



Endeavour Rowing Club, Newcastle University Boat Club and Newcastle Rowing Club

# Welcome You to

## *The Head of the Hunter*

### Carrington to Berry Park

### Rowing Marathon Sunday 30<sup>th</sup> July 2017

#### **Competitor Information**

**Start:** Newcastle Rowing Club, Throsby Creek, Carrington, off Tully St.

**Finish:** Endeavour Rowing Club & Newcastle University Boat Club, Berry Park

**Distance:** 45Km

Boating and Registration will be at Newcastle Rowing Club Carrington, from 6am.

A water proof copy of the route maps & contact numbers will be issued at registration.

Please consider the logistics of your boat trailer and competitors vehicles.

- **A briefing for all competitors will be held in the Newcastle Rowing Club boatshed, Carrington at 7.00 am.**
- **Limited space is available to store boats in the Newcastle Rowing Club boatshed on Saturday night. Contact John McLeod for further information ph 0415 808 306 or [jmcleod@hunterlink.net.au](mailto:jmcleod@hunterlink.net.au)**

#### **Fitness:**

The marathon event involves a row through a section of Newcastle Harbour and along the Hunter River covering a distance of 45Km. This is a considerable physical exercise challenge and competitors should be of appropriate fitness to endure a row which may take between 3-5 hours.

**Cut Off Time.** Any crews/scullers, who have not reached the Fitzgerald Bridge at Raymond Terrace (Check Point 2) by 11.15am, will be asked to withdraw from the marathon at that point.

#### **Hypothermia:**

Conditions can be very cold at this time of year and competitors should have appropriate clothing to protect against excessive heat loss.

#### **Hydration and sustenance:**

Competitors are advised to carry appropriate fluids for regular re-hydration and energy foods. A canteen with BBQ will have food for sale at the Berry Park.

#### **Adverse Weather:**

The event may be cancelled in the event of adverse weather conditions. If the race starts, and the weather turns dangerous, then the race may be halted at Check Point 1, Ash Island or at Check Point 2, Raymond Terrace. Ref participants Maps 1, 2 & 3

#### Cancellation policy:

- If the marathon is cancelled there will be no refund - The costs of the day must be met.
- If the marathon is stopped at either of the 2 checkpoints, Ash Island (Check Point 1) or Raymond Terrace (Check Point 2), every attempt will be made to provide race results based on times of the completed sections of the race.
- In the event of any cancellation, the BBQ/Canteen will be available at Berry Park.

### **Harbour Traffic:**

The initial part of the marathon passes through Newcastle Harbour. The harbour can be a high traffic area and care should be taken when encountering wash. Upon leaving the Cowper St Bridge, each boat is to proceed past the marina towards the wharf without turning. Upon reaching the wharf, row along the wharf (**bowside to the bank**) till **Marker Boat 1** is reached (Ref Map 1). Each boat is to row around the Marker Boat and proceed directly across the harbour to **Marker Boat 2**, then proceed north along the Stockton bank and through the Stockton Bridge. A support boat will be provided to ensure that rowers remain on this correct side of the harbour. There may be a requirement to halt to allow the passage of large ships. Follow BRO instructions.

### **Equipment failure, injury and exhaustion:**

**Each boat should carry a mobile phone** secured within a water-tight container and ensure that they have **a ground support** who they can contact should they need to withdraw from the race and be picked up.

If you withdraw from the race for whatever reason, please ensure that you notify a BRO in a support vessel so that your position can be noted, and your condition reported, and a pick-up arranged. The phone numbers of the BRO's will be provided on the water-proof map provided.

**Please take note of your allocated boat number in case it is lost. We will track your progress via your registered number.**

### **Please read the Marathon Instructions and the Safety Plan.**

#### **Safety Plan**

This marathon will be conducted as detailed in the Marathon Instructions and this Safety Plan.

1. The marathon may be stopped in the event of bad weather in which case all boats will be required to be removed from the water and trailered to the finish where the BBQ /Canteen will be available. There are 2 specific points where the OK to proceed will be given or alternately to land. They are **Check Point 1 Ash Island** and **Check Point 2 Raymond Terrace** adjacent the Fitzgerald Bridge. The signal to land and that the event is over will be a red flag. In the event that it is deemed that the weather is not suitable to proceed then ALL boats will be directed to cease rowing and be removed from the water.
2. Keep a sharp lookout, there are several Navigation buoys to be avoided along the route especially between Newcastle & Hexham and between Hexham & Raymond Terrace. There are others up stream of Raymond Terrace.
3. Care should be taken when passing other competitors in the marathon. The slower boat should move to its bow side to allow the faster boat to pass if additional clearance is required. If you are being passed, warn the faster boat of your position, they may not have seen you.
4. Upon encountering other craft travelling downstream you are to move to your bowside to allow it clear passage.
5. Support motorboats will mark strategic points for passage, follow and guide the boats, and provide safety support. The support boats will have mobile phone contact.
6. In the event of an unforeseen event e.g. equipment breakage, move to one side and wait till the safety boat approaches.
7. The river is tidal and the event has been timed to ensure that the rowers move with the incoming tide.
8. The use of sunscreen and hats is recommended for competitors, officials and supporters.
9. Each rower is recommended to bring water and electrolyte replacement fluids (eg Powerade) as well as appropriate energy foods such as oranges and bananas.
10. Recommended safety equipment includes a spanner/s for loose rigging & mobile phone.  
Ref contact numbers on map.

## Marathon Instructions

1. Crews and scullers are to register at the registration desk prior to taking to the water. Bow numbers will be issued at registration together with a waterproof map set and emergency contact numbers.
2. The start point for the marathon is the Cowper Street Bridge Carrington and the finish is the white finishing posts at the Berry Park site Distance 45k.
3. Crews should be on the water and line up in numerical (bow number) order no later than 5 minutes before their allocated start time.
4. Boats will be started at nominal 1 minute intervals and their times will be initiated as they pass under the Cowper St Bridge.
5. Overall times will be taken for each boat, start to finish, irrespective of stops crew changes etc. Awards will be based on the overall times.
6. The nominal "halfway point" is Raymond Terrace, any crew changes are to be made at this point. Those crews participating in the half marathon event will start from the Fitzgerald Bridge at 9:00am if weather permits.
7. Any boat that is late in arrival and missed its allocated start time at the line-up can start by joining the end of the line or as directed.
8. Basic Course map



Ref: - Participants Maps 1, 2 & 3