



## Wey Kayak Club MARATHON

**Sunday 14th August  
2011**

**A great way to support your  
Club  
and gain racing experience**

Other ways to keep up fitness in the winter are to join in circuit training on Thursday evenings or of course, if you are old enough and have done your induction, use the gym. Remember that Thursday is our Club night which means a cooked meal, and maybe a drink from the bar, all at reasonable prices. The good company is free!

### SPRINT RACING

Several Regional Sprint regattas are held by local clubs, including our own which is on **26th March** this year. These offer shorter distance races with classes for Lightning boats too. Generally they are a time trial of 1k or 2k, sometimes less, followed by seeded head to head shorter sprints. As with all events, check the calendar in the newsletter, on our website or on the notice board for dates.

There are five BCU National Sprint Regattas held between April and September annually at the National Watersports Centre in Nottingham. These include National Championship events and the inter-club "MacGregor" paddle. There are Lightning events at most of these and Classes for Veterans, Men, Ladies, Boys and Girls; Kayak and Canoe. There are also Paddlability races for disabled paddlers. Within the classes the fastest compete in "A" - so you can frequently witness our GB Olympic hopefuls in action - down to newcomers to sprinting, in "D". Wey is usually well represented, with paddlers, organizers and supporters, but more are always welcome and needed, so speak to your coach to see if you have reached the required standard. It's a good social occasion too with BBQs when the weather is looking kind.....



**NATIONAL CHAMPIONS 2008 and 2009!**

See some great sprint photos. Go to our Website and follow link to Antony Edmonds.

And to find out more about what you could achieve check out the following links: a bit old now!

<http://youtube.com/watch?v=HLB23U3LeeC>

<http://www.youtube.com/watch?v=dmlSTrJdyv8>



**Guildford Waterside Centre**

**Riverside, GUILDFORD, Surrey, GU1 1LW**



## An Introduction to Flatwater Racing for Paddlers, Parents & Carers

### MARATHON

Ok, so you, or your child, have been attending our Saturday progression groups for a while and the coach has suggested trying a "marathon". "Help, what do I do?" you ask. Don't be put off; canoe "marathons", for beginners are only 4 miles long! You may not have to travel too far to find one and they are held on Sundays over the summer season between March and October.

These races form the Hasler Series. By entering 3 races, paddlers gain points for the Club and can qualify for the national inter-club final- The Hasler Final- held every Autumn. Wey Kayak Club won the Hasler Final (jointly) in 2007 and in 2008 and 2009 were **NATIONAL MARATHON CHAMPIONS** - Perhaps you could help us win in 2011?

All beginners, adult and junior start by entering Division 9. Under 12s, used to paddling the small "Lightning" boats can enter a shorter "fun" race. There are usually medals or prizes for the top 3 in each division and a chance to be promoted to a higher Division for your next race. Races can be done in K2s which can be good for building confidence. From Div 6, the races get longer with portages and from Div 3, longer still, but you don't need to worry about that for a while!



**Getting ready for Div 9 start**

## WHERE ARE THE RACES HELD?

All around the Country which is divided into regions. Wey is part of the South East region and local events include our own in mid August 2011, Elmbridge CC (at Weybridge) Richmond CC, Royal CC (at Teddington) etc. The events calendar is included in the newsletter and available on the website ([www.weykayak.co.uk](http://www.weykayak.co.uk)) and there is a list on the notice board at the Clubhouse.

## ENTERING:

Details about the races are usually available through "links" on our website. Races usually cost around £5.00 per seat to enter. Entries can be done in advance either yourself or see Mike or Amanda Childerstone as they are often happy to include your booking with theirs.....so long as you pay for your own! Clubs usually charge a bit extra if you decide to enter on the day.

## WHAT DO YOU NEED TO TAKE WITH YOU?

- Club or personal boat
- Paddles
- Buoyancy aid
- Paddling clothes to change into appropriate for weather forecast, towel etc. for showering
- Racing vest in Club Colours.
- Yellow number board which may be purchased from Wey or the hosting club
- BCU Membership card/number
- A permanent marker pen is useful (black preferably)



## BCU MEMBERSHIP:

Junior competitors in Div 7, 8 and 9 and Lightning paddlers, should find out their junior section number from their coach. Adult competitors or juniors in Div 6 or above must either be comprehensive members of the BCU (& have their card) or pay an additional £2.50\* at the time of booking for an event ticket covering the organizers for insurance purposes.

\*correct at time of publication

## TRANSPORT:

As well as getting yourself or your child to the event, you will probably need to transport a boat. You will need a roof rack fitted with V bars. There are some V bars at the Club that may be loaned or you may find someone else has some space on their roof. Ask around in good time. As a parent, try to come along to support and encourage your child and other competitors. Watch the racing; it can be exciting!



## ON THE DAY:

- Arrive in plenty of time!
- Find other seasoned Wey members - they will always help you out.
- Confirm your race entry at race control and obtain a number
- Check equipment: seat, tightness of screws on footrest and rudder bar, buoyancy in boat (all of these have been known to come loose from the vibration encountered from the journey)



- Get yourself or your paddler ready for the water; make sure they have had adequate and suitable food and drink well before the race starts.
- Attend the race briefing. The organizer will explain the race course and give any special information regarding safety on the water etc.
- Get yourself or your paddler on the water to warm up ready for the start.
- Attention... GO!

## HARE AND HOUNDS

### (& DASH HOUND FOR U14 NOVICES)

Wey Kayak Club has a winter series of five races, usually between end October and March known as the Hare and Hounds. Everyone is given a handicap time, the slowest setting off first from the Club and racing to turn below St. Catherine's Lock, and back to the Club: a distance of 10k. Paddlers seek to improve their previous time and prizes are awarded at the end of the series to the most consistent improvers. These usually go to the newer paddlers. Entry is open to other Clubs and can be very popular. We sometimes have between 70 and 90 paddlers on the water (some in K2s) Sounds hectic, but fortunately, because the handicapping system isn't perfect, they don't all finish at the same time!

Dash Hound competitors race over 5k: to Debenhams and back.

Come along and see what it's all about. Even if you or

your child don't fancy paddling in February, why not enjoy a snack, a cup of steaming coffee, and break the ice, socially that is!

