

2024 Canoe Sprint Handbook



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CONTENTS

A	Contents	A1
	SRC Chair foreword	A2-3
	Sprint and Marathon Club Abbreviations	A4
	Sprint and Marathon Club Colours	A5-10
	Racing Standards	A11-13
B	National Sprint Regattas - general information	B1-3
	Team Leaders' Responsibilities	B4
	Regattas – terms and conditions	B5-10
	Disciplinary Procedures	B11
	Regatta Volunteers	B12
	Intermediate Classes	B13-14
	Mini Sprint	B15-18
	Paddle-Ability	B19-21
	MacGregor Paddle	B22-23
	Local/regional regattas	B24
C	Sprint Racing - Course Records and Perpetual Trophies	C1-15
	Sprint Racing Competition Rules	C16-35
	Sprint Racing Committee	C36
	National Regatta Committee	C37
	Sprint Racing Committee Terms of Reference	C38-41
	Leptospirosis	C42
D	Sprint Rankings	D1-13
E	British Canoeing Performance Programme	E1-2
	Safeguarding/protecting children, equality statement	E3-5
	Anti-doping	E6
	Personal Performance Awards	E7-8
	Coaching and Leading the Competition Disciplines	E9-10
F	Addresses	F1-2
	Sprint and Marathon Racing Calendar	F3-6

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FOREWORD SPRINT RACING COMMITTEE CHAIR

As we move forward into 2024, we are looking to build on the international successes of 2023 from the Junior and U23 racers. Congratulations on a fantastic season of racing! We had a new layout at the MacGregor Paddle that helped to bring about a real festival feel to the proceedings; the weather helped, but it was a reminder that when clubs unite and promote the discipline in a positive manner we as a community can provide real inspirational moments for our young aspiring racers as well as providing fun and inclusive races for all standards and classes of paddlers. We at the SRC express our gratitude to the Regatta Committee and all the volunteers who helped provide a really great atmosphere to the September regatta.

2023 saw the running of the very first British Universities Canoe Sprint Regatta, run and hosted by a wonderful volunteer team from Norwich Canoe Club. Thanks especially to former chair, Tim Scott, who made the event a great start to the year for our student racers. The very existence of the event helps to raise and broaden the appeal of our sport, with the help of the BC events team we aim to make the event in 2024 bigger, with more races and participants from a wider catchment of universities.

As a community we want to continue building towards having open and positive dialogue with the World Class Programme (WCP). There is lots to learn and share from both sections of the sport and we are in a closer position to represent the views of the community and look to progress the work done from previous years, to bring the experience and opinions of all clubs to the WCP and strengthen the relationship with them to support their work with the athletes in their charge.

2023 was the first opportunity for our elite paddlers to qualify for the Paris Olympics. Although unsuccessful, when we look at the performances in detail we see that the athletes performed to their best, hitting personal best times in lots of events. Our athletes were close to qualifying spots, especially our Women's K4. Such small differences and fine margins are what sport is about at this level and we feel the athletes' and coaches' pain and frustration. They have admirably dusted themselves down and are in the process of going again to try to grab those remaining spots for Paris. Look out for the results coming out of Szeged on the 8th and 9th May and join me in wishing all our Senior athletes the very best in pushing themselves to the limit in the pursuit of pitting themselves against the best in the world.

The development of our pathway is so important to the long-term health and quality of the discipline and I am pleased to say that the two squads have enjoyed a successful year embedding their work into the everyday training environment. The GB JTS (Junior Training Squad), aimed at our potential international competition teams, has seen positive engagement from athletes and club coaches. It has had a frustrating time trying to get together at times but it is a positive step to bring together our top juniors to give them a clear vision of what domestic standards are within their class as well as starting to learn about how they can deliver their best when they want to, i.e. at an International Championships.

FOREWORD SPRINT RACING COMMITTEE CHAIR

The JDS (Junior Development Squad) reaches further down the pathway and is such a good learning environment that athletes and coaches who attend are always excited about the next training day. This joint venture with the MRC and England Talent allows those up-and-coming paddlers to get together and learn from experienced coaches about all the different aspects of flatwater racing. A really useful stepping stone for those paddlers from clubs big and small to try new combinations of crew boats, to learn new tactics and to be free to apply these new skills in a friendly consequence free environment.

As we all know and enjoy, Canoe Sprint is an exciting and dynamic discipline that excites and challenges in equal measure. We are in a position to showcase the sport within our own community with new impetus from the Inter Club MacGregor regatta that created a superb “feel” to the last event of the year. Alongside this we are happy and proud to report seven regional regattas took place, providing the opportunity to race side by side outside a National Regatta. The SRC are very grateful to those clubs that took the opportunity to run a regatta and help provide extra opportunities for the discipline to raise money, to help support and develop opportunities for young international paddlers as they start their journey in international racing. We want to build for the future and look to support any club who wishes to run their own day of races on their home waters. If you are interested, please reach out and ask us what support looks like and we will be able to guide you through the process and help you to see that if you have a stopwatch, a pen and a piece of paper, you can run a sprint regatta! There are limitless options; you can set races that are fun, challenging, conventional or innovative, the choice really is yours.

As I write this, the home of British Canoeing, the National Water Sports Centre in Nottingham, is currently 6ft underwater with the floods that have impacted many of our clubs and rivers. We wait to see the impact on the site and if there is any lasting damage to the regatta lake, the infrastructure or our boats. We hope it is minimal, if any, and that we are still looking to host successful events there this year.

I hope every paddler at every club is enjoying their paddling and training. I wish all of you a successful 2024, be it if you are seeking a spot at the Olympics, a promotion at a regatta or just to race your friends!

Nick Fowler-Rimell
Chair, SRC
Jan 2024

CLUB ABBREVIATIONS

4AS	Newark 4 As Canoe Club	LON	Longridge Canoe Club
ABF	Aberfan Canoe Club	LOU	Loughborough University
ACU	Army Canoe Union	MAD	Macclesfield & District Canoe Club
ADS	Addlestone Canoe Club	MAI	Maidstone Canoe Club
ANK	Anker Valley Canoe Club	MAL	Malton and Norton Canoe Club
AVN	Avon Canoe Club	MDN	Meridian Canoe Club
BAD	Barking and Dagenham Canoe Club	MER	Mercia Canoe Club
BAN	Banbury & District Canoe Club	MLO	Marlow Canoe Club
BAS	Basingstoke Canal Canoe Club	MVR	Manvers Waterfront Boat Club
BCC	Belfast Canoe Club	NAI	Naim Kayak Club
BEJ	Bourne End Junior Sports Club	NBY	Newbury Canoe Club
BOA	Bradford on Avon Canoe Club	NMC	North Merchiston
BPR	Burton Phoenix Racers	NOR	Norwich Canoe Club
BPS	Broadland Paddle Sport	NOT	Nottingham Kayak Club
BRE	Brecon Canoe Club	NSK	North East Sea Kayak
BRI	Bristol Canoe Club	OSC	Ocean Sports Club
BRK	Break Out Canoe Club	OXU	Oxford University Canoe & Kayak Club
BRY	Bryanston School Canoe Club	PAN	Pangbourne Canoe Club
BSF	Bishops Stortford Canoe Club	PEN	Pennine Canoe Club
BTH	Bath Canoe Club	PIN	Pinkston Panthers
BUR	Burton Canoe Club	PNZ	Penzance Canoe Club
CAM	Cambridge Canoe Club	POO	Poole Harbour Canoe Club
CDF	Cardiff Bay Kayakers	PPL	Paddleplus
CEL	Celbridge Canoe Club	PRA	Paddlesport Racers Association
CHE	Chester Sailing & Canoeing Club	PUT	Putney Bridge Canoe Club
CKP	Cokethorpe School Kayak Club	RAF	Royal Air Force Canoe Association
CLM	Chelmsford Canoe Club	RDG	Reading Canoe Club
CNI	Canoe Northern Ireland	RIC	Richmond Canoe Club
DCP	Dyffryn Conwy Canoe Club	RLS	Royal Leamington Spa Canoe Club
DEV	Devizes Canoe Club	RMK	Royal Marines Kayak Club
DUD	Duddon Canoe Club	RNP	Royal Navy Paddle Sports Club
EAL	Ealing Canoe Club	ROY	Royal Canoe Club
ELM	Elmbridge Canoe Club	RUN	Runcom Canoe Club
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
IDS	Irish Development Squad	TTN	Thomastown Paddlers
IPS	Ipswich Canoe Club	UKF	United Kingdom Armed Forces
KCC	Kilcullen Canoe Club	VIK	Viking Kayak Club
KIM	Kimbolton School Canoe Club	WCP	West Coast Paddlers
KIN	Kingston Kayak Club (Hull)	WCR	Winchester & District Canoe Club
KIR	Kirkcaldy Canoe Club	WEY	Wey Kayak Club
LAK	Lakeland Canoe Club	WIN	Windsor and District Canoe Club
LBZ	Leighton Buzzard Canoe Club	WOK	Wokingham Canoe Club
LDN	London Tideway Boat Club	WOL	Wolverhampton Canoe Club
LEA	Leaside Canoe Club	WOP	Wear Whoppers
LEE	Lee Valley Paddlesports Club	WOR	Worcester Canoe Club
LIN	Lincoln Canoe Club	WRC	White Rose Canoe Club (Leeds)
LKR	Linlithgow Kayak Racing	WYC	Wiltshire Youth Canoe Club

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



IDS
Irish Devt. Squad



IPS
Ipswich



KCC
Kilcullen



KIM
Kimbolton



KIR
Kirkcaldy



LBZ
Leighton Buzzard



LDN
London Tideway



LEA
Leaside



CLUB COLOURS

LEE
Lee Valley



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



PIN
Pinkston Panthers



PNZ
Penzance



CLUB COLOURS

POO
Poole



PPL
Paddleplus



PUT
Putney Bridge



RAF
Royal Air Force



RDG
Reading



RIC
Richmond



RLS
Royal Leamington Spa



RNP
Royal Navy



ROY
Royal



RUN
Runcorn



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

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 Kayak
	Women A Kayak	Boys A Canoe	Boys B Canoe
		Women B Kayak	Women C Kayak
		Women Masters A	Women Masters B
		Girls A Kayak	Girls B Kayak
			Women A Canoe

					KAYAK						CANOE							
HC	MARATHON DIVISIONS	1000m	500m	200m (secs)	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	A													
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			Wch							
6		3.54	1.50	39.66				A										
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

STANDARDS FOR RACING

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			

					KAYAK						CANOE													
HC	MARATHON DIVISIONS	1000m	500m	200m (secs)	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				D	C	C		D	B	A										
26		5.14	2.30	53.00																				
27		5.18	2.32	53.66					C	C														
28		5.22	2.34	54.33																				
29		5.26	2.36	55.00																				
30	7	5.30	2.38	55.66					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 GIRLS			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																				
41		6.14	3.00	63.00																				
		-	3.30	-	Minimum Time for Mini A																			
		-	4.00	-	Minimum Time for Mini 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 A11 & A12) 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 and will come into effect after publication in the National Regatta Official Results. More information or any questions contact Peter Gorman on canoesprint.ranking@vol.britishcanoeing.org.uk

Social media

Subscribe to our Instagram account, **canoesprintUK**, or Twitter account, **canoesprintUK**, where we will be sharing sprint-related photos and videos.

We are aiming to increase the social media presence of Sprint Racing nationally; you can be a part of that by using the following hashtags alongside any photos or videos that you publish on social media ahead of, during, and after the National Regattas.

#nottsregatta

#canoesprintlegends



The Sprint Racing Committee's K4 boats used at all National Regattas are available on short term loan by clubs and coaches to use for training or local sprint events.

Terms and conditions apply and are subject to availability but if you would like to know more email Hannah Brown at:
Canoesprint.commodore@vol.britishcanoeing.org.uk

NATIONAL SPRINT REGATTAS 2024



Date	British Canoeing Sprint Racing National Regattas	Paddler Registration closing date	Entry closing date
13th–14th + Mon 15th April	British Sprint Racing National Regatta Including Paracanoe, Senior, Under 23 and Junior selections	Sunday 24th March	Friday 29th March
Fri 7th + 8th – 9th June	Open & British Masters and Under 23 National Championships Regatta. Including Paracanoe, Under 23 and Junior selections	Sunday 19th May	Friday 24th May
6th – 7th July	Open & British Paracanoe, Senior and Junior National Championships Regatta Including Junior selections	Sunday 16th June	Friday 21st June
7th– 8th September	The National Inter-Club MacGregor Paddle Challenge Regatta, the Inter-Services Championship, and the Andrew Bonham Memorial C4 Race	Sunday 18th August	Friday 23rd August

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

The Event Schedules; National Regatta Guides; Timetables, Start lists and the full Programmes for each national regatta, as pdf files, will be available on the SRC website on: [Upcoming Events – Canoe Sprint Racing UK](#)

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 charges for onsite parking 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.

To Book rooms or camping online: [NWSC \(nwscnotts.com\)](http://nwsc.nwscnotts.com)

Hotels: The website at [Welcome to Nottinghamshire, UK - Home of Robin Hood \(visit-nottinghamshire.co.uk\)](http://welcome-to-nottinghamshire.co.uk) lists many hotels, B & Bs, farmhouses etc. across a wide price range.

Refreshments and snacks are available on site.

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

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



Guidelines for entry to National Regattas.

See pages A10 & A11 in the Handbook for the 'Standards for Racing' chart for the entry level times to race at National Regattas. All the ability classes listed together in a band have the same fastest and slowest standard and handicap (HC) times. The times in between indicate how the times might change depending on the Handicap applied to allow for the weather conditions.

See an 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 their 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@vol.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.

Only competitors who are members of clubs affiliated with a National Federation and are **current members of that National Federation, such as CWales, SCA, CANI or British Canoeing 'On the water' membership**, can participate in a National Regatta. The only exceptions are Mini Sprint or Intermediate and Junior 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 D) 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.

Paddler 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 and 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.

NATIONAL SPRINT REGATTAS 2024



Information for each National Regatta is uploaded on to the SRC website as pdf files to download or print on: [Upcoming Events – Canoe Sprint Racing UK](#)

Live on-line Start lists are available on: <http://canoesprint.britishcanoeing.org.uk>

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 from the Information Desk.

Entries must conform with British Canoeing Sprint Racing Competition Rules (pages C16 – C35) and National Regatta Conditions/Terms of Participation (pages B5-10) See also Team Leaders' Responsibilities on page B4 and Notes for Canoe classes on page B6.

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

Regatta Event Fees: Will be reviewed annually: For 2024 fees are as follows:

K1/C1	K2/C2	K4/C4
£10.00	£20.00	£40.00 per boat

Please note there is no charge for the hire of SRC K4s / C4s. Boats can be booked at any time during a National Regatta when Regatta Officials are at the K4 Boat house.

In the event of inclement and/or windy conditions the Competition Committee 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.

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

No refund of entry fees will be made in the event of cancellation of a part or the whole of the competition for whatever reason.

NATIONAL SPRINT REGATTAS

SUMMARY OF TEAM LEADERS' RESPONSIBILITIES

PRE-REGATTA – At the Club and when submitting entries.

- Notify any changes of Team Leader and Deputy Team Leader, including contact details for both.
- Discuss any plans to change the club's racing colours with the Club Colours Official on Regatta.ClubColours@vol.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, and 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 that all crew changes or deletions submitted electronically before the meeting have been accepted.
- Late Entries may be accepted only by the Chief Official at the Team Leaders meeting, if there are lanes available.
- Advise paddlers of any changes and/or alterations to the programme.

DURING COMPETITION

- Ensure paddlers arrive on time for their races with the correct lane number, and wearing club colours which are visible.
- 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 to the Chief Official, 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). Unauthorised persons must not enter any official's area unless invited by the Competition Committee or the Jury.

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.
- c) Paddlers can 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 BS EN ISO 12402-5.
- 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@vol.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.
- 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.

NATIONAL SPRINT REGATTAS

Terms/Conditions of Participation

5. Entries Cont'd

- e) Unless advised otherwise, the Entry Closing Date is 10 pm on the Friday, two weeks before the event, as detailed on page B1 and the Event Schedule.
- f) Entries will not be accepted after the Entry Closing Date.
- 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@vol.britishcanoeing.org.uk for a password for logging in to the Online Entry System, or for technical queries with the system; or
regatta.chiefofficial@vol.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 to A11).

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 to A11).

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 when there are Canoe National Championship events 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 once ratified by the SRC Ranking Officer will be notified to the paddler's Team Leader. Team Leaders must respond immediately to the demotion notification if they wish to request a deferral due to mitigating circumstance with a reassessment at the next National Regatta the paddler attends.

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 & A11 demonstrate 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.

NATIONAL SPRINT REGATTAS

Terms/Conditions of Participation

6. Notes on Classes Cont'd

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.

7. Open and National Championships:

Age classes	Born between	Age class abbreviations
Junior paddlers will race in the following Age Classes		
Under 14	2010 or later	BU14 GU14 CBU14 CGU14
Under 16	2008-2009	BU16 GU16 CBU16 CGU16
Under 18	2006-2007	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	2001-2005	MU23 WU23 CMU23 CWU23
Senior	2000 or earlier	MOK WOK CMO CWO
Masters paddlers will race in the following Age Classes		
Over 34	1980-1989	MO34 / WO34
Over 44	1970-1979	MO44 / WO44
Over 54	1960-1969	MO54 / WO54
Over 64	1959 or earlier	MO64 / WO64
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

8. Before the 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.

9. 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 (fees of deleted entries are not refundable) or crew changes online before or during 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. Before the Team Leaders meeting cont'd

d) Procedure for Team Leaders Meeting:

- i) Team Leader must sign in virtually on arrival using the chat function for the 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 (fees of deleted entries are not refundable) and crew changes can 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 state the race number, lane number, club and the competitor's name(s) of the entry they wish to question.

10. Lane Numbers

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

b) Races of 1000m or less require a lane number. Sets of numbers 1-9, are available for sale 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 event.

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, will 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 classes, or combined A/B classes, or for 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) Protests and appeals to the Competition Committee can only be made by the Club's named Team Leader (or previously notified deputy) 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 publication of the heats' unofficial results, will be available online during the regatta from www.regattaresults.org.uk. Please wait at least 15 mins after the last heat before checking details of lane draws for resultant finals.

The Official Results, including promotions, will be available as soon as possible after the event from <https://canoesprint.org.uk/>

15. Car Parking

a) Team Leaders MUST take an active part to see that club members observe the vehicle parking lines and any COVID-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 or trailers 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 designated parking areas, responsibly, safely and without causing an 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 an '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 MINI-A or MINI-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 to Boat Control 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 by Boat Control 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 are implemented entirely by volunteers. Several officials work throughout the year in Pre-Regatta groups that liaise with the Sprint Racing Committee, the Performance Department and HPP Centre. They also update club colours and paddler registrations. These officials also follow up issues that arise during and at the end of the season.

We 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. These volunteers are mainly parents of current and ex paddlers. They are all supporting a discipline that is developing the young paddlers of today for the future. Without the help of **new volunteers** our 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, but that is why we always need more help.

We are continually asking clubs 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. Working as a team is important along with a sense of humour and commitment to the time you are able to offer. Just half a day helping, whether morning or afternoon, would support and develop our team. We also need First Aiders to work on a rota basis as part of the team led by a full-time paramedic who takes overall responsibility for reporting accidents. All clubs have qualified First Aiders who could help with this important service.

Interested? Please contact [Ann Hoile by email](#) or at the Information Cabin during the regattas. You are invited to 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 to increase the 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.

The following clubs already provide Regatta Volunteers:

ADL. ANK. BAN. CLM. DEV. EAL. FOX. GAI. GLW. LBZ. LKR. NOR. RIC. RLS. ROY. SOU. TON. WEY: WHI.

If your club is not listed, please consider who could help us this year.

The Regatta Volunteer's 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 an Officials workshop.

ICF OFFICIALS

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. Regatta officials interested in knowing more about the ICF Examination please [contact the Chief Official](#).

The following Officials have all gained International Canoe Federation ITO status.

Phil Caisley, Paul Edwardes, Sara Edwardes, Martin Hook,
Steve Jones, Liz McGown, Adam Miles, Cathy Wynne.

NATIONAL SPRINT REGATTAS 2024



**NATIONAL
SPRINT
REGATTAS**

Intermediate Sprint Kayak (U14) Series

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

Following the review of the Intermediate Series in 2023, K2 events over 200m and 500m for Intermediate paddlers will continue.

These classes 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 and K2 events at National Regattas.

It is the club's team leader's/coach's responsibility to make sure that their paddlers have achieved BC 2 Star 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.

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

These classes will support: - U12's when they are too fast for the Mini Sprint Series; U12 age paddlers who are already racing sprint K1s; U14 paddlers who have outgrown the Mini Sprint Series and new U14 paddlers. This series is designed to provide a transition into D classes.

For this event:

- Any sprint K1 boat may be paddled.
- Boys must be able to paddle 500m in a minimum of 2:46 and the K1 races will be all Boys (BIK) events

NATIONAL SPRINT REGATTAS 2024

- Girls must be able to paddle 500m in a minimum of 3.00 and the K1 races will be all Girls (GIK) events.
- Juniors registered in the **Intermediate classes** will race together in K2 events.
- Intermediate paddlers can 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 BS EN ISO 12402-5.
- 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.

SERIES POINT SCORING

The Intermediate Series, (BIK and GIK) will run K1s over 500m and K2s over 200m and 500m at each of the four national regattas. Individual paddler points will be awarded for each Intermediate 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.

The Intermediate classes will continue to be reviewed to determine future developments.

THE MINI SPRINT SERIES 2024

The Mini Sprint Series will be run alongside all the National Sprint Regattas held at Holme Pierrepont in Nottingham during 2024.

The Mini Sprint Series has been specifically developed to suit the needs of **U12 paddlers** 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 the majority of 9 to 12-year-olds and require personalised fittings to ensure safety on the HPP water conditions. Paddle UK's Paddlesport Participation Programme and British Canoeing Sprint Racing Committee formed the Mini Sprint Series. This had evolved from the Lightning series that was originally only a K1 event. As a weekend competition it provides racing experience on the National course so that the paddlers can have a smooth transition into the Intermediate and Junior Class D events.

The aim of the series is:

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

Team Leaders notes on entries and kayaks.

Following last year's introduction of Mini-Kayaks we would like to announce the following changes to the Mini Sprint Series.

- **Lightning B (LTB) will be renamed MINI-B (MSB). Paddlers are allowed to race in Lightnings or Mini Kayaks.**
- **MINI (previously LTA) will be renamed MINI-A (MSA). Paddlers are allowed to race in Lightnings, Mini-Kayaks and Sprint K1 Kayaks.**

It is the club's team leader's/coach's responsibility to make sure that their U12 paddlers who want to race in the Mini Sprint Series have achieved Paddle Explore qualification or have the paddling competency equivalent to that award and are confident and competent to paddle down the HPP course in their boat.

All paddlers racing in MINI-A and MINI-B must always wear a buoyancy aid when they are on the water. The buoyancy aids must conform to the standards of BS EN ISO 12402-5.

Please note the changes to MINI and LTB classes:

- MINI-A time bands to match existing MINI time bands, which remain unchanged.
- MINI-B time bands to match existing LTB time bands, which remain unchanged
- Promotion from the MINI class to BIK or GIK will be based on paddlers achieving the minimum time for Intermediates.
- **MINI-B class to be allowed to use Mini Kayak specified boats in addition to Lightning boats, but not full-sized racing boats.**
- **MINI-A class to be allowed to race any Sprint K1, including Mini-Kayak and Lightnings.**

THE MINI SPRINT SERIES 2024

- Following a review of current Mini-Kayak specifications from several suppliers, these boats should not exceed 4.2m in length (self-regulated) and there will be no minimum weight.
- The paddlers will compete over 200m and 500m in K1s, at alternate regattas, with heats and finals on the main regatta course.
- **The 200m events will be held at the 1st and 3rd regattas, and 500m events will be held at the 2nd and 4th regattas.**
- Hody-style K2s and Rocket K4s will remain at 500m at all regattas, with heats and finals on the main regatta course.
- The cost per seat is the same as other junior paddling categories.
- **Please ensure you enter your paddlers in the correct category based on time, not age.**
- 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@vol.britishcanoeing.org.uk
- Only Rocket K4s will be used for K4 events, and can be supplied by the SRC. Clubs may bring and use their own Rocket K4s.
- Please note that participation certificates will be available for the Team Leader to collect at each regatta from the Information Cabin.

When booking a K4

The Team Leader who books the whole K4 is responsible for the entry fees for any unnamed seats, when combined with paddlers from other clubs, same as with all other classes. Any changes to your entry can be made via the Online Crew Change form before the Team Leader's meeting. Further changes for entered crews may be made by a Team leader, up to 1 hour before the race, using the Online Crew Change form, providing all paddlers and team leaders know of the changes.

Mini Sprint Cup Series

This series is a whole-season competition, 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 2024

- 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 males and females in each category and an overall club prize. Details are as follows:

Entry Conditions

To enter the Mini Sprint Series, paddlers must be under 12 on 1st January 2024 and have achieved at least Paddle Explore standard. They must be able to paddle a K1 Lightning or Mini-Kayak over 500m in less than 4 minutes OR a K1 Lightning, Mini-Kayak or Sprint K1 over 500m in less than 3 minutes 30 seconds. **Before placing entries, the club coach must ensure that their paddlers are competent and confident to paddle at HPP.**

THE MINI SPRINT SERIES 2024

Categories

- MINI-A (MSA) for those who can complete 500m in under 3 minutes 30 seconds
- MINI-B (MSB) 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 on events will be on Saturdays, and K2 and K4 events will be 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**.

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 Information Cabin.
- Boards to mount the sticky-backed Tiddly Winks may be purchased from the information Cabin for £6.50.

THE MINI SPRINT SERIES 2024

Promotions

- Promotion from Mini Sprint Category MINI-B to MINI-A will be based on K1 500m times.
- **Promotions from MINI-B to MINI-A will be done automatically at the 2nd and 4th 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 Intermediate or D classes.** Paddlers must reach the required standard. See the Standards Charts **pages A11-13.** **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 paddlers.

For this class, paddlers must be registered as Intermediate Class and have reached the required standard. Please refer to **pages A10 and A11 for the required times.**

Details about the Intermediate Class can be found on Page B13-14.

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 competitions. Specific Paddle-Ability events are held at National Regattas in Nottingham from April to September. Racing is based on ability (in time bands).

Eligibility

- Paddle-Ability competition is open to any paddler with a disability/impairment or long- term disabling illness. This can be physical, sensory, or intellectual. **
- Competition will be divided by age (Junior and Senior) and gender.
- A Junior competitor is someone aged under 18 years on the 1st of January of the year in which the event takes place.
- Competition with a large number of younger paddlers, organisers may divide the competition further and provide an under 14 category, i.e., under 14 years on the 1st of January of the year in which the event takes place.

** If proof is needed, especially for those impairments which are “invisible”, for example, Cystic fibrosis, Epilepsy, ADHD and ASD, a variety of documents may be submitted by the paddler. These include GP or Consultant letters, DLA or PIP papers, and SEN statements.

Boats and Equipment

- Competitors may race in any standard racing Kayak (K1 or K2), Canoe or Va'a
- Competitors may race in any straight-line running boat, which may be suitable as a beginner's racing boat which may be more stable than a standard racing boat.
- Any physical adjustment may be made to the boat, which is required to meet the competitors' additional needs. For example, an outrigger may be placed on a standard racing kayak to aid stability if needed.
- Any adjustment may be made to a paddle or buoyancy aid to meet the competitor's additional needs.
- A Kayak may be raced with or without a rudder, and a rudder may be immobilised if required. However, a Canoe or Va'a must be raced without a rudder.
- Any athlete wishing to be considered for Paracanoe racing, must have a National Paracanoe Classification, and must compete in a boat which meets the Paracanoe dimensions.

Safety

- Buoyancy aids that meet the minimum standard of BS EN ISO 12402-5. must be worn by all competitors under the age of 18, and by all competitors who do not have a strong swimming ability.
- Escort boats may be provided to assist competitors to the start line.
- Escort boats may follow the race down the course, but the support paddler must not coach the competitor.

PADDLE-ABILITY

Safety Cont'd

- Support paddlers must not cross the finish line until **all** competitors have finished.
- Escort boats will be expected to wear yellow escort bibs.
- All boats must have suitable buoyancy (see Sprint Competition Rules 11.1 to 11.8)
It is the responsibility of the coaches and team leaders to ensure that there is adequate buoyancy in their competitors' boats.

Paddle-Ability available events, when there are sufficient competitors are: -

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

The National Regattas with Paddle-Ability events, can be found on this link:
<https://canoesprint.org.uk/all-events/upcoming-events/>

Entries for National Regattas must be submitted in advance (at least two weeks), with other club entries via the Club Team Leaders. If your club does not already have an appointed Sprint team leader, please contact: Gregory.vanheerden@britishcanoeing.org.uk

Further Paddle-Ability information, including the full rules, 500m & 200m time bands for Canoe/Va'a are on the SRC website via this link: [Paddle-Ability – Canoe Sprint Racing UK](#)

More information about Paracanoe Classifications can be seen on this link:
<https://www.britishcanoeing.org.uk/olympic-paralympic/paracanoe-intro/paracanoe-classification>.

Paddle-Ability Time bands for Kayak 500 metres

Time band	Men	Junior Men	Women	Junior Women
A	2:16 *	2:26 *	2:32 *	2:40 *
B	2:31	2:41	2:47	2:55
C	2:51	3:01	3:07	3:15
D	3:16	3:26	3:32	3:40
E	3:46	3:56	4:02	4:10
F	4:16	4:26	4:32	4:40
G	4:46	4:56	5:02	5:10
H	5:16	5:26	5:32	5:40
I	5:46	5:56	6:02	6:10
J	6:16	6:26	6:32	6:40

*= this is the time standard for competitors in Paddle-Ability to cross over into the Main Regatta Competition in Band D if they wish to do so.

As there are no specific Paracanoe 500 metre races at present, Paracanoe competitors can follow the same path as Paddle-Ability to cross over into the Main Regatta

PADDLE-ABILITY

Competition.

For paddlers who are aiming to progress further in the main National Regatta the following are the Time Standards for Band C.

To compete in main National Regatta Band C, Male Para or Paddle-Ability competitors must achieve a time of 2:06, whilst Female Para or Paddle-Ability competitors must achieve a time of 2:22.

To compete in main National Regatta Band C, Junior Male Para or Paddle-Ability competitors must achieve a time of 2:16, whilst Junior Female competitors must achieve a time of 2:32.

NOTE: all competitors entering Paddle-Ability competition at National Regattas must have posted a 500m time of 4 minutes or less.

Paddle-Ability Time bands for Kayak 200 metres

Time band	Men	Junior Men	Women	Junior Women
A	:49 *	:52 *	:54 *	:57 *
B	:57	1:00	1:02	1:05
C	1:05	1:08	1:10	1:13
D	1:15	1:18	1:20	1:23
E	1:25	1:28	1:30	1:33
F	1:37	1:40	1:42	1:45
G	1:49	1:52	1:54	1:57
H	2:03	2:06	2:08	2:11
I	2:17	2:20	2:22	2:25
J	2:33	2:36	2:38	2:41
K	2:49	2:52	2:54	2:57

* = This is the time standard for any competitors in Paddle-Ability to cross over into main National Regatta Competition in Band D if they wish to do so.

:49 seconds = entry level for KL3 Men to Paracanoe competition at National Regattas

:52 seconds = entry level for KL2 Men to Paracanoe competition at National Regattas.

:58 seconds = entry level for KL1 Men to Paracanoe competition at National Regattas.

:59 seconds = entry level for KL3 Women to Paracanoe competition at National Regattas

1:01 = entry level for KL2 Women to Paracanoe competition at National Regattas.

1:06 = entry level for KL1 Women to Paracanoe competition at National Regattas

NOTE: all competitors entering Paddle-Ability competition at National Regattas must have posted a 200m time of 2 minutes 30 seconds or less.

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 registered in a national sprint 'standards for racing' ability class.

Scoring for the MacGregor Paddle Challenge.

1. Clubs will gain 5 points to their score for promotion accredited to a 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.
2. Clubs will have deducted from their score, penalty points accrued by a 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:
A 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.

SRC LOCAL REGATTAS 2024

Let's Grow Sprint Racing!

After a successful re-launch of the SRC local regatta programme in 2023, the SRC is looking for clubs or other organisations to host regattas in 2024.

We wish to expand opportunities for paddlers of any age to get into the fast, dynamic head-to-head racing that canoe/kayak sprint racing offers. Part of the long-term future strategy for the SRC is to develop the racing at local, regional and national levels. Whilst we have already had several clubs running successful local regattas for many years, we want to expand these types of races for paddlers, particularly younger ones, to learn and practice the fundamental skills of Sprint racing.

Through a focussed drive, the committee will be contacting clubs and affiliates in the early part of 2024 in order to try to secure local/regional regatta growth. The SRC, feel that this initiative could ultimately develop and improve the National Events at Holme Pierrepont, Nottingham.

2023 saw a number of local regattas being held under the SRC Banner. We are very grateful for the positive response received from many clubs last year and would like to take this opportunity to say a massive thank you to the clubs below who ran local regattas. We're looking forward to you coming back in 2024!

Chelmsford
Glanford and Scunthorpe
Norwich
Elmbridge
Devizes
Bishops Stortford

The format for local regattas can be as formal or relaxed as seen fit by the event organiser, to suit the venue or theme the organiser would like to offer. This gives clubs an excellent opportunity to try new formats, races, and engage new and wider audiences. The important thing is to provide the opportunity for participation and instil a love of sprint racing.

The SRC will support clubs/affiliates, both those running established regattas as well as new events. Running an SRC local regatta means that your event insurance will be covered, there will be assistance available from the British Canoeing race entry system and results will be published on the SRC website. To help with organisation of new events we can also support with the required Risk Assessment, race format ideas and wider support, including event publicity. All races will be included in the flatwater race calendar.

There is a levy attached to the SRC local regatta programme. The levy pot is for two distinct purposes: firstly, it will be used to support development of future local/regional regattas and secondly, it will provide funding to support non-programme athlete attendance at international events and represent Great Britain. The Levy is £3 per adult and £2 per Junior participant.

If you are interested in hosting a local regatta and would like more information, please contact canoesprint.localregattas@vol.britishcanoeing.org.uk

The official website for the British Canoeing Sprint Racing Committee is

<https://canoesprint.org.uk>

For the related Facebook page, search for '[BC Sprint Racing Committee](#)'.



Photos credit: Antony Edmonds



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The University of East Anglia (UEA), located on the outskirts of Norwich, United Kingdom is delighted to announce that our sport scholar scheme applications open on the 29th January 2024 for the 2024 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 over 25 different sports.

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. This opportunity is available to both UK and International students. We offer scholarships at three levels: Elite, Excellence and Developing Excellence.

Scholars will benefit from:

- Financial support - Elite (£1500) and Excellence (£500)
- Gym, swim, track membership (currently worth £300)
- Consideration of circumstance regarding academic flexibility
- Free uea+sport membership (worth £55)
- Access to strength and conditioning support
- Access to physiotherapy/discounted sports massage
- Performance Support workshops
- Athlete personal development and lifestyle support service
- Branded sports kit

We currently have three kayak/canoe sport scholars on our 2023-24 programme across three levels of scholarship, all of whom train at Norwich Canoe Club. We have also recently been awarded Talented Athlete Scholarship Scheme (TASS) delivery site and dual-career status, meaning we are a recognised centre for supporting elite athletes. Norwich Canoe Club is a centre of excellence for training and racing in sprint and marathon with elite training groups for men and women (Div 1 / Men's A and Div 3 / Women's A paddlers) with many groups below. It is also a British Canoeing Para Talent Club Partner and a past 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



BRITISH CANOEING HOLME PIERREPONT COURSE RECORDS

2023

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/D 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	D Johnson/T Lusty	GBR	3:16:53	04/06/23
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

2023

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/D 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	Daniel Johnson/Tom Lusty	ORS	3:16:53	04/06/23
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	Thomas Lambert	LIN	1:55:06	16/04/23
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/Isabel Evans	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

2023

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 Hipkins	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

2023

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	42:29	03/06/23
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	47:12	04/06/23
200m	KL1	Jeanette Chippington	54:49	04/06/16
Men Va'a	Class	Crew	Time	Date
200m	VL3	Jack Eysers	47:63	03/07/21
200m	VL2	Edward Clifton	56:12	04/06/23
200m	VL1	No event	--	--
Women Va'a	Class	Crew	Time	Date
200m	VL3	Charlotte Henshaw	56:82	04/06/23
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	2018	Lewis Fletcher	LKR
2013	Edward McKeever	BOA	2019	Stelian Naftanaila	NOT
2014	Liam Heath	WEY	2020	No event	
2015	Kristian Reeves	ADS	2021	Daniel Atkins	RDG
2016	Kristian Reeves	ADS	2022	Ben Gallagher	FOR
2017	Jonathan Schofield	SOR	2023	Lewis Fletcher	SPS
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	2012	Andrew Daniels	RDG
2002	Timothy Brabants	ELM	2013	Edward Rutherford	ELM
2003	Richard Darby Dowman	ELM	2014	Daniel Johnson	CLM
2004	Edward McKeever	BOA	2015	Jonathan Boyton	ROY
2005	Ian Wynne	ROY	2016	Jonathan Boyton	ROY
2006	Edward McKeever	BOA	2017	Tom Lusty	SOL
2007	Edward McKeever	BOA	2018	Tom Lusty	SOL
2008	Tim Brabants	NOT	2019	Tom Lusty	SOL
2009	Ben Brown	ELM	2020	Not events	
2010	Keith Moule	CLM	2021	Daniel Johnson	CLM
2011	Jonathon Boyton	ROY	2022	Daniel Johnson	CLM
			2023	Thomas Lusty	SOL

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	2002	Timothy Brabants	ELM
1982	Kevin Smith	WAR	2003	Richard Darby Dowman	ELM
1983	Kevin Smith	WAR	2004	Timothy Brabants	NOT
1984	Grayson Bourne	ROY	2005	Peter Almasi	ELM
1985	Kevin Smith	WAR	2006	Ben Farrell	ELM
1986	Grayson Bourne	ROY	2007	No event	
1987	Grayson Bourne	ROY	2008	Ben Farrell	ELM
1988	Ivan Lawler	ELM	2009	Jonathon Boyton	ROY
1989	Grayson Bourne	ELM	2010	Tim Pendle	NOR
1990	Grayson Bourne	ELM	2011	Jonathon Boyton	ROY
1991	Grayson Bourne	ELM	2012	Timothy Brabants	ROY
1992	Patrick Holmes	RIC	2013	Jonathan Boyton	ROY
1993	Graham Burns	ELM	2014	Paul Wycherley	WEY
1994	Grayson Bourne	ELM	2015	Jonathan Boyton	ROY
1995	David Smith	ELM	2016	Jonathan Boyton	ROY
1996	Ivan Lawler	ELM	2017	Tom Lusty	SOL
1997	Ross Sabberton	NOR	2018	Tom Lusty	SOL
1998	Timothy Brabants	ELM	2019	Tom Lusty	SOL
1999	Matthew Foulger	NOT	2020	Not event	
2000	Richard Darby Dowman	ELM	2021	Daniel Johnson	CLM
2001	Timothy Brabants	ELM	2022	Daniel Johnson	CLM
			2023	Daniel Johnson	CLM

Dexter Trophy								
For the best Senior B performance at the National Championship Regatta								
1981	Richard Lucas	GAI	1994	Paul Evans	HER	2007	Joe Surrage	BSF
1982	Russell Jones	FLA	1995	Matthew Enoch	NOT	2008	Brett Irvine	RIC
1983	Roland Lucas	RIC	1996	Gary Shaw	ELM	2009	Pip Ede	RDG
1984	Peter Evans	LIN	1997	Paul Enoch	NOT	2010	Ben Bradshaw	NOR
1985	Paul Gadd	RIC	1998	Malcolm Starkey	FOX	2011	Paul Yates	WEY
1986	Trevor Melham	ROY	1999	David Coulson	RDG	2012	Jonathan Tye	WOR
1987	Peter Maycock	EXE	2000	David Duff	RAF	2013	Mark Ressel	ROY
1988	Simon Horsley	NBY	2001	Stuart West	WOR	2014	Lewis Duffield	CLM
1989	Gavin Turrell	RIC	2002	Stuart West	WOR	2015	Stelian Naftanaila	NOT
1990	Brian Saunt	ADL	2003	Mark Hoile	ROY	2016	Lewis Fletcher	LKR
1991	Roger Masters	ROY	2004	Paul Prestwood	GAI	2017	Andras Kovacs	WEY
1992	Chris Dorrell	TON	2005	Jonathon Schofield	SOR	2018	Nicky Cresser	NOT
1993	Ed Shaw	ROY	2006	Jonathan Simmons	WEY	2019	Andras Kovacs	WEY

Dexter Trophy								
Reassigned 2020: For the best Men Under 23's performance at the National Championship Event								
2020	No events		2022	Philip Miles &	RLS	2023	Matthew Collinge	FOY
2021	Charlie Smith	LBZ		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	2012	Kent/Hinves Willis/Rance	SOU
2002	Davies/Hawthorn Parker/Saunders	WOR	2013	O’Cuinn/Vida/ Soregi/Domonkos	RIC
2003	Grimwood/Oliver Oliver/Brookes	LIN/RUN	2014	Bird/Parker/ Tricketts/Rogers	WOR/CHE
2004	Adams/Martin/ England/Hall	BSF	2015	Irvine/Murray Martin/Soregi	RIC
2005	Adams/Martin Terry/Jordan	BSF LBZ/MAI	2016	Enoch/Norfolk Livsey/Cresser	NOT
2006	Illidge/Marnell Brookes/Swallow	RUN/CHE	2017	Enoch/Belbin Butler/Cresser	NOT
2007	Littlewood/Mason Nadal/Bagshaw	NOT	2018	Enoch/Jones Butler/Cresser	NOT
2008	Kent/Nicholson/ Willis/Rance	SOU	2019	A Buff/D Grimsey J Hinves/R Kent	SOU
2009	Phillips/Bird/ West/Trickett	WOR	2020	No event	
2010	Escott/Lewis/ Darling/Missen	BOA	2021	J Butler/M Enoch/ /N Jones/ S Walsh	NOT
2011	Bird/Brookes Blackman/Rodgers	WOR/RUN	2022	J Butler/M Enoch/ N Jones/S Walsh	NOT
			2023	E.Boehm/J.Butler N.Jones/M.Rinvoluciri	RDG/NOT

SPRINT RACING PERPETUAL TROPHIES

Women's Kayak

Lendenkamp Trophy					
Winner Women's A K1 200m at National Championship Event					
2012	Rachel Cawthorn	WEY	2018	Rachel Cawthorn	WEY
2013	Rachel Cawthorn	WEY	2019	Emily Lewis	WOR
2014	Rachel Cawthorn	WEY	2020	No event	
2015	Leanne Brown	MAI	2021	Emily Lewis	WOR
2016	Lizzie Broughton	RIC	2022	Emily Lewis	WOR
2017	Angela Hannah	BAN	2023	Lucy Lee-Smith	NOR

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	2014	Jessica Walker	ROY
2003/4	No event		2015	Jenny Swallow	CHE
2005	Abigail Coulson	RDG	2016	Hayleigh Mason	NOT
2006	Abigail Coulson	RDG	2017	Rachel Cawthorn	WEY
2007	Abigail Coulson	RDG	2018	Rachel Cawthorn	WEY
2008	Louisa Sawers	ELM	2019	Emily Lewis	WOR
2009/10	No event		2020	No event	
2011	Jenna Hawkey	EXE	2021	Lizzie Broughton	RIC
2012	Rachel Cawthorn	WEY	2022	Emily Lewis	WOR
2013	Rachel Cawthorn	WEY	2023	Deborah Kerr	ANK

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 events		2022	Zoe Clark	ROY
2021	Emma Russell	CLM	2023	Zoe Clark	ROY

SPRINT RACING PERPETUAL TROPHIES

Women's Kayak continued

Femina Trophy								
Most meritorious Senior Women's A performance at the National Championship Regatta								
1981	Sue Hornby	WES	1993	Andrea Dallaway	ELM	2012	Rachel Cawthorn	WEY
1982	Lesley Smither	LEA	1994	Hilary Dresser	RIC	2013	Rachel Cawthorn	WEY
1983	Lesley Smither	LEA	1995	Becky Train	FLA	2014	Rachel Cawthorn	WEY
1984	Debbie Watson	LBZ	1996	Alison Thorogood	NEW	2015	Rebeka Simon	ELM
1985	Susie Perrett	RLP	1997	Tricia Davey	RIC	2016	Emily Lewis	WOR
1986	Susie Perrett	RLP	1998	Becky Train	FLA	2017	Emily Lewis	WOR
1987	Angela Dawson	ADL	1999	Alison Thorogood	LEA	2018	Rachel Cawthorn	WEY
1988	Susie Perrett	RLP	2000	Abigail Cattle	RDG	2019	Emily Lewis	WOR
1989	Sandra Troop	NOT	2001	Rebecca Hunter	ROY	2020	No event	
1990	Hilary Dresser	ROY	02/09	No event		2021	Lizzie Broughton	RIC
1991	Andrea Dallaway	ELM	2010	Victoria Towers	NOT	2022	Emily Lewis	WOR
1992	Alison Thorogood	NEW	2011	No event		2023	Deborah Kerr	ANK

The Boulogne Cup					
To the winning crew of the Women's A K4 500m at the National Championship Event					
1981	Perrett/Hornby	RLP/WES	1997	Cattle/Jones	ORS
	Perrett/Crawley	NEW		Bale/Hannon	
1982	Perrett/Smither	RLP/LEA	1998	Davey/Train	RIC/FLA
	Craske/Crawley	FLA/NEW		Gilby/Thorogood	ELM/LEA
1983	Smither/Parker	LEA/NOT	1999	Train/Campbell	ORS
	Craske/Crawley	FLA/NEW		Bapty/Thorogood	
1984	Smither/Lawler	LEA/ELM	2007	Braithwaite/Hawkey	ORS
	Perrett/Watson	LIC		Sawers/Cawthorn	
1985	Plant/Clough	RLP/LIN	2012	Edmonds/Walker/	ORS
	Perrett/Troop			Cawthorn/Sawers	
1986	Lawler/Perrett	ELM/RLP	2014	Walker/Cawthorn/	ORS
	Crawley/Plant			Sawers/Hannah	
1987	Thorogood/Lawler	NEW/ELM	2015	Belcher/Brown	ORS
	Dawson/Eastwood	ROY/ELM		Mason/Brown	
1990	Dresser/Dallaway	ELM	2017	Cawthorn/Lewis	WEY/WOR
	Lawler/Barry			Simon/Walker	ELM/ROY
1991	Dallaway/Davey	ORS	2018	Brown/Lewis	WYC/WOR
	Troop/Thorogood			Russell/Turner	CLM/BAN
1992	Dallaway/Davey	ORS	2019	Burgess/Farrant	
	Thorogood/Troop			Martyn/Thompson	WEY
1993	Dresser/Gilby	ORS	2021	Z Clark/E Dale/	ROY/FOX/
	Dallaway/Bennett			F Duffield/A Freeman	NOR/RIC
1994	Thorogood/Green	ORS	2022	D Kerr/E Lewis/	ORS
	Hemmings/Gilby			R Simon/E Russell	
1995	Hardy/Cheyne	ORS	2023	D Kerr/E Lewis/	ORS
	Train/McGee			R Simon/E Russell	
1996	Gilby/Hemmings	ELM/WEY			
	Hynds/Burns				

SPRINT RACING PERPETUAL TROPHIES

Boy's Kayak

Henry Thelen Trophy					
Winner Boys Under 18 K1 200m at National Championship Event					
2012	Matthew Bowley	BPR	2018	Ben Gallagher	FOR
2013	Lewis Duffield	CLM	2019	Daniel Atkins	RDG
2014	Jordi Eccles	ANK	2020	No events	
2015	Ieuan James	FOR	2021	Jon Pirmuhamedov	RIC
2016	Ieuan James	FOR	2022	Ben Cabrera	FOY
2017	Ieuan James	FOR	2023	No event	

Rhodes Trophy								
To the winner of the Under 18 K1 500m at the National Championship Event								
1981	Nicholas Gregory	WAR	1996	Phillip Murphy	GAI	2011	Matthew Bowley	BUR
1982	Michael Smith	SHE	1997	Damian Chapman	NOT	2012	Daniel Johnson	CLM
1983	Toby Mundy	TON	1998	Craig Watt	ELM	2013	Sean Redmond	LGW
1984	Steven Adams	ROY	1999	Owen Peake	BOA	2014	Edmund Haws	WEY
1985	Mark Adams	ARM	2000	Andrew Kelly	ELM	2015	Noah Dembele	LEA
1986	James Butler	NOT	2001	Simon Fennemore	WEY	2016	Ieuan James	FOR
1987	Ian Livesey	EXE	2002	Liam Heath	WEY	2017	Ieuan James	FOR
1988	Chris Dorrell	TON	2003	Edward Cox	WEY	2018	Philip Miles	RLS
1989	Simon Ricketts	ANK	2004	Ben Brown	ELM	2019	Philip Miles	RLS
1990	Paul Slater	LIC	2005	Matthew Guy	LBZ	2020	No events	
1991	Paul Slater	LIC	2006	Robert Beer	ELM	2021	Zavier Hinves	SOU
1992	Paul Slater	LIC	2007	Tom Hide	ADS	2022	Harry Freeland	RDG
1993	Stephen Tingay	LBZ	2008	Tom Simmons	BOA	2023	Dylan O'Connor	RIC
1994	Andrew Morgan	FLA	2009	Tom Simmons	BOA			
1995	Daniel Greaves	LEA	2010	Mark Clive	GAI			

Barry Murray Trophy					
Winner Boys Under 18 K1 1000m at National Championship Event					
2016	Magnus Gregory	LON	2020	No event	
2017	Luke Shaw	NOR	2021	Zavier Hinves	SOU
2018	Philip Miles	RLS	2022	Harry Freeland	RDG
2019	Philip Miles	RLS	2023	Harry Freeland	RDG

SPRINT RACING PERPETUAL TROPHIES

Girl's Kayak

Phillips Plate					
Winner Girls Under 18 K1 200m at National Championship Event					
2012	Amy Ward	ELM	2018	Enya Dale	FOX
2013	Rebeka Simon	ELM	2019	Zoe Clark	ROY
2014	Deborah Kerr	SDS	2020	No events	
2015	Deborah Kerr	SKR	2021	Kristina Armstrong	LKR
2016	Emma Brockway	LKR	2022	Honor Lewis	WEY
2017	Rachel Kneen	FOR	2023	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	2007	Jessica Walker	ROY
1991	Helen Gilby	ELM	2008	Maria Middlehurst	ADS
1992	Sue Bennett	FLA	2009	Jenny Swallow	CHE
1993	Emily Ormerod	RIC	2010	Katherine Trotter	ELM
1994	Lucy Hardy	FLA	2011	Emily Lewis	WOR
1995	Rachel Train	FLA	2012	Amy Ward	ELM
1996	Sarah Griffith	FLA	2013	Rebeka Simon	ELM
1997	Jenny Lumb	LBZ	2014	Deborah Kerr	SDS
1998	Elaine Appleby	LBZ	2015	Deborah Kerr	SKR
1999	Abigail Cattle	RDG	2016	Ava Dale	FOX
2000	Jenny Spencer	HER	2017	Florence Duffield	NOR
2001	Rosalind Bates	ELM	2018	Emma Russell	CLM
2002	Zara Dale	ELM	2019	Kate Hipkins	LON
2003	Shuna Braithwaite	SDS	2020	No event	
2004	Tara Nutt	ELM	2021	Grace Anderson	NOT
2005	Louisa Sawers	ELM	2022	Honor Lewis	WEY
2006	Claire Spencer	HER	2023	Kristina Armstrong	LKR

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	2002	Liam Heath	WEY
1982	David Battershell	WEY	2003	Edward Cox	WEY
1983	Gregory Slater	LIC	2004	Paul Wycherley	WEY
1984	Susie Perrett	RLP	2005	Allen Spencer	HER
1985	Gary Quittenton	LIN	2006	Rachel Cawthorn	WEY
1986	Andrea Dallaway	LIC	2007	Tom Hide	ADS
1987	Paul Enoch	NOT	2008	Jessica Walker	ROY
1988	Jason Wilson	ANK	2009	Dean Terry	WEY
1989	Simon Ricketts	ANK	2010	Marton Simon	ELM
1990	Tony Richardson	ROY	2011	Katherine Trotter	ELM
1991	Tricia Davey	RIC	2012	Marton Simon	ELM
1992	Anthony Crowther	FLA	2013	Rebeka Simon / Amy Ward	ELM
1993	Stuart Crowther	FLA	2014	Edmund Haws	WEY
1994	Timothy Brabants	ELM	2015	Deborah Kerr	SKR
1995	Paul Darby Dowman	ELM	2016	Magnus Gregory	LON
1996	Daniel Golder	BAN	2017	Ieuan James	FOR
1997	Abigail Cattle	RDG	2018	Emma Russell	CLM
1998	Richard Darby Dowman	ELM	2019	Daniel Atkins	RDG
1999	Richard Darby Dowman	ELM	2020	No events	
2000	Richard Darby Dowman	ELM	2021	Zavier Hinves	SOU
2001	Jenny Spencer	HER	2022	Kristina Armstrong	LKR
			2023	Greta Roeser	WEY

Men's Canoe

Dewar Cup					
Winner Men's A C1 200m at National Championship Event					
2012	Richard Jeffries	NOT	2018	Iain Weir	BAN
2013	Richard Jeffries	NOT	2019	Joseph Hayman-Joyce	WEY
2014	Richard Jefferies	NOT	2020	No event	
2015	Christopher Calvert	FLA	2021	Thomas Lambert	LIN
2016	Christopher Calvert	FLA	2022	Ben Phillips	RIC
2017	Dmitrijs Bogdanovs	FOX	2023	Ben Phillips	RIC

Doug Saxby Trophy					
To the winner of the Senior A C1 500m at the National Championship Event					
1999	Stephen Train	FLA	2013	Marko Csokasi	RIC
2000	Stephen Train	FLA	2014	James Styan	FLA
2001	Karl Yurkwich	RLS	2015	James Styan	FLA
2002	Matthew Lawrence	LBZ	2016	Iain Weir	BAN
2003/4	No event		2017	Iain Weir	BAN
2005	Matthew Lawrence	LBZ	2018	George Caines	NOT
2006	Matthew Lawrence	LBZ	2019	Arthur Leech	RIC
2007	Matthew Lawrence	LBZ	2020	No event	
2008/10	No Event		2021	Thomas Lambert	LIN
2011	James Train	FLA	2022	Jonathan Jones	FLA
2012	Matthew Lawrence	LBZ	2023	Jonathan Jones	FLA

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	2022	Arthur Leech	RIC
			2023	Jonathan Jones	FLA

Women's Canoe

Sam Rippington Trophy					
Winner Women's Senior C1 200m at National Championship Event					
2016	Chloe Bracewell	HPP	2020	No event	
2017	Katie Reid	HPP	2021	Katie Reid	FOR
2018	Chloe Bracewell	IND	2022	Katie Reid	FOR
2019	Emily Hewitt	SOU	2023	Isabel Evans	CHE

Girl's Canoe

Skinner's Salver					
For the best performance by a Female Junior C1 at the National Championships					
2011	Emily Hewitt	SOU	2018	Alix Aitchison and	IND
2012	Emily Hewitt	SOU		Charlotte Carey	IND
2013	Emily Hewitt	SOU	2019	Alix Aitchison	NOT
2014	Emily Hewitt	SOU	2020	No events	
2015	Georgina Pryor	LEE	2021	Ella Kendal and	NOT
2016	Ruth Bennett and	FLA		Hannah Page	NOT
	Lydia Downing-Clarke	FOR	2022	Hannah Page	NOT
2017	Ruth Bennett	FLA	2023	Not Awarded	

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	2013	Marko Csokasi	RIC
2003	Simon Avery	FLA	2014	Ben Phillips	RIC
2004	James Train	FLA	2015	Ben Phillips	RIC
2005	Gareth Hunt	FLA	2016	Adrian Meikle-Briggs	RIC
2006	James Styan	FLA	2017	Arthur Leech	RIC
2007	Iain Weir	BAN	2018	Thomas Lambert	LEE
2008	Iain Weir	BAN	2019	Thomas Lambert	LEE
2009	Iain Weir	BAN	2020	No events	
2010	Adam Stannard	RLS	2021	George Bell	FLA
2011	Marko Csokasi	RIC	2022	Owen Chisholm	RIC
2012	Max Jamieson	WEY	2023	Owen Chisholm	RIC

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 Philips/J Berzilla	RIC
2022	Q Laws/A Sarkisyan/ Z Veale A Makaibuskui	RIC/RIC/RIC/CDF
2023	C Faria/O Chisholm/O Laws/A Elliott	RIC

Paracanoe

Jonathon Broome Memorial Trophy		
Paracanoe Men's Kayak A		
2013	Ian Marsden	TRE
Reassigned – Paracanoe Staff Member or Athlete of the Year		
as voted for by the athletes and staff of the British Canoeing Paralympic Programme		
2015	Jonny Young	IND
2016	Tim Lodge	WEY
2017	Tim Lodge	WEY
2018	Emma Wiggs	IND
2019	Charlotte Henshaw	IND
2020	Rob Oliver	SOL
2021	Stuart Wood	BTH
2022	Jack Evers	IND
2023	Charlotte Wade	

SPRINT RACING PERPETUAL TROPHIES

Inter-Club Competition

MacGregor Paddle			
For the winning club at the Inter-Club Championship Regatta			
1977	Fladbury Paddle Club	2000	Elmbridge Canoe Club
1978	Fladbury Paddle Club	2001	Elmbridge Canoe Club
1979	Fladbury Paddle Club	2002	Elmbridge Canoe Club
1980	Fladbury Paddle Club	2003	Elmbridge Canoe Club
1981	Fladbury Paddle Club	2004	Leighton Buzzard C.C.
1982	Fladbury Paddle Club	2005	Elmbridge Canoe Club
1983	Richmond Canoe Club	2006	Wey Kayak Club
1984	Richmond Canoe Club	2007	Leighton Buzzard Canoe Club
1985	Fladbury & Lincoln – Joint Winners	2008	Wey Kayak Club
1986	Fladbury Paddle Club	2009	Wey Kayak Club
1987	Richmond Canoe Club	2010	Reading Canoe Club
1988	Lincoln Canoe Club	2011	Reading Canoe Club
1989	Richmond Canoe Club	2012	Reading Canoe Club
1990	Richmond Canoe Club	2013	Norwich Canoe Club
1991	Elmbridge Canoe Club	2014	Richmond Canoe Club
1992	Fladbury Paddle Club	2015	Richmond Canoe Club
1993	Richmond Canoe Club	2016	Chelmsford & Wey – Joint Winners
1994	Fladbury Paddle Club	2017	Richmond Canoe Club
1995	Wey Kayak Club	2018	Norwich Canoe Club
1996	Wey Kayak Club	2019	Wey Kayak Club
1997	Elmbridge Canoe Club	2020	No event
1998	Elmbridge & Wey – Joint Winners	2021	Richmond Canoe Club
1999	Richmond Canoe Club	2022	Richmond Canoe Club
		2023	Richmond Canoe Club

Marsport Trophy			
For the winning club of the Mini Sprint Series			
2009	Lincoln Canoe Club	2016	Norwich Canoe Club
2010	Leighton Buzzard Canoe Club	2017	Linlithgow Kayak Racing Club
2011	Leighton Buzzard Canoe Club	2018	Wiltshire Youth Canoe Club
2012	Royal Leamington Spa CC	2019	Wiltshire Youth Canoe Club
2013	Royal Leamington Spa CC	2020-21	No events
2014	Norwich Canoe Club	2022	Nottingham Kayak Club
2015	Norwich Canoe Club	2023	Norwich Canoe Club

National Regattas Inter-Club Medal Competition			
Club with highest number of medal winners over the year			
2018	Norwich Canoe Club	2021	Nottingham Kayak Club
2019	Norwich Canoe Club	2022	Nottingham Kayak Club
2020	No events	2023	Not awarded

Regatta Volunteers Inter-Club Award			
Club with most Volunteer points			
2019	Leighton Buzzard Canoe Club	2022	Leighton Buzzard Canoe Club
2020-21	No events	2023	Addlestone Canoe Club

BRITISH CANOEING SPRINT RACING COMPETITION RULES



Issue date: 1st January 2024

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 2023. 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 precedence.

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 of 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 their 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 take 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 Rule 13.2 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 2024 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: [14.-Running-a-Sprint-Regatta.pdf \(britishcanoeing.org.uk\)](#)

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.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

- 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.
- 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:
 - 8.1.1 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
 - 8.1.2 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; or
 - 8.1.3 Be a Refugee athlete who gained UN Refugee status in the UK.
- 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.

With:

	Paracanoe		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.								
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.								
Paracanoe adaptation equipment is not regulated but is included as part of the weight of the boat if it is securely attached.								
* Measured 10cm from bottom of hull.								
** Including hull, ama & iako (crossbeams).								

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 paracanoe athlete with the boat must be of a "quick release" type which must be demonstrated by the athlete prior to the competition.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

11 CONSTRUCTION

- 11.1 The boats (kayaks and canoes) must have only one hull (monohull construction) and only a single keel line. Multihull and Catamaran style boats are not allowed.
- 11.2 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.
- 11.3 All boats must be built symmetrically along their longitudinal axis.
- 11.4 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.
- 11.5 The deck construction may not be higher on any horizontal point than the highest point of the front edge of the first cockpit.
- 11.6 No foreign substance may be added to the surface of the boat which gives the athlete an unfair advantage. The use of hull lubricant is not permitted.
- 11.7 No part of the boat (including the seat and the footrest or paracanoe adaptive equipment) may have moving parts which can be used to help propel the boat in a way which would give athletes an unfair advantage.
- 11.8 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

- 11.9 Kayaks shall have one rudder. The rudder must be placed under the hull of the boat.
- 11.9.1 The boat must be designed for athletes to sit-in (Kayak type) except Paracanoe, where sit-on (Surf Ski type) kayaks are permitted.
- 11.9.2 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.
- 11.10.2 Rudders, skegs and projecting keels are not permitted.

11.11 Innovations

- 11.11.1 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 Paracanoe

- 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, but is included as part of the weight of the boat if it is securely attached.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

11.12.3 Any strapping used to connect an athlete to their boat and the athlete with their paddle must be of a "quick release" type.

11.12.4 Athletes are required to wear a Personal Floatation Device (PFD) that meets minimum requirements of BS EN ISO 12402-5. Athletes may not wear a PFD if they sign a waiver indicating they have excellent swimming ability, and not wearing a PFD presents no risk of personal injury or harm.

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

Before Weighing the Boat:

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

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.

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.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

- 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 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.
- 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.
- Final authority for National Championship Competitions shall rest with a Jury composed of a Chairman and four members
- 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).
- The Chairman of the Jury will be the Chairman or Vice-Chairman of the SRC or an elected SRC member.
- Subordinate to this Jury are the Chief Official and other officials shown in Rule 13.2.
- 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:

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

BRITISH CANOEING SPRINT RACING COMPETITION RULES

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.
- 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.

BRITISH CANOEING SPRINT RACING COMPETITION 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.
- 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.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

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.

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 or 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 submitted through the Online Entry System by the given deadline (10pm on the due date).
- f) Late entries are not normally accepted. The acceptance of late entries in exceptional circumstances shall be at the discretion of the Competition Committee who will charge 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.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

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 boats 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.
- 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.

18. Team Leaders' Meeting

At least 1 hour before the first race of the competition, a team leaders' meeting will have been held. This meeting may be held online. 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 submitted in writing (electronic form) 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 event) via the online scratch form 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.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

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.
- 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:

- a) Detailed information on the courses and their markings
- b) Starting time
- c) Starting line
- d) Finishing line
- e) Competitors racing number (if used)
- f) Type of boat control
- g) Position of any award ceremony

BRITISH CANOEING SPRINT RACING COMPETITION RULES

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. Paddling in Va'a is only allowed while the paddler is in a sitting position, with their bottom in contact with the seat during the race.
- 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, they will be penalised. A competitor, who arrives too late at the start, shall be considered to have voluntarily withdrawn and may 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".
- 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.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

- 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 (DNF) from the race.
- 26.6 The Course Umpires may use red flags and sound signals to interrupt a correctly started race. 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) unless instructions for clockwise turns are given prior to the competition.
- 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 (DNF) 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 (e.g. paddle, boat, rudder, etc) athletes can receive help safely to fix the equipment or to get a replacement.
- 28.7 **Group Racing and Overtaking**
- 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 10 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** Lapped boats must not interrupt or block boats that overtake them. They are not allowed to wash ride on the boats that overtake them.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

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 advance 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.

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.

BRITISH CANOEING SPRINT RACING COMPETITION RULES

- 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.

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.
- 34.2 National Championship Trophies winners & the National Champion will be the best placed British paddler including those with UN Refugee status obtained in the UK.

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.

BRITISH CANOEING SPRINT RACING COMPETITION 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 1123 metres 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

<https://www.britishcanoeing.org.uk/about/governance/policies-procedures>



SPRINT RACING COMMITTEE



Page F1-2

Nick Fowler-Rimell	Chair – elected term ends 2025 ACM Canoesprint.chair@vol.britishcanoeing.org.uk	FOW1
Louise Clive	Treasurer – elected term ends 2026 ACM Canoesprint.treasurer@vol.britishcanoeing.org.uk	CLI2
Philip Miles	Secretary – elected term ends 2024 ACM canoesprint.secretary@vol.britishcanoeing.org.uk	MIL3
Alice Murphy	– elected term ends 2026 ACM	MUR1
Peter Gorman	– elected term ends 2026 ACM canoesprint.rankings@vol.britishcanoeing.org.uk	GOR1
Hannah Brown	– elected term ends 2024 ACM canoesprint.commodore@vol.britishcanoeing.org.uk	BRO1
Paul Dimmock	– elected term ends 2024 ACM	DIM1
Martin Hook	– elected term ends 2025 ACM	HOO1
Bev Hunter	– elected term ends 2025 ACM	HUN1
Roland Lawler	– elected term ends 2025 ACM	LAW1
Arthur Leech	– elected term ends 2024 ACM	LEE1
Adam Miles	– elected term ends 2026 ACM	MIL5
Margaret Chapman	SCA appointed representative to the SRC	CHA1
‘To be advised’	Canoe Wales appointed representative to the SRC	

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.



NATIONAL SPRINT REGATTAS



Regatta Committee

Philip Caisley	Regatta Chair & Technical & IT Support	Page F1-2 CAI1
John Hoile	Regatta Vice Chair	HOI2
Louise Clive	Regatta Treasurer	CLI2
Wendy Dodson	Regatta Secretary	DOD2
Ann Hoile	Volunteer Co-Ordinator	HOI1
Paul Edwardes	Chief Official	EDW1
Martin Hook		HOO1
Colette Johnson		JOH2
Cathy Wynne		WYN1



Who to Contact for National Regattas information.

Philip Caisley	Sprint Team Leaders' Technical and IT Support Regatta.Chair@vol.britishcanoeing.org.uk	CAI1
Louise Clive	Club Colours Regatta.ClubColours@vol.britishcanoeing.org.uk	CLI2
Wendy Dodson	Sprint Enquiries Regatta.Secretary@vol.britishcanoeing.org.uk	DOD2
Paul Edwardes	National Regatta Chief Official Regatta.ChiefOfficial@vol.britishcanoeing.org.uk	EDW1
Ann Hoile	Volunteer Coordinator Regatta.Volunteers@vol.britishcanoeing.org.uk	HOI1
Kari Martin	Paddler Registrations Regatta.Registrations@vol.britishcanoeing.org.uk	MAR2
Cathy Wynne	National Regatta Event Secretary sprintregatta@outlook.com	WYN1

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 policies.
- 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 policies
- 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.

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-

BRITISH CANOEING SPRINT RACING COMMITTEE

TERMS OF REFERENCE

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.

BRITISH CANOEING SPRINT RACING COMMITTEE

TERMS OF REFERENCE

- 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 B5-14 2023 Canoe Sprint Handbook)

***2 British Canoeing Sprint Racing Competition Rules**
(Section C16-35: 2023 Canoe Sprint Handbook)

***3 British Canoeing Sprint Section Discipline Regulations**
(Section B15: 2023 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:

safety@britishcanoeing.org.uk

SPRINT RANKING - 1st January 2024

Surname	First name	Year	Club
Men A Kayak – MAK			
Argentiero	Eros	1991	ROY
Armstrong	Spencer	1999	NOT
Beevers	Joe	1993	WEY
Bowley	Matthew	1994	ROY
Bristow	Stuart	1996	ROY
Cabrera	Benjamin	2004	FOY
Cadell	Finn	1999	NOT
Carson	Christopher	1998	WEY
Collinge	Matthew	2000	FOY
Dembele	Noah	1998	LEA
Devonald	Henry	1995	SWA
Duffield	Lewis	1995	CLM
Durden	George	1993	ELM
Eccles	Jordi	1996	ANK
Fleming	Neil	1984	CEL
Fletcher	Lewis	1993	LKR
Foley	Ronan	2000	SLP
Gallacher	Ben	2000	FOR
Glover	Sam	1997	FOX
Greaves	Alex	2001	RLS
Harding	Luke	1998	LON
Hicks	Albert	1994	NOR
Hinves	Xavier	2003	SOU
Holland	Tom	2002	WEY
How	James	2000	NOR
Johnson	Daniel	1994	CLM
Johnson	Matthew	1996	CLM
Killey	Kieron	2000	WOR
Lark	Scoob	1996	ROY
Lusty	Tom	1994	SOL
Mcintyre	Alex	2000	CLM
Miles	Philip	2001	RLS
Naftanaila	Stelian	1995	NOT
Nightingale	Edward	2002	WYC
O'Connor	Ryan	1999	SLP
O'Connor	Dylan	2005	RIC
Orme	Ross	1998	ANK
Pendle	Tim	1989	NOR
Russell	James	1997	NOT
Shaw	Luke	2000	NOR
Smith	Charlie	1999	NOT
Smith	Lewis	2003	LIN
Stewart	Rory	2002	ADS
Thomson	Trevor	1998	EAL
Urquhart	Arthur	1999	ROY

Surname	First name	Year	Club
Men A Kayak Cont'd – MAK			
Watkins	Barry	1989	SLP
Wilkes	Peter	1992	CLM
Men B Kayak – MBK			
Barkway	Robert	2000	BPS
Barritt	Ivan	2005	WOR
Benstead	Zak	2001	ELM
Bicknell	Alex	2001	WEY
Bohle	Oliver	1999	LKR
Booth	Toby	2003	NOR
Boreham	Nick	1994	NOT
Bray	Ruairí	2004	SLP
Brockway	Jack	2002	SPS
Brooks	George	2001	WOR
Brown	Freddie	2000	WYC
Buggy	David	1990	CEL
Bunyon	Alex	1999	CLM
Carpenter	James	1998	FOY
Carter	Jack	2004	ROY
Clarke	Calum	2005	SLP
Clayton Harris	Ben	2003	LEE
Cooke-Bayley	Haydyn	2005	NOT
Cribbett	Sam	2005	RLS
Daley	Sam	1996	LEE
Darnell	Ben	2000	RLS
Donnellan	Paul	2004	SLP
Dowden	Timothy	2001	RLS
Ferri	Luca	2004	ELM
Fitzpatrick	Joe	1993	BSF
Fleming	Darragh	1990	CEL
Freeland	Harry	2005	ELM
Gannicott-Porter	Tim	2000	CLM
Gilbert	Harry	1996	ROY
Grant	Harvey	2004	RIC
Grice	Jason	2000	SOL
Harris	Carl	2004	SLP
Haynes	Casey	1995	RIC
Hayward	Kieren	1999	NOR
Henson	Odhran	2001	SLP
Higgins	Ben	2005	SLP
Hook	Reef	1999	EAL
Howells	Drew	2004	CDF
Jefferies	Robert	1993	BAN
Jones	Daniel	2001	DEV

SPRINT RANKING - 1st January 2024

Surname	First name	Year	Club
Men B Kayak Cont'd – MBK			
Kemp	Freddie	2001	RDG
Kovacs	Andras	1998	WEY
Kowal	Matthew	2002	LKR
Leiper	Aidan	2004	LKR
Lewis	Findlay	2005	LKR
Lewis	Perry	2002	WEY
Malinauskas	Domas	1994	BAD
Mangan Sanchez	Alvaro	1990	GLO
Martyn	Jordan	2001	WEY
McCracken	William	2001	BAN
McDougal	Ewan	2001	WOR
Mcmullen	Ross	1996	ELM
McNally	Odhran	1996	SLP
Medepalli	Shirav	2005	RIC
Mongan	Patrick	2001	LIN
Morley	Arthur	2005	WEY
Motha	Michael	2004	ADS
Nelson	James	2005	RDG
O Brien	Finn	2001	CLM
O Brien	Alex	2001	CEL
Parkes	Matthew	1996	NOR
Partridge	Oscar	2004	TRU
Perkins	Nicholas	2001	BPS
Peters	Connor	1996	FOY
Petersen	Joe	1999	RIC
Pickering	Max	2002	LBZ
Pipe	Isaac	2004	RUN
Pirmuhamedov	Jonathan	2003	CLM
Phillips	Luke	2002	RIC
Popham-Coveley	Gabriel	2005	FOX
Quittenton	Ben	2001	LIN
Railton	Joe	2004	FOY
Rea	Alex	2004	CNI
Rix	Oliver	1993	NOR
Rushby	James	2004	RIC
Saunders	Harry	2000	RLS
Scammell	Will	2000	ELM
Schleiter Nielsen	Lukas	2005	FOX
Sharpe	Tom	1990	RIC
Sheppy	Alex	1998	DEV
Shipway	Ben	2005	SOU
Skippings	Adam	2000	CLM
Sklenar	Dan	2004	NOR

Surname	First name	Year	Club
Men B Kayak Cont'd – MBK			
Smith	Ben	2003	SLP
Smith	Connor	2002	NOR
Smithson	James	2000	RLS
Stanley	Dominic	2004	FOX
Stormont	Nicholas	1996	FOX
Stroud	William	1999	CLM
Szabadvari	Miklos	2003	RDG
Tarver	Zac	2003	ELM
Tonkin	Alex	2003	RDG
Topham	Finlay	2004	RDG
Urquhart	George	2001	BAN
Walkinton	James	1994	CLM
Want	Benjamin	2003	NOR
Williams	James	1996	RUN
Men C Kayak – MCK			
Allen	Charlie	2004	DEV
Aries	Robert	2003	SOU
Baker	Adam	2004	LBZ
Banton	Joseph	2002	LIN
Barzilai	Joshua	2004	RIC
Brett	Tony	1991	BSF
Butler	Edward	2005	NOT
Carn	George	2001	WOR
Chamberlin	Lochlan	1999	CLM
Critchfield	Harry	2003	BAN
Crossley	Edward	2003	RLS
Davis	Aidan	2003	NOR
Dewson	Alfie	2003	LEE
Dixon	Leon	2005	LBZ
Ellis	Joseph	2005	BAN
Evans	Toby	2002	SOU
Fuller	Nathaniel	2004	CLM
Galliers	Joseph	2005	LBZ
Gilbert-Johns	Jack	2002	SOU
Gorst	Daniel	2000	SOU
Green	Blaize	1996	CLM
Griffin	Ben	2003	RLS
Griffiths	Oscar	2001	CLM
Gurney	David	2002	CLM
Harte	Shaun	1999	FOX
Herbert	Owain	2001	CLM
Hetherington	Robert	2000	CEL
Jackson	Oliver	2003	LIN

SPRINT RANKING - 1st January 2024

Surname	First name	Year	Club
Men C Kayak Cont'd – MCK			
Lear	Harry	2004	ROY
Lee-Gill	Sam	1990	RIC
Levkovskyy	Philip	2005	EAL
Macnab	Conor	1999	RLS
March	Daniel	2002	CLM
Murad	Josh	2001	NOR
Panev	Deni	2002	FOX
Power	Josh	2005	LBZ
Righelli	Edoardo	1990	FOX
Rogers	Teifion	2004	CHE
Skinner	Peter	2005	RDG
Spencer	Joe	1997	CLM
Sroka	Kacper	2004	SPS
Stormont	James	1994	FOX
Tamblin	Mitchell	2005	NOR
Taylor	Jago	2005	NOR
Tomlinson	Leon	2005	NOT
Walker	Tom	1999	NOR
Wardell	Harrison	2003	LIN
Weir	Iain	1992	BAN
Wilson	Craig	1997	CNI
Woods	Joseph	2003	ROY
Wright	Jacob	2004	RDG
Wroe-Pattullo	Arthur	2004	FOX

Men D Kayak – MDK			
Allan	Cameron	2003	WEY
Amatller	Marc	2005	LKR
Baban	Lucian	2004	BCC
Banfield	James	2005	ELM
Barker	Owen	2000	PAN
Barton	Thomas	2005	BSF
Bates	Ayden	2005	LBZ
Beard	William	2001	WYC
Bell	Jasper	2003	BAN
Bicknell	Sam	2004	WEY
Blackledge	Dan	2005	FOX
Blackmore	Chris	2003	CLM
Boyle	Charlie	2002	RIC
Campbell-Reide	Max	2005	FOX
Carter	Peter	1994	NOR
Case	Nick	2003	FOX
Chamberlin	Oliver	2002	CLM
Clinton	Charlie	2002	ANK

Surname	First name	Year	Club
Men D Kayak Cont'd – MDK			
Collins	Hamish	2005	RIC
Cramer	Charlie	2004	SOU
Dacombe	Micheal	2002	NOT
D-allio	Thomas	2003	RIC
Eyles	William	2005	WEY
Fillingham	Patrick	2002	RDG
Forster	Joshua	1992	NOR
Gravell	Magnus	2005	LBZ
Henderson	Max	2001	RIC
Hilyer	Herbert	2005	NOR
Holloway	Thomas	2004	BSF
Hopkirk	Daniel	2003	LIN
Hughes	Patrick	2005	NOR
Hynds	Archie	2003	ELM
Irven	Samuel	2004	CLM
Jault	Oliver	2003	BAN
Johnson	Luke	2000	BAN
Jones	Bailey	2002	FLA
Kitterhing	James	2004	ELM
Legg	Sam	1990	LBZ
Marques	Andre	2005	NOR
Meliak	Erik	1995	RUN
Morrison	Tate	2005	WEY
Moseley	Thomas	2004	SOL
Moxon	Noah	2004	BAN
Neale	Gregory	2002	TON
Parker	Jacob	2004	SOU
Payne	Ben	1991	ACU
Redjeb	Erin	2005	ROY
Sewell	Kieran	1998	ELM
Skippings	Jack	2003	CLM
Stenning	Richard	1997	NOR
Thorne	David	2002	NOR
Villaruel	Leo	2004	EAL
Wain	Joel	1995	FOY
Walker	Alex	2005	NOR
Westwood	Joshua	1998	LBZ
Wilkinson	Kayne	1998	RIC
Williamson	Alexander	2002	CLM
Woodley	Sean	1993	CLM

SPRINT RANKING - 1st January 2024

Surname	First name	Year	Club
Men Masters A Kayak - MVAK			
Baban	Eugen	1977	BCC
Birkett	Andrew	1989	RIC
Boehm	Edgar	1977	RDG
Buggy	Graham	1985	CEL
Bullock	Richard	1975	EXE
Butler	James	1969	NOT
Christie	Jamie	1972	SOR
Enoch	Matthew	1976	NOT
Fleming	Ciaran	1987	CEL
Folland	Jonathan	1973	SOR
Fowler	Nick	1977	WOR
Irvine	Brett	1979	RIC
Jones	Nigel	1978	NOT
Mayers	James	1974	RUN
Moule	Keith	1980	CLM
Oakley	Ben	1988	NOT
Pedlar	David	1976	WOR
Plant	Laurence	1987	RDG
Rogers	Richard	1973	CHE
Shephard-Wyatt	Owen	1987	CLM
Sirrell	Brett	1971	RLS
Thorogood	Philip	1989	ELM
Walsh	Shaune	1986	NOT
Men Masters B Kayak - MVBK			
Anderson	Grant	1983	NOT
Blackman	Neil	1963	RLS
Boland	Andrew	1972	SLP
Brookes	Paul	1967	NOT
Butt	Adrian	1964	SOU
Caffrey	Colin	1978	SLP
Cox	Edward	1985	SOU
Drummond	John	1974	RDG
Dzyna	Andrei	1963	RIC
Freeland	Jeremy	1970	RDG
Giles	Mark	1972	WOR
Hinves	James	1973	SOU
Hynds	Scott	1973	ELM
Kent	Richard	1962	SOU
Lawler	Ivan	1966	ELM
Lovell	Geoff	1969	WOR
Lowe	Paul	1968	NOT
Martin	Eddie	1968	SLP
Martin	Michael	1965	LBZ
Martyn	David	1967	WEY
Millar	David	1966	EXE

Surname	First name	Year	Club
Men Masters B Kayak Cont'd - MVBK			
Montgomery	Gallin	1989	TRE
Morton	Dwayne	1985	ELM
Neale	Clive	1969	TON
O Drisceoil	Deaglan	1965	SLP
Pearce	Mark	1971	LON
Penson	Tim	1980	EXE
Prosser	Jack	1983	RIC
Roeser	Duncan	1968	WEY
Smith	Kevin	1961	RDG
Smith	David P	1978	WOR
Speirs	Gilbert	1953	LKR
Stenning	Paul	1977	LBZ
Vincent	Richard	1957	SOR
Westall	Matthew	1984	PAN
Winstanley	Richard	1984	BSF
Men Masters C Kayak - MVCK			
Alexander	Gary	1969	ADS
Anderson	Julian	1971	SOU
Anderson	Mike	1975	NOR
Avery	Robin	1948	BAN
Battershell	David	1964	WEY
Bell	Stuart	1970	DEV
Blackman	Howard	1965	BPR
Bull	Martin	1975	NOT
Burgess	Reuben	1966	WEY
Bush	Steve	1984	DEV
Camilleri	Henry	1966	WEY
Carter	Guy	1977	RIC
Channon	Peter	1961	RIC
Cheyne	Christopher	1978	CLM
Clifford	Alex	1973	WEY
Czillaho	Laszlo	1956	RIC
Dimmock	Paul	1959	WEY
Dodson	Andy	1963	ADS
Dunn	Stuart	1974	CLM
Fegent	Mike	1956	RIC
Frankland	Nigel	1960	RDG
Freeman	Joe	1987	RIC
Gadd	Paul	1961	ADS
Garner	Nick	1968	RIC
Gorman	Peter	1955	WEY
Grimsey	Damon	1971	SOU
Guest	Robert	1960	NOT
Hampton	Mark	1973	CLM
Hancy	Martin	1969	NOR

SPRINT RANKING - 1st January 2024

Surname	First name	Year	Club
Men Masters C Cont'd Kayak - MVCK			
Head	Tom	1980	CLM
Herbert	Doug	1975	CLM
Holmes	Graham	1957	WEY
Lucas	Roland	1961	RIC
McCarthy	Liam	1958	SLP
McIntyre	Donal	1966	WEY
Pemble	Doug	1964	ADS
Pipe	Alastair	1969	RUN
Piper	Jamie	1966	EXE
Rance	Steve	1959	SOU
Scrivener	Mark	1968	FOX
Shephard	Evan	1985	RDG
Sklenar	Jan	1971	NOR
Thom	Neil	1985	WEY
Villaruel	Matthew	1969	EAL
Walker	Thomas	1981	RIC
White	Jonathan	1983	EXE
Williams	Dean	1967	CLM
Williams	Robin	1958	WEY
Men Masters D Kayak - MVDK			
Ager	Richard	1968	CLM
Alderdice	Simon	1967	WEY
Ames	Robert	1958	RIC
Applewhite	Adrian	1972	CLM
Avery	John	1970	CLM
Baker	Paul	1976	WEY
Ball	Mark	1970	DEV
Barkway	Andrew	1970	BPS
Beaver	Timothy	1963	SOR
Beck	Stephen	1971	BAN
Bimbo	Kristian	1981	LBZ
Blatchly	Mark	1963	NOT
Boon	David	1977	ELM
Bull	Matthew	1974	ELM
Campkin	Russell	1980	LBZ
Canavan	Sean	1967	WEY
Chamberlin	Tim	1972	CLM
Clarke	Oliver	1976	SLP
Clow	Jason	1972	WEY
Conway	James	1977	RIC
Cseh	Kalman	1976	RIC
Curry	Phil	1958	CLM
Deville	Mark	1963	CLM
Dixon	Nigel	1962	LBZ
Doran	Andrew	1969	LIN

Surname	First name	Year	Club
Men Masters D Kayak Cont'd - MVDK			
Eskriett	Simon	1964	GAI
Fisher-Jeffes	Donald	1982	ELM
Flockhart	Alex	1981	RIC
Gardner	Donald	1964	LKR
Gavin	Chris	1970	RIC
Gilbert-Johns	Richard	1965	SOU
Glasspole	Julian	1964	RDG
Gould	Tim	1951	RIC
Grant	Michael	1974	RIC
Gray	Lorne	1982	GAI
Green	Robert	1955	NOR
Griffiths	Daniel	1971	CLM
Hadley	Dave	1965	NOT
Harte	William	1967	BAN
Hawthorn	Michael	1952	WOR
Hayman-Joyce	Richard	1967	WEY
Heard	Colin	1972	EXE
Hunter	Trevor	1966	DEV
Iwanow	Lukasz	1985	GLW
Jack	Duncan	1965	NOT
Jones	Christopher	1976	LBZ
Kerekes	Gabor	1984	RIC
Latvenas	Arnoldas	1974	RIC
Lawrenson	Bill	1955	BPR
Long	Dave	1973	FOX
Louw	Mark	1972	RIC
Lovell	Richard	1963	DEV
Marnell	Stephen	1967	RUN
Marshall	Derek	1956	LKR
Mason	Tom	1960	NOT
Mayo	Charlie	1964	DEV
McAulay	Steven	1969	NOR
McLean	Ian	1962	BAN
Mietus	Peter	1955	NOT
Murphy	Paul	1971	LBZ
Nagy	Balint	1970	WOK
Nye	Philip	1956	POO
Parke	Andy	1969	RIC
Phelan	Brian	1960	BAN
Raciborski	Jan	1961	RDG
Russell	Phil	1968	CLM
Ruwanpathirana	Lasantha	1976	ELM
Ryba	Lukasz	1985	GLW
Sargeant	Tristian	1977	NOR
Schofield	Christopher	1965	NOR

SPRINT RANKING - 1st January 2024

Surname	First name	Year	Club
Men Masters D Kayak Cont'd - MVDK			
Scott	Tim	1962	NOR
Smith	Gary	1967	NOR
Smith	Derek	1962	ELM
Smith	Steve	1968	WEY
Stanley	Will	1968	FOX
Sumner	Phil	1974	ELM
Sze	Chris	1960	BSF
Thom	Neil	1985	WEY
Thompson	Paul	1960	WEY
Toomey	Jeff	1971	SLP
Tubby	Ben	1973	BSF
Urquhart	Neil	1964	BAN
Want	Adam	1970	NOR
Waszkiewicz	Tony	1955	RIC
Webb	Benjamin	1975	WEY
Williams	Clive	1962	NBY
Willis	Peter	1956	CLM
Boys A Kayak - BAK			
Andrews	Lewis	2006	LIN
Ayran	Koen	2006	FOX
Bhoola	Trishan	2006	RIC
Boland	Liam	2006	SLP
Bullock	Toby	2007	EXE
Butterly	Sean	2008	SLP
Clarke	Dylan	2007	SLP
Donnellan	Conor	2007	SLP
Durkan	Sean	2006	SLP
Ehrnrooth	Philippe	2007	DEV
Enoch	Joe	2006	NOT
Holt	Flynn	2006	ROY
Hinves	Andre	2006	SOU
Hunter-Hopkins	Arthur	2009	DEV
Kabeer	Ali	2006	WOK
Kinzler	Nelson	2006	RIC
Lamb	Nathaniel	2006	SOU
Lovell	Lochie	2006	WOR
Mazur	Olivier	2008	RDG
Patterson	Sam	2007	LKR
Rayment	Jack	2006	LBZ
Ross	James	2007	ELM
Rudnyev	Tymur	2007	RDG
Sewell-Catchpole	Harry	2006	NOR
Short	Will	2007	ELM
Singleton	Huw	2006	NOT
Stevely	Sam	2007	GLW

Surname	First name	Year	Club
Boys A Kayak Cont'd - BAK			
Strachan	Rory	2007	GLW
Saunders	Edward	2006	WEY
Boys B Kayak - BBK			
Allan	Patrick	2006	WEY
Aveson	Isaac	2008	ROY
Bates	Sam	2006	ROY
Beeson	Charlie	2006	WOK
Clancy	Luca	2006	SLP
Clifford	Lucas	2009	WEY
Coyle	Ryan	2007	GLW
Cramer	Fletcher	2006	SOU
Dickson	Sam	2008	FOX
Flint	Ben	2007	WEY
Fowler-Rimell	Freddy	2009	WOR
Hackwell	Sam	2006	TRU
Hampton	George	2007	CLM
Hartney	Conor	2008	RIC
Hatton	Tom	2008	ROY
Heard	Freddie	2009	EXE
Hills	James	2006	RIC
Hunt	Ethan	2008	FOY
Karklins	Aksels	2006	RIC
Kinder	Tyler	2008	RDG
Larner	William	2006	BAN
Mableson	Tom	2006	NOR
Martin	Dylan	2008	DEV
Mavra	Danny	2006	RIC
Nagy	Marcell	2009	RDG
Niland	Jack	2007	FOX
O Halloran	Daniel	2006	CLM
Osmola	Mikolaj	2006	GLW
Payne	Cassian	2007	CLM
Popham-Coveley	Isaac	2008	FOX
Prior	Nathan	2007	ELM
Reynolds	Daibhi	2007	SLP
Roeser	William	2008	WEY
Smith	Rory	2007	NOR
Smyth	Sean	2008	SLP
Sparks	Sam	2009	RLS
Sroka	Szymon	2008	LKR
Stevely	Will	2007	GLW
Teeuwen	Aidan	2006	RDG
Tietema	Cormac	2006	RDG
Toop	Regan	2006	DEV
Worgan	Alexander	2007	ROY

SPRINT RANKING - 1st January 2024

Surname	First name	Year	Club
Boys C Kayak – BCK			
Attwood	Owen	2009	WEY
Barnett	Doogal	2010	WOR
Bose	Matteo	2010	CLM
Bracey	Xiao Wei	2006	SOU
De Bilio	Lorenzo	2010	ROY
Griffin	Kit	2006	RLS
Groen	Joshua	2006	SLP
Harrison	Joe	2007	NOT
Hayland	Thomas	2008	WEY
Kirtland	Edward	2008	BSF
Kromer	Daniel	2009	RLS
Lovell	Jamie	2006	DEV
Lynn	James	2006	BAN
Macnab	Jenson	2007	RDG
Moult	Henry	2007	ELM
Murphy	Aeron	2008	RLS
Noud	Sean	2009	SLP
O Hare	Cameron	2007	DEV
Packer	Conrad	2009	RDG
Patterson	Tom	2009	LKR
Poole	Max	2010	DEV
Prins-Mills	Max	2007	RDG
Pyrz	Mikolaj	2010	GLW
Sales	Theo	2006	CAM
Scaplehorn	William	2006	DEV
Selini	Matteo	2009	RIC
Shetty	Felix	2006	WEY
Smith	Louis	2010	WOR
Solecki	Adam	2009	GLW
Taylor	Archie	2006	WEY
Taylor	Ryan	2007	BAN
Walker	Dominic	2008	NOR
Willmott	Edward	2008	WEY
Boys D Kayak - BDK			
Anderson	Matthew	2011	LBZ
Barker	Zayan	2008	RLS
Barnett	Fergus	2012	WOR
Barzilai	Louis	2006	RIC
Bates	Ewan	2009	LBZ
Birch	Dylan	2007	CLM
Bourne	James	2006	SOU
Bull	Samuel	2010	ELM
Chapman	Christopher	2007	ROY
Cooper	Ewan	2008	NOT
Davison	Daniel	2007	FOX

Surname	First name	Year	Club
Boys D Kayak Cont'd - BDK			
Dawson-Dymond	Harley	2007	WOL
Deri	Adam	2009	LBZ
Ellis	Finlay	2008	CLM
Eskriett	Ben	2009	GAI
Gohar	Fabio	2007	RIC
Grant	Malachi	2009	NOT
Hackwell	Matthew	2008	TRU
Hamilton	Torin	2009	ELM
Helder	Dominic	2006	ELM
Hutt	Dan	2008	FLA
Ives	Edward	2008	TRU
Johnson	James	2009	CLM
Johnson	Fred	2008	DEV
Kelly	Jared	2009	DEV
Knott	Ollie	2008	NOR
Larcombe	Toby	2008	FOX
Ljubicic	Kosta	2009	ROY
Long	Kit	2009	ROY
Long Ching Tang	Austen	2006	RIC
Lovegrove	Fred	2006	HER
Lovell	Finn	2009	WOR
Luc	Kiet	2006	FOX
Marsh	Jake	2007	WYC
Nagy	Balazs	2009	RDG
Nagy	Benedek	2007	RDG
O'Keeffe	Ocean	2010	WEY
Pitt	Henry	2009	ROY
Power	Ollie	2006	LBZ
Prior	Nathan	2007	ELM
Ralph	Michael	2008	WEY
Reed	Ollie	2009	RLS
Saunders	Danny	2008	WEY
Shanks	William	2009	RIC
Shipway	Sam	2007	SOU
Simmons	Conor	2007	LIN
Sinigaglia	Lorenzo	2008	ROY
Sirrell	James	2007	RLS
Sutton	Josh	2007	WYC
Tanner	Louis	2008	ROY
Taylor	Finn	2009	ELM
Unwin	Isaak	2007	RIC
Wells	Sam	2007	ELM
Whitehead	Sam	2009	ADS

SPRINT RANKING - 1st January 2024

Surname	First name	Year	Club
Women A Kayak – WAK			
Broughton	Lizzie	RIC	1988
Brown	Hannah	NOT	1990
Clark	Zoe	ROY	2001
Dale	Enya	FOX	2001
Denman	Olivia	SLP	1996
Duffield	Florence	NOR	2000
Egan	Jenny	SLP	1987
Hannah	Angela	BAN	1986
Kerr	Deborah	ANK	1997
Lee-Smith	Lucy	NOR	1997
Lewis	Emily	WOR	1993
Macleod	Lucy	SLP	1995
Rees-Clark	Sam	NOT	1995
Russell	Emma	CLM	2000
Simon	Rebeka	ELM	1996
Women B Kayak – WBK			
Anderson	Grace	2003	NOR
Armstrong	Kristina	2005	LKR
Armstrong	Alexandra	2003	LKR
Ball	Flossie	2002	DEV
Bethune	Isla	2005	ELM
Brookes	Katie	2002	WOR
Burgess	Abi	1999	WEY
Burgess	Ellie	1999	LIN
Carmicheal	Georgia	2002	LON
Clark	Bea	2002	ROY
Enoch	Matilda	2005	NOT
Freeman	Anoushka	1999	RIC
Green	Amy	2004	WOR
Guest	Lucy	2002	NOT
Hall	Nerys	2005	WEY
Hipkins	Kate	2002	LON
Johnson	Melissa	1997	CLM
King	Edith	2005	ROY
Lewis	Honor	2004	WEY
Martyn	Samantha	2000	WEY
Montagna	Elise	2003	ROY
O Drisceoil	Eabha	2004	SLP
Pemble	Becky	2003	ADS
Peters	Freya	2001	NOT
Pocklington	Katie	2003	NOT
Rowe	Livvy	1998	NOR
Roeser	Greta	2005	WEY
Solway	Rebekah	1999	ELM

Surname	First name	Year	Club
Women B Kayak Cont'd – WBK			
Thompson	Sophie	2000	WEY
Urquhart	Jessica	2003	NOT
Wallace-Loizou	Maia	1999	RIC
Warburton	Molly	2004	ROY
Wells	Nicole	1995	LIN
Women C Kayak – WCK			
Aspell	Megan	1998	RNPA
Avery	Abigail	2003	ROY
Boonham	Georgia	2005	RDG
Christie	Kerry	2003	NOT
Collins	Imogen	1993	RDG
Cox	Amber	2002	ELM
Daysh	Amy	2002	EXE
De Ferrer	Madeleine	1997	NOR
Ellis	Charlotte	1994	LBZ
Falltrick	Leah	1996	CLM
Fenwick	Georgia	2003	RDG
Gallagher	Hannah	2004	WEY
Geddes	Olivia	2004	CDF
Gilbert-Johns	Poppy	2005	SOU
Groves	Sofia	2003	NOR
Gwyn	Molly	2005	WYC
Hicks	Harriet	1996	NOR
Hills	Melody	2002	RIC
Holmes	Jessica	2003	RIC
Hunter	Imogen	2005	CAM
Ip	Yun	2002	RIC
Jepson	Klara	2004	FOX
Kreft	Brynde	1994	FOX
Kubisch-Wiles	Tilla	2005	RDG
McMullen	Georgina	1998	RIC
Murphy	Alice	1992	NOT
O Connell	Elly	1993	RIC
Owen	Amber	1996	RDG
Oxtoby	Lydia	1992	LBZ
Pemble	Hannah	2005	ADS
Pepper	Milly	2005	LIN
Poole	Elizabeth	2004	ELM
Roghi	Alis	2003	NOR
Spencer	Jasmine	2005	RLS
Stephens	Hannah	2001	CDF
Trotter	Katherine	1993	ELM
Troy	Cara	2004	ELM
Walker	Katy	2002	NOR
Wong	Lily	2000	RIC

SPRINT RANKING - 1st January 2024

Surname	First name	Year	Club
Women D Kayak – WDK			
Alexander	Heather	2003	ADS
Avery	Lauren	1998	CLM
Barnard	Leanne	1995	LIN
Barrett	Emily	2003	RLS
Biles	Scarlett	2005	SOU
Blatchly	Stephanie	2005	NOT
Broadey	Megan	2000	NOR
Cabarique	Sheila Monera	2005	SOU
Caffrey	Niamh	2005	SLP
Callaghan	Kate	2001	SOU
Christie	Emma	2004	NOT
Clegg	Jenny	2002	DEV
Comben	Kathryn	2003	CLM
Comfort	Kiera	2004	WEY
Dickson	Charlie	2002	FOX
Dixon	Katy	2003	LBZ
Dubock	Jess	2005	FOX
Finn	Naoise	2005	SLP
Fisher	Abbie	2004	LIN
Fletcher	Jennifer	1999	RIC
Fulford	Isabelle	2005	RDG
Gadd	Sophie	2002	ADS
Geddes	Libby	2005	CDF
Gilbert-Johns	Sophie	1999	SOU
Gorst	Emily	2003	SOU
Hampton	Rachael	2005	CLM
Harbridge-Hui	Phoebe	2003	RDG
Hill	Imogen	2002	CLM
Holgate	Lucy	1999	NOT
Jackson	Hollie	2001	FOX
Jepson	Nora	2005	FOX
Jermakova	Jelizaveta	1999	RIC
Jones	Alexandra	2005	ELM
Kenny	Megan	1996	EXE
King	Issy	2002	RIC
Kirby	Kitty	2001	WYC
Le Moing	Rose	1994	RIC
Le-May	Charlotte	2003	NOR
Lewis	Kerry	1997	WEY
Long	Jessica	1999	FOX
Long	Sophie	2000	FOX
Millar	Katharine	1999	EXE
Mobbs	Holly	1998	WEY
Oastler	Madeleine	2003	CLM
Sandercock	Molly	2004	BRK

Surname	First name	Year	Club
Women D Kayak Cont'd – WDK			
Sealey	Hannah	1994	RDG
Shephard-Wyatt	Zowie	1991	CLM
Stratford	Lilly	2004	CLM
Szabo	Linda	1997	LKR
Thomson	Amelia	2004	CLM
Walker	Lucy	2003	NOR
Whitehead	Rose	2005	GLO
Wilkinson	Freya	2002	LIN
Williams	Katie	1992	ELM
Williamson	Franchesca	2004	CLM
Wong	Evie	2004	CDF
Yull	Tabitha	2003	NOR
Women Masters A Kayak – WVAK			
Lovell	Rachel	1978	WOR
Mason	Hayleigh	1986	NOT
Neave	Shuna	1986	NOT
Swarbreck	Jane	1987	RIC
Wilson	Katherine	1985	RDG
Women Masters B Kayak - WVBK			
Bates	Joanne	1981	FOX
de Bruijn	Suzanne	1986	NOR
Dilai	Maggie	1986	NOT
Von Maltzahn	Robyn	1981	RIC
Women Masters C Kayak - WVCK			
Banson	Caroline	1965	BPS
Barat-Farkas	Erzsebet	1986	ELM
Barrell	Jodie	1983	LBZ
Caffrey	Karen	1977	SLP
Drummond	Catherine	1980	RDG
Godsave	Lauren	1989	WEY
Hills	Ludy	1978	RIC
Overton	Anna	1981	DEV
Peck	Hannah	1983	RIC
Scaplehorn	Kate	1979	DEV
Vernau	Sarah	1978	NOT
Weigh	Nadia	1989	WEY
Whitear	Faye	1986	RIC
Women Masters D Kayak - WVCK			
Alexander	Sally	1965	ADS
Alexander	Jan	1962	NOR
Avery	Tracy	1966	CLM
Ayling	Catherine	1964	EAL
Barkway	Kelly	1972	BPS
Bie	Julie	1962	NOR
Bruton	Anna	1982	BAN

SPRINT RANKING - 1st January 2024

Surname	First name	Year	Club
Women Masters D Kayak Cont'd - WVDK			
Bunyon	Lynn	1966	CLM
Butler	Michelle	1970	NOT
Clark	Amanda	1966	CLM
Cuenca	Pepi	1970	NOR
Davis	Joanne	1967	NOR
Dodson	Wendy	1952	ADS
Drane	Coral	1963	NOR
Fender	Lynne	1964	NOT
Giles	Anna	1977	WOR
Green	Helen	1967	CLM
Harper	Helen	1973	BAN
Hartland	Sally	1979	BAN
Hawthorn	Susan	1963	WOR
Herwanger	Tanya	1973	RIC
Hinkova	Andrea	1972	NOR
Honigh	Viktoria	1972	RDG
Howell	Catherine	1974	NOT
Huisman	Martine	1966	SOU
Hunter	Beverly	1959	DEV
Hutchinson	Erika	1977	RDG
Impey	Vanessa	1977	RIC
Jacoby	Nikki	1962	RDG
Jenkins	Justine	1969	NOT
Johnson	Colette	1964	BAN
Jones	Jenny	1967	DEV
Lamb	Jane	1973	SOU
Martyn	Caroline	1968	WEY
Middlehurst	Sue	1962	ADS
Moore	Jenni	1983	NOR
Morley	Tania	1965	NOR
Moult	Jo	1977	ELM
Nobbs	Stefania	1977	NOR
Penney	Charlotte	1986	BAN
Peters	Annette	1966	RIC
Petersen	Chris	1965	BAN
Russell	Martha	1975	NOR
Russell	Jackie	1968	CLM
Smith	Jacqui	1970	BAN
Stratford	Alex	1975	CLM
Taylor	Emma	1964	NOR
Thraves	Eleanor	1985	NOT
Urquhart	Siobhan	1965	BAN
Walker	Sarah	1973	NOR
Watts	Emma	1974	WEY
Wells	Hilary	1968	RIC

Surname	First name	Year	Club
Girls A Kayak - GAK			
Ball	Mollie	2006	DEV
Hutchinson	Annabel	2006	RDG
Patrick	Iona	2006	ESK
Payne	Sienna	2006	CLM
Ritchie	Chloe	2006	WEY
Sklenarova	Kamila	2007	NOR
Toovey	Hannah	2008	GLW
Girls B Kayak - GBK			
Ball	Daisie	2009	DEV
Bates	Annie	2008	ROY
Bowles-Trow	Emily	2007	ADS
Cove	Poppy	2008	RIC
De Bilio	Dianora	2009	ROY
Fulford	Charlotte	2008	RDG
Herriot	Zoe	2008	GLW
Long	Catherine	2006	FOX
Perry	Beth	2006	SOU
Pyrz	Alicja	2007	GLW
Scrivener	Frankie	2007	FOX
Girls C Kayak - GCK			
Attwood	Holly	2006	WEY
Beeson	Alice	2009	WOK
Czarnecka	Adrianna	2007	ESK
Davison	Phoebe	2007	LIN
Dawson	Madeline	2007	LIN
Dunlop	Sophie	2007	ELM
Field	Imogen	2010	ELM
Fuller	Naomi	2007	CLM
Giles	Evie	2007	WOR
Guest	Jen	2006	SLP
Gwyn	Florence	2007	WYC
Hamel	Florence	2006	RIC
Jones	Jess	2007	RLS
Lillis-Brooks	Sofia	2006	RLS
Maloney	Ciara	2008	NOT
Mcaulay	Eva	2008	NOR
Mckernan	Madison	2010	ELM
Nagy	Hanna	2009	RDG
O Halloran	Emma	2008	SLP
Patrick	Trudy	2008	ESK
Parkinson	Skye	2006	RIC
Perrin	May	2008	CLM
Ritchie	Izzy	2008	WEY
Sargeant	Jasmine	2008	NOR
Shephard	Ruth	2011	RDG

SPRINT RANKING - 1st January 2024

Surname	First name	Year	Club
Girls C Kayak Cont'd- GCK			
Tristram	Hannah	2009	RLS
Twort	Emily	2007	LIN
Webb	Delilah	2007	WEY
Widdows	Estelle	2007	NOR
Girls D Kayak - GDK			
Agilan	Nandhitha	2006	CLM
Agilan	Kavya	2006	CLM
Bates	Molly	2010	ROY
Beck	Catherine	2007	BAN
Biagioli	Olivia	2007	ELM
Boon	Katharine	2008	ELM
Brittle	Ava	2007	ELM
Brunelli Bonet	Carla	2008	ESK
Burton	Matilda	2010	ELM
Cooke	Olivia	2008	CLM
Cullen	Lucy	2007	SLP
Dixon	Kayleigh	2007	LBZ
Earls	Emma	2008	SLP
Foulds	Katie	2009	RUN
Fox	Sophie	2008	WEY
Gadd	Isabel	2007	ADS
Glennon	Orla	2006	SLP
Gordon	Giulia	2008	GLW
Guest	Kathy	2008	SLP
Guest	Claire	2008	SLP
Gwyn	Harriet	2010	WYC
Harrison	Lucy	2008	NOT
Hill	Beatrice	2008	NOR
Holt	Kyla	2009	ROY
Johansson-Ward	Isabelle	2006	LBZ
Karthikeyan	Tara	2007	CLM
Lamb	Eloise	2009	SOU
Landsborough	Elsie	2008	NOT
Mackie	Ariana	2010	ELM
Martinez-Barroso	Marina	2007	RIC
McKnight	Imogen	2009	ADS
Milbradt	Johanna	2009	CAM
Murdock	Josie	2006	SOU
Murphy	Isabella	2007	BAN
Needham	Honor	2008	WOR
Pedlar	Tamsin	2008	WOR
Perrin	Rebecca	2009	CLM
Phillips	Lotte	2007	NOR
Rhys	Gabriela	2009	GLW
Roberts	Martha	2010	ELM

Surname	First name	Year	Club
Girls D Kayak Cont'd- GDK			
Roche	Emily	2007	SLP
Saini	Leyla	2009	RIC
Shannon	Sadb	2008	SLP
Shannon	Aoibhe	2007	SLP
Sliwa	Sonia	2008	NOT
Strachan	Abigail	2009	GLW
Sumner	Emma	2010	ELM
Tristram	Lucy	2006	RLS
Wong	Ava	2008	CDF
Canoe Men A - CMA			
Jones	Jonathon	1996	FLA
Csokasi	Marco	1995	RIC
Canoe Men B - CMB			
Bell	George	2003	FLA
Caines	George	1990	NOT
Huan	Lucas	2001	RLS
Lambert	Thomas	2001	LIN
Leech	Arthur	2000	RIC
Meikle-Briggs	Adrian	2001	RIC
Phillips	Ben	1998	RIC
Train	Andrew	1963	FLA
Weir	Iain	1992	BAN
Canoe Men C - CMC			
Koti	Daniel	1994	NOT
Brett	Tony	1991	BSF
Shaw	Seb	1992	FLA
Szalontai	Sandor	1992	RIC
Szeltner	Gabor	1976	RIC
Canoe Men D - CMD			
Brooks	George	2001	WOR
Fowler	Nicholas	1977	WOR
Gohar	Marcus	1959	RIC
Hayman-Joyce	David	2004	WEY
Herwanger	Francis	2003	RIC
Hinves	Xavier	2003	SOU
Ivancikas	Ricardas	1989	RUN
Leech	David	1992	RIC
Lei	Hou	2005	NOT
March	Daniel	2002	CLM
Martin	Michael	1965	LBZ
Morley	Arthur	2005	WEY
Moule	Keith	1980	CLM
Mykhailovskyi	Artem	2005	CDF

SPRINT RANKING - 1st January 2024

Surname	First name	Year	Club
Canoe Men D Cont'd - CMD			
Phillips	Luke	2002	RIC
Prosser	Jack	1983	RIC
Taylor	Malcolm	1999	EXE
Thomas	William	2002	NOT
Williams	Robin	1958	WEY
Canoe Boys B - CBB			
Chisholm	Owen	2006	RIC
Laws	Oscar	2007	RIC
Sarkisyan	Areg	2006	RIC
Canoe Boys C - CBC			
Elliott	Andrew	2007	RIC
Gohar	Fabio	2007	RIC
Canoe Boys D - CBD			
Grimm	Henry	2010	RIC
Hinves	Andre	2006	SOU
Long Ching Tang	Austen	2006	RIC
Norton	Frank	2006	RIC
Saunders	Edward	2006	WEY
Canoe Women A - CWA			
Bracewell	Chloe	1991	LIN
Evans	Isabel	1997	CHE
Fitzhenry	Afton	1995	CNI
Gill	Bethany	1996	CLM
Reid	Katie Jayne	1995	FOR
Canoe Women B – CWB			
Aitchison	Alix	2001	NOT
Palmer	Anna	1997	RDG
Sullivan	Samantha	1998	DEV
Canoe Women C – CWC			
Carey	Charlotte	2002	NOT
Dowling-Clarke	Lydia	1999	FOR
Pryor	Georgina	1998	LEE
White	Amy	1996	FOR
Canoe Women D - CWD			
Chalmers	Laura	2004	NOT
Edmonds	Abigail	1990	WEY
Hall	Nerys	2005	WEY
Hunt	Maisie	2005	NOT
Jermakova	Jelizaveta	1999	RIC
Kendall	Ella	2003	NOT
Page	Hannah	2004	NOT
Phillips	Louise	1992	RIC
Sellers	Charlotte	2005	NOT
Turner	Amy	1993	BAN
Canoe Girls B - CGB			

Surname	First name	Year	Club
Canoe Girls C - CGC			
Canoe Girls D - CGD			
Kedia	Tanvi	2008	RIC
Keane	Bella	2009	RIC
Mavra	Cassie	2011	RIC
Parkinson	Skye	2006	RIC
Paracanoe Kayak Men KMKL1			
Paracanoe Kayak Men KMKL2			
Clark	Stewart	1965	CLM
Phillipson	Dave	1989	PAR
Tarrant	Jon	1989	RLS
White	Jonathan	1983	EXE
Paracanoe Kayak Men KMKL3			
Eyers	Jack	1989	PAR
Knowlden	Charlie	2003	RLS
Lodge	Timothy	1972	WEY
Oliver	Robert	1988	SOL
Wood	Stuart	1994	PAR
Young	Jonathon	1984	PAR
Paracanoe Kayak Women KWKL1			
Chippington	Jeanette	1970	LON
Paracanoe Kayak Women KWKL2			
Henshaw	Charlotte	1987	PAR
Wiggs	Emma	1980	IND
Paracanoe Kayak Women KWKL3			
Gordon	Hope	1994	SPS
Owen	Llinos	1982	CDF
Sugar	Laura	1991	PAR
Thorpe	Lindsay	1993	4AS
Paracanoe Va'a Men VMVL2			
Clark	Stewart	1965	CLM
Clifton	Ed	1985	CLM
Cook	Shaun	1986	NOR
Paracanoe Va'a Men VMVL3			
Eyers	Jack	1989	PAR
Phillipson	Dave	1989	PAR
Wood	Stuart	1994	PAR
Young	Jonathon	1984	PAR
Paracanoe Va'a Women VMVL2			
Chippington	Jeanette	1970	LON
Wiggs	Emma	1980	PAR
Paracanoe Va'a Women VMVL3			
Henshaw	Charlotte	1987	PAR
Field	Ellen	2001	PAR
Gordon	Hope	1994	SPS
Thorpe	Lindsay	1993	4AS

SPRINT RANKING - 1st January 2024

Surname	First name	Year	Club
Intermediate Boys Kayak - BIK			
Bartsch Cotta	Björn	2010	FOX
Benton	Jack	2010	LBZ
Bowles-Trow	William	2010	ADS
Brookes	Finnley Michael	2010	LIN
Bush	Theo	2010	DEV
Chamberlin	Finley	2010	CLM
Coulibaly	Isaac	2010	ELM
Gora	Adam	2012	GLW
Gospodinov	Leon	2010	RIC
Hammett	Mason	2010	LBZ
Johnston	Benji	2010	WOR
Kendall	Simeon	2010	DEV
Kenny	George	2010	DEV
McNamara	Oliver	2010	RUN
Otugo	Gabriel	2012	GLW
Prior	Tristan	2010	ELM
Scaplehorn	Alfie	2010	DEV
Schofield	Harrison	2010	NOR
Wade	Jack	2012	RDG
Young	Maxwell	2010	BAN
Intermediate Girls Kayak - GIK			
Allan	Joshie	2010	WEY
Bessent	Poppy	2010	RIC
Cheyne	Isis	2010	CLM
Donnellan	Emily	2010	SLP
Gaulton	Libby	2010	BSF
Olesky	Milena	2010	BAN
Smyth	Eabha	2010	SLP
Tauchen	Zoe	2010	LIN
Mini A Kayak - MSA			
Bates	Conor	2014	LBZ
Bose	Alessio	2012	CLM
Burt	Max	2015	NBY
Cheyne	George	2012	CLM
De Bilio	Adriana	2013	ROY
Drummond	Joshua	2012	RDG
Field	Phoebe	2012	ELM
Harris	Libby	2012	CDF
Jones	Lexi	2012	NOT
Kowal	Alexander	2014	GLW
Maloney	Jack	2012	NOT
Nagda	Simran	2012	LKR
Newton	Scott	2012	FOX
Nobbs	Noah	2012	NOR

Surname	First name	Year	Club
Mini A Kayak Cont'd - MSA			
Patterson	Nate	2015	LKR
Reed	Amy	2012	RLS
Ross	Harry	2012	ELM
Rys	Adrian	2013	GLW
Slade	Nathanael	2012	CLM
Slizowski	Filip	2014	GLW
Slizowski	Piotr	2013	GLW
Sweetman	M	2012	CLM
Wade	Jack	2012	RDG
Wall	Ruan	2012	FOX
Mini B Kayak - MSB			
Anderson	Orla	2012	SOU
Blanchard	Cecelia	2013	NOR
Kirtland	Rupert	2013	BSF
Kowal	Sofia	2012	GLW
Lambert	Imogen	2013	LIN
Long	Alistair	2012	GLW
Mackie	James	2013	ELM
Mckernan	Luc	2012	ELM
Nagda	Akira	2015	LKR
Pyrz	Julia	2015	GLW
Thomas	Freddie	2012	WOR
Tingay	Ethan	2014	LBZ
Wilson	Barnaby	2012	WOR
Paddle-Ability			
Chettle	Tara	1999	4AS
Cook	Shaun	1986	NOR
Dixon	Chelsey	1996	PAR
Field	Ellen	2001	PAR
Fisher	Matt	2003	LKR
Fisher	Joshua	2000	LKR
Glaves	Cassie	2008	4AS
Gordon	Hope	1994	PAR
Hage	Jacob	2003	4AS
Klumpler	Oliver	2009	BSF
Mansfield	Jacob	2002	4AS
Radcliffe	Ian	1969	NOT
Scott	Alex	1994	BSF
Taylor	Kirsty	2000	PAR
Thorpe	Lindsay	1993	4AS
Van der Poll	Xander	1999	PAR
Warwick	Daniel	2000	4AS
White	Jonathan	1983	EXE

The National Sprint Regattas are run entirely by volunteers, people like you with competing sons and daughters. If you would like to see how the regattas are run, please ask at the Information Desk during Saturday morning to arrange a guided tour.



Photo credit: Antony Edmonds

BRITISH CANOEING

PARALYMPIC AND CANOE SPRINT PROGRAMMES

A total of 14 athletes have been selected in Canoe Sprint and 14 in Paracanoe for the season which will culminate in the Paris Olympic and Paralympic Games 2024, following 2nd round qualification and the Paracanoe World Championships in Szeged in May.

The Sprint Academy Programme will continue and has this year selected 17 athletes, which will continue to support athletes primarily in the U23 age group to realise their potential and continue to progress and transition onto the World Class Programme.

Paracanoe also have identified Academy athletes who are supported through monthly training camps and TASS funding.

Canoe Sprint

Podium

Deborah Kerr (Anker Valley)
Emma Russell (Chelmsford)
Rebeka Simon (Elmbridge)
Emily Lewis (Worcester)

Podium Potential

Daniel Johnson (Chelmsford)
Afton Fitzhenry (Belfast)
Bethany Gill (Chelmsford)
Katie Reid (Forth)
Thomas Lusty (Solihull)
Philip Miles (Royal Leamington Spa)
Izzy Evans (Lincoln)
Matthew Collinge (Fowey)
Thomas Lambert (Lincoln)
Zoe Clark (Royal)

Canoe Sprint Academy

Florence Duffield (Norwich)
Abigail Burgess (Wey)
Benji Cabrera (Fowey)
Finn Cadell (Nottingham)
Kate Hipkins (Longridge)
Amy Green (Worcester)
Kristina Armstrong (Linlithgow)
Jessie Urquhart (Nottingham)
Bea Clark (Royal)
Haydyn Cooke-Bayley (Nottingham)
Dominic Stanley (Falcon Oxford)
Gabriel Popham Coveley (Falcon Oxford)
Lucy Guest (Nottingham)
Xavier Hives (Southampton)
Dylan O'Connor (Richmond)
Arthur Leech (Richmond)
Lewis Smith (Lincoln)

Paracanoe

Podium

Emma Wiggs
Charlotte Henshaw
Laura Sugar
Jack Evers (Bournemouth Outrigger)
Hope Gordon (Scottish Performance)
Robert Oliver (Solihull)
Jeanette Chippington (Longridge)
Stuart Wood (4AS)
Dave Phillipson
Lindsay Thorpe (4AS)
Ellen Field

Jonathan Young (CANI)

Podium Potential

Ed Clifton (Chelmsford)
Jon Tarrant (Royal Leamington Spa)

Paracanoe Academy

Shaun Cook (Norwich)
Charlie Knowlden (Royal Leamington Spa)
Llinos Owen (Royal Leamington Spa)
Xander van Der Poll
Jon White (Exeter)
Taylor Gough
Lucy Keyworth

Details of Programme Qualification Policies will be out in due course, please keep looking at International Panel statements for updates on when this will be released.

BRITISH CANOEING

PARALYMPIC AND CANOE SPRINT PROGRAMMES

Selection Policies 2024

Paracanoe

For 2024 the focus is to qualify remaining Paralympic quota places at the World Championships in Szeged, provide racing opportunities for developing athletes across the classification categories at the European Championships and with focus on the Paralympic Games in September 2024. There are two selection points this year. The April regatta will be used to select the team for the Paracanoe World Championships and a pool for the European Championships and the June regatta for selection for the Paralympic Games. Any athlete who is selected for the Paralympic Games will then be removed from the European Championships pool, and final selection for the European Championships team will then be finalised. This approach enables those athletes focused on the Paralympic Games to prepare with fewer constraints.

Senior Sprint

The focus of the 2024 senior policy is to qualify places for the Paris Olympic Games at 2nd round qualification in Szeged, provide racing and development opportunities for those on pathways to the correct level and with focus on the Olympic Games. There is one clear selection point during this season, being the April regatta. A team will be selected for 2nd round qualification in identified Olympic events. Athletes will also be selected in April for World Cup 1 and 2 and the European Championships. The 'best of three' racing format will remain for Olympic events across all competitions. First past the post will then be in the place for non-Olympic events.

U23 Sprint

For athletes in this development bracket some careful planning and prioritisation is encouraged. As usual there are many options and paths to take. The IP would like to encourage athletes and coaches to identify events that support longer term development to ensure that competitions can be properly prepared for, while also using domestic regattas to build racing experience. In addition to the senior competitions (World Cups and European Games) for which U23 athletes are eligible, there are also the U23 European and World Championships. The U23 European Championships team will be selected through a pool from performances at the April Regatta, whilst the U23 World Championship team will be selected through first past the post at the June Regatta. Athletes wishing to represent at these events are advised to consider the requirements of selection and attendance to each event and discuss their priorities with their coaches.

Junior Sprint

This year the racing calendar and policy has a multi-point selection that allows athletes to focus on selection for the competition(s) that they are targeting. The April regatta is a selection point for the European Championships and the June regatta for the World Championships. For those eligible athletes not already selected for the Olympic Hopes through selection to a 2024 championship team, the July regatta will be selection for the Olympic Hopes races. This allows athletes more choice on selection events to reduce the conflict between school exams and international racing and can use early season regattas for race practice in preparation for the selection regattas. There will be an emphasis on crew boat racing this year, and we encourage athletes to use all opportunities to develop crew boat skills.

SAFEGUARDING AND PROTECTING CHILDREN AND ADULTS

British Canoeing is committed to ensuring that everyone can enjoy Paddlesport in a safe environment in which they are protected from any form of poor practice, abuse or neglect. Working with the NSPCC Child Protection in Sport Unit (CPSU) and the Ann Craft Trust (ACT), we are committed to constantly evaluating and developing our Safeguarding policies and processes so that we are exceeding the CPSU and ACT 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.
- Safeguarding principles also relate to Adults at Risk (for more information see Safeguarding Adults Policy on the British Canoeing website [here](#)).
- All children and adults, regardless of age, any disability they have, gender, racial origin, religious belief and sexual identity have a right to be protected from abuse and harm.
- Coaches, clubs and centres need to be provided with advice to raise awareness of safeguarding best practice, guidance and support should they become involved in an abuse situation.

Safeguarding Support Officer - While the welfare of the person at the centre of any safeguarding concern is paramount, 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.
- 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.

SAFEGUARDING AND PROTECTING CHILDREN AND ADULTS

- Physically rough or sexually provocative behaviour, or inappropriate talking or touching are completely unacceptable and under no circumstances to be permitted or tolerated.
- It should not be necessary to do things of a personal care nature for children/adult at risk. In exceptional or unforeseen circumstances, such as an emergency/injury, 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. Record what you did after the event and report it to your CWO/safeguarding lead.
- Ensure that any claims of abuse by a child/adult are taken seriously and are reported to the Club Welfare Officer/Safeguarding Lead as soon as possible.
- Ensure that the nature and intensity of training does not exceed the capacity of a child's/ adult'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 you have gained consent and the touching is neither intrusive, 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.
- Publicise Adult Safeguarding Support Services

IMPORTANT CONTACTS

British Canoeing Safeguarding Team

(For anyone wishing to report a Safeguarding incident or concern, or any other safeguarding query)

0115 8655354* 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.)*

SAFEGUARDING AND PROTECTING CHILDREN AND ADULTS

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.)

Email: safeguarding@britishcanoeing.org.uk

HOME NATIONS

Scottish Canoe Association Safeguarding Officer

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

Canoe Wales Lead Safeguarding Officer

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

CANI Safeguarding Officer

Stephen Craig or Louise Wallace. Email: safeguarding@cani.org.uk

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 principle 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 within the sport. Everyone within paddlesport should be treated equally regardless of; age, disability, gender reassignment, marital or civil partner status, pregnancy or maternity, race, religion or belief, sex or sexual orientation ("Protected Characteristics"). In addition, British Canoeing will endeavour to ensure that everyone is given the same opportunities regardless of their socio-economic background.

Unlawful discrimination is unacceptable and will not be tolerated whether this discrimination is direct or indirect or intentional or unintentional. Participation in domestic competitions by transgender competitors is subject to the criteria detailed within the British Canoeing Transgender and Transsexual Policy. International competition and selection for transgender competitors 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?**

**WHOSE 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 Racing

Racing Explore Award Racing Perform Award Racing Excel Award

- **All 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 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 is able to deliver some of the Personal Performance Awards, depending on the existing qualifications and roles held, which provides greater access for the paddling community. All Providers need to complete an online eLearning package which supports 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. Log into your membership record and submit your short application.

PPA Provider Refresher eLearning

All existing PPA 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.

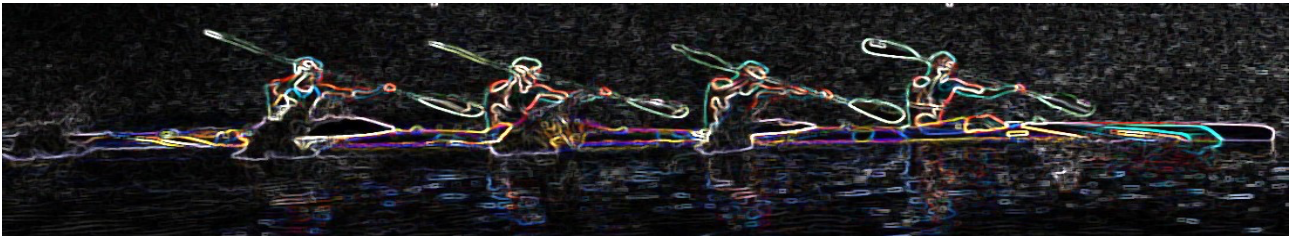
<https://www.britishcanoeingawarding.org.uk/resource/personal-performance-awards-provider-refresher/>

PERSONAL PERFORMANCE AWARDS

Paddle Safer

Paddle Safer is a great course for anyone new or relatively new to paddling who would like to gain knowledge and raise their awareness of paddling safely in a sheltered or very sheltered water environment. The new award can be taken in any craft, perfect for those new to racing.

Every British Canoeing Awarding Body Instructor, Coach, Leader or Guide can deliver this practical 2-hour course if they complete this Paddle Safer Provider eLearning and meet the Update Scheme requirements. <https://www.britishcanoeingawarding.org.uk/resource/paddle-safer-provider-training/>



The Sprint Racing Committee's K4 boats used at all National Regattas are available on short term loan by clubs and coaches to use for training or local sprint events.

Terms and conditions apply and are subject to availability but if you would like to know more email Hannah Brown at:

Canoesprint.commodore@vol.britishcanoeing.org.uk

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/>

NEW Safety and Rescue Resources

There are a range of NEW safety and rescue resources to support paddlers and coaches in their safety practices. The Racing Craft Rescue playlist includes a range of videos to support race craft rescues in a sheltered water environment, including 'emptying a K1 from the side', 'K1 deep water rescue' and 'rescue of an injured paddler with assistance'.

There is also a range of guidance documents aimed at coaches, such as bank based coaching from a bike.

<https://www.britishcanoeingawarding.org.uk/safety-resources/>

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

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 sheltered or moderate inland water environment. The Racing Coach Award is open to boat-based and bank-based paddlers. NEW for January 2024, Racing coaches can choose the pathway where they operate, including Racing Coach (Sheltered Water) or Racing Coach (Moderate Inland Water).

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.

COACHING AND LEADING THE COMPETITION DISCIPLINES

There is a supportive eLearning package available to aid learning.

<https://www.britishcanoeingawarding.org.uk/coach-award/>

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 at least two learners.

<https://www.britishcanoeingawarding.org.uk/performance-coach-award/>

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.

CPD (Continuous Personal Development) The supportive points-based Continuous Professional Development (CPD) process is aligned with our Educational Philosophy allowing you to select the CPD that's most relevant to you. 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 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

USEFUL ADDRESSES

ALD1	Aldam	Angela	BSF	Hasler@stortfordcanoe.org.uk	07401 878781	R
ASK1	Askew	Stephen	AVN	info@canoeavon.co.uk		R
BRO1	Brown	Hannah	WYC	canoesprint.commodore@vol.britishcanoeing.org.uk		S
BUR1	Burren	Jane	MVR	Jane Burren@mwbc.org.uk	07792 820902	R
CAI1	Caisley	Phil	TON	Regatta.Chair@vol.britishcanoeing.org.uk	07803 280268	O
CHA2	Chapman	Brian	KIR	brchapman@mac.com		M
CHA1	Chapman	Margaret	KIR	mhckayaking@aol.com	01236 457081	RS
CHA3	Chalmers	Neil	KIR	neil@kinghorn.org.uk	07767 380274	R
CHI2	Chivers	Nigel	DEV	nigelchivers1966@gmail.com	07500 031698	R
CLI2	Clive	Louise	GAI	l.clive@gaileyc.co.uk	07816 786987	ORS
DIA1	Diaper	Tom	RLS	raceorganiser@rlscc.co.uk		R
DIM1	Dimmock	Paul	WEY	paul.dimmock2016@gmail.com		S
DIX1	Dixon	Nigel	LBZ	raceorganiser@lbcc.org.uk	07753 218443	R
DOD2	Dodson	Wendy	ADS	Regatta.Secretary@vol.britishcanoeing.org.uk	01932 347695	O
DUR1	Durden	George	ELM	georgedurden@hotmail.com	07432 781718	R
DWO1	DW Organisation			dwentries@gmail.com		R
EDW1	Edwardes	Paul		Regatta.ChiefOfficial@vol.britishcanoeing.org.uk		O
ENO1	Enoch	David	NOT	david.enoch2@btopenworld.com	0115 933 2258	M
FIS2	Fisher	Adrian	MAD	adrian.fisher1905@gmail.com	07745 020502	R
FIT1	Fitzpatrick	Joe	BSF	J.Fitzpatrick93@outlook.com	07825 371434	M
FLO1	Flory	Amie	FOX	amie.flory@gmail.com		R
FOW1	Fowler-Rimell	Nick	CW	Canoesprint.chair@vol.britishcanoeing.org.uk		S
FRE1	Freeman	Anoushka	RIC	marathon.secretary@vol.britishcanoeing.org.uk	07585 122301	M
GOR1	Gorman	Peter	WEY	canoesprint.rankings@vol.britishcanoeing.org.uk	07889 736246	S
GRE3	Greenaway	Brian	TRU	truocanoecub@outlook.com		R
HAN1	Hansell	Bill	BAS	w.p.hansell@gmail.com	07946 758754	R
HOI1	Hoile	Ann	LBZ	Regatta.Volunteers@vol.britishcanoeing.org.uk	01525 379921	O
HOI2	Hoile	John	LBZ	Regatta.ViceChair@vol.britishcanoeing.org.uk	01525 379921	O
HOO1	Hook	Martin	EAL	Martin_hook@hotmail.com		OS
HUN1	Hunter	Bev	ROY	bdhunter59@gmail.com		S
HYN1	Hynds	Scott	ELM	scott.hynds@btinternet.com		M
IVE1	Ives	Debi	SCA	debiives@gmail.com		R
JOH2	Johnson	Colette	BAN	colette@ccjohn.co.uk	07711 088426	O
KER1	Kershaw	Ian	GLO	i.kershaw101@btinternet.com	07831 106069	R
LAW1	Lawler	Roland	ELM	diandroland2016@gmail.com	0208 979 4993	MS
LAW4	Lawrenson	Bill	BPR	wjlawro@aol.com	07447 489454	R
LEE1	Leech	Arthur	RIC	arthurpeterl@gmail.com	07986 106052	S
LEG1	Leggatt	Andrew	SHP	andrewleggatt@btinternet.com	01691 661244	R
LOV1	Lovell	Rachel	WOR	rachlovel100@gmail.com	07733 795984	M
MAR2	Martin	Kari	LBZ	Regatta.Registrations@vol.britishcanoeing.org.uk	07763 318181	O
MAS1	Mason	Norman	NOT	norman@namronnosam.plus.com	01664 822536	R
MCK2	Mckinlay	Eleanor	ROY	secretary@royalcanoecub.com	07956 919733	R
MED1	Medina	Claire	KIN	kkcmarathon@gmail.com		R
MET1	Metcalfe	Vicky	PAN	homefarm6@hotmail.co.uk	07752 888309	R
MIL5	Miles	Adam		adfmiles@gmail.com		S
MIL3	Miles	Philip	RLS	canoesprint.secretary@vol.britishcanoeing.org.uk		S
MIL2	Millar	David	EXE	dmdevon@googlemail.com	07595 491042	R
MIS1	Missen	Stan	BOA	sjmboa@gmail.com	01225 862000	M
MOB1	Mobbs	Holly	WEY	mobbsholly@yahoo.co.uk		M
MUR1	Murphy	Alice	NOT	alicemurphy8@hotmail.com		S
NAD1	Nadal	Mick	NOT	mick.nadal@ntlworld.com	0115 9141824	M
NEA1	Neale	Clive	TON	clive.neale@axahealth.co.uk	01732 851945	OR
NOR1	North	Nanette		nanetteickelly@gmail.com	07503 550558	M
PER1	Perry	Tony	VIK	bedfordmarathon@vikingkayak.co.uk	07855 375454	R
PRI1	Price	Bryn	MAI	brynprice3@gmail.com>		MR
PRO1	Prosser	Jack	RIC	marathon@richmondcanoe.club	07498 012816	R
RIL1	Riley	Emma	FOY	emapearce@msn.com	07973 265030	R
RIX1	Rix	Oli	NOR	ojrix13@gmail.com	07496 819414	M
ROE1	Roebuck	Paul	MAL	paul.roebuck@molsoncoors.com	07808 096206	R
ROS1	Rossiter	Jim	WEY	weymarathon@weykayk.co.uk		R

USEFUL ADDRESSES

SAC1	Sackman	Dave	RDG	david.sackman@googlemail.com		M
SEA1	Seaford	Dan	RDG	dan@baconfat.co.uk	07825 505609	M
SHE2	Shephard	Evan	RDG	evan.shephard@gmail.com		M
SHE1	Shephard-Wyatt	Owen	CLM	info@chelmsfordcanoeclub.co.uk		R
SHE3	Sherwen	John	DUD	johnsherwen@hotmail.com	01229 462905	R
SIM2	Simpkin	Graham	GLS	disciplines@gscc-online.com	01724 721921	R
SMI1	Smith	David	WOR	dpsmith79@yahoo.com		R
SUR1	Surmon	Michael	NAI	michaelsurmon13@gmail.com		R
TAR1	Tarbuck	Sharon	WOL	w_toncanoeclub@yahoo.com	07306 445636	R
TAY2	Taylor-Ross	Jim	EXE	jim@taylor-ross.co.uk	07813 845890	R
VIN1	Vincent	Richard	SOR	richard649@btinternet.com	07515 486072	R
WAR1	Warland	Graham	BAN	graham.warland@gmail.com	07983 113597	MR
WAT1	Waterside Series	C.Williams	NBY	info@watersideseries.org.uk		R
WIL1	Wilson	Kat	RDG	Katburbeck@yahoo.co.uk	07738 249437	M
WIN1	Wingfield	Penny	DCP	penny@dmxl.co.uk	07845 128109	R
WYN1	Wynne	Cathy	TON	sprintregatta@outlook.com	07728 848177	O

M - Marathon Committee, O - Regatta Official, R - Race Organiser, S - Sprint Racing Committee

Social media

Subscribe to our Instagram account, **canoesprintUK**, or Twitter account, **canoesprintUK**, where we will be sharing sprint-related photos and videos.

We are aiming to increase the social media presence of Sprint Racing nationally; you can be a part of that by using the following hashtags alongside any photos or videos that you publish on social media ahead of, during, and after the National Regattas.

#nottsregatta #canoesprintlegends

2024 FLATWATER RACING CALENDAR

Date	Race name	Region	Notes	Organising Club	Code
04/02/2024	Waterside A www.watersideseries.org.uk/	Southern	Marathon	Newbury	WAT1
11/02/2024	Thameside 1 www.reading-canoe.org.uk/	Southern	Marathon	Reading	
18/02/2024	Waterside B www.watersideseries.org.uk/	Southern	Marathon	Newbury	WAT1
25/02/2024	Thameside 2 www.reading-canoe.org.uk/	Southern	Marathon	Reading	
03/03/2024	Waterside C www.watersideseries.org.uk/	Southern	Marathon	Newbury	WAT1
10/03/2024	Royal Leamington Spa Hasler www.rlsc.com	Midlands	Marathon H2024	Leamington	DIA1
16/03/2024	JDS Training Day JDS Training Days (google.com)	National	Sprint/Marathon	JDS Committee	
17/03/2024	Waterside D www.watersideseries.org.uk/	Southern	Marathon	Newbury	WAT1
23/03/2024	GBJTS Training Weekend (Note 2 days) GBJTS (google.com)	National	Sprint/Marathon	BC Talent Program	
23/03/2024	K1/C1 Long Course Assessment Race www.canoeing.org.uk/marathon/	MRC	Marathon	MRC	
24/03/2024	Brigg Hasler www.gsc-online.com/	Yorkshire	Marathon H2024	Glanford & Scunthorpe SIM2	
24/03/2024	Cambridge Hasler www.cambridgecanoeclub.org.uk/	Eastern	Marathon H2024	Cambridge	
29/03/2024	Devizes to Westminster Canoe Race www.dwrace.co.uk/	National	Marathon	DW Committee	DWO1
07/04/2024	Elmbridge Easter Half Marathon www.elmbridgecanoeclub.com/	LSE	Marathon	Elmbridge	DUR1
07/04/2024	South Lakes Hasler www.duddoncanoeclub.org.uk/	North West	Marathon H2024	Duddon	SHE3
13/04/2024	British Sprint Racing National Regatta 2 days Upcoming Events – Canoe Sprint Racing UK	National	Sprint	BC SRC	CAI1
14/04/2024	Fal Hasler trurocanoeclub@outlook.com	South West	Marathon H2024	Truro	GRE3
15/04/2024	Selections for Paracanoe and Seniors Upcoming Events – Canoe Sprint Racing UK	National	Sprint	BC SRC	CAI1
20/04/2024	Waterlands Marathon www.amsterdamcanoe marathon.com/	Europe	Marathon	Amsterdam CC	
21/04/2024	Nottingham Kayak Club Hasler Marathon. www.nottinghamkayakclub.org.uk	Midlands	Marathon H2024	Nottingham	MAS1
27/04/2024	GBJTS Training Weekend (Note 2 days) GBJTS (google.com)	National	Sprint/Marathon	BC Talent Program	
28/04/2024	Wey Hasler Marathon www.veykayak.co.uk/	LSE	Marathon H2024	Wey	ROS1
28/04/2024	69th Bedford Hasler Marathon www.vikingkayak.co.uk/	Eastern	Marathon H2024	Viking Bedford	PER1
28/04/2024	Spey Marathon (Aberlour) www.canoescotland.org	Scotland	Marathon	Nairn	SUR1
28/04/2024	Chester Hasler Marathon www.chestersailingandcanoeingclub.com/	North West	Marathon H2024	Chester	
04/05/2024	K2 Long Course Assessment Race www.canoeing.org.uk/marathon/	MRC	Marathon	MRC	
05/05/2024	Forth and Clyde (Auchinstarry) Hasler Marathon www.canoescotland.org	Scotland	Marathon H2024	Kirkcaldy	CHA3
05/05/2024	Worcester Hasler Marathon www.worcestercanoeclub.org/	Midlands	Marathon H2024	Worcester	
05/05/2024	Chippenham Hasler Marathon www.devizescanoeclub.co.uk	South West	Marathon H2024	Devizes	CHI2
08/05/2024	Canoe Sprint European Olympic Qualifier (2 Days) Szeged Canoe Sprint - ICF Canoe and Kayak Sprint (canoeicf.com)	International	Sprint	ECA	
10/05/2024	Canoe Sprint World Cup (Note 3 Days) Szeged Canoe Sprint - ICF Canoe and Kayak Sprint (canoeicf.com)	International	Sprint	ECA	
12/05/2024	National Marathon Short Course Champs (assessment for World Cup) www.canoeing.org.uk/marathon/	MRC	Marathon	MRC	SHE2
12/05/2024	Glasgow Canal Hasler Marathon www.canoescotland.org	Scotland	Marathon H2024	Glasgow Kayak Club	

2024 FLATWATER RACING CALENDAR

Date	Race name	Region	Notes	Organising Club	Code
12/05/2024	Basingstoke Canal Hasler Marathon www.b3c.org.uk/	Southern	Marathon H2024	Basingstoke	HAN1
16/05/2024	Linlithgow Summer Series www.canoescotland.org	Scotland	Marathon	Linlithgow	MAR1
18/05/2024	Epic Bay GB Assessment, Exmouth, 2 Days		Ocean Racing		TAY2
18/05/2024	K1 Long Course Assessment Race www.canoeracing.org.uk/marathon/	MRC	Marathon	MRC	
19/05/2024	Malton Hasler Marathon	Yorkshire	Marathon H2024	Malton & Norton	ROE1
19/05/2024	Lincoln Hasler Marathon www.lincolncanoecub.com/	Midlands	Marathon H2024	Lincoln	
19/05/2024	Scottish K1 Championships (provisionally Linlithgow Loch) www.canoescotland.org	Scotland	Marathon	SCA	CHA1
19/05/2024	Maidstone Hasler Marathon www.maidstonecanoecub.net/	LSE	Marathon H2024	Maidstone	PRI1
19/05/2024	Norwich Hasler Marathon www.norwichcanoecub.co.uk/	Eastern	Marathon H2024	Norwich	
24/05/2024	ICF Canoe Sprint World Cup 2 - Poznan, 3 Days Canoe Sprint - ICF Canoe and Kayak Sprint (canoeicf.com)	International	Sprint	ICF	
25/05/2024	Elmbridge Sprint Regatta www.elmbridgecanoecub.com/	LSE	Sprint	Elmbridge	DUR1
25/05/2024	Conwy Ascent www.dcpaddlers.co.uk/	North West	Marathon	Dyffryn Conwy Paddler	WIN1
26/05/2024	Hastings 1066 Hasler Marathon www.hastingscanoecub.org.uk/	LSE	Marathon H2024	Hastings	
26/05/2024	Reading Circuit Hasler Marathon www.reading-canoe.org.uk/	Southern	Marathon H2024	Reading	
01/06/2023	Marathon World Cup 1. Brandenburg 2 days Canoe Marathon - ICF Marathon Kayak and Canoeing (canoeicf.com)	International	Marathon	ICF	
01/06/2024	Sussex Classic www.sussexclassic.com		Ocean Racing		
02/06/2024	Grand-Dunk Marathon (Grandtully to Dunkeld) www.canoescotland.org	Scotland	Marathon	Linlithgow	
02/06/2024	Macclesfield Adelphi Hasler Marathon www.madcc.btck.co.uk	North West	Marathon H2024	Macclesfield	FIS2
02/06/2024	Bishops Stortford Hasler Marathon www.stortfordcanoe.weebly.com/	Eastern	Marathon H2024	Bishops Stortford	ALD1
07/06/2024	Paracanoe Selections (Sprint)	National	Sprint	BC SRC	CAI1
08/06/2024	Open & British Masters & U23 National Championships Regatta Upcoming Events - Canoe Sprint Racing UK	National	Sprint	BC SRC	CAI1
13/06/2023	Canoe Sprint/Paracanoe European Championships European Canoe Association (canoe-europe.org)	International	Sprint	ECA	
13/06/2024	Linlithgow Summer Series www.canoescotland.org	Scotland	Marathon	Linlithgow	
15/06/2024	Burton Phoenix Hasler Marathon	Midlands	Marathon H2024	Burton Phoenix	LAW4
16/06/2024	Exeter Hasler Marathon www.exetercanoecub.org.uk/	South West	Marathon 2024	Exeter	MIL2
16/06/2024	Royal Hasler Marathon www.royalcanoecub.com/	LSE	Marathon H2024	Royal	MCK1
16/06/2024	Leighton Buzzard Hasler Marathon www.lbcc.org.uk	Eastern	Marathon H2024	Leighton Buzzard	DIX1
16/06/2024	Derwent Mike Jones Memorial Hasler Marathon www.kkc.org.uk	Yorkshire	Marathon H2024	Kingston (Hull)	MED1
22/06/2024	Bath to Bradford Classic www.boarc.org.uk/canoeing/	South West	Marathon	Bradford upon Avon	
23/06/2024	Bradford Circuit Hasler Marathon www.boarc.org.uk/canoeing/	South West	Marathon H2024	Bradford upon Avon	
23/06/2024	Hereford Wye Hasler Marathon https://www.herefordkayakclub.org	Midlands	Marathon H2024	Hereford	
23/06/2024	Richmond Hasler Marathon www.richmondcanoecub.com/	LSE	Marathon H2024	Richmond	PRO1
23/06/2024	Oxford Midsummer Hasler Marathon kayaking@falconboatclub.org.uk	Southern	Marathon H2024	Falcon (Oxford)	FLO1
27/06/2023	European Junior & U23 Canoe Sprint Championships - Bratislava European Canoe Association (canoe-europe.org)	International	Sprint	ICF	
30/06/2024	Camel Hasler Marathon www.facebook.com/foweyrivercc/	South West	Marathon H2024	Fowey River	RIL1

2024 FLATWATER RACING CALENDAR

Date	Race name	Region	Notes	Organising Club	Code
30/06/2024	Queens Head Hasler Marathon www.shropshirepaddlesport.org	Midlands	Marathon H2024	Shropshire Paddlesport	LEG1
30/06/2024	Manvers Hasler Marathon www.mwbc.org.uk/	Yorkshire	Marathon H2024	Manvers	BUR1
06/07/2024	Open & British Paracanoe & Senior & Junior Nat. Champs. Regatta Upcoming Events – Canoe Sprint Racing UK	National	Sprint	BC SRC	CAI1
11/07/2024	Linlithgow Summer Series www.canoescotland.org	Scotland	Marathon	Linlithgow	
13/07/2024	FBOR'24 (Fishguard Bay Ocean Race 2024) 2 days www.fishguardoceanrace.uk/		Ocean Racing		
13/07/2024	ICF Masters Canoe Sprint World Championships Plovdiv-2 Days Canoe Sprint - ICF Canoe and Kayak Sprint (canoeicf.com)	International	Sprint	ICF	
13/07/2024	National Marathon Championships	National	Marathon	Reading	SEA1
14/07/2024	National Marathon Championships www.reading-canoe.org.uk/	National		Reading	SEA1
14/07/2024	Tamar Circuit Hasler Marathon tvnsecretary@hotmail.com	South West	Marathon H2024	Tamar Valley Nomads	
14/07/2024	Pete White Memorial Hasler Race (Ironbridge) www.gopaddling.info/clubs/wolverhampton-canoe-club/	Midlands	Marathon H2024	Wolverhampton	TAR1
17/07/2024	ICF Canoe Sprint Junior/U23 World Championships Plovdiv-5 Days Canoe Sprint - ICF Canoe and Kayak Sprint (canoeicf.com)	International	Sprint	ICF	
20/07/2024	Royal Sprints www.royalcanoeclub.com/	LSE	Sprint	Royal	MCK1
21/07/2024	Southampton Hasler Marathon www.southamptoncc.co.uk/	Southern	Marathon H2024	Southampton	
22/07/2024	European Canoe Marathon Masters, Plovdiv Bulgaria European Canoe Association (canoe-europe.org)	International	Marathon	ECA	
25/07/2024	European Canoe Marathon Championships, Plovdiv Bulgaria European Canoe Association (canoe-europe.org)	International	Marathon	ECA	
28/07/2024	Tewkesbury Hasler Marathon www.gloucestercanoeclub.org	South West	Marathon H2024	Gloucester	KER1
28/07/2024	Medway Marathon www.tonbridgecanoeclub.org.uk/	LSE	Marathon	Tonbridge	NEA1
04/08/2024	Sella Descent, Spain www.descensodelsella.com/	International	Marathon	SCF	
06/08/2024	Paris 2024 Olympic Games - Canoe Sprint - to 11/8 www.canoeicf.com/canoe-sprint-olympics/paris-2024	International	Sprint	OGC	
11/08/2024	River Dart Hasler www.exetercanoeclub.org.uk/	South West	Marathon H2024	Exeter	MIL2
15/08/2024	Linlithgow Summer Series www.canoescotland.org	Scotland	Marathon	Linlithgow	MAR1
18/08/2024	Tonbridge Hasler Marathon www.tonbridgecanoeclub.org.uk/	LSE	Marathon H2024	Tonbridge	NEA1
23/08/2024	ICF Canoe Sprint World Championships Samarkand Uzbekistan (UZB) Canoe Sprint - ICF Canoe and Kayak Sprint (canoeicf.com)	International	Sprint	ICF	
28/08/2024	Paris 2024 Paralympic Games - Paracanoe to 8/9 www.canoeicf.com/paracanoe-paralympics/paris-2024	International	Sprint	OGC	
01/09/2024	Soar Valley Hasler Marathon (20+) Soar Valley Canoe Club Facebook	Midlands	Marathon H2025	Soar Valley	VIN1
01/09/2024	South Lakes 1 Hasler Marathon www.duddoncanoeclub.org.uk/	North West	Marathon H2025	Duddon	SHE3
07/09/2024	National Inter-Club MacGregor Paddle Challenge Regatta and Inter Services Championship and the Andrew Bonham Memorial C4 Upcoming Events – Canoe Sprint Racing UK	National	Sprint	BC SRC	CAI1
12/09/2024	Linlithgow Summer Series www.canoescotland.org	Scotland	Marathon	Linlithgow	
14/09/2024	Poole Harbour Poole Harbour Canoe Club - Open Canoe Kayaking club on the South Coast (phcc.org.uk)	Southern	Marathon	Poole Harbour	
15/09/2024	Pangbourne Hasler Maratho www.adventuredolphin.co.uk/pangbourne-canoe-club/	Southern	Marathon H2025	Pangbourne	MET1
15/09/2024	Forth and Clyde (Bonnybridge) Hasler Marathon www.canoescotland.org	Scotland	Marathon H2025	Kirkcaldy	IVE1
15/09/2024	Gloucester Hasler Marathon www.gloucestercanoeclub.org	South West	Marathon H2025	Gloucester	KER1

2024 FLATWATER RACING CALENDAR

Date	Race name	Region	Notes	Organising Club	Code
16/09/2024	Masters Marathon World Champs, Metkovic, Croatia Canoe Marathon - ICF Marathon Kayak and Canoeing (canoeicf.com)	International	Marathon	ICF	
19/09/2024	Marathon World Championships, Metkovic, Croatia Canoe Marathon - ICF Marathon Kayak and Canoeing (canoeicf.com)	International	Marathon	ICF	
22/09/2024	Scottish K2 Championships (provisionally Linlithgow Loch) www.canoescotland.org	Scotland	Marathon	SCA	CHA1
29/09/2024	Elmbridge Hasler Marathon www.elmbridgecanoecub.com/	LSE	Marathon H2025	Elmbridge	DUR1
29/09/2024	Saltford Hasler Marathon https://canoeavon.co.uk/	South West	Marathon H2025	Canoe Avon	ASK1
29/09/2024	Wolfeaton Hasler Marathon www.kkc.org.uk	Yorkshire	Marathon H2025	Kingston (Hull)	MED1
05/10/2024	Reading K4 www.reading-canoe.org.uk/	Southern	Marathon	Reading	
06/10/2024	Hasler Final (Richmond) www.richmondcanoecub.com/	National	Marathon	Worcester/MRC	
12/10/2024	Glasgow to Edinburgh Challenge 2 day event www.canoescotland.org	Scotland	Marathon		CHA1
12/10/2024	Royal Paddling Challenge www.royalcanoecub.com/	LSE	Marathon	Royal	MCK1
13/10/2024	Fowey Hasler Marathon www.facebook.com/foweyrivercc/	South West	Marathon H2025	Fowey River	RIL1
20/10/2024	Gailey Hasler Marathon www.gaileycr.co.uk/	Midlands	Marathon H2025	Gailey	CLI2
20/10/2024	Tony and Shirley Pell Memorial Hasler Marathon www.gsc-online.com/	Yorkshire	Marathon H2025	Glanford & Scunthorpe	SIM2
26/10/2024	Linlithgow Hasler Marathon www.canoescotland.org	Scotland	Marathon H2025	Linlithgow	
27/10/2024	Malton to Howsham Descent www.gopaddling.info/clubs/malton-and-norton-canoe-club/	Yorkshire	Marathon	Malton & Norton	ROE1
27/10/2024	Banbury Hasler Marathon www.banburycanoecub.com	Southern	Marathon H2025	Banbury	WAR1
10/11/2024	Leighton Buzzard Canoe Club Remembrance Day Marathon www.lbcc.org.uk	Eastern	Marathon	Leighton Buzzard	DIX1
17/11/2024	BCCC Charles Hicks Challenge www.b3c.org.uk/	Southern	Marathon	Basingstoke	HAN1
24/11/2024	Ross Warland Memorial Canal Challenge www.banburycanoecub.com	Southern	Marathon	Banbury	WAR1
24/11/2024	Royal Thames K2 series 10@10 www.royalcanoecub.com/	LSE	Marathon	Royal	MCK1

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.

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