

# 2025 Canoe Sprint Handbook

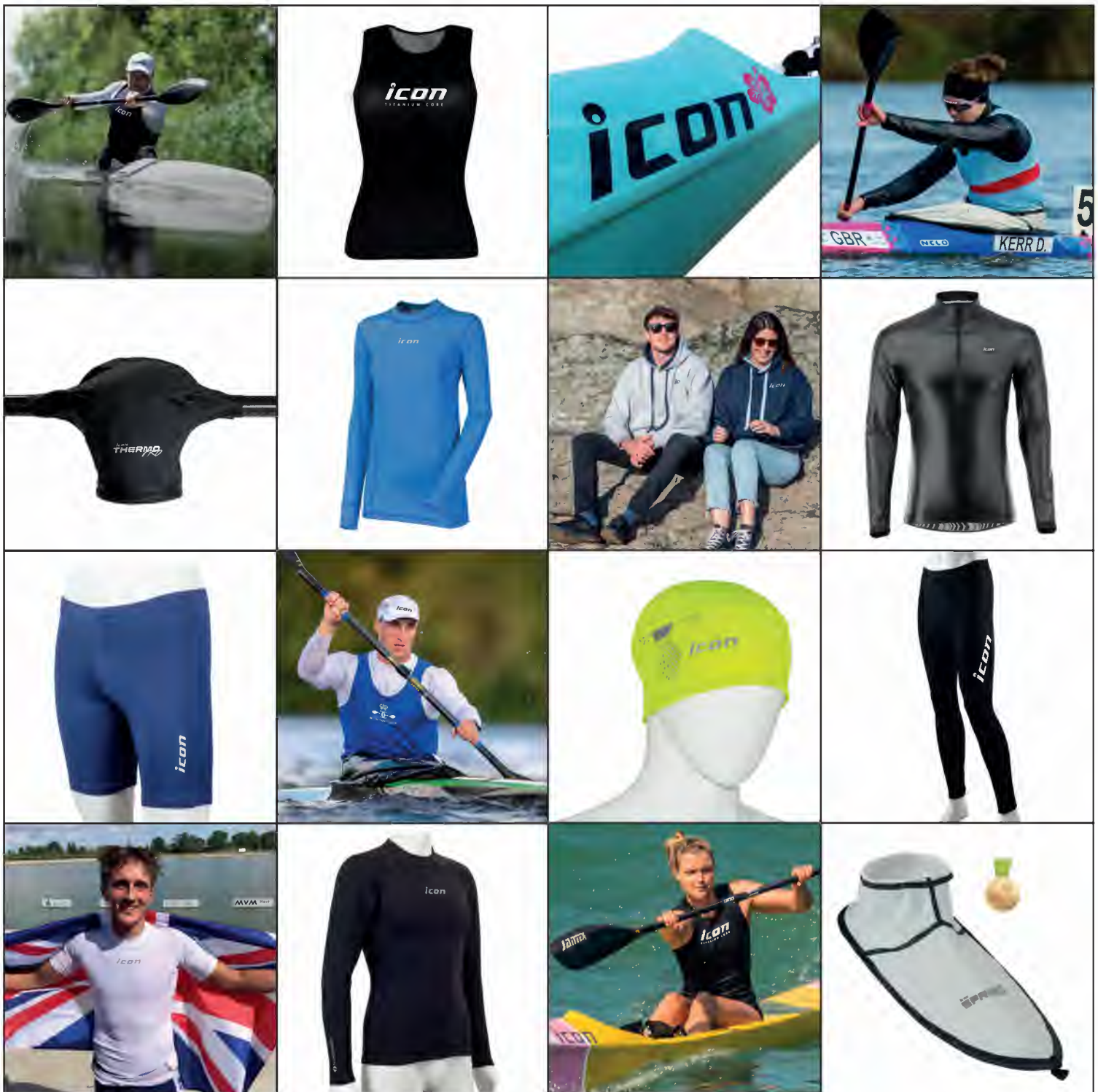


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## FOREWORD SPRINT RACING CHAIR

As we reflect on an incredible year in the world of sprint racing, this first season of a new Olympic cycle brings with it both fresh opportunities and renewed determination. The World Class Programme (WCP) has undergone a significant review of its processes and procedures and has created a more aligned working model that includes engaging with all levels of our sport.

There is more honesty within the squads and more emphasis on finding the right environments for the athletes who remain on the World Class Programme. In professional sport there are always difficult decisions and we offer our support and encouragement to those athletes who are no longer financially supported by UK Sport. I personally recommend staying in the fight for longer, taking the necessary steps to keep putting yourself first and find a way to get better and fight again for A finals and medals.

Meanwhile, the Paralympic team's record-breaking achievements at the last Paralympic Games stand as a testament to the power of dedication, resilience and teamwork. Their journey inspires us all and sets a benchmark of excellence that resonates throughout our sport. It is a remarkable success story that keeps on inspiring so many outside our sport, it was fitting that these inspirational athletes and their coaches were able to celebrate at Buckingham Palace when they returned.

At the heart of our sport are the countless volunteers and dedicated club coaches who make everything possible. Their tireless efforts, unwavering passion and deep expertise are the backbone of our community. They nurture talent, drive events forward and create environments where athletes thrive. On behalf of the entire sprint racing community, I want to extend heartfelt thanks to every individual who has contributed to the vibrancy and strength of our sport in 2024 and will do so again this year.

We will see exciting innovations on the domestic racing scene in 2025. New initiatives will be trialled at national regattas with the aim to boost participation and create thrilling, inclusive racing experiences. By welcoming paddlers of all levels and fostering a dynamic atmosphere, these efforts are opening the door to greater involvement and enthusiasm for sprint racing.

Furthermore, we are proud to encourage more clubs to organize their own regional regattas, providing members with increased opportunities to race locally. These grassroots events are crucial for nurturing talent and strengthening community bonds. With additional resources and support, we hope to see these events flourish, creating accessible pathways for everyone to experience the excitement of competition.

The 2025 season has been a chapter of growth, inspiration and achievement. This yearbook captures the highlights of our journey - celebrating the athletes, coaches, volunteers and supporters who have made it all possible. Together, we are building a future that honours our legacy while striving for new heights of excellence and inclusivity.

Thank you for being part of this remarkable journey.

Nick Fowler-Rimell

## **SPRINT PERFORMANCE STRATEGY (SPS) REVIEW**

The strategy group comprising members of the WCP, England Talent, PUK (BC), the chair of the SRC and coaches from within the community met at Worcester Canoe Club in Jan 2024 to check progress from the SPS. As a part of the review the group highlighted where key targets had been met, which new initiatives had been launched and what key positions have been filled with representatives from the community.

These included but not limited to:

- The launch of GB One and the increase in communication with the community.
- Initiatives such as JDS, JTS and academies being launched to bring more specific coaching opportunities to a wider group of athletes in the junior and U23 age groups.
- Key positions in the International Panel have been filled by members of the community.
- A specific group of individuals from across the spectrum of the community regularly meet to discuss the evolution of the selection policy, helping to provide feedback and direction to the complexities of writing a policy.

More recent developments and decisions taken with PUK's WCP have provided the opportunity to really accelerate the work here and so specifically the role of PUK WCP staff has changed to have a specific person leading the engagement and consultations with all racing clubs.

We hope this will lead to more transparency and an increase in the connection between the community and the WCP, ultimately driving more development and understanding across the board for the benefit of all our paddlers.

## CLUB ABBREVIATIONS

4AS	Newark 4 As Canoe Club	LOU	Loughborough University
ABF	Aberfan Canoe Club	LYR	London Youth Rowing
ACU	Army Canoe Union	MAD	Macclesfield & District Canoe Club
ADS	Addlestone Canoe Club	MAI	Maidstone Canoe Club
ANK	Anker Valley Canoe Club	MAL	Malton and Norton Canoe Club
AVN	Avon Canoe Club	MDN	Meridian Canoe Club
BAD	Barking and Dagenham Canoe Club	MER	Mercia Canoe Club
BAN	Banbury & District Canoe Club	MLO	Marlow Canoe Club
BAS	Basingstoke Canal Canoe Club	MVR	Manvers Waterfront Boat Club
BCC	Belfast Canoe Club	NAI	Naim Kayak Club
BEJ	Boume End Junior Sports Club	NBY	Newbury Canoe Club
BOA	Bradford on Avon Canoe Club	NMC	North Merchiston
BPC	Bisham Paddlesport Club	NOR	Norwich Canoe Club
BPR	Burton Phoenix Racers	NOT	Nottingham Kayak Club
BPS	Broadland Paddle Sport	NSK	North East Sea Kayak
BRE	Brecon Canoe Club	OSC	Ocean Sports Club
BRI	Bristol Canoe Club	OXU	Oxford University Canoe & Kayak Club
BRK	Break Out Canoe Club	PAN	Pangbourne Canoe Club
BRY	Bryanston School Canoe Club	PEN	Pennine Canoe Club
BSF	Bishops Stortford Canoe Club	PIN	Pinkston Panthers
BTH	Bath Canoe Club	PNZ	Penzance Canoe Club
BUR	Burton Canoe Club	POO	Poole Harbour Canoe Club
CAM	Cambridge Canoe Club	PPL	Paddleplus
CDF	Cardiff Bay Kayakers	PRA	Paddlesport Racers Association
CEL	Celbridge Canoe Club	PUT	Putney Bridge Canoe Club
CHE	Chester Sailing & Canoeing Club	RAF	Royal Air Force Canoe Association
CKP	Cokethorpe School Kayak Club	RDG	Reading Canoe Club
CLM	Chelmsford Canoe Club	RIC	Richmond Canoe Club
CNI	Canoe Northern Ireland	RLS	Royal Leamington Spa Canoe Club
DCP	Dyffryn Conwy Canoe Club	RMK	Royal Marines Kayak Club
DEV	Devizes Canoe Club	RNP	Royal Navy Paddle Sports Club
DUD	Duddon Canoe Club	ROY	Royal Canoe Club
EAL	Ealing Canoe Club	RUN	Runcorn Canoe Club
ELM	Elmbridge Canoe Club	SHK	The Sharks
ERN	Erne Paddlers	SHP	Shropshire Paddlesport Club
ESK	Edinburgh Schools Kayak	SKR	Strathclyde Kayak Racing Club
EXE	Exeter Canoe Club	SLP	Salmon Leap Canoe Club
FLA	Fladbury Paddle Club	SOL	Solihull Canoe Club
FOR	Forth Canoe Club	SOR	Soar Valley Canoe Club
FOX	Falcon (Oxford)	SOU	Southampton Canoe Club
FOY	Fowey River Canoe Club	SOW	Special Olympic Wales
GAI	Gailey Canoe Club	SPS	Scottish Performance Squad
GLO	Gloucester Canoe Club	STO	Stoke Racers
GLS	Glanford & Scunthorpe Canoe Club	SUT	Sutton Bingham & District Canoe Club
GLW	Glasgow Kayak Club	SVP	Spring Valley Paddlers
HAS	Hastings and District Canoe Club	SWA	Swansea Kayak Club
HEM	Hemel Hempstead Canoe Club	SWY	Stomoway
HEN	Henley Canoe Club	TAM	Tamar Valley Nomads
HER	Hereford Kayak Club	TAU	Taunton Canoe Club
HUN	Huntingdon Canoe Club	TON	Tonbridge Canoe Club
HYM	Herts Young Mariners Base	TRE	Trentham Canoe Club
ICH	Ichthus Canoe Club	TRU	Truro Canoe Club
IDS	Irish Development Squad	TTN	Thomastown Paddlers
IPS	Ipswich Canoe Club	UKF	United Kingdom Armed Forces
KCC	Kilcullen Canoe Club	VIK	Viking Kayak Club
KIM	Kimbolton School Canoe Club	WCP	West Coast Paddlers
KIN	Kingston Kayak Club (Hull)	WCR	Winchester & District Canoe Club
KIR	Kirkcaldy Canoe Club	WEY	Wey Kayak Club
LAK	Lakeland Canoe Club	WIN	Windsor and District Canoe Club
LBZ	Leighton Buzzard Canoe Club	WOK	Wokingham Canoe Club
LDN	London Tideway Boat Club	WOL	Wolverhampton Canoe Club
LEA	Leaside Canoe Club	WOP	Wear Whoppers
LEE	Lee Valley Paddlesports Club	WOR	Worcester Canoe Club
LIN	Lincoln Canoe Club	WRC	White Rose Canoe Club (Leeds)
LKR	Linlithgow Kayak Racing	WYC	Wiltshire Youth Canoe Club

## CLUB COLOURS

<p style="text-align: center;"><b>4AS</b> 4AS Newark</p> 	<p style="text-align: center;"><b>ABF</b> Aberfan</p> 	<p style="text-align: center;"><b>ACU</b> Army Canoe Union</p> 	<p style="text-align: center;"><b>ADS</b> Addlestone</p> 
<p style="text-align: center;"><b>ANK</b> Anker Valley</p> 	<p style="text-align: center;"><b>AVN</b> Avon</p> 	<p style="text-align: center;"><b>BAD</b> Barking &amp; Dagenham</p> 	<p style="text-align: center;"><b>BAN</b> Banbury</p> 
<p style="text-align: center;"><b>BAS</b> Basingstoke</p> 	<p style="text-align: center;"><b>BCC</b> Belfast</p> 	<p style="text-align: center;"><b>BEJ</b> Bourne End Juniors</p> 	<p style="text-align: center;"><b>BOA</b> Bradford on Avon</p> 
<p style="text-align: center;"><b>BPC</b> Bisham Paddlesport</p> 	<p style="text-align: center;"><b>BPR</b> Burton Phoenix</p> 	<p style="text-align: center;"><b>BPS</b> Broadland</p> 	<p style="text-align: center;"><b>BRE</b> Brecon</p> 
<p style="text-align: center;"><b>BRI</b> Bristol</p> 	<p style="text-align: center;"><b>BRK</b> Break Out</p> 	<p style="text-align: center;"><b>BRY</b> Bryanston</p> 	<p style="text-align: center;"><b>BSF</b> Bishop's Stortford</p> 

## CLUB COLOURS

<p style="text-align: center;"><b>BTH</b> Bath</p> 	<p style="text-align: center;"><b>BUR</b> Burton</p> 	<p style="text-align: center;"><b>CAM</b> Cambridge</p> 	<p style="text-align: center;"><b>CDF</b> Cardiff</p> 
<p style="text-align: center;"><b>CEL</b> Celbridge</p> 	<p style="text-align: center;"><b>CHE</b> Chester</p> 	<p style="text-align: center;"><b>CKP</b> Cokethorpe</p> 	<p style="text-align: center;"><b>CLM</b> Chelmsford Marathon</p> 
<p style="text-align: center;"><b>CLM</b> Chelmsford</p> 	<p style="text-align: center;"><b>CNI</b> Northern Ireland</p> 	<p style="text-align: center;"><b>DEV</b> Devizes</p> 	<p style="text-align: center;"><b>DCP</b> Dyffryn Conwy</p> 
<p style="text-align: center;"><b>DUD</b> Duddon</p> 	<p style="text-align: center;"><b>EAL</b> Ealing</p> 	<p style="text-align: center;"><b>ELM</b> Elmbridge</p> 	<p style="text-align: center;"><b>ERN</b> Erne</p> 
<p style="text-align: center;"><b>ESK</b> Edinburgh Schools Kayak</p> 	<p style="text-align: center;"><b>EXE</b> Exeter</p> 	<p style="text-align: center;"><b>FLA</b> Fladbury</p> 	<p style="text-align: center;"><b>FOR</b> Forth</p> 

## CLUB COLOURS

<p style="text-align: center;"><b>FOX</b> Falcon Oxford</p> 	<p style="text-align: center;"><b>FOY</b> Fowey</p> 	<p style="text-align: center;"><b>GAI</b> Gailey</p> 	<p style="text-align: center;"><b>GLO</b> Gloucester</p> 
<p style="text-align: center;"><b>GLS</b> Glanford Scunthorpe</p> 	<p style="text-align: center;"><b>GLW</b> Glasgow</p> 	<p style="text-align: center;"><b>HAS</b> Hastings</p> 	<p style="text-align: center;"><b>HEM</b> Hemel Hempstead</p> 
<p style="text-align: center;"><b>HEN</b> Henley</p> 	<p style="text-align: center;"><b>HER</b> Hereford</p> 	<p style="text-align: center;"><b>HUN</b> Huntingdon</p> 	<p style="text-align: center;"><b>HYM</b> Herts Young Mariners</p> 
<p style="text-align: center;"><b>ICH</b> Ichthus</p> 	<p style="text-align: center;"><b>IDS</b> Irish Development Squad</p> 	<p style="text-align: center;"><b>IPS</b> Ipswich</p> 	<p style="text-align: center;"><b>KCC</b> Kilcullen</p> 
<p style="text-align: center;"><b>KIM</b> Kimbolton</p> 	<p style="text-align: center;"><b>KIR</b> Kirkcaldy</p> 	<p style="text-align: center;"><b>LBZ</b> Leighton Buzzard</p> 	<p style="text-align: center;"><b>LDN</b> London Tideway</p> 

## CLUB COLOURS

<p><b>LEA</b> Leaside</p> 	<p><b>LEE</b> Lee Valley Paddlesports</p> 	<p><b>LIN</b> Lincoln</p> 	<p><b>LKR</b> Linlithgow</p> 
<p><b>LOU</b> Loughborough</p> 	<p><b>LYR</b> London Youth Rowing</p> 	<p><b>MAD</b> Macclesfield</p> 	<p><b>MAI</b> Maidstone</p> 
<p><b>MER</b> Mercia</p> 	<p><b>MLO</b> Marlow</p> 	<p><b>MVR</b> Manvers</p> 	<p><b>NBY</b> Newbury</p> 
<p><b>NMC</b> North Merchiston</p> 	<p><b>NOR</b> Norwich</p> 	<p><b>NOT</b> Nottingham</p> 	<p><b>OSC</b> Ocean Sports Club</p> 
<p><b>OXU</b> Oxford University</p> 	<p><b>PAN</b> Pangbourne</p> 	<p><b>PEN</b> Pennine</p> 	<p><b>PIN</b> Pinkston Panthers</p> 

## CLUB COLOURS

<p style="text-align: center;"><b>PNZ</b> Penzance</p> 	<p style="text-align: center;"><b>POO</b> Poole</p> 	<p style="text-align: center;"><b>PPL</b> Paddleplus Leicester</p> 	<p style="text-align: center;"><b>PUT</b> Putney Bridge Canoe Club</p> 
<p style="text-align: center;"><b>RAF</b> RAF</p> 	<p style="text-align: center;"><b>RDG</b> Reading</p> 	<p style="text-align: center;"><b>RIC</b> Richmond</p> 	<p style="text-align: center;"><b>RLS</b> Royal Leamington Spa Canoe Club</p> 
<p style="text-align: center;"><b>RNP</b> Royal Navy</p> 	<p style="text-align: center;"><b>ROY</b> Royal</p> 	<p style="text-align: center;"><b>RUN</b> Runcorn</p> 	<p style="text-align: center;"><b>SHK</b> Sharks</p> 
<p style="text-align: center;"><b>SHP</b> Shropshire Paddle Sport</p> 	<p style="text-align: center;"><b>SLP</b> Salmon Leap Canoe Club</p> 	<p style="text-align: center;"><b>SOL</b> Solihull Canoe Club</p> 	<p style="text-align: center;"><b>SOR</b> Soar Valley</p> 
<p style="text-align: center;"><b>SOU</b> Southampton</p> 	<p style="text-align: center;"><b>SOW</b> Special Olympics Wales</p> 	<p style="text-align: center;"><b>SPS</b> Scottish Performance Canoe Club</p> 	<p style="text-align: center;"><b>STO</b> Stoke Racers</p> 

## CLUB COLOURS

<p style="text-align: center;"><b>SUT</b> Sutton Bingham</p> 	<p style="text-align: center;"><b>SVP</b> Spring Valley Paddlers</p> 	<p style="text-align: center;"><b>SWA</b> Swansea</p> 	<p style="text-align: center;"><b>TAM</b> Tamar Nomads</p> 
<p style="text-align: center;"><b>TAU</b> Taunton</p> 	<p style="text-align: center;"><b>TON</b> Tonbridge</p> 	<p style="text-align: center;"><b>TRE</b> Trentham</p> 	<p style="text-align: center;"><b>TRU</b> Truro</p> 
<p style="text-align: center;"><b>TTN</b> Thomastown</p> 	<p style="text-align: center;"><b>UKF</b> UK Armed Forces</p> 	<p style="text-align: center;"><b>VIK</b> Viking</p> 	<p style="text-align: center;"><b>WCR</b> Winchester</p> 
<p style="text-align: center;"><b>WEY</b> Wey</p> 	<p style="text-align: center;"><b>WIN</b> Windsor</p> 	<p style="text-align: center;"><b>WOK</b> Wokingham</p> 	<p style="text-align: center;"><b>WOL</b> Wolverhampton</p> 
<p style="text-align: center;"><b>WOP</b> Wear Whoppers</p> 	<p style="text-align: center;"><b>WOR</b> Worcester</p> 	<p style="text-align: center;"><b>WYC</b> Wiltshire Youth</p> 	<p style="text-align: center;">To register new club colours please contact: Colour Registration Louise Clive Email: <a href="mailto:Regatta.Clubcolours@vol.paddleuk.org.uk">Regatta.Clubcolours@vol.paddleuk.org.uk</a></p>

## Standards for Racing

Marathon equivalent	HC	1000m	500m	200m	Mens Kayak including Masters	Boys Kayak	Womens Kayak including Masters	Mens & Boys Canoe	Girls Kayak	Womens & Girls Canoe
<b>Mens K1 Olympic</b>		<b>03:26</b>	<b>01:36</b>	<b>35.00</b>						
Div 1	0	03:30	01:38	35.66	A					
	1	03:34	01:40	36.33						
	2	03:38	01:42	37.00						
	3	03:42	01:44	37.66						
	4	03:46	01:46	38.33						
Div 2	5	03:50	01:48	39.00	B	A	A	A		
	6	03:54	01:50	39.66						
	7	03:58	01:52	40.33						
	8	04:02	01:54	41.00						
	9	04:06	01:56	41.66						
Div 3	10	04:10	01:58	42.33	C	B	B	A	A	
	11	04:14	02:00	43.00						
	12	04:18	02:02	43.66						
	13	04:22	02:04	44.33						
	14	04:26	02:06	45.00						
Div 4	15	04:30	02:08	45.66	D	C	C	B	B	
	16	04:34	02:10	46.33						
	17	04:38	02:12	47.00						
	18	04:42	02:14	47.66						
	19	04:46	02:16	48.33						
Div 5	20	04:50	02:18	49.00	C	D	D	C	C	
	21	04:54	02:20	49.66						
	22	04:58	02:22	50.33						
	23	05:02	02:24	51.00						
	24	05:06	02:26	51.66						
Div 6	25	05:10	02:28	52.33	D	D	D	C	C	
	26	05:14	02:30	53.00						
	27	05:18	02:32	53.66						
	28	05:22	02:34	54.33						
	29	05:26	02:36	55.00						
Div 7	30	05:30	02:38	55.66				C	C	
	31	05:34	02:40	56.33						
	32	05:38	02:42	57.00						
	33	05:42	02:44	57.66						
	34	05:46	02:46	58.33						
Div 8	35	05:50	02:48	59.00				D	D	
	36	05:54	02:50	59.66						
	37	05:58	02:52	60.33						
	38	06:02	02:54	61.00						
	39	06:06	02:56	61.66						
	40	06:10	02:58	62.33						
	41	06:14	03:00	63.00						
			03:30	Minimum time for Mini A						
			04:00	Minimum time for Mini B						

# STANDARDS FOR RACING

## PROMOTIONS IN SPRINT CLASSES

**Promotion decisions are taken on times achieved in British National Regatta heats or finals.**

The STANDARDS FOR SPRINT RACING chart (page A11) contains guideline times for all three sprint distances and classes. The times on the chart assume perfect weather and water conditions, that is, warm air and water with a steady and gentle following wind that just ruffles the surface.

Account is made for any variation in conditions from race to race. Performances are affected by the conditions at the time of each race, these may vary throughout each day. Cold water and head winds make times slower.

In order to assess whether a course is running fast or slow, the Promotions Team constantly monitor water and weather conditions and the times achieved by paddlers. They then refer to the column on the left of the STANDARD FOR RACING chart marked HC, the handicap (or points) are used to determine by **how** much to adjust the times to a slower (or faster) time for each set of results.

Adjustments to the required times for promotion make the process as fair as possible but may lead to the application of different 'target' times from heat to heat, or heat to final.

### **Points to note:**

- **Each class is graded separately.** Slower classes may have a bigger adjustment than faster classes (because slower paddlers are more adversely affected by poorer conditions). For example, on a day where the course is very slow the following HC adjustments may be made:

Class A 10 points: Class B 11 points: Class C 12 points: Class D 13 points

- One race cannot directly be compared with another.
- Achieving a faster time than a paddler in a higher class will not necessarily result in promotion to that class, neither will beating a higher ranked paddler in an age group competition.
- Promotions are possible from 1000m, 500m or 200m races.
- Promotion to an A class requires qualifying times over two out of the three distances 1000m, 500m or 200m.

Promotion times identified by the Promotions Team are not actioned unless ratified by the National Rankings Officer and will come into effect after publication in the National Regatta Official Results. More information or any questions contact Peter Gorman on [canoesprint.ranking@vol.paddleuk.org.uk](mailto:canoesprint.ranking@vol.paddleuk.org.uk)

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PERFORMANCE



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solitary or social, for fitness, wellbeing or  
competition.**

**For more details:**

**[www.gaileycc.co.uk](http://www.gaileycc.co.uk)**

**FB: Gailey Canoe Club**

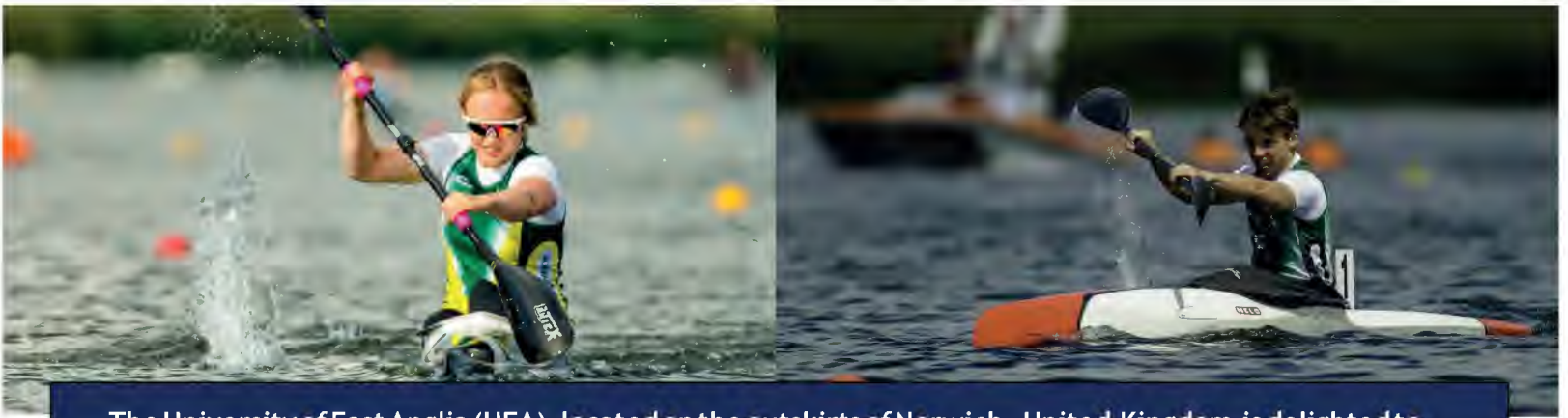
**Tel: 07790 216741**

**[secretary.gaileycc@gmail.com](mailto:secretary.gaileycc@gmail.com)**



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

**2025 Hasler Race - 12th October**



The University of East Anglia (UEA), located on the outskirts of Norwich, United Kingdom is delighted to announce that our sport scholar scheme applications open on the 20<sup>th</sup> January 2025 for the 2025 September intake. If you are an aspiring student-athlete, we want to support you in your journey to achieve your highest potential both academically and on the sporting field. We support athletes from over 25 different sports.

uea+sport offers a wide range of facilities and support for our top athletes and sporting programmes, ensuring you have the best possible opportunities to maximise your potential whilst studying at UEA. This opportunity is available to both UK and International students. We offer scholarships at three levels: Elite, Excellence and Developing Excellence.

### Scholars will benefit from:

- Financial support - Elite (£1500) and Excellence (£500)
- Gym, swim, spin studio and track membership (currently worth £300)
- Consideration of circumstance regarding academic flexibility
- Free uea+sport membership (worth £55)
- Access to strength and conditioning and nutrition support
- Access to physiotherapy/discounted sports massage
- Performance support workshops
- Athlete personal development and lifestyle support
- Branded sports kit

We currently have four kayak/canoe sport scholars on our 2024-25 programme across three levels of scholarship, all of whom train at Norwich Canoe Club. We are also a Talented Athlete Scholarship Scheme (TASS) delivery site and have dual-career status, meaning we are a recognised centre for supporting elite athletes with academic flexibility. Norwich Canoe Club is a centre of excellence for training and racing in sprint and marathon with elite training groups for men and women (Div 1 / Men's A and Div 3 / Women's A paddlers). It is also a British Canoeing Para Talent Club Partner and a past British Canoeing Club of the Year.

For more information on our sport scholarship scheme, course available at UEA and Norwich Canoe Club please scan the QR codes below or if you have any queries email [performance.sport@uea.ac.uk](mailto:performance.sport@uea.ac.uk).



UEA Scholarship



Study at UEA



Norwich Canoe Club



## BRITISH NATIONAL SPRINT REGATTAS 2025



Date	Paddle UK Sprint Racing British National Regattas	Paddler Registration closing date	Entry closing date
12 <sup>th</sup> – 13 <sup>th</sup> April	<b>British National Sprint Racing Regatta</b> Including Paracanoe, Senior, Under 23 and Junior selections	Sunday 23 <sup>rd</sup> March	Friday 28 <sup>th</sup> March
31 <sup>st</sup> May – 1 <sup>st</sup> June	<b>Open &amp; British Masters National Sprint Racing Championships Regatta.</b> Including Under 23 and Junior selections	Sunday 11 <sup>th</sup> May	Friday 16 <sup>th</sup> May
12 <sup>th</sup> – 13 <sup>th</sup> July	<b>Open &amp; British Paracanoe, Senior, Under 23 &amp; Junior National Championships Regatta. And Standup Paddle Board Championships</b> Including Paracanoe, Senior & Junior selections	Sunday 22 <sup>nd</sup> June	Friday 27 <sup>th</sup> June
6 <sup>th</sup> – 7 <sup>th</sup> September	<b>The British National Sprint Racing Inter-Club MacGregor Paddle Challenge, the Inter-Services Championship, and the Andrew Bonham Memorial C4 Race</b>	Sunday 17 <sup>th</sup> August	Friday 22 <sup>nd</sup> August

**British National Sprint Racing Regattas** are held in accordance with the Paddle UK Sprint Racing Competition Rules and the British National Regatta Terms/Conditions of Participation.

**The Event Schedules, British National Regatta Guides, Timetables, Start lists and the full Programmes** for each national regatta, as pdf files, will be available on the Sprint Racing Committee website on: [Upcoming Events – Canoe Sprint Racing UK](#)

**Venue for all British National Regattas:** – National Water Sports Centre, Holme Pierrepont Country Park, Adbolton Lane, Nottingham NG12 2LU - situated just off the main A52 road from Nottingham to Grantham. It is signposted on all main roads leading into Nottingham. **Phone Number:** 0115 9821212

**The National Water Sports Centre** charges for onsite parking via an Automatic Vehicle Registration Number Plate Recognition system. See each Regatta Guide for the weekend parking discount code.

### Accommodation:

**National Water Sports Centre Bed & Breakfast:** – all rooms are en-suite.

**National Water Sports Campsite:** across the road from the course – with all the usual campsite facilities, including wooden pods for hire.

Book accommodation or camping online: [Holme Pierrepont Country Park | Home of the National Water Sports Centre](#)

**Hotels:** The website at [Welcome to Nottinghamshire, UK - Home of Robin Hood \(visit-nottinghamshire.co.uk\)](#) lists many hotels, B & Bs, farmhouses etc. across a wide price range.

**Only Registered Paddlers** can enter a British National Sprint Racing Regatta. Paddler Registration closes 5 days before the national regatta's entry deadline.

**British National Regatta Entries are made by Club/Squad Team Leaders via the Online Entry System on <http://canoesprint.paddleuk.org.uk>**

## BRITISH NATIONAL SPRINT REGATTAS 2025



### **Guidelines for entry to British National Regattas.**

See page A11 in the Handbook for the 'Standards for Racing' chart for the entry level times to race at a National Regatta. Each ability classes have the fastest and slowest standard time and handicap (HC) times. The times in between indicate how the times might change depending on the Handicap applied to allow for the weather conditions. See an explanation of the promotion process on page A12.

British National Regatta, minimum time standards are monitored; **Penalty Points can be awarded** to paddlers not achieving the minimum national regatta standard times in the slowest classes. Allowance will be made for the prevailing weather conditions.

**The Sprint Racing Registration Scheme** is a unique database for registering sprint clubs and their paddlers, accessed on: <http://canoesprint.paddleuk.org.uk>.

**Team Leaders require a secure login** to access the database and submit entries. Request your login password, by emailing [regatta.entries@vol.paddleuk.org.uk](mailto:regatta.entries@vol.paddleuk.org.uk)

Team Leaders when **first registering their paddlers** must ensure that each paddler has achieved the Paddle Explore qualification or have **paddling competency** equivalent to that award.

Competitors who are members of clubs affiliated to a National Federation and are **current members of that National Federation, such as Paddle Cymru, Paddle Scotland, Paddle Northern Ireland or Paddle UK 'On the water' membership**, can participate in a British National Regatta. Exceptions being Mini Sprint or Junior D paddlers who are Club Associate members of a Paddle UK affiliated club. The Paddle UK Club associate membership number is to be used to register these juniors. When the juniors are promoted to Junior 'C' or above, they must become an 'On the water' member of Paddle UK.

**Team Leaders are responsible for updating the Paddler Registration database with the junior's 'On the Water' Paddle UK number.**

**Individual members of a National Federation**, who are not a member of a club, but can achieve an appropriate Standard for Racing time over 500m, are permitted to enter a National Regatta. If you wish to do so, please contact [events@paddleuk.org.uk](mailto:events@paddleuk.org.uk)

**Ranking List:** Not all registered paddlers in the Paddler Database are shown in the Ranking List. The Ranking List (Section D) is intended as a 'working' list and includes registered paddlers who entered a British National Regatta during the last three years or those considered likely to race in the current season.

**Paddler Database:** The Regatta Committee holds paddler information in a secure database for the purpose of organising and running regattas. This information includes names, gender, DOB, club and/or squad, ability and age classes. The system also holds data on entries and will in time hold results. Secure access to this database is provided to Regatta administrators for the purpose of organising these regattas, team or squad leaders who can only see the paddler records for their club or squad. Data is exported from this database for the annual handbook, for the timing system at the national regattas, and very occasionally for analysis to support the development of sprint racing. Timing data from the timing system is also used within the live results and live draws system during regattas. We are guided by the 7 principles of GDPR, <https://ico.org.uk/for-organisations/uk-gdpr-guidance-and-resources/data-protection-principles/a-guide-to-the-data-protection-principles/> We do not pass on any personal data to 3rd parties.

## BRITISH NATIONAL SPRINT REGATTAS 2025



Information for each British National Regatta is uploaded on to the SRC website as pdf files to download or print on: [Upcoming Events – Canoe Sprint Racing UK](#)

Live on-line Start lists are available on: <http://canoesprint.paddleuk.org.uk>

**Boats:** It's entirely the owners' responsibility to ensure all their equipment is used with care, handled or moved around the venue safely and removed overnight.

**All boats must have adequate and visible buoyancy to keep the boat afloat when filled with water and supporting the weight of the paddler(s). Competitors will be disqualified from a race or incur penalty points if they compete in a boat with insufficient buoyancy.**

All canoes and kayaks must have a number slot on the centre line to the afterdeck of the boat and comply with the minimum Weight Regulations. Boats are checked by 'Boat Control' at all national regattas. Scales are available at 'Boat Control' to check the weight of a boat before racing.

**Lane Numbers:** Paddlers/clubs require their own white lane numbers (1-9). Sets are available for sale from the Information Desk.

Entries must conform with Paddle UK Sprint Racing Competition Rules (pages C23-41) and British National Regatta Conditions/Terms of Participation (pages B9 – B14) See also Team Leaders' Responsibilities on page B8.

Team Leaders are responsible for arranging the prompt payment of all their club's regatta entry tickets which are to be paid in full at least a week before the regatta.

**British National Regatta Fees:** Will be reviewed annually:

The 2025 participation costs for each regatta are:

**Regatta Entry Ticket: £40 per Competitor** - pre-regatta entry deadline  
One cost for all events entered

**Late Regatta Entry Ticket: £60 per Competitor (includes late surcharge of £20)** –  
at Team Leaders meeting only, when appropriate empty lanes or seats are available.  
One cost for all events entered

**Please note** there is no extra charge for the hire of the Sprint Racing Committee's K4s / C4s. Boats may be booked at any time during a Regatta when the Regatta Officials are at the K4 Boat house.

***In the event of inclement and/or windy conditions the Competition Committee may at their discretion cancel or postpone races or insist on the wearing of a personal flotation device.***

***An Orange flag will be displayed on the flagpole by the Finish Tower when personal flotation devices are compulsory for any (or all) classes of paddlers.***

***In the event of an electric storm a public announcement will be made, & umpire boats will ring a bell or a klaxon, paddlers must leave the course immediately. Racing will not recommence until deemed safe by the Competition Committee.***

***No refund of entry fees will be made in the event of cancellation of a part or the whole of the competition for whatever reason.***

A sample Event Schedule with possible events, as provisional information only, adjustment may be made before the regatta

Short Code	Class	200m		500m			1000m		5k
		<p><b>British Canoeing Sprint Racing National Regatta</b>  <b>Including Paracanoe, Senior, Under 23 and Junior Selection events</b>  <b>Open &amp; British, Sprint National Regatta</b></p> <p>National Water Sports Centre, Holme Pierrepont Country Park, Nottingham  <b>Saturday 12<sup>th</sup> – Sunday 13<sup>th</sup> April 2025</b></p> <p>Paddler registrations close <b>Sunday 23<sup>rd</sup> March 2025</b>  Entry closing date <b>Friday 28<sup>th</sup> March 2025</b></p>							
<b>NATIONAL SPRINT SELECTION EVENTS</b>									
MOK + MU23	Senior & U23 Men Kayak	<sup>S</sup> K1		<sup>S</sup> K1		<sup>S</sup> K1			S
WOK + WU23	Senior & U23 Women Kayak	<sup>S</sup> K1		<sup>S</sup> K1		<sup>S</sup> K1			S
BU18	Boys Under 18 Kayak	<sup>S</sup> K1		<sup>S</sup> K1		<sup>S</sup> K1			
GU18	Girls Under 18 Kayak	<sup>S</sup> K1		<sup>S</sup> K1		<sup>S</sup> K1			
CMO+CMU23	Canoe Senior & U23 Men	<sup>S</sup> C1		<sup>S</sup> C1		<sup>S</sup> C1			S
CBU18/U16	Canoe Boys U18/U16	<sup>S</sup> C1		<sup>S</sup> C1		<sup>S</sup> C1			S
CWO+CWU23	Canoe Senior & U23 Women	<sup>S</sup> C1		<sup>S</sup> C1		<sup>S</sup> C1			S
CGU18/U16	Canoe Girls U18/U16	<sup>S</sup> C1		<sup>S</sup> C1		<sup>S</sup> C1			
<b>PARACANOE SELECTION EVENTS</b>									
		R1	R2						
KMKL1	Men KL1 Kayak	<sup>S</sup> K1	<sup>S</sup> K1						
KMKL2	Men KL2 Kayak	<sup>S</sup> K1	<sup>S</sup> K1						
KMKL3	Men KL3 Kayak	<sup>S</sup> K1	<sup>S</sup> K1						
KWKL1	Women KL1 Kayak	<sup>S</sup> K1	<sup>S</sup> K1						
KWKL2	Women KL2 Kayak	<sup>S</sup> K1	<sup>S</sup> K1						
KWKL3	Women KL3 Kayak	<sup>S</sup> K1	<sup>S</sup> K1						
VMVL1	Men VL1 Va'a	<sup>S</sup> V1	<sup>S</sup> V1						
VMVL2	Men VL2 Va'a	<sup>S</sup> V1	<sup>S</sup> V1						
VMVL3	Men VL3 Va'a	<sup>S</sup> V1	<sup>S</sup> V1						
VWVL1	Women VL1 Va'a	<sup>S</sup> V1	<sup>S</sup> V1						
VWVL2	Women VL2 Va'a	<sup>S</sup> V1	<sup>S</sup> V1						
VWVL3	Women VL3 Va'a	<sup>S</sup> V1	<sup>S</sup> V1						
<b>NATIONAL SPRINT EVENTS</b>									
		200m		500m			1000m		
MAK	Men A Kayak			K1	K2	K4	K1	K2	
MBK	Men B Kayak			K1	K2	K4	K1	K2	
MCK	Men C Kayak			K1	K2	K4	K1	K2	
MDK	Men D Kayak	K1		K1	K2	K4	K1	K2	
WAK	Women A Kayak			K1	K2	K4	K1	K2	
WBK	Women B Kayak			K1	K2	K4	K1	K2	
WCK	Women C Kayak	K1		K1	K2	K4			
WDK	Women D Kayak	K1		K1	K2	K4			
CMA/B+CBA/B	Canoe Men/Boys A/B			C1	C2		C1		
CMC+CBC	Canoe Men/Boys C	C1		C1	C2			C2	
CMD+CBD	Canoe Men/Boys D	C1		C1	C2				
CWA/B+CG/AB	Canoe Women/Girls A/B	C1	C2	C1	C2		C1	C2	
CWC + CGC	Canoe Women/Girls C	C1	C2	C1	C2		C1	C2	
CWD + CGD	Canoe Women/Girls D	C1	C2	C1	C2				
BAK	Boys A Kayak			K1	K2	K4	K1	K2	
BBK	Boys B Kayak			K1	K2	K4	K1	K2	
BCK	Boys C Kayak	K1	K4		K2			K2	
BDK	Boys D Kayak	K1	K2	K4		K4			
GA/BK	Girls A/B Kayak	K1	K2	K1	K2	K4	K1	K2	
GCK	Girls C Kayak	K1	K4	K1	K2		K1		
GDK	Girls D Kayak	K1	K2	K4	K1	K2			
BDK/GDK	Boys D + Girls D Mixed <sup>#</sup>		K4						
<b>MINI SPRINT SERIES</b>									
		200m			500m				
MSA	Mini A	K1	K2	K4	K1		K4		
MSB	Mini B	K1	K2	K4	K1		K4		
<b>PADDLE - ABILITY</b>									
		200m		500m					
		R1	R2	R1	R2				
PAD	Paddle-Ability (Sat)	K1	K1	K1	K1				
PAD	Paddle-Ability (Sun)			K1	K1				

S = Selection events:                      Mixed<sup>#</sup> 1 Male + 1 Female                      R1 = 1<sup>st</sup> Run:                      R2 = 2<sup>nd</sup> Run:

N.B. Paracanoe selection events have Run 1 & Run 2, followed by Run 3 as a 'Race off, if needed.

A sample Event Schedule with possible events, as provisional information only, adjustment may be made before the regatta

Short Code	Class	200m		500m		1000m		2½k
		R1	R2	R1	R2	R1	R2	
<b>British Canoeing Sprint Racing National Regatta</b> Including Paracanoe, Under 23 and Junior Selection events								
<b>Open &amp; British Masters National Sprint Championships Regatta</b>								
National Water Sports Centre, Holme Pierrepont Country Park, Nottingham								
<b>Saturday 31<sup>st</sup> May – Sunday 1<sup>st</sup> June 2025</b>								
Paddler registrations close					Sunday 11 <sup>th</sup> May 2025			
Entry closing date					Friday 16 <sup>th</sup> May 2025			
<b>NATIONAL SPRINT SELECTIONS</b>								
MU23	Men Under 23 Kayak	<sup>S</sup> K1		<sup>S</sup> K1		<sup>S</sup> K2		
WU23	Women Under 23 Kayak	<sup>S</sup> K1		<sup>S</sup> K1		<sup>S</sup> K2		
BU18	Boys Under 18/16 Kayak			<sup>S</sup> K2		<sup>S</sup> K4		
GU18	Girls Under 18/16 Kayak			<sup>S</sup> K2		<sup>S</sup> K4		
CMU23	Canoe Men Under 23	<sup>S</sup> C1		<sup>S</sup> C1		<sup>S</sup> C2		
CWU23	Canoe Women Under 23	<sup>S</sup> C1		<sup>S</sup> C1		<sup>S</sup> C2		
CBU18 + CBU16	Canoe Boys U18/U16			<sup>S</sup> C2				
CGU18 + CGU16	Canoe Girls U18/U16			<sup>S</sup> C2				
<b>PARACANOE</b>								
<b>200m</b>								
KMKL2+KL3	Men KL2/3 Kayak	K1		K1				
KWKL1+K2+KL3	Women KL1 -3 Kayak	K1		K1				
VMVL1=VL2+VL3	Men VL1-3 Va'a	V1		V1				
VWVL2+VL3	Women VL2/3 Va'a	V1		V1				
<b>NATIONAL SPRINT</b>								
<b>200m</b>								
MO34-64	Master's 034-64 Kayak	<sup>N</sup> K1		<sup>N</sup> K1		<sup>N</sup> K2		
WO34-64	Women Masters 034-64 Kayak	<sup>N</sup> K1		<sup>N</sup> K1		<sup>N</sup> K2		
WO34-64	Masters/Women Masters Mixed <sup>#</sup>			<sup>N</sup> K2				
MAK	Men A Kayak	K1		K2		K4		
MBK	Men B Kayak	K1		K2		K4		
MCK	Men C Kayak	K1		K2		K4		
MDK	Men D Kayak	K1		K2		K4		
BAK	Boys A Kayak	K1		K2		K4		
BBK	Boys B Kayak	K1		K2		K4		
BCK	Boys C Kayak	K1		K2		K4		
BDK	Boys D Kayak	K1		K2		K4		K1
BDK/GDK	Boys D + Girls D Kayak Mixed <sup>#</sup>			K4				
WAK	Women A Kayak	K1		K2		K4		
WBK	Women B Kayak	K1		K2		K4		
WCK	Women C Kayak	K1		K2		K4		
WDK	Women D Kayak	K1		K2		K4		
GAK	Girls A Kayak	K1		K2		K4		
GBK	Girls B Kayak	K1		K2		K4		
GCK	Girls C Kayak	K1		K2		K4		
GDK	Girls D Kayak	K1		K2		K4		K1
MA-DK+WA-DK	A-D Kayak points based-random					K4		
	Canoe Men/Boys A	C1		C1		C2		C2
	Canoe Men/Boys B	C1		C1		C2		C2
	Canoe Men/Boys C	C1		C1		C2		
	Canoe Men/Boys D	C1		C1		C2		
	Canoe Women/Girls A	C1		C2		C1		
	Canoe Women/Girls B	C1		C2		C1		
	Canoe Women/Girls-C	C1		C2		C1		
	Canoe Women/Girls-D	C1		C2		C1		
<b>MINI SPRINT SERIES</b>								
<b>500m</b>								
MSA	Mini A	K1		K2		K4		
MSB	Mini B	K1		K2		K4		
<b>PADDLE - ABILITY</b>								
<b>200m</b>								
<b>R1</b>								
PAD	Paddle-Ability (Sat)	K1		K1		K1		
<b>R2</b>								
PAD	Paddle-Ability (Sun)	K1		K1		K1		

S = Selection events:

Mixed<sup>#</sup> = 1 male + 1 female:


R1 = 1<sup>st</sup> Run

R2 = 2<sup>nd</sup> Run

N = Non-UK athletes may compete for Open & British National Sprint Racing Championship medals, as regardless of nationality or the number of entries, medals are awarded to the first three boats.

N.B. The British National Champion title and National trophies will be awarded to the highest placed British competitor.

A sample Event Schedule with possible events, as provisional information only, adjustment may be made before the regatta

 <b>NATIONAL SPRINT REGATTAS</b>	<b>Paddle UK Sprint Racing National Regatta</b> Including Senior and Junior selection events						
	<b>Open &amp; British National Paracanoe, Seniors, Under 23 and Junior National Sprint Championships Regatta</b> National Water Sports Centre, Holme Pierrepont Country Park, Nottingham						
	Saturday 12 <sup>th</sup> – Sunday 13 <sup>th</sup> July 2025 Paddler registrations close Entry closing date				Sunday 22 <sup>nd</sup> June 2025 Friday 27 <sup>th</sup> June 2025		
Short code	Class	200m		500m		1000m	
<b>PARACANOE</b>							
KMKL1	Men KL1 Kayak	SN <sup>N</sup> K1	SN <sup>N</sup> K1				
KMKL2	Men KL2 Kayak	SN <sup>N</sup> K1	SN <sup>N</sup> K1				
KMKL3	Men KL3 Kayak	SN <sup>N</sup> K1	SN <sup>N</sup> K1				
KWKL1	Women KL1 Kayak	SN <sup>N</sup> K1	SN <sup>N</sup> K1				
KWKL2	Women KL2 Kayak	SN <sup>N</sup> K1	SN <sup>N</sup> K1				
KWKL3	Women KL3 Kayak	SN <sup>N</sup> K1	SN <sup>N</sup> K1				
VMVL1	Men VL1 Va'a	SN <sup>N</sup> V1	SN <sup>N</sup> V1				
VMVL2	Men VL2 Va'a	SN <sup>N</sup> V1	SN <sup>N</sup> V1				
VMVL3	Men VL3 Va'a	SN <sup>N</sup> V1	SN <sup>N</sup> V1				
VWVL1	Women VL1 Va'a	SN <sup>N</sup> V1	SN <sup>N</sup> V1				
VWVL2	Women VL2 Va'a	SN <sup>N</sup> V1	SN <sup>N</sup> V1				
VWVL3	Women VL3 Va'a	SN <sup>N</sup> V1	SN <sup>N</sup> V1				
<b>NATIONAL SPRINT</b>							
MOK	Men Senior Kayak	SN <sup>N</sup> K1		SN <sup>N</sup> K1	<sup>N</sup> K2	<sup>N</sup> K4	SN <sup>N</sup> K1
MU23	Men Under 23 Kayak	<sup>N</sup> K1		<sup>N</sup> K1	<sup>N</sup> K2	<sup>N</sup> K4	<sup>N</sup> K1
WOK	Women Senior Kayak	SN <sup>N</sup> K1		SN <sup>N</sup> K1	<sup>N</sup> K2	<sup>N</sup> K4	SN <sup>N</sup> K1
WU23	Women Under 23 Kayak	<sup>N</sup> K1		<sup>N</sup> K1	<sup>N</sup> K2	<sup>N</sup> K4	<sup>N</sup> K1
MOK/WOK	Men/Women Senior Mixed <sup>#</sup>						<sup>N</sup> K2
MU23/WU23	Men/Women U23 Mixed <sup>#</sup>						<sup>N</sup> K2
CMO	Canoe Men Senior	<sup>N</sup> C1		SN <sup>N</sup> C1	SN <sup>N</sup> C2		SN <sup>N</sup> C1
CMU23	Canoe Men Under 23	<sup>N</sup> C1		<sup>N</sup> C1	<sup>N</sup> C2		<sup>N</sup> C1
CWO	Canoe Women Senior	SN <sup>N</sup> C1	<sup>N</sup> C2	SN <sup>N</sup> C1	SN <sup>N</sup> C2		<sup>N</sup> C1
CWU23	Canoe Women Under 23	<sup>N</sup> C1	<sup>N</sup> C2	<sup>N</sup> C1	<sup>N</sup> C2		<sup>N</sup> C1
BU18	Boys U18 Kayak	<sup>N</sup> K1		SN <sup>N</sup> K1	<sup>N</sup> K2	<sup>N</sup> K4	SN <sup>N</sup> K1
BU16	Boys U16 Kayak	<sup>N</sup> K1		SN <sup>N</sup> K1	SN <sup>N</sup> K2	<sup>N</sup> K4	SN <sup>N</sup> K1
BU14	Boys U14 Kayak	<sup>N</sup> K1		<sup>N</sup> K1	<sup>N</sup> K2	<sup>N</sup> K4	<sup>N</sup> K2
GU18	Girls U18 Kayak	SN <sup>N</sup> K1		SN <sup>N</sup> K1	<sup>N</sup> K2	<sup>N</sup> K4	<sup>N</sup> K1
GU16	Girls U16 Kayak	SN <sup>N</sup> K1		SN <sup>N</sup> K1	SN <sup>N</sup> K2	<sup>N</sup> K4	<sup>N</sup> K1
GU14	Girls U14 Kayak	<sup>N</sup> K1		<sup>N</sup> K1	<sup>N</sup> K2	<sup>N</sup> K4	<sup>N</sup> K2
BU18 + GU18	Boys/Girls U18 Mixed <sup>#</sup>						<sup>N</sup> K2
BU16 + GU16	Boys/Girls U16 Mixed <sup>#</sup>						<sup>N</sup> K2
BU14 + GU14	Boys/Girls U14 Mixed <sup>#</sup>						<sup>N</sup> K2
CBU18+U16 + U14	Canoe Junior Boys	<sup>N</sup> C1		<sup>N</sup> C1	SN <sup>N</sup> C2		SN <sup>N</sup> C1
CGU18 +U16 +U14	Canoe Junior Girls	SN <sup>N</sup> C1		<sup>N</sup> C1	SN <sup>N</sup> C2		<sup>N</sup> C2
<b>MINI SPRINT SERIES</b>							
		<b>200m</b>			<b>500m</b>		
MSA	Mini A	K1	K2	K4	K1		K4
MSB	Mini B	K1	K2	K4	K1		K4
<b>PADDLE-ABILITY</b>							
		<b>200m</b>			<b>500m</b>		
		<b>R1</b>	<b>R2</b>		<b>R1</b>	<b>R2</b>	
PAD	Paddle-Ability (Sat)	K1	K1		K1	K1	
PAD	Paddle-Ability (Sun)				K1	K1	

**N** = Open & British National Sprint Racing Championship, Non-UK athletes may compete for medals, regardless of nationality or the number of entries, medals are awarded to the first three boats. British National Champion title and National trophies will be awarded to the highest placed British competitor

**S** = Selection events:


**R1** = 1<sup>st</sup> Run:

**R2** = 2<sup>nd</sup> Run:

**Mixed<sup>#</sup>** = 1 male + 1 female

**N.B.** Paracanoe selection events have Run 1 & Run 2, followed by Run 3 as a 'Race off, if needed.

A sample Event Schedule with possible events, as provisional information only, adjustment may be made before the regatta

 <p><b>NATIONAL SPRINT REGATTAS</b></p>	<p align="center"><b>Paddle UK Sprint Racing British National Regatta</b> with the Andrew Bonham Memorial C4 event</p> <p align="center"><b>The National Inter-Club MacGregor Paddle Challenge Regatta,</b> <b>Inter-Services Championship,</b> <b>and Andrew Bonham Memorial C4 Event</b></p> <p align="center">National Water Sports Centre, Holme Pierrepont Country Park, Nottingham</p> <p align="center"><b>Saturday 6<sup>th</sup> – Sunday 7<sup>th</sup> September 2025</b></p>											
	Paddler registrations close					Sunday 17 <sup>th</sup> August 2025						
	Entry closing date					Friday 22 <sup>nd</sup> August 2025						
<b>Short Code</b>	<b>Class</b>	<b>Sunday's races are Shaded</b>										
<b>INTER SERVICES</b>		<b>200m</b>			<b>500m</b>			<b>1000m</b>				
ISM	Inter Services Men	ISK1			ISK1	ISK2	ISK4	ISK1	ISK2	ISK4		
ISW	Inter Services Women	ISK1	ISK2	ISK4	ISK1	ISK2	ISK4					
<b>PARACANOE</b>		<b>200m</b>										
		<b>R1</b>	<b>R2</b>									
KMKL2+KL3	Men KL2/3 Kayak	K1	K1									
KWKL1+KL2+KL3	Women KL1/2/3 Kayak	K1	K1									
VMVL1+VL2+VL3	Men VL1/2/3 Va'a	V1	V1									
VWVL2 +VL3	Women VL2/3 Va'a	V1	V1									
CAN	<b>Andrew Bonham Memorial Event</b>						<b>C4</b>					
<b>NATIONAL SPRINT</b>		<b>200m</b>			<b>500m</b>			<b>1000m</b>				
MAK	Men A Kayak	K1			K1	K2	K4	K1				
MBK	Men B Kayak	K1			K1	K2	K4	K1				
MCK	Men C Kayak	K1			K1	K2	K4	K1				
MDK	Men D Kayak	K1			K1	K2	K4			K2		
MBK+ WBK	Mixed# Men D+ Women B					K2						
MDK+ WDK	Mixed# Men D + Women D					K2						
WAK/WBK	Women A/B	K1	K2		K1	K2	K4			K2		
WCK	Women C	K1	K2		K1	K2				K2		
WDK	Women D	K1			K1							
BAK	Boys A Kayak	K1			K1	K2	K4	K1				
BBK	Boys B Kayak	K1			K1	K2	K4	K1				
BCK	Boys C Kayak	K1	K2		K1		K4					
BDK	Boys D Kayak	K1	K2		K1		K4			K2		
BAK + GAK	Mixed# Boys A+ Girls A					K2						
BBK + GBK	Mixed# Boys B + Girls B					K2						
BCK+ GCK	Mixed# Boys C + Girls C					K2						
BDK + GDK	Mixed# Boys D + Girls D					K2						
GAK	Girls A Kayak	K1	K2		K1	K2	K4	K1				
GBK	Girls B Kayak	K1			K1			K1				
GCK	Girls C Kayak	K1	K2		K1		K4	K1				
GDK	Girls D Kayak	K1	K2		K1		K4			K2		
CMA/B + CBA/B	Canoe Men/Boys A/B	C1	C2		C1	C2				C2		
CWA/B + CGA/B	Canoe Women/Girls A/B	C1	C2		C1	C2			C1			
CMC/D + CBC/D	Canoe Men/Boys C/D	C1	C2		C1	C2				C2		
CWC/D CGC/D	Canoe Women/Girls C/D	C1	C2		C1					C2		
<b>MINI SPRINT SERIES</b>					<b>500m</b>							
MSA	Mini A	K1	K2	K4	K1		K4					
MSB	Mini B	K1	K2	K4	K1		K4					
<b>PADDLE – ABILITY</b>		<b>200m</b>			<b>500m</b>							
		<b>R1</b>	<b>R2</b>		<b>R1</b>	<b>R2</b>						
PAD	Paddle-Ability – Sat	K1	K1		K1	K1						
PAD	Paddle-Ability – Sun				K1	K1						

Mixed# = 1 male + 1 female:    R1 = 1<sup>st</sup> Run:    R2 = 2<sup>nd</sup> Run:    IS = Interservice Championships

## **BRITISH NATIONAL SPRINT REGATTAS**

### **SUMMARY OF TEAM LEADERS' RESPONSIBILITIES**

#### **PRE-REGATTA – At the Club and when submitting entries.**

- Notify any changes of Team Leader and Deputy Team Leader, including contact details for both to [regatta.entries@vol.paddleuk.org.uk](mailto:regatta.entries@vol.paddleuk.org.uk)
- Discuss any plans to change the club's racing colours with the Club Colours Official on [Regatta.ClubColours@vol.paddleuk.org.uk](mailto:Regatta.ClubColours@vol.paddleuk.org.uk)
- Ensure your club is affiliated to Paddle UK, Paddle Scotland, Paddle Cymru or Paddle Northern Ireland.
- Ensure all paddlers you register have achieved the relevant standards (time and proficiency) to compete at a British National Regatta.
- Ensure paddlers hold current 'On the Water' Paddle UK, or full Paddle Scotland, Paddle Cymru or Paddle Northern Ireland membership before submitting their entries.
- Update paddler information as required via the Online Entry System.
- Ensure that paddlers understand the Paddle UK Sprint Racing Competition Rules and the Terms/Conditions of Participation at a British National Regatta.
- Encourage paddlers to purchase their own Canoe Sprint Handbook.
- Advertise the British National Regattas to club members.
- Submit the regatta entries via the Online Entry System by the closing date and **arrange prompt payment of the Club's Regatta Entry Tickets.**
- Check for and pass on to your club members any additional or adapted rules, safety information or other changes notified via the emailed Team Leaders' Regatta Bulletins, the Regatta Guide or Programme via the SRC website, and updates from the Team Leaders meeting.
- Check the timetable for clashes or problems and the regatta Start Lists to ensure all your entries are shown correctly.

#### **BEFORE THE START OF RACING**

- Ensure paddlers and their boats are adequately prepared for the conditions.
- Ensure that all paddlers are aware of and comply with all safety measures.
- Check that boats have sufficient and visible additional buoyancy to keep the boat floating level with the surface of the water and able to support the crew when capsized.
- Attend the online Team Leaders meeting to confirm the club's entries, crew changes or deletions submitted electronically have been accepted.
- Late Entries may be accepted by the Chief Official, only at the Team Leaders meeting when there are lanes available.

#### **DURING COMPETITION**

- Ensure paddlers arrive on time for their races with the correct lane number and wearing club colours which are visible.
- Ensure that required K4s/C4s, are booked in advance of the race.
- Be available during the competition to submit the online forms, on behalf of your club for any crew changes or deletions.
- Be available during the competition to answer queries or receive notification of disqualifications, problems or protests involving paddlers from your club.
- Collect from, and promptly return to, the Information Desk all Long-Distance Race Numbers. A deposit of **£10.00** is required.

#### **AFTER THE REGATTA**

- Share the Official Results with your club members.
- Advise your club paddlers of any promotions or demotions

# NATIONAL SPRINT REGATTAS

## Terms/Conditions of Participation

### 1. Team Leader Appointment

- a) Clubs need to register in advance the name of their Team Leader (and if you wish, a nominated Deputy or Assistant), to receive a password for the Online Entry System, accessible via <https://canoesprint.paddleuk.org.uk>
- b) If the registered Team Leader is unable to attend a regatta, nominate and provide contact details for a Temporary Team Leader for that regatta while making the online entries for the regatta, via [Regatta.entries@vol.paddleuk.org.uk](mailto:Regatta.entries@vol.paddleuk.org.uk)

### 2. Communication

The Organising and Competition Committees will only communicate with Team Leaders (or their nominated deputies/temporary team leader). Unauthorised persons must not enter any official's area unless invited by the Competition Committee or the Jury.

### 3. Safety

3.1 Team Leaders are responsible for the safety of their club members and should ensure: -

- a) Paddlers are suitably dressed for the weather, water and race conditions.
- b) All attendees from their club comply with all safety restrictions which may be in place.
- c) Paddlers can perform basic capsized drills and have been briefed on what to do when approached by an umpire boat.
- d) Paddlers can swim at least 50 metres in clothing without a personal flotation device.
- e) Boats must have sufficient buoyancy to float level with the surface of the water whilst supporting the crew when capsized. Boats inherent buoyancy must be supplemented by additional and visible fixed flotation material or by the provision of sealed bulkheads.
- f) All competitors are in possession of a Personal Flotation Device that conforms to the BS EN ISO 12402-5 standard.
- g) Personal Flotation Devices must be worn whenever paddling on the course by Paddle-Ability, Mini Sprint, and Junior D, kayak and canoe ability classes.
- h) Paddlers are aware that the Competition Committee may at their discretion, cancel or postpone racing, or insist on the wearing of PFD. Whenever personal flotation devices are compulsory (for defined classes of paddlers, or all), an **orange flag** will be displayed on the flagpole by the finish tower.

3.2 In the event of an electrical storm paddlers must leave the course immediately.

A public address announcement will be made, and umpire boats will ring a bell or a klaxon. Racing will not recommence until deemed safe by the Competition Committee.

### 4. Club Colours

4.1. The Paddler's registered club colours must be worn and be visible when competing.

- a) For crew boats where more than one club is represented, paddlers must wear the club colours for the club they are registered with.
- b) Clubs racing for the **first time at a National Regatta** may request exemption by applying to the Club Colours Official on [Regatta.ClubColours@vol.paddleuk.org.uk](mailto:Regatta.ClubColours@vol.paddleuk.org.uk) to arrange a limited period when the club's competitors can wear a plain white shirt with no markings. The club must register colours within this limited period.

### 5. Entries.

- a) Team Leaders must submit online entries before the entry deadline.
- b) Team Leaders are responsible for the **prompt payment of their club's Regatta entry tickets**. **Payment must be made** either by a direct bank transfer, by phone to the Paddle UK Office (using a credit or debit card) or by posting a cheque to arrive at least **seven days** before the regatta to the Paddle UK Office.
- c) A late payment surcharge, **additional £5 per competitor**, can be charged if the Club's payment, (as 5.b above) is not received, a week prior to the regatta.
- d) Telephone entries will not be accepted.

## NATIONAL SPRINT REGATTAS

### Terms/Conditions of Participation

#### 5. Entries Cont'd

- e) Unless advised otherwise, the Entry Closing Date is 10 pm on the Friday, two weeks before the event, as detailed on page B1 and the Event Schedule.
- f) Entries will not be accepted after the Entry Closing Date.
- g) No refund of the Regatta Entry Tickets will be made in the event of cancellation of part or the whole of the competition, for whatever reason.

**If you require more information or assistance, please email either:**

**[regatta.entries@vol.paddleuk.org.uk](mailto:regatta.entries@vol.paddleuk.org.uk) for a password for logging in to the Online Entry System, or for technical queries with the system; or [regatta.chiefofficial@vol.paddleuk.org.uk](mailto:regatta.chiefofficial@vol.paddleuk.org.uk) for queries regarding the rules or the events.**

#### 6. Notes on Classes

a) Kayak competitors are divided into Men and Women; these two subdivisions are then further divided by age into, Seniors (over 18), and Juniors (under 18yrs), They are then further divided into age groups, or ability classes as shown on the Standards for Racing (page A11).

b) Masters; the first year a paddler can compete in a Masters' age group British National Championship event, is the year of their thirty fifth birthday (35th).

c) Canoe paddlers are divided into Men and Women. These two subdivisions being further divided into two age groups Senior and Junior. They are then divided into age and/or ability classes as shown on the Standards for Racing (page A11).

Note: When appropriate, Canoe paddlers will be merged with the most suitable kayak ability or age group category, such as Womens or Girls Kayak.

d) Promotions/Demotions within ability classes will be based on improvement/decline in standard of performance during the regatta while allowing for any changing weather conditions. **Note:** See page A12 for more information on how promotions are calculated. **Promotions** once ratified by the Sprint Racing Committee Ranking Officer are notified as part of the Official Results published after the regatta and will take effect at the next regatta. **Demotions** once ratified by the SRC Ranking Officer will be notified to the paddler's Team Leader. Team Leaders must respond immediately to the demotion notification if they wish to request a deferral due to mitigating circumstance with a reassessment at the next British National Regatta the paddler attends.

e) When applying for registration, submit a recorded 500m time from a race or time trial, so that new paddlers can be classified in the class best suited to their ability. Beginners **do not** automatically start in the "D" ability group.

f) The charts 'Standards for Racing' on page A11 demonstrate the way in which the subdivision bands are made up according to speed, with the fastest and slowest times for each class. Times in between indicate how times can be changed depending on the Handicap applied to allow for the weather conditions.

Note: Penalty Points may be awarded if the minimum standards time for British National Regattas are not achieved.

g) Combined Events - To facilitate programming, the Organising Committee reserves the right to combine classes in any distance at any regatta.

**h) Paddlers can ONLY race in their designated class for all single (K1 and C1) events.** Exceptions may be made only at the request of a national coach. (contact via [james.train@paddleuk.or.uk](mailto:james.train@paddleuk.or.uk))

## NATIONAL SPRINT REGATTAS

### Terms/Conditions of Participation

#### 6. Notes on Classes Cont'd

i) Competitors can only 'race up' in crew boats in a 'Standards for Racing time band' above their designated K1/C1 ability class or an age group. The crew boat must have at least one paddler of the designated class and should be competitive within that designated class.

**Note:** The racing-up classes for combined crew boat events that include two or more ability or age group classes are Standards for Racing time bands below the event's lowest designated class.

The following exceptions apply: -

- i) Men or Boys may not paddle in Women or Girls races
- ii) Seniors or Masters may not paddle in Junior races
- iii) Seniors or Juniors may not paddle in Masters Championship age group races

The timetabling of races cannot allow for racing out of class in crew boats.

#### 7. Open and British National Championships:

Age classes	Born between	Age class abbreviations
<b>Junior paddlers will race in the following Age Classes</b>		
Under 14	2011 or later	BU14 GU14 CBU14 CGU14
Under 16	2009-2010	BU16 GU16 CBU16 CGU16
Under 18	2007-2008	BU18 GU18 CBU18 CGU18
A junior paddler promoted to Senior status on ability may for National Championships and selection events, race in his/her junior age group.		
<b>Senior paddlers will race in the following Age Classes</b>		
Under 23	2002-2004	MU23 WU23 CMU23 CWU23
Senior	2001 or earlier	MOK WOK CMO CWO
<b>Masters paddlers will race in the following Age Classes</b>		
Over 34	1981-1990	MO34 / WO34
Over 44	1971-1980	MO44 / WO44
Over 54	1961-1970	MO54 / WO54
Over 64	1960 or earlier	MO64 / WO64
<b>Paracanoe paddlers will race in the following classification groups</b>		
Paracanoe	Kayak	KMKL1 KMKL2 KMKL3 KWKL1 KWKL2 KWKL3
Paracanoe	Va'a	VMVL1 VMVL2 VMVL3 VWVL1 VWVL2 VWVL3

#### 8. Before the Team Leaders meeting: Check your Programme

a) Team Leaders should check the digital version of the Regatta Programme, as soon as it is published, to identify any issues that require resolution at or before the Team Leaders Meeting.

**Note.** You may find it useful to print a copy of your entries for this purpose as the meeting goes very quickly and leaves no time for hesitation.

b) The Organising Committee will do its best to arrange the programme for all races in each class are scheduled to give a minimum rest period of 40 minutes between races. Any competitor entering crew boats above their designated class, or in two designated classes i.e. kayak and canoe or selection and ability events, the programme can't accommodate.

#### 9. Team Leaders Meeting

a) The Team Leaders Meeting will be a virtual meeting on the Tuesday evening before the regatta. If the meeting cannot be completed in a reasonable time it will be adjourned and the time of the reconvened meeting announced.

b) Only a nominated Club Team Leader can submit online deletions (N.B. no refunds will be made) or crew changes of pre-paid regatta participants before or during the Team Leaders Meeting.

# NATIONAL SPRINT REGATTAS

## Terms/Conditions of Participation

c) The Team Leader is responsible for full payment of all the club Regatta entry costs. Failure to pay all the club's entry costs a week before the regatta can incur a late payment surcharge of an additional **£5 per competitor**.

### d) Procedure for Team Leaders Meeting:

- if) Team Leader must sign in virtually on arrival using the chat function for the meeting.
- ii) Meeting will commence promptly at the announced time.
- iii) The Chief Official will announce Health & Safety restrictions and technical information.
- iv) If there are any objections to the programmed order of events, these must be raised by Team Leaders at this stage. Team Leaders should indicate they wish to speak via the 'raised hand' function, then wait until their name is called.

### e) Deletions and crew changes:

- i) Deletions and crew name changes of pre-paid regatta participants can be submitted electronically before the meeting.
- ii) The Chief Judge will call out in order each set of heats (or finals if there are no heats). Events will be dealt with in race order.
- iii) Team Leaders who have submitted amendments can confirm their crew changes are accepted and actioned. A Team Leader with a query, should indicate they wish to speak via the 'raised hand' function. When their name is called to speak, clearly state the race number, lane number, club and the competitor's name(s) of the entry they wish to question.
- iv) A Team Leader with unfilled crew boat seats when entries close, must complete the crew boat during the Team Leaders' meeting or the boat will be deleted from the event.

## 10. Lane Numbers

a) All boats must be fitted with a number slot on the centre aft line of the boat and the correct lane number board must be displayed in all races.

b) Races of 1000m or less require a lane number. Sets of numbers 1-9, are available for sale from the Information Desk.

c) For races over 1000m in length, long distance race number boards are obtained from the Information Desk. By Team Leaders after completing a LD number request form for all the numbers the club requires that day and a **deposit of £10 will be charged**. If any numbers are lost or not returned £5 per board will be charged.

## 11. Crew Names

a) Notification of late deletions, or if allowed changes to crew names, of pre-paid regatta participants, must be submitted using the online form at least 60 minutes before the event.

b) Crew boats without notification of a full set of names may be allowed to start the race but will not appear in the results, nor will they go forward to the next round of the competition.

c) Paddlers who take the place of other paddlers without the 'change of crew' online notification being accepted, will incur one penalty point for each paddler in the boat and the boat may be disqualified from the event.

## 12. K4/C4 Hire

a) K4s/C4s for hire will be stored on racks outside the boathouse at the end of the course.

b) K4s/C4s must not be put down on the ground and crews must not sit in the K4s/C4s except when they are on the water.

## **NATIONAL SPRINT REGATTAS**

### **Terms/Conditions of Participation**

- c) Younger paddlers must be supervised by a responsible adult when launching and recovering the boats. The Organising Committee reserves the right for the Boathouse Official to refuse a boat to any youth crew that is not accompanied by an adult.
- d) Check your boat before you use it. If it is not in order or damaged, please report the fact to the Official so that you are not accountable for any loss or damage.
- e) C4s/K4s can be booked for any race during the day as soon as the boathouse is open, and the Boathouse Official is present.
- f) The fixings for the K4 seats cannot be guaranteed, crews may be required to supply their own wingnuts and toggles when they report to collect the boat they have booked.
- g) Crews must use the allocated boat or risk disqualification from the race.
- h) Plastex or Nelo K4s will be allocated to Senior or Junior A (or combined A/B) class events, or for international selection races.

#### **13. Protests & Disqualifications**

- a) Notification of disqualification will only be made to the Club's Team Leader or his/her nominated deputy. Failure to notify a disqualification does not invalidate the disqualification.
- b) Protests (or Appeals) to the Competition Committee (Jury) must be made by the Club's Team Leader (or previously notified deputy) within the permitted 20-minute time limits.

**Note:** While every effort is taken to do so it is impossible to adequately umpire all races in every regatta. Where infringements are observed these will be reported to the Competition Committee who will, when necessary, inform the offending paddler's Team Leader. Not all infringements may be observed by Officials, Team Leaders have a responsibility to explain this situation to paddlers who might become frustrated by what could seem to be an arbitrary system of justice.

#### **14. British National Regatta Draws and Results**

The lane draws for Finals, following the publication of the heats' unofficial results, are available online during the regatta from [www.regattaresults.org.uk](http://www.regattaresults.org.uk).

**Wait at least 15 mins** after the last heat before checking for details of lane draws for the resultant finals.

The Official Results, including promotions, will be available as soon as possible after the event from <https://canoesprint.org.uk/>

#### **15. Car Parking**

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

Particular attention should be paid to the access road in the vicinity of the Centre Buildings.

**Note:** The access road and pontoon on the seating side of the tower is a **No Parking Area**.

- a) Team Leaders **MUST** take an active part to ensure their club members observe any vehicle parking instruction that may be applied.
- b) Parked cars or trailers must not obstruct the launching access for K4s to the concrete pontoons in front of the boathouses.
- c) Owners should always park their vehicles as directed by the Parking Stewards within the designated parking areas, responsibly, safely and without causing an obstruction.
- d) At certain times during a competition it may become necessary for safety reasons to restrict movement of vehicles on all, or parts of, the access roads around the course. Notice will be given if this is required.

## **NATIONAL SPRINT REGATTAS**

### **Terms/Conditions of Participation**

#### **16. System for junior club associate membership of a Paddle UK Affiliated Club**

a) A junior club associate member need not be a full member of Paddle UK to race in the Mini Sprint Series and Junior D Classes provided they are a member of a PUK affiliated club. The membership number used for sprint registrations is the paddler's club associate number.

b) When promoted to class 'C' or above, the junior must become an 'On the Water' member of Paddle UK in their own right. **Team Leaders are responsible for ensuring that newly promoted junior C paddlers become a Paddle UK 'On the Water' member and update the Online Entry System database with the junior's new PUK membership number before submitting any further entries for that paddler.**

#### **17. 'Tiddly Winks' and Boards**

Coloured counters (known affectionately as Tiddly Winks) are awarded for the first three places in all Final One. These awards can be collected from the Information Desk. Also available, to purchase, are small wooden boards on which the self-adhesive counters can be mounted for posterity!

18. All British National Regattas are held in accordance with Paddle UK Sprint Racing Competition Rules and these British National Regatta Terms/Conditions of Participation.

#### **Paddle UK British Sprint 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.

***In the event of unsuitable weather conditions, the organisers may at their discretion cancel or postpone races or insist on the wearing of Personal Flotation Device. An Orange flag will be displayed on the flagpole by the Finish Tower to indicate that buoyancy aids are compulsory for any (or all) classes of paddlers.***

# BRITISH NATIONAL SPRINT REGATTAS

## Disciplinary Procedures

### Offences Incurring Penalty Points

The Chief Official as Chair of the Competition Committee has the final discretion for all disciplinary matters of a minor nature, under the operation of a penalty points system (see Rule 31 of the Paddle UK Sprint Racing Competition Rules). The Competition Committee may issue penalty points to paddlers in respect of the following offences that are considered to be detrimental to the efficient operation of regattas and / or potentially hazardous.

#### Code Infringement

- C Racing in incorrect colours
- N Racing with incorrect or missing number
- Z Failure to observe water zoning procedures
- S Unauthorised substitution for another paddler
- F Failure to report, having qualified, for a final
- D Conduct during racing likely to cause injury or damage to equipment
- L Use of offensive language
- U Underweight boat (see note 1)
- R Failure to report to Boat Control immediately (see note 2)
- B Insufficient buoyancy (see note 3)
- T Race times below minimum Sprint Standards of Racing for National Regattas (see note 4)

#### Notes

1. Weights must be properly fixed to the boat or seat. Stones in a bag loose in a boat or any other temporary system will not be accepted.
2. Boats required by Boat Control will be notified shortly after the finish of the race. The required boats' lane numbers will be displayed on the pontoon by the Finish Line and the lane numbers will be announced by Commentary.
3. Boats' buoyancy will be checked. Penalty points will be applied, or competitors can be disqualified from a race if Officials find a boat has been on the course without visible additional buoyancy (or fixed bulkheads).
4. Applicable only to the slowest classes for each group, i.e. when paddlers can't be demoted, (Mens D, Womens D, Boys D & Girls D)

### Accumulation of Penalty Points and Penalty Fines

1. When a paddler accumulates a total of 4 or more penalty points, he / she is liable for a fine of £10 per point in excess of 3 points.
2. Fines are to be paid at the Regatta Information Desk
3. **A paddler liable for a fine cannot race until the fine has been paid.**
4. Penalty points are accumulated over 4 consecutive regattas and are not restricted to a single year. Thus, for example, penalty points incurred in the last regatta of the year will remain active until the start of the 4<sup>th</sup> regatta of the following year.

### Notification

Team leaders may be notified when a penalty point has been issued to a paddler from his / her team. A record of all the active penalty points is listed at the end of the official results for each regatta.

### Disciplinary Matters of a More Serious Nature.

In respect to all other disciplinary matters the Chief Official, Competition Committee and the Competition Jury must act as described in the Sprint Racing Competition Rules which include penalties in accordance with Paddle UK Rules or Disciplinary Regulations.

**N.B.** A reported incidence of dissent / abuse towards a Regatta Official, another competitor or their equipment, or a spectator, must be treated as conduct prejudicial to the interests of the sport and dealt with under Paddle UK Disciplinary Regulations.

# NATIONAL REGATTA OFFICIALS AND VOLUNTEERS

The organising and running of our National Regattas is implemented entirely by volunteers. Several officials work throughout the year in Pre-Regatta groups that liaise with the Sprint Racing Committee, the Performance Department and HPP Centre, they also update club colours, and paddler registrations. These officials also follow up issues that arise during and at the end of the season.

We have an IT team who manage the development of the software for online entries, online results and the preparation of the official results. Live streaming is also being developed with professional external input.

Your National Regattas only run smoothly because of the people who volunteer their time on the day. These volunteers are mainly parents of current and ex paddlers. They are all supporting a discipline that is developing the young paddlers of today for the future. Without the help of **new volunteers** our regattas will, eventually, not function as smoothly as they do at present. Our existing team often work solidly throughout the weekend without breaks. You are probably not aware of this, but that is why we always need more help.

We are continually asking clubs for more assistance to help run our increasingly popular regattas. No experience or special skills are required. Each person is a small cog in a large wheel, which makes each area manageable. Working as a team is important along with a sense of humour and commitment to the time you are able to offer. Just half a day helping, whether morning or afternoon, would support and develop our team. We also need First Aiders to work on a rota basis as part of the team led by a full-time paramedic who takes overall responsibility for reporting accidents. All clubs have qualified First Aiders who could help with this important service.

**Interested? Please contact [Ann Hoile by email](#) or at the Information Desk during the regattas. You are invited to come and sit alongside experienced officials to find out what is involved. Whilst learning on the job we also organise a 'Workshop' day where we meet to catch up on developments for the year ahead. Developing the number of officials to increase the knowledge and experience is a highly important area.**

## **Stop Press: Please read below.**

For any club that enters ten or more paddlers, you are expected to provide at least one volunteer to help run the regatta. We are happy for volunteers from smaller clubs too of course.

The following clubs have already provided Volunteers regularly at Regattas.:

ADL, ANK, BAN, CLM, DEV, EAL, FLA, GAI, GLO, IND,

LBZ, LKR, NOR, RIC, RLS, ROY, SOU, TON, WEY, WHI.

**If your club is not listed, please consider who could help us this year.**

**The Regatta Volunteer's Inter Club Award.** All volunteers will earn points. One point for each half day worked. Once a minimum of 8 points has been accumulated, they will be transferred to the volunteers nominated club. Points will also be awarded for attending an Officials' workshop.

## **ICF OFFICIALS**

Officials who have gained experience in key areas can go on to take the International Canoe Federation (ICF) Technical Officials Examination (ITO). This enables them to officiate at International Regattas. These officials must have worked a minimum of 50% of the regatta days during the current year to qualify to apply to be nominated for an international appointment. Regatta officials interested in knowing more about the ICF Examination please [contact the Chief Official](#).

The following Officials have all gained International Canoe Federation ITO status.

Phil Caisley, Paul Edwardes, Sara Edwardes, Martin Hook,  
Steve Jones, Liz McGown, Adam Miles, Cathy Wynne.

# THE MINI SPRINT SERIES 2025

The Mini Sprint Series will be run alongside all the National Sprint Regattas held at Holme Pierrepont in Nottingham during 2025.

The Mini Sprint Series has been specifically developed to suit the needs of **U12 paddlers** who have chosen this discipline at this time. It is part of the Paddlesport foundation, which helps them progress into whichever discipline they may eventually choose. The programme has taken into account that full-sized K1s, K2s and K4s may be too large for the majority of 9 to 12-year-olds and require personalised fittings to ensure safety on the HPP water conditions. Paddle UK's Paddlesport Participation Programme and Paddle UK's Sprint Racing Committee formed the Mini Sprint Series. This had evolved from the Lightning series that was originally only a K1 event. As a weekend competition it provides racing experience on the National course so that the paddlers can have a smooth transition into the Junior Class D events.

The aim of the series is:

- To introduce young paddlers to the venue.
- To develop experience in sprint competition at a national event.
- To develop teamwork.
- To provide an opportunity to develop competitive paddling skills.
- To provide motivation to progress through to the main classes.
- To meet and make friends with paddlers from other clubs.
- **To enable young paddlers to have fun and become confident, competitive sprint race paddlers.**

## Team Leaders notes on entries and kayaks.

**It is the club team leader's/coach's responsibility to make sure that their U12 paddlers who want to race in the Mini Sprint Series have achieved Paddle Explore qualification or have the paddling competency equivalent to that award and are confident and competent to paddle down the HPP course in their boat.**

**All paddlers racing in MINI-A (MSA) and MINI-B (MSB) must always wear a buoyancy aid when they are on the water. The buoyancy aids must conform to the standards of BS EN ISO 12402-5.**

- Promotion from the MINI A class to BDK or GDK will be based on paddlers achieving the minimum time for D Class.
- **MINI-B class to be allowed to use Mini Kayak specified boats in addition to Lightning boats, but not full-sized racing boats.**
- **MINI-A class to be allowed to race any Sprint K1, including Mini-Kayak and Lightnings.**
- Following a review of current Mini-Kayak specifications from several suppliers, these boats should not exceed 4.2m in length (self-regulated) and there will be no minimum weight.
- The paddlers will compete over 200m in K1s at all regattas with heats and finals on the main regatta course.
- Hody-style K2s and Rocket K4s will remain at 500m at all regattas, with heats and finals on the main regatta course.
- The cost of the Regatta Event Ticket for the regatta is the same as the other junior categories.
- **Please ensure you enter your paddlers in the correct category based on time, not age.**

# THE MINI SPRINT SERIES 2025

- Clubs should bring their own Hody-style K2. If using a make other than Hody please inform the Chief Official before the event. [Regatta.ChiefOfficial@vol.paddleuk.org.uk](mailto:Regatta.ChiefOfficial@vol.paddleuk.org.uk)
- Only Rocket K4s will be used for K4 events and can be supplied by the SRC. Clubs may bring and use their own Rocket K4s.
- Please note that participation certificates will be available for the Team Leader to collect at each regatta from the Information Desk.

## When booking a K4

The Team Leader who starts a booking for a K4, which has unfilled seats when entries close (even when combining with paddlers from other clubs) is responsible for completing that crew boat at the Team Leaders meeting. Any crew boat with unfilled seats during the Team Leaders meeting will be deleted from the event, the same as with all other classes. Changes to the named paddlers can be made by a Team Leader via the Online Crew Change form, either before the Team Leader's meeting or during the regatta up to 1 hour before the race, providing the other club's paddlers and Team Leaders know of the changes.

## Mini Sprint Cup Series

This series is a whole-season competition, and the **Marsport Trophy** will be awarded at the final regatta to the club with the most points. Individual paddler points will also be awarded for each event during the season, with double points being awarded at The MacGregor Inter-Club Regatta.

## Mini Sprint Cup Rules 2025

- Points are accumulated at each event leading to a final at the September Regatta.
- **Mini Sprint points do not count towards The MacGregor Inter-Club points.**
- At the MacGregor Regatta, the Mini sprints receive double points for their paddling, and these go towards the Mini Sprint Cup competition, which runs separately from the main Inter-Club Competition.
- The Mini Sprint Series Cup includes overall prizes for both male and females in each category and an overall club prize. Details are as follows:

## Entry Conditions

To enter the Mini Sprint Series, paddlers must be under 12 on 1<sup>st</sup> January 2025 and have achieved at least Paddle Explore standard. They must be able to paddle a K1 Lightning or Mini-Kayak over 500m in less than 4 minutes OR a K1 Lightning, Mini-Kayak or Sprint K1 over 500m in less than 3 minutes 30 seconds. **Before placing entries, the club coach must ensure that their paddlers are competent and confident to paddle on the regatta course at HPP.**

## Categories

- MINI-A (MSA) for those who can complete 500m in under 3 minutes 30 seconds
- MINI-B (MSB) for those who complete 500m between 3 minutes 30 seconds and 4 minutes

## Entries

- The Regatta Entry Ticket included all entries made as part of your club's pre-regatta entries.
- **Please read notes on entering Rocket K4**

# THE MINI SPRINT SERIES 2025

## Events

**K1 events will be on Saturdays, and K2 and K4 events will be on Sundays at all regattas.**

## Points Scoring

All National Mini Sprint winners (individual) are awarded points as stated below. These scores are added to their Mini Sprint Inter Club score.

**All points scored will count only towards The Mini Sprint Series Team and individual events.**

### **At the National Regattas in K1, K2 and K4.**

- 1st place scores 10 points, 2nd place scores 9 points etc. down to 10<sup>th</sup> place where everyone after that scores 1 point, the total number of points scored across K1, K2 and K4 will be added together to determine the results at each regatta. For the K2/K4 races, the same points scoring system will be used, i.e. the winning crew will receive 10 points **for each paddler**.

### **At the Inter-Clubs Regatta in K1, K2 and K4**

- 1st place scores 20 points, 2nd place scores 19 points, etc., down to 20th place where everyone after that scores 1 point, the total number of points scored across K1, K2 and K4 will be added together to determine the results. For the K2/K4 races, the same points scoring system will be used, i.e. the winning crew will receive 20 points **for each paddler**.

## Team Event

The team points scoring system is based on the club's results at each regatta. These are then added to their Mini Sprint Inter Clubs points score.

## Prizes:

- At each regatta, Tiddly Winks will be awarded for 1st, 2nd & 3rd places **in the K1 Final One only** of each category. Also the three fastest K2/4 crews in each category within the Mini Sprint Series.
- Medals will be awarded to the overall series winners - 1st, 2nd, 3rd male and female. The Marsport Trophy will be awarded to the Club that has accrued the most combined category points.
- All participants will be awarded a Certificate each month they enter. These are available for collection by the Team Leader from the Information Cabin.
- Boards to mount the sticky-backed Tiddly Winks may be purchased from the information Desk.

## Promotions

- Promotion from Mini Sprint Category MINI-B to MINI-A will be based on K1 200m times.
- Promotion into Boys D and Girls D is based on normal regatta entry guidelines. This is only done after a discussion with the team leader.

When a paddler is too old to participate in the Mini Sprint Series, **they do not automatically move to the Junior D classes**. Paddlers must reach the required standard. See the Standards Charts on **pages A11 and A12**. **They will be allowed to paddle in Junior D Class crew boats, with established Junior D Class paddlers.**

# PADDLE-ABILITY

Paddle-Ability is the term used by Paddle UK to describe all Paddlesport activity for disabled people. The term focuses on a person's ability to take part in Paddlesport rather than their disability. Paddle UK encourages and supports anyone with any disability or impairment to participate in competition in specific Paddle-Ability events and mainstream competitions. Specific Paddle-Ability events are held at the British National Regattas in Nottingham from April to September. Racing is based on ability (in time bands).

## Eligibility

- Paddle-Ability competition is open to any paddler with a disability/impairment or long-term disabling illness. This can be physical, sensory, or intellectual. \*\*
- Competition will be divided by age (Junior and Senior) and gender.
- A Junior competitor is someone aged under 18 years on the 1st of January of the year in which the event takes place.
- Competition with a large number of younger paddlers, organisers may divide the competition further and provide an under 14 category, i.e., under 14 years on the 1st of January of the year in which the event takes place.

\*\* If proof is needed, especially for those impairments which are "invisible", for example, Cystic fibrosis, Epilepsy, ADHD and ASD, a variety of documents may be submitted by the paddler. These include GP or Consultant letters, DLA or PIP papers, and SEN statements.

## Boats and Equipment

- Competitors may race in any standard racing Kayak (K1 or K2), Canoe or Va'a
- Competitors may race in any straight-line running boat, which may be suitable as a beginner's racing boat which may be more stable than a standard racing boat.
- Any physical adjustment may be made to the boat, which is required to meet the competitors' additional needs. For example, an outrigger may be placed on a standard racing kayak to aid stability if needed.
- Any adjustment may be made to a paddle or buoyancy aid to meet the competitors' additional needs.
- A Kayak may be raced with or without a rudder, and a rudder may be immobilised if required. However, a Canoe or Va'a must be raced without a rudder.
- Any athlete wishing to be considered for Paracanoe sprint racing, must have a National Paracanoe Classification, and must compete in a boat which meets the Paracanoe dimensions.

## Safety

- Buoyancy aids that meet the minimum standard of BS EN ISO 12402-5. must be worn by all competitors under the age of 18, and by all competitors who do not have a strong swimming ability.
- Escort boats may be provided to assist competitors to the start line.
- Escort boats may follow the race down the course, but the support paddler must not coach the competitor.

# PADDLE-ABILITY

## Safety Cont'd

- Support paddlers must not cross the finish line until **all** competitors have finished.
- Escort boats will be expected to wear yellow escort bibs.
- All boats must have suitable buoyancy (see Sprint Competition Rules 11.1 to 11.8). It is the responsibility of the coaches and team leaders to ensure that there is adequate buoyancy in their competitors' boats.

**Paddle-Ability available sprint events**, when there are sufficient competitors are: -

K1: 200m, 500m                      K2: 200m, 500m,  
V1: 200m, 500m.

The British National Regattas with Paddle-Ability sprint events, can be found on this link:  
<https://canoesprint.org.uk/all-events/upcoming-events/>

Entries for British National Regattas must be submitted, in advance (at least two weeks), same as other club sprint entries, via the Club Team Leaders. If your club does not already have an appointed Sprint team leader, please contact:

[Gregory.vanheerden@paddleuk.org.uk](mailto:Gregory.vanheerden@paddleuk.org.uk)

Further Paddle-Ability information, including the full rules, 500m & 200m time bands for Canoe/Va'a are on the SRC website via this link: [Paddle-Ability – Canoe Sprint Racing UK](#)

More information about Paracanoe Classifications can be seen on this link:

<https://paddleuk.org.uk/paracanoe-classification/>

## Paddle-Ability Time bands for Kayak 500 metres

Time band	Men	Junior Men	Women	Junior Women
A	2:16 *	2:26 *	2:32 *	2:40 *
B	2:31	2:41	2:47	2:55
C	2:51	3:01	3:07	3:15
D	3:16	3:26	3:32	3:40
E	3:46	3:56	4:02	4:10
F	4:16	4:26	4:32	4:40
G	4:46	4:56	5:02	5:10
H	5:16	5:26	5:32	5:40
I	5:46	5:56	6:02	6:10
J	6:16	6:26	6:32	6:40

\*= this is the time standard for competitors in Paddle-Ability to cross over into the Main Regatta Competition in Band D if they wish to do so.

## PADDLE-ABILITY

As there are no specific Paracanoe 500 metre races at present, Paracanoe competitors can follow the same path as Paddle-Ability to cross over into the Main Regatta Competition.

For paddlers who are aiming to progress further in the main British National Regattas the following are the Time Standards for Band C.

To compete in the main National Regatta Band C, Male Para or Paddle-Ability competitors must achieve a time of 2:06, whilst Female Para or Paddle-Ability competitors must achieve a time of 2:22.

To compete in the main National Regatta Band C, Junior Male Para or Paddle-Ability competitors must achieve a time of 2:16, whilst Junior Female competitors must achieve a time of 2:32.

NOTE: all competitors entering Paddle-Ability competition at a British National Regatta must have posted a 500m time of 4 minutes or less.

### Paddle-Ability Time bands for Kayak 200 metres

Time band	Men	Junior Men	Women	Junior Women
A	:49 *	:52 *	:54 *	:57 *
B	:57	1:00	1:02	1:05
C	1:05	1:08	1:10	1:13
D	1:15	1:18	1:20	1:23
E	1:25	1:28	1:30	1:33
F	1:37	1:40	1:42	1:45
1	1:49	1:52	1:54	1:57
H	2:03	2:06	2:08	2:11
I	2:17	2:20	2:22	2:25
J	2:33	2:36	2:38	2:41
K	2:49	2:52	2:54	2:57

\* = This is the time standard for any competitors in Paddle-Ability to cross over into main British National Regatta Competition in Band D if they wish to do so.

:49 seconds = entry level for KL3 Men to Paracanoe competition at National Regattas

:52 seconds = entry level for KL2 Men to Paracanoe competition at National Regattas.

:58 seconds = entry level for KL1 Men to Paracanoe competition at National Regattas.

:59 seconds = entry level for KL3 Women to Paracanoe competition at National Regattas

1:01 = entry level for KL2 Women to Paracanoe competition at National Regattas.

1:06 = entry level for KL1 Women to Paracanoe competition at National Regattas

NOTE: all competitors entering Paddle-Ability competition at British National Regattas must have posted a 200m time of 2 minutes 30 sec

# INTER-CLUB NATIONAL COMPETITION

## The MacGregor Paddle Challenge



John MacGregor M.A., Trinity College, Cambridge; (1825-1892) Barrister-at-Law, Captain of the Royal Canoe Club, through his extremely popular books and magazine articles from 1865 to 1892, practically invented the sport of canoeing (or kayaking).

The beginning of recreational canoeing can be traced directly to an Englishman, called John MacGregor, in the middle of the nineteenth century. He was a man with a penchant for boat design and exploration, who developed his craft based on the Eskimo Kayak, which he named *Rob Roy*. He took the boat on long journeys along the rivers and across the lakes of Europe, lecturing and writing about his travels as he went. His tales attracted quite a following and soon there were many kayaks in Great Britain based on his kayak design that is still referred to as a *Rob Roy*.

Canoes are the larger category under which kayaks fall: while all kayaks are canoes, not all canoes are kayaks. Paddlers in kayaks sit with their legs stretched out in front of them and canoeists generally paddle from a kneeling position. Most canoes are open hulled; while kayaks have covered decks. Canoe paddles are typically single bladed, while kayak paddles are double ended.

Some might say these differences occur because of the type of water available, but a look at the evolution of British canoeing culture during the past one hundred and twenty years would suggest that the major changes are due to those who have written and taught, coupled with the availability of canoes or kayaks.

The first period from 1865 evolved from the founder of British canoeing, John MacGregor. His book, *A Thousand Miles in the Rob Roy Canoe*, fired the imagination of the Victorians. The '*Rob Roy*' was a stable kayak, went in a straight line and had a large cockpit. Made of wood, it was easy to handle and a boat in which any beginner would have felt safe. In this period, wooden canoes were imported and were used for family outings and touring, the limitation to the growth was the cost of the wooden craft.

The second period from the 1930s to the 1950s is identified with the wooden frame and canvas kayaks and the start of the BCU Coaching Scheme. Percy Blandford wrote books and produced a host of designs for the Scout movement, which brought canoeing to a much wider number of people. The low cost, make-it-yourself PBK (Percy Blandford Kayak) designs, were, like the '*Rob Roy*', stable, went in a straight line, and had large cockpits. The British Canoeing Coaching Scheme was started in the 1950s by John Dudderidge. The original proficiency tests were designed around the use of the open cockpit straight-line kayak.

The third period, which had a massive impact on both the expansion and the change in direction of British canoeing culture started around the early 1960s, when in 1962, the BCU appointed its first Director of Coaching, Oliver Cock, giving added drive to what was to become a very powerful teaching scheme. For various reasons, the Coaching Scheme became more and more interested in rough water canoeing. At the same time, glass reinforced plastic became available. Moulds were produced for the home builder and the designs reflected the interest in rough water. Thousands of kayaks were produced with rockered hulls and small cockpits. By 1980, the Coaching Scheme had 3,000 members almost all teaching in the close-fitting cockpit kayak. So powerful had that culture become that, if the word 'canoeing' is mentioned to almost anyone in Britain, their immediate image would be that of a young man or woman strapped into a kayak, wearing a crash helmet and wetsuit, performing turns and rolls on rapidly moving rivers. This was a great image for the adventurous teenager but daunting for many others who might wish to paddle. Indeed, a far, far cry from the canoeing of MacGregor.

## INTER-CLUB NATIONAL COMPETITION

MacGregor spent part of his youth in Halifax, Nova Scotia, where his father was stationed in the 1830s in a fort. He may have picked up some canoeing experience there.

Reading his books, one notices he carried in his canoe a number of religious tracts (in a movement called "Muscular Christianity") written in the local language and was always ready to hand them out. He did not travel on Sundays but did lecture on his travels and gave much of the profits to charities, especially to boys in the inner cities.

He published accounts of several other canoe cruises, including one to Scandinavia and another to Jordan and Egypt. The appendix to that book gives some construction details for his canoe designs.

His wooden split paddles were presented to Royal Canoe Club in 1959. Subsequently these were used as the trophy at the 1977 BCU National Inter-Club Sprint Racing Regatta, being first presented to the winning club, Fladbury and still fought over annually. A full list of winners can be found on page C15.

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**The MacGregor Paddle Challenge is a British Inter-Club Sprint Racing competition for competitors registered in a national sprint 'standards for racing' ability class.**

### Scoring for the MacGregor Paddle Challenge.

1. Clubs will gain 5 points to their score for promotions accredited to a Junior (A to D), or Senior (A to D) ability class paddler from their club, since and including the previous MacGregor regatta (September 2024).

**Except for promotions following the 12-13<sup>th</sup> April 2025, British National Regatta** when the 'standards for racing' times for ability classes will be adjusted.

2. Clubs will have deducted from their score, penalty points accrued by a Junior (A to D), or Senior (A to D) ability class paddler from their club since and including the previous MacGregor regatta (September 2024).

3. The scoring at the Inter-Club Regatta will be on the following basis:  
A Club will score its best results from: Junior (A to D), or Senior (A to D) ability class paddlers.

12 K1/C1 results in all finals

6 K2/C2 results in all finals

3 K4/C4 results in all finals

Points will be awarded on the following basis provided there are at least three crews participating: First 20 points, second 19 points, third 18 points and so on.

4. Other rules:
  - a. Composite crews, with members from more than one Club, do not score points.
  - b. At least 50% of the crew must be registered in the class in which they are racing. i.e. 2 paddlers in a K4 or 1 paddler in a K2. Crews may be made up with paddlers from a lower ability band with the following exceptions:
    - i. Men may not paddle in Women's races.
    - ii. Boys may not paddle in Girls' races.
    - iii. Seniors may not paddle in Junior races.
  - c. No one may enter any singles class other than their designated class as registered on the Paddler Database. Exceptions may be made at the request of a national coach.

# SPRINT RACING COMMITTEE LOCAL REGATTAS 2025

Let's Grow Sprint Racing!

After a successful re-launch of the SRC local regatta programme in 2023, the SRC is looking for clubs or other organisations to host sprint events in 2025.

We wish to expand opportunities for paddlers of any age to get into the fast, dynamic head-to-head racing that canoe/kayak sprint racing offers. Part of the long-term future strategy for the SRC is to develop the racing at local, regional and national levels. Whilst we have already had several clubs running successful local regattas for many years, we want to expand these types of races across the community in order to give the opportunity for paddlers, particularly younger ones, to learn and practise the fundamental skills of Sprint racing.

Through a focussed drive, the committee will be contacting clubs and affiliates in the early part of 2025 to try to secure local/regional sprint event growth. We, the SRC, feel that this initiative could ultimately develop and improve the national events at Holme Pierrepont, Nottingham.

2024 saw a number of local regattas being held under the SRC banner. We are very grateful for the positive response received from many clubs last year and would like to take this opportunity to say a massive thank you to the clubs below who ran local regattas. We're looking forward to you coming back in 2025!

Chelmsford  
Glanford and Scunthorpe  
Norwich  
Burton Phoenix  
Southampton  
Bishops Stortford  
Bristol

The format for local regattas can be as formal or relaxed as seen fit by the event organiser, to suit the venue or theme the organiser would like to offer. This gives clubs an excellent opportunity to try new formats, races, and engage new and wider audiences. The important thing is to provide the opportunity for participation and instil a love of sprint racing.

The SRC will support clubs/affiliates, both those running established regattas as well as new events. Running an SRC local regatta means that your event insurance will be covered, there will be assistance available from the Paddle UK race entry system and results will be published on the SRC website. To help with organisation of new events we can also support with the required Risk Assessment race format ideas and wider support, including event publicity. All races will be included in the flatwater race calendar.

There is a levy attached to the SRC local regatta programme. The levy pot is for two distinct purposes: firstly, it will be used to support development of future local/regional regattas and secondly, it will provide funding to support non-programme athlete attendance at international events and represent Great Britain. The Levy is £3 per adult and £2 per junior participant.

If you are interested in hosting a local regatta and would like more information, please contact [canoesprint.localregattas@vol.paddleuk.org.uk](mailto:canoesprint.localregattas@vol.paddleuk.org.uk)



## Biosecurity at Events

Please Check, Clean, and Dry your boat

There are important steps we can all take to help stop the spread of harmful Invasive Non Native Species (INNS). If you follow our simple Check, Clean and Dry procedure below, you'll be making big steps forward in protecting the natural habitats of our rivers, canals and waterways. Regardless of the type of water -based activities you do, whether competitive or recreational, inland or coastal, the chances are that you take your boats onto different watercourses where there is a chance you may come in contact with these harmful species.

**BEFORE** entering the National Water Sports Centre, please ensure you have cleaned your boat by:

- **Checking** you're not carrying living organisms
- **Cleaning** all equipment, clothing, and boots
- **Drying** equipment and clothing carefully

When **LEAVING** the National Water Sports Centre OR any competition, please repeat the above process.

For more information about Biosecurity and Invasive Non Native Species, please follow:

<https://clearaccessclearwaters.org.uk/invasive-non-native-species-inns/>

If you are interested in volunteering with Paddle UK to tackle INNS, please contact Richard Atkinson (Access and Environment Lead) at: [Richard.atkinson@paddleuk.org.uk](mailto:Richard.atkinson@paddleuk.org.uk)

# BRITISH CANOEING HOLME PIERREPONT COURSE RECORDS

2024

OPEN

<b>Men</b>		<b>Crew</b>	<b>Country</b>	<b>Time</b>	<b>Date</b>
K1	500m	Tom Lusty	GBR	1:38:93	08/07/18
K2	500m	Tom Lusty/ Lewis Fletcher	GBR	1:31:29	06/06/21
K4	500m	J Bowley/D Johnson/L Fletcher /M Robinson	GBR	1:23:53	07/05/17
C1	500m	A Volkov	URS	1:52:36	19/06/83
C2	500m	Sarus/Hjdu	HUN	1:43:01	19/06/83
C4	500m	Train/Thomas/Lane/Yurkwick	GBR	1:42:28	17/05/98
K1	1000m	Tom Lusty	GBR	3:31:51	06/06/21
K2	1000m	D Johnson/T Lusty	GBR	3:16:53	04/06/23
K4	1000m	B Farrell/S Hastings/P Wycherley /A Daniels	GBR	2:59:33	10/05/09
C1	1000m	S Antipov	URS	4:01:28	10/07/77
C2	1000m	Train/Train	GBR	3:37:24	01/01/81
C4	1000m	Hoffman/Tackas/Jakab/Salanki	HUN	3:38:95	08/08/89
<b>Women</b>		<b>Crew</b>	<b>Country</b>	<b>Time</b>	<b>Date</b>
K1	500m	Rachel Cawthorn	GBR	1:49:94	03/07/15
K2	500m	Lani Belcher/ Angela Hannah	GBR	1:42:96	19/04/16
K4	500m	J Walker/L Sawers/R Cawthorn /A Edmonds	GBR	1:35:94	15/04/12

# BRITISH CANOEING HOLME PIERREPONT COURSE RECORDS

2024

## DOMESTIC SENIOR

Men	Crew	Club	Time	Date
K1 200m	Liam Heath	WEY	34:03	18/04/21
K2 200m	Liam Heath/Jon Schofield	ORS	32:31	19/04/16
K4 200m	J Clark/K Vansomeran/I Wynne /D Roeser	ORS	32:20	16/05/98
K1 500m	Tom Lusty	SOL	1:38:93	08/07/18
K2 500m	Tom Lusty/ Lewis Fletcher	ORS	1:31:39	06/06/21
K4 500m	J Bowley/D Johnson/L Fletcher /M Robinson	ODP	1:23:53	07/05/17
K1 1000m	Tom Lusty	SOL	3:31:51	06/06/21
K2 1000m	Daniel Johnson/Tom Lusty	ORS	3:16:53	04/06/23
K4 1000m	B Farrell/S Hastings/P Wycherley /A Daniels	ORS	2:59:33	10/05/09
C1 200m	Chris Calvert	FLA	41:59	07/05/16
C2 200m	M Lane/S Crowther	ORS	38:35	04/06/94
C4 200m	Crowther/Crowther/Yurkwick/Lane	ORS	36:98	05/06/99
C1 500m	Thomas Lambert	LIN	1:55:06	16/04/23
C2 500m	Iain Weir/ Joseph Hayman-Joyce	ODP	1:46:55	04/06/16
C4 500m	Train/Thomas/Lane/Yurkwick	ORS	1:42:28	17/05/98
C1 1000m	Eric Jamieson	WEY	4:01:54	16/07/92
C2 1000m	S Train/A Train	FLA	3:27:24	01/07/94
C4 1000m	E Jamieson/R Williams/S Train /A Train	GBR	3:44:80	08/07/89
<b>Women</b>				
Women	Crew	Club	Time	Date
K1 200m	Jessica Walker	ROY	40:41	28/04/19
K2 200m	Train/Train	ORS	38:27	13/05/00
K4 200m	Dallaway/Dresser/Thorogood/Train	ORS	36:62	02/07/95
K1 500m	Rachel Cawthorn	WEY	1:49:94	03/07/15
K2 500m	Lani Belcher/Angela Hannah	ORS	1:42:96	19/04/16
K4 500m	J Walker/L Sawers/R Cawthorn /A Edmonds	ORS	1:35:94	15/04/12
K1 1000m	Rachel Cawthorn	WEY	3:56:54	10/05/10
K2 1000m	Louisa Sawers/Abigail Coulson	ORS	3:47:75	22/07/06
C1 200m	Katie Reid	IND	47:59	28/04/18
C2 200m	Katie Reid/Isabel Evans	SPS/LIN	45:88	04/09/21
C1 500m	Katie Reid	SPS	2:11:91	04/09/21
C2 500m	Chloe Bracewell/Afton Fitzhenry	LIN/BCC	2:04:91	17/04/21

# BRITISH CANOEING HOLME PIERREPONT COURSE RECORDS

2024

## DOMESTIC JUNIOR Records starting from 2015

<b>U18 Men</b>		<b>Crew</b>	<b>Club</b>	<b>Time</b>	<b>Date</b>
K1	200m	Daniel Atkins	RDG	36:70	29/06/19
K2	200m	T Thomson/N Dembele	NTS	34:53	05/06/16
K4	200m	No U18 Event		--	--
K1	500m	Ieuan James	FOR	1:43:38	05/06/16
K2	500m	I James/C Smith	NTS	1:33:95	05/06/16
K4	500m	I James/ C Smith/N Dembele/T Thomson	NTS	1:25:76	08/05/16
K1	1000m	Magnus Gregory	LON	3:40:02	04/06/16
K2	1000m	M Gregory/L Harding	LON	3:22:36	04/06/16
K4	1000m	M Gregory/L Harding/T Thomson/M Littlewood	NTS	3:06:27	04/06/16
C1	200m	Adrian Meikle-Briggs	RIC	45:51	05/06/16
C2	200m	B Phillips/A Meikle-Briggs	RIC	44:91	05/09/15
C4	200m	No U18 Event		--	--
C1	500m	Ben Phillips	RIC	2:01:75	08/05/16
C2	500m	B Phillips/A Meikle-Briggs	NTS	1:54:46	04/06/16
C4	500m	No U18 Event		--	--
C1	1000m	Ben Phillips	RIC	4:18:75	05/06/16
C2	1000m	B Phillips/A Meikle-Briggs	RIC	3:56:64	05/06/16
C4	1000m	No U18 Event		--	--
<b>U18 Women</b>		<b>Crew</b>	<b>Club</b>	<b>Time</b>	<b>Date</b>
K1	200m	Deborah Kerr	SKR	42:56	03/07/15
K2	200m	G Carmichael/K Hipkins	LON	41:18	07/07/18
K4	200m	No U18 Event		--	--
K1	500m	Deborah Kerr	SKR	1:54:87	03/07/15
K2	500m	R Myburgh/A Dale	NTS	1:51:75	05/06/16
K4	500m	E Dale/Z Clark/R Kneen/F Duffield	FOX/ROY/FOR/NOR	1:42:03	08/07/18
K1	1000m	Samantha Martyn	WEY	4:08:29	08/07/18
K2	1000m	E Russell/L Wong	CLM/RIC	4:08:39	04/06/16
C1	200m	Alix Aitchison	NOT	53:89	29/06/19
C2	200m	A Aitchison/C Carey	IND	52:04	13/05/18
C1	500m	Georgina Pryor	LEE	2:30:90	05/06/16
C2	500m	A Aitchison/C Carey	NOT	2:14:00	28/04/19

# BRITISH CANOEING HOLME PIERREPONT COURSE RECORDS

2024

## DOMESTIC PARACANOE Records starting from 2015

<b>Men Kayak</b>	<b>Class</b>	<b>Crew</b>	<b>Time</b>	<b>Date</b>
200m	KL3	Rob Oliver	40:55	04/06/16
200m	KL2	Dave Phillipson	42:29	03/06/23
200m	KL1	Ian Marsden	48:66	29/04/19
<b>Women Kayak</b>				
<b>Women Kayak</b>	<b>Class</b>	<b>Crew</b>	<b>Time</b>	<b>Date</b>
200m	KL3	Laura Sugar	46:51	06/06/21
200m	KL2	Charlotte Henshaw	47:12	04/06/23
200m	KL1	Jeanette Chippington	54:49	04/06/16
<b>Men Va'a</b>				
<b>Men Va'a</b>	<b>Class</b>	<b>Crew</b>	<b>Time</b>	<b>Date</b>
200m	VL3	Jack Eyers	47:63	03/07/21
200m	VL2	Edward Clifton	56:12	04/06/23
200m	VL1	No event	--	--
<b>Women Va'a</b>				
<b>Women Va'a</b>	<b>Class</b>	<b>Crew</b>	<b>Time</b>	<b>Date</b>
200m	VL3	Charlotte Henshaw	56:82	04/06/23
200m	VL2	Emma Wiggs	55:20	03/07/21
200m	VL1	No event	--	--

## SPRINT RACING PERPETUAL TROPHIES

The following Trophies are awarded annually by the Sprint Racing Committee:

### Men's Kayak

<b>Ken and Eileen Phillips Memorial Trophy</b>					
Winner Men's A K1 200m at National Championship Event					
2012	Edward McKeever	BOA	2018	Lewis Fletcher	LKR
2013	Edward McKeever	BOA	2019	Stelian Naftanaila	NOT
2014	Liam Heath	WEY	2020	No event	
2015	Kristian Reeves	ADS	2021	Daniel Atkins	RDG
2016	Kristian Reeves	ADS	2022	Ben Gallagher	FOR
2017	Jonathan Schofield	SOR	2023	Lewis Fletcher	SPS
			2024	Tom Holland	WEY

<b>Unwin Bowl</b>					
To the winner of the Senior A Men's K1 10,000 m at the National Championship Event					
1981	Richard Lewis	GAI	1991	Ivan Lawler	ELM
1982	Alan Williams	ROY	1992	Ivan Lawler	ELM
1983	Alan Williams	ROY	1993	Grayson Bourne	ELM
1984	Alan Williams	ROY	1994	Grayson Bourne	ELM
1985	No event		1995	Grayson Bourne	ELM
1986	Jeremy West	ROY	1996	Ivan Lawler	ELM
1987	Grayson Bourne	ROY	1997	No event	
1988	Grayson Bourne	ROY	1998	James Block	NOT
1989	Grayson Bourne	ROY	1999	Greg Slater	LIC
1990	Graham Burns	ELM	2000	No event	
<b>Reassigned – Winner Men's A K1 500m at National Championship Event</b>					
2001	Timothy Brabants	ELM	2013	Edward Rutherford	ELM
2002	Timothy Brabants	ELM	2014	Daniel Johnson	CLM
2003	Richard Darby Dowman	ELM	2015	Jonathan Boyton	ROY
2004	Edward McKeever	BOA	2016	Jonathan Boyton	ROY
2005	Ian Wynne	ROY	2017	Tom Lusty	SOL
2006	Edward McKeever	BOA	2018	Tom Lusty	SOL
2007	Edward McKeever	BOA	2019	Tom Lusty	SOL
2008	Tim Brabants	NOT	2020	No event	
2009	Ben Brown	ELM	2021	Daniel Johnson	CLM
2010	Keith Moule	CLM	2022	Daniel Johnson	CLM
2011	Jonathon Boyton	ROY	2023	Thomas Lusty	SOL
2012	Andrew Daniels	RDG	2024	James Russell	NOT

# SPRINT RACING PERPETUAL TROPHIES

## Men's Kayak continued

<b>Farnham Cup</b>					
To the winner of the Senior A Men's K1 1000m at the National Championship Event					
1981	Neil Robson	FLA	2003	Richard Darby Dowman	ELM
1982	Kevin Smith	WAR	2004	Timothy Brabants	NOT
1983	Kevin Smith	WAR	2005	Peter Almasi	ELM
1984	Grayson Bourne	ROY	2006	Ben Farrell	ELM
1985	Kevin Smith	WAR	2007	No event	
1986	Grayson Bourne	ROY	2008	Ben Farrell	ELM
1987	Grayson Bourne	ROY	2009	Jonathon Boyton	ROY
1988	Ivan Lawler	ELM	2010	Tim Pendle	NOR
1989	Grayson Bourne	ELM	2011	Jonathon Boyton	ROY
1990	Grayson Bourne	ELM	2012	Timothy Brabants	ROY
1991	Grayson Bourne	ELM	2013	Jonathan Boyton	ROY
1992	Patrick Holmes	RIC	2014	Paul Wycherley	WEY
1993	Graham Burns	ELM	2015	Jonathan Boyton	ROY
1994	Grayson Bourne	ELM	2016	Jonathan Boyton	ROY
1995	David Smith	ELM	2017	Tom Lusty	SOL
1996	Ivan Lawler	ELM	2018	Tom Lusty	SOL
1997	Ross Sabberton	NOR	2019	Tom Lusty	SOL
1998	Timothy Brabants	ELM	2020	No event	
1999	Matthew Foulger	NOT	2021	Daniel Johnson	CLM
2000	Richard Darby Dowman	ELM	2022	Daniel Johnson	CLM
2001	Timothy Brabants	ELM	2023	Daniel Johnson	CLM
2002	Timothy Brabants	ELM	2024	James Russell	NOT

<b>Dexter Trophy</b>								
For the best Senior B performance at the National Championship Regatta								
1981	Richard Lucas	GAI	1994	Paul Evans	HER	2007	Joe Surrage	BSF
1982	Russell Jones	FLA	1995	Matthew Enoch	NOT	2008	Brett Irvine	RIC
1983	Roland Lucas	RIC	1996	Gary Shaw	ELM	2009	Pip Ede	RDG
1984	Peter Evans	LIN	1997	Paul Enoch	NOT	2010	Ben Bradshaw	NOR
1985	Paul Gadd	RIC	1998	Malcolm Starkey	FOX	2011	Paul Yates	WEY
1986	Trevor Melham	ROY	1999	David Coulson	RDG	2012	Jonathan Tye	WOR
1987	Peter Maycock	EXE	2000	David Duff	RAF	2013	Mark Ressel	ROY
1988	Simon Horsley	NBY	2001	Stuart West	WOR	2014	Lewis Duffield	CLM
1989	Gavin Turrell	RIC	2002	Stuart West	WOR	2015	Stelian Naftanaila	NOT
1990	Brian Saunt	ADL	2003	Mark Hoile	ROY	2016	Lewis Fletcher	LKR
1991	Roger Masters	ROY	2004	Paul Prestwood	GAI	2017	Andras Kovacs	WEY
1992	Chris Dorrell	TON	2005	Jonathon Schofield	SOR	2018	Nicky Cresser	NOT
1993	Ed Shaw	ROY	2006	Jonathan Simmons	WEY	2019	Andras Kovacs	WEY

<b>Dexter Trophy</b>								
Reassigned 2020: For the best Men Under 23's performance at the National Championship Event								
2020	No events		2022	Philip Miles &	RLS	2023	Matthew Collinge	FOY
2021	Charlie Smith	LBZ		Charlie Smith	LBZ	2024	Philip Miles	RLS

# SPRINT RACING PERPETUAL TROPHIES

## Masters' Kayak

<b>The James Cup</b>					
To the winning crew of the Under 18 K4 6000m at the National Championship Event					
1981	Evans/Brevitt Slater/Morley	LIN/LIC STA	1987	Barnett/Unsted Farnham/Taylor	ELM/GAI
1983	Piercey/McLachlan Rainsford/Bradley	RLP/RLS	1988	Lodge/Hutton Richardson/Wynne	EXE/ANK ROY/TON
1984	Adams/Bibby Burns/Miller	ROY/MER ELM	1990	Slater/Bradbury Yates/Illson	LIC ADL/WOR
1985	Crawford/Adams Rust/Topham	GAI/ARM LBZ/WAR	1991	Richardson/Wynne Slater/Jenson	ROY/TON LIC/RIC
1986	Gibbins/Livsey Boxshall/Elliott	EXE/RLP	1992	Jenson/Slater Sargeant/Smith	ORS
<b>Reassigned – Winning crew of the Veteran K4 at the National Championship Event</b>					
2001	Davies/Hawthorn Parker/Grandy	WOR	2013	O'Cuinn/Vida/ Soregi/Domonkos	RIC
2002	Davies/Hawthorn Parker/Saunders	WOR	2014	Bird/Parker/ Tricketts/Rogers	WOR/CHE
2003	Grimwood/Oliver Oliver/Brookes	LIN/RUN	2015	Irvine/Murray Martin/Soregi	RIC
2004	Adams/Martin/ England/Hall	BSF	2016	Enoch/Norfolk Livsey/Cresser	NOT
2005	Adams/Martin Terry/Jordan	BSF LBZ/MAI	2017	Enoch/Belbin Butler/Cresser	NOT
2006	Illidge/Marnell Brookes/Swallow	RUN/CHE	2018	Enoch/Jones Butler/Cresser	NOT
2007	Littlewood/Mason Nadal/Bagshaw	NOT	2019	A Buff/D Grimsey J Hinvess/R Kent	SOU
2008	Kent/Nicholson/ Willis/Rance	SOU	2020	No event	
2009	Phillips/Bird/ West/Trickett	WOR	2021	J Butler/M Enoch /N Jones/ S Walsh	NOT
2010	Escott/Lewis/ Darling/Missen	BOA	2022	J Butler/M Enoch/ N Jones/S Walsh	NOT
2011	Bird/Brookes Blackman/Rodgers	WOR/RUN	2023	E.Boehm/J.Butler N.Jones/M.Rinvoluceri	RDG/NOT
2012	Kent/Hinvess Willis/Rance	SOU	2024	Brooks/M.Enoch Lodge/Sirrell	NOT WEY/RLS

# SPRINT RACING PERPETUAL TROPHIES

## Women's Kayak

<b>Lendenkamp Trophy</b>						
Winner Women's A K1 200m at National Championship Event						
2012	Rachel Cawthorn	WEY	2018	Rachel Cawthorn	WEY	
2013	Rachel Cawthorn	WEY	2019	Emily Lewis	WOR	
2014	Rachel Cawthorn	WEY	2020	No event		
2015	Leanne Brown	MAI	2021	Emily Lewis	WOR	
2016	Lizzie Broughton	RIC	2022	Emily Lewis	WOR	
2017	Angela Hannah	BAN	2023	Lucy Lee-Smith	NOR	
			2024	Emily Lewis	WOR	

<b>Bruce Lucas Trophy</b>						
To the winner of the Women's A K1 6000m at the National Championship Event						
1984	Anne Plant	LIC	1992	Alison Thorogood	NEW	
1985	Anne Plant	LIC	1993	Andrea Dallaway	ELM	
1986	Susie Perrett	RLP	1994	Andrea Dallaway	ELM	
1987	Susie Perrett	RLP	1995	Alison Thorogood	NEW	
1988	Susie Perrett	RLP	1996	Anna Hemmings	ELM	
1989	Susie Perrett	RLP	1997-			
1990	Hilary Dresser	ROY	2000	No event		
1991	Andrea Dallaway	ELM	2001	Anna Hemmings	ELM	
<b>Reassigned</b> – Winner of Women's A K1 500m at the National Championship Event						
2002	Beth Campbell	NOT	2014	Jessica Walker	ROY	
2003/4	No event		2015	Jenny Swallow	CHE	
2005	Abigail Coulson	RDG	2016	Hayleigh Mason	NOT	
2006	Abigail Coulson	RDG	2017	Rachel Cawthorn	WEY	
2007	Abigail Coulson	RDG	2018	Rachel Cawthorn	WEY	
2008	Louisa Sawers	ELM	2019	Emily Lewis	WOR	
2009/10	No event		2020	No event		
2011	Jenna Hawkey	EXE	2021	Lizzie Broughton	RIC	
2012	Rachel Cawthorn	WEY	2022	Emily Lewis	WOR	
2013	Rachel Cawthorn	WEY	2023	Deborah Kerr	ANK	
			2024	Emily Lewis	WOR	

<b>Femina Trophy</b>								
Most meritorious Senior Women's A performance at the National Championship Regatta								
1981	Sue Hornby	WES	1993	Andrea Dallaway	ELM	2012	Rachel Cawthorn	WEY
1982	Lesley Smither	LEA	1994	Hilary Dresser	RIC	2013	Rachel Cawthorn	WEY
1983	Lesley Smither	LEA	1995	Becky Train	FLA	2014	Rachel Cawthorn	WEY
1984	Debbie Watson	LBZ	1996	Alison Thorogood	NEW	2015	Rebeka Simon	ELM
1985	Susie Perrett	RLP	1997	Tricia Davey	RIC	2016	Emily Lewis	WOR
1986	Susie Perrett	RLP	1998	Becky Train	FLA	2017	Emily Lewis	WOR
1987	Angela Dawson	ADL	1999	Alison Thorogood	LEA	2018	Rachel Cawthorn	WEY
1988	Susie Perrett	RLP	2000	Abigail Cattle	RDG	2019	Emily Lewis	WOR
1989	Sandra Troop	NOT	2001	Rebecca Hunter	ROY	2020	No event	
1990	Hilary Dresser	ROY	02/09	No event		2021	Lizzie Broughton	RIC
1991	Andrea Dallaway	ELM	2010	Victoria Towers	NOT	2022	Emily Lewis	WOR
1992	Alison Thorogood	NEW	2011	No event		2023	Deborah Kerr	ANK
						2024	Emily Lewis	WOR

# SPRINT RACING PERPETUAL TROPHIES

## Women's Kayak continued

<b>Lee &amp; Joan Davies Memorial Trophy</b>					
For the best Women's B performance at the National Championship Regatta					
1998	Kerry Watts	NOR	2009	No event	
1999	Laura Blair	LEA	2010	Hannah Brown	BOA
2000	Elizabeth Homes	CHE	2011	Hannah Brown	BOA
2001	Jackie Eastwood	RIC	2012	Coral Birkhill	LON
2002	Beth Campbell	NOT	2013	Phoebe Ayres	WEY
2003	Beth Campbell	NOT	2014	Amy Ward	ELM
2004	Joanne Bates	ELM	2015	Sophie Rooney	BAN
2005	Anna Hemmings	ELM	2016	Amy Turner	BAN
2006	Hayleigh Mason	NOT	2017	Ava Dale	FOX
2007	Hayleigh Mason	NOT	2018	Melissa Johnson	CLM
2008	Claire Spencer	HER	2019	Melissa Johnson	CLM
<b>Lee &amp; Joan Davies Memorial Trophy</b>					
Reassigned 2020: For the best Women's Under 23's performance at the National Championship Event					
2020	No events		2023	Zoe Clark	ROY
2021	Emma Russell	CLM	2024	Kristina Armstrong	LKR
2022	Zoe Clark	ROY			

<b>The Boulogne Cup</b>					
To the winning crew of the Women's A K4 500m at the National Championship Event					
1981	Perrett/Hornby	RLP/WES	1997	Cattle/Jones	ORS
	Perrett/Crawley	NEW		Bale/Hannon	
1982	Perrett/Smither	RLP/LEA	1998	Davey/Train	RIC/FLA
	Craske/Crawley	FLA/NEW		Gilby/Thorogood	ELM/LEA
1983	Smither/Parker	LEA/NOT	1999	Train/Campbell	ORS
	Craske/Crawley	FLA/NEW		Bapty/Thorogood	
1984	Smither/Lawler	LEA/ELM	2007	Braithwaite/Hawkey	ORS
	Perrett/Watson	LIC		Sawers/Cawthorn	
1985	Plant/Clough	RLP/LIN	2012	Edmonds/Walker/	ORS
	Perrett/Troop			Cawthorn/Sawers	
1986	Lawler/Perrett	ELM/RLP	2014	Walker/Cawthorn/	ORS
	Crawley/Plant			Sawers/Hannah	
1987	Thorogood/Lawler	NEW/ELM	2015	Belcher/Brown	ORS
	Dawson/Eastwood	ROY/ELM		Mason/Brown	
1990	Dresser/Dallaway	ELM	2017	Cawthorn/Lewis	WEY/WOR
	Lawler/Barry			Simon/Walker	ELM/ROY
1991	Dallaway/Davey	ORS	2018	Brown/Lewis	WYC/WOR
	Troop/Thorogood			Russell/Turner	CLM/BAN
1992	Dallaway/Davey	ORS	2019	Burgess/Farrant	
	Thorogood/Troop			Martyn/Thompson	WEY
1993	Dresser/Gilby	ORS	2021	Z Clark/E Dale/	ROY/FOX/
	Dallaway/Bennett			F Duffield/A Freeman	NOR/RIC
1994	Thorogood/Green	ORS	2022	D Kerr/E Lewis/	ORS
	Hemmings/Gilby			R Simon/E Russell	
1995	Hardy/Cheyne	ORS	2023	D Kerr/E Lewis/	ORS
	Train/McGee			R Simon/E Russell	
1996	Gilby/Hemmings	ELM/WEY	2024	Brown/Dilai	NOT/CLM
	Hynds/Burns			Johnson/Pocklington	

# SPRINT RACING PERPETUAL TROPHIES

## Boy's Kayak

<b>Henry Thelen Trophy</b>					
Winner Boys Under 18 K1 200m at National Championship Event					
2012	Matthew Bowley	BPR	2019	Daniel Atkins	RDG
2013	Lewis Duffield	CLM	2020	No events	
2014	Jordi Eccles	ANK	2021	Jon Pirmuhamedov	RIC
2015	Ieuan James	FOR	2022	Ben Cabrera	FOY
2016	Ieuan James	FOR	2023	No event	
2017	Ieuan James	FOR	2024	Nelson Kinzler	RIC
2018	Ben Gallagher	FOR			

<b>Rhodes Trophy</b>								
To the winner of the Under 18 K1 500m at the National Championship Event								
1981	Nicholas Gregory	WAR	1996	Phillip Murphy	GAI	2011	Matthew Bowley	BUR
1982	Michael Smith	SHE	1997	Damian Chapman	NOT	2012	Daniel Johnson	CLM
1983	Toby Mundy	TON	1998	Craig Watt	ELM	2013	Sean Redmond	LGW
1984	Steven Adams	ROY	1999	Owen Peake	BOA	2014	Edmund Haws	WEY
1985	Mark Adams	ARM	2000	Andrew Kelly	ELM	2015	Noah Dembele	LEA
1986	James Butler	NOT	2001	Simon Fennemore	WEY	2016	Ieuan James	FOR
1987	Ian Livesey	EXE	2002	Liam Heath	WEY	2017	Ieuan James	FOR
1988	Chris Dorrell	TON	2003	Edward Cox	WEY	2018	Philip Miles	RLS
1989	Simon Ricketts	ANK	2004	Ben Brown	ELM	2019	Philip Miles	RLS
1990	Paul Slater	LIC	2005	Matthew Guy	LBZ	2020	No events	
1991	Paul Slater	LIC	2006	Robert Beer	ELM	2021	Zavier Hives	SOU
1992	Paul Slater	LIC	2007	Tom Hide	ADS	2022	Harry Freeland	RDG
1993	Stephen Tingay	LBZ	2008	Tom Simmons	BOA	2023	Dylan O'Connor	RIC
1994	Andrew Morgan	FLA	2009	Tom Simmons	BOA	2024	Phillipe Ehrnrooth	DEV
1995	Daniel Greaves	LEA	2010	Mark Clive	GAI			

<b>Barry Murray Trophy</b>					
Winner Boys Under 18 K1 1000m at National Championship Event					
2016	Magnus Gregory	LON	2021	Zavier Hives	SOU
2017	Luke Shaw	NOR	2022	Harry Freeland	RDG
2018	Philip Miles	RLS	2023	Harry Freeland	RDG
2019	Philip Miles	RLS	2024	Phillipe Ehrnrooth	DEV
2020	No event				

# SPRINT RACING PERPETUAL TROPHIES

## Girl's Kayak

<b>The Dennis Smith Trophy</b>								
To the winner of the Girls A K1 500m at the National Championship Event								
1990	Tricia Davey	RIC	2002	Zara Dale	ELM	2014	Deborah Kerr	SDS
1991	Helen Gilby	ELM	2003	Shuna Braithwaite	SDS	2015	Deborah Kerr	SKR
1992	Sue Bennett	FLA	2004	Tara Nutt	ELM	2016	Ava Dale	FOX
1993	Emily Ormerod	RIC	2005	Louisa Sawers	ELM	2017	Florence Duffield	NOR
1994	Lucy Hardy	FLA	2006	Claire Spencer	HER	2018	Emma Russell	CLM
1995	Rachel Train	FLA	2007	Jessica Walker	ROY	2019	Kate Hipkins	LON
1996	Sarah Griffith	FLA	2008	Maria Middlehurst	ADS	2020	No event	
1997	Jenny Lumb	LBZ	2009	Jenny Swallow	CHE	2021	Grace Anderson	NOT
1998	Elaine Appleby	LBZ	2010	Katherine Trotter	ELM	2022	Honor Lewis	WEY
1999	Abigail Cattle	RDG	2011	Emily Lewis	WOR	2023	Kristina Armstrong	LKR
2000	Jenny Spencer	HER	2012	Amy Ward	ELM	2024	Annabel Hutchinson	RDG
2001	Rosalind Bates	ELM	2013	Rebeka Simon	ELM			

<b>Phillips Plate</b>					
Winner Girls Under 18 K1 200m at National Championship Event					
2012	Amy Ward	ELM	2018	Enya Dale	FOX
2013	Rebeka Simon	ELM	2019	Zoe Clark	ROY
2014	Deborah Kerr	SDS	2020	No events	
2015	Deborah Kerr	SKR	2021	Kristina Armstrong	LKR
2016	Emma Brockway	LKR	2022	Honor Lewis	WEY
2017	Rachel Kneen	FOR	2023	Kristina Armstrong	LKR
			2024	Annabel Hutchinson	RDG

## Men's Canoe

<b>Doug Saxby Trophy</b>					
To the winner of the Senior A C1 500m at the National Championship Event					
1999	Stephen Train	FLA	2013	Marko Csokasi	RIC
2000	Stephen Train	FLA	2014	James Styan	FLA
2001	Karl Yurkwich	RLS	2015	James Styan	FLA
2002	Matthew Lawrence	LBZ	2016	Iain Weir	BAN
2003/4	No event		2017	Iain Weir	BAN
2005	Matthew Lawrence	LBZ	2018	George Caines	NOT
2006	Matthew Lawrence	LBZ	2019	Arthur Leech	RIC
2007	Matthew Lawrence	LBZ	2020	No event	
2008/10	No Event		2021	Thomas Lambert	LIN
2011	James Train	FLA	2022	Jonathan Jones	FLA
2012	Matthew Lawrence	LBZ	2023	Jonathan Jones	FLA
			2024	Thomas Lambert	LIN

# SPRINT RACING PERPETUAL TROPHIES

## Men's Canoe continued

<b>Dewar Cup</b>					
Winner Men's A C1 200m at National Championship Event					
2012	Richard Jeffries	NOT	2018	Iain Weir	BAN
2013	Richard Jeffries	NOT	2019	Joseph Hayman-Joyce	WEY
2014	Richard Jefferies	NOT	2020	No event	
2015	Christopher Calvert	FLA	2021	Thomas Lambert	LIN
2016	Christopher Calvert	FLA	2022	Ben Phillips	RIC
2017	Dmitrijs Bogdanovs	FOX	2023	Ben Phillips	RIC
			2024	Lucas Huan	RLS

<b>Sidney Rowe Cup</b>					
To the winner of the Senior A C1 1000m at the National Championship Event					
1979	W Reichenstein	IRV	2000	Stephen Train	FLA
1980	W Reichenstein	IRV	2001	Anthony Crowther	FLA
1981	Stephen Train	FLA	2002/4	No event	
1982	Marcus Gohar	RIC	2005	James Train	FLA
1983	Marcus Gohar	RIC	2006	Matthew Lawrence	LBZ
1984	Andrew Train	FLA	2007/10	No event	
1985	Andrew Train	FLA	2011	Matthew Lawrence	LBZ
1986	Andrew Train	FLA	2012	Matthew Lawrence	LBZ
1987/8	No event		2013	James Train	FLA
1989	Andrew Train	FLA	2014	James Styan	FLA
1990	No event		2015	James Styan	FLA
1991	Andrew Train	FLA	2016	Iain Weir	BAN
1992	Stephen Train	FLA	2017	Iain Weir	BAN
1993	Andrew Train	FLA	2018	Nerijus Budrikis	WOR
1994	Stephen Train	FLA	2019	Arthur Leech	RIC
1995	Eric Jamieson	WEY	2020	No event	
1996	Derek Hall	RDG	2021	Jonathan Jones	FLA
1997	Stephen Train	FLA	2022	Arthur Leech	RIC
1998	Stephen Train	FLA	2023	Jonathan Jones	FLA
1999	Stephen Train	FLA	2024	Thomas Lambert	LIN

## Women's Canoe

<b>Sam Rippington Trophy</b>					
Winner Women's Senior C1 200m at National Championship Event					
2016	Chloe Bracewell	HPP	2020	No event	
2017	Katie Reid	HPP	2021	Katie Reid	FOR
2018	Chloe Bracewell	IND	2022	Katie Reid	FOR
2019	Emily Hewitt	SOU	2023	Isabel Evans	CHE
			2024	Not awarded	

# SPRINT RACING PERPETUAL TROPHIES

## Girl's Canoe

<b>Skinner's Salver</b>					
For the best performance by a Female Junior C1 at the National Championships					
2011	Emily Hewitt	SOU	2018	Alix Aitchison and	IND
2012	Emily Hewitt	SOU		Charlotte Carey	IND
2013	Emily Hewitt	SOU	2019	Alix Aitchison	NOT
2014	Emily Hewitt	SOU	2020	No events	
2015	Georgina Pryor	LEE	2021	Ella Kendal and	NOT
2016	Ruth Bennett and	FLA		Hannah Page	NOT
	Lydia Downing-Clarke	FOR	2022	Hannah Page	NOT
2017	Ruth Bennett	FLA	2023/4	Not awarded	

## Boy's Canoe

<b>Adjutants Cup</b>					
To the winner of the Under 18 C1 500m at the National Championship Event					
1981	Andrew Train	FLA	1992	Thomas Love	RLS
1982	Michael Train	FLA	1993	Jonathon Love	RLS
1983	Warren Ashman	FLA	1994	Karl Yurkwich	RLS
1984	Miles Broadbent	FLA	1995	Karl Yurkwich	RLS
1985	Jonathan Summers	EXE	1996	Jonathon Love	RLS
1986	Paul Parker	WYR	1997	Toby Shipway	LBZ
1987	Mark Parsloe	FLA	1998	Matthew Lawrence	LBZ
1988	Mark Parsloe	FLA	1999	Toby Shipway	LBZ
1989	Alex Martin	FLA	2000	Matthew Lawrence	LBZ
1990	Alex Martin	FLA	2001	Lee Watson	RLS
1991	Thomas Love	RLS			
<b>Reassigned – Male Junior Paddler with best C1 performance at the National Championship Event</b>					
2002	James Train	FLA	2013	Marko Csokasi	RIC
2003	Simon Avery	FLA	2014	Ben Phillips	RIC
2004	James Train	FLA	2015	Ben Phillips	RIC
2005	Gareth Hunt	FLA	2016	Adrian Meikle-Briggs	RIC
2006	James Styan	FLA	2017	Arthur Leech	RIC
2007	Iain Weir	BAN	2018	Thomas Lambert	LEE
2008	Iain Weir	BAN	2019	Thomas Lambert	LEE
2009	Iain Weir	BAN	2020	No events	
2010	Adam Stannard	RLS	2021	George Bell	FLA
2011	Marko Csokasi	RIC	2022	Owen Chisholm	RIC
2012	Max Jamieson	WEY	2023	Owen Chisholm	RIC
			2024	Owen Chisholm	RIC

# SPRINT RACING PERPETUAL TROPHIES

## Canoe

<b>The Andrew Bonham Memorial Award</b>		
500m C4 Memorial Race		
2019	M Lawrence/J Styan/R Weir/I Weir	LBZ/FLA/BAN/BAN
2020	No event	
2021	M Gohar/C Mavra/B Philips/J Berzilla	RIC
2022	Q Laws/A Sarkisyan/ Z Veale A Makaibuskui	RIC/RIC/RIC/CDF
2023	C Faria/O Chisholm/O Laws/A Elliott	RIC
2024	A Leech/A Rzepinski/A Sarkisyan/M Weckowski	RIC/GLW

## Paracanoe

<b>Jonathon Broome Memorial Trophy</b>				
Paracanoe Men's Kayak A				
2013	Ian Marsden	TRE		
<b>Reassigned</b> – Paracanoe Staff Member or Athlete of the Year as voted for by the athletes and staff of the British Canoeing Paralympic Programme				
2015	Jonny Young	IND	2020	Rob Oliver SOL
2016	Tim Lodge	WEY	2021	Stuart Wood BTH
2017	Tim Lodge	WEY	2022	Jack Eyers IND
2018	Emma Wiggs	IND	2023	Charlotte Wade IND
2019	Charlotte Henshaw	IND	2024	Charlotte Henshaw IND

## Junior

<b>Jones Cup Junior Racing Canoeist of Year</b>				
Voted for by members of the Junior Olympic Racing Squad: sponsored by Rowland Jones				
1981	Nicholas Gregory	WAR	2003	Edward Cox WEY
1982	David Battershell	WEY	2004	Paul Wycherley WEY
1983	Gregory Slater	LIC	2005	Allen Spencer HER
1984	Susie Perrett	RLP	2006	Rachel Cawthorn WEY
1985	Gary Quittenton	LIN	2007	Tom Hide ADS
1986	Andrea Dallaway	LIC	2008	Jessica Walker ROY
1987	Paul Enoch	NOT	2009	Dean Terry WEY
1988	Jason Wilson	ANK	2010	Marton Simon ELM
1989	Simon Ricketts	ANK	2011	Katherine Trotter ELM
1990	Tony Richardson	ROY	2012	Marton Simon ELM
1991	Tricia Davey	RIC	2013	Rebeka Simon / Amy Ward ELM
1992	Anthony Crowther	FLA	2014	Edmund Haws WEY
1993	Stuart Crowther	FLA	2015	Deborah Kerr SKR
1994	Timothy Brabants	ELM	2016	Magnus Gregory LON
1995	Paul Darby Dowman	ELM	2017	Ieuan James FOR
1996	Daniel Golder	BAN	2018	Emma Russell CLM
1997	Abigail Cattle	RDG	2019	Daniel Atkins RDG
1998	Richard Darby Dowman	ELM	2020	No events
1999	Richard Darby Dowman	ELM	2021	Zavier Hinves SOU
2000	Richard Darby Dowman	ELM	2022	Kristina Armstrong LKR
2001	Jenny Spencer	HER	2023	Greta Roeser WEY
2002	Liam Heath	WEY	2024	Annabel Hutchinson RDG

# SPRINT RACING PERPETUAL TROPHIES

## Inter-Club Competition

<b>MacGregor Paddle</b>			
For the winning club at the Inter-Club Championship Regatta			
1977	Fladbury Paddle Club	2001	Elmbridge Canoe Club
1978	Fladbury Paddle Club	2002	Elmbridge Canoe Club
1979	Fladbury Paddle Club	2003	Elmbridge Canoe Club
1980	Fladbury Paddle Club	2004	Leighton Buzzard C.C.
1981	Fladbury Paddle Club	2005	Elmbridge Canoe Club
1982	Fladbury Paddle Club	2006	Wey Kayak Club
1983	Richmond Canoe Club	2007	Leighton Buzzard Canoe Club
1984	Richmond Canoe Club	2008	Wey Kayak Club
1985	Fladbury & Lincoln – Joint Winners	2009	Wey Kayak Club
1986	Fladbury Paddle Club	2010	Reading Canoe Club
1987	Richmond Canoe Club	2011	Reading Canoe Club
1988	Lincoln Canoe Club	2012	Reading Canoe Club
1989	Richmond Canoe Club	2013	Norwich Canoe Club
1990	Richmond Canoe Club	2014	Richmond Canoe Club
1991	Elmbridge Canoe Club	2015	Richmond Canoe Club
1992	Fladbury Paddle Club	2016	Chelmsford & Wey – Joint Winners
1993	Richmond Canoe Club	2017	Richmond Canoe Club
1994	Fladbury Paddle Club	2018	Norwich Canoe Club
1995	Wey Kayak Club	2019	Wey Kayak Club
1996	Wey Kayak Club	2020	No event
1997	Elmbridge Canoe Club	2021	Richmond Canoe Club
1998	Elmbridge & Wey – Joint Winners	2022	Richmond Canoe Club
1999	Richmond Canoe Club	2023	Richmond Canoe Club
2000	Elmbridge Canoe Club	2024	Elmbridge Canoe Club

<b>Marsport Trophy</b>			
For the winning club of the Mini Sprint Series			
2009	Lincoln Canoe Club	2016	Norwich Canoe Club
2010	Leighton Buzzard Canoe Club	2017	Linlithgow Kayak Racing Club
2011	Leighton Buzzard Canoe Club	2018	Wiltshire Youth Canoe Club
2012	Royal Leamington Spa CC	2019	Wiltshire Youth Canoe Club
2013	Royal Leamington Spa CC	2020-21	No events
2014	Norwich Canoe Club	2022	Nottingham Kayak Club
2015	Norwich Canoe Club	2023	Norwich Canoe Club
		2024	Elmbridge Canoe Club

<b>National Regattas Inter-Club Medal Competition</b>			
Club with highest number of medal winners over the year			
2018	Norwich Canoe Club	2021	Nottingham Kayak Club
2019	Norwich Canoe Club	2022	Nottingham Kayak Club
2020	No events	2023/4	Not awarded

<b>Regatta Volunteers Inter-Club Award</b>			
Club with most Volunteer points			
2019	Leighton Buzzard Canoe Club	2022	Leighton Buzzard Canoe Club
2020-21	No events	2023	Addlestone Canoe Club
		2024	Addlestone Canoe Club



## SPRINT RACING COMMITTEE



Nick Fowler-Rimell	<b>Chair</b> – elected term ends 2025 ACM <a href="mailto:Canoesprint.chair@vol.paddleuk.org.uk">Canoesprint.chair@vol.paddleuk.org.uk</a>	FOW1
Louise Clive	<b>Treasurer</b> – elected term ends 2026 ACM <a href="mailto:Canoesprint.treasurer@vol.paddleuk.org.uk">Canoesprint.treasurer@vol.paddleuk.org.uk</a> <a href="mailto:canoesprint.commodore@vol.paddleuk.org.uk">canoesprint.commodore@vol.paddleuk.org.uk</a>	CLI2
Philip Miles	<b>Secretary</b> – elected term ends 2027 ACM <a href="mailto:canoesprint.secretary@vol.paddleuk.org.uk">canoesprint.secretary@vol.paddleuk.org.uk</a>	MIL2
Peter Gorman	– elected term ends 2026 ACM <a href="mailto:canoesprint.rankings@vol.paddleuk.org.uk">canoesprint.rankings@vol.paddleuk.org.uk</a>	GOR1
Adam Miles	– elected term ends 2026 ACM <a href="mailto:canoesprint.localregattas@vol.paddleuk.org.uk">canoesprint.localregattas@vol.paddleuk.org.uk</a>	MIL1
Alice Murphy	– elected term ends 2026 ACM	MUR1
Paul Dimmock	– elected term ends 2027 ACM	DIM1
Martin Hook	– elected term ends 2025 ACM	HOO1
Bev Hunter	– elected term ends 2025 ACM	HUN1
Roland Lawler	– elected term ends 2025 ACM	LAW1
Arthur Leech	– elected term ends 2027 ACM	LEE1
Joe Fitzpatrick	– elected term ends 2027 ACM	FIT1
Margaret Chapman	<b>SCA appointed representative to the SRC</b>	CHA1
‘To be advised’	<b>Canoe Wales appointed representative to the SRC</b>	



**NATIONAL  
SPRINT  
REGATTAS**

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

## Regatta Committee

		Page F5
TBC	<b>Regatta Chair</b>	
Philip Caisley	<b>Team Leader Technical &amp; IT Support</b>	CAI1
John Hoile	<b>Regatta Vice Chair &amp; Safety Officer</b>	HOI2
Louise Clive	<b>Regatta Treasurer &amp; Club Colours</b>	CLI2
Wendy Dodson	<b>Regatta Secretary</b>	DOD1
Ann Hoile	<b>Volunteer Coordinator</b>	HOI1
Paul Edwardes	<b>Chief Official</b>	EDW1
Martin Hook	<b>IT Competition setup</b>	HOO1
Colette Johnson		JOH1
Cathy Wynne	<b>Competition Manager</b>	WYN1

## Who to Contact for British National Regattas information.

Philip Caisley	<b>Sprint Team Leaders' Technical and IT Support</b> <a href="mailto:Regatta.entries@vol.paddleuk.org.uk">Regatta.entries@vol.paddleuk.org.uk</a>	CAI1
Louise Clive	<b>Club Colours</b> <a href="mailto:Regatta.ClubColours@vol.paddleuk.org.uk">Regatta.ClubColours@vol.paddleuk.org.uk</a>	CLI2
Wendy Dodson	<b>Enquiries</b> <a href="mailto:Regatta.Secretary@vol.paddleuk.org.uk">Regatta.Secretary@vol.paddleuk.org.uk</a>	DOD1
Paul Edwardes	<b>Chief Official</b> <a href="mailto:Regatta.ChiefOfficial@vol.paddleuk.org.uk">Regatta.ChiefOfficial@vol.paddleuk.org.uk</a>	EDW1
Ann Hoile	<b>Volunteer Coordinator</b> <a href="mailto:Regatta.Volunteers@vol.paddleuk.org.uk">Regatta.Volunteers@vol.paddleuk.org.uk</a>	HOI1
Kari Martin	<b>Paddler Registrations</b> <a href="mailto:Regatta.Registrations@vol.paddleuk.org.uk">Regatta.Registrations@vol.paddleuk.org.uk</a>	MAR1
Cathy Wynne	<b>Competition Manager</b> <a href="mailto:sprintregatta@outlook.com">sprintregatta@outlook.com</a>	WYN1

# **PADDLE UK SPRINT RACING COMMITTEE**

## **TERMS OF REFERENCE**

- 1. Title**

The Committee shall be called the British Canoeing Sprint Racing Committee (SRC).
- 2. Accountability**
  - 2.1. The Board will approve the Terms of Reference of the SRC. The SRC will be accountable to the Board of British Canoeing for carrying out the responsibilities which are delegated within these Terms of Reference. This accountability will be managed in the following ways:

The Board will annually:

    - 2.1.1. Approve the Terms of Reference for the SRC.
    - 2.1.2. Approve the rolling 4 year plan of the SRC.
    - 2.1.3. Approve the Annual Plan of the SRC.
    - 2.1.4. Approve the Annual Budget for the SRC.
    - 2.1.5. Consider grant support to the SRC.
    - 2.1.6. Receive and consider the minutes of the SRC meetings and its sub-committees.
    - 2.1.7. Receive and publish the Annual Report from the SRC as part of its British Canoeing Annual Report.
- 3. Purpose**
  - 3.1. The Purpose of the SRC is to interest itself in all matters relating to the management and development of sprint racing in the UK with particular focus on:
    - 3.1.1. Increasing participation through the provision of competition.
    - 3.1.2. Administration of rules and regulations.
    - 3.1.3. Development of athletes, clubs, coaches and officials.
  - 3.2. The SRC has UK wide responsibility for those areas outlined within its Purpose and Responsibilities and will work closely with the national associations in Scotland, Wales and Northern Ireland and the regions in England, as agreed between the Parties.
- 4. Responsibilities**
  - 4.1. The following responsibilities are reserved by British Canoeing and may involve the SRC but are not the direct responsibility of the SRC:
    - 4.1.1. Administer the World Class Programmes funded by UK Sport.
    - 4.1.2. Preparation of selection policies.
    - 4.1.3. Manage the selection and participation by elite athletes at international competitions.
    - 4.1.4. Establish and be responsible for the maintenance of anti-doping policy and rules.
    - 4.1.5. Approval of changes to these Terms of Reference.
  - 4.2. The following are responsibilities which will usually be carried out by the National Associations' Sprint Racing Committees. Each National Association, Sprint Racing Committee is subject to their own, separate, regulations and objectives which may include the following:
    - 4.2.1. Manage the rules and regulations for competitions within their National Association.
    - 4.2.2. Organise and maintain control of their National Association Championships.
    - 4.2.3. Develop and support coaching development within its regions and clubs.
    - 4.2.4. Administer the finances of their National Association SRC.
    - 4.2.5. Nominate representatives to the SRC.
  - 4.3. The Primary Responsibilities of the SRC shall be to:
    - 4.3.1. Organise and manage UK National Championships and other competitions on behalf of British Canoeing.
    - 4.3.2. Agree and publish \*1competition rules and regulations and make recommendations for the organisation and management of national and all other sprint regattas.
    - 4.3.3. Follow the current International Panel [IP] Terms of Reference as laid down by the BC Board of Management.
    - 4.3.4. Contribute as a formal consultee to the Sprint Racing selection policies
    - 4.3.5. Manage disputes, protests and appeals with regard to the \*2sprint racing rules and \*1competition regulations.
    - 4.3.6. Maintain \*3disciplinary rules and other regulations.
    - 4.3.7. Support non-Olympic and non-UK sport funded events/athletes.

## **PADDLE UK SPRINT RACING COMMITTEE TERMS OF REFERENCE**

- 4.3.8. Train and develop competition officials.
- 4.3.9. Nominate competition officials to become involved as international technical officials within ECA and ICF.
- 4.3.10. Nominate representatives to become involved in the committees of the ECA and ICF.
- 4.3.11. Support the Racing Technical Group in the development of programmes which improve coaching standards in Sprint Racing within the English regions and clubs.
- 4.3.12. Encourage the development of suitable new and existing sprint competition sites in conjunction with British Canoeing facilities development.
- 4.3.13. Support the development of competition programmes which increase participation in Sprint Racing at all levels.
- 4.3.14. Work with British Canoeing Safety Advisory Group to ensure the provision of a safety framework for the delivery of events.

### **5. Appointment of the Committee**

- 5.1. The SRC shall comprise of up to 12 elected persons, each being a Full Individual Member (Voting Member) of British Canoeing or a National Association. This total will include the Chair, Secretary and Treasurer and other elected members but does not include the National Association delegates or any co-opted members.
- 5.2. The following offices and other SRC members shall be elected at Annual Consultative Meetings (ACM)
  - Chair
  - Secretary
  - Treasurer
  - 9 other SRC members of the committee
- 5.3. In the event of no nominations being received for an office post the SRC may appoint from within the committee members or co-opt a Full Individual Member (Voting Member) of British Canoeing or a National Association to fulfil the vacant role.
- 5.4. The National Association delegates (1 from each of Scotland, Wales and Northern Ireland) will also be voting members of the SRC.
- 5.5. In addition to the office roles of Chair, Secretary and Treasurer, the Committee shall appoint from within their membership (including any co-opted members):
  - Regatta Committee Chair
  - Safeguarding/Welfare Representative
  - And such other posts the Committee considers necessary for its administration
- 5.6. Members of the Committee are elected for a term of three years and shall be eligible to stand for re-election. One third of the elected members retire at each Annual Consultative Meeting.
- 5.7. The terms of each member shall be coordinated so that usually 4 members of the committee retire each year. Should a member resign before the end of their term, the person elected to replace them will be appointed only for the remainder of that term. SRC may co-opt someone to fill a mid-year vacancy until the next ACM. The Chair, Secretary and Treasurer shall retire in consecutive years.
- 5.8. A further 3 members may be co-opted by the SRC, each being a Full Individual Member (Voting Member) of British Canoeing or a National Association, to serve on the Committee for one year. These members shall be eligible to be co-opted for further terms. Co-opted members shall have the same voting rights as other Committee members.
- 5.9. Persons who are employees of British Canoeing or National Associations may serve as elected or co-opted members of the Committee if appointed by SRC to do so and with the consent of the CEO.
- 5.10. The role descriptors for each member of the committee will be developed and approved by the SRC annually.

### **6. Managing the meetings of the SRC**

- 6.1. The SRC shall meet at least twice in each calendar year.
- 6.2. At least 14 days' notice of the date of meetings shall be given to all members of the Committee. Copies of the agenda and available papers to be sent to members of the committee at least 7 days in advance. Additional papers will be circulated to SRC members as soon as practical.
- 6.3. The Secretary shall keep minutes of the proceedings of the Committee. Draft minutes, which have previously been circulated to the Committee for comment, to be published on the SRC and British Canoeing website within 2 months of the date of the meeting. Final minutes will be posted to replace the draft minutes once these have been approved by the Committee. Copies of the minutes shall also be sent to the Executive Assistant to the CEO of British Canoeing for circulation to the Board.

# **PADDLE UK SPRINT RACING COMMITTEE**

## **TERMS OF REFERENCE**

- 6.4. The quorum at SRC meetings shall be a majority of the number of voting members who are elected or co-opted to the Committee.
  - 6.5. Decisions shall usually be reached through consensus, but when voting takes place, this shall be by show of hands only and each elected or co-opted member and National Association delegate shall have one vote. Only those attending the meetings shall have the right to vote.
  - 6.6. For urgent business or on other occasions as required between meetings, the committee may conduct business and take votes electronically by means such as email or conference call.
  - 6.7. The SRC may create sub-committees of the SRC, either as a standing committee or for a specific period and with a specific brief.
  - 6.8. The SRC shall usually appoint one of its number to chair the sub-committee and all members of the sub-committee shall be Full Individual Members (Voting Members) of British Canoeing or a National Association.
  - 6.9. Each sub-committee shall be fully accountable to SRC and shall have in place Terms of Reference which are approved by the SRC.
- 7. Managing the Finances of the SRC**
- 7.1. The finances of the SRC will be managed in accordance with the Guidelines provided by British Canoeing and agreed with the SRC.
  - 7.2. The Treasurer shall manage the income and expenditure and accounts of the SRC and work closely with the Finance Manager within British Canoeing to provide financial reports to the Board.
  - 7.3. The SRC shall present an Annual Budget for approval by the Board. This will include the budget of the Regatta Committee and any other sub committees of the SRC.
  - 7.4. The Year End accounts of the SRC, its sub committees, including the Regatta Committee shall be submitted annually to the Finance Manager within British Canoeing made up to 31<sup>st</sup> October. The accounts will be audited as part of the British Canoeing audit process.
  - 7.5. The SRC may provide funding to support the work of its sub-committees. The SRC will be responsible for the income and expenditure of the sub committees and report this in full to the Board.
  - 7.6. The SRC may pay the approved costs of members attending SRC and sub-committee meetings.
- 8. Annual Consultative Meetings (ACM)**
- 8.1. The SRC will be responsible for organising the SRC Annual Consultative Meeting (ACM) with UK sprint clubs, for the purpose of electing members to the SRC, reporting progress and discussing major changes proposed for the future.
  - 8.2. The SRC ACM shall usually be held between September and December each year. The date of the ACM will usually be published approximately 3 months in advance.
  - 8.3. The business of the ACM Meeting shall be to:
    - Receive the report of the Chair.
    - Receive a summary statement of accounts.
    - Receive the report and accounts of the regatta sub-committee.
    - Elect persons nominated to serve on the SRC.
    - Discuss and consider any major developments being considered by the SRC.
    - Consider any items included in the notice of meeting. Any conclusions reached on such items shall stand as recommendations for further consideration by the SRC.
    - Only at the discretion of the Chair, may additional items, not in the notice of the meeting, be discussed, or referred for further consideration by the SRC.
  - 8.4. Nominations of candidates for election to the SRC at the Annual Consultative Meeting must be submitted to the Secretary of the SRC in writing supported by the signatures of two Full Individual Members (Voting Members) of British Canoeing or a National Association and must reach the Secretary at least 42 days prior to the ACM.
  - 8.5. Any item for the agenda at the Annual Consultative Meeting must be submitted to the Secretary of the SRC in writing supported by the signatures of two Full Individual Members (Voting Members) of British Canoeing or a National Association and must reach the Secretary at least 42 days prior to the ACM.
  - 8.6. Notice of the meeting shall be communicated to each 'Voting Club' at least 21 days prior to the Meeting.
  - 8.7. A 'Voting Club' is an affiliated UK club who has registered its interest in sprint racing with the Committee by competing at a British Canoeing or a National Association's national regatta in the period since the last Annual Consultative Meeting.
  - 8.8. The notice of the ACM shall include the following: The Agenda of the meeting, details of the date, time and place of Consultative Meeting, details of those standing for election, information about proxy voting, details of any matters raised by members.

- 8.9. The quorum of the ACM shall be a minimum of 8 Voting Clubs present. No business shall be transacted at the ACM unless this quorum of members is present. If the quorum is not met the ACM may be re arranged.
  - 8.10. The Chair of the Committee shall preside at the ACM. If the Chair is known to be unable to attend or remains absent 30 minutes after the scheduled start time of the meeting, the Voting Clubs present may choose another Committee member of the SRC to take the chair.
  - 8.11. Each 'Voting Club' is entitled to vote either through a club representative present at the ACM or via a Proxy.
  - 8.12. A Voting Club representative must be a Full Individual Member (Voting Member) of British Canoeing or a National Association.
  - 8.13. The proxy arrangements will be circulated in advance with the Notice of the Meeting and the details shall be determined by the SRC. Proxy votes can be given to the Chair of the Meeting or to another Voting Club. A maximum of 2-votes may be held by any one club., their own and 1 proxy vote.
  - 8.14. All Proxy votes must be registered in advance with the Secretary of the SRC and received at least 72 hours before the time of the ACM.
  - 8.15. The Chair shall not be entitled to vote other than when a casting vote is required
  - 8.16. Voting shall be by a show of hands and proxy cards, unless two or more Voting Club representatives present at the meeting or the Chair, request a poll.
  - 8.17. A Special Consultative Meeting may be called at any time at the discretion of the Committee or by notice in writing to the Secretary by not less than 10 Voting Clubs. Such notice must state in the form of a motion the business to be discussed and be signed on behalf of the Voting Clubs, by the Voting Clubs' representatives who are Full Individual Members (Voting Member) of British Canoeing or a National Association.
  - 8.18. The Committee shall convene a Special Consultative Meeting within 60 days of receipt of such notice.
  - 8.19. A Special Consultative Meeting will be conducted in line with the proceedings of an ACM as outlined within these Terms of Reference.
- 9. Trophies**
- 9.1. The Committee shall keep records and ensure the security of the trophies which are the property of the SRC and which are awarded each year.
  - 9.2. The Committee shall also determine and publish which trophies are to be presented for each competition each year
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**Appendix:**

**\*1 National Sprint Regatta, Terms/Conditions of Participation, various other rules and regulations.** (Section B8-14 2025 Canoe Sprint Handbook)

**\*2 British Canoeing Sprint Racing Competition Rules**  
(Section C23-41: 2025 Canoe Sprint Handbook)

**\*3 British Canoeing Sprint Section Discipline Regulations**  
(Section B15: 2025 Canoe Sprint Handbook)



## **Weils 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 capsizing 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/](http://www.nhs.uk/conditions/Leptospirosis/)

Further information & support is available when required by contacting:

*safety@paddleuk.org.uk*

# PADDLE UK SPRINT RACING COMPETITION RULES



Issue date: 1st January 2025

## Introduction

The purpose of this document is to provide the Rules that govern:

- a) Sprint Racing (named Canoe Sprint by the International Canoe Federation)
- b) The conduct of that Racing

It follows as closely as possible the wording and sequence of the International Canoe Federation Canoe Sprint and Paracanoe Competition Rules taking effect from 1<sup>st</sup> January 2025. However, it also contains some additional regulations or changes to those rules as determined from time to time by the Paddle UK Sprint Racing Committee. Where there is ambiguity, or these rules are unclear, the ICF ruling should be applied and will take precedence.

The following words, acronyms and abbreviations are referred to in this document:

**BOA** **British Olympic Association** (the National Olympic Committee for Great Britain)

**ICF** **International Canoe Federation**

**IOC** **International Olympic Committee**

**NF** **National Federation**

**NOC** **National Olympic Committee**

**PW** **Paddle Cymru**

**PNI** **Paddle Northern Ireland**

**PS** **Paddle Scotland**

**PUK** **Paddle UK** (the Governing Body for Canoeing in Great Britain)

**SRS** **Sprint Racing Section of Paddle UK** (responsible to PUK for the control of Sprint Racing competitions in canoes and kayaks over distances up to and including 5000 metres)

**SRC** **Sprint Racing Committee** (elected by the Sprint Racing Section to carry out the objectives of the Section on a day-to-day basis).

**RC** **Regatta Committee** (a sub-committee of the SRC responsible for organising and conducting National Championships and other competitions on behalf of PUK)

## Aims and Definition of Sprint Racing

The aim of a canoe sprint competition is for people to race each other in kayaks and canoes over a clearly defined unobstructed course in the shortest possible time according to the rules. The course should be as flat and still as can be obtained. Although the course length may be any distance up to and including 5,000 metres and competition organised for any craft, the official events and distances recognised by PUK and ICF are the following:

For men and women:	K1, K2, K4, C1, C2, C4	200, 500 and 1000 metres
	K1, K2, K4, C1, C2	5000 metres
For some Junior events:	K1, K2, K4, C1, C2	2500 metres
Paracanoe, men and women Kayak:	KL1, KL2, KL3	200 metres
Paracanoe, men and women Va'a:	VL1, VL2, VL3	200 metres

# PADDLE UK SPRINT RACING COMPETITION RULES

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# PADDLE UK SPRINT RACING COMPETITION RULES

## Part I - GENERAL REGULATIONS

There are three levels of competition – International, National Status and Club/Regional

### 1. INTERNATIONAL COMPETITIONS

- 1.1 The ICF has ruled that all International Competitions must take place in accordance with the ICF Canoe Sprint Competition Rules. All competitions organised by either PUK or a PUK Club are considered international if competitors of a foreign country are invited to participate.
- 1.2 These competitions must be supervised or managed by at least two accredited officials in possession of valid ICF Canoe Sprint Official cards.
- 1.3 Foreign Nationals (Complies with ICF GR 3).
  - 1.3.1 No member of a foreign Federation or club may compete or be invited to compete in an open or national competition within the United Kingdom without permission of the RC.
  - 1.3.2 Only athletes who are members of a club or associations affiliated with a National Federation have the right to participate in an international competition.
  - 1.3.3 An athlete having satisfied 1.3.2 and having obtained the written consent of their National Federation is permitted to compete individually in an international competition.
  - 1.3.4 A competitor may take part on behalf of PUK provided they are domiciled in the UK, if they obtain the authorisation of their Federation of origin. This authorisation has to be sent before 30th November prior to the year concerned to the ICF Headquarters with a copy to the Chairman of the ICF Canoe Sprint Committee.
  - 1.3.5 If they have lived for 2 (two) years or more in the UK, the approval of their Federation of origin is no longer required.
  - 1.3.6 An athlete cannot compete for more than one (1) National Federation in any calendar year.

### 2 BRITISH NATIONAL STATUS COMPETITION

- 2.1 All competitions announced as National Status competitions shall be held in accordance with Paddle UK Sprint Racing Competition Rules.
- 2.2 Athletes who are members of clubs affiliated with a National Federation have the right to participate in a National Status Competition.
- 2.3 National Status Competitions are those at which promotions within the National ability classes take place.
- 2.4 National Status Competitions are organised on behalf of Paddle UK.
- 2.5 All competitors at National Status Competitions must be fit and healthy to compete at this level, and registered with the RC as holding current PS, PC, PNI or PUK, On the Water membership or, if racing in a Junior 'D' class or Mini Sprint, be a Club Associate member of an affiliated club.
- 2.6 Organisers of National Status Competitions shall declare the competition is being held under PUK sprint racing rules.
- 2.7 National Status Competitions require permission from the SRC. Applications shall be directed to the Secretary of the SRC. Such permission would require:
  - 2.7.1 Observance of PUK Sprint Racing Competition Rules. With inclusion of the words "Under Paddle UK Sprint Racing Rules" on all printed matter issued in connection with the competition
  - 2.7.2 Within 14 days of the date of the competition, event risk assessments are to be sent to the SRC.
  - 2.7.3 Compliance with Rule 13.2 regarding Regatta Officials.
- 2.8 National Status Competitions will be included in the official Paddle UK Calendar of events.
- 2.9 Within 14 days of the close of a competition a completed regatta programme with the official results, shall be sent by the Organisers to the SRC Secretary [canoesprint.secretary@vol.paddleuk.org.uk](mailto:canoesprint.secretary@vol.paddleuk.org.uk).

# PADDLE UK SPRINT RACING COMPETITION RULES

## 3 CLUB AND REGIONAL REGATTAS

During 2025 the rules below will be reviewed and may be changed. Any changes made will be published on the SRC website. This review will be undertaken by the working group which the SRC has set up to look at expanding the number and diversity of local and regional sprint events.

- 3.1 PUK members are allowed to participate with non-PUK members.
- 3.2 No promotions will be made at Club or Regional Regattas. Performance will not affect National Ranking.
- 3.3 The Rules and Classes may be altered to suit the event requirements.
- 3.4 Organisers of Club & Regional Regattas can include their event in the Handbook Competition Calendar (at no charge) and may place an advert in the Handbook for the event on payment of the appropriate fee.
- 3.5 Club & Regional status competition can be included in the official PUK Calendar of events.
- 3.6 Organisers are asked to encourage all who take part to become PUK members. Where fees are charged, PUK members should be charged a reduced fee.
- 3.7 To ensure uniformity, organisers are to forward the event Risk Assessment to the SRC and follow PUK Sprint Racing Competition Rules as far as possible. Organisers are asked to make it clear in all literature what the event rules will be. Within 14 days of the close of a competition a completed regatta programme with the official results should be sent to the SRC Secretary [canoesprint.secretary@vol.paddleuk.org.uk](mailto:canoesprint.secretary@vol.paddleuk.org.uk).
- 3.8 Paddle UK's information paper 'Running a local Sprint Regatta' is available from the SRC website on this link: [14.-Running-a-Sprint-Regatta.pdf \(paddleuk.org.uk\)](#)

## 4 COMPETITIONS OUTSIDE OF THE UNITED KINGDOM

- 4.1 No Club or member of a Club or individual member of PUK may compete at a Canoe Sprint event outside the United Kingdom without permission from the SRC. See Rule 1.3.3

## 5 MEMBERSHIP OF MORE THAN ONE CLUB OR CHANGE OF CLUB

- 5.1 When a competitor is a member of two or more clubs, they shall, by **March 1st** have declared the name of the club in whose colours they will race for that year.
- 5.2 A competitor joining a second club after March 1st must continue to race for their first club, unless prior consent of their old club has been obtained. The consent shall not be withheld in the case of a change of residence from one area to another.

## 6 ATHLETE ELIGIBILITY AND SPONSORSHIPS

- 6.1 The rules of the International Canoe Federation or the National Olympic Committee shall apply to all matters relating to Amateur Status. At present there are no regulations specific to Amateur Status other than as broadly listed in 6.3.
- 6.2 **Foreign Teams** may receive compensation/assistance authorised by Paddle UK to cover financial expense to participate in a UK competition. Under no circumstances shall any payment exceed the sum of actual expenditure.

# PADDLE UK SPRINT RACING COMPETITION RULES

## 6.3 **A Competitor May Not:**

6.3.1 In the practice of sport and in the opinion of PUK manifestly contravene the spirit of fair play in the exercise of sport, particularly by the use of doping or violence.

6.3.2 Have allowed their person, name, picture or sport performance to be used for advertising, except when PUK or its Committees enter into a contract for sponsorship or equipment. All payments must be made to PUK and not to the individual.

6.3.3 Participate in any competition on condition of a financial consideration.

6.4 **A Competitor May Accept**, financial support during a period of preparation and/or actual competition which shall be limited by the rules of PUK and its Committees.

6.4.1 Assistance administered through the BOA or PUK Performance Programmes: living expenses, insurance cover in respect of accidents, illness and disability; personal property, sports equipment and clothing; cost of medical treatment, physiotherapy and authorised coaches.

6.4.2 Compensation authorised by their NOC or PUK Performance Programmes, in the case of necessity, to cover financial loss resulting from their absence from work or basic occupation in the Olympic Games and sports competition or other canoeing activities. In no circumstances shall payment made under this provision exceed the sum which the competitor would have earned in the same period. The compensation may be paid with the approval of PUK or BOA at their discretion.

6.4.3 Prizes won in competition or other canoeing activities, within the rules established by PUK and its Committees and the ICF.

6.5 In all cases which are not covered by the above regulations (6.2 and 6.3), the corresponding rules of the ICF or the BOA shall apply.

6.6 **Procedures to be undertaken by those seeking, obtaining and disbursing sponsorships, sports scholarships and awards.**

6.6.1 Details of all personal sponsorship arrangements, sports sponsorships and other awards, offered to or negotiated by individuals or organisations, must be submitted by beneficiaries to the PUK Committee responsible for administering the particular activity, for registration and approval. When doubt exists regarding the appropriate Committee to whom information should be furnished, PUK Headquarters will arrange for the necessary action to be undertaken.

6.6.2 A central registry of all personal sponsorship arrangements will be maintained by PUK Headquarters and will be available for inspection by authorised officers of PUK.

6.6.3 **The term "personal sponsorship arrangements negotiated by beneficiaries" shall include:**

6.6.3.1 Payments made to athletes selected through the UK Sport Performance Matrix and administered by PUK Performance Director.

6.6.3.2 Sponsorship provided by individuals (not family), commercial, industrial, and public authorities, National and Regional Sports Aid Foundations, Local Authorities, Trust Funds, Educational Institutions and agencies, Clubs and other miscellaneous supportive groups.

## 7 **CLASSIFICATION OF PADDLERS**

7.1 **Junior:** A Junior is a competitor under 18 years of age at the beginning of the current calendar year. A Junior will have junior ability racing status unless promoted to senior ability racing status. Each Junior ability status competitor will be nominated to compete in one of the Junior ability classes as laid down from time to time by the SRC. Juniors who have Senior ability status may race in their appropriate Junior age group in age group designated events, for international selections or National Championship.

7.2 **Senior:** A Senior is a competitor who is over 18 years of age at the beginning of the calendar year. Each Senior status competitor will be nominated to compete in one of the Senior ability classes as laid down from time to time by the SRC.

# PADDLE UK SPRINT RACING COMPETITION RULES

- 7.3 **Master (Veteran):** The first year a paddler may compete in a Masters age group event is the year that their thirty-fifth (35<sup>th</sup>) birthday falls.
- 7.4 **Promotions:** Entry into and promotion between classes will be at the discretion of the SRC which will be based on results gained in competition at National regattas and venues nominated by the SRC. An athlete may, on application by his Team Leader with the SRC's agreement, revert to a lower class.
- 7.5 **Mixed Events:** Mixed events where male and female competitors take part in the same boat are permitted.
- 7.6 **Status:** Status in Kayaks has no bearing on status in Canoes and the converse. Similarly, the status in the Paddle-Ability class and/or the Paracanoe classes has no bearing on the status in the ability Kayak and/or Canoe classes, e.g., a Senior A class competitor in Canoe may be in a different Senior class in Kayak.

## 8 BRITISH NATIONAL CHAMPIONSHIP TITLE AND TROPHIES

- 8.1 In order to be eligible to win a British National Championship title a competitor must:
  - 8.1.1 Be a British Citizen and be a current full PS, PC, PNI or a Paddle UK 'On the Water' member, (Juniors registered as a 'Club Associate Member', may not need full individual Paddle UK membership) and not currently representing or in the selection process to represent another country; or
  - 8.1.2 Have been resident in the United Kingdom and a PS, PC, PNI or a Paddle UK 'On the Water' member, (Juniors registered as a 'Club Associate Member', may not need full individual Paddle UK membership) for at least 2 (two) calendar years. For clarification, the residency shall be calculated as being the 2 years immediately preceding January 1<sup>st</sup> in the year of the relevant competition; or
  - 8.1.3 Be a Refugee athlete who gained UN Refugee status in the UK.
- 8.2 When entering a National Championship, competitors agree to abide by PUK Eligibility Policy and comply with the requirements and procedures of the National Championships organisers.
- 8.3 If a competitor is not a British Citizen and has not been Resident in the United Kingdom and a member of Paddle UK, including, PS, PC & PNI for the necessary 2 (two) years (in accordance with 8 1.1. above) and there are exceptional circumstances then they may apply to the Head of Governance and Compliance requesting discretion to be exercised. Any applications should be submitted at least four weeks prior to any National Championships event in which they wish to compete.
- 8.4 Decisions are final and in the absolute discretion of the Paddle UK Chief Executive who shall consider each case on its own merit. Decisions do not create a precedent for any future cases.

N.B. see also Part V - Special Rules for British National Championship Events

# PADDLE UK SPRINT RACING COMPETITION RULES

## Part II - CLASSES AND BUILDING REGULATIONS

### 9 WEIGHT AND DIMENSION LIMITS

Competitors are to ensure their boats conform to the technical requirements stated below. Penalties as described in Part IV; Regulation 31 will be imposed when rules are not complied with.

	Paracanoe		K1	K2	K4	C1	C2	C4
	Kayak	Va'a						
Max length	520	730	520	650	1100	520	650	900
Min weight	12	13**	12	18	30	14	20	30
Min width	50*							
<b>Measurements in cm, weights in kg.</b>								
<p><b>Note:</b> The length of a kayak or a canoe shall be measured between the extremes of the stem and the stern. Stem-bands or other projections of the stem or stern, if any, are to be included. Any rudder forming a continuation of the length of a kayak is not to be included in the measurement.</p> <p>The weight of a boat shall not include any loose fittings, any fixed absorbent material must be dry.</p> <p>Paracanoe adaptation equipment is not regulated but is included as part of the weight of the boat if it is securely attached.</p> <p>* Measured 10cm from bottom of hull.      ** Including hull, ama &amp; iako (crossbeams).</p>								

### 10 ATHLETE IDENTIFICATION AND TRADEMARKS

- 10.1 Boats, accessories and clothing may carry trademarks, advertising symbols and written text.
- 10.1.1 Advertising materials should be placed in such a way that they do not interfere with athletes' identification and do not affect the outcome of the race.
- 10.1.2 If an athlete's name is displayed, it shall be placed on each side of the boat under the cockpit.
- 10.1.3 Athletes should wear clothing in compliance with the club uniform colours registered with the SRC, or those of the national federation they represent if competing as an invited international athlete.
- 10.1.4 The advertising of tobacco, smoking and strong spirit drinks is not permitted.
- 10.1.5 Political messages, images, symbols and written text unrelated to sport funding are not permitted.
- 10.1.6 No part of the athlete's body should be attached to the boat in anyway. Such attachments must be removed.
- 10.1.6.1 Any strapping used to connect a paracanoe athlete with the boat must be of a "quick release" type which must be demonstrated by the athlete prior to the competition.

### 11 CONSTRUCTION

- 11.1 The boats (kayaks and canoes) must have only one hull (monohull construction) and only a single keel line. Multihull and Catamaran style boats are not allowed.
- 11.2 The boat must be constructed so that it remains buoyant, supports the crew and floats in a horizontal position when filled with water. Boats inherent buoyancy must be supplemented by additional, visible fixed flotation material or by the provision of sealed bulk heads.

# PADDLE UK SPRINT RACING COMPETITION RULES

- 11.3 All boats must be built symmetrically along their longitudinal axis.
- 11.4 The hull section and longitudinal lines of the hull of the kayak and canoe must not be concave. Section and longitudinal lines of the hull of a Va'a may be concave or convex.
- 11.5 The deck construction may not be higher on any horizontal point than the highest point of the front edge of the first cockpit.
- 11.6 No foreign substance may be added to the surface of the boat which gives the athlete an unfair advantage. The use of hull lubricant is not permitted.
- 11.7 No part of the boat except the seat (and the footrest or paracanoe adaptive equipment) may have moving parts which can be used to help propel the boat in a way which would give athletes an unfair advantage.
- 11.8 Any data recording devices must be placed in a position in or on a boat or paddle so that they are not visible to athletes during a race. No devices will be permitted that are capable of emitting sound or vibration signals and must not be on a boat during post-race boat control.

## **Kayaks**

- 11.9 Kayaks shall have one rudder. The rudder must be placed under the hull of the boat.
- 11.9.1 The boat must be designed for athletes to sit-in (Kayak type) except Paracanoe, where sit-on (Surf Ski type) kayaks are permitted.
- 11.9.2 Weed deflectors can be a maximum 20cm long and cannot be deeper than the rudder.

## **Canoes**

- 11.9.1 Steering rudders or any guiding apparatus directing the course of the canoe are prohibited.
- 11.9.2 C1 and C2 boats may be entirely open. The minimum length of the opening shall be 280cm and the top edge of the hull (gunwale) can extend maximum 5cm into the craft along the whole opening. The boat can have a maximum of 3 strengthening bars with a width of maximum 7cm each.
- 11.9.3 C4 canoes may be entirely open. The minimum length of the opening shall be 390cm and the top edge of the hull (gunwale) can extend maximum 6cm into the craft along the opening. The boat can have maximum 4 strengthening bars with a width of maximum 7cm each.

## **Va'a**

- 11.10 The Va'a must be a single hull Va'a, rigged with a single ama (outrigger pontoon) and double iako (crossbeams), separated by at least one seat.
- 11.10.1 Either sit-in or sit-on-top Va'a may be used.
- 11.10.2 Rudders, skegs and projecting keels are not permitted.

## **11.11 Innovations**

- 11.11.1 Significant innovations in equipment including, but not limited to, boats, related equipment and clothing, must comply with items 3.2.8 and 3.2.9 of the ICF Canoe Sprint Racing Rules.

## **11.12 Paracanoe**

- 11.12.1 Modifications are permitted for stability if the boat is made slower. (i.e. stabilizing pontoons).
- 11.12.2 Adaptation equipment is not regulated but is included as part of the weight of the boat if it is securely attached.
- 11.12.3 Any strapping used to connect an athlete to their boat and the athlete with their paddle must be of a "quick release" type.
- 11.12.4 Athletes are required to wear a Personal Floatation Device (PFD) that meets minimum requirements of BS EN ISO 12402-5. Athletes may not wear a PFD if they sign a waiver indicating they have excellent swimming ability, and not wearing a PFD presents no risk of personal injury or harm.

# PADDLE UK SPRINT RACING COMPETITION RULES

## 12. **Boat Control**

12.1 The length of a kayak or a canoe shall be measured between the extremes of the stem and the stern. Stem-bands or other projections of the stem or stern, if any, are to be included. Any rudder forming a continuation of the length of a kayak is not to be included in the measurement

### **Before Weighing the Boat:**

12.2 Unless attachments consisting of water absorbent material are absolutely dry, they will be removed, along with all loose items, before the boat is weighed.

## Part III - ORGANISATION OF COMPETITIONS

### 13 **Officials**

#### **Duties of the Organising Committee**

13.1 An Organising Committee is responsible for the preparation and running of the competition. The Organising Committee shall, in particular:

- 1) Fix the date and the programme of the regatta in agreement with the SRC.
- 2) Draw up and distribute the advance programme including the date and time of the team leaders' meeting.
- 3) Make available a stretch of water and technical equipment conforming to the present Sprint Racing Competition Rules.

#### 13.2 **Competition Committee**

The competition will be managed by a Competition Committee consisting of:

- 1) Chief Official
- 2) Chief Judge
- 3) Deputy Chief Judge

For National status competitions two members of the competition committee must be registered Regatta Officials of the Paddle UK Sprint Racing Section.

International regattas must be supervised or managed by at least two accredited officials in possession of valid ICF Canoe Sprint Official cards.

#### 13.3 **Duties of the Competition Committee:**

- a) Direct and supervise the competition.
- b) Postpone the competition and decide, if possible, when the competition can resume in the event of inclement weather or other unforeseen circumstances.
- c) Decide on matters concerning disqualification in cases where the rules have been broken during the competition.
- d) Hear any protests that may be made and settle any disputes that may arise.
- e) Hear the opinion of the Course Umpire who controlled the race in which the infraction was said to have occurred, before any decision is made regarding an alleged infraction of the rules.
- f) Make decisions based on the PUK Sprint Racing Competition Rules and the Terms / Conditions of Participation, if necessary, impose penalties as described in Part IV, Regulation 31.
- g) Penalties in accordance with PUK Rules or the SRC Disciplinary Regulations may also be imposed: i.e. disqualification for a longer period than the duration of the competition in question.
- h) Should a competitor be injured during a heat, the Committee may allow them to participate in another heat.
- i) A member of the Competition Committee may not participate in a judgment connected with an incident directly involving or a disqualification of a competitor from their own club.

# PADDLE UK SPRINT RACING COMPETITION RULES

13.4 If the nature and extent demand, a competition should be held under the supervision of the following officials:

Chief Official	Aligner(s)
Chief Judge	Starter(s)
Deputy Chief Judge	Course Umpire(s)
Competition Manager	Turning Point Umpire(s)
Boat Controllers	Finish Line Judge(s)
Announcer	Media Officer
	Event Secretary

If circumstances permit, one person may function in two of the above positions.

13.5 The Chief Official, Chief Judge, Deputy Chief Judge, Competition Manager, Starter, Umpires, should, if possible, be registered Paddle UK Regatta Officials.

13.6 **Unauthorised persons must not enter any official's area unless invited by the Competition Committee or Jury.**

13.7 **The National Championship Competition Jury:**

- a) A protest made during the competition must be submitted in writing (hard copy or electronic) by the Club's Team Leader to the Competition Committee not later than 20 minutes after publication of the results.
- b) An appeal against a decision of the Competition Committee must be addressed to the Chairman of the Jury in writing (hard copy or electronic) not later than 20 minutes after the Team Leader has been informed, in writing (hard copy or electronic) by the Chair of the Competition Committee, of the decision against the competitor or crew.
- c) Final authority for National Championship Competitions shall rest with a Jury composed of a Chairman and four members.
- d) The members of the Jury shall be appointed by a quorum of the SRC prior to the commencement of the competition. (In the event of a quorum not being present, the Chairman, Vice Chairman, or another official of the SRC and two Committee members may appoint the Jury).
- e) The Chairman of the Jury will be the Chairman or Vice-Chairman of the SRC or an elected SRC member.
- f) The decision of the Jury is final.

13.8 **Duties of Officials**

13.8.1 **The Chief Official**, who is also the Chair of the Competition Committee, will decide on all matters arising during the competition that are outside of these rules.

*With the confirmation of the Competition Committee, may disqualify any competitor who behaves improperly or who, by their conduct or speech, shows contempt towards the competition officials, other competitors, or onlookers (see Rule 31.6).*

All officials are responsible to the Chief Official.

13.8.2 **The Chief Judge** will:

- a) Cooperate with the Chief Official and substitute for the Chief Official where necessary.
- b) Collect the forms necessary for the administration of the competition.
- c) Formulate and record the decisions of the Competition Committee relating to any protests.

# PADDLE UK SPRINT RACING COMPETITION RULES

## 13.8.3 **The Deputy Chief Judge** will:

- a) Cooperate closely with the Chief Official and the Competition Manager and will handle the administrative tasks of the competition.
- b) Check the personal identification documents of the competitors and their age if necessary.
- c) Liaise with computer room operatives and supervise the processing of data and results.
- d) Check the results, race by race during the competition and prepare the list of the boats qualified to the next phase of the competition.

## 13.8.4 **The Competition Manager** will

- a) Keep in constant contact with the officials and technical support staff.
- b) Supervise the races and ensures that the competition schedule is followed without unnecessary delay.
- c) Complete the competition administration (competition schedule, draws, results, technical documents, boat control, press, protest etc.).
- d) Ensure that the announcer gives all the necessary information about the races such as the start order, the name of any athletes failing to start and the results.

## 13.8.5 **The Boat Controller(s)**

- a) The ID Controller(s) (International competitions only) must only allow athletes to compete in the race whose identification has been checked and whose body number conforms to the rules. They will also check for any performance enhancing foreign substance on the boat and any forbidden devices as mentioned in Part II. The Official in charge must inform the Competition Committee in the case of a missing boat or infringement of the competition rules.
- b) Post-race Boat Controller(s) will check boats after races. One or more competitors may be selected at random to bring their boats to Boat Control after each race, except in the case of a National Championship finals where the first 4 boats to finish will be selected.

## 13.8.6 **The Starter(s)** will:

- a) Decide all matters concerning the start of the races,
- b) Be solely responsible for resolving false start issues.
- c) Ensure that the start equipment is in working order.
- d) Communicate with the Competition Committee before each race. After having received a signal from them that all is ready, order the boats to their places.
- e) Utilise English in all communications with the athletes, plus other languages if possible and deemed appropriate in the circumstances (International competitions only)
- f) Carry out the start according to the Racing Rules.
- g) Ensure that the circumstances at the start are free from any hindrance.

**All decisions of the Starter are final.**

## 13.8.7 **The Aligner** the duty of the aligner is to bring the boats to the starting line with the least possible delay. Their duties will be to check the competitors team colours and lane numbers.

If an automatic start system is in use, the Aligners duties may be performed by Course Umpires who will be positioned behind the starting line. They will have an unobstructed view inside the start system's boots.

When all boats are aligned and in the boots the aligner will raise a white flag signifying to the starter that they are in position to start. When the boats are not in the boots, the aligner shall raise a red flag. If there is no automatic starting system, the aligners may be repositioned.

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## 13.8.8 **The Course Umpire(s)** will:

- a) Ensure that during a race the Racing Rules are complied with, particularly those described at 26 to 29 in Part IV of these regulations.
- b) Show a white flag after the race has completed if there is no infraction of the rules to report.
- c) Show a red flag after the race has completed if there is an infraction of the rules.
- d) Report verbally (by radio) immediately any infraction to the Competition Committee if the rules are broken.
- e) When requested, present a written report (hard copy or electronic) to the Competition Committee within 10 minutes in such a case.
- f) Follow the 1,000m races in a motorboat: Ideally, races should be accompanied by two (2) Course Umpires in two (2) separate catamaran type boats.
- g) Do not follow the 200m races: Up to two (2) Course Umpires in two (2) separate motorboats may be positioned before the start line. Up to two (2) Course Umpires in two (2) separate motorboats may be positioned behind the finish line.
- h) In 500m races either system as used for 1,000, or 200m races may be adopted for the Course Umpires to do their task. The Chief Official will decide on the most appropriate system to be used, based on their opinion of the course features.
- i) If necessary, judge the race from the Finish Tower: as instructed by the Chief Official.
- j) Be completely unhampered during the race: No one except the Course Umpire and the driver shall be admitted to the boat reserved for them.
- k) In the case of external hindrance or obstruction, stop the race by passing all boats in the race and waving a red flag and/or using a sound signal until all boats have stopped paddling. Immediately report the occurrence to the Competition Committee. After this all boats shall return to the start.
- l) In long distance races with many athletes, multiple Course Umpire will be nominated.

## 13.8.9 **The Turning Point Umpires**, when a race is run along a course with one or more turning point, one Umpire, who may be accompanied by a Recorder must be stationed at every turning point, positioned where they gain the best view of the turn.

- a) The Turning Point Umpire shall ensure that the Racing Rules are complied with, particularly those described at 28 in Part IV of these regulations. The Umpire/Recorder shall make a list of all who pass the turning point.
- b) Immediately after the race, the Turning Point Umpire shall report to the Competition Committee as to who has turned and if any infraction of the rules has taken place.

## 13.8.10 **The Finishing Line Judges** will:

- a) Be placed in a position where all lanes at the finish line can be clearly seen.
- b) When required, time each race with at least two (2) stopwatches. When stopwatches have not recorded the same time, the slowest time will be taken as correct. The stopwatches are to be started when the electronic or optical signal from the start is received.
- c) Decide the order in which the boats have crossed the finishing line when there is no Photo Finish system.
- d) Use a simple majority to decide a dispute in the absence of a Photo Finish system and where the Finish Line Judges differ, regarding determining the places of two (2) or more boats. In the case of equal voting the Chief Finish Line Judge has the casting vote.
- e) Determine the results and compare them with the photo finish results. When there is a Photo Finish system, the photo finish will be decisive.
- f) Record the position of the athletes in the boat (with a video camera if one is available) at the time of arriving at the finish line. The Chief Finish Line Judge will decide whether the athlete is in their boat at the finish line and report to the Competition Committee if necessary.
- g) One (1) of the Finish Line Judges will; be appointed as Chief Finish Line Judge who will:
  - i) Ensure that the timing equipment is working correctly. They may divide the work amongst the Finish Line Judges.
  - ii) Compare the official times/positions with the other Finish Line Judges at the end of each race and immediately inform the Deputy Chief Judge.

# PADDLE UK SPRINT RACING COMPETITION RULES

13.8.11 **The Announcer** shall, on the instructions of the Competition Manager, announce the start of each race, the order of the starting and the position of the competitors during the race. After the race is finished, they will announce the results.

13.8.12 **The Media Officer** must supply all the necessary information to the representatives of the press, radio and television about the race and its progress. The Media Officer may ask for information from other officials.

13.8.13 **The Event Secretary** will:

- a) Liaise closely with, and provide administrative support to, the Competition Jury, the Competition Committee, and the Competition Manager for the duration of any competition.
- b) Liaise and provide administrative support to Team Leaders regarding late crew change or withdrawal (scratch) requests, comments and other related matters.
- c) As required, facilitate communication between the Competition Jury, the Competition Committee, the Competition Manager and Team Leaders for the duration of any competition.

### **It is the Officials' obligation to perform their tasks in conformity with the Paddle UK Sprint Racing Competition Rules.**

Every official has an obligation to check the equipment necessary to perform their tasks is in working order. If a shortcoming is found, it must be reported to the Chief Official or Competition Manager.

**Unauthorised persons must not enter any Officials' area unless they are called for by either the Competition Committee or the Jury.**

## 14. **Invitations**

An invitation to an Open Regatta shall contain the following information:

- a) Date and place of the competition.
- b) Situation and plan of the course.
- c) Proposed events.
- d) Competition Programme.
- e) Whether the races are to be held on still or running water, up or down stream and minimum depth of water.
- f) Amount of entry fee.
- g) Address (electronic) to which entries should be sent and the last date for receiving entries. This date shall not be earlier than 14 days prior to the first day of the competition.
- h) Conditions/terms of participation.

## 15. **Entries**

15.1 Entries for Open National Regattas can only be made in accordance with the regulations given in the invitation. An entry shall, however, always contain the following information:

- a) Name of club or federation to which competitors belong.
- b) Classes and distances in which the competitors propose to compete.
- c) Name, sex, age, citizenship, national federation/PUK membership number of competitors.
- d) Similar details of reserves if any (international competitions only).
- e) All entries should be submitted through the Online Entry System by the given deadline (10pm on the due date).
- f) Late Regatta Event Tickets requests are not normally accepted. The acceptance of a late entry will only be considered during the Team Leaders Meeting, in exceptional circumstances and shall be at the discretion of the Competition Committee. When accepted, the full Regatta Event Ticket cost plus an additional surcharge of 50% will be charged.

### g) **Racing Colours**

When making the entries, Clubs/squads must have given the colours of the uniform to be worn by the competitors, these colours must not be changed during the competition. **N.B. Every sprint racing club must register their racing colours with the RC (and any planned changes). Competitors must wear correct club/squad colours visibly at all times while racing.**

# PADDLE UK SPRINT RACING COMPETITION RULES

- 15.2 The Regatta Committee will accept entries which conform with these racing rules and conditions/terms of participation up to the entry deadline. The Regatta Committee can reject or delete from the competition, entries of participants if it is found they have failed to observe the racing rules and/or the national regatta conditions/terms of participation.
16. **Regatta Programme**
- 16.1 Not later than 48 hours before the first race of the regatta, the programme shall be available, giving the names and citizenship/clubs of the competitors and the results of any draws.
17. **Heats and Finals**
- 17.1 At least three boats should be entered before a race can be held. If the number of entries in races up to and including 1,000 metres is so great that heats are necessary, the number of kayaks or canoes in each heat and in the final must not exceed nine.
- 17.2 The division of competitors into heats shall be determined by drawing lots or by national rankings.
- 17.3 For National regattas the procedure for selecting competitors to race in finals will be based on one of two criteria: either by time or by positions as obtained in heats. The criterion used for each event will be decided by the RC and published in the programme.
- 17.4 Where the width of the course permits, eight or nine kayaks or canoes shall participate in the final if more than this number has been entered in the entire event, as follows:
- |                  |   |
|------------------|---|
| 3 to 9 entries   | Direct final.                                 |
| 10 to 18 entries | Two heats, one Final.                         |
| 19 to 36 entries | Required number of heats (3-4), two Finals.   |
| 37 to 54 entries | Required number of heats (5-6), three Finals. |
| 55 to 72 entries | Required number of heats (7-8), four Finals   |
| 73 to 90 entries | Required number of heats (9-10), five Finals  |
- 17.5 When making the draw, the difference between the number of competitors in the heats of the race shall not exceed one. If the number of competitors in the heats varies, the earlier heats shall have the largest numbers.
- 17.6 Any boat which has not taken part in a heat as instructed is not allowed to compete in the final. Nor may the composition of a crew be changed between heats, semi-finals or final. Any boat which has qualified for a semi-final or final must compete as instructed in the semi-final or final. Unless the competitor is unable to continue and withdrawing from the whole competition due to illness or injury.
- 17.7 Heats and finals must be run on the same stretch of water.
- 17.8 For races of more than 1,000 metres, heats shall not be held, and all boats taking part shall start simultaneously.
- 17.9 Should the width of water not permit a simultaneous start, starts at regular intervals shall be permitted.
18. **Team Leaders' Meeting**
- At least 1 hour before the first race of the competition, a team leaders' meeting will have been held. This meeting may be held online. The Regatta Committee reserves the right to hold this meeting online on the Tuesday the week preceding the competition. The Chief Official will describe the regatta course and all other arrangements, which should be adhered to for the duration of the competition. The Chief Judge will describe the competition programme and ask for any changes to the entries. At this meeting the names of team leaders should be confirmed.
19. **Alterations to Entries and Withdrawals**
- 19.1 Notification of any alterations in the crews before the Team Leaders' meeting to be submitted in written (electronic form) to the Chief Official. After the Team Leaders' meeting, any alterations to crews must be submitted in writing (electronic form) at least **one hour before the race**.
- 19.2 The withdrawal from a race is considered final and no renewed entry of the same crew is allowed.
- 19.3 Every competitor whose entry has been confirmed, at the time of the team leaders meeting or subsequently not deleted (at least one hour before the event) via the electronic withdrawal form is obliged to take part in their event.

# PADDLE UK SPRINT RACING COMPETITION RULES

## 20. **Alterations in the sequence of events**

The sequence of races given in the programme and the intervals between races as given in the racing programme are binding on the organisers. Alterations cannot be made unless the respective Team Leaders at the competition give their consent.

## 21. **Course (1000m – 500m – 200m), Markings and Layout**

The standard sprint course for National Competitions, (nine (9) lanes) must provide fair and equal racing conditions for all crews racing in separate, parallel lanes over the distances

21.1 Before the start of the races the racing course shall be measured and marked by means of clearly visible buoys no more than 25 meters apart

21.2 Both the start and the finishing lines shall be marked with 2 red flags and 2 red buoys, at the points where these lines intersect the outer limits of the course

21.3 The standard course consists of up to nine (9) lanes. Each lane must be at least nine (9) m wide, straight and without any obstacles.

21.4 The red flags of the finish line shall be placed as much to the outside as possible in order to get the widest feasible finish line.

21.5 The last buoys must be marked from № one (1) to nine (9) and zero (0). The numbering goes from the left to the right with the number placed on the buoy in such a way as to be clearly visible from the finish tower. *When there is television coverage of an event, the lane numbering may be in the opposite direction – from right to left, so that the list of competitors and their lanes shown on the television screen match the appearance of the races to be televised*

21.6 The numbered cube-shaped should be fixed no closer than one (1) metre and no further than two (2) metres behind the finish line.

21.7 The numbered buoys must be clearly visible to the athletes and to be on the corresponding athlete's right-hand side as they pass it.

21.8 Heats and the final must be run on the same stretch of water.

21.9 The course settings for National competitions can be variable with the approval of the Sprint Racing Committee

### **Course Markings and Layout Longer than 1000m: see the Standard Operating Procedure**

## 22. **Boat Numbers**

All kayaks and canoes shall carry a vertical number plate made of non-transparent material marked with black numbers on white background indicating the lane. The numbers on the plate must measure 15 cm in height and 25 mm in thickness. The plates shall be placed on the centre line of the afterdeck or thwart. The size of the number plate shall be 18 x 20 cm.

Any personal numbers provided by the organisers shall be placed on the competitor as required by the organisers.

## 23. **Instructions for Competitors**

Written instructions shall be available for competitors at least 2 hours before the start of the competition, containing the following information:

- a) Detailed information on the courses and their markings
- b) Starting time
- c) Starting line
- d) Finishing line
- e) Competitors racing number (if used)
- f) Type of boat control
- g) Position of any award ceremony

# PADDLE UK SPRINT RACING COMPETITION RULES

## Part IV – COMPETITION REGULATIONS

### 24. Means of Propulsion

- 24.1 Kayaks shall be propelled solely by means of double-bladed paddles.
- 24.2 Canoes and Va'a shall be propelled solely by means of single-bladed paddles. Paddling in Va'a is only allowed while the paddler is in a sitting position, with their bottom in contact with the seat during the race.
- 24.3 The paddles may not be fixed to the boat in any way.

### 25. Start

- 25.1 Competitors shall be on the water at the start area, not less than three (3) minutes prior to the specified time of their race. The start area is defined as being the area of water within 100 metres before the starting line.  
Two minutes before the defined starting time the competing boats must take the lane allocated.
- 25.2 Competitors shall be at the start area in time to allow satisfactory preparation for the start.
- 25.3 The start must commence without reference to any absentees.
- 25.4 If a competitor fails to start a final having taken part in the heat without a valid reason approved by the Competition Committee, will be penalised. A competitor, who arrives too late at the start, be considered to have voluntarily withdrawn and will be penalised under this rule.
- 25.5 When signalled by the Starter, the competitor will take the start position designated so that the bow of the boat is on the start line. When an automatic starting system is employed, the bow of the boat must be completely in the start machine. When all boats are properly aligned, the aligner, if used, will then raise a white flag.
- 25.6 If the Starter is not satisfied with the line-up they will call "STOP", and hand over to the Aligner for repositioning.
- 25.7 The starting command will be "Ready – Set – Go" ("Go" can be a shot or strong signal). At the "Ready" command the competitors begin their preparation to paddle. At the "Set" command the competitors place their paddle in the catch position. The competitor must not paddle forward or this action will be deemed to be a false Start. The boat must not move forward at this point in the starting procedure. The Starter when satisfied with the competitors positioning and attention will say "Go" (or shot or powerful sound). The competitors must only react to the start command/signal "Go" and are not permitted to anticipate it. The competitors can paddle only upon hearing the starting signal/command "Go".
- 25.8 In the event of a false start, the Starter must immediately give a powerful sound signal. On hearing this signal all competitors must stop paddling and follow the Starter's instructions for a new start. Before the new start, the Starter must identify the offending crew/s and give them a warning. In the event of a second false start by the same crew the boat will be disqualified from the race and must leave the starting area and the course immediately.
- 25.9 The Starter may also recall competitors for a new start in the event of any unforeseen circumstance – a malfunction of the starting equipment for example. In such a case the same powerful sound signal must be given. If a malfunction of the starting equipment was caused through a boat making a false start, the crew must be given a warning, even though that boat may not have crossed the start line. If the malfunction was not the cause of any competitor making a false start, no penalty shall be imposed.
- 25.10 The Starter will start the race when they are satisfied that everything meets with their approval. The Starter will report any disqualification to the Chief Official.

### 26. Paddling on the Course

#### 26.1 In races up to 1,000 metres:

- a) A competitors must keep the whole of their boat within the five (5)-metre wide central area of their lane from the start to the finish of the course. Upon any deviation, the boat must go back immediately to this central area of the lane.
- b) If a boat fails to actively return and/or gains an advantage in the race the boat may be disqualified from the event.

# PADDLE UK SPRINT RACING COMPETITION RULES

- c) A boat which leaves its allocated lane should be disqualified from the event.
  - d) When receiving a written report from the Course Umpire, the Competition Committee must decide whether any of the athletes concerned may be disqualified or not, before the result of the race is announced.
  - e) If a race is declared null and void, no change of the composition of a crew is permitted at the new start.
  - f) If there is a capsize the competitor or crew is eliminated (DNF) from the race.
  - g) The Course Umpires may use red flags and sound signals to interrupt a correctly started race. Competitors must immediately stop paddling and await further instructions.
  - h) If a paddle is broken a competitor cannot be provided with a new one.
- 26.2 Paracanoes only: Spray decks must not be used unless permitted by the Chief Official due to severe water conditions.
27. **Pacing**
- 27.1 Taking pace or receiving assistance from boats not in the race or by any other means is not permitted.
- 27.2 When a race is in progress crews not taking part in the race are strictly forbidden to proceed over the whole or part of the course, even outside the marking buoys.
- 28 **Competitions for Long Distance**
- 28.1 **Races of more than 1,000 metres;**
- a) A competitors may deviate from their lane providing they do not impede other competitors.
  - b) When a race is run on a course with turning points these shall be passed to port (i.e. in an anti-clockwise direction) unless instructions for clockwise turns are given prior to the competition.
  - c) A competitor will not be disqualified for touching a turning point buoy. In making a turn, the boat shall follow as closely as possible the course as marked by the buoys at the turning points.
  - d) If there is a capsize the athlete or the crew is eliminated (DNF) from the race if they are not able to get in the boat without assistance;
  - e) Any competitor who unnecessarily deviates from their course may be subject to a penalty or disqualified. If the Course Umpire believes the competitor has gained no positional advantage on other competitors, a time penalty of 10 secs will be imposed. If the athlete has gained a major advantage and gained positional places in the race by not following the course, they will be disqualified.
  - f) If equipment is broken during the race (e.g. paddle, boat, rudder, etc) athletes can receive help safely to fix the equipment or to get a replacement.
- 28.7 **Group Racing and Overtaking**
- a) When a boat is overtaking another boat, it is the duty of the overtaking craft to keep clear of other competitors at all times.
  - b) When athletes are racing in a group of boats it is the duty of all the athletes in the group to keep clear of other boats at all times. This rule applies to any manoeuvring within the group.
- 28.8 **Collision or damage.** A collision will be an event where a competitor or any part of their boat or paddle touches another athlete's boat or paddle in a way that disadvantages that athlete. Any competitor who is considered by the course umpire or race official, to have been responsible for a collision, or who damages the boat or paddle of another athlete may be disqualified and can be required to pay damages.
- 28.8.1 Any athlete who is considered by a Course Umpire or Chief Official to have been responsible for a collision, or who damages the boat or paddle of another athlete or unnecessarily deviates from the direct racing line or deliberately blocks or impedes the path of an athlete may be penalised or disqualified.
- 28.8.2 If it is considered that other paddlers have only had some minor disadvantages compared to other athletes as a result of the incident, the responsible athlete will get a time penalty of 10 seconds.

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- 28.8.3 If it is considered that the incident has caused other paddlers a major disadvantage the penalty will be disqualification (DSQ) of the offending athlete.
- 28.8.4 Time penalties, as decided by the Chief Official, are not subject to a protest or an appeal.
- 28.8.5 If a boat fails to follow the correct course, by passes inside a turning point buoy, that boat will be disqualified.
- 28.8.6 It is the responsibility of a trailing boat to avoid being forced inside a turning point buoy by a leading boat.
- 28.9 **Lapped boats** Lapped boats must not interrupt or block boats that overtake them. They are not allowed to wash ride on the boats that overtake them.
- 28.10 **Portages** Competitors may only portage at points designated by the race organisers. They must disembark in the defined area, carry their boat through the portage and embark in the defined area. No assistance is allowed during the portages. The rules of collision and damage are in effect during all phases of the portages as well.
29. **Finish**
- 29.1 The boat has finished the race when its bow crosses the finish line with all crew members in it. The Finish Line Judges will determine the result of the competition based on the order of the boats arriving at the finish line.
- 29.2 If two or more boats reach the finish line at the same time, they are awarded the same classification in the final. In the case of a dead heat finish for any position, which determines the advance to the next level of the competition the following rules will apply:
- a) Wherever there are sufficient number of lanes available in the next level of the competitions, drawing of lots will determine to which race each boat will advance. If necessary, lane number 10 will be used.
- b) Where there are not enough lanes available the Competition Committee may order a re-race between the boats involved after the last race of the day, or half-day programme or draw lots. This decision will be made by the Chief Official.
- c) In the case of a dead heat in the re-race, drawing of lots will determine the outcome
- 29.3 National event: One (1) or more competitors may be selected at random to bring their boats to Boat Control after each race, except in the case of a National Championship finals where the first 4 boats to finish will be selected.
30. **Tasks of Competitors after the Race**
- 30.1 The competitor must leave the course after the finish of the race without disturbing the next race.
- 30.2 The crews selected by the Competition Committee for boat control must proceed immediately to post race boat control, failure to do so will be penalised.
- 30.3 If selected for doping control, the competitor must comply with the obligations stipulated by the Paddle UK Anti-Doping policy.
- 30.4 Before the award ceremony the top three crews of the final must be present at the location and time indicated.
- 30.5 At National Championships, competitors must wear club, team/squad Racing Colours or Tracksuit at the award ceremony.
31. **Penalties.** Any infringement of the Sprint Racing Competition Rules or the Terms/Conditions of Participation will result in the imposition of a penalty. At the discretion of the Competition Committee this penalty may be either Disqualification, or a Warning delivered to a competitor via their Team Leader. At National Sprint Regattas a further option is the award of Penalty Points in accordance with National Sprint Regattas Disciplinary Procedures as described in Section B. In determining the specific form, a penalty will take, the Competition Committee will consider factors including, but not limited to, the nature of the race, the experience level of the competitor(s) involved and any further impact the decision may have.
- 31.1 Any competitor who attempts to win a race by any other than honourable means, who breaks the Racing Rules, or who disregards the honourable nature of the Racing Rules, will be penalised.

# PADDLE UK SPRINT RACING COMPETITION RULES

- 31.2 Should a competitor have completed a race in a kayak or canoe which is shown upon inspection not to conform with the classifications (see rules 9 to 12) and building regulations, they will be penalised.
- 31.3 A competitor who is deemed to have received external assistance during a race, including but not limited to objects thrown into the course, will be penalised.
- 31.4 A crew that has been accompanied along and adjacent to the racecourse by other boats while the race is in progress will be penalised.
- 31.5 Disqualifications by the Competition Committee may be confirmed in writing (delivered either as a hardcopy or electronically) with the reasons. The Team Leader acknowledges receipt, which is the start of the protest time.  
Failure to deliver the copy confirmation of the disqualification to the team leader does not invalidate the disqualification.
- 31.6 The Competition Committee may penalise any competitor or Official whose behaviour is detrimental to the good order and conduct of the competition. The Competition Committee may disqualify them for that competition.

## 32 **Protests**

- 32.1 A protest against the right of an athlete/crew to compete in a race must be addressed to the Chief Official and handed to the Competition Committee, not later than one (1) hour before the start of the first race of the competition.
- 32.2 A protest, made by a Team Leader during the competition must be in written form (hard copy or electronic), addressed to the Chief Official and passed to the Competition Committee. not later than 20 minutes after the decision against which the protest relates, has been published (via notice boards or electronically) or Team Leader has been informed of the decision against their athlete or team.
- 32.3 All protests must be accompanied by a fee of £15.00. The fee will be refunded if the protest is upheld.
- 32.4 When a protest or a report is made against an athlete or a team, the Team Leader of the athlete/team in question shall be presented with the protest or report to read.

## 33 **Appeals**

National Championship Competitions, an appeal can be made by a Team Leader to the National Championship Jury in accordance with Rule 13.7. A fee of £70.00 shall accompany the appeal. The fee will be refunded if the appeal is upheld. The Jury decision is final.

Competitors have the right to appeal to the SRC through their club or team management against a decision of the Competition Committee, within 30 days of the competition end if after the end of the competition, new facts become known that would substantially affect a decision made at the competition. Matters of fact during a competition cannot be contested in an appeal. A fee of £70.00 shall accompany the appeal. The fee will be refunded if the appeal is upheld. The Sprint Racing Committee decision is final

## **Part V - SPECIAL RULES FOR BRITISH NATIONAL CHAMPIONSHIP EVENTS**

34. **National & Open Championship Medals, National Champions and Trophies:**  
Only members of Paddle UK who qualify under Rule 8 can become a National Champion or be awarded a National Championship trophy.
- 34.1 National Championship Trophies winners & the National Champion will be the best placed British paddler including those with UN Refugee status obtained in the UK.
- 34.2 Open & National Championship medals will be awarded to the first three boats.

**The Paddle UK – Sprint Racing Section Disciplinary Regulation & Code of Ethics**, are available on the SRC website link <https://www.paddleuk.org.uk/about/governance/policies-procedures>



## Biosecurity at Events

Please Check, Clean, and Dry your boat

There are important steps we can all take to help stop the spread of harmful Invasive Non Native Species (INNS). If you follow our simple Check, Clean and Dry procedure below, you'll be making big steps forward in protecting the natural habitats of our rivers, canals and waterways. Regardless of the type of water -based activities you do, whether competitive or recreational, inland or coastal, the chances are that you take your boats onto different watercourses where there is a chance you may come in contact with these harmful species.

**BEFORE** entering the National Water Sports Centre, please ensure you have cleaned your boat by:

- **Checking** you're not carrying living organisms
- **Cleaning** all equipment, clothing, and boots
- **Drying** equipment and clothing carefully

When **LEAVING** the National Water Sports Centre OR any competition, please repeat the above process.

For more information about Biosecurity and Invasive Non Native Species, please follow:

<https://clearaccessclearwaters.org.uk/invasive-non-native-species-inns/>

If you are interested in volunteering with Paddle UK to tackle INNS, please contact Richard Atkinson (Access and Environment Lead) at: [Richard.atkinson@paddleuk.org.uk](mailto:Richard.atkinson@paddleuk.org.uk)

**SPRINT RANKINGS as of 1<sup>st</sup> January 2025**

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Men A Kayak – MAK</b>			
Argentiero	Eros	1991	ROY
Beer	Robert	1989	BOA
Beevers	Joe	1993	WEY
Bowley	Matthew	1994	ROY
Bristow	Stuart	1996	ROY
Cabrera	Benjamin	2004	FOY
Cadell	Finn	1999	NOT
Collinge	Matthew	2000	FOY
Dembele	Noah	1998	LEA
Durden	George	1993	ELM
Eccles	Jordi	1996	ANK
Fleming	Neil	1984	CEL
Fletcher	Lewis	1993	LKR
Foley	Ronan	2000	SLP
Gallacher	Ben	2000	FOR
Greaves	Alex	2001	RLS
Hicks	Albert	1994	NOR
Hinves	Xavier	2003	SOU
Holland	Tom	2002	WEY
How	James	2000	NOR
James	Ieuan	1999	FOR
Johnson	Matthew	1996	CLM
Johnson	Daniel	1994	NOT
Killey	Kieron	2000	WOR
Lark	Scoob	1996	ROY
Lusty	Tom	1994	SOL
Mcintyre	Alex	2000	CLM
Miles	Philip	2001	RLS
Nightingale	Edward	2002	WYC
O'Connor	Ryan	1999	SLP
O'Connor	Dylan	2005	RIC
Pendle	Tim	1989	NOR
Russell	James	1997	NOT
Sharpe	Tom	1990	RIC
Shaw	Luke	2000	NOR
Smith	Charlie	1999	NOT
Smith	Lewis	2003	ROY
Stewart	Rory	2002	ADS
Thomson	Trevor	1998	EAL
Urquhart	Arthur	1999	ROY
Wilkes	Peter	1992	CLM

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Men B Kayak – MBK</b>			
Andrews	Lewis	2006	LIN
Argenteiro	Yuri	1997	RIC
Ayran	Koen	2006	FOX
Baban	Eugen	1977	BCC
Baker	Stephen	1971	RIC
Barkway	Robert	2000	BPS
Barritt	Ivan	2005	GLO
Bates	Sam	2006	RIC
Benstead	Zak	2001	ELM
Bhoola	Trishan	2006	RIC
Birkett	Andrew	1989	RIC
Boehm	Edgar	1977	RDG
Boland	Liam	2006	SLP
Booth	Toby	2003	NOR
Boreham	Nick	1994	NOT
Brooks	George	2001	WOR
Brown	Freddie	2000	IND
Bullock	Richard	1975	EXE
Bunyon	Alex	1999	CLM
Butler	James	1969	NOT
Carter	Jack	2004	ROY
Clarke	Calum	2005	SLP
Cooke-Bayley	Haydyn	2005	NOT
Cresser	Nicky	1981	NOT
Cribbett	Sam	2005	RLS
Donnellan	Paul	2004	SLP
Dowden	Timothy	2001	RLS
Dowling-Clarke	Rory	2003	FOR
Durkan	Sean	2006	SLP
Enoch	Joe	2006	NOT
Enoch	Matthew	1976	NOT
Ferri	Luca	2004	ELM
Fitzpatrick	Joe	1993	BSF
Fleming	Darragh	1990	CEL
Fleming	Ciaran	1987	CEL
Folland	Jonathan	1973	SOR
Fowler	Nicholas	1977	WOR
Freeland	Harry	2005	ELM
Gannicott-Porter	Tim	2000	CLM
Grant	Harvey	2004	RIC
Grice	Jason	2000	SOL
Harris	Carl	2004	SLP
Haynes	Casey	1995	RIC

**SPRINT RANKINGS as of 1<sup>st</sup> January 2025**

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Men B Kayak Cont'd – MBK</b>			
Henson	Odhran	2001	SLP
Higgins	Ben	2005	SLP
Hinves	Andre	2006	SOU
Holt	Flynn	2006	RIC
Hook	Reef	1999	EAL
Howells	Drew	2004	CDF
Irvine	Brett	1979	RIC
Jefferies	Robert	1993	BAN
Jones	Nigel	1978	NOT
Kabeer	Ali	2006	WOK
Kinzler	Nelson	2006	RIC
Kovacs	Andras	1998	WEY
Lamb	Nathaniel	2006	SOU
Leiper	Aidan	2004	LKR
Lewis	Findlay	2005	SPS
Lodge	Timothy	1972	WEY
Love	Tom	1974	RLS
Lovell	Lochie	2006	WOR
Malinauskas	Domas	1994	BAD
Mangan Sanchez	Alvaro	1990	GLO
March	Daniel	2002	CLM
Mayers	James	1974	RUN
McCracken	William	2001	BAN
Mcmullen	Ross	1996	ROY
McNally	Odhran	1996	SLP
Medepalli	Shirav	2005	RIC
Mongan	Patrick	2001	LIN
Morley	Arthur	2005	WEY
Motha	Michael	2004	ADS
Moule	Keith	1980	CLM
Nelson	James	2005	RDG
Oakley	Ben	1988	NOT
O'Brien	Alex	2001	CEL
O'Brien	Finn	2001	CLM
Parkes	Matthew	1996	NOR
Partridge	Oscar	2004	TRU
Perkins	Nicholas	2001	BPS
Petersen	Joe	1999	RIC
Phillips	Piran	2002	SOU
Pickering	Max	2002	LBZ
Pipe	Isaac	2004	RUN
Pirmuhamedov	Jonathan	2003	CLM
Plant	Laurence	1987	RDG

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Men B Kayak Cont'd – MBK</b>			
Popham-Coveley	Gabriel	2005	NOT
Price	Daniel	2003	WEY
Rayment	Jack	2006	LBZ
Rea	Alex	2004	CNI
Rix	Oliver	1993	NOR
Saunders	Harry	2000	RLS
Saunders	Edward	2006	WEY
Schleiter Nielsen	Lukas	2005	FOX
Sewell-Catchpole	Harry	2006	NOR
Shephard-Wyatt	Owen	1987	CLM
Sheppy	Alex	1998	DEV
Shipway	Ben	2005	SOU
Singleton	Huw	2006	NOT
Sirrell	Brett	1971	RLS
Skippings	Adam	2000	CLM
Sklenar	Dan	2004	NOR
Smith	Connor	2002	NOR
Smithson	James	2000	RLS
Stanley	Dominic	2004	NOT
Stroud	William	1999	CLM
Szabadvari	Miklos	2003	RDG
Tarver	Zac	2003	ELM
Tonkin	Alex	2003	RDG
Toop	Regan	2006	DEV
Topham	Finlay	2004	RDG
Urquhart	George	2001	BAN
Walkinton	James	1994	CLM
Walsh	Shaune	1986	NOT
Want	Benjamin	2003	NOR
Williams	James	1996	RUN
<b>Men C Kayak – MCK</b>			
Allan	Patrick	2006	WEY
Allen	Charlie	2004	DEV
Anderson	Grant	1983	NOT
Aries	Robert	2003	SOU
Baker	Adam	2004	LBZ
Banton	Joe	2002	LIN
Barzilai	Joshua	2004	RIC
Beeson	Charlie	2006	WOK
Blackman	Neil	1963	RLS
Boland	Andrew	1972	SLP
Bowyer	Alexander	1992	FOX
Brett	Tony	1991	BSF

**SPRINT RANKINGS as of 1<sup>st</sup> January 2025**

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Men C Kayak Cont'd – MCK</b>			
Butler	Edward	2005	NOT
Caffrey	Colin	1978	SLP
Carn	George	2001	WOR
Chamberlin	Lochlan	1999	CLM
Christie	Jamie	1972	SOR
Clancy	Luca	2006	SLP
Cramer	Fletcher	2006	SOU
Critchfield	Harry	2003	BAN
Davis	Aidan	2003	NOR
Dixon	Leon	2005	LBZ
Drummond	John	1974	RDG
Edwards	Duncan	1990	RDG
Ellis	Joseph	2005	BAN
Fisher	Matt	2003	LKR
Forbes	Richard	1975	RLS
Freeland	Jeremy	1970	RDG
Fuller	Nathaniel	2004	CLM
Galliers	Joseph	2005	LBZ
Gilbert-Johns	Jack	2002	SOU
Giles	Mark	1972	WOR
Gorst	Daniel	2000	SOU
Grauss	Andris	1989	BPR
Griffiths	Oscar	2001	CLM
Gurney	David	2002	CLM
Hackwell	Sam	2006	TRU
Harte	Shaun	1999	FOX
Hatton	David	1998	RDG
Herbert	Owain	2001	FOX
Herwanger	Francis	2003	RIC
Hetherington	Robert	2000	CEL
Higgins	Colm	1967	SLP
Hills	James	2006	RIC
Hinves	James	1973	SOU
Hynds	Scott	1973	ELM
Irven	Samuel	2004	CLM
Jackson	Oliver	2003	LIN
Karklins	Aksels	2006	RIC
Kirschstein	Nico	1993	RDG
Larner	William	2006	BAN
Lawler	Ivan	1966	ELM
Lee-Gill	Sam	1990	RIC
Levkovskyy	Philip	2005	EAL
Lovell	Geoff	1969	WOR

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Men C Kayak Cont'd – MCK</b>			
Mableson	Tom	2006	NOR
Martin	Michael	1965	LBZ
Martin	Eddie	1968	SLP
Martyn	David	1967	WEY
Martyn	Jordan	2001	WEY
Mavra	Danny	2006	RIC
McDonagh	Andrew	1977	CDF
McDougal	Ewan	2001	NOT
Millar	David	1966	EXE
Montgomery	Gallin	1989	TRE
Morrison	Tate	2005	WEY
Morton	Dwayne	1985	ELM
Mosse	Luke	1980	NBY
Moule	Steve	1979	CLM
Murad	Josh	2001	NOR
Neale	Clive	1969	TON
O'Drisceoil	Deaglan	1965	SLP
O'Halloran	Daniel	2006	CLM
O'Leary	Patrick	1972	PAR
Osmola	Mikolaj	2006	GLW
Panev	Deni	2002	FOX
Pedlar	David	1976	WOR
Power	Josh	2005	LBZ
Prosser	Jack	1983	RIC
Rinvolucri	Martin	1968	NOT
Rockey	Luke	1995	RDG
Seaford	Daniel	1979	RDG
Skinner	Peter	2005	RDG
Smith	David P	1978	WOR
Smith	Kevin	1961	RDG
Spencer	Joe	1997	CLM
Spinola	Joao	1989	BSF
Sroka	Kacper	2004	GLW
Stenning	Paul	1977	LBZ
Stormont	James	1994	FOX
Taylor	Jago	2005	NOR
Teeuwen	Aidan	2006	RDG
Tietema	Cormac	2006	RDG
Tilbury-Clarke	Simon	1999	PAN
Tomlinson	Leon	2005	NOT
Vincent	Richard	1957	SOR
Walker	Tom	1999	NOR
Wardell	Harrison	2003	LIN

**SPRINT RANKINGS as of 1<sup>st</sup> January 2025**

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Men C Kayak Cont'd – MCK</b>			
Westall	Matthew	1984	PAN
Wilkinson	Kayne	1998	RIC
Winstanley	Richard	1984	BSF
Wright	Jacob	2004	RDG

**Men D Kayak – MDK**

Ager	Richard	1968	CLM
Alderdice	Simon	1967	WEY
Alexander	Gary	1969	ADS
Allan	Steve	1971	WEY
Ames	Robert	1958	RIC
Anderson	Mike	1975	NOR
Anderson	Julian	1971	SOU
Aston	Benjamin	2001	SOL
Avery	John	1970	CLM
Baban	Lucian	2004	BCC
Baker	Paul	1976	WEY
Ball	Mark	1970	DEV
Banfield	James	2005	ELM
Barker	Owen	2000	PAN
Barkway	Andrew	1970	BPS
Barton	Thomas	2005	BSF
Bates	Ayden	2005	LBZ
Bates	Adam	1980	LBZ
Beck	Stephen	1971	BAN
Bimbo	Kristian	1981	LBZ
Birch	Andrew	1988	ROY
Blackman	Howard	1965	BPR
Blatchly	Mark	1963	NOT
Boon	David	1977	ELM
Bull	Martin	1975	NOT
Bull	Matthew	1974	ELM
Bush	Steve	1984	DEV
Camilleri	Henry	1966	WEY
Canavan	Sean	1967	WEY
Carter	Peter	1994	NOR
Case	Nick	2003	FOX
Chamberlin	Oliver	2002	CLM
Chamberlin	Tim	1972	CLM
Channon	Peter	1961	RIC
Chappell	Dax	2006	LBZ
Cheyne	Christopher	1978	CLM
Clarke	Oliver	1976	SLP
Clifford	Alex	1973	WEY

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Men D Kayak Cont'd – MDK</b>			
Clinton	Tom	2005	ANK
Clinton	Charlie	2002	ANK
Clow	Jason	1972	WEY
Collins	Hamish	2005	RIC
Conroy	George	2003	FLA
Cramer	Charlie	2004	SOU
Crampton	Joel	2005	MAI
Cseh	Kalman	1976	RIC
Czillaho	Laszlo	1956	RIC
Dacombe	Micheal	2002	NOT
Dixon	Nigel	1962	LBZ
Dodson	Andy	1963	ADS
Doran	Andrew	1969	LIN
Dunn	Stuart	1974	CLM
Eskriett	Simon	1964	GAI
Eyles	William	2005	WEY
Fillingham	Patrick	2002	RDG
Fisher-Jeffes	Donald	1982	ELM
Flockhart	Alex	1981	RIC
Flory	Tom	2002	FOX
Flory	Miles	1965	FOX
Forster	Joshua	1992	NOR
Freeman	Joe	1987	RIC
Gadd	Paul	1961	ADS
Gajjar	Sarjak	1985	LBZ
Gardner	Donald	1964	LKR
Garner	Nick	1968	RIC
Gilbert-Johns	Richard	1965	SOU
Glasspole	Julian	1964	RDG
Gorman	Peter	1955	WEY
Grant	Michael	1974	RIC
Gravell	Magnus	2005	LBZ
Gray	Lorne	1982	GAI
Green	Robert	1955	NOR
Grimsey	Damon	1971	SOU
Groen	Joshua	2006	SLP
Guest	Robert	1960	NOT
Hadley	Dave	1965	NOT
Hampton	Mark	1973	CLM
Harte	William	1967	BAN
Heard	Colin	1972	EXE
Helder	Dominic	2006	ELM
Herbert	Doug	1975	CLM

**SPRINT RANKINGS as of 1<sup>st</sup> January 2025**

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>	<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Men D Kayak Cont'd – MDK</b>				<b>Men D Kayak Cont'd – MDK</b>			
Holloway	Thomas	2004	BSF	Nye	Philip	1956	POO
Holmes	Guy	1959	IND	Parke	Andy	1969	RIC
Holmes	Graham	1957	WEY	Partridge	Gary	1965	TRU
Hughes	Patrick	2005	NOR	Payne	Ben	1991	ACU
Hynds	Archie	2003	ELM	Pemble	Doug	1964	ADS
Ingpen	Andrew	1964	RDG	Perry	Joshua	2005	BAN
Jack	Duncan	1965	NOT	Phelan	Brian	1960	BAN
Jones	Bailey	2002	FLA	Pipe	Alastair	1969	RUN
Jones	Christopher	1976	LBZ	Piper	Jamie	1966	EXE
Kelly	Tom	1996	MAI	Price	Bruce	1974	ELM
Kerekes	Gabor	1984	RIC	Raciborski	Jan	1961	RDG
Kozlov	Vlad	1971	RIC	Rance	Steve	1959	SOU
Latvenas	Arnoldas	1974	RIC	Randall	George	2000	TRE
Lavarack	Michael	1992	RIC	Robertson	Craig	1972	RDG
Lawrence	Simon	1966	TRU	Russell	James	1972	ROY
Lawrenson	Bill	1955	BPR	Ruwanpathirana	Lasantha	1976	ELM
Long	Dave	1973	FOX	Sargeant	Tristian	1977	NOR
Louw	Mark	1972	RIC	Scaplehorn	William	2006	DEV
Lovell	Jamie	2006	DEV	Schofield	Christopher	1965	NOR
Luc	Kiet	2006	FOX	Scott	Tim	1962	NOR
Lucas	Roland	1961	RIC	Scrivener	Mark	1968	FOX
Luck	Chris	1980	WEY	Seminara	Giuseppe	1975	RIC
Lynn	James	2006	BAN	Sewell	Kieran	1998	ELM
Macleod	Daniel	1985	RDG	Shephard	Evan	1985	RDG
Marnell	Stephen	1967	RUN	Sherman	Stuart	1955	CDF
Marshall	Derek	1956	LKR	Shetty	Felix	2006	WEY
Mason	Tom	1960	NOT	Shirley	Martin	1963	EAL
Mayo	Charlie	1964	DEV	Sillito	Daniel	1982	BPR
McAulay	Steven	1969	NOR	Silverman	Tom	1976	RIC
McCarthy	Liam	1958	SLP	Sklenar	Jan	1971	NOR
McDonald	Espen	2005	WEY	Smith	Henk	1973	POO
McIntyre	Donal	1966	WEY	Smith	Derek	1962	ELM
Mckernan	Michael	1967	ELM	Smith	Gary	1967	NOR
McLean	Ian	1962	BAN	Smith	Steve	1968	WEY
Meliak	Erik	1995	RUN	Stallard	Finlay	2006	FLA
Mietus	Peter	1955	NOT	Stanley	Will	1968	FOX
Milbank	Richard	1984	WEY	Stenning	Richard	1997	NOR
Mills	Trevor	1962	RDG	Sumner	Phil	1974	ELM
Molnar	Robert	1975	MAI	Sze	Chris	1960	BSF
Moxon	Noah	2004	BAN	Taylor	Archie	2006	WEY
Murphy	Paul	1971	LBZ	Thom	Neil	1985	WEY
Nagy	Balint	1970	WOK	Thompson	Paul	1960	WEY
Neale	Gregory	2002	TON	Thomas	Ben	1978	CDF

**SPRINT RANKINGS as of 1<sup>st</sup> January 2025**

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Men D Kayak Cont'd – MDK</b>			
Tingay	Stephen	1975	LBZ
Toomey	Jeff	1971	SLP
Tubby	Ben	1973	BSF
Urquhart	Neil	1964	BAN
Villaruel	Matthew	1969	EAL
Wain	Joel	1995	FOY
Walker	Alex	2005	NOR
Walker	Thomas	1981	RIC
Want	Adam	1970	NOR
Webb	Benjamin	1975	WEY
Weir	Roger	1991	BAN
White	Jonathan	1983	EXE
Wickens	Andrew	1976	ADS
Williams	Dean	1967	CLM
Williams	Clive	1962	NBY
Woodley	Sean	1993	CLM

<b>Boys A Kayak - BAK</b>			
Bullock	Toby	2007	EXE
Butterly	Sean	2008	SLP
Clarke	Dylan	2007	SLP
Dickson	Sam	2008	FOX
Donnellan	Conor	2007	SLP
Ehrnrooth	Philippe	2007	DEV
Hatton	Tom	2008	RIC
Heard	Freddie	2009	EXE
Hunter-Hopkins	Arthur	2009	DEV
Mazur	Olivier	2008	RDG
Patterson	Sam	2007	LKR
Ross	James	2007	ELM
Rudnyev	Tymur	2007	RDG
Short	Will	2007	ELM
Sroka	Szymon	2008	SPS
Stevly	Will	2007	GLW
Stevly	Sam	2007	GLW
Strachan	Rory	2007	GLW
Worgan	Alexander	2007	RIC

<b>Boys B Kayak - BBK</b>			
Aveson	Isaac	2008	RIC
Clifford	Lucas	2009	WEY
Flint	Ben	2007	WEY
Fowler-Rimell	Freddy	2009	WOR
Grant	Malachi	2009	NOT
Hampton	George	2007	CLM

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Boys B Kayak Cont'd BBK</b>			
Hartney	Conor	2008	RIC
Hayland	Thomas	2008	WEY
Hunt	Ethan	2008	FOY
Ives	Edward	2008	TRU
Kinder	Tyler	2008	RDG
Martin	Dylan	2008	DEV
Moult	Henry	2007	ELM
Murphy	Aeron	2008	RLS
Nagy	Marcell	2009	RDG
Niland	Jack	2007	FOX
Noud	Sean	2009	SLP
Packer	Conrad	2009	RDG
Patterson	Tom	2009	LKR
Payne	Cassian	2007	CLM
Popham-Coveley	Isaac	2008	FOX
Prins-Mills	Max	2007	RDG
Prior	Nathan	2007	ELM
Reynolds	Daibhi	2007	SLP
Roeser	William	2008	WEY
Selini	Matteo	2009	RIC
Smith	Rory	2007	NOR
Smyth	Sean	2008	SLP
Sparks	Sam	2009	RLS
Walker	Dominic	2008	NOR

<b>Boys C Kayak – BCK</b>			
Attwood	Owen	2009	WEY
Barnett	Doogal	2010	WOR
Bates	Ewan	2009	LBZ
Birch	Dylan	2007	CLM
Bose	Matteo	2010	CLM
Davison	Daniel	2007	FOX
De Bilio	Lorenzo	2010	ROY
Eskriett	Ben	2009	GAI
Hamilton	Torin	2009	ELM
Harrison	Joe	2007	NOT
Johnson	James	2009	CLM
Johnson	Fred	2008	DEV
Kirtland	Edward	2008	BSF
Kromer	Daniel	2009	RLS
Macnab	Jenson	2007	RDG
Meredith	Finnley	2011	ELM
Nagy	Benedek	2007	RDG
O'Hare	Cameron	2007	DEV

**SPRINT RANKINGS as of 1<sup>st</sup> January 2025**

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Boys C Kayak Cont'd – BCK</b>			
O'Keeffe	Ocean	2010	WEY
Pitt	Henry	2009	ROY
Poole	Max	2010	DEV
Prokhyra	Anton	2008	GLW
Pyrz	Mikolaj	2010	GLW
Roberts	Evyn	2008	CDF
Schofield	Harrison	2010	NOR
Sirrell	James	2007	RLS
Smith	Louis	2010	WOR
Solecki	Adam	2009	GLW
Taylor	Finn	2009	ELM
Taylor	Ryan	2007	BAN
Wells	Sam	2007	ELM
Whitehead	Sam	2009	ADS
Willmott	Edward	2008	WEY

<b>Boys D Kayak - BDK</b>			
Alldis	Jack	2010	LBZ
Anderson	Matthew	2011	LBZ
Auvray	Louis	2009	CLM
Ayran	Knoah	2011	FOX
Barat-Farkas	Marcell	2013	ELM
Bardell	James	2011	ROY
Barker	Zayan	2008	RLS
Barnett	Fergus	2012	WOR
Bartram	Sol	2011	CDF
Bartsch Cotta	Björn	2010	FOX
Bates	Jack	2009	CLM
Bellofatto	Matteo	2009	RDG
Betts-Odetayo	Benjamin	2009	TRU
Birch	Aaron	2009	CLM
Blanchard	Hugo	2011	NOR
Blanchard	Oliver	2009	NOR
Boughton	Samuel	2009	RDG
Boughton	Jacob	2007	RDG
Bowles-Trow	William	2010	ADS
Bull	Samuel	2010	ELM
Cains	Gus	2011	DEV
Carpenter	Toby	2011	LIN
Carrington	William	2011	NOR
Cheyne	George	2012	CLM
Clare	Ollie	2009	WEY
Cooke	Josh	2011	CLM
Cooper	Ewan	2008	NOT

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Boys D Kayak Cont'd - BDK</b>			
Davie	Marshall	2011	LKR
Dawson-Dymond	Shayne	2009	WOL
Dawson-Dymond	Harley	2007	WOL
Deri	Adam	2009	LBZ
Dunlop	Daniel	2011	ELM
Ellis	Finlay	2008	CLM
Fehey	Jonjo	2011	ROY
Foulger	Evan	2013	NOT
Gora	Adam	2012	GLW
Gospodinov	Leon	2010	RIC
Grant	Elijah	2011	NOT
Guthrie	William	2010	WEY
Hackwell	Matthew	2008	TRU
Hammett	Mason	2010	LBZ
Hartland	Henry	2011	BAN
Hayter	Tom	2011	WEY
Hickman	Tom	2009	RIC
Hughes	Jake	2010	ROY
Hutt	Dan	2008	FLA
Jha	Advit	2007	RDG
Kelly	Jared	2009	DEV
Kirtland	Jasper	2011	BSF
Knott	Ollie	2008	NOR
Larcombe	Toby	2008	FOX
Lawrence	Jed	2009	TRU
Ljubicic	Kosta	2009	ROY
Long	Kit	2009	ROY
Louw	Max	2009	RIC
Lovell	Finn	2009	WOR
Luck	Harry	2010	WEY
Mangiantini	Marco	2012	ROY
Marsh	Jake	2007	WYC
Mason	Luke	2011	DEV
Mason	Joey	2011	GLW
McElhannan	Tom	2011	WOR
Mellor	Hugo	2009	FOX
Morgan	Jack	2011	RDG
Nagy	Balazs	2009	RDG
Nielsen	Kaspar	2010	CLM
Noble	Joseph	2010	FOX
Ockendon	George	2013	ELM
Otugo	Gabriel	2012	GLW
Panev	Ivo	2009	FOX

**SPRINT RANKINGS as of 1<sup>st</sup> January 2025**

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Boys D Kayak Cont'd - BDK</b>			
Pearce	Ollie	2009	RIC
Price	Sam	2011	ELM
Prior	Tristan	2010	ELM
Prior	Nathan	2007	ELM
Raikes	Benjamin	2009	FOX
Ralph	Michael	2008	WEY
Reed	Ollie	2009	RLS
Richardson	Danny	2009	RIC
Ross	Jack	2010	ELM
Russell	Tom	2011	NOR
Saunders	Danny	2008	WEY
Scoffins	Warrick	2011	NOR
Shanks	William	2009	RIC
Shipway	Sam	2007	SOU
Sinigaglia	Lorenzo	2008	ROY
Slizowski	Piotr	2013	GLW
Standen	Euan	2007	LBZ
Stroud	Edward	2011	WEY
Tanner	Louis	2008	ROY
Telling	Jacob	2011	WEY
Unwin	Isaak	2007	RIC
Usher	Ranulph	2009	CLM
Wade	Jack	2012	RDG
Wickenden	Robin	2013	BAN
Williams	Johnny	2009	ROY
Yates	Kieron	2010	GAI

<b>Women A Kayak – WAK</b>			
Armstrong	Kristina	2005	SPS
Ayres	Phoebe	1991	NOR
Broughton	Lizzie	1988	RIC
Brown	Hannah	1990	NOT
Clark	Zoe	2001	ROY
Dale	Enya	2001	FOX
Denman	Olivia	1996	SLP
Duffield	Florence	2000	NOR
Egan	Jenny	1987	SLP
Kerr	Deborah	1997	ANK
Lee-Smith	Lucy	1997	NOR
Lewis	Emily	1993	WOR
Macleod	Lucy	1995	SLP
Rees-Clark	Sam	1995	NOT
Russell	Emma	2000	CLM
Simon	Rebeka	1996	ELM

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Women B Kayak – WBK</b>			
Anderson	Grace	2003	NOR
Armstrong	Alexandra	2003	LKR
Ball	Mollie	2006	DEV
Barbieri	Redecca	2006	SLP
Bethune	Isla	2005	SPS
Brookes	Katie	2002	WOR
Christie	Kerry	2003	NOT
Clark	Bea	2002	ROY
Enoch	Matilda	2005	NOT
Freeman	Anoushka	1999	RIC
Green	Amy	2004	WOR
Guest	Lucy	2002	NOT
Hall	Nerys	2005	WEY
Hipkins	Kate	2002	BPC
Hutchinson	Annabel	2006	RDG
Johnson	Melissa	1997	NOT
King	Edith	2005	ROY
Lewis	Honor	2004	WEY
Lovell	Rachel	1978	WOR
Martyn	Samantha	2000	WEY
Mason	Hayleigh	1986	NOT
Montagna	Elise	2003	ROY
Murphy	Alice	1992	NOT
Neave	Shuna	1986	NOT
O'Drisceoil	Eabha	2004	SLP
Patrick	Iona	2006	SPS
Payne	Sienna	2006	CLM
Pemble	Becky	2003	ADS
Peters	Freya	2001	NOT
Pocklington	Katie	2003	NOT
Ritchie	Chloe	2006	WEY
Roeser	Greta	2005	WEY
Rowe	Livvy	1998	NOR
Solway	Rebekah	1999	ELM
Swarbreck	Jane	1987	RIC
Urquhart	Jessica	2003	NOT
Wallace-Loizou	Maia	1999	RIC
Warburton	Molly	2004	ROY
Wilson	Katherine	1985	RDG

**SPRINT RANKINGS as of 1<sup>st</sup> January 2025**

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Women C Kayak – WCK</b>			
Bates	Joanne	1981	FOX
Boonham	Georgia	2005	RDG
Brehin	Claire	1999	SOU
Collins	Imogen	1993	RDG
de Bruijn	Suzanne	1986	NOR
De Ferrer	Madeleine	1997	NOR
Dilai	Maggie	1986	NOT
Ellis	Charlotte	1994	LBZ
Falltrick	Leah	1996	CLM
Fenwick	Georgia	2003	RDG
Fletcher	Jennifer	1999	RIC
Gallagher	Hannah	2004	WEY
Geddes	Olivia	2004	CDF
Gilbert-Johns	Poppy	2005	SOU
Gwyn	Molly	2005	WYC
Holmes	Jessica	2003	RIC
Hunter	Imogen	2005	GLW
Jepson	Klara	2004	FOX
Kreft	Brynde	1994	FOX
Kubisch-Wiles	Tilla	2005	RDG
Long	Jessica	1999	FOX
Long	Catherine	2006	FOX
O' Connell	Elly	1993	RIC
O' Halloran	Kate	2005	SLP
Owen	Amber	1996	RDG
Oxtoby	Lydia	1992	LBZ
Pemble	Hannah	2005	ADS
Pepper	Milly	2005	LIN
Perry	Beth	2006	SOU
Ray	Elizabeth Betsy	1993	ROY
Spencer	Jasmine	2005	RLS
Troy	Cara	2004	ELM
Walker	Katy	2002	NOR
Whelan	Anja	1989	GLO
Wong	Lily	2000	RIC
Wong	Evie	2004	CDF

<b>Women D Kayak – WDK</b>			
Agilan	Nandhitha	2006	CLM
Agilan	Kavya	2006	CLM
Alexander	Heather	2003	ADS
Alexander	Sally	1965	ADS
Alexander	Jan	1962	NOR
Allan	Catriona	1971	WEY

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Women D Kayak Cont'd – WDK</b>			
Attwood	Holly	2006	WEY
Attwood	Sheila	1974	WEY
Avery	Lauren	1998	CLM
Avery	Tracy	1966	CLM
Ayling	Catherine	1964	EAL
Banson	Caroline	1965	BPS
Barat-Farkas	Erzsebet	1986	ELM
Barkway	Kelly	1972	BPS
Bie	Julie	1962	NOR
Biles	Scarlett	2005	SOU
Blatchly	Stephanie	2005	NOT
Bowyer	Elle	1995	FOX
Broadey	Megan	2000	NOR
Bruton	Anna	1982	BAN
Cabarique	Sheila Monera	2005	POO
Caffrey	Niamh	2005	SLP
Caffrey	Karen	1977	SLP
Callaghan	Kate	2001	SOU
Christie	Emma	2004	NOT
Clark	Amanda	1966	CLM
Cuenca	Pepi	1970	NOR
Davis	Joanne	1967	NOR
Dickson	Charlie	2002	FOX
Dixon	Katy	2003	LBZ
Dodson	Wendy	1952	ADS
Drane	Coral	1963	NOR
Drummond	Catherine	1980	RDG
Dubock	Jess	2005	FOX
Fender	Lynne	1964	NOT
Finn	Naoise	2005	SLP
Fisher	Abbie	2004	LIN
Foster	Lynda	1964	BAN
Fulford	Isabelle	2005	RDG
Gadd	Sophie	2002	ADS
Geddes	Libby	2005	CDF
Giles	Anna	1977	WOR
Glennon	Orla	2006	SLP
Gorst	Emily	2003	SOU
Guest	Jen	2006	SLP
Hampton	Rachael	2005	CLM
Harper	Helen	1973	BAN
Hartland	Sally	1979	BAN
Hermans	Inge	1969	ROY

**SPRINT RANKINGS as of 1<sup>st</sup> January 2025**

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Women D Kayak Cont'd – WDK</b>			
Hills	Ludy	1978	RIC
Hinkova	Andrea	1972	NOR
Holgate	Lucy	1999	NOT
Honigh	Viktoria	1972	RDG
Howell	Catherine	1974	NOT
Huisman	Martine	1966	SOU
Hutchinson	Erika	1977	RDG
Jankowska	Agnieska	1983	CLM
Jepson	Nora	2005	FOX
Johansson-Ward	Isabelle	2006	LBZ
Johnson	Colette	1964	BAN
King	Issy	2002	RIC
King	Bernice	1973	ROY
King	Jocelyne	1973	ROY
Lamb	Jane	1973	SOU
Le Moing	Rose	1994	RIC
Le-May	Charlotte	2003	NOR
Lewis	Kerry	1997	WEY
Lillis-Brooks	Sofia	2006	RLS
Linnell	Louise	1988	CLM
Maloney	Louise	1977	NOT
Mckeand	Gayle	1978	CLM
Mobbs	Holly	1998	WEY
Morley	Tania	1965	NOR
Moult	Jo	1977	ELM
Murdock	Josie	2006	SOU
O'Halloran	Nicole	1963	CLM
O'Keefe	Michelle	1971	WEY
Penney	Charlotte	1986	BAN
Petersen	Chris	1965	BAN
Rosalba	Stefania	1977	NOR
Russell	Martha	1975	NOR
Russell	Jackie	1968	CLM
Sanderson Bellamy	Angelina	1979	CDF
Sealey	Hannah	1994	RDG
Shephard-Wyatt	Zowie	1991	CLM
Smith	Jacqui	1970	BAN
Stephens	Hannah	2001	CDF
Stratford	Lilly	2004	CLM
Stratford	Alex	1975	CLM
Szabo	Linda	1997	LKR
Taylor	Emma	1964	NOR
Tristram	Lucy	2006	RLS

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Women D Kayak Cont'd – WDK</b>			
Urquhart	Siobhan	1965	BAN
Vernau	Sarah	1978	NOT
Walker	Sarah	1973	NOR
Watts	Emma	1974	WEY
Weigh	Nadia	1989	WEY
Whitear	Faye	1986	RIC
Whitehead	Rose	2005	GLO
Williams	Katie	1992	ELM
Yull	Tabitha	2003	NOR
<b>Girls A Kayak - GAK</b>			
Bates	Annie	2008	RIC
De Bilio	Dianora	2009	ROY
Sklenarova	Kamila	2007	NOR
Toovey	Hannah	2008	GLW
<b>Girls B Kayak - GBK</b>			
Ball	Daisie	2009	DEV
Bowles-Trow	Emily	2007	ADS
Burton	Matilda	2010	ELM
Cove	Poppy	2008	RIC
Cullen	Lucy	2007	SLP
Dunlop	Sophie	2007	ELM
Field	Imogen	2010	ELM
Fulford	Charlotte	2008	RDG
Giles	Evie	2007	WOR
Green	Sienna	2009	WOL
Herriot	Zoe	2008	GLW
Holt	Kyla	2009	RIC
Landsborough	Elsie	2008	NOT
Maloney	Ciara	2008	NOT
Mckernan	Madison	2010	ELM
Pyrz	Alicja	2007	GLW
Ritchie	Izzy	2008	WEY
Sargeant	Jasmine	2008	NOR
Scrivener	Frankie	2007	FOX
Shannon	Sadb	2008	SLP
Shephard	Ruth	2011	RDG
Tristram	Hannah	2009	RLS
<b>Girls C Kayak - GCK</b>			
Allan	Joshie	2010	WEY
Beeson	Alice	2009	WOK
Brittle	Ava	2007	ELM
Czarnecka	Adrianna	2007	ESK
Davison	Phoebe	2007	LIN

**SPRINT RANKINGS as of 1<sup>st</sup> January 2025**

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Girls C Kayak Cont'd- GCK</b>			
Dawson	Madeline	2007	LIN
Fuller	Naomi	2007	CLM
Gwyn	Florence	2007	WYC
Jones	Jess	2007	RLS
Luen-Twining	Katie	2009	CDF
Manley	Ariana	2011	WEY
Nagy	Hanna	2009	RDG
O Halloran	Emma	2008	SLP
Owen	Charlotte	2010	SVP
Patrick	Trudy	2008	ESK
Perrin	May	2008	CLM
Shannon	Aoibhe	2007	SLP
Strachan	Abigail	2009	GLW
Thomas	Josie	2009	CDF
Twort	Emily	2007	LIN
Webb	Delilah	2007	WEY
Widdows	Estelle	2007	NOR
Wong	Ava	2008	CDF

<b>Girls D Kayak - GDK</b>			
Anderson	Orla	2012	SOU
Barber	Evie	2009	CDF
Bates	Molly	2010	RIC
Beck	Catherine	2007	BAN
Bellamy	Penelope	2009	CDF
Biagioli	Olivia	2007	ELM
Boon	Katharine	2008	ELM
Boyce	Mary	2010	FOX
Brunelli Bonet	Carla	2008	ESK
Caffrey	Caoilin	2011	SLP
Chiu	Hagne	2010	RDG
Cooke	Olivia	2008	CLM
De Bilio	Adriana	2013	ROY
Dixon	Kayleigh	2007	LBZ
Donnellan	Emily	2010	SLP
Earls	Emma	2008	SLP
Foulds	Katie	2009	RUN
Fox	Sophie	2008	WEY
Gohar	Leila	2011	RIC
Golder	Jess	2010	NOT
Grant	Agnes	2012	WEY
Guest	Kathy	2008	SLP
Gwyn	Harriet	2010	WYC
Harrison	Lucy	2008	NOT

<b>Surname</b>	<b>First name</b>	<b>Year</b>	<b>Club</b>
<b>Girls D Kayak Cont'd- GDK</b>			
Hill	Beatrice	2008	NOR
Hudson	Keira	2010	BAN
Johnson	Mary	2010	DEV
Kemp	Chloe	2008	ROY
Khan	Lydia	2011	NOT
Kowal	Sofia	2012	GLW
Lamb	Eloise	2009	SOU
Lisi	Ava	2012	RDG
Long	Audrey	2011	GLW
Mackie	Ariana	2010	ELM
Marriott	Sophie	2011	NOT
Martinez-Barroso	Marina	2007	RIC
Mcaulay	Eva	2008	NOR
McKnight	Imogen	2009	ADS
Milbradt	Johanna	2009	CAM
Murphy	Isabella	2007	BAN
Nagy	Greta	2012	RDG
O'Hare	Connie	2011	DEV
Pedlar	Tamsin	2008	WOR
Perrin	Rebecca	2009	CLM
Phillips	Lotte	2007	NOR
Prins-Mills	Saba	2009	RDG
Rhys	Gabriela	2009	GLW
Roberts	Martha	2010	ELM
Roche	Emily	2007	SLP
Saini	Leyla	2009	RIC
Saunders	Emma	2011	WEY
Seamer	Georgia	2009	RLS
Shaw	Eira	2010	WEY
Shipway	Chloe	2011	SOU
Sliwa	Sonia	2008	NOT
Small	Lexi	2012	WOL
Smerdon	Alice	2007	CLM
Smyth	Eabha	2010	SLP
Sumner	Emma	2010	ELM
Walker	Ellie	2007	TRU
Whitelaw	Florence	2011	WOR
Wickenden	Lucy	2011	BAN
Williams	Chloe	2008	ROY
Williams	Mary	2007	WEY

**SPRINT RANKINGS as of 1<sup>st</sup> January 2025**

Surname	First name	Year	Club
<b>Canoe Men A - CMA</b>			
Jones	Jonathon	1996	FLA
Csokasi	Marco	1995	RIC
<b>Canoe Men B - CMB</b>			
Bell	George	2003	FLA
Huan	Lucas	2001	RLS
Lambert	Thomas	2001	LIN
Leech	Arthur	2000	RIC
Love	Tom	1974	RLS
Meikle-Briggs	Adrian	2001	RIC
Phillips	Ben	1998	RIC
Rzepinski	Adam	1981	GLW
Shnaider	Sviatoslav	2005	GLW
Styan	James	1990	FLA
Train	Andrew	1963	FLA
Weir	Roger	1991	BAN
<b>Canoe Men C - CMC</b>			
Brett	Tony	1991	BSF
Chisholm	Owen	2006	RIC
Sarkisyan	Areg	2006	RIC
Shaw	Seb	1992	FLA
Szalontai	Sandor	1992	RIC
Szeltner	Gabor	1976	RIC
Weckowski	Mikolaj	1982	GLW
<b>Canoe Men D - CMD</b>			
Brooks	George	2001	WOR
Cresser	Nicky	1981	NOT
Fowler	Nicholas	1977	WOR
Gohar	Marcus	1959	RIC
Hayman-Joyce	David	2004	WEY
Herwanger	Francis	2003	RIC
Hinves	Xavier	2003	SOU
Ivancikas	Ricardas	1989	RUN
Leech	David	1992	RIC
Lei	Hou	2005	NOT
Luck	Chris	1980	WEY
March	Daniel	2002	CLM
Morley	Arthur	2005	WEY
Mykhailovskyi	Artem	2005	CDF
Prosser	Jack	1983	RIC
Tan	Shanzheng	1990	CAM
Taylor	Malcolm	1999	EXE

Surname	First name	Year	Club
<b>Canoe Boys A - CBA</b>			
<b>Canoe Boys B - CBB</b>			
<b>Canoe Boys C - CBC</b>			
Elliott	Andrew	2007	RIC
Laws	Oscar	2007	RIC
Gohar	Fabio	2007	RIC
<b>Canoe Boys D - CBD</b>			
Attwood	Owen	2009	WEY
O'Keeffe	Ocean	2010	WEY
Thijs	Marlow	2008	RIC
Veale	Zac	2007	RIC
<b>Canoe Women A - CWA</b>			
Fitzhenry	Afton	1995	CNI
Gill	Bethany	1996	CLM
<b>Canoe Women B- CWB</b>			
Palmer	Anna	1997	RDG
<b>Canoe Women C - CWC</b>			
<b>Canoe Women D - CWD</b>			
Chalmers	Laura	2004	NOT
Christie	Kerry	2003	NOT
Hall	Nerys	2005	WEY
Hayman-Joyce	Katie	1998	WEY
Hunt	Maisie	2005	NOT
Kendall	Ella	2003	NOT
Page	Hannah	2004	NOT
Sellers	Charlotte	2005	NOT
<b>Canoe Girls C - CGC</b>			
Keane	Bella	2009	RIC
<b>Canoe Girls D - CGD</b>			
Kedia	Tanvi	2008	RIC
Ritchie	Izzy	2008	WEY

**SPRINT RANKINGS as of 1<sup>st</sup> January 2025**

Surname	First name	Year	Club
<b>Paddle-Ability</b>			
Cook	Shaun	1986	NOR
Fisher	Matt	2003	LKR
Glaves	Cassie	2008	4AS
Gough	Taylor	2000	RLS
Hage	Jacob	2003	4AS
Keyworth	Lucy	1999	RLS
Klumpler	Oliver	2009	BSF
Mansfield	Jacob	2002	4AS
Priestley	Joshua	2008	4AS
Scott	Alex	1994	BSF
Simpson	Thomas	2011	4AS
Thompson-Martin	Dakota	2007	4AS
Thorpe	Lindsay	1993	4AS
Towler	William	2001	NOR
White	Jonathan	1983	EXE

**Mini A Kayak - MSA**

Barat-Farkas	Noel	2015	ELM
Bartsch-Cotta	Astrid	2014	FOX
Bates	Conor	2014	LBZ
Bednarska	Gabriella	2014	LKR
Boughton	Benjamin	2013	RDG
Burt	Max	2015	NBY
Caffrey	Oisin	2013	SLP
Drobik	Justyna	2013	GLW
Hayter	Emily	2014	WEY
Kirtland	Rupert	2013	BSF
Long	Edmund	2015	GLW
Mackie	James	2013	ELM
Macleod	Xavier	2013	RDG
Maldar	Jasper	2013	LBZ
Nagda	Akira	2015	LKR
Noud	Ethan	2013	SLP
Patterson	Nate	2015	LKR
Short	Sam	2013	ELM
Slizowski	Filip	2014	GLW
Stroud	William	2013	WEY
Tingay	Ethan	2014	LBZ
Wilson	Rian	2014	GLW

**Mini B Kayak - MSB**

Blanchard	Cecelia	2013	NOR
Holmes	Eva	2013	NOT
Holmes	Masie	2013	NOT
Lambert	Eleanor	2015	LIN
Lambert	Imogen	2013	LIN
Pyrz	Julia	2015	GLW

**Paracanoe Kayak Men KMKL1**

Surname	First name	Year	Club
<b>Paracanoe Kayak Men KMKL2</b>			
Clark	Stewart	1965	CLM
Phillipson	Dave	1989	PAR
White	Jonathan	1983	EXE
<b>Paracanoe Kayak Men KMKL3</b>			
Eyers	Jack	1989	PAR
Knowlden	Charlie	2003	RLS
Lodge	Timothy	1972	WEY
Oliver	Robert	1988	SOL
Tarrant	Jon	1989	RLS
Wood	Stuart	1994	PAR
Young	Jonathon	1984	PAR

**Paracanoe Kayak Women KWKL1**

Chippington	Jeanette	1970	LON
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**Paracanoe Kayak Women KWKL2**

Henshaw	Charlotte	1987	PAR
Wiggs	Emma	1980	IND

**Paracanoe Kayak Women KWKL3**

Gordon	Hope	1994	SPS
Sugar	Laura	1991	PAR
Thorpe	Lindsay	1993	4AS

**Paracanoe Va'a Men VMVL1**

Gough	Taylor	2000	RLS
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**Paracanoe Va'a Men VMVL2**

Clark	Stewart	1965	CLM
Clifton	Ed	1985	CLM
Cook	Shaun	1986	NOR
Van Der Poll	Xander	1999	RLS

**Paracanoe Va'a Men VMVL3**

Eyers	Jack	1989	PAR
Phillipson	Dave	1989	PAR
Wood	Stuart	1994	PAR

**Paracanoe Va'a Women VWVL1**

**Paracanoe Va'a Women VWVL2**

Chippington	Jeanette	1970	LON
Wiggs	Emma	1980	PAR

**Paracanoe Va'a Women VWVL3**

Henshaw	Charlotte	1987	PAR
Gordon	Hope	1994	SPS

## Social media

Subscribe to our Instagram account, **canoesprintUK**, or Twitter account, **canoesprintUK**, where we will be sharing sprint-related photos and videos going forward.

We are aiming to increase the social media presence of Sprint Racing nationally, you can be a part of that by using the following hashtags alongside any photos or videos that you publish on social media ahead of, during, and after the National Regattas.

#nottsregatta

#canoesprintlegends



The Sprint Racing Committee's K4 boats used at all National Regattas are available on short term loan by clubs and coaches to use for training or local sprint events.

Terms and conditions apply and are subject to availability but if you would like to know more email Louise Clive at:  
**[Canoesprint.commodore@vol.paddleuk.org.uk](mailto:Canoesprint.commodore@vol.paddleuk.org.uk)**

# PADDLE UK GBR SPRINT PROGRAMME

Fourteen athletes have been selected for the World Class programme in Paracanoe and seven athletes in Canoe Sprint for the upcoming 2025 season, as the international season culminates at the Senior World Championships in Milan and the Junior/U23 World Championships in Montemor, Portugal.

The Sprint Performance Academy has selected 18 athletes with the aim of providing athletes with environments that support their development from U23 through to senior level, with the aspiration of preparing athletes to transition into, and thrive in, the World Class Programme (WCP).

Thirteen athletes have been selected into the Sprint High Performance Community which will support a wider cohort of senior athletes with access to coaching and facilities, to provide a key stepping stone and training opportunities for paddlers aspiring to represent senior GB teams.

## **Canoe Sprint**

### **World Class Programme**

Deborah Kerr (Anker Valley)  
Kristina Armstrong (Scottish Performance Squad)  
Emma Russell (Chelmsford)  
Zoe Clark (Royal)  
Thomas Lambert (Lincoln)  
Emily Lewis (Worcester)  
Daniel Johnson (Chelmsford)

### **High Performance Academy**

#### **Tier 1**

Lucy Lee-Smith (Norwich)  
Matthew Collinge (Fowey)  
Trevor Thomson (Ealing)

#### **Tier 2**

Isabel Evans (Chester)  
Bethany Gill (Chelmsford)  
Afton Fitzhenry (Belfast)  
Anna Palmer (Reading)  
Rebeka Simon (Elmbridge)  
Abigail Burgess (Wey)  
Melissa Johnson (Chelmsford)  
Thomas Lusty (Solihull)  
Matthew Johnson (Chelmsford)  
Stuart Bristow (Royal)

### **Sprint Performance Academy**

Amy Green (Worcester)  
Jessica Urquhart (Nottingham)  
Lucy Guest (Nottingham)  
Elise Montagna (Royal)  
Katie Pocklington (Nottingham)  
Annabel Hutchinson (Reading)  
Mollie Ball (Devizes)  
Philip Miles (Royal Leamington Spa)  
Benji Cabrera (Fowey)  
Haydyn Cooke Bayley (Nottingham)  
Dominic Stanley (Falcon)  
Gabriel Popham Coveley (Falcon)  
Huw Singleton (Nottingham)  
Sam Cribbett (Royal Leamington Spa)  
Tom Holland (Wey)  
Nelson Kinzler (Richmond)  
Dylan O'Connor (Richmond Academy)  
Xavier Hinves (Richmond Academy) (Southampton)

Further details of Programme Qualification Policies, Appeals and procedures are available on the PaddleUk website

# **PADDLE UK GBR SPRINT PROGRAMME**

## **Selection Policies 2025**

### **Senior Sprint**

The focus of the 2025 senior policy is to optimise performance in targeted Olympic events and will be done primarily by selection to World Cups, European Championships and the World Championships by a first past the post or pool basis. The priority is to create as many stage appropriate racing opportunities as possible with a focus on athletes being in a position to deliver their best performances at the 2025 Senior World Championships. The April regatta will be used to determine a pool of athletes for the World Cup, Europeans and some identified events at the World Championships. The July regatta will be first past the post for Senior World Championships for events not selected through the pool process. It is worth noting that there is a new ICF World Ranking System which is likely to impact the Olympic Qualifications System moving forward. Please read the selection policy to ensure the process for pool selection is fully understood.

### **U23 Sprint**

For athletes in this development bracket some careful planning and prioritisation is encouraged. As usual there are many options and paths to take. The IP would like to encourage athletes and coaches to identify events that support longer term development to ensure that competitions can be properly prepared for, while also using domestic regattas to build racing experience. The U23 European and World Championships team will be selected through performances at the April and June Regatta. April will provide an opportunity for athletes to be selected in to a crew boat pool before competing for team places at the June Regatta, this also reflects the senior pool/crew boat process. June will provide individual boat selection through first past the post racing. Please read the selection policy to ensure the process for pool selection is fully understood.

### **Junior Sprint**

This year there is a focus around creating a stable selection policy to provide similar mechanisms and dates for selection year on year. The April regatta is selection for both the European Championships and for the World Championships. In individual boats, the highest ranked boats will be selected. For crew boats, April will provide the opportunity to enter into a pool to gain further training opportunities, however the selection of the crew boats will be based on being the highest ranked boat at June regatta.

As last year, athletes can be pre-selected for Olympic Hopes by gaining selection to a 2025 championship team, however there are further selection opportunities at the July regatta. Please ensure you have read the selection policy, noting there is a flowchart available to support the understanding of OH selection.

# PADDLE UK PARALYMPIC PROGRAMME

A total of 14 athletes have been selected for the World Class Programme for Paracanoe for the 2025 season. One athlete has been named within the Paracanoe Academy and several others will be invited to camps and activities throughout the year as the programme looks to capitalise on the Paris 2024 success, create training opportunities for existing paddlers, and support new athletes entering the sport.

## Paralympic Programme Athletes

Women	Men	Academy
Laura Sugar	Jack Eyers	Charlie Knowlden
Emma Wiggs	Dave Phillipson	
Charlotte Henshaw	Ed Clifton	
Hope Gordon	Robert Oliver	
Ellen Field	Stuart Wood	
Lindsay Thorpe	Jonathan Young	
	Jon Tarrant	
	Xander Van Der Poll	

In addition to the World Class Programme, Paddle UK also supports a Talent Programme for Paracanoe which is keen to link with any potential paddlers and clubs who are interested to find out more about Paracanoe. For more details contact [attila.herbent@paddleuk.org.uk](mailto:attila.herbent@paddleuk.org.uk)

## Paracanoe Selection Policy 2025

For 2025 the focus is to maximise the number of paddlers gaining international competition racing opportunities and for upcoming paddlers to race alongside more established paddlers to gain an insight into the world leading processes of the Great Britain Paracanoe Team.

April regatta will be the selection point for the Paracanoe World Cup taking place in Poznan (POL) in May and the European Championships taking place in Racice (CZE) in June. The final event of the year will be the World Championships taking place in Milan (Italy), where the Paracanoe Team will look to maintain its world leading status.

Full selection policy details can be found on the Paddle UK website:

<https://paddleuk.org.uk/2025-selection-policies-live-for-slalom-sprint-and-paracanoe/>

# 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 Paddle sport 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, British Canoeing and the home nations have developed a range of policies, procedures and guidance. These can be found on [www.paddleuk.org.uk](http://www.paddleuk.org.uk) and each home nation website. We ask that club Secretaries/Welfare Officers know where to find the information and make sure it is shared and discussed at club executive and general meetings.

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 take note that there is a requirement to provide a Welfare Officer at all events where children are participating. For further details refer to the guidance sheets on the website – [Paddlesafe Events](#).

## 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.

# SAFEGUARDING AND PROTECTING CHILDREN AND ADULTS

- It should not be necessary to do things of a personal care nature for children/adults 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/ adult's 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.

Ensure your club adheres to Paddle UK's best practice guidelines and requirements with particular reference to:

- Paddle UK Safeguarding Children Policy and Safeguarding Adult Policy.
- Paddle UK Codes of Conduct.
- Safe recruitment and vetting practices including appropriate Disclosure checks, where eligible, in accordance with home nation and government guidelines.
- Safeguarding training.
- Club Welfare Officers attend specific training to support their role- Safeguarding and Protecting Children and Time to Listen workshops.
- Publicise your Club/Event Welfare Officer contact details.
- Publicise the NSPCC Child Protection Helpline.
- Publicise Adult Safeguarding Support Services

## IMPORTANT CONTACTS

### **Paddle UK Safeguarding Team**

(For anyone wishing to report a Safeguarding incident or concern, or any other safeguarding query)

**0115 8655354\*** Email [safeguarding@paddleuk.org.uk](mailto:safeguarding@paddleuk.org.uk)

*\*(If calling out of office hours, leave a message and your call will be responded to as soon as possible the next working day.)*

# SAFEGUARDING AND PROTECTING CHILDREN AND ADULTS

## **Paddle UK Safeguarding Case Officer**

(For British Canoeing coaches, volunteers and staff who have received an allegation against them with respect to Safeguarding and require support.)

Email: [safeguarding@paddleuk.org.uk](mailto:safeguarding@paddleuk.org.uk)

## **HOME NATIONS**

### **Scottish Canoe Association Safeguarding Officer**

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

### **Canoe Wales Lead Safeguarding Officer**

Lyn Sherriff Phone: 07908 683984 Email [safeguarding@paddleni.org.uk](mailto:safeguarding@paddleni.org.uk)

### **CANI Safeguarding Officer**

Lyn Sherriff. Email: [Lyn.sherriff@paddleni.org.uk](mailto:Lyn.sherriff@paddleni.org.uk)

## **24hour helplines:**

**CHILDLINE** 0800 1111

NSPCC **CHILD PROTECTION** 0808 800 5000

(please keep trying if you can't get through straight away)

**If you or someone else needs immediate medical attention or you or someone else is at risk of immediate harm or danger, call emergency services for the police or ambulance (999 or 112) immediately.**

## **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 British Canoeing Transgender and Transsexual Policy. International competition and selection for transgender competitors is subject to eligibility defined by the IOC and is detailed in the British Canoeing policy.

For any enquiries regarding equality at British Canoeing please contact [equality@paddleuk.org.uk](mailto:equality@paddleuk.org.uk)

# COACHING AND LEADING THE COMPETITION DISCIPLINES

## **Coach Self Analysis Tool and Digital Library**

The online resources enable individuals to recognise and celebrate their current practice, as well as consider options for further learning and development.

The Coach Self Analysis Tool enables an individual to gauge their current level of understanding, skill and knowledge in their chosen discipline, which includes Sprint and Marathon. This tool provides a personal overview of the coach's current practice, giving a holistic view as well as a specific breakdown in each of the areas. The analysis then offers considerations of how the coach may want to support their continual learning and development, as well as offering the option of Accredited Prior Learning, to support those with previous experience.

These considerations link to a range of resources within the Digital Library, which includes videos, podcasts, eLearning, academic papers and much more! The library will continue to grow and develop as new resources are made available and can also be used as a stand-alone resource to browse topics relevant to you.

These supportive resources are available on the British Canoeing Awarding Body website:

<https://britishcanoeingawarding.org.uk/digital-library/>

## **Safety and Rescue Resources**

There are a range of safety and rescue resources to support paddlers and coaches in their safety practices. The Racing Craft Rescue playlist includes a range of videos to support race craft rescues in a sheltered water environment, including 'emptying a K1 from the side', 'K1 deep water rescue' and 'rescue of an injured paddler with assistance'.

There is also a range of guidance documents aimed at coaches, such as bank based coaching from a bike.

<https://www.britishcanoeingawarding.org.uk/safety-resources/>

## **Developing your coaching and leadership skills through British Canoeing Awarding Body courses**

There are various pathways, enabling both paddlers (boat-based) and non-paddlers (bank-based) to become Competition Coaches and Leaders. There are a range of direct entry awards available, which could be the first or next step for any aspirant Coach or Leader.

## **Racing Coach Award**

The Racing Coach Award is designed for people whose core function is to coach paddlers who want to gain/improve their racing paddlesport skills. This will include coaching beginners new to the sport, or paddlers looking to develop their skills in a sheltered or moderate inland water environment. The Racing Coach Award is open to boat-based and bank-based paddlers. NEW for January 2024, Racing coaches can choose the pathway where they operate, including Racing Coach (Sheltered Water) or Racing Coach (Moderate Inland Water).

# COACHING AND LEADING THE COMPETITION DISCIPLINES

The Racing Coach Award consists of 2-days of Core Coach Training and 2-days of Racing Coach Training, which is concluded by a 1-day Assessment. There are direct entry options available and a British Canoeing/National Association membership is the only prerequisite of the Core Coach Training. Where relevant, Coaches who have already completed various British Canoeing Awarding Body qualifications can bypass the Core Coach Training and/or Racing Coach Training by applying for Accredited Prior Learning (APL). Coaches who have completed the Sprint Discipline Support Module Part 2 (training and logbook) can choose to bypass the respective Racing Coach Training if they feel confident with the content.

There is a supportive eLearning package available to aid learning.

<https://www.britishcanoeingawarding.org.uk/coach-award/>

## Performance Racing Coach

Launched in June 2020, the Performance Racing Coach is an ideal programme for intrinsically driven, experienced coaches, who want to get better at coaching the paddlers they work with, and for those who seek recognition that their delivery meets enhanced levels of sophistication.

The learning journey is fluid and personalised to every coach who undertakes the programme. The key components of the award are the same but, as an experienced Coach, they will steer the direction and focus of learning in areas most relevant to them. The award is concluded by successfully completing a practical assessment which includes organising, planning and delivering a minimum of 3-hours' quality coaching for at least two learners.

<https://www.britishcanoeingawarding.org.uk/performance-coach-award/>

## Paddlesport Leader

The Paddlesport Leader is aimed at paddlers taking on formal leadership responsibilities in benign, sheltered water environments and aims to support Leaders to run safe, quality, enjoyable trips based on their group's needs and aspirations. In a racing club, a Paddlesport Leader could provide a safety overview on a training session chaperoning other paddlers, for example.

The Paddlesport Leader is a direct entry award and training is **not** compulsory. Leaders can opt for British Canoeing Awarding Body Paddlesport Leader Training courses, which are available to support candidates in their development of the required skills. These courses typically cover leadership skills, and the associated personal skills, safety and rescue skills. Alternatively, candidates may wish to opt for more bespoke training opportunities. For example, in-house training at their club, working alongside/shadowing other Leaders, or conference/symposium workshops.

There are supportive resources available, including the Leadership eLearning, the Leader Self-Analysis Tool, a Skills Checklist and a Logbook.

<https://www.britishcanoeingawarding.org.uk/leadership-raft-guide-resources/>

## COACHING AND LEADING THE COMPETITION DISCIPLINES

**Accredited Prior Learning (APL):** In some instances, aspirant Coaches may have prior experience that may enable them to enter the Coaching scheme and bypass training, going directly to assessment. If you feel you have the necessary experience, please refer to the Accredited Prior Learning (APL) Policy.

**CPD (Continuous Personal Development)** The supportive points based Continuous Professional Development (CPD) process is aligned with our Educational Philosophy allowing you to select the CPD that's most relevant to you. CPD is individualised, allowing the Coach and Leader to consider what areas they may need to develop. The process is simple, easy to upload and gives you the opportunity to recognise all your learning and development, regardless of the source.

**First Aid and Safeguarding Requirements:** The requirements relating to First Aid and Safeguarding training and the different coaching levels held can be found on the British Canoeing Awarding Body website.

For further information, please contact [coaching@paddlesuptraining.com](mailto:coaching@paddlesuptraining.com)



The Personal Performance Awards are designed for paddlers wanting to gain recognition of their learning and development, in the craft and environment they choose. The process of completing the awards is based on learning and, as such, the ethos of 'supporting the paddler' is the main focus of all the awards, encouraging individuals in their development.

## Racing

Racing Explore Award

## Racing

Racing Perform Award

## Racing

Racing Excel Award

### Discipline Specific Pathway Awards

- **All the awards are direct entry.** Paddlers can choose which award they would like to work towards, developing their skills and decision making.
- There are **no direct links to Coaching and Leadership qualifications** as prerequisites. The awards provide appropriate milestones and acknowledgement of personal skills, setting up the paddler appropriately for British Canoeing Awarding Body Coaching and Leadership qualifications.
- There are **no age restrictions** for any of the awards. Providers should check paddlers' suitability, as well as having appropriate mechanisms for anyone under 18.
- **All the awards** have been created and written with the **paddler at the heart** of the content and create empowerment and ownership.

### Becoming a Provider

Every Instructor, Coach and Leader is able to deliver some of the Personal Performance Awards, depending on the existing qualifications and roles held, which provides greater access for the paddling community. All Providers need to complete an online eLearning package which supports Providers with the delivery of the awards. For full details, please see <https://www.britishcanoeingawarding.org.uk/personal-performance-awards/>

If Coaches don't hold British Canoeing Awarding Body qualifications, they can apply for Accreditation of Prior Learning (APL) application in order to deliver the awards. Log into your membership record and submit your short application.

### PPA Provider Refresher eLearning

All existing PPA Providers will need to complete a PPA Provider Refresher eLearning to ensure continual development, standardisation and delivery of our Educational Philosophy. There are two refresher eLearning available and Providers can choose which eLearning to complete –  
Delivery and Environment: This eLearning update aims to revisit the awards, explore methods of delivery as well as focus on a specific area to support both providers and paddlers.  
Roles and Responsibilities: This eLearning focuses on provider responsibilities including risk management, lone working, safeguarding and regulatory requirements. The eLearning also includes insights from other PPA providers. <https://britishcanoeingawarding.org.uk/shop/>

### Paddle Safer

Paddle Safer is a great course for anyone new or relatively new to paddling who would like to gain knowledge and raise their awareness of paddling safely in a sheltered or very sheltered water environment. The new award can be taken in any craft, perfect for those new to racing.

Every British Canoeing Awarding Body Instructor, Coach, Leader or Guide can deliver this practical 2-hour course if they complete this Paddle Safer Provider eLearning and meet the Update Scheme requirements. <https://www.britishcanoeingawarding.org.uk/resource/paddle-safer-provider-training/>

**Paddle  
CLEAN**

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

# ANTI-DOPING QUESTIONS

**Where can I find  
more information?**

What if a substance is  
prohibited?

What is a supplement and  
are there any risks?

*How can I check  
my medication?*

**IF I AM ILL CAN I TAKE  
ANY MEDICATION?**

Who can be drugs  
tested?

**Why is Clean  
Sport important?**

**WHOSE RESPONSIBILITY  
IS CLEAN SPORT?**

*WHAT IF I DIDN'T  
KNOW THERE WAS A  
BANNED SUBSTANCE  
IN IT?*

**Find out more**

[www.paddleuk.org.uk/anti-doping](http://www.paddleuk.org.uk/anti-doping)

[www.ukad.org.uk](http://www.ukad.org.uk)

Download the Clean Sport App



## USEFUL ADDRESSES

BAR1	Barnett	Lee	WOF leebarnett007@hotmail.com		M
BRO1	Brown	Hannah	WYC canoesprint.commodore@vol.paddleuk.org.uk		S
CAI1	Caisley	Phil	TON Regatta.entries@vol.paddleuk.org.uk	07803 280268	O
CHA2	Chapman	Brian	KIR brchapman@mac.com		M
CHA1	Chapman	Margaret	KIR mhckayaking@aol.com	01236 457081	S
CLI2	Clive	Louise	GAI l.clive@gaileycc.co.uk	07816 786987	OS
CLI2	Clive	Louise	GAI canoesprint.treasurer@vol.paddleuk.org.uk		OS
DIM1	Dimmock	Paul	WEY paul.dimmock2016@gmail.com		S
DOD1	Dodson	Wendy	ADS Regatta.Secretary@vol.paddleuk.org.uk	01932 347695	O
EDW1	Edwardes	Paul	Regatta.ChiefOfficial@vol.paddleuk.org.uk		O
FIT1	Fitzpatrick	Joe	BSF J.Fitzpatrick93@outlook.com		MS
FOW1	Fowler-Rimell	Nick	Canoesprint.chair@vol.paddleuk.org.uk		S
FOW1	Fowler-Rimell	Nick	nfowlerrimell@gmail.com		S
FRE1	Freeman	Anoushka	RIC marathon.secretary@vol.paddleuk.org.uk		M
GOR1	Gorman	Peter	WEY canoesprint.rankings@vol.padleuk.org.uk	07889 736246	S
HAR1	Hartland	Sally	BAN sally.louise.hartland@gmail.com		M
HOI1	Hoile	Ann	LBZ Regatta.Volunteers@vol.paddleuk.org.uk	01525 379921	O
HOI2	Hoile	John	LBZ Regatta.ViceChair@vol.paddleuk.org.uk	01525 379921	O
HOO1	Hook	Martin	EAL Martin_hook@hotmail.com		OS
HUN1	Hunter	Bev	ROY bdhunter59@gmail.com		S
JOH1	Johnson	Colette	BAN colette@ccjohn.co.uk	07711 088426	O
LAW1	Lawler	Roland	ELM diandroland2016@gmail.com	0208 979 4993	MS
LEE1	Leech	Arthur	RIC arthurlpeterl@gmail.com	07986 106052	S
MAR1	Martin	Kari	LBZ Regatta.Registrations@vol.paddleuk.org.uk	07763 318181	O
MIL1	Miles	Adam	adfmiles@gmail.com		OS
MIL2	Miles	Philip	RLS canoesprint.secretary@vol.paddleuk.org.uk		S
MIS1	Missen	Stan	BOA marathon.chair@vol.paddleuk.org.uk	01225 862000	M
MOB1	Mobbs	Holly	WEY mobbsholly@yahoo.co.uk		M
MUR1	Murphy	Alice	NOT alicemurphy8@hotmail.com		S
NAD1	Nadal	Mick	NOT mick.nadal@ntlworld.com		M
NEA1	Neale	Clive	TON clive.neale@axahealth.co.uk	01732 851945	O
NOR1	North	Nanette	marathon.selectors@vol.paddleuk.org.uk		M
PRI1	Price	Bryn	MAI brynprice3@gmail.com>		M
SEA1	Seaford	Dan	RDG dan@baconfat.co.uk		M
SHE1	Shephard	Evan	RDG evan.shephard@gmail.com		M
WAR1	Warland	Graham	BAN graham.warland@gmail.com		M
WIL1	Wilson	Kat	BSF Katburbeck@yahoo.co.uk		M
WYN1	Wynne	Cathy	TON sprintregatta@outlook.com	07728 848177	O

M - Marathon Committee, O - Regatta Official, S - Sprint Racing Committee

## 2025 FLATWATER RACING CALENDAR

Date	Race name	Region	Notes	Organising Club
01/02/2025	JDS Training Day HPP JDS Training Days (google.com)	National	Sprint/Marathon	JDS Committee
09/02/2025	Richmond 10km Thames Series www.richmondcanoecub.com/	LSE	Marathon	Richmond
16/02/2025	Linlithgow Winter Time Trial # 4	Scotland	Marathon	Linlithgow
23/02/2025	Waterside A The Waterside Series   Newbury Canoe Club	Southern	Marathon	Newbury
02/03/2025	Thameside 1 www.reading-canoe.org.uk/	Southern	Marathon	Reading
09/03/2025	Waterside B The Waterside Series   Newbury Canoe Club	Southern	Marathon	Newbury
15/03/2025	JDS Training Day JDS Training Days (google.com)	National	Sprint/Marathon	JDS Committee
16/03/2025	Thameside 2 www.reading-canoe.org.uk/	Southern	Marathon	Reading
16/03/2025	Linlithgow Winter Time Trial # 5	Scotland	Marathon	Linlithgow
23/03/2025	Waterside C The Waterside Series   Newbury Canoe Club	Southern	Marathon	Newbury
29/03/2025	K1/C1 Long Course Lead Assessment Race German National MRC www.canoeracing.org.uk/marathon/		Marathon	MRC
30/03/2025	Brigg Hasler http://www.gsccl-online.com/	Yorkshire	Marathon H2025	GLS
30/03/2025	Nottingham Kayak Club Hasler Marathon www.nottinghamkayakclub.org.uk	Midlands	Marathon H2025	Nottingham
30/03/2025	Cambridge Hasler www.cambridgecanoecub.org.uk/	Eastern	Marathon H2025	Cambridge
06/04/2025	Royal Leamington Spa Hasler www.rlsccl.com	Midlands	Marathon H2025	Leamington
06/04/2025	Waterside D The Waterside Series   Newbury Canoe Club	Southern	Marathon	Newbury
12/04/2025	British National Sprint Racing Regatta Inc. Paracanoe, Senior, Under 23 and Junior selections Upcoming Events – Canoe Sprint Racing UK	National	Sprint	SRC
12/04/2025	Waterlands Marathon http://amsterdamcanoemarathon.com/	Europe	Marathon	Amsterdam CC
18/04/2025	Devizes to Westminster Canoe Race www.dwrace.co.uk/	National	Marathon	DW Committee
20/04/2025	Elmbridge Easter Half Marathon www.elmbridgecanoecub.com/	LSE	Marathon	Elmbridge
26/04/2025	K2 Long Course Assessment Race Euros and Sanbria www.canoeracing.org.uk/marathon/	MRC	Marathon	MRC
27/04/2025	South Lakes Hasler www.duddoncanoecub.org.uk/	North West	Marathon H2025	Duddon
27/04/2025	71st Bedford Hasler Marathon www.vikingkayak.co.uk/	Eastern	Marathon H2025	Viking Bedford
03/05/2025	Exe Bay GB Assessment, Exmouth email Jim@taylor-ross.co.uk		Ocean Racing	
04/05/2025	National Marathon Short Course Champs (assess. WC) www.canoeracing.org.uk/marathon/	MRC	Marathon	MRC
04/05/2025	Fal Hasler trurocanoecub@outlook.com	South West	Marathon H2025	Truro
04/05/2025	Spey Marathon (Aberlour) www.canoescotland	Scotland	Marathon	Nairn
11/05/2025	Worcester Hasler Race. www.worcestercanoecub.org/	Midlands	Marathon H2025	Worcester
11/05/2025	Elmbridge Hasler www.elmbridgecanoecub.com/	LSE	Marathon H2025	Elmbridge
11/05/2025	Glasgow Canal Hasler Marathon www.canoescotland	Scotland	Marathon H2025	Glasgow Kayak Club
15/05/2025	Canoe Sprint World Cup Szeged Canoe Sprint - ICF Canoe and Kayak Sprint (canoeicf.com)	International	Sprint	ICF

## 2025 FLATWATER RACING CALENDAR

Date	Race name	Region	Notes	Organising Club
15/05/2025	Linlithgow Summer Series <a href="http://www.canoescotland">www.canoescotland</a>	Scotland	Marathon	Linlithgow
16/05/2025	German National Championships, Kassel	International	Marathon	German KF
18/05/2025	Chester Hasler <a href="http://www.chestersailingandcanoecub.com/">www.chestersailingandcanoecub.com/</a>	North West	Marathon H2025	Chester
18/05/2025	Forth and Clyde 1 Hasler Marathon <a href="http://www.canoescotland">www.canoescotland</a>	Scotland	Marathon H2025	Kirkcaldy
18/05/2024	Lincoln Hasler <a href="http://www.lincolncanoecub.com/">www.lincolncanoecub.com/</a>	Midlands	Marathon H2025	Lincoln
18/05/2025	Norwich Hasler <a href="http://www.norwichcanoecub.co.uk/">www.norwichcanoecub.co.uk/</a>	Eastern	Marathon H2025	Norwich
18/05/2025	Hastings 1066 Hasler <a href="https://www.hastingscanoecub.org.uk/">https://www.hastingscanoecub.org.uk/</a>	LSE	Marathon H2025	Hastings
18/05/2025	Basingstoke Canal Hasler <a href="http://www.b3c.org.uk/">www.b3c.org.uk/</a>	Southern	Marathon H2025	Basingstoke Canal
22/05/2025	ICF Canoe Sprint World Cup 2 , Poznan Canoe Sprint - ICF Canoe and Kayak Sprint ( <a href="http://canoeicf.com">canoeicf.com</a> )	International	Sprint	ICF
25/05/2025	Malton Hasler <a href="http://www.maltonandnortoncanoecub.com">www.maltonandnortoncanoecub.com</a>	Yorkshire	Marathon H2025	Malton & Norton
25/05/2025	Grand-Dunk Marathon (Grandtully to Dunkeld) <a href="http://www.canoescotland">www.canoescotland</a>	Scotland	Marathon	Linlithgow
31/05/2025	Open & British Masters National Sprint Racing Regatta including Under 23 & Junior selections Upcoming Events – Canoe Sprint Racing UK	National	Sprint	SRC
01/06/2025	Tamar Circuit Hasler	South West	Marathon H2025	Tamar Valley Nomads
02/06/2025	European Canoe Marathon Championships, Portugal European Canoe Association ( <a href="http://canoe-europe.org">canoe-europe.org</a> )	International	Marathon	ECA
07/06/2025	Elmbridge Sprint Regatta <a href="http://www.elmbridgecanoecub.com/">www.elmbridgecanoecub.com/</a>	LSE	Sprint	Elmbridge
07/06/2025	Burton Phoenix Hasler	Midlands	Marathon H2025	Burton Phoenix
07/06/2025	Sussex Classic <a href="http://www.sussexclassic.com">www.sussexclassic.com</a>		Ocean Racing	
08/06/2025	Macclesfield Adelphi Hasler <a href="http://www.madcc.btck.co.uk">www.madcc.btck.co.uk</a>	North West	Marathon H2025	Macclesfield
08/06/2025	Wokingham Canoe Club Hasler Wokingham Canoe Club :: WCC	Southern	Marathon H2025	Wokingham
12/06/2025	Linlithgow Summer Series <a href="http://www.canoescotland">www.canoescotland</a>	Scotland	Marathon	Linlithgow
15/06/2025	Exeter Hasler <a href="http://www.exetercanoecub.org.uk/">www.exetercanoecub.org.uk/</a>	South West	Marathon H2025	Exeter
15/06/2025	Royal Hasler Marathon <a href="http://www.royalcanoecub.com/">www.royalcanoecub.com/</a>	LSE	Marathon H2025	Royal
15/06/2025	Leighton Buzzard Hasler <a href="http://www.lbcc.org.uk">www.lbcc.org.uk</a>	Eastern	Marathon H2025	Leighton Buzzard
15/06/2025	Hereford Wye Hasler Marathon <a href="http://www.herefordkayakclub.org">www.herefordkayakclub.org</a>	Midlands	Marathon H2025	Hereford
15/06/2025	Derwent Mike Jones Memorial Hasler <a href="http://www.kkc.org.uk">www.kkc.org.uk</a>	Yorkshire	Marathon H2025	Kingston (Hull)
19/06/2025	Canoe Sprint/Paracanoe European Champs Radice, CZ European Canoe Association ( <a href="http://canoe-europe.org">canoe-europe.org</a> )	International	Sprint	ECA
21/06/2025	Bath to Bradford Classic <a href="http://www.boarc.org.uk/canoeing">www.boarc.org.uk/canoeing</a>	South West	Marathon	Bradford on Avon
22/06/2025	The Bradford Circuit Hasler <a href="http://www.boarc.org.uk/canoeing">www.boarc.org.uk/canoeing</a>	South West	Marathon H2025	Bradford on Avon
22/06/2025	Pete White Memorial Hasler Race (Ironbridge) <a href="http://www.wolverhamptoncanoecub.co.uk/">www.wolverhamptoncanoecub.co.uk/</a>	Midlands	Marathon H2025	Wolverhampton
22/06/2025	Oxford Midsummer Hasler <a href="mailto:kayaking@falconboatclub.org.uk">kayaking@falconboatclub.org.uk</a>	Southern	Marathon H2025	Falcon (Oxford)
28/06/2025	Conwy Ascent <a href="http://www.dcpaddlers.co.uk/">www.dcpaddlers.co.uk/</a>	North West	Marathon	DCP

## 2025 FLATWATER RACING CALENDAR

Date	Race name	Region	Notes	Organising Club
29/06/2025	Wey Hasler Marathon <a href="http://www.weykayak.co.uk/">www.weykayak.co.uk/</a>	LSE	Marathon H2025	Wey
29/06/2025	Shropshire Paddlesport Marathon Queens Head Hasler <a href="http://www.shropshirepaddlesport.org">www.shropshirepaddlesport.org</a>	Midlands	Marathon H2025	Shropshire
25/05/2025	Bishops Stortford Hasler <a href="http://www.stortfordcanoe.weebly.com/">www.stortfordcanoe.weebly.com/</a>	Eastern	Marathon H2025	Bishops Stortford
03/07/2025	European Junior & U23 Canoe Sprint Champs, Pitesti European Canoe Association ( <a href="http://canoe-europe.org">canoe-europe.org</a> )	International	Sprint	ICF
06/07/2025	Reading Circuit Hasler Race. <a href="http://www.reading-canoe.org.uk/">www.reading-canoe.org.uk/</a>	Southern	Marathon H2025	Reading
10/07/2025	Linlithgow Summer Series <a href="http://www.canoescotland">www.canoescotland</a>	Scotland	Marathon	Linlithgow
12/07/2025	Open & British Paracanoe, Senior, Under 23 & Junior National Championships Regatta & Standup Paddleboard Champs, inc. Paracanoe, Senior & Junior selections Upcoming Events – Canoe Sprint Racing UK	National	Sprint	SRC
19/07/2025	Royal Sprint Regatta <a href="http://www.royalcanoeclub.com/">www.royalcanoeclub.com/</a>	LSE	Sprint	Royal
20/07/2025	Tewkesbury Hasler <a href="http://www.gloucestercanoeclub.co.uk/">www.gloucestercanoeclub.co.uk/</a>	South West	Marathon H2025	Gloucester
20/07/2025	Medway Marathon <a href="http://www.tonbridgecanoeclub.org.uk/">www.tonbridgecanoeclub.org.uk/</a>	LSE	Marathon	Tonbridge
23/07/2025	ICF Canoe Sprint Junior/U23 World Champs, Portugal Canoe Sprint - ICF Canoe and Kayak Sprint ( <a href="http://canoeicf.com">canoeicf.com</a> )	International	Sprint	ICF
26/07/2025	National Marathon Championships <a href="http://www.norwichcanoeclub.co.uk/">www.norwichcanoeclub.co.uk/</a>	Eastern	Marathon	Norwich
29/07/2025	ICF Masters Canoe Sprint World Champs, Portugal Canoe Sprint - ICF Canoe and Kayak Sprint ( <a href="http://canoeicf.com">canoeicf.com</a> )	International	Sprint	ICF
03/08/2025	Camel Hasler <a href="http://www.foweyrivercanoeclub.co.uk">www.foweyrivercanoeclub.co.uk</a>	South West	Marathon H2025	Fowey River
03/08/2025	Hurley Hasler <a href="http://www.bishampaddlesport.club">www.bishampaddlesport.club</a>	Southern	Marathon H2025	Bisham Paddlesport
09/08/2025	Sella Descent, Spain <a href="http://www.descensodelsella.com/">www.descensodelsella.com/</a>	International	Marathon	Spanish CF
09/08/2025	The World Games 2025, Chengdu Canoe Sprint - ICF Canoe and Kayak Sprint ( <a href="http://canoeicf.com">canoeicf.com</a> )	International	Sprint	ICF
10/08/2025	Richmond Hasler Marathon <a href="http://www.richmondcanoeclub.com/">www.richmondcanoeclub.com/</a>	LSE	Marathon H2025	Richmond
14/08/2025	Linlithgow Summer Series <a href="http://www.canoescotland">www.canoescotland</a>	Scotland	Marathon	Linlithgow
17/08/2025	Scottish K2 Championships <a href="http://www.canoescotland">www.canoescotland</a>	Scotland	Marathon	PS-MDG
20/08/2025	ICF Canoe Sprint World Championships, Milan Canoe Sprint - ICF Canoe and Kayak Sprint ( <a href="http://canoeicf.com">canoeicf.com</a> )	International	Sprint	ICF
30/08/2025	Southampton Hasler <a href="https://www.southamptoncc.co.uk/">https://www.southamptoncc.co.uk/</a>	Southern	Marathon H2025	Southampton
31/08/2025	Tonbridge Hasler Marathon <a href="http://www.tonbridgecanoeclub.org.uk/">www.tonbridgecanoeclub.org.uk/</a>	LSE	Marathon H2025	Tonbridge
02/09/2025	Masters Marathon World Championships, Gyor ICF Marathon Kayak and Canoeing ( <a href="http://canoeicf.com">canoeicf.com</a> )	International	Marathon	ICF
04/09/2025	Marathon World Championships, Gyor ICF Marathon Kayak and Canoeing ( <a href="http://canoeicf.com">canoeicf.com</a> )	International	Marathon	ICF
06/09/2025	British National Sprint Racing Inter-club MacGregor Paddle Challenge, Inter Services Championship & the Andrew Bonham Memorial C4 Race Upcoming Events – Canoe Sprint Racing UK	National	Sprint	SRC
07/09/2025	Gloucester Hasler (Provisional date) <a href="http://www.gloucestercanoeclub.co.uk/">www.gloucestercanoeclub.co.uk/</a>	South West	Marathon H2026	Gloucester
11/09/2025	Linlithgow Summer Series <a href="http://www.canoescotland">www.canoescotland</a>	Scotland	Marathon	Linlithgow
21/09/2025	Pangbourne Hasler <a href="http://www.pangbournecanoeclub.co.uk/">www.pangbournecanoeclub.co.uk/</a>	Southern	Marathon H2026	Pangbourne
21/09/2025	Forth and Clyde (Bonnybridge) Hasler Marathon <a href="http://www.canoescotland">www.canoescotland</a>	Scotland	Marathon H2026	Kirkcaldy

## 2025 FLATWATER RACING CALENDAR

Date	Race name	Region	Notes	Organising Club
27/09/2025	French National Marathon Championships, Vernon FFCK   Fédération Française de Canoë Kayak	International	Marathon	French
27/09/2025	Scottish K1 Championships www.canoescotland	Scotland	Marathon	Kirkcudbright
28/09/2025	River Dart Hasler www.exetercanoecub.org.uk/	South West	Marathon H2026	Exeter
28/09/2025	Wolfreton Hasler Marathon www.kkc.org.uk	Yorkshire	Marathon H2026	Kingston (Hull)
28/09/2025	Elmbridge Hasler www.elmbridgecanoecub.com/	LSE	Marathon H2026	Elmbridge
05/10/2025	Hasler Final (Worcester) www.worcestercanoecub.org/	National	Marathon	Worcester/MRC
05/10/2025	Soar Valley Hasler (20+) Soar Valley Canoe Club   Facebook	Midlands	Marathon H2026	Soar Valley
05/10/2025	Reading K4 www.reading-canoe.org.uk/	Southern	Marathon	Reading
05/10/2025	South Lakes 1 Hasler www.duddoncanoecub.org.uk/	North West	Marathon H2026	Duddon
05/10/2025	Saltford Hasler https://canoeavon.co.uk/	South West	Marathon H2026	Canoe Avon
11/10/2025	Glasgow to Edinburgh Challenge www.canoescotland	Scotland	Marathon	Kirkcaldy
11/10/2025	Royal Paddling Challenge www.royalcanoecub.com/	LSE	Marathon	Royal
12/10/2025	Fowey Hasler www.Foweyrivercanoecub.co.uk	South West	Marathon H2026	Fowey River
12/10/2025	Gailey CC Hasler www.gaileycc.co.uk/	Midlands	Marathon H2026	Gailey
12/10/2025	Tony and Shirley Pell Memorial Hasler http://www.gsc-online.com/	Yorkshire	Marathon H2026	GLS
18/10/2025	Nith Descent (Auldgirth - Dumfries) www.canoescotland	Scotland	Marathon	Kirkcudbright
19/10/2025	Chelmer Hasler Marathon http://www.chelmsfordcanoecub.co.uk/	Eastern	Marathon H2026	Chelmsford
25/10/2025	Linlithgow Hasler Marathon www.canoescotland	Scotland	Marathon H2026	Linlithgow
26/10/2025	Malton to Howsham Descent www.maltonandnortoncanoecub.com	Yorkshire	Marathon	Malton & Norton
26/10/2025	Banbury Hasler www.banburycanoe.com	Southern	Marathon H2026	Banbury
09/11/2025	Leighton Buzzard CC Remembrance Day Marathon www.lbcc.org.uk	Eastern	Marathon	Leighton Buzzard
16/11/2025	BCCC Charles Hicks Challenge www.lbcc.org.uk	Southern	Marathon	Basingstoke Canal
23/11/2025	Royal Thames K2 series 10@10 www.royalcanoecub.com/	LSE	Marathon	Royal
30/11/2025	Ross Warland Memorial Canal Challenge www.banburycanoe.com	Southern	Marathon	Banbury

Please note – whilst every care has been taken in compiling the MRC calendar above, it should be noted that some events and competitions listed, are not run under the auspices, or rules, of the MRC but are nevertheless listed for completeness.

MRC listed events are subject to the MRC levy and must comply with our rules and their listing is a confirmation that a risk assessment has been carried out by the event organiser. Other, non-MRC events listed, are not required to be run in line with the MRC racing rules, nor have been required by the MRC to carry out any risk assessment. You should therefore check the status of their inclusion before taking part in the event or relying upon the details provided.

Details of Marathon races may be found on the MRC website calendar  
<http://canoeracing.org.uk/marathon/index.php/racing-calendar/>

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