

The Fairbairn Cup 2023

Novice Cox Presentation

“Mileage makes champions” S. Fairbairn



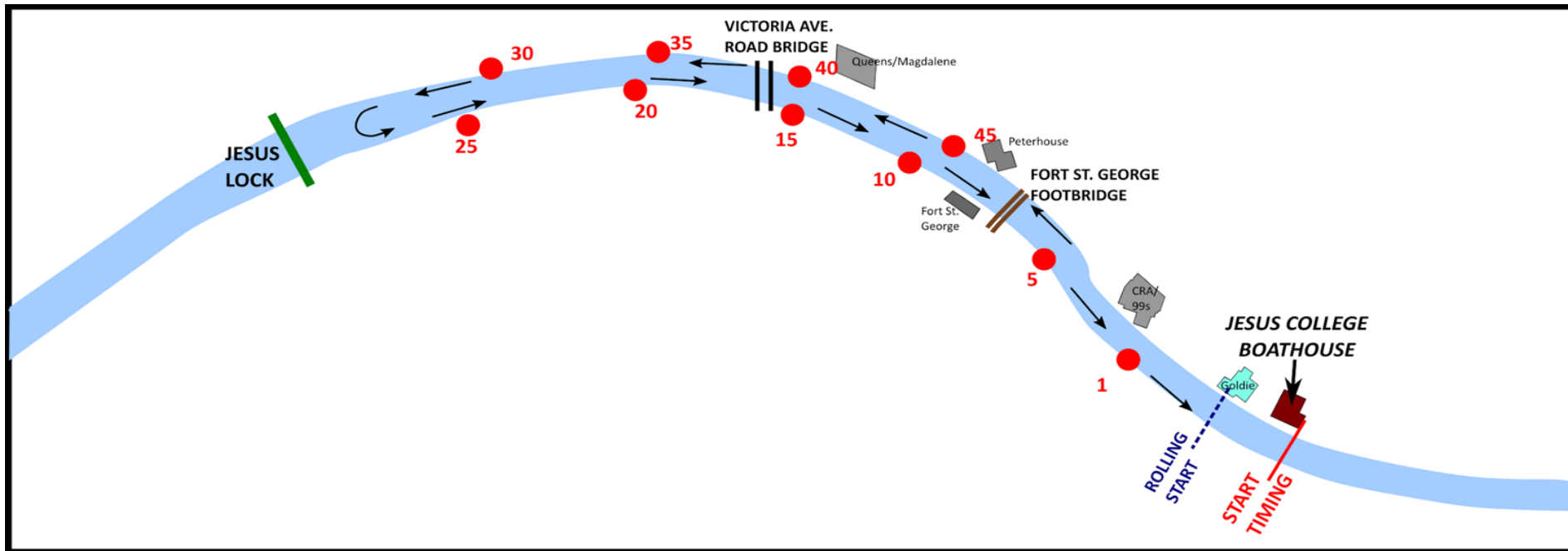
Pre-race Preparation

- Warm-up on land, there is no on water warm up!
- Before your crew can be allowed to race, under CUCBC safety regulations, **you must check that:**
 - You are wearing a lifejacket.
 - Your boat has a bow ball.
 - Heel restraints are properly attached at all seats.
 - You have a working cox box.
- Race numbers must be visible at all times on the Cox and Bow.
- Encourage your crew to bring lots of layers, and a bag to put them in during the race. There is a long time waiting after the finish.
- Novice crews must have a bank party at all times!



Start Marshalling

- Crews 1-10 30min before, everyone else 20 minutes before start time.



The Race

- Rolling start, outside Goldie. Place hand down to signal to Starter Marshal you are ready to start.
- Timing starts at Jesus flagpole
- There will be a 30 second gap between crews, unless your coach/LBC has requested a greater time gap.
- No overtaking before Green Dragon Bridge
- The overtaking crew has priority to the racing line and crews being overtaken **must concede this line.**

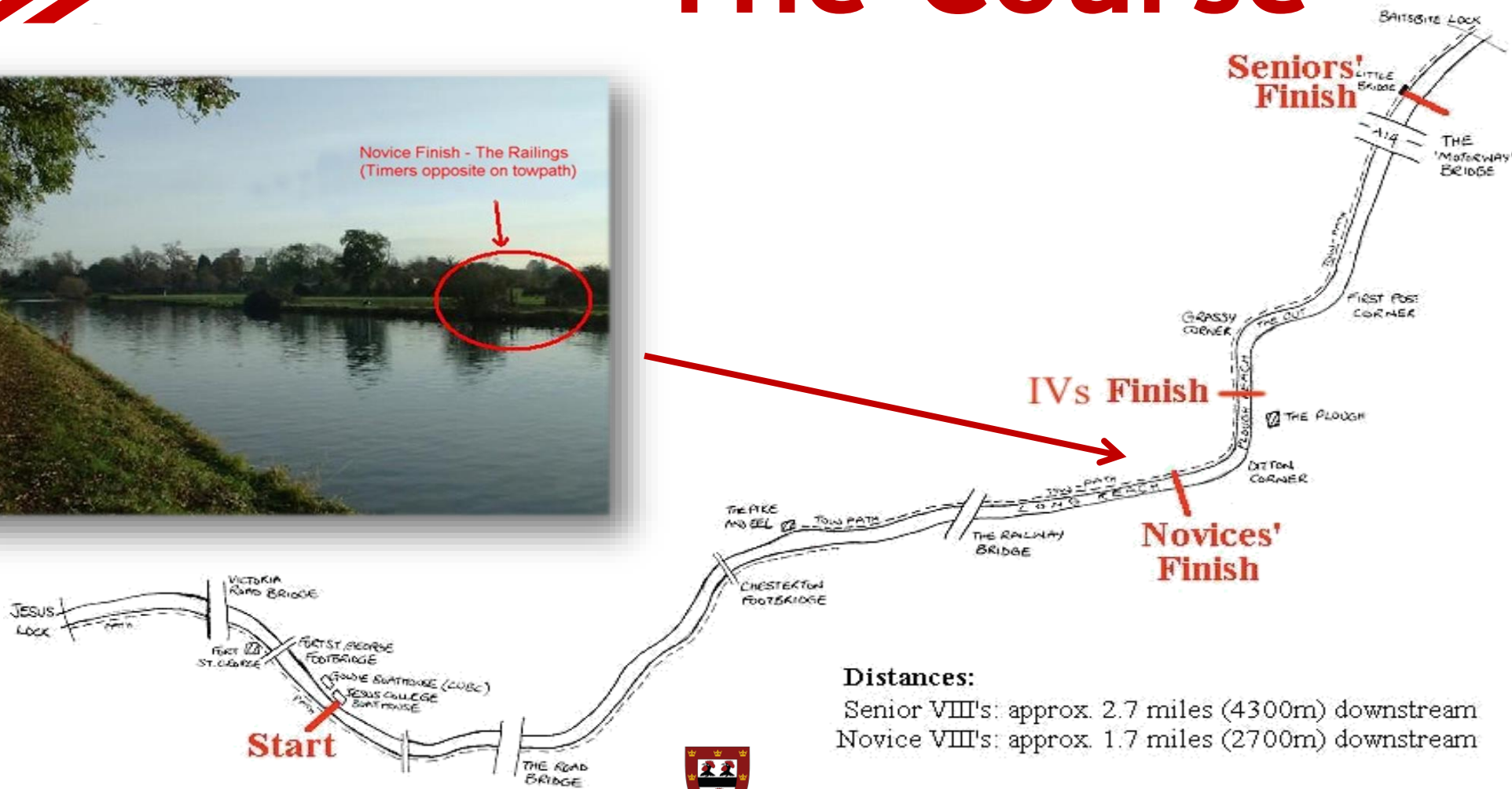


Crashing Out

- If you crash or something goes wrong in your boat, your priority must be to **clear the river.**
- Before re-starting you must check there is not a crew close behind you and give way to them.
- A marshal will give you instructions and will have contact with ProMed via radio if medical assistance is required.



The Course



Distances:
Senior VIII's: approx. 2.7 miles (4300m) downstream
Novice VIII's: approx. 1.7 miles (2700m) downstream

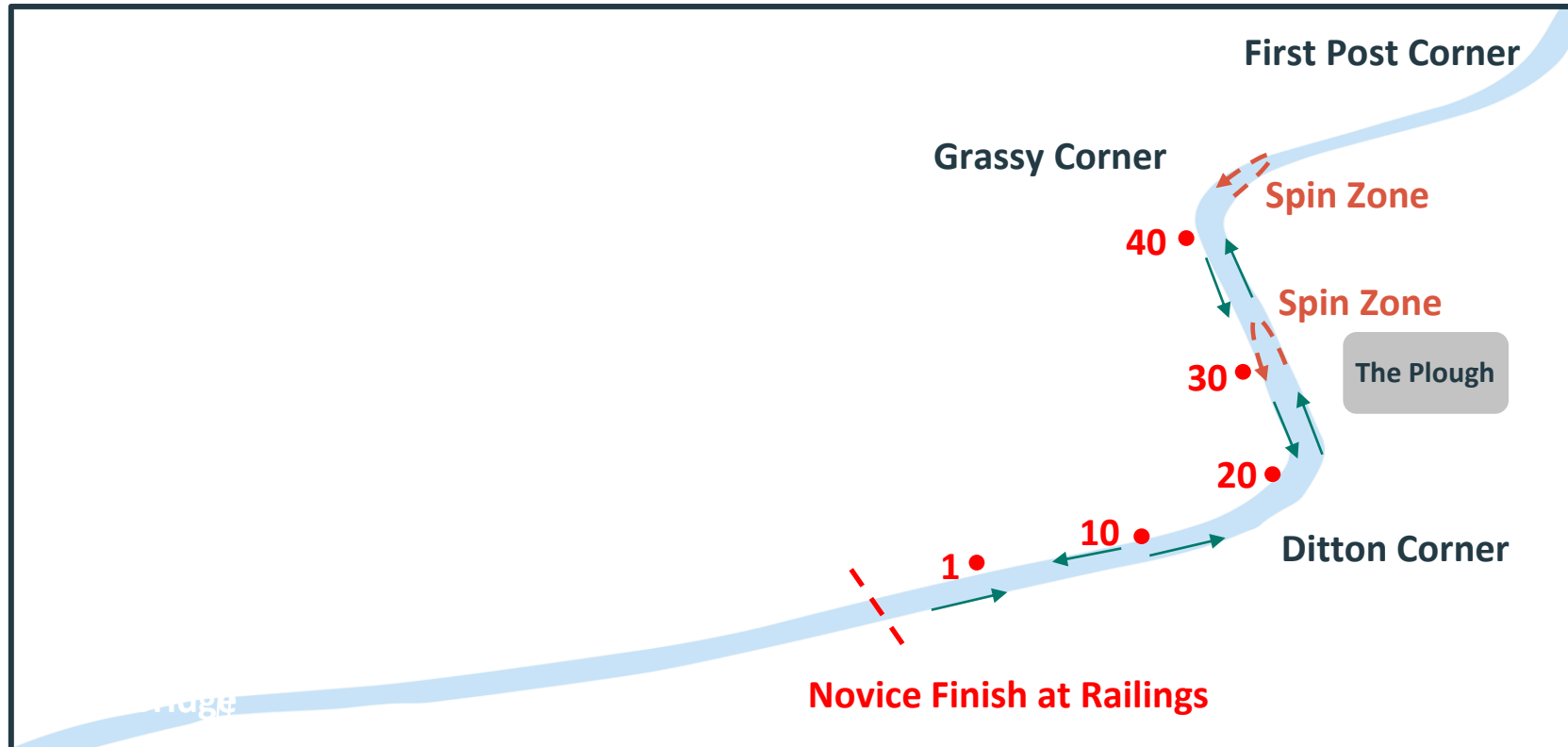


The Finish

- Bow ball finish.
- At the finish line you will hear a noise indicating you have finished, wind down but **do not stop rowing.**
- Finish marshals will direct you on where to spin and where to pull in.
- It will be cold, make sure your crew put layers on and stay warm. Crews can get out of their boats. The first crews in the division will have over an hour to wait.
- First aiders will be present at the finish line to deal with any issues, please speak to a marshal at the finish ASAP if you need medical assistance.



Finish Marshalling



Rowing Home

- Do not row home until you are instructed to do so by a marshal.
- Obey normal river navigation rules on the row home. At this point there may be houseboats and town clubs coming the other way.



CamBoats Row Through

- Private CamBoat River Tour taking place 30th November 2023.
- CamBoat will leave 'The Plough' at 1:30/45pm but will moor up at 2pm so you can race past.
- Currently TBC location however will be in a wide section of the river e.g., along the reach, P&E or opposite Cantabs.
- Once all crews have passed, CamBoats will resume tour.
- On way back to boat houses, please ensure you are on the correct side of river as CamBoat will be coming back upstream.



Results & Prize Giving



- Results will be posted on the Fairbairns and 'Webscorer' websites after each division and a paper copy will be on the door of Jesus Boathouse.
- The prize giving will be held on Friday 1st December at 5pm, at Jesus Boathouse.



Good Luck and Enjoy!

*Any queries please email me:
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<https://www.fairbairns.jesusboatclub.co.uk/>

