HENLEY
ROYAL REGATTA
2026

TRAFFIC RULES
AND
TRAINING TIMES

For the Committee,

Regatta Headquarters
Henley-on-Thames

Secretary
Henley Royal Regatta

Crews may boat for training from the Boat Tent Area **from 08:00 on Monday, 22 June onwards**, after they have registered their arrival.

Every crew arriving at the Boat Tent for the first time must register with the Boat Tent Official before boating for training. The Boat Tent Official is available from 08:00 until 20:00 each day from Monday, 22 June onwards.

TRAINING TIMES

Full details of permitted training times can be found on the last page of this document.

Important Note: Coaches and crews are required to check the Crew Notice Board at Crew Enquiries each evening, as the arrangements for permitted training may be varied during the Regatta.

GENERAL TRAFFIC RULES ON THE RIVER

On Monday, 15 June the traffic rules on the river will be changed under the direction of the Environment Agency to allow crews to use the Course as during the Regatta, i.e. rowing from the Start to the Finish between the booms. Leisure and commercial traffic will not be permitted on the Course after this date.

The rules and instructions in this document apply to all crews competing at the Regatta, during both training and racing, until the end of the Regatta (except where specified otherwise).

Crews boating from Henley Rowing Club, Leander Club, Upper Thames Rowing Club or any other point along the river should follow the same traffic circulation pattern - joining and leaving the Course at the appropriate point for them.

LEAVING THE BOAT TENT PONTOONS

During training, crews must take extreme care when leaving the pontoons and crossing the river to join the main navigation channel on the Buckinghamshire (Bucks) side of the Course.

During racing, crews will be instructed by marshals when and how to leave the pontoons, and they MUST follow these instructions.

PROCEEDING TOWARDS THE START

Until Friday, 3 July, **during both training and racing**, crews may proceed towards the Start using either the general navigation channel on the Bucks side of the Course or the protected channel on the Berkshire (Berks) side of the Course (**see Map 1**).

The Bucks navigation channel may become very crowded, particularly between the Mile signal and Fawley. The normal rules of navigation apply in the Bucks channel at all times, and crews must comply with any directions issued by the Environment Agency.

If crews wish to use the Berks channel, they may only cross the Course at the two official crossing points: the Mile & 1/8th signal and the Barrier (both marked with green flags).

In either channel, crews are required to paddle steadily and to reserve their practice starts and bursts of hard rowing until they are in the warm-up area downstream of Temple Island.

From the Barrier, all crews must proceed within the protected area on the Bucks side of the river, between the red buoys and the Course/Temple Island.

The routes for proceeding towards the Start will change on or after Friday, 3 July (at a time the Stewards shall direct). The change is made to protect crews from increased commercial and leisure traffic on the river after that time. It is important that crews monitor the Crew Notice Board in the Boat Tent Area, so they know when this change will happen.

After this changeover, the routes during both training and racing will be different.

From the time the circulation pattern changes on or after Friday, 3 July, the instructions for proceeding towards the Start **during training** are the same as above, **except** that the crossing at the Mile & 1/8th signal will be closed off and crews must proceed towards the Start in the Bucks channel only (**see Map 2**).

From the time the circulation pattern changes on or after Friday, 3 July **during racing**, crews going to the Start will paddle down inside the Course from the Finish to the crossing at the Mile & 1/8th signal and then move into the Berks channel (**see Map 3**). After the changeover, gaps between races will be timed to allow for this. Crews launching to go to the Start will be instructed by marshals when to push off from the pontoons and how to proceed. They must be ready to move onto the Course at the Finish, as soon as they are instructed to do so and immediately after a race has finished. They should then proceed steadily down past the Enclosures and into the Berks channel. Once in the Berks channel, crews will proceed towards the Start in the same way as previously during training.

CIRCULATION PATTERN IN WARM-UP AREA

Downstream from Temple Island all crews must stay within the warm-up area marked by the line of red buoys and must not go past the line of yellow buoys at the downstream end (**see Map 4**).

Crews must turn around the large orange 'turning buoy' and then circulate in a clockwise manner around the line of alternate white and orange buoys.

Crews must take care when practising starts as the warm-up area is narrow and on a bend, so it is not possible to go straight for any distance.

On the days of racing, the downstream section of the warm-up area may be further restricted by boats moored on the Berks bank.

Crews waiting to come on to the Start for their race should wait downstream of the 'No Waiting Zone' to allow space for the Umpire's launch to turn.

ON THE COURSE

Crews may only enter the Course at the Start.

During training, crews stopping on the Course must not obstruct following crews. Crews waiting to get on to the Start must wait in an orderly manner and not overtake waiting crews. Crews on the Course, rowing towards the Finish, have absolute right of way at all times over those ahead of them.

On some days during the Regatta, crews taking part in celebration rowpasts will be rowing over the Course during the lunch and tea intervals. These crews will come on to the Course immediately after the last race of the preceding racing session. Training crews entering the Course during these intervals MUST leave at least 200 metres of clear water behind these celebration crews at all times, and MUST NOT, under any circumstances, catch or overtake these crews, nor the Umpire's launch which may be following them.

AFTER THE FINISH

Cooling down is not permitted on the Course after racing.

Crews are advised NOT to row above Henley Bridge, and any crew choosing to do so does so at its own risk. The river traffic regulations require crews to go upstream through the arches on the Church side of the bridge only; using the centre arch of the bridge is forbidden, in either direction.

OBSTACLES TO WATCH OUT FOR

Broadcast

There is a large filming platform adjacent to the Start. Crews must look out for this platform when approaching the Start.

Between the top of Temple Island and the Barrier, on the Bucks side of the Course, a small, low-wash TV camera catamaran will operate next to the Course as part of the filming of races. It will travel inside its own buoyed lane and will track alongside each race. Crews should take particular care at the top of the Island, where the catamaran will be turning.

A large catamaran, with a camera on top, will be moored on the Berks side of the Course at Fawley, and a drone will be deployed from a platform at the Regatta Enclosure. Both the catamaran and the platform will be buoyed off, and crews should not stop adjacent to these buoyed off areas, unless waiting to cross the river.

Swans

In line with the guidance of DEFA (Department of Environment, Food and Agriculture) and APHA (Animal and Plant Health Agency), the swans will not be collected from the Henley Reach and therefore crews are asked to be particularly vigilant to avoid any incidents with the wildlife.

COACHES ON THE TOWPATH

For many years there has been a convention that coaches on the towpath, whether on foot or bicycle, keep to the right, and coaches with crews coming up the Course always have right of way over coaches going downstream. Notwithstanding this convention, coaches are reminded that pedestrians using the towpath always have the right of way, and coaches using the towpath do so at their own risk and without the approval of the Regatta.

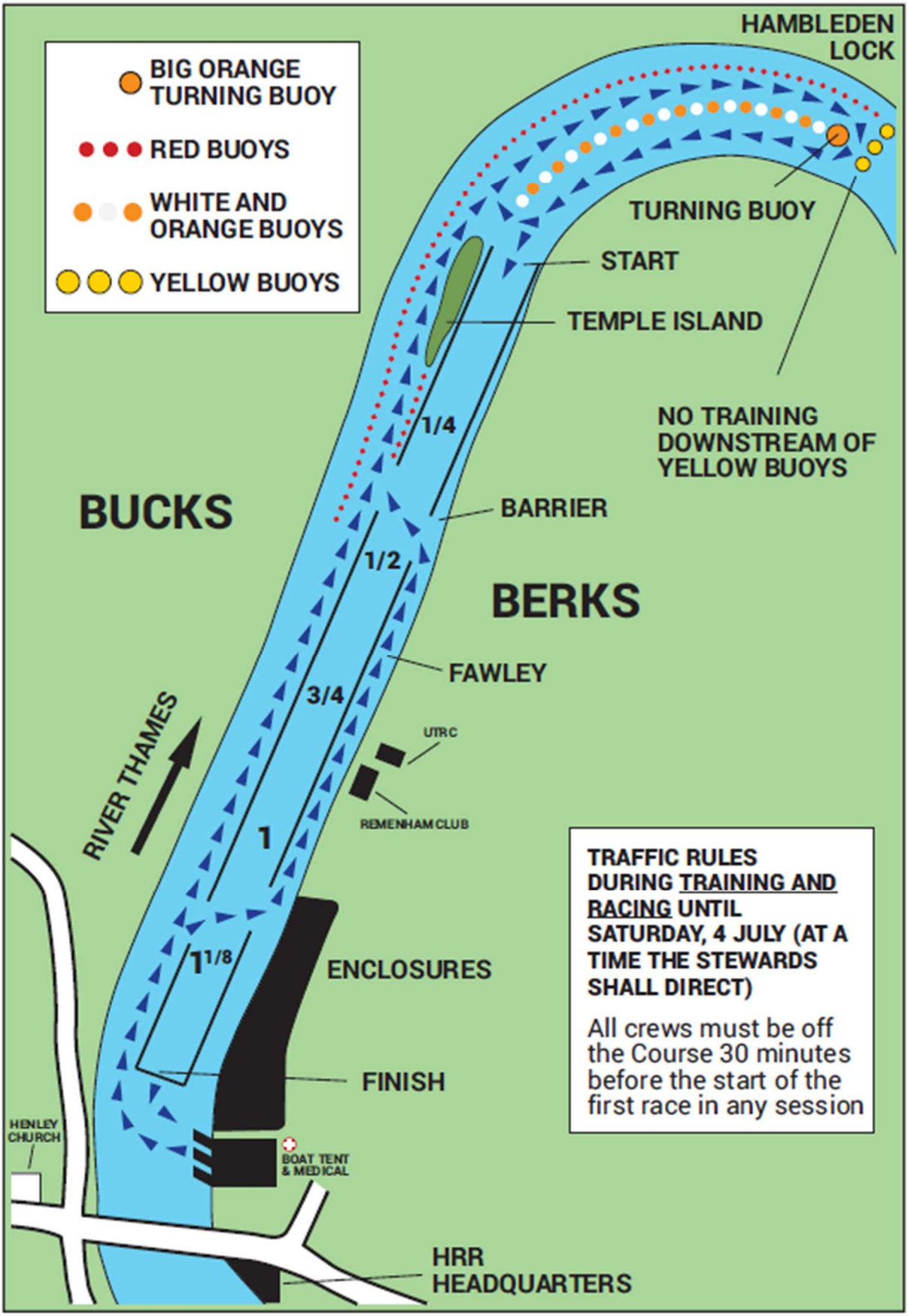
SAFETY

Please refer to the *Notes and Instructions for Competitors and Coaches* for the dates and times when medical cover is available on site.

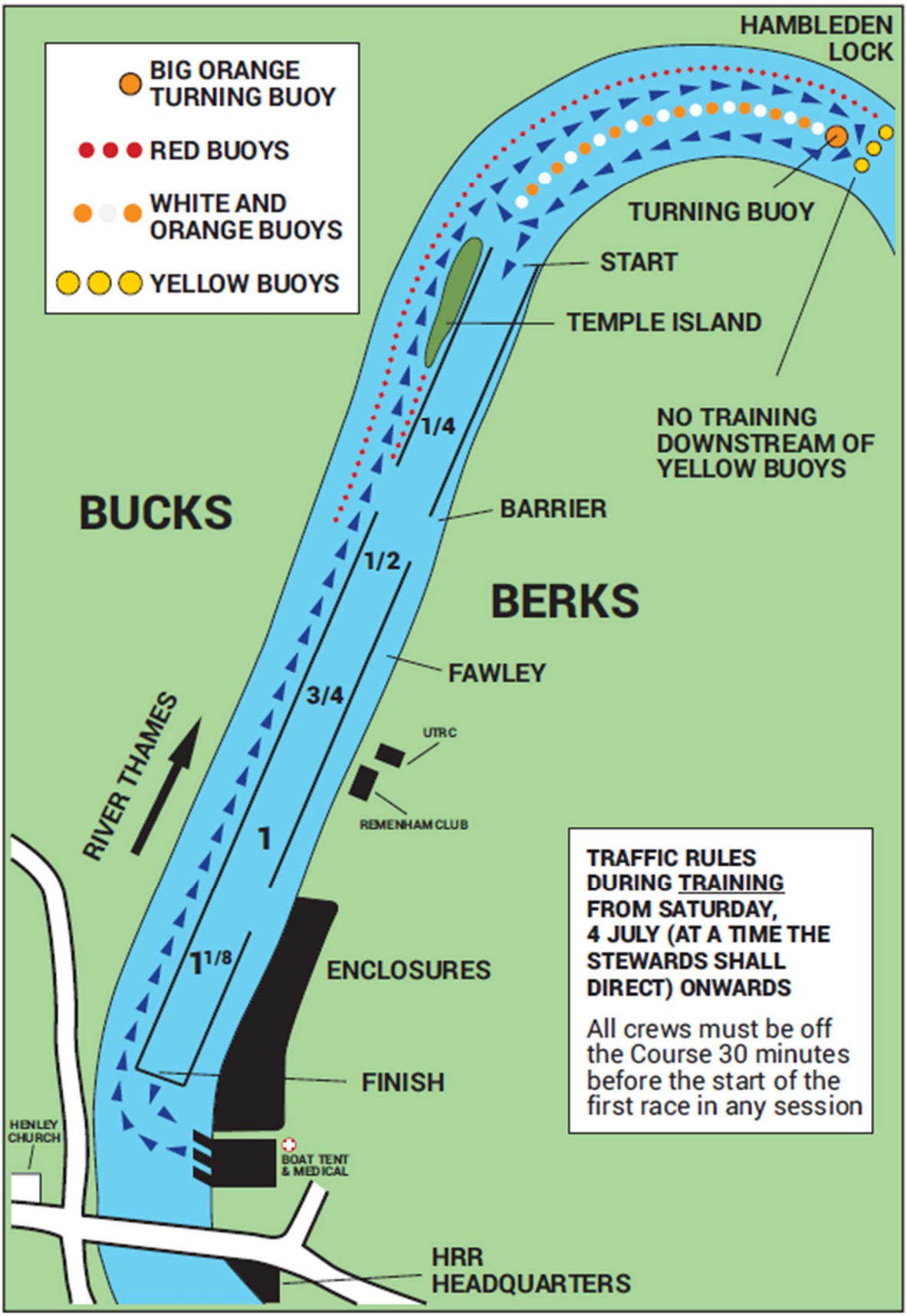
A water rescue service operates during the Qualifying Races (Friday, 26 June) and on the six competition days during the hours of racing (Tuesday, 30 June – Sunday, 5 July).

Lightning – Henley Royal Regatta has adopted the British Rowing Recommendation – the '30-30 guidance'. Competitors and coaches should familiarise themselves with this guidance.

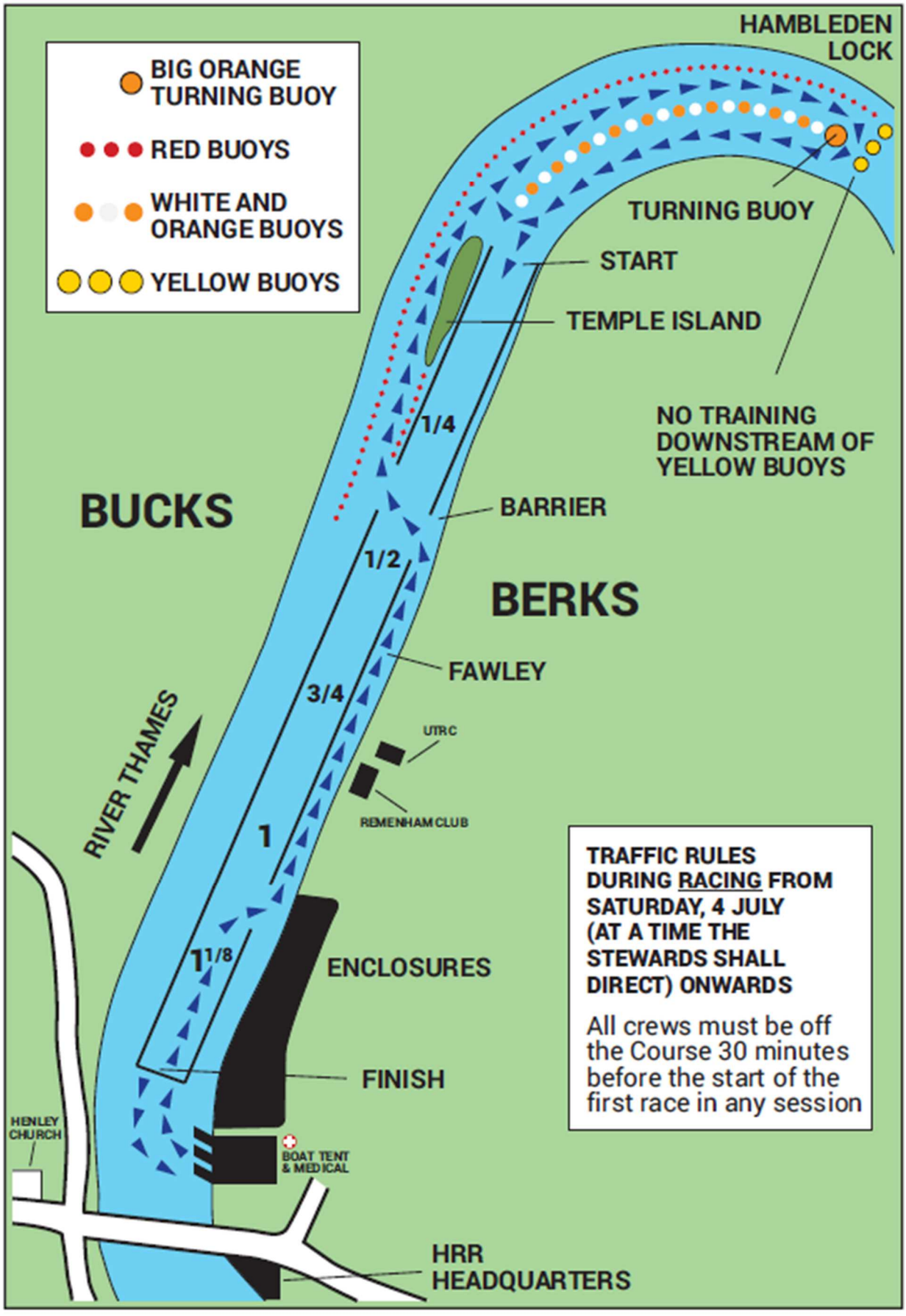
MAP 1


HAMBLEDEN LOCK
BIG ORANGE TURNING BUOY
RED BUOYS
WHITE AND ORANGE BUOYS
YELLOW BUOYS
TURNING BUOY
START
TEMPLE ISLAND
NO TRAINING DOWNSTREAM OF YELLOW BUOYS
1/4
BUCKS
BARRIER
1/2
BERKS
FAWLEY
3/4
UTRC
REMENHAM CLUB
RIVER THAMES
1
1 1/8
ENCLOSURES
FINISH
HENLEY CHURCH
BOAT TENT & MEDICAL
HRR HEADQUARTERS
TRAFFIC RULES DURING TRAINING AND RACING UNTIL SATURDAY, 4 JULY (AT A TIME THE STEWARDS SHALL DIRECT)
All crews must be off the Course 30 minutes before the start of the first race in any session

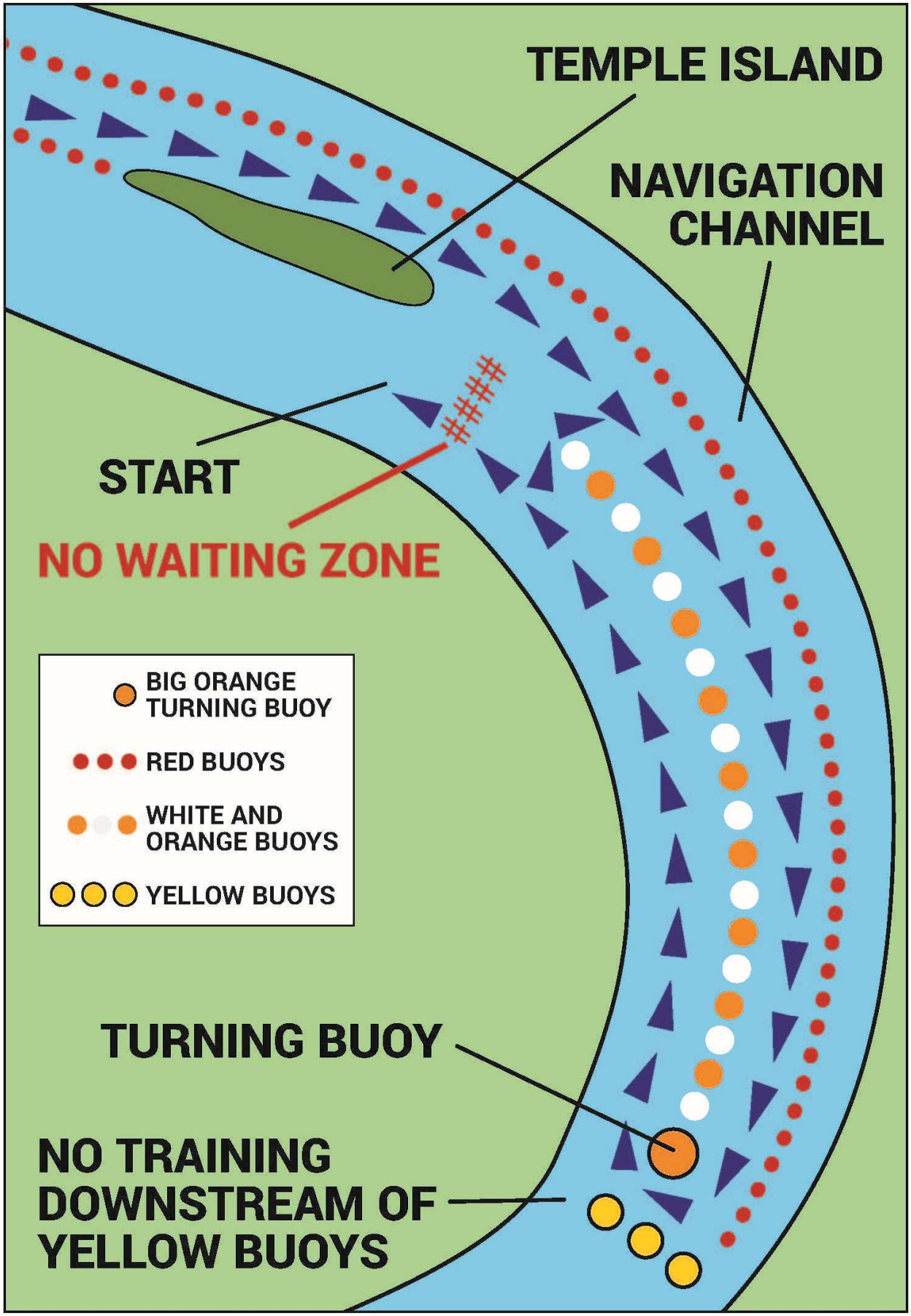
MAP 2


HAMBLEDEN LOCK
BIG ORANGE TURNING BUOY
RED BUOYS
WHITE AND ORANGE BUOYS
YELLOW BUOYS
TURNING BUOY
START
TEMPLE ISLAND
NO TRAINING DOWNSTREAM OF YELLOW BUOYS
1/4
BUCKS
BARRIER
1/2
BERKS
FAWLEY
3/4
UTRC
RIVER THAMES
REMENHAM CLUB
1
1 1/8
ENCLOSURES
FINISH
HENLEY CHURCH
BOAT TENT & MEDICAL
HRR HEADQUARTERS
TRAFFIC RULES DURING TRAINING FROM SATURDAY, 4 JULY (AT A TIME THE STEWARDS SHALL DIRECT) ONWARDS
All crews must be off the Course 30 minutes before the start of the first race in any session

MAP 3


BIG ORANGE TURNING BUOY
RED BUOYS
WHITE AND ORANGE BUOYS
YELLOW BUOYS
HAMBLEDEN LOCK
TURNING BUOY
START
TEMPLE ISLAND
NO TRAINING DOWNSTREAM OF YELLOW BUOYS
1/4
BUCKS
BARRIER
1/2
BERKS
FAWLEY
3/4
UTRC
REMENHAM CLUB
RIVER THAMES
1
1 1/8
ENCLOSURES
FINISH
HENLEY CHURCH
BOAT TENT & MEDICAL
HRR HEADQUARTERS
TRAFFIC RULES DURING RACING FROM SATURDAY, 4 JULY (AT A TIME THE STEWARDS SHALL DIRECT) ONWARDS
All crews must be off the Course 30 minutes before the start of the first race in any session

MAP 4


TEMPLE ISLAND
NAVIGATION CHANNEL
START
NO WAITING ZONE
BIG ORANGE TURNING BUOY
RED BUOYS
WHITE AND ORANGE BUOYS
YELLOW BUOYS
TURNING BUOY
NO TRAINING DOWNSTREAM OF YELLOW BUOYS

TRAINING TIMES

If training times are not adhered to, a crew may be given a penalty for its next race.

PRE-EVENT TRAINING DAYS FRIDAY, 19 JUNE TO MONDAY, 29 JUNE		
Friday, 19 June to Sunday, 21 June	Henley Women's Regatta	• Course closed – each day, all day
Monday, 22 June	Boat Tent open for crews	• On the day of its first arrival, a crew must register with the Boat Tent Official between 08:00 and 20:00 before using the Boat Tent
Monday, 22 June to Thursday, 25 June	Training days	• Course open - each day, all day
Friday, 26 June	HRR Qualifying Races	• Course open until 11:00, and then closed for the rest of the day
Saturday, 27 June to Sunday, 28 June	Training days	• Course open – each day, all day
Monday, 29 June	Training day	• Course open – except between 15:00 and 16:00 when the Course will be closed to training crews for a broadcast rehearsal
RACE DAYS TUESDAY, 30 JUNE TO SUNDAY, 5 JULY		
Tuesday, 30 June to Sunday, 5 July	Before and after racing	Any crew entered in the Regatta may train on the Course at any time before and after racing, subject to the restrictions set out below: • Crews must be off the Course 30 minutes before the start of the first race of the day • Crews may boat no earlier than 10 minutes before the start of the last race of the day • On Saturday, 4 July, training is not allowed in the evening after racing (the Course is traditionally opened to other river traffic)
Tuesday, 30 June to Sunday, 5 July	Lunch & Tea intervals, general restrictions	• Only crews specified on each day below are permitted to train during Lunch and Tea intervals • Crews permitted to train may boat no earlier than 10 minutes before the start of the last race in the preceding session • Crews must be off the Course 30 minutes before the start of the first race in the next session
Tuesday, 30 June	Lunch & Tea intervals	• Crews in the Premier events • Crews racing later the same day
Wednesday, 1 July	Lunch & Tea intervals	• Crews in the Premier events • Crews racing later the same day • Crews in events which have started but are on a rest day
Thursday, 2 July	Lunch & Tea intervals	• All crews still in the Regatta
Friday, 3 July	Lunch & Tea intervals	• All crews still in the Regatta
Saturday, 4 July	Lunch & Tea intervals	• All crews still in the Regatta
	Evening after racing	• No crews are allowed to train in the evening after racing (the Course is traditionally opened to other river traffic)
Sunday, 5 July	Lunch interval	• All crews still in the Regatta