



City Junior Head – Saturday 22 March 2025

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1 Aim of the race

The City Junior Head is a new race for City of Cambridge Rowing Club, but an old race for the Cam, taking over the Champs Junior Head. The aim of the race is to give Junior rowers on the Cam an opportunity to race and to race a BR event.

2 Entries

Entries are invited from all clubs and schools for entries over either 800m for CRA novices, or a BR race over 1,500m. The course is raced up-stream.

CRA Invitational categories	BR categories
Open and Women's 4x+, 2x and 1x.	Open and Women's 4x, 2x and 1x.
J13 to J18 novice scullers	J13 to J18
Adult novice scullers	Adult senior entries

Div 1 – 10.00	Div 2 – 12.00	Div 3 – 14.00
Nov Open and Women 4x+	BR Open 1x and 2x BR	BR Women 1x and 2x
Nov Open and Women 2x	Women 4x-	BR Open 4x-
Nov Open and Women 1x		

If there are not enough entries in one age group, crews will be entered into a higher age group to allow as much racing as possible.

How to enter:

- Entries are to be made online using the link for CRA entries: (<https://www.tickettailor.com/events/cityofcambridgerowingclub/1597176>).
- Entries for BR must be made through BROE
- Entries are open for both Juniors and Seniors. If the race is oversubscribed, priority will be given to Junior rowers.
- **Entries close on Sunday 16 March January at midnight.**



Race fees are £12 per seat excluding the cox plus a 50p booking fee. Any crew that has not paid its entry fee before the event will not be allowed to race.

In the event that the race is cancelled, full refunds will be given.

3 Pre-Race and Boating

Race numbers can be collected from City of Cambridge Rowing Club from 8.00 on the day of the race. Numbers will be boards that fit into boat Empacher slots.

At the end of racing each club must return numbers to the City of Cambridge boathouse where there will be a “post bin” for numbers. Any number not returned will incur a £5 charge to cover the cost of replacement.

The event organisers will do checks of crews to ensure that they comply with British Rowing’s RowSafe guidelines.

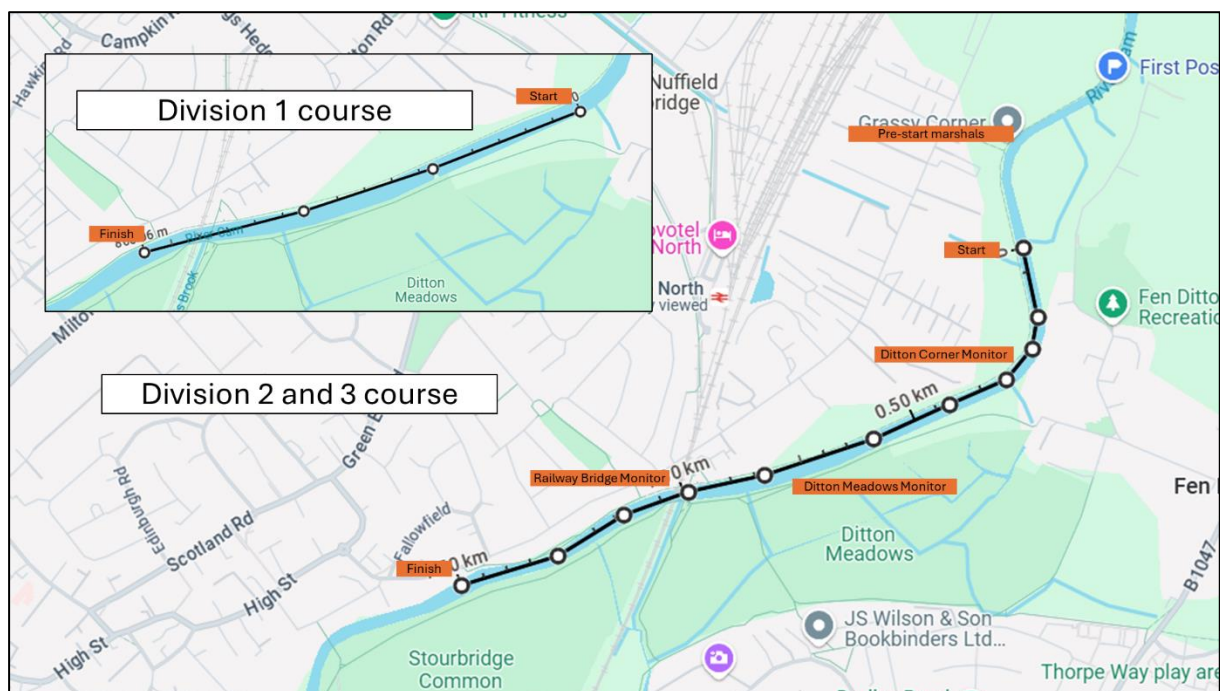
4 Marshalling

- **Crews must have passed the Green Dragon bridge 30 minutes before the start of the division.**
- **All crews must be in the marshalling area 20 minutes before the start of their division.**
- All crews must row down through the gut before spinning, then row back to marshal on the towpath side of the river.
- Crews racing the shorter course will marshal from the start down towards the Plough
- Crews racing the longer course will marshal from the Plough down towards the gut.

5 Racing

Div 1 – 10.00	Div 2 – 12.00	Div 3 – 14.00
Nov Open and Women 4x+ Nov Open and Women 2x Nov Open and Women 1x	BR Open 1x and 2x BR Women 4x-	BR Women 1x and 2x BR Open 4x-

- BR races requires all boats of the same gender and boat class to be in the same division. Therefore, we will have fixed divisions for different boat classes. This is different from most other CRA only races on the Cam, so please check the race division table above and ensure this works for boat timings and any doubling up or boat sharing.
- There will be three divisions, with up to 50 crews in each division:
 - Up to 15 fours
 - Up to 35 are singles/doubles.
- Although the race is targeted at Juniors, adult entries are welcome. If the event is oversubscribed, priority will be given to Junior crews.
- J15/14/13 rowers are eligible to race in the BR J16 category, to provide them with the opportunity to receive points. If sufficient numbers of J13/14/15 enter the BR J16 entry, we will provide a pot to the fastest entry even if they are not the fastest in the J16 event.
- The CRA course will be 800m, starting 800m downstream of the Pike & Eel and finishing at the Pike & Eel. The BR course will be 1500m, starting opposite the Plough pub and also finish at the Pike & Eel.



- Once crossing the finish line should continue to row until they are clear of the finish line.
- Crews overtaking have priority on the racing line (i.e. the inside line on any corner). Any crew impeding another during an overtaking manoeuvre will be awarded a time penalty. Claims of impedance must be reported to the finish immediately after the division.
- Competitors and coaches are reminded of the need for courtesy to other river users, including walkers and anglers and to respect the river's wildlife.



- Timing will be by on Webscorer with back-up paper timing. Results will be published during the day here: <https://www.webscorer.com/CCRC>. In the past some crews have queried times on the basis of in-boat timing apps such as Strava and Rowing In Motion. Having tested these we have found that that times from the apps can vary by as much as 5 seconds from people in the same boat. Such timings will therefore not be considered in any appeal.
- Time penalties may be awarded for any crews not following the event instructions or acting in an unsporting manner.

6 Prizes

Prizes will be given for Categories with 3 or more entries. Prize giving for winning crews take place at 3.30pm at the City of Cambridge Boathouse.

7 Safety

7.1 Competitors' Responsibilities

City of Cambridge Rowing Club personnel 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.

All competing Clubs have the responsibility to ensure that their crews and scullers abide by the Row Safe: A Guide to Good Practice in Rowing. In particular, all Clubs must ensure that:

- Inexperienced crews have experienced coxswains.
- Coaches of novice/junior crews evaluate the ability of these crews and consider whether they require an individual bank party on a bicycle, carrying a throw-bag, to escort them before, during and after the race. All junior 15s & under MUST have a bank party on a bicycle, carrying a throw-bag.
- Competitors are aware of the BR Row Safe Code, the Event Safety Information and Competitor's Guidance and have been instructed in capsizing drill.
- Competitors are competent to take part in the event without putting other people at risk.
- Competitors are responsible for proceeding safely at all times, especially to the start and after the finish.

The Row Safe guide is available at

<https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>

7.2 Equipment

It is the responsibility of each crew to ensure that the equipment they are using is safe and compliant with the requirements of the BR Rules of Racing and Row Safe: A Guide to Good Practice in Rowing. Event organisers may make spot checks on boat safety. Coxes arriving at the start without a suitable lifejacket or buoyancy aid will be disqualified. Any boat deemed unsafe will be disqualified and asked to return to its boat house with its crew.

7.3 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.



7.4 Accidents

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.

7.5 Insurance

All crews must have adequate third-party insurance.

7.6 Health Information

Competitors are reminded that the Cam water is likely to contain the Leptospirosis (Weil's Disease) bacterium other sources of 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.

7.7 Weather

The race takes place in March, so weather could be anything from very cold, windy or wet to warm. All crews must ensure they have suitable warm and dry clothing for the conditions.

If the forecast for the race is poor, or if conditions worsen during the day, the race organisers will make an assessment prior to the race start and may cancel racing. Refunds will be offered if this is needed.

8 Contacts

Race Control	Race start on the reach
Events Secretary	John Leighton – 07717 824931
Safety Officer	Jenny Rankin – 07807 469352
Welfare Officer	Tom Watt – 07900 160766
Marshals	Marshals will be based along the course (identified by their Hi-Viz tabards). They will have throw lines/radios/thermal blankets/megaphones/mobile phones/PPE
Emergency Aid	Race Control
Hospital	Accident and Emergency at Addenbrooke's Hospital, Hill's Road, Cambridge, CB2 0QQ Tel: 01223 217118
Emergency	Fire, Police, Ambulance. Tel: 999



9 Location details and access points

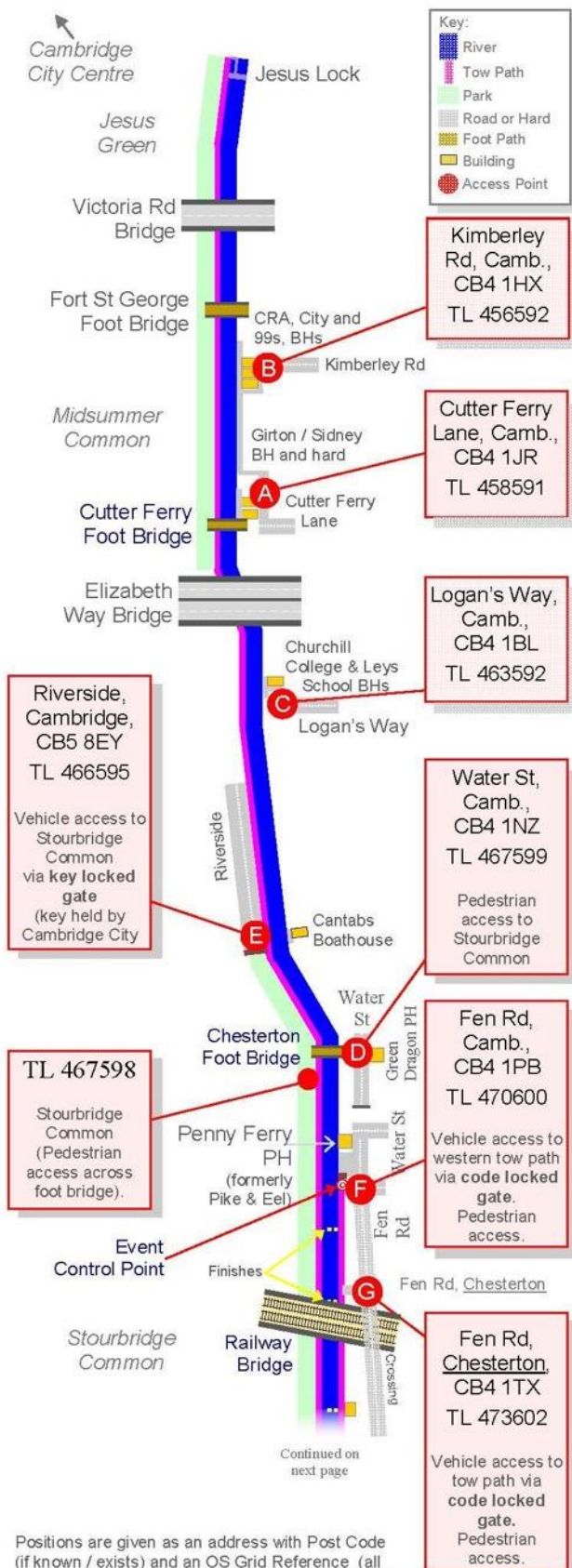
Position	OS maps	What3Words
Start - Short Course	TL 48072 60458	///groom.burst.spoon
Start - Long Course	TL 48094 60709	///handbag.mealtime.ribcage
Ditton Corner	TL 48125 60535	///argue.younger.towel
Ditton Common	TL 47785 60272	///pool.happy.slave
Railway Bridge	TL 47411 60202	///shovels.adults.highs
Finish – Short course	TL 47332 60180	///clots.unity.ship
Finish – Long course	TL 47026 60031	///giving.maybe.listed

- If Emergency services are needed, only if safe try to get people to the Long Course race finish, as access is easiest here.
- If this is not possible, the next best access is near the Railway Bridge, where emergency services can access the river from the footpath next to bridge.
- Only if there is no other option available, emergency services can access the start of the course by parking on Fen Road and taking the footpath to Grassy Corner.
 - OS map grid reference for where the footpath meets the river is TL 48056 60915 or W3W ///bugs.vital.wake
- If access is needed to Ditton Common, crew will need to park High Street, Ditton. Crews will then need to walk across the common from here.
 - OS map reference to park is TL 48173 60350 or ///status.alien.cornering.

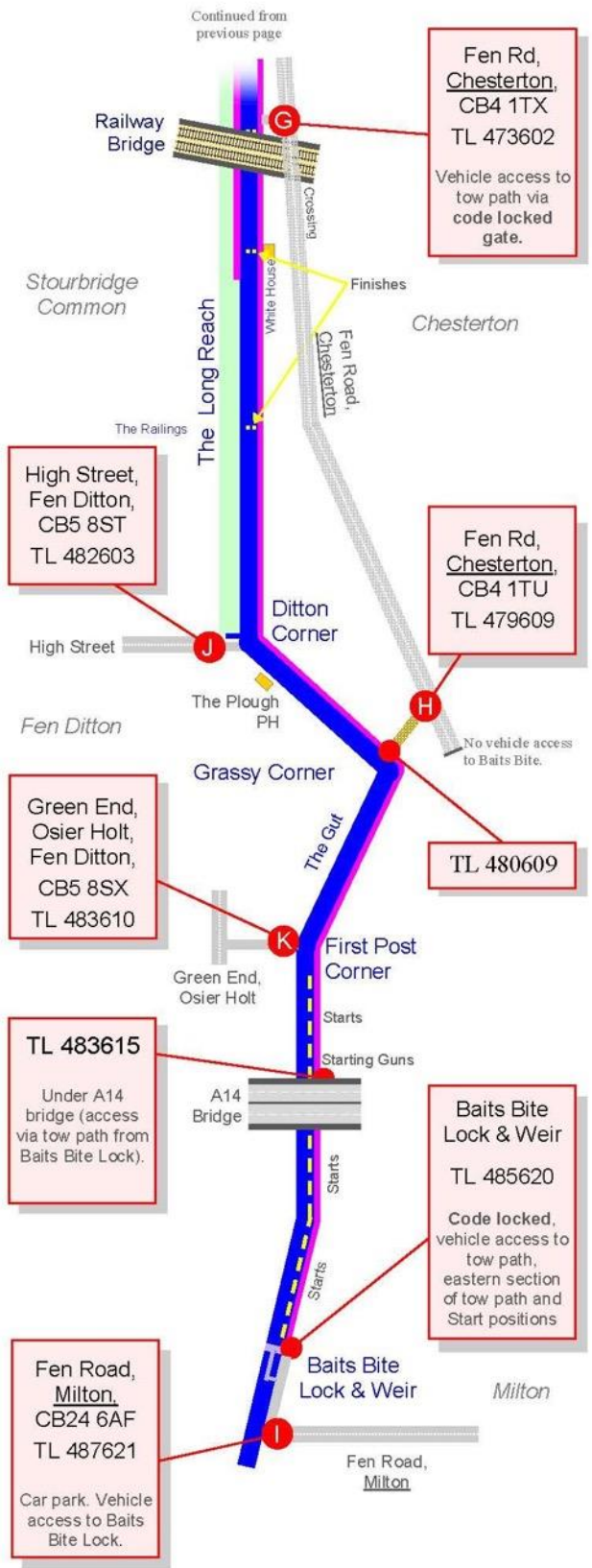


Bumps River Cam Emergency Access Points

Revised 21 June 2012



Positions are given as an address with Post Code (if known / exists) and an OS Grid Reference (all beginning TL). Relative distances are approximately correct but the river shape is simplified.



Unless otherwise noted, keys and codes are available from the River Manager. Written permission is required under the Conservators' byelaws for vehicles to use the towpath, with the exception of the emergency services. In general the tow path is not suitable for rapid vehicle access.