

Competitor's Instructions

Competitors – please ensure you take this in the boat with you

If assistance is required take the following steps:

- 1) If possible, contact a Race Monitor – mobile numbers below
- 2) If not, ring the Safety Advisor (Nigel Allen) - 07795 024172.
- 3) Backup phone number (Race Chairman) - 07960656750
- 4) Second backup number (BRC Umpire) – 07960 289022
- 5) Seek assistance from another crew.

Race Monitors will be positioned at the following locations and will be in communication with each other and with the Race Committee & Safety Advisor.

Location	Distance (on marker signs)	Postcode	OS co-ordinates	Mobile number Of Race Monitor
Start (Titanic Bridge)	1.025 KM	LN5 7FB	SK 98573 70983	
Washingborough	4 KM	LN4 1AA	TF 01569 70984	
Five Mile Lane	8 KM	LN4 1AF	TF 05834 71500	
Bardney Lock	13.5 KM	LN3 5UN	TF 10377 70026	
Southery	19 KM	LN3 5TD	TF 13845 66345	
Stixwould	22 KM	LN10 6XJ	TF 15683 65110	
Kirkstead Bridge	25.3 KM	LN10 6XY	TF 17606 62138	
Tattershall Bridge	32 KM	LN4 4JU	TF 19625 56255	
Chapel Hill	35 KM	LN4 4QB	TF 20759 54068	
Copping Syke	39 KM	PE22 7AP	TF 24943 49876	

Farm				
Langrick Bridge	43.5 KM	PE22 7AJ	TF 26525 47599	
Antons Gowt	47 KM	PE22 7BE	TF 30015 47520	
Finish (Boston Rowing Club)	50.2 KM	PE21 8LL	TF 31861 44969	

- As Race Monitors cannot observe the entire course in this unique event, **competing crews are required to offer assistance** to any crew in distress or danger and inform Race Monitors and Safety Advisor of incidents.
- Any crew withdrawing from the race must inform the nearest Race Monitor who will inform Race Control.
- **First Aid** facilities (via Lincolnshire Integrated Voluntary Emergency Service) are provided at Lincoln and Boston with assistance available via Race Monitors stationed throughout the course, or via the Safety Advisor.
- It is strongly suggested that you take (at your own risk) a mobile phone with you in the boat in a waterproof container and secured to the boat.
- In the event of a capsized boat remain with your boat, and move to the nearest bankside or most accessible bank. Seek assistance as outlined above.
- If a thunderstorm occurs, use the 30-30 rule to analyse the severity and location of the storm...

“Play (rowing) shall stop when the flash to bang count is 30 seconds or less and shall not resume until 30 minutes after the last lightning”.

Following this rule crews should disembark if necessary and find appropriate shelter, they should then only re-embark when it is safe to do so. Competitors should familiarise themselves with British Rowing’s guidance on lightning and the 30-30 rule before the event.

In the event of a thunderstorm it will not be possible to make any allowances in the race timing due to the nature of the event.

- Competitors are advised that there could be congestion at Bardney Lock. Consideration is required from all crews. In the absence of sportsman behaviour, the Race Organisers reserve the right to impart a time penalty on the offending crew.

- Please familiarize yourselves & comply with British Rowing Guidance on waterborne diseases.

- A launch will follow the last boat on the course from Lincoln, through to Boston.

- Remember to take the following in your boat:
 - Liquids
 - Sunblock
 - blister kits
 - mobile phone in waterproof container