



Rules and FAQs

The rules for Race the Thames Virtual 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 finish 2023 in style together!

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Welcome to Race the Thames Virtual

How to use the FAQs?

This document is the rules of the event and guidelines. It is often updated throughout the run up the event.

Please always consult the linked version on the event platform, www.racethethames.com for the most up to date copy.

What is Race the Thames Virtual?

Race The Thames Virtual, RTTv, is an online, virtual event based on the River Thames. Teams of 8, participating using a range of sports, can choose to jointly cover the following distances, submitting your workouts to an online arena.

- Race the River Thames – 346km, source to sea.
- Race the Tidal Thames – 72km, Teddington to the North Sea.

What is happening at the Copper Box London?

There is also a Race the Thames **Live** which will be held at the Copper Box in London alongside the National Junior Indoor Rowing Championships (NJIRC) on 1st March 2024. NJIRC is the world's largest junior indoor rowing event, run each year by London Youth Rowing. Entries for Race The Thames Live will be managed through a separate process. Check out the [Race The Thames Virtual event page](#) on LYR's website.

When is this year's Race the Thames Virtual event?

The event runs over 8 days starting at 6am on Friday 8th December and ending at 2pm on Friday 15th December. Distance submissions will be accepted within those times only.

Where is RTTv taking place?

Race the Thames Virtual 2023 is virtual! This means you will be completing in your space, this could be: at home, at work or school, at a gym or local rowing club. The event will be presented 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 6th December 2023.

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. Exceptions are considered case by case.

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

In previous years we have had Challenger and Racer teams. For the December 2023 edition, all teams will take part as Challenger teams. You can still race as hard as you want to, but the main focus of the event

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is on participation and working as a team to get through the distance. Feel free to contact us at events@londonyouthrowing.com if you have any questions.

You can enter as a fundraising team, with a minimum target of £500 per team, or purchase a place for £250 per team. Overseas entries (non UK) 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.

What is the rule for team genders?

There are no rules! Race the Thames is a fully inclusive event and we support participation from anyone and everyone in whatever teams make sense for you. The focus for the whole event is on getting active and enjoying yourselves as a team, so gather your team and see how you get on!

How much do I need to fundraise and does it cost to enter?

Teams are asked to fundraise for LYR with a minimum target of £500 per team, just over £50 per person. There is the option to split this with another charity of your choice, 50:50, through the fundraising platform. You will be able to nominate your second charity when you sign up your team, then set them up to receive 50% of your donations on our online donation platform.

Your support for LYR enables us to reach more young people who would otherwise be excluded from the life skills we nature through rowing and kayak canoe, our ambition is to help all our young people achieve their potential helping them break the barriers around them.

What platform do I use and how do I fundraise?

We require all of our teams to fundraise through a platform called [Give As You Live](#). This platform enables our teams to split funds with another charity and add Gift Aid for both. The process is automated and the charities receive the funds directly. Other major platforms for example Just Giving and Enthuse do not offer this service, so we ask all participating teams to use Give As You Live.

When you sign up a team, you'll be sent instructions on how to set up your fundraising page. You can also find them on the event page [here](#). Please follow the instructions to set up for your fundraising page for your team. We prefer that each team sets up their own page, however if this is restrictive for you, we can split the total from a single page set up for multiple teams on our Fundraising leader board. For situations where multiple teams are fundraising using a single Give As You Live page, the total should reflect the combined target of the teams (e.g. 10 teams using a single fundraising page should have a total fundraising target of 10 x £500 = £5000).

I'm a charity, how do I get involved?

Charities are welcome to buy a team place at £250 per team, or ask their team to sign up as above, and instruct the fundraising page to split funds between LYR and the other charity 50:50. Please contact us when doing this at events@londonyouthrowing.com .

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I am a Rowing club; how do I benefit from Race the Thames Virtual

We're proud to support rowing clubs and would love to have as many rowing clubs as possible taking part in the event.

Clubs can buy an entry for £250 and then have no obligation to fundraise for LYR, however we would encourage you to set up a fundraising page anyway and see what additional funds you can raise for LYR and any other cause close to your heart!

Alternatively, Clubs can register on Give As You Live (as long as they are eligible to do so) and participate as the "second charity" with funds raised split 50:50 between LYR and that charity using the Give As You Live platform.

I'm based outside of the UK, can I enter?

Yes, it's great to welcome overseas entries, you are able to purchase a place for £250 per team. When entering a team you'll be able to select the "Overseas Entry" option and pay for your entry using a card to make an online payment. You have no obligation to fundraise, but can set up a fundraising page in your own country.

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 setting up a fundraising Page (if fundraising) following instructions they'll receive on email when registering their team
- Understanding these rules and FAQs, the nature of the event, motivating the team, passing on any messages from the event or the LYR Marshals (see below) to team members, 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 available on [the RTT Virtual event page](#) which provides guidance on participation, specifically for juniors.

What is a LYR Marshal?

London Youth Rowing have a team of great coaches who will become your own marshal and 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.

How do I enter a team?

On the event sign up page, [here](#), you'll find a 'sign up here' link. The team captain needs to click on this link and fill out the form. One person can sign up several teams and be the team leader for all teams and can compete for one or none of the teams.

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1. Once the team is registered, the team leader will receive regular updates about the event and how it will work. The Team Leader needs to send these on to participants in their team to keep them informed.
2. A few days prior to the event, the workout submission link will be sent to the Team Leader for each team. This link will allow participants to submit scores to the event and have them credited to their team. The Team Leader must share this submission link with all participants to allow them to participate.

Once registered, we will send you weekly event updates.

Team names, nominated leader, participants, and any registration details can be changed throughout the event.

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 enjoy the event together.

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. This is a challenge, not a race, and we want the event to boost people and their well-being through the winter months, and 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?

You can do the mileage in any form indoors or outdoors that is listed in the table below. Please see the next question on how we weight the sports differently.

How do we balance the distances achieved in different sports to make them comparable?

We apply a multiplier to the sports with the intention to make a similar effort between sports to be represented fairly. The current list of sports and weightings is detailed below.

Sport	Sport Mileage : RTT mileage
Canoe / SUP	1:1.8
Cycling	2.5:1
Inline / Ice Skating	2:1

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Kayak	1:1.5
Para Bike / Arm Bike	1:1
Pogo Stick / Space Hopper	1:5
Rowing	1:1
Running / Walking / Cross Trainer	1:1
Scooter	1.5:1
Ski Erg	1:1.5
Ski (Cross Country)	2:1
Swimming	1:3.5
Trampolining / Skipping	1 min = 0.2km
Weightlifting / Circuits	1 min = 0.14km
Wheelchair	1:1

They're not exact calculations, but it's how we're doing it this time.

Importantly we will make this calculation on our side, so for all submissions, the participant should enter the actual mileage done, not attempt to apply the weighting themselves.

How do I submit my distance and time?

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

Before the event starts, we will issue a web link to the teams which takes the participant to an online form. This form will collect your name, email, team, distance, time, exercise type, and evidence photograph or screenshot.

This will populate our database, and our system will apply the weightings for the different types of exercise, add the team data together, then update 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.

How do I prove my session record?

For outdoor sessions: Please use a tracking app like Strava or apple watch to record your sessions and take a screen shot of the session summary to submit.

For Indoor sessions: Please take a photo of the machine's readout and submit with the details.

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For sports that don't record a distance: Please use a record of your heart rate for proof of the session, a screenshot of your session time and average heart rate will suffice.

Where can I see my results? And associated issues

Results will be posted to a live leaderboard and map on the [LYR Arena](#). There is also a link to be able to see your specific submission, these usually take up to 15minutes to update.

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 or get in touch with your LYR Marshall.

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.

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.

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.

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 for those that would rather have a medal instead – be sure to let us know what you prefer when you sign up.

What happens if I cannot submit a score inside the event time?

There will be no further opportunity to submit your score after the event ends, see question 4 for event start and finish time and date. You will have to wait to enter next year's event for another chance to race. The event may consider moving the start and finish time to teams with exceptional circumstances done on a case-by-case basis. If you would like to request this, please contact events@londonyouthrowing.com

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Can I change the details of my team?

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

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:

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 Give As You Live 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 Give As You Live 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

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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 [here](#).

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.