

Boston Rowing Marathon - 31 Miles

19th September 2010 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

Arrival

Welcome to Boston Marathon 2010!

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 British Rowing Rules and it is a condition of participation that all crews accept and abide by the rules and safety arrangements.
- 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 British Rowing 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 British Rowing 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.
- Crews are required to wear a uniform racing strip comprising of at least a singlet and shorts combination or one-piece.

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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.

Tattershall 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 545458
Tourist Information - Boston	01205 365954