

Commentary Cheat Sheet

Cox (coxswain) - the person who steers the boat, motivates the crew, and calls the race strategy

Catching a crab - a mistake where a rower's oar gets stuck in the water, disrupting the boat's rhythm and slowing it down

Stroke seat - the rower closest to the stern who sets the rhythm for the crew

Stroke rate (/rating) - the number of strokes the crew takes per minute, often adjusted based on strategy and race position

Run (of the boat) - the smooth glide of the boat between strokes

Clear water - a gap between the two boats where there is no overlap, often considering a strong lead

Bow seat - the rower closest to the bow (front) of the boat

Umpire's warning - a signal from the umpire to a crew if they are veering into the other boat's water

Line - along the course the river is approx. 100m wide, but the 'optimal' rowing course is only about 2m wide; both coxes will aim to steer their crews along this

Stream - the flow of the Thames current, which crews may use to their advantage depending on positioning

Push - a short, intense effort called by the cox to gain speed or close a gap with the opposing crew

The Finish Post - the official endpoint of the race, located near Chiswick Bridge

Coin toss - determines which team chooses their starting station which can provide strategic advantages based on the river's bends and conditions

The Surrey station - the side of the river closest to the South bank

The Middlesex station - the side of the river closest to the North bank

