

# Champs Eights Head 23<sup>rd</sup> May 2010 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

### 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 under the bunting 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.

### Marshalling

Crews should be below the Green Dragon Bridge 30 minutes before their division is due to start. If you are late you will be 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.

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

**Please can crews numbered 1-10 inclusive initially marshal on the meadowside at the top of the Reach before Ditton Corner and proceed upstream after all the other crews in the division. These 10 crews will then row up in reverse order and spin in the Gut by the appropriate bank number.**

Please can all other crews spin beyond the A14 Bridge (motorway bridge) unless advised otherwise by the marshals.

All competitors must proceed directly to the start, and not spin to practice. Any crew doing so will be awarded a time penalty. It is acceptable to complete one practice start just after the railway bridge and one in front of the Plough (the latter is essential for the spectators!).

Crews should then pull in along the bank on the towpath side of the river (between the Gut and Bovis Bridge) and may get out of their boats if timing permits. There will be marshalling numbers sequentially posted along the bank.

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

### **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 Penny Ferry (formerly the Pike & Eel) pub in Chesterton. The finish timing will be recorded as the bow ball passes under the bunting. All crews must keep rowing after the finish, until they have passed under the Green Dragon Bridge, to prevent the river becoming blocked for following crews.

### **Results**

The 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.

While you wait for your results please ensure you have some cash on you to enjoy the barbecue and to purchase drinks from the City bar, which will be open for the event (with guest beer from Milton Brewery). This will mean you can eat and drink while we endeavour to get the results to you promptly!

Results will be posted on the City boathouse windows.

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

<http://www.championrowing.org.uk>

Thank you for your entry.