



Wey Kayak Club

Newsletter

August 2010

www.weykayak.co.uk



Chairman's Chat

I hope you have all enjoyed the sunshine this spring and summer. It has been great for paddling.

The 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. The August and September courses are still to come. As usual, thanks to all those who have staffed these courses, to John Lee for doing all the staff planning and Dave Howie for taking all the bookings.

Cathy and Peter have also been teaching on courses for local schools during the week. The Club is high on the list of 'value for money' with similar arrangements for other sports.

The extra numbers who have joined the Saturday progression groups have stretched our resources, boats and coaches, to the limit sometimes, but we have just about coped.

In recent weeks we have competed for the Club Team Trophies at the National Club Sprint Championship, at Nottingham and the National Marathon Championship at Chester. We had a good turn out from the Club at both these events, but with many of our paddlers away on International duty, we were 3rd at Nottingham. Then, despite a great number of individual National Champions (Jack Childerstone won 3 golds) we were 2nd at Chester.



Liam does the Maths! 3 golds for him this season (so far)

At the top end of the competition ladder we have had a fantastic year so far. Following Golds at the Sprint World Cup events, Rachel Cawthorn went on to be crowned European Champion in 1000m and took bronze in the 500m, in Spain. This was followed by Liam Heath in K2 with his partner Jonny Schofield, taking the European title in the 200m. Abi Edmonds stroked the GB K4 boat to 5th place in the 500 m final and Paul Wycherley was in the 1000m K4 that took 8th place.(see report below) Along with Ed Cox who joins the team for the 200m relay, we have great hopes for more success at the World Championships later this month in Poland.

Mark Childerstone, Matt Welch and Dean Terry have recently been competing in the U23 European Sprint Championships in Moscow following on from their first Senior event this year in World Cup 2. This came with a new set of challenges, not just in the racing, but also due to the Russian capital experiencing a prolonged and adverse heat wave.

Also recently, Alice Haws and Vicky Croucher in Junior Women K2 won Gold and then Silver at the 2 Marathon World Cups in Czech Republic and Germany. Jon Simmons won a Bronze in the Men's K2. Claire Gunney achieved a 5th and then 4th placing respectively in the Senior Women's K1s in the two events. We look forward to them racing at the World Marathon Championships in Spain, in September. Remember, you can always get up to date results by following the links that Richard Cawthorn sets up on the website.

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. We have our review in September, when we will be striving to reach the requirements of the new TOP CLUB GOLD standard.

The GWC's has on offer the GWC 400 Club to aid our fund raising, to pay off our loans. The fee to join is £24 for 12 monthly draws with cash prizes for the lucky winners. 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 most of members in this way. If you have received a hard copy, collected at the Club, then please let us have an e-mail address on which to contact you. It is also posted on the website.

Please make full use of the website, it is continually updated by Richard Cawthorn. Have a look at the photos taken at events by Anthony Edmonds they are excellent. www.veykayak.co.uk

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

Coaching News

SPORTS MASSAGE THERAPY



Annie Ladd will be attending the club every Thursday from 5-8pm during the summer to provide free sports massage therapy for those who require it.

AQUATIC FIRST AID COURSE



The next course will take place on 29/30 Sep 2010 from 6-10pm. It is free for Club Coaches, Club Trainers and potential Level One Coaches. If you are available to attend please contact David Howie to request a place. Only 8 places available and going fast.

FREE LEVEL ONE COACH COURSE

The next course will be held in 2011. The exact dates have yet to be decided. If you would like to be considered for a place, please contact David Howie to discuss availability. There are 6-12 vacancies available on the course. Those attending will be expected to assist with coaching one of the training/recreational groups at the Club and assisting with the Introductory Courses.

TWO STAR TESTING

Cathy West will be available to conduct a Two Star Test for those who require it on the following dates: 11 Sep; 16 Oct; 17 Oct. She will also be testing the Introductory Course for One Star on the same dates and anyone who missed their opportunity on an earlier course is welcome

to attend. Please contact David Howie if you would like to attend for testing. Tests cost £10 each.

COACHING AREA ON THE WEBSITE

For those who have not visited the website recently, there is now a Members Area which has a lot of relevant information concerning coaches and coaching.

It includes information provided to Level 1 and 2 Coaches who attended the Foundation Racing Module that will be of general interest to all competition paddlers. This section also includes links to the ICF website for training schedules and training philosophy.

Lesson Plans for each session on the Introductory Courses can be found as well as the latest list of coaches to conduct these lessons and details of the Training Objectives for One and Two Star that need to be achieved on the courses.

There are also articles on Age Periodisation and Paddling Technique which were presented to the club coaches by John Handyside and Alex Nickonorov in Nov 2009.

Finally, for those who are interested in what goes on behind the scenes in the planning and administration of the coaching programme at the club, the minutes of the monthly Coaches Meetings can also be found there.

David Howie

K2 FITTINGS

Missing seats, footrests and pumps from the Club K2s is becoming an increasing problem. Boats are often unavailable for training or races due to items having been removed.

An amnesty will operate until end August for the return of items either to the K2 shed or a club coach. Thereafter any club member found removing fittings or in possession of fittings will be immediately banned from using club boats.

WKC Committee



Rocket K4s

For a few weeks we now have on loan from the Region, two Rocket K4s for trial by our younger junior paddlers. Hopefully they will be put to good and *careful* use. We will then decide if it is worth Wey investing in our own.

Race Reports

Wey Marathon ~ Sunday 27th June; a significant date in the sporting calendar. Yes, the day when the England football team played Germany in the World Cup....and lost 1:4, but more importantly, the day of the annual Wey Marathon!

archive picture



Once again we were fortunate with the weather and had a good turnout of competitors from across the region with some exciting and challenging racing to be witnessed. For the upper divisions, paddling over the longer distances, there was the additional and unexpected handicap of a tree

across the river and accompanying navigation maintenance team. Unfortunately this hampered the racing in varying degrees.

Wey paddlers put in some winning performances. Paul Yates in Div 1 with Adrian Croucher close behind. Other winners were, Mike Childerstone in Div 5 and James Beyer and Richard Lipscombe in Div 4 K2. Coming 2nd in Div 4, Graham Easey was promoted to Div 3 and Mark Addison was promoted to Div 5 by coming 2nd in his Div 6 race. Maddie De Ferrer also gained promotion to Div 6 from Div 7, whilst younger sister Gaby took 1st place in the U10s, followed by Lucy Tozer in 2nd place. Keeping it in the family, father and son Canoe team, Eric and Max Jamieson came 3rd in Div 9.

There were many other excellent results and as usual these can be found on the website. Huge thanks to David Howie and his team of many members and parents who made the day possible.

BCU National Inter-Club Regatta~ MacGregor Paddle

July 3rd and the fourth National regatta of the season: This year the July regatta was the Inter-Club competition with Clubs across the country aiming to become the holder of the historical "MacGregor Paddle". Wey has won this title over the past two years when the event was more traditionally held in September. The July date meant that many of our top paddlers were away on international duty and others were preparing for internationals to come, so crews were affected and could not always gain full points for the Club. However, we still managed a turnout of nearly 60 paddlers, including a few first timers who are of course, now hooked!

In the final reckoning, Wey achieved 3rd place with 463 points to Worcester's 472, and Reading with 479. Unfortunately we also scored the highest number of penalty points, mainly for lane number issues and, it has to be said, mostly down to certain Masters paddlers who are old enough to know better!

It was great to see a solid core of Canoe paddlers (diggers) present with some very strong performances from them in challenging conditions. Yes, this was the NWSC and the wind was certainly in evidence. Joe Seaman did well to remain upright as his canoe filled like a bathtub in the standing waves. Others were not so lucky! Eventually the decision was taken for all races to be over 200m instead of 1000m late on Sunday as the 1000m Start was too hazardous.

As usual there were many notable performances and all details are on the website. Congratulations to Pete Gorman on promotion to Mast. B and to Adrian Croucher for his 1st place in Mast. A 200m. In Mens A, Ed Cox was 1st in 200m and Dean Terry was 1st in the 1000 and 500. He was joined by Matt Welch to win the K2 500. In the Girls B 500 Hazel Childerstone had a great race gaining 2nd and she was joined by Vicky Croucher, Marthe De Ferrer and Rebecca Lipscombe to take 2nd in K4. In Boys A, Charlie Welch and Peter Bannister were 2nd in K2 500, but their hopes to equal or improve that result in the 1000 were hampered by the worsening weather and finding themselves racing 200 instead!



photo: Ben Brown. racepacegroup.com

We were lacking our usual friendly photographer at this regatta who was away in Spain, also on international duties. See below.

Senior European Championships~ Spain

Well, what to say! Only that this has been both Britain's, (and Wey's) best championships yet. Four Golds and a Bronze- we can't wait for the World Championships.

The heats kicked off on Friday. Like most competitions we had to wait until Saturday for the 1000m finals, then Sunday for the rest. They were two exciting days.

Rach's K1 was the first final. As I wasn't racing on Saturday my main priority was to watch it. It was awesome. Coming into the last 200m she was clearly ahead. She kept this up to win by 2.5s, taking out one of the biggest names in kayaking- Kovacs- on her way. Our first European Champion! She then followed this up with Bronze in the 500m. Not bad, not bad.

So that set the tone....



Both K4 races were exciting. (Personally I think they were the best ones of the weekend.) The men have chipped away at their time, meaning they were closer to gold than this time last year.

My K4- I stroke it- got into the final as the slowest qualifier having had an appalling start in the semi. I think it gave Miklos his first grey hairs. So the task for the final was to correct this. We did. We came 5th. It was an incredible result for us, passing even Trev's expectations. (Which is quite something as Trev is very optimistic.)

Considering how the 200m boys did at the two World Cups, there was great expectation from the team for more gold medals. One of the races I watched was Ed McKeever's heat. Wow! It was one adrenalin rush. He was racing against Ronald Rauhe GER for qualification straight to the final. For the first 100m you can't tell people's positions, which is very frustrating. Then suddenly you can see that Ed is slightly ahead. Only just. "Come on EDDDDD!" Well you know the outcome. He won both the heat and the final.

Liam and Jonnie put in a storming race too. (They were the only reason you came out weren't they Jim!? I don't blame you. This is their third win of the season! It was great to see another Brit up on that podium, especially a fellow club mate. Unfortunately I didn't see their race, but I do remember hanging out the hotel window straining to here which National Anthem was playing.

Almost there: The last race was Lani's 5km. It consists of 1 big lap and FOUR smaller ones. Lani got herself into the lead group with a Hungarian and one other. She had the race under control all the way. The only time she looked a little confused was when the Hungarian girl finished a lap early! Yes, she miscounted. Lani kept her head though and won the race, second place going to a bitterly upset Hungarian. So that was Trasona. Wait, not quite. I forgot to mention the Record breaking K4 in our hotel. It was made of chocolate and full length. It tasted pretty good, but the smell! That was amazing!

Next stop is Poznan; the World Champs- WATCH OUT!!!!

Abi Edmonds



National Marathon Championships 2010

The weekend of the 31st of July saw the annual National Marathon Championships take place in Chester on the river Dee. Many people travelled up on the Friday and were quickly given a stark reminder that they were in close proximity to north Wales by the rain which bucketed down in the afternoon.

The racing then began properly on the Saturday morning with the 4 mile races for the under 14s and the older masters (no oil paintings?). The first start off was the U14 boys which was a large, competitive race, but one which saw two Wey paddlers in the front group with Jack Childerstone winning and Ed Haws coming in 3rd. David Howie raced to become the O64 National Champion.

Next were the longest races of the day with both 12 and 16 mile races running at the same time. First off were the senior men doing the 16 miles. This saw Wey paddler Jon Simmons in a front group with three Elmbridge paddlers for much of the race though he just missed out on a podium spot. Also doing the 16 mile course were the senior women and the U23 men and women. In the senior women Claire Gunney led most of the race and came in first a couple of minutes ahead of the next senior womens boat. In the U23 mens, Wey had four paddlers all of whom were in the front group at one point. In the end it was Paul Yates who went on to win and Michael Lambert coming in 3rd a few of minutes behind. Richard Lipscombe and James Cordery came in 6th and 7th about midfield. Next off were the U18 starts with the boys going first, but unfortunately there were no Wey paddlers competing; and then the U18 girls in which there were three Wey paddlers, Alice Haws, Vicky Croucher and Hazel Childerstone who came in 3rd, 4th, and 5th respectively.

The next group of races were all 8 mile races and featured the U16 boys and girls and the O44 and O49 veterans races. First off were the U16 boys in which there were two Wey paddlers, myself and Pete Bannister. I came in 3rd and Pete just behind in 4th. There

were successes in the masters races with Adrian(Sage) Henson coming 6th in the O44 masters and Ewan Cox winning the O49 masters race. Gaby De Ferrer and Lucy Tozer were 2nd and 3rd in the Girls U10 K1 race achieving points for the Club and National medals!

Sunday saw the K2 races starting in the same order. Once again the U14 boys was won by Jack with his partner from Reading, Sam Kirchenstein and Ed got 3rd with his partner Sam Burdett of (MAI). Maddie De Ferrer had a successful haul of points for the Club from her weekend's racing.



Like the Saturday the longest races went off next. The senior mens was won by Jon Simmons and his partner Ivan Lawler of Elmbridge. Also racing at this time were the U18 boys and girls. In the boys Wey had Calvin Freebody and Joe Beevers both racing 12 miles for the first time and coming in a respectable 7th. In the girls Hazel Childerstone was 2nd with her partner Emma Hawthorn from Worcester.

Finally there were the 8 mile K2 races. The U16 boys were off first and the class was won by Jack again with his partner Ben Killip (RIC). Pete Bannister and I were 3rd after an unlucky swim at the portage which meant we had to work hard to catch up with the lead group. In the girls race Marthe De Ferrer came 2nd with her partner Megan Middleton (FOW). Again there was success in the masters race with Sage Henson and Ewan Cox coming in 1st place in the O44 mens K2.

Overall, a successful weekend for many individuals and the club as a whole with Wey coming in 2nd place just behind Nottingham. *Charlie Welch*

Reminder...Entries for the next "National Championship" Regatta, September 4th – 5th to Mike Childerstone by Wednesday 18th August – e mail please.

Also - CALL TO ARMS – we need points!

Tonbridge Hasler Marathon 22 August. We need lots of paddlers on the water especially newer members. Speak to your Coach.

Cu Revoir Claudine

After many years working with GB Canoeing, Claudine has decided that the time is right for her to move back to France with Charley. She has in the past coached the Elite Women, but since Charley arrived, her focus has been on the development of the Junior Squad, most recently, as the Junior National Coach. Wey's young paddlers have been fortunate to benefit regularly from Claudine's input both on the water and with land based training. She will be greatly missed....



"After nearly ten years cycling the rivers and lakes of the UK on her trusty fold up bicycle, I am sad to say that Claudine is shortly to be leaving us to return to France. Her most recent years have been partly based at Wey, reminding many of us to use our " 'ips and legs" and to "catch- pull-exit!" This attention to detail has brought results by the bucket load with Wey members making up a majority in many GB teams.



Junior World Championships Moscow 2009

Accompanying Claudine is her son Charley who has become a very popular face down the club, although he may have picked up some less than desirable language as a result of adolescent company! I know we as a club and the rest of GB canoeing are all very sad to see Claudine go and we wish her all the best in her new position. Hope to see you at a regatta soon!" *Matt Welch*



PROJECT KRAKEN

Our Chairman, Jim Rossiter has recently been in discussion with Surrey Police regarding their involvement in a National initiative known as "Project Kraken. " It is designed to raise awareness among river communities about the threat of terrorism and other criminal activities on our waterways.

What do the Surrey Police ask of you?

Quite simply, to call the central number whenever you see any activity or behaviour that you feel is suspicious and which may be connected with acts of preparatory acts of terrorism or serious crime.

If you suspect it, report it. ☎ 0845 125 2222 and quote Project Kraken.

Remember to lock up sheds and ensure the building is secure when you are leaving or on the water. Do not leave equipment unattended for long periods of time. We are aware of a recent attempt of theft of some new personal paddles.



Building Access and Security – Waterside Update

In order to make the Club House more user friendly for disabled members, at the end of the summer the Waterside centre will be adding automatic openers and closers to the front and back doors. These systems will be similar to the current ones installed on the Gym door and the changing room entrances. Whilst this work is being carried out, the Centre has taken the opportunity to improve the security of the building by modifying the locking system and including access control for all users. Club members will be able to change their existing keys for an "Access Fob" which will allow users to open the doors that they are authorised to open. It is understood that these should be waterproof!

The exact changeover date and procedures to follow cannot be finalised until the Centre has a full understanding of the software in the system, so keep an eye on the web site where more information will be made available in due course.



Raft Race.

July 4th hosted a very busy Lions raft race with 35 rafts taking part and nearly £700 earned for the centre plus about £8,000 for other charities.

On several occasions the Club has considered entering this event but somehow we always seem to fall short on the actual date as it typically clashes with National Championships. So next year I appeal to all paddlers not at NWSC to form a team or teams with the following objectives:

- The Course record of 23 minutes has been held by a group of builders for over 5 years... and they need to be beaten! There is no way we, as a Top Club holding International, National and local records, can allow others to claim rights in our water.
- As you can see from the figures it's a very good way to raise monies for the Club.

Volunteers to me please and we will make a plan.

David Kitching

BCU National Regattas 2011 NWSC Nottingham

16-17 April

7-8 May

4-5 June

2-3 July

10-11 September



BRITISH INDOOR KAYAK CHAMPIONSHIPS

Sponsored by
ONTARIO CANADA
www.ontariotravel.net/uk

20th-21st November 2010
Lee Valley Athletics Centre, Edmonton

Prize money to be won!
Enter at www.gbcanoeing.org.uk

Events include:
200m, 500m, 1km, 5km

SUPPORTED BY **KAYAKPRO**




FIGHT NITE FROLICKS! (See the video on the website)

Following the success of the Fight Nite, Social Sec. Pam is planning an afternoon of dastardly fun for all!

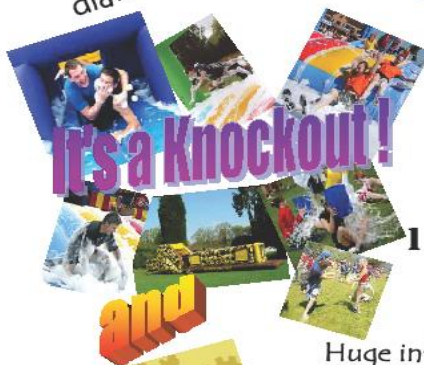
SUNDAY 12 SEPTEMBER

Keep checking for news on the web

Social Events

Put the date in your diary!

Not to be missed!



It's a Knockout!

on

**SUNDAY
12TH SEPT.
12-5pm**

and



Huge inflatable assault course, madcap games for all the family, "Wacky Relay Races" on the river like you've never seen before!

More info. to follow!

Event Calendar

Print this page and pin up!

| | | | |
|-------|-------|--|--------------------------|
| Aug | 22 | Tonbridge Regional Hasler Marathon | Regional Hasler Marathon |
| | 28 | Worcester K1 / K2 Assessment | Assessment Marathon |
| | 29 | Longridge Marathon | |
| Sept | 4-5 | BCU Sprint Regatta NWSC National Championships | National Sprint |
| | 12 | Henley Marathon | |
| | 18 | Reading K4 5k/10k | |
| | 19 | Pangbourne Marathon | |
| | 26 | Windsor Marathon | |
| Oct | 2 | Royal Paddling Challenge | |
| | 3 | Elmbridge Regional Hasler Marathon | Regional Hasler Marathon |
| | 10 | 2010 Hasler Final - Worcester | HASLER FINAL |
| | 24 | Richmond Regional Hasler Marathon | Regional Hasler Marathon |
| | 31 | Banbury Marathon | |
| | 31 | Wey Triathlon | |
| Nov | 7 | Hare and Hounds 1 | |
| | 20/21 | Indoor Paddling Championships (Edmonton Stadium) | |
| | 28 | Hare and Hounds 2 | |
| Dec | 5 | Hare and Hounds 3 | |
| | 12 | Wey Christmas Dinner | |
| | | CALENDAR 2011 | |
| Jan | 9 | Frank Luzmore K2 | |
| | 16 | Hare and Hounds 4 | |
| Feb | 13 | Hare and Hounds 5 | |
| | 27 | Waterside A | |
| Mar | 13 | Waterside B | |
| | 27 | Waterside C | |
| April | 3 | Royal K1/K2 | |
| | 10 | Waterside D | |
| | 22 | Devizes to Westminster | |

NB. No Thameside 1 and 2 dates yet available (2011)