

Glasgow Rowing Club Fours Head

Saturday 17th February 2024



Race Instructions for Competitors - PLEASE READ CAREFULLY

- All participants should follow [GRC safety guidelines](#), [basic river safety](#) and the [Rules of the River Clyde](#).
- We will have a virtual race control on WhatsApp which you can join using [THIS LINK](#).
- We will be trialling a live timing system which can be accessed using [THIS LINK](#). These times are not the final.

Race Control

- Race Control will be at the GRC Boathouse.
- Bow numbers will be available for collection from 8:30 am.
- NO DEPOSIT will be taken for race numbers - however, THERE IS A CHARGE of £5 for any plastic bow numbers that are not returned.
- As well as bow numbers, there will also be a paper number to be affixed to the clothing of the bow person.
- Please ensure that these numbers are visible when the crew is racing, i.e. do not remove them when taking off outer layers.
- Changing facilities, along with a fine selection of cakes, hot drinks and food will be available at GRC.

Boating and Reaching the Start Line

- Higher-numbered crews in each division should boat first.
 - We recommend 9:00 am for Div 1 and 12:00 pm for Div 2.
 - Crews that have not boated ~45 minutes before the race start time will struggle to reach the time gate before the cut-off times specified below.

Course Length	Time gate location	Cut off time
5k	Railway Bridge	9:30 Div 1 and 12:30 Div 2
4k	Railway Bridge	9:40 Div 1 and 12:40 Div 2
3k	Smart Bridge	9:40 Div 1 and 12:40 Div 2

- Crews that have not passed the time gate before the specified time will be turned back.
- Crews proceeding to the start must maintain a proper lookout for other crews that may legitimately be rowing downstream before the race.
- Any crew rowing downstream must be aware that there will be a lot of crews heading upstream to the start and must exercise caution.

Hazards

Take care when negotiating the normal hazards present on the river Clyde:

- All bridges, and overhanging trees close to the riverbanks.
- Wooden stakes on the South bank between the smart bridge and the 2k/Rutherglen Bridge.
- Concrete post at the outflow at Sewerage Works bend.
- Outflow just downstream of the Railway Bridge.
- Islands upstream of the Cuningar Footbridge.
- Old bridge supports above Belvidere straight.
(DO NOT go beyond the top of the marshalling area on the Belvidere straight unless instructed by a marshal).

New temporary hazards on the river Clyde, take care especially when rowing upstream:

- Fallen trees upstream of GRC on the north bank of the river.
- Fallen trees shortly downstream of the sewage works bend.
- Fallen trees shortly upstream of the North arch of Dalmarnock Road Bridge.

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Marshalling Area

- Crews must be on their marshalling station or above the start **5 minutes** before race start time.
- Time penalties will be applied to late crews as follows:
 - A 5-second penalty will be added for any minute or part of a minute thereafter.
- All crews should position themselves with bows pointing upstream and only turn into the course when instructed by a marshal.
- **Odd-numbered** crews should remain in racing order between points A and B on the **north bank**.
- **Even-numbered** crews should remain in racing order between points C and D on the **south bank**.

The Start

- The **START LINE** is approximately **halfway up the Belvidere straight, or the normal 3k and 4k start lines**.
- A minimum 15-second gap will be applied between all crews.
- Those choosing to ignore the umpires and marshals instructions risk disqualification.

The Race

- Don't forget about the hazards listed above.
- In particular:
 - The first bend at the end of the straight is extremely tight - non-Clyde-based crews beware!
 - Crews should be aware of islands after the first bend and stay in the main channel.
- Crews racing should use either the middle or the south (stroke side) arches when heading downstream.
- Be aware the south arch of the Dalmarnock and the Railway bridge can be shallow at low tide.
- Only the centre arch of the 2k/Rutherglen bridge should be used.
- North arches of all bridges are reserved for safety boats and crews returning upstream.

The Finish

- The **FINISH LINE** will be at **the platform** in Glasgow Green.
- After you cross the finish line, carry on rowing to keep the finish line clear for the 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.
- Do not get too close to the tidal weir that is situated about 50m downstream of the West Boathouse.
- Obey the marshals 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.
- Crews returning to GRC need to cross over to the 'wrong side' of the river on the back straight upstream of the King's Bridge. Please do this with extreme caution and look for a gap in the crews still racing.

Prizes

- Prizes will be presented at the GRC boathouse sometime between 2:45 and 3:00 pm.
- Copies of the results will be available [online](#) after the presentations.
- At least two crews must race in an event for a prize to be awarded.

Finally - enjoy your days racing!

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	Div 1	Div 2
Race Start time	10:00 AM	1:00 PM
Past Start line by (latest)	9:55 AM	12:55 PM
Past Railway Bridge by (latest)	9:30 AM	12:30 PM
Boat by (latest)	9:10 AM	12:10 PM
Hazards on the river	...	
Old bridge supports above Belvidere straight		
New outflow, North bank opposite the islands		
Islands downstream of Belvidere straight		
Fallen trees shortly upstream of the of Dalmarnock Road Bridge		
Outflow just downstream of the Railway Bridge		
Concrete post at the outflow at Sewerage Works bend		
Fallen tree just downstream of Sewerage Works bend		
New outflow, South bank downstream of the Sewerage Works bend		
Fallen trees on the suth bank just across from the 3K mark		
Wooden stakes, South bank upstream of the 2k/Rutherglen Bridge		
Fallen trees upstream of GRC on the north bank of the river.		
Odd Numbers - North Bank	A	B
Even Numbers - South Bank	C	D

