



1.7 v5

Long Distance Sculls '23

Crew Brief Video

24 September, 2023

ROYAL CHESTER ROWING CLUB

WELCOME & MESSAGE FROM THE EVENT ORGANISING COMMITTEE

Welcome back -- to all our Competitors, coaches and supporters to the 2023 Long Distance Sculls

A big thank you -- to umpires, marshalls, volunteers, suppliers, sponsors for pulling the event together in record time

PLEASE ... given the high entry, take note of the following key points

... be ready to boat on time - & follow instructions of umpires, marshals and other volunteers

... help us to help you stay safe, on time, & enjoy the event by following the competitor instructions and crew briefing - there are some small changes

... show consideration & courtesy to your fellow Competitors - give way to faster boats - the umpires will pursue fairness first!

We're Here to Help you ... Stay Safe!

ENJOY A GREAT DAY!!!

WHAT'S NEW / DIFFERENT or NOTEWORTHY versus Prior Events

We need your help to adapt to some recent changes based on your feedback / Lessons Learned exercise thanks to the reps from many clubs that helped us!

Division order – We've amended start order to minimise gaps between different boat classes - not fun if you're starting at the end. One tradeoff is some singles are mixed in with crew boats but, hopefully, of similar speed.

Boating order – is amended to reduce the average wait time. Please follow the marshals' and these instructions closely - we all need to get on the water within 50'. With 8 stages and bags of cooperation this is possible!

Start marshalling – We have allocated early race order numbers to the Huntingdon bank and later numbers to the Eccleston bank. This means crews turning only from 1 side for greater ease – detail below. **And, we WILL be using Empacher numbers - can we please have them back when you disembark?**

Prizegiving -- will be 'per division' to avoid unnecessary wait time if you're keen to get away, **held at Royal Chester RC.**

Other / Promotions – a number of our neighbouring hospitality partners will invite you to patronise their businesses during your stay – see our Website and Competitor Event Instructions for more details

Award Categories and a Big Thank you to our Sponsors and Partners

All competition winners will receive a commemorative medal. Additionally, we will be awarding special tankards for the following categories alongside these fine pieces of historic silverwareA Big Thank you to our Sponsors who have made this possible - please use their businesses with our recommendation!

General Display



Senior / Master

Open

Fastest Senior (and above) man - Item 17 TH
Clemence Challenge Cup

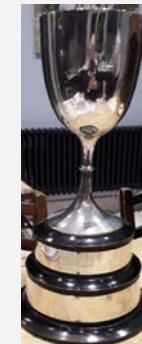


[12:30pm Prizegiving]



Womens

Fastest Women



[5:00pm Prizegiving]

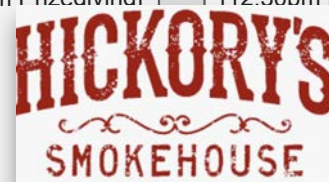


Junior

Fastest Junior Open
The Frost Sculls aka Biglands Trophy



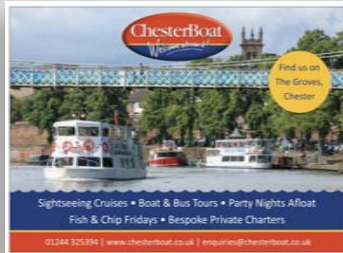
[5:00pm Prizegiving]



Fastest Junior Woman
Fairie Cup for Senior Sculls



[12:30pm Prizegiving]



Thank you also to our valued partners and neighbouring businesses - The Boathouse Pub, The Moorings, Church View Loos, Chester and Cheshire West Council, JTM Traffic, St John's Ambulance and many more!



Your Marshals - how to Spot them Why we're here



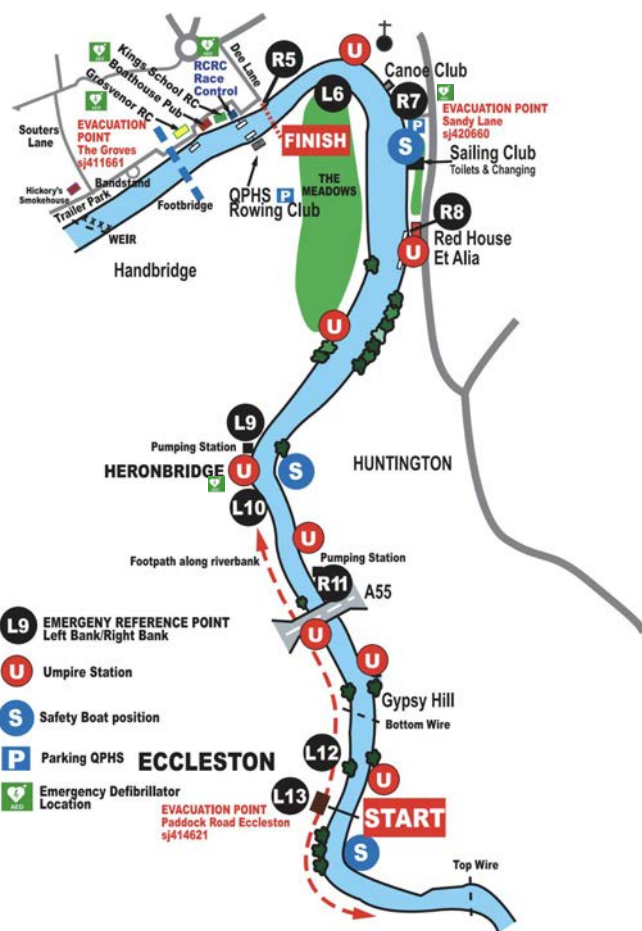
Club Marshalls and Volunteer Helpers will be wearing High Vis &/or Club kit like the image shown

Our aim is to ensure Safe, On time, Fair and Enjoyable racing

If in doubt on anything, please ask - we may not have the answer but someone we know will ...!

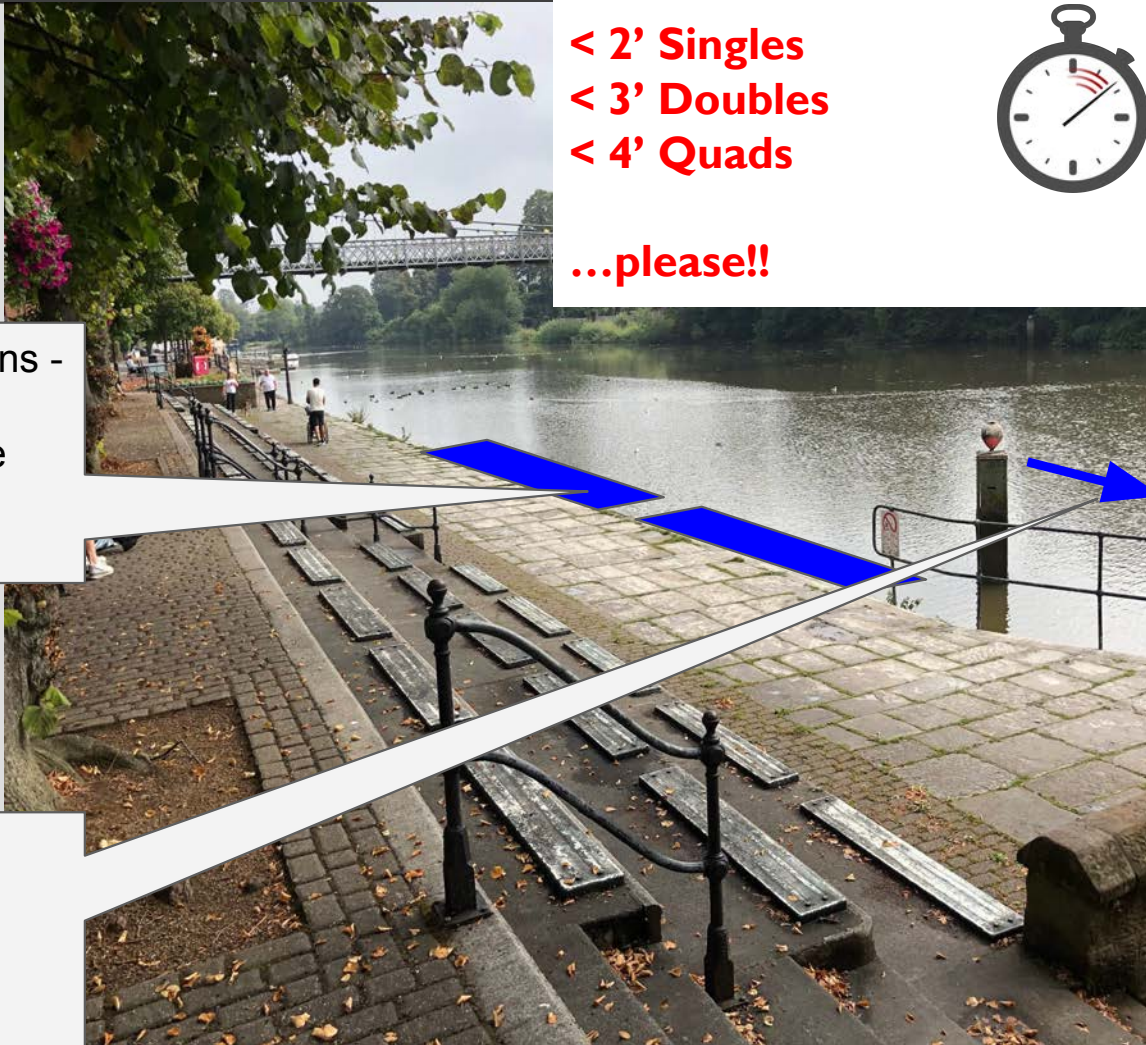
Key Safety Points

North of England Head and Chester Long Distance Scull Course



- ❖ See layout, inc Umpires and key features - AEDs now added
- ❖ 3 main evacuation points, Eccleston, Sandy Lane, RCRC (St John's Ambulance)
- ❖ Weather forecast and any additional measures related will be updated in the 3-5 days preceding the event
- ❖ A couple of BR requirements. PLEASE:
 - Let us know of any pre-existing health conditions that might affect our handling of any intervention
 - Don't slump back horizontal at the end (... unless it's genuine & you need medical intervention)

Getting Afloat - The Groves & Crew Call (same applies to other locations)



< 2' Singles
< 3' Doubles
< 4' Quads

...please!!



Crew Call Process

30' before boating, get ready!

1. Check your boat (even though you did before loading to your trailer!)
2. Take your Blades to the terrace - store against bandstand and NOT on steps
3. Go to the Loo ...

15' before boating time ...

4. Move your boat towards the checking zone
5. Go to the Loo ...
6. Have crew pep talk

Once called to the stage (only athletes)

7. Boat, blade, go!
8. Adjust out on the water
9. Enjoy!

Please boat on time or as near as possible - don't game the system by boating late - this could lead to you causing delays or you /

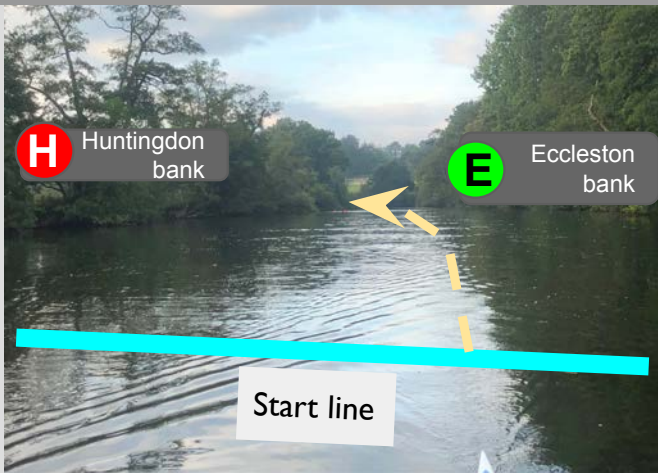
Boating pontoons - crews only, coaches please ensure they're ready

3rd Groves Pontoon just downstream of Bandstand - Embark ONLY

Parking Sequence at Start Area

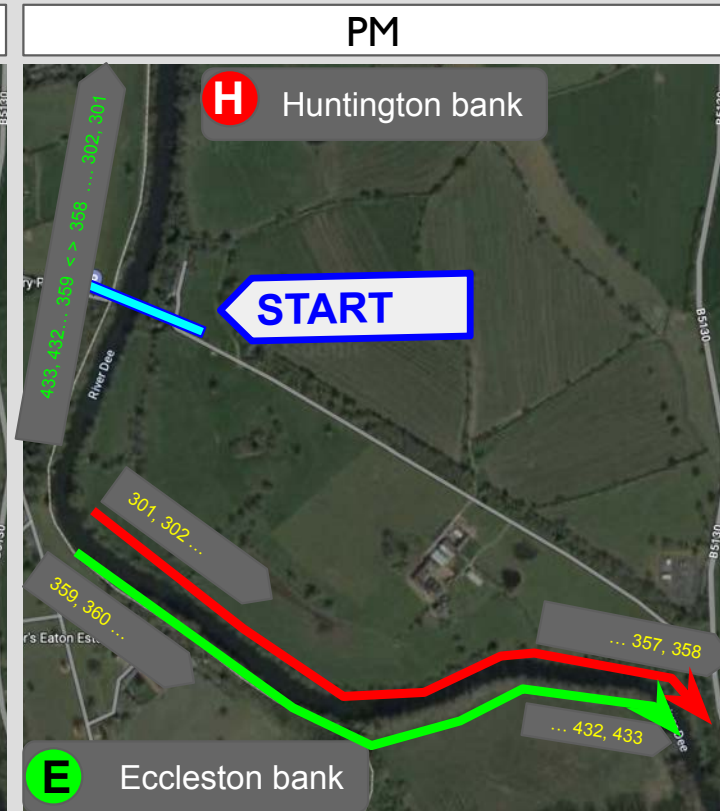
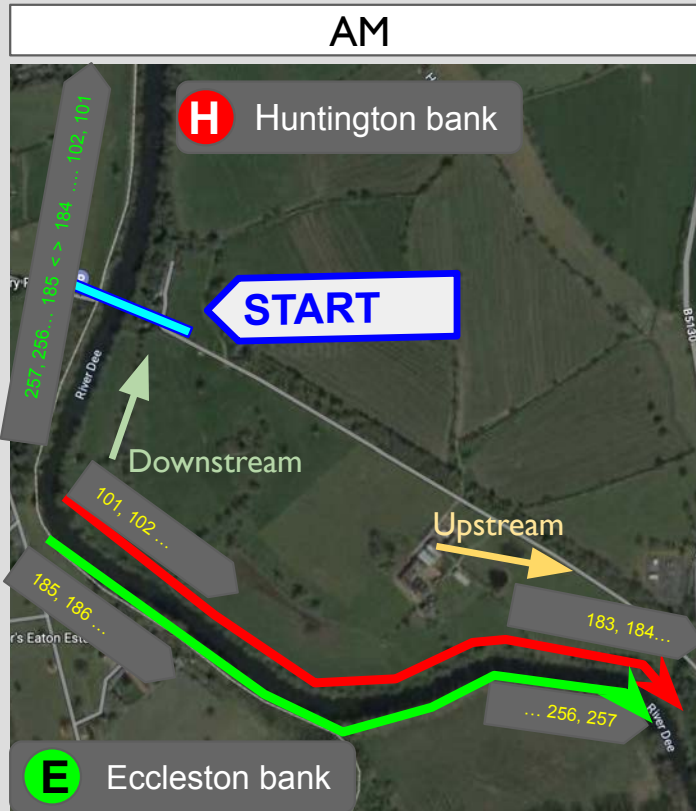
View Looking Upstream from Eccleston Start Line

Park above corner using number boards as a reference & as directed by marshalls



Once beyond Eccleston START, proceed to area shown and 'park' pointing upstream, in number order shown

Please follow Marshall instructions, turn only when directed to do so !



Key



Huntington bank

Eccleston Bank

Parking order, all pointed Upstream






Start / race order pointed downstream

The course ...

We've attempted to give you a range of views including the Bird's eye and Rower's eye view - here's the format ..

The course, in sections

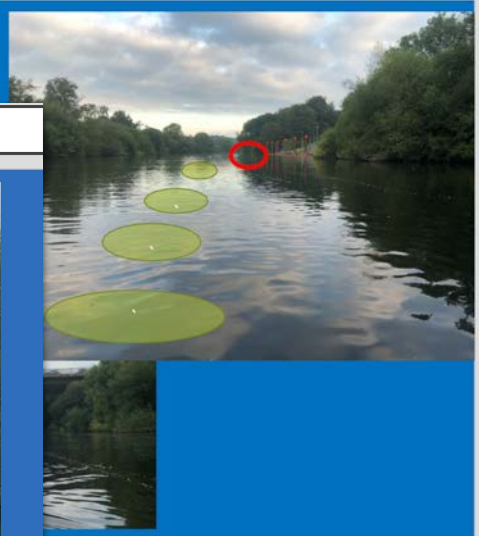
Bird's eye view

-  River flow
-  Racing line
-  Width of typical racing zone
-  Best navigation lane with extreme caution and maintaining low speed and safe look out at all times
-  Hazard area due to crossing or narrow river or poor sight line

Sculler's eye view and approx course

1KM – HUNTINGTON PUMPING STATION

THE START LINE



Potential Hazards or care points - e.g overhanging trees or bank structures

Approaching the Start

View downstream
from the Wires,
after turning



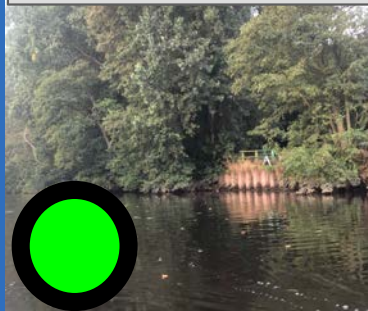
Sharp bend due to
bank growth - take
care



THE START LINE



Start location



Start line

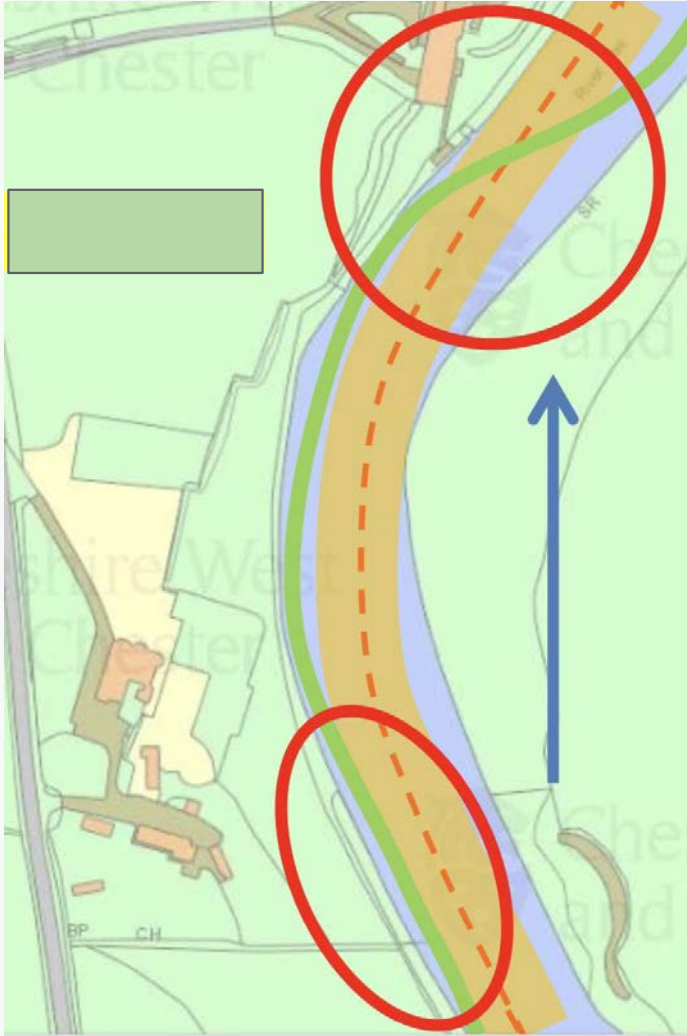
0.5 KM TO 0.7km GYPSY HILL



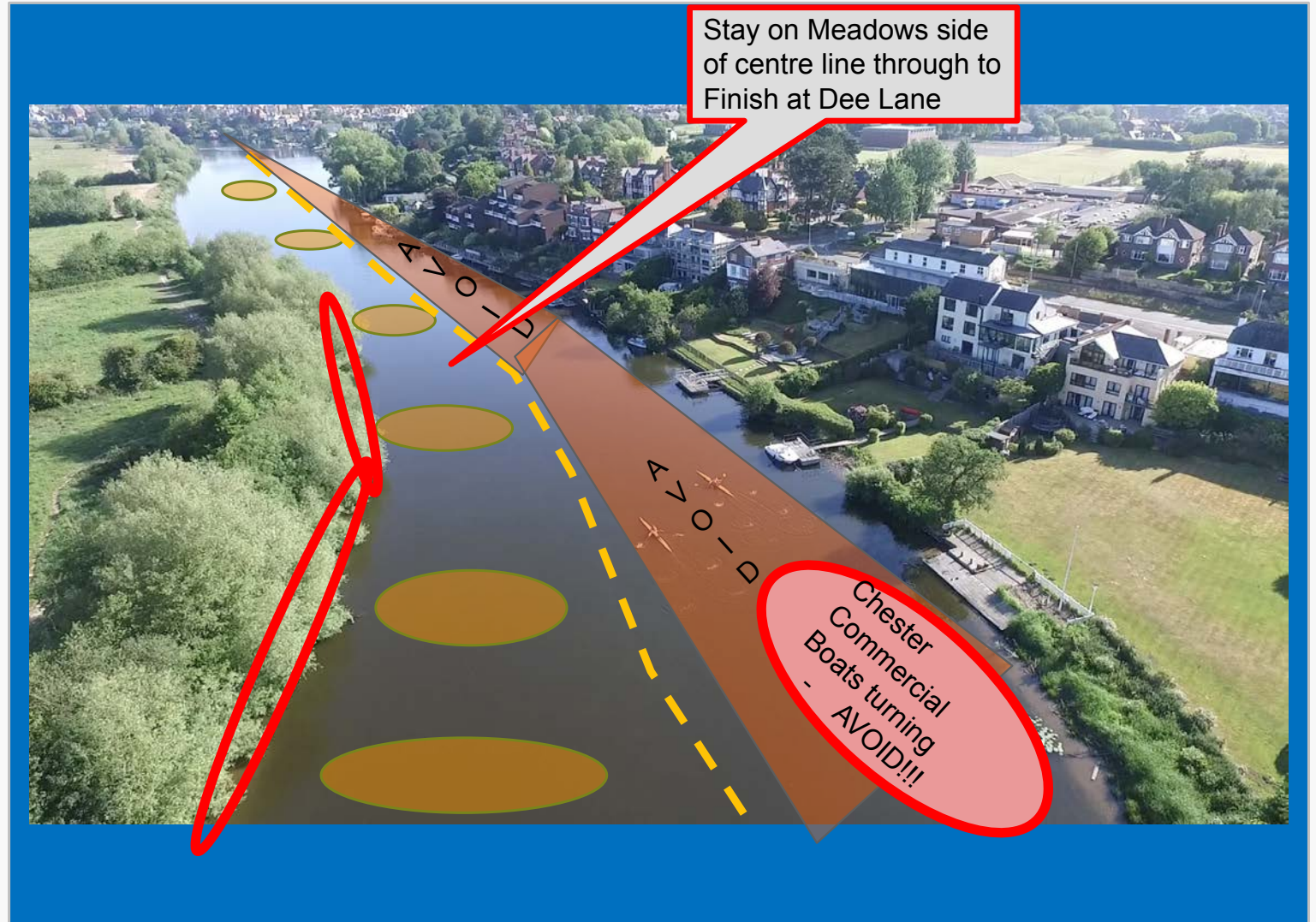
1KM – A55 MOTORWAY BRIDGE / HUNTINGTON PUMPING STATION to 1.5km



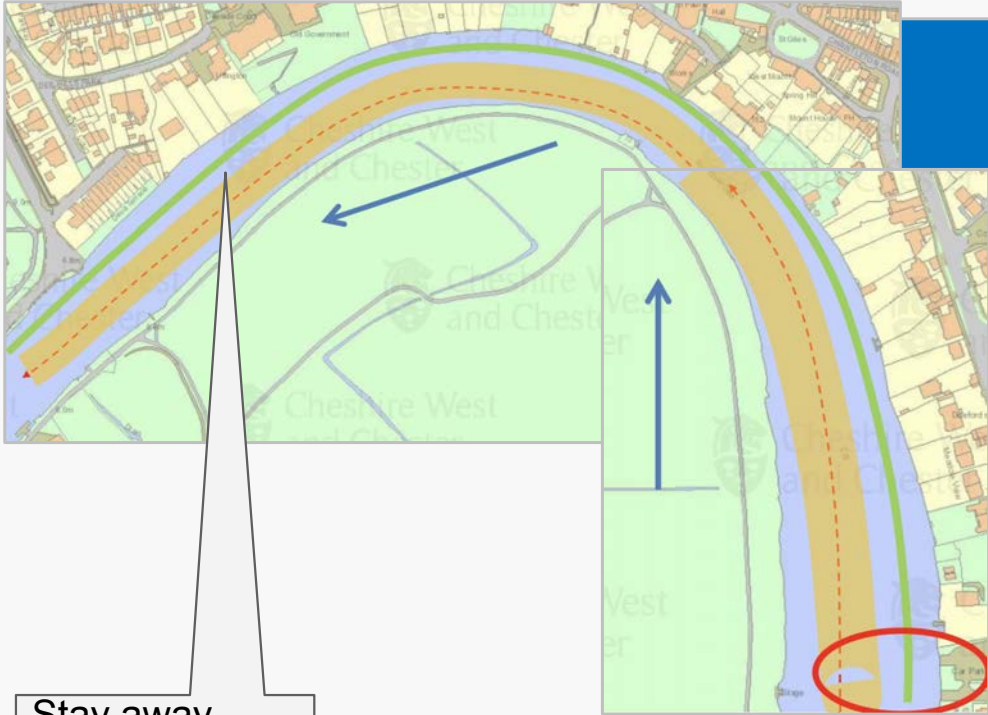
2km Heronbridge House corner, then the Long Straight to 3km



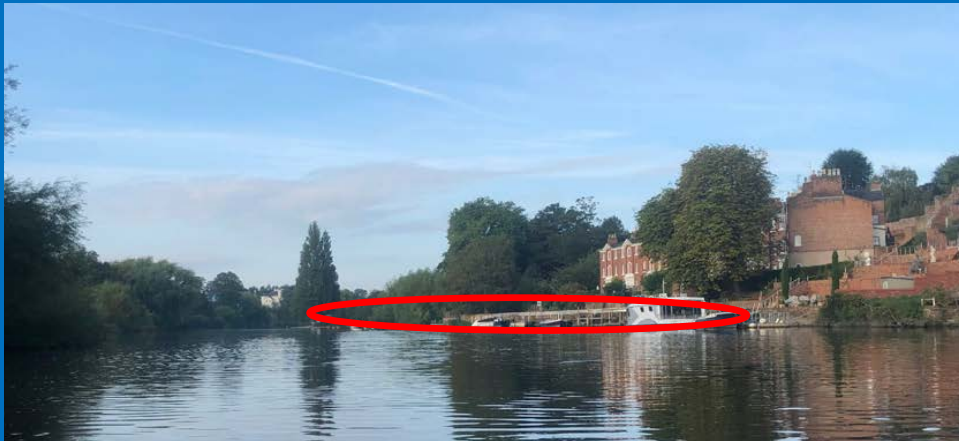
3km - Red House / Sailing Club Straight - NEW!!



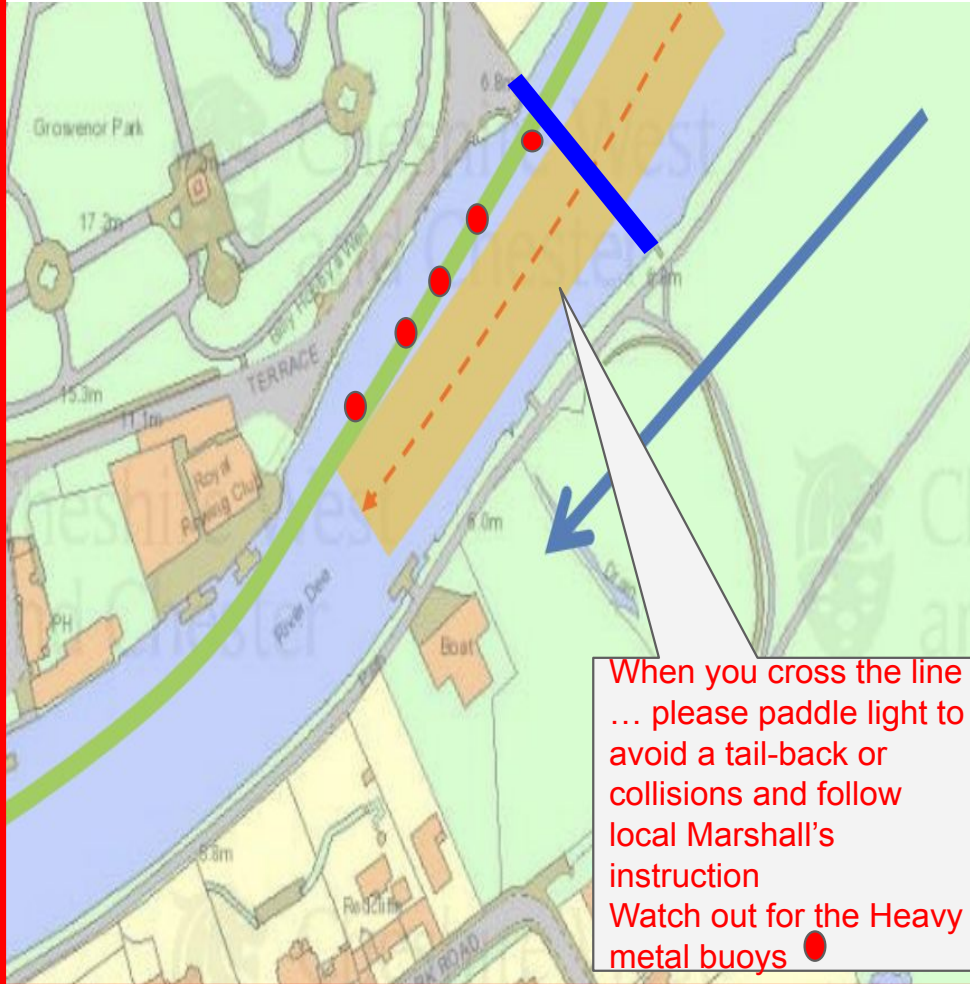
4 km Sandy Lane past Canoe Club into Final Straight 5km



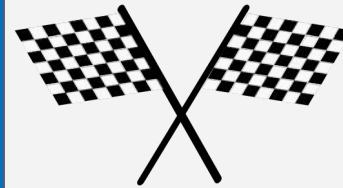
Stay away from city side to avoid mooring buoys



THE FINISH - 5km, DEE LANE STEPS



When you cross the line
... please paddle light to
avoid a tail-back or
collisions and follow
local Marshall's
instruction
Watch out for the Heavy
metal buoys ●



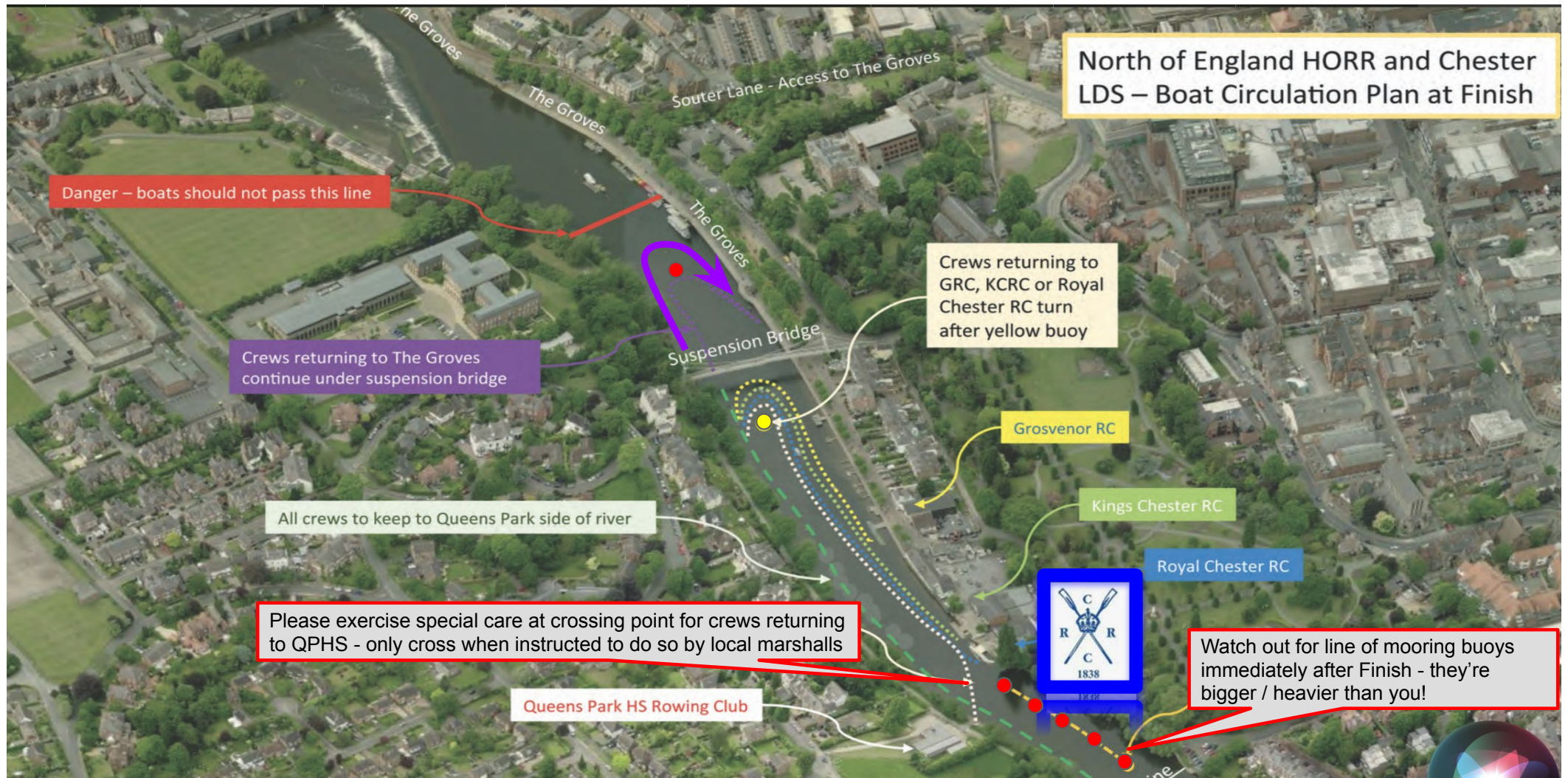
Finish Umpires and
Time Team



Finish Location - Dee Lane
Steps



WHEN IT'S ALL OVER - CIRCULATION PATTERN



WHEN IT'S ALL OVER - R&R - Results and Refreshments

Provisional results will be posted at Royal Chester RC on a LIVE screen, and posted on the web at www.royalchesterrowingclub.co.uk within 24 hours of the race.

Appeals with respect to timings must be made to the chief timekeeper immediately after publication of results. Medals and other prizes may be collected from the Entries desk at RCRC at the end of the days racing

So, while you're waiting for the results, why not join us at the club, for some delicious and inexpensive food & refreshments

Prize presentations for each Division at Royal Chester RC




Honorary Guests

Ruth Siddorn, Former GB Rower, Royals Junior

Adam Langam, Chester and Cheshire West Council, Youth Portfolio

Morning division Please be ready from 12:20

Afternoon division 16:50

LDS '23 Honorary guests		Rowing / Athletic
Civic / Community		
<p>AM</p> <p>Adam Langan</p>  <p>Local councillor - Children's / Youth Portfolio</p>	<p>PM</p> <p>Katrina Kerr</p>  <p>Chester City and Garden Qtr Councillor (Royals Ward)</p>	<p>Ruth Siddorn</p>  <p>Formerly a Royals junior, coached under Chris Jackman. 5th in Single sculls, 2018 World U23s</p>

To comply with British Rowing requirements, please take your British Rowing racing licences to Race Control at Royal Chester in advance to receive a ticket to receive your cup, tankard or medal

Please note, we do not forward medals by post after the event.

THEY THINK IT'S ALL OVER ...

A BIG THANKSTO:

- You, the competitors, coaches, supporters, family...dogs!
- Over 250 Umpires, marshalls and volunteers including neighboring Rowing Clubs, KSRC, GRC, QPHS RC
- Our sponsors, suppliers and partners

Until we see you again at ..,

... North of England Head, Sunday 17 March, 2024