

Champs Eights Head 22nd May 2016 Competitor Information

Numbers

Numbers will be available at the City of Cambridge R.C. boathouse from 10:30am.
2 numbers will be issued per boat - 1 for the Cox and 1 for the Bowman.
Numbers MUST be clearly displayed on Bowman and Cox throughout the race.
8 pins are provided with your numbers. Please **pin ALL FOUR corners** so that your numbers are visible for marshals and timekeepers.

Race Regulations

Marshalling

Please be at the Green Dragon Bridge promptly - absolutely no later than 30 minutes before your division time (div. times: 12:00, 13:30pm and 15:00) with your numbers clearly visible (i.e. pinned on all four corners).
If you are late you risk being turned back.

Marshals will instruct you when to proceed through the Railway Bridge. It is acceptable to complete ONE practice start only, shortly after the Railway Bridge, if it is safe to do so and under the instructions of the marshals. Another practice start can be undertaken in front of the Plough (the latter is essential for spectators) if time permits.

Please will ALL crews continue beyond Bovis Bridge (the A14 Bridge) and spin before the lock and proceed back to the appropriate bank number unless advised otherwise by a marshal. Crews should then pull in along the bank on the towpath side of the river (from the Gut to beyond Bovis Bridge) and may get out of their boats if timing permits. There will be marshalling numbers sequentially posted along the bank. Station 1 at Grassy Corner will be marked for the head crew of each division.

Please be patient as it will be a challenge to marshal and spin 30-40 eights (double a bumps division) without crew cooperation.

Competitors and bank parties are reminded of the need for courtesy to other river users, including walkers and anglers. Please keep your enthusiasm suitable for family listening. This is a spectator event - the rowing should be colourful, not the language.

Start

The race will commence with a standing start on the Plough reach (near the Plough pub lawns). Crews will be brought to front stops and then the cox will get the boat straight, keeping one hand in the air until they are happy with their line. Once the cox's hand is down, the starter will call "Attention, GO!" to start the crew.

At this point you will be completely under the control of the starter marshals. Failure to comply with instructions from the Starter may result in disqualification from racing. Crews will be started at approximately 1 minute intervals.

Remember there will be judges assessing the most impressive starts!

Timing will commence (as a rolling start) as the bow ball passes our flags at the Start, approximately 40 metres upstream.

Supporters are asked to remain quiet for the first few strokes of the race to ensure that crews can hear starting instructions from the marshals!
Please ensure supporters are at the Plough pub by 11:30am to watch your practice starts on the way up to your marshalling position.

Overtaking

Crews must overtake on the outside, i.e. the side farthest from the towpath. If being overtaken it is your responsibility to move out of the racing line, and keep sufficiently to one side to ensure that you do not hinder or impede the progress of the overtaking boat.

If you are the overtaking boat make sure that the boat in front is aware in good time that you are coming up behind them by calling to them. Pass carefully and safely.

Finish

The finish is at the fencing/garden boundary of the old Penny Ferry site (formerly the Pike & Eel) in Chesterton. The finish timing will be recorded as the bow ball passes our finish flags. **All crews must continue rowing after the finish**, until they have passed under the Green Dragon Bridge, to prevent the river becoming blocked for following crews.

Results

The division and final results will be available from the City of Cambridge R.C. boathouse as soon as possible after the race. Please do not interrupt the results coordinators as this will only delay the results!

CRA Vet category winners should be able to provide evidence of dates of birth of crew members.

Results will be emailed to all clubs during the week following the race, and will also be posted on the Champion of the Thames website:

<http://championrowing.org.uk/champs-races/eights-head/>

Thank you for your entry.