

Paddy's Run: 11/4/21

Start Order and Instructions

Paddy's Run is a competitive training challenge organised for the Masters of the Norwich rowing clubs. Times achieved count towards Masters Sculling Ladder standings. The Masters' Sculling Ladder operates from September to end of March-ish.

SAFETY IS PARAMOUNT. Please observe these rules:

- The river is not closed: navigation rules apply.
- Do not ignore navigation rules to cut corners for an unfair and dangerous "racing line" on any bend.
- Only overtake where safe to do so, PLEASE BE CONSIDERATE to slower and less experienced scullers, and REFRAIN FROM INTIDIMATING LANGUAGE (*not that you would be rude, of course! ;)* If someone is steering erratically give them friendly advice.
- Overtake towards the middle then resume correct position closer to the starboard bank.
- Do not expect or ask slower boats to give way - go past on their port side, if it is safe to do so. If not safe to overtake, slow down and WAIT until getting to a safer part of the river .
- You are advised to carry a rigger jigger, drink, mobile phone in a dry bag and thermal blanket in your boat for emergencies.
- Stop for anyone in distress if they need your help. If they are in serious difficulty, such as incapacitating injury or sinking boat, phone David W on **07717 294896**. TAKE THIS NUMBER WITH YOU.
- Please warm up and marshall yourselves as on the diagram below (page 3). Good luck! We have a few **newcomers** to The Ladder - please be considerate when overtaking them.

TIMING

The start and finish will be at the **Big Sawn-Off Chestnut Tree** at the up-river end of the first rail bridge at the top of the Cut. It is on your starboard side (Whitlingham bank). This is just opposite and a little upriver from the first rail bridge, going downriver from Trowse Eye. The **Timing Team** will be **CLIVE BOUND, DAVID and LINDA WYNNE**. Each boat will be called to the start line at the Sawn-Off Chestnut Tree, and set off according to the Start Order below. PLEASE announce yourself clearly as you approach the start.

A paper NUMBER to pin to your training layer is allocated to each Sculler to help the timing team "spot" you. But it will also help if you **call out your name** as you cross the finish

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line. Unidentifiable scullers at the Finish will risk "No Time Taken". To enable SOCIAL DISTANCING at your boathouse, there will be SIX WAVES to the Run, plus 1 self-timer.

Time	Club	Name	Shirt No.	Boat Id	Order
WAVE 1					
At 06:45	NOR	Nigel Kippin	29	NOR112	1.
+ 30 secs	NOR	Mike Bond	13	NOR107	2.
+ 30 secs	NOR	Vygantas Audinis	30	NOR113	3.
WAVE 2					
At 07:00	NOR	Adrian Chojnowski	10	Mr B	4.
+ 30 secs	NOR	James Conway	2		5.
+ 30 secs	YAR	Andy Green	24	YAR009	6.
WAVE 3					
At 07:15	NOR	Steve Baker	11	NOR138	7.
+ 30 secs	NOR	Matthew Davies (now F)	9	NOR170	8.
+ 30 secs	YAR	Mark Moore	19	Trewiddle	9.
+ 30 secs	NOR	Tom Hockley	14		10.
WAVE 4					
At 07:30	NOR	Harry Scott	3	NOR196	11.
+ 30 secs	NOR	Rob Conway	4	NOR104	12.
WAVE 5					
At 07:45	YAR	Ian Hawkings	35	Amelia (blue)	13.
+ 30 secs	YAR	Nathan Sergent	33 (new)	YAR033	14.
+ 30 secs	YAR	Lawrence Taylor	76 (bow)	Pintail BLD105	15.
+ 30 secs	YAR	Piers Herrmann	21	YAR126	16.
WAVE 6					
At 08:00	TTR	Shelagh Tubby	180	TTR032	17.
+ 30 secs	YAR	Ian Postlethwaite	18	Albatross	18.
WAVE 7					
Self-timed At 10:00	YAR	David Wynne	26	YAR012	19.

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Warm up and marshalling:

