



Chiswick Amateur Regatta 2026

Information for Competitors

THE COURSE

1. Approximately 1000 metres as shown on the racing diagrams. Stations count from Surrey. All races will be with the tide from a free start.
2. Racing will be:
 - downriver between 09:00 to 11:40 (approx.)
 - upriver between 12:40 to 15:30 (approx.)
 - Downriver between 16:30 to 18:30 (approx.)

GENERAL

3. The Regatta is held in accordance with [British Rowing Rules of Racing](#), the [Tideway Code of Practice](#) and complies with [British Rowing Row Safe](#) safety code.
4. Only competent crews should be entered. Crews not deemed to be competent or capable of racing and finishing safely may be excluded.
5. In the case of a PLA Yellow flag, Junior 14, 15, and inexperienced crews races will be run **only on the flood tide** at the Chief Umpire's discretion as to conditions on the day.
6. Boats not displaying a 6 letter/digit code may be disqualified or receive an official warning.
7. No boat may be used in more than two events.
8. Before a crew has its first race, a representative of the crew must report to the Crews Registry at Race Control at the front boat bays of QBC to collect their numbers, one for bow's warm-up top and one for bow's racing vest. The representative must also declare any substitutions which have not already been notified. **If a crew is found to have raced with a member without valid British Rowing registration or a suitable day ticket, or with an undeclared substitute, then this will result in disqualification.**
9. Coxes must be weighed at Crew Registry (at Race Control) before their

first race and a wristband will be issued the colour of which will indicate if any deadweight is required. Coxes are responsible for providing their own deadweight. Coxes may be required to show their wristband before and/or after a race and any deadweight may be re-weighed after racing. Deadweight must be carried safely and not attached to the cox. Coxes plus deadweight must weigh at least 45kg for all J15 and J14 events and at least 55kg for all other events.

10. The Committee reserves the right to alter the programme.
11. Races will start without reference to late arrivals and/or absentees.
12. In the event of a dead-heat, crews will re-row the race immediately under the direction of the Umpire. Unless otherwise directed any re-row shall be over the entire course.
13. If all but one of the crews entered for an event withdraw, the remaining crew shall choose either to row over the course and thereby win the event or take a refund of the entry fee.
14. Winning crews may collect their prizes at registration at any time after their final.

NAVIGATION

15. Visiting crews must be familiar with the [Tideway Code of Practice](#). **The Regatta course is to the right of centre of the river.** If visiting crews have any queries about navigation they should ask Control Commission (the officials inspecting boats at the boating area) or any race official. The Race Umpire's launch will steer a course which is central to the Regatta Course.
16. **When boating and returning** to the shore, care must be taken not to **ground the boats**. In particular, at lower tidal levels, shoals and shallows appear off the banks and the river accordingly becomes narrower, making navigation more complex.
17. Two flow diagrams accompany this guidance (on the regatta website), one for downriver racing (i.e. on the ebb tide, finishing just before Chiswick Bridge) and one for upriver racing (on the flood tide, finishing at the far end of the UL boathouse). Coxes, steers and scullers must make themselves familiar with the flow pattern, crossing points and marshalling areas. Finishes are signed on the Middlesex bank.
18. **Crews must keep close to the bank** when proceeding to the start and

returning from the finish. The Surrey bank (i.e. opposite Quintin BC) should be used above Chiswick Quay and the Middlesex bank (the regatta boating area side) below Chiswick Quay. The crossing point is upriver of the regatta boating area at the far end of Chiswick Quay wall. Crews boating from Barnes or further downriver can cross below Chiswick Bridge.

Please take care crossing the course. Do not cross in front of a race and make sure you have enough space to cross safely ahead of any other river traffic.

19. The regatta is being held on a bank holiday weekend and the river may at times be busy. Competitors should understand that the river will be open to other traffic and that private motorboats/launches may not take appropriate action to reduce their speed. Competitors should make due allowance for this.
20. As a rule, private motorboats will keep towards the Surrey bank when proceeding downriver and towards the Middlesex bank when proceeding upriver.

MARSHALLING BEFORE THE START OF RACES

21. Crews arriving at the start must report to the Start Marshal's launch. They should aim to arrive 10 minutes before the scheduled start time of their race. For the downriver course they must wait opposite the UL Boathouse on the Surrey bank. For the upriver course they must wait downstream of the University Post below Tideway Scullers School boathouse. Crews must stay close to the bank in single file and not obstruct other river traffic. See the separate course maps below for racing on the ebb and on the flood tide.
22. Crews must be aware that particularly when the tide is low, the banks of the course become very shallow in places, and spits of gravel become exposed. In order to avoid the risk of grounding and the attendant dangers of removing or distorting fins and rudders on boats, crews should be wary of getting too close to the edges of the water. In case a boat suffers damage, you should NOT race, but report the damage to an umpire and return to the Quintin beach to inspect and/or repair any damage.
23. When called to the start by the Start Manager:

Downriver racing (Ebb): Crews must move up past the navigation buoy, turn at least 75m before the railway bridge and assemble line abreast on their stations. Crews must pass to the left of the red navigation buoy.

Upriver racing (Flood): Crews must turn and assemble on their stations line abreast. Crews must pass through the centre arch of Chiswick Bridge.

SAFETY

24. Please take a few minutes to read the **safety plan**.
25. Boats and other property are accommodated at the owner's risk and responsibility.
26. Please ensure that all crew members wear **appropriate footwear**, as the foreshore can at times be littered with **hazardous objects**.
27. It is recommended that all boats should carry a mobile phone and in the event of an emergency should first try to attract the attention of an official or the safety launch and only if this is unsuccessful use the phone to call 999 and request 'Coastguard'. This relates to on-water emergencies only.
28. All coxes must wear a life jacket or buoyancy aid of appropriate design. Any cox of a front loading coxed boat, must wear a manually operated life jacket.
29. Racing starts and rowing at race pace are not allowed in the vicinity of marshalling areas. Crews may warm up downriver of the crossing point below the Ship Pub on the flood tide, and above Kew Railway Bridge on the ebb tide. Obey navigation rules and look out for other river traffic at all times.
30. When racing downriver, do not cut in towards the Middlesex bank when approaching the finish: **a) you will be a danger to crews in the boating area and b) you will be out of the stream and close to shallows at low tide**.
31. On the upriver course do not cut in towards the Surrey bank when approaching the finish. **You will be a danger to crews returning to the boating area**. You must pass to the right of the red navigation buoy. Coxless boats should look round to check the position of the pier on the Middlesex bank.
32. Do not turn close to the upstream side of bridges. After finishing downriver races crews **must pass through Chiswick Bridge** before turning. After finishing upriver races crews must turn immediately after the navigation buoy.

33. In the event of adverse weather conditions (including possible lightning strikes), officials will be instructed to clear the river as quickly and as safely as possible. Racing will be stopped and all crews whether racing or marshalling will be dispersed under officials' directions. All crews **MUST** obey their instructions without hesitation.
34. Please note that British Rowing membership insurance is only valid for UK residents who are resident in this country for 6 or more months in a year.
35. The regatta has a **welfare plan** for the wellbeing of all young people and vulnerable adults. All allegations of harm to juniors or vulnerable adults involved in the event should be reported to Laura IZARD, (07771 790477) or any race official in her absence, who will determine the appropriate action.

