



October 2017 newsletter

General Notices

Club AGM – Monday 20th November at BOA Rugby Club, 7.0pm, come along and find out about our proposed new club and boat house development and what your committee have been getting up to.

Make a note in your diaries – Sunday 17th December, annual joint Rowing and Canoe club Christmas lunch, enjoyed by the family. Details to follow from Jim Brown (Rowing)

Duty rota Please see the last page of this newsletter for the November / December duty rota.

On Wednesday afternoons from 4pm Mike will be running a series of training / paddling sessions for our younger and adult members interested in racing next year.

The sessions will run from the 8th November and will depend on river / weather conditions and Mike's availability. The sessions will involve running and interval training on the water. If you are interested please contact Mike.

mike@purchas.co.uk

For our newer members why not become a member of British Canoeing

<https://www.britishcanoeing.org.uk/>

Being a member of British Canoeing, you will not only get great value membership, you help guarantee the future for our fantastic sport!

Why not join us? There are lots of great reasons to become a member, whatever your discipline or involvement in the sport. Join us and we can help you get more out of canoeing.

Your membership

Gives you access to 5,000km of waterways

Brings you money saving offers and discounts

Provides exclusive access to content, news and guidance

Includes peace of mind with your civil liability insurance

Welcome to new members

Charlotte Taylor – has some previous kayaking experience.

Cloe Clarke – has been a member of Frome canoe club.

David Mars -attended our September LTP course.

Louis Mars - attended our September LTP course.

Florence Augusztinyi

James Augusztinyi - attended our April / May LTP course

Graham Raymond – attended our September taster session.

Honor Thompson-Price - attended our September taster session.

Kath Norton – Level 1 coach from Frome canoe club

Kevin Littlehales – ex BOA and Bristol club paddler

Patrick Simpson - attended our September taster session.

Roarke Conybear – has some canoeing experience.

Stephen Dixon – Div 2 paddler, ex Royal canoe club.



Weekly Training Sessions

Winter training

The clocks change on 29th October. After this date weekly training is as follows:

Tuesday - Circuit training - St. Laurence school 6pm-7pm (5.50 for running warm up with James E)

Wednesday - 4pm - Paddling session with Mike P

6pm - Paddling session for experienced paddlers

Saturday 9am - All welcome Please make sure you have enough warm kit for the weather conditions.

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

Safety rules:

1. Buoyancy aids must be worn by all novice and junior members, (being of div 9-7 standard, juniors being those under 18 years).
2. Buoyancy aids must be worn by all paddlers when on the water in the dark.
3. All juniors, irrespective of experience, to wear buoyancy aids between October and March to tie in with the dates the BST ends and begins.
4. Lights are compulsory for all paddlers when on the water in the dark. Please paddle with a light that does not dazzle others on the water, but is bright enough to be seen by other water users.



Race Reports

ICF World Wild water Championships in Pau, France at the end of September

Congratulations to BOA Hannah Brown claiming a bronze medal for Great Britain at the ICF World Wild water Championships in Pau, France. The two time and reigning World Champion from 2013 and 2016 was looking to make it a trio of titles after qualifying fifth fastest in the heats.

Hannah produced a storming run in a time of 52:37 seconds to take the lead with only four athletes remaining to paddle. But the French duo of Claire Bren and Manon Hostens, paddling in front of their home crowd, were to deny the Briton a third World title, with Hannah taking a fine bronze medal just 0.64 seconds off the winner.

It is the second World medal of the season for Hannah, after winning bronze with Angela Hannah in the K2 200m at the ICF Canoe Sprint World Championships in Racice last month.

BOA Calum Gingell paddling as junior in a senior world championship event unfortunately missed out during qualification.

Fowey Hasler Race 29th October Only Stan attended. Water conditions testing at the start with, small waves, kicked up by wind against tide. A good number of entries at 150, Stan came 4th in his first race back....again...in Division 2 !

Racing Calendar

Saturday 2nd December	BOA Duathlon
Sunday 3rd December	Stour Descent race
Sunday 7th January	Frank Luzmore K2 Race 12 mile race on the Thames

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



Duty rota from 25th November. to 21st January 2018.

1. Normally there are 3 groups of paddlers on the water during the 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.
5. 8 sub-groups on a four and 8 week rotation.