

BCU FLATWATER RACING NEWSLETTER

DECEMBER 2003/JANUARY 2004

In this editions editorial I would like to concentrate on Volunteers. In looking at these paragons of virtue (mostly) I suppose trying to decide what is a volunteer and what they do might be helpful. Then again not. A volunteer comes in all shapes and sizes to cover all manner of work in connection (in this instance) with our sport. They do almost everything from top to bottom. Without them our sport would not get started, survive and continue.

They all deserve any commendation we can give them. Just a minute – nearly all of us fall into the category of volunteer don't we? I suppose we feel really warm now and quite right too.

The reason for this backslapping is not only to genuinely thank all of you for your work throughout the year/s but also to note with a level of seriousness the shortage we suffer of such munificent souls.

What brought this thought pattern to a head was the attendance at the Marathon & Sprint AGM's or rather non-attendance. 19 people were at the June half-yearly meeting and less than that at HPP on 8/11/03. The half-yearly meeting was held at the Marathon National Championships when something over 400 paddlers and their entourage were present. Yet only 19, 10 of which were MRC executive members bothered to show.

Is it lack of interest in the organisation of the sport or is it so wonderful? There must be ideas for improvement out there. No buoyancy aids for the over 50's perhaps? So where are they?

In the past the executive committees have always tried to include representatives from the fairer sex and more are now needed as both Tamsin Phipps (Marathon) and Mo Moule (Sprint) have indicated that

they want to move on when they come to the end of their present period of office. We lost Heather Brough two years ago and if these two go then it is back to all male domination on both committees.

We also used to have active or just retired younger paddlers – again these are in short supply. To ensure vibrant management new blood is needed. Please get behind your wife/friend/partner and push them forward.

To conclude this volunteering theme mention must be made of the (non) return of the marathon paddler lists from the clubs. They have been out weeks now and as of 30th November only 44 had been returned from nearly 100 sent out. Thanks to those now feeling smug, come on those who haven't. Christine cannot give you the records service without you playing your part. She is a volunteer too you know.

Christine & I and all the Marathon & Sprint Executive Committee members wish you all a Happy Christmas.

Alan Laws

NEW VETERAN AGE RULE

Please note that from January 2004 both the Sprint and Marathon rules will adopt the ICF Veteran age groups. Full details in the Year Book to be published in February but briefly the change means that veteran ages will start in the year that you become 35 years of age not the year following.

Please post a copy of this newsletter on your club notice board and circulate to as many others as possible.

MIDLANDS DUATHLON - WINTER SERIES

The Event

The Midland Duathlon Winter Series is a new event, which aims to provide a monthly get together for clubs, and also create some friendly competition to help gauge your fitness/improvement.

Dates & Times

SATURDAY 22ND NOVEMBER – FLADBURY

SATURDAY 20TH DECEMBER – BURTON

SATURDAY 24TH JANUARY – WORCESTER

SATURDAY FEBRUARY 28TH - BANBURY

All events check in from 9.30am racing starts at 11.00am

The Format - A continuous Run – Paddle – Run over 3 courses

4k Run – 6k Paddle – 2k Run (Div 1-5 Paddlers)

2k Run – 4k Paddle – 1k Run (Div 6-9 Paddlers)

1k Run – 2k Paddle (Lightning Paddlers)

* Coaches should put competitors in the appropriate race e.g. a good runner who is ranked Div 6 may need to race in the longer event. Also lower division paddlers can race up if they wish.

Points

1st place 10 pts, 2nd place 9 pts etc down to 10th place where everyone after that scores 1 point.

Prizes

Prizes will be given for the first 3 places in each event. In addition there will be prizes for the first Junior, Lady, Canoe etc.

At the end of the series there will be overall prizes for the first 3 clubs/competitors.

NB: The overall prizes will be based on the best 3 results from the 4 races

Entries

Entries can be made on the day or by email to stevetrain@btinternet.com

There will be an entry fee of £3.00 each

Contact : Steve Train - Tel:01386 861034 or 07941 592110 Email: as above

The first event on the 22nd November was very successful with 54 competitors, please put the next dates into your diary now.

NOTTINGHAM REGATTAS 2003 A VIEW FROM THE TOWER

This year's Nottingham regattas saw the introduction of new computer software and hardware which made the life of the regatta official an interesting one. The new computers, camera and timing system were introduced to us back in November 2002 with a loud fanfare from HS Sports and promises to adapt the system to our needs, rather than those of the rowers.

A last minute flurry in March and April saw many officials rushing to the Water Sports Centre for the weekend to iron out problems and then it all had to be put into practice for the April regatta. There were, inevitably, teething problems (some of which did not get sorted out until September) and the scoreboard is still not recording the information that we have asked for. However, for those of us who work the photo finish, the change has been little short of miraculous, with a colour monitor, clear pictures and every race stored in the file and accessible at any time. This means that we can look again at any contentious race whenever we need to and can disqualify or re-instate paddlers at the click of a mouse. A wonderful job for the power-crazed amongst us – don't all rush at once!

As far as numbers were concerned, entries were up this year. There were 635 K1 entries in April, 652 in May and 636 in June. The National Championships in July had 754 K1 entries and the ever-popular Inter-Club and Inter Services regatta in September had a total of 807 K1 entries. The July and September regattas were the biggest ever with some 350 races. This made for very long days for both paddlers and officials and is an issue being addressed by the Racing Committee.

The regatta officials have just held their debriefing weekend and are looking forward to next year's racing being as well-attended and competitive as ever. If you are a paddler don't forget to put the following dates in your diary. If you are a parent who would like to do more than hold the flip-flops on the landing stage then think about offering your services to Peter Morley and join the team.

Email peter.c.morley@btinternet.com

April	3 rd / 4 th
May	8 th / 9 th
June	5 th / 6 th
July	3 rd / 4 th
September	4 th / 5 th

BCU Regatta "Liability" Statement

The following is a liability statement from the Regatta Committee which should be noted by all team leaders.

Canoeing and Kayaking are assumed-risk water-contact sports. Participation in these sports carries an inherent risk of injury to competitors and damage to property. Participants should be aware of the risks involved in these sports and are responsible for their own actions and their involvement in these sports.

In all cases competitors compete entirely at their own risk.

Each of the Regatta Organisation, the Sprint Racing Executive, the British Canoe Union exclude liability for any loss or damage that may occur to competitors or property during participation in canoeing and kayaking to the fullest extent permitted by law.

All competitors must be **current** comprehensive members of the British Canoe Union except for juniors ranked in 'Girls D' or 'Boys D' who are members of clubs with registered juniors sections.

Regatta Entries are accepted on the basis that each competitor and Parent/Guardian of a junior is aware of and has accepted the above conditions. Team Leaders are requested to ensure that all of their club competitors are aware of and accept the above statements.

November 2003

2004 RACING HANDBOOK

The 2004 edition of the Racing Handbook, every one's indispensable reference book will be published in February. Make sure of your copy by sending a cheque made payable to the Racing Committee for £5.50 with your address to

Diane Bates
11Cranley Road
Burwood Park,
Walton-on- Thames
KT12 5BX

TOP 10 BRITISH RACING PERFORMANCES

The purpose of this article is to remind us of the achievements by British Racing Paddlers and to inspire the current crop of paddlers to achieve greater success. These are my top ten performances? Have you got any other ideas? If so why not send them in?

1. The Ice Breaker



In 2000 at the Olympic Games in Sydney Australia, Tim Brabants won our 1st Olympic Medal in Racing. Tim, won the Bronze medal in the Mens K1 1000m event.

Tim finished 3rd behind the greatest male paddler of all time in my opinion, Knut Hollman of Norway and Peter Merkov of Bulgaria over whom there was rumoured to be a very unpleasant drugs cover up by his federation. So strong were feelings running at that time, Hollman, refused to shake his hand.

All that aside for Tim to finish 3rd on the greatest sporting stage in the world, must therefore rank that performance as the greatest British Racing performance of all time so far!!

2. Double World Champion

Jeremy West won the 500m & 1000m at the 1986 World Championships in K1. Jeremy won the events in Montreal, Canada being the one of the 1st paddlers to perfect the use of the new "Swedish Wing Paddle". Jeremy pushed Zsolt Gyulay (Hun) into 2nd in the 500m & Fenenc Csipes (Hun) in the 1000m. Gyulay went onto win Olympic Gold in 500m Seoul 1998. Jeremy unfortunately injured his back after this unsurpassed British performance ending his career prematurely.

3. Winner in Europe



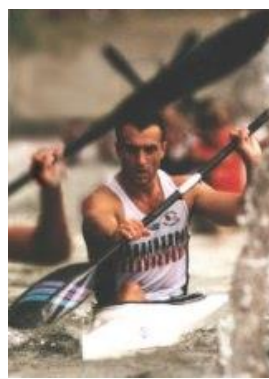
Tim Brabants, won Gold Medal and became the 2003 European Champion in Mens K1 1000m. Tim, won the race from lucky lane 9 in Szeged Hungary, in what must be the closest winning margin in the history of 1000m K1 racing. I have watched the video many times and still can't pick the winner it was so tight. The lesson here for all racers, is never give in and paddle through the line, that's what won it for Tim.

4. 10,000m Glory

Ivan Lawler & Grayson Bourne won the 10,000m World Championships in Poznan 1990. After a nerve racking series of false starts, Ivan & Grayson held of the best K2's in the world to win a fantastic sprint finish to become champions of the World. Its just a pity we still don't have 10'000m racing anymore?*

(**But the good news is that a distance events of some nature have been tested out this year, Tim Brabants & Abi Cattle being successful for GB*)

5. Marathon Man



Ivan Lawler won the 1998 World Marathon Championships in Mens K1, in what I would say was one of the best marathon races I have ever seen in terms of perfect execution of a race plan. Ivan was in the lead "V" wash off

the start, he then dropped the whole field on the 1st lap apparently challenging the field saying “that’s how fast you have to go to beat me”. He then sat in the front group leading out of the last portage holding off Neilsen of Denmark and Toppe of Norway in the final sprint. Ivan also won K1 in 92 & 99, and won K2 in 94 & 96 with Steve Harris.

6. **Double Gold**



Anna Hemmings double Gold in Stockton on Tees, World Marathon Championships 2001. Anna won Gold in K1 and K2 with Helen Gilby. Anna repeated the feat of the Suzanne Gunnerson, Sweden who won the double in Cape Town 1998. With a fantastic home win in both events this was a magnificent achievement. It was Anna’s second K1 title the 1st was in 1999 in Gyor.

7. **Speedy Lady**



Rachel Train won 200m bronze in the European Championships in Szeged 2002. This is a major break through for our ladies team. We can now compete with the best in the world. Hopefully this is the catalyst for further success for Rachel and the rest of the Ladies Squad.

8. **How Far?**



Steve and Andy Train won, the Marathon World Championships in Cape Town 1998, by so far was it really worth the rest turning up? Total dominance, highlighted the Trains as the greatest C2 pairing over the Marathon the world has ever seen. This was the 3rd title for the pair, the other’s in 88 & 96.

9. **The Boy’s has got endurance.**

Andy Train Won a Bronze medal with his Brother Steve in 10000m C2 at the 1991 World Sprint Championships and then later the same day won bronze in the same distance but in a C1. This is a feat that probably will never be repeated. This was the brother’s second 10k C2 bronze medal the 1st was in 1987. They bettered this with Silver in 1993. They also won a bronze in the 1000m event in 1997.

10. **1st World Medal**

K4 10,000m crew of Alan Williams, Steve Jackson, Steve Brown & Chris Canham, won Bronze behind URS & POL at Canoe ‘81 World Championships on home water in Nottingham. Britain’s 1st World Championship medal. Williams & Jackson followed this with Gold in K2 10,000m 1983 Tampere, Finland. Alan, is currently manager of the British Senior Racing Squad.

Shaun Caven
NJC Racing Sept 03.

NATIONAL PERFORMANCE MANAGERS REPORT 2003

AGM Part 1 September 2003

The NPM report normally covers training and competition programmes for our national teams. This year our training and competition programmes have continued to be developed with the aim of providing athletes with programmes that help them to develop to their full potential.

The first thing that should be recognised is that without funding the scope of any programme would be very limited. The BCU has been one of the most successful governing bodies when it comes to securing funding for its competition programmes. This particularly applies to Sprint Racing where a large number of people have worked hard to ensure that the necessary funding is available.

The way these programmes are delivered and funded is quite complex. I would first like to take this opportunity to outline the three main bodies used to develop athletes in our Sport. They are:

1. **The British Canoe Union**
2. **The Sprint Racing Committee**
3. **World Class Programmes**

- The BCU supplies the necessary infrastructure and political body that all sports need to develop. Without it we would find it almost impossible to attract the funding required to develop our sport.
- The Racing Committee is primarily concerned with the long-term development of Sprint Racing within the BCU. Its aim is to promote Sprint Canoeing in Clubs and organise a National Competition programme. The SRC makes a major contribution to the costs of organising National competitions. It also funds athletes who have reached a high level of competition but who have not yet been accepted onto one of the World Class programmes.
- World Class Programmes is a series' of training and competition programmes used to develop our top athletes. These programmes operate on three levels and provide athletes with competition, training and coaching and sports science support.

2003 Programme:

This years competition and training programme has been better than ever. To give you idea of the scale of this operation I have listed the main training and competition opportunities available this year. I have also indicated the number of athletes involved with the various programmes. Of course many other athletes have been included and will have benefited from these programmes.

World Class Programmes:	Number of Athletes.	Additional Support
Performance Programme	12 Athletes	Plus coaching and sports science support programme
Potential Programme (predominantly U23)	13 Athletes	Plus coaching and sports science support programme
Start (juniors)	16 Junior Elite 35 Talented Juniors	Plus coaching support and limited sports science
	Total 76 athletes	

Senior Training and Competition Opportunities:

Assessment Training Weekends:	Open
Ladies training camp in Italy:	10 days in November
Men's Training camp in Florida:	21 days in December
Lofer Ski Camp:	14-21 days in January
WCPI mens camp in Portugal	21 days in February
Mixed training camp in South Africa:	14-21 days in February
Mixed training camp in Seville:	21 days in March/April
Szeged World Cup:	7 days in May
Piest'any International (Snr Development Team)	6 days in May
Ladies Camp in Eton:	5 days in June
Ladies camp in Bisham:	5 days in June

Men's Training camp in Hungary:	21 days in June
Zagreb World Cup:	7 days in July
Ladies Training Camp in Bordeaux:	14 days in July/Aug
Shinias International (Development Team)	7 days in Aug
World Championships in Gainesville:	15 days in Sseptember
Nottingham Training camps	20 days
Plus Nottingham Regattas	

In all more than 220 days of training/ competitive activity

Junior Training and Competition Opportunities

Training days at Eton:
 Testing Weekend at Royal:
 Training days:
 Training Camp – Bisham
 Training Camp – Bordeaux
 Training days:
 Training camp for Piest'any Juniors:
 Boulogne Sur Mer International:
 Piest'any international:
 Bochum Junior International:
 Training Camp in July:
 Junior Training Camp
 Junior World championships & pre Worlds camp:
 Sobeka Junior International:
 Plus National regattas:

(organised nationally):

November
 December
 January
 5 days - February
 Easter – 10 days
 March
 7 days in April
 Talented Juniors April
 Elite Juniors in May
 Junior Elite International in June
 Nottingham, Junior Worlds Team
 4-9 August, Reading, Talented Juniors
 14-28 Aug
 September

Additionally, the WCS regional programme funds have also allowed regions to take young athletes to other regattas and hold regional training days (usually 1 per month throughout the Nov – May period)

The programme has provided additional monies for canoe and women's development events that have taken place over the year.

In addition to this World Class Programmes support and funded a significant part of the Marathon training and competition programme, including not only the major international events but also a group of athletes went to the Sella and another group to the Loire marathon.

This of course benefits flat-water development in general.

World Class also provides the administration support and backup required with any large programme.

2003 Results:

We have had some excellent competition results this year. All of the results for 2003 have been widely published. They are available on several web sites that include World-Class Programmes web site:

www.worldclass-canoeing.org.uk

It has been good to see the WCPI athletes finally close the gap on the WCP athletes, with Ben Farrell making the step up. There were also good results from the U23 team that went to Schinias, Greece (their focus event) which showed that they have closed the gap crews that were beating them by larger margins at the U23 Champs in 2002.

I would like to close with my thanks to all of the people who have worked hard for Canoe Racing this year.

Alan Williams: National Performance Manager.

NEWSLETTER COMMENTS AND ARTICLES TO ALAN OR CHRISTINE LAWS

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