



STAR CLUB REGATTA 2022

COMPETITORS INSTRUCTIONS

Race Committee: Ian Donald (Chairman), Simon White, Chris Callow,

Organising Committee: Ian Donald (Chairman), Nicky Durrant (Secretary), David Gowing (Safety Adviser), Simon White, Clive Thompson, George French, Steve Sangster, David Dixon, Simon Clark, Chris Callow

Welcome. We hope you have a successful and enjoyable day. Safety is of paramount concern. Please read carefully the following which contains important information and instructions regarding safety. Further detail may be found in the Safety Plan

IN AN EMERGENCY the nearest official will take charge summoning any additional help as deemed necessary. If you see an accident give assistance if this looks necessary; you will be allowed to race again without penalty if you render assistance to a crew in distress.

IN THE EVENT OF A CAPSIZE the marshals and umpires will alert the safety crews. It is generally safest to stay with your boat until assistance arrives. All marshals and umpires are equipped with throw lines and there will be a safety boat on patrol on the river throughout the event.

IN THE EVENT OF AN ACCIDENT OCCURRING ON LAND contact the nearest official (see maps) or go to Control at Mill Meadows.

RESPONSIBILITY OF COMPETITORS. Individuals must be members of British Rowing, be able to swim 50 metres in rowing kit, and if coxing wear an approved life jacket. All boats must have heel restraints and a securely fastened bow-ball. Ensure that all hatches are securely fastened before boating. Umpires will be making random boat checks.

KEY PERSONNEL. Control and registration at Mill Meadows. First Aid will also be positioned at Mill Meadows and Star Club

BOATING. Where possible please find your opposition and boat together 30 minutes before your race time. Please note – there is **NO WARMING UP** on the course.

AT THE START. Progress upstream of The County Bridge and await instructions from the marshals.

WHILE RACING. Stay in your racing lane and take the correct arch of the Town Bridge. The extreme left and right arches are not to be used

AT THE FINISH. Please keep moving after you have finished to clear for following races.

AT OTHER TIMES. When moving upstream to the start or from the finish, keep to the right of the river.

REMEMBER, SAFETY COMES FIRST AT ALL TIMES



PARKING. Please note there is NO PARKING at Star Club.

TRAILER DRIVERS - DO NOT UNDER ANY CIRCUMSTANCES ATTEMPT TO ACCESS OR LEAVE THE REGATTA VIA ADJACENT RESIDENTIAL STREETS. THEY ARE TOO NARROW AND YOU WILL RUN INTO DIFFICULTIES. RESIDENTS' VEHICLES HAVE RECENTLY BEEN BADLY DAMAGED BY BOAT TRAILERS

CHECK OUR YOUR ROUTE BEFORE YOU LEAVE

TRAILER PARKING ONLY

Trailer parking only is at Longholme adjacent to The Schools Boathouse. Limited trailer parking will be available along The Embankment.

Towing vehicles are advised to avoid Bedford's notorious Saturday traffic by accessing the area via the A421 Bedford by-pass and take the A603 turn into town (near the 'Cardington' text on the map overleaf). Take the Cardington Road into town, past the Barns Hotel, the pyramid-shaped swimming pool and Tesco, filter into the right hand lane after the Tesco roundabout for the A5140 signposted towards Cambridge.

All towing vehicles should take the fourth exit, the A5140 Longholme Way, cross the river, take the first left into The Embankment then immediately left again over the white bridge onto Longholme Island – marshals will be present to direct you in.

No vehicles are allowed to park on the grass between the Embankment and the river.

PARKING FOR COMPETITORS AND SUPPORTERS

You are advised to avoid Bedford's notorious Saturday traffic by accessing the area via the A421 Bedford by-pass and take the A603 turn into town (near the 'Cardington' text on the map overleaf). Take the Cardington Road into town, past the Barns Hotel, the pyramid-shaped swimming pool and Tesco, filter into the right hand lane after the Tesco roundabout for the A5140 signposted towards Cambridge.

At the roundabout, all cars should take the third exit for the Mill Meadows car park, just before the A5140 exit. Ample parking is available on the fairground site, bear to the right over the flood defence hump as you enter

Vehicles over 2 metres high may park along The Embankment between Bushmead Avenue and Shaftesbury Avenue where we have a parking permit.

Mill Meadows Car Park – see hyperlink

<http://www.ukcarparks.info/mill-meadows-car-park-bedford#sthash.6PbN90Im.dpbs>

The car park is just a five minute walk through Mill Meadows to the regatta site and trailer park.

There is a parking bay for coaches and mini buses in Bushmead Avenue, off The Embankment.