

Well done to all of you that started, even those that didn't finish. It was a tough day to be out on the race course, and the wind coming across the course certainly didn't help. What was tough for the kayak paddlers proved almost impossible for the canoers and you deserve a lot of credit for even trying!

We are an outdoor sport, and the time it takes to develop some of the skills needed to race effectively take much longer than a week or so to get the hang of.

If you were nervous.... Well, it's racing – You are supposed to be nervous. Everyone else was too, and that never really goes away. What gets better is how you handle your nerves, and how you can use them to help focus your efforts. Usually, as soon as the starter yells 'GO', the nerves go away with your first strokes! Look forward to that excitement - don't paddle away from it!

Above all, you should learn from the day. Was the starter (me) getting frustrated with your K4/C5? It wasn't you. It was your partners.... Really though. All the officials at a regatta want to see, is that you are trying to figure things out, not just waiting for things to happen on their own (they won't). Most of you are new to the sport, so there is still a lot to figure out. Never stop learning.

You were all awesome today!

Jeff Houser
(The Big Guy in the boat...)
Technical Director / Regional Coach
Atlantic Division - CanoeKayak Canada

Men U11 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
5	Sam Skebo	CH	0:26:58	39:02.45	12:04.45
7	Gavin Jeans	CH	0:32:53	37:14.58	04:21.58
8	Tate Levy	CH	0:17:40	21:36.04	03:56.04
10	Mark Hall	CH	0:05:00	11:42.75	06:42.75
13	Brandon Mclachlan	CH	0:46:58	51:00.71	04:02.71
15	Ryland Whyatt	CH	0:22:12	27:34.14	05:22.14
16	Rhys Uhlamen	CH	0:55:45	1:00:32.5	04:47.54
17	Ryan Donavan	CH	0:45:07	58:28.57	13:21.57
18	Alec MacAulay	CH	0:42:26	46:38.48	04:12.48
20	Cole Howell	CH	0:13:54	19:07.72	05:13.72
23	Branden Slade	CH	0:57:06	1:01:14.0	04:08.04
26	Evan Deal	CH	0:55:45	1:00:19.4	04:34.45
28	Jonah McIntyre	CH	0:52:25	1:00:31.4	08:06.49
30	Oliver Smith	CH	1:05:50	1:10:01.4	04:11.44
36	Ben Jones	CH	0:30:42	34:27.93	03:45.93
37	Sam Allison	CH	0:03:38	7:04.08	03:26.08
125	Aiden Peddle	OR	0:17:40	21:02.24	03:22.24
127	Sebastien Landry	OR	0:17:40	24:04.15	06:24.15
128	Conner O'Connell	OR	0:06:51	11:28.61	04:37.61
130	Ryland Firth	OR	0:34:44	37:39.37	02:55.37
172	Matt MacDonald	SA	0:10:30	14:07.08	03:37.08
173	Liam Patterson	SA	0:17:40	22:49.88	05:09.88
176	Declan Freeman	SA	0:10:30	13:50.87	03:20.87
251	Owen Kiley	SA	0:00:00	3:09.75	03:09.75
199	Duncan McElmon - Sullivan	SA	0:00:00	3:27.69	03:27.69
127	Sebastien Landry	OR	0:30:42	34:08.03	03:26.03

U11 Singles - Sackawa 2018

Men U11 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
199	Duncan McElmon - Sullivan	SA	0:35:47	39:44.84	03:57.84
251	Owen Kiley	SA	0:52:25	55:48.02	03:23.02
199	Duncan McElmon - Sullivan	SA	0:55:45	59:25.35	03:40.35
251	Owen Kiley	SA	1:03:32	1:06:47.2	03:15.21

U11 Singles - Sackawa 2018

Men U10 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
116	Joseph Cullen	OR	0:22:12	26:24.27	04:12.27
201	Brodie Graves	SA	0:17:40	22:22.25	04:42.25
202	Nicholas Jackson	SA	0:12:08	17:35.49	05:27.49
203	Anderson Cole	SA	0:35:47	40:48.37	05:01.37

U11 Singles - Sackawa 2018

Men U9 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
131	Mason Allen	OR	0:23:29	29:53.44	06:24.44
133	Caleb Baker	OR	1:03:32	1:08:22.0	04:50.08
177	Kaden Sheikh	SA	0:26:58	32:00.16	05:02.16
178	Brody Brewer	SA	0:10:30	16:23.06	05:53.06
180	Zach Dufour	SA	0:22:12	27:45.87	05:33.87
215	Chase Doyle	SA	0:26:58	31:41.88	04:43.88
182	Seth McFeters	SA	0:22:12	27:50.91	05:38.91
217	Tyler Kendall	SA	0:32:53	38:52.28	05:59.28
178	Brody Brewer	SA	0:46:58	52:18.28	05:20.28
131	Mason Allen	OR	0:47:58	53:16.96	05:18.96

U11 Singles - Sackawa 2018

Men U11 C1

Boat Number	Name	Club	Start Time	Finish Time	Actual
2	Will Kooyman	CH	0:17:40	21:38.01	03:58.01

U11 Singles - Sackawa 2018

Women U11 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
45	Charlotte Langley	CH	0:30:42	35:22.59	04:40.59
47	Isabelle Kim	CH	0:55:45	1:01:44.3	05:59.32
48	Anya Cozens	CH	0:22:12	28:54.48	06:42.48
50	Gabby Allen	CH	0:43:32	58:07.71	14:35.71
51	Georgia Rudderham	CH	0:52:25	58:09.95	05:44.95
53	Emma Browne	CH	0:38:59	43:10.33	04:11.33
54	Casey Underhill	CH	0:25:28	35:14.97	09:46.97
55	Caroline Hilton	CH	0:32:53	38:36.16	05:43.16
56	Brooke Sanford	CH	0:11:16	18:41.39	07:25.39
57	Alicia Stanley	CH	0:23:29	27:29.06	04:00.06
59	Abby Conroy	CH	0:26:58	32:11.96	05:13.96
60	Lauren McGill	CH	0:37:16	42:49.27	05:33.27
61	Josie Duffy	CH	0:05:00	9:10.83	04:10.83
62	Carley Frizzle	CH	0:03:38	8:26.61	04:48.61
63	Chloe Eisnor	CH	0:10:30	15:04.67	04:34.67
65	Robin Conrod	CH	0:01:14	4:23.11	03:09.11
67	Devika Shalju	CH	0:22:12	26:08.75	03:56.75
68	Renee Chouinard	CH	0:38:59	53:52.18	14:53.18
73	Morgan Nutter	CH	1:05:50	1:10:14.3	04:24.35
81	Ella Cozens	CH	0:52:25	56:46.24	04:21.24
83	Sophia Kerr	CH	0:34:44	43:38.68	08:54.68
86	Sarah Leger	CH	0:10:30	14:37.93	04:07.93
87	Sienna Jones	CH	0:43:32	47:15.02	03:43.02
140	Bailey Duplessis	OR	0:42:26	46:19.66	03:53.66
141	Teagan Frizzell	OR	0:57:06	1:01:20.9	04:14.92
144	Willow Hatheway	OR	0:57:06	1:00:30.9	03:24.99

U11 Singles - Sackawa 2018

Women U11 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
145	Callie Baker	OR	1:11:52	1:15:12.6	03:20.65
187	Jenna Lamontagne	SA	0:43:32	47:59.35	04:27.35
190	Sara Blackmore	SA	0:17:40	21:42.22	04:02.22
191	Katie Gouthro	SA	0:00:00	5:26.55	05:26.55
188	Aaliyah Comeau	SA	0:45:07	52:19.27	07:12.27
205	Elayna Strauss	SA	0:43:32	47:51.66	04:19.66
67	Devika Shalju	CH	1:07:16	1:10:55.4	03:39.44
190	Sara Blackmore	SA	1:07:16	1:11:06.9	03:50.92
86	Sarah Leger	CH	1:08:30	1:12:34.6	04:04.61
141	Teagan Frizzell	OR	1:08:30	1:13:02.5	04:32.51
60	Lauren McGill	CH	0:46:58	51:19.87	04:21.87

U11 Singles - Sackawa 2018

Women U10 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
135	Chloe Dwinell	OR	0:12:45	16:52.61	04:07.61
137	Olivia Murphy	OR	0:12:45	15:29.06	02:44.06
138	Ava Bellefontaine	OR	0:12:45	17:07.99	04:22.99
184	Clara Whyte	SA	0:43:32	47:03.64	03:31.64
206	Vanessa Steuart	SA	0:06:51	12:41.45	05:50.45
207	Chelsea Coley	SA	0:35:47	44:06.28	08:19.28
208	Lauren Delvin	SA	0:32:53	39:09.62	06:16.62
137	Olivia Murphy	OR	0:17:40	20:26.69	02:46.69
207	Chelsea Coley	SA	1:15:06	1:22:09.6	07:03.65

U11 Singles - Sackawa 2018

Women U9 K1

Boat Number	Name	Club	Start Time	Finish Time	Actual
146	Audrey Cuthbert	OR	0:30:42	36:10.71	05:28.71
147	Aubree Curren	OR	0:34:44	42:16.53	07:32.53
148	Ella Cornect	OR	1:08:30	1:13:35.4	05:05.46
149	Lily MacLean	OR	0:23:29	27:01.81	03:32.81
150	Phoebe Murphy	OR	0:13:54	18:37.93	04:43.93
192	Zoe Alexander	SA	0:55:45	1:02:53.5	07:08.57
193	Abby Cornelius	SA	0:26:58	32:09.93	05:11.93
150	Phoebe Murphy	OR	0:19:25	23:06.19	03:41.19

U11 Singles - Sackawa 2018

Women U11 C1

Boat Number	Name	Club	Start Time	Finish Time	Actual
39	Elle Mackenzie	CH	0:22:12	34:03.35	11:51.35

U11 Singles - Sackawa 2018

Women U11 C1

Boat Number	Name	Club	Start Time	Finish Time	Actual
39	Elle Mackenzie	CH	0:22:12	34:03.35	11:51.35

U11 Singles - Sackawa 2018