

**Lagan Autumn Head of the River 2023**

# **RACE INFORMATION**

**including -**

**Steerers Instructions**

**Course Maps**

**Marshal Plans**

**Start Orders**

**Slipping Timetables**

# RACE 1 – 2700m Crews 101-212 - Start 1100

## COXWAINS AND STEERERS INSTRUCTIONS

PLEASE READ CAREFULLY EVEN IF YOU HAVE ROWED LAGAN HEAD BEFORE

### Race Numbers – New process

Numbers will be sorted for one collection for each race. A Deposit of £30 (€30) 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 0930 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](mailto:laganhead@gmail.com)

<b>Launching</b>	Race 1 – from 0940 (check your allocated time on launching orders)
McConnell Pier	Race 1 - 1050 cut-off time
Race Starts	Race 1 - 1100

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 1050 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 1 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 1, 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 2 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. Toilets will be available but there will be no general access to the club building.

# RACE 2 – 4200m Crews 1- 36 Start 1400

## COXWAINS AND STEERERS INSTRUCTIONS

PLEASE READ CAREFULLY EVEN IF YOU HAVE ROWED LAGAN HEAD BEFORE

### Race Numbers – New process

Numbers will be sorted for one collection for each race. A Deposit of £30 (€30) 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 1250 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](mailto:laganhead@gmail.com)

<b>Launching</b>	Race 2 – from 1300
McConnell Pier	Race 2 – 1345 cut off time
Race Starts	Race 2 - 1400

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

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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 1345 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 11-36 must listen to the Marshals and move when instructed. Crews willfully 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**

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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.**

**Refreshments**

It is planned to have tea/coffee, bacon rolls, sandwiches, snacks etc available at Belfast Rowing Club all day. Toilets will be available but there will be no general access to the club building.

**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**

**Belfast City Centre Regeneration Directorate**

**Odyssey Arena**

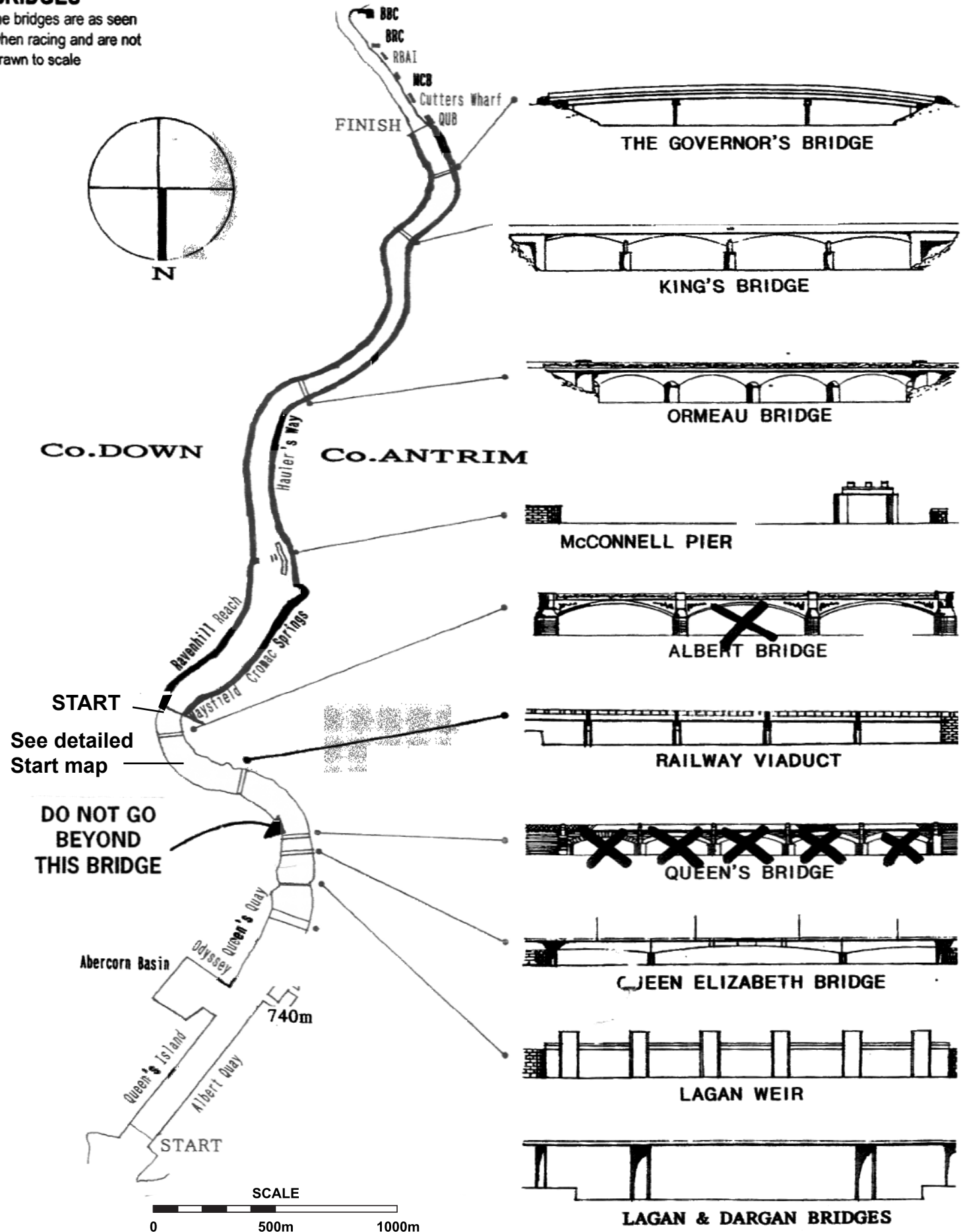
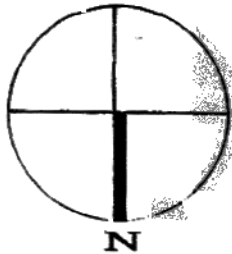
**Powerhouse Sport**

# Lagan Autumn Head of the River

Race 1  
1100

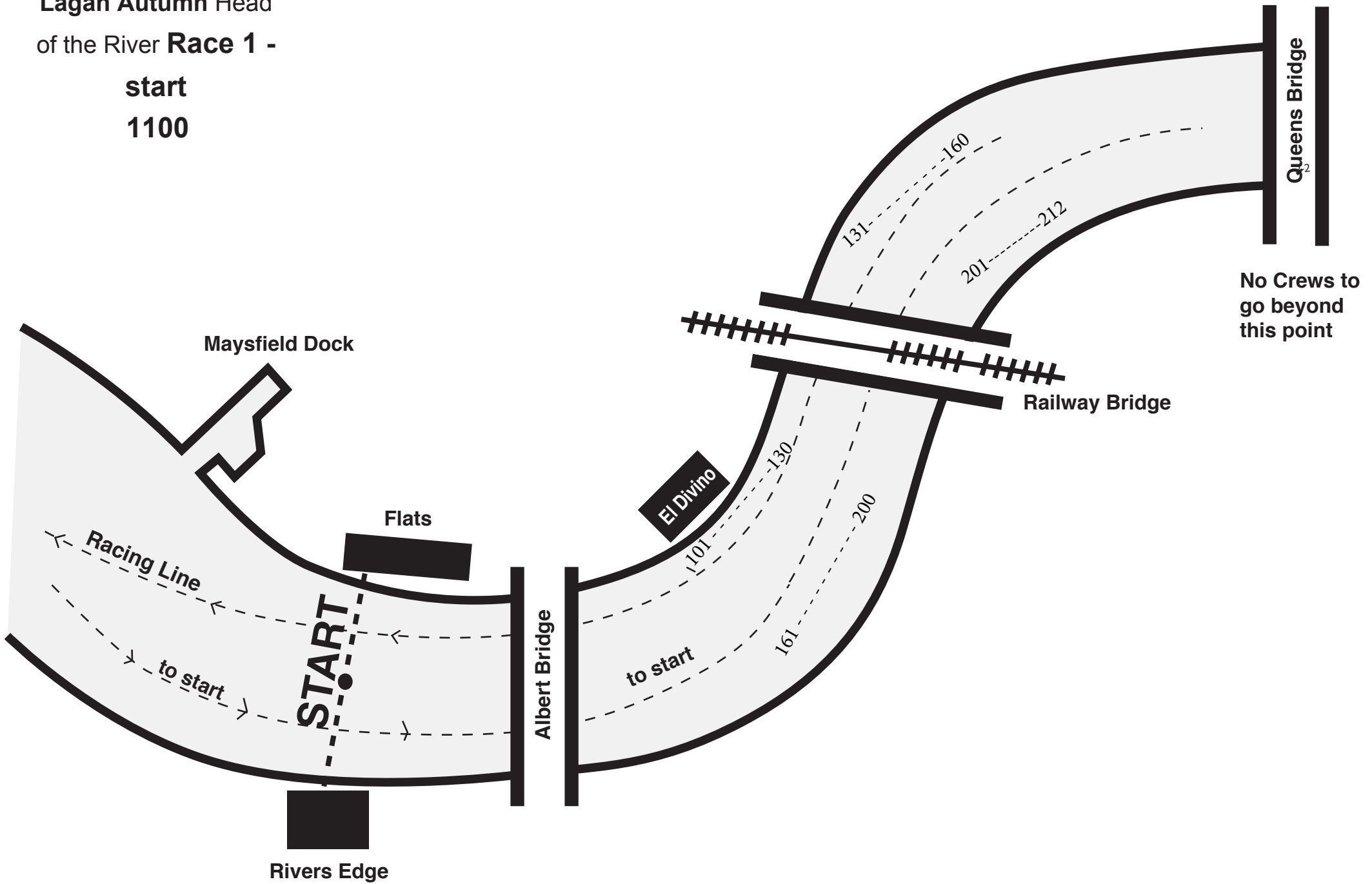
## BRIDGES

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



Lagan Autumn Head  
of the River Race 1 -

start  
1100





# RACE 1 – 1100 - LAUNCHING ORDER

## BBC Slipway

Crew No.	Event Name	Crew name	ID/class	Slip Time
112	Mens J18A 2X	Portadown		1020-1030
113	Mens J18A 2X	Bann A		1020-1030
114	Mens J18A 2X	Bann B		1020-1030
122	Womens Club 1 4+	Belfast BC		1020-1030
124	Mens Senior 1X	Belfast BC	P Jacques	1020-1030
129	Mens Masters 2X	Belfast BC	(g 133)	1020-1030
130	Womens J18A 2X	Neptune		1020-1030
134	Womens Club 1 2X	Belfast BC		1020-1030
143	Mens J16 4X+	Bann		1020-1030
154	Womens J18A 2-	Neptune		1010-1020
156	Womens Senior 1X	Portadown	E Greer	1010-1020
158	Mens Masters 2-	Belfast BC	(g 130)	1010-1020
160	Mens J15 4X+	Neptune		1010-1020
164	Mens J16 2X	Portadown A		1010-1020
166	Mens J16 2X	Portadown B		1010-1020
168	Mens Masters 1X	Neptune	S Dunne (b)	1010-1020
171	Mens Masters 1X	Bann	S Hamilton (f)	1010-1020
173	Womens J18A 1X	Belfast BC	M Mullen	1010-1020
174	Womens J18A 1X	Neptune	S Creedon	1010-1020
178	Womens Club 1 1X	Portadown	A Moran	1010-1020
185	Mens J15 2X	Bann		1000-1010
188	Womens Masters 2X	Belfast BC	(g 136)	1000-1010
190	Womens J16 4X+	Portadown		1000-1010
191	Womens J16 4X+	Neptune		1000-1010
193	Mens J14 4X+	Bann		1000-1010
195	Mens J14 4X+	Portadown		1000-1010
202	Womens J16 2X	Neptune		1000-1010
203	Womens J15 4X+	Neptune		1000-1010
207	Womens Masters 1X	Portadown	C McCann (d)	1000-1010
210	Womens J14 4X+	Bann A		1000-1010
212	Womens J14 4X+	Bann B		0950-1000

### RACE START – 1100

**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 – 1100 - LAUNCHING ORDER

## BRC Slipway

Crew No.	Event Name	Crew name	ID/class	Slip Time
102	Mens Club 1 4+	Belfast RC		1020-1030
104	Mens J18A 4+	RBAI		1020-1030
110	Mens Senior 2-	Belfast RC		1020-1030
111	Mens Masters 4+	Portora	(d 208)	1020-1030
116	Mens J18A 2X	CGS		1020-1030
117	Mens J18A 2X	RBAI		1020-1030
120	Womens Club 1 4X+	Belfast RC		1020-1030
128	Mens Masters 2X	Portora	(c 97)	1020-1030
132	Womens Club 1 2X	Belfast RC A		1020-1030
135	Womens Club 1 2X	Belfast RC B		1010-1020
138	Mens J15 8+	Enniskillen		1010-1020
139	Womens Masters 4X+	Newry	(d 213)	1010-1020
140	Womens Masters 4X+	Belfast RC	(d 203)	1010-1020
141	Womens Masters 4X+	Portora	(e 222)	1010-1020
142	Womens J15 8+	Enniskillen		1010-1020
145	Mens Club 1 1X	Newry	I Murray	1010-1020
151	Mens J18A 1X	CGS	O Joyce	1010-1020
152	Mens J18A 1X	RBAI	B Hanna	1010-1020
159	Mens J15 4X+	RBAI		1010-1020
161	Mens J15 4X+	Newry		1010-1020
163	Mens J16 2X	RBAI A		1000-1010
167	Mens J16 2X	RBAI B		1000-1010
170	Mens Masters 1X	Portora	G Murphy (f)	1000-1010
177	Womens J18A 1X	CGS	A Martin	1000-1010
182	Womens Club 1 1X	Belfast RC	E Upstill-Goddard	1000-1010
183	Mens J15 2X	Enniskillen		1000-1010
186	Womens Masters 2X	Portora	(c 87)	1000-1010
189	Womens J16 4X+	Belfast RC		1000-1010
194	Mens J14 4X+	Enniskillen A		1000-1010
196	Mens J14 4X+	Enniskillen B		1000-1010
197	Mens J14 4X+	Enniskillen C		0950-1000
198	Mens J14 4X+	CGS		0950-1000
199	Womens J16 2X	CGS		0950-1000
201	Womens J16 2X	Newry		0950-1000
204	Womens J15 4X+	Newry		0950-1000
205	Womens J15 2X	Newry		0950-1000
206	Womens J15 2X	Enniskillen		0950-1000
209	Womens J14 4X+	Enniskillen		0950-1000
211	Womens J14 4X+	CGS		0950-1000

**RED FLAG at McCONNELL PIER 1050**

**RACE START – 1100**

**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 – 1100 - LAUNCHING ORDER

## LSC Slipway

Crew No.	Event Name	Crew name	ID/class	Slip Time
107	Mens Club 1 2X	Lagan		1020-1030
121	Mens Masters 4X+	Lagan	(c 189)	1020-1030
125	Mens Senior 1X	Lagan	L Watts	1020-1030
126	Mens Senior 1X	Sligo	G Patterson	1020-1030
146	Mens Club 1 1X	C of Derry	C McKinney	1010-1020
149	Mens Club 1 1X	Lagan	R O'Connor	1010-1020
155	Womens Senior 1X	C of Derry	O Forde	1010-1020
169	Mens Masters 1X	Sligo	M Donohoe (e)	1010-1020
172	Mens Masters 1X	C of Derry	G D'Urso (g)	1000-1010
179	Womens Club 1 1X	Sligo	K McEnroe	1000-1010
187	Womens Masters 2X	Lagan	(d 108)	1000-1010
208	Womens Masters 1X	Lagan	L Venkatraman (d)	1000-1010

### RED FLAG at McCONNELL PIER 1050

#### RACE START – 1100

**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 – 1100 - LAUNCHING ORDER

## MCB Slipway

Crew No.	Event Name	Crew name	ID/class	Slip Time
118	Mens J18A 2X	Methodist		1020-1030
123	Womens J18A 4+	Methodist		1020-1030
131	Womens J18A 2X	Methodist		1020-1030
144	Mens J16 4X+	Methodist		1020-1030
150	Mens J18A 1X	Methodist	D Cassidy	1020-1030
153	Mens J18A 1X	Methodist	I Nugent	1020-1030
162	Mens J15 4X+	Methodist		1010-1020
165	Mens J16 2X	Methodist		1010-1020
176	Womens J18A 1X	Methodist	S Young	1010-1020
184	Mens J15 2X	Methodist		
192	Womens J16 4X+	Methodist		
200	Womens J16 2X	Methodist		1010-1020

### RED FLAG at McCONNELL PIER 1050

#### **RACE START – 1100**

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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 – 1100 - LAUNCHING ORDER

## QUB Slipway

Crew No.	Event Name	Crew name	ID/class	Slip Time
101	Mens Senior 2X	QUBBC		1020-1030
103	Mens Club 1 4+	QUBBC		1020-1030
105	Womens Club 2 8+	QUBLBC		1020-1030
106	Mens Club 1 2X	QUBBC A		1020-1030
108	Mens Club 1 2X	QUBBC B		1020-1030
109	Mens Club 1 2X	QUBBC C		1020-1030
115	Mens J18A 2X	QUBBC		1020-1030
119	Womens Senior 2X	QUBLBC		1010-1020
127	Mens Senior 1X	QUBBC	F Bryce	1010-1020
133	Womens Club 1 2X	QUBLBC A		1010-1020
136	Womens Club 1 2X	QUBLBC B		1010-1020
137	Womens Club 1 2X	QUBLBC C		1010-1020
147	Mens Club 1 1X	QUBBC	L Drain	1010-1020
148	Mens Club 1 1X	QUBBC	A McKinley	1010-1020
157	Womens Senior 1X	QUBLBC	A McAleer	1000-1010
175	Womens J18A 1X	QUBLBC	L Armstrong	1000-1010
180	Womens Club 1 1X	QUBLBC	M McAllister	1000-1010
181	Womens Club 1 1X	QUBLBC	J Knibbs-Tompkins	1000-1010

### RED FLAG at McCONNELL PIER 1050

#### RACE START – 1100

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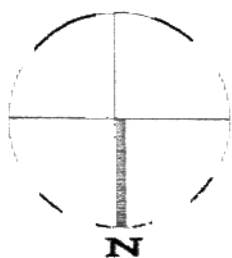
The above launching times will be strictly adhered to and any crew failing to launch on time will be put to the back. Crews causing unnecessary delays on the slipways may incur time penalties at the discretion of the slip stewards.

# Lagan Head of the River

Race 2  
1400

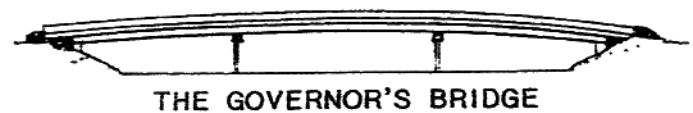
## BRIDGES

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



Co. DOWN

Co. ANTRIM



THE GOVERNOR'S BRIDGE



KING'S BRIDGE



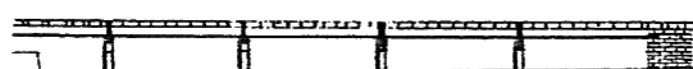
ORMEAU BRIDGE



McCONNELL PIER



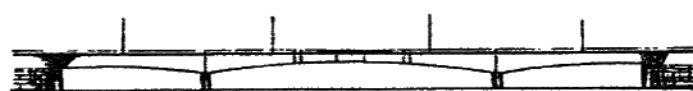
ALBERT BRIDGE



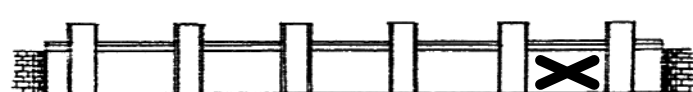
RAILWAY VIADUCT



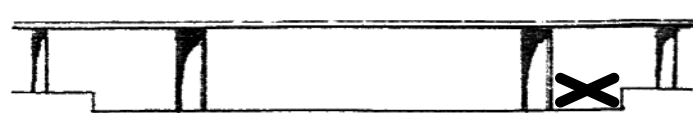
QUEEN'S BRIDGE



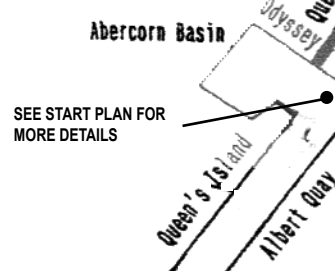
QUEEN ELIZABETH BRIDGE



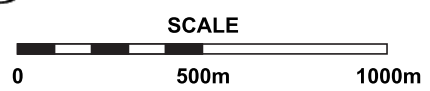
LAGAN WEIR



LAGAN & DARGAN BRIDGES



SEE START PLAN FOR MORE DETAILS

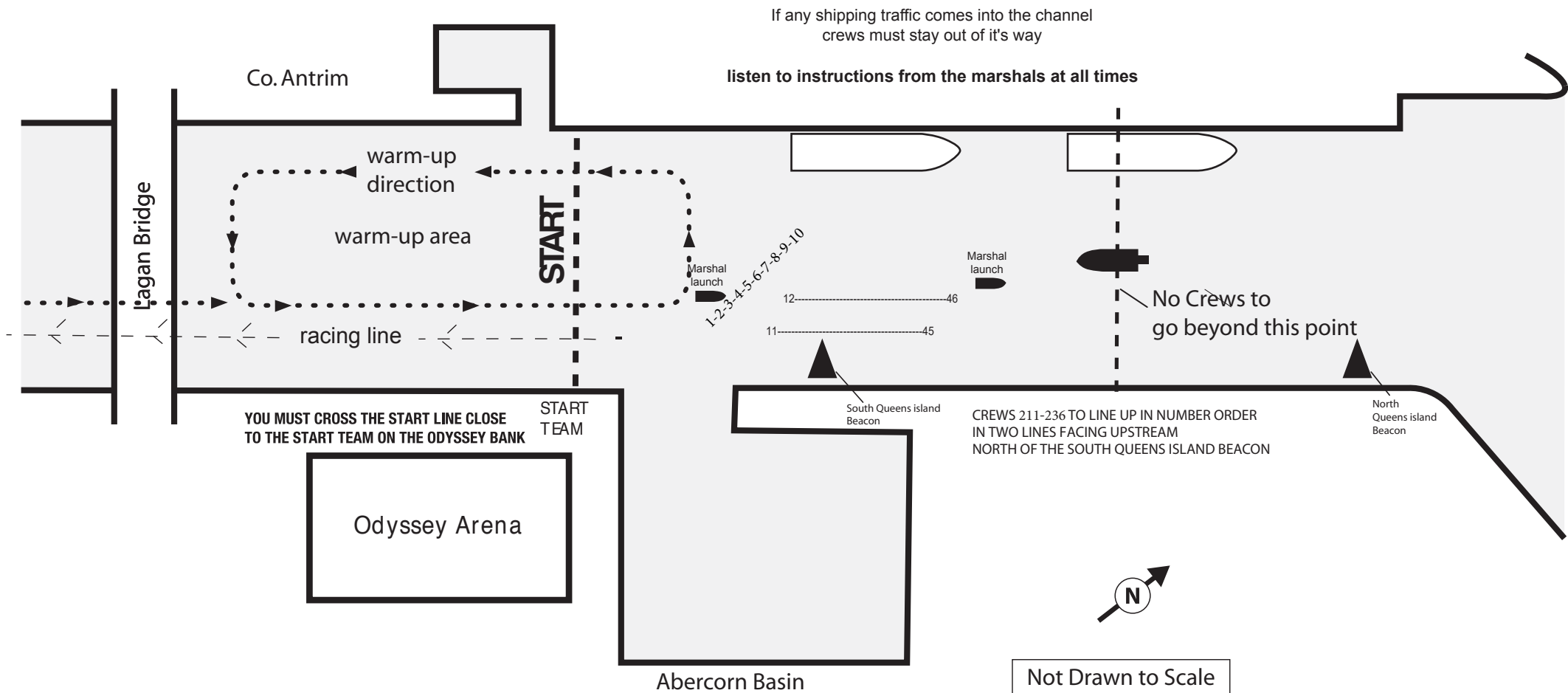


Please note the **WARM-UP CIRCULATION PATTERN** and marshalling area  
 Once over the Lagan Weir, keep to the Co. Down Bank (Odyssey Arena side)  
 and circulate **ANTI-CLOCKWISE** - only if you have time to do so.  
**OR** move straight to your position below the start line

**Lagan Head of the  
 River Race 2 - start  
 1400**

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 2 – 1400 - LAUNCHING ORDER

## BBC Slipway

Crew No.	Event Name	Crew name	ID/class	Slip Time
9	Mens J18A 4X-	Bann A		1310-1320
11	Mens J18A 4X-	Bann B		1310-1320
17	Mens Masters 8+	Commercial/Belfast BC	(e456)	1310-1320
20	Mens Masters 8+	Belfast BC	(g 529)	1310-1320
21	Womens J18A 4X-	Neptune		1310-1320
31	Womens J16 8+	Neptune		1310-1320
33	Womens Masters 4X-	Portadown	(c 174)	1300-1310
34	Womens Masters 4X-	Belfast BC A	(c 195)	1300-1310
36	Womens Masters 4X-	Belfast BC B	(d 218)	1300-1310

### RED FLAG at McCONNELL PIER 1345

#### **RACE START – 1400**

**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 – 1400 - LAUNCHING ORDER

## BRC/RBAI Slipway

Crew No.	Event Name	Crew name	ID/class	Slip Time
7	Mens J18A 4X-	RBAI		1310-1320
14	Womens Club 1 8+	Newry		1310-1320
16	Mens Masters 8+	Belfast RC	(d 432)	1310-1320
18	Mens Masters 8+	Belfast RC / Belfast BC / Lagan	(f 497)	1310-1320
26	Mens Masters 4X-	Portora / C of Derry	(e 225)	1310-1320
27	Mens J16 8+	CGS		1310-1320
28	Mens J16 8+	Enniskillen		1300-1310
29	Womens Masters 8+	Belfast RC	(c 399)	1300-1310
30	Womens J16 8+	CGS		1300-1310
32	Womens J16 8+	Enniskillen		1300-1310
35	Womens Masters 4X-	Portora	(d 205)	1300-1310

### RED FLAG at McCONNELL PIER 1345

#### RACE START – 1400

**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 – 1400 - LAUNCHING ORDER

## LSC Slipway

Crew No.	Event Name	Crew name	ID/class	Slip Time
2	Mens Senior 4X-	Lagan / Belfast RC		1310-1320
4	Mens Senior 4X-	Lagan		1310-1320
25	Mens Masters 4X-	Lagan	(c 194)	1310-1320

### RED FLAG at McCONNELL PIER 1345

#### **RACE START – 1400**

**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 – 1400 - LAUNCHING ORDER

## MCB Slipway

Crew No.	Event Name	Crew name	ID/class	Slip Time
6	Mens J18A 4X-	Methodist A		1300-1320
8	Mens J18A 4X-	Methodist B		1300-1320
10	Mens J18A 4X-	Methodist C		1300-1320
22	Womens J18A 4X-	Methodist A		1300-1320
23	Womens J18A 4X-	Methodist B		1300-1320
24	Womens J18A 4X-	Methodist C		1300-1320

### RED FLAG at McCONNELL PIER 1345

#### **RACE START – 1400**

**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 – 1400 - LAUNCHING ORDER

## QUB Slipway

Crew No.	Event Name	Crew name	ID/class	Slip Time
1	Mens Senior 4X-	QUBBC A		1310-1320
3	Mens Senior 4X-	QUBBC B		1310-1320
5	Mens Club 1 8+	QUBBC		1310-1320
12	Womens Senior 4X-	QUBLBC A		1310-1320
13	Womens Senior 4X-	QUBLBC B		1310-1320
15	Womens Club 1 8+	QUBLBC		1300-1310
19	Mens Masters 8+	LVBC / Bann	(g 551)	1300-1310

### RED FLAG at McCONNELL PIER 1345

#### **RACE START – 1400**

**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.

Lagan Autumn Head of the River - Race 1 -Saturday 18th October 2023 at 1100

**Start Order**

Crew No	Club	Class	ID/Sculler/Class
101	QUBBC	Mens Senior 2X	
102	Belfast RC	Mens Club 1 4+	
103	QUBBC	Mens Club 1 4+	
104	RBAI	Mens J18A 4+	
105	QUBLBC	Womens Club 2 8+	
106	QUBBC A	Mens Club 1 2X	
107	Lagan	Mens Club 1 2X	
108	QUBBC B	Mens Club 1 2X	
109	QUBBC C	Mens Club 1 2X	
110	Belfast RC	Mens Senior 2-	
111	Portora	Mens Masters 4+	(d 208)
112	Portadown	Mens J18A 2X	
113	Bann A	Mens J18A 2X	
114	Bann B	Mens J18A 2X	
115	QUBBC	Mens J18A 2X	
116	CGS	Mens J18A 2X	
117	RBAI	Mens J18A 2X	
118	Methodist	Mens J18A 2X	
119	QUBLBC	Womens Senior 2X	
120	Belfast RC	Womens Club 1 4X+	
121	Lagan	Mens Masters 4X+	(c 189)
122	Belfast BC	Womens Club 1 4+	
123	Methodist	Womens J18A 4+	
124	Belfast BC	Mens Senior 1X	P Jacques
125	Lagan	Mens Senior 1X	L Watts
126	Sligo	Mens Senior 1X	G Patterson
127	QUBBC	Mens Senior 1X	F Bryce
128	Portora	Mens Masters 2X	(c 97)
129	Belfast BC	Mens Masters 2X	(g 133)
130	Neptune	Womens J18A 2X	
131	Methodist	Womens J18A 2X	
132	Belfast RC A	Womens Club 1 2X	
133	QUBLBC A	Womens Club 1 2X	
134	Belfast BC	Womens Club 1 2X	
135	Belfast RC B	Womens Club 1 2X	
136	QUBLBC B	Womens Club 1 2X	
137	QUBLBC C	Womens Club 1 2X	
138	Enniskillen	Mens J15 8+	
139	Newry	Womens Masters 4X+	(d 213)
140	Belfast RC	Womens Masters 4X+	(d 203)
141	Portora	Womens Masters 4X+	(e 222)
142	Enniskillen	Womens J15 8+	
143	Bann	Mens J16 4X+	
144	Methodist	Mens J16 4X+	
145	Newry	Mens Club 1 1X	I Murray

146	C of Derry	Mens Club 1 1X	C McKinney
147	QUBBC	Mens Club 1 1X	L Drain
148	QUBBC	Mens Club 1 1X	A McKinley
149	Lagan	Mens Club 1 1X	R O'Connor
150	Methodist	Mens J18A 1X	D Cassidy
151	CGS	Mens J18A 1X	O Joyce
152	RBAI	Mens J18A 1X	B Hanna
153	Methodist	Mens J18A 1X	I Nugent
154	Neptune	Womens J18A 2-	
155	C of Derry	Womens Senior 1X	O Forde
156	Portadown	Womens Senior 1X	E Greer
157	QUBLBC	Womens Senior 1X	A McAleer
158	Belfast BC	Mens Masters 2-	(g 130)
159	RBAI	Mens J15 4X+	
160	Neptune	Mens J15 4X+	
161	Newry	Mens J15 4X+	
162	Methodist	Mens J15 4X+	
163	RBAI A	Mens J16 2X	
164	Portadown A	Mens J16 2X	
165	Methodist	Mens J16 2X	
166	Portadown B	Mens J16 2X	
167	RBAI B	Mens J16 2X	
168	Neptune	Mens Masters 1X	S Dunne (b)
169	Sligo	Mens Masters 1X	M Donohoe (e)
170	Portora	Mens Masters 1X	G Murphy (f)
171	Bann	Mens Masters 1X	S Hamilton (f)
172	C of Derry	Mens Masters 1X	G D'Urso (g)
173	Belfast BC	Womens J18A 1X	M Mullen
174	Neptune	Womens J18A 1X	S Creedon
175	QUBLBC	Womens J18A 1X	L Armstrong
176	Methodist	Womens J18A 1X	S Young
177	CGS	Womens J18A 1X	A Martin
178	Portadown	Womens Club 1 1X	A Moran
179	Sligo	Womens Club 1 1X	K McEnroe
180	QUBLBC	Womens Club 1 1X	M McAllister
181	QUBLBC	Womens Club 1 1X	J Knibbs-Tompkins
182	Belfast RC	Womens Club 1 1X	E Upstill-Goddard
183	Enniskillen	Mens J15 2X	
184	Methodist	Mens J15 2X	
185	Bann	Mens J15 2X	
186	Portora	Womens Masters 2X	(c 87)
187	Lagan	Womens Masters 2X	(d 108)
188	Belfast BC	Womens Masters 2X	(g 136)
189	Belfast RC	Womens J16 4X+	
190	Portadown	Womens J16 4X+	
191	Neptune	Womens J16 4X+	
192	Methodist	Womens J16 4X+	
193	Bann	Mens J14 4X+	
194	Enniskillen A	Mens J14 4X+	
195	Portadown	Mens J14 4X+	

196	Enniskillen B	Mens J14 4X+	
197	Enniskillen C	Mens J14 4X+	
198	CGS	Mens J14 4X+	
199	CGS	Womens J16 2X	
200	Methodist	Womens J16 2X	
201	Newry	Womens J16 2X	
202	Neptune	Womens J16 2X	
203	Neptune	Womens J15 4X+	
204	Newry	Womens J15 4X+	
205	Newry	Womens J15 2X	
206	Enniskillen	Womens J15 2X	
207	Portadown	Womens Masters 1X	C McCann (d)
208	Lagan	Womens Masters 1X	L Venkatraman (d)
209	Enniskillen	Womens J14 4X+	
210	Bann A	Womens J14 4X+	
211	CGS	Womens J14 4X+	
212	Bann B	Womens J14 4X+	



Lagan Autumn Head of the River - Race 2 -Saturday 18th November 2023 at 1400

## Start Order

Crew No	Club	Class	ID/Sculler/Class
1	QUBBC A	Mens Senior 4X-	
2	Lagan / Belfast RC	Mens Senior 4X-	
3	QUBBC B	Mens Senior 4X-	
4	Lagan	Mens Senior 4X-	
5	QUBBC	Mens Club 1 8+	
6	Methodist A	Mens J18A 4X-	
7	RBAI	Mens J18A 4X-	
8	Methodist B	Mens J18A 4X-	
9	Bann A	Mens J18A 4X-	
10	Methodist C	Mens J18A 4X-	
11	Bann B	Mens J18A 4X-	
12	QUBLBC A	Womens Senior 4X-	
13	QUBLBC B	Womens Senior 4X-	
14	Newry	Womens Club 1 8+	
15	QUBLBC	Womens Club 1 8+	
16	Belfast RC	Mens Masters 8+	(d 432)
17	Commercial/Belfast BC	Mens Masters 8+	(e456)
18	Belfast RC / Belfast BC / Lagan	Mens Masters 8+	(f 497)
19	LVBC / Bann	Mens Masters 8+	(g 551)
20	Belfast BC	Mens Masters 8+	(g 529)
21	Neptune	Womens J18A 4X-	
22	Methodist A	Womens J18A 4X-	
23	Methodist B	Womens J18A 4X-	
24	Methodist C	Womens J18A 4X-	
25	Lagan	Mens Masters 4X-	(c 194)
26	Portora / C of Derry	Mens Masters 4X-	(e 225)
27	CGS	Mens J16 8+	
28	Enniskillen	Mens J16 8+	
29	Belfast RC	Womens Masters 8+	(c 399)
30	CGS	Womens J16 8+	
31	Neptune	Womens J16 8+	
32	Enniskillen	Womens J16 8+	
33	Portadown	Womens Masters 4X-	(c 174)
34	Belfast BC A	Womens Masters 4X-	(c 195)
35	Portora	Womens Masters 4X-	(d 205)
36	Belfast BC B	Womens Masters 4X-	(d 218)

