



Glasgow Rowing Club



Fours Head of the River 2017

Race Instructions for Competitors

PLEASE READ CAREFULLY

Before the Race

- NO DEPOSIT will be taken for race numbers - however THERE IS A CHARGE of £5 for any plastic bow number that is not returned. Please assist us with your honesty in this regard.
- As well as bow numbers, there are two paper number cards to be affixed to the clothing of bow and cox of stern-coxed boats. Please ensure that these numbers are visible when the crew is racing, i.e. do not remove them when stripping off outer layers.
- For coxless boats or crews with cox in the bows, both numbers can be used by bow; one on racing kit and one on top layer, to be visible when marshalling.
- **Higher numbered crews in each division should attempt to boat first. We recommend 10:30 AM for Race 1 and 13:00 PM for Race 2.**

On the way to the start

- Crews proceeding to the start must maintain a proper lookout for other crews that may be rowing downstream before the race.
- Any crew rowing downstream must be aware that there will be a large number of crews heading to the start and must exercise caution.
- **There is a time gate at the Dalmarnock Bridge, 15 MINUTES BEFORE RACE START.**
 - Any crew not on the water 45 minutes before race start time will probably not reach the time gate.
 - **NO CREWS** will be allowed to pass upstream within **15 MINUTES OF RACE START TIME.**
 - All crews failing to pass this point in time will be instructed to return to their boating point immediately.
 - This time gate is in force for the safety and wellbeing of those crews marshalling at the start, in what can be unpleasant weather conditions. It will also ensure a prompt start to each division.
- **HAZARDS - Take care negotiating:**
 - Bridges and old bridge piers.
 - Wooden stakes on the South bank above Rutherglen Bridge.
 - Outfall at Sewerage Works bend.
 - Outfall at Railway Bridge.
 - Island before Belvedere Straight.
 - Drainage outfall on the North bank opposite the island composed largely of re-enforced concrete.

- Old bridge supports above Belvedere straight (DO NOT go beyond the top of the marshalling area in Belvedere straight unless instructed by a marshal.)
- Overhanging trees.

Marshalling at the start

- Even numbered crews should position themselves facing upstream in racing order between points A and B on the south bank with the odd numbered crews between C and D on the north bank.
- All crews should face upstream and only turn into the course when instructed by a marshal.

Time penalties will apply as follows:

- Crews must be on their marshalling station or above the start five minutes before race start time.
- A 5 second penalty will be added for any minute or part of minute thereafter.

The Start

- The START LINE is approximately half-way up the Belvedere straight.
- A minimum 15-second gap will be applied between all crews. Those choosing to ignore the umpire's instruction risk disqualification.

The Race

- Don't forget about the hazards listed above.

In particular -

- Crews should be aware of islands on first bend and stay in main channel. This bend is extremely tight. Non-Glasgow crews beware!
- Crews racing should use either of the two south (strokeside when heading downstream) arches of the Dalmarnock, Railway, Polmadie and Kings bridges. Only the centre arch of the Rutherglen bridge should be used. North arches of all bridges are reserved for safety boats and crews returning upstream whilst the race is ongoing.

The Finish

- **The FINISH LINE is approximately half-way down the boathouse straight in Glasgow Green, opposite the Nelson Monument.**
- After you cross the finish line, carry on rowing to keep the finish line clear for crews behind you. Crews who have finished racing must continue downstream for at least 150m before turning.
- Those returning upstream must stay close to the north bank and obey all Umpires and/or Marshals instructions. Remember those crews still racing on the course have priority.

- Beware of the Weir. Notwithstanding the previous instruction, do not get too close to the tidal weir that is situated about 50m downstream of the Clyde/Clydesdale boathouse.
- Obey the marshal's instructions!

Returning from the Finish

- Crews should carefully follow the instructions given by marshals and Umpires, in particular when about to pass the Humane Society pontoons and crossing over above Kings Bridge.

Prizes

- Prizes will be presented at the GRC boathouse at approx 3.30pm, copies of results will be available after presentations.
- At least two crews must race in an event for a prize to be awarded.
- There will be prizes for the fastest male crew and the fastest female crew of the day. These will not take any account of differences in the prevailing conditions during the races.
- Additionally a pennant will be awarded to the fastest crew in each event contested.
- Each member of a winning crew will receive an individual prize.

Contact phone numbers

First Response

- First Aid: Fiona O' Donoghue - 07767407336
- Katie McLaughlin – 07940 673911
Steve Dear – 07786 221773

Senior Umpire: Ron Wallace

Local Police: Gorbals Police Station (0141 532 5300)

In emergencies, the emergency services should be contacted immediately by telephone (Tel. 999).

Most importantly - enjoy your days racing!

Glasgow Rowing Club Fours Head 5km Course Map

