

United Hospitals Regattas

February 2026

[Winter Regatta | United Hospitals Boa](#)

v1

Dr Jerry Mitchell UHBC President

On the day

Do not go to the boathouse/event if you are unwell

Please arrive on time

Please avoid faff

Safety

- Coxes buoyancy aids
 - think what should be checked – CO2 cylinder, mechanism, Velco, straps
- Coxes – navigational safety – know the Tideway Code
- Hatchcovers – not black tape over hole!
- Bow balls - adequate
- Heel restraints – robust, heel no higher than lowest fixed point of shoe
- **UMPIRES MAY CHECK** – or ask you if you have checked.

Conditions

Wind and rainy conditions

We continue to monitor

Dress appropriately –
cover bare skin

Adequate footwear

Adequate layers

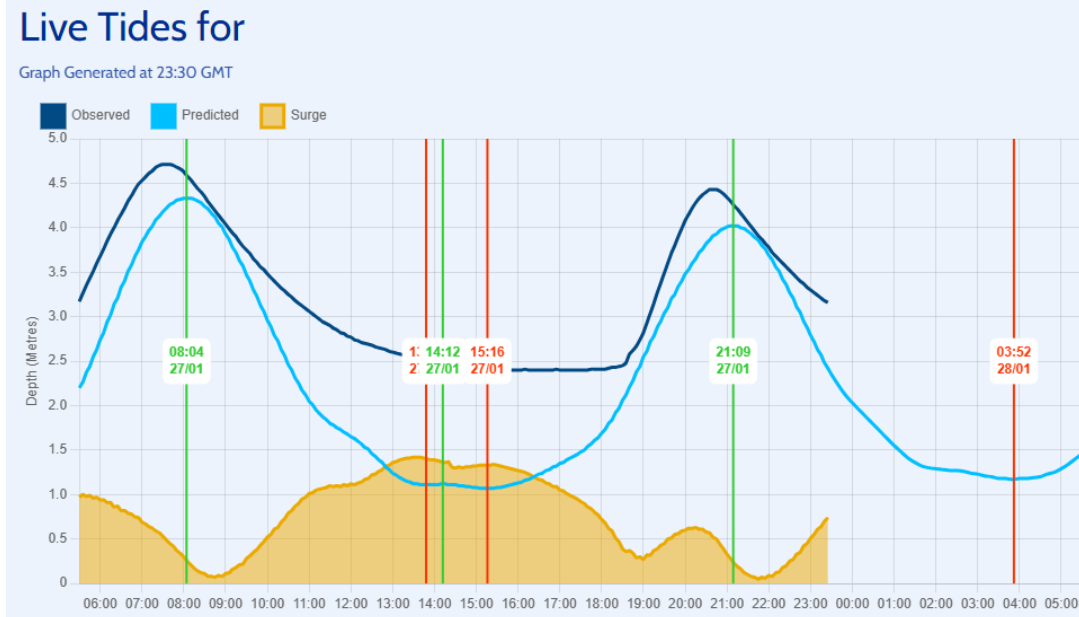
Coxes dress for warmth

Launch drivers dress up

- **Flow rate very high**
- More rain expected
- At least medium yellow flag conditions
- NO Novice crews on ebb
- **Flood stream very limited**
 - Change from ebb to flood VERY delayed
 - Change from flood to ebb early
 - May need to boat in slack water
- **Monitor carefully as regatta may need to be cancelled**

Richmond hydrographic chart

<https://pla.co.uk/tidal-information#predictions>



- Monitor PLA website
- Dark blue observed heights
- Note very delayed onset flood stream
- Early change from flood to ebb
- More rain this week
- Regatta may be cancelled

Slack water conditions

Col Regs

Boats must pass on the starboard side (drive on the right)

Boats must go slow and stop if there is any doubt at all

Timekeeping

- Be on time please
 - First race at 09:30 = boat at 09:00
 - Novice crews may take some time and not be used to time pressure
- Boat with opposition to reduce on water time
- KCL crews need to communicate with UHBC and keep to time
- Reduce faff quotient please
- Two tide changes
- Three separate sessions
- In most cases stay on water
- Rapid turnaround required

Timetable (ebb→flood→ebb)

08:30 officials briefing – all launch drivers please

09:00 First OI4+ to boat

09:10 First WI8 to boat

09:30 first race, both crews stay on

11:22 first novice eights to boat – CAUTION – probable slack water conditions; all boats stay on in first five races

12:35 WI4+ crews to boat

14:00 OS8 crews to boat – caution – check stream

14:10 WS8 to boat

14:42 First OS4+ crews (KCL/UCL A) to boat

Remaining OS4+ crews boat as soon as possible. Note tight turnarounds

16:15 last race (approx.)

16:48 dusk

Timetable - morning EBB OI4+ and WI8 may change

Time	Race	Event	Round	Rep	UH	Surrey	Centre	Middlesex	Winner
						EBB		DIRECTION	
9:30	1	OI4+	QF			KCL		BARTS A	WR5 LR7
9:35	2	OI4+	QF			LSE		BARTS B	WR6 LR7
9:40	3	WI8	SF			ICSM		BARTS	WR9 LR8
9:45	4	WI8	SF			RUMS		Putney Town	WR9 LR8
9:52	5	OI4+	SF			WR1		SGH	WR10
10:00	6	OI4+	SF			WR2		LSE B	WR10
10:07	7	OI4+	F	Rep		LR1		LR2	Final
10:15	8	WI8	F	Rep		LR3		LR4	Final
10:22	9	WI8	F			WR3		WR4	Final
10:30	10	OI4+	F			WR5		WR6	Final

Timetable – flood: novice 8s and WI4+ – may change

						FLOOD		DIRECTION	
11:52	11	ON8	QF			UCL B		SGH	WR16 LR18
12:00	12	ON8	QF			LSE		ICSM	WR17 LR18
12:07	13	ON8	QF			BARTS		RUMS	WR17 LR18
12:15	14	WN8	QF			ICSM		RUMS	WR19 LR21
12:22	15	WN8	QF			KCL		UCL A	WR20 LR21
12:30	16	ON8	SF			UCL A		WR11	WR23
12:30	17	ON8	SF			WR12		WR13	WR23
12:37	18	ON8	F	Rep		LR11	LR12	LR13	Final
12:45	19	WN8	SF			UCL B		WR14	WR24
12:52	20	WN8	SF			WR15		RVC	WR24
13:00	21	WN8	F	Rep		LR14		LR15	Final
13:07	22	WI4+	F			LSE A	BL	LSE B	Final
13:15	23	ON8	F			WR16		WR17	Final
13:22	24	WN8	F			WR19		WR20	Final

Get organised

Check

Cox boxes, buoyancy aid integrity

Boats – buoyancy, hatchcovers, bowballs

Please do everything you can to avoid faff before boating

Be ready for spending some time out on the water

United Hospitals Regattas Course

Kew Railway Bridge

Three wooden piles

Jetty

Safety launch

ULBH

← Ebb marshalling

Ebb START & Flood FINISH

Crews stay on the starboard aspect of the fairway during the race

Ebb FINISH & Flood START

Ebb finish: go through Chiswick Bridge following Tideway code

MAABC Quintin

TSS

Flood m for TSS based crews

Boats proceeding against the stream must stay in Surrey in-shore zone

Putney Town

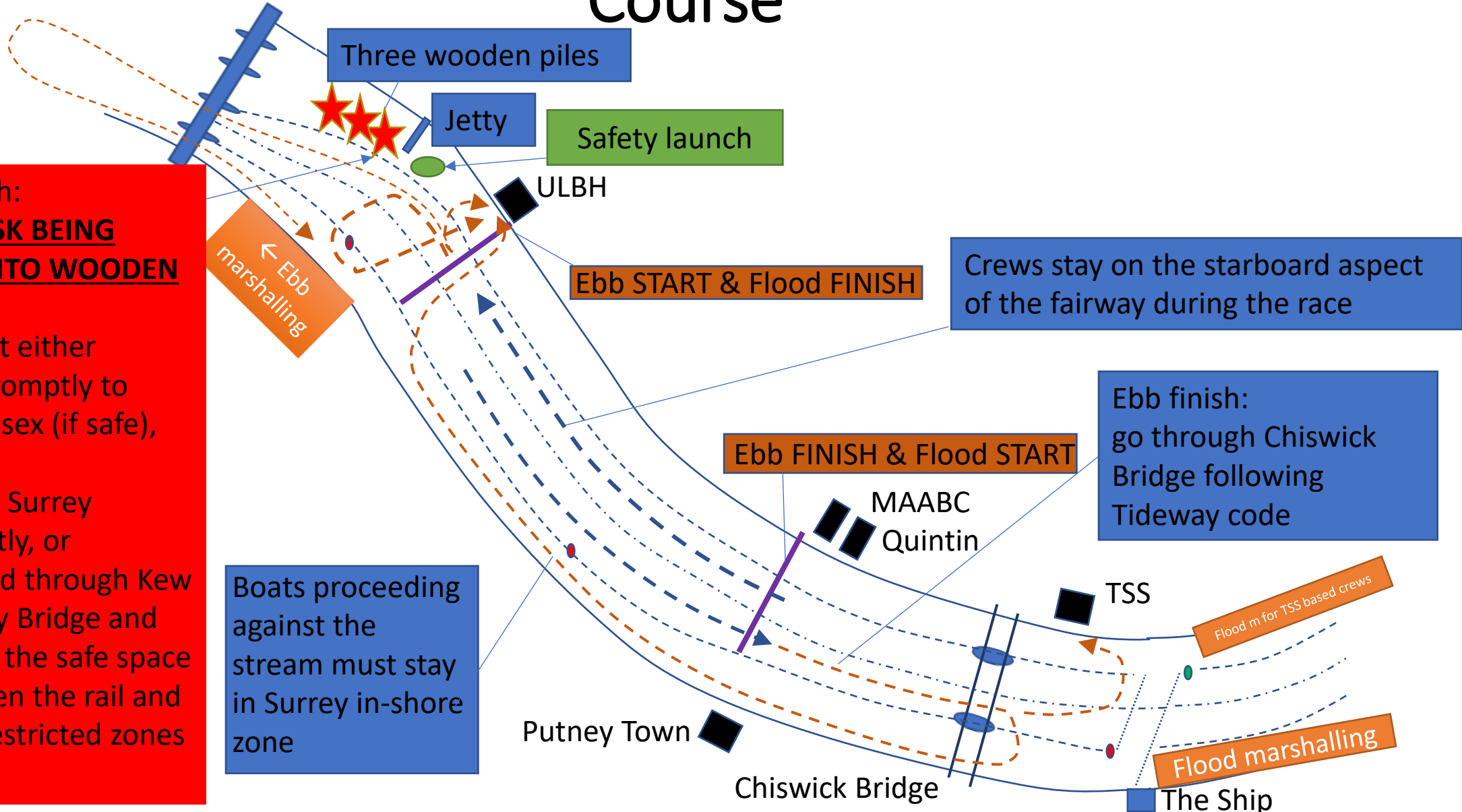
Chiswick Bridge

The Ship

Flood marshalling

Flood finish: **CREWS RISK BEING SWEEPED ONTO WOODEN PILES**

- crews must either
1. turn promptly to Middlesex (if safe), or
 2. turn to Surrey promptly, or
 3. proceed through Kew Railway Bridge and turn in the safe space between the rail and road restricted zones (RZ)



Marshalling - ebb

GIVE WAY when crossing the river when leaving UL

- Tight into Surrey side shingle above UL
- **LINE ASTERN in marshalling area = one after the other!**
- Allow other non UH boats to go round you
- Keep moving up to maintain position so you don't have to turn around the UL buoy - TURN WELL ABOVE THE BUOY – stream will push you back
- Do not go too close to the railway bridge
- Turn holding on bow side and paddle around on stroke side.
- Do not go too close to the wooden piles on Middlesex

United Hospitals Regattas Ebb Course

Kew Railway Bridge

No turning
in RZ

Restricted
zone

Three wooden piles

Jetty

Safety launch

Crews stay line
astern and do
not impede
other boats

Ebb
marshalling

ULBH

Ebb START

Course of powered vessels
proceeding upriver

Give way when crossing from ULBH

Crews from TSS/MAA going upriver
cross above MAA

Competitors must stay on
the starboard side of any
oncoming powered vessels

Ebb FINISH

Ebb finish:
go through Chiswick
Bridge Restricted Zone
LINE ASTERN following
Tideway code

MAABC
Quintin

TSS

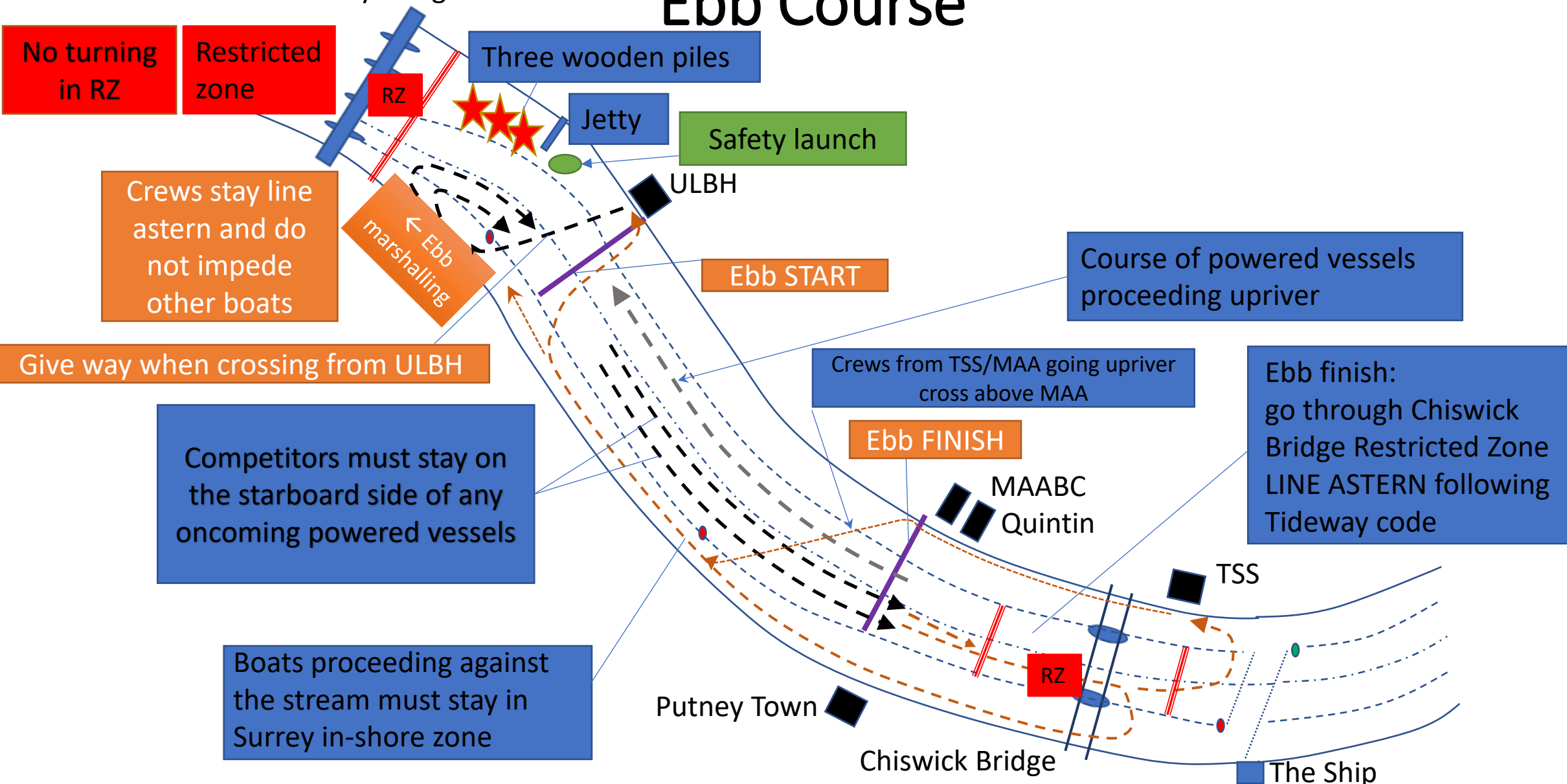
Boats proceeding against
the stream must stay in
Surrey in-shore zone

Putney Town

RZ

Chiswick Bridge

The Ship

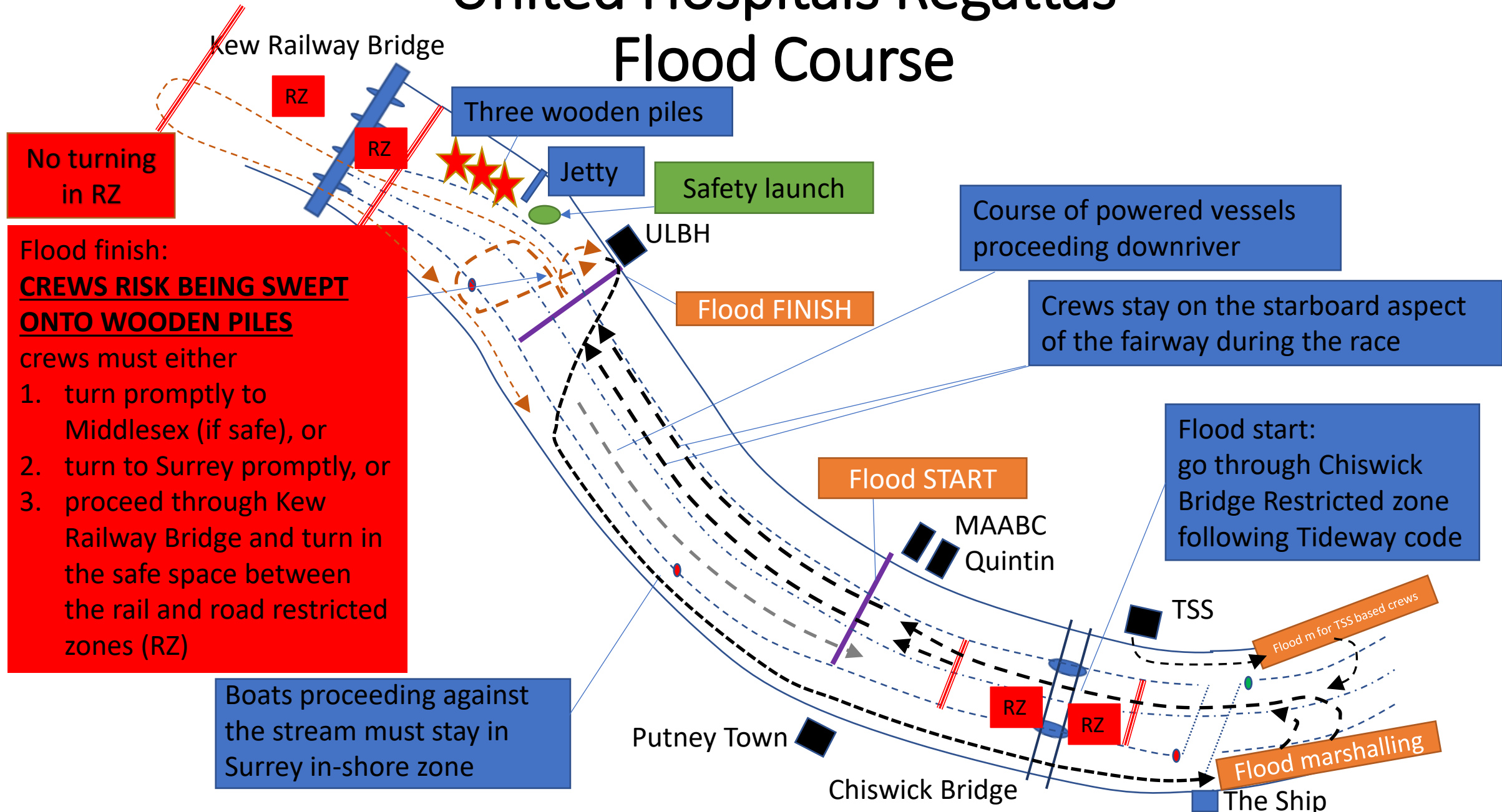


Marshalling - flood

- Crews from ULBH – on Surrey BELOW (downriver) the Ship PH
- Crews from TSS – on Middlesex opposite
- DO NOT TURN CLOSE TO CHISWICK BRIDGE
- Ensure pass through Chiswick bridge centre arch with stream
- Easy once through the bridge, await aligner's instructions

- **FINISH – take great care to avoid being swept onto wooden piles**
- **Listen to finish marshal**
- **Default – loop round UL buoy and then cross to ULBH**

United Hospitals Regattas Flood Course



No turning
in RZ

Flood finish:
**CREWS RISK BEING SWEEP
ONTO WOODEN PILES**
crews must either

1. turn promptly to Middlesex (if safe), or
2. turn to Surrey promptly, or
3. proceed through Kew Railway Bridge and turn in the safe space between the rail and road restricted zones (RZ)

Boats proceeding against
the stream must stay in
Surrey in-shore zone

Three wooden piles

Jetty

Safety launch

ULBH

Flood FINISH

Course of powered vessels
proceeding downriver

Crews stay on the starboard aspect
of the fairway during the race

Flood START

MAABC
Quintin

Flood start:
go through Chiswick
Bridge Restricted zone
following Tideway code

TSS

Flood m for TSS based crews

RZ

RZ

Flood marshalling

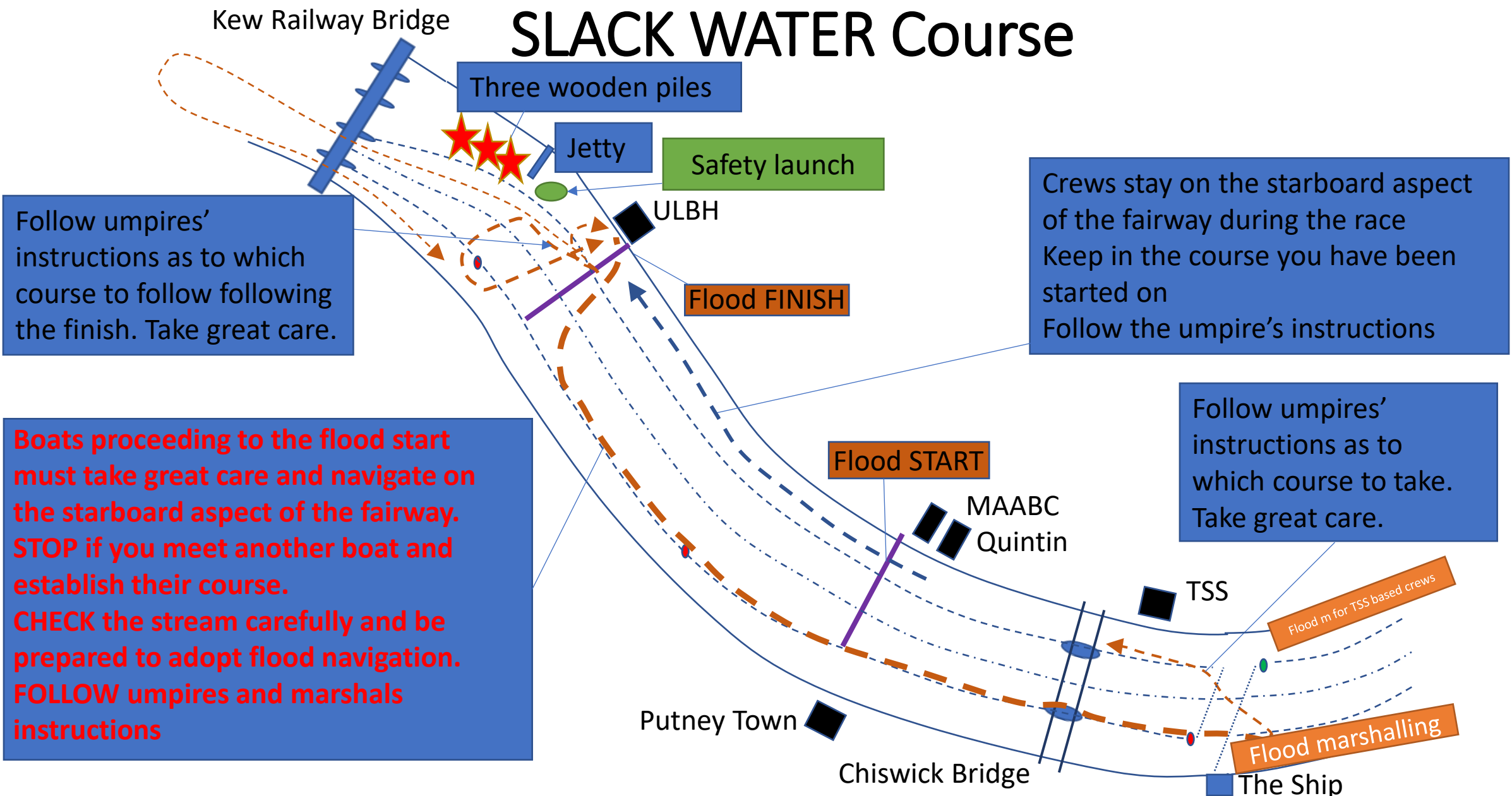
Putney Town

Chiswick Bridge

The Ship

United Hospitals Regattas

SLACK WATER Course



Kew Railway Bridge

Three wooden piles

Jetty

Safety launch

ULBH

Flood FINISH

Flood START

MAABC
Quintin

TSS

Flood m for TSS based crews

Putney Town

Chiswick Bridge

The Ship

Flood marshalling

Follow umpires' instructions as to which course to follow following the finish. Take great care.

Crews stay on the starboard aspect of the fairway during the race
Keep in the course you have been started on
Follow the umpire's instructions

Follow umpires' instructions as to which course to take.
Take great care.

Boats proceeding to the flood start must take great care and navigate on the starboard aspect of the fairway. STOP if you meet another boat and establish their course. CHECK the stream carefully and be prepared to adopt flood navigation. FOLLOW umpires and marshals instructions

Start process 1

- Announcement

‘The next race will be race 23, semifinal MS8, with BL on Surrey and KCL on Middlesex. Please turn now’

- Turn – look both ways, avoid wooden posts (ebb), avoid Chiswick Bridge (flood), keep with opposition (span apart+)

Keep on fairway, keep out of Surrey inshore zone at all times

- Alignment – crew needs to follow aligner promptly. Bow pair. Do not row on both side unless asked to do so. Hold up if required

- White flag

- Can only be approximate in the conditions

Start process 2

Race umpire (usually will be behind crews)

- Official warnings – navigation/unsportsmanlike behaviour etc
 - Please acknowledge
- Roll call
 - Barts London, Kings
 - Attention
 - Raise red flag
 - [variable pause] GO

Race

- Keep apart (one span) but in the fairway
 - Keep out of the Surrey inshore zone!
 - Keep off the Middlesex bank – shingle ++ at low water
 - Please respond to the umpire (the white flag gives you a clue – stroke needs to advise)
- Novice crews may develop crabs without warning
 - Be prepared
 - If someone goes in the water if at all possible stay with boat, otherwise we will call the safety boat
 - Don't try to get into a tin fish unless told to

Finish

- MAA (ebb) or nearside of ULBH (flood).
- Ebb – continue through Chiswick bridge, turn promptly to Surrey once through (do not go down to the crossing)
- **Flood – take great care (wooden piles);** default turn around UL buoy then cross back to ULBH

Summary

- Crew needs to be prepared for poor weather (wind and cold)
- Monitor for messages regarding curtailment/cancellation
- **Keep on time**, boat with competitors
- **Keep efficient and maximise flexibility**
- Keep apart and listen to marshals and umpires