



HELFORD RIVER SAILING CLUB

HELFORD - L'ABER WRAC'H PURSUIT RACE

FRIDAY 26th JUNE 2026

Helford, Nr Helston, Cornwall TR12 6LB Tel/Fax 01326 231006

www.helfordriversc.co.uk - admin@helfordriversc.co.uk

SAILING INSTRUCTIONS

1. RULES. Racing will be governed by the rules as defined in the Racing Rules of Sailing 2025 - 2028 (RRS). World Sailing Offshore Special Regulations 2026-27 the prescriptions of the RYA, the 2026 L'Aber Wrac'h Notice of Race and these Sailing Instructions.

2. DISCLAIMER OF RESPONSIBILITY. Competitors participating in this race do so entirely at their own risk. See RRS Rule 3, Decision to Race. The organising authority will not accept any liability for material damage, personal injury or death sustained in conjunction with or prior to, during, or after the racing.

3. SEAWORTHINESS, SAFETY AND SPECIAL REGULATIONS. World Sailing Offshore Racing Special Regulations Category 3 shall apply. In addition, every yacht must also carry a serviced life-raft capable of carrying the entire crew. Boats are liable to random inspection for compliance with safety regulations. Any boats found to be in breach of the specified regulations will be disqualified.

Each yacht shall carry a large scale chart of the L'Aber Wrac'h area, e.g. Admiralty 2025, Imray C35 or the French equivalent. Yachts may use their engine to recover a man overboard or to render assistance in grave emergency. Full details must be reported on the Declaration Card.

Competitors shall ensure that their AIS Transponder is switched on and capable of transmitting and receiving at all times during the race.

4. NOTICES to competitors will be posted on the HRSC L'Aber Wrac'h notice board in the clubhouse. Changes to these Sailing Instructions will be posted on the notice board before 08:30 on Friday 26th June 2026 International Code Flag "L" will be flown on the HRSC flag pole to indicate a change to the Sailing Instructions.

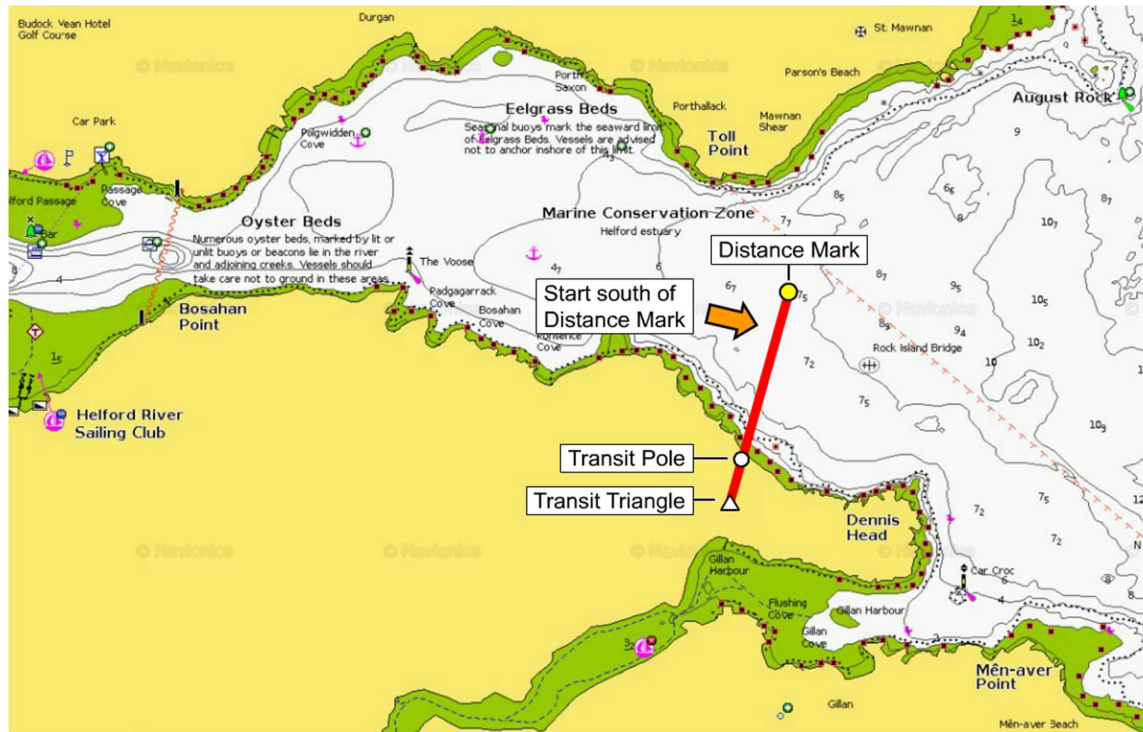
5. CREW LISTS. All starters must declare any variation in the number of persons on board from the number stated on the Maritime Yacht Rescue Information form, submitted with their Entries, before crossing the Start Line on Friday 26th June 2026 to the Race Office at HRSC clubhouse, by email to admin@helfordriversc.co.uk or by telephone to 01326 231006.

6. IDENTIFICATION ON SAILS. In interests of safety and race results, all yachts must make every effort to display their correct sail number on at least their mainsail. Yachts which cannot comply must advise the HRSC race committee prior to 08:30 on Friday 26th June 2026 This changes RRS 77.

7. AUTOMATIC AND WIND-VANE DEVICES FOR STEERING. Automatic and wind-vane devices for steering are permitted (this changes RRS 52).

8. HANDICAPS AND START TIMES. Handicaps and start times will be issued by the HRSC Handicap Committee who will, where appropriate, use ratings from the FFV published list. Any queries or complaints must be addressed to the Handicap Committee in writing.

9. THE START LINE will be the transit of the pole on Dennis Head with the triangle behind. There will be a distance mark (yellow pillar buoy) near but not necessarily on the line. Yachts shall start south of this distance mark.



A yacht starting earlier than 15 minutes prior to their allocated start time will be deemed to have started incorrectly and will be automatically disqualified. A penalty of 30 minutes will be added to the race time of a yacht which starts within the period 15 minutes prior to their allocated start time. No engines shall be used within 5 minutes of each individual yacht's start time.

Note: There may be a safety boat present in the vicinity of the start line, but it does not form part of the start line.

10. COURSE. The Manacles buoy shall be left to starboard.

11. THE FINISHING LINE is at the entrance to the Grand Chenal and is the Libenter Buoy in transit with the Ile Vierge Lighthouse and extending 200 metres to the westward of Libenter buoy.

12. THE TIME LIMIT for all competitors is 16:00 hrs BST on Saturday 27th June 2026. This changes RRS 35.

13. DECLARATION. All competitors (including retirements) are required to inform the HRSC Finish Officer, Sue Hewett of their arrival at L'Aber Wrac'h by WhatsApp or SMS to +44 7816 989611 or by email to sue.c.hewett@gmail.com.

Finishers should state their time (BST) of crossing the finish line, and if possible, state the yacht ahead and astern. Please inform the Finish Officer as soon as possible after arrival to enable the organisers to prepare for the Prize Giving.

Declarations received after 17:00 hrs (BST) on Saturday 27th June 2026 or more than 3 hours after arrival at L'Aber Wrac'h may not be counted. Boats not declaring by 17:00 hrs (BST) will be assumed to have retired from the race but must still inform the Finish Officer.

Important: If skippers fail to inform the Finish Officer, the organisers will assume the yacht is missing and alert the coastguard.

14. CLASSES. The race will be the L'Aber Wrac'h Pursuit Race, in which every competitor shall be entered. Scoring will be in accordance with RRS Appendix A.

15. PROTESTS arising out of the race must be made in writing, accompanied by a protest fee of £20 or 20 Euros to the HRSC Finish Officer as soon as practicable after the arrival of the protesting boat. Protests will be held as soon as is practicable after the race; this may be at HRSC some days after the race.

16. PRIZES AND RECEPTION. The prize-giving will take place at approximately 19:00 local time on Saturday 27th June 2026 at probably the Yacht Club des Abers (depending on weather and tbc). Prizes will be as described in the Notice of Race.

17. ABANDONMENT OR POSTPONEMENT. It is the responsibility of all skippers to obtain reliable weather forecasts and to take their own independent decision as to the advisability of putting to sea or not. Because of the wide range of craft competing and the differing crew capabilities, the non-cancellation of the race does NOT imply it is safe for an individual yacht to sail. However, the Committee reserve the right to postpone or cancel the race.

Abandonment signal - Flag N over code Flag H will be flown from the HRSC Clubhouse.

Postponement signal – AP answering pennant over code flag H will be flown from the HRSC Clubhouse.

For information regarding new start times or cancellation, telephone the Clubhouse 01326 231006. The conditions will be reviewed continuously in the case of a postponement, to reduce to a minimum the period of the postponement.

18. RETIREMENT. The organisers must assume all yachts entered will race. If any yacht fails to start or retires to another port, it is absolutely essential that the skipper telephones the HRSC safety contact on 01326 231357. The Coastguard will be advised of any yacht that has not reported back and is considered by the race organisers to be overdue. Use VHF Channel 69 for yacht to yacht contact.

FAILURE TO REPORT MAY INITIATE SEARCH AND RESCUE OPERATIONS AS THEY WILL BE REPORTED MISSING.

SUPPLEMENTARY NOTICES TO COMPETITORS

(not part of the Sailing Instructions)

1 TIDES. Local Low Water on Friday 26th June 2026 is at approximately 09:46 BST, height 1.6m. The outer end of the Club pontoon will be accessible to tenders at all times.

2 SOCIAL ACTIVITIES. There will be a Champagne Party in the clubhouse 19.00 – 20.00 on Thursday 26th June, followed by live music. Food will be available.

A breakfast buffet will be available in the clubhouse on the morning of the 27th June. Please pre-book on 01326 231606.

3. CUSTOMS FORMALITIES

3.1 It is each skippers responsibility to comply with all current customs regulations. Helford River Sailing Club will not be sending any information to French customs.

3.2 Vessels of any nationality sailing from and to the UK still need to inform UK Border Force and HMRC that they are leaving or arriving in the country in a pleasure craft using either the online Pleasure Craft Report form or the by email using an Excel sPCR template form.

3.3 Vessels of any nationality sailing from and to the L'Aber Wrac'h must fill in a French Border Control Form <https://plaisancehautfinistere.bzh/wp-content/uploads/2023/07/Formulaire-Douanes.docx> and email it to bse-brest@douane.finances.gouv.fr