

COMPETITORS' INSTRUCTIONS 2019

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 scullers 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

CAR PARKING LOCATIONS

There will be 3 car parks available for competitors and spectators to use on the day.

Car Park 1 – (Overflow Car Park) 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.

Car Park 3 – Riverside meadows (NB this is a field and may only be suitable for 4x4 vehicles after wet weather conditions)

Southside of Wallingford bridge, adjacent to boat rigging field

Entrance just after Bridge Villa campsite, OX10 8EB

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

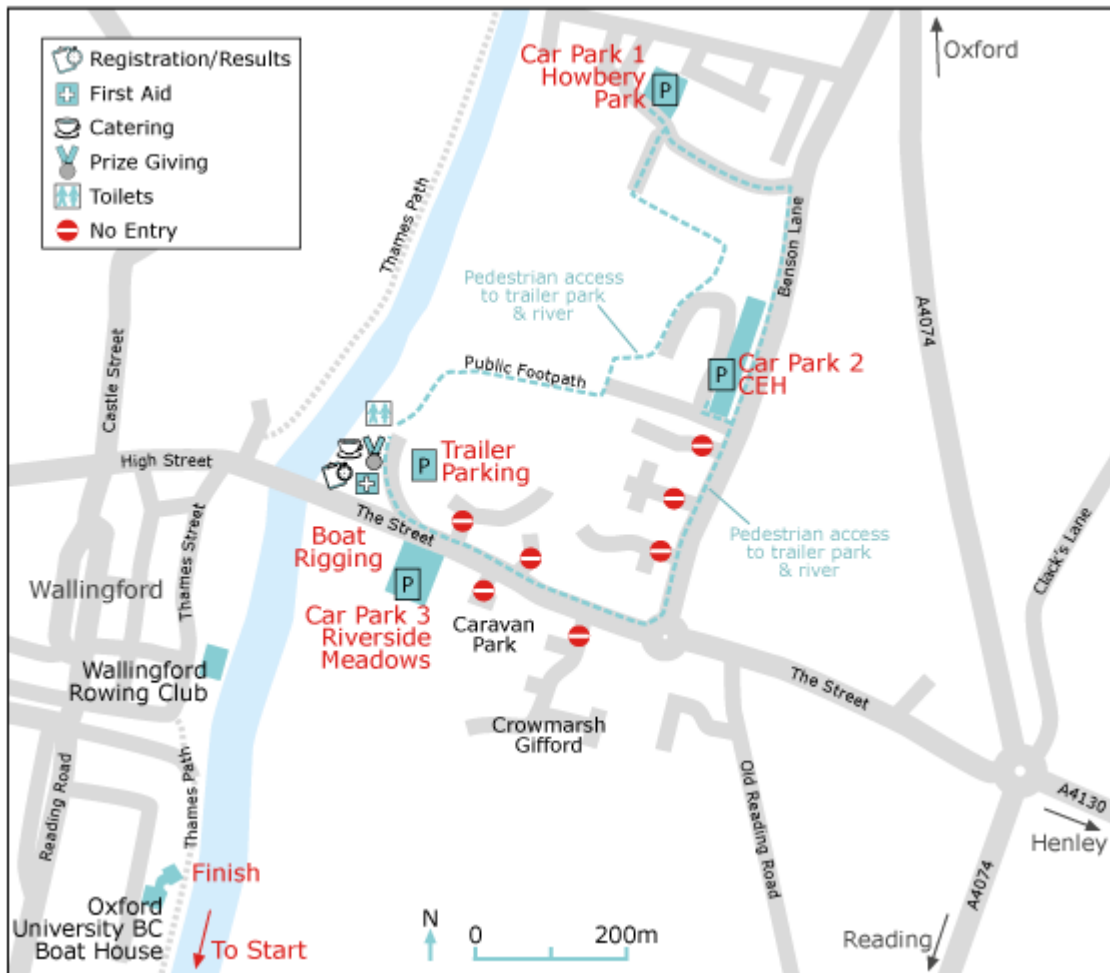
All car parks are free

- 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.**



Wallingford

Long Distance Sculls



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](#).

www.wallingford-sculls.org.uk

A PDF version of the new Junior Short Course 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	09.00	11.00
Div 2 - Short course	14.20	14.45
Div 3	13.00	15.00

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 scullers 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.

Course

Normal Course – Divisions 1 & 3

The course is 4,250m upstream from just above the Brunel railway bridge to OUBC's boathouse, 500m below the rafts. Beyond the start is another 3,500m of river to Cleeve Lock giving plenty of space to warm-up.

Short Course – Division 2

The course is approximately 1,500m upstream from the Oxford Brookes Boathouse to OUBC's boathouse, 500m below the rafts. There is space to warm-up between the marshalling area and the S-bends.

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 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.

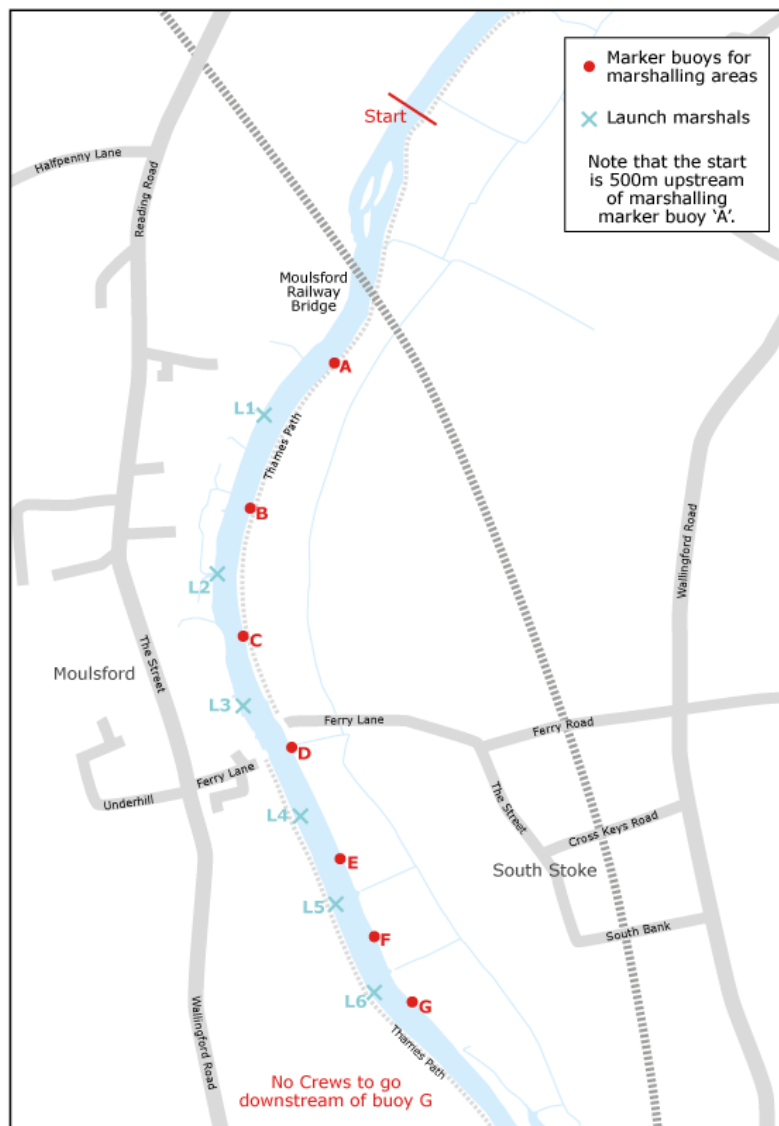
The whole length of the race course will be marked off with buoys.

Perceived hazards (i.e. hidden tree branches beneath surface) along the course will be marked with buoys.

Marshalling Positions

Normal Course – Divisions 1 & 3

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 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!



Short Course – Division 2

All boats will be marshalled in the Brookes' straight upstream of the S-bends. Crews should not pass through the S-bends. 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 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

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, 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.

Short 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 shorter line by moving to the centre of the river, or, on a bend, moving to the outside of the bend. On the straight, 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.

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, with safety as their first priority.

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. Card payments will be accepted.

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 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 third division results have been published.