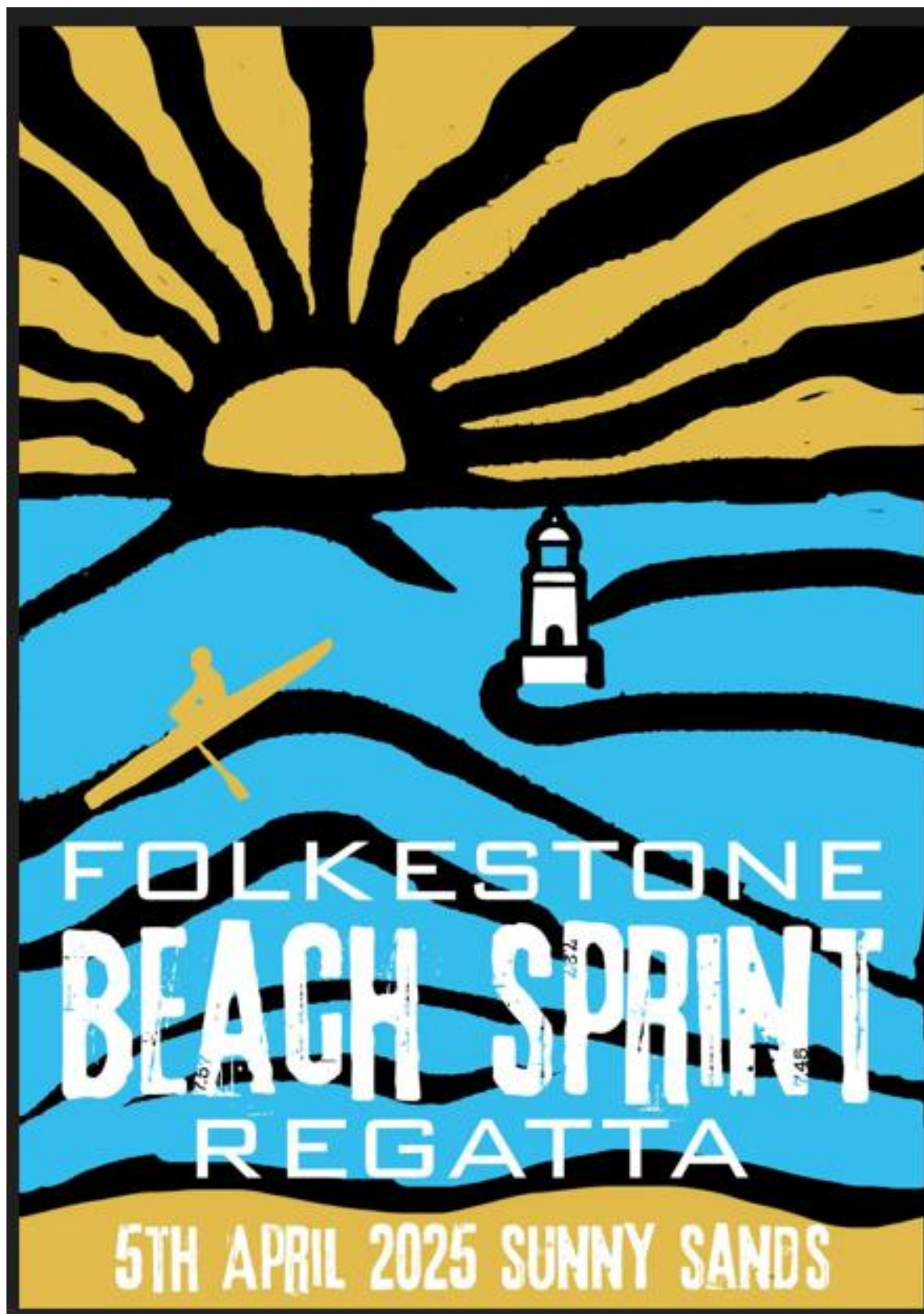


Information for Competitors





Folkestone Rowing Club

is announcing the

1st Folkestone Beach Sprint Regatta

on 5th April, 2025 09:00 at Sunny Sands, Folkestone

Entries

Please send entries to [FRC Beach Sprints Competition - British Rowing](#) by **31st March at 5pm.**

About the race

Folkestone beach sprint regatta will consist of consecutive races combining running and rowing. Each race has up to 4 crews, or boats, competing head-to-head in a knock-out style competition.

The race begins on the land, with the stroke person from each crew running approximately 50m to the water line. They then enter the boat and row approximately 150m course out from the beach, around a large buoy, and directly back. When the water is shallow enough, the bow person exits the boat and runs 50m back to the start/finish line. All events will be timed and there will be a final with the 4 fastest crews.

The boat classes in the competition are singles and doubles. Boats, blades and life jackets will be supplied by Swift Racing on behalf of the regatta organisers.

In addition to the competitors, boat handlers will help to hold and control the boat on the departure and arrival of the crew from and to the beach. Whilst the boat is on the water, one boat handler may stand on the shore and signal to the rowers to aid with steering. Boat handlers must be provided by the crew's club.

Location

Racing will take place at Sunny Sands Beach, Folkestone, CT19 6RB.

What3Words: Interval. Geologist. Waddle.

<https://maps.app.goo.gl/XjXoduMknGkpZvNA>

There is lots of accommodation in Folkestone, all within walking distance of Sunny Sands.

Changing facilities may be available at Folkestone Sea Sports Centre (this will be confirmed on the day). Public toilets are available near the regatta site.

Travel by Public Transport:

From Folkestone Central train station, you can get the bus, a taxi or walk.

- The 104 bus goes via the bus station to the bottom of the Old High Street, a 2 min walk to Sunny Sands, departing every 30 mins.
- A taxi will be about 3 mins (<£10)
- or it's a 25 min walk.

Travel by Car:

There is a large car park on the Harbour arm, which can get busy on sunny days (£2/hour, £20 for 8 hrs or more).

Postcode CT20 1QH. What3Words: jelly.employers.manual

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.
- The regatta organisers will supply safety boats and personnel as required in accordance with CARA rules.
- There will be a Safety Talk before racing begins at 8.30, which all competitors are expected to attend.
- Any safeguarding concerns should be reported to the Folkestone Rowing Club's Welfare Officer (Fraser Newgreen: 07855 509949).
- We will use Spond to send notifications and updates etc leading up to and during the event. Use this link to join the FRC Beach Sprints Group: <https://group.spond.com/RVZZS>

Categories

- Open single
- Women's single
- Open J18 single
- Womens J18 single
- Mixed double
- Mixed J18 double
- Club Relay

Categories are defined as follows:

1. Any competitor, regardless of gender, may enter an open race.
2. A mixed crew must consist of at least 50% women.
3. Each competitor in a junior's J18 crew must be no more than 17 years of age.
4. The club relay event must contain at least two women.
5. There are no age or gender restrictions on coxswains or boat handlers.

Rowers must have British Rowing Membership (Row or Race), if you do not have BR membership, day tickets will be available. Each seat is £10, apart from the J18 races which are £7.50 a seat.

Competition structure

Each category will be competed in a knock-out style competition consisting of a preliminary time trial, and a final head-to-head race for the 4 fastest times.

If it is not possible, for whatever reason, to complete the regatta, the times from the time trials may be used to determine the medal positions.

The crew order for each race will be decided by ballot.

If four or fewer crews are entered in one event, it will be a straight final.

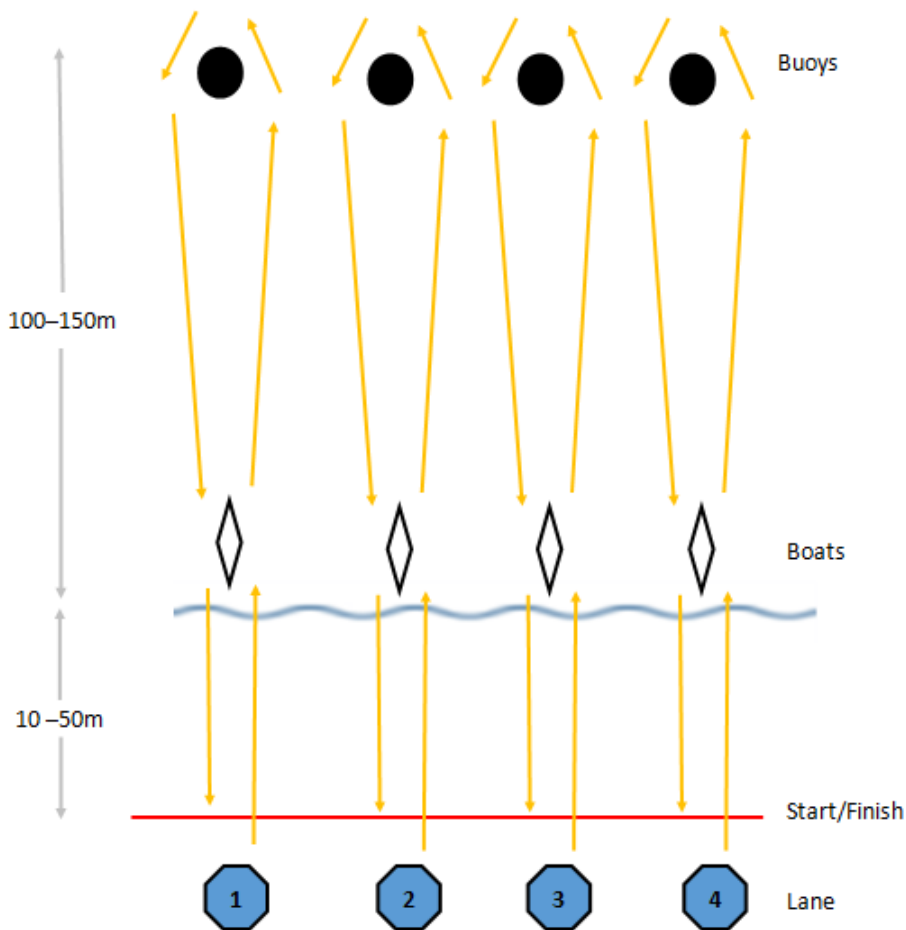
For single events, the same rower will run, row and run.

For doubles events, the stroke person will be at the start line while the bow person is ready in the boat. The stroke will run and enter the boat, both will row, then when it is shallow enough, the bow person will run up the beach to the finish line.

For the club relay, using a single scull, each competitor will run, row and run and then tap their crewmate who will repeat this in a relay until the final member crosses the line.

The Course

The course is side-by-side beach sprint racing.



The boat hull must pass on the correct side of the buoy, the blades &/or riggers need not. The turn is anti-clockwise (i.e. the opposite way to the usual CARA direction).

Before racing starts, we will teach standard entry before racing starts -this will be approaching the boat on stroke side. Plant one foot in the footwell, pivot round on that foot, sit down. Slide your feet in as well as you can, take the blade handles from the boat handlers & row.

Make sure you are facing straight back after rounding the turning buoy, a correcting stroke there is much quicker than going off course (& much less likely to lead to interference with a competitor & a disqualification)

Once the boat is in the water, there will be no delay to the start, even in the event of equipment failure. Check your seat & gates & feet before you are called to the start line. (1 minute to go, when the boat is taken to the water).

Boat Handlers

There shall be two boat handlers per crew. The boat handlers shall be provided by the crew's club – please let the organisers know if you are a solo entry and need boat handlers to be provided. The role of the boat handler is to support the departure and arrival of the crew from and to the beach.

Boat handlers may not board the boat at any time but may assist the crew in any other way, including rudder 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.

Whilst the boat is on the water, one of the boat handlers may stand on the shore and signal to the rowers to aid with steering.

When the boat returns to the beach the boat handlers are responsible for the quick removal of the boat from the water and should not run up the beach with the crew member.

At least one boat handler must be responsible for “receiving” the same crew that they have “launched”.

Penalties

Violation	Penalty
Wrong direction around the turning buoy	60 seconds
1 false / early start	30 seconds
2 false / early starts	Disqualification
Other violation	Time Penalty/Disqualification – at the Umpires discretion

Draft Programme

This programme will change depending on entries. This is the current draft programme:

HEATS		Lane			
	Time	1	2	3	4
Open J18 C1x	9.00				
	9.10				
Womens J18 C1x	9.20				
	9.30				
Open C1x	9.40				
	9.50				
Womens C1x	10.00				
	10.10				
Mixed C2x	10.20				
	10.30				
Mixed J18 C2x	10.40				
	10.50				
Club Relay	11.10				
	11.30				

FINALS		Lane			
	Time	1	2	3	4
Open J18 C1x	12.30				
Womens J18 C1x	12.40				
Open C1x	12.50				
Womens C1x	13.00				
Mixed C2x	13.10				
Mixed J18 C2x	13.20				
Club Relay	13.40				

Kit and equipment

Boats, blades and life jackets will be supplied by Swift Racing on behalf of the regatta organisers. Competitors are not permitted to change the rigging of the boat – only the foot stretcher may be moved.

Once a race is underway, there will be no delays and no race will be re-run in the case of equipment malfunction. It is the crew's responsibility to check their equipment before the start of each race. There will be 2 minutes between races to adjust the foot stretcher.

It is strongly recommended that competitors wear a thin foot covering to protect their feet when on the beach. For example, neoprene socks or wet shoes (if you have small feet). They need to be close fitting as you will need to run as well as slide your feet into the foot stretcher.

You will get wet – make sure you bring changes of kit and dry clothes for afterwards, especially if you have entered multiple races or if you are boat handling. Club colours are less important than starting off warm & dry. You may wish to compete in a wet suit. Wearing an item of hi-viz is strongly recommended. This allows the safety launches & the umpires to keep an eye on you.

If you have any questions, then please email Rebecca Plested at regatta@folkestonerowingclub.com