



Saundersfoot, Pembrokeshire
Saturday 9th September

Live Results will be updated on the Home International Regatta Website which can be found using this QR code.



Keep up to date with racing on the HIR social media channels too!



CROSEO/WELCOME FROM WELSH ROWING

On behalf of the Board of Welsh Rowing I would like to welcome all the teams, England, Ireland, Scotland, Wales and this year, Jersey, to the second, Home International Beach Sprint Regatta.

I am delighted that Wales will host this year's competition in Saundersfoot and would like to thank all our volunteers who will make this event a success.



A special thanks to Swift Racing for supplying our competition boats, Pembrokeshire County Council, Saundersfoot Harbour and the team at Saundersfoot Sailing Club and Wiseman's Bridge Rowing Club for your continued support.

We guarantee you a warm Welsh welcome and wish all our competitors the very best of luck. Pob Lwc!

Theo Huckle KC

Chair of Welsh Rowing



WELCOME FROM THE ORGANISING COMMITTEE

Croeso y Gymru. Welcome to Wales and to the fantastic community of Saundersfoot.

It is with great pleasure that we invite you to Pembrokeshire to take part in the second Home International Beach Sprint Regatta and to this year welcome our friends from Jersey.



Our amazing Organising Committee have worked tirelessly to ensure a fantastic competition for not only our athletes, our awesome volunteers, and our spectators.

We very much hope that you enjoy the experience.

Sam English
Match Director



HISTORY OF HIRBS

HIR is an annual challenge match between Scotland, England, Ireland and Wales. With Jersey having been invited for the first time this year to compete.

The Teams, which comprise of four separate teams (Senior Men, Senior Women, Junior Men and Junior Women) are selected annually by each nation's Team Selectors and comprises of athletes, coaches and support staff.

The HIR provides an opportunity for rowers and coaches to gain their first taste of international competition.

Although the event originally started as a River Rowing event, last year saw the inaugural Beach Sprints event. Hosted in St. Andrews and won by Scotland

Last Years Winners:

W1x  England	O1x  Scotland
JW1x  England	JO1x  Ireland
Mix2x  Scotland	JMix2x  England



TEAM BEHIND THE TEAMS

A lot of work goes on behind the scenes months in advance to bring the event together and here are some of those involved.

General Management Committee

Chair & England | Eira Parry

Scotland | Lee Boucher

Wales | Zoe Hayes

Ireland | Pat Kiely

Organising Committee

Match Director | Sam English

President of the Jury | Chris Anton

Race Director | Andrew Richards

Competition Manager | Nic Thomas

GMC Representative | Zoe Hayes

Welfare Officer | Janet Raven

Health & Safety Officer | Chris Harding

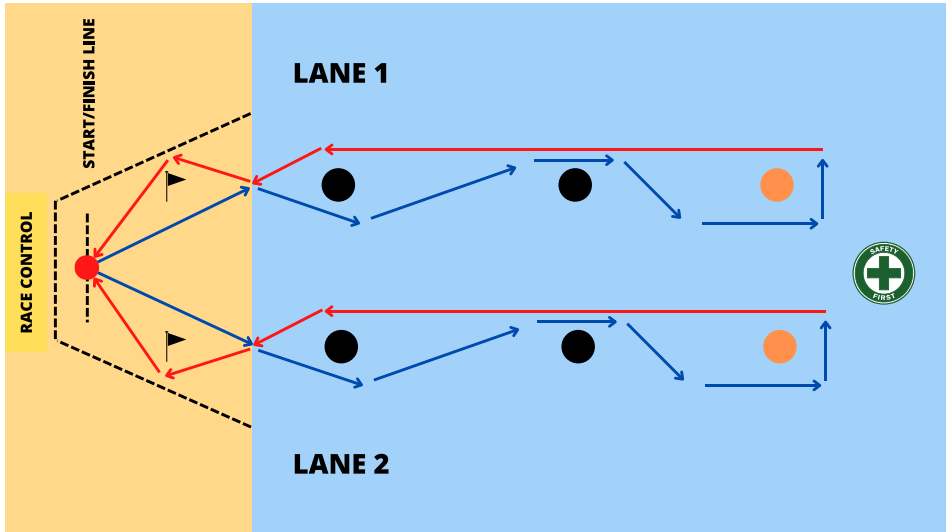
Volunteer Managers | Tim & Vicky Grimsdale

CEO Welsh Rowing | Dan Fella

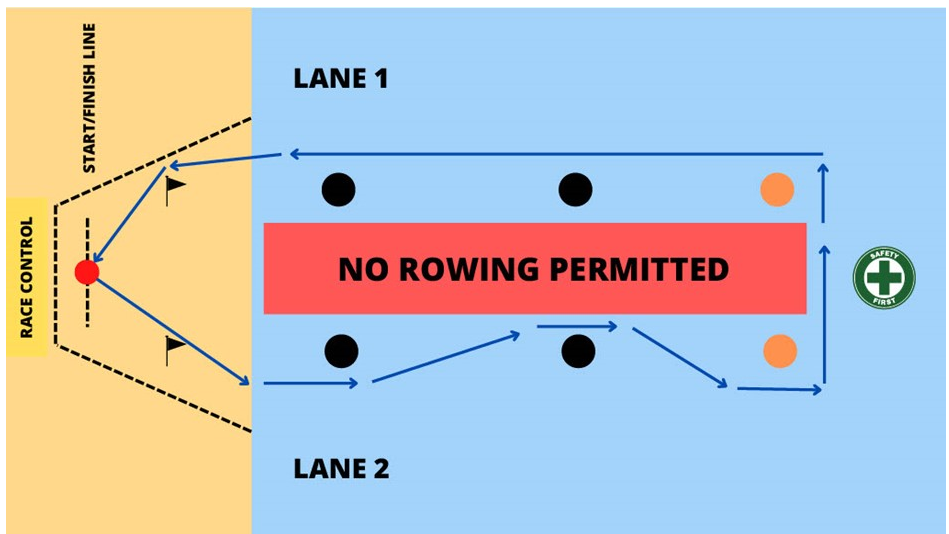


CIRCULATION PATTERN

The diagram below indicates side by side racing:



The diagram below indicates Time Trials:



POINTS AND RESULTS

Points from each race will be awarded as follows:

1st 4 points	2nd 3 points	3rd 2 points	4th 1 point
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No points are scored by a crew that is disqualified, or that fails to complete the course by reason of its own accident. Crews dead-heating will share the points for the places involved i.e. equal 1st means 3 ½ points each.

In the event of only one entry to an event, no medal will be awarded.

In the event where only 3 crews are entered, then the points shall be: 1st = 3 points; 2nd = 2 points; 3rd = 1 point.

Although Jersey will not be awarded Team Points the individual athletes will be eligible for individual medals.



RACE TIMETABLE

Low Water Course

Race	Time		Event	Round	Next Race	
1	07:45	2x	CMix2x	TT	4/5th -> R7*	
2	08:00	2x	CJMix2 x	TT	1v4 -> R15	2v3 ->R16
3	08:15	1x	CW1x	TT	4/5th -> R8	
4	08:30	1x	CM1x	TT	1v4 -> R23	2v3 ->R24
5	08:45	1x	CJM1x	TT	1v4 -> R30	2v3 ->R31
6	09:00	1x	CJW1x	TT	2v3 -> 29	
7	09:10	2x	CMix2x	Slowest 2	W -> R10	
8	09:15	1x	CW1x	Slowest 2	W -> R21	
9	09:20	2x	CMix2x	SF	W -> R14	L -> R13
10	09:25	2x	CMix2x	SF	W -> R14	L -> R13
11	09:30	2x	CJMix2 x	SF	W -> R16	L -> R15
12	09:35	2x	CJMix2 x	SF	W -> R16	L -> R15
13	09:40	2x	CMix2x	FB		
14	09:45	2x	CMix2x	FA		
15	09:50	2x	CJMix2 x	FB		
16	09:55	2x	CJMix2 x	FA		



RACE TIMETABLE

High Water Course

Race	Time	Event	Round	Next Race	
21	13:30	1x CW1x	SF	W -> R26	L -> R25
22	13:35	1x CW1x	SF	W -> R26	L -> R25
23	13:40	1x CM1x	SF	W -> R28	L -> R27
24	13:45	1x CM1x	SF	W -> R28	L -> R27
25	13:50	1x CW1x	FB		
26	13:55	1x CW1x	FA		
27	14:00	1x CM1x	FB		
28	14:05	1x CM1x	FA		
29	14:10	1x CJW1x	SF	W -> R32	L -> 3rd
30	14:15	1x CJM1x	SF	W -> R34	L -> R33
31	14:20	1x CJM1x	SF	W -> R34	L -> R33
32	14:25	1x CJW1x	FA		
33	14:30	1x CJM1x	FB		
34	14:35	1x CJM1x	FA		

* In TT 4/5th place will race to go through to semi-final as 4th TT place.
Races will then be in order 1st v 4th, 2nd v 3rd.



TEAM SCOTLAND



CW1x | Isla MacCallum

CM1x | Aidan Graham

CJW1x | Zoe Cochrane

CJM1x | Euan Richards

CMIX2x | Heather Gordan and Euan McKenzie

CJMIX2x | Gemma Collins and Harris Bisset

Coaches |

Iain Docwra and Lindsay Flockhart

Boat Handlers |

Gillian Stewart and Darcy Flockhart

Team Manager |

Ailsa Martin

Umpire |

Graeme Duff



TEAM WALES



W1X | Ruth Siddorn

CM1x | Jerry Owen

CJW1X | Katie Hale

CJM1X | Joshua Port

CMIX2X | Ellie Byrne and George Cowley

CJMIX2X | Menna Sutton and Twm Owen

Coaches |

James Walker and William King

Boat Handlers |

Martha Owen & Kraig Murley

Team Manager |

Bryony Jones

Umpires |

Chris Anton and Simon Reeves



TEAM IRELAND



CW1X | Miriam Sheehan

CJM1X | Eoin O'Connell

CMIX2X | Niamh Kilgallen and Luke Keaney

CJMIX2X | Finnian Mannix and Grace Hurley

Boat Handlers |

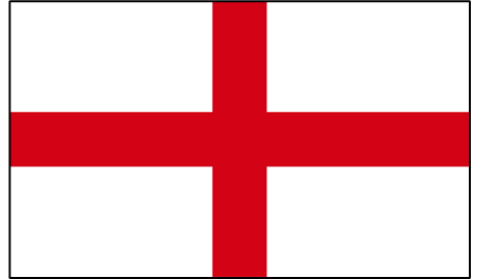
Martin Murphy, Jason O Connell, Tony Mannix, Martin Hurley and Clive Murphy

Team Manager |

Luke Keaney



TEAM ENGLAND



CW1X |Melissa Shaw

CM1x |Hal Flowerdew

CJW1X |Evelyn Pakule

CJM1X |Bear Cochrane

CMIX2X |Emily Faithful and Ashley Cowley

CJMIX2X |Leah Saunders and Fergus McKeown

Coaches|

Yewande Adesida and Kath Coleman-Jones

Boat Handlers |

Sarah Lanchester-Gregory, Mark Hyson, Richard Cochrane and Daisy Faithfull

Team Manager |

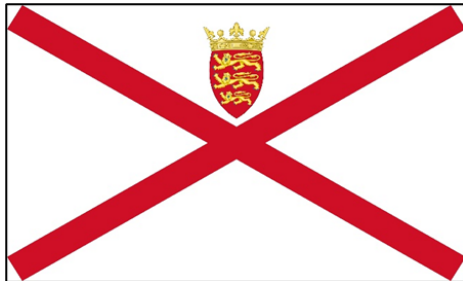
Rachel Ball

Umpire |

Heidi Hackett



TEAM JERSEY



CW1X | Natacha Searson

CM1x | Chris Thompson

CMIX2X | Sarah Earles and Hylton Harvey

Boat Handler |

Adam Le Here

Team Managers |

Sarah Earles / John Searson



WELSHROWING



RHWYFOCYMRU

*sportwales
chwaraeoncymsu*



Swift Racing

rowTIME

Rowing Event Management System

Vinylize

Printing & Embroidery

vinylize.wales@gmail.com



canolfan arfordirol
rhyngwladol Cymru



**SAUNDERSFOOT
SAILING CLUB**

Alison Morris
Tyenne Morgan
Jo McElveen
Carys Owens
Lynne Hathaway
Leah Griffiths
Lyndsey McDonnell
Stuart McDonnell
Mark Kynaston

Alys Phillips
Hayley Morris
Paul Jackson
Owen Davies
Stephen Poole
Caroline Lytton
Laura Dance
Keith Jones
Phil Thomas

Dave Plester
Mick Lightwood
Nigel Gwyther
Malcom Williams
Stuart Harris
Sarah Harris
Gabi Slaughter
Matt Tebbutt
Carl Roberts

A big thank you to our event partners and all the volunteers that have given up their time to help run the event. Without you this and many other events simply would not run.

DIOLCH!

From everyone at Welsh Rowing

