

FLATWATER NEWSLETTER

APRIL 2008

Here we are with the latest and greatest issue of the Flatwater Newsletter which has been a long time in its gestation due to the inability of the editor to get his finger out and create something approaching a worthwhile effort.

Starting with the weather that has affected most of the recent events in a bad way despite [or perhaps because of] global warming and caused increased sales of Helly Hansen and Craft thermals and chilblain cream. The April regatta was cold. Snow overnight on Saturday although certainly the water was not as lumpy as might have been expected. Despite this the racing was good and I expect that the results have been scrutinised by all. Alan Williams amongst others seemed to keep warm by putting miles on his bike.

The Sprint committee had asked for no parking on the bank side near the tower all the way up to the beginning of the 100m red buoys to provide clear viewing for all the spectators. This intention seemed to get lost in the translation but will be in place for the May regatta.

Discussions are currently going on with the regatta organisers to try and stem the tide of the cost of the HPP regattas. Last year saw the cost rise to such a level that if continued in the same way would see all the committee reserves gone in a few years. I am pleased to report that the April regatta made a small profit and hopefully the increase in entry fees will provide the necessary increase in funds without putting off too many competitors. The balance between encouragement and being financially able to run a good regatta is a delicate one. Last years event at Eton was an expensive exercise. It was done in advance of an anticipated Sprint World Cup that as yet has not materialised, as the offer the BCU made to the ICF did not find favour against other nations bids. The pressure to have an international regatta continues. As a further bid to raise money there is a current discussion about charging a nominal amount for car parking. How to do this without becoming officious or involving too much manpower is ongoing.

On the other hand the Marathon assessment race at Norwich on Sunday 13th April was run in relatively warm sunshine. That is until home time and then the heavens opened. [There were reasonable entries in the Men's K1 and the Boy's K1 but the entry in the Women's and Girls K1 was disappointing.](#)

[Of the 15 boys chosen to go to Gent Marathon last month, 11 raced at Norwich but of the 10 girls who went to Gent, only 4 raced at Norwich. The girl's race was missing most of our top juniors](#) but quite a few of them were previously at a training camp and decided not to race on the Sunday.

Results as follows;

JUNIOR MEN K1		Norwich 13 April
Tom Sharpe		1. 01:36:48
Mark Childerstone		2. +00:01
Daniel Barber		3. +00:02
Michael Lambert		4. +05:50
Matthew Mills		5. +07:01
Aaron Jordan		6. +08:46
Lewis Allen		7. +08:47
James Webster		8. +09:33
Oliver Rix		9. +10:52
Charlie Welch		10. +10:53
Albert Hicks		11. +11:27
Sam Driscoll		12. +12:10
Matthew McLean		13. +12:48
Peter Wilkes		14. +14:45
James Cordery		15. +19:26
Ryan Walkinshaw		16. +28:49
Julian Stone		DNF
Robert Creamer		DNF
Mark Wilkes		DNF
Jonathan Tye		DNF
Matthew Welch		DNF

JUNIOR WOMEN K1		Norwich 13 April
Jenny Illidge		1. 1:52:26
Hazel Childerstone		2. +03:44
Alice Haws		3. +03:47
Sophie Rooney		4. +10:15
Sophie Parker		5. +16:07
Victoria Croucher		DNF

[Next assessment race is at Bedford on 27 April. The MRC did agree some months ago to fund the entry fees of Junior K2s at assessment races as part of the development sub-budget.](#) Please remind those that this affects

Alan Laws MRC

Marathon Accounts.

BRITISH CANOE UNION MARATHON RACING COMMITTEE

Summary Accounts as at 31 October 2007

Income	£	£
BCU Central Grant	25,000	
Use of Mini Bus	8,050	
Bank Interest	1,656	-
Donations and other income	<u>2,341</u>	37,047
		-
<u>Less Expenditure</u>		
Internationals	30,443	
Vehicle Maintenance & Insurance	3,027	
Depreciation	8,302	
Insurance, admin, travel, corporation tax	<u>1,365</u>	<u>43,137</u>
Deficit		-6,090
<u>Exceptional items</u>		
Loss on sale of mini bus	-280	
Reversal Provisions	<u>5,250</u>	<u>4,970</u>
Deficit for year		<u>-1,120</u>
<u>Assets less Liabilities</u>		
Fixed Assets		26,114
Stock		1,879
Bank		31,114
Net Debtors less creditors		<u>204</u>
Total Capital Employed		<u>59,311</u>

RACING SCHEME

Income		£
Race Levies	8236	
Sale of racing packs	<u>500</u>	8736
<u>Less Expenditure</u>		
Support for Hasler Series and Nationals	4853	
Training	2983	
Flatwater Racing Packs	4545	<u>12381</u>
Deficit		<u>-3645</u>
Balance at 1 November 2005		<u>39348</u>
Balance at 31 October 2006		<u>35703</u>

You will see that the MRC also dipped into their reserves last year and although this has not caused any real problem it cannot continue to do so year on year. The budget for the internationals and the domestic programme this year will also result in a deficit so some care is needed if the current levels of support are to continue.

2012 FAST TRACK SCHEME

It was a bitingly cold weekend as a group of 9 athletes consisting of 6 men and 3 women, recruited last autumn into the sport, lined up to take part in their first April regatta. The men competed exclusively in the Men's B canoe class events while the women competed in Women's B and C races. 'All part of the learning process' said Matt Sollars as he assessed his time of 2.26 for 500m, after just 4 months of training in the sport of canoeing. Victoria Towers, who won Women's C class in a time of 2.09, was also pleased with her personal performance, having now been in the sport for 7 months.

Matt and Victoria were just 2 of the same group which during December last year, assembled close to the flagpole at the National Water Sports Centre where the Union Jack was clinging to its lanyard for dear life. 'At the end of the day, that's what it is all about – to win medals for Great Britain' said one athlete, looking upwards to the flag. This group, known as the Fast Track Group (canoe & women's kayak)– was the output of a very busy summer for BCU World Class programmes.

Recognising the lack of depth in the canoe and women's kayak squads (4 & 3 medals up for grabs at the Olympic Games) and with a burning mission to contend for medals in all classes at the 2012 London Olympic Games, Great Britain Canoeing teamed up with UK Sport over the summer of 2007 and embarked upon a talent search initiative to find athletes who may have been involved other sports, and who may just be suitable for canoeing.

UK Sport led a high- profile talent recruitment campaign called 'Sporting Giants – London 2012' which was promoted by a number of high profile sports people such as Sir Steve Redgrave. It had much media interest with TV, newspapers and internet spreading the 'word' and application details. Thousands of young people made the journey to Manchester, Nottingham, Bath and Bisham Abbey to complete a series of tests which would determine some aspects of their potential to excel at the London 2012 Olympic Games.

Out of this trawl over 200 men and women were then invited to separate testing days, specific to the sport of canoeing at the National Water Sports Centre in Nottingham. This included physiological testing and, for the men, their ability to adapt to a canoe. From this process, 12 women and 10 men were invited to complete a 'Confirmation Phase lasting 5 weeks (men) and 9 weeks (women) based at the National Water Sports Centre.

Said Tom Marshall (18) from Bristol 'I remember when I got the call to say I had got through. I was stripping wall paper at the time and I couldn't believe it! I thought – this could change my life!'

Mario Santos Costa (19) a former semi-professional footballer from Stevenage said ' I couldn't believe it. I just decided to give up my job as a shop fitter for the 5 weeks of the Confirmation phase. I knew this was a one-off opportunity and I just got to take it'.

And so they came.....including Angela Hannah from Loughborough, an ex Zimbabwe hockey international, Victoria Towers, a Staffordshire swimmer of national standing, Richard Jefferies - a rugby player from the Isle of Wight and Matt Jump – a rower from Northwich.

A very diverse group of young people aged 18 – 25 from different sports, cultures and locations all assembled at Nottingham. The thing that bonded them most was their desire for sport, training and the will to progress through to the next stage. Their attitude towards hard work was outstanding – an 'anything is possible' mentality was really evident from the women's group led by Mark Hoile. Steve Train was equally impressed with the level of motivation and progress made by the canoe group.

Matt Sollars – a former back row rugby player said ' When I first saw the "pencil' C1 on the introduction day, I thought it was ridiculous. I thought....I have no chance'. How things change. The canoe Confirmation Phase reached a conclusion on 3 December 2008 and 6 men including Matt were offered a place in the Transition phase of the Canoe Academy. These 6 canoe athletes and 3 women's kayaks are now training twice a day at Nottingham.

They have made life changes to make the most of this opportunity. Victoria Towers has deferred her physiotherapy degree. Joe Hoyes, has swapped full time for part time employment in the fitness industry. Matt Jump – a full time technician with Ford, said; 'I had a decision to make about leaving a structured career. I want to go to the Olympic Games with a GB vest on – it's not up for debate'!

The path to competing for GB is still far on the horizon yet it is getting closer every day. All of the athletes are very realistic about sport – they know there are no guarantees, yet they are all inspired. As Richard Jefferies put it 'Its out there – we just have to take it – I know we can make it'.

Like all canoeing athletes, we wish them well in their progress in the sport.

National Marathon Championships 2008

Worcester 23rd / 24th August

Worcester will be hosting the National Marathon Championships this year and hope that we will have an exciting weekend of racing.

Juniors

Juniors will have noted that this year for the first time they will only be able to enter National Championship age group events. In order to encourage participation from all divisions additional prizes will be awarded based on divisional ranking.

Need a K2 partner?

We are aiming to provide a partner finding page on our website where team leaders will be able to let other team leaders know that they are looking for partners for a specific class. Names will not be quoted.

Non Canoeing Partners / Supporters

The event coincides with the last weekend of the Worcester Festival and non paddlers may wish to check out the Worcester Festival website www.Worcesterfestival.co.uk to look at what might be on that is of interest. For those who have not been to Worcester before you will find that Worcester City Centre is a very easy and pleasant walk from the race site.

Olympic 500m Finals

Saturday morning of the event sees the finals of the 500m K1 and K2 Olympic sprint events. We very much hope to have a big screen for watching these events and are tailoring racing to allow for viewing as far as possible. We have some possibilities for equipment but these are unconfirmed if you can assist with equipment for a big screen please contact suehawthorn@btinternet.com.

Website

A link will be provided in due course to a Nationals Website which will include race details, accommodation options, results page etc. etc. Check out the marathon Canoeing website www.marathon-canoeing.org.uk or the Worcester Canoe Club website www.worcestercanoecub.co.uk for the link.

We look forward to seeing you and have fingers and toes crossed for some sunny weather!

Rio Negro, Patagonia, Argentina

www.regatadelrionegro.com.ar

The 2008 Rio Negro race took place January 12 to 19 and next years race will be around the same dates. The race starts in Neuquen, Patagonia. A two hour flight from Buenos Aires or a twelve hour bus journey. The finish is in Viedma and another twelve hour bus journey with no flight option.



Key facts

- No portages! That's right, no portages.
- Race three days, rest one day
- Race two days, rest one day
- Final day to Viedma
- Not all of the stages are continuous.
- We had a driver, Mario, with a minibus that drove us, equipment and trailer
- Start at 3pm. Eat at 11:30pm.
- Dormitory accommodation
- Average afternoon temperature: 38c
- The Argentineans are incredibly welcoming and friendly.

The standard of the racing was very high. An Asturias paddler, Kiko won the K1 for the second year. This year he had a film crew from Spain. There were two other paddlers from Asturias; Maria and Carlos (they had won mixed Sella last year) also a Canadian, Ian Makenzie (came 5th in World Cup 1 in Denmark last year). The British contingent; Richard Hendron, Henry Hendron and Ollie Harding enjoyed the race and are planning on returning with more UK paddlers next year. Register your interest now!



Mario, Esteban, Henry Hendron, Alex, Ian Makenzie, Richard Hendron, Maria, Carlos, Ollie Harding

The K2 seems to be the more prestigious event. Compare the times to DW which is 200k and this which is 326k. When you look at the stage times remember there are no portages!

C1 Senior

1 502 VEGA SUAREZ, Federico Equipo Autoómico de Asturias
2:27:55 3.00.33 3.15.58 2.20.47 3.42.27 3.28.07 18.15.47

13 505 MACKENZIE, Ian Ocean River Padding Club
2:31:45 3.25.15 3.16.06 2.22.04 3.59.13 3.57.52 19.32.15
1.16.28

K2 senior

1 10 PAYALEF, Diego - COLOS, Bruno Club Quimey Leuvú
2:18:07 2.48.15 3.05.14 2.09.57 3.26.10 3.07.49 16.55.32

7 5 HENDRON, Richard - HENDRON, Henry British Canoe Union
2:41:47 3.10.51 3.22.06 2.34.52 4.09.01 3.29.02 19.27.39
2.32.07

K1 Senior

5 613 HARDING, Ollie British Canoe Union
2:47:24 3.17.29 3.36.33 2.42.54 4.21.13 4.21.45 21.07.18
1.53.51

Longridge May open Day

May Day open day @ Longridge 5th May.

Come along to Longridge's open day and Longridge canoe club's 'come and try it' We will be holding some come and try it sessions in the backwater. Short, sharp fun sessions.

Please bring a change of clothing and a towel.

Introduction to racing

There will be two six week courses for which we are taking bookings now. Places are filling quickly!

Intro to racing course 1 - (six Saturday afternoons)

Cost £30 (cost refunded if you join Longridge canoe club as family or senior member)

May 10, 17, 24, 31. June 7, 14

Intro to racing course 2 - (six Saturday afternoons)

Cost £30 (cost refunded if you join Longridge canoe club as family or senior member)

June 21, 28. July 5, 12, 19, 26