

# Boston Rowing Marathon

## 18<sup>th</sup> September 2016

### Competitor's Race Instructions

Race Committee:	(Chairman) Phil Latka, (Chief Umpire) Paddy Ibbotson and Anne Hock
Race Secretary:	Sue Gavey
Safety adviser:	Nigel Allen

### **On Arrival**

#### **Welcome to Boston Marathon September 2016!**

The race starts at Stamp End Lock, Waterside South, Lincoln, LN5 7JN and finishes at The Boathouse, Carlton Road, Boston, PE21 8LL.

- On arrival please follow directions from marshals / signs regarding parking.
- On arrival report to RACE CONTROL. This is stationed in Lincoln Rowing Centre (See **Lincoln site plan**).
- Toilets, changing & refreshments are available at Lincoln Rowing Centre.

**Please note that in order to run a safe and efficient event the starting order will be adhered to.**

### **Local Event Rules**

- The race is run under British Rowing Rules and it is a condition of participation that all crews accept and abide by the rules and safety arrangements.
- Crews are only eligible for course records in the event in which they are competing.
- In the event of a dispute the decision of the Race Committee shall be final.
- The committee reserve the right to cancel the event if they consider it would be too dangerous to proceed.
- **All competitors British Rowing racing licences (or equivalent) may be checked.**
- The course will not be covered in its entirety by Race monitors and safety boats. (See **Competitor safety instructions** for full details of safety arrangements)
- **Crews are required to stop and assist any crew in difficulty or danger and to report any incidents to the nearest race monitor.**
- Boating times have been allocated with particular care, taking into consideration safety and logistics, therefore **crews must boat at their allocated time** (see **Marathon 2016 Draw**). Boating early or late will not be allowed under any circumstances.
- You must ensure your boat complies with the British Rowing Rowsafe guidance - inspection may take place before permission to boat is given.
- **Bow Numbers** will be issued at registration. Boats are required to have suitable fittings to display Bow numbers so they can be clearly visible to race marshals. Failure to suitably display your number may result in no time being taken.
- All coxswains must wear a suitable life jacket or buoyancy aid.
- Coxswains will not be weighed for this event.

# Boston Rowing Marathon - 31 Miles

- You must give way to overtaking crews and keep to the Cox's right.
- Crews are required to wear a uniform racing strip comprising of at least a singlet and shorts combination or one-piece.
- Competitors are not permitted to wear headphones.
- The same Coxswain must complete the entire course and cannot change places with other competitors.
- Crew members cannot be substituted during the race but crew members (excluding the coxswain) may change seats.
- The River Witham is a Canals and River Trust controlled navigation. Competing clubs who normally row on non-CRT water are asked to ensure that they have the appropriate licenses.
- Crews may be instructed to withdraw by marshals or monitors if it is decided by the safety advisor or race committee that continuing may inhibit others safety or the smooth running of the event.

## **Boating**

- Please arrive at the boating stages 15 minutes before your race time. This will allow enough time for boat inspection and embarkation before being called down to the start on time.
- Please approach the boating area from the eastern end with the bows facing the start, as there is insufficient space on the river to turn once boated (stern first against the race direction). See **Start circulation**.

***The Start is approximately 25 metres from the boating area making it unsuitable for a warm-up row. We therefore we advise you to warm up on land before boating.***

## **Starting**

The Start Marshall will direct you to the START, which is under the bridge. IT IS A STANDING START. Once aligned, the starter will count down prior to the command "GO". EG 5, 4, 3, 2, 1, GO.

## **Along the course**

The river is marked every kilometre – so look out for the marker signs along the bank. The Start is approximately 25 metres after the 1-Km sign and the Finish is 200 metres after the 50-Km sign. Be wary of reed beds / trees protruding into the river. The river is NOT closed for this event so be prepared to meet other river users. Normal rules of navigation apply.

## **Bardney Lock (13.5 Km)**

Crews must disembark at Bardney and carry their boat around the lock (see **Bardney circulation**). You are responsible for disembarking, carrying your boat, and embarking – you may arrange for supporters to help. Time taken to do this is counted in the crews overall time. Boat Marshals' instructions should be followed and no time allowance will be given for incidents. Competitors are advised that there could be congestion at Bardney Lock. Consideration is required from all crews. **In the absence of sportsman-like behaviour, the Race Organisers reserve the right to impart a time penalty on the offending crew.**

## **Tattershall Bridge (32 Km)**

This is an arched bridge with buttresses in the centre of the river.

## **Boston Rowing Marathon - 31 Miles**

### ***Finish***

The Finish line is just beyond the landing stages at Boston Rowing Club (see ***finish circulation***). Continue well past the finish line, turning your boat around the turning buoy and proceed to the landing stages upstream and within the buoyed area. Please clear the landing area promptly.

### ***Results and Prize-Giving***

*Every effort will be made to display Results as swiftly as possible and Prize Giving will commence at approximately 4.00 p.m.*

Results will be posted on our website - [www.bostonrowingclub.co.uk](http://www.bostonrowingclub.co.uk)