

# Carrow Cup (By Private Invitation Only)

## Competitors, Coaches & Coxwain Instructions

### *General Information*

Please ensure that all competitors and coaches are aware of the attached information, prior to arriving at Whitlingham Boathouse / Norwich Rowing Club.

Refer to the attached location maps for the Club location and event diagrams.

### *Race Control & Numbers*

Race control is in the Whitlingham Boathouse (Tel 07969 026007 / 07884 232639). Please report here for numbers and registration. The control will be open from 8.00am Saturday 9<sup>th</sup> December 2017.

Please ensure that you have made contact with control, paid and picked up your number. The bow person needs to have the number clearly fixed to their racing kit.

**Traditional crews – Adrian Hodge will collect your numbers and distribute to you, either on the start line or at your boating locations.**

### *Navigation/Safety*

The river is not closed during the races, so please use utmost caution at all times, it is a navigable water way. This means you may encounter cruisers and craft. Normal rules of navigation apply. Stay to the right (bowside bank) while paddling to the start and after the finish. All overtaking is to the centre and left of the craft being passed (i.e. on their stroke side). During the race the crew being overtaken must move off the race line to allow the faster crew to pass. A time penalty will be awarded against any infringing boat. **THERE IS NO OVERTAKING BETWEEN THE START AND CARROW BRIDGE AT LOCATION 3.** There are marshals posted through out the course as marked on the attached plan.

They will provide safety advise if required, to both competitors and other craft, please heed their instructions. Always offer assistance if a crew is in difficulty. **Be aware of tight bend at location 1 just after the Nelson Hotel while racing, it is advised that you paddle at an appropriate level to safely negotiate the bend **EVEN IF THIS IS LIGHT PRESSURE**, you will lose more by hitting the boats on the exit than negotiating the bend with care. There are bridges with restricted access where marshals will be positioned, at location 1, 2, and 3.**

In the event of capsize or entering the water, between the start and Railway bridge (location 4), remain with your boat and move to the highlighted orange steps to egress. Inform a marshal, who will advise other traffic and assist recovery.

All umpires/launch drivers will have mobile phones or radio's to summon assistance in the event of an emergency. There is vehicular access along the first section of the course to Carrow Bridge at location 2 and from the Yare Wensum junction at location 4 to the finish. The umpires/launch drivers will be able to liaise with the emergency service to the best access location. The control number at Norwich Rowing Club is 07969 026007 or via radio link. Each safety boat is equipped with a British Rowing safety kit. All coxes shall wear a life jacket and each boat needs to have all heel restraints and bow balls appropriately fixed. The launching marshal will check these.

## ***Fine Boat Launching***

The highest number boat will need to commence boating first, in each division (the long divisions will boat first, followed by the short division), e.g. 229 before 228 etc. Please heed the boating marshal, as it will help ensure a punctual start to racing, with a minimum delay at the start. **NO BOATS WILL BE PERMITTED PAST THE WENSUM/YARE JUNCTION WITHIN 15 MINS OF THE SHORT/LONG DIVISION 1 START TIME and AFTER 11.10AM FOR DIVISION 2 and AFTER 13.10 FOR DIVISION 3.** The marshal will turn them back. Please allow time to boat and take warm clothing to wait the commencement of the start.

## ***Traditional Boats Boating and Navigation/Marshalling***

All traditional boats to boat from Carrow Yacht Club or other slip ways other than Norwich Rowing Club (NRC). NRC slip way will be used for safety launches and boating of fine boats. It is not suitable for vehicle mounted launching. It is advisable to commence launching boats at the Carrow slip way at the earliest opportunity and moor them against the bank. Please be considerate of other boats in the area as launching area will be congested. It is important that all Traditional boats move up the course to marshal upstream (Red Lion PH) side of Bishop's Bridge to be in place by 11.15am. There will be a delay while other boats are marshalled below Bishop Bridge and the Handicap applied to prevent bunching in the narrow City section of the course. ENSURE YOU HAVE WARM CLOTHING. It is possible to moor in the vicinity of Red Lion PH on either bank or even avail yourself of a coffee (or warming fluid) in preparation of the event.

Please enter through Bishop's Bridge in the correct racing order. You will be encouraged to marshal through the Bridge and start after each handicap time is applied. Again, this may be a long wait for some but please be patient and keep warm. The starter will start each crew.

Once you cross the finish line 50m before Broadland BC, proceed carefully to Port side of the river through the Thorpe Green Bridge and proceed back to your relevant launching location. Traditional boats will not be marshalled on their return.

## ***Marshalling for Fine Boats***

The crews should marshal just above Pulls Ferry for fine boats and upstream of Bishop Bridge for the Traditional boats for the long division and just above Carrow Bridge for the short. Odd numbers, on the Pulls Ferry Side and even on the Riverside Road (see diagram for more detail at Carrow Bridge). A marshal will be on the bank at both locations. We will try and start the Long division as soon after the short has left Carrow Bridge. When instructed by the marshals proceed at 10 second intervals to the start. This is located at Pulls Ferry (long) or just on the exit of Carrow Bridge (short).

*Once the crew passes the finish keep moving away from the line to enable following boats to complete the race. Please ensure you turn under the bridge at location 6 and around past Yare Boat Club. **When arriving at location 7 (rail Bridge) FOR THE SHORT DIVISION THE BOATS WILL BE HELD AT THIS LOCATION UNTIL THE LAST CREW PASSES.*** Proceed with care to the boating area once instructed by the marshal.

## ***Results***

The results will be displayed after the final division at Norwich Rowing Club. A copy will be available on the website. The trophies will be presented after the second division.

## ***Facilities***

Changing, shower and toilet facilities will be available at Whitlingham Boathouse from 08.00am. Catering facilities will also be available on the day (hot and cold drinks, mulled wine, ales, confectionery, cakes, light snacks and hot food).

**Carrow Cup Short Starting/Marshalling Area** at Carrow Bridge (odds Opposite Riverside Centre and even same side as below) **Note do NOT turn until the Marshal advices you** there may be river traffic using the bridge stay tucked in to the bank.



