

LEE VALLEY LEGACY PROJECT | RIDE THE WATER. RACE THE RIVER. BUILD THE FUTURE.

White Water Experience & Wild Water Race – Hosted by The Sharks

Date: Saturday 14th March 2026 | **Location:** Lee Valley White Water Centre, Station Road, Waltham Cross, EN9 1AB | **Distance:** Approx. 160m (Estimated 2+ minutes racing time) | **Format:** Sprint – Fastest time wins | **Entry Fee:** £25 (Juniors & Seniors) | www.thesharks.org.uk



What Is the Lee Valley Legacy Project?

This is more than a race day.

The **Lee Valley Legacy Project** is a collaborative white water *development* experience with Wild Water Racing (WWR) at its heart. It's designed to bring **paddlers, clubs, coaches, and the wider WWR community together** to:

- Build confidence on moving water
- Develop transferable white water skills
- Introduce and grow Wild Water Racing

- Create a shared pathway from *learning* → *confidence* → *racing*
- Establish something sustainable, repeatable, and meaningful

This event is about **working together**, not just turning up and racing.

It's about lowering barriers, sharing knowledge, supporting progression, and creating an environment where people feel **welcome, encouraged, and excited** to push their paddling a little further — at their own pace.

We're laying foundations.

For paddlers. For clubs. For the future of white water paddlesport.

Who Is This For?

Everyone. Absolutely everyone.

This day has been shaped to feel welcoming, supportive, and confidence-building. It's particularly well suited to paddlers who are:

- New to white water
- Curious about Wild Water Racing but unsure where to start
- Confident on flat water and ready for the *next step*
- Slalom or wavehopper paddlers wanting more time on moving water
- Experienced racers who want a fun, social, high-energy race environment

Juniors, seniors, masters, families, clubs — **if you paddle, you belong here.**

All Craft Welcome! What Will You Paddle?

You do **not** need to be an expert.

You do **not** need to own a top-tier race boat.

Our guiding principle is simple:

Start with what you're comfortable in — then take the next step with support.

Progression might look like:

- GP → Slalom boat
- Slalom → Wavehopper
- Wavehopper → Wild Water Racer

A range of **kayaks and canoes will be available to borrow**, making this a *low-barrier* introduction to different disciplines and boats.

All equipment *can* be borrowed on the day — just turn up and paddle.

If clubs are bringing **10+ paddlers**, please let us know in advance so we can ensure fair and balanced boat sharing. Private boats are, of course, welcome.

Venue & Facilities

Lee Valley White Water Centre provides a world-class, safe, and welcoming environment for development and first-time white water racing.

- Artificial **Legacy Course** with consistent, predictable flow
- Access to the **lake from the main building / car park**, allowing paddlers to move directly onto the Legacy Course. The lake is not exclusively booked, so please be mindful of other users when transiting to and from the course.
- Boat escalator from the bottom of the course back to the start pool
- Heated building with warm shelter
- Changing rooms, hot showers, and toilets
- Café (subject to demand)
- Hot & cold vending machines
- **Free on-site parking** (ANPR in operation — vehicle registration required at reception).

Safety Equipment: helmets, buoyancy aids, and spraydecks **must be worn at all times** while on the white water course.

Please note: we have access to the **Legacy Course only**, not the Olympic Course.

Address: Lee Valley White Water Centre, Station Road, Waltham Cross, EN9 1AB

Event Schedule

14:30 – 16:30 | White Water Development & Confidence Building

A coached, supportive session focusing on:

- Understanding moving water (lines, waves, stoppers)
- Building confidence and control on white water
- Developing transferable skills for WWR and slalom

This session is aimed squarely at **grassroots paddlers** and those new to white water, new to Wild Water Racing, or paddlers looking to build confidence stepping into faster, more dynamic flow. Expect encouragement, guidance, and plenty of willing hands.

16:30 – 17:30 | Break & Community Time

Late lunch / afternoon tea and a chance for clubs to mix, chat, and share paddling stories. Bring your own food. Tea and coffee may be available if numbers support this — please contact us ASAP if interested.

17:30–19:30 | Wild Water Racing

- Fun uninterrupted racing — *you against the clock*
- Multiple runs where numbers allow
- Fastest time counts

Electronic timing has been requested; if unavailable, analogue timing will be used.

The Race Format:

Starting from the **start pool**, paddlers charge onto the Legacy Course, powering down the water through Grade 2-3 rapids, navigating the blocks, and committing to their line as they drive flat-out to the finish.



Sprint Format – multiple runs welcome!

Your **two fastest runs** submitted to the WWR Committee

Distance: ~150m | **Estimated time:** 1-2+ minutes racing time

C2 Wild Water Racers are very welcome and encouraged. If you haven't raced a C2 before, this is a great opportunity to try doubles racing in a supportive, high-energy environment. Bring your teammates, rally your club, and take it on together.

Check-in From: 13:00 | Safety Briefing: 13:45 | Event Starts: 14:30 | Break: 14:30-15:30
Race-Specific Briefing: 17:15 | Runs: 17:30 | Second Runs: 18:30 | Prize Giving: 19:45 (TBC)

Race Categories:

- **Kayak (K1):** Men / Women / None-binary
- **Canoe (C1):** Men / Women / None-binary
- **C2 (Doubles):** Men / Women / Mixed / None-binary
- **Perception Wavehoppers & None-Composite (GP) Crafts.**
- **Slalom Boats**
- **Topo-Duo (K2):** Men / Women / None-binary (time & entries permitting)

Age Categories

Junior 8 | J10 | J12 | J16 | J18 | Under 23

Seniors | Masters 35 | M40 | M45 | M50 | M55 | M60

Vets 70 | V80 | V90 | V100+

Ages are based on your age as of 1st January each year.

Prizes & Awards

 **Medals** will be awarded to the fastest paddlers in each **age category and craft**.

 **Trophies** for the overall fastest Men's, Women's, and Non-Binary paddlers in:

Kayak (K1) | Canoe (C1) | Canoe Doubles (C2) | Wavehopper | GP | Slalom

 **Certificates** for all finishers, including your fastest recorded race time.

Entry & Payment

All entries via the Wild Water Racing website.

- Entry fee: **£25 per paddler** (includes all classes — enter as many as you like)
- On-the-day payment: Cash or bank transfer before 13:30
- **Late entry fee:** £10 (applies from Wednesday 11th March at 23:00)

Lee Valley hire costs are significant. We need **40+ paddlers** to make this event viable.

The Sharks are a **not-for-profit community interest club** — prompt entries help reduce risk, and donations are warmly appreciated.

Questions & pre-registration: canoeing@thesharks.org.uk

Bank Details

Account Name: The Sharks Sports Group CIC

Account Number: 67417911

Sort Code: 08-92-99

Organiser Details

Club: The Sharks

Website: www.thesharks.org.uk

Name: Grant Underwood

Email: canoeing@thesharks.org.uk

Mobile Phone: 07951 770241

Address: 3 Nettleton Drive, Upper Heyford, Bicester, OX25 5TP

Let's Begin the Legacy

The Lee Valley Legacy Project is the start of something bigger.

Together, we're creating a space where **newcomers, families, athletes, clubs, and communities** can come together to learn, race, and grow on white water — year after year.

By taking part, you're not just entering a race.

You're helping shape the future of white water paddling and Wild Water Racing in London and the South Region.

Whether you're racing to win, trying something new, or cheering from the bank — **this is your moment.**

Be bold.

Shape the story.

Become the legacy.

www.thesharks.org.uk