AVON BLUEFRIARS SMALL BOATS HEAD 2026
INSTRUCTIONS FOR THE LONG COURSE

1 **PROCEEDING TO THE START:** Keep to the starboard/right side (ACRC Bank). Go through the starboard/right arch of both bridges. Look out for less experienced crews and other river users coming downstream. Less experienced crews will be racing a shorter course assembling above the bottom bridge on the Minerva bank. All other crews are asked to launch promptly and should look out for the inexperienced crews as they pass. Long course crews should get themselves above the bottom bridge, and above short course crews who are marshalling, as quickly as possible. The short course will be started as soon as all other crews have passed, and the long course soon after all crews have started from the short course start.

2 **AT THE LONG START** crews should marshal above the TOP bridge facing upstream on the starboard/right side (ACRC bank) until told to turn.

3 Before **THE LONG START** crews will be instructed to turn and paddle through the starboard/right (Minerva bank) arch of the top bridge. Crews should build up pace as soon as they are clear of the bridge. The start is about 20-30 metres below the bridge and the timers will be on the river bank opposite the pontoons.

4 **NOTE** that there may be gaps between some boat types, for safety reasons.

5 RACING crews must row on the STARBOARD/RIGHT (Minerva bank) side of the river, overtaking on the PORT/LEFT (Avon bank). Slower crews must give way to faster crews. Time penalties may be awarded for unsafe behaviour.

NOTE: There is a 6 minute video of the long course on the ACRC website, with useful information regarding steering and safety. Please ask all coxes, and steerspeople of coxless boats, to watch this prior to the race.

Via the ACRC event page - http://avoncountyrowingclub.org.uk/avonbluefriars-small-boats-head/
or directly to the YouTube link - https://www.youtube.com/watch?v=QSF8J10uTdA

6 From the Bottom Bridge to 300m upstream is designated as a **SPECIAL CONTROL ZONE**. A monitor will be stationed at this point and will control any overtaking activity as he/she sees appropriate. **THE RACING LINE** at the BOTTOM bridge is through the port/left (Avon) arch of the bridge. Crews should take this line about 100m upstream of the bridge and there will be monitors to direct you if you do not appear to be on course or there is an overtaking situation. You must follow their instructions. Please also be aware that for safety reasons,

any crew which is completely on the wrong line, or close to another crew whether overtaking or being overtaken, might be directed to race through the right arch. Crews may also be instructed by the umpire not to overtake (i.e. slow down) until clear of the bridge. This instruction will be for safety reasons and must be obeyed.

7 After the bottom bridge, **the racing line** is again down the right side; overtake on the left.

8 **DISEMBARKING**: After the finish crews must continue to paddle light. Crews must go beyond the rafts before turning and approach them upstream. Please wait patiently in the queue for your turn. Do not go too far past the rafts as there is a weir further downstream. Crews returning to Minerva must wait, facing upstream, on the ACRC side downstream of the rafts until given permission to proceed.

9 Your shoes will be brought to you in their numbered bags. After disembarking move your boat and blades away from the rafts and riverbank as soon as possible. In between divisions, boats and blades may be left on trestles in the field on the river side of the railway bridge. This will be signposted. No cars will be allowed in this field. Your Empacher (bow) number may be collected when you disembark – if not please return them to Registration. A charge of £5 each may be made for numbers damaged or not returned.