



***BCU FLATWATER  
RACING NEWSLETTER***

***AUGUST/SEPTEMBER***

***2005***

**BRITISH CANOE UNION**  
**FLATWATER NEWSLETTER – AUGUST/SEPTEMBER 2005**

It seems the quiet period has hit us even though there are many races and regattas being held. This newsletter is a bit thin as our correspondents have obviously gone on holiday. The River Sella race in Spain is this weekend and over 30 of our number are out there to show the Spaniards how to do it, or not as the case may be.

The European Championships in both Marathon and Sprint have just happened and the results of both are below. The results should also be on the ECA web site.

The Marathon Championships was well attended by 21 nations and the class of competitor was high with the likes of Manuel Busto from Spain and our own Anna Hemmings. Anna was making a welcome return to the international marathon scene after some years. Even with her track record there was some nervousness as to how she would cope with the distance and the competition as things had obviously moved on since Stockton 2001. On top of that she had a wrist injury. As it turned out she had lost none of her magic and stroked it home to get gold. At least that's how it looked from the bank. Perhaps not quite so serene from where she sat! She beat last years worlds silver medallist Barbbers Przyblska from Poland into third place with the Portuguese Beatriz Gomez getting silver. The winner at the Bergen worlds, Elisabetta Introini was on the entry list but did not race. She appeared to be acting as coach to the Italian team so perhaps has retired. She is well over 40 years of age.

The course was the second in this years experimental style of 5 laps of 7.2km for senior men, 4 laps for ladies and C boats with the juniors racing over 3 laps. The results of this style were repeated from Crestuma in Portugal in that it seemed to produce much closer racing for the ladies and C boats. To my memory there has never been a senior race with all three classes finishing within 20 minutes of each other all with a group sprint over the line. This was the case on Saturday with the singles and it was very close again on the Sunday with the doubles.

On the Saturday morning the Junior K1's had their time and Ed Rutherford looked as though he was going to be the star of the show being up with the front group all through until the last lap. His 10<sup>th</sup> place does not show the quality of his race.

In the ladies Louisa Sawyers put in a strong race to finish 6<sup>th</sup>

In the afternoon Ben Brown had one of his best events so far and was up in the lead group or most of the race. Only at the end did he feel the pace and drop off to finish 11<sup>th</sup>. Steve Baker paddled one of the best races we have ever seen from him in his long career. He was off the front group in the first lap but jumped the gap, which is no mean feat. He was then running in the front group of 6 boats and as high as 5<sup>th</sup> when the strain of the first lap told and he fell back on the last 2km to finish a really good 9<sup>th</sup> only just over a minute behind the World Champion. He truly deserved a higher placing.

The junior K2 was something of a disappointment with Ross Negus and Ed Rutherford finishing well down the order with Ed no doubt feeling the effects of his good race the day before. Nathan Ede had to pull out with a leg problem and spoil Neil Williams first appearance in the GB Marathon team.

Leanne Brown and Claire Spencer found the field very strong but the experience will serve them well for the future

In the senior K2 Paul Slater and Paul Prestwood found the field stronger than Crestuma and could only finish 10<sup>th</sup>.

Overall the team enjoyed the event and the strains of "God Save the Queen" rang out once again at a main international marathon event.

Had I mentioned that we would like to receive contributions for this newsletter? My apologies if not. In which case in big letters PLEASE could you budding writers out there, put finger to keyboard and tell us what you think or what you want.

The question of promotions is ever on the agenda and the question has to be asked as to whether there are just too many Hasler events to give races a decent enough entry to allow comparisons to be made in real racing.

Is the system too biased towards discretionary promotion?

Is there too little de-motion?

Come to the annual meeting at the nationals at Worcester on the Saturday evening and have the opportunity to air your views.

*Alan and Christine Laws*

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### **Marathon Racing Committee – Annual Consultative Meeting**

The Marathon Committee invites members of all clubs interested in Marathon racing attend the Annual Consultative Meeting to be held at 18.30 hours, Saturday 27 August 2005 at Worcester Rowing Club (next to Worcester Canoe Club).

The meeting is thus shortly after racing on the first day of the National Marathon Championships and we encourage as many club representatives as possible to come and meet us.

The formal Notice of Meeting, the agenda, accounts of the Committee for the year to 31 October 2004 and other papers will be circulated to all clubs early in August.

### **Elections to the Committee**

The meeting will include election of members to the committee and nominations of persons to serve on the committee are welcomed.

### **Topics for discussion**

These will have been distributed with the formal notice of the meeting.

Under BCU regulations applying to all of its committees, any conclusions reached on items discussed at the meeting shall stand as recommendations for further consideration by the Committee.



## BRITISH CANOE UNION

### Poznan Senior European Championships 2005

There were only two weeks between the U23 European Championships and the senior European Championships this year. With the World Championships scheduled for the end of August our seniors could only compete in one of these events. As a large part of the team is still very young the team for the senior championships was unusually small. This year's team consisted of just 8 athletes racing four boats.

The weather in Poznan was very hot with some sudden thunder storms. The average temperature during the regatta was around 30 degrees but with high humidity it felt much hotter.

There were 36 nations at the Championships. The new programme forced countries to focus on their best events which meant that the overall number of entries in each event was lower than in previous years. The standard of the entries was very high. It was particularly noticeable that only a few countries (Hun, Pol, Ger) had managed to increase the number of ladies and canoes to take advantage of the new programme. The new programme did work well with the racing scheduled in short periods with much longer rests between blocks of racing.

Most of the GB results were disappointing. Peter Almasi probably had our best result, he finished 4<sup>th</sup> in both the heat and the semi final where he was just edged out of the final. He finishing 10<sup>th</sup> overall in a very strong field.

Ian Wynne recorded one of the fastest times in the heats but in the semi final he did a poor race by his standard. Something definitely was not quite right. Ian stayed at the course all day and there is a possibility that he was over heated. He felt drained and unable to respond in the middle part of his race.

Our ladies K2 was entered in all three distances. Their chance of success suffered when Lucy was taken ill the day before competition started. Lucy could not eat anything for two days but did manage to start all of her events. The K2 qualified for the final in the K2 1000 where they finished 7<sup>th</sup> and just missed the final in the K2 200 when they finished 4<sup>th</sup> in the semi final. Given the circumstances these were good performances.

This was the first international event of the year for our men's K4 and the first real test to their performance as there hasn't really been any competition at home. They were within 10 second of the winners in the heats and 8 seconds in the semi finals. They definitely need more race experience as a crew. In the K4 200 they raced well and were just seven tenths of a second from qualifying for the final.

Alan Williams – National Performance Manager

# Marathon Racing Committee

As last year the committee is sending a development team to the Tour de Gudena, the team picked is listed below and a full report will appear in the next newsletter.

## INTERNATIONAL TEAM

### Tour de Gudena

#### **WOMEN K1**

H Farish  
R Schofield

#### **JUN MENS K2 or K1**

#### **( to be decided)**

M Guy  
B Bradshaw  
B Maurissen

M Hide

#### **UNDER 16 WOMEN K1**

E Dougal  
K Hall

#### **JUN WOMEN K1**

H Blackwell

#### **JUN WOMEN K2**

F Lamph / E Broughton

#### **UNDER 16 MEN K1**

B Haynes  
T Pendle  
T Bridge  
R Poole

#### **MANAGER**

J. Rossiter

#### **COACHING STAFF**

D Enoch   J Smythe   K Martin

THE FOLLOWING LETTER WAS SENT TO THE CHAIRMAN OF THE SPRINT COMMITTEE WITH COPIES TO OTHER SPRINT OFFICIALS AND THE FLATWATER NEWSLETTER EDITOR WITH THE HOPE THAT IT WOULD WIDEN THE DEBATE AND PRODUCE A CONSTRUCTIVE RESPONSE.

As Chairman of Worcester Canoe Club I feel that I must put pen to paper concerning what I understand to be the current selection policy and how it affects in particular our young women athletes.

We have long suffered from a shortage of women competing at all levels in our sport but I was hoping that the significant numbers of junior girls seen in the lightning classes and increasingly in girls racing might be the start of a process of rectifying this. Keeping these girls interested and giving them opportunities to enjoy participation in their sport right through into adulthood is a challenge that all areas of the sport must address. However I am spurred to write in response to recent selection (or lack of) our Under 18 girls.

At this point I must declare to be being biased as two of our top class U18 girls are Worcester paddlers but if I was not biased in support of our paddlers it would be a real shame! My cause of concern is the decision to send only two girls to the Junior European Sprint Championships to race K1 and none to compete in K2 or K4. I understand that this is because they are not considered to be fast enough in K2 or K4 to reach the finals. Whilst it may be laudable to have high standards how does this motivate our young women and girls at an age when it is so easy to lose them from the sport as they move off into adult life. No doubt similar issues apply to the policy regarding boys selection.

What harm would it do to send a larger rather than a smaller team when the K1 times are fairly close. It would be motivational for these U18's after all their hard work to be able to compete at this level. It would give them experience for the future and set them up for the long slog towards competing at an international standard in senior classes and younger juniors coming through below them would see the opportunities available to them.

We need more women competing at a high level in their 20's to provide healthy competition and a wider pool of potential talent. Whilst I appreciate the difficult job that selection can be I cannot see how the decision made regarding the Junior Europeans has moved us forward in this aim.

Sue Hawthorn  
Worcester CC

## **2005/6 TALENTED ATHLETE SCHEME – Flat Water Racing**

The Talented Athlete Scholarship Scheme (TASS) launched by the Department for Culture, Media and Sport began in 2004 with its first intake of scholars and bursars.

This first year intake comes to an end on 31 July 2005 and the British Canoe Union is actively seeking applications for the second year intake. This will start on 1 October 2005.

The TASS scheme offers scholarships of up to the value of £3,000 to students aged 18 – 25 in Higher Education, and bursaries of up to £1,000 for any talented young person aged 16 – 19 not in higher education. The awards will cover the cost of services such as coaching provision, strength and conditioning, purchase of equipment, competition and training expenses.

### **The GENERAL SELECTION CRITERIA:**

- Hold a GB passport
- Studying at an English Higher or Further Education Institution
- Aged 16-25
- Still showing improvement
- Meeting International standards (see Annexe A – discipline specific selection criteria)
- Commits to agreed competition calendar
- Meeting minimum academic standards as specified by the University/ College
- Be current, full (comprehensive) BCU members.
- Comply with the BCU Doping control rules and regulations
- Be committed to training at the level required to become/ remain an international standard athlete.
- Be prepared to promote the BCU and TASS scheme at all times, in a positive manner

### **FLAT WATER RACING SELECTION CRITERIA**

Sprint:

Applicants aged 16 – 18 should be ranked in Boys A or Girls A

Applicants aged 18 –23 should be ranked in Women's B or Mens B or better.

Canoe classes should be ranked of B or better.

Marathon:

Applicants aged 16 – 18 should be ranked min. Div 2 (Men) or ranked min. Div 4 (women) or higher

Applicants aged 18-23 should be ranked Div 1 (Men) or Div 3 (Women)

#### *Additional selection criteria*

Have competed in either a minimum of 3 national sprint regattas making 'A' final or have competed in a minimum of 2 national marathon assessment events

Based on achieving criteria the coaches & selection group will make recommendations on athlete inclusions.

### **DATES FOR APPLICATIONS TO BE SUBMITTED by 6 September 2005**

To: Anne Ferguson, BCU World Class Directorate, The Elms, NWSC, Adbolton Lane West Bridgford, Nottingham, NG12 2LU

THE FOLLOWING IS A SUGGESTION FOR NEXT YEAR – PLEASE LET US KNOW YOUR COMMENTS.

Experimental Trial for 2006: to have Four Men's Vet Class and, at the National Championships, age group racing and an Open Vets Women's Class, plus change the name from Vets to Masters.

My proposal for next season is to bring Men's Vet sprint racing into line with the Senior Men, Senior Women and Juniors by introducing four classes for Men's Veterans and to change the name of this category to Masters. Racing Rules say that when you reach the age of 18 you become a Senior and at 35 years old you qualify for Veteran (or Masters) status.

This latter category is showing considerable growth at international level and so next year we propose to establish an elite Masters A Class (Veteran A Class) by moving all Over 35s out of Senior racing (unless they are still competing at full international level) and to set the Standard for Racing at the same level as Men's B or Women's A.

We further propose to re-categorise all Veterans into Masters B (Vet B), Masters C (Vet C), and Masters D (Vet D) so as to offer more competitive racing. In addition, for the National Championships, we could perhaps introduce Masters' age group racing as well as running an Open Vet Ladies class at this event.

MARATHON	HC	1000m	500m	SPRINT
Div 1	0	3.34	1.40	<World Champion K1 Mens A Kayak
	1	3.38	1.42	
	2	3.42	1.44	
	3	3.46	1.46	
	P 4	3.50	1.48	
Div 2	D 5	3.54	1.50	World Champ. C1 & WK1 Mens B Kayak Boys A Kayak Womens A Canadian A  <b>Masters A</b>
	6	3.58	1.52	
	7	4.02	1.54	
	8	4.06	1.56	
	P 9	4.10	1.58	
Div 3	D 10	4.14	2.00	Mens C Kayak Boys B Kayak Canadian B Womens B & Girls A  <b>Masters B</b>
	11	4.18	2.02	
	12	4.22	2.04	
	13	4.26	2.06	
	P 14	4.30	2.08	
Div 4	D 15	4.34	2.10	Mens D Kayak Boys C Kayak Canadian C Womens C & Girls B  <b>Masters C</b>
	16	4.38	2.12	
	17	4.42	2.14	
	18	4.46	2.16	
	P 19	4.50	2.18	
Div 5	D 20	4.54	2.20	Boys D Kayak Girls C Kayak Womens D  <b>Masters D</b>
	21	4.58	2.22	
	22	5.02	2.24	
	23	5.06	2.26	
	P 24	5.10	2.28	
Div 6	D 25	5.14	2.30	Girls D Kayak
	26	5.18	2.32	
	27	5.22	2.34	
	28	5.26	2.36	
	P 29	5.30	2.38	