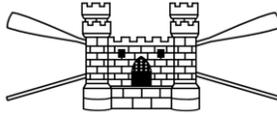


Cantabrigian Rowing Club



Cambridge Winter Head Saturday 14th November 2015

Thank you for your entry to the 2015 Cambridge Winter Head. We have tried to accommodate your exact entry request, but have made small changes where necessary to keep division sizes down and to consolidate events. The full draw, sorted by start order, event and club can be found on our website: www.cantabsrowing.org.uk

Changes to race instructions for 2015

Start instructions: Crews numbered x11 and higher will spin before landing and waiting on station.

Please read the following race instructions carefully. To assist the race organisers to run the event to time, we particularly draw your attention to the following:

Division 1: crews 141-159 must be below the finish line by 7.40am.
crews 127-140 must be below the finish line by 7.50am.
crews 101-126 must be below the finish line by 8am.

Divisions 2-5: If boating from the boathouses in town: Crews must aim to join the queue of boats marshalling above the Green Dragon footbridge no later than:
crews x41-x60: 50 minutes before their division time
crews x21-x40: 40 minutes before their division time
crews x01-x20: 30 minutes before their division time
Allow plenty of time: remember that there will be significant traffic getting along the wall.

If boating from Stourbridge Common: Aim to have your boat on trestles in a queue to the BOATS-ON area no later than:
crews x41-x60: 50 minutes before their division time
crews x21-x40: 40 minutes before their division time
crews x01-x20: 30 minutes before their division time

Crews who have left insufficient time to get to the start will not be allowed downstream past the finish. We aim to get all crews below the finish line 20 minutes before the division. Division changes may only be made with authorisation from Race Control.

Any crew showing an inability to make progress towards the start in a controlled and efficient manner may be turned back by the marshalls. Please ensure that beginner coxes are able to control their boats properly.

If poor weather compromises safety, the race organisers may shorten the course, or restrict the number of events being run. Notification of this will be made at the Race Control, and may be communicated via Twitter @CantabsRowing. If any events are cancelled, refunds or partial refunds may be made available.

Course: 2,500 metres from the A14 by-pass to the Stourbridge Common.
[Times also published at 1000m, The Plough]

Division times: D1 8.30am, D2 10.15am, D3 11.40am, D4 1.05pm, D5 2.30pm

Fees: Eights: £64, Fours £32
Cheques payable to Cantabrigian Rowing Club
Bank transfer can be made to the following account:

Name	Cantabrigian Rowing Club
Sort	20-17-19
Account	00217972

Please ensure that the payment has reference "WH *your club name*". Your entry may not be accepted unless payment is received by 6th November.

A British Rowing 'Head of River Entry Form' with valid BR membership numbers must be submitted for each entry to an BR event. It is not required for entries to the CRA, Student and Invitation closed events.

Insurance: British Rowing membership insurance is only valid for UK residents who are resident in this country for more than six months in a year.

Numbers: Numbers must be collected from Stourbridge Common by the race finish, between 6.30am and 12noon. Numbers will only be issued if all fees and (where appropriate) BR entry forms have been received.

Boating: Visitors to Cambridge are encouraged to boat from Stourbridge Common. If you wish to boat from elsewhere, you are reminded to obtain permission from a host boat club before turning up. Phone numbers can be found in the BR Year Book, or via the Combined Boat Clubs website:
<http://www.cucbc.org/>.

Stourbridge Common:

Stourbridge Common is a public recreation area and our use of the land is on approval by the local council. Please help us to maintain good relations by sticking to these rules:

- Use the toilets provided.
- Be considerate to others on the common, and in particular do not block the pedestrian footpath.
- Tidy up when you leave

VEHICLES

- Only towing vehicles will be permitted onto the common. Passenger vehicles and coaches may be parked along Riverside or other surrounding streets.
- Vehicles must keep to a 5mph limit and park where instructed. Please switch on your flashing hazard indicators whilst moving.
- The entrance to Stourbridge Common is at the end of Garlic Row. Note that this can only be reached by travelling EASTBOUND on the Newmarket Road and turning off onto Swanns Road just before the railway bridge.
- If the ground is wet, it is possible to get stuck. Please use caution, especially with larger vehicles.
- We are required to keep the entrance to the common locked, but will normally have someone in attendance on the gate during 'peak' hours (i.e. 7-12). If no-one is there, call the emergency number (below) or trot across the common to the race finish.
- **The common will be closed at 4.30pm. Competitors should ensure that all cars and trailers are removed before this time.**

Facilities: Toilets and refreshments will be available on Stourbridge Common for crews and spectators:



**** TEA ** SOUP ** BACON BUTTIES ** SANDWICHES ** CAKES ****

The Penny Ferry pub is currently closed. The Green Dragon public house can be found by the footbridge above the finish.

Safety: In general the river Cam is a safe river in terms of flow and hazards. However, it is narrow with a number of moored houseboats in the city, and caution is advised to crews unfamiliar with the river.

It is expected that all crews will put safety as a priority throughout the day and the BR code of conduct on water safety should be followed. Marshalls will have radio communications with First Aid personnel.

Race numbers: Race numbers must be displayed at all times. Three are supplied to each crew so that the rower at bow can put a number on their outer clothing on the way down to the start. Please affix numbers with safety pins at all four corners.

Timing: There is a rolling start at the upstream edge of the 'Motorway bridge' - actually the A14. Your times are taken from the bows of the boat at the start, finish and the 1000m mark at the Plough pub.

Veteran times will be evaluated using the BR timing handicap system, as detailed in the BR Year Book.

Doubling up: Entries that are sharing boats or crew between adjacent divisions are advised to change crews at Stourbridge Common and not to attempt to get back to the boathouses. Crews sharing boats between non-adjacent divisions will have adequate time to return to the boathouses if they wish.

Going to the start: When instructed, **MOVE PROMPTLY DOWN TO THE START.**

Crews or river cruisers might be coming upstream. Stay on the right-hand side except between 'The Plough' and First Post Corner, where it is marked for crews to change to the left. Do not overtake crews with a higher number than you as they will be starting behind you.

At the start: Marshalls will endeavour to get your division started as quickly as possible according to the following scheme. Your cooperation is required to operate a large number of boats safely and efficiently in a limited space - coaches and crews must not contradict marshalling instructions.

- Crews x01 to x10 in each division should pull in on the towpath upstream of the start in reverse order (i.e. with crew no. x10 closest to the road bridge).
- Crews x11 to x59 should proceed through the bridge, row beyond their station, spin and row onto their station. Due to the width of the river, it is recommended that eights spin using stroke backing and bow paddling on. To maximise efficiency, marshalls will endeavour to get crews moving as far downstream as possible, and to spin in batches.
- Stations are as follows: odd numbered crews land on the towpath side. Even numbered boats opposite. Numbered stakes show

- where crews should pull in: boats have to be packed tightly. They will all fit, but there is no room for gaps between boats.
- Once all boats have arrived, crews x01 to x10 will row down through the bridge, spin and start racing. Crews 0x11 onwards will then push off from the bank and commence racing. Crews which deliberately hinder starting may be issued with a time penalty.

Overtaking: Crews being overtaken should move to the towpath side (i.e. move to their right). However, if an overtaking manoeuvre commences BEFORE coming into a right-hand corner, the crew being overtaken should cede the racing line and move away from the towpath (i.e. to their left). Once an overtaking manoeuvre has started, crews must maintain station and not move across until it is clear to do so. Calls from marshalls must be heeded.

At the finish: The finish is at Stourbridge Common, 200m downstream of the Green Dragon footbridge.

For safety reasons, please continue through the finish and leave space for crews coming up behind. *Time penalties may be allocated for infringement of this safety rule.*

Crews alighting at Stourbridge Common must not spin, and must take their boats out of the water promptly.

Chief Umpire: The Chief Umpire's decision is final. The Chief Umpire reserves the right to add time penalties for crews who disregard safety considerations, race rules and the instructions of marshalls.

The Chief Umpire will be based at the Finish station.

Prizes and Results:

Prizes will be awarded to the fastest crew in any event fielding three or more entries.

If there are less than three entries for any event, prizes will be awarded at the discretion of the event chairman.

Presentations will be made at The Haymakers public house (54 High Street, Chesterton, CB4 1NG) as soon after 5pm as we can manage. (PLEASE NOTE: rowers are not to bring their own food or drink to consume in the pub). Those winners who are unable to attend will have their prizes posted out to them. Full results will also be posted on our website, usually by 7pm:

www.cantabsrowing.org.uk

Emergency telephone number:

On the day of the race only, the race organisers may be contacted on 07821 629161. Ring this number for boating problems or emergencies.

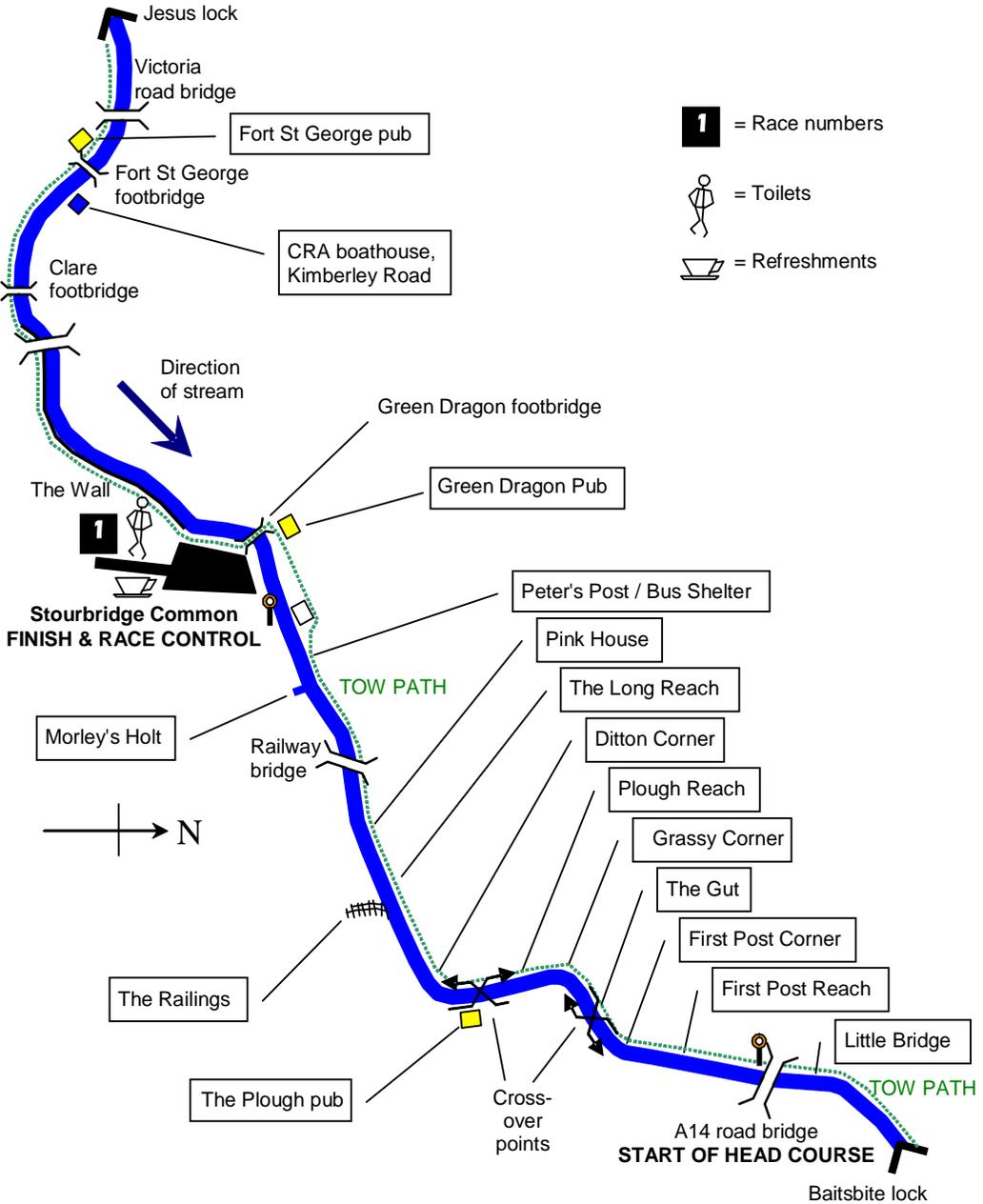
We hope you enjoy the event and have a successful day's racing

Paul Haines, Race Secretary, 4 Fulbrooke Road, Cambridge CB3 9EE

Tel: (01223) 361866

e-mail: winter.head@cantabsrowing.org.uk

The course



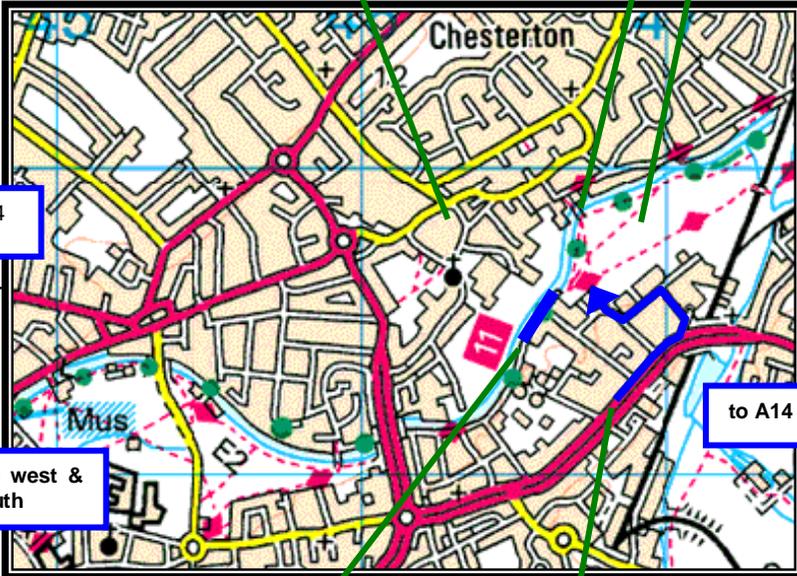
Directions for visiting crews

The Haymakers
(results 5pm)

Green Dragon
footbridge

to A10
north

Stourbridge
Common
boating area



to A14
west

to A428 west &
M11 south

to A14 east

Riverside: parking
for passenger
vehicles and
coaches

access to
Stourbridge
common for
towing vehicles