will take you all the way to the Riverside carpark and boat trailer parking. Please avoid walking through housing estate beyond the pavilion to your left.

NB All car parks will be locked up 16.30 after the event. Please remove your vehicle in good time after racing and derigging.

All car parks are free on the day.

- Accessibility – the footpaths from the car parks to the river are flat, gravel surface and grass and wood-chip.
- 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. We receive many complaints each year from residents about competitors and spectators not adhering to this request.
- **No parking is allowed on the bypass bridge or on the grass verges along the bypass for safety reasons. Please park in one of the allocated car parks and walk along the towpath to the Bypass bridge if you are a spectator.**



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 all corners are not 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](#).

<http://wallingford-head.org.uk/>

Practice Outings

Practice outings are not permitted.

Boating

Individual crew boating times will be published with the draw.

	Boating commences (Please check draw for boating time specific to your crew)	Start time
Div 1	Approx. 08.50	10.30
Div 2	Approx. 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.

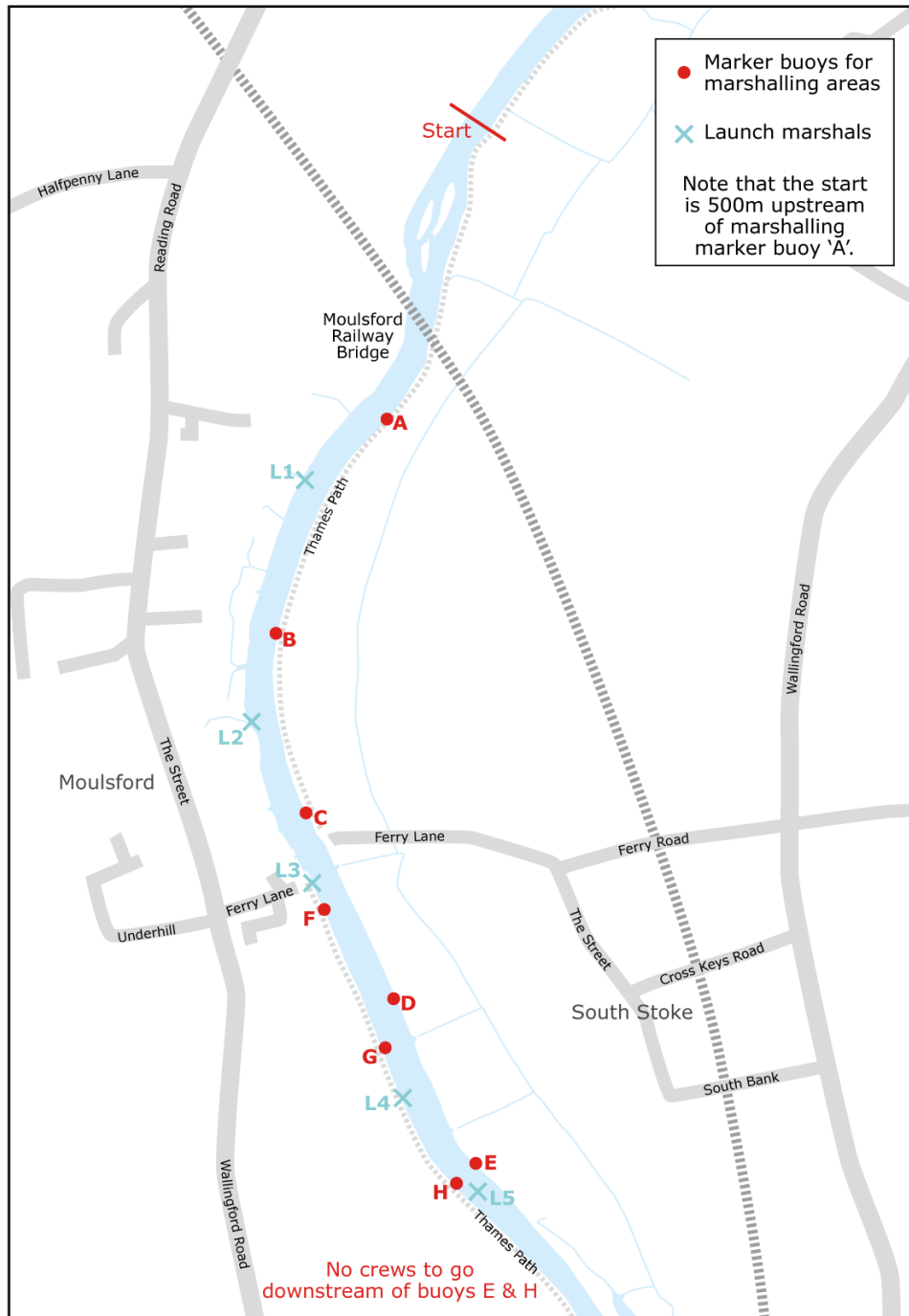
Getting to the start

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.



DETAILED MARSHALING INSTRUCTIONS FOR COMPETITORS

These instructions detail the intended marshalling arrangements for the Wallingford Head. These notes should be studied by all competitors, along with the supplied maps.

The marshalling area starts downstream of the railway bridge, approximately 500m below the start, and extends for a further 1500m downstream (see attached map). Competitors will be guided downstream by officials on the bank between the start, past the islands and through the railway bridge, and by officials in launches or on the bank below the bridge to help you find your correct location.

Crews are assigned to a start “Group”, with the eights in groups A to D, and the fours in groups E and F. Each group has a defined marshalling position as follows:

Group	Marshalled between buoys	Launch Marshal	Division 1 Crews	Division 2 Crews
A	A & B	L1	1 to 24	201 to 221
B	B & C	L2	25 to 45	222 to 250
C	C & D	L3	46 to 70	251 to 273
D	D & E	L4	71 to 91	274 to 295
E	F & G	L3	92 to 118	296 to 320
F	G & H	L5	119 to 147	321 to 347

Large buoys showing the letter “A”, “B” etc will be deployed, with “A” to “E” against the east bank, and “F” to “H” on the west bank (see map). Crews should assemble facing upstream in numerical order with the first numbered crew in each group alongside the buoy with that group’s letter (i.e. Crew 1 should be alongside buoy “A”). Crews should line up without overlap, but equally without gaps between consecutively numbered boats. Keep your bows pointing away from the bank if wind is blowing you onto it.

All competitors must be downstream of the railway bridge before the first crews will be allowed to move back up towards the start.

The Chief Marshal will advise when there is approximately 4 minutes to go until the start. At this time **only Group A crews** should remove any extra clothing and strip down to racing kit as required, and ensure they are ready to go. Group A crews will then be instructed by the Chief Marshal to move back upstream through the railway bridge and past the islands to the start.

While Group A is moving upstream, Groups B, C and D will also move upstream in the marshalling area, with groups E and F joining on to the line once the last group D crew has passed buoy “F”. **Please keep extra kit on at this time in order to keep warm.** As each subsequent group reaches the railway bridge, you will be stopped for two minutes so that you can strip down to racing kit, before proceeding onwards to the start.

Stay focussed throughout please, be quick when you strip off excess clothing and be ready to go at short notice. Be alert at all times. It is likely that you will also have to stop under instruction from bank marshals between the railway bridge and the start. Please keep within three lengths of the crew ahead of you.

Remember, the start is 500m upstream of the railway bridge and upstream of the islands. Do not start racing until you have rounded the corner upstream of the islands and hear the starter say “Number xxx – go”!

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.