

Welcome to the

Home International Rowing Beach Sprints 2026



*Nairn Beach, Scotland
Saturday
19th September 2026*



Fàilte gu Alba!

(Fahl-tchuh goo Al-uh-pah)

Welcome to Nairn, host venue for the 5th Home International Beach Sprints Regatta.

Having now completed the cycle of all four nations hosting the event, we are delighted to bring the regatta to Scotland's northern rowing outpost. Much has happened since the inaugural Beach Sprints regatta in St Andrews, and the sport has grown and developed rapidly.

With LA28 on the horizon, athletes are adapting to the discipline by honing their skills on the water, improving their speed on the sand, building their power in the gym, and learning to cope with the ever-changing conditions and waves of open-water racing at venues across the globe. This growth has led to increased interest in the discipline, more opportunities for people to try it, and a wider range of competitions to enter.

The Home International Regatta is an excellent proving ground for the sport, and I know that competition will be fierce this weekend, with victories hard fought and well deserved. All the athletes competing have already achieved something special by securing selection to represent their nation. They should be extremely proud of that achievement. Well done to each and every one of you.

There is a strong sense of camaraderie among Beach Sprint athletes, coaches, and support teams. Racing on the sea presents unique challenges, and those who take it on understand this and share a special bond. Jeopardy is only one wave away, which adds extra excitement and intrigue to the racing. Equally, there is a genuine desire to ensure that everyone has the opportunity to perform at their best, creating a positive and uplifting atmosphere. I know you will have a wonderful experience, whether you win or not.

A great deal of planning and preparation has gone into this event, and I would like to thank the supporters and volunteers from Inverness Rowing Club who have worked closely with Scottish Rowing to bring it all together. Their contribution is hugely appreciated. I wish them every success in their ambition to establish Nairn as a centre for Beach Sprints, and I am confident they will achieve it.

To all the competitors: enjoy the racing, take charge of the waves, row well, and run fast. Meet new friends, support one another, and make the most of your time in Nairn.

Oh, and good luck to everyone... although perhaps especially the Scots!

Mike Martin
President of Scottish Rowing



Thank you to our Event Supporters



Highlands and Islands Enterprise
Iomairt na Gàidhealtachd's nan Eilean



NAIRN SAILING CLUB

Established 1968



JHP VISUALS





HIR Management



General Management Committee



Scotland:
Jen Thomson



Ireland:
Tadhg Brannigan



Wales:
Laura Dance



England:
James Andrews

Team Managers



Scotland:
Ailsa Martin



Ireland:
Martin Hehir



Wales:
Samantha English



England:
Rachel Ball

Scottish Rowing Beach Sprints Organising Committee

Paul Jackson - Co-Match Director & Race Director

Morag Kelman - Co-Match Director & Event Manager

Martin Claxton - Safety Advisor

Julie O'Donnell - Welfare Officer

Iain Docwra - Technical Advisor



Officials



President of the Jury



Gary Bain

International Technical Officials



Lizzie Briggs



Kieran Kerr



Jo Cotgrove



Christopher Anton

National Technical Officials



Craig Twaddle & Millie McGonagle

Thank You!

Scottish Rowing depends on the generosity of volunteers to run our regattas, and this year's Home International Regatta is no different: it would be impossible to run the event without them. We have many volunteers working with us this weekend, and we would like to take this chance to thank each of them for giving us their time, helping put on what is sure to be a top class event.



HIRBS



History of the Event

Home International Rowing (HIR) goes back to 1958, when the first Home Nations Regatta was held in Wales. Each year, a match has been organised between the four home nations: England, Ireland, Scotland and Wales.

As a sport, rowing has continued to evolve and in 2022, Home International Rowing added a second competition to its calendar: Beach Sprints. This was hosted at St Andrews and won by Scotland.

The competition has evolved to 7 events and this year has added 'Mixed Inclusive Double' as a pilot event for 2026.

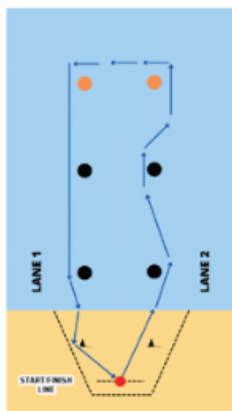
The HIR competitions have long been a pathway to the Great Britain Rowing Team and Rowing Ireland Team, with a great list of World Rowing and Olympic and Paralympic athletes taking part in HIR early in their careers. We hope to see some of the athletes named in this year's programme become World Champions and Olympians in the future.

Previous Results

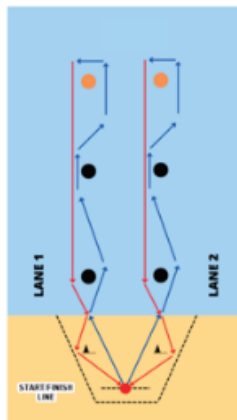
Year	Venue	# Events		Match position			
				1st	2nd	3rd	4th
2022	St Andrews, Scotland	6	Team	SCO	ENG	IRL	WAL
			Points	18	16	15	11
2023	Saundersfoot, Wales	6	Team	WAL	IRL	ENG	SCO
			Points	19	13	12	8
2024	Bournemouth, England	7	Team	ENG	SCO	WAL	IRL
			Points	22	19	17	12
2025	Loughros Point, Ireland	7	Team	WAL	ENG	SCO	IRL
			Points	24	18	15	13



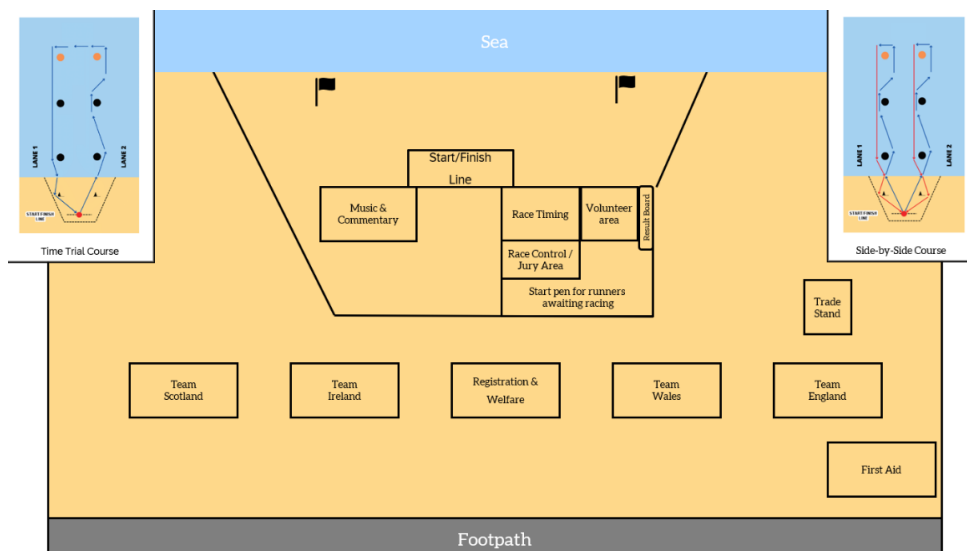
Course Plan



Time Trial Course



Side-by-Side Course





Site Plan



Please Note

1. Due to another event taking place, no Rowing traffic is to park or travel through Links Car Park. Cars should instead arrive at venue via either of the additional car parks noted above.
2. Beach and walkways will remain open to general public. All attendees are asked to please be aware of this when navigating the event site.



Timetable



FRIDAY 18th September 2026

Training	09:30 to 10:30	IRELAND
	10:45 to 11:45	ENGLAND
	12:00 to 13:00	WALES
	13:15 to 14:15	SCOTLAND
Meeting	18:00	Team Managers' meeting (Clubroom, Nairn Sailing Club)
Delegate Dinner	19:00	Delegates' Dinner @ Sundancer Restaurant (next to Nairn S.C.)

SATURDAY 19th September 2026

09:00	Opening Ceremony and Team Briefing
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TIME TRIALS (All events)

Race	Start Time	Event	Round	Next Race
1	10:00	CJMix 2x	TT	1st & 4th to S1 (9), 2nd & 3rd to S2 (10)
2	10:05	CBMix 2x	TT	1st & 4th to S1 (13), 2nd & 3rd to S2 (14)
3	10:10	CINMix 2x	TT	1st & 4th to S1 (17), 2nd & 3rd to S2 (18)
4	10:15	CMix 2x	TT	1st & 4th to S1 (21), 2nd & 3rd to S2 (22)
5	10:20	CJW 1x	TT	1st & 4th to S1 (25), 2nd & 3rd to S2 (26)
6	10:25	CJM 1x	TT	1st & 4th to S1 (29), 2nd & 3rd to S2 (30)
7	10:30	CW 1x	TT	1st & 4th to S1 (33), 2nd & 3rd to S2 (34)
8	10:35	CM 1x	TT	1st & 4th to S1 (37), 2nd & 3rd to S2 (38)

Break



Timetable



DOUBLES: Semi-Finals (SF1, SF2) and Finals (FB, FA)

Race	Start Time	Event	Round	Next Race
9	10:50	CJMix 2x	SF1	1st to Final A (12), 2nd to Final B (11)
10	10:57		SF2	1st to Final A (12), 2nd to Final B (11)
11	11:09		FB	
12	11:16		FA	
13	11:25	CBMix 2x	SF1	1st to Final A (16), 2nd to Final B (15)
14	11:32		SF2	1st to Final A (16), 2nd to Final B (15)
15	11:44		FB	
16	11:51		FA	
17	12:00	CINMix 2x	SF1	1st to Final A (20), 2nd to Final B (19)
18	12:07		SF2	1st to Final A (20), 2nd to Final B (19)
19	12:19		FB	
20	12:26		FA	
21	12:35	CMix 2x	SF1	1st to Final A (24), 2nd to Final B (23)
22	12:42		SF2	1st to Final A (24), 2nd to Final B (23)
23	12:54		FB	
24	13:01		FA	

Break



Timetable



Break

SOLOS: Semi-Finals (SF1, SF2) and Finals (FB, FA)

Race	Start Time	Event	Round	Next Race
25	13:20	CJW 1x	SF1	1st to Final A (28), 2nd to Final B (27)
26	13:27		SF2	1st to Final A (28), 2nd to Final B (27)
27	13:39		FB	
28	13:46		FA	
29	13:55	CJM 1x	SF1	1st to Final A (32), 2nd to Final B (31)
30	14:02		SF2	1st to Final A (32), 2nd to Final B (31)
31	14:14		FB	
32	14:21		FA	
33	14:30	CW 1x	SF1	1st to Final A (36), 2nd to Final B (35)
34	14:37		SF2	1st to Final A (36), 2nd to Final B (35)
35	14:49		FB	
36	14:56		FA	
37	15:05	CM 1x	SF1	1st to Final A (40), 2nd to Final B (39)
38	15:12		SF2	1st to Final A (40), 2nd to Final B (39)
39	15:24		FB	
40	15:31		FA	

PRIZEGIVING, HOG ROAST & BBQ

15:50	All events & Team	Prizegiving & Thanks
16:30 to 18:30	Hogroast & BBQ	



Results Tracker



SCOTTISH
ROWING

Race Number	Time	Event	Stage				
				SCO	ENG	IRE	WAL
1	10:00	CJMix 2x	Time trial				
2	10:05	CBMix 2x	Time trial				
3	10:10	CINMix 2x	Time trial				
4	10:15	CMix 2x	Time trial				
5	10:20	CJW 1x	Time trial				
6	10:25	CJM 1x	Time trial				
7	10:30	CW 1x	Time trial				
8	10:35	CM 1x	Time trial				
9	10:50	CJMix 2x	S1				
10	10:57	CJMix 2x	S2				
11	11:09	CJMix 2x	FB				
12	11:16	CJMix 2x	FA				
13	11:25	CBMix 2x	S1				
14	11:32	CBMix 2x	S2				
15	11:44	CBMix 2x	FB				
16	11:51	CBMix 2x	FA				
17	12:00	CINMix 2x	S1				
18	12:07	CINMix 2x	S2				
19	12:19	CINMix 2x	FB				
20	12:26	CINMix 2x	FA				
21	12:35	CMix 2x	S1				
22	12:42	CMix 2x	S2				
23	12:54	CMix 2x	FB				
24	13:01	CMix 2x	FA				
25	13:20	CJW 1x	S1				
26	13:27	CJW 1x	S2				
27	13:39	CJW 1x	FB				
28	13:46	CJW 1x	FA				
29	13:55	CJM 1x	S1				
30	14:02	CJM 1x	S2				
31	14:14	CJM 1x	FB				
32	14:21	CJM 1x	FA				
33	14:30	CW 1x	S1				
34	14:37	CW 1x	S2				
35	14:49	CW 1x	FB				
36	14:56	CW 1x	FA				
37	15:05	CM 1x	S1				
38	15:12	CM 1x	S2				
39	15:24	CM 1x	FB				
40	15:31	CM 1x	FA				



Points



The Guin Batten Beach Sprints Trophy will be awarded to the home nation that wins the most points from its Senior, U23 and Junior crews.

Points for each race shall be awarded as follows:

1st

4 points

2nd

3 points

3rd

2 points

4th

1 point

In the case of a tie, the trophy shall be awarded to the nation with the greatest number of 1st places. If a tie still results, the trophy shall be awarded to the Nation whose Senior CMix2x occupies the higher position in the race.

Medals are awarded to the winning crew of each event.

No points are scored by a crew that is disqualified or that fails to complete the course by reason of its own accident. Where there is a dead-heat, the crews will share the points for the places involved, e.g. equal 1st means 3.5 points each.



**Scan here for
Live Results!**



Team Scotland



Senior Events

Event	Name	Club
CM 1x	Tom Mitchell	University of St Andrews
CW 1x	Hansine Marshall	University of St Andrews
CMix 2x	Scott MacCallum	Strathclyde Park RC
	Perri McCluskey	Strathclyde Park RC
CINMix 2x	Tom Mitchell	University of St Andrews
	Sam Gough	St Andrew BC

U23 Event

Event	Name	Club
CBMix 2x	Hamish Norval	Strathclyde Park RC
	Caroline Crabb	Dundee University BC

Junior Events

Event	Name	Club
CM 1x	Jacob Ferrier	Queen Elizabeth High School RC
CW 1x	Charlotta Robinson	George Heriots School RC
CMix 2x	Robin Roxburgh	Inverness RC
	Hannah McManus	Inverness RC

Coaches:

Iain Docwra

Natalie Firth

Hannah Anderson

Tom Young

Team England

Senior Events



Event	Name	Club
CM 1x	Sol Chamberlain-Hyde	Lymington Amateur Rowing Club
CW 1x	Lucy Whiteley	Worcester Rowing Club
CMix 2x	Max French	Coastal Barbarians
	Olivia Hodgson	Worcester Rowing Club
CINMix 2x	Lucy Freeman	Tynemouth Rowing Club
	Ben Lukowski	Tynemouth Rowing Club

U23 Events

Event	Name	Club
CBMix 2x	Tom Walker	Christchurch Rowing Club & Exeter University Boat Club
	Caitlin Lockey	Christchurch Rowing Club & Exeter University Boat Club

Junior Events

Event	Name	Club
CJM 1x	Valen Giachetto	Bournemouth University Rowing Club
CJW 1x	Ellie Cole	Hartpury College Boat Club / Southampton Coalporters Amateur Rowing Club
CJMix 2x	Thomas Biddle	Southsea Rowing Club
	Poppy Clothier	Millfield School Boat Club

Coaches:

Kath Coleman-Jones - Lead
Leticia Muziol de Oliveira Soares
Yewande Adesida
Rebecca Plested

Spares/Boat Handlers:

Lucy Freeman - Tynemouth RC
Zack Hills - Tynemouth RC & Chester le Street Amateur RC
Naomi Davis - Coastal Barbarians
Alex Beere - Lymington Rowing Club
Molly Cartwright-Tickle - Lymington RC / Bournemouth Collegiate BC

Team Ireland

Senior Events



Event	Name	Club
CM 1x	Tadhg O'Conchuir	Dublin University Boat Club
CW 1x	Sophia Monahan	Shandon Boat Club
CMix 2x	Jack Moylan	Wicklow Rowing Club
	Cliodhna Nolan	University College Cork Rowing Club
CINMix 2x	Sean Harte	Waterford Boat Club
	Ella Keady	Tribesman Rowing Club

U23 Events

Event	Name	Club
CBMix 2x	Jack Hehir	Rosscarbery Rowing Club
	Tara Payne	Fermoy Rowing Club

Junior Events

Event	Name	Club
CJM 1x	Daniel O'Sullivan	Ring Rowing Club
CJW 1x	Gabrielle O'Donohgue	Rosscarberry Rowing Club
CJMix 2x	Josh Kelly	Passage West Rowing Club
	Roisin Kelly	Kilmacsimon Rowing Club

Coaches:

Jeff O'Donnoghue

Boat Handlers;

Caitlin Kelly
Niamh Hehir
Martin Hehir
Jeff O'Donnoghue

Team Wales



Senior Events

Event	Name	Club
CM 1x	Bo Hughes	Mumbles Rowing Club
CW 1x	Lauren Pawson	Bath Minerva Rowing Club
CMix 2x	Ellie Byrne	Mumbles Rowing Club
	Daniel Bates	Shoreham Rowing Club
CINMix 2x	Miguel Ferreria De Lima	Llandaff Rowing Club
	Menna Sutton	Cariff University Club

U23 Events

Event	Name	Club
CBMix 2x	Dylan Balkwill	Hartbury University & College Boat Club
	Frances Katirewa	Swansea University Rowing Club

Junior Events

Event	Name	Club
CJM 1x	Hamish Gamble	Hereford Rowing Club
CJW 1x	Emily Lunt	Hexham Rowing Club
CJMix 2x	Max Roughton	Marlow Rowing Club
	Soraya Roughton	Marlow Rowing Club

Coaches:

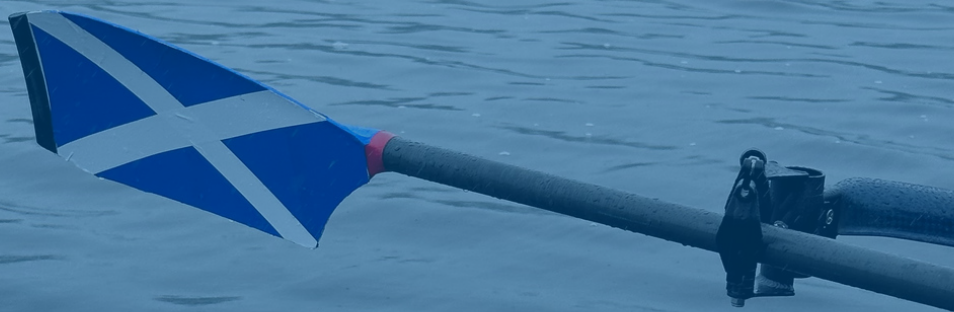
William King
James Walker

Boat Handlers;

Stephanie Welsh
William King
James Walker



Visit the Home International Rowing
site for more information



SCOTTISH
ROWING



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/ScottishRowing

Thank you for your attendance, we hope to
welcome you back again soon!