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Front Cover Image: Rolex / Carlo Bolenghi

PROVISIONAL 2025 RORC RACE CALENDAR

RACE	DATE	LENGTH	SEASON'S POINTS	BONUS POINTS
ROLEX MIDDLE SEA RACE	19-0CT-24	606	1	20
RORC TRANSATLANTIC RACE	12-JAN	2995	2	25
NELSON'S CUP	18-21 FEB			
RORC CARIBBEAN 600	24-FEB	600	3	20
RORC EASTER CHALLENGE	18-APR			
CERVANTES TROPHY RACE	03-MAY	110-160	4	0
DEGUINGAND BOWL RACE	17-MAY	110-160	5	0
MYTH OF MALHAM RACE	24-MAY	235	6	10
NORTH SEA RACE	30-MAY	140-185	7	10
GBR IRC NATIONAL CHAMPIONSHIP	13-JUNE			
TRANSATLANTIC RACE	18-JUN	3000	8	0
MORGAN CUP RACE	27-JUNE	110-160	9	0
LA TRINITE - COWES RACE	06-JULY	330	10	10
COWES DINARD ST MALO	11-JUL	151	11	0
ADMIRAL'S CUP	16-JUL		12	
ROLEX FASTNET RACE	26-JUL	695	13	25
CHERBOURG RACE	05-SEP	75	14	0
DOUBLE HANDED WORLD CHAMPIONSHIP	22-SEP			

WELCOME TO THE ROLEX FASTNET RACE

FROM RORC CEO JEREMY WILTON AND RACE DIRECTOR STEVE COLE



RORC CEO Jeremy Wilton



This biennial race, organized by the Royal Ocean Racing Club (RORC), offers not just a test of speed but of endurance, teamwork, and strategy. From seasoned professionals to passionate amateurs, every participant in the Rolex Fastnet Race shares a commitment to pushing their limits and embracing the thrill of offshore racing

Whether you're competing or following the action from shore, we welcome you to experience the excitement, tradition, and spirit of the Rolex Fastnet Race.



Race Director Steve Cole

On behalf of the RORC race team, welcome to your guide to the Rolex Fastnet Race 2025. After two windy and rough editions in 2021 and 2023 we are hoping for a challenging but successful race that will allow all of you the chance to experience the great hospitality awaiting your arrival in Cherbourg

The 2023 edition saw very windy and rough conditions for competitors in the middle of what was a generally light winds year. We cannot emphasise enough the importance of not only making sure that your crew is trained to the right standard, that your boat is prepared as well as it can be, and that you and your crew have experience of higher winds and rougher seas than you may normally encounter

The race team are here to advise you on the entry process, and work with you to ensure that you are as well prepared as you can be for the race start on the 26th July.

The Rolex Fastnet Race is an amazing combination of professional racers, experienced amateurs, bucket list competitors and first timers, lease read thoroughly the requirements, both in this guide and the Notice of Race and let us know if we can help



NEVER STRAIGHT

It is said the shortest distance between two points is a straight line. But at sea, charting any course comes with a slew of uncontrollable factors. The winds, the currents, the swell... Only the strongest will, the keenest experience and a sharp intuition can overcome such overwhelming powers. Only by keeping the highest expectations and harnessing the deepest resources can one chart a course between where one is and where one aims to be. There is very little chance it will ever be a straight line. Yet more often than not, it will be the right one.

#Perpetual



OYSTER PERPETUAL YACHT-MASTER 42



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The History Behind the Race

1931

The race introduced a handicap system to allow different classes of yachts to compete fairly.

1949

The RORC, which had been organizing the race since its inception, was granted its Royal Charter.

1979

The race was hit by a severe storm, resulting in the loss of 15 lives and multiple yachts. This led to significant changes in safety regulations and yacht design.

2001

The finish line was moved from Plymouth to Cowes to celebrate the RORC's 75th anniversary. It returned to Plymouth in 2007

2013

Multihull Record: The trimaran "Banque Populaire V," skippered by Loick Peyron, set a new course record of 32 hours, 48 minutes, and 46 seconds. Monohull Record: "Abu Dhabi," an IMOCA 60 yacht skippered by Ian Walker, set a new monohull record of 42 hours, 39 minutes. 2021

The race took place under COVID-19 restrictions, with health and safety protocols in place. The finish line was moved to Cherbourg, France, for the first time in its history.

1925

The race was conceived by Weston Martyr, an offshore sailor and writer. The inaugural race started on August 15, 1925, with seven yachts. 1939 - 1945

The race was suspended during World War II and resumed in 1947.

1957

A record fleet of 47 yachts participated, reflecting the growing popularity of the race.

1985

Rolex began its sponsorship of the race, leading to increased media coverage and global recognition. 2007

A record 300 yachts entered The race celebrated its the race, demonstrating its continued appeal to sailors worldwide.

The race celebrated its 100th anniversary, attracting a record fleet of 388 yachts.

202

Record fleet of 430 yachts. The race continues to attract a diverse and competitive fleet from around the world, maintaining its status as one of the premier offshore yacht races.









REGISTRATION OPEN
WEDNESDAY 15 JANUARY - 10:00 UTC
WWW.SAILRACEHQ.COM

50% ENTRY FEE
WITHIN 10 DAYS OF ENTRY
WWW.SAILRACEHQ.COM

ENTRY CLOSING DATETHURSDAY 25 JUNE

RATING DEADLINE
THURSDAY 17 JULY

RACE CHECK IN
WEDNESDAY 23 - FRIDAY 25 JULY
COWES / CHERBOURG / HAMBLE

FASTNET CREW PARTY
THURSDAY 24 JULY
RORC COWES CLUBHOUSE

SKIPPERS BRIEFING
FRIDAY 25 JULY
RORC COWES CLUBHOUSE

RACE START
SATURDAY 26 JULY
RYS LINE

ROLEX FASTNET PRIZE GIVING
FRIDAY 1 AUGUST
CHERBOURG RACE VILLAGE

CREW PARTY
FRIDAY 1 AUGUST
CHERBOURG RACE VILLAGE

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QUALIFICATION AND SUITABILITY

The Rolex Fastnet Race is not a race for novices. You, your crew, and your boat must be prepared for severe weather, large and confused seas, and strong winds. Whilst the RORC welcomes first time competitors to this race, we emphasise that proper preparation, planning and training is essential. This is reflected in our criteria which apply to every entrant:

Crew Qualification

- At least 50% of the crew (but not less than two) including the Person in Charge, must have completed a minimum of 300 miles of offshore racing together, within 12 months of the start of the race on the boat that is entered.
- At least 30% of the boat's crew (but not less than 2), including the Person in Charge, must have completed training to Section 6 of the World Sailing Offshore Special Regulations within 5 years of the start of the race
- Minimum of 1 member of the boat's crew must hold a in-date First Aid Certificate completed within the last five years. Please note that some first aid certificates only have a validity of three years.

Experience - Mileage (on the boat that is entered)

The RORC stipulates a minimum experience requirement of 300 miles of RORC offshore racing, completed by 50% of the crew (but not less than two) including the Person in Charge within 12 months of the start. An offshore race is considered to be of more than 75 miles and at least one night at sea.

To fulfil this requirement the Competitor shall enter and complete an appropriate number of RORC races before the start of the race.

Qualifying with the RORC series

The 300 miles of offshore racing should be completed within the RORC's series of races, within 12 month of the start of the Rolex Fastnet Race. The RORC series consists of many offshore weekend races, typically of 100-150 miles in a variety of locations. Many races start in the Solent and race in the English Channel, two are based in the North Sea with starts from Harwich and Burnham on Crouch, and there is opportunity to race in the Irish Sea as well as France and further afield in the Baltic Sea and Caribbean.

There are many advantages from doing your qualifying miles within the RORC race programme, not least because you get a chance to size up the competition. Some of the RORC races cover parts of the Rolex Fastnet Race course and you can practise starts from the Royal Yacht Squadron's line.

You also become familiar with the layout of the Sailing Instructions, Start Sequence and other RORC procedures and paperwork.

When it is not reasonably possible to access RORC races, or in exceptional circumstances, an alternative method for qualification may be agreed by the RORC. A Service Yacht may qualify similarly or submit written authority from her service establishment. Proposals should be lodged with the RORC as soon as possible after entry.

Sample Proposal

Please complete and send the proposal via the SailRaceHQ entry portal.

I and at least 50% of the crew intending to participate on my First 40.7 GBR1234L Boatname in the Rolex Fastnet Race 2025 propose to do the following races:

Cervantes Trophy Race 2025 110-160 nm De Guingand Bowl Race 2025 110-160 nm Morgan Cup Race 2025 110-160 nm

Total: 330+ nautical miles

I am aware that races have to be completed to count towards the qualification mileage. In the event of any changes to races or crew composition in the above proposal I will promptly inform the RORC in writing.

Regards, Captain Cornish

Training

30% of the crew (but not less than two), including the Person the Charge, must have completed a training course in accordance with Section 6 of the World Sailing Offshore Special Regulations. The training course must have taken place within the five years before the start of the race. Please note that in accordance with World Sailing guidelines, the RORC will NOT accept STCW training courses (except First Aid).

This means that the minimum requirement for a boat with nine crew and one skipper is that at least two crew and the skipper must have completed training. The training must be completed to Section 6 of the World Sailing Offshore Special Regulations which can be found in full here. The emphasis is on

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QUALIFICATION AND SUITABILITY CONT.

"minimum" - our recommendation is that as many crew members as possible should complete this training. For boats competing Two-Handed, both crew have to be qualified.

www.sailing.org/inside-world-sailing/activities-services/technical-offshore/technical-services/technical-offshore-safety/offshore-safety/offshore-personal-survival/

First Aid Training

At least one member of the crew must hold a valid First Aid Certificate or equivalent, which has been completed within five years of the start of the race. In the UK the RYA First Aid Certificate meets the requirement (but please note that the RYA certificate is only valid for three years). Details of acceptable First Aid training courses in other countries can be found at:

www.sailing.org/inside-world-sailing/activities-services/technical-offshore/technical-services/technical-and-offshore-safety/offshore-safety/osr-recognised-first-aid-qualifications/

It is a requirement to have at least one other crew familiar with First Aid Procedures, hypothermia and cardio-pulmonary resuscitation as it is advisable that this person has formal training.

Medical professionals (i.e. doctors, paramedics, surgeons, Service medics, etc.) need not complete further training to meet the Senior First Aid requirement. However, they should refresh their knowledge on specific sicknesses and treatments, especially hypothermia and cold water shock, and make sure they are comfortable with special offshore medical conditions and actions, including topics like Tele medical communications on board. See Appendices H-J of the World Sailing Offshore Special Regulations for details.

BOAT SUITABILITY

Like the crew, the boat needs to be capable of taking on the conditions likely to be seen during the Rolex Fastnet Race. We invoke the **Category 2 requirements of the World Sailing Offshore Special Regulations** (including RORC Prescriptions, details of which can be found on www.sailracehq.com) to decide on the suitability of a boat's stability, equipment and construction standards. The RORC has certain stipulations regarding the speed and minimum/maximum length of eligible boats.

MONOHULL

MULTIHULL

	 Must have an IRC Rating of 0.850 or greater For non-IRC rated boats alternative criteria will be used, e.g. IMOCA 60, Class40 Visit www.ircrating.org for more information on IRC Rating 	Must have a MOCRA Rating of 1.100 or greater Visit www.mocra-sailing.org.uk for more information on MOCRA Rating	
SPEED	After the rating deadline any changes accepted are in exceptional circumstances only and at the discretion of the RORC.		

LENGTH	Minimum length: determined by minimum speed rating - see above.	Minimum length is 9.15m (30ft) LH (LOA)*	
	The Committee may make an exception to the minimum	ım lengths on application.	
STABILITY	 STIX minimum 32 AVS minimum 130-0.002*m (m is the boat's minimum sailing weight) SSS minimum 28 (if STIX/AVS not present and not required - boats with series date before 1995) Boats in accepted One-Design classes and holding valid Rating/Class certificates do not require STIX or SSS 		
BOAT EQUIPMENT	The Rolex Fastnet Race is organised in accordance with Category 2 of the World Sailing Special Regulations with RORC Prescriptions. Please view the Offshore Special Regulations and RORC Prescriptions online to see what you need to do to prepare your entry. Each competitor is required to complete an Offshore Special Regulations checklist which can be completed within SailRaceHQ		

World Sailing Plan Review

A World Sailing plan review is a process designed to ensure that a yacht's safety and stability meet the requirements outlined by World Sailing for offshore racing. This review is essential for boats participating in specific categories of offshore races, and it typically involves a detailed examination of various aspects of the vessel's design.

If your boat is a monohull and has a series date of after 2009 then it will be a requirement to have a World Sailing Building Plan Review issued from an organisation recognised by World Sailing. Many production boats have a standard certificate and a list of these can be found at https://www.sailing.org/inside-world-sailing/activities-services/technical-offshore/technical-services/osr-plan-review/. Custom yachts, and yachts that have been modified, will need to apply for certification.

Appendix L - Keel and Rudder Inspection Procedure.

For all monohulls it is a requirement that within 24 months of the start of the Rolex Fastnet Race that you have had a structural inspection to ensure the integrity of your boat to comply with OSR 3.02.2. If your vessel was built within 24 months of the start of the race, then you are exempt from this inspection by uploading your builder's certificate to your inspection checklist on www.sailracehq.com. If your vessel has suffered a grounding since your last inspection or build, then a new certificate or survey will be required.

RACE ENTRY

The boat is entered into the Rolex Fastnet Race through the SailRaceHQ Online Entry System which has been designed to make the entry process as easy and transparent as possible. The crew must be added through this system once your boat has been entered into the race.

The steps to enter:

Login to existing SailRaceHQ account or register new account

RACE ENTRY CONT.

All competitors are now required to register for an account on SailRaceHQ, or simply log in with your email address and password if you have previously registered with SailRaceHQ. If you cannot remember the email you registered with or password please do not re-register since we are keeping a full history and audit trail linked on any account. A 'forgot password' function is available should you be unable to remember the password and the Race Office can assist with recalling the email address used.

If you have never sailed with the RORC and need to register a new account start by going to SailRaceHQ. You can either bookmark the address or find it in the Racing dropdown menu on the RORC website.

You will now see SailRaceHQ's Login Prompt. Click on the "Sign up now" link. After you have registered your personal details (name, address, password etc.) you will receive a confirmation email. There is a link in the confirmation email that you need to click on to make sure that our system is able to send emails to your address.

Note: If you are a RORC Member, your Membership details should be automatically connected to your account (see 'My Membership' once logged in. Depending on your connection to the boat you might be eligible for the discounted race entry fee for RORC Members.

After clicking the link in the confirmation email sent, you are ready to login for the first time. You will be prompted to sign an electronic copy of the Race Entry Declaration; you can find that is set out in the Notice of Race. Note: The Race Declaration must be agreed and signed before the 'Boats' and 'Races' options become available on SailRaceHQ. You will not be able to see or add boats or enter races unless this has been accepted.

Choose a boat to enter into races or register a new boat

Once you have logged on to SailRaceHQ, please select 'My Account'.

On the left, you should be able to see some options, including 'My Boats'. Here you will be able to add a boat to your account by selecting the option 'Add Boat'.

Once the boat is registered or your account has been connected to an existing boat by another registered user it will be listed in your 'My Boats' page, along with a few options.

Enter one or more races

To enter or manage races, select the menu item 'Racing', followed by 'Enter Races'. Firstly; ensure the correct boat is selected within your account.

Once the boat is selected, click on the race name you wish to enter in the list of races; a menu will appear where you can choose the division you wish to race in. This menu will also allow you to select if you are sailing in the double-handed division, or fully-crewed.

Entry Fees 2025 - shown in £ sterling

RORC members are entitled to a discount of 30% of the entry fee, up to the equivalent value of a Full UK Ordinary subscription (2025 - £396). This fee discount structure is applied to all RORC Offshore races so, as a RORC member doing your qualifying mileage, you can expect to have saved more than your subscription rate through fee discounts over the course of the season!

LH (LOA) (m)	RORC Member (discount)	Non-member
Below 9.00	433	619
9.00 - 9.99	493	705
10.00 - 10.99	555	793
11.00 - 11.99	648	926
12.00 - 12.99	730	1044
13.00 - 13.99	917	1311
14.00 - 14.99	1108	1524
15.00 - 15.99	1598	1994
16.00 - 16.99	2177	2593
17.00 - 17.99	2915	3331
18.00 - 18.99	2558	3974
19.00 19.99	3909	4325
20.00 - 20.99	4294	4390
21.00 - 21.99	4624	5040
22.00 - 22.99	4920	5336
23.00 - 23.99	5140	5336
24.00 - 24.99	5359	5775
25.00 - 25.99	5610	6026
26.00 - 26.99	5852	6248
27.00 - 27.99	6065	6461
28.00 - 28.99	6257	6673
29.00 - 29.99	6514	6930
30.00 and above	£231 per metre - less £416 members discount	£231 per metre

Check the status of your entry - Live!

After the above steps, your entry will be submitted but registration process requires further information before it can be marked as complete. On the 'Races' page, ensure the correct boat is selected, tick the box next to the race name, and click 'Live Entry Status' towards the top of the page. Alternatively, click the list icon next to the race date. The Live Entry Status contains a list of all requirements and the status of your boat and crew. When anything is updated - for example your crew adding a First Aid certificate - you will see that reflected in the status screen. Some items require a manual update, such as the OSR Checklist which must be checked by the RORC Race Team, Crew Mileage Qualification proposal/completion, and the overall race Registration Status (first item in the list) which will only show as complete once all other requirements have been met.

The RORC Race Team are always just on the other end of the phone or an email away if you have any questions.

Call the Race Team on +44 (0)1983 295144 | Email the Race Team on racing@rorc.org

LET'S GET TECHNICAL A GUIDE TO SPECIAL REGULATIONS

1. What are the World Sailing Offshore Special Regulations (OSR)?

The OSR set uniform safety standards, promote training and competence, and ensure the seaworthiness of vessels participating in offshore sailing races. These regulations enhance safety and preparedness for challenging offshore racing environments.

2. What category does the Rolex Fastnet Race fall under?

The Rolex Fastnet Race is classified as a World Sailing Offshore Special Regulations Category 2 race with RORC Prescriptions.

3. Where can I find detailed information about the OSR?

Detailed information about the OSR can be found on the World Sailing website at www.sailing.org.

4. What is a World Sailing Plan Review, and is it mandatory?

A World Sailing Plan Review ensures a yacht's safety and stability meet offshore racing requirements. It is mandatory for monohulls with a series date after 2009, requiring a World Sailing Building Plan Review from a recognized organization.

5. What are STIX and AVS, and why are they important?

STIX (Stability Index) and AVS (Angle of Vanishing Stability) are metrics ensuring the safety and stability of yachts in offshore racing. Monohulls with a series date after 1995 must have these numbers on their IRC Certificate.

6. What is the requirement for keel and rudder inspection?

Monohulls must undergo a structural inspection within 24 months of the Rolex Fastnet Race. Newer vessels built within this period are exempt if a builder's certificate is uploaded to www.sailracehq.com.

7. What are the crew training requirements for the race?

At least 50% of the crew, including the Person in Charge, must have completed 300 miles of offshore racing together within 12 months of the race start. Additionally, at least 30% of the crew, including the Person in Charge, must have completed World Sailing Offshore Personal Survival Course training within 5 years of the race start.

8. Is STCW sea survival training accepted as an alternative to World Sailing's Offshore Personal Survival Course?

No, World Sailing does not accept STCW sea survival training as it lacks sailing-related items and recreational safety equipment, although the STCW first aid course is accepted.

9. What are the first aid requirements for the crew?

At least one crew member must hold an in-date First Aid Certificate completed within the last five years.

Check the validity of your certificate as some are valid for only three years.

10. What are the AIS system requirements?

All boats must have an AIS system fitted that, when transmitting, provides the yacht name and race name. If the boat has a sponsor, consider how to display both names on the AIS system, which may require reprogramming.

11. What should be included in the boat's first aid kit?

Ensure the first aid kit is adequate for the race duration and crew needs. The Person in Charge should verify any medical history of the crew and ensure appropriate medication and first aid supplies are on board.

12. What are the lifejacket requirements?

The Person in Charge must check all lifejackets aboard. This can be challenging if crew members bring their own. Consider requiring a service certificate from each person to ensure the lifejackets are properly maintained and functional.

13. What storm and heavy weather sails are required?

Boats must have a storm trysail or mainsail reefing to reduce the luff by at least 50%, a heavy weather jib, and a storm jib. Ensure compliance with the rules and the suitability of the sail wardrobe for heavy weather.

14. What are the emergency steering requirements?

Boats must have an emergency tiller capable of being fitted to the rudder stock unless there are alternative unbreakable methods of steering. Also, boats need a proven method of steering if the rudder is disabled or lost.

15. What is the requirement for an emergency pump?

Monohull yachts must have an emergency pump with a capacity of 200 liters per minute. This can be met with a combination of pumps if a single pump doesn't meet the full capacity.

16. What should be considered in boat preparation?

Boat preparation should not be left until the last minute. Ensure all equipment functions properly, is regularly checked and serviced, is within its expiry date, stowed correctly, readily accessible, and suitable for the boat's intended use.

17. How does the Royal Ocean Racing Club handle boat inspections?

The Royal Ocean Racing Club may randomly inspect boats before or after the race to ensure compliance with OSR Cat 2. Inspections are conducted to ensure crew safety and to offer advice on safety.

18. Who is responsible for the safety of the boat and crew?

Under RRS 3, the Person in Charge holds the sole responsibility for the boat's decision to participate in a race and ensuring the boat and crew's safety. This responsibility is complete and unlimited, irrespective of OSR establishment or inspections.



Cowes offers a variety of maritime services and boasts a diverse selection of dining options, ranging from cafés to restaurants and lively pubs. During the high season, the nightlife comes alive with live music and events. The largely pedestrianised town center is filled with an array of shops, selling everything from clothing and nautical gear to food, jewelry, and household accessories.

RORC RACE OFFICE / CLUBHOUSE

Located on Cowes Parade (opposite the Royal Yacht Squadron), the newly refurbished RORC Cowes Clubhouse boasts beautiful seaviews and facilities to match.

The Clubhouse provides accommodation with 14 rooms, many with Solent views, excellent dining options all year round for breakfast, lunch or dinner. Members and guests can sample a varied and exciting menu.

Rolex Fastnet competitors are all welcome.

BERTHING

There are several berthing options in Cowes, ranging from marinas to temporary moorings. Since these spots fill up quickly, it is advisable to book as early as possible (note that pre-race berthing is not included in the entry fee).

The marinas in Cowes and East Cowes include Cowes Yacht Haven, Shepards Marina, and East Cowes Marina. Additionally, Cowes Harbour offers temporary moorings for the summer, located just off Cowes Waterfront.

Across the Solent, there are mutiple marinas available to book in Hamble, Southampton, Portsmouth and Gosport.

You can find more details on all mooring options in the directory on page 28.

ACCOMMODATION

From Hotels and house rentals, to AirBnB's, there is lots to choose from in Cowes and the surrounding areas of the Isle of Wight. Early booking is advisable in July.

See the directory page 31 or head to www.visitisleofwight.co.uk for more information.

DINING OUT

Cowes is a gastro town filled with a variety of restaurants suiting all tastes. From seafood to pizza, there is something for everyone. See directory page 32 for more information.

During the high season, it is recommended to book in advance

TRANSPORT

Red Funnel Ferries

Red Jet Hi-Speed Passenger Service

The Red Jet runs from Southampton to West Cowes. There are sailings every 30 minutes at peak times including Saturdays and every 60 minutes at off-peak times.

Car Ferry

The car ferry runs from Southampton to East Cowes. The journey takes 55 minutes and departures are every hour in the summer.

www.redfunnel.co.uk / +44 (0) 238 001 9192

Cowes Floating Bridge

The Cowes Floating Bridge carries vehicles, bikes and foot passengers between Cowes & East Cowes 7 days a week, all year round.

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Monday to Saturday: 0500 to 0030

Sundays: 0630 to 0030

www.iwfloatingbridge.co.uk / +44 (0) 1983 293 041

Southern Vectis Buses

Buses departing every 10 minutes from Carvel Lane (outside Marks and Spencer).

www.islandbuses.info/services / +44 (0) 330 0539 182



Following an exciting refit, the Royal Ocean Racing Club, Cowes is delighted to have re-opened its doors. With a new entrance and foyer, reception area, bar, dining room, offices, and toilets; the Clubhouse has been transformed.

In addition to the architectural improvements, the Clubhouse team has also had a make-over, with a completely new Front of House and Kitchen team, to look after club guests.

THE FASTNET BAR

The Cowes Clubhouse enjoys a prime elevated site with outstanding views of the Solent. You can celebrate your race in style at the Club's fantastic Fastnet Bar or join us for one of the many social events in the calendar.

Choose from a range of popular keg beers and ciders, or the Club's selection of wines and spirits, including our own Offshore Strength Salcombe Gin. Delicious bar snacks will also be available each day. The Fastnet Bar offers comfortable indoor seating for up to 40 and outdoor seating for a further 40 on the Deck.



THE TERRACE RESTAURANT

The Terrace Restaurant offers indoor seating for up to 50 guests and al-fresco dining for up to 40 on the new patio overlooking The Solent. The Cowes Clubhouse provides excellent dining options all year round for lunch or dinner. Our members and guests can sample a varied and exciting menu. Our two Island based chefs aim to deliver a celebration of dishes, using the fantastic local ingredients, such as the delicious chalk downland reared beef and lamb, to fresh fish and shellfish, from the surrounding waters.

With weekly changing menus, daily specials, and the return of the Club's Sunday Roast on a board; our aim is to serve popular and delicious, local produce in a relaxed and enjoyable environment.

THE EVENT SPACE

Seating up to 160 people to dine inside the Clubhouse all year round. The Event space is available for business meetings and social functions. WIFI & audio-visual facilities available by request





THE CAPTAIN'S ROOM

For an exclusive and intimate event, reserve the sophisticated Captain's Room, which comfortably accommodates twelve guests. You can either select from the à la carte menu or create a custom menu tailored to your guests' preferences.

THE ACCOMMODATION

The Cowes Clubhouse provides accommodation with 14 rooms, many with Solent views. From a single room or crew room up to a double en-suite, ranging from £70 - £140 per night, these rooms are excellent value for their location in Cowes.

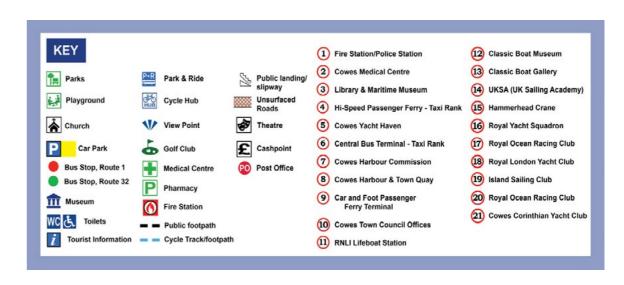




COWES TOWN



Map thanks to Cowes Town Council, illustration Alan Rowe



THE DIRECTORY

BERTHING & MOORINGS

Berthon Marina

The Shipyard, Bath Rd Lymington, S041 3YL T: +44 (0) 1590 647 405 VHF Channel 80 W: www.berthon.co.uk

Cowes Yacht Haven

Vectis Yard Cowes, P031 7BD T: +44 (0) 1983 299975 VHF Channel 80 W: www.cowesyachthaven.com

East Cowes Marina

Britannia Way
East Cowes, P032 6UB
T: +44 (0) 1983 293983
VHF Channel 80
W: www.boatfolk.co.uk

Gunwharf Quays Marina

Gunwharf Quays

Portsmouth, P01 3TZ T: +44 (0) 2392 836 732 VHF Channel 80 W: www.gunwharf-quays.com/leisure/gunwharf-quays-marina

Hamble Point Marina

School Lane Hamble S031 4NB T: +44 (0) 2380 045 2464 VHF Channel 80 W: www.mdlmarinas.co.uk

Hamble Yacht Services Marina

Port Hamble Hamble, S031 4NN T: +44 (0) 2380 201 501 VHF Channel 80 W: www.hambleyachtservices.co.uk

Haslar Marina

Haslar Road Gosport, P012 1NU T: +44 (0) 2392 601 201 VHF Channel 80 W: www.boatfolk.co.uk

Lymington Harbour

Bath Rd Lymington, S041 3SE T: +44 (0) 1590 672 014 VHF Channel 66 W: www.lymingtonharbour.co.uk

Shepards Marina

Medina Road Cowes, P031 7HT T: +44 (0) 1983 297821 VHF Channel 80 W: www.cowes.co.uk

Trinity Landing & Event Moorings

Cowes Harbour Commission T:+44 (0) 1983 297 821 VHF Channel 69

Universal Marinas

Crableck Lane Southampton, S031 7ZN T: +44 (0) 1489 574 272 VHF Channel 80 W: www.premiermarinas.com

LIFT OUT SERVICES / CLEANING

Cowes Yacht Haven

50 Tonne hoist 25 Tonne boat transporter T: +44 (0) 1983 299 975 W: www.cowesyachthaven.com

Cowes Boatyard

60 Tonne hoist T: +44 (0) 1983 203 872 W: www.cowesboatyard.co.uk

Kingston Boatyard

40 Tonne hoist T: +44 (0) 1983 299 385 W: www.boatfolk.co.uk

80 Tonne hoist

Hamble Yacht Services

T: +44 (0) 2380 201 501 W: www.hambleyachtservices.co.uk

Marine Rigging Services

75 Tonne hoist 50 Tonne boat transporter T: +44 (0) 2392 983 161 W: www.marineriggingservices.com

Universal Marina

75 Tonne hoist 15 Tonne boat transporter T: +44 (0) 1489 574 272 W: www.premiermarinas.com

BOATYARD STORAGE

Kingston Boatyard

Kingston Road
East Cowes, P032 6JS
T: +44 (0) 1983 299385
E: boatyard.chc@cowes.co.uk

Insignia Maritime

Units 36-40, Medina Village Bridge Road, Cowes, PO31 7LP W: www.insigniamaritime.co.uk T: +44 (0) 1983 248 805

Marine Rigging Services

75 Tonne hoist 50 Tonne boat transporter T: +44 (0) 2392 983 161 W: www.marineriggingservices.com

SAIL REPAIR

Cowes Sailmakers

Somerton Industrial Estate, Cowes T: +44 (0) 7923 334317 W: www.cowessailmakers.com

North Sails

Cowes Yacht Haven T: +44 (0) 2392 604255 serviceuk@northsails.com

Ratsey & Lapthorn

The Sail Loft, Somerton Works, Cowes, P031 8PB T: +44 (0) 1983 294 051 W www.ratseyandlapthorn.com

Solent Sails

Shepherd's Wharf Marina Cowes T: +44 (0) 1983 280014 solentsails@cowes.uk.com www.solentsails.com

RIGGING SERVICES

Advanced Rigging Services

One Marina Walk, High St, Cowes, PO31 7XJ T: +44 (0) 238 045 280 W: www. advancedrigging.co.uk

Allspars

Swanwick Marina, Swanwick Shore Rd, Swanwick, Southampton, S031 1ZL T: +44 (0) 1489 876 876 W: www.allspars.co.uk

Marine Rigging Services

75 Tonne hoist 50 Tonne boat transporter T: +44 (0) 2392 983 161 W: www.marineriggingservices.com

Spencer Rigging Ltd

Empire Buildings, St Mary's Rd, Cowes P031 7SX T: +44 (0) 1983 292 022 W: www.spencerrigging.co.uk

VMG Technology

1 Lower William St, Southampton S014 5QL T: +44 (0) 2380 174 856 W: www.vmgtechnology.co.uk

THE DIRECTORY

DIVING SERVICES

Island Divers Ltd

Shepards Wharf, Cowes ,P031 7HT

Tel: +44 (0)1983 240255 W: www.iowdivers.co.uk

MMC Diving Services

T: +44 (0)1983 864 330

W: www.mmcdivingservices.co.uk

RS Divers

T: +44 (0) 2393 190 409

W: www.rsdivers.co.uk

RIB HIRE

Bembridge Marine

W: www.bembridgemarine.com

T: +44 (0)1983 872 817

Flying Fish

W: www.flyingfishonline.com

T: +44 (0)1983 280641

Hamble Rib Charters

W: www. hambleribcharters.com

T: +44 (0) 7476 888 639

Rebel Marine

W: www.rebelmarine.co.uk

T: +44 (0) 7495 234 444

Solent Rib Charter

W: www.solentribcharter.co.uk

Tel: +44 (0) 1590 607101

CHANDLERIES

Jolliffes Chandlery

2-4 Birmingham Road, Cowes, P031 7BH W: www.jolliffeschandlery.com

T: +44 (0) 1983 290100

Pascall Atkey

30 High Street, Cowes, P031 7RX T:+44 (0) 1983 292831

Seatek Engineering

46 Cross Street, Cowes P031 7TD Tel: +44 (0) 1983 281158

Wroath Marine - Electrical engineering

Unit 7, Cowes Yacht Haven, Cowes, P031 7AY W: www.wroathmarine.com

T: +44 (0) 1983 281 467

COURSE PROVIDERS

British Offshore Sailing School

T: +44 (0) 2380 457 733

W: www.boss-sail.co.uk

Cheftain Training

T: +44 (0) 2380 452 668

W: www.chieftain.training

Hamble School of Yachting

T: +44 (0) 2380 452 668

W: www.hamble.co.uk

Hamble Point Sailing School

T: +44 (0) 2380 457 110

W: www.yacht-school.co.uk

Sailing Logic

T: +44 (0) 2380 456 360

W: www.sailinglogic.co.uk

Taste the Blue

T: +44 (0) 2380 987 188

W: www.tastetheblue.training

UKSA

T: +44 (0) 1983 294 941

W: www.uksa.org

MEDICAL / EMERGENCY

Solent coastguard

VHF Ch 16/67

Designated landed site: Trinity Landing

Cowes Medical Centre

200 Newport Road, Cowes P031 7ER T: +44 (0) 1983 295 251

Hospital / Emergency

St Mary's Hospital, Newport, P030 5TG Non-urgent medical enquiries: call 111

Amery House Dental

6 Terminus Road, Cowes, P031 7SA

T: +44 (0)1983 291 863

Park Road Dental

169 Park Road, Cowes P031 7NJ

T: +44 (0) 1983 293 771

Chiropractic & Physiotherapy

Cowes Chiropractic Clinic

24 Birmingham Road, Cowes, PO31 7BH

Tl: +44 (0) 1983 282 810

W: www.oweschiropracticclinic.co.uk

Willetts & Doig Opticians

21-22 High Street, Cowes, PO31 7RY

T: +44 (0) 1983 293 181

W: www.willettsanddoig.com

LAUNDRETTE

Vecwash

1 Mill Hill Road, Cowes, IOW, PO31 7EA

Tel: +44 1983 294698

CATERING

All About Catering

Unit 7, Three Gates Road, Cowes, PO31 7UT

W: www.allaboutcatering.co.uk

E: info@allaboutcatering.co.uk

Tel: +44 (0) 1983248 500

French Franks

Fountain Yard, Cowes, P031 7AR

E: orders@frenchfranks.co.uk

T: +44 (0) 1983 821 685

The Food Hamper Cowes

116 High Street, Cowes, PO31 7AX

E: orders@thefoodhampercowes.com

M: +44 (0) 7523 992561

The Lost Mill Bakery

31 High Street, Cowes, P031 7RS

E: lostmillbakery@gmail.com

W: www.lostmillbakery.com

ACCOMMODATION

Albert Cottage

York Ave, East Cowes P032 6BD

T: +44 (0) 1983 299 309

W: albertcottagehotel.com

Busigny House

16 Castle Road, Cowes. PO31 7QZ

T: +44 (0) 1983 291 919

W: www.busigny.co.uk

Cowes Holiday Homes

41Tennyson Road, Cowes, PO31 7QA

T: +44 (0) 7751 328 717

W: www.cowesholidayhomes.com

Forresters Hall

30 Sun Hill, Cowes, PO31 7HY

T: +44 (0) 1983 209 453

W: www.forestershall.com

New Holmwood Hotel

65 Queen's Rd, Cowes PO31 8BW

T: +44 (0) 1983 292 508

W: www.newholmwoodhotel.co.uk

Onefifty Cowes

150 Park Rd, Cowes, P031 7NE T: +44 (0) 7795 296 399

W: www.onefiftycowes.co.uk

Pinnacle Suites Hotel

104A High St, Cowes P031 7AT

T: +44 (0) 1983 240 287

W: www.pinnaclesuites.co.uk

THE DIRECTORY

ACCOMMODATION CONT.

The Anchor Inn

1-3 High Street, Cowes, P031 7SA W: www.theanchorcowes.co.uk T: +44 (0) 1983 292823

The Caledon

59 Mill Hill Rd, Cowes P031 7EG T: +44 (0) 1983 293 599 W: www.the-caledon.co.uk

The Duke of York

Mill Hill Rd, Cowes P031 7BT T: +44 (0) 1983 295 171 W: www.dukeofyorkcowes.co.uk

The Fountain Inn

High Street, Cowes, PO31 7AW W: www.greenekinginns.co.uk/hotels/isle-of-wight/fountain-inn T: +44 (0) 1983 292397

The Union Inn

Watch House Lane, Cowes, P031 7QH W: www.unioninncowes.co.uk T: +44 (0) 1983 293163

Villa Rothsay

29 Baring Road, Cowes, P031 8DF T: +44 (0) 1983 295 178 W: www.villa-rothsay.co.uk

Wight Escapes

T: +44 (0) 7496 363 369 / (0) 7747 811 203 W: www.wightescapes.com

RESTAURANTS

Bahaar Tandoori

44 High Street, Cowes, P031 7RR T: +44 (0) 1983 200378 W: www.bahartandoori.uk

Club Moocow

55 Cross Street, Cowes, P031 7TA T: +44 (0) 1983 200 750 W: www.moocowstuff.com

Cowes Tandoori

40 High Street, Cowes, P031 7RS Tel: +44 (0) 1983 296710

Heron Cowes

46-47 High Street, Cowes. P031 17RR W: www.heroniow.co.uk/cowes T:: +44 (0) 1983 302 000

House Cowes

103a High Street, Cowes, P031 7AT W: www.housecowes.com T: +44 (0) 1983 301103

Murrays Seafood

106 High Street, Cowes, PO31 7AT W: www.murrays.co T: +44 (0) 1983 296233

Number 3

3 Bath Road, Cowes, P031 7RH W: www.number3cowes.com T: +44 (0) 1983 291 714

Smoking Lobster

127 High Street, Cowes, PO31 7AY W: www.smoking-lobster.co.uk T: +44 (0) 1983 240916

Spice Central

107 High Street, Cowes P031 7AT W: www.spicecentraliow.co.uk T: +44 (0) 1983 291800

The Coast

14-15 Shooters Hill, Cowes, PO31 7BG W: www.thecoastbar.co.uk T: +44 (0) 1983 298574

The Garden

48 High Street, Cowes, P031 7RR W: www.thegardencowes.com T: +44 (0) 1983 300 142

The Nook

10a Shooters Hill, Cowes, P031 7BG W: www.thenookcowes.co.uk T: +44 (0) 7811 994 327

Tonino's

8-9 Shooters Hill, Cowes, P031 7BE W: www.toninoscowes.co.uk T: +44 (0) 1983 298464

PUBS

The Anchor Inn

1-3 High Street, Cowes, P031 7SA W: www.theanchorcowes.co.uk T: +44 (0) 1983 292823

The Duke of York

Mill Hill Road, Cowes, P031 7BT W: www.dukeofyorkcowes.co.uk T: +44 (0) 1983 295171

The Fountain Inn

High Street, Cowes, PO31 7AW W: www.greenekinginns.co.uk/hotels/isle-of-wight/fountain-inn T: +44 (0) 1983 292397

The Globe

The Globe, The Parde, Cowes, P031 7QJ W: www.globecowes.co.uk/ T: +44 (0) 1983 632363

The Painters Arms

51 Cross Street, Cowes, P031 7TA W: www. thepaintersarms.co.uk T: +44 (0) 1983 300977

The Pier View

25 High Street, Cowes, P031 7RY W: www.pierviewcowes.co.uk T: +44 (0) 1983 299891

The Union Inn

Watch House Lane, Cowes, P031 7QH W: www.unioninncowes.co.uk T: +44 (0) 1983 293163

COCKTAIL BARS

The Vectis Tavern

103 High Street, Cowes, P031 7AT www.vectistavern.co.uk
Tel: +44 (0) 1983 298439

TRANSPORT

The Compass Bar

10/11 High Street, Cowes, P031 7RZ W: www.compassbar.co.uk Tel: +44 (0) 1983 475245

Cowes Water Taxis

VHF Ch08 T: +44 (0) 7551 431 993

Folly Launch

VHF Ch 72 Call Sign "Folly Launch" T: +44 (0) 7884 400046

BT Taxi

T:+44 (0) 07479 344 777

Cowes Taxi

T: +44 (0) 1983 294 444

Cowes Cabs Taxi Service

T: +44 (0) 1983 303 020

Southern Vectis Bus Service

Regular service from outside Marks and Spencer. W: www.islandbuses.info



Our Membership

As a member, you will belong to one of the world's most prestigious offshore racing clubs.



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Centrally located in St. James's, London, with en suite accommodation, Club bar, relaxed dining room available for lunch and dinner and private dining rooms available for hire

■ Cowes Clubhouse

Overlooking the Solent in Cowes, Isle of Wight, with accommodation, welcoming bar and restaurant, and private function rooms

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Applicants must have completed no less than 500 offshore racing miles.



Corinthian

Applicants must have a background of sailing experience who support the objectives of the Club.

Membership Categories (UK or Overseas)

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- RORC Under 30 Membership
- RORC Cadet Membership
- RORC Couples Membership
- RORC Senior Membership

To Join

Download an application form from rorc.org | Submit an online application form - rorc.org Call +44 (0)207 493 2248 or email membership@rorc.org







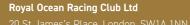












RORC Cowes Clubhouse



Email membership@rorc.org
Website rorc.org
Phone +44 (0)207 493 2248



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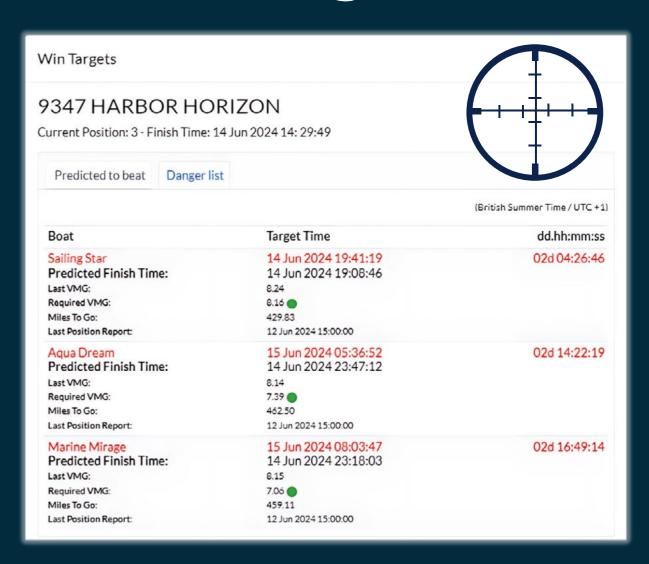
To book dinners, events or accommodation, please get in touch and speak with one of our friendly team.

Royal Ocean Racing Club, The Parade, Cowes, Isle of Wight P031 7QU Tel: 01983 293 581 Email: cowes@rorc.org www.rorc.org





Who's on Your Danger List?



Live Results











Contact Information:

Royal Ocean Racing Club, Race Office
The Parade, Cowes,
Isle of Wight, PO31 7QU
e: racing@rorc.org
t: +44 (0) 1983 295 144
w: www.rolexfastnet.rorc.org









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