

## UPPER THAMES AUTUMN HEAD 29 OCTOBER 2023

### COMPETITORS' INSTRUCTIONS

**Start times: Division One: 10:45 am, Division Two: 2:15 pm.**

#### Arriving on site – Car and Trailer Parking

Car and trailer parking will be available at the HRR Lion Meadow car park (by special permission). Entrance (sat nav Leander Club or RG9 2LP and what3words cleanest.shudders.club). Car parking will cost £10 per car but is free of charge for boat trailers and Blue badge holders. Car sharing is encouraged. The car park will be open from 7:30 am and close at 5:00 pm.

#### Crew Registration and Race Number Collection

1. Registration is in the marquee at the event site in Lion Meadow near to the boating area. It will be open from approximately 8:00 am. Each club will be given envelopes containing all the numbers for all of their crews. Each person collecting the envelopes will be asked to sign for receipt with their phone number so they can be reached in case other crews from the same club are looking for their numbers. You will receive two numbers for each coxed boat and one number for each coxless boat. Safety pins are provided in the envelope.

2. Coxes will not be asked to weigh in.

3. Crew boat identification will be by **bow person numbers (to be clearly displayed going to the start as well as during racing)** and **Empacher bow slot numbers**. After racing Empacher bow numbers will be collected at the rafts. **If for some reason your number is not collected as you return from your race, please return them to Registration and do not take them home. Clubs will be invoiced 15 GBP for every missing number.**

4. Please visit Registration for any general enquiries during the day.

#### Rigging and Boating

1. Rig at trailers or in the grass area adjacent to the rafts. It is your responsibility to make sure your boat meets British Rowing RowSafe guidance. Boats will be spot checked for Safety.

2. Please refer to the UTAH 2023 Boating Times document on the website. Crews will be called forward in groups of 25 – lowest numbers first – you will be allocated to a raft.

3. No boat adjustments are to be made on the rafts: adjustments to be made on land or after leaving the raft.

4. Boat with bows towards the bridge. On leaving the raft go to the river centre before turning around the marker boat. **Keep tight to the far bank (BUCKS) going to the start.'**

5. Dress for the conditions. Crews must dress appropriately for the weather and time spent marshalling. Anyone not considered to be suitably dressed will not be allowed to boat.

#### Warming up

1. Crews can train on the reach before 9:00 am. Normal circulation rules apply until 9:00 am (downstream on towpath/BERKS; upstream on far side/BUCKS).

2. **AT 9:00 AM THE CIRCULATION CHANGES** (downstream far side/BUCKS upstream tow path/BERKS side). **NO CREWS ARE PERMITTED TO TRAIN ON THE COURSE AFTER 9:00 am.**

4. Crews are encouraged to warm up on land. Water warm up should be gentle and firm pressure is not permitted anywhere in the marshalling area. Failure to observe this instruction may lead to penalties.

#### Marshalling

1. Crews will be marshalled in zones by groups – please refer to the circulation plan. Marshals will control each zone.

2a. **Division 1 (Start Time: 10:45 am):** Crews 1-15 marshal on the tow path (Berks) side below the Start Marshal (M1), pointing upstream and are to be in position by 10:35 am. All other crews marshal on

the far Bucks side in race order facing downstream with lowest number nearest Hambledon Lock. These crews to pass and turn down stream of the Turning Marshall (M3) unless instructed otherwise by Turning Marshall. See navigation plan.

2b. **Division 2 (Start Time: 2:15 pm):** Crews 200-215 marshal on the tow path (Berks) side below the Start Marshal (M1), pointing upstream and are to be in position by 2:05 pm. All other crews marshal on the far Bucks side in race order facing downstream with lowest number nearest Hambledon Lock. These crews to pass and turn down stream of the Turning Marshall (M3) unless instructed otherwise by Turning Marshall

3. Crews 16-100/216-300 are to be position below the Island by 10:35 am/2:05 pm. Allow 25 minutes for transit.

4. Crews 101-170/301-370 are to be in position by 10:45 am/2:15 pm. Allow 20 minutes for transit.

5. Once racing starts Marshals will call crews forward block by block (Tops off ready to race).

6. Crews will be told to 'GO' by the Start Marshal 30m before the timing line (Management College boathouse).

### **Racing**

1. Bank umpires will monitor racing. Coaching from the bank is permitted; no megaphones or radios are allowed. See rules on cycling below.

2. Crews are advised to keep tight to the tow path bank around the first bend then to follow the line of the Island to avoid the first bay and promontory and to ensure a safe distance from the Upper Thames rafts. Racing crews must be on the tow path/BERKS side of Temple Island.

**3. Crews being overtaken are to give way by moving towards the centre, but be aware of crews still in the marshalling zones on the far/Bucks side or other river traffic using the navigation channel in the centre.**

4. After crossing the finish line crews should not stop but continue paddling to the rafts. Marshals will direct you to a raft.

5. Only crews boating from Henley RC are permitted to go through the bridge. Crews returning to Upper Thames RC have to go round the marker boat beyond the finish before returning along the far BUCKS side and crossing when instructed by one of the umpires.

6. Failure to observe the Rules could incur time penalties or disqualification. Marshalls and Umpires stationed along the course will report any obstructing, failure to respond to instructions or use of foul or abusive language by crews to the Race Committee Chair. The decision of the Race Committee is final.

### **Cyclists and Spectators**

Any cyclist should take care and note that:

- Pedestrians have right of way along the towpath;
- No cycling is allowed on the towpath along the HRR enclosure area and in the boating area.

Spectators should keep the area around the finish line clear to give good visibility for the timing team and follow instructions of the marshalls/umpires when required,

### **First Aid**

First Aid facilities will be available in the boating area.

### **Prizegiving**

Prizes for both divisions will be presented once results have been confirmed and validated at the prizegiving marquee in the boating area once crews are back on the bank after division 2 (around 4:00 pm). Full results will be published at: <https://rowresults.co.uk/utah22> and on our Facebook page.

## **Welfare**

A Welfare Officer has been appointed to act as a point of contact for any matters relating to the welfare and wellbeing of both competitors and young and vulnerable people attending the event. Please refer to the event welfare statement. The Welfare Officer can be contacted via Registration.

## **Lost property**

1. At previous rowing events in the summer there have been some thefts from parked cars during the events. Please make sure that your car is locked carefully while you are rowing and that you do not leave valuables in your car.
2. Any lost property can be handed into Registration.

## **Social Media**

Further information (daily infomercials in the week leading up to the event) is also available on Social Media: Twitter @autumn\_head, Instagram: @upper\_thames\_autumn\_head and Facebook: @UpperThamesAutumnHead

## **Liability**

The Event Committee accepts no liability for damage, loss of property or personnel injury caused in connection with the event. In the event of the race being cancelled due to factors beyond its immediate control, the Event Committee is not obliged to give a full refund of fees.

Thank you and we hope you have an enjoyable day.

**Upper Thames Autumn Head Organising Committee**