



**TWICKENHAM AMATEUR REGATTA 2009**  
**Saturday 23<sup>rd</sup> May**

**COMPETITORS INSTRUCTIONS**

## **THE LARGE PRINT: CHANGES / KEY POINTS FOR 2009**

**\*\* REGATTA ADMIN WILL BE BASED IN THE FINISH ENCLOSURE \*\***

- **CREW REGISTRATION**
- **ENTRY FEES**
- **NUMBERS**
- **WEIGH-IN**

'Regatta Control' at the boating area will only be able to deal with timetable queries. Please address all other issues to the Admin team at the finish enclosure.

Please allow sufficient time to get between the boating area to the finish and back before you expect to go afloat; 10 minutes each way

**\*\* SUBSTITUTES MUST BE DECLARED PRIOR TO RACING \*\***

If necessary, please ensure that any changes to your entry details are updated with the Admin team **BEFORE** your first race. Racing crews subsequently identified with undeclared substitutes are liable to be disqualified for misrepresentation.

**\*\* THE CIRCULATION PATTERN WILL CHANGE DURING THE DAY \*\***

Tidal conditions will change during the course of the afternoon, and there will be a break in racing. The direction of racing does not change, but the direction of departure from and approach to the boating area does change. Please be aware of the alternative pattern, and follow instructions from the land and water marshals as required.

Thank you for your attention to the large print – now please read the rest of the small print too! ☺

## GENERAL

- Races will be rowed under the ARA Rules of Racing and 'Row Safe' guidance
- Competitors are reminded that from 1 April 09 six digit ARA boat IDs are mandatory for ALL boats.
- The first named crew is on the Surrey [enclosure] Station.
- A minimum of two boats must start for each event for prizes to be awarded.
- Any queries relating to the Draw should be directed to the Regatta Secretary, Paul Davis, on 07974 949137 or via email to regatta@twickenhamrc.net.

## CREW NUMBERS

- Collect crew numbers from Crew Registration at the Finish. This is located in the Regatta Enclosure at Buccleuch Gardens (see map). PLEASE ALLOW SUFFICIENT TIME TO GET TO THE ENCLOSURE AND BACK.
- Please bring your ARA cards to registration; you may be asked to present them before numbers are issued.
- Crews MUST declare any substitutions by this point. Crews who are subsequently found not to have declared substitutions are likely to be disqualified. Guidance will be available at Registration on the eligibility of substitutes.
- Competitors who have not paid their entry fees will not be issued with numbers, and will not be permitted to race.
- Numbers must be pinned on the back of the bow rower or sculler; one on their racing top, the second on their warm-up top, if worn. Coxes are not required to have a number.

## COX WEIGH-IN

- Prior to racing, coxswains are required to weigh-in at the Regatta Enclosure at Buccleuch Gardens (see map)
- Coxswains are required to provide their own deadweight, if necessary.
- Coxswains must be able to produce their certificate, [which will detail the weight and type of any deadweight to be carried] and relevant deadweight, to officials on request.

## PROGRAMME CHANGES

- Crews wishing to move races on the day should contact Race Control at the Boating area by River Lane. The regatta committee reserve the right to alter the programme and/or the course according to circumstances; in all cases of dispute the decision of the Race Committee is final.

## THE COURSE (See attached Maps)

- The Course runs downstream from opposite Orleans Gardens (just below Eel Pie Island), past Glover's Island, to the downstream end of Buccleuch Gardens, where the Regatta Enclosure is situated.
- For reference, the boating area and finish enclosure are on the SURREY side of the river.
- The course follows a natural bend in the river, favouring the Middlesex station. Stream conditions favour the Surrey station. The finish line and stake-boats have been set to compensate for the rest of the deficit.

## BOATING TO RACE

- Wherever possible, crews should try to boat as race pairs. Racing crews are requested to locate their opposition in advance and boat together. Please allow for congestion at the boating area and any time required for warming up above Eel Pie Island; ideally, a minimum of 30 minutes from "Hands On" to get to the Start Area. This is very important to prevent congestion in the start area and ensure other crews do not have excessive waiting time.
- Crews must be in the start area 10 minutes before the published start time of their race. Those failing to do so may be given an official warning. Races will be started without reference to absentees.
- Crews drawn against a Twickenham RC crew should boat without pairing up as all Twickenham RC crews have permission to boat directly from their Club.
- *[TwRC Crews: It is your responsibility to arrive in the start area in good time to be paired with your opposition]*
- Boat Circulation Patterns are shown on Maps 1A (Ebb Tide) and 1B (Flood Tide). There WILL be a change in the pattern during the afternoon. Crews are required to pay attention to marshals near the boating area who will advise them of the pattern in operation at the time of boating and landing.
- Be aware that once boated, crews will have to cross the racing channel to get to the start. Ensure ALL crew members are alert and aware of possible hazards and pay attention to instructions from marshals.

- The channel between the course buoys and the Middlesex (North) bank is open to all river craft; starboard-hand rule applies. You should proceed upstream on the Middlesex station, and remain alert to all other river traffic.
- Non-racing crews must give way to racing crews and the ferry (which will be in operation across the river throughout the day) Non-racing crews must obey instructions from the land and water-based marshals at all times.
- When passing Eel Pie Island crews should proceed along the main navigation channel (the Surrey side of the island). Be aware that there will be a “Regatta in Progress” pontoon moored in the middle of the river near Eel Pie Island; try not to hit it, please!

## WARMING UP

- Crews may only warm up and do practice starts either downstream of Richmond Canoe club (i.e. about 100m after the finish line to Richmond Lock) or upstream of Eel Pie Island. [i.e. about 700m above the start]
- All boats should proceed with caution in the navigation channel, between the boating area and the start
- **CREWS ARE NOT PERMITTED TO WARM UP ALONGSIDE THE COURSE**
- **NO PRACTICE STARTS ARE TO BE EXECUTED ALONG THE ISLAND**
- Crews who are observed to be flouting these rules are liable to be disqualified.

## START MARSHALLING AREA

- Crews arriving at the start prior to warming up / racing will be asked to identify themselves to start control (please know your crew number and event). At this point you will be advised when to return to the start marshalling area (see map 2)
- Once the stake boats are clear, the next two crews in the marshalling area will be called forward to attach by the race umpire or the start marshal.

## ATTACHING TO STAKEBOATS

- Please ensure coxswains and rowers are competent in how to attach their boat to a stake boat on tidal water.

## COURSE MARKINGS & RACING ETIQUETTE

- The Middlesex side of the course is marked for the full length with buoys every 20-30m. Keep these to stroke side (port side) when racing.
- The Surrey bank generally forms that side of the course. Additional marker buoys may be placed, particularly towards the finish, to maintain a constant course width and keep racing crews separated from those in the boating area. Keep these to bowside (starboard side) when racing.
- There are YELLOW buoys at some points of the course. These mark the start area, the crossing point to/from the boating area, and the finish.
- All boats must keep to their station and may be disqualified at the discretion of the Umpire if they leave their station or go outside the buoys on the Middlesex station. **NO CREWS MAY STOP ON THE COURSE UNLESS INSTRUCTED TO DO SO BY THE UMPIRE.** Crews with damaged equipment must remove themselves to the navigation channel as soon as it is safe to do so, due to the frequency of racing.

## AT THE FINISH

- On completion of their race, crews may paddle downstream, away from the course towards Richmond Lock, at their own risk. Crews must follow normal ‘starboard hand’ river traffic regulations. *(As above the start, there is a “Regatta In Progress” Pontoon moored between the Canoe Club and Richmond Pier. Please don’t hit it either!)*
- Crews returning to the boating area should proceed on the Middlesex (north) side of Glover’s Island. All other river traffic will pass on the Surrey side of this island. (See Map 3).
- At the upstream end of Glover’s Island the crossing marshals will direct crews to cross when safe.
- Crews must follow the relevant approach pattern as shown in Map 1A & 1B

## DISEMBARKING

- We have made every effort to alleviate congestion in the boating area, but we still rely heavily on crew co-operation in de-boating as quickly as possible to free up space for others. Please follow instructions from marshals when boating or de-boating.

## CIRCULATION PATTERNS IN BOATING AREA

- It is extremely important that crews are familiar with the two circulation patterns for leaving and returning to the boating area, which take account of the prevailing stream conditions (*Remember the Twickenham stretch of the Thames is tidal!*)
- Crews will be advised by the marshals when the circulation pattern changes.
- A launch marshal will be situated in the area upstream of Glover's Island and a bank marshal will be situated on the Surrey bank near Race Control to advise crews when it is safe to cross the course. Crews are asked to pay attention to instructions from these marshals at all times and not to cross the course unless instructed to do so.

## PARKING

- No parking of vehicles or trailers will be allowed in River Lane.
- Competitors should park their cars at the end of Ham Street in the free car park by the start.
- Cars with boat trailers and roof-racked boats will be allowed to park along the towpath at the end of River Lane, but you are warned that this area is liable to flooding at high tide. **Parking is entirely at owners' risk.**
- Motor coaches should NOT use River Lane, as there is no suitable place to turn.
- Competitors are advised not to boat from the slipway at Ham car park as **submerged rocks and mud make it hazardous.**

## FACILITIES

- Safety boats with radios will be available afloat – one at the downstream end of Eel Pie Island and one near the finish. First Aid facilities will be in attendance at the Regatta Enclosure.
- Toilet facilities are available at the Scout Hut near the boating area and also at the entrance to the Regatta Enclosure in Buccleuch Gardens.
- Light refreshments will be available for crews at the Scout Hut.
- Food, a bar, Pimms bar and a barbecue will be serving all day in the Regatta Enclosure.

## IMPORTANT NOTES FOR COMPETITORS

### POINTS CARDS

All winning competitors must, as a crew, present their ARA registration cards for checking at the Regatta Enclosure. Crews are advised that there will be spot checking of cards before crew numbers are handed out and therefore they should ensure they have cards with them when registering.

### PRIZES

Prizes will be presented in the Regatta Enclosure once points cards are checked / updated.

The Committee particularly points out that all boats, equipment, vehicles and personal possessions are brought to the Regatta at the owners' risk.