Coquet Yacht Club - Castles and Islands Challenge

19th to 20th June 2026

Please read this pre-event information carefully and bring a copy with you to the event.

The Castles and Islands challenge is an event hosted by Coquet Yacht Club for teams of sailors and runners visiting five castles (Alnwick, Warkworth, Dunstanburgh, Bamburgh, and Lindisfarne) and the islands of North Northumberland (Coquet, The Farnes and Holy Island). To be completed in 24 hours.

If there is a conflict between documents, these Instructions shall prevail over the Notice of Race. Both shall prevail over any informal guidance, briefings, or course notes.

There will be food and a bar available on the Friday and Saturday for team entrants and their supporters of the event and Coquet Yacht Club are delighted to welcome friends and family, feel free to share the event timetable with them.

The Course

The challenge starts at Alnwick Castle with a 16km / 10 mile run to Amble via Warkworth Castle, which has to be "circumnavigated" before continuing on to Amble Harbour. At Amble the runners join their boats which are allowed to motor to the affectionately known "sewer buoy", **which boats must pass to starboard of,** after which only sail power may be used.

Under sail the boats must circumnavigate Coquet Island in a clockwise direction then, in any order, visit

- Newton Haven,
- Seahouses Harbour
- Holy Island
- Pass through both Inner Sound and Staple Sound.

Briefing

All team members must be present for a briefing at 16:30 hrs on Friday 19th June at Coquet Yacht Club and must have completed all registration for the event before 17:00 hrs. Runners numbers and tracking devices are to be collected at this point.

2 tracking devices will be allocated to each team. One will be allocated to the boat and is to remain onboard during the event and the other to go with one of the runners during each running leg of the event.

Please note it is the skippers responsibility to ensure the safe return of both tracking devices to the race officer by the time of the prize giving, any lost trackers are chargeable at £120 + VAT.

Event Parking

Coquet Yacht Club, The Braid, Amble, Northumberland, NE65 0HH
Overflow – Amble Braid car park (Northumberland County Council)

Please note that visitors and crew are unable to park in Amble Marina carpark.

Start Time

Runners must assemble at the Barbican gate entrance at Alnwick Castle by 17.50 hrs on Friday June 19th 2026, for a start of 18.00 hrs.

Communications

Prior to the event all communication will be via the e-mail of the skipper unless otherwise arranged.
A working VHF radio capable of transmitting on channel 37 (or M1) and Channel 16 must be carried on board for communication with race officer.

Prizes

The challenge has two classes, monohulls and multihulls. Each runner participating in the challenge will receive a medal.

- Challenge Cups for the fastest team in each class that completes the challenge in 24hrs and has the shortest combined running and corrected sailing times.
- All Rounders Challenge. As per the Challenge Cup but each member of the team has to complete at least one of the running legs.
- Fastest corrected sailing time (prizes for both classes).
- Fastest running team who have completed all four runs
- Fastest female runner(s) who have completed all four runs!

Emergency Procedures

- If a runner becomes ill or injured whilst running, their team skipper must be informed.
- If the injury is serious notify emergency services giving them the runners location.
- If a runner is delayed for any reason, then the boats skipper must be informed.
- The named skipper is responsible for runners and crew and their safety is paramount.

Sailing

Tide Times at Amble - Friday 19th June & Saturday 20th June 2026

o	Friday	HW 19:50	BST	4.7 m
o	Saturday	LW 01:50	BST	1.5 m
o	Saturday	HW 07:50	BST	4.9 m
o	Saturday	LW 14:30	BST	0.8 m
o	Saturday	HW 20:40	BST	4.5 m
o	Sunday	LW 02:40	BST	1.7 m
o	Sunday	HW 08:50	BST	4.7 m

Summary of Sailing Route

Coquet Yacht club to Sewer buoy • Pass to starboard of the buoy • Motor Off • Clock-wise around Coquet Island	
Newton Haven • Drop off within in 0.5 NM of the Newton point radio mast • Motor on when runners not onboard	15m/24km
Passage of Inner Sound • Either north or south going	
Seahouses • No yachts shall enter Seahouses harbour • Drop off within in 0.5 NM of Pier end • Motor on when runners not onboard	6m/10km
Holy Island • Motors allowed both directions between Triton buoy and the anchorage	8m/13km
Passage of Staple Sound • Either north or south going	
Amble Finish Line • "Transit of Amble South Pier and the Amble Sewer buoy, passing the Sewer buoy to starboard."	26m/42km (direct from Holy Island)
	Minimum total sailing distance 55m/80km

***Note**: Sailing distances are only indicative. Actual distances will depend on the course chosen*

Transition

The overall pattern of the transitioning between running and sailing is:

Run -> Row -> Sail -> Row -> Run

- Transitions between the shore the vessel will typically be using a dinghy or other suitable craft (The choice of craft is the responsibility of the skipper after due consideration of safety of both craft and runners)

- For the transition only runners need be on the craft there is no requirement for other crew

- Running times are taken from leaving the marshalling station to returning to the marshalling station. All transition time is considered to be sailing time.

Running

At Newton Haven, Seahouses Harbour and Holy Island Harbour the runners will complete set runs of a total of **30m/49km**, passing through the allocated checkpoints. Please note not all checkpoints are marshalled. Each leg must be run by at least 2 runners with an active tracking device.
There will be water available at High Buston checkpoint and Emmanuel Head checkpoint, please leave any rubbish with marshal.

The Course Summary

Alnwick – Warkworth Castle - Amble (*please note runners cannot use A1068 between Alndyke and Warkworth Bridge*)	10m/16km
Low Newton/Newton Haven – Dunstanburgh Castle – return to Newton Haven	4.5m/7km
Seahouses Harbour (lifeboat station) – Bamburgh Castle (along the beach) – return Seahouses	6.5m/11km
Holy Island circuit Holy Island Harbour - Coastguard Lookout - The Snook Lighthouse - Emmanuel Head - Lindisfarne Castle - Return to Harbour	9m/15km

The Environment

We pride ourselves on respecting the local environment and we would ask you to do the same, please leave nothing behind on the route other than footprints & memories & please respect, be polite and give way to other users of the paths/trails.

Safety Information / Run Rules

- Runners must wear the number allocated to them at registration.
- Your race number must be clearly pinned to the front of your top or shorts/leggings so that it is clearly visible to all event marshals when passing through checkpoints.
- A minimum of two runners must run each running leg but changes of runners can take place between legs.
- **Runners must carry one tracking device between them provided by Castles and Islands challenge organisers**
- Runners must stay within 10metres throughout a run and visit all checkpoints together. (Runners may not continue beyond checkpoints until they are together).
- The runner's time for a leg starts when they register with the start marshal and ends when they report back to the same marshal.
- For each run, both runners must pass through the stated grid reference for each checkpoint.
- Runners must carry a flare and a torch while transferring in the dark from boat to shore and on return (the flare can be left in dinghies whilst running).
- Runners must wear life jackets at all times whilst transferring from boat to shore and on return.
- While running, each runner **must** carry their own mobile phone ensuring they have their skippers contact details within it and ensure tracking device is active.

Mandatory Kit List

- Whistle
- Head/Chest Torch with spare batteries or spare head/chest torch (not essential if running during daylight hours)
- Survival Bag / Foil Blanket
- Charged Mobile phone with skippers and race control telephone number stored and what3words app installed
- Bag/secure pocket to carry tracking device (only 1 required for runners)

Suggested Kit List

- We would strongly suggest carrying leggings and a spare base layer depending on forecast conditions.
- There are some aspects of route with dense nettles and shin guards may be advisable.
- Hat/Buff & Gloves
- Quality Waterproof Jacket
- Minimum of 400ml water at the start of each leg
- First aid kit to manage blisters/minor sprains

Detailed Running Routes

Leg 1 Alnwick - Amble

Checkpoint	Marshal	OS Grid reference	6 figure grid reference	What3Words reference	Nearest postcode
Start Alnwick Castle gates	Yes	NU 18580 13565	NU 185 135	kebabs.throat.future	NE66 1JQ
Alndyke farm	yes	NU 20829 12450	NU 208 124	Poorly.impulse.unsettled	NE66 3PB
Bilton	Yes		NU 221 105	Uppermost.slug.declines	NE66 2TA
High Buston WATER STATION	Yes	NU 23151 08727	NU 231 097	Crossword.predict.swinging	NE66 3QH
Warkworth Castle	Yes	NU 24790 05713	NU 247 057	Pushed.viewer.radiated	NE65 0UJ
Coquet Yacht Club Amble	Yes	NU 26222 04883	NU 262 048	Rumbles.bills.centrally	NE65 0GZ

Leg 2 Low Newton - Dunstanburgh

Checkpoint	Marshal	OS Grid reference	6 figure Grid reference	What3Words reference	Nearest postcode
Land at Newton Haven (road end)	Yes	NU 24178 24539	NU 241 245	Minder.twee.revival	NE66 3EW
Run to Castle Entrance	no	NU 25703 21764	NU 257 217	Lives.behalf.snowy	NE66 3TT

Leg 3 Seahouses - Bamburgh

Checkpoint	Marshal	OS Grid reference	6 figure Grid reference	What3Words reference	Nearest postcode
Land at Seahouses harbour entrance – land at inner pontoon if pre 0800. Slipway must be used if entering after 0800.	Yes	NU 22082 32154	NU 222 322	Fired.Monday.qualifier	NE68 7RL
Run along beach and around castle Far Point	Yes	NU 18192 35248	NU 182 352	Ribs.reprints.stunning	NE69 7DF

Leg 4 Holy Island Circuit

Checkpoint	Marshal	OS Grid reference	6 figure Grid reference	What3Words reference	Nearest postcode
Land at Harbour slipway	Yes	NU 12982 41674	NU 130 416	Twit.bridges.norms	TD15 2SP
Coastguard lookout	No	NU 12620 41665	NU 126 416	Slings.mailings.admiral	TD15 2RX
Snook (Old Lighthouse) WATER STATION	No	NU 10122 43608	NU 101 436	Relocated.boat.prowling	TD15 2SS
Emmanuel Head	Yes	NU 13928 43620	NU 139 436	Career.grudging.piled	TD15 2SH
Lindisfarne Castle	No	NU 13624 41768	NU 136 417	Money.toothpick.though	TD15 2SH
Note – Holy Island is an environmentally sensitive area. Northumberland Coast AONB have requested that runners use established paths through the sand dune areas and where possible run along the beach on the North side of the island (western part).					

NOTICE OF RACE 2026

Organising Authority

Castles & Islands Challenge will be organised by the Castles & Islands committee of Coquet Yacht Club, together with any additional members that may be co-opted as required.

RULES

The event will be governed by the Racing Rules of Sailing (RRS); and the additional event specific rules to encompass the non-sailing based part of the event (running, rowing/getting ashore, etc.). "The Racing Rules of Sailing apply only while boats are racing under sail; running, rowing, and transition elements are governed by these Instructions."

A team must consist of a minimum of 4 people, with a maximum of 6 people in total for boats under 36 feet or 8 people for over 36 feet.

Boats must be seaworthy and equipped with safety equipment appropriate for an overnight race in UK inshore waters, including (as a minimum) lifejackets for all crew, flares, VHF radio, navigation lights, first aid kit, fire extinguishers, bilge pumping capability, and either an inflatable dinghy or liferaft.

A minimum of 2 people must remain on board the boat at all times.

When runners are on board, apart from as detailed below, no motorised form of propulsion may be used.

Having left Amble and passed to starboard of the Amble Sewer buoy, boats may only use their engine when:

- Entering/leaving Holy Island harbour from Triton buoy to Holy Island harbour
- at Seahouses Harbour and Low Newton once inside the drop off zone when runners are not on board
- in an emergency to avoid a hazard or a collision.
- Boats that are not going to finish the sailing element within the 24-hour time limit under sail may elect to motor. In this case, provided the boat finishes within one hour after the 24-hour finish time, the runners times shall still qualify for the running event.

Note: When engine use is permitted by these Instructions, it shall be used only to the minimum extent necessary and provided that the boat does not gain a significant advantage. The engine shall be stopped as soon as the permitted circumstance ends. Any other use of the engine shall be reported to the race officer at the first reasonable opportunity. (RRS 42.3(i))

Boats may anchor at any time with or without runners on board.

Runners must row, or be rowed, ashore at the designated places.

Lifejackets must be worn & flare carried when going ashore or returning to boat.

A minimum of two runners must run each running leg but changes of runners can take place between legs.

Changes to the course, postponement or cancellation may be necessary depending on weather conditions on the day.

The named skipper is responsible for runners and crew and their safety is paramount.

There is no safety boat provided for this event.

The intention of the organisers is to resolve any disputes in a fair and practical manner appropriate to a hybrid sailing and running event. Formal protest hearings under Part 5 of the RRS may be replaced by an informal hearing conducted by the race committee. The decision of the race committee shall be final.

Handicaps

Upon entry each yacht will be allocated a handicap from the CYC handicap committee, Should the skipper wish to contest the handicap allocated they have until 48hrs prior to the event to lodge the request. The CYC handicap decision is final.

Results will be based on the combined total of corrected sailing time and total running time. Corrected sailing time will be calculated using the handicap allocated by the Coquet Yacht Club handicap committee. The method of correction, treatment of penalties, and resolution of ties will be as determined by the race committee and announced at or before the event briefing.

Minimum Equipment Regulations

Boats must be seaworthy and equipped with safety equipment appropriate for an overnight race in UK inshore waters, including (as a minimum) lifejackets for all crew, flares, VHF radio capable of transmission on both channels 16 & 37, navigation lights, first aid kit, fire extinguishers, bilge pumping capability, and either an inflatable dinghy or liferaft.

Responsibility

The skipper is fully responsible for the safety of the boat and crew whether afloat or ashore. Nothing, whether within the Notice of Race or Sailing Instructions, reduces this responsibility.

It is the skipper's responsibility to decide whether the boat meets the minimum equipment regulations and whether the boat and crew is capable of sailing in the conditions on the day/should the event continue.

The boat must hold adequate insurance and in particular hold insurance against third party claims in the sum of at least £3,000,000.

Nothing done by the organisers, or within the documentation provided, detracts from the skipper's responsibility and will not be used to hold the organisers liable nor responsible for any loss, damage, death or personal injury.

Challenge instructions & List of Entries

Any changes to instructions will generally be provided by email to the nominated skipper and re-iterated during the briefing held on the Friday evening.

Cancelation of the Event

As with any sailing event the organisers reserve the right to cancel the event at any time due to weather conditions. Should the event be cancelled due to weather conditions on the day no refund of entries fee will be given.
Should the event be cancelled within 2 weeks of the start date due to for example lack of entries refunds of entry fees will be available at the organiser's discretion.