



**ANGLING
TRUST**



**ANGLING
TRUST**

LADIES

**NATIONAL
CHAMPIONSHIP**

2026

Angling Trust Ladies National Championship 2026



Westwood Lakes
Saturday 4th July 2026

General Information

Headquarters: Westwood Lakes, Five House Lane, Wyberton, Lincolnshire, PE21 7JA. Telephone: 01205 724162

Website: <https://www.westwoodlakes.co.uk/>

Refreshments: Available on site before and after the match in the Fisherman's Rest Café and Mallard Bar

Draw: 08:45am in the Mallard Bar – register from 08:00am

Pools: Optional £20 (£10 section and £10 individual)

Fishing: 11:00am – 4:00pm (duration five hours)

Licences: All competitors must be in possession of a valid Environment Agency fishing licence. Any competitor reported by the Environment Agency to the Angling Trust Competitions team on the day of the match will be disqualified

Keepnet limits: 55lb keepnet weight limit. Anything between 55lb and 60lb will be knocked back to 55lb. Over 60lb and that net is disqualified. Spare nets will be available on the bankside. Keepnets will be provided by the fishery on the day, but not landing net heads, which must be dipped.

Fishery rules: Fishery match rules apply alongside Angling Trust match rules

Your individual Angling Trust membership must be valid when taking part in the Championship

Welcome

A warm welcome to the 2026 Angling Trust Ladies National Championships, taking place this year at the magnificent Westwood Lakes complex in Lincolnshire.

I don't think the fishery needs any introduction – it is the home of the FishOMania final, as well as hosting numerous big qualifiers and festivals. It's also one of the prettiest fisheries you'll ever visit with facilities to match the excellent fishing.

You'll be fishing the Swallow and Falcon Lakes, arguably the two most consistent lakes on site, where a bit of everything will be needed to catch. That could be long pole shallow, big fish in the edges and even a small feeder across to the islands.

I want to wish each and every one of you fishing this year the best of luck and hope you end up winning the famous trophy. There's also the bonus of the winner receiving an invite back to Westwood a few weeks later to fish for £50,000 in the FishOMania final!

-Steve Fitzpatrick, Head of Competitions, Angling Trust



Angling Trust Competitions Team

Richard Grange | richard.grange@anglingtrust.net | 07938 802054

Gary Kilner | 07845 999629

Paul Dodwell | 07988 627239

A big thank you and appreciation must go out to all our volunteers who give up their time to assist with our competitions. Without their help and continued support we would not be able to provide competitions on the scale that we do for our members

If you would like to offer your assistance to act as a volunteer at any of our competitions, please contact Kelly Latimer at the Angling Trust via e-mail: kelly.latimer@anglingtrust.net

Team Event

Aside from the individual clash, the Ladies National also sees a teams-of-four event running alongside. Any four individuals may compete as a team – you do not need to be members of a club or association!

There will not be a team draw, each angler fishing the peg they personally draw, so it could be that two members of a team end up being pegged next to each other! This event is then decided on total weight, not section points like in other Nationals.

Medals will be awarded to the top three teams as well as a 100% payout generated from team pools. These are £20 per team payable in advance. To book your team in, click the following link: <https://anglingtrust.net/wp-content/uploads/2026/02/Ladies-National-Team-Entry-Form-2026.docx>

Lakes in use

Falcon Lake



The home of the FishOMania final and a lake that regularly produces big weights. A classic 50-peg snake lake with widths to the far bank averaging 14.5m, a deeper central channel and shallower near and farside ledges.

Full of carp and F1s plus barbel on a few noted pegs, the pole dominates on Falcon but Westwood can be windy and a small feeder may just be worth setting up if presentation on the pole is tricky!

Swallow Lake

One of the newer lakes on site and very different to Falcon. Swallow is wider with around 22m to the island and that brings feeder and waggler into play alongside the pole. The fish are bigger too, with plenty of double figure carp and big F1s alongside a big head of roach and skimmers. Pole shallow and the edges are the normal go-to tactics.



FISHERY RULES

NETS

55lb keepnet weight limit. Anything between 55lb and 60lb will be knocked back to 55lb. Over 60lb and that net is disqualified. Spare nets will be available on the bankside

Fishery keepnets only – collect these from the net cage before going to your peg.

You will be allocated three nets – please put them all in at the start. No movement of fish between nets

Lay nets out behind your peg upon arrival – put in the lake 15 minutes before the start

All fish to be netted – no swinging in. Landed fish must be placed in the keepnet via the landing net, not by hand

Please dip all landing net heads in the tanks before going to your peg

FISHING

No surface fishing or floating baits

A float must be used at all times

No Jigga Floats or overshotted rigs allowed

Free running feeders and bombs only – no elasticated rigs at all

Four-inch minimum hooklength on bomb and feeder

No braid allowed

No pole feeder method allowed – feeders and bombs can only be fished on rod and line

16m pole limit

No floating pole

Minimum of six inches and maximum of 1 metre of line between pole tip and float

Minimum of six inches of line between hook and bottom of float

When fishing within 1 metre of bankside vegetation no line limit applies

No feeding with the pole while fishing rod and line – you can only use one rod

Cutting of bankside vegetation is allowed but you cannot break the water's surface. Please leave any cuttings on the bank

Slapping is allowed, but tapping is not

Maximum size 12 hooks, barbless only

Standing is allowed to cast and land fish only. When 'mugging' fish on the pole, anglers must remain seated at all times.

BAITS

Fishery feed pellets only. These are available from the onsite tackle shop

You may use any brand of pellet for the hook

Maximum 2kg groundbait allowed

No meat of any type whatsoever

All groundbait to be fed via a cup or feeder – no throwing in of balls. This also applies to balls of dampened pellets

Remember to Check, Clean, Dry!

STOP THE SPREAD

Invasive plants and animals can carry diseases that kill fish, and block waterways and banks interfering with fishing. They can be small and hard to spot so are easily spread on damp equipment and clothing. Protect the environment and fishing you enjoy by keeping your kit free of invasive plants and animals.

Remember to check these places

- CHECK** your gear after leaving the water for mud, aquatic animals or plant material. Remove anything you find and leave it at the site.
- CLEAN** everything thoroughly as soon as you can, paying attention to nets, waders, and areas that are damp and hard to access. Use hot water if possible.
- DRY** everything for as long as possible before using elsewhere as some invasive plants and animals can survive for two weeks in damp conditions.

Watch out for

- QUAGGA MUSSEL
- ALIEN SNAIL
- FISH DISEASES
- FLORA/BIO FOULING

Department for Environment, Food & Rural Affairs | Environment Scotland | natural scotland | NNSS | AP20214

Find out more about invasive plants and animals, and how you can help to stop the spread at nonnativespecies.org/checkcleandry

Angling Trust Ladies National

Championship Rules

1. The Championship is open to all female Angling Trust Individual members. Membership must also be valid on the day of the competition
 2. Four individual anglers may also choose to enter as a team of four. The combined weight of fish caught by all four anglers will determine the winning team.
 3. The draw for pegs will take place on the morning of the Championship event.
 4. No person will be allowed to compete in the Ladies individual and team event if they are under the age of 16 on the day of the Championships unless they have a been issued with an Angling Trust Young Angler Exemption which is valid at the time of the Championship.
 5. The senior steward will have the right to examine all containers carried by competitors prior to commencement of the Championship, at their pegs.
 6. Stewards will do their utmost to prevent spectators approaching or interfering with the competitors.
 7. Any angler fishing at the wrong peg will be disqualified.
 8. Competitors must use private transport to transfer from the HQ to their section and return.
 9. Any angler may bring a helper to help carry their tackle to their peg.
 10. No competitor will have live or dead fish in their possession before the Championship.
 11. The signal to commence and cease fishing will be given by the senior section steward in each section.
 12. The duration of the Championship will be 5 (five) hours.
 13. Before the starting signal, no competitor, must on any account groundbait or loosefeed the swim but they will be allowed to:
 - Wet a line
 - Plumb the depth
 - Test their floats
 - Mix or wet groundbait
 - Clear their peg of weed or obstructions
 - Position their equipment
- You cannot:
- Cast a feeder – a bomb must be used
 - Ship out any form of pot (pole-mounted or cupping kit) over the water
14. A competitor may wade provided that the water does not extend above the knees, unless they can touch the bank, in which case the water can extend above the knees. The same principles apply to platforms and knee depth is to be taken in front of the platform. No box legs may extend beyond the front of the platform.

15. Every competitor must fish from within one metre either side of their designated peg. On stillwaters they may fish as far as half the distance between their peg and the pegs on either side. Where competitors are drawn on opposite banks, the limit of the swim will be the middle line between either bank. The competitor will restrict their activities completely to these boundaries, neither their person, tackle, bait, groundbait or hooked fish may intrude into their neighbours' swim. In an extreme situation, e.g. snagged tackle or a snagged fish, an angler must seek permission from their neighbour/neighbours before moving from their designated peg to try and remedy the situation.
16. No competitor may leave their peg during the Championship other than to answer the call of nature. However, in the event of an emergency and/or severe weather conditions, a competitor may leave their peg, but only with the express permission of the senior section steward. In such circumstances the senior steward may decide in the best interests of the competitors that fishing should be suspended. In the worst-case fishing may be terminated by the senior steward upon an instruction from the Angling Trust's team of Championship adjudicators.
17. A competitor must not cause annoyance to or seek to interfere with another competitor during the course of the Championship. They must act in a sporting manner at all times.
18. A competitor shall have in use one rod or pole, one line and single hook at any one time, but may have other poles or rods and tackle assembled in a position behind them, if possible, providing no such other tackle is baited.
19. Maximum length of poles is 16 metres. Floating poles are not permitted.
20. Braided hooklengths are not permitted.
21. Any bait, subject to the local rules, may be used during the National Championship, except live or dead fish, spinning baits and artificial lures.
22. Floating baits, either as hookbait or feed are not allowed
23. The use of electronic fish finders is forbidden.
24. No competitor shall present their baited hooks into their swim by any means other than the pole or rod to which the line is attached.
25. All feed may be thrown in by hand, or by the use of one or two-handed catapults, throwing sticks, swim feeders, baitdroppers, bait cups and bait shuttles, but no other mechanical means of projecting feed is allowed. No bait shall be introduced with a pole or bait dropper attached to an extra pole or rod whilst continuing to fish. Spodding is not permitted.
26. Competitors must strike, play and land their own fish from the confines of their own peg. (See rule 20).

27. Hand lining fish is not permitted; this includes hand lining elastics and line. Also, not allowed is the practice of trapping stretched elastic with the hand down the length of the pole, fish should never be bullied like this. This does not affect the use of puller kits and similar devices.
28. Competitors must retain all fish in a keepnet that complies with the relevant Environment Agency bylaws.
29. All keepnets must be laid out on the bank before the start. Keepnets will only be allowed to be put into the water 15 minutes before the all-in.
30. A minimum of three keepnets must be taken by every angler. Big weights are possible, and we therefore ask that anglers are sensible and use all three from the start.
31. Nets should be dry when arriving to fish, as dry nets do not spread diseases.
32. Fish must never be handled with gloves or towels.
33. All fish caught are eligible for weighing except game fish, pike, zander and crustaceans.
34. Competitors must, if practical, keep all fish caught alive.
35. If for any reason competitors cannot keep fish alive, the stewards shall have the power to weigh in during the Championship and return the fish alive to the water.
36. Competitors must cease fishing at the signal. Should a competitor still be playing a fish hooked before the finishing signal is given, they will be permitted no more than 15 minutes after time has been called to land the fish.
37. All competitors will remain at their pegs, except for the purpose of clearing litter from their swims, or, for reasons (as defined in rules 20 and 21), until details of their catch have been recorded by the steward, even if they have caught no fish.
38. Competitors are responsible for ensuring their pegs are clear of litter and no competitor shall have their catch weighed in who has litter on the banks of their swim.
39. Both the competitor and scales steward MUST ensure that the correct procedure for transferring fish from keepnet to weigh net and weigh net back to the water is followed;
- A) Swim the fish from the bottom of the keepnet to the top, ensuring that the top ring is out of the water, and gather the rings up from the bottom as the fish move up. Once the fish are between the top ring and the second or third ring (depending on the number of fish in the net), remove the keepnet from the water and gently slide the fish into the weigh net. Should the number of fish require more than one weigh, only slide sufficient fish into the weigh net for the first weigh. Whilst the weigh is taking place, hold the remaining fish back in the water until required for weighing and repeat until all fish have been weighed.

- B) Remove the keepnet from the water collapsing the net down until the second or third from the bottom can be reached from the inside. Pull the chosen ring through the top ring and then gently slide the fish into the weigh net. Should the number of fish require more than one weigh, only slide sufficient fish into the weigh net for the first weigh. Whilst the weigh is taking place, hold the remaining fish back in the water until required for weighing and repeat until all the fish have been weighed.
40. After each competitor is weighed in at their peg, it will be the duty of the scales steward after each weigh to return the fish to the water.
41. The individual weight of each competitor will be recorded to the nearest 10 grams rounded up (Where 10Kg scales are used) and 20 grams, rounded up (Where 20Kg scales are used). Where electronic scales are used the recorded weight will be actual.
42. Each competitor will be responsible for ensuring that the weight of their catch is correctly recorded by the steward on the weigh sheet.
43. After being weighed any dead fish are to be suitably disposed of by the scales steward.
44. Any fish about which the stewards have any doubt must be brought before the Management Team and the competitor's weight will not be confirmed until a ruling has been obtained. Even if a steward recommends the disqualification of a competitor, they MUST weigh the fish in case the stewards' ruling is not upheld.
45. Any objections must be lodged with a member of the Management Team or senior section steward, no later than one hour after the end of the Championship. Irregularities which are brought to notice at a later date may be dealt with only by and at the discretion of the Angling Trust Competitions team.
46. The holders of the trophies shall, upon presentation, be allowed time for photographs to be taken and then will be required to hand the trophy back to the officials present.
47. All National Championships must conform to Environment Agency bylaws. Any competitor reported to the Management Team by the Environment Agency for being unable to produce a valid licence shall be deemed to be in contravention of the rules and shall be disqualified. All pools, entry fees etc. in respect of the said competitor shall be forfeited.
48. Local fishery rules will also apply.
49. Lead shot is banned above a size 8 (0.06g) in accordance with national Environment Agency byelaws.
50. If in the opinion of the event Management Team, any team or individual is in breach of these rules or is guilty of behaviour which is contrary to the best interests of the sport, or upon complaint being received by the event Management Team that there has been an alleged breach of the rules, the event Management Team shall make a decision on all available facts and that decision will be final and

binding. An appeal can be made to the Angling Trust Board; a copy of the appeals procedure is available from the Angling Trust HQ.

51. Any competitor proved to be in contravention of these rules will be disqualified.

52. Any individual angler deemed to be bringing the sport into disrepute will be severely dealt with by the Management Team.

Angling Trust
The Old Police Station
Wharnccliffe Road
Ilkeston
Derbyshire
DE7 5GF

Email: kelly.latimer@anglingtrust.net

Tel: 0115 822 4532



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