

Boston Rowing Marathon - 31 Miles

TAKE THIS WITH YOU IN THE BOAT

For Your Safety

If assistance is required take the following steps:

- 1) If possible contact a race marshal.
- 2) If not, ring the chief marshal (Jeff) on 07894 084196.
- 3) Backup phone number, Safety Advisor (Peter) on 07774 296464.
- 4) Second backup number (Nick @ Boston) 07889 135702.
- 5) Seek assistance from another crew.

Race Marshals will be positioned at the following locations and will be in communication with each other and with the Chief Marshal.

Geographical Location	Distance (according to marker signs)
Start (Titanic Bridge)	1.025 KM
Washingborough	4 KM
Five Mile Lane	8 KM
Bardney Lock	13.5 KM
Southrey	19 KM
Stixwoud	22 KM
Kirkstead Bridge	25.3 KM
Tattershall Bridge	32 KM
Chapel Hill	35 KM
Holland Fen	39 KM
Langrick Bridge	43.5 KM
Antons Gowt	47 KM
Finish (Boston RC)	50.2 KM

- As Race Marshals cannot observe the entire course in this unique event, **competing crews are required to offer assistance** to any crew in distress or danger and inform Race Marshals of incidents.
- Any crew withdrawing from the race must inform the nearest Race Marshal.
- **First Aid** facilities will be provided at Lincoln and Boston with assistance available via Race Marshals stationed throughout the course.
- You are advised to take (at your own risk) a mobile phone with you in the boat.
- A telephone for outward calls only is situated at the boathouse in Boston.
- Support/safety boats are stationed along the course and can be summoned via the race marshals.
- A launch will follow the last boat home.
- Remember to take liquids, sunblock and blister kits.

Useful telephone numbers

Lincoln County Hospital	01522 512512
Lincoln Police	01522 532222
Boston Pilgrim Hospital	01205 364801
Boston Police	01205 366222