



**NATIONAL  
SPRINT  
REGATTAS**

**Paddle UK Sprint Racing National Regatta  
Open & British Masters National  
Championship Regatta,  
including Under 23 and  
Junior selection events**

**PADDLEUK**

**31<sup>st</sup> May – 1<sup>st</sup> June 2025**

**National Championship or Selection events finals**

**Saturday**

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

|    |       |                                  |    |      |    |
|----|-------|----------------------------------|----|------|----|
| 1  | 09:00 | WMasters O34-64                  | K2 | 1000 | F  |
| 2  | 09:04 | Masters O34-64                   | K2 | 1000 | F  |
| 3  | 09:12 | Men U23                          | K1 | 1000 | H1 |
| 4  | 09:16 | Men U23                          | K1 | 1000 | H2 |
| 5  | 09:20 | Boys U18/16                      | K2 | 1000 | F  |
| 6  | 09:36 | Women U23                        | K1 | 500  | F  |
| 7  | 09:40 | Girls A/B                        | K1 | 500  | H1 |
| 8  | 09:44 | Girls A/B                        | K1 | 500  | H2 |
| 9  | 09:52 | Women B/C + Canoe Men/Boys B     | K1 | 500  | F  |
| 10 | 09:56 | Women D + Canoe Men/Boys D       | K1 | 500  | F  |
| 11 | 10:00 | Girls C + Canoe Women/Girls C    | K1 | 500  | H1 |
| 12 | 10:04 | Girls C + Canoe Women/Girls C    | K1 | 500  | H2 |
| 13 | 10:12 | Girls D + Mini Sprint A          | K4 | 500  | F  |
| 14 | 10:16 | Masters O34-64                   | K1 | 500  | H1 |
| 15 | 10:20 | Masters O34-64                   | K1 | 500  | H2 |
| 16 | 10:24 | Masters O34-64                   | K1 | 500  | H3 |
| 17 | 10:32 | Men A/B                          | K2 | 500  | F  |
| 18 | 10:36 | Paddle-Ability (Sat) R1          | K1 | 500  | F  |
| 19 | 10:48 | Canoe Men U23                    | C1 | 1000 | F  |
| 20 | 10:52 | Men U23                          | K1 | 1000 | F  |
| 21 | 11:08 | Girls A/B                        | K1 | 500  | F  |
| 22 | 11:16 | Boys A/B                         | K2 | 500  | F  |
| 23 | 11:20 | Boys C                           | K2 | 500  | F  |
| 24 | 11:24 | WMasters O34-64                  | K1 | 500  | F  |
| 25 | 11:32 | Men C/D                          | K2 | 500  | F  |
| 26 | 11:36 | Girls C + Canoe Women/Girls C    | K1 | 500  | F  |
| 27 | 11:44 | Boys D                           | K4 | 500  | F  |
| 28 | 11:48 | Paddle-Ability (Sat) R2          | K1 | 500  | F  |
| 29 | 11:56 | Masters O34-64                   | K1 | 500  | F1 |
| 30 | 12:00 | Masters O34-64                   | K1 | 500  | F2 |
| 31 | 12:08 | Girls A-C                        | K4 | 500  | F  |
| 32 | 12:24 | Mini Sprint A                    | K1 | 200  | F  |
| 33 | 12:28 | Mini Sprint B                    | K1 | 200  | F  |
| 34 | 12:32 | Para Men KL2/3 R1                | K1 | 200  | F  |
| 35 | 12:36 | Men A/B                          | K1 | 200  | H1 |
| 36 | 12:40 | Men A/B                          | K1 | 200  | H2 |
| 37 | 12:48 | WMasters O34-64                  | K1 | 200  | F  |
| 38 | 12:52 | Girls D                          | K2 | 200  | F  |
| 39 | 13:04 | Men U23 + Boys U18/16            | K4 | 500  | F  |
| 40 | 13:08 | Women U23                        | K2 | 500  | F  |
| 41 | 13:12 | Girls U18/16 + Canoe Boys U18/16 | K2 | 500  | F  |
| 42 | 13:36 | Boys D                           | K1 | 200  | H1 |
| 43 | 13:40 | Boys D                           | K1 | 200  | H2 |
| 44 | 13:44 | Boys D                           | K1 | 200  | H3 |
| 45 | 13:48 | Boys C                           | K1 | 200  | H1 |
| 46 | 13:52 | Boys C                           | K1 | 200  | H2 |
| 47 | 14:00 | Boys B                           | K1 | 200  | H1 |

|    |       |                         |    |      |    |
|----|-------|-------------------------|----|------|----|
| 48 | 14:04 | Boys B                  | K1 | 200  | H2 |
| 49 | 14:08 | Boys A                  | K1 | 200  | H1 |
| 50 | 14:12 | Boys A                  | K1 | 200  | H2 |
| 51 | 14:20 | Men A/B                 | K1 | 200  | F  |
| 52 | 14:24 | Paddle-Ability (Sat) R1 | K1 | 200  | F  |
| 53 | 14:32 | Masters O34-64          | K1 | 200  | H1 |
| 54 | 14:36 | Masters O34-64          | K1 | 200  | H2 |
| 55 | 14:40 | Masters O34-64          | K1 | 200  | H3 |
| 56 | 14:44 | Men C/D                 | K1 | 200  | H1 |
| 57 | 14:48 | Men C/D                 | K1 | 200  | H2 |
| 58 | 14:56 | Men U23                 | K1 | 200  | H1 |
| 59 | 15:00 | Men U23                 | K1 | 200  | H2 |
| 60 | 15:08 | Boys D                  | K1 | 200  | F1 |
| 61 | 15:12 | Boys D                  | K1 | 200  | F2 |
| 62 | 15:20 | Boys C                  | K1 | 200  | F  |
| 63 | 15:24 | Boys B                  | K1 | 200  | F  |
| 64 | 15:28 | Boys A                  | K1 | 200  | F  |
| 65 | 15:32 | Canoe Men U23           | C1 | 200  | F  |
| 66 | 15:40 | Masters O34-64          | K1 | 200  | F1 |
| 67 | 15:44 | Masters O34-64          | K1 | 200  | F2 |
| 68 | 15:48 | Para Men KL2/3 R2       | K1 | 200  | F  |
| 69 | 15:52 | Men C/D                 | K1 | 200  | F  |
| 70 | 16:08 | Girls D                 | K1 | 2500 | F  |
| 71 | 16:32 | Men U23                 | K1 | 200  | F  |
| 72 | 16:36 | Women C/D + Girls A-C   | K2 | 200  | F  |
| 73 | 16:40 | Paddle-Ability (Sat) R2 | K1 | 200  | F  |
| 74 | 17:04 | Boys D                  | K1 | 2500 | F  |
| 75 | 17:32 | Women U23               | K1 | 1000 | F  |
| 76 | 17:36 | Men U23                 | K2 | 1000 | F  |

**Sunday**

07:45 Course opens  
08:00 Warm-up period opens  
08:15 Warm-up period closes

|    |       |                                  |    |     |    |
|----|-------|----------------------------------|----|-----|----|
| 77 | 08:32 | Boys A-C                         | K4 | 500 | F  |
| 78 | 08:36 | Men U23                          | K2 | 500 | F  |
| 79 | 08:40 | Canoe Men U23                    | C1 | 500 | F  |
| 80 | 08:48 | Mini Sprint A                    | K2 | 500 | F  |
| 81 | 08:56 | Masters O34-64 + WMasters O34-64 | K4 | 500 | F  |
| 82 | 09:00 | Men D                            | K1 | 500 | F  |
| 83 | 09:04 | Men C                            | K1 | 500 | F  |
| 84 | 09:08 | Men B                            | K1 | 500 | F  |
| 85 | 09:16 | Boys U18/16                      | K2 | 500 | H1 |
| 86 | 09:20 | Boys U18/16                      | K2 | 500 | H2 |
| 87 | 09:24 | Men A                            | K1 | 500 | F  |
| 88 | 09:28 | Boys C                           | K1 | 500 | H1 |
| 89 | 09:32 | Boys C                           | K1 | 500 | H2 |
| 90 | 09:36 | Women U23 + Girls U18/16         | K4 | 500 | F  |
| 91 | 09:52 | Para Men VL1-3 R1                | V1 | 200 | F  |
| 92 | 09:56 | Boys D                           | K2 | 200 | H1 |
| 93 | 10:00 | Boys D                           | K2 | 200 | H2 |
| 94 | 10:04 | Girls D                          | K1 | 200 | H1 |

|     |       |                                |    |      |    |     |       |                                    |    |      |    |
|-----|-------|--------------------------------|----|------|----|-----|-------|------------------------------------|----|------|----|
| 95  | 10:08 | Girls D                        | K1 | 200  | H2 | 118 | 12:24 | WMasters O34-64                    | K1 | 1000 | F  |
| 96  | 10:16 | Girls C + Canoe Women/Girls C  | K1 | 200  | H1 | 119 | 12:40 | Mixed Boys/Girls D + Mini Sprint A | K4 | 200  | F  |
| 97  | 10:20 | Girls C + Canoe Women/Girls C  | K1 | 200  | H2 | 120 | 12:44 | Boys A-C                           | K2 | 200  | F  |
| 98  | 10:24 | Girls A/B                      | K1 | 200  | H1 | 121 | 12:56 | Men U23                            | K1 | 500  | H1 |
| 99  | 10:28 | Girls A/B                      | K1 | 200  | H2 | 122 | 13:00 | Men U23                            | K1 | 500  | H2 |
| 100 | 10:44 | Boys C                         | K1 | 500  | F  | 123 | 13:04 | Men U23                            | K1 | 500  | H3 |
| 101 | 10:48 | Masters/WMasters O34-64 Mixed  | K2 | 500  | F  | 124 | 13:08 | Women C/D + Girls C                | K2 | 500  | F  |
| 102 | 10:52 | Boys U18/16                    | K2 | 500  | F  | 125 | 13:12 | Girls A/B + Canoe Men/Boys A/B     | K2 | 500  | F  |
| 103 | 11:08 | Men A/B                        | K2 | 200  | F  | 126 | 13:32 | Masters O34-64                     | K1 | 1000 | F1 |
| 104 | 11:12 | Men C/D                        | K2 | 200  | F  | 127 | 13:36 | Masters O34-64                     | K1 | 1000 | F2 |
| 105 | 11:16 | Women A-D + Canoe Men/Boys A-D | K1 | 200  | F  | 128 | 13:40 | Canoe Boys U18/16                  | C2 | 1000 | F  |
| 106 | 11:24 | Boys D                         | K2 | 200  | F  | 129 | 13:56 | Boys A                             | K1 | 500  | H1 |
| 107 | 11:28 | Girls D                        | K1 | 200  | F  | 130 | 14:00 | Boys A                             | K1 | 500  | H2 |
| 108 | 11:32 | Mini Sprint A                  | K2 | 200  | F  | 131 | 14:04 | Boys B                             | K1 | 500  | H1 |
| 109 | 11:40 | Boys A-C                       | K2 | 200  | H1 | 132 | 14:08 | Boys B                             | K1 | 500  | H2 |
| 110 | 11:44 | Boys A-C                       | K2 | 200  | H2 | 133 | 14:20 | <b>K4 Raffle event</b>             | K4 | 500  | F  |
| 111 | 11:48 | Girls C + Canoe Women/Girls C  | K1 | 200  | F  | 134 | 14:32 | Men U23                            | K1 | 500  | F1 |
| 112 | 11:52 | Girls A/B                      | K1 | 200  | F  | 135 | 14:36 | Men U23                            | K1 | 500  | F2 |
| 113 | 11:56 | Women U23                      | K1 | 200  | F  | 136 | 14:52 | Women Senior/U23                   | K1 | 5000 | F  |
| 114 | 12:00 | Para Men VL1-3 R2              | V1 | 200  | F  | 137 | 15:40 | Boys A                             | K1 | 500  | F  |
| 115 | 12:12 | Masters O34-64                 | K1 | 1000 | H1 | 138 | 15:44 | Boys B                             | K1 | 500  | F  |
| 116 | 12:16 | Masters O34-64                 | K1 | 1000 | H2 | 139 | 16:00 | Men Senior/U23                     | K1 | 5000 | F  |
| 117 | 12:20 | Masters O34-64                 | K1 | 1000 | H3 |     |       |                                    |    |      |    |

## Social media

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

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

Hashtags      #nottsregatta      #canoesprintlegends