

Flatwater Newsletter November/December 2010

The absence of a newsletter recently has been noticed but hopefully this edition should rectify the omission. As ever what appears here depends on the information flowing into the editor and he would be deliriously happy to get more than he can handle. So budding journalists and two fingered plonkers are equally welcomed. Editing is to be relished. Ah, such are the dreams of the ever optimistic. What do you want from future newsletters? This is not a rhetorical question! There was a time recently when its existence was questioned as being irrelevant with the BCU, Marathon and other websites all being there at the click of a button. General opinion was that this newsletter comes to you and not you having to go and look for it and as such was a useful medium for getting information to the relevant paddlers. So print it out and put it on the club notice board with a big arrow pointing at it. Are there any clubs that want to receive it directly? Then send your e mail address to me along with any comments and items for inclusion.

Regattas

The regatta at the first weekend of September this year was designated as the National Championships and really lived up to its billing with a massive entry. Such was the size [and quality] of the entry that the programme had to be pared to the bone just to get everything into the two days. The Inter Club and the National Championships regattas have always been the two biggest of the year but this year has seen an increase the like of which has not been seen for many a long year. The increased interest in Sprint regattas has hopefully had something to do with the increasing level of success we have seen from the national sprint squad over the last few years. The question of finding the space on the programme for all the events that are requested is a real headache.

Why don't we run events for one-legged centipedes over 349M?

It's just a matter of time.

Three day events have been mooted but it is the difficulty of paddlers getting time off work and the same with officials that gives more than enough reason for this idea to be thrown out. It seems that the popularity of Nottingham regattas is the thing that is threatening to strangle it. A blessing and yet a curse.

It was hoped that the regional regattas would reduce this pressure but it seems that these merely stimulate demand for which we should be grateful. However the demand is often at the lower end of the performance level, if lower is the correct way of describing it, and is sometimes at the expense of providing top level competition for our squad members. It is essential that they are race sharp when they go to internationals and so we need to give them the opportunity to perform at Nottingham. From a point of providing competition for

those that are "knocking on the door" this competition is also highly desirable.

It is true that the size of attendance was only strong at the Inter club and National Championships. An August regatta has also been suggested but this has been avoided in the past as many are away on holiday, including the officials.

Who wants 5K racing? Lots of you from the suggestions that have been received but again it is the pressure on the programme. If you want these events then inundate the SRC committee members with your requests.

SRC Positions

Chairman	Peter Moule
Vice Chairman	Alan Laws
Secretary	Cathy Wynne
Treasurer	Mo Moule
Regatta Chairman	Gordon Wycherley
Media and Press	Matt Thornton-Brown
Mini Sprints	Anne Hoile
Regatta News	John Hoile
Newsletter	Alan Laws

National Championship Perpetual Awards

Adjutants Cup for under 18 C1 best performance at National Championships Junior A. Stannard

Femina Trophy Lady Senior A ; Meritorious Performance at National Championships V. Towers

Lee and Joan Davies memorial Trophy ; Womens B Best performance at National Championships H. Brown

Dexter Trophy Mens Senior B; Best performance at National Championships B. Bradshaw

Minisprint at Regattas

Anne Hoile has done some ferreting around on opinions on this issue that has already raised some hackles. In the first instance it would be correct to say that the organisation and running of the minisprints has been hugely successful this year even the most vehement critics have agreed on that point. An added bonus was the reduction of pressure for some of the regatta officials.

28 clubs sent a total of 66 paddlers to the mini sprint events.

Paul Ralph of Marsport sponsored the Minisprint Trophy and medals and quite rightly in many peoples opinion sees the young paddlers taking part as our future potential champions. The SRC thanks Marsport for their support in the Minisprints and also to the Devizes to Westminster race. Without Paul's involvement there would be less to sing about so in the best interest of the sport support him so he can help us even more.

13 clubs were involved in completing evaluation sheets with a total of 31 responses. All of these agreed that the inclusion of coming to, and competing in, a national regatta created motivation, confidence, improved skills and speed whilst encompassing the ethos of learning to paddle with other club members and enjoying the sport.

Almost all agreed that paddling in ability groups was wanted but there was a split down the middle on paddling in gender groups. Boys did not like being beaten by girls. Perhaps the same could be the other way round but in any case it is not a clear cut situation.

The coaching received mixed reports especially relating to the land based exercise where there was some similarity to that received at the home club. Overall there was agreement that the coaching on the water was of benefit and should continue.

The conclusion was resounding support for the mini sprints to continue and this message came clearly from those involved.

Canoe Coaching

With regret Andy Train has had to relinquish his job as canoe coach as he has a new job that does not allow him the time to do both. The SRC thanks him for all his work and efforts over the past years and already we are seeing results from his activities. Hopefully we will see him continue to be involved in the sport.

English Coaching Management Committee

Just a reminder that clubs and committees are responsible for ensuring that CRB checks have been undertaken and that qualifications have been checked as necessary where trips re being organised for juniors. This includes any trips, camps, coaching etc that are being organised.

Mo Moule attends the meetings on behalf of flatwater but there has been some query that has come from the Chairman of the ECMC as to the difference between representation and election. SRC and MRC send a representative to give the committee views. The ECMRC chairman wants there to be an election to the coaching committee. If someone can tell me the practical difference between the two then please let the SRC and MRC Chairmen know so it can be dealt with. The committee structure includes places for 4 reps [elected members!] from Competition. Currently Mo and Nigel Jones from WWR have been

to the meetings. If you have a coaching issue or want to be involved even more then get hold of either of them to discuss. Dates have been set for future meetings : 29th Jan, 7th May, 1st Oct.

Some explanation was received regarding the new structure and groups :

Coaching Strategy Group (CSG) - Currently : David Gent, Stephen Craig, Stephen Scorer, Richard Harvey, Doug Cooper, Paul Owen, Mike Devlin, John Anderson, Suzy Hornby

Coaching Operations Group (COG) – currently : Graham Lyon, Nigel Midgley, Lara Tipper, Andy Murray, Ashley Hunter, Mike Devlin, Andy Maddock.

From these groups Mike Devlin [Director of Coaching] currently links with the English Coaching Management Committee when invited. Lara Tipper would usually fulfill this role but her job is currently being reviewed as she has left the BCU and there may or may not be a replacement.

Feedback from each Region shows there are still massive differences in how coaching is delivered and supported but the National Coaches conference does give an opportunity for coaches who are not receiving help. Communication with coaches with reminders regarding updates and first aid qualifications have been well received. A request has been made for the Update days to be more varied in some regions to accommodate bankside coaches and coaches from the placid water background.

Marathon Worlds Report

Ben Brown took the World Championship title in Catalonia in September this year. Most will be aware of the win which ranks as one of the best ever from a GB paddler.

Ben is a 24 year old from Elmbridge Canoe Club in Surrey, and won the Blue Riband men's single kayak event at the World Canoe Marathon Championships on Lake Banyoles in Spain. In winning his first senior world title, Ben relegated Spain's own eleven times world champion Manuel Busto to second place in a sprint finish, with South Africa's Len Jenkins claiming the bronze medal.

Ben's arrival at the top of his sport has taken few British canoeists by surprise, following a fourth place in France in 2006, and a silver medal in Portugal in 2009. But the manner of this victory over the seemingly invincible Busto on home water, has given the world canoeing community a new star.

Racing over seven laps of just over four kilometres each, Ben quickly established himself in the lead group of six boats. With each lap involving a portage where competitors run with their boats, there was always an opportunity to gain or lose a tactical advantage, but Ben was in dominant form and was rarely threatened, even by the fast

running Jenkins. A smart decision to run a longer but less slippery line on the final portage helped Ben enter the water first only 1000m out from the finish line. From there Ben held the lead despite a determined challenge from Busto, and took the gold medal after just under two and a quarter hours of racing.

In the post-race interviews, Ben was quick to thank his family, club mates and coaches for supporting him to the peak of his career, but also fellow GB team mate Jonny Tye who took on the high-pressure job of supporting Ben with drinks at each portage.

Ben's wasn't the only strong performance from the GB team at this world championships, as several of his team mates missed out on medals by small margins. Wey Kayak Club's Vicky Croucher and Alice Haws got fourth in the junior girls' K2, as did John Sawers and Andy Daniels after a spectacular race in the senior men's K2.

Jonny Tye claimed two fifth places, in the junior men's K1, and again the next day in the Junior Men's K2 with James Webster. Like Haws and Croucher, these two athletes have another year as juniors and promise much for 2011. Tim Pendle also took fifth in the under 23 men's K1.

Junior Men's K1
5th Jon Tye
16th Albert Hicks

Junior Ladies K1
7th Jenny Illidge

U23 Ladies' K1
11th Lizzie Broughton

Under 23 Mens K1
5th Tim Pendle

Junior Men's K2
5th Jon Tye/James Webster

Junior Ladies K2
4th Vicky Croucher/Alice Haws
9th Jenny Illidge/Laura Ferguson

Senior Ladies' K1
8th Claire Gunney

Senior Men's K1
1st Ben Brown
12th Jon Simmons

Senior Men's K2
4th John Sawyers/Andy Daniels
18th Ben Bradshaw/Aaron Jordan

Overall these results bode well for future events, as there will be much effort from the MRC to see the success continue and burgeon.

Report by Team Manager - James Smythe



British Indoor Kayak Championships

Sponsored by



Lee Valley Athletics Centre, Edmonton in North London N9 0AR
20th - 21st November

Win up to £750 in Prize Money!

Supported by:



As you can see this event has happened and was a great success in its second year. Much more support than last year and hopefully this will increase next year. There was a good crowd there to encourage the competitors who really had to work for their results. These are all on the web site.

Thanks to the Sponsors from Canada and Grayson Bourne aka Kayakpro who provided much needed money and equipment respectively.

Canoe England

The Canoe England Council met recently in its newest format. Representatives from the 8 competitive disciplines and the 9 regions were there to receive reports from BCU staff and the Council Chairman, David Gent.

David continues in his role as Chairman and Kevin Dennis is the new Vice Chairman. Both of these will attend the Management team meetings with the staff of Canoe England so there is a link with the volunteers to ensure that we all sing from the same hymn sheet. Good news is that our development figures are above target and our funding from Sport England is OK at the moment. The current plan goes through until 2013.

The Board of Directors of the BCU is made up of 5 voting members in this federated set up that we have with Scotland Wales and Northern Ireland. They have 2, 2 and 1 votes respectively to CE having 5.

The choice of the 5 directors is still to be decided. In the last session we had Albert Woods the BCU president and Chairman of the World Class Management Committee. As a minor point Albert does not have a vote as President, being deemed the impartial father of the organisation. The chairmanship of the WC committee gives him the vote. Some might think this rather defeats the object of having the impartial father figure but then that's democracy, perhaps. Greg Smale is currently there as he is an ICF Board member. Albert is on the ICF board too so seemingly we need two ICF board members to keep the board informed of ICF matters. Both of these are on the BCU board and are mid term of a 4 year placing. Mike Twiggs was previously there as was Graham Lyon. Both of these have indicated that they wish to bow out. The fifth was David Gent who is also up for re consideration. He does not receive the directorship by right of being CE Chairman. The positions are not restricted to English Council representatives so there is to be a vote and the BCU office is dealing with this. Watch out for this scintillating event on the BCU website.

International

The dates of the "big three" international races next year are;

World Cup 1	Rome	25-26 June 2011
European Championships	St. Jean de Losne/ FRA [near Dijon]	22-24 July 2011
World Championships	Singapore	21-23 October 2011

The ICF Canoe Marathon Committee has inaugurated a "Classic" race series that will take in many of the worlds most famous classic marathons including the D/W.

The following letter has been sent to all ICF Federations and event organisers.

"Canoe Marathon Organizers
National Federations of ICF
Lausanne, 21 September 2010
Ref. Classic CAM 02/2010

ICF CLASSIC CANOE MARATHON WORLD SERIES

In recent years the International Canoe Federation (ICF) has seen a steady growth in canoeing activities, particularly Classic Canoe Marathon events. The number of elite, recreational and social paddlers taking part in these major competitions is very encouraging for our sport.

We believe the reason for the popularity of these events is rooted in

the enjoyment of paddling down rivers or from A to B and/or across lakes, and the thrill and challenge of mastering the elements and river obstacles such as rapids, wind, waves, weirs and other challenges and share the enthusiasm you obviously have in organising one of these events.

The ICF would like to endorse your Classic Canoe Marathon event as part of the ICF's official events calendar. With ICF recognition it is hoped that these events would be given additional publicity and importance as an official International competition at the same time linking the ICF with recreational and popular canoeing events.

The ICF is not looking to change the operation or logistics of your event as it is obviously already very successfully organised but we would like to add another dimension.

The ICF wish to promote a competition series that will make races such as your own, more attractive to elite paddlers and the media. To achieve such a successful series the ICF will encourage its member federations and athletes to take an active part in the events.

The ICF is asking if your event organisation would be interested in being part of such a series and obtain the ICF endorsement for your competition. If you are interested please contact me and let me know before the end of October 2010. I am open to discuss any issues you make have on this subject. It is intended that the first series will commence during the 2011 season.

The provisional rules for this series are enclosed for your information.

Kind regards,

Jorn Cronberg
ICF CAM Chairman

ICF Classic Canoe MARATHON WORLD SERIES Preliminary Rules 2011

The objectives of the Classic Canoe Marathon World Series is to bring Internationally recognised long distance competitions to a larger audience by attracting elite paddlers, world media and increase spectator interest. The elite class runs simultaneously alongside existing event formats.

1. Qualification

Entry to the ICF Marathon Classic World Series is open to all male and female athletes who are members of clubs under a national federation affiliated to the ICF.

The World series classes are:

K1 Men

K1 Women

C1 Men

2. Race selection

Venues for races in the World Series may vary from year to year in consultation with event organisers.

The World Series programme will be decided by the ICF Canoe Marathon Committee. Races must comply with the ICF Canoe Marathon Racing Rules to be eligible for the overall Series standing. Races will, wherever possible, be spread geographically.

Any race approved for the World Series of the year will have to pay EUR 600 towards the prize prizes for the series.

3. Start line ranking

A ranking will be established to give priority to the best ranked paddlers at the start line. The ranking list for the start line will be updated after every second race (race two, race four, race six and so on) of the current season.

4. Programme

In 2011 the World Series is anticipated to consist of 10 races. The overall winner will be decided by the results of the 3 best races in the complete Series.

5. Points

Points towards the overall result will be awarded to the first 30 finishers in the three classes, according to the following formula:

Place Points Place Points Place Points Place Points Place Points

1st 100 7th 36 13th 20 19th 12 25th 6

2nd 80 8th 32 14th 18 20th 11 26th 5

3rd 60 9th 29 15th 16 21st 10 27th 4

4th 50 10th 26 16th 15 22nd 9 28th 3

5th 45 11th 24 17th 14 23rd 8 29th 2

6th 40 12th 22 18th 13 24th 7 30th 1

In the event of a dead-heat between two competitors the points for the places will be added together and divided by two (e.g. in a dead-heat for 1st and 2nd places, both athletes will receive $(100+80)/2 = 90$ points).

Organisers must submit results in Excel format within 3 days after the competition to ICF Canoe Marathon Committee.

Where points are equal, the leader (or winner) will be the athlete having won the larger number of races. In case of a tie, second places

will be taken into account, and so on to third and fourth places until the overall winner is determined. In the event that all places are equal, the winner will be determined by position in the final race.

6. Prizes

Overall trophies will be provided for the winner of each of the three classes. Each of the overall winners will receive a money prize of EUR 1,000, and the second EUR 500.

Trophies and money prizes will be awarded at a time to be determined. Money prizes will be paid ONLY to athletes.

7. Technical Delegates

The Technical Delegates for races in the World Series will be appointed by the ICF

Canoe Marathon Committee in cooperation with the organiser chosen from officials carrying a valid International Canoe Marathon Official certificate.

The technical delegate has the duty to verify the results before sending them to the ICF Canoe Marathon Committee.

8. Entries

Race entries will be submitted directly to the race organizing committee according to the ICF rules.

Some examples of current Classic style Canoe Marathon races:

Descenso del Sella, Spain
Liffey Descent, Ireland
Gudena Marathon, Denmark
Ardeche Marathon, France
Cesky Krumlov Marathon, Czech Republic
Adige Marathon, Italy
Dusi Marathon, South Africa
Devizes Westminster, England
Murray River Marathon, Australia
Dalsland Canoe Marathon, Sweden
Waterland Marathon, Netherlands

These are the points that the ICF would be willing to discuss with you. We look forward to advancing and promoting Canoe Marathon with you as partners.”

There has been an enthusiastic response from many federations and event organisers. There may be some changes to the way the prize money is divided but the essence is that paddlers of all abilities are wanted to compete in these races.

Contact me for more information in the New Year when all the details should have been finalised. If there is more new information it will be disseminated as soon as it is possible.

BCU Marathon Calendar

This should be on the marathon website even as I write. Ollie Harding is the man to praise for what is a thankless task. The poisoned chalice of Marathon, or one of them anyway. Thanks Ollie for an excellent job again this year.

BCU Marathon Committee

The committee held its annual "all day" meeting to sort out the programme for next year. The calendar was almost complete and should now be on the website as noted above.

The Committee members have taken on the following roles with the new post of Vice Chairman being created to spread the workload between him and the Chairman.

Chairman	Brian Gandy
Vice Chairman	Alan Laws
Secretary	Di Bates
Treasurer	Dave Enoch
National Co-ordinator	Sue Hawthorn
Rankings Officer	Roland Lawler
Lightnings	James Hives
Hasler Final Co ordinator	Andy Rawson
Newsletter	Alan Laws
Team Manager	TBA on an event by event basis
Website	James Smythe
Calendar	Ollie Harding
5K racing co ordinators	Dyson Pendle Sue Hawthorn
Athlete development	Dyson Pendle
Selection Committee	Alan Laws [Chairman] Roland Lawler Melvin Swallow Dave Enoch Dyson Pendle

Details of the assessment events will be on the website and the calendar so you can prepare for next year.

Any ICF Marathon ticketed officials who wish to be considered for next years events should contact Andy Goodsell at the BCU office so they can get a nomination form. The MRC will be following the SRC in allocating a small amount of money to officials who are selected by the ICF to be officials at events. Full details will be confirmed at the end of the 2011 season.

Dyson will be running 3 training sessions over this winter. Contact him if you want to be included.

There will be a trip to Ghent marathon in April and this will be on a invitation basis and not selection. Most of the invitations will be to paddlers who have attended the winter training sessions.

There was some confusion over Lightning eligibility and the rule book is to be amended to make matters clearer. If a paddler is promoted to Div. 8 then there will be no going back to Lightning competitions.

5K racing was introduced last year and this is to be continued on the same basis for 2011. There will be one exception in that the fixed fee is to be abolished although there will still be the levy payable to the MRC.

The committee is keen to promote this style of racing as it links both marathon and sprint. Encouragement is therefore extended to clubs to run an event and if any assistance is needed please contact either Sue Hawthorn or Dyson Pendle. Their contact details are in the Flatwater yearbook.

Attached you will also find a complete list of medal winners by BCU team members this year. I think you will find it makes impressive reading and we should be proud of the achievements of the paddlers, their coaches and all who helped them on their way to success. Heres to many more medals next year.

Happy Christmas and New Year to you all.

Alan Laws
Editor

