

2022 Canoe Sprint & Marathon Handbook



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CONTENTS

	Page no.
A	
Contents	A1
SRC Chair foreword	A2
Sprint and Marathon Club Colours	A3-8
Sprint and Marathon Club Abbreviations	A9
Standards of Racing	A10-12
B	
National Regatta event schedules	B1-4
National Sprint regatta terms	B5-9
Team Leader responsibilities	B10-16
Disciplinary Procedures	B17
Regatta Volunteers	B18
Mini Sprint	B19-21
Paddle-Ability	B22
MacGregor Paddle	B23-4
C	
Sprint Racing - Perpetual Trophies and Course Records	C1-15
Sprint Racing Competition Rules	C16-34
SRC contacts	C35-36
SRC Terms of Reference	C37-41
D	
Sprint Rankings	D1-13
E	
British Canoeing Performance Programme Paracanoe and Sprint	E1-6
Safeguarding/protecting children, equality	E7-9
Anti-doping	E10
Personal Performance Awards	E11
Coaching and Leading the Competition Disciplines	E12-13
F	
Marathon Racing Committee, international marathons and Competition Rules	F1-31
Race organisers' letter	F32
G	
Marathon Racing – Perpetual Trophies	G1-14
Marathon Racing – International Medals	G15-21
Addresses	G22-23
Sprint and Marathon Racing Calendar	G24-27
Notes on calendar	G28

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FOREWORD - SPRINT RACING COMMITTEE CHAIR

COVID-19 has put many things, including sport, into perspective and highlighted the importance of the welfare of paddlers above all else. The Regatta Committee, volunteers and officials, along with the BC Events Team, are to be congratulated on the 2021 National Regattas held in complex COVID-19 circumstances. Those events contributed significantly to a return to racing for our community which positively supported the well-being of paddlers. The inspiring individual successes of our para and sprint paddlers at the Olympics demonstrated many qualities including mental resilience, with preparation for the Summer Games taking place in a climate of COVID-19 uncertainty.

Recently, athlete welfare has hit headlines many times around the world. Some funding bodies, governing bodies and coaches have seemingly felt pressurised into prioritising medals ahead of their athlete's mental health. As a Racing Community we can all play our part in ensuring there is a cultural shift towards always treating the paddlers as people first. Creating stimulating and nurturing training environments, supporting the development of friendship groups so paddlers are there to support each other at all levels, sharing knowledge and ideas in a collaborative way across the community, and valuing the simple magic of being on the water, can all contribute to a people centred approach. The development of skills and opportunities to love the sport are the priorities to champion over and above winning. Medals are more likely to be an outcome if we follow these caring philosophies.

The BC professional management of our sport is currently populated with expertise from other sports. Without a long-standing love of paddling as the basis of their motivation those in charge may find themselves more susceptible to pressures from funding sources. Guidance and reassurance from us as a community as part of the growing collaboration we have established can help give them the strength to represent our passion.

The Sprint Racing Committee has ensured that from 2022 sprint promotional times for girls and women will be equitable with the boys and men at National Regattas. This will afford them the same progression opportunities as their male counterparts. For those who have championed this cause we are pleased to show the SRC are listening. We hope more girls and women will feel valued and motivated to stay in the sport for longer as a result of being more readily able to make promotion times.

In 2021 the SRC introduced regular live streaming of National Regattas, reintroduced medal ceremonies at the National Championships, set up a series of joint Junior Skills Days with the MRC and Talent Department that particularly champion crew boat development, spent considerable sums subsidising sprint athletes selected for GB in non-Olympic events abroad, and sent ICF officials to major events. The SRC will strive to continue all these initiatives in 2022. The Committee (who are all volunteers) will also actively support all clubs interested in hosting events, particularly local regattas or speed racing days. In 2021 Royal Canoe Club hosted the successful National 10K Championships and the SCA the 5K Championships. Our thanks to them both as well as to the many clubs who organised club regattas. Do please feel free to contact me with enquires about holding events or with ideas and feedback that can contribute to the development of the sport:
- canoesprint.chair@vol.britishcanoeing.org.uk

And finally, a moment to say goodbye to John Ball who sadly passed away in the Autumn of 2021. Over the past 25 years he has made a huge contribution to the National Regattas and had an in-depth knowledge of the start, timing and photo-finish systems. His expertise, skills and friendly character will be much missed.

Tim Scott
December 2021

CLUB COLOURS

4AS
4AS Newark



ABF
Aberfan



ACU
Army Canoe Union



ADS
Addlestone



ANK
Anker Valley



AVN
Avon



BAD
Barking & Dagenham



BAN
Banbury & District



BAS
Basingstoke Canal



BCC
Belfast



BEJ
Bourne End Juniors



BOA
Bradford on Avon



BPR
Burton Phoenix



BPS
Broadland Paddle



BRE
Brecon



BRI
Bristol



BRK
Break Out



BRY
Bryanston



BSF
Bishop's Stortford



BTH
Bath



CLUB COLOURS

BUR
Burton



CAM
Cambridge



CDF
Cardiff



CEL
Celbridge



CHE
Chester



CKP
Cokethorpe



CLM
Chelmsford (sprint)



CLM
Chelmsford



CNI
Canoe N. Ireland



DCP
Dyffryn Conwy



DEV
Devizes



DUD
Duddon



EAL
Ealing



ELM
Elmbridge



ERN
Erne Paddlers



ESK
Edinburgh Schools



EXE
Exeter



FLA
Fladbury



FOR
Forth



FOX
Falcon Oxford



CLUB COLOURS

FOY
Fowey



GAI
Gailey



GLO
Gloucester



GLS
Glanford & Scunthorpe



GLW
Glasgow



HAS
Hastings



HEM
Hemel Hempstead



HEN
Henley



HER
Hereford



HUN
Huntingdon



HYM
Herts Young Mariners



ICH
Ichthus



IPS
Ipswich



KCC
Kilcullen



KIM
Kimbolton



KIR
Kirkcaldy



LBZ
Leighton Buzzard



LDN
London Tideway



LEA
Leaside



LEE
Lee Valley



CLUB COLOURS

LIN
Lincoln



LKR
Linlithgow



LON
Longridge



LOU
Loughborough



MAD
Macclesfield



MAI
Maidstone



MER
Mercia



MLO
Marlow



MVR
Manvers



NBY
Newbury



NMC
North Merchiston



NOR
Norwich



NOT
Nottingham



OSC
Ocean Sports Club



OXU
Oxford University



PAN
Pangbourne



PEN
Pennine



PLY
Plymouth



PNZ
Penzance



POO
Poole



CLUB COLOURS

PPL
Paddleplus



PUT
Putney Bridge



RAF
Royal Air Force



RDG
Reading



RIC
Richmond



RLS
Royal Leamington Spa



RNP
Royal Navy



ROY
Royal



RUN
Runcorn



SER
Seren DWR



SHK
Sharks



SHP
Shropshire



SLP
Salmon Leap



SOL
Solihull



SOR
Soar Valley



SOU
Southampton



SOW
Special Olympics Wales



SPS
Scottish Performance Squad



STO
Stoke Racers



SUT
Sutton Bingham



CLUB COLOURS

SWA

Swansea



TAM

Tamar Valley



TAU

Taunton



TON

Tonbridge



TRE

Trentham



TRU

Truro



TTN

Thomastown



UKF

United Kingdom Armed Forces



VIK

Viking



WCR

Winchester



WEY

Wey Kayak



WIN

Windsor



WOK

Wokingham



WOL

Wolverhampton



WOP

Wear Whoppers



WOR

Worcester



WYC

Wiltshire Youth Club



To register new club colours please contact:
 Colour Registration – Louise Clive
 Email: Regatta.Clubcolours@britishcanoeing.org.uk

CLUB ABBREVIATIONS

4AS	Newark 4 As Canoe Club	LOU	Loughborough University
ABF	Aberfan Canoe Club	MAD	Macclesfield & District Canoe Club
ACU	Army Canoe Union	MAI	Maidstone Canoe Club
ADS	Addlestone Canoe Club	MAL	Malton and Norton Canoe Club
ANK	Anker Valley Canoe Club	MDN	Meridian Canoe Club
AVN	Avon Canoe Club	MER	Mercia Canoe Club
BAD	Barking and Dagenham Canoe Club	MLO	Marlow Canoe Club
BAN	Banbury & District Canoe Club	MVR	Manvers Waterfront Boat Club
BAS	Basingstoke Canal Canoe Club	NAI	Naim Kayak Club
BCC	Belfast Canoe Club	NBY	Newbury Canoe Club
BEJ	Bourne End Junior Sports Club	NMC	North Merchiston
BOA	Bradford on Avon Canoe Club	NOR	Norwich Canoe Club
BPR	Burton Phoenix Racers	NOT	Nottingham Kayak Club
BPS	Broadland Paddle Sport	NSK	North East Sea Kayak
BRE	Brecon Canoe Club	OSC	Ocean Sports Club
BRI	Bristol Canoe Club	OXU	Oxford University Canoe & Kayak Club
BRK	Break Out Canoe Club	PAN	Pangbourne Canoe Club
BRY	Bryanston School Canoe Club	PEN	Pennine Canoe Club
BSF	Bishops Stortford Canoe Club	PLY	Plymouth College Canoe Club
BTH	Bath Canoe Club	PNZ	Penzance Canoe Club
BUR	Burton Canoe Club	POO	Poole Harbour Canoe Club
CAM	Cambridge Canoe Club	PPL	Paddleplus
CDF	Cardiff Bay Kayakers	PRA	Paddlesport Racers Association
CEL	Celbridge Canoe Club	PUT	Putney Bridge Canoe Club
CHE	Chester Sailing & Canoeing Club	RAF	Royal Air Force Canoe Association
CKP	Cokethorpe School Kayak Club	RDG	Reading Canoe Club
CLM	Chelmsford Canoe Club	RIC	Richmond Canoe Club
CNI	Canoe Northern Ireland	RLS	Royal Leamington Spa Canoe Club
DCP	Dyffryn Conwy Canoe Club	RMK	Royal Marines Kayak Club
DEV	Devizes Canoe Club	RNP	Royal Navy Paddle Sports Club
DUD	Duddon Canoe Club	ROY	Royal Canoe Club
EAL	Ealing Canoe Club	RUN	Runcom Canoe Club
ELM	Elmbridge Canoe Club	SER	Seren DWR Cardiff
ERN	Erne Paddlers	SHK	The Sharks
ESK	Edinburgh Schools Kayak	SHP	Shropshire Paddlesport Club
EXE	Exeter Canoe Club	SKR	Strathclyde Kayak Racing Club
FLA	Fladbury Paddle Club	SLP	Salmon Leap Canoe Club
FOR	Forth Canoe Club	SOL	Solihull Canoe Club
FOX	Falcon (Oxford)	SOR	Soar Valley Canoe Club
FOY	Fowey River Canoe Club	SOU	Southampton Canoe Club
GAI	Gailey Canoe Club	SOW	Special Olympic Wales
GLO	Gloucester Canoe Club	SPS	Scottish Performance Squad
GLS	Glanford & Scunthorpe Canoe Club	STO	Stoke Racers
GLW	Glasgow Kayak Club	SUT	Sutton Bingham & District Canoe Club
HAS	Hastings and District Canoe Club	SWA	Swansea Kayak Club
HEM	Hemel Hempstead Canoe Club	SWY	Stomoway
HEN	Henley Canoe Club	TAM	Tamar Valley Nomads
HER	Hereford Kayak Club	TAU	Taunton Canoe Club
HUN	Huntingdon Canoe Club	TON	Tonbridge Canoe Club
HYM	Herts Young Mariners Base	TRE	Trentham Canoe Club
ICH	Ichthus Canoe Club	TRU	Truro Canoe Club
IPS	Ipswich Canoe Club	TTN	Thomastown Paddlers
KCC	Kilcullen Canoe Club	UKF	United Kingdom Armed Forces
KIM	Kimbolton School Canoe Club	VIK	Viking Kayak Club
KIN	Kingston Kayak Club (Hull)	WCP	West Coast Paddlers
KIR	Kirkcaldy Canoe Club	WCR	Winchester & District Canoe Club
LAK	Lakeland Canoe Club	WEY	Wey Kayak Club
LBZ	Leighton Buzzard Canoe Club	WIN	Windsor and District Canoe Club
LDN	London Tideway Boat Club	WOK	Wokingham Canoe Club
LEA	Leaside Canoe Club	WOL	Wolverhampton Canoe Club
LEE	Lee Valley Paddlesports Club	WOP	Wear Whoppers
LIN	Lincoln Canoe Club	WOR	Worcester Canoe Club
LKR	Linlithgow Kayak Racing	WRC	White Rose Canoe Club (Leeds)
LON	Longridge Canoe Club	WYC	Wiltshire Youth Canoe Club

STANDARDS FOR RACING

BAND 1	BAND 2	BAND 3	BAND 4
Men A Kayak	Men B Kayak	Men C Kayak	Men D Kayak
	Masters A Kayak	Men B Canoe	Men C Canoe
	Boys A Kayak	Masters B Kayak	Masters C Kayak
	Men A Canoe	Boys B Kayak	Boys C Canoe
	Women A Kayak	Boys A Canoe	Boys C Kayak
		Women B Kayak	Women A Canoe
		Women Masters A	Women C Kayak
		Girls A Kayak	Women Masters B
			Girls B Kayak

HC	MARATHON DIVISIONS	1000m	500m	200m (secs)	KAYAK						CANOE			
					MEN	MASTERS MEN	BOYS	WOMEN	MASTERS WOMEN	GIRLS	MEN	BOYS	WOMEN	GIRLS
		3.26	1.36	35.00	Mens K1 Olympic Time									
0	1	3.30	1.38	35.66	Wch									
1		3.34	1.40	36.33										
2		3.38	1.42	37.00										
3		3.42	1.44	37.66										
4		3.46	1.46	38.33										
5	2	3.50	1.48	39.00	B	A	A	Wch	A	Wch				
6		3.54	1.50	39.66										
7		3.58	1.52	40.33										
8		4.02	1.54	41.00										
9		4.06	1.56	41.66										
10	3	4.10	1.58	42.33	C	B	B	B	A	A	B	A		
11		4.14	2.00	43.00										
12		4.18	2.02	43.66										
13		4.22	2.04	44.33										
14		4.26	2.06	45.00										
15	4	4.30	2.08	45.66	D	C	C	C	B	B	C	B	Wch	A
16		4.34	2.10	46.33										
17		4.38	2.12	47.00										
18		4.42	2.14	47.66										
19		4.46	2.16	48.33										

* Wch - Average World Championship Winning Time

BAND 5	BAND 6	BAND 7	BAND 8
Masters D Kayak	Boys D Canoe	Women D Canoe	Girls D Canoe
Men D Canoe	Women C Canoe	Girls C Canoe	Regional regattas
Boys D Kayak	Women Masters D	Regional regattas	recommended for others
Boys C Canoe	Girls B Canoe	recommended for others	
Women D Kayak	Girls D Kayak		
Women B Canoe			BAND 9
Girls A Canoe			Intermediate Boys
Women Masters C			Intermediate Girls
Girls C Kayak			

HC	MARATHON DIVISIONS	1000m	500m	200m (secs)	KAYAK						CANOE			
					MEN	MASTERS MEN	BOYS	WOMEN	MASTERS WOMEN	GIRLS	MEN	BOYS	WOMEN	GIRLS
20	5	4.50	2.18	49.00	D	D	C	B	B	D	C	A		
21		4.54	2.20	49.66										
22		4.58	2.22	50.33										
23		5.02	2.24	51.00										
24		5.06	2.26	51.66										
25	6	5.10	2.28	52.33		INTERMEDIATE BOYS	D	C	C	D	D	B	A	
26		5.14	2.30	53.00										
27		5.18	2.32	53.66										
28		5.22	2.34	54.33										
29		5.26	2.36	55.00										
30	7	5.30	2.38	55.66		INTERMEDIATE BOYS		D	D		D	C	B	
31		5.34	2.40	56.33										
32		5.38	2.42	57.00										
33		5.42	2.44	57.66										
34		5.46	2.46	58.33										
35	8	5.50	2.48	59.00		INTERMEDIATE BOYS			D		D	D	C	
36		5.54	2.50	59.66										
37		5.58	2.52	60.33										
38		6.02	2.54	61.00										
39		6.06	2.56	61.66										
40	6.10	2.58	62.33		INTERMEDIATE GIRLS					D	D	C		
41	6.14	3.00	63.00											
		-	3.30	-	Minimum Time for Lightning A									
		-	4.00	-	Minimum Time for Lightning B									

STANDARDS FOR SPRINT RACING

PROMOTIONS IN SPRINT CLASSES

Promotion decisions are taken on times achieved in National Regatta heats or finals.

The STANDARDS FOR RACING charts (pages A10 & A11) contains guideline times for all three sprint distances and classes. The Times on the chart assumes perfect weather and water conditions, that is, warm air and water with a steady and gentle following wind that just ruffles the surface.

Account is made for any variation in conditions from race to race. Performances are affected by the conditions at the time of each race, these may vary throughout each day. Cold water and head winds make times slower.

In order to assess whether a course is running fast or slow, the Promotions Team constantly monitor water and weather conditions and the times achieved by paddlers. They then refer to the column on the left of the STANDARD FOR RACING chart marked HC, the handicap (or points) are used to determine by **how** much to adjust the times to a slower (or faster) time for each set of results.

Adjustments to the required times for promotion make the process as fair as possible but may lead to the application of different 'target' times from heat to heat, or heat to final.

Points to note:


- **Each class is graded separately.** Slower classes may have a bigger adjustment than faster classes (because slower paddlers are more adversely affected by poorer conditions). For example, on a day where the course is very slow the following HC adjustments may be made:

Class A 10 points: Class B 11 points: Class C 12 points: Class D 13 points


- One race cannot directly be compared with another.
- Achieving a faster time than a paddler in a higher class will not necessarily result in promotion to that class, neither will beating a higher ranked paddler in an age group competition.
- Promotions are possible from 1000m, 500m or 200m races.
- Promotion to an A class requires qualifying times over two out of the three distances 1000m, 500m or 200m

Promotion times identified by the Promotions Team are not actioned unless ratified by the National Rankings Officer, Peter Gorman (see GOR1- pages G22-23) and will come into effect after publication in the National Regatta Official Results.


The National Regatta Event Schedule will be sent to Team Leaders and uploaded to the SRC website at least six weeks before the regatta. The draft Event Schedule below is a guide only.

	British Canoeing Sprint Racing National Regatta										
	Including selection events										
National Sprint Racing Regatta											
National Water Sports Centre, Holme Pierrepoint Country Park, Nottingham											
Saturday 9 th – Sunday 10 th April 2022											
Paddler registrations close					Sunday 20 th March 2022						
Entry closing date					Friday 25 th March 2022						
Short Codes	Class	200m		500m			1000m		5K		
SPRINT SELECTION											
MOK + MU23	Men Open Kayak	K1	K2		K1	K2	K4	K1	K2	K1	
WOK + WU23	Women Open Kayak	K1	K2		K1	K2	K4	K1		K1	
CMO+ CMU23	Canoe Men Open				C1	C2		C1	C2	C1	
CWO + CWU23	Canoe Women Open	C1	C2		C1	C2				C1	
BU18	Boys U18 Kayak	K1			K1	K2	K4	K1	K2		
BU16	Boys U16 Kayak	K1			K1	K2	K4	K1	K2		
GU18	Girls U18 Kayak	K1			K1	K2	K4	K1			
GU16	Girls U16 Kayak	K1			K1	K2	K4	K1			
CBU18 + CBU16	Canoe Boys U18/16	C1			C1	C2		C1	C2		
CGU18 + CGU16	Canoe Girls U18/16	C1	C2		C1	C2		C1			
PARACANOE SELECTION											
200m											
KMKL1	Men KL1 Kayak	K1	K1	K1							
KMKL2	Men KL2 Kayak	K1	K1	K1							
KMKL3	Men KL3 Kayak	K1	K1	K1							
KWKL1	Women KL1 Kayak	K1	K1	K1							
KWKL2	Women KL2 Kayak	K1	K1	K1							
KWKL3	Women KL3 Kayak	K1	K1	K1							
VMKL1	Men VL1 Va'a	V1	V1	V1							
VMKL2	Men VL2 Va'a	V1	V1	V1							
VMKL3	Men VL3 Va'a	V1	V1	V1							
VWKL1	Women VL1 Va'a	V1	V1	V1							
VWKL2	Women VL2 Va'a	V1	V1	V1							
VWKL3	Women VL3 Va'a	V1	V1	V1							
NATIONAL EVENTS											
200m											
MBK + MVAK	Men B + Masters A	K1			K1	K2		K1		K4	
MCK + MVBK	Men C + Masters B	K1			K1	K2		K1		K4	
MDK + MVC/D	Men D + Masters C/D	K1			K1	K2	K4		K2		
WBK + WVAK	Women B + W Masters A	K1			K1	K2	K4	K1			
WCK + WVBK	Women C + W Masters B	K1			K1	K2	K4	K1			
WDK + WVC/D	Women D+W Masters C/D	K1			K1	K2	K4		K2		
CCDM/CCDW	Canoe C/D mixed	C1			C1						
CBU14/CGU14	Canoe mixed U14	C1	C2		C1	C2					
BU14	Boys U14 Kayak	K1			K1	K2	K4				
GU14	Girls U14 Kayak	K1			K1	K2	K4		K2		
INTERMEDIATE SERIES											
BIK	Boys Intermediate				K1						
GIK	Girls Intermediate				K1						
PADDLE-ABILITY											
200m											
PAD	Paddle-Ability	K1	K2		K1	K2					
PAD	Paddle-Ability				K1	K2					
MINI SPRINT SERIES											
200m											
LTA	Lightning A	K1				K2	K4				
LTB	Lightning B	K1				K2	K4				


The National Regatta Event Schedule will be sent to Team Leaders and uploaded to the SRC website at least six weeks before the regatta. The Event Schedule below is a guide only.

	British Canoeing Sprint Racing National Regatta										
	Including selection events										
Open and British Paracanoe, Seniors and Masters' National Championships											
National Water Sports Centre, Holme Pierrepont Country Park, Nottingham											
Friday 3 rd – Saturday 4 th June 2022											
Paddler registrations close					Sunday 15 th May 2022						
Entry closing date					Friday 20 th May 2022						
Short Codes		Class									
SENIOR SELECTION & NATIONAL CHAMPIONSHIP				200m		500m			1000m		5K
MOK + MU23	Men Open Kayak	K1	K2		K1	K2	K4	K1	K2		K1
WOK + WU23	Women Open Kayak	K1	K2		K1	K2	K4	K1			K1
MOK+ WOK	Mixed Open Kayak					K2					
CMO + CMU23	Canoe Men Open				C1	C2		C1			C1
CWO + CWU23	Canoe Women Open	C1	C2		C1	C2					C1
CMO + CWO	Mixed Canoe Open					C2					
PARACANOE SELECTION & NATIONAL CHAMPIONSHIP				200m							
		R1	R2	R3							
KMKL1	Men KL1 Kayak	K1	K1	K1							
KMKL2	Men KL2 Kayak	K1	K1	K1							
KMKL3	Men KL3 Kayak	K1	K1	K1							
KWKL1	Women KL1 Kayak	K1	K1	K1							
KWKL2	Women KL2 Kayak	K1	K1	K1							
KWKL3	Women KL3 Kayak	K1	K1	K1							
VMKL1	Men VL1 Va'a	V1	V1	V1							
VMKL2	Men VL2 Va'a	V1	V1	V1							
VMKL3	Men VL3 Va'a	V1	V1	V1							
VWKL1	Women VL1 Va'a	V1	V1	V1							
VWKL2	Women VL2 Va'a	V1	V1	V1							
VWKL3	Women VL3 Va'a	V1	V1	V1							
JUNIOR SPRINT SELECTION				200m		500m			1000m		
BU18	Boys Under 18 Kayak	K1			K1	K2	K4	K1	K2		
BU16	Boys Under 16 Kayak	K1			K1	K2	K4	K1	K2		
GU18	Girls Under 18 Kayak	K1			K1	K2	K4	K1			
GU16	Girls Under 16 Kayak	K1			K1	K2	K4	K1			
CBU18 + CBU16	Canoe Boys U18/16	C1			C1	C2		C1	C2		
CGU18 + CGU16	Canoe Girls U18/16	C1	C2		C1	C2		C1			
MASTERS NATIONAL CHAMPIONSHIP				200m		500m			1000m		
M034	Masters over 34	K1			K1	K2		K1			K4
M044	Masters over 44	K1			K1	K2		K1			
M054	Masters over 54	K1			K1			K4	K1	K2	
M064	Masters over 64	K1			K1					K2	
W034	Women Masters O34	K1			K1	K2					
W044	Women Master O44	K1			K1	K2				K2	
W054	Women Masters O54	K1			K1	K2					
W064	Women Master O64	K1			K1	K2		K4		K2	
NATIONAL EVENTS				200m		500m			1000m		
MBK + MCK	Men B/C	K1	K2		K1	K2		K1			
WBK + WCK	Women B/C	K1			K1	K2		K1			
MDK	Men D	K1	K2		K1	K2				K2	
WDK	Women D	K1			K1	K2				K2	
BU14	Junior Boys U14	K1			K1	K2					
GU14	Junior Girls U14	K1			K1	K2		K4		K2	
CBU14 + CGU14	Canoe Mixed U14	C1			C1	C2					
CMC/D + CWC/D	Canoe C/D Mixed	C1	C2		C1	C2					
INTERMEDIATE SERIES											
BIK	Boys Intermediate				K1						
GIK	Girls Intermediate				K1						
PADDLE-ABILITY				200m		500m					
PAD	Paddle-Ability (Sat)	K1	K2		K1	K2					
PAD	Paddle-Ability (Sun)				K1	K2					
MINI SPRINT SERIES				200m		500m					
LTA	Lightning A				K1	K2	K4				
LTB	Lightning B				K1	K2	K4				

The National Regatta Event Schedule will be sent to Team Leaders and uploaded to the SRC website at least six weeks before the regatta. The draft Event Schedule below is a guide only.

	British Canoeing Sprint Racing National Regatta									
	Including Selection events for Juniors and Under 23's									
	Open and British Under 23 and Junior National Championships National Water Sports Centre, Holme Pierrepont Country Park, Nottingham Saturday 2 nd – Sunday 3 rd July 2022 Paddler registrations close Sunday 12 th June 2022 Entry closing date Friday 17 th June 2022									
Short Codes	Class	200m		500m			1000m			
JUNIOR & UNDER 23 SELECTION & NATIONAL CHAMPIONSHIP										
MU23	Men U23 Kayak	K1		K1	K2	K4	K1	K2		
WU23	Women U23 Kayak	K1		K1	K2	K4	K1			
MU23+WU23	Mixed U23 Kayak				K2					
CMU23	Canoe Men U23			C1	C2		C1			
CWU23	Canoe Women U23	C1	C2	C1	C2					
CMU23+CWU23	Canoe Mixed U23				C2					
BU18	Boys Under 18	K1		K1	K2	K4	K1	K2		
BU16	Boys Under 16	K1		K1	K2	K4	K1	K2		
GU18	Girls U18	K1		K1	K2	K4				
GU16	Girls U16			K1	K2					
BU18/16+GU18/16	Kayak Mixed Juniors				K2					
CBU18 + CBUU16	Canoe Boys U18/U16			C1	C2		C1			
CGU18 + CGU16	Canoe Girls U18/U16	C1	C2	C1	C2					
CBU18/16+CGU18/16	Canoe Mixed Juniors				C2					
NATIONAL EVENTS										
		200m		500m			1000m			
MAK + MBK	Men A/B	K1		K1	K2	K4	K1			
MCK	Men C	K1		K1	K2	K4	K1			
MDK	Men D	K1		K1	K2	K4		K2		
MVAK + MVBK	Masters A/B	K1		K1	K2	K4	K1			
MVCK + MVDK	Masters C/D	K1		K1	K2	K4				
WAK + WBK	Women A/B	K1		K1	K2	K4	K1			
WCK + WDK	Women C/D	K1		K1	K2	K4		K2		
WVAK + WVVK	W Masters A/B	K1		K1	K2	K4	K1			
WVCK + WVVK	W Masters C/D	K1		K1	K2	K4		K2		
BU14	Boys Under 14 Kayak	K1	K2	K1	K2	K4				
GU14	Girls Under 14 Kayak	K1		K1	K2	K4				
INTERMEDIATE SERIES										
BIK	Boys Intermediate			K1						
GIK	Girls Intermediate			K1						
PARACANOE										
		200m		500m						
KMKL1	Men KL1 Kayak	K1	K1							
KMKL2	Men KL2 Kayak	K1	K1							
KMKL3	Men KL3 Kayak	K1	K1							
KWKL1	Women KL1 Kayak	K1	K1							
KWKL2	Women KL2 Kayak	K1	K1							
KWKL3	Women KL3 Kayak	K1	K1							
VMKL1	Men VL1 Va'a	V1	V1							
VMKL2	Men VL2 Va'a	V1	V1							
VMKL3	Men VL3 Va'a	V1	V1							
VWKL1	Women VL1 Va'a	V1	V1							
VWKL2	Women VL2 Va'a	V1	V1							
VWKL3	Women VL3 Va'a	V1	V1							
PADDLE - ABILITY										
		200m		500m						
PAD	Paddle-Ability (Sat)	K1	K2		K1	K2				
PAD	Paddle-Ability (Sun)				K1	K2				
MINI SPRINT SERIES										
		200m		500m						
LTA	Lightning A		K1		K2	K4				
LTB	Lightning B		K1		K2	K4				

The National Regatta Event Schedule will be sent to Team Leaders and uploaded to the SRC website at least six weeks before the regatta. The draft Event Schedule below is a guide only.

		British Canoeing Sprint Racing National Regatta with the Andrew Bonham Memorial C4 event									
NATIONAL SPRINT REGATTAS		The Inter-Services Championship, the SUP British National Championships and the National Inter-Club MacGregor Paddle Challenge Sprint Regatta National Water Sports Centre, Holme Pierrepont Country Park, Nottingham Saturday 3 rd – Sunday 4 th Sept 2022									
		Paddler registrations close					Sunday 14 th August 2022				
		Entry closing date					Friday 19 th August 2022				
Short Codes	Class	Sunday's races are Shaded									
STAND UP PADDLE BOARD		200m									
SUPM	SUP Open Men	SUP									
SUPW	SUP Open Women	SUP									
INTER SERVICES		200m		500m			1000m				
ISM	Inter Services Men	K1 ^{IS}		K1 ^{IS}	K2 ^{IS}	K4 ^{IS}	K1 ^{IS}	K2 ^{IS}	K4 ^{IS}		
ISW	Inter Services Women	K1 ^{IS}	K2 ^{IS}	K4 ^{IS}	K1 ^{IS}	K2 ^{IS}	K4 ^{IS}				
NATIONAL EVENTS		200m		500m			1000m				
MAK	Men A	K1		K1	K2	K4	K1				
MBK/MVAK	Men B + MVAK	K1		K1			K1				
MCK/MVBK	Men C + MVBK	K1		K1	K2	K4	K1				
MDK/MVCK	Men D + MVCK	K1		K4	K1	K2			K2		
MVDK	Masters D	K1		K4	K1	K2			K2		
WAK/WBK/WVAK	Womens A/B + W Masters A	K1	K2	K1	K2	K4					
WCK/WVBK	Womens C + W Masters B	K1		K4	K1	K2			K2		
WDK/WVCK	Womens D + W Masters C	K1			K1				K2		
WVDK	Womens Masters D	K1	K2	K4	K1	K2					
BAK	Boys A	K1		K1	K2	K4	K1				
BBK	Boys B	K1		K1			K1				
BCK	Boys C	K1	K2		K1		K4		K2		
BDK	Boys D	K1	K2		K1				K2		
GAK/GBK	Girls A/B	K1	K2		K1	K2	K4				
GCK	Girls C	K1	K2		K1		K4		K2		
GDK	Girls D	K1	K2		K1		K4				
CWO	Canoe A to D – Females	C1	C2		C1	C2					
CMO	Canoe A to D – Male	C1			C1	C2			C2		
INTERMEDIATE SERIES											
BIK	Boys Intermediate				K1						
GIK	Girls Intermediate				K1						
CANO	Andrew Bonham Memorial								C4		
PARACANOE		R1	R2								
KMKL1	Men KL1 Kayak	K1	K1								
KMKL2	Men KL2 Kayak	K1	K1								
KMKL3	Men KL3 Kayak	K1	K1								
KWKL1	Women KL1 Kayak	K1	K1								
KWKL2	Women KL2 Kayak	K1	K1								
KWKL3	Women KL3 Kayak	K1	K1								
VMKL1	Men VL3 Va'a	V1	V1								
VMKL2	Men VL3 Va'a	V1	V1								
VMKL3	Men VL3 Va'a	V1	V1								
VWKL1	Women VL1 Va'a	V1	V1								
VWKL2	Women VL2 Va'a	V1	V1								
VWKL3	Women VL3 Va'a	V1	V1								
PADDLE-ABILITY		200m		500m							
PAD	Paddle-Ability – Sat	K1	K2		K1	K2					
PAD	Paddle-Ability – Sun				K1	K2					
MINI SPRINT SERIES				500m							
LTA	Lightning A				K1	K2	K4				
LTA	Lightning B				K1	K2	K2				

^{IS} = Inter Services events

NATIONAL SPRINT REGATTAS 2022

Date	British Canoeing Sprint Racing National Regattas	Paddler Registration closing date	Entries closing date
9 th – 10 th April	British Sprint Racing National Regatta. May include selections for Paracanoe, Senior and Junior	Sunday 20 th March	Friday 25 th March
3 rd – 4 th June	Open & British Paracanoe, Masters and Senior National Championships Regatta May include selections for Paracanoe, Senior, Under 23 and Junior	Sunday 15 th May	Friday 20 th May
2 nd – 3 rd July	Open & British Under23 and Junior National Championships Regatta Including selection for, Paracanoe, Senior and Junior	Sunday 12 th June	Friday 17 th June
3 rd – 4 th September	The Inter-Services Championship, the SUP Championships plus the National Inter-Club MacGregor Paddle Challenge Regatta. With the Andrew Bonham Memorial C4 Race.	Sunday 14 th August	Friday 19 th August

Sprint Racing National Regattas are held in accordance with British Canoeing Sprint Racing Competition Rules and the National Regatta Terms/Conditions of Participation.

Venue for all National Regattas: - **National Water Sports Centre, Holme Pierrepont Country Park, Adbolton Lane, Nottingham NG12 2LU** - situated just off the main A52 road from Nottingham to Grantham. It is signposted on all main roads leading into Nottingham. **Phone Number:** 0115 9821212

The National Water Sports Centre charge for onsite parking for each day during a regatta weekend via an Automatic Vehicle Registration Number Plate Recognition system.

Accommodation:

Bed & Breakfast is available on site at the N.W.S.C – all rooms are en-suite.

Campsite, run by N.W.S.C, situated across the road from the course with all the usual campsite facilities. Book rooms or camping online: [NWSC \(nwscnotts.com\)](http://nwsc.nwscnotts.com)

Hotels The website at www.experiencenottinghamshire.com/ lists many hotels, B & Bs, farmhouses etc. across a wide price range.

Refreshments and snacks are available on site.

National Regatta Guide, Event Schedules, Timetables, Start lists and Programme as pdf files, will be available on the SRC website for each regatta on: <http://canoeracing.org.uk/sprint/index.php/current-year-national-regattas/>

Only Registered Paddlers can enter a British Canoeing National Sprint Racing Regatta. Paddler Registration closes 5 days before the regatta entry deadline.

National Regatta Entries are made by Club/Squad Team Leaders via the Online Entry System on <http://canoesprint.britishcanoeing.org.uk>

NATIONAL SPRINT REGATTAS 2022

Guidelines for entry to National Regattas.

See pages A10-11 in the Handbook for the 'Standards for Racing' chart for the entry level times to race at National Regattas. All the ability classes shown together in a band have the same fastest and slowest standard and handicap (HC) times. The times between indicate how the times might change depending on the Handicap applied to allow for the weather conditions.

See a full explanation of the promotion process on page A12

National Regatta Minimum Time Standards are monitored; **Penalty Points can be awarded** to paddlers not achieving the minimum national regatta standard times in the slowest classes. Allowance will be made for the prevailing weather conditions.

The Sprint Registration Scheme is a unique database for registering sprint clubs and paddlers, accessed on: <http://canoesprint.britishcanoeing.org.uk>.

Team Leaders require a secure login to access the database and submit entries. Request your login password, by emailing regatta.chair@britishcanoeing.org.uk

Team Leaders when **first registering their paddlers** must ensure that each paddler has achieved the BC 2 Star or Paddle Explore qualification or have **paddling competency** equivalent to these awards.

All Competitors **must be current members of a National Federation. Such as CW, SCA, CANI or British Canoeing 'On the water' membership.** The only exceptions are Mini Sprint or Junior Intermediate and D paddlers who are Club Associate members of a BC affiliated club. The BC Club associate membership number is used to register these juniors. When the juniors are promoted, to Junior 'C' or above, they must become an 'On the water' member of British Canoeing.

Team Leaders are responsible for updating the Paddler Registration database with the junior's 'On the Water' BC number.

Ranking List: Not all registered paddlers in the Paddlers Database are shown in the Ranking List. The Ranking List (Section D1-13) is intended as a 'working' list and includes registered paddlers who entered a National Regatta during the last three years or those considered likely to race in the current season.

Paddle Database: The Regatta Committee holds paddler information in a secure database for the purpose of organising and running regattas. This information includes names, gender, DOB, club and/or squad, ability and age classes. The system also holds data on entries and will in time hold results. Secure access to this database is provided to Regatta administrators for the purpose of organising these regattas, team or squad leaders who can only see the paddler records for their club or squad. Data is exported from this database for the annual handbook, for the timing system at the national regattas, and very occasionally for analysis to support the development of sprint racing. Timing data from the timing system is also used within the live results and live draws system during regattas.

We are guided by the 7 principles of GDPR, <https://ico.org.uk/for-organisations/guide-to-the-general-data-protection-regulation-gdpr/principles/>.

We do not pass on any personal data to 3rd parties.

Information for each National Regatta is uploaded on to the SRC website as pdf files to download or print are on: <http://canoeracing.org.uk/sprint/national-regattas/>

Online live start lists are available on: <http://canoesprint.britishcanoeing.org.uk>

NATIONAL SPRINT REGATTAS 2022

Boats: there is no storage available onsite. It is entirely the owners' responsibility to ensure all their equipment is used with care, handled or moved around the venue safely and stored securely.

All boats must have adequate and visible buoyancy to keep the boat afloat when filled with water and to support the weight of the paddler(s). Competitors will be disqualified from a race or incur penalty points if they compete in a boat with insufficient buoyancy.

All canoes and kayaks are required to have a number slot on the centre line to the afterdeck of the boat and to comply with the minimum Weight Regulations.

Boats are checked by 'Boat Control' at all national regattas. Scales are available at 'Boat Control' on which to check the weight of a boat before racing.

Lane Numbers: Paddlers/clubs require their own white lane numbers (1-9). Sets are available for sale at £30 from the Information desk.

Entries must conform with British Canoeing Sprint Racing Competition Rules (pages C16-34 and National Regatta Conditions/Terms of Participation (pages B11 – B16) See also Team Leaders' Responsibilities on page B10 and Notes for Canoe classes on page B12.

Team Leaders are responsible for the prompt payment of all entry fees immediately entries are submitted.

There will be no late entries accepted after the entry deadline.

Regatta Event Fees: Will be reviewed annually: For 2022 fees are as follows:

Group	K1/C1	K2/C2	K4/C4
Senior Events:	£7.50	£15.00	£30.00 per boat
Junior Events:	£7.50	£15.00	£30.00 per boat
	Lightning K1	Hody style K2	Rocket K4
Mini Sprints:	£7.50	£15.00	£30.00 per boat

Please note there is no charge for the hire of the SRC K4's / C4's. Boats can be booked at any time during a National Regatta when Regatta Officials are at the K4 Boat house.

The Annual National Inter-Club Medal competition:

All British medal winners of National Championship events, including quota, Paracanoe, Paddle-Ability, Intermediates and Mini Sprint Series medal winners gain points for their Clubs. Points will be allocated to each competitor achieving a Gold, Silver or Bronze medal. Including mixed club crew boats. The club with the most points gained during the year will be presented with a prize at the end of the season.

In the event of inclement and/or windy conditions the organisers may at their discretion cancel or postpone races or insist on the wearing of buoyancy aids.

An Orange flag will be displayed on the flagpole by the Finish Tower when buoyancy aids are compulsory for any (or all) classes of paddlers

NATIONAL SPRINT REGATTAS 2022



**NATIONAL
SPRINT
REGATTAS**

Following the trials in 2018 and 2019 of Under 12 sprint K1 events this trial will now be expanded to include U14s for the 2022 National Regattas

Intermediate Sprint Kayak (U14) K1 Event Series

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

These classes replace the BU12 and GU12 classes. They allow paddlers who are under 14 and have not yet reached the qualifying time for D classes but do meet the times for the Intermediate classes, 500m: K1: 2:46 for boys and 3.00 for girls to race K1 events at National Regattas.

These K1 races are designed to provide a transition into D classes.

Intermediate Event Series races do not count towards the MacGregor National Inter-Club Challenge.

These classes will support those who have raced in the U12 events, Lightning age paddlers who are already racing sprint K1s, U14 paddlers who are too old for Lightning events and new U14 paddlers.

The BIK and GIK K1 Events Series, will run over 500m at each of the four national regattas. Individual paddler points will be awarded for each Intermediate K1 event during the season, with double points being awarded at the National MacGregor Inter-Club Regatta.

Points: Final One, paddlers will be awarded; 1st place scores 10 points, 2nd place scores 9 points etc. down to 10th place where everyone after that scores 1 point.

Medals will be awarded to the overall series winners, 1st, 2nd & 3rd boy and girl, at the September National Regatta

At each regatta, Tiddly Winks will be awarded for 1st, 2nd & 3rd places in Final One.

NATIONAL SPRINT REGATTAS 2022

It is the club's team leader's/coach's responsibility to make sure that their paddlers have achieved BC 2 Star or Paddle Explore qualification or have the paddling competency equivalent to that award and are confident and competent to paddle down the HPP course in a sprint K1.

For this event:

- Any sprint K1 boat, other than a Lightning may be paddled.
- Boys must be able to paddle 500m in a minimum of 2:46 and they will be all Boys events
- Girls must be able to paddle 500m in a minimum of 3.00 and they will be all Girls events
- Existing Lightning paddlers may enter the event providing they have reached the required time in a sprint K1 and their team leaders have registered them in the database with this K1 time as BIK or GIK.
- Those juniors registered in the **Intermediate classes** will be able to paddle with D classes for crew boat events. Lightning and Intermediate paddlers will not be able to race together in K2 as 50% of the boat's crew must be qualified for Girls or Boys D classes. Intermediate paddlers could paddle K4 in the D classes as long as at least 2 of the crew are registered as Girls or Boys D.
- All **Intermediates** must always wear a buoyancy aid when they are on the water. The buoyancy aids must conform to the standards of the I.C.F. or E.N. 393 and 395.
- Once they have achieved the time for a Junior D class they will be promoted and will not be allowed to race in the Intermediate classes
- Junior D class paddlers who are under 14 are not allowed to enter the Intermediate class

The Intermediate classes will be trialled this year and a review will then be undertaken to determine future developments.

The National Regattas are run by volunteers, to support our paddlers of today and the future. More volunteers are needed, no experience or special skills required.

Interested in helping? See page B18 for more information.

NATIONAL SPRINT REGATTAS

SUMMARY OF TEAM LEADERS' RESPONSIBILITIES

PRE-REGATTA – At the Club and when submitting entries

- Update any changes of Team Leader and/or Deputy Team Leader, including contact details for both, via the Online Entry System.
- Discuss any plans to change the club's racing colours with the Club Colours Official on Regatta.ClubColours@britishcanoeing.org.uk
- Ensure the club you are representing is affiliated to British Canoeing, SCA, CANI or CW.
- Ensure all paddlers you register have achieved the relevant standards (time and proficiency) to compete at National Regattas.
- Ensure paddlers hold current 'On The Water' British Canoeing, or full SCA, CW or CANI membership before submitting their entries.
- Update paddler information as required via the Online Entry System.
- Ensure that paddlers understand the BC Sprint Racing Competition Rules and the Terms/Conditions of Participation at National Regattas.
- Encourage paddlers to purchase their own Canoe Sprint Handbook.
- Advertise the National Regattas to club members.
- Submit the regatta entries via the Online Entry System by the closing date and **arrange prompt payment of the race fees.**
- Check the timetable for clashes and problems. Check the regatta Start Lists to ensure all your entries are shown correctly.
- Check for and pass on to your club members any additional/altered rules, safety information, COVID-19 requirements or other changes notified via the Team Leaders meeting, Programme or Regatta Bulletins.

BEFORE THE START OF RACING

- Ensure paddlers and their boats are adequately prepared for the conditions.
- Ensure that all paddlers are aware of and comply with all safety measures.
- Check that boats have sufficient and visible additional buoyancy to keep the boat floating level with the surface of the water and able to support the crew when capsized.
- Attend the online Team Leaders' meeting to check the club's entries and any crew changes or deletions submitted electronically before the meeting have been accepted.
- Note late entries are not accepted.
- Advise paddlers of any changes and/or alterations to the programme.

DURING COMPETITION

- Ensure paddlers arrive on time for their races, wearing club colours which are visible and with the correct lane number.
- Ensure that K4s/C4s, if required, are booked in advance. There is no charge for Boat hire.
- Be available during the competition to act on behalf of your club regarding further crew changes or deletions.
- Be available during the competition to answer queries or receive notification of disqualifications, problems or protests involving paddlers from your club.
- Collect from, and promptly return to, the Information Desk all Long Distance Race Numbers. A deposit of £10.00 is required.

AFTER THE REGATTA

- Share the Official Results with your club members
- Advise your club paddlers of any promotions or demotions

NATIONAL SPRINT REGATTAS

Terms/Conditions of Participation

1. Team Leader Appointment

- a) Clubs need to register in advance the name of their Team Leader (and if you wish, a nominated Deputy or Assistant), to receive a password for the Online Entry System, accessible via <https://canoesprint.britishcanoeing.org.uk>
- b) If the registered Team Leader is unable to attend a regatta, they should nominate and provide contact details for a Temporary Team Leader for that regatta, while making the online entries for the regatta.

2. Communication

The Organising and Competition Committees will only communicate with Team Leaders (or their nominated deputies/temporary team leader)

3. Safety

3.1 Team Leaders are responsible for the safety of their club members and should ensure:

- a) Paddlers are suitably dressed for the weather, water and race conditions.
- b) All attendees from their club, comply with all Health and Safety and COVID-19 restrictions which may be in place.
-) Paddlers are able to perform basic capsized drills and are briefed on what to do when approached by an umpire boat.
- d) Paddlers can swim at least 50 metres in clothing without a personal floatation device.
- e) Boats must have sufficient buoyancy to float level with the surface of the water whilst supporting the crew when capsized. Boats inherent buoyancy must be supplemented by additional and visible fixed flotation material or by the provision of sealed bulkheads.
- f) All competitors are in possession of a lifejacket or buoyancy aid that conforms to the standard of the ICF or EN 393 & 395.
- g) Paddlers are aware that the Competition Committee may at their discretion cancel or postpone racing or insist on the wearing of buoyancy aids. Whenever buoyancy aids are compulsory (for defined classes of paddlers, or all), an Orange flag will be displayed on the flagpole by the Finish tower.

3.2 In the event of an electrical storm paddlers must leave the course immediately. A public address announcement will be made, and umpire boats will ring a bell or a klaxon. Racing will not recommence until deemed safe by the Competition Committee.

4. Club Colours

4.1. The Paddler's registered club colours must be worn and be visible when competing.

- a) For crew boats where more than one club is represented, paddlers must wear the club colours for the club they are registered with.
- b) Clubs racing for the **first time at a National Regatta** may request exemption by applying to the Club Colours Official on Regatta.ClubColours@Britishcanoeing.org.uk to arrange a limited period when the club's competitors can wear a plain white shirt with no markings. The club must register colours within this limited period.

5. Entries.

- a) Team Leaders must submit online entries before the entry deadline. No late entries are accepted
- b) Team Leaders are responsible for the **prompt payment of entry fees. Payment must be made** either by a bank direct transfer, by phone to the BC Office (using a credit or debit card) or by posting a cheque to the BC Office, payments to arrive at least seven days before the regatta.
- c) Entries made without the correct fees being paid before the regatta can be charged an additional £5 per seat as a late payment surcharge.
- d) Telephone entries will not be accepted.
- e) Unless advised otherwise, the Entry Closing Date is 10 pm on the Friday, two weeks before the event, as detailed on the Event Schedule.
- f) Entries will not be accepted after the Entry Closing Date.

NATIONAL SPRINT REGATTAS

Terms/Conditions of Participation

5. Entries Cont'd.

g) No refund of race fees will be made in the event of cancellation of part or the whole of the competition, for whatever reason.

If you require more information or assistance, please email either:

regatta.chair@britishcanoeing.org.uk for a password for logging in to the Online Entry System, or for technical queries with the system; or

regatta.chiefofficial@britishcanoeing.org.uk for queries regarding the rules or the events.

6. Notes on Classes

a) Kayak competitors are divided into Men and Women; these two subdivisions are then further divided by age into groups Masters (over 34yrs), Seniors, and Juniors (under 18yrs). They are then further divided into age and/or ability classes, as shown on the Standards for Sprint Racing (pages A10-12).

b) Masters; the first year a paddler can compete in a Masters' event is the year of their thirty fifth birthday (35th) providing they are **not** currently ranked in Mens A or Womens A in which case, irrespective of their age, they cannot compete in Masters events. On a regatta-by-regatta basis a Master may elect to race as a Senior.

c) Canoe paddlers are divided into Men and Women. These two subdivisions being further divided into two age groups Senior and Junior. They are then divided into age and/or ability classes as shown on the Standards for Sprint Racing (pages A10-12).

Note: Canoe races: Athletes will be seeded from regatta to regatta and placed in the most appropriate seeded finals, separated by gender. Juniors and Seniors will be combined in seeded Finals, except for when there are Canoe National Championship regattas or for international selections. The genders may be combined when entries are low.

d) Promotions/Demotions within ability classes will be based on improvement/decline in standard of performance during the regatta while allowing for any changing weather conditions. **Note:** See page A12 for more information on how promotions are calculated.

Promotions once ratified by the SRC Ranking Officer will be notified as part of the Official Results published after the regatta and will take effect at the next regatta.

Demotions proposed by the SRC Ranking Officer will be notified to the club's Team Leader for the club's agreement or comments/reasons to reconsider the proposed demotion.

e) When applying for registration, the time submitted is the time recorded for a 500m test/race, so that new paddlers can be classified in the class best suited to their ability. Beginners **do not** automatically start in the "D" group.

f) The charts 'Standards for Sprint Racing' on pages A10-11 demonstrates the way in which the subdivision bands are made according to speed. The ability classes shown together in a band have the same fastest and slowest standard times. The times in between indicate how the times might change depending on the Handicap applied to allow for the weather conditions. In classes where paddlers cannot be demoted, Penalty Points may be awarded if the minimum standards for National Regattas are not achieved.

g) Combined Events - To facilitate programming, the Organising Committee reserves the right to combine classes in any distance at any regatta.

h) Paddlers, can ONLY race in their designated class for all single (K1 and C1) events. Exceptions may be made only at the request of a national coach.

i) Competitors may only race in a 'Standards for Sprint Racing time band' above their designated K1/C1 class (racing up) in crew boats, but only when at least 50% of the crew boat is of the designated class. The following exceptions apply: -

- i) Men or Boys may not paddle in Women or Girls races
- ii) Seniors or Masters may not paddle in Junior races
- iii) Seniors or Juniors may not paddle in Masters races

The timetabling of races cannot allow for racing out of class in crew boats

NATIONAL SPRINT REGATTAS

Terms/Conditions of Participation

6. Notes on Classes, Cont'd

j) Open and National Championships:

Age classes	Born between	Age class abbreviations
Junior paddlers will race in the following Age Classes		
Under 14	2008-2009	BU14 GU14 CBU14 CGU14
Under 16	2006-2007	BU16 GU16 CBU16 CGU16
Under 18	2004-2005	BU18 GU18 CBU18 CGU18
A junior paddler promoted to Senior status on ability may for National Championships and selection events, race in his/her junior age group.		
Senior paddlers will race in the following Age Classes		
Under 23	1999-2003	MU23 WU23 CMU23 CWU23
Senior Open	1998 or earlier	MOK WOK CMO CWO
Masters Men paddlers will race in the following Age Classes		
Over 34	1978-1987	MO34
Over 44	1968-1977	MO44
Over 54	1958-1967	MO54
Over 64	1957 or earlier	MO64
Masters Women paddlers will race in the following Age Classes		
Over 34	1978-1987	WO34
Over 44	1968-1977	MO44
Over 54	1958-1967	MO54
Over 64	1957 or earlier	MO64
Paracanoe paddlers will race in the following classification groups		
Paracanoe	Kayak	KMKL1 KMKL2 KMKL3 KWKL1 KWKL2 KWKL3
Paracanoe	Va'a	VMVL1 VMVL2 VMVL3 VWVL1 VWVL2 VWVL3

7. Before Team Leaders meeting: Check your Programme

a) Team Leaders should check the digital version of the Regatta Programme, as soon as it is published, to identify any issues that require resolution at or before the Team Leaders' Meeting.

Note. You may find it useful to print a copy of your entries for this purpose as the meeting goes very quickly and leaves no time for hesitation.

b) The Organising Committee will do its best to arrange the programme so that all races in each class are scheduled to give a minimum rest period of 40 minutes between races. Any competitor racing in crew boats above their designated class or in two designated classes i.e. both kayak and canoe, cannot expect the programme to accommodate this situation.

8. Team Leaders' Meeting

a) The Team Leaders' Meeting will be a virtual meeting on the Tuesday evening before the regatta. If the meeting cannot be completed in a reasonable time it will be adjourned and the time of the reconvened meeting announced.

b) Only a club's nominated Team Leader can submit deletions or crew changes online before the Team Leaders' Meeting.

c) The Team Leader is responsible for payment of all entry fees relating to their club. Failure to pay on time could incur a surcharge of an additional £5 per seat.

NATIONAL SPRINT REGATTAS

Terms/Conditions of Participation

8. Team Leaders' Meeting, Cont'd

d) Procedure for Team Leaders' Meeting:

- i) Team Leader, to sign in virtually on arrival using the chat function of the online meeting.
- ii) Meeting will commence promptly at the announced time.
- iii) Health & Safety, or COVID-19 restrictions and any Technical announcements will be made by the Chief Official.
- iv) If there are any objections to the programmed order of events, these must be raised at this stage by a Team Leader. Team Leaders should indicate they wish to speak via the 'raised hand' function, then wait until their name is called

e) Deletions and crew changes:

- i) Deletions and crew changes to be submitted electronically before the meeting.
- ii) The Chief Judge will call out in order each set of heats (or finals, if there are no heats). Events will be dealt with in race order.
- iii) Team Leaders who have submitted amendments are then able to confirm their crew changes have been allowed and deletions actioned. Any queries, Team Leaders should indicate they wish to speak via the 'raised hand' function, then wait until their name is called. They should then clearly announce the lane number first, then the club, followed by the competitor's name(s), of the entry they wish to question.

9. Lane Numbers

a) All boats must be fitted with a Number slot on the centre aft line of the boat and the correct number board displayed in all races.

b) Races of 1000m or less require a Lane number. Sets of numbers 1-9, are available for sale at £30 from the Information desk.

c) For races over 1000m in length, long distance race number boards are obtained from the Information desk by Team Leaders. A deposit of £10 will be charged and £5 deducted from the deposit for any numbers lost or not returned.

11. Crew Names

a) Notification of any late deletions or if allowed changes to crew names, must be made using the online form at least 60 minutes before the race.

b) Crew boats without notification of a full set of names may be allowed to start the race but will not appear in the results, nor will they go forward to the next round of the competition.

c) Paddlers who take the place of other paddlers without the proper 'change of crew' online notification being accepted, could incur one penalty point for each paddler in the boat and the boat may be disqualified from the event.

12. K4/C4 Hire

a) K4s/C4s for hire will be stored on racks outside the boathouse at the end of the course.

b) K4s/C4s must not be put down on the ground and crews must not sit in the K4s/C4s except when they are on the water.

c) Young paddlers must be supervised by a responsible adult when launching and recovering the boats. The Organising Committee reserves the right for the Boathouse Official to refuse a boat to any youth crew that is not accompanied by an adult.

d) Check your boat before you use it. If it is not in order or damaged, please report the fact to the Official so that you are not accountable for any loss or damage.

NATIONAL SPRINT REGATTAS

Terms/Conditions of Participation

12. K4/C4 Hire Cont'd

e) C4s/K4s can be booked for any race during the day as soon as the boathouse is open, and the Boathouse Official is present.

f) The fixings for the K4 seats are not supplied, crews must supply their own wingnuts and toggles when they report to collect the boat they have booked.

g) Crews must use the allocated boat or risk disqualification from the race.

h) Plastex or Nelo K4s will only be allocated to Senior or Junior A, or combined A/B, class, or international selection races.

13. Protests & Disqualifications

a) Notification of disqualification will only be made to the Club's Team Leader or his/her nominated deputy. Failure to notify a disqualification does not invalidate the disqualification.

b) Any protest or appeal must be made by the Club's named Team Leader to the Competition Committee within the permitted time limits.

Note: While every effort is taken to do so it is impossible to adequately umpire all races in every regatta. Where infringements are observed these will be reported to the Competition Committee who will, when necessary, inform the offending paddler's Team Leader. Not all infringements may be observed by Officials, Team Leaders have a responsibility to explain this situation to paddlers who could become frustrated by what might seem to be an arbitrary system of justice.

14. National Regatta Draws and Results

The lane draws for Finals, following the heats of an event and the Unofficial Results, are available online during the regatta from www.regattaresults.org.uk.

The Official Results, including promotions, will be available as soon as possible after the event from www.canoeracing.org.uk/sprint/

15. Car Parking

a) Team Leaders MUST take an active part to see that club members observe the vehicle parking lines and any COIVD-19 social distancing rules for vehicles, that may be applied.

Access for emergency vehicles must NOT be impeded.

Particular attention should be paid to the access road in the vicinity of the Centre Buildings.

Note: The access road and pontoon on the seating side of the tower is a **No Parking Area**.

b) Parked cars must not obstruct the launching access for K4s to the concrete pontoons in front of the boathouses.

c) Owners should park their vehicles within the marked designated parking areas, responsibly, safely and without causing obstruction at all times.

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

NATIONAL SPRINT REGATTAS

Terms/Conditions of Participation

16. System for junior Club Associate membership of a British Canoeing Affiliated Club

a) A junior club associate member need not be a full member of BC in order to race in the Mini Sprint Series, Intermediate Series and Junior D Classes provided they are a member of a BC affiliated club. The membership number used for sprint registrations is the paddler's club associate number

b) When promoted to class 'C' or above, the junior must become a, On The Water member of British Canoeing in their own right. **Team Leaders are responsible for ensuring that newly promoted junior C paddlers become a BC 'On The Water' member and update the Online Entry System database with the junior's new BC number before submitting any further entries for that paddler.**

17. 'Tiddly Winks' and Boards

Coloured counters (known affectionately as Tiddly Winks) are awarded for the first three places in all Final 1s in the Junior, Mini Sprint and Intermediate classes. These awards can be collected from the Information desk. Also, available, at a cost of £6.50, is a small wooden board on which the self-adhesive counters can be mounted for posterity!

18. All National Regattas are held in accordance with British Canoeing Sprint Racing Competition Rules and these National Regatta Terms/Conditions of Participation.

British Canoeing Sprint 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.**

The Regatta Organisation, the Sprint Racing Committee, 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.

All competitors must be current full members of SCA, CW, CANI or an On The Water British Canoeing member, except for juniors ranked in Girls D, Boys D, Girls Intermediate or Boys Intermediate and 'Lightning A' or 'Lightning B' who can compete as Club Associate members of BC affiliated clubs. Regatta Entries are accepted on the basis that each competitor and Parent / Guardian of a junior, is aware of and has accepted the above conditions. Team Leaders are to ensure that all their club competitors are aware of and accept the above statements.

In the event of unsuitable weather conditions, the organisers may at their discretion cancel or postpone races or insist on the wearing of buoyancy aids. An Orange flag will be displayed on the flagpole by the Finish Tower to indicate that buoyancy aids are compulsory for any (or all) classes of paddlers

NATIONAL SPRINT REGATTAS

Disciplinary Procedures

Offences Incurring Penalty Points

The Chief Official as Chair of the Competition Committee has the final discretion for all disciplinary matters of a minor nature, under the operation of a penalty points system (see Rule 31 of the British Canoeing Sprint Racing Competition Rules). The Competition Committee may issue penalty points to paddlers in respect of the following offences that are considered to be detrimental to the efficient operation of regattas and / or potentially hazardous.

Code Infringement

- C Racing in incorrect colours
- N Racing with incorrect or missing number
- Z Failure to observe water zoning procedures
- S Unauthorised substitution for another paddler
- F Failure to report, having qualified, for a final
- D Conduct during racing likely to cause injury or damage to equipment
- L Use of offensive language
- U Underweight boat (see note 1)
- R Failure to report for boat weighing immediately (see note 2)
- B Insufficient buoyancy (see note 3)
- T Race times below minimum Sprint Standards of Racing for National Regattas (see note 4)

Notes

1. Weights must be properly fixed to the boat or seat. Stones in a bag loose in a boat or any other temporary system will not be accepted.
2. Boats required for weighing will be notified shortly after the finish of the race. The required boats' lane numbers will be displayed on the pontoon by the Finish Line and the lane numbers will be announced by Commentary.
3. Boats buoyancy will be checked. Penalty points will be applied, or competitors can be disqualified from a race if Officials find a boat has been on the course without visible additional buoyancy (or fixed bulkheads).
4. Applicable only to the slowest classes for each group, i.e. when paddlers can't be demoted, (Mens D, Masters D, Womens D, Women Masters D, Boys D & Girls D)

Accumulation of Penalty Points and Penalty Fines

1. When a paddler accumulates a total of 4 or more penalty points, he / she is liable for a fine of £10 per point in excess of 3 points.
2. Fines are to be paid at the Regatta Information Desk
3. **A paddler liable for a fine cannot race until the fine has been paid.**
4. Penalty points are accumulated over 4 consecutive regattas and are not restricted to a single year. Thus, for example, penalty points incurred in the last regatta of the year will remain active until the start of the 4th regatta of the following year.

Notification

Team leaders may be notified when a penalty point has been issued to a paddler from his / her team. A record of all the active penalty points is listed at the end of the official results for each regatta.

Disciplinary Matters of a More Serious Nature.

In respect to all other disciplinary matters the Chief Official, Competition Committee and the Competition Jury must act as described in the Sprint Racing Competition Rules which include penalties in accordance with British Canoeing Rules or Disciplinary Regulations.

N.B. A reported incidence of dissent / abuse towards a Regatta Official, another competitor or their equipment, or a spectator must be treated as conduct prejudicial to the interests of the sport and dealt with under British Canoeing Disciplinary Regulations.

NATIONAL REGATTA OFFICIALS AND VOLUNTEERS

The organising and running of our National Regattas is implemented entirely by volunteers. Several officials work throughout the year in pre-Regatta groups such as liaising with the Sprint Racing Committee, the Performance Department, HPP Centre, and updating club colours, and registration of paddlers. They also follow up issues that arise during and at the end of the season.

We also have an IT team who manage the development of the software for online entries, online results and the preparation of the official results. Live streaming is also being developed with professional external input.

Your National Regattas only run smoothly because of the people who volunteer their time on the day. Many are existing parents. They are all supporting a discipline that is developing our young paddlers of today and the future. Without the help of new volunteers your regattas will eventually not function as smoothly as they do at present. Our existing team often work solidly throughout the weekend without breaks. You are probably not aware of this, that is why we need your help.

We are continually asking for more assistance to help run our increasingly popular regattas. No experience or special skills are required. Each person is a small cog in a large wheel, which makes each area manageable to experience. Working as a team is important along with a sense of humour and commitment to the time you are able to offer. Also needed are First Aiders to work on a rota basis headed by a fulltime paramedic who takes overall responsibility for reporting accidents. All clubs have qualified FA who could help with this important service.

Interested? Please contact Ann Hoile at Regatta.VolunteerCoordinator@britishcanoeing.org.uk or at the Information Desk during the regattas. You can come and sit alongside experienced officials to find out what is involved. Whilst learning on the job we also organise a 'Workshop' day where we meet to catch up on developments for the year ahead. Developing the number of officials with increasing knowledge and experience is a highly important area.

Stop Press: Please read below.

For any club that enters ten or more paddlers, you are expected to provide at least one volunteer to help run the regatta. We are happy for volunteers from smaller clubs too of course.

Clubs already supplying volunteers.

ADS. BAN. BOA. BSF. CLM. EAL. GAI. HER. LBZ. LON. TRE. NOR. RLS. TON. WEY. WYCC.

The Regatta Volunteers' Inter-Club Award. All volunteers will earn points. One point for each half day worked. Once a minimum of 8 points has been accumulated, they will be transferred to the volunteers nominated club. Points will also be awarded for attending a workshop.

NATIONAL REGATTA ICF OFFICIAL

Officials who have gained experience in key areas can go on to take the International Canoe Federation (ICF) Technical Officials Examination (ITO). This enables them to officiate at International Regattas. These officials must have worked a minimum of 50% of the regatta days during the current year to qualify to apply to be nominated for an international appointment.

The following Officials have all gained ICF status.

Cathy Wynne
Phil Caisley

Liz McGowan
Sara Edwardes

Martin Hook
Steve Jones

Paul Edwardes

Regatta Officials interested in knowing more about the ICF Examination please contact the Chief Official.

THE MINI SPRINT SERIES 2022

The Mini Sprint Series will be run alongside all the National Sprint Regattas held at Holme Pierrepont in Nottingham during 2022.

The Mini Sprint series has been specifically developed to suit the needs of young people who have chosen this discipline at this time. It is part of the Paddlesport foundation which helps them progress into whichever discipline they may eventually choose. The programme has taken into account that full sized K1s, K2s and K4s are too large for young people. Together, Canoe England's Paddlesport Participation Programme and British Canoeing Sprint Racing Committee have formed the Mini Sprint Series. This has evolved from the Lightning series that was originally only a K1 event. Now as a weekend event it is giving racing experience on the National course so that the paddlers have a smooth transition into the Class D events.

The aim of the series is:

- To introduce young paddlers to the venue.
- To develop experience of sprint competition at a national event.
- To develop teamwork.
- To have the opportunity to develop competitive paddling skills.
- To become motivated to progress through to the main classes.
- To meet and make friends with paddlers from other clubs.
- **To enjoy, have fun and become confident sprint paddlers.**

Team leaders notes on entries and kayaks

- The paddlers will now compete over 200m and 500 m in Lightning K1, at alternate regattas, with heats and finals run and timed on the main regatta course.
- **The 200m events will be held at the 1st and 3rd regattas and the 500m events will be held at the 2nd and 4th regattas.**
- Hody-style K2s and Rocket K4 will remain at 500m at all regattas, with heats and finals are run and timed on the main regatta course.
- The cost per seat is exactly as other junior paddling categories.
- **Please ensure you enter your paddlers in the correct category, which is based on time, not age. Only Lightning kayaks are to be paddled in the K1 events.**
- Clubs should bring their own Hody-style K2. If using a make other than Hody please inform the Chief Official before the event, Regatta.ChiefOfficial@britishcanoeing.org.uk
- Rocket K4s only will be used and can be supplied by the SRC. Clubs may bring and use their own Rockets.
- Please note, participation certificates will be available for the Team Leader to collect at each regatta from the Information desk

When booking a K4

A Team Leader will book a whole K4, as with all other classes. When combining with paddlers from other clubs it is the responsibility of the Team Leader involved to arrange who pays for the entry and to collect payments. It is not the organisers or the volunteer official's remit to sort out your payments. Any changes to your entry must be made at the main Team Leader's meeting. Further changes for entered crews may submitted by Team Leaders via the online form providing all paddlers and team leaders know of the changes.

THE MINI SPRINT SERIES 2022

Mini Sprint Cup Series

This series is a whole season event, and the **Marsport Trophy** will be awarded at the final regatta to the club with the most points. Individual paddler points will also be awarded for each event during the season, with double points being awarded at The MacGregor Inter-Club Regatta.

Mini Sprint Cup Rules 2022

- Points are accumulated at each event leading to a final at the September Regatta.
- **Mini Sprint points do not count towards The MacGregor Inter-Club points.**
- At the MacGregor Regatta the Mini sprints receive double points for their paddling and these go towards the Mini Sprint Cup competition which runs separately from the main Inter-Club Competition.
- The Mini Sprint Cup includes overall prizes for both male and females in each category and an overall club prize. Details are as follows:

Entry Conditions

To enter the Mini Sprint Series the young people must be under 12 on 1st January 2022 and have achieved at least Paddle Explorer standard. They must be able to paddle a K1 Lightning over 500m in less than 4 minutes. **It is the club coach's responsibility to ensure that their paddlers are competent and confident to paddle at HPP.**

Categories

- A: (LTA) for those who can complete 500m in under 3 minutes 30 seconds
- B: (LTB) for those who complete 500m between 3 minutes 30 seconds and 4 minutes

Entries

- All entry fees are per seat and will be entered with your club's main regatta entries.
- **Please read notes on entering Rocket K4**

Events

K1 Saturdays with K2 and K4 on Sundays at all regattas

Points Scoring

All National Mini Sprint winners (individual) are awarded as stated below. These scores are added to their Mini Sprint Inter Club score.

All points scored will count only towards The Mini Sprint Team and individual events.

At the National Regattas in K1, K2 and K4.

- 1st place scores 10 points, 2nd place scores 9 points etc. down to 10th place where everyone after that scores 1 point, the total number of points scored across K1, K2 and K4 will be added together to determine the results at each regatta. For the K2/K4 races the same points scoring system will be used i.e. the winning crew will receive 10 points **for each paddler.**

THE MINI SPRINT SERIES 2022

At the Inter-Clubs Regatta in K1, K2 and K4

- 1st place scores 20 points, 2nd place scores 19 points etc. down to 20th place where everyone after that scores 1 point, the total number of points scored across K1, K2 and K4 will be added together to determine the results. For the K2/K4 races the same points scoring system will be used i.e. the winning crew will receive 20 points **for each paddler.**

Team Event

The team points scoring system is based on the club's results at each regatta. These are then added to their Mini Sprint Inter Clubs points score.

Prizes:

- At each regatta Tiddly Winks will be awarded for 1st, 2nd & 3rd places **in the K1 Final One only** of each category and for the three fastest K2/4 crews in each category within the Mini Sprint series.
- Medals will be awarded to the overall series winners - 1st, 2nd, 3rd male and female. The Marsport Trophy will be awarded to the Club that has accrued the most combined category points.
- All participants will be awarded a Certificate each month they enter. These are available for collection by the Team Leader from the Secretary's Desk.

Promotions

- Promotion from Mini Sprint Category B to A will be based on K1 500m times.
- **Promotions from group B to A will automatically be done at the 2nd regatta. The best set of existing regatta points will be carried through and added to the paddler's points gained in A.**
- Promotion into Boys D and Girls D is based on normal regatta entry guidelines. This is only done after a discussion with the team leader.
- When a paddler is too old to participate in the Mini Sprint Series, **they do not automatically move to D classes.** Paddlers must reach the required standard. See the Standards Charts on **pages A10 and 11.** **They will be allowed to paddle in D Class crew boats, with established D Class paddlers. 50% of the crew must be registered D class paddlers.**

New Intermediate Class for under 14.

For this event paddlers must be registered as Intermediate Class and have reached the required standard. Please refer to **pages A10 and 11 for times.**

Details about the Intermediate Class can be found on Page B8.

PADDLE-ABILITY

Paddle-Ability is the term used by British Canoeing to describe all Paddlesport activity for disabled people. The term focuses on a person's ability to take part in Paddlesport rather than their disability. British Canoeing encourages and supports anyone with any disability or impairment to participate in competition in specific Paddle-Ability events and mainstream competition. Specific Paddle-Ability events are held at National Regattas in Nottingham from April to September. Racing is based on ability (in time bands).

Entries must be submitted, in advance, with other club entries via the Club Team Leaders. If your club does not already have an appointed team leader, please contact Gregory van Heerden

gregory.vanheerden@britishcanoeing.org.uk

Entrants may have an escort boat to provide support to the starting posts; limited support is also permitted during races. Escort paddlers will be expected to wear yellow escort bibs.

The current Paddle-Ability events available are:

- K1: 200m, 500m
- K2: 200m, 500m
- V1: 200m, 500m

Paddle-Ability sprint time bands can be found in the tables below:

Paddle-Ability Sprint Time bands 200 metres:				
Band	Kayak Men	Kayak Men Junior	Kayak Women	Kayak Women Junior
A+	0.52	1.06	1.12	1.20
A	1.00	1.14	1.20	1.30
B	1.06	1.22	1.30	1.44
C	1.14	1.36	1.44	1.54
D	1.22	1.48	1.54	2.06
E	1.36	2.00	2.06	2.18
F	1.48	2.12	2.18	2.30

Paddle-Ability Sprint Time bands 500 metres:				
Band	Kayak Men	Kayak Men Junior	Kayak Women	Kayak Women Junior
A+	2.15	2.45	2.40	3.00
A	2.30	3.05	3.00	3.20
B	2.45	3.30	3.20	3.45
C	3.05	4.00	3.45	4.20
D	3.30	4.30	4.20	4.45
E	4.00	5.00	4.45	5.15
F	4.30	5.30	5.15	5.45

INTER-CLUB NATIONAL COMPETITION

The MacGregor Paddle Challenge



John MacGregor M.A., Trinity College, Cambridge; (1825-1892) Barrister-at-Law, Captain of the Royal Canoe Club, through his extremely popular books and magazine articles from 1865 to 1892, practically invented the sport of canoeing (or kayaking).

The beginning of recreational canoeing can be traced directly to an Englishman, called John MacGregor, in the middle of the nineteenth century. He was a man with a penchant for boat design and exploration, who developed his craft based on the Eskimo Kayak, which he named *Rob Roy*. He took the boat on long journeys along the rivers and across the lakes of Europe, lecturing and writing about his travels as he went. His tales attracted quite a following and soon there were many kayaks in Great Britain based on his kayak design that is still referred to as a *Rob Roy*.

Canoes are the larger category under which kayaks fall: while all kayaks are canoes, not all canoes are kayaks. Paddlers in kayaks sit with their legs stretched out in front of them and canoeists generally paddle from a kneeling position. Most canoes are open hulled; while kayaks have covered decks. Canoe paddles are typically single bladed, while kayak paddles are double ended.

Some might say these differences occur because of the type of water available, but a look at the evolution of British canoeing culture during the past one hundred and twenty years would suggest that the major changes are due to those who have written and taught, coupled with the availability of canoes or kayaks.

The first period from 1865 evolved from the founder of British canoeing, John MacGregor. His book, *A Thousand Miles in the Rob Roy Canoe*, fired the imagination of the Victorians. The '*Rob Roy*' was a stable kayak, went in a straight line and had a large cockpit. Made of wood, it was easy to handle and a boat in which any beginner would have felt safe. In this period, wooden canoes were imported and were used for family outings and touring, the limitation to the growth was the cost of the wooden craft.

The second period from the 1930s to the 1950s is identified with the wooden frame and canvas kayaks and the start of the BCU Coaching Scheme. Percy Blandford wrote books and produced a host of designs for the Scout movement, which brought canoeing to a much wider number of people. The low cost, make-it-yourself PBK (Percy Blandford Kayak) designs, were, like the '*Rob Roy*', stable, went in a straight line, and had large cockpits. The British Canoeing Coaching Scheme was started in the 1950s by John Dudderidge. The original proficiency tests were designed around the use of the open cockpit straight-line kayak.

The third period, which had a massive impact on both the expansion and the change in direction of British canoeing culture started around the early 1960s, when in 1962, the BCU appointed its first Director of Coaching, Oliver Cock, giving added drive to what was to become a very powerful teaching scheme. For various reasons, the Coaching Scheme became more and more interested in rough water canoeing. At the same time, glass reinforced plastic became available. Moulds were produced for the home builder and the designs reflected the interest in rough water. Thousands of kayaks were produced with rockered hulls and small cockpits. By 1980, the Coaching Scheme had 3,000 members almost all teaching in the close fitting cockpit kayak. So powerful had that culture become that, if the word 'canoeing' is mentioned to almost anyone in Britain, their immediate image would be that of a young man or woman strapped into a kayak, wearing a crash helmet and wetsuit, performing turns and rolls on rapidly moving rivers. This was a great image for the adventurous teenager but daunting for many others who might wish to paddle. Indeed, a far, far cry from the canoeing of MacGregor.

MacGregor spent part of his youth in Halifax, Nova Scotia, where his father was stationed in the 1830s in a fort. He may have picked up some canoeing experience there.

INTER-CLUB NATIONAL COMPETITION

Reading his books, one notices he carried in his canoe a number of religious tracts (in a movement called "Muscular Christianity") written in the local language and was always ready to hand them out. He did not travel on Sundays, but did lecture on his travels and gave much of the profits to charities, especially to boys in the inner cities.

He published accounts of several other canoe cruises, including one to Scandinavia and another to Jordan and Egypt. The appendix to that book gives some construction details for his canoe designs.

His wooden split paddles were presented to Royal Canoe Club in 1959. Subsequently these were used as the trophy at the 1977 BCU National Inter-Club Sprint Racing Regatta, being first presented to the winning club, Fladbury and still fought over annually. A full list of winners can be found on page C15.

The MacGregor Paddle Challenge is a National Inter-Club Sprint Racing competition for competitors register in a national sprint 'standards for racing' ability class.

Scoring for the MacGregor Paddle Challenge.

1. Each Club will gain 5 points to their score for each promotion accredited to any: Junior (A to D), Masters (A to D) or Senior (A to D) ability class paddlers from their club since and including the previous MacGregor regatta.
2. Each Club will have deducted from their score, penalty points accrued by any Junior (A to D), Masters (A to D) or Senior (A to D) ability class paddler from their club since and including the previous MacGregor regatta.
3. The scoring at the Inter-Club Regatta will be on the following basis:
Each Club will score its best results from: Junior (A to D), Masters (A to D) or Senior (A to D) ability class paddlers.
 - 12 K1/C1 results in all finals
 - 6 K2/C2 results in all finals
 - 3 K4/C4 results in all finals

Points will be awarded on the following basis provided there are at least three crews participating: First 20 points, second 19 points, third 18 points and so on.

4. Other rules:
 - a. Composite crews, with members from more than one Club, do not score points.
 - b. At least 50% of the crew must be registered in the class in which they are racing.
 - i.e. 2 paddlers in a K4 or 1 paddler in a K2. Crews may be made up with paddlers from a lower ability band with the following exceptions:
 - i. Men may not paddle in Women's races.
 - ii. Boys may not paddle in Girls' races.
 - iii. Seniors or Masters may not paddle in Junior races.
 - iv. Seniors or Juniors may not paddle in Masters races
 - c. No one may enter any singles class other than their designated class as registered on the Paddler Database. Exceptions may be made at the request of a national coach.

BRITISH CANOEING HOLME PIERREPONT COURSE RECORDS

2021

OPEN

	Crew	Country	Time	Date
K1 500m	Tom Lusty	GBR	1:38:93	08/07/18
K2 500m	Tom Lusty/ Lewis Fletcher	GBR	1:31:29	06/06/21
K4 500m	J Bowley/M Johnson/L Fletcher /M Robinson	GBR	1:23:53	07/05/17
C1 500m	A Volkov	URS	1:52:36	19/06/83
C2 500m	Sarus/Hjdu	HUN	1:43:01	19/06/83
C4 500m	Train/Thomas/Lane/Yurkwick	GBR	1:42:28	17/05/98
K1 1000m	Tom Lusty	GBR	3:31:51	06/06/21
K2 1000m	Paul Wycherley/Ben Farrell	GBR	3:16:63	14/04/07
K4 1000m	B Farrell/S Hastings/P Wycherley /A Daniels	GBR	2:59:33	10/05/09
C1 1000m	S Antipov	URS	4:01:28	10/07/77
C2 1000m	Train/Train	GBR	3:37:24	01/01/81
C4 1000m	Hoffman/Tackas/Jakab/Salanki	HUN	3:38:95	08/08/89
Women	Crew	Country	Time	Date
K1 500m	Rachel Cawthorn	GBR	1:49:94	03/07/15
K2 500m	Lani Belcher/ Angela Hannah	GBR	1:42:96	19/04/16
K4 500m	J Walker/L Sawers/R Cawthorn /A Edmonds	GBR	1:35:94	15/04/12

BRITISH CANOEING HOLME PIERREPONT COURSE RECORDS

2021

DOMESTIC SENIOR

Men	Crew	Club	Time	Date
K1 200m	Liam Heath	WEY	34:03	18/04/21
K2 200m	Liam Heath/Jon Schofield	ORS	32:31	19/04/16
K4 200m	J Clark/K Vansomeran/I Wynne /D Roeser	ORS	32:20	16/05/98
K1 500m	Tom Lusty	SOL	1:38:93	08/07/18
K2 500m	Tom Lusty/ Lewis Fletcher	ORS	1:31:39	06/06/21
K4 500m	J Bowley/M Johnson/L Fletcher /M Robinson	ODP	1:23:53	07/05/17
K1 1000m	Tom Lusty	SOL	3:31:51	06/06/21
K2 1000m	Paul Wycherley/Ben Farrell	ORS	3:16:63	14/04/07
K4 1000m	B Farrell/S Hastings/P Wycherley /A Daniels	ORS	2:59:33	10/05/09
C1 200m	Chris Calvert	FLA	41:59	07/05/16
C2 200m	M Lane/S Crowther	ORS	38:35	04/06/94
C4 200m	Crowther/Crowther/Yurkwick/Lane	ORS	36:98	05/06/99
C1 500m	Matthew Lawrence	LBZ	1:55:65	17/04/11
C2 500m	Iain Weir/ Joseph Hayman-Joyce	ODP	1:46:55	04/06/16
C4 500m	Train/Thomas/Lane/Yurkwick	ORS	1:42:28	17/05/98
C1 1000m	Eric Jamieson	WEY	4:01:54	16/07/92
C2 1000m	S Train/A Train	FLA	3:27:24	01/07/94
C4 1000m	E Jamieson/R Williams/S Train /A Train	GBR	3:44:80	08/07/89
Women	Crew	Club	Time	Date
K1 200m	Jessica Walker	ROY	40:41	28/04/19
K2 200m	Train/Train	ORS	38:27	13/05/00
K4 200m	Dallaway/Dresser/Thorogood/Train	ORS	36:62	02/07/95
K1 500m	Rachel Cawthorn	WEY	1:49:94	03/07/15
K2 500m	Lani Belcher/Angela Hannah	ORS	1:42:96	19/04/16
K4 500m	J Walker/L Sawers/R Cawthorn /A Edmonds	ORS	1:35:94	15/04/12
K1 1000m	Rachel Cawthorn	WEY	3:56:54	10/05/10
K2 1000m	Louisa Sawers/Abigail Coulson	ORS	3:47:75	22/07/06
C1 200m	Katie Reid	IND	47:59	28/04/18
C2 200m	Katie Reid/Isobel Evens	SPS/LIN	45:88	04/09/21
C1 500m	Katie Reid	SPS	2:11:91	04/09/21
C2 500m	Chloe Bracewell/Afton Fitzhenry	LIN/BCC	2:04:91	17/04/21

BRITISH CANOEING HOLME PIERREPONT COURSE RECORDS

2021

DOMESTIC JUNIOR Records starting from 2015

U18 Men	Crew	Club	Time	Date
K1 200m	Daniel Atkins	RDG	36:70	29/06/19
K2 200m	T Thomson/N Dembele	NTS	34:53	05/06/16
K4 200m	No U18 Event		--	--
K1 500m	Ieuan James	FOR	1:43:38	05/06/16
K2 500m	I James/C Smith	NTS	1:33:95	05/06/16
K4 500m	I James/ C Smith/N Dembele/T Thomson	NTS	1:25:76	08/05/16
K1 1000m	Magnus Gregory	LON	3:40:02	04/06/16
K2 1000m	M Gregory/L Harding	LON	3:22:36	04/06/16
K4 1000m	M Gregory/L Harding/T Thomson/M Littlewood	NTS	3:06:27	04/06/16
C1 200m	Adrian Meikle-Briggs	RIC	45:51	05/06/16
C2 200m	B Phillips/A Meikle-Briggs	RIC	44:91	05/09/15
C4 200m	No U18 Event		--	--
C1 500m	Ben Phillips	RIC	2:01:75	08/05/16
C2 500m	B Phillips/A Meikle-Briggs	NTS	1:54:46	04/06/16
C4 500m	No U18 Event		--	--
C1 1000m	Ben Phillips	RIC	4:18:75	05/06/16
C2 1000m	B Phillips/A Meikle-Briggs	RIC	3:56:64	05/06/16
C4 1000m	No U18 Event		--	--
U18 Women	Crew	Club	Time	Date
K1 200m	Deborah Kerr	SKR	42:56	03/07/15
K2 200m	G Carmichael/K Hopkins	LON	41:18	07/07/18
K4 200m	No U18 Event		--	--
K1 500m	Deborah Kerr	SKR	1:54:87	03/07/15
K2 500m	R Myburgh/A Dale	NTS	1:51:75	05/06/16
K4 500m	E Dale/Z Clark/R Kneen/F Duffield	FOX/ROY/FOR/NOR	1:42:03	08/07/18
K1 1000m	Samantha Martyn	WEY	4:08:29	08/07/18
K2 1000m	E Russell/L Wong	CLM/RIC	4:08:39	04/06/16
C1 200m	Alix Aitchison	NOT	53:89	29/06/19
C2 200m	A Aitchison/C Carey	IND	52:04	13/05/18
C1 500m	Georgina Pryor	LEE	2:30:90	05/06/16
C2 500m	A Aitchison/C Carey	NOT	2:14:00	28/04/19

BRITISH CANOEING HOLME PIERREPONT COURSE RECORDS

2021

DOMESTIC PARACANOE Records starting from 2015

Men Kayak	Class	Crew	Time	Date
200m	KL3	Rob Oliver	40:55	04/06/16
200m	KL2	Dave Phillipson	42:54	18/04/21
200m	KL1	Ian Marsden	48:66	29/04/19
Women Kayak				
Women Kayak	Class	Crew	Time	Date
200m	KL3	Laura Sugar	46:51	06/06/21
200m	KL2	Charlotte Henshaw	48:43	18/04/21
200m	KL1	Jeanette Chippington	54:49	04/06/16
Men Va'a				
Men Va'a	Class	Crew	Time	Date
200m	VL3	Jack Eyers	47:63	03/07/21
200m	VL2	Stewart Clark	57:71	29/06/19
200m	VL1	No event	--	--
Women Va'a				
Women Va'a	Class	Crew	Time	Date
200m	VL3	Charlotte Henshaw	57:72	29/06/19
200m	VL2	Emma Wiggs	55:20	03/07/21
200m	VL1	No event	--	--

SPRINT RACING PERPETUAL TROPHIES

The following Trophies are awarded annually by the Sprint Racing Committee:

Men's Kayak

Ken and Eileen Phillips Memorial Trophy					
Winner Men's A K1 200m at National Championship Event					
2012	Edward McKeever	BOA	2017	Jonathan Schofield	SOR
2013	Edward McKeever	BOA	2018	Lewis Fletcher	LKR
2014	Liam Heath	WEY	2019	Stelian Naftanaila	NOT
2015	Kristian Reeves	ADS	2020	No event	
2016	Kristian Reeves	ADS	2021	Daniel Atkins	RDG
Unwin Bowl					
To the winner of the Senior A Men's K1 10,000 m at the National Championship Event					
1981	Richard Lewis	GAI	1991	Ivan Lawler	ELM
1982	Alan Williams	ROY	1992	Ivan Lawler	ELM
1983	Alan Williams	ROY	1993	Grayson Bourne	ELM
1984	Alan Williams	ROY	1994	Grayson Bourne	ELM
1985	No event		1995	Grayson Bourne	ELM
1986	Jeremy West	ROY	1996	Ivan Lawler	ELM
1987	Grayson Bourne	ROY	1997	No event	
1988	Grayson Bourne	ROY	1998	James Block	NOT
1989	Grayson Bourne	ROY	1999	Greg Slater	LIC
1990	Graham Burns	ELM	2000	No event	
Reassigned – Winner Men's A K1 500m at National Championship Event					
2001	Timothy Brabants	ELM	2011	Jonathon Boyton	ROY
2002	Timothy Brabants	ELM	2012	Andrew Daniels	RDG
2003	Richard Darby Dowman	ELM	2013	Edward Rutherford	ELM
2004	Edward McKeever	BOA	2014	Daniel Johnson	CLM
2005	Ian Wynne	ROY	2015	Jonathan Boyton	ROY
2006	Edward McKeever	BOA	2016	Jonathan Boyton	ROY
2007	Edward McKeever	BOA	2017	Tom Lusty	SOL
2008	Tim Brabants	NOT	2018	Tom Lusty	SOL
2009	Ben Brown	ELM	2019	Tom Lusty	SOL
2010	Keith Moule	CLM	2020	No event	
			2021	Daniel Johnson	CLM

SPRINT RACING PERPETUAL TROPHIES

Men's Kayak continued

Farnham Cup					
To the winner of the Senior A Men's K1 1000m at the National Championship Event					
1981	Neil Robson	FLA	2001	Timothy Brabants	ELM
1982	Kevin Smith	WAR	2002	Timothy Brabants	ELM
1983	Kevin Smith	WAR	2003	Richard Darby Dowman	ELM
1984	Grayson Bourne	ROY	2004	Timothy Brabants	NOT
1985	Kevin Smith	WAR	2005	Peter Almasi	ELM
1986	Grayson Bourne	ROY	2006	Ben Farrell	ELM
1987	Grayson Bourne	ROY	2007	No event	
1988	Ivan Lawler	ELM	2008	Ben Farrell	ELM
1989	Grayson Bourne	ELM	2009	Jonathon Boyton	ROY
1990	Grayson Bourne	ELM	2010	Tim Pendle	NOR
1991	Grayson Bourne	ELM	2011	Jonathon Boyton	ROY
1992	Patrick Holmes	RIC	2012	Timothy Brabants	ROY
1993	Graham Burns	ELM	2013	Jonathan Boyton	ROY
1994	Grayson Bourne	ELM	2014	Paul Wycherley	WEY
1995	David Smith	ELM	2015	Jonathan Boyton	ROY
1996	Ivan Lawler	ELM	2016	Jonathan Boyton	ROY
1997	Ross Sabberton	NOR	2017	Tom Lusty	SOL
1998	Timothy Brabants	ELM	2018	Tom Lusty	SOL
1999	Matthew Foulger	NOT	2019	Tom Lusty	SOL
2000	Richard Darby Dowman	ELM	2020	No event	
			2021	Daniel Johnson	CLM

Dexter Trophy					
For the best Senior B performance at the National Championship Regatta					
1981	Richard Lucas	GAI	2000	David Duff	RAF
1982	Russell Jones	FLA	2001	Stuart West	WOR
1983	Roland Lucas	RIC	2002	Stuart West	WOR
1984	Peter Evans	LIN	2003	Mark Hoile	ROY
1985	Paul Gadd	RIC	2004	Paul Prestwood	GAI
1986	Trevor Melham	ROY	2005	Jonathon Schofield	SOR
1987	Peter Maycock	EXE	2006	Jonathan Simmons	WEY
1988	Simon Horsley	NBY	2007	Joe Surrage	BSF
1989	Gavin Turrell	RIC	2008	Brett Irvine	RIC
1990	Brian Saunt	ADL	2009	Pip Ede	RDG
1991	Roger Masters	ROY	2010	Ben Bradshaw	NOR
1992	Chris Dorrell	TON	2011	Paul Yates	WEY
1993	Ed Shaw	ROY	2012	Jonathan Tye	WOR
1994	Paul Evans	HER	2013	Mark Ressel	ROY
1995	Matthew Enoch	NOT	2014	Lewis Duffield	CLM
1996	Gary Shaw	ELM	2015	Stelian Naftanaila	NOT
1997	Paul Enoch	NOT	2016	Lewis Fletcher	LKR
1998	Malcolm Starkey	FOX	2017	Andras Kovacs	WEY
1999	David Coulson	RDG	2018	Nicky Cresser	NOT
			2019	Andras Kovacs	WEY
Reassigned 2020: For the best Men Under 23's performance at the National Championship Event					
2020	No event		2021	Charlie Smith	LBZ

SPRINT RACING PERPETUAL TROPHIES

Masters' Kayak

The James Cup					
To the winning crew of the Under 18 K4 6000m at the National Championship Event					
1981	Evans/Brevitt Slater/Morley	LIN/LIC STA	1987	Barnett/Unsted Farnham/Taylor	ELM/GAI
1983	Piercey/McLachlan Rainsford/Bradley	RLP/RLS	1988	Lodge/Hutton Richardson/Wynne	EXE/ANK ROY/TON
1984	Adams/Bibby Burns/Miller	ROY/MER ELM	1990	Slater/Bradbury Yates/Ilson	LIC ADL/WOR
1985	Crawford/Adams Rust/Topham	GAI/ARM LBZ/WAR	1991	Richardson/Wynne Slater/Jenson	ROY/TON LIC/RIC
1986	Gibbins/Livsey Boxshall/Elliott	EXE/RLP	1992	Jenson/Slater Sargeant/Smith	ORS
Reassigned – Winning crew of the Veteran K4 at the National Championship Event					
2001	Davies/Hawthorn Parker/Grandy	WOR	2011	Bird/Brookes Blackman/Rodgers	WOR/RUN
2002	Davies/Hawthorn Parker/Saunders	WOR	2012	Kent/Hinves Willis/Rance	SOU
2003	Grimwood/Oliver Oliver/Brookes	LIN/RUN	2013	O'Cuinn/Vida/ Soregi/Domonkos	RIC
2004	Adams/Martin/ England/Hall	BSF	2014	Bird/Parker/ Tricketts/Rogers	WOR/CHE
2005	Adams/Martin Terry/Jordan	BSF LBZ/MAI	2015	Irvine/Murray Martin/Soregi	RIC
2006	Illidge/Marnell Brookes/Swallow	RUN/CHE	2016	Enoch/Norfolk Livsey/Cresser	NOT
2007	Littlewood/Mason Nadal/Bagshaw	NOT	2017	Enoch/Belbin Butler/Cresser	NOT
2008	Kent/Nicholson/ Willis/Rance	SOU	2018	Enoch/Jones Butler/Cresser	NOT
2009	Phillips/Bird/ West/Trickett	WOR	2019	A Buff/D Grimsey J Hinves/R Kent	SOU
2010	Escott/Lewis/ Darling/Missen	BOA	2020	No event	
			2021	J Butler/M Enoch N Jones/ S Walsh	NOT

Women's Kayak

Lendenkamp Trophy					
Winner Women's A K1 200m at National Championship Event					
2012	Rachel Cawthorn	WEY	2017	Angela Hannah	BAN
2013	Rachel Cawthorn	WEY	2018	Rachel Cawthorn	WEY
2014	Rachel Cawthorn	WEY	2019	Emily Lewis	WOR
2015	Leanne Brown	MAI	2020	No event	
2016	Lizzie Broughton	RIC	2021	Emily Lewis	WOR

SPRINT RACING PERPETUAL TROPHIES

Women's Kayak continued

Bruce Lucas Trophy					
To the winner of the Women's A K1 6000m at the National Championship Event					
1984	Anne Plant	LIC	1992	Alison Thorogood	NEW
1985	Anne Plant	LIC	1993	Andrea Dallaway	ELM
1986	Susie Perrett	RLP	1994	Andrea Dallaway	ELM
1987	Susie Perrett	RLP	1995	Alison Thorogood	NEW
1988	Susie Perrett	RLP	1996	Anna Hemmings	ELM
1989	Susie Perrett	RLP	1997-		
1990	Hilary Dresser	ROY	2000	No event	
1991	Andrea Dallaway	ELM	2001	Anna Hemmings	ELM
Reassigned – Winner of Women's A K1 500m at the National Championship Event					
2002	Beth Campbell	NOT	2013	Rachel Cawthorn	WEY
2003/4	No event		2014	Jessica Walker	ROY
2005	Abigail Coulson	RDG	2015	Jenny Swallow	CHE
2006	Abigail Coulson	RDG	2016	Hayleigh Mason	NOT
2007	Abigail Coulson	RDG	2017	Rachel Cawthorn	WEY
2008	Louisa Sawers	ELM	2018	Rachel Cawthorn	WEY
2009/10	No event		2019	Emily Lewis	WOR
2011	Jenna Hawkey	EXE	2020	No event	
2012	Rachel Cawthorn	WEY	2021	Lizzie Broughton	RIC

Femina Trophy					
Most meritorious Senior Women's A performance at the National Championship Regatta					
1981	Sue Hornby	WES	1998	Becky Train	FLA
1982	Lesley Smither	LEA	1999	Alison Thorogood	LEA
1983	Lesley Smither	LEA	2000	Abigail Cattle	RDG
1984	Debbie Watson	LBZ	2001	Rebecca Hunter	ROY
1985	Susie Perrett	RLP	2002/9	No event	
1986	Susie Perrett	RLP	2010	Victoria Towers	NOT
1987	Angela Dawson	ADL	2011	No event	
1988	Susie Perrett	RLP	2012	Rachel Cawthorn	WEY
1989	Sandra Troop	NOT	2013	Rachel Cawthorn	WEY
1990	Hilary Dresser	ROY	2014	Rachel Cawthorn	WEY
1991	Andrea Dallaway	ELM	2015	Rebeka Simon	ELM
1992	Alison Thorogood	NEW	2016	Emily Lewis	WOR
1993	Andrea Dallaway	ELM	2017	Emily Lewis	WOR
1994	Hilary Dresser	RIC	2018	Rachel Cawthorn	WEY
1995	Becky Train	FLA	2019	Emily Lewis	WOR
1996	Alison Thorogood	NEW	2020	No event	
1997	Tricia Davey	RIC	2021	Lizzie Broughton	RIC

SPRINT RACING PERPETUAL TROPHIES

Women's Kayak continued

Lee & Joan Davies Memorial Trophy					
For the best Women's B performance at the National Championship Regatta					
1998	Kerry Watts	NOR	2009	No event	
1999	Laura Blair	LEA	2010	Hannah Brown	BOA
2000	Elizabeth Homes	CHE	2011	Hannah Brown	BOA
2001	Jackie Eastwood	RIC	2012	Coral Birkhill	LON
2002	Beth Campbell	NOT	2013	Phoebe Ayres	WEY
2003	Beth Campbell	NOT	2014	Amy Ward	ELM
2004	Joanne Bates	ELM	2015	Sophie Rooney	BAN
2005	Anna Hemmings	ELM	2016	Amy Turner	BAN
2006	Hayleigh Mason	NOT	2017	Ava Dale	FOX
2007	Hayleigh Mason	NOT	2018	Melissa Johnson	CLM
2008	Claire Spencer	HER	2019	Melissa Johnson	CLM
Reassigned 2020: For the best Women's Under 23's performance at the National Championship Event					
2020	No event		2021	Emma Russell	CLM

The Boulogne Cup					
To the winning crew of the Women's A K4 500m at the National Championship Event					
1981	Perrett/Hornby	RLP/WES	1996	Gilby/Hemmings	ELM/WEY
	Perrett/Crawley	NEW		Hynds/Burns	
1982	Perrett/Smither	RLP/LEA	1997	Cattle/Jones	ORS
	Craske/Crawley	FLA/NEW		Bale/Hannon	
1983	Smither/Parker	LEA/NOT	1998	Davey/Train	RIC/FLA
	Craske/Crawley	FLA/NEW		Gilby/Thorogood	ELM/LEA
1984	Smither/Lawler	LEA/ELM	1999	Train/Campbell	ORS
	Perrett/Watson	LIC		Bapty/Thorogood	
1985	Plant/Clough	RLP/LIN	2007	Braithwaite/Hawkey	ORS
	Perrett/Troop			Sawers/Cawthorn	
1986	Lawler/Perrett	ELM/RLP	2008/11	No event	
	Crawley/Plant		2012	Edmonds/Walker/	ORS
1987	Thorogood/Lawler	NEW/ELM		Cawthorn/Sawers	
	Dawson/Eastwood	ROY/ELM	2013	No Event	
1988/9	No event		2014	Walker/Cawthorn/	ORS
1990	Dresser/Dallaway	ELM		Sawers/Hannah	
	Lawler/Barry		2015	Belcher/Brown	ORS
1991	Dallaway/Davey	ORS		Mason/Brown	
	Troop/Thorogood		2016	No event	
1992	Dallaway/Davey	ORS	2017	Cawthorn/Lewis	WEY/WOR
	Thorogood/Troop			Simon/Walker	ELM/ROY
1993	Dresser/Gilby	ORS	2018	Brown/Lewis	WYC/WOR
	Dallaway/Bennett			Russell/Turner	CLM/BAN
1994	Thorogood/Green	ORS	2019	Burgess/Farrant	
	Hemmings/Gilby			Martyn/Thompson	WEY
1995	Hardy/Cheyne	ORS	2020	No event	
	Train/McGee		2021	Z Clark/E Dale/	ROY/FOX/
				F Duffield/A Freeman	NOR/RIC

SPRINT RACING PERPETUAL TROPHIES

Boy's Kayak

Henry Thelen Trophy					
Winner Boys Under 18 K1 200m at National Championship Event					
2012	Matthew Bowley	BPR	2017	Ieuan James	FOR
2013	Lewis Duffield	CLM	2018	Ben Gallagher	FOR
2014	Jordi Eccles	ANK	2019	Daniel Atkins	RDG
2015	Ieuan James	FOR	2020	No event	
2016	Ieuan James	FOR	2021	Jon Pirmuhamedov	RIC

Rhodes Trophy					
To the winner of the Under 18 K1 500m at the National Championship Event					
1981	Nicholas Gregory	WAR	2001	Simon Fennemore	WEY
1982	Michael Smith	SHE	2002	Liam Heath	WEY
1983	Toby Mundy	TON	2003	Edward Cox	WEY
1984	Steven Adams	ROY	2004	Ben Brown	ELM
1985	Mark Adams	ARM	2005	Matthew Guy	LBZ
1986	James Butler	NOT	2006	Robert Beer	ELM
1987	Ian Livesey	EXE	2007	Tom Hide	ADS
1988	Chris Dorrell	TON	2008	Tom Simmons	BOA
1989	Simon Ricketts	ANK	2009	Tom Simmons	BOA
1990	Paul Slater	LIC	2010	Mark Clive	GAI
1991	Paul Slater	LIC	2011	Matthew Bowley	BUR
1992	Paul Slater	LIC	2012	Daniel Johnson	CLM
1993	Stephen Tingay	LBZ	2013	Sean Redmond	LGW
1994	Andrew Morgan	FLA	2014	Edmund Haws	WEY
1995	Daniel Greaves	LEA	2015	Noah Dembele	LEA
1996	Phillip Murphy	GAI	2016	Ieuan James	FOR
1997	Damian Chapman	NOT	2017	Ieuan James	FOR
1998	Craig Watt	ELM	2018	Philip Miles	RLS
1999	Owen Peake	BOA	2019	Philip Miles	RLS
2000	Andrew Kelly	ELM	2020	No event	
			2021	Xavier Hinvès	SOU

Barry Murray Trophy					
Winner Boys Under 18 K1 1000m at National Championship Event					
2016	Magnus Gregory	LON	2019	Philip Miles	RLS
2017	Luke Shaw	NOR	2020	No event	
2018	Philip Miles	RLS	2021	Xavier Hinvès	SOU

SPRINT RACING PERPETUAL TROPHIES

Girl's Kayak

Phillips Plate					
Winner Girls Under 18 K1 200m at National Championship Event					
2012	Amy Ward	ELM	2017	Rachel Kneen	FOR
2013	Rebeka Simon	ELM	2018	Enya Dale	FOX
2014	Deborah Kerr	SDS	2019	Zoe Clark	ROY
2015	Deborah Kerr	SKR	2020	No event	
2016	Emma Brockway	LKR	2021	Kristina Armstrong	LKR

The Dennis Smith Trophy					
To the winner of the Girls A K1 500m at the National Championship Event					
1990	Tricia Davey	RIC	2006	Claire Spencer	HER
1991	Helen Gilby	ELM	2007	Jessica Walker	ROY
1992	Sue Bennett	FLA	2008	Maria Middlehurst	ADS
1993	Emily Ormerod	RIC	2009	Jenny Swallow	CHE
1994	Lucy Hardy	FLA	2010	Katherine Trotter	ELM
1995	Rachel Train	FLA	2011	Emily Lewis	WOR
1996	Sarah Griffith	FLA	2012	Amy Ward	ELM
1997	Jenny Lumb	LBZ	2013	Rebeka Simon	ELM
1998	Elaine Appleby	LBZ	2014	Deborah Kerr	SDS
1999	Abigail Cattle	RDG	2015	Deborah Kerr	SKR
2000	Jenny Spencer	HER	2016	Ava Dale	FOX
2001	Rosalind Bates	ELM	2017	Florence Duffield	NOR
2002	Zara Dale	ELM	2018	Emma Russell	CLM
2003	Shuna Braithwaite	SDS	2019	Kate Hipkins	LON
2004	Tara Nutt	ELM	2020	No event	
2005	Louisa Sawers	ELM	2021	Grace Anderson	NOT

SPRINT RACING PERPETUAL TROPHIES

Junior

Jones Cup Junior Racing Canoeist of Year					
Voted for by members of the Junior Olympic Racing Squad: sponsored by Rowland Jones					
1981	Nicholas Gregory	WAR	2001	Jenny Spencer	HER
1982	David Battershell	WEY	2002	Liam Heath	WEY
1983	Gregory Slater	LIC	2003	Edward Cox	WEY
1984	Susie Perrett	RLP	2004	Paul Wycherley	WEY
1985	Gary Quittenton	LIN	2005	Allen Spencer	HER
1986	Andrea Dallaway	LIC	2006	Rachel Cawthorn	WEY
1987	Paul Enoch	NOT	2007	Tom Hide	ADS
1988	Jason Wilson	ANK	2008	Jessica Walker	ROY
1989	Simon Ricketts	ANK	2009	Dean Terry	WEY
1990	Tony Richardson	ROY	2010	Marton Simon	ELM
1991	Tricia Davey	RIC	2011	Katherine Trotter	ELM
1992	Anthony Crowther	FLA	2012	Marton Simon	ELM
1993	Stuart Crowther	FLA	2013	Rebeka Simon / Amy Ward	ELM
1994	Timothy Brabants	ELM	2014	Edmund Haws	WEY
1995	Paul Darby Dowman	ELM	2015	Deborah Kerr	SKR
1996	Daniel Golder	BAN	2016	Magnus Gregory	LON
1997	Abigail Cattle	RDG	2017	Ieuan James	FOR
1998	Richard Darby Dowman	ELM	2018	Emma Russell	CLM
1999	Richard Darby Dowman	ELM	2019	Daniel Atkins	RDG
2000	Richard Darby Dowman	ELM	2020	No event	
			2021	Xavier Hines	SOU

Men's Canoe

Dewar Cup					
Winner Men's A C1 200m at National Championship Event					
2012	Richard Jeffries	NOT	2017	Dmitrijs Bogdanovs	FOX
2013	Richard Jeffries	NOT	2018	Iain Weir	BAN
2014	Richard Jefferies	NOT	2019	Joseph Hayman-Joyce	WEY
2015	Christopher Calvert	FLA	2020	No event	
2016	Christopher Calvert	FLA	2021	Thomas Lambert	LIN

Doug Saxby Trophy					
To the winner of the Senior A C1 500m at the National Championship Event					
1999	Stephen Train	FLA	2012	Matthew Lawrence	LBZ
2000	Stephen Train	FLA	2013	Marko Csokasi	RIC
2001	Karl Yurkwich	RLS	2014	James Styan	FLA
2002	Matthew Lawrence	LBZ	2015	James Styan	FLA
2003/4	No event		2016	Iain Weir	BAN
2005	Matthew Lawrence	LBZ	2017	Iain Weir	BAN
2006	Matthew Lawrence	LBZ	2018	George Caines	NOT
2007	Matthew Lawrence	LBZ	2019	Arthur Leech	RIC
2008/10	No Event		2020	No event	
2011	James Train	FLA	2021	Thomas Lambert	LIN

SPRINT RACING PERPETUAL TROPHIES

Men's Canoe continued

Sidney Rowe Cup					
To the winner of the Senior A C1 1000m at the National Championship Event					
1979	W Reichenstein	IRV	1999	Stephen Train	FLA
1980	W Reichenstein	IRV	2000	Stephen Train	FLA
1981	Stephen Train	FLA	2001	Anthony Crowther	FLA
1982	Marcus Gohar	RIC	2002/4	No event	
1983	Marcus Gohar	RIC	2005	James Train	FLA
1984	Andrew Train	FLA	2006	Matthew Lawrence	LBZ
1985	Andrew Train	FLA	2007/10	No event	
1986	Andrew Train	FLA	2011	Matthew Lawrence	LBZ
1987/8	No event		2012	Matthew Lawrence	LBZ
1989	Andrew Train	FLA	2013	James Train	FLA
1990	No event		2014	James Styan	FLA
1991	Andrew Train	FLA	2015	James Styan	FLA
1992	Stephen Train	FLA	2016	Iain Weir	BAN
1993	Andrew Train	FLA	2017	Iain Weir	BAN
1994	Stephen Train	FLA	2018	Nerijus Budrikis	WOR
1995	Eric Jamieson	WEY	2019	Arthur Leech	RIC
1996	Derek Hall	RDG	2020	No event	
1997	Stephen Train	FLA	2021	Jonathan Jones	FLA
1998	Stephen Train	FLA			

Women's Canoe

Sam Rippington Trophy					
Winner Women's Senior C1 200m at National Championship Event					
2016	Chloe Bracewell	HPP	2019	Emily Hewitt	SOU
2017	Katie Reid	HPP	2020	No event	
2018	Chloe Bracewell	IND	2021	Katie Reid	FOR

Girl's Canoe

Skinner's Salver					
For the best performance by a Female Junior C1 at the National Championships					
2011	Emily Hewitt	SOU	2017	Ruth Bennett	FLA
2012	Emily Hewitt	SOU	2018	Alix Aitchison and	IND
2013	Emily Hewitt	SOU		Charlotte Carey	
2014	Emily Hewitt	SOU	2019	Alix Aitchison	NOT
2015	Georgina Pryor	LEE	2020	No events	
2016	Ruth Bennett and	FLA	2021	Ella Kendal and	NOT
	Lydia Downing-Clarke	FOR		Hannah Page	NOT

SPRINT RACING PERPETUAL TROPHIES

Boy's Canoe

Adjutants Cup					
To the winner of the Under 18 C1 500m at the National Championship Event					
1981	Andrew Train	FLA	1992	Thomas Love	RLS
1982	Michael Train	FLA	1993	Jonathon Love	RLS
1983	Warren Ashman	FLA	1994	Karl Yurkwich	RLS
1984	Miles Broadbent	FLA	1995	Karl Yurkwich	RLS
1985	Jonathan Summers	EXE	1996	Jonathon Love	RLS
1986	Paul Parker	WYR	1997	Toby Shipway	LBZ
1987	Mark Parsloe	FLA	1998	Matthew Lawrence	LBZ
1988	Mark Parsloe	FLA	1999	Toby Shipway	LBZ
1989	Alex Martin	FLA	2000	Matthew Lawrence	LBZ
1990	Alex Martin	FLA	2001	Lee Watson	RLS
1991	Thomas Love	RLS			
Reassigned – Male Junior Paddler with best C1 performance at the National Championship Event					
2002	James Train	FLA	2012	Max Jamieson	WEY
2003	Simon Avery	FLA	2013	Marko Csokasi	RIC
2004	James Train	FLA	2014	Ben Phillips	RIC
2005	Gareth Hunt	FLA	2015	Ben Phillips	RIC
2006	James Styan	FLA	2016	Adrian Meikle-Briggs	RIC
2007	Iain Weir	BAN	2017	Arthur Leech	RIC
2008	Iain Weir	BAN	2018	Thomas Lambert	LEE
2009	Iain Weir	BAN	2019	Thomas Lambert	LEE
2010	Adam Stannard	RLS	2020	No event	
2011	Marko Csokasi	RIC	2021	George Bell	FLA

Canoe

The Andrew Bonham Memorial Award		
500m C4 Memorial Race		
2019	M Lawrence/J Styan/R Weir/I Weir	LBZ/FLA/BAN/BAN
2020	No event	
2021	M Gohar/C Mavra/B Phillips/J Berzilla	Richmond CC

Paracanoe

Jonathon Broome Memorial Trophy					
Paracanoe Men's Kayak A					
2013	Ian Marsden	TRE			
Reassigned – Paracanoe Athlete of the Year as voted for by the athletes and staff of the British Canoeing Paralympic programme					
2015	Jonny Young	IND	2018	Emma Wiggs	IND
2016	Tim Lodge	WEY	2019	Charlotte Henshaw	IND
2017	Tim Lodge	WEY	2020	Rob Oliver	SOL
			2021	Stuart Wood	BTH

SPRINT RACING PERPETUAL TROPHIES

Inter-Club Competition

MacGregor Paddle			
For the winning club at the Inter-Club Championship Regatta			
1977	Fladbury Paddle Club	1999	Richmond Canoe Club
1978	Fladbury Paddle Club	2000	Elmbridge Canoe Club
1979	Fladbury Paddle Club	2001	Elmbridge Canoe Club
1980	Fladbury Paddle Club	2002	Elmbridge Canoe Club
1981	Fladbury Paddle Club	2003	Elmbridge Canoe Club
1982	Fladbury Paddle Club	2004	Leighton Buzzard C.C.
1983	Richmond Canoe Club	2005	Elmbridge Canoe Club
1984	Richmond Canoe Club	2006	Wey Kayak Club
1985	Fladbury & Lincoln – Joint Winners	2007	Leighton Buzzard Canoe Club
1986	Fladbury Paddle Club	2008	Wey Kayak Club
1987	Richmond Canoe Club	2009	Wey Kayak Club
1988	Lincoln Canoe Club	2010	Reading Canoe Club
1989	Richmond Canoe Club	2011	Reading Canoe Club
1990	Richmond Canoe Club	2012	Reading Canoe Club
1991	Elmbridge Canoe Club	2013	Norwich Canoe Club
1992	Fladbury Paddle Club	2014	Richmond Canoe Club
1993	Richmond Canoe Club	2015	Richmond Canoe Club
1994	Fladbury Paddle Club	2016	Chelmsford & Wey – Joint Winners
1995	Wey Kayak Club	2017	Richmond Canoe Club
1996	Wey Kayak Club	2018	Norwich Canoe Club
1997	Elmbridge Canoe Club	2019	Wey Kayak Club
1998	Elmbridge & Wey – Joint Winners	2020	No event
		2021	Richmond Canoe Club

Marsport Trophy			
For the winning club of the Mini Sprint Series			
2009	Lincoln Canoe Club	2015	Norwich Canoe Club
2010	Leighton Buzzard Canoe Club	2016	Norwich Canoe Club
2011	Leighton Buzzard Canoe Club	2017	Linlithgow Kayak Racing Club
2012	Royal Leamington Spa CC	2018	Wiltshire Youth Canoe Club
2013	Royal Leamington Spa CC	2019	Wiltshire Youth Canoe Club
2014	Norwich Canoe Club	2020+21	No event

National Regattas Inter-Club Medal Competition			
Club with highest number of medal winners over the year			
2018	Norwich Canoe Club	2020	No event
2019	Norwich Canoe Club	2021	Nottingham Kayak Club

Regatta Volunteers Inter-Club Award			
Club with most Volunteer points			
2019	Leighton Buzzard		
2020 + 21	No event		

BRITISH CANOEING SPRINT RACING COMPETITION RULES



Issue date: 1 January 2022

Introduction

The purpose of this document is to provide the Rules that govern:

- a) Sprint Racing (named Canoe Sprint by the International Canoe Federation)
- b) The conduct of that Racing

It follows as closely as possible the wording and sequence of the International Canoe Federation Canoe Sprint and Paracanoe Competition Rules, taking effect from 1st January 2022. However, it also contains some additional regulations or changes to those rules as determined from time to time by the British Canoeing Sprint Racing Committee. Where there is ambiguity, or these rules are unclear, the ICF ruling should be applied and will take precedent.

The following words, acronyms and abbreviations are referred to in this document:

- BC** **British Canoeing** (the Governing Body for Canoeing in Great Britain)
BOA **British Olympic Association** (the National Olympic Committee for Great Britain)
CW **Canoe Wales**
CANI **Canoe Northern Ireland**
ICF **International Canoe Federation**
IOC **International Olympic Committee**
NF **National Federation**
NOC **National Olympic Committee**
SCA **Scottish Canoe Association**
SRS **Sprint Racing Section of BC** (responsible to BC for the control of Sprint Racing competitions in canoes and kayaks over distances up to and including 5000 metres)
SRC **Sprint Racing Committee** (elected by the Sprint Racing Section to carry out the objectives of the Section on a day-to-day basis).
RC **Regatta Committee** (a sub-committee of the SRC responsible for organising and conducting National Championships and other competitions on behalf of BC)

Aims and Definition of Sprint Racing

The aim of a canoe sprint competition is for people to race each other in kayaks and canoes over a clearly defined unobstructed course in the shortest possible time according to the rules. The course should be as flat and still as can be obtained. Although the course length may be any distance up to and including 5,000 metres and competition organised for any craft, the official events and distances recognised by BC and ICF are the following:

For men and women:	K1, K2, K4, C1, C2, C4	200, 500 and 1000 metres
	K1, K2, K4, C1, C2	5000 metres
For some Junior events:	K1, K2, K4, C1, C2	2500 metres
Paracanoe, men and women Kayak:	KL1, KL2, KL3	200 metres
Paracanoe, men and women Va'a:	VL1, VL2, VL3	200 metres

BRITISH CANOEING SPRINT RACING COMPETITION RULES

Table of Contents

Part I - GENERAL REGULATIONS

1. International Competitions
2. British National Status Competitions
3. Club and Regional Regattas
4. Competing outside of the United Kingdom
5. Membership of more than one club or change of club
6. Athlete Eligibility and Sponsorships
7. Classification of Paddlers
8. British National Championship Title and Trophies

Part II - CLASSES AND BUILDING REGULATIONS

9. Weight and Dimension Limits
10. Athlete Identification and Trademarks
11. Construction
12. Boat Control

Part III - ORGANISATION OF COMPETITIONS

13. Officials, Competition Committee and Competition Jury, Duties of Officials
14. Invitations
15. Entries and Racing Colours
16. Regatta Programme
17. Heats and Finals
18. Team Leaders' Meeting
19. Alterations to Entries and Withdrawals
20. Alterations in the sequence of events
21. Courses - Marking Signs - Layout
22. Boat numbers
23. Instructions for Competitors

Part IV – COMPETITION REGULATIONS

24. Means of Propulsion
25. Start
26. Paddling on the Course
27. Pacing
28. Competitions for Long Distances
29. Finish
30. Tasks of Competitors after the Race
31. Penalties
32. Protests
33. Appeals

Part V – SPECIAL RULES FOR BRITISH NATIONAL CHAMPIONSHIP EVENTS

34. Open & National Championship Medals, National Championships and Trophies

BRITISH CANOEING SPRINT RACING COMPETITION RULES

Part I - GENERAL REGULATIONS

There are three levels of competition – International, National Status and Club/Regional

1. INTERNATIONAL COMPETITIONS

- 1.1 The ICF has ruled that all International Competitions must take place in accordance with the ICF Canoe Sprint Competition Rules. All competitions organised by either BC or a BC Club are considered international if competitors of a foreign country are invited to participate.
- 1.2 These competitions must be supervised or managed by at least two accredited officials in possession of valid ICF Canoe Sprint Official cards.
- 1.3 Foreign Nationals (Complies with ICF GR 3).
 - 1.3.1 No member of a foreign Federation or club may compete or be invited to compete in an open or national competition within the United Kingdom without permission from the RC.
 - 1.3.2 Only athletes who are members of a club or associations affiliated with a National Federation have the right to participate in an International competition.
 - 1.3.3 An athlete having satisfied 1.3.2 and having obtained the written consent of the athlete's National Federation is permitted to compete individually in an International competition.
 - 1.3.4 A competitor may take part on behalf of BC provided they are domiciled in the UK, if they obtain the authorisation of their Federation of origin. This authorisation has to be sent before 30th November prior to the year concerned to the ICF Headquarters with a copy to the Chairman of the ICF Canoe Sprint Committee.
 - 1.3.5 If they have lived for 2 (two) years or more in the UK, the approval of their Federation of origin is no longer required.
 - 1.3.6 An athlete cannot compete for more than one (1) National Federation in any calendar year.

2 BRITISH NATIONAL STATUS COMPETITION

- 2.1 All competitions announced as National Status competitions shall be held in accordance with BC Sprint Racing Competition Rules.
- 2.2 Only athletes who are members of clubs affiliated with a National Federation have the right to participate in a National Status Competition.
- 2.3 National Status Competitions are those at which promotions within the National ability classes takes place.
- 2.4 National Status Competitions are organised on behalf of BC.
- 2.5 All competitors at National Status Competitions must be fit and healthy enough to compete at this level, and registered with the RC as holding current SCA, CW, CANI or BC, On The Water membership or, if racing in a Junior 'D' class, Intermediate Class or Mini Sprint, be a Club Associate member of an affiliated club.
- 2.6 Organisers of National Status Competitions shall declare the competition is being held under BC sprint racing rules.
- 2.7 National Status Competitions require permission from the SRC. Applications shall be directed to the Secretary of the SRC. Such permission would require:
 - 2.7.1 Observance of BC Sprint Racing Competition Rules. With inclusion of the words "Under BC Sprint Racing Rules" on all printed matter issued in connection with the competition
 - 2.7.2 Within 14 days of the competition, event risk assessments are to be sent to the SRC.
 - 2.7.3 Compliance with Part III Rule 13.5 regarding Regatta Officials.
- 2.8 National Status Competitions will be included in the official BC Calendar of events.
- 2.9 Within 14 days of the close of a competition a completed regatta programme with the official results, shall be sent by the Organisers to the SRC Secretary
canoesprint.secretary@vol.britishcanoeing.org.uk.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

3 CLUB AND REGIONAL REGATTAS

During 2022 the rules below will be reviewed and may be changed. Any changes made will be published on the SRC website. This review will be undertaken by the working group which the SRC has set up to look at expanding the number and diversity of local and regional sprint events.

- 3.1 BC members are allowed to participate with non-BC members.
- 3.2 No promotions will be made at Club or Regional Regattas. Performance will not affect National Ranking.
- 3.3 The Rules and Classes may be altered to suit the event requirements.
- 3.4 Organisers of Club & Regional Regattas can include their event in the Handbook Competition Calendar (at no charge) and may place an advert in the Handbook for the event on payment of the appropriate fee.
- 3.5 Club & Regional status competition can be included in the official BC Calendar of events.
- 3.6 Organisers are asked to encourage all who take part to become BC members. Where fees are charged, BC members should be charged a reduced fee.
- 3.7 To ensure uniformity, organisers are asked to forward the event Risk Assessment to the SRC and follow BC Sprint Racing Competition Rules as far as possible. Organisers are asked to make it clear in all literature what the event rules will be. Within 14 days of the close of a competition a completed regatta programme with the official results should be sent to the SRC Secretary canoesprint.secretary@vol.britishcanoeing.org.uk.
- 3.8 British Canoeing's information paper 'Running a local Sprint Regatta' is available from the SRC website on this link: <http://canoeracing.org.uk/sprint/wp-content/uploads/2018/10/2018-Running-a-Sprint-Regatta-Final-Edit.pdf>

4 COMPETITIONS OUTSIDE OF THE UNITED KINGDOM

- 4.1 No Club or member of a Club or individual member of BC may compete at a Canoe Sprint event outside the United Kingdom without permission from the SRC. See Rule 1.3.3

5 MEMBERSHIP OF MORE THAN ONE CLUB OR CHANGE OF CLUB

- 5.1 When a competitor is a member of two or more clubs, they shall, by **March 1st** have declared the name of the club in whose colours they will race for that year.
- 5.2 A competitor joining a second club after March 1st must continue to race for their first club, unless prior consent of their old club has been obtained. The consent shall not be withheld in the case of a change of residence from one area to another.

6 ATHLETE ELIGIBILITY AND SPONSORSHIPS

- 6.1 The rules of the International Canoe Federation or the National Olympic Committee shall apply to all matters relating to Amateur Status. At present there are no regulations specific to Amateur Status other than as broadly listed in 6.3.
- 6.2 **Foreign Teams** may receive compensation/assistance authorised by BC to cover financial expense to participate in a UK competition. Under no circumstances shall any payment exceed the sum of actual expenditure.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

6.3 A Competitor May Not:

- 6.3.1 In the practice of sport and in the opinion of BC, manifestly contravene the spirit of fair play in the exercise of sport, particularly by the use of doping or violence.
- 6.3.2 Have allowed their person, name, picture or sport performance to be used for advertising, except when BC or its Committees enter into a contract for sponsorship or equipment. All payments must be made to BC and not to the individual.
- 6.3.3 Participate in any competition on condition of a financial consideration.
- 6.4 **A Competitor May Accept**, financial support during a period of preparation and/or actual competition which shall be limited by the rules of BC and its Committees.
 - 6.4.1 Assistance administered through the BOA or BC Performance Programmes: living expenses, insurance cover in respect of accidents, illness and disability; personal property, sports equipment and clothing; cost of medical treatment, physiotherapy and authorised coaches.
 - 6.4.2 Compensation authorised by their NOC or BC Performance Programmes, in the case of necessity, to cover financial loss resulting from their absence from work or basic occupation in the Olympic Games and sports competition or other canoeing activities. In no circumstances shall payment made under this provision exceed the sum which the competitor would have earned in the same period. The compensation may be paid with the approval of BC or BOA at their discretion.
 - 6.4.3 Prizes won in competition or other canoeing activities, within the rules established by BC and its Committees and the ICF.
- 6.5 In all cases which are not covered by the above regulations (6.2 and 6.3), the corresponding rules of the ICF or the BOA shall apply.
- 6.6 **Procedures to be undertaken by those seeking, obtaining and disbursing sponsorships, sports scholarships and awards.**
 - 6.6.1 Details of all personal sponsorship arrangements, sports sponsorships and other awards, offered to or negotiated by individuals or organisations, must be submitted by beneficiaries to the BC Committee responsible for administering the particular activity, for registration and approval. When doubt exists regarding the appropriate Committee to whom information should be furnished, BC Headquarters will arrange for the necessary action to be undertaken.
 - 6.6.2 A central registry of all personal sponsorship arrangements will be maintained by BC Headquarters, and will be available for inspection by authorised officers of BC.
 - 6.6.3 **The term "personal sponsorship arrangements negotiated by beneficiaries" shall include:**
 - 6.6.3.1 Payments made to athletes selected through the UK Sport Performance Matrix and administered by BC Performance Director.
 - 6.6.3.2 Sponsorship provided by individuals (not family), commercial, industrial, and public authorities, National and Regional Sports Aid Foundations, Local Authorities, Trust Funds, Educational Institutions and agencies, Clubs and other miscellaneous supportive groups.

7 CLASSIFICATION OF PADDLERS

- 7.1 **Junior:** A Junior is a competitor under 18 years of age at the beginning of the current calendar year. A Junior will have junior ability racing status unless promoted to senior ability racing status. Each Junior ability status competitor will be nominated to compete in one of the Junior ability classes as laid down from time to time by the SRC. Juniors who have Senior ability status may race in their appropriate Junior age group in age group designated events, for international selections or National Championship.
- 7.2 **Senior:** A Senior is a competitor who is over 18 years of age at the beginning of the calendar year. Each Senior status competitor will be nominated to compete in one of the Senior ability classes as laid down from time to time by the SRC.
- 7.3 **Master (Veteran):** The first year a paddler may compete in a Masters event is the year that their thirty-fifth (35th) birthday falls in, provided he or she is not already nominated to compete in Men's A or Women's A who, irrespective of their age cannot compete in Master events. On a regatta-by-regatta basis a Master may elect to race as a Senior.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

- 7.4 **Promotions:** Entry into and promotion between classes will be at the discretion of the SRC which will be based on results gained in competition at National regattas and venues nominated by the SRC. An athlete may, on application by his Team Leader with the SRC's agreement, revert to a lower class.
- 7.5 **Mixed Events:** Mixed events where male and female competitors take part in the same boat are permitted.
- 7.6 **Status:** Status in Kayaks has no bearing on status in Canoes and the converse. Similarly, the status in the Paddle-Ability class and/or the Paracanoe classes has no bearing on the status in the ability Kayak and/or Canoe classes, e.g. a Senior A class competitor in Canoe may be in a different Senior class in Kayak.

8 BRITISH NATIONAL CHAMPIONSHIP TITLE AND TROPHIES

- 8.1 In order to be eligible to win a British National Championship title a competitor must:
Be a British Citizen and be a current full SCA, CW, CANI or a British Canoeing 'On The Water' member, (Juniors registered as a 'Club Associate Member', do not need full individual British Canoeing membership) and not currently representing or in the selection process to represent another country; or
- 8.1.1 Have been resident in the United Kingdom and a SCA, CW, CANI or a British Canoeing 'On The Water' member, (Juniors registered as a 'Club Associate Member', do not need full individual British Canoeing membership) for at least 2 (two) calendar years. For clarification, the residency shall be calculated as being the 2 years immediately preceding January 1st in the year of the relevant competition
- 8.2 When entering a National Championship, competitors agree to abide by BC Eligibility Policy and comply with the requirements and procedures of the National Championships organisers.
- 8.3 If a competitor is not a British Citizen and has not been Resident in the United Kingdom and a member of British Canoeing, including, SCA, CW & CANI for the necessary 2 (two) years (in accordance with 8 1.1. above) and there are exceptional circumstances then they may apply to the Head of Governance and Compliance requesting discretion to be exercised. Any applications should be submitted at least four weeks prior to any National Championships event in which they wish to compete.
- 8.4 Decisions are final and in the absolute discretion of the British Canoeing Chief Executive who shall consider each case on its own merit. Decisions do not create a precedent for any future cases.

N.B. see also Part V - Special Rules for British National Championship Events

BRITISH CANOEING SPRINT RACING COMPETITION RULES

Part II - CLASSES AND BUILDING REGULATIONS

9 WEIGHT AND DIMENSION LIMITS

Competitors are to ensure their boats conform to the technical requirements stated below. Penalties as described in Part IV, Regulation 31 will be imposed when rules are not complied with.

	Paracanoes		K1	K2	K4	C1	C2	C4
	Kayak	Va'a						
Max length	520	730	520	650	1100	520	650	900
Min weight	12	13**	12	18	30	14	20	30
Min width	50*							
Measurements in cm, weights in kg.								
* Measured 10cm from bottom of hull. ** Including hull, ama & iako (crossbeams).								
Note: The length of a kayak or a canoe shall be measured between the extremes of the stem and the stern. Stem-bands or other projections of the stem or stern, if any, are to be included. Any rudder forming a continuation of the length of a kayak is not to be included in the measurement. The weight of a boat shall not include any loose fittings, any fixed absorbent material must be dry.								

10 ATHLETE IDENTIFICATION AND TRADEMARKS

- 10.1 Boats, accessories and clothing may carry trademarks, advertising symbols and written text.
 - 10.1.1 Advertising materials should be placed in such a way that they do not interfere with athletes' identification and do not affect the outcome of the race.
 - 10.1.2 If an athlete's name is displayed, it shall be placed on each side of the boat under the cockpit.
 - 10.1.3 Athletes should wear clothing in compliance with the club uniform colours registered with the SRC, or those of the national federation they represent if competing as an invited international athlete.
 - 10.1.4 The advertising of tobacco, smoking and strong spirit drinks is not permitted.
 - 10.1.5 Political messages, images, symbols and written text unrelated to sport funding are not permitted.
 - 10.1.6 No part of the athlete's body should be attached to the boat in anyway. Such attachments must be removed.
- 10.1.6.1 Any strapping used to connect a paracanoes athlete with the boat must be of a "quick release" type which must be demonstrated by the athlete prior to the competition.

11 CONSTRUCTION

- 11.1 The boat must be constructed so that it remains buoyant, supports the crew and floats in a horizontal position when filled with water. Boats inherent buoyancy must be supplemented by additional, visible fixed flotation material or by the provision of sealed bulk heads.
- 11.2 All boats must be built symmetrically along their longitudinal axis.
- 11.3 The hull section and longitudinal lines of the hull of the kayak and canoe must not be concave. Section and longitudinal lines of the hull of a Va'a may be concave or convex.
- 11.4 The deck construction may not be higher on any horizontal point than the highest point of the front edge of the first cockpit.
- 11.5 No foreign substance may be added to the surface of the boat which give the athlete an unfair advantage. The use of hull lubricant is not permitted.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

- 11.6 No part of the boat (including the seat and the footrest) may have moving parts which can be used to help propel the boat in a way which would give athletes an unfair advantage.
- 11.7 A boat or athlete may be equipped with a device which provides real time feedback on performance for use by television or sport presentation. Devices may be used by the athlete for analysis following a race but in no circumstances, may the device be used to provide real time feedback to the athlete during a race.

Kayaks

- 11.8 Kayaks shall have one rudder. The rudder must be placed under the hull of the boat.
- 11.8.1 The boat must be designed for athletes to a sit-in (Kayak type) not a sit-on top (Surf Ski type).
- 11.8.2 Weed deflectors can be a maximum 20cm long and cannot be deeper than the rudder.

Canoes

- 11.9.1 Steering rudders or any guiding apparatus directing the course of the canoe are prohibited.
- 11.9.2 C1 and C2 boats may be entirely open. The minimum length of the opening shall be 280cm and the top edge of the hull (gunwale) can extend maximum 5cm into the craft along the whole opening. The boat can have a maximum of 3 strengthening bars with a width of maximum 7cm each.
- 11.9.3 C4 canoes may be entirely open. The minimum length of the opening shall be 390cm and the top edge of the hull (gunwale) can extend maximum 6cm into the craft along the opening. The boat can have maximum 4 strengthening bars with a width of maximum 7cm each.

Va'a

- 11.10 The Va'a must be a single hull Va'a, rigged with a single ama (outrigger pontoon) and double iako (crossbeams), separated by at least one seat.
- 11.10.1 Either sit-in or sit-on-top Va'a may be used; however, the sit-in Va'a is recommended.
- 11.10.2 Rudders, skegs and projecting keels are not permitted.

Innovations

- 11.11 Significant innovations in equipment including, but not limited to, boats, related equipment and clothing, must comply with items 3.2.7 and 3.2.8 of the ICF Canoe Sprint Racing Rules.
- 11.12 **Paracanoes**
- 11.12.1 Modifications are permitted for stability if the boat is made slower. (i.e. stabilizing pontoons).
- 11.12.2 Adaptation equipment is not regulated. It is included as part of the weight of the boat if it is securely attached.

12. Boat Control

- 12.1 The length of a kayak or a canoe shall be measured between the extremes of the stem and the stern. Stem-bands or other projections of the stem or stern, if any, are to be included. Any rudder forming a continuation of the length of a kayak is not to be included in the measurement.
- 12.2 If a boat has passed pre-race Boat Control, (International competitions only) no alterations/configuration changes are permitted prior to the competition.

Before Weighing the Boat:

- 12.3 Unless attachments consisting of water absorbent material are absolutely dry, they will be removed before the boat is weighed along with all loose items.

Part III - ORGANISATION OF COMPETITIONS

13 Officials

Duties of the Organising Committee

- 13.1 An Organising Committee is responsible for the preparation and running of the competition. The Organising Committee shall, in particular:
- 1) Fix the date and the programme of the regatta in agreement with the SRC.
 - 2) Draw up and distribute the advance programme including the date and time of the team leaders' meeting.
 - 3) Make available a stretch of water and technical equipment conforming to the present Sprint Racing Competition Rules.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

13.2 **Competition Committee**

The competition will be managed by a Competition Committee consisting of:

- 1) Chief Official
- 2) Chief Judge
- 3) Deputy Chief Judge

For National status competitions two members of the competition committee must be registered Regatta Officials of the BC Sprint Racing Section.

International regattas must be supervised or managed by at least two accredited officials in possession of valid ICF Canoe Sprint Official cards.

13.3 **Duties of the Competition Committee:**

- a) Direct and supervise the competition.
- b) Postpone the competition and decide, if possible, when the competition can resume in the event of inclement weather or other unforeseen circumstances.
- c) Decide on matters concerning disqualification in cases where the rules have been broken during the competition.
- d) Hear any protests that may be made and settle any disputes that may arise.
- e) Hear the opinion of the Course Umpire who controlled the race in which the infraction was said to have occurred, before any decision is made regarding an alleged infraction of the rules.
- f) Make decisions based on the BC Sprint Racing Competition Rules and the Terms and Conditions of Participation and if necessary, impose penalties as described in Part IV, Regulation 31.
- g) Penalties in accordance with BC Rules or the SRC Disciplinary Regulations may also be imposed i.e. disqualification for a longer period than the duration of the competition in question.
- h) Should a competitor be injured during a heat, the Committee may allow them to participate in another heat.

13.4 If its nature and extent demand, each competition shall be held under the supervision of the following officials:

Chief Official	Aligner(s)
Chief Judge	Starter(s)
Deputy Chief Judge	Course Umpire(s)
Competition Manager	Turning Point Umpire(s)
Boat Controllers	Finish Line Judge(s)
Announcer	Media Officer
	Event Secretary

If circumstances permit, one person may function in two of the above positions.

13.5 The Chief Official, Chief Judge, Deputy Chief Judge, Competition Manager, Starter, Umpires, should, if possible, be registered BC Regatta Officials.

13.6 Unauthorised persons must not enter any official's area unless invited by the Competition Committee or Jury.

13.7 **The National Championship Competition Jury:**

- a) A protest made during the competition must be submitted in writing (hard copy or electronic) by the Club's Team Leader to the Competition Committee not later than 20 minutes after publication of the results.
- b) An appeal against a decision of the Competition Committee must be addressed to the Chairman of the Jury in writing (hard copy or electronic) not later than 20 minutes after the Team Leader has been informed, in writing (hard copy or electronic) by the Chair of the Competition Committee, of the decision against the competitor or crew.
- c) Final authority for National Championship Competitions shall rest with a Jury composed of a Chairman and four members

BRITISH CANOEING SPRINT RACING COMPETITION RULES

- d) The members of the Jury shall be appointed by a quorum of the SRC prior to the commencement of the competition. (In the event of a quorum not being present, the Chairman, Vice Chairman, or another official of the SRC and two Committee members may appoint the Jury).
- e) The Chairman of the Jury will be the Chairman or Vice-Chairman of the SRC or an elected SRC member.
- f) Subordinate to this Jury are the Chief Official and other officials shown in Rule 13.2.
- g) The decision of the Jury is final.

13.8 Duties of Officials

13.8.1 **The Chief Official**, who is also the Chair of the Competition Committee, will decide on all matters arising during the competition that are outside of these rules.

With the confirmation of the Competition Committee, may disqualify any competitor who behaves improperly or who, by their conduct or speech, shows contempt towards the competition officials, other competitors, or onlookers (see Rule 31.6).

All officials are responsible to the Chief Official.

13.8.2 **The Chief Judge** will:

- a) Cooperate with the Chief Official and substitute for the Chief Official where necessary.
- b) Collect the forms necessary for the administration of the competition.
- c) Formulate and record the decisions of the Competition Committee relating to any protests.

13.8.3 **The Deputy Chief Judge** will:

- a) Cooperate closely with the Chief Official and the Competition Manager and will handle the administrative tasks of the competition.
- b) Check the personal identification documents of the competitors and their age if necessary.
- c) Liaise with computer room operatives and supervise the processing of data and results.
- d) Check the results, race by race during the competition and prepare the list of the boats qualified to the next phase of the competition.

13.8.4 **The Competition Manager** will

- a) Keep in constant contact with the officials and technical support staff.
- b) Supervise the races and ensures that the competition schedule is followed without unnecessary delay.
- c) Complete the competition administration (competition schedule, draws, results, technical documents, boat control, press, protest etc.).
- d) Ensure that the announcer gives all the necessary information about the races such as the start order, the name of any athletes failing to start and the results.

13.8.5 **The Boat Controller(s)**

- a) The ID Controller(s) (International competitions only) must only allow athletes to compete in the race whose identification has been checked and whose body number conforms to the rules. They will also check for any performance enhancing foreign substance on the boat and any forbidden devices as mentioned in Part II. The Official in charge must inform the Competition Committee in the case of a missing boat or infringement of the competition rules.
- b) Post-race Boat Controller(s) will check boats after races. One or more competitors may be selected at random to bring their boats to Boat Control after each race, except in the case of a National Championship finals where the first 4 boats to finish will be selected.

13.8.6 **The Starter(s)** will:

- a) Decide all matters concerning the start of the races,
- b) Be solely responsible for resolving false start issues.
- c) Ensure that the start equipment is in working order.
- d) Communicate with the Competition Committee before each race. After having received a signal from them that all is ready, order the boats to their places.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

- e) Utilise English in all communications with the athletes, plus other languages if possible and deemed appropriate in the circumstances (International competitions only)
 - f) Carry out the start according to the Racing Rules.
 - g) Ensure that the circumstances at the start are free from any hindrance.
- All decisions of the Starter are final.**

13.8.7 **The Aligner** the duty of the aligner is to bring the boats to the starting line with the least possible delay. Their duties will be to check the competitors team colours and lane numbers. If an automatic start system is in use, the Aligners duties may be performed by Course Umpires who will be positioned behind the starting line. They will have an unobstructed view inside the start system's boots.

When all boats are aligned and in the boots the aligner will raise a white flag signifying to the starter that they are in position to start. When the boats are not in the boots, the aligner shall raise a red flag. If there is no automatic starting system, the aligners may be repositioned.

13.8.8 **The Course Umpire(s)** will:

- a) Ensure that during a race the Racing Rules are complied with, particularly those described at 26 to 29 in Part IV of these regulations.
- b) Show a white flag after the race has completed if there is no infraction of the rules to report.
- c) Show a red flag after the race has completed if there is an infraction of the rules.
- d) Report verbally (by radio) immediately any infraction to the Competition Committee if the rules are broken.
- e) When requested, present a written report (hard copy or electronic) to the Competition Committee within 10 minutes in such a case.
- f) Follow the 1,000m races in a motorboat: Ideally, races should be accompanied by two (2) Course Umpires in two (2) separate catamaran type boats.
- g) Do not follow the 200m races: Up to two (2) Course Umpires in two (2) separate motorboats may be positioned before the start line. Up to two (2) Course Umpires in two (2) separate motorboats may be positioned behind the finish line.
- h) In 500m races either system as used for 1,000, or 200m races may be adopted for the Course Umpires to do their task. The Chief Official will decide on the most appropriate system to be used, based on their opinion of the course features.
 - i) If necessary, judge the race from the Finish Tower: as instructed by the Chief Official.
 - j) Be completely unhampered during the race: No one except the Course Umpire and the driver shall be admitted to the boat reserved for them.
- k) In the case of external hindrance or obstruction, stop the race by passing all boats in the race and waving a red flag and/or using a sound signal until all boats have stopped paddling. Immediately report the occurrence to the Competition Committee. After this all boats shall return to the start.
- l) In long distance races with many athletes, multiple Course Umpire will be nominated.

13.8.9 **The Turning Point Umpires**, when a race is run along a course with one or more turning point, one Umpire, who may be accompanied by a Recorder must be stationed at every turning point, positioned where they gain the best view of the turn.

- a) The Turning Point Umpire shall ensure that the Racing Rules are complied with, particularly those described at 28 in Part IV of these regulations. The Umpire/Recorder shall make a list of all who pass the turning point.
- b) Immediately after the race, the Turning Point Umpire shall report to the Competition Committee as to who has turned and if any infraction of the rules has taken place.

13.8.10 **The Finishing Line Judges** will:

- a) Be placed in a position where all lanes at the finish line can be clearly seen.
- b) When required, time each race with at least two (2) stopwatches. When stopwatches have not recorded the same time, the slowest time will be taken as correct. The stopwatches are to be started when the electronic or optical signal from the start is received.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

- c) Decide the order in which the boats have crossed the finishing line when there is no Photo Finish system.
- d) Use a simple majority to decide a dispute in the absence of a Photo Finish system and where the Finish Line Judges differ, regarding determining the places of two (2) or more boats. In the case of equal voting the Chief Finish Line Judge has the casting vote.
- e) Determine the results and compare them with the photo finish results. When there is a Photo Finish system, the photo finish will be decisive.
- f) Record the position of the athletes in the boat (with a video camera if one is available) at the time of arriving at the finish line. The Chief Finish Line Judge will decide whether the athlete is in their boat at the finish line and report to the Competition Committee if necessary.
- g) One (1) of the Finish Line Judges will; be appointed as Chief Finish Line Judge who will:
 - i) Ensure that the timing equipment is working correctly. They may divide the work amongst the Finish Line Judges.
 - ii) Compare the official times/positions with the other Finish Line Judges at the end of each race and immediately inform the Deputy Chief Judge.

13.8.11 **The Announcer** shall, on the instructions of the Competition Manager, announce the start of each race, the order of the starting and the position of the competitors during the race. After the race is finished, they will announce the results.

13.8.12 **The Media Officer** must supply all the necessary information to the representatives of the press, radio and television about the race and its progress. The Media Officer may ask for information from other officials.

13.8.13 **The Event Secretary** will:

- a) Liaise closely with, and provide administrative support to, the Competition Jury, the Competition Committee, and the Competition Manager for the duration of any competition.
- b) Liaise and provide administrative support to Team Leaders regarding late crew change or withdrawal (scratch) requests, comments and other related matters.
- c) As required, facilitate communication between the Competition Jury, the Competition Committee, the Competition Manager and Team Leaders for the duration of any competition.

It is the Officials' obligation to perform their tasks in conformity with the BC Sprint Racing Competition Rules.

Every official has an obligation to check the equipment necessary to perform their tasks is in working order. If a shortcoming is found, it must be reported to the Chief Official or Competition Manager.

Unauthorised persons must not enter any Officials' area unless they are called for by either the Competition Committee or the Jury.

14. **Invitations**

An invitation to an Open Regatta shall contain the following information:

- a) Date and place of the competition.
- b) Situation and plan of the course.
- c) Proposed events.
- d) Competition Programme.
- e) Whether the races are to be held on still or running water, up or down stream and minimum depth of water.
- f) Amount of entry fee.
- g) Address (electronic) to which entries should be sent and the last date for receiving entries. This date shall not be earlier than 14 days prior to the first day of the competition.
- h) Conditions/terms of participation.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

15. Entries

15.1 Entries for Open National Regattas can only be made in accordance with the regulations given in the invitation. An entry shall, however, always contain the following information:

- a) Name of club and federation to which competitors belong.
- b) Classes and distances in which the competitors propose to compete.
- c) Name, sex, age, citizenship, national federation/BC membership number of competitors.
- d) Similar details of reserves if any (international competitions only).
- e) All entries should be in writing (Online). Where verbal communication is used, it must also be confirmed in writing by the given deadline (midnight on the due date). In the event of conflicting information, the information with letterhead and/or signature will take precedence.
- f) Late entries are not normally accepted. The acceptance of late entries shall be at the discretion of the Competition Committee who may charge up to double the entry fee.

g) Racing Colours

When making the entries, Clubs/squads must have given the colours of the uniform to be worn by the competitors, these colours must not be changed during the competition. **N.B.** *Every sprint racing club must register their racing colours with the RC (and any planned changes). Competitors must wear correct club/squad colours visibly at all times while racing.*

15.2 The Regatta Committee will accept entries which conform with these racing rules and conditions/terms of participation up to the entry deadline. The Regatta Committee can reject or delete from the competition, entries of participants if it is found they have failed to observe the racing rules and/or the national regatta conditions/terms of participation.

16. Regatta Programme

16.1 Not later than 48 hours before the first race of the regatta, the programme shall be available, giving the names and citizenship/clubs of the competitors and the results of any draws.

17. Heats and Finals

17.1 At least three kayaks or canoes must be entered before a race can be held. If the number of entries in races up to and including 1,000 metres is so great that heats are necessary, the number of kayaks or canoes in each heat and in the final must not exceed nine (9).

17.2 The division of competitors into heats shall be determined by drawing lots or by national rankings.

17.3 For National regattas the procedure for selecting competitors to race in finals will be based on one of two criteria: either by time or by positions as obtained in heats. The criterion used for each event will be decided by the RC and published in the programme.

17.4 Where the width of the course permits, eight or nine kayaks or canoes shall participate in the final if more than this number has been entered in the entire event, as follows:

3 to 9 entries	Direct final.
10 to 18 entries	Two heats, one Final.
19 to 45 entries	Required number of heats (3-5), two Finals.
46 and more	Required number of heats (6 or more), three Finals.

17.5 When making the draw, the difference between the number of competitors in the heats of the race shall not exceed one. If the number of competitors in the heats varies, the earlier heats shall have the largest numbers.

17.6 Any crew which has not taken part in a heat as instructed shall not be allowed to compete in the final. The composition of a crew which has qualified for semi-finals or for the final must not be changed.

17.7 Heats and finals shall be run on the same stretch of water.

17.8 For races of more than 1,000 metres, heats shall not be held, and all boats taking part shall start simultaneously.

17.9 Should the width of water not permit a simultaneous start, starts at regular intervals shall be permitted.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

18. Team Leaders' Meeting

At least 1 hour before the first race of the competition, a team leaders' meeting will have been held. The Regatta Committee reserves the right to hold this meeting online in the week preceding the competition. The Chief Official will describe the regatta course and all other arrangements, which should be adhered to for the duration of the competition. The Chief Judge will describe the competition programme and ask for any changes to the entries. At this meeting the names of team leaders should be confirmed.

19. Alterations to Entries and Withdrawals

19.1 Notification of any alterations in the crews up to the Team Leaders meeting must be submitted in written (electronic) form to the Chief Official. After the Team Leaders meeting, any alterations must be given in written (hardcopy or electronic) form to the Event Secretary at least **one hour before the race**.

19.2 The withdrawal from a race is considered final and no renewed entry of the same crew is allowed.

19.3 Every competitor whose entry has been confirmed, at the time of the team leaders meeting or subsequently not deleted (at least one hour before the race) via the Event Secretary is obliged to take part in their event.

20. Alterations in the sequence of events

The sequence of races given in the programme and the intervals between races as given in the racing programme are binding on the organisers. Alterations cannot be made unless the respective Team Leaders at the competition give their consent.

21. Course, Markings and Layout

The course consists of up to nine lanes, number one shall be on the left then number two and so on. *When there is television coverage of an event, the lane numbering may be in the opposite direction – from right to left, so that the list of competitors and their lanes shown on the television screen match the appearance of the races to be televised.*

21.1 For National Regattas and where possible for other competitions the turning points shall be marked by at least six flags (or buoys) which shall be readily distinguishable and shall, if possible be diagonally divided with one half in red and the other half in yellow.

21.2 Both the start and the finishing lines shall be marked with 2 red flags and 2 red buoys, at the points where these lines intersect the outer limits of the course.

21.3 Before the start of the races the racing course shall be measured and marked by means of clearly visible flags mounted on buoys no more than 25 meters apart.

a) The course at the start shall permit a clear width of at least 9 metres for each lane.

b) For National Regattas the starting and finishing lines shall be at right angles to the course.

c) The finishing line shall be at least 45 metres long and be marked by two red flags and two red buoys. The Finishing Line Judges must be placed as near to the finishing line as possible.

d) For National Regattas races up to 1,000 metres, the course must be straight and in one direction.

21.4 For races exceeding 1,000 metres turning points are permitted. For National races exceeding 1,000 metres the following conditions should be fulfilled, if possible:

a) The distance between the starting line and the first flag of the first turning point (1st leg) shall be straight and at a maximum of 1,859.25 metres.

b) The distance between the last flag of the first turning point and the first flag of the second turning point (2nd leg) shall be straight and a maximum of 1,759.25 metres.

c) The distance between the last flag of the second turning point and the first flag of the third turning point (3rd leg) shall be a maximum of 500 metres.

d) The specifications of all other stretches shall be in accordance with point "c".

e) The radius of each turn should, if possible be at least 31.5 metres.

f) Both the start and the end of the race shall be in front of the Finishing Tower.

g) The red flags of the finish line shall be placed as much to the outside as possible in order to get the widest feasible finish line.

h) Any starting pontoons are to be removed.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

- 21.5 For competitions, including the National Championships, these conditions should be complied with, unless a special dispensation for the course has been obtained from the SRC through the Secretary.
22. **Boat Numbers**
All kayaks and canoes shall carry a vertical number plate made of non-transparent material marked with black numbers on white background indicating the lane. The numbers on the plate must measure 15 cm in height and 25 mm in thickness. The plates shall be placed on the centre line of the afterdeck or thwart. The size of the number plate shall be 18 x 20 cm.
Any personal numbers provided by the organisers shall be placed on the competitor as required by the organisers.
23. **Instructions for Competitors**
Written instructions shall be available for competitors at least 2 hours before the start of the competition, containing the following information:
- Detailed information on the courses and their markings
 - Starting time
 - Starting line
 - Finishing line
 - Competitors racing number (if used)
 - Type of boat control
 - Position of any award ceremony

Part IV – COMPETITION REGULATIONS

24. **Means of Propulsion**

- 24.1 Kayaks shall be propelled solely by means of double-bladed paddles.
24.2 Canoes and Va'a shall be propelled solely by means of single-bladed paddles.
24.3 The paddles may not be fixed to the boat in any way.

25. **Start**

- 25.1 Competitors shall be on the water at the start area, not less than three (3) minutes prior to the specified time of their race. The start area is defined as being the area of water within 100 metres before the starting line.
Two minutes before the defined starting time the competing boats must take the lane allocated.
- 25.2 Competitors shall be at the start area in time to allow satisfactory preparation for the start.
- 25.3 The start must commence without reference to any absentees.
- 25.4 If a competitor fails to start a final having taken part in the heat without a valid reason approved by the Competition Committee, will be penalised. A competitor, who arrives too late at the start, shall be considered to have voluntarily withdrawn and can be penalised under this rule.
- 25.5 When signalled by the Starter, the competitor will take the start position designated so that the bow of the boat is on the start line. When an automatic starting system is employed, the bow of the boat must be completely in the start machine. When all boats are properly aligned, the aligner, if used, will then raise a white flag.
- 25.6 If the Starter is not satisfied with the line-up they will call "STOP", and hand over to the Aligner for repositioning.
- 25.7 The starting command will be "Ready – Set – Go" ("Go" can be a shot or strong signal). At the "Ready" command the competitors begin their preparation to paddle. At the "Set" command the competitors place their paddle in the catch position. The competitor must not paddle forward or this action will be deemed to be a false Start. The boat must not move forward at this point in the starting procedure. The Starter when satisfied with the competitors positioning and attention will say "Go" (or shot or powerful sound). The competitors must only react to the start command/signal "Go" and are not permitted to anticipate it. The competitors can paddle only upon hearing the starting signal/command "Go".

BRITISH CANOEING SPRINT RACING COMPETITION RULES

- 25.8 In the event of a false start, the Starter must immediately give a powerful sound signal. On hearing this signal all competitors must stop paddling and follow the Starter's instructions for a new start. Before the new start, the Starter must identify the offending crew/s and give them a warning. In the event of a second false start by the same crew the boat will be disqualified from the race and must leave the starting area and the course immediately.
- 25.9 The Starter may also recall competitors for a new start in the event of any unforeseen circumstance – a malfunction of the starting equipment for example. In such a case the same powerful sound signal must be given. If a malfunction of the starting equipment was caused through a boat making a false start, the crew must be given a warning, even though that boat may not have crossed the start line. If the malfunction was not the cause of any competitor making a false start, no penalty shall be imposed.
- 25.10 The Starter will start the race when they are satisfied that everything meets with their approval. The Starter will report any disqualification to the Chief Official.
26. **Paddling on the Course**
- 26.1 In races up to 1,000 metres, competitors must keep the whole of their boat within the five (5)-metre wide central area of their lane from the start to the finish of the course. Upon any deviation, the boat must go back immediately to this central area of the lane.
- 26.2 If a boat fails to actively return and/or gains an advantage in the race the boat may be disqualified from the event.
- 26.3 A boat which leaves its allocated lane must be disqualified from the event.
- 26.4 If a race is declared null and void, no change of the composition of a crew is permitted at the new start.
- 26.5 If there is a capsize the competitor or crew is eliminated from the race.
- 26.6 The Course Umpire has the right to interrupt a correctly started race if unforeseen hindrances arise. The Course Umpires with a red flag and sound signal may affect such an interruption. Competitors must immediately stop paddling and await further instructions.
- 26.7 If a paddle is broken a competitor cannot be provided with a new one.
- 26.8 Paracanoe races only: Spray decks must not be used unless permitted by the Chief Official due to severe water conditions.
27. **Pacing**
- 27.1 Taking pace or receiving assistance from boats not in the race or by any other means is not permitted.
- 27.2 When a race is in progress, it is strictly forbidden for any crews not taking part in the race to interfere or impede the race by proceeding over a part of the marked course, this includes creating wash even from outside the marking buoys.
28. **Competitions for Long Distance**
- 28.1 Races of more than 1,000 metres, competitors may deviate from their lane providing they do not impede other competitors.
- 28.2 When a race is run on a course with turning points these shall be passed to port (i.e. in an anti-clockwise direction).
- 28.3 A competitor will not be disqualified for touching a turning point buoy. In making a turn, the boat shall follow as closely as possible the course as marked by the buoys at the turning points.
- 28.4 If there is a capsize the competitor or crew is eliminated from the race if they are not able to reboard their boat.
- 28.5 Any competitor who unnecessarily deviates from their course may be subject to a penalty or disqualified. If the Course Umpire believes the competitor has gained no positional advantage on other competitors, a time penalty of 10 secs will be imposed. If the athlete has gained a major advantage and gained positional places in the race by not following the course, they will be disqualified.
- 28.6 If equipment is broken during the race (eg. paddle, boat, rudder, etc) athletes can receive help safely to fix the equipment or to get a replacement.
- 28.7 Group Racing and Overtaking

BRITISH CANOEING SPRINT RACING COMPETITION RULES

- a) When a boat is overtaking another boat, it is the duty of the overtaking craft to keep clear of other competitors at all times.
 - b) When athletes are racing in a group of boats it is the duty of all the athletes in the group to keep clear of other boats at all times. This rule applies to any manoeuvring within the group.
- 28.8 **Collision or damage.** A collision will be an event where a competitor or any part of their boat or paddle touches another athlete's boat or paddle in a way that disadvantages that athlete. Any competitor who is considered by the course umpire or race official, to have been responsible for a collision, or who damages the boat or paddle of another athlete may be disqualified and can be required to pay damages.
- 28.8.1 Any athlete who is considered by a Course Umpire or Chief Official to have been responsible for a collision, or who damages the boat or paddle of another athlete or unnecessarily deviates from the direct racing line or deliberately blocks or impedes the path of an athlete may be penalised or disqualified.
- 28.8.2 If it is considered that other paddlers have only had some minor disadvantages compared to other athletes as a result of the incident, the responsible athlete will get a time penalty of 15 seconds.
- 28.8.3 If it is considered that the incident has caused other paddlers a major disadvantage the penalty will be disqualification (DSQ) of the offending athlete.
- 28.8.4 Time penalties, as decided by the Chief Official, are not subject to a protest or an appeal.
- 28.9 **Lapped boats**
- 28.9.1 Athletes who have been lapped will end their race when they next cross the finish line.
- 28.9.2 Lapped boats must not interrupt or block boats that overtake them. They are not allowed to wash ride on the boats that overtake them.
- 28.9.3 A lapped boat's current position will be recorded and included in the results. No finish time will be recorded.
- 28.9.4 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).
- 28.10 **Last Place knock out.** 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.
29. **Finish**
- 29.1 The boat has finished the race when its bow crosses the finish line with all crew members in it. The Finish Line Judges will determine the result of the competition based on the order of the boats arriving at the finish line.
- 29.2 If two or more boats reach the finish line at the same time, they are awarded the same classification in the final. In the case of a dead heat finish for any position, which determines the advancement to the next level of the competition the following rules will apply:
- a) Wherever there are sufficient number of lanes available in the next level of the competitions, drawing of lots will determine to which race each boat will advance. If necessary, lane number 10 will be used.
 - b) Where there are not enough lanes available the Competition Committee may order a re-race between the boats involved after the last race of the day, or half-day programme or draw lots. This decision will be made by the Chief Official.
 - c) In the case of a dead heat in the re-race, drawing of lots will determine the outcome
- 29.3 National event: One (1) or more competitors may be selected at random to bring their boats to Boat Control after each race, except in the case of a National Championship finals where the first 4 boats to finish will be selected.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

30. **Tasks of Competitors after the Race**

- 30.1 The competitor must leave the course after the finish of the race and cannot disturb the next race.
- 30.2 The crews selected by the Competition Committee for boat control must proceed immediately to post race boat control, failure to do so will be penalised.
- 30.3 If selected for doping control, the competitor must comply with the obligations stipulated by the BC Anti-Doping policy.
- 30.4 Before the award ceremony the top three crews of the final must be present at the location and time indicated.
- 30.5 At National Championships, competitors must wear club, team/squad Racing Colours or Tracksuit at the award ceremony.

31. **Penalties.** Any infringement of the Sprint Racing Competition Rules or the Terms/Conditions of Participation will result in the imposition of a penalty. At the discretion of the Competition Committee this penalty may be either Disqualification, or a Warning delivered to a competitor via their Team Leader. At National Sprint Regattas a further option is the award of Penalty Points in accordance with National Sprint Regattas Disciplinary Procedures as described in Section B. In determining the specific form, a penalty will take, the Competition Committee will consider factors including, but not limited to, the nature of the race, the experience level of the competitor(s) involved and any further impact the decision may have.

- 31.1 Any competitor who attempts to win a race by any other than honourable means, who breaks the Racing Rules, or who disregards the honourable nature of the Racing Rules, will be penalised.
- 31.2 Should a competitor have completed a race in a kayak or canoe which is shown upon inspection not to conform with the classifications (see rules 9 to 12) and building regulations, they will be penalised.
- 31.3 A competitor who is deemed to have received external assistance during a race, including but not limited to objects thrown into the course, will be penalised.
- 31.4 A crew that has been accompanied along and adjacent to the racecourse by other boats while the race is in progress will be penalised.
- 31.5 Disqualifications by the Competition Committee may be confirmed in writing (delivered either as a hardcopy or electronically) with the reasons. The Team Leader acknowledges receipt, which is the start of the protest time.
Failure to deliver the copy confirmation of the disqualification to the team leader does not invalidate the disqualification.
- 31.6 The Competition Committee may discipline any competitor or Official whose behaviour is detrimental to the good order and conduct of the competition. The Competition Committee may disqualify them for that competition.

32 **Protests**

- 32.1 A protest against the right of an athlete/crew to compete in a race must be addressed to the Chief Official and handed to the Competition Committee, not later than one (1) hour before the start of the first race of the competition.
- 32.2 A protest, made during the competition must be in written form (hard copy or electronic), addressed to the Chief Official and passed to the Competition Committee, not later than 20 minutes after the decision against which the protest relates, has been published (via notice boards or electronically) or Team Leader has been informed of the decision against their athlete or team.
- 32.3 All protests must be accompanied by a fee of £15.00. The fee will be refunded if the protest is upheld. *If the protest is not upheld the fee may not be refunded, at the discretion of the Competition Committee.*
- 32.4 When a protest or a report is made against an athlete or a team, the Team Leader of the athlete/team in question shall be presented with the protest or report to read.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

33 Appeals

In the case of National Championship Competitions, an appeal can be made to the National Championship Competition Jury in accordance with Rule 13.7. A fee of £70.00 shall accompany the appeal. The fee will be refunded if the appeal is upheld. The Jury decision is final.

Competitors have the right to appeal to the SRC through their club or team management against a decision of the Competition Committee, within 30 days following the end of the competition if after the end of the competition, new facts become known that would substantially affect a decision made at the competition.

Matters of fact during a competition cannot be contested in an appeal.

A fee of £70.00 shall accompany the appeal. The fee will be refunded if the appeal is upheld. The BC SRC decision is final

Part V - SPECIAL RULES FOR BRITISH NATIONAL CHAMPIONSHIP EVENTS

34. National & Open Championship Medals, National Champions and Trophies:

Only members of BC who qualify under Rule 8 can become a National Champion or be awarded a National Championship trophy.

34.1 National & Open Championship medals will be awarded to the first three boats, regardless of nationality.

34.2 National Championship Trophies winners & the National Champion will be the best placed British paddler.

34.3 In the event there are fewer than three boats entered in a National Championship event, no medals will be awarded. If only three boats are entered in the event, then only a Gold medal will be awarded. If four or more boats are entered in an event the Gold, Silver & Bronze will be awarded.

Notes to the British Canoeing Sprint Racing Competition Rules

Races Exceeding 1,000 Metres at the National Water Sports Centre Nottingham, Rules 21.4 and 21.5

Because of limitations at the National Water Sports Centre - mainly the start pontoon being fixed for the Start of 5,000 metre or 2,500 metre events - it is not possible to comply with rule 21.4 and provide the courses as required, therefore rule 21.5 is implemented. The requirements given in the rule are those of the ICF, which the BC must shadow in its own rules.

Long Distance Courses at the National Water Sports Centre, approved by the SRC

To provide flexibility there are three turning points with the start and finish of the turns as follows:

1. 10 metres beyond the finish line
2. 450 metres from the finish line
3. 1123 metres from the finish line

The standard domestic long-distance race will consist of, 1 long lap to the turn at 1123metres mark from the finish line, plus 2 short laps turning at the 450 metres turn from the finish line and then finishing on the Finish Line in front of the Control Tower.

The British Canoeing – Sprint Racing Section Disciplinary Regulation & Code of Ethics, are available on the SRC website via this link http://canoeracing.org.uk/sprint/wp-content/uploads/2017/05/disciplinary_regulations_2017.pdf

2022 SPRINT RACING COMMITTEE



Tim Scott	Chair – elected term ends 2022 ACM Canoesprint.chair@vol.britishcanoeing.org.uk	(See G22-23) SCO1
Ian Wynne	Vice Chair – elected term ends 2022 ACM	WYN2
Louise Clive	Treasurer – elected term ends 2023 ACM Canoesprint.treasurer@vol.britishcanoeing.org.uk	CLI2
Cathy Wynne	Secretary – elected term ends 2024 ACM canoesprint.secretary@vol.britishcanoeing.org.uk	WYN1
Alice Murphy	– elected term ends 2023 ACM	MUR1
David Lawrence	– elected term ends 2022 ACM	LAW3
Hannah Brown	– elected term ends 2024 ACM	BRO1
Ivan Lawler	– elected term ends 2023 ACM	LAW1
Malcolm Johnson	– elected term ends 2022 ACM	JOH1
Margaret Chapman	SCA appointed representative to the SRC	CHA1
Paul Dimmock	– elected term ends 2024 ACM	DIM1
Peter Gorman	– elected term ends 2023 ACM	GOR1
Philip Miles	– elected term ends 2024 ACM	MIL3
Thomas Power	Canoe Wales appointed representative to the SRC	POW1

Sprint Performance Strategy Review

The review was a recommendation from the Sprint Situational Analysis, a co-commissioned piece of work by British Canoeing and UK Sport which started late in 2019 and concluded early 2020. A Sprint Performance group was set up to direct the work to form a new strategy for the sport. Task and Finish groups were formed comprising of a mixture of staff, athletes, coaches, and leaders from the community. Drafts reports were opened to the whole sport for consultation during the summer and autumn 2020. Consultations to further shape the earlier work continues to form a clear vision for the future of the sport into which the whole community have contributed. Actions has been taken and work is underway by British Canoeing and the Sprint community toward implementing the recommended strategies.

2022 REGATTA COMMITTEE



**NATIONAL
SPRINT
REGATTAS**



Philip Caisley	Regatta Chair	Regatta.Chair@Britishcanoeing.org.uk	CAI1
John Hoile	Regatta Vice Chair	Regatta.ViceChair@Britishcanoeing.org.uk	HO12
Louise Clive	Regatta Treasurer	Regatta.Treasurer@Britishcanoeing.org.uk	CLI2
Wendy Dodson	Regatta Secretary	Regatta.Secretary@Britishcanoeing.org.uk	DOD2
Ann Hoile	Mini Sprint Liaison	Regatta.VolunteerCoordinator@Britishcanoeing.org.uk	HO11
Paul Edwardes	Chief Official	Regatta.ChiefOfficial@britishcanoeing.org.uk	EDW1
Cathy Wynne	Technical Manager	canoesprint.secretary@vol.britishcanoeing.org.uk	WYN1



Who to Contact for information or queries about National Regattas?

Wendy Dodson	Sprint Enquires	Regatta.Secretary@Britishcanoeing.org.uk	DOD2
Ann Hoile	Mini Sprint Liaison and Volunteer Coordinator	Regatta.VolunteerCoordinator@Britishcanoeing.org.uk	HO11
Kari Martin	Paddler Registrations	Regatta.Registrations@Britishcanoeing.org.uk	MAR2
Louise Clive	Club Colours	Regatta.ClubColours@Britishcanoeing.org.uk	CLI2
Philip Caisley	Sprint Team Leaders' Technical and IT Support	Regatta.Chair@Britishcanoeing.org.uk	CAI1
Cathy Wynne	Competition queries	canoesprint.secretary@vol.britishcanoeing.org.uk	WYN1
Paul Edwardes	National Regattas	Regatta.ChiefOfficial@Britishcanoeing.org.uk	EDW1

British Canoeing Sprint Racing Committee Terms of Reference

1. Title

The Committee shall be called the British Canoeing Sprint Racing Committee (SRC).

2. Accountability

2.1 The Board will approve the Terms of Reference of the SRC. The SRC will be accountable to the Board of British Canoeing for carrying out the responsibilities which are delegated within these Terms of Reference. This accountability will be managed in the following ways:

The Board will annually:

- 2.1.1 Approve the Terms of Reference for the SRC.
- 2.1.2 Approve the rolling 4 year plan of the SRC.
- 2.1.3 Approve the Annual Plan of the SRC.
- 2.1.4 Approve the Annual Budget for the SRC.
- 2.1.5 Consider grant support to the SRC.
- 2.1.6 Receive and consider the minutes of the SRC meetings and its sub-committees.
- 2.1.7 Receive and publish the Annual Report from the SRC as part of its British Canoeing Annual Report.

3. Purpose

3.1 The Purpose of the SRC is to interest itself in all matters relating to the management and development of sprint racing in the UK with particular focus on:

- 3.1.1 Increasing participation through the provision of competition.
- 3.1.2 Administration of rules and regulations.
- 3.1.3 Development of athletes, clubs, coaches and officials.

3.2 The SRC has UK wide responsibility for those areas outlined within its Purpose and Responsibilities and will work closely with the national associations in Scotland, Wales and Northern Ireland and the regions in England, as agreed between the Parties.

4. Responsibilities

4.1 The following responsibilities are reserved by British Canoeing and may involve the SRC but are not the direct responsibility of the SRC:

- 4.1.1 Administer the World Class Programmes funded by UK Sport.
- 4.1.2 Preparation of selection polices.
- 4.1.3 Manage the selection and participation by elite athletes at international competitions.
- 4.1.4 Establish and be responsible for the maintenance of anti-doping policy and rules.
- 4.1.5 Approval of changes to these Terms of Reference.

4.2 The following are responsibilities which will usually be carried out by the National Associations' Sprint Racing Committees. Each National Association, Sprint Racing Committee is subject to their own, separate, regulations and objectives which may include the following:

- 4.2.1 Manage the rules and regulations for competitions within their National Association.
- 4.2.2 Organise and maintain control of their National Association Championships.
- 4.2.3 Develop and support coaching development within its regions and clubs.
- 4.2.4 Administer the finances of their National Association SRC.
- 4.2.5 Nominate representatives to the SRC.

4.3 The Primary Responsibilities of the SRC shall be to:

- 4.3.1 Organise and manage UK National Championships and other competitions on behalf of British Canoeing.
- 4.3.2 Agree and publish *1competition rules and regulations and make recommendations for the organisation and management of national and all other sprint regattas.
- 4.3.3 Follow the current International Panel [IP] Terms of Reference as laid down by the BC Board of Management.
- 4.3.4 Contribute as a formal consultee to the Sprint Racing selection polices
- 4.3.5 Manage disputes, protests and appeals with regard to the *2sprint racing rules and *1competition regulations.
- 4.3.6 Maintain *3disciplinary rules and other regulations.
- 4.3.7 Support non-Olympic and non-UK sport funded events/athletes.

British Canoeing Sprint Racing Committee Terms of Reference

- 4.3.8 Train and develop competition officials.
- 4.3.9 Nominate competition officials to become involved as international technical officials within ECA and ICF.
- 4.3.10 Nominate representatives to become involved in the committees of the ECA and ICF.
- 4.3.11 Support the Racing Technical Group in the development of programmes which improve coaching standards in Sprint Racing within the English regions and clubs.
- 4.3.12 Encourage the development of suitable new and existing sprint competition sites in conjunction with British Canoeing facilities development.
- 4.3.13 Support the development of competition programmes which increase participation in Sprint Racing at all levels.
- 4.3.14 Work with British Canoeing Safety Advisory Group to ensure the provision of a safety framework for the delivery of events.

5. Appointment of the Committee

- 5.1 The SRC shall comprise of up to 12 elected persons, each being a Full Individual Member (Voting Member) of British Canoeing or a National Association. This total will include the Chair, Secretary and Treasurer and other elected members but does not include the National Association delegates or any co-opted members.
- 5.2 The following offices and other SRC members shall be elected at Annual Consultative Meetings (ACM)
 - Chair
 - Secretary
 - Treasurer
 - 9 other SRC members of the committee
- 5.3 In the event of no nominations being received for an office post the SRC may appoint from within the committee members or co-opt a Full Individual Member (Voting Member) of British Canoeing or a National Association to fulfil the vacant role.
- 5.4 The National Association delegates (1 from each of Scotland, Wales and Northern Ireland) will also be voting members of the SRC.
- 5.5 In addition to the office roles of Chair, Secretary and Treasurer, the Committee shall appoint from within their membership (including any co-opted members):
 - Regatta Committee Chair
 - Safeguarding/Welfare Representative
 - And such other posts the Committee considers necessary for its administration
- 5.6 Members of the Committee are elected for a term of three years and shall be eligible to stand for re-election. One third of the elected members retire at each Annual Consultative Meeting.
- 5.7 The terms of each member shall be coordinated so that usually 4 members of the committee retire each year. Should a member resign before the end of their term, the person elected to replace them will be appointed only for the remainder of that term. SRC may co-opt someone to fill a mid-year vacancy until the next ACM. The Chair, Secretary and Treasurer shall retire in consecutive years.
- 5.8 A further 3 members may be co-opted by the SRC, each being a Full Individual Member (Voting Member) of British Canoeing or a National Association, to serve on the Committee for one year. These members shall be eligible to be co-opted for further terms. Co-opted members shall have the same voting rights as other Committee members.
- 5.9 Persons who are employees of British Canoeing or National Associations may serve as elected or co-opted members of the Committee if appointed by SRC to do so and with the consent of the CEO.
- 5.10 The role descriptors for each member of the committee will be developed and approved by the SRC annually.
- 5.11 The SRC may nominate the Chair or their representative to sit on other Committees of British Canoeing.

British Canoeing Sprint Racing Committee Terms of Reference

6. Managing the meetings of the SRC

- 6.1 The SRC shall meet at least twice in each calendar year.
- 6.2 At least 14 days' notice of the date of meetings shall be given to all members of the Committee. Copies of the agenda and available papers to be sent to members of the committee at least 7 days in advance. Additional papers will be circulated to SRC members as soon as practical.
- 6.3 The Secretary shall keep minutes of the proceedings of the Committee. Draft minutes, which have previously been circulated to the Committee for comment, to be published on the SRC and British Canoeing website within 2 months of the date of the meeting. Final minutes will be posted to replace the draft minutes once these have been approved by the Committee. Copies of the minutes shall also be sent to the Executive Assistant to the CEO of British Canoeing for circulation to the Board.
- 6.4 The quorum at SRC meetings shall be a majority of the number of voting members who are elected or co-opted to the Committee.
- 6.5 Decisions shall usually be reached through consensus, but when voting takes place, this shall be by show of hands only and each elected or co-opted member and National Association delegate shall have one vote. Only those attending the meetings shall have the right to vote.
- 6.6 For urgent business or on other occasions as required between meetings, the committee may conduct business and take votes electronically by means such as email or conference call.
- 6.7 The SRC may create sub-committees of the SRC, either as a standing committee or for a specific period and with a specific brief.
- 6.8 The SRC shall usually appoint one of its number to chair the sub-committee and all members of the sub-committee shall be Full Individual Members (Voting Members) of British Canoeing or a National Association.
- 6.9 Each sub-committee shall be fully accountable to SRC and shall have in place Terms of Reference which are approved by the SRC.

7. Managing the Finances of the SRC

- 7.1 The finances of the SRC will be managed in accordance with the Guidelines provided by British Canoeing and agreed with the SRC.
- 7.2 The Treasurer shall manage the income and expenditure and accounts of the SRC and work closely with the Finance Manager within British Canoeing to provide financial reports to the Board.
- 7.3 The SRC shall present an Annual Budget for approval by the Board. This will include the budget of the Regatta Committee and any other sub committees of the SRC.
- 7.4 The Year End accounts of the SRC, its sub committees, including the Regatta Committee shall be submitted annually to the Finance Manager within British Canoeing made up to 31st October. The accounts will be audited as part of the British Canoeing audit process.
- 7.5 The SRC may provide funding to support the work of its sub-committees. The SRC will be responsible for the income and expenditure of the sub committees and report this in full to the Board.
- 7.6 The SRC may pay the approved costs of members attending SRC and sub-committee meetings.

8. Annual Consultative Meetings (ACM)

- 8.1 The SRC will be responsible for organising the SRC Annual Consultative Meeting (ACM) with UK sprint clubs, for the purpose of electing members to the SRC, reporting progress and discussing major changes proposed for the future.
- 8.2 The SRC ACM shall usually be held between September and December each year. The date of the ACM will usually be published approximately 3 months in advance.

- 8.3 The business of the ACM Meeting shall be to:
- Receive the report of the Chair.
 - Receive a summary statement of accounts.
 - Receive the report and accounts of the regatta sub-committee.
 - Elect persons nominated to serve on the SRC.
 - Discuss and consider any major developments being considered by the SRC.
 - Consider any items included in the notice of meeting. Any conclusions reached on such items shall stand as recommendations for further consideration by the SRC.
 - Only at the discretion of the Chair, may additional items, not in the notice of the meeting, be discussed, or referred for further consideration by the SRC.
- 8.4 Nominations of candidates for election to the SRC at the Annual Consultative Meeting must be submitted to the Secretary of the SRC in writing supported by the signatures of two Full Individual Members (Voting Members) of British Canoeing or a National Association and must reach the Secretary at least 42 days prior to the ACM.
- 8.5 Any item for the agenda at the Annual Consultative Meeting must be submitted to the Secretary of the SRC in writing supported by the signatures of two Full Individual Members (Voting Members) of British Canoeing or a National Association and must reach the Secretary at least 42 days prior to the ACM.
- 8.6 Notice of the meeting shall be communicated to each 'Voting Club' at least 21 days prior to the Meeting.
- 8.7 A 'Voting Club' is an affiliated UK club who has registered its interest in sprint racing with the Committee by competing at a British Canoeing or a National Association's national regatta in the period since the last Annual Consultative Meeting.
- 8.8 The notice of the ACM shall include the following: The Agenda of the meeting, details of the date, time and place of Consultative Meeting, details of those standing for election, information about proxy voting, details of any matters raised by members.
- 8.9 The quorum of the ACM shall be a minimum of 8 Voting Clubs present. No business shall be transacted at the ACM unless this quorum of members is present. If the quorum is not met the ACM may be re arranged.
- 8.10 The Chair of the Committee shall preside at the ACM. If the Chair is known to be unable to attend or remains absent 30 minutes after the scheduled start time of the meeting, the Voting Clubs present may choose another Committee member of the SRC to take the chair.
- 8.11 Each 'Voting Club' is entitled to vote either through a club representative present at the ACM or via a Proxy.
- 8.12 A Voting Club representative must be a Full Individual Member (Voting Member) of British Canoeing or a National Association.
- 8.13 The proxy arrangements will be circulated in advance with the Notice of the Meeting and the details shall be determined by the SRC. Proxy votes can be given to the Chair of the Meeting or to another Voting Club. A maximum of 2-votes may be held by any one club., their own and 1 proxy vote.
- 8.14 All Proxy votes must be registered in advance with the Secretary of the SRC and received at least 72 hours before the time of the ACM.
- 8.15 The Chair shall not be entitled to vote other than when a casting vote is required
- 8.16 Voting shall be by a show of hands and proxy cards, unless two or more Voting Club representatives present at the meeting or the Chair, request a poll.

- 8.17 A Special Consultative Meeting may be called at any time at the discretion of the Committee or by notice in writing to the Secretary by not less than 10 Voting Clubs. Such notice must state in the form of a motion the business to be discussed and be signed on behalf of the Voting Clubs, by the Voting Clubs' representatives who are Full Individual Members (Voting Member) of British Canoeing or a National Association.
- 8.18 The Committee shall convene a Special Consultative Meeting within 60 days of receipt of such notice.
- 8.19 A Special Consultative Meeting will be conducted in line with the proceedings of an ACM as outlined within these Terms of Reference.
- 9. Trophies**
- 9.1 The Committee shall keep records and ensure the security of the trophies which are the property of the SRC and which are awarded each year.
- 9.2 The Committee shall also determine and publish which trophies are to be presented for each competition each year
-

Appendix:

***1 National Sprint Regatta, Terms/Conditions of Participation, various other rules and regulations.** (Section B pages 5 to 9: 2021 Canoe Sprint Handbook)

***2 British Canoeing Sprint Racing Competition Rules**
(Section C16-34: 2022 Canoe Sprint Handbook)

***3 British Canoeing Sprint Section Discipline Regulations**
(Section B17: 2022 Canoe Sprint Handbook)

Weils Disease (Leptospirosis)

All water users should be aware of this potentially fatal infection.

This is a bacterial infection normally believed to be spread by rat urine, it can also be transmitted by cat, fox and rabbit urine.

Transmission is usually through an open wound or abrasion but can also be caused by ingestion of contaminated water.

SYMPTOMS

Lethargy, diarrhoea, headaches, vomiting and muscle pain; sometimes referred to as flu like symptoms. If left untreated this can be fatal.

PREVENTION

Prevention measures against water borne infections are to:

- ❖ Cover all cuts and abrasions with waterproof plasters
- ❖ Always wear footwear to avoid cutting the feet
- ❖ Avoid capsize or rolling practice in suspected waters
- ❖ Where possible, shower soon after the activity
- ❖ As a minimum always wash your hands after paddling and before eating or drinking

If you feel ill after paddling you should tell your Doctor as soon as possible and let them know where and when you have been on the water.

*The NHS publish the following guidance
www.nhs.uk/conditions/Leptospirosis/*

Further information & support is available when required by contacting:

2022 SPRINT RACING

Surname	First name	Year	Club	Surname	First name	Year	Club
Men A Kayak – MAK				Men A Kayak – MAK Cont'd			
Armstrong	Spencer	1999	NOT	Thomson	Trevor	1998	EAL
Atkins	Daniel	2001	RDG	Urquhart	Arthur	1999	ROY
Beevers	Joe	1993	WEY	Watkins	Barry	1989	SLP
Bowley	James	1997	BPR	Wilkes	Peter	1992	CLM
Bowley	Matthew	1994	BPR	Men B Kayak – MBK			
Brennan	Tom	1992	SLP	Barkway	Robert	2000	BPS
Bristow	Stuart	1996	ROY	Beaumont	Adam	1997	CLM
Cadell	Finn	1999	NOT	Benstead	Zak	2001	ELM
Carson	Christopher	1998	WEY	Bicknell	Alex	2001	WEY
Chmiel	Zygy	1997	NOT	Bohle	Oliver	1999	LKR
Collinge	Matthew	2000	FOY	Booth	Toby	2003	NOR
Cresser	Nicky	1981	NOT	Boreham	Nick	1994	NOT
Dembele	Noah	1998	LEA	Bowen	Gabriele	1998	WEY
Devonald	Henry	1995	SWA	Brockway	Jack	2002	LKR
Drage	James	2000	FOY	Brooks	George	2001	WOR
Duffield	Lewis	1995	CLM	Brown	Freddie	2000	WYC
Fletcher	Lewis	1993	LKR	Bunyon	Alex	1999	CLM
Foley	Ronan	2000	SLP	Calder	Jordan	1998	CNI
Gallacher	Ben	2000	FOR	Carpenter	James	1998	FOY
Glover	Sam	1997	RDG	Chmiel	Stani	2003	NOT
Gregory	Magnus	1998	OUC	Clayton Harris	Ben	2003	LEE
Harding	Luke	1998	LON	Clive	Mark	1993	GAI
Heath	Liam	1984	WEY	Daley	Sam	1996	LEE
James	Ieuan	1999	FOR	Darnell	Ben	2000	RLS
Johnson	Daniel	1994	CLM	Devine	Nathon	2002	SLP
Johnson	Matthew	1996	CLM	Doran	James	1999	LIN
Kereszturi	Andras	2001	EAL	Dowden	Timothy	2001	RLS
Killey	Kieron	2000	NOT	Dowling-Clarke	Rory	2003	FOR
Lark	Scoob	1996	ROY	Eccles	Jordi	1996	ANK
Littlewood	Max	1998	NOT	Fitzpatrick	Joe	1993	CLM
Lusty	Tom	1994	SOL	Flanagan	Liam	2002	SLP
Mcintyre	Alex	2000	CLM	Gannicott-Porter	Tim	2000	CLM
Marciniak	Miki	1999	WEY	Gilbert	Harry	1996	ROY
Miles	Philip	2001	RLS	Glaisher	Dougal	1999	NOT
Naftanaila	Stelian	1995	NOT	Greaves	Alex	2001	RLS
Nightingale	Edward	2002	WYC	Hayward	Kieren	1999	NOR
O Connor	Ryan	1999	SLP	Henson	Odhran	2001	SLP
Orme	Ross	1998	ANK	Hicks	Albert	1994	NOR
Pendle	Tim	1989	NOR	Hinves	Xavier	2003	SOU
Quittenton	Peter	1998	LIN	Hinves	Matthew	2001	SOU
Robinson	Matthew	1993	CDF	Holland	Tom	2002	WEY
Russell	James	1997	NOT	Hook	Reef	1999	EAL
Rutherford	Edward	1990	ELM	How	James	2000	NOR
Schofield	Jonathan	1985	SOR	Huntingford	Francis	1998	NOT
Smith	Charlie	1999	NOT	Jefferies	Robert	1993	BAN
Soler Fabre	Ignacio	1994	SOL	Jones	Daniel	2001	DEV
Stewart	Rory	2002	ADS	Kemp	Freddie	2001	RDG
Stoychev	Georgi	1993	RUN	Kovacs	Andras	1998	WEY

2022 SPRINT RACING

Surname	First name	Year	Club	Surname	First name	Year	Club
Men B Kayak – MBK Cont'd				Men C Kayak – MCK Cont'd			
Kowal	Matthew	2002	LKR	Banton	Joseph	2002	LIN
Lewis	Perry	2002	WEY	Betts	Sam	2003	RDG
Martyn	Jordan	2001	WEY	Bowers	Rowan	2003	ELM
McCartney	Matthew	2001	CEL	Butkevicius	Lukas	2003	SLP
McCracken	William	2001	BAN	Butkevicius	Klaidas	2001	SLP
McMullen	Ross	1996	ELM	Critchfield	Harry	2003	BAN
McNally	Odhran	1996	SLP	Crossley	Edward	2003	RLS
Mongan	Patrick	2001	LIN	Dewson	Alfie	2003	LEE
New	James	1995	RDG	Dobson	Edward	1992	DEV
Oakley	Ben	1988	NOT	Evans	Toby	2002	SOU
OKeeffe	Eavan	2003	CEL	Fisher	Matt	2003	LKR
Parkes	Matthew	1996	NOR	Flack	Robin	1998	BAN
Perkins	Nicholas	2001	NOR	Gilbert-Johns	Jack	2002	SOU
Peters	Connor	1996	FOY	Green	Blaize	1996	CLM
Petersen	Joe	1999	RLS	Griffin	Ben	2003	RLS
Pickering	Max	2002	LBZ	Griffiths	Oscar	2001	CLM
Pirmuhamedov	Jonathan	2003	CLM	Grimsey	Daniel	2001	SOU
Price	Daniel	2003	WEY	Gurney	David	2002	CLM
Quittenton	Ben	2001	LIN	Harte	Shaun	1999	NOT
Richards	Joe	2001	NOR	Herbert	Owain	2001	FOX
Saunders	Harry	2000	RLS	Herwanger	Francis	2003	RIC
Scammell	Will	2000	ELM	Hubbard	Tom	2002	ROY
Sharpe	Tom	1990	RIC	Ilett	Robbie	1993	NOT
Shaw	Luke	2000	NOR	Karatzoulas	Kostantinos	1993	LIN
Sielicki	Maksymilian	2002	GLW	Kleta	Devin	2002	RIC
Skippings	Adam	2000	CLM	Lodge	Matthew	1995	NOR
Smith	Connor	2002	NOR	Macnab	Conor	1999	RLS
Smith	Lewis	2003	LIN	March	Daniel	2002	CLM
Smith	Ryan	2000	RNP	Mulligan	Oisin	2001	SLP
Smith	Ben	2003	SLP	Murad	Josh	2001	NOR
Smithson	James	2000	RLS	O'Brien	Finn	2001	CLM
Stanway	Thomas	1995	CLM	O'Brien	Alex	2001	CEL
Stormont	Nicholas	1996	FOX	O'Toole	Eoin	2002	SLP
Stroud	William	1999	CLM	Phillips	Michael	2003	BAN
Swan	Sam	2003	WEY	Righelli	Edoardo	1990	FOX
Szabadvari	Miklos	2003	RDG	Rowlands	Mathew	1991	CDF
Tarver	Zac	2003	ELM	Stevens	Reeve	2000	DEV
Thorogood	Philip	1989	ELM	Stormont	James	1994	FOX
Tonkin	Alex	2003	RDG	Taylor	Zach	2002	NOR
Walkinton	James	1994	CLM	Tarrant	Jon	1989	RLS
Want	Benjamin	2003	NOR	Thomas	Darragh	2003	SLP
Wilkinson	Ethan	2002	WEY	Tietema	Rory	2002	RDG
Williams	James	1996	RUN	Tilbury-Clarke	Simon	1999	PAN
Men C Kayak – MCK				Urquhart	George	2001	BAN
Ap-Cooke	Geraint	2002	SWA	Walker	Tom	1999	NOR
Aries	Robert	2003	RLS	Weir	Iain	1992	BAN
Atkins	Matthew	1999	RDG	Wilson	Craig	1997	CNI
Bannatyne	Cameron	2002	NOT	Woods	Joseph	2003	ROY

2022 SPRINT RACING

Surname	First name	Year	Club	Surname	First name	Year	Club
Men D Kayak – MDK				Men D Kayak – MDK Cont'd			
Allan	Cameron	2003	WEY	Snapper	Woody	2001	NOT
Barker	Owen	2000	PAN	Spink	Matt	1998	NOT
Battison	Alex	1999	BAN	Stenning	Richard	1997	NOR
Beard	William	2001	WYC	Thorne	David	2002	NOR
Bell	Jasper	2003	BAN	Totten	Drew	2003	BCC
Blackmore	Chris	2003	CLM	Wain	Joel	1995	FOY
Caislean	Gael	2003	SLP	Wardell	Harrison	2003	LIN
Caton	Euan	2001	BSF	Weir	Roger	1991	BAN
Clarke	Matthew	1996	RDG	Westwood	Joshua	1998	LBZ
Clinton	Charlie	2002	ANK	Whittaker	Joe	2001	RIC
Colby	Daniel	1994	DEV	Williamson	Alexander	2002	CLM
Cook	Oliver	1999	NOT	Woodley	Sean	1993	CLM
Dacombe	Micheal	2002	SOL	Young	Spencer	2003	SLP
Davis	Aidan	2003	NOR	Men Masters A Kayak – MVAK			
Deville	Andrew	1997	CLM	Baban	Eugen	1977	BCC
Dewdney	Elliott	2001	WEY	Boehm	Edgar	1977	RDG
Fillingham	Patrick	2002	RDG	Butler	James	1969	NOT
Fisher	Joshua	2000	LKR	Caffrey	Colin	1978	SLP
Fitzgerald	Tommy	2001	PAN	Christie	Jamie	1972	SOR
Flory	Tom	2002	FOX	Croucher	Adrian	1961	WEY
Henderson	Max	2001	RIC	Egan	Peter	1979	SLP
Hill	Sam	2003	RDG	Enoch	Matthew	1976	NOT
Hogan	Finlay	2001	ROY	Folland	Jonathan	1973	SOR
Hopkirk	Daniel	2003	LIN	Fowler	Nick	1976	WOR
Hynds	Archie	2003	ELM	Irvine	Brett	1979	RIC
Jackson	Oliver	2003	LIN	Jones	Nigel	1978	NOT
Jault	Oliver	2003	BAN	Lodge	Timothy	1972	WEY
Johnson	Luke	2000	BAN	Mayers	James	1974	RUN
Jones	Bailey	2002	FLA	Moule	Steve	1979	CLM
Kileen	Conor	2003	SLP	Moule	Keith	1980	CLM
Lavelle	Dan	2003	SLP	Murray	Kenlea	1973	RIC
Leaver	Bryan	1990	WEY	Pedlar	David	1976	WOR
Leech	Arthur	2000	RIC	Plant	Laurence	1987	RDG
Legg	Sam	1990	LBZ	Rogers	Richard	1973	CHE
Luc	Tuan	2002	FOX	Shephard	Owen	1987	CLM
MacDonald	Sam	2001	RDG	Sirrell	Brett	1971	RLS
Martin	Oscar	2001	SLP	Sweetlove	Ray	1974	BCC
McCartney	Daniel	2003	CEL	Walsh	Shaune	1986	NOT
McGivern	Noah	2003	BCC	Men Masters B Kayak – MVBK			
Meikle-Briggs	Adrian	2001	RIC	Allinson	Patrick	1959	NOT
Meliak	Erik	1995	SOU	Anderson	Grant	1983	NOT
Melly	Dominic	1990	WEY	Anderson	Julian	1971	SOU
Panev	Deni	2002	FOX	Belbin	David	1965	NOT
Phillips	Ben	1998	RIC	Blackman	Bruce	1967	GAI
Radford	Ben	2003	WEY	Blackman	Neil	1963	RLS
Reilly	Fergal	2002	SLP	Butt	Adrian	1964	SOU
Skippings	Jack	2003	CLM	Dimmock	Paul	1959	WEY
Smith	Seamus	2001	POO	Drummond	John	1974	RDG

2022 SPRINT RACING

Surname	First name	Year	Club	Surname	First name	Year	Club
Men Masters B Kayak – MVBK Cont'd				Men Masters C Kayak – MVCK Cont'd			
Dzymba	Andrei	1963	RIC	Gadd	Paul	1961	ADS
Freeland	Jeremy	1970	RDG	Garner	Nick	1968	RIC
Giles	Mark	1972	FLA	Gorman	Peter	1955	WEY
Hampton	Keith	1959	LIN	Greyson-Newman	Tony	1968	RIC
Hinves	James	1973	SOU	Grimsey	Damon	1971	SOU
Kelly	Andrew	1958	RUN	Grimwood	Andrew	1967	LIN
Kent	Richard	1962	SOU	Guest	Robert	1960	NOT
Lowe	Paul	1968	NOT	Hancy	Martin	1969	NOR
Martin	Michael	1965	LBZ	Haws	David	1964	WEY
Martyn	David	1967	WEY	Head	Tom	1980	CLM
Millar	David	1966	EXE	Herbert	Doug	1975	CLM
Missen	Stan	1959	BOA	Herwanger	Jorg	1969	RIC
Neale	Clive	1969	TON	Holmes	Graham	1957	WEY
Nicholson	Andy	1962	WEY	Hook	Martin	1971	EAL
O Drisceoil	Deaglan	1965	SLP	How	Matt	1965	NOR
Oliver	Matthew	1974	LIN	Kaloczy	Zoltan	1962	NOT
Pearce	Mark	1971	LON	Kucska	Imre	1983	NOT
Pendle	Dyson	1957	NOR	Lucas	Roland	1961	RIC
Penson	Tim	1980	EXE	Marshall	Derek	1956	LKR
Prosser	Jack	1983	RIC	Martin	Eddie	1968	SLP
Riley	Gordon	1971	ANK	Mason	Norman	1952	NOT
Rinvolucri	Martin	1968	NOT	McAra	Neil	1967	BAN
Roeser	Duncan	1968	WEY	McIntyre	Donal	1966	WEY
Senk	Stefan	1980	RDG	Murphy	Gerry	1960	BCC
Smith	Kevin	1961	RDG	Partridge	Gary	1965	TRU
Speirs	Gilbert	1953	LKR	Pemble	Doug	1964	ADS
Stenning	Paul	1977	LBZ	Peters	Guy	1961	RIC
Topham	Nik	1967	RDG	Pipe	Alastair	1969	RUN
Vincent	Richard	1957	SOR	Roberts	Mark	1985	ROY
Westall	Matthew	1984	PAN	Scrivener	Mark	1968	FOX
Men Masters C Kayak – MVCK				Men Masters D Kayak – MVDK			
Alexander	Gary	1969	ADS	Shephard	Evan	1985	RDG
Anderson	Mike	1975	NOR	Sklenar	Jan	1971	NOR
Avery	Robin	1948	BAN	Smith	David P	1978	WOR
Battershell	David	1964	WEY	Toovey	Jason	1976	LKR
Bell	Stuart	1970	DEV	Villaruel	Matthew	1969	EAL
Blackman	Howard	1965	BPR	Walker	Thomas	1981	RIC
Brookes	Paul	1967	GAI	Williams	Dean	1967	CLM
Bull	Martin	1975	NOT	Williams	Robin	1958	WEY
Carter	Guy	1977	RIC	Men Masters D Kayak – MVDK			
Channon	Peter	1961	RIC	Applewhite	Adrian	1972	CLM
Clifford	Alex	1973	WEY	Atkins	Lee	1969	RDG
Czillaho	Laszlo	1956	RIC	Avery	John	1970	CLM
Dodson	Andy	1963	ADS	Ball	Mark	1970	DEV
Driskel	Daniel	1984	EAL	Beaver	Timothy	1963	SOR
Epps	Terry	1954	NOR	Blatchly	Mark	1963	NOT
Fegent	Mike	1956	RIC	Boonham	Chris	1965	RDG
Frankland	Nigel	1960	RDG	Cambell	David	1957	WEY
				Campkin	Russell	1980	LBZ

2022 SPRINT RACING

Surname	First name	Year	Club	Surname	First name	Year	Club
Men Masters D Kayak – MVDK Cont'd				Men Masters D Kayak – MVDK Cont'd			
Chamberlin	Tim	1972	CLM	Smith	Gary	1967	NOR
Chernyshenko	Dmitri	1981	RIC	Tatam	Chris	1950	SWA
Conway	James	1977	RIC	Thom	Neil	1985	WEY
Curry	Phil	1958	CLM	Thompson	Paul	1960	WEY
Davison	Max	1965	BAN	Want	Adam	1970	NOR
Deville	Mark	1963	CLM	Waszkiewicz	Tony	1955	RIC
Dixon	Nigel	1962	LBZ	Wilkinson	Philip	1963	LIN
Doran	Andrew	1969	LIN	Willis	Peter	1956	CLM
Evans	David	1962	GLO	Wright	Simon	1972	LIN
Fenwick	Jonthan	1967	LON	Boys A Kayak - BAK			
Flockhart	Alex	1981	RIC	Bray	Ruairi	2004	SLP
Gilbert-Johns	Richard	1965	SOU	Cabrera	Benjamin	2004	TRU
Glasspole	Julian	1964	RDG	Carter	Jack	2004	ROY
Gould	Tim	1951	RIC	Cooke-Bayley	Haydyn	2005	NOT
Grant	Michael	1974	RIC	Cribbett	Sam	2005	RLS
Green	Robert	1955	NOR	Ferri	Luca	2004	ELM
Griffiths	Daniel	1971	CLM	Freeland	Harry	2005	RDG
Gutteridge	Marc	1971	RDG	Harris	Carl	2004	SLP
Hackwell	Paul	1969	TRU	Hinves	Andre	2006	SOU
Hadley	Dave	1965	NOT	Leiper	Aidan	2004	LKR
Hawthorn	Michael	1952	WOR	Motha	Michael	2004	RIC
Hayman-Joyce	Richard	1967	WEY	O Connor	Dylan	2005	RIC
Hill	Tant	1972	RDG	Partridge	Oscar	2004	TRU
Hipkins	Kevin	1966	LON	Pipe	Isaac	2004	RUN
Hunter	Trevor	1966	DEV	Popham-Coveley	Gabriel	2005	FOX
Hutchinson	Stuart	1971	RDG	Railton	Joe	2004	FOY
Ilett	Peter	1962	NOT	Rushby	James	2004	RIC
Jack	Duncan	1965	NOT	Sklenar	Dan	2004	NOR
Jones	Christopher	1976	LBZ	Topham	Finlay	2004	RDG
Jones	Gavin	1968	WEY	Boys B Kayak - BBK			
Kew	Jim	1973	WEY	Stanley	Dominic	2004	FOX
Lack	Kevin	1967	LIN	Allen	Charlie	2004	DEV
Langham	Joseph	1977	WEY	Ayran	Koen	2006	FOX
Lawrenson	Bill	1955	BPR	Barzilai	Joshua	2004	RIC
Lee-Smith	Clifford	1949	NOR	Bates	Sam	2006	ROY
Long	Dave	1973	FOX	Beeson	Charlie	2006	RDG
Lovell	Richard	1963	DEV	Bhoola	Trishan	2006	RIC
Marnell	Stephen	1967	RUN	Bullock	Toby	2007	EXE
Mason	Tom	1960	NOT	Butler	Edward	2005	NOT
Mietus	Peter	1955	NOT	Donnellan	Paul	2004	SLP
Nagy	Balint	1970	RDG	Enoch	Joe	2006	NOT
Oliver	Richard	1947	LIN	Grant	Harvey	2004	RIC
Oliver	Laurence	1943	LIN	Hackwell	Sam	2006	TRU
Russell	Phil	1968	CLM	Higgins	Ben	2005	SLP
Schofield	Christopher	1965	NOR	Howells	Drew	2004	CDF
Scott	Tim	1962	NOR	Kabeer	Muhammad		
Simmons	Ray	1975	LIN		Ali	2006	WOK
Smith	Steve	1968	WEY	Lamb	Nathaniel	2006	SOU

2022 SPRINT RACING

Surname	First name	Year	Club	Surname	First name	Year	Club
Boys B Kayak – BBK Cont'd				Boys C Kayak – BCK Cont'd			
Larner	William	2006	BAN	Hubbard	Edward	2004	ROY
Lear	Harry	2004	ROY	Hunt	Ethan	2008	FOY
Levkovskyy	Philip	2005	EAL	Hunter-Hopkins	Arthur	2009	DEV
Lewis	Findlay	2005	LKR	Irven	Samuel	2004	CLM
Mavra	Danny	2006	RIC	Jacq	Louis	2005	CAM
Medepalli	Shirav	2005	RIC	Mazur	Olivier	2008	RDG
Morley	Arthur	2005	WEY	Moseley	Thomas	2004	SOL
Nelson	James	2005	RDG	Moxon	Noah	2004	BAN
Power	Josh	2005	LBZ	Murdoch	Martin	2004	ROY
Rayment	Jack	2006	LBZ	Murray	Joseph	2005	GLW
Rea	Alex	2004	CNI	Osmola	Mikolaj	2006	GLW
Rogers	Teifion	2004	CHE	Parker	Jacob	2004	SOU
Ross	James	2007	ELM	Patterson	Sam	2007	LKR
Sebti	Karim	2004	RIC	Redjeb	Erin	2005	ROY
Singleton	Huw	2006	NOT	Sales	Theo	2006	CAM
Skinner	Peter	2005	RDG	Scaplehorn	William	2006	DEV
Smith	Kieran	2004	NOR	Schleiter Nielsen	Lukas	2005	FOX
Sroka	Kacper	2004	LKR	Sewell-Catchpole	Harry	2006	NOR
Strachan	Rory	2007	GLW	Short	Will	2007	ELM
Stratford	Ben	2004	LBZ	Sroka	Szymon	2008	LKR
Tamblin	Mitchell	2005	NOR	Stevely	Will	2007	ESK
Thomas	Tony	2004	GLW	Stevely	Sam	2007	ESK
Tideswell	Sebastian	2004	CAM	Taylor	Jago	2005	NOR
Tietema	Cormac	2006	RDG	Teeuwen	Aidan	2006	LON
Tomlinson	Leon	2005	MVR	Tideswell	Rupert	2007	CAM
Toop	Regan	2006	WYC	Villaruel	Leo	2004	EAL
Wroe-Pattullo	Arthur	2004	FOX	Zasadzinski	Damian	2006	GLW
Boys C Kayak – BCK				Boys D Kayak – BDK			
Allan	Patrick	2006	WEY	Andrews	Lewis	2006	LIN
Baban	Lucian	2004	BCC	Aveson	Issac	2009	ROY
Baker	Adam	2004	LBZ	Barber	Nathan	2004	ADS
Banfield	James	2005	ELM	Barnett	Doogal	2010	FLA
Bicknell	Sam	2004	WEY	Barzilai	Louis	2006	RIC
Collins	Hamish	2005	RIC	Betts	Toby	2006	RDG
Coyle	Ryan	2007	GLW	Beveridge	Cnochur	2005	LON
Cramer	Fletcher	2006	SOU	Blackledge	Dan	2005	FOX
Cramer	Charlie	2004	SOU	Boland	Scott	2004	SLP
Ehrnrooth	Philippe	2007	DEV	Bourne	James	2006	SOU
Ellis	Joseph	2005	BAN	Campbell-Reide	Max	2005	FOX
Fuller	Nathaniel	2004	CLM	Chapman	Christopher	2007	ROY
Galliers	Joseph	2005	LBZ	Clarke	Calum	2005	SLP
Gravell	Magnus	2005	LBZ	Clifford	Lucas	2009	WEY
Griffin	Kit	2006	RLS	Dickson	Sam	2008	FOX
Hall	Billy	2004	NOR	Flanagan	Conor	2005	SLP
Hayman-Joyce	David	2004	WEY	Flint	Ben	2007	WEY
Hills	James	2006	RIC	Fraser	Corran	2007	LKR
Hilyer	Herbert	2005	NOR	Gohar	Fabio	2007	RIC
Holt	Flynn	2006	ROY	Heard	Freddie	2009	EXE

2022 SPRINT RACING

Surname	First name	Year	Club	Surname	First name	Year	Club
Boys D Kayak – BDK Cont'd				Women A Kayak - WAK			
Helder	Dominic	2006	ELM	Broughton	Lizzie	1988	RIC
Herriot	Archie	2005	GLW	Brown	Hannah	1990	WYC
Hughes	Patrick	2005	NOR	Dale	Enya	2001	FOX
Kinder	Tyler	2008	RDG	Egan	Jenny	1987	SLP
Kitterhing	James	2004	ELM	Hannah	Angela	1986	BAN
Lovegrove	Fred	2006	HER	Kerr	Deborah	1997	ANK
Long Ching Tang	Austen	2006	RIC	Lee-Smith	Lucy	1997	NOR
Lovell	Jamie	2006	DEV	Lewis	Emily	1993	WOR
Luc	Kiet	2006	FOX	Rees-Clark	Sam	1995	NOT
Lynn	James	2006	BAN	Russell	Emma	2000	CLM
Mableson	Tom	2006	NOR	Schofield	Rachel	1988	WEY
Macnab	Jenson	2007	RDG	Turner	Amy	1993	BAN
Marques	Andre	2005	NOR	Simon	Rebeka	1996	ELM
Marsh	Jake	2007	WYC	Walker	Jessica	1990	ROY
Martin	Dylan	2008	DEV	Women B Kayak – WBK			
McClellan	Caleb	2006	CNI	Anderson	Grace	2003	NOR
McManus	Sean	2004	SLP	Armstrong	Alexandra	2003	LKR
Munro	Johnnie	2006	GLW	Ball	Flossie	2002	DEV
Murphy	Aeron	2008	RLS	Brookes	Katie	2002	WOR
Muthreich	Fredrik	2006	ROY	Browne	Gemma	1994	ROY
Nagy	Marcell	2009	RDG	Burgess	Ellie	1999	BTH
O Hare	Cameron	2007	DEV	Burgess	Abi	1999	WEY
O Sullivan	Conor	2005	SLP	Carmicheal	Georgia	2002	LON
O'Halloran	Daniel	2006	CLM	Carter	Molly	2001	ROY
Pepper	William	2004	BAN	Clark	Zoe	2001	ROY
Perry	Joshua	2005	BAN	Clayton	Tanisha		
Pitt	Henry	2009	ROY		Nicole	1994	RDG
Power	Olie	2006	LBZ	Collins	Imogen	1993	RDG
Prior	Nathan	2007	ELM	Dale	Ava	1998	FOX
Roeser	William	2008	WEY	Duffield	Florence	2000	NOR
Saunders	Danny	2008	WEY	Farrant	Talitha	1998	WEY
Saunders	Edward	2006	WEY	Freeman	Anoushka	1999	RIC
Shetty	Felix	2006	WEY	Guest	Lucy	2002	NOT
Shipway	Ben	2005	SOU	Hipkins	Kate	2002	LON
Simmons	Conor	2007	LIN	Johnson	Melissa	1997	CLM
Sirrell	James	2007	RLS	Kneen	Rachel	2000	FOR
Smith	Rory	2007	NOR	Lane	Alexandra	1994	RDG
Sparks	Sam	2009	RLS	Martyn	Samantha	2000	WEY
Sutton	Josh	2007	WYC	Myburgh	Renee	1999	ROY
Taylor	Ryan	2007	BAN	Pemble	Becky	2003	ADS
Turner	Luke	2004	GLW	Peters	Freya	2001	RIC
Witfowski	Tomasz	2006	GLW	Smith	Aisling	1993	SLP
Worgan	Alexander	2007	ROY	Sudeikyte	Dovile	1992	ROY
Wright	Jacob	2004	RDG	Thompson	Zoe	2003	CNI
				Thompson	Sophie	2000	WEY
				Wallace-Loizou	Maia	1999	RIC
				Wells	Nicole	1995	LIN

2022 SPRINT RACING

Surname	First name	Year	Club	Surname	First name	Year	Club
Women C Kayak – WCK				Women D Kayak – WDK Cont'd			
Aspell	Megan	1998	RNP	Bradley	Aisling	1997	ROY
Avery	Abigail	2003	ROY	Brattisani	Zoe	2003	WEY
Brookes	Chelsea	1996	GAI	Callaghan	Kate	2001	SOU
Burnham	Abigail	2003	WEY	Cechowa	Lada	1997	GLW
Christie	Kerry	2003	BRK	Chappell	Ellie	2002	LEE
Clark	Bea	2002	ROY	Clegg	Jenny	2002	DEV
Cox	Amber	2002	ELM	Comben	Kathryn	2003	CLM
Daysh	Amy	2002	EXE	Copeland	Ashla	2002	SLP
Dilai	Maggie	1986	NOT	Cronin	Ellie	2003	LEE
Ellis	Charlotte	1994	LBZ	Crossley	Jo Jo	1991	RDG
Falltrick	Leah	1996	CLM	Dickson	Charlie	2002	FOX
Fenwick	Georgia	2003	RDG	Dimmock	Mille	2000	WEY
Gadd	Sophie	2002	ADS	Dixon	Katy	2003	LBZ
Groves	Sofia	2003	NOR	Fernandez	Isabella	2002	LIN
Hicks	Harriet	1996	NOR	Flack	Annalies	1996	BAN
Hills	Melody	2002	RIC	Gilbert-Johns	Sophie	1999	SOU
Holmes	Jessica	2003	RIC	Godsave	Lauren	1989	WEY
Hurrell	Zoe	2001	ADS	Harbridge-Hui	Phoebe	2003	RDG
Jones	Natasha	2001	WEY	Hill	Imogen	2002	CLM
Mann	Jasmine	1999	CDF	Holmes	Molly	2003	PEN
McMullen	Georgina	1998	RIC	Holmes	Sarah	1988	NOT
Montagna	Elise	2003	ROY	Huggins	Megan		
Murphy	Alice	1992	BAN		Louise	2003	SWA
O	Yun	2002	RIC	Hyde	Lottie	2001	ROY
Oxtoby	Lydia	1992	LBZ	Jackson	Hollie	2001	FOX
Ozvald	Maja Kira	2001	RUN	Jefferies	Robyn	1992	BAN
Pocklington	Katie	2003	WYC	Kenny	Megan	1996	EXE
Polgreen	Lizzie	1988	FOX	King	Issy	2002	RIC
Railton	Anna	1989	FOX	Kirby	Kitty	2001	WYC
Roghi	Alis	2003	NOR	Lawton	Natasha	1997	GLW
Shaikh Ali	Aida	2003	FOR	Le-May	Charlotte	2003	NOR
Slack	Ellen	2001	ROY	Lillis-Brooks	Olivia	2003	RLS
Stephens	Hannah	2001	CDF	Long	Jessica	1999	FOX
Swift	Rebecca	2002	RDG	Long	Sophie	2000	FOX
Terry	Stacey	1994	NOR	McDowell	Florence	2002	ROY
Trotter	Katherine	1993	ELM	McGonigie			
Urquhart	Jessica	2003	NOT	Navarro	Caitriona	2003	SLP
Walker	Katy	2002	NOR	Millar	Katharine	1999	EXE
Williams	Katie	1992	ELM	Mobbs	Holly	1998	WEY
Women D Kayak – WDK				Murray	Eabha	2002	SLP
Alexander	Heather	2003	ADS	Nelson	Rachel	2003	RDG
Allen	Mae	2002	DEV	Oastler	Madeleine	2003	CLM
Avery	Lauren	1998	CLM	O'Connell	Elly	1993	RIC
Avery	Lauren	2001	ROY	Parker	Sophie	1990	CLM
Barker	Amy	2002	NOR	Sealey	Hannah	1994	RDG
Barnard	Leanne	1995	LIN	Shetty	Sienna	2003	WEY
Barrett	Emily	2003	RLS	Skwarska	Hannah	2002	WEY
Benstead	Ruby	2003	ELM	Smith	Ella	2001	WEY
				Smith	Amelie	2002	WEY

2022 SPRINT RACING

Surname	First name	Year	Club	Surname	First name	Year	Club
Women D Kayak – WDK Cont'd				Women Masters D Kayak – WVVK Cont'd			
Suttie	Hannah	2003	WEY	Fooks	Juliet	1970	DEV
Walker	Lucy	2003	NOR	Golder	Elena	1982	FOX
Walkinton	Holly	1993	CLM	Grady	Fiona	1973	NOR
Wilcox	Megan	1996	NOR	Green	Helen	1967	CLM
Wilkinson	Freya	2002	LIN	Hawthorn	Susan	1963	WOR
Winyard	Nicola	1989	WEY	Herwanger	Tanya	1973	RIC
Wright	Ivy	2002	LEE	Hicks	Julie	1962	NOR
Wyatt	Zowie			Hinkova	Andrea	1972	NOR
	Heather	1991	CLM	Howell	Catherine	1974	NOT
Yull	Tabitha	2003	NOR	Hunter	Beverly	1959	DEV
Women Masters A Kayak – WVAK				Hutchinson	Erika	1977	RDG
Mason	Hayleigh	1986	NOT	Impey	Vanessa	1977	RIC
Swarbreck	Jane	1987	RIC	Jacoby	Nikki	1962	RDG
Women Masters B Kayak – WVBK				Jenkins	Justine	1969	NOT
de Bruijn	Suzanne	1986	NOR	Johnson	Colette	1964	BAN
Neave	Shuna	1986	NOT	Jones	Jenny	1967	DEV
Von Maltzahn	Robyn	1981	RIC	Jones	Caroline	1966	NOT
Wilson	Katherine	1985	RDG	Martyn	Caroline	1968	WEY
Women Masters C Kayak – WVCK				McManus	Kate	1967	NOT
Banson	Caroline	1965	NOR	Middlehurst	Sue	1962	ADS
Barrell	Jodie	1983	LBZ	Millar	Jane	1956	NOT
Davies	Claire	1987	NOT	Moore	Jenni	1983	NOR
Drummond	Catherine	1980	RDG	Morley	Tania	1965	NOR
Hills	Ludy	1978	RIC	North	Nanette	1984	CAM
Overton	Anna	1981	DEV	O'Connell	Felicity	1984	BAN
Owen	Linos	1982	RLS	Oughton	Lynda	1959	NOT
Peck	Hannah	1983	RIC	Parsons	Tina	1963	NOT
Scaplehorn	Kate	1979	DEV	Pemble	Caroline	1975	ADS
Vernau	Sarah	1978	NOT	Pendle	Ali	1961	NOR
Whitear	Faye	1986	RIC	Peters	Annette	1966	RIC
Womens Masters D Kayak – WVVK				Pflug	Karen	1968	WEY
Alexander	Sally	1965	ADS	Pickles	Una	1965	RIC
Alexander	Jan	1962	NOR	Phillips	Louise	1992	RIC
Avery	Tracy	1966	CLM	Ramplin	Carol	1963	WEY
Ayres	Elizabeth	1980	NOT	Robertson	Becky	1981	NOR
Barkway	Kelly	1972	BPS	Smith	Robyn	1974	LIN
Bates	Joanne	1981	FOX	Stratford	Alex	1975	CLM
Bunyon	Lynn	1966	CLM	Thraves	Eleanor	1985	NOT
Butler	Michelle	1970	NOT	Urquhart	Siobhan	1965	BAN
Chmiel	Alison	1963	NOT	Walker	Sarah	1973	NOR
Clark	Amanda	1966	CLM	Watts	Emma	1974	WEY
Colby	Sue	1970	DEV	Wells	Hilary	1968	RIC
Davies	Bethan	1983	RDG	Girls A Kayak – GAK			
Davis	Joanne	1967	NOR	Armstrong	Kristina	2005	LKR
Dodson	Wendy	1952	ADS	Green	Amy	2004	WOR
Drane	Coral	1963	NOR	Lewis	Honor	2004	WEY
Dyndor	Zoe	1982	BAN	O Drisceoil	Eabha	2004	SLP
Field	Kirstin	1973	RIC	Roeser	Greta	2005	WEY

2022 SPRINT RACING

Surname	First name	Year	Club
Girls B Kayak – GBK			
Ball	Mollie	2006	DEV
Bethune	Isla	2005	ELM
Boonham	Georgia	2005	RDG
Clarkson	Hannah	2004	GLW
Enoch	Matilda	2005	NOT
Gilbert-Johns	Poppy	2005	SOU
Hall	Nerys	2005	WEY
Hunter	Imogen	2005	CAM
Hutchinson	Annabel	2006	RDG
James	Scarlett	2004	SER
Jepson	Klara	2004	FOX
Jones	Isabella	2004	WEY
King	Edith	2005	ROY
Patrick	Iona	2006	ESK
Payne	Sienna	2006	CLM
Perry	Beth	2006	SOU
Poole	Elizabeth	2004	ELM
Sklenarova	Kamila	2007	NOR
Spencer	Jasmine	2005	RLS
Toovey	Hannah	2008	GLW
Troy	Cara	2004	ELM
Warburton	Molly	2004	LIN

Girls C Kayak – GCK			
Ball	Daisie	2009	DEV
Blatchly	Stephanie	2005	NOT
Bowles-Trow	Emily	2007	ADS
Cabarique	Sheila		
	Monera	2005	SOU
Caffrey	Niamh	2005	SLP
Cooke	Molly	2005	GAI
Davison	Rosa	2005	BAN
Falco	Elise	2004	WEY
Fisher	Abbie	2004	LIN
Fulford	Isabelle	2005	RDG
Gallagher	Hannah	2004	WEY
Gwyn	Molly	2005	WYC
Hamel	Florence	2006	RIC
Herriot	Zoe	2008	GLW
Holland	Jasmine	2004	CDF
Jones	Jess	2007	RLS
Kubisch-Wiles	Tilla	2005	RDG
Long	Catherine	2006	FOX
Pemble	Hannah	2005	ADS
Pepper	Milly	2005	LIN
Pyrz	Alicja	2007	GLW
Sandercock	Molly	2004	BRK
Sielicka	Ksymena	2005	GLW
Smith	Kathryn	2004	CNI

Surname	First name	Year	Club
Girls D Kayak – GDK			
Attwood	Holly	2006	WEY
Bajpai	Tia	2007	RDG
Barker	Isla	2004	ROY
Bates	Annie	2008	ROY
Beeson	Alice	2009	RDG
Bennett	Elie-Mae	2006	LBZ
Biles	Scarlett	2005	SOU
Bowers	Zara	2005	ELM
Christie	Emma	2004	BRK
Comfort	Kiera	2004	WEY
Cooke	Madison	2005	GAI
Cureley	Emma	2004	SLP
Davis	Megan	2005	NOR
De Bilio	Dianora	2009	ROY
Dubock	Jess	2005	FOX
Fitzhenry	Farrah	2006	CNI
Fooks	Beatrix	2006	DEV
Fulford	Charlotte	2008	RDG
Fuller	Naomi	2007	CLM
Giles	Evie	2007	FLA
Gordon	Giulia	2008	GLW
Gordon	Alice	2005	GLW
Gwyn	Florence	2007	WYC
Hogan	Aisling	2004	ROY
Jepson	Nora	2005	FOX
Jess	Ceri	2005	CNI
Jones	Alexandra	2005	ELM
Karthikeyan	Tara	2007	CLM
Keil	Elinor	2004	RLS
Kew	Ellie	2004	WEY
Koszorek	Izabela	2005	CNI
Laking	Isla	2004	LIN
Murdoch	Lauren	2005	ROY
Needham	Honor	2008	WOR
Parkinson	Skye	2006	RIC
Pedlar	Tamsin	2008	WOR
Perrin	May	2008	CLM
Rae	Maggie	2006	LBZ
Ritchie	Chloe	2006	WEY
Scrivener	Frankie	2007	FOX
Strachan	Abigail	2009	GLW
Stratford	Lilly	2004	CLM
Thistlewood	Charlotte	2004	NOR
Thomson	Amelia	2004	CLM
Tristram	Lucy	2006	RLS
Widdows	Estelle	2007	NOR
Williamson	Francesca	2004	CLM
Wynne	Lauren	2005	FOR

2022 SPRINT RACING

Surname	First name	Year	Club
Canoe Men A – CMA			
Hayman-Joyce	Joseph	1996	WEY
Jones	Jonathon	1996	FLA
Canoe Men B – CMB			
Bogdanovs	Dmitrijs	1985	FOX
Caines	George	1990	NOT
Calvert	Christopher	1991	FLA
Lambert	Thomas	2001	LIN
Lawrence	Matthew	1982	LBZ
Love	Tom	1974	RLS
Marasa	Alexander	2001	GLW
Meikle-Briggs	Adrian	2001	RIC
Phillips	Ben	1998	RIC
Simko	Aleksandrs	1986	BSF
Styan	James	1990	FLA
Train	James	1986	FLA
Train	Steve	1962	FLA
Train	Andrew	1963	FLA
Weir	Iain	1992	BAN
Weir	Roger	1991	BAN
Canoe Men C – CMC			
Battison	Alex	1999	BAN
Chalakov	Yordan	1990	RUN
Koti	Daniel	1994	NOT
Leech	Arthur	2000	RIC
Shaw	Seb	1992	FLA
Szalontai	Sandor	1992	RIC
Szeltner	Gabor	1976	RIC
Train	Matthew	1992	FLA
Canoe Men D – CMD			
Bell	George	2003	FLA
Brooks	George	2001	WOR
Cook	Oliver	1999	NOT
Gohar	Marcus	1959	RIC
Herwanger	Francis	2003	RIC
Kimberley	Maxim	2003	RDG
Kleta	Devin	2002	RIC
Leech	David	1992	RIC
Lim	David	1992	RIC
March	Daniel	2002	CLM
Marciniak	Miki	1999	WEY
Martin	Michael	1965	LBZ
Moule	Keith	1980	CLM
Phillips	Luke	2002	RIC
Prosser	Jack	1983	RIC
Taylor	Malcolm	1999	TAM
Thomas	William	2002	NOT
Williams	Robin	1958	WEY

Surname	First name	Year	Club
Canoe Boys C – CBC			
Chisholm	Owen	2006	RIC
Lei	Hou	2005	NOT
Canoe Boys D – CBD			
Elliott	Andrew	2007	RIC
Gohar	Fabio	2007	RIC
Long Ching Tang	Austen	2006	RIC
Murray	Joseph	2005	GLW
Norton	Frank	2006	RIC
Sarkisyan	Areg	2006	RIC
Szalontai	Andor	2011	RIC
Tomlinson	Luke	2004	NOT
Yurkwich-Ell	Jayden	2004	FLA
Canoe Women A – CWA			
Bracewell	Chloe	1991	LIN
Evans	Isabel	1997	LIN
Fitzhenry	Afton	1995	BCC
Gill	Bethany	1996	CLM
Reid	Katie Jayne	1995	FOR
Canoe Women B – CWB			
Aitchison	Alix	2001	NOT
Palmer	Anna	1997	RDG
Sullivan	Samantha	1998	WYC
Canoe Women C – CWC			
Bennett	Ruth	1999	FLA
Carey	Charlotte	2002	NOT
Dowling-Clarke	Lydia	1999	FOR
Halliday	Callie	1993	FLA
White	Amy	1996	FOR
Canoe Women D – CWD			
Edmonds	Abigail	1990	WEY
Holmes	Sarah	1988	NOT
Jermakova	Jelizaveta	1999	RIC
Joy	Victoria	1997	LIN
Kendall	Ella	2003	NOT
Phillips	Louise	1992	RIC
Turner	Amy	1993	BAN
Canoe Girls C – CGC			
MacCauley	Nelly	2004	NOT
Page	Hannah	2004	NOT
Canoe Girls D – CGD			
Chalmers	Laura	2004	NOT
Hunt	Maisie	2005	NOT
Mavra	Cassia	2011	RIC
Parkinson	Skye	2006	RIC
Sellers	Charlotte	2005	NOT

2022 SPRINT RACING

Surname	First name	Year	Club
Paracanoe Kayak Men KMKL1			
Marsden	Ian	1972	PAR
Paracanoe Kayak Men KMKL2			
Beighton	Nick	1981	PAR
Clark	Stewart	1965	PAR
White	Jonathan	1983	EXE
Paracanoe Kayak Men KMKL3			
Eyers	Jack	1989	PAR
Lodge	Timothy	1972	WEY
Oliver	Robert	1988	PAR
Rees	William	1997	PAR
Tarrant	Jon	1989	RLS
Tweedie	Martin	1973	PAR
Wood	Stuart	1994	PAR
Young	Jonathon	1984	PAR
Paracanoe Kayak Women KWKL1			
Chippington	Jeanette	1970	PAR
Paracanoe Kayak Women KWKL2			
Henshaw	Charlotte	1987	PAR
Wiggs	Emma	1980	PAR
Paracanoe Kayak Women KWKL3			
Dixon	Chelsey	1996	PAR
Fisher	Elizabeth (Beth)	1990	PAR
Gordon	Hope	1994	PAR
Thorpe	Lindsay	1993	4AS
Warren	Jen	1980	RLS
Paracanoe Va'a Men VMVL2			
Clark	Stewart	1965	PAR
Paracanoe Va'a Men VMVL3			
Beighton	Nick	1981	PAR
Eyers	Jack	1989	PAR
O Leary	Patrick	1972	PAR
Phillipson	Dave	1989	PAR
Tweedie	Martin	1973	PAR
Wood	Stuart	1994	PAR
Young	Jonathon	1984	PAR
Paracanoe Va'a Women VWVL2			
Chippington	Jeanette	1970	PAR
Wiggs	Emma	1980	PAR
Paracanoe Va'a Women VWVL3			
Fisher	Elizabeth (Beth)	1990	PAR
Gordon	Hope	1994	PAR
Henshaw	Charlotte	1987	PAR

Surname	First name	Year	Club
Intermediate Boys Kayak – BIK			
Attwood	Owen	2009	WEY
Bates	Ewan	2009	LBZ
Bell	Harris	2008	FOR
Boyce	Ethan	2009	LBZ
Brierton	Louis	2008	LIN
Cribbett	Will	2009	RLS
Duncan	Ethan	2009	LBZ
Fowler-Rimell	Freddy	2009	FLA
Griffin	Josh	2008	RLS
Hackwell	Matthew	2008	TRU
Harris	Owen	2008	CDF
Ives	Edward	2008	TRU
Lovell	Connor	2008	DEV
Neumann	Daniel	2009	RLS
Patterson	Tom	2009	LKR
Pyrz	Mikolaj	2010	GLW
Sales	Hugo	2009	CAM
Walker	Rhys	2009	PAN
Weise	Jackson	2008	RIC
Intermediate Girls Kayak – GIK			
Bates	Molly	2009	ROY
Cove	Poppy	2011	RIC
England	Darcy	2008	GLO
Herbert	Amilee	2009	CLM
Hill	Beatrice	2008	NOR
Holt	Kyla	2009	ROY
Keane	Bella	2009	RIC
Lamb	Eloise	2009	SOU
Mayers	Lottie	2009	RUN
Mcaulay	Eva	2008	NOR
Mavra	Cassia	2011	RIC
Nagy	Hanna	2009	RDG
Perkins	Ruby	2009	LBZ
Perrin	Rebecca	2009	CLM
Ritchie	Izzy	2008	WEY
Sargeant	Jasmine	2008	NOR
Shephard	Ruth	2011	RDG
Topham	Jenna	2008	RDG
Tristram	Hannah	2009	RLS

2022 SPRINT RACING

Surname	First name	Year	Club	Surname	First name	Year	Club
Lightning A Kayak – LTA				Paddle-Ability – PAD			
Adams	Fahron	2011	DEV	Barker	Luke	2006	4AS
Allan	Joshie	2010	WEY	Chettle	Tara	1999	4AS
Ayran	Knoah	2011	FOX	Cook	Shaun	1986	NOR
Barnett	Fergus	2012	FLA	Cook	Matthew	2006	SOL
Bowles-Trow	William	2010	ADS	Cooke	Molly	2005	GAI
Bush	Theo	2010	DEV	Davies	Lewys	2005	4AS
Chamberlin	Finley	2010	CLM	Fisher	Matt	2003	LKR
Davie	Marshall	2011	LKR	Fisher	Joshua	2000	LKR
De Bilio	Lorenzo	2010	ROY	Glaves	Cassie	2008	4AS
Drummond	Joshua	2012	RDG	Hage	Jacob	2003	4AS
Fernandez	Sophia	2007	LIN	Jackson	Oliver	2003	LIN
Fowler-Rimell	George	2011	FLA	Jefferies	Robyn	1992	BAN
Giles	Emilia	2010	FLA	Leaver	Bryan	1990	WEY
Gospodinov	Leon	2010	RIC	Mansfield	Jacob	2002	4AS
Gwyn	Harriet	2010	WYC	Marshall	Zachary	2002	4AS
Harris	Libby	2012	CDF	Morris	Rachel	1979	WEY
Johnston	Benji	2010	WOR	Radcliffe	Ian	1969	NOT
Nobbs	Noah	2012	NOR	Spencer	Daniel	2001	4AS
O Hare	Connie	2011	DEV	Thompson-			
Railton	Isaac	2007	TRU	Martin	Dakota	2007	4AS
Scaplehorn	Alfie	2010	DEV	Warwick	Daniel	2000	4AS
Schofield	Harrison	2010	NOR				
Smith	Louis	2010	WOR				
Toovey	Jack	2011	GLW				
Wade	Jack	2012	RDG				
Wilford	Riley	2011	CDF				
Lightning B Kayak – LTB							
Benson-Bartoli	Evie	2010	CLM				
Ives	Emily	2011	TRU				
Railton	Xavier	2010	TRU				
Roberts Johnson	Dieter	2010	NOR				

Passionate Coaches and Volunteers

A group of club coaches and volunteers meet on a weekly basis to collaborate and exchange ideas. Below are two documents produced by this *Passionate Coaches Group* over the last year.

Universities and their Local Canoe Clubs Document

A list of Universities and their nearest canoe clubs put together for U23s who are moving to University of completing applications and wish to continue paddling.

Download [here](#) or using the QR code below.



Women and Girls in Racing Document

A collection of research outlining the extra challenges women face at canoe clubs and suggestions on how we can encourage more women and girls to remain in the sport.

Download [here](#) or using the QR code below.





British Canoeing Paralympic Programme

Vision: THRIVE – INSPIRE - PERFORM

The British Canoeing Paralympic Programme is funded by UK Sport/National Lottery to support identified athletes in their preparation for international competitions and ultimately provide the opportunity to compete for the highest honours at World Championships and Paralympic Games.

In 2021 the GB Paracanoe Team reached the incredible milestone of being world leading nation for the 10th year in succession. This was achieved in some style with the team winning 7 medals at the delayed 2020 Paralympic Games in Tokyo and 10 medals at the 2021 World Championships in Copenhagen.

As the Paris Paralympic Cycle commences in full British Canoeing is looking to build strength and depth of the GB Paracanoe Team by supporting not only programme athletes but also athletes and coaches through Talent Club Partnerships (TCP's) with Leamington and Norwich Canoe Clubs. Athletes and coaches at the TCP's will receive expert guidance from the World Class Programme and will also be invited to monthly Talent Academy Camps at the High Performance Centre in Nottingham.

For enquiries regarding the British Canoeing Paralympic Programme please contact: steve.train@britishcanoeing.org.uk

British Canoeing Paralympic Programme Athletes 2022

<u>Men</u>	<u>Women</u>
Jack Eyers (Podium)	Jeanette Chippington (Podium)
Robert Oliver (Podium)	Hope Gordon (Podium)
David Phillipson (Podium)	Charlotte Henshaw (Podium)
Stuart Wood (Podium)	Laura Sugar (Podium)
Jon Tarrant (Academy)	Emma Wiggs (Podium)
Jonathan Young (Academy)	
	Llinos Owen (Academy no APA)

Paracanoe Selection Overview 2022

In 2022 there will be 3 international competition opportunities for Paracanoe athletes. Details of these events and the selection process can be found in full on the British Canoeing website:

<https://www.britishcanoeing.org.uk/olympic-paralympic/policies/selection-policies>

2022 Priority: To select athletes in order to build GB Paracanoe Team strength and depth for the Paris and LA Paralympic cycles. To optimise medal delivery at the 2022 World Championships (Halifax-CAN) and European Championships (Munich-GER). To provide opportunities to confirm International Classification status.

Summary of 2022 Paracanoe Competitions

Competition/Regatta	Venue	Date	Date of Selection Announcement by IP
Paracanoe assessment days	Holme Pierrepont, GBR	Contact Roger Weir	For dates contact roger.weir@britishcanoeing.org.uk
Paracanoe Development Team Selection (World Cup Poznan)	Holme Pierrepont, GBR	9 th /10 th April 2022	Tuesday 12 th April 2022
World Cup	Poznan POL	26 th /29 th May 2022	Tuesday 12 th April 2022
Senior World Championship and European Championships Selection	Holme Pierrepont, GBR	3 rd /4 th /5 th June 2022	Tuesday 7 th June 2022
Senior World Championships	Halifax CAN	3 rd /7 th August 2022	Tuesday 7 th June 2022
European Championships	Munich GER	18 th /21 st August	Tuesday 7 th June 2022

Eligibility to Enter Paracanoe Selection Events

To compete at National Regattas including Paracanoe Selection Regattas athletes must:

- Race in National selection competitions as identified in the policy
- Must have achieved the 2022 Paracanoe Regatta Qualification Time(125% GMT) in a Paracanoe specification boat at any of the below:
 1. A UK National or International Regatta (Paralympic Games, World Championship, European Championship or World Cup) in the 12 months prior to the relevant 2022 selection regattas, April 9th/10th, June 3rd/ 4th/5th.
 2. Paracanoe assessment events – For details please contact (roger.weir@britishcanoeing.org.uk)
 3. Paracanoe Talent Academy Athlete with evidenced 200m training data.

Or:

4. Athlete with Mitigating Circumstances with a proven track record of international performance within the past 24 months. (Paralympic Games, World Championships, European Championships, World Cup)
- In addition, athletes must hold a National Classification* in the sport class they are going for selection in or be no more than 2 points over the defined cluster score for one test (leg, trunk or on-water) and also be within the correct cluster scores for the other tests for the sport class they wish to compete in (see classification overview for details of scores, clusters and sport classes) to be eligible for selection in that event.

*To book a classification slot, athletes should contact (macauley.allen@britishcanoeing.org.uk)

2021 Paracanoe National Championship Results

Class	Position	Name	Class	Position	Name
Men KL3	1	Jonny Young	Women KL3	1	Hope Gordon
	2	John Tarrant		2	Llinos Owen
	3			3	Lindsay Thorpe
Men KL2	1	Dave Phillipson	Women KL2	1	Charlotte Henshaw
	2	Nick Beighton		2	Emma Wiggs
Men KL1	1	Ian Marsden	Women KL1		Not contested
Men VL3	1	Jack Eyers	Women VL3	1	Charlotte Henshaw
	2	Martin Tweedie		2	Hope Gordon
	3			3	Beth Fisher
Men VL2		Not contested	Women VL2	1	Emma Wiggs
				2	Jeanette Chippington

Domestic Paracanoe Course Records

Men Kayak	Class	Crew	Time	Date
200m	KL3	Rob Oliver	40.55	04/06/16
200m	KL2	Dave Phillipson	42.54	18/04/21
200m	KL1	Ian Marsden	48.66	29/04/19
Women Kayak	Class	Crew	Time	Date
200m	KL3	Laura Sugar	46.51	06/06/21
200m	KL2	Charlotte Henshaw	48.43	17/04/21
200m	KL1	Jeanette Chippington	54.49	04/06/16
Men Va'a	Class	Crew	Time	Date
200m	VL3	Jack Eyers	47.63	03/07/21
200m	VL2	Stewart Clark	57.71	29/06/19
200m	VL1	No event		
Women Va'a	Class	Crew	Time	Date
200m	VL3	Charlotte Henshaw	57.72	29/06/21
200m	VL2	Emma Wiggs	55.20	03/07/21
200m	VL1	No event		

British Canoeing Sprint Programme

2022 World Class Programme Canoe Sprint Athletes			
Athlete	Funding Level	Athlete	Funding Level
Liam Heath	Podium	Deborah Kerr	Podium
Charlie Smith	Podium	Katie Reid	Podium
Lewis Fletcher	Academy	Rebeka Simon	Academy
Thomas Lusty	Academy	Emily Lewis	Academy
Trevor Thomson	Academy	Emma Russell	Academy
Daniel Atkins	Academy	Isabel Evans	Academy
Philip Miles	Academy		
Daniel Johnson	Academy		

Overview of the 2022 Selection Policy

The 2022 Selection Policy is available on the British Canoeing website and can be accessed by the following link: <https://www.britishcanoeing.org.uk/olympic-paralympic/policies/selection-policies>

The purpose of the Canoe Sprint selection policies is to clearly outline the processes which will lead to the selection of the GBR Canoe Sprint Teams for all 2022 international events named within the specific Senior, U23 and Junior policies.

Senior Events:

2022 Competitions			
Competition/Regatta	Venue	Date	Date of Selection Announcement by IP
Canoe Sprint World Cup Team (Pool) Selection (World Cups 1 & 2)	Holme Pierrepont, GBR	9 th /10 th April 2022	Tuesday 12 th April 2022
World Cup 1	Racice, CZH	20 th /22 nd May 2022	N/A
World Cup 2	Poznan, POL	27 th /29 th May 2022	N/A
Senior World Championship and European Championships Selection	Holme Pierrepont, GBR	4 th /5 th June 2022	Tuesday 7 th June 2022
Senior World Championships	Halifax, CAN	3 rd /7 th August 2022	N/A
Senior European Championships	Munich, GER	18 th /21 st August	N/A

Team Selection is based upon performances in identified selection regattas or from any pre-selection from previous year results. Subject to mitigating circumstances in order to be considered for selection, athletes must participate in all applicable regattas and events. GBR Teams will be selected for the following competitions in 2022 at the April regatta on 9th/10th, and the June regatta on 4th/5th.

2022 selection can originate from 3 possible points:

- **Based on 2021 results** - Athletes pre-selected to 2022 World Cups 1 (Racice) & 2 (Poznan)
- **April Regatta 9th/10th April 2022** - 2022 World Cups 1 (Racice) & 2 (Poznan)
- **June Regatta 4th/5th 2022** - World Championships (Halifax) and European Championships (Munich)

U23 events:

2022 Competitions			
Competition/Regatta	Venue	Date	Date of Selection Announcement by IP
U23 European Championships selection	Holme Pierrepont, GBR	9 th /10 th April 2022	Tuesday 12 th April 2022
European Championships	Belgrade, SRB	23 rd /26 th June 2022	N/A
U23 World Championship Selection	Holme Pierrepont, GBR	3rd/4 th July 2022	Tuesday 6 th July 2022
U23 World Championships	Szeged, HUN	1 st /4 th Sept 2022	N/A
FISU Canoe Sprint Championships*	POL	16 th /18 th Sept 2022	TBC

Subject to performance standard, British Canoeing may select up to 1 boat per event at the ICF/ECA Junior and U23 World and European Championships.

Team Selection is based upon performances in identified selection regattas. Subject to mitigating circumstances. In order to be considered for selection, athletes must participate in all applicable regattas and events. GBR Teams will be selected for the following competitions in 2022 at the April regatta on 9th/10th April (European Championships) and the July regatta on 2nd/3rd July (World Championships)

2022 selection can originate from 2 possible points:

- Selection to the European Championship Pool at the domestic regatta on 9th/10th April 2022.
- Selection for the World Championships at the domestic regatta on 2nd/3rd July 2022.

Junior Events:

2022 Competitions			
Competition/Regatta	Venue	Date	Date of Selection Announcement by IP
Junior European Championships selection	Holme Pierrepont, GBR	9 th /10 th April 2022 or 4 th /5 th June 2022	Tuesday 12 th April 2022 or Tuesday 7 th June 2022
Junior European Championships	Belgrade, SRB	23 rd /26 th June 2022	N/A
Junior World Championship and Olympic Hopes Selection	Holme Pierrepont, GBR	3rd/4 th July 2022	Tuesday 6 th July 2022
Junior World Championships	Szeged, HUN	1 st /4 th Sept 2022	N/A
Olympic Hopes	Bratislava, SVK	10 th /11 th Sept 2022	Tuesday 6 th July 2022

Team Selection is based upon performances in identified selection regattas. Subject to mitigating circumstances. In order to be considered for selection, athletes must participate in all applicable regattas and events. GBR Teams will be selected for the following competitions in 2022 at the April regatta on 9th/10th April Or the June Regatta 4th/5th June 2022 (European Championships) and the July regatta on 2nd/3rd July (World Championships).

2022 selection can originate from 2 possible points:

- Selection to the European Championship Pool at the domestic regatta on 9th/10th April 2022. Or to the European Championship team at the domestic regatta 4th/5th June 2022.
- Selection for the World Championships at the domestic regatta on 2nd/3rd July 2022.

The selection policy relates to the selection of individual and crew boats at identified selection regattas which is the responsibility of the International Panel and is detailed within the policy. How crew boats are formed fall outside the remit of the IP and the policy. It should also be noted that this is selection to GBR teams and not World Class Programme qualification.

SAFEGUARDING AND PROTECTING CHILDREN

British Canoeing is committed to ensuring that everyone can enjoy Paddlesports in a safe environment in which they are protected from any form of poor practice, abuse or neglect. Working with the NSPCC and Child Protection in Sport Unit (CPSU), we are committed to constantly evaluating and developing our Safeguarding policies and processes so that we are exceeding the CPSU best practice guidance as well as ensuring legislative compliance.

Everyone in Paddlesport has a responsibility to help safeguard and protect those involved in the sport. Sometimes this can be a daunting prospect and to support those involved in our sport British Canoeing and the home nations have developed a range of policies, procedures and guidance. These can be found on www.britishcanoeing.org.uk and each home nation website. We ask that club Secretaries/Welfare Officers know where to find the information and make sure it is shared and discussed at club executive and general meetings.

The policies and procedures in this area stem from the following core principles:

- The child's welfare is paramount.
- Anyone under the age of 18 is classed as a child.
- All children, regardless of age, any disability they have, gender, racial origin, religious belief and sexual identity have a right to be protected from abuse.
- Coaches, clubs and centres need to be provided with advice to raise awareness of best practice, guidance and support should they become involved in an abuse situation.

Safeguarding Support Officer - While the welfare of young people is the first consideration, British Canoeing recognises that coaches, volunteers and helpers may also require support if an allegation is made against them. In these cases individuals should contact the British Canoeing Safeguarding Support Officer whose role is to listen, support, help and provide advice (contact details below). They will not be involved in the case and will be completely independent of the investigation.

Event Management - Event organisers should take note that there is a requirement to provide a Welfare Officer at all events where children are participating. For further details refer to the guidance sheets on the website – [Paddlesafe Events](#).

Good Practice Guidelines

By following these guidelines you will help to safeguard both children and adults at risk in our sport as well as protecting our coaches/volunteers from wrongful allegations.

- Avoid situations where you are alone with one child/adult at risk. British Canoeing acknowledges that occasionally there may be no alternative, for example, where a child/adult at risk falls ill and has to be taken home. We would stress, however, that one to one contact must not be allowed to occur on a regular basis.
- If any form of physical support is required ask the paddler's permission, explain what you are doing and why to both the child/adult at risk and their parents/carers.
- Where possible ask parents/carers to be responsible for children/adults at risk in changing rooms. Always ensure that whoever supervises young people work in pairs.
- Where there are mixed teams/groups away from home, they should always be accompanied by an adult male and female coach/helper.
- Don't allow physically rough or sexually provocative games, or inappropriate talking or touching.

SAFEGUARDING AND PROTECTING CHILDREN

- If it's necessary to do things of a personal nature for children/adult at risk, make sure you have another adult accompanying you. Get the consent of the parent/carer and if possible the child/adult at risk. Let them know what you are doing and why.
- Ensure that any claims of abuse by a child/adult at risk are taken seriously and that it is dealt with by people who know what to do.
- Ensure that the nature and intensity of training does not exceed the capacity of a child's/adult at risk's ability and stage of development.
- Follow the British Canoeing guidelines for photography and video use (see Guidelines for use of [Photographic and Filming Equipment](#))
- If you accidentally hurt a child you should report such an incident immediately to another club coach/official and make a written note of it. You should also inform the child's parents/carers, preferably in person.
- If a coaching technique would benefit from physical contact or support then first ask the paddler's permission (e.g. would you mind if I held your shoulders to show you what I mean?). It is useful to take time to explain why and how this is used to the paddler and their parent or carer. (See British Canoeing or home nation guidelines for physical contact). Touching during a coaching demonstration can be OK and appropriate as long as it is neither intrusive nor disturbing or for the wrong reason

Ensure your club adheres to British Canoeing best practice guidelines and requirements with particular reference to:

- British Canoeing Safeguarding Children Policy and Safeguarding Adult Policy.
- British Canoeing Codes of Conduct.
- Safe recruitment and vetting practices including appropriate Disclosure checks, where eligible, in accordance with home nation and government guidelines.
- Safeguarding training.
- Club Welfare Officers attend specific training to support their role- Safeguarding and Protecting Children and Time to Listen workshops.
- Publicise your Club/Event Welfare Officer contact details.
- Publicise the NSPCC Child Protection Helpline.

IMPORTANT CONTACTS

British Canoeing Safeguarding Lead

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

Cath Cooke Tel: 0115 6660197* Email: safeguarding@britishcanoeing.org.uk

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

British Canoeing Safeguarding Support Officer

(For British Canoeing coaches, volunteers and staff who have received an allegation against them with respect to Safeguarding and require support.)

Keith Hampton: 07740 820113

British Canoeing Lead Safeguarding Officer (England)

(For enquiries and guidance about Safeguarding policies, documents and processes)

Nancy Squires Tel: 0115 8968842 Email: safeguarding@britishcanoeing.org.uk

SAFEGUARDING AND PROTECTING CHILDREN

HOME NATIONS

Scottish Canoe Association Safeguarding Officer

Andy Murray Tel: 01887 292040 Email: andy.murray@canoescotland.org

Canoe Wales Lead Safeguarding Officer

Cath Sykes Phone: 07908 683984 Email: childprotection@canoewales.com

CANI Safeguarding Officer

Stephen Craig Email: safeguarding@cani.org.uk

Or call Chief Officer Lauren Smythe on 07875 092928

24hour helplines:

CHILDLINE 0800 1111

NSPCC CHILD PROTECTION 0808 800 5000

(please keep trying if you can't get through straight away)

If you or someone else needs immediate medical attention or you or someone else is at risk of immediate harm or danger, call emergency services for the police or ambulance (999 or 112) immediately.

BRITISH CANOEING EQUALITY STATEMENT

British Canoeing is fully committed to the principles of equality of opportunity and aims to ensure that everyone has a genuine and equal opportunity to participate in Paddlesport at all levels and in all roles of the sport, irrespective of age; disability; gender reassignment; marriage and civil partnership; pregnancy and maternity; race; religion or belief; sex and sexual orientation. All competitions and representative selection will therefore be held in accordance with the British Canoeing Equality Policy ensuring that everyone has a genuine and equal opportunity to participate in our sport at all levels. Unlawful discrimination is unacceptable and will not be tolerated whether this discrimination is direct or indirect or intentional or unintentional. Transsexual participation is permitted in domestic competitions subject to the criteria detailed within the [British Canoeing Transgender and Transsexual Policy](#). International competition and selection for transsexual people is subject to eligibility defined by the IOC and is detailed in the British Canoeing policy.

For any enquiries regarding equality at British Canoeing please contact equality@britishcanoeing.org.uk

ANTI-DOPING QUESTIONS

**Where can I find
more information?**

What if a substance is
prohibited?

What is a supplement and
are there any risks?

*How can I check
my medication?*

**IF I AM ILL CAN I TAKE
ANY MEDICATION?**

Who can be drugs
tested?

**Why is Clean
Sport important?**

**WHO'S RESPONSIBILITY
IS CLEAN SPORT?**

*WHAT IF I DIDN'T
KNOW THERE WAS A
BANNED SUBSTANCE
IN IT?*

Find out more

www.britishcanoeing.org.uk/anti-doping

www.ukad.org.uk

Download the Clean Sport App

PERSONAL PERFORMANCE AWARDS



The Personal Performance Awards are designed for paddlers wanting to gain recognition of their learning and development, in the craft and environment they choose. The process of completing the awards is based on learning and, as such, the ethos of 'supporting the paddler' is the main focus of all the awards, encouraging individuals in their development.

Discipline Specific Pathway Awards

Racing

Racing Explore Award

Racing

Racing Perform Award

Racing

Racing Excel Award

- **All of the awards are direct entry.** Paddlers can choose which award they would like to work towards, developing their skills and decision making.
- There are **no direct links to Coaching and Leadership qualifications** as prerequisites. The awards provide appropriate milestones and acknowledgement of personal skills, setting up the paddler appropriately for British Canoeing Awarding Body Coaching and Leadership qualifications.
- There are **no age restrictions** for any of the awards. Providers should check paddlers' suitability, as well as having appropriate mechanisms for anyone under 18.
- All of the awards have been created and written with the **paddler at the heart** of the content and creates empowerment and ownership.

Becoming a Provider

Every Instructor, Coach and Leader will be able to deliver some of the Personal Performance Awards, depending on the existing qualifications and roles held, which will provide greater access for the paddling community. All Providers will need to complete an online eLearning package which support Providers with the delivery of the awards. For full details, please see <https://www.britishcanoeingawarding.org.uk/personal-performance-awards/>

If Coaches don't hold British Canoeing Awarding Body qualifications, they can apply for Accreditation of Prior Learning (APL) application in order to deliver the awards. <https://www.britishcanoeing.org.uk/coaching-leadership/support-recognition/accredited-prior-learning>

PPA Provider Refresher eLearning

All existing Providers will need to complete the PPA Provider eLearning to ensure continual development, standardisation and delivery of our Educational Philosophy. This eLearning update aims to revisit the awards, explore methods of delivery as well as focus on a specific area to support both providers and paddlers.

The eLearning also explores how the personal performance awards can be delivered, ensuring Providers empower the paddlers to make choices and try out different ways to manoeuvre their craft so they can work out what's best for them and head towards becoming an independent and confident paddler.

<https://www.britishcanoeingawarding.org.uk/resource/personal-performance-awards-provider-refresher/>

COACHING AND LEADING THE COMPETITION DISCIPLINES

Coach Self Analysis Tool and Digital Library

The online resources enable individuals to recognise and celebrate their current practice, as well as consider options for further learning and development.

The Coach Self Analysis Tool enables an individual to gauge their current level of understanding, skill and knowledge in their chosen discipline, which includes Sprint and Marathon. This tool provides a personal overview of the coach's current practice, giving a holistic view as well as a specific breakdown in each of the areas. The analysis then offers considerations of how the coach may want to support their continual learning and development, as well as offering the option of Accredited Prior Learning, to support those with previous experience.

These considerations link to a range of resources within the Digital Library, which includes videos, podcasts, eLearning, academic papers and much more! The library will continue to grow and develop as new resources are made available and can also be used as a stand-alone resource to browse topics relevant to you.

These supportive resources are available on the British Canoeing Awarding Body website:
<https://www.britishcanoeingawarding.org.uk/>

Developing your coaching and leadership skills through British Canoeing Awarding Body courses

There are various pathways, enabling both paddlers (boat-based) and non-paddlers (bank-based) to become Competition Coaches and Leaders. There are a range of direct entry awards available, which could be the first or next step for any aspirant Coach or Leader.

Racing Coach Award

Launched in January 2018, the Racing Coach Award is designed for people whose core function is to coach paddlers who want to gain/improve their racing paddlesport skills. This will include coaching beginners new to the sport, or paddlers looking to develop their skills in a racing environment. The Racing Coach Award is open to boat-based and bank-based paddlers.

The Racing Coach Award consists of 2-days of Core Coach Training and 2-days of Racing Coach Training, which is concluded by a 1-day Assessment. There are direct entry options available and a British Canoeing/National Association membership is the only prerequisite of the Core Coach Training. Where relevant, Coaches who have already completed various British Canoeing Awarding Body qualifications can bypass the Core Coach Training and/or Racing Coach Training by applying for Accredited Prior Learning (APL). Coaches who have completed the Sprint Discipline Support Module Part 2 (training and logbook) can choose to bypass the respective Racing Coach Training if they feel confident with the content.

There is a supportive eLearning package available to aid learning.

Performance Racing Coach

Launched in June 2020, the Performance Racing Coach is an ideal programme for intrinsically driven, experienced coaches, who want to get better at coaching the paddlers they work with, and for those who seek recognition that their delivery meets enhanced levels of sophistication.

The learning journey is fluid and personalised to every coach who undertakes the programme. The key components of the award are the same but, as an experienced Coach, they will steer the direction and focus of learning in areas most relevant to them. The award is concluded by successfully completing a practical assessment which includes organising, planning and delivering a minimum of 3-hours' quality coaching for a least two learners.

COACHING AND LEADING THE COMPETITION DISCIPLINES

Paddlesport Leader

The Paddlesport Leader is aimed at paddlers taking on formal leadership responsibilities in benign, sheltered water environments and aims to support Leaders to run safe, quality, enjoyable trips based on their group's needs and aspirations. In a racing club, a Paddlesport Leader could provide a safety overview on a training session chaperoning other paddlers, for example.

The Paddlesport Leader is a direct entry award and training is **not** compulsory. Leaders can opt for British Canoeing Awarding Body Paddlesport Leader Training courses, which are available to support candidates in their development of the required skills. These courses typically cover leadership skills, and the associated personal skills, safety and rescue skills. Alternatively, candidates may wish to opt for more bespoke training opportunities. For example, in-house training at their club, working alongside/shadowing other Leaders, or conference/symposium workshops.

There are supportive resources available, including the Leadership eLearning, the Leader Self-Analysis Tool, a Skills Checklist and a Logbook. <https://www.britishcanoeingawarding.org.uk/leadership-raft-guide-resources/>

Accredited Prior Learning (APL): In some instances, aspirant Coaches may have prior experience that may enable them to enter the Coaching scheme and bypass training, going directly to assessment. If you feel you have the necessary experience, please refer to the Accredited Prior Learning (APL) Policy.

NEW CPD (Continuous Personal Development) to support you NEW in 2020, the supportive points based Continuous Professional Development (CPD) process is aligned with our Educational Philosophy. CPD is individualised, allowing the Coach and Leader to consider what areas they may need to develop. The process is simple, easy to upload and gives you the opportunity to recognise all of your learning and development, regardless of the source

First Aid and Safeguarding Requirements: The requirements relating to First Aid and Safeguarding training and the different coaching levels held can be found on the British Canoeing Awarding Body website.

For further information, please contact coaching@britishcanoeing.org.uk

ELMBRIDGE CANOE CLUB

2022 Programme

Details on www.elmbridgecanoeclub.com

Easter Sunday
April 17th

32nd JUNIOR HALF MARATHON K1 TRIAL
Boys and Girls Classes - under 12,13,14,15 & 16
Check the website for details of age records!

Saturday
July 16th

Thames 10K Summer Series
K2 10K Combined Division races

Saturday
May 7th

FUN REGATTA AND TIME TRIALS
200m and 500m K1 time trials and races
K2 and K1 3000m

Sunday
October 2nd

DIVISIONAL MARATHON
(LSE Hasler event for 2023)
Div1-9 K1 Div2- K2 and Div4-9 K2
Lightning, and Under 16 2021 Beginner's Race

Sunday
November 6th

Thames 10K Winter Series
K2 10K Combined Division races

**Entries to be
sent to:**

www.elmcanoeclubracing@gmail.com

Details :

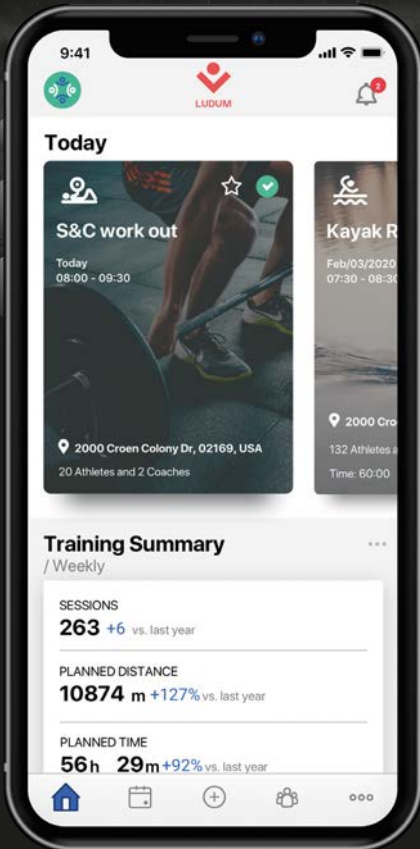
www.elmbridgecanoeclub.com

*All HASLER MARATHON entries to be submitted by the
Club Team Leader via RACMAN system*

*The Team Leader shall be responsible for the checking
in, payment and alterations at the event.*



LUDUM



Coaches & scientists

Make smarter coaching decisions using performance & health data

Monitor training load to avoid injury and missed sessions

Manage attendance and analyse athlete performance

Share training & communicate with your team in one place

Athletes

Share & discuss performance data with your coach for insights & personalised training

Track progress & health data to reach peak form and minimise setbacks

Receive 24/7 training updates on mobile

Train at your best, peak when it matters

Improve Performance. Plan Ahead. Save Time

Visit www.ludum.com for your free demo and trial



The University of East Anglia (UEA), located on the outskirts of Norwich, is delighted to announce that our sport scholar scheme applications are now open for the September 2022 intake.

If you are an aspiring student-athlete, we want to support you in your journey to achieve your highest potential both academically and on the sporting field. We support athletes from across 30 different sports including kayaking and canoeing.

uea+sport offers a wide range of facilities and support for our top athletes and sporting programmes, ensuring you have the best possible opportunities to maximise your potential whilst studying at UEA. We offer scholarships at three levels: Elite, Excellent and Developing Excellent.

Scholars will benefit from:

- Financial support - Elite (£1500) and Excellent (£500)
- Gym and Swim Membership (currently worth £300)
- Additional free use of training facilities at Sportspark
- Free uea+sport membership (worth £55)
- Access to strength and conditioning support
- Access to physiotherapy/discounted sports massage
- Support workshops & lifestyle support
- Branded sports kit

We currently have four kayak/canoe sport scholars on our 2021-22 programme across all three levels of scholarship, all of whom train at Norwich Canoe Club. Norwich Canoe Club is recognised by British Canoeing as a centre of excellence for training and racing in the flat-water kayaking disciplines of sprint and marathon. It is also a British Canoeing Para Talent Club Partner and was the 2018 British Canoeing Club of the Year.

For more information on our sport scholarship scheme, course available at UEA and Norwich Canoe Club please scan the QR codes below or if you have any queries email performance.sport@uea.ac.uk.



UEA Sport Scholarship
Scheme



UEA Prospectus



Norwich Canoe Club





MARATHON RACING COMMITTEE

RACING RULES JANUARY 2022



BRITISH CANOEING, NATIONAL WATER SPORTS CENTRE

Adbolton Lane, Holme Pierrepont, Nottingham, NG12 2LU

T 08453 709500 **F** 08453 709501 **E** info@britishcanoeing.org.uk **W** www.britishcanoeing.org.uk

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F1

HELPING & INSPIRING PEOPLE TO GO CANOEING

MARATHON RACING COMMITTEE

The table below outlines the roles of each elected and co-opted member of the MRC. Bold shading indicates that this person is the primary contact for the area in question. Enquiries may be directed to the Secretary (marathon.secretary@vol.britishcanoeing.org.uk) or directly to any Committee member using the contact details below.

GOVERNANCE

Chair	Stan Missen
Vice- Chair	Mick Nadal
Secretary	James Smythe
Treasurer	David Enoch
Comms	James Smythe, Holly Mobbs, Siobhan Urquhart
Safeguarding	Kat Wilson , Holly Mobbs
Equality	James Smythe, Holly Mobbs, Siobhan Urquhart, Bryn Brice
Coaching	Scott Hynds*
Club Support	Nettie North*

DOMESTIC COMPETITION

Rules	Mick Nadal , Bryn Price, Evan Shepherd
Major Events	Dan Seaford*
Regional Advisors	Mick Nadal
Race Records	Graham Warland
Race Management	Dan Seaford* , James Smythe, Evan Shepherd
Calendar	Graham Warland
Rankings	Roland Lawler , Scott Hynds*
Event Safety	Mick Nadal
Trophies	Siobhan Urquhart

INTERNATIONAL COMPETITION

Senior Development	Dyson Pendle , James Smythe
Junior Development	Holly Mobbs , Nettie North*
Logistics	Graham Warland , Dave Sackman
Kit	Dyson Pendle

BRITISH CANOEING, NATIONAL WATER SPORTS CENTRE

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Masters

Bryn Price

Event Hosting

Brian Chapman**

SELECTION COMMITTEE

Nettie North (Chair), Kat Wilson (Secretary), David Enoch, Dyson Pendle, Roland Lawler, Fay Lamph (Athlete Rep), Gemma Wiggs (Independent member)

*Indicates that this person is a co-opted member of the MRC

**Indicates that this person is the Scottish Canoe Association representative

CONTACT DETAILS

Name	Email	Phone
Brian Chapman	brchapman@mac.com	07710 576132
David Enoch	david.enoch2@btopenworld.com	0115 933 2258
Scott Hynds	scott.hynds@btinternet.com	07950 745090
Nanette North	nanetteickelly@gmail.com	
Roland Lawler	diandroland2016@gmail.com	01784 454772
Stan Missen	sjmboa@gmail.com	07850 803825
Holly Mobbs	mobbsholly@yahoo.co.uk	07860 313867
Mick Nadal	mick.nadal@ntlworld.com	0115 914 1824
Dyson Pendle	dysonpendle@btinternet.com	07774 259708
Bryn Price	brynprice3@gmail.com	07891 484761
Dave Sackman	david.sackman@googlemail.com	07740 345248
Daniel Seaford	dan@baconfat.co.uk	07825 505609
Evan Shepherd	evan.shephard@gmail.com	07793 981987
James Smythe	james7270@me.com	07717 605116
Siobhan Urquhart	siobhan.urquhart@gmail.com	07531 808944
Graham Warland	graham.warland@gmail.com	07983 113597
Kat Wilson	katburbeck@yahoo.co.uk	07738 249437

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Regional Marathon Advisers

EASTERN	Matthew Lodge mjlodge@live.co.uk
LONDON & SE	Jim Rossiter 200 Whyteleafe Road, Caterham, Surrey, CR3 5ED. 01883 346631 email jimrossiter1@sky.com
NORTH WEST	Phil Roberts 39, Thomas Ave. Stone, Staffs. ST15 8FG 07710 610515 email phillip.roberts@btinternet.com
SCOTLAND	Brian Chapman 193 Binniehill Road, Balloch, Cumbernauld, Scotland, G68 9JH. 01236 457081 email brchapman@mac.com
SOUTHERN	Evan Shephard evan.shephard@gmail.com
SOUTH WEST	Emma Riley email emapearce@msn.com
WEST & EAST MIDLANDS	Mick Nadal 8, Melton Grove, West Bridgford, Nottingham, NG2 7NX 0115 914 1824 email mick.nadal@ntlworld.com
YORKSHIRE	Graham Simpkin gands.simpkin@btinternet.com
WALES	Martin Holland martinholland22@sky.com

Regional Marathon Advisors are usually elected annually by the active racing clubs in their region. Full details of their role and the process of their election are at the end of section F. (Part G)

The Marathon Racing Regulations and Administration document can be downloaded from the Marathon website

<http://canoeracing.org.uk/marathon/index.php/the-marathon-racing-committee/>

or from the Secretary, contact details above.

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PART A: RULES FOR COMPETITION

General Rules Applying to All Races

1) DEFINITION

A marathon race can be raced over any distance: usually between 3km and 200km. All competitors must race the correct course as determined by the race organiser, must go round all turn buoys and must exit and enter the water at a portage within the designated areas.

2) BEHAVIOUR

- a) Canoeing is a non contact sport and competitors shall race in a safe and fair manner.
- b) At all events those involved at all levels and in all roles do so within the recommendations of British Canoeing Safeguarding advice (<https://www.britishcanoeing.org.uk/guidance-resources/safeguarding>)
- c) Racing shall be conducted in a manner that considers the safety of officials, spectators, paddlers and members of the public.
- d) When a canoe or kayak is overtaking another canoe or kayak it is the duty of the overtaking craft to keep clear of other competitors at all times.
- e) When a canoe or kayak is racing in a group of competitors it is the duty of all the competitors in the group to keep clear of other competitors at all times. This rule applies to any manoeuvring within the group.
- f) All paddlers will wear appropriate clothing when racing. This is a minimum of singlet and shorts. These should preferably be in club racing colours.
- g) *During the course of a competition any items discarded by a competitor anywhere other than in a proper bin, must be recovered by the athlete, their support crew or coach immediately. It is the athlete's responsibility to ensure that this has happened. An event official witnessing non-compliance with this rule shall report the infringement to the race organiser and the offending competitor will be disqualified. Any repeat infringements by the same competitor shall be subject to disciplinary proceedings by the Marathon Racing Committee.*

3) THE RACING STRUCTURE

- a) The marathon racing system has been designed to encourage all levels of competitor from the raw beginner to top class internationals. Rules 4) to 19) apply to all Group A & Group C races. Rules 20) - 33) apply to the Divisional system specifically. The designation GST relates to the Geoff Sanders Trophy events & races for Under 14 competitors not yet promoted to the Divisional system. They are ranked GS-DivA, GS-DivB & GS-DivC. Rules 49) - 54) apply to them specifically and the scheme is explained at the end of this section after Rule 65) - Under 14 Development Racing: Geoff Sanders Trophy.
- b) **GROUP A (Higher Level)** There are five categories of race: -
 - i) These races will appear in the Racing Handbook calendar and/or the calendar published on the MRC website. For these races the race levy must be paid and competitors must be British Canoeing, WCA, SCA or CANI On the Water or Associate Members.(see Rule 12). Division 7, 8 & 9 paddlers may use an Event Ticket.
 - ii) Divisional races registered by the Marathon Committee. Promotions will be calculated by the race management system (RMS) program for these races, with input from the Rankings Officer.
 - iii) Races and time trials registered by the Marathon Committee but not in the divisional system such as stage marathons, descents, Royal K1, Richmond K2, Thameside etc.
 - iv) The National Championships.
 - v) Promotions between divisions may take place based on the results of all group A races.
- c) **GROUP B (Lower Level)**
 - i) Those races in the regions and at clubs that do not appear in the calendar. These will include handicap and fun marathons. No promotions will take place at these races. Clubs are encouraged to hold handicap races throughout the year as an introduction to competing in the divisional

system. These should be over a 3-10km course with handicaps based on age, experience and type of boat.

d) GROUP C (Lower Level)

- i)** All Under 14 GST races and Junior K2 races forming part of the Geoff Sanders Trophy or held at Regional Hasler events, the National Marathon Championships or the Hasler Final registered by the Marathon Racing Committee – see rules 49-58. For these races:
- (1) All competitors must be British Canoeing, WCA, SCA or CANI On the Water or Associate Members.
 - (2) No race levy will be payable.

4) CLUB MEMBERSHIP

The racing year shall be from 1st September of any year to 31st August of the following year. When a competitor is a member of more than one club, they shall declare before 1st September to the Race Records Officer of the Marathon Committee the name of the club for whom they will race the following racing year. When a competitor changes their club in mid season, they are permitted to compete for their new club, instead of their old one, provided that prior consent of the old club is obtained. This consent shall not be withheld unreasonably, particularly in the case of a change of residence from one area to another. The agreed change must be advised to the Race Records Officer in writing before points can be allocated to the new club in club competitions. Members of the Services are not included, as they may be required to race for their Service at some events, but may be permitted to race for a club at others. The MRC cannot interfere with this requirement.

5) SAFETY

- a) At all events** those involved at all levels and in all roles do so within the recommendations of British Canoeing Paddlesafer (<https://www.britishcanoeing.org.uk/uploads/documents/Paddlesafer-V4-docx.pdf>)

b) Competitor responsibility

- i)** Competitors shall render their boats sufficiently buoyant to remain afloat and to support the crew in the event of capsizing. Buoyancy must be fixed in the boat reasonably sufficiently to satisfy rule 27 of the ICF Marathon Rules which states that: 'Each boat must carry sufficient buoyancy, either in the construction of the boat or fixed subsequently, to keep the boat floating level when filled with water.' British Canoeing Marathon Committee rules interpretation of this is that inherent buoyancy provided by 'Vac-bag' or 'sandwich' construction is not alone sufficient and must be supplemented by adequate fixed additional flotation material or by the provision of sealed bulkheads.
- ii)** On open water, or in rough conditions, the wearing of adequate spray covers is strongly advised.
- iii)** The wearing of life jackets or buoyancy aids is compulsory for all paddlers ranked in divisions 7, 8, 9 & GST ranked paddlers irrespective of the race they are entered in. This applies to singles and doubles races.
- iv)** Life jackets shall comply with either the European Standard 'EN393 or 395 or the International Standard 'ISO 12402'.
- v)** Competitors are expected to be able to swim adequately in the waters on which the race is being held. It is the responsibility of each competitor (or of a parent in the case of a junior) to inform their team leader of any medical condition that may affect this. If the competitor is entering an event where they have no team leader, it is their responsibility (or of a parent in the case of a junior) to take appropriate precautions and inform the organiser.
- vi)** All paddlers are required to render assistance to other competitors in distress.

c) Team Leader responsibility and in the absence of a team leader, the individual.

- i)** Team Leaders are expected to decide if paddlers in the higher divisions should wear life jackets or buoyancy aids
- ii)** Should a member of your team (or a parent in the case of a junior with no team leader) inform you of any medical condition that may affect their safety, you should ensure that they take appropriate precautions.
- iii)** Team Leaders are expected to ensure their paddlers ability and experience is appropriate for the course and conditions particularly in the case of young or less experienced paddlers.

d) Race Organiser responsibility

- i) Race organisers may require life jackets or buoyancy aids and spray covers to be worn and will have the FINAL say as to who should wear them (except where this is covered by rule 5a(v)) depending on weather and water conditions. Such equipment must be provided by the competitors.
- ii) The penalty for infringing any safety rule, or disregarding instructions from an appointed race official, is disqualification from the race.
- iii) Should a team leader, an individual paddler (or parent in the case of a junior with no team leader), inform you of a pre-existing medical condition prior to a race, Race Organisers are advised to seek assurances that they have taken appropriate measures to take part safely in the event, and to do so under the existing Risk Assessment/Safety plan. Organisers must include risk assessment for GST races, taking into account their age & experience, provide adequate safety cover (e.g. rescue boats and signage) over the whole course where considered necessary
- iv) Race organisers shall ensure that race briefings state what safety measures have been taken, such as marshals or accompanying boats particularly for GST or Div 9 races.

Canoeing and Kayaking is by its nature an unpredictable sport and therefore inherently involves an element of risk.

*** NB During Covid restrictions, there are additional Safety requirements by all parties involved & specific Risk Assessments by organisers needed. As these are changeable during various stages of the pandemic, advice is posted on British Canoeing Website at**

<https://www.britishcanoeing.org.uk/news/2021/covid-19-paddling-activity-in-england>

There is also a link on that page to the document Covid-19 Action Plan for the return of paddling in England which gives a detailed check list, examples and updated when appropriate.

6) DISCIPLINE

Marathon racing is subject to British Canoeing Marathon Racing Committee Disciplinary Regulations and to British Canoeing Disciplinary Code. See <http://canoeracing.org.uk/marathon/index.php/disciplinarymatters/>.

These apply to all BC Marathon races.

For the avoidance of doubt, any complaint that an individual member of British Canoeing (competitor or non-competitor) has behaved in a manner described in clause 1.1 of the Disciplinary Regulations shall in the first instance, where possible, be lodged with the Race Protest Committee in the manner described in Marathon Racing Rule 18(g) (i) and (ii). The Protest Committee shall determine what action, if any, shall be taken. If the Protest Committee decides that the complaint should be referred to the Marathon Committee, the race organiser shall report the matter to the Secretary within three working days. The Marathon Committee will consider the matter in accordance with the Disciplinary Regulations.

Race Organisers should note the powers in clause 2.1 of the Procedures to apply immediate discipline where members or competitors have displayed violent or unreasonable behaviour.

7) ANTI-DOPING

Marathon racing is subject to the ICF and UK Anti-Doping Rules

See <https://www.britishcanoeing.org.uk/olympic-paralympic/how-we-work/anti-doping/>

8) BROKEN PADDLES / BOAT

A competitor must not change boats during a race, but may change paddles in the case of breakage.

9) WASH HANGING

a) Competitors must not hang on the washes of powered craft.

b) **In an assessment race** wash hanging or interfering with any other boat or competitor who is not in your own class/race is not permitted. Anything that may be construed as interference, such as wash hanging or assisting another competitor/crew will result in disqualification of all involved, if proven. Furthermore, it is expected that when being caught by faster competitors from another class/race,

paddlers will show good sporting behaviour by staying at least 3m clear, and giving up the racing line to avoid suggestion that any advantage was gained by either party.

10) ASSISTANCE TO COMPETITORS

A competitor may receive food and drink during a race. Competitors with a disability may receive assistance at portages, but no other assistance unless permitted before the race by the organiser.

11) BOAT DESIGNS

Any type of canoe or kayak can be used.

Kayaks shall be propelled solely by means of double bladed paddles.

Canoes shall be propelled solely by means of single bladed paddles.

The paddles must not be attached to the boat in any way, being supported only by the hands. Disabled Paddlers may use agreed prosthetics designed for their needs.

For GROUP A races boats must comply with the ICF regulations as detailed below with the detailed exception:-

single kayak	max length 520cm (unless it is a recognised surf ski design)
double kayak	max length 650cm
single canoe	max length 520cm (unless it is a sit & switch boat of a recognised design up to 6m)
double canoe	max length 650cm (unless it is a sit & switch boat of a recognised design up to 7m)

Kayaks over 460cm in length must not have concave sections unless classified as Wild Water Racing boats and falling within the ICF regulations for such boats. Canoes of recognised design may also have concave sections.

(At such time in the near future that the ICF publish modifications to their rules relating to design, these rules will also be simplified in line with them as required.)

12) BRITISH CANOEING MEMBERSHIP

- a) All competitors in GROUP A and Group C races must be On the Water members of British Canoeing, or Associate Members, WCA, SCA or CANI members. Membership numbers must be appear on entries and results. Juniors ranked in divisions 7, 8, 9 and GST competitors who are members of clubs Affiliated to BC must have their membership registered by their club.
- b) At all Regional Hasler events:
 - i) All competitors in divisions 1 to 6 must have had their membership verified at time of entry. A competitor who has not raced in the last 5 years may buy an Event Ticket.
 - ii) All competitors in divisions 7, 8, 9 must have had their membership verified or have had their club membership registered with BC as Associate Members at the time of entry. Any competitor unable to do so will be required to buy an Event Ticket.
 - iii) An event ticket only provides temporary insurance cover to take part in a single event and is not a "day membership" or boat license for the use of waterways, as provided for most waters, with On the Water British Canoeing membership.
- e) At National Championships all competitors in divisions 7, 8, 9 must have valid membership when entries are made.. A competitor who has not raced before must have their Affiliate Membership registered by their club or have purchased an Event Ticket before an entry is made.

13) RACE LEVY SCHEME

At all GROUP A races, published in the Racing Handbook and/or the calendar published on the MRC website, there will be a race levy of £3.00 for each senior and veteran paddler by age, as recognized by their British Canoeing, WCA, SCA or CANI membership, and £2.00 for each junior paddler by age, as recognized by their membership. The levy to be charged on all paddlers checked in irrespective of whether they start or finish the race. The race levy for all categories of races is to be remitted by the Race Organiser to the Treasurer **within 7 days of the race**. Cheques should be made payable to "BC Marathon Racing Committee" and sent to David Enoch, 102 Bingham Road, Radcliffe-on-Trent, Nottingham NG12 2GT.

Those clubs wishing to pay the levy by electronic transfer should remit to

Barclays Bank Sort Code:20-63-33 Account No: 73066665

Account name BC Marathon Racing Committee.

When making electronic transfers please also email David Enoch with the race name and amount of levy to david.enoch2@btopenworld.com

14) RACE REGISTRATION

The organiser of a GROUP A race must apply to the Calendar Organiser for that race to be registered. This must be done by the autumn of the year preceding the event. The event must be organised and run under the Marathon Racing Rules. Registered races may advertise through British Canoeing and may appeal through the Marathon Committee in cases of dispute or difficulty. Refer to British Canoeing Disciplinary Code at <http://canoeracing.org.uk/marathon/index.php/disciplinary-matters/>

The registration fee will be the race levy described in rule 13 and the organiser must comply with the requirements of rule 18.

15) BOAT NUMBERING

At all GROUP A races competitors shall number their boat in the following manner. Paddlers racing in divisions 1-8 **must** display vertical number plates secured to the boat number holder with a pin or clip.

ALL numbering of vertical boards will be on both sides of the board and numbered in one of two acceptable formats:

- a) digital style format numbering, created from **black** insulating tape, no less than 12mm wide. The digits should be formed from small strips of tape in 50mm and 100mm lengths to make up the numbers. The number **must** be presented on an **OPAQUE WHITE** number board measuring **150mm** in height and **280mm** in length, with rounded top corners. Hand written crayon and felt tip pen numbering is not acceptable.
- b) **Alternatively** an **OPAQUE WHITE** number board measuring **150mm** in height and **200mm** in length, **PRE-PRINTED** and issued by the event organiser is also acceptable.

Race organisers will be able to refuse entry to a race where these rules are not complied with.

Yellow number boards will **not** be acceptable.

Paddlers ranked in Division 9, 10, Lightning, club and fun race paddlers may alternatively use 225mm diameter white discs which should be displayed on fore and aft decks or as directed by the organiser.

Any paddler not displaying a number plate at the start of any race, or whose number is not

clearly legible, will not score club points. If the number becomes detached from the boat, it is the paddler's responsibility to make sure the marshals and finish judges know their number to ensure inclusion in the results.

16) FINISHES

A competitor is deemed to have finished a race when the bow of the canoe or kayak has crossed the finishing line on the water with the competitor(s) in it.

17) ASSESSMENT RACES

The Marathon Committee will co-ordinate with race organisers to determine assessment race venues and the dates will be shown in the Racing Handbook. At these races, assessment classes may be separated from other race classes and may be run over the same or different courses. Club colours must be worn at assessment races. In the case of foreign nationals racing for selection at assessment races, the rules applying to this are specified in PART F at the end of this section.

18) ORGANISATION OF GROUP A RACES

- a) Clubs hosting races **must** be affiliated to British Canoeing.
- b) The race shall be open to canoeists who are members of an ICF affiliated federation.
- c) The race shall be properly advertised and the organisers shall issue adequate instructions on request, up to one month before the event, to prospective competitors or interested group leaders.
- d) Organisers shall provide Team Leaders with their Risk Assessment should this be requested.
- e) In the event of circumstances which render it impossible or unsafe to run the race as planned, the Race Organiser shall take all reasonable steps to inform the competitors and supporters at the earliest possible moment.
- f) Race Organisers shall charge an entry fee for each competitor to include the levy cost. This fee may be reduced for juniors and augmented for late entries.
- g) Changes of class/division shall be permitted if the organiser so wishes. Information regarding class/division changes should be available to competitors at least 30 minutes before the start time of the class/division concerned.
- h) Where a River Authority or other outside agency imposes a navigation rule, paddlers will be informed in any briefing and the organiser shall provide a marshal(s) to ensure that this is enforced. Organisers should not introduce additional navigation rules they cannot marshal or enforce.
- i) The Race Organiser shall provide a Protest Committee consisting of three officials or members of the organising body to hear and settle all protests by any competitor in that event. The following rules will be observed:-
 - i) The protests must be received within 30 minutes of completion of the relevant race and before the announcement of the final results. Failure to observe this will invalidate the protest.
 - ii) The protest must be in writing to the Race Organiser and must give full details of the alleged infringement of the rules.
 - iii) The Protest Committee must meet immediately to hear all the evidence and to consider the protest's validity in accordance with British Canoeing and Marathon Racing Rules.
 - iv) The organiser shall retain the details and outcome of the protest, together with any appeal and also inform their RMA who will collate the information with other protests in their region.
- j) A protest against an organising body may only be dealt with by the Marathon Committee. Any such protest must be made within 3 working days in writing to the Secretary of the Marathon Committee and give full details of the alleged infringement of the rules. The person making the protest must also inform the secretary of the club or body concerned within 3 working days. Failure to comply with these conditions will invalidate the protest.
- k) Appeals against the decision of the Protest Committee are permitted and these will be heard by the Marathon Committee.
- l) Within 2 working days of the race the results are to be emailed to the Rankings Officer, the Race Records Officer, the Regional Marathon Advisor and to marathonresults@canoeracing.org.uk, so that

promotions can be ratified and the results uploaded onto the marathon website. See Useful Addresses on pages G22-23.

- m) **Within 7 days of the race** the Race Organiser must remit the race levy together with the race results in accordance with rule 13.

19) ORGANISATION OF GROUP B RACES

- a) For these races competitors do not have to be British Canoeing, Canoe England, WCA, SCA or CANI members, there is no levy and no requirement to submit results to the race records officer. Race advertising, entry fees and classes are at the discretion of the organiser. The formal requirements to register club membership and for protest procedures are not necessary.
- b) Rules 1, 2, 5, 6, 7, 8, 9, 10, and 11 shall apply to all GROUP B races.

Rules Applying to Regional Divisional Hasler Races

- 20) Regional divisional Hasler races are GROUP A races and all of rules 1 -18 above shall apply.

21) REGIONS

- a) The regions are determined by the Marathon Racing Committee for England plus Scotland East, Scotland West, and Wales. Each region will run its own league championships throughout the year and will decide how many results are to be counted by clubs. It is hoped that eventually there will be enough races in each region for clubs to count their best 8 or 9 results from the total number of races.
- b) Clubs wishing to be included in the regional league and score Hasler points must be affiliated to British Canoeing, have registered their club colours, have provided a contact email address and been assigned a unique 3 letter club abbreviation. **This process is done via the Regional Marathon Advisor.**

22) THE DIVISIONAL SYSTEM

- a) Entry into the divisional system should be based on the standards detailed in the "Standards for Racing" (A10-12).
- b) Club coaches are responsible for ensuring the ranking status of their paddlers and where necessary to ensure they are re-ranked appropriately.
- c) The divisional system is arranged into 9 separate singles divisions and eight separate doubles divisions numbered 2, 3, 4, 5, 6, 7, 8 and 9. Race Organisers must offer the following races at all events except where varied as agreed with the Regional Marathon Adviser. Geoff Sanders Trophy Races (GST) are open to paddlers aged Under 14 at 1st January and not ranked in Higher Divisions.
 - i) Division 2 & 3 doubles race over 20 km.
 - ii) Singles races for each of divisions 1 to 9
 - iii) Doubles races for each of divisions 4 to 9
- d) A list of all paddlers ranked in each of Divisions 1-8 is published on the MRC website at canoeracing.org.uk/marathon and updated continuously, Following promotions and demotions.
- e) At the end of each racing season, the ranking list is checked and any paddler not having competed for two successive seasons is removed from the list. Each autumn clubs are asked to submit a list of the paddlers who will not be active for the coming season and where appropriate, to amend a draft of the proposed divisional lists.

23) THE HASLER TROPHY

The Hasler Trophy is the National Team League Championships and is competed for throughout the season on a regional basis. The Hasler season is defined by the races designated 'H' in the Racing Calendar of this Handbook. Races relating to the following season are designated 'H2023.

24) TYPES OF COURSE

Whilst there will be some variations due to local conditions and types of course available, the normal distances will be:-

Div.1, 2 & 3 Singles and 2 & 3 Doubles

Full senior course of about 20km with any degree of severity.

Div.4, 5 & 6 Singles and 4, 5 and 6 Doubles

Course of about 13km which may include portages and/or weir shoots.

Div.7, 8 & 9 Singles and 7, 8 & 9 Doubles

Course of about 6.5km with the minimum practical hazards.

25) COMPETITORS

- a) Each club will be allowed as many competitors as it wishes.
- b) A paddler can only compete in one race in a qualifying event.

26) SEPARATE STARTS

Each quorate race of six or more starters must be started separately. Two or more quorate races of less than six starters (i.e. with 3 or 4 or 5 starters) over the same distance may be started together, but for all other purposes are treated as separate races.

27) SYSTEM FOR AMALGAMATION DUE TO LOW ENTRIES

If there are fewer than three entries in a division then they will be started with a race of the same distance but will not be combined for the purposes of results or club points. *If no race of the same distance is available, they should be started (but not combined) with the nearest possible race below.*

It will still be the case that some divisions will be inquorate particularly in smaller regions. The practice of clubs communicating with each other about entries, in advance of events, to avoid inquorate classes, particularly in the higher divisions, is to be commended.

28) COMPETING IN A CREW BOAT

- a) When competing in doubles events the competition ranking shall normally be an average of the individual paddlers' rankings (all halves rounded down). Example: *division 4 paddler and division 5 paddler average 4 (ignoring the half), race in 4_4 K2.*
- b) Paddlers ranked in division 1, 2 or 3 must race over the 20km course.
- c) There is no Division 1_1 K2 at regional races (*which also means there is no K2 race for a Division 2 paddler racing with a Division 1 paddler. A Division 1 paddler may race with a Division 3 paddler in Division 2_2 K2 and so on using the two principles above.*)
- d) All paddlers competing in crew boats must show their singles ranking on the entry form and these rankings must be shown on the results.
- e) Paddlers ranked in GST Divisions may race with higher ranked paddlers and will be counted as Div 9. *Division 4 paddlers may only race 8 mile races with lower ranked paddlers. Division 1-3 paddlers may only race 12 mile races with lower ranked paddlers.*

29) SPECIAL PRIZES

Race organisers are strongly encouraged to give prizes for individual groups of paddlers within Divisions. **The MRC consider the inclusion particularly important where there are gender differences, Juniors, Canoes or specialist groups of paddlers included in the race. e.g. first under 16, first C1. In**

particular they are strongly recommended to give a prize for at least the first woman in each division and for the highest placed Canoe. This kind of encouragement is particularly important in the divisional system, but will differ from venue to venue according to what variations there may be.

30) POINTS (Not applied in season 2020/21)

- a) In regional races only those clubs within the region will score points. Paddlers from other regions will not be taken into account when calculating points except that their time will be used for the 110% calculations if they are the fastest boats not promoted.
- b) To be included for points, clubs must be registered within their region as described at Rule 21b).
- c) All competitors in both singles and doubles **must** show their singles ranking at race entry.
- d) **Only competitors racing in their club colours will score points.** In a crew boat, if one paddler wears club colours and one does not, only the paddler wearing the colours will receive points.
- e) The points system will be as follows.
 - i) Divisions 1-9 in singles and 2 – 9 doubles will count for points.
 - ii) Points will be awarded to each paddler in both singles and doubles - 50 for 1st, 49 for 2nd, 48 for 3rd and so on down to 2 points to all paddlers who finish within 110% of the time of the fastest boat not promoted in a singles race and within 110% of the winners' time in a doubles race. One point only will be awarded for paddlers who finish outside the 110% limit irrespective of their position. In a K2, each paddler will receive the points allocation, so 1st boat 100 points, 2nd boat 98 points, 3rd boat 96 points and so on.) This to apply to all races except divisions 9 singles and 9 doubles which will receive 50 for 1st, 49 for 2nd, 48 for 3rd and so on down to 2 points for all paddlers who finish.
 - iii) Paddlers starting with a different division under the provisions of rule 27 will count for Hasler points but their times will not be used for the 110% calculations.
 - iv) Paddlers in a separate assessment race at a Regional Hasler event will not score Hasler points.
 - v) Each club will count its twelve best scoring paddlers from any divisions in any combination of K1/C1/K2 or C2. Doubles boats can be counted even if some of these boats contain just one paddler who is eligible for Hasler points for a particular club.
 - vi) At each event the club with the highest score will get 10 regional points in the regional competition, 9 for 2nd and so on.

31) RACE RESULTS

Race Organisers must report their results using the RMS computer program. Race Organisers must use the RMS program at the race to complete entries and calculate results at the meeting. If this is not practicable, results must be recorded later onto the RMS for reporting to the MRC in compliance with rules 18 j) and k).

32) PROMOTIONS

- a) Promotions between the divisions throughout the season will be based on the table "Standards for Racing" ("the Table") [See page A10-12 of 2022 Racing Handbook]. Column HC of the Table assumes a World Champion takes 60 seconds to paddle a given course and ranks paddlers in singles divisions from 1 to 9 based on the number of additional seconds it would take for competitors to cover that same course. P/D Factor expresses these same times as factors. For example, a top ranking paddler in division 7 would be expected to take 90 seconds giving a P/D Factor of 1.5.

- b) Promotions will be calculated on the following principles on the basis of singles results subject to the other provisions of this rule 32;

Divs.1, 2, 3 & 4

There are no automatic promotions to divisions 1, 2 & 3. Promotion times will be shown in the race file but promotions will not be indicated on any results printed on the day. The Rankings Officer in consultation with the Regional Marathon Adviser must ratify these for publishing with the official results on the Marathon Website.

Divs 4 and 5

Promotions to divisions 4 and 5 will be calculated by taking the times at each race of the mid-placed paddler in divisions 4, 5 and 6 divided by the Mean Factor for each of these three divisions. The average of these calculations will be multiplied by the Promotion Factor for divisions 3, 4, and 5 to give the times for promotion to divisions 5 and above.

Divs 6, 7 and 8

Promotions to divisions 6, 7, and 8 will be calculated by taking the times of the mid-placed paddler in divisions 7 and 8 divided by the Mean Factor for each of these two divisions. The average of these calculations will be multiplied by the Promotion Factor for divisions 6, 7 and 8 to give the times for promotion to divisions 8 and above.

Div 9

For paddlers racing in GST Divisions, Promotions to Division 9 will be based on the separate rules for GST events. Promotion will be limited to 1 division. Promotions will be monitored by the **RMA** in discussion with the **Club Team Leader or Coach** particularly where a paddler is aged Under 10.

[The above is an outline description of the promotion process. The detailed bases for calculations are available by post or email from the Secretary, Marathon Racing Committee]

- c) Promotions may take place on either singles or doubles performances. Performances in doubles divisions will be monitored by the Ranking Officer and promotions made under Rule 32(j) where considered appropriate. Promotions within mixed division crew boats will normally be given to the lower (slower) ranked paddler. If a team leader believes the promotion should be taken by the higher (faster) ranked paddler they should contact their RMA. Such an adjustment will normally be accepted but the ranking officer reserves the right to uphold the original decision if believed to be more appropriate.
- d) Status in canoe will not affect status in kayak and vice versa.
- e) No automatic promotions will be made under Rule 32 (b) where there are fewer than 5 starters in any race. However, the Ranking Officer in consultation with the Regional Marathon Adviser may amend or dispense with this limit if persistently low numbers in a division are clearly preventing the promotion system from operating as intended.
- f) Promotions are not limited to one division. For example, a division 9 paddler with a time faster than that required for promotion to division 7, would be promoted straight to division 7. However, it is the responsibility of the Team Leader, coach and/or the individual to try as accurately as possible to enter a new paddler into the correct division for his/her ability. Accordingly, those paddlers promoted more than one division above the race they entered will forfeit Hasler points from that race.
- g) Where the RMS computer results system is used at a race, automatic promotions will be shown on the race results and take immediate effect. The only exceptions are those for division 1, 2 & 3 which must first be ratified by the Rankings Officer. All promotions (automatic and others) will be confirmed on the race results posted on the marathon website. It is the responsibility of paddlers and coaches to check these and ensure they are implemented with immediate effect.
- h) Once promoted, paddlers **must** race in their correct division, or higher division, except under the provisions of rules 27 and 28. Any competitor found racing in a lower division, singles or doubles, except under the provisions of rules 27 and 28, may be disqualified from the event and be banned from the next three Hasler races in the competitor's region. The exception is for promotions awarded at races held at the beginning of a new racing season and before the Hasler Final held in that year. These promotions will not apply at the Hasler Final of the current season but will apply to all other races. (E.g. A div. 6 paddler promoted to div. 5 in September 2021 at a race designated as H2021 can still race in div. 6 at the 2022 Hasler Final but must race in div. 5 at all other races.)
- i) All paddlers, both from within the region and from other regions are eligible for promotions.
- j) The Marathon Committee has discretion to promote or to withhold promotion at any time it is found to be necessary. This discretion is delegated to the Ranking Officer.

33) DEMOTIONS

- a) Divs. 1, 2 and 3 Demotions from Divisions 1, 2 and 3 will be made by the Rankings Officer in consultation with the Regional Marathon Adviser.
- b) Divs. 4 to 9 Application for demotion from Divisions 4 to 8 may be made to the **Regional Marathon Adviser by the club coach or team leader**. The Regional Marathon Adviser shall confirm his decision in writing/email/message to the **club coach/team leader and to the Race Records Officer** after agreeing this with the Rankings Officer.
- c) Demotions will be limited to one division.
- d) Demotions may be based on singles or doubles performances. Performances in doubles divisions will be monitored by the Ranking Officer and demotions made under Rule 33h) where considered appropriate.
- e) Status in canoe will not affect status in kayak and vice versa.
- f) Once demoted paddlers may nonetheless choose to race in any higher division. Paddlers competing in the Hasler Final shall race in the division according to their ranking status at the close of the prior season (normally 31 August). Thus demotions awarded in the new racing season immediately prior to the Hasler Final will not apply at that Hasler Final.
- g) All paddlers, both from within the region and from other regions are eligible for demotions.
- h) The Marathon Committee has discretion to demote or to withhold demotion at any time it is found to be necessary. This discretion is delegated to the Ranking Officer.

Rules Applying to the Hasler Final

- 34) The Hasler Final is a GROUP A Divisional race and all of rules 1-16 and rules 18, 24, 26, 31, 32 and 33 above shall apply.

35) CLUB ELIGIBILITY

The top scoring clubs from each region as determined by the regional Hasler competitions, plus a team from the Combined Services, may compete in the Hasler Final at the end of the season. The number of clubs from each region will be based on the number of affiliated clubs who have actively participated in the previous season, as indicated by Hasler Race results recorded on the MRC Website. Each region will automatically have 2 qualifying places, irrespective of the number of active clubs. Each region will receive an extra qualifying place for each 3 clubs in excess of 4.

Active Clubs	Qualifying places	Active Clubs	Qualifying places	Active Clubs	Qualifying places	Active Clubs	Qualifying places
1-6	2	7-9	3	10-12	4	13-15	5
16-18	6	19-21	7	22-24	8	25-27	9

- a) Additionally a team from the host club (or from each host club if there are two organising clubs) may compete if they have **not** qualified from the regional competition.
- b) Each eligible club will be allowed as many competitors in the final as it wishes.

36) PADDLER ELIGIBILITY

- a) A paddler must complete 3 qualifying events during the season to be eligible for the final. There are exceptions for Div.1 senior men's kayak, Div.2 and above junior men's kayak, Div.3 and above women

kayak, Div.4 and above junior women kayak and Div.3 and above canoe, and for paddlers in the Combined Services, who must complete 2 qualifying events.

- b) Qualifying events are regional Hasler races and all assessment races for that season. This does not include races designated for the following Hasler season. Also a paddler may count completing a National Championships race on one or both days as **one** qualifying race. The previous Hasler Final does **not** count as a qualifying race.
- c) The qualification must be in the same type of boat (i.e. canoe or kayak).
- d) Paddlers are only eligible to paddle in a singles race at the Hasler Final if they have completed 3 qualifying events in singles. The exceptions in rule 36(a) apply equally in this rule.
- e) A paddler can only compete in one race at the final.
- f) The Regional Marathon Adviser will check the eligibility of paddlers from his region for the final. This will include holding current British Canoeing, or equivalent, membership. The Race Records Officer will be able to produce listings on request to help clubs and Marathon Advisers carry out this task.

37) CLASSES

There will be races for each singles division 1 to 9 and each doubles division 1 to 9.

38) COMPETING IN CREW BOATS

At the Hasler Final where crew members in doubles races are ranked in separate divisions they must race in the classification of the higher ranked paddler.

39) POINTS

- a) All competitors in singles and doubles **must** show their singles ranking at time of entry. Competitors not doing so will not score points.
- b) Only competitors racing in their club colours will score points.
- c) Point scoring at the final will be as described in rule 30e (i), (ii), (iii).
- d) Each club will count its six best scoring singles boats and its three best scoring doubles boats, provided that both of the crew are members of the same club.

40) TROPHIES

- a) **The Hasler Trophy** will be awarded to the club scoring the most points at the final
- b) **The Regional Trophy** will be awarded to the region with the highest aggregate score at the final from their three highest scoring clubs.
- c) **The Adam Thomasson Trophy** will be awarded to the winner of the Div.2 race at the final.
- d) **The Ross Warland Memorial Trophy** will be awarded to the highest placed junior in the Division 4 race at the final.
- e) **The Committee Cup** will be awarded to the highest placed junior woman K1 in the highest division at the final.
- f) **The Ken Pereira Cup** will be awarded to the highest placed junior C1 in the highest division at the final.
- g) **The Rhodes White Trophy** will be awarded to the senior man K1 with the fastest time over the 12 mile course.
- h) **The David Shankland Trophy** will be awarded to the senior or junior woman K1 with the fastest time over the 12 mile course.
- i) **The Barber Trophy** will be awarded to the junior K1 with the fastest time over the 12 mile course.
- j) **The Bill Sparks Trophy** will be awarded to the highest placed veteran K2 in the highest division at the final.

Rules Applying to the National Championships

BRITISH CANOEING, NATIONAL WATER SPORTS CENTRE

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41) The National Championships is a GROUP A race and all of rules 1-18 above shall apply.

42) DEFINITION

- a) The National Championships shall be called **The British National Open Marathon Racing Individual and Team Championships** and will identify the various National Champions.
- b) There must be at least 5 entries for a National Championship race to take place.
- c) Where a race is inoperative the paddler or crew will be offered the opportunity to either transfer to another class for which they are eligible [see rule 43a] or receive a refund of their fee.

43) PADDLER ELIGIBILITY

- a) Paddlers may compete in races specified for those of a higher ranking but will not be allowed to compete in races specified for those of a lower ranking. (E.g. an U18 may race as an U23 or Senior but not as an U16 or O34.)
- b) Senior and Veteran Women paddlers may compete in a doubles crew in Senior and Veteran Men's kayak races of the same or higher ranking.
- c) All ages are calculated at 1st January of the year of the Championships.
- d) In the case of foreign nationals racing for at National Championships, the rules applying to this are specified in PART F at the end of this section.

44) NATIONAL CHAMPIONSHIP CATEGORIES

- a) There will be separate races for men's kayak, women's kayak and senior canoe.
- b) **Senior paddlers** in kayaks will race over a course of approximately 26km, in singles and doubles. The winners of these races shall be deemed the:
 - i) Senior Men's National Kayak Marathon Champion of Great Britain
 - ii) Senior Women's National Kayak Marathon Champion of Great Britain.
 - iii) **Senior paddlers** in canoes will race over a course of approximately 13km. The winners shall be deemed the:
 - iv) Senior Men's National Canoe Marathon Champion of Great Britain. (for singles)
 - v) Senior Women's National Canoe Marathon Champion of Great Britain. (for singles)
 - vi) Senior National Canoe Marathon Champion of Great Britain. (Doubles open to men and women)
- c) **Paddlers aged under 23** in kayaks will race over a course of approximately 26km, in singles. The winners of these races shall be deemed the:
 - i) Under 23 Men's National Kayak Marathon Champion of Great Britain.
 - ii) Under 23 Women's National Kayak Marathon Champion of Great Britain.
- d) **Paddlers aged under 18** in kayaks will race over a course of approximately 20km, in singles and doubles. The winners of these races shall be deemed the:
 - i) Under 18 Men's National Kayak Marathon Champion of Great Britain.
 - ii) Under 18 Women's National Kayak Marathon Champion of Great Britain**Paddlers aged under 18** in canoes will race over a course of approximately 6.5km in singles. The winner shall be deemed the:
 - iii) Under 18 National Canoe Marathon Champion of Great Britain.
- e) **Paddlers aged under 16** in kayaks will race over a course of approximately 13km, in singles and doubles. The winners of these races shall be deemed the:
 - i) Under 16 Men's National Kayak Marathon Champion of Great Britain.
 - ii) Under 16 Women's National Kayak Marathon Champion of Great Britain
- f) **Paddlers aged under 14** in kayaks will race over a course of approximately 6.5km, in singles and doubles. The winners of these races shall be deemed the:
 - i) Under 14 Men's National Kayak Marathon Champion of Great Britain.
 - ii) Under 14 Women's National Kayak Marathon Champion of Great Britain
- g) **Paddlers aged under 12** in kayaks will race over a course of approximately 6.5 km, in singles and doubles. The winners of these races shall be deemed the:
 - i) Under 12 Men's National Kayak Marathon Champion of Great Britain
 - ii) Under 12 Women's National Kayak Marathon Champion of Great Britain.
- h) **Paddlers aged under 10** in kayaks will race over a course of approximately 3.5 km, in singles and doubles. The winners of these races shall be deemed the:
 - i) Under 10 Men's National Kayak Marathon Champion of Great Britain

- ii) Under 10 Women's National Kayak Marathon Champion of Great Britain
- i) **Paddlers aged 34 or over:** Kayak men will race over a course of approximately 20km and kayak women over a course of approximately 13 km in singles and doubles. The winners of these races shall be deemed the:
 - i) Veteran Men's National Kayak Marathon Champion of Great Britain.
 - ii) Veteran Women's National Kayak Marathon Champion of Great Britain.
- j) **Paddlers aged 39 or over:** Kayak men will race over a course of approximately 20km and kayak women over a course of approximately 13 km in singles. The winners of these races shall be deemed the:
 - i) Over 39 Veteran Men's National Kayak Marathon Champion of Great Britain.
 - ii) Over 39 Veteran Women's National Kayak Marathon Champion of Great Britain.
- k) **Paddlers aged 44 or over** in kayaks will race over a course of approximately 13km, in singles and doubles. The winners of these races shall be deemed the:
 - i) Over 44 Veteran Men's National Kayak Marathon Champion of Great Britain.
 - ii) Over 44 Veteran Women's National Kayak Marathon Champion of Great Britain.
- l) **Paddlers aged 49 or over** in kayaks will race over a course of approximately 13km, in singles. The winners of these races shall be deemed the:
 - i) Over 49 Veteran Men's National Kayak Marathon Champion of Great Britain.
 - ii) Over 49 Veteran Women's National Kayak Marathon Champion of Great Britain.
- m) **Paddlers aged 54 or over** in kayaks will race over a course of approximately 6.5km, in singles and doubles. The winners of these races shall be deemed the:
 - i) Over 54 Veteran Men's National Kayak Marathon Champion of Great Britain.
 - ii) Over 54 Veteran Women's National Kayak Marathon Champion of Great Britain.
- n) **Paddlers aged 59 or over** in kayaks will race over a course of approximately 6.5km, in singles. The winners of these races shall be deemed the:
 - i) Over 59 Veteran Men's National Kayak Marathon Champion of Great Britain.
 - ii) Over 59 Veteran Women's National Kayak Marathon Champion of Great Britain.
- o) **Paddlers aged 64 or over** in kayaks will race over a course of approximately 6.5km, in singles and doubles. The winners of these races shall be deemed the:
 - i) Over 64 Veteran Men's National Kayak Marathon Champion of Great Britain.
 - ii) Over 64 Veteran Women's National Kayak Marathon Champion of Great Britain.
- p) **Paddlers aged 69 or over** in kayaks will race over a course of approximately 6.5km, in singles and doubles. The winners of these races shall be deemed the:
 - i) Over 69 Veteran Men's National Kayak Marathon Champion of Great Britain.
 - ii) Over 69 Veteran Women's National Kayak Marathon Champion of Great Britain.
- q) **Mixed Crews** There will be a Mixed K2 race for paddlers ranked in divisions 1 – 9 over a course of approximately 13km. This is open to all seniors, veterans and juniors. Crews must consist of one female and one male paddler. The winners of this race shall be deemed the Mixed National Marathon Champions of Great Britain.
- r) Where crew members in doubles races are in different categories they must race in a category for which they are both eligible.

45) UNDER 12 INTRODUCTORY CATEGORIES

- a) Organisers may offer an introductory race for Under 12 paddlers in both Mini K1 and Mini K2.
- b) These Races should be held over a course of approximately 3.5km.
- c) These races are intended for those Under 12 who are not ready to race over the longer course. As such Under 10 paddlers are expected to enter the National Championship races which will be of the same length.
- d) Paddlers may not enter both the introductory Races and the National Championship races classes.
- e) Paddlers in the introductory races will not score points.

46) TEAM COMPETITION

- a) Points will be awarded per paddler both in singles and doubles races for National Championship categories - 20 points for the winner then 19, 18, 17 etc. down to one point for each finisher.
- b) All competitors in singles and doubles **must** show their singles ranking to be eligible for team points.
- c) Only competitors racing in their club colours will score points.

- d) A trophy, **The Spanish House**, will be awarded to the club scoring the most points at the National Championships counting all categories in Rule 44.
- e) A trophy, **The Spanish Galleon**, will be awarded to the club scoring the most points in the Junior age categories (Rule 44(d-h)).

47) PROMOTIONS & DEMOTIONS

Although no automatic promotions will take place at the championships, the Marathon Committee may exercise their right under rules 32 and 33 to promote or demote on the basis of the results.

48) HASLER QUALIFICATION

The event will not count as a Regional Hasler event nor be used to allocate points for Regional Hasler competitions. However, it may be counted by a paddler as a qualifying race for the Hasler Final.

Rules applying to the Geoff Sanders Memorial Trophy (these rules replace Lightning rules)

49) THE SERIES

- a) Race organisers of regional Hasler races are expected to include GST Series races in their programme. These races will qualify for the Geoff Sanders Series in which teams compete for the Geoff Sanders Memorial Trophy. Races can also be run at other times as part of an inter-club event.
- b) The Series will run from 1st September to 31st August the following year.
- c) Races in the Series will not be awarded Hasler points.
- d) GST races only will be included in the programme of the Hasler Final, but will not be used in scoring for the Hasler Trophy.
- e) For further information or details contact Evan Shephard at evan.shephard@gmail.com

50) QUALIFICATION, COURSE, CLASSES, POINTS, PRIZES **All rules applying to the series are in the section titled Under 14 Development Racing after rule 65) (below)**

51) RESULTS

- a) Results of all races in the Series should be forwarded to Julia Lawley, the Geoff Sanders Coordinator. Email: juliakayak3@gmail.com

52) SAFETY

- a) The wearing of life jackets or buoyancy aids is compulsory for all paddlers.
- b) The requirements of Rule 5 must be observed in all respects.
- c) Race organisers must conduct a specific risk assessment for GST races and, taking into account their age and experience, provide adequate safety cover (e.g. rescue boats and signage) over the whole course where considered necessary.

53) RACING IN THE HASLER COMPETITION

- a) The Geoff Sanders Trophy (GST) Series aims to introduce young paddlers into marathon racing but it is important that they do not remain too long in the class. The Series is designed to make the transition to Hasler Divisions when paddlers are sufficiently experienced and able.

54) RACE LEVY / EVENT TICKET

- a) GST races are classed as Group C races: no race levy will be charged.
- b) Paddlers who are not British Canoeing members or not members of a British Canoeing affiliated club shall be issued with an Event Ticket to provide insurance cover. British Canoeing has agreed not to make a charge for the Event Ticket for GST paddlers.
- c) To promote racing at this introductory level, the MRC recommends a standard entry fee of £2.50.

Rules applying to Short-Course races

55) THE FORMAT

The Short-Course has been introduced to international competition by the ICF as a way of showcasing marathon skills in a faster and shorter race format. The format involves a course of 3.6km, raced in single kayaks and canoes over three laps, with a portage at the end of the first and second laps.

56) RACES

The Committee aims to organise a National Championships, and to encourage each region to organise local races in the same format.

57) RULES

- a) Short-course racing will be governed by the rules of British Canoeing Marathon Committee as set out in the Canoe Racing Handbook.
- b) These races fall under rule 3)b)ii) 'Races and time trials approved by the Marathon Committee but not in the divisional system'.
- c) Any time penalties imposed in a race shall be added to the elapsed time of the competitor and not served as a penalty stop during the race.

58) RACE LEVY/BC MEMBERSHIP

- a) The race levy must be paid. The levy will apply to the event, not the number of races a paddler competes in on that day.
- b) Entrants must be on-the-water or Club Associate members of British Canoeing.
- c) Membership must be confirmed with entry or at time of booking in.

59) THE COURSE

- a) The course will be as close as possible to 3.6 kilometres, with a lap length of approximately 1.2km. A GPS should be used to measure the length of the course, to enable time comparisons to be made throughout the country.
- b) There will be two turning points. There should be three buoys marking the turn in an even arc. Races may involve using both turning points on all three laps, or a shorter final lap where the paddlers finish in the opposite direction to how they started and miss out the second turn.
- c) There will be one portage, to be completed at the end of the first and second laps. This should allow as much space as possible for groups of paddlers to enter and leave, and wide enough for paddlers to pass one another on the run.
- d) The course can be on any kind of water, but bear in mind the basic objective of teaching paddlers to race in large groups. Therefore, wherever possible, there should be as large an expanse of water as possible.

60) CATEGORIES

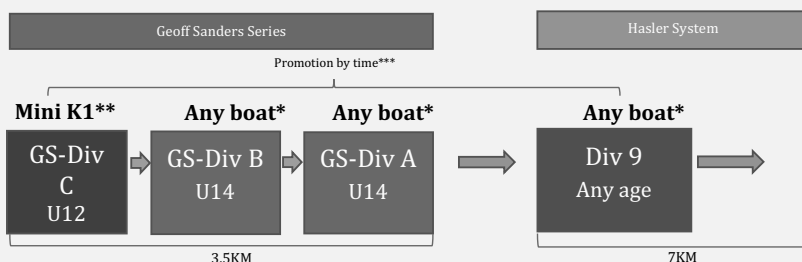
- a) The following classes will be run with separate Female and Male championship events at the National Championships:-
 - i) Open Senior C1
 - ii) Open Senior K1
 - iii) Open Para (any ICF-recognised class single craft)
 - iv) U18 K1
 - v) U16 K1
 - vi) Over 35 (Veteran) K1
 - vii) Over 50 (Masters) K1
- b) Race organisers may offer additional classes where entry numbers permit
- c) Races will normally be contested as heats and finals, with progression to finals dependent on finishing position in the heats.
- d) Optimal numbers for a race start will depend on the dimensions of the course, however these should be at least six paddlers to ensure a good level of competition. The Race Organiser has discretion either to split starts into smaller groups or to combine starts where it is considered the numbers of competitors or the nature of the course make this appropriate.

e) Race organisers will not merge male and female classes in short-course racing.

61) RANKINGS

The Short-Course series is an age and gender based racing format and does not use divisional rankings to decide classes. The exception to this rule would be where race entries are too large to run a single class for any individual age/gender combination, in which case the Race Organiser may split this class into separate starts based on marathon divisional ranking.

U14 Development Racing: Geoff Sanders Trophy Series



*Any boat that is normally permitted to race in Hasler races

** Restricted to any "Mini" K1.

***Promotions are on time, but will also be on advice from the paddler's club race captain

01. Rules & Points:

- a. Racing in this series will be open to U14 paddlers (see b.) not previously promoted to Div 9 or higher
 - i. These races are intended as introductory races and team leaders are required to enter athletes in the division they believe to be most appropriate. There is no expectation to start at the bottom. Paddlers MUST enter the division that is most appropriate for their ability
- b. GS-DivC will be for U12 paddlers only, GS-DivA and GS-DivB are open to U14 paddlers.
 - i. GS-DivA and GS-Div B are open to all paddlers U14, including faster U12 and U10 paddlers.
 - ii. Promotion through the divisions is based on speed not age
- c. Boat Type
 - i. Paddlers in GS-DivA or B races may use any craft that is eligible in a Hasler singles class (including lightnings and other mini K1s)
 - ii. Paddlers in GS-DivC races must use a Mini K1
- d. Starts will be in class and prizes to be given for the fastest three paddlers in each class.
 - i. Other discretionary prizes are actively encouraged. Some suggestions below; this list is not exhaustive and will be at the race organisers' discretion.
 1. First Female
 2. Fastest U10 Boy / Girl
 3. Fastest U12 Boy / Girl
- e. Starts can be combined, as appropriate.
 - i. This is actively encouraged where races are not quorate.

- ii. It is acknowledged that larger races produce a better learning experience, and organisers may choose to combine starts that are quorate to increase the field size
- iii. Where races are combined results will still be calculated separately

02. Promotions / Demotions

- a. Promotions are based on time. Promotions should be accepted unless in exceptional circumstances. If you feel a promotion is incorrect the Team Leader only should contact their RMA
- b. Promotion from GS-DivA will be restricted to Div 9 and no higher
- c. There will be no demotion back into GS-DivA from Div 9
- d. Demotion within these 3 divisions should be rare, no D notices will be issued. If a Team leader feels there is cause for an exception, the Team leader only should contact their RMA.
- e. It is expected that Team Leaders will place their paddlers in the correct division in their first race. This is especially important for U14 paddlers as this is only for beginners and those not capable of racing Div 9. Any paddler placed in too low a division will be promoted following that race and contact will be made with the RMA. This is a system of trust and should not be abused.

03. K2 in Hasler Divisions:

- a. Any U14 paddlers (not yet in Div 9 or above) will be treated as Div 9 in K2 for divisional calculation purposes.
 - i. Two GS paddlers may race together in Div 9 or with other paddlers as per normal Hasler Rules.
 - ii. Unless promoted, Paddlers retain their GS ranking for K1 racing.
 - iii. Two GS-DivA paddlers racing in Div 9 K2 is actively encouraged to enable them to gain experience over 4 miles.
 - iv. Promotions for Paddlers racing in Hasler K2s either with other GS paddlers or higher ranked paddlers will be as per normal Hasler race rules
 - v. Paddlers, Parents and Team Leaders are reminded that mixed division K2s often produce promotions. The likelihood of a promotion and the ability of the paddler to cope with one should be considered prior to entry.

04. Geoff Sanders K2 Class:

- a. Race organisers are encouraged but not required to offer GSK2 races
- b. Where possible it is preferred that these races are at a separate start time to allow GS paddlers to race both GSK1 and GSK2 at the same event. (NB a paddler may not race in both GS and Hasler races at the same event).
- c. GSK2 will be split into classes
 - i. GSK2 (Open) - open for all U14 paddlers with a maximum crew ranking of GS-DivA and GS-DivB (two GS- DivA paddlers should race Div9K2). Both Mini K2s and standard K2s are allowed.
 - ii. GMiniK2 - open to paddlers with crew rankings of GS-DivB with a GS-DivC or 2 GS-Div C paddlers. Only Mini K2s may be used
 - iii. It is recognised that entries for these races will often be low and starts should be combined wherever possible.
- d. Where a GSK2 race is starting at the same time as GSK1s the organiser may combine starts as they deem best. For example, combining with GSK1 DivA with GSK2 Open
- e. There will be no promotions from GSK2 races

05. Geoff Sanders Memorial Trophy

- a. Points will be scored towards the Geoff Sanders Trophy, with a paddler's 3 best scores in the season to be carried forwards to their club's total.
- b. In addition, a 10 point bonus will be awarded for any paddler promoted into the Hasler system

- i. The RMA in conjunction with the ranking officer may withhold these bonus points if it is felt a paddler was entered into too low a class.
- c. Once in the Hasler Divisions, paddlers will not score points for the Geoff Sanders trophy but will in the Hasler system as per all Hasler paddlers

Transition from old system

Authors note - Trying to re-rank existing paddlers into the new classes would have been difficult but probably possible. However, with the Covid19 interruptions to racing it is felt a mass reranking would produce inconsistent results, as paddlers will have progressed at different rates. The below guidance should encourage a consistent approach for coaches and team leaders to rank their paddlers in the new divisions. If a paddler sits between classes please do what you think will produce the best learning experience for your athlete.

- These guidelines are based upon a study of average race time since 2010.
- The average race distance in this time period is unknown but times suggest it is towards the shorter end of the recommended 2 - 4km, significantly shorter than the 3.5km recommended in the Nationals rules
- The intention is for Promotion from GS-DivA to allow a paddler to be immediately comfortable in Div 9 (top third of the division).
- The promotion times identified have been selected to create an even split of the available athletes across the three divisions.
 - It is unknown what percentage of paddlers will choose to paddle K1 over mini K1 initially but it is expected that Lightings will be raced in all 3 divisions. With speed-based divisions they should have a good racing experience regardless of boat choice.

Provisional recommended standards:

time to complete 3.5km	Recommended Division	
Faster than 24:30	Hasler Series (Division 9 or above)	faster than 07:00 per km
24:30 - 26:15 mins	GSK1 Div A	07:00 - 07:30 per km
26:15 - 28 mins	GSK1 Div B	07:30 - 08:00 per km
slower than 28 mins	GSK1 Div C	slower than 08:00 per km

These times will be under constant review and updated as required. Times are thought to be conservative and it is anticipated they will be revised faster as more data is generated.

For further information or details contact Evan Shephard at evan.shephard@gmail.com

PART B: THE STARTING OF ASSESSMENT RACES, NATIONAL CHAMPIONSHIPS RACES AND HASLER FINALS RACES

There is a necessity to maintain the standard of starting at assessment races and major championships. The following will apply to all assessment races, to all races at the National Championships and to all races at the Hasler Finals.

1) REQUIREMENTS

- a) The start line should be clearly defined on both banks.
- b) A clearly defined marshalling line must be established behind the start line.
- c) The race must be started by a person drawn from the approved starters list, who will have an experienced assistant.
- d) The marshalling line should be controlled by at least two experienced officials.
- e) The above should all be equipped with PA equipment or loud hailers that it is the responsibility of the race organiser to provide.

2) STARTING PROCEDURE

- a) The starter shall ensure all craft are lined up on the starting line as stationary as possible for the water conditions. When the starter is satisfied the line(s) is correctly positioned he/she shall give the signal to start by a shot, starting horn or the word 'go'.
- b) If a competitor commences paddling or attempts to start before any instruction to do so, he/she has made a false start.
- c) A competitor who crosses the line before the starter's start signal shall also be deemed to have made a false start.
- d) Refusing to obey the starter's instructions will also constitute an unfair start.
- e) A competitor who attempts a false or unfair start will be warned a maximum of two times. A third offence will result in the imposition of a two-minute penalty. A further offence by the same competitor will result in disqualification from the event. The disqualified paddler must leave the water immediately.

3) APPROVED STARTERS

Starters for National Championships, Assessment Races, or Hasler Finals must be approved in advance by the MRC.

4) STARTERS' ADVISORY NOTES

In starting ANY race the following advisory notes should be applied by the race organiser and starter to achieve consistency.

The start of any race is critical and **fairness and consistency** are our aim. It is therefore highly important that you carry out procedures and endeavour to ensure everybody has a fair start.

It is vital that all participants have a fair chance to understand the starter's instructions. With this in mind an appropriate PA System or loud hailer should be available for starters to use at all but the smallest of venues. Organisers should consider there may be those with limited hearing at their events and amplification may be required even at small venues. It should be considered best practice to plan events with this adaptation in place.

The rules that will apply for major competition are laid out below. They can and should equally apply to ANY race. Once competitors who push the line or jump the start realise that that will get a 2-minute penalty, or be disqualified and asked to leave the start line, they will start to comply with your instructions.

Our aim is to make these rules the standard to which **every race** organiser works.

Some important points come from these rules, which should be noted and applied, on all starts:

If you control the boats at a no more than 'walking pace' as they come up to the line, then it is more likely you will control them on the line.

Make sure that your 'marshalling line' is not too close to the actual start line.

Do not 'hold' paddlers on the start line for too long - this will merely result in them 'pushing' it. Bring them very slowly up to the line and start the race quickly when there.

If the majority of boats advance over the line - the only way to bring them back is to get them ALL to paddle round and start again.

Do not penalise those who comply with your instructions and are on the line by starting the race when others are clearly in front of the line. Bring the non-compliant paddlers back round. Be prepared to warn twice and then penalise with a 2-minute penalty or disqualify.

Refer to boats by their numbers or by the club colours not by the paddlers name and be prepared to record - or have an assistant record - any penalties given by boat number.

If you issue a penalty it must apply - it cannot then be ignored or withdrawn. If you disqualify a paddler do not start the race until he/she has removed himself from the line and from the water. It is not permitted for the disqualified paddler to paddle round with the other racers.

Do not tell paddlers that there is '1 minute to go' and then start them before a full minute has elapsed. Be consistent, if you say you will not start them for 2 minutes make sure it is a full two minutes before you do start them.

Have a whistle ready to blow if there is a false start and you are recalling the whole race. Make sure that the paddlers know that is what a whistle means: STOP, there has been a total false start, come back to the line.

If you have paddlers 'hanging back' well behind the actual start line give them the opportunity **once** to come up to the line. If they are unwilling to do so after being asked, then concentrate on the front line to retain control and accept that those behind the line are more comfortable in the 'second line' position.

You are within your rights as the starter of an event to 'warn' coaches and spectators who are blatantly trying to encourage their paddlers to ignore your instructions and 'push' the start. Do not be afraid to do so.

BY BEING CONSISTENT AT ALL RACES AND ACROSS ALL STARTS PADDLERS WILL LEARN WHAT IS EXPECTED OF THEM.

PART C: RECOMMENDATIONS

These recommendations are to help clubs run well-organised races. You should not attempt to run a race without having attended others first.

1) INITIAL CHECK LIST

- a) Ensure club BC Affiliation is up to date
- b) Appoint Safety Officer & Welfare Officer for the event
- c) Produce Risk Assessment and Safety Plan
- d) Produce **Advance Information** to competitors and invitation to enter
- e) Produce Marshalling Instructions
- f) Refer to the full checklist "Advice on Running a Hasler Race" to be found on the MRC Website at <http://canoeracing.org.uk/marathon/index.php/race-organisers-checklist-2018/>

2) ADVANCE INFORMATION

Advance information should at least contain the following details.

BRITISH CANOEING, NATIONAL WATER SPORTS CENTRE

Adbolton Lane, Holme Pierrepont, Nottingham, NG12 2LU

T 08453 709500 F 08453 709501 E info@britishcanoeing.org.uk W www.britishcanoeing.org.uk

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- a) Name, date and status of the race.
- b) Name of the organising body.
- c) Closing date for entries and whether or not late entries will be accepted.
- d) Person to whom entries and enquiries should be sent, with address, phone number and email.
- e) Entry fees and to whom these should be payable.
- f) An entry form asking for full details of competitors, though entries using the RMS system should be encouraged.
- g) Welfare Statement
- h) Locations of start and finish, and directions for getting to these places.
- i) Check-in, briefing and start times as applicable.
- j) Brief description of the course indicating any specific safety issues with a map if necessary
- k) Indication of communication method in event of cancellation, or postponing.
- l) Any special regulations that competitors should be aware of before they arrive.
- m) Any major changes since last year.

NOTE – several of the above points could be covered by providing a link to club website or appropriate Facebook group, but consideration should be given to paddlers who may not have access to these.

3) SAFETY

Safety measures are largely at the discretion of the organiser, since courses and conditions vary considerably. All paddlers ranked in Divisions 7, 8, & 9 or competing in GST and fun races must wear a buoyancy aid [Rules 5 (a)(v) and 56 (a)]. Make sure you have adequate safety cover for all GST and Div 9 races. On the open sea it is wise to insist on buoyancy aids for all. On open water, rescue boats are very important. Ensure that no one is stranded or lost halfway round the course; it is important to account for all competitors. On calm water it is usually sufficient to have a back marker paddling the course. Marshals at turns and portages should carry safety equipment including an absolute minimum of space blanket or similar, throw line and mobile phone. Where possible a checklist of boat numbers will help marshals tick off those who have passed them.

All Race organisers shall appoint a Safety Officer, prepare a Risk Assessment and Safety Plan well ahead of their event and put in hand appropriate safety measures. Risk Assessments must be forwarded to the Regional Marathon Advisor before the event.

4) BRIEFING AND CONTROL

- a) Deliver a briefing shortly before the race. Explain the starting procedure; starting order; describe any special features and hazards of the race course and emphasise any special regulations. Remind Team leaders/coaches that they should ensure their paddlers are sufficiently competent for the course/conditions/arrangements.
- b) Check that all boats are numbered clearly. It does make the finishers' job easier if number plates are legible.
- c) Use the starting order listed in Section 4.
- d) Make sure the course is clearly marked at all points where there could be doubt. Position marshals at turning points to check against a start list. Have clearly identifiable marshals at portages and shoots. The marshals should keep the passage clear for competitors, keep spectators and competitors off forbidden land and report any misdemeanours to race control. A marshal's directions should override any prior instructions.
- e) It is expected that queries and concerns from team leaders or parents at the briefing or during the event will be addressed diplomatically and effectively especially where young paddlers are concerned.

5) STARTING ORDER

- a) The start order of the various classes or divisions can have a significant effect on the race results. The general principle is to start the fastest classes first and the slowest classes last. This minimises the chance of fast boats paddling through slower classes, picking up stragglers on the wash and dragging them back to the class leaders.
- b) The following is the recommended start order. Not all these classes will necessarily run at any one race.

Division 2 K2	Division 5 K2	Division 8 K2
Division 1 K1	Division 4 K1	Division 7 K1
Division 3 K2	Division 6 K2	Division 9 K2
Division 2 K1	Division 5 K1	Division 8 K1
Division 4 K2	Division 7 K2	Division 9 K1
Division 3 K1	Division 6 K1	

6) STARTING

It is vital that all participants have a fair chance to understand the starters instructions. With this in mind an appropriate PA System or loud hailer should be available for starters to use at all but the smallest of venues. Organisers should consider there may be those with limited hearing at their events and amplification may be required even at small venues. It should be considered best practice to plan events with this adaptation in place.

Please also refer to 4) Starters Advisory Notes from **PART B: THE STARTING OF ASSESSMENT RACES, NATIONAL CHAMPIONSHIPS RACES AND HASLER FINALS RACES** (above) as some of the best practice detailed should be incorporated into all Hasler Races.

- a) Ensure that all paddlers can hear your instructions clearly.
- b) Ensure your start position is such that you can see the boat numbers and if necessary have a helper as a spotter.
- c) You or your helper should have a pen/paper to write down any number warnings and penalties.
- d) If the paddlers do not obey instructions then the rule must be followed with appropriate penalties.
- e) In the event of a false start use a whistle to recall the paddlers. The use of the whistle should be included in pre-race briefing.
- f) Try to ensure the paddlers approach the line very slowly.
- g) An upstream start is preferable if possible.
- h) If you make a requirement or statement as to what you are going to do, do not back down or change it under paddler or time pressure.
- i) Record accurate start times for all races – these will be needed for the RMS program.

7) TURNS

- a) Clearly mark all turns. Use a buoy or buoys at each turn. Make sure these are clearly distinguishable. A clear description and location of the turn buoys must be given at the briefing.
- b) All turns should be properly marshalled. Each turn marshal should have a list of the race numbers that started and be responsible for checking that each boat properly completes the turn. A list of boats that did not complete the turn and a written report of the incidents at the turn must be provided promptly to the race control.

8) FINISHING & RESULTS

- a) Have a clearly marked finishing line. Signify a crossing of the line audibly by bell, whistle or hooter.
- b) Have a reliable, readable clock and a back-up in case of malfunction.
- c) Have a shelter in case it rains.
- d) **Recording the finishing times and positions is the most important job you will do.**
- e) **Prepare in advance with numbered sheets. Have spare pens/pencils.**
- f) Record the number and order of every boat as it passes the finishing line. Two tried and tested methods are:
 - (i) Have lined sheets, marked into two columns with one person writing the boat numbers and another the finish time. If possible have a third person calling out the finishing times. Number all

finish pages to avoid confusion, OR

(ii) Have a team of three. Two work together, one calling boat numbers whilst the other records the number and time. The third person works independently recording the numbers in finishing order.

We do not recommend having the times written on one set of sheets and the numbers separately written on another set and then trying to match these together.

- g) A further fail-safe is to have a tape recorder at the finish line. Give the recorder to one of the finish team and tell them to 'talk' every boat over the line, giving number and time.
 - h) At all Hasler events you must use the Hasler Race Management computer program (RMS) to produce your results. If possible use the RMS at the race. This will automatically calculate the elapsed time and finishing order of all boats, all singles promotions and the Hasler points. The results will be produced in the format required by the Race Records Officer. The RMS is designed for Hasler races and can be downloaded from the Marathon Canoeing website. If you want any help with the RMS please contact your Regional Adviser.
 - i) Whether using the RMS or a manual system, have someone indoors to produce the results. Arrange a system for displaying the results as soon as you know them. Errors can be queried before prize giving. Hold the prize giving as soon as possible.
- 9) AFTER THE EVENT**
- a) After the event is over the final result sheet needs to be produced. Keep all manual start and finish sheets as back-up.
 - b) If you have run a Hasler event you must return your results using the RMS. This automatically produces the results in the correct format.
 - c) Send results by email to the Rankings Officer, the Regional Marathon Advisor, the Race Records Officer and to marathonresults@canoeracing.org.uk within 2 working days so that promotions can be ratified and the results can be uploaded onto the marathon website. For all addresses, see page F3.
 - d) The race levy should be sent to the Marathon Racing Committee treasurer. See rule 13. Levy to be remitted within 7 days.
 - e) Send Event Ticket money to British Canoeing HQ, Nottingham together with the name, post code etc. of those who have paid for an event ticket, on the form provided by British Canoeing.

PART D: VENUE AND ORGANISATIONAL CRITERIA FOR THE NATIONAL CHAMPIONSHIPS AND THE HASLER FINALS

The Marathon Committee will look to the following ideal criteria when considering applications for the hosting of the National Championships and the Hasler Finals. Any club wishing to host the National Championships or the Hasler Finals will be expected to make a short presentation to the Annual Consultative Meeting or to the Marathon Committee outlining their proposals for the course and organisation to meet these criteria.

1) THE COURSE

- a) The course should be wide enough at the start to provide a fair start for all paddlers. It should also be wide enough throughout its length for competitors to overtake and pass each other in opposite directions.
- b) The course should be capable of being paddled in an understern rudder boat.
- c) Portages should allow a minimum of 12 metres at the 'get out' and 'get in' points. Portages should not be of excessive number or length.
- d) Access to portage areas for spectators should be good with adequate parking, or pool transport should be provided.
- e) The course should be reasonably accessible for spectator viewing.
- f) There should not be too many other conflicting water users.

2) ORGANISATION

- a) The organising club(s) should have a proven track record in organising normal Divisional marathons.
- b) The venue should have good access by road and not be too far for the majority of paddlers to travel.

- c) There should be adequate camping facilities nearby, particularly for the two day National Championships.
- d) There should be adequate parking at the start and finish.
- e) There should be adequate covered checking-in and refreshment areas at the start and finish and a results display area.
- f) There should be adequate toilet facilities at the start and finish areas.
- g) There should be an adequate PA system at the start, briefing and prize giving areas.
- h) There should be adequate First Aid cover in appropriate areas.
- i) The starting of all races is to be as the procedure set out in PART C.
- j) There should be a computerised results facility capable of showing class results and team scores immediately after the races.
- k) Prizes at the National Championships will be the official BC National Marathon Championship medals and Divisional medals.
- l) Prizes at the Hasler Finals will be the official BC Hasler Finals medals.

PART E: BRITISH CANOEING MEMBERSHIP AND EVENT TICKETS

All seniors and veterans must be full On the Water members of British Canoeing if they wish to race in a Marathon event that has been advertised in the Calendar. Juniors who are ranked in division 6 or above must also hold individual or family On the Water British Canoeing membership.

It is the responsibility of an **Affiliated Club** to register all its **Associate Members** using the Club Online Portal (<https://www.britishcanoeing.org.uk/guidance-resources/clubs/clubtogether-portal>)

A club member need not be a full On the Water member of British Canoeing in order to race in the lower divisions (7,8 & 9) of the Marathon racing system or in the other 2 categories of marathon races. He / she must, however, be a member of a BC Affiliated club that has registered their Associate Membership and have a BC number used for his or her identification. Note that Event Tickets are also required for all paddlers who are neither British Canoeing members nor a member of an Affiliated club who has registered their Associate Membership.

Any junior promoted into a higher division (6 & upwards) must then become a full On the Water member of British Canoeing

Clubs must ensure that competitor's Associate membership is registered **before** making a race entry. On The Water Members must ensure their membership is up to date **before** they or their club make a race entry. Event Tickets when needed, must be purchase **before** making an entry.

The system is as follows:

1. The tickets are for use by non-members not registered as Associate Members by an Affiliated Clubs at the entry level only of National Competitions requiring membership e.g. Divisional Racing.
2. Event organisers charge the current rate set by British Canoeing, which will be sent to British Canoeing HQ, Nottingham within 7 working days of the event.
3. Event Ticket fees are not refundable.
4. The overall consideration is to encourage, in the best possible way, membership of the Country's Governing Body for Canoe sport.

PART F: Statement on Foreign Nationals participating in competition.

A. Eligibility for National Team Selection

1. Must be a Member of British Canoeing. (including, SCA, CW & CANI)
2. For International Competitions the ICF competition rules will apply*. These are as follows:
 - a. An athlete who has competed internationally at any level in the last 3 years requires authorisation from the ICF and the national federation of the original country in order to change sporting nationality.

- b. For an athlete to be eligible for a change of sporting nationality they must have lived in that country for the last two years.
 - c. The request of the change of nationality must be made in writing to the ICF no later than 30 November the year before the competitor wants to compete (e.g 30 November 2017 to be eligible to for British Canoeing from 1 January 2018).
 - d. For the Olympic Games the Olympic Charter rules will be applied for nationality issues. For athletes to be eligible for the Olympic and Paralympic Games they must hold citizenship/nationality of the country that they participate for at the time of the qualification event.
 - e. A competitor may not compete for more than one Federation in any calendar year (1 January to 31 December) in canoeing.
3. The same procedure and rules apply, should the Competitor decide he/she wants to change back to compete for his/her Federation of origin:
 - a. The Competitor will not be able to do so if they have already competed internationally at any level in that calendar year and will have to wait until the following year.
 - b. The Competitor will need to obtain a release/approval in writing from the Federation they have been competing for.
 - c. The release/approval will be submitted by British Canoeing to the ICF for its approval (submitted by 30 November) for the Competitor to compete for a new country in the following year.
4. In order to be eligible to be on a UK Sport funded programme an athlete must possess a valid British Passport or be in the process of applying for British Citizenship. (If an Athlete is not a British Passport holder and their long term ambition is to compete in the Olympic or Paralympic Games for GB they need to be aware that they will only be eligible for funding and able to compete if they hold a current British passport. Therefore they should be actively pursuing and, likely to achieve a successful, application for a British passport).

B. Eligibility for National Championships Titles.

1. In order to be eligible to win a title in National Championships a Competitor must:
 - a. Be a British Citizen and be a current member of British Canoeing (including, SCA, CW & CANI - Juniors registered with On the Water family membership, do not need full Canoeing membership) and not currently representing or in the selection process to represent another country;
or
 - b. Have been resident in the United Kingdom and a member of British Canoeing, (including, SCA, CW & CANI - Juniors registered with family membership, do not need full British Canoeing membership) for at least 2 (two) years. For clarification, it is the 2 years immediately preceding the relevant event and as soon as the individual it is at the point of renewing for a third year they shall have satisfied this condition.
2. In entering a National Championship competitors agree to abide by this Eligibility Policy. Any competitor winning a title may, at the absolute discretion of the organisers, be requested to supply proof that they satisfy B1 a) or B 1 b). Any competitor not complying with this requirement within a reasonable time will be liable to disqualification from receiving a National Championship title and will only be eligible to receive a race placing. Any disqualifications under this clause B2 will be subject to specific race rules and if applicable the British Canoeing dispute resolution policy.
3. If a Competitor is not a British Citizen and has not been Resident in the United Kingdom and a member of British Canoeing, (including, SCA, CW & CANI) for the necessary 2 (two) years (in accordance with 1.b. above) and there are exceptional circumstances then they may apply to the Head of Governance and Compliance requesting discretion to be exercised. Any applications should be submitted at least four weeks prior to any National Championships which they wish to compete in.
4. Decisions are final and in the absolute discretion of the British Canoeing Chief Executive who shall consider each case on its own merits and decisions not create a precedent for any future cases.

PART G: Regional Marathon Advisors

Election of Regional Marathon Advisor

1. Under the current Marathon Racing Rules, the Regional Marathon Advisor is an elected post.
2. The election will take place each year between the Hasler Final and the end of November so that details can be included in the Racing Handbook. The election will be called by the RMA. If for any reason it is not appropriate to hold an election at this time, the MRC must be kept informed of the circumstances via the RMA Liaison.
3. All clubs in the region registered as participating in marathon racing, must be invited to be involved in the process of election, with each club nominating one voting representative.
4. The process will vary between regions according to local circumstances and may take place by email or at a meeting.
5. The process must involve the proposal of candidates and voting. Independent tellers may be used if necessary. The RMA may offer themselves for re-election. All candidates must have seen the document – Regional Marathon Advisors Role. In some regions it may be appropriate to split the role and elect joint RMAs or for the elected RMA to nominate an assistant.
6. The RMA must inform the MRC of the outcome, with any changes to contact details, once the election has taken place.



LETTER TO RACE ORGANISERS

After the frustrations of the 2020/2021 Season, hopefully most clubs will have developed appropriate ways to manage their races for 2021/22 and beyond. As the MRC appreciate that for many, your event constitutes an important part of club life and a very essential income toward maintaining the club, we wish you success and draw to your attention some of the necessary elements of producing your events.

Safety

Risk assessments still need completing and sending to RMAs well in advance of your race date. This should include a Covid Risk Assessment and follow any current guidance from the British Canoeing website that applies at the time.

Online Entry System

This is now functional and should be used for your race as the smooth running of the rankings system depends on it. It has the ability to include information about the course and any important organisational details, in addition to a map of the location and the usual necessary things like timings and fees. There are currently choices that clubs can make about how fees are accepted. Data from the system can be used live or downloaded as a race file. Information on the process will be made available.

Facilities

Over the past few years, the reasonable expectations about what is essential equipment needed to run a race have grown, while requirements to match these have been added to rules and advice on good practice.

Changing tents – These have been even more necessary during Covid restrictions and some clubs have invested in their own. They should be made available where adequate club facilities are not sufficient particularly for females. Where clubs do not have the resources for providing their own, they can be loaned to clubs for a race, by application to your RMA in the first instance.

Adequate toilet facilities – A few years ago the MRC altered its recommendations on maximum fees in order to allow clubs to generate additional income to pay for portaloos to ensure adequate toilets were available. Sadly, there have still been reports of some races not providing adequate toilets. The MRC expect organisers to make every effort to ensure appropriate provision is made at each event.

Megaphone/PA – In the interest of fairness at starts, organisers are asked to ensure that all competitors are able to hear starters. At all but a very few events this will mean using either a megaphone or PA system. Some competitors may suffer from hearing impairment which should be taken into consideration at briefings as well as during starting/marshalling.

Clubs that cannot provide adequate Facilities may have MRC registration for an event withheld.

Rule changes and clarifications

Courses - Where a navigation requirement is imposed by a River Authority or other external agency, organisers are required to include the information in their briefing, provide a marshal or marshals to enforce it and record infringements. Organisers should refrain from imposing other additional course restrictions if they cannot enforce them.

Course, starting or navigation infringements. - Organisers may impose time penalties of 5, 10 or 15 seconds where infringements occur provided paddlers have been informed that this will be the case.

When protests occur, organisers should record the details, the outcome of the protest committee decision and any appeals. These details should be forwarded to the RMA who will collate them.

MARATHON RACING: NATIONAL CHAMPIONSHIP TROPHIES

The Spanish House: National Championships Team Trophy

1990	Nottingham Kayak Club	2006	Reading Canoe Club
1991	Nottingham Kayak Club	2007	Leighton Buzzard Canoe Club
1992	Army Canoe Union	2008	Wey Kayak Club
1993	Nottingham Kayak Club	2009	Wey Kayak Club
1994	Nottingham Kayak Club	2010	Nottingham Kayak Club
1995	Nottingham Kayak Club	2011	Norwich Canoe Club
1996	Nottingham Kayak Club	2012	Norwich Canoe Club
1997	Kimbolton School	2013	Norwich Canoe Club
1998	Nottingham Kayak Club	2014	Norwich Canoe Club
1999	Nottingham Kayak Club	2015	Norwich Canoe Club
2000	Elmbridge Canoe Club	2016	Norwich Canoe Club
2001	Elmbridge Canoe Club	2017	Norwich Canoe Club
2002	Leighton Buzzard Canoe Club	2018	Nottingham Kayak Club
2003	Leighton Buzzard Canoe Club	2019	Norwich Canoe Club
2004	Leighton Buzzard Canoe Club	2020	No event
2005	Leighton Buzzard Canoe Club	2021	Reading Canoe Club

The Spanish Galleon: Inter-Club K4 Racing to 2003

1991	Hereford	1995	Nottingham
1992	Elmbridge	1996	Nottingham
1993	Hereford	1997	Nottingham
1994	Elmbridge	1998/2003	No race

The Spanish Galleon: Lightning Team Trophy

2004	Banbury Canoe Club	2013	Banbury Canoe Club
2005	Banbury Canoe Club	2014	Norwich Canoe Club
2006	Southampton Canoe Club	2015	Norwich Canoe Club
2007	Leighton Buzzard C.C.	2016	Norwich Canoe Club
2008	Leighton Buzzard C.C.	2017	Norwich Canoe Club
2009	Lincoln Canoe Club	2018	Ealing Canoe Club
2010	Ealing Canoe Club	2019	Norwich Canoe Club
2011	Banbury Canoe Club	2020	No event
2012	Norwich Canoe Club	2021	Reading Canoe Club

Nottinghamshire County Council Cup: Presented to the Senior Ladies K1 National Champion

1995	S.Bennett	Fladbury	2008	Louisa Sawers	Elmbridge
1996	Anna Hemmings	Elmbridge	2009	Claire Gunney	Wey
1997	Tricia Davey	Richmond	2010	Claire Gunney	Wey
1998	Lucy Hardy	Fladbury	2011	Jenny Illidge	Runcorn
1999	Tina Parsons	Nottingham	2012	Lizzie Broughton	Richmond
2000	Andrea Dallaway	Elmbridge	2013	Lizzie Broughton	Richmond
2001	Anna Hemmings	Elmbridge	2014	Lizzie Broughton	Richmond
2002	Yael Ford	Tonbridge	2015	Lizzie Broughton	Richmond
2003	Joanne Bates	Elmbridge	2016	Lizzie Broughton	Richmond
2004	Joanne Bates	Elmbridge	2017	Lani Belcher	Nottingham
2005	Tricia Davey	Richmond	2018	Lizzie Broughton	Richmond
2006	Anna Hemmings	Elmbridge	2019	Lizzie Broughton	Richmond
2007	Anna Hemmings	Elmbridge	2020	No event	
			2021	Lizzie Broughton	Richmond

The Ladies Sword: Presented to the Senior Ladies K1 National Champion

2021	Lizzie Broughton	Richmond
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MARATHON RACING: NATIONAL CHAMPIONSHIP TROPHIES

Ladies Plate: Presented to the Senior Ladies K2 National Champions

1995	Tamsin Phipps	W.Lester	Reading
1996	Helen Gilby	Alison Thorogood	Elmbridge/Newham
1997	Sonia Bapty	Tricia Davey	Reading/Richmond
1998	Andrea Dallaway	Helen Gilby	Elmbridge Canoe Club
1999	Sonia Bapty	Alison Thorogood	Reading/Leaside
2000	Andrea Dallaway	Helen Gilby	Elmbridge Canoe Club
2001	Andrea Dallaway	Abigail Cattle	Elmbridge/Reading
2002	Joanne Bates	Rosalind Bates	Elmbridge Canoe Club
2003	No Race		
2004	Joanne Bates	Claire Hynds	Elmbridge Canoe Club
2005	Joanne Bates	Nicola Taylor	Elmbridge Canoe Club
2006	Anna Hemmings	Nicola Taylor	Elmbridge Canoe Club
2007	Anna Hemmings	Louisa Sawers	Elmbridge Canoe Club
2008	Louisa Sawers	Hayleigh Mason	Elmbridge/Nottingham
2009	Louisa Sawers	Lani Belcher	Elmbridge Canoe Club
2010	Jenny Swallow	Lizzie Broughton	Chester/Richmond
2011	Fay Lamph	Lizzie Broughton	Wey/Richmond
2012	Fay Lamph	Lizzie Broughton	Wey/Richmond
2013	Fay Lamph	Lizzie Broughton	Wey/Richmond
2014	Fay Lamph	Lizzie Broughton	Wey/Richmond
2015	Fay Lamph	Lizzie Broughton	Wey/Richmond
2016	Fay Lamph	Lizzie Broughton	Wey/Richmond
2017	Lani Belcher	Hayleigh Mason	Nottingham
2018	Fay Lamph	Lizzie Broughton	Wey/Richmond
2019	Jane Swarbreck	Lizzie Broughton	Richmond
2020	No event		
2021	Jane Swarbreck	Anoushka Freeman	Richmond

The Nottingham Kayak Club Trophy: Presented to the U23 Ladies K1 Champion

2017	Alex Lane	Longridge	2020	No event	
2018	Jenny Withers	Elmbridge	2021	Anoushka Freeman	Richmond
2019	Melissa Johnson	Chelmsford			

The Millett Plate: Presented to the Senior Ladies C1 National Champion

2018	Anna Palmer	Longridge	2020	No event	
2019	Sarah Millett	Nottingham	2021	Beth Gill	Chelmsford

The National Marathon Ladies K1 Team Trophy

2017	Nottingham Kayak Club	2019	Richmond Canoe Club	2021	Richmond Canoe Club
2018	Richmond Canoe Club	2020	No event		

The Pontevedra Cup: Presented to the U18 Ladies K1 National Champion

2008	Victoria Croucher	Wey	2014	Elise Piercy	Elmbridge
2009	Jenny Illidge	Runcorn	2015	Melissa Johnson	Chelmsford
2010	Jenny Illidge	Runcorn	2016	Samantha Martyn	Wey
2011	Victoria Croucher	Wey	2017	Emma Russell	Chelmsford
2012	Amy Ward	Elmbridge	2018	Freya Peters	Richmond
2013	Samantha Rees-Clark	Basingstoke	2019	Freya Peters	Richmond
			2020	No event	
			2021	Isla Bethune	Elmbridge

MARATHON RACING: NATIONAL CHAMPIONSHIP TROPHIES

Wilkinson Sword: Presented to the Senior Men K1 National Champion

1979	Brian Greenham	Reading & LP	2000	Conor Holmes	Elmbridge
1980	K.Smith	Warren	2001	Conor Holmes	Elmbridge
1981	K.Smith	Warren	2002	Ivan Lawler	Elmbridge
1982	Alan Williams	Royal	2003	Paul Slater	Gailey
1983	Alan Williams	Royal	2004	Paul Slater	Gailey
1984	Alan Williams	Royal	2005	Ivan Lawler	Elmbridge
1985	Alan Williams	Royal	2006	Ben Brown	Elmbridge
1986	Ivan Lawler	Elmbridge	2007	Andrew Daniels	Reading
1987	Ivan Lawler	Elmbridge	2008	Ben Farrell	Elmbridge
1988	Ivan Lawler	Elmbridge	2009	Ben Brown	Elmbridge
1989	Duncan Blythe	Royal	2010	Ben Brown	Elmbridge
1990	Duncan Blythe	Royal	2011	Tim Pendle	Norwich
1991	I.Timbrell	Fowey River	2012	Tim Pendle	Norwich
1992	Ivan Lawler	Elmbridge	2013	Tim Pendle	Norwich
1993	James Butler	Nottingham	2014	Andrew Daniels	Longridge
1994	Gary Mawer	Richmond	2015	Keith Moule	Chelmsford
1995	Simon Dark	Bradford/Avon	2016	Tim Pendle	Norwich
1996	Ivan Lawler	Elmbridge	2017	Tim Pendle	Norwich
1997	James Butler	Nottingham	2018	Tim Pendle	Norwich
1998	Greg Slater	Lichfield	2019	Tim Pendle	Norwich
1999	Ivan Lawler	Elmbridge	2020	No event	
			2021	Daniel Johnson	Chelmsford

The Nottingham Kayak Club Trophy: Presented to the U23 Men K1 Champion

2017	Lewis Duffield	Chelmsford
2018	Magnus Gregory	Longridge
2019	Charlie Smith	Leighton Buzzard
2020	No event	
2021	Charlie Smith	Leighton Buzzard

The Sella Cup: Presented to the U18 Men K1 National Champion

1990	A.Richardson	Royal	2005	Andrew Daniels	Reading
1991	S.Jenson	Richmond	2006	Andrew Daniels	Reading
1992	Paul Slater	Lichfield	2007	Edward Rutherford	Elmbridge
1993	M.Bull	Nottingham	2008	Edward Rutherford	Elmbridge
1994	Richard Golder	Banbury	2009	Mark Childerstone	Wey
1995	Lee Pilgrim	Barking & Dag'ham	2010	Jonathan Tye	Worcester
1996	Damien Chapman	Nottingham	2011	Jonathan Tye	Worcester
1997	Damien Chapman	Nottingham	2012	Albert Hicks	Norwich
1998	Craig Watt	Elmbridge	2013	Edmund Haws	Wey
1999	Scott Kemper	Gailey	2014	Edmund Haws	Wey
2000	Andrew Kelly	Elmbridge	2015	Magnus Gregory	Longridge
2001	Andrew Kelly	Royal	2016	Joe Petersen	Banbury
2002	Paul Wycherley	Wey	2017	William Scammell	Longridge
2003	Paul Wycherley	Wey	2018	William Scammell	Longridge
2004	Allen Spencer	Hereford	2019	Timothy Dowden	Norwich
			2020	No event	
			2021	Zac Tarver	Elmbridge

MARATHON RACING: NATIONAL CHAMPIONSHIP TROPHIES

The Long Distance Racing Challenge Trophy: Presented to the Senior K1 Men National Champion. Prior to 2001 to the winner of Division 1 K1 at the National Championships.

1956	C.Cautier	Weston Bay	1988	Ivan Lawler	Elmbridge
1957	A.Waterhouse	Royal Canoe Club	1989	Duncan Blythe	Royal Canoe Club
1958	R.O'Keefe	Richmond	1990	Duncan Blythe	Royal Canoe Club
1959	B.Smith	C.T.C.	1991	I.Timbrell	Fowey
1960	D.Shankland	Llandaff	1992	Ivan Lawler	Elmbridge
1961	J.Richards	Worcester	1993	James Butler	Nottingham
1962	Alan Edwards	Worcester	1994	Gary Mawer	Richmond
1963	S.Smith	Worcester	1995	Simon Dark	Bradford on Avon
1964	S.Smith	Worcester	1996	Ivan Lawler	Elmbridge
1965	P.Gardner	Riverside	1997	James Butler	Nottingham
1966	C.Evans	Royal Canoe Club	1998	Greg Slater	Lichfield
1967	C.Evans	Royal Canoe Club	1999	Ivan Lawler	Elmbridge
1968	P.Lawler	Royal Canoe Club	2000	Conor Holmes	Elmbridge
1969	N.Jackson	Grappenhall	2001	Conor Holmes	Elmbridge
1970	N.Jackson	Grappenhall	2002	Ivan Lawler	Elmbridge
1971	N.Jackson	Grappenhall	2003	Paul Slater	Gailey
1972	Norman Mason	Nottingham	2004	Paul Slater	Gailey
1973	D.Lawrence	Royal Canoe Club	2005	Ivan Lawler	Elmbridge
1974	Norman Mason	Nottingham	2006	Ben Brown	Elmbridge
1975	Norman Mason	Nottingham	2007	Andrew Daniels	Reading
1976	Norman Mason	Nottingham	2008	Ben Farrell	Elmbridge
1977	Brian Greenham	Reading & L.P.	2009	Ben Brown	Elmbridge
1978	Brian Greenham	Reading & L.P.	2010	Ben Brown	Elmbridge
1979	Brian Greenham	Reading & L.P.	2011	Tim Pendle	Norwich
1980	K.Smith	Warren C.C.	2012	Tim Pendle	Norwich
1981	K.Smith	Warren C.C.	2013	Tim Pendle	Norwich
1982	Alan Williams	Royal Canoe Club	2014	Andrew Daniels	Longridge
1983	Alan Williams	Royal Canoe Club	2015	Keith Moule	Chelmsford
1984	Alan Williams	Royal Canoe Club	2016	Tim Pendle	Norwich
1985	Alan Williams	Royal Canoe Club	2017	Tim Pendle	Norwich
1986	Ivan Lawler	Elmbridge	2018	Tim Pendle	Norwich
1987	Ivan Lawler	Elmbridge	2019	Tim Pendle	Norwich
			2020	No event	
			2021	Daniel Johnson	Chelmsford

Ken Pereira Memorial Trophy: Presented to the Senior C1 National Champion

1989	Ken Young	Nottingham	2007	John Badelek	Wey
1990	No race		2008	Yan Vorberger	Leamington
1991	Andrew Martin	Fladbury	09-10	No race	
1992	Andrew Martin	Fladbury	2011	Miguel Hernandez	Cambridge
1993	No race		2012	Adam Stannard	Leamington
1994	Derek Hall	Reading	2013	Iain Weir	Banbury
1995	Malcolm Lane	Leamington	2014	Nerijus Budrikis	Worcester
1996	James Lee	Basingstoke Canal	2015	M. Ponomarenkow	Richmond
1997	James Lee	Basingstoke Canal	2016	Seb Shaw	Faldbury
1998	Steve Train	Fladbury	2017	Arthur Leech	Richmond
99-03	No race		2018	Arthur Leech	Richmond
2004	Richard Crooks	Leighton Buzzard	2019	Arthur Leech	Nottingham
2005/6	No race		2020	No event	
			2021	Arthur Leech	Nottingham

MARATHON RACING: NATIONAL CHAMPIONSHIP TROPHIES

The Laws Trophy: Presented to the Senior K2 National Champions

1957	J.Nicholls	E.Carmichael	W.London	1989	C.Ballard	R.Kinch	Lichfield/Oxford
1958	J.Shelston	R.Lowery	Richmond	1990	P.Wells	G.Dresser	Richmond/Royal
1959	J.Shelston	R.O'Keefe	Richmond	1991	C.Ballard	G.Slater	Lichfield
1960	R.Payne	Y.Allen	22nd SAS	1992	I.Lawler	G.Bourne	Elmbridge
1961	B.R.Smith	J.L.P.Dalton	C.T.C.	1993	J.Butler	S.Bagshaw	Nottingham
1962	A.Aked	D.C.Arnold	Marines	1994	I.Lawler	S.Harris	Elmbridge
1963	L.Oliver	M.Parker	Lincoln	1995	S.West	J.Butler	RLS/Nottingham
1964	S.Hollier	R.Wade	Hatfield	1996	I.Lawler	S.Harris	Elmbridge
1965	L.Oliver	M.Parker	Lincoln	1997	J.Block	J.Butler	Nottingham
1966	T.Kirkby	M.Bosher	Royal	1998	S.Baker	S.Harris	Elmbridge
1967	A.Miller	T.Sowman	Harlow	1999	I.Lawler	C.Holmes	Elmbridge
1968	A.Edwards	L.Oliver	Lincoln	2000	S.Dark	D.Coulson	BOA/Reading
1969	M.Mean	L.Bolam		2001	C.Holmes	J.Block	Elmbridge/ Nott
1970	C.Evans	Alun-Williams	R.M.C.C.	2002	P.Slater	P.Prestwood	Gailey
1971	M.Bosher	B.Greenaway	Richmond	2003	P.Slater	P.Prestwood	Gailey
1972	N.Mason	T.Speaight	Nottingham	2004	P.Slater	P.Prestwood	Gailey
1973	N.Jackson	D.Smith	Grap/Worc	2005	I.Lawler	B.Brown	Elmbridge
1974	J.Fowler	A.Williams	Royal	2006	B.Brown	J.Sawers	Elmbridge
1975	J.Fowler	A.Williams	Royal	2007	A.Daniels	E.Cox	Reading/Wey
1976	J.Fowler	A.Williams	Royal	2008	I.Lawler	B.Farrell	Elmbridge
1977	S.Brown	B.Haynes	Nott/Royal	2009	B.Brown	J.Boyton	Elmbridge/Royal
1978	J.Fowler	A.Williams	Royal	2010	I.Lawler	J.Simmons	Elmbridge/Wey
1979	J.Fowler	A.Williams	Royal	2011	M.Childerstone	J.Simmons	Wey
1980	J.Fowler	A.Williams	Royal	2012	J.Tye	S.West	Worcester
1981	J.Fowler	A.Williams	Royal	2013	K.Moule	T.Sharpe	Chelmsford/Rich.
1982	A.Williams	C.Canham	Royal	2014	T.Pendle	A.Daniels	Norwich/Longridge
1983	A.Williams	S.Jackson	Royal/Army	2015	T.Pendle	A.Daniels	Norwich/Longridge
1984	A.Williams	S.Jackson	Royal/Army	2016	T.Pendle	E.Rutherford	Norwich/Elmbridge
1985	P.Wells	A.Croucher	Ric/Wey	2017	M.Gregory	Z.Chmiel	Longridge/Nott.
1986	I.Lawler	A.Williams	Elm/Royal	2018	M.Gregory	TPendle	Longridge/Norwich
1987	I.Lawler	G.Burns	Elmbridge	2019	C.Smith	T. Pendle	L. Buzzard/Norwich
1988	P.Wells	M.Wells	Richmond	2020	No event		
				2021	J.Russell	C.Smith	Chelmsford/L.Buzzard

Open Canoe Association Shield: Presented to the Open TC2 National Champions (from 1996 C2)

1990	Karl Yurkwich	Attila Herbert	Royal Leamington Spa
1994	J.Bromley	Tibor Herbert	Royal Leamington Spa
1996	John.Badelek	Derek Hall	Wey/Reading
1997	James Lee	M.Parsons	Basingstoke/Wey
2000	Matt. Lawrence	Toby Shipway	Leighton Buzzard
2001	Matt. Lawrence	James Train	Leighton Buzzard/Fladbury
2002-2012	No Race		
2013	Roger Weir	George Caines	Banbury/Nottingham
2014	No race		
2015	Marcin Ponomarenkow	Attila Szilagyi	Richmond/Independent
2016	Ireneusz Marcinkowski	Chris Blacker	Chester/Southampton
2017	Arthur Leech	Chris Blacker	Richmond/Southampton
2018	James Prowse	Paul Stenning	Hemel Hempstead/Leighton Buzzard
2019	Chris Blacker	Arthur Leech	Southampton/Nottingham
2020	No event		
2021	Joe Mitchell	Mike Phillip	Royal Canoe Club

MARATHON RACING: NATIONAL CHAMPIONSHIP TROPHIES

The Richmond Trophy: Presented to the Mixed K2 National Champions

2014	Lizzie Broughton	Keith Moule	Richmond/Chelmsford
2015	Lizzie Broughton	Keith Moule	Richmond/Chelmsford
2016	Lizzie Broughton	Keith Moule	Richmond/Chelmsford
2017	Hayleigh Mason	Ziggy Chmiel	Nottingham
2018	Alex Lane	Magnus Gregory	Longridge
2019	Kate Hipkins	Magnus Gregory	Longridge
2020	No event		
2021	Sam Rees-Clark	Charlie Smith	Basingstoke/Leighton Buzzard

The Brian Gandy Trophy: Presented to the U18 Ladies K2 National Champions

2011	Victoria Croucher	Alice Haws	Wey Kayak Club
2012	Amy Ward	Rebeka Simon	Elmbridge
2013	Samantha Rees-Clark	Nicole Williams	Basingstoke/Royal
2014	Livvy Rowe	Lucy Lee-Smith	Norwich
2015	Elise Piercy	Melissa Johnson	Elmbridge/Chelmsford
2016	Freya Peters	Emma Russell	Richmond/Chelmsford
2017	Freya Peters	Emma Russell	Richmond/Chelmsford
2018	Bronte Holden	Samantha Martyn	Foy/Wey
2019	Amber Cox	Freya Peters	Elmbridge/Richmond
2020	No event		
2021	Emma Christie	Kerry Christie	Break Out

The Carrion Cup: Presented to the U16 Ladies K1 National Champion

2012	Emma Ricketts	Anker Valley	2017	Stephanie Hutchinson	Longridge
2013	Elise Piercy	Elmbridge	2018	Georgia Carmichael	Longridge
2014	Elizabeth Gray	Lincoln	2019	Becky Pemble	Addlestone
2015	Emma Russell	Chelmsford	2020	No event	
2016	Freya Peters	Richmond	2021	Mollie Ball	Devizes

The Junior Ladies Plate: Presented to the U16 Ladies K2 National Champions

2012	Emma Ricketts	Amy Wignall	Anker Valley/Runcorn
2013	Jenny Withers	Elise Piercy	Elmbridge
2014	Rose Blackman	Hafsa Kabeer	Gailey/Reading
2015	Lily Wong	Elizabeth Grey	Richmond/Lincoln
2016	Florence Duffield	Bronte Holden	Norwich/Fowey
2017	Stephanie Hutchinson	Kate Hipkins	Longridge
2018	Georgia Carmichael	Kate Hipkins	Longridge
2019	Klara Jepson	Jessie Urquhart	Falcon/Banbury
2020	No event		
2021	Greta Roser	Nerys Hall	Wey

Crestuma '97 Trophy: Presented to the U14 Ladies K1 National Champion

2021	Kamila Sklenarova	Norwich	
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Crestuma '92 Trophy: Presented to the U12 Ladies K1 National Champion

2021	Daisie Ball	Devizes	
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ICF World Cup Women's Kayak 1998 Trophy: Presented to the U10 Ladies K1 National Champion

2021	Ruth Shephard	Reading	
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MARATHON RACING: NATIONAL CHAMPIONSHIP TROPHIES

The Espada Cup: Presented to the Under 14 Ladies K2 National Champions

1977	D.Sellwood	C.Darling	B.O.A.C.C./ Chichester
1978	Perrett	D.Sellwood	
1979	Holness	Lewis	
1980	Holness	Lewis	
1981	Holness	Lewis	
1982	Nicola Burns	A.Dawson	Elmbridge/Preston Bridge
1983	H.Rainsford	C.Kemp	Leighton B./ Fladbury
1984	Andrea Dallaway	C.Kemp	Lichfield/Fladbury
1985	A.Jennings	C.Kemp	Leighton B./ Fladbury
1986	J.Fisher	R.Leverett	Lincoln C.C.
1987	Tricia Davey	J.Miller	Richmond/Shoreham
1988	R.Giles	B.Cambell	Fladbury C.C.
1989	K.Russell	Anna Hemmings	Elmbridge C.C.
1990	Anna Hemmings	Jenny Dyball	Elmbridge C.C.
1991	Rachel Train	Lucy Hardy	Fladbury C.C.
1992	S.Griffith	Carly Andrews	Fladbury/Solihull
1993	Carly Andrews	Elaine Appleby	Solihull/Leighton Buzzard
1994	Cathy Jones	Elaine Appleby	Leighton Buzzard C.C.
1995	Cathy Jones	Abigail Cattle	Leighton B/Reading
1996	Sharon Hayday	Nicola Taylor	Barking & Dagenham C.C.
1997	Jenny Spencer	Rebecca Hunter	Hereford/Royal
1998	Zoe Burgess	Joanne Etheridge	Solihull/Wey
1999	Joanne Etheridge	L.Smith	Wey/Barking & Dagenham
2000	Hayleigh Mason	Harriet Farish	Nottingham K.C.
2001	Louisa Sawers	Rohan Battison	Elmbridge/Reading
2002	Alison Galloway	Rohan Battison	Reading
2003	Katie Whitehead	Jessica Walker	Chelmsford/Royal
2004	Emma Dougall	Jessica Walker	Leighton Buzzard/Royal
2005	Jenny Swallow	Caroline Rowlands	Chester
2006	Laura Ferguson	Stephanie Holmes	Banbury/Worcester
2007	Hazel Childerstone	Victoria Croucher	Wey K.C.
2008	Isobel Smith	Naomi Smith	Basinstoke Canal CC
2009	Rebecca Killip	Alison Martin	Richmond
2010	Rebecca Killip	Alison Martin	Richmond
2011	Rebecca Killip	Alison Martin	Richmond
2012	Sarah Ellis	Elizabeth Gray	Fladbury/Lincoln
2013	Elizabeth Gray	Renee Myburgh	Lincoln/Independent
2014	Sophie Thompson	Samantha Martyn	Wey
2015	Freya Peters	Zoe Clark	Richmond/Royal
2016	Flossie Ball	Georgia Carmichael	Wiltshire Youth/Longridge
2017	Abigail Burham	Hannah Suttie	Wey
2018	Zara Bowers	Lizzie Poole	Elmbridge
2019	Mollie Ball	Matilda Enoch	Devizes/Nottingham
2020	No event		
2021	Zoe Herriot	Hannah Toovey	Glasgow

MARATHON RACING: NATIONAL CHAMPIONSHIP TROPHIES

Junior K2 Shield: Presented to the U18 Men K2 National Champions

1995	A.Morgan	Nick Fowler	Banbury/Reading
1996	Daniel Golder	Damien Chapman	Banbury/Nottingham
1997	Damien Chapman	Peter Burbridge	Nottingham/Reading
1998	Paul Prestwood	Daniel Matthews	Gailey
1999	Adam Kennedy	Tim Sowry	Fladbury/Elmbridge
2000	Ed McKeever	Alistair Rosier	Bradford on Avon
2001	Andrew Kelly	Simon Fennemore	Royal/Wey
2002	Ben Brown	Paul Wycherley	Elmbridge/Wey
2003	John Sawers	Michael Goodall	Elmbridge Canoe Club
2004	James Dougall	Matthew Guy	Leighton Buzzard Canoe Club
2005	Andrew Daniels	Allen Spencer	Reading/Hereford
2006	Tom Hide	Ben Parfitt	Addlestone/Elmbridge
2007	Dean Terry	Mark Childerstone	Wey Kayak Club
2008	Tom Hide	Edward Rutherford	Addlestone/Elmbridge
2009	Matthew Welch	Tom Simmons	Wey/Bradford on Avon
2010	Mark Clive	Nico Kirschstein	Gailey/Reading
2011	Jonathan Tye	James Webster	Worcester/Bradford on Avon
2012	Albert Hicks	Daniel Johnson	Norwich/Chelmsford
2013	Jack Childerstone	Edmund Haws	Wey
2014	Jack Childerstone	Edmund Haws	Wey
2015	Magnus Gregory	Luke Harding	Longridge
2016	Joe Petersen	Joe Hansell	Banbury/Basingstoke
2017	Kieran Hayward	Matthew Callow	Norwich
2018	James Bell	William Scammell	Longridge
2019	Alexander Bicknell	Jordan Martyn	Wey
2020	No event		
2021	Zac Tarver	Xavier Hinves	Elmbridge/Southampton

The Sanabria Cup: Presented to the U16 Men K2 National Champions

2012	Tim Escott	James Mlssen	Bradford on Avon
2013	Magnus Gregory	Luke Harding	Longridge
2014	Stefano Di Gregorio	Kayne Wilkinson	Elmbridge
2015	Charlie Smith	Joe Webb	Leighton Buzzard/Richmond
2016	Sam Drane	Luke Shaw	Norwich
2017	Philip Miles	Timothy Dowden	Royal Leamington Spa/Norwich
2018	Rory Stewart	Zac Tarver	Addlestone/Elmbridge
2019	Xavier Hinves	Zac Tarver	Southampton/Elmbridge
2020	No event		
2021	Gabriel Popham	Harry Freeland	Falcon/Reading

The Nalon Cup: Presented to the U16 Men K1 National Champion

2012	Edmund Haws	Wey	2017	Timothy Dowden	Norwich
2013	Magnus Gregory	Longridge	2018	Rory Stewart	Addlestone
2014	Max Littlewood	Nottingham	2019	Xavier Hinves	Southampton
2015	Charlie Smith	Leighton Buzzard	2020	No event	
2016	Luke Shaw	Norwich	2021	Gabriel Popham	Falcon

Crestuma '98 Trophy: Presented to the U14 Men K1 National Champion

2021	James Ross	Elmbridge		
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MARATHON RACING: NATIONAL CHAMPIONSHIP TROPHIES

Under 12 Trophy: Presented to the U12 Men K1 National Champion

2018	Gruff Thomas	Ealing	
2019	Josh Griffin	RLS	
2020	No event		
2021	Lucas Clifford	Wey	

ICF World Cup Men's Kayak 1998 Trophy: Presented to the U10 Men K1 National Champion

2021	Knoah Ayran	Falcon	
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The Silver Birdbath: Presented to the Under 14 Men K2 National Champions

1981	M.Adams	S.Rust	Royal/Leicester
1982	M.Adams	S.Rust	Royal/Leicester
1983	G.Lovell	G.Adams	Royal
1984	S.Day	A.Barkway	Sta./N.S.S.
1985	J.Wilson	C.Murray	Anker Valley
1986	A.M.Richardson	J.Farnham	Royal/Elmbridge
1987	A.M.Richardson	J.Farnham	Royal/Elmbridge
1988	S.Jenson	P.Slater	Richmond/Gailey
1989	Brian Hemmings	David Smith	Elmbridge
1990	David Smith	Ian Sargeant	Elmbridge
1991	Nick Fowler	B.Reece	Fladbury
1992	Daniel Golder	J.Perrier	Banbury/Bishop Stortford
1993	Damien Chapman	Joel Wilson	Nottingham/Chester
1994	Joel Wilson	Adam Kennedy	Chester/Fladbury
1995	Dean O'Conner	Adam Kennedy	Barking/Fladbury
1996	Richard Darby Dowman	Ben Farrell	Elmbridge C.C.
1997	Greg Edwards	Tom Bainbridge	Worcester/Harlow
1998	A.Barry	James Garlick	Chelmsford/Leighton Buzzard.
1999	James Garlick	Ed Cox	Leighton Buzzard/Wey
2000	Tom Daniels	Richard Etheridge	Reading/Wey
2001	Gavin Hickman	Allen Spencer	Chelmsford/Hereford
2002	Christian Pegley	Andrew Daniels	Elmbridge/Wokingham
2003	Ben Holmes	Pip Ede	Worcester/Reading
2004	Edward Rutherford	Daniel Barber	Elmbridge Canoe Club
2005	Dean Terry	Mark Childerstone	Maidstone/Wey
2006	Peter Wilkes	Mark Wilkes	Chelmsford Canoe Club
2007	Jonathan Tye	Tom Deacon	Worcester/Addlestone
2008	Jake Thomas	Alex Loveday	Elmbridge Canoe Club
2009	Jack Childerstone	Edmund Haws	Wey Kayak Club
2010	Jack Childerstone	Sam Kirschstein	Wey/Reading
2011	Kayne Wilkinson	Alex Khlaf	Elmbridge/Richmond
2012	Luke Harding	Magnus Gregory	Longridge
2013	Joe Hansall	Oliver Khlaf	Basingstoke/Richmond
2014	Joe Webb	Harry Wells	Richmond
2015	William McCracken	Fred Kemp	Banbury/Reading
2016	Ed Nightingale	Jacob Millard	Bradford-on-Avon/Falcon
2017	Benjamin Carbera	Xavier Hinvès	Fowey/Southampton
2018	Benjamin Carbera	Luca Ferri	Fowey/Elmbridge
2019	Sam Cribbett	Dylan O'Connor	Royal Leamington Spa/Richmond
2020	No event		
2021	James Ross	William Short	Elmbridge

MARATHON RACING – THE HASLER TROPHY

The story behind the Hasler Trophy

One of the most daring raids of World War Two took place on the night of 11th December 1942 in the enemy-occupied port of Bordeaux in France. Operation Frankton involved 12 men in six canoes being taken by submarine to a position 10 miles south of the Gironde estuary on 7th December. One of the canoes was ripped passing through the hatch of the submarine, but the other five then had an 85 mile paddle ahead of them. Two boats were lost in the tidal race and the remaining three carried on for three days, paddling in darkness and lying up during the day. One more boat hit a submerged rock and sank and the final two boats went on to Bordeaux harbour, where they attached their limpet mines and, assisted by the ebb tide, paddled silently back down the river. The mines detonated and severely damaged four vessels and sunk one. The four remaining men beached before reaching the sea, scuttled their canoes and travelled overland to try to reach safety. Two were captured, but Major 'Blondie' Hasler and Marine Bill Sparks made their way to Spain – the only two of the original ten who survived. Hasler was awarded the DSO and Sparks the DSM.



After the war, Hasler went on to found the Single Handed Transatlantic Yacht race after a bet with his friend Francis Chichester. The Hasler Trophy was presented by Lloyds Underwriters to commemorate the raid of the so-called 'Cockleshell Heroes' and has been competed for since 1957. Major Hasler died in 1987 and Bill Sparks died on 30th November 2002, only ten days short of the sixtieth anniversary of the raid. In 2003 the Marathon Committee decided to inaugurate a new trophy named in honour of Bill Sparks, which goes to the highest placed veteran K2 in the highest division at the Hasler Final.

Hasler Trophy: For Marathon Racing between clubs in annual competition under the auspices of

British Canoeing

1957	Canoe Touring	1973	Nottingham	1989	Richmond	2005	Elmbridge
1958	Richmond	1974	Nottingham	1990	Wey	2006	Reading
1959	Leamington Spa	1975	Nottingham	1991	Worcester	2007	Elm/ Wey
1960	Leamington Spa	1976	Reading & LP	1992	Worcester	2008	Elmbridge
1961	Worcester	1977	Fladbury	1993	Wey	2009	Norwich
1962	Worcester	1978	Nottingham	1994	Not awarded	2010	Norwich
1963	Royal	1979	Nottingham	1995	Kirkcaldy	2011	Elmbridge
1964	Lincoln	1980	Reading & LP	1996	Elmbridge	2012	Norwich
1965	Lincoln	1981	Fladbury	1997	Elmbridge	2013	Norwich
1966	Lincoln	1982	Wey	1998	Elmbridge	2014	Richmond
1967	Lincoln	1983	Richmond	1999	Kirkcaldy	2015	Chelmsford
1968	Harlow	1984	Wey	2000	Elmbridge	2016	Chelmsford
1969	Richmond	1985	Elmbridge	2001	Elmbridge	2017	Chelmsford
1970	Richmond	1986	Richmond	2002	Elmbridge	2018	Chelmsford
1971	Richmond	1987	Worcester	2003	Elmbridge	2019	Wey
1972	Wey	1988	Harlow OP	2004	Elmbridge	2020/1	No event

The Regional Trophy: Awarded to the Region with the highest aggregate score from their three highest scoring clubs at the Hasler Final

1990	London & S. East	2000	Eastern Region	2010	London & S. East
1991	London & S. East	2001	London & S. East	2011	London & S. East
1992	Southern Region	2002	Southern Region	2012	London & S. East
1993	Midlands Region	2003	Southern Region	2013	London & S. East
1994	Southern Region	2004	Southern Region	2014	Eastern Region
1995	Scotland East	2005	Southern Region	2015	London & S. East
1996	Eastern Region	2006	London & S. East	2016	Eastern Region
1997	London & S. East	2007	London & S. East	2017	London & South East
1998	London & S. East	2008	Southern Region	2018	London & South East
1999	Midlands	2009	London & S. East	2019	London & South East
				2020/1	No event

MARATHON RACING – THE HASLER TROPHY

Geoff Sanders Trophy: Presented to the club with the best Lightning results across the season, including the Hasler Final

2005	Banbury Canoe Club	2013	Banbury Canoe Club
2006	Southampton Canoe Club	2014	Banbury Canoe Club
2007	Leighton Buzzard Canoe Club	2015	Falcon Canoe Club
2008	Leighton Buzzard Canoe Club	2016	Banbury Canoe Club
2009	Ealing Canoe Club	2017	Glasgow Kayak Club
2010	Ealing Canoe Club	2018	Leighton Buzzard Canoe Club
2011	Banbury Canoe Club	2019	Leighton Buzzard Canoe Club
2012	Banbury Canoe Club	2020/1	No event

Rhodes-White Trophy: Presented to the fastest SMK1 over 12-mile course at Hasler Final.
Prior to 2009 to Senior Regional Champion with the most points in Division 1 at Hasler Final.

1962	S.Smith	Worcester CC	1991	Greg Slater	Lichfield CC
1963	R.Wade	C.T.C.	1992	Greg Slater	Lichfield CC
1964	P.Hastings	C.U.CC	1993	Greg Slater	Lichfield CC
1965	W.Machin	Gailey CC	1994	Greg Slater	Lichfield CC
1966	S.Kitson	Dewsbury	1995	Peter Maycock	Exeter CC
1967	D.Clarke	C.U.CC	1996	Dyson Pendle	Norwich CC
1968	B.Greenaway	Richmond CC	1997	Conor Holmes	Elmbridge
1969	B.Gilliver	Soar Valley CC	1998	Dan Golder	Falcon CC
1970	R.Davis	Itchin Valley CC	1999	Greg Slater	Lichfield CC
1971	D.Smith	Worcester CC	2000	Ian Tordoff	Chester
1972	T.Fieldus	Wey KC	2001	Ian Tordoff	Chester
1973	K.Topham	Viking KC	2002	Stephen Baker	Elmbridge
1974	G.A.Truelove	Lichfield CC	2003	Stephen Baker	Elmbridge
1975	R.G.Haynes	Riverside CC	2004	Stephen Baker	Elmbridge
1976	Keith Owen	Bradford on Avon	2005	Stephen Baker	Elmbridge
1977	P.C.Watson	Bradford on Avon	2006	Ben Brown	Elmbridge
1978	Stan Missen	Bradford on Avon	2007	Andy Daniels	Reading
1979	J.Rosling	Bradford on Avon	2008	Not awarded	
1980	Tim Cornish	Richmond CC	2009	Robert Beer	Elmbridge
1981	Robin Belcher	Mercia CC	2010	Ivan Lawler	Elmbridge
1982	Robin Belcher	Mercia C.C	2011	Tim Pendle	Norwich
1983	Paul Wells	Richmond CC	2012	Tim Pendle	Norwich
1984	Paul Wells	Richmond CC	2013	Andy Daniels	Longridge
1985	Robin Belcher	Adlington CC	2014	Andy Daniels	Longridge
1986	Ivan Lawler	Elmbridge	2015	Andy Daniels	Longridge
1987	Guy Dresser	Royal	2016	Edward Rutherford	Elmbridge
1988	Greg Slater	Lichfield	2017	Tim Pendle	Norwich
1989	Nigel Brevitt	Lichfield CC	2018	Tim Pendle	Norwich
1990	Ian Timbrell	Fowey River	2019	James Russell	Chelmsford
			2020/1	No event	

MARATHON RACING – THE HASLER TROPHY

Adam Thomasson Trophy					
Presented to the Winner of Division 2 K1 at the Hasler Final					
1986	P.Evans	Lincoln	2003	Ben Brown	Elmbridge
1987	Simon Horsley	Deeside	2004	Ben Brown	Elmbridge
1988	Gary Quittenton	Lincoln	2005	Andrew Daniels	Reading
1989	Norman Mason	Nottingham	2006	Robin Williams	Wey K.C.
1990	John Elliot	RDG & LP	2007	Edward Rutherford	Elmbridge
1991	Ian Tordoff	Chester	2008	Mark Childerstone	Wey K.C.
1992	David Smith	Elmbridge	2009	Aaron Jordan	Maidstone
1993	Steve Tingay	LBZ	2010	Paul Yates	Wey K.C.
1994	Tim Brabants	Elmbridge	2011	Dwayne Morton	Elmbridge
1995	Andy Grimwood	Lincoln	2012	Daniel Johnson	Chelmsford
1996	Paul Darby Dowman	Elmbridge	2013	Luke Harding	Longridge
1997	Damien Chapman	Nottingham	2014	Zygy Chmiel	Nottingham
1998	Nigel Jones	Nottingham	2015	Charlie Smith	Leighton Buzzard
1999	Nathan Johnson	Elmbridge	2016	Andras Kovacs	Wey K.C.
2000	Andrew Kelly	Elmbridge	2017	Francis Huntingford	Exeter
2001	Simon Fennemore	Wey K.C.	2018	Arthur Urquhart	Royal
2002	Tom Daniels	Reading	2019	Edgar Boehm	Reading
			2020/1	No event	

Barber Trophy: Presented to the fastest Junior K1 over the 12 mile course at Hasler Final.					
Prior to 2009 to Junior Regional Champion with the most points in Division 2 at Hasler Final.					
1973	G Holmes	Hove	1997	Not awarded	
1974	K Whitehurst	LPCC	1998	Tim Ralph	Reading
1975	Stan Missen	BOA	1999	Nathan Johnson	Elmbridge
1976	S Swaffield	AYL	2000	Andrew Kelly	Elmbridge
1977	K Salisbury	RLP	2001	John Sawers	Elmbridge
1978	K Salisbury	RLP	2002	Tom Daniels	Reading
1979	K Salisbury	RLP	2003	Tom Daniels	Reading
1980	Nicholas Gregory	WAR	2004	Tom Daniels	Reading
1981	Nicholas Gregory	WAR	2005	Andrew Daniels	Reading
1982	David Battershell	Wey K.C.	2006	Philip Thorogood	Elmbridge
1983	Not awarded		2007	Not awarded	
1984	Not awarded		2008	Mark Childerstone	Wey K.C.
1985	Fergus Murray	Richmond	2009	Not awarded	
1986	John Elliott	RLP	2010	Albert Hicks	Norwich
1987	Oliver Morgan	Royal	2011	Matthew Bowley	Burton
1988	Stuart West	Royal	2012	Albert Hicks	Norwich
1989	Simon Ricketts	Anker Valley	2013	Luke Harding	Longridge
1990	Tony Richardson	Royal	2014	Zygy Chmiel	Nottingham
1991	Tony Richardson	Royal	2015	Magnus Gregory	Longridge
1992	Not awarded		2016	Joe Petersen	Banbury
1993	David Smith	Elmbridge	2017	Joe Petersen	Banbury
1994	Richard Golder	Banbury	2018	Luke Shaw	Norwich
1995	Not awarded		2019	Timothy Dowden	Norwich
1996	Peter Burbidge	Reading	2020/1	No event	

MARATHON RACING – THE HASLER TROPHY

David Shankland Trophy: Presented to the fastest WK1 (junior or senior) over 12 mile course at the Hasler Final.

Prior to 2009 to Ladies Regional Champion with the most points in Division 3 at Hasler Final.

1966	M Tucker		1992	Bernadette Pagon	BOA
1967	A Huskisson		1993	Anna Ballard	Lichfield
1968	P Squires		1994	Margaret Chapman	Kirkcaldy
1969	P Squires		1995	Not awarded	
1970	E Staden		1996	Sonja Bapty	Reading
1971	H Woodhouse		1997	Helen Gilby	Elmbridge
1972	S Burnett		1998	Not awarded	
1973	S Wright		1999	Abigail Cattle	Reading
1974	S Burnett		2000	Andrea Dallaway	Elmbridge
1975	Kath Nadal		2001	Abigail Cattle	Reading
1976	Lucy Perrett		2002	Not awarded	
1977	Lucy Perrett		2003	Not awarded	
1978	Wendy Clapham		2004	Hayleigh Mason	Nottingham
1979	Gaye Clough		2005	Anna Hemmings	Elmbridge
1980	Lucy Perrett	RLP	2006	Louisa Sawers	Elmbridge
1981	Lucy Perrett	RLP	2007/8	Not awarded	
1982	Anne Plant	Lichfield	2009	Jenny Illidge	Runcorn
1983	Lucy Perrett	RLP	2010	Jenny Illidge	Runcorn
1984	Heather Brough	Worcester	2011	Victoria Croucher	Wey
1985	Anne Plant	Lichfield	2012	Amy Ward	Elmbridge
1986	Janine Lawler	Elmbridge	2013	Elise Piercy	Elmbridge
1987	Susie Perrett	RLP	2014	Lizzie Broughton	Richmond
1988	Sandra Troop	Nottingham	2015	Lizzie Broughton	Richmond
1989	Anna Ballard	Lichfield	2016	Jenny Withers	Elmbridge
1990	Anna Ballard	Lichfield	2017	Hafsa Kabeer	Longridge
1991	Bernadette Pagon	Bristol	2018	Lizzie Broughton	Richmond
			2019	Lizzie Broughton	Richmond
			2020/1	No event	

Ross Warland Memorial Trophy: Presented to the highest placed Junior in the Division 4 race at the Hasler Final

2000	John Sawers	Elmbridge	2010	Edmund Haws	Wey
2001	Ben Brown	Elmbridge	2011	Freddie Purcell	Richmond
2002	Andrew Daniels	Wokingham	2012	James Russell	Chelmsford
2003	Matthew Guy	Leighton B.	2013	William Alden	Falcon
2004	Neil Williams	Royal	2014	Oscar McKittrick	Elmbridge
2005	Tim Pendle	Norwich	2015	Thomas Pickering	LBZ
2006	Tom Sharpe	Exeter	2016	William Stroud	Chelmsford
2007	Jonathan Tye	Worcester	2017	Lewis Smith	Lincoln
2008	Jake Thomas	Elmbridge	2018	Dominic Stanley	Falcon
2009	Nico Kirchstein	Reading	2019	Joshua Barzilai	Richmond
			2020/1	No event	

The Committee Cup: Presented to the highest placed junior woman K1 in the highest division at the Hasler Final

2003	Louisa Sawers	Elmbridge	2012	Amy Ward	Elmbridge
2004	Hayleigh Mason	Nottingham	2013	Elise Piercy	Elmbridge
2005	Louisa Sawers	Elmbridge	2014	Elise Piercy	Elmbridge
2006	Louisa Sawers	Elmbridge	2015	Hafsa Kabeer	Longridge
2007	Stephanie Holmes	Worcester	2016	Hafsa Kabeer	Longridge
2008	Victoria Croucher	Wey	2017	Hafsa Kabeer	Longridge
2009	Jenny Illidge	Runcorn	2018	Molly Carter	Royal
2010	Jenny Illidge	Runcorn	2019	Amber Cox	Elmbridge
2011	Victoria Croucher	Wey	2020/1	No event	

MARATHON RACING – THE HASLER TROPHY

Ken Pereira Cup: Presented to the highest placed junior C1 in the highest division at the Hasler Final					
2003	Richard Crooks	Leighton B.	2010	Marko Csokasi	Richmond
2004	James Train	Fladbury	2011	Ben Phillips	Richmond
2005	Roger Weir	Banbury	2012/13	Not awarded	
2006	Gareth Hunt	Fladbury	2014	Ben Phillips	Richmond
2007	Anthony Cayford	Bishops Stort.	2015	Oliver Cook	Solihull
2008	Matthew Duck	Richmond	2016	Oliver Cook	Solihull
2009	Iain Weir	Banbury	2017	Devin Kleta	Richmond
			2018/19	Not awarded	
			2020/1	No event	

Bill Sparks Trophy: Presented to the highest placed veteran K2 in the highest division at the Hasler Final			
2003	Leon Nicholson	James Hinves	Woodmill Canoe Club
2004	Mike Hawthorn	Simon Davies	Worcester Canoe Club
2005	James Treadgold	Nick Daniels	Reading Canoe Club
2006	Phil Jenkins	Tim Scott	Norwich Canoe Club
2007	Adrian Croucher	Adrian Henson	Wey Kayak Club
2008	Roy Fieldus	Adrian Henson	Wey Kayak Club
2009	Jamie Mayers	Steve Marnell	Runcorn
2010	James Hinves	Richard Kent	Southampton
2011	James Hinves	Richard Kent	Southampton
2012	Adrian Henson	Pete Gorman	Wey Kayak Club
2013	James Hinves	Richard Kent	Southampton
2014	Richard Lewis	Stan Missen	Bradford on Avon
2015	Dave Duff	Jason Smith	United Kingdom Forces
2016	Danny Beazley	James Smythe	Bishop's Stortford
2017	Daniel Seaford	James Treadgold	Reading
2018	Nicky Cresser	Matt Enoch	Nottingham
2019	Daniel Seaford	Stefan Senk	Reading
2020/1	No event		

INTERNATIONAL MARATHON MEDALS

Prior to 1982 major international competition comprised the Grand Prix series of two or three races per year. In 1982 World Cups were introduced every year as the premier international event in addition to one or two Grand Prix. From 1988 World Championships were introduced in alternate (even) years with World Cups remaining in alternate (odd) years. One or two Grand Prix races continued every year. From 1995 European Championships were introduced in alternate (odd) years. From 1998 World Championships were held every year, the old World Cups (in alternate odd years) ceased and the Grand Prix races were renamed as World Cups. In 2001 Junior World Championships were introduced every year. From 2014 European Championships were held every year. Due to COVID restrictions, no major championships were held in 2020, and Great Britain was unable to attend the European Championships 2021.

MARATHON WORLD CUPS (TO 1997) AND WORLD CHAMPIONSHIPS			
1982	1st World Cups Remich-Grevenmacher, Luxembourg	Men's K1 1st Robin Belcher 2nd Paul Wells Women's K1 2nd Kath Nadal 3rd Heather Brough C1 3rd Ken Periera	Men's K2 1st Paul Dimmock / Robin Ayres 3rd Rod Kinch / John Day Women's K2 1st Jane Jacobs / Lynne Davies
1983	2nd World Cups Copenhagen, Denmark	Men's K1 1st Robin Belcher	Men's K2 2nd Rod Linch / Paul Lanighan Women's K2 1st Ann Plant / Wendy Clapham
1984	3rd World Cups Shannon, Ireland	Men's K1 1st Rod Kinch 2nd Alan Williams Women's K1 1st Ann Plant C1 2nd Steve Smith	Men's K2 1st Paul Wells / Duncan Blyth 2nd Adrian Croucher / Chris Ballard Women's K2 2nd Gaye Clough / Wendy Clapham 3rd Tracey Phillips / Heather Brough C2 3rd Steve Train / Andy Train
1985	4th World Cups Remich-Grevenmacher, Luxembourg	Men's K1 3rd Robin Belcher Women's K1 1st Ann Plant C1 3rd Steve Smith	Men's K2 3rd Chris Ballard / Greg Slater Women's K2 2nd Christine Belcher / Gaye Clough C2 3rd Marcus Gohar / Robin Williams
1986	5th World Cups Hardenburg, Netherlands	Men's K1 2nd Paul Wells Women's K1 1st Ann Plant C1 2nd Marcus Gohar 3rd Robin Williams	Men's K2 2nd Robin Belcher / Guy Dresser Women's K2 1st Suzy Perett / Janine Lawler

INTERNATIONAL MARATHON MEDALS

1987	6th World Cups Shannon, Ireland	Women's K1 1st Ann Plant 2nd Jackie Eastwood C1 2nd Marcus Gohar 3rd Robin Williams	Men's K2 2nd Ivan Lawler / Graham Burns
1988	1st World Championships Nottingham, England		Men's K2 2nd Ivan Lawler / Graham Burns C2 1st Steve Train / Andy Train
1989	7th World Cups Crestuma, Portugal	Men's K1 2nd Duncan Blythe Women's K1 2nd Anne Ballard	Men's K2 1st Ivan Lawler / Graham Burns Women's K2 2nd Janine Lawler / Jackie Eastwood C2 1st Steve Train / Andy Train
1990	2nd World Championships Copenhagen, Denmark		Men's K2 2nd Ivan Lawler / Graham Burns
1991	8th World Cups Berlin, Germany	Junior Men's K1 1st Tony Richardson 2nd Scott Hynds	Men's K2 1st Ivan Lawler / Graham Burns Women's K2 3rd Sandra Troop/ Maria Blumenthal C2 1st Steve Train / Andy Train
1992	3rd World Championships Brisbane, Australia	Men's K1 1st Ivan Lawler	Women's K2 2nd Sandra Troop/Maria Blumenthal
1993	9th World Cups Maribo, Denmark	Men's K1 1st Ivan Lawler Women's K1 3rd Andrea Dallaway Junior Women's K1 1st Anna Hemmings Junior C1 3rd Malcolm Lane	Junior Men's K2 1st David Smith / Brian Hemmings
1994	4th World Championships & Junior World Cups Amsterdam Netherlands		Men's K2 1st Ivan Lawler / Steve Harris C2 2nd Steve Train / Andy Train Junior Men's K2 1st David Smith / Tim Brabants
1995	10th World Cups Unquera, Spain	Women's K1 2nd Anna Hemmings 3rd Sonja Bapty	Men's K2 1st Ivan Lawler / Steve Harris C2 1st Steve Train / Andy Train

INTERNATIONAL MARATHON MEDALS

1996	5th World Championships & Junior World Cups Vaxholm, Sweden	Women's K1 2nd Anna Hemmings	Men's K2 1st Ivan Lawler / Steve Harris C2 1st Steve Train / Andy Train Junior Men's K2 2nd Dan Golder / Damien Chapman
1997	World Cups Final Bagsvaerd, Denmark	Men's K1 3rd Tim Brabants Women's K1 1st Anna Hemmings Junior Men's K1 3rd Damien Chapman	Men's K2 2nd Ivan Lawler / Steve Harris Women's K2 1st Sonja Bapty / Tricia Davey C2 1st Steve Train / Andy Train
1998	6th World Championships & Junior World Cups Cape Town, South Africa	Men's K1 1st Ivan Lawler Women's K1 2nd Anna Hemmings Junior Men's K1 3rd Joel Wilson	Men's K2 2nd Tim Brabants / Conor Holmes Women's K2 3rd Andrea Dallaway / Helen Gilby C2 1st Steve Train / Andy Train Junior Men's K2 1st Paul Prestwood / Danny Matthews
1999	7th World Championships & Junior World Cups Gyor, Hungary	Men's K1 1st Ivan Lawler Women's K1 1st Anna Hemmings Junior Women's K1 2nd Abigail Cattle	
2000	8th World Championships & Junior World Cups Dartmouth, Canada	Junior Men's K1 3 rd Tim Sowry Junior Women's K1 1st Jenny Spencer	Junior Men's K2 1st Andrew Kelly / Tim Sowry
2001	9th World Championships & 1st Junior World Championships Stockton-on-Tees, England	Women's K1 1st Anna Hemmings	Women's K2 1st Anna Hemmings / Helen Gilby
2002	10th World Championships & 2nd Junior World Championships Zamora, Spain		

INTERNATIONAL MARATHON MEDALS

2003	11th World Championships & 3rd Junior World Championships Valladolid, Spain	Women's K1 3rd Jenny Spencer Junior Men's K1 1st Ben Brown Junior Women's K1 3rd Hayleigh Mason	
2004	12th World Championships & 4th Junior World Championships Bergen, Norway	Junior Men's K1 1st Paul Wycherley	
2005	13th World Championships & 5th Junior World Championships Perth, Australia	Women's K1 1st Anna Hemmings	Junior Men's K2 2nd Andrew Daniels / Allen Spencer
2006	14th World Championships & 6th Junior World Championships Tremolat, France	Women's K1 1st Anna Hemmings Junior Women's K1 1st Louisa Sawers	Junior Men's K2 2nd Andrew Daniels / Stuart Hastings Junior Women's K2 1st Louisa Sawers / Jessica Walker
2007	15th World Championships & 7th Junior World Championships Gyor, Hungary	Women's K1 1st Anna Hemmings Junior Women's K1 3rd Jessica Walker	Junior Women's K2 3rd Jessica Walker / Amoret King
2008	16th World Championships & 8th Junior World Championships Tyn, Czech Republic	Junior Men's K1 1st Edward Rutherford	Junior Men's K2 1st Tom Hide / Edward Rutherford
2009	17th World Championships & 9th Junior World Championships Crestuma Portugal	Men's K1 2nd Ben Brown Women's K1 3rd Lani Belcher U23 Men's K1 3rd Tom Daniels U23 Women's K1 2nd Louisa Sawers Junior Men's K1 3rd Dean Terry	
2010	18th World Championships & 10th Junior World Championships Banyoles Spain	Men's K1 1st Ben Brown	

INTERNATIONAL MARATHON MEDALS

2011	19th World Championships & 11th Junior World Championships Singapore	U23 Men's K1 3rd Tim Pendle Junior Men's K1 2nd Jonathan Tye	Junior Men's K2 2nd Jonathan Tye/James Webster
2012	20th World Championships & 12th Junior World Championships Rome, Italy		Junior Women's K2 3rd Amy Ward/Rebeka Simon
2013	21st World Championships & 13th Junior World Championships Copenhagen, Denmark		Junior Women's K2 2nd Samantha Rees-Clark/Amy Ward
2014	22nd World Championships & 14th Junior World Championships Oklahoma, USA	Women's K1 2nd Lizzie Broughton U23 Women's K1 2nd Samantha Rees-Clark	Women's K2 3rd Samantha Rees-Clark/Amy Ward
2015	23rd World Championships & 15th Junior World Championships Gyor, Hungary	Junior Men's K1 2nd Zygy Chmiel	Junior Men's K2 3rd Luke Harding / Magnus Gregory
2016	24th World Championships & 16th Junior World Championships Brandenburg, Germany		Junior Men's K2 2nd Luke Harding / Magnus Gregory
2017	25th World Championships & 17th Junior World Championships Pietermaritzburg, South Africa	Women's K1 1st Lani Belcher U23 Women's K1 3rd Alex Lane Junior Men's K1 2nd Charlie Smith	Women's K2 3rd Lani Belcher / Hayleigh Mason Junior Women's K2 3rd Freya Peters / Emma Russell
2018	26th World Championships & 18th Junior World Championships. Vila Verde, Portugal	U23 Woman's K1 3rd Samantha Rees-Clark Junior Woman's K1 3rd Emma Russell	Junior Women's K2 3rd Freya Peters / Emma Russell

INTERNATIONAL MARATHON MEDALS

2019	27th World Championships & 19th Junior World Championships Shaoxing, China	Women's K1 3rd Lizzie Broughton	
2020	<i>NO CHAMPIONSHIPS HELD</i>		
2021	28th World Championships and 20th Junior World Championships, Bascov, Romania	Women's K1 3rd Lizzie Broughton Women's K1 Short Course 2nd Lizzie Broughton	

MARATHON EUROPEAN CHAMPIONSHIPS			
1995	1st European Championships Murcia, Spain	<i>GREAT BRITAIN DID NOT COMPETE</i>	
1997	2nd European Championships Pavia, Italy	Men's K1 2nd Tim Brabants Women's K1 1st Anna Hemmings	Men's K2 3rd Ivan Lawler / Steve Harris Women's K2 1st Sonja Bapty / Tricia Davey
1999	3rd European Championships Gorzow, Poland	Men's K1 2nd Conor Holmes Women's K1 1st Anna Hemmings Junior Men's K1 3rd Nathan Johnson Junior Women's K1 1st Abigail Cattle	Junior Men's K2 2nd Adam Kennedy / Tim Sowry Junior Women's K2 3rd Jenny Spencer / Liz Holmes
2001	4th European Championships Gyor, Hungary	Junior Women's K1 1st Jenny Spencer	
2003	5th European Championships Gdansk, Poland	Junior Women's K1 3rd Hayleigh Mason	
2005	6th European Championships Tyn, Czech Republic	Women's K1 1st Anna Hemmings	
2007	7th European Championships Trencin, Slovakia	Junior Men's K1 1st Tim Pendle	Junior Men's K2 3rd Dean Terry / Mark Childerstone

INTERNATIONAL MARATHON MEDALS

2009	8th European Championships Ostroda, Poland		Junior Men's K2 3rd Jonathan Tye/James Webster
2011	9th European Championships St.Jean de Losne, France	U23 Men's K1 3rd Mark Childerstone Junior Woman's K1 2nd Alice Haws	
2013	10th European Championships Vilaverde Portugal	Junior Women's K1 1st Amy Ward	Women's K2 1st Fay Lamph / Lizzie Broughton Junior Women's K2 1st Samantha Rees-Clark / Amy Ward
2014	11th European Championships Piestany Slovakia	Women's K1 2nd Lizzie Broughton Junior Men's K1 2nd Magnus Gregory	Men's K2 3rd Tim Pendle / Andy Daniels Women's K2 3rd Fay Lamph / Lizzie Broughton
2015	12th European Championships Bohinj Slovenia	Women's K1 2nd Lizzie Broughton Junior Men's K1 1st Magnus Gregory 2nd Zygy Chmiel	
2016	13th European Championships Pontevedra Spain.		Women's K2 3rd Fay Lamph / Lizzie Broughton
2017	14th European Championships Portugal	Women's K1 2nd Lani Belcher U23 Women's K1 3rd Alex Lane U23 Men's K1 3rd Zygy Chmiel Junior Men's K1 2nd Charlie Smith	Junior Women's K2 3rd Freya Peters / Emma Russell
2018	15th European Championships Metkovic, Croatia	Women's K1 3 rd Lizzie Broughton U23 Women's K1 3 rd Samantha Rees-Clark Junior Women's K1 1 st Emma Russell	Junior Men's K2 3 rd James Bell / Will Scammell
2019	16th European Championships Decize, France	Women's K1 (short race) 3 rd Lizzie Broughton Junior Men's K1 3 rd Tim Dowden	
2020	<i>NO CHAMPIONSHIPS HELD</i>		
2021	17th European Championships, Moscow, Russia	<i>GREAT BRITAIN DID NOT COMPETE</i>	

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RACING CALENDAR 2022

Date	Race Name	Region	Notes	Code
02/01/2022	Frank Luzmore www.richmondcanoecub.com/	LSE	1	VON1
08/01/2022	Sprint Academy Training Day	Perf. Dept	Sprint	
15/01/2022	Flatwater Coaching Conference	BC Coaching		
12/02/2022	Sprint Academy Training Day.	Perf.Dept.	Sprint	
13/02/2022	Cambridge Hasler www.cambridgecanoecub.org.uk/	Eastern	Marathon H2022	NOR1
20/02/2022	Waterside A www.watersideseries.org.uk/	Southern	2	WAT1
27/02/2022	Thameside 1 www.reading-canoe.org.uk/	Southern	3	GRE2
06/03/2022	Waterside B www.watersideseries.org.uk/	Southern	4	WAT1
13/03/2022	Thameside 2 http://reading-canoe.org.uk/	Southern	5	GRE2
13/03/2022	Sprint Academy Training Day	Perf. Dept	Sprint	
19/03/2022	Wey Sprints www.weykayak.co.uk/	LSE	Sprint	CHI1
20/03/2022	Waterside C www.watersideseries.org.uk/	Southern	6	WAT1
27/03/2022	Royal Leamington Spa Hasler www.rlsc.com	Midlands	Marathon H2022	MIL1
27/03/2022	Brigg Hasler www.gsc-online.com/	Yorkshire	Marathon H2022	SIM2
03/04/2022	Waterside D www.watersideseries.org.uk/	Southern	7	WAT1
09/04/2022	Selections and National Sprint Racing Regatta	National	Sprint	CAI1
10/04/2022	Selections and National Sprint Racing Regatta canoeracing.org.uk/sprint/current-year-national-regattas/	National	Sprint	CAI1
15/04/2022	Devizes to Westminster Canoe Race www.dwrace.co.uk/	National	8	DWO1
17/04/2022	Elmbridge Easter Half Marathon www.elmbridgecanoecub.com/	LSE	Marathon*	GUN1
23/04/2022	K1 Long Course Assessment– World Cup1 www.canoeracing.org.uk/marathon/	MRC	Marathon	NOR1
24/04/2022	South Lakes 1 Hasler www.duddoncanoecub.org.uk/	North West	Marathon H2022	SHE3
24/04/2022	Lincoln Hasler www.lincolncanoecub.com/	Midlands	Marathon H2022	SIM1
24/04/2022	Wey Hasler Marathon www.weykayak.co.uk/	LSE	Marathon H2022	HAW2
30/04/2022	Amsterdam Waterlands Marathon www.amsterdamcanoemarathon.com/	International	Marathon*	
30/04/2022	National Marathon Short Course Champs www.canoeracing.org.uk/marathon/	MRC	Marathon*	SMY1
01/05/2022	68th Bedford Hasler Marathon 2022 www.vikingkayak.co.uk/	Eastern	Marathon H2022	PER1
07/05/2022	Elmbridge Sprint Regatta www.elmbridgecanoecub.com/	LSE	Sprint	GUN1
08/05/2022	Worcester Hasler Race www.worcestercanoecub.org/	Midlands	Marathon H2022	SMI1
08/05/2022	Tamar Hasler	South West	Marathon H2022	WAL1

RACING CALENDAR 2022

08/05/2022	Basingstoke Canal Hasler www.b3c.org.uk/	Southern	Marathon H2022	HAN1
13/05/2022	German National Marathon Championships, Kassel	International	Marathon*	
14/05/2022	Rocket K4 Day Nottingham www.nottinghamkayakclub.com	Midlands	Sprint	ILE1
15/05/2022	Maidstone Hasler www.maidstonecanoecub.net/	LSE	Marathon H2022	PRI1
15/05/2022	Chippenham Hasler www.devizescanoecub.co.uk	South West	Marathon H2022	SLA1
15/05/2022	Chester Hasler chestersailingandcanoecub.com/	North West	Marathon H2022	ROG1
19/05/2022	ICF Senior Sprint World Cup 1 - 4 Days. Racice	International	Sprint	
21/05/2022	Epic Bay Assessment, Exmouth		Ocean Racing	TAY2
21/05/2022	Conwy Ascent www.dcpaddlers.co.uk/	North West	9	WIN1
22/05/2022	Exeter Hasler www.exetercanoecub.org.uk/	South West	Marathon H2022	MIL2
22/05/2022	Malton Hasler www.maltonandnortoncanoecub.com	Yorkshire	Marathon H2022	ROE1
22/05/2022	Nottingham Kayak Club Hasler Marathon www.nottinghamkayakclub.com	Midlands	Marathon H2022	MAS1
22/05/2022	Norwich Hasler 2022 www.norwichcanoecub.co.uk/	Eastern	Marathon H2022	LOD1
22/05/2022	Hastings 1066 Hasler https://www.hastingscanoecub.org.uk/	LSE	Marathon H2022	GEO1
26/05/2022	ICF Canoe Sprint World Cup 2 -Poznan -4 Days	International	Sprint	
28/05/2022	Marathon World Cup 1. 2 days Prague	International	Marathon	
29/05/2022	Reading Circuit Hasler Race www.reading-canoe.org.uk/	Southern	Marathon H2022	GRE2
03/06/2022	Open & British National Paracanoe, Seniors and Masters Reg.	National	Sprint	CAI1
04/06/2022	Open & British National Paracanoe, Seniors and Masters Reg. canoeracing.org.uk/sprint/current-year-national-regattas/	National	Sprint	CAI1
11/06/2022	Bath to Bradford Classic www.boarc.org.uk/canoeing/	South West	10	ESC1
11/06/2022	K2 Long Course Assessment for Euros www.canoeracing.org.uk/marathon/	MRC	Marathon	
12/06/2022	Royal Hasler Marathon www.royalcanoecub.com/	LSE	Marathon H2022	MCK2
12/06/2022	The Bradford Hasler www.boarc.org.uk/canoeing/	South West	Marathon H2022	ESC1
12/06/2022	Burton Hasler www.burtoncanoecub.co.uk/	Midlands	Marathon H2022	BAL1
18/06/2022	K1 Long-Short Course Assesment for Euros www.canoeracing.org.uk/marathon/	MRC	Marathon	
19/06/2022	Derwent Mike Jones Memorial Hasler www.kkc.org.uk	Yorkshire	Marathon H2022	MED1
19/06/2022	Hereford Wye Hasler Marathon www.herefordkayakclub.org	Midlands	Marathon H2022	WIB1
19/06/2022	Leighton Buzzard Hasler www.lbcc.org.uk	Eastern	Marathon H2022	SAN1
19/06/2022	Richmond Hasler Marathon www.richmondcanoecub.com/	LSE	Marathon H2022	VON1
19/06/2022	Fal Hasler trurocanoecub@outlook.com	South West	Marathon H2022	GRE3

RACING CALENDAR 2022

23/06/2022	European Junior & U23 Canoe Sprint Championships, Belgrade	International	Sprint	
26/06/2022	Oxford Midsummer Hasler kayaking@falconboatclub.org.uk	Southern	Marathon H2022	RAI1
26/06/2022	Gailey CC Hasler www.gaileycc.co.uk/	Midlands	Marathon H2022	CL12
02/07/2022	Open & British National Under 23 & Junior Championships	National	Sprint	CAI1
03/07/2022	National Sprint Regatta canoeracing.org.uk/sprint/current-year-national-regattas/	National	Sprint	CAI1
10/07/2022	Shropshire Paddlesport Marathon Queens Head Hasler www.shropshirepaddlesport.org	Midlands	Marathon H2022	LEG1
10/07/2022	Bishops Stortford Hasler www.stortfordcanoe.weebly.com/	Eastern	Marathon H2022	ALD1
11/07/2022	World Canoe Marathon Games.	International	Marathon *	
16/07/2022	Thameside Summer K2 Elmbridge www.elmbridgecanoecub.com/	LSE	Marathon*	GUN1
16/07/2022	Camel Hasler www.foweyrivercanoecub.co.uk	South West	Marathon H2022	RIL1
16/07/2022	Sanabria K4	International	Marathon*	
17/07/2021	Pete White Memorial Hasler Race (Ironbridge) www.wolverhamptoncanoecub.co.uk/	Midlands	Marathon H2022	TAR1
17/07/2022	Lechlade Junior Regatta www.devizescanoecub.co.uk	South West	Sprint	SCA1
23/07/2022	Royal Regatta www.royalcanoecub.com/	LSE	Sprint	MCK2
25/07/2022	European Canoe Marathon Masters, Silkeborg Denmark	International	Marathon*	
28/07/2022	European Canoe Marathon Championships, Silkeborg, Denmark	International	Marathon*	
30/07/2022	Tewkesbury Hasler www.gloucestercanoecub.co.uk/	South West	Marathon H2022	KER1
03/08/2022	ICF Canoe Sprint & Paracanoe World Champs, Hamilton, Canada	International	Sprint	
06/08/2022	Sella Descent, Spain www.descensodelsella.com/	International	Marathon*	
07/08/2022	Medway Marathon www.tonbridgecanoecub.org.uk/	LSE	11	NEA1
14/08/2022	River Dart Hasler www.exetercanoecub.org.uk/	South West	Marathon H2022	MIL2
17/08/2022	ECA Para & Senior Canoe Sprint Championships, Munich	International	Sprint	
21/08/2022	Tonbridge Hasler Marathon www.tonbridgecanoecub.org.uk/	LSE	Marathon H2022	NEA1
27/08/2022	National Marathon Championships Provisional date		Marathon	
28/08/2022	National Marathon Championships Provisional date		Marathon	
01/09/2022	ICF Canoe Sprint Junior/U23 World Championships Szeged	International	Sprint	
03/09/2022	Inter-Services, SUP & National Inter-club MacGregor Challenge	National	Sprint	CAI1
04/09/2022	Inter-Services, SUP & National Inter-club MacGregor Challenge canoeracing.org.uk/sprint/current-year-national-regattas/	National	Sprint	CAI1
08/09/2022	Canoe Sprint Olympic Hopes, Bratislava - 4 days	International	Sprint	
11/09/2022	Pangbourne Hasler www.pangbournecanoecub.co.uk/	Southern	Marathon H2023	MET1
11/09/2022	Soar Valley Hasler	Midlands	Marathon H2023	VIN1
17/09/2022	French Nationals Championships. 2 days.	International	Marathon*	NOR1
18/09/2022	South Lakes 2 Hasler www.duddoncanoecub.org.uk/	North West	Marathon H2023	SHE3

RACING CALENDAR 2022

18/09/2022	Gloucester Hasler www.gloucestercanoecub.co.uk/	South West	Marathon H2023	KER1
18/09/2022	Worcester Mini Sprint Fun Day https://worcestercanoecub.org/	Midlands	Sprint	SM11
18/09/2022	Henley Hasler www.henleycanoecub.co.uk/	Southern	Marathon H2023	WAL2
25/09/2022	Hasler Final. Wey @ Runnymede www.weykayak.co.uk/	LSE	Marathon	HAW2
26/09/2022	Masters Marathon World Championships, Ponte De Lima Port.	International	Marathon*	
29/09/2022	Marathon World Championships, Ponte De Lima, Portugal	International	Marathon*	
02/10/2022	Wolfreton Hasler Marathon www.kkc.org.uk	Yorkshire	Marathon H2023	MED1
02/10/2022	Elmbridge Hasler www.elmbridgecanoecub.com/	LSE	Marathon H2023	GUN1
02/10/2022	Fowey Hasler www.Foweyrivercanoecub.co.uk	South West	Marathon H2023	RIL1
02/10/2022	Macclesfield Adelphi Hasler www.madcc.btck.co.uk	North West	Marathon H2023	MIL4
08/10/2022	K4 Rocket Day. Nottingham www.nottinghamkayakclub.com	Midlands	Sprint	ILE1
09/10/2022	Saltford Hasler https://canoeeavon.co.uk/	South West	Marathon H2023	ASK1
09/10/2022	Malton to Howsham Descent www.maltonandnortoncanoecub.com	Yorkshire	12	ROE1
15/10/2022	Royal Paddling Challenge www.royalcanoecub.com/	LSE	Marathon*	MCK2
16/10/2022	Chelmer Hasler Marathon www.chelmsfordcanoecub.co.uk/	Eastern	Marathon H2023	SHE1
16/10/2022	Tony and Shirley Pell Memorial Hasler http://www.gsc-online.com/	Yorkshire	Marathon H2023	SIM2
21/10/2022	Marathon World Cup 2. Liyang China. 3 day event			
30/10/2021	Banbury Hasler www.banburycanoe.com	Southern	Marathon H2023	WAR1
06/11/2022	Thameside Winter K2 Elmbridge www.elmbridgecanoecub.com/	LSE	Marathon*	GUN1
13/11/2022	Leighton Buzzard CC Remembrance Day www.ibcc.org.uk	Eastern	13	SAN1
20/11/2022	National Schools Canoe Championships		Sprint	SCR1
27/11/2022	Ross Warland Memorial Canal Challenge www.banburycanoe.com	Southern	14	WAR1
27/11/2022	Royal Thames K2 series 10@10 www.royalcanoecub.com/	LSE	Marathon*	MCK2

RACING CALENDAR 2022 NOTES

Legend	Notes																														
*	Indicates that this is not a standard divisional race. Usually classes are a combination of senior/junior, mens/ladies/mixed and singles/doubles.																														
K1 or K2	Race organisers to run K1 divisions 1 to 9 inclusive with K2 divisions 2 to 9. Including GS-Div C-U12, GS-Div B-U14 and GS-Div A-U14 . Paddlers in GS-Divs A-C should refer to U14 Rules for details of entering K2 races. Note that there is no division 1 K2 race. <table border="1" style="margin-left: 20px;"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td></td> </tr> <tr> <td>K1</td> <td>K1</td> <td>K1</td> <td>K1</td> <td>K1</td> <td>K1</td> <td>K1</td> <td>K1</td> <td>K1</td> <td></td> </tr> <tr> <td></td> <td>K2</td> <td>K2</td> <td>K2</td> <td>K2</td> <td>K2</td> <td>K2</td> <td>K2</td> <td>K2</td> <td></td> </tr> </table>	1	2	3	4	5	6	7	8	9		K1	K1	K1	K1	K1	K1	K1	K1	K1			K2	K2	K2	K2	K2	K2	K2	K2	
1	2	3	4	5	6	7	8	9																							
K1	K1	K1	K1	K1	K1	K1	K1	K1																							
	K2	K2	K2	K2	K2	K2	K2	K2																							
H2022	Indicates a Hasler qualifying race for 2021 / 2022 for the region shown.																														
H2023	Indicates a Hasler qualifying race for 2022 / 2023 for the region shown.																														
1	13 Miles and 3 portages. Shepperton to Richmond K2s only																														
2	13.5 miles and 21 portages time trial. Great Bedwyn to Newbury.																														
3	14 miles and 14 portages time trial. Aldermaston to Reading.																														
4	18.5 miles and 23 portages time trial. Newbury circuit.																														
5	18 miles and 8 portages. Reading to Longridge																														
6	22.5 miles and 30 portages time trial. Pewsey to Newbury.																														
7	34.5 miles and 30 portages time trial. Devizes to Newbury.																														
8	The Devizes to Westminster International Canoe Race. 125 miles, 77 portages																														
9	A 15km upstream race on the Conwy Estuary, using the incoming tide. The first part is through the estuary with strong flows. Separate starts for K1s, K2s and TC2s.																														
10	Classic marathon 12miles several portages																														
11	18 miles 9 portages Maidstone to Tonbridge.																														
12	4 & 8 miles. Malton to Howsham Descent.																														
13	A 15 mile paddle starting at Great Linford Wharf in Milton Keynes.																														
14	20 mile time trial from Banbury Canoe Club to Aynho Wharf and back. May be raced as a relay team as well.																														

Details of Marathon races may be found on the MRC website calendar
<http://canoeracing.org.uk/marathon/index.php/racing-calendar/>

Please note – whilst every care has been taken in compiling the MRC calendar above, it should be noted that some events and competitions listed, are not run under the auspices, or rules, of the MRC but are nevertheless listed for completeness.

MRC listed events are subject to the MRC levy and must comply with our rules and their listing is a confirmation that a risk assessment has been carried out by the event organiser. Other, non-MRC events listed, are not required to be run in line with the MRC racing rules, nor have been required by the MRC to carry out any risk assessment. You should therefore check the status of their inclusion before taking part in the event or relying upon the details provided.



ROYAL CANOE CLUB

HASLER MARATHON

12th June 2022

ROYAL SPRINTS

23rd July 2022

PADDLING CHALLENGE

15th October 2022

THAMES SERIES 10@10

27th November 2022



For more information visit:

www.royalcanoeclub.com

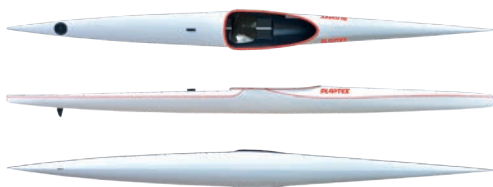


ROYAL CANOE CLUB

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