

**FLATWATER NEWSLETTER**  
**SEPTEMBER/OCTOBER 2009**

***Sprint ACM***

The ACM for 2009 was held at the Inter Club regatta and was a routine meeting with no new proposals put by the clubs. Pete Moule was re elected as Chairman and after the meeting Alan Laws was re appointed by the committee to be Vice Chairman.

The members of the committee re elected/elected were

<b>Louise Clive</b>	-	Nominated by the Committee
<b>John Hoile</b>	-	Nominated by the Committee
<b>Mo Moule</b>	-	Nominated by the Committee.
<b>Alan Williams</b>	-	Nominated by the Committee.
<b>Gordon Wycherley</b>	-	Nominated by the Committee.
<b>Cathy Wynne</b>	-	Nominated by the Committee

In addition Matt Brown was co-opted.

Alan Williams presented a comprehensive report on the years activities which showed the considerable progress that has been made in the quality and results of the GB Sprint team.

***Marathon ACM***

The meeting was better attended this year but Brian Gandy the Chairman noted that there was still the need for the clubs to promote their views to the committee.

The committee membership was largely unchanged as the five members retiring were re elected unopposed until 2011. These were Diane Bates, David Enoch, James Hives, Dyson Pendle and Andy Rawson. In addition Sue Hawthorn was elected until 2011.

Chester and Reading have offered to host the National Championships event in 2010 and both are finalising details before submitting a definite proposal.

Date and venue of Hasler Final 2010: The 2010 Hasler Final will be hosted by Worcester on 10 October 2010.

**Increase in Race Levies:** As notified in the Chairman's report, it has been agreed to increase the race levy to £2 for adults and £1 for juniors from 1 September 2009.

Proposal to introduce 5K racing: Dyson Pendle outlined a proposal to introduce a national series of 5K races, as tabled but without the reference to a cap on the number of Hasler races which had met with opposition from various clubs. The clubs represented expressed an interest in holding such an event and it was agreed that the committee would discuss this further.

Proposal to introduce junior K2 racing: James Hinves outlined the proposal intended to bridge the gap between lightning K1 and Division 9 for the younger paddlers. There was general interest from the floor as many clubs already include junior K2s in races where possible. It was agreed that clubs could run both lightning K1 and junior K2 races as now, with the possibility that from September 2010 clubs would run one or the other depending on the demand from their region. There was general interest in holding a junior K2 race at the National Championships.

Roland Lawler, National Rankings Officer, outlined a proposal whereby club coaches would take responsibility for ensuring that their paddlers race in the correct division at Hasler races and would promote or demote when necessary, with backup from the regional Hasler representatives and the Rankings Officer. There was agreement from the floor that the proposal had merit.

### ***Dates for Next Year***

**Marathon World Cup 1** 26/27 June 2010 in Tyn nad Vlatvou CZK. Same course as used in the 2008 Worlds.

E mail address - LLunackova@seznam.cz

**Marathon World Cup 2** 24/25 July in Brandenburg. Same regatta course used for World Cup 1 two years ago. E mail address - henry.schiffer@kanu-brandenburg.de

**Marathon World Championships.** 24/26<sup>th</sup> September 2010 in Banyolas Spain [near Barcelona on the course used for the 1992 Rowing Olympics.] e mail address - palegre@irun.org

River Sella Spain 7<sup>th</sup> August 2010

Villaviciosa regatta, Spain 8<sup>th</sup> August 2010

Candas regatta Spain 9<sup>th</sup> August 2010

Entries and contact for the three Spanish races is Apartdo 14, 33540 Arriondas, Asturias Spain.

[www.descensodelsella.com](http://www.descensodelsella.com)

[codis@descensodelsella.com](mailto:codis@descensodelsella.com)

## **THE INTERVIEW - Alan Williams**

In the series of interviews and profiles that has been started sometime ago it is always a problem as to who to consider next as there are so many paddlers who have enhanced the progress of GB canoeing. With the last two subjects of Andy Train and John Anderson we have seen the opposites of the gold medal winner on the water and the man who has created [and still creates] the facilities for paddlers to show their abilities.

With this issues subject we have a startling combination of both those things. It was the Marathon National Championships that stimulated me to ask Alan Williams to be the subject of this issues interview.

If I asked you who had won the most Marathon National Championships in modern history who would you have said it was? I guess that many would have plumped for Ivan Lawler but in fact the score is 17 to 15 in favour of Alan. In addition there has been a glittering record of medal wins in both Marathon and Sprint. Gold in K2 World 10,000m with Steve Jackson and before the time of official World Championships in Marathon, gold at Gudena and other major Grand Prix as they were then termed.

However perhaps the most vivid memory for me was the sight of a pair of paddles bolt upright in the middle of a lake in Ireland with Alan drifting past still upright in his K1 with the lead pack disappearing into the distance. His blades had become trapped in between two rocks in a shallow part of the water just after the start of the Shannon Grand Prix of 1984. Capsize was the inevitable result but what happened after was not something that had been seen before or since in an event of that seniority. Alan recovered his blades and got back into the boat and with a level of concentration that had to be seen to be believed chased after the leading pack. Not only did he catch the leaders but almost took the win from Rod Kinch. To give an idea of the quality of the field Rick Damen from Holland was third, and at that time he was at his considerable peak. To achieve that level of determination and performance was something quite special and shows the nature of the man.

Looking at the number of paddlers who drop out of marathons today perhaps some of them should think on this race of Alan's and the result it brought him.

When he and I looked back at his canoeing history at the Inter Club Regatta it became clear that he was more concerned with his current role of Performance Manager for the World Class performance than anything else other than his family. It is these two sides that dominate his actions and personality.

I asked how he became involved in canoeing and found out he joined the Army as a boy soldier at the age of 15. Most of us would still be in school and not long out of short trousers at that age [and at that time]. Although much of the time at this age in the Army was taken up by normal school lessons there was a progressive education into the art of soldiering. Alan put it as "learning how to kill people" It was not long however before he was learning how to help people in the Royal Engineers. This involved building bridges and other structures in many parts of the world including Africa. These were not just Bailey Bridges of a temporary nature but permanent ones.

The other side of the Army life was an introduction to canoeing at his Dover base. This progressed as time went by to the extent of being very serious and this was showing in his results. In fact the extent of canoeing activity led to the Army suggesting that he might do more soldiering and so after 9 years he left to concentrate on his canoeing career.

His titles are briefly mentioned above but they should be considered as outstanding as at that time World Championship Sprint medals for GB were thin on the ground to say the least. He proved that a GB paddler could win medals at the highest international level in both Marathon and Sprint.

In 1989 he became the Chief National Coach and this job has evolved into the present Performance Managers role.

Alan sees his job as a facilitator, essential to the sport and the paddlers moving their performance and careers forward. The dual role of performance and career has been overlooked in the past. It is now considered to be essential to the paddlers overall performance and to give consideration to the fact that canoeing at high level has quite a short life.

His ambition is to continue in the current role to try and widen the scope of GB success. After medals in three successive Olympics a medal in more than K1 would be the next objective and after that regular medals rather than just one or two. This task will get harder as years go by but with the determination shown in Ireland as mentioned above I get the impression that it may well be within his power.

Other things that fall within his thinking are the need to change the current coaching structure in UK which tends to be rather piecemeal. The club coach starts the process taking it so far and then the professional coach takes over if the canoeist is of such a talent. With professional coaching in the clubs from the start there would be a better initiation. It might be misunderstood that this is a slur on the club coach. Far from it Alan has nothing but praise for those who give their time but there needs to be a recognition that to get the best from a paddler a professional coach is needed from the start. Identifying those who would benefit from this level is the key and this is not easy or cheap. Hence the recognition that it will be some time before we reach the level of other nations such as Hungary.

I became aware of the sense of pride Alan has not only in his own achievements but more especially in those of the paddlers he has helped along the way. In addition there is the satisfaction he feels in seeing the dedication of the all the staff and athletes.

As a final question I asked what else he would like to change. His reply was to highlight the difficulty there is in the delicate balance of how a funding programme has such tight parameters which does not allow for "out of the box" thinking. There is such a struggle between rules and the money. A better understanding from the funding providers would help enormously in the quest for success.

## **Five-star performance for Great Britain in Marathon World Champs**

The GB Canoe Marathon Team has returned from the World Championships with an unprecedented five medals across five different classes. Closing the flatwater racing season, this three-day event in Crestuma, Portugal saw a record 320 boats entered from 31 nations, and the introduction of U23 singles races for the first time.

### **First Men's K1 medal for a decade**

The crowning glory of the British team's performance was undoubtedly Ben Brown's silver medal in the Senior Men's K1 race. The start list included three past K1 world champions, including reigning champion Emilio Merchan of Spain, his compatriot the legendary Manuel Busto, and South Africa's Shaun Rubenstein.

A blistering first lap saw the Elmbridge paddler secure a place in a select front group of four, which he held until the second of his seven portages. Denied space by the two Spanish boats, Ben was delayed coming into the portage, and capsized when getting back into the boat. The British supporters feared the worst as the top three paddled away - the Spanish boats have a track record of escaping during races. Only twice in the last 9 years have they been beaten. The young South African Jenkins was putting in some enormous burns but eventually fell back into the second group. But Ben was not going to accept this outcome, and together with Rubenstein and local favourite Jose Ramalho he started his pursuit.

Merchan, who is also this year's K2 1000m world champion, and Busto, with 7 titles to his name, are renowned as being not the best of friends, and their unusual caution allowed the other favourites including Ben to seize the opportunity and regain the front group after a couple of laps. Jenkins blew up, and with half of the race run, an uncomfortable group of five (Brown, Merchan, Busto, Rubenstein and Ramalho) were fighting to drop each other.

As racers will know, five boats means that one ends up on a less favourable wash, and the group lead changed relentlessly as each fought for position. With two laps remaining, Brown came out of a portage in fifth and an attack by Busto left him a few boat-lengths behind. Ben's head could have dropped as the group turned into a headwind, favouring the heavier paddlers in front of him, but he pushed on for 2km and caught them yet again.

The final portage was only 1500m from the finish line, and all five came into it together. Ramalho attacked on the run, getting in first ahead of Merchan. Merchan's haste saw him capsize and lose his hope of retaining his title. Ramalho led away with Busto, and Rubenstein led Brown a few metres behind.

Busto used his experience and relentless power to attack out of the final turn and drop Ramalho. A few metres behind, Brown and Rubenstein had split and followed separate lines, with Brown catching Ramalho with 500m to go. Rubenstein was flagging, while Ben attacked the Portuguese

favourite who held him off once, but couldn't match our man's refusal to surrender and gave way. With 100m to go, Ben was reeling in Busto fast, but not in time as the Spaniard crossed first to regain his title. Ramalho finished off the medals, leaving 2006 champion Rubenstein in fourth and Merchan in fifth. Probably the best Men's K1 race ever.

### **A second world medal for Lani Belcher**

In the ladies' K1, Lani Belcher was racing a marathon for GB for the first time, after a silver-medal winning performance for Australia last year. She came to Britain and Elmbridge CC last winter, and joined the world-class programme, which led to a K2 partnership with Lucy Wainwright and two finals in the world sprint championships in August. A medal was rarely in doubt as Lani's speed saw her in a front group with only the Hungarian double world champion Renata Csay and Portuguese sprint medallist Beatriz Gomes. The older women were having to fight to contain Lani's superior portaging speed, but always managed to recover.

Coming into the final portage, Lani's rivals tried to block her attack but only managed to delay it, as she ran ahead of them and led out into the final turn. Lani held the lead through the turn, until she was attacked by Csay with 500m to go. She had enough in the tank to hold off this attack, but Gomes immediately countered, using her speed as a 200m world medallist. Gomes broke away, and Csay immediately followed, crossing the line in that order for Lani to win a bronze medal. Lani's disappointment was evident, but after a long and successful season a world championship medal was good consolation and she congratulated her rivals with enthusiasm.

### **British strength in depth delivers two medals in new U23 classes**

U23 singles races were introduced to the world canoe marathon championships for the first time this year. But their introduction provoked concerns that the race entries would be weaker, or that senior class entries would suffer. That worry was not well founded in the end and the change seems to have been the right decision and brought back paddlers who were successful juniors, but would have taken many more years to break through into the senior classes, frequently won by paddlers in their 30s.

Another success of the Elmbridge system, Louisa Sawers was the dominant young woman in marathon in her final junior year, winning gold in both K1 and K2 at the worlds in France in 2006. Since then, she has focused on sprinting and made two finals in K4 at the recent world sprint championships. Lined up alongside her was another junior ex-champion, Stefania Cicali, who raced for Italy at the Beijing Olympics. Sawers and Cicali made the front group in their race, together with Hungary's Esther Havas, silver medallist from the junior race last year.

The group behind them posed a threat, as it contained last year's senior K1 bronze medallist Ana Adamova of the Czech Republic. But the front group contained enough strength to ensure they would contest the final

sprint together. In the final sprint, Havas was dropped first, while Cicali managed to hold off Sawers to take the gold.

The Men's U23 K1 race was yet another thriller, with the front group changing several times. The race featured Reading CC's Tom Daniels, as well as many past world junior medallists. Seven paddlers were in contention throughout, including two Portuguese, two Spanish, a Belgian, and South African star Grant van der Walt.

At half way through the race, a front group of four had formed, and it seemed that Daniels would have to be content with racing for fifth from the second group. But neither he nor the others were willing to accept this, and gained to within a few metres with two portages to go. Tom outran his rivals to make up the gap over the leg-sapping sand, and managed to replace one of the Spanish boats in the front group of four.

With a lap to go, it was anyone's race. The Belgian Pannecoucke cracked first, while Tom held onto Van der Walt and the Portuguese Pimenta. These two escaped at the final portage, leaving Tom the bronze medal position.

### **Dean Terry continues GB's strong junior tradition**

There can be few world marathon championships where the British team has not been among the junior medallists, thanks to the strength of our club-based racing and coaching. This year was no exception, as we fielded a strong junior team, with the highlight being Dean Terry's bronze medal in the Junior Men's K1.

The Wey KC paddler's strength is in his formidable speed, which saw him reach the final of the K1 1000m at this year's world junior sprint championships. It served Dean well as he made a front group with RSA's Brandon van der Walt and Belgium's Toon Broekx, winner of a silver in K2 last year. The three stayed together for the whole race, with Van de Walt winning gold ahead of Broekx in silver, and Terry in bronze medal positions.

The highs of our five medals didn't make the lows any easier. Wey's Mark Childerstone, coming into the racing as double national champion, was capsized in a collision with another boat off the start of the junior men's K1 race. If the disappointment of missing out on one medal chance was not enough, the same happened in the same place, the next day, in the K2 race with Dean Terry. This crew was again a very strong medal prospect.

Jon Simmons, also of Wey KC, was due to race in the senior men's K2 with Norwich's Tim Pendle, hoping to build on an excellent 5th place at this year's European Championships. Jon came down with a virus a few days before the event, and didn't recover in time, so had to give his place to Tom Daniels, and watch as Tim and Tom raced to an excellent tenth place.

Our other competitors delivered strong performances, which shouldn't be overlooked as many are likely to go on to win medals in future years. Runcorn's Jenny Illidge, with another junior year still left to go, finished fifth in K1 and 11th in K2 with Chester's Jenny Swallow, while Elmbridge's Katie Williams, also with another junior year to run, was 10th in the K1. Matt Welch of Wey, and Tom Simmonds of Bradford-on-Avon were 7th in the junior men's K2.

The success of the team across so many classes is proof that we have a great racing system in our country, from our clubs and our comprehensive programme of sprint and marathon racing, to our World Class programme which is focused on the Olympics, but still supports so many of our athletes who can win world marathon medals on the way to their ultimate goal.

James Smythe  
Team Manager

The support team of coaches, drivers and organisers made the trip possible and their efforts should be thanked.  
Ed.



## ***The International Marathon Course***

The subject of the 4.3km lap course produces more opinions than you might think. One comment made recently at one of the Marathon assessment races was that the use of the 4.3km lap produced a very boring race for the paddlers. This might be so but I have yet to hear it from other than this single comment. The contrary view is that many spectators appreciate being able to see more of the race especially the group racing which on a long lap course is lost to most. I would add however that if a paddler goes fast enough to be in the front group of a World Championships he or she is unlikely to find the time to be bored.

As ever with such disparate views there needs to be an understanding as to why the action to shorten the lap and increase the number of them has been taken. It is quite simple in that it has been the ICF Canoe Marathon Committees' prime objective for quite some years to move marathon into the Olympics. This action is being taken with the complete understanding that it will take a great deal of time without any guarantee of success.

There are only really two routes worthy of consideration for the future of International Marathon races.

1. Ignore the Olympics and plough our own furrow in the full knowledge that the funding issue, which is already a severe problem here and abroad, will only get worse and the attendance at the major races will reduce as a direct result. This change of course might initially please the paddlers but not the spectators, the government funding bodies, the media and in the end all those who value the advancement of the discipline. It would be fair to add that most nations are the same or similar to GB in that the Olympic disciplines of Sprint and Slalom suck up much of the available government funding. That's not their fault, it's a product of a government policy wanting Olympic success at all costs to the funding detriment of most non Olympic sports. When saying that tribute must be paid to Sport England in supporting canoeing as a whole and the competitive disciplines of Marathon, WWR etc receive their fair share of that funding. Compared to the amount for World Class and its associated programmes however it is quite small beer.

2. Recognising the problem outlined in option 1 we can change the course style so it can be run on a regatta course so it can be at the same venue as the Olympic Sprint events without costing a bean extra and being really attractive to TV and the media.

Without the change in the course style to enable it to do this there is not one iota of a chance of inclusion in the Olympic programme. Even with this change it needs to be understood that the IOC have decreed that the number of medals and the number of competitors is fixed at current levels. So for the inclusion of Marathon for say a men's and women's K1 event, two medals needs to be reallocated from either Sprint or Slalom. You might be forgiven for thinking that the chance of success is miniscule. Hence the earlier comment to that effect.

However when the two options are viewed against each other even the

slim chance looks a better long term action plan than having 42km races from A to B.

In reality the two courses outlined are not exclusive. There is a place for all types of marathon races from the traditional such as Sella and Gudena through to DW, The Murray and the like. Indeed the ICF Canoe Marathon Committee (CAM) has a plan, as yet not solidified, to create a "Classic" race series. Masters racing grows apace and its future path is in need of some clarification.

But for the major events of World Cups, European Championships and World Championships I believe the current path is the right one.

The ICF CAM might be wrong, [although I do not think so] but it has taken path 2 and is in there for the long game.

If National Federations feel the current plans *are* wrong then they need to stand up at the annual forum at the Team Leaders Meeting of the Worlds and say so. In addition they need to lobby the Directors of the board of the ICF and to put motions to the bi annual congress to get the changes they want. If they do this then they need to make very sure that they put in their own precise proposals for change and be very sure just why it they are doing it. All this needs to be done with a clarity of thought and considerable knowledge and be prepared for the end results as they just might not be what they wanted.

I do not believe the course and event detail is 100% right yet, we are very much still in evolution. Rather than just say "the lap course is boring" we need to look at what is needed to keep the concept and yet maintain the path to the end objective. After the Worlds K1 Men race I defy anyone to say it was anything but really exciting.

With the introduction of the Under 23 class the ICF CAM has tried to give a path of progression to the younger paddlers. The progression from Junior to Senior is a very big jump in standard and the under 23 provides a stepping stone.

With the introduction of the large screen at the portage, cameras around the course, and a competent commentator in the local and English Languages, all now compulsory items, the ICF CAM have tried to stimulate spectator excitement. You may think this is not enough in which case we do need to do more and so need ideas as to what to do.

There may be a need to change the time schedule, which is one part.

To look at the number of portages, especially for the seniors is another. A review of how the World Cup series runs, especially for the first World Cup of the year is also on the agenda

Any comments on the subject are welcome.

## National Performance Managers Review 2009

At the September Regatta it's customary for the N.P.M to give a brief review of the World Class Programmes activities for the year. The report covers aspects for the Performance Programme for the current year.

Well this is the first year of the 2012 Olympic Cycle and follows on from three successive Olympic Campaigns for the GBR Sprint Team.

- As you know our first Olympic medal was won by Tim Brabants at the Sydney Olympics in 2000.
- This was followed in 2004 when Ian Wynne won the Bronze medal at Athens.
- In 2008 Tim was back on top form winning Gold in the K1 1000 and also taking the bronze in the K1 500 at the Beijing Games.

As one would expect following any Olympic cycle there was a comprehensive review of all the work done by World Class. We looked at what had been achieved and searched for areas to make further improvements. One area in particular came to light and this was the need to develop the very best coaching team to support athletes in their quest for Olympic medals.

Developing a coaching team is probably one of the most difficult things to do. It also takes a lot longer than you would imagine because you not only have to find the right coaches (most of the good ones are already employed in successful systems) You then have to persuade them that the GBR team has better potential than their own teams. Once past these hurdles there are only the smaller issues of language and contracts and coach methods.

Our restructuring is almost complete and most people would agree that Great Britain has one of the best coaching teams in the World. This statement is backed up by our international results.

Inevitably when you bring in new people they have new ideas which need to be assessed and tried. This year the men's team had a fundamental change in direction which resulted in smaller teams at some of the early World Cup competitions so that more focus could be placed on establishing new training philosophies. This certainly seems to have paid off as the team's results have continued to improve throughout the season.

World Class Programmes are essentially geared to assist athletes win medals at major competitions which means our focus is on Olympic events. The programme also tries to develop athletes coming from the club system and has implemented Talent I.D and Fast Track programmes. These programmes were first started in the Women Kayaks and now also operate for the Canoe Class. Many of the Women who started on these programme are now regular GB team members and several are probably going to form part of our 2012 team.

2009 Season:

Well I'm sure that you have all seen the size of the programme run by World Class for GB Canoeing so I'm not going to run through the year event by event.

### Seniors Squads:

The senior winter training programme this year was huge with a large number of athletes attending several camps. Results at the early World Cup were perhaps a little less than some previous years which was in part due to the age of the current squad (just 22 years) and part due to more focus being put on training and development as new coaches started to implement their ideas.

- Even so there were 8 A finals and 3 medals at the early World Cup events.
- **At the senior Europeans** there were 4 finals in Olympic events with Rachel Cawthorn winning the Bronze in the WK1 500 and a further 2 x A finals in the 200m events where our women's K4 also won the Bronze medal.
- **At the World Championships** we had a relatively small team this year (just 15 athletes). With 90% of our athlete still being U23 some of the younger athletes were not ready for the senior Worlds and were focused on the European U23 championships.
- At the Worlds there were again 6 x A Finals with our women's squad in all three Olympic Finals.
- Our men's K4 which has improved steadily throughout the year became the first ever GBR Men's K4 to make a world championships Final.
- This ranks GBR 8<sup>th</sup> overall in the points table for Olympic events and our women's squads 3<sup>rd</sup> in the World. These are definitely results we can build on for 2012.

Men's K1 500	E Mckeever	World Ranking 10th
Men's K2 1000	E Rutherford / B Farrell	World Ranking 16th
Men's K4 1000	Ben / Paul / Stuart / Andy	World Ranking 7th
Women's K1 500	R Cawthorn	World Ranking 4th
Women's K2 500	L Belcher / L Wainwright	World Ranking 5 <sup>th</sup>
Women's K4 500	Jess / Rachel / Hayleigh / Louisa	World Ranking 5 <sup>th</sup>
Canoe C1 500	J Train	World Ranking 21 <sup>st</sup>
Canoe C1 1000	M Lawrence	World Ranking 16 <sup>th</sup>

- As we come to the end of the 2009 season we have 15 athletes profiled for the 2010 Podium programme an increase of 35% from last year.

### Juniors:

In 2008 we had a strong junior squad but many of these athletes joined the senior team in 2009.

The junior development programme team for 2009 was one of the smallest for many years. The junior programme was run by Claudine, Mark Hoile and the two Steve's. With just one junior athlete profiled for the W/C Development programme at the end of 2008 this was always going to be a tough year for the junior programme. Claudine and her team have done a great job and by the end of the season we had 11 juniors able to race at the Junior European Championships with four boats reaching the finals. The best 3 guys went on to the junior World Championships in Moscow where they again made A finals.

World Class Programmes have also actively supported S.R.C this year both with financial support for the start gate system and an international programme for junior and senior development athletes. This was particularly difficult this year with a large number of seniors on the development and fast track programmes.

## **2010**

We will shortly be starting our annual review for the 2009 season and consolidate to our plans for 2010. This will bring us to a point just a year away from the first round of Olympic Qualification for the London Games.

During the 2009 world Championships the ICF announced changes to the 2012 Olympic programme. This came out of the blue as we were told following the ICF Rome conference that the 2012 competition programme would not change until 2016.

The main changes are that all 500m races for men's canoe and kayak have been dropped and replaced by 200m races. There is also an additional 200m K1 race for women. As there is no extra Olympic medal available one event will be dropped from the Olympic programme and the rumour not fully confirmed is that this will be the C2 500/200m.

These changes will have a profound effect on how we prepare our team for 2012

It's also apparent that the S.R.C and World Class will need to work closely to put in place a solid development programme for the coming season.

### **A number of athletes and staff have either retired or moved on this year.**

- Anna Hemmings retired at the beginning of the year. Anna had a long and successful career include many world championships wins and 2 Olympic Games.
- Lucy Wainwright is also retiring from GB Canoe at the end of the Year and She and Barney will be moving to Canada for the next few years.
- Pete Almasi has returned home to Hungary where he is coming to terms with being a father.

We still rely heavily on volunteers and parents for their support which is greatly appreciated. The Regatta Committee have been great this year in accommodating the needs of the Assessment programme. And the coaching and Support staff first class.

I wish all the very best for the future for those who have moved on and hope that they will remain a part of the Canoeing Family.

Alan Williams NPM.

### *Hasler Finals :*

Thanks very much to all who put in so much work to run this event  
All the results are on the Reading web site and special thanks must go to  
all the club members there for the hard and effective work they did to put  
on such a successful event. They were blessed with really good weather  
but that was just the icing on the cake.

The racing was excellent and all congratulations go especially to Norwich,  
the winners with Elmbridge and Reading second and third respectively.

Full results are on the reading website for those who wish to see all the  
placings.

The other trophies are as below and congratulations to all of them.

Bill Sparks Trophy	Jamie Mayers & Steve Marnell (RUN)
Ken Periera Cup	Iain Weir (BAN)
Ross Warland Memorial Trophy	Nico Kirchstein (RDG)
Committee Cup	Jenny Illidge (RUN)
David Shankland Trophy	Jenny Illidge (RUN)
Barber Trophy	Not Awarded
Adam Thomasson	Aaron Jordan (MAI)
Rhodes-White	Robert Beer (ELM)
Geoff Sanders Trophy	Ealing
Regional Trophy	London, South East
Hasler Trophy	Norwich