



# Wey Kayak Club Newsletter

[www.weykayak.co.uk](http://www.weykayak.co.uk)

April 2007

## CHAIRMAN'S CHAT

Welcome to the Spring Newsletter. I have enclosed my report to the AGM, together with a list of the Award Winners for 2006. We hope that all those who paddled with us last year will be coming back, even if we did not see you over the winter. All the training groups are working very well, so speak to a coach to get on the water again.



You will have seen that the Gym and boathouse wing, (Phase 2 of the project) is now up and running and we are close to finishing the outside works, (Phase 3).

The New Gym is now in full operation, and everybody who has visited has been very surprised and delighted for us that we have such a great facility. We have introducing a personal induction session for EVERYBODY on the safe use of the Gym and the equipment. There is a list of those who can give you this Induction, on the Notice Board. Until you have been 'signed up' you cannot use it. There is a separate key for the gym, which costs £10. Of course, this is not the Wey Kayak Club's Gym. It is for all the Centre users, and a programme of use will be put in place. In particular, the MSTG will be allocated special

times for their exclusive use. You may be approached by outsiders to use the Gym, when they realise we have such an excellent facility. It has been agreed that all Gym

users must be a member of the Centre Clubs, i.e. WKC, BSCA or MSTG. So if you have somebody who wants to use the Gym, then they must join the Club as a full member.



You will have seen on the Notice Board that we are well below our target on the Jim's Gym Appeal. There is still time to get out there and get the sponsorship or rewards for carrying out some tasks. Let's see if we can make the £10,000 before June. More forms are available if you have lost yours.

A new bike storage area has been created outside the back door. Please put your bike there, and lock them up to the racking. Look at the racking; you may decide that you need 2 locks.

From now on NO bike will be allowed inside the Club House.



Security is always going to be a big issue with any clubhouse, and we are no different. We have already had many occasions where the doors and windows to the building and boat sheds have been left unlocked, when everybody has gone home. **Please** be very careful and lock up when you are the last to leave or out on the water. Do not assume that somebody else has checked all is locked. **Check it yourself**. All internal doors should be shut, and not propped open. These are fire doors. If you have been upstairs, have you left the doors open and the lights on? **CHECK**.

We want to keep the Club House as clean and tidy as possible, and to save money. Turn lights out, no wet kit or rubbish in the lounge. Use the bins. Most important of all, is hygiene in the Kitchen, so only food and drink in there, no kit, bags, or equipment.

We also have to give the other users easy access for their main activities. Please be very sensitive if the MS are in the building, this applies to all mornings during the week. The divers have their

main club night on a Tuesday, so we must be clear of the Lounge by 19.30.

If you have not paid your 2007 membership, then a Membership Form is attached. With the much larger facilities available, and the running costs involved, we are paying an increased amount to the GWC. This has been reflected in the reasonable increases we have made to the fees. I am sure that you will agree that the club offers very good value for money. Do not forget that the club pays for your Wey Navigation river licence, in the fee we pay to the BCU. It also pays for the Youth section registration, so that all junior beginners are covered by the BCU insurance, without having to pay an individual membership fee to the BCU. This sum has been added to the Fees. Please remember, if you have not paid this small extra amount, and you have any problem while canoeing, or are on Club activities, you will not be covered by the BCU insurance.

**Will ALL Juniors please get their parents or guardians to complete the back or the Membership Form. This is a condition of membership.**

Many of our new members will have taken out membership of the Club during 2006, and paid a

full year's fees from the month when you joined. To bring you in line with the Club's year to the end of 2007, you will only be asked to pay a balance of the 2007 fees. Those who fit into this group should have an additional form with this newsletter. Please complete this form and return with the Membership form and the appropriate reduced fees.

The coaches have decided to continue with the more formal approach for these coming to the club for the first time. We have set up a programme of 4 weeks initial training, with small targets of achievement, on a structured basis. Remember to be welcoming and helpful to newcomers, on and off the water.

**Would all juniors please make sure that your parents read this newsletter, so that they know what is happening at the Club.**

Have a great time paddling this year. I hope as many of you as possible will compete for the Club, and win us ALL the team trophies, as well as progressing to the next level yourselves.

Jim Rossiter

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## CHRISTMAS PARTY



Wey has always been known for its sociability and it did itself proud at the Christmas party on 9<sup>th</sup> December. One hundred and ten members, ranging in age from 8 to 70 attended. Julia had sold around 80 tickets up until the day so it challenged everyone, particularly the seating plan, to accommodate so many! Thanks to those who moved without fuss and sat in the bar area.

Everyone looked splendid in cocktail dress and all were greeted with a cocktail ably served by Mike Childerstone and David Haws. As Peter was organising the catering, there was more than enough food and his bevy of beautiful helpers ensured the vegetables were all peeled and the hot food served efficiently.....except the swede which was found an hour later at the very back of the oven!

Alan Burton again came up trumps with meat from his brother's butchery. Seconds and thirds were devoured by hungry athletes. Scrumptious deserts were provided by some of the ladies and between courses there were several ways to spend money - draws, games or more drinks from the bar, served by the indomitable Walshes. The junior athletes had decorated the tables and the Band area, and Sarah's group had organized a "Secret Santa". There was a quiz, probably won by Hazel, Vikki and Alice.



Jim raised money for his Gym Appeal and David presented the "Personality of the Year Award" to Peter and the actual MacGreggor Paddle, normally locked away at Holme Pierrepont, was officially presented to the Club and then dispatched back to Nottingham. Mark Hoile impressed his paddlers and possibly his fiancée, by taking part in both games and acting as a very "Ho Ho Jolly" Father Christmas! Prizes to Dad's for effort must go to Hugh, "what a limbo dancer"

Davies and Robin "must have played this game before" Ayres. Charlotte's Dad took loads of photos which Richard put on the website.



The loudest applause of the evening deservedly went to the Band who had been practicing for a number of weeks especially. Charlie displayed hidden talents on trumpet and special thanks to Joe for suggesting his Band. They were brill!!

The top table doubled in size over the evening and it was lovely to welcome local councillors who have backed our club to the hilt for 30 or more years, most notably Bill Bellerby. We were joined by John and Sue from the MS Group and by Mr and Mrs Hilderley, Ellie's parents. Her mother's speech was both very moving and inspirational.



It is a well known fact that it is the job of the Chairman to put away the chairs and at about 2.00 am it was a very tired Jim, Jill, Catherine, David "just one more roast potato", Carol and Peter who finally locked the door.....and came back at 10.00am the next morning to finish tidying up! The paddlers had already arrived to go out on the water. Only one person was a little unwell! Nothing was broken and I believe a good time was had by all. What an amazing amount of talent and commitment in one Club.

So now, what about this year? Nothing happens unless you come up with ideas and action. We have a new Social Secretary, but he can't do it on his own. Volunteers are always welcome. A club is as good as its members and for willingness and fun.....**we are the best!!**

*Catherine*

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### The Australian Youth Olympics

The Australian Youth Olympics took place between 17 - 21 January in Sydney at the same venue used in the 2000 Olympics. Supported by the British Olympic Association the GB team of 120 athletes covering 16 sports had the opportunity to experience the Olympic environment including an Opening ceremony, drug testing and Olympic village accommodation. The BCU sent 6 sprint athletes, including Wey's Rachel Cawthorn and 4 slalom athletes to the event which was preceded by a three week training camp.



Racing against tough competition in 40 degree temperatures Rachel surprised herself by winning silver medals in both K1 500m and 1000m events and then again in the K2 500m with Louisa Sawyers.

Rachel said the experience of competing at the multi-sport event was amazing, "The atmosphere was brilliant, it was fascinating to meet other athletes from around the world, and from different sports. Everyone was really friendly and supportive and becoming a triple medallist was the icing on the cake!"

Full results can be found at <http://www.olympics.com.au/ayof07/>

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### National Talent Orientation Camp

From the 6<sup>th</sup> to the 9<sup>th</sup> of January I was at Loughborough University training with athletes from sports such as rowing and cycling. Altogether at the camp there were over 90 athletes and 21 of them canoeists, but only 6 from flat-water and the rest from slalom. Over the 4 days we did lots of things and not all of it was training. A lot of the time we were doing motivation and team skills workshops and having to work with people that we didn't really know. A big highlight from the camp was getting to meet some Olympic athletes including Kelly Holmes. It was a hard 4 days but I survived and it has helped me realise how much work is needed to reach your goal.

*Dean Terry*

## The Devizes to Westminster Challenge

My preparation for the Devizes to Westminster started back in November with the Ross Warland Canal Challenge in Banbury, which was the first time I had paddled with my partner, Fred Reif, who paddles with Cokethorpe School. Teaming up with another crew from Cokethorpe we won the K2 relay, a good start to DW preparation. The rest of DW preparation has consisted mainly of competing in all of the Thameside and Waterside races, which have generally been enjoyable, though not always. Having paddled Waterside A before as a training run, we knew

what to expect and as such fared well (even though my partner only turned up after most of the other paddlers had already left), only being beaten by Mark Childerstone and Matt Welch. The next race was Thameside 1, which we won narrowly over Mike Lambert and Dan Collyer, followed by Watersides B, C & D, in all of which we finished 3<sup>rd</sup> as we did in the series. These races have been the toughest I have competed in, but will doubtless be nothing compared to the DW itself, though for some reason I am still looking forward to it!

*Paul Yates*

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## Results & Reports

It has been a busy early season of racing for many paddlers. **(Full results can be found on relevant Club websites.)** Our own Hare and Hounds series was disrupted by water conditions and other events around the regions have been postponed to alternative dates. The Frank Luzmore K2 race, almost a month later than planned, started in foggy conditions at Elmbridge and finished in winter sunshine at Richmond. We had a good turnout of paddlers with several Juniors participating in the event for the first time. The Waterside Series will be finishing as I write. These are endurance races ranging in distance from 13.5 - 34 miles. Again, a number of Junior and Senior paddlers, male and female, have braved some or all of the distances and conditions. The Cranleigh School team, having been mentored and ably supported by Peter, had the chance to get a taste of what to expect when they rise to the imminent Devizes to Westminster challenge. Thameside 1 took place, but Thameside 2 fell victim to postponement.

On a beautiful Spring day, Wey hosted our Junior Sprint event with 2k time trials, followed by hotly contested head to head races. Huge thanks to Mike Childerstone for organizing this event and of course the people who supported him in the task.



Special thanks to Julia and Linda for their work in the kitchen, especially in the absence of Peter. Several compliments were received for both the pasta and the fabulously sticky flapjack! A week later, and in hailstorms, the Royal Assessment, a national assessment event, took place. Wey paddlers showed their strength with some fine performances most notably Rob Williams 1<sup>st</sup> position in the Senior Mens K1, John Badelek 1<sup>st</sup> in Senior C1 and Joe Seaman 1st Junior C1.

On the International front, apart from Rachel's stunning performances in Australia, Wey paddlers have been selected for and achieved well in early European events in France (sprint) and in Belgium (marathon). See website for reports.

### **HARE + HOUNDS 2006-7**

169 paddlers took part in the series ranging from people relatively new to racing to former World Champions!

The river was quite a challenge on some of the dates as heavy rains caused swirly waters especially around bridges and in town. As usual Peter and his kitchen team provided the hot soup, bacon rolls and chocolate cake etc. required by starving paddlers and Mike Walsh manned the bar for those requiring something a little more liquid. At the end of the series prizes were awarded to the following:

**Club Senior - CATHY WEST**  
**Club Junior - ZAC ANDERSON**  
**Best Lady - JANA ADLER - Roy**  
**Visiting Senior - DAVID DEACON - Ads**  
**Visiting Junior - NAOMI SMITH - Bas**  
**Best Veteran - AMANDA CHILDERSTONE - Wey**  
**Best U16 - DEAN TERRY - Wey**  
**Best U14 - REBECCA VORLEY - Roy**



## "A Thousand Miles in the Rob Roy Canoe".....

A couple of months ago I was loaned a small and insignificant looking book by Cathy West. "You may like to look at it. It could make an interesting article for the newsletter....."

The author of this historical tome is John MacGregor MA (1825-1892). Some of us have been able to see the paddle that is awarded



annually for the winning team in the inter-club national regatta, known as the "MacGregor Paddle": **won in**

**2006 by Wey.** A potted history of this Victorian gentleman appears in the BCU's Racing Handbook so I will not detail it here, other than to say that he "practically invented the sport of canoeing." The book tells the story of MacGregor's adventures with his personally designed boat, as he tours the rivers and lakes of Europe. Made of oak with a deck of cedar and weighing 80 lbs, the Rob Roy Canoe was somewhat more substantial than today's Vajda or Nelo! Nonetheless, MacGregor viewed it as the ideal craft, so much more practical for a voyage than a row boat. As the voyager, "sits in his little bark, he looks forward not backward. He sees all his course, and the scenery besides. With one sweep of his paddle he can turn aside when only a foot from destruction." Another advantage is that "if you are tired of the water for a time, you can leave your boat at an inn - where it will not be "eating its head off," like a horse..." A distinct advantage during the DW perhaps!!



Maybe, next time you are shopping for kit, it would be worth considering "a complete suit of grey flannel for use in the boat" with "the "Norfolk jacket" ...a loose frock-coat, like a

blouse, with shoulder straps and belted at the waist, and garnished by six pockets." Sounds ideal for winter training! Today it is likely that the competitive or touring canoeist will be seen in some technical sportswear, *garnished* with a logo and designed to "wick away" moisture and "thermally" insulate the wearer.

Today's paddler is, of course, *always* courteous and friendly towards other users of the Water. As the narrow boat season is about to begin, it is worth recalling MacGregor's experience of the bargee of his day. "For good humour the bargee is not a bad fellow, but he will beat you at banter. Often they begin with, "Holloah you two!" or "Any room inside?" or "Got your life insured, Gov'nor?" but I nodded and smiled to every one and every one on every river and lake was friendly to me." MacGregor offers advice to the canoeist: for instance, he cautions about the danger of overhanging trees. The boughs "are generally as hard as an ordinary skull when the two are in



collision.....if you lean backwards the twigs scrape your face and catch upon a nose of ordinary

length..." He goes on, "I set it down as a maxim, to keep clear of trees in a stream."

In describing the challenges of his long journeys, MacGregor draws a parallel with his philosophy of life. "Our minds would only vegetate if all life were like a straight canal, and we in a boat being towed along it."

With its detailed descriptions of the pleasure of being in charge of your own craft; of the people and places met and explored on the way; it is little wonder that the original readers of this little book became captivated by the potential enjoyment to be had via this mode of travel, and recreational canoeing was born.

*Annie*

(A Thousand Miles in the Rob Roy Canoe on Rivers and lakes of Europe. From the 13<sup>th</sup> edition 1881)

## ANNUAL GENERAL MEETING 2007

### Chairman's Report

I think that 2006 will prove to be the most significant year in the development of the Club. We operated in our New Club house, with its excellent facilities. It is one of the best, if not the best of any canoe club in the country.

Our 4 week Newcomers Courses were a great success, organised by Julia Simmons, and staffed by a large number of coaches. In the 8 months that they operated, they contributed greatly to increasing our membership from 216 to an all time high of 284. Our Saturday Training Groups were strong, with increased numbers. Peter and Cathy, as our part time Community Coaches continued to work with our School/Club links. Our coaches have met once a month to set the programme for united approach to our training.

We ran our Hare & Hound series, in Jan & Feb, and the new series in October to December.

We had a very good Wey Marathon in July. These events were staffed by a large group of helpers. The boat repairers, the kitchen team, the bar team etc., all play a major part in the Clubs activities. Without all these volunteers, the Club could not run, and we could not paddle.

Richard Cawthorn has done excellent work with our website, and I have received many complements about it. Annie and Olly Welch have done a very nice job with the Newsletter.

We had a very enjoyable Christmas Dinner, and a special vote of thanks to Peter and Alan and all the helpers who made it such a fun evening.

We had great success on the international front, with Paul Wycherley coming to the top of the GB national team, in Sprint, and at the end of the year, Rachel Cawthorn won 3 Silver Medals at the Olympic Hopefuls Regatta in Australia. Fay Lamph raced for the GB Junior team at World Cups and the Marathon World Championship and Simon Fennemore at the World Cups. Matt Welch and Mark Childerstone took part in their first marathon international, in Denmark in September and had excellent results. Others from the Club raced in age group classes at various other international events, and all did very well. We won many medals at the National Events, had 2 third places in the Team competition at the Marathon Championships and the Hasler Final and won, following a fantastic team effort, the McGregor Paddle at the National Sprint Championships.

So it is a big thanks to all our coaches, and officials who have made all this happen and these results possible.

The Trustees of the Guildford Waterside Centre took the decision at the beginning of 2006 to go ahead with Phase 2 and 3 of our development plan. This involved the new gym and boat storage wing, and associated roadways and landscaping. This is at a cost of about £290k. Work was slow at times and we missed our target of moving in by November. However we are now up and running. The GWC have taken out in the region of £80,000 worth of loans for these 2 stages, which all the Member Clubs will need to work at to repay over the next few years.

With the assistance of a large team of helpers, we constructed a temporary boatshed at the beginning of the year, so that the rebuilding could start. We painted out the Gym and boatshed. We constructed the mezzanine floor in the boatshed, and fitted the racks. We constructed the bike storage area.

We laid the floor in the Gym, and finally moved the equipment into the Gym. The GWC and especially the Wey Kayak Club are very grateful to Brunel University and Paul Dimmock, for this fantastic kit. The GWC have installed a scheme for the use of the Gym, which the Club has been asked to administrate, and thanks to everybody who has help put this in place. We plan to have an official opening of this facility on June 1<sup>st</sup> 2007.

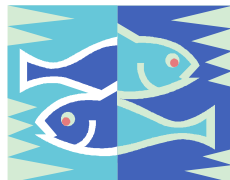
I repeat what I said last year. We now have an **even more** fantastic new building, something that many of us have dreamed about for at least 15 years. We must treat the building with respect, and respect the other users.

Finally, thanks to the Committee for all their work and support during 2006.

### The following annual awards were presented at the AGM:

Chairman's Trophy – Paul Wycherley  
Caterham Trophy – Fay Lamph  
Senior A – Simon Fennemore  
Senior B – Jon Simmons  
Junior U18 – Ellie Hilderley  
Junior U16 – Dean Terry  
Ladies – Rachel Cawthorn  
Istead trophy – Dean Terry  
Whitewater – Jon Simmons  
Veterans – Dave Howie  
Helpers on the water – Sarah Hannon  
Helpers off the water – Annie and Olly Welch  
Best Improved – Mike Lambert  
Newcomers – Phoebe Ayres  
Endeavour – Michael Walsh (jnr)  
Best Crew – Jack Childerstone and Edmond Haws  
Sports personality – Rachel Cawthorn

I look forward to 2007/8.....



.....And the FISH award for the most dramatic "swim" went to Rachel Cawthorn & Ellie Hilderley: half of the crew that managed to capsize a K4 at Nottingham!

### A little about a Waterside Centre partner.....

The Samson Centre is the new home of the Guildford Multiple Sclerosis Therapy Group, one of a number of similar groups nationwide whose aim is to provide emotional, moral and practical support to people with MS and those around them. Multiple Sclerosis is not a mental disability, but



a debilitating disease which attacks the central nervous system. It is a permanent and progressive condition that is the most common neurological disorder amongst young adults. MS can be relatively benign with only a few minor attacks spread over decades, or it can be rapid and completely disabling.

The MS Therapy Group evolved from the now-defunct Action Research for Multiple Sclerosis (ARMS), and fills the void caused by the sad fact that there is little or no support from the NHS for MS sufferers and - until now - no dedicated facilities for them in this part of Surrey.

The group's members hold regular meetings throughout most of the year at which they often invite experts to speak on such topics as current research activities and progress, nutrition, allowances to which they may be entitled, practical aids such as shower seats and grab rails, and so on. They also arrange physiotherapy sessions with private practitioners, which are very well attended as preventing the degeneration of little-used muscles is a constant problem - especially as the fatigue which is very common in MS sufferers often prevents them from exercising them sufficiently.

When my wife Fleur joined the group 11 years ago, the position was very different from that experienced by a new member now: membership cost £5.00 p.a., and the group met once a week for physio on the floor of Shalford Village Hall. The physio, Helen Brodwin, used to turn up laden with a shopping basket from which she extracted her diary and a few books - there was little in the way of physio equipment, as there was nowhere to store it at the Village Hall. Evening meetings of the MSTG were spent at the Challengers Club in Guildford - Fleur remembers listening to guest speakers while sitting uncomfortably on tiny chairs meant for children!

What a difference the Samson Centre has made! It really has transformed the group and its activities: members can now be offered physio on a one-to-one basis or in formal group sessions, depending on their level of disability, on several days a week. There is a wealth of physio equipment, such as a proper physio couch, an exercise bike, a standing frame, exercise balls and weights, with storage for it all on site (no more shopping baskets!). Social activities include coffee mornings in which old, new and prospective members can get to know each other better (sadly, the group now has a waiting list). Administration of the group is now on a more professional footing, with an admin office at the centre run by a rota of job-sharing staff, equipped with the group's own internet-enabled computer.

The group receives no funding from healthcare bodies such as the NHS or the MS Society, and has had to rely entirely on the hard work of its members and the generosity of its various supporters at street collections, fairs, sponsored events, the sale of Christmas cards & merchandise, etc. initially to raise its share of the funds required to build the Centre and, since then, to help meet its running costs.

The group would like to extend its membership to help more people affected by MS, and also to provide other forms of therapy, assistance and advice. Ideally, the Group would like to develop its usage of the centre such that treatments and exercise classes are available five days a week, mornings and afternoons.

Fund-raising will continue to be a fact of life for the foreseeable future!

*Charlie Crowther-Smith*



**Mike Walsh is Wey's new SOCIAL SECRETARY. Do let him know if you have any Ideas for social events and support him in making things happen. He can't do it on his own!**

**Look out for information on the notice board and on the website for details of forthcoming events.....**

# Events Calendar

**APRIL:** 6<sup>th</sup> Richmond Sprints  
6<sup>th</sup> - 9<sup>th</sup> Devizes to Westminster  
8<sup>th</sup> Elmbridge ½ Marathon u12-u16  
14<sup>th</sup> - 15<sup>th</sup> National Sprint Regatta  
22<sup>nd</sup> Maidstone Marathon  
29<sup>th</sup> Worcester Marathon/ K2 Assessment

**MAY:** 5<sup>th</sup> Elmbridge Sprints  
6<sup>th</sup> Elmbridge K1 Assessment  
6<sup>th</sup> Basingstoke Canal Marathon  
12<sup>th</sup> - 13<sup>th</sup> National Sprint Regatta  
20<sup>th</sup> Nottingham Marathon/K2 Assessment  
20<sup>th</sup> Hastings Marathon  
27<sup>th</sup> Thames Valley Marathon

**JUNE: 1<sup>ST</sup> OFFICIAL OPENING OF THE GYM**  
2<sup>nd</sup> - 3<sup>rd</sup> National Sprint Regatta  
10<sup>th</sup> Windsor Vets Marathon  
10<sup>th</sup> Royal Marathon  
24<sup>th</sup> Reading Circuit Marathon

**JULY: 1<sup>ST</sup> WEY MARATHON**  
7<sup>th</sup> - 8<sup>th</sup> National Sprint Regatta, Dorney

**STOP PRESS!**  
**CHRISTMAS DINNER 2007 - 1<sup>ST</sup> DECEMBER**  
**Put the date in your diaries NOW!**

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## 20 BRITISH RIVERS WORDSEARCH

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Find the rivers and then complete the hidden message below using some of the remaining letters!

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The editors are always grateful for any contributions or suggestions for the newsletter: A brief report about an event; interesting, relevant information; photos or fun items.....to Annie or Olly Welch (see notice board for e-mail address).