

**BRITISH CANOE UNION**  
**FLATWATER NEWSLETTER – OCTOBER/NOVEMBER 2005**

My, how the time flies by when you're having fun! After the eager anticipation of the new season it's been here and virtually gone. SO here we are looking forward to the final flings of the season.

The Worlds in Perth loom large and by the middle of this month will have been decided. We send our best wishes to all the team, who by the time you read this should be in Perth with their final preparations.

Access is not a subject we discuss very often in the flatwater world but for many canoeists it is of vital importance. The BCU has for a long time been working hard to improve the lot of those who need moving water and indeed there are many stretches of flat water that are beyond the reach of us. There is a new even more active strategy and Tamsin Phipps has been employed on a part time basis to push the issue forward with government, the anglers, landowners and all those who have an influence on the situation. She has met with initial success but needs much more support in the shape of numbers. Please go to [www.riversaccess.org](http://www.riversaccess.org) and register your support. It will take you little time and cost nothing.

At this time of year Christine sends out letters to all clubs to bring the rankings up to date. PLEASE can you get them back to her as soon as you can. The usual response is nothing short of abysmal. These rankings really do matter as they are the corner stone of our divisional system.

The National Marathon Champs were a huge success at Worcester and our congratulations go to them. Whilst there were many people involved in the organisation the high profile people were Graham Campbell and Matt Brown. Graham seemed to have the entire organisation at his fingertips and Matt told us all what was going on in a unique manner.

Entries were up in number this year and there was good competition in most of the classes. Ivan Lawler did it again with the double and now ranks equal with Alan Williams as our most prolific National Champion.

Congratulations to Leighton Buzzard on winning the club trophy. Their efforts and the improved quality of their paddlers in many divisions is clearly as a result of hard work from all concerned. More power to their elbow.

After Saturdays racing the Marathon Committee held their annual consultative meeting. Regrettably few people showed much interest in the running of the sport. To those that came our thanks. There was a certain muttering in beards about not having any say in how the sport is run and the new style of meeting is of little use. The committee members are elected in the same way that they have for years. That is to say, at the annual meeting and the clubs have a vote. No one else votes the members in.

Do the committee listen to suggestions and requests? Of course. Most of them are acted upon in some way. Some are not because of the potential for the domino effect and what the particular change might be on other sections.

Each year the committee asks for people who are interested to step forward and offer themselves to be part of the running of this branch of our sport. This stepping forward seems to be very difficult for most and this is in the main part understandable as the club activities take an enormous amount of time. So it is with pleasure we welcome Steve Harris to the ranks. As an ex World Champion a qualified teacher and coach he should be able to add a beneficial influence on how things are arranged.

Event tickets are intended only as a stopgap and “taster”. The events our clubs run are for members only. The tickets are for those who cannot show their membership cards or who want to come and try our sport. The main reason for this is in today's litigious world the provision of Public Liability insurance is seen as a must for these events to protect the paddlers and the organiser. Without the proof of membership or the payment of an extension of the standard BCU policy the insurers will not grant cover. As you know from the yearbook the minimum charge is £2.00 and the maximum £5.00. £1.50 must be sent to the BCU office in Nottingham together with the necessary forms.

For those multiple users I suggest that you either tie your card round your neck or join. The more members we have the better for everyone.

The Hasler trophy held at Norwich provoked some comments and no doubt other organisers have noted what can go wrong. Whatever happened let's not forget the work and effort that the Norwich club members put in and for many it was an enjoyable day. Congratulations to Elmbridge once again as the winners. The most successful club in the history of the competition. This comes from me with slightly gritted teeth as they took over this mantle from Lincoln, albeit some years ago. However it seems that Leighton Buzzard are closing in. When you're at the top etc! Who else is going to mount the challenge?

Enjoy the rest of the season and Christine and I eagerly await the flood of letters and responses from you.

Alan and Christine Laws

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## GUDENA 2005

### SUMMARY OF RESULTS

#### **120Km Course          5 Stages**

##### **SMK2**

Winning Time 08:13:39

8<sup>th</sup> Ben Bradshaw/Gary Rowell 08:56:02

##### **U18 MK1**

Winning Time 08:46:45

5<sup>th</sup> Matt Guy 09:36:47

7<sup>th</sup> Bernard Maurissen 09:50:35

#### **80 Km Course          4 Stages**

##### **SWK2**

1<sup>st</sup> Faye Lamph/Lizzie Broughton 06:43:46

##### **SWK1**

Winning Time 06:25:46

3<sup>rd</sup> Harriet Farrish 06:36:57

7<sup>th</sup> Becky Schofield 07:40:12

DNF Haley Blackwell

#### **57 Km Course          3 Stages**

##### **U16 MK1**

Winning Time 03:57:54

2<sup>nd</sup> Ben Haynes 04:07:02

3<sup>rd</sup> Tom Bridge 04:09:13

4<sup>th</sup> Tim Pendle 04:09:27

6<sup>th</sup> Robert Poole 04:16:09

##### **U16 WK1**

Winning Time 04:28:23

2<sup>nd</sup> Kathryn Hall 04:28:57

6<sup>th</sup> Emma Dougal 04:51:08

# BRITISH CANOE UNION RACING COMMITTEE



## Junior Team Manager's Report Under 23 Event Report

### Annual Consultative Meeting – September 2005

This report gives a brief outline of my activities and the Junior & Under 23 International Regattas attended during the last year.

#### JUNIOR

In the spring I attended a World Class Start training session at Eton chiefly to deliver Information and Education on International Competition to the junior paddlers, some of whom had not before competed for GBR Internationally. Parents and Coaches are always encouraged to attend too.

World Class Start crews were entered at the April, May, June and July regattas.

#### JUNIOR & U23

In May, a team of 3 Junior Men Kayak and 4 U23 Men Kayak paddlers attended the Piest'any, International Regatta in Slovakia. We were competing against paddlers from 11 other nations in the juniors and 6 other nations in the U23s and many Slovakian clubs. The competition was of a very good standard for our Junior team, and good standard for our U23s although the entries were small. We made all the 'A' finals in the juniors and the finals in the U23s, although all the crew events were straight finals. The JMK2 crew of Stuart Hastings/Allen Spencer won the silver medal in the 500m. They were 4<sup>th</sup> in the JMK2 1000m as was Andrew Daniels in the JMK1 1000m. Andy won the silver medal in the 3Km race. In the U23MK1 1000m Richard Darby-Dowman won the bronze medal and paddling with Tom Daniels they also won the bronze medal in the K2 500m.

In July, a team of 3 Junior Men Kayak, 2 Junior Women Kayak, 5 U23 Men Kayak, 2 U23 Canoe and 6 U23 Women Kayak paddlers attended the Junior & U23 European Championships which took place in Plovdiv, Bulgaria. There were 34 nations, with over 700 competitors, taking part in both the Junior and U23 events.

The Junior team reached 2 finals and the U23s reached 5. Paul Wycherley/Ben Farrell won the bronze medal in the U23K2 1000m. They were beaten by the Hungarian crew by only 0.025 seconds!

Six other British crews performed very well to reach finals. Stuart Hastings/Allen Spencer (6<sup>th</sup> JMK2 1000m), Matthew Lawrence/James Train (7<sup>th</sup> U23MC2 1000m), Edward Cox/ Edward McKeever (7<sup>th</sup> U23MK2 500m), Shuna Braithwaite (8<sup>th</sup> U23WK1 500m), Andrew Daniels (9<sup>th</sup> JMK1 1000m) and Kim Dawson/Hayleigh Mason/Jenny Spencer/Tara Nutt (9<sup>th</sup> U23WK4 500m).

The remainder of Great Britain's crews all reached the semi finals.

#### JUNIOR

In August, a team of 3 Junior Men Kayak and 2 Junior Women Kayak paddlers attended the Junior World Championships which took place in Szeged, Hungary.

There were 54 nations and nearly 500 competitors taking part, which made it even more difficult to get into a final than it had been at the Junior European Championships, three weeks earlier.

Louisa Sawers came 9<sup>th</sup> in the JWK1 1000m 'A' final and Andrew Daniels was 9<sup>th</sup> in the JMK1 1000m 'B' final. Both will still be juniors next year. The remaining paddlers all reached the semi finals. Only one of these will be a senior next year.

## FINANCE

World Class Funding enabled the Junior & Under 23 teams to fulfil their training and competition programme with support for the non programme athletes coming from the Racing Committee.

## IN CONCLUSION

Once again, I would like to thank the various Coaches, World Class Management, Sport Science, Support and Office Staff, my wife, Beryl, for her clerical and other support, particularly in producing the result tables, those who have helped out with boat transport during the year and all those who have been associated with the various teams for their help and support.

I would also like to congratulate the paddlers for the manner, on the whole, in which they have approached this year's events, particularly the juniors.

After twenty years as Junior Team Manager (and Under 23 in recent years) I have decided to retire. I would like to thank all the coaches and staff, whom it's been a pleasure to work with during this time, and the paddlers for their company, good humour and performances.

Laurence Oliver

Manager, Junior Team / Event Manager Under 23s.

22.08.2005

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## **MORE FACTS & FIGURES**

A superbly run National Marathon Championships held at Worcester over the August Bank Holiday weekend saw the largest number of both paddlers and clubs for many years. There were 810 "bums on seats" from 52 racing clubs.

In the Senior Men races, 5 times World Champion, Ivan Lawler of Elmbridge completed the double again winning both the K1 and K2 races. This brings his tally of Senior National Championships to 15 equalling the previous best total held by Alan Williams of Royal.

A Williams :

K1 1982, 83, 84, & 85

K2 1974, 75, 76, 78, 79, 80, 81, 82, 83, 84, & 86

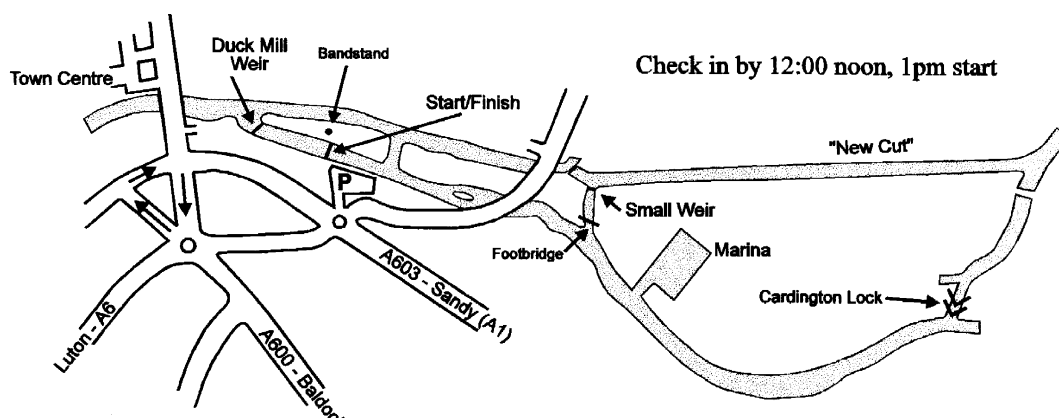
Ivan Lawler

K1 1986, 87, 88, 92, 96, 99, 02, & 05

K2 1986, 87, 92, 94, 96, 99 & 05

# The Great Ouse Race 2005

Bedford, Saturday 12<sup>th</sup> November



In the Ouse race EVERYBODY competes for the same trophies. The under twelves in slalom boats start first and the rest follow at varying intervals, but all the trophies are awarded on the order the paddlers cross the finish line – regardless of their start time.

The course: Start at the Riverside car park just downstream of Duck Mill weir – paddle downstream and turn into New Cut. At the end of New Cut, turn right and paddle up to Cardington Lock. Portage the lock and continue upstream – paddle down New Cut for a second time, portage the lock for a second time and continue upstream to the finish point (total six miles).

#### **Individual Trophies**

The winner will receive the Stewart Galloway Memorial Trophy and individual trophies will be awarded for the first fifteen boats to finish.

#### **Team Prize**

The Hatfield Polytechnic Trophy will be awarded to the best team – scored on the first four boats to finish from each club

#### **Club Trophy**

The Club Trophy will be awarded to the club with the most paddlers in the first 50% of the entry.

#### **Under Twelves**

All under twelves who complete the six mile course will receive an individual medal.

The race is organised by Herts Canoe Club. Entry forms may be obtained from the race organiser:  
Chris Wilson, 27 Cedarwood Drive, St.Albans, Herts. AL4 0DN Tel. 01727 851773  
email: [chriswil42@supanet.com](mailto:chriswil42@supanet.com)

We have been assured that the Cardington Course will not be opened on the day of the race. However, in the event that the course is used or for any other reason that there is insufficient water in the New Cut, an alternative course has been arranged. This will consist of the same start and finish, but will continue down river portaging at the lock and continuing to a marker post in the river, then returning, portaging again at the lock.



## BRITISH CANOE UNION

**Alan Williams**

NATIONAL PERFORMANCE MANAGER

8 WESTMONT RD, HINCHLEY WOOD, SURREY, KT10 9BD. TEL/FAX 020 8398 3818

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### Zargreb World Championships 2005

The 2005 World Championships in Zargreb was the largest ever with Teams from 78 nations taking part. Great Britain sent a team of 15 athletes who were entered in 13 events and for the first time since 2001 we had we had boats represented in all three disciplines.

With over 78 nations taking part many events had four semi-finals with just two boats through and the fastest 3<sup>rd</sup>. This is not the best system and can be very unfair if conditions change during the regatta.

The weather during the competition varied from warm and sunny on the first day to cold and rainy on the last day with quite a lot of variation. Generally race conditions were fastest on the first two days of competition. And the course was running fairly. (No lane had any significant advantage)

Results:

With so many countries the competition was always going to be tough. At the end of four days hard racing all 13 boats had made the semi-finals with 6 boats going on to make B finals and the final three boats qualifying for (A) finals. 9 of our 13 entries achieved personal best's during the competition.

Although the team had performed well we were all disappointed not to be bringing home any medals. But it should be remembered that more than half of our team were still U23 this year.

Ian Wynne was one of those with a PB. His 1.37.82 in the semi-final was faster than his time in Athens.

Peter Almasi's time of 3.36.15 in the semi-finals took him safely through to the A finals where he finished 8<sup>th</sup> his best World Championships result to date.

Matt Lawrence and James Train had a great regatta. They had personal bests in both the C2 500 and 1000 and seemed to get better with every race. Their C2 1000 time of 3.39.85 took them to 2<sup>nd</sup> place in the B final and 11<sup>th</sup> place overall. This ranks them 11<sup>th</sup> and 15<sup>th</sup> in the world in the Olympic events. These are fantastic results for our U23 C2 and we hope they can build on this for Olympic qualification in 2007.

All of our K2 crews achieved personal best times during the competition and were disappointed not to make the A finals. They did all reach the B finals and finish in the top half of the competition.

In the K1 200 Ed Mckeever raced exceptionally well in his first international in this event. His times in the heat and semi were very fast. (37.15 and 37.47) this was enough to take him through to the A final in a field of 50 countries. In the final Ed went even faster (37.03) laying down a bench mark for the future.

Alan Williams NPM

# MIDLANDS DUATHLON - WINTER SERIES 2005/06

## Dates & Times

SATURDAY 12<sup>th</sup> NOVEMBER – FLADBURY

SATURDAY 10<sup>th</sup> DECEMBER – LEICESTER

SATURDAY 21<sup>st</sup> JANUARY – WORCESTER

SATURDAY 25<sup>th</sup> FEBRUARY - HEREFORD

**All events check in from 10.00 am racing starts at 11.30 am**

## The Format

**A continuous Run – Paddle – Run over 3 different courses**

**4k Run – 6k Paddle – 2k Run (Div 1-3 and Div 4-6 on separate starts)**

**2k Run – 4k Paddle – 1k Run (Div 7-9 Paddlers)**

**1k Run – 2k Paddle (Lightning Paddlers)**

## Points

1<sup>st</sup> place 20 points, 2<sup>nd</sup> place 19 points etc down to 20<sup>th</sup> 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 and first 3 competitors in each category.**

**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](mailto:stevetrain@btinternet.com)

There will be an entry fee of £3.50 per person

## Contact:

Steve Train Tel:07941 592110  
Email: [stevetrain@btinternrnet.com](mailto:stevetrain@btinternrnet.com)





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### **National Performance Managers Review 2005**

This report covers the work carried out by World Class Programmes on behalf of the Sprint Racing for the period September 2004 through to September 2005.

World Class Programmes is a body within the BCU set up to organise training and competition programmes for talented athletes who have been identified by results as having the potential to achieve significant results at World Championships and Olympic Games. These athletes are selected for either the World Class Performance or Potential programme.

WCP also run a large development programme for junior athletes who have not yet reached the level to be included on Performance programmes.

Non programme senior athletes who can be late developers or those recovering from long term sickness are also included in competition and training. These are normally funded by the Racing Committee.

Following our good results in Athens. ([Four Olympic finals and 1 medal](#)) the Performance budget remained almost static for 2005 but the Potential element of our budget was cut by around 20%. For the first time UK Sport also put a cap on the total number of athletes that we could fund through World Class Performance. This number is currently set at 20 athletes between Sprint and Slalom.

At the end of each season we hold a planning conference lasting 3-4 days to review all aspects of our preparation and competition programmes before we finalise the programme for the coming season. This is followed up with individual reviews for every athlete on the programme where they are given the opportunity to suggest changes to the way the programmes are run.

Despite cuts in budget we have managed to organise a massive development programme this year. The programme caters for Senior and Junior internationals as well as the supporting younger paddlers experiencing first international competitions.

Results from all these competitions are available on various web sites including the BCU World Class Web Site and Reading Web Site.

Results alone don't always give the full picture. I'm sure most of you have heard the results from the senior World Championships. 3 x A Finals and 6 x B finals. What most of you wont know is that  $\frac{3}{4}$  of the team achieved personal times at this competition. Ben Farrell and Paul Wycherley's Bronze medal at the U23 European Championships was our best performance in terms of medals. But many of our athletes are showing great improvements and will be champions in the future.

**European Youth Olympics.**

This year Canoeing was included in the EYOG as a demonstration Sport. We sent a team of 7 athletes to compete in nine events with one boat reaching the finals. This was a great opportunity for Canoeing and there are moves to include it again in 2007.

**Coaching:**

Coaching support has been a major issue this year. Following the Olympics in 2004 we needed to make several changes to the senior coaching structure. The hunt for a coach to lead the senior programme was particularly difficult.

I am pleased to say that we have now taken on new coaches for both the senior and junior squads. Two senior coaches are already in place for the review and planning process for 2006. The new junior head coach (David Coulson) will be starting shortly.

**Equipment:**

Both the SRC and World Class programmes have continued to invest in new equipment and facilities.

The SRC replaced one of its mini buses this year and bought 3 development K4's for use at the national regattas. The SRC has also continued to support the regatta Committee with financial support and equipment

World class programmes replaced 2 of its mini buses this year and bought around 15 competition boats for use by international teams.

I would like to thank all of the people who made the 2005 programme run so well.

We need to highlight the support given by our volunteers and their clubs. This continues to be essential to the delivery of a complete preparation, training and competition programme for all levels. I believe our current programme is well structured with development opportunities at every level.

Alan Williams NPM

Sept 2005