

NEW ROSS HEAD OF THE RIVER

SATURDAY 11TH FEBRUARY 2023

Updated Itinerary

Traffic System in St Mullin's

- Only boat trailers will be allowed access to the launch area at St Mullins.
- Boat Trailers please arrive before 8am
- Car park available in St Mullin's village.
- Please pay attention to Marshalls and follow their instructions.
- Parking for trailers is tight on space so we request that once your trailer is unloaded your trailer should return to New Ross Boat Club where you will be met with marshals to show you where to park. Trailers will park in the field adjacent to New Ross Boat Club.
- Trailers should arrive no later than 8am. Allow for a small delay when arriving to get all trailers in for parking.
- Rowers must arrange their own transport back to St Mullins to collect any cars.

Registration/Bow numbers

- Bow numbers available from Race Control at the registration tent and will only be given once entry fees paid. **Please pay in advance where possible. Bank details can be found on event tracker.**
- A Course map and instructions will be handed out with bow numbers for each club they have also been emailed to you club contact so print extra if needed.

Itinerary

07:30-8:15	Registration/Bow numbers – St Mullins
08:30	Cox's Meeting - St. Mullin's
08:45	boats to launch area (prepare to take 5-10mins to launch each crew)
09:00	Launch of boats – lowest numbers first (area to warm up)
09:45	Race start –with 30 seconds between boats

Start time may vary by 15 mins each side as tides have turned earlier in recent weeks. We will confirm time Friday morning 10am if any change of time having monitored the tide behaviour.

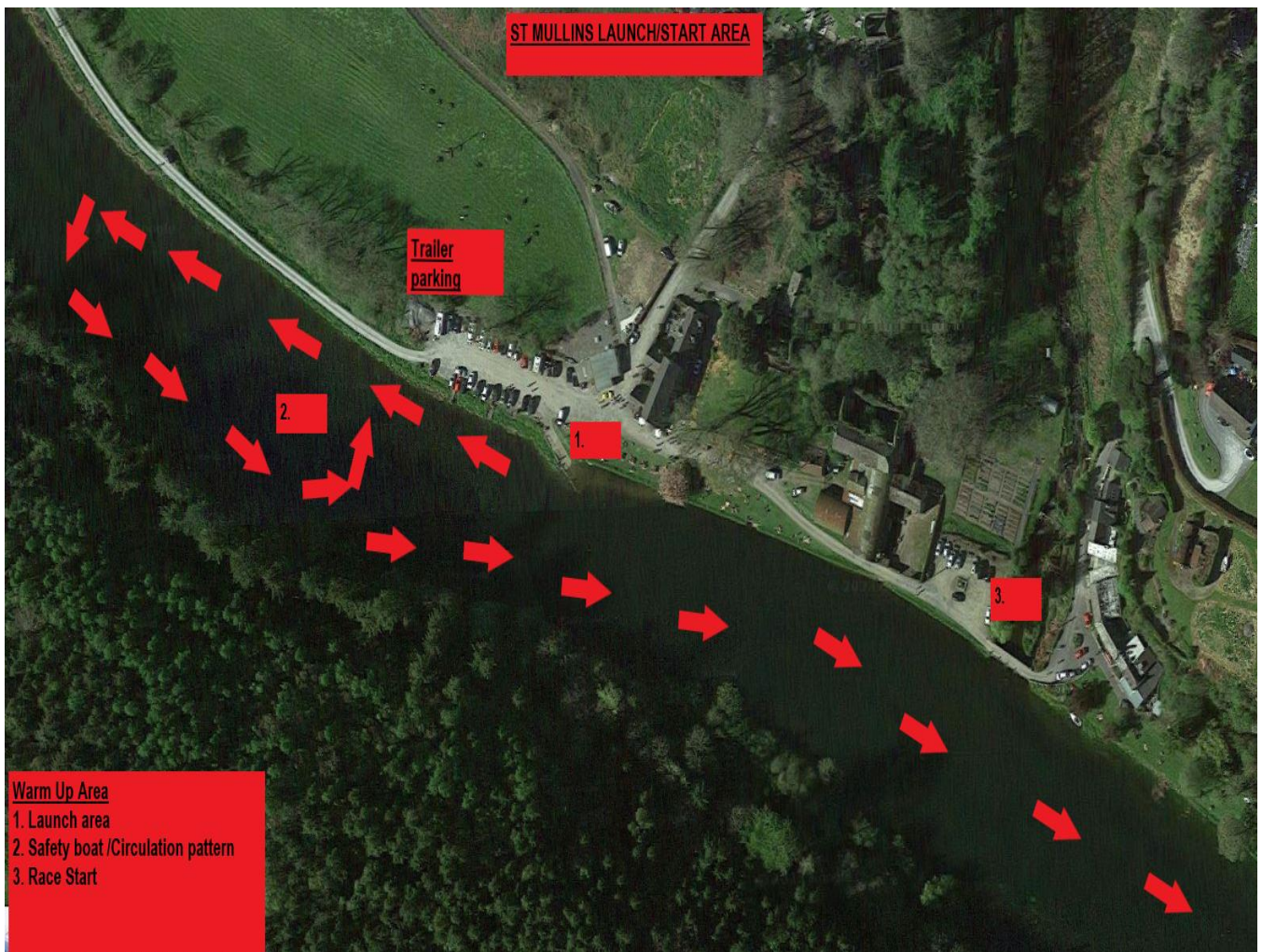
Race Start	Old Stone Bridge, St. Mullin's (Marked no 3 on start map below)
Race Finish	50metres past New Ross Boat Club at Apartment block (before bridge) Hooter will sound as you finish.

At the finish you must row through the bridge for your time to be allowed and follow the pattern below

Additional information:

- Boat launching in St Mullins will require wellies as there is no dedicated pontoon
- St Mullichains café will be open in St Mullins from 7:30am for tea/coffee/breakfast rolls
- Hot food will be available to purchase at New Ross Boat Club at the finish
- Prizes will be awarded to crews where 2 or more entries in the event. Also prizes will be awarded to the fastest adult male and female crew and Junior male and female crews also.
- A call will be made on Thursday by 5pm if the event needs to be cancelled due to weather so far weather conditions look perfect for rowing.
- We are delighted to announce that **Queen B Athletics** will have a stand up and running at the club at the end of the race so please let your rowers know.

LAUNCH/WARM UP PATTERN



Please obey the traffic pattern

Launch up river and pass safety boat to warm up area. Warm up in an anti-clockwise direction

Wait till your number is called then proceed to build up to starting point.

Time will start once you pass the starter positioned at small stone bridge.

Bridge 1: Mount Garrett/Ferry:



Please row through the centre passage of this bridge. Please listen and obey safety boat marshals if giving instructions.

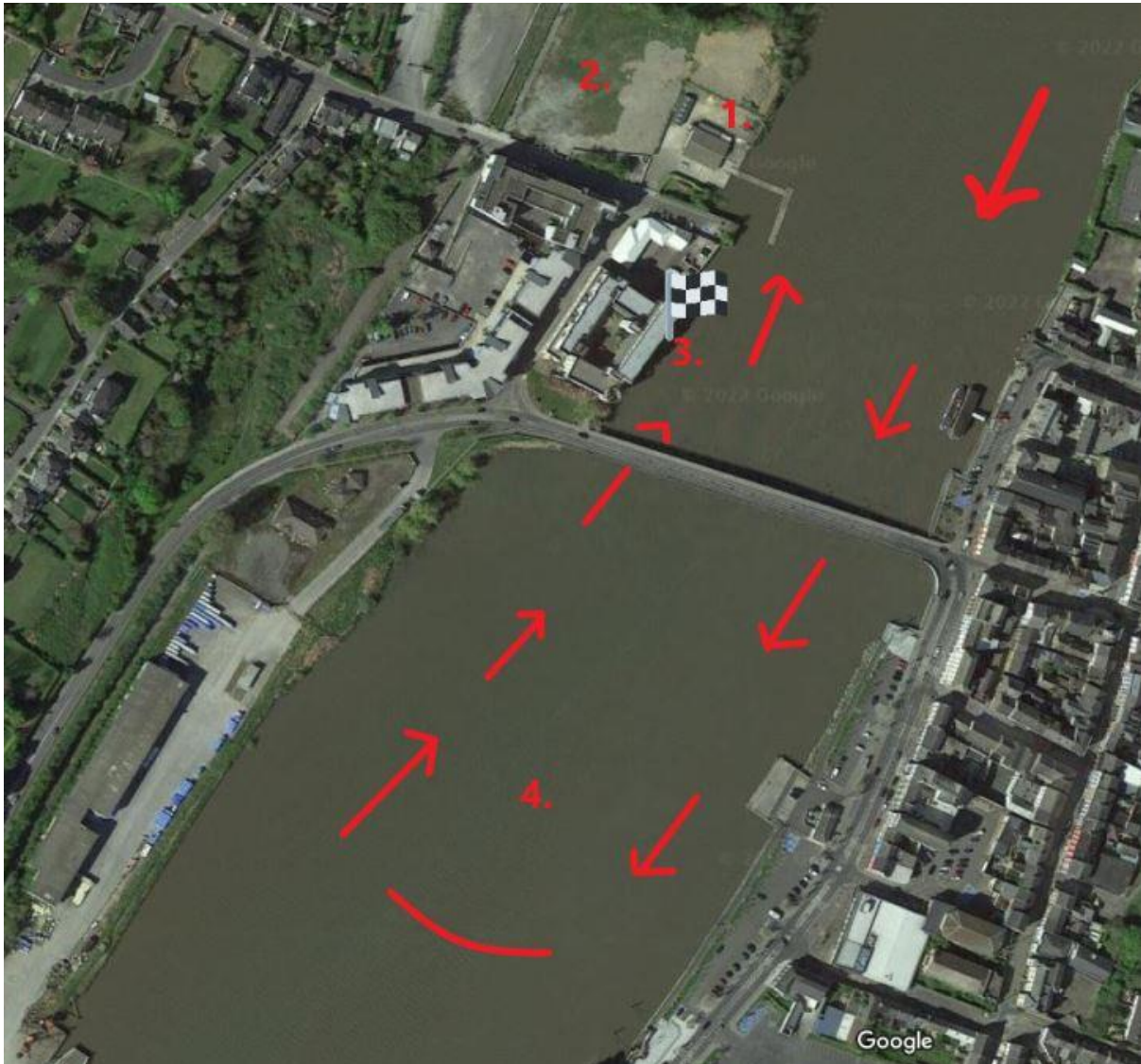
BRIDGE 2: RED BRIDGE



Please row through bridge to rowers right/coxes left.

DONOT row through the centre smaller arches.

Finish Pattern:



Key positions:

1: New Ross Boat Club

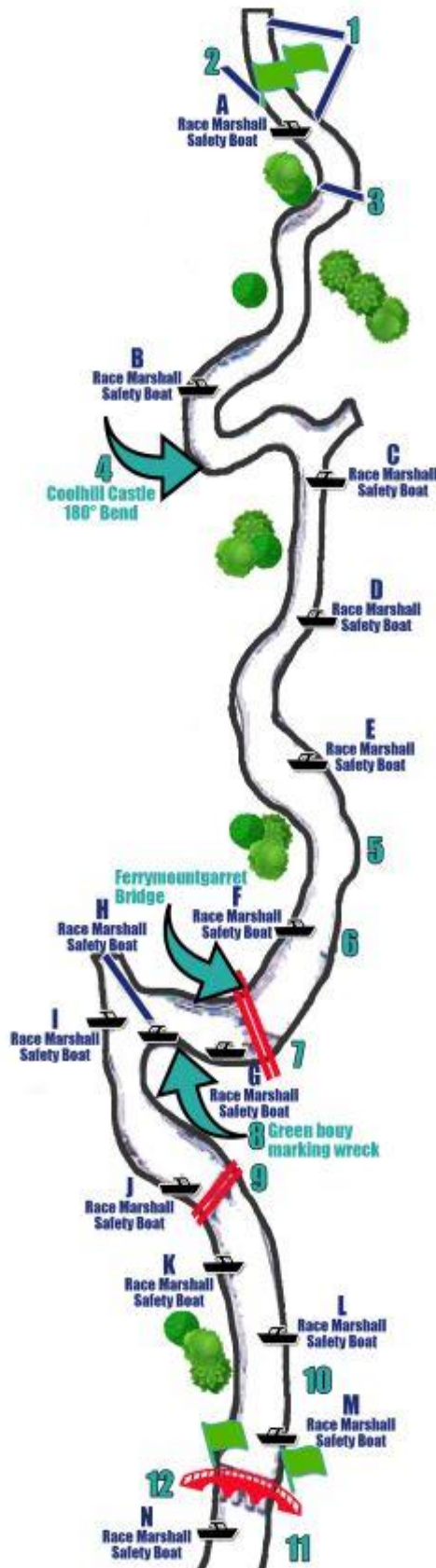
2: Trailer and car park

3:  Timing Finish

4. Warm down area – row through the bridge down past Dunbrody ship and safety boat before turning to return to the club

All crews turn in a clockwise direction and return to the boat club

FULL COURSE MAP



The Barrow Challenge River Race 18km Course from St. Mullin's to New Ross

1. Slipping and assembly area
2. Start
3. The scar, kilkenny shore, on 1st bend stay left
4. 3.5km Caution 180 degree bend NO PASSING!!
5. Old cement works keep left on Wexford shore start lining up to bridge
6. Keep left of race marshal safety boat
No Passing before or through the Bridge!!!
7. Pass through centre arche See Pic attached
8. Green buoy marking ship wreck KEEP RIGHT
9. Railway Red bridge keep left of centre
See Pic attached.
10. Stay in centre of river rowing towards the finish
11. Finish timer at appartments past NRBC Boat Club
You must row through the bridge for time to be allowed.
12. Return to club through arches on left
see pic attached.

NB
DONOT CUT BENDS
STAY IN CENTRE OF RIVER
GIVE WAY TO FASTER CREW



**Promoting
Sport & Tourism
on the Rivers
Barrow & Nore**

CREW ORDER/BOW NUMBERS:

Bow No.	Event Name	Crew name
1	Mens Masters 8+	Castleconnel / Shandon / Clonmel (c 382)
2	Mens Masters 8+	Shannon (d 409)
3	Mens Intermediate 2X	New Ross B
4	Mens Intermediate 2X	New Ross A
5	Mens Senior 1X	ULRC, Mannix, K
6	Mens Intermediate 1X	ULRC, Sutton, L
7	Mens Club 1 4+	Athlunkard
8	Mens Masters 4X+	Graiguenamanagh (b 166)
9	Mens Masters 1X	Graiguenamanagh, Cross, B (d)
10	Mens J18A 8+	Lee Valley
11	Mens J18A 4+	Castleconnel
12	Mens J18A 4+	Athlunkard
13	Mens J18A 4X-	Castleconnel A
14	Mens J18A 4X-	Castleconnel B
15	Mens J18A 4X-	Graiguenamanagh
16	Mens J18A 2X	Carlow
17	Mens J18A 1X	Lee Valley, Underhill, K
18	Mens J16 4X+	New Ross
19	Mens J16 4X+	Graiguenamanagh
20	Womens Club 1 8+	Carlow
21	Womens J18A 4X-	New Ross
22	Womens J18A 4X-	Graiguenamanagh
23	Womens J18A 4X+	Carlow
24	Womens J18A 1X	Graiguenamanagh, Brennan, A
25	Womens J16 8x+ TO	Graiguenamanagh/ Sligo
26	Womens Masters Recreational 4x+ TO	Graiguenamanagh/New Ross