

Course

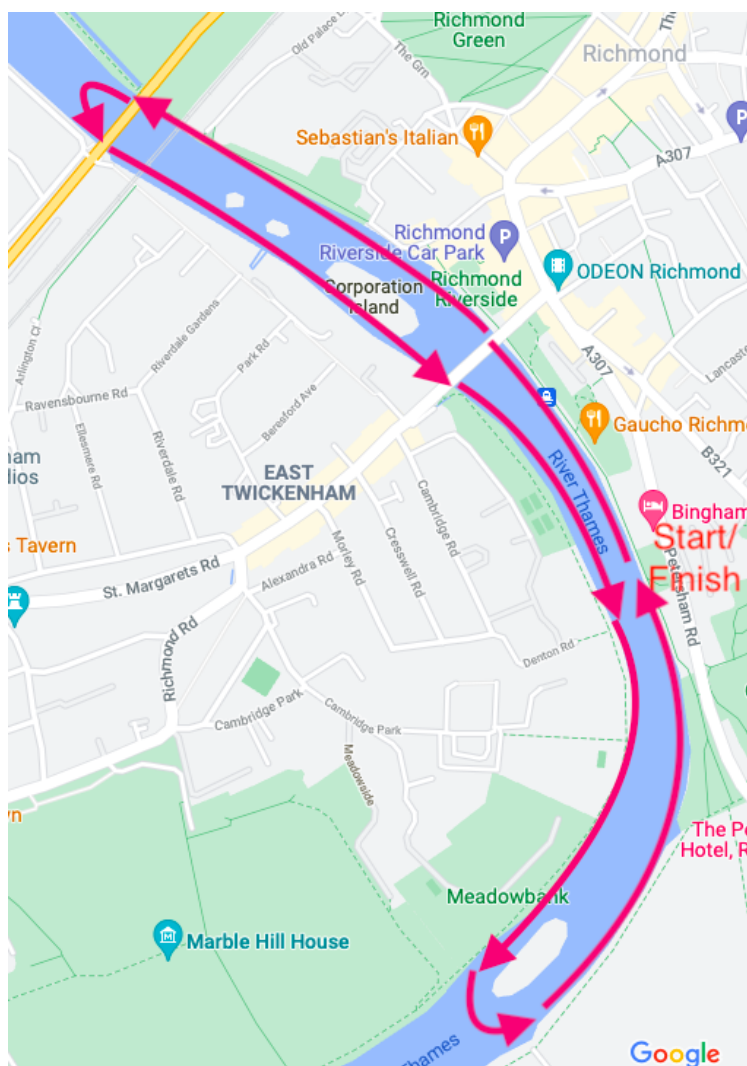
- Start outside RCC heading downstream
- Turn around right or middle pillar of Twickenham bridge (3rd bridge) counter clockwise turn
- Head upstream to the top of Glovers island turn and counter clockwise and back to club pontoon to compete lap.
- Full race = 3 laps finishing on right of river at club pontoon
- Class 4 race = 1.5 laps to finish on far bank opposite club

River right navigation at all time.

Participants to use two right arches of Richmond bridge on downstream course; will proceed upstream on the right right of corporation island and will be hugging the bank on upstream leg.

Participants to be right of Glovers on downstream leg and must remain right of all moored boats - do not cut the corner!

Rescue boats will be at top and bottom turns.



Instructions

All boats are to be on the river before 09:50. Ensure you put onto the river against the flow. Head upstream to Glovers island.

Start will be outside RCC facing downstream.

Start process – boats are to warm up around and above Glovers island, well upstream of the river bend. Starts will be called to gather at Glovers and will be escorted down by either a motor boat or kayak to the pre-start (to be displayed on a map but will be on the pontoon above the club)

Stay river right at all times.

Give crews plenty of space on the turns – bridge pillars are a hazard.

Marshals will be at bridges ensuring lines are correct.

Tide – slack tide so no flow due to tide expected. Incoming tide may start towards the end of the race.

Participants are required to use the right two arches of bridges when approaching them (will be detailed on the race map).

At the end, participants are required to paddle downstream of the finish and turn clockwise around moored boats and to proceed between moored boats and Richmond bank to return to RCC – out of way of race and river traffic.

Expected Timings

09:15	Race briefing
09:-30-09:50	Getting on the water
10:00	Race start – class 1
10:02	Race start – class 2
10:04	Race start – class 3
10:06	Race start – class 4

Pre-race instructions

Buoyancy Aids

ALL paddlers should bring buoyancy aids. Division 7-9 paddlers **must** wear buoyancy aids, regardless of the class entered. All juniors must wear buoyancy aids.

The race organisers may request that all or some paddlers in addition to the above may need to wear buoyancy aids, the race organisers' decision is final.

Retirements

All paddlers who fail to finish must report to a marshal and inform them of their boat number and the fact that they have retired.

Competitors should be aware that the lower Thames can be busy with pleasure cruisers, rowers and other craft. Competitors must be mindful of these and other hazards. Competitors must follow any direction given by Port of London Authority Officers, Environment Agency Officials or Race Marshals.

Competitors must provide support to any other paddler in distress and should attempt to raise the attention of one of the safety boats or Marshals along the course.

Canoeing and Kayaking in all its forms is an 'Assumed Risk – Water Contact' sport. The organisers have done their very best to provide a safe racing environment, but competitors are reminded of their duty of care to themselves and all other competitors. Safety is a shared responsibility