

ISLE OF ELY ROWING CLUB GREAT OUSE MARATHON

Sunday 6th September 2026
Denver to Ely

Instructions to Competitors

Travel to West Norfolk Rowing Club, Denver Sluice

Please **do not** be tempted to use a small local road on the west bank (Ten Mile Bank/Church Road/Engine Road/Ten Mile Bank) as this is a true “Fen” road – it is used by mainly farm machinery and locals, it has severe undulations which can cause serious damage to cars, for the main part single track and at one point there is a low bridge which is also on a slight bend which would struggle to get a trailer under safely. Mainly though, this really is a local’s road and lots of race traffic is not good for neighbourly relations – your cooperation in this would be very much appreciated.

Arrival, boat rigging and registration

- ***Please note that there is a height barrier on the trailer park which will be removed for competitors early on Sunday morning. It will be replaced at 4pm, and trailers must be removed before then.***
- On arrival at Denver, there is a designated trailer park and a separate drop-off area for cars with roof-top boats, both close to the launching area. We cannot accommodate car parking at either site. Please unhitch your trailer / take your boat off your car; then take your car to a car parking area as indicated by marshals.
- A plan showing the layout of the start area, car parks, rigging areas etc, and further details about parking arrangements is included in the document “**Getting to the Great Ouse Marathon...**”. **Please read this document.**
- All boats to be rigged on the grassed areas adjacent to the trailer park and then carried to West Norfolk Rowing Club as directed by marshals.
- Registration will be based in the Trailer Parking Area.
- Toilets are available close to boat launching and in the trailer park.

Course

- The event starts 400m upstream of the launching point at West Norfolk Rowing Club and finishes just downstream of Queen Adelaide Bridge (21.6 km upstream on the River Great Ouse).
- It is possible for supporters to follow the course by car/cycle on the west side of the river from Denver to the Ten Mile Road Bridge on single track rough road (approx. the first 4km of the race) and on the east side of the river from the A10 bridge north of Littleport (at 15km) to the finish at Queen Adelaide. The single-track road on the west side is used regularly by farm traffic, so if you plan to follow a crew for the first 4km, please

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make sure you pull over well off the road. Although the river can be viewed from the east side in some places along this stretch, the A10 is a busy road and parking is limited- one possibility is at The Ship pub at Brandon Creek and the picnic area just South of the pub. Be aware that the river has high banks and most of the river is hidden unless you stop and climb up the slope.

Event Rules

- The race is run under BR rules of racing and Rowsafe and it is a condition of participation that all crews accept and abide by the safety arrangements.
- The committee reserve the right to cancel the event if they consider it would be too dangerous to proceed.
- Umpires will be positioned at significant points on the course (eg bridges) and safety boats will be positioned at intervals. (See 'Safety' section for full details of safety arrangements).
- Start times have been allocated taking into consideration safety and logistics; crews must start at their allocated time.
- You must ensure your boat complies with British Rowing's Rowsafe; safety inspections may take place, and boats or equipment deemed unsafe by the organisers will not be permitted to launch. NB: please remember it is your responsibility to ensure your boat is licensed with the EA for use on EA water.
- Numbers will be issued at Registration and must be worn by the crew and be visible from the front of the boat.
- All coxswains must wear a life jacket or buoyancy aid.
- You must give way to overtaking crews. Overtaking crews must pass with the slower boat on their bowside.

Boating

- Please arrive at the boating area ready to boat at least 20 minutes before your start time. This will allow enough time for boat inspection before being called down to the landing stage by marshals.
- Please approach the landing stage with the bows of your boat facing upstream (to your right as you face the river).
- You will be assisted to boat as quickly as possible by landing stage marshals (relatively small landing stage area).
- Boat, push off and row away from the stage.
- The Start is approximately 400m upstream from West Norfolk Rowing Club.
- To avoid getting chilled while marshalling for the start, we recommend that warm clothes are taken in the boat. Your race number needs to be on your race kit. Please note that there are no shower facilities at Isle of Ely RC; please ensure you have warm and dry clothing available after racing.

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Each crew should take a mobile phone with them for use in emergencies.
Contact number for race control is 07971 921731.

Starting

- Boats will be marshalled in starting order between West Norfolk Rowing Club and the start; please obey the marshals' instructions.
- Crews will be directed to the start, 400m upstream from West Norfolk Rowing Club.
- It is a rolling start.
- Crews will be called forward to start; timing begins as they pass the starting post, when the starting marshal will call '(number), GO!'

Along the course

- Count-down distance markers (5, 4, 3, 2, 1km and "500m to go") are present on the course **Please note that the markers show distance to the FINISH.**
- Be wary of moored boats, bridges, reed beds and lily pads protruding into the river.
- Fishermen may be present along the course.
- Marshals will be at positions along the course to aid crews negotiating obstacles such as bridges.
- **Should any crew witness another participating boat in trouble they are required to stop and offer assistance as appropriate before proceeding and informing the next umpire they see.**

Finish

- **The finish line is just short of Queen Adelaide Bridge.**
- On crossing the finish line, a horn will sound for each crew.
- Crews should continue carefully through the bridge (only centre arch is navigable - closely marshalled) and beyond the next (railway) bridge.
- **Please easy at or after the railway bridge.**
- Please note that the landing stage at Isle of Ely RC is approx. 1.5km further upstream. Cramp is a risk after a long row, so we recommend that you continue to paddle slowly towards the landing stage after the finish to avoid cramp striking before you reach Isle of Ely RC.
- The landing stage is marshalled and you will be helped off the water; please clear the landing stage as soon as possible and follow directions to the de-rigging areas behind the club.
- Marshals will direct crews to the appropriate area for boat de-rigging. Please do not de-rig boats on the immediate club area.

Results

Every effort will be made to display results as swiftly as possible through Row Timer. We will endeavour to produce live results as soon as possible. Please make sure that race numbers are clearly visible to facilitate this.

Safety

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- If assistance is required, contact a bank umpire. **If you are not in sight of a bank umpire please use the race control number 07971 921731**
- In the event of capsize, umpires will assist you where possible; follow the umpire's instructions if one is nearby. You should stay with your boat and swim with it to the west bank (bowside in race direction) as this bank has road access. Please note that for the last 5km the east bank is more accessible for road access and help if required. If no umpire is in sight and assistance is needed once you have reached the bank, please call the race control number **07971 921731**.
- Support / safety boats are stationed along the course and can be summoned via the bank umpires or via the race control number **07971 921731**. A safety launch will follow the last boat home.
- Any crew withdrawing from the event must inform the nearest Event Marshal/Umpire or Race Control by phone.
- **First Aid** facilities will be provided at West Norfolk Rowing Club, and at Isle of Ely RC with assistance available via Bank Umpires stationed throughout the course. Each launch is equipped with First Aid kit
- **Event Welfare Officer** Participating clubs are responsible for the welfare of their young members whilst participating in the Great Ouse Marathon.

The Welfare Officer for this event is Sam Roberts can provide support and advice if required. Sam Roberts can be contacted on the day by any race official stationed West Norfolk RC (the start) along the course and Isle of Ely RC (the finish) or by phone to Race Control on **07971 921731**

- If a thunderstorm occurs, use the 30-30 rule to analyse the severity and location of the storm:

"Play (rowing) shall stop when the flash to bang count is 30 seconds or less and shall not resume until 30 minutes after the last lightning".

Following this rule, crews should disembark if necessary and find appropriate shelter, they should then only re-embark when it is safe to do so. Competitors should familiarise themselves with British Rowing's guidance on lightning and the 30-30 rule before the event.

Umpires where present will advise competitors if required.

In the event of a thunderstorm it will not be possible to make any allowances in the race timing due to the nature of the event.

- Please familiarise yourselves & comply with British Rowing Guidance on waterborne diseases.
- Remember to take the following in your boat:

Liquids
Sunblock

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Blister kits

Mobile phone in waterproof container

Refreshments

Hot drinks, food and snacks will be available from West Norfolk Rowing Club before the start of the race. Hot food, cakes and hot and cold drinks will be available for purchase at Isle of Ely RC at race end.

Race Committee:

Chairman, Teresa Aslett

Umpire: TBC

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Other key race officials:

Event Safety Advisors: Mark Southwood and Patrick Neiningen

Event Welfare Officer: Sam Roberts