



Cornwall Offshore Group

In conjunction with

Flushing Sailing Club

The



Gull Rock Manacles Race

Organising Authority

Flushing Sailing Club

Sunday 24th May 2026

Part of the



COGS Coastal Series 2026

SAILING INSTRUCTIONS

For Flushing Sailing Club, the Gull Rock Manacles Race is a standalone special race, not part of any series.

For the Cornwall Offshore Group, the Gull Rock Manacles Race is part of the Seaware Coastal Series.

1. Rules

1.1 Racing will be governed by the World Sailing Offshore Special Regulations 2026-2027, the COGS 2026 Notice of Race and Flushing Sailing Club 2026 Notice of Race, the Entry Form and all conditions therein, and these Sailing Instructions.

1.2 The World Sailing Offshore Special Regulations 2026-2027 governing offshore racing category 4 applies

1.3 In the event of a conflict between the NOR and these SI's then the SI shall take precedence

1.4 The Racing Rules will be changed as follows

(a) appendix A2.1 modified scoring, see S.I. 15

(b) rule 29.1 see SI 10.5

(c) rule 35 shall not apply. See Time Limit SI 13

(d) rule 32 and 33 see SI 12

(e) rule 26 to allow VHF broadcasts in place of flag signals

(f) rule 29 to replace individual recalls by fixed time penalties, see SI 10.5

(g) rule 34 to allow action for a missing mark see SI 8

(h) rule 22.4 shall not apply, there will be no restriction on crew numbers or weight

(i) IRC Rule 15.2(d) to allow the use of autopilots and automatic steering devices

2. Notices to competitors

Will be posted on the FSC notice board, on the Flushing Racing WhatsApp, the COGS WhatsApp group, and if possible the FSC website.

3. Changes to sailing instructions

- 3.1 Will be posted on the Flushing Sailing Club Notice Board, the Flushing Racing WhatsApp Group and the COGS WhatsApp Group before 08.30 on the relevant Race Day
- 3.2 Changes to sailing instructions may be posted on the FSC website www.flushingsailingclub.co.uk
- 3.3 The Race Officer may give verbal instructions on the water on VHF channel 72. (This changes rule 33 & 26)

4. Signals made ashore

- 4.1 May be displayed on the signal masts at Pendennis Point and if possible at Flushing Sailing club.
- 4.2 International code flag "L" superior to flag "Z" may be flown to indicate a change in the sailing instructions.
- 4.3 VHF broadcasts on ch 72 may be used in place of flag signals this changes rule 26. & 33

5. Class Flags

- | | |
|------------------------------------|-------------|
| IRC Class 1 (TCC 0.976 or higher) | Flag 1 |
| IRC Class 2 (TCC 0.975 or lower) | Flag 2 or E |

Boats entering the COGS Series shall display Flag Z superior to their Class Flag

Each class may be given a different course according to weather conditions.

6. The Racing Area

Will be the South Cornish Coast, Falmouth Bay, Carrick Roads, and the Inner Harbour. See Appendix B for identification of buoys. .

Use of charts and the harbour chart is essential. The courses involve some close inshore racing and boats should approach with care.

7. The Course

- 7.1 Will be selected from the numbered list of courses in Appendix A and will depend on wind strength and direction.
- 7.2 The course shall be broadcast by the Race Officer on VHF channel 72 approximately 20 minutes before the start and repeated at intervals until the warning signal is displayed or broadcast. Failure to receive this broadcast will not be grounds for redress. This changes rule 62.1(a)

8. Marks

- 8.1 Marks are described in appendix B

8.2 If any mark is missing then a virtual mark shall be considered to exist at the position given in Appendix B. A virtual mark shall be treated as if it were a mark.

8.3 When data from electronic position fixing systems are used to determine the position and track of a boat for the purpose of verifying compliance with the rules, precedence shall be given to data from the boats primary navigation system.

8.4 It is strongly advised that there is a photograph of the relevant navigation system display to verify compliance with the rule.

9. Areas that are obstructions

9.1 Mooring areas. Straight lines between mooring buoys (whether a vessel is attached or not) orange, blue or green of the outer line on both sides of the fairway leading to Flushing Sailing Club are designated as continuous obstructions- see FSC harbour chart .

9.2 Local rules in Carrick Roads and Falmouth Inner harbour state yachts must keep clear of commercial shipping which always has right of way. See Bye-Laws (<http://www.falmouthport.co.uk/pd/bye-laws.PDF>)

10. The Start

10.1 There will be two starts 5 minutes apart. The scheduled time for the first warning signal is 09.55.

IRC. 1. 10.00

IRC 2. 10.05

Flushing Sailing Club and COGS boats in the same class shall start together

An attention signal by VHF transmission and sound signal on CH 72 or an orange flag and sound signal will be made 10 minutes before the first warning signal

10.2 Times shall be taken from the visual or radio signal; the failure of a sound signal shall be disregarded. The countdown to each signal may be broadcast on channel 72. Failure to receive this broadcast will not be grounds for redress. This changes rule 62.1(a)

10.3 In the event of it not being possible to display flag signals the start timing and other signals will be given on VHF Only. In this case times to be taken from the VHF transmission of the Warning, Preparatory and Start signal for each class. Failure to hear or receive this broadcast is not grounds for redress.

10.4 The start line will be a line extending east from a transit formed by the orange triangle and the flagstaff on Pendennis Point at the West side of the entrance to Falmouth Harbour. The line will be bound at the Eastern end by the Black Rock Beacon, and at the Western end by the shore. Boats shall start by crossing the line from North to South. The Black Rock Isolated Danger Mark and the Shoreline under Pendennis Castle have outlying reefs. Competitors are advised to familiarise themselves with the extent of these reefs on the appropriate chart, and keep well clear.

10.5 When at a boat's starting signal any part of her hull is on the course side of the starting line, a time penalty of two minutes per minute or part thereof of crossing the line early shall be applied to her finishing time.

10.6 A boat starting later than 4 minutes after her starting signal will be scored did not start without a hearing. This changes RRS 29.1

11. The Finish Line

Will be the Flushing Sailing Club line; this is an imaginary line through the transit marks above the clubhouse. It is recommended that all yachts note their time when crossing the finishing line.

12. Change to the next leg of the course or a shortened course.

Any information regarding the above may be given on the VHF channel 72. The Race Officer will attempt to ensure every competitor has received the relevant information, not hearing this is not grounds for redress. This alters rule 32 and 33

13. Time Limit

Time Limit is 18.00 Rule 35 shall not apply. Should one boat in a Class finish within the time limit, the time limit shall be extended by 30 minutes for all other boats in her class.

14. Protests

A written protest shall be lodged with the race officer including a fee of £10. Protests must be lodged within 1 hour of the finish of the last boat. The protest will be heard as soon as possible.

15. Scoring

15.1 Will be as described in the FSC 2026, and COGS 2026 Notice of Race.

15.2 FSC and COGS will score their boats separately.

15.3 Subject to entry criteria, boats may enter both FSC and COGS series, but must sail in the same class for both.

16. Safety Regulations

The World Sailing Offshore Special Regulations 2025-2028 are available from www.sailing.org.

16.1 Yachts will carry a functioning VHF radio.

16.2 Any communication requirement in these Sailing Instructions does not relieve skippers from their responsibility to maintain a proper radio watch at sea or to implement the correct distress and emergency communications procedures, when related to safety of crew, yacht and others at sea. Competitors not adhering to this procedure may be subject to a hearing.

16.3 Local rules In Carrick Roads and Falmouth Inner Harbour apply. Yachts must keep clear of commercial shipping which always has right of way, and note that straight lines between the course side of mooring buoys on the outer line on both sides of the fairway are continuing obstructions. Boats seen sailing inside the moorings may be scored DSQ without a hearing.

17. Crew Lists:

All skippers shall confirm sail number and class entered, and declare number of persons on board via Radio Ch 72 to the race officer no later than 20 minutes before the first start. Radio silence must be kept after this time except if called by race committee or in an emergency.

A full list of crew racing must be held by a shore based contact for the boat. The Google Form for contact and safety information MUST be filled in before racing.
[Link to Google Form](#)

18. Equipment and measurement checks

A boat may be inspected at any time for compliance with the class rules and these sailing instructions. On the water, a boat can be instructed by the race committee to proceed immediately to a designated area for inspection.

19. Radio communications

19.1 Each boat must have a working marine radio, switched on for the duration of the race.

19.2 Except in an emergency a boat shall neither make radio transmissions while racing, nor receive radio communications not available to all boats

19.3 A yacht that retires from the race or is unable to cross the finish line before the time limit (S.I. 13), shall notify the Race Officer or Flushing Sailing Club Race Committee by the following means:

The Race Officer: VHF Ch 72 Telephone: 01326 375980

R/O mobile 07855755596

20. Disclaimer of liability

Competitors participate in the racing entirely at their own risk. See RRS 3, Decision to Race. The organising authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the racing. See NOR Risk Statement

21. Shorthanded series

All boats must enter the IRC series. If a boat competes shorthanded and wishes to be included in the shorthanded series, the race officer must be notified via VHF Ch72 at registration pre race.

Harbour charts available on FSC website Sailing Instructions.

Supplementary notices to competitors

- A Prize giving on Race Days** – A prize giving will be held in Flushing Sailing Club when racing has finished or as soon as possible after the time limit. Royal Cornwall Yacht Club's and Flushing Sailing Club's launches will be available from 8.30 am at RCYC and FSC. Flushing Sailing Club's launch will be available to pick up yacht crews after racing and can be contacted on channel M1 (37).

The Club bar will be open, and a Regatta tea available.

- B Mooring in Falmouth** – Mooring is available on green buoys in the inner harbour or alongside the Enterprise boat moorings off Flushing. Also in Falmouth Marina (01326 216620 or Channel 80), the Yacht Haven (01326 310990 or channel 12) and Port Pendennis Marina (01326 211211 or channel 80). The Yacht Haven and Falmouth Marina are the most convenient for FSC. The Harbour Master (01326 213537 (office only) or Channel 12, and 16 has some visitors moorings and the RCYC launch (Channel 37) may be running until late afternoon. Falmouth Harbour water taxi can also be contacted on channel 12

Appendix A – Courses

The course will be broadcast by the Race Officer on VHF channel 72 approximately 20 minutes before the start. Then repeated at intervals

(S) Indicates starboard hand (P) indicates port hand

Course 1

Manacles Buoy (P)

Gull Rock (P)

Black Rock Beacon (S)

Club Finish

24.4miles

Course 4

Manacles Buoy (S)

Maenporth (M) (S)

Black Rock Beacon (S)

Club Finish

14.6 miles

Course 2

Gull Rock (S)

Manacles Buoy (S)

Black Rock Beacon (S)

Club Finish

24.4miles

Course 5

Maenporth Buoy (M) (P)

Gull rock (P)

Black Rock Beacon (S)

Club Finish

18.6 miles

Course 3

Maenporth (M) (P)

Manacles Buoy (P)

Black Rock Beacon (S)

Club Finish

14.6 miles

Course 6

Gull Rock (S)

Maenporth (M) (S)

Black Rock Beacon (S)

Club Finish

18.6 miles

Course 7

Gull Rock (S)

Gwineas Buoy (S)

Manacles (S)

Maenporth (M) (S)

Black Rock Beacon (S)

Club Finish

38.5 miles

Course 10

Manacles (P)

Gwineas Buoy (P)

Gull Rock (P)

Black Rock Beacon (S)

Club Finish

36.5 miles

Course 8

Maenporth(M) (P)

Manacles (P)

Gwineas Buoy (P)

Gull Rock (P)

Black Rock Beacon (S)

Club Finish

38.5 miles

Course11

Gull Rock (S)

Dodman "C" Buoy (S)

Manacles Buoy (S)

Black Rock Beacon (S)

Club Finish

30.8 miles

Course 9

Gull Rock (S)

Gwineas Buoy (S)

Manacles Buoy (S)

Black Rock Beacon (S)

Club finish

36.5 miles

Course 12

Manacles Buoy (P)

Dodman "C" Buoy (P)

Gull Rock (P)

Black Rock Beacon (S)

Club Finish

30.8 miles

Course 13 Race Officers Choice

Appendix B - Marks

Manacles Buoy: (50.02`81.N 05.01`92 W) an Eastern Cardinal buoy marks the Manacles reef

Gull Rock: (50.11`70N 04.54`30W). The Whelps reef lies South West of the rock

Gwineas Buoy: (50.14`49N 04.45`39W) an Eastern Cardinal buoy

Dodman C Radar target buoy: (50.10`40N 004.47`50W) Yellow special buoy

M SW Ventilation (50.07`46N 005.04`67W) Yellow spherical buoy

GY Penryn Dental Practice (50.08.12`N 005.03.87`W) Yellow spherical buoy

HD Falmouth School of Sailing (50.08.39`N 005,02.76`W) Yellow spherical buoy

N Gweek Boatyard (50.05.36`N 005.04.91`W) Yellow spherical buoy

R Heather & Lay (50.06.61`N 005.04.36`W) Yellow spherical buoy

Z Falmouth Boat Co (50.08.15`N 005.01.10`W) Yellow spherical buoy