



**NATIONAL
SPRINT
REGATTAS**

PADDLE^{UK}

2026

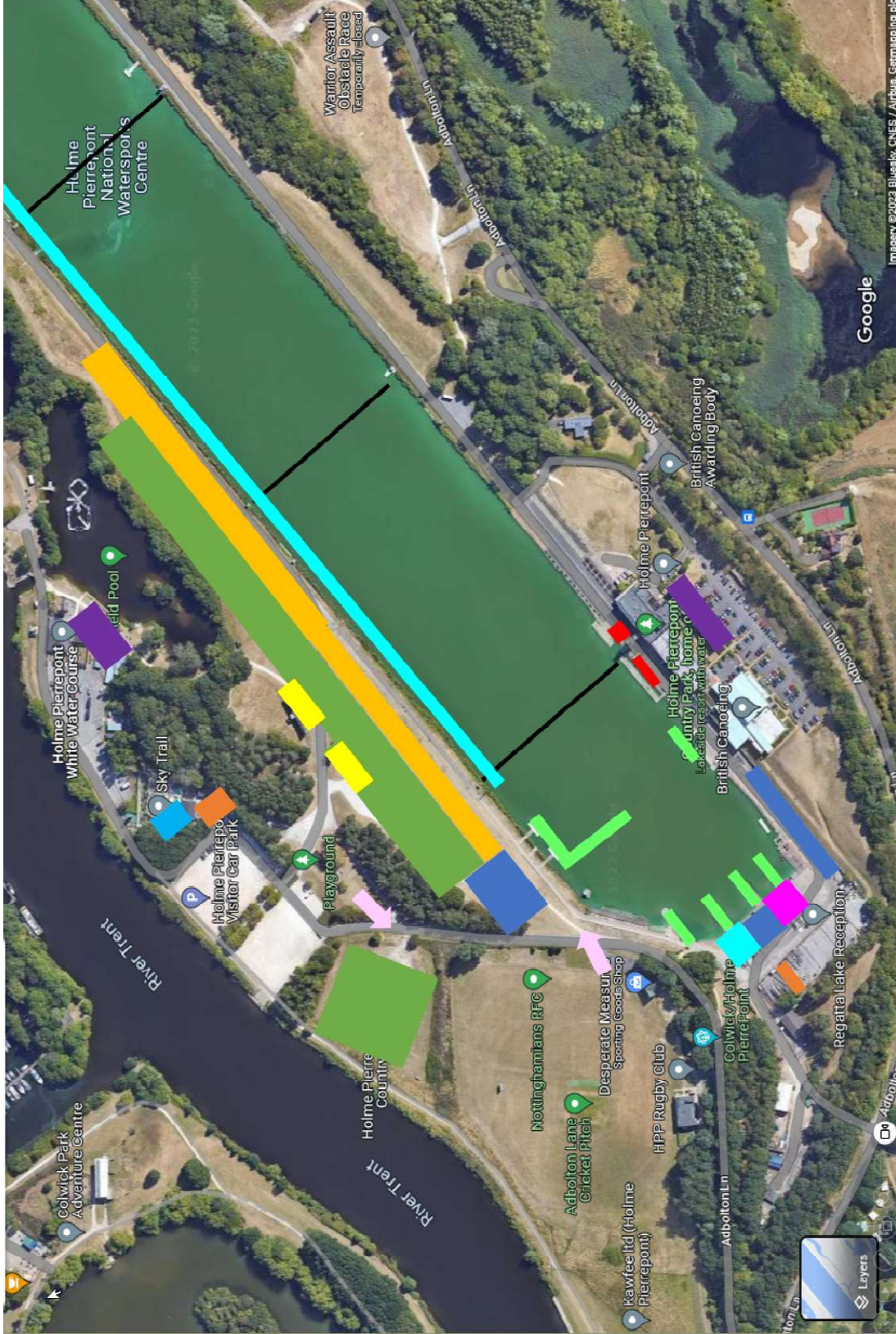
**PADDLE UK
SPRINT RACING NATIONAL REGATTA**

11 – 12 April

Paddle UK Regatta, including Paracanoe, Senior, Under 23, and Junior Selection Events

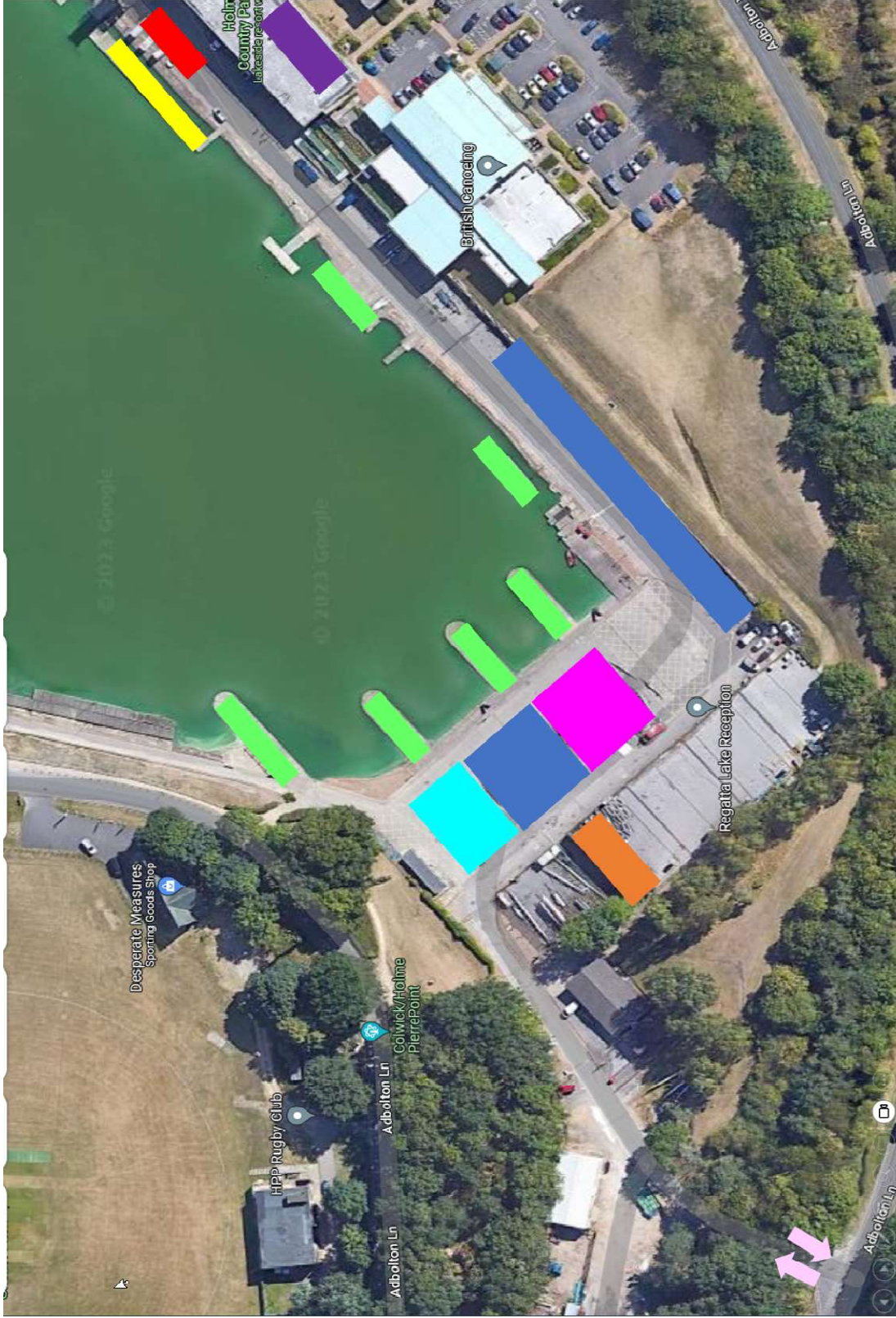
Photography by Antony Edmonds

- 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



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Google



Trailers

Boat control

Boat launch

K4s

Toilets

Showers & toilets

Trailer entry/exit

Umpire boats

Paddle-Ability

11th – 12th April 2026
Selection event 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	Men C	K1	1000	F
2	09:03	Women C + Canoe Men/Boys C	K1	1000	F
3	09:06	Boys B	K1	1000	H1
4	09:09	Boys B	K1	1000	H2
5	09:12	Boys B	K1	1000	H3
6	09:15	Boys C	K2	1000	F
7	09:21	Boys A	K1	1000	F
8	09:24	Boys U18	K1	1000	H1
9	09:27	Boys U18	K1	1000	H2
10	09:30	Boys U18	K1	1000	H3
11	09:36	Men Senior/U23	K1	1000	H1
12	09:39	Men Senior/U23	K1	1000	H2
13	09:42	Men Senior/U23	K1	1000	H3
14	09:45	Men Senior/U23	K1	1000	H4
15	09:48	Men Senior/U23	K1	1000	H5
16	09:51	Men Senior/U23	K1	1000	H6
17	09:54	Men A/B	K1	1000	F
18	10:06	Women Senior/U23	K1	500	H1
19	10:09	Women Senior/U23	K1	500	H2
20	10:12	Women Senior/U23	K1	500	H3
21	10:15	Girls U18	K1	500	H1
22	10:18	Girls U18	K1	500	H2
23	10:21	Girls A/B	K1	500	H1
24	10:24	Girls A/B	K1	500	H2
25	10:30	Women C/D	K4	500	F
26	10:33	Girls C	K1	500	H1
27	10:36	Girls C	K1	500	H2
28	10:39	Girls D	K1	500	H1
29	10:42	Girls D	K1	500	H2
30	10:48	Boys C	K1	500	H1
31	10:51	Boys C	K1	500	H2
32	10:54	Boys C	K1	500	H3
33	11:00	Boys D	K1	500	H1
34	11:03	Boys D	K1	500	H2
35	11:06	Boys D	K1	500	H3
36	11:09	Boys D	K1	500	H4
37	11:12	Boys D	K1	500	H5
38	11:15	Canoe Women Senior/U23 + U18/U16	C1	500	F
39	11:27	Boys B	K1	1000	F1
40	11:30	Boys B	K1	1000	F2
41	11:33	Boys U18	K1	1000	F1
42	11:36	Boys U18	K1	1000	F2
43	11:39	Men Senior/U23	K1	1000	F1
44	11:42	Men Senior/U23	K1	1000	F2
45	11:45	Men Senior/U23	K1	1000	F3
46	11:57	Girls C	K1	500	F
47	12:00	Girls D	K1	500	F
48	12:03	Girls A/B	K1	500	F
49	12:06	Girls U18	K1	500	F
50	12:09	Women Senior/U23	K1	500	F1

51	12:12	Women Senior/U23	K1	500	F2
52	12:15	Paddle-Ability (Sat) R1	K1	500	F
53	12:21	Boys C	K1	500	F1
54	12:24	Boys C	K1	500	F2
55	12:27	Boys D	K1	500	F1
56	12:30	Boys D	K1	500	F2
57	12:33	Boys D	K1	500	F3
58	12:36	Men A/B	K2	500	H1
59	12:39	Men A/B	K2	500	H2
60	12:51	Boys A/B	K2	1000	H1
61	12:54	Boys A/B	K2	1000	H2
62	12:57	Canoe Men Senior/U23 + U18/U16	C1	1000	F
63	13:12	Women A/B	K2	500	F
64	13:15	Girls A-C	K4	500	F
65	13:21	Women C + Canoe Men/Boys C	K1	500	F
66	13:24	Women D	K1	500	F
67	13:27	Mini Sprint A	K1	500	F
68	13:30	Mini Sprint B	K1	500	F
69	13:36	Men A/B	K2	500	F
70	13:48	Para Men KL2/3 R1	K1	200	FA
71	13:51	Para Women KL2/3 R1	K1	200	FA
72	13:57	Boys D	K4	200	F
73	14:00	Canoe Women Senior/U23 + U18/U16	C1	200	F
74	14:03	Mini Sprint B	K1	200	H1
75	14:06	Mini Sprint B	K1	200	H2
76	14:09	Paddle-Ability (Sat) R2	K1	200	F
77	14:21	Men C/D	K2	1000	F
78	14:24	Boys A/B	K2	1000	F
79	14:27	Men A/B	K2	1000	F
80	14:36	Girls U18	K1	200	H1
81	14:39	Girls U18	K1	200	H2
82	14:42	Women Senior/U23	K1	200	H1
83	14:45	Women Senior/U23	K1	200	H2
84	14:48	Women Senior/U23	K1	200	H3
85	14:54	Girls C-D	K4	200	F
86	14:57	Canoe Men Senior/U23 + U18/U16	C1	200	F
87	15:03	Boys U18	K1	200	H1
88	15:06	Boys U18	K1	200	H2
89	15:09	Boys U18	K1	200	H3
90	15:15	Men Senior/U23	K1	200	H1
91	15:18	Men Senior/U23	K1	200	H2
92	15:21	Men Senior/U23	K1	200	H3
93	15:24	Men Senior/U23	K1	200	H4
94	15:27	Men Senior/U23	K1	200	H5
95	15:30	Men Senior/U23	K1	200	H6
96	15:36	Paddle-Ability (Sat) 200 R1	K1	200	F
97	15:51	Girls A/B + Canoe Women/Girls A/B	K2	500	H1
98	15:54	Girls A/B + Canoe Women/Girls A/B	K2	500	H2
99	15:57	Men C/D	K2	500	F
100	16:00	Boys D	K4	500	F
101	16:03	Boys A/B	K2	500	H1
102	16:06	Boys A/B	K2	500	H2
103	16:09	Boys A/B	K2	500	H3
104	16:21	Para Men KL2/3 R2	K1	200	FA
105	16:24	Para Women KL2/3 R2	K1	200	FA
106	16:30	Women D	K1	200	F
107	16:33	Mini Sprint A	K1	200	F

108	16:36	Mini Sprint B	K1	200	F
109	16:48	Girls A/B + Canoe Women/Girls A/B	K2	500	F
110	16:51	Girls D	K2	500	F
111	16:54	Girls C	K2	500	F
112	16:57	Boys A/B	K2	500	F1
113	17:00	Boys A/B	K2	500	F2
114	17:03	Paddle-Ability (Sat) R2	K1	500	F
115	17:15	Women Senior/U23	K1	200	F1
116	17:18	Women Senior/U23	K1	200	F2
117	17:21	Girls U18	K1	200	F
118	17:24	Boys C	K4	200	F
119	17:27	Boys U18	K1	200	F1
120	17:30	Boys U18	K1	200	F2
121	17:33	Men Senior/U23	K1	200	F1
122	17:36	Men Senior/U23	K1	200	F2
123	17:39	Men Senior/U23	K1	200	F3

Sunday

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

124	08:00	Boys D	K1	200	H1
125	08:03	Boys D	K1	200	H2
126	08:06	Boys D	K1	200	H3
127	08:09	Boys D	K1	200	H4
128	08:12	Boys D	K1	200	H5
129	08:15	Girls D	K1	200	H1
130	08:18	Girls D	K1	200	H2
131	08:21	Boys C	K1	200	H1
132	08:24	Boys C	K1	200	H2
133	08:27	Boys C	K1	200	H3
134	08:39	Men C	K1	500	F
135	08:42	Men D	K1	500	H1
136	08:45	Men D	K1	500	H2
137	08:48	Boys B	K1	500	H1
138	08:51	Boys B	K1	500	H2
139	08:54	Boys B	K1	500	H3
140	09:03	Girls C	K1	200	H1
141	09:06	Girls C	K1	200	H2
142	09:09	Boys D	K1	200	F1
143	09:12	Boys D	K1	200	F2
144	09:15	Boys D	K1	200	F3
145	09:18	Mini Sprint A	K4	200	F
146	09:21	Mini Sprint B	K2	200	F
147	09:24	Girls D	K1	200	F
148	09:27	Boys C	K1	200	F1
149	09:30	Boys C	K1	200	F2
150	09:39	Men Senior/U23	K1	500	H1
151	09:42	Men Senior/U23	K1	500	H2
152	09:45	Men Senior/U23	K1	500	H3
153	09:48	Men Senior/U23	K1	500	H4
154	09:51	Men Senior/U23	K1	500	H5
155	09:54	Men Senior/U23	K1	500	H6
156	09:57	Men A/B	K1	500	F
157	10:03	Boys U18	K1	500	H1
158	10:06	Boys U18	K1	500	H2

159	10:09	Boys U18	K1	500	H3
160	10:12	Boys A	K1	500	F
161	10:15	Boys B	K1	500	F1
162	10:18	Boys B	K1	500	F2
163	10:24	Men D	K1	500	F
164	10:27	Mini Sprint B	K4	500	F
165	10:30	Women C/D	K2	500	F
166	10:33	Boys C	K2	500	F
167	10:45	Boys D	K2	200	H1
168	10:48	Boys D	K2	200	H2
169	10:51	Girls C	K1	200	F
170	11:00	Girls A/B + Canoe Women/Girls A/B	K1	1000	H1
171	11:03	Girls A/B + Canoe Women/Girls A/B	K1	1000	H2
172	11:06	Girls U18	K1	1000	H1
173	11:09	Girls U18	K1	1000	H2
174	11:12	Women Senior/U23	K1	1000	H1
175	11:15	Women Senior/U23	K1	1000	H2
176	11:18	Women Senior/U23	K1	1000	H3
177	11:30	Canoe Men Senior/U23 + U18/U16	C1	500	F
178	11:33	Men A-D	K4	500	F
179	11:36	Mini Sprint A	K4	500	F
180	11:39	Paddle-Ability (Sun) R1	K1	500	F
181	11:54	Women C/D	K2	1000	F
182	11:57	Girls A-C	K2	1000	H1
183	12:00	Girls A-C	K2	1000	H2
184	12:09	Boys A-C	K4	500	H1
185	12:12	Boys A-C	K4	500	H2
186	12:24	Para Men VL1-3 R1	V1	200	FA
187	12:27	Para Women VL2/3 R1	V1	200	FA
188	12:33	Men D	K1	200	H1
189	12:36	Men D	K1	200	H2
190	13:00	Girls A-C	K2	1000	F
191	13:09	Boys A-C	K4	500	F
192	13:12	Paddle-Ability (Sun) R2	K1	500	F
193	13:24	Girls D	K2	200	F
194	13:27	Mini Sprint A	K2	200	F
195	13:30	Mini Sprint B	K4	200	F
196	13:33	Boys D	K2	200	F
197	13:45	Boys U18	K1	500	F1
198	13:48	Boys U18	K1	500	F2
199	13:51	Men Senior/U23	K1	500	F1
200	13:54	Men Senior/U23	K1	500	F2
201	13:57	Men Senior/U23	K1	500	F3
202	14:06	Girls A/B + Canoe Women/Girls A/B	K1	1000	F
203	14:09	Girls U18	K1	1000	F
204	14:12	Women A/B	K2	1000	F
205	14:15	Women Senior/U23	K1	1000	F1
206	14:18	Women Senior/U23	K1	1000	F2
207	14:27	Men D	K1	200	F
208	14:30	Para Men VL1-3 R2	V1	200	FA
209	14:33	Para Women VL2/3 R2	V1	200	FA
210	14:36	Mixed Boys/Girls D	K4	200	F
211	14:50	Canoe Men/Boys A-C	C1	5000	F
212	14:51	Canoe Women/Girls A-C	C1	5000	F
213	15:18	Boys A-C	K1	5000	F
214	15:41	Men A-C	K1	5000	F
215	16:03	Girls A-C	K1	5000	F
216	16:21	Women A-C	K1	5000	F

Social media

Why not subscribe to our Instagram account, [canoosprintUK](#), or Twitter account, [canoosprintUK](#), 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](#) [#canoosprintlegends](#)

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	Chris Bowles
BAN	Banbury and District Canoe Club	Mark Lerner
BCC	Belfast Canoe Club	Afton Fitzhenry
BSF	Bishops Stortford	Rob Gough
CAM	Cambridge Canoe Club	Nicola Heim
CDF	Cardiff Bay Kayakers	Matt Robinson
CEL	Celbridge Paddlers	Martin Hearns
CLM	Chelmsford Canoe Club	TBC
DEV	Devizes Canoe Club	Trev Hunter
ELM	Elmbridge Canoe Club	Erzsebet Barat-Farkas
EXE	Exeter Canoe Club	Emma Heard
FLA	Fladbury Paddle Club	Steve Train
FOX	Falcon (Oxford)	Kurt Ayran
FOY	Fowey River Canoe Club	Benji Cabrera
GAI	Gailey Canoe Club	Simon Eskriett
GLW	Glasgow Kayak Club	Adam Rzepiński & Natasha Lawton
LBZ	Leighton Buzzard Canoe Club	Kelly Bates
LIN	Lincoln Canoe Club	Michelle Andrews
LKR	Linlithgow Kayak Racing	Derek Marshall
NOR	Norwich Canoe Club	Tim Scott
NOT	Nottingham Kayak Club	Louise Maloney
PAR	Paracanoe GB	Steve Train
RDG	Reading Canoe Club	Julia Mazur/Evan Shephard
RIC	Richmond Canoe Club	Marcus Gohar
RLS	Royal Leamington Spa	Emma Miles
ROY	Royal Canoe Club	Keith Holt
SLP	Salmon Leap Canoe Club	Ollie Clarke & Tom Egan
SOL	Solihull Canoe Club	Tom Lusty
SOU	Southampton Canoe Club	James Hinves
SPS	Scottish Performance Squad	Ian Wynne
TRE	Trentham Canoe Club	Galin Montgomery
TRU	Truro Canoe Club	Simon Lawrence
WEY	Wey Kayak Club	Paul Dimmock
WOL	Wolverhampton Canoe Club	Chelsea Brookes
WOR	Worcester Canoe Club	Steve Green

1: F K1 Men C 1000

11.04.2026 09:00

1 Patrick Allan (19)	WEY	6 Aidan Davis (22)	NOR
2 Brian Harris (47)	SLP	7 Petros Grigoriou (22)	CDF
3 Jordan Martyn (24)	WEY	8 Eddie Martin (57)	SLP
4 James Doran (26)	CLM	9 Sam Wells (18)	ELM
5 Joshua Perry (20)	BAN		

 F: 09:00

2: F K1 Women C + Canoe Men/Boys C 1000

11.04.2026 09:03


1		6 Mikolaj Weckowski (43)	GLW
2		7	
3		8	
4		9	
5 Aoibhe Shannon (18)	SLP		

 F: 09:03

3: H1 K1 Boys B 1000

11.04.2026 09:06

1 William Bowles-Trow (15)	ADS	6 Edward Hellman (16)	ROY
2 Tymon Zorawski (14)	GLW	7 Daniel Kromer (16)	RLS
3 Jacob Telling (14)	WEY	8 Kieron Yates (15)	GAI
4 Daniel Macken (17)	SLP	9 Jack Wade (13)	RDG
5 Finnley Meredith (14)	ELM		


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


 H1: 09:06 > H2: 09:09 > H3: 09:12 > F1: 11:27 > F2: 11:30

4: H2 K1 Boys B 1000

11.04.2026 09:09

1 Ocean O'Keeffe (15)	WEY	6 Henry Hartland (14)	BAN
2 Luke Mason (14)	DEV	7 Marco Mangiantini (13)	ROY
3 Jack Morgan (14)	RDG	8 Marshall Davie (14)	LKR
4 Torin Hamilton (16)	ELM	9 Anton Prokhyra (17)	GLW
5 Harry Luck (15)	WEY		

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


 H1: 09:06 > H2: 09:09 > H3: 09:12 > F1: 11:27 > F2: 11:30

5: H3 K1 Boys B 1000

11.04.2026 09:12

1		6 Edward Stroud (14)	WEY
2 Oleh Kuzmenko (15)	BSF	7 Zayan Barker (17)	RLS
3 Johnny Williams (16)	ROY	8 Fergus Barnett (13)	RDG
4 Simeon Kendall (15)	DEV	9 Tristan Prior (15)	ELM
5 Finn Lovell (16)	WOR		


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

 H1: 09:06 > H2: 09:09 > H3: 09:12 > F1: 11:27 > F2: 11:30

6: F K2 Boys C 1000

11.04.2026 09:15


1 E. Foulger E. Grant	NOT NOT	6 G. Otugo P. Slizowski	GLW GLW
2 L. Byrne J. Lawrence	RLS TRU	7 I. Belov-McDowell R. Haraszti	SLP SLP
3 O. Clare W. Guthrie	WEY WEY	8 M. Bellofatto S. Boughton	RDG RDG
4 M. Anderson J. Hughes	LBZ ROY	9 E. Brewer F. Burton	CDF CDF
5 M. Barat-Farkas G. Cheyne	ELM CLM		

 F: 09:15

7: F K1 Boys A 1000

11.04.2026 09:21

1		6 Louis Smith (15)	WOR
2		7 Conrad Packer (16)	RDG
3		8	
4 Sam Sparks (16)	RLS	9	
5 Aeron Murphy (17)	RLS		


 F: 09:21

8: H1 K1 Boys U18 1000

Selection Race 11.04.2026 09:24

1		6 Olivier Mazur (17)	RDG
2 Marcell Nagy (16)	RDG	7 Szymon Sroka (17)	SPS
3 Sean Smyth (17)	SLP	8 Ollie Pearce (16)	RIC
4 Osian Davies (16)	CDF	9 Ewan Bates (16)	LBZ
5 Tom Hatton (17)	RIC		


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


 H1: 09:24 > H2: 09:27 > H3: 09:30 > F1: 11:33 > F2: 11:36

9: H2 K1 Boys U18 1000

Selection Race 11.04.2026 09:27

1		6 Ben Eskriett (16)	GAI
2 Doogal Barnett (15)	RDG	7 Sean Noud (16)	SLP
3 Isaac Aveson (17)	RIC	8 Arthur Hunter-Hopkins (16)	DEV
4 Isaac Popham-Coveley (17)	FOX	9 Henry Pitt (16)	ROY
5 Sam Dickson (17)	FOX		


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


 H1: 09:24 > H2: 09:27 > H3: 09:30 > F1: 11:33 > F2: 11:36

10: H3 K1 Boys U18 1000

Selection Race 11.04.2026 09:30

1		6 Freddie Heard (16)	EXE
2 Evyn Roberts (17)	CDF	7 Malachi Grant (16)	NOT
3 Tyler Kinder (17)	RDG	8 Freddy Fowler-Rimell (16)	WOR
4 Conor Hartney (17)	RIC	9	
5 William Roeser (17)	WEY		

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


 H1: 09:24 > H2: 09:27 > H3: 09:30 > F1: 11:33 > F2: 11:36

11: H1 K1 Men Senior/U23 1000

Selection Race 11.04.2026 09:36

1		6 James How (25)	NOR
2 Ben Higgins (20)	SLP	7 Rory Strachan (18)	SPS
3 Terry Miller (19)	FOX	8 Michael Motha (21)	ADS
4 Andre Hives (19)	SOU	9 Nelson Kinzler (19)	RIC
5 Daniel Johnson (31)	NOT		

 1st + 3 BT to Final 1. Remaining 2nd + BT to Final 2. Remaining 3rd + next BT to Final 3


 H1: 09:36 > H2: 09:39 > H3: 09:42 > H4: 09:45 > H5: 09:48 > H6: 09:51 > F1: 11:39 > F2: 11:42 > F3: 11:45

12: H2 K1 Men Senior/U23 1000

Selection Race 11.04.2026 09:39

1		6 Xavier Hives (22)	SOU
2 Nicholas Greed (26)	NOT	7 Paul Donnellan (21)	SLP
3 Sam Cribbett (20)	NOT	8 Kal Kinser (22)	BAN
4 Will Stevely (18)	SPS	9 Alexander Worgan (18)	RIC
5 James Russell (28)	NOT		

 1st + 3 BT to Final 1. Remaining 2nd + BT to Final 2. Remaining 3rd + next BT to Final 3


 H1: 09:36 > H2: 09:39 > H3: 09:42 > H4: 09:45 > H5: 09:48 > H6: 09:51 > F1: 11:39 > F2: 11:42 > F3: 11:45

13: H3 K1 Men Senior/U23 1000

Selection Race 11.04.2026 09:42

1		6 Benjamin Cabrera (21)	FOY
2	Jack Rayment (19)	7 Jason Grice (25)	SOL
3	Haydyn Cooke-Bayley (20)	8 Lewis Smith (22)	ROY
4	Alex Greaves (24)	9 Dylan O'Connor (20)	RIC
5	Tom Lusty (31)		

 1st + 3 BT to Final 1. Remaining 2nd + BT to Final 2. Remaining 3rd + next BT to Final 3


 H1: 09:36 > H2: 09:39 > H3: 09:42 > H4: 09:45 > H5: 09:48 > H6: 09:51 > F1: 11:39 > F2: 11:42 > F3: 11:45

14: H4 K1 Men Senior/U23 1000

Selection Race 11.04.2026 09:45

1		6 Sean Butterly (17)	SLP
2	Leon Dixon (20)	7 Tom Holland (23)	WEY
3	Nathaniel Lamb (19)	8 Lochie Lovell (19)	WOR
4	Finn Harris (20)	9 Koen Ayran (19)	FOX
5	Matthew Collinge (25)		

 1st + 3 BT to Final 1. Remaining 2nd + BT to Final 2. Remaining 3rd + next BT to Final 3


 H1: 09:36 > H2: 09:39 > H3: 09:42 > H4: 09:45 > H5: 09:48 > H6: 09:51 > F1: 11:39 > F2: 11:42 > F3: 11:45

15: H5 K1 Men Senior/U23 1000

Selection Race 11.04.2026 09:48

1		6 Will Short (18)	ELM
2	Flynn Holt (19)	7 Alex Sheppy (27)	DEV
3	Stuart Bristow (29)	8 Toby Bullock (18)	NOT
4	Fletcher Cramer (19)	9 Daibhi Reynolds (18)	SLP
5	Gabriel Popham-Coveley (20)		

 1st + 3 BT to Final 1. Remaining 2nd + BT to Final 2. Remaining 3rd + next BT to Final 3


 H1: 09:36 > H2: 09:39 > H3: 09:42 > H4: 09:45 > H5: 09:48 > H6: 09:51 > F1: 11:39 > F2: 11:42 > F3: 11:45

16: H6 K1 Men Senior/U23 1000

Selection Race 11.04.2026 09:51

1		6 Piran Phillips (23)	SOU
2	Harry Sewell-Catchpole (19)	7 Sam Stevely (18)	SPS
3	Ben Shipway (20)	8 Daniel Davison (18)	FOX
4	Sam Bates (19)	9	
5	Matthew Johnson (29)		


 1st + 3 BT to Final 1. Remaining 2nd + BT to Final 2. Remaining 3rd + next BT to Final 3

 H1: 09:36 > H2: 09:39 > H3: 09:42 > H4: 09:45 > H5: 09:48 > H6: 09:51 > F1: 11:39 > F2: 11:42 > F3: 11:45

17: F K1 Men A/B 1000

11.04.2026 09:54


1		6 Zak Benstead (24)	ROY
2		7	
3		8	
4	Cassian Payne (18)	9	
5	Joseph Ellis (20)		


 F: 09:54

18: H1 K1 Women Senior/U23 500

Selection Race 11.04.2026 10:06

1		6 Kristina Armstrong (20)	SPS
2	Lucy Guest (23)	7 Katie Pocklington (22)	NOT
3	Sienna Payne (19)	8 Sophie Dunlop (18)	ELM
4	Amy Green (21)	9 Hannah Stephens (24)	CDF
5	Deborah Kerr (28)		

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


 H1: 10:06 > H2: 10:09 > H3: 10:12 > F1: 12:09 > F2: 12:12

19: H2 K1 Women Senior/U23 500

Selection Race 11.04.2026 10:09

1		6 Lucy Lee-Smith (28)	NOR
2	Elise Montagna (22)	7 Eabha O Drisceoil (21)	SLP
3	Beth Perry (19)	8 Melissa Johnson (28)	NOT
4	Edith King (20)	9 Estelle Widdows (18)	NOR
5	Emily Lewis (32)		

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


 H1: 10:06 > H2: 10:09 > H3: 10:12 > F1: 12:09 > F2: 12:12

20: H3 K1 Women Senior/U23 500

Selection Race 11.04.2026 10:12

1		6 Abi Burgess (26)	WEY
2	Lucy Cullen (18)	7 Evie Wong (21)	CDF
3	Milly Pepper (20)	8 Nerys Hall (20)	WEY
4	Jessica Urquhart (22)	9	
5	Zoe Clark (24)		


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


 H1: 10:06 > H2: 10:09 > H3: 10:12 > F1: 12:09 > F2: 12:12

21: H1 K1 Girls U18 500

Selection Race 11.04.2026 10:15

1	Ava Wong (17)	6 Dianora De Bilio (16)	ROY
2	Sienna Green (16)	7 Caoilin Caffrey (14)	SLP
3	Imogen Field (15)	8 Kyla Holt (16)	RIC
4	Sadb Shannon (17)	9 Elsie Landsborough (17)	NOT
5	Annie Bates (17)		


 1st-3rd + 3 BT to Final


 H1: 10:15 > H2: 10:18 > F: 12:06

22: H2 K1 Girls U18 500

Selection Race 11.04.2026 10:18

1		6 Charlotte Fulford (17)	RDG
2	Madison Mckernan (15)	7 Abigail Strachan (16)	GLW
3	Katie Luen-Twining (16)	8 Molly Bates (15)	RIC
4	Ruth Shephard (14)	9 Jasmine Sargeant (17)	NOR
5	Matilda Burton (15)		


 1st-3rd + 3 BT to Final


 H1: 10:15 > H2: 10:18 > F: 12:06

23: H1 K1 Girls A/B 500

11.04.2026 10:21

1		6 Sofia Kowal (13)	GLW
2	Joshie Allan (15)	7 Penelope Bellamy (16)	CDF
3	Keira Hudson (15)	8 Lexi Small (13)	WOL
4	Leila Gohar (14)	9	
5	Adriana De Bilio (12)		


 1st-3rd + 3 BT to Final


 H1: 10:21 > H2: 10:24 > F: 12:03

24: H2 K1 Girls A/B 500

11.04.2026 10:24

1		6 Scarlett Yates (17)	GAI
2		7 Eira Shaw (15)	WEY
3	Hannah Tristram (16)	8 Audrey Long (14)	GLW
4	Justyna Drobik (12)	9	
5	Izzy Ritchie (17)		


 1st-3rd + 3 BT to Final

 H1: 10:21 > H2: 10:24 > F: 12:03

25: F K4 Women C/D 500

11.04.2026 10:30

1			
2			
3			
4			
5	C. Allan I. Ivanov	WEY WEY	
	C. Johnson M. Williams	BAN WEY	
6	J. Guest E. Roche	SLP SLP	
	A. Shannon E. Walker	SLP TRU	
7			
8			
9			


 F: 10:30

26: H1 K1 Girls C 500

11.04.2026 10:33

1			
2			
3	Ruby Lloyd (14)	CDF	
4	Florence Whitelaw (14)	WOR	
5	Lucy Wickenden (14)	BAN	
6	Emily Wainwright (13)	NOT	
7	Edith Smerdon (13)	CLM	
8	Lydia Khan (14)	WOL	
9			

 9 BT in Heats 1-2 to Final


 H1: 10:33 > H2: 10:36 > F: 11:57

27: H2 K1 Girls C 500

11.04.2026 10:36

1			
2			
3	Gabriela Rhys (16)	GLW	
4	Evelyn Walker (13)	EXE	
5	Rebekah Hopkin (16)	CDF	
6	Agnes Grant (13)	WEY	
7	Emily Donnellan (15)	SLP	
8			
9			

 9 BT in Heats 1-2 to Final


 H1: 10:33 > H2: 10:36 > F: 11:57

28: H1 K1 Girls D 500

11.04.2026 10:39

1			
2	Alia Harris (13)	SLP	
3	Cecelia Blanchard (12)	NOR	
4	Ember Davies (12)	CDF	
5	Ivana Todorova (15)	EXE	
6	Kaelyn Thomson-Hook (15)	WOR	
7	Zoe Lloyd (14)	SLP	
8	Lexi Haytree-Blake (14)	WOL	
9	Priya Henriques (14)	NOT	

 9 BT in Heats 1-2 to Final


 H1: 10:39 > H2: 10:42 > F: 12:00

29: H2 K1 Girls D 500

11.04.2026 10:42

1			
2	Freya Snell (13)	RLS	
3	Eabha Smyth (15)	SLP	
4	Leia Smith (14)	EXE	
5	Sita Mahon (16)	SLP	
6	Kaiya Takata (15)	CDF	
7	Darcy Fowler (13)	NOR	
8	Aaliyah Worth-Kenny (15)	SLP	
9			


 9 BT in Heats 1-2 to Final


 H1: 10:39 > H2: 10:42 > F: 12:00

30: H1 K1 Boys C 500

11.04.2026 10:48

1			
2	Elijah Grant (14)	NOT	
3	Samuel Boughton (16)	RDG	
4	Finnley Burton (15)	CDF	
5	Isaac Belov-McDowell (17)	SLP	
6	Tom McElhannan (14)	WOR	
7	Daniel Dunlop (14)	ELM	
8	William Guthrie (15)	WEY	
9			

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


 H1: 10:48 > H2: 10:51 > H3: 10:54 > F1: 12:21 > F2: 12:24

31: H2 K1 Boys C 500

11.04.2026 10:51

1		6 Evan Foulger (12)	NOT	
2	Marcell Barat-Farkas (12)	ELM	7 Tom Hayter (14)	WEY
3	George Cheyne (13)	CLM	8 Gabriel Otugo (13)	GLW
4	Leo Byrne (14)	RLS	9	
5	Robert Haraszti (17)	SLP		

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

 H1: 10:48 > H2: 10:51 > H3: 10:54 > F1: 12:21 > F2: 12:24

32: H3 K1 Boys C 500

11.04.2026 10:54

1		6 Cillian Butler (16)	SLP	
2	Matteo Bellofatto (16)	RDG	7 Evan Brewer (15)	CDF
3	Matthew Anderson (14)	LBZ	8 Ollie Clare (16)	WEY
4	Jake Hughes (15)	ROY	9	
5	Piotr Slizowski (12)	GLW		

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


 H1: 10:48 > H2: 10:51 > H3: 10:54 > F1: 12:21 > F2: 12:24

33: H1 K1 Boys D 500

11.04.2026 11:00

1		6 Ben Edmonds (13)	RLS	
2	Leon Pound (14)	CDF	7 Ollie Knott (17)	NOR
3	Eoin Roche (15)	SLP	8 Charlie Gray (14)	SLP
4	Robin Wickenden (12)	BAN	9 Ollie Reed (16)	RLS
5	George Clubley (15)	WEY		

 9 BT in Heats 1-5 to Final 1. Next 9 BT in Heats 1-5 to Final 2. Next 9 BT in Heats 1-5 to Final 3


 H1: 11:00 > H2: 11:03 > H3: 11:06 > H4: 11:09 > H5: 11:12 > F1: 12:27 > F2: 12:30 > F3: 12:33

34: H2 K1 Boys D 500

11.04.2026 11:03

1		6 William Stroud (12)	WEY	
2	Beau Bartlett-Jenkins (15)	CDF	7 Jack Badham (13)	RLS
3	Edward Luckett (14)	ROY	8 Simon Hearn (15)	CEL
4	Oisin Caffrey (12)	SLP	9 Nicholas Finn (14)	SLP
5	Thomas Collinson (13)	NOR		

 9 BT in Heats 1-5 to Final 1. Next 9 BT in Heats 1-5 to Final 2. Next 9 BT in Heats 1-5 to Final 3


 H1: 11:00 > H2: 11:03 > H3: 11:06 > H4: 11:09 > H5: 11:12 > F1: 12:27 > F2: 12:30 > F3: 12:33

35: H3 K1 Boys D 500

11.04.2026 11:06

1		6 Alex Lowthian (15)	RLS	
2	George Ivanov (12)	WEY	7 Jack Maloney (13)	NOT
3	Sam Short (12)	ELM	8 Jed Lawrence (16)	TRU
4	Luke Giblin (15)	SLP	9 Fiachra McDonagh (15)	SLP
5	Quinn Paris (10)	GLW		

 9 BT in Heats 1-5 to Final 1. Next 9 BT in Heats 1-5 to Final 2. Next 9 BT in Heats 1-5 to Final 3


 H1: 11:00 > H2: 11:03 > H3: 11:06 > H4: 11:09 > H5: 11:12 > F1: 12:27 > F2: 12:30 > F3: 12:33

36: H4 K1 Boys D 500

11.04.2026 11:09

1		6 Zachary Cross (12)	RLS	
2	Patrick Melia (15)	SLP	7 Luke Foster (15)	SLP
3	Miroslav Todorov (13)	EXE	8 Matthew Hung (12)	WEY
4	Hugh Gorman (15)	SLP	9 Adam Golder (13)	NOT
5	Filip Slizowski (11)	GLW		

 9 BT in Heats 1-5 to Final 1. Next 9 BT in Heats 1-5 to Final 2. Next 9 BT in Heats 1-5 to Final 3


 H1: 11:00 > H2: 11:03 > H3: 11:06 > H4: 11:09 > H5: 11:12 > F1: 12:27 > F2: 12:30 > F3: 12:33

37: H5 K1 Boys D 500

11.04.2026 11:12

1		6 Todd Loveday (12)	RLS
2 Nils Köster (15)	CDF	7 Joshua Milbank (12)	WEY
3 Harry Parslow (14)	RIC	8 Noah O'Malley (15)	SLP
4 Ethan Noud (12)	SLP	9	
5 Victor Todorov (13)	EXE		


 9 BT in Heats 1-5 to Final 1. Next 9 BT in Heats 1-5 to Final 2. Next 9 BT in Heats 1-5 to Final 3

 H1: 11:00 > H2: 11:03 > H3: 11:06 > H4: 11:09 > H5: 11:12 > F1: 12:27 > F2: 12:30 > F3: 12:33

38: F C1 Canoe Women Senior/U23 + U18/U16 500

Selection Race 11.04.2026 11:15


1		6	
2		7 Bella Keane (16)	RIC
3 Anna Palmer (28)	RDG	8 Hannah Toovey (17)	GLW
4 Bethany Gill (29)	NOT	9	
5 Afton Fitzhenry (30)	BCC		

 F: 11:15

39: F1 K1 Boys B 1000

11.04.2026 11:27


1		6	
2		7	
3		8	
4		9	
5			

 H1: 09:06 > H2: 09:09 > H3: 09:12 > F1: 11:27 > F2: 11:30

40: F2 K1 Boys B 1000

11.04.2026 11:30


1		6	
2		7	
3		8	
4		9	
5			

 H1: 09:06 > H2: 09:09 > H3: 09:12 > F1: 11:27 > F2: 11:30

41: F1 K1 Boys U18 1000

Selection Race 11.04.2026 11:33


1		6	
2		7	
3		8	
4		9	
5			

 H1: 09:24 > H2: 09:27 > H3: 09:30 > F1: 11:33 > F2: 11:36

42: F2 K1 Boys U18 1000

Selection Race 11.04.2026 11:36

1		6	
2		7	
3		8	
4		9	
5			

 H1: 09:24 > H2: 09:27 > H3: 09:30 > F1: 11:33 > F2: 11:36

43: F1 K1 Men Senior/U23 1000

Selection Race 11.04.2026 11:39

1	6
2	7
3	8
4	9
5	

 H1: 09:36 > H2: 09:39 > H3: 09:42 > H4: 09:45 > H5: 09:48 > H6: 09:51 > F1: 11:39 > F2: 11:42 > F3: 11:45

44: F2 K1 Men Senior/U23 1000

Selection Race 11.04.2026 11:42

1	6
2	7
3	8
4	9
5	

 H1: 09:36 > H2: 09:39 > H3: 09:42 > H4: 09:45 > H5: 09:48 > H6: 09:51 > F1: 11:39 > F2: 11:42 > F3: 11:45

45: F3 K1 Men Senior/U23 1000

Selection Race 11.04.2026 11:45


1	6
2	7
3	8
4	9
5	

 H1: 09:36 > H2: 09:39 > H3: 09:42 > H4: 09:45 > H5: 09:48 > H6: 09:51 > F1: 11:39 > F2: 11:42 > F3: 11:45

46: F K1 Girls C 500

11.04.2026 11:57


1	6
2	7
3	8
4	9
5	

 H1: 10:33 > H2: 10:36 > F: 11:57

47: F K1 Girls D 500

11.04.2026 12:00


1	6
2	7
3	8
4	9
5	

 H1: 10:39 > H2: 10:42 > F: 12:00

48: F K1 Girls A/B 500

11.04.2026 12:03


1	6
2	7
3	8
4	9
5	

 H1: 10:21 > H2: 10:24 > F: 12:03

49: F K1 Girls U18 500

Selection Race 11.04.2026 12:06


1	6
2	7
3	8
4	9
5	

 H1: 10:15 > H2: 10:18 > F: 12:06

50: F1 K1 Women Senior/U23 500

Selection Race 11.04.2026 12:09


1	6
2	7
3	8
4	9
5	

 H1: 10:06 > H2: 10:09 > H3: 10:12 > F1: 12:09 > F2: 12:12

51: F2 K1 Women Senior/U23 500

Selection Race 11.04.2026 12:12


1	6
2	7
3	8
4	9
5	

 H1: 10:06 > H2: 10:09 > H3: 10:12 > F1: 12:09 > F2: 12:12

52: F K1 Paddle-Ability (Sat) R1 500

Paddle-Ability Series 11.04.2026 12:15


1	6 Darren Kemp (37)	NOR
2	7 Jacob Hage (22)	4AS
3	8	
4 Saffron Cresswell (24)	RLS	
5 Summer Allen (18)	RLS	

 F: 12:15

53: F1 K1 Boys C 500

11.04.2026 12:21


1	6
2	7
3	8
4	9
5	

 H1: 10:48 > H2: 10:51 > H3: 10:54 > F1: 12:21 > F2: 12:24

54: F2 K1 Boys C 500

11.04.2026 12:24


1	6
2	7
3	8
4	9
5	

 H1: 10:48 > H2: 10:51 > H3: 10:54 > F1: 12:21 > F2: 12:24

55: F1 K1 Boys D 500

11.04.2026 12:27


1	6
2	7
3	8
4	9
5	

 H1: 11:00 > H2: 11:03 > H3: 11:06 > H4: 11:09 > H5: 11:12 > F1: 12:27 > F2: 12:30 > F3: 12:33

56: F2 K1 Boys D 500

11.04.2026 12:30

1	6
2	7
3	8
4	9
5	

 H1: 11:00 > H2: 11:03 > H3: 11:06 > H4: 11:09 > H5: 11:12 > F1: 12:27 > F2: 12:30 > F3: 12:33

57: F3 K1 Boys D 500

11.04.2026 12:33

1	6
2	7
3	8
4	9
5	

H1: 11:00 > H2: 11:03 > H3: 11:06 > H4: 11:09 > H5: 11:12 > F1: 12:27 > F2: 12:30 > F3: 12:33

58: H1 K2 Men A/B 500

11.04.2026 12:36

1	6 S. Cribbett S. Stevely	NOT IND	
2	7 X. Hinves G. Popham-Coveley	SOU NOT	
3 C. Harris D. Reynolds	SLP SLP	8 D. Davison T. Miller	FOX FOX
4 L. Dixon J. Ellis	LBZ BAN	9	
5 W. Short A. Worgan	ELM RIC		

1st-3rd + 3 BT to Final

H1: 12:36 > H2: 12:39 > F: 13:36

59: H2 K2 Men A/B 500

11.04.2026 12:39

1	6 F. Holt J. Rayment	RIC LBZ	
2	7 F. Cramer B. Shipway	SOU SOU	
3 D. Clarke P. Donnellan	SLP SLP	8 J. Doran C. Payne	CLM CLM
4 Z. Benstead A. Greaves	ROY RLS	9	
5 A. Hinves W. Stevely	SOU SPS		

1st-3rd + 3 BT to Final

H1: 12:36 > H2: 12:39 > F: 13:36

60: H1 K2 Boys A/B 1000

11.04.2026 12:51

1 D. Dunlop T. Prior	ELM ELM	6 B. Eskriett H. Pitt	GAI ROY
2 S. Kendall L. Mason	DEV DEV	7 K. Ayran W. Bowles-Trow	FOX ADS
3 M. Mangiantini T. McElhannan	ROY WOR	8 T. Hayter J. Telling	WEY WEY
4 M. Nagy C. Packer	RDG RDG	9 Z. Barker D. Kromer	RLS RLS
5 I. Popham-Coveley W. Roeser	FOX WEY		

1st-3rd + 3 BT to Final

H1: 12:51 > H2: 12:54 > F1: 14:24

61: H2 K2 Boys A/B 1000

11.04.2026 12:54

1 T. Hamilton F. Meredith	ELM ELM	6 S. Noud S. Smyth	SLP SLP
2 E. Bates M. Grant	LBZ NOT	7 H. Luck O. O'Keeffe	WEY WEY
3 A. Prokhyra T. Zorawski	GLW GLW	8 E. Hellman J. Williams	ROY ROY
4 H. Hartland E. Stroud	BAN WEY	9 O. Davies E. Roberts	CDF CDF
5 F. Fowler-Rimell A. Hunter-Hopkins	WOR DEV		

1st-3rd + 3 BT to Final

H1: 12:51 > H2: 12:54 > F1: 14:24

62: F C1 Canoe Men Senior/U23 + U18/U16 1000

Selection Race 11.04.2026 12:57

1 Andor Szalontai (14)	RIC	6	
2		7 George Bell (22)	FLA
3 Owen Chisholm (20)	RIC	8	
4		9	
5 Thomas Lambert (24)	LIN		

F: 12:57

63: F K2 Women A/B 500

11.04.2026 13:12

1			6	H. Stephens E. Wong	CDF CDF
2			7	L. Cullen E. O Drisceoil	SLP SLP
3			8		
4	N. Hall K. Pocklington	WEY NOT	9		
5	S. Payne M. Pepper	CLM LBZ			

🕒 F: 13:12

64: F K4 Girls A-C 500

11.04.2026 13:15

1			6	M. Burton I. Field	ELM ELM
2	L. Khan G. Rhys	WOL GLW		K. Holt M. Mckernan	RIC ELM
	E. Smerdon E. Wainwright	CLM NOT	7	P. Bellamy R. Hopkin	CDF CDF
3	J. Allan A. Grant	WEY WEY		K. Luen-Twining A. Wong	CDF CDF
	I. Ritchie E. Shaw	WEY WEY	8	K. Hudson E. Landsborough	BAN NOT
4	A. De Bilio L. Gohar	ROY RIC		L. Wickenden S. Yates	BAN GAI
	L. Small H. Tristram	WOL RLS	9		
5	J. Drobik S. Kowal	GLW GLW			
	A. Long A. Strachan	GLW GLW			

🕒 F: 13:15

65: F K1 Women C + Canoe Men/Boys C 500

11.04.2026 13:21

1			6	Stuart Wood (31)	NOT
2			7		
3			8		
4	Aoibhe Shannon (18)	SLP	9		
5	Mikolaj Weckowski (43)	GLW			

🕒 F: 13:21

66: F K1 Women D 500

11.04.2026 13:24

1			6	Emily Roche (18)	SLP
2			7	Mary Williams (18)	WEY
3	Angelina Sanderson Bellamy (46)	CDF	8		
4	Ellie Walker (18)	TRU	9		
5	Jen Guest (19)	SLP			

🕒 F: 13:24

67: F K1 Mini Sprint A 500

Mini-Sprint Series 11.04.2026 13:27

1	Conor Bates (11)	LBZ	6	Elliott Kasperaitis (11)	CLM
2	Tyler Pope (12)	WOL	7	Kit Betteridge (11)	BAN
3	Mathew McCue (11)	GLW	8	Leo Ford (11)	BAN
4	Eoin Bateman (10)	GLW	9	Emily Hayter (11)	WEY
5	Sophia Coenen-McIntyre (11)	WEY			

🕒 F: 13:27

68: F K1 Mini Sprint B 500

Mini-Sprint Series 11.04.2026 13:30


1	James Wallis (10)	RLS	6	Kornelia Ptasinska (11)	RLS
2	Isibéal Kellett-Egan (7)	SLP	7	Woody Hesketh-Reynolds (11)	RLS
3	Matyas Herbent (10)	RLS	8	Adam Gowaid (10)	GLW
4	Laszlo Herbent (10)	RLS	9	Grace Bateman (8)	GLW
5	Theo Harris (10)	SLP			

🕒 F: 13:30

69: F K2 Men A/B 500

11.04.2026 13:36

1		6	
2		7	
3		8	
4		9	
5			

 H1: 12:36 > H2: 12:39 > F: 13:36

70: FA K1 Para Men KL2/3 R1 200

Selection Race 11.04.2026 13:48

1		6	Jon Tarrant (36)	RLS	
2	Jonathan White (42)		7	Robert Oliver (37)	SOL
3	Dave Phillipson (37)	PAR	8	Jonathon Young (41)	PAR
4			9	Charlie Knowlden (22)	RLS
5	Finlay Stallard (19)	FLA			

 FA: 13:48

71: FA K1 Para Women KL2/3 R1 200

Selection Race 11.04.2026 13:51


1		6	Charlotte Henshaw (38)	NOT	
2		7	Emma Wiggs (45)	NOT	
3	Lindsay Thorpe (32)	4AS	8		
4	Hope Gordon (31)	SPS	9		
5					

 FA: 13:51

72: F K4 Boys D 200

11.04.2026 13:57


1	L. Foster L. Giblin	SLP SLP	6	G. Bugden Z. Cross	NOR RLS
	S. Hearn N. O'Malley	CEL SLP		O. Knott T. Loveday	NOR RLS
2	N. Finn C. Gray	SLP SLP	7	E. Luckett M. Todorov	ROY EXE
	P. Melia E. Noud	SLP SLP		V. Todorov R. Wickenden	EXE BAN
3	J. Badham B. Edmonds	RLS RLS	8	B. Bartlett-Jenkins N. Köster	CDF CDF
	A. Lowthian O. Reed	RLS RLS		L. Pound W. Stroud	CDF WEY
4	G. Clubley M. Hung	WEY WEY	9	L. Bugden J. Collinson	NOR NOR
	G. Ivanov J. Milbank	WEY WEY		T. Collinson C. Yaxley	NOR NOR
5	O. Caffrey H. Gorman	SLP SLP			
	F. McDonagh E. Roche	SLP SLP			

 F: 13:57

73: F C1 Canoe Women Senior/U23 + U18/U16 200

Selection Race 11.04.2026 14:00

1		6			
2		7	Bella Keane (16)	RIC	
3	Anna Palmer (28)	RDG	8	Hannah Toovey (17)	GLW
4	Bethany Gill (29)	NOT	9		
5	Afton Fitzhenry (30)	BCC			


 F: 14:00

74: H1 K1 Mini Sprint B 200

Mini-Sprint Series 11.04.2026 14:03

1		6	Isibéal Kellett-Egan (7)	SLP	
2		7	Kornelia Ptasinska (11)	RLS	
3	Woody Hesketh-Reynolds (11)	RLS	8		
4	Grace Bateman (8)	GLW	9		
5	Avalon Bugden (7)	NOR			

 9 BT in Heats 1-2 to Final


 H1: 14:03 > H2: 14:06 > F: 16:36

75: H2 K1 Mini Sprint B 200

Mini-Sprint Series 11.04.2026 14:06

1		6 Matyas Herbent (10)	RLS
2		7 Adam Gowaid (10)	GLW
3	Theo Harris (10)	8	
4	Laszlo Herbent (10)	9	
5	James Wallis (10)		


 9 BT in Heats 1-2 to Final

 H1: 14:03 > H2: 14:06 > F: 16:36

76: F K1 Paddle-Ability (Sat) R2 200

Paddle-Ability Series 11.04.2026 14:09


1		6 Saffron Cresswell (24)	RLS
2		7 Summer Allen (18)	RLS
3	Darren Kemp (37)	8	
4	Charlotte Creamer (36)	9	
5	Jacob Hage (22)		

 F: 14:09

77: F K2 Men C/D 1000

11.04.2026 14:21


1		6 S. Lawrence A. Sandiford	TRU LBZ
2		7 B. Davies P. Grigoriou	CDF CDF
3		8	
4	P. Allan J. Martyn	9	
5	A. Birch J. Perry		

 F: 14:21

78: F1 K2 Boys A/B 1000

11.04.2026 14:24


1		6	
2		7	
3		8	
4		9	
5			

 H1: 12:51 > H2: 12:54 > F1: 14:24

79: F K2 Men A/B 1000

11.04.2026 14:27


1		6 F. Cramer B. Shipway	SOU SOU
2	D. Davison T. Miller	7 J. Doran C. Payne	CLM CLM
3	S. Cribbett S. Stevely	8 W. Short A. Worgan	ELM RIC
4	A. Hinvies W. Stevely	9 L. Dixon J. Ellis	LBZ BAN
5	P. Donnellan B. Higgins		


 F: 14:27

80: H1 K1 Girls U18 200

Selection Race 11.04.2026 14:36

1	Sienna Green (16)	6 Charlotte Fulford (17)	RDG
2	Ava Wong (17)	7 Molly Bates (15)	RIC
3	Caoilin Caffrey (14)	8 Elsie Landsborough (17)	NOT
4	Imogen Field (15)	9 Abigail Strachan (16)	GLW
5	Annie Bates (17)		


 1st-3rd + 3 BT to Final


 H1: 14:36 > H2: 14:39 > F: 17:21

81: H2 K1 Girls U18 200

Selection Race 11.04.2026 14:39

1			6 Matilda Burton (15)	ELM
2	Kyla Holt (16)	RIC	7 Jasmine Sargeant (17)	NOR
3	Katie Luen-Twining (16)	CDF	8 Madison Mckernan (15)	ELM
4	Sadb Shannon (17)	SLP	9 Ruth Shephard (14)	RDG
5	Dianora De Bilio (16)	ROY		

 1st-3rd + 3 BT to Final


 H1: 14:36 > H2: 14:39 > F: 17:21

82: H1 K1 Women Senior/U23 200

Selection Race 11.04.2026 14:42

1			6 Lucy Lee-Smith (28)	NOR
2	Nerys Hall (20)	WEY	7 Sophie Dunlop (18)	ELM
3	Hannah Stephens (24)	CDF	8 Melissa Johnson (28)	NOT
4	Abi Burgess (26)	WEY	9 Estelle Widdows (18)	NOR
5	Emily Lewis (32)	WOR		


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


 H1: 14:42 > H2: 14:45 > H3: 14:48 > F1: 17:15 > F2: 17:18

83: H2 K1 Women Senior/U23 200

Selection Race 11.04.2026 14:45

1			6 Kristina Armstrong (20)	SPS
2	Lucy Cullen (18)	SLP	7 Edith King (20)	ROY
3	Elise Montagna (22)	ROY	8 Milly Pepper (20)	LBZ
4	Katie Pocklington (22)	NOT	9 Jessica Urquhart (22)	NOT
5	Deborah Kerr (28)	SPS		

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


 H1: 14:42 > H2: 14:45 > H3: 14:48 > F1: 17:15 > F2: 17:18

84: H3 K1 Women Senior/U23 200

Selection Race 11.04.2026 14:48

1			6 Zoe Clark (24)	ROY
2	Eabha O Drisceoil (21)	SLP	7 Lucy Guest (23)	NOT
3	Evie Wong (21)	CDF	8 Sienna Payne (19)	CLM
4	Beth Perry (19)	WEY	9	
5	Amy Green (21)	WOR		


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

 H1: 14:42 > H2: 14:45 > H3: 14:48 > F1: 17:15 > F2: 17:18

85: F K4 Girls C-D 200

11.04.2026 14:54


1			6 L. Haytree-Blake L. Smith	WOL EXE
2			I. Todorova	EXE
3	L. Khan G. Rhys	WOL GLW	7 E. Walker F. Whitelaw	EXE WOR
	E. Smerdon E. Wainwright	CLM NOT	L. Wickenden	BAN
4	A. Harris Z. Lloyd	SLP SLP	8 E. Davies R. Hopkin	CDF CDF
	S. Mahon A. Worth-Kenny	SLP SLP	R. Lloyd K. Takata	CDF CDF
5	C. Blanchard D. Fowler	NOR NOR	9	
	P. Henriques K. Thomson-Hook	NOT WOR		

 F: 14:54

86: F C1 Canoe Men Senior/U23 + U18/U16 200

Selection Race 11.04.2026 14:57

1			6 Owen Chisholm (20)	RIC
2			7	
3			8 Andor Szalontai (14)	RIC
4	George Bell (22)	FLA	9	
5	Thomas Lambert (24)	LIN		


 F: 14:57

87: H1 K1 Boys U18 200

Selection Race 11.04.2026 15:03

1		6 Sam Dickson (17)	FOX
2	Ben Eskriett (16)	7 Freddy Fowler-Rimell (16)	WOR
3	Evyn Roberts (17)	8 Henry Pitt (16)	ROY
4	Conor Hartney (17)	9 Doogal Barnett (15)	RDG
5	Isaac Aveson (17)		

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


 H1: 15:03 > H2: 15:06 > H3: 15:09 > F1: 17:27 > F2: 17:30

88: H2 K1 Boys U18 200

Selection Race 11.04.2026 15:06

1		6 Freddie Heard (16)	EXE
2	Isaac Popham-Coveley (17)	7 Ollie Pearce (16)	RIC
3	Arthur Hunter-Hopkins (16)	8 Aeron Murphy (17)	RLS
4	Sam Sparks (16)	9 Ewan Bates (16)	LBZ
5	Tom Hatton (17)		


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


 H1: 15:03 > H2: 15:06 > H3: 15:09 > F1: 17:27 > F2: 17:30

89: H3 K1 Boys U18 200

Selection Race 11.04.2026 15:09

1		6 Sean Smyth (17)	SLP
2	Sean Noud (16)	7 Osian Davies (16)	CDF
3	Tyler Kinder (17)	8 Malachi Grant (16)	NOT
4	Szymon Sroka (17)	9	
5	Olivier Mazur (17)		

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


 H1: 15:03 > H2: 15:06 > H3: 15:09 > F1: 17:27 > F2: 17:30

90: H1 K1 Men Senior/U23 200

Selection Race 11.04.2026 15:15

1		6 Xavier Hives (22)	SOU
2	Flynn Holt (19)	7 Carl Harris (21)	SLP
3	Michael Motha (21)	8 Ben Gallacher (25)	SPS
4	Daniel Davison (18)	9 Gabriel Popham-Coveley (20)	NOT
5	Tom Holland (23)		

 1st + 3 BT to Final 1. Remaining 2nd + BT to Final 2. Remaining 3rd + next BT to Final 3


 H1: 15:15 > H2: 15:18 > H3: 15:21 > H4: 15:24 > H5: 15:27 > H6: 15:30 > F1: 17:33 > F2: 17:36 > F3: 17:39

91: H2 K1 Men Senior/U23 200

Selection Race 11.04.2026 15:18

1		6 Andre Hives (19)	SOU
2	Will Stevely (18)	7 Kal Kinser (22)	BAN
3	Alexander Worgan (18)	8 Toby Bullock (18)	NOT
4	Piran Phillips (23)	9 Spencer Armstrong (26)	NOT
5	Tom Lusty (31)		

 1st + 3 BT to Final 1. Remaining 2nd + BT to Final 2. Remaining 3rd + next BT to Final 3


 H1: 15:15 > H2: 15:18 > H3: 15:21 > H4: 15:24 > H5: 15:27 > H6: 15:30 > F1: 17:33 > F2: 17:36 > F3: 17:39

92: H3 K1 Men Senior/U23 200

Selection Race 11.04.2026 15:21

1		6 Haydyn Cooke-Bayley (20)	NOT
2	Daniel Johnson (31)	7 Leon Dixon (20)	LBZ
3	Alex Greaves (24)	8 Dylan Clarke (18)	SLP
4	Will Short (18)	9 Sam Cribbett (20)	NOT
5	Benjamin Cabrera (21)		

 1st + 3 BT to Final 1. Remaining 2nd + BT to Final 2. Remaining 3rd + next BT to Final 3

 H1: 15:15 > H2: 15:18 > H3: 15:21 > H4: 15:24 > H5: 15:27 > H6: 15:30 > F1: 17:33 > F2: 17:36 > F3: 17:39

93: H4 K1 Men Senior/U23 200

Selection Race 11.04.2026 15:24

1		6 Sam Bates (19)	RIC
2	Nathaniel Lamb (19)	7 Lewis Smith (22)	ROY
3	Tate Morrison (20)	8 Gallin Montgomery (36)	TRE
4	Jason Grice (25)	9 Jack Rayment (19)	LBZ
5	Nicholas Greed (26)		

 1st + 3 BT to Final 1. Remaining 2nd + BT to Final 2. Remaining 3rd + next BT to Final 3

 H1: 15:15 > H2: 15:18 > H3: 15:21 > H4: 15:24 > H5: 15:27 > H6: 15:30 > F1: 17:33 > F2: 17:36 > F3: 17:39

94: H5 K1 Men Senior/U23 200

Selection Race 11.04.2026 15:27

1		6 Matthew Collinge (25)	NOT
2	Terry Miller (19)	7 Ben Shipway (20)	SOU
3	Stuart Bristow (29)	8 Harry Sewell-Catchpole (19)	NOR
4	Alex Sheppy (27)	9 Koen Ayran (19)	FOX
5	Dylan O'Connor (20)		

 1st + 3 BT to Final 1. Remaining 2nd + BT to Final 2. Remaining 3rd + next BT to Final 3

 H1: 15:15 > H2: 15:18 > H3: 15:21 > H4: 15:24 > H5: 15:27 > H6: 15:30 > F1: 17:33 > F2: 17:36 > F3: 17:39

95: H6 K1 Men Senior/U23 200

Selection Race 11.04.2026 15:30

1		6 Sean Butterly (17)	SLP
2	Fletcher Cramer (19)	7 James How (25)	NOR
3	Lochie Lovell (19)	8 Rory Strachan (18)	SPS
4	Matthew Johnson (29)	9	
5	Nelson Kinzler (19)		


 1st + 3 BT to Final 1. Remaining 2nd + BT to Final 2. Remaining 3rd + next BT to Final 3

 H1: 15:15 > H2: 15:18 > H3: 15:21 > H4: 15:24 > H5: 15:27 > H6: 15:30 > F1: 17:33 > F2: 17:36 > F3: 17:39

96: F K1 Paddle-Ability (Sat) R1 200

Paddle-Ability Series 11.04.2026 15:36


1		6 Charlotte Creamer (36)	LBZ
2		7 Saffron Cresswell (24)	RLS
3	Summer Allen (18)	8	
4	Jacob Hage (22)	9	
5	Darren Kemp (37)		


 F: 15:36

97: H1 K2 Girls A/B + Canoe Women/Girls A/B 500

11.04.2026 15:51

1		6 E. Landsborough R. Shephard	NOT RDG
2	J. Allan I. Ritchie	7 S. Green H. Tristram	WOL RLS
3	S. Kowal A. Strachan	8 K. Hudson E. Shaw	BAN WEY
4	K. Luen-Twining A. Wong	9	
5	M. Burton I. Field		


 1st-3rd + 3 BT to Final


 H1: 15:51 > H2: 15:54 > F: 16:48

98: H2 K2 Girls A/B + Canoe Women/Girls A/B 500

11.04.2026 15:54

1		6 A. De Bilio M. Mckernan	ROY ELM
2	C. Caffrey S. Shannon	7 L. Wickenden S. Yates	BAN GAI
3	J. Drobik A. Long	8 B. Keane H. Toovey	RIC GLW
4	L. Gohar L. Small	9	
5	M. Bates K. Holt		


 1st-3rd + 3 BT to Final

 H1: 15:51 > H2: 15:54 > F: 16:48

99: F K2 Men C/D 500

11.04.2026 15:57


1			6	J. Blanchard S. Fowler	NOR NOR
2			7	P. Allan J. Martyn	WEY WEY
3	B. Davies C. Del Valle	CDF CDF	8		
4	A. Birch J. Perry	ROY BAN	9		
5	S. Lawrence A. Sandiford	TRU LBZ			

 F: 15:57

100: F K4 Boys D 500

11.04.2026 16:00


1	G. Bugden Z. Cross O. Knott T. Loveday	NOR RLS NOR RLS	6	G. Clubley M. Hung G. Ivanov J. Milbank	WEY WEY WEY WEY
2	B. Bartlett-Jenkins N. Köster L. Pound W. Stroud	CDF CDF CDF WEY	7	J. Badham B. Edmonds A. Lowthian O. Reed	RLS RLS RLS RLS
3	N. Finn C. Gray P. Melia E. Noud	SLP SLP SLP SLP	8	L. Bugden J. Collinson T. Collinson C. Yaxley	NOR NOR NOR NOR
4	O. Caffrey H. Gorman F. McDonagh E. Roche	SLP SLP SLP SLP	9	L. Foster L. Giblin S. Hearn N. O'Malley	SLP SLP CEL SLP
5	E. Luckett M. Todorov V. Todorov R. Wickenden	ROY EXE EXE BAN			


 F: 16:00

101: H1 K2 Boys A/B 500

11.04.2026 16:03

1			6	A. Murphy S. Sparks	RLS RLS
2	S. Kendall L. Mason	DEV DEV	7	K. Ayran W. Bowles-Trow	FOX ADS
3	H. Luck O. O'Keefe	WEY WEY	8	E. Hellman J. Williams	ROY ROY
4	D. Dunlop T. Prior	ELM ELM	9		
5	B. Eskriett H. Pitt	GAI ROY			

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


 H1: 16:03 > H2: 16:06 > H3: 16:09 > F1: 16:57 > F2: 17:00

102: H2 K2 Boys A/B 500

11.04.2026 16:06

1			6	H. Hartland E. Stroud	BAN WEY
2	T. Hayter J. Telling	WEY WEY	7	A. Prokhyra T. Zorawski	GLW GLW
3	E. Bates M. Grant	LBZ NOT	8	M. Mangiantini T. McElhannan	ROY WOR
4	C. Butler D. Macken	SLP SLP	9		
5	S. Noud S. Smyth	SLP SLP			

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

 H1: 16:03 > H2: 16:06 > H3: 16:09 > F1: 16:57 > F2: 17:00

103: H3 K2 Boys A/B 500

11.04.2026 16:09

1			6	D. Barnett J. Morgan	RDG RDG
2			7	T. Hamilton F. Meredith	ELM ELM
3	Z. Barker D. Kromer	RLS RLS	8	F. Barnett J. Wade	RDG RDG
4	O. Davies E. Roberts	CDF CDF	9		
5	M. Nagy C. Packer	RDG RDG			

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

 H1: 16:03 > H2: 16:06 > H3: 16:09 > F1: 16:57 > F2: 17:00

104: FA K1 Para Men KL2/3 R2 200

Selection Race 11.04.2026 16:21

1			6	Finlay Stallard (19)	FLA
2	Charlie Knowlden (22)	RLS	7		
3	Jonathon Young (41)	PAR	8	Dave Phillipson (37)	PAR
4	Jon Tarrant (36)	RLS	9	Jonathan White (42)	EXE
5	Robert Oliver (37)	SOL			

 FA: 16:21

105: FA K1 Para Women KL2/3 R2 200

Selection Race 11.04.2026 16:24

1		6 Lindsay Thorpe (32)	4AS
2		7 Hope Gordon (31)	SPS
3	Charlotte Henshaw (38)	8	
4	Emma Wiggs (45)	9	
5			

🕒 FA: 16:24

106: F K1 Women D 200

11.04.2026 16:30

1		6 Angelina Sanderson Bellamy (46)	CDF
2		7 Jen Guest (19)	SLP
3	Mary Williams (18)	8	
4	Emily Roche (18)	9	
5	Ellie Walker (18)		

🕒 F: 16:30

107: F K1 Mini Sprint A 200

Mini-Sprint Series 11.04.2026 16:33

1	Mathew McCue (11)	GLW	6 Kit Betteridge (11)	BAN
2	Elliott Kasperaitis (11)	CLM	7 Tyler Pope (12)	WOL
3	Sophia Coenen-McIntyre (11)	WEY	8 Eoin Bateman (10)	GLW
4	Emily Hayter (11)	WEY	9 Conor Bates (11)	LBZ
5	Leo Ford (11)	BAN		

🕒 F: 16:33

108: F K1 Mini Sprint B 200

Mini-Sprint Series 11.04.2026 16:36

1		6	
2		7	
3		8	
4		9	
5			

🕒 H1: 14:03 > H2: 14:06 > F: 16:36

109: F K2 Girls A/B + Canoe Women/Girls A/B 500

11.04.2026 16:48

1		6	
2		7	
3		8	
4		9	
5			

🕒 H1: 15:51 > H2: 15:54 > F: 16:48

110: F K2 Girls D 500

11.04.2026 16:51

1		6 E. Davies K. Takata	CDF CDF
2	L. Smith I. Todorova	7 A. Harris S. Mahon	SLP SLP
3	C. Blanchard D. Fowler	8 Z. Lloyd A. Worth-Kenny	SLP SLP
4	P. Henriques K. Thomson-Hook	9	
5	L. Haytree-Blake F. Snell		

🕒 F: 16:51

111: F K2 Girls C 500

11.04.2026 16:54

1		6 E. Smerdon F. Whitelaw	CLM WOR
2		7 G. Rhys E. Wainwright	GLW NOT
3	R. Hopkin R. Lloyd	8	
4	E. Donnellan E. Smyth	9	
5	L. Khan E. Walker		

🕒 F: 16:54

112: F1 K2 Boys A/B 500

11.04.2026 16:57


1	6
2	7
3	8
4	9
5	

 H1: 16:03 > H2: 16:06 > H3: 16:09 > F1: 16:57 > F2: 17:00

113: F2 K2 Boys A/B 500

11.04.2026 17:00


1	6
2	7
3	8
4	9
5	

 H1: 16:03 > H2: 16:06 > H3: 16:09 > F1: 16:57 > F2: 17:00

114: F K1 Paddle-Ability (Sat) R2 500

Paddle-Ability Series 11.04.2026 17:03


1	6 Jacob Hage (22)	4AS
2	7	
3 Saffron Cresswell (24)	RLS	
4 Summer Allen (18)	RLS	
5 Darren Kemp (37)	NOR	

 F: 17:03

115: F1 K1 Women Senior/U23 200

Selection Race 11.04.2026 17:15


1	6
2	7
3	8
4	9
5	

 H1: 14:42 > H2: 14:45 > H3: 14:48 > F1: 17:15 > F2: 17:18

116: F2 K1 Women Senior/U23 200

Selection Race 11.04.2026 17:18


1	6
2	7
3	8
4	9
5	

 H1: 14:42 > H2: 14:45 > H3: 14:48 > F1: 17:15 > F2: 17:18

117: F K1 Girls U18 200

Selection Race 11.04.2026 17:21

1	6
2	7
3	8
4	9
5	

 H1: 14:36 > H2: 14:39 > F: 17:21

118: F K4 Boys C 200

11.04.2026 17:24

1			6	M. Anderson O. Clare	LBZ WEY
2				W. Guthrie T. Hayter	WEY WEY
3			7		
4	E. Foulger A. Golder	NOT NOT	8		
	E. Grant J. Maloney	NOT NOT	9		
5	I. Belov-McDowell C. Butler	SLP SLP			
	R. Haraszti J. Hughes	SLP ROY			

F: 17:24

119: F1 K1 Boys U18 200

Selection Race 11.04.2026 17:27

1		6
2		7
3		8
4		9
5		

H1: 15:03 > H2: 15:06 > H3: 15:09 > F1: 17:27 > F2: 17:30

120: F2 K1 Boys U18 200

Selection Race 11.04.2026 17:30

1		6
2		7
3		8
4		9
5		

H1: 15:03 > H2: 15:06 > H3: 15:09 > F1: 17:27 > F2: 17:30

121: F1 K1 Men Senior/U23 200

Selection Race 11.04.2026 17:33

1		6
2		7
3		8
4		9
5		

H1: 15:15 > H2: 15:18 > H3: 15:21 > H4: 15:24 > H5: 15:27 > H6: 15:30 > F1: 17:33 > F2: 17:36 > F3: 17:39

122: F2 K1 Men Senior/U23 200

Selection Race 11.04.2026 17:36

1		6
2		7
3		8
4		9
5		

H1: 15:15 > H2: 15:18 > H3: 15:21 > H4: 15:24 > H5: 15:27 > H6: 15:30 > F1: 17:33 > F2: 17:36 > F3: 17:39

123: F3 K1 Men Senior/U23 200

Selection Race 11.04.2026 17:39

1		6
2		7
3		8
4		9
5		


H1: 15:15 > H2: 15:18 > H3: 15:21 > H4: 15:24 > H5: 15:27 > H6: 15:30 > F1: 17:33 > F2: 17:36 > F3: 17:39

124: H1 K1 Boys D 200

12.04.2026 08:00

1		6 Oisin Caffrey (12)	SLP
2 Luke Foster (15)	SLP	7 Beau Bartlett-Jenkins (15)	CDF
3 Matthew Hung (12)	WEY	8 Toby Kirton (13)	BAN
4 Victor Todorov (13)	EXE	9 Ollie Reed (16)	RLS
5 Jack Maloney (13)	NOT		

 9 BT in Heats 1-5 to Final 1. Next 9 BT in Heats 1-5 to Final 2. Next 9 BT in Heats 1-5 to Final 3


 H1: 08:00 > H2: 08:03 > H3: 08:06 > H4: 08:09 > H5: 08:12 > F1: 09:09 > F2: 09:12 > F3: 09:15

125: H2 K1 Boys D 200

12.04.2026 08:03

1		6 Nils Köster (15)	CDF
2 Charlie Gray (14)	SLP	7 Thomas Collinson (13)	NOR
3 Joshua Milbank (12)	WEY	8 Adam Golder (13)	NOT
4 Noah O'Malley (15)	SLP	9 Ben Edmonds (13)	RLS
5 Robin Wickenden (12)	BAN		

 9 BT in Heats 1-5 to Final 1. Next 9 BT in Heats 1-5 to Final 2. Next 9 BT in Heats 1-5 to Final 3


 H1: 08:00 > H2: 08:03 > H3: 08:06 > H4: 08:09 > H5: 08:12 > F1: 09:09 > F2: 09:12 > F3: 09:15

126: H3 K1 Boys D 200

12.04.2026 08:06

1		6 Edward Lockett (14)	ROY
2 George Clubley (15)	WEY	7 Leon Pound (14)	CDF
3 Calum Yaxley (13)	NOR	8 Simon Hearn (15)	CEL
4 Hugh Gorman (15)	SLP	9 Harry Parslow (14)	RIC
5 Fiachra McDonagh (15)	SLP		

 9 BT in Heats 1-5 to Final 1. Next 9 BT in Heats 1-5 to Final 2. Next 9 BT in Heats 1-5 to Final 3


 H1: 08:00 > H2: 08:03 > H3: 08:06 > H4: 08:09 > H5: 08:12 > F1: 09:09 > F2: 09:12 > F3: 09:15

127: H4 K1 Boys D 200

12.04.2026 08:09

1		6 Ethan Noud (12)	SLP
2 Nicholas Finn (14)	SLP	7 Filip Slizowski (11)	GLW
3 Jed Lawrence (16)	TRU	8 Sam Short (12)	ELM
4 George Bugden (14)	NOR	9 George Ivanov (12)	WEY
5 Alex Lowthian (15)	RLS		

 9 BT in Heats 1-5 to Final 1. Next 9 BT in Heats 1-5 to Final 2. Next 9 BT in Heats 1-5 to Final 3


 H1: 08:00 > H2: 08:03 > H3: 08:06 > H4: 08:09 > H5: 08:12 > F1: 09:09 > F2: 09:12 > F3: 09:15

128: H5 K1 Boys D 200

12.04.2026 08:12

1		6 Patrick Melia (15)	SLP
2 Miroslav Todorov (13)	EXE	7 Eoin Roche (15)	SLP
3 Quinn Paris (10)	GLW	8 Luke Giblin (15)	SLP
4 Jack Badham (13)	RLS	9 Ollie Knott (17)	NOR
5 William Stroud (12)	WEY		

 9 BT in Heats 1-5 to Final 1. Next 9 BT in Heats 1-5 to Final 2. Next 9 BT in Heats 1-5 to Final 3


 H1: 08:00 > H2: 08:03 > H3: 08:06 > H4: 08:09 > H5: 08:12 > F1: 09:09 > F2: 09:12 > F3: 09:15

129: H1 K1 Girls D 200

12.04.2026 08:15

1 Freya Snell (13)	RLS	6 Kaiya Takata (15)	CDF
2 Aaliyah Worth-Kenny (15)	SLP	7 Ivana Todorova (15)	EXE
3 Zoe Lloyd (14)	SLP	8 Jessica Holmes (14)	NOT
4 Lexi Haytree-Blake (14)	WOL	9 Cecelia Blanchard (12)	NOR
5 Alia Harris (13)	SLP		

 9 BT in Heats 1-2 to Final


 H1: 08:15 > H2: 08:18 > F: 09:24

130: H2 K1 Girls D 200

12.04.2026 08:18

1		6 Sita Mahon (16)	SLP
2	Leia Smith (14)	7 Olivia Logie-Simpson (15)	CLM
3	Kaelyn Thomson-Hook (15)	8 Ember Davies (12)	CDF
4	Darcy Fowler (13)	9 Priya Henriques (14)	NOT
5	Eabha Smyth (15)		


 9 BT in Heats 1-2 to Final


 H1: 08:15 > H2: 08:18 > F: 09:24

131: H1 K1 Boys C 200

12.04.2026 08:21

1		6 Tom Hayter (14)	WEY
2	Marcell Barat-Farkas (12)	7 Evan Foulger (12)	NOT
3	Isaac Belov-McDowell (17)	8 Finnley Burton (15)	CDF
4	Tom McElhannan (14)	9	
5	Matteo Bellofatto (16)		

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


 H1: 08:21 > H2: 08:24 > H3: 08:27 > F1: 09:27 > F2: 09:30

132: H2 K1 Boys C 200

12.04.2026 08:24

1		6 Gabriel Otugo (13)	GLW
2	Leo Byrne (14)	7 Ollie Clare (16)	WEY
3	Cillian Butler (16)	8 Daniel Dunlop (14)	ELM
4	Elijah Grant (14)	9	
5	George Cheyne (13)		


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


 H1: 08:21 > H2: 08:24 > H3: 08:27 > F1: 09:27 > F2: 09:30

133: H3 K1 Boys C 200

12.04.2026 08:27

1		6 Robert Haraszti (17)	SLP
2	Jake Hughes (15)	7 Evan Brewer (15)	CDF
3	Piotr Slizowski (12)	8 Samuel Boughton (16)	RDG
4	Matthew Anderson (14)	9	
5	William Guthrie (15)		


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

 H1: 08:21 > H2: 08:24 > H3: 08:27 > F1: 09:27 > F2: 09:30

134: F K1 Men C 500

12.04.2026 08:39

1	Petros Grigoriou (22)	6 James Doran (26)	CLM
2	Eddie Martin (57)	7 Aidan Davis (22)	NOR
3	Jordan Martyn (24)	8 Brian Harris (47)	SLP
4	Joshua Perry (20)	9 George Conroy (22)	FLA
5	Sam Wells (18)		


 F: 08:39

135: H1 K1 Men D 500

12.04.2026 08:42

1		6 Robert Gough (44)	BSF
2	Peter Gorman (70)	7 Coen Del Valle (28)	CDF
3	Simon Lawrence (59)	8 Adam Sandiford (22)	LBZ
4	Joe Borucki (36)	9	
5	Jacob Loras (21)		

 9 BT in Heats 1-2 to Final


 H1: 08:42 > H2: 08:45 > F: 10:24

136: H2 K1 Men D 500

12.04.2026 08:45

1		6 Richard Milbank (41)	WEY
2		7 Russell Munt (60)	NOT
3 Derek Marshall (69)	LKR	8 Istvan Toth (46)	ELM
4 Andrew Birch (37)	ROY	9	
5 Bryce Davies (42)	CDF		

 9 BT in Heats 1-2 to Final


 H1: 08:42 > H2: 08:45 > F: 10:24

137: H1 K1 Boys B 500

12.04.2026 08:48

1 Daniel Kromer (16)	RLS	6 Fergus Barnett (13)	RDG
2 Finn Lovell (16)	WOR	7 Tristan Prior (15)	ELM
3 Johnny Williams (16)	ROY	8 Ocean O'Keefe (15)	WEY
4 Knoah Ayran (14)	FOX	9 Simeon Kendall (15)	DEV
5 William Bowles-Trow (15)	ADS		

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


 H1: 08:48 > H2: 08:51 > H3: 08:54 > F1: 10:15 > F2: 10:18

138: H2 K1 Boys B 500

12.04.2026 08:51

1 Edward Hellman (16)	ROY	6 Henry Hartland (14)	BAN
2 Anton Prokhyra (17)	GLW	7 Jack Morgan (14)	RDG
3 Jacob Telling (14)	WEY	8 Finnley Meredith (14)	ELM
4 Zayan Barker (17)	RLS	9 Kieron Yates (15)	GAI
5 Daniel Macken (17)	SLP		

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


 H1: 08:48 > H2: 08:51 > H3: 08:54 > F1: 10:15 > F2: 10:18

139: H3 K1 Boys B 500

12.04.2026 08:54

1 Tymon Zorawski (14)	GLW	6 Torin Hamilton (16)	ELM
2 Harry Luck (15)	WEY	7 Jack Wade (13)	RDG
3 Luke Mason (14)	DEV	8 Marshall Davie (14)	LKR
4 Edward Stroud (14)	WEY	9 Oleh Kuzmenko (15)	BSF
5 Marco Mangiantini (13)	ROY		

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


 H1: 08:48 > H2: 08:51 > H3: 08:54 > F1: 10:15 > F2: 10:18

140: H1 K1 Girls C 200

12.04.2026 09:03

1		6 Lucy Wickenden (14)	BAN
2		7 Emily Wainwright (13)	NOT
3 Rebekah Hopkin (16)	CDF	8 Florence Whitelaw (14)	WOR
4 Edith Smerdon (13)	CLM	9	
5 Lydia Khan (14)	WOL		

 9 BT in Heats 1-2 to Final


 H1: 09:03 > H2: 09:06 > F: 10:51

141: H2 K1 Girls C 200

12.04.2026 09:06

1		6 Emily Donnellan (15)	SLP
2		7 Gabriela Rhys (16)	GLW
3 Agnes Grant (13)	WEY	8	
4 Evelyn Walker (13)	EXE	9	
5 Ruby Lloyd (14)	CDF		


 9 BT in Heats 1-2 to Final

 H1: 09:03 > H2: 09:06 > F: 10:51

142: F1 K1 Boys D 200

12.04.2026 09:09


1	6
2	7
3	8
4	9
5	

 H1: 08:00 > H2: 08:03 > H3: 08:06 > H4: 08:09 > H5: 08:12 > F1: 09:09 > F2: 09:12 > F3: 09:15

143: F2 K1 Boys D 200

12.04.2026 09:12


1	6
2	7
3	8
4	9
5	

 H1: 08:00 > H2: 08:03 > H3: 08:06 > H4: 08:09 > H5: 08:12 > F1: 09:09 > F2: 09:12 > F3: 09:15

144: F3 K1 Boys D 200

12.04.2026 09:15


1	6
2	7
3	8
4	9
5	

 H1: 08:00 > H2: 08:03 > H3: 08:06 > H4: 08:09 > H5: 08:12 > F1: 09:09 > F2: 09:12 > F3: 09:15

145: F K4 Mini Sprint A 200

Mini-Sprint Series 12.04.2026 09:18


1	6	C. Bates S. Coenen-McIntyre	LBZ WEY
2		E. Hayter E. Kasperaitis	WEY CLM
3	7		
4	8	E. Bateman G. Bateman	GLW GLW
	9	A. Gowaid M. McCue	GLW GLW
5		T. Pope	WOL

 F: 09:18

146: F K2 Mini Sprint B 200

Mini-Sprint Series 12.04.2026 09:21


1	6	E. Clarke I. Kellett-Egan	SLP SLP
2	7	L. Herbent K. Ptasinska	RLS RLS
3	8	M. Herbent J. Wallis	RLS RLS
4	9		
5		C. Fowler T. Harris	NOR SLP

 F: 09:21

147: F K1 Girls D 200

12.04.2026 09:24


1	6
2	7
3	8
4	9
5	

 H1: 08:15 > H2: 08:18 > F: 09:24

148: F1 K1 Boys C 200

12.04.2026 09:27


1	6
2	7
3	8
4	9
5	

 H1: 08:21 > H2: 08:24 > H3: 08:27 > F1: 09:27 > F2: 09:30

149: F2 K1 Boys C 200

12.04.2026 09:30

1	6
2	7
3	8
4	9
5	

 H1: 08:21 > H2: 08:24 > H3: 08:27 > F1: 09:27 > F2: 09:30

150: H1 K1 Men Senior/U23 500

Selection Race 12.04.2026 09:39

1 Daniel Davison (18)	FOX	6 Xavier Hinves (22)	SOU
2 Ben Shipway (20)	SOU	7 Alexander Worgan (18)	RIC
3 Alex Sheppy (27)	DEV	8 Sam Stevely (18)	SPS
4 Nelson Kinzler (19)	RIC	9 Michael Motha (21)	ADS
5 Daniel Johnson (31)	NOT		

 1st + 3 BT to Final 1. Remaining 2nd + BT to Final 2. Remaining 3rd + next BT to Final 3

 H1: 09:39 > H2: 09:42 > H3: 09:45 > H4: 09:48 > H5: 09:51 > H6: 09:54 > F1: 13:51 > F2: 13:54 > F3: 13:57

151: H2 K1 Men Senior/U23 500

Selection Race 12.04.2026 09:42

1	6 Tom Holland (23)	WEY	
2 Lochie Lovell (19)	WOR	7 Sam Bates (19)	RIC
3 Fletcher Cramer (19)	SOU	8 Dylan Clarke (18)	SLP
4 Nicholas Greed (26)	NOT	9 Kal Kinser (22)	BAN
5 Tom Lusty (31)	SOL		

 1st + 3 BT to Final 1. Remaining 2nd + BT to Final 2. Remaining 3rd + next BT to Final 3

 H1: 09:39 > H2: 09:42 > H3: 09:45 > H4: 09:48 > H5: 09:51 > H6: 09:54 > F1: 13:51 > F2: 13:54 > F3: 13:57

152: H3 K1 Men Senior/U23 500

Selection Race 12.04.2026 09:45

1	6 Benjamin Cabrera (21)	FOY	
2 Jack Rayment (19)	LBZ	7 Carl Harris (21)	SLP
3 Jason Grice (25)	SOL	8 Lewis Smith (22)	ROY
4 Andre Hinves (19)	SOU	9 Nathaniel Lamb (19)	EXE
5 Matthew Collinge (25)	NOT		

 1st + 3 BT to Final 1. Remaining 2nd + BT to Final 2. Remaining 3rd + next BT to Final 3

 H1: 09:39 > H2: 09:42 > H3: 09:45 > H4: 09:48 > H5: 09:51 > H6: 09:54 > F1: 13:51 > F2: 13:54 > F3: 13:57

153: H4 K1 Men Senior/U23 500

Selection Race 12.04.2026 09:48

1	6 Sean Butterly (17)	SLP	
2 Patrick Allan (19)	WEY	7 Leon Dixon (20)	LBZ
3 Haydyn Cooke-Bayley (20)	NOT	8 Daibhi Reynolds (18)	SLP
4 Will Stevely (18)	SPS	9 Stuart Bristow (29)	ROY
5 James Russell (28)	NOT		

 1st + 3 BT to Final 1. Remaining 2nd + BT to Final 2. Remaining 3rd + next BT to Final 3

 H1: 09:39 > H2: 09:42 > H3: 09:45 > H4: 09:48 > H5: 09:51 > H6: 09:54 > F1: 13:51 > F2: 13:54 > F3: 13:57

154: H5 K1 Men Senior/U23 500

Selection Race 12.04.2026 09:51

1		6 James How (25)	NOR
2	Koen Ayrán (19)	7 Ben Gallacher (25)	SPS
3	Tate Morrison (20)	8 Toby Bullock (18)	NOT
4	Will Short (18)	9 Ben Higgins (20)	SLP
5	Gabriel Popham-Coveley (20)		

1st + 3 BT to Final 1. Remaining 2nd + BT to Final 2. Remaining 3rd + next BT to Final 3

H1: 09:39 > H2: 09:42 > H3: 09:45 > H4: 09:48 > H5: 09:51 > H6: 09:54 > F1: 13:51 > F2: 13:54 > F3: 13:57

155: H6 K1 Men Senior/U23 500

Selection Race 12.04.2026 09:54

1		6 Dylan O'Connor (20)	RIC
2	Rory Strachan (18)	7 Flynn Holt (19)	RIC
3	Piran Phillips (23)	8 Harry Sewell-Catchpole (19)	NOR
4	Terry Miller (19)	9 Sam Cribbett (20)	NOT
5	Matthew Johnson (29)		

1st + 3 BT to Final 1. Remaining 2nd + BT to Final 2. Remaining 3rd + next BT to Final 3

H1: 09:39 > H2: 09:42 > H3: 09:45 > H4: 09:48 > H5: 09:51 > H6: 09:54 > F1: 13:51 > F2: 13:54 > F3: 13:57

156: F K1 Men A/B 500

12.04.2026 09:57

1		6 Cassian Payne (18)	CLM
2		7	
3		8	
4	Joseph Ellis (20)	9	
5	Zak Benstead (24)		

F: 09:57

157: H1 K1 Boys U18 500

Selection Race 12.04.2026 10:03

1		6 Isaac Aveson (17)	RIC
2	Ben Eskriett (16)	7 Marcell Nagy (16)	RDG
3	Ollie Pearce (16)	8 Osian Davies (16)	CDF
4	Sean Smyth (17)	9 Doogal Barnett (15)	RDG
5	Tom Hatton (17)		

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

H1: 10:03 > H2: 10:06 > H3: 10:09 > F1: 13:45 > F2: 13:48

158: H2 K1 Boys U18 500

Selection Race 12.04.2026 10:06

1		6 Freddy Fowler-Rimell (16)	WOR
2	Szymon Sroka (17)	7 Sean Noud (16)	SLP
3	Isaac Popham-Coveley (17)	8 Ewan Bates (16)	LBZ
4	Conor Hartney (17)	9 Arthur Hunter-Hopkins (16)	DEV
5	Olivier Mazur (17)		

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

H1: 10:03 > H2: 10:06 > H3: 10:09 > F1: 13:45 > F2: 13:48

159: H3 K1 Boys U18 500

Selection Race 12.04.2026 10:09

1		6 Freddie Heard (16)	EXE
2	Henry Pitt (16)	7 Evyn Roberts (17)	CDF
3	Tyler Kinder (17)	8 Malachi Grant (16)	NOT
4	William Roeser (17)	9	
5	Sam Dickson (17)		

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

H1: 10:03 > H2: 10:06 > H3: 10:09 > F1: 13:45 > F2: 13:48

160: F K1 Boys A 500

12.04.2026 10:12

1		6	Aeron Murphy (17)	RLS
2		7	Conrad Packer (16)	RDG
3		8		
4	Louis Smith (15)			
		9		
5	Sam Sparks (16)			RLS

🕒 F: 10:12

161: F1 K1 Boys B 500

12.04.2026 10:15

1		6		
2		7		
3		8		
4		9		
5				

🕒 H1: 08:48 > H2: 08:51 > H3: 08:54 > F1: 10:15 > F2: 10:18

162: F2 K1 Boys B 500

12.04.2026 10:18

1		6		
2		7		
3		8		
4		9		
5				

🕒 H1: 08:48 > H2: 08:51 > H3: 08:54 > F1: 10:15 > F2: 10:18

163: F K1 Men D 500

12.04.2026 10:24

1		6		
2		7		
3		8		
4		9		
5				

🕒 H1: 08:42 > H2: 08:45 > F: 10:24

164: F K4 Mini Sprint B 500

Mini-Sprint Series 12.04.2026 10:27

1		6	L. Herbent M. Herbent	RLS RLS
2			K. Ptasinska J. Wallis	RLS RLS
3		7		
4		8		
5	E. Clarke C. Fowler			SLP NOR
	T. Harris I. Kellett-Egan			SLP SLP
		9		

🕒 F: 10:27

165: F K2 Women C/D 500

12.04.2026 10:30


1		6	J. Guest E. Roche	SLP SLP
2		7	G. Bugden L. Fowler	NOR NOR
3		8		
4	A. Shannon E. Walker			SLP TRU
5	I. Ivanov M. Williams			WEY WEY
		9		

🕒 F: 10:30

166: F K2 Boys C 500

12.04.2026 10:33


1	E. Brewer F. Burton	CDF CDF	6	M. Bellofatto S. Boughton	RDG RDG
2	M. Anderson J. Hughes	LBZ ROY	7	L. Byrne J. Lawrence	RLS TRU
3	O. Clare W. Guthrie	WEY WEY	8	G. Otugo P. Slizowski	GLW GLW
4	E. Foulger E. Grant	NOT NOT	9	M. Barat-Farkas G. Cheyne	ELM CLM
5	I. Belov-McDowell R. Haraszti	SLP SLP			


 F: 10:33

167: H1 K2 Boys D 200

12.04.2026 10:45

1	N. Köster L. Pound	CDF CDF	6	G. Ivanov J. Milbank	WEY WEY
2	A. Golder J. Maloney	NOT NOT	7	A. Lowthian O. Reed	RLS RLS
3	M. Todorov V. Todorov	EXE EXE	8	H. Gorman E. Roche	SLP SLP
4	N. Finn P. Melia	SLP SLP	9	O. Caffrey F. McDonagh	SLP SLP
5	L. Bugden J. Collinson	NOR NOR			

 9 BT in Heats 1-2 to Final


 H1: 10:45 > H2: 10:48 > F: 13:33

168: H2 K2 Boys D 200

12.04.2026 10:48

1	T. Collinson C. Yaxley	NOR NOR	6	J. Badham B. Edmonds	RLS RLS
2	G. Bugden O. Knott	NOR NOR	7	E. Lockett R. Wickenden	ROY BAN
3	Q. Paris F. Slizowski	GLW GLW	8	L. Giblin N. O'Malley	SLP SLP
4	C. Gray E. Noud	SLP SLP	9	L. Foster S. Hearn	SLP CEL
5	G. Clubley M. Hung	WEY WEY			


 9 BT in Heats 1-2 to Final

 H1: 10:45 > H2: 10:48 > F: 13:33

169: F K1 Girls C 200

12.04.2026 10:51


1			6		
2			7		
3			8		
4			9		
5					


 H1: 09:03 > H2: 09:06 > F: 10:51

170: H1 K1 Girls A/B + Canoe Women/Girls A/B 1000

12.04.2026 11:00

1			6	Leila Gohar (14)	RIC
2	Audrey Long (14)	GLW	7	Eira Shaw (15)	WEY
3	Hannah Tristram (16)	RLS	8	Justyna Drobik (12)	GLW
4	Izzy Ritchie (17)	WEY	9		
5	Keira Hudson (15)	BAN			


 1st-3rd + 3 BT to Final


 H1: 11:00 > H2: 11:03 > F: 14:06

171: H2 K1 Girls A/B + Canoe Women/Girls A/B 1000

12.04.2026 11:03

1	Bella Keane (16)	RIC	6	Adriana De Bilio (12)	ROY
2			7	Sofia Kowal (13)	GLW
3	Scarlett Yates (17)	GAI	8	Joshie Allan (15)	WEY
4	Penelope Bellamy (16)	CDF	9		
5	Lexi Small (13)	WOL			


 1st-3rd + 3 BT to Final


 H1: 11:00 > H2: 11:03 > F: 14:06

172: H1 K1 Girls U18 1000

Selection Race 12.04.2026 11:06

1 Sienna Green (16)	WOL	6 Matilda Burton (15)	ELM
2 Jasmine Sargeant (17)	NOR	7 Imogen Field (15)	ELM
3 Johanna Milbradt (16)	CAM	8 Caoilin Caffrey (14)	SLP
4 Kyla Holt (16)	RIC	9 Ava Wong (17)	CDF
5 Annie Bates (17)	RIC		


 1st-3rd + 3 BT to Final


 H1: 11:06 > H2: 11:09 > F: 14:09

173: H2 K1 Girls U18 1000

Selection Race 12.04.2026 11:09

1		6 Ruth Shephard (14)	RDG
2 Katie Luen-Twining (16)	CDF	7 Abigail Strachan (16)	GLW
3 Madison Mckernan (15)	ELM	8 Elsie Landsborough (17)	NOT
4 Sadb Shannon (17)	SLP	9 Molly Bates (15)	RIC
5 Dianora De Bilio (16)	ROY		

 1st-3rd + 3 BT to Final


 H1: 11:06 > H2: 11:09 > F: 14:09

174: H1 K1 Women Senior/U23 1000

Selection Race 12.04.2026 11:12

1		6 Deborah Kerr (28)	SPS
2 Sophie Dunlop (18)	ELM	7 Abi Burgess (26)	WEY
3 Katie Pocklington (22)	NOT	8 Sienna Payne (19)	CLM
4 Lucy Guest (23)	NOT	9	
5 Emily Lewis (32)	WOR		

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

 H1: 11:12 > H2: 11:15 > H3: 11:18 > F1: 14:15 > F2: 14:18

175: H2 K1 Women Senior/U23 1000

Selection Race 12.04.2026 11:15

1		6 Kristina Armstrong (20)	SPS
2 Amy Green (21)	WOR	7 Edith King (20)	ROY
3 Hannah Stephens (24)	CDF	8 Nerys Hall (20)	WEY
4 Elise Montagna (22)	ROY	9	
5 Zoe Clark (24)	ROY		


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

 H1: 11:12 > H2: 11:15 > H3: 11:18 > F1: 14:15 > F2: 14:18

176: H3 K1 Women Senior/U23 1000

Selection Race 12.04.2026 11:18

1		6 Jessica Urquhart (22)	NOT
2 Evie Wong (21)	CDF	7 Lucy Cullen (18)	SLP
3 Melissa Johnson (28)	NOT	8 Beth Perry (19)	WEY
4 Katie Brookes (23)	WOR	9	
5 Lucy Lee-Smith (28)	NOR		


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

 H1: 11:12 > H2: 11:15 > H3: 11:18 > F1: 14:15 > F2: 14:18

177: F C1 Canoe Men Senior/U23 + U18/U16 500

Selection Race 12.04.2026 11:30

1		6	
2		7 Owen Chisholm (20)	RIC
3 George Bell (22)	FLA	8	
4		9 Andor Szalontai (14)	RIC
5 Thomas Lambert (24)	LIN		

 F: 11:30

178: F K4 Men A-D 500

12.04.2026 11:33

1			6	A. Birch S. Lawrence	ROY TRU
2				J. Perry A. Sandiford	BAN LBZ
3			7		
4	D. Clarke P. Donnellan	SLP SLP	8		
	F. Harris B. Higgins	SLP SLP	9		
5	A. Birch S. Lawrence	ROY TRU			
	J. Perry A. Sandiford	BAN LBZ			

🕒 F: 11:33

179: F K4 Mini Sprint A 500

Mini-Sprint Series 12.04.2026 11:36

1			6	C. Bates S. Coenen-McIntyre	LBZ WEY
2				E. Hayter E. Kasperaitis	WEY CLM
3			7		
4	E. Bateman G. Bateman	GLW GLW	8		
	A. Gowaid M. McCue	GLW GLW	9		
5	T. Pope	WOL			

🕒 F: 11:36

180: F K1 Paddle-Ability (Sun) R1 500

Paddle-Ability Series 12.04.2026 11:39

1			6	Summer Allen (18)	RLS
2			7		
3			8		
4	Saffron Cresswell (24)	RLS	9		
5	Darren Kemp (37)	NOR			

🕒 F: 11:39

181: F K2 Women C/D 1000

12.04.2026 11:54

1			6	J. Guest E. Roche	SLP SLP
2			7		
3			8		
4			9		
5	I. Ivanov M. Williams	WEY WEY			

🕒 F: 11:54

182: H1 K2 Girls A-C 1000

12.04.2026 11:57

1			6	K. Luen-Twining A. Wong	CDF CDF
2	S. Green H. Tristram	WOL RLS	7	A. Grant E. Shaw	WEY WEY
3	E. Donnellan E. Smyth	SLP SLP	8	E. Smerdon F. Whitelaw	CLM WOR
4	P. Bellamy R. Lloyd	CDF CDF	9	K. Hudson J. Milbradt	BAN CAM
5	M. Burton I. Field	ELM ELM			

🏠 1st-3rd + 3 BT to Final

🕒 H1: 11:57 > H2: 12:00 > F: 13:00

183: H2 K2 Girls A-C 1000

12.04.2026 12:00

1			6	A. De Bilio M. Mckernan	ROY ELM
2	C. Caffrey S. Shannon	SLP SLP	7	L. Gohar L. Small	RIC WOL
3	L. Wickenden S. Yates	BAN GAI	8	G. Rhys E. Wainwright	GLW NOT
4	J. Allan I. Ritchie	WEY WEY	9	L. Khan E. Walker	WOL EXE
5	E. Landsborough R. Shephard	NOT RDG			


🏠 1st-3rd + 3 BT to Final


🕒 H1: 11:57 > H2: 12:00 > F: 13:00

184: H1 K4 Boys A-C 500

12.04.2026 12:09

1			6	Z. Barker S. Kendall	RLS DEV
2				L. Mason K. Yates	DEV GAI
3	H. Luck O. O'Keeffe	WEY WEY	7	D. Dunlop T. Hamilton	ELM ELM
	E. Stroud J. Telling	WEY WEY		F. Meredith T. Prior	ELM ELM
4	L. Byrne D. Kromer	RLS RLS	8	K. Ayran W. Bowles-Trow	FOX ADS
	J. Lawrence O. Reed	TRU RLS		H. Hartland M. Mangiantini	BAN ROY
5	I. Belov-McDowell C. Butler	SLP SLP	9		
	R. Haraszti D. Macken	SLP SLP			


 1st-3rd + 3 BT to Final


 H1: 12:09 > H2: 12:12 > F: 13:09

185: H2 K4 Boys A-C 500

12.04.2026 12:12

1			6	E. Hellman J. Hughes	ROY ROY
2				E. Lockett J. Williams	ROY ROY
3	O. Mazur J. Morgan	RDG RDG	7	G. Otugo A. Prokhyra	GLW GLW
	M. Nagy C. Packer	RDG RDG		P. Slizowski T. Zorawski	GLW GLW
4	M. Barat-Farkas F. Barnett	ELM RDG	8	E. Brewer F. Burton	CDF CDF
	G. Cheyne J. Wade	CLM RDG		O. Davies E. Roberts	CDF CDF
5	M. Anderson O. Clare	LBZ WEY	9		
	W. Guthrie T. Hayter	WEY WEY			

 1st-3rd + 3 BT to Final

 H1: 12:09 > H2: 12:12 > F: 13:09

186: FA V1 Para Men VL1-3 R1 200

Selection Race 12.04.2026 12:24

1	Xander Van Der Poll (26)	RLS	6	Dave Phillipson (37)	PAR
2	Edward Clifton (40)	CLM	7		
3			8	Tom Price (24)	RLS
4	Stuart Wood (31)	NOT	9	Taylor Gough (25)	RLS
5	Jack Eyers (36)	PAR			

 FA: 12:24

187: FA V1 Para Women VL2/3 R1 200

Selection Race 12.04.2026 12:27

1			6	Hope Gordon (31)	SPS
2			7		
3	Emma Wiggs (45)	NOT	8		
4			9		
5	Charlotte Henshaw (38)	NOT			


 FA: 12:27

188: H1 K1 Men D 200

12.04.2026 12:33

1			6	Simon Lawrence (59)	TRU
2	Joe Borucki (36)	NOR	7	Jacob Loras (21)	RIC
3	Coen Del Valle (28)	CDF	8	Richard Milbank (41)	WEY
4	Robert Gough (44)	BSF	9		
5	Adam Sandiford (22)	LBZ			

 9 BT in Heats 1-2 to Final

 H1: 12:33 > H2: 12:36 > F: 14:27

189: H2 K1 Men D 200

12.04.2026 12:36

1		6 Andrew Birch (37)	ROY
2		7 Russell Munt (60)	NOT
3 Bryce Davies (42)	CDF	8 Peter Gorman (70)	WEY
4 Derek Marshall (69)	LKR	9	
5 Istvan Toth (46)	ELM		

9 BT in Heats 1-2 to Final

H1: 12:33 > H2: 12:36 > F: 14:27

190: F K2 Girls A-C 1000

12.04.2026 13:00

1		6	
2		7	
3		8	
4		9	
5			

H1: 11:57 > H2: 12:00 > F: 13:00

191: F K4 Boys A-C 500

12.04.2026 13:09

1		6	
2		7	
3		8	
4		9	
5			

H1: 12:09 > H2: 12:12 > F: 13:09

192: F K1 Paddle-Ability (Sun) R2 500

Paddle-Ability Series 12.04.2026 13:12

1		6 Saffron Cresswell (24)	RLS
2		7	
3		8	
4 Summer Allen (18)	RLS	9	
5 Darren Kemp (37)	NOR		

F: 13:12

193: F K2 Girls D 200

12.04.2026 13:24

1		6 L. Haytree-Blake F. Snell	WOL RLS
2 Z. Lloyd A. Worth-Kenny	SLP SLP	7 E. Davies K. Takata	CDF CDF
3 P. Henriques J. Holmes	NOT NOT	8 C. Blanchard D. Fowler	NOR NOR
4 L. Smith I. Todorova	EXE EXE	9	
5 A. Harris S. Mahon	SLP SLP		

F: 13:24

194: F K2 Mini Sprint A 200

Mini-Sprint Series 12.04.2026 13:27

1		6 K. Betteridge L. Ford	BAN BAN
2		7 C. Bates E. Kasperaitis	LBZ CLM
3 T. Pope	WOL	8	
4 S. Coenen-McIntyre E. Hayter	WEY WEY	9	
5 E. Bateman M. McCue	GLW GLW		

F: 13:27

195: F K4 Mini Sprint B 200

Mini-Sprint Series 12.04.2026 13:30

1		6	L. Herbert M. Herbert	RLS RLS
2			K. Ptasinska J. Wallis	RLS RLS
3		7		
4		8		
5	E. Clarke C. Fowler T. Harris I. Kellett-Egan		SLP NOR SLP SLP	
		9		

🕒 F: 13:30

196: F K2 Boys D 200

12.04.2026 13:33

1		6		
2		7		
3		8		
4		9		
5				

🕒 H1: 10:45 > H2: 10:48 > F: 13:33

197: F1 K1 Boys U18 500

Selection Race 12.04.2026 13:45

1		6		
2		7		
3		8		
4		9		
5				

🕒 H1: 10:03 > H2: 10:06 > H3: 10:09 > F1: 13:45 > F2: 13:48

198: F2 K1 Boys U18 500

Selection Race 12.04.2026 13:48

1		6		
2		7		
3		8		
4		9		
5				

🕒 H1: 10:03 > H2: 10:06 > H3: 10:09 > F1: 13:45 > F2: 13:48

199: F1 K1 Men Senior/U23 500

Selection Race 12.04.2026 13:51

1		6		
2		7		
3		8		
4		9		
5				

🕒 H1: 09:39 > H2: 09:42 > H3: 09:45 > H4: 09:48 > H5: 09:51 > H6: 09:54 > F1: 13:51 > F2: 13:54 > F3: 13:57

200: F2 K1 Men Senior/U23 500

Selection Race 12.04.2026 13:54

1		6		
2		7		
3		8		
4		9		
5				

🕒 H1: 09:39 > H2: 09:42 > H3: 09:45 > H4: 09:48 > H5: 09:51 > H6: 09:54 > F1: 13:51 > F2: 13:54 > F3: 13:57

201: F3 K1 Men Senior/U23 500

Selection Race 12.04.2026 13:57


1	6
2	7
3	8
4	9
5	

 H1: 09:39 > H2: 09:42 > H3: 09:45 > H4: 09:48 > H5: 09:51 > H6: 09:54 > F1: 13:51 > F2: 13:54 > F3: 13:57

202: F K1 Girls A/B + Canoe Women/Girls A/B 1000

12.04.2026 14:06


1	6
2	7
3	8
4	9
5	

 H1: 11:00 > H2: 11:03 > F: 14:06

203: F K1 Girls U18 1000

Selection Race 12.04.2026 14:09


1	6
2	7
3	8
4	9
5	

 H1: 11:06 > H2: 11:09 > F: 14:09

204: F K2 Women A/B 1000

12.04.2026 14:12


1	6	H. Stephens E. Wong	CDF CDF
2	7		
3	8		
4	9	N. Hall K. Pocklington	WEY NOT
5		S. Payne M. Pepper	CLM LBZ

 F: 14:12

205: F1 K1 Women Senior/U23 1000

Selection Race 12.04.2026 14:15


1	6
2	7
3	8
4	9
5	

 H1: 11:12 > H2: 11:15 > H3: 11:18 > F1: 14:15 > F2: 14:18

206: F2 K1 Women Senior/U23 1000

Selection Race 12.04.2026 14:18


1	6
2	7
3	8
4	9
5	

 H1: 11:12 > H2: 11:15 > H3: 11:18 > F1: 14:15 > F2: 14:18

207: F K1 Men D 200

12.04.2026 14:27

1	6
2	7
3	8
4	9
5	

 H1: 12:33 > H2: 12:36 > F: 14:27

208: FA V1 Para Men VL1-3 R2 200

Selection Race 12.04.2026 14:30

1 Tom Price (24)	RLS	6 Dave Phillipson (37)	PAR
2 Taylor Gough (25)	RLS	7	
3		8 Xander Van Der Poll (26)	RLS
4 Jack Evers (36)	PAR	9 Edward Clifton (40)	CLM
5 Stuart Wood (31)	NOT		

🕒 FA: 14:30

209: FA V1 Para Women VL2/3 R2 200

Selection Race 12.04.2026 14:33

1		6 Emma Wiggs (45)	NOT
2		7	
3 Hope Gordon (31)	SPS	8	
4 Charlotte Henshaw (38)	NOT	9	
5			

🕒 FA: 14:33

210: F K4 Mixed Boys/Girls D 200

12.04.2026 14:36

1		6 L. Smith M. Todorov	EXE EXE
2		V. Todorov I. Todorova	EXE EXE
3 H. Gorman A. Harris	SLP SLP	7 O. Caffrey Z. Lloyd	SLP SLP
S. Mahon E. Roche	SLP SLP	F. McDonagh A. Worth-Kenny	SLP SLP
4 J. Badham B. Edmonds	RLS RLS	8	
L. Haytree-Blake F. Snell	WOL RLS	9	
5 B. Bartlett-Jenkins E. Davies	CDF CDF		
L. Pound K. Takata	CDF CDF		

🕒 F: 14:36

211: F C1 Canoe Men/Boys A-C 5000

12.04.2026 14:50

W1 Mikolaj Weckowski (43)	GLW	W3 Owen Chisholm (20)	RIC
W2 Thomas Lambert (24)	LIN	W4 Andor Szalontai (14)	RIC

🕒 F: 14:50

212: F C1 Canoe Women/Girls A-C 5000

12.04.2026 14:51


Y1 Bella Keane (16)	RIC
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🕒 F: 14:51

213: F K1 Boys A-C 5000

12.04.2026 15:18


W10 Tom McElhannan (14)	WOR	W38 William Guthrie (15)	WEY
W11 Torin Hamilton (16)	ELM	W39 Fergus Barnett (13)	RDG
W12 Edward Stroud (14)	WEY	W40 Marcell Barat-Farkas (12)	ELM
W13 Ewyn Roberts (17)	CDF	W41 Ewan Bates (16)	LBZ
W14 Simeon Kendall (15)	DEV	W42 Ocean O'Keeffe (15)	WEY
W15 Louis Smith (15)	WOR	W43 Daniel Macken (17)	SLP
W16 Tristan Prior (15)	ELM	W44 Zayan Barker (17)	RLS
W17 Kieron Yates (15)	GAI	W45 Jake Hughes (15)	ROY
W18 Finnley Meredith (14)	ELM	W47 Finnley Burton (15)	CDF
W19 Tyler Kinder (17)	RDG	W48 Osian Davies (16)	CDF
W20 Marco Mangiantini (13)	ROY	W49 Johnny Williams (16)	ROY
W21 Olivier Mazur (17)	RDG	W50 Evan Brewer (15)	CDF
W22 Matteo Bellofatto (16)	RDG	W51 Henry Hartland (14)	BAN
W23 Evan Foulger (12)	NOT	W52 Sean Smyth (17)	SLP
W24 Jacob Telling (14)	WEY	W53 Samuel Boughton (16)	RDG
W25 Harry Luck (15)	WEY	W54 Isaac Popham-Coveley (17)	FOX
W26 George Cheyne (13)	CLM	W55 Cillian Butler (16)	SLP
W27 Daniel Kromer (16)	RLS	W56 Marshall Davie (14)	LKR
W28 Marcell Nagy (16)	RDG	W57 Finn Lovell (16)	WOR
W29 Daniel Dunlop (14)	ELM	W58 Sam Dickson (17)	FOX
W30 Henry Pitt (16)	ROY	W59 Jack Wade (13)	RDG
W31 Tom Hayter (14)	WEY	W60 William Roeser (17)	WEY
W32 Isaac Belov-McDowell (17)	SLP	W61 Ollie Clare (16)	WEY
W33 Matthew Anderson (14)	LBZ	W62 Edward Hellman (16)	ROY
W34 Sean Noud (16)	SLP	W63 William Bowles-Trow (15)	ADS
W35 Robert Haraszi (17)	SLP	W64 Leo Byrne (14)	RLS
W36 Jack Morgan (14)	RDG	W65 Elijah Grant (14)	NOT
W37 Doogal Barnett (15)	RDG		

 F: 15:18

214: F K1 Men A-C 5000

12.04.2026 15:41


W100 Sam Wells (18)	ELM	W87 Ben Higgins (20)	SLP
W75 Aidan Davis (22)	NOR	W88 Jordan Martyn (24)	WEY
W76 Toby Bullock (18)	NOT	W89 Petros Grigoriou (22)	CDF
W77 Finn Harris (20)	SLP	W90 James How (25)	NOR
W78 Rory Strachan (18)	SPS	W91 Tom Lusty (31)	SOL
W79 Daibhi Reynolds (18)	SLP	W92 Cassian Payne (18)	CLM
W80 James Russell (28)	NOT	W93 Jason Grice (25)	SOL
W81 Alexander Worgan (18)	RIC	W94 Leon Dixon (20)	LBZ
W82 Brian Harris (47)	SLP	W95 Flynn Holt (19)	RIC
W83 Timothy Lodge (53)	WEY	W96 Matthew Collinge (25)	NOT
W84 Matthew Johnson (29)	NOT	W97 Will Short (18)	ELM
W85 Sean Butterly (17)	SLP	W98 Paul Donnellan (21)	SLP
W86 Dylan Clarke (18)	SLP	W99 Sam Cribbett (20)	NOT

 F: 15:41

215: F K1 Girls A-C 5000

12.04.2026 16:03


Y10 Matilda Burton (15)	ELM	Y22 Izzy Ritchie (17)	WEY
Y11 Emily Donnellan (15)	SLP	Y23 Sadb Shannon (17)	SLP
Y12 Adriana De Bilio (12)	ROY	Y24 Johanna Milbradt (16)	CAM
Y13 Lydia Khan (14)	WOL	Y25 Emily Wainwright (13)	NOT
Y14 Kyla Holt (16)	RIC	Y26 Edith Smerdon (13)	CLM
Y15 Caoilin Caffrey (14)	SLP	Y27 Madison Mckernan (15)	ELM
Y16 Florence Whitelaw (14)	WOR	Y28 Scarlett Yates (17)	GAI
Y17 Dianora De Bilio (16)	ROY	Y5 Ruth Shephard (14)	RDG
Y18 Lexi Small (13)	WOL	Y6 Jasmine Sargeant (17)	NOR
Y19 Penelope Bellamy (16)	CDF	Y7 Imogen Field (15)	ELM
Y20 Evelyn Walker (13)	EXE	Y8 Molly Bates (15)	RIC
Y21 Eira Shaw (15)	WEY	Y9 Sienna Green (16)	WOL

 F: 16:03

216: F K1 Women A-C 5000

12.04.2026 16:21

Y40 Lucy Lee-Smith (28)	NOR	Y46 Sophie Dunlop (18)	ELM
Y41 Katie Brookes (23)	WOR	Y47 Melissa Johnson (28)	NOT
Y42 Estelle Widdows (18)	NOR	Y48 Lucy Cullen (18)	SLP
Y43 Aoibhe Shannon (18)	SLP	Y49 Jessica Urquhart (22)	NOT
Y44 Eabha O Drisceoil (21)	SLP	Y50 Lucy Guest (23)	NOT
Y45 Sienna Payne (19)	CLM		

 F: 16:21

Welcome

Welcome to the National Sprint Regattas in 2026.

This year's regattas have the following themes:

- 11-12 April - British National Sprint Regatta, including Paracanoes, Senior, U23, and Junior selection events
- 30-31 May - British National Sprint Regatta and Standup Paddle Board Championships, including U23 and Junior selection events
- 4-5 July - British Inter-Club MacGregor Paddle Challenge, and the Andrew Bonham Memorial C4 Race, including Junior selection events
- 5-6 September - Masters, Seniors, U23, Junior, and Paracanoes Open & British National Sprint Championships and the Inter-Services Championships

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

National Regatta Entry Fees

The 2026 participation costs for each regatta are:

- Regatta Entry Ticket @ £40 per Competitor – pre-Regatta entry deadline
- Late Regatta Entry Ticket @ £60 per competitor, which includes a late entry surcharge of £20 - at Team Leaders meeting, when appropriate empty lanes or seats are available
- One cost for all events entered

Paddle UK Equality Statement

Paddle UK is fully committed to the principle of equality of opportunity and aims to ensure that everyone has a genuine and equal opportunity to participate in paddle sport at all levels and in all roles within the sport. Everyone within paddle sport should be treated equally regardless of; age, disability, gender reassignment, marital or civil partner status, pregnancy or maternity, race, religion or belief, sex or sexual orientation ("Protected Characteristics"). In addition, Paddle UK will endeavour to ensure that everyone is given the same opportunities regardless of their socio-economic background.

Unlawful discrimination is unacceptable and will not be tolerated whether this discrimination is direct or indirect or intentional or unintentional. Participation in domestic competitions by transgender competitors is subject to the criteria detailed within the Paddle UK's Transgender and Transsexual Policy. International competition and selection for transgender competitors is subject to eligibility defined by the IOC and is detailed in the Paddle UK policy.

For any enquiries regarding equality at Paddle UK please contact equality@paddleuk.org.uk

Key Contacts

Chief Official

Paul Edwardes

regatta.chiefofficial@vol.paddleuk.org.uk

Competition Queries

Cathy Wynne

sprintregatta@outlook.com

Volunteer Coordinator

Ann Hoile

Regatta.Volunteers@vol.paddleuk.org.uk

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:

[Online forms](#) – use this link for the following three forms

- Late entry form - only to be used before the Team Leaders Meeting
- Crew boat changes
- Withdrawal/scratches

Use this link for [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. 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.

Information point

Promotion certificates, 2026 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.

Long-distance courses

The Domestic 5000m long-distance events in 2026 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 2500m long-distance events will be raced clockwise and consist of one long lap. The turn will be after the 1000m Start Cabin.

Facilities and catering

The Lakeside Main Café may be open for breakfast from 7 a.m. until 9.30 a.m. Hot food is also available from the Country Park Café (1066) from 8:30 a.m. until 5:00 p.m.

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 warm up 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.

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.

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.

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
- 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.

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 and Mini Sprint 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 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 Junior D paddlers who have been promoted that they need to become Paddle UK members and update the paddler database with their membership number.

You are responsible for the payment of your club's regatta entry costs. Failure to pay in full, prior to the Team Leaders meeting, the Tuesday before the regatta, can incur a late payment surcharge of **an additional £5 per competitor**.

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 meetings take place at **8 pm on the Tuesday before each regatta**. 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.**

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 could result in disqualification from the race or 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.

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.

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).

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 2026 Canoe Sprint Handbook. This can be purchased at the Information Point. You can also order a hardcopy or PDF copy of it online at <https://eventsystem.paddleuk.org.uk/Events/2026-canoe-sprint-handbook-24-02-2025/>

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.

Where is boat control?

Boat control is next to the tower.

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, 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 north side. 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?

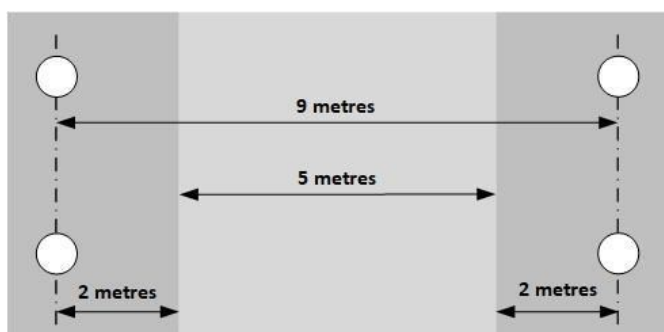
The starters will call you to the start line by your race number. Remember your race number! Then the lane number for each competitor in that race. On windy days, it can sometimes be difficult for the lanes furthest away from the starter to hear these requests, so keep aware of what's going on around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

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.

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 will be notified on our Facebook group page called *PUK Sprint Racing Committee*.

Is there an event welfare office I can speak to?

Safeguarding and protecting children and adults

Paddle UK is committed to ensuring that everyone can enjoy Paddle sports in a safe environment in which they are protected from any form of poor practice, abuse or neglect. Working with the NSPCC Child Protection in Sport Unit (CPSU) and the Ann Craft Trust (ACT), we are committed to constantly evaluating and developing our Safeguarding policies and processes so that we are exceeding the CPSU and ACT best practice guidance as well as ensuring legislative compliance.

Everyone in paddlesport has a responsibility to help safeguard and protect those involved in the sport. Sometimes this can be a daunting prospect, and to support those involved in our sport, Paddle UK and the home nations have developed a range of policies, procedures and guidance. These can be found on <http://www.paddleuk.org.uk> and each home nation website.

The policies and procedures in this area stem from the following core principles:

- The child's welfare is paramount.
- Anyone under the age of 18 is classed as a child.
- Safeguarding principles also relate to Adults at Risk (for more information see Safeguarding Adults Policy on the Paddle UK website [here](#)).
- All children and adults, regardless of age, any disability they have, gender, racial origin, religious belief and sexual identity have a right to be protected from abuse and harm.

- Coaches, clubs and centres need to be provided with advice to raise awareness of safeguarding best practice, guidance and support should they become involved in an abuse situation.

Safeguarding Support Officer - While the welfare of the person at the centre of any safeguarding concern is paramount, Paddle UK recognises that coaches, volunteers and helpers may also require support if an allegation is made against them. In these cases, individuals should contact the Paddle UK Safeguarding Case Officer, whose role is to listen, support, help, and provide advice (contact details below). They will not be involved in the case and will be completely independent of the investigation.

Event Management - Event organisers should note that there is a requirement to provide a Welfare Officer at all events where children participate. For further details refer to the guidance sheets on the website – Paddlesafe Events.

For our National Regattas, 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

Home Nations

Paddle Scotland Safeguarding Officer
Andy Murray Tel: 01887 292040:
Email andy.murray@paddlescotland.org.uk

Canoe Wales Lead Safeguarding Officer
Cath Sykes, Tel: 0708 683984: Email
childprotection@canoewales.com

CANI Safeguarding Officer
Lyn Sherriff. Email: Lyn.sherriff@paddleni.org.uk

For immediate confidential advice (24hr Helplines) contact:
NSPCC Child Protection Helpline Tel: 0808 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.

Good Practice Guidelines

By following these guidelines, you will help to safeguard both children and adults at risk in our sport as well as protecting our coaches/volunteers from wrongful allegations.

- Avoid situations where you are alone with one child.
- If any form of physical support is required, ask the paddler's permission, explain what you are doing and why to both the child/adult at risk and their parents/carers.
- Where possible ask parents/carers to be responsible for children/adults at risk in changing rooms. Always ensure that whoever supervises young people work in pairs.
- Where there are mixed teams/groups away from home, they should always be accompanied by an adult male and female coach/helper.
- Physically rough or sexually provocative behaviour, or inappropriate talking or touching are completely unacceptable and under no circumstances to be permitted or tolerated.
- It should not be necessary to do things of a personal care nature for children/adult at risk. In exceptional or unforeseen circumstances, such as an emergency/injury, make sure you have another adult accompanying you. Get the consent of the parent/carer and if possible, the child/adult at risk. Let them know what you are doing and why. Record what you did after the event and report it to your CWO/safeguarding lead.
- Ensure that any claims of abuse by a child/adult are taken seriously and are reported to the Club Welfare Officer/Safeguarding Lead as soon as possible.
- Ensure that the nature and intensity of training does not exceed the capacity of a child's/ adults ability and stage of development.
- Follow the Paddle UK guidelines for photography and video use (see Guidelines for use of [Photographic and Filming Equipment](#)).
- If you accidentally hurt a child, you should report such an incident immediately to another club coach/official and make a written note of it. You should also inform the child's parents/carers, preferably in person.
- If a coaching technique would benefit from physical contact or support then first ask the paddler's permission (e.g. would you mind if I held your shoulders to show you what I mean?). It is useful to take time to explain why and how this is used to the paddler and their parent or carer. (See Paddle UK or home nation guidelines for physical contact). Touching during a coaching demonstration can be OK and appropriate as long as you have gained consent and the touching is neither intrusive, disturbing or for the wrong reason.

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 Committee 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.

The Regatta Organisation, the Sprint Racing Committee, 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.

All competitors must be current full members of Paddle Scotland, Paddle Cymru, Paddle Northern Ireland or an 'On the Water' Paddle UK member, except for juniors ranked in Girls D, Boys D and MINI-A or MINI-B who can compete as Club Associate members of PUK affiliated clubs. Regatta Entries are accepted on the basis that each competitor and Parent/Guardian of a junior, is aware of and has accepted the above conditions. Team Leaders are to ensure that all their club competitors are aware of and accept the above statements.

Weil's disease/Leptospirosis

All water users should be aware of this potentially fatal infection. This is a bacterial infection normally believed to be spread by rat urine, it can also be transmitted by cat, fox and rabbit urine. Transmission is usually through an open wound or abrasion but can also be caused by ingestion of contaminated water.

Symptoms - Lethargy, diarrhoea, headaches, vomiting and muscle pain; sometimes referred to as flu-like symptoms. If left untreated this can be fatal.

Prevention - Prevention measures against water borne infections are to:

- Cover all cuts and abrasions with waterproof plasters
- Always wear footwear to avoid cutting the feet
- Avoid capsize or rolling practice in suspected waters
- Where possible, shower soon after the activity
- As a minimum, always wash your hands after paddling and before eating or drinking

If you feel ill after paddling you should tell your Doctor as soon as possible and let them know where and when you have been on the water. The NHS publish the following guidance www.nhs.uk/conditions/Leptospirosis/

Further information & support is available when required by contacting: <mailto:safety@paddleuk.org.uk>

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
- merchandise sellers

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're interested in learning more about 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

Information for Everyone

Parking

Parking 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 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.

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

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.

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) and Cindy Appleby (Cindy.Appleby@serco.com).

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
npa@nottinghamshire.pnn.police.uk
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 were 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.

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



Announcement of SRC Trophies awarded in 2025

The Sprint Racing Committee are pleased to share that the following trophies were awarded at the end of the 2025 competition season:

Jones Cup - Junior racing canoeist of the year - Tom Hatton (RIC)

Voted for by members of the Junior Olympic Racing Squad

Lee & Joan Davies Memorial Trophy - Kristina Armstrong (SPS)

For the best U23 Womens performance at the National Championships

Femina Trophy - Kristina Armstrong (SPS)

For the most meritorious Senior Womens A performance at the National Championships

Dexter trophy - Gabriel Popham-Coveley (NOT)

For the best U23 Mens performance at the National Championships

Skinner's Salver - Bella Keane (RIC)

For the best U18 Girls C1 performance at the National Championships

Adjutant's Cup - Andor Szalontai (RIC)

For the best U18 Boys C1 performance at the National Championships

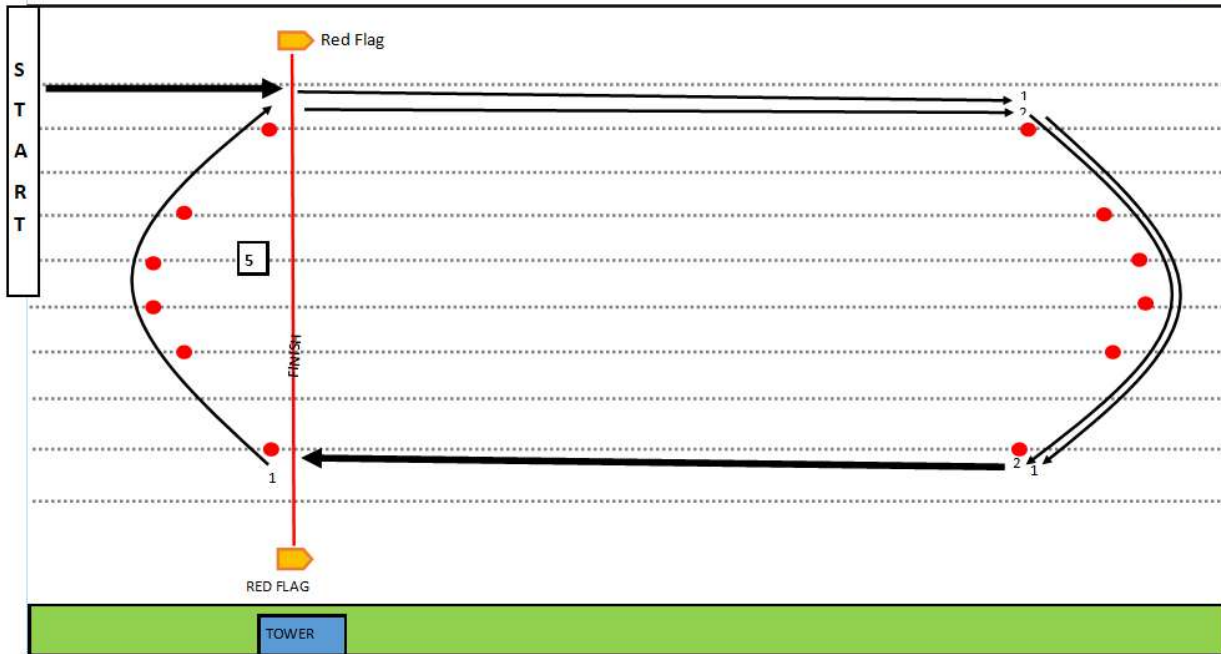
5000m Course:

2 long laps

DIRECTION: Clockwise

DISTANCE:

From the Start line to last flag (red/yellow) of the first turning point =	1,229.25
From the last flag of the first turn and the first flag of the second turn =	1,133.00
From the last flag of the second turn and the first flag of the third turn =	1,123.00
From the last flag of the second turn and the Finish Line =	1,123.00
Plus x 3 turns of 127.25m each =	<u>381.75</u>
	5000.00



2500m Course:

1 long lap

DIRECTION: Clockwise

DISTANCE: N.B. With a fixed start pontoon and using the same turning buoys as for the 5000m LD course, the 2500m course is 20.5. meters short.

From the Start line to last flag (red/yellow) of the first turning point =	1,229.25
From the last flag of the turn and the Finish Line =	1,123.00
Plus a turn of 127.25m =	<u>127.25</u>
	2479.50 m

