

| Course No. | Distance | Marks |
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| 0 | 10.2 | Start to Shotley Horse(S) BRISTOL (P) Shotley Horse (P) then to Finish off Pin Mill |
| 1 | 15.5 | Start to Cliff Foot (P) STONE BANKS (P) Pye End (P) Cliff Foot (S) Guard (P) Shotley Spit (P) then to Finish off Pin Mill |
| 2 | 16 | Start To Shotley Spit Beacon (S) STOUR NO. 1 (P), Shotley Spit Beacon (P), Then To Finish Off Pin Mill |
| 3 | 17.7 | Start To Cliff Foot (P), STONEBANKS (P), Pye End(P), Cliff Foot (S), Then To Finish Off Pin Mill |
| 4 | 17.7 | Start To Cliff Foot (P), STONEBANKS (S),Pye End(P), Cliff Foot (S), Then To Finish Off Pin Mill |
| 5 | 18.02 | Start To Cliff Foot (P) Landguard (P), Outer Ridge (P) , Cork Ledge Racing Buoy (P), OUTER RIDGE (S), Landguard (S), Cliff Foot (S), Then To Finish Off Pin Mill. |
| 6 | 21.5 | Start to Shotley Spit(S) Stour No. 1(P) Shotley Spit (S) STOUR No. 1 (P) Shotley Spit (P) then to Finish off Pin Mill |
| 7 | 21.7 | Start To Cliff Foot (P), MEDUSA (P),Pye End(P), Cliff Foot (S), Then To Finish Off Pin Mill |
| 8 | 21.7 | Start To Cliff Foot (P), MEDUSA (S), Pye End(P), Cliff Foot (P), Then To Finish Off Pin Mill |
| 9 | 22.5 | Start to Cliff Foot (P) Stone Banks (P) Pye End (P) Cliff Foot (S) Guard (P) STOUR NO. 1 (P) Shotley Spit (P) then to Finish off Pin Mill |
| 10 | 27.3 | Start To Cliff Foot (P), WALLET No. 2 (P),Pye End(P), Cliff Foot (S), Then To Finish Off Pin Mill |
| 11 | 27.3 | Start To Cliff Foot (P), WALLET No. 2 (S),Pye End(P), Cliff Foot (P), then To Finish Off Pin Mill |
| 12 | 29.4 | Start To Shotley Spit Beacon (S) Stour No. 1 (P) Guard (S), Cliff Foot (P) MEDUSA (P) Pye End(P), Cliff Foot (S),Guard (P) Shotley Spit Beacon (P), Then To Finish Off Pin Mill |
| 14 | 30.9 | Start To Cliff Foot (P) Landguard (P), Outer Ridge (P), Cork Sand Yacht Beacon(S), NW ROUGHS TOWER BUOY (S),Cork Sand Yacht Beacon(P), Landguard (S), Cliff Foot (S) Then To Finish Off Pin Mill |
| 15 | 31.02 | Start To Cliff Foot (P) Medusa (P), N.E.GUNFLEET (P), Roughts Tower and Bouy (P),Cork Sand Yacht Beacon(P),Landguard (S), Cliff Foot (S), Then To Finish Off Pin Mill, |
| 16 | 32.8 | Start To Cliff Foot (P), Landguard (P),Outer Ridge (P),Cork Sand Yacht Beacon(S), N.E. GUNFLEET (S), Medusa (S), Cliff Foot (S)Then To Finish Off Pin Mill |
| 17 | 33.5 | Start To Cliff Foot (P), Medusa (P), N.E.GUNFLEET (P), Roughts Tower And Buoys (P), Cork Sand Yacht Beacon(P), Outer Ridge (S), Landguard (S), Cliff Foot (S), Then To Finish Off Pin Mill |