



## Monmouth Regatta

Monmouth Rowing Club  
The John Hartland Boathouse  
Wyeside, Old Dixton Road  
Monmouth, Monmouthshire  
NP25 3DP

Web site: [www.monmouthrc.org.uk](http://www.monmouthrc.org.uk)  
E-mail: [regatta@monmouthrc.org.uk](mailto:regatta@monmouthrc.org.uk)

# Monmouth Sprint & Regatta 2024

## Sat 25<sup>th</sup> & Sun 26<sup>th</sup> May

### NOTICE TO ALL COMPETITORS AND COACHES

#### PARKING

See map (<http://www.monmouthrc.org.uk/events/mrc---event-traffic-map.pdf>).

Note that we have separate routes and parking for trailers and cars.

#### REGISTRATION

Registration for all crews will open for each day as follows:

- Saturday morning from 7:30am
- Sunday morning from 8:00am

Crews may only register for the Saturday's racing on Saturday and for Sunday's racing on Sunday. Registration takes place in the MRC marquee, in the carpark.

#### ARRIVAL IN MONMOUTH

Directions to the club are available from the club website at <http://www.monmouthrc.org.uk>.

***All trailers must enter Monmouth via the roundabout  
on the A40 (or get stuck in the main street!)***

The Regatta Committee asks you to appreciate the need to keep the trailer park as uncluttered as possible, given the number of club trailers expected at the event. To this end, please remove all towing vehicles to the indicated car park once trailers have been parked.

Camping is available in the "Town field" upstream of Monmouth Rowing Club, with additional overflow camping in the next field upstream. No cars can be parked in the Town field because of Monmouth Town Council restrictions. Cars can only be parked in indicated car park upstream of the camping field.

#### REFRESHMENTS

##### Saturday:

Hot & cold drinks, sandwiches, home-made cakes available all day and BBQ: opens 10am.  
Beef & Vegan Chilli options with baguette from 5pm.  
Bar: 11am until late.

##### Sunday:

Bacon and veggie rolls: 8am-10am.  
Hot & cold drinks, sandwiches, cakes and BBQ: opens 10am.  
Bar: opens 11am.

**The bar will be open and hot food will be available on Saturday evening (from 6:00pm) in Regatta Marquee after the final race**

**Bar / Food (preparation for Sunday racing!)**

**We hope you have a great weekend's rowing**

# REGULATIONS FOR COMPETITORS

## (incl. Safety Instructions)

1. The BR Rules of Racing and the BR Water Safety Code (as adopted by Welsh Rowing) will be strictly enforced.
2. All boats will carry a number in the number slot on the bows of the boat. The numbers are shown in the programme alongside the club's name. Numbers are to be collected from the Control Commission area.
3. Any crew which does not report to Registration as being present or which has not paid its entry fee one hour prior to race time is liable to disqualification. *Other crews from clubs that have scratched entries risk not being allowed to race if fees for scratched crews are not paid.*
4. No further alterations to the race programme can be made to accommodate boat sharing or doubling-up by competitors that was not notified to the Entries Secretary at the time of submission of entries, except at the sole discretion of the Entries Secretary. All permissible boat sharing and doubling-up, which was notified at the time of entry has been accommodated as best as is possible.
5. Crews must ensure that they are "paired up" with their opponents prior to boating in the on-shore marshalling area at least 30 minutes before the advertised time of their races. Crews will not be called and may be disqualified if they arrive late.
6. All crews will boat from the upstream landing stage (adjacent to Monmouth Rowing Club) and disembark from the landing stage downstream of the club.
7. The first-named boat in each event will race on the Hadnock (Monmouth School Boathouse) station.
8. Boats proceeding to the start must keep to the Dixton (Town/Monmouth Rowing Club) side of the river and must obey instructions given to them by the course umpires and marshals. Please see the attached map and instructions for further navigation and safety information. *Crews ignoring these instructions are liable to an official warning or disqualification – safety is the utmost priority.*
9. Competitors may be required to produce their Racing Licenses as proof of status at Registration. Prizes will automatically be withheld from any crew whose members do not produce Racing Licenses or if misrepresentation has taken place. Day tickets are available.
10. Coxes are required to produce their own additional weight. The minimum weight for all W/J16 and above categories following the April 2023 change in rules is 55kg. All younger categories remain at 45kg.
11. No row-overs will be permitted except at the express permission of Race Control.
12. To ensure the safety of all competitors and to avoid congestion on the landing stages, no practice outings or "warm-downs" will be permitted while racing is in progress. Outings outside the race timetable are at the risk of athletes, no safety boat cover will be provided.
13. Saturday's event will be rowed over 1500m and Sunday's event over 750m. Both events will be raced downstream from a free start to the same finish marker.
14. In the event of a dead-heat the race will be re-rowed over the full course.
15. A horn will sound at the end of each race and the result will be announced over the loudspeakers.
16. Race Control reserves the right to alter the programme of events if it is considered necessary.
17. All Challenge Cups remain the property of the Monmouth Rowing Club.

# CREW INSTRUCTIONS

Competitors must comply with all instructions issued by umpires, marshals or safety officials who will be positioned along the course.

To boat:

Go to scrutineering (adjacent to race control), with your race opponents in good time (at least 30 minutes before race time). Once paired with opposition use Landing Stage "A".

Once on the water, crews must keep to the Dixon (town) side of the river and stay as close as possible to the bank. Boats racing downstream have priority and crews should be prepared to stop to allow them to pass. Warm up upstream of race start (not on the way up).

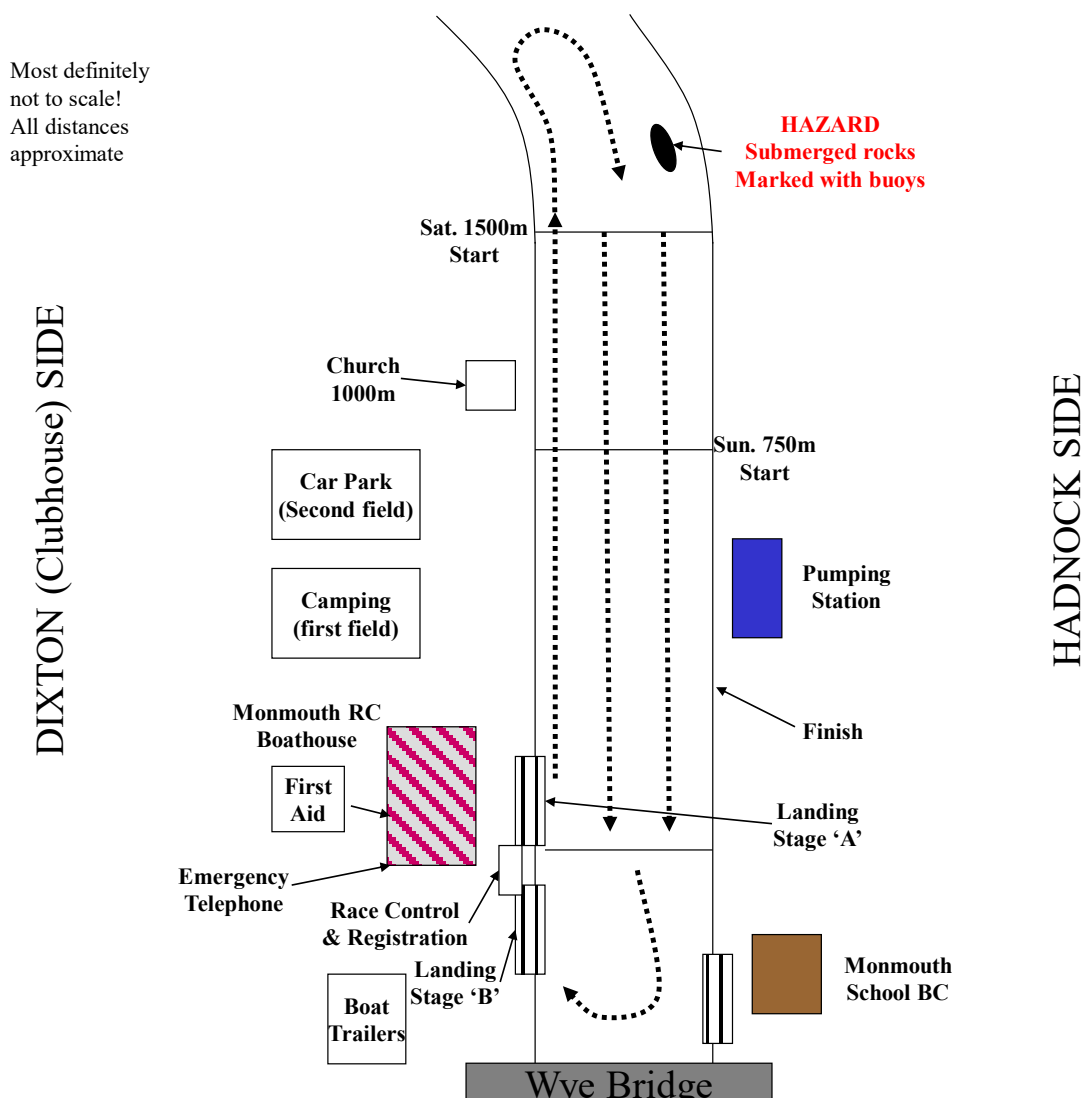
When crews complete their race, they should clear the finish line and turn well upstream of the bridge. Crews are to land using landing stage "B".

**UNDER NO CIRCUMSTANCES SHOULD ANY CREW ATTEMPT TO GO DOWNSTREAM OF THE BRIDGE – YOU WON'T COME BACK!**

## SAFETY INFORMATION

**FIRST AID** - The First Aid station will be located downstairs of Monmouth RC boathouse (Room immediately to the right of the main Gym entrance). A defibrillator is located in the boathouse immediately to the left of the roller doors.

**MEDICAL** - A doctor can be contacted throughout the racing day at Race Control. An emergency telephone is located inside the main boathouse to the left of the doors and in the clubhouse (by the bar).



**In case of radio failures – contact Phone numbers:**

**Dan Cowton – Chair/Safety/Race Control  
07966 390349**

**Bonita Birkett – Regatta Secretary 07747  
444795**

**James Allison – Medical 07855 429853**

**Scott Hazledine – Rota 07772 649715**