

PINCHING POSITIONS



ISLES OF SCILLY



2025

CATCHING NOT CRABS

GUIDE TO THE WORLD PILOT GIG CHAMPIONSHIPS

34TH

INTRODUCTION	3
RACE TIMETABLE.....	3
CREWS	5
TRAINING	5
SHIPPING OF GIGS / EQUIPMENT	6
KEY CONTACTS	7
WHATSAPP GROUP.....	7
GETTING TO SCILLIES.....	7
MAP OF ST MARY'S / HUGH TOWN	8
CATERING	9
REGATTA FEES.....	10
GETTING BOATS ON TO BEACH.....	10
TIDES AND CONDITIONS.....	11
EQUIPMENT & CHANGEOVERS	12
CLUB KIT.....	13
THE CHAMPIONSHIP	13
THE RACES.....	15
ROW OUT	17
RACING	17
SEA CONDITIONS.....	17
TEAMS TO LOOK OUT FOR	18
VIEWING POINTS.....	19
PHOTOGRAPHS & SOCIAL MEDIA.....	19
RAFTING UP	20
PUTTING GIGS & EQUIPMENT AWAY	20
PRESENTATIONS.....	21
AFTER PARTY.....	21
SHANTY SINGING.....	21
APPENDIX 1 – CREW CONTACTS & ADDRESSES.....	22
APPENDIX 2 – SEA SHANTIES.....	23
APPENDIX 3 – PACKING LIST.....	28
APPENDIX 4 – EATERIES	29
APPENDIX 5 – OS MAPS.....	30

Note: This guide contains information that should be considered sensitive (e.g. mobile numbers) and therefore must not be shared with a third party outside of Exmouth Gig Club.



INTRODUCTION



Having a few Scillies World Pilot Gig Championships under my own belt, I am familiar with the varying emotions that you are feeling right now representing Exmouth at this colossal gathering of Clubs from the UK and the world. That feeling when you prepare for your first race - from the moment you gather your kit bag and make your way to the beach, to the moment you join your crew and stroll to the water's edge with increasing confidence in your mind as you stand as a united crew and step into Shelly Maid.

You wave farewell to your peers and row off to the waiting line of the massing fleet of gigs awaiting the deafening command of "ROW!" from your Coxswain. This is what you've been waiting for.

Many of you, through your dedication at early morning sessions and indoor training have built yourselves up to this moment to prove your strength and strong will to those rowing with you. Remember your training, trust in your crew, and listen to your cox!

I look forward to hearing of all the tales of both your rowing prowess and your endurance at the post-competition festivities!

Forward and ready! Give them hell! Good luck Exmouth!

Jeff
Club Chairman

RACE TIMETABLE

Throughout the weekend it is extremely important to be on the beach when required, to either assist with launching and recovery or to get ready to race. For both the long and short races all crews need time to row to the start line.

We will need to get Shelly from the trailer onto the beach well in advance of each day of racing. As a guide all club members should expect to be ready by the trailer at the following times:

0830 FRIDAY 2ND MAY

0800 SATURDAY 3RD MAY

0800 SUNDAY 4TH MAY

Exact timings will be communicated the night before via WhatsApp. It's a full-on weekend so please be prepared to pretty much be on the go for the duration of it. Over the weekend crew coordinators will also communicate exact meet times to their crews so please ensure you are always contactable.



WPG0C 2025 TIMETABLE

FRIDAY 2ND MAY

0930 Vets Coxs' Meeting

1130 St Agnes Women Vets

1200 St Agnes Women Super Vets (To include Masters)

1200 Scillonian Arrive

1345 St Agnes Men's Vets

1415 St Agnes Open Super Vets (To include Masters)

1430 Scillonian Depart

1630 Nut Rock Women Vets

Followed by Nut Rock Women Super Vets

Followed by Nut Rock Women Masters Final

1800 Nut Rock Men's Vets

Followed by Nut Rock Men's Super Vets

Followed by Nut Rock Men's Masters Final

SATURDAY 3RD MAY

0830 Open Championship Coxs' Meeting

1000 Nut Rock Women Vets Final

1010 Nut Rock Women Super Vets Final

1045 Scillonian Arrive

1100 Nut Rock Men's Vets Final

1110 Nut Rock Men's Super Vets Final

1230 St Agnes Women Open Round 1

1400 St Agnes Men's Open Round 1

1515 Nut Rock Women Open Round 2

1630 Scillonian Depart

1700 Nut Rock Men's Open Round 2

SUNDAY 4TH MAY

1000 Nut Rock Womens Open Round 3

1145 Nut Rock Men's Open Round 3

1330 Nut Rock Womens Open Final

1530 Nut Rock Men's Open Final

1745 Presentation

Bold denotes races that Exmouth Gig Club have entered. Please note that for clarity **this guide** uses the term Men's to refer to the Open division. New for this year the CPGA rules are that the open division welcomes participants of all genders, while the Women's division is exclusively for individuals who were assigned female at birth.

CREWS

This year we have four crews entered in three different categories. The CPGA ruling is that every crew member must have a CPGA membership number AND be rowing for their registered club. They have also confirmed that if both criteria are met then swapping crew members is permitted (which is the case for those Vets & Supervets also taking part in the Open).

All Vets must be 40 years+ and Supervets must be 50 years+

The crews below are in race order. All crews are subject to change at any time.

Ladies' Supervets

Cox	Stroke	5	4	3	2	Bow
Charlie	Angela	Gina	Jules	Tamsin	Sarah	Linda

Men's Supervets

Cox	Stroke	5	4	3	2	Bow
Gina	Matt	Mark	Martin	Jeff	Allan	Ian

Ladies' Open

Cox	Stroke	5	4	3	2	Bow
George	Nikki	Meg	Joanna	Tamsin	Jules	Angela

Men's Open

Cox	Stroke	5	4	3	2	Bow
Gina	George	Steve	Charlie	Callum	Ollie	Andrew

TRAINING

Off the Water

It is primarily down to the crews to sort their own training off the water to ensure that they are training at a level / frequency suitable for the crew. Most are doing 3 / 4 sessions a week – predominantly on the erg but running, weights and HIIT sessions are all helpful.

Please continue to [log your efforts](#) on the training log. These are not shared with the crews but instead only with the captains and the coxes.

If you would like some suggestions for training, please contact the Race Captain (Steve) who has a back catalogue of ~~torture~~ exercises

On the Water

Thanks to all those that have provided their availability via Spond. Please try and give your crew coordinator plenty of time if you cannot make a session so that they can try to arrange for a substitute.

Sessions are short so please arrive early to assist with the launch / recovery / change overs. Once in the boat keep chat to a minimum and be ready to listen to the cox. During the sessions keep feedback brief, positive and actionable. Lengthy discussions about how to improve as a crew should be done on the shoreline.

As a rule of thumb Club Sessions have priority and loS training sessions will be scheduled outside of these core times e.g. before or after the Club Row on Saturday. The captains will confirm any changes with the crew coordinators.

SHIPPING OF GIGS / EQUIPMENT

We have favourable shipping dates this year. This means we will have access to our racing boats and oars longer than in previous events.

- Shelly Maid will be leaving the club, with two sets of oars on 31st March 2025*.
- The newly repaired Rodney Bey and Avocet will be available for training after this time.

This does mean that there will be four crews looking to train with less and less equipment so please be patient.



*At time of writing there has been some issues with the Gry Maritha (the islands freight boat) AND The Scillonian so this could change.

KEY CONTACTS

To ensure that one person isn't having to field all questions or ensure all crew members are present when they should be, your crew coordinators should be your first point of call should you have an issue. Their numbers are shown below.

Should the crew coordinator need clarification they can contact the Captains or a Committee Member for advice. When in the boat the coxes have ultimate control. All questions related to racing should be directed to the coxes directly.

NAME	ROLE	MOBILE
Jeff	Chairman	07969 758 419
Gina	Club Secretary & Coxswain (Men's)	07400 024 250
Steve	Race Captain	07824 662 744
George	Coxswain (Ladies)	07816 537 023
Charlie	Men's Captain, Coxswain (Ladies' Supervets) & Crew Co-ordinator (Men's Open)	07971 185 364
Angela	Crew Co-ordinator (Ladies' Supervets)	07958 656 633
Ian	Crew Co-ordinator (Men's Vets)	07841 594 496
Meg	Crew Co-ordinator (Womens's Open)	07473 283 332

WHATSAPP GROUP

The best way to communicate to all rowers is by a single "Whatsapp" group. This free app can be downloaded on to any smart phone and is what most crews are already using to coordinate training sessions.

A Scillies Chat for all those attending will be set up – **if you wish to opt out, please email us.**

GETTING TO SCILLIES

The Scillonian ferry sails from Penzance but you can fly from Exeter or Lands' End. If you haven't already secured your travel and accommodation then the best bet is to keep an eye on Facebook – particularly the "GigRower Members Forum" and "Thole Pin" groups. As people drop out due to injury, places will become available.

Let your crew co-ordinator know how you are getting over to the islands (and back) and how / when (Crew coordinators - see appendix 1). If you are flying do be aware that delays can be caused by fog or high winds. Please keep us up to date with any delays that could affect your participation.

If you need a lift to Penzance for a particular sailing check with your crew or use the online message board to see who else is travelling down.

The ferry comes into St. Mary's harbour in Hugh Town – which is also the finish line for the races. You can get smaller water taxis to the other islands from the same harbour. Luggage brought on the Scillonian will be delivered directly to your accommodation (this includes the campsite) so you don't need to look for it when you disembark.



MAP OF ST MARY'S / HUGH TOWN

Most boats are stored on Holgates Green and the surrounding streets, allowing for relatively easy launching down Rechabite Slip onto Town Beach. Some boats however are stored and launched from Porthmellon Beach (to the right of Town Beach).

Some of our early arrivals on the island will be tasked to locate our boat so that we know which beach will be used for change overs etc.

The scoreboard on Holgates Green displays all the crew and there movements up and down the groups (see "The Championship" section). It also shows the berths for the next race. Its usually a hive of activity.



- | | |
|------------------------|------------------------|
| Ferry terminal | Tourist Info Centre |
| Parking | Hospital/Health Centre |
| Historic/Cultural site | Defibrillator |
| Footpath | Public toilet |
| Road | Disabled toilet |
| Unmade road/track | Telephone |
| No dogs (May-Sept) | Place of worship |
| Results/presentations | Shower facilities |
| Race finish line | Police station |
| Race control | Post Office |
| The Tunnel | Baby changing |
| First Aid | Waiting room |

This year's World Pilot Gig Championships will see the return of **The Park**.

This has a 3 x 2m screen showing live action from the racing – which beats squinting at your mobile phone while its buffering like mad.

There's even a bar run by Old Town Inn – might be best to save that for AFTER the racing?!

The Tunnel is the hub for rower centric food and hot / cold drinks

CATERING

Catering can be tricky on a small island with a limited number of restaurants and thousands of hungry rowers! If you do want to eat in a restaurant you will need to book way in advance.

There is a Co-op in Hugh Town which is well stocked but small. This gets huge queues on Friday afternoon and throughout Saturday and Sunday. The best thing to do is to go as soon as you get off the ferry. Bring whatever gels, hydration tablets or sports drinks you need with you.



There is an excellent catering tent for the event that is found near the slipway down to the beach – known as “The Tunnel”. It serves hot and cold food as well as hot and cold drinks. Its mass catering (chilli and rice etc) but it’s geared towards rowers, of decent quality and good value. They take cash or card.

All profits from The Tunnel go towards the running of the event so it’s also a great way of supporting the championship. The tunnel remains open 1 hour after the last race of the day.

REGATTA FEES

This year we are asking all rowers to contribute £35 towards the cost of taking part in this regatta - It costs the club far more than this to tow / ship the gigs to the islands and to cover the entry fee.

Preferred method is via BACS / online payment. Please send your £35 to:

TSB Bank.
Sort Code: **77-10-05**
Account Number: **32813268**

Please put your IOS and you surname as the reference, so we know who is paying into the account and for what. Payment must be made before we head to the Scillies.

GETTING BOATS ON TO BEACH

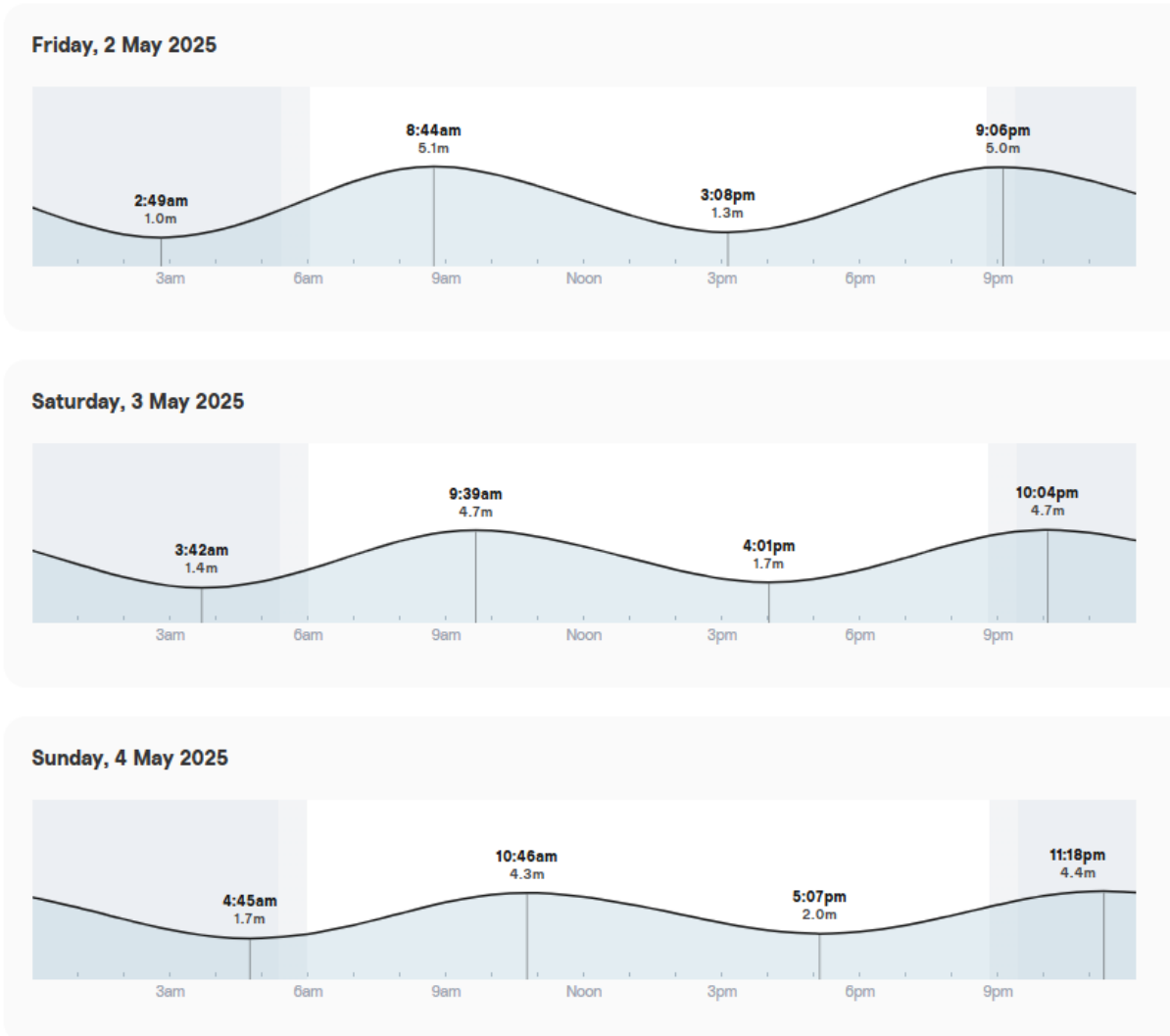
All the gigs are stored on trailers throughout Hugh Town. The first job is to find where our boat is! Once located all those attending the World Champs are expected to help regardless of their racing times.

There is a slipway next to the catering tent which gives access to the beach. Traditionally we have gone to the far side (away from the harbour) as there is more space, but it’s all done on a first come, first served basis.

Its likely that we need to bring Shelly back to the trailer each night (Town Beach will be covered by the high tides), but once established, we will try and keep our “spot” throughout the weekend.



TIDES AND CONDITIONS

Spring tides in the Isles of Scilly have a range of up to 6.1m whereas neap tides have a range of about 2.44m.



You can view a webcam for the current state of the tide [here](#).

The sunsets on the Isles of Scilly can be spectacular and with the sun setting over St Mary’s Quay and out beyond Samson, Hugh Town is a great place to watch it.

Date	Sunrise 	Sunset 
Friday 2nd	06:01	20:44
Saturday 3rd	05:59	20:45
Sunday 4th	05:58	20:47





EQUIPMENT & CHANGEOVERS

You are responsible for the kit you will be using – do NOT rely on others to check it for you. Before going out to race please ensure the following is sorted.

- Make sure you know where your oar is and that the leather is vaselined to your liking.
- Check that your pins are undamaged and the correct way around.
- Check that your stretcher is in the right place and that the metal bar is secured.
- Check that your seat is in the right position and that the straps are done up. Tuck a spare soft pin under your seat.

Don't take more than you absolutely need in the boat but do ensure that you have the hydration you need and layers that can keep you warm on the row out, but you can remove before racing.

Slick change overs are vital to ensure that crews have ample time to row to the start without added pressure of being disqualified for missing their race. Once you have concluded your race and the boat is beached the following should be done with a sense of urgency:

- Oars should be stowed down the boat as you reach the beach. Coxes will guide crews on this.
- All clothing / water bottles and other personal kit removed.
- Any rubbish removed e.g. wrappers, tape, plasters etc.
- Take any broken pins with you and warn the rower taking your place.
- (All booze bottles, cans, bottle tops etc. after rafting up removed)
- Exit from the bow quickly.
- Assist crew taking over by holding the boat steady and helping launch the boat.

CLUB KIT

Please double check ahead of the weekend what colour your crew is rowing in. This can either be the black kit (white logo) OR the bright orange (black logo).

The current choices for the crews can be seen below.

Vest or T-Shirt style are down to personal preference. With regards to all other kit (e.g., shorts, leggings etc) try and keep with the black and orange theme.

**LADIES'
SUPERVETS**



MEN'S VETS



LADIES' OPEN



MEN'S OPEN



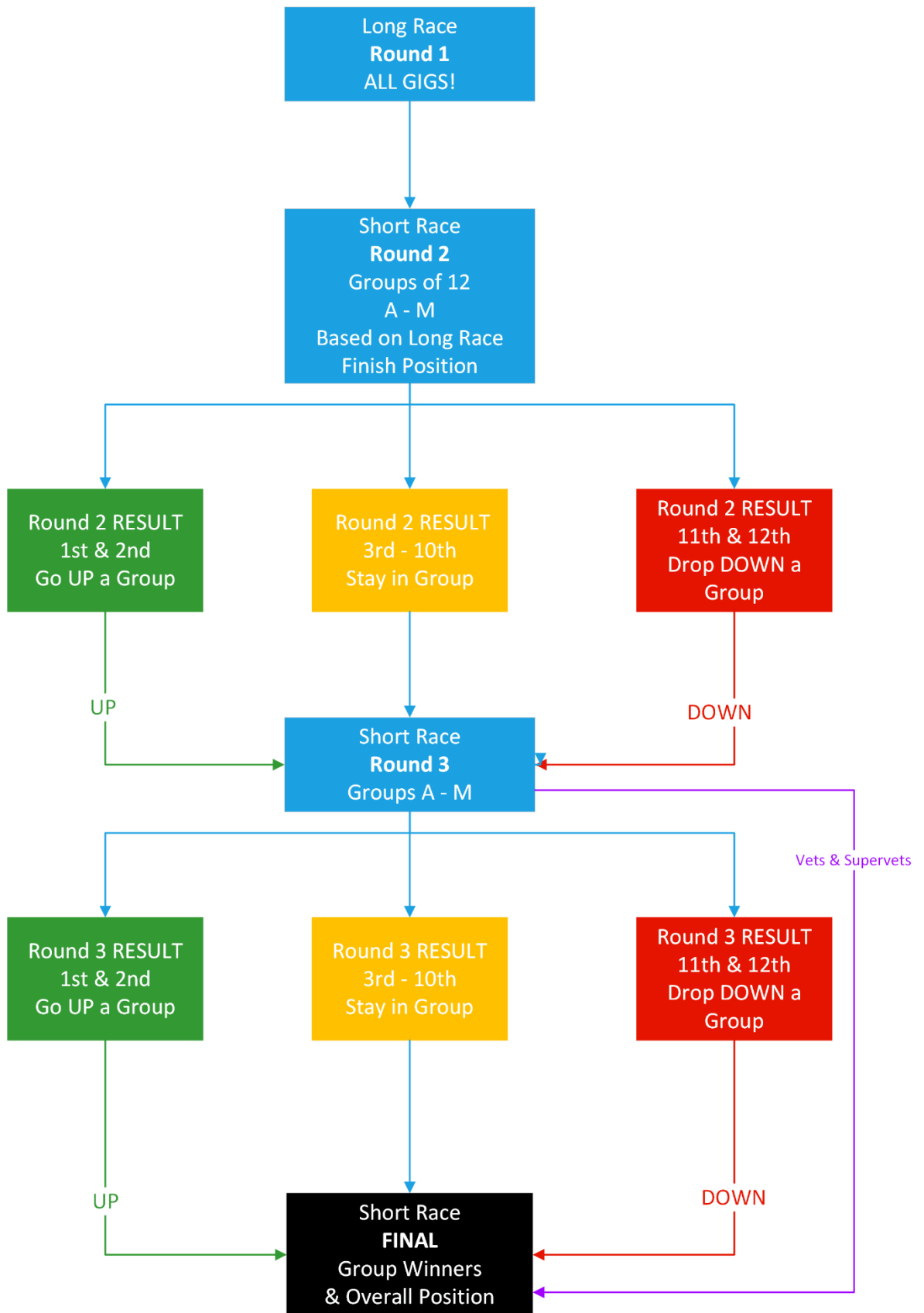
THE CHAMPIONSHIP

The premise of the Championship is relatively simple. There is one “long” race and three “short” (two for the vets and Supervets). The long race is a basic time trial which splits the crews into groups. The crews then battle it out within their groups over two heats (one for Vets / Supervets) and a final.

The Long Race (aka St. Agnes to St. Marys) sees gigs ALL boats racing together! The faster the crews complete the course the higher the group of 12 they will be placed in for the heats. It is carnage! There will be collisions, tangled oars, and lots of swearing...

The Heats (aka Short Races or Nut Rock) allow teams to move groups. The first two finishing their heat will go up a group the bottom two drop down.

In the final the slower groups head off first (from M to A) a winner from each group is declared. Group A – the final group - will contain the overall winners.



THE RACES

Long Race aka The St Agnes Race

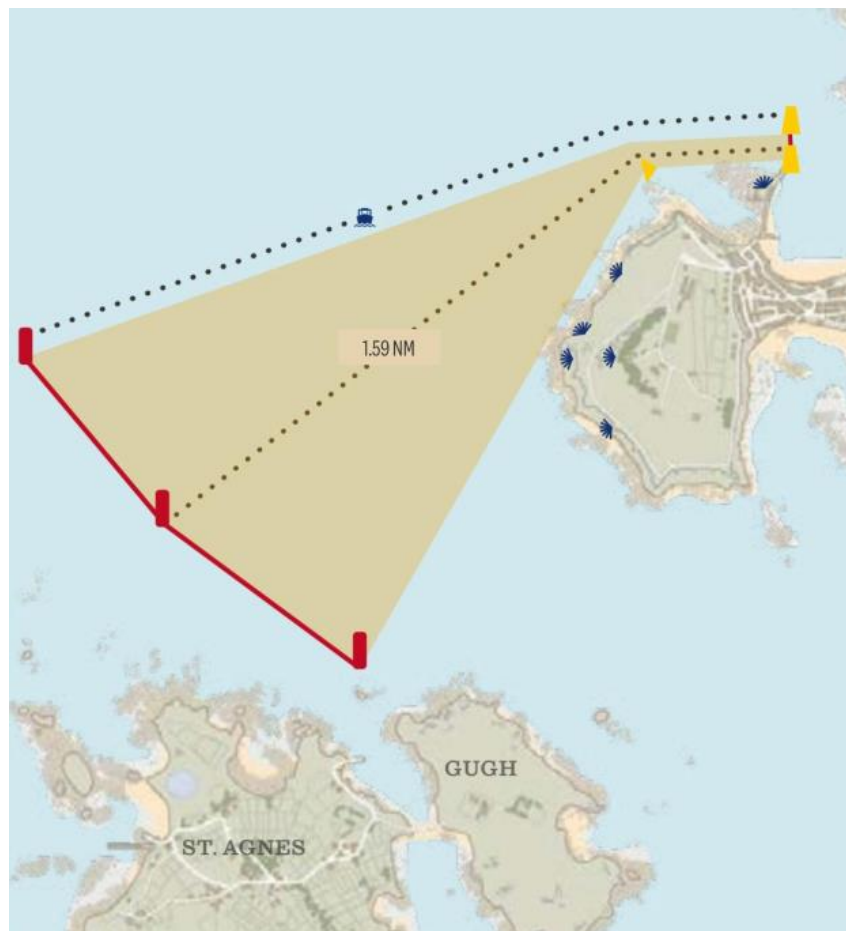
1.6 Nautical Miles (1.84 Miles or 2.96km)

Goes from the Island of St. Agnes and makes a dog leg before heading back into the Harbour in St. Mary's. Unlike most other regattas there aren't really any turns to make. The sheer number of boats combined with the swell and funnelling towards the harbour are why the coxes need to be tactically astute.

The gigs are arranged alphabetically, and the start line is set up so that no crew has an unfair advantage in terms of distance raced. Your boat must start within the boundaries of your allotted section. All completing crews/gigs start this race at the same time.

Each boat must be behind the start line when the start signal is announced. There will be no warnings if you have not done this: you will be disqualified, and notified after the race has been completed. This has happened to some BIG crews in recent years (Looe) who then had to sit out the rest of the weekend. The Long Race is done only once and is used to work out the initial groups.

Checkout this onboard footage from the [Men's](#) and [Women's](#) races.



■ Start buoy ▶ Turn mark ▭ Finish line 🌀 Viewing point ● Lane buoy ▭ Start boat 🚌 Spectator boats

Short Race aka Nut Rock

1.18 Nautical Miles (1.35 Miles or 2.18km)

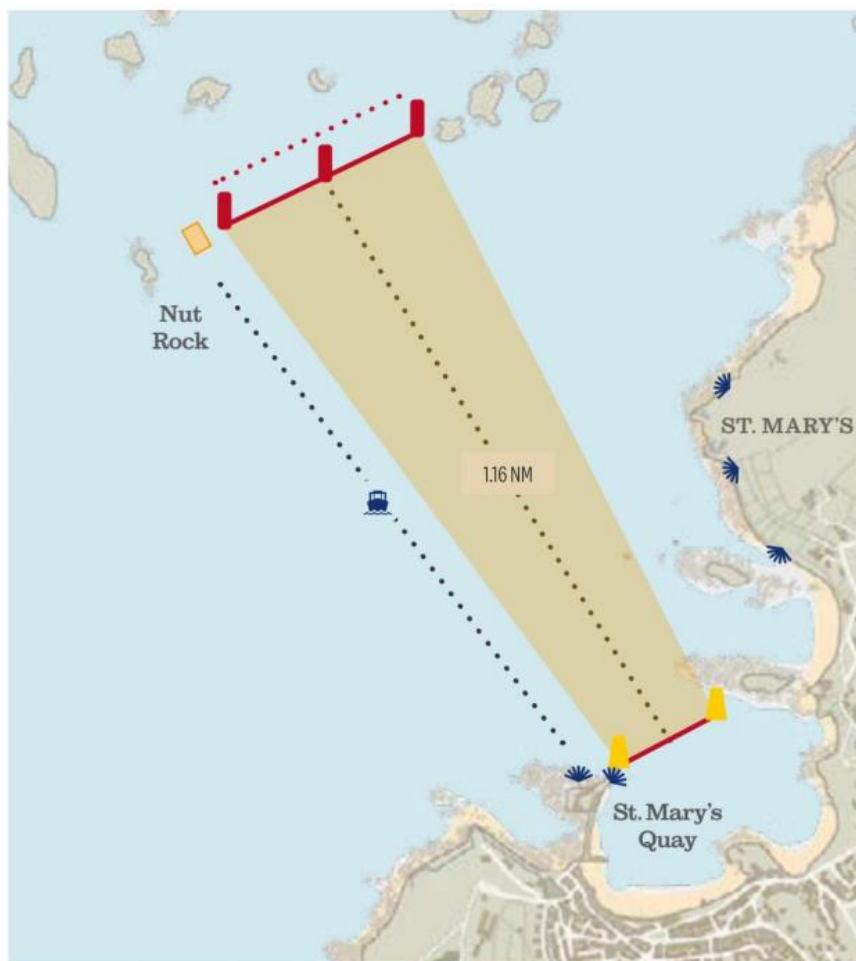
Starts just off the coast of Tresco and north-west of Samson. This is a straight-line sprint back to the harbour in St. Mary's.

Based on your positions in the St. Agnes race you will be split up into groups of 12. Each of these groups are given a letter (first 12 are in Group A, 13-24 are in Group B, and so on)

All categories - Open, Vets and Supervets - will compete in the first Nut Rock race (Round Two) for that category. The top 12 boats from the Vets and Supervets will compete in the Nut Rock Finals, which will take place on Saturday. In the Open races, there will be three Nut Rock Races - Rounds Two and Three, then the Finals.

The top two boats from each group will move up a group, while the last two boats will go down a group. Everyone who finished 3rd – 10th will remain in the same Group. The Races themselves will take place in descending order; Group A will always be the last group to race each set.

Again, you can check out some onboard footage of the [Men's race in 2019](#).



■ Start buoy ▶ Turn mark ▲ Finish line 🚤 Viewing point • Lane buoy 🚢 Start boat 🚤 Spectator boats

ROW OUT

All the crews must row out to the start line prior to their races. This can go 30 minutes for the long race (particularly if the weather is bad) and 10/15 minutes for the short races. Once at the start gigs may need to wait for some considerable time before they are called forward and racing starts.

This means it's important to

- a.) be mentally prepared to row the distance twice and
- b.) that you are dressed appropriately for both the row out and the race back.

RACING

The rules for racing are as per CPGA guidelines but the coxswains may be given last minute instructions and will have the confirmed "bay" that your crew will start in.

When your group is called forward to race boats line up between marker bouys on the start line. Pay attention as the cox may require you to take a stroke or back up to avoid going over the line before the race starts.

You will go off too fast and try to pull too much power. It's the biggest race of your gig rowing year so it's going to happen. Remember your form and settle into your sustainable race pace as soon as you can. Listen to your cox for instructions and don't pay attention to other boats and what they are doing.

DO NOT stop rowing when you cross the finishing line. Your body will be screaming at you to stop (at least it should be!) but doing so could cause your crew to be disqualified. The finish area must be kept clear of boats.

Race every race as if it's your last – if the weather changes and racing is cancelled it's your last result that is counted. Don't try to be tactical and drop down a group so you have a chance to win a lesser group – it's all about the overall finishing position.

SEA CONDITIONS

Sea conditions around the Scillies can be very windy and choppy.

Unlike Exmouth where wind and tide often create small, irregular, chop the Scillies tend to see larger and regular ground swell. If conditions are like this, heavier boats will smash through swell better and keep momentum. Coxes will try and catch waves if possible – which is an amazing feeling!




Do not be apprehensive about the conditions. The organisers would not allow the event to proceed if conditions didn't allow crews to row safely. Additionally, Exmouth rowers are used to unfavourable conditions out at sea - other clubs train on lakes, in harbours and on rivers far from the sea. We are made of sterner stuff!

The weather will have an impact on the weekend in some way or another. Fog may reduce the number of rounds; torrential rain isn't uncommon and nor is blistering heat. Make sure that you have the right kit with you for the conditions – not just when you leave the beach but for weather than can change in minutes.

Even if the weather seems kind consider taking out a waterproof jacket to row out to the start of the race – it may not be suitable to race in but if you can keep warm and dry until the last moment then you'll be thankful for it.

TEAMS TO LOOK OUT FOR

2025 Winners

Position	Womens' Supervets	Men's Supervets	Womens' Vets	Men's Vets	Womens' Open	Men's Open
	MOUNTS BAY ICTIS	CARRADON ANN GLANVILLE	FALMOUTH BLACK ROCK	FALMOUTH BLACK ROCK	FOWEY Q	LOOE CURRAH'S PRIDE
	ILFRACOMBE LIGHTNING	ROSLAND POLVARTH	CHARLESTOWN SPRIGGAN	CARRADON ANN GLANDVILLE	HELTFORD MORGAWR	FALMOUTH BLACK ROCK
	ROSELAND TEMPLAR	ILFRACOMBE LIGHTNING	PORTHLEVEN ENERGENTIC	ST AGNES CETEWAYO	CARRADON AN DHOWRLANN	ST MARY'S ZELDA

It's likely we will see the top three crews coming from Carradon, Falmouth and Looe but Helford and Fowey will be looking to pick up some silverware. The island clubs tend to do well as they know the waters and Cornish clubs generally do better than other counties – although that gap is narrowing.

Some clubs will have more than one boat due to their performance at the 2024 and some are offered a “wildcard” second entry from the CPGA.

VIEWING POINTS

- *Friday night* – watch from the hill up by the Garrison Campsite. Great view of the Vets & Supervets doing the long race for those not taking part. Too far away for Saturday / Sunday as changeovers need to be quick. Spectator boats are a popular way to view the vets races.
- *Saturday / Sunday* – harbour wall is the most popular spot. Again, there are spectator boats which you can go out on – this will get you very close to the action. Please only do this if you are not racing next.



PHOTOGRAPHS & SOCIAL MEDIA

Please share any photos you take on the Exmouth Gig Rowers Facebook page. You can also send them to 07800 739 010 via WhatsApp (please select HR when doing so) so that they can be used on Instagram and on the website.

Try and take photos of those Exmouth crews racing when you aren't. They'll appreciate seeing the photos after their herculean efforts and I'm sure you will too when it's your turn. We will endeavour to take both crew and club photos on Saturday morning.

Often the sponsors of the event will have a camera boat out on the water which will be uploaded to the gigrower.com website / Facebook page. If you see a camera out there – smile!

RAFTING UP

This is unique in sport; a chance for all the competitors to watch the best crews in the world fight it out to become champions. As boats finish their races they come together and raft up. Oars are lifted vertically as a salute to the winning team crossing the line. It's an epic moment!

For the final race the tradition is to stow drink(s) of your choice in your boat to toast the rowers in your group as well as the winners. Port and rum are favourites but bring whatever you want.

Rafting happens for the ladies final and then again for the men... at least that's the plan. This has been reversed due to fog in some years.



PUTTING GIGS & EQUIPMENT AWAY

When the men's event has concluded with Shelly Maid on the beach **ALL members should assist with returning the boat** to its trailer and getting it ready for travel. Much like unloading of the boats on to the beach everyone is expected to help regardless of when they finished rowing.

This must be done with care as last year Rodney was damaged quite badly when she was dropped. As much as we are all keen to enjoy the Sunday night the safe return of the boat takes precedent.

PRESENTATIONS

Presentations are made on the stage next to the catering tent. If we put away the gigs in a timely manner, there is plenty of time for all to attend should they wish to do so.

Should Exmouth Gig Club win a group then attendance will take priority!

AFTER PARTY

After the racing has long finished the event is far from over! The general idea is to get showered, changed and back to the Atlantic (see appendix 4) as soon as possible to grab some tables.

This is usually followed by singing (see below) and after closing time some of us will be heading to the basement of the Mermaid... not for the faint hearted!

SHANTY SINGING

We have a bit of a name for singing – a reputation we are keen to reinforce. All the songs are simple to pick up and even if you don't think you've got a great voice once the Tribute starts following and the singing starts its pretty infectious!

If you want to get ahead and learn the tunes, if not the words, then check out the Sea Shanties part of the website.

APPENDIX 1 – CREW CONTACTS & ADDRESSES

Seat	CONTACT	MOBILE	ACCOMMODATION
LADIES' SUPERVETS			
Stroke	Angela ©	07958 656 633	Mincarolo, St Mary's
5	Gina	07400 024 250	Gweal cottage, St Mary's
4	Jules	07977 555 771	Mincarolo, St Mary's
3	Tamsin	07788 201 165	Kistvaen, Sally Port, St Mary's
2	Sarah M	07899 736 532	Tregarthens Hotel, St Mary's
Bow	Linda	07903 780 143	Gweal cottage, St Mary's
MEN'S VETS			
Stroke	Matt	07877 014 922	The Garrison (Camping), St Mary's
5	Mark	07513 170 074	Mincarolo, St Mary's
4	Martin	07738 041 691	Tregarthens Hotel, St Mary's
3	Jeff	07969 758 419	The Garrison (Camping), St Mary's
2	Allan	07914 414 746	Gweal cottage, St Mary's
Bow	Ian ©	07841 594 496	Tregarthens Hotel, St Mary's
LADIES' OPEN			
Stroke	Nikki W	07970 341 130	Mincarolo, St Mary's
5	Meg ©	07473 283 332	Gweal cottage, St Mary's
4	Joanna	07595 772 354	TBC
3	Tamsin	07788 201 165	Kistvaen, Sally Port, St Mary's
2	Jules	07977 555 771	Mincarolo, St Mary's
Bow	Angela ©	07958 656 633	Mincarolo, St Mary's
MEN'S OPEN			
Stroke	George	07816 537 023	The Barn, Off Church Rd, St Mary's
5	Steve	07824 662 744	The Barn, Off Church Rd, St Mary's
4	Charlie ©	07762 044 279	The Garrison (Camping), St Mary's
3	Callum	07759 456 894	The Garrison (Camping), St Mary's
2	Ollie	07800 739 010	Mincarolo, St Mary's
Bow	Andrew	07809 617 835	The Garrison (Camping), St Mary's

© Denotes a crew co-ordinator

APPENDIX 2 – SEA SHANTIES

Drunken Sailor

What do you do with a drunken sailor?
What do you do with a drunken sailor?
What do you do with a drunken sailor?
Earl-eye in the morning!

*Chorus – Hoo ray and up she rises
Hoo ray up she rises
Hoo ray up she rises
Earl-eye in the morning*

Shave his belly with a rusty razor
Shave his belly with a rusty razor
Shave his belly with a rusty razor
Earl-eye in the morning!

(chorus)

Put him in the hold with the Captain's daughter
Put him in the hold with the Captain's daughter
Put him in the hold with the Captain's daughter
Earl-eye in the morning!

(chorus)

Stick him in a barrel with a hosepipe on him
Stick him in a barrel with a hosepipe on him
Stick him in a barrel with a hosepipe on him
Early in the morning

(chorus)

Throw him in the lock-up 'til he's sober
Throw him in the lock-up 'til he's sober
Throw him in the lock-up 'til he's sober
Earl-eye in the morning!

(chorus)

South Australia

In South Australia I was born,
Heave away, Haul away!
In South Australia, round Cape Horn,
Bound for South Australia

*Chorus – Haul away your rolling king,
heave away, haul away
Haul away, you'll hear me sing,
We're bound for South Australia*

As I walked out one morning fair,
heave away, haul away
'Twas there I met Miss Nancy Blair,
We're bound for South Australia

(chorus)

There's just one thing that's on my mind,
heave away, haul away
That's leaving Nancy Blair behind,
We're bound for South Australia

(chorus)

And as we wallop round Cape Horn,
heave away, haul away
You'll wish to God you've never been born,
We're bound for South Australia

(chorus)

In South Australia I was born,
heave away, haul away
In South Australia, 'round Cape Horn,
We're bound for South Australia

(chorus)

Gawn' up Camberne 'ill

Gawn' up Camberne 'ill, comin' down.
Gawn' up Camberne 'ill, comin' down.
The 'osses stood still, the wheels went aroun',
Gawn' up Camberne 'ill, comin' down.

White stockans, white stockans, she wore,
White stockans, white stockans, she wore,
White stockans she wore, the same as before,
Gawn' up Camberne 'ill, comin' down.

I knawed 'er ol' feether, old man,
I knawed 'er ol' feether, old man.
I knawed 'er old man, 'ee blawed in the band,
Gawn' up Camberne 'ill, comin' down.

I 'ad her, I 'ad her, I did.
I 'ad her, I 'ad her, I did.
I 'ad her I did, it cost me a quid,
Gawn' up Camberne 'ill, comin' down.

Oh please have a baby by me,
Oh please have a baby by me.
I'm young and I'm strong, won't take very long,
Gawn' up Camberne 'ill, comin' down.

We 'eaved on more coal for more steam,
We 'eaved on more coal for more steam.
The steam 'it the beam, the wheels went aroun',
Gawn' up Camberne 'ill, comin' down.

Gawn' up Camberne 'ill, comin' down.
Gawn' up Camberne 'ill, comin' down.
The 'osses stood still, the wheels went aroun',
Gawn' up Camberne 'ill, comin' down.

An' we pushed the damper in an' we pulled the
damper out,
An' the smoke went up the chimney just the same.
An' we pushed the damper in an' we pulled the
damper out
An' the smoke went up the chimney just the same.
An' the smoke went up the chimney,
An' the smoke went up the chimney,
An' the smoke went up the chimney,
An' the smoke went up the chimney just the same.

Old-time Religion

Chorus – *Won't you give me that me that*
Old-time religion
Won't you give me that me that
Old-time religion
Won't you give me that me that
Old-time religion
It's good enough for me

It was good for me mother
It was good for me mother
It was good for me mother
And it's good enough for me

(Chorus)

It will save from the fiery furnace
It will save from the fiery furnace
It will save from the fiery furnace
And it's good enough for me

(Chorus)

It was good for Exmouth Gig Club
It was good for Exmouth Gig Club
It was good for Exmouth Gig Club
And it's good enough for me

(Chorus)

It'll take you up to 'eaven
It'll take you up to 'eaven
It'll take you up to 'eaven
And it's good enough for me

(Chorus)

Roll the Old Chariot Along

Gig arse and a blister
wouldn't do us any harm
Gig arse and a blister
wouldn't do us any harm
Gig arse and a blister
wouldn't do us any harm,
...and we'll all hang on behind

*Chorus – And, we'll roll the old chariot along,
we'll roll the old chariot along,
we'll roll the old chariot along
and we'll all hang on behind*

Oh, a night in the Mermaid
wouldn't do us any harm,
Oh, a night in the Mermaid
wouldn't do us any harm,
Oh, a night in the Mermaid
wouldn't do us any harm,
Oh, a night in the Mermaid
wouldn't do us any harm,
...and we'll all hang on behind

(chorus)

Oh, Capt'n Cook
wouldn't do us any harm... (x4)
...and we'll all hang on behind

(chorus)

Oh, thirty strokes a minute
wouldn't do us any harm... (x4)
...and we'll all hang on behind

(chorus)

Oh, beaching Shelly Maid
wouldn't do us any harm... (x4)
...and we'll all hang on behind
(chorus)

Cornwall My Home

I've stood on Cape Cornwall
in the sun's evening glow
On Chywoone Hill at Newlyn
to watch the fishing fleets go
Watched the sheave wheels at Geevor
as they spun around
And heard the men singing
as they went underground

Chorus – And no one will ever
move me from this land,
Until the Lord calls me
to sit at his hand,
For this is my Eden,
and I'm not alone,
For this is my Cornwall
and this is my home.

I've left childish footsteps
in the soft Sennen sand,
I've chased the maids down there,
all giggly and tanned,
I've stood on the cliff top
in a westerly blow,
And heard the waves thunder
on the rocks far below

(chorus)

First thing in the morning,
on Chapel Carn Brea,
To gaze at the Scillies
in the blue far away,
For this is my Cornwall,
and I'll tell you why,
Because I was born here
and here I shall die.

(chorus)

...Yes, this is my Cornwall
And this my home

Trelawny (Cornish National Anthem)

A good sword and a trusty hand!
A merry heart and true!
King James's men shall understand
What Cornish lads can do!

And have they fixed the where and when?
And shall Trelawny die?
Here's twenty thousand Cornish men
Will know the reason why!

*Chorus – And shall Trelawny live?
And shall Trelawny die?
Here's twenty thousand Cornish men
Will know the reason why!*

Out spake their Captain brave and bold:
A merry wight was he:
'If London Tower were Michael's hold,
We'd set Trelawny free!

'We'll cross the Tamar, land to land:
The Severn is no stay:
With "one and all," and hand in hand;
And who shall bid us nay?

(Chorus)

'And when we come to London Wall,
A pleasant sight to view,
Come forth! come forth! ye cowards all
Here's men as good as you.

'Trelawny he's in keep and hold;
Trelawny he may die:
But twenty thousand Cornish bold
Will know the reason why!

(Chorus)

Little Lize

The other night I had a dream,
The funniest dream of all
I dreamt that I was kissing you.
Behind the garden wall
And she said...

*Chorus – Little eyes I love you (honey)
Little eyes I love you,
I love you in the springtime and the fall
(honey, honey, honey)
Little eyes I love you (honey)
Little eyes I love you
I love you the best of all
(honey, honey, honey)*

I took my honey home last night,
Beneath the spreading pine;
I placed my arms around her waist,
And pressed her lips on mine.
And she said...

(Chorus)

I went to call, for my best girl.
Her bulldog flew at me.
(woof!)
And bit me in the old back porch,
Right near the maple tree.
And she said...

(Chorus)

It was not you, that I did see
Behind the garden wall
It was my wife a'looking at me
She looked so big and tall
And she said...

(Chorus)

Oh tell me honey, tell me true,
Who is your turtle dove?
Oh tell me honey, tell me do,
Who is the one you love?
And she said...

(Chorus)

Bohemian Rhapsody

(Not a shanty BUT a tradition!)

Is this the real life?
Is this just fantasy?
Caught in a landslide,
No escape from reality.

Open your eyes,
Look up to the skies and see,
I'm just a poor boy, I need no sympathy,
Because I'm easy come, easy go,
Little high, little low,
Any way the wind blows doesn't really matter to me,
to me.

Mama, just killed a man,
Put a gun against his head,
Pulled my trigger, now he's dead.
Mama, life had just begun,
But now I've gone and thrown it all away.

Mama, ooh,
Didn't mean to make you cry,
If I'm not back again this time tomorrow,
Carry on, carry on as if nothing really matters.

Too late, my time has come,
Sends shivers down my spine,
Body's aching all the time.
Goodbye, everybody, I've got to go,
Gotta leave you all behind and face the truth.

Mama, ooh (Any way the wind blows),
I don't want to die,
I sometimes wish I'd never been born at all.

I see a little silhouette of a man,
Scaramouche, Scaramouche, will you do the Fandango?
Thunderbolt and lightning very, very frightening me.
(Galileo) Galileo.
(Galileo) Galileo,
Galileo Figaro
Magnifico-o-o-o-o.

I'm just a poor boy, nobody loves me.
He's just a poor boy from a poor family,
Spare him his life from this monstrosity.
Easy come, easy go, will you let me go?
Bismillah! No, we will not let you go. (Let him go!)
Bismillah! We will not let you go. (Let him go!)
Bismillah! We will not let you go. (Let me go!)
Will not let you go. (Let me go!)
Never let you go (Never, never, never, never let me go)

Oh, oh oh oh
No, no, no, no, no, no, no, no
Oh, mama mia, mama mia
(Mama mia, let me go.)
Beelzebub has a devil put aside for me,
for me,
for me.

So you think you can stone me and spit in my eye?
So you think you can love me and leave me to die?
Oh, baby, can't do this to me, baby,
Just gotta get out,
just gotta get right outta here!

(Ooooh, ooh yeah, ooh yeah)

Nothing really matters,
Anyone can see,
Nothing really matters,
Nothing really matters to me.

Any way the wind blows...

APPENDIX 3 – PACKING LIST

Below is a non-exhaustive list which may help you ensure you've got everything you need on the islands. Obviously if you're camping you will be bringing a lot more kit. Add or subtract from the below to adapt for your personal preferences and circumstances.

IN BOAT

- Beanie
- Cap / Visor
- Sunglasses
- Waterproof Jacket
- Mid-layer / Fleece
- Club Singlet or T-Shirt
- Shorts / Leggings
- Trainers / Wet Shoes
- Dry Bag (Small)
- Water bottle
- Foot Straps / Rope
- Heart Rate Monitor
- Rowing Gloves (if used)

TOILETRIES

- Suncream
- Lip Balm with SPF
- Anti-chaffing Stick
- Blister Plasters
- Antiseptic Wipes
- Kinesiology Tape
- Personal Medication(s)
- Anti-inflammatories
- Pain Killers
- Deep heat
- Shaving Kit
- Deodorant
- Shampoo / Conditioner
- Shower Gel / Soap
- Toothbrush & Paste

ON SHORE

- Isotonic Drink Tablets
- Gels / Energy Snacks
- Bananas / Apples
- Mug / Thermos
- Quick Dry Towel
- Tracksuit Bottoms
- Camping Chair
- Binoculars
- Camera
- Drink(s) for Raft Up
- Day Bag
- Phone & Waterproof Case
- Flip-Flops

NON-ROWING KIT

- Sleepwear
- Party clothes (!)
- Socks
- Underwear
- Swim Kit
- T-Shirts / Tops
- Trousers / Shorts
- Jumper for evenings
- Down Jacket
- Spare (dry) trainers

CAMPING KIT

- Tent
- Sleeping Bag
- Mat & Pillow
- Headtorch
- Camping Stove
- Mess Kit
- Cooking Equipment
- Food supplies
- Pocket knife
- Extra guy lines & pegs
- Dry bag(s)
- Ear plugs
- Insect repellent

MISCELLANEOUS

- Ferry / Flight Booking
- Accommodation Booking
- Cash & Card
- Sea Sickness Tablets
- Headphones
- Prescription glasses
- Charger(s) & Cables
- Battery pack

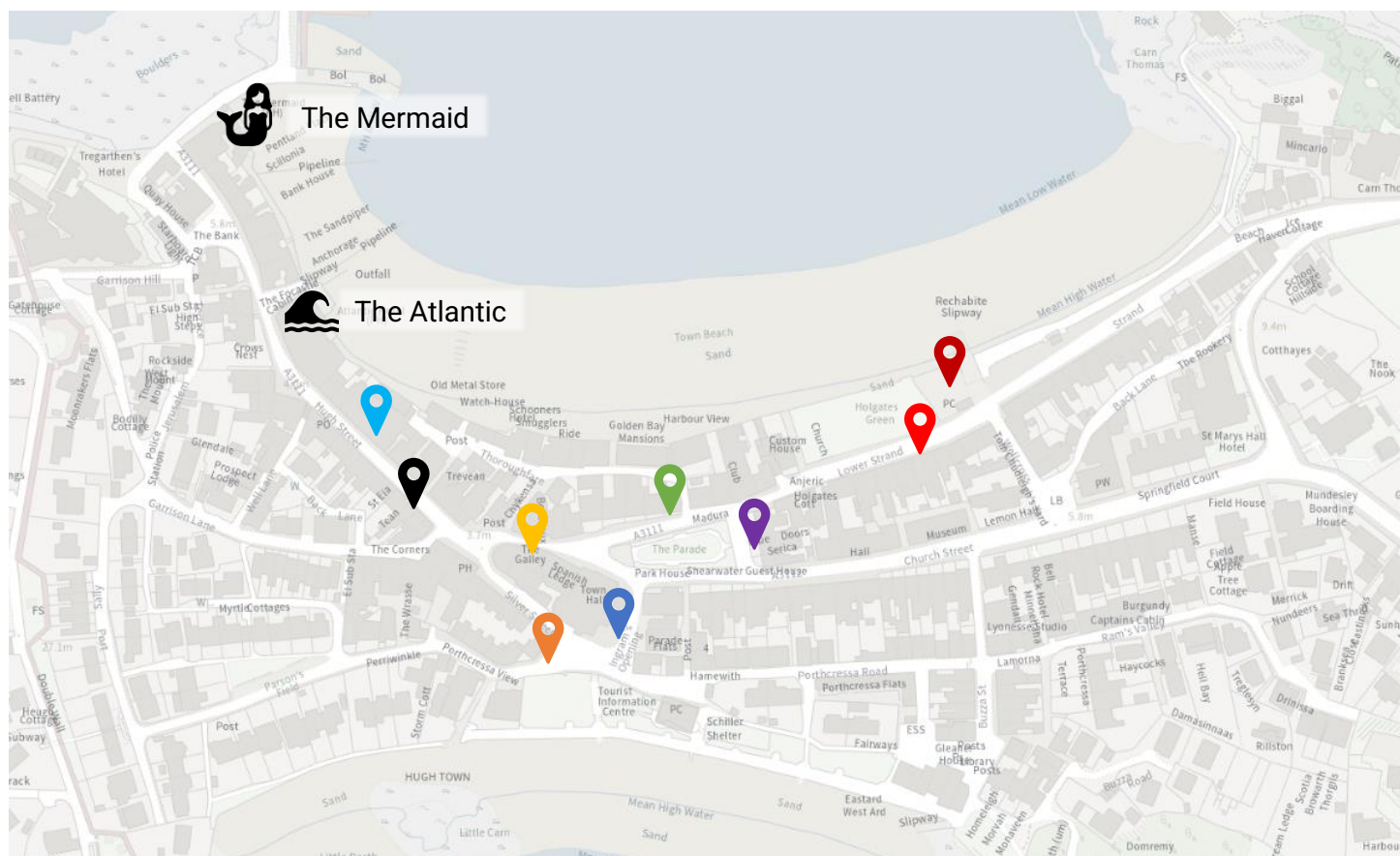
APPENDIX 4 – EATERIES

St. Mary's may be a small island, but it's not short on places for hungry rowers to eat. While restaurants are easy to locate, securing a table is the real challenge!

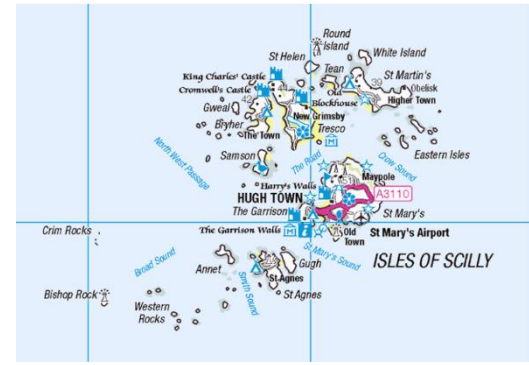
Below you'll find a curated selection of eateries where you can pick up delicious food to enjoy at scenic spots around the island or popular gathering places for club rowers.

Be advised: expect significant queues at all locations. While this information is accurate at the time of writing, the island's dining options tend to evolve rapidly, with new establishments appearing and others closing with little notice.

Scilly Fish		Fish & Chips	https://w3w.co/swing.rocky.windmills
Poms Thai Takeaway		Thai	https://w3w.co/comply.ambition.denote
The Galley		Fish & Chips	https://w3w.co/innovate.noses.slip
The Scillonian Club		Various	https://w3w.co/alcove.prepped.correctly
High Street Cafe		Café Food	https://w3w.co/purified.frostbite.sunk
Co-Op		Supermarket	https://w3w.co/factories.raven.excuse
Ned & Fins		Ice cream	https://w3w.co/dislikes.imprints.crossings
The Canteen		Pizza & Pasties	https://w3w.co/magazine.engulfing.enacted
The Tunnel		Mass Catering	https://w3w.co/thudding.firelight.skunks

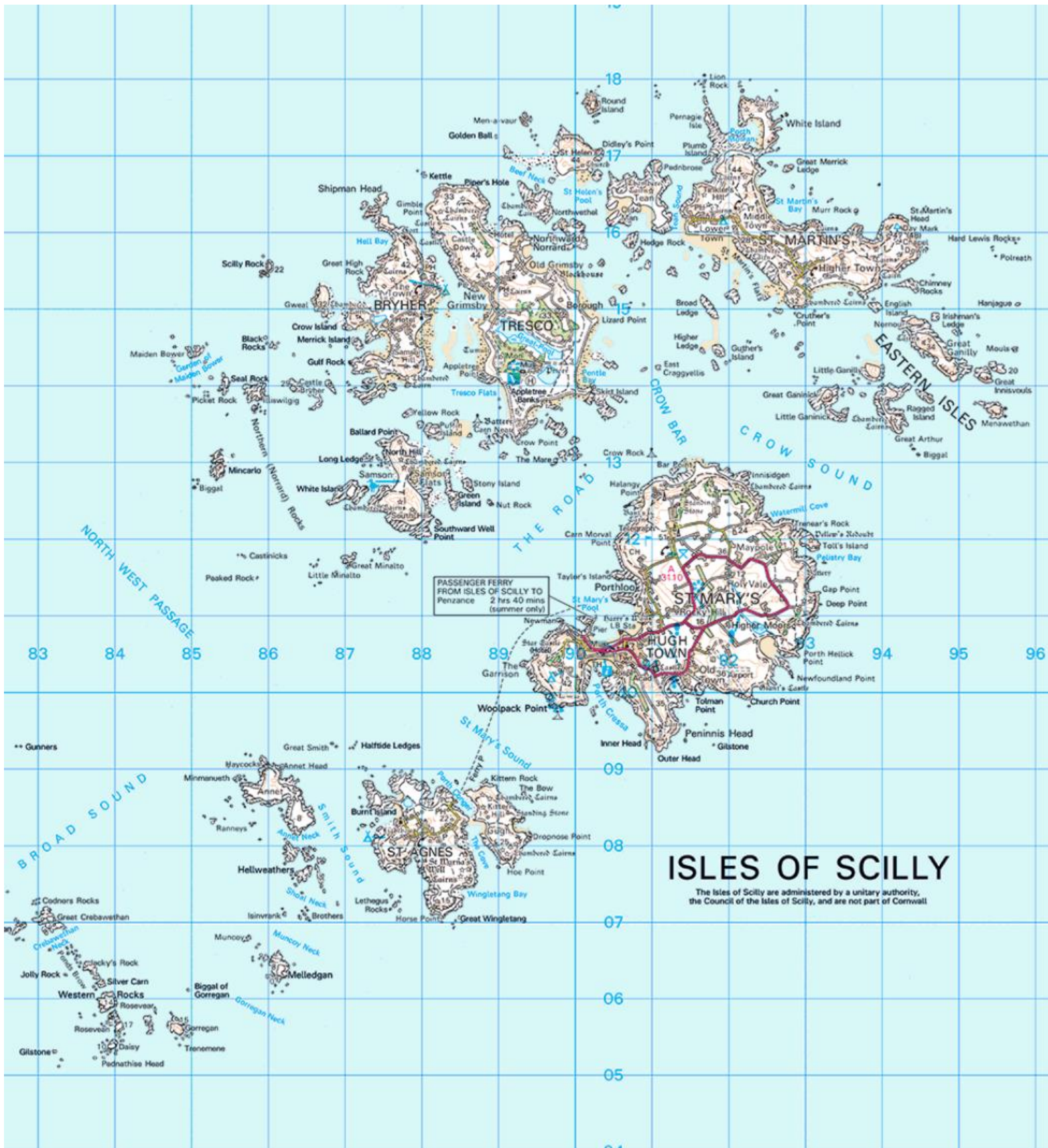


APPENDIX 5 – OS MAPS



FERRY SHIP
Penzance (P) (Summer)





ISLES OF SCILLY

The Isles of Scilly are administered by a unitary authority, the Council of the Isles of Scilly, and are not part of Cornwall

