



# Henley Women's Regatta

## Instructions for Competitors 2026

Please ensure you read the following documents from the Competition section of the website [Home - Henley Women's Regatta](#):

- 1) Regatta Rules
- 2) Eligibility Rules
- 3) Circulation patterns
- 4) Crew registration timings
- 5) Time trial instructions

You **MUST** follow the instructions regarding Parking [Travel & Parking - Henley Women's Regatta](#). The car park (Gate A) will not open until 8am, you must **NOT** park in any of the lanes, please ensure your spectators/supporters also know this. **Any club whose competitors/coaches/supporters fail to adhere to these instructions risk exclusion from this and possibly future regattas or have racing sanctions applied.**

Competitors should note the following:

- Races will be rowed under the British Rowing Rules of Racing, with the addition of specific local rules, and British Rowing policies.
- Rules of Racing: per rule 7-3-1c, there will be no 2 minutes called by the Umpire.
- Coxes must supply their own deadweight which will be checked at the Start and may be checked after the race (rule 7-2-7d). Please test weigh at home and if you need to bring some weights from your club gym then do so. The minimum weight is 55kg and you need to weigh in each day of the regatta.
- For time trials, boating times are noted on the time trial instruction documentation.
- For side by side racing, the earliest you can boat is 40 minutes before your race time.

- Be aware of the water quality guidance [Sustainability - British Rowing](#) page includes Guidance when rowing when the water quality is poor.
- Empacher numbers should be displayed on your hull while you are still competing in the Regatta. They must be returned to the Registration tent after you have finished your racing. An invoice will be raised to any club / school / academic institution for any unreturned numbers and must be paid promptly.
- In the event of an accident, please contact the nearest official. There is a telephone located in the control caravan with a list of emergency numbers.
- The event Welfare officer is Ali Simmons, Tel: 07913 256820. Registration tent and the Race Control caravan also have Ali's details. Please contact the nearest official who will be able to point you to Registration / Race control caravan or get access to Ali's contact details.
- Winners are asked to dress smartly (no kit) for the prize giving. Only complete crews will be presented with their medals and trophy. Each winning crew is sent a mounted photo of them being presented with their medals and trophy
- Boat registration. All boats racing on the River Thames in Henley must be registered with the Environment Agency (EA). If your club boats on an EA navigable river normally, your boat should be registered as per British Rowing requirements: [EA Boat Registration - British Rowing](#). Otherwise please purchase a temporary licence as appropriate: [Environment Agency waterways: application for an annual or short-term registration of an unpowered open boat - GOV.UK](#) Overseas crews are advised to check rented boats with the club providing the boat. Henley Women's Regatta is not able to issue registration licences
- All competitors and crew members including coaches and supporters should be advised that the regatta will be filmed live and the video images of the regatta will be available on the HWR YouTube channel afterwards. It is a condition of entry to Henley Women's Regatta, that each crew member (or each crew member's parent or guardian in the case of juniors) is aware that by entering HWR they are giving consent to being filmed. Please see the HWR Privacy Statement as well as the announcement regarding Filming and Use of Drones (UAVs) on the HWR website here [Photography, Filming & Drones - Henley Women's Regatta](#). When submitting the entry on behalf of any club or crew, the person making the entry confirmed that they had brought this fact to the attention of each crew member, and their parent or guardian where applicable, and obtained their consent and that HWR will not be liable for any perceived breach of privacy or distraction by filming activities including the use of drone cameras
- Photographs of all competitors including juniors will be taken during the regatta for publicity purposes.