

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

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

Date TBC: Saturday 3rd / Sunday 4th October 2026 / **Location:** Lee Valley White Water Centre, Station Road, Waltham Cross, EN9 1AB / **Distance:** Approx. 160m (Estimated 30 – 90+ seconds 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.

Equipment *can* be rented on the day — simply turn up, hire your equipment and paddle!

If clubs are bringing 6+ **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. **Airbags: appropriate-sized, securely fitted in all boats**

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 (TBC)

TBC | Technique Development – Improving Your Forward Paddling

The day will begin with an opportunity to focus on the foundations of efficient paddling. Depending on availability, this session will take place on either the **lake or canal** and will focus on developing forward paddling technique, efficiency and transferable skills that can benefit paddlers across Wild Water Racing, Slalom and general paddlesport.

A great opportunity to work on the basics before taking those skills onto the white water.

TBC | Intro to White Water & Canoe Development

This session is designed to make the most of the Legacy Course while providing development opportunities for paddlers at different stages of their journey.

Those new to white water will begin on the lower section of the Legacy Course, developing their confidence and skills before gradually working their way further up the course. This will also form part of the **Wavehopper Series**, with timed runs available for those who would like to record a time.

At the same time, paddlers wanting to develop further in **canoes — C1 and C2** — will have the opportunity to take on the course from the top and paddle their way down, working alongside a experienced coach to develop their skills.

The aim is simple: **make white water accessible, progressive and fun**, while allowing paddlers to challenge themselves at a level that feels right for them.

TBC | White Water Development

A coached and supportive development session focusing on:

- Understanding moving water — including lines, waves and stoppers
- Building confidence and control on white water
- Developing boat control and efficient paddling
- Learning racing lines and making better decisions on the water
- Developing transferable skills for **Wild Water Racing and Slalom**

This session is aimed squarely at **grassroots paddlers**, those developing their white water experience, and anyone looking to become more confident in faster, more dynamic water.

Expect encouragement, guidance and plenty of opportunities to learn from experienced paddlers and coaches.

TBC | Wild Water Racing

Time to grab some lunch, have a chat and get to know paddlers from other clubs.

We'll also look to include a **Pathways Presentation** — an opportunity to get inspired for the year ahead, learn more about future events and development opportunities, and explore where paddling could take you next.

Whether you're interested in Wild Water Racing, Slalom, white water development or simply becoming a better paddler, this is an opportunity for us to share ideas and see **where we can help each other develop**.

TBC | Wild Water Racing

Time to put those skills to the test!

- Fun, uninterrupted racing — **you against the clock**
- Multiple runs where numbers and time allow
- An opportunity to experience Wild Water Racing in a supportive environment
- Race your own race and challenge yourself to improve

Whether you're chasing a competitive time or simply taking on your first white water race, the emphasis is on **participation, progression and having fun**.

TBC | Open Paddling & Topo-Duo Races

While we calculate and finalise the race results, the water doesn't have to stop!

Paddlers will be encouraged to team up for some fun **Topo-Duo races**, pairing up and racing against other teams just for the fun of it.

Alternatively, grab a boat, get back on the water and use the remaining time to **practise, experiment and develop your skills**.

A relaxed and fun way to finish the day — because sometimes the best learning happens when you're simply out there paddling!

Boats & Equipment

A selection of **kayaks and canoes will be available to borrow** throughout the day, allowing paddlers to try different boats and disciplines.

Paddlers who need a full set of equipment can also hire this directly from the Lee Valley White Water Centre — simply turn up, hire what you need and get on the water.

Private boats are, of course, welcome. If your club is bringing **6 or more paddlers**, please let us know in advance so we can plan boat sharing and make sure everyone has a fair opportunity to paddle.

If any clubs are able to bring **additional boats or equipment that others can use**, this would be greatly appreciated. Having more equipment available will help us get more people on the water, reduce waiting times between sessions and, most importantly, give paddlers more opportunities to try different craft.

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:** 30 – 90+ seconds 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: TBC | Safety Briefing: TBC | Event Starts: TBC | Break: TBC
Race-Specific Briefing: TBC | Runs: TBC | Second Runs: TBC | Prize Giving: 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)
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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.
- **Late entry fee:** £10 (applies from Thursday 1st October at 00:01)

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