



## Wey Sprints - An Introduction

The Wey Sprint day is an event for *everyone* young and old from those just starting out in paddlesport to those seasoned veterans of canoeing in our club. The emphasis is on having an enjoyable day canoeing, trying to go that little bit faster than your friends. We record the times for the races and these are needed if paddlers wish to register for the Nottingham Sprint Regattas.

For the 2km time trials, paddlers will be set off from the club one at a time at short intervals to paddle up to Ladymead Bridge (the 2<sup>nd</sup> bridge) around a buoy and back. For lightning and C1 paddlers there will be a buoy set at half that distance.

Paddlers will then have the opportunity to race in groups of four over 200 and 500 metres. The groups will be formed based on the times achieved during the Time Trial.

The relay is a new addition to the programme. Essentially it will be a relay of four boats over 100 metres all within sight of the club launching area. In an attempt to make this a fair race with everyone having a chance of winning, teams should be made up with a good mix of paddlers. So, the total sum of the team's marathon / sprint equivalent division must be 24 or more. Note, novice kayak = 9, lightning class = 10.

Hopefully we will have enough teams to run a simple knock out. Enter your team on the day.

### **In addition to normal Saturday session attire you will need:**

At least one extra set of paddling clothes and warm clothing to wear over your paddling kit when off the water (e.g. fleece, waterproof jacket).

Yellow number board (available at the check-in desk).

Money for lunch and snacks from the kitchen or a packed lunch.

*The Wey Sprints is the first in a series of youth events held in the West Thames area to compliment the many marathon races.*

<i>Richmond sprints</i>	<i>10 April (Good Friday)</i>
<i>Elmbridge half marathon</i>	<i>12 April (Easter Sunday)</i> <i>13 miles, down the River Wey from Wey Kayak Club to Elmbridge</i>
<i>Elmbridge regatta</i>	<i>16 May</i>
<i>Reading regatta</i>	<i>25 July</i>