



LINCOLN ROWING CENTRE

LINCOLN HEAD

12 MARCH 2023

Spectator Information

Location

Lincoln Head is organised by Lincoln Rowing Centre and takes place from the Rowing Centre's boathouse on Spa Road, Lincoln.

Boathouse: Lincoln Rowing Centre, Spa Road, Lincoln, LN2 5TB.

Car Parking: Beech House, Witham Park. Waterside South, Lincoln. LN5 7JH

Please be aware that the public use the roads adjacent to the boathouse and Beech House and local companies require access and car parking so please do not cause an obstruction when parking.

Catering

Refreshments will be available all day in the Lincoln Rowing Centre boathouse.

Toilet Facilities

Toilet facilities are provided at the boathouse. All car parks are under constant CCTV surveillance by the businesses adjoining them as they are private property. We must seek their permission to use their car parks for our Head Race and it is becoming embarrassingly frequent for them to complain to the Head Committee regarding competitors urinating around their car parks and buildings. **Please only use the toilets at the boathouse and respect our neighbours and do not jeopardise future Lincoln Heads.**

Emergencies

There is an emergency telephone with Registration and Race Control, both of which are located in the Rowing Centre's Boathouse. All officials will have radios and/or mobile phones and will be able to summon assistance if necessary.

First Aid

First aid support is available in the Rowing Centre's Boathouse. All officials will be able to summon assistance if necessary.

Access points

There are 3 road access points to the river for the event:

Lincoln Rowing Centre, Spa Road, LN2 5TB	SK 98592 71030	///line.scuba.expect
Waterside South Landing Stage, LN5 7JN	SK 98508 70991	///agree.drift.junior
Washingborough, Ferry Lane, LN4 1AA	TF 01545 70943	///plan.elbow.deep

Spectating

The race itself is a time trial running upstream on the River Witham. There are two different race lengths:

- 3.5 km for the majority of crews from the 6K marker on the riverbank to a point halfway between the 2K and 3K markers (see map below).
- 1.7 km for the younger junior crews and for people who are new to rowing. This race is from Washingborough Landing Stage to a point halfway between the 2K and 3K markers (see map below).

There are two divisions starting at 10:30 and 14:00 and crews will be started off at approximately 15 – 20s intervals.

It is possible to view the racing from either bank although it is approximately 1.5 km along the bank from the club house to get to the Finish (approx. 15-20 minutes perhaps) so please leave sufficient time to reach the course.

Whilst we positively encourage you to be as vocal as you wish in the support of your crews, we kindly ask that if you are near to any race officials, you allow their instructions to be heard by crews on the river for reasons of safety and the smooth running of the race.

Spectators are reminded that Lincoln Head runs mid-March and the water temperature will be sufficiently low that the risk of becoming hypothermic from purposely entering the river is high and should be avoided.

North Bank: Walk along the bank from the LRC buildings to get to the Finish. The finish is by the fence halfway between the 2K and 3K markers. There is a reasonable path along the top of the bank but it can be a bit muddy so please wear appropriate footwear.

South Bank: There is a very good path on the South bank which is suitable for walking and cycling. Visibility is not as good as the North bank as there are a lot of trees but it is a better path and ideal for cycling. Walk or cycle along the bank from the Beech House car park.

Washingborough Landing Stage: There is a good vantage point for spectators at Washingborough Landing Stage which is approximately half-way down the course but there is only limited parking along the road side. The post code shown above will get you there.

Road Bridge at 3K: The new road bridge at the 3K marker is a very busy 'A' road and must not be used for spectating.

Drones

The use of drones is not allowed.

Map of Course

Lincoln Head - Map of Course

There is now a road bridge crossing the river at the 3K marker

