

TEDDINGTON HEAD

Competitors' Instructions

Saturday 16th November 2024

The Start is :-Hampton Court Golden Gates

The Finish is:- Approx. 50m along Stevens Ait from the upstream end.

DIVISION 1:- 10:30 HOURS

DIVISION 2:- 14:00 HOURS

All competitors and coaches please read these instructions carefully and familiarise yourself with the event safety plan and course map.

- WE WILL START ON TIME SO CREWS NEED TO BE MARSHALLED BY 10.20/13.50. DO NOT GET COLD.
- CREWS NOT IN PLACE WILL START AT THE BACK.
- PLEASE ALLOW ENOUGH TIME TO GET TO THE START.
- WE WILL NOT ALLOW JUNIORS TO BOAT WITH INSUFFICIENT WARM CLOTHING.

Please note.

- There are always long traffic queues along the roads leading to Kingston Bridge on a Saturday, please allow extra time to arrive.
- Car parking is limited; Please check where your trailer has been allocated to park only those trailers allocated to Walbrook should be brought down Trowlock Way. Trailers **MUST** arrive on Saturday morning only and be removed on Saturday evening.
- There will be no room for cars in the Trowlock Way car park – please park in surrounding roads and allow time to walk. You may have several minutes walk back to your trailer.
- Please do not park in Trowlock Way itself as room is needed to allow trailers and Emergency vehicles to pass.
- Drop off /collection should be in Broom Road only.
- It will be difficult to allow cars down Trowlock Way to drop off riggers please make sure you have enough people to carry or load onto your trailer

NUMBER COLLECTION – OPENS 8:00 TAMESIS CLUB

- Numbers will be in Tamesis Club. Crews will be supplied with 2 numbers to be worn by Bow – one on racing strip and one on warm up kit. **(To be clearly displayed going to the start and whilst racing)** In addition a number for the bow of the boat will also be issued.
- **IF YOUR NUMBER IS NOT VISIBLE, YOU MAY NOT BE TIMED**
- All boats should conform to the rules prescribed by British Rowing on boat identification. Crews with non-compliant boats will not be allowed to boat from Walbrook. Any crew boating from elsewhere with a non-compliant boat will not receive a time or will be held back at the start and not allowed to start.

BOATING.

- **For crews allocated to Walbrook – All boats will boat from the Tamesis stages**
- **Crews allocated to KRC or KGS will be given details of boating arrangements.**
- **Please allow enough time to collect your numbers and return to your boating place.**

Toilets are provided in the car park at Tamesis, Canbury Gardens and at KGS landing stage.

- The safety of your boat is your responsibility. Ensure that heel restraints are compliant, that hatch covers, rudders and bow balls are fitted properly and that your boat is in a good condition.

- Boats should be rigged on the recreational ground and then walked down to the stages NOT in the yacht storage area.
- To minimise possible congestion on the raft, crews must ensure that blades/sculls are by the rafts before attempting to get boated.
- Please use the upstream stages adjacent to Surbiton High School i.e., upstream of the slipway.
- Please do not rest your boats on the sailing boats.
- Remember to tie your boat on to trestles if it is windy.
- All crews are reminded that in November the weather can be cold, and hypothermia can arise in wet and windy conditions.
- All crews are advised to take adequate clothing with them to wear in the marshalling area. Coaches of junior crews please make sure that juniors have warm clothing if the weather is bad, that all lifejackets/buoyancy aids are in good condition and that coxes know how to operate their lifejackets. It is the responsibility of all coaches to make sure their crews are adequately dressed and have carried out a risk assessment for the conditions on the day. Coaches should also make sure that anyone suffering from a medical condition e.g., asthma should take the necessary precautions and should include this in the “on the day” risk assessment which all crews/coaches should make.
- Crews must boat under the direction of the raft marshals NOT LESS than 45 minutes before the start of their division, 1 hour before race time for J15s and younger. The following times are **suggested as a minimum** but in the event of strong winds or stream more time should be allowed

DIVISION 1

| Numbers | Time |
|-------------|-------------|
| 61 to 130 | 8.45 – 9.15 |
| 1 to 60 | 9.15 – 9.40 |
| 131 upwards | 9.40 – 9.50 |

DIVISION 2

| Numbers | Time |
|-------------|---------------|
| 261 to 330 | 12.15 – 12.45 |
| 200 to 260 | 12.45 – 13.10 |
| 331 upwards | 13.10 – 13.25 |

All even numbers 2 – 130 and 202 – 313 marshal on Surrey – so please allow time to get there and to cross. Crossing will not be allowed after 10.20/13.50. Crews arriving after this time will be held at the back. Odd numbers 1 to 129 and 131, 201 to 329 and 331 upwards marshal on Middlesex

WE WILL START ON TIME

PROCEEDING TO THE START

- The river between the Start at Hampton Court and the downstream end of Steven’s Ait will be closed to all river traffic **except** competitors between 10.00hrs until 12:00 hrs (1st Div.) and 13.30hrs until 16.00 hrs (2nd Div.)
- During the period of River Closure Race Rules will apply to navigation.
- At all other times the current Thames Navigation etc. Byelaws 1993 will apply to all river users.

You should allow at least an hour to queue to boat, have your boat inspected and paddle to the start from Walbrook, longer for J15 and younger crews and if there is a head wind. If you are coming through

the locks, then please remember that it can take approx. 30 minutes if the lock is not ready for you to enter.

- MIDDLESEX IS THE TEDDINGTON/HAMPTON SIDE (ON THE PORT/STROKE SIDE WHEN RACING)
- SURREY IS THE KINGSTON TOWN/THAMES DITTON SIDE (ON THE STARBOARD/BOW SIDE WHEN RACING). **Race numbers should always be visible.**
- Competitors going upstream should keep close to the Middlesex (Teddington) side.
- Crews should pass through the Middlesex arches of both bridges.
- Proceed on the Middlesex side of Ravens Ait.
- Great care must be taken around Dittons Bend. Buoys will be placed here to divide the upstream navigation channel on Middlesex from the racing channel on Surrey.

All crews navigating to the start upstream MUST pass between the buoy and the Middlesex bank at any time at Ditton Bend

If you are boating at Kingston Grammar School Boathouse

- please allow enough time to reach your marshalling position.
- Crews **MUST NOT** cross the river after 10.20/13.50.
- Crews boating after this time at KGS will be held and join the back of the race.

No warming up by competitors is allowed between the buoys on Ditton Bend and the Start at any time, irrespective of whether the river is closed or not

All crews MUST pass between the buoys and the Middlesex bank when navigating upstream at Ditton Bend

Care – outside of river closure time there may be crews navigating downstream who are not taking part, or who are moving downstream to get to their marshalling position in the event and normal river traffic.

Care should be taken in all other sections of the river whilst warming up. NO warming up is allowed at any time by crews proceeding downstream

SAFETY BOATS

Safety boats will be on station from 9.30am i.e., 30 mins before River Closure and until the last crew crosses the finish line.

RIVER CLOSURE

The river is closed between 10.00 – 12.00 and 13.30 – 15.30 except to competitors and officials. After the last crew has passed the start line the umpire following the last crew will effectively open the river upstream of that point to general navigation. Out of these hours normal navigation and Col Regs apply and crews may expect other river traffic to be present on the river.

MARSHALLING

COACHES ARE REQUESTED TO MAKE SURE THEIR CREWS, PARTICULARLY THE LESS EXPERIENCED ONES, KNOW WHERE THEY ARE SUPPOSED TO BE AND WHEN.

After 10.20 no crew may proceed downstream in the marshalling area. They should hold their position tucked into the bank.

Late crews coming through the lock MUST wait for the turning marshal to direct them at all times. It is likely that they will be held at Hampton Court Bridge and slotted into position. Crews boating from KGS must join the back of the division on Surrey. If river flow is light, then crews should wait by Hampton Court Bridge. If flow is heavier then the marshal will indicate where to wait.

Marshalling Positions

Even Numbers – Surrey - 2 - 130/202 - 330 These boats will marshal on Surrey (Kingston Grammar School side). The lowest numbers upstream, with no.2 - 130/202 - 330 just **/downstream of Hampton Court Bridge**, others in numerical order below. All boats should remain with their bows pointing upstream until told to turn.

Odd Numbers Middlesex

These will marshal on Middlesex (Hampton Court side) with no.1/201 just **/downstream of Hampton Court Bridge**, others in numerical order below. **Crews from 131 and 331 upwards all marshal on Middlesex** All boats should remain with their bows pointing upstream until told to turn.

No boats will be allowed round Ditton Bend after 10.15 or 13.45. Latecomers will be held back and started after those who have arrived on time. Crews must be clear of Molesey Lock by 10.10/13.40 or will be held there.

ALL SHOULD BE IN POSITION BY 10.20 or 13.50 or will be held in the position they have reached at that time and so WILL GO OFF OUT OF ORDER.

MARSHALLS WILL ASSIST IN POSITIONING CREWS. ANY CREW NOT FOLLOWING THE DIRECTIONS OF MARSHALLS WILL BE GIVEN A TIME PENALTY, OR RELEGATED TO THE BACK, OR DISQUALIFIED.

Particularly after the race has started, marshalling crews must keep close to the bank to avoid obstructing those racing downstream.

THE START - THIS IS AT HAMPTON COURT GOLDEN GATES

All should be in position by **10.20/13.50**. At **10.30/14.00** a klaxon will sound and crews will be instructed to paddle up and turn around marker buoys towards the centre of the river and proceed down towards the start. Approximately 2 lengths of clear water should be left between boats paddling down to the start.

A few strokes before the timing line, crews will be told “number GO”

THE RACE

Crews should keep a good look out along the entire course for craft proceeding upstream on the Middlesex Bank. Although the river is closed during racing unauthorised craft may stray onto the course. The racing line follows the centre of the river.

Please note the following hazards: -

- A buoy will be placed on Dittons bend – THE RACING LINE IS TO THE SURREY SIDE OF THIS BUOY.
- After Ditton Bend – moored boats on Surrey on the crown of the bend
- Along the brick wall of the Marina – moored boats on Surrey
- Raven’s Ait - pass on the Surrey side – a marshal will be stationed here to remind crews. No overtaking alongside Raven’s Ait. Any crew seen to be overtaking will be awarded a time penalty and risk disqualification if their action is deemed to be dangerous.
- Along the Promenade on the approach to Kingston Road Bridge – moored boats on Surrey
- **Pass through either of the arches marked with a “tick” below.** Crews must not overtake whilst going through the bridge arch and risk a time penalty or disqualification for using an alternative arch, unless specifically instructed by an official to do so.



- Pass through the centre arch of the Rail Bridge ONLY. Crews MUST NOT use the Surrey arch of the railway bridge as there is a large buoy about 10 metres from the arch. Likewise the Middlesex arch, which will be used by crews returning upriver.



- Pass to the Middlesex side of Steven's Ait.

OVERTAKING: Crews being overtaken must give way and must not impede the overtaking crew. It is the responsibility of the overtaking crew to ensure it is safe to do so.

THE FINISH – THIS IS APPROX. 60m ALONG STEVEN'S AIT FROM THE UPSTREAM END

On reaching the finish, crews should not stop immediately but keep paddling until well clear of the finish area, under direction of marshals. All crews should paddle down to the Buoy at RCC Jetty and turn there with crews returning to Kingston turning to Surrey and those for Walbrook, Surbiton and Tamesis turning to Middlesex under the direction of the marshal

RETURNING CREWS to KGS, Molesey etc

To KRC and Upstream: Crews returning to clubs upstream and to KRC should turn onto Surrey at the Buoy at RCC jetty. They will then pass on the Surrey side of Steven's Ait. Crews wishing to return upstream should continue along the Surrey bank to a launch-based crossing marshal, positioned between the Ait and Kingston Rail Bridge, who will give permission to cross to the Middlesex bank when it is safe to do so.

NOTE: This is a change in crossing point from previous years. Any crew crossing in the incorrect place or without permission from the crossing marshal will be subject to a time penalty and/or disqualification.

Crews should then proceed up river on the Middlesex bank, passing through the Middlesex Arch of both Rail and Road Bridges, in single file and remaining close to the bank.



On proceeding upstream, take care not to obstruct competitors still racing and keep to the inside of the line of buoys at Ditton Bend, whilst the race is in progress. Any returning crew seen to obstruct racing will be given a time penalty or disqualified.

Crews returning to the rafts at Surbiton High School/Tamesis/Walbrook should proceed down to the water marshal at the buoy (approx. at RCC Jetty) and then turn onto Middlesex before coming into the rafts. Crews returning to Walbrook should turn below the RCC pontoon onto Middlesex before entering the Creek. Crews returning to Twickenham RC via the lock should follow normal navigation patterns from the start of Trowlock Island and paddle downstream carefully.

RIVER CLOSURE

The river is closed between **10.00 – 12.00** and **13.30 – 15.30** except to competitors and officials. After the last crew has passed the start line the umpire following the last crew will effectively open the river upstream of that point to general navigation.

CYCLISTS

It is possible to cycle alongside crews from Hampton Court to Kingston Bridge. However cyclists should be aware that the towpath splits into two between Ravens Ait and a point approximately opposite Kingston Grammar School Boathouse. "No Entry " signs have been placed on the section running immediately next to the river.

RESULTS

Results will be issued as soon as possible after the last competitor has finished and will be published in Tamesis Club. Prizes can then be collected from Tamesis Please remember that the last crews will only be started about 50 mins after the official start time and so results will only be available from about 12.30pm and 3pm.

Adverse Weather Conditions in the Week Preceding the Race.

The organising committee will monitor conditions in the week preceding the event. Competitors may phone 01932 240459 or 07920401093 on the Friday evening to ascertain whether the event is to go ahead. If the event is cancelled before Friday then a notice will appear on the Walbrook Rowing Club Web Site i.e. www.walbrookrc.co.uk

The Committee will also consider cancelling certain boat types and certain events e.g. young juniors depending on the flow and turbulence of the river etc

Welfare – Niamh Conetta and Natasha Gallagher are the Welfare Officers 07580443335 Officials will know how to contact them

REFRESHMENTS – are available from the Tamesis clubhouse.

Toilets are situated at the back of Tamesis Club House

We wish you a good race and look forward to welcoming you back next year

Live results available at
[https://rowresults.co.uk/
eddington24](https://rowresults.co.uk/eddington24)