

Dear Rower,

CITY OF CAMBRIDGE ROWING CLUB HEAD TO HEAD, 24 JAN 2015

Competitor Information

Registration will be at the City of Cambridge Rowing Club Boathouse (Upstairs). Please remember to bring your entry fee if you haven't already paid. The entry fee is £8 per seat, no charge for coxes. The course is from the railway bridge to the A14 Bridge, where crews spin and then race the course in reverse. Please ensure you report to the marshalling area before the start at the latest 20 minutes before your division is due to go off. As there will be a lot of crews racing and spinning after the motorway bridge, please ensure you act promptly on the marshal's instructions.

Notes for clubs visiting from outside Cambridge

Finding us

From M11: turn off M11 at junction 13, turn into Madingley Road (towards town centre) and follow this road until you get to a roundabout.

At the roundabout turn left into Northampton Street, which changes name to Chesterton Lane and then Chesterton Road. Follow Chesterton Road and at the one way system, with Staples Office superstore, follow the road round to head straight on towards Chesterton.

Turn into 2nd road on the right after the one way system, into De Freville Avenue. Take second right into Aylestone Road and then first left into Kimberley Road. City of Cambridge RC is at the end of Kimberley Road.

Boating

If you require boating facilities please contact events@cityrc.co.uk and we will provide you with further information.

Parking

Unfortunately, the club does not have any dedicated parking facilities. There is not much space for parking trailers or cars carrying boats so if you have not visited Cambridge before you may wish to allow extra time to find somewhere to park. If you are bringing a trailer, try to park at the bottom of Kimberley Road or De Freville Avenue. If you have any problems please call the mobile number above.

Numbers will be available at the City boathouse from 7.45am.

To assist with marshalling, crews will be issued with three numbers – one to be worn by the cox, and the other two to be worn by bow, one on the racing kit and one on the outer layer while rowing to the start.

RACE REGULATIONS

START

The first leg of the race will start at the railway bridge and end at the A14 Bridge, the second leg is the course in reverse.

Please ensure that you marshal between the Penny Fenny Pub and the Morley's Holt before the start AT LEAST 20 MINUTES before your division is due to start. Any crew not marshaling 20 minutes prior to the start time risks being turned back. **Any crew arriving late (after the division start time) will not be allowed to race.**

The division times are:

Div 1: 09.00

Div 2: 10.45

Div 3: 12.30

Div 4: 14.15

On the starter's instruction, crews will race to the A14 road bridge where they must carry on rowing past the bridge and await marshal's instructions to spin. Any crews not following marshal's instructions may be subject to a time penalty. Once all crews have passed the A14 bridge racing will begin again, starting from the A14 Bridge and racing back to the railway bridge.

Competitors and coaches are reminded of the need for courtesy to other river users, including walkers and anglers.

OVERTAKING

Crews overtaking have priority on the racing line. Any crew impeding another during an overtaking manoeuvre will be awarded a time penalty. Claims of impedance must be reported to the finish immediately after the division.

FINISH of leg 2

All crews must keep rowing after the finish, until they have passed the P&E, to prevent the river becoming blocked for following crews.

RESULTS

The results will be available from the City boathouse as soon as possible after the race. A prize giving will take place and City boathouse around 16.30.

Results will be emailed to all clubs during the week following the race, and will be on the CCRC website – www.cityrc.co.uk.