Glasgow Rowing Club Head Race
Saturday 27th September 2025

Race Instructions for Competitors - PLEASE READ CAREFULLY

Race Control

- Race Control will be at the GRC Boathouse.
- Bow numbers will be available for collection from 8:30 am.
- NO DEPOSIT will be taken for race numbers - however, THERE IS A CHARGE of £5 for any plastic bow numbers that are not returned.
- As well as bow numbers, there will also be a paper number to be affixed to the clothing of the bow Person.
- Please ensure that these numbers are visible when the crew is racing, i.e. do not remove them when taking off outer layers.
- Changing facilities, toilets and a fine selection of cakes, hot drinks and rolls will also be available at GRC.

Boating & Reaching the Start Line

- Higher-numbered crews in each division should boat first. ○ We recommend 10:00 am for Div 1 and 12:30 pm for Div 2.
    - ○ Crews that have not boated 35 minutes before the race start time will struggle to reach the time gate at the Railway Bridge before the cut-off time.
- There will be a **time gate** at the **Railway Bridge**, which will close at 10:45 am for Div 1 and 1:15 pm for Div 2.
- Crews that have not passed this time gate **15 minutes before the race start time** will be turned back and instructed to return to their boating location.
- Crews proceeding to the start must maintain a proper lookout for other crews that may legitimately be rowing downstream before the race.
- Any crew rowing downstream must be aware that there will be a large number of crews heading to the start and must exercise caution.

Hazards

Take care when negotiating the normal hazards present on the river Clyde:

- All bridges!
- Overhanging trees close to the river banks.
- Wooden stakes on the South bank upstream of the 2k/Rutherglen Bridge.
- Outflow on the South bank downstream of the Sewerage Works bend.
- Concrete post at the outflow at Sewerage Works bend.
- Outflow just downstream of the Railway Bridge.

There are additional hazards above the marshalling area (DO NOT go beyond the top of the marshalling area unless instructed by a marshal).

Other hazards on the river Clyde, mainly affecting crews proceeding upstream towards the start:

- Tree above the North arch of the 2k/Rutherglen Bridge.
- Trees shortly upstream of the North arch of Dalmarnock Road Bridge.

- NEW tree downstream of the North arch of Polmadie footbridge
- For all these hazards, it is important to proceed with caution and we wary of not moving out too far towards the middle of the river.

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Marshalling Area

- Crews must be on their marshalling station or above the start **5 minutes** before race start time.
- Time penalties will be applied to late crews as follows:

  a 5-second penalty will be added for any minute or part of a minute thereafter.
- All crews should position themselves with bows pointing upstream and only turn into the course when instructed by a marshal.
- **Odd-numbered** crews should remain in racing order between points A and B on the **north bank**.
- **Even-numbered** crews should remain in racing order between points C and D on the **south bank**.

The Start

- The **START LINE** is approximately **two thirds of the way up the Dalmarnock bridge straight.**
- A minimum 15-second gap will be applied between all crews.
- Those choosing to ignore the umpires and marshals instructions risk disqualification.

The Race

- Don't forget about the hazards listed above.
- In particular:
  - The bend after the Railway bridge is very tight - non-Clyde based crews beware! IF necessary slow down to get round it.
- Crews racing should use either the middle or the south (stroke side) arches when heading downstream.
- Be aware the south arch of the Dalmarnock and the Railway bridge can be shallow at low tide.
- Only the centre arch of the 2k/Rutherglen bridge should be used.
- North arches of all bridges are reserved for safety boats and crews returning upstream.

The Finish

- The **FINISH LINE** will be at **the platform** in Glasgow Green.
- After you cross the finish line, carry on rowing to keep the finish line clear for the crews behind you.
- Crews who have finished racing must continue downstream for at least 150m before turning.
- Those returning upstream must stay close to the north bank and obey all umpires and/or marshals instructions. Remember those crews still racing on the course have priority.
- Beware of the Weir.
- Do not get too close to the tidal weir that is situated about 50m downstream of the West Boathouse.
- Obey the marshals instructions!

Returning from the Finish

- Crews should carefully follow the instructions given by marshals and umpires, in particular, when about to pass the Humane Society pontoons.
- Crews returning to GRC need to cross over to the ‘wrong side’ of the river on the back straight upstream of the King's Bridge. Please do this with extreme caution and look for a gap in the crews still racing.

Prizes

- Prizes will be presented at the GRC boathouse at about 2:45 pm.
- Copies of the results will be available after the presentations.
- At least two crews must race in an event for a prize to be awarded.

Finally - enjoy your days racing!