



# The Admiral's Cup Event Guide

[www.admiralscup.rorc.org](http://www.admiralscup.rorc.org)

## RACE HOME TO A WARM WELCOME AT COWES CLUBHOUSE!

Join us ashore in the Fastnet Bar after racing, for après sail celebrations or book dinner in The Terrace Restaurant and enjoy the unprecedented Solent views. Visiting yachts and crews are all welcome.



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To book dinners, events or accommodation,  
please get in touch and speak with one of our friendly team.

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Royal Ocean Racing Club, The Parade,  
Cowes, Isle of Wight P031 7QU

Tel: 01983 293 581  
Email: [cowes@rorc.org](mailto:cowes@rorc.org)  
[www.rorc.org](http://www.rorc.org)

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# PROVISIONAL 2025 RORC RACE CALENDAR

| RACE                             | DATE        | LENGTH  | SEASON'S RACE | BONUS POINTS |
|----------------------------------|-------------|---------|---------------|--------------|
| ROLEX MIDDLE SEA RACE            | 19-OCT-24   | 606     | 1             | 20           |
| RORC TRANSATLANTIC RACE          | 12-JAN      | 2995    | 2             | 25           |
| NELSON'S CUP                     | 18 - 21 FEB | -       | -             | -            |
| RORC CARIBBEAN 600               | 24-FEB      | 600     | 3             | 20           |
| RORC EASTER CHALLENGE            | 18-APR      | -       | -             | -            |
| CERVANTES TROPHY RACE            | 03-MAY      | 110-160 | 4             | 0            |
| DEGUINGAND BOWL                  | 17-MAY      | 110-160 | 5             | 0            |
| MYTH OF MALHAM RACE              | 24-MAY      | 235     | 6             | 10           |
| NORTH SEA RACE                   | 30-MAY      | 140-185 | 7             | 10           |
| GBR IRC NATIONAL CHAMPIONSHIP    | 13-JUNE     | -       | -             | -            |
| TRANSATLANTIC RACE               | 18-JUN      | 3000    | 8             | 0            |
| MORGAN CUP RACE                  | 27-JUNE     | 110-160 | 9             |              |
| LA TRINITE - COWES RACE          | 06-JULY     | 330     | 10            | 10           |
| COWES - DINARD - ST MALO RACE    | 11-JUL      | 151     | 11            | 0            |
| ADMIRAL'S CUP                    | 17-JUL      | -       | 12            | 0            |
| ROLEX FASTNET RACE               | 26-JUL      | 695     | 13            | 25           |
| CHERBOURG RACE                   | 05-SEP      | 75      | 14            | 0            |
| DOUBLE HANDED WORLD CHAMPIONSHIP | 22-SEP      | -       | -             | -            |

## WELCOME TO THE ADMIRAL'S CUP FROM RORC CEO JEREMY WILTON AND RACE DIRECTOR STEVE COLE



RORC CEO  
Jeremy Wilton



RACE DIRECTOR  
Steve Cole

2025 is a big year for the Royal Ocean Racing Club being our Centenary year and an event that has played a significant part in the history of our famous Club is the Admiral's Cup. First inaugurated in 1957, it stands as one of the premier international yachting regattas, capturing the spirit and competitiveness of the sailing world. Held biennially, this prestigious event became synonymous with the pinnacle of offshore team racing.

Traditionally, the Admiral's Cup challenged national teams to a series of rigorous races, both offshore and inshore, testing not only the skill and endurance of the sailors but also the design and performance of their yachts. We have kept true to this tradition but opened the event up to team entries from Yacht Clubs and/or Countries.

Over the decades, the Admiral's Cup has witnessed dramatic shifts in yacht design and sailing techniques, reflecting the evolving nature of the sport. The events history is rich with memorable moments, from intense rivalries and heroic feats of seamanship to innovations that have pushed the boundaries of sailing technology. Nations from around the globe, including the United States, Australia, New Zealand, Hong Kong and a spread of European countries, have fiercely competed for the coveted trophy, contributing to its reputation as the "World Cup of Offshore Racing."

The Admiral's Cup not only highlights the strategic and technical prowess required in competitive sailing but also fosters international camaraderie and respect among sailors. This iconic event continues to inspire and challenge the global sailing community, maintaining its status as a cornerstone of yacht racing heritage.

We look forward to welcoming you to Cowes for the 2025 Admiral's Cup.

The race team at RORC look forward to meeting all the teams when they arrive in Cowes. The boats will all be berthed at Cowes Yacht Haven where the measurement and scrutinization will take place before the opening race of the series, the short offshore race, starts from the world-famous Royal Yacht Squadron platform.

We have put together a strong race management team, led by PRO Stuart Childerley, and they are tasked with delivering a fair, challenging series that tests the boats both inshore and offshore. With the weighting of the offshore races, the series is balanced between inshore and offshore performance and the teams can look forward to a mix of Windward/leeward and Round the Cans racing on the inshore days.

The series concludes with the Rolex Fastnet Race, this iconic race will have a separate start for the Admiral's Cup boats, allowing them to compete for the RFR overall prizes.

There is a full social programme based around the RORC clubhouse where the race team will be based. We are there to guide you through the entry process, answer any questions you may have and to help you enjoy the series and the hospitality of Cowes.

# THE HISTORY BEHIND THE EVENT

The Admiral's Cup is one of the most prestigious and storied yacht racing events in the world, steeped in history and tradition. Originating in 1957, the Admiral's Cup was established as an international competition between nations, showcasing the skill and prowess of sailors from around the globe. Named after the Admiral of the Fleet, it quickly became renowned for its challenging courses, fierce competition, and camaraderie among sailors.

Throughout its history, the Admiral's Cup has seen many memorable moments. From daring manoeuvres in rough seas to tactical battles of strategy, each race has provided spectators with thrilling displays of seamanship. Legendary sailors such as Ted Turner, Dennis Conner, and Peter Blake have all left their mark on the event, etching their names into sailing folklore.

One of the defining features of the Admiral's Cup is its team-based format, with nations fielding crews composed of multiple boats. This format adds an extra layer of complexity and excitement as teams strategise not only for individual race victories but also for overall team success. The camaraderie and national pride that accompany this team dynamic have been central to the event's enduring appeal.

However, like many traditional sports, the Admiral's Cup has faced challenges in adapting to the modern world. Changing demographics, shifts in leisure activities, and evolving attitudes toward environmental sustainability have all posed obstacles to the event's continued relevance. Additionally, the rising costs associated with competitive yacht racing have made it increasingly difficult for smaller nations to participate.

Yet, despite these challenges, the future of the Admiral's Cup remains promising. Efforts to modernize the event, such as embracing new technologies and expanding outreach initiatives, have helped to attract a new generation of sailors and fans. Furthermore, initiatives aimed at making the sport more inclusive and accessible, such as promoting youth participation and supporting grassroots sailing programs, are helping to ensure that the Admiral's Cup remains a vibrant and diverse celebration of sailing culture.

Looking ahead, the Admiral's Cup has the potential to continue captivating audiences around the world for generations to come. By staying true to its rich heritage while embracing innovation and inclusivity, the event can navigate the winds of change and remain a cornerstone of the global sailing community. As long as there are sailors with a passion for adventure and competition, the spirit of the Admiral's Cup will endure, carrying on its legacy of excellence on the high seas.



# PREVIOUS WINNERS:

| YEAR        | WINNER         |
|-------------|----------------|
| 1957 & 1959 | UNITED KINGDOM |
| 1961        | UNITED STATES  |
| 1963 & 1965 | UNITED KINGDOM |
| 1967        | AUSTRALIA      |
| 1969        | UNITED STATES  |
| 1971        | UNITED KINGDOM |
| 1973        | GERMANY        |
| 1975 & 1977 | UNITED KINGDOM |
| 1979        | AUSTRALIA      |
| 1981        | UNITED KINGDOM |
| 1983 & 1985 | GERMANY        |
| 1987        | NEW ZEALAND    |
| 1989        | UNITED KINGDOM |
| 1991        | FRANCE         |
| 1993        | GERMANY        |
| 1995        | ITALY          |
| 1997        | UNITED STATES  |
| 1999        | NETHERLANDS    |
| 2003        | AUSTRALIA      |



# ***WHAT TO EXPECT AT THE ADMIRAL'S CUP***



# THE SCHEDULE

**REGISTRATION & MEASUREMENT**  
**THURSDAY 17 / FRIDAY 18 JULY**  
**COWES YACHT HAVEN**

**OWNERS RECEPTION** (BY INVITATION)  
**FRIDAY 18 JULY - 18:00**  
**ROYAL YACHT SQUADRON**

**THE AC25 WELCOME PARTY**  
**FRIDAY 18 JULY - 19:30**  
**RORC COWES**

**SHORT OFFSHORE RACE**  
**SATURDAY 19 JULY - 10:30**  
**CHANNEL RACE**

**LAYDAY**  
**MONDAY 21 JULY**

**DAY 1 INSHORE RACES**  
**TUESDAY 22 JULY**  
**COMMITTEE BOAT**

**DAY 2 INSHORE RACES**  
**WEDNESDAY 23 JULY**  
**COMMITTEE BOAT**

**DAY 3 INSHORE RACES**  
**THURSDAY 24 JULY**  
**COMMITTEE BOAT**

**ROLEX FASTNET RACE**  
**SKIPPER 'S BRIEFING**  
**FRIDAY 25 JULY**

**ROLEX FASTNET RACE**  
**SATURDAY 26 JULY - 13:00**  
**RYS LINE**

**THE ADMIRAL'S CUP PRIZE GIVING**  
**THURSDAY 31 JULY**  
**CHERBOURG**

# MARINE RIGGING SERVICES



- »»»» Travel hoist dock
- »»»» Under cover storage options
- »»»» Concreted hard standing
- »»»» Onsite 55T mobile crane
- »»»» Deep water berthing – wide pontoon access (4.5m+)
- »»»» Quick access to Solent waters
- »»»» Ample crew accommodation within the immediate vicinity of the yard

Service plan and trade discounts available to visiting teams\*



## Victoria Quay - your base to race.

A specialist, established race yard facility in Victoria Quay, Gosport on the South Coast of the UK.

Situated in a prime location, our deep waterside access allows for seamless and hassle-free operations as well as fully serviced workshops.

From rapid repairs to comprehensive maintenance, our team are onhand to ensure your operations run smoothly.



\*All boats onsite will be given access to a discounted rate on textile work provided during the period of the event. All bookings are to be made with Victoria Quay directly. Limited space so early booking is advised.

info@mrs-uk.com 023 9298 3191



The Admiral's Cup 1989 © Rick Tomlinson



Admiral's Cup Two Tonners 1994 © Rick Tomlinson

The Admiral's Cup, a cornerstone of competitive sailing, has been a significant part of many sailors' lives. One such veteran, Peter Morton, who first competed in 1985, shares his experiences and reflections on this prestigious event.

**Setting Sail: The First Admiral's Cup**

In 1985, I embarked on my first journey in the Admiral's Cup. Since then, I've competed in the event seven times, specifically in the years '85, '87, '89, '93, '95, '97, and '99. For me, the essence of the competition was always national pride, representing South Africa in 1995, alongside Geoff Meek and a fantastic team from Cape Town, remains a highlight of my career.

**Early Inspirations**

My fascination with the Admiral's Cup began as a child. Growing up, I was surrounded by the world of yachting, thanks to my father's participation in RORC races. I devoured every magazine and book about yacht racing, dreaming of the day I could compete in such a prestigious event.

**A Memorable Victory in 1989**

Winning the Admiral's Cup in 1989 stands out as one of my proudest moments. I vividly recall the intense pressure we faced, needing to outperform Denmark. Our team captain, Harold Cudmore, emphasized the importance of each boat defeating its Danish counterpart. His guidance was clear: focus on the overall victory and not on individual races. This strategic mindset was crucial, and it's advice I carry with me to this day.



**The Vibrant Atmosphere of Cowes**

The glory years of the Admiral's Cup brought an electric atmosphere to Cowes. Sailors and boats from all corners of the globe—Argentina, Brazil, Singapore, Hong Kong, Papua New Guinea, South Africa, and more—converged in this small town. The diversity and camaraderie were palpable, with unforgettable moments like Brazilian dancing in the High Street.

**The Return of The Admiral's Cup in 2025**

The return of the Admiral's Cup in 2025 is a significant event for both me and the Isle of Wight. Once the second most prestigious trophy in yachting, it has the potential to reclaim its former glory.



It's crucial for Cowes to remain at the forefront of yacht racing, and the revival of this event is a step in the right direction.

**The Challenges of The Solent and Beyond**

From a racing perspective, the Solent, the Channel, and the Fastnet Race offer some of the best conditions for yacht racing. Despite the often inclement weather, the area's unique combination of tides, winds, and geography provides unparalleled challenges and excitement. As Sydney Fischer once said, mastering the Solent is a true test of a sailor's skill.

**Final Thoughts**

Reflecting on my experiences, I can confidently say that I've learned more from my losses than my victories. For anyone looking to compete in the Admiral's Cup, I'm always ready to share my insights and help them avoid the pitfalls that I've encountered along the way.

The Admiral's Cup is more than just a race; it's a celebration of skill, strategy, and international camaraderie. As we look forward to its return, it's a reminder of why we love this sport and the incredible community that comes with it.



# GBR IRC NATIONAL CHAMPIONSHIP 13 - 15 JUNE 2025

IRC CLASSES  
IRC-boats with TCC 0.850 and above.

## THE DOCTOR WILL SEE YOU NOW....

### DR JASON SMITHWICK TALKS IRC RATING

Dr Jason Smithwick, Director of Rating shares his thoughts on IRC Rating and the Admiral's Cup.

The prestigious RORC Admiral's Cup, returning in 2025 after a long hiatus, has chosen the International Rating Certificate (IRC) rating system to ensure fair competition among a diverse fleet. This marks a significant moment, not just for the revived event, but for the IRC rating system itself.

The 2003 Admiral's Cup saw the first use of IRC, with Bob Oatley's Reichel/Pugh 60' Wild Oats, representing Royal Prince Alfred Yacht Club, achieving victory in the class. Since then, IRC has become the worldwide dominant force in offshore racing and grand prix classes. Its return to the Admiral's Cup signifies its established reputation for creating a level playing field for boats of varying designs.



Dr Jason Smithwick (Director of Rating)

The 2025 edition presents a unique challenge. As a historic event returning to the spotlight, the pressure is on to ensure a fair and exciting competition. To address this, the RORC Rating Office and l'UNCL, Pôle Course du YCF will be implementing stricter procedures for the competitors. This includes a mandatory boat weighing within 13 months of the event and the registration of all racing sails used during the event up to the maximum sail number limit..

With a team of equipment inspectors, boats will be checked for compliance with their IRC certificate and the IRC rules before the event. Random post-race checks will also be taking place with boats quarantined from the end of the race to the dock.

Even the most sophisticated rating system can't eliminate the importance of a well-prepared team. While optimizing a boat

for the rating rules can be advantageous, a well-drilled crew with a strong racing strategy will ultimately hold the greater advantage.

The 2025 RORC Admiral's Cup promises to be a thrilling spectacle. With a diverse fleet competing under the proven IRC system, we can expect to see cutting-edge yacht design alongside skilled teams, all vying for glory in this legendary event.

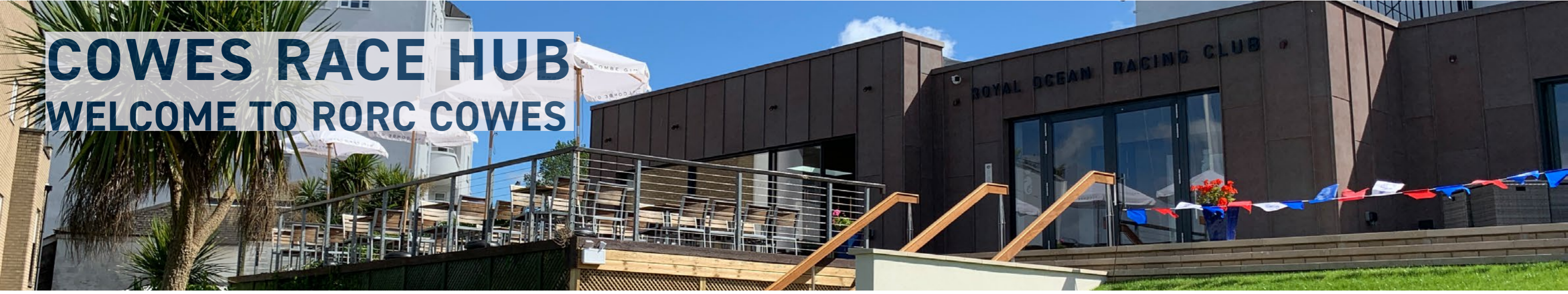
The RORC Rating Office can be contacted via:  
W:[www.rorcrating.com](http://www.rorcrating.com)  
E: [info@rorcrating.com](mailto:info@rorcrating.com)  
T: +44 (0) 1590 677 030



The RORC Rating Team from left Emma Smith, Jason Smithwick, Jenny Howells, Sally Moss

# COWES RACE HUB

## WELCOME TO RORC COWES



Following an exciting refit, the Royal Ocean Racing Club, Cowes is delighted to have re-opened its doors. With a new entrance and foyer, reception area, bar, dining room, offices, and toilets; the Clubhouse has been transformed. In addition to the architectural improvements, the Clubhouse team has also had a make-over, with a completely new Front of House and Kitchen team, to look after club guests.

### THE FASTNET BAR

The Cowes Clubhouse enjoys a prime elevated site with outstanding views of the Solent. You can celebrate your race in style at the Club's fantastic Fastnet Bar or join us for one of the many social events in the calendar. Choose from a range of popular keg beers and ciders, or the Club's selection of wines and spirits, including our own Offshore Strength Salcombe Gin. Delicious bar snacks will also be available each day. The Fastnet Bar offers comfortable indoor seating for up to 40 and outdoor seating for a further 40 on the Deck.



### THE TERRACE RESTAURANT

The Terrace Restaurant offers indoor seating for up to 50 guests and al-fresco dining for up to 40 on the new patio overlooking The Solent. The Cowes Clubhouse provides excellent dining options all year round for lunch or dinner. Our members and guests can sample a varied and exciting menu. Our two Island based chefs aim to deliver a celebration of dishes, using the fantastic local ingredients, such as the delicious chalk downland reared beef and lamb, to fresh fish and shellfish, from the surrounding waters. With weekly changing menus, daily specials, and the return of the Club's Sunday Roast on a board; our aim is to serve popular and delicious, local produce in a relaxed and enjoyable environment.

### THE EVENT SPACE

Seating up to 160 people to dine inside the Clubhouse all year round. The Event space is available for business meetings and social functions. WIFI & audio-visual facilities available by request



### THE CAPTAIN'S ROOM

For an exclusive and intimate event, reserve the sophisticated Captain's Room, which comfortably accommodates twelve guests. You can either select from the à la carte menu or create a custom menu tailored to your guests' preferences.

### THE ACCOMMODATION

The Cowes Clubhouse provides accommodation with 14 rooms, many with Solent views. From a single room or crew room up to a double en-suite, ranging from £70 - £140 per night, these rooms are excellent value for their location in Cowes.



# GUIDE TO COWES



Cowes offers a variety of maritime services and boasts a diverse selection of dining options, ranging from cafés to restaurants and lively pubs. During the high season, the nightlife comes alive with live music and events. The largely pedestrianised town center is filled with an array of shops, selling everything from clothing and nautical gear to food, jewellery, and household accessories.

## RORC RACE OFFICE / CLUBHOUSE

Located on Cowes Parade (opposite the Royal Yacht Squadron), the newly refurbished RORC Cowes Clubhouse boasts beautiful seaviews and facilities to match.

The Clubhouse provides accommodation with 14 rooms, many with Solent views, excellent dining options all year round for breakfast, lunch or dinner. Members and guests can sample a varied and exciting menu.

Rolex Fastnet competitors are all welcome.

## BERTHING

There are several berthing options in Cowes, ranging from marinas to temporary moorings. Since these spots fill up quickly, it is advisable to book as early as possible (note that berthing from 17th to 26th July is included in the entry fee).

The marinas in Cowes and East Cowes include Cowes Yacht Haven, Shepards Marina, and East Cowes Marina. Additionally, Cowes Harbour offers temporary moorings for the summer, located just off Cowes Waterfront.

Across the Solent, there are multiple marinas available to book in Hamble, Southampton, Portsmouth and Gosport.

You can find more details on all mooring options in the directory on page 28.

## ACCOMMODATION

From Hotels and house rentals, to AirBnB's, there is lots to choose from in Cowes and the surrounding areas of the Isle of Wight. Early booking is advisable in July.

See the directory page 31 or head to [www.visitisleofwight.co.uk](http://www.visitisleofwight.co.uk) for more information.

## DINING OUT

Cowes has become a gastro town filled with a variety of restaurants suiting all tastes. From seafood to pizza, there is something for everyone. See directory page 32 for more information.

During the high season, it is recommended to book in advance.

## TRANSPORT

### Red Funnel Ferries

Red Jet Hi-Speed Passenger Service

The Red Jet runs from Southampton to West Cowes. There are sailings every 30 minutes at peak times including Saturdays and every 60 minutes at off-peak times.

Car Ferry

The car ferry runs from Southampton to East Cowes. The journey takes 55 minutes and departures are every hour in the summer.

[www.redfunnel.co.uk](http://www.redfunnel.co.uk) / +44 (0) 238 001 9192

### Cowes Floating Bridge

The Cowes Floating Bridge carries vehicles, bikes and foot passengers between Cowes & East Cowes 7 days a week, all year round.

Monday to Saturday: 0500 to 0030

Sundays: 0630 to 0030

[www.iwfloatingbridge.co.uk](http://www.iwfloatingbridge.co.uk) / +44 (0) 1983 293 041

### Southern Vectis Buses

Buses departing every 10 minutes from Carvel Lane (outside Marks and Spencer).

[www.islandbuses.info/services](http://www.islandbuses.info/services) / +44 (0) 330 0539 182



# GRIFFIN

Royal Ocean Racing Club



## ONE MAIN AIM:

To encourage young people into the sport of offshore racing.

Over the years, through the generosity of Royal Ocean Racing Club members, the Griffin Fund has assisted in providing race boats and experienced sailors to improve young sailors' understanding of offshore racing.

To get involved with the Griffin24 Project as a sailor or supporter contact: [griffin@rorc.org](mailto:griffin@rorc.org)



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# winning wet notes



## Compact and Convenient

### Perfect Pocket Size

Our new design fits comfortably in your pocket, providing the ideal balance between portability and usability.

### Durable Coil Binder

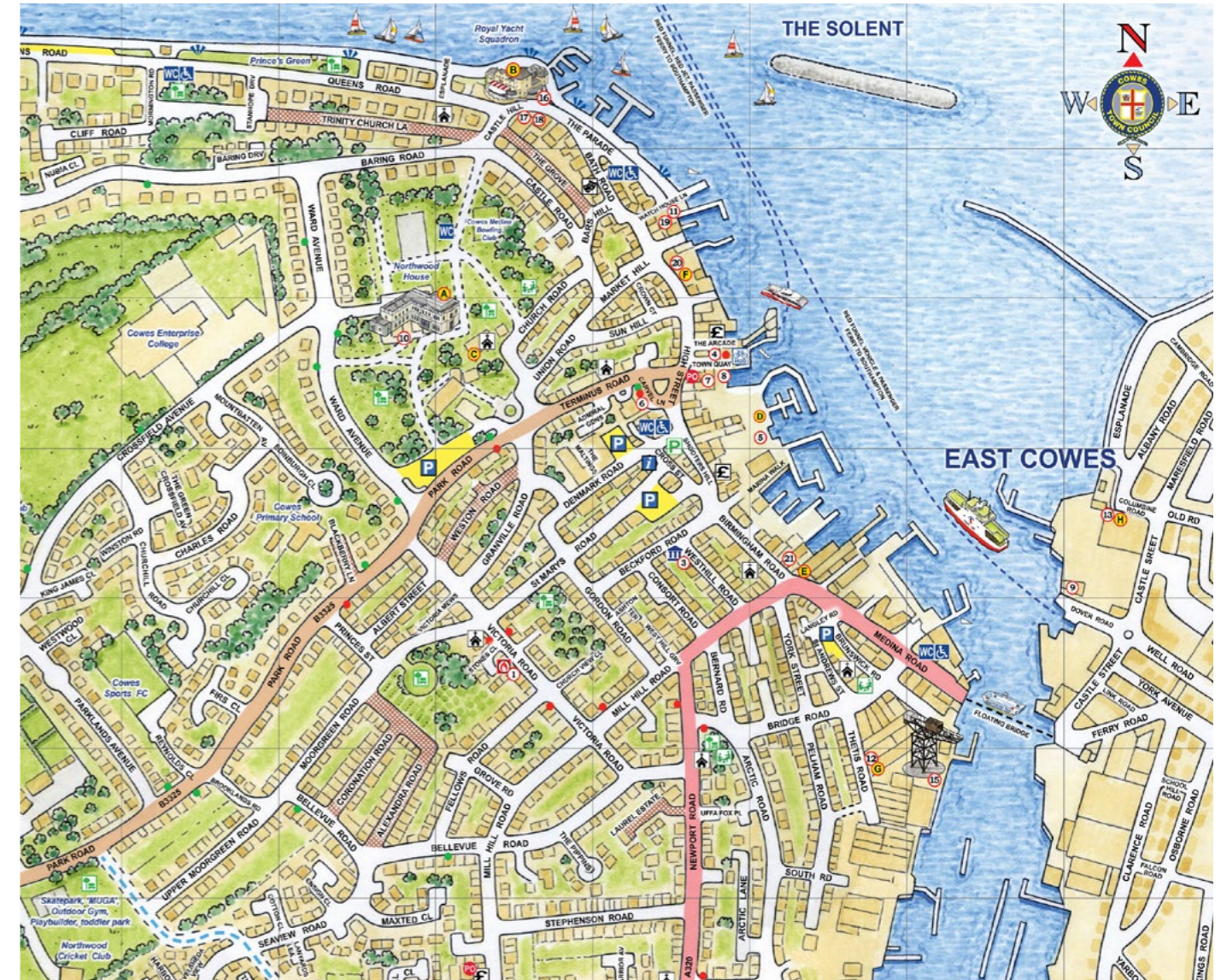
The upgraded coil binder allows you to fold the book to the current page and easily tuck it away in your pocket.

### Custom Half-Size Pencil

Specially commissioned for your convenience, our half-size plastic pencil is the perfect companion for your pocket notebook.

[www.winningtides.co.uk](http://www.winningtides.co.uk)

# COWES TOWN



Map thanks to Cowes Town Council. illustration Alan Rowe

**READY TO  
MAXIMIZE  
YOUR BOAT'S  
POTENTIAL  
THIS SEASON?**

**RIGGING  
TUNING  
FURLING  
SERVICE**

We are an independent rigging and project services company based in Shamrock Quay servicing the Solent.

We are a company of sailors for sailors.



[www.vmgtechnology.co.uk](http://www.vmgtechnology.co.uk)

| KEY |  |  |
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## THE DIRECTORY

### BERTHING & MOORINGS

#### Berthon Marina

The Shipyard, Bath Rd  
Lymington, SO41 3YL  
T: +44 (0) 1590 647 405  
VHF Channel 80  
W: www.berthon.co.uk

#### Cowes Yacht Haven

Vectis Yard  
Cowes, PO31 7BD  
T: +44 (0) 1983 299975  
VHF Channel 80  
W: www.cowesyachthaven.com

#### East Cowes Marina

Britannia Way  
East Cowes, PO32 6UB  
T: +44 (0) 1983 293983  
VHF Channel 80  
W: www.boatfolk.co.uk

#### Gunwharf Quays

Gunwharf Quays Marina  
Portsmouth, PO1 3TZ  
T: +44 (0) 2392 836 732  
VHF Channel 80  
W: www.gunwharf-quays.com/leisure/gunwharf-quays-marina

#### Hamble Point Marina

School Lane  
Hamble  
SO31 4NB  
T: +44 (0) 2380 045 2464  
VHF Channel 80  
W: www.mdlmarinas.co.uk

#### Hamble Yacht Services Marina

Port Hamble  
Hamble, SO31 4NN  
T: +44 (0) 2380 201 501  
VHF Channel 80  
W: www.hambleyachtservices.co.uk

#### Haslar Marina

Haslar Road  
Gosport, PO12 1NU  
T: +44 (0) 2392 601 201  
VHF Channel 80  
W: www.boatfolk.co.uk

#### Lymington Harbour

Bath Rd  
Lymington, SO41 3SE  
T: +44 (0) 1590 672 014  
VHF Channel 66  
W: www.lymingtonharbour.co.uk

#### Shepards Marina

Medina Road  
Cowes, PO31 7HT  
T: +44 (0) 1983 297821  
VHF Channel 80  
W: www.cowes.co.uk

#### Trinity Landing & Event Moorings

Cowes Harbour Commission  
T: +44 (0) 1983 297 821  
VHF Channel 69

#### Universal Marinas

Crableck Lane  
Southampton, SO31 7ZN  
T: +44 (0) 1489 574 272  
VHF Channel 80  
W: www.premiermarinas.com

### LIFT OUT SERVICES / CLEANING

#### Cowes Yacht Haven

50 Tonne hoist  
25 Tonne boat transporter  
T: +44 (0) 1983 299 975  
W: www.cowesyachthaven.com

#### Cowes Boatyard

60 Tonne hoist  
T: +44 (0) 1983 203 872  
W: www.cowesboatyard.co.uk

#### Kingston Boatyard

40 Tonne hoist  
T: +44 (0) 1983 299 385  
W: www.boatfolk.co.uk

#### Hamble Yacht Services

80 Tonne hoist  
T: +44 (0) 2380 201 501  
W: www.hambleyachtservices.co.uk

#### Marine Rigging Services

75 Tonne hoist  
50 Tonne boat transporter  
T: +44 (0) 2392 983 161  
W: www.marineriggingsservices.com

#### Universal Marina

75 Tonne hoist  
15 Tonne boat transporter  
T: +44 (0) 1489 574 272  
W: www.premiermarinas.com

### BOATYARD STORAGE

#### Kingston Boatyard

Kingston Road  
East Cowes, PO32 6JS  
T: +44 (0) 1983 299385  
E: boatyard.chc@cowes.co.uk

#### Insignia Maritime

Units 36-40, Medina Village  
Bridge Road, Cowes, PO31 7LP  
W: www.insigniamaritime.co.uk  
T: +44 (0) 1983 248 805

#### Marine Rigging Services

75 Tonne hoist  
50 Tonne boat transporter  
T: +44 (0) 2392 983 161  
W: www.marineriggingsservices.com

### SAIL REPAIR

#### Cowes Sailmakers

Somerton Industrial Estate, Cowes  
T: +44 (0) 7923 334317  
W: www.cowesailmakers.com

## THE DIRECTORY

#### North Sails

Cowes Yacht Haven  
T: +44 (0) 2392 604255  
serviceuk@northsails.com

#### Ratsey & Laphorn

The Sail Loft, Somerton Works, Cowes, PO31 8PB  
T: +44 (0) 1983 294 051  
W: www.ratseyandlaphorn.com

#### Solent Sails

Shepherd's Wharf Marina, Cowes  
T: +44 (0) 1983 280014  
www.solentsails.com

### RIGGING SERVICES

#### Advanced Rigging Services

One Marina Walk, High St, Cowes, PO31 7XJ  
T: +44 (0) 238 045 280  
W: www.advancedrigging.co.uk

#### Allspars

Swanwick Marina, Swanwick Shore Rd, Swanwick,  
Southampton, SO31 1ZL  
T: +44 (0) 1489 876 876  
W: www.allspars.co.uk

#### Marine Rigging Services

75 Tonne hoist  
50 Tonne boat transporter  
T: +44 (0) 2392 983 161  
W: www.marineriggingsservices.com

#### Spencer Rigging Ltd

Empire Buildings, St Mary's Rd, Cowes PO31 7SX  
T: +44 (0) 1983 292 022  
W: www.spencerrigging.co.uk

#### VMG Technology

1 Lower William St, Southampton SO14 5QL  
T: +44 (0) 2380 174 856  
W: www.vmgtechnology.co.uk

## THE DIRECTORY

### DIVING SERVICES

#### Island Divers Ltd

Shepards Wharf, Cowes ,PO31 7HT  
Tel: +44 (0)1983 240255  
W: www.iowdivers.co.uk

#### MMC Diving Services

T: +44 (0)1983 864 330  
W: www.mmcdivingservices.co.uk

#### RS Divers

T: +44 (0) 2393 190 409  
W: www.rsdivers.co.uk

### RIB HIRE

#### Bembridge Marine

W: www.bembridgmarine.com  
T: +44 (0)1983 872 817

#### Flying Fish

W: www.flyingfishonline.com  
T: +44 (0)1983 280641

#### Hamble Rib Charters

W: www.hamblribcharters.com  
T: +44 (0) 7476 888 639

#### Rebel Marine

W: www.rebelmarine.co.uk  
T: +44 (0) 7495 234 444

#### Solent Rib Charter

W: www.solentribcharter.co.uk  
T: +44 (0) 1590 607101

### CHANDLERIES

#### Jolliffes Chandlery

2-4 Birmingham Road, Cowes, PO31 7BH  
W: www.jolliffeschandlery.com  
Tel: +44 (0) 1983 290100

#### Pascall Atkey

30 High Street, Cowes, PO31 7RX  
T: +44 (0) 1983 292831

#### Seatek Engineering

46 Cross Street, Cowes PO31 7TD  
Tel: +44 (0) 1983 281158

#### Wroath Marine - Electrical engineering

Unit 7, Cowes Yacht Haven, Cowes, PO31 7AY  
W: www.wroathmarine.com  
Tel: +44 (0) 1983 281 467

### COURSE PROVIDERS

#### British Offshore Sailing School

T: +44 (0) 2380 457 733  
W: www.boss-sail.co.uk

#### Chieftain Training

T: +44 (0) 2380 452 668  
W: www.chieftain.training

#### Hamble School of Yachting

T: +44 (0) 2380 452 668  
W: www.hamble.co.uk

#### Hamble Point Sailing School

T: +44 (0) 2380 457 110  
W: www.yacht-school.co.uk

#### Sailing Logic

T: +44 (0) 2380 456 360  
W: www.sailinglogic.co.uk

#### Taste the Blue

T: +44 (0) 2380 987 188  
W: www.tastetheblue.training

#### UKSA

T: +44 (0) 1983 294 941  
W: www.uksa.org

### MEDICAL / EMERGENCY

#### Solent Coastguard

VHF Ch 16/67  
Designated landed site: Trinity Landing

#### Cowes Medical Centre

200 Newport Road, Cowes PO31 7ER  
T: +44 (0) 1983 295 251

#### Hospital / Emergency Department

St Mary's Hospital, Newport, PO30 5TG  
Non-urgent medical enquiries: call 111

#### Amery House Dental

6 Terminus Road, Cowes, PO31 7SA  
T: +44 (0)1983 291 863

#### Park Road Dental

169 Park Road, Cowes PO31 7NJ  
T: +44 (0) 1983 293 771

#### Chiropractic & Physiotherapy

Cowes Chiropractic Clinic  
24 Birmingham Road, Cowes, PO31 7BH  
Tl: +44 (0) 1983 282 810  
W: www.oweschiropracticclinic.co.uk

#### Willets & Doig Opticians

21-22 High Street, Cowes, PO31 7RY  
T: +44 (0) 1983 293 181  
W: www.willetsandoig.com

### LAUNDRETTE

#### Vecwash

1 Mill Hill Road, Cowes, IOW, PO31 7EA  
Tel: +44 1983 294698

### CATERING

#### All About Catering

Unit 7, Three Gates Road, Cowes, PO31 7UT  
W: www.allaboutcatering.co.uk  
Tel: +44 (0) 1983 248 500

#### French Franks

Fountain Yard, Cowes, PO31 7AR  
W: www.frenchfranks.co.uk  
T: +44 (0) 1983 821 685

## THE DIRECTORY

#### The Food Hamper Cowes

116 High Street, Cowes, PO31 7AX  
E: orders@thefoodhampercows.com  
M: +44 (0) 7523 992561

#### The Lost Mill Bakery

31 High Street, Cowes, PO31 7RS  
E: lostmillbakery@gmail.com  
W: www.lostmillbakery.com

### ACCOMMODATION

#### Albert Cottage

York Ave, East Cowes PO32 6BD  
T: +44 (0) 1983 299 309  
W: albertcottagehotel.com

#### Busigny House

16 Castle Road, Cowes. PO31 7QZ  
T: +44 (0) 1983 291 919  
W: www.busigny.co.uk

#### Cowes Holiday Homes

41 Tennyson Road, Cowes, PO31 7QA  
T: +44 (0) 7751 328 717  
W: www.cowesholidayhomes.com

#### Forresters Hall

30 Sun Hill, Cowes, PO31 7HY  
T: +44 (0) 1983 209 453  
W: www.forestershall.com

#### New Holmwood Hotel

65 Queen's Rd, Cowes PO31 8BW  
T: +44 (0) 1983 292 508  
W: www.newholmwoodhotel.co.uk

#### Onefifty Cowes

150 Park Rd, Cowes, PO31 7NE  
T: +44 (0) 7795 296 399  
W: www.onefiftycows.co.uk

#### Pinnacle Suites Hotel

104A High St, Cowes PO31 7AT  
T: +44 (0) 1983 240 287  
W: www.pinnaclesuites.co.uk

## ACCOMMODATION CONT.

### The Anchor Inn

1-3 High Street, Cowes, PO31 7SA  
 W: [www.theanchorcowes.co.uk](http://www.theanchorcowes.co.uk)  
 T: +44 (0) 1983 292823

### The Caledon

59 Mill Hill Rd, Cowes PO31 7EG  
 T: +44 (0) 1983 293 599  
 W: [www.the-caledon.co.uk](http://www.the-caledon.co.uk)

### The Duke of York

Mill Hill Rd, Cowes PO31 7BT  
 T: +44 (0) 1983 295 171  
 W: [www.dukeofyorkcowes.co.uk](http://www.dukeofyorkcowes.co.uk)

### The Fountain Inn

High Street, Cowes, PO31 7AW  
 W: [www.greenekinginns.co.uk/hotels/isle-of-wight/fountain-inn](http://www.greenekinginns.co.uk/hotels/isle-of-wight/fountain-inn)  
 T: +44 (0) 1983 292397

### The Union Inn

Watch House Lane, Cowes, PO31 7QH  
 W: [www.unioninncowes.co.uk](http://www.unioninncowes.co.uk)  
 T: +44 (0) 1983 293163

### Villa Rothsay

29 Baring Road, Cowes, PO31 8DF  
 T: +44 (0) 1983 295 178  
 W: [www.villa-rothsay.co.uk](http://www.villa-rothsay.co.uk)

### Wight Escapes

T: +44 (0) 7496 363 369 / (0) 7747 811 203  
 W: [www.wightescapes.com](http://www.wightescapes.com)

## RESTAURANTS

### Bahaar Tandoori

44 High Street, Cowes, PO31 7RR  
 T: +44 (0) 1983 200 378  
 W: [www.bahartandoori.uk](http://www.bahartandoori.uk)

### Club Moocow

55 Cross Street, Cowes, PO31 7TA  
 T: +44 (0) 1983 200 750  
 W: [www.moocowstuff.com](http://www.moocowstuff.com)

### Cowes Tandoori

40 High Street, Cowes, PO31 7RS  
 Tel: +44 (0) 1983 296710

### Heron Cowes

46-47 High Street, Cowes. PO31 17RR  
 W: [www.heroniow.co.uk/cowes](http://www.heroniow.co.uk/cowes)  
 T: +44 (0) 1983 302 000

### House Cowes

103a High Street, Cowes, PO31 7AT  
 W: [www.housecowes.com](http://www.housecowes.com)  
 T: +44 (0) 1983 301103

### Murrays Seafood

106 High Street, Cowes, PO31 7AT  
 W: [www.murrays.co](http://www.murrays.co)  
 T: +44 (0) 1983 296233

### Number 3

3 Bath Road, Cowes, PO31 7RH  
 W: [www.number3cowes.com](http://www.number3cowes.com)  
 T: +44 (0) 1983 291 714

### Smoking Lobster

127 High Street, Cowes, PO31 7AY  
 W: [www.smoking-lobster.co.uk](http://www.smoking-lobster.co.uk)  
 T: +44 (0) 1983 240916

### Spice Central

107 High Street, Cowes PO31 7AT  
 W: [www.spicecentraliow.co.uk](http://www.spicecentraliow.co.uk)  
 T: +44 (0) 1983 291800

### The Coast

14-15 Shooters Hill, Cowes, PO31 7BG  
 W: [www.thecoastbar.co.uk](http://www.thecoastbar.co.uk)  
 T: +44 (0) 1983 298574

### The Garden

48 High Street, Cowes, PO31 7RR  
 W: [www.thegardencowes.com](http://www.thegardencowes.com)  
 T: +44 (0) 1983 300 142

### The Nook

10a Shooters Hill, Cowes, PO31 7BG  
 W: [www.thenookcowes.co.uk](http://www.thenookcowes.co.uk)  
 T: +44 (0) 7811 994 327

### Tonino's

8-9 Shooters Hill, Cowes, PO31 7BE  
 W: [www.toninoscowes.co.uk](http://www.toninoscowes.co.uk)  
 T: +44 (0) 1983 298464

## PUBS

### The Anchor Inn

1-3 High Street, Cowes, PO31 7SA  
 W: [www.theanchorcowes.co.uk](http://www.theanchorcowes.co.uk)  
 T: +44 (0) 1983 292823

### The Duke of York

Mill Hill Road, Cowes, PO31 7BT  
 W: [www.dukeofyorkcowes.co.uk](http://www.dukeofyorkcowes.co.uk)  
 T: +44 (0) 1983 295171

### The Fountain Inn

High Street, Cowes, PO31 7AW  
 W: [www.greenekinginns.co.uk/hotels/isle-of-wight/fountain-inn](http://www.greenekinginns.co.uk/hotels/isle-of-wight/fountain-inn)  
 T: +44 (0) 1983 292397

### The Globe

The Globe, The Parde, Cowes, PO31 7QJ  
 W: [www.globecowes.co.uk/](http://www.globecowes.co.uk/)  
 T: +44 (0) 1983 632363

### The Painters Arms

51 Cross Street, Cowes, PO31 7TA  
 W: [www.thepaintersarms.co.uk](http://www.thepaintersarms.co.uk)  
 T: +44 (0) 1983 300977

### The Union Inn

Watch House Lane, Cowes, PO31 7QH  
 W: [www.unioninncowes.co.uk](http://www.unioninncowes.co.uk)  
 T: +44 (0) 1983 293163

### The Vectis Tavern

103 High Street, Cowes, PO31 7AT  
[www.vectistavern.co.uk](http://www.vectistavern.co.uk)  
 Tel: +44 (0) 1983 298439

## COCKTAIL BARS

### The Compass Bar

10/11 High Street, Cowes, PO31 7RZ  
 W: [www.compassbar.co.uk](http://www.compassbar.co.uk)  
 Tel: +44 (0) 1983 475245

## TRANSPORT

### Cowes Water Taxis

VHF Ch08  
 T: +44 (0) 7551 431 993

### Cowes Floating Bridge

Monday to Saturday: 0500 to 0030  
 Sundays: 0630 to 0030  
 T: +44 (0) 1983 293 041  
 W: [www.iwfloatingbridge.co.uk](http://www.iwfloatingbridge.co.uk)

### BT Taxi

T: +44 (0) 07479 344 777

### Cowes Taxi

T: +44 (0) 1983 294 444

### Cowes Cabs Taxi Service

T: +44 (0) 1983 303 020

### Southern Vectis Bus Service

Regular service from outside Marks and Spencer.  
 W: [www.islandbuses.info](http://www.islandbuses.info)



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# Royal Ocean Racing Club

## Our Membership

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### Membership Benefits

- **London Clubhouse**  
Centrally located in St. James's, London, with en suite accommodation, Club bar, relaxed dining room available for lunch and dinner and private dining rooms available for hire
- **Cowes Clubhouse**  
Overlooking the Solent in Cowes, Isle of Wight, with accommodation, welcoming bar and restaurant, and private function rooms
- **Discounts on:**  
RORC race entry fees
- **Other exclusive members' discounts.**
- **Range of Members' insignia.**
- **Full calendar of social events in London and Cowes**
- **Monthly copy of leading yachting magazine Seahorse**
- **Letters of introduction to other yacht clubs around the world.**

#### To Join

Download an application form from [rorc.org](http://rorc.org) | Submit an online application form - [rorc.org](http://rorc.org)  
Call +44 (0)207 493 2248 or email [membership@rorc.org](mailto:membership@rorc.org)

### Becoming a Member

To join the RORC is to become part of a long established, unique and exclusive Club dedicated to encouraging long distance and other forms of yacht racing and activity.

RORC members will join a large international network of sailors and benefit from two exemplary Clubhouses, located in the hub of central London and in the sailing capital of the UK, Cowes.



#### Ocean Racing

Applicants must have completed no less than 500 offshore racing miles.

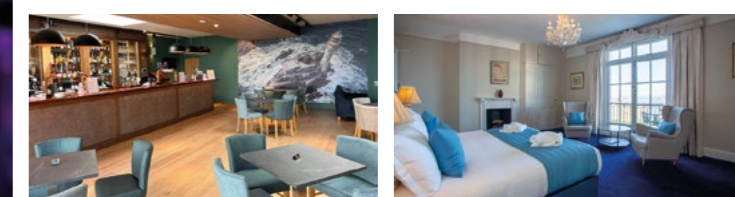


#### Corinthian

Applicants must have a background of sailing experience who support the objectives of the Club.

#### Membership Categories (UK or Overseas)

- RORC Ordinary Membership
- RORC Under 30 Membership
- RORC Cadet Membership
- RORC Couples Membership
- RORC Senior Membership



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**Royal Ocean Racing Club Ltd**  
20 St James's Place, London, SW1A 1NN

**RORC Cowes Clubhouse**  
The Parade, Cowes, Isle of Wight, PO31 7QU



**Email** [membership@rorc.org](mailto:membership@rorc.org)

**Website** [rorc.org](http://rorc.org)

**Phone** +44 (0)207 493 2248

For more information and to join visit [www.rorc.org](http://www.rorc.org)



# The Admiral's Cup

17th July - 1st August 2025

## Contact Information:

Royal Ocean Racing Club, Race Office

The Parade, Cowes,

Isle of Wight, PO31 7QU

e: [admiralscup@rorc.org](mailto:admiralscup@rorc.org) / [racing@rorc.org](mailto:racing@rorc.org)

t: +441983 295 144

w: [www.admiralscup.rorc.org](http://www.admiralscup.rorc.org)

