

6th – 7th September 2025

Inter-Services Championships 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	Inter-Services Men	K1	1000	F
2	09:03	Boys B	K1	1000	H1
3	09:06	Boys B	K1	1000	H2
4	09:09	Boys B	K1	1000	H3
5	09:12	Boys B	K1	1000	H4
6	09:15	Boys A	K1	1000	H1
7	09:18	Boys A	K1	1000	H2
8	09:21	Boys A	K1	1000	H3
9	09:27	Women C/D	K2	1000	H1
10	09:30	Women C/D	K2	1000	H2
11	09:33	Men B	K1	1000	H1
12	09:36	Men B	K1	1000	H2
13	09:39	Men B	K1	1000	H3
14	09:42	Men C	K1	1000	H1
15	09:45	Men C	K1	1000	H2
16	09:48	Men C	K1	1000	H3
17	09:51	Men D	K2	1000	H1
18	09:54	Men D	K2	1000	H2
19	09:57	Inter-Services Men	K4	1000	F
20	10:06	Boys C	K2	500	F
21	10:09	Canoe Men/Boys C/D	C2	500	F
22	10:12	Women A/B	K4	500	F
23	10:15	Girls A/B + Canoe Women/Girls A/B	K2	500	H1
24	10:18	Girls A/B + Canoe Women/Girls A/B	K2	500	H2
25	10:21	Mini Sprint A	K1	500	H1
26	10:24	Mini Sprint A	K1	500	H2
27	10:27	Mini Sprint A	K1	500	H3
28	10:30	Women C/D	K2	500	H1
29	10:33	Women C/D	K2	500	H2
30	10:36	Mini Sprint B	K1	500	H1
31	10:39	Mini Sprint B	K1	500	H2
32	10:42	Boys D	K4	500	H1
33	10:45	Boys D	K4	500	H2
34	10:48	Paddle-Ability (Sat) R1	K1	500	F1
35	10:51	Paddle-Ability (Sat) R1	K1	500	F2
36	11:00	Boys B	K1	1000	F1
37	11:03	Boys B	K1	1000	F2
38	11:06	Boys A	K1	1000	F1
39	11:09	Boys A	K1	1000	F2
40	11:12	Men A	K1	1000	F
41	11:15	Men B	K1	1000	F1
42	11:18	Men B	K1	1000	F2
43	11:21	Men C	K1	1000	F1
44	11:24	Men C	K1	1000	F2
45	11:27	Men D	K2	1000	F
46	11:30	Women C/D	K2	1000	F
47	11:33	Inter-Services Men	K2	1000	F
48	11:42	Boys D	K4	500	F

49	11:45	Girls A/B + Canoe Women/Girls A/B	K2	500	F
50	11:48	Girls D	K2	500	H1
51	11:51	Girls D	K2	500	H2
52	11:54	Mini Sprint A	K1	500	F1
53	11:57	Mini Sprint A	K1	500	F2
54	12:00	Mini Sprint B	K1	500	F
55	12:03	Boys B	K2	500	H1
56	12:06	Boys B	K2	500	H2
57	12:09	Boys B	K2	500	H3
58	12:12	Boys A	K2	500	H1
59	12:15	Boys A	K2	500	H2
60	12:18	Men A	K4	500	F
61	12:21	Men D	K4	500	F
62	12:24	Paddle-Ability (Sat) R2	K1	500	F1
63	12:27	Paddle-Ability (Sat) R2	K1	500	F2
64	12:36	Women C/D	K2	500	F
65	12:39	Boys D	K2	500	H1
66	12:42	Boys D	K2	500	H2
67	12:45	Boys D	K2	500	H3
68	12:48	Boys C	K4	500	F
69	12:51	Girls D	K2	500	F
70	13:00	Canoe C/D	C1	200	F
71	13:03	Women A/B	K1	200	H1
72	13:06	Women A/B	K1	200	H2
73	13:09	Girls A/B + Canoe Women/Girls A/B	K2	200	H1
74	13:12	Girls A/B + Canoe Women/Girls A/B	K2	200	H2
75	13:15	Inter-Services Women	K1	200	F
76	13:24	Boys B	K2	500	F1
77	13:27	Boys B	K2	500	F2
78	13:36	Boys A	K2	500	F
79	13:39	Men B/C	K4	500	F
80	13:42	Boys D	K2	500	F1
81	13:45	Boys D	K2	500	F2
82	13:54	Girls C	K1	200	H1
83	13:57	Girls C	K1	200	H2
84	14:00	Girls D	K1	200	H1
85	14:03	Girls D	K1	200	H2
86	14:06	Girls D	K1	200	H3
87	14:09	Girls D	K1	200	H4
88	14:12	Paddle-Ability (Sat) R1	K1	200	F1
89	14:15	Paddle-Ability (Sat) R1	K1	200	F2
90	14:21	Boys C	K1	200	H1
91	14:24	Boys C	K1	200	H2
92	14:27	Boys C	K1	200	H3
93	14:30	Boys B	K1	200	H1
94	14:33	Boys B	K1	200	H2
95	14:36	Boys B	K1	200	H3
96	14:39	Boys B	K1	200	H4
97	14:42	Boys B	K1	200	H5
98	14:45	Boys A	K1	200	H1
99	14:48	Boys A	K1	200	H2
100	14:51	Boys A	K1	200	H3
101	14:57	Boys D	K1	200	H1
102	15:00	Boys D	K1	200	H2
103	15:03	Boys D	K1	200	H3
104	15:06	Boys D	K1	200	H4

105	15:09	Boys D	K1	200	H5
106	15:12	Boys D	K1	200	H6
107	15:15	Boys D	K1	200	H7
108	15:18	Women A/B	K1	200	F
109	15:24	Girls A/B + Canoe Women/Girls A/B	K2	200	F
110	15:27	Girls C	K1	200	F
111	15:30	Girls D	K1	200	F1
112	15:33	Girls D	K1	200	F2
113	15:42	Inter-Services Women	K4	200	F
114	15:45	Boys C	K1	200	F1
115	15:48	Boys C	K1	200	F2
116	15:51	Boys B	K1	200	F1
117	15:54	Boys B	K1	200	F2
118	16:00	Boys A	K1	200	F1
119	16:03	Boys A	K1	200	F2
120	16:06	Boys D	K1	200	F1
121	16:09	Boys D	K1	200	F2
122	16:12	Boys D	K1	200	F3
123	16:18	Canoe A/B	C1	200	F
124	16:24	Men B	K1	200	H1
125	16:27	Men B	K1	200	H2
126	16:30	Men B	K1	200	H3
127	16:36	Men C	K1	200	H1
128	16:39	Men C	K1	200	H2
129	16:42	Men D	K1	200	H1
130	16:45	Men D	K1	200	H2
131	16:48	Men D	K1	200	H3
132	16:51	Men D	K1	200	H4
133	16:54	Men D	K1	200	H5
134	16:57	Inter-Services Men	K1	200	F
135	17:00	Mini Sprint A	K1	200	H1
136	17:03	Mini Sprint A	K1	200	H2
137	17:06	Mini Sprint A	K1	200	H3
138	17:09	Mini Sprint B	K1	200	H1
139	17:12	Mini Sprint B	K1	200	H2
140	17:15	Girls A	K1	200	H1
141	17:18	Girls A	K1	200	H2
142	17:24	Girls B	K1	200	H1
143	17:27	Girls B	K1	200	H2
144	17:30	Girls B	K1	200	H3
145	17:33	Girls C	K2	200	F
146	17:39	Girls D	K2	200	H1
147	17:42	Girls D	K2	200	H2
148	17:45	Women D	K1	200	H1
149	17:48	Women D	K1	200	H2
150	17:51	Women C	K1	200	H1
151	17:54	Women C	K1	200	H2
152	17:57	Paddle-Ability (Sat) R2	K1	200	F1
153	18:00	Paddle-Ability (Sat) R2	K1	200	F2
154	18:03	Canoe Men/Boys A/B	C2	200	F
155	18:06	Men A	K1	200	F
156	18:09	Men B	K1	200	F1
157	18:12	Men B	K1	200	F2
158	18:15	Men C	K1	200	F
159	18:21	Men D	K1	200	F1
160	18:24	Men D	K1	200	F2
161	18:30	Inter-Services Women	K2	200	F
162	18:36	Mini Sprint A	K1	200	F1
163	18:39	Mini Sprint A	K1	200	F2
164	18:42	Mini Sprint B	K1	200	F
165	18:45	Girls A	K1	200	F
166	18:48	Girls B	K1	200	F1
167	18:51	Girls B	K1	200	F2
168	18:54	Girls D	K2	200	F
169	18:57	Women D	K1	200	F
170	19:00	Women C	K1	200	F
171	19:03	Women A/B	K2	200	F

Sunday

07:15 Course opens
07:30 Warm-up period opens
07:45 Warm-up period closes

172	08:00	Girls B + Canoe Women/Girls A/B	K1	1000	H1
173	08:03	Girls B + Canoe Women/Girls A/B	K1	1000	H2
174	08:06	Girls B + Canoe Women/Girls A/B	K1	1000	H3
175	08:09	Girls C	K1	1000	F
176	08:12	Girls A	K1	1000	F
177	08:24	Mixed Men/Women D	K2	500	H1
178	08:27	Mixed Men/Women D	K2	500	H2
179	08:30	Mixed Boys/Girls D	K2	500	H1
180	08:33	Mixed Boys/Girls D	K2	500	H2
181	08:36	Mixed Boys/Girls D	K2	500	H3
182	08:39	Mixed Boys/Girls D	K2	500	H4
183	08:42	Women A/B	K1	500	H1
184	08:45	Women A/B	K1	500	H2
185	08:48	Men A	K1	500	F
186	08:51	Inter-Services Men	K1	500	F
187	09:00	Canoe Men/Boys A-D	C2	1000	F
188	09:03	Girls B + Canoe Women/Girls A/B	K1	1000	F1
189	09:06	Girls B + Canoe Women/Girls A/B	K1	1000	F2
190	09:18	Mixed Boys/Girls C	K2	500	F
191	09:21	Mixed Boys/Girls A	K2	500	F
192	09:24	Inter-Services Women	K4	500	F
193	09:27	Mini Sprint A	K4	500	F
194	09:30	Mini Sprint B	K4	500	F
195	09:33	Mixed Men/Women C	K2	500	F
196	09:36	Mixed Men/Women D	K2	500	F
197	09:39	Mixed Boys/Girls D	K2	500	F1
198	09:42	Mixed Boys/Girls D	K2	500	F2
199	09:45	Paddle-Ability (Sun) R1	K1	500	F
200	09:54	Men B	K2	500	H1
201	09:57	Men B	K2	500	H2
202	10:00	Mixed Boys/Girls B	K2	500	H1
203	10:03	Mixed Boys/Girls B	K2	500	H2
204	10:06	Canoe C/D	C1	500	F
205	10:09	Canoe Men/Boys A/B	C2	500	F
206	10:12	Women A/B	K1	500	F
207	10:15	Boys C	K1	500	H1
208	10:18	Boys C	K1	500	H2
209	10:21	Boys C	K1	500	H3
210	10:24	Boys A	K1	500	H1
211	10:27	Boys A	K1	500	H2
212	10:30	Boys A	K1	500	H3
213	10:39	Men C	K2	500	F
214	10:42	Girls C	K1	500	H1
215	10:45	Girls C	K1	500	H2
216	10:54	Mini Sprint A	K2	200	H1
217	10:57	Mini Sprint A	K2	200	H2
218	11:00	Boys D	K2	200	H1
219	11:03	Boys D	K2	200	H2
220	11:06	Boys D	K2	200	H3
221	11:15	Mixed Men/Women B	K2	500	F
222	11:18	Inter-Services Women	K1	500	F
223	11:21	Men D	K2	500	H1
224	11:24	Men D	K2	500	H2
225	11:27	Boys C	K1	500	F1
226	11:30	Boys C	K1	500	F2
227	11:33	Inter-Services Men	K4	500	F
228	11:36	Canoe Men/Boys A/B + Women/Girls A	C1	500	F
229	11:39	Mixed Boys/Girls B	K2	500	F
230	11:51	Canoe Men/Boys C/D	C2	200	F
231	11:54	Women C/D	K2	200	H1
232	11:57	Women C/D	K2	200	H2

233	12:00	Mini Sprint B	K2	200	F	273	14:24	Girls C	K4	500	F
234	12:03	Mini Sprint A	K2	200	F	274	14:27	Men D	K1	500	H1
235	12:06	Boys D	K2	200	F1	275	14:30	Men D	K1	500	H2
236	12:09	Boys D	K2	200	F2	276	14:33	Men D	K1	500	H3
237	12:18	Boys A	K1	500	F1	277	14:36	Men D	K1	500	H4
238	12:21	Boys A	K1	500	F2	278	14:39	Men D	K1	500	H5
239	12:24	Women A/B	K2	500	F	279	14:45	Women D	K1	500	H1
240	12:27	Girls D	K4	500	F	280	14:48	Women D	K1	500	H2
241	12:30	Girls C	K1	500	F	281	14:51	Women C	K1	500	H1
242	12:33	Boys B	K1	500	H1	282	14:54	Women C	K1	500	H2
243	12:36	Boys B	K1	500	H2	283	14:57	Andrew Bonham Memorial	C4	500	H2
244	12:39	Boys B	K1	500	H3	284	15:00	Girls D	K1	500	H1
245	12:42	Boys B	K1	500	H4	285	15:03	Girls D	K1	500	H2
246	12:45	Boys B	K1	500	H5	286	15:06	Girls D	K1	500	H3
247	12:48	Andrew Bonham Memorial	C4	500	H1	287	15:09	Girls D	K1	500	H4
248	12:51	Men B	K2	500	F	288	15:12	Men C	K1	500	H1
249	12:54	Girls B	K1	500	H1	289	15:15	Men C	K1	500	H2
250	12:57	Girls B	K1	500	H2	290	15:18	Men C	K1	500	H3
251	13:00	Girls B	K1	500	H3	291	15:21	Boys A	K4	500	F
252	13:03	Inter-Services Women	K2	500	F	292	15:24	Men A	K2	500	F
253	13:06	Men D	K2	500	F	293	15:27	Boys B	K4	500	F
254	13:12	Boys D	K1	500	H1	294	15:30	Inter-Services Men	K2	500	F
255	13:15	Boys D	K1	500	H2	295	15:33	Paddle-Ability (Sun) R2	K1	500	F
256	13:18	Boys D	K1	500	H3	296	15:39	Boys D	K1	500	F1
257	13:21	Boys D	K1	500	H4	297	15:42	Boys D	K1	500	F2
258	13:24	Boys D	K1	500	H5	298	15:45	Boys D	K1	500	F3
259	13:27	Boys D	K1	500	H6	299	15:48	Men D	K1	500	F1
260	13:30	Boys D	K1	500	H7	300	15:51	Men D	K1	500	F2
261	13:42	Women C/D	K2	200	F	301	15:54	Men B	K1	500	F1
262	13:45	Mini Sprint A	K4	200	F	302	15:57	Men B	K1	500	F2
263	13:48	Mini Sprint B	K4	200	F	303	16:00	Girls A/B	K4	500	F
264	13:51	Boys C	K2	200	F	304	16:03	Andrew Bonham Memorial	C4	500	F
265	14:00	Boys B	K1	500	F1	305	16:06	Women D	K1	500	F
266	14:03	Boys B	K1	500	F2	306	16:09	Women C	K1	500	F
267	14:06	Men B	K1	500	H1	307	16:12	Girls D	K1	500	F1
268	14:09	Men B	K1	500	H2	308	16:15	Girls D	K1	500	F2
269	14:12	Men B	K1	500	H3	309	16:18	Men C	K1	500	F1
270	14:15	Girls A	K1	500	F	310	16:21	Men C	K1	500	F2
271	14:18	Girls B	K1	500	F1						
272	14:21	Girls B	K1	500	F2						

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