

Boston Rowing Marathon - 31 Miles

20th September 2009 Details and Rules

Race Committee – Mr J Elms (Chairman), Mr P Ibbotson, Mr D Smith.

Race Secretary – Mr J Elms.

Safety adviser – Mr P Moulder.

Event Welfare Officer – Mr P Blackman.

Arrival

Welcome to Boston Marathon 2009!

The race starts at Stamp End Lock, Waterside South, Lincoln, LN5 7JN and finishes at The Boathouse, Carlton Road, Boston, PE21 8LL.

On arrival at Waterside South please follow directions from marshals / signs regarding parking.

On arrival report to RACE CONTROL. This is stationed in Beech House (see **file diagrams.pdf**), refreshments/toilet facilities are also available here.

Please note that in order to run a safe and efficient event the starting order will be adhered to.

Local Event Rules

- The race is run under ARA rules and it is a condition of participation that all crews accept and abide by the rules and safety arrangements.
- **At last year's event several local companies that allow us to use their car parks were unhappy that people were urinating on the verges. Consequently anyone found doing so can expect ALL their club's entries to be disqualified. NOTE: CCTV IS IN OPERATION!**
- Crews are only eligible for course records in the event in which they are competing.
- In the event of a dispute the decision of the Race Committee shall be final.
- The committee reserve the right to cancel the event if they consider it would be too dangerous to proceed.
- **All competitors ARA racing licences (or equivalent) may be checked.**
- The course will not be covered in its entirety by Race monitors and safety boats. (See file **safety.pdf** for full details of safety arrangements)
- **Crews are required to stop and assist any crew in difficulty or danger and to report any incidents to the nearest race marshal.**
- Boating times have been allocated with particular care, taking into consideration safety and logistics, therefore **crews must boat at their allocated time (see file draw.pdf)**. Boating early or late will not be allowed under any circumstances.
- You must ensure your boat complies with the ARA Rowsafe guidance - inspection will take place before permission to boat is given.
- **Bow Numbers** will be issued at registration. Boats are required to have suitable fittings to display Bow numbers so they can be clearly visible to race marshals. Failure to suitably display your number may result in no time being taken.
- All coxswains must wear a life jacket or buoyancy aid.
- Coxswains will not be weighed for this event.
- You must give way to overtaking crews and keep to the cox's right.

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- Crews are required to wear a uniform racing strip comprising of at least a singlet and shorts combination or one-piece.

Local event rules for fixed seat boats

- Coxed Double Skiff - This fixed-seat boat will have a crew of three, two rowers and one coxswain. The crew members are interchangeable and the coxswain may finish the race as a rower and vice-versa. However, all three members who start the race must finish the race.
- Four-oared Cutter - This fixed-seat boat will have a crew of five, four rowers and one coxswain. The crew members are interchangeable and the coxswain may finish the race as a rower and vice-versa. However, all five members who start the race must finish the race.
- Six-oared Cutters - These fixed-seat boats will have a crew of seven, six rowers and one coxswain. The crew members are interchangeable and the coxswain may finish the race as a rower and vice-versa. However, all seven members who start the race must finish the race.
- Due to the weight of the boat, these boats will go through the lock. Timing will not stop at this point and no account can be made of any delay occasioned by other river users at the lock. Participants are responsible for ensuring that they have support crew to work the lock and for their own safety whilst using the lock.

Boating

- Please arrive at the boating stages 15 minutes before your race time. This will allow enough time for boat inspection and embarkation before being called down to the start on time.
- Please approach the boating area from the eastern end with the bows facing the start, as there is insufficient space on the river to turn once boated (stern first against the race direction).

The Start is approximately 25 metres from the boating area making it unsuitable for a warm-up row. We therefore we advise you to warm up on land before boating.

Starting

The Start Marshall will direct you to the START, which is under the bridge. IT IS A STANDING START. Once aligned, the starter will count down prior to the command "GO". EG 5,4,3,2,1,GO.

Along the course

The river is marked every kilometre – so look out for the marker signs along the bank. The Start is approximately 25 metres after the 1-Km sign and the Finish is 200 metres after the 50-Km sign.

Be wary of reed beds / trees protruding into the river.

Bardney Lock (13.5 Km)

Crews must disembark at Bardney and carry their boat around the lock (***see file diagrams.pdf***). You are responsible for disembarking, carrying your boat, and embarking – you may arrange for supporters to help. Time taken to do this is counted in the crews overall time. Boat Marshals' instructions should be followed and no time allowance will be given for incidents.

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Tatershall Bridge (32 Km)

This is an arched bridge with buttresses in the centre of the river.

Finish

The Finish line is just beyond the landing stages at Boston Rowing Club (***see file diagrams.pdf***). Continue well past the finish line, turning your boat when safe to do so and proceed to the landing stages upstream and within the buoyed area.

Results and Prize-Giving

Every effort will be made to display Results as swiftly as possible and Prize Giving will commence at approximately 4.00 p.m.

Results will be posted on our website - **www.bostonrowingmarathon.org.uk**

Useful Numbers for seeking Overnight Accommodation

Hartsholme Country Park (camp site at Lincoln)	01522 873578
Tourist Information - Lincoln(via council exchange)	01522 873800
Tourist Information - Boston	01205 356656