

**Isle of Ely Rowing Club  
Ely Head Race  
Sunday 11<sup>th</sup> November 2018**

**Instructions to Competitors**

**SAFETY CONTACT NUMBER DURING THE EVENT: 07709 453058**

**Course**

- The long course starts from Littleport and finishes just downstream of Queen Adelaide Bridge (5km upstream on the River Great Ouse). The short course (3km upstream) starts where the River Lark joins the Great Ouse.
- On arrival at Isle of Ely RC, please follow directions from marshals and signs regarding parking and rigging areas. See below for a plan of the IoERC site.
- On arrival report to Race Control. This is stationed in the container on the club site.

**Event Rules**

- The river will NOT be closed for this event so please follow the standard rules of the river and stay to the starboard (bowside) and look out for cruisers and other river traffic.
- The race is run under British Rowing (BR) rules and it is a condition of participation that all crews accept and abide by the rules and safety arrangements.
- In the event of a dispute the decision of the Race Committee shall be final.
- The race committee/event safety advisor reserve the right to cancel the event if they consider it would be too dangerous to proceed.
- All competitors should have third party insurance.
- The course will be covered in its entirety by race marshals and safety boats. (See 'Safety' section for full details of safety arrangements)
- Racing will be split into three divisions. Divisions 1 – the short course (3,000m) starts at 09:30. Divisions 2 (11:30) and 3 (14:00) are both the long course (5,000m).
- Boating times have been allocated taking into consideration safety and logistics; crews must boat at their allocated time (see below).
- You must ensure your boat complies with British Rowing's Rowsafe; safety inspections may take place, and boats or equipment deemed unsafe by the organisers will not be permitted to launch. NB: please remember it is your responsibility to ensure your boat is licensed with the EA for use on EA water.
- Numbers will be issued at Isle of Ely RC from 07:30 on race day and should be worn by the crew so as to be visible from the front of the boat. 2 x numbers per crew ensure one is secured to your outer warm layer with one secured to racing layer.
- All coxswains must wear a life jacket or buoyancy aid.
- You must not impede faster crews. Overtaking crews must move out to the centre of the river to pass with the slower boat on their bowside.
- Crews that capsize will not be allowed to continue.

**Boating**

- Please be ready to boat at least 60 minutes before your division start time. This will allow enough time for boat inspection before being called down to the landing stage and to paddle up to the start. Any crew arriving at the finish line less than 30 minutes

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for division 1 and 45 minutes for divisions 2 and 3 before the start of the division will not be allowed to proceed to the start. Please approach the landing stage with the bows of your boat facing upstream (to your right as you face the river).

- You will be assisted to boat as quickly as possible by landing stage marshals (relatively small landing stage area).
- Boat, push off and row away from the stage. Turn when it is safe to do so and beyond CUBC Boathouse then row downstream. Conditions may determine that these instructions change per division. Marshals on the landing stage will inform competitors when boating of any changes to these instructions. Please heed their instructions.
- The Start is approximately 6.5km (4.5km for Division 1) from the club so a good warm-up row is possible.
- We strongly recommend that a warm hat and top layer are taken in the boat to be worn whilst marshalling for the start. Please note that there is a small clubhouse at Isle of Ely RC; ensure you have warm and dry clothing available after racing.

### Marshalling at the start

- We will marshal all crews downstream of the finish and then send crews (slower boats first) up to the start in order to try to minimize waiting time at the start. Nonetheless, there may be some delay prior to the start. Crews will be marshalled on both sides of the river in start order (even numbers on east bank/ odd numbers on west bank). Please take heed of instructions from marshalls.

### Starting

- Boats will be marshalled downstream of Littleport Bridge (or downstream of the junction with the Lark for the short course) in starting order, with the lowest number furthest away from the Start and with their bows facing the start.
- Crews will be directed to the start, which is immediately at the far side (upstream) of Littleport Bridge.
- It is a rolling start.
- Crews will be called forward to start and marshalled through the bridge whilst building speed; timing begins as they pass the starting post, when the starter will call '(number), GO!'

### Along the course

- Please keep to the starboard (bowside) of the river and move out into the middle when overtaking.
- The course is marked every 1000m by yellow markers along the east (port side) bank. **Markers indicate distance remaining.**
- Be wary of moored boats, and reed beds protruding into the river. Fishermen may be present along the course.
- There are no bridges on the race course (see course map for details).

### Finish

- The finish line is just short of the Queen Adelaide Bridge (see course map).
- On finishing the course a horn will sound for each crew.
- Crews **must not stop** at the finish but should continue carefully through the bridge (only centre arch is navigable - closely marshalled) and at least 100m upstream of

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the bridge before easing if you wish to do so and proceed to the landing stage upstream at Isle of Ely RC.

- The landing stage is marshalled and you will be helped off the water; please clear the landing stage as soon as possible.
- Please follow marshal instructions for areas to de-rig.

### Results and Prize-Giving

Every effort will be made to display results as swiftly as possible and prizes will be awarded after each division.

### Safety

- If assistance is required, contact an umpire/race marshal on the east bank of the river (port side/stroke side when rowing in race direction).
- In the event of capsize, umpires/marshals will assist you; follow the umpire's/marshal's instructions, stay with the boat and swim with it to the east bank (port side/stroke side in race direction) as this is the only bank with road access.

Umpires will be positioned at the following locations and will be in communication with each other and with the start and finish:

Distance	Grid reference (OS 143)	Geographical Location	Notes
0	TL 577 865	Start – Littleport Bridge (Main Head)	The Swan PH (marshalling point) Bridge over river Single useable span The start is immediately upstream of this bridge River is fairly straight to the finish
1.0 km			
2.0 km	TL 573 842	River Lark	River Lark (marshalling point) Short course starts here River joins from east
3.0 km			
3.5 km		Clayway Farm	
4.0 km			
5.0 km	TL 566 816	Finish	<b>Finish</b> at Queen Adelaide (marshalling point) 100m downstream of bridge Single useable span Please proceed through bridge and then you may easy prior to returning to the IoERC site. <b>Warning:</b> bends and reeds

- Any crew withdrawing from the race must inform the nearest umpire/race marshal.
- **First Aid** facilities will be provided in launches and at Isle of Ely RC with assistance available via umpires/race marshals stationed throughout the course.

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- Support/safety boats are stationed at the start, 3km and the finish and can be summoned via the umpire/race marshals.  
The start launch will follow the last boat home.

### **Refreshments**

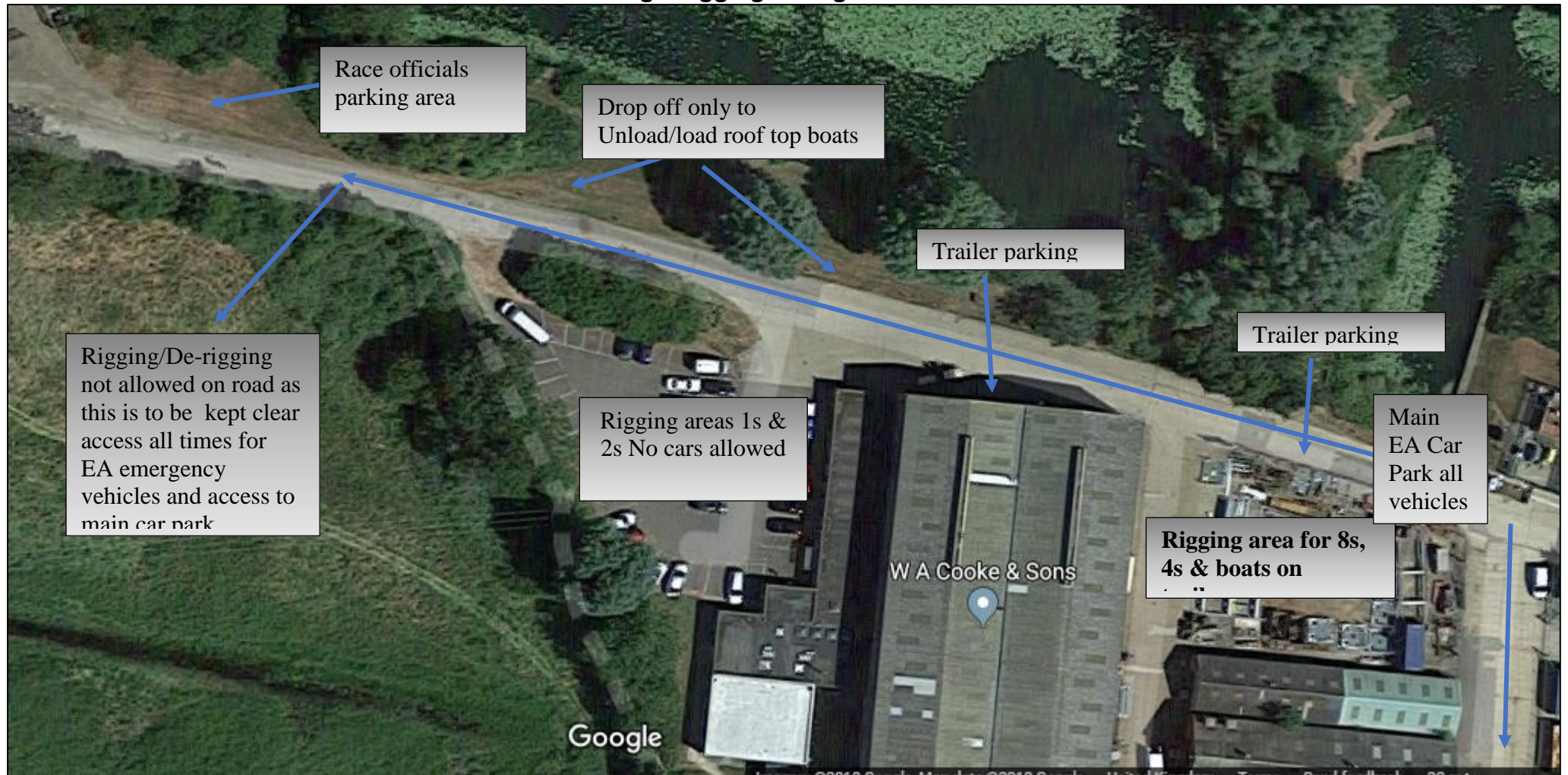
Hot food, cakes and hot and cold drinks will be available for purchase at IoERC site

### **Race Committee**

Chair of race committee: Joanna Cotgrove

Umpires: Chris Newland, Eric Smith & James Lee

### Parking / Rigging arrangements



### Parking instructions

As you'll see parking at our facilities is extremely limited. Without the goodwill of the Environment Agency we would not be able to run our event so please take a moment to read these instructions to identify where to park and rig/de-rig. Marshals will be on duty on the day and please follow their instructions. We have a plan and although it may not seem to fit with where you'd like to leave your vehicle it is drawn up to make the most of the space available so please work with us.

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**Access road:** This **has** to be kept clear at all times to enable quick access by the EA and also to allow movement to and from the main car park area.

**Main car park:** The EA have opened up their depot at the end of the access road, round to the right and through a large metal gate. Staff are on duty and they've given us use of their loo too. **This car park closes at 3pm – by that time there will be space to move your vehicle out to other areas – marshals will help with this.**

**Boats on car roofs:** We're allocating the first car park area (on right just before buildings) as rigging areas for small boats which can be carried along the side of the red brick building onto the rowing club site. However, we're restricting cars in here to give the rowers room. We've allocated the grass verge opposite as a drop off/pick up point only. Please don't be tempted to park there. Unload then take your car to the car park. Then get de-rigged, pick up your car and load up.

**Trailers:** Those clubs bringing boats on trailers – there is space to park the trailers along the side of the large building and then lengthways along the chain link fence to Cooke's Yard. Once parked unhitch the towing vehicle and park it round in the main car park. You have the whole of Cooke's Yard for rigging/de-rigging but we cannot have rigging/de-rigging on the access road.

**Parking for race officials:** The first bit of nice green space you'll see on your left is being allocated to race officials as they need to get off and away up onto the course before and after each division. As tempting as it looks please don't park there.

Thanks so much for your cooperation.  
Isle of Ely RC

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