



# DURHAM REGATTA @HOME

## 13th & 14th June 2020

### Durham Regatta 2020 will be held @home

Competitions over 'Short Course' on Saturday 13th June and over 'Long Course' on Sunday 14th June

Saturday 13th June - 'Short Course'			
Status	Ergo	Bicycle	Foot
Distance	700 metres	5 km	2 km
<b>Elite</b>	O4- W4-	O4- W4-	O4- W4-
	O1 W1	O1 W1	O1 W1
<b>Senior</b>	O4- W4-	O4- W4-	O4- W4-
	O1 W1	O1 W1	O1 W1
<b>Masters (age 27 and over)</b>	O4- W4-	O4- W4-	O4- W4-
	O1 W1	O1 W1	O1 W1
<b>Junior (aged 10-18)</b>	O4- W4-	O4- W4-	O4- W4-
	O1 W1	O1 W1	O1 W1
<b>Para</b>	O1		

Sunday 14th June - 'Long Course'			
Status	Ergo	Bicycle	Foot
Distance	1800 metres	10 km	5 km
<b>Elite</b>	O4- W4-	O4- W4-	O4- W4-
	O1 W1	O1 W1	O1 W1
<b>Senior</b>	O4- W4-	O4- W4-	O4- W4-
	O1 W1	O1 W1	O1 W1
<b>Masters (age 27 and over)</b>	O4- W4-	O4- W4-	O4- W4-
	O1 W1	O1 W1	O1 W1
<b>Junior (aged 10-18)</b>	O4- W4-	O4- W4-	O4- W4-
	O1 W1	O1 W1	O1 W1
<b>Para</b>	O1		

\* 4- Coxless fours consist of four crew members entered in the category of the highest rated crew member. Juniors may only enter Junior events, and only Juniors may enter Junior events



## Join us @home on ergo, bike, or foot

### Raising funds for St. Cuthbert's Hospice.



 [durham-regatta.org.uk/at-home-2020](http://durham-regatta.org.uk/at-home-2020)

   @DurhamRegatta

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Registered Office: City Boathouse, Durham Amateur Rowing Club, Green Lane, Durham, DH1 3JU.

## **Safety, Risk and Risk assessment**

All 'competitors' must assess the risks in advance of any of the activities they intend to undertake. Risks should include but are not limited to: competitor health, fitness and ability, weather, surface and environmental conditions, equipment, Covid regulations and other official advice.

Guidance for ergo activities in particular can be found at British Rowing

<https://www.britishrowing.org/indoor-rowing/go-row-indoor/how-to-indoor-row/>

Junior 'competitors' must have the permission of their parent, guardian or other responsible adult before undertaking any of the activities.

All activities are undertaken entirely at the individuals own risk.

## **Entries**

Entries must be made on the official entry form via <https://durham-regatta.org.uk/at-home-2020/> and the required evidence retained for inspection on request.

'Competitors' may enter up to *two* forms of activity (ergo, bike, foot) per day.

'Competitors' may not 'double up' within any one form of activity per day – i.e. you must enter either as a single or a member of a crew in that activity.

Crew members may undertake their activities at different times and locations within the relevant daily time limits *but crew information must be collated and a single entry made* for the crew on the official entry form.

## **Entry fees**

There are no entry fees. 'Competitors' are requested to make a charitable donation, we suggest of £5 'per seat' to St Cuthbert's Hospice, a local charity previously supported by Durham Regatta, via the Just Giving page (<https://www.justgiving.com/fundraising/durham-regatta-at-home-2020>).

## **Entry Categories and age ranges**

'Competitors' are expected to enter the appropriate category based on their age, gender and rowing competence and classification.

Juniors are aged from 10 to under 18 as at 00:00 1<sup>st</sup> September 2019. Juniors may only enter Junior events, and only Juniors may enter Junior events.

Masters aged entrants (27 and over on 31<sup>st</sup> December 2020) may choose Masters, Senior or Elite as appropriate.

All entrants from high performance university boat clubs will be classified as Elite for all three forms of activity.

'Coxless fours' should enter the category of the highest rated crew member.

The committee reserves the right to reclassify entries as it deems appropriate.

## **Date and time**

Saturday, 'short course' events should take place on Saturday 13th June, 2020 before 3pm.

Sunday, 'long course' events should take place on Sunday 14th June, 2020 before 3pm.

## **Cycle and foot**

Bicycle and foot events should be undertaken outdoors (and *not* on static bicycles) and courses should typically be 'out and back' to take account of any height gain or loss.

Courses should be the required length if possible but not less than the required length.

Times for courses, up to 10% over the required distance, will be scaled back by the administrators.

## **Ergos**

Distances should be of the required length using Concept2 ergometers.

## **Performance recording and evidence**

Entries for ergo 'competitions' should be evidenced by digital photographs of the ergo screen immediately after the recorded event.

Similarly for cycle and foot 'competitions', copies of records from apps such as Strava, Map My Run, View Ranger etc are requested.

The **deadline** for upload of entries along with performance data is **3.30pm on the day of competition**.

## **Handicapping**

Times for all competitions will be compared against gold medal, world record or similar performances for the relevant membership group and adjusted for age where relevant.

## **Rowing Club membership and "Victor Ludorum"**

Entrants should indicate their rowing club membership, if any.

## **Prize-giving**

Prize winners will be invited to attend Durham Regatta 2021 to receive certificates from the President of Durham Regatta.