

Royal K1/K2 race: Sunday 23 March 2009

19 miles and 6 portages from Runnymede to Teddington

A beautiful spring day, a modest flow and what wind there was mainly blowing in the right direction. We only had two entries: James Freemantle in Senior Men's K1 and Naomi and Isobel Smith in Junior Ladies K2.

James did well despite an early collision when another competitor capsized but he should rightly be pleased with his time of 2hrs 15mins 52 secs, 9 minutes behind a close group of four international paddlers who came home in the lead.

Naomi and Isobel also did very well, finishing first in 2hrs 16mins 20 secs, some 8 minutes up on their time last year and beating a crew who had raced last year in the GB team. They were the fastest ladies boat in the race beating the senior K1 and K2. Just a little jaunt for their exploits in the next couple of weeks: but that's another story or two.

Ed.