



**BRITISH ROWING**  
**CHAMPIONSHIPS**

# 2026 Instructions for Competitors

Version 1.0 9 July 2026

TEAMWORK | OPEN TO ALL | COMMITMENT

Registered Office: 6 Lower Mall, Hammersmith, London, W6 9DJ

British Rowing Limited, Registered in England No. 1706271

# 1. Racing Format

## 1.1. Race Distances

- 1.1.1. J15 doubles & singles and J14 coxed quads, doubles & singles events side-by-side races take place over 1000m and time trials over 900m..
- 1.1.2. All other events will be raced over 2000m and time trials over 1500m.
- 1.2. The Championships draw system aims to identify the fastest three crews in each event.
- 1.3. All events (even for straight finals) may be subject to a time trial to determine progression to later rounds. The precise structure of later rounds cannot be determined until the number of crews that have completed the time trial is known.
- 1.4. Information on redraws will be posted on the results website as soon as verified and available. The lane draw for finals will be seeded on the results of previous rounds.
- 1.5. At the time of the draw, events will have the following rounds:

Number of Crews	1 <sup>st</sup> Round	Repechage Semi-Finals	Finals
6 or fewer	Time Trial	-	Final A : 1 – 6
7	Time Trial <i>1<sup>st</sup> to Final A</i> <i>Remainder to Repechage</i>	1 x Repechage <i>1<sup>st</sup> 5 to Final A</i> <i>Remainder eliminated</i>	Final A : 1 – 6
8-12	Time Trial <i>1<sup>st</sup> 2 to Final A</i> <i>Remainder to 2 x repechages</i>	2 x Repechages <i>1<sup>st</sup> 2 to Final A</i> <i>Remainder to Final B</i>	Final A : 1 – 6 Final B : 7 - 12
13	Time Trial <i>1<sup>st</sup> 12 to Semi-Finals</i> <i>Remainder eliminated</i>	2 x Semi-Finals <i>1<sup>st</sup> 3 to Final A</i> <i>Remainder to Final B</i>	Final A : 1 – 6 Final B : 7 - 12
14 or more	Time Trial <i>Top 12 to Semi-Finals</i> <i>Remainder to Minor Finals or eliminated</i>	2 x Semi-Finals <i>1<sup>st</sup> 3 to Final A</i> <i>Remainder to Final B</i>	Final A : 1 – 6 Final B : 7 – 12 Final C : 13 -18 etc

- 1.6. The Committee reserves the right to offer minor final C only to crews placed 13<sup>th</sup> to 18<sup>th</sup> in the time trial: minor finals (D, E, F etc.) for the remaining crews will only be offered if the timetable permits.
- 1.7. The Committee reserves the right to combine finals if crews withdraw before the start of the race. This may happen at the start.

# 2. Registration Process

- 2.1. Race numbers should be collected from Registration in the boating area

- 2.2. For **time trials** an empacher slot number and paper number will be issued in club packs. **Competitors are asked to provide their own safety pins and ensure that their number is securely attached.**
- 2.3. For **side-by-side racing** alphanumeric slot numbers may be collected by a representative of the crew from;
  - 2.3.1. 40 minutes before the scheduled start time of the race for 2000m racing
  - 2.3.2. 30 minutes before the scheduled start time of the race for 1000m racing
- 2.4. Slot numbers from time trials and side by side racing should be placed in the containers at the end of the inwards pontoons when disembarking or returned to the registration desk as soon as possible. A charge may be made for lost or damaged Empacher numbers.
- 2.5. All crews shall have a named coach and Junior crews shall have a responsible adult present at the Regatta. This person must be 18 years of age or older, must have been named in the "Crew Notes" section of the BROE2 entry, and a current mobile telephone number for that person must have been provided. If a substitute coach or responsible person attends the Regatta they must contact Registration and register their mobile telephone number.

### **3. Substitutions and Scratchings**

- 3.1. Crew changes (substitutions) and scratchings must be notified to the Entries Secretary before the first race in their event in accordance with the Rules of Racing. Crews must use BROE2 to notify substitutions prior to the first day of the Regatta. After this time any changes must be notified in person at Registration with details of the substitute's registered club, name, and British Rowing Membership number. Substitutions are subject to British Rowing Rule of Racing 7-2-4; all substitutions must be notified to Registration before going afloat. Substitutes must be registered members of their declared club(s) by 1 June 2026.
- 3.2. Crews that have scratched (either by notifying Registration or by failing to confirm by the required time) cannot be reinstated into the event.

## **4. Weighing In**

- 4.1. The scales for weighing coxes and lightweight rowers will be in the Registration cabin in the boating area.
- 4.2. All coxes shall be weighed prior to their first race each day. The minimum weight for coxes shall be: 45kg for all J15 and younger crews, and 55kg for all other crews. To make up this weight a lighter cox shall carry dead-weight. Any dead-weight carried may be checked after any race in an event.
- 4.3. All coxes will be weighed and issued with a wristband as a weight certificate, which may be inspected, together with any dead weight, by Control Commission before boating or after disembarking.
- 4.4. Coxes will be weighed by Control Commission according to British Rowing Rule of Racing 7-2-7. Weighing-in will open 90 minutes before the first coxed race each day.
- 4.5. Lightweight rowers shall be weighed-in each day not less than one hour and not more than two hours before the originally scheduled race time of the first race that day of the event in which they are entered. A crew that does not meet the weight requirements shall not be allowed to race.

## **5. Awards**

- 5.1. To win a medal a crew must beat another crew, except for gold in an event from which all other crews have withdrawn.
- 5.2. Individual gold, silver or bronze medals will be awarded to the overall fastest three crews in the final A of each event. The principal coach of each medal-winning crew will also receive a gold, silver or bronze medal.
- 5.3. The names of the winning crew for each event will be recorded in the British Rowing Championships Book of Winners.
- 5.4. The most successful club at senior level and the most successful club/school at junior level, based on the results of all four days' racing taken together, will each be declared the Victor Ludorum and will be presented with commemorative plaques.
- 5.5. Medals will be presented from the pontoon by the Finish Tower. Medalists must make their way directly to the Presentation Pontoon and not warm down.
- 5.6. Any undeclared substitutions will result in immediate disqualification.

## **6. Results**

- 6.1. Live results will be published on the [British Rowing website](#) as soon as possible after the end of each race with full results available at the end of each day.
- 6.2. Printed copies of results will not be produced.

## **7. Official Communications During the Regatta**

- 7.1 There will be a Coaches / Club Representatives' WhatsApp Group for

important updates during the Regatta which can be accessed via [this link](#) or the QR code below.



## 8. Official Merchandise and Event Village

- 8.1. The Event Village will feature a marquee for competitors and spectators to watch the racing next to the catering area.
- 8.2. Official British Rowing Club Championships and British Rowing Merchandise will be available in the Event Village.
- 8.3. A big screen will be viewable from Event Village to enjoy all of the racing.

## 9. Car and Trailer Parking

- 9.1 Please refer to the instructions published on the [British Rowing website](#) for full details.

## 10. Club Gazebos

Clubs are encouraged to create their own rest areas by erecting gazebos on the grass bank. There will be no charge for this. Please ensure you follow the below requirements:

- 10.1. No gazebo may be erected before 12:00 on Thursday, 16 July. All must be removed from site by 20:00 on Monday, 20 July.
- 10.2. There will be no marked "pitches". Space is offered on a first-come-first-served basis. An indication of the space available is shown in the published site plan.
- 10.3. All gazebos on the grass bank **must** be placed at the bottom of the bank (i.e. closest to the lake) to leave sufficient space for trailer parking.
- 10.4. All tented structures must be securely fastened at all times, giving consideration to the prevailing weather conditions.
- 10.5. No responsibility can be accepted by the Organising Committee, British Rowing Limited, the National Water Sports Centre, Holme Pierrepont Leisure Trust or Serco for any loss, theft, damage, injury, accident etc.
- 10.6. Any tented structure is pitched entirely at your own risk.

## 11. Cancellation and Changes to Racing

- 11.1. Competitors, volunteers and spectators are reminded that safety is the Organising Committee's primary concern. In cases when the OC considers that the Regatta cannot be run safely, the OC may choose to take appropriate action, which may include (amongst other things) suspending racing, changing the timetable, shortening the course, cancelling specific events or cancelling the Regatta altogether. The OC will seek to make a decision as early as practicable based on the circumstances in question and in the event of advance cancellation, the OC will aim to make and communicate this decision at least 24 hours in advance of the Regatta. Team managers, coaches, competitors, volunteers and spectators should take this into account when making plans for travel, accommodation etc.
- 11.2. Entry fees will not be refundable if it should become necessary, for any reason, to abandon the Regatta or any event on the day. It will be at the discretion of the Organising Committee if a partial refund is offered if the Regatta is cancelled prior to race day.
- 11.3. When it is not possible, for whatever reason, to complete the Regatta or any event, times from the time trials or heats may be used to determine medal winners, to declare the victor ludorum and award other prizes.
- 11.4. The Organising Committee will monitor conditions throughout the Regatta and, if necessary, will adjust the draw patterns to create the fairest racing conditions.
- 11.5. It is the responsibility of each Coach/Competitor to keep themselves informed of any changes to the Regatta programme.

## 12. Photography and Media

- 12.1. AllMarkOne is the official photographer of the Championships. They will provide photographs of racing crews and medal ceremonies via their website.
- 12.2. Photographs and videos from the event (including live streaming) may be used on the website and social media sites of the Regatta or by British Rowing. By entering the Regatta, competitors and those responsible for them consent to this.
- 12.3. Competitors and those responsible for them should be aware that other, non-official photographers and videographers might operate at national sporting events and the subsequent photographs may be freely used in print, digital media or elsewhere, over which the OC has no control.
- 12.4. Coaches and competitors agree that by entering crews they have made the crew members and their parents/guardians (where in loco parentis) aware of the above two paragraphs.
- 12.5. The use of unauthorised drones is not permitted under any circumstances at the National Water Sports Centre. Any club which is seen to be using drones for any purpose within the boundary of the venue risks disqualification of their crew being filmed or of all their crews at the Regatta.

## 13. Welfare and Safeguarding

- 13.1. The Event Welfare Officer is Jo Cotgrove (Friday) and Mary Rouse (Saturday-Monday). Both can be contacted using the mobile number 07856 908539.
- 13.2. A full copy of the British Rowing Safeguarding Policy is available on the [British Rowing Website](#) and via the Event Organisers Office.

## 14. Clean Sport

- 14.1. British Rowing is committed to Clean Sport. All athletes, athlete support personnel and clubs are bound and must abide by the World Anti-Doping Agency Code. Athletes competing at the Regatta could be tested at any time, and by entering this competition it will be deemed that consent to be tested has been given.
- 14.2. To understand more about anti-doping, the rules and your responsibilities, go to [Policies and Guidance - British Rowing](#) or email [antidoping@britishrowing.org](mailto:antidoping@britishrowing.org)

## 15. Sustainability

- 15.1. Please trailer share and car-pool/use public transport if possible. The NWSC is accessible on foot from local bus stops and from Nottingham station along the riverside path. It is also accessible on National Cycle Route 15 from West Bridgford. Nottingham station has hourly train services from London, Leeds/Sheffield, Cardiff/Birmingham/Derby, Newark/Lincoln, and Gratham. There are bus stops on the A52 at the end of Regatta Way (buses to Nottingham and

Bingham). The 11/11c buses stop outside the railway station and there is also a taxi rank. Please see the link here for the number 11 bus service from Nottingham Railway Station to the Watersports Centre:

<https://www.nctx.co.uk/services/NCT/11>

- 15.2. EV Charging - please see detail on the event website
- 15.3. Please bring your own re-fillable water bottles. Water bottle re-fill points are here: <https://w3w.co/layers.wider.void> <https://w3w.co/beats.upper.sofa>
- 15.4. Please also consider bringing a reusable cup for any hot drinks.
- 15.5. We aim to have a litter-free site. Please put all litter in the correct bin. There will be some recycling bins located next to the general waste bins.
- 15.6. We will have a 'Check, Clean, Dry' station hosted by North Wales Wildlife Trust - there will be information available and boat checking/cleaning across the weekend. Please have a look at the invasive species guide on our website: <https://www.britishrowing.org/sustainability/>
- 15.7. There will be drop-off points by reception and the bottom of the finish tower for good quality second hand kit. This will be sold on the Kitround website with all proceeds going to Love Rowing.
- 15.8. Visit our Sustainability Stand in the Event Village for practical guidance on how clubs can reduce their environmental impact, access grants, and protect their waterways.

## **Additional information**

Due to the length of the racing day and the opening hours at NWSC, there will be **no training time available on the lake either before or after racing on any day of the regatta.**

**Anyone wishing to train on the lake on Thursday should make direct contact with the NWSC directly to arrange.**

### **Cycling, Skating, Rollerblading and Pedestrians**

Cycling, skating, rollerblading etc. is prohibited in all Regatta enclosures and in the boating area. Cyclists etc. must give way at all times to pedestrians and service vehicles of the Regatta.

### **Changing Facilities**

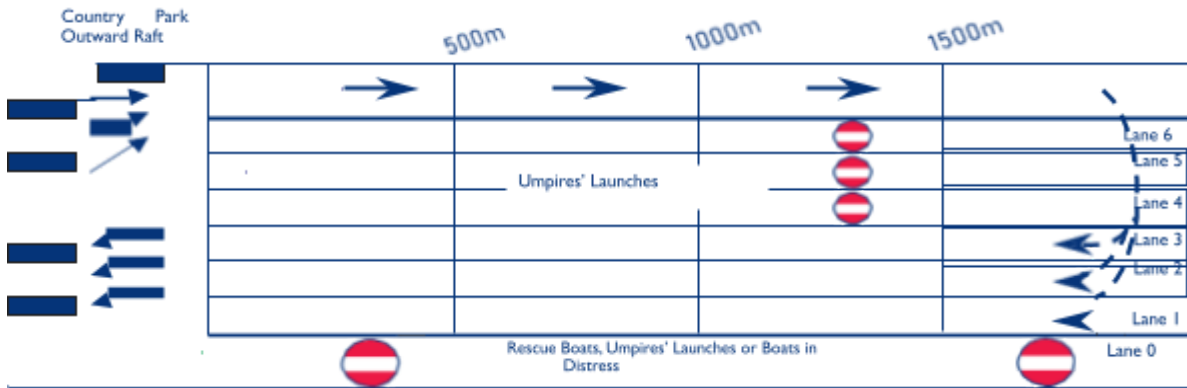
Changing and showering facilities are available in the main building. Toilet facilities are available in the Lakeside (Main Centre) building, in the boating area and in Portaloos around the site.

# Racing Circulation Patterns

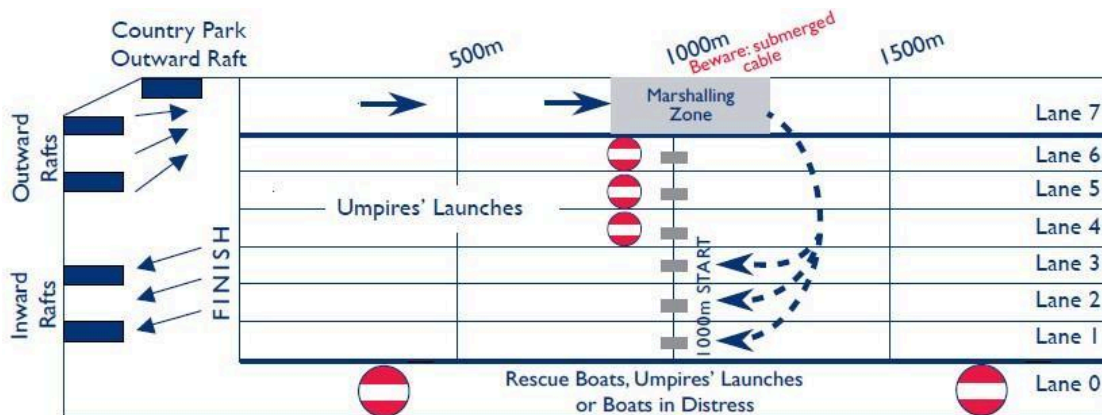
Failure to comply with these rules may lead to the removal of the crew or club from the Regatta.

Note that lake-side markers count down from the Start (2000m) to the Finish (0m)

## 1500m Time Trial Circulation Pattern - All Events (Friday, Saturday and Sunday)

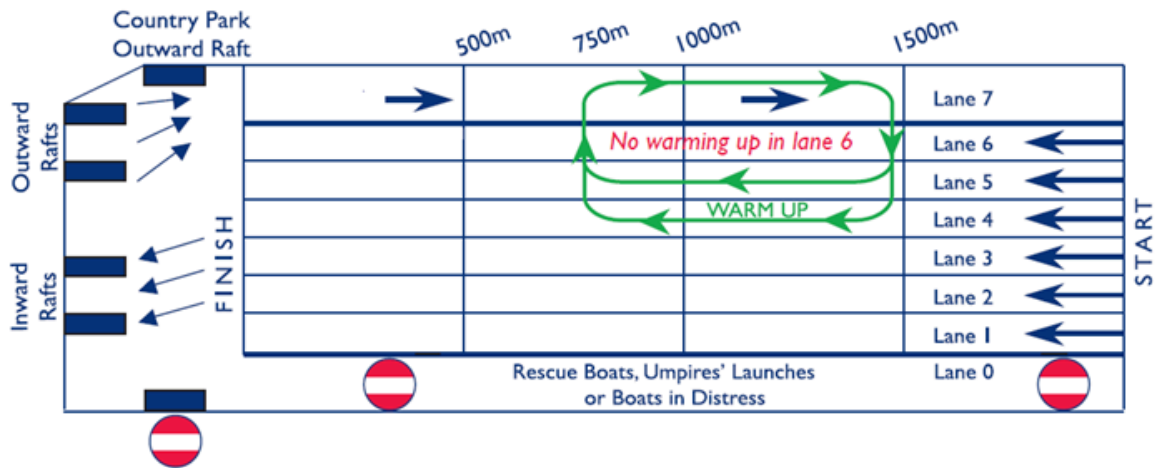


## 900m Time Trial Circulation Pattern - Adaptive, J14, J15 and Beginner Events (Monday)

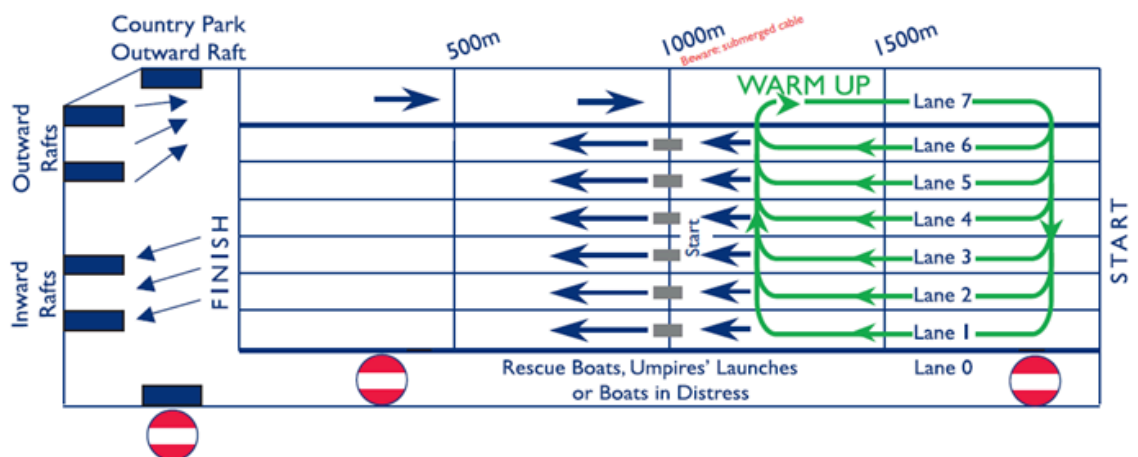


Only two of lanes 1-3 will be used for racing. This will be published before the time trials.

## 2000m Side-by-Side Racing Circulation Pattern (Friday, Saturday and Sunday)



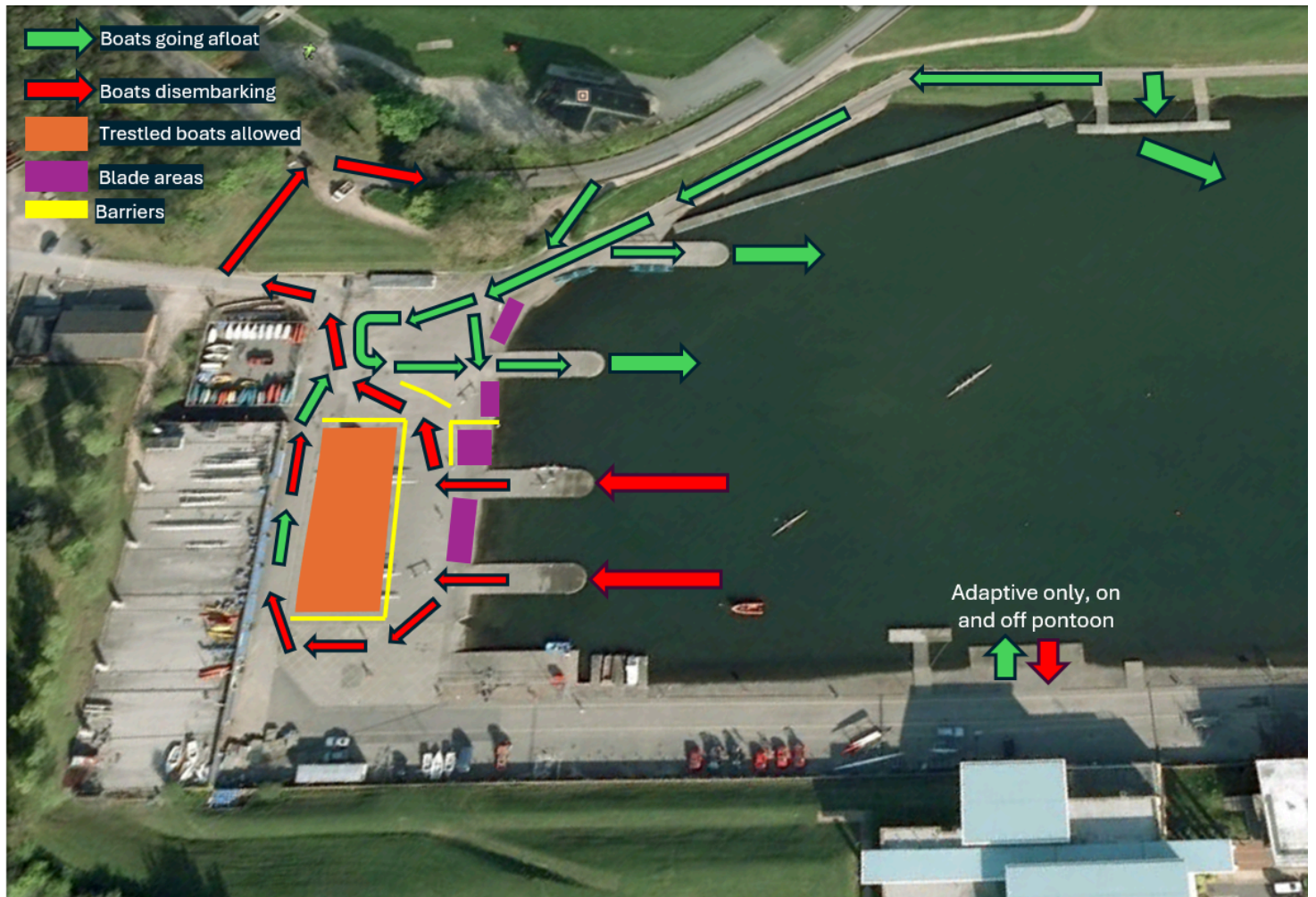
## 1000m Side-by-Side Racing Circulation Pattern (Monday)



### Key Points

1. The pontoons on the side of the course past the Finish Tower and in front of the new boathouses must not be used by any crews, with the exception of Para entrants.
2. At the Start, crews must keep into the bank whilst waiting to be called to this race and must stay clear of the Start Zone.
3. Crews must take particular care near the Finish and in the Boating Area to avoid collisions with other crews that have just finished.

## Land Circulation Pattern



- There will be no boat racks up at this competition, except for an allocated Adaptive boat rack alongside the Paddle UK bay area, adjacent to the Adaptive-only pontoon
- Blades are to be removed from pontoons immediately after disembarking
- The “boats disembarking” channel between barriers is to remain clear at all times, along with the cross hatching in front of the Boatman’s Office
- Crews and coaches are asked to work with the organisers to allow for and maintain a safe flow of boat and pedestrian traffic on the forecourt by adhering to the above circulation patterns.

## **Marshalling Instructions for Time Trials**

- Crews must be ready to boat 30 minutes before the scheduled start time of their time trial.
- Control Commission Umpires will supervise boating and may do the normal safety checks. Any boat failing inspection will not be allowed to boat unless the problem can be fixed in a timely manner.

### **At the Start**

For the 900m time trials crews will paddle above the start line and be directed by marshals to go between the start pontoons into their allocated lane.

For the 1500m time trials crews will paddle up to the 1750m marker and be directed by marshals to go into their allocated lane.

Crews will follow the Umpires' instructions to paddle in single file into the designated racing lanes. Crews will be alternately allocated to one of lanes 1, 2 or 3. We will decide the lanes in use for time trials based on the weather and water conditions. Lanes 4 to 6 are safety lanes and are not in use for racing.

The Starter will say 'Go' approximately 40m before the timing line and crews will be timed from the start marker to the Finish Tower.

If your crew is being caught by a faster crew, you must move out of their way before returning to your allocated lane. You must not impede the faster crew or any crews in adjacent lanes.

## **Marshalling Instructions for Side-by-Side Racing**

### **Boating**

Crews must proceed to the Start in lane 7 as far as the 1000m marker for 1000m racing and 1500m marker for 2000m racing where they will be held by a Start Marshal and given further instruction. Para and adaptive crews have exclusive use of the Para pontoon to get on and off the water, but are welcome to use any pontoon.

### **At the Start**

2000m Racing - under the instructions of the marshal near the 1500m marker complete races will be assembled and sent forward in lane number order. When the Starter calls the race, crews will paddle across the course in lane order to their allocated lane.

1000m Racing - under the instruction of the marshal proceed towards the 2000m start, cross safely into their racing lane where they can continue to warm up following the warm up instructions or be held in their lane ready to be called forward by the Starter to race.

### **Cooling Down**

Cooling down on the water is not permitted at this competition, please cool down on land after disembarkation.

# Emergency Telephones and Contacts

## **Emergency Telephones are situated:**

Start Tower

Main Reception in the Water Sports Centre

Waterman's Office

All manned huts have telephones.

## **Emergency numbers:**

Emergency Services 999

Medical Practice, Radcliffe-on-Trent 0115 933 2948 or 0115 933 3737

Medical Practice, 214 Musters Road 0115 981 4124

Hospital, Queens Medical Centre 0115 924 9924

NHS Direct 111

Police, non emergency 101

## **NWSC Address:**

The National Water Sports Centre

Adbolton Lane

Holme Pierrepont

Nottingham

NG12 2LU

National Water Sports Centre Reception 0115 982 121