



DOCKLANDS HEAD 8th NOVEMBER 2026.
Version 11/10/2026
RACE INFORMATION / INSTRUCTIONS

The London Regatta Centre E16 2QT

1. Showers and toilets are available.
2. There is limited parking at the centre. Car parking at the Dock is managed by **PPM** who will be responsible for parking. Please follow instructions given. Charging for parking will start at **10:00 AM**. Rowing vehicles and trailers, and any car which is used for transporting boats, umpires, and officials do not need to pay, but all other vehicles need to pay (see below for parking app details).
3. The venue can also be reached via the Docklands Light Railway (use: **DLR Royal Albert**). There are no planned engineering works on the DLR on November 8th, but please check TfL at for any unplanned works.

Registration

4. All crew members must be registered with British Rowing and be able to provide evidence of identity if requested. Any crew substitutions can be made on **BROE** up until noon on **Saturday, November 7th**. After that, they must be made in person at registration. Any crew found to have breached the rules of rowing by having undeclared substitutes or too many substitutes after going afloat will be disqualified.

Boating Area

5. All towing vehicles and trailers should be parked so as not to obstruct the boating area. Please follow instructions given by PPM marshals.

Pontoon Allocation

6. Each club will be allocated a pontoon from which to go afloat. We will try to place each club's trailer as close as possible to their allocated pontoon. **Pontoon 1** is the west pontoon closer to the Regatta Centre. **Pontoon 2** is the east pontoon further from the Regatta Centre. Crews may come ashore after racing via either pontoon. Details will be published nearer the event.

Going Afloat

7. Boating times are as follows:

DIVISION 1

- Crews 1-25 08.30am
- Crews 26-50 08.40am
- Crews 51-75 08.50am
- Crews 76-93 09.00am

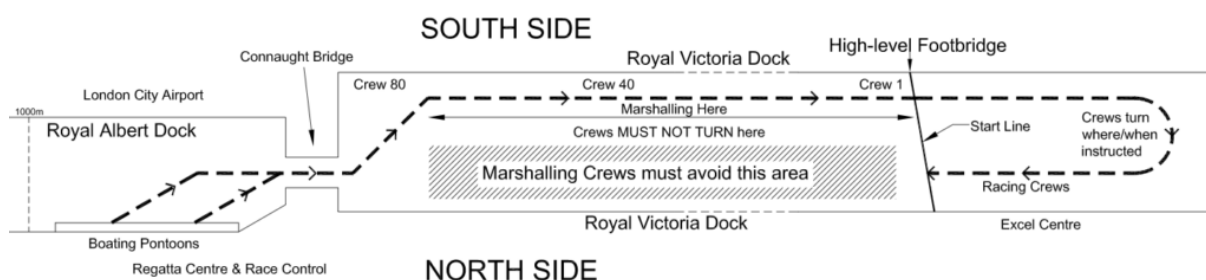


All crews to be afloat by 09.15am

DIVISION 2

- Crews 101-125 10.40m
- Crews 126-150 10.50am
- Crews 151-175 11.05am (allowing for 2-min silence at 11am)
- Crews 176-192 11.15am

All crews to be afloat by 11.30am.

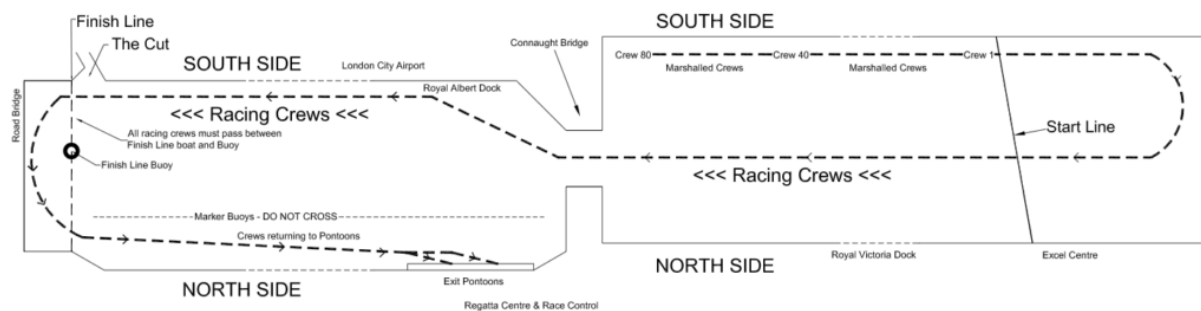


GETTING TO THE START

8. Blades must not be left on the pontoons prior to boating. Instead, place blades on the dock-side above the allocated pontoon with handles through the fence.
9. Crews will be called to go afloat in batches: **1-25, 26-50, 51-75**, etc. Crews not responding when called and taking their boat to the pontoon will receive at least a **5-second time penalty** and will be held back and allowed to boat only when all other crews have gone afloat. They will be required to start at the rear of their division.
10. Crews may **NOT** warm-up on the Royal Albert Dock. Crews should go down the pontoon ramps stern first and proceed promptly under the Connaught Road Bridge into the Royal Victoria Dock. **CREWS DISOBEYING THIS REQUIREMENT RISK A TIME PENALTY OR DISQUALIFICATION.**
11. **DO NOT GO TO THE NORTH SIDE OF ROYAL VICTORIA DOCK (EXCEL CENTRE side) AS THIS IS THE ROUTE OF THE RACE.**
12. Crews should allow adequate time to reach the start prior to each division. Listen for announcements from boat marshals in the boating areas. All crews must be afloat by no later than **9:15 AM** for a **9:30 AM** start (Division 1) and **11:30 AM** for an **11:45 AM** start (Division 2). No crews will be allowed to afloat after these times and will be disqualified.



The Course



DURING THE RACE

13. All crews should familiarize themselves with the course by checking the plan displayed at registration and on the boathouse notice board.
14. The **2,750-metre** course runs west to east. The start is at the high-level Royal Victoria Dock footbridge. The course runs under the Connaught Road Bridge and along the southern (airport) side of the Royal Albert Dock along the regatta course. The finish is the far side of the Cut, just after the City airport runway.

Start Area

15. Crews will marshal on the south side of the Royal Victoria Dock in numerical order, with lowest numbers closest to the start (footbridge) and higher numbers queuing back towards the Connaught Road Bridge. Markers on the south shore indicate the marshalling positions of crews **25, 50, and 75 (125, 150, and 175 in Div 2)**.
16. Crews **MUST NOT** pass under the footbridge into the western end of the Victoria Dock until instructed to do so immediately before the race.
17. All crews should be “tops off” and ready to race before passing under the footbridge for the first time (i.e., prior to turning). Listen for instructions from the race marshals.
18. When directed by the marshal, crews will paddle under the footbridge, spin, and then proceed back under the footbridge and past the timekeepers (at the base of the footbridge) to start the race.

Racing

19. Overtaking crews must pass clear of crews they are overtaking; crews being overtaken should hold their line.
20. Take special care when passing under Connaught Bridge (the low road bridge which separates the Royal Albert from the Royal Victoria Dock). This area will be marshalled, and instructions may be given to crews for safety reasons. There is room for two crews to pass through the bridge together, but this will rely on both crews being straight and holding their line—the crew in front has the right of way.



21. In the Royal Albert Dock, crews should race along the southern (airport) side of the dock. Crews must not cross the line of marker buoys separating the racing lanes from the return lane on the north side of the Dock and will be disqualified if they do so.

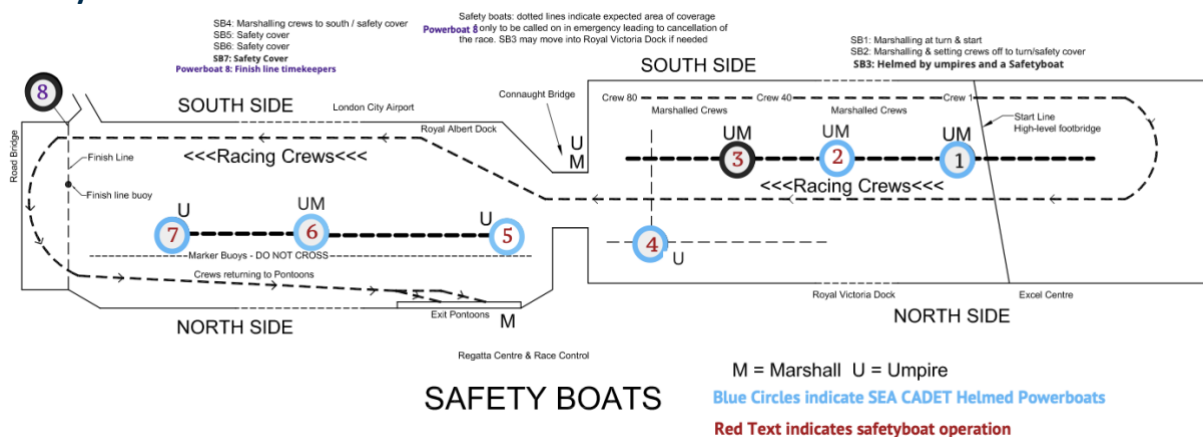
Finish

22. Crews must finish between the airport and the orange buoy moored at the finish line. Crews passing to the north of the finish buoy will not be timed and will be disqualified.
23. Crews must keep the area immediately after the finish clear, spinning before the road bridge beyond the finish and proceeding along the north side of the dock back to the landing stages. Crews should take careful account of the wind direction when spinning.
24. Crews which have finished racing must not obstruct crews which are still racing.

Results

25. Category winners will be announced in the afternoon at Poplar Rowing Club clubhouse, Ferry Street, Isle of Dogs E14 3DT. Full results will be posted on as soon as they are available online on <https://pbdr.co.uk/docklands-head-2/>. Arrangements will be made to deliver trophies to winning crews for those unable to be present.
26. We will aim to announce winners of the Head of the River and Women's Head of the River categories at the Regatta Centre. Winning crews must present evidence of identity.

Safety



27. The event is held at the London Regatta Centre. The organizers will follow the existing safety systems in place at the centre at the time of the event. In particular, the centre has an ongoing arrangement with the neighbouring airport in the case of any capsizes. Safety boats will be stationed in both the Royal Albert and Royal Victoria Docks. Each safety boat will have two people on board, who may be a marshal and an umpire, or a driver and an umpire. Marshals will be posted at the following



locations to direct competitors while boating, marshalling, and racing. Marshals will be equipped with loud-hailers:

- a. Boat yard
- b. Landing stages
- c. Start
- d. Connaught Bridge
- e. Finish

Nearest telephone: **London Regatta Centre / mobile phones**. Nearest First

Aid: **Trident Medical at London Regatta Centre**.

Abandonment

28. The procedure for abandonment due to sudden and unexpected bad weather or multiple collisions or blockage at the Connaught Bridge channel will be that race control or the lead umpire will radio the safety boats and the umpires, alerting them to the abandonment. They should then advise the nearest crews and chaperone them, if necessary, back to the pontoons. The safety launches and umpires will have loud hailers. A shore-side volunteer will be responsible for checking that all boats are accounted for.

Remembrance Sunday

29. A two-minute silence will be observed at **11:00 AM**. Please respect this.

PARKING AT THE REGATTA CENTRE

30. There is limited parking at the centre. Car Parking at the Dock is managed by PPM who will be responsible for parking. When you arrive at the Centre you will need to pay for parking. Only credit / debit cards are accepted. This will cover parking until the event finishes at 2pm. If you are driving a minibus there will be a charge.
31. Rowing vehicles and trailers, and any car which is used for transporting boats, umpires and officials do not need to pay, but all other vehicles need to pay. If you believe that you do not need to pay for parking, you must get a parking voucher from one of the Poplar Rowing Club support team. Any problems call 07939 277308 and speak to Simon.
32. The organisers of the Docklands Head, the staff at the London Regatta Centre and PBDRC are not responsible for the parking organisation and will not be responsible if you incur a parking penalty charge because of failure to pay. Charges DO apply on race day, and cars WILL be checked, so please don't risk incurring a penalty by not paying.
33. The venue can also be reached via the Docklands Light Railway (use: DLR Royal Albert). Please check for any engineering works on DLR.