

## **THE 2025 SOUTH WEST 3 “PEAKS” YACHT RACE**

### **RACE RULES**

**Race Briefing.** There will be a briefing in St Mawes Sailing Club at 08:30 on the Friday morning before the race. One sailor and one runner from each team to attend. The race then starts outside the club at 09:30 when runners will start with the St Just run.

- 1) Crew must consist of 4, 5 or 6 people including the runners/cyclists. All must sign a declaration of the intent to abide by the rules.
- 2) The rules and equipment lists help to ensure the safety of the team, but the skipper still remains ultimately responsible for the safety of the yacht and crew, runners/cyclists, insurance and its general management.
- 3) If you retire you must inform the race officials at the earliest opportunity, not impede other teams still competing. It is important to inform a Race Official preferably the Race Officer of your retiral and further plans to prevent the alarm being raised when you become overdue at the next stop.
- 4) Trackers will be provided, details will be given at the race briefing. They must be carried at all times and returned to the race marshal at the finish of the race.
- 5) LIFEJACKETS must be worn in the dinghy when retrieving runners from the shore in St Mawes.
- 6) Protests. The Race Committee has the power to impose penalties up to and including disqualification on any team which has in the opinion of the committee acted contrary to the letter or spirit of these rules. In the event of sailing disputes, a protest panel will be convened and written protest must be placed before the panel at least 30 minute before the hearing. The protesting team shall try to inform the team protested against of the protest as soon as possible after the incident. The decision of the protest panel will be final. Protests must be made in writing and made within 2 hours of the yacht finishing. Where this is impossible the organisers must be informed by radio or phone as soon as practicable with the written protest following by email. Protests must state the following:
  - A The date and time of the incident
  - B The rules or instructions alleged to have been infringed
  - C A statement of the facts with diagrams and photographs if relevant
  - D Details of any other vessels or observers in the vicinity

### **SAILING RULES**

1. The race is for sailing boats which must have a minimum of 3 berths for 6 man teams (2 berths for 4 and 5 man teams) and be fitted with an engine and VHF.
2. Boats must be seaworthy and properly equipped to compete.
3. When winds are too light to sail, yachts and dinghies may be propelled by the energy of their crew. Rowing, pedalling, kedging, pushing and towing are all allowed but any team member leaving the boat at sea to assist in or propel the boat must wear a lifejacket.
4. Yachts must obey the International Regulations for the Prevention of Collisions at Sea and any local authority rules. (Note ferries have priority in restricted waters)

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5. In the event of a collision during the race, the yacht at fault can either risk a protest and possible time penalty or perform a 360 degree turn (not under power) as soon as it is safe to do so.
6. Boats are permitted to go alongside piers to land or pick up crew but skippers must ensure that their yachts will not impede other competitors.
7. The runners will then be rowed out to their yacht which must meet the dinghy outside the boundary of the fixed moorings area, unless it is actually on a mooring.
8. Yachts can pick up their runners on either side of the start line but must then proceed to and cross the starting line. Yachts in the process of picking up (ie physical contact with runners) will have restricted ability to manoeuvre and other yachts must steer clear.

## COURSE AND USE OF ENGINES

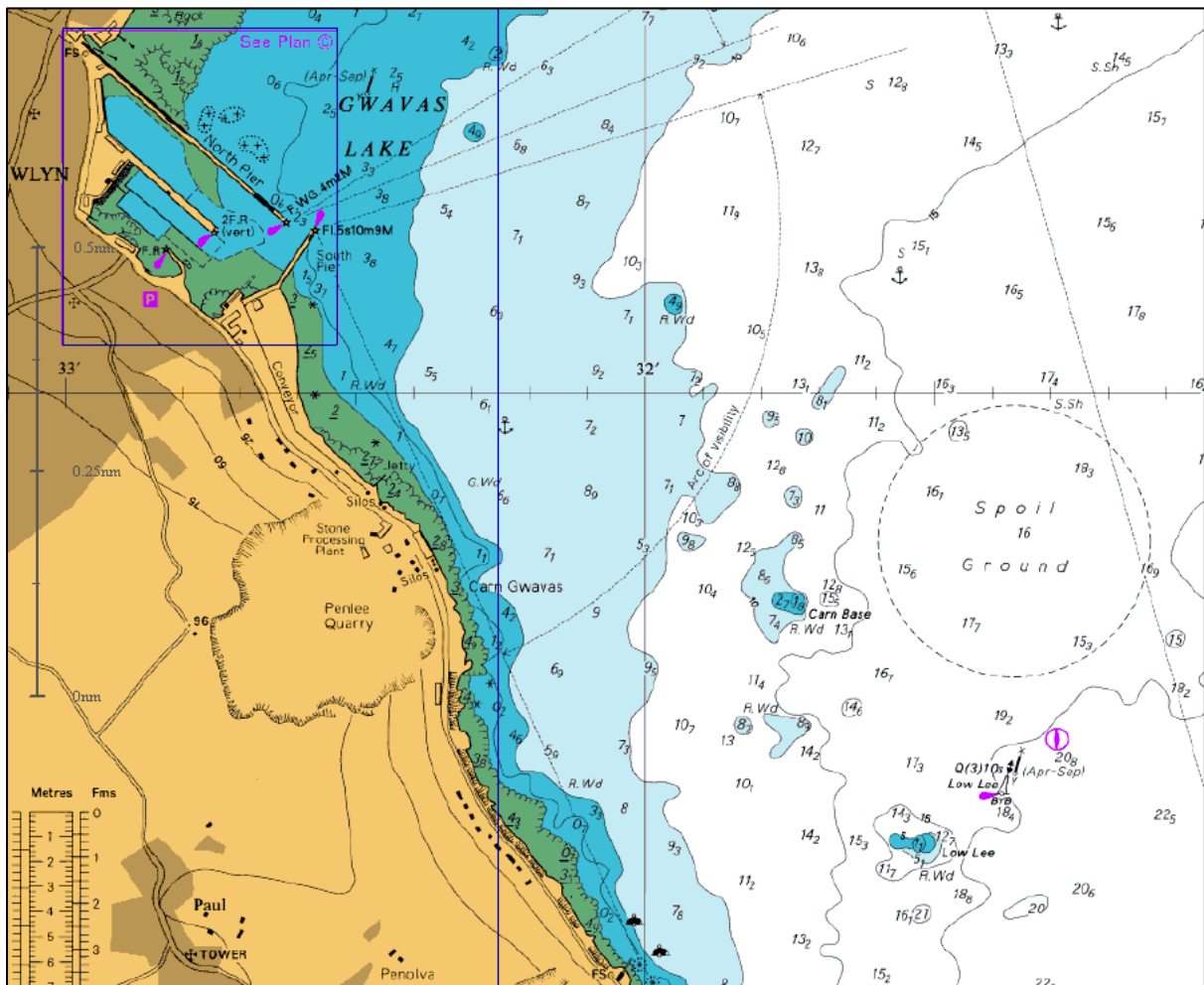
10 The start line for all boats is the St Mawes Sailing Club Start Line. For safety reasons, yachts must use engines at the start which could be rather crowded but then must stop them as soon as it is safe to do so and always well before they cross the start line. **See above.**

11 The only **mark on the course** is on the leg from **Plymouth to Plymouth via Edystone** is **Eddystone Lighthouse** (at 50° 10.843' N 004° 15'.936 W) this lighthouse marks a dangerous reef so leave a safe distance when rounding. It must be left to port.

12 Engines may be used within Newlyn/ Fowey harbour and when entering Plymouth Yacht Haven in Plymouth. Exact details of when engines can be turned on is given below.

**Newlyn:** On arriving: once due north of the Low Lee East Cardinal Marker (50°05.6'N, 005°31.4'W). This is pretty much on the direct line from the Lizard to the harbour.

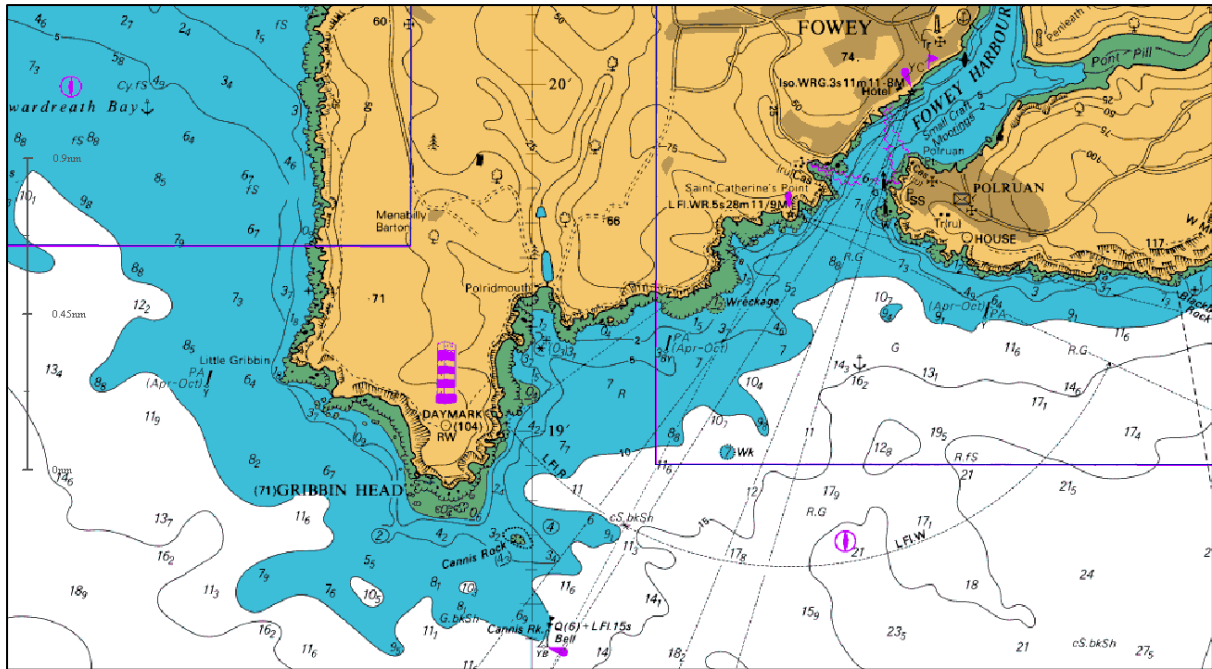
On leaving engines off once south and or east of Low Lee East Cardinal Marker (50°05.6'N, 005°31.4'W)



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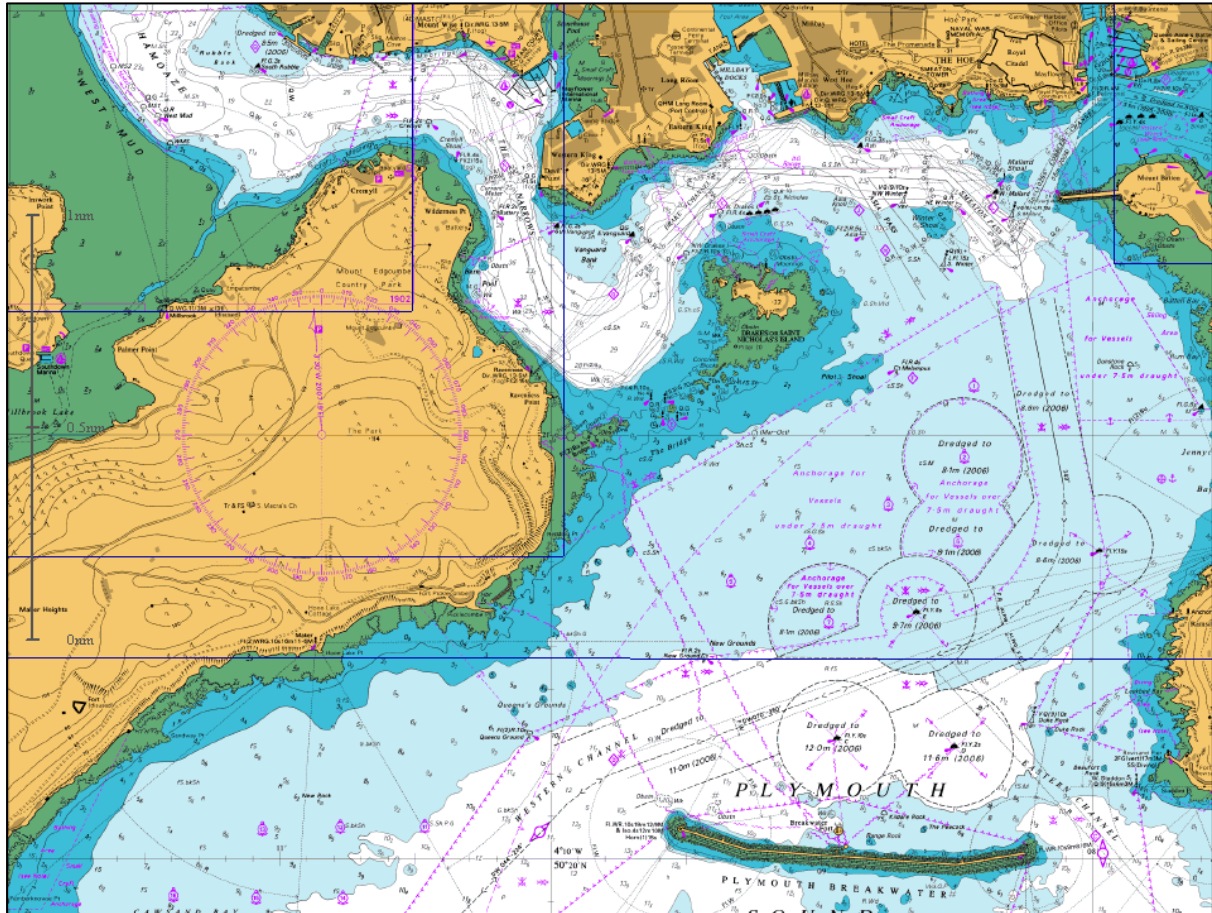
**Fowey:** On arriving: due east of the Cannis Rock South Cardinal Marker (50°18.38'N, 004°39.95'W).

On leaving engines off once east of the eastern entrance to the harbour (004°38.409'W) and or south of Cannis Rock South Cardinal Marker (50°18.38'N, 004°39.95'W).



**Plymouth:** on arriving North of the Mount Batten Breakwater (50° 21.554' N).

On leaving engines off South of Mount Batten Breakwater (50° 21.554' N).



13 In an emergency, if the skipper of a yacht considers their own or another boat or crew is in danger, they may use their engine for propulsion to extricate their boat or assist logging full details of times, courses and speeds if an exact position is not possible. Any skipper taking such action must report details at the next landing point and the finish. A time penalty may be imposed down to the discretion of the race committee if they think a competitive advantage has been gained.

## BOAT EQUIPMENT

Competing yachts may be scrutineered prior to the start and may also be inspected during the race. All boats must be capable of carrying their crew safely round this course even in bad weather and must carry the following items in working order:

- 1 An engine capable of driving the boat to windward in a gale with fuel for at least 6 hours motoring and a tool kit.
- 2 A radio for forecasts and marine VHF set
- 3 An inflatable life raft to accommodate every person on board, carried on deck or in a locker opening directly to the deck.
- 4 A lifebuoy, with self igniting light.

- 5 A life jacket and harness for every person on board. (Buoyancy aids are not acceptable)
- 6 Two buckets with lanyards attached
- 7 Two fire extinguishers of at least 0.7kg of dry powder, CO2 or foam types. One must be within easy reach of the cockpit.
- 8 One anchor of appropriate size with suitable chain or warp attached.
- 9 One manually operated bilge pump
- 10 Six distress flares, including two of the rocket parachute type and a smoke flare. Or LED equivalents.
- 11 A first aid kit including sea sickness remedies and rehydration powder.
- 12 A waterproof torch plus backup (a head torch is quite acceptable).
- 13 A steering compass and hand bearing compass
- 14 Charts, tidal information and pilotage notes covering the race. At sea electronic aids are allowed provided that there is a backup in case of electrical failure.
- 15 Chart instruments and a log book.
- 16 Lead and line or echo sounder.
- 17 Adequate food and drink for the crew for the duration of the race.

#### RUNNERS/CYCLISTS EQUIPMENT

- 1 Roadworthy bike with front and back lights and approved helmet
- 2 Head torch with spare battery
- 3 Hat or balaclava
- 4 Gloves or mitts
- 5 One long sleeved top
- 6 Long trousers – tracksters, tracksuit bottoms, lycra running tights
- 7 Compass and whistle
- 8 Route maps
- 9 Emergency rations – 250 gms of chocolate or equivalent
- 10 First Aid Kit – one first aid kit per team, including one large wound dressing, two triangular bandages and three elastic bandages.
- 11 Mobile phone – one per team.
- 12 **Brown Willy Required Map OS Explorer 109**
- 13 **YES TOR (Required Map OS Explorer OL28)**
- 14 **Devon Coast to Coast Cycle Map (provided by race organiser)**

These items reduce risk of getting lost, getting cold, not being able to see in the dark and allow them to call for help if it is needed and treat a minor cut if it occurs.