

## Regatta Timetable

**8am - 8.30 Registration at race control on beach**

**8:30 - 9:00 Competitors briefing**

**9:00 -10:00 Entry and exit and boat handling practice**

***10:05 Opening Exhibition race Charles Cousins (GB) Jerry Owens (GB) Finn (NZ)***

***10:15 - 11.30 Wave 1 races & boat handling - all competitors in order***

**11:30 - 12:00 - Break**

***12:00 - 12:45 Wave 2 races & boat handling all competitors in order***

**12:45- 13:15 Break**

***13:15 - 14:30 Wave 3 races Boat handling -all competitors in order***

**14:30 - 15:30 Course bought in / boats derigged & loaded everyone helps**

**15:30 - 16:00 Prize giving**

## Order of racing

<b>Wave 1</b> 10:15 -11:30	<b>Women</b> W Open,W U23, WMas A-C	<b>Juniors</b> J18, WJ18, WJ16	<b>Men</b> Open, U23, Mas A-C Mas D+
<b>Wave 2</b> 12:00-12:45	<b>Men</b> Open, U23, Mas A-C Mas D+	<b>Juniors</b> J18, WJ18, WJ16	<b>Women</b> W Open,W U23, WMas A-C
<b>Wave 3</b> 13:15- 14:30	<b>Women</b> W Open,W U23, WMas A-C	<b>Juniors</b> J18, WJ18, WJ16	<b>Men</b> Open, U23, Mas A-C Mas D+

## Wave One: racing order and lane allocation

Category	Lane 1	Lane 2	Lane 3
WOpen	Platten Norwich RC	Brittain Nottingham RC	Doubleday Norwich RC
WMas A to C	Shah Cambs 99	Trehane Norwich RC	Hurd Sudbury RC
WMas A to C	Considine Norwich RC	Byrne Cambs 99	Pead Norwich RC
Juniors	Kelf Norwich RC (J18)	Carr Cambs 99 (WJ18)	Tighe Norwich RC (J18)
Juniors	Barnes Norwich HS (WJ18)	Clough Deben RC	Hamilton Norwich HS
Juniors	Mitchell Norwich HS	Hinton Deben RC	Weatherhogg Norwich HS
Open	Baines Norwich RC	Barthes Cambs 99	Burrows Worthing RC
Open U23	Ioras London Uni BC	Day Worthing RC	Hamil Lowestoft RC /NZ
Masters	Timberlake Beccles RC	Whelan Yare BC	Frost Mersea Island RC (D)
Masters D+	Herrmann Yare BC	Hockley Norwich RC	Campbell Yare BC

- We are planning for each competitor to race in all three lanes over the day
- After Wave1 race committee may review the groupings so you have the opportunity to race against different people
- Times are taken for each race with the fastest time counting for the division entered
- It is not essential to race in your category so we have made races of three to provide more competition.

**Blades:** If you are not bringing your own blades so need to hire our sets please email [helen.lwscoastal@gmail.com](mailto:helen.lwscoastal@gmail.com) the hire cost is £5 per set.

**Payable by bacs to Nurture4all 20-62-53 43988776 inc name or club**

*Next year the plan is to include the hire option within BROE*

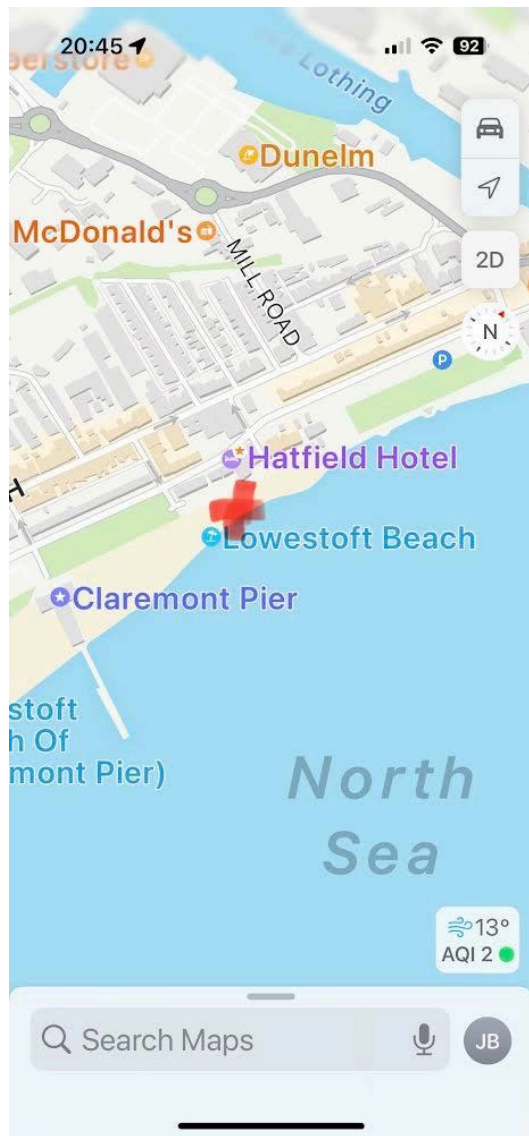
### Competitor Information Safety & Welfare plans :

**Please read all the documents for the regatta**

Click on the link below for more information about the arrangements for the regatta. They include a list of clothing appropriate for beach sprint racing and boat handling, very useful for those of you new to beach sprints.

<http://www.lowestoftrowingclub.org.uk/events/last-light-beach-sprint-regatta-2024/>

## Location of Last Light Beach Sprint Regatta



The Regatta takes place on Lowestoft beach, in between the Hatfield Hotel and the Claremont Pier. If you put NR33 0QG into your sat nav -you should get there.

### Parking

There is parking by the pier and along the promenade past The Hatfield Hotel. There are two big car parks, Royal Green or the closest Claremont Pier which are pay & display with parking apps. **Cost £4 for the day**

### Refreshments

Please bring your own supplies or there are plenty of cafes available along the promenade and at the pier.

### Toilets

There are toilets on the beach past the Claremont Pier, on the promenade and in the cafe or bar on the pier.

**We look forward to welcoming you to the Last Light Regatta**  
*Lowestoft RC & Coastal Sculling Academy*