



SPONSORS OF THE COGS COASTAL SERIES

FOWEY to HELFORD

Saturday 12 September 2026

SAILING INSTRUCTIONS



Organising Authority The organising authority is Fowey Sailing Committee (FSC) being the operating name Port of Fowey Race Organising Committee (POFROC), an unaffiliated body managed equally and jointly by Royal Fowey Yacht Club (RFYC) and Fowey Gallants Sailing Club (FGSC).

The notation '[NP]' in a rule means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1(a)

The notation '[DP]' in a rule of the Notice of Race or Sailing or Instructions means that the penalty for a breach of that rule may, at the discretion of the protest committee, be less than disqualification.

1 RULES

- 1.1 The race will be governed by the rules as defined in the current *Racing Rules of Sailing*.
- 1.2 Racing rules will be changed as follows:
 - (a) rules 28.1, A4 and A5 - see SI 11.8;
 - (b) rules 35, A4 and A5 - see SI 12.2;
 - (c) rule 61.4 (b)(1) - see SI 4.3 and 9.2.
 - (d) rule 52 amended to allow autopilots and automatic steering devices for all entrants.
- 1.3 The IRC Rules Parts A, B and C apply. IRC rule 22.4 does not apply. There are no limitations on crew number or weight.
- 1.4 Boats shall comply with ISAF Offshore Special Regulations Race Category 4 Monohulls plus VHF radio. In addition, boats shall carry a life raft each capable of carrying the full crew.
- 1.5 **Fowey Harbour Byelaws and Notices to Mariners** published by the Fowey Harbour Commissioners (FHC) apply within the harbour and International Regulations for Preventing Collisions at Sea always apply between competitors and non-racing vessels. The attention of competitors is drawn particularly to the requirement that commercial shipping has right of way within the harbour and its approaches. Boats failing to observe these rules or obey verbal instructions from safety boats or FHC staff will be disqualified without a hearing. This changes rule 62.1(a).

2 NOTICES TO COMPETITORS

- 2.1 Notices to competitors will be posted on the event Fowey to Helford COGS 2026 WhatsApp group. Such notices will be posted by 08:00 on the day of the race.

3 COMMUNICATIONS WITH COMPETITORS

- 3.1 At least one crew from each boat shall join the Fowey to Helford COGS 2026 WhatsApp group using the QR code in the Appendix B of these Sailing Instructions to enable the race committee to receive confirmation of boat entry, number of persons on board and finish times. It is also to be used to advise Helford River SC of any catering requirements competitors may have. This WhatsApp group is not for general chat and is only to be used for providing the information required between the race committee, race officer and competitors.
- 3.2 This WhatsApp group may be closed down after the race.

4 CHANGES TO SAILING INSTRUCTIONS

- 4.1 Changes to the sailing instructions will be posted before 08:00 on the day of the race via the event WhatsApp described in 3.1.

- 4.2 Changes may also be copied on the COGS website.
- 4.3 The race officer may also broadcast verbal instructions on marine VHF radio channel M2. (May also be identified as P4 on some radios). Failure to receive a broadcast will not be grounds for redress. This changes rule 61.4 (b)(1).

5 SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed on the RFYC flagstaff.
- 5.2 IC flag "L" displayed over flag "Z" will indicate a change to the sailing instructions.

6 SCHEDULE OF RACES

- 6.1 Racing will be a single race for IRC handicap classes and the race will be run using a pursuit start. Results will be calculated based on **elapsed** time for each boat adjusted by their IRC rating to give a corrected time.

7 CLASS FLAGS

- 7.1 In the event of a committee boat start the class flags displayed at the warning signal will be as follows:
- (a) IRC 1- IC numeral pennant "1"
 - (b) IRC 2- IC numeral pennant "2"
- 7.2 Boats shall display their class flag beneath IC flag "Z" on the backstay or mainsail leech.
- 7.3 The race officer will also count down signals on VHF M2 (P4).

8 RACING AREA

- 8.1 The racing area will be the Cornish coast between Manacle Point and the Fowey area west of longitude 004° 36.0 W and north of latitude 50° N.

9 COURSE

- 9.1 The course will be selected from the list of marks shown in appendix A and will depend on wind strength and direction. Please note these are approximate positions.
- 9.2 The course will be broadcast, including direction of rounding, by the race committee via VHF Channel M2 (P4), commencing approximately 20 minutes before the first individual start time and repeated at intervals until the last individual start time. Failure to receive this broadcast will not be grounds for redress. This changes rule 61.4(b)(1).

10 RACE MARKS

- 10.1 Race marks are described in Appendix A.
- 10.2 Except where being used as a mark of the course Cannis and Gwineas shall be passed on their correct navigational side.

11 THE START

- 11.1 Boats will notify the committee of their intention to start the race as soon as possible but no later than 09:00 on Friday 11 September. Notification to be via the race event WhatsApp in Appendix B.

11.2 The start will be a on a pursuit basis with all classes starting at times to be shared via the event WhatsApp. No boat will start before 10:00.

11.3 Individual start times are determined by the Race Committee and based on entries to the series known to date are listed here:

Boat Name	IRC TCC	StartTime
Green Magnum	0.864	10:00
Afrita	0.905	10:11
Folly IV	0.906	10:12
Chiot Noir	0.912	10:13
Smile	0.92	10:15
Saltheart	0.928	10:17
Zara	0.93	10:18
British Beagle	0.944	10:21
Pogolyre	0.949	10:22
Alice's Mirror	0.963	10:26
Samadhi	0.996	10:33
Blue Pearl	1.004	10:35
Amigos	1.012	10:37
Bellisima	1.018	10:38
Club Tropicana	1.022	10:39
Inn Spirit	1.038	10:42
Jackdaw	1.043	10:43
Jack Jack	1.062	10:47
Triggers Broom	1.073	10:49
G force	1.084	10:51

Any entries not shown on this list should email committee@foweyesailing.org to advise detail of their boat and receive a start time.

11.4 No starting flags, lights, sounds or individual recalls will be used; Yachts shall start according to their published start times. The start will be monitored from the race office at RFYC and yachts that start prematurely will be penalised by having ten times the difference between their actual starting time and their published starting time added to their elapsed time for the race. The race will use GPS time.

11.5 IRC starts will be based on first boat starting after 10:00 and an assumed 200 minute duration.

11.6 11.5 may be amended at the discretion of the Race Officer to suit actual wind conditions anticipated for the day.

11.7 Start line will be Line One - a line between the flagstaff at RFYC and the seaward side of Mark B (commercial yellow ship buoy) opposite the RFYC race office bearing approximately 135° (varying slightly with tidal flow). See photo below taken from RFYC. Also note there may or may not be a ship or a pontoon tied to the mark. There are two similar yellow buoys – mark B is NE of the other.



- 11.8** A boat starting later than 20 minutes after her stated time will be scored Did Not Start (DNS) without a hearing. This changes rules 28.1, A4 and A5.
- 11.9** If it is deemed that starting in the harbour is not appropriate to give fair racing then a line start outside the harbour may be used as an alternative. This will most likely be in the event of very light winds.
- 11.10** In the event of an outside start being used this will be notified by 08:00 on the morning of the race along with further details. In this instance there will be separate starts for IRC 1 at 1030 and IRC 2 at 1035.
- 11.11** COGS competitors are advised that Fowey Sailing is holding its annual Fowey to Helford coastal race in tandem. The Fowey boats compete under YTC only. Some competitors may be entered in both events.

12 THE FINISH

- 12.1** The finish will be a line extending 000° M from the Voose Cardinal Buoy (south of the Helford River in approximate position 50°005'77N 005°006'90W). The Voose Cardinal Mark must be left to port.
- 12.2** Competitors are required to take their own GPS time and record the boat ahead and behind if known and submit it to the race WhatsApp group. If it is not possible to use the WhatsApp at the finish competitors may also send a message with their boat name and finish time to timrowley@me.com or 07540 836519.

13 TIME LIMITS

- 13.1** The time limit is 18:00. If any yacht finishes before 18:00 then the time limit will be extended by 1 hour. This changes rule 35.
- 13.2** Boats finishing later than the time limit will be scored Did Not Finish (DNF) without a hearing. This changes rules 35, A4 and A5.

14 REQUESTS FOR HEARING OR REDRESS

- 14.1** Request for hearing forms are available at the race office of the HRSC. Protests and requests for redress shall be delivered there within 60 minutes of the last boat finishing or of the race time limit, whichever is earlier.

15 SAFETY REGULATIONS

- 15.1** In addition to the requirements of SI 1.4, the following safety regulations will apply:

- (a) A full list of crew onboard each competing boat shall be held by a shore-based contact. The name and telephone number of the contact shall be emailed to committee@foweyesailing.org no later than 09:00 on the day of the race.
- (b) A boat that retires from the race or is unable to cross the finish line before the time limit shall notify the race committee via VHF Channel M2 or the race WhatsApp.
- (c) The race committee will lodge a protest or submit a report to the protest committee following a complaint received from a Harbour Authority.

16 EQUIPMENT AND MEASUREMENT CHECKS

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

17 RADIO COMMUNICATIONS

- 17.1** [DP] Except in an emergency, a boat shall neither make radio transmissions while racing, nor receive radio communications not available to all boats. This restriction also applies to mobile telephones and Data.

18 PRIZES

- 18.1** Prizes will be given as listed in the COGS 2026 Notice of Race. The prize-giving will be held at the HRSC as soon as practicable after the last boat has finished. A time will be announced on VHF Channel 69 (Helford) or M2 (P4) (Fowey).

19 RISK STATEMENT

- 19.1** Rule 3 of the Racing Rules of Sailing states: 'The responsibility for a boat's decision to participate in a race or to continue racing is hers alone.'
- 19.2** Sailing by its nature is an unpredictable sport and therefore inherently involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:
- a) They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event;
 - b) They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;
 - c) They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions;
 - d) Their boat is in good order, equipped to sail in the event and they are fit to participate;
 - e) The provision of a race management team, safety patrol boats and other officials and volunteers by the organising authority does not relieve them of their own responsibilities;
 - f) The provision of safety patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances;

- g) It is their responsibility to familiarise themselves with any risks specific to this venue or this event drawn to their attention in any rules and information produced for the venue or event and to attend any safety briefing held for the event;

20 COGS SHORT HANDED SERIES

- 20.1 All boats enter the IRC series. If a boat competes single or two-handed and wishes to be included in this series, the race officer must be notified via the race WhatsApp prior to that boats race start.

21 FOWEY CLUB RACING COASTAL SERIES

- 21.1 Competitors in the COGS series are advised that there will be boats from Fowey racing in their own coastal series to Helford in a YTC fleet displaying class one or class three flags. Some boats may be competing in both series.

22 INSURANCE

- 22.1 Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of £3,000,000 per incident or the equivalent

THANKS TO THE SERIES SPONSORS SEAWARE FOR THEIR GENEROUS SUPPORT

Appendix A

Marks

Mark	Approximate Location		Description	Name/Sponsor
B	Fowey Harbour – opposite RFYC		Yellow ship buoy	Start/Finish
G*	50° 18.450'N	004° 39.879'W	IALA South Cardinal buoy	Cannis Rock
J	50° 19.100'N	004° 36.400'W	Yellow Top Hat buoy	Fowey River Trading
K*	50° 18.930'N	004° 33.848'W	IALA South Cardinal buoy	Udder Rock
L	50° 19.122'N	004° 41.462'W	Yellow Top Hat buoy	ADR Marine
M	50° 20.041'N	004° 42.856'W	Yellow Top Hat buoy	The Beach
N	50° 19.511'N	004° 43.052'W	IALA Yellow Special buoy	Bay Buoy
P	50° 18.000'N	004° 43.800'W	Yellow Top Hat buoy	Bennett Jones Accountants
Q	50° 18.000'N	004° 42.500'W	Yellow Top Hat buoy	Quay Bakery
S	50° 18.900'N	004° 42.800'W	Yellow Top Hat buoy	Fowey River Gallery
RA	50° 08.500'N	004° 46.300'W	Yellow Special Buoy	Radar A
RB	50° 10.300'N	004° 45.000'W	Yellow Special Buoy	Radar B
RC	50° 10.400'N	004° 47.500'W	Yellow Special Buoy	Radar C
Gwineas	50° 14.50'N	004° 45.300'W	East Cardinal Mark	
Rosemullion	50° 06.55'N	005° 04.240'W	Yellow spherical buoy	
Manacles	50° 02.81' N	005° 01.920' W	East Cardinal Mark	

Appendix B

Supplementary Information for Competitors

1. Moorings at Fowey. On Friday evening, moorings will be available for COGS competitors, but competitors must contact the Fowey Harbour Office on 01726 832471 or VHF Channel 12 upon their arrival.

2. Fowey water taxi. Call on VHF Channel 6.

3. Fowey Gallants SC and Royal Fowey Yacht Club can both provide meals on the evening of Friday 11 September and welcome all competitors. To assist the caterers, would anyone intending to eat at the clubs please book asap:-

FGSC – denaros@foweygallantssc.co.uk

RFYC – reserve a table via [online booking](#)

4. COGS Prize-Giving, will be at Helford River Sailing Club as soon as possible after the last boat finishes within the prescribed time limit.

5. Evening meal. The bar at HRSC will be open from 17:00. Pasties will be ordered in advance – please pre-order via the WhatsApp group. The HRSC catering team will be on that group so will monitor it.

6. Water taxi. There is a Helford water taxi (on VHF Channel M1/37A) but it finishes at 17:00. HRSC will look towards ferrying competitors to and from their boats and the club can be contacted on the race VHF Channel M2. Please note the service by HRSC is free of charge.

7. In the Helford River, visitor moorings are green.

8. Contact information for COGS

Website: www.cogsracing.org.uk/

Email: chairman@cogsracing.org.uk

9. Race WhatsApp Group

