



Head of the River Race

7th October 2017

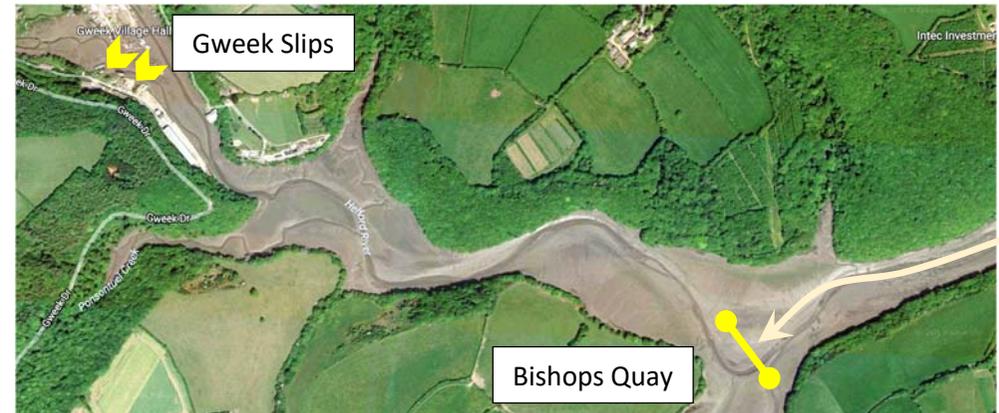
- Welcome to your day of racing and socialising. We hope you have a great day.
- Soup, hot drinks & cakes and a BBQ serving bacon rolls are all available from the Gazebo from about midday.
- The Ferryboat Inn has very kindly offered visitors the use of their loos. **Please support and respect the pub, its seating and its clients.**
- After the racing please join us at Gweek clubhouse for an evening of eating, drinking, prize giving and dancing.

Programme for the Day

12:00 to 14:30	Towers met at the top of hill, Helford Passage (TR11 5LB). Tow your gig to the beach when advised to do so . HRGC will help unload your gig at the beach.
12:00 to 14:30	Tow your trailer to Gweek slip ways. (TR12 6UF) Tower rowers remember this is a 50-minute round trip.
15:00	Coxes meeting near to Ferryboat Inn. You will be given a start time based on handicap. Please keep VHF radio on - channel 72 We are racing approx. 2½ hours before High Water so please follow guidance given at the Coxswain's meeting.
Crews need to leave Ferryboat beach by 15:30	
16:15	Start in handicapped groups from head of the river.
17:00	Finish at Bishops Quay. After the finish, row to Gweek slips following deep water channel .
17:00 to 18:00	Gigs will be called out by VHF Ch 72 to one of two slips at Gweek. Your trailer will be brought to the slip for you to recover.
17:00	HRGC towers will tow your trailer to Gweek Clubhouse field or onto the road if you are leaving straight away.
18:00	Eat, drink, dance and prize giving at Gweek clubhouse.

Race

The start is from the head of the Helford. Keep to the north (right) of *The Voose* cardinal mark, through the narrows and the moorings; then keeping left and past Tremaine Quay and finishing at Bishops Quay. After finishing please clear the finish line and row on towards Gweek; follow the deep-water channel.



Gig Recovery

We aim to clear the river of gigs as quickly and safely as possible. To do this we ask that you stand off alongside the old Seacore/Fugro quay until called forward by VHF (Ch 72) to either Slip 1 or Slip 2.

