

Wallingford Head 2011

Competitors Instructions These notes and instructions, together with the event's **safety plan** and map 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**.

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

Course Map A PDF version of the **course map** is available on the website. Please use the boating times on the **Start Order page**.

Parking Only vehicles transporting boats will be permitted in the riverside car park. All other vehicles must use the car park at South Oxfordshire District Council (SODC) offices. Both car parks are free on the day. As a courtesy to local residents and shoppers, competitors are requested not to park in town.

Registration 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 These will be issued to you when you register. You must pin the large numbers to the back of the tracksuit top and racing kit of the bowman and cox using a pin in each corner. If you only use 2 pins, the number may fold in half making it difficult to make out, this could lead to no time being recorded. In addition you will be issued with 2 smaller self-adhesive numbers, these 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.

Boating 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 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. Coxes must be wearing a suitable lifejacket.) 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. 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 up to 2 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.

Course The finish is located at OUBC's boathouse, 500m downstream of the rafts. The start is a further 4500m downstream just above the railway bridge. Beyond the start is another 4500m of river to Cleeve Lock giving plenty of space to warm up.

Getting to the start Normal river navigation rules apply at all times during the event. Hence to get to the start you must proceed downstream on the west half of the river (ie 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 scullers 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.

Marshalling positions All boats will be marshaled downstream of this bridge, 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 on the east half of the river in number order. Having turned to point upstream, you are again on the correct side of the river if your bow-side blade is the one closest to the bank!

Start arrangements Once all boats have passed downstream of the start, the starter will set crews off at approximately 20 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 (ie 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 side 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 twistier 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 overtaker to follow the shorter 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, ie the east bank, to allow the overtaker 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 marshals.

Once you have been overtaken, move back onto the east half of the river. If several boats come together in one overtaking manoeuvre, three or even four-abreast racing over the whole width of the river is not permitted. 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, with safety as their first priority.

Time penalties You will 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 Will be available in the boating area until racing has finished. The bar at Wallingford RC will also be open from mid-day.

Toilets and showers There are toilets in the boating area. Further toilets and changing facilities are available at Wallingford RC.

Results Provisional results will be available at Wallingford RC 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 at Wallingford RC at about 4.00pm.