

Lagan Head of the River 2025
15th March

RACE

INFORMATION

including -

Steerers Instructions

Course Maps

Marshal Plans

Start Orders

Slipping Timetables

RACE 1 – 4200m Crews 1-35 - Start 1130

COXWAINS AND STEERERS INSTRUCTIONS

PLEASE READ CAREFULLY EVEN IF YOU HAVE ROWED LAGAN HEAD BEFORE

Race Numbers – FROM 0900 @ Belfast Rowing Club

Numbers will be sorted for one collection for each race. A Deposit of £20 (€20) is required for EACH CLUB for EACH RACE. The deposit will be returned to the club after ALL their numbers are returned after each race. Lost and/or damaged numbers will be charged £10 (€10) per item from the deposit (any extra charges will be invoiced to the club).

There will be a briefing prior to the race at 1000 at BRC, even though all instructions are contained within this document – it is your responsibility to ensure your coxes/steerers are familiar with this document and the instructions/rules therein – any queries to laganhead@gmail.com

Launching	Race 2 – from 1020
McConnell Pier	Race 2 – 1115 cut off time
Race Starts	Race 2 – 1130

The plastic number supplied at registration must be placed securely in the Empacher slot on the bows of all boats, If you lose it before the start or the finish shout your number clearly to the timing teams.

Launching

Note your allocated launching slip and time. Follow the instructions of the slip steward.

It is the responsibility of club captains/safety officers to carry out an adequate safety inspection prior to launching to ensure their boats conform to the safety regulations and that their coxes wear their buoyancy aids.

Slip stewards may check boats launching and those without heel restraints, bow balls or numbers slots or are considered unsafe, will not be allowed to launch and the crew will be disqualified unless the problem is rectified. Coxes must wear buoyancy aids.

Oars must be placed adjacent to the slip before launching. Final adjustments must be made after pushing off the stage. If you miss your slot you go to the back of the queue or on the slip steward's instruction take the place of a crew which has scratched.

BOATS SHOULD BE LAUNCHED WITH THE BOWS FACING DOWNSTREAM TOWARDS START

Proceeding to the start

Proceeding to the start

Rules of the River – KEEP TO THE Co. DOWN (bowside) bank on the way downstream.

Governor's Bridge	two right hand arches (as seen facing)
King's Bridge	two right hand arches (as seen facing)
Ormeau Bridge	two right hand arches (as seen facing)

Crews must be past the McConnell Pier by 1115 otherwise they will be disqualified and will have to return to the boat houses.

This point is non-negotiable and NO exceptions can be made for safety reasons.

Albert Bridge	right hand Co Down arch
Railway Bridge	second arch from right
Queen's Bridge	three right hand arches
Queen Elizabeth Bridge	MIDDLE ARCH ONLY
Lagan Weir	gate 4 only

Refer to the 'Start Plan' for detailed information on Marshalling pattern and where to wait prior to the start.

Marshalling in the start area

Circulate in an anti-clockwise direction, leaving the centre of the channel free AND LISTEN TO THE ADVICE OF THE MARSHALS. Take up position north of the Abercorn Basin as indicated on the enclosed Start Plan Map – make sure you get turned round and have your bows pointing upstream and are ready to move when called by the marshals. Depending on the prevailing wind, the marshals may advise you to line up on the opposite bank if there is more shelter there – listen out and if you are in any doubt use common sense.

There will be a launch below the start line, near the North Queens Island Beacon and crews are not allowed beyond this boat. **Listen to their instructions.**

10 minutes before the start you should be in the area on the map that corresponds with your race number. Crews 1-10 should be formed as shown on the plan and ready to move towards the start line only when the race has started and the crews in front have created space. Further down the line make sure you are not boxing in any lower numbered crews – if you are then get out of the way and let them through. Again, be ready to move.

The start team will be in a vehicle on the Co. Down bank beside the Odyssey Arena and there will be a **START** sign on the railings – look out for this.

5 minutes before the start the horn will sound TWICE, crews 1-10 must be in the area near the South Island Beacon (wooden structure near bank downstream of Abercorn basin) and pointing upstream, ready to race, and be ready to move over the start line close to the Co. Down Bank (Odyssey side). Crews 11-35 must listen to the Marshals and move when instructed.

Crews wilfully or persistently ignoring the instructions of the marshals will have a time penalty imposed.

RACE START - A SINGLE BLAST OF THE HORN will signal the race start.

Cross the start line close to the Odyssey Arena bank to ensure the timing team at the start can see your crew number.

The gap between boats crossing the start line should be 20-30 seconds.

Please be ready to move as soon as the crew at least 2 in front moves off. You may receive instruction from the marshal when to start.

LISTEN AT ALL TIMES TO ADVICE FROM THE MARSHALS

FINISH LINE

THE FINISH LINE IS AT THE FINISH POST OUTSIDE QUB BOAT HOUSE - KEEP TO THE CENTRE OF THE RIVER APPROACHING THE FINISH LINE - in order for the timing team to see your boat.

DO NOT STOP ON THE FINISH LINE – KEEP MOVING.

BOATS MUST CLEAR THE FINISH AREA QUICKLY AND PROCEED UPSTREAM

NO CREW IS TO STOP AND TURN UNTIL PAST LAGAN SCULLERS' CLUB and only when it is safe to do so.

Be aware of crews returning to QUB slipway which will be as close as possible to the boathouse side of the river and out of the way of crews winding down.

Crews blocking the course will be penalised. Clear the slips quickly.

Racing Rules

- 1. YOU MUST GIVE WAY TO FASTER CREWS BY MOVING OUT OF THEIR COURSE. CREWS IMPEDING FASTER CREWS WILL BE PENALISED.**
2. You must not attempt to pass a crew when close to a narrow arch.
3. When any collision or clash of oars occurs both crews will lose time badly. It is always better to avoid collisions, at the price of slowing or altering course whether you are right or wrong.
4. Cox and stroke in co-operation must be constantly aware of neighbouring crews and plan accordingly.
5. A head of the river is the greatest test of watermanship. A cox can lose the race for the crew by the lack of caution, over enthusiasm, or insistence on being right.

Remember - there are marshals along the entire course and you will receive a time penalty if you fail to comply with the racing rules

Results and Prize Distribution

Results will be available online Live on Webscorer, published on Facebook and at Belfast Rowing Club

There are no medals for events with less than three entries or single club entry

RACE 2 – 2700m Crews 101- 199 Start 1430

COXWAINS AND STEERERS INSTRUCTIONS

PLEASE READ CAREFULLY EVEN IF YOU HAVE ROWED LAGAN HEAD BEFORE

Race Numbers – FROM 0900 @ Belfast Rowing Club

Numbers will be sorted for one collection for each race. A Deposit of £20 (€20) is required for EACH CLUB for EACH RACE. The deposit will be returned to the club after ALL their numbers are returned after each race. Lost and/or damaged numbers will be charged £10 (€10) per item from the deposit (any extra charges will be invoiced to the club).

There will be a briefing prior to the race at 1300 at BRC, even though all instructions are contained within this document – **it is your responsibility to ensure your coxes/steerers are familiar with this document and the instructions/rules therein** – any queries to laganhead@gmail.com

Launching	Race 1 – from 1320 (check your allocated time on launching orders)
McConnell Pier	Race 1 - 1420 cut-off time
Race Starts	Race 1 - 1430

The plastic number supplied at registration must be placed securely in the Empacher slot on the bows of all boats, If you lose it before the start or the finish shout your number clearly to the timing teams.

Launching

Note your allocated launching slip and time. Follow the instructions of the slip steward.

It is the responsibility of club captains/safety officers to carry out an adequate safety inspection prior to launching to ensure their boats conform to the safety regulations and that their coxes wear their buoyancy aids.

Slip stewards may check boats launching and those without heel restraints, bow balls or numbers slots or are considered unsafe, will not be allowed to launch and the crew will be disqualified unless the problem is rectified. Coxes must wear buoyancy aids.

Oars must be placed adjacent to the slip before launching. Final adjustments must be made after pushing off the stage. If you miss your slot you go to the back of the queue or on the slip steward's instruction take the place of a crew which has scratched.

BOATS SHOULD BE LAUNCHED WITH THE BOWS FACING DOWNSTREAM TOWARDS START

Proceeding to the start

Rules of the River – KEEP TO THE Co. DOWN (bowside) bank on the way downstream.

Governor's Bridge	two right hand arches (as seen facing)
King's Bridge	two right hand arches (as seen facing)
Ormeau Bridge	two right hand arches (as seen facing)

Crews must be past the McConnell Pier by 1420 otherwise they will be disqualified and will have to return to the boat houses. This point is non-negotiable and NO exceptions can be made for safety reasons.

Albert Bridge	right hand Co Down arch
Railway Bridge	second arch from right

Queen's Bridge	DO NOT GO THROUGH
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CREWS COMPETING IN RACE 2 ARE NOT TO GO BEYOND THIS BRIDGE.

Marshalling in the start area

There will be marshals along the entire course recording numbers of crews who fail to comply with the rules of racing. If you fail to comply with the racing rules you will be reported to the Race Director who has the right to impose a time penalty.

Boats will turn upstream of the Queen's Bridge and marshal in the vicinity of the Railway Viaduct but not closer than 200 metres to the Albert Bridge with their bows pointing upstream. Check the details on the plan enclosed.

5 minutes before the start the horn will sound TWICE,

Respond immediately to any advice given by the Race Marshals in the launches – they have local knowledge and also the power to impose time penalties for failure to comply with the rules and advice laid out in these instructions.

RACE START - A SINGLE BLAST OF THE HORN will signal the race start.

Starting with crew Number 101, the crews will be called up by the Marshal and can begin to build up pressure as they pass under the right hand arch of the Albert Bridge.

The start line is 100 metres beyond the Albert Bridge and will be marked with the word 'START' on the railings by the walkway on the Co. Antrim bank. The gap between boats should be 10-20 seconds. Crews who leave a larger gap unless instructed by the marshal may be penalised. So you must be ready to move as soon as the crew in front moves off.

FINISH LINE

THE FINISH LINE IS AT THE FINISH POST OUTSIDE QUB BOAT HOUSE - KEEP TO THE CENTRE OF THE RIVER APPROACHING THE FINISH LINE - in order for the timing team to see your boat.

DO NOT STOP ON THE FINISH LINE – KEEP MOVING.

BOATS MUST CLEAR THE FINISH AREA QUICKLY AND PROCEED UPSTREAM

NO CREW IS TO STOP AND TURN UNTIL PAST LAGAN SCULLERS' CLUB and then only when it is safe to do so.

Be aware of crews returning to QUB slipway which will be as close as possible to the boathouse side of the river and out of the way of crews winding down.

Crews blocking the course will be penalised. Clear the slips quickly because of the short turn around time between races.

Racing Rules

- 1. YOU MUST GIVE WAY TO FASTER CREWS BY MOVING OUT OF THEIR COURSE. CREWS IMPEDING FASTER CREWS WILL BE PENALISED.**
2. You must not attempt to pass a crew when close to a narrow arch.
3. When any collision or clash of oars occurs both crews will lose time badly. It is always better to avoid collisions, at the price of slowing or altering course whether you are right or wrong.
4. Cox and stroke in co-operation must be constantly aware of neighbouring crews and plan accordingly.
5. A head of the river is the greatest test of watermanship. A cox can lose the race for the crew by the lack of caution, over enthusiasm, or insistence on being right.

Remember - there are marshals along the entire course and you will receive a time penalty if you fail to comply with the racing rules.

Results and Prize Distribution

Results will be available online Live on Webscorer, published on Facebook and at Belfast Rowing Club

There are no medals for events with less than three entries.

Refreshments

It is planned to have tea/coffee, bacon rolls, sandwiches, snacks etc available at Belfast Rowing Club all day. **Due to refurbishment, upstairs Toilets in club will not be available. Portable toilets will be available outside.**

Lagan Head of the River is organised by **Belfast Rowing Club**

with assistance from **Queens University Boat Club, Methodist College Rowing Club, Lagan Scullers Club, RBAI Rowing Club and Belfast Boat Club**

and the following organisations –

Belfast Harbour Commissioners

Department for Communities

Community Rescue Service

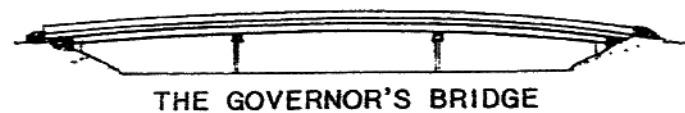
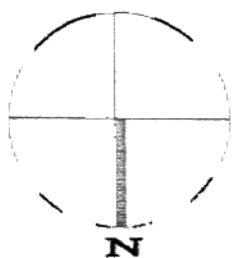
Powerhouse Sport

Lagan Head of the River

Race 1
1130

BRIDGES

The Bridges are as seen when racing and are not drawn to scale.



THE GOVERNOR'S BRIDGE



KING'S BRIDGE



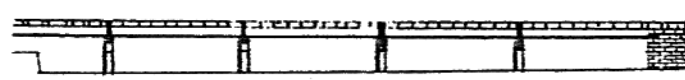
ORMEAU BRIDGE



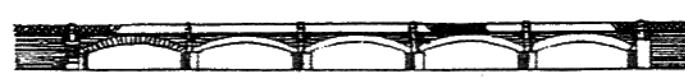
McCONNELL PIER



ALBERT BRIDGE



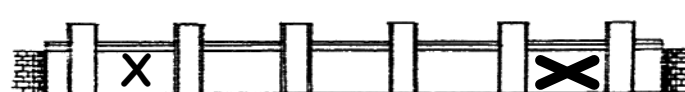
RAILWAY VIADUCT



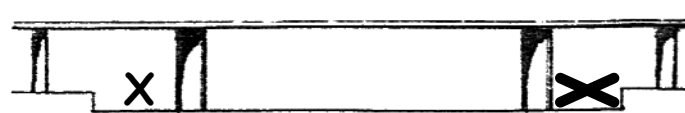
QUEEN'S BRIDGE



QUEEN ELIZABETH BRIDGE



LAGAN WEIR



LAGAN & DARGAN BRIDGES

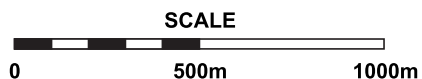
Co. DOWN

Co. ANTRIM

START

FINISH

SEE START PLAN FOR MORE DETAILS



Abercorn Basin

Queen's Island
Albert Quay

Ravenhill Reach
Aystreid
Cromac Springs

Queen's Quay
Donegal Quay

Hauler's Way

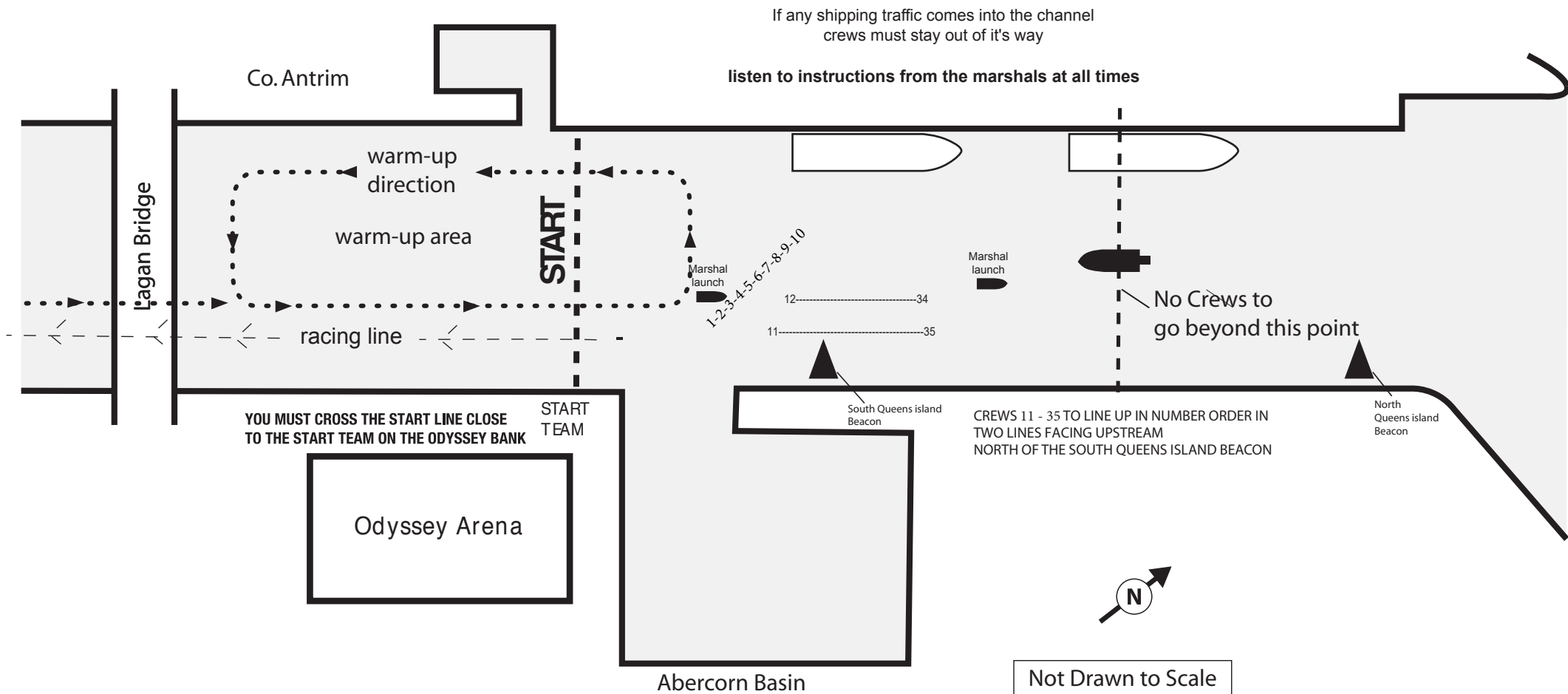
DBC
BRC
RBAI
NCB
Cutters Wharf
QUB

Please note the **WARM-UP CIRCULATION PATTERN** and marshalling area
Once over the Lagan Weir, keep to the Co. Down Bank (Odyssey Arena side)
and circulate **ANTI-CLOCKWISE** - only if you have time to do so.
OR move straight to your position below the start line

Lagan Head of the River Race 1 - start 1130

Crews should be in position at least 10 minutes before race start

5 MINUTES BEFORE START - HORN WILL SOUND TWICE
START - HORN WILL SOUND ONCE



RACE 1 – 1130 - LAUNCHING ORDER

BBC Slipway

Crew No.	Event Name	Crew name	ID/class	Slip Time
8	Mens J18A 4X-	Bann		1040-1050
16	Mens Masters 8+	Bann (c 392)		1040-1050
25	Mens Club 1 4X+	Newry		1040-1050
27	Womens Masters 8+	Bann (c 362)		1040-1050
28	Womens Masters 8+	Commercial / OCBC / Offaly / Tribesmen / Belfast BC (d 419)		1030-1040
33	Womens Masters 4X-	Portadown (c 183)		1030-1040
34	Womens Masters 4X-	Belfast BC / Portadown (f 243)		1030-1040

RED FLAG at McCONNELL PIER 1115

RACE START – 1130

It is the responsibility of club captains/safety officers to carry out an adequate safety inspection prior to launching to ensure their boats conform to the safety regulations and that their coxes wear their buoyancy aids.

Boats must be inspected and those without heel restraints, bow balls or numbers slots are considered unsafe, should not be allowed to launch and the crew will be disqualified unless the problem is rectified. Coxes *must* wear buoyancy aids. This check must be carried out before taking your boat to the slipway. The race organisers will carry out spot checks and any boats deemed to be in breach of the safety regulations will not be permitted to launch.

Crews must leave their oars close by the slipway before putting their boat on the water. The above launching times will be strictly adhered to and any crew failing to launch on time will be put to the back. Crews causing unnecessary delays on the slipways may incur time penalties at the discretion of the slip stewards.

RACE 1 – 1130 - LAUNCHING ORDER

BRC/RBAI Slipway

Crew No.	Event Name	Crew name	Slip Time
4	Mens Club 1 8+	Belfast RC	1040-1050
9	Mens J18A 4X-	CGS	1040-1050
10	Mens J18A 4X-	RBAI	1040-1050
17	Mens Masters 8+	Belfast BC / Belfast RC (e 474)	1040-1050
18	Mens Masters 8+	Belfast RC (f 485)	1040-1050
24	Womens J18A 4X-	Sligo	1040-1050
26	Mens J16 8+	RBAI	1030-1030
29	Womens Masters 8+	Belfast RC (d 429)	1030-1040
30	Womens Masters 8+	Portora (e 443)	1030-1040
31	Womens Club 1 4X+	Sligo A	1030-1040
32	Womens Club 1 4X+	Sligo B	1030-1040

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RACE START – 1130

It is the responsibility of club captains/safety officers to carry out an adequate safety inspection prior to launching to ensure their boats conform to the safety regulations and that their coxes wear their buoyancy aids.

Boats must be inspected and those without heel restraints, bow balls or numbers slots are considered unsafe, should not be allowed to launch and the crew will be disqualified unless the problem is rectified. Coxes *must* wear buoyancy aids. This check must be carried out before taking your boat to the slipway. The race organisers will carry out spot checks and any boats deemed to be in breach of the safety regulations will not be permitted to launch.

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RACE 1 – 1130 - LAUNCHING ORDER

LSC Slipway

Crew No.	Event Name	Crew name		Slip Time
12	Mens Masters 4X-	Lagan A (c 186)		1040-1050
13	Mens Masters 4X-	Lagan B (e 233)		1040-1050
35	Womens Masters 4X-	Lagan (f 247)		1030-1040

RED FLAG at McCONNELL PIER 1115

RACE START – 1130

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Boats must be inspected and those without heel restraints, bow balls or numbers slots are considered unsafe, should not be allowed to launch and the crew will be disqualified unless the problem is rectified. Coxes *must* wear buoyancy aids. This check must be carried out before taking your boat to the slipway. The race organisers will carry out spot checks and any boats deemed to be in breach of the safety regulations will not be permitted to launch.

Crews must leave their oars close by the slipway before putting their boat on the water. The above launching times will be strictly adhered to and any crew failing to launch on time will be put to the back. Crews causing unnecessary delays on the slipways may incur time penalties at the discretion of the slip stewards.

RACE 1 1130 - LAUNCHING ORDER

MCB Slipway

Crew No.	Event Name	Crew name	ID/class	Slip Time
3	Mens J18A 8+	Methodist		1040-1050
11	Mens J18A 4X-	Methodist		1040-1050
20	Womens Senior 4-	Methodist		1030-1040
23	Womens J18A 4X-	Methodist		1030-1040

RED FLAG at McCONNELL PIER 1115

RACE START – 1130

It is the responsibility of club captains/safety officers to carry out an adequate safety inspection prior to launching to ensure their boats conform to the safety regulations and that their coxes wear their buoyancy aids.

Boats must be inspected and those without heel restraints, bow balls or numbers slots are considered unsafe, should not be allowed to launch and the crew will be disqualified unless the problem is rectified. Coxes *must* wear buoyancy aids. This check must be carried out before taking your boat to the slipway. The race organisers will carry out spot checks and any boats deemed to be in breach of the safety regulations will not be permitted to launch.

Crews must leave their oars close by the slipway before putting their boat on the water. The above launching times will be strictly adhered to and any crew failing to launch on time will be put to the back. Crews causing unnecessary delays on the slipways may incur time penalties at the discretion of the slip stewards.

RACE 1 – 1130 - LAUNCHING ORDER

QUB Slipway

Crew No.	Event Name	Crew name	ID/class	Slip Time
1	Mens Senior 4X-	QUBBC A		1040-1050
2	Mens Senior 4X-	QUBBC B		1040-1050
5	Mens Club 1 8+	QUBBC A		1040-1050
6	Mens Club 1 8+	QUBBC B		1030-1040
7	Mens Senior 4-	QUBBC		1030-1040
14	Womens Senior 4X-	QUBLBC A		1030-1040
15	Womens Senior 4X-	QUBLBC B		1020-1030
19	Mens Masters 8+	LVBC (h 588)		1020-1030
21	Womens Senior 4-	QUBLBC		1020-1030
22	Womens Club 1 8+	QUBLBC		1020-1030

RED FLAG at McCONNELL PIER 1115

RACE START – 1130

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Boats must be inspected and those without heel restraints, bow balls or numbers slots are considered unsafe, should not be allowed to launch and the crew will be disqualified unless the problem is rectified. Coxes *must* wear buoyancy aids. This check must be carried out before taking your boat to the slipway. The race organisers will carry out spot checks and any boats deemed to be in breach of the safety regulations will not be permitted to launch.

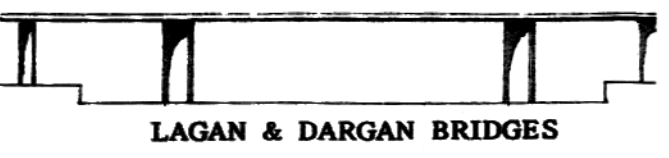
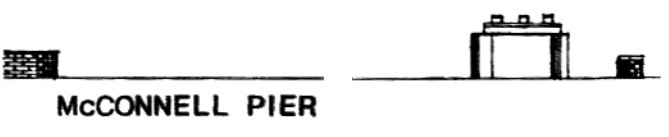
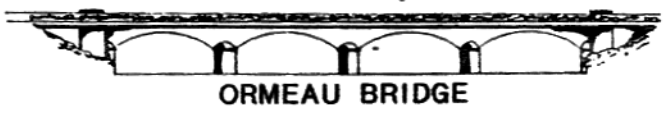
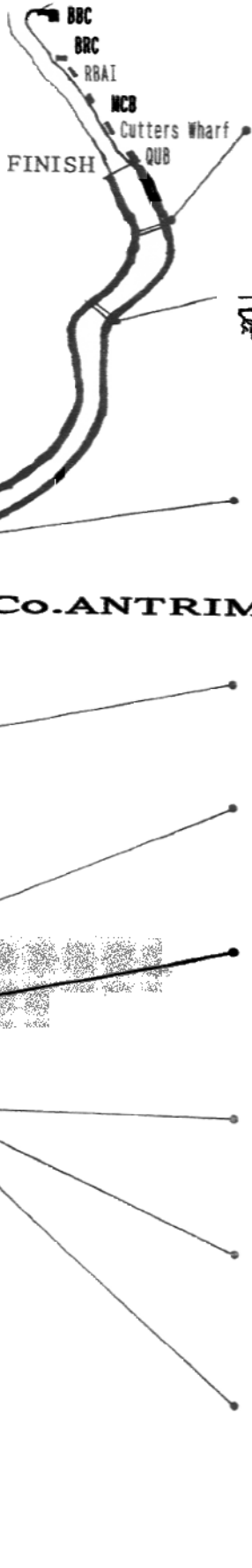
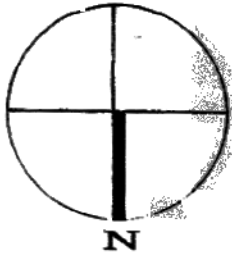
Crews must leave their oars close by the slipway before putting their boat on the water. The above launching times will be strictly adhered to and any crew failing to launch on time will be put to the back. Crews causing unnecessary delays on the slipways may incur time penalties at the discretion of the slip stewards.

Lagan Head of the River

Race 2
1430

BRIDGES

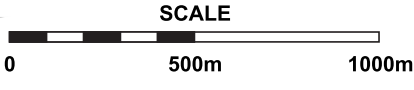
the bridges are as seen when racing and are not drawn to scale



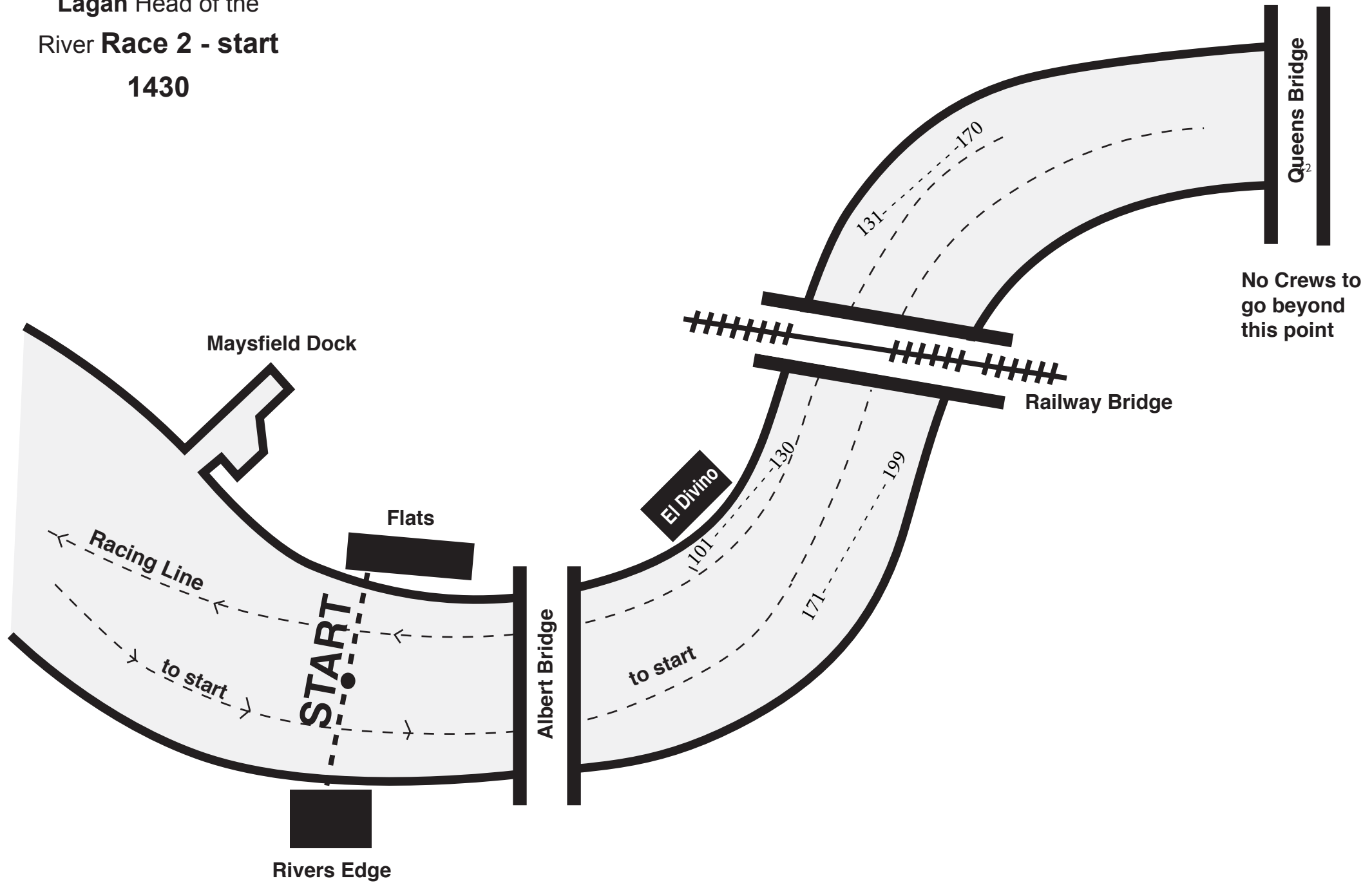
START
See detailed Start map

DO NOT GO BEYOND THIS BRIDGE

Abercorn Basin
Queen's Island
Albert Quay
740m
START



Lagan Head of the
River **Race 2 - start**
1430



RACE 2 – 1430 - LAUNCHING ORDER

BBC Slipway

Crew No.	Event Name	Crew name	Slip Time
113	Mens J18A 2X	Bann	1350-1400
118	Womens J18A 4X-	Portadown	1350-1400
131	Mens Club 1 1X	Bann	1350-1400
133	Mens J16 2X	Portadown A	1350-1400
134	Mens J16 2X	Bann	1350-1400
135	Mens J16 2X	Portadown B	1350-1400
137	Mens J18A 1X	Newry	1350-1400
141	Mens J18A 1X	Portadown	1350-1400
142	Mens J18A 1X	Bann	1350-1400
146	Womens Club 2 4X+	Newry	1340-1350
147	Womens Club 1 2X	Portadown	1340-1350
154	Womens Senior 1X	Bann	1340-1350
160	Mens J15 4X+	Bann	1340-1350
163	Womens Masters 2X	Newry (e 111)	1340-1350
164	Womens Masters 2X	Belfast BC (h 140)	1340-1350
166	Womens J16 4X+	Bann	1340-1350
171	Mens J15 2X	Newry	1340-1350
173	Mens J14 4X+	Newry	1340-1350
175	Mens J14 4X+	Bann	1340-1350
176	Mens Masters 1X	Portadown (c)	1340-1350
189	Womens J18A 1X	Portadown	1330-1340
191	Womens Masters 1X	Portadown (d)	1330-1340
193	Womens J16 2X	Newry	1330-1340
196	Womens J15 4X+	Newry	1330-1340
198	Womens J14 4X+	Bann	1330-1340
199	Womens J15 2X	Portadown	1330-1340

RED FLAG at McCONNELL PIER 1420

RACE START – 1430

It is the responsibility of club captains/safety officers to carry out an adequate safety inspection prior to launching to ensure their boats conform to the safety regulations and that their coxes wear their buoyancy aids.

Boats must be inspected and those without heel restraints, bow balls or numbers slots are considered unsafe, should not be allowed to launch and the crew will be disqualified unless the problem is rectified. Coxes *must* wear buoyancy aids. This check must be carried out before taking your boat to the slipway. The race organisers will carry out spot checks and any boats deemed to be in breach of the safety regulations will not be permitted to launch.

Crews must leave their oars close by the slipway before putting their boat on the water.

The above launching times will be strictly adhered to and any crew failing to launch on time will be put to the back. Crews causing unnecessary delays on the slipways may incur time penalties at the discretion of the slip stewards.

RACE 2 – 1430 - LAUNCHING ORDER

BRC Slipway

Crew No.	Event Name	Crew name	ID/class	Slip Time
105	Mens Club 1 2X	CGS		1350-1400
109	Mens Club 1 2X	Belfast RC		1350-1400
110	Mens Club 1 2X	Sligo		1350-1400
114	Mens J18A 2X	CGS		1350-1400
117	Womens Club 2 8+	Sligo		1350-1400
120	Womens J18A 4X+	CGS		1350-1400
121	Mens Masters 4+	Belfast RC (g 268)		1350-1400
122	Womens Club 1 4+	Belfast RC		1350-1400
130	Mens Club 1 1X	RBAI		1350-1400
132	Mens J18A 4X+	RBAI		1340-1350
136	Mens J16 2X	CGS		1340-1350
138	Mens J18A 1X	Sligo		1340-1350
143	Womens Senior 2-	Belfast RC		1340-1350
148	Womens Club 1 2X	Belfast RC A		1340-1350
151	Womens Club 1 2X	Belfast RC B		1340-1350
155	Womens Masters 4X+	Belfast RC (c 198)		1340-1350
156	Womens Masters 4X+	Portora A (d 206)		1340-1350
157	Womens Masters 4X+	Portora B (f 242)		1340-1350
159	Mens J15 4X+	RBAI		1340-1350
161	Mens J15 4X+	CGS		1340-1350
165	Womens J18A 4X+	Belfast RC		1340-1350
167	Womens J16 4X+	CGS		1340-1350
168	Womens J16 4X+	Sligo		1340-1350
170	Mens J15 2X	CGS		1330-1340
172	Mens J15 2X	Sligo		1330-1340
180	Womens Club 1 1X	Sligo		1330-1340
182	Womens J18A 1X	Sligo		1330-1340
183	Womens J18A 1X	Sligo		1330-1340
184	Womens J18A 1X	Sligo		1330-1340
185	Womens J18A 1X	Sligo		1330-1340
186	Womens J18A 1X	Sligo		1330-1340
187	Womens J18A 1X	CGS		1330-1340
190	Womens J18A 1X	Sligo		1320-1330
194	Womens J15 4X+	CGS		1320-1330

RED FLAG at McCONNELL PIER 1420

RACE START – 1430

It is the responsibility of club captains/safety officers to carry out an adequate safety inspection prior to launching to ensure their boats conform to the safety regulations and that their coxes wear their buoyancy aids.

Boats must be inspected and those without heel restraints, bow balls or numbers slots are considered unsafe, should not be allowed to launch and the crew will be disqualified unless the problem is rectified. Coxes *must* wear buoyancy aids. This check must be carried out before taking your boat to the slipway. The race organisers will carry out spot checks and any boats deemed to be in breach of the safety regulations will not be permitted to launch.

Crews must leave their oars close by the slipway before putting their boat on the water.

The above launching times will be strictly adhered to and any crew failing to launch on time will be put to the back. Crews causing unnecessary delays on the slipways may incur time penalties at the discretion of the slip stewards.

RACE 2 – 1430 - LAUNCHING ORDER

LSC Slipway

Crew No.	Event Name	Crew name	ID/class	Slip Time
106	Mens Club 1 2X	Lagan		1350-1400
115	Mens J18A 2X	Lagan		1350-1400
127	Mens Senior 1X	Lagan		1350-1400
145	Mens Masters 2X	Lagan / LVBC (j 164)		1350-1400
162	Womens Masters 2X	Lagan (e 116)		1340-1350
177	Mens Masters 1X	Bann (f)		1340-1350
178	Mens Masters 1X	Tribesmen (g)		1340-1350

RED FLAG at McCONNELL PIER 1420

RACE START – 1430

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RACE 2 – 1430 - LAUNCHING ORDER

MCB Slipway

Crew No.	Event Name	Crew name	ID/class	Slip Time
116	Mens J16 4X+	Methodist		1350-1400
125	Womens J18A 2X	Methodist		1350-1400
144	Womens J18A 2-	Methodist		1350-1400
158	Mens J15 4X+	Methodist A		1350-1400
169	Mens J15 4X+	Methodist B		1340-1350
174	Mens J14 4X+	Methodist		1340-1350
179	Womens Club 1 1X	Methodist		1340-1350
188	Womens J18A 1X	Methodist		1340-1350
192	Womens J16 2X	Methodist		1330-1340
195	Womens J15 4X+	Methodist A		1330-1340
197	Womens J15 4X+	Methodist B		1330-1340

RED FLAG at McCONNELL PIER 1420

RACE START – 1430

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RACE 2 – 1430 - LAUNCHING ORDER

QUB Slipway

Crew No.	Event Name	Crew name	ID/class	Slip Time
101	Mens Senior 2X	QUBBC		1350-1400
102	Mens Club 1 4+	QUBBC		1350-1400
103	Mens Senior 2-	QUBBC A		1350-1400
104	Mens Senior 2-	QUBBC B		1350-1400
107	Mens Club 1 2X	QUBBC A		1350-1400
108	Mens Club 1 2X	QUBBC B		1350-1400
111	Mens Club 1 2X	QUBBC C		1350-1400
112	Mens Club 1 2X	QUBBC D		1350-1400
119	Womens Senior 2X	QUBLBC		1350-1400
123	Womens Club 1 4+	QUBLBC A		1340-1350
124	Womens Club 1 4+	QUBLBC B		1340-1350
126	Mens Senior 1X	QUBBC		1340-1350
128	Mens Club 1 1X	QUBBC		1340-1350
129	Mens Club 1 1X	QUBBC		1340-1350
139	Mens J18A 1X	QUBBC		1340-1350
140	Mens J18A 1X	QUBBC		1340-1350
149	Womens Club 1 2X	QUBLBC A		1340-1350
150	Womens Club 1 2X	QUBLBC B		1340-1350
152	Mens Novice 4X+	QUBBC A		1330-1340
153	Mens Novice 4X+	QUBBC B		1330-1340
181	Womens Club 1 1X	QUBLBC		1330-1340

RED FLAG at McCONNELL PIER 1420

RACE START – 1430

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Lagan Head of the River - Race 1 -Saturday 15th March 2025 at 1130

Start Order

Crew No	Club	Class	Category
1	QUBBC A	Mens Senior 4X-	
2	QUBBC B	Mens Senior 4X-	
3	Methodist	Mens J18A 8+	
4	Belfast RC	Mens Club 1 8+	
5	QUBBC A	Mens Club 1 8+	
6	QUBBC B	Mens Club 1 8+	
7	QUBBC	Mens Senior 4-	
8	Bann	Mens J18A 4X-	
9	CGS	Mens J18A 4X-	
10	RBAI	Mens J18A 4X-	
11	Methodist	Mens J18A 4X-	
12	Lagan A	Mens Masters 4X-	(c 186)
13	Lagan B	Mens Masters 4X-	(e 233)
14	QUBLBC A	Womens Senior 4X-	
15	QUBLBC B	Womens Senior 4X-	
16	Bann	Mens Masters 8+	(c 392)
17	Belfast BC / Belfast RC	Mens Masters 8+	(e 474)
18	Belfast RC	Mens Masters 8+	(f 485)
19	LVBC	Mens Masters 8+	(h 588)
20	Methodist	Womens Senior 4-	
21	QUBLBC	Womens Senior 4-	
22	QUBLBC	Womens Club 1 8+	
23	Methodist	Womens J18A 4X-	
24	Sligo	Womens J18A 4X-	
25	Newry	Mens Club 1 4X+	
26	RBAI	Mens J16 8+	
27	Bann	Womens Masters 8+	(c 362)
28	Commercial / OCBC / Offaly / Tribesmen / Be	Womens Masters 8+	(d 419)
29	Belfast RC	Womens Masters 8+	(d 429)
30	Portora	Womens Masters 8+	(e 443)
31	Sligo A	Womens Club 1 4X+	
32	Sligo B	Womens Club 1 4X+	
33	Portadown	Womens Masters 4X-	(c 183)
34	Belfast BC / Portadown	Womens Masters 4X-	(f 243)
35	Lagan	Womens Masters 4X-	(f 247)

Lagan Head of the River - Race 2 -Saturday 15th March 2025 at 1430

Start Order

Crew No	Club	Class	Sculler/Category
101	QUBBC	Mens Senior 2X	
102	QUBBC	Mens Club 1 4+	
103	QUBBC A	Mens Senior 2-	
104	QUBBC B	Mens Senior 2-	
105	CGS	Mens Club 1 2X	
106	Lagan	Mens Club 1 2X	
107	QUBBC A	Mens Club 1 2X	
108	QUBBC B	Mens Club 1 2X	
109	Belfast RC	Mens Club 1 2X	
110	Sligo	Mens Club 1 2X	
111	QUBBC C	Mens Club 1 2X	
112	QUBBC D	Mens Club 1 2X	
113	Bann	Mens J18A 2X	
114	CGS	Mens J18A 2X	
115	Lagan	Mens J18A 2X	
116	Methodist	Mens J16 4X+	
117	Sligo	Womens Club 2 8+	
118	Portadown	Womens J18A 4X-	
119	QUBLBC	Womens Senior 2X	
120	CGS	Womens J18A 4X+	
121	Belfast RC	Mens Masters 4+	(g 268)
122	Belfast RC	Womens Club 1 4+	
123	QUBLBC A	Womens Club 1 4+	
124	QUBLBC B	Womens Club 1 4+	
125	Methodist	Womens J18A 2X	
126	QUBBC	Mens Senior 1X	H Moore
127	Lagan	Mens Senior 1X	L Watts
128	QUBBC	Mens Club 1 1X	B Weis
129	QUBBC	Mens Club 1 1X	S Netherton
130	RBAI	Mens Club 1 1X	M Grant
131	Bann	Mens Club 1 1X	Z Shaw
132	RBAI	Mens J18A 4X+	
133	Portadown A	Mens J16 2X	
134	Bann	Mens J16 2X	
135	Portadown B	Mens J16 2X	
136	CGS	Mens J16 2X	
137	Newry	Mens J18A 1X	D Kearney
138	Sligo	Mens J18A 1X	E Cradock
139	QUBBC	Mens J18A 1X	N Owens
140	QUBBC	Mens J18A 1X	R McElhinney
141	Portadown	Mens J18A 1X	H Edwards
142	Bann	Mens J18A 1X	T Patterson
143	Belfast RC	Womens Senior 2-	
144	Methodist	Womens J18A 2-	
145	Lagan / LVBC	Mens Masters 2X	(j 164)

146	Newry	Womens Club 2 4X+	
147	Portadown	Womens Club 1 2X	
148	Belfast RC A	Womens Club 1 2X	
149	QUBLBC A	Womens Club 1 2X	
150	QUBLBC B	Womens Club 1 2X	
151	Belfast RC B	Womens Club 1 2X	
152	QUBBC A	Mens Novice 4X+	
153	QUBBC B	Mens Novice 4X+	
154	Bann	Womens Senior 1X	K Shirlow
155	Belfast RC	Womens Masters 4X+	(c 198)
156	Portora A	Womens Masters 4X+	(d 206)
157	Portora B	Womens Masters 4X+	(f 242)
158	Methodist A	Mens J15 4X+	
159	RBAI	Mens J15 4X+	
160	Bann	Mens J15 4X+	
161	CGS	Mens J15 4X+	
162	Lagan	Womens Masters 2X	(e 116)
163	Newry	Womens Masters 2X	(e 111)
164	Belfast BC	Womens Masters 2X	(h 140)
165	Belfast RC	Womens J18A 4X+	
166	Bann	Womens J16 4X+	
167	CGS	Womens J16 4X+	
168	Sligo	Womens J16 4X+	
169	Methodist B	Mens J15 4X+	
170	CGS	Mens J15 2X	
171	Newry	Mens J15 2X	
172	Sligo	Mens J15 2X	
173	Newry	Mens J14 4X+	
174	Methodist	Mens J14 4X+	
175	Bann	Mens J14 4X+	
176	Portadown	Mens Masters 1X	(c) T Marriott
177	Bann	Mens Masters 1X	(f) G Bones
178	Tribesmen	Mens Masters 1X	(g) G Murphy
179	Methodist	Womens Club 1 1X	N Flynn
180	Sligo	Womens Club 1 1X	K McEnroe
181	QUBLBC	Womens Club 1 1X	D Crawford
182	Sligo	Womens J18A 1X	L Dolan
183	Sligo	Womens J18A 1X	S Walsh
184	Sligo	Womens J18A 1X	E Walsh
185	Sligo	Womens J18A 1X	A Glacken
186	Sligo	Womens J18A 1X	E Lineen
187	CGS	Womens J18A 1X	E Campbell
188	Methodist	Womens J18A 1X	A Sempey
189	Portadown	Womens J18A 1X	N Dorman
190	Sligo	Womens J18A 1X	C Walsh
191	Portadown	Womens Masters 1X	(d) C McCann
192	Methodist	Womens J16 2X	
193	Newry	Womens J16 2X	
194	CGS	Womens J15 4X+	
195	Methodist A	Womens J15 4X+	

196	Newry	Womens J15 4X+	
197	Methodist B	Womens J15 4X+	
198	Bann	Womens J14 4X+	
199	Portadown	Womens J15 2X	