

Key Points as noted by Elisabeth from talk by Zoe de Toledo, March 2018

Before the race:

- Think about the warm-up in advance - either on land or on the water, depending on time available
- During marshalling: ask bow to take a look every 2 minutes and keep an eye on the bank and other boats

The racing line:

- Basic rule is to keep the boat parallel to the bank; remember that bridges are not going across the river at 90° angles.
- Start is usually just after Chiswick Bridge.
- At Chiswick Bridge: Go through middle arch just right of centre and point bow 30° to the left;
- Stay **left of centre** of the river until the White Hart;
- Then move to the **middle** and aim for right of centre buttress of Barnes Bridge;
- go through centre arch of Barnes Bridge at a 30° angle, pointing bow left;
- Then keep **left of centre** (right bank is very shallow)
- Chiswick Pier: Pass it at 1.5 boat widths and move back into the **middle** of the river (however you are closer to the moored boats than the bank on the other side); don't cut the bend.
- Pass the island at 2 boat widths. Stay halfway between the tip of the island and the navigation buoy. Stay in the middle past St Paul's School, don't cut the corner;
- Approaching Hammersmith Bridge, aim for the lamp post between the middle and the right-hand buttress of the centre arch;
- Pass the bridge between the centre of the bridge and the lamp post, pointing bow 30° to the right; pass
- Stay **1/3 to the right** all the way to Barn Elms, then passing the black buoy (in yellow) at a safe distance (1.5 boat lengths).
- Aim for the middle of the centre arch of Putney Bridge.

Managing the race:

Chiswick to Barnes Bridge: go for rhythm and a sustainable pace.

At Barnes Bridge: call for 20 sharp catches before the bridge; 20 good finishes (or whatever works for your crew), pushing away from the bridge.

At the Bandstand: 5 sets of 20 strokes, each with a different focus, depending on crew. e.g. 20 quick hands away, 20 good rock overs, 20 relaxing on the slide, 20 sharp catches, 20 high finishes, etc.

Use supporters on Hammersmith Bridge or on the bank to motivate your crew; repeat 20 catches approaching the bridge, 20 finishes after the bridge.

Repeat 5 sets of 20 strokes.

At the Black Buoy you are 600m to the finish line.

When overtaking boats: It's good idea to call out the name of the crew you are overtaking if you know it and give clear and loud direction such as "move to bow side / to stroke side".

This helps to avoid confusion (the cox of the overtaken boat has not necessarily seen you approaching) and gives you a better chance of a clear pass.