



Wey Kayak Club

Newsletter

NOVEMBER 2009



www.weykayak.co.uk

National Marathon Champions 2009

National Sprint Champions 2009

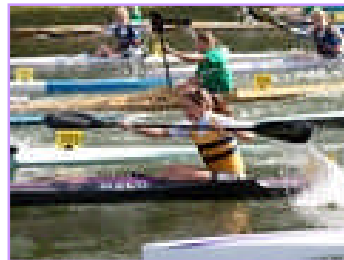
CHAIRMAN'S CHAT

I am delighted to report that once again, we have had a really successful spring and summer at the Club.

Our monthly Introductory Courses since April have all been full and we hope that all those who have participated have enjoyed the experience and are now 'hooked' on canoeing. Thanks to all those who have staffed these courses, to John Lee for doing all the staff planning and Julia for taking all the booking and meeting and greeting on Saturdays. The extra numbers who have joined the Saturday progression groups have stretched our resources, both with boats and coaches to the limit sometimes, but we have just about coped. We hope that some of the coaching staff can now find an extra bit of time, especially on a Saturday afternoon to give a better coach to paddler ratio and increase the technical input to the sessions. They tell me that technique is the all-important thing!!!

We hope that the newcomers, who have joined the Saturday groups and now feel happy about a trip to St. Cats and back in 90 minutes, will join in our winter series, the Hare & Hounds. (Dates below). See your Saturday coach for

details. Also we would like them to have a go in the bottom division of the local regional Marathon events. The lower divisions race over about 6 to 7 km. See Mike Childerstone to talk about transport and entries.



I hope you will all have seen the news on our website, about our summer successes. For

the second year running, we won the Club Team Trophy at the National Marathon Championship, with a great number of individual National Champions. Then 2 weeks later, we went and did it again at the National Club Sprint Championship, at Nottingham!!!!!! A fantastic effort by everybody. Well done to all those who competed and the support teams of parents and volunteers that make it happen.

At the top end of the competition ladder we had an even better year than in 2008, the previous best, with Club members representing Great Britain. Members have raced in Senior, under 23 and Junior level, at Marathon and Sprint World and European Championships, as well as development events. There are

some reports on these successes in this newsletter, but remember, you can always get up to date results by following the links that Richard Cawthorn sets up on the website.



Rachel Cawthorn: 4th in the Senior World Sprints Canada 2009

We continue to work under the standards of a BCU 'Top Performance Club', and BCU 'Top Community Club'. These, together with our Sport England 'Club Mark' status, show the canoeing world, and all other sporting bodies the high standard coaching and club structure across all aspects of the sport, that exist at Wey.

As we move into the winter months I am sure that the GWC Gym will come under greater use. Please help Mike Walsh in his role as Gym Manager to make the Gym a healthy, clean and safe place to work out, along with the BSCA or MSTG members. If you want to use the excellent Gym facility, then you must join us as a full member of one of the clubs or group, and go through an induction course with Mike or one of the other qualified instructors; their names are on the notice board in the lounge.

HARE and HOUNDS SERIES



The GWC 400 Club is to raise the funds to help pay off our loans on the building works. The fee to join is £24 for 12 monthly draws. We hope that many more of you will now join, and the details and forms are attached with this newsletter and are on the website.

You will have more than likely received this Newsletter by e-mail. It has gone to 90% of members in this way. If you have received a hard copy, collected at the Club, please let us have an e-mail address on which to contact you. It is also posted on the website. We will not be sending it land mail. Please make full use of the website, it is continually updated. Have a look at the photos taken at events by Anthony Edmonds (see links on website) they are excellent. www.weykayak.co.uk

I look forward to seeing you all at the Hare and Hounds events; also at the Commodore's Xmas dinner on 12th December. Space is limited, so do not be disappointed. **Book early.**

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

Jim Rossiter- Chairman

1 November 2009. Sunday	
22 November 2009. Sunday	
29 November 2009. Sunday	Spare
6 December 2009. Sunday	
20 December 2009. Sunday	Spare
10 January 2010. Sunday	
31 January 2010 Sunday	Spare
14 February 2010 Sunday	

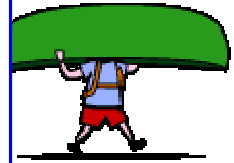
Announcing the inaugural

WEYSIDE RACE

to be held on Sunday
14th MARCH 2010...

This will be a Group B race and will incorporate an Endeavour Touring event over 11 or 16 miles.

Full details & entry form available at the Clubhouse and on the website



West'ies Wings

The paddle is a canoeists most personal and variable piece of equipment; it provides your means of propulsion and feedback on the water's behaviour.

Man has been designing and producing paddles for thousands of years. For most of that time the choice of material was a locally sourced, sound piece of timber that was carved into a paddle, its shape being determined by the required use, local traditions and the experience of the builder.

In more recent years we developed the abilities to laminate various timbers together thus enabling a much stronger and durable paddle than is achieved with a single timber. With this method of construction a paddle can be produced that has the strength and feel required for a racing paddle. However wood had (and still does have) its limitations. Paddles needed to be regularly maintained and it was not uncommon to have a shaft snap on a start, usually followed by a swim!

In the early '70s construction methods changed as a suitable material for shafts became readily available (high quality aluminium tube shortly followed by industry produced fibreglass tube) to which a fibreglass blade was attached. This construction was more durable and required less maintenance, but a lot of the feel was lost because of the need for a rigid shaft / paddle join and the use of two materials with very different mechanical properties.

The most radical change of kayak blade was after the 1984 Olympics when the original wing paddle was developed in Sweden by the former Swedish National Team coach, Stefan Lindborg and has since been refined with many variations of scoop, screw, rake and size.

All the wing paddles are aiming to optimise the hydrodynamic effect that reduces the pressure on the back of the blade when the paddle stroke moves the blade outwards away from the boat. The 'lift' provided by the wing section is translated into less slippage through the water and hence further forward movement with each stroke.



Most of the paddles produced today use a hand laminated carbon fibre / epoxy resin blade fitted to a machine made carbon pole. The desire to keep the weight down and the hand laminating of the blade produces a very flexible product which may well deform in use, resulting in water spillage or slippage and the subsequent inefficiencies.

I have over forty years experience both as a paddler and in the use of reinforced composite structures. Since the passing of wooden paddles I have been unhappy with the quality available and have made and used my own.

The process that provides the ultimate structure with carbon fibre and epoxy resins is the use of a pre-impregnated fibre that is heat cured under both vacuum and pressure in an autoclave. This system is widely used in the aerospace and motor sport industries.

The paddles I am currently working on in conjunction with a number of companies will be produced in this way. The blade and the shaft will be made in one piece with a central adjustable joint. The shaft where gripped will be oval in section, which is both stronger and better ergonomically than a round shaft.

If all goes well I hope to have some prototypes in early 2010.
Jonathan West

Winter Training

So the clocks have gone back and the days are getting colder. You could curl up in front of the fire on a Thursday evening with a hot drink and a good book - yet another reality TV show etc?.....

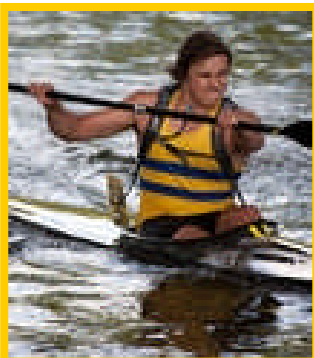
OR

..... You get on down to the Club House and join in the circuit training in the main hall, have a hot meal, enjoy warm companionship and glow with the satisfaction of keeping fit!

From 18.00 every Thursday.

Speak to Mike Childerstone for more details

MARATHON RACING - TRAINING DAYS



Check out the link on the news section of the website or go to the Marathon Racing link for all the details about the national training days that are taking place during the winter season. **NOTE: the January dates are 2nd and 3rd NOT 3rd and 4th as published.**

As Mike Childerstone says, "I would recommend the training days to any up and coming paddler. Not only do they offer a good (and hard) training day, they are a very good opportunity to get out and meet and train with paddlers from other clubs and get a broader view of the sport. See your coach or me if you have any doubts about whether you "qualify" for these training days."

GENT REGATTA

Last May, myself and 10 other U15 paddlers met at Elmbridge Canoe club to set off to this year's Gent Regatta in Belgium. From Wey there was myself, Charlie Welch and Sarah Akerman, the coach for the squad. We arrived in Gent on Friday afternoon, and the wind was fairly strong. This was not enough to put us off however, and we were soon on the water testing our crew boats, as well paddling our K1s. By this time many of us were tired and hungry, so we drove over to the hotel where we were staying. After a few room changes and broken keys, we soon settled into our rooms and headed over to the restaurant for a nice dinner.

The next morning we had a good breakfast and travelled over to the racecourse, in time for the boys' first race. The boys had a really successful morning, with 3 K1s making it to the final, all the K2s making it too, and Charlie's K4 won silver. The final two races of the day were the 5ks. For the boys this was the last race of a very long day, for the girls on the other hand, it was our first race of the weekend! The boys' race was very close - less than two seconds between the first boat and the 11th! The girls, however were far less exhausted, instead we were dying to get out and race. When the start eventually came, and the familiar "start within ten seconds" was announced, one British paddler was shocked by the loud starting gun and capsized! However, Rebeka and Amy stormed the race coming 1st and 2nd, and Isobel and Naomi also did brilliantly in 4th and 5th place. After recovering from my swim, I finished the race in 11th place - not a brilliant result, but I wasn't too upset.

On Sunday it was a busy day for all of us. The racing started early again, with the boys' K1 500m, shortly followed by the girls' heats. Unlike Nottingham, in Gent there is a lunch-break of a couple of hours. This left us all with a welcome break of a few hours! However soon we were back on the water and it was the girls' K2 final. Amy and Rebeka won, with myself and Naomi coming in 2nd place. The boys' were also doing well, with another silver medal in the K4. A little later was the girls' K1 final. This was a fierce race, with all of the British girls fighting hard. Rebeka, was on unbeatable form, and won - 4 seconds ahead of her Belgian rival! Amy came 3rd, Naomi 4th, I was 5th and Isobel 6th.

The last race for the GB team was our K4. Unbeknown to us, we had merged with the U18 race, so when we came second we were initially a little disappointed. However, when we pulled up to receive our medals - we were very confused to find gold around our necks... It turned out that we had beaten the other U16 crews, and won!

Overall this year's Gent regatta was fantastic. Everyone on the team won at least one medal, and Wey brought back 1 gold and 3 silvers. On behalf of the team I would like to thank Dyson Pendle, Sarah Akerman and Vicky Swallow for taking us over there, supporting us and putting up our general weirdness! It was a great trip, and I couldn't ask for a better introduction into international racina. *Marthe De Ferrer*



Paddling with Putin

The Junior World Canoe Sprint Championships took place in Moscow this year on the old Olympic regatta lake. Although it may have looked a bit shabby it was pretty perfect to race on. Only 3 athletes were selected this year, two of whom were from Wey: Dean Terry in his K1 and Matt Welch, paddling with Tom Simmons of Bradford on Avon in the K2. In the 1000s Dean secured himself an A final and went on to take 8th place in it. Our K2 could only muster a B final and managed 5th in that; 14th overall. On the Sunday the Russian Prime Minister Putin came to spectate and covered the whole area in a blanket of security.

For the 500s the two boats did a swap with the K2 making the A final and Dean just missing out. Never the less he took a 2nd place in his B final giving him 11th overall. In the A final our K2 took 9th, being edged out of the 8th place by just over a hundredth of a second. With two A finals being made, this was a very successful worlds for such a small team. *Matt*

R a c e R e p o r t s

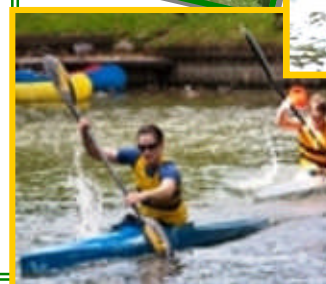
Tour De Gudenå-Denmark

Early on Thursday 10th of September Jack, Alice and I from Wey joined eleven other athletes and headed out to Denmark to compete in the Tour De Gudenå. Jack and I were competing in the under sixteen K2 race over a course of 57km split into three stages over the two days of the weekend. Alice was doing the same course, but in a K1. Last year she came 2nd - could she go one better?

The first day was a 17km stage across about five large lakes. The wind really picked up when we were racing and this caused huge waves to be whipped up across the lakes making the going very tough, but we managed to get through and we finished the first stage with about a two minute lead over the second placed boat.

The next day started early with a 24km stage along the river Gudenå. There was a stage stop of 20 minutes and then another 16km from the stage stop to the finish. The first 24km along the river were in fairly good conditions and there wasn't much wind, but from the stage stop to the finish the river became more estuary and the wind picked up again making the last 6km particularly tough. Eventually we crossed the line in 1st place, (4.02.37) very happy with the result, but quite relieved that it was over!

Did Alice better her previous result? Of course she did. She too headed home with Gold! (4.52.08) *Charlie W*



NATIONAL MARATHON CHAMPIONSHIPS 29-30 AUGUST

Held on the Thames at Longridge, the weekend got off to a good start with a win in the U14 K1 for Jack Childerstone. This set the tone as **Wey produced national champions in all of eight further classes;** Amanda, Mark and Hazel adding to the Childerstone haul of gold. From the bank the wind seemed light, however on the water; the upstream section was against a considerable breeze making the going tough especially for the longer races. Claire Gunney won the ladies race. She and Fay Lamph (2nd) fought hard to the finish without the aid of a group. Paul Yates won U23 with a well paced, confident race. Bill Garson was 2nd of seven competitors in the 64+ age group. How many of us will be able to achieve that in years to come?

It was great to see Wey represented in the Lightning races. Well done to Daniel Haws and Gaby De Ferrer on finishing their first Nationals with such determination. Luke Lipscombe courageously entered the U14 in Canoe class and finished in a very respectable time. Congratulations to him. His future in Canoe looks bright.....* See Luke's philosophy below.

The Macgregor Paddle: Inter-Club Regatta

We did it! Wey Kayak Club has brought back the MacGregor paddle for the second year in a row, against strong competition from teams from Worcester and Richmond canoe clubs.

Well done to all our regular paddlers and many thanks to those who came up to race for the first time and those who "came out of retirement" for the day. Besides those who paddled, our success was on no-uncertain terms also down to all the helpers. So thanks to all the friends and family who contributed: anyone who ran up the course with a lane number board for a tired and forgetful paddler; you gave us one point. For getting paddler, paddles and boat, there on the water, on time, fed and rested in the first place you gave us 20 points! And thanks to all the supporters who, armed with the club flag and bugle, noisily cheered and encouraged our squad to victory!

The regatta series only runs because of the effort from a big team of helpers coming from all the canoe clubs up and down the country. Thanks to every one of them for making the event possible and especially those from Wey Kayak Club. Our very own Pete Morley, head honcho, Regatta Organizer; Hannah Cawthorn taking entries on the desk; Gordon Wycherley and Mike Walsh (senior) on the start line; Linda Heath sorting race results in the office; and Dave Etheridge and Tom Cawthorn for when it all goes so terribly wrong, manning the rescue boats.

There were many performances worthy of note, too many to list them all. Congratulations on promotions to; Seb Freebody, Joe Beevers, Pete Gorman and Claire Gunney. The Freebody brothers were unbeaten in BD K2s and K4s (with Toms Ng and Tozer). In MB Cox and Yates cleaned up in the K2 events, Joe Seaman fought hard for a 1st place in MC Canoe 1000.

* Canoeing

I started canoeing because it is a growing sport which is great fun and much better in my opinion, than kayaking. When you first start it is difficult to keep your balance, and then the next thing to learn is how to steer. After you've got those, you can really get down to improving your stroke and speed. There has been a lot of support for me from club members, and other canoe paddlers are always ready to give advice. Marcus Gohar is now doing one visit a month to Wey to offer his expert coaching.

I have competed in events, including marathons and sprints. In marathons I have sometimes been the only canoe paddler in the race, having to race against kayaks. I am now finishing Div 9 marathons in under an hour and not losing Boys D sprints. It's not as hard as you think. *Luke Lipscombe*

Touring

Wey Rovers - a grand day out!

The first Rovers "event" took place on Saturday 26th September - a paddle downstream to Elmbridge.

Eleven not-terribly-intrepid explorers gathered at the Club on what turned out to be one of the warmest/sunniest days of September this year - you couldn't ask for any better. We left just before 10am in the direction of Elmbridge, but with our sights set firmly on The Anchor pub at Pyrford.

As is customary with the Rovers, we took it easy, and meandered down the river, stopping for a chat at most of the locks. Few of us had been beyond Triggs Lock, so there was some new countryside to see along what is a very pretty river. A little after mid day we arrived at The Anchor and had a good bit of nosh and a drink or two in the sunshine.



Moving on, we encountered some kayaks coming in the other direction - these were from Addlestone Canoe Club, and they were enjoying the sunshine too (although a couple of them did look very serious about their training). After some interesting portaging across the main road we carried on down to meet the Thames just before the Elmbridge Canoe Club. For many this was the first time on the Thames. It's a big old river in comparison to the Wey, but there was little wind, and no pleasure craft to speak of, so we had an easy and short paddle down to Elmbridge Canoe Club.

At Elmbridge we had a stretch, a look around the club and then right on time, Jed arrived with the trailer to take us all home. All in all a very enjoyable day indeed.

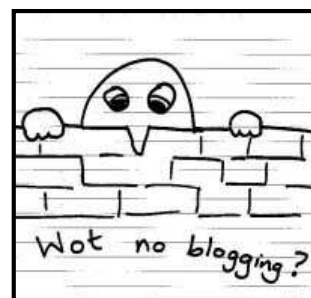
Many thanks to all those helped in organising the day including Liz, Richard and David H for chauffeuring people, and an extra special thanks to Jed for transporting the kayaks back to the club after the event.

We will repeat the event again next year ("The Rovers Return"?) and may well arrange another event in the meantime - so keep an eye on your emails for details. *Calum Shaw*



As you may know Wey Kayak Club has a Blog site. The address is www.weykayak.blogspot.com, however there is a link from the News page of the website. We would like as many members as possible to be blog authors, so if you would like to post

items just send a request to webmaster@weykayak.co.uk to be set up as an author. The Blog was set up to enable access to race reports and items of interest **as they happen** but will only serve that purpose if people contribute! It's easy to do.....





Christmas Shopping?

The new Wey cagoule - water and wind resistant. Available in medium, large and extra large sizes. Only £18.00 and in stock now.



The navy showerproof jacket with logo and fleece or cotton lining. £17.00 to £22.50 in a range of sizes. Order **now** for delivery by Christmas.



Club racing vests £15.00. In stock.

For all the above see order form in club, details on website or e-mail Annie newsletter@weykayak.co.uk to arrange delivery.

Pogies and spraydecks available through Peter Morley.



Wey Xmas Cards.

With Christmas just around the corner Antony Edmonds has produced a set of Christmas cards based on scenes around Wey and Winkworth Arboretum, together with a Wey calendar, showing scenes along the Wey

through the year. All profits will go towards paying off the outstanding Waterside building debts. An order form will be available at the Club House for delivery mid November. The cards are £5.00 a pack and the calendar around £10.00.

Paddles for Sale - Fancy a nice new set of paddles for Christmas? KAJNER paddles are made in Hungary. They are top quality carbon kevlar construction - £200.00. Paddle bags also available. Check out the Kajner website for the varieties and sizes.

I have a demo set for you to try. Interested?

See Jim Rossiter jimrossiter@btopenworld.com ☎ 01883 370143 or 07720 326 940

ELIO Cobra K1 for Sale Carbon Kevlar Construction for racing/touring. Brand new from Portugal. Ideal boat for the more mature coach. £1075.

See Jim Rossiter at Wey. Contact details as above.

FOR SALE

New K1 - never been on the water.

Glass Fibre construction about 11kg.

Very fast boat of same design as Dean Terry's bronze medal winning boat at the World Marathons 2009.

£500 - no offers.

☎ Home 01303 863658

Mobile 07784 534675

(see picture on board at the Club)

Boat Painting

A friend of my family runs a car body shop and is looking to expand the business. Having previously asked him to look into boat paints, he has located the nozzles and paints required and is willing to set up a business providing a boat painting service if enough interest is generated. He can do any required colours and is willing to do designs. Please come and talk to me - James Cordery; I'm at the club most days and I can pass on any queries.

If you don't currently receive this newsletter by email and would like to, then please send your email address to: webmaster@weykayak.co.uk
Please be assured that your email address will not be passed on to anyone else. If you would prefer NOT to receive the communications from WKC via email please send an email to webmaster@weykayak.co.uk and request that your email address is removed from our circulation list.

The Guildford Waterside Centre "The GWC 400 Club"

WE HAVE SET UP A 400 CLUB IN ORDER TO
RAISE FUNDS TO HELP PAY OFF LOANS AND FOR
FUTURE DEVELOPMENTS AT THE CENTRE.



50% OF ALL GWC 400 Club funds will be paid in PRIZES
THERE WILL BE MONTHLY PRIZES OF £50.
PLUS 2 PRIZES EACH QUARTER OF £300* AND £150*
AND A BIG CHRISTMAS DRAW - PRIZES OF £1500* AND £500*
* IF WE HAVE 400 MEMBERS. MORE MEMBERS = BIGGER PRIZES!

TICKETS COST **£24** FOR 12 MONTHLY DRAWS.

Download an application form from the website/Club/ fundraising



12 Dec @ 7pm

Wey Kayak Club logo

Christmas Dinner

£15 Juniors
£19 Seniors

More information to follow about who to reply to...

The poster features a purple background with a white Christmas tree on the left. It includes a 'Wey Kayak Club' logo, the text '12 Dec @ 7pm', 'Christmas Dinner', and ticket prices: '£15 Juniors' and '£19 Seniors'. At the bottom, it says 'More information to follow about who to reply to...'. There are four small portrait photos of people and a Santa hat icon.

CHRISTMAS DINNER 2009

Saturday 12th December
7.00 pm at the Club,
Guildford Waterside Centre.

Dress: "Posh"



Further details and booking
arrangements will be available
on the website and at the Club soon.

Thanks to all who have contributed to this newsletter. Photo credits: Hannah Missen, Antony Edmonds, Claudine Le Roux, Brian Hardy, and Clive Johnson. Please send articles, reports, photos, information etc that you would like included in future editions to newsletter@weykayak.co.uk.

The Racing Calendar 2009 - Easter 2010 is on the following page - Print this page and attach to fridge, notice-board, headboard or commit to memory!

01- Nov- 09	Hare & Hounds (1) Wey
22-Nov-09	Hare & Hounds (2) Wey
29-Nov-09	Hare & Hounds - (Spare)
29-Nov-09	Ross Warland Memorial - Banbury
06-Dec-09	Hare & Hounds (3) Wey
20-Dec-09	Hare & Hounds - (Spare)
03-Jan-10	Frank Luzmore K2
10-Jan-10	Hare & Hounds (4) Wey
31-Jan-10	Hare & Hounds - (Spare)
07-Feb-10	Waterside A - 13.54 miles & 21 portages
14-Feb-10	Hare & Hounds (5) Wey
14-Feb-10	Thameside 1 - 12 miles & 12 portages
21-Feb-10	Waterside B - 16.68 & 19 portages
28-Feb-10	Thameside 2 - 18.21 & 8 portages
07-Mar-10	Waterside C - 22.49 miles & 35 Portages
14-Mar-10	Weyside - 11 or 16 Miles
14-Mar-10	Royal K1/K2
21-Mar-10	Waterside D - 34.29 miles & 35 portages
2-5 Apr-10	Devizes to Westminster - 125 miles & 76 portages

NB: 8th November - Longridge Hasler Race is postponed until further notice