



**NATIONAL
SPRINT
REGATTAS**

**The Inter-Services Championship, the SUP
British National Championships, and the
National Inter-Club MacGregor Paddle
Challenge Sprint Regatta**



3rd & 4th September 2022

Saturday

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

1	09:00	Inter-Services Men	K1	1000	F	50	11:45	Men A/B + Masters A	K4	500	H2
2	09:03	Boys A	K1	1000	H1	51	11:48	Canoe A-D - Female	C1	500	H1
3	09:06	Boys A	K1	1000	H2	52	11:51	Canoe A-D - Female	C1	500	H2
4	09:09	Boys B	K1	1000	H1	53	11:54	Canoe A-D - Male	C1	500	H1
5	09:12	Boys B	K1	1000	H2	54	11:57	Canoe A-D - Male	C1	500	H2
6	09:15	Boys B	K1	1000	H3	55	12:00	Lightning A	K1	500	H1
7	09:18	Boys B	K1	1000	H4	56	12:03	Lightning A	K1	500	H2
8	09:21	Boys C/D	K2	1000	H1	57	12:06	Lightning B	K1	500	H1
9	09:24	Boys C/D	K2	1000	H2	58	12:09	Lightning B	K1	500	H2
10	09:27	Boys C/D	K2	1000	H3	59	12:15	Girls A/B	K2	500	H1
11	09:30	Boys C/D	K2	1000	H4	60	12:18	Girls A/B	K2	500	H2
12	09:33	Men B + Masters A	K1	1000	H1	61	12:27	Inter-Services Women	K1	200	F
13	09:36	Men B + Masters A	K1	1000	H2	62	12:30	Girls C/D	K2	200	H1
14	09:39	Men B + Masters A	K1	1000	H3	63	12:33	Girls C/D	K2	200	H2
15	09:42	Men B + Masters A	K1	1000	H4	64	12:36	Girls C/D	K2	200	H3
16	09:48	Men C + Masters B	K1	1000	H1	65	12:42	Para Men/Women KL3 R1	K1	200	F
17	09:51	Men C + Masters B	K1	1000	H2	66	12:45	Womens C + WMasters B	K1	200	F
18	09:54	Men C + Masters B	K1	1000	H3	67	12:54	Men A/B + Masters A	K4	500	F
19	09:57	Men D + Masters C/D	K2	1000	H1	68	12:57	Mixed Men D + Masters C + Women D + WMasters C/D	K2	500	F
20	10:00	Men D + Masters C/D	K2	1000	H2	69	13:00	Boys A/B	K2	500	F1
21	10:03	Men D + Masters C/D	K2	1000	H3	70	13:03	Boys A/B	K2	500	F2
22	10:06	Inter-Services Men	K4	1000	F	71	13:06	Boys C/D	K4	500	F
23	10:09	Womens C/D + WMasters B/C/D	K2	1000	H1	72	13:09	Men C + Masters B	K4	500	F
24	10:12	Womens C/D + WMasters B/C/D	K2	1000	H2	73	13:18	Canoe A-D - Female	C1	500	F
25	10:15	Girls C/D	K2	1000	H1	74	13:21	Canoe A-D - Male	C1	500	F
26	10:18	Girls C/D	K2	1000	H2	75	13:24	Lightning A	K1	500	F
27	10:21	Boys A	K1	1000	F	76	13:27	Lightning B	K1	500	F
28	10:24	Boys B	K1	1000	F1	77	13:30	Paddle-Ability R2	K1	500	F
29	10:27	Boys B	K1	1000	F2	78	13:39	Girls A/B	K2	500	F
30	10:30	Boys C/D	K2	1000	F1	79	13:42	Womens A/B + WMasters A	K4	500	F
31	10:33	Boys C/D	K2	1000	F2	80	13:51	Inter-Services Men	K1	200	F
32	10:36	Canoe A-D - Male	C2	1000	F	81	13:54	Inter-Services Women	K2	200	F
33	10:39	Men A	K1	1000	F	82	13:57	Girls C/D	K2	200	F1
34	10:42	Men B + Masters A	K1	1000	F1	83	14:00	Girls C/D	K2	200	F2
35	10:45	Men B + Masters A	K1	1000	F2	84	14:03	Masters D	K1	200	H1
36	10:51	Men C + Masters B	K1	1000	F1	85	14:06	Masters D	K1	200	H2
37	10:54	Men C + Masters B	K1	1000	F2	86	14:09	Men D + Masters C	K1	200	H1
38	11:00	Men D + Masters C/D	K2	1000	F1	87	14:12	Men D + Masters C	K1	200	H2
39	11:03	Men D + Masters C/D	K2	1000	F2	88	14:15	Men D + Masters C	K1	200	H3
40	11:06	Inter-Services Men	K2	1000	F	89	14:18	Men D + Masters C	K1	200	H4
41	11:09	Womens C/D + WMasters B/C/D	K2	1000	F	90	14:27	Men C + Masters B	K1	200	H1
42	11:12	Girls C/D	K2	1000	F	91	14:30	Men C + Masters B	K1	200	H2
43	11:21	Boys A/B	K2	500	H1	92	14:33	Men C + Masters B	K1	200	H3
44	11:24	Boys A/B	K2	500	H2	93	14:39	Men B + Masters A	K1	200	H1
45	11:27	Boys A/B	K2	500	H3	94	14:42	Men B + Masters A	K1	200	H2
46	11:30	Boys C/D	K4	500	H1	95	14:45	Men B + Masters A	K1	200	H3
47	11:33	Boys C/D	K4	500	H2	96	14:48	Men B + Masters A	K1	200	H4
48	11:36	Paddle-Ability R1	K1	500	F	97	14:51	Paddle-Ability R1	K1	200	F
49	11:42	Men A/B + Masters A	K4	500	H1	98	14:57	Womens A/B + WMasters A	K1	200	H1
						99	15:00	Womens A/B + WMasters A	K1	200	H2
						100	15:03	Girls A/B	K1	200	H1
						101	15:06	Girls A/B	K1	200	H2
						102	15:09	Girls A/B	K1	200	H3
						103	15:15	Womens C/D + WMasters B/C	K4	200	F
						104	15:18	Girls C	K1	200	H1

105	15:21	Girls C	K1	200	H2	165	08:18	Men C + Masters B	K1	500	H2
106	15:24	Girls D	K1	200	H1	166	08:21	Men C + Masters B	K1	500	H3
107	15:27	Girls D	K1	200	H2	167	08:24	Men C + Masters B	K1	500	H4
108	15:30	Girls D	K1	200	H3	168	08:27	Men B + Masters A	K1	500	H1
109	15:33	Girls D	K1	200	H4	169	08:30	Men B + Masters A	K1	500	H2
110	15:36	Girls D	K1	200	H5	170	08:33	Men B + Masters A	K1	500	H3
111	15:42	Para Men/Women KL3 R2	K1	200	F	171	08:36	Men B + Masters A	K1	500	H4
112	15:45	Canoe A-D - Female	C2	200	F	172	08:42	Canoe A-D - Female	C2	500	F
113	15:51	Boys A	K1	200	H1	173	08:45	Men A	K1	500	H1
114	15:54	Boys A	K1	200	H2	174	08:48	Men A	K1	500	H2
115	15:57	Boys B	K1	200	H1	175	08:51	Masters D	K1	500	H1
116	16:00	Boys B	K1	200	H2	176	08:54	Masters D	K1	500	H2
117	16:03	Boys B	K1	200	H3	177	08:57	Masters D	K1	500	H3
118	16:06	Boys B	K1	200	H4	178	09:00	Mixed Boys C/D + Girls C/D	K2	500	H1
119	16:09	Womens A/B + WMasters A	K1	200	F	179	09:03	Mixed Boys C/D + Girls C/D	K2	500	H2
120	16:15	Girls A/B	K1	200	F1	180	09:06	Mixed Boys C/D + Girls C/D	K2	500	H3
121	16:18	Girls A/B	K1	200	F2	181	09:09	Mixed Boys A/B + Girls A/B	K2	500	H1
122	16:21	Boys C	K1	200	H1	182	09:12	Mixed Boys A/B + Girls A/B	K2	500	H2
123	16:24	Boys C	K1	200	H2	183	09:15	Boys Intermediate	K1	500	H1
124	16:27	Boys C	K1	200	H3	184	09:18	Boys Intermediate	K1	500	H2
125	16:30	Boys C	K1	200	H4	185	09:21	Canoe A-D - Male	C2	500	F
126	16:33	Boys D	K1	200	H1	186	09:24	Womens D + WMasters C/D	K1	500	F
127	16:36	Boys D	K1	200	H2	187	09:27	Men D + Masters C	K2	500	F
128	16:39	Boys D	K1	200	H3	188	09:30	Men C + Masters B	K1	500	F1
129	16:42	Boys D	K1	200	H4	189	09:33	Men C + Masters B	K1	500	F2
130	16:45	Boys D	K1	200	H5	190	09:39	Men B + Masters A	K1	500	F1
131	16:48	Boys D	K1	200	H6	191	09:42	Men B + Masters A	K1	500	F2
132	16:54	Womens D + WMasters C/D	K1	200	H1	192	09:45	Inter Services Men	K1	500	F
133	16:57	Womens D + WMasters C/D	K1	200	H2	193	09:48	Men A	K1	500	F
134	17:00	Inter-Services Women	K4	200	F	194	09:51	Lightning A	K2	500	F
135	17:06	Masters D	K1	200	F	195	09:54	Lightning B	K2	500	F
136	17:09	Men D + Masters C	K1	200	F1	196	09:57	Masters D	K1	500	F1
137	17:12	Men D + Masters C	K1	200	F2	197	10:00	Masters D	K1	500	F2
138	17:18	Men C + Masters B	K1	200	F1	198	10:03	Inter-Services Women	K1	500	F
139	17:21	Men C + Masters B	K1	200	F2	199	10:06	Mixed Boys C/D + Girls C/D	K2	500	F1
140	17:24	Girls A/B	K2	200	H1	200	10:09	Mixed Boys C/D + Girls C/D	K2	500	F2
141	17:27	Girls A/B	K2	200	H2	201	10:12	Mixed Boys A/B + Girls A/B	K2	500	F
142	17:30	Girls C	K1	200	F	202	10:15	Boys Intermediate	K1	500	F
143	17:33	Girls D	K1	200	F1	203	10:18	Paddle-Ability R1	K1	500	F
144	17:36	Girls D	K1	200	F2	204	10:27	SUP Men Open R1		200	H1
145	17:42	Men B + Masters A	K1	200	F1	205	10:30	SUP Men Open R1		200	H2
146	17:45	Men B + Masters A	K1	200	F2	206	10:33	SUP Men Open R1		200	H3
147	17:48	Men A	K1	200	F	207	10:36	SUP Women Open R1		200	H1
148	17:51	Paddle-Ability (Sat) R2	K1	200	F	208	10:39	SUP Women Open R1		200	H2
149	17:57	Boys A	K1	200	F	209	10:42	SUP Women Open R1		200	H3
150	18:00	Boys B	K1	200	F1	210	10:48	WMasters D	K4	200	F
151	18:03	Boys B	K1	200	F2	211	10:51	Canoe A-D - Female	C1	200	H1
152	18:06	Boys C	K1	200	F1	212	10:54	Canoe A-D - Female	C1	200	H2
153	18:09	Boys C	K1	200	F2	213	10:57	Canoe A-D - Male	C1	200	H1
154	18:12	Boys D	K1	200	F1	214	11:00	Canoe A-D - Male	C1	200	H2
155	18:15	Boys D	K1	200	F2	215	11:03	Masters D	K4	200	F
156	18:18	Boys D	K1	200	F3	216	11:06	Para Men VL2/3 R1	V1	200	F
157	18:21	Womens D + WMasters C/D	K1	200	F	217	11:09	Boys C	K2	200	H1
158	18:24	Womens A/B + WMasters A	K2	200	F	218	11:12	Boys C	K2	200	H2
159	18:27	Girls A/B	K2	200	F	219	11:15	Boys D	K2	200	H1

Sunday

07:00 Course opens
07:15 Warm-up period opens
07:45 Warm-up period closes

160	08:00	Womens D + WMasters C/D	K1	500	H1	227	11:45	Men A/B + Masters A	K2	500	H1
161	08:03	Womens D + WMasters C/D	K1	500	H2	228	11:48	Men A/B + Masters A	K2	500	H2
162	08:06	Men D + Masters C	K2	500	H1	229	11:51	Men A/B + Masters A	K2	500	H3
163	08:09	Men D + Masters C	K2	500	H2	230	12:00	SUP Men Open R2		200	H1
164	08:15	Men C + Masters B	K1	500	H1	231	12:03	SUP Men Open R2		200	H2
						232	12:06	SUP Men Open R2		200	H3

233	12:09	SUP Women Open R2		200	H1	277	14:33	Mixed Men B + Masters A + Women A/B + WMasters A	K2	500	H1
234	12:12	SUP Women Open R2		200	H2						
235	12:15	SUP Women Open R2		200	H3	278	14:36	Mixed Men B + Masters A + Women A/B + WMasters A	K2	500	H2
236	12:18	Canoe A-D - Female	C1	200	F	279	14:39	Girls D	K1	500	F1
237	12:21	Canoe A-D - Male	C1	200	F	280	14:42	Girls D	K1	500	F2
238	12:24	Boys C	K2	200	F	281	14:45	Girls C	K1	500	F
239	12:27	Boys D	K2	200	F1	282	14:48	Girls A/B	K1	500	F1
240	12:30	Boys D	K2	200	F2	283	14:51	Girls A/B	K1	500	F2
241	12:36	Boys A/B	K4	500	F	284	14:54	Inter Services Men	K4	500	F
242	12:39	Girls Intermediate	K1	500	F	285	14:57	Men C + Masters B	K2	500	H1
243	12:42	Girls D	K1	500	H1	286	15:00	Men C + Masters B	K2	500	H2
244	12:45	Girls D	K1	500	H2	287	15:03	Men D + Masters C	K1	500	H1
245	12:48	Girls D	K1	500	H3	288	15:06	Men D + Masters C	K1	500	H2
246	12:51	Girls D	K1	500	H4	289	15:09	Men D + Masters C	K1	500	H3
247	12:54	Girls D	K1	500	H5	290	15:12	Boys A	K1	500	H1
248	12:57	Girls C	K1	500	H1	291	15:15	Boys A	K1	500	H2
249	13:00	Girls C	K1	500	H2	292	15:18	Boys B	K1	500	H1
250	13:03	Womens A/B + WMasters A	K1	500	F	293	15:21	Boys B	K1	500	H2
251	13:06	Girls A/B	K1	500	H1	294	15:24	Boys B	K1	500	H3
252	13:09	Girls A/B	K1	500	H2	295	15:27	Boys B	K1	500	H4
253	13:12	Girls A/B	K1	500	H3	296	15:30	Andrew Bonham Memorial	C4	500	H3
254	13:15	Womens C/D + WMasters B/C	K2	500	F	297	15:33	Masters D	K2	500	H1
255	13:18	Men A/B + Masters A	K2	500	F1	298	15:36	Masters D	K2	500	H2
256	13:21	Men A/B + Masters A	K2	500	F2	299	15:39	Mixed Men B + Masters A + Women A/B + WMasters A	K2	500	F
257	13:24	Inter-Services Men	K2	500	F						
258	13:27	Andrew Bonham Memorial	C4	500	H1	300	15:42	Inter-Services Women	K2	500	F
259	13:30	Lightning A	K4	500	F	301	15:45	Boys C	K1	500	F1
260	13:33	Lightning B	K4	500	F	302	15:48	Boys C	K1	500	F2
261	13:36	Paddle-Ability R2	K1	500	F	303	15:51	Boys D	K1	500	F1
262	13:45	Men D + Masters C	K4	200	F	304	15:54	Boys D	K1	500	F2
263	13:48	Para Men VL2/3 R2	V1	200	F	305	15:57	Boys D	K1	500	F3
264	13:51	SUP Men Open		200	F	306	16:00	Girls D	K4	500	F
265	13:54	SUP Women Open		200	F	307	16:03	Men C + Masters B	K2	500	F
266	14:00	Inter-Services Women	K4	500	F	308	16:06	Men D + Masters C	K1	500	F1
267	14:03	Boys C	K1	500	H1	309	16:09	Men D + Masters C	K1	500	F2
268	14:06	Boys C	K1	500	H2	310	16:12	Womens C + WMasters B	K1	500	F
269	14:09	Boys C	K1	500	H3	311	16:15	WMasters D	K2	500	F
270	14:12	Boys D	K1	500	H1	312	16:21	Boys A	K1	500	F
271	14:15	Boys D	K1	500	H2	313	16:24	Boys B	K1	500	F1
272	14:18	Boys D	K1	500	H3	314	16:27	Boys B	K1	500	F2
273	14:21	Boys D	K1	500	H4	315	16:30	Andrew Bonham Memorial	C4	500	F
274	14:24	Boys D	K1	500	H5	316	16:33	Masters D	K2	500	F
275	14:27	Boys D	K1	500	H6	317	16:36	Womens A/B + WMasters A	K2	500	F
276	14:30	Andrew Bonham Memorial	C4	500	H2						

Social media

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