

Clydesdale Amateur Rowing Club



THE HEAD OF THE RIVER RACE FOR SCULLERS ON SATURDAY 9TH OCTOBER 2010

(under rules of Scottish Rowing and in it's Forty-Fourth Year)

INFORMATION FOR COMPETITORS

1. Each competitor or a club representative must report to Regatta Control at the Clydesdale boathouse between 10.00 and 10.45 am to:
 - (a) advise any scratchings
 - (b) pay outstanding fees
 - (c) check regatta time and possible changes
 - (d) collect bow slot number and back number at £5.00.N.B. All boats must have a bow slot to hold the bow number. Failure to display the numbers will result in no time being taken. If bow and back numbers are not returned after the race or are returned damaged the deposit of £5.00 each per number will be forfeited.

2. **START & FINISH:**
The **COURSE** will be from the **STRAIGHT** upstream of **DALMARNOCK BRIDGE** to level with the **NELSON MONUMENT** in **GLASGOW GREEN**, approx. 4,000 metres.

3. Crews must only use north bank arches (coxswain's left) when proceeding up-stream. If overtaking needs to be undertaken at a bridge, the centre arch may be used but only if there are no downstream crews approaching.

4. Boats must be in position in the **ASSEMBLY AREA** as shown in the diagram attached, punctually by **11.55 am (Division 1)**,
2.25pm (Division 2)
As a guide to less experienced competitors, it may take 20 minutes or more to race over the course, so allow more than this to get to the start. Any very late crew may be prevented by the umpires from going upstream round the bend at the sewage works

To avoid congestion in the **START AREA**, competitors arriving early and not wishing to take up their position should **NOT** go through Dalmarnock Bridge until they are prepared to come under the marshal's instructions. N.B. Normal rules of the river apply before the race, i.e. go upstream on the North Bank and downstream on the South Bank. Crew's must only use North Bank arches (coxwain's left). If overtaking at a bridge, the centre arches may be used only if there are no downstream crews approaching.

5. Boats will be assembled above the Starting Line and will face upstream with **ODD** numbers on the **NORTH** bank, **EVEN** numbers on the **SOUTH** bank, each boat half a length apart. The centre of the river should be left clear to allow other competitors free passage to their position.

- 6 Competitors not above Dalmarnock Bridge by 11.55 pm (Division 1), 2.25 pm (Division 2) will be stopped and held downstream of the Timing Line until all others have started. At the starter's discretion the late comers may be allowed to race but will have a TIME PENALTY of 5 seconds for every minute or part of a minute late.
- 7 You will hear an air horn/whistle 3mins, 2mins and 1 minute before the respective starting time. The order for boats to turn and move forward will be given by the Marshals. Proceed downstream to the Start Line in number sequence where your number will be called first. The starter can and will stop crews that are too close to the crew in front or behind. **The opportunity to build up speed is after the starter calls your number followed by "GO". The timing line is approx 100m beyond the start line.** The first competitor will start at 12.00 (2.30pm) and the others will follow at approximately 10 second intervals. Any time gap before new starts will be notified at Regatta Control.
8. Competitors may take any arch they wish at the various bridges on the course. Any restrictions will be notified at Regatta Control.
9. The following instructions have been issued to Umpires who will patrol the course during the race:-
"Boats being overtaken must give way to those overtaking, so that the overtaking boats have a clear course."
Any delay in obeying the Umpire's instructions on the part of a competitor may lead to a disqualification if the overtaking boat is forced out of its course whether or not a clash occurs.
10. Competitors should proceed downstream of the Finish Line before stopping. Competitors returning upstream should proceed in single file up the north (boathouse) side only and should not come back on to the course until the last boat has finished. Those returning to Glasgow boathouse should take care above Kings Bridge not to impede racing crews who may be approaching that bridge.
11. As per Scottish Rowing rules, Club colours must be worn
12. Anyone disregarding the above instructions may not be timed.
13. Results will be announced at 4.30 pm in the Clydesdale clubhouse. Refreshments will be available.
14. SAFETY
 - (a) A safety launch will follow the last competitor downstream
 - (b) Competitors should take careful note of any HAZARDS shown on the map of the course displayed at Regatta Control.
 - (c) All boats must be fitted with a white bow ball
 - (d) Effective heel restraints must be attached to flexible shoes
 - (e) KEEP WELL CLEAR OF THE WEIR

IN THE EVENT OF ADVERSE CONDITIONS, THE RACE MAY BE SHORTENED OR CANCELLED



CLYDESDALE AMATEUR ROWING CLUB

Head of the River Race for Single Scullers

9 October 2010 at 12.00pm (under Scottish Rowing rules)

Course – Dalmarnock to Monument (approx. 4km)

Start Number	Club	Event	Surname	Firstname	Notes
1	Castle Semple RC	MVet 1x	Holmes	Martin	Vet C
2	Clydesdale ARC	M1x	Murty	Gavin	
3	Stirling RC	MVet 1x	Brown	William H.	Vet E
4	Clydesdale ARC	OJu18 1x	Brown	Kieran	
5	Glasgow RC	MRes2 1x	Elliot	Douglas	
6	Heriot Watt Uni BC	OJu18 1x	Hall	Gregor	
7	Clydesdale ARC	M1x	Foran	Michael	
8	Clydesdale ARC	OJu16 1x	Leask	Harry	
9	Clydesdale ARC	OJu18 1x	Campbell	Lorne	
10	Clydesdale ARC	WRes2 1x	Young	Rosie	
11	Clydesdale ARC	OJu18 1x	Houston	Iain	
12	George Watsons Col BC	OJu18 1x	Marshall	Euan	
13	Strathclyde Park RC	W1x	Connal	Gillian	
14	Clydesdale ARC	MVet 1x	MacFarlane	Douglas	Vet D
15	Inverness Rowing Club	MVet 1x	Duff	Alastair	Vet C
16	Glasgow RC	MNov 1x	Vallett	Raphael	
17	Clydesdale ARC	OJu18 1x	Campbell	Finn	
18	Loch Lomond ARC	OJu16 1x	Claxton	Tom	
19	Clydesdale ARC	OJu16 1x	Galano	Claudio	
20	Clydesdale ARC	WRes2 1x	McCahill	Emma	
21	Glasgow Uni BC	WNov 1x	Baillie	Claire	
22	Loch Lomond ARC	MVet 1x	Claxton	Martin	Vet D
23	George Watsons Col BC	WJu18 1x	Colley	Emily	
24	Strathclyde Park RC	MVet 1x	Hewitt	Tom	Vet F
25	Castle Semple RC	OJu16 1x	Afuakwah	Alexander	
26	Glasgow Uni BC	WJu18 1x	Findlay	Rhona	
27	George Watsons Col BC	MNov 1x	Frew	Alexander	
28	Loch Lomond ARC	MVet 1x	Arnold	Paul	Vet C
29	Clydesdale ARC	WJu16 1x	Horsburgh	Caitlin	
30	Strathclyde Park RC	OJu16 1x	Ord	Graham	
31	Clydesdale ARC	OJu16 1x	Donoghue	Edward	
32	George Watsons Col BC	OJu16 1x	Dryden	Jack	
33	Castle Semple RC	WJu16 1x	McDonald	Emma	
34	Clydesdale ARC	MVet 1x	Eadie	John	Vet F
35	Glasgow RC	WJu18 1x	Davison	Olivia	
36	Glasgow RC	MNov 1x	Pieris	Milesh	
37	Castle Semple RC	WNov 1x	Afuakwah	Lesley	
38	Loch Lomond ARC	WVet 1x	Rankin	Eva M.	Vet D
39	Berwick RC	MVet 1x	Parsonage	George G.	Vet G
40	George Watsons Col BC	WJu18 1x	Dun	Heather	
41	Strathclyde Park RC	WJu18 1x	McGovern	Pauline	
42	George Watsons Col BC	OJu16 1x	Duncan	Hamish	
43	George Watsons Col BC	OJu14 1x	Stevenson	James	
Time Gap for New Starts					
44	Glasgow RC	M1x	Logan	Jonathan	
45	Clydesdale ARC	M1x	Rae	Christopher	
46	Clydesdale ARC	M1x	Phillips	Chris	

47	Glasgow RC	M1x	Sinclair	Colin R.	
48	Glasgow RC	M1x	Holmes	William	
49	Heriot Watt Uni BC	M1x	Prot	Erwan	
50	George Watsons Col BC	OJu18 1x	Johnston	Adam	
51	George Watsons Col BC	OJu18 1x	Rankin	Matthew	
52	Clydesdale ARC	OJu18 1x	Malone	Fraser	
53	George Watsons Col BC	OJu18 1x	Stephen	Calum	
54	Clyde ARC	MRes2 1x	Shearer	Donald	
55	Glasgow Uni BC	MRes2 1x	Clarke	Elliott	
56	Glasgow Uni BC	MRes2 1x	Forster	James	
57	Heriot Watt Uni BC	MRes2 1x	Scott	James	
58	Strathclyde Park RC	MRes2 1x	Gaddis	Michael	
59	Clyde ARC	MRes2 1x	York	Phil	
60	Strathclyde Uni BC	MRes2 1x	Turkmen	Serkan	
61	Clydesdale ARC	W1x	McKeown	Claire	
62	Glasgow RC	W1x	Villiers	Maureen	
63	Glasgow RC	W1x	Macmaster	Beth	
64	Strathclyde Park RC	W1x	Stone	Hannah	
65	George Watsons Col BC	OJu16 1x	Connal	Andrew	
66	Glasgow Schools RC	OJu16 1x	Grant	Cameron	
67	Clydesdale ARC	OJu16 1x	Yuile	Christopher	
68	St Andrew BC	OJu16 1x	Cassie	Gus	
69	George Watsons Col BC	OJu16 1x	Hoskyns	Sam	
70	Clydesdale ARC	OJu16 1x	MacMaster	Scott	
71	Clydesdale ARC	MVet 1x	Johnston	Les	Vet F
72	Strathclyde Park RC	MNov 1x	Leishman	Andrew	
73	Strathclyde Uni BC	MNov 1x	Douglas	Craig	
74	Clydesdale ARC	MNov 1x	Kiely	Jeremy	
75	Glasgow RC	MNov 1x	Ingram	Paul	
76	Glasgow RC	MNov 1x	Davison	Peter	
77	Glasgow Uni BC	MNov 1x	Wiszniewski	Sam	
78	Clydesdale ARC	MNov 1x	Walker	Stephen	
79	Glasgow RC	WRes2 1x	Patterson	Jane	
80	Clydesdale ARC	WRes2 1x	Walker	Lynsey	
81	Glasgow Uni BC	WRes2 1x	Hollander	Anine	
82	St Andrew BC	WRes2 1x	Johnson	Christine	
83	Clydesdale ARC	WRes2 1x	Jowitt	Michele	
84	Clydesdale ARC	WJu18 1x	Arnold	Rachel	
85	George Watsons Col BC	WJu18 1x	Duff	Sarah	
86	Glasgow Uni BC	WNov 1x	Lightfoot	Rebecca	
87	Clydesdale ARC	WNov 1x	Dunn	Ruth	
88	Loch Lomond ARC	WVet 1x	Wooller	Louise	Vet A
89	Glasgow RC	OJu14 1x	Connelly	Jules W.	
90	George Watsons Col BC	WJu16 1x	Gillies	Robyn	
91	George Watsons Col BC	WJu16 1x	Rankin	Emma	
92	St Andrew BC	WJu16 1x	Simmonds	Beth	
93	George Watsons Col BC	WJu16 1x	Tink	Joanna	
94	George Watsons Col BC	WJu14 1x	Crawford	Emma	
95	Glasgow RC	WJu14 1x	Davison	Helena	
96	George Watsons Col BC	WJu14 1x	Ferguson	Isla	
97	Glasgow Schools RC	WJu14 1x	McAulay	Chloe	
98	George Watsons Col BC	WJu14 1x	Ward	Sophie	

CLYDESDALE AMATEUR ROWING CLUB

Head of the River Race for Double Scullers

9 October 2010 at 2.30pm (under Scottish Rowing rules)

Course – Dalmarnock to Monument (approx. 4km)

Start Number	Club	Event	Bow	Stroke	Notes
101	Glasgow Uni BC	M2x	McNaul	Graham	
102	Clydesdale ARC	M2x	Brown	Murty	
103	Strathclyde Park RC	M2x	Glennie	Wong	
104	George Watsons Col BC	OJu18 2x	Colley	Marshall	
105	Clydesdale ARC	OJu18 2x	Houston	Malone	
106	George Watsons Col BC	OJu18 2x	Johnston	Frew	
107	Clydesdale ARC	OJu18 2x	Leask	Leask	
108	Glasgow Academy	OJu18 2x	Murphy	Urquhart	
109	George Watsons Col BC	OJu18 2x	Rankin	Stephen	
110	Heriot Watt Uni BC	MRes2 2x	Scott	Hall	
111	Strathclyde Uni BC	MRes2 2x	Dempster	Turkmen	
112	ABC/SPRC	W2x	Gemie	Connal	
113	GRC/Clyde	W2x	Logan	Gorton-Phillips	
114	Strathclyde Park RC	W2x	Ord	Limond	
115	CARC/SPRC	W2x	Hastie	Stone	
116	George Watsons Col BC	OJu16 2x	Duncan	Dryden	
117	Strathclyde Park RC	OJu16 2x	Ord	Wilson	
118	CSRC/LLRC	OJu16 2x	Afuakwah	Claxton	
119	Glasgow RC	MNov 2x	Ingram	Jones	
120	Strathclyde Park RC	MVet 2x	Troy	Duguid	Vet B
121	Clydesdale ARC	MVet 2x	Diamond	Colgan	Vet F
122	Glasgow RC	MVet 2x	Stewart	Trenchard	Vet F
123	CARC/SPRC	MVet 2x	Johnston	Hewitt	Vet F
124	St Andrew BC	WRes2 2x	Murray	Brown	
125	Glasgow Uni BC	WRes2 2x	Findlay	Hollander	
126	Strathclyde Park RC	WRes2 2x	Gaddis	Irvine	
127	Glasgow RC	WRes2 2x	Dunn	Johnston	
128	SABC/Clyde	WRes2 2x	Williams	Locke	
129	Glasgow RC	WRes2 2x	Ianniello	Thomson	
130	Clydesdale ARC	WJu18 2x	Arnold	McNee	
131	GRC/CSRC	WJu18 2x	Davison	McDonald	
132	Clydesdale ARC	WJu18 2x	Forsyth	Semple	
133	Clydesdale ARC	WVet 2x	Barton	Jowitt	Vet B
134	LLRC/SPRC	WVet 2x	Rankin	Davidson	Vet D
135	Glasgow Uni BC	WNov 2x	McGhie	Baillie	
136	St Andrew BC	WNov 2x	Towrie	Todd	
137	Clydesdale ARC	WNov 2x	Nolan	Finlay	
138	Castle Semple RC	WNov 2x	Holmes	Brander	
139	Glasgow Schools RC	OJu14 2x	Galano	Malone	
140	George Watsons Col BC	OJu14 2x	Anderson	Gutteridge	
141	George Watsons Col BC	OJu14 2x	Marshall	Stevenson	
142	Glasgow Schools RC	OJu14 2x	Baillie	McGivern	
143	Loch Lomond ARC	OJu14 2x	Monteith	Morrison	
144	George Watsons Col BC	OJu14 2x	Smith	Bialy	
145	George Watsons Col BC	WJu16 2x	Rankin	Gillies	
146	Clydesdale ARC	WJu16 2x	Horsburgh	Mahmood	
147	George Watsons Col BC	WJu14 2x	Ferguson	Ward	
148	George Watsons Col BC	WJu14 2x	McDonald	Malin	
149	George Watsons Col BC	WJu14 2x	Cook	Moore	

Pennants will be awarded in the following categories:

SINGLES

Head of The River
Restricted 2
Novice
Junior 18
Junior 16
Veteran C
Veteran F
Women's Open
Women's Restricted 2
Women's Novice
Women's Junior 18
Women's Junior 16
Women's Junior 14

DOUBLES

Open
Junior 18
Junior 16
Junior 14
Veteran F
Women's Open
Women's Restricted 2
Women's Novice
Women's Junior 18
Women's Junior 14

Please check your own entry and advise of any corrections / scratches at registration.

RULES AND GUIDELINES FOR SAFE USE OF THE RIVER CLYDE BY ROWING CLUBS

Rowing is recommended, in the interest of safety, to take place only between the Tidal Weir at Glasgow Green and the top of the straight, which runs past Westhorn Park (known as the Belvidere Straight). Glasgow City Council recognises and accepts the Rules and Guidelines for safe use of the River Clyde by rowing clubs adopted January 1999. All clubs are expected to comply with these Rules and Guidelines and permission to boat on the river is subject to compliance.

Rules:

1. River users should recognise their responsibility for their own safety and the safety of others. Due regard should be taken of the safety notices and Guidelines.
2. Boating is not allowed without the presence and authorisation of a committee member (or in the case of the schools, a rowing master), except for those members granted dispensation by the committee.
3. Boats should keep to the left at all times (i.e. upstream on the north bank and downstream on the south bank). See Guideline No. 8
4. Boats must only be launched and landed from a recognised landing stage. Visitors must seek permission from the relevant club before launching.
5. All boats shall be responsible for their own steering. If there is danger of a collision boats should stop.
6. Boats must be water worthy and comply with safety regulations.
7. All coxes must wear a lifejacket or buoyancy aid, suited to the boat when on the water, which must be the outermost garment worn.
8. All crews and scullers must be able to swim in accordance with the SARA guidelines. See Guideline No. 12
9. All coaches should carry a rescue throw bag/throw rope.
10. Boats shall not go afloat in adverse water or weather conditions.
11. No boat shall be on the water in bad visibility or in the hours between dusk and dawn.
12. There will be no standing or changing of seats in boats except at club landing stages.
13. Coxes must be able to see beyond the bow of their boat.
14. Boats should not stop, turn or overtake on a bend, under a bridge or immediately upstream of a bridge.
15. Beginners should not boat unsupervised.
16. All rowers and coxes should make themselves aware of obstacles on the river, the position of which should be marked on a map on display in each clubhouse.
17. Fences and gates at club compounds should be kept secure at all times. Water users should inform the appropriate authorities (the Humane Society or the Police) if they observe anyone in a dangerous position.
18. Clubs should ensure that the Police and other appropriate Authorities have names and telephone numbers of members who can be called out in the event of an emergency.
19. All appropriate Authorities and River users should be informed where possible of any regatta or other event planned for the river.
20. Agreed safety practices must be employed at all regatta and other events taking place on the river.
21. All visitors to the river and club must abide by these rules.
22. It is accepted that in some emergency situations, it may be impossible to comply with these rules.