



**NATIONAL  
SPRINT  
REGATTAS**

**PADDLE<sup>UK</sup>**



**2025**

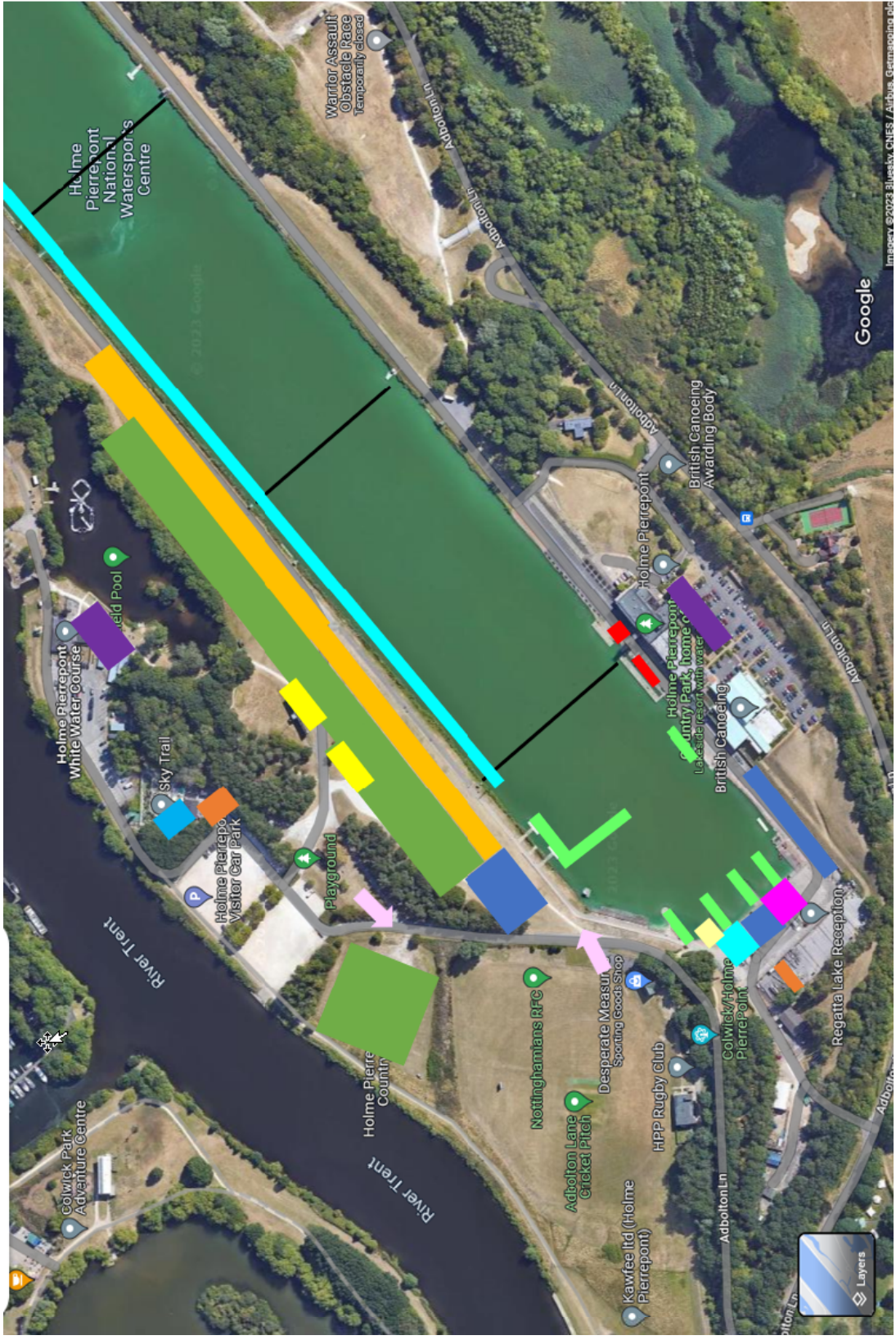
**PADDLE UK  
SPRINT RACING NATIONAL REGATTA**

**31 May–1 June**

Open & British Masters National Championship Regatta,  
including Under 23 and Junior selection events

Photography by Antony Edmonds





Trailers

Club gazebos

Car parking

Boat control  
& info cabin

Toilets

Showers & toilets

Cafe

Traders

Boat launch

Paddlers  
access lane

Car entry/exit

Paddle-Ability

K4s

Check, Clean, Dry





- Trailers
- Boat control
- Boat launch
- K4s
- Toilets
- Showers & toilets
- Trailer entry/exit
- Umpire boats
- Paddle-Ability
- Check, Clean, Dry



**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

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## Clubs Competing


The following clubs and squads are competing at this regatta:

ID	Club	Team Leader
4AS	4As Newark	Julie Gray
ADS	Addlestone Canoe Club	Caroline Pemble
ANK	Anker Valley	Gordon Riley
BAN	Banbury and District Canoe Club	Mark Larnar
BPR	Burton Phoenix Racers	Bill Lawrenson
BSF	Bishops Stortford	Rich Winstanley
CDF	Cardiff Bay Kayakers	Matthew Robinson
CLM	Chelmsford Canoe Club	Owen Shephard-Wyatt
DEV	Devizes Canoe Club	Trevor Hunter
EAL	Ealing Canoe Club	Martin Hook
ELM	Elmbridge Canoe Club	Zak Benstead
ESK	Edinburgh Schools Kayak Club	Marianne Patrick
EXE	Exeter Canoe Club	Richard Bullock
FLA	Fladbury Paddle Club	Steve Train
FOX	Falcon (Oxford)	Kurt Ayrar
FOY	Fowey River Canoe Club	Peter Wilkes
GAI	Gailey Canoe Club	Simon Eskriett
GLW	Glasgow Kayak Club	Jason Toovey
IND	Independent Paddlers	Richard Stacey-Chapman
LBZ	Leighton Buzzard Canoe Club	Catherine Sanderson
LIN	Lincoln Canoe Club	Michelle Andrews
LKR	Linlithgow Kayak Racing	Derek Marshall
MAI	Maidstone Canoe Club	Robert Molnar
NOR	Norwich Canoe Club	Flo Duffield
NOT	Nottingham Kayak Club	Louise Maloney
ORS	Olympic Racing Squad	Justine Lucas
PAR	Paracanoe GB	Steve Train
RDG	Reading Canoe Club	Julia Mazur
RIC	Richmond Canoe Club	Gabor Szeltner
RLS	Royal Leamington Spa	Emma Miles
ROY	Royal Canoe Club	Keith Holt (Sat), Denise De Bilio (Sun)
SLP	Salmon Leap Canoe Club	Ollie Clarke
SOL	Solihull Canoe Club	J Grice
SOU	Southampton Canoe Club	James Hinvies
SPS	Scottish Performance Squad	Maddy Jennings
TRE	Trentham Canoe Club	Gallin Montgomery
WEY	Wey Kayak Club	Paul Dimmock
WOL	Wolverhampton Canoe Club	Chelsea Brookes
WOR	Worcester Canoe Club	Steve Green

## 1: F K2 WMasters O34-64 1000

National Championship 31.05.2025 09:00

1			6	S. Alexander   C. Shirley	ADS   EAL
2			7		
3			8		
4			9		
5	K. Queeney   C. Redeker	BSF   BSF			

 F: 09:00

## 2: F K2 Masters O34-64 1000

National Championship 31.05.2025 09:04



1			6	M. Enoch   B. Sirrell	NOT   RLS
2	G. Smith   A. Want	NOR   NOR	7	G. Holmes   G. Holmes	WEY   IND
3	M. Shirley   M. Villaruel	EAL   EAL	8	S. Walsh   R. Winstanley	NOT   BSF
4	A. Grauss   D. Sillito	BPR   BPR	9		
5	A. Birch   J. Russell	ROY   ROY			

 F: 09:04

## 3: H1 K1 Men U23 1000

Selection Race 31.05.2025 09:12



1			6	Lochie Lovell (18)	WOR
2	Toby Bullock (17)	EXE	7	Piran Phillips (22)	SOU
3	Michael Motha (20)	ADS	8	Aidan Davis (21)	NOR
4	Xavier Hives (21)	SOU	9	Miklos Szabadvari (21)	RDG
5	Benjamin Cabrera (20)	FOY			

 1st-3rd + 3 BT to Final H1: 09:12 > H2: 09:16 > F: 10:52

## 4: H2 K1 Men U23 1000

Selection Race 31.05.2025 09:16


1			6	Andre Hives (18)	SOU
2	Nathaniel Lamb (18)	SOU	7	Fletcher Cramer (18)	SOU
3	Jack Rayment (18)	LBZ	8	Harry Sewell-Catchpole (18)	NOR
4	Lewis Smith (21)	ROY	9		
5	Gabriel Popham-Coveley (19)	NOT			

 1st-3rd + 3 BT to Final H1: 09:12 > H2: 09:16 > F: 10:52

## 5: F K2 Boys U18/16 1000

Selection Race 31.05.2025 09:20


1			6	P. Ehrnrooth   A. Hunter-Hopkins	DEV   DEV
2	F. Heard   O. Mazur	EXE   RDG	7	W. Short   A. Worgan	ELM   RIC
3	C. Hartney   T. Hatton	RIC   RIC	8	L. De Bilio   L. Smith	ROY   WOR
4	S. Dickson   T. Kinder	FOX   RDG	9	F. Lovell   A. Prokhyra	WOR   GLW
5	T. Bullock   R. Strachan	EXE   SPS			

 F: 09:20

## 6: F K1 Women U23 500

Selection Race 31.05.2025 09:36

1	Milly Pepper (19)	LIN	6	Amy Green (20)	WOR
2	Nerys Hall (19)	WEY	7	Jessica Urquhart (21)	NOT
3	Lucy Guest (22)	NOT	8	Grace Anderson (21)	NOR
4	Katie Pocklington (21)	NOT	9	Edith King (19)	ROY
5	Kristina Armstrong (19)	SPS			

 F: 09:36

## 7: H1 K1 Girls A/B 500

31.05.2025 09:40

<b>1</b>	Alicja Pyrz (17)	SPS
<b>2</b>	Ciara Maloney (16)	NOT
<b>3</b>	Zoe Herriot (16)	SPS
<b>4</b>	Matilda Burton (14)	ELM
<b>5</b>	Annie Bates (16)	RIC

<b>6</b>	Frankie Scrivener (17)	FOX
<b>7</b>	Abigail Strachan (15)	SPS
<b>8</b>	Izzy Ritchie (16)	WEY
<b>9</b>	Madison Mckernan (14)	ELM

1st-3rd + 3 BT to Final

H1: 09:40 &gt; H2: 09:44 &gt; F: 11:08

## 8: H2 K1 Girls A/B 500

31.05.2025 09:44

<b>1</b>	Imogen Field (14)	ELM
<b>2</b>	Kyla Holt (15)	RIC
<b>3</b>	Hannah Toovey (16)	SPS
<b>4</b>	Charlotte Fulford (16)	RDG
<b>5</b>	Sophie Dunlop (17)	ELM

<b>6</b>	Sienna Green (15)	WOL
<b>7</b>	Katie Luen-Twining (15)	CDF
<b>8</b>	Ruth Shephard (13)	RDG
<b>9</b>	Elsie Landsborough (16)	NOT

1st-3rd + 3 BT to Final

H1: 09:40 &gt; H2: 09:44 &gt; F: 11:08

## 9: F K1 Women B/C + Canoe Men/Boys B 500

31.05.2025 09:52

<b>1</b>		
<b>2</b>		
<b>3</b>	Beth Perry (18)	WEY
<b>4</b>	Hannah Stephens (23)	CDF
<b>5</b>	Alice Murphy (32)	NOT

<b>6</b>	Sviatoslav Shnaider (19)	GLW
<b>7</b>	Milly Pepper (19)	LIN
<b>8</b>		
<b>9</b>		

F: 09:52

## 10: F K1 Women D + Canoe Men/Boys D 500

31.05.2025 09:56

<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>	Andor Szalontai (13)	RIC
<b>5</b>	Isabelle Johansson-Ward (18)	LBZ

<b>6</b>	Catherine Shirley (60)	EAL
<b>7</b>		
<b>8</b>		
<b>9</b>		

F: 09:56

## 11: H1 K1 Girls C + Canoe Women/Girls C 500

31.05.2025 10:00

<b>1</b>		
<b>2</b>		
<b>3</b>	Bella Keane (15)	RIC
<b>4</b>	Lucy Wickenden (13)	BAN
<b>5</b>	Adriana De Bilio (11)	ROY

<b>6</b>	Joshie Allan (14)	WEY
<b>7</b>	Lydia Khan (13)	NOT
<b>8</b>	Keira Hudson (14)	BAN
<b>9</b>		

9 BT in Heats 1-2 to Final

H1: 10:00 &gt; H2: 10:04 &gt; F: 11:36

## 12: H2 K1 Girls C + Canoe Women/Girls C 500

31.05.2025 10:04

<b>1</b>		
<b>2</b>		
<b>3</b>	Ariana Manley (13)	WEY
<b>4</b>	Molly Bates (14)	RIC
<b>5</b>	Georgia Seamer (15)	RLS

<b>6</b>	Milena Olesky (14)	BAN
<b>7</b>	Eva Mcaulay (16)	NOR
<b>8</b>	Lexi Small (12)	WOL
<b>9</b>		

9 BT in Heats 1-2 to Final

H1: 10:00 &gt; H2: 10:04 &gt; F: 11:36



## 13: F K4 Girls D + Mini Sprint A 500

31.05.2025 10:12

1		
2		
3	F. Awramik   N. Barat-Farkas C. Bates   S. Short	ELM   ELM LBZ   ELM
4	T. Loveday   Q. Paris J. Pyrz   E. Tingay	RLS   GLW GLW   LBZ
5	M. Duran   L. Jones E. Morrissey   A. Schneiders	ESK   NOT NOT   ESK

6	F. Enoch   A. Raynor L. Smith   E. Walker	EXE   EXE EXE   EXE
7	J. Golder   J. Holmes S. Marriott   E. Wainwright	NOT   NOT NOT   NOT
8		
9		

🕒 F: 10:12

## 14: H1 K1 Masters O34-64 500

National Championship 31.05.2025 10:16

1	Robert Molnar (49)	MAI
2	Shaune Walsh (38)	NOT
3	Richard Winstanley (40)	BSF
4	Martin Shirley (61)	EAL
5	David Martyn (57)	WEY

6	Eddie Martin (56)	SLP
7	Brett Sirrell (53)	RLS
8	Paul Brookes (57)	WOL
9	Paul Gadd (63)	ADS

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

🕒 H1: 10:16 &gt; H2: 10:20 &gt; H3: 10:24 &gt; F1: 11:56 &gt; F2: 12:00

## 15: H2 K1 Masters O34-64 500

National Championship 31.05.2025 10:20

1		
2	Adam Want (54)	NOR
3	Graham Holmes (67)	WEY
4	Daniel Sillito (42)	BPR
5	Chris Gavin (54)	RIC

6	Owen Shephard-Wyatt (37)	CLM
7	Doug Pemble (60)	ADS
8	Guy Holmes (65)	IND
9	James Russell (52)	ROY

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

🕒 H1: 10:16 &gt; H2: 10:20 &gt; H3: 10:24 &gt; F1: 11:56 &gt; F2: 12:00

## 16: H3 K1 Masters O34-64 500

National Championship 31.05.2025 10:24

1		
2	Andrew Birch (36)	ROY
3	Matthew Villaruel (55)	EAL
4	Derek Marshall (68)	LKR
5	Ben Tubby (51)	BSF

6	Andris Grauss (35)	BPR
7	Chris Gavin (54)	RIC
8	Peter Gorman (69)	WEY
9	Matthew Enoch (48)	NOT

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

🕒 H1: 10:16 &gt; H2: 10:20 &gt; H3: 10:24 &gt; F1: 11:56 &gt; F2: 12:00

## 17: F K2 Men A/B 500

31.05.2025 10:32

1		
2		
3		
4	S. Walsh   R. Winstanley	NOT   BSF
5	D. Johnson   M. Johnson	NOT   NOT

6	L. Dixon   J. Rayment	LBZ   LBZ
7	F. Cramer   B. Shipway	SOU   SOU
8		
9		

🕒 F: 10:32

## 18: F K1 Paddle-Ability (Sat) R1 500

Paddle-Ability Series 31.05.2025 10:36

<b>1</b>		
<b>2</b>	Tom Price (23)	RLS
<b>3</b>	Jacob Mansfield (22)	4AS
<b>4</b>	Jacob Hage (21)	4AS
<b>5</b>	Cassie Glaves (16)	4AS

<b>6</b>	William Bates (20)	4AS
<b>7</b>	Joshua Priestley (16)	4AS
<b>8</b>		
<b>9</b>		

🕒 F: 10:36

## 19: F C1 Canoe Men U23 1000

Selection Race 31.05.2025 10:48

<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>	George Bell (21)	FLA

<b>6</b>	Sviatoslav Shnaider (19)	GLW
<b>7</b>		
<b>8</b>		
<b>9</b>		

🕒 F: 10:48

## 20: F K1 Men U23 1000

Selection Race 31.05.2025 10:52

<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		

<b>6</b>		
<b>7</b>		
<b>8</b>		
<b>9</b>		

🕒 H1: 09:12 &gt; H2: 09:16 &gt; F: 10:52

## 21: F K1 Girls A/B 500

31.05.2025 11:08

<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		

<b>6</b>		
<b>7</b>		
<b>8</b>		
<b>9</b>		

🕒 H1: 09:40 &gt; H2: 09:44 &gt; F: 11:08

## 22: F K2 Boys A/B 500

31.05.2025 11:16

<b>1</b>	B. Eskriett   F. Johnson	GAI   DEV
<b>2</b>	L. De Bilio   L. Smith	ROY   WOR
<b>3</b>	F. Lovell   A. Prokhyra	WOR   GLW
<b>4</b>	G. Hampton   C. Payne	CLM   CLM
<b>5</b>	O. Pearce   M. Selini	RIC   RIC

<b>6</b>	E. Bates   W. Shanks	LBZ   RIC
<b>7</b>	M. Pyrz   A. Solecki	GLW   GLW
<b>8</b>	M. Grant   F. Meredith	NOT   ELM
<b>9</b>	E. Roberts   R. Smith	CDF   NOR

🕒 F: 11:16

## 23: F K2 Boys C 500

31.05.2025 11:20

<b>1</b>		
<b>2</b>		
<b>3</b>	W. Bowles-Trow   H. Hartland	ADS   BAN
<b>4</b>	F. Barnett   S. Boughton	RDG   RDG
<b>5</b>	D. Dunlop   T. Prior	ELM   ELM

<b>6</b>	E. Kirtland   O. Kuzmenko	BSF   BSF
<b>7</b>	K. Ayran   J. Kirtland	FOX   BSF
<b>8</b>		
<b>9</b>		


🕒 F: 11:20

## 24: F K1 WMasters O34-64 500

National Championship 31.05.2025 11:24

1		
2	Stefania Rosalba (47)	NOR
3	Catherine Shirley (60)	EAL
4	Michelle O'Keefe (53)	WEY
5	Claudia Redeker (54)	BSF

6	Kerstin Queeney (57)	BSF
7	Angelina Sanderson Bellamy (45)	CDF
8	Sally Alexander (59)	ADS
9		


 F: 11:24

## 25: F K2 Men C/D 500

31.05.2025 11:32

1		
2		
3	T. Mablesen   J. Perry	EXE   BAN
4	K. Kinser   W. Lerner	BAN   BAN
5	C. Cheyne   S. Tingay	CLM   LBZ

6	A. Grauss   D. Sillito	BPR   BPR
7	A. Birch   J. Russell	ROY   ROY
8		
9		


 F: 11:32

## 26: F K1 Girls C + Canoe Women/Girls C 500

31.05.2025 11:36

1		
2		
3		
4		
5		

6		
7		
8		
9		


 H1: 10:00 > H2: 10:04 > F: 11:36

## 27: F K4 Boys D 500

31.05.2025 11:44

1		
2		
3	E. Brewer   F. Burton D. Paulini Torrance   K. Yates	CDF   CDF FOX   GAI
4	M. Barat-Farkas   N. Barat-Farkas G. Cheyne   J. Maloney	ELM   ELM CLM   NOT
5	J. Bellamy   O. Davies T. Prior   R. Wickenden	CDF   CDF ELM   BAN

6	E. Foulger   A. Golder E. Grant   T. Martin	NOT   NOT NOT   NOT
7	T. McElhannan   G. Otugo P. Slizowski   T. Zorawski	WOR   GLW GLW   GLW
8	S. Kendall   M. Mangiantini C. O Hare   J. Williams	DEV   ROY DEV   ROY
9		


 F: 11:44

## 28: F K1 Paddle-Ability (Sat) R2 500

Paddle-Ability Series 31.05.2025 11:48

1		
2		
3	Joshua Priestley (16)	4AS
4	Tom Price (23)	RLS
5	William Bates (20)	4AS

6	Cassie Glaves (16)	4AS
7	Jacob Hage (21)	4AS
8	Jacob Mansfield (22)	4AS
9		


 F: 11:48

## 29: F1 K1 Masters O34-64 500

National Championship 31.05.2025 11:56

1		
2		
3		
4		
5		

6		
7		
8		
9		

 H1: 10:16 > H2: 10:20 > H3: 10:24 > F1: 11:56 > F2: 12:00



## 30: F2 K1 Masters O34-64 500

National Championship 31.05.2025 12:00

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

🕒 H1: 10:16 &gt; H2: 10:20 &gt; H3: 10:24 &gt; F1: 11:56 &gt; F2: 12:00

## 31: F K4 Girls A-C 500

31.05.2025 12:08

**1****2****3**E. Landsborough | K. Luen-Twining  
C. Maloney | H. TooveyNOT | CDF  
NOT | GLW**4**A. De Bilio | B. Loveday  
G. Seamer | L. SmallROY | RLS  
RLS | WOL**5**J. Allan | M. Olesky  
R. Shephard | L. WickendenWEY | BAN  
RDG | BAN**6**K. Hudson | L. Khan  
A. Manley | E. McaulayBAN | NOT  
WEY | NOR**7**S. Green | Z. Herriot  
A. Pyrz | I. RitchieWOL | GLW  
GLW | WEY**8****9**

🕒 F: 12:08

## 32: F K1 Mini Sprint A 200

Mini-Sprint Series 31.05.2025 12:24

**1****2**

Ethan Tingay (10)

LBZ

**3**

Florence Enoch (10)

EXE

**4**

Quinn Paris (9)

GLW

**5**

Sam Short (11)

ELM

**6**

Kit Betteridge (10)

BAN

**7**

Noel Barat-Farkas (9)

ELM

**8**

Conor Bates (10)

LBZ

**9**

🕒 F: 12:24

## 33: F K1 Mini Sprint B 200

Mini-Sprint Series 31.05.2025 12:28

**1****2****3****4**

Franek Awramik (10)

ELM

**5**

Julia Pyrz (9)

GLW

**6**

Todd Loveday (11)

RLS

**7****8****9**

🕒 F: 12:28

## 34: F K1 Para Men KL2/3 R1 200

31.05.2025 12:32

**1****2****3****4**

Jonathan White (41)

EXE

**5****6**

Charlie Knowlden (21)

RLS

**7****8****9**

🕒 F: 12:32

## 35: H1 K1 Men A/B 200

31.05.2025 12:36

**1****2****3**

Jason Grice (24)

SOL

**4**

Matthew Johnson (28)

NOT

**5**

Philip Miles (23)

RLS

**6**

Zak Benstead (23)

ELM

**7**

Ben Shipway (19)

SOU

**8**

Shaune Walsh (38)

NOT

**9**


🏠 1st-3rd + 3 BT to Final


🕒 H1: 12:36 &gt; H2: 12:40 &gt; F: 14:20

## 36: H2 K1 Men A/B 200

31.05.2025 12:40

<b>1</b>		
<b>2</b>		
<b>3</b>	Fletcher Cramer (18)	SOU
<b>4</b>	Lochie Lovell (18)	WOR
<b>5</b>	Daniel Johnson (30)	NOT

 1st-3rd + 3 BT to Final


 H1: 12:36 > H2: 12:40 > F: 14:20

<b>6</b>	Jack Rayment (18)	LBZ
<b>7</b>	Leon Dixon (19)	LBZ
<b>8</b>		
<b>9</b>		

## 37: F K1 WMasters O34-64 200

National Championship 31.05.2025 12:48

<b>1</b>		
<b>2</b>	Charlotte Henshaw (37)	PAR
<b>3</b>	Sally Alexander (59)	ADS
<b>4</b>	Claudia Redeker (54)	BSF
<b>5</b>	Michelle O'Keefe (53)	WEY


 F: 12:48

<b>6</b>	Catherine Shirley (60)	EAL
<b>7</b>	Kerstin Queeney (57)	BSF
<b>8</b>	Stefania Rosalba (47)	NOR
<b>9</b>	Angelina Sanderson Bellamy (45)	CDF

## 38: F K2 Girls D 200

31.05.2025 12:52

<b>1</b>	M. Duran   A. Schneiders	ESK   ESK
<b>2</b>	J. Golder   J. Holmes	NOT   NOT
<b>3</b>	F. Enoch   A. Raynor	EXE   EXE
<b>4</b>	D. Ruwanpathirana   S. Yates	ELM   GAI
<b>5</b>	E. Morrissey   E. Wainwright	NOT   NOT


 F: 12:52

<b>6</b>	L. Smith   E. Walker	EXE   EXE
<b>7</b>	K. Thomson-Hook   F. Whitelaw	WOR   WOR
<b>8</b>	M. Johnson   C. O Hare	DEV   DEV
<b>9</b>	L. Jones   S. Marriott	NOT   NOT

## 39: F K4 Men U23 + Boys U18/16 500

Selection Race 31.05.2025 13:04

<b>1</b>		
<b>2</b>	F. Cramer   L. Lovell	SOU   WOR
	P. Phillips   B. Shipway	SOU   SOU
<b>3</b>	B. Cabrera   X. Hinves	ORS   ORS
	T. Holland   D. O'Connor	ORS   ORS
<b>4</b>		
<b>5</b>	S. Dickson   T. Hatton	ORS   ORS
	F. Heard   O. Mazur	ORS   ORS


 F: 13:04

<b>6</b>	P. Ehrnrooth   T. Patterson	ORS   ORS
	W. Short   R. Strachan	ORS   ORS
<b>7</b>	I. Aveson   T. Bullock	ORS   ORS
	S. Patterson   W. Stevely	ORS   ORS
<b>8</b>		
<b>9</b>		

## 40: F K2 Women U23 500

Selection Race 31.05.2025 13:08

<b>1</b>		
<b>2</b>		
<b>3</b>	K. Armstrong   A. Green	LKR   WOR
<b>4</b>	N. Hall   B. Perry	WEY   WEY
<b>5</b>	L. Guest   E. King	NOT   ROY


 F: 13:08

<b>6</b>	E. Montagna   J. Urquhart	ROY   NOT
<b>7</b>	G. Anderson   K. Pocklington	NOR   NOT
<b>8</b>		
<b>9</b>		

## 41: F K2 Girls U18/16 + Canoe Boys U18/16 500

Selection Race 31.05.2025 13:12

<b>1</b>	A. Elliott   O. Laws	RIC   RIC
<b>2</b>		
<b>3</b>	I. Field   M. Mckernan	ELM   ELM
<b>4</b>	Z. Herriot   A. Pyrz	SPS   SPS
<b>5</b>	M. Burton   S. Dunlop	ELM   ELM

 F: 13:12


<b>6</b>	E. Landsborough   C. Maloney	NOT   NOT
<b>7</b>	S. Green   H. Toovey	WOL   GLW
<b>8</b>	J. Allan   M. Olesky	WEY   BAN
<b>9</b>	F. Scrivener   K. Sklenarova	FOX   NOR


## 42: H1 K1 Boys D 200

31.05.2025 13:36

<b>1</b>		
<b>2</b>	Marco Mangiantini (12)	ROY
<b>3</b>	Adam Golder (12)	NOT
<b>4</b>	Jack Maloney (12)	NOT
<b>5</b>	Osian Davies (15)	CDF

<b>6</b>	Matteo Bellofatto (15)	RDG
<b>7</b>	Robin Wickenden (11)	BAN
<b>8</b>	James Bellamy (16)	CDF
<b>9</b>	Marcell Barat-Farkas (11)	ELM

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


 H1: 13:36 > H2: 13:40 > H3: 13:44 > F1: 15:08 > F2: 15:12


## 43: H2 K1 Boys D 200

31.05.2025 13:40

<b>1</b>		
<b>2</b>	Elijah Grant (13)	NOT
<b>3</b>	Oleh Kuzmenko (14)	BSF
<b>4</b>	Ollie Pearce (15)	RIC
<b>5</b>	Tom McElhannan (13)	WOR

<b>6</b>	Daniel Paulini Torrance (13)	FOX
<b>7</b>	Finnley Burton (14)	CDF
<b>8</b>	Evan Foulger (11)	NOT
<b>9</b>	Simeon Kendall (14)	DEV

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


 H1: 13:36 > H2: 13:40 > H3: 13:44 > F1: 15:08 > F2: 15:12


## 44: H3 K1 Boys D 200

31.05.2025 13:44

<b>1</b>		
<b>2</b>	Jack Wade (12)	RDG
<b>3</b>	George Cheyne (12)	CLM
<b>4</b>	Johnny Williams (15)	ROY
<b>5</b>	Kieron Yates (14)	GAI

<b>6</b>	Tristan Prior (14)	ELM
<b>7</b>	Evan Brewer (14)	CDF
<b>8</b>	Thomas Martin (14)	NOT
<b>9</b>		

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

 H1: 13:36 > H2: 13:40 > H3: 13:44 > F1: 15:08 > F2: 15:12


## 45: H1 K1 Boys C 200

31.05.2025 13:48

<b>1</b>		
<b>2</b>		
<b>3</b>	Daniel Dunlop (13)	ELM
<b>4</b>	Fergus Barnett (12)	RDG
<b>5</b>	Marshall Davie (13)	LKR

<b>6</b>	William Bowles-Trow (14)	ADS
<b>7</b>	Edward Kirtland (16)	BSF
<b>8</b>	Ocean O'Keeffe (14)	WEY
<b>9</b>		

 9 BT in Heats 1-2 to Final

 H1: 13:48 > H2: 13:52 > F: 15:20


## 46: H2 K1 Boys C 200

31.05.2025 13:52

<b>1</b>		
<b>2</b>		
<b>3</b>	William Shanks (15)	RIC
<b>4</b>	Jasper Kirtland (13)	BSF
<b>5</b>	Knoah Ayrar (13)	FOX

<b>6</b>	Samuel Boughton (15)	RDG
<b>7</b>	Henry Hartland (13)	BAN
<b>8</b>	Finn Lovell (15)	WOR
<b>9</b>		

 9 BT in Heats 1-2 to Final

 H1: 13:48 > H2: 13:52 > F: 15:20



## 47: H1 K1 Boys B 200

31.05.2025 14:00

<b>1</b>		
<b>2</b>	Louis Smith (14)	WOR
<b>3</b>	Finnley Meredith (13)	ELM
<b>4</b>	Rory Smith (17)	NOR
<b>5</b>	Lorenzo De Bilio (14)	ROY

<b>6</b>	Ben Eskriett (15)	GAI
<b>7</b>	Anton Prokhyra (16)	GLW
<b>8</b>	Doogal Barnett (14)	RDG
<b>9</b>	Ewyn Roberts (16)	CDF

9 BT in Heats 1-2 to Final

H1: 14:00 &gt; H2: 14:04 &gt; F: 15:24

## 48: H2 K1 Boys B 200

31.05.2025 14:04

<b>1</b>		
<b>2</b>	Isaac Popham-Coveley (16)	FOX
<b>3</b>	Adam Solecki (15)	GLW
<b>4</b>	Matteo Selini (15)	RIC
<b>5</b>	Fred Johnson (16)	DEV

<b>6</b>	Malachi Grant (15)	NOT
<b>7</b>	Mikolaj Pyrz (14)	SPS
<b>8</b>	Ewan Bates (15)	LBZ
<b>9</b>	George Hampton (17)	CLM

9 BT in Heats 1-2 to Final

H1: 14:00 &gt; H2: 14:04 &gt; F: 15:24

## 49: H1 K1 Boys A 200

31.05.2025 14:08

<b>1</b>		
<b>2</b>		
<b>3</b>	Will Stevely (17)	SPS
<b>4</b>	Philippe Ehrnrooth (17)	DEV
<b>5</b>	Isaac Aveson (16)	RIC

<b>6</b>	Rory Strachan (17)	SPS
<b>7</b>	Szymon Sroka (16)	SPS
<b>8</b>	Sam Stevely (17)	SPS
<b>9</b>		

1st-3rd + 3 BT to Final

H1: 14:08 &gt; H2: 14:12 &gt; F: 15:28

## 50: H2 K1 Boys A 200

31.05.2025 14:12

<b>1</b>		
<b>2</b>		
<b>3</b>	Toby Bullock (17)	EXE
<b>4</b>	Sam Patterson (17)	SPS
<b>5</b>	Tom Patterson (15)	SPS

<b>6</b>	Freddy Fowler-Rimell (15)	WOR
<b>7</b>	Tyler Kinder (16)	RDG
<b>8</b>		
<b>9</b>		

1st-3rd + 3 BT to Final

H1: 14:08 &gt; H2: 14:12 &gt; F: 15:28

## 51: F K1 Men A/B 200

31.05.2025 14:20

<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		

<b>6</b>		
<b>7</b>		
<b>8</b>		
<b>9</b>		

H1: 12:36 &gt; H2: 12:40 &gt; F: 14:20

## 52: F K1 Paddle-Ability (Sat) R1 200

Paddle-Ability Series 31.05.2025 14:24

<b>1</b>		
<b>2</b>		
<b>3</b>	Cassie Glaves (16)	4AS
<b>4</b>	Jacob Hage (21)	4AS
<b>5</b>	Jacob Mansfield (22)	4AS

<b>6</b>	William Bates (20)	4AS
<b>7</b>	Tom Price (23)	RLS
<b>8</b>	Joshua Priestley (16)	4AS
<b>9</b>		


F: 14:24


## 53: H1 K1 Masters O34-64 200

National Championship 31.05.2025 14:32

<b>1</b>	Adam Want (54)	NOR
<b>2</b>	Doug Pemble (60)	ADS
<b>3</b>	Peter Gorman (69)	WEY
<b>4</b>	Daniel Sillito (42)	BPR
<b>5</b>	Chris Gavin (54)	RIC

<b>6</b>	James Russell (52)	ROY
<b>7</b>	Stephen Tingay (49)	LBZ
<b>8</b>	Owen Shephard-Wyatt (37)	CLM
<b>9</b>	Gallin Montgomery (35)	TRE

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


 H1: 14:32 > H2: 14:36 > H3: 14:40 > F1: 15:40 > F2: 15:44

## 54: H2 K1 Masters O34-64 200

National Championship 31.05.2025 14:36

<b>1</b>	Matthew Enoch (48)	NOT
<b>2</b>	Chris Gavin (54)	RIC
<b>3</b>	Paul Brookes (57)	WOL
<b>4</b>	Andrew Birch (36)	ROY
<b>5</b>	Matthew Villaruel (55)	EAL

<b>6</b>	Paul Gadd (63)	ADS
<b>7</b>	Dave Phillipson (36)	PAR
<b>8</b>	David Martyn (57)	WEY
<b>9</b>	Derek Marshall (68)	LKR

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


 H1: 14:32 > H2: 14:36 > H3: 14:40 > F1: 15:40 > F2: 15:44

## 55: H3 K1 Masters O34-64 200

National Championship 31.05.2025 14:40

<b>1</b>		
<b>2</b>	Eddie Martin (56)	SLP
<b>3</b>	Shaune Walsh (38)	NOT
<b>4</b>	Martin Shirley (61)	EAL
<b>5</b>	Graham Holmes (67)	WEY

<b>6</b>	Guy Holmes (65)	IND
<b>7</b>	Andris Grauss (35)	BPR
<b>8</b>	Robert Molnar (49)	MAI
<b>9</b>	Jon Tarrant (35)	RLS

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

 H1: 14:32 > H2: 14:36 > H3: 14:40 > F1: 15:40 > F2: 15:44


## 56: H1 K1 Men C/D 200

31.05.2025 14:44

<b>1</b>		
<b>2</b>	Martin Shirley (61)	EAL
<b>3</b>	Jon Tarrant (35)	RLS
<b>4</b>	William Larner (18)	BAN
<b>5</b>	Charlie Clinton (22)	ANK

<b>6</b>	Andrew Doran (55)	LIN
<b>7</b>	Dave Phillipson (36)	PAR
<b>8</b>	Tom Mableson (18)	EXE
<b>9</b>		

 9 BT in Heats 1-2 to Final

 H1: 14:44 > H2: 14:48 > F: 15:52


## 57: H2 K1 Men C/D 200

31.05.2025 14:48

<b>1</b>		
<b>2</b>		
<b>3</b>	Andrew Birch (36)	ROY
<b>4</b>	Joshua Perry (19)	BAN
<b>5</b>	Matthew Villaruel (55)	EAL

<b>6</b>	Kal Kinser (21)	BAN
<b>7</b>	Oliver Jackson (21)	LIN
<b>8</b>	Stephen Tingay (49)	LBZ
<b>9</b>		

 9 BT in Heats 1-2 to Final



 H1: 14:44 > H2: 14:48 > F: 15:52

## 58: H1 K1 Men U23 200

Selection Race 31.05.2025 14:56

<b>1</b>	Leon Dixon (19)	LBZ
<b>2</b>	Nathaniel Lamb (18)	SOU
<b>3</b>	Koen Ayran (18)	FOX
<b>4</b>	Nelson Kinzler (18)	RIC
<b>5</b>	Tom Holland (22)	WEY

<b>6</b>	Andre Hinves (18)	SOU
<b>7</b>	Nicholas Bell (18)	FLA
<b>8</b>	Flynn Holt (18)	RIC
<b>9</b>	Aidan Davis (21)	NOR



 1st-3rd + 3 BT to Final H1: 14:56 > H2: 15:00 > F: 16:32

## 59: H2 K1 Men U23 200

Selection Race 31.05.2025 15:00

<b>1</b>	Miklos Szabadvari (21)	RDG
<b>2</b>	Harry Sewell-Catchpole (18)	NOR
<b>3</b>	Piran Phillips (22)	SOU
<b>4</b>	Xavier Hinves (21)	SOU
<b>5</b>	Haydyn Cooke-Bayley (19)	NOT

<b>6</b>	Lochie Lovell (18)	WOR
<b>7</b>	George Conroy (21)	FLA
<b>8</b>	Sam Bates (18)	RIC
<b>9</b>	Jack Rayment (18)	LBZ


 1st-3rd + 3 BT to Final H1: 14:56 > H2: 15:00 > F: 16:32

## 60: F1 K1 Boys D 200

31.05.2025 15:08

<b>1</b>
<b>2</b>
<b>3</b>
<b>4</b>
<b>5</b>

<b>6</b>
<b>7</b>
<b>8</b>
<b>9</b>


 H1: 13:36 > H2: 13:40 > H3: 13:44 > F1: 15:08 > F2: 15:12

## 61: F2 K1 Boys D 200

31.05.2025 15:12

<b>1</b>
<b>2</b>
<b>3</b>
<b>4</b>
<b>5</b>

<b>6</b>
<b>7</b>
<b>8</b>
<b>9</b>


 H1: 13:36 > H2: 13:40 > H3: 13:44 > F1: 15:08 > F2: 15:12

## 62: F K1 Boys C 200

31.05.2025 15:20

<b>1</b>
<b>2</b>
<b>3</b>
<b>4</b>
<b>5</b>

<b>6</b>
<b>7</b>
<b>8</b>
<b>9</b>


 H1: 13:48 > H2: 13:52 > F: 15:20

## 63: F K1 Boys B 200

31.05.2025 15:24

<b>1</b>
<b>2</b>
<b>3</b>
<b>4</b>
<b>5</b>


<b>6</b>
<b>7</b>
<b>8</b>
<b>9</b>

 H1: 14:00 > H2: 14:04 > F: 15:24



## 64: F K1 Boys A 200

31.05.2025 15:28

**1****2****3****4****5****6****7****8****9** H1: 14:08 > H2: 14:12 > F: 15:28

## 65: F C1 Canoe Men U23 200


Selection Race 31.05.2025 15:32

**1****2****3****4** Sviatoslav Shnaider (19)

GLW


**5** George Bell (21)

FLA

**6****7****8****9** F: 15:32


## 66: F1 K1 Masters O34-64 200

National Championship 31.05.2025 15:40

**1****2****3****4****5****6****7****8****9** H1: 14:32 > H2: 14:36 > H3: 14:40 > F1: 15:40 > F2: 15:44

## 67: F2 K1 Masters O34-64 200

National Championship 31.05.2025 15:44

**1****2****3****4****5****6****7****8****9** H1: 14:32 > H2: 14:36 > H3: 14:40 > F1: 15:40 > F2: 15:44

## 68: F K1 Para Men KL2/3 R2 200


31.05.2025 15:48

**1****2****3****4** Charlie Knowlden (21)

RLS


**5****6** Jonathan White (41)

EXE

**7****8****9** F: 15:48

## 69: F K1 Men C/D 200

31.05.2025 15:52

**1****2****3****4****5****6****7****8****9** H1: 14:44 > H2: 14:48 > F: 15:52

## 70: F K1 Girls D 2500

31.05.2025 16:08

<b>Y140</b>	Penelope Bellamy (15)	CDF
<b>Y141</b>	Jessica Holmes (13)	NOT
<b>Y142</b>	Dineesha Ruwanpathirana (14)	ELM
<b>Y143</b>	Emily Wainwright (12)	NOT
<b>Y144</b>	Kaelyn Thomson-Hook (14)	WOR
<b>Y145</b>	Edith Morrissey (11)	NOT
<b>Y147</b>	Sophie Marriott (13)	NOT
<b>Y148</b>	Florence Whitelaw (13)	WOR
<b>Y149</b>	Scarlett Yates (16)	GAI
<b>Y150</b>	Leia Smith (13)	EXE

<b>Y151</b>	Lexi Jones (12)	NOT
<b>Y152</b>	Bella Loveday (15)	RLS
<b>Y153</b>	Leila Gohar (13)	RIC
<b>Y154</b>	Libby Gaulton (14)	BSF
<b>Y155</b>	Mary Johnson (14)	DEV
<b>Y156</b>	Jess Golder (14)	NOT
<b>Y157</b>	Connie O Hare (13)	DEV
<b>Y158</b>	Evelyn Walker (12)	EXE
<b>Y159</b>	Aditi Schneiders (13)	ESK
<b>Y160</b>	Maya Duran (13)	ESK

🕒 F: 16:08

## 71: F K1 Men U23 200

Selection Race 31.05.2025 16:32

<b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	
<b>5</b>	

<b>6</b>	
<b>7</b>	
<b>8</b>	
<b>9</b>	

🕒 H1: 14:56 &gt; H2: 15:00 &gt; F: 16:32

## 72: F K2 Women C/D + Girls A-C 200

31.05.2025 16:36

<b>1</b>		
<b>2</b>	A. Sanderson Bellamy   H. Stephens	CDF   CDF
<b>3</b>	J. Allan   M. Olesky	WEY   BAN
<b>4</b>	I. Field   M. Mckernan	ELM   ELM
<b>5</b>	E. Landsborough   C. Maloney	NOT   NOT

<b>6</b>	M. Burton   S. Dunlop	ELM   ELM
<b>7</b>	B. Loveday   G. Seamer	RLS   RLS
<b>8</b>	A. De Bilio   L. Small	ROY   WOL
<b>9</b>	F. Scrivener   K. Sklenarova	FOX   NOR

🕒 F: 16:36

## 73: F K1 Paddle-Ability (Sat) R2 200

Paddle-Ability Series 31.05.2025 16:40

<b>1</b>	
<b>2</b>	
<b>3</b>	Tom Price (23) RLS
<b>4</b>	William Bates (20) 4AS
<b>5</b>	Jacob Hage (21) 4AS

<b>6</b>	Jacob Mansfield (22)	4AS
<b>7</b>	Joshua Priestley (16)	4AS
<b>8</b>	Cassie Glaves (16)	4AS
<b>9</b>		

🕒 F: 16:40

## 74: F K1 Boys D 2500

31.05.2025 17:04

<b>W40</b>	Ollie Pearce (15)	RIC
<b>W41</b>	Marcell Barat-Farkas (11)	ELM
<b>W42</b>	Finnley Burton (14)	CDF
<b>W43</b>	Adam Golder (12)	NOT
<b>W44</b>	Elijah Grant (13)	NOT
<b>W45</b>	Simeon Kendall (14)	DEV
<b>W46</b>	Osian Davies (15)	CDF
<b>W47</b>	Matteo Bellofatto (15)	RDG
<b>W48</b>	Johnny Williams (15)	ROY
<b>W49</b>	Evan Brewer (14)	CDF
<b>W50</b>	Jack Wade (12)	RDG

<b>W51</b>	Kieron Yates (14)	GAI
<b>W52</b>	Thomas Martin (14)	NOT
<b>W53</b>	Marco Mangiantini (12)	ROY
<b>W54</b>	Evan Foulger (11)	NOT
<b>W55</b>	Jack Maloney (12)	NOT
<b>W56</b>	Tristan Prior (14)	ELM
<b>W57</b>	George Cheyne (12)	CLM
<b>W58</b>	Robin Wickenden (11)	BAN
<b>W59</b>	James Bellamy (16)	CDF
<b>W60</b>	Tom McElhannan (13)	WOR
<b>W61</b>	Oleh Kuzmenko (14)	BSF

🕒 F: 17:04

## 75: F K1 Women U23 1000

Selection Race 31.05.2025 17:32

1	Katie Pocklington (21)	NOT
2	Nerys Hall (19)	WEY
3	Katie Brookes (22)	WOR
4	Lucy Guest (22)	NOT
5	Kristina Armstrong (19)	SPS

6	Jessica Urquhart (21)	NOT
7	Grace Anderson (21)	NOR
8	Elise Montagna (21)	ROY
9	Annie Bates (16)	RIC

🕒 F: 17:32

## 76: F K2 Men U23 1000

Selection Race 31.05.2025 17:36

1		
2		
3	X. Hinves   G. Popham-Coveley	SOU   NOT
4	K. Ayran   J. Rayment	FOX   LBZ
5	N. Lamb   P. Phillips	SOU   SOU

6	A. Hinves   L. Smith	SOU   ROY
7	H. Cooke-Bayley   M. Motha	NOT   ADS
8		
9		

🕒 F: 17:36

## 77: F K4 Boys A-C 500

01.06.2025 08:32

1		
2	D. Barnett   B. Eskriett	RDG   GAI
	F. Johnson   O. O'Keeffe	DEV   WEY
3	E. Bates   M. Grant	LBZ   NOT
	W. Shanks   L. Smith	RIC   WOR
4	F. Barnett   M. Bellofatto	RDG   RDG
	S. Boughton   J. Wade	RDG   RDG
5	F. Lovell   A. Prokhyra	WOR   GLW
	M. Pyrz   A. Solecki	GLW   GLW

6	L. Gaulton   E. Kirtland	BSF   BSF
	J. Kirtland   O. Kuzmenko	BSF   BSF
7	K. Ayran   W. Bowles-Trow	FOX   ADS
	H. Hartland   E. Roberts	BAN   CDF
8	M. Barat-Farkas   D. Dunlop	ELM   ELM
	F. Meredith   T. Prior	ELM   ELM
9		

🕒 F: 08:32

## 78: F K2 Men U23 500

Selection Race 01.06.2025 08:36

1		
2	N. Kinzler   D. O'Connor	RIC   RIC
3	B. Cabrera   T. Holland	FOY   WEY
4	N. Lamb   P. Phillips	SOU   SOU
5	A. Hinves   L. Smith	SOU   ROY

6	H. Cooke-Bayley   M. Motha	NOT   ADS
7	K. Ayran   F. Holt	FOX   RIC
8	X. Hinves   G. Popham-Coveley	SOU   NOT
9		

🕒 F: 08:36

## 79: F C1 Canoe Men U23 500

Selection Race 01.06.2025 08:40

1		
2		
3		
4		
5	George Bell (21)	FLA

6	Sviatoslav Shnaider (19)	GLW
7		
8		
9		

🕒 F: 08:40

## 80: F K2 Mini Sprint A 500

Mini-Sprint Series 01.06.2025 08:48

1		
2		
3		
4	K. Betteridge   E. Tingay	BAN   LBZ
5	F. Awramik   S. Short	ELM   ELM

6	N. Barat-Farkas   C. Bates	ELM   LBZ
7		
8		
9		

🕒 F: 08:48

## 81: F K4 Masters O34-64 + WMasters O34-64 500

National Championship 01.06.2025 08:56

1		
2		
3	S. Alexander   C. Shirley K. Queeney   C. Redeker	ADS   EAL BSF   BSF
4	O. Shephard-Wyatt   G. Smith A. Want	CLM   NOR NOR
5	A. Dodson   A. Doran P. Gadd   D. Pemble	ADS   LIN ADS   ADS

6	P. Gorman   G. Holmes G. Holmes	WEY   WEY IND
7	P. Brookes   M. Enoch B. Sirrell   S. Walsh	WOL   NOT RLS   NOT
8		
9		

🕒 F: 08:56

## 82: F K1 Men D 500

01.06.2025 09:00

1		
2		
3	Martin Shirley (61)	EAL
4	Andrew Birch (36)	ROY
5	Charlie Clinton (22)	ANK

6	Andrew Doran (55)	LIN
7	Matthew Villaruel (55)	EAL
8		
9		

🕒 F: 09:00

## 83: F K1 Men C 500

01.06.2025 09:04

1		
2		
3	Andrew McDonagh (47)	CDF
4	Kal Kinser (21)	BAN
5	Oliver Jackson (21)	LIN

6	Joshua Perry (19)	BAN
7	William Larnar (18)	BAN
8	Tom Mableson (18)	EXE
9		

🕒 F: 09:04

## 84: F K1 Men B 500

01.06.2025 09:08

1		
2	Shaune Walsh (38)	NOT
3	Jason Grice (24)	SOL
4	Lochie Lovell (18)	WOR
5	Ben Shipway (19)	SOU

6	Jack Rayment (18)	LBZ
7	Leon Dixon (19)	LBZ
8	Fletcher Cramer (18)	SOU
9	Zak Benstead (23)	ELM

🕒 F: 09:08

## 85: H1 K2 Boys U18/16 500

Selection Race 01.06.2025 09:16

1		
2		
3	F. Lovell   A. Prokhyra	WOR   GLW
4	F. Fowler-Rimell   A. Hunter-Hopkins	WOR   DEV
5	F. Heard   O. Mazur	EXE   RDG

6	L. De Bilio   L. Smith	ROY   WOR
7	S. Sroka   S. Stevely	SPS   SPS
8	S. Dickson   T. Kinder	FOX   RDG
9		

🏁 1st-3rd + 3 BT to Final


🕒 H1: 09:16 &gt; H2: 09:20 &gt; F: 10:52




## 86: H2 K2 Boys U18/16 500

Selection Race 01.06.2025 09:20

1		
2		
3	T. Bullock   R. Strachan	EXE   SPS
4	T. Patterson   W. Stevely	SPS   SPS
5	W. Short   A. Worgan	ELM   RIC

 1st-3rd + 3 BT to Final


 H1: 09:16 > H2: 09:20 > F: 10:52

6	C. Hartney   T. Hatton	RIC   RIC
7	P. Ehrnrooth   A. Hunter-Hopkins	DEV   DEV
8		
9		

## 87: F K1 Men A 500

01.06.2025 09:24

1		
2		
3		
4	Philip Miles (23)	RLS
5	Daniel Johnson (30)	NOT

 F: 09:24


6	Matthew Johnson (28)	NOT
7		
8		
9		

## 88: H1 K1 Boys C 500

01.06.2025 09:28

1		
2		
3	Ocean O'Keeffe (14)	WEY
4	Marshall Davie (13)	LKR
5	William Bowles-Trow (14)	ADS

 9 BT in Heats 1-2 to Final

 H1: 09:28 > H2: 09:32 > F: 10:44


6	Edward Kirtland (16)	BSF
7	Daniel Dunlop (13)	ELM
8	Samuel Boughton (15)	RDG
9		

## 89: H2 K1 Boys C 500

01.06.2025 09:32

1		
2		
3	Finn Lovell (15)	WOR
4	William Shanks (15)	RIC
5	Jasper Kirtland (13)	BSF

 9 BT in Heats 1-2 to Final


 H1: 09:28 > H2: 09:32 > F: 10:44

6	Knoah Ayran (13)	FOX
7	Henry Hartland (13)	BAN
8	Fergus Barnett (12)	RDG
9		

## 90: F K4 Women U23 + Girls U18/16 500

Selection Race 01.06.2025 09:36

1		
2	L. Guest   N. Hall	NOT   ORS
	E. King   K. Pocklington	ROY   ORS
3	G. Anderson   A. Green	NOR   ORS
	E. Montagna   J. Urquhart	ORS   ORS
4		
5	S. Dunlop   C. Fulford	ORS   ORS
	F. Scrivener   K. Sklenarova	ORS   ORS


 F: 09:36

6	S. Green   Z. Herriot	WOL   SPS
	A. Pyrz   I. Ritchie	SPS   WEY
7	E. Landsborough   K. Luen-Twining	NOT   CDF
	C. Maloney   H. Toovey	NOT   SPS
8	M. Burton   I. Field	ELM   ELM
	K. Holt   M. Mckernan	RIC   ELM
9		

## 91: F V1 Para Men VL1-3 R1 200

01.06.2025 09:52

<b>1</b>			<b>6</b>	Taylor Gough (24)	RLS
<b>2</b>			<b>7</b>		
<b>3</b>			<b>8</b>		
<b>4</b>	Xander Van Der Poll (25)	RLS	<b>9</b>		
<b>5</b>					


 F: 09:52

## 92: H1 K2 Boys D 200

01.06.2025 09:56

<b>1</b>			<b>6</b>	A. Golder   J. Maloney	NOT   NOT
<b>2</b>			<b>7</b>	D. Paulini Torrance   K. Yates	FOX   GAI
<b>3</b>	J. Bellamy   O. Davies	CDF   CDF	<b>8</b>		
<b>4</b>	M. Mangiantini   J. Williams	ROY   ROY	<b>9</b>		
<b>5</b>	S. Kendall   R. Wickenden	DEV   BAN			

 9 BT in Heats 1-2 to Final

 H1: 09:56 > H2: 10:00 > F: 11:24

## 93: H2 K2 Boys D 200

01.06.2025 10:00

<b>1</b>			<b>6</b>	M. Barat-Farkas   G. Cheyne	ELM   CLM
<b>2</b>			<b>7</b>	M. Bellofatto   J. Wade	RDG   RDG
<b>3</b>	T. McElhannan   P. Slizowski	WOR   GLW	<b>8</b>		
<b>4</b>	E. Foulger   E. Grant	NOT   NOT	<b>9</b>		
<b>5</b>	E. Brewer   F. Burton	CDF   CDF			

 9 BT in Heats 1-2 to Final


 H1: 09:56 > H2: 10:00 > F: 11:24

## 94: H1 K1 Girls D 200

01.06.2025 10:04

<b>1</b>	Sophie Marriott (13)	NOT	<b>6</b>	Mary Johnson (14)	DEV
<b>2</b>	Leila Gohar (13)	RIC	<b>7</b>	Florence Whitelaw (13)	WOR
<b>3</b>	Scarlett Yates (16)	GAI	<b>8</b>	Leia Smith (13)	EXE
<b>4</b>	Lexi Jones (12)	NOT	<b>9</b>	Aditi Schneiders (13)	ESK
<b>5</b>	Libby Gaulton (14)	BSF			

 9 BT in Heats 1-2 to Final


 H1: 10:04 > H2: 10:08 > F: 11:28

## 95: H2 K1 Girls D 200

01.06.2025 10:08

<b>1</b>	Edith Morrissey (11)	NOT	<b>6</b>	Kaelyn Thomson-Hook (14)	WOR
<b>2</b>	Penelope Bellamy (15)	CDF	<b>7</b>	Jessica Holmes (13)	NOT
<b>3</b>	Dineesha Ruwanpathirana (14)	ELM	<b>8</b>	Connie O Hare (13)	DEV
<b>4</b>	Maya Duran (13)	ESK	<b>9</b>	Emily Wainwright (12)	NOT
<b>5</b>	Evelyn Walker (12)	EXE			

 9 BT in Heats 1-2 to Final

 H1: 10:04 > H2: 10:08 > F: 11:28


## 96: H1 K1 Girls C + Canoe Women/Girls C 200

01.06.2025 10:16

<b>1</b>		
<b>2</b>		
<b>3</b>	Molly Bates (14)	RIC
<b>4</b>	Adriana De Bilio (11)	ROY
<b>5</b>	Ariana Manley (13)	WEY

<b>6</b>	Lucy Wickenden (13)	BAN
<b>7</b>	Eva Mcaulay (16)	NOR
<b>8</b>		
<b>9</b>		

 9 BT in Heats 1-2 to Final

 H1: 10:16 > H2: 10:20 > F: 11:48


## 97: H2 K1 Girls C + Canoe Women/Girls C 200

01.06.2025 10:20

<b>1</b>		
<b>2</b>		
<b>3</b>	Bella Keane (15)	RIC
<b>4</b>	Lydia Khan (13)	NOT
<b>5</b>	Lexi Small (12)	WOL

<b>6</b>	Keira Hudson (14)	BAN
<b>7</b>	Joshie Allan (14)	WEY
<b>8</b>		
<b>9</b>		

 9 BT in Heats 1-2 to Final


 H1: 10:16 > H2: 10:20 > F: 11:48


## 98: H1 K1 Girls A/B 200

01.06.2025 10:24

<b>1</b>		
<b>2</b>	Imogen Field (14)	ELM
<b>3</b>	Abigail Strachan (15)	SPS
<b>4</b>	Zoe Herriot (16)	SPS
<b>5</b>	Charlotte Fulford (16)	RDG

<b>6</b>	Matilda Burton (14)	ELM
<b>7</b>	Katie Luen-Twining (15)	CDF
<b>8</b>	Madison Mckernan (14)	ELM
<b>9</b>	Elsie Landsborough (16)	NOT

 1st-3rd + 3 BT to Final


 H1: 10:24 > H2: 10:28 > F: 11:52


## 99: H2 K1 Girls A/B 200

01.06.2025 10:28

<b>1</b>		
<b>2</b>	Ruth Shephard (13)	RDG
<b>3</b>	Izzy Ritchie (16)	WEY
<b>4</b>	Sophie Dunlop (17)	ELM
<b>5</b>	Sienna Green (15)	WOL

<b>6</b>	Alicja Pyrz (17)	SPS
<b>7</b>	Ciara Maloney (16)	NOT
<b>8</b>	Hannah Toovey (16)	SPS
<b>9</b>		

 1st-3rd + 3 BT to Final


 H1: 10:24 > H2: 10:28 > F: 11:52

## 100: F K1 Boys C 500

01.06.2025 10:44

<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		

<b>6</b>		
<b>7</b>		
<b>8</b>		
<b>9</b>		


 H1: 09:28 > H2: 09:32 > F: 10:44

## 101: F K2 Masters/WMasters O34-64 Mixed 500

National Championship 01.06.2025 10:48

<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>	C. Redeker   B. Tubby	BSF   BSF
<b>5</b>	S. Alexander   P. Gadd	ADS   ADS


<b>6</b>	C. Shirley   M. Shirley	EAL   EAL
<b>7</b>	S. Rosalba   A. Want	NOR   NOR
<b>8</b>		
<b>9</b>		

 F: 10:48

## 102: F K2 Boys U18/16 500

Selection Race 01.06.2025 10:52


1	6
2	7
3	8
4	9
5	

 H1: 09:16 > H2: 09:20 > F: 10:52

## 103: F K2 Men A/B 200

01.06.2025 11:08


1	6	S. Walsh   R. Winstanley	NOT   BSF
2	7	F. Cramer   B. Shipway	SOU   SOU
3	8		
4	9		
5		L. Dixon   J. Rayment	LBZ   LBZ
		D. Johnson   M. Johnson	NOT   NOT

 F: 11:08

## 104: F K2 Men C/D 200

01.06.2025 11:12


1	6	T. Mablesen   J. Perry	EXE   BAN
2	7		
3	8		
4	9		
5		C. Cheyne   S. Tingay	CLM   LBZ
		K. Kinser   W. Lerner	BAN   BAN

 F: 11:12

## 105: F K1 Women A-D + Canoe Men/Boys A-D 200

01.06.2025 11:16


1	Andor Szalontai (13)	RIC	6	Isabelle Johansson-Ward (18)	LBZ
2	Sviatoslav Shnaider (19)	GLW	7	Alice Murphy (32)	NOT
3	Catherine Shirley (60)	EAL	8	Beth Perry (18)	WEY
4	Charlotte Henshaw (37)	PAR	9	Hannah Stephens (23)	CDF
5	Milly Pepper (19)	LIN			

 F: 11:16

## 106: F K2 Boys D 200

01.06.2025 11:24


1	6
2	7
3	8
4	9
5	

 H1: 09:56 > H2: 10:00 > F: 11:24

## 107: F K1 Girls D 200

01.06.2025 11:28

1	6
2	7
3	8
4	9
5	

 H1: 10:04 > H2: 10:08 > F: 11:28

## 108: F K2 Mini Sprint A 200

Mini-Sprint Series 01.06.2025 11:32

1			6	N. Barat-Farkas   C. Bates	ELM   LBZ
2			7		
3			8		
4	F. Awramik   S. Short	ELM   ELM	9		
5	K. Betteridge   E. Tingay	BAN   LBZ			

🕒 F: 11:32

## 109: H1 K2 Boys A-C 200

01.06.2025 11:40

1			6	D. Barnett   O. O'Keeffe	RDG   WEY
2			7	M. Grant   F. Meredith	NOT   ELM
3	O. Pearce   M. Selini	RIC   RIC	8	F. Lovell   A. Prokhyra	WOR   GLW
4	D. Dunlop   T. Prior	ELM   ELM	9		
5	L. De Bilio   L. Smith	ROY   WOR			

🏆 1st-3rd + 3 BT to Final

🕒 H1: 11:40 &gt; H2: 11:44 &gt; F: 12:44

## 110: H2 K2 Boys A-C 200

01.06.2025 11:44

1			6	K. Ayran   J. Kirtland	FOX   BSF
2			7	G. Hampton   C. Payne	CLM   CLM
3	F. Barnett   F. Fowler-Rimell	RDG   WOR	8		
4	M. Pyrz   A. Solecki	SPS   GLW	9		
5	W. Bowles-Trow   H. Hartland	ADS   BAN			

🏆 1st-3rd + 3 BT to Final

🕒 H1: 11:40 &gt; H2: 11:44 &gt; F: 12:44

## 111: F K1 Girls C + Canoe Women/Girls C 200

01.06.2025 11:48

1			6		
2			7		
3			8		
4			9		
5					

🕒 H1: 10:16 &gt; H2: 10:20 &gt; F: 11:48

## 112: F K1 Girls A/B 200

01.06.2025 11:52

1			6		
2			7		
3			8		
4			9		
5					

🕒 H1: 10:24 &gt; H2: 10:28 &gt; F: 11:52

## 113: F K1 Women U23 200

Selection Race 01.06.2025 11:56

1	Nerys Hall (19)	WEY	6	Katie Pocklington (21)	NOT
2	Lucy Guest (22)	NOT	7	Grace Anderson (21)	NOR
3	Jessica Urquhart (21)	NOT	8	Edith King (19)	ROY
4	Kristina Armstrong (19)	SPS	9	Milly Pepper (19)	LIN
5	Amy Green (20)	WOR			


🕒 F: 11:56

## 114: F V1 Para Men VL1-3 R2 200

01.06.2025 12:00

<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>	Xander Van Der Poll (25)	RLS
<b>5</b>		

<b>6</b>	Taylor Gough (24)	RLS
<b>7</b>		
<b>8</b>		
<b>9</b>		


 F: 12:00


## 115: H1 K1 Masters O34-64 1000

National Championship 01.06.2025 12:12

<b>1</b>		
<b>2</b>	Doug Pemble (60)	ADS
<b>3</b>	Eddie Martin (56)	SLP
<b>4</b>	Matthew Enoch (48)	NOT
<b>5</b>	Matthew Villaruel (55)	EAL

<b>6</b>	Peter Gorman (69)	WEY
<b>7</b>	Chris Gavin (54)	RIC
<b>8</b>	Richard Winstanley (40)	BSF
<b>9</b>		

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


 H1: 12:12 > H2: 12:16 > H3: 12:20 > F1: 13:32 > F2: 13:36


## 116: H2 K1 Masters O34-64 1000

National Championship 01.06.2025 12:16

<b>1</b>		
<b>2</b>	Owen Shephard-Wyatt (37)	CLM
<b>3</b>	David Martyn (57)	WEY
<b>4</b>	Shaune Walsh (38)	NOT
<b>5</b>	Brett Sirrell (53)	RLS

<b>6</b>	Paul Gadd (63)	ADS
<b>7</b>	Robert Molnar (49)	MAI
<b>8</b>	Andrew McDonagh (47)	CDF
<b>9</b>		

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


 H1: 12:12 > H2: 12:16 > H3: 12:20 > F1: 13:32 > F2: 13:36


## 117: H3 K1 Masters O34-64 1000

National Championship 01.06.2025 12:20

<b>1</b>		
<b>2</b>		
<b>3</b>	Adam Want (54)	NOR
<b>4</b>	Graham Holmes (67)	WEY
<b>5</b>	Andrew Birch (36)	ROY

<b>6</b>	Ben Tubby (51)	BSF
<b>7</b>	Martin Shirley (61)	EAL
<b>8</b>	Chris Gavin (54)	RIC
<b>9</b>		

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


 H1: 12:12 > H2: 12:16 > H3: 12:20 > F1: 13:32 > F2: 13:36

## 118: F K1 WMasters O34-64 1000

National Championship 01.06.2025 12:24

<b>1</b>		
<b>2</b>	Claudia Redeker (54)	BSF
<b>3</b>	Kerstin Queeney (57)	BSF
<b>4</b>	Stefania Rosalba (47)	NOR
<b>5</b>	Angelina Sanderson Bellamy (45)	CDF

<b>6</b>	Sally Alexander (59)	ADS
<b>7</b>	Catherine Shirley (60)	EAL
<b>8</b>	Michelle O'Keefe (53)	WEY
<b>9</b>		

 F: 12:24



## 119: F K4 Mixed Boys/Girls D + Mini Sprint A 200

01.06.2025 12:40

<b>1</b>		
<b>2</b>		
<b>3</b>	F. Awramik   N. Barat-Farkas	ELM   ELM
	C. Bates   S. Short	LBZ   ELM
<b>4</b>	E. Foulger   E. Grant	NOT   NOT
	J. Holmes   L. Jones	NOT   NOT
<b>5</b>	M. Barat-Farkas   G. Cheyne	ELM   CLM
	D. Ruwanpathirana   S. Yates	ELM   GAI

<b>6</b>	A. Golder   J. Maloney	NOT   NOT
	E. Morrissey   E. Wainwright	NOT   NOT
<b>7</b>	T. Prior   K. Thomson-Hook	ELM   WOR
	F. Whitelaw   R. Wickenden	WOR   BAN
<b>8</b>	P. Bellamy   E. Brewer	CDF   CDF
	F. Burton   M. Johnson	CDF   DEV
<b>9</b>		

🕒 F: 12:40

## 120: F K2 Boys A-C 200

01.06.2025 12:44

<b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	
<b>5</b>	

<b>6</b>	
<b>7</b>	
<b>8</b>	
<b>9</b>	

🕒 H1: 11:40 &gt; H2: 11:44 &gt; F: 12:44

## 121: H1 K1 Men U23 500

Selection Race 01.06.2025 12:56

<b>1</b>	
<b>2</b>	Nicholas Bell (18) FLA
<b>3</b>	Aidan Davis (21) NOR
<b>4</b>	Benjamin Cabrera (20) FOY
<b>5</b>	Gabriel Popham-Coveley (19) NOT

<b>6</b>	Andre Hinves (18) SOU
<b>7</b>	George Conroy (21) FLA
<b>8</b>	Nathaniel Lamb (18) SOU
<b>9</b>	Miklos Szabadvari (21) RDG

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

🕒 H1: 12:56 &gt; H2: 13:00 &gt; H3: 13:04 &gt; F1: 14:32 &gt; F2: 14:36

## 122: H2 K1 Men U23 500

Selection Race 01.06.2025 13:00

<b>1</b>	
<b>2</b>	Sam Bates (18) RIC
<b>3</b>	Piran Phillips (22) SOU
<b>4</b>	Dylan O'Connor (19) RIC
<b>5</b>	Tom Holland (22) WEY

<b>6</b>	Jack Rayment (18) LBZ
<b>7</b>	Haydyn Cooke-Bayley (19) NOT
<b>8</b>	Harry Sewell-Catchpole (18) NOR
<b>9</b>	

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

🕒 H1: 12:56 &gt; H2: 13:00 &gt; H3: 13:04 &gt; F1: 14:32 &gt; F2: 14:36

## 123: H3 K1 Men U23 500

Selection Race 01.06.2025 13:04

<b>1</b>	
<b>2</b>	Koen Ayran (18) FOX
<b>3</b>	Lochie Lovell (18) WOR
<b>4</b>	Xavier Hinves (21) SOU
<b>5</b>	Michael Motha (20) ADS

<b>6</b>	Lewis Smith (21) ROY
<b>7</b>	Leon Dixon (19) LBZ
<b>8</b>	Flynn Holt (18) RIC
<b>9</b>	

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

🕒 H1: 12:56 &gt; H2: 13:00 &gt; H3: 13:04 &gt; F1: 14:32 &gt; F2: 14:36

## 124: F K2 Women C/D + Girls C 500

01.06.2025 13:08

<b>1</b>			<b>6</b>	A. Sanderson Bellamy   H. Stephens	CDF   CDF
<b>2</b>			<b>7</b>	K. Hudson   L. Wickenden	BAN   BAN
<b>3</b>	L. Khan   E. Mcaulay	NOT   NOR	<b>8</b>		
<b>4</b>	A. De Bilio   L. Small	ROY   WOL	<b>9</b>		
<b>5</b>	J. Allan   M. Bates	WEY   RIC			

🕒 F: 13:08

## 125: F K2 Girls A/B + Canoe Men/Boys A/B 500

01.06.2025 13:12

<b>1</b>	G. Bell   S. Shnaider	FLA   GLW	<b>6</b>	I. Field   M. Mckernan	ELM   ELM
<b>2</b>			<b>7</b>	S. Green   H. Toovey	WOL   GLW
<b>3</b>	E. Landsborough   C. Maloney	NOT   NOT	<b>8</b>	A. Strachan	SPS
<b>4</b>	M. Burton   S. Dunlop	ELM   ELM	<b>9</b>		
<b>5</b>	K. Holt   R. Shephard	RIC   RDG			

🕒 F: 13:12

## 126: F1 K1 Masters O34-64 1000

National Championship 01.06.2025 13:32

<b>1</b>		<b>6</b>
<b>2</b>		<b>7</b>
<b>3</b>		<b>8</b>
<b>4</b>		<b>9</b>
<b>5</b>		

🕒 H1: 12:12 &gt; H2: 12:16 &gt; H3: 12:20 &gt; F1: 13:32 &gt; F2: 13:36

## 127: F2 K1 Masters O34-64 1000

National Championship 01.06.2025 13:36

<b>1</b>		<b>6</b>
<b>2</b>		<b>7</b>
<b>3</b>		<b>8</b>
<b>4</b>		<b>9</b>
<b>5</b>		

🕒 H1: 12:12 &gt; H2: 12:16 &gt; H3: 12:20 &gt; F1: 13:32 &gt; F2: 13:36

## 128: F C2 Canoe Boys U18/16 1000

Selection Race 01.06.2025 13:40

<b>1</b>		<b>6</b>
<b>2</b>		<b>7</b>
<b>3</b>		<b>8</b>
<b>4</b>		<b>9</b>
<b>5</b>	A. Elliott   O. Laws	RIC   RIC

🕒 F: 13:40

## 129: H1 K1 Boys A 500

01.06.2025 13:56

<b>1</b>		<b>6</b>	Rory Strachan (17)	SPS	
<b>2</b>		<b>7</b>	Arthur Hunter-Hopkins (15)	DEV	
<b>3</b>	Sam Patterson (17)	SPS	<b>8</b>	Freddy Fowler-Rimell (15)	WOR
<b>4</b>	Sam Dickson (16)	FOX	<b>9</b>		
<b>5</b>	Olivier Mazur (16)	RDG			

🏠 1st-3rd + 3 BT to Final

🕒 H1: 13:56 &gt; H2: 14:00 &gt; F: 15:40

## 130: H2 K1 Boys A 500

01.06.2025 14:00

1	
2	
3	Tyler Kinder (16) RDG
4	Philippe Ehrnrooth (17) DEV
5	Tom Hatton (16) RIC

6	Toby Bullock (17) EXE
7	Szymon Sroka (16) SPS
8	Sam Stevely (17) SPS
9	

1st-3rd + 3 BT to Final

H1: 13:56 &gt; H2: 14:00 &gt; F: 15:40

## 131: H1 K1 Boys B 500

01.06.2025 14:04

1	Adam Solecki (15) GLW
2	Fred Johnson (16) DEV
3	George Hampton (17) CLM
4	Louis Smith (14) WOR
5	Rory Smith (17) NOR

6	Lorenzo De Bilio (14) ROY
7	Ben Eskriett (15) GAI
8	Finnley Meredith (13) ELM
9	Doogal Barnett (14) RDG

9 BT in Heats 1-2 to Final

H1: 14:04 &gt; H2: 14:08 &gt; F: 15:44

## 132: H2 K1 Boys B 500

01.06.2025 14:08

1	
2	Mikolaj Pyrz (14) SPS
3	Anton Prokhyra (16) GLW
4	Malachi Grant (15) NOT
5	Cassian Payne (17) CLM

6	Matteo Selini (15) RIC
7	Ewan Bates (15) LBZ
8	Evyn Roberts (16) CDF
9	Isaac Popham-Coveley (16) FOX

9 BT in Heats 1-2 to Final

H1: 14:04 &gt; H2: 14:08 &gt; F: 15:44

## 133: F K4 K4 Raffle event 500

01.06.2025 14:20

1	
2	
3	
4	
5	

6	
7	
8	
9	

F: 14:20

## 134: F1 K1 Men U23 500

Selection Race 01.06.2025 14:32

1	
2	
3	
4	
5	

6	
7	
8	
9	

H1: 12:56 &gt; H2: 13:00 &gt; H3: 13:04 &gt; F1: 14:32 &gt; F2: 14:36

## 135: F2 K1 Men U23 500

Selection Race 01.06.2025 14:36

1	
2	
3	
4	
5	

6	
7	
8	
9	


H1: 12:56 &gt; H2: 13:00 &gt; H3: 13:04 &gt; F1: 14:32 &gt; F2: 14:36

## 136: F K1 Women Senior/U23 5000

Selection Race 01.06.2025 14:52

<b>Y171</b> Katie Brookes (22)	WOR
<b>Y172</b> Isabelle Johansson-Ward (18)	LBZ
<b>Y173</b> Sophie Dunlop (17)	ELM
<b>Y174</b> Jessica Urquhart (21)	NOT

<b>Y175</b> Lucy Guest (22)	NOT
<b>Y176</b> Nerys Hall (19)	WEY
<b>Y177</b> Alice Murphy (32)	NOT


 F: 14:52

## 137: F K1 Boys A 500

01.06.2025 15:40

<b>1</b>
<b>2</b>
<b>3</b>
<b>4</b>
<b>5</b>

<b>6</b>
<b>7</b>
<b>8</b>
<b>9</b>


 H1: 13:56 > H2: 14:00 > F: 15:40

## 138: F K1 Boys B 500

01.06.2025 15:44

<b>1</b>
<b>2</b>
<b>3</b>
<b>4</b>
<b>5</b>

<b>6</b>
<b>7</b>
<b>8</b>
<b>9</b>


 H1: 14:04 > H2: 14:08 > F: 15:44

## 139: F K1 Men Senior/U23 5000

Selection Race 01.06.2025 16:00

<b>W61</b> Flynn Holt (18)	RIC
<b>W62</b> George Hampton (17)	CLM
<b>W63</b> Fletcher Cramer (18)	SOU
<b>W64</b> Shaune Walsh (38)	NOT
<b>W65</b> Matthew Johnson (28)	NOT
<b>W66</b> Aidan Davis (21)	NOR
<b>W67</b> Leon Dixon (19)	LBZ
<b>W68</b> Alexander Worgan (17)	RIC

<b>W69</b> Philip Miles (23)	RLS
<b>W70</b> Will Short (17)	ELM
<b>W71</b> Jason Grice (24)	SOL
<b>W72</b> Zak Benstead (23)	ELM
<b>W73</b> Daniel Johnson (30)	NOT
<b>W74</b> Matthew Enoch (48)	NOT
<b>W75</b> Jack Rayment (18)	LBZ

 F: 16:00

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## Welcome

Welcome to the second National Sprint Regatta for 2025. This is the Open & British Masters National Championship Regatta, including Under 23 and Junior Selection events.

National Regattas are held under Paddle UK's Sprint Racing Competition Rules and Terms/Conditions of Participation.

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## Key Contacts

### Chief Official

Paul Edwardes

[regatta.chiefofficial@vol.paddleuk.org.uk](mailto:regatta.chiefofficial@vol.paddleuk.org.uk)

### Competition Queries

Cathy Wynne

[sprintregatta@outlook.com](mailto:sprintregatta@outlook.com)

### Volunteer Coordinator

Ann Hoile

[Regatta.Volunteers@vol.paddleuk.org.uk](mailto:Regatta.Volunteers@vol.paddleuk.org.uk)

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## New for the 2025 season

### Personal Flotation Devices (PFDs)

All Junior D competitors, including the Mini Sprint competitors, must always wear buoyancy aids when on the water. The buoyancy aids must conform to the BS EN ISO 12402-5 standard.

### Regatta Event Ticket

To submit entries, paddlers must purchase a Regatta Event Ticket instead of paying fees per event entered. Paddlers can enter as many events as the Event Schedule supports for each Class.

### Masters Events

Master's ability classes have been combined with the Seniors' ability classes. For this British Masters National Championship Regatta, all age classes have been combined into a single event; however, as these are National Championship events, separate medals will be awarded for each age class: O34, O44, O54, and O64.

### Intermediate Series

The Intermediate Series for U14s has been combined with the Junior D class.

### Ability Class Re-classification

The Standards For Racing times have been adjusted between the April and May/June regattas. We used performance at the April Regatta to determine the Ability Classes for subsequent regattas.

### Long Distance Courses

The Domestic 5000m long-distance events in 2025 will be raced clockwise and consist of two long laps. The first and third turns will be after the 1000m Start Cabin, and the second turn will be by the Finish Tower.

The Selection 5000m long-distance events will be raced clockwise and consist of six short laps and five portages. The turns will be after the 200m Start Cabin and by the Finish Tower. The portage will consist of a beach landing, run, and departure from the concrete pontoon to the right of the Finish Tower when looking towards the scoreboard

The Juniors' 2500m long-distance events will be raced clockwise and consist of one long lap. The turn will be after the 1000m Start Cabin.

### Parking

Parking for this season will be located on the far side of the lake from the tower.

Entry to the parking area will be through the wooden gate by the Desperate Measures shop (//hired.march.villa), with the exit then via the playground gate at the country park (//doctor.sport.drop). Cars should park parallel to the lake and face up the lake.

Riverside Parking (the rugby field) will be used as an overflow car park if needed.

Parking charges will be in operation and can be paid online, in advance or on the day, or via the machine in the country park car park (card payments only). Parking can be paid up until midnight on the day via the app.

Parking can be paid using the Tap2Park Service on <https://parkpcm.co.uk/index.php>, using code 4455. You can prepay.

Please note that parking charges cannot be backdated, so they must be paid in advance or on the day.

There is no 2-day parking package discount code this year. The only discount available is if you purchase an annual ticket at £55, via [cindy.appleby@serco.com](mailto:cindy.appleby@serco.com) which is a saving if you attend all four regattas.

The charges will be:

Up to 30min - FREE

Up to 1 hour - £3.00

Up to 2 hours - £4.00

Up to 4 hours - £5.00

All day - £7.50

All year - £55.00 - apply to [cindy.appleby@serco.com](mailto:cindy.appleby@serco.com)

### Gazebos

Club gazebos should be positioned along the lake on the North bank, opposite the tower. Please pitch them 5m back

from the perimeter road to allow spectators to congregate but not block the path. Please do not pitch your gazebos in the middle of the bank. Place them either at the top or at the base of the bank to avoid obstructing the parking.

Please also allow space between adjacent gazebos.

Gazebos must not exceed 4m x 4m in size. Above this size, they are deemed commercial and have associated health and safety conditions applied. Depending on paddler numbers, clubs may bring more than one gazebo.

## Cooking & Club Catering

An individual camping stove is now permitted, provided it is set up securely away from anything flammable and lit stoves or boiling water are not left unattended.

Clubs can provide cold catering to members; however, relevant food hygiene regulations should be followed.

Any clubs wishing to provide hot catering to members must contact Serco and Paddle UK using this [online form](#) no later than two weeks before the regatta. Depending on the requirements, there may be costs associated with this, although these will be kept to a minimum. Clubs that have not arranged this in advance will not be permitted to cook on site, and anyone doing so will be asked to leave the site. For further information, please contact Richard Stacey-Chapman ([richard.stacey-chapman@paddleuk.org.uk](mailto:richard.stacey-chapman@paddleuk.org.uk)) and Cindy Appleby ([Cindy.Appleby@serco.com](mailto:Cindy.Appleby@serco.com)).

## Traders and electrical connections

Traders who require an electrical connection must pre-book with Cindy Appleby at Serco.

## Paddler access lane

The paddler access lane is on the North Side of the lake (scoreboard side), and the motor boat access lane to the South Side (tower side).

## Boat control

Boat control is next to the tower.

## Facilities and catering

The Lakeside Main Café will be open for breakfast from 7 a.m. until 11 a.m. Hot food is also available from the Country Park Café (1066) from 8:30 a.m. until 5:00 p.m.

## Information point

Promotion certificates, 2025 Canoe Sprint Handbooks, and sets of Lane Numbers can be purchased from the Information Point, which is in the Event Organiser's Cabin, near the Finish Tower.

## Distribution of promotion and mini-sprint certificates

Team Leaders can collect past Junior Promotion and Mini Sprint Certificates from the Information Point, which will be in the Event Organiser's Cabin, near the Finish Tower.

## Communication

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

Regatta organisers will use one-way WhatsApp to disseminate important information during the event.

Scan this QR code to join this WhatsApp group

National Regatta  
WhatsApp community



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

[Late entry form](#) - only to be used before the Team Leaders Meeting

[Crew boat changes](#)

[Withdrawal/scratches](#)

[General enquiries and questions](#)

Access to the Finish Tower and Bridge level of the Main Building is restricted to Regatta Officials. Team Leaders will be granted access **only when called** to meet with a Regatta Official. Access via the Centre Building stairs.

## Protests

Protests made during a competition must be in written form. Verbal protests will not be recognised. Protests addressed to the Competition Committee can be emailed to the Chief Official at [Regatta.chiefofficial@paddleuk.org.uk](mailto:Regatta.chiefofficial@paddleuk.org.uk). A fee of £15 will be applied when a protest is not upheld.

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

## Shared early morning use of the course

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

If you park a trailer on the hardstand in front of the Boathouses, please watch for rowers carrying boats crossing this area to reach the boathouse and their coaches on bikes.



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## 2025 Regatta Dates

The National Regattas in 2025 will be on the following dates:

12th – 13th July - Open & British Paracanoe, Senior, Under 23 & Junior National Championships Regatta. And Standup Paddle Board Championships, Including Paracanoe, Senior & Junior selections

6th – 7th September - The British National Sprint Racing Inter-Club MacGregor Paddle Challenge, the Inter-Services Championship, and the Andrew Bonham Memorial C4 Race.

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## Changing/shower Room Codes

The NWCP changing/shower rooms entry codes are:

Men's code - 1967

Ladies code - 1974

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## Check, Clean, Dry

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

**Please ensure you carry out the following BEFORE entering the site and when you LEAVE the site:**

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

We will provide a boat washing service for the June Regatta by the end pontoon of the Boat House hardstanding.

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## Social Media

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

To help us increase Sprint Racing's social media presence nationally, please use the following hashtags alongside any photos or videos you publish on social media before, during, and after the National Regattas.

Hashtags

#nottsregatta

#canoesprintlegends

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## Event Security

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

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

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

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## Information for Team Leaders

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

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

### What are my responsibilities as a Team Leader?

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

- ensuring paddlers hold a current Paddle Scotland/CANI/Canŵ Cymru or Paddle UK 'On the water' membership before submitting their entries.
- submitting and paying for the Regatta Event Tickets
- submitting late entry requests, if lanes are available, using the late entry form (see page C2 for link), if possible, before the Team Leaders meeting.

- attending the Team Leaders online meeting on the Tuesday evening before the regatta.
- monitoring the Team Leaders Broadcast WhatsApp group.
- briefing your paddlers about regatta rules and informing the parents/guardians of Juniors of these where appropriate.
- ensuring that all Junior D paddlers wear a buoyancy aid whenever they are on the water.
- ensuring that all your club paddlers have achieved the relevant standard (time and proficiency) to compete at National Regattas.
- ensuring that all paddlers can swim at least 50 metres.
- ensuring that paddlers are suitably dressed for the conditions prevailing during the event.
- ensuring that paddlers entered for events are competent to handle the prevailing conditions and can manoeuvre their craft. All paddlers must have been taught what to do in the event of capsize.
- ensuring that boats racing from your club carry additional buoyancy and are water worthy.
- ensuring that all paddlers wear buoyancy aids when requested by the Competition Committee in adverse weather conditions.
- ensuring that paddlers are on the water with enough time to make their start times, visibly wearing their club colours and displaying the correct lane number for their race.
- resolving issues that the Competition Committee raises. You will be asked to come to the top of the Finish Tower (via the Centre Building stairs) where required. You will be called there by the Commentary Team and via WhatsApp broadcast.
- completing Incident Report Forms for any accidents/incidents involving attendees from your club that have occurred during the regatta.
- advising Juniors D paddlers who have been promoted that they need to become Paddle UK members and update the paddler database with their membership number.
- encouraging paddlers to shower after using the Regatta Course and ensure that all cuts and abrasions are covered with waterproof plasters before proceeding on the water. An NWSC guide to water-related illness is available from the NWSC reception desk.

You will be responsible for ensuring that your club's entry fees are paid as soon as possible after the entry deadline and before the Team Leaders Meeting **If payment is outstanding and isn't received by 15:00 the day before the regatta**, you will be charged an additional £5 per seat as a late payment surcharge.

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

### When is the Online Team Leaders meeting?

The Online Team Leaders meeting will take place at **8 pm on Tuesday, 27th May**. It will be open to Team Leaders, who should sign in via the chat feature at the start of the

meeting. The meeting will start with a review of the technical information for the regatta, including any competition changes being implemented, followed by a review of the deletions and any name changes submitted via the online form since the publication of the Start Lists. Agreed changes resulting from this meeting are then made to the programme, which is then re-issued to the officials running the regatta.

**Any additional crew changes or scratches occurring after the Team Leaders meeting must be submitted via the online forms at least 60 minutes before the race.**

[Crew Changes](#)

[Withdrawals/Scratches](#)

### What additional rules do I need to know?

In addition to the rules outlined in the *Information for Competitors* section, you also need to be aware of the following:

#### *Ensuring adequate buoyancy*

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

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

All Mini-Sprint and Junior D class paddlers must wear buoyancy aids/life jackets whenever they are on the lake. There are no exceptions to this rule.

#### *Ensuring paddlers have Paddle UK Membership*

All competitors from your club must be current Paddle UK members. The only exception to this is Junior club associate members ranked in Girls D, Boys D, or Mini-Sprint classes.

Junior paddlers who are associate Paddle UK members must become full 'On the Water' members of Paddle UK before the next regatta when they are promoted to 'C' or above.

Please update your club paddlers' paddler record details with the new Paddle UK number once promoted to Junior C.

### *Penalty points and disqualification*

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

In instances where penalty points have been awarded, or where disqualification has occurred, you may be asked to meet with the Competition Committee at the top of the Finish Tower and relay the outcome to the relevant paddlers. A statement of the currently active penalty points will also appear in the Official Results that are published shortly after the regatta.

### **Am I responsible for my club members' parking?**

Please ensure your club members and supporters observe the car parking rules outlined in the *Information for everyone* section below.

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## **Information for Competitors**

### **What happens if I discover a timetable clash?**

As a paddler, you can enter selection and ability class events, but timetabling cannot avoid potential clashes between these event types. After the Start Lists are released, and in the event of timetable clashes, you must ask your Team Leader to scratch you from the impacted races using the online form no later than the Team Leaders meeting to allow for redraws.

### **How is the course laid out?**

Please take time to familiarise yourself with the course and the areas where you are and are not allowed to paddle.

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

Once the Umpire boats are on the water, you can use the regatta lake to warm up. No paddling is permitted on the lake without appropriate safety cover. Umpire boats will be in place from 7:45 a.m. on Saturday and 7.30 a.m. on Sunday. The boats will stay on the course until shortly after the last race on each day.

Please do not go too far down the course, as you may not hear your race being called to the start line. Remember that you are not allowed to practice in the race area.

### **Can I practise starting from a gate?**

If you have not used the start gates before or would like a refresher on how to line yourself up into the buckets, we will hold open practice sessions at the start of Saturday. See the timetable for details.

### **Are there any rules I need to know?**

The National Sprint Regattas follow a detailed set of rules. The Paddle UK Sprint Racing Competition Rules and the

National Sprint Regatta Terms/Condition of Participation. These can be read in full in the annual Canoe Sprint Handbook. This can be purchased at the Information Point.

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

### **What are the minimum boat weights?**

In sprint racing, boats must have minimum weights (PUK SRC Regulation 9), which vary according to the class of boat.

K1 12kg C1 14kg

K2 18kg C2 20kg

K4 30kg C4 30kg

Paracanoe: K1 12kg; V1 13kg (inc. hull, ama & iako)

You are responsible for ensuring that your boat is at least that weight or heavier and bringing any additional weights you need. If your boat requires additional weight to be added, this must be firmly attached to your boat; a loose bag of stones or sand tucked under the seat is not acceptable. The weight of your boat is measured using the Boat Control weighing scales on the day of the regatta, not the scales at your club or your kitchen scales at home, so please don't argue with the Boat Control officials.

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

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

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

### **What if my boat is too heavy?**

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

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

### **Why do I need a lane number?**

Your boat must display a white lane number board showing the lane number in which you are racing. The number boards help the officials to run the regatta effectively and to ensure the accuracy of results.

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

### **Why do I have to race in my club colours?**

You are racing for your club and, therefore, need to wear your club colours. If there are queries about your race, the club colours help us easily identify specific paddlers. This, in turn, allows us to resolve any issues and contact the relevant club Team Leaders if necessary. It also allows us to post the race results more quickly.

### **How do I know if I have to wear a Personal Floatation Device (PFD)?**

All Junior D and Mini Sprint competitors must always wear buoyancy aids when on the water, which must conform to the BS EN ISO 12402-5 standard.

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

All Buoyancy aids/life jackets must conform to BS EN ISO 12402-5.

### **How much buoyancy do I need in my boat?**

PUK Sprint Racing Competition Rules require that following a capsize, all kayaks and canoes must be able to remain level on the surface of the water when filled with water and support the crew.

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

### **Where do I get on and off the water?**

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

All other athletes will access the water via the pontoons at the end of the lake or from the long pontoon after the finish line on the northside. Please be aware of others using the pontoons.

Athletes called for boat control can egress the water on the pontoon next to the tower.

All other athletes should egress at the end of the lake or from the long wooden pontoon

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

Leave yourself enough time to get to the start line for your race, paddling slowly in Lane 10. This is the lane closest to the Scoreboard.

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

### **What happens at the start?**

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

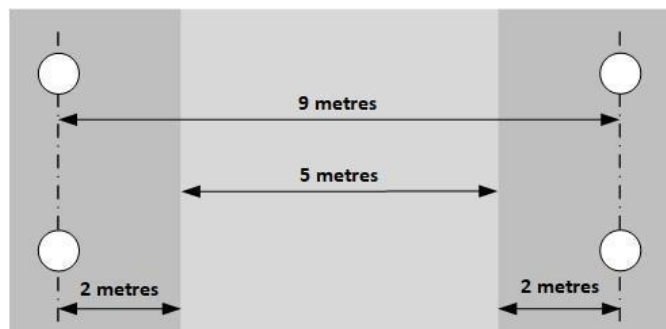
When your race is called, you will be asked to move towards the start buckets and stop and hold off about 5-10m away. When the timing team has given clearance for the next race, the starter will ask you to come into the buckets. Please listen carefully to the starter's instructions at this point. You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

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

Remember that races start every 3 or 4 minutes throughout the day, leaving very little time to delay the start of any race. Why do I have to stay in the centre of my lane?

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

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



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

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

In summary:

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

Additionally:

- if you capsize during the race, you will also be eliminated from the race (except in races of more than 1000m – Rule 28.4).
- if you break a paddle during your race, you may not be provided with a new one by a supporter (except in races of more than 1000m – Rule 28.6).

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

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

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

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

the boat, which it appears is unfairly supported, being disqualified from their race.

### Why are there motorboats on the course?

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

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

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

The launches use Lane 0 to move around the course, which is the lane closest to the tower. The launch drivers are very aware of the impact of their wash on your paddling and aim to minimise this as much as possible.

### What happens at the finish?

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

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

The commentary team will advise you which boat(s) needs to go to Boat Control. The Boat Control team will also display these boats' lane number(s) on the pontoon from which to egress the water to attend Boat Control.

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

### What happens if I get called to boat control?

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

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

Athletes will be expected to empty their own boat of water, remove all loose fittings, lane number and spray deck before positioning their boat on the scales.

All athletes should expect their boats to be checked during the event. Boats will be selected at random from each heat and final. The lane number will be announced and displayed on the board on the Boat Control pontoon. If your boat is found to be under the required weight or lacking sufficient buoyancy, it will be reported to the Competition Committee, who may apply a penalty.

### Can I warm down?

You may warm down by turning carefully below the Finish Line and outside of the finish area (a 'D' shape marked by buoys and flags), then proceeding back to behind the start line SLOWLY down Lane 10, the lane closest to the Scoreboard. DO NOT re-enter any of the racing lanes.

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

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

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

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

You must check if you have qualified for a Final in your class. The Live results service displays details of who is in each final and their lane numbers. **Please wait at least 15 minutes after the last heat before checking the details of lane draws for the resultant finals.**

### Can I obtain the race results on my mobile phone?

The Unofficial Results can be obtained during the regatta from [regattaresults.org.uk](https://regattaresults.org.uk).

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

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

To access this service, navigate to [regattaresults.org.uk](https://regattaresults.org.uk).

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

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

Promotions between classes are calculated during the Regatta weekend based on several factors. If you have been promoted, details about this are included in the published Official Results. These are available on the Sprint Racing website at <https://canoesprint.org.uk/archives/national-regatta-results/> shortly after the event. The availability of these results is also notified on our Facebook group page called *PUK Sprint Racing Committee*.

### Is there an event welfare office I can speak to?

You should feel safe enjoying your sport. If you are worried about how you or someone else is being treated at the event by another young person or adult, there is someone you or your parents/carers or coach/leader can talk to. Please speak to our Event Welfare Officers:

Louise Clive      Tel: 07816 786987  
Wendy Dodson    Tel: 07855 629334

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

#### Paddle UK Safeguarding Lead:

(For anyone wishing to report a safeguarding incident or concern) Tel: 0115 8655354  
(if calling out of office hours, leave a message and your call will be responded to as soon as possible the next working day)  
or Email: [safeguarding@paddleuk.org.uk](mailto:safeguarding@paddleuk.org.uk)

#### Home Nations

##### Paddle Scotland Safeguarding Officer

Andy Murray Tel: 01887 292040:  
Email [andy.murray@paddlescotland.org.uk](mailto:andy.murray@paddlescotland.org.uk)

##### Canoe Wales Lead Safeguarding Officer

Cath Sykes, Tel: 0708 683984: Email [childprotection@canoewales.com](mailto:childprotection@canoewales.com)

##### CANI Safeguarding Officer

Stephen Craig or Louise Wallace:  
Email: [safeguarding@cani.org.uk](mailto:safeguarding@cani.org.uk)

For immediate confidential advice (24hr Helplines) contact:  
**NSPCC Child Protection Helpline Tel: 0800 800 5000**  
**Childline Tel: 0800 1111**

The Paddle UK Safeguarding Policies and Guidance documents, including other related information, are available at [www.paddleuk.org.uk](http://www.paddleuk.org.uk).

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

### How do I enter future events?

The Team Leader submits race entries for your club, so let your Team Leader know if you want to enter any future events. Team Leaders will then submit their club's entries online with payment to Paddle UK.



## Where can I find event schedules for future regattas?

The event schedule for each of the National Sprint Regattas is published on the SRC website at <https://canoesprint.org.uk/all-events/upcoming-events/>

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

## What do I need to know about regatta liability?

The regatta will endeavour to provide a safe environment within the Water Safety Code. You are specifically reminded that anyone using the lake and the adjoining river does so entirely at their own risk. Please note the following *PUK Regatta Liability Statement*.

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

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

### *Regatta entry conditions*

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

## Weil's disease/Leptospirosis

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

## Can I get involved in helping run the regattas?

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

It might surprise you that the National Sprint Regattas are run entirely by volunteers. Although a lot of planning work is done prior to each event, during each regatta weekend,

approximately 50 people are involved in a wide variety of roles to keep the regatta on schedule. These roles include:

- programme planners
- computer room data inputters
- administrators
- motorboat drivers
- course umpires
- boat weighers
- starters
- commentators
- line judges
- photo finish operators
- scoreboard operators
- K4 shed boat controllers
- promoters (and demoters)
- medal presenters
- first aiders
- competition judges

We're always looking for additional pairs of hands to help things run efficiently and are very flexible with how much time you can commit during the weekend. If any of the above roles capture your imagination, or you are just interested in finding out what we do, we can introduce you to and train you in any of these roles. Pop into the Information Point and ask to speak to Ann Hoile.

## Can I follow the race by bike or scooter?

The National Water Sports Centre (NWSC) allows cyclists to use the towpath on both sides of the regatta course when weather conditions permit and at their own risk. Cycling, skating, rollerblading and scootering are not allowed in the area around the Tower and Boat Control. Cyclists, rollerblading and scooters following races should use the Southside roadway (Finish Tower side of the course).

Coaches and supporters must be conscious of those around them, including the general public, and should only follow races in which their athletes are competing.

We encourage you to follow the NWSC's Towpath Code for Cyclists

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

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

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

We encourage you to follow the Paddle UK guidelines, which provide sensible advice. We recognise that publicity and pictures/ recordings of young people enjoying paddle sport are essential to promoting the sport and a healthy lifestyle.

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

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

### *Guidelines for taking photographic/recorded images*

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

### *Guidelines for publishing photographic/recorded images*

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

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## Information for Everyone

### Are there any parking restrictions?

The National Water Sports Centre does place some restrictions on where vehicles can park around the venue.

Parking marshals will be on hand to guide you to the right locations. Please follow their directions as to where to park.

The main area for competitors is Grassy Bank on the north side of the lake.

The pontoons and access road in front of the Centre on either side of the Finish Tower is designated 'Reserved' parking or a 'No Parking Area'.

### **Access for emergency vehicles must NOT be impeded.**

Please keep the access roads clear near the Centre Buildings.

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

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

### **Are there parking charges?**

Parking charges are noted above.

Follow the Marshals' instructions when parking alongside the lake.

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

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

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

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

All accidents and emergencies must be reported as soon as practicable using the Paddle UK Incident Reporting Form, available at <https://paddleuk.org.uk/online-incident-reporting/>. If necessary, additional medical support will be requested on the advice of the paramedic. The Paramedic will also ensure that the Regatta Organizers, Chief Official, and Main Reception Centre are made aware of any incidents. The online Incident Report Form MUST be completed by the Team Leader of the appropriate clubs for all accidents, collisions, and near-miss incidents.

Emergency numbers	999
Emergency Services	0115 977 3078
Police, Nottinghamshire Authority	
	<a href="mailto:npa@nottinghamshire.pnn.police.uk">npa@nottinghamshire.pnn.police.uk</a>
NWSC Reception Office	0115 982 1212
NHS Direct	0845 4647

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

### **What is the PUK Regatta Policy and Code of Conduct?**

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

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

#### *Everybody*

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

#### *Team leaders, coaches, officials and volunteers*

- in line with Paddle UK Policy/Codes on safe recruitment for any volunteer role, vetting practices, including appropriate Disclosure checks, where eligible, will be undertaken in accordance with home nation and government guidelines
- all those working with young people and vulnerable adults should also have read and adhere to the *Paddle UK child and vulnerable adult policy* and *Paddle UK anti-bullying policy*. These can be accessed on the Paddle UK website. The regatta will follow the guidance of these policies in the event of any concerns or allegations
- follow the Paddle UK Code of Ethics and Guidelines and Policies
- consider the well-being and safety of paddlers before their personal development or performance
- encourage paddlers and officials to value their performance and not just their results

- develop an appropriate working relationship with paddlers based on mutual trust and respect
- display consistently high standards of behaviour and appearance
- hold the appropriate, updated qualifications and insurance
- the Regatta Committee will encourage, train and support volunteers to gain qualifications and assist officials to stay updated
- Team Leaders/Coaches will obtain written medical details of young paddlers, which will be made known where deemed appropriate and/or necessary
- never condone the use of prohibited substances, as defined by Paddle UK

#### *Parents, guardians and carers*

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

### **Trade stands**

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