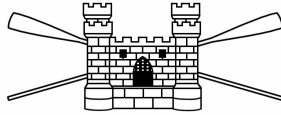


Cantabrigian Rowing Club



Cambridge Winter Head Saturday 15th November 2008

Thank you for your entry to the 2008 Cambridge Winter Head. Please find enclosed a list of your crew numbers and, for visitors to Cambridge, a map of the course and local area. 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 for 2008:

- Please note that the Penny Ferry pub is currently closed. There are hot & cold refreshments on Stourbridge Common by the finish line, or there is the Green Dragon public house by the footbridge above the finish. Results will be issued at race control on Stourbridge Common.

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 141-152 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

In recent years, we have had some wayward crews that have held up proceedings for everyone. ANY CREW SHOWING AN INABILITY TO MAKE PROGRESS TOWARDS THE START IN A CONTROLLED AND EFFICIENT MANNER MAY BE TURNED BACK BY THE MARSHALS. Please ensure that beginner coxes are able to control their boats properly.

Crews who, in the opinion of the marshals, 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. As all divisions are full, division changes are unlikely to become available. Division changes may only be made with authorisation from Race Control.

If poor weather compromises safety, the race organisers may shorten the course, or restrict the number of events being run. If any events are cancelled, refunds will be made available.

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

Division times: Division 1:8.30am
Division 2:10.15am
Division 3:11.40am
Division 4:1.05pm
Division 5:2.30pm

Fees: Eights: £40, Fours £20 (if sent with completed entry forms)
Eights: £56, Fours £28 (if paid on the day)
Cheques payable to Cantabrigian Rowing Club

An ARA 'Head of River Entry Form' must be submitted for each entry to an ARA event. It is not required for entries to the CRA, Student and Invitation closed events. Individuals participating in ARA events must have ARA membership.

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) ARA 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 ARA almanack, or via the Combined Boat Clubs website: <http://www.cucbc.org/>

NOTES FOR STOURBRIDGE COMMON:

- 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. We recommend using www.multimap.com for a more detailed street map of the locality.
- If the ground is wet, it is possible to get stuck. Please use caution, especially with larger vehicles. It is not advisable to bring large coaches onto the common.
- 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.

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.

Emergency telephone number:

On the day of the race only, the race organisers may be contacted on 07999 958174. Ring this number for boating problems or emergencies.

Facilities: Toilets and refreshments will be available on Stourbridge Common. 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 ARA code of conduct on water safety should be followed. Marshalls will have radio communications with First Aid personnel.

At the end of the race, crews are reminded of the necessity to continue rowing through the finish and wind down to the Green Dragon Footbridge.

Going to the start:

Crews are asked to take note of instructions from Marshalls in order to keep the river clear for crews from the previous division to complete the course.

In general, the rule of the river on the Cam is to stay on the right-hand side. The exception is between 'The Plough' and First Post Corner, where it is marked for crews to change to the left, thus enabling crews travelling upstream to take the inside of the main bends. Priority must be given to the crew rowing upstream at the changeover points. Coxes unfamiliar with the river are advised to seek advice before boating. Once round First Post Corner please 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. Your cooperation is requested. Crews which deliberately hinder starting may be issued with a time penalty.

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

Veteran times will be evaluated using the ARA timing handicap system, as detailed in the ARA Almanack.

Overtaking: Crews overtaking should keep to the left hand side of the river, and those being overtaken are asked to give way and keep to the right - i.e. the towpath side.

At the finish: The finish is at the Penny Ferry Public House, and will be marked with bunting across the course.

For safety reasons, please continue through the finish and wind down as far as you can go. *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.

Pennants and Results:

Pennants 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, pennants will be awarded at the discretion of the event chairman.

Presentations will be made at Race Control. Full results will also be available then and will be subsequently posted on our website:

www.cantabsrowing.org.uk

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