



August 2017 newsletter

General Notices

Congratulations Hannah Brown and Callum Gingell:

2017 World Sprint Championships in Racice. In the women's K2 200m **Hannah Brown** (BOA) along with Angela Hannah (NOT), had the tightest of races claiming a BRONZE as they crossed the line.

At the **2017 MURAU Junior & U23 Worlds WWR** at the end of July, **Calum Gingell** put in an extremely strong performance in the sprint, finishing in 8th place overall - a massive improvement on his 15th place at the end of the heats the previous day.

At the end of September both **Hannah** and **Calum** will be competing as members of the Senior GB team at the 2017 Wild Water Racing World Championship at Pau in France. We wish them all the best.

Racking Update Red number disks have now been allocated to nearly all member boats. Disks were introduced in order to make it easier to keep track of paid-for racking. We prefer that the numbers stay attached to boats but recognise that sometimes this is inconvenient. If you have to temporarily remove your number please don't lose it! The disks and split ring attachment should be water- and rust-resistant. If you notice your disk is deteriorating, please let a committee member know so that it can be replaced.

Your committee recently reviewed racking policy and we agreed no more than two boats is permitted per member. If you have more than two boats per member in the boathouse you will not have paid for the additional boats and this is not fair to others.

Parking and access to Barton Farm Country Park. From the Committee:

We have been informed by Wiltshire Council that as from the **1st September** the access gate to the Barton Farm Country Park will be locked using a combination padlock. The number of which will be displayed on the club house notice board. It must be observed by club members that parking is solely for the purpose of loading and unloading of boats. The gate **MUST** be closed and padlocked at all times.

Any member requiring vehicle access **MUST** display a 'Bradford on Avon Rowing club' car sticker. These will only be issued to those members who have a fully paid up membership. These can be obtained from Mike Smith and Mike Purchas.

Learn to Paddle Course Our 4th LTP course for the year, starting on the 31st August is fully booked with a maximum of 14 persons. The coaches are Stan and Mike with assistance from Simon and John K.



However, we still have a number of people interested in having a go at 'Paddle Sport'. So we shall be running another 'Taster Session' on Saturday 16th September from 9:30 until 11:30am. **We need a few volunteers** to help out on the water and with refreshments. For details see Mike.

Duty rota system Many thanks for those members that helped make this work. Throughout the autumn until April next year the duty rota will only be for the Saturday morning sessions. Please see the last page of this newsletter for the September duty rota.

A big thank you - to Bo Stevens who has made a new paddle rack to hold about 35 private paddles.

Weekly Training Sessions

Club Paddling Sessions:

Monday - 5.30pm

Wednesday 6pm - all welcome

Monthly 5km time trial is the second Wednesday of every month. The next one is Wednesday 13th September.

Social night after the time trial. Come and grab a bite to eat at the Lock Inn.

Saturday 9am - all welcome

Sunday 9am - Staverton session - usually mixed K2's

Morning paddling sessions - Tuesdays and Thursdays at 8.30am. Speak to Mike for more info

Friday mornings - Anyone interested in a Friday morning paddle please get in touch with Lesley Quigley - la.quigley22@gmail.com

Circuit training will start on **Tuesday 31st October** at St Laurence school. (Poster at the end of this newsletter)



Race Reports

Sella Descent - On 5th August 3 paddlers from Bradford on Avon, joined by a Fowey Canoe Club paddler, lined up alongside 936 other boats to start the International Sella Descent. For both crews this was their first attempt at the internationally renowned race and soaking up all the excitement, atmosphere and fun was top of the list, the actually racing was a second thought. James and Luke Escott had been handed number 74 in the Senior doubles, and Tim Escott and Dan Palmer (FOY) number 213 in the Under 23 doubles. With the classic Le Mans start Luke and James soon found what makes the Sella so special when a nearby Spanish paddler ended up lying in the back of the K2 where Luke was meant to be sat. Tim and Dan had a slightly cleaner start but after starting further back the 2 crews soon ended up next to each other as they approached the first rapid. Disaster struck when James and Luke sank from all the hundreds of washes, luckily neither was damaged by passing boats which is so often the case in this crazy race. Once back in the boat they headed off in search of Tim and Dan, unfortunately they never made their way back to Tim and Dan who had a cracking race in the U23 category. Both crews had very respectable finishes for their first attempt with Tim and Dan finishing 5th in the U23 K2 (89th overall) and James and Luke 1 minute behind 50th in the Senior K2 (99th overall). Needless to say, both crews thoroughly enjoyed the experience and will definitely be going back in the near future.

Wye Descent On Sat 19 Aug 17 the 5th Colin Chapman memorial Army Descent Championships took place on the river Wye. The race started at Kerne Bridge and finished at Monmouth rowing club covering 14.5 miles and negotiating in excess of 10 rapids and water hazards. 13 paddlers from Bradford on Avon decided to race in this classic event with some very good results coming. Special congratulations to John Escott paddling with Pete Watson, reforming a partnership after 30 odd years, set a new Over 49 K2 record. Harriet Quigley and George Stevens set a new Ladies K2 record and Callum Gingell set a new Junior K1 record, whilst paddling his WWR boat. Results were as follows:

Missen/Missen 1st K2

Escott/Escott 2nd K2

Escott/Watson 6th K2 – new over 49 record

Escott/Stevens 11th K2

Quigley/ Stevens 1st Ladies K2 – New Record

Tim Escott 3rd K1

Richard Lewis 4th K1 – 1st Over 49

Callum Gingell 6th K1 – New Junior Record



Camel Hasler On a surprisingly beautiful Bank Holiday weekend a dedicated group of paddlers made the trip down to Wadebridge in Cornwall to compete in the last South West Qualifier for the 16/17 Season. This year saw a good turnout of over 100 boats which was greeted by lovely sunshine and a lack of the usual estuary wind which was welcomed by all. I am very happy to right that all the Bradford paddlers performed brilliantly and as such Bradford earned 9 club points finishing 2nd behind Fowey (the hosts).

Results:

Luke Escott 1st Div3 K1

Bo Stevens 6th Div4 K1

Tim Osborne 4th Div8 K1

James/Tim Escott 1st Div2 K2

Andy Phillips/Paul Kingman 1st Div3 K2

Mark Escott/Stan Missen 2nd Div3 K2

John Escott/George Stevens 2nd Div5 K2

John Kent/Mike Purchas 3rd Div5 K2

Racing Calendar

South West Qualifying 2017

Following the Dart Hasler being cancelled, this means that the first South West qualifying race for the 17/18 season is Gloucester on October 1st. Next year I would like for us to cement our qualification for the hasler finals before the last race of the year. **Therefore, I would like everybody to pen (not pencil) this date in their calendars to ensure a good turnout.** We have proved that we can win the club points all the way in Wadebridge, so let's do it in Gloucester which is a lot closer to get too. As always any questions please contact James Escott.

Sunday 24th September	Hasler Final Richmond Canoe Club
Sunday 1st October	Gloucester Hasler Race South west region
Sunday 29th October	Fowey Hasler Race South west region
Sunday 5th November	Avon Descent 10 mile descent race



	Stratford upon Avon
Sunday 3rd December	Stour Descent race

Canoe Committee Members 2016/17

Mike Purchas – Commodore

Contact: mike@purchas.co.uk Tel: 07875278329

James Escott – Vice Commodore

Contact: escottboa752@gmail.com Tel: 07712675637

Vicky Swallow – Canoeing Representative

Contact: vixieswallow@gmail.com Tel: 07949418395

Simon Kay – Canoeing Representative

Contact: simon@geoprize.com Tel: 07833521736

Stan Missen – Vice Chairman, BOARC main committee

Contact: Steve.Missen@monahans-fsl.co.uk Tel: 01225 862000

Derek McKeever – Membership Secretary BOARC main committee.

Contact: .derekmckeever@live.co.uk . Tel: 01225 865392



Make a note in your diaries

Winter Training starts on 31st October. Keep Fit, Get Fit, Join In, Canoeing and Rowing Land based Circuit Training.

Date: First session starts 31st October 2017 until 20th March 2018.

When: Tuesday Nights 6 p.m to 7 p.m

Where: St Laurence School Gymnasium.

Cost: Just **£2**

Who can attend: Anyone from ages 12 upwards, Including parents to come along and join in. Numbers limited maximum 25.

Type of circuit:

Three to four circuits consisting of up to 48 exercises:

- Sit-ups
- Press ups
- The plank exercise.
- Bench push.
- Arms bent holding onto ropes
- Squat / Stride jumps
- Bunny hop jumps
- Back exercise using the medicine ball
- Tri-cep press or bench dips





- Pull ups using the parallel bars
- Step ups using the bench.
- Running, using the length of the gym.
- Other exercises include stretching and basketball.

Each exercise is from 30 to 45 seconds long. This will vary from time to time.

For further details contact Mike Purchas – mike@purchas.co.uk

Duty rota from 30th Aug. to 27rd Sept.

1. Normally there are 3 groups of paddlers on the water during Wednesday and Saturday sessions. However depending on the training session groups 'A' and 'B' may be amalgamated.
 - a. **A**= Div. 2 to Div. 5 **B**= Div. 6 to Div. 9 **C**= Junior / Novice group
2. The importance of the duty rota is to ensure that we have sufficient safety cover and supervision of groups '**B**' and in particular group 'C'
3. A duty rotas will be issued every four weeks and will be fairly flexible depending on availability of our coaches and paddling assistants.
4. **Note:** if you are not available for a particular paddling session please re-arrange with another member of the team and highlight it on the list on the notice board. Thanks.