



Royal Chester  
Long Distance Sculls

Sunday  
24 September 2023  
Competitors' Information



## Changes since prior version

In line with the draw and subsequent developing detail, we will aim to update the online document at our website to reflect latest changes and additions

Here is a quick summary of the main changes versus Version 1 (v1) , starting at v2

Version	Detail of change	Page	Other notes
v1	1 <sup>st</sup> website issue		
<b>V2</b>	Minor text changes, change to Finish circulation to highlight risks of mooring buoys and QPHS crossing point discipline Revised order		
<b>V3</b>	Addition of towpath information Addition of parking information / requirement to pre-register for a Parking permit Addition of coaching Café 11:30-13:30 at Grosvenor Confirmation of Prizes and Sponsors		

Please Note – these provisional event instructions will be refreshed a min of 5 days before the event with any new news or offers -- so stay close to our website at [Royalchester.org](http://Royalchester.org) for any updates

## Welcome




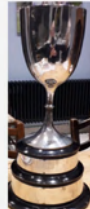







We're delighted to welcome back you to the 2023 Chester Long Distance Sculls Race. Following feedback from previous events we've made changes to improve your experience. These changes include:

- **Boating Order** – this is similar to recent events where we aim to reduce the average and peak wait times (we ensure last boats to start are NOT the first to boat!) We'll need your help to get boated within a 50' window – all possible if we work together - please cooperate with us on this and follow the marshals' and these instructions closely – thanks!
- **Start marshalling** – to make things easy we'll ask you to turn one bank at a time. This allows more room for turning when you move off your marshalling position to row to the start line.

**Prizegiving** – prizes will be awarded by division – please see the special prize categories and their respective sponsors

## 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 silverware .... A Big Thank you to our Sponsors who have made this possible - please use their businesses with our recommendation!

<p>General Display</p> 	<p><b>Open</b></p> <p>Fastest Senior (and above) man - Item 17 TH Clemence Challenge Cup</p>  <p>[12:30pm Prizegiving]</p> 	<p><b>Womens</b></p> <p>Fastest Women</p> <p>[5:00pm Prizegiving]</p>   	
		<p><b>Junior</b></p> <p>Fastest Junior Open The Frost Sculls aka Biglands Trophy</p>  <p>[5:00pm Prizegiving]</p> 	<p>Fastest Junior Woman Fairie Cup for Senior Sculls</p>  <p>[12:30pm Prizegiving]</p>

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!

## Thank you to Our volunteers – helping you to stay safe

A race of this scale couldn't take place without our volunteers – over 200 slots filled to keep you safe and on time. We are very grateful for their dedication and for generosity in giving their time to help. If you have questions on the day, please ask a volunteer, they'll be wearing a jacket like the one in the picture on the right.



With best wishes,

*the event organising committee,*

*Royal Chester Rowing Club*

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# 1.0 Race organisation

This race is run by Royal Chester Rowing Club's events committee under British Rowing rules of racing and RowSafe guidance. Both documents are available on the British Rowing website [www.britishrowing.org](http://www.britishrowing.org) and the rules can be downloaded

Google Play Store:	Apple App Store:
	

Chairman of the Event committee:	Graham Miller / Paul Crudge
Race entries secretary:	Liz Coady
Race safety advisor:	Nic Cerulus
Welfare officer:	Emma Ritson
Chairman of the Race committee:	John Goodwin

## 1.1 Race control

Race control is at: Royal Chester Rowing Club, The Groves, Chester, CH1 1SD

What3words location: plan.zips.glory  
Telephone : 01244 326575

## 1.2 Key timings

Morning division: the race starts at 10:30 am boating from 08:45 am onwards  
Afternoon division: the race starts at 3:00 pm boating from 1:15 pm onwards

Please note – in parallel with this event, the NW Coaches Cafe event will be taking place at Grosvenor Rowing Club, 11:30-1:30 pm – see below

Sun24th	NW Coaches Cafe	In-person chance to chat, eat and find out what the NW has to offer coaches. Hosted in Grosvenor Rowing Club	11:30-1:30 pm	
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## 1.3 Safety and general conduct

Safety is the responsibility of each competitor and club. All competitors and boats must conform with British Rowing's RowSafe guidance and rules of racing.

Please be respectful to members of the public, our volunteers and your fellow competitors. We rely on the goodwill of our local community to run this event. Your support in promoting our sport in a positive light is appreciated.

Competitors engaging in unsportsmanlike behaviour (which includes foul or obscene language in the public hearing) will be subject to disciplinary measures up to and including disqualification.

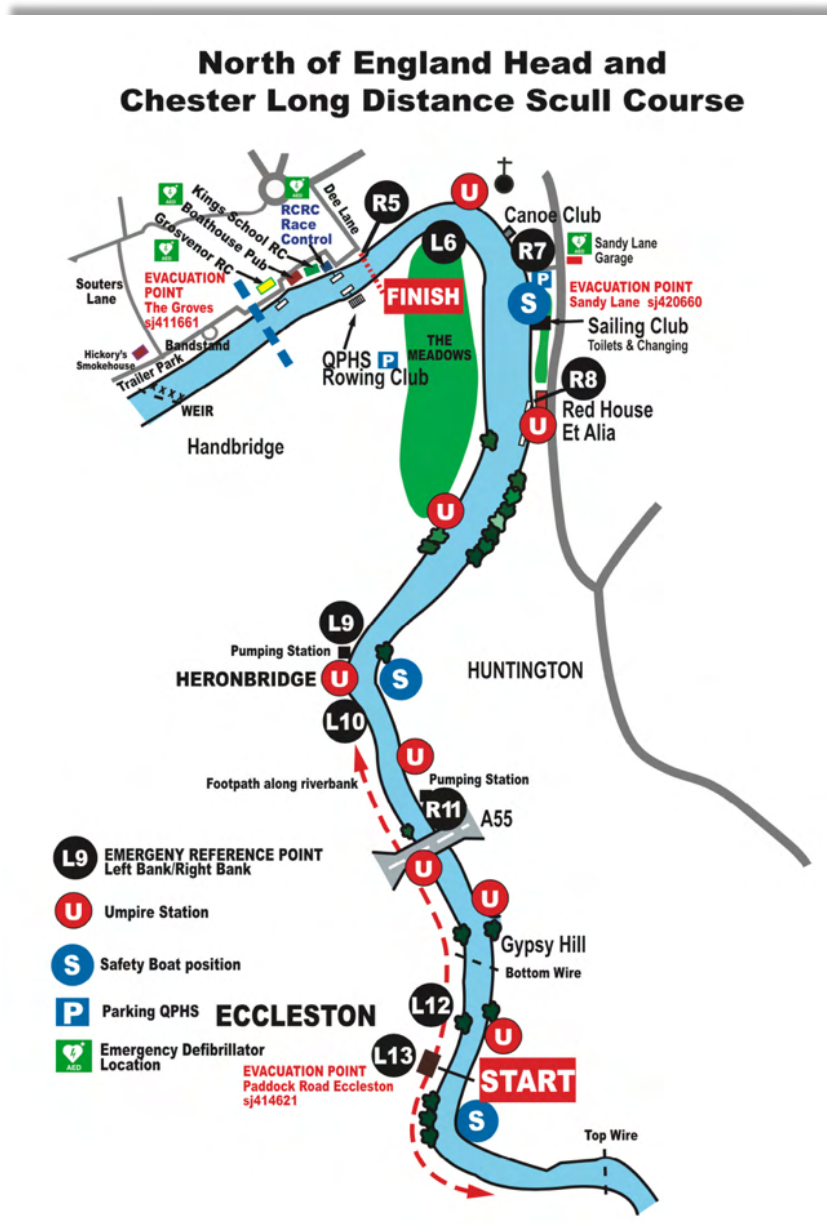
#### 1.4 Accident & Emergency

The nearest **Accident and Emergency Department** is:

The Countess of Chester Hospital,  
Liverpool Road, Chester, CH2 1UL.

The hospital is about 15 minutes' drive from the boating areas.

#### 1.5 Course Map



## 1.6 Registration

Registration for **all competitors** is in the main Royal Chester Rowing Club's clubhouse. You should aim to register no later than 30 minutes before your assigned boating time.

To minimise queues one representative from each club should register with the entries secretary, confirm any substitutions with evidence of the associated British Rowing membership and collect their folder of race numbers. You will be given:

- Empacher slot numbers.  
We are using these to improve visibility for our Timing team (speeds up results!) and to reduce plastic waste – so please ensure your boat is properly equipped with a functional Empacher slot before you leave your club!  
Please attach these to your boat ensuring that they are firmly tethered to the boat. These should be returned when you disembark after racing. Buckets will be provided for this purpose.
- Paper racing numbers  
These should be securely pinned to the back of the sculler / crew member in the bow seat and the cox so that they are clearly visible during racing. Competitors with long hair should ensure it does not obscure their racing number.

## 1.7 Competitors' briefing

The main briefing will be provided as an online video, available through the event's website at [www.royalchester.org](http://www.royalchester.org)

There is therefore no requirement for competitors to attend an in person briefing. However, competitors may be asked, prior to boating, to demonstrate that they have watched and understood the video.

Club representatives will be informed of any late updates on conditions or changes when they attend registration.

## 1.8 Alternative arrangements plan

In the days leading up to the event, the organising committee will monitor river conditions, stream, tide levels, presence of debris and weather forecasts for wind speeds, rain, high or low temperatures.

If the combination of conditions is such that the race needs to be cancelled then every effort will be made to make that decision by 12 noon on the Saturday immediately preceding the race. This is to help competitors and officials avoid having to make an unnecessary journey.

Please note that forecasts change meaning safety may demand a cancellation on the



day. Recent heavy rainfall may also have an impact on river levels on the day of the event.

Consideration will be given to rowing a shorter course and also restricting the race to more experienced and competent competitors if this would allow the race to go ahead safely.

Alternative arrangements will be communicated by race control on the day. Changes will be communicated to club representatives at the point of registration.

## 2.0 Safety & Welfare

### 2.1 General safety environment – also see Safety Plan and Risk assessment

The River Dee is generally a clean river however wildlife, including rats, live in and around the river which may transmit infectious diseases such as Weil's disease (symptoms include; high fever, headache, chills, muscle ache, vomiting, jaundice, red eyes and abdominal pains; any competitor exhibiting any symptoms should consult their doctor).

There are occasional discharges of sewage into the River Dee; if this occurs consideration will be given on whether it is necessary to cancel the event.

Competitors should not drink river water; should cover cuts and grazes with waterproof dressings and take care to wash their hands before eating.

Competitors with long hair should ensure it is tied up and unable to become trapped or entangled with their boat / equipment.

Coxes should wear an appropriate lifejacket on the outside i.e. worn as the last layer on top of all clothing.

Competitors should be suitably dressed including for the row to the start, a wait of up to 90 minutes at the start and racing. When considering what to wear please take into account conditions including sun, wind, rain, temperature, combined chill factor to hypothermia. Dry-robies and jeans should not be worn when afloat. Competitors deemed unsuitably dressed will not be allowed to boat and / or race.

Visiting crews are not permitted to practise outside the published boating times as safety boat cover will not be in place.

The river is not closed to other users. Commercial pleasure craft (tourist boats) will be operating and other rivers users e.g. paddle boarders, canoeists may also be afloat. Other rivers users may be unaware that a race is taking place and not know the navigation rules. Competitors should keep a good look out and take action to avoid a collision.



### 2.2 Medical / Emergencies

There are three ambulance accessible emergency evacuation points at Eccleston, Sandy Lane and the Groves. Details are provided on a map which is displayed on the Royal Chester Rowing Club website [www.royalchester.org](http://www.royalchester.org)

St John's Ambulance will be stationed at the Royal Chester Rowing Club's Clubhouse and will provide cover for The Groves and Queen's Park areas.

The nearest Accident and Emergency Department is at The Countess of Chester Hospital, Liverpool Road, Chester, CH2 1UL.

## 2.3 Welfare Policy

The Event Committee follow the process identified in British Rowing's Safeguarding Handbook 3, Section 7.2 (available at RCRC website)

Participating clubs are responsible to ensure all children are under the supervision of a nominated parent or club representative.

If you observe (or hear from) any child or adult at risk, please refer immediately to:

- A nearby Volunteer leader – they can make immediate contact with the Event Welfare Officer
- Direct to the Event Welfare Officer (EWO), Emma Ritson, on mobile number / email 07989 [504129](tel:504129) / [emma@royalchester.org](mailto:emma@royalchester.org)

## 3.0 The Race

### 3.1 Embarkation (Boating)

The Draw will include details of the allocated boating location for each club and times to per boat.

Competitors boating in the Groves / Hickory's area will use landing stages near the Bandstand.

NOTE – we will deploy a 3<sup>rd</sup> landing stage just downstream of the Bandstand – this is primarily for embarkation and and may only be used for disembarkation by singles and doubles due to the adjacent moorings

If necessary, some competitors may be directed by marshals to use the landing stage at Grosvenor Rowing Club (about 100 metres upstream).

Boating will start once all of the safety boats are in place on the river.

Competitors must boat at their allocated times. We want everyone to have an enjoyable race with minimum wait, so please respond positively to calls from our volunteers to boat. Blades should be brought to the boating stage in advance.

Anyone attempting to boat late may be refused permission to proceed to the start

Competitors are responsible for checking their boat complies with Rowsafe guidance. Competitors may be asked at Control Commission to confirm what checks they have made. Random checks of boats will also take place using the British Rowing control commission checklist and boats not complying will not be allowed to race.

To prevent misrepresentation, random roll calls will be carried out at boating. Crews who do not match the entries on BROE will not be allowed to race without first making required substitutions as allowed by British Rowing rules of racing.

### 3.2 Proceeding to the start

Competitors must obey instructions from the marshals and umpires including on the way up to start.

Competitors should proceed to the start on the Meadows side of the river i.e. should keep to the sculler's left / cox's right. Boats may overtake on the way up to the start, using the centre of the river

**The river will not be closed to other craft.** The river Dee is visited by a range of users including paddle boarders, canoeists and motor boats. Every effort has been made to inform and gain consent of other river users that a race is taking place. However, competitors may still encounter river users who may be unaware of the race and/or rules of the river. Competitors must keep a good lookout and take action to avoid collisions.

No crew should paddle back down the course. The exception is equipment failure or medical emergency where competitors must follow instructions given by marshals.

There are two cut off points when proceeding to the start: The cut off to the Red House, about 3.5 km from the start, is 25 minutes before division start time. The cut off to the Road Bridge, about 1.2 km from the start, is 15 minutes before start time.

	Cut off - Red House	Cut off - Road Bridge
Morning division. Starts at 10:30 am	10:05 (25')	10:15 (15')
Afternoon division. Starts at 3 pm	14:35 (25')	14:45 (15')

Crews who do not reach the cut off points in time may be turned back to ensure a division is not delayed.

### 3.3 Start Marshalling

Competitors will marshal above the start at Eccleston Ferry. Crews should allow a minimum of 40 minutes to reach the start, longer if the stream is strong and/or the crew is less experienced.

Crews arriving at the start less than 5 minutes before the division start time may be required to race from the back of the division.

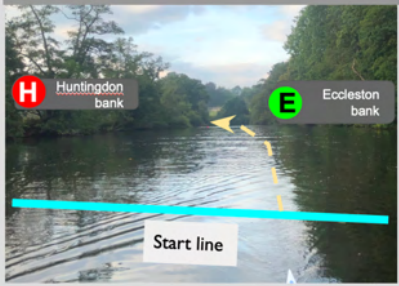
Competitors must paddle light and with care as they approach and row through the marshalling area at Eccleston Ferry.

Competitors should proceed beyond the start to their marshalling point (as indicated on the bank markers) keeping their bows pointing upstream and position themselves in numerical order (the lowest numbered crew should be nearest the start line).

### 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 !


**AM**




**PM**




**Key**



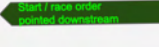
Huntington bank



Eccleston Bank



Parking order, all pointed Upstream



Start / race order pointed downstream

### **3.4 The Start**

Competitors must obey the instructions of the Start Marshall at all times. Crews should not turn until instructed to do so. There will be start marshals both on the riverbank and in launches. The start order has been designed to reduce overtaking by starting faster crews first and allowing gaps in the start order to prevent bunching.

When instructed to spin, boats should turn and paddle downstream keeping in numerical order and maintaining 3 to 4 lengths of clear water between them and the crew ahead. Competitors should be considerate when turning, allowing sufficient space to avoid collisions. Lower number crews have priority over higher crews when spinning.

Crews will be started by the command "*Number ...Go*".

Timing will commence as each boat passes the Start line which is located approximately 20mtrs downstream from the Start Umpire

### **3.5 During the Race**

Crews should keep a good look out when racing. Although key water sport groups are aware of the race, there may be individual river users on the water who are unaware of the race (and potentially unaware of navigation rules). Commercial pleasure (tourist) craft may also be present on the course.

All crews must comply with umpires instructions, failure to do so may result in penalty or disqualification.

Boats being overtaken must give way in good time to allow faster boats to follow their proper racing course.

#### **The start to Heron Bridge**

The early sections of the race from Eccleston to the Road Bridge and Heron Bridge are narrower making overtaking more difficult. Marshals and umpires are stationed in these areas and will give instructions to crews if necessary to avoid a collision. Please respond promptly to steering warnings from marshals.

#### **Red House to the finish**

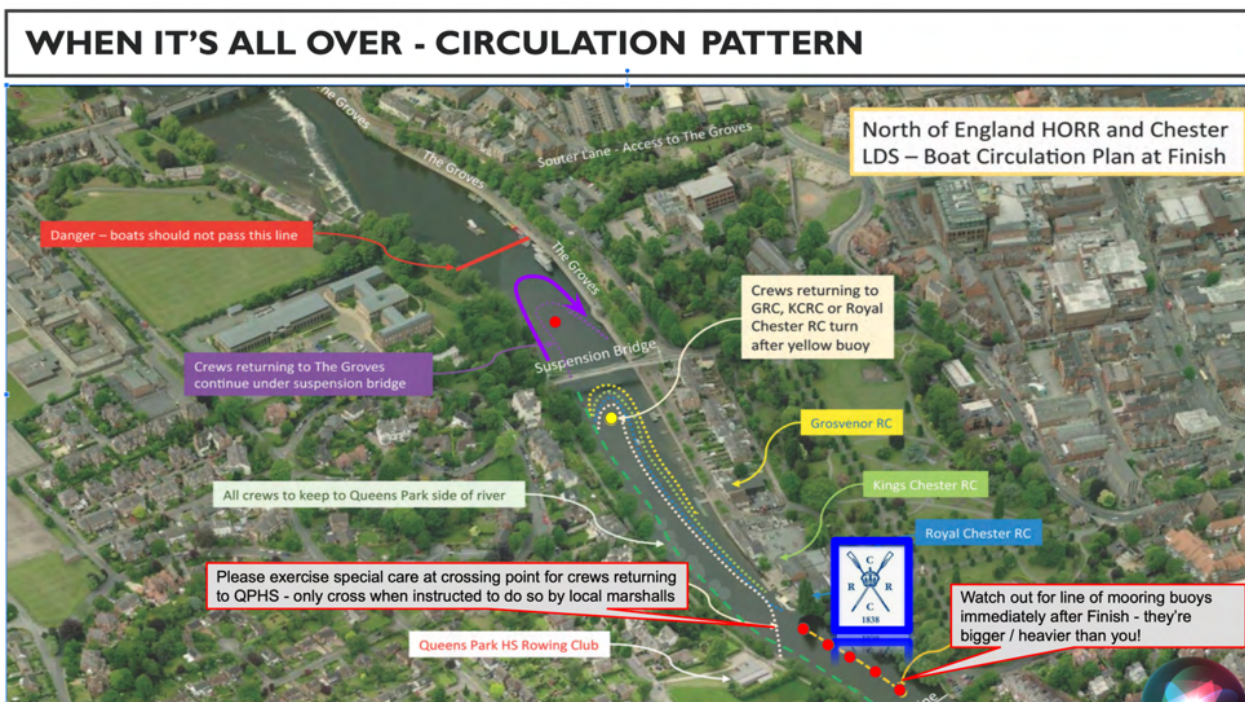
Once past the Red House pub, all crews must race on the Meadows side of the centreline of the river (i.e. cox's left /sculler's right. This is to avoid interaction with any commercial boats. There is agreement with Chester commercial boats that they will use the City / Huntington side of the river i.e. the opposite bank to the Meadows. There will be an Event Marshall stationed on these boats to advise the captain and to notify the Safety Officer/Chief Umpire of any incidents or near misses. This boat may be preceded by a pilot launch which will issue instructions to correct course if a collision is likely.

### 3.6 The Finish – Circulation and Disembarkation

The race finish is by the stone steps at the bottom of Dee Lane. There will be finish signs in place but no audible signals to competitors when crossing the finish. Once they have crossed the finish line competitors should switch to light pressure, but **must not stop** and instead continue paddling.

**Immediately downstream of the finish there is a line of large orange buoys on the Royal Chester Clubhouse side of the river. Competitors must take care not to collide with these buoys and are advised to be in the middle of the river as they cross the finish line.**

The **finish circulation pattern** to be followed by all competitors is given below.



After the finish, boats must continue on The Meadows (cox's left / scullers right) side of the river towards the Suspension bridge. Marshals in launches will instruct crews.

#### Hazard warning

There is a large weir just beyond the Suspension bridge. The weir is clearly marked by large yellow warning signs. Crews are advised not to paddle past the bandstand towards the weir.

#### Crews returning to the Groves

should spin shortly after the suspension bridge and paddle into the stages if it is clear to do so or if instructed by marshals. If the stage is full the crew should stay alert and ensure they maintain their position on the river and do not drift towards the weir.

Once at the stage crews should disembark swiftly and remove their boat ASAP.

### **Crews returning to Grosvenor (GRC), Kings School (KSRC), Royal Chester (RCRC) and Queen's Park (QPHS)**

should spin at the buoy at the Suspension Bridge, and proceed back to their respective stages. QPHS returning crews must obtain the permission of a marshal before crossing the river.

### **3.7 Complaints and appeals**

Complaints of interference must be registered with the chief umpire immediately after the race.

Appeals about timings must also be made to the chief umpire, immediately after publication of results. Time bonuses will not be awarded, but time penalties may be given.

The chief umpire may be contacted at Race Control located at the clubhouse, Royal Chester Rowing Club.

### **3.8 Spectators**

We have become aware that Severn Trent Water will close the footpath as shown in the image below (a little inconvenient as this is the final 300m stretch before a nail-biting finish).

We believe this still allows access to the Easterly barred area but, if spectators wish to go further upstream, they should revert to the Blue diversion. Sorry for any inconvenience





## **4.0 Results and Prizegiving**

### **4.1 Results**

Provisional results will be available at Royal Chester Rowing Club as soon as possible. Results will also be displayed at Queen's Park High School Rowing Club.

Results will be posted at [www.royalchester.org](http://www.royalchester.org) within 24 hours of the race.

### **4.2 Prize Giving**

Presentation of prizes will be at Royal Chester Rowing Club, presided over by our invited VIP guests from Civic and/or Athletic backgrounds

Please approach Royals via Dee Lane and avoid cutting through Kings School

Morning division prizegiving – assemble from 12:20 pm

Afternoon division prizegiving – assemble from 4:50 pm

Winners should present their British Rowing racing licence to race control at RCRC clubhouse to receive a ticket to be awarded with prizes. Competitors who are unable to or do not wish to attend the presentation may collect their prize from race control.

Please note medals will not be forwarded by post after the event.

Presentations may involve photographs being taken. If you do not wish to be photographed, please inform us in advance.

Prize giving will be visible / audible to those at QPHS but for prize winners (only), we will offer a 'ferry' service to save your legs!

## 5.0 Arrival and Parking

You'll be notified of your assigned boating location in the draw.

Boating locations have been assigned to ensure enough capacity at each location.

Please do not change to a different boating location without first obtaining agreement from the event organisers.

Please contact Event Leader, Graham Miller on 07852 189600 if you have a compelling need to change assigned boating area.

### 5.1 Approaching the City

Please approach Chester via the M56 (see note below) / M53 / A56 / A51 / A483 / A55 North Wales Expressway and use the relevant route below to reach the relevant parking area:

- Trailers & Cars dropping Off sculling boats: City side Boating Locations (Groves, Grosvenor, Kings, Royals) – enter via A41 / A51
- Trailers & Cars dropping off sculling boats at QPHS ONLY – enter via A483 (or alternative shown)
- Pedestrians: enter via A483 or use Park and Ride AFTER 9:30 (afternoon division only!)

**Note** – Please check ahead for any roadworks / other traffic delays, especially in respect of ongoing works on the M56 westbound.

**Key**

- Trailer arrival - City-side Boating (- suggest NOT pedestrians) →
- Trailer Arrival - QPHS Boating →
- Pedestrian arrival →
- Pedestrian arrival alternative (if A483 North busy - NO TRAILERS) →
- Park & Rides - after 9:30am →

**No Trailers, Buses, Articulated Lorries !!!**

## **5.2 Approaching Boating Locations – also see diagram in 5.4**

### **5.2.1 The Bandstand area – Dee Lane route (Trailers only)**

Follow the Dee Lane approach, past The Groves and under the Suspension bridge. Park on the road (not pavement) in line from the café at the mini roundabout back to the suspension bridge. Towing vehicles may stay at the Groves, in line with trailers.

### **5.2.2 The Groves\_Hickory's – Souters Lane route (Trailers and Cars dropping Off Sculling Boats)**

Follow the Souters Lane approach. Approach past the Roman Amphitheatre and turn down Souters Lane just before the City Walls to the riverside by Hickory's Smokehouse restaurant. Follow Marshalls' instructions at the roundabout

Trailers should be reversed into the Handbridge end of the Groves. Towing vehicles should be distributed in line with Marshalls' guidance

Boats may be assembled along the Groves. However, plenty of space must be left for vehicles (inc emergency access) to pass through the Groves. Additional space by Hickory's restaurant is provided between Souters Lane and Lower Bridge Street. Please follow instructions from marshals when parking vehicles and assembling / moving boats.

We only have limited capacity for parking permits at the Groves so, if there is insufficient room for cars carrying sculling boats to park at the Groves, such vehicles should drop off at the Groves Hickory's end and position their car at one of QPHS or Roodee car parks (both about 5 minutes' walk, but QPHS is cheaper!)

### **5.2.3 Parking permits at the Groves - General**

Important Note - Following discussions with our council, all tow vehicles parked at the Groves will be required to display a Parking Permit. Consequently, following the Draw and identification of your club's boating location, we will require Club representatives to submit their vehicle description and registration by Thursday 21 September to our Parking leader.

On arrival,

- For all AM vehicles arriving 6:30-9:30, you may collect a parking pass from the local parking volunteers

- Thereafter, and for PM only vehicles, please collect your parking pass from Race Control at Royals clubhouse

### **5.2.4 For trailers and cars carrying boats to Queens Park High School Rowing Club (QPHS)**

Follow the A483 Wrexham Road, Overleigh Road then Queens' Park Road. You

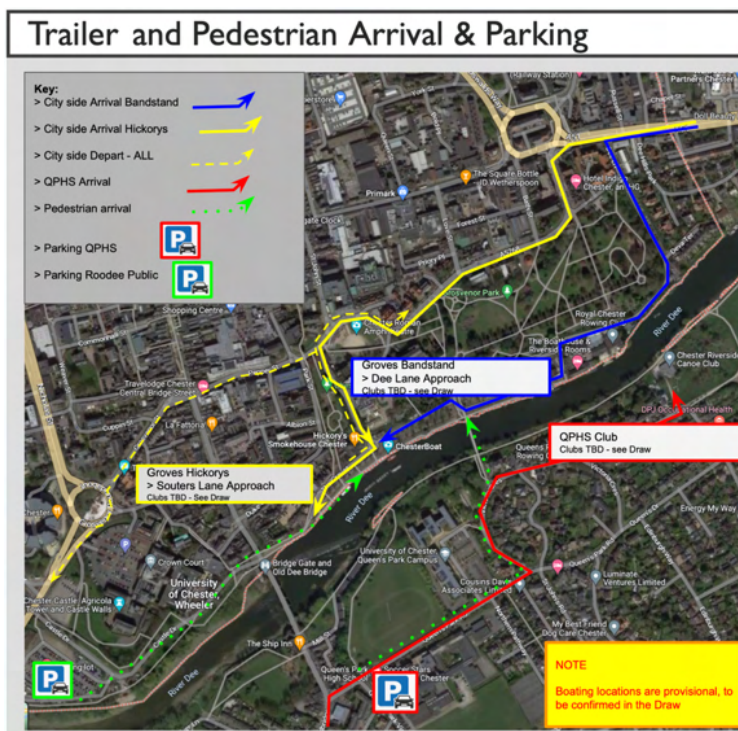
should avoid cutting through the city as you will face delays/congestion. Trailer parking is provided onsite at QPHS.

### 5.3 Parking For Pedestrians (competitors inc after dropping off sculling boat), spectators, and Royal Chester members / volunteers

Please refer to the map in 5.4 below

Note -- Parking adjacent to Royal Chester Rowing Club's clubhouse is reserved for safety support, umpires and other race officials only. On race day there is no car parking at Royal Chester Rowing Club or on The Groves for competitors, spectators or club members – please do not attempt to park here – it will slow down proceedings if it takes a place of an umpire or medical team!

### 5.4 Map -- The following diagram illustrates the preferred options:



Queens Park High School  
Queen's Park View, Handbridge, Chester, CH4 7AE  
What3words location: earth.dogs.leads  
Available: from 6:30am, £3 payment to school's PTA



## 6.0 Sponsors, Food and drink, local attractions & offers

### 6.1 Our sponsors

### 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 silverware .... A Big Thank you to our Sponsors who have made this possible - please use their businesses with our recommendation!

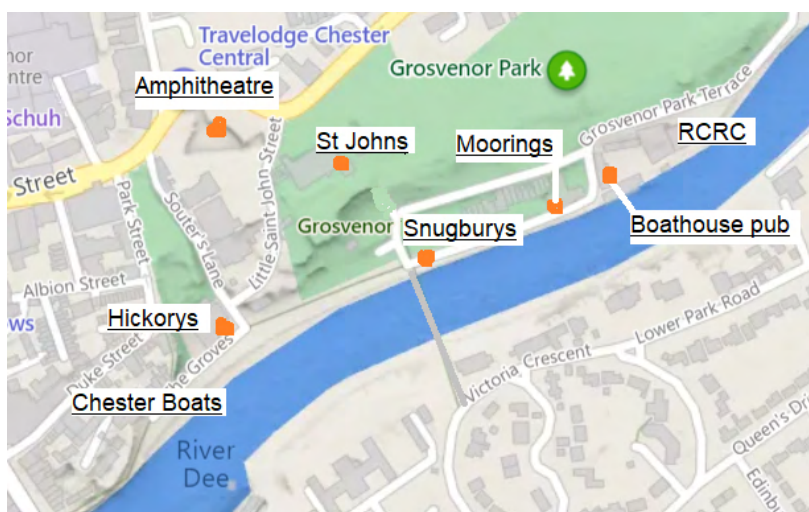
<p>General Display</p> 	<p><b>Open</b></p> <p>Fastest Senior (and above) man - Item 17 TH Clemence Challenge Cup</p> <p>[12:30pm Prizegiving]</p>  	<p><b>Womens</b></p> <p>Fastest Women</p> <p>[5:00pm Prizegiving]</p>   
 	<p><b>Senior / Master</b></p> <p>Fastest Junior Open The Frost Sculls aka Biglands Trophy</p> <p>[5:00pm Prizegiving]</p> 	<p><b>Junior</b></p> <p>Fastest Junior Woman Fairie Cup for Senior Sculls</p> <p>[12:30pm Prizegiving]</p>  

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!

### 6.2 Food and drink

Come and visit us at Royal Chester where our wonderful Junior parents will lay on beverages, traditional filling food from the barbeque, some healthy options, and a range of fruits as well as something for the sweeter tooth!

Or, visit one of our local businesses – see map below:



**Snugburys on the River -- 4-6 The Groves Chester**

**The Moorings -- 23 The Groves Chester**

**SPONSOR: Hickory's Smokehouse** -- The Groves, Souters Lane, Chester



Offering authentic tastes of the Deep South, Hickory's is a barbecue style restaurant located close to the Suspension Bridge and the Bandstand on The Groves.

Open 7 days a week until 11pm.

Brunch is served 11am-2pm and includes waffles with southern fried chicken, pancakes, smoothie bowls and breakfast muffins.

The main menu features Steaks, fajitas, three bean chilli, burgers, hot dogs, and Memphis-style ribs followed by Alabama chocolate fudge cake and table toasted campfire marshmallows – what's not to like?!

**The Boathouse Pub** -- 21, The Groves Chester

### 6.3 Local attractions

**Take a trip with family-owned business Chester Boats – on the Groves opposite Hickorys**

## 7.0 Other Information

### 7.1 Event photographer.

In the past, we have provided some action shots from during the race – however, uptake has been fairly lukewarm so we are unlikely to provide this year

However, we will aim to take photos of the prize-winners and make these available online.

So, If you win and expressly don't wish to have your photo taken, please inform us as soon as possible!