



Royal Chester Rowing Club
Open Events

North of England
Head of the River

and

Chester Long Distance Sculls

ROYAL CHESTER ROWING CLUB

Crew Briefing and Course Notes

WELCOME & MESSAGE FROM THE EVENT ORGANISING COMMITTEE

Welcome back -- to all our Competitors, coaches and supporters

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!

Boating order – is amended to reduce the average wait time. Please follow the marshals' and these instructions closely

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.

Prizegiving -- will be 'per division' to avoid unnecessary wait time if you're keen to get away, [held at Royal Chester RC](#). Get there early to support the winners.

Other / Promotions – a number of our neighbouring hospitality partners will invite you to patronise their businesses during your stay.

PS ... we're offering great food at our clubhouse, as are Queens Park High School for those boating from that are

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

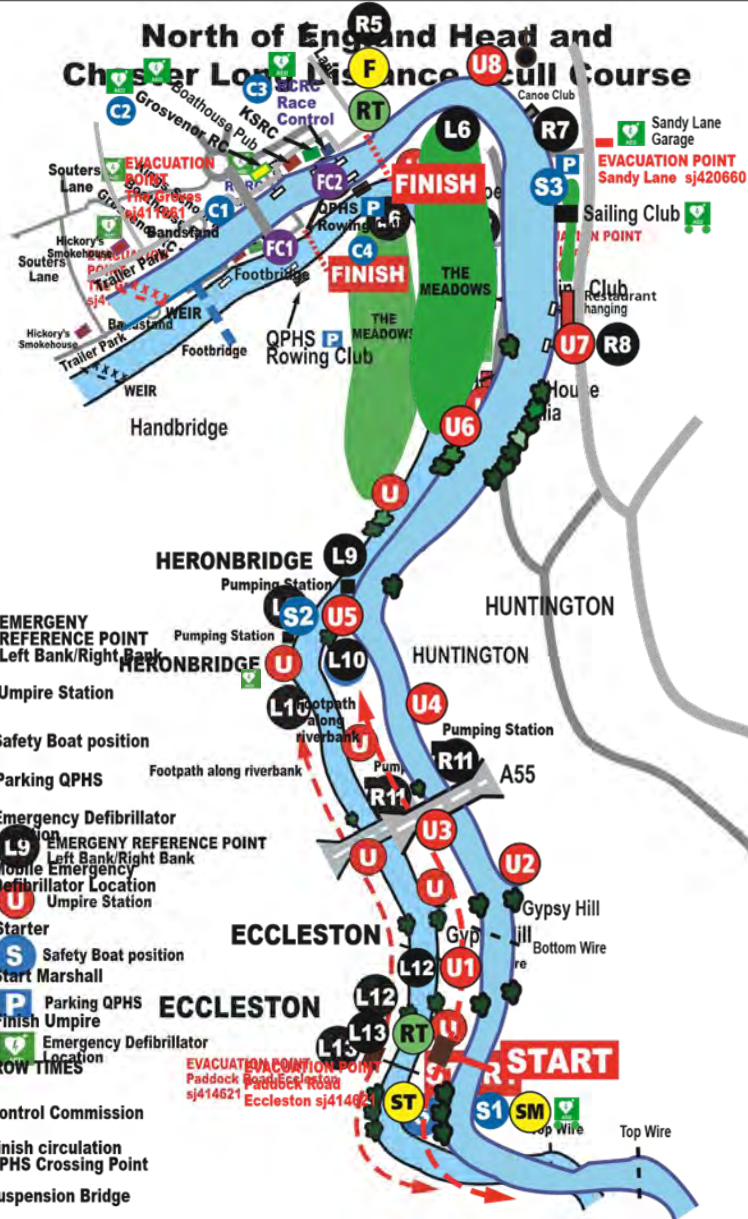


Club Marshalls and Volunteer Helpers will be wearing High Vis &/or Club kit like the image shown

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

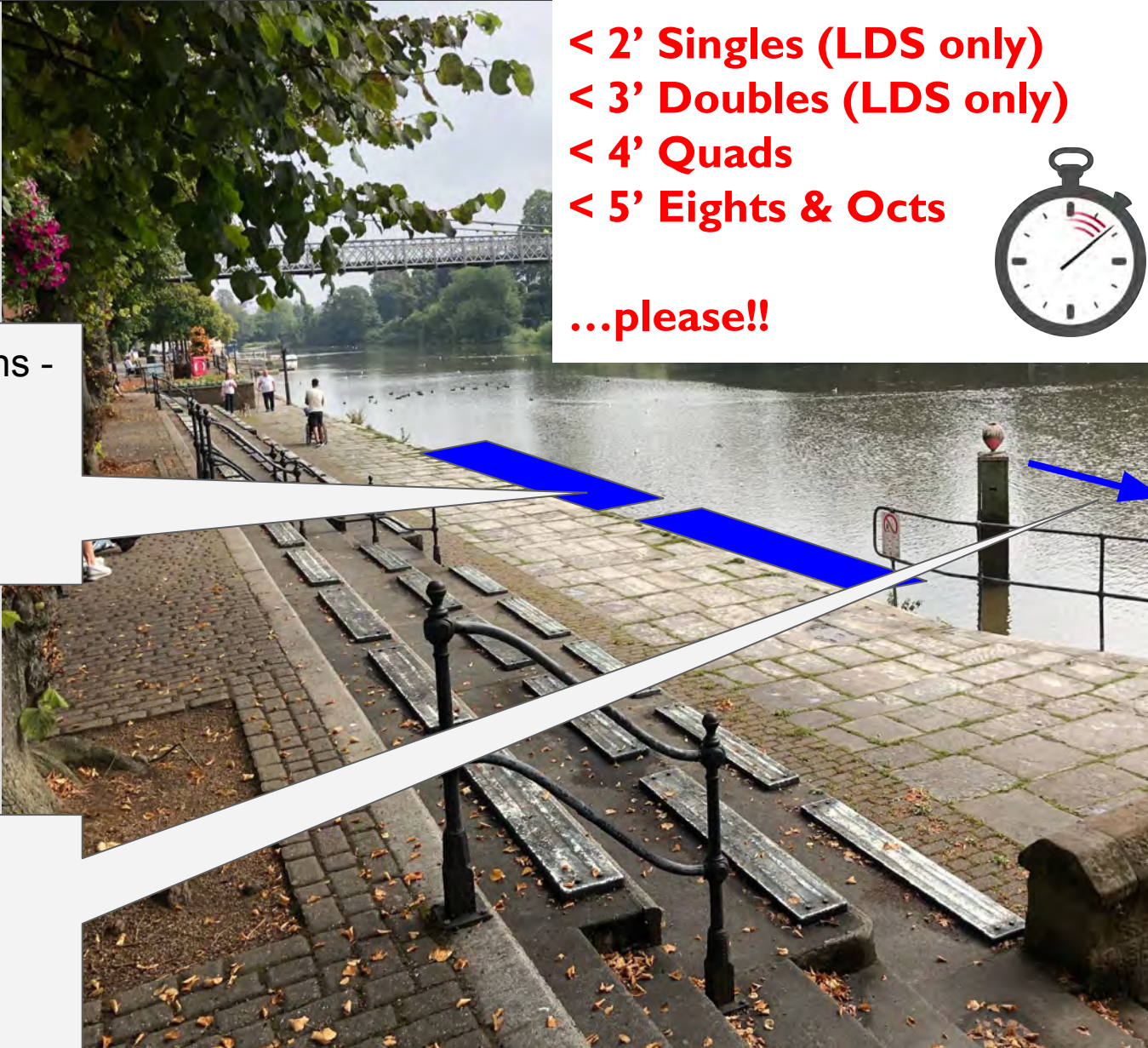
If in doubt on anything, please ask - we may not have the answer but someone we know will ...!

Key Safety Points



- ❖ See layout, inc Umpires and key features - AEDs now added
- ❖ 3 main evacuation points, Ecclestone, 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 (LDS only)
< 3' Doubles (LDS only)
< 4' Quads
< 5' Eights & Ochts
...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 / other crews missing the cut-off points to reach the start

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






3rd Groves Pontoon just downstream of Bandstand - Embark ONLY

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 ..

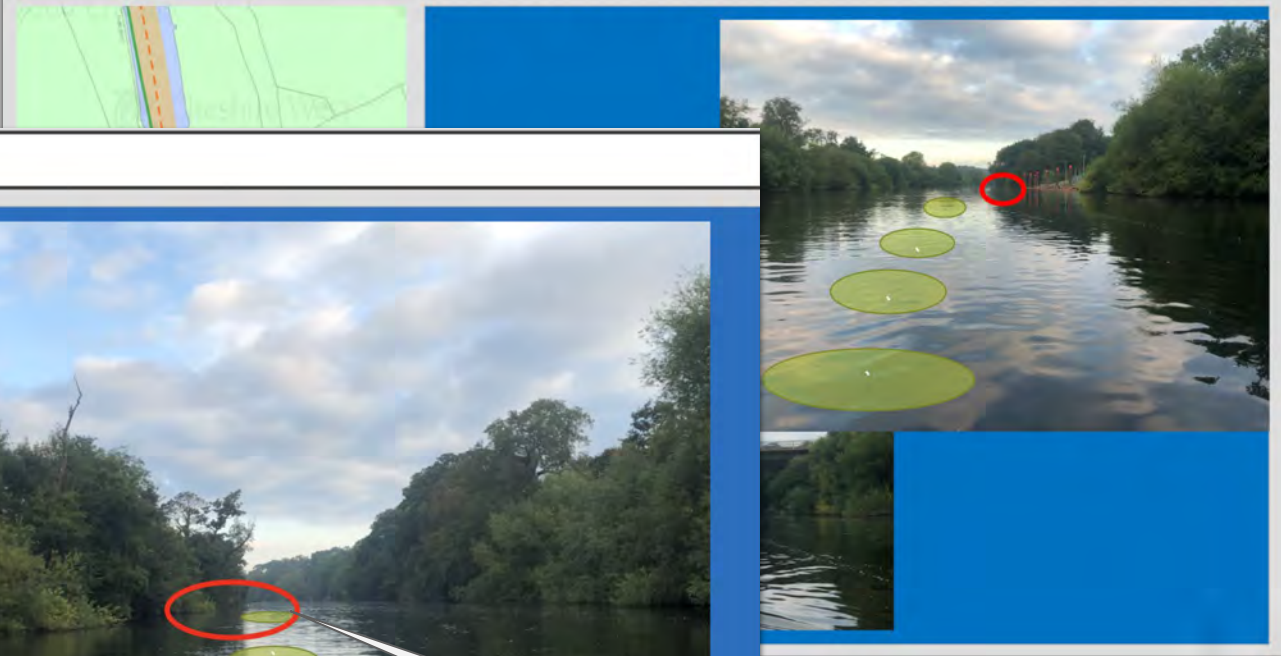
The course, in sections

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

Cox/Sculler's eye view and approx course

1KM – HUNTINGTON PUMPING STATION



THE START LINE

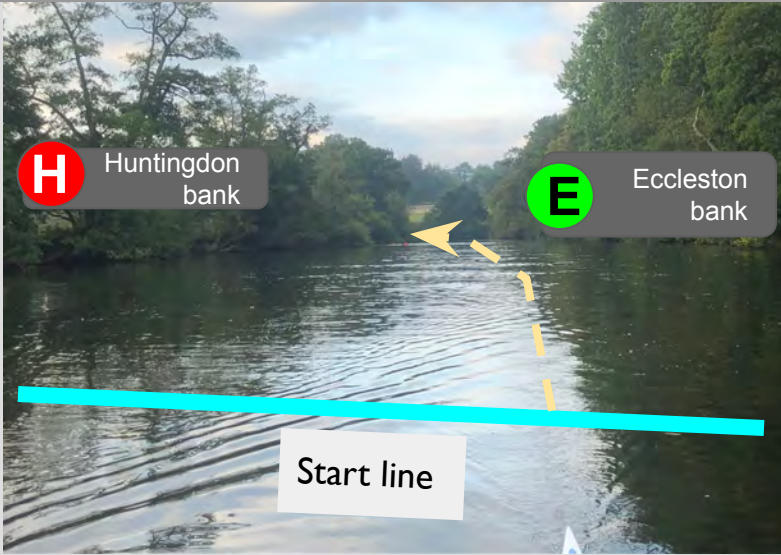


Potential Hazards or 'take care' points - e.g overhanging trees

Marshalling Sequence at Start Area

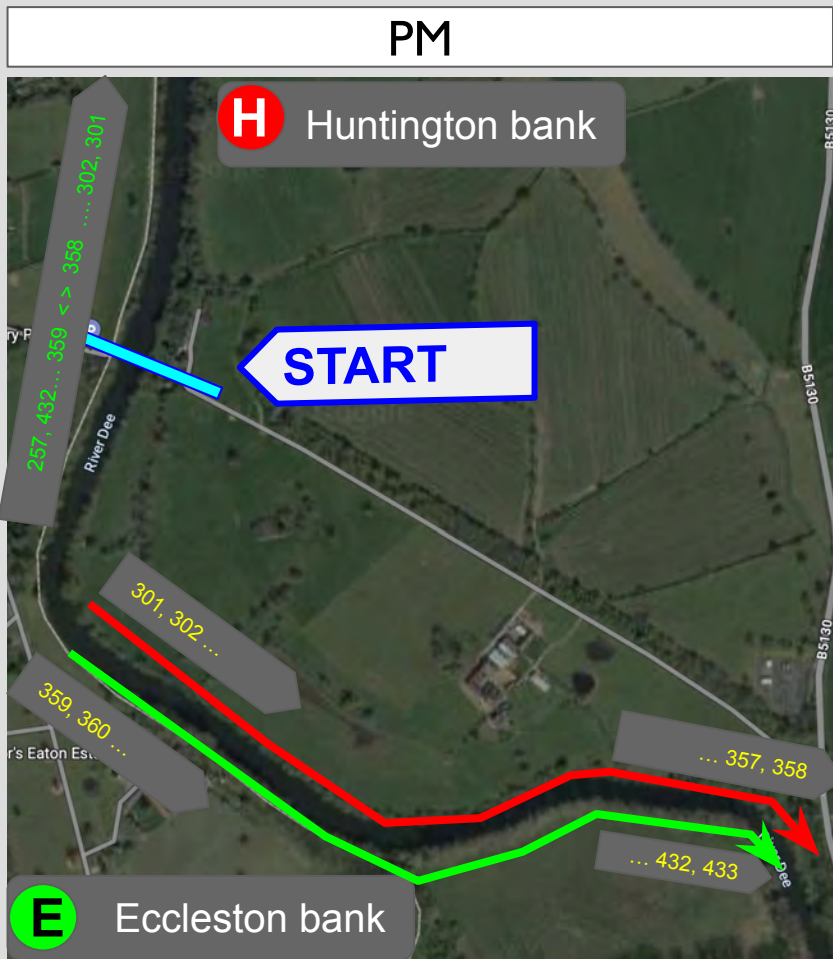
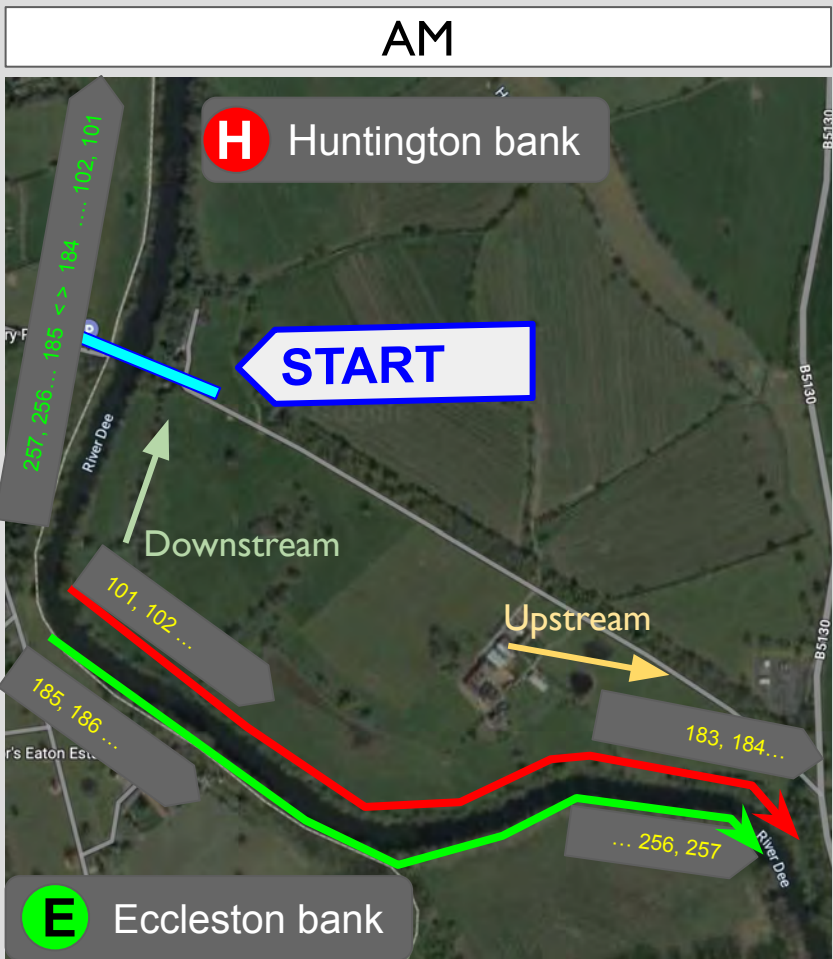
View Looking Upstream from Eccleston Start Line

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

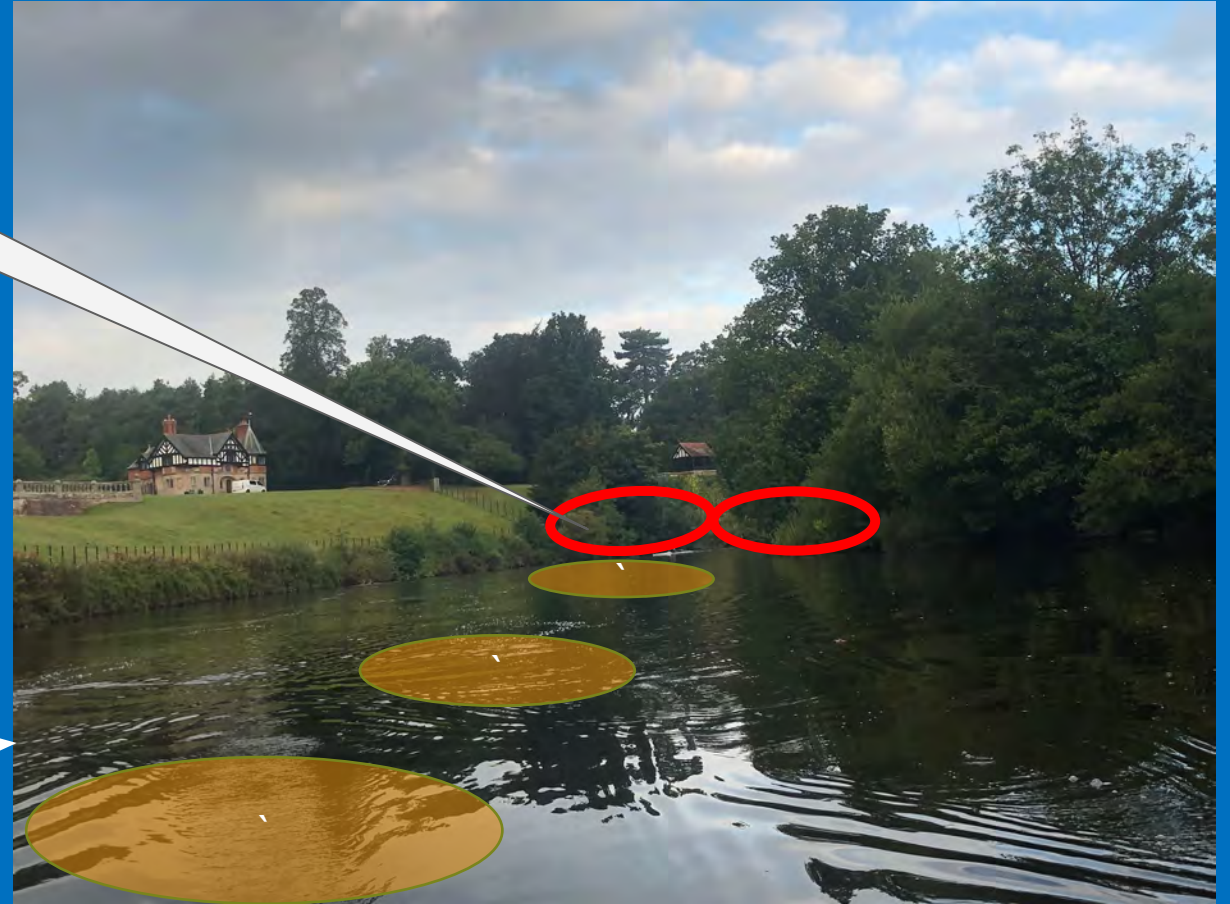
- Huntington bank
- Eccleston Bank

- Parking order, all pointed Upstream
- Start / race order pointed downstream

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

Start

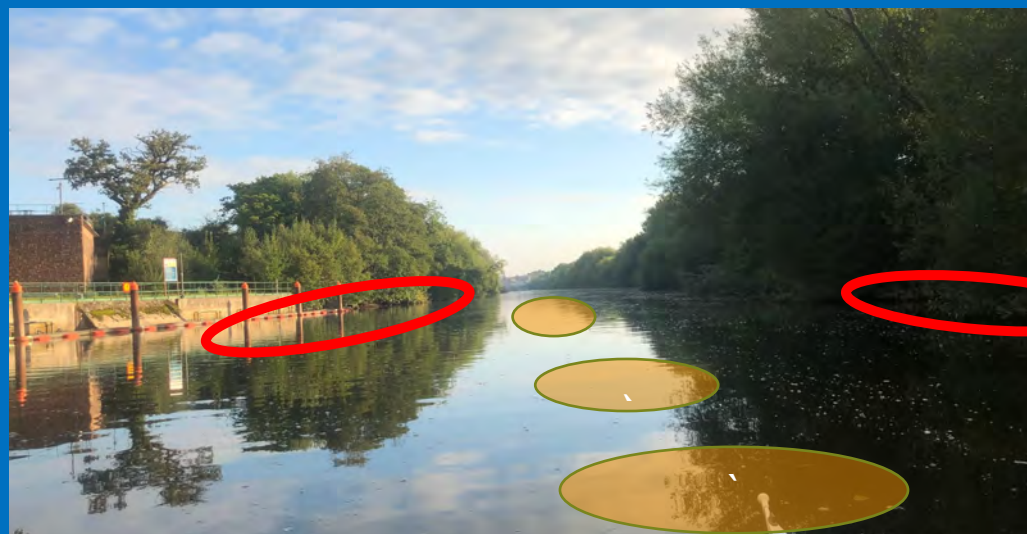
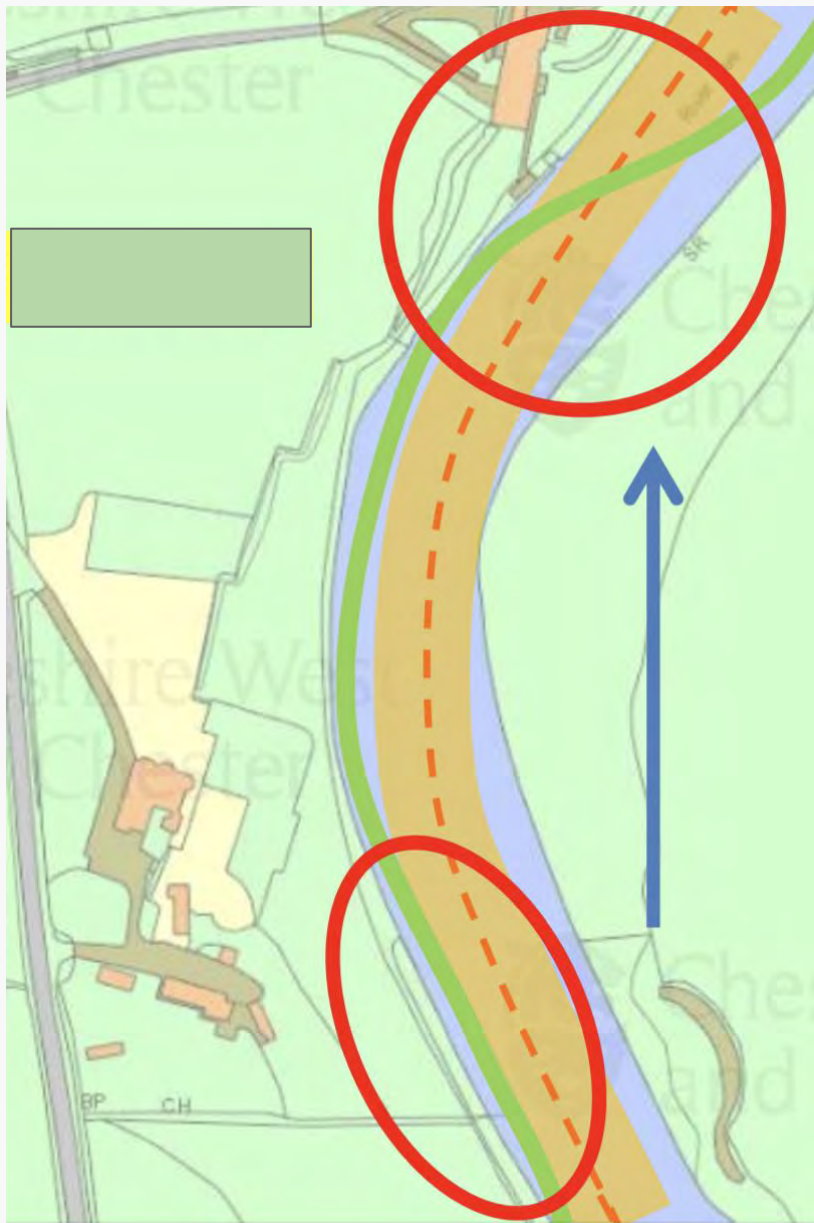
0.5 KM TO 0.7km GYPSY HILL



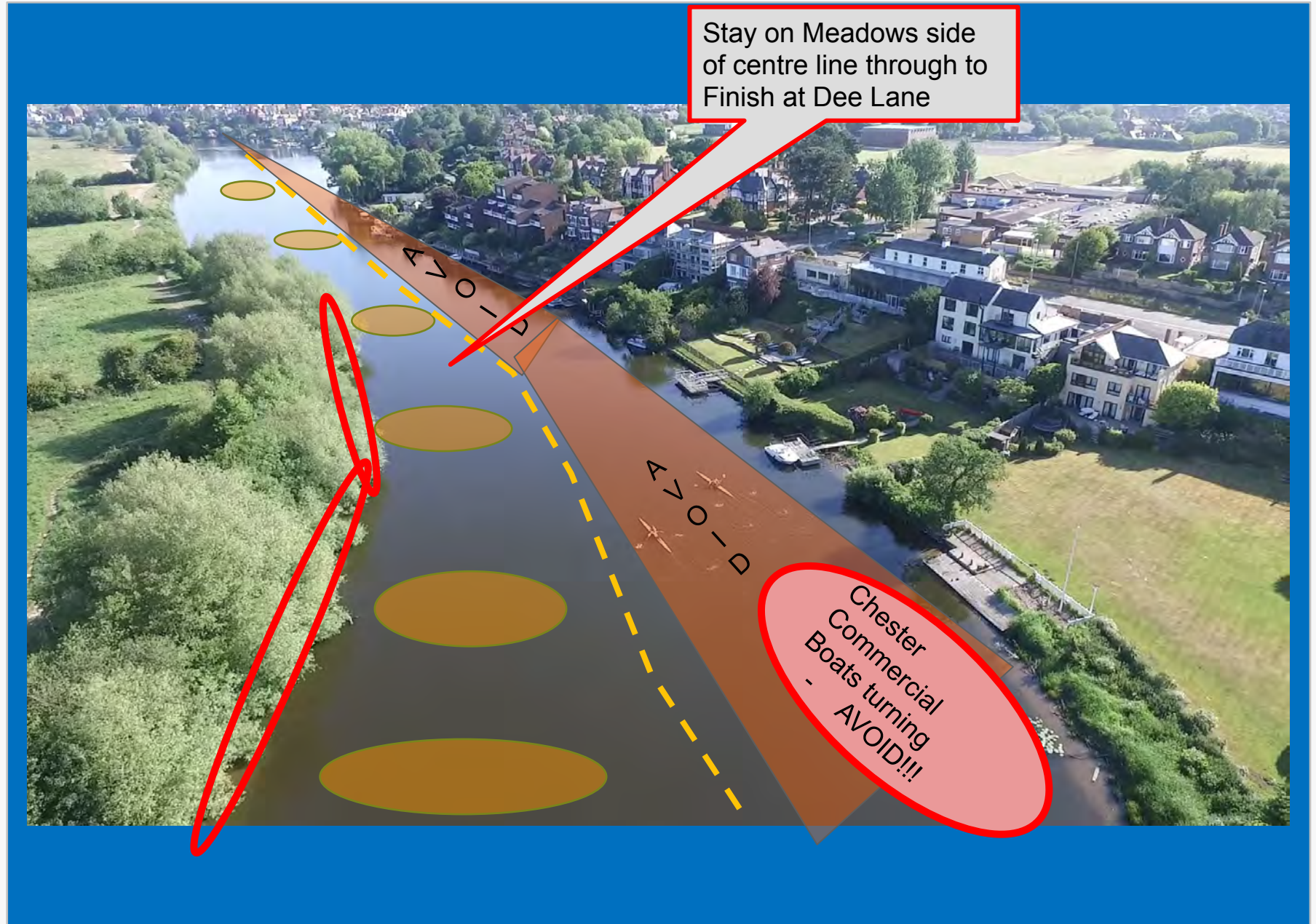
IKM – A55 MOTORWAY BRIDGE / HUNTINGTON PUMPING STATION to 1.5km



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



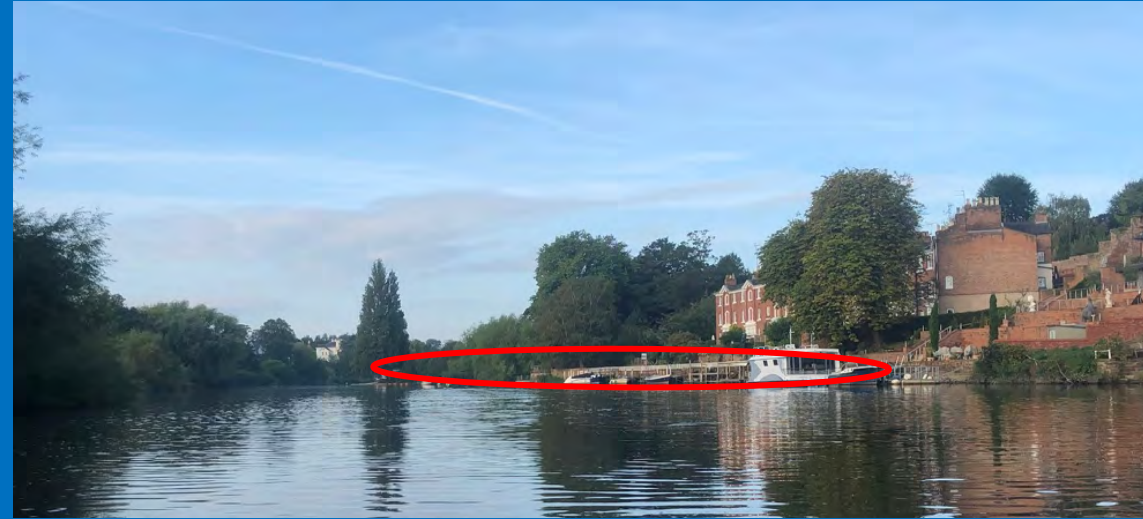
3km - Red House / Sailing Club Straight - NEW!!



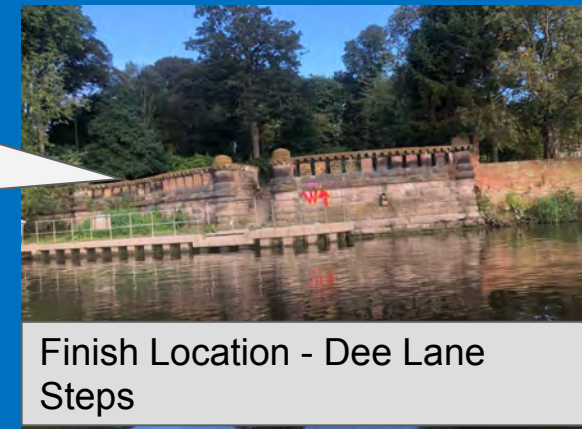
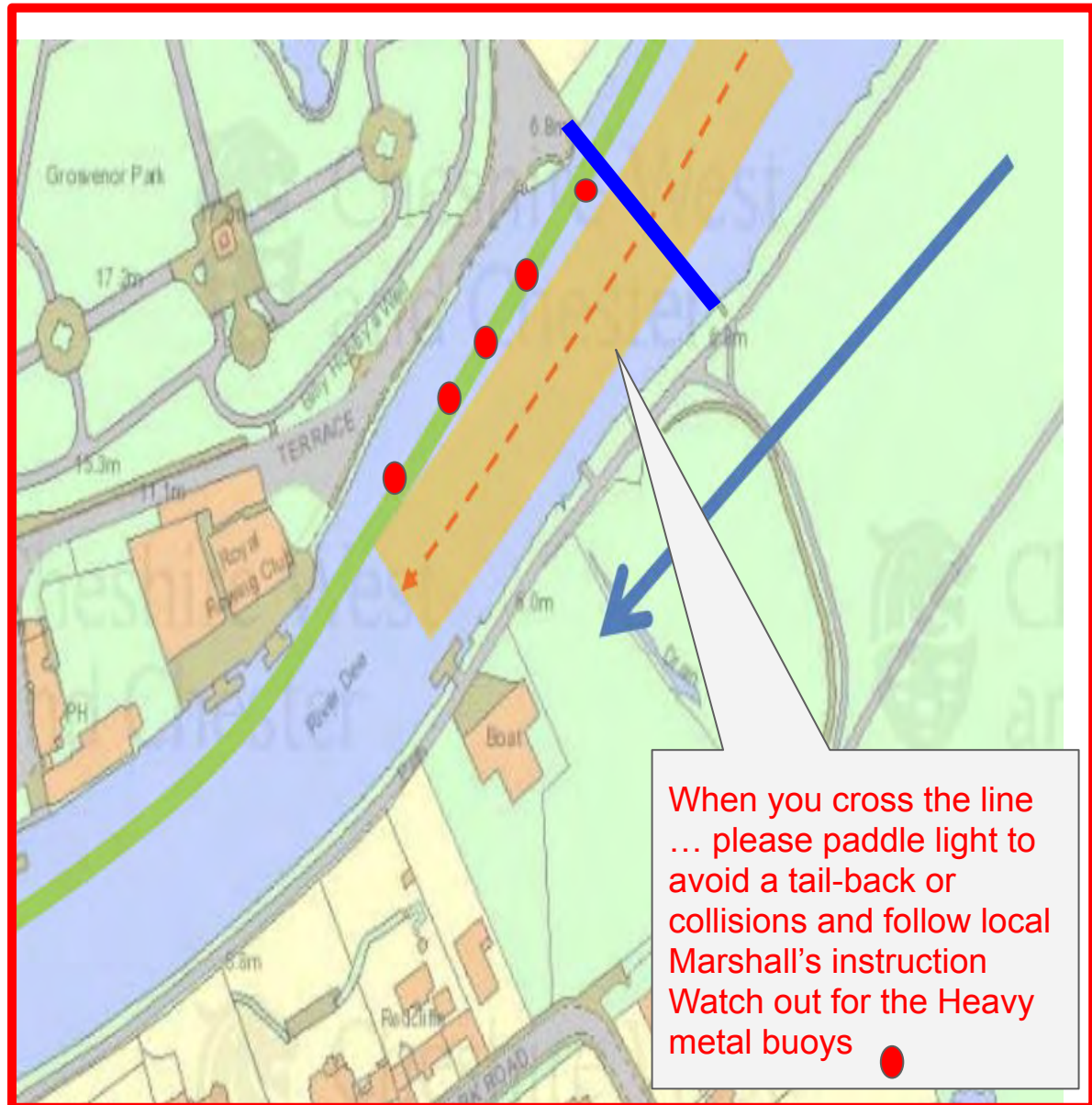
4 km Sandy Lane past Canoe Club into Final Straight 5km



Stay away from city side to avoid mooring buoys



THE FINISH - 5km, DEE LANE STEPS



WHEN IT'S ALL OVER - CIRCULATION PATTERN

North of England HORR and Chester LDS – Boat Circulation Plan at Finish

Danger – boats should not pass this line

Crews returning to The Groves continue under suspension bridge

Crews returning to GRC, KCRC or Royal Chester RC turn after yellow buoy

Grosvenor RC

Kings Chester RC

Royal Chester RC

All crews to keep to Queens Park side of river

Please exercise special care at crossing point for crews returning to QPHS - only cross when instructed to do so by local marshalls

Queens Park HS Rowing Club

Watch out for line of mooring buoys immediately after Finish - they're bigger / heavier than you!



THEY THINK IT'S ALL OVER ...

A BIG THANKS TO:

- 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