

Norwich Canoe Club Super Sprint Sunday

Pilot for the Speed Series

An SRC / MRC new project of National Races

25th April 2021

Covid 19

This day will be run following the current Government and BC Covid 19 advice and rules as well as the Norwich Canoe Club Covid 19 Risk Assessment.

Do not travel or take part if you have any symptoms of Covid 19, instead seek medical advice immediately.

Please bring your own personal sanitiser. We will have some available at the club house, but it would be better for you to use your own.

- **Please sanitise your hands before entering the clubhouse.**
- **Please keep at least 2 m apart where you can.**
- **Please wear a mask inside the clubhouse.**
- **You must wear club colours to race if you have them**
- **The toilets are open in the Clubhouse .**

First Aid

There is first aid and a defibrillator at Norwich Canoe Club.





Racing

This is a day of racing run under normal sprint racing rules as far as possible but within the confines of a club session. There are no start buckets or lanes. Please listen to the instructions of the starters and be on time for races which will start without you if you are late.

Race Numbers

These will be assigned on arrival - and can be collected from the picnic table at the rear of the club. You keep your K1 number for all races and have a different number for K2. Lost numbers will be charged at £10.

Club Colours must be worn to race if you have them. If you do not yet have them because you are new we are pleased you are racing and wear whatever you have!

Race Distances

- 1) 200 m sprint racing heats and finals.
 - 2) Relay Races in Teams of 3. A beach get in, around a buoy and back.
 - 3) A 3.6 km as start race.
- The distances are approximate.

Race Format and course

Some categories have heats and finals. Others, where there are fewer entrants, can race the same athletes over the same distance more than once. Thus, all competitors have a similar number of races.

All races on **the big lake**. After your race, please clear the course and return to the start on the far side of the lake.

Race start

You must be near the start at least 3 minutes before your race start. Line up in any order but make sure there is at least 2 m between boats. The start instructions will be: "Attention - set – go". Please wait for the "go" or you will be recalled. Please do not wash hang!

Racing Finish

At the finish you will be placed in finish order. There will be no times.

Getting on and Off

Please maintain social distancing.

Spectators

Please do not form groups. There are several vantage points to watch.

Schedule

8.00 - 8.30 Collect your assigned number from near the boathouse - they will be on the picnic table near the little lake. Lost numbers will be charged at £10 each.

Racing Schedule

Event 1. Side by side 200m sprint Big Lake.

Start near the Whitlingham Centre - finish at the buoys in line with the beach

9.00

Race 1 200m Competitor Class K1 Final 1

Noah Nobbs	NOR 604
William Carrington	NOR 605
Dieter Roberts Jonhson	NOR 606
Rita	NOR 607

9.02

Race 2 200m Challenger Class K1 Heat 1

Lotte Philips	NOR 608
Eva Macaulay	NOR 609
Dom Walker	NOR 610

First place to semi final 1 (Race 17). Second place to semi final 2 (Race 18). Third place to qualifying 1 (RACE 12 @ 9.30)

9.04

Race 3 200m Challenger Class K1 Heat 2

Alex Walker	NOR 611
Stephen Macaulay	NOR 612
David Walker	NOR 613

First place to semi final 2 (RACE 18). Second place to semi final 3 (RACE 19). Third place to qualifying 1 (RACE 12 @ 9.30)

9.06

Race 4 200m Challenger Class K1 Heat 3

Richard Philips	NOR 614
Jo Davis	NOR 615
Sarah Walker	NOR 616

First place to semi final 3 (RACE 19). Second place to semi final 1 (Race 17). Third place to qualifying 1 (RACE 12 @ 9.30)

9.08

Race 5 200m K1 Challenger Class Heat 4

Steven Mableson NOR **617**

Bea Hill NOR **618**

Andrea Hinkova NOR **619**

First place to semi final 1 (Race 17). Second place to semi final 2 (Race 18). Third place to qualifying 1 (RACE 12 @ 9.30)

9.10

Race 6 200m Trophy Class K1 Final 1

Rory Smith NOR **620**

Estelle Widdows NOR **621**

Jago Taylor NOR **622**

Tom Mableson NOR **623**

9.12

Race 7 200m K1 Cup Class Heat 1

Harry Catchpole NOR **624**

Grace Anderson NOR **625**

Herbie Hillier NOR **626**

Tom Walker NOR **627**

First 2 through to final 1 (Race 14). Second 2 to Final 2 (Race 13)

9.14

Race 8 200m K1 Cup Class Heat 2

David Thorne NOR **628**

Mike Anderson NOR **629**

Kamila NOR **630**

Aiden Davis NOR **631**

First 2 through to final 1 (Race 14). Second 2 to Final 2 (Race 13)

9.16

Race 9 200m K1 Elite Class Heat 1

Dan Sklenar NOR **632**

Fin O Brian NOR **633**

Ben Want NOR **634**

First to final 1 (Race 20). Second and third to Elite Qualifying 1 (Race 16)

9.18

Race 10 200m K1 Elite Class Heat 2

Mat Lodge NOR **635**

Nick Perkins NOR **636**

Toby Booth NOR **637**

First to final 1 (Race 20). Second and third to Elite Qualifying 1 (Race 16)

Break in racing.

9.30

Race 11 200m Competitor K1 Final 1

Noah Nobbs NOR **604**

William Carrington NOR **605**

Dieter Roberts Jonhson NOR **606**

Rita NOR **607**

9.32

Race 12 200m K1 Challenge Class Qualifying

Places 3 and 4 from races 3, 4 and 5

9.34

Race 13 200m Trophy K1 Final 1

Rory Smith NOR **620**

Estelle NOR **621**

Jago NOR **622**

Tom Mableson NOR **623**

9.36

Race 14 200m K1 Cup Class Final 2

Places 3 and 4 from races 7 and 8

9.38

Race 15 200m K1 Cup Class Final 2

Places 1 and 2 from races 7 and 8

9.40

Race 16 200m K1 Elite Qualifying 1

Places 2 and 3 from races 9 and 10

9.42

Race 17 200m K1 Challenge Semi Final 1

First place Race 2 and Race 5, second place Race 4

9.44

Race 18 200 K1 Challenge Semi Final 2

First place Race 3, second places Race 2, and Race 5

9.46

Race 19 200 K1 Challenge Semi Final 3

First place Race 4, second place Race 3, first place Qualifying Race 12

Break

9.56

Race 20 200 Elite K1 Final

First in Race 9 and 10 and 1st and 2nd Qualifying Race 16

9.58

Race 21 200 Challenge K1 Final

Winners of Races 17, 18 and 19

10.15 Event 2

Relay Race x 2

Big Lake on the beach

Beach get in on big lake around a buoy and back to the beach. Get out and tag you team member

Teams

- 1) Noah, David Thorne, Tom Walker
- 2) William Carrington, Kamilla, Mike Anderon
- 3) Dieter Robert Jonson, Aiden Davis, Grace Anderson
- 4) Rita Vaskovska/ Bea Hill K2, Harry Sewell Carpenter, Herbie
- 5) Lotte Philips, Tom Mableson, Dan Sklenar
- 6) Eva Macaulay, Estelle Widdows, Finn O Brian
- 7) Richard Philips, Rory Smith, Ben Want
- 8) David Walker, Andrea Hinkova, Matt Lodge
- 9) Steven Mableson, Sarah Walker, Nick Perkins
- 10) Steven Macaulay, Jo Davis, Toby Booth

11.00 Break for food

12.00 Event 3 Mass Start Races

1000m and 3.6K Race K1 or K2 Big Lake - laps. Course TBA

Marathon style race open to all.

12.00

1000m Race

Cecilia Blanchard / Rita Vaskovska K2 (Head start) NOR 638

Noah Nobbs / William Carrington K2 NOR 639

Eva Macaulay / Lotte Philips K2 NOR 640

Hugo Blanchard / Dieter K2 NOR 641

Oliver Blanchard K1 NOR 642

12.10

3.6K Races

Stephen Macaulay / David Walker NOR 643

Stephen Mableson / Richard Philips NOR 644

Jo Davis/ Sarah Walker NOR 645

12.15

Harry / Estelle NOR 646

Aiden Davis / Tom Mableson NOR 647

Rory Smith / Kamila S NOR 648

Adam Want / Gary Smith NOR 649

Andrea / Tim Scott NOR 650

Tom Walker NOR 627

Mike Anderson NOR 629

Grace Anderson NOR 625

Dan Sklenar NOR 632

Herbie Hillier NOR 626

Finn O Brian NOR 633

Ben Want NOR 634

Nick Perkins NOR 636

James How NOR 651

Toby Booth NOR 637

Kieran Hayward NOR 652