



Glasgow Rowing Club

Fours Head Of The River 2007

Race Instructions for Competitors

Before the Race

- Please note that the easiest access to Glasgow Rowing Club by car is from Caledonia Road. It is also possible to drive from Ballater St., via Commercial Rd and Cumberland St.
- Club Race packs, including numbers, will be available from 9.00 a.m. at the GRC Boat House.
- Higher numbered crews in each division should attempt to boat first. We recommend 10.15 AM for Race 1 and 12.45 PM for Race 2.
- **Remember** - any crew not on the water 45 minutes before race start time will probably not reach the time gate at Dalmarnock Railway Bridge.
At this checkpoint no crews will be allowed to pass upstream within 20 minutes of race start time.
- All crews failing to pass this point will be instructed to return to their boating point immediately.

On the way to the start

- Crews proceeding to the start must maintain a proper lookout for other crews that may legitimately be rowing downstream before the race.
- Any crew rowing downstream must be aware that there will be a large number of crews heading to the start and must exercise caution.
- **HAZARDS**
Take care negotiating:
 - Bridges!
 - Wooden stakes on the South bank above Rutherglen Bridge
 - Outfall at Sewerage Works bend
 - Outfall at Railway Bridge
 - Island before Belvedere Straight
 - Old bridge supports above Belvedere (it is inadvisable to go beyond the top of Belvedere straight for this reason)
 - Overhanging trees.

Marshalling

- Even numbered crews should position themselves facing upstream in racing order between points A and B on the south bank with the odd numbered crews between C and D on the north bank.
- All crews should face upstream and only turn into the course when instructed by a marshal.
- **Time penalties** will be applied as follows:

Crews must be on their marshalling station or above the start five minutes before race start time.

A 5 second penalty will be added for any minute or part of minute thereafter.

The Start

- A minimum 15-second gap will be applied between all crews. Those choosing to ignore the umpire's instruction risk disqualification.

The Race

- Attention is drawn to the recent communications from the SARA Race Control Committee regarding coaching from the bank - don't get disqualified!
- Don't forget about the **hazards** listed above.
- In particular -
 - Crews should be aware of islands on first bend and stay in main channel. This bend is extremely tight. Non-Glasgow crews beware!

The Finish

- Crews who have finished racing must continue downstream for at least 150M before turning. Those returning upstream must stay close to the north bank and obey all Umpires and/or Marshals instructions. Remember those crews still racing on the course have priority.
- **Beware of the Weir.** Notwithstanding the previous instruction, do not get too close to the tidal weir that is situated about 50m downstream of the Clyde/Clydesdale boathouse.
- Obey the marshals' instructions!

Returning from the Finish

- Crews should only pass the Humane Society pontoons and cross over above Kings Bridge when instructed by umpires or marshals.

Most importantly - enjoy your days racing!