

Information for Competitors



Beach Sprint Relay Regatta

on 9th May 2026, 09:00 at Sunny Sands, Folkestone

About the race

Folkestone beach sprint regatta will consist of consecutive races combining running and rowing. Each race has up to four teams competing side-by-side.

- Each relay team will consist of 4 athletes of which 2 or more must be women.
- Competitors will start on the beach, run to the boat, race straight out around a turning buoy and back, jump out of the boat and run to the finish / start line.
- The next competitor in the team to race will stand holding the start line lane flag, the preceding competitor will tap their hand so that they can start their run.
- All team members must run and row.
- All team members must boat handle.
- Athletes can only enter the boat once the stern is in line with the flag and the bows are pointing into the waves.
- The finish of the race is when the boat is out of the water and returned to its start position and all team members are holding the lane flag.

Entries

Entries to be made via BROE, the entry fee is £40 per team of 4 athletes (2 or more must be female).

Categories:

- A. J18 - All athletes must be in school year 13 or under
- B. Senior – Athletes can be any age
- C. Masters - All athletes in the team must be at least 40 on the day of the regatta.

All entries can be from one Club or a composite of more than one Club.

Teams will compete in rounds. Prizes will be awarded to relay teams with the fastest times from the accumulated time for each category.

We will use Spond to send notifications and updates etc leading up to and during the event. Use this link to join the FSA Beach Sprint Relay Regatta Group: <https://spond.com/invite/XWJTS>

Rules and Safety

- The regatta will be conducted in accordance with British Rowing Racing Rules in addition to the regulations laid out in this document. It will be officiated by CARA umpires and all results and decisions will be at their discretion.
- Boats and oars will be supplied by British Rowing and/or Swift.
- There will be a Safety Talk before racing begins which all competitors are expected to attend.
- Any safeguarding concerns should be reported to Kes Fuller, the Academy's Welfare Officer.
- Crews shall always be aware of the weather and water conditions and the safety of themselves and others. Crews, including boat handlers, rowing in a dangerous manner or in a way which is considered out of control may be excluded or otherwise penalised.

Tide times and Weather

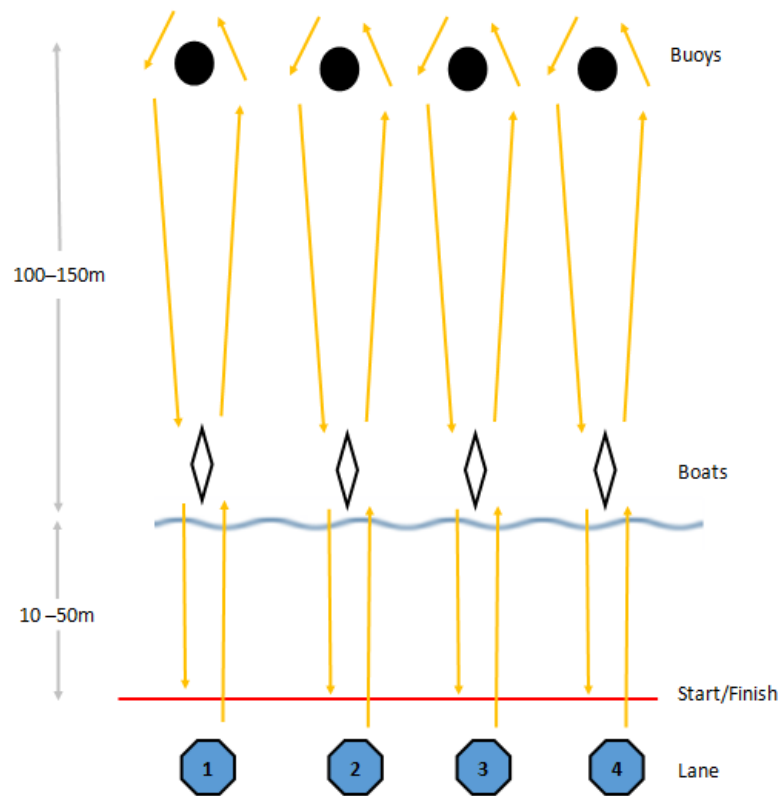
On Saturday 9th May 2026, the provisional forecast high tide is 04.46am and 16.55pm, with low tide at 11.10am. Tide times will be updated nearer to the event date.

The local weather and sea conditions will be monitored prior to the event. If necessary, the course may be simplified, or selected events cancelled depending on the sea conditions.

There is no alternative event location so the organisers will provide as much notice as possible to all competitors should the event be cancelled or moved to a run-erg-run format.

The Course

The course for Beach Sprints shall provide, as far as possible, fair and equal racing conditions for all crews.



Start: The land section of the course shall be a straight line, approx. 40 m from a flag on the beach on the start/finish line to the water's edge.

Water Section: This will be a straight row approx. 100 m out to the turning buoy and back. There will be two to four lanes, depending on weather conditions. The distances from the beach to the turning buoy should be the same for each lane.

Note: When turning around the buoy, crews are permitted to touch the turning buoy with their boat or oars, but the keel of the boat shall pass around the designated side of the buoy.

Finish: The race will finish when the boat is taken out of the water and returned to its start position and all rowers in the team are holding their start line flag.

Boat Handlers

- A. Boat handlers must come from within the team and every member of the team must run, row and boat handle.
- B. The role of the boat handler is to support the departure and arrival of the crew from and to the beach. In rougher conditions and at the discretion of the Race organiser, the number of boat handlers may be increased.
- C. Each lane will have a designated umpire / boat handler who will be available to assist the boat handlers of the team in that lane. They will be responsible for the safety of the athletes on entry to and exit from the water and are there to ensure that the boats are pointing in the correct direction prior to entry by the athlete and that the boat is returned to its start position on the beach at the end of the race.
- D. Boat handlers may not board the boat at any time but may assist the crew in any other way, including seat fixing, etc. When the boat returns to the beach the boat handlers may “catch” the boat to slow its progress when it reaches the beach and a crew member disembarks to run to the finish line.
- E. The boat handlers shall always remain in shallow water not above their shoulder height.
- F. The boats shall be positioned so that the centres of boats are in line with their lane markers.
- G. The boat handlers will support the crews in holding the boat in the best position for the crew members to board and depart.
- H. One of the boat handlers may stand on the buoy line to give steering instruction. Only unaided voice or arm signals shall be used. The method of signalling shall not interfere with the view of the umpires.

If you have any questions, or would like to enter but don't have a full crew, then please email Rebecca Plested at admin@folkestone-sculling-academy.co.uk