



**NATIONAL  
SPRINT  
REGATTAS**

**Masters, Seniors, Under 23, Junior and  
Paracanoe Open & British National Sprint  
Championships and Inter-Services  
Championships**

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

**5<sup>th</sup> – 6<sup>th</sup> September 2026**

**National Championship 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 | Girls U18                                   | K1 | 1000 | H1 |
| 2  | 09:03 | Girls U18                                   | K1 | 1000 | H2 |
| 3  | 09:06 | Girls U16                                   | K1 | 1000 | H1 |
| 4  | 09:09 | Girls U16                                   | K1 | 1000 | H2 |
| 5  | 09:15 | Girls U16                                   | K1 | 1000 | H3 |
| 6  | 09:18 | Girls U16                                   | K1 | 1000 | H4 |
| 7  | 09:21 | Women U23                                   | K1 | 1000 | H1 |
| 8  | 09:24 | Women U23                                   | K1 | 1000 | H2 |
| 9  | 09:27 | Masters Men O54/O64                         | K1 | 1000 | H1 |
| 10 | 09:33 | Masters Men O54/O64                         | K1 | 1000 | H2 |
| 11 | 09:36 | Masters Men O54/O64                         | K1 | 1000 | H3 |
| 12 | 09:39 | Masters Men O34/O44                         | K1 | 1000 | H1 |
| 13 | 09:42 | Masters Men O34/O44                         | K1 | 1000 | H2 |
| 14 | 09:48 | Masters Men O34/O44                         | K1 | 1000 | H3 |
| 15 | 09:51 | Inter-Services Men                          | K1 | 1000 | F  |
| 16 | 09:54 | Canoe Men/Women Senior/U23<br>+ Junior Boys | C1 | 1000 | F  |
| 17 | 09:57 | Boys U16                                    | K1 | 1000 | H1 |
| 18 | 10:03 | Boys U16                                    | K1 | 1000 | H2 |
| 19 | 10:06 | Boys U16                                    | K1 | 1000 | H3 |
| 20 | 10:09 | Boys U16                                    | K1 | 1000 | H4 |
| 21 | 10:12 | Boys U16                                    | K1 | 1000 | H5 |
| 22 | 10:18 | Boys U16                                    | K1 | 1000 | H6 |
| 23 | 10:21 | Boys U18                                    | K1 | 1000 | H1 |
| 24 | 10:24 | Boys U18                                    | K1 | 1000 | H2 |
| 25 | 10:27 | Boys U18                                    | K1 | 1000 | H3 |
| 26 | 10:33 | Boys U18                                    | K1 | 1000 | H4 |
| 27 | 10:36 | Men U23                                     | K1 | 1000 | H1 |
| 28 | 10:39 | Men U23                                     | K1 | 1000 | H2 |
| 29 | 10:42 | Men U23                                     | K1 | 1000 | H3 |
| 30 | 10:48 | Men Senior                                  | K1 | 1000 | H1 |
| 31 | 10:51 | Men Senior                                  | K1 | 1000 | H2 |
| 32 | 10:54 | Inter-Services Men                          | K2 | 1000 | F  |
| 33 | 10:57 | Girls U18                                   | K1 | 1000 | F  |
| 34 | 11:03 | Girls U16                                   | K1 | 1000 | F1 |
| 35 | 11:06 | Girls U16                                   | K1 | 1000 | F2 |
| 36 | 11:09 | Women Senior                                | K1 | 1000 | F  |
| 37 | 11:12 | Women U23                                   | K1 | 1000 | F  |
| 38 | 11:18 | Masters Men O54/O64                         | K1 | 1000 | F1 |
| 39 | 11:21 | Masters Men O54/O64                         | K1 | 1000 | F2 |
| 40 | 11:24 | Masters Men O34/O44                         | K1 | 1000 | F1 |
| 41 | 11:27 | Masters Men O34/O44                         | K1 | 1000 | F2 |
| 42 | 11:33 | Boys U16                                    | K1 | 1000 | F1 |
| 43 | 11:36 | Boys U16                                    | K1 | 1000 | F2 |
| 44 | 11:39 | Boys U16                                    | K1 | 1000 | F3 |
| 45 | 11:42 | Boys U18                                    | K1 | 1000 | F1 |
| 46 | 11:48 | Boys U18                                    | K1 | 1000 | F2 |
| 47 | 11:51 | Men U23                                     | K1 | 1000 | F1 |
| 48 | 11:54 | Men U23                                     | K1 | 1000 | F2 |

|     |       |                         |    |      |    |
|-----|-------|-------------------------|----|------|----|
| 49  | 11:57 | Men Senior              | K1 | 1000 | F  |
| 50  | 12:03 | Inter-Services Men      | K4 | 1000 | F  |
| 51  | 12:06 | Canoe Men Senior/U23    | C2 | 1000 | F  |
| 52  | 12:18 | Masters Men/Women Mixed | K2 | 500  | H1 |
| 53  | 12:21 | Masters Men/Women Mixed | K2 | 500  | H2 |
| 54  | 12:24 | Girls U18               | K1 | 500  | H1 |
| 55  | 12:27 | Girls U18               | K1 | 500  | H2 |
| 56  | 12:30 | Girls U16               | K1 | 500  | H1 |
| 57  | 12:33 | Girls U16               | K1 | 500  | H2 |
| 58  | 12:36 | Girls U16               | K1 | 500  | H3 |
| 59  | 12:39 | Girls U16               | K1 | 500  | H4 |
| 60  | 12:45 | Girls U14               | K1 | 500  | H1 |
| 61  | 12:48 | Girls U14               | K1 | 500  | H2 |
| 62  | 12:51 | Girls U14               | K1 | 500  | H3 |
| 63  | 12:54 | Boys U14                | K2 | 500  | H1 |
| 64  | 12:57 | Boys U14                | K2 | 500  | H2 |
| 65  | 13:00 | Boys U16                | K4 | 500  | H1 |
| 66  | 13:03 | Boys U16                | K4 | 500  | H2 |
| 67  | 13:09 | Boys U18                | K2 | 500  | H1 |
| 68  | 13:12 | Boys U18                | K2 | 500  | H2 |
| 69  | 13:15 | Men Senior              | K4 | 500  | F  |
| 70  | 13:18 | Mini Sprint A           | K1 | 500  | H1 |
| 71  | 13:21 | Mini Sprint A           | K1 | 500  | H2 |
| 72  | 13:24 | Mini Sprint B           | K1 | 500  | H1 |
| 73  | 13:27 | Mini Sprint B           | K1 | 500  | H2 |
| 74  | 13:30 | Paddle-Ability (Sat) R1 | K1 | 500  | F  |
| 75  | 13:36 | Masters Men/Women Mixed | K2 | 500  | F  |
| 76  | 13:39 | Girls U18               | K1 | 500  | F  |
| 77  | 13:42 | Girls U16               | K1 | 500  | F1 |
| 78  | 13:45 | Girls U16               | K1 | 500  | F2 |
| 79  | 13:48 | Girls U14               | K1 | 500  | F1 |
| 80  | 13:51 | Girls U14               | K1 | 500  | F2 |
| 81  | 13:54 | Women U23               | K1 | 500  | H1 |
| 82  | 13:57 | Women U23               | K1 | 500  | H2 |
| 83  | 14:00 | Women Senior            | K1 | 500  | H1 |
| 84  | 14:03 | Women Senior            | K1 | 500  | H2 |
| 85  | 14:09 | Boys U14                | K2 | 500  | F  |
| 86  | 14:12 | Boys U16                | K4 | 500  | F  |
| 87  | 14:15 | Boys U18                | K2 | 500  | F  |
| 88  | 14:21 | Mini Sprint A           | K1 | 500  | F  |
| 89  | 14:24 | Mini Sprint B           | K1 | 500  | F  |
| 90  | 14:27 | Men U23                 | K4 | 500  | F  |
| 91  | 14:30 | Paddle-Ability (Sat) R2 | K1 | 500  | F  |
| 92  | 14:36 | Masters Women O34/O44   | K1 | 500  | F  |
| 93  | 14:39 | Masters Women O54/O64   | K1 | 500  | F  |
| 94  | 14:42 | Masters Men O34/O44     | K1 | 500  | H1 |
| 95  | 14:45 | Masters Men O34/O44     | K1 | 500  | H2 |
| 96  | 14:48 | Masters Men O34/O44     | K1 | 500  | H3 |
| 97  | 14:51 | Masters Men O54/O64     | K1 | 500  | H1 |
| 98  | 14:54 | Masters Men O54/O64     | K1 | 500  | H2 |
| 99  | 14:57 | Masters Men O54/O64     | K1 | 500  | H3 |
| 100 | 15:03 | Girls U16               | K2 | 500  | H1 |
| 101 | 15:06 | Girls U16               | K2 | 500  | H2 |
| 102 | 15:09 | Women U23               | K1 | 500  | F  |
| 103 | 15:12 | Women Senior            | K1 | 500  | F  |
| 104 | 15:15 | Boys U14                | K4 | 500  | F  |

|     |       |                                              |    |     |    |
|-----|-------|----------------------------------------------|----|-----|----|
| 105 | 15:18 | Boys U16                                     | K2 | 500 | H1 |
| 106 | 15:21 | Boys U16                                     | K2 | 500 | H2 |
| 107 | 15:24 | Boys U16                                     | K2 | 500 | H3 |
| 108 | 15:27 | Boys U18                                     | K4 | 500 | F  |
| 109 | 15:30 | Girls U14                                    | K2 | 500 | F  |
| 110 | 15:42 | Inter-Services Women                         | K1 | 200 | F  |
| 111 | 15:45 | Para Men KL2-3                               | K1 | 200 | F  |
| 112 | 15:48 | Para Women KL2-3                             | K1 | 200 | F  |
| 113 | 15:51 | Mini Sprint A                                | K1 | 200 | H1 |
| 114 | 15:54 | Mini Sprint A                                | K1 | 200 | H2 |
| 115 | 15:57 | Mini Sprint B                                | K1 | 200 | H1 |
| 116 | 16:00 | Mini Sprint B                                | K1 | 200 | H2 |
| 117 | 16:03 | Paddle-Ability (Sat) R1                      | K1 | 200 | F  |
| 118 | 16:15 | Girls U16                                    | K2 | 500 | F  |
| 119 | 16:18 | Women U23                                    | K2 | 500 | F  |
| 120 | 16:21 | Women Senior                                 | K2 | 500 | F  |
| 121 | 16:24 | Boys U16                                     | K2 | 500 | F1 |
| 122 | 16:27 | Boys U16                                     | K2 | 500 | F2 |
| 123 | 16:30 | Masters Men O34/O44                          | K1 | 500 | F1 |
| 124 | 16:33 | Masters Men O34/O44                          | K1 | 500 | F2 |
| 125 | 16:36 | Masters Men O54/O64                          | K1 | 500 | F1 |
| 126 | 16:39 | Masters Men O54/O64                          | K1 | 500 | F2 |
| 127 | 16:42 | Masters Women O34/O44/O54/O64                | K2 | 500 | F  |
| 128 | 16:54 | Para Men VL1-3                               | V1 | 200 | F  |
| 129 | 16:57 | Para Women VL1-3                             | V1 | 200 | F  |
| 130 | 17:00 | Inter-Services Women                         | K4 | 200 | F  |
| 131 | 17:03 | Paddle-Ability (Sat) R2                      | K1 | 200 | F  |
| 132 | 17:09 | Girls U14                                    | K1 | 200 | H1 |
| 133 | 17:12 | Girls U14                                    | K1 | 200 | H2 |
| 134 | 17:15 | Girls U14                                    | K1 | 200 | H3 |
| 135 | 17:18 | Girls U18                                    | K1 | 200 | H1 |
| 136 | 17:21 | Girls U18                                    | K1 | 200 | H2 |
| 137 | 17:24 | Men U23                                      | K1 | 200 | H1 |
| 138 | 17:27 | Men U23                                      | K1 | 200 | H2 |
| 139 | 17:30 | Men U23                                      | K1 | 200 | H3 |
| 140 | 17:33 | Men U23                                      | K1 | 200 | H4 |
| 141 | 17:36 | Men Senior                                   | K1 | 200 | H1 |
| 142 | 17:39 | Men Senior                                   | K1 | 200 | H2 |
| 143 | 17:45 | Para Combined                                | K2 | 200 | H1 |
| 144 | 17:51 | Para Combined                                | K2 | 200 | H2 |
| 145 | 17:57 | Mini Sprint A                                | K1 | 200 | F  |
| 146 | 18:00 | Mini Sprint B                                | K1 | 200 | F  |
| 147 | 18:03 | Inter-Services Women                         | K2 | 200 | F  |
| 148 | 18:06 | Canoe Men Senior/U23                         | C1 | 200 | F  |
| 149 | 18:09 | Canoe Women Senior/U23 + Junior Girls & Boys | C1 | 200 | F  |
| 150 | 18:12 | Inter-Services Men                           | K1 | 200 | F  |
| 151 | 18:18 | Girls U14                                    | K1 | 200 | F1 |
| 152 | 18:21 | Girls U14                                    | K1 | 200 | F2 |
| 153 | 18:24 | Girls U18                                    | K1 | 200 | F  |
| 154 | 18:30 | Men U23                                      | K1 | 200 | F1 |
| 155 | 18:33 | Men U23                                      | K1 | 200 | F2 |
| 156 | 18:36 | Men Senior                                   | K1 | 200 | F  |
| 157 | 18:39 | Para Combined                                | K2 | 200 | F  |

## Sunday

07:30 Course opens  
07:45 Warm-up period opens  
08:15 Warm-up period closes

|     |       |                      |    |     |    |
|-----|-------|----------------------|----|-----|----|
| 158 | 08:30 | Mixed Boys/Girls U14 | K2 | 500 | H1 |
| 159 | 08:33 | Mixed Boys/Girls U14 | K2 | 500 | H2 |
| 160 | 08:36 | Mixed Boys/Girls U16 | K2 | 500 | H1 |
| 161 | 08:39 | Mixed Boys/Girls U16 | K2 | 500 | H2 |
| 162 | 08:42 | Mixed Boys/Girls U16 | K2 | 500 | H3 |
| 163 | 08:45 | Inter-Services Women | K1 | 500 | F  |

|     |       |                                              |    |     |    |
|-----|-------|----------------------------------------------|----|-----|----|
| 164 | 08:51 | Women Senior/U23                             | K4 | 500 | F  |
| 165 | 08:54 | Masters Men O34/O44/O54/O64                  | K2 | 500 | H1 |
| 166 | 08:57 | Masters Men O34/O44/O54/O64                  | K2 | 500 | H2 |
| 167 | 09:00 | Inter Services Men                           | K4 | 500 | F  |
| 168 | 09:06 | Boys U18                                     | K1 | 500 | H1 |
| 169 | 09:09 | Boys U18                                     | K1 | 500 | H2 |
| 170 | 09:12 | Boys U18                                     | K1 | 500 | H3 |
| 171 | 09:15 | Boys U18                                     | K1 | 500 | H4 |
| 172 | 09:21 | Men U23                                      | K1 | 500 | H1 |
| 173 | 09:24 | Men U23                                      | K1 | 500 | H2 |
| 174 | 09:27 | Men U23                                      | K1 | 500 | H3 |
| 175 | 09:30 | Men U23                                      | K1 | 500 | H4 |
| 176 | 09:33 | Men Senior                                   | K1 | 500 | H1 |
| 177 | 09:36 | Men Senior                                   | K1 | 500 | H2 |
| 178 | 09:42 | Mixed Boys/Girls U14                         | K2 | 500 | F  |
| 179 | 09:45 | Mixed Boys/Girls U16                         | K2 | 500 | F1 |
| 180 | 09:48 | Mixed Boys/Girls U16                         | K2 | 500 | F2 |
| 181 | 09:51 | Mini Sprint A/B                              | K4 | 500 | F  |
| 182 | 09:54 | Canoe Men Senior/U23                         | C1 | 500 | F  |
| 183 | 09:57 | Canoe Women Senior/U23 + Junior Girls & Boys | C1 | 500 | F  |
| 184 | 10:03 | Masters Women O34/O44/O54/O64                | K4 | 500 | F  |
| 185 | 10:06 | Masters Men O34/O44/O54/O64                  | K2 | 500 | F  |
| 186 | 10:09 | Girls U18                                    | K4 | 500 | F  |
| 187 | 10:12 | Inter-Services Women                         | K2 | 500 | F  |
| 188 | 10:15 | Inter-Services Men                           | K1 | 500 | F  |
| 189 | 10:18 | Paddle-Ability (Sun) R1                      | K1 | 500 | F  |
| 190 | 10:21 | Boys U18                                     | K1 | 500 | F1 |
| 191 | 10:24 | Boys U18                                     | K1 | 500 | F2 |
| 192 | 10:27 | Men U23                                      | K1 | 500 | F1 |
| 193 | 10:30 | Men U23                                      | K1 | 500 | F2 |
| 194 | 10:33 | Men Senior                                   | K1 | 500 | F  |
| 195 | 10:39 | Girls U14                                    | K4 | 500 | F  |
| 196 | 10:42 | Boys U14                                     | K1 | 500 | H1 |
| 197 | 10:45 | Boys U14                                     | K1 | 500 | H2 |
| 198 | 10:48 | Boys U14                                     | K1 | 500 | H3 |
| 199 | 10:51 | Boys U14                                     | K1 | 500 | H4 |
| 200 | 10:54 | Boys U14                                     | K1 | 500 | H5 |
| 201 | 11:00 | Boys U16                                     | K1 | 500 | H1 |
| 202 | 11:03 | Boys U16                                     | K1 | 500 | H2 |
| 203 | 11:06 | Boys U16                                     | K1 | 500 | H3 |
| 204 | 11:09 | Boys U16                                     | K1 | 500 | H4 |
| 205 | 11:12 | Boys U16                                     | K1 | 500 | H5 |
| 206 | 11:15 | Boys U16                                     | K1 | 500 | H6 |
| 207 | 11:21 | Girls U16                                    | K4 | 500 | F  |
| 208 | 11:24 | Inter-Services Men                           | K2 | 500 | F  |
| 209 | 11:27 | Canoe Men/Women Senior/U23 + Junior Boys     | C2 | 500 | F  |
| 210 | 11:30 | Men U23                                      | K2 | 500 | H1 |
| 211 | 11:33 | Men U23                                      | K2 | 500 | H2 |
| 212 | 11:36 | Paddle-Ability (Sun) R2                      | K1 | 500 | F  |
| 213 | 11:42 | Inter-Services Women                         | K4 | 500 | F  |
| 214 | 11:45 | Boys U14                                     | K1 | 500 | F1 |
| 215 | 11:48 | Boys U14                                     | K1 | 500 | F2 |
| 216 | 11:51 | Boys U14                                     | K1 | 500 | F3 |
| 217 | 11:57 | Boys U16                                     | K1 | 500 | F1 |
| 218 | 12:00 | Boys U16                                     | K1 | 500 | F2 |
| 219 | 12:03 | Boys U16                                     | K1 | 500 | F3 |
| 220 | 12:06 | Girls U18                                    | K2 | 500 | F  |
| 221 | 12:09 | Men Senior                                   | K2 | 500 | F  |
| 222 | 12:15 | Men U23                                      | K2 | 500 | F  |
| 223 | 12:18 | Masters Men O34/O44/O54/O64                  | K4 | 500 | F  |

## SRC presentation

|     |       |               |    |     |    |
|-----|-------|---------------|----|-----|----|
| 224 | 13:24 | Mini Sprint A | K2 | 200 | F  |
| 225 | 13:27 | Mini Sprint B | K2 | 200 | F  |
| 226 | 13:33 | Boys U14      | K1 | 200 | H1 |

|     |       |                 |    |     |    |
|-----|-------|-----------------|----|-----|----|
| 227 | 13:36 | Boys U14        | K1 | 200 | H2 |
| 228 | 13:39 | Boys U14        | K1 | 200 | H3 |
| 229 | 13:42 | Boys U14        | K1 | 200 | H4 |
| 230 | 13:45 | Boys U14        | K1 | 200 | H5 |
| 231 | 13:51 | Boys U18        | K1 | 200 | H1 |
| 232 | 13:54 | Boys U18        | K1 | 200 | H2 |
| 233 | 13:57 | Boys U18        | K1 | 200 | H3 |
| 234 | 14:00 | Boys U18        | K1 | 200 | H4 |
| 235 | 14:03 | Women Senior    | K1 | 200 | H1 |
| 236 | 14:06 | Women Senior    | K1 | 200 | H2 |
| 237 | 14:09 | Women U23       | K1 | 200 | H1 |
| 238 | 14:12 | Women U23       | K1 | 200 | H2 |
| 239 | 14:18 | Mini Sprint A/B | K4 | 200 | F  |

|     |       |                       |    |     |   |
|-----|-------|-----------------------|----|-----|---|
| 240 | 14:21 | Masters Women O54/O64 | K1 | 200 | F |
| 241 | 14:24 | Masters Women O34/O44 | K1 | 200 | F |

14:33 Mini Sprint medal presentation

|     |       |              |    |     |    |
|-----|-------|--------------|----|-----|----|
| 242 | 14:42 | Boys U14     | K1 | 200 | F1 |
| 243 | 14:45 | Boys U14     | K1 | 200 | F2 |
| 244 | 14:48 | Boys U14     | K1 | 200 | F3 |
| 245 | 14:51 | Boys U18     | K1 | 200 | F1 |
| 246 | 14:54 | Boys U18     | K1 | 200 | F2 |
| 247 | 14:57 | Women Senior | K1 | 200 | F  |
| 248 | 15:00 | Women U23    | K1 | 200 | F  |

## Social media

Why not subscribe to our Instagram account, **canoesprintUK**, or Twitter account, **canoesprintUK**, where we'll be sharing sprint-related photos and videos going forward. Please use the following hashtags alongside any photos or videos that you publish on social media ahead of, during, and after the National Regattas.

Hashtags      #nottsregatta      #canoesprintlegends