



COMPETITORS' INSTRUCTIONS 2024

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 [EA Boat Registration - British Rowing](#)

Coaches and teachers in charge of junior crews 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

TRAILER PARKING:

Trailers can only access the trailer park from the A4074/A4130 roundabout and through Crowmarsh Gifford. Going through Wallingford Town Centre is not an option as there is no left-hand turn access into the trailer park.

For 2024, as in previous years access will be via Stephen's Field. Please follow signs and marshals' instructions.

Address for boat trailer parking:

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

- Trailer parking will open at 07.00
- Please have additional people with the tow vehicle as it may not be possible to reverse if the ground is slippery. If you are requested to unhitch and push your trailer back manually you are required to do so.
- Please be aware that it may be necessary to park your towing vehicle separately from your trailer if the conditions in the trailer park require it. You may be requested to relocate your towing vehicle by the parking officials.
- Only boat trailer parking and disabled 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 height barriers at the entrance.
- Only towing vehicles are permitted to park in the trailer parking area.
- 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.

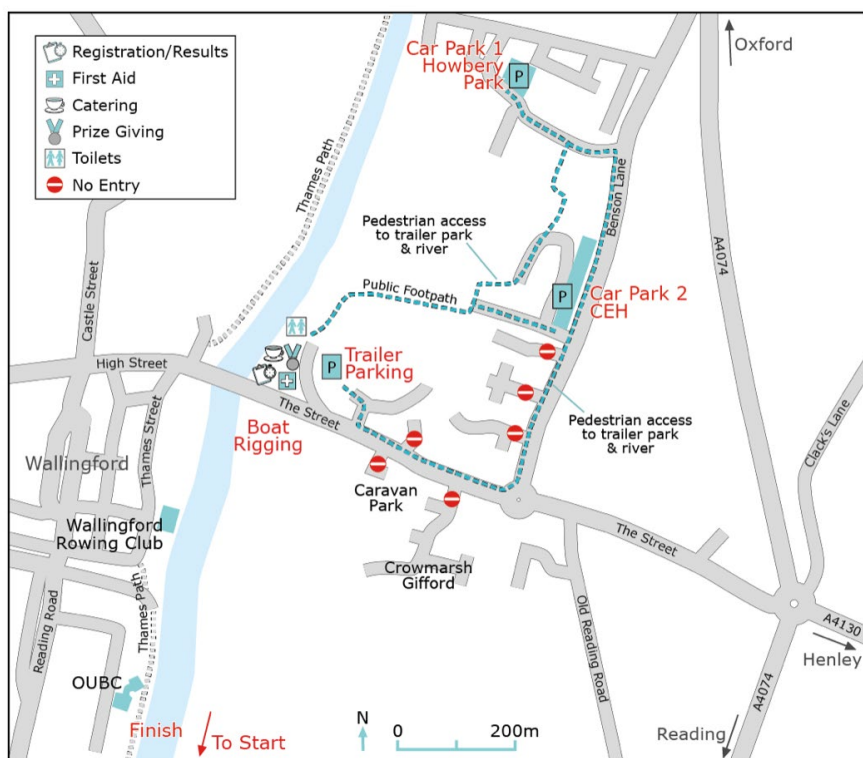
COMPETITOR and SPECTATOR PARKING

There will be a car park available for competitors and spectators to use on the day. Car parking is free. Please follow the marshals' instructions. Car parks will open at 07.00.

Competitors Car Park – Car Park 1 Howbery 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 car park area as directed by car park marshals.

Directions to river from Howbery Park by foot:

- Walk from Howbery Park back to Benson Lane. Turn right and walk along the road until you reach a mini roundabout. Turn right and this will take you down to Wallingford Bridge and the Riverside car park.



NB Car parks will be locked up at 18.00 after the event. Please remove your vehicle in good time after racing and derigging.

- Disabled parking will be allowed in the trailer park area - please present a blue badge.
- **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 cards) 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. You must pin the large paper numbers to the back of the warm-up kit and racing kit of the bowman using safety pins for each corner. If you only use 2 pins, 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 remember to change numbers.

If your race number is not visible you will not receive a time.

Course Map

A PDF version of the Course Map is [available here](#).

Please use the boating times on the Start Order page and printed on your race numbers.

Practice Outings

Practice outings are not permitted. Please refrain from firm pressure in the marshalling area. Crews are not permitted to warm up downstream of Marshalling point G (there is no safety support beyond this point).

Boating

Individual crew boating times will be published with the draw. Please refer to the [Start Order page](#).

	Boating commences	Start time
Div 1	08:50	10.30
Div 2	12.20	14.00

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 BOATING LATER THAN THEIR ALLOCATED TIME WILL BE PENALISED. 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 highest numbered boats will be on the water - even so high numbered boats should expect to be on the water for 3 hours or more 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.

Please ensure that you have all your equipment with you and sufficient support to ensure you are boated as quickly as possible. When returning from racing please clear the raft as swiftly as possible (please keep your shoes in the boat or ensure that there is some available to bring them to you as you land), you will not be allowed to wait around on the rafts.

Course

The course is 4,000m upstream starting from just above the Brunel railway bridge to just prior to OUBC's boathouse, 750m below the rafts.

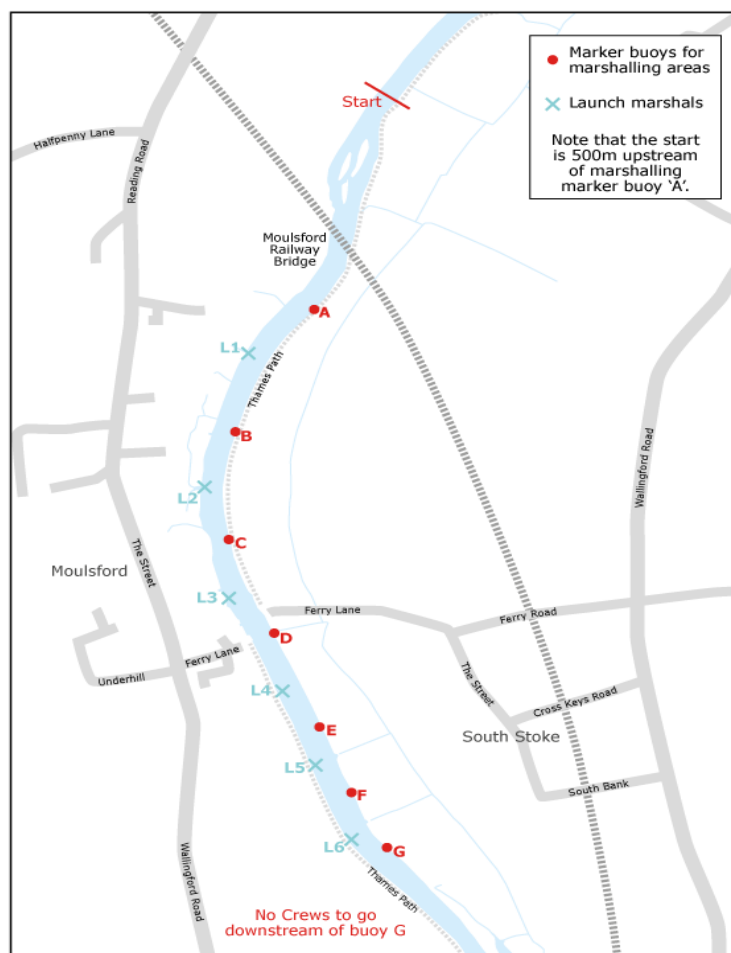
Please note from 2021 the course has been shortened by c. 250m to previous years.

No crews are to go beyond Buoy G.

Getting to the start

Normal rules of navigation apply at all times during the event (as laid out in the [Byelaws](#), see above). Hence to get to the start you must proceed downstream on the west half of the river (i.e. the right-hand side as a cox would look at it, or bow-side blades closer to the bank if you don't know what a cox is!) keeping a good look out for other crews and indeed other river users. 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.



Detailed Marshalling 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.

There is to be no firm pressure paddling or practice starts once downstream of the start line.

The marshalling area starts downstream of the railway bridge, approximately 500m below the start, and extends for a further 1500m (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 each group having a defined marshalling position as follows:

NOTE: This will be updated once entries are confirmed.

Group	Marshalled between buoys	Launch marshal	Division 1 Crews	Division 2 Crews
A	A & B	L1	TBC	TBC
B	B & C	L2	TBC	TBC
C	C & D	L3	TBC	TBC
D	D & E	L4	TBC	TBC
E	E & F	L5	TBC	TBC
F	F & G	L5	TBC	TBC

Large buoys showing the letter “A”, “B” etc through to “G” will be deployed against the east bank (see map).

Crews must not go further downstream than buoy “G” as safety cover will not be provided beyond this point

Crews should assemble facing upstream in numerical order with the first numbered crew in each group alongside the buoy with the group’s letter (i.e. Crew 1 should be alongside buoy “A”). Crews should line up with minimal overlap 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 Marshall 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 race. Group A crews will then be instructed by the Chief Marshall to move upstream through the railway bridge and past the island to the start.

While Group A is moving upstream, Groups B, C, , E and F will also move upstream in the marshalling area. Please keep extra kit on at this time to keep warm. As each subsequent group reaches the railway bridge in turn, you will be stopped for two minutes so that you can strip down to racing kit, before proceeding 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 and you will hear the starter say "Number xxx – GO"!

Your time will be taken when you cross the timing line, about 50m (i.e. 5 – 10 strokes) upstream of the Starter.

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 east half of the river (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 the east/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.

Please do not stop until you have at least passed Wallingford RC. You must not pass the finish line again until after the last crew has finished.

Overtaking

The Wallingford stretch may be narrower and more twisting than you are used to, and there are overhanging trees. 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, 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

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the boating rafts. Crews returning to OUBC or Oxford Brookes BC must paddle up to Wallingford RC before turning, and should not obstruct any racing crew. There will be buoys in place between Brookes and the finish to enable a return navigation channel. Crews returning to OUBC and Brookes should land bows downstream.

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, for any use of language or gestures and/or for any unsportslike behaviour 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.

Toilets and showers

There are toilets in the boating area. There will be no changing facilities this year.

Results

Provisional results will be made available at <https://wallingford-head.org.uk/category/results/> within 60 minutes from the last crew has crossing the finish line; live provisional results shall also be made available via links on our twitter feed on the day

Prizes

Prizes will be presented in the boating area after the second division results have been published.