

NEWRY HEAD – Saturday 21 January 2023

Race Control and Bow Numbers

Race Control will be located in a gazebo in the middle of the line of parked trailers. Bow numbers can be collected from Race Control from 8.30am with preferably one representative collecting all the numbers for each club for both races. **A deposit of 2 x £10 per Club will be required so please ensure you have the cash deposit with you.**

Coxes/steerers briefings will be held at Race Control as follows:

Race 1 – 9.20am

Race 2 – 12.20pm

Copies of all race documentation is available on the Event page at the RI website. Limited hard copies of maps and instructions will be held at Race Control for reference.

Crews should note their launch time and slipway and should be ready to launch promptly. Please pay close attention to instructions from marshals and slip stewards.

There will be a Public Address system in operation so please listen out for information and updates.

Results will be posted online and medals will be awarded to crews in categories where there have been three or more entries.

Safety

It is the responsibility of all clubs and coaches to ensure that all boats and equipment are in good working order and conform to safety regulations and that their crews are competent to cope with the prevailing conditions and a demanding 5K race.

All coxes must wear buoyancy aids and random safety checks will be carried out by marshals and slip stewards, including:

- Bow ball attached and in good condition
- Heel restraints securely attached at every seat and the correct length (approximately the diameter of a tennis ball)
- Watertight compartments and hatch covers secure

Any boat failing these checks will not be allowed to race.

Clubs and coaches must also ensure that their crews are dressed appropriately for the conditions. Those crews racing down the field are likely to be on the water for over two hours. Consider sending crews out with additional clothing to keep warm whilst waiting for the start.

There will be 10 safety launches on duty and medical cover will be provided by an Ambutran mobile unit. Ambutran will be based at the Victoria Lock carpark for the start of the race and will move up the course to the truck yard at the 2km mark as the race progresses before returning to the Newry RC site for the finish of the race.

In the event of a crash or capsize crews should stay with their boat and move it to the nearest bank. Safety launches will then assist with recovery to the nearest point of exit and call in medical assistance, as required. All safety boats will be in radio and/or mobile phone contact with Race Control and Ambutran.

Facilities

There will be Portaloos available in the trailer park and Newry RC will be providing catering facilities. There will be no indoor shelter or changing facilities. Unfortunately there will also insufficient space to erect club gazebos.

There are a range of shops and cafes within a short walking distance of the site at the Buttercrane and the Quays shopping centres.

Viewing the Race/Following Crews

The race can be followed for its entire length on the 'Greenway' which follows the estuary side bank. Coaches are strongly encouraged to bring bicycles to follow the race, especially if they have young or inexperienced crews competing.

N.B. Do NOT cycle along the road side of the canal.

There are viewing locations at a couple of points along the Fathom Line road bank where a car can safely pull in and park – most notably at the truck yard – but the road is narrow and busy along much of its length so **following the race by car is strongly discouraged.**