



Rules and FAQs

The rules for Race the Thames are outlined here and formatted as a set of FAQs. All participants should take their time to read through this whole document. These rules are binding, and the decision of the organisers is final in all circumstances.

Our Ethos:

Everyone enters this event in good faith, to support each other, and support other teams, with respect and tolerance.
This way we can bust the winter blues together.

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Welcome to Race the Thames!

What is the event?

Race the Thames, RTT, is an online, virtual event based on two distances on the River Thames. Teams can choose to 'race' or 'challenge' either distance of 72km ("Race The Tidal Thames") or 346km ("Race The River Thames" Source to Sea) and can choose to complete either distance over the whole week, or a single day within that week.

There is also an invitation-only Race the Thames held at the Copper Box alongside the National Junior Indoor Rowing Championships (NJIRC) on 4th March 2022. NJIRC is the world's largest junior indoor rowing event, run each year by London Youth Rowing. See the [NJIRC 2021 virtual event platform here](#).

What is happening at the Copper Box?

Now that NJIRC is back at the Copper Box we will be running a live version of RTT – Race the Thames Copper Box, which you might remember from 2019 and 2020. This is different to the Race the Thames Virtual, and entry to Race the Thames Copper Box is by invitation only. To be invited you must have already competed in any Race the Thames event, be an LYR Champion, or know and support us directly.

When is this year's event?

The event runs from 2pm on 24th to 2pm on the 31st January 2022. Distance submissions will be accepted within those times only.

If a team chooses to do a distance within a single day, they can choose any day within race week (midnight to midnight)

Where is this year's event taking place?

Race the Thames 2022 is virtual! This means you will be completing in your space (abiding by Covid restrictions if there are any), this could be: at home, at work or school, at a gym or local rowing club. The event will be hosted on the LYR Arena, a virtual platform where all team scores are collected from around the world, and presented on the live map, leader board, and hosting an open zoom channel of live racers.

When do entries close?

Team entries will close at 5pm on 19th January 2022.

Participants must be registered by 5pm on 20th January 2022.

How many people can I have in a team?

Teams can be any number of people up to a maximum of 8. Smaller teams are welcome – previously people have completed the challenge solo and in pairs.

What's the difference between a Racer team and a Challenger team?

You can sign up as a Challenger team, in which case your aim is simply to complete the challenge. If you sign up as a Racer team, you'll be aiming to complete the challenge as a team in the shortest possible total time and you'll have to be using Concept 2 (non-dynamic) rowing machines. Racer teams must abide by stricter rules, relating to gender split (see next question) and enforced maximum team numbers (no more

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than 8 per team). If you enter as a Racer team, please make sure you follow the race rules to ensure you are eligible for a race category and award, - if you win, we'll check you've met all the rules before awarding the prize. Feel free to contact us at events@londonyouthrowing.com if you have any questions.

Regardless of whether you enter as Racer or Challenger team, you can choose to fundraise, with a minimum target of £400 per team, or purchase a place for £200. Overseas entries should purchase a place. If you buy a place, we would still encourage you to fundraise if you can!

The experience is much the same for both, the platform, the distance, a leader board, stories, etc. It's just what happens on the results side, to 'win' a certain section, you'll have to be within the racer rules.

I am a Rowing Club or Racing Team and I have bought my entry – can I / do I need to fundraise?

If you have purchased a team entry you don't have to fundraise, but we would encourage you to set up a Just Giving page anyway and see what additional funds you can raise for LYR and any other cause close to your heart!

What is the requirement for a mixed gender team?

For racing teams:

- A male crew must be all male
- A female crew must be all female
- A mixed crew must be 4 male and 4 female

For challenger (non-racing) teams:

- The prizes for Challenger Teams are for participation and enjoyment, not ranking. So, we have no defined rules for gender split for the teams that list themselves as challenger teams.

Race the Thames is a fully inclusive event. We support participation from the trans community and adhere to the [British rowing Transgender Policy here](#).

What does the team captain need to know?

The team captain is responsible for:

- Building a team of up to 8 people, entering the team and making sure each member of the team has signed up as a participant, setting up a Just Giving Page (if fundraising)
- Understanding the nature of the event, motivating the team, passing on any messages from the event or the LYR Marshals (see below), and ensuring their team is safe if people are doing their exercise alone.
- Understanding that London Youth Rowing reserve the right to refuse or deny entry to any team or individual at any time if deemed appropriate or necessary.

What do I need to know for safeguarding juniors?

All participants and junior team leaders must also read the Safeguarding Notice which provides guidance on participation, specifically for juniors.

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What is a LYR Marshal?

London Youth Rowing have a team of great coaches who will be on call to help and motivate you through the build-up and during the event. We'll allocate each team a marshal when you sign up and they'll be in contact to help guide you through the set-up process and then the event itself. Remember, you've always got events@londonyouthrowing.com to fire any questions at as well.

What is the process after Team entry to allow Team members to participate?

Once registered, we will send you weekly event updates.

1. Once the team is registered, the team leader will receive a link to send on to the participants of that team (note: the Team Leader will already be registered). Each participant needs to sign up individually, agreeing to the rules of the event.
2. Once the participants have signed up, the score submission link will be sent to the participants directly. This allows them to submit scores to the event. If a participant is not registered for the event, they will not be able to submit their effort, even if they have the link.

What do Participants need to know?

As a participant you are asked to abide by the ethos of the event (outlined at the top of the page) and help your team mates to bust the winter blues.

You also must understand the nature of the event and the physical requirements expected from your team. LYR expects you to complete the distance at an intensity that you as an individual are completely happy with. For most this is not a race, and we want the event to boost people and their well-being through the winter months, not become a burden on their physical or mental well-being.

As outlined in the Disclaimer, London Youth Rowing cannot accept responsibility or liability for any injuries, losses and/or damages that anyone participating in this event incurs.

This is a virtual event, those who are taking part do so by choice. Upon entering, all participants acknowledge and accept that they are solely responsible for deciding on the most suitable and appropriate location in which they will complete the challenge.

If you are part of a fundraising team, you also need to commit to fundraising your share towards your team's target.

How can your team get the mileage done?

For Racer Teams: Racers can compete through rowing only, using a Concept 2 indoor rowing machines (non-dynamic).

Challenger teams can do the mileage in any form indoors or outdoors that gives a distance and time, or any mix of, so: rowing, running, cycling, arm bike, ski erg, pogo stick, unicycle, etc.! If you have any other forms of exercise you would like to use, please email: events@londonyouthrowing.com to confirm.

Where possible please use [Strava](#) to record your sessions, so that as many as possible of the submissions use the same data system. We can accept submissions from other systems.

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To make cycling on par with the other sports, we will only take one third of the distance. There are extenuating circumstances against this, for instance disability where we'll accept the full distance. Please contact events@londonyouthrowing.com to discuss this further.

Is cycling equal to other sports, and how do I enter this?

No, to make cycling equal to the other sports we're dividing the distance by three. This brings it in line on an effort basis. It's not an exact calculation, but it's how we're doing it this time. **Importantly we will make this calculation on our side, so when a cycle session is submitted, the participant should enter the actual mileage done, not the third of.**

How do we calculate the fastest team?

The team speed is calculated by adding all the contributions from all the registered participants of a team over the week or the day they choose to compete. For example, if a team chooses to compete over a day, it doesn't matter how quickly over that day the distance is completed. It's the culmination of individual sessions over the whole day.

How do I submit my distance and time?

Your team must be registered with the event, and you must be registered as part of a team through the event sign-up forms. Without these you cannot submit a distance to support a team.

We will issue a web link to an online form before the event starts. This form will collect your name, email, team, distance, time, exercise type, and evidence photograph.

This will populate a database, we'll add the team data together, which will then populate the leader board and the event map on the LYR Arena website.

If your score is outside the range of results that we would consider "normal" we may contact you to seek verification or confirmation that you have entered the correct category.

If we are not happy that the result obtained is legitimate, we reserve the right to exclude the results submitted from the online and official results.

Could this event be physically tough?

All participants must be aware of the physical stress this event could create. It is for you to govern your own approach to completing the distance. Each participant must have read the guidance in the H&S Notice and Disclaimer and ensure they participate in a safe and sensible manner.

Where can I see my results? And associated issues

Results will be posted to a live leaderboard after a short delay for review to the [LYR Arena](#)

If your Team score is not showing after a reasonable period of time, or you have the wrong score please contact us at events@londonyouthrowing.com.

LYR reserve the right to query or disregard a result submission that appears to be an error or suspect (e.g., too much distance completed in a given time). The decision of the organizers is final in such cases.

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When will final results be available?

After the competition closes the LYR team will work to finalise results as quickly as possible. Please give the LYR team time to collate scores.

What do I win? What do I get for participating?

Everyone will have the choice of receiving a fantastic looking Race the Thames Medal or we'll plant a tree in your honour in the LYR forest! Let us know which you prefer when you sign up as a participant.

We will plant a tree in the LYR Forest as part of the Forestry Commission for everyone that completes the event who selects this option. We will have RTT medals too for those that would rather have a shiny medal instead – be sure to let us know what you prefer when you sign up.

What happens if I do not submit my score on time?

There will be no further opportunity to submit your score after the event ends at 2pm on Monday 31st January. You will have to wait to enter next year's event for another chance to race.

Can I change the details of my team?

Changes can be made up to 2 weeks before the event. This can be done by emailing the event using events@londonyouthrowing.com

- Team name
- Team type - please email to discuss
- Team category can be changed
- Team age group cannot be changed
- Distance can be changed

You can add a fundraising page to a paid entry at any time.

What happens if the event is cancelled or postponed? Force Majeure

In the very unlikely scenario that the event is cancelled by London Youth Rowing, all those who have paid for an entry will be asked to donate their entry fee to LYR to help the charity continue its work to support disadvantaged communities, refunds will be given if requested in writing to: events@londonyouthrowing.com.

Any postponements of the event will not be considered as a cancellation and so all entries will automatically be carried forward and those who have entered will be notified of the changed date of the event.

Should a team wish to cancel or withdraw their entry they may do so but they must notify LYR by email to events@londonyouthrowing.com and express their wish to cancel or withdraw. London Youth Rowing will consider each request case by case. London Youth Rowing reserve the right to refund all or part of the entry fee.

Treatment of donations in the event of a team's withdrawal/cancellation/postponement:

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If the event is postponed, and you are still planning to participate in the rescheduled event, we would recommend that Team Captains inform their donors that they will still be taking part and that their donations will be held by LYR / second charities until the event is completed, then used.

If the event is cancelled, or you withdraw, we would ask that donations that have already been made are kept by the charities supported. To discuss options for donations that have been passed to LYR, please contact events@londonyouthrowing.com. We will consider such situations on a case-by-case basis.

For money held at Just Giving that has not yet been transferred to the beneficiary charities, you can request a refund of donations by contacting them on their help function on the Just Giving website.

In either case, you may wish to consider closing your donations page (permanently or temporarily) to prevent additional donations being made once you know the event is not going ahead as planned.

Force Majeure

London Youth Rowing shall not be liable for any delay or failure to perform any of its obligations if the delay or failure results from events or circumstances outside its reasonable control, including but not limited to acts of God, and London Youth Rowing shall be entitled to a reasonable extension of its obligations.

What is LYR Champions?

LYR have an amazing community of people and businesses who support the charity and are brought together by being an LYR Champion. Anyone can join, and there are a range of entry options for individuals (LYR Solo Champions) or businesses (LYR Crew Champions). You can also benefit from our great offers and partner discounts by increasing your support of the valuable work we do. Sign up here [LYR Champions](#)

What will you do with my data?

Please review the privacy notice detailing how we will use your personal information when you sign up as a participant. You can find this by visiting the event page at www.londonyouthrowing.com/rtt22

I can't find the answer to my question – what should I do?

Please contact your LYR Marshal or LYR on events@londonyouthrowing.com and we'll do our best to answer your query.

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