

**Monkton Bluefriars Small Boats Head Race**  
**15<sup>th</sup> October 2016 under British Rowing Rules**  
**46<sup>th</sup> Year - Founded 1971 – 42<sup>nd</sup> Race**

**1 Instructions and Notes For Competitors**

**1.1 Hon. Secretary Contact Details**

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**1.2 Changes in 2016.....**

- a. There will be room in the field for trailers as usual. Spectators car parking is in Barnsdale field. The entrance is located on the A4. See map. Coaches are asked to pass this information on to spectators.
- b. The new format the short course introduced last year will be used again
- c. New advice for turning at the start: see section 1.6.b for details. The aim is to have smaller starting gaps between crews.

**1.3 Before setting out for Saltford .....**

**a. Registration, Scratching and Classification:**

Clubs have been sent lists of their crews as entered. Print this page which you will need when you register at Saltford. Use this page to declare scratchings and changes when you register at the race. Any changes known by 23:59 on Wednesday 14<sup>th</sup> October should be emailed to the Secretary. Some classes may then be merged to create as much competition as possible. (To save you time, this may be sent to you by email.)

- b. If you are unfamiliar with the course, have a look in particular at a close-up of the area around the bridge in the middle of the course. The Google map is very helpful. It is worth printing this to refer to later.
- c. **Flooding:** The river sometimes floods or flows quickly. The secretary will consult the safety adviser about the state of the river, and they may not allow some classes to race if conditions are bad. Competitors will be informed in good time if flood conditions are likely.
- d. **Masters:** We propose to run the handicapping system for masters so that as many competitors as possible can be aiming for prizes. See the Almanack for an explanation of how it works.
- e. **Changing facilities:** None, so please come changed.
- f. **Dress warmly if necessary:** Wear clothing suitable for the occasion. If it is cold or wet, juniors will not be allowed on the water if they are inadequately dressed.
- g. **To get to Saltford:** Saltford is on the A4 between Bristol and Bath. See [www.bluefriars.org.uk/sbh](http://www.bluefriars.org.uk/sbh) for more details. Spectator parking is . The boat trailer park is in the Avon County RC field which has an entrance about 20 yards inside the 30 mph signs on the Bath side of Saltford. (51 23' 50"N 2 26' 58"W) Conditions in this area may be extremely muddy. You are advised to wear wellies. PLEASE NOTE THAT TRAFFIC THROUGH BATH CAN BE EXTREMELY SLOW.

**1.4 At Saltford .....**

- a. Indoor facilities are **not available** to Competitors.
- b. Boat trailers and cars carrying boats should be parked in the Field next to the main road. No other cars will be allowed this field. Please park trailers tidily next to the railway line.
- c. **Registration:** As in previous years, to speed this process, we require a signed print out of your club's entry details The form should also be used by you to register substitutions, and scratching. Substitutes will have to produce their BR cards at registration.
- d. Registration for ALL crews in each club will be issued together.

## 1.5 Launching .....

- a. **Launching:** The starting order shows the times when crews should join the queue outside the boat houses. After your boat has been inspected, launch as slickly as possible so you won't have to wait too long on the water. Help other crews, and don't hang back. Have oars and boats ready on time. If racing gets ahead of schedule, a division may be called to boat early. Listen for announcements.
- b. Short course divisions B and D will be racing upstream immediately following crews proceeding upstream to race in divisions C and E
- c. Coxes are not weighed at this event. In accordance with British Rowing Rules of Racing Notice is given that this rule is not being enforced.
- d. **Launching late:** Some crews (senior ones in particular) have in the past held back from launching on time, resulting in other people getting cold at the start. For the sake of all, NO CREW will be allowed to join the queue to launch after the time notified for the crew in the starting order.
- e. **Boats launching at Newbridge:** It is assumed that all boats except those of Minerva RC will launch at Saltford. Numbers for boats launching at Newbridge will be available at Minerva. Boats will be checked by an official. Liaise with the Secretary about suitable launching times; warming up allowed, but ONLY upstream of a point 150 metres above mid-course railway bridge; turn to paddle upstream as soon as any boat coming up from Saltford reaches the bridge. If warming up is needed, launch as a group in good time, and wait facing upstream above the mid-course bridge, then slot into line of boats moving to the start. After the race, wait near the Marina well downstream of the Saltford boathouses (ie out of the way of boats coming in at Saltford).

## 1.6 On the water .....

- a. **Above the start:** Competitors should arrange themselves facing upstream in the right order. Instructions will be given for taking tracksuits off and turning, after which competitors must be prepared to race immediately.
- b. **Turning :** In recent years, the average starting gap between boats has exceeded 30 seconds. Waiting time above the start will be reduced and racing will be more interesting if this gap is reduced. Boats normally wait to turn one at a time: this is bound to cause delays, so please start turning round as soon as the boat immediately downstream of you starts to turn. Don't wait until it is fully turned before turning your boat.
- c. **At the start:** Competitors must follow instructions from marshalls, and keep closely bunched until told to spread to out about 100m above the start. The order "Number xx, GO!" will be given just below the railway bridge, and the time recorded from several lengths downstream. GAPS of several minutes may be included in the start sequence.
- d. **During the race:** Overtaking boats have right of way. There is plenty of room for passing, except at the railway bridge half way down the course. If you fall in, stay with your boat and swim with it to the bank.
- e. **Midcourse bridge:**

Refer to the google map which you have been advised to print.

The LEFT HAND ARCH OF THIS BRIDGE SHOULD BE USED (INSIDE OF THE CORNER) Any boat about to be overtaken must move out of the way and give audible warning if necessary. An Umpire will be posted at the Bridge.

The correct line to take at this corner when racing is to keep to the "correct" or right-hand (North) of the river until about the point marked H on the map. At this stage start taking the corner so that by the time you get to the bridge you take the inside arch marked at G. i.e. the wrong side of the river.

There is a buttress in the middle of the bridge, and if you position yourself on the south side of the river at H, you're taking the corner too early, and you are likely to collide with the buttress! We hope to put in a post marked H at the appropriate point on the bank. It will be worth noting Corner H on the way up to the start.

However, if two or more boats approach Corner H in close proximity, they must listen for the Marshal's instructions, WHICH MUST BE OBEYED.

You may be directed to take the right-hand arch or if safety requires you may be told to stop. When issuing these instructions the marshals will try to favour the quicker or overtaking crew.

- f. **At the finish:** Which will be marked clearly with a post, at the downstream end of Saltford R.C. boathouse site (the boathouse no longer exists!), competitors must paddle on to keep clear of following boats. N.B. If the stream is running fast, it may be necessary to move the finish upstream. Any change will be announced.
- g. **Other river traffic:** The River is open to other traffic. Racing may have to be delayed; if it is, you are asked to be patient. It is possible that narrow boats, etc, may be moving on the river during racing and marshalling. If you meet other traffic, you must keep RIGHT, and treat other river users with caution and respect. Look out for other river users. The river is not closed, and there may be other craft, some of which may ignore the race.

### 1.7 After the race .....

- a. **Results:** Will be announced as soon as possible after the race and prizes will be presented. Results will be posted at [www.bluefriars.org.uk/sbh](http://www.bluefriars.org.uk/sbh)
- b. **Traffic:** The exit from the Avon County field on to the A4 can be difficult. Be patient and get help if necessary. Some trailers will not get away till dusk. Make sure that your trailer lights are working.

### 1.8 Safety - The "Row Safe" water safety code applies .....

- a. **Safety:**

Competitors will not be allowed to launch unless they are wearing clothing appropriate to the weather.

In the event of any accident, stay with your boat, and move to the side. Following competitors MUST GIVE ASSISTANCE as is appropriate. If you see someone else who has fallen in, give assistance as necessary.
- b. **Marshals:** There will be marshals and race monitors posted along the course. These will communicate via mobile phone and radios.
- c. **Safety Boats:** There will be two fully equipped safety boats on the course. Further boats used by marshals will be on the water, but these will not be fully kitted out to rescue. To summon a rescue boat, contact a race monitor, or other official. A safety boat follows the last boat in each division.
- d. **Medical Help:** St John's First-aiders are on hand at the boathouse. Following consultations in the region, it has been decided not to have an ambulance on site all day. The hospital is 10 to 15 minutes away.
- e. **Emergency telephones:** Officials have mobile phones or radios, and they will certainly be available at the start, the bridge, the finish and in the area of the boathouse.

**Urgent Contact with clubs:** The mobile phone declared on the entry form may be used to get in touch with you.

Julian Bewick (Hon. Secretary)