

BCU FLATWATER RACING NEWLETTER

FEBRUARY/MARCH 2004

This time of year with its gloomy weather should turn paddlers thoughts to the coming season and the bright sunny days that we will (hopefully) enjoy. Memories of last summer still linger. Before that is the preparation for the season and the reminder of all the expertise that is available from club and BCU coaches. If you haven't got a coach and want help then ask. Contact details below.

Speaking of coaches and coaching reminds me that the BCU has a very strong coaching contingent. Indeed a very large proportion of BCU membership is made up of members of the Coaching Scheme. These members spend a great deal of time and effort training and educating coaches. This would be fine but unless the system has recently changed the coaches coach coaches to coach coaches. Seemingly there seems to be a relatively small amount of coaching paddlers and most of those seem to be recreational.

Some 2 or 3 years ago there was a move to bring coaching and competition closer together not only to get coaches involved in competition but to try and turn the thousands of course canoeists into BCU paddlers. Sadly this initiative seems to have faded and died or perhaps it never really existed, no doubt only the Coaching Committee know the answer.

Second item before sunshine is the Devizes to Westminster together with the training series, Waterside & Thameside, further details in this newsletter. Rumour has it that a group of old boys led by Doc Watkins are planning a fund raising relay paddle. The beneficiary is to be Medicin Sans Frontier. Any volunteers of 'Golden Oldies of a certain age' would be very welcome. The idea is receiving enthusiastic support from the DW committee and help with portaging will be allowed.

Roland Lawler's item in this edition raises a number of issues of competition and the relationship of Marathon & Sprint Coaches. The article is probably written to stimulate debate and if it does then that can be no bad thing. There needs to be open & honest conversation so that the whole sport can move

forward in quality, quantity and enjoyment. After all, that is what we are all about.

Alan Laws.

USEFUL INFORMATION

Dates

1 st February	Melksham to Bradford
15 th February	Waterside A
22 nd February	Thameside 1
29 th February	Waterside B
7 th March	Thameside 2
14 th March	Waterside C
21 st March	Huntingdon Marathon Royal K1/K2
28 th March	Waterside D
4 th April	Lincoln Marathon
9/12 th April	Devizes to Westminster

All contact addresses and telephone numbers are to be found in the Racing Handbook.

For coaching help & info please contact Committee secretaries
Ken Darby Dowman 01932 336912 for Sprint
or David Enoch 0115 933 2258 for Marathon.

Dr B C Watkin , 32 West Square, London,
SE11 4SP 0207 7359973 for Oldies DW
Relay

Hasler Race Organisers

An updated Marathon Divisions Register has been sent to Wikki Daniels for updating the Hasler Race Management Programme, please be sure to download the up to date information from her web site so that your programme has the latest names, BCU numbers, age groups. Wiktoriadaniels@onetel.net.uk and ask her for a password to get on to the web site <http://web.onetel.net.uk/~wiktoriadaniels>
Please ask her if you need any help.

STOP PRESS

We are saddened by the news that John Dudderidge has died at the ripe old age of 97. Our condolences go to all his family and friends.

WHY SUCH A DECLINE IN PERFORMANCE ?

Not so long ago our senior marathon team were second to none ... now the senior performances are poor, and there have been times when we have had trouble raising a team at all.

There are less senior men and women racing at the higher levels.

Paddlers who have reached the top marathon divisions are no longer competing because of the negative attitude of sprint coaches towards marathon.

Paddlers who prioritise marathon do not take sprint paddling seriously enough.

They both therefore miss out on an essential area of training, but in particular, the marathon paddler has not developed the speed necessary for a fast, crowded start and tactical manoeuvring.

The removal of the 10k race from International programmes has not helped the Marathon cause. There are now fewer crowded start lines demanding tactical racing. Racing regionally has spread the top paddlers more thinly. A divisional race locally does little to help a Div.1 paddler improve : he may only have one or two others to race.

If we are going to rectify this position we have to all get together and race each other at every available opportunity. I would recommend that we follow the programme detailed below for the 2004 season :

CALENDAR:

Mar.	6/7	Thameside 2	K2
	13/14	Royal	K1 Assessment
	27/28	Nottingham	K2 Assessment
Apr.	3/4	Nottingham Sprints	K1 & K2 plus K1 10k
	17/18	Elmbridge	Junior K1 Assessment
	24/25	Tonbridge	K1 Assessment
May	1/2	Chester	K2 Assessment
	8/9	Nottingham Sprints	K1 & K2 plus K1 10k
	29/30	World Cup 1 France	
June	5/6	Nottingham Sprints	K1 & K2 plus K1 10k
	19/20	World Cup 2 Portugal	
July	3/4	Nottingham Sprints	K1 & K2 plus K1 10k
	10/11	Nat. Marathon Ch.	K1 & K2 Assessment
	31/1	WORLD CHAMPS.	
		NORWAY.	

Roland Lawler

Chairman, BCU Sprint committee/Marathon Committee member.

To try and rectify the situation the Marathon Committee are to organise a K1 10K event at the close of racing at about 6pm on the Saturday of each Regatta weekend.

All are welcome to this open class event.

WATERSIDE SERIES 2004

website: www.watersides.fsnet.co.uk

Sponsored by MARSPOUT UK

Race A	15 th February	Great Bedwyn to Newbury	13½ miles including 21 portages
Race B	29 th February	Newbury to Aldermaston & back	17½ miles including 19 portages
Race C	14 th March	Pewsey to Newbury	23 miles including 35 portages
Race D	28 th March	Devizes to Newbury	34 miles including 35 portages

The Series result is based on the total time taken for **ALL FOUR** races. Any crew finishing all four races is automatically eligible for the Series awards. In the case of K2 and C2 paddlers, you must have had the same partner for the whole series.

CLASSES.

K2 Senior	K2 Junior	K2 Ladies	K2 Mixed	K2 Veterans	C2
K1 Senior	K1 Junior	K1 Ladies	K1 Veterans	Junior/Veterans	C1

Juniors must be aged under 19 on 1st January 2004.

Veterans must be aged over 35 on 1st January 2004.

K1 Veteran Masters must be aged over 50 on 1st January 2004.

A crew qualifies for the Junior/Veteran class if one crew member is a Veteran, and the other is a Junior.

Within the above restrictions, crews may choose which class to enter. For instance, a K2 crew who are both ladies under the age of 19, have the choice of entering K2 Junior or K2 Ladies.

TEAMS.

A Junior Team comprises of between 3 and 8 paddlers, with at least 3 boats, from any class, provided that all paddlers are under 19.

A Senior Team comprises of between 3 and 8 paddlers, with at least 3 boats, from any class. A Senior Team may include one or more junior crews.

The Team time is calculated by adding up the times of the fastest three boats at each race.

The members of the Team must be nominated before the start of the Series, after which no changes to the membership of the Team will be allowed. Crew pairings, within the nominated team members, may change and K1s can race instead of K2s. In each race, 3 boats, paddled by nominated team members must finish to qualify for the team event.

PRIZES.

The following prizes will be awarded at each race :-

In each of the above classes	1st
	2nd (provided there are at least 5 starters in the class)
	3rd (provided there are at least 10 starters in the class)

The following prizes will be awarded at the end of the Series :-

In each of the above classes	1st, 2nd, 3rd
Senior Team	1st
Junior Team	1st
Services Trophy	1st - the fastest crew representing a Uniformed Service (regardless of class)
Keith Donkin Cup	1 st K1 Veteran Master (over 50 on 1 st January 2001 male or female))
Junior Ladies K2 Trophy,	1 st <i>presented by Kimbolton School</i>
John Baggs Trophy,	1 st the fastest Junior C2 <i>presented by Bedford School</i>
Schools Team Trophy	1 st the fastest junior team representing a school. <i>presented by the Schools Canoeing Association</i>
Lyn McLaren Trophy	1 st the fastest Junior Mixed Crew <i>presented by Newbury Canoe Club</i>

ENTRIES.

Senior: Pre-entries £7.00 per seat per race, or £24.00 per seat for the series. *Late entries: Additional £2.00 per seat per race.*

Junior: Pre-entries £6.00 per seat per race, or £20.00 per seat for the series. *Late entries: Additional £2.00 per seat per race.*

Advance entries must be received by the Friday prior to the race.

Personal **Comprehensive** Membership of the BCU, or approved National Association is compulsory for every paddler. Proof of membership must be provided before a crew will be allowed to start. BCU membership (including **Day Tickets at £3**) may be arranged at Race Control before the start of each race.

IF YOU CANNOT PROVIDE PROOF OF BCU MEMBERSHIP YOU WILL HAVE TO BUY A DAY TICKET ON RACE DAY (THE COST OF DAY TICKETS, £3, IS NOT REFUNDABLE).

Entries including a cheque payable to Newbury Canoe Club, and a photocopy of current B.C.U. Membership Card(s), clearly showing name, number and date, should be sent to :-

James Treadgold, Anderby, Gore End, Newbury, Berks, RG20 0PH

GENERAL RACE INFORMATION.

All races finish at the Waterside Centre in Newbury, where changing facilities and showers are available. All competitors will receive a free lunch when they return their race number at the finish.

You may choose your own start time within the time limits given below, but it is your responsibility to ensure that you complete the course before the Finish Control is closed. Any competitor who starts or finishes after the stated times will not qualify for any award.

All crews must check in to Race Control before the start of each race to obtain their race number. Race numbers are re-allocated for each race, please return your number after the race, and collect a new one before the next race.

Due to the very high number of late entries, you are recommended to allow 1 hour before your intended start time for checking in. Race Control closes 15 minutes before the last start.

Numbers must be mounted vertically on the boat; suitable mounting brackets can be purchased from Race Control, if required.

If you should have to retire from any race, please make every effort to inform a race official, or telephone 07789 043725 (this number is available on race days only).

RACE A.

Start: Great Bedwyn 10.00 to 11.30 Finish: Newbury 11.30 to 14.00 Race Control will be open from 09.00 to 11.15

Distance: 13½ miles 21 portages

	K2S	K2J	K2L	K2V	K2M	K1S	K1J	K1L	K1V	K1V	C2	C1
Record times	1:34	1:36	1:47	1:45	1:41	1:39	1:46	1:59	1:49	1:52	1:59	1:59
2003 Winning time	1:36	2:00	1:57	1:48	2:11	1:43	1:46	2:05	1:51	1:52	2:03	2:07
90% finish within	2:29	2:50	2:51	2:45	2:40	2:30	2:42	2:59	2:43	2:40	3:00	3:00

RACE B.

Start: Newbury 10.00 to 12.00 Finish: Newbury 12.00 to 14.30 Race Control will be open from 09.00 to 11.45

Distance: 17½ miles 19 portages

The turning point is to the west of the A340 road bridge near Aldermaston Wharf.

	K2S	K2J	K2L	K2V	K2M	K1S	K1J	K1L	K1V	K1V	C2	C1
Record times	2:02	2:08	2:23	2:14	2:17	2:09	2:30	2:35	2:26	2:30	2:33	2:41
2003 Winning time	2:24	2:39	2:56	2:22	2:45	2:20	2:36	3:02	2:27	3:27	2:41	3:11
90% finish within	3:38	3:35	3:50	3:19	3:26	3:16	3:28	3:41	3:44	3:27	4:15	4:03

RACE C.

Start: Pewsey Wharf 09.00 to 11.00 Finish: Newbury 12.00 to 14.30 Race Control will be open from 08.00 to 10.45

Distance: 23 miles 35 portages

There is no car parking at Pewsey Wharf, please park opposite at St Francis school where parking has been arranged.

	K2S	K2J	K2L	K2V	K2M	K1S	K1J	K1L	K1V	K1V	C2	C1
Record times	2:44	2:50	3:26	3:00	3:09	2:54	3:19	3:36	3:14	3:20	3:21	3:28
2003 Winning time	3:09	3:28	3:57	3:13	3:23	3:18	3:38	4:09	3:15	3:45	3:35	4:04
90% finish within	4:34	4:45	4:57	4:25	4:33	4:17	4:10	4:41	4:56	4:23	4:55	5:11

RACE D.

Start: Devizes 07.00 to 08.30 Finish: Newbury 12.30 to 14.30 Race Control will be open from 06.00 to 08.15

Distance: 34 miles 35 portages

PLEASE NOTE THE EARLY START TIME FOR THIS RACE. IT IS ESSENTIAL TO START EARLY IN ORDER TO ENSURE THAT YOU FINISH IN TIME.

	K2S	K2J	K2L	K2V	K2M	K1S	K1J	K1L	K1V	K1V	C2	C1
Record times	4:21	4:36	5:26	4:47	4:44	4:33	5:18	5:22	5:04	5:15	5:23	6:09
2003 Winning time	4:47	5:33	6:05	4:54	5:50	5:44	5:18	6:04	5:04	7:10	5:34	6:09
90% finish within	7:15	7:44	6:58	6:44	6:56	6:21	5:18	6:46	7:08	7:10	7:18	8:04

This event is held on the Kennet & Avon Canal by kind permission of British Waterways.

KEY AREAS OF SUPPORT THAT ARE PROVIDED BY THE BRITISH CANOE UNION, THE SPRINT RACING COMMITTEE AND WORLD CLASS PROGRAMMES.

A question that people often ask is what does the BCU do for me? Unfortunately without thinking the answer all too often comes back as nothing. The reason for this is often a simple lack of awareness.

The BCU is our National Governing Body. It receives revenue from its membership and from the UK Sports Council. The services the BCU provide are extensive and to underline this the following are some of the key services provided by the BCU.

1. Membership base that gives a National Voice.
2. Recognition by UK Sports which in turn leads to development funding.
3. Recognition by International Associations that are essential to compete internationally
4. The BCU Provides the SRC and other disciplines with a substantial grant each year.
5. The BCU provides the framework for a national coaching structure
6. Membership of the BCU includes access rights and licence agreements.
7. Membership also provides Public Liability insurance for competitors and clubs for all canoeing activities.
8. The BCU runs a young peoples programme and also funds paddle sport development coaches in most areas.
9. The BCU Magazine (Canoe Focus) comes free with membership.
10. The BCU helps in many other areas for those in doubt please see the annual report

Sprint Racing Committee:

The SRC is our discipline specific committee and is made up entirely of elected volunteers.

The SRC is charged with the long-term development of Sprint Racing. Its funding comes from a BCU exchequer grant and fund raising. The SRC use these funds to support key areas of development.

It should also be recognised that the Marathon Racing Committee have the same responsibility for Marathon Racing. Marathon paddlers also benefit from the World Class Programmes.

1. The SRC provides financial support for Athletes who are not part of the World-Class programme
2. The SRC appoints a sub Committee to run a series of National Regattas
3. The SRC funds the costs of staffing the National Regattas.
4. It also provides financial support to run the National regattas.
5. The SRC buys and maintains a fleet of around 30 boats and provides storage and insurance for the same.
6. The SRC contributes to the cost of a part time development coach for Canoes.
7. It also contributes to the cost of a part time development coach for ladies.
8. It buys and maintains three mini buses that are used for international teams and development
9. The SRC meets regularly to consider all of the issues that affect the development of Canoe Racing.

BCU WORLD CLASS PROGRAMMES

World Class Programmes is a series of programmes that are jointly funded through Sport England and UK Sport. NGB's prepare these programmes which are then evaluated by UK Sport and other professional experts. If they are deemed to be sound the sport then becomes eligible for Lottery funding. Currently the BCU has three World-Class programmes funded by the National Lottery.

World Class Performance

World Class Potential

World Class Start

At present Sprint Racing is one of three BCU disciplines receiving support from Lottery funding. The combined BCU programmes total well over a million pounds each year. They provide support for approximately 130 athletes. The level of support will vary depending on the age and results of each athlete.

Performance Key Support areas:

1. World Class Directorate office and staff essential to support athletes and coaches.
2. Comprehensive training and competition programme for 12 Performance athletes.
3. Personal athlete funding in line with achieved results.
4. A National Performance Coach.
5. A National coach for ladies
6. A Part time men's National Coach.
7. A Sports Science Support person who works with our National Coaches.
8. Access to physiotherapy and massage support throughout the year.
9. A medical support programme and access to specialists when required.
10. WC programmes also provides crew boats and transport for programme athletes.
11. Lifestyle support to athletes through ACE.

Potential Key Support Areas:

1. World Class Directorate office and staff essential to support athletes and coaches.
2. Comprehensive training and competition programme for 13 Potential athletes.
3. Personal athlete funding in line with results.
4. A National Coach for men's kayaks.
5. Two part time Coaches.
6. An Event and Logistics Manager to organise the requirements of the training and competition programmes - a total of 15 events
7. A Sports Science Support person dedicated to Potential athletes and coaches.
8. Access to physiotherapy and massage support throughout the year.
9. A medical support programme and access to specialists when required.
10. Access to the best competition boat.
11. Lifestyle support to athletes through the EIS

Start Key Support areas:

1. World Class Directorate office and staff essential to support athletes and coaches.
2. Training and competition programme for 16 junior elite athletes.
3. Training and competition programme for around 35 talented Juniors
4. Major Assessment day to kick start the year
5. A small level of personal support in line with results.
6. A Junior National coach specifically to oversee junior programmes.
7. A National Development coach tasked to co-ordinate and improve coaching Nationally, including the organisation of a Coaches Conference
8. An Event and Logistics Manager to organise the requirements of the training and competition programmes - a total of 21 separate events
9. Several part-time support coaches.
10. Regional programme fund
11. Contribute to the Women's and Canoe development positions plus provide small amount of funding for specific projects as required.
12. Use of the Potential Sports Science person.
13. Support from EIS in discussing lifestyle options/ direction
14. Access to physiotherapy and massage during major competitions.
15. Access to the best competition boat.

Alan Williams
Sprint Team Manager

Community Amateur Sports Clubs (CASC) - Tax relief's for canoe clubs.

The Community Amateur Sports Club scheme was launched by the UK Government in 2002 to provide a package of tax relief's to clubs involved in 'the promotion of community participation in healthy recreation by the provision of facilities for the playing of particular sports'. Canoeing IS a recognised sport for CASC purposes. (Amongst those sports NOT recognised are angling, snooker and parachuting!)

The main benefits of the scheme are similar to those of the more widely known Gift Aid scheme used by registered charities and are:

- (i) *Tax relief on money raised through fund raising activities.*
A CASC can claim, from the Inland Revenue, an extra 22p per 78p donated by a standard rate taxpayer. This means that clubs can receive an extra 28% on donations from the taxman! Note that tax relief is applicable only to donations , (membership fees don't count).

- (ii) *A mandatory 80% relief on Business Rates (as from 1 April 2004).*

Applying for Inland Revenue approval couldn't be easier. Essentially a canoe club just has to complete two very straight-forward one-page forms, supply a copy of the club's constitution and a copy of the latest accounts. There are conditions, but canoe clubs will generally have little difficulty in satisfying these requirements. Elmbridge Canoe Club became a registered CASC in November 2003. To gain Inland Revenue approval, we had to make two minor and uncontroversial changes to our constitution. The Sports Club Unit of the Inland Revenue was very helpful and, speaking from personal experience, I can confirm that the entire process was hassle-free.

For further information, have a look at the Inland Revenue website:

www.inlandrevenue.gov.uk/casc/

Also, Sport England have helpful information on CASCs on their website:

www.sportengland.org/tax_breaks.htm

This is a great opportunity for canoe clubs to get a better return on their fund raising activities. Go for it!

Ken Darby-Dowman
Elmbridge Canoe Club