

Carrow Cup - Competitor information

1. Welcome

Carrow Cup is organised by Norwich Rowing Club (NRC) is for small boats and traditional craft, by invite only. It is not run under British Rowing rules. We hope you enjoy the day. Please feel free to give us feedback on the event.

Division 1 - short course 9.30am (if being run) / long course 9.45am

Division 2 (long course only) – 11.30am

Division 3 (long course only) – 1.30pm

The long course starts at Pulls Ferry and finishes near Broadland Paddle Sport / the bridge by the Rush Cutters pub – approx. 3.7km. The short course starts at Carrow Rail Bridge and finishes in the same place – approx. 2.5km.

2. Facilities

Changing, shower and toilet facilities are available at NRC (Whitlingham Boathouses) from 08:00. Hot drinks, breakfasts/rolls, mulled wine and cakes/mince pies will be available all day. Cash or card accepted.

3. Finding us (please refer to the map on page 5).

NRC address: Whitlingham Lane, Trowse, Norwich, NR14 8TR. Park all cars in the *Pay and Display* car parks located further along Whitlingham Lane beyond the NRC turning. **Only disabled visitors, trailers and cars with boats may drive down the track to the NRC clubhouse.** This track is also an emergency access route to the Whitlingham Outdoor Education Centre (WOEC) and must be kept clear for emergency vehicles.

Traditional crews launching from Carrow Yacht Club (Tarmac Asphalt Plant, Bracondale, Norwich NR1 2EG). Only towing vehicles can drive down to / park at the yacht club. Other vehicles to park in the Whitlingham pay and display car parks. Walk to NRC and ask at registration for someone to help ferry you across to the yacht club (or if no launches are available, please ferry yourselves across in your own boats). See the e-mail from Adrian Hodge for full instructions. Please moor up without obstructing the NRC safety launches or the boat launching area.

4. Registration

Registration from 08:00 in the gym. Race control is at the top of the stairs in the NRC Clubhouse. Crews will receive one empacher slot number and two paper numbers – one for warm up kit and one for race kit. **Payments in advance please, by the Weds before the race - £12 per seat (excl. coxes). Online transfer to Norwich Rowing Club; Account name: NRC events; 67282573 08-92-99 (use CREW NAME as reference).**

Traditional crews: Adrian Hodge 07990 970948 is your point of contact on the day and will collect all numbers and hand them out at Carrow Yacht Club or on the start line.

5. Marshals' briefing

All marshals must attend the race marshal's safety briefing at 08:00 in the Clubroom. Other competitors are welcome to attend.

6. Boating

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Boat Marshals may perform spot checks on heel restraints and bow balls prior to boating and assist with boating. All coxes to wear a lifejacket appropriate for either stern or bow-loaded positions. Crews boating from NRC must adhere to the boating schedule published on the final draw.

Traditional crews will boat from Carrow Yacht Club, or other pre-agreed location. Commence launching at the earliest opportunity and moor boats against the bank.

Latest boating times from NRC/Carrow Yacht Club: 09:15 for Division 1, 11:00 for Division 2 and 13:00 for Division 3. Crews boating from Yare/Thorpe must pass the Wensum/Yare junction (NRC) no later than 09:25 for division 1, 11:10 for division 2 and 13:05 for division 3. Please ensure you are at the start, in your marshalling position at least 5 minutes before the start time. Delay at the start may incur a time penalty.

7. Specific instructions for kayakers

K2 kayakers from NCC have been invited to race in div 1 as a trial. Kayakers to paddle up to the start before the rowers and assemble below Bishops Bridge. Please give priority to rowing crews at all times, and give them a wide berth if overtaking, as steering is more challenging for the rowers and there are a number of novice crews racing. Kayakers will be started 5 minutes after the last rowers so be prepared to wait – you can paddle up river beyond Bishops Bridge to keep warm, as long as you're back by 9.45am. Start in the order provided by Oli Rix, when called forwards one by one by the starters. Kayakers can overtake each other during racing but must not overtake any rowing boats before Carrow Road Bridge (the 5 minute gap should prevent kayakers catching rowers before that point). Follow NCC safety procedures at all times.

8. Navigation

The long course course has tight bends and narrow bridges. It is strongly recommended that all crews have practiced marshalling at the start, emergency stops and steering the course prior to the event – especially for novice and junior crews.

The river remains open during the day and normal rules of navigation apply. Crews are required to keep to the starboard/bowside bank unless directed by a marshal. Crews must take the safest overtaking line – this will usually be to the centre of the river. The crew being overtaken must move over to allow the faster crew to pass, if it is safe for them to do so. A time penalty will be awarded against any infringing boat.

THERE IS NO OVERTAKING FOR FINE BOATS BETWEEN THE LONG COURSE START AND CARROW ROAD BRIDGE AT LOCATION 3. Traditional boats (Division 2) may only overtake in this area if it is safe to do so and complies with navigation rules.

Be aware of the tight bend at location 1 just after the Nelson Hotel. It is advised that you paddle at an appropriate level while racing **even if this is light pressure**. You will lose more time by hitting the boats on the exit than negotiating the bend with care.

9. Clothing and Equipment

Please wear suitable clothing as you may be on the water for a considerable period. Your fancy dress must be safe to row in (could you swim if you capsized?) and your boat adornments must be securely fastened.

Trip hazards: Please keep the NRC landing clear of footwear. Store oars and blades at either end of the quayside, preferably on the scaffolding frames.

'CHECK, CLEAN, DRY' – for visiting crews

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The river is part of the Norfolk and Suffolk Broads, an internationally important wetland. It is important to prevent the transfer of non-native species to and from our waterways. Please clean and dry your boats before you travel to the event and before returning home.

10. Capsize

If you capsize stay with the boat and use it as a flotation device. Marshals and a rescue boat will support you as required. Following capsize please do not attempt to finish the race.

11. Emergencies

Managed by the Medical Officer, Emergency Co-ordinator, and Race Control. The medic will be located close to the finish line in a launch whilst racing is underway. Please see the Norwich Rowing Club website for the event emergency arrangements and local rules.

The emergency coordinators are: div 1 & 2 – Katherine Trehane/Pamela Turnbull 07969 026007; div 3 – Sarah Lister 07881 911800.

12. Marshalling – note changes owing to large number of entries

At the start: Crews should marshal upstream from the start at Pulls Ferry (long division), or Carrow railway bridge (short division) following the marshals' instructions. Long div: crews with even numbers on the Riverside Road bank (same side as the start team); odd numbers on the opposite side of the river. Line up in starting order **with the bows facing upstream (do not turn the boats)**. Short div: odd numbers on the Colman's factory side and even numbers on the opposite (turn the boats so you're ready to start). We will start the Long division soon after the short has left Carrow Railway Bridge. **Fine boats should turn one by one and move to the start at 15 second intervals, as directed by the start marshal** (there may be longer gaps to stop faster crews catching slower ones before Carrow Road Bridge).

The start is located at Pulls Ferry (long) or just on the exit of Carrow Railway Bridge (short).

Traditional boats may wish to moor upstream of Bishops Bridge for refreshment at the Red Lion pub before the race (check opening hours). Crews should be turned and ready to race, in race order upstream of Pulls Ferry, by 11.15am. Follow marshals' instructions to move to the start. All the traditional boats have been allocated handicaps according to their construction and type. **The exact start times have been calculated and should be adhered to the second.** This means that there may be long gaps (even minutes) between starts but this is intentional.

At the finish: Keep rowing to enable other crews to finish, and continue past Broadland paddlesports / ex-Broadland boathouse before turning at Frostbites sailing club. Return to YBC/NRC via the Old Cut (through the bridge next to the Rushcutters pub). Exit the Old Cut onto the main river with care, following marshals' instructions, as racing crews may still be on the course. **Traditional boats will not be marshalled on their return.**

13. Results

Available in the clubhouse as soon as possible after each division and uploaded to the NRC website within 2 days of the event www.norwichrowingclub.co.uk. The presentation for kayakers will be held as soon as possible after Division 1. The main (fine boat) presentation will be held in the clubroom after Division 3 (around 3.30pm).

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The presentation of the Bi-centenary trophy for traditional boats will be held on the riverbank at NRC immediately after division 2, as soon as the crews are back at NRC/Carrow Yacht Club (around 12:30pm). Crews wishing to attend should paddle straight back to the launching area (approx. 1.5km from the finish) and moor up on the NRC bank. Please don't block the boating area/channel or box in the launches as fine boats will be launching for division 3 at the same time.

Pots will be awarded to the winners of any category with at least 3 boats on the final draw, to the winner of the Carrow Cup (for the fastest coxed four) and to the winner of the Bi-centenary trophy.

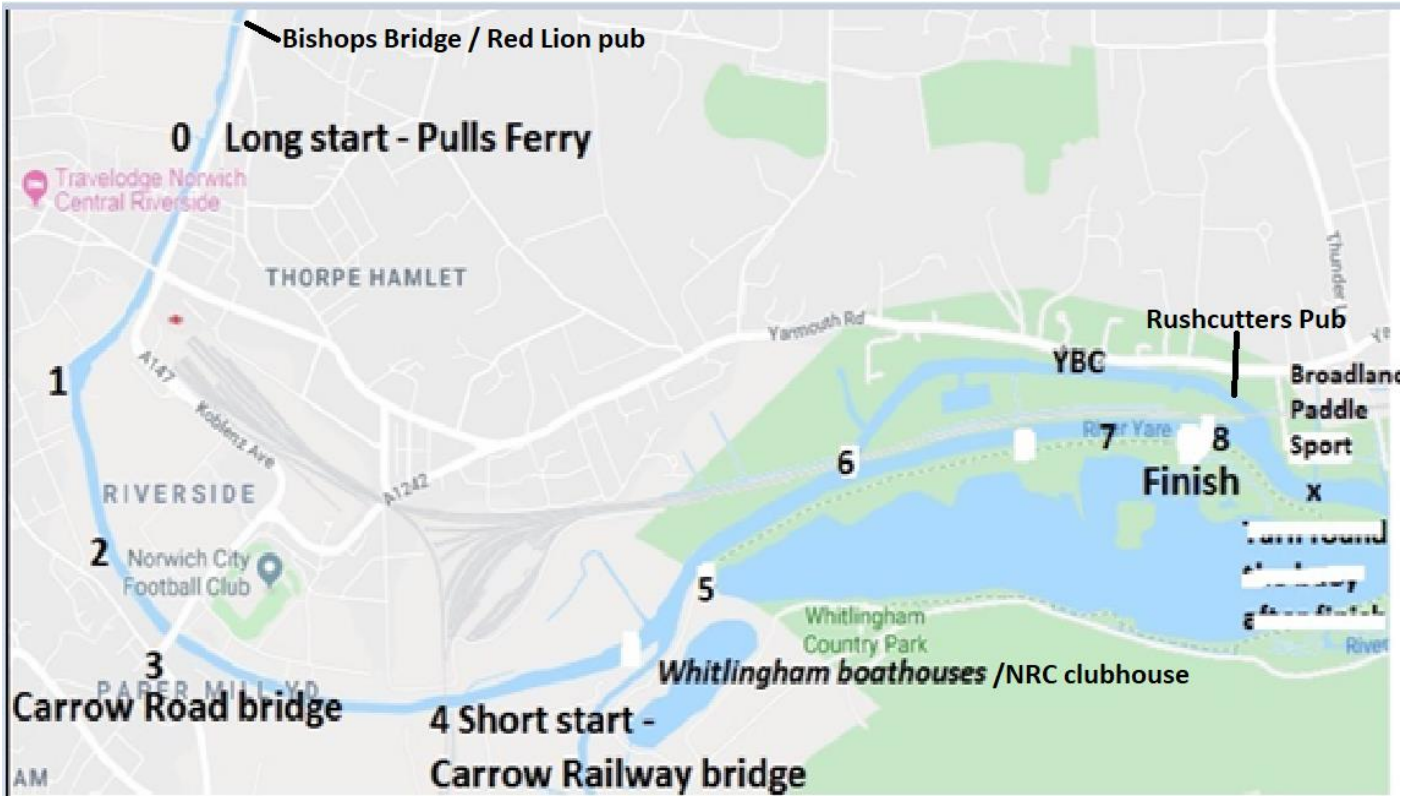
14. Additional rules for traditional boats

Traditional boats qualifying for the Bi-centenary trophy are coxed, have fixed seats and no outriggers. Other types of traditional craft may race but are not eligible for the trophy (we have had some interest from Cornish flash boats and may offer an alternative prize in future years). Adrian Hodge may amend this policy with agreement from the racing crews – contact him for more information.

Lifejackets / buoyancy aids: follow the rules of the class or club. Some require lifejackets in all circumstances (e.g. St Ayles skiffs), others require them to be readily to hand. Coxes should wear a lifejacket whatever the class/club rules. Anchors: even if required by class rules, anchors should not be carried during the race.

Notes on handicapping from Adrian Hodge: *Handicaps are calculated for each class of boat and modified by crew mix. Women rowers are given 10% time advantage. You may notice that some crews with lower handicap are scheduled to start after crews with higher handicap. This is because I include an age correction when calculating starting order, but not when calculating the handicap to be applied to the elapsed time.*

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Map showing *Norwich Rowing Club*, trailer and car parking facilities

Key -

- 1. Old NRC Clubhouse - no access or parking
- 2. Emergency access route – **NO PARKING**
- 3. Pay and Display Car Park
- 4. Pay and Display Car Park
- 5. Pay and Display Car Park
- 6. ~~Trailer parking~~
- 7. ~~Boat rigging area~~
- 8. ~~Pontoon for launching (Marshalled area)~~
- 9. Traditional boat launching (from Carrow Yacht Club)
- 10. The new Whitlingham Boathouse

