



Thames Ditton Regatta 2026

Plate Ergo Sprints

This competition replaces the on-water Plate events for first-round losers in J14 8x+ and 4x+, which we are sadly unable to fit into the on-water schedule of racing due to the number of entries this year.

Who can enter: All crews who lose their first race in Open or Women's J14 8x+ or 4x+ (all bands/groups).

Cost: Free

Distance: 2 mins per rower. Coxes do not ergo but are expected to encourage their crews as they would on the water.

Prizes: TDR medals will be awarded to all members (including coxes) of the crews with the greatest combined distance in each of these events:

Op J14 8x+ Top (11:40)	W J14 8x+ Top (15:30)
Op J14 8x+ GC (10.15)	W J14 8x+ GC (16:25)
Op J14 4x+ Top (16:00)	W J14 4x+ Top (10.40)
Op J14 4x+ GC Group 1 (15:40)	W J14 4x+ GC Group 1 (10.30)
Op J14 4x+ GC Group 2 (15:25)	W J14 4x+ GC Group 2 (10.35)

How it works

After losing their first race, crews should come to the Regatta Secretary's Tent near the finish **as soon as possible and no later than the time shown above for your event*** WITH A COACH (it is essential that crews are accompanied by an adult from their club at all times while participating in the Plate Ergo Sprints).

First round losers do not *have* to participate in the Plate Ergo Sprints but we hope you will. If a crew participates, ALL members of the crew named on the entry must participate (medical subs allowed).

If a crew decides NOT to participate, please let us know at the Secretary's tent

The winners will be announced over the PA once all crews in each event have completed their ergos.