

CRA Winter League 2026 - Competitor Instructions

[Contact email: winterleague@crarowing.co.uk](mailto:winterleague@crarowing.co.uk)

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1 Entries

Entries are invited from CRA and CUCBC clubs. See the race [webpage](#) for details on entry categories.

2 Racing instructions

Division times

Division start times are as follows:

Div 1: 9:00am

Div 2: 10:40am

Div 3: 12:20pm

Div 4: 2:00pm

We will try to accommodate preferences where possible.

Pre-race and boating

Race numbers can be collected from 99' Rowing Club from 7:30 am on the day of the race. Ensure that the cox and bow rower has a number clearly fixed to their race clothing so that it can be seen by the marshals. There is also a third number for Bow to wear on the outermost layer from the boathouses to just before starting. Please make sure that your number can be seen and is not covered by pony-tails, extra kit, lifejackets etc.) If we can not see your number, you may not get a time.

We may do spot checks of crews that are racing to ensure that they comply with British Rowing's RowSafe guidelines.

Please could all competitors show care around moored vessels, in particular near The Plough and at Stourbridge Common.

When boating or and returning to your boathouse, please give priority to junior crews. They might be slower than you; if you leave them at the back of the queue then you will have to wait for them to catch up (and you will delay the race). It will be easier for everyone if you give them space on the hard for them to boat and push off.

You must be past the finish line (near Green Dragon footbridge) at least 20 minutes before your division start time. If you are not downstream of Green Dragon before that time, you will be turned back and will be unable to race in that division. If possible, you will be able to race in a subsequent division.

Marshalling

All crews must arrive at their marshalling position 5 minutes before the start of their division. All crews must proceed directly to their marshalling position.

The first 10 crews in each division have specific marshalling instructions:

- Pull over in reverse order on the left hand bank before the A14 bridge, next to your numbered stake (i.e., boat 1 furthest away from the bridge). Other crews racing will row past you.
- On command, all 10 boats will push off and row downstream. Boat 10 will need to row about 180 metres downstream, to the point where the river starts to bend to the right. All 10 boats might need to overlap slightly (making use of the full width of the river).
- On command, the lowest numbered boats (101, 102, 103) will be asked to spin and start the race. The other boats can then spin (again, on command).

Start

The race starts from the upstream side of the A14 bridge. Crews are on the course when the bow crosses the start line.

Overtaking

Crews overtaking have priority for the racing line. Any crew impeding an overtaking crew can be awarded a time penalty. Claims of an impediment should be reported to the Finish Umpire.

Finish

The race finishes at Top Finish, the post upstream of the Green Dragon bridge. Crews finish when the bow crosses the finish line.

All crews must continue to row after finishing, to prevent blocking the river for following crews.

Once at the boathouse, if a boat is doubling up in the next division then you might need to take it out of the water so as not to block other crews. **When returning, please leave space for junior crews if they are trying to boat.**

Results

Results will be available on RowClock. If you have any questions or would like to lodge a protest or appeal, then please contact the Finish Umpire (at the finish line), or in their absence, Race Control at Nines Boathouse.

After the third leg, prizes will be available from Nines Boathouse once results have been checked. Engraved pots will be awarded for categories with three or more entries, and at the discretion of the organisers.

3 Safety

Competitors' Responsibilities for Safety

We will endeavour at all times to ensure a safe event, but all competitors must follow marshals' instructions and be alert at all times to the safety of themselves and others. Competitors have a number of responsibilities all of which contribute to the safe running of the event:

- **Awareness of the event instructions and safety plan**
 - All club members (coaches, boatmen, captains, coxswains, and crews) should ensure that crews abide by the British Rowing Row Safe guidelines (available on-line from British Rowing: www.britishrowing.org), can swim and have been instructed in a capsized drill.
 - All crews must have adequate third-party insurance.
- **Rowing and navigation competence**
 - Competitors are responsible for proceeding safely at all times, including:
 - Rowing to and from event location
 - Whilst marshalling
 - During the race
 - Coaches should evaluate the skill of their crews and prevent crews from boating if they are not competent to do so under the prevailing conditions. This applies particularly to Novice or Junior crews.
 - All J15 and under crews in small boats MUST have an appropriate bank party on a bicycle, carrying a throw-bag.
 - Competitors must report any incident to the finish team (who will be based at the finish of the course near the Green Dragon Bridge).
- **Equipment safety**
 - We reserve the right to disqualify any crew if a boat does not meet British Rowing or CRA safety criteria. Spot checks may be made to examine heel restraints, bow balls, rudder wires, and life jackets.
 - A coxswain arriving without a suitable life jacket or buoyancy aid will cause the crew to be disqualified.
 - Any boat deemed unsafe will be disqualified and asked to return to its boat house with its crew.
- **Respect for other river users**
 - Competitors and supporters are reminded to be courteous to other river users including walkers, cyclists, boat owners, and anglers.
 - Be careful to avoid your boat or oars coming into contact with moored boats. If you come into contact with a moored boat be sure to push off gently using the fenders if possible, and always above the waterline.
- **Bank Parties**
 - It is expected that all junior crews will have a bank party

- No more than four cyclists per crew
- No loud hailers; we need magnified voice to be from marshals only
- No hand-held recording to be done whilst cycling
- Body mounted video capture is permitted
- Bank parties should remember to pay attention to the towpath - particularly while your crew is racing - remember to treat all towpath users safely and with respect at all times.

Emergency procedures

If you see an accident, give appropriate assistance if required. A marshal will take action or alert the rescue services by radio or phone as necessary. The whole course is visible to marshals, and there will be marshals with throw lines along the course. In the event of capsize please stay with your boat, check for the safety of all members of your crew and await assistance from marshals.

There will be a First Aiders positioned at the Railway Bridge and/or the Finish, who should attend to determine if further medical assistance is required. If necessary, the marshals or umpires will call the emergency services

If you see an incident that might require reporting, then take a note of relevant details and take photos and videos if appropriate.

Swimming Ability

Every competitor is expected to be in good health and must be able to swim a minimum of 100 metres in their kit. The river is relatively narrow and shallow in most places, and there is good access from the bank along the extent of the race course; however, all crews should make due allowance for the stream and for points of the river which have increased depth or where navigation is more difficult.

Juniors

Coaches of novice/junior crews must evaluate the ability of these crews and consider whether they require an individual bank party on a bicycle to escort them before, during and after the race. All junior 15s and under in small boats MUST have a bank party on a bicycle.

Insurance

All crews must have adequate third party insurance.

Health Information

Competitors are reminded that the Cam water is likely to contain Leptospirosis Bacteria (Weil's Disease) and is a source of other harmful and infectious diseases. Ensure

pre-existing cuts, blisters etc. are covered with a suitable waterproof dressing before going afloat. Cuts, blisters etc. sustained during the race should be thoroughly washed immediately upon return to the boathouse. Should you be unlucky enough to fall in, please ensure you shower at the earliest possible opportunity. It is recommended that water bottles (including those with a “sports top”) are placed in a waterproof plastic bag, rather than loose in the bottom of the boat, to reduce the risk of contact with unclean river water.

Do not handle dead birds found in or near the river; please report any dead birds to the marshals at the course finish.

Weather

The race takes place in winter, so weather may be any combination of very cold, windy or wet. Crews are reminded that they will need to marshal at the lock. Therefore, all crews should ensure they have warm and dry clothing to wear while waiting to race.

If the forecast for the race is poor, or if conditions worsen during the day, we will make an assessment prior to the race start and may cancel racing either for specific crews (e.g. juniors) or for everyone. Refunds will be offered if this is needed. If we have to cancel, or alter the draw to limit those racing, all ‘one the day’ contacts and ‘pre-race day’ contacts will be contacted via email and sms. A notice will also appear on the website.

4 Winter League Officials and Contact Details

WL Organising Committee	Tamzin Byrne (CNN) Richard Dorman (XPR)	
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Contact: winterleague@crarowing.co.uk

Accident and Emergency at Addenbrooke’s Hospital, Hill’s Road, Cambridge, CB2 0QQ
Tel: 01223 217118

Emergency
Fire, Police, Ambulance.
Tel: 999

5 Course Map

The text in red on the map gives the What3Words location.



Emergency access points and key landmarks

See below for the main access points to the river, listed in order, moving downstream from the race finish position at Stourbridge Common. The What3Words location is shown in red (this is usually the easiest way to communicate your location to the emergency services). GPS positions, where shown, are in Degrees East and North.

Boathouse of Cambridge '99 Rowing Club, Tricolour Door Boat House, Kimberley Road.
CB4 1JS (Not shown on map)

E: 0.12958; N: 52.21164

What3Words: **spine.paying.rise**

Churchill College Boathouse and New CRA Boathouse, Logan's Way, CB4 1EQ

(Not shown on map)

E: 0.14009; N: 52.21190

What3Words: risk.healers.inch

[1] Race Finish

Race umpires will be on south (towpath side) of the river at Stourbridge Common

What3Words: solved.begun.curry

[2] Vehicle access at ex-Pike & Eel Pub

Vehicle access to western (nearest to Cambridge) towpath (code locked); Also coordinates for car park at former site of the Pike & Eel Public House, CB4 1PA

E: 0.15052; N: 52.21885

What3Words: atoms.skills.trunk

[3] Vehicle access to towpath near railway bridge (code locked).

Pedestrian access from Fen Road to the towpath.

E: 0.15523; N: 52.22034

What3Words: known.cowboy.kite

[4] Vehicle access to Ditton Corner (south, non-towpath side) at end of Long Reach, near Ditton CB5 8ST

E: 0.16779; N: 52.22271

What3Words: bonds.vibe.musically

[5] Grassy Corner

Pedestrian access from Fen Road (no vehicle access)

What3Words: bugs.vital.wake

[6] Vehicle access to First Post Corner (east, non-towpath side) north of Fen Ditton

E: 0.17068; N: 52.22795

What3Words: tilts.passport.clearing

[7] Race Start

Just upstream of the A14 bridge. No Vehicle access.

What3Words: chipper.sake.uppermost

[8] Vehicle access and car park at Baits Bite lock and weir, (code locked, code available from control), CB24 6AF

E: 0.17803; N: 52.23757

What3Words: muted.recitals.incline