

# The Dragon Run 10Km

River Barrow, Carlow Town Park, Graiguecullen, Carlow  
Sunday, 24<sup>th</sup> March 2019

## Race Programme & Event Details



Organised by



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## Information Summary

- Race Venue:** River Barrow, Carlow Town Park, Graiguecullen, Co. Carlow
- Directions:** See attached map. Sat. Nav. Coordinates 52.838191, -6.933698 for the car park off Centaur Street.
- Parking:** Free parking is available in the Town Hall car park off Centaur Street on the opposite side of the river. The park is accessible via a footbridge from the main car park. The car parking area in the Town Park is reserved for those towing dragon boats only. Those with O1s or kayaks will also need to park in the Town Hall Car Park.
- Instructions for Towing Dragon Boats:** All dragon boat trailers are to be at the park by 10.30hrs. There are 10 dragon boats to get onto the water so this will take some time. The entrance to the park is VERY tight with a few inches to spare. You will need to drive into the park through the EXIT gate to fit. Once in the park you will be asked to unhitch the trailer and push it down to the slip. We will have an official on the gate, so please listen to their instructions. It is important that we do not block the main road. A parking space will be reserved for each towing vehicle in the Town Car Park. Once a trailer arrives it will be all hands on to assist with whoever's boat arrives, so please advise your team.
- Course:** The racing course is on the River Barrow over a distance of 4 x 2.5km = 10Km. The event will see a separate mass start for the O1s and kayaks followed by interval starts for each of the 10no. dragon boats. All boats will start at the Jimmy Murnane footbridge and paddle up towards the lock. They will have to do a sharp anti-clockwise turn just before the island and head back down river around the buoy opposite the park and repeat the course a second time finishing at the footbridge. The event is designed to test the endurance skills of the paddlers as well as testing the ability of the dragon boat helms around the tight turns.
- Timings:**
- |                             |                      |
|-----------------------------|----------------------|
| Crew Managers/Helms Meeting | 11.00 hrs sharp      |
| O1 Start Time               | 11.50 hrs            |
| Kayak Start Time            | 12.00 hrs            |
| Dragon Boat Start Time      | 12.01 hrs – 12.10hrs |
| Prize Giving                | 14.00 hrs approx.    |
- Rules of Racing:** See Rules and Race Conduct following.
- Prizes Awarded:** Prizes will be awarded for:
- 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Place in the Open Dragon Boat Competition
  - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Place in the Male & Female O1 Competition
  - 1<sup>st</sup> & 2<sup>nd</sup> Place in the Male & Female Kayak Competition
- Facilities:** There are no indoor changing facilities available at the Carlow Town Park; but toilets will be provided. An open plan marquee will be provided on race day as shelter for crews and for changing in.



**Catering:** Carlow Dragon Boat Club will be providing a catering stand at the event. Bacon rolls, hot soup, quiche, tea, coffee and cake will be available to purchase.

**Safety:** All competitors will be required to wear a buoyancy aid. All dragon boat helms must have an IDBF Crew Helm Award or equivalent and have paid their Individual Membership for 2019.

No dragon's heads or tails are to be used for this event.

No alcohol is to be consumed until you have finished racing.

Medical conditions which may be brought on through exercise should be advised to the Boat Marshal when loading your boat.

**Event Cancellation:** Should the Event need to be cancelled due to weather conditions/high water levels all teams will be advised by email by 18.00hrs on Friday, 22<sup>nd</sup> March 2019. It will also be posted up on the IDBA's facebook page and website. We have a back up date in the event this should need to happen.

**Race Day**

**Contact No:** Julie Doyle - 085 7422902

## **The Dragon Run 10Km – Rules and Race Conduct**

The Dragon Run 10Km is run by the Irish Dragon Boat Association and will be conducted under the IDBF Racing Rules and Regulations and those detailed below. If an incident or situation should arise that is not covered by the rules, then a final decision will be made by the Irish Dragon Boat Association Executive Committee.

### **FORMALITIES**

Crews will not be permitted to race without their Team Manager and Helm first attending the Team Manager's and Helm Meeting. All O1 and kayak paddlers will also need to attend this meeting.

Crews will not be permitted to race without prior submission of a completed Entry Form and Crew List and full payment being made. All Crew Lists must be handed in to the Chief Boat Marshall before boats leave the landing stage.

### **CREW COMPOSITION**

All Helms must be confident and competent of executing the turns and as a minimum be qualified to IDBF Crew Helm standard or equivalent.

All crews are to race with a maximum of 18 paddlers, 1 drummer and 1 helm. The minimum numbers are 14 paddlers, 1 drummer and helm.

### **SAFETY**

All competitors will be required to wear a buoyancy aid.



There will be 2 safety boats covering the course – one up at the top near the ‘S’ bend in the river and one located at the bottom marker buoy near to the Town Park. Both boats will be in radio contact with the Chief Official.

Although it is incumbent on the Event Organiser to provide a rescue service, the Team Manager and Helm are primarily responsible for the safety of their crew whilst on the water and ensure that all competitors are:

- Suitably dressed for the weather, water and race conditions.
- Water competent and able to swim at least 50m in wet competition clothes.
- Fit to race at all times during the competition.
- Fully briefed on safety procedures and the dragon boat capsizing drill.

Race Officials will be stationed along the course and at the turns. They will act as Course Umpires where required and report to the Chief Official. Crews must follow the directions of the Race Officials at all times during the competition and this may include responding to any request to give way to another crew.

A Waterways Ireland Marine Notice has been issued, but all boats should be aware of other craft and river users and be familiar with the rules of the river and keep to the right hand side of the river unless overtaking. Carlow Rowing Club have been advised of the event so will not be on the water during the event.

At all times safety should take priority over race positions and common sense should be used to avoid collisions and other incidents. When in the opinion of the Chief Official, one or more of the crews involved could have avoided the collision by taking corrective action (e.g. stopping paddling) but did not do so, then the crew or crews concerned may be penalised or disqualified.

### **BEFORE THE START**

All boats are to assemble in the area down stream of the footbridge. Boats are not to go under the road bridge at the far end of the island as there is a weir 50m the other side of the bridge. When warming up all boats are to travel in an anti-clockwise direction in order to avoid any collisions. The area upstream of the footbridge must be clear of all boats from the first start at 11.50hrs. Please follow any directions given by the Race Officials.

### **START**

There will be a mass start for the O1 category at 11.50hrs, followed by a mass start for the kayaks at 12.00hrs. The dragon boats will then be started at 1 minute intervals following the kayaks with the faster boats seeded first. (Results from the Dublin Hong Kong Dragon Boat Regatta 2018 have been used to determine the starting order).

### **RACING COURSE**

All boats are to stay to the right hand bank to allow other crews to pass. In certain areas the river is narrower than in other parts and it is likely there is another craft coming in the opposite direction. At all times 2m of clear water must be maintained between boats. This rule includes the crews' paddles and therefore 'clear water' is between paddle blade and adjacent paddle blade.

### **OVERTAKING**

Boats can overtake on either side should there be sufficient space. However the overtaking boat should generally move nearer to the centre of the river to overtake.



A boat is considered to have overtaken when the Helm of the overtaking boat is level with or has passed the Drummer in the boat being overtaken; at this point the overtaken boat must give way.

### **TOP TURN (Near Lock)**

The turn here is very tight and you may not be able to make a moving turn around the buoy. There will be a flag positioned approx. 50m from the buoy. If no overlap has been achieved at this point then the following boat **MUST** slow down and tuck in/track behind the front boat. All boats are to turn in an anti-clockwise direction around the buoy.

Race Officials have been given the responsibility of instructing crews as to who has priority on the turn to provide clarity. The commands will be "Boat no. X has priority", "Boat no. X must give way".

### **BOTTOM TURN (Opposite Town Park)**

There is slightly more room here, but again the turning space is tight. There will be a flag positioned on the right hand bank before the footbridge, approx. 50m from the buoy. Again if no overlap has been achieved at this point then the following boat **MUST** slow down and tuck in behind the front boat. All boats are to turn in an anti-clockwise direction around the buoy.

Please note, there is not sufficient room for two boats to go around any of the turns.

### **STEERING**

Crews may not in the opinion of the Chief Official purposely steer so as to impede or cause difficulties for another team.

### **TIME PENALTIES**

Time penalties or disqualifications in serious incidents, may be imposed for crews who in the opinion of the Chief Official fail to comply with these rules and/or instructions by the Race Officials.



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## Competing Crews

### DRAGON BOATS - Open

<u>Crew Name</u>	<u>Representing</u>	<u>Crew Manager</u>
1) Kendra Warriors	Athy Dragon Boat Club	Dan Curtis
2) Carlow Dragons	Carlow Dragon Boat Club	Fiona Burke
3) Dublin Vikings	Dublin Vikings	Ciara O'Donohoe
4) Plurabelle Paddlers	Plurabelle Paddlers	Rosemary Phelan
5) Shannon Dragons	Shannon Dragons	Brid O'Connell
6) Athy Dragon Hearts	Athy Dragon Boat Club	Verina Kelly
7) KACC Dragons	Kilkenny Aqua Canoe Club	Caroline Schofield
8) Carlow Crusaders & Friends	Carlow / Donegal / Waterford	Siobhan Roche
9) Nore Dragon Paddlers	Nore Dragon Paddlers	Margaret O'Keeffe
10) Dolly Mixtures	Lagan / Limerick / Plurabelle	Jennifer Colmer

### KAYAKS - Male

<u>Name</u>	<u>Representing</u>
1) Mick Doyle	Carlow Canoe Club
2) Paul Scott	Carlow Canoe Club
3) Tim Healy	Independent

### O1S – Male / Female

<u>Name</u>	<u>Representing</u>
1) Brendan Murphy	Carlow Dragon Boat Club
2) Lorraine Leonard	Dublin Vikings



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## FINAL POSITIONS

### DRAGON BOAT COMPETITION

	<u>Team Name</u>	<u>Overall Time</u>
1st		
2nd		
3rd		
4th		
5th		
6th		
7th		
8th		
9th		
10th		

### O1 COMPETITION

	<u>Name</u>	<u>Overall Time</u>
1st - Male		
1st - Female		

### KAYAK COMPETITION

	<u>Name</u>	<u>Overall Time</u>
1st		
2nd		
3rd		