



**NATIONAL
SPRINT
REGATTAS**

**BRITISH
CANOEING**



2022

**BRITISH CANOEING
NATIONAL SPRINT REGATTA**

2-3 July

Open and British Under 23 and Junior National Championships
including selection events for Juniors and Under 23s

Photography by Antony Edmonds

2nd & 3rd July 2022
Saturday

07:30	Course opens				
07:45	Warm-up period opens				
08:15	Start gate practise opens at 200m				
08:45	Start gate practise and warm-up closes				
1	09:00	Boys U16	K1	1000	H1
2	09:03	Boys U16	K1	1000	H2
3	09:06	Boys U16	K1	1000	H3
4	09:09	Boys U16	K1	1000	H4
5	09:15	Boys U18	K1	1000	H1
6	09:18	Boys U18	K1	1000	H2
7	09:21	Boys U18	K1	1000	H3
8	09:24	Men U23	K1	1000	H1
9	09:27	Men U23	K1	1000	H2
10	09:33	Canoe Boys U18/U16	C1	1000	F
11	09:36	Canoe Men U23	C1	1000	F
12	09:39	WMasters C/D	K2	1000	F
13	09:42	Boys U14	K2	1000	H1
14	09:45	Boys U14	K2	1000	H2
15	09:57	Girls U14	K1	500	H1
16	10:00	Girls U14	K1	500	H2
17	10:03	Girls U16	K1	500	H1
18	10:06	Girls U16	K1	500	H2
19	10:09	Girls U16	K1	500	H3
20	10:15	Girls U18	K1	500	H1
21	10:18	Girls U18	K1	500	H2
22	10:21	Girls U18	K1	500	H3
23	10:24	Women U23	K1	500	H1
24	10:27	Women U23	K1	500	H2
25	10:30	Masters C/D	K1	500	H1
26	10:33	Masters C/D	K1	500	H2
27	10:39	Men A/B	K1	500	F
28	10:42	Men C/D	K1	500	F
29	10:45	Paddle-Ability 500m R1 (Sat)	K1	500	F
30	10:57	Boys U14	K2	1000	F
31	11:00	Boys U16	K1	1000	F1
32	11:03	Boys U16	K1	1000	F2
33	11:06	Boys U18	K1	1000	F1
34	11:09	Boys U18	K1	1000	F2
35	11:12	Men U23	K1	1000	F
36	11:24	Women A/B/C/D + WMasters A/B	K1	500	F
37	11:27	WMasters C/D	K1	500	F
38	11:30	Men A + Masters A/B	K2	500	F
39	11:33	Canoe Men A-D/Women A-D	C1	500	F
40	11:36	Girls U14	K1	500	F
41	11:39	Girls U16	K1	500	F1
42	11:42	Girls U16	K1	500	F2
43	11:48	Girls U18	K1	500	F1
44	11:51	Girls U18	K1	500	F2
45	11:57	Women U23	K1	500	F
46	12:00	Masters C/D	K1	500	F
47	12:03	Boys Intermediate	K1	500	F
48	12:15	Para Men KL2/3 R1 (Sat)	K1	200	F
49	12:18	Para Women KL2/3 R1 (Sat)	K1	200	F
50	12:21	Canoe Girls U18/U16	C1	200	F
51	12:24	Canoe Women U23	C1	200	F
52	12:30	Lightning A	K1	200	H1
53	12:33	Lightning A	K1	200	H2
54	12:36	Lightning B	K1	200	H1
55	12:39	Lightning B	K1	200	H2
56	12:48	Girls Intermediate	K1	500	F
57	12:51	Boys U14	K1	500	H1
58	12:54	Boys U14	K1	500	H2
59	12:57	Boys U14	K1	500	H3
60	13:03	Boys U16	K1	500	H1
61	13:06	Boys U16	K1	500	H2
62	13:09	Boys U16	K1	500	H3
63	13:12	Boys U16	K1	500	H4
64	13:15	Boys U16	K1	500	H5
65	13:18	Boys U16	K1	500	H6
66	13:24	Boys U18	K1	500	H1
67	13:27	Boys U18	K1	500	H2
68	13:30	Boys U18	K1	500	H3
69	13:33	Boys U18	K1	500	H4
70	13:39	Men U23	K1	500	H1
71	13:42	Men U23	K1	500	H2
72	13:45	Men U23	K1	500	H3
73	13:48	Masters C/D	K2	500	F
74	13:57	Girls U18	K1	200	H1
75	14:00	Girls U18	K1	200	H2
76	14:03	Girls U18	K1	200	H3
77	14:06	Women U23	K1	200	H1
78	14:09	Women U23	K1	200	H2
79	14:12	Girls U14	K1	200	H1
80	14:15	Girls U14	K1	200	H2
81	14:18	Girls U14	K1	200	H3
82	14:21	Girls U16	K1	200	H1
83	14:24	Girls U16	K1	200	H2
84	14:30	Para Men KL2/3 R2 (Sat)	K1	200	F
85	14:33	Para Women VL2/3 + Men VL2 R1	V1	200	F
86	14:36	Canoe Men A-D/Women A-D	C1	200	F
87	14:39	Paddle-Ability 200m R1 (Sat)	K1	200	F
88	14:51	Boys U14	K1	500	F1
89	14:54	Boys U14	K1	500	F2
90	14:57	Boys U16	K1	500	F1
91	15:00	Boys U16	K1	500	F2
92	15:03	Boys U16	K1	500	F3
93	15:06	Canoe Boys U18/U16	C1	500	F
94	15:09	Canoe Men/Women U23	C1	500	F
95	15:12	Masters A/B	K1	500	F
96	15:15	Boys U18	K1	500	F1
97	15:18	Boys U18	K1	500	F2
98	15:21	Men U23	K1	500	F1
99	15:24	Men U23	K1	500	F2
100	15:39	Girls U14	K1	200	F1
101	15:42	Girls U14	K1	200	F2
102	15:45	Girls U16	K1	200	F
103	15:48	Girls U18	K1	200	F1
104	15:51	Girls U18	K1	200	F2
105	15:54	Women U23	K1	200	F
106	15:57	Women A/B/C/D	K1	200	F
107	16:00	WMasters C/D	K1	200	F
108	16:03	Para Men VL2 R2 (Sat)	V1	200	F

109	16:06	Lightning A	K1	200	F	153	09:30	Girls U18	K2	500	F
110	16:09	Lightning B	K1	200	F	154	09:33	Women U23	K2	500	F
111	16:15	Paddle-Ability 200m R2 (Sat)	K1	200	F	155	09:36	Canoe Girls U18/U16	C2	500	F
112	16:24	Boys U14	K2	500	H1	156	09:39	Paddle-Ability 500m R1 (Sun)	K1	500	F
113	16:27	Boys U14	K2	500	H2	157	09:48	Boys U16	K1	200	F1
114	16:30	Boys U16	K2	500	H1	158	09:51	Boys U16	K1	200	F2
115	16:33	Boys U16	K2	500	H2	159	09:54	Boys U16	K1	200	F3
116	16:36	Canoe Girls U18/U16	C1	500	F	160	10:00	Boys U14	K1	200	F1
117	16:39	Men U23	K2	500	H1	161	10:03	Boys U14	K1	200	F2
118	16:42	Men U23	K2	500	H2	162	10:06	Masters C/D	K1	200	F
119	16:45	Men A + Masters A/B/C/D	K4	500	F	163	10:09	Para Men VL3 R1 (Sun)	V1	200	F
120	16:48	Canoe Boys U18/U16	C4	500	F	164	10:12	Masters A/B	K1	200	F
121	16:57	Girls U16	K1	1000	H1	165	10:15	Men A/B	K1	200	F
122	17:00	Girls U16	K1	1000	H2	166	10:18	Men C/D	K1	200	F
123	17:03	Girls U18	K1	1000	H1	167	10:24	Girls U14	K2	500	F
124	17:06	Girls U18	K1	1000	H2	168	10:27	Girls U16	K2	500	F
125	17:09	Women U23	K1	1000	F	169	10:39	Boys U18	K2	1000	F
126	17:39	Boys U14	K2	500	F	170	10:42	Men U23	K2	1000	F
127	17:42	Boys U16	K2	500	F	171	10:45	Canoe Boys U18/U16	C2	1000	F
128	17:45	Boys U18	K2	500	F	172	10:51	Boys U16	K2	1000	H1
129	17:48	Men U23	K2	500	F	173	10:54	Boys U16	K2	1000	H2
130	17:51	Paddle-Ability 500m R2 (Sat)	K1	500	F	174	11:03	Lightning A/B	K4	500	F
131	18:00	Girls U14	K2	1000	F	175	11:06	Women U23 + Girls U18	K4	500	F
132	18:03	Girls U16	K1	1000	F	176	11:09	Boys U14	K4	500	F
133	18:06	Girls U18	K1	1000	F	177	11:12	Paddle-Ability 500m R2 (Sun)	K1	500	F
						178	11:42	Men A/B/C + Masters A/B	K1	1000	F
						179	11:45	Men D + Masters C/D	K2	1000	F
						180	11:48	Boys U16	K2	1000	F
						181	11:57	Girls U14	K4	500	F
						182	12:00	Canoe Mixed Juniors/U23	C2	500	F
						183	12:06	Men + Women U23	K2	500	F
						184	12:39	Kayak Mixed Juniors	K2	500	H1
						185	12:42	Kayak Mixed Juniors	K2	500	H2
						186	12:45	Kayak Mixed Juniors	K2	500	H3
						187	13:09	Men U23	K1	200	H1
						188	13:12	Men U23	K1	200	H2
						189	13:15	Men U23	K1	200	H3
						190	13:18	Para Men VL3 R2 (Sun)	V1	200	F
						191	13:45	Kayak Mixed Juniors	K2	500	F1
						192	13:48	Kayak Mixed Juniors	K2	500	F2
						193	13:57	Canoe Boys U18/U16	C1	5000	F
						194	14:36	Men U23	K1	200	F1
						195	14:39	Men U23	K1	200	F2
						196	14:42	Boys U18	K1	200	H1
						197	14:45	Boys U18	K1	200	H2
						198	14:51	Boys U16	K4	500	F
						199	14:54	Girls U16	K4	500	F
						200	15:03	Women U23	K1	5000	F
						201	15:09	Girls U18	K1	5000	F
						202	15:39	Boys U18	K1	200	F
						203	15:57	Men U23	K1	5000	F
						204	16:30	Boys U18	K1	5000	F

Sunday

07:30 Course opens
 07:45 Warm-up period opens
 08:00 Start gate practise opens at 200m
 08:15 Start gate practise and warm-up closes

134	08:30	Boys U16	K1	200	H1	186	12:45	Kayak Mixed Juniors	K2	500	H3
135	08:33	Boys U16	K1	200	H2	187	13:09	Men U23	K1	200	H1
136	08:36	Boys U16	K1	200	H3	188	13:12	Men U23	K1	200	H2
137	08:39	Boys U16	K1	200	H4	189	13:15	Men U23	K1	200	H3
138	08:42	Boys U16	K1	200	H5	190	13:18	Para Men VL3 R2 (Sun)	V1	200	F
139	08:45	Boys U14	K1	200	H1	191	13:45	Kayak Mixed Juniors	K2	500	F1
140	08:48	Boys U14	K1	200	H2	192	13:48	Kayak Mixed Juniors	K2	500	F2
141	08:51	Boys U14	K1	200	H3	193	13:57	Canoe Boys U18/U16	C1	5000	F
142	08:54	Masters C/D	K1	200	H1	194	14:36	Men U23	K1	200	F1
143	08:57	Masters C/D	K1	200	H2	195	14:39	Men U23	K1	200	F2
144	09:03	Girls U14	K2	500	H1	196	14:42	Boys U18	K1	200	H1
145	09:06	Girls U14	K2	500	H2	197	14:45	Boys U18	K1	200	H2
146	09:09	Girls U16	K2	500	H1	198	14:51	Boys U16	K4	500	F
147	09:12	Girls U16	K2	500	H2	199	14:54	Girls U16	K4	500	F
148	09:15	Men U23 + Boys U18	K4	500	F	200	15:03	Women U23	K1	5000	F
149	09:18	Canoe Boys U18/U16	C2	500	F	201	15:09	Girls U18	K1	5000	F
150	09:21	WMasters C/D	K2	500	F	202	15:39	Boys U18	K1	200	F
151	09:24	Lightning A	K2	500	F	203	15:57	Men U23	K1	5000	F
152	09:27	Lightning B	K2	500	F	204	16:30	Boys U18	K1	5000	F

Social media

Why not subscribe to our Instagram account, **canoesprintUK**, or Twitter account, **canoesprintUK**, where we'll be sharing sprint-related photos and videos going forward.

Please use the following hashtags alongside any photos or videos that you publish on social media ahead of, during, and after the National Regattas.

Hashtags #nottsregatta #canoesprintlegends

Clubs Competing

The following clubs and squads are competing at this regatta:


ID	Club Name	Team Leader
4AS	4As Newark	Julie Gray
ADS	Addlestone Canoe Club	Caroline Pemble
AUS	Australian Para Athletes	Steve Train
BAD	Barking & Dagenham	Domas Malinauskas
BAN	Banbury and District Canoe Club	Siobhan Urquhart
BCC	Belfast Canoe Club	Afton Fitzhenry
BPS	Broadland Paddle Sport	Kelly Barkway
CAM	Cambridge Canoe Club	Nanette North
CDF	Cardiff Bay Kayakers	Chris Howells
CLM	Chelmsford Canoe Club	Owen Shephard-Wyatt
CNI	Canoe Association of Northern Ireland	tba
DEV	Devizes Canoe Club	Andy Allen
EAL	Ealing Canoe Club	Team Leader
ELM	Elmbridge Canoe Club	George Durden
EXE	Exeter Canoe Club	Richard Bullock
FLA	Fladbury Paddle Club	Steve Train
FOX	Falcon (Oxford)	Kurt Ayran
FOY	Fowey River Canoe Club	Peter Wilkes
GLO	Gloucester Canoe Club	David Potts
GLW	Glasgow Kayak Club	Natasha Lawton
LBZ	Leighton Buzzard Canoe Club	Kari Martin
LIN	Lincoln Canoe Club	Sue Day-Fisher
LKR	Linlithgow Kayak Racing	Derek Marshall
NOR	Norwich Canoe Club	Adam Want
NOT	Nottingham Kayak Club	Mags Dilai
ORS	Olympic Racing Squad	Steve Train
PAR	Paracanoe GB	Steve Train
RDG	Reading Canoe Club	Erika Hutchinson
RIC	Richmond Canoe Club	Ben Phillips
RLS	Royal Leamington Spa	Emma Miles
ROY	Royal Canoe Club	Tim Pitt (Saturday), Keith Holt (Sunday)
SLP	Salmon Leap Canoe Club	Ollie Clarke
SNB	Sydney Northern Beaches Kayak Club	Toby Heaton-Armstrong
SOL	Solihull Canoe Club	Tom Lusty
SOU	Southampton Canoe Club	James Hives
SPS	Scottish Performance Squad	Anton Vazquez
WEY	Wey Kayak Club	Jeanette Hall
WOK	Wokingham Canoe Club	Muhammad Kabeer
WOR	Worcester Canoe Club	Steve Green
WYC	Wiltshire Youth Canoe Club	Dawn Toop

1: H1 K1 Boys U16 1000

National Championship 02.07.2022 09:00

1 Patrick Allan (15)	WEY	6 Philippe Ehrnrooth (14)	DEV
2 Joe Enoch (15)	NOT	7 Rory Strachan (14)	SPS
3 Joshua Groen (15)	SLP	8 William Larnar (16)	BAN
4 Alexander Worgan (14)	ROY	9 Nathaniel Lamb (15)	SOU
5 Lochie Lovell (15)	FLA		


 9 BT in Heats 1-4 to Final 1. Next 9 BT in Heats 1-4 to Final 2


 H1: 09:00 > H2: 09:03 > H3: 09:06 > H4: 09:09 > F1: 11:00 > F2: 11:03

2: H2 K1 Boys U16 1000

National Championship 02.07.2022 09:03

1 Flynn Holt (16)	ROY	6 Sam Stevely (14)	SPS
2 Regan Toop (16)	WYC	7 Muhammad Ali Kabeer (16)	WOK
3 Sean Durkan (15)	SLP	8 Fletcher Cramer (15)	SOU
4 Huw Singleton (15)	NOT	9 Jack Niland (15)	FOX
5 Theo Sales (16)	CAM		

 9 BT in Heats 1-4 to Final 1. Next 9 BT in Heats 1-4 to Final 2


 H1: 09:00 > H2: 09:03 > H3: 09:06 > H4: 09:09 > F1: 11:00 > F2: 11:03

3: H3 K1 Boys U16 1000

National Championship 02.07.2022 09:06

1 Jack Rayment (15)	LBZ	6 George Hampton (14)	CLM
2 Luca Clancy (15)	SLP	7 Edward Saunders (16)	WEY
3 Will Stevely (14)	SPS	8 Aidan Teeuwen (15)	RDG
4 James Ross (15)	ELM	9 Charlie Heaton-Armstrong (16)	SNB
5 Sam Bates (15)	ROY		


 9 BT in Heats 1-4 to Final 1. Next 9 BT in Heats 1-4 to Final 2


 H1: 09:00 > H2: 09:03 > H3: 09:06 > H4: 09:09 > F1: 11:00 > F2: 11:03

4: H4 K1 Boys U16 1000

National Championship 02.07.2022 09:09

1		6 Ben Flint (14)	WEY
2 Liam Boland (15)	SLP	7 Harry Sewell-Catchpole (15)	NOR
3 Charlie Beeson (16)	RDG	8 Andre Hives (16)	SOU
4 Sam Patterson (15)	SPS	9 Daniel O Halloran (15)	CLM
5 Toby Bullock (15)	EXE		


 9 BT in Heats 1-4 to Final 1. Next 9 BT in Heats 1-4 to Final 2


 H1: 09:00 > H2: 09:03 > H3: 09:06 > H4: 09:09 > F1: 11:00 > F2: 11:03

5: H1 K1 Boys U18 1000

National Championship & Selection 02.07.2022 09:15

1		6 Luca Ferri (17)	ELM
2 Dan Sklenar (17)	NOR	7 Calum Clarke (17)	SLP
3 Drew Howells (17)	CDF	8 Peter Skinner (16)	RDG
4 Jacob Wright (17)	RDG	9 Findlay Lewis (16)	SPS
5 Dominic Stanley (18)	FOX		

 1st-2nd + 3 BT to Final 1. 3rd-5th + 3 BT to Final 2


 H1: 09:15 > H2: 09:18 > H3: 09:21 > F1: 11:06 > F2: 11:09

6: H2 K1 Boys U18 1000

National Championship & Selection 02.07.2022 09:18

1		6 Michael Motha (18)	ADS
2 James Nelson (17)	RDG	7 Jago Taylor (17)	NOR
3 Charlie Allen (18)	DEV	8 Sam Cribbett (17)	RLS
4 Philip Levkovskyy (17)	EAL	9 Ben Shipway (16)	SOU
5 Gabriel Popham-Coveley (16)	FOX		

 1st-2nd + 3 BT to Final 1. 3rd-5th + 3 BT to Final 2

 H1: 09:15 > H2: 09:18 > H3: 09:21 > F1: 11:06 > F2: 11:09

7: H3 K1 Boys U18 1000

National Championship & Selection 02.07.2022 09:21

1		
2	Edward Butler (16)	NOT
3	Marc Amattler (17)	LKR
4	Lukas Schleiter Nielsen (17)	FOX
5	Harry Freeland (17)	RDG

6	Jack Carter (17)	ROY
7	Arthur Morley (17)	WEY
8	Artem Mykhailovskyi (17)	CDF
9		

1st-2nd + 3 BT to Final 1. 3rd-5th + 3 BT to Final 2

H1: 09:15 > H2: 09:18 > H3: 09:21 > F1: 11:06 > F2: 11:09

8: H1 K1 Men U23 1000

National Championship & Selection 02.07.2022 09:24

1		
2	Miklos Szabadvari (18)	RDG
3	James How (22)	NOR
4	Luke Shaw (22)	NOR
5	Charlie Smith (23)	NOT

6	Xavier Hives (18)	SOU
7	Deni Panev (19)	FOX
8	Maksymilian Sielicki (19)	SPS
9	Lewis Smith (19)	LIN

1st-3rd + 3 BT to Final

H1: 09:24 > H2: 09:27 > F: 11:12

9: H2 K1 Men U23 1000

National Championship & Selection 02.07.2022 09:27

1		
2	Alex Mcintyre (22)	CLM
3	Rory Dowling-Clarke (18)	SPS
4	Matthew Collinge (21)	FOY
5	Philip Miles (20)	RLS

6	Finn Cadell (22)	SPS
7	William Stroud (22)	CLM
8	Robert Barkway (22)	BPS
9	Finn O Brien (20)	CLM

1st-3rd + 3 BT to Final

H1: 09:24 > H2: 09:27 > F: 11:12

10: F C1 Canoe Boys U18/U16 1000

National Championship & Selection 02.07.2022 09:33

1		
2	Hou Lei (17)	NOT
3	Owen Chisholm (16)	RIC
4	Andrew Elliott (15)	RIC
5	Fabio Gohar (14)	RIC

6	Rufus Ridd (15)	RIC
7	Areg Sarkisyan (15)	RIC
8	Oscar Jack Laws (14)	RIC
9		

F: 09:33

11: F C1 Canoe Men U23 1000

National Championship & Selection 02.07.2022 09:36

1		
2		
3		
4	Thomas Lambert (20)	LIN
5	Alexander Marasa (20)	SPS

6	Arthur Leech (22)	RIC
7	George Bell (19)	FLA
8		
9		

F: 09:36

12: F K2 WMasters C/D 1000

02.07.2022 09:39

1		
2		
3		
4	S. Alexander E. Taylor	ADS NOR
5	J. Davis A. Hinkova	NOR NOR

6	S. Urquhart S. Walker	BAN NOR
7	C. Drummond E. Hutchinson	RDG RDG
8		
9		

F: 09:39


13: H1 K2 Boys U14 1000

National Championship 02.07.2022 09:42

1		
2		
3	T. Kinder M. Nagy	RDG RDG
4	A. Hunter-Hopkins S. Sroka	DEV LKR
5	S. Dickson I. Popham-Coveley	FOX FOX

6	L. Clifford W. Roeser	WEY WEY
7	A. Murphy S. Sparks	RLS RLS
8	F. Heard H. Pitt	EXE ROY
9		

 9 BT in Heats 1-2 to Final

 H1: 09:42 > H2: 09:45 > F: 10:57


14: H2 K2 Boys U14 1000

National Championship 02.07.2022 09:45

1		
2		
3	F. Fowler-Rimell F. Lovell	FLA FLA
4	T. Patterson D. Walker	LKR NOR
5	T. Hatton L. Sinigaglia	ROY ROY

6	M. Pyrz A. Solecki	GLW GLW
7	E. Hunt O. Mazur	FOY RDG
8	M. Ralph D. Saunders	WEY WEY
9		

 9 BT in Heats 1-2 to Final

 H1: 09:42 > H2: 09:45 > F: 10:57


15: H1 K1 Girls U14 500

National Championship 02.07.2022 09:57

1		
2	Giulia Gordon (13)	GLW
3	Izzy Ritchie (13)	WEY
4	Poppy Cove (11)	RIC
5	Daisie Ball (13)	DEV

6	Jasmine Sargeant (13)	NOR
7	Alice Beeson (13)	RDG
8	Dianora De Bilio (13)	ROY
9	Emilia Giles (12)	FLA

 9 BT in Heats 1-2 to Final

 H1: 09:57 > H2: 10:00 > F: 11:36


16: H2 K1 Girls U14 500

National Championship 02.07.2022 10:00

1		
2	Annie Bates (14)	ROY
3	Tamsin Pedlar (13)	WOR
4	Beatrice Hill (14)	NOR
5	Hanna Nagy (13)	RDG

6	Zoe Herriot (13)	SPS
7	Charlotte Fulford (14)	RDG
8	Abigail Strachan (13)	GLW
9		

 9 BT in Heats 1-2 to Final


 H1: 09:57 > H2: 10:00 > F: 11:36


17: H1 K1 Girls U16 500

National Championship & Selection 02.07.2022 10:03

1		
2	Alicja Pyrz (14)	SPS
3	Frankie Scrivener (14)	FOX
4	Madeline Dawson (15)	LIN
5	Chloe Ritchie (15)	WEY

6	Mollie Ball (15)	DEV
7	Annabel Hutchinson (16)	RDG
8	Emily Bowles-Trow (15)	ADS
9		

 9 BT in Heats 1-3 to Final 1. Next 9 BT in Heats 1-3 to Final 2

 H1: 10:03 > H2: 10:06 > H3: 10:09 > F1: 11:39 > F2: 11:42


18: H2 K1 Girls U16 500

National Championship & Selection 02.07.2022 10:06

1		
2	Kamila Sklenarova (15)	NOR
3	Phoebe Davison (15)	LIN
4	Iona Patrick (16)	SPS
5	Florence Gwyn (14)	WYC

6	Delilah Webb (14)	WEY
7	Skye Parkinson (15)	RIC
8	Evie Giles (14)	FLA
9		

 9 BT in Heats 1-3 to Final 1. Next 9 BT in Heats 1-3 to Final 2

 H1: 10:03 > H2: 10:06 > H3: 10:09 > F1: 11:39 > F2: 11:42

19: H3 K1 Girls U16 500

1		
2		
3	Estelle Widdows (15)	NOR
4	Hannah Toovey (14)	SPS
5	Sienna Payne (15)	CLM

9 BT in Heats 1-3 to Final 1. Next 9 BT in Heats 1-3 to Final 2

H1: 10:03 > H2: 10:06 > H3: 10:09 > F1: 11:39 > F2: 11:42

National Championship & Selection 02.07.2022 10:09

6	Beth Perry (16)	SOU
7	Catherine Long (15)	FOX
8	Emily Twort (14)	LIN
9		

20: H1 K1 Girls U18 500

1		
2	Matilda Enoch (17)	NOT
3	Jess Dubock (16)	FOX
4	Molly Gwyn (17)	WYC
5	Honor Lewis (17)	WEY

1st-2nd + 3 BT to Final 1. 3rd-5th + 3 BT to Final 2

H1: 10:15 > H2: 10:18 > H3: 10:21 > F1: 11:48 > F2: 11:51

National Championship & Selection 02.07.2022 10:15

6	Kristina Armstrong (17)	SPS
7	Isabelle Fulford (17)	RDG
8	Hannah Gallagher (17)	WEY
9	Hannah Pemble (17)	ADS

21: H2 K1 Girls U18 500

1		
2	Jasmine Spencer (16)	RLS
3	Poppy Gilbert-Johns (17)	SOU
4	Tilla Kubisch-Wiles (16)	RDG
5	Amy Green (18)	WOR

1st-2nd + 3 BT to Final 1. 3rd-5th + 3 BT to Final 2

H1: 10:15 > H2: 10:18 > H3: 10:21 > F1: 11:48 > F2: 11:51

National Championship & Selection 02.07.2022 10:18

6	Nerys Hall (17)	WEY
7	Molly Warburton (17)	LIN
8	Imogen Hunter (17)	CAM
9	Rose Whitehead (16)	GLO

22: H3 K1 Girls U18 500

1		
2	Rachel Hampton (16)	CLM
3	Edith King (16)	ROY
4	Scarlett James (18)	CDF
5	Greta Roeser (16)	WEY

1st-2nd + 3 BT to Final 1. 3rd-5th + 3 BT to Final 2

H1: 10:15 > H2: 10:18 > H3: 10:21 > F1: 11:48 > F2: 11:51

National Championship & Selection 02.07.2022 10:21

6	Isla Bethune (17)	ELM
7	Georgia Boonham (16)	RDG
8	Milly Pepper (16)	LIN
9		

23: H1 K1 Women U23 500

1		
2	Katie Brookes (19)	WOR
3	Jessica Urquhart (18)	NOT
4	Enya Dale (21)	FOX
5	Zoe Clark (21)	ROY

1st-3rd + 3 BT to Final

H1: 10:24 > H2: 10:27 > F: 11:57

National Championship & Selection 02.07.2022 10:24

6	Abi Burgess (22)	WEY
7	Elise Montagna (18)	ROY
8	Bea Clark (19)	ROY
9	Katie Pocklington (19)	WYC

24: H2 K1 Women U23 500

1		
2	Becky Pemble (19)	ADS
3	Rebekah Solway (23)	ELM
4	Anoushka Freeman (23)	RIC
5	Florence Duffield (22)	NOR

1st-3rd + 3 BT to Final

H1: 10:24 > H2: 10:27 > F: 11:57

National Championship & Selection 02.07.2022 10:27


6	Grace Anderson (18)	NOR
7	Hannah Stephens (21)	CDF
8	Katy Walker (20)	NOR
9		

25: H1 K1 Masters C/D 500

02.07.2022 10:30

1		6 Paul Gadd (60)	ADS
2		7 Will Stanley (53)	FOX
3 Derek Marshall (65)	LKR	8 Julian Anderson (51)	SOU
4 Steve Bush (38)	DEV	9	
5 Laszlo Czillaho (65)	RIC		

 9 BT in Heats 1-2 to Final


 H1: 10:30 > H2: 10:33 > F: 12:00

26: H2 K1 Masters C/D 500

02.07.2022 10:33

1		6 Roland Lucas (61)	RIC
2		7 Dave Long (49)	FOX
3 Peter Gorman (67)	WEY	8	
4 Balint Nagy (52)	RDG	9	
5 Mark Scrivener (54)	FOX		


 9 BT in Heats 1-2 to Final

 H1: 10:30 > H2: 10:33 > F: 12:00

27: F K1 Men A/B 500

02.07.2022 10:39


1		6 Lewis Fletcher (28)	SPS
2		7 Domas Malinauskas (27)	BAD
3 Zygy Chmiel (24)	NOT	8 George Durden (28)	ELM
4 Finn O'Brien (20)	CLM	9	
5 Tom Lusty (27)	SOL		

 F: 10:39

28: F K1 Men C/D 500

02.07.2022 10:42


1		6 Joshua Forster (30)	NOR
2		7 Oliver Jackson (18)	LIN
3 James Stormont (28)	FOX	8	
4 Tom Walker (22)	NOR	9	
5 Aidan Davis (18)	NOR		

 F: 10:42

29: F K1 Paddle-Ability R1 500

02.07.2022 10:45


1		6 Daniel Warwick (21)	4AS
2		7 Cassie Glaves (13)	4AS
3 Shaun Cook (36)	NOR	8	
4 Jacob Hage (19)	4AS	9	
5 Jonathan White (39)	EXE		

 F: 10:45

30: F K2 Boys U14 1000

National Championship 02.07.2022 10:57


1		6	
2		7	
3		8	
4		9	
5			

 H1: 09:42 > H2: 09:45 > F: 10:57

31: F1 K1 Boys U16 1000

National Championship 02.07.2022 11:00

1	6
2	7
3	8
4	9
5	

 H1: 09:00 > H2: 09:03 > H3: 09:06 > H4: 09:09 > F1: 11:00 > F2: 11:03

32: F2 K1 Boys U16 1000

National Championship 02.07.2022 11:03


1	6
2	7
3	8
4	9
5	

 H1: 09:00 > H2: 09:03 > H3: 09:06 > H4: 09:09 > F1: 11:00 > F2: 11:03

33: F1 K1 Boys U18 1000

National Championship & Selection 02.07.2022 11:06


1	6
2	7
3	8
4	9
5	

 H1: 09:15 > H2: 09:18 > H3: 09:21 > F1: 11:06 > F2: 11:09

34: F2 K1 Boys U18 1000

National Championship & Selection 02.07.2022 11:09


1	6
2	7
3	8
4	9
5	

 H1: 09:15 > H2: 09:18 > H3: 09:21 > F1: 11:06 > F2: 11:09

35: F K1 Men U23 1000

National Championship & Selection 02.07.2022 11:12


1	6
2	7
3	8
4	9
5	

 H1: 09:24 > H2: 09:27 > F: 11:12

36: F K1 Women A/B/C/D + WMasters A/B 500

02.07.2022 11:24


1	6
2	7 Suzanne de Bruijn (36) NOR
3 Lucy Lee-Smith (24) NOR	8
4	9
5 Tabitha Yull (19) NOR	

 F: 11:24

37: F K1 WMasters C/D 500

02.07.2022 11:27

1	6 Catherine Drummond (42) RDG
2	7
3	8
4 Sally Alexander (56) ADS	9
5 Sarah Vernau (43) NOT	

 F: 11:27

38: F K2 Men A + Masters A/B 500

02.07.2022 11:30

1		6 J. Beevers Z. Chmiel	WEY NOT
2		7	
3		8	
4 I. Lawler T. Lodge	ELM WEY	9	
5 L. Fletcher T. Lusty	LKR SOL		

🕒 F: 11:30

39: F C1 Canoe Men A-D/Women A-D 500

02.07.2022 11:33

1		6	
2		7 Isabel Evans (24)	LIN
3 Afton Fitzhenry (27)	BCC	8	
4		9	
5 Ben Phillips (23)	RIC		

🕒 F: 11:33

40: F K1 Girls U14 500

National Championship 02.07.2022 11:36

1		6	
2		7	
3		8	
4		9	
5			

🕒 H1: 09:57 > H2: 10:00 > F: 11:36

41: F1 K1 Girls U16 500

National Championship & Selection 02.07.2022 11:39

1		6	
2		7	
3		8	
4		9	
5			

🕒 H1: 10:03 > H2: 10:06 > H3: 10:09 > F1: 11:39 > F2: 11:42

42: F2 K1 Girls U16 500

National Championship & Selection 02.07.2022 11:42

1		6	
2		7	
3		8	
4		9	
5			

🕒 H1: 10:03 > H2: 10:06 > H3: 10:09 > F1: 11:39 > F2: 11:42

43: F1 K1 Girls U18 500

National Championship & Selection 02.07.2022 11:48

1		6	
2		7	
3		8	
4		9	
5			

🕒 H1: 10:15 > H2: 10:18 > H3: 10:21 > F1: 11:48 > F2: 11:51

44: F2 K1 Girls U18 500

National Championship & Selection 02.07.2022 11:51

1		6	
2		7	
3		8	
4		9	
5			


🕒 H1: 10:15 > H2: 10:18 > H3: 10:21 > F1: 11:48 > F2: 11:51

45: F K1 Women U23 500

National Championship & Selection 02.07.2022 11:57

1
2
3
4
5

6
7
8
9


 H1: 10:24 > H2: 10:27 > F: 11:57

46: F K1 Masters C/D 500

02.07.2022 12:00

1
2
3
4
5

6
7
8
9


 H1: 10:30 > H2: 10:33 > F: 12:00

47: F K1 Boys Intermediate 500

02.07.2022 12:03

1
2
3
4
5 Theo Bush (11) DEV

6 Ewan Cooper (14) NOT
7
8
9


 F: 12:03

48: F K1 Para Men KL2/3 R1 200

02.07.2022 12:15

1
2 Jonathan White (39) EXE
3 Dave Phillipson (33) PAR
4 Jonathon Young (37) PAR
5 Dylan Littlehales (22) AUS

6 Jon Tarrant (33) RLS
7 Stuart Wood (28) PAR
8
9


 F: 12:15

49: F K1 Para Women KL2/3 R1 200

02.07.2022 12:18

1
2
3 Emma Wiggs (42) PAR
4 Lindsay Thorpe (29) 4AS
5 Hope Gordon (27) SPS

6 Laura Sugar (31) PAR
7
8
9


 F: 12:18

50: F C1 Canoe Girls U18/U16 200

National Championship & Selection 02.07.2022 12:21

1
2
3
4 Charlotte Sellers (17) NOT
5 Nelly MacCauley (17) NOT

6 Hannah Page (18) NOT
7 Maisie Hunt (17) NOT
8
9


 F: 12:21

51: F C1 Canoe Women U23 200

National Championship & Selection 02.07.2022 12:24

1
2
3
4
5 Lydia Dowling-Clarke (23) SPS

6
7 Ella Kendall (18) NOT
8
9


 F: 12:24

52: H1 K1 Lightning A 200

02.07.2022 12:30

1		6 Fergus Barnett (10)	FLA
2	Noah Nobbs (10)	7 William Bowles-Trow (12)	ADS
3	Jack Toovey (11)	8 Michael Otugo (11)	GLW
4	Jack Wade (10)	9	
5	Lorenzo De Bilio (11)		

 9 BT in Heats 1-2 to Final


 H1: 12:30 > H2: 12:33 > F: 16:06

53: H2 K1 Lightning A 200

02.07.2022 12:33

1		6 Knoah Ayrar (10)	FOX
2		7 Gabriel Otugo (9)	GLW
3	Harrison Schofield (12)	8 Joshua Drummond (9)	RDG
4	Doogal Barnett (11)	9	
5	Louis Smith (11)		

 9 BT in Heats 1-2 to Final


 H1: 12:30 > H2: 12:33 > F: 16:06

54: H1 K1 Lightning B 200

02.07.2022 12:36

1		6 Toby Carpenter (10)	LIN
2		7 Adrian Rys (9)	GLW
3	Alex Pedlar (11)	8	
4	Sophie Marriot (10)	9	
5	Vincent Herriot (10)		

 9 BT in Heats 1-2 to Final


 H1: 12:36 > H2: 12:39 > F: 16:09

55: H2 K1 Lightning B 200

02.07.2022 12:39

1		6 Jan Gora (11)	GLW
2		7 Orla Anderson (9)	SOU
3	Julia Pyrz (7)	8	
4	William Carrington (10)	9	
5	Adam Gora (9)		


 9 BT in Heats 1-2 to Final

 H1: 12:36 > H2: 12:39 > F: 16:09

56: F K1 Girls Intermediate 500

02.07.2022 12:48


1		6 Harriet Gwyn (12)	WYC
2	Gabriela Rhys (13)	7 Joshie Allan (11)	WEY
3	Sonia Sliwa (14)	8 Eloise Lamb (12)	SOU
4	Athena Brown (13)	9 Lucy Harrison (13)	NOT
5	Ciara Maloney (13)		

 F: 12:48

57: H1 K1 Boys U14 500

National Championship 02.07.2022 12:51

1	Mikolaj Pyrz (11)	6 Freddie Heard (12)	EXE
2	Lucas Clifford (13)	7 Sam Sparks (13)	RLS
3	William Roeser (13)	8 Isaac Popham-Coveley (13)	FOX
4	Tyler Kinder (13)	9 Henry Pitt (13)	ROY
5	Tom Patterson (13)		


 9 BT in Heats 1-3 to Final 1. Next 9 BT in Heats 1-3 to Final 2


 H1: 12:51 > H2: 12:54 > H3: 12:57 > F1: 14:51 > F2: 14:54

58: H2 K1 Boys U14 500

National Championship 02.07.2022 12:54

1 Sam Dickson (13)	FOX	6 Dominic Walker (14)	NOR
2 Issac Aveson (13)	ROY	7 Lorenzo Sinigaglia (14)	ROY
3 Freddy Fowler-Rimell (12)	FLA	8 Danny Saunders (14)	WEY
4 Adam Solecki (12)	GLW	9 Olivier Mazur (14)	RDG
5 Dylan Martin (13)	DEV		


 9 BT in Heats 1-3 to Final 1. Next 9 BT in Heats 1-3 to Final 2


 H1: 12:51 > H2: 12:54 > H3: 12:57 > F1: 14:51 > F2: 14:54

59: H3 K1 Boys U14 500

National Championship 02.07.2022 12:57

1		6 Arthur Hunter-Hopkins (13)	DEV
2 Michael Ralph (13)	WEY	7 Marcell Nagy (13)	RDG
3 Szymon Sroka (14)	SPS	8 Aeron Murphy (13)	RLS
4 Finn Lovell (13)	FLA	9 Ethan Hunt (14)	FOY
5 Tom Hatton (13)	ROY		

 9 BT in Heats 1-3 to Final 1. Next 9 BT in Heats 1-3 to Final 2

 H1: 12:51 > H2: 12:54 > H3: 12:57 > F1: 14:51 > F2: 14:54

60: H1 K1 Boys U16 500

National Championship & Selection 02.07.2022 13:03

1		6 William Larnar (16)	BAN
2 Nelson Kinzler (15)	RIC	7 Huw Singleton (15)	NOT
3 Koen Ayran (15)	FOX	8 Luca Clancy (15)	SLP
4 Will Stevely (14)	SPS	9 Nathaniel Lamb (15)	SOU
5 Philippe Ehrnrooth (14)	DEV		

 9 BT in Heats 1-6 to Final 1. Next 9 BT in Heats 1-6 to Final 2. Next 9 BT in Heats 1-6 to Final 3

 H1: 13:03 > H2: 13:06 > H3: 13:09 > H4: 13:12 > H5: 13:15 > H6: 13:18 > F1: 14:57 > F2: 15:00 > F3: 15:03

61: H2 K1 Boys U16 500

National Championship & Selection 02.07.2022 13:06

1		6 Cormac Tietema (15)	RDG
2 Ben Flint (14)	WEY	7 Jack Rayment (15)	LBZ
3 Liam Boland (15)	SLP	8 Theo Sales (16)	CAM
4 Regan Toop (16)	WYC	9 Flynn Holt (16)	ROY
5 Mikolaj Osmola (15)	SPS		

 9 BT in Heats 1-6 to Final 1. Next 9 BT in Heats 1-6 to Final 2. Next 9 BT in Heats 1-6 to Final 3

 H1: 13:03 > H2: 13:06 > H3: 13:09 > H4: 13:12 > H5: 13:15 > H6: 13:18 > F1: 14:57 > F2: 15:00 > F3: 15:03

62: H3 K1 Boys U16 500

National Championship & Selection 02.07.2022 13:09

1		6 Patrick Allan (15)	WEY
2 Lewis Andrews (15)	LIN	7 Aidan Teeuwen (15)	RDG
3 Sam Patterson (15)	SPS	8 Sean Durkan (15)	SLP
4 Charlie Heaton-Armstrong (16)	SNB	9 James Ross (15)	ELM
5 Sam Bates (15)	ROY		

 9 BT in Heats 1-6 to Final 1. Next 9 BT in Heats 1-6 to Final 2. Next 9 BT in Heats 1-6 to Final 3

 H1: 13:03 > H2: 13:06 > H3: 13:09 > H4: 13:12 > H5: 13:15 > H6: 13:18 > F1: 14:57 > F2: 15:00 > F3: 15:03

63: H4 K1 Boys U16 500

National Championship & Selection 02.07.2022 13:12

1		6 Toby Bullock (15)	EXE
2 Alexander Worgan (14)	ROY	7 Dylan Clarke (15)	SLP
3 Edward Saunders (16)	WEY	8 Rory Strachan (14)	SPS
4 Charlie Beeson (16)	RDG	9	
5 Harry Sewell-Catchpole (15)	NOR		

 9 BT in Heats 1-6 to Final 1. Next 9 BT in Heats 1-6 to Final 2. Next 9 BT in Heats 1-6 to Final 3

 H1: 13:03 > H2: 13:06 > H3: 13:09 > H4: 13:12 > H5: 13:15 > H6: 13:18 > F1: 14:57 > F2: 15:00 > F3: 15:03

64: H5 K1 Boys U16 500

National Championship & Selection 02.07.2022 13:15

1		
2	Muhammad Ali Kabeer (16)	WOK
3	Lochie Lovell (15)	FLA
4	George Hampton (14)	CLM
5	Andre Hinves (16)	SOU

6	Joe Harrison (15)	NOT
7	Sam Stevely (14)	SPS
8	James Hills (15)	RIC
9		

 9 BT in Heats 1-6 to Final 1. Next 9 BT in Heats 1-6 to Final 2. Next 9 BT in Heats 1-6 to Final 3

 H1: 13:03 > H2: 13:06 > H3: 13:09 > H4: 13:12 > H5: 13:15 > H6: 13:18 > F1: 14:57 > F2: 15:00 > F3: 15:03

65: H6 K1 Boys U16 500

National Championship & Selection 02.07.2022 13:18

1		
2	Joshua Groen (15)	SLP
3	Ryan Coyle (15)	SPS
4	Fletcher Cramer (15)	SOU
5	Joe Enoch (15)	NOT

6	Daniel O Halloran (15)	CLM
7	Jack Niland (15)	FOX
8	Trishan Bhoola (16)	RIC
9		

 9 BT in Heats 1-6 to Final 1. Next 9 BT in Heats 1-6 to Final 2. Next 9 BT in Heats 1-6 to Final 3

 H1: 13:03 > H2: 13:06 > H3: 13:09 > H4: 13:12 > H5: 13:15 > H6: 13:18 > F1: 14:57 > F2: 15:00 > F3: 15:03

66: H1 K1 Boys U18 500

National Championship & Selection 02.07.2022 13:24

1		
2	Jacob Wright (17)	RDG
3	Arthur Morley (17)	WEY
4	Drew Howells (17)	CDF
5	Benjamin Cabrera (18)	FOY

6	Gabriel Popham-Coveley (16)	FOX
7	Lukas Schleiter Nielsen (17)	FOX
8	James Nelson (17)	RDG
9	Jack Carter (17)	ROY

 1st-2nd + BT to Final 1. 3rd-4th + 2 BT to Final 2


 H1: 13:24 > H2: 13:27 > H3: 13:30 > H4: 13:33 > F1: 15:15 > F2: 15:18


67: H2 K1 Boys U18 500

National Championship & Selection 02.07.2022 13:27

1		
2	Dan Sklenar (17)	NOR
3	Charlie Allen (18)	DEV
4	Peter Skinner (16)	RDG
5	Dominic Stanley (18)	FOX

6	Michael Motha (18)	ADS
7	Calum Clarke (17)	SLP
8	Findlay Lewis (16)	SPS
9	Jago Taylor (17)	NOR

 1st-2nd + BT to Final 1. 3rd-4th + 2 BT to Final 2


 H1: 13:24 > H2: 13:27 > H3: 13:30 > H4: 13:33 > F1: 15:15 > F2: 15:18

68: H3 K1 Boys U18 500

National Championship & Selection 02.07.2022 13:30

1		
2	Haydyn Cooke-Bayley (16)	NOT
3	Philip Levkovskyy (17)	EAL
4	Edward Butler (16)	NOT
5	Dylan O Connor (17)	RIC

6	Luca Ferri (17)	ELM
7	Marc Amatler (17)	LKR
8	Aidan Leiper (17)	SPS
9		

 1st-2nd + BT to Final 1. 3rd-4th + 2 BT to Final 2

 H1: 13:24 > H2: 13:27 > H3: 13:30 > H4: 13:33 > F1: 15:15 > F2: 15:18


69: H4 K1 Boys U18 500

National Championship & Selection 02.07.2022 13:33

1		
2	Finlay Topham (17)	RDG
3	Shirav Medepalli (17)	RIC
4	Ben Shipway (16)	SOU
5	Harry Freeland (17)	RDG

6	Sam Cribbett (17)	RLS
7	Artem Mykhailovskyi (17)	CDF
8	Alex Rea (18)	CNI
9		


 1st-2nd + BT to Final 1. 3rd-4th + 2 BT to Final 2

 H1: 13:24 > H2: 13:27 > H3: 13:30 > H4: 13:33 > F1: 15:15 > F2: 15:18

70: H1 K1 Men U23 500

1	Matthew Collinge (21)	FOY
2	Reef Hook (22)	EAL
3	Rory Dowling-Clarke (18)	SPS
4	Ben Gallacher (22)	SPS
5	Charlie Smith (23)	NOT

 1st-2nd + 3 BT to Final 1. 3rd-5th + 3 BT to Final 2


 H1: 13:39 > H2: 13:42 > H3: 13:45 > F1: 15:21 > F2: 15:24


National Championship & Selection 02.07.2022 13:39

6	Xavier Hives (18)	SOU
7	Rory Stewart (19)	ADS
8	Ewan McDougal (20)	WOR
9	Miklos Szabadvari (18)	RDG

71: H2 K1 Men U23 500

1	Toby Booth (19)	NOR
2	George Brooks (21)	WOR
3	Maksymilian Sielicki (19)	SPS
4	Luke Shaw (22)	NOR
5	Philip Miles (20)	RLS

 1st-2nd + 3 BT to Final 1. 3rd-5th + 3 BT to Final 2

 H1: 13:39 > H2: 13:42 > H3: 13:45 > F1: 15:21 > F2: 15:24


National Championship & Selection 02.07.2022 13:42

6	Tom Holland (20)	WEY
7	James How (22)	NOR
8	Patrick Mongan (20)	LIN
9	Edward Nightingale (20)	WYC

72: H3 K1 Men U23 500

1	Zak Benstead (21)	ELM
2	Alex Tonkin (18)	RDG
3	Alex Greaves (20)	RLS
4	Lewis Smith (19)	LIN
5	Daniel Atkins (21)	RDG

 1st-2nd + 3 BT to Final 1. 3rd-5th + 3 BT to Final 2

 H1: 13:39 > H2: 13:42 > H3: 13:45 > F1: 15:21 > F2: 15:24

National Championship & Selection 02.07.2022 13:45


6	Finn Cadell (22)	SPS
7	Finn O'Brien (20)	CLM
8	Robert Barkway (22)	BPS
9	Deni Panev (19)	FOX

73: F K2 Masters C/D 500

1		
2	P. Gadd R. Lucas	ADS RIC
3	D. Long M. Scrivener	FOX FOX
4	J. Sklenar A. Want	NOR NOR
5	A. Barkway K. Barkway	BPS BPS


02.07.2022 13:48


6	M. Ball S. Bush	DEV DEV
7	L. Czillaho A. Dodson	RIC ADS
8	J. Anderson C. Heard	SOU EXE
9	V. Honigh B. Nagy	RDG RDG

 F: 13:48

74: H1 K1 Girls U18 200

1		
2	Hannah Pemble (17)	ADS
3	Hannah Gallagher (17)	WEY
4	Rachel Hampton (16)	CLM
5	Kristina Armstrong (17)	SPS

 1st-2nd + 3 BT to Final 1. 3rd-5th + 3 BT to Final 2


 H1: 13:57 > H2: 14:00 > H3: 14:03 > F1: 15:48 > F2: 15:51

National Championship & Selection 02.07.2022 13:57

6	Edith King (16)	ROY
7	Jess Dubock (16)	FOX
8	Rose Whitehead (16)	GLO
9		

75: H2 K1 Girls U18 200

1		
2		
3	Isabelle Fulford (17)	RDG
4	Imogen Hunter (17)	CAM
5	Amy Green (18)	WOR

 1st-2nd + 3 BT to Final 1. 3rd-5th + 3 BT to Final 2


 H1: 13:57 > H2: 14:00 > H3: 14:03 > F1: 15:48 > F2: 15:51


National Championship & Selection 02.07.2022 14:00

6	Nerys Hall (17)	WEY
7	Scarlett James (18)	CDF
8	Poppy Gilbert-Johns (17)	SOU
9		

76: H3 K1 Girls U18 200

1		
2		
3	Tilla Kubisch-Wiles (16)	RDG
4	Molly Warburton (17)	LIN
5	Honor Lewis (17)	WEY

 1st-2nd + 3 BT to Final 1. 3rd-5th + 3 BT to Final 2


 H1: 13:57 > H2: 14:00 > H3: 14:03 > F1: 15:48 > F2: 15:51


National Championship & Selection 02.07.2022 14:03

6	Isla Bethune (17)	ELM
7	Georgia Boonham (16)	RDG
8	Molly Gwyn (17)	WYC
9		

77: H1 K1 Women U23 200

1		
2		
3	Katie Pocklington (19)	WYC
4	Jessica Urquhart (18)	NOT
5	Zoe Clark (21)	ROY

 1st-3rd + 3 BT to Final


 H1: 14:06 > H2: 14:09 > F: 15:54


National Championship & Selection 02.07.2022 14:06

6	Florence Duffield (22)	NOR
7	Elise Montagna (18)	ROY
8	Katy Walker (20)	NOR
9		

78: H2 K1 Women U23 200

1		
2		
3	Grace Anderson (18)	NOR
4	Bea Clark (19)	ROY
5	Abi Burgess (22)	WEY

 1st-3rd + 3 BT to Final


 H1: 14:06 > H2: 14:09 > F: 15:54


National Championship & Selection 02.07.2022 14:09

6	Enya Dale (21)	FOX
7	Hannah Stephens (21)	CDF
8		
9		

79: H1 K1 Girls U14 200

1		
2	Eloise Lamb (12)	SOU
3	Athena Brown (13)	NOT
4	Annie Bates (14)	ROY
5	Sonia Sliwa (14)	NOT

 9 BT in Heats 1-3 to Final 1. Next 9 BT in Heats 1-3 to Final 2


 H1: 14:12 > H2: 14:15 > H3: 14:18 > F1: 15:39 > F2: 15:42


National Championship 02.07.2022 14:12

6	Emilia Giles (12)	FLA
7	Daisie Ball (13)	DEV
8	Charlotte Fulford (14)	RDG
9		

80: H2 K1 Girls U14 200

1		
2	Ciara Maloney (13)	NOT
3	Izzy Ritchie (13)	WEY
4	Hanna Nagy (13)	RDG
5	Jasmine Sargeant (13)	NOR

 9 BT in Heats 1-3 to Final 1. Next 9 BT in Heats 1-3 to Final 2

 H1: 14:12 > H2: 14:15 > H3: 14:18 > F1: 15:39 > F2: 15:42


National Championship 02.07.2022 14:15

6	Giulia Gordon (13)	GLW
7	Poppy Cove (11)	RIC
8	Hannah Toovey (14)	SPS
9		

81: H3 K1 Girls U14 200

1		
2	Tamsin Pedlar (13)	WOR
3	Dianora De Bilio (13)	ROY
4	Alice Beeson (13)	RDG
5	Lucy Harrison (13)	NOT

 9 BT in Heats 1-3 to Final 1. Next 9 BT in Heats 1-3 to Final 2

 H1: 14:12 > H2: 14:15 > H3: 14:18 > F1: 15:39 > F2: 15:42

National Championship 02.07.2022 14:18


6	Abigail Strachan (13)	GLW
7	Beatrice Hill (14)	NOR
8	Zoe Herriot (13)	SPS
9		

82: H1 K1 Girls U16 200

National Championship 02.07.2022 14:21

1		6 Delilah Webb (14)	WEY	
2	Catherine Long (15)	FOX	7 Estelle Widdows (15)	NOR
3	Phoebe Davison (15)	LIN	8 Madeline Dawson (15)	LIN
4	Beth Perry (16)	SOU	9 Emily Bowles-Trow (15)	ADS
5	Iona Patrick (16)	SPS		

 9 BT in Heats 1-2 to Final


 H1: 14:21 > H2: 14:24 > F: 15:45

83: H2 K1 Girls U16 200

National Championship 02.07.2022 14:24

1		6 Annabel Hutchinson (16)	RDG	
2	Florence Gwyn (14)	WYC	7 Chloe Ritchie (15)	WEY
3	Evie Giles (14)	FLA	8 Emily Twort (14)	LIN
4	Kamila Sklenarova (15)	NOR	9 Alicja Pyrz (14)	SPS
5	Frankie Scrivener (14)	FOX		


 9 BT in Heats 1-2 to Final

 H1: 14:21 > H2: 14:24 > F: 15:45

84: F K1 Para Men KL2/3 R2 200

02.07.2022 14:30


1		6 Dave Phillipson (33)	PAR	
2	Stuart Wood (28)	PAR	7 Jonathan White (39)	EXE
3	Jon Tarrant (33)	RLS	8	
4	Dylan Littlehales (22)	AUS	9	
5	Jonathon Young (37)	PAR		

 F: 14:30

85: F V1 Para Women VL2/3 + Men VL2 R1 200

02.07.2022 14:33


1		6 Hope Gordon (27)	SPS	
2		7		
3	Edward Clifton (36)	CLM	8	
4	Stewart Clark (57)	CLM	9	
5	Emma Wiggs (42)	PAR		

 F: 14:33

86: F C1 Canoe Men A-D/Women A-D 200

02.07.2022 14:36


1		6		
2		7 Afton Fitzhenry (27)	BCC	
3	Isabel Evans (24)	LIN	8	
4		9		
5	Ben Phillips (23)	RIC		

 F: 14:36

87: F K1 Paddle-Ability R1 200

02.07.2022 14:39

1		6 Jonathan White (39)	EXE	
2		7 Cassie Glaves (13)	4AS	
3	Shaun Cook (36)	NOR	8 Daniel Warwick (21)	4AS
4	Lindsay Thorpe (29)	4AS	9	
5	Jacob Hage (19)	4AS		

 F: 14:39

88: F1 K1 Boys U14 500

National Championship 02.07.2022 14:51


1	6
2	7
3	8
4	9
5	

 H1: 12:51 > H2: 12:54 > H3: 12:57 > F1: 14:51 > F2: 14:54

89: F2 K1 Boys U14 500

National Championship 02.07.2022 14:54


1	6
2	7
3	8
4	9
5	

 H1: 12:51 > H2: 12:54 > H3: 12:57 > F1: 14:51 > F2: 14:54

90: F1 K1 Boys U16 500

National Championship & Selection 02.07.2022 14:57

1	6
2	7
3	8
4	9
5	

 H1: 13:03 > H2: 13:06 > H3: 13:09 > H4: 13:12 > H5: 13:15 > H6: 13:18 > F1: 14:57 > F2: 15:00 > F3: 15:03

91: F2 K1 Boys U16 500

National Championship & Selection 02.07.2022 15:00

1	6
2	7
3	8
4	9
5	

 H1: 13:03 > H2: 13:06 > H3: 13:09 > H4: 13:12 > H5: 13:15 > H6: 13:18 > F1: 14:57 > F2: 15:00 > F3: 15:03

92: F3 K1 Boys U16 500

National Championship & Selection 02.07.2022 15:03


1	6
2	7
3	8
4	9
5	

 H1: 13:03 > H2: 13:06 > H3: 13:09 > H4: 13:12 > H5: 13:15 > H6: 13:18 > F1: 14:57 > F2: 15:00 > F3: 15:03

93: F C1 Canoe Boys U18/U16 500

National Championship & Selection 02.07.2022 15:06


1	6 Areg Sarkisyan (15)	RIC	
2 Owen Chisholm (16)	RIC	7 Fabio Gohar (14)	RIC
3 Hou Lei (17)	NOT	8 Rufus Ridd (15)	RIC
4 Andrew Elliott (15)	RIC	9	
5 Oscar Jack Laws (14)	RIC		

 F: 15:06

94: F C1 Canoe Men/Women U23 500

National Championship & Selection 02.07.2022 15:09

1	6 Thomas Lambert (20)	LIN	
2	7 Alexander Marasa (20)	SPS	
3 Ella Kendall (18)	NOT	8 George Bell (19)	FLA
4		9	
5 Arthur Leech (22)	RIC		

 F: 15:09

95: F K1 Masters A/B 500

02.07.2022 15:12

1	
2	
3	Eddie Martin (54) SLP
4	Andrew Boland (50) SLP
5	David P Smith (43) WOR

6	David Pedlar (45) WOR
7	Timothy Lodge (50) WEY
8	
9	

🕒 F: 15:12

96: F1 K1 Boys U18 500

National Championship & Selection 02.07.2022 15:15

1	
2	
3	
4	
5	

6	
7	
8	
9	

🕒 H1: 13:24 > H2: 13:27 > H3: 13:30 > H4: 13:33 > F1: 15:15 > F2: 15:18

97: F2 K1 Boys U18 500

National Championship & Selection 02.07.2022 15:18

1	
2	
3	
4	
5	

6	
7	
8	
9	

🕒 H1: 13:24 > H2: 13:27 > H3: 13:30 > H4: 13:33 > F1: 15:15 > F2: 15:18

98: F1 K1 Men U23 500

National Championship & Selection 02.07.2022 15:21

1	
2	
3	
4	
5	

6	
7	
8	
9	

🕒 H1: 13:39 > H2: 13:42 > H3: 13:45 > F1: 15:21 > F2: 15:24

99: F2 K1 Men U23 500

National Championship & Selection 02.07.2022 15:24

1	
2	
3	
4	
5	

6	
7	
8	
9	

🕒 H1: 13:39 > H2: 13:42 > H3: 13:45 > F1: 15:21 > F2: 15:24

100: F1 K1 Girls U14 200

National Championship 02.07.2022 15:39

1	
2	
3	
4	
5	

6	
7	
8	
9	

🕒 H1: 14:12 > H2: 14:15 > H3: 14:18 > F1: 15:39 > F2: 15:42

101: F2 K1 Girls U14 200

National Championship 02.07.2022 15:42

1	
2	
3	
4	
5	

6	
7	
8	
9	

🕒 H1: 14:12 > H2: 14:15 > H3: 14:18 > F1: 15:39 > F2: 15:42

102: F K1 Girls U16 200

National Championship 02.07.2022 15:45

1	6
2	7
3	8
4	9
5	

🕒 H1: 14:21 > H2: 14:24 > F: 15:45

103: F1 K1 Girls U18 200

National Championship & Selection 02.07.2022 15:48

1	6
2	7
3	8
4	9
5	

🕒 H1: 13:57 > H2: 14:00 > H3: 14:03 > F1: 15:48 > F2: 15:51

104: F2 K1 Girls U18 200

National Championship & Selection 02.07.2022 15:51

1	6
2	7
3	8
4	9
5	

🕒 H1: 13:57 > H2: 14:00 > H3: 14:03 > F1: 15:48 > F2: 15:51

105: F K1 Women U23 200

National Championship & Selection 02.07.2022 15:54

1	6
2	7
3	8
4	9
5	

🕒 H1: 14:06 > H2: 14:09 > F: 15:54

106: F K1 Women A/B/C/D 200

02.07.2022 15:57

1	6 Lucy Lee-Smith (24)	NOR
2	7 Laura Sugar (31)	PAR
3	8	
4 Tabitha Yull (19)	NOR	
5 Hope Gordon (27)	SPS	
9		

🕒 F: 15:57

107: F K1 WMasters C/D 200

02.07.2022 16:00

1	6 Sarah Vernau (43)	NOT
2	7	
3	8	
4 Sally Alexander (56)	ADS	
5 Catherine Drummond (42)	RDG	
9		

🕒 F: 16:00

108: F V1 Para Men VL2 R2 200

02.07.2022 16:03

1	6
2	7
3	8
4 Stewart Clark (57)	CLM
5 Edward Clifton (36)	CLM
9	

🕒 F: 16:03

109: F K1 Lightning A 200

02.07.2022 16:06


1	6
2	7
3	8
4	9
5	

 H1: 12:30 > H2: 12:33 > F: 16:06

110: F K1 Lightning B 200

02.07.2022 16:09


1	6
2	7
3	8
4	9
5	

 H1: 12:36 > H2: 12:39 > F: 16:09

111: F K1 Paddle-Ability R2 200

02.07.2022 16:15

1	6 Shaun Cook (36)	NOR
2	7 Jacob Hage (19)	4AS
3 Daniel Warwick (21)		4AS
4 Cassie Glaves (13)		4AS
5 Lindsay Thorpe (29)		4AS
8		
9		


 F: 16:15

112: H1 K2 Boys U14 500

National Championship 02.07.2022 16:24

1	6 S. Dickson I. Popham-Coveley	FOX FOX	
2 T. Hatton L. Sinigaglia	ROY ROY	7 E. Hunt O. Mazur	FOY RDG
3 E. Cooper M. Grant	NOT NOT	8 F. Heard H. Pitt	EXE ROY
4 M. Pyrz A. Solecki	GLW GLW	9	
5 M. Ralph D. Saunders	WEY WEY		

 9 BT in Heats 1-2 to Final


 H1: 16:24 > H2: 16:27 > F: 17:39

113: H2 K2 Boys U14 500

National Championship 02.07.2022 16:27

1	6 T. Kinder M. Nagy	RDG RDG	
2	7 T. Patterson D. Walker	LKR NOR	
3 L. Clifford W. Roeser	WEY WEY	8 A. Hunter-Hopkins S. Sroka	DEV LKR
4 A. Murphy S. Sparks	RLS RLS	9	
5 F. Fowler-Rimell F. Lovell	FLA FLA		

 9 BT in Heats 1-2 to Final

 H1: 16:24 > H2: 16:27 > F: 17:39

114: H1 K2 Boys U16 500

National Championship & Selection 02.07.2022 16:30

1	6 T. Bullock A. Worgan	EXE ROY	
2 R. Coyle R. Strachan	SPS SPS	7 F. Cramer L. Lovell	SOU FLA
3 T. Bhoola N. Kinzler	RIC RIC	8 D. O Halloran T. Sales	CLM CAM
4 L. Boland L. Clancy	SLP SLP	9	
5 J. Enoch H. Singleton	NOT NOT		

 9 BT in Heats 1-2 to Final

 H1: 16:30 > H2: 16:33 > F: 17:42

115: H2 K2 Boys U16 500

1		
2	F. Holt J. Rayment	ROY LBZ
3	C. Beeson C. Tietema	RDG RDG
4	S. Stevely W. Stevely	SPS SPS
5	W. Larner R. Toop	BAN WYC

9 BT in Heats 1-2 to Final

H1: 16:30 > H2: 16:33 > F: 17:42

National Championship & Selection 02.07.2022 16:33

6	K. Ayran M. Kabeer	FOX WOK
7	D. Clarke S. Durkan	SLP SLP
8	A. Hinves N. Lamb	SOU SOU
9		

116: F C1 Canoe Girls U18/U16 500

1		
2	Charlotte Sellers (17)	NOT
3		
4	Hannah Page (18)	NOT
5		

F: 16:36

National Championship & Selection 02.07.2022 16:36

6	Maisie Hunt (17)	NOT
7		
8	Nelly MacCauley (17)	NOT
9		

117: H1 K2 Men U23 500

1		
2		
3	Z. Benstead A. Greaves	ELM RLS
4	M. Collinge B. Gallacher	FOY FOR
5	P. Miles C. Smith	RLS NOT

1st-3rd + 3 BT to Final

H1: 16:39 > H2: 16:42 > F: 17:48

National Championship & Selection 02.07.2022 16:39

6	X. Hinves R. Stewart	SOU ADS
7	J. How D. Sklenar	NOR NOR
8		
9		

118: H2 K2 Men U23 500

1		
2		
3	P. Mongan L. Smith	LIN LIN
4	G. Brooks A. Tonkin	WOR RDG
5	D. Atkins I. James	ORS ORS

1st-3rd + 3 BT to Final

H1: 16:39 > H2: 16:42 > F: 17:48

National Championship & Selection 02.07.2022 16:42

6	T. Booth B. Want	NOR NOR
7	F. Cadell L. Shaw	SPS NOR
8		
9		

119: F K4 Men A + Masters A/B/C/D 500

1		
2	J. Bates D. Long	FOX FOX
	M. Scrivener W. Stanley	FOX FOX
3	R. Burgess I. Lawler	WEY ELM
	T. Lodge J. White	WEY EXE
4	J. Beevers Z. Chmiel	WEY NOT
	B. Oakley J. Russell	NOT NOT
5	L. Czillaho A. Dodson	RIC ADS
	P. Gadd R. Lucas	ADS RIC

F: 16:45

National Championship & Selection 02.07.2022 16:45

6	C. Schofield T. Scott	NOR NOR
	J. Sklenar A. Want	NOR NOR
7		
8		
9		

120: F C4 Canoe Boys U18/U16 500

1		
2		
3		
4		
5	O. Chisholm A. Elliott	RIC RIC
	F. Gohar A. Sarkisyan	RIC RIC

F: 16:48

National Championship & Selection 02.07.2022 16:48

6		
7		
8		
9		


121: H1 K1 Girls U16 1000

National Championship 02.07.2022 16:57

1		
2	Estelle Widdows (15)	NOR
3	Frankie Scrivener (14)	FOX
4	Sienna Payne (15)	CLM
5	Madeline Dawson (15)	LIN

6	Iona Patrick (16)	SPS
7	Emily Bowles-Trow (15)	ADS
8	Delilah Webb (14)	WEY
9	Skye Parkinson (15)	RIC

 9 BT in Heats 1-2 to Final

 H1: 16:57 > H2: 17:00 > F: 18:03


122: H2 K1 Girls U16 1000

National Championship 02.07.2022 17:00

1		
2	Chloe Ritchie (15)	WEY
3	Annabel Hutchinson (16)	RDG
4	Kamila Sklenarova (15)	NOR
5	Beth Perry (16)	SOU

6	Mollie Ball (15)	DEV
7	Evie Giles (14)	FLA
8	Catherine Long (15)	FOX
9	Alicja Pyrz (14)	SPS

 9 BT in Heats 1-2 to Final


 H1: 16:57 > H2: 17:00 > F: 18:03


123: H1 K1 Girls U18 1000

National Championship & Selection 02.07.2022 17:03

1		
2	Tilla Kubisch-Wiles (16)	RDG
3	Hannah Gallagher (17)	WEY
4	Isabelle Fulford (17)	RDG
5	Greta Roeser (16)	WEY

6	Georgia Boonham (16)	RDG
7	Rose Whitehead (16)	GLO
8	Milly Pepper (16)	LIN
9	Hannah Pemble (17)	ADS

 1st-3rd + 3 BT to Final


 H1: 17:03 > H2: 17:06 > F: 18:06


124: H2 K1 Girls U18 1000

National Championship & Selection 02.07.2022 17:06

1		
2	Rachel Hampton (16)	CLM
3	Imogen Hunter (17)	CAM
4	Jasmine Spencer (16)	RLS
5	Isla Bethune (17)	ELM

6	Poppy Gilbert-Johns (17)	SOU
7	Matilda Enoch (17)	NOT
8	Jess Dubock (16)	FOX
9		

 1st-3rd + 3 BT to Final


 H1: 17:03 > H2: 17:06 > F: 18:06

125: F K1 Women U23 1000

National Championship & Selection 02.07.2022 17:09

1		
2	Rebekah Solway (23)	ELM
3	Grace Anderson (18)	NOR
4	Anoushka Freeman (23)	RIC
5	Katie Brookes (19)	WOR

6	Becky Pemble (19)	ADS
7	Elise Montagna (18)	ROY
8	Katy Walker (20)	NOR
9	Jessica Urquhart (18)	NOT


 F: 17:09

126: F K2 Boys U14 500

National Championship 02.07.2022 17:39

1		
2		
3		
4		
5		

6		
7		
8		
9		

 H1: 16:24 > H2: 16:27 > F: 17:39

127: F K2 Boys U16 500

National Championship & Selection 02.07.2022 17:42

1**2****3****4****5****6****7****8****9**

🕒 H1: 16:30 > H2: 16:33 > F: 17:42

128: F K2 Boys U18 500

National Championship & Selection 02.07.2022 17:45

1 M. Amattler | A. Walker LKR | NOR**2** M. Motha | A. Rea ADS | CNI**3** A. Leiper | F. Lewis SPS | SPS**4** H. Cooke-Bayley | S. Cribbett NOT | RLS**5** H. Freeland | G. Popham-Coveley RDG | FOX**6** L. Schleiter Nielsen | J. Taylor FOX | NOR**7** J. Carter | A. Morley ROY | WEY**8** P. Skinner | A. Teeuwen RDG | RDG**9** B. Cabrera | D. Stanley FOY | FOX

🕒 F: 17:45

129: F K2 Men U23 500

National Championship & Selection 02.07.2022 17:48

1**2****3****4****5****6****7****8****9**

🕒 H1: 16:39 > H2: 16:42 > F: 17:48

130: F K1 Paddle-Ability R2 500

02.07.2022 17:51

1**2****3****4** Daniel Warwick (21) 4AS**5** Cassie Glaves (13) 4AS**6** Jacob Hage (19) 4AS**7** Shaun Cook (36) NOR**8****9**

🕒 F: 17:51

131: F K2 Girls U14 1000

National Championship 02.07.2022 18:00

1**2****3** G. Gordon | A. Strachan GLW | GLW**4** B. Hill | J. Sargeant NOR | NOR**5** H. Nagy | I. Ritchie RDG | WEY**6** A. Beeson | P. Cove RDG | RIC**7** A. Bates | D. De Bilio ROY | ROY**8** D. Ball | C. Fulford DEV | RDG**9**

🕒 F: 18:00

132: F K1 Girls U16 1000

National Championship 02.07.2022 18:03

1**2****3****4****5****6****7****8****9**

🕒 H1: 16:57 > H2: 17:00 > F: 18:03

133: F K1 Girls U18 1000

National Championship & Selection 02.07.2022 18:06

1**2****3****4****5****6****7****8****9**

🕒 H1: 17:03 > H2: 17:06 > F: 18:06

134: H1 K1 Boys U16 200

National Championship 03.07.2022 08:30

1		6 Jack Niland (15)	FOX	
2	William Larner (16)	BAN	7 Daniel O Halloran (15)	CLM
3	Trishan Bhoola (16)	RIC	8 Rory Strachan (14)	SPS
4	Luca Clancy (15)	SLP	9 Andre Hives (16)	SOU
5	Joe Harrison (15)	NOT		

 9 BT in Heats 1-5 to Final 1. Next 9 BT in Heats 1-5 to Final 2. Next 9 BT in Heats 1-5 to Final 3


 H1: 08:30 > H2: 08:33 > H3: 08:36 > H4: 08:39 > H5: 08:42 > F1: 09:48 > F2: 09:51 > F3: 09:54

135: H2 K1 Boys U16 200

National Championship 03.07.2022 08:33

1		6 Nathaniel Lamb (15)	SOU	
2	Philippe Ehrnrooth (14)	DEV	7 James Ross (15)	ELM
3	Ryan Coyle (15)	SPS	8 Huw Singleton (15)	NOT
4	Dylan Clarke (15)	SLP	9 James Hills (15)	RIC
5	Koen Ayran (15)	FOX		

 9 BT in Heats 1-5 to Final 1. Next 9 BT in Heats 1-5 to Final 2. Next 9 BT in Heats 1-5 to Final 3


 H1: 08:30 > H2: 08:33 > H3: 08:36 > H4: 08:39 > H5: 08:42 > F1: 09:48 > F2: 09:51 > F3: 09:54

136: H3 K1 Boys U16 200

National Championship 03.07.2022 08:36

1		6 Regan Toop (16)	WYC	
2	Flynn Holt (16)	ROY	7 Toby Bullock (15)	EXE
3	Cormac Tietema (15)	RDG	8 Joshua Groen (15)	SLP
4	Jack Rayment (15)	LBZ	9 Ben Flint (14)	WEY
5	Sam Patterson (15)	SPS		

 9 BT in Heats 1-5 to Final 1. Next 9 BT in Heats 1-5 to Final 2. Next 9 BT in Heats 1-5 to Final 3


 H1: 08:30 > H2: 08:33 > H3: 08:36 > H4: 08:39 > H5: 08:42 > F1: 09:48 > F2: 09:51 > F3: 09:54

137: H4 K1 Boys U16 200

National Championship 03.07.2022 08:39

1		6 Ivan Barritt (16)	GLO	
2	Mikolaj Osmola (15)	SPS	7 Edward Saunders (16)	WEY
3	Sam Bates (15)	ROY	8 Charlie Beeson (16)	RDG
4	Lochie Lovell (15)	FLA	9 Conor Simmons (15)	LIN
5	Liam Boland (15)	SLP		

 9 BT in Heats 1-5 to Final 1. Next 9 BT in Heats 1-5 to Final 2. Next 9 BT in Heats 1-5 to Final 3


 H1: 08:30 > H2: 08:33 > H3: 08:36 > H4: 08:39 > H5: 08:42 > F1: 09:48 > F2: 09:51 > F3: 09:54

138: H5 K1 Boys U16 200

National Championship 03.07.2022 08:42

1		6 Lewis Andrews (15)	LIN	
2	Aidan Teeuwen (15)	RDG	7 Alexander Worgan (14)	ROY
3	Charlie Heaton-Armstrong (16)	SNB	8 Sean Durkan (15)	SLP
4	George Hampton (14)	CLM	9 Fletcher Cramer (15)	SOU
5	Kiet Luc (15)	FOX		

 9 BT in Heats 1-5 to Final 1. Next 9 BT in Heats 1-5 to Final 2. Next 9 BT in Heats 1-5 to Final 3


 H1: 08:30 > H2: 08:33 > H3: 08:36 > H4: 08:39 > H5: 08:42 > F1: 09:48 > F2: 09:51 > F3: 09:54

139: H1 K1 Boys U14 200

National Championship 03.07.2022 08:45

1	Dominic Walker (14)	NOR	6 Arthur Hunter-Hopkins (13)	DEV
2	Danny Saunders (14)	WEY	7 Olivier Mazur (14)	RDG
3	Adam Solecki (12)	GLW	8 Freddie Heard (12)	EXE
4	Isaac Popham-Coveley (13)	FOX	9 Tom Hatton (13)	ROY
5	Henry Pitt (13)	ROY		

 9 BT in Heats 1-3 to Final 1. Next 9 BT in Heats 1-3 to Final 2

 H1: 08:45 > H2: 08:48 > H3: 08:51 > F1: 10:00 > F2: 10:03


140: H2 K1 Boys U14 200

National Championship 03.07.2022 08:48

1		
2	Sam Sparks (13)	RLS
3	Issac Aveson (13)	ROY
4	Szymon Sroka (14)	SPS
5	Ethan Hunt (14)	FOY

6	Lucas Clifford (13)	WEY
7	Tyler Kinder (13)	RDG
8	Dylan Martin (13)	DEV
9	Finn Lovell (13)	FLA

 9 BT in Heats 1-3 to Final 1. Next 9 BT in Heats 1-3 to Final 2


 H1: 08:45 > H2: 08:48 > H3: 08:51 > F1: 10:00 > F2: 10:03


141: H3 K1 Boys U14 200

National Championship 03.07.2022 08:51

1		
2	Marcell Nagy (13)	RDG
3	Michael Ralph (13)	WEY
4	Aeron Murphy (13)	RLS
5	Lorenzo Sinigaglia (14)	ROY

6	Sam Dickson (13)	FOX
7	William Roeser (13)	WEY
8	Mikolaj Pyrz (11)	GLW
9	Tom Patterson (13)	LKR

 9 BT in Heats 1-3 to Final 1. Next 9 BT in Heats 1-3 to Final 2

 H1: 08:45 > H2: 08:48 > H3: 08:51 > F1: 10:00 > F2: 10:03


142: H1 K1 Masters C/D 200

03.07.2022 08:54

1		
2		
3	Balint Nagy (52)	RDG
4	Will Stanley (53)	FOX
5	Peter Gorman (67)	WEY

6	Andy Dodson (59)	ADS
7	Roland Lucas (61)	RIC
8	Dave Long (49)	FOX
9		

 9 BT in Heats 1-2 to Final

 H1: 08:54 > H2: 08:57 > F: 10:06


143: H2 K1 Masters C/D 200

03.07.2022 08:57

1		
2		
3	Paul Gadd (60)	ADS
4	Laszlo Czillaho (65)	RIC
5	Steve Bush (38)	DEV

6	Mark Scrivener (54)	FOX
7	Julian Anderson (51)	SOU
8	Jan Sklenar (51)	NOR
9		

 9 BT in Heats 1-2 to Final

 H1: 08:54 > H2: 08:57 > F: 10:06


144: H1 K2 Girls U14 500

National Championship 03.07.2022 09:03

1		
2		
3	A. Bates D. De Bilio	ROY ROY
4	C. Maloney S. Sliwa	NOT NOT
5	A. Beeson P. Cove	RDG RIC

6	M. Bates I. Ritchie	ROY WEY
7	B. Hill J. Sargeant	NOR NOR
8		
9		

 9 BT in Heats 1-2 to Final


 H1: 09:03 > H2: 09:06 > F: 10:24


145: H2 K2 Girls U14 500

National Championship 03.07.2022 09:06

1		
2		
3	E. Giles H. Nagy	FLA RDG
4	G. Gordon A. Strachan	GLW GLW
5	D. Ball C. Fulford	DEV RDG

6	H. Gwyn E. Lamb	WYC SOU
7	A. Brown L. Harrison	NOT NOT
8		
9		

 9 BT in Heats 1-2 to Final

 H1: 09:03 > H2: 09:06 > F: 10:24

146: H1 K2 Girls U16 500

1		
2		
3	S. Parkinson D. Webb	RIC WEY
4	E. Bowles-Trow C. Ritchie	ADS WEY
5	M. Ball A. Hutchinson	DEV RDG

9 BT in Heats 1-2 to Final

H1: 09:09 > H2: 09:12 > F: 10:27

National Championship & Selection 03.07.2022 09:09

6	Z. Herriot A. Pyrz	SPS SPS
7	K. Sklenarova E. Widdows	NOR NOR
8	C. Long F. Scrivener	FOX FOX
9		

147: H2 K2 Girls U16 500

1		
2		
3	S. Payne B. Perry	CLM SOU
4	I. Patrick H. Toovey	SPS SPS
5	E. Giles E. Giles	FLA FLA

9 BT in Heats 1-2 to Final

H1: 09:09 > H2: 09:12 > F: 10:27

National Championship & Selection 03.07.2022 09:12

6	E. Mcaulay L. Phillips	NOR NOR
7	P. Davison E. Twort	LIN LIN
8		
9		

148: F K4 Men U23 + Boys U18 500

1		
2	F. Cadell R. Dowling-Clarke	SPS SPS
	B. Gallacher M. Sielicki	SPS SPS
3	D. Atkins I. James	ORS ORS
	P. Miles C. Smith	ORS ORS
4	A. Bunyon T. Gannicott-Porter	CLM CLM
	A. Mcintyre W. Stroud	CLM CLM
5	Z. Benstead A. Greaves	ELM RLS
	P. Mongan L. Smith	LIN LIN

F: 09:15

National Championship & Selection 03.07.2022 09:15

6		
7	S. Cribbett L. Ferri	RLS ELM
	H. Freeland G. Popham-Coveley	RDG FOX
8	H. Cooke-Bayley A. Leiper	NOT LKR
	F. Lewis D. O Connor	LKR RIC
9		

149: F C2 Canoe Boys U18/U16 500

1		
2		
3	O. Laws R. Ridd	RIC RIC
4		
5	A. Elliott F. Gohar	RIC RIC

F: 09:18

National Championship & Selection 03.07.2022 09:18

6		
7	O. Chisholm A. Sarkisyan	RIC RIC
8		
9		

150: F K2 WMasters C/D 500

1		
2		
3		
4	S. Alexander E. Taylor	ADS NOR
5	J. Davis A. Hinkova	NOR NOR

F: 09:21

03.07.2022 09:21

6	S. Urquhart S. Walker	BAN NOR
7	C. Drummond E. Hutchinson	RDG RDG
8		
9		

151: F K2 Lightning A 500

1		
2	D. Barnett F. Barnett	FLA FLA
3	G. Otugo M. Otugo	GLW GLW
4	O. Anderson S. Marriot	SOU NOT
5	J. Drummond J. Wade	RDG RDG

F: 09:24

03.07.2022 09:24

6	N. Nobbs H. Schofield	NOR NOR
7	W. Bowles-Trow L. De Bilio	ADS ROY
8	K. Ayran L. Smith	FOX WOR
9		

152: F K2 Lightning B 500

03.07.2022 09:27

1			6 W. Carrington D. Roberts Johnson	NOR NOR
2			7 E. Grant L. Jones	NOT NOT
3			8	
4	A. Gora A. Rys	GLW GLW	9	
5	J. Gora V. Herriot	GLW GLW		

🕒 F: 09:27

153: F K2 Girls U18 500

National Championship & Selection 03.07.2022 09:30

1			6 G. Boonham M. Warburton	RDG LIN
2	M. Enoch P. Gilbert-Johns	NOT SOU	7 K. Armstrong A. Green	LKR WOR
3	J. Dubock N. Jepson	FOX FOX	8 F. Gwyn M. Gwyn	WYC WYC
4	I. Fulford T. Kubisch-Wiles	RDG RDG	9	
5	H. Pemble M. Pepper	ADS LIN		

🕒 F: 09:30

154: F K2 Women U23 500

National Championship & Selection 03.07.2022 09:33

1			6 A. Burgess Z. Clark	WEY ROY
2			7 E. Dale F. Duffield	FOX NOR
3	H. Alexander S. Gadd	ADS ADS	8	
4	B. Clark B. Pemble	ROY ADS	9	
5	G. Anderson E. Montagna	NOR ROY		

🕒 F: 09:33

155: F C2 Canoe Girls U18/U16 500

National Championship & Selection 03.07.2022 09:36

1			6 M. Hunt C. Sellers	NOT NOT
2			7	
3			8	
4	N. MacCauley H. Page	NOT NOT	9	
5				

🕒 F: 09:36

156: F K1 Paddle-Ability 500m R1 500

03.07.2022 09:39

1			6 Lindsay Thorpe (29)	4AS
2			7 Shaun Cook (36)	NOR
3	Cassie Glaves (13)	4AS	8	
4	Daniel Warwick (21)	4AS	9	
5	Jonathan White (39)	EXE		

🕒 F: 09:39

157: F1 K1 Boys U16 200

National Championship 03.07.2022 09:48

1			6	
2			7	
3			8	
4			9	
5				

🕒 H1: 08:30 > H2: 08:33 > H3: 08:36 > H4: 08:39 > H5: 08:42 > F1: 09:48 > F2: 09:51 > F3: 09:54

158: F2 K1 Boys U16 200

National Championship 03.07.2022 09:51

1			6	
2			7	
3			8	
4			9	
5				

🕒 H1: 08:30 > H2: 08:33 > H3: 08:36 > H4: 08:39 > H5: 08:42 > F1: 09:48 > F2: 09:51 > F3: 09:54

159: F3 K1 Boys U16 200

National Championship 03.07.2022 09:54


1	6
2	7
3	8
4	9
5	

 H1: 08:30 > H2: 08:33 > H3: 08:36 > H4: 08:39 > H5: 08:42 > F1: 09:48 > F2: 09:51 > F3: 09:54

160: F1 K1 Boys U14 200

National Championship 03.07.2022 10:00


1	6
2	7
3	8
4	9
5	

 H1: 08:45 > H2: 08:48 > H3: 08:51 > F1: 10:00 > F2: 10:03

161: F2 K1 Boys U14 200

National Championship 03.07.2022 10:03


1	6
2	7
3	8
4	9
5	

 H1: 08:45 > H2: 08:48 > H3: 08:51 > F1: 10:00 > F2: 10:03

162: F K1 Masters C/D 200

03.07.2022 10:06


1	6
2	7
3	8
4	9
5	

 H1: 08:54 > H2: 08:57 > F: 10:06

163: F V1 Para Men VL3 R1 200

03.07.2022 10:09


1	6 Martin Tweedie (48)	PAR
2	7	
3	8	
4 Stuart Wood (28)	PAR	
5 Jack Eyers (33)	PAR	
9		

 F: 10:09

164: F K1 Masters A/B 200

03.07.2022 10:12


1	6 David P Smith (43)	WOR
2	7 Timothy Lodge (50)	WEY
3 Nigel Jones (43)	NOT	
4 Andrew Boland (50)	SLP	
5 Paul Brookes (54)	NOT	
9		

 F: 10:12

165: F K1 Men A/B 200

03.07.2022 10:15

1	6 Finn O Brien (20)	CLM
2	7 Robert Oliver (34)	PAR
3	8	
4 George Durden (28)	ELM	
5 Lewis Fletcher (28)	SPS	
9		

 F: 10:15

166: F K1 Men C/D 200

03.07.2022 10:18

1			6	Aidan Davis (18)	NOR
2	Tom Walker (22)	NOR	7	Stuart Wood (28)	PAR
3	Alvaro Mangan Sanchez (32)	GLO	8	Oliver Jackson (18)	LIN
4	Joshua Forster (30)	NOR	9		
5	James Stormont (28)	FOX			

🕒 F: 10:18

167: F K2 Girls U14 500

National Championship 03.07.2022 10:24

1			6		
2			7		
3			8		
4			9		
5					

🕒 H1: 09:03 > H2: 09:06 > F: 10:24

168: F K2 Girls U16 500

National Championship & Selection 03.07.2022 10:27

1			6		
2			7		
3			8		
4			9		
5					

🕒 H1: 09:09 > H2: 09:12 > F: 10:27

169: F K2 Boys U18 1000

National Championship & Selection 03.07.2022 10:39

1			6	L. Ferri H. Freeland	ELM RDG
2	L. Schleiter Nielsen J. Taylor	FOX NOR	7	P. Skinner A. Teeuwen	RDG RDG
3	M. Amatller A. Walker	LKR NOR	8	G. Popham-Coveley D. Stanley	FOX FOX
4	S. Medepalli D. O Connor	RIC RIC	9		
5	J. Carter A. Morley	ROY WEY			

🕒 F: 10:39

170: F K2 Men U23 1000

National Championship & Selection 03.07.2022 10:42

1			6	X. Hinvés Z. Tarver	SOU ELM
2	F. Cadell L. Shaw	SPS NOR	7	T. Gannicott-Porter W. Stroud	CLM CLM
3	G. Brooks A. Tonkin	WOR RDG	8	T. Booth D. Sklenar	NOR NOR
4	P. Miles C. Smith	RLS NOT	9	J. How	NOR
5	A. Mcintyre	CLM			

🕒 F: 10:42

171: F C2 Canoe Boys U18/U16 1000

National Championship & Selection 03.07.2022 10:45

1			6		
2			7	O. Chisholm A. Sarkisyan	RIC RIC
3	O. Laws R. Ridd	RIC RIC	8		
4			9		
5	A. Elliott F. Gohar	RIC RIC			


🕒 F: 10:45


172: H1 K2 Boys U16 1000

National Championship 03.07.2022 10:51

1		
2	B. Flint E. Saunders	WEY WEY
3	J. Hills N. Kinzler	RIC RIC
4	T. Bullock A. Worgan	EXE ROY
5	L. Boland L. Clancy	SLP SLP

6	G. Hampton D. O Halloran	CLM CLM
7	A. Hives N. Lamb	SOU SOU
8	F. Holt J. Rayment	ROY LBZ
9		

 9 BT in Heats 1-2 to Final

 H1: 10:51 > H2: 10:54 > F: 11:48


173: H2 K2 Boys U16 1000

National Championship 03.07.2022 10:54

1		
2	W. Larnar R. Toop	BAN WYC
3	F. Cramer L. Lovell	SOU FLA
4	D. Clarke S. Durkan	SLP SLP
5	K. Ayran M. Kabeer	FOX WOK

6	J. Enoch H. Singleton	NOT NOT
7	K. Luc J. Niland	FOX FOX
8	S. Stevely W. Stevely	SPS SPS
9		

 9 BT in Heats 1-2 to Final


 H1: 10:51 > H2: 10:54 > F: 11:48

174: F K4 Lightning A/B 500

03.07.2022 11:03

1		
2		
3	A. Gora G. Otugo	GLW GLW
	M. Otugo J. Toovey	GLW GLW
4	W. Bowles-Trow L. De Bilio	ADS ROY
	J. Drummond J. Wade	RDG RDG
5	K. Ayran D. Barnett	FOX FLA
	F. Barnett L. Smith	FLA WOR

6	W. Carrington N. Nobbs	NOR NOR
	D. Roberts Johnson H. Schofield	NOR NOR
7	J. Gora V. Herriot	GLW GLW
	J. Pyrz A. Rys	GLW GLW
8		
9		


 F: 11:03

175: F K4 Women U23 + Girls U18 500

National Championship & Selection 03.07.2022 11:06

1		
2	J. Dubock N. Jepson	FOX FOX
	C. Long F. Scrivener	FOX FOX
3	G. Boonham M. Enoch	RDG NOT
	P. Gilbert-Johns H. Pemble	SOU ADS
4	K. Armstrong H. Clarkson	SPS SPS
	I. Patrick K. Sielicka	SPS SPS
5	N. Hall E. King	WEY ROY
	H. Lewis G. Roeser	WEY WEY

6		
7	B. Clark E. Montagna	ROY ROY
	B. Pemble J. Urquhart	ADS NOT
8	K. Pocklington H. Stephens	WYC CDF
	K. Walker T. Yull	NOR NOR
9	A. Burgess Z. Clark	WEY ROY
	E. Dale F. Duffield	FOX NOR


 F: 11:06

176: F K4 Boys U14 500

National Championship 03.07.2022 11:09

1		
2		
3	I. Aveson S. Dickson	ROY FOX
	T. Kinder M. Nagy	RDG RDG
4	D. Barnett F. Fowler-Rimell	FLA FLA
	F. Lovell A. Murphy	FLA RLS
5	E. Hunt A. Hunter-Hopkins	FOY DEV
	O. Mazur S. Sroka	RDG LKR

6	L. Clifford M. Ralph	WEY WEY
	W. Roeser D. Saunders	WEY WEY
7	E. Cooper M. Grant	NOT NOT
	T. Hatton L. Sinigaglia	ROY ROY
8	F. Heard T. Patterson	EXE LKR
	H. Pitt D. Walker	ROY NOR
9		

 F: 11:09

177: F K1 Paddle-Ability 500m R2 500

03.07.2022 11:12

1		6 Lindsay Thorpe (29)	4AS
2		7 Cassie Glaves (13)	4AS
3		8	
4 Shaun Cook (36)	NOR	9	
5 Daniel Warwick (21)	4AS		

🕒 F: 11:12

178: F K1 Men A/B/C + Masters A/B 1000

03.07.2022 11:42

1 Joe Petersen (23)	RLS	6 David Pedlar (45)	WOR
2 Tom Walker (22)	NOR	7 Finn O Brien (20)	CLM
3 Nigel Jones (43)	NOT	8 Alvaro Mangan Sanchez (32)	GLO
4 George Durden (28)	ELM	9 Kevin Smith (61)	RDG
5 Eddie Martin (54)	SLP		

🕒 F: 11:42

179: F K2 Men D + Masters C/D 1000

03.07.2022 11:45

1		6 D. Long M. Scrivener	FOX FOX
2		7 J. Sklenar A. Want	NOR NOR
3 A. Davis J. Forster	NOR NOR	8	
4 P. Gadd R. Lucas	ADS RIC	9	
5 J. Anderson C. Heard	SOU EXE		

🕒 F: 11:45

180: F K2 Boys U16 1000

National Championship 03.07.2022 11:48

1		6	
2		7	
3		8	
4		9	
5			

🕒 H1: 10:51 > H2: 10:54 > F: 11:48

181: F K4 Girls U14 500

National Championship 03.07.2022 11:57

1		6 M. Bates H. Gwyn	ROY WYC
2		E. Lamb H. Tristram	SOU RLS
3 G. Gordon Z. Herriot	GLW GLW	7 A. Brown L. Harrison	NOT NOT
A. Strachan H. Toovey	GLW GLW	C. Maloney S. Sliwa	NOT NOT
4 O. Anderson E. Grant	SOU NOT	8 A. Bates A. Beeson	ROY RDG
L. Jones S. Marriot	NOT NOT	P. Cove D. De Bilio	RIC ROY
5 D. Ball C. Fulford	DEV RDG	9	
E. Giles H. Nagy	FLA RDG		

🕒 F: 11:57

182: F C2 Canoe Mixed Juniors/U23 500

National Championship & Selection 03.07.2022 12:00

1		6 A. Sarkisyan C. Sellers	RIC NOT
2		7 F. Gohar N. MacCauley	RIC NOT
3 E. Kendall T. Lambert	NOT LIN	8	
4 H. Lei H. Page	NOT NOT	9	
5 O. Chisholm M. Hunt	RIC NOT		

🕒 F: 12:00

183: F K2 Men + Women U23 500

1	G. Brooks B. Pemble	WOR ADS
2	E. Butler J. Urquhart	NOT NOT
3	K. Walker T. Walker	NOR NOR
4	G. Anderson T. Booth	NOR NOR
5	A. Burgess M. Collinge	WEY FOY

F: 12:06

National Championship & Selection 03.07.2022 12:06

6	Z. Benstead R. Solway	ELM ELM
7	Z. Clark P. Miles	ROY RLS
8	K. Pocklington H. Stephens	WYC CDF
9	F. Duffield R. Hook	NOR EAL

184: H1 K2 Kayak Mixed Juniors 500

1	L. Andrews M. Pepper	LIN LIN
2	M. Gwyn R. Toop	WYC WYC
3	N. Hall S. Medepalli	WEY RIC
4	A. Leiper I. Patrick	SPS SPS
5	K. Armstrong B. Cabrera	LKR FOY

1st-2nd + 3 BT to Final 1. 3rd-5th + 3 BT to Final 2

H1: 12:39 > H2: 12:42 > H3: 12:45 > F1: 13:45 > F2: 13:48

National Championship & Selection 03.07.2022 12:39

6	D. O Connor G. Roeser	RIC WEY
7	B. Flint D. Webb	WEY WEY
8	J. Taylor E. Widdows	NOR NOR
9	K. Ayran F. Scrivener	FOX FOX

185: H2 K2 Kayak Mixed Juniors 500

1		
2	P. Gilbert-Johns H. Singleton	SOU NOT
3	N. Jepson K. Luc	FOX FOX
4	I. Bethune S. Cribbett	ELM RLS
5	A. Green D. Stanley	WOR FOX

1st-2nd + 3 BT to Final 1. 3rd-5th + 3 BT to Final 2

H1: 12:39 > H2: 12:42 > H3: 12:45 > F1: 13:45 > F2: 13:48

National Championship & Selection 03.07.2022 12:42

6	M. Ball H. Cooke-Bayley	DEV NOT
7	C. Ritchie E. Saunders	WEY WEY
8	L. Ferri M. Warburton	ELM LIN
9	J. Enoch M. Enoch	NOT NOT

186: H3 K2 Kayak Mixed Juniors 500

1		
2	D. Sklenar K. Sklenarova	NOR NOR
3	S. Bates E. King	ROY ROY
4	S. Dickson C. Long	FOX FOX
5	H. Lewis A. Morley	WEY WEY

1st-2nd + 3 BT to Final 1. 3rd-5th + 3 BT to Final 2

H1: 12:39 > H2: 12:42 > H3: 12:45 > F1: 13:45 > F2: 13:48

National Championship & Selection 03.07.2022 12:45

6	G. Boonham H. Freeland	RDG RDG
7	G. Hampton R. Hampton	CLM CLM
8	J. Allan P. Allan	WEY WEY
9	J. Dubock J. Niland	FOX FOX

187: H1 K1 Men U23 200

1		
2	James How (22)	NOR
3	Edward Nightingale (20)	WYC
4	Alex Bunyon (23)	CLM
5	Ben Gallacher (22)	SPS

1st-2nd + 3 BT to Final 1. 3rd-5th + 3 BT to Final 2

H1: 13:09 > H2: 13:12 > H3: 13:15 > F1: 14:36 > F2: 14:39

National Championship 03.07.2022 13:09

6	Reef Hook (22)	EAL
7	Rory Stewart (19)	ADS
8	Patrick Mongan (20)	LIN
9	William Beard (20)	WYC

188: H2 K1 Men U23 200

1		
2	Zak Benstead (21)	ELM
3	Benjamin Want (19)	NOR
4	Maksymilian Sielicki (19)	SPS
5	Ieuan James (23)	SPS

1st-2nd + 3 BT to Final 1. 3rd-5th + 3 BT to Final 2

H1: 13:09 > H2: 13:12 > H3: 13:15 > F1: 14:36 > F2: 14:39

National Championship 03.07.2022 13:12


6	Rory Dowling-Clarke (18)	SPS
7	Finn O'Brien (20)	CLM
8	Alex Tonkin (18)	RDG
9	George Brooks (21)	WOR


189: H3 K1 Men U23 200

National Championship 03.07.2022 13:15

1		
2	Xavier Hinves (18)	SOU
3	Toby Booth (19)	NOR
4	Miklos Szabadvari (18)	RDG
5	Alex Greaves (20)	RLS

6	Tom Holland (20)	WEY
7	Robert Barkway (22)	BPS
8	Deni Panev (19)	FOX
9	Ewan McDougal (20)	WOR

 1st-2nd + 3 BT to Final 1. 3rd-5th + 3 BT to Final 2


 H1: 13:09 > H2: 13:12 > H3: 13:15 > F1: 14:36 > F2: 14:39

190: F V1 Para Men VL3 R2 200

03.07.2022 13:18

1		
2		
3		
4	Martin Tweedie (48)	PAR
5	Jack Eyers (33)	PAR

6	Stuart Wood (28)	PAR
7		
8		
9		


 F: 13:18

191: F1 K2 Kayak Mixed Juniors 500

National Championship & Selection 03.07.2022 13:45

1		
2		
3		
4		
5		

6		
7		
8		
9		


 H1: 12:39 > H2: 12:42 > H3: 12:45 > F1: 13:45 > F2: 13:48

192: F2 K2 Kayak Mixed Juniors 500

National Championship & Selection 03.07.2022 13:48

1		
2		
3		
4		
5		

6		
7		
8		
9		

 H1: 12:39 > H2: 12:42 > H3: 12:45 > F1: 13:45 > F2: 13:48


193: F C1 Canoe Boys U18/U16 5000

Selection Race 03.07.2022 13:57

W1	Oscar Jack Laws (14)	RIC
W2	Owen Chisholm (16)	RIC
W3	Rufus Ridd (15)	RIC

W4	Andrew Elliott (15)	RIC
W5	Fabio Gohar (14)	RIC
W6	Areg Sarkisyan (15)	RIC

 LD


 F: 13:57

194: F1 K1 Men U23 200

National Championship 03.07.2022 14:36

1		
2		
3		
4		
5		

6		
7		
8		
9		

 H1: 13:09 > H2: 13:12 > H3: 13:15 > F1: 14:36 > F2: 14:39

195: F2 K1 Men U23 200

National Championship 03.07.2022 14:39

1		
2		
3		
4		
5		

6		
7		
8		
9		


 H1: 13:09 > H2: 13:12 > H3: 13:15 > F1: 14:36 > F2: 14:39


196: H1 K1 Boys U18 200

National Championship 03.07.2022 14:42

1	Ben Shipway (16)	SOU
2	Drew Howells (17)	CDF
3	Philip Levkovskyy (17)	EAL
4	Jacob Wright (17)	RDG
5	Benjamin Cabrera (18)	FOY

6	Dylan O Connor (17)	RIC
7	Dan Sklenar (17)	NOR
8	Shirav Medepalli (17)	RIC
9	Alex Rea (18)	CNI

 1st-3rd + 3 BT to Final


 H1: 14:42 > H2: 14:45 > F: 15:39


197: H2 K1 Boys U18 200

National Championship 03.07.2022 14:45

1	Jago Taylor (17)	NOR
2	Marc Amattler (17)	LKR
3	Artem Mykhailovskiy (17)	CDF
4	Peter Skinner (16)	RDG
5	Haydyn Cooke-Bayley (16)	NOT

6	Aidan Leiper (17)	SPS
7	Calum Clarke (17)	SLP
8	Findlay Lewis (16)	SPS
9	Charlie Allen (18)	DEV

 1st-3rd + 3 BT to Final


 H1: 14:42 > H2: 14:45 > F: 15:39

198: F K4 Boys U16 500

National Championship 03.07.2022 14:51

1	K. Ayran M. Kabeer S. Patterson J. Rayment	FOX WOK LKR LBZ
2	F. Cramer W. Lerner L. Lovell R. Toop	SOU BAN FLA WYC
3	M. Osmola S. Stevely W. Stevely R. Strachan	GLW GLW GLW GLW
4	B. Flint K. Luc J. Niland E. Saunders	WEY FOX FOX WEY
5	L. Clancy D. Clarke S. Durkan J. Groen	SLP SLP SLP SLP

6	G. Hampton J. Harrison C. Heaton-Armstrong D. O Halloran	CLM NOT SNB CLM
7	T. Bhoola J. Hills N. Kinzler J. Ross	RIC RIC RIC ELM
8	J. Enoch A. Hinves N. Lamb H. Singleton	NOT SOU SOU NOT
9	T. Bullock P. Ehrnrooth F. Holt A. Worgan	EXE DEV ROY ROY


 F: 14:51

199: F K4 Girls U16 500

National Championship 03.07.2022 14:54

1		
2		
3		
4	B. Hill E. Mcaulay L. Phillips J. Sargeant	NOR NOR NOR NOR
5	S. Payne B. Perry K. Sklenarova H. Toovey	CLM SOU NOR GLW

6	P. Davison M. Dawson E. Giles E. Twort	LIN LIN FLA LIN
7	E. Bowles-Trow C. Ritchie D. Webb E. Widdows	ADS WEY WEY NOR
8		
9		

 F: 14:54


200: F K1 Women U23 5000

Selection Race 03.07.2022 15:03

Y1	Florence Duffield (22)	NOR
Y2	Katie Brookes (19)	WOR
Y3	Anoushka Freeman (23)	RIC

Y4	Elise Montagna (18)	ROY
Y5	Rebekah Solway (23)	ELM
Y6	Jessica Urquhart (18)	NOT

 LD

 F: 15:03


201: F K1 Girls U18 5000

Selection Race 03.07.2022 15:09

Y11	Milly Pepper (16)	LIN
Y12	Greta Roeser (16)	WEY
Y13	Honor Lewis (17)	WEY

Y14	Matilda Enoch (17)	NOT
Y15	Nerys Hall (17)	WEY
Y16	Imogen Hunter (17)	CAM


 LD

 F: 15:09

202: F K1 Boys U18 200

National Championship 03.07.2022 15:39

1	6
2	7
3	8
4	9
5	


 H1: 14:42 > H2: 14:45 > F: 15:39

203: F K1 Men U23 5000

Selection Race 03.07.2022 15:57

W11 Miklos Szabadvari (18)	RDG	W19 Finn Cadell (22)	SPS
W12 Lewis Smith (19)	LIN	W20 Robert Barkway (22)	BPS
W13 William Stroud (22)	CLM	W21 Rory Dowling-Clarke (18)	SPS
W14 Maksymilian Sielicki (19)	SPS	W22 Alex McIntyre (22)	CLM
W15 James How (22)	NOR	W23 Joe Petersen (23)	RLS
W16 Ben Gallacher (22)	SPS	W24 Alex Bunyon (23)	CLM
W17 Philip Miles (20)	RLS	W25 Charlie Smith (23)	NOT
W18 Matthew Collinge (21)	FOY	W26 Tim Gannicott-Porter (22)	CLM

 LD


 F: 15:57

204: F K1 Boys U18 5000

Selection Race 03.07.2022 16:30

W28 Luca Ferri (17)	ELM	W36 Findlay Lewis (16)	SPS
W29 Harry Freeland (17)	RDG	W37 Shirav Medepalli (17)	RIC
W30 Drew Howells (17)	CDF	W38 Will Stevely (14)	SPS
W31 Arthur Morley (17)	WEY	W39 Jack Carter (17)	ROY
W32 Peter Skinner (16)	RDG	W40 Dan Sklenar (17)	NOR
W33 Sam Stevely (14)	SPS	W41 Edward Butler (16)	NOT
W34 Charlie Allen (18)	DEV	W42 Sam Cribbett (17)	RLS
W35 James Nelson (17)	RDG	W43 Philip Levkovskyy (17)	EAL

 LD

 F: 16:30



British Canoeing
Sprint Racing Committee



Preliminary Notice for the Sprint Racing ACM

Annual Consultative Meeting will be held online via zoom on
Wednesday 28th September 2022 at 7.30pm

The Sprint Racing Section's Annual Consultative Meeting will be a virtual meeting starting at 7.30 pm on Wednesday 28th September 2022.

Information for the meeting will be available on the [SRC website](#).

Each year, the position of either the Treasurer, Chair or Secretary is open for election. The election term is for 3 years. In 2022 the election will be for the Committee's Chair.

The Sprint Racing Committee members are also elected for a period of 3 years, for the 2022 ACM there are 3 positions open for election.

Anyone who would be interested to stand for election to the Sprint Racing Committee, or as the Chair, please send a [nomination](#), supported by the signatures of two full Individual British Canoeing members, either electronically or by post to reach the SRC Secretary no later than midnight Tuesday 16th August 2022.

Likewise, any [item for discussion](#) at the ACM, must be returned in writing, supported by the signatures of two full Individual British Canoeing members, again to reach the Secretary, either electronically or by post no later than midnight Tuesday 16th August 2022

Secretary, BC Sprint Racing Committee
Mrs C. Wynne, 40 Bramble Close, Hildenborough, Tonbridge, Kent TN11 9HQ
Canoesprint.secretary@vol.britishcanoeing.org.uk



THE HOOLEY 5K

**BRITISH 5000M
CHAMPIONSHIP**

CEILIDH AND CELEBRATION EVENING

22.10.22
Strathclyde Park



Variety of age group classes and Paracanoe

More details at:

SCA 
Scottish Canoe Association
Comann Curach na h-Alba

CANOESCOTLAND.ORG/THEHOOLEY5K

icon

Welcome

British Canoeing Sprint Racing National Regatta, Open and National Under 23 and Junior Championships including Juniors and U23s selection events

Welcome to the 3rd National Regatta of the year.

National Regattas are held under BC Sprint Racing Competition Rules and Terms/Conditions of Participation.

There are two competitions remaining this year on the following dates:

2-3 July 2022 This National Sprint Racing Regatta *includes Open and British Under 23 and Junior National Championships and selection events for U23 and Junior World Championships and Olympic Hopes.*

3-4 September 2022 The Inter-Services Championship, the SUP British National Championship and the National Inter-club MacGregor Paddle Challenge Sprint Regatta, with the Andrew Bonham Memorial C4 Race.

Covid Secure Mitigations

Covid code of behaviour

You must:

- Not attend if you have COVID-19 symptoms or have received a positive test result.
- Not attend if you live in the same household as someone with COVID-19 unless you are fully vaccinated or aged under 18 years and 6 months.
- Consent to your contact details being passed to the relevant authorities for contact tracing if requested
- Understand that social distancing may not be possible during a rescue or administration of first aid
- Comply with advice to paddlers as detailed in the British Canoeing return to paddling guidance

You are advised to always wear your face masks, unless within vehicles, accessing/egressing from the lake or competing on the water. Please bring your own face masks.

Athletes who are competing for selection to National Squads are reminded that the [British Canoeing Vaccination Policy](#) will apply to all attendance on British teams and training camps in 2022.

Distribution of medals, trophies and promotion certificates

For the Open & National Championship events, medals will usually be presented throughout the Championship regatta weekend near the Finish Tower.

Trophy winners will also receive a commemorative award certificate.

Past Junior Promotion and Mini Sprint Certificates can be collected by Team Leaders from the Information Point in the

Event Organisers cabin (near the foot of the Finish Tower) on Sunday.

Rescues & Assistance

Before any Regatta Official physically assists a competitor on/in the water, they will ask whether any help is needed, or if the competitor can make themselves safe.

The safety of everyone on the water is paramount and, where possible, all necessary help will be provided.

Officials will ensure the safety of competitors before salvaging any equipment.

First Aid

Where possible those attending should self-administer first aid or receive it from their own coach. Coaches are advised to bring an appropriate first aid kit and PPE.

There will be first aiders and a paramedic on-site to assist where required.

Please use the [National Regatta Incident Reporting](#) form to register any self-managed incidents.

Key Contacts

Chief Official

Paul Edwardes

regatta.chiefofficial@britishcanoeing.org.uk

Competition Queries

Cathy Wynne

canoesprint.secretary@vol.britishcanoeing.org.uk

Volunteer Coordinator

Ann Hoile

regatta.volunteercoordinator@britishcanoeing.org.uk

New for 2022

Parking

Access via the Main Car Park entrance then the Elms Gate at [what3words ///foods.stored.rungs](#). Follow the Marshals instructions when parking alongside the lake and allow space to support social distancing.

The National Water Sport Centre charge £5 per day per vehicle for parking. Parking can be pre-paid via the NWSC [website](#) or on the *paybyphone* app using the location code 800800. There is also a cash payment machine for use on the day, located near the Country Park café at [what3words ///lies.took.harder](#).

Facilities and Catering

The main building will be available for athletes or support personnel to use the toilets and changing facilities only. The café in the main building opening times and the presence of a catering van at the venue during the competition have not been confirmed by the site managers, but the Country Park cafe on the scoreboard side of the lake will be open.

Information Point

We will not have a Secretary's Desk at this Regatta. Promotion certificates, Canoe Sprint and Marathon 2022 Handbook, sets of Lane Numbers, and Long-Distance Numbers can be ordered and collected from the Information Point at the Event Organisers Cabin, below the main building near the Finish Tower. A deposit of £10 will be charged for the loan of Long Distance numbers.

Communication

All information regarding the event will be posted on the [SRC website](#) and the [National Regatta site](#) as with all regattas. The Programme for this event will only be available online from the SRC website link above. The Start Lists will be 'live' and updated during the regatta on the National Regatta site.

Updated information will be posted in the News Bulletins which are part of the Live Results.

Contacting Officials: If a Team Leader has a crew change, a scratch or a question, please use one of the following online forms:

[Crew boat changes](#)

[Withdrawal/scratches](#)

[General enquiries and questions](#)

[National Regatta Incident Reporting](#) (Only monitored over the Regatta Weekend)

Access to the Finish Tower and Bridge level of the Main Building is restricted to Regatta Officials. Team Leaders will be granted access **only when called** to meet with a Regatta Official. **DO NOT** enter via the Centre Building, access only via the external stairs on the Tower.

Protests

A protest made during a competition must be in a written form. A verbal protest will not be recognised. A protest addressed to the Competition Committee can be emailed to the Chief Official on regatta.chiefofficial@britishcanoeing.org.uk a fee of £15 will be applied when a protest is not upheld.

A protest regarding the published result of a race must be made within 20 minutes of that result being published. A protest following a disqualification must be made within 20 minutes of the coach or athlete being informed of the disqualification.

Intermediate Sprint Kayak (U14) K1 Event Series

Boys Intermediate Kayak (BIK) and Girls Intermediate Kayak (GIK)

We have replaced the trial of BU12 and GU12 Classes with two new classes, Boys Intermediate Kayak (BIK) and Girls Intermediate Kayak (GIK).

These new classes will allow any U14 paddler who has not yet achieved the minimum time for Boys D Kayak (BDK) and Girls D Kayak (BDK) class events to race in sprint K1 boats at the National Regattas.

Boys Intermediate Kayak (BIK)
Minimum 500m time = 2:46

Girls Intermediate Kayak (GIK)
Minimum 500m time = 3:00

Once paddlers have achieved the qualification time for a Junior D class they will be promoted and no longer be allowed to race the BIK or GIK classes.

BIK and GIK paddlers will be allowed to race in D class (U14) crew boats if 50% of the paddlers in the crew boat are of the D class (U14).

LTA and LTB events

LTA and LTB events have previously been raced over 500m. This year the K1 events will alternate between 200m and 500m each regatta from April to September.

2022 Canoe Sprint and Marathon Handbooks

The 2022 Canoe Sprint Handbook will be available at a reduced special regatta price of £5 from the Information Point at the Event Organisers Cabin near the foot of the Finish Tower.

Shared early morning use of the course

If you plan to warm up on the course before the Competition starts, please be aware that for some of the warmup sessions, rowers could be training on the lake between the 1000m and 2000m marks. They will travel down past the 1000m start in Lane 10 and return to the Boathouses using Lane 0. To avoid any potential disturbance from the rowers, please warm up in the area between lanes 1 to 9 from the Finish Tower to the 1000m Starts, until the rowers leave the course.

If you normally park your vehicles on the hardstanding in front of the Boat Houses, please keep a look out for rowers carrying boats crossing this area to reach the boathouse and their coaches on bikes.

Check, Clean, Dry

There are important steps we can all take to help stop the spread of invasive species. If you follow our simple Check, Clean and Dry steps below, you'll be making big steps forward in protecting the natural habitats of our rivers, canals and waterways. Regardless of the type of canoeing you do, whether competitive or recreational, inland or coastal, the chances are that you take your canoe/kayak onto different watercourses where there is a chance you may come in contact with these harmful species.

- Check you're not carrying living organisms
- Clean all equipment, clothing, and shoes
- Dry equipment and clothing carefully

We are pleased to announce that the North West Wildlife Trust will operate a Boat Cleaning Station at the foot of the Finish Tower during this regatta.

Social media

Why not subscribe to our Instagram accounts, **canoesprintUK**, or Twitter account, **canoesprintUK**, where we'll be sharing sprint-related photos and videos going forwards.

As we're aiming to increase the social media presence of Sprint Racing nationally, please, use the following hashtags alongside any photos or videos that you publish on social media ahead of, during, and after the National Regattas.

Hashtags #nottsregatta
 #canoesprintlegends

Event security

The National Water Sports Centre has asked us to raise awareness about Security at the event.

Please, ensure that you do not leave your belongings unattended during the weekend. Please, also keep your car locked when unattended.

If you see anyone acting suspiciously, please, report it immediately to Reception on 0115 982 1212, any Regatta Official, or at the Information Point.

Information for team leaders

What do I need to do if I am appointed as my Club's Sprint Team Leader?

- contact the Regatta Committee with your contact details and request a password to access the online entry system by emailing regatta.chair@britishcanoeing.org.uk
- update your club's officials to include their contact details (email address and mobile number)
- maintain the paddler records for your club
- register new paddlers before the deadline for each regatta
- coordinate with Team Leaders from other clubs for mixed club crew boat entries
- submit entries for your club's paddlers once entries are open for a competition. Entries can be added incrementally at any time up to the entry deadline at which point all entries that have been made become your submitted entries
- once your club's entry for a regatta is completed, or the deadline past, arrange payment of the entry fees. The online entry system will calculate the total and give you a breakdown for each of your paddlers
- respond to entry queries raised by the Regatta Committee

What are my responsibilities as a Team Leader?

As a Team Leader for a club, you take on certain responsibilities for the paddlers from your club before, during and after the regatta weekend. This covers several areas including:

- ensuring paddlers hold a current SCA/CNI/CanoeW or BC 'On the water' membership before submitting their entries
- submitting and paying for entries
- attending the Team Leaders online meeting on the Tuesday evening before the regatta
- Monitoring the Team Leaders Broadcast WhatsApp group
- briefing your paddlers about regatta rules and informing the parents/guardians of Juniors of these where appropriate
- ensuring that all your club paddlers have achieved the relevant standard (time and proficiency) to compete at National Regattas.
- ensuring that all paddlers are able to swim at least 50 metres
- ensuring that paddlers are suitably dressed for the conditions prevailing at the time of the event
- ensuring that paddlers entered for events are competent to handle the prevailing conditions and can manoeuvre their craft. All paddlers must have been taught what to do in the event of capsized
- ensuring that boats racing from your club carry additional buoyancy and are water worthy

- ensuring that all paddlers wear buoyancy aids when requested by the Chief Official in adverse weather conditions
- ensuring that paddlers are on the water with enough time to make their start times, visibly wearing their club colours and displaying the correct lane number for their race
- resolving issues that are raised by the Chief Official. Where required, you will be asked to come to the top of the Finish Tower (via the external stairs), you will be called there by the Commentary Team and via WhatsApp broadcast
- completing Incident Report Forms for any accidents that have occurred during the regatta
- advising Juniors D's who have been promoted that they need to become British Canoeing members and updating the paddler database with their membership number
- encouraging paddlers to shower after using the Regatta Course and ensuring that all cuts and abrasions are covered with waterproof plasters. An NWSC guide to water related illness is available from the NWSC reception desk

Race fees must be paid at least seven days before the event. Fees not received by this date can incur the £5/seat late payment surcharge as per the terms and conditions of entry (Rules 5a and 5b on Page B11 of the 2022 Canoe Sprint & Marathon Handbook).

National regattas cost a lot of money to run, and we need to ensure that entry fees are paid promptly.

If the regatta, or part of the regatta, must be cancelled, or is delayed due to weather conditions, or other circumstances outside of our control, unfortunately we will not be able to refund entry fees.

When is the Online Team Leaders' meeting?

The Online Team Leaders' meeting will take place at **8pm Tuesday 28th June**. It will be open to Team Leaders who should sign in via the chat feature at the start of the meeting. A powerpoint presentation will be available prior to the meeting. Please review this before the meeting and pass on the relevant information to your club members attending the regatta. The meeting will start with a review of the technical information for the regatta including any changes being implemented, followed by a review of the deletions and any name changes submitted via the on-line form since the publication of the Start Lists. Agreed changes resulting from this meeting are then made to the programme, which is then re-issued to the officials running the regatta.

Any additional crew changes or scratches occurring after the Team Leaders' meeting must be submitted via the online forms:

[Crew Changes](#)

[Withdrawals/Scratches](#)

at least **60 minutes** before the race.

These links are also available from the menus in the Live Results Service.

What additional rules do I need to know?

In addition to the rules outlined in the *Information for competitors'* section which follows you also need to be aware of the following rules.

Ensuring adequate buoyancy

BC Sprint Racing Competition Rules require that following a capsize, all kayaks and canoes must be able to remain floating level with the surface of the lake when filled with water while supporting the weight of the crew. It is your responsibility to ensure that all your paddlers have the correct buoyancy fitted in their boats. Buoyancy will be checked. Any boat other than with sealed bulkheads which visibly has insufficient buoyancy fitted, will not be allowed on the water until additional buoyancy is added. If a boat is found to have insufficient buoyancy at Boat Control after racing, this will be reported to the Chief Official and will result in Penalty Points being issued to the paddler or disqualification from the race.

You should also ensure that all your paddlers always bring buoyancy aids/life jackets with them. Should the weather conditions on the Regatta Course prove inclement, it may become necessary to introduce the mandatory wearing of Buoyancy Aids/Life Jackets for some or all paddlers. All the time this is a requirement an Orange Flag will be displayed on the Flagpole by the Finish Tower. In these circumstances competitors will not be allowed to go afloat without buoyancy aids/life jackets that conform to the International Canoe Federation (ICF) standard or the European standards EN ISO 12402-4 or EN ISO 12402-5. The use of spraydecks is also strongly recommended for all competitors when the Orange Flag is displayed.

Ensuring paddlers have British Canoeing Membership

All competitors from your club need to be current full members of the British Canoeing. The only exception to this are Junior club associate members ranked in Girls D, Boys D, Intermediate's or Mini-sprint classes

Junior paddlers who are associate British Canoeing members, when promoted to 'C' or above, must then become a full 'On the Water' member of British Canoeing before the next regatta.

Please update your club paddlers Paddler Registration details with the new British Canoeing number once promoted to Junior C

Penalty points and disqualification

You are asked to ensure that your club competitors are aware of and accept the racing rules and terms/condition of participation. Penalty points will be incurred, or disqualification may occur, for those paddlers ignoring the regatta rules. The rules are intended to ensure the fair, safe and efficient running of the regatta.

In instances where penalty points have been awarded, or where disqualification has occurred, you may be asked to meet with the Chief Official at the top of the Finish Tower, and to relay the outcome to the relevant paddler(s). A

statement of the currently active penalty points will also appear in the official results that are published shortly after the regatta.

Am I responsible for my club members' parking?

Please take an active role in ensuring that your club members and supporters observe the car parking rules outlined in the *Information for everyone* section below.

Information for competitors

How is the course laid out?

The layout of the course is shown on the diagram on the back page of this Guide and the Regatta programme. Please take time to familiarise yourself with the course and the areas where you are and are not allowed to paddle.

Can I use the course to warm up before my race?

Once the safety boats are on the water, you are welcome to use the regatta lake to warm up. No paddling is permitted on the lake without appropriate safety cover being in place. Safety boats will be in place from 7:45am on Saturday, and from 7.45am on Sunday. The safety boats will stay on the course until shortly after the last race on each day.

Please do not go too far down the course as we are unable to provide effective safety support to you. Remember too that you are not allowed to practice in the race area.

Can I practise starting from a gate?

If you have not used the start gates before, or if you would like a refresher on how to line yourself up into the buckets, we will be holding open practise sessions at the start of each day. See the timetable for details.

Are there any rules I need to know?

The National Sprint Regattas follow a detailed set of rules. The British Canoeing Sprint Racing Competition Rules and the National Sprint Regatta Terms/Condition of Participation. These can be read in full in the annual Canoe Sprint & Marathon Handbook. This can be purchased at the Information Point in the Event Organisers cabin (near the foot of the Finish Tower).

A few specific rules that you need to be aware of have been included in this *Information for competitors'* section. These rules help with the fair, safe and efficient running of the regatta.

What are the minimum boat weights?

In sprint racing, there are minimum weights for boats (*BC SRC Regulation 9*). These vary according to the class of boat.

K1 12kg C1 14kg
K2 18kg C2 20kg
K4 30kg C4 30kg
Paracanoe: K1 12kg; V1 13kg (inc. hull, ama & iako)

It is your responsibility to make sure that your boat is at least that weight or heavier and to bring with you any additional weights that you need. If your boat requires additional weight to be added this must be firmly attached to your boat, a loose bag of stones or sand tucked under the seat is not acceptable. The weight of your boat is the weight measured using the Boat Control weighing scales on the day of the regatta, not the scales at your club or your kitchen scales at home, so please don't argue with the Boat Control officials. Boat Control is based at the bottom of the tower.

If you race in an underweight boat you can be disqualified.

At a National Sprint Regatta, you are not obliged to have your boat weighed before your race, although this is recommended, and you can do this at any time when the Officials are not busy weighing boats from a race. However, you may be called into Boat Control immediately after your race, which means going directly to the Boat Control pontoon, after crossing the finish line, for your boat to be weighed.

You should also be aware that the weight of your boat may change depending on the temperature. Boats are lighter on a hot day, so if you are in doubt about the weight, especially if the weight is close to the minimum permitted weight, play safe and weigh your boat before you race.

What if my boat is too heavy?

The bottom line is it doesn't really matter. Too many athletes worry about being at a disadvantage if their boat is heavier than the minimum required weight, so much so that some will try to race with an underweight boat.

How a boat travels through the water depends on a lot of things including the shape of the boat's hull, the displacement of the water, how high your seat is and your overall centre of gravity and, not least, your own ability and paddling technique. So, for example, if your K1 weighs 12.0kg, 12.5kg or anything in-between, it's not going to make much difference to your overall performance, so don't get hung up about it.

Why do I need a lane number?

Your boat must display a white lane number board showing the lane number in which you are racing. The number boards help the officials who run the regatta, particularly at the start, to help with timing and to identify the correct boat(s) to be weighed after each race.

Your lane number is likely to change from race to race, so make sure you are displaying the correct number before you paddle to the start for your next race. Your Team Leader should be able to provide you with the required number board. Sets of White Lane Numbers are available for sale from the Regatta Information Point. Paracanoe athletes can collect boat numbers from the Paracanoe boat bays.

Why do I have to race in my club colours?

You are racing for your club and therefore need to wear your club colours. If there are queries with your race, the club colours help us to easily identify specific paddlers. This in turn allows us to more quickly resolve any issues and to

contact the relevant club team leaders if required. It also allows us to post the race results more quickly.

How do I know if I have to wear a Buoyancy Aid/Life Jacket?

If weather conditions deteriorate during the regatta weekend, you may be required to wear a Buoyancy Aid/Life Jacket. If this is required, an announcement will be made on the Public Address (PA) System and by WhatsApp broadcast to inform you which classes of paddlers, or all paddlers, must wear them as a mandatory requirement. A further announcement will be made when the requirement is rescinded. While the requirement is in force an Orange Flag will be displayed on the Flagpole by the Finish Tower.

All Buoyancy aids/life jackets must conform to the International Canoe Federation (ICF) standard or the European standards EN ISO 12402-4 or EN ISO 12402-5.

How much buoyancy do I need in my boat?

BC Sprint Racing Competition Rules require that following a capsized, all kayaks and canoes must be able to remain level with the water when filled with water and support the crew.

You therefore need to ensure that there is visible additional buoyancy fitted in your boat before you get on the water. This may be checked during the regatta. Any boat that does not have visible buoyancy material fixed in the boat will not be allowed on the water until additional buoyancy has been added. If your boat is found not to have the required buoyancy at Boat Control, after racing, this will be reported to the Chief Official. Disqualification or penalties points will be applied.

Where do I get on and off the water?

Paracanoe athletes will access/egress the water via the pontoon in front of the paracanoe boat sheds.

All other athletes will access the water via the pontoons at the end of the lake or from the pontoon opposite the seats by the tower. Please be aware of others using the pontoons and always observe social distancing.

Athletes called for boat control will be able to egress the water on the pontoon by the tower. Paracanoe athletes may exit from the paracanoe pontoon if required although must always stay in view of officials.

All other athletes should egress at the end of the lake or from the pontoon opposite the seats by the tower.

How do I get to the start and when should I arrive?

Leave yourself enough time to get to the start line for your race, paddling slowly in Lane 0. This is the lane closest to the regatta centre.

Aim to arrive in the starting area five minutes before your race time and ideally get yourself lined up in the correct lane. The starting area runs from the start line itself to a set of blue buoys placed 100m beyond each start line. Please don't go too far away from the starter, as you'll need to be able to hear when your race is called. Regatta race time is displayed on a large digital clock, which is placed on the bank next to the starter's hut.

What happens at the start?

The starters will call you to the start line by the number of your race, remember your race number! Then the lane number for each competitor in that race. On windy days, it can sometimes be difficult for the lanes furthest away from the starter to hear these requests, so keep aware of what's going on around you and ask other paddlers if you are unsure.

When your race is called, you will be asked to move towards the start buckets and to stop and hold off about 5-10m away from the buckets. When the timing team has given clearance for the next race to proceed, the starter will then ask you to come into the buckets. Please listen carefully to the starter's instructions at this point. You will hear these clearly from the loudspeakers next to each bucket.

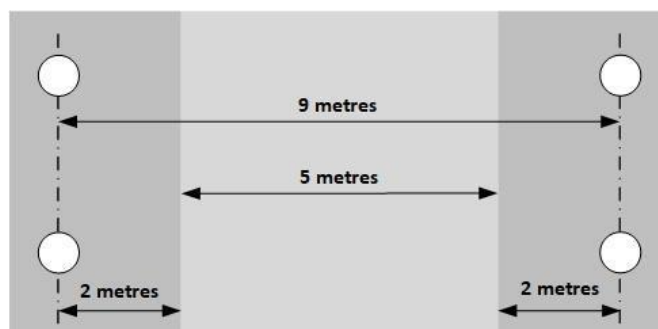
If you miss your start, you may not be allowed to race.

Remember that there are races starting every 3 or 4 minutes throughout the day. This leaves very little time to delay the start of any race.

Why do I have to stay in the centre of my lane?

The simple reason is you must not get yourself in a position where you interfere with the progress of, or seek to take advantage from, other competitors.

BC SRC Regulation 26 states that your boat must stay within the five-metre-wide central area of your lane from the start to the finish of the race. If your boat moves out of the centre five metres, you must immediately take action to return to the central area or if it's judged that you have gained an advantage. You can be disqualified. See the following diagram. *BC SRC Regulation 27* states that you are not allowed to take pace from other boats, so staying in the centre of the lane helps you avoid the temptation to try and wash hang. The way to make the race as fair as possible for every competitor, especially if you are racing side-by-side, is to stay within the central five metres of your lane.



We do appreciate that in certain weather conditions you can easily be pushed off-centre by the wind and water turbulence and this is quite understandable. We expect you to make every effort to remedy the situation and get back to the centre of the lane as soon as possible and at least within the next 100m.

If you deviate outside the central five metres, the race Umpire is required to report this to the Chief Official in the Tower. The decision as to whether you are disqualified or not will rest with the Competition Committee and will probably depend on whether you gained an advantage from

the deviation. For obvious reasons, we tend to be a little more lenient on the junior and less experienced paddlers.

In summary:

- if your boat deviates from the central area of the lane, you must go back immediately to this central area of the lane.
- if your boat leaves the centre of the lane and does not return to it, you may be disqualified from the event.
- if your boat leaves its allocated lane, you will be disqualified from the race.

Additionally:

- if you capsize during the race, you will also be eliminated from the race.
- if you break a paddle during your race, you may not be provided with a new one by a supporter (except in races of more than 1000m – Rule 28.6).

The Umpire has the right to interrupt a correctly started race if unforeseen issues arise. The umpire will announce this with a red flag and may sound a signal to advise you of such an interruption. Competitors must immediately stop paddling and await further instructions.

Why am I not allowed to be paced or to sit on someone else's wash?

BC SRC Regulation 27 states that taking pace or receiving assistance from boats not in the race or by any other means is not permitted.

When a race is in progress, crews who are not taking part in the race are strictly forbidden to proceed over the whole or part of the course, even if outside of the lane marking buoys. This includes making a wash even from outside of the marking buoys. Or following alongside a race, while paddling in the access lane, and crossing the Finish Line in the access lane while a race is in the process of finishing. This can obstruct the view of the Judges and certainly distracts their attention when they're trying to concentrate on the race itself. Giving pace or any other assistance, including coaching, could result in the boat which it appears is unfairly supported being disqualified from their race.

How do lanes work for races that are longer than 1000m?

In races of more than 1000m, you can deviate from your lane after the first 150m (after passing the Control Tower) providing you do not impede other competitors.

When a race is run on a course with turning points these shall be passed to port, i.e. in an anti-clockwise direction.

You will not be disqualified for touching a turning point buoy unless, in the opinion of the Turning Point Umpires, you have gained an advantage by doing this. In making a turn you should follow as closely as possible the course as marked by the buoys at the turning point.

For races over 1000m, if you capsize, you will be eliminated from the race if you are not able to get back in the boat without outside help.

For races of 1000m or under, you cannot re-join the race if you get back into the boat.

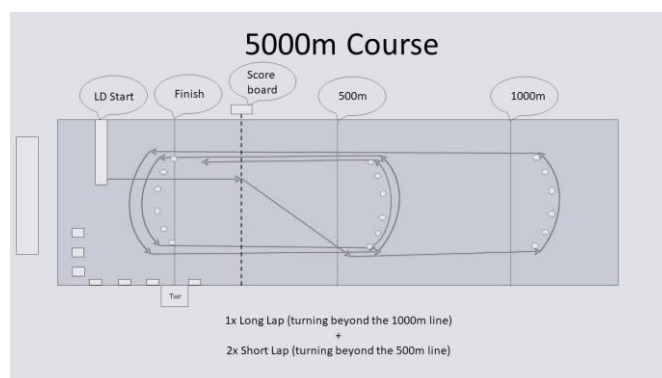
Any competitor who is responsible for a collision, or who damages the canoe or kayak or paddle of another competitor, can be disqualified and can be required to pay damages.

Last Place knockout. In long distance races of 10 or more boats with circuit laps, the lowest positioned boat at the end of each lap will finish the race on that lap. The position of that boat will be recorded in the results but with no time and will be listed above any lapped boats in the race from that lap.

Lapped boats. Athletes who have been lapped will end their race when they next cross the finish line. Lapped boats must not interrupt or block boats that overtake them. They are not allowed to wash hang on the boats that overtake them. A lapped boat's current position will be recorded and included in the results. No finish time will be recorded.

If a lapped athlete does not stop the next time they cross the finish line and does not leave the course after that, they will be disqualified (DSQ).

What is the 5000m course?



What is the 2500m course?

As above, but just one Long Lap (around the 1000m turn).

Why are there motor boats on the course?

There are normally three Umpire's launches on the water throughout each regatta.

The Umpires will follow races down the course, or in the case of 200m races, sit at either end of the course to observe these races. They are responsible for the race once it is underway and have a duty to report any possible rule infringements during the race to the Chief Official in the tower.

In addition, the Umpire and the Umpire launch will assist paddlers in the event of a capsize, or when necessary, give directions to evacuate the lake in the event of an electric storm.

The launches use Lane 10 to move around the course, this is the lane which is the furthest away from the tower. The launch drivers are very aware of the impact of their wash on your paddling and aim to minimise this as much as possible.

What happens at the finish?

At the end of each race, please move away from the finish line as quickly as possible. Remember that there can be multiple races on the course at any one time and that other races may finish very shortly after your own.

In most races, Boat Control will inspect one of the boats, selected at random. In the races that are designated National Championship Finals and some selection events, the first four across the line will all be called to Boat Control to be weighed.

The commentary team will advise you which boat(s) needs to go to Boat Control. The Boat Control team will also display the lane number(s) of these boats on the pontoon immediately below the tower.

If you are called to Boat Control, please go there immediately following your race. If you don't you can be disqualified from the race.

What happens if I get called to boat control?

Boat Control inspects boats in accordance with *BC SRC Regulation 12*. This means you must remove every single loose item from your boat before it is weighed. Typically, this includes things like:

- the white number board
- the spraydeck
- the foam on your seat, especially if it is absorbent
- any stones or weights that are now loose, having broken loose during the race, even though they had appeared to be fixed and firm when you started the race
- sponges, chamois leathers and any other absorbent item that may be under your seat
- canoe knee rests (fixed knee rests must be dried)
- residual water

Officials and athletes are requested to maintain social distancing throughout the process and officials may wear a face covering. The officials will not be handling the boat. Athletes will be expected to empty their own boat of water, remove all loose fittings, lane number and spray deck before positioning their boat on the scales.

All athletes should expect their boats to be checked during the event. Boats will be selected at random from each heat and final, the lane number will be announced and displayed on the board at the Finish Tower pontoon. If your boat is found to be under the required weight for your class, then this will be reported to the Chief Official. Penalties will be applied by the Competition Committee.

Can I warm down?

You may warm down by turning carefully below the Finish Line and outside of the finish area (a 'D' shape marked by buoys and flags) then proceeding back to behind the start line SLOWLY down Lane 0, the lane closest to the Regatta Centre Building.

How do I find out if I've qualified for a final?

The times from each heat are processed very quickly after each race. Once the Chief Official has received confirmation from the Umpire and Boat Control that no rules have been broken, or has resolved any issues where they have, these times are then displayed on the main scoreboard. Results of all races and draws for finals, will be published online via the live Results Service, the Regatta Organisers will try to back this up via the 'Team Leaders Broadcasts' one-way WhatsApp..

Once all the heats in a class have been completed, draws for each Final are made. Mostly these are based on times. Depending on the number of entries in each class, there may be more than one Final.

The only exceptions are Men's A or A/B, Women's A or A/B, Boys A or A/B and Girls A or A/B events or if classes are for Open Men, Men U23, Open Boys and Boys U18, Open Women, Women U23, Open Girls and Girls U18. These events are based on finishing place within each heat. The progression from heats to finals for all events are shown beneath the heading for the heats in the Start List.

You will need to check if you have qualified for a Final in your class. Details of who is in each final, and their lane numbers, are displayed on the Live results service. **But, allow about 10 mins after the last heat before checking the final draws**

Can I obtain the race results on my mobile phone?

The Unofficial Results can be obtained during the regatta from regattareresults.org.uk.

This service, which is available during the regatta, enables you to view the provisional results directly on your phone throughout the regatta. The results are updated in near real-time shortly after the results for each race are released.

The service enables you to scroll up and down through the results very quickly. Just refresh the webpage every now and again.

To access this service, navigate to regattareresults.org.uk.

Remember that it will only work during the weekend, as and when the unofficial results are made available. After the regatta, the official results will be published on the website: www.canoeracing.org.uk/sprint/

How do I find out if I've been promoted?

Promotions between classes are calculated during the Regatta weekend and are based on several factors. If you have been promoted, details about this are included in the published set of Official results. These are available on the Sprint Racing website at www.canoeracing.org.uk/sprint/ shortly after the event. The availability of these results is also notified on our Facebook group page called *BC Sprint Racing Committee*.

Is there an event welfare office I can speak to?

You should feel safe enjoying your sport. If you are worried about how you or someone else is being treated at the event by another young person or adult, there is someone you or

your parents/carer or coach/leader can talk to. Please speak to our Event Welfare Officers:

Helen Callow Tel: 0745 6418254
or Louise Clive Tel: 07816 786987

If Helen or Louise are not immediately available, you can also contact any of the following:

British Canoeing Safeguarding Lead:

(For anyone wishing to report a safeguarding incident or concern)

Cathy Cooke, Tel: 0115 6660197

(if calling out of office hours, leave a message and your call will be responded to as soon as possible the next working day)

or Email: safeguarding@britishcanoeing.org.uk

Home Nations

Scottish Canoe Association Safeguarding Officer

Andy Murray Tel: 01887 292040:

Email andy.murray@canoescotland.org

Canoe Wales Lead Safeguarding Officer

Cath Sykes, Tel: 0708 683984: Email

childprotection@canoewales.com

CANI Safeguarding Officer

Stephen Craig: Email: safeguarding@cani.org.uk

Or call Chief Officer Lauren Smythe on 07875 092928

For immediate confidential advice (24hr Helplines) contact:

NSPCC Child Protection Helpline Tel: 0808 800 5000

Childline Tel: 0800 1111

The British Canoeing Safeguarding Policies and Guidance documents, including other related information, are available at www.britishcanoeing.org.uk.

National Regattas are held under BC Sprint Racing Competition rules and Terms/Conditions of Participation.

How do I enter future events?

Race entries are submitted by the Team Leader for your club, so let your Team Leader know if you would like to enter any future events. Team Leaders will then submit their club's entries online with payment to British Canoeing.

Where can I find event schedules for future regatta?

The event schedule for each of the National Sprint Regattas is published in the Canoe Sprint & Marathon Handbook, which can be accessed from

canoeracing.org.uk/sprint/racing-handbook/

Small changes to event schedules can occur in the weeks leading up to each event. Any changes are published on the Sprint Racing website. The availability of updated versions of the schedule, and other news items for Sprint Racing, are also notified on our Facebook group page called *BC Sprint Racing Committee*.

What do I need to know about regatta liability?

The regatta will endeavour to provide a safe environment within the Water Safety Code. You are specifically reminded that anyone using the lake and the adjoining river does so

entirely at their own risk. Please note the following *BC Regatta Liability Statement*.

Canoeing and Kayaking are assumed-risk water-contact sports. Participation in these sports carries an inherent risk of injury to competitors and damage to property. Participants should be aware of the risks involved in these sports and are responsible for their own actions and their involvement in these sports. In all cases, competitors compete entirely at their own risk.

Each of the Regatta Organisation, the Sprint Racing Executive, and British Canoeing exclude liability for any loss or damage that may occur to competitors or property during participation in canoeing and kayaking to the fullest extent permitted by law.

Regatta entry conditions

Regatta Entries are accepted on the basis that each competitor is aware of and has accepted the above conditions.

Weil's disease/Leptospirosis

As with all water sports activities, if you capsize and after a few days you think you may have an infection or flu-like symptoms, please go to your doctor and tell them you are a canoeist. There may be a risk of Weil's Disease / Leptospirosis, which must be swiftly diagnosed and treated. Do also be aware of Lyme's Disease, which is an infectious disease caused by bacteria, which is spread by ticks. The most common sign of infection is an expanding area of redness on the skin that begins at the site of the tick bite about a week after it has occurred. Please do report any cases to the BC Office as they monitor occurrences and identify areas that pose a risk to canoeists. Tel: 03000 119 500 or on-line via www.britishcanoeing.org.uk/go-canoeing/incident-reporting

Can I get involved with helping to run the regatta?

Of course! We are always pleased to have extra people to assist during the regatta weekends. If you would like to learn a new skill, or just want to help, we would love to hear from you.

It might surprise you that the National Sprint Regattas are run entirely by volunteers. Although a lot of planning work is done prior to each event, during each regatta weekend approximately 50 people are involved in a wide variety of roles to keep the regatta on schedule. These roles include:

- programme planners
- computer room data inputters
- runners
- administrators
- motor boat drivers
- course umpires
- boat weighers
- starters
- commentators
- line judges
- photo finish operators
- scoreboard operators
- K4 shed boat controllers

- promoters (and demoters)
- medal presenters
- first aiders
- chief officials

We're always looking for additional pairs of hands to help things run efficiently and are very flexible with the amount of time you can commit during the weekend. If any of the above roles capture your imagination, or you are just interested in finding out what we do, we can introduce you to and train you in any of these roles. Pop up to the Information Point in the Event Organisers cabin (near the foot of the Finish Tower) and ask to speak to Ann Hoile.

Can I follow the race by bike or scooter?

The National Water Sports Centre (NWSC) allows cyclists to use the towpath on both sides of the regatta course when weather conditions permit and at their own risk. Cycling, skating, rollerblading and scootering is however not allowed in the main areas around the regatta centre. A dedicated cycle path has been set-up to allow cyclists to follow the race to the finish line.

Coaches/supporters must be conscious of those around them, observing social distancing with each other and the public and should only follow races in which they have athletes competing.

Cyclists are required to dismount to pass the main regatta tower. We encourage you to follow the NWSC's Towpath Code for Cyclists

- always give way to pedestrians and service vehicles
- use your bell to alert other people of your approach, particularly if approaching from behind
- be prepared to stop, dismount and push your bike past walkers, particularly when families and young children are present
- take special care if dogs or other animals are present
- ride in single file and not in more than groups of four
- keep your speed down and never race along the towpath
- keep to the paths and minimise path erosion by not skidding
- wear an approved safety helmet

Remember that you are responsible for your own safety and the safety of others.

Are there any guidelines for taking photographs or filming racing of young people?

We encourage you to follow the British Canoeing guidelines, which provide sensible advice, whilst recognising that publicity and pictures/ recordings of young people enjoying paddle sport are essential to promote the sport and a healthy lifestyle.

The key concerns regarding the use of images of children and young people relate to:

- the possible identification of children when a photograph is accompanied by personal information
- the inappropriate use, adaptation or copying of images for use on child pornography or illegal website

- the taking of inappropriate photographs or recorded images of children

Guidelines for taking photographic/recorded images

- ensure parents/guardians and the young person have granted their consent for the taking and publication of photographic images
- all children featured in recordings must be appropriately dressed with outer clothing garments covering torso from at least the bottom of their neck to their thighs, i.e. a minimum of vest/ shirt and shorts
- the photograph or recording should focus on the activity rather than a particular young person. Personal details, which might make the young person vulnerable, such as their exact address, should not be revealed
- clubs, coaches and volunteers should be allowed to use video equipment as a legitimate coaching aid and means of recording special occasions. Care, however, should be taken in the dissemination and storage of this material
- you should not use any images of a child or young persons who is the subject of any court order or who has denied you their consent
- parents and spectators taking photographs/recordings should be prepared to identify themselves if requested and state their purpose for photography/filming
- any instances of the use of inappropriate images should be reported to the Club, British Canoeing or the Police

Guidelines for publishing photographic/recorded images

- if a photograph is used, avoid naming the child by using their first name only. Personal details of children such as an email address, home address and telephone numbers should never be revealed on a website or in print
- think about the level of consideration that you give to the use of images in all publications, for example, the process used in choosing photographs for a publicity brochure for the club. Apply an increased level of consideration to the images of children used on websites

Information for everyone

Are there any parking restrictions?

The National Water Sport Centre does place some restrictions on where vehicles can park around the venue. Parking marshals will be on hand to guide you to the right locations. Please follow their directions as to where to park.

The main area for competitors is Grassy Bank on the south side of the lake, with an overflow car park behind the Grassy Bank. Access to the overflow Car Park B is further down Adbolton Lane past the Centre's Main Entrance.

Additional parking is allowed on part of the concrete area in front of the Boathouses at the end of the course.

The pontoons and access road in front of the Centre on either side of the Finish Tower is either designated

'Reserved' parking or a 'No Parking Area'. Please note that for your safety there is a 'Pedestrian only' area in the vicinity around the Tower.

Please see the lake circulation plan on the back cover of the Regatta guide or Regatta Programme for full details.

Access for emergency vehicles must NOT be impeded.

Please pay attention to keeping the access roads clear near the Centre Buildings.

All vehicles should be parked responsibly, safely and without causing obstruction.

At certain times during a competition, it may become necessary for safety reasons to restrict the movement of vehicles on parts of the access roads around the course. Notice will be given if this is required.

Are there charges for parking?

When an event is being held, the National Water Sport Centre charge £5 per day per vehicle for parking.

Access via the Main Car Park entrance then the Elms Gate at [what3words ///foods.stored.rungs](#).

Event Parking can now be pre-paid via the NWSC [website](#) or on the *paybyphone* app using the location code 800800

There is also a cash payment machine for use on the day, located near the Country Park café at [what3words ///lies.took.harder](#).

Follow the Marshals instructions when parking alongside the lake and allow space to support social distancing

Can I camp overnight or set up my motorhome or caravan on the regatta site?

The National Water Sport Centre's camping licence only includes the campsite and ski tow camping areas. Tents, motor homes, caravans or vans found anywhere other than these camping areas will therefore be removed, as they will be in breach of NWSC's licence.

Can I have a BBQ?

No, BBQs are not allowed on the Regatta site.

What should I do if there is an accident or emergency?

During racing hours medical and first aid facilities are provided on-site. Medical facilities are intended to cover emergencies only. Medical support is provided by a Paramedic as well as First Aid volunteers, is available in the First Aid Cabin which is located below the main building opposite the Finish tower. Alternatively, contact the main reception desk in the main building (0115 982 1212) or any Regatta Official.

All accidents and emergencies must be reported to the Regatta Organisers as soon as is practicable using the [National Regatta Incident Reporting form](#). On the advice of the Paramedic, additional medical support will be requested if necessary. The Paramedic will also ensure that the Regatta Organisers, Chief Official and Main Reception Centre are made aware of any incidents. The online Incident Report

Form MUST be completed by the Team Leader of the appropriate clubs for all accidents, collisions, near-miss incidents.

Emergency numbers 999
Emergency Services 0115 977 3078
Police, Nottinghamshire Authority
npa@nottinghamshire.pnn.police.uk
NWSC Reception Office 0115 982 1212
NHS Direct 0845 4647

National Water Sports Centre, Holme Pierrepont Country Park
Adbolton Lane, Nottingham, NG12 2LU

What is the BC Regatta Policy and Code of Conduct?

The British Canoeing Sprint Regatta Committee is fully committed to safeguarding the wellbeing of its paddlers, officials, volunteers and coaches. We ask that everyone shows respect and understanding to each other, conducting yourself in a way that reflects the principles of the event. We believe that taking part in paddle sport should be a positive and enjoyable part of both children's and adults' lives and that all paddlers should be able to improve their performance and have fun. The BC Regatta Committee also adopt and regularly review a Health & Safety Policy.

Everyone involved in the event should abide by the British Canoeing *Rules, Code of Conduct and Policies*, and to achieve this we have the following expectations:

Everybody

- always use correct and proper language
- set a good example by applauding performance of all paddlers
- always treat others with respect
- be considerate and respectful to other paddlers on and off the water, treating all paddlers as you would want to be treated yourself
- control tempers and avoid behaviour which may inconvenience or upset others
- co-operate with and listen to your coaches, team leader, volunteers and parents/carers and officials
- be on time for the event and your races or inform your team leader/coach if you are going to be late
- take care of all property belonging to the centre, regatta, clubs or members and the public
- junior paddlers are not allowed to smoke or consume alcohol, and no person may use non-medicinal drugs of any kind while at the event or representing the sport of canoeing

Team leaders, coaches, officials and volunteers

- in line with British Canoeing Policy/Codes on safe recruitment for any volunteer role, vetting practices including appropriate Disclosure checks, where eligible will be undertaken, in accordance with home nation and government guidelines

- all those working with young people and vulnerable adults should also have read and adhere to the *British Canoeing child and vulnerable adult policy* and *British Canoeing anti-bullying policy*. These can be accessed on the British Canoeing website. The regatta will follow the guidance of these policies in the event of any concerns or allegations
- follow the British Canoeing Code of Ethics and Guidelines and Policies
- consider the well-being and safety of paddlers before their personal development or performance
- encourage paddlers and officials to value their performance and not just results
- develop an appropriate working relationship with performers, based on mutual trust and respect
- display consistently high standards of behaviour and appearance
- hold the appropriate, updated qualifications and insurance
- the Regatta Committee will encourage, train and support volunteers to gain qualifications and assist officials to stay updated
- team Leaders/Coaches will obtain written medical details of young paddlers, which will be made known where deemed appropriate and/or necessary
- never condone the use of prohibited substances, as defined by British Canoeing

Parents, guardians and carers

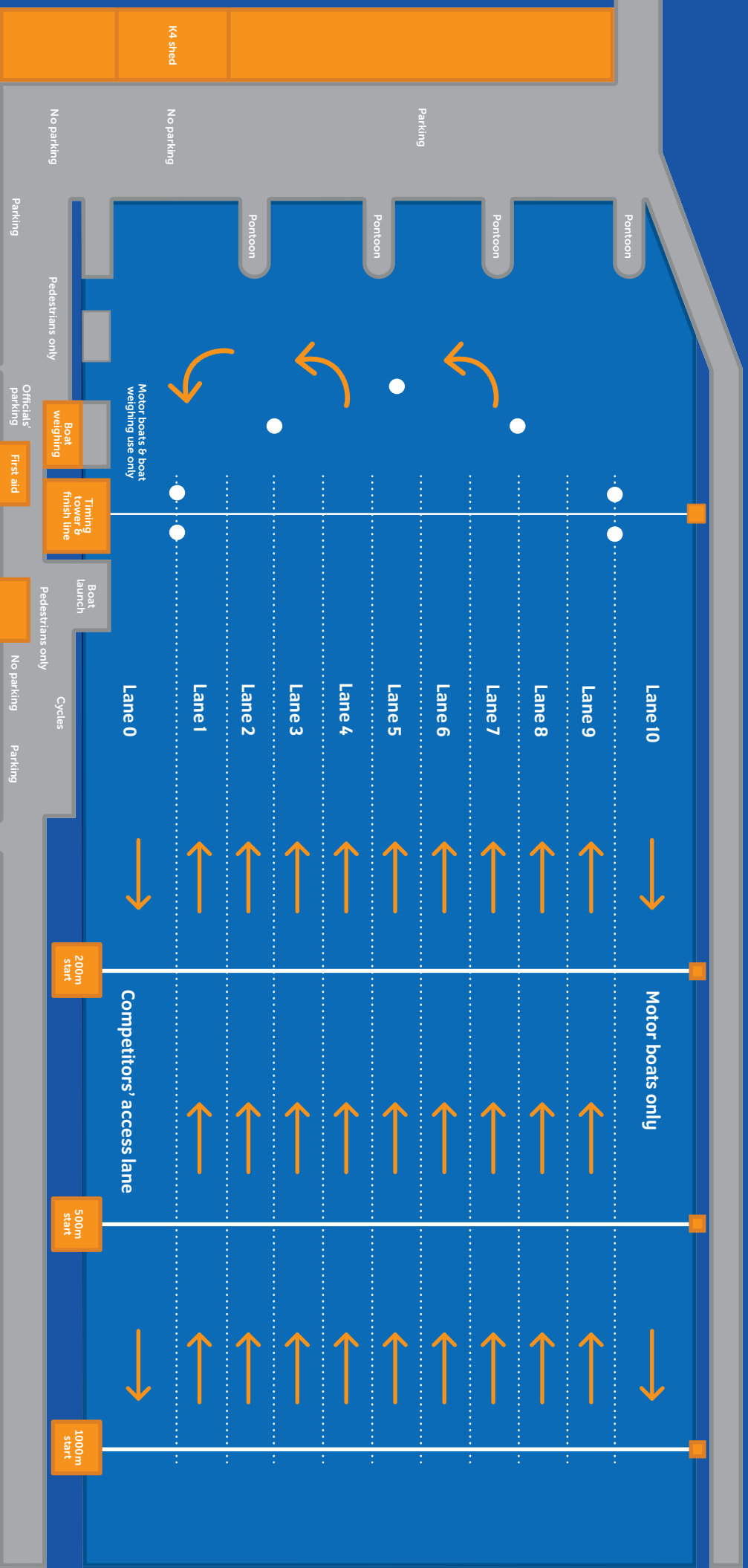
- help your child to recognise good performance, not just results
- support your child's involvement at the event and help them to enjoy the sport of canoeing. Never force your child to take part in the sport
- never punish or belittle a child for losing or making mistakes
- publicly accept officials' judgement

Trade stands

Trade stands are welcome at the event. Please contact the duty manager at NWSC for information about charges, and to pay and receive a VAT receipt.

National Water Sports Centre, Holme Pierrepont, Nottingham Lake

circulation plan for British Canoeing National Sprint Regattas



**NATIONAL
SPRINT
REGATTAS**

All paddlers proceeding to the start must use the Competitors' Access Lane and stay outside of the buoyed lanes. Please do not launch from the motor boat pontoon. Competitors warming up, or launching from pontoons, must not cross the racing lanes at any point, nor must they attempt to delay race proceedings by approaching the start on the course itself. The area between the finish line and the 5km turn buoys at the boathouse end of the course must also be kept clear.