

BCU FLATWATER RACING NEWSLETTER

APRIL/MAY 2003

www.bcu.org.uk/marathon or
email marathon@bcu.org.uk

With the recent sunshine it seems that the new season really is here & thoughts turn to DW. The organisers of the event have asked that if you are not competing please come and support. If you have never watched then it should be experienced at least once.

This is the third issue of the new regime and we still do not know what you think of it. Only one letter so far and no queues of articles to go in the next issue. Do you want anything different?

We are building an email address list for this publication. If you want to be included send your email address to christinelaws@lineone.net. If a club is not receiving either a hard copy or an email copy please let us know. Postal address in Year Book.

Because of the ICF Boards decision to move the Marathon World Championships back to its original date of the 27/28th September despite the best efforts of the Spanish organisers, the Hasler Trophy Final will be on the 21st September. The ICF Marathon Committee supported by numerous federations including the BCU fought for this date as it is two weeks away from the Sprint Worlds and would allow those who were in the Sprint Team also to compete in the Marathon Worlds. Hopefully this will encourage these paddlers not just here but elsewhere too. The Norwegian K2 winners last year are also gold medal Sprinters.

Alan & Christine Laws

ALTERED DATES AND CORRECTIONS

WOODMILL MARATHON – This date has now been changed to the 29th June.

The venues for 2003 Marathon National Championships and Hasler Final were unfortunately reversed in the last newsletter.

NATIONAL CHAMPIONSHIPS - 26/27th July at Worcester.

HASLER FINAL - 21st September at Reading.

BANBURY MARATHON – 28th September

Correction to Page E2 in the Year Book

Marathon Selection Committee should also include the Performance Director, John Anderson as listed under the selection policy - clause 8.

10 TRAINING TIPS FOR ALL PADDLERS

1. All training plans should have weeks of reduced volume. During those weeks, rest. You can include some speedwork, but don't be tempted to add more volume in terms of training or personal commitments.
2. Be certain that you consume a sports drink for any workout or race greater than one hour.
3. When you're not training or racing, drink, drink, drink - at least 8-10 glasses of water every day. Fill a water jug each morning and be certain you drink it before the end of the day.
4. Endurance athletes often short themselves on protein. One source recommends that you consume somewhere between 0.8 and 1.0 grams of protein per pound of lean body weight. It's best if it is consumed throughout the day.
5. Include a variety of fresh fruits and vegetables in your diet. Some athletes snack on 3-4 bagels per day or highly processed, no-fat snack foods. They would be getting a better mix of nutrients if they included fresh fruits and veggies instead.
6. Goal setting: Your goals should be challenging, yet achievable. Goals that are too easy or too hard destroy motivation.
7. Have a plan: Whether you are your own coach, or you seek the help of a professional coach, have a written plan for how you intend to get to where you want to go. The plan can change, but at least have a rough map. It would be a shame to be two weeks before race day and realise your longest endurance paddle was less than half the race distance.
8. When you finish a long or intense workout, have a recovery drink that contains carbohydrates and protein, with limited fat.
9. Don't be a slave to the written plan. Sound contradictory to tip 7? Not really. Remember that it's a place to start. Expect your plan to change and have some flexibility.
10. If your doing a speed session, try to find a training partner or group. You will find the session much more challenging and enjoyable. Therefore the session will be much more rewarding.

Shaun Caven

DEVIZES TO WESTMINSTER

Just in case you needed reminding Easter is 18th – 21st April 2003...

Entry forms are available:

Mrs Janice Begent, Event Secretary
Boscombe Forge, Church Road, Bookham, Surrey
KT23 3JG. (020) 7620 0298

New for 2003:

Junior rules regarding food boxes have changed.
Please make sure you have read the 2003 rules!

Light Sticks: This year you will need to equip yourselves with white light sticks which must be worn on the right shoulder of your buoyancy aid when paddling at night.

Your team this year:

Peter Begent - President
Tom Armistead - Director
Tim Joiner - Director
Paul Ralph - Director
Team Leaders:
Paul Andrews (Race Coordination)
Tim Perks (Safety)
Peter Jones (Chief Umpire)
Sally Peake (Press and Publicity)
Cherry Bapty (Communication)
Steve Hackett (Westminster Site Manager)
Janice Begent (Competition Secretary)
Jill Gibbons (Clerk of the Course)

Tide times at Teddington:

Sunday 20th 0559 & 1826 BST
Monday 21st 0643 BST

Sunrise/Sunset:

Friday 18th 0600 2000 BST
Saturday 19th 0557 2001 BST
Sunday 20th 0555 2005 BST
Monday 21st 0553 2006 BST

Stages Event:

Friday 18th 0700 Devizes
Saturday 19th 0800 Newbury
Sunday 20th 0800 Marlow
Monday 21st 0600 Teddington

Remember: Senior K2 starts from 7am Saturday, please advise us of your requested start time on registration.

Publicity:

DW should be all over your local press – PLEASE send us any interesting information for example if you are raising money for a charity or are competing for the first time, so that we can get you some well deserved publicity! We are also on the lookout for any interesting photos of the race, so if your support crews get any snaps please let us have a copy. Contact Sally Peake on 0207 401 8266 or e-mail sally.peake@tesco.net

Campsites:

As in previous years campsites are at Devizes, Newbury (Northcroft Leisure Centre), Marlow (Longridge) and Ham (Thames Young Mariners Base). We'd like to take the opportunity to remind you of a few things... Remember that all juniors need a responsible adult present overnight. It gets cold (no really!) so make sure you have warm bedding, if I could remember the name of the young gentleman at Teddington last year who left his sleeping bag at Marlow I'd embarrass him right now! Remember juniors that you are not allowed to leave the campsites so make sure you have arranged for all your food to be at the campsites. **ALL CREWS: you must rise in time to pack your tent and kit away and tidy all the rubbish away,**

St Thomas' Hospital:

St Thomas' have kindly given us the use of their grounds again this year– please remember that we need to do all our 'celebrating' in St Thomas' area rather than in front of the London Eye or County Hall... If you haven't yet thought of a charity to raise money for we would like to encourage you to support the Friends of St Thomas' – information can be obtained from Janice upon registration.

Forward Planning

Devizes: Book your accommodation now – Devizes Visitor Centre can help on 01380 729408 or book online at www.visitwiltshire.co.uk

WESTMINSTER : there is no access to the bridge at present. Please check the website for details & check at checking in.
www.dwrace.org.uk

Girls/Ladies Development Report Winter 2002/03

Through-out the winter we have helped arrange groups and training days around the country. We set a high target to begin with, knowing that it would be difficult to get all groups established this year, so with for us at a premium we decided to work with the most enthusiastic, hoping that later if successful, the other groups would develop.

The idea of the women's and girls groups was to have senior women paddlers and coaches bringing together as many females as possible into one venue, with a short travel time. They would train, have discussions about the sport, try out crews, and develop coaching skills. This will hopefully encourage more women to take a more active role in coaching.

The days were run at Norwich (2), Richmond (2), Nottingham (2), Leaside and Reading.

The numbers for the assessment marathon race at Elmbridge for juniors were in general encouraging, especially for girls, with 18 starters and only 3 retirements on a very hard course.

Getting this network off the ground needs a great deal of effort from key women and their helpers. Once up and running, they can continue as part of a local programme. Indeed some groups have almost worked independently under their own initiative and just the mere fact that we are around for backup is enough to get them moving.

We believe that there is an awful lot of work to be done for girls throughout the summer, simply because they don't paddle in the winter. We need to get some summer training days for girls that are not yet able to or have the means to train in the winter. By starting training days and groups in the summer we can turn around the present "no winter training" to all year round activity in those areas.

We have already identified those areas over the last year. Setting up groups that can work together will need help not only from development officers, but also from other local racing clubs etc. to give advice in things like different training methods for younger people and girls.

We have also put into action three more girl power schemes at Reading (Dave Coulson), Nottingham (Beth Cambell & Howard Blackman) & Norwich (Ali Beven) following the Wey KC pilot in September of last year. They are ready to start after the Easter break.

We have moved forward on promoting the sport in areas of clothing for women with more style, better cuts, and shaped garments. We have established links with Impsport in Lincoln that manufactures clothing for many sports, and now canoeing. Some groups, during this winter, have had sportswear shows on training days with feedback to us for development. We believe that athletes should be advertising themselves and their club, with fashionable sports clothing of club design rather than giving the promotion to Craft or Helly Hanson.

FUTURE DEVELOPMENT

To continue the changes within the domestic programme by having more classes in Sprint 'A', 'B' & 'C' K1 and in Marathon adding shorter 8 mile races at the same venue as assessment events for ladies Divisions 5 and below.

The relevant committees have recognised the need to develop ladies races at foreign events. So this year there will be some development trips organised by the BCU development programme both in Sprint and Marathon.

If you are keen to develop your racing, but find yourself off the pace at World Cup level then this could help you bridge that gap.

To meet the criteria for this development programme you must be a senior lady, be in regular training, racing in Women's 'B' or above for Sprint trips. To have completed at least one of the assessment races (full course) for marathon trips. Contact me for a form, which must be filled in and returned back to me.

Dyson Pendle

email dysonpendle@ukgateway.net

Tel. 01692 535652

Or sent to - Jasmine Cottage, Chapel Road, Dilham, North Walsham, NR28 9PZ

CANOE PADDLING

DEVELOPMENT PROGRAMME SUMMER 2003

April

Sat 5 th	Junior Introduction Day	Richmond
Sun 6 th	Junior Introduction Day	Fladbury
Sun 27 th	Junior TC2 Race	Leamington

May

Sat 10 th	Bell Boat and TC2 Racing	Nottingham
Sat 17 th	Coach Development Day	Royal
Sun 18 th	Junior TC2 Racing	Worcester
Sat 24 th	Coach Development Day	Fladbury

June

Sat 7 th	Bell Boat and TC2 Racing	Nottingham
Sat 21 st	Main Bell Boat Regatta	Pershore
Sun 29 th	Junior TC2 Racing	Leighton Buzzard

July

Sat 5 th	Bell Boat and TC2 Racing	Nottingham
Sat 12 th	BCU Youth Fest	Salford Quays
Sat 26 th /Sun 27 th	National Marathon Champs	Worcester

September

Sat 6 th	Bell Boat and TC2 Racing	Nottingham
Sat 20 th	Coach Development Day	TBA

October

Sun 5 th	Junior TC2 Racing	Fladbury
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For details contact: Steve Train - BCU Canoe Development Officer
Tel 07941 592110
Email: stevetrain@btinternet.com

PYRANHA LIGHTNING MARATHON CUP SERIES 2003

The Lightning Cup is a series of Marathon events, designed to run alongside and compliment the regional Hasler Marathon competitions with support from the BCU Youth Programme.

These races are for paddlers (boys & girls) under the age of 12 on 1st January 2003 and aim to encourage the participants to train, improve and to compete together. We welcome and encourage any club who would like to run a race at their Hasler event - the events are easy to organise and great fun for all involved.

Points will be awarded for each event culminating in the final event where double points will be awarded. Trophies will be awarded for the Marathon Cup to the best overall junior in each class and the club with the most points at the end of the series.

Age Categories **Boys/Girls U10 Boys/Girls U12 Note: Age on 1st January 2003**

Events Pyranha Marathon Lightning Cup series to run from March to July. The series is run at Regional Hasler ranked events where the venue is suitable and the organiser wishes to include a Lightning Class. The finals will be at the National Championships at Worcester 26th July.

Points scoring All racers are awarded points on the same system – 2 best scores from the regional Hasler events are added to their Clubs Score.

Points scored will count towards the team and individual event.

The system for points will be 1st place 10 points, 2nd place 9 points etc down to 10th place where everyone after that scores one point (racers must paddle the Lightning K1) with the exception of the finals where points will be 20 for a win, 19 2nd place and so forth.

Youths paddling junior composite boats may race in the Lightning races if Division 9 is not suitable. This must be declared on the entry form so that organisers can prepare separate results for these paddlers.

Prizes to be awarded – this is dependent on numbers but recommend 1st, 2nd and 3rd in each class - boys, girls, Under 10 and Under 12. Composite boats first boy and first girl over the line.

The Lightning Organiser's information and entry form will be included in the Marathon Organisers CD. The form to include, in addition to current information, dob/age category, boy/girl, whether a Lightning is needed or if composite boat is used.

Results to be sent to Peter Jones 173 Longmore Road, Shirley, Solihull, B90 3EL to compile the Cup Series results.

Promotion to Division 9 – U12 Paddlers that have scored 30 points or more will be invited to compete in division 9. These paddlers can continue to race in the Lightning Class for the rest of 2003 but will not be eligible for points. Lightning's may compete in Division 9 but will not collect Lightning points.

ALL THESE LIGHTNING EVENTS ARE SUPPORTED BY

PYRANHA MOULDING LTD
SPORT ENGLAND
BCU SPRINT RACING COMMITTEE
BCU MARATHON RACING COMMITTEE

Pyranha Lightning Sprint Cup Series 2003

Entries are invited for the Pyranha Lightning Sprint Cup Series 2003 held at the National Watersports Centre, Nottingham, including one event at the National Youthfest ,Salford Quays, Manchester. This race series is run for boys and girls under 12 years of age (1st Jan 2003).

Race dates: 10th May, 7th June, 6th July, 12th July (Youthfest Manchester), 6th Sept

Races Include:	<ul style="list-style-type: none"> ➤ Sprint - 200m Time Trial, 200m seeded Regatta ➤ Fun Team relays (Teams arranged on the day) ➤ Mini Marathon (Mass Start 2km Race)
Venue and timings:	<p>Entries – can be made via the Sprint regatta entry Booklet and must arrive at least 2 weeks before the event Peter Morley, 17 Springfield Road, Guildford, Surrey GU1 4DW. Late entries can be sent directly to Howard Blackman, BCU, English Coaching Office, Adbolton Lane, West Bridgford, NG2 5AS howard@bcu.org.uk 01159 821100</p> <p>Briefing – 10.00am in the Lecture room, all Team Leaders should attend</p> <p>Racing – Usually from 10.45am onwards</p> <p>Prize giving – Usually around 6.00pm in the Lecture room</p>
	<p>The races will be run in Lightning K1's. Competitors are encouraged to bring along a Lightning if they have access to one, however a small pool of Lightning's will be available to use. Please remember to bring along your own paddles and buoyancy aids.</p>
Cost:	£3.00 per paddler - cheques payable to BCU Sprint racing committee
Safety:	The event will be run under the auspices of the BCU Coaching Service. All competitors must wear buoyancy aids. All paddlers must be supervised onto and off the water by a club representative.

For more details on both the Sprint & Marathon Cups and other local events contact:

BCU YOUTH PROGRAMME, BCU Adbolton Lane, West Bridgford, Nottingham NG2 5AS,
Tel: 0115 982 1100, email: youth@bcu.org.uk

MANAGED MAYHEM IN MILAN 10K Racing Event

This 10K event was showcased by the Idroscalo club in Milan with the full support of the Italian federation as part of the Campaign promoting long distance events back into the Sprint World Championships. As a first step they are hoping to gain European Championship status within the next two years.

In 2002, 35 competitors took part. In 2003 there were 300 so there is no doubt the interest is out there! The timing is crucial – as the serious contenders for Sprint Championships medals have set out their training programmes through August/September. March provides the only race window opportunity at this point in time.

So with the aim of supporting the whole idea, GB sent a team of 18 athletes to the event. The weather was fine and sunny even if the goal was to be more of a spectacle rather than a purist racing event. The starts were at 5 minutes intervals which meant that 6 races (plus 2 veterans races) were all happening at once. As you can imagine this led to a lot of chop on the water, more tactical options and many coaches trying to figure out who was in which race.

Saturday March 16th - All singles racing was on the Saturday

Junior Men K1 – The winner was local boy Paulo Guerra who won by 15 seconds from GB's Tom Daniels. Tom, Ben Brown & Paul Wycherley all did well to fill in slots 2-4 in a 27 boat race.

Junior Women K1 – This race was dominated by 3 Polish girls who led from start to finish. Frankie Negus managed to get in their diamond at the start but dropped into the second group after the 1st lap. Harriet Farrish pulled away from the second group halfway through the race to finish in 4th place.

Men K1 – This was a star-studded line up with both Busto and De Nijs present. Throw in Antonio Rossi of Bonomi & Rossi fame (Olympic K2 Champions) and that gives you a flavour of the class field. As predicted these athletes wrapped

up 3 of the top 4 placings. Paul Slater did well to finish 7th after a bad start.

Women K1 – Again with Elisbetta Introini, the current marathon World Champion and Barara Przybylska who has been in the medal places or thereabouts for what seems forever, there were no surprises on the 1-2 in this race. Introini shading it by 2 seconds at the end. Beth Cambell, Kelly Mcgee and Claire Hynds filled slots 6-8.

Sunday March 17th - With all the pairs racing on the Sunday, the starting format exactly the same incidents and accidents were always on the cards.

Junior Men K2 – Two British boats managed to miss the start but Brown & Goodall did well to make up the 20-30 seconds they lost to finish 3rd, 1min 16 seconds behind the Polish winners. Sawers and Owen finished 6th.

Junior Women K2 – Tara Nutt and Frankie Negus put in a solid performance to finish 3rd, having paddled on their own for most of the race.

Senior Men K2 – Some scenes in this race were close to the re-enactment of famous naval battles between the Spanish and British nations. Slater & Prestwood got into the Spanish lead group despite the cut and thrust of those Catalan blades. But Paul Slater has been around these buoys often enough and knows how to handle himself in close encounters. Although the Brits could not match the Spanish for speed at the end of the race, they did really well to finish 3rd coming in on the wash of Busto & Blanco and Cantora & Ordeires.

Senior Women K2 – The Italians Introini & Flagoli led from start to finish despite the fact they paddled out of sync for the whole race. The Polish crew were always in 2nd place all through the race. As for the British boats, for the first part of the race Bates & Hynds were in 3rd place ahead of Farish & Mcgee in 4th and Campbell & Cheyne in 5th. Then the Senior men came through Campbell & Cvheyne slotted into the diamond for a complete lap and sailed past the other two British boats. In the last lap they hung on for 3rd place. Going into the last lap, Bates and Hynds were 30 seconds behind and managed to reduce the deficit to 18 seconds.