

Isle of Ely Rowing Club Ely Head Sunday 1st November 2026

Instructions to Competitors

SAFETY CONTACT NUMBER DURING THE EVENT: Joanna Cotgrove 07709 453058

Course

- Division 1 is 3km upstream on the River Great Ouse.
 - The course starts just downstream from the River Lark and finishes just downstream of Queen Adelaide Bridge.
- Divisions 2&3 are 5km upstream on the River Great Ouse.
 - The course starts just upstream from Littleport Bridge and finishes just downstream of Queen Adelaide Bridge.

Event Rules

- All competing boats should hold a current EA licence.
- The river will NOT be closed for this event so please follow the standard rules of the river and stay to the starboard (bowside) and look out for cruisers and other river traffic.
- The race is run under British Rowing's rules of racing and RowSafe.
- The committee reserve the right to cancel the event if they consider it would be too dangerous to proceed.
- All competitors should have third party insurance.
- The course will be covered in its entirety by race marshals and safety boats. (See 'Safety' section for full details of safety arrangements).
- Racing will be split into three divisions:
 - Division 1 9am
 - Division 2 11.30am
 - Division 3 2pm
- Boating times have been allocated taking into consideration safety and logistics; crews must boat at their allocated time (see below).
- You must ensure your boat complies with the BR RowSafe code; safety inspections might take place, and boats or equipment deemed unsafe by the umpires will not be permitted to race.
- Numbers will be issued at Isle of Ely RC from 07:30 on race day and should be worn by the crew and be visible on the rower in the bow seat and on the cox where present.
- 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.**
- Crews that capsize will not be allowed to continue.

Boating

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- On arrival at Isle of Ely RC, please follow directions from marshals and signs regarding parking and rigging areas.
- Please follow signs to Race Control to collect race numbers.
- Please be ready to boat at least 60 minutes before your division start time. This will allow enough time for boat inspection before being called down to the landing stage and to paddle up to the start.
- For Division 1 the Start is approximately 4.5km from the club: any crew arriving at the finish line (approx. 1.5km downstream from the club) **less than 20 minutes** before the start of the division will not be allowed to proceed to the start.
- For Divisions 2&3 the Start is approximately 6.5km from the club: any crew arriving at the finish line (approx. 1.5km downstream from the club) **less than 30 minutes** before the start of the division will not be allowed to proceed to the start.
- 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
- Boat, push off and row away from the stage. **Turn beyond the landing stage at Cambridge University Boat House** and row downstream towards Queen Adelaide Bridge. Please assemble upstream of Queen Adelaide bridge – you will be instructed by a marshal when to proceed to the start.
- We strongly recommend that a warm hat and top layer are taken in the boat to be worn whilst marshalling for the start: **it can get very cold waiting at the start should the weather be inclement.**

Marshalling at the start

- We will marshal all crews downstream of the start with lower numbers closest to the start with bows facing downstream. We reserve the right to make changes depending on conditions on the day.

Starting

- Crews will start with the lowest numbered crews spinning and paddling towards the start as directed by the start marshal (in launch). Please take heed of instructions from marshals.
- For all divisions, we operate a rolling start. Once directed to do so by the start marshal, crews should progress upstream and build speed.
- Timing begins as crews pass the starting post, when the starting marshal will call '(number), GO!'

Along the course

- Please keep to the starboard (bowside) of the river and move out into the middle when overtaking.
- The course is marked every 1000m by yellow markers along the east (port side) bank. **Markers indicate distance remaining.**
- Be wary of moored boats, reed beds protruding into the river and the possibility of floating mats of pennywort. Fishermen might be present along the course.
- There are no bridges on the racecourse (see course map for details).

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Finish

- The finish line is just short of the Queen Adelaide Bridge (see course map).
- On finishing the course a horn will sound for each crew.
- Crews should continue carefully through the bridge (only centre arch is navigable - closely marshalled) and well upstream before easying if you wish to do so. You should then proceed to the landing stage 1.5km upstream at 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.
- Please follow marshal instructions for areas to de-rig.

Results and Prize-Giving

Every effort will be made to display results as swiftly as possible with prizes being presented as results become available.

Safety

- If assistance is required, contact a race marshal on the east bank of the river (port side when rowing in race direction).
- In the event of capsize, marshals will assist you; follow the marshal's instructions, stay with the boat and swim with it to the east bank (port side in race direction) as this is the only bank with road access.

Race marshals will be positioned at the following locations and will be in communication with each other and with the start and finish:

Marshal position	What 3 words	Geographical Location
Littleport Bridge (Divisions 2&3 only)	sailed shifters outfitters	Bridge/Swan Pub
East bank (stroke side when rowing upstream)	timed pounds habits	Old barn on road next to east bank
East Bank	intricate guilty windmill	River Lark
East Bank	pacemaker nibbled sheet	Between the Lark and farm houses
East Bank	symphony questions tilts	Clayway Farm Houses
East Bank	reflected marble coins	Between farm houses and finish
East Bank	escorting taxpayer promote	Finish

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- Any crew withdrawing from the race must inform the nearest Race Marshal.
- **First Aid** facilities will be provided in launches and at Isle of Ely RC with assistance available via Race Marshals stationed throughout the course.
- Support/safety boats are stationed at Littleport for division 2&3, and at the Lark and the finish for all divisions and can be summoned via the race marshals.
The start launch will follow the last boat home.
- The Race Committee will be monitoring the weather and if lightening is evident ahead of the start of the race, then we reserve the right to abandon any and all divisions likely to be impacted.
- In the event of unexpected lightening when on the course, please take notice of the Marshal's instructions. We will follow the 30/30 rule and if needed, we will stop the race and ask all competitors to head to the East Bank and to get out of their boats safely and quickly.
- Please do not shelter under the few trees present on the bank side, instead proceed halfway down the bank towards the road and sit down on the bank keeping arms and legs tucked in.
- Marshals will advise when it is safe to return to your boats.

Refreshments

Hot food, cakes and hot and cold drinks will be available for purchase at IOERC site. Please note we can take cash and card payments, with card payment preferred.

IMPORTANT NOTES

PARKING AT ISLE OF ELY RC

Please help us by taking a few minutes to read these notes on parking arrangements at Isle of Ely RC:

1. Access to the club is via Kiln Lane, a private road that is a popular route for the local community including dog walkers, anglers and families who are used to it being traffic free. **Please restrict your speed to no more than 10mph on Kiln Lane. Please do not park on Kiln Lane.**
2. Please also note, access to the IOERC site via Kiln Lane also requires drivers with trailers to cross an Automatic Half Barrier railway crossing. Please pay strict attention to signage on approach for LARGE or SLOW vehicles.
3. Parking arrangements have been provided by the Environment Agency, please follow Marshal's instructions to the letter. **Please note that some of the car parks we are using will need to be closed and locked soon after 3pm, please adhere to all instructions on leaving times as indicated by Marshals.**

Race Committee

Joanna Cotgrove and TBC for British Rowing