

# 3 MILE RACE 2020

## What is the 3 Mile Race?

The 3 Mile Race was founded in 2019 as the 'Inaugural Queensland King's Cup Trial Eights Match Race' to commemorate the 80<sup>th</sup> anniversary of the last Queensland victory in the King's Cup interstate eights race. The race was modelled on the annual trial eights contests amongst the Oxford and Cambridge squads as part of their preparation for the World's most famous annual rowing event, The Boat Race. The race's primary aim is a development event for young oarsmen in Queensland with the potential to represent Queensland in the annual Interstate Regatta and compete for Interstate titles including, but not limited to the King's Cup.

The 3 Mile Race is held in September over a course from Pinkenba to Bulimba, finishing at Bretts Wharf along the Hamilton Heritage Course which was the original course used for Interstate racing in Brisbane before the race was shorted to the Olympic distance of 2000m in 1960 and subsequently held on still-water courses. The course along the Hamilton Reach of the Brisbane River was used for the King's Cup in 1920, which was the first time the King's Cup was contested in Australia, and also in 1939 which was the last time Queensland were victorious.

In 2020, a women's 3 Mile Race will also be held to commemorate the centenary of the first interstate women's race. The women's race will be held annually as part of the 3 Mile Race Event.

The race is generously supported by Frasers Property Australia's Hamilton Reach development and aims to bring an exciting event to the community annually.

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## Live different.

## **The King's and Queen's Cup**

The King's Cup was first raced for in 1919 at the Henley Peace Regatta at the conclusion of the Second World War. The regatta was designed to occupy and honour allied soldiers awaiting repatriation after facing armed conflict in Europe. The King's Cup was won by the Australian Imperial Forces crew against crews from Oxford, Cambridge, France, USA and New Zealand. By order of King George V, the trophy was gifted to Australia to be awarded in perpetuity to the winner of the annual Interstate Eights race. This first occurred in 1920 when the interstate race was held in Brisbane, with South Australia awarded the King's Cup, which was at this point still in England, when they won along the 3 Mile Course in Hamilton.

That same year, a women's interstate race was held for the first time along a ¾ Mile course in fours, starting at Northshore Riverside Park and finishing at Bretts Wharf. South Australia also won and were awarded the United Licensed Victuallers Association trophy (ULVA) which was raced for over the next 80 years. In 1999 the race was changed to an eights race and in 2003 the ULVA trophy was retired and the winner awarded the Queen Elizabeth II Cup, known as the Queen's Cup.

Queensland has not won the King's Cup in over 80 years with the last victory being on home water in 1939. In its 20-year history, only Victoria and New South Wales have ever won the Queen's Cup with Queensland finishing second on seven occasions. Queensland had only won the ULVA trophy twice, the last time being 1990 in Tasmania.

## **The 2020 3 Mile Race**

From late July, oarsmen and women assembled in squads and formed crews comprising 4 eights in Brisbane, with one men's eight on the Gold Coast and trained through the month of August preparing to race over the original 3 Mile King's Cup course on September 5<sup>th</sup>.

The race preparation is divided into 3 phases, the nomination phase where athletes express interest, commit to the training and assemble in squads followed by the preparation phase where crews are assigned coaches, train together regularly and create team identity and culture. The final phase is the race phase where crews train over the race course in the final week and the battle down the Hamilton Heritage Course on race day.

The men's crews have chosen famous rowing courses in Queensland to identify their crews by. The Gold Coast crew coached by Duncan Free is called Hinze. The Brisbane crews coached by Richard Powell, James Burton, Toni Dunlop and Bo Hanson are called Wivenhoe, Bucca, Fitzroy and Wyaralong respectively.

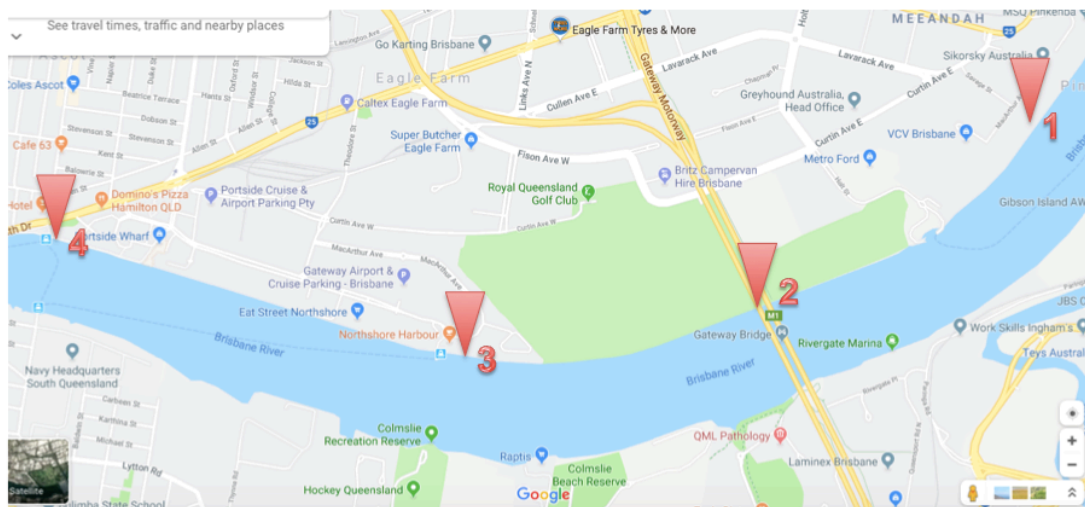
## Race Day

Saturday 5<sup>th</sup> September 2020

Course      **Start line**      **-Pinkenba, 1 mile downstream of the Gateway Bridge**  
1 Mile Mark      **-Gateway Bridge**  
2 Mile Mark      **-Northshore Riverside Park**  
**Finish line**      **-60m Downstream of the Bretts Wharf City Cat (Green Beacon)**

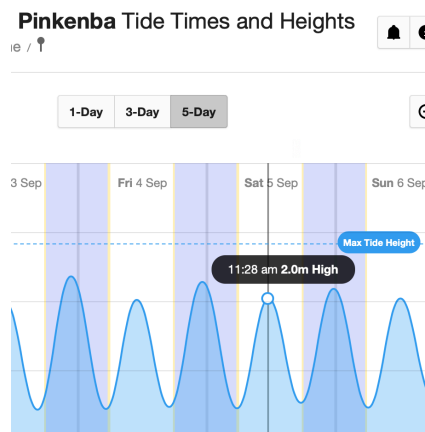
**Women's Start**      **10:40am**

**Men's Start**      **11:00am**



<b>1. Start – MacArthur Avenue Central, Pinkenba (spectator access via Airbus warehouse)</b>	<b>3. Two Miles – Northshore Hamilton Ferry Terminal (spectator beach)</b>
<b>2. One Mile – Gateway Bridge (no spectator access)</b>	<b>4. Finish (3 Miles) – 60m Downstream of Brett's Wharf Ferry Terminal (spectator walkway access)</b>

The crews will race with the tide with high tide at Pinkenba on Race Day occurring at 11:28am



The start will be a floating start from a standing position with crews staggered by half a length across the river to account for the bend in the inside lane. Lane 1 is the Northbank closest to Pinkenba with Lane 4-5 being the southern bank closest to the Bulimba Station.

### **Boating**

On Race Day crews will boat from the Northshore Riverside Park beside Northshore Harbour Café from 9am. Crews are expected to launch between 9:45-10:15am from the beach. Crews are expected to pass the Northshore Riverside Park during racing at 10:50am (women's) and 11:10am (men's).

Once the race has concluded, crews will return to the beach and park for a presentation at 11:45am before leaving the site by 12:30pm.

There is shade, a café, toilet facilities and ample parking at the boating area. Parking at the Eat Street Northshore public carpark is generous and right beside the park.

### **Spectators**

As was the case last year, the best place to follow the crews and to comply with social distancing regulations is from the river. If you choose to follow the race on the water, you must observe the No Wash rule while crews are racing and also comply with speed and proximity restrictions to all moored craft between Northshore Hamilton CityCat terminal and the Gateway Bridge.

Spectators on the bank must comply with COVID19-safe precautions and not attend if they are unwell with COVID19 symptoms and socially distance. The best observation points are Northshore Riverside Park where the crews will launch from, and Portside complex if you wish to watch the finish at 10:55 and 11:15am approximately.

### **Lane Draw Function**

Due to the public health requirements the advertised lane draw and crew presentation function at Rowing Queensland has had to be cancelled on August 30<sup>th</sup> and will now be held informally at St Margaret's boathouse following training on August 30<sup>th</sup> at 8:30am.

This event will be filmed and posted on the @qldkingscup Instagram account.

## **Post-Race Function**

The post-race function is at Northshore Harbour Café from 5pm until 10pm. There is a 2-course sit-down dinner and dress is Cocktail/Rowing Blazer.

There will be a cash bar available and the winning crews for both men and women will receive a bar tab as prize. The 3 Mile Race trophy will be presented to the winning crew by the race sponsor and pennants presented to all participants.

Again, this is a COVID-safe event and as such names, addresses and phone numbers will be collected and payment for drinks is via CARD ONLY as NO CASH WILL BE ACCEPTED ON THE NIGHT by bar staff.

The crew coaches, Bo Hanson, James Burton, Richard Powell and Toni Dunlop, all with experience of Olympic campaigns and all having rowed King's Cup for Queensland will be interviewed in a panel by the MC, Michael Toon.

## **COVID19 precautions**

The 2020 3 Mile race will comply with the Industry Covid Safe Plan for Aquatic Sports and be subject to a Covid-Safe event checklist.

Specifically -

All participants and public spectators will be advised to follow social distancing and personal hygiene (handwashing and avoidance of handshaking) recommendations in effect at the time.

Anyone who is unwell or exhibiting symptoms of a respiratory illness will not be allowed to participate or attend the event and will be referred to their local health authority (GP or fever clinic).

Names, addresses and phone numbers of participants will be collected for contact tracing purposes should public health authorities need to access this information.