

Novice Race Day

hosted by Liverpool University Boat Club

Sunday 26th November 2023

Information for Competitors



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1. Information

Hello and welcome to the 2023 Novice Race Day held at Runcorn Rowing Club (RRC), hosted by Liverpool University Boat Club! We are very excited to welcome you and your club this year to what should be some fantastic novice racing.

Much remains the same organisationally as in previous years though from feedback last year we have made some changes. Below are the highlighted changes:

- This year the race will be over 1,000m instead of 750m.
- We boast an exciting new racing category to include coxed beginner quads!

The changes to the race distance will mean marshalling zones differ slightly but timings and the total length of the day shouldn't change a great deal.

2. Arrival and Parking

Address: The Boathouse
Cholmondeley Rd
Beechwood
Runcorn
WA7 4XT

To get to RRC, come off at J12 of the M56.

If approaching from the **South**, take the second exit at the roundabout and then turn left onto Cholmondeley Road down to RRC.

If approaching from the **North**, take the second exit at the first roundabout and the first exit at the next roundabout. Then turn left onto Cholmondeley Road down to RRC.

Parking

Marshalls on the day will be available to assist with both trailers and car parking. It is noted that, due to the nature of this event, most trailers will be arriving on the morning of the race. Please contact Robert Harris, livunibc@gmail.com or 07393 293556 if you would like to park your trailer at RRC overnight.

- Trailers
 - Boat trailers must be brought down the approach road to the Club, turned around and parked on the left (north-west) of the road facing uphill, as close to the boating area as possible, or as instructed by marshals.
 - Towing vehicles must park in the Lagoon car park. The Entrance is at the top of the road on the left.

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- Please do not use the tarmac road down to RRC to rig boats. Instead the grassy verges must be used. The road is required to be kept clear for access in case of an emergency.
- Cars
- All cars must park in the Lagoon car park.
 - All other vehicles / minibuses must also park in the Lagoon car park.
 - Please do not park on the road between the A557 Clifton Roundabout and Inovyn Liquids' Filling Gate.

Registration

Please can one representative from each club come to the main RRC clubhouse to register with the Event Secretary. He will confirm crews including any substitutions and provide race numbers.

There will **not** be any Empacher numbers. Instead there will be just two lots of race numbers, one for the bow seat and one for the cox. Note: If the coxed quad is bowloaded there is no requirement for the cox to wear a bow number.

3. The Event

Key Timings

Division 1: Racing will begin at 11am for Beginner Mens' 8+ and Beginner Womens' 4x+

Division 2: Racing will begin at 2pm for Beginner Womens' 8+ and Beginner Mens' 4x+

Local Rules

These rules are printed in the Event Safety Plan and the Risk Assessment but are reproduced here to highlight their importance. Please read carefully.

1. This event is for beginner rowers **only**. This means that safety is the main priority. **Backstays are a requirement for the bow seat in sculling boats and bow pair in sweep boats.** This is a safety requirement. If boats do not have backstays as stipulated, crews will not be allowed onto the water.
2. There is to be **coxed quads only**. Again, this requirement is for the safety of the crew members who are likely to be racing for the first time.
3. **Coxes must be experienced.** They **should** have at least **one year's coxing experience**.
4. Though this race is for novices, crews should be able to **assemble, handle and launch their boats with no, or minimal, additional assistance.** On the water they will be **expected to be able to back down, spin, and manoeuvre their boat** as well as **stop the boat in an emergency.**

Briefing

There will be one coxes briefing at 10:00 for the whole day. It is recommended that coxes attend although it is not compulsory. It will be held in the main RRC clubhouse (next to the new clubhouse) and will last approx 10-15 mins.

Boating

Please be on time! Competitors are expected to familiarise themselves with the boating times and boating location released via the draw. There are two boating stages at RRC. Please bring blades down to the boating stages in advance.

Please note that your boat may be checked by Race Officials, Stage Marshalls or Umpires for compliance with safety requirements.

Going up to the start

Crews should allow 20 minutes to reach the start line. Please obey all instructions from marshalls, officials and umpires. The river is not closed, though this isn't normally an issue at this time of year with limited other river craft.

Crews must only paddle underneath the swing bridge. It is narrow and there will be several other boats being marshalled on the other side of the bridge. **Failure to adhere to this will result in disqualification.**

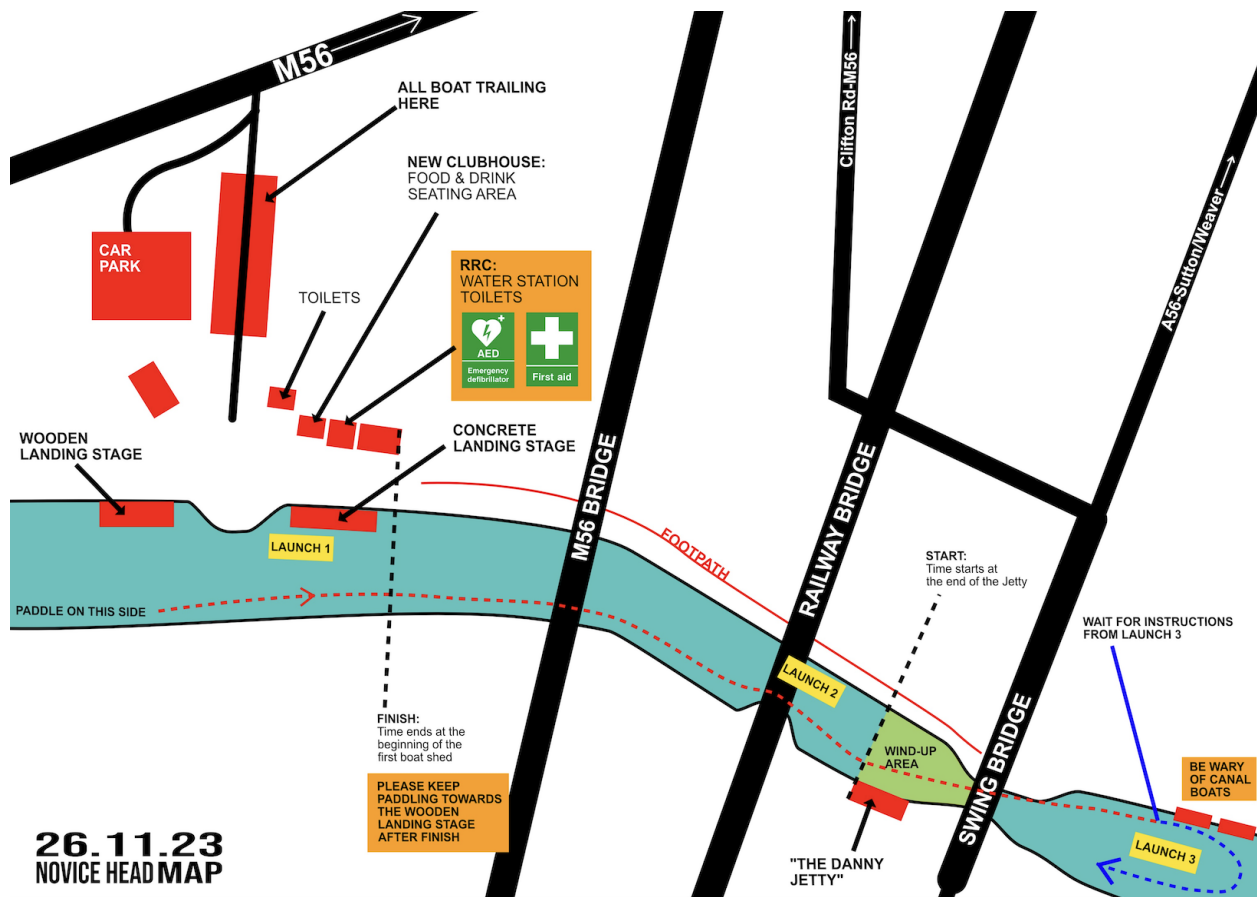
The Start

Crews will be given further instruction by start marshalls and umpires and should spin when told. Please do not start spinning before instructed. Please be mindful of other competitors and boats when spinning.

Once spun, you will return through the swing bridge and the start is approximately 40 metres later.

Crews will be started on command, "Number XX, ... , GO!" Timing shall commence as crews pass the end of the jetty, noted as The Start.

4. Course map



For those racing

The marshalling area is beyond the swing bridge. Please follow instructions from the launch for when to spin.

Once spun and back through the swing bridge, crews can then build for the start of the race. Please note the limited distance between the swing bridge and the Start.

For those spectating

The towpath in November is often wet and muddy. Caution (and walking boots) is advised. The path begins at RRC and then pops out to follow Clifton Road (A557). The towpath is a public right of way so can be used to view the race. In addition, the Swing Bridge itself can be used as a viewing platform.

The Organising Committee does not accept any responsibility for damages, injuries or losses whilst using this pathway for spectating or supporting in any way the races across the entire day.

5. During the Race

Crews and coxes should keep good look-out for other faster crews. With large gaps between boats starting and the short course, there will be few opportunities to overtake. However boats being overtaken should move out of the way in good time, to afford the faster crew the racing line.

Overtaking **is not permitted under any of the bridges, specifically the railway bridge whilst racing**. The river is not wide enough for two boats to be racing side-by-side here. Failure to adhere to this rule may result in time penalties or disqualification.

6. The Finish

The Finish is marked with signs and can be noted approximately as the concrete overflow drain on the right hand side.

Once competitors have crossed the finish line, they **must not stop, and instead should continue to paddle at light pressure**. Crews should spin beyond the wooden landing stage, and then **land only at the wooden landing stage**.

Please be timely when getting off the water. Remove the boat, blades and other equipment from the landing stages as soon as possible after landing.

7. Results and Prizes

To be announced on the day after both divisions are completed.

Presentation of prizes will be awarded at the same time as the announcements of results. There will be a prize for the fastest crew on the day as well as an overall Victor Ludorum prize. Time to be arranged on the day.